

THE TRIUMPHANT





	March 2022							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
27 Judgement Sunday (Meatfare Sunday) 8:30am Orthros 9:30am Divine Liturgy	28 5:30pm Paraklesis 6:30pm Bible Study/ Book Club	1 5:30pm Youth Zoom Meeting	2 5:00 pm Adult Greek	3 4:30pm All Students – Greek language, Culture & Dance	4	5 Cheesefare Saturday 2nd Saturday of Souls 8:300am Orthros 9:30am Divine Liturgy Memorial for Steve Markopoulos Alexandra Menagias Baptism		
6 Forgiveness Sunday 8:30am Orthros 9:30am Divine Liturgy 5:00pm Mission Vespers followed by Dinner: St. George, Schenectady	7 Clean Monday Lent Begins 10:00am Holy Unction 6:30pm Great Compline	8	5:00pm Adult Greek Language 7:30 pm Fr. Neofitos Lenten Lecture at St. Demetrios, Astoria – Zoom or Youtube	10 11:30am Senior Fellowship Meeting 4:30pm Greek School	6:30pm 1st Salutations to the Virgin Mary	12 1st Saturday of Lent 3rd Saturday of Souls 8:30am Orthros & Divine Liturgy Memorial Service (Kolyva)		
Sunday of Orthodoxy 8:30am Orthros 9:30am Divine Liturgy 11:30 am Festival 2022 planning meeting 5:00pm Mission Vespers followed by Dinner: St. Basil's, Troy	14	15 5:30pm Youth Zoom Meeting	16 5:00pm Adult Greek Language	4:30pm Greek School 6:00pm Great Compline 7:00pm Lenten Lecture – Fr. John Vlahos - dinner	9:30am Presanctified Liturgy 6:30pm 2 nd Salutations to the Virgin Mary	19		
20 Sunday of St. Gregory Palamas 8:30am Orthros 9:30am Divine Liturgy Trisagion For Kokonia and Odelia	21 Man of God Movie – The life of St. Nektarios Colonie Center 7:00 – 9:00pm	22 5:30pm Youth Zoom Meeting	5:00pm Adult Greek Language 5:30pm Presanctified Liturgy 7:00pm Lenten Lecture – Fr. Maximos Constas - dinner	4:30pm Greek School 6:30pm Vespers for Annunciation of the Theotokos	25 Annunciation of the Theotokos 8:30am Orthros 9:30am Divine Liturgy 6:30pm 3rd Salutations to the Virgin Mary	26		
27 Sunday of the Holy Cross 8:30am Orthros 9:30am Divine Liturgy 5:00pm Mission Vespers followed by Dinner: Christ The Savior, Ballston Lake	28	29 5:30pm Youth Zoom Meeting	5:00pm Adult Greek Language 5:30 pm Presanctified Liturgy 7:00pm Lenten Lecture – Dr. Demacopoulos – Religious History of Ukraine/ Russia	31 4:30pm All Students – Greek language, Culture & Dance		*The Sacrament of Holy Confession may be requested and ministered after any service. Contact Fr. Neofitos at 347-256-6723 or the church office at 518-393-0742.		



April 2022							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					9:30am Presanctified Liturgy 6:30pm 4 th Salutations to the Virgin Mary	2	
3 Sunday of St. John Climacus 8:30am Orthros 9:30am Divine Liturgy Greek Independence Day Performance after Liturgy	4	5:30pm Youth Zoom Meeting 6:00 pm Great Compline 7:00pm Lenten Lecture – Fr. Emmanuel Mantzouris – Icon of the Akathist - dinner	6 5:00pm Adult Greek Language	7 4:30pm All Students Greek language, Culture & Dance	9:30am Presanctified Liturgy 6:30pm Akathist Hymn	9	
10 Sunday of St. Mary of Egypt 8:30am Orthros 9:30am Divine Liturgy 11:30 am Festival 2022 planning meeting 5:00pm Mission Vespers followed by Dinner: St. George, South Glens Falls	11	12 5:30pm Youth Zoom Meeting 6:30pm Parish Council	13 5:00pm Adult Greek Language	14 11:30am Senior Fellowship 4:30pm All Students Greek language, Culture & Dance	15 5:00pm Youth Retreat And Palm Making	16 Saturday of Lazarus 8:30am Orthros 9:30am Divine Liturgy	
17 Palm Sunday 8:30am Orthros 9:30am Divine Liturgy 6:30pm Bride Groom Service	18 Holy Monday 6:30pm Bridgegroom Service	19 Holy Tuesday 6:30pm Bridegroom Service	20 Holy Wednesday 6:00pm Holy Unction	21 Holy Thursday 9:30am The Mystical Last Supper & Vesperal Liturgy 6:00 pm The 12 Gospels & the Passion of Christ	22 Great & Holy Friday 9:30am Royal Hours 3:00pm Apokathelosis 6:00pm Epitaphios, Lamentations & Procession	9:30am Vesperal Litrugy 11:00pm Resurrection Service	
24 Great & Holy Pascha – The Resurrection of our Lord 10:30am Agape and St. George Vespers	25 Feast day of St. George 8:30am Orthros 9:30am Divine Liturgy	26	27 5:00pm Adult Greek Language 6:00 pm Adult Greek Language 7:00 pm Adult Greek Language	4:30pm All Students Greek language, Culture & Dance	29 Theotokos of the Life-giving Spring 8:30am Orthros 9:30am Divine Liturgy	30	



Great Lent Schedule 2022

Sunday, March 6 - Cheesefare Sunday

*5:00 pm Lenten Vespers followed by dinner

Monday, March 7 - Clean Monday

*10:00 am Holy Unction

*6:30 pm Great Compline

Friday, March 11

*6:30pm 1st Salutations to the Virgin Mary (Οι Χαιρετισμοί της Θεοτόκου)

Saturday, March 12 – 3rd Saturday of the souls

*8:30 am Orthros & 9:30 am Divine Liturgy &

Memorial Service (Kolyva)

Sunday, March 13 - Sunday of Orthodoxy

*8:30 am Orthros & 9:30 am Divine Liturgy

*5:00 pm Vespers at St. Basil Greek Orthodox

Church in Troy (909 River St, Troy)

Thursday, March 17

*6:00 pm Great Compline

*7:00 pm Zoom Lenten Lecture and dinner -

Fr. John Vlahos

Friday, March 18

*9:30 am Presanctified Liturgy

*6:30 pm 2nd Salutations to the Virgin Mary

(Οι Χαιρετισμοί της Θεοτόκου)

Sunday, March 20 - Sunday of St. Gregory Palamas

*8:30 am Orthros & 9:30 am Divine Liturgy

Monday, March 21

*7:00 Man of God Screening

Wednesday, March 23 *5:30 pm Presanctified Liturgy

*7:00 pm Zoom Lenten Lecture and dinner -

Fr. Maximos Constas

Thursday, March 24 *6:30 pm Annunciation of the

Theotokos Vespers

Friday, March 25 - Annunciation of the Theotokos

*8:30 am Orthros & 9:30 am Divine Liturgy

*6:30pm 3rd Salutations to the Virgin Mary

Sunday, March 27 - Sunday of the Holy Cross

*8:30 am Orthros & 9:30am Divine Liturgy

*5:00 pm Vespers at Christ the Savior

Orthodox Church in America) in Ballston Spa

(349 Eastline Rd, Ballston Spa)

Wednesday, March 30

*5:30 pm Presanctified Liturgy

*7:00 pm Zoom Lenten Lecture and dinner-

Dr. George Demacopoulos

Friday, April 1

*9:30 am Presanctified Liturgy

*6:30 pm 4th Salutations to the Virgin Mary

(Οι Χαιρετισμοί της Θεοτόκου)

Sunday, April 3 - Sunday of St. John Climacus

*8:30 am Orthros & 9:30am Divine Liturgy

Tuesday, April 5

*6:00 pm Great Compline

*7:00 pm Lenten Lecture and dinner -

Fr. Emmanuel Mantzouris

Friday, April 8

*9:30 am Presanctified Liturgy

*6:30 pm Akathist Hymn

Sunday, April 10 - Sunday of St. Mary of Egypt

*8:30 am Orthros & 9:30am Divine Liturgy

*5:00 pm Vespers at St. George Antiochian

Orthodox Church in South Glens Falls (55

Main St, South Glens Falls)

Saturday, April 16 – Saturday of Lazarus

*8:30 am Orthros & 9:30am Divine Liturgy

Sunday, April 17 – Palm Sunday

*8:30 am Orthros & 9:30am Divine Liturgy

*6:30 pm Bridegroom Service

*The Sacrament of Holy Confession maybe requested and ministered after any service.

Contact Fr. Neofitos at 347-256-6723 or the church office at 518-393-0742



From the desk of Fr. Neofitos

He is waiting for us, always, with His arms outstreched

Welcome all to the Triodion period. It is a period that spans from the Sunday of the Publican and Pharisee until Holy Saturday and the Resurrection of our Lord.

It is also the service book we use during this period and it contains multiple daily services for this 11-week period. The main theme of the Triodion is repentance. In summary, it is about our return to the "Kingdom prepared for us". The hymns and prayers constantly refer to humanities' repentant journey spanning from Adam and Eve's exile out of Eden, all the way to our reentry into Paradise and the Kingdom of Heaven through our Lord's loving sacrifice, passion, death, Resurrection, and glorious second coming. This period is filled with services, service to our fellow man in need (almsgiving), fasting, personal prayer, reading, and the sacrament of confession (which Fr. Neofitos has received blessing to minister as of July 2020), and holy unction.

Our God is a good God and He loves us. We need this reminder and so do our children. Even if we are far away from Him, He awaits patiently and lovingly for our return. He is waiting for us, always, with His arms outstretched, as we see in the icon of the Crucifixion. Christ is giving us a hug with His loving sacrifice for the remission of our sins and for eternal life.

Our Creator yearns for us. Let us look at the parable of the Prodigal Son which summarizes our return to God. Jesus speaks of a Father who split his inheritance among his sons. The younger took his inheritance early and squandered it in prodigal living. He did not do anything wise with it. He wasted his money. For us today this could symbolize when we waste our Time, talent, and treasures. The son ran out of the wealth and then, famine struck. He ended up working with pigs and he ate from their food.

Great Lent is a reminder to repent. It is our opportunity to self-reflect and see where we are "eating with the swine" and have a repentant moment and turn our behavior and energies toward returning to God. In the rest of the story, we see the repentance of the younger son. You might have heard the story many times before.

I would like to point out the different steps of repentance in this Parable so that we can apply them to our lives.

Step one is to admit we are a sinner. It says, "But when he came to himself. Εις εαυτόν $\Delta \varepsilon$ ελθών είπε".... He was living with pigs and then had an AHA moment. He snapped out of it. He realized he was not being HIMSELF. His best self.

"My father's servants have food to spare but I am sitting here hungry, starving. I will arise and go to my father. And I will say "I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired Servants." The admission is the first step. Looking in the mirror and realizing that maybe we muddied ourselves with some of our behaviors. Where have I muddied my baptismal robe, the white radiant robe of my soul?

And he arose and came to his father. Step two is action, confession, or admission of guilt. Asking for forgiveness.

Our sins are not forgiven with our own prayer but by the Grace of God through the sacrament of priesthood and Holy Confession.

Our God has left us a living breathing church for our healing. We must use and practice the sacrament of confession. We must come to our senses and be honest with ourselves and then with God. Just like we do not lie to our doctor, we should not lie to God, ourselves, or the world. The priest, who is in essence representing God and the world, under the blessing of the hierarch, offers us God's absolution of sins.

And finally, step three, changing our life and getting the job done. There is a difference between coming to the realization, speaking the realization, and taking the steps toward acting out the change in our heart. The son acted after his realization and went back to his father. He had humble expectations and with boldness to approach, he asked for forgiveness. What came next in the parable was a joyous occasion.

The beloved father, "at a distance, saw His son – and had compassion - Μακράν απέχοντος οίδεν αυτόν ο πατήρ αυτού – εσπλαχνίσθη". The father suffered long for his son. Waiting and peering at the horizon in hope for his son's safe return. The father prayed and wept. He got on his knees for his child while he was gone. He must have made many offerings to God in supplication and mercy for his son. Our Father in heaven also prays for us. He hopes that we will run to Him when we stray from our holy path He intended for us. He never gives up hoping in us. He hopes that this world will not destroy us.

When we take one step toward Him, he takes 100 toward us, just as the loving father, "Filostorgos Pateras" ran to his lost son when he returned. The core of our Lord's salvific plan, the reason He is risen, is for us to be free of our sins and have eternal life. Just like the Father in the parable put on his son the best Robe, gave him a ring, put shoes on his feet, killed the fatted calf and had a party, in the same way we receive His eternal blessings. "My son was dead, and he is now alive. He was lost and now he is found."



Our Father is waiting for us always; Before Lent, during Lent, and after Lent. This is a time for our own self-reflection. Let us look at our behaviors, and not just fast. Let us increase our compassion, our teamwork, and not just focus on what we are giving up for Lent. We say, "Christ is in our Midst"! Our Father is here present and looking for us. He is waiting for us. His warm embrace is not far off but HERE in our midst. His arms are outstretched on the Cross, waiting for us, ALWAYS. Let us not be mere observers, but partakers in this joy that is everlasting. Let us bring our families into the family of God, often, this Easter 2022. Our St. George church is thriving and growing but we will go nowhere unless we embrace our Lord as the salvation and master of our lives. We must show up and show up for the right reasons. The future of St. George rests in our hands and we must be passionate about our creator and teach our children that this world alone will fail them. Our only hope is in the Lord. We are more than just earthly matter. We have a soul and we must not cut it off from the soul saver. Amen



Lenten Lecture Series 2022

St. George, 107 Clinton Street Schenectady, NY 12305

Join us for Four Lenten Lectures that should prove spiritually edifying and informative.

Thursday, March 17 – Fr. John Vlahos

Family Matters: A Recipe For Building A Phenomenal Family- Zoom Lecture

Wednesday, March 23 – V. Rev. Archimandrite
Maximos Constas

The Iconography of the Annunciation - Zoom Lecture

Wednesday, March 30 Dr. George Demacopoulos

Understanding the Religious background to the Current Russia/Ukraine Crisis- Zoom Lecture

Tuesday, April 5 – Fr. Emmanuel Mantzouris

The Icon of the Akathist Hymn – In Person Lecture

All Lectures Begin at 7pm

Dinner and refreshments will be offered by various ministries of

St. George, Schenectady, NY.

St. George Portable Icons Project (Φορητές εικόνες)

We have begun adding portable icons to our church. Over 50 have already been ordered!

These icons are used throughout the year during the celebrations of saints and feast days. Icons below include our Lord's feast days as well as the Virgin Mary's feasts, saints, and other holy days.

Below is a list as guidance for you to choose from.

All requests for donations will go through the Friends of St. George.
Please see Gladys Paravalos or the office or Fr. Neofitos

We appreciate all donations for the beautification of our church and for the celebration of our Lord and His beloved Saints.

If anyone would like to donate for a saint or feast that is not listed, you are more than welcome to do so. Below are suggestions that have not been ordered.

1. Ypapanti-Presentation of our Lord in the Temple

2. St Theodore Tyro or Both St. Theodores

3. St Parthenios Lampsakou

4. Publican and Pharisee

5. Prodigal Son

6. Judgement Sunday-Second Coming

7. Adam and Eve Exile

8. St Gregory Palamas

9. Sunday of St. John Climacus 10. Paralytic Sunday

11. St. Photini - Samaritan

woman

12. Fathers of the 1st

13. Ascension-Analipsi

14. 12 Apostles

15. St. John Chrysostom

16. Eisodia- Entrance of

the Theotokos in the

temple

17. St. Joseph or Holy

Family

All Icons are 16" X 20" in size and cost \$160 each.

They are handcrafted by the sisters of Holy Protection Monastery in PA.

Contact frneofitos@saintgeorgegoc.com or call 518-393-0742.



St. George's School of Greek Language and Culture



and enjoy our Come Day Independence Program presented by Presbytera Catherine, Mrs. Ioanna Loula, Mrs. Athena Pagnotti, and the St. Greek School George children.

Sunday, April 3rd 11:30 pm after Divine Liturgy

Register Now for Greek School!!

https://www.saintgeorgegoc.com/about/greek-school

St. Andrew's Brotherhood - Sunday evening Pan-Orthodox Lenten Vespers Services ARE BACK!!

- March 6 at 5pm: Forgiveness Sunday Vespers at <u>St. George Greek Orthodox</u>
 <u>Church in Schenectady</u> (107 Clinton St, Schenectady)
- March 13 at 5pm: Sunday of Orthodoxy Vespers at <u>St. Basil Greek Orthodox</u> <u>Church in Troy</u> (909 River St, Troy)
- March 27 at 5pm: Sunday of the Holy Cross Vespers at <u>Christ the Savior (Orthodox</u> <u>Church in America)</u> in Ballston Spa (349 Eastline Rd, Ballston Spa)
- April 10 at 5pm: Sunday of St. Mary of Egypt Vespers at St. George Antiochian
 Orthodox Church in South Glens Falls (55 Main St, South Glens Falls)

After a nearly two-year hiatus, we are excited to announce this year our Sunday evening Pan-Orthodox Lenten Vespers services are back. We welcome both Orthodox and non-Orthodox to attend. Each service is followed by a Lenten meal. This is a great opportunity to meet and reunite with local Orthodox Christians for prayer and fellowship as we journey together on our way to Holy Pascha.

Fr. Matthew Markewich



Philoptochos News

PHILOPTOCHOS NEWS MARCH 2022

By Jan Gallas

Is it Spring yet?? We are all looking forward to warmer weather after a very cold start to 2022. Even though we weren't able to meet in-person in January, you will be happy to know that we accomplished all that was necessary to be done through email and snail mail. Many thanks for your cooperation and assistance.

We began the year by requesting members to pay 2022 membership dues/stewardship as early in January as possible. I honestly can't say that was successful. Please, make every effort to submit your 2022 membership dues/stewardship of \$35. With your contribution National, District and our Chapter will be able to continue the mission of Philoptochos as "Friend of the Poor".

Included in this edition of The Triumphant are the new guidelines for Memorial Coffee Hours offered by Philoptochos. Thanks to those who worked so very hard to establish this new program at St. George. Should anyone have questions, please feel free to speak to Fr. Neofitos or myself for clarification.

We worked many hours to develop new Chapter By-Laws – current ones had not been updated in a very long time. Special thanks to Nancy Grivas for all of the time she devoted to this project. These will be presented to members at an upcoming meeting.

Philoptochos is currently in the planning stages for a Garage Sale and Bake Sale in July 2022. Flyer is included in this newsletter. Please read it very carefully to make sure you save ONLY those items requested. I'm happy to answer any questions you might have for this event.

There is also a flyer announcing a new project we would like to attempt. District Philoptochos (DAD) is offering this in Chapters all over the United States. We are calling it a "Dignity Drive". We will be collecting socks and underwear (hence the "Dignity") for Men and Women in sizes M, L, XL February through April during Lent and Easter. ONLY sealed packages of these "Dignity" items will be accepted. We ask you to be generous in your donations. There will be clearly labeled boxes in the Hellenic Center for you to drop your purchases. You won't have to shop all at once...make a drop, shop some more. We have determined that the "Dignity" items collected will be donated to Bethesda House in downtown Schenectady, a neighbor to St. George on State Street. Their goal is to "end the cycle of poverty and homelessness - not just manage the symptoms."

There are many areas where Philoptochos assists the church during Lent and Easter. We hope you will attend services and volunteer wherever you can. HAPPY SPRING.

Be sure to check out The Official Newsletter of the Greek Orthodox Ladies Philoptochos Society: **Philanthropy Witness**.

https://mailchi.mp/philoptochos/philanthropy-witness-october-2021

Sponsored by Ladies Philoptochos Society of St. George

Dignity Drive

Helping others cover their bare necessities with dignity and compassion





"I was naked and you clothed me..." Matthew 25:36

When: February 13-May 1, 2022

What: MEN: Socks, Underpants (ALL styles)

WOMEN: Bras & Underpants (ALL styles) & Socks

Items must be BRAND NEW and packaged Sizes: M-L-XL (for both men and women)

Drop Off: Hellenic Center (designated blue bins)

Recipient: Bethesda House, Schenectady, NY

(serving the homeless and impoverished)

For questions and more information call/text Jan Gallas (518-596-0821)

Intelligence is like underwear. It's important that you have it but not necessary to show it off.

Sponsored By & Proceeds to Benefit Ladies Philoptochos Society of St. George



SAVE THE DATE & SAVE YOUR "STUFF"! Saturday, July 23, 2022

Rain or Shine ... The fun takes place in the Hellenic Center



Kitchen & Household Items
Home Décor & Lamps
Children's Toys & Baby Items
Clothing & Purses & Shoes
Bedding & Towels (no bed pillows)
Luggage & Sports Items
Hobby & Craft Items
Books & Tools
Small Furniture Items
NO ELECTRONICS!

DROF OFF DETAILS TO FOLLOW

We will graciously accept your donations but reserve the right to discard items that may not be considered sellable. At the conclusion of the sale, ALL items will be distributed to local charitable organizations

For guestions and information text/call Jan Gallas (518-596-0821)



Fellowship Group

By Eliana Georgelos

Greetings from the Fellowship group!

The Fellowship group met for our first meeting of the year on February 10th, since Covid caused the cancellation of our January meeting. Father Neofitos led us in prayer as we prepared to enjoy our meal. Sixteen of us gathered for lunch and fellowship. We were entertained by our precious George Nectarios who brought and shared his menagerie with us. What joy that little one brings!

During our meeting, our annual dues were collected. We also agreed to host the third of the Lenten lecture series on March 30 featuring Dr. George Democopoulos. He will speak via zoom about understanding the religious background to the Russia/Ukraine crisis. As hosts we will serve refreshments to those coming to the Hellenic Center to watch this lecture on the big screen. Lenten appetizers, an entree, salad, dessert and coffee will be offered. We encourage all St. George parishioners to attend this very interesting and relevant lecture.

Now that the days are getting longer and we begin to look forward to spring and warmer weather, we also await the arrival on April 24th of the most significant day in the life of the Church, that of the Great and Holy feast of Pascha. But before Pascha arrives, the period of Great Lent gives us 40 days in which to prepare ourselves, not only for the life-giving Resurrection of Christ, but our own resurrection as well. This year Lent begins on March 7, the day we refer to as Clean Monday. Our preparation for Pascha involves prayer, fasting and repentance through confession. Father Neofitos has provided us with very specific and helpful information about how we should prepare for confession. So as we enter into the period of Great Lent, let us all thank God for our blessings and pray for his mercy in helping us through our trials and tribulations.

Our next Fellowship meeting will be held on Thursday, March 10 at 11:30 am at the Hellenic Center. Since we are fasting, a Lenten meal will be. Dues will be collected from those members who did not attend the February meeting and wish to join. As with all our luncheons, we ask for a nominal contribution of \$3 per member or \$5 per non-member to help cover the cost of the food. Annual dues are \$25 per couple or individual.

Many thanks to Olga Delorey, our "in house paparazzi", for the attached photos taken during our meeting. Olga has provided us with so many wonderful memories through the photos she has taken during this and our many other previous meetings.

Wishing you all good health and safety as we prepare for the Great and Holy feast of Pascha.

Happy Easter!

Καλό Πάσχα!





WELCOME TO OUR FAMILY

2022 Stewardship Pledges

We are grateful for those members listed below who have submitted their 2022 stewardship pledge as of February 28, 2022. Thank all for your contributions to our church. Your continued and consistent support will help our ministries and vision.

Mrs. Lucy Brady & Family

Ms. Arji Cakouros

Mr. Andreas & Sophia Christou

Miss Arianna Christou

Mr. & Mrs. Euripides Christou

Miss Demetra Corsones

Mrs. Rena Counavelis

Mrs. Joanne Dafniotis

Ms. Linda Davison

Mr. & Mrs. Andrew D'Aurizio

Ms. Olga Delorey

Mr. Gerry Dermentzys

Mrs. Katina Dikas & Family

Mr. & Mrs. Michael Euripidou

Mrs. Janet Gallas

Mrs. Helena Georgelas

Mrs. Eliana Georgelos

Mr. & Mrs. Brian Goodale & Family

Mrs. Nancy Grivas

Ms. Dimitria Haridimos

Mr. & Mrs. Owen Huggins

Mrs. Frusina Ica Iancu

Mr. & Mrs. Thomas Jones & Family

Mrs. Catherine Julius

Ms. Antonia Kananis

Mrs. Fanny Karamanos

Mrs. Charlene Kennedy

Ms. Kaliopi Kounoupis & Family

Mr. & Mrs. Steven Kouray

Mr. & Mrs. Trifon Laskaris

Mr. & Mrs. Paul LaViolette

Mr. & Mrs. Paul LeMire

Mr. William Manikas

Mr. & Mrs. Zachary Menagias

Mr. & Mrs. Scott Morlock

Mr. & Mrs. Evangelos Nikolaidis

Mr. Simeon Nikolaidis

Mrs. Katherine Orfan

Mr. & Mrs. Paul Pagiotas

Mr. & Mrs. Vito Pagnotti & Family

Mr. and Mrs. Kostantinos Papanikos

Mr. & Mrs. Nick Paravalos

Mr. & Mrs. Frank Rossetti

Fr. Neofitos & Presv. Sarigiannis & Family

Mrs. Roubina Spyros-Morgan

Miss Maria Stamoulis

Mr. & Mrs. Dimitrios Vlahakis

Mrs. Sophie Zanaros

Mrs. Anastasia Zoulas



ABOUT HC HC

All colleges promise a good education. Very few promise not only to educate but to elevate the whole person. Hellenic College is that rare institution of higher learning with a higher purpose: to foster the moral and spiritual as well as intellectual development of every student. It offers opportunities unmatched by any other college or university for this multidimensional development in the context of a truly Orthodox Christian community.

Hellenic College's curricula in the liberal arts and pre-professional studies stimulate students' minds while preparing them for careers in which they can serve both society and the Church. Whether in education, human services, business, law, or ministry, our graduates embody their faith and enrich our world through their other-directed vocations.

https://www.hchc.edu/admissions-apply/ https://www.hchc.edu/why-hchc/



Come Meet Our Parish Council Team



Brian Goodale (Officer- president) is the current President of the Parish Council at St. George. Through his wife Lucy (Laskaris) Goodale, he was introduced to the Orthodox faith, and converted and was baptized shortly thereafter. Professionally, Brian works for SUNY Empire State College as the Director of Academic Partnerships in the Office of Partnerships in the Office of the President. He has been at Empire State College since 2009. Prior to Empire State College, Brian had 15 years of higher education experience, including service at the University at Albany as the Director of Graduate Admissions for the School of Public Health, and the Assistant Director of International Graduate Admissions for the university. He started his career as an Admissions Counselor at SUNY Cobleskill. In addition, Brian has 21 years of volleyball coaching experience, including 17 years as the Head

Women's Volleyball Coach at the College of Saint Rose (NCAA Division II). Brian earned his Ph.D. in Higher Education Administration at the University at Albany, where he also earned his master's degree. He graduated from Penn State University with a Bachelor of Science degree in Marketing, and from SUNY Cobleskill with an associate of science degree in Business Administration. He and Lucy live in Clifton Park, NY with their son Tyler.



Alexandra Casey (Officer – Treasurer) My name is Alexandra Casey. I have been a member of Saint George for over 30 years. I grew up in the church, attended Sunday school, participated in youth programs, danced in the Dance Troupe, and attended Greek School. Currently, I am serving on the Parish Council as a Treasurer. I have been on the council for about six years. I wear many different hats throughout the day! I am a daughter, a sister, a wife, a mother, a teacher, a helper, and a friend. I graduated from Russell Sage College with an MS in Childhood Literacy Education. I currently work at North Colonie Central School District as a third-grade teacher. My husband and I live in Burnt Hills, and we have one beautiful daughter, Gianna, who is 10 years old. When I am not working at school, I help my mother with the family business. Saint George is close to my heart, and I do all that I can to help. Serving for my church is an honor, and I am committed to fulfilling this mission given by Christ.



Balwant Maria Kingra (Officer- secretary) My name is Balwant Maria, I graduated from St. John's University in May of 2020 with a goal to attend Physician's Assistant school in the next year. When I came back home, I decided to join the Parish Council to get involved in the church again. Along with joining the Parish Council, I am a part of the fundraising committee and the Young Adult group. Growing up in the church, there were a lot of activities to attend and I am interested in continuing this tradition. I am very excited to help plan events to get our community involved and bring us closer together in these unprecedented times.



Maria Dostis (Officer – vice president) Maria Dostis (Vice President) is the current Vice President of the Parish Council. She is a retired Professional Librarian, AV Director, Library Media Specialist, Social Studies Teacher and Grant Writer. She has lived and worked in Kentucky, Florida, New Jersey, and upstate and downstate New York. Currently Maria lives along the Mohawk River in Rexford, NY. Maria is a Greek School student, a steward of St. George, and Member of Community Care Patient and Family Advisory Council. Raised in Chicago "The Town That Billy Sunday Couldn't Shake Down", Maria was part of the Swedish Evangelical Community of Lake View and a participant in Bible classes, music, scouting and worked in Camp Lake, WI. She holds various degrees including: B.S. in History, Philosophy, and Geography; MA in Education from Murray State University and a member of Alpha Omicron Pi Sorority; MS in Library and Information Science from Pratt Institute; and

various coursework taken at Columbia University, Fordham University, Jersey City State, and SUNY. Maria was baptized at St. Katherine Greek Orthodox Church in Melbourne, Florida, and married James Vlamis at the Metropolitan Cathedral of St. John the Theologian in Tenafly, New Jersey. Maria enjoys travelling around the world and is passionate about children of Greek descent having the opportunity to embrace the Hellenic culture and language, along with the Orthodox religion.





Lucy Brady. My name is Lucy Brady. I grew up in Flushing, NY and got married to my husband Scott in 1988 in St. Nicholas GOC. We moved to the Albany area in 1990 and then moved to Scotia in 1993. I have a daughter Maria who lives with her husband, James in South Carolina, a daughter Christina who lives at home and a son, Jimmy who lives in Ballston Spa. I have been working at Capital Region BOCES for the past 23 years as a School Social Worker in Special Education. Being involved in a Family Support Council for many years has given me the opportunity to advocate for people with disabilities. I have been an active member of St. George GOC for about 26 years. The Church has been an integral part of my family's life. We have been involved in various activities offered by the Church over the years. I have been a longtime member of the Philoptochos as well

as the St. George Council. I enjoy traveling, going out to eat, spending time on the beach, dancing.



Arjhiroula "Arji" Cakouros is a sound healer, musician, Reiki master and Dreamwork teacher based in Niskayuna, NY. Her personal commitment to supporting others in achieving radiant health is rooted in her ancestral Hellenic Asclepian and Pythagorean healing traditions. She has been assisting and collaborating with Sw. Laraaji NadaBrahmananda since 2008, offering Healing Sound events, concerts, and Laughter Immersion experiences in many venues worldwide. Arji served as faculty at the prestigious International Sound Healing Intensive in Colorado for the last nine years of its 25 year history, as well as on the faculty for the Sacred Sounds Institute Intensive held annually at Olympic National Park, Washington state, created by the multi-talented pioneer Sound Healer Vickie Dodd. Arji has been affiliated with the St. George parish since the early 70's and served as its first dance troupe organizer & choreographer in the initial years of establishing its annual fall Greek festival. She and her family became active at St. Sophia's in Albany from the early 1990's until her

return to St. George a few years ago. Arji looks very much forward to now serving this community which she so loves, as part of the parish council.



Dimitri Koutsopoulos is returning as a member to the Parish Council. He is a passionate member of the church community who has a drive for helping to engage people in cultural and religious activities. He has a background in consulting and business development and assists the council in strategizing community events. Dimitri has 7+ years' experience in the domains of technology, marketing, compliance and project management. He joined Cloud and Things in 2018 as an initial team member to help grow the company and works directly with executive leadership to plan and drive business initiatives. He graduated from the University at Albany with a Bachelor's of Science in Business Administration with a dual concentration in Information Technology Management and

Marketing. Dimitri is a very friendly and approachable person, please feel free to introduce yourself to him or reach out if anything is needed.



Roubina Spyros Morgan. I am a lifelong and dedicated parishioner of St. George and a parent of one son, Justin 31 and a daughter Ariana, 28. I am currently employed at Union College as a merchandise buyer and handle, the website, accounts payable and receivables for the campus store. In addition, I have 26 years experience in a medical and hospital setting mainly in Medical billing and operations. I work per diem for Sunnyview Hospital. I enjoy making changes to situations that need improvement. I love animals, the outdoors, music and art.



Maria Stamoulis. Maria works for the State Education Department (SED) as an Auditor II within the Office of Audit Services. She conducts internal audits including the annual Internal Control Certification and monitors various initiatives including the financial reviews of the SED Business Portal. Prior to SED, Maria worked as a Senior Examiner for the State Comptroller's Office where she developed training and presented governmental accounting/financial topics including the property tax cap at local government conferences and OSC's accounting schools. Maria has been a member of Saint George since early childhood. She attended Greek School, Sunday School, and various youth activities. Currently, Maria serves as part of the festival committee on the parish council. She previously served as secretary on the council for four years. Maria graduated from Union College with a Bachelor of Arts

Degree in History and a Master's in Business Administration.



Memorial Services and Philoptochos Coffee Hour Sponsorship

Please call the church office at 518-393-0742 to schedule a Memorial Service. The Ladies Philoptochos Society oversees the coffee hour every Sunday. After reserving the date with the Parish Priest, you need to contact Lucy Brady at 518-542-4391, Philoptochos Coffee Hour Chairperson, if you wish to sponsor a Memorial Coffee Hour. Please do not assume this happens automatically. It is YOUR responsibility to make this contact.

The all inclusive price PER MEMORIAL is \$135 paid directly to <u>Ladies Philoptochos Society</u>. Included are breakfast pastries such as small bagels/cream cheese, muffins, cookies, cheese tray and crackers, fruit plate, coffee/tea and paper goods, milk for coffee and juice is provided for the children. Should you prefer to offer a Memorial Coffee Hour on your own, please include paper products, milk for coffee, juice along with whatever food items you choose.

Philoptochos Donation

The Ladies Philoptochos Society is a philanthropic organization of the Greek Orthodox Church whose mission is to provide aid to the poor, the homeless, the sick and the disadvantaged. Our Ladies work very hard at each coffee hour to set up and serve the purchased food items. Your generosity in making a donation to us in memory of your loved one would be greatly appreciated. Please consider making a generous donation in addition to the cost of the coffee hour to this worthy group in our church. For tax purposes, a letter acknowledging your donation will be provided.

Koliva - Memorial for the Departed

Koliva is offered in memory of a loved one as a prayer for the repose and salvation of their souls on the following days:

40 Day Memorial, 1 year Memorial, Annual Memorial, Saturdays of Souls, for our family members and friends who have departed. Koliva can be provided for if you place an order with the office at least a week before your Memorial date. Philoptochos does not make Koliva. *A large tray is offered at \$100. Please DO NOT assume Koliva will be provided automatically.*

St. George Bookstore Did you see our new icons and children's books?!!

Come visit our bookstore after church! Call the office if you want to stop by or have any questions.

<u>St. George Ministry Leaders</u>

Altar Servers Bookstore and Greek School

Bible Study/ Book Club Choir/Chanters Church Ushers Fellowship Group Friends of St. George Greek School Board Greek School Teachers

Greek Dance Ladies Philoptochos Society

Office Manager and Facilities Staff Order of AHEPA Parish Council Members Soup Kitchen Stewardship

Sunday School "Thursday Morning Boys" Building and Grounds Volunteers Fr. Neofitos Sarigiannis
Presvytera Catherine
Sarigiannis, Gladys Paravalos
Fr. Neofitos Sarigiannis
Olga Delorey
Brian Goodale
Eliana Georgelos
Gladys Paravalos
Diamanto Ktenas
Ioanna Loula
George Cotzas

Jan Gallas Olga Delorey Camille Kosloski

Phil Menagias
Brian Goodale
Olga Delorey
Lucy Brady
Toni Kananis
Fr. Neofitos Sarigiannis
teve Giakoumis

frneofitos@saintgeorgegoc.com csarigiannis22@gmail.com Gladys1717p@aol.com

odelorey@nycap.rr.com brian.goodale@outlook.com elianayiayia@icloud.com ggeorgelos@nycap.rr.com diamanto.ktenas@gmail.com ioannaloula@gmail.com cotzasgm44@gmail.com balwant.kingra98@gmail.com igigfl@aol.com

office@saintgeorgegoc.com

p menagias@hotmail.com

Lukia@nycap.rr.com Dafnia3@yahoo.com

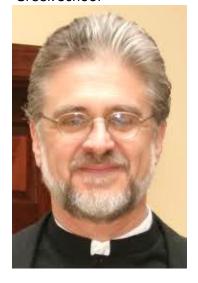
518-372-4476

Lenten Lecture Bios and details

All Lectures will begin at 7 pm and refreshments and dinner will be offered in the Hellenic Center.



Zoom Lecture on
Thursday, March 17
Fr. John
Vlahos, Protopresbyter
St. Paraskevi Greek
Orthodox Church Shrine in
Greenlawn, NY
Dinner Sponsor:
Greek School





Zoom Lecture on Wednesday, March 23, after Pre-sanctified Liturgy (5:30 pm)
Fr Maximos Constas is Professor of
Patristics and Orthodox Spirituality at
Hellenic College and Holy Cross. A summa cum laude graduate of Holy Cross (1987)
Faculty of Harvard Divinity School and Professor of Patristics and Orthodox
Theology.

Fr. Maximos was tonsured a great-schema monk at the Holy Monastery of Simonopetra, where he lived from 2004-2011.

Dinner Sponsor: Parish Council



Zoom Lecture on Wednesday,
March 30 after Pre-sanctified
Liturgy (5:30 pm)
Dr. George E. Demacopoulos is
a Professor of Theology at
Fordham University. He is also
the Director of the Orthodox
Christian Studies Center.
Fr. John Meyendorff &
Patterson Family Chair of
Orthodox Christian Studies
Dinner Sponsor: Fellowship group

In- person Lecture on Tuesday, April 5 after Great Compline (6:00 pm) Rev. Emmanuel Mantzouris, Economos St. Basil Greek Orthodox Church in Troy, N.Y. Dinner Sponsor: Philoptochos

If you are joining us on Zoom...

Meeting ID: 997 6998 3212 Passcode: 921044

Youth Group

Join our Youth Zoom on Tuesdays at 5:30 pm

Ages 4-12

We send reminders through email and the remind app. To join the email Youth list please email Lucy Goodale your cell number and full names of the children at <u>LGoodale7@gmail.com</u>.

Reminders and important Youth information are also sent through the Remind app.

Please join our remind class using the link below or the class code.

https://www.remind.com/join/f3fh94e or use class code@f3fh94e.

New Hellenic Center Booking Procedures

It is with great joy we announce that our programs are growing strong, and we are using our facilities more and more. Creating a system of booking events is necessary and we ask for your attention.

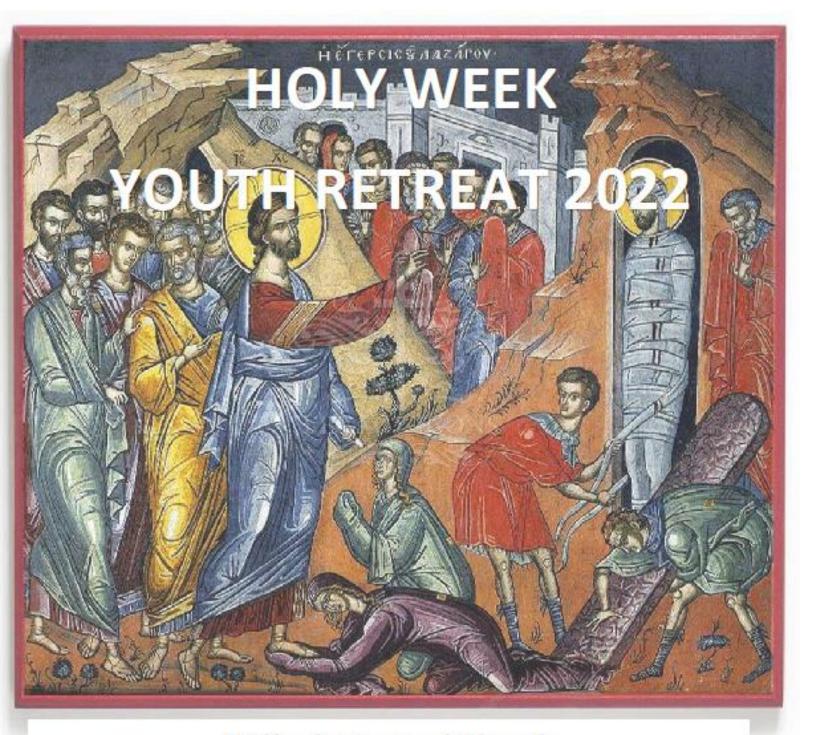
- If a group/ministry wishes to book the Hellenic Center for an event, the office must be contacted as well and the priest via email and or phone call.
 Please copy both Father and Camille on your email request: frneofitos@saintgeorgegoc.com and office@saintgeorgegoc.com or call 518-393-0742
- 2. One may check the NEW Google Facilities Calendar when considering a date for booking. https://www.saintgeorgegoc.com/calendar/google-calendar. Please add this calendar to your google calendars.
 - Unapproved events present unnecessary conflicts and might even put our youth in danger. It is easy to avoid conflict by clearly communicating with the office and receiving office approval. If we are presented with an unsolvable conflict, the violating group will be asked to leave.
- 3. Once approval is granted, your event will be added to our Google Calendar and can be viewed here: https://saintgeorgegoc.com/calendar/google-calendar.

As our community continues to grow and open its doors, more and more organization of facility events will be required. We thank you in anticipation for your continued cooperation AND collaboration and we look forward to our growth and success.

Father Neofitios' office hours

To make an appointment with Father during office hours, Mon – Thurs 9am-2pm, please call the office 518-393-0742. To make an appointment outside of office hours, please contact Father directly at 347-256-6723 or email freefitos@saintgeorgegoc.com.

ORTHODOX OBSERVER NEWS



Hellenic Center / Church Friday, April 15 at 5:00 pm – 8:00 pm

Small Compline Service
Palm Making Lesson and Dinner
Myrophores and Altar Boy Lesson

RSVP Evite: http://evite.me/CWGgdtKeat
Please contact us through the evite or call 518-393-0742
St. George 107 Clinton St. Schenectady, NY

Holy Week Schedule 2022

Saturday, April 16 - Lazarus Saturday

*8:30 am Orthros & 9:30 am Divine Liturgy

Sunday, April 17 – Palm Sunday

*8:30 am Orthros & 9:30 am Divine Liturgy

*6:30 pm Bridegroom Service

Holy Monday, April 18

*6:30 pm Bridegroom Service

Holy Tuesday, April 19

*6:30 pm Bridegroom Service – Hymn of

Kassiani

Holy Wednesday, April 20

*6:00 pm Holy Unction Service

Holy Thursday, April 21 - The Mystical/ Last

Supper

*9:30 am Vesperal Liturgy

*6:00 pm The 12 Gospels - The Passion of

Christ

Holy Friday, April 22

*9:30 am Royal Hours

*3:00 pm Apokathelosis

*6:00 pm Epitaphios, Lamentations and

Procession

Holy Saturday, April 23

*9:30 am Vesperal Liturgy

*11:00 pm Resurrection Service

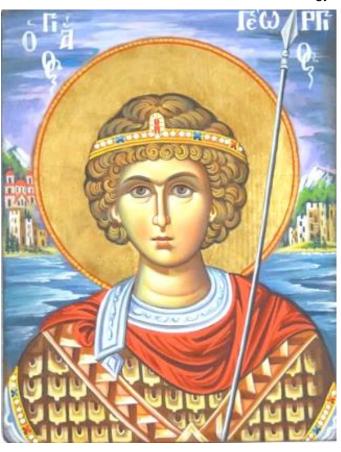
Services for the Feast of St. George

Sunday, April 24 – Pascha/Easter Sunday*10:30 am Agape Vespers and Vespers for

St. George

Monday, April 25 – The Feast of St. George

*8:30 am Orthros & 9:30 am Divine Liturgy



*The Sacrament of Holy Confession maybe requested and ministered after any service. Contact Fr. Neofitos at 347-256-6723 or the church office at 518-393-0742.

Prayer of Saint Ephraim

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

Lenten Ornamentation Donations

Date	Feast Day	Description		Price	
Friday, March 11th	1st Salutations	Flower Frame for Icon	\$	55.00	
Friday, March 18th	2nd Salutations	Flower Frame for Icon	\$	55.00	
Friday, March 25th	Annunciation/ Evangelismou	Flower Shelf for Panagia Icon		80.00	
Friday, March 25th	3rd Salutations	Flower Frame for Icon	\$	55.00	
Sunday, March 27th	Sunday of Holy Cross Veneration of Holy Cross	Daffodil Tray		50.00	
Friday, April 1st	4th Salutations	Flower Frame for Icon	\$ \$	55.00	
Friday, April 8th	Akathist Hymn	Flower Frame for Icon		55.00	
Sunday, April 17th	Palm Sunday (a.m.)	Palms		80.00	
Sunday, April 17th	Palm Sunday (p.m.) Nymphios	Flower Frame for Icon		55.00	
Sunday, April 17th	St. Mary of Egypt	Flower Frame for Icon	\$	55.00	
Wednesday, April 20th	Holy Wednesday	7 Candles, Oil, Flour (King Arthur), Cotton Balls		20.00	
Thursday, April 21st	Holy Thursday (a.m.)	Flower Frame for Last Supper Icon	\$	55.00	
Thursday, April 21st	Holy Thursday (p.m.)	Wreath/Crown for Crucified Christ		150.00	
Thursday, April 21st	Holy Thursday (p.m.)	Flower Frame for Crucifxion Icon	\$	55.00	
Thursday, April 21st	Holy Thursday (p.m.)	3 Candles for Crucifix	\$	15.00	
Thursday, April 21st	Holy Thursday (p.m.)	12 Candles for Gospel Readings	\$	60.00	
Thursday, April 21st	Holy Thursday (a.m.)	Eggs (1/2 case) (Large Brown)			
Friday, April 22nd	Holy Friday	Epitaphio flowers , which includes the following: Cut Lilies, Carnations, Roses, Daphne, Laurel, Rose petals, etc.			
Friday, April 22nd	Holy Friday (afternoon)	Cross of Flowers for Epitaphio			
Friday, April 22nd	Holy Friday (afternoon)	Rose or Orange Blossom Water (2)			
Friday, April 22nd	Holy Friday (afternoon)	White Full Size Sheet			
Friday, April 22nd	Holy Friday (afternoon)	Flower Frame for Apokathilosis Icon	\$	55.00	
Friday, April 22nd	Holy Friday (p.m.)	Red Roses (for Choir & Chanters)	\$	15.00	
Friday, April 22nd	Holy Friday (p.m.)	Flower petals (myrofores baskets)		30.00	
Friday, April 22nd	Holy Friday (p.m.)	Flower Frame for Extreme Humility		55.00	
Saturday, April 23rd	Holy Saturday (a.m.)	Flower frame for Proti Anastasi Icon		55.00	
Saturday, April 23rd	Holy Saturday (p.m.)	Potted Lilies (12)		140.00	
Saturday, April 23rd	Holy Saturday (p.m.)	Flower Frame for Anastasi Icon		55.00	
Saturday, April 23rd	Holy Saturday (p.m.)	Flower shelf for Jesus Icon (Altar)	\$	80.00	
Saturday, April 23rd	Holy Saturday (p.m.)	Flower shelf for Panagia Icon (Altar)	\$	80.00	



Saturday, April 23rd	Holy Saturday (p.m.)	Flower Shelf for St. John the Baptist		
	l long catal day (p.i.i.)	(Altar)	\$	80.00
Sunday, April 24th	Easter Sunday	Items for Easter Egg Hunt	\$	150.00
Monday, April 25th	St. George Vespers & Services	Flower Shelf for St. George (Altar)		80.00
Monday, April 25th	St. George	Flower Frame for St. George Icon	\$	80.00



Festival 2022 - Save the dates

Good afternoon:

I am writing with a "save the dates" notice. It is time for us to begin our **Festival 2022 planning meetings**. Please put the following dates on your calendar:

- Meeting #1: Sunday, March 13, 12pm (after Divine Liturgy) at the Hellenic Center
- Meeting #2: Sunday, April 10, 12pm (after Divine Liturgy) at the Hellenic Center

Please plan to attend and bring along another parishioner too!

In the week before meeting #1, you will receive an email from Roubina Morgan and Maria Stamoulis (Festival meeting leaders) with a reminder and the agenda.

Thanks in advance for your help with this year's Festival. Last year was a big success thanks to our community coming together. We can make this year's Festival even bigger and better ... but only if we all get involved. Have a good weekend!

Brian Goodale Parish Council President











Clergy Laity Congress 2022: Preparations Focus on Theme of "Legacy, Renewal, Unity"

The Clergy Laity Congress Committee, under the direction of His Eminence Archbishop Elpidophoros and Co-Chaired by Chrysanthy Demos and Nick Karacostas, continues its preparation of this summer's Centennial Congress. While preparing this historic Centennial Congress, His Eminence's theme of "Legacy, Renewal, Unity" has been built into all parts of the program. The official schedule of events is as follows:

June 30th – July 4: National Young Adult Conference

Fourth of July Weekend will offer young adults from all over the country an opportunity to gather in New York City for a weekend of fellowship and fun. A Young Adult Conference committee, Chaired by Harry Koulos and Kostas Ouranitsas, is currently planning events both in and out of the city that will offer a truly unforgettable experience for all in attendance. Save the date!

July 3 – July 7: Clergy Laity Congress

Celebrating 100 years of the Archdiocese, this Clergy Laity Congress will embrace and honor our past while at the same time plant the seeds for the next 100 years. In addition to regularly scheduled committee and organization events, a brief schedule of highlights is as follows:

Sunday, July 3

Divine Liturgy at the Archdiocesan Cathedral of the Holy Trinity Opening of the Centennial History Exhibit Opening of the Exhibit Hall

Great Vespers for the Consecration of Saint Nicholas Greek Orthodox Church and National Shrine at the World Trade Center

Monday, July 4

Consecration of Saint Nicholas Greek Orthodox Church and National Shrine at the World Trade Center Clergy Laity Congress Official Opening and Keynote Address

Tuesday, July 5

Clergy Breakfast with His Eminence Archbishop Elpidophoros Ministry Panel Discussions National Forum of Church Musicians Reception Archon Reception Clergy Family Dinner with His Eminence Archbishop Elpidophoros

Wednesday, July 6

Philoptochos Agape Breakfast
Presentation on Results of Charter Survey and Open Discussion
"Journey of Byzantine Music in America" Concert

Thursday, July 7

Plenary Session

Grand Banquet featuring Live Music and Entertainment

At the same time as the Clergy Laity Congress, the National Philoptochos will be conducting their Biennial Convention. Clergy Laity Congress registration details, including pricing, hotel pricing and booking information and other pertinent information will be available as soon as possible via the Clergy Laity Congress Website.