



# THE TRIUMPHANT

**Saint George Greek Orthodox Church**

**Father Neofitos Sarigiannis**

[frneofitos@saintgeorgegoc.com](mailto:frneofitos@saintgeorgegoc.com)

[www.saintgeorgegoc.com](http://www.saintgeorgegoc.com)

**March / April 2023**



**A Blessed Great Lent! Καλή Σαρακοστή!**





# Welcome to St. George Greek Orthodox Church

## March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>26 Forgiveness Sunday- Cheesefare Sunday</b> 8:30am Orthros 9:30am Divine Liturgy  6:00pm Lenten Vespers (Κατανυκτικός Εσπερινός) Lenten meal after Vespers hosted by the parish	<b>27</b> Clean Monday – Great Lent Begins  5:30pm Great Complinne	<b>28</b> 5:00pm Greek School Board Meeting  5:45pm Youth Meeting Via Zoom	<b>1</b> 5:00pm Adult Greek School via Zoom  7:00 pm Presanctified Liturgy	<b>2</b> 4:30pm Greek School	<b>3</b> 6:30pm 1 <sup>st</sup> Salutations to the Virgin Mary (Οι Χαιρετισμοί της Θεοτόκου)	<b>4 1<sup>st</sup></b> Saturday of Lent  3 <sup>rd</sup> Saturday of the souls 8:30am Orthros – 9:30am Divine Liturgy and Memorial Service (Kolyva)
<b>5 Sunday of Orthodoxy</b> 8:30am Orthros 9:30am Divine Liturgy & Procession of the Icons 12:15pm Philoptochos Meeting  5:00pm Lenten Vespers- St Basil's, Watervliet (Κατανυκτικός Εσπερινός)	<b>6</b> 5:30pm Great Compline	<b>7</b> 5:45pm Youth Meeting Via Zoom	<b>8</b> 5:00pm Adult Greek School via Zoom  7:00 pm Presanctified Liturgy - Hudson Valley Liturgy and Dinner	<b>9</b> 11:30am Senior Fellowship Meeting  4:30pm Greek School 4:45pm Great Compline <b>6:00pm Lenten            Lecture:            Fr. John Vlahos            and Dinner</b>	<b>10</b> 6:30pm 2nd Salutations to the Virgin Mary- (Οι Χαιρετισμοί της Θεοτόκου)	<b>11</b>
<b>12 Sunday of St. Gregory Palamas</b> 8:30am Orthros 9:30am Divine Liturgy Ioannis Giakoumis Memorial  5:00pm Lenten Vespers - St. George South Glens Falls (Κατανυκτικός Εσπερινός)	<b>13</b> 5:30pm Great Compline	<b>14</b> 5:45pm Youth Meeting Via Zoom	<b>15</b> 5:00pm Adult Greek School via Zoom  7:00 pm Festival Planning meeting	<b>16</b> 4:30pm Greek School	<b>17</b> 6:30pm 3rd Salutations to the Virgin Mary- (Οι Χαιρετισμοί της Θεοτόκου)	<b>18</b>
<b>19 Sunday of the Holy Cross</b> 8:30am Orthros 9:30am Divine Liturgy  Greek School Greek Independence Day Celebrations & Coffee Hour  5:00pm Lenten Vespers – St. Nicholas - Pittsfield (Κατανυκτικός Εσπερινός)	<b>20</b> 5:30pm Great Compline  7:00pm Lenten Lecture: Fr. Sophronios Vomend and Dinner	<b>21</b> 12:00pm Soup Kitchen  5:45pm Youth Meeting Via Zoom  6:30pm Parish Council Meeting	<b>22</b> 5:00pm Adult Greek School via Zoom	<b>23</b> 4:30pm Greek School	<b>24</b> 6:30pm 4th Salutations to the Virgin Mary- (Οι Χαιρετισμοί της Θεοτόκου)	<b>25</b> Feast of the Annunciation of the Theotokos 8:30am Orthros – 9:30am Divine Liturgy
<b>26 Sunday of St. John Climacus</b> 8:30am Orthros 9:30am Divine Liturgy Russell Wilson Memorial  5:00pm Lenten Vespers Christ the Savior - Ballston Lake (Κατανυκτικός Εσπερινός)	<b>27</b> 5:30pm Great Compline  7:00pm Lenten Lecture - Fr. Iakovos Fitzpatrick and Dinner	<b>28</b> 5:45pm Youth Meeting Via Zoom	<b>29</b> 5:00pm Adult Greek School via Zoom	<b>30</b> 4:30pm Greek School	<b>31</b> 6:30pm Akathist Hymn to the Virgin Mary	<b>1</b> 1:30 pm Capital Region Youth Retreat - St. Basils, Troy



# Welcome to St. George Greek Orthodox Church

## April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>26 Sunday of St. John Climacus</b> 8:30am Orthros 9:30am Divine Liturgy Russ Wilson Memorial 5:00pm Vespers Savior our Savior- Ballston Lake (Κατανυκτικός Εσπερινός)	<b>27</b> 5:30pm Great Compline 7:00pm Lenten Lecture - Fr. Iakovos Fitzpatrick and Dinner	<b>28</b> 5:45pm Youth Meeting Via Zoom	<b>29</b> 5pm Adult Greek School via Zoom	<b>30</b> 4:30pm Greek School	<b>31</b> 6:30pm Akathist Hymn to the Virgin Mary	<b>1</b> 1:30 pm Capital Region Youth Retreat - St. Basils, Troy
<b>2 Sunday of St. Mary of Egypt</b> 8:30am Orthros 9:30am Divine Liturgy 3 Year Memorial for Spiro Mikropoulos 5:00pm Lenten Vespers- St. George Antiochian church - Albany	<b>3</b> 5:30pm Great Compline	<b>4</b> 5:45pm Youth Meeting Via Zoom	<b>5</b> 5pm Adult Greek School via Zoom	<b>6</b> 4:30pm Greek School	<b>7</b> 5:00pm-8:00pm Holy Week Retreat and Folding of the Palms	<b>8 Saturday of Lazarus</b> 8:30am Orthros 9:30am Divine Liturgy
<b>9 Palm Sunday</b> 8:30am Orthros 9:30am Divine Liturgy	<b>10 Holy Monday</b> 6:30pm Bride Groom Service	<b>11 Holy Tuesday</b> 12:00pm Soup Kitchen Bag Lunch 6:30pm Bridegroom Service	<b>12 Holy Wednesday</b> 6:00pm Holy Unction	<b>13 Holy Thursday</b> 9:30am The Mystical/ Last Supper * Vespers Liturgy 6:00pm The 12 Gospels - The Passion of Christ No Greek School	<b>14 Holy Friday</b> 9:00am Royal Hours 3:00pm Apokathelosis 6:00pm Epitaphios, Lamentations and Procession	<b>15 Holy Saturday</b> 9:30am Vespers Liturgy 11:00pm Resurrection Service
<b>16 Great &amp; Holy Pascha</b> 10:30am Agape 11:30am Easter Egg Hunt & Snacks	<b>17</b>	<b>18</b> 5:45pm Youth Meeting Via Zoom	<b>19</b> 5pm Adult Greek School via Zoom 6:30pm Parish Council Meeting	<b>20</b> 4:30pm Greek School	<b>21</b> 8:30am Ζωοδόχου Πηγής - Theotokos of the Life-giving Spring Orthros & Divine Liturgy - Orthros and Divine Liturgy	<b>22</b> 6:30pm Great Vespers St. George and Thomas Sunday
<b>23 Thomas Sunday</b> 8:30am Orthros 9:30am Divine Liturgy Feast of St. George	<b>24</b>	<b>25</b> 5:45pm Youth Meeting Via Zoom	<b>26</b> 5pm Adult Greek School via Zoom	<b>27</b> 4:30pm Greek School	<b>28</b>	<b>29</b>
<b>30 Sunday of the Myrrh-Bearing Women</b> 8:30am Orthros 9:30am Divine Liturgy Greek Independence Day Parade – New York City						

# ST. GEORGE'S SCHOOL OF GREEK LANGUAGE & CULTURE

- **Sunday, March 19, 2023. 11 AM: Greek Independence Day Celebration.** Come and enjoy our Greek Independence Day Program presented by Presbytera Catherine, Mrs. Ioanna Loula, Mrs. Athena Pagnotti, Ms. Balwant Maria Kingra, and the St. George Greek School children.



- **Sunday, April 30, 2023: Field Trip to the Greek Independence Day Parade in NYC.** If you wish to join us please contact the church office.

## Lenten Lecture Series 2023

St. George, 107 Clinton Street Schenectady, NY 12305

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

**Thursday, March 9 – Fr. John Vlahos**

*"Leaving The World Better Than You Found It"*

4:45 pm Great Compline 6:00 pm Dinner and Zoom Lecture



**Monday, March 20 – Fr. Sophronios Vomond**

*"The church of the Apostles IS the Orthodox Church"*

5:30 pm Great Compline 7:00 pm Dinner and Zoom Lecture



**Monday, March 27 – Fr. Iakovos Fitzpatrick**

*"The role of Constantinople in The conversion of the Russian people"*

5:30 pm Great Compline 7:00 pm Dinner and In Person Lecture



Dinner and refreshments will be offered by various ministries of St. George, Schenectady, NY.

If you are joining us on  
Zoom...

Meeting ID: 997 6998 3212

Passcode: 921044



## Welcome to St. George Greek Orthodox Church

### From the desk of Fr. Neofitos

#### **"Behold, The Man" (Pilate)**

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. 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. Εἰς εαυτὸν Δε ἐλθὼν εἶπε".... 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 muddled ourselves with some of our behaviors. Where have I muddled 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 the 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 hierarchy, 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 - Μακρὰν ἀνέχοντος οἶδεν αὐτὸν ὁ πατὴρ αὐτοῦ – ἐσπλαγχνίσθη". 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. He believes in us. Do we believe in Him?












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."





# Welcome to St. George Greek Orthodox Church

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 of 2023. 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. Let us together "Behold, The Man" this Holy period and experience joy in His comforting embrace. Amen

OUR JOURNEY TO PASCHA! 2023			
Created by Fr. Jonathan Bahonji (ACROD)			
SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 5th</b>		<b>TRIDION WEEKS</b> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 12th</b>		<b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 19th</b> FAREWELL TO MEAT TODAY		<b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>FEBRUARY 26th</b> FAREWELL TO CHEESE TODAY		<b>Adam and Eve are cast from Paradise!</b> <b>FORGIVENESS SUNDAY</b> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 5th</b>		<b>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</b> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32:12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 12th</b>		<b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10:2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 19th</b>		<b>VENERATION OF THE HOLY CROSS</b> <b>HALF WAY TO PASCHA!</b> Epistle: Hebrews 4:14:5:6 Gospel: Mark 8:34:9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 26th</b>		<b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13:20 Gospel: Mark 9:17:31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 2nd</b>		<b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11:14 Gospel: Mark 10:32:45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 9th</b> GREAT WEEK BEGINS		<b>GREAT AND HOLY WEEK</b> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 14th</b>		<b>GREAT AND HOLY FRIDAY</b> <b>JESUS DIES ON THE CROSS</b> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 16th</b> NO FASTING!		<b>BRIGHT WEEK</b> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!





*On February 19, 2023 we honored and appreciated our choir  
with a lunch outing to United Buffet.*

## Sunday evening Lenten Vespers Services 2023

- **Forgiveness Sunday 2/26-** St George Schenectady (107 Clinton St, Schenectady)
- **Sunday of Orthodoxy 3/5-** St. Basil Watervliet (6 Lansing Ave, Watervliet, NY 12189)
- **St. Gregory Palamas 3/12-** St. George South Glens Falls (55 Main St, South Glens Falls)
- **Holy Cross 3/19 -** St Nicholas Pittsfield (1304 North St, Pittsfield, MA 01201)
- **St. John of the Ladder 3/26 -** Christ the Savior Ballston Lake (349 Eastline Rd, Ballston Spa)
- **Youth Retreat Saturday 4/1 -** St. Basil Troy (909 River St, Troy)
- **Sunday of Mary of Egypt 4/2 -** St George Albany (1 St Georges Pl, Albany, NY 12202)

We are excited to announce our Sunday evening Pan-Orthodox Lenten Vespers services. 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.

**St. Andrew's Brotherhood**





# EPIPHANY BLESSING OF THE WATERS MOHAWK RIVER January 8, 2023







# Youth Bowling Event







# Welcome to St. George Greek Orthodox Church

Hello Everyone,

Our new Stewardship pledge form for 2023 is below. We ask that:

1) All families fill out the new pledge form and especially the Time and Talent section. We would like to inventory all your talents and skills you are capable of and wish to offer your church when able.

2) Please consider your giving level. Below are some examples:

\$2000 is \$39 per week or \$166 per month

\$1500 is \$29 per week or \$125 per month

\$1000 is \$20 per week or \$83 per month

\$750 is \$14 per week or \$62 per month

\$500 is \$10 per week or \$42 per month

\$400 is \$8 per week or \$34 per month

3) Please return the pledge form to the office via mail, email, or walk it in.

Our God has given us everything. What do we give back? Thank you for considering your 2023 pledge. May God guide our hearts.

Respectfully,  
Fr. Neofitos

## Information

If you are already a member,  
please fill out the shaded areas

NAME STEWARDSHIP NUMBER  
BAPTIZED ORTHODOX? yes no

NAME OF SPOUSE (IF MARRIED)  
BAPTIZED ORTHODOX? yes no

STREET ADDRESS

CITY / STATE / ZIP CODE

MOBILE PHONE

EMAIL ADDRESS ☐ yes ☐ no  
MAY WE ADD YOU TO OUR EMAIL LIST?

EMAIL ADDRESS OF SPOUSE (IF MARRIED)

OCCUPATION

Dependent Children's names and birthdates:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## treasure

In gratitude for God's blessings, I/We commit to Christ and His Church the following amount for 2023:

\$ \_\_\_\_\_  
☐ weekly ☐ monthly ☐ quarterly  
☐ One Time

## Treasure

### Yearly Income Percentage Guide to Giving

Yearly Income	1%	2%	3%	5%	10% (Tithing)
\$10,000	\$100	\$200	\$300	\$500	\$1,000
\$15,000	\$150	\$300	\$450	\$750	\$1,500
\$20,000	\$200	\$400	\$600	\$1,000	\$2,000
\$30,000	\$300	\$600	\$900	\$1,500	\$3,000
\$40,000	\$400	\$800	\$1,200	\$2,000	\$4,000
\$50,000	\$500	\$1,000	\$1,500	\$2,500	\$5,000
\$100,000	\$1,000	\$2,000	\$3,000	\$5,000	\$10,000

(pledge)

*Leviticus 27:30 "A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord: it is holy to the Lord."*

**Challenge:** Could you give \$20 each week?

### BUDGET

Our annual expenses for 2023 will be approximately \$382,000.

Stewardship donations in 2022 were approximately \$80,000.

Please consider your giving level:

\$2000 is \$38.46 per week

\$1500 is \$28.84 per week

**\$1000 is \$19.23 per week**

\$750 is \$14.42 per week

\$500 is \$9.61 per week

\$400 is \$7.69 per week

Are you giving back to God as you have been blessed?

The average pledge at our church for 2022 is \$656.

When was the last time you increased your giving to our church?

Could you give \$20 each week?

## Time & Talent

It is important to give our time and talent as well as our treasure.

Individual stewards should indicate areas of interest with a check (✓).

Families should mark "H" for husband, "W" for wife or "C" for children.

### EDUCATION

☐ Bible Study  
☐ Intro to Orthodoxy  
☐ Publications  
☐ Speakers  
☐ Bookstore

### YOUTH

☐ Dance Troupe  
☐ Greek School Teacher  
☐ Greek School Board  
☐ Sunday School Teacher  
☐ Youth Advisor  
☐ Camp Counselor  
☐ Youth Group  
☐ Young Adults

### BUILDING & GROUNDS

☐ Garden & Landscape  
☐ Plumbing  
☐ Electrical  
☐ Event Clean-up/ Set-up  
☐ Interior Repairs  
☐ Exterior Repairs  
☐ Roofing  
☐ Hall Rentals  
☐ Handyman  
☐ "Thursday Morning Boys"  
Building and Grounds Volunteers

### ADMINISTRATION

☐ Parish Council  
☐ Development / Fundraising  
☐ Office help  
☐ Computer / Technical

### LITURGICAL

☐ Altar boys / Acolytes  
☐ Choir  
☐ Chanting  
☐ Reader  
☐ Greeter/Usher  
☐ Baking Proskafion  
☐ Koliva maker  
☐ Antoklasia maker

### MINISTRIES & PROGRAMS

☐ Welcome Team  
☐ Outreach  
☐ Stewardship  
☐ Coffee Hour/ Hospitality  
☐ Visitation - Hospital  
☐ Philoptochos - Soup Kitchen  
☐ Prison Ministry  
☐ Grief Bereavement Group  
☐ Blood Drives  
☐ Project Mexico  
☐ Int'l Orth Christian Charities  
☐ OCMC Mission Center  
☐ Seniors Ministry (Fellowship)  
☐ Fundraising  
☐ Friends of St. George  
☐ Order of AHEPA

### COMMUNICATIONS

☐ Web site & E-mail  
☐ Graphic Design  
☐ Bulletin & Newsletter  
☐ Public Relations  
☐ Data Entry

Any other talents or information you wish to list:

\_\_\_\_\_



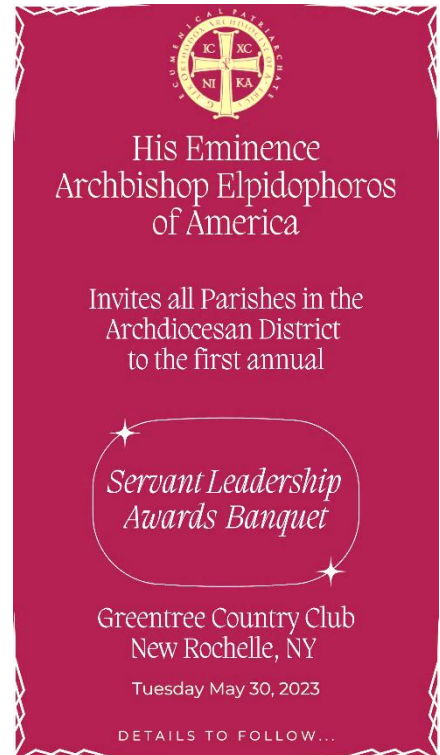
# WELCOME TO OUR FAMILY

## 2023 Stewardship Pledges

We are grateful for those members listed below who have submitted their 2023 stewardship pledge as of February 23, 2023. Your continued and consistent support will help our church continue to grow and prosper. To become a full member of our church, please fill out the Pledge form on the previous page and return it to the office.

Mr. & Mrs. George Alatzas  
Mr. & Mrs. Stephen Arrington  
Mr. & Mrs. Konstantin Avgerakis  
Ms. Athina Beaury  
Mr. & Mrs. Scott Brady  
Mr. & Mrs. Peter Chamberas  
Mr. Andreas & Mrs. Sophia Christou  
Mr. & Mrs. Euripides Christou  
Mr. & Mrs. Emanuel Contompasis  
Miss Demetra Corsones  
Mr. & Mrs. George Cotzas  
Mrs. Rena Counavelis  
Ms. Linda Davison  
Ms. Olga Delorey  
Mr. & Mrs. Vasilios Diamantopoulos  
Mr. & Mrs. Brad Engwer  
Mr. & Mrs. Michael Eurpidou  
Mrs. Janet Gallas  
Mrs. Helena Georgelas  
Mrs. Eliana Georgelos  
Mr. & Mrs. Brian Goodale  
Dr. Jeffrey Hnath & Dr. Efrossini Kolios  
Mr. & Mrs. Owen Huggins  
Mrs. Frusina Ica Iancu  
Mr. & Mrs. Thomas Jones  
Mrs. Catherine Julius

Ms. Antonia Kananis  
Mrs. Fanny Karamanos  
Ms. Balwant Maria Kingra  
Ms. Kaliopi Kounoupis  
Mrs. Voula Kounoupis  
Mr. & Mrs. Steven Kouray  
Mr. Dimitrios Koutsopoulos  
Mr. & Mrs. David Lambert  
Mr. & Mrs. Trifon Laskaris  
Mr. William Manikas  
Mr. & Mrs. Shaun Miller  
Mr. & Mrs. Evangelos Nikolaidis  
Mr. Constantine Orfan  
Mrs. Katherine Orfan  
Mr. & Mrs. Vito Pagnotti  
Mr. & Mrs. Peter Pagones  
Mr. & Mrs. Nick Paravalos  
Mr. & Mrs. Paul Scott  
Ms. Aphrodite Slingerland  
Mr. & Mrs. Gerasimos Sokaris  
Mrs. Roubina Spyros-Morgan  
Ms. Maria Stamoulis  
Mr. & Mrs. Van Stathis  
Mrs. Olga Stryjski  
Mrs. Sophie Zanaros  
Mrs. Anastasia Zoulas



Fr. Neofitos, Presvytera Catherine, and George are considering serving week 4 or 5 of **Camp Saint Paul**. Let's all go the same week!







# Camp Saint Paul

• SUMMER 2023 REGISTRATION •

*Opens:*  
*February 25th*  
*12 Noon*

Session 1: 06/25 - 07/01

Session 2: 07/02 - 07/08

Session 3: 07/09 - 07/15

Session 4: 07/16 - 07/22

Session 5: 07/23 - 07/29

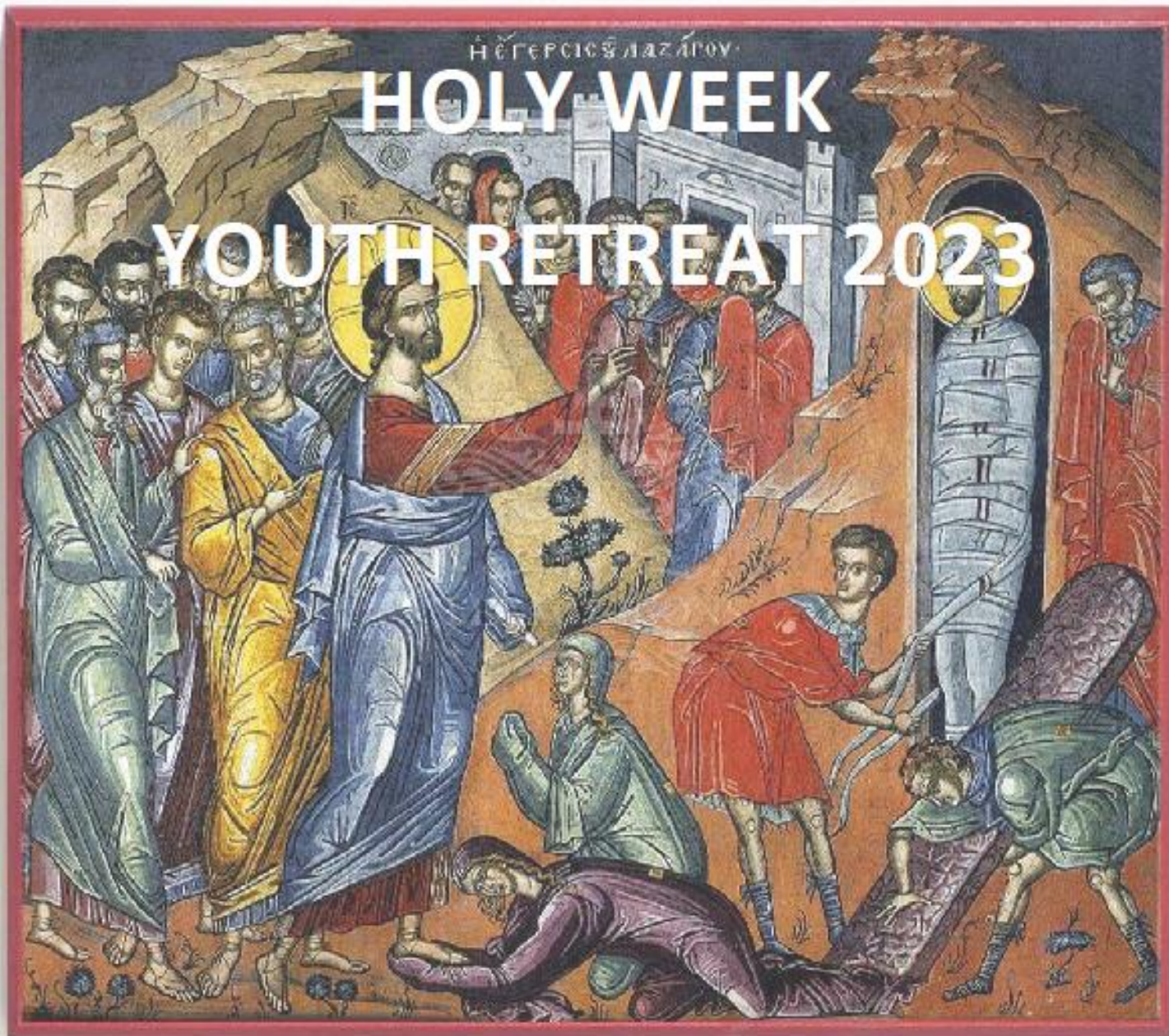
Register at: [campsaintpaul.org](https://campsaintpaul.org)



Questions? Email us: [campstpaul@goarch.org](mailto:campstpaul@goarch.org)







**Hellenic Center / Church**

**Friday, April 7 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/w8MCK2jjpf>**

**Please contact us through the evite or call 518-393-0742**

**St. George 107 Clinton St. Schenectady, NY**





## Welcome to St. George Greek Orthodox Church

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### 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** 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.



**Constantine "Dino" Orfan** - I was born in Cortland, NY and we moved to Gloversville in the summer of 1976. I graduated from high school in 1980 and then entered the US Air Force as a Heating Systems Specialist stationed at Hanscom AFB outside of Boston, MA. When my enlistment ended in 1984, I remained in Massachusetts as a licensed Steam Engineer until 1991 when I returned to Gloversville NY. In 1993 I joined the US Naval Reserves and in 1996 I switched to the NY Air National Guard and my life long career of Law Enforcement & Security. After the events of 9/11, I was on active duty orders frequently and in 2005 I went on permanent active duty orders for the US Air Force Reserves, retiring from active duty service May 31, 2018 from Westover Air Reserve Base in Chicopee, MA. I lived in Fort Worth, TX for a year where I attended the Tarrant County Sheriff's Corrections Officer Academy and worked in Corrections until early 2019. At that time I decided I wanted to be within driving distance

to family so I returned north to Newport, ME until March 2022. After that I decided to return to Gloversville, NY. I now have extensive training in law enforcement, security, and corrections, and I'm well versed in working with the public. My education includes a Master's Degree in Forensic Psychology, a Bachelor's Degree in Historical Studies and two Associate's Degrees.



**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.





## Welcome to St. George Greek Orthodox Church



### PHILOTOCHOS NEWS MARCH 2023

By Jan Gallas

We are all looking forward to warmer weather, Spring and Easter. We had a good meeting in January and changed our February meeting to Sunday, March 5, 2023 at 12:15 pm in the Hellenic Center. Please make every effort to attend.

We participated in the Annual Post-Holiday Winter Luncheon offered by St. Sophia. We had a delicious luncheon at the Italian American Center in Albany. All three local chapters were represented. Nice seeing other local friends. Fun games and prizes all around. Thanks to their Planning Committee for inviting us again this year.

We began the year by reminding members to pay 2023 membership dues/stewardship as early in 2023 as possible. Please make every effort to submit your dues/stewardship of \$35. With your membership National, District and our Chapter will be able to continue the mission of Philoptochos as "Friend of the Poor".

National Philoptochos has announced their annual spring food collection challenge. We have chosen a local school to benefit. A flyer will be ready soon for you to see how we will proceed. Please make every effort to donate on behalf of the children in the City of Schenectady.

We hosted breakfast for the Hudson Valley Priests in February – they always enjoy coming to St. George. Fr. makes sure we feed them well!! Special thanks to Anna Ktenas for preparing the "make your own" breakfast sandwich bar.

This is the year for Philoptochos Board Elections. At our March meeting we will need to elect an Election Committee. You can always speak with Fr. Neofitos or our current board members about becoming a Board member. Please think about this very carefully. We will need many new Board members as some have maxed out their time allowed by National Philoptochos. St. George Chapter is fortunate to have so many experienced members to assist and guide our new Board. The only way our Chapter will succeed is for new people to step up and serve.

Lent has begun with all of the beautiful services offered. Before we know it, Holy Week and Easter will be upon us. Time to make your plans for this most holy time of the year. Being a member of Philoptochos is an important venture. We hope you will consider joining us this year. Speak to any members if you would like more information about our chapter.







## Tri-City Winter Luncheon Unites Upstate NY Philoptochos Chapters

The three upstate New York Philoptochos Chapters from the communities of St. Sophia, St. George, and St. Basil, were together for a post-holiday winter luncheon on January 21 at the American Community Center. There were approximately 45 members attending. Following a delicious meal, there were raffles and games to get the group laughing. Being together during the holidays was a pleasure for all. Many gifts were donated by parishioners at St. Sophia and local businesses. The three Chapters enjoy being together as often as they can to cooperate as a 'Friend of the Poor'.

# Children's Weekend Backpack Food Drive

February 20–April 1, 2023

DAD Goal is 1,000 Backpacks of Food

The St. George Ladies Philoptochos is answering the call from our Archdiocesan District Philoptochos (DAD) to provide non-perishable food items for children to take home from school so they have food for the weekend.

We are partnering with Keane Elementary School in Schenectady which has an in-house food pantry to meet the needs of its students.

Here's how YOU can help:

**YOU:** Purchase ALL items on the shopping list (at right) and deliver to Hellenic Center collection site.

-OR-

**WE:** Do the shopping for you! The cost to donate one (1) weekend food backpack is: \$25!



### Your Shopping List:

- Pasta (1 lb box)
- Spaghetti Sauce
- Canned Tuna - 2
- Dried Beans (2 lb bag)
- Rice (1 lb bag)
- Instant Oatmeal (10 pks)
- Canned Soups - 2
- Kraft Macaroni & Cheese Cups (4 pack)
- Canned Vegetable - 1
- Canned Fruit - 1
- Jar of Peanut Butter
- Jar of Jelly
- Pudding Cups (4 pack)

Questions and Information:

Jan Gallas

C: 518-596-0821







**LENTEN YOUTH RETREAT**  
**SATURDAY, APRIL 1, 2023**  
**Saint Basil Greek Orthodox Church**  
**909 River Street – Troy, New York 12180**

All children (Pre-K through Grade 12) and parents are invited to take part in our Annual Lenten Youth Retreat. The Retreat is for the youth and young adults in all the Orthodox Christian church communities in the Capital District. Parents are encouraged to participate as well!

**Tentative schedule for the day:**

<b>Arrival time / Sign in</b>	<b>1:30 PM</b>
<b>Opening Prayer</b>	<b>1:50 PM</b>
<b>Youth Activities</b>	<b>2:00 – 4:30 PM</b>
<b>Clean-up</b>	<b>4:30 – 5:00 PM</b>
<b>Great Vespers</b>	<b>5:00 PM</b>
<b>Dinner</b>	<b>After church</b>

Please contact Fr. Neofitos for the registration packet. [frneofitos@saintgeorgegoc.com](mailto:frneofitos@saintgeorgegoc.com). Please complete the Registration Form. Bring it to Mission Vespers on the Sunday evenings during Great Lent. For planning purposes, we hope to receive all Registration Forms by Sunday, March 12, 2023





## Welcome to St. George Greek Orthodox Church

# FELLOWSHIP NEWS FOR MARCH/APRIL, 2023

By Eliana Georgelos

Greetings from the Fellowship group!

As I write this, the Fellowship group has just met for our February monthly meeting that began with a prayer led by Father Neofitos. Sixteen of us were present and we enjoyed a meal consisting of Greek style Chili, rice pilaf, Greek salad, crusty Artisan bread and dessert. Our March meeting will fall on Thursday, March 9 and, since we will be in the midst of Lent during that time and will be fasting, Steve Giakoumis has offered to serve his delicious fasolada for lunch. It will be accompanied by a Greek salad, Artisan bread, and a vegan dessert. 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 as a result of the photos she has taken during this and our many other previous meetings.

Speaking of Lent, March and April of this year are especially auspicious months for all Orthodox faithful. During this time, we prepare for Pascha throughout the 40 day period of Great Lent and do so with prayer, abstinence and fasting. Through fasting and prayer, we learn how to discipline our hearts and minds. Our preparation for Pascha also involves repentance through confession. Father Neofitos has provided us with very specific and helpful information about how we should prepare for confession. We should remember that just as Holy Communion is a sacrament of the church, Confession is also a sacrament. Through confession, during which our priest guides us, our sins are forgiven by God and we are healed. Therefore, we should not fear and avoid confession, but rather embrace it.

The parishioners of Saint George are blessed to have Father Neofitos and Presvytera Catherine leading us in prayer throughout the period of Great Lent. We have the opportunity to participate in beautiful church services, among them vespers, compline, and memorial services. The Vespers service which begins the Lenten season is the Vespers of Forgiveness. The custom at this service is to ask forgiveness and to forgive each other. Each year on this Sunday evening (also known as Cheesefare Sunday) our church hosts a reception for all those who attend Vespers. Many of our Fellowship members participate in organizing, setting up, and contributing food for this reception. This year our parishioners have been very generous in their donations of Lenten foods to be served. The only stipulation is that the foods not contain meat of any kind. Fish, cheese and dairy foods are permitted. Thus, we have a wide range of options available to serve, from appetizers to entrees to desserts. And because of this, our church has been the most well attended of the local Orthodox parishes who participate in the Sunday Lenten series. Thank you to all our parishioners and Fellowship members who work so hard to make this reception a success every year!

Other significant services during Great Lent are the three Saturdays of the Souls. During these services Father Neofitos reads the names of our deceased loved ones which we provide to him. Presvytera not only chants during these services, but also prepares the koliva for those who request them. What a beautiful and touching way to remember our beloved family members who have passed from this world.

This year, Great Lent begins on February 27, 2023 and continues through Holy Saturday, April 15th. Easter Sunday, when we celebrate the resurrection of Christ from the dead, falls this year on Sunday, April 16, 2023. The services throughout the Lenten period and especially during Holy Week are particularly beautiful and poignant. We encourage all the parishioners of St. George to attend as many of these these services as possible.

Since our April meeting date falls on Holy Thursday (April 13th), we will not meet on that day but will meet instead during the following month, on May 11, 2023. We encourage all St. George parishioners to join us then for a meal and good fellowship.

Wishing you all peace and good health as we prepare for the Great and Holy feast of Pascha. Let us all pray for God's mercy and thank Him for all our blessings.

**Happy Easter! Καλό Πάσχα!**







# Great Lent Schedule 2023

## Week 1

**Sunday, February 26** – Cheesefare Sunday

\*5:00 pm Lenten Vespers followed by dinner

**Monday, February 27** - Clean Monday

\*5:30 pm Great Compline

**Wednesday, March 1**

\*7:00 pm Presanctified Liturgy

**Friday, March 3**

\*6:30 pm 1<sup>st</sup> Salutations to the Virgin Mary

(Οι Χαιρετισμοί της Θεοτόκου)

**Saturday, March 4** – 3<sup>rd</sup> Saturday of the souls

\*8:30 am Orthros & 9:30 am Divine Liturgy &  
Memorial Service (Kolyva)

**Sunday, March 5** - Sunday of Orthodoxy

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

Procession of the icons

\*5:00 pm Lenten Vespers at St. Basil Watervliet

(Κατανυκτικός Εσπερινός)

## Week 2

**Monday, March 6** \*5:30 pm Great Compline

**Wednesday, March 8**

\*7:00 pm Presanctified Liturgy and dinner -

Hudson Valley Clergy visiting

**Thursday, March 9**

\*4:45 pm Great Compline

\*6:00 pm Zoom Lenten Lecture and dinner -

Fr. John Vlahos

**Friday, March 10**

\*6:30 pm 2<sup>nd</sup> Salutations to the Virgin Mary (Οι

Χαιρετισμοί της Θεοτόκου)

**Sunday, March 12** - Sunday of St. Gregory Palamas

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

\*5:00 pm Lenten Vespers at St. George South

Glens Falls (Κατανυκτικός Εσπερινός)

## Week 3

**Monday, March 13**

\*5:30 pm Great Compline

**Wednesday, March 15**

\*7:00 pm Presanctified Liturgy at Holy Spirit

Orthodox Church – Wantage, New Jersey

**Friday, March 17**

\*6:30 pm 3<sup>rd</sup> Salutations to the Virgin Mary (Οι

Χαιρετισμοί της Θεοτόκου)

**Sunday, March 19** - Sunday of the Holy Cross

\*8:30 am Orthros & 9:30 am Divine Liturgy &  
Procession of the Holy Cross

\*5:00 pm Lenten Vespers at St Nicholas

Pittsfield (Κατανυκτικός Εσπερινός)

## Week 4

**Monday, March 20**

\*5:30 pm Great Compline

\*7:00 pm Zoom Lenten Lecture and dinner –

Fr. Sophronios Vomend

**Wednesday, March 22**

\*7:00 pm Presanctified Liturgy at Holy Cross

Middletown, NY

**Friday, March 24**

\*6:30 pm Great Vespers - 4th Salutations to the

Virgin Mary- (Οι Χαιρετισμοί της Θεοτόκου)

**Saturday, March 25** - Annunciation of the Theotokos

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

**Sunday, March 26** - Sunday of St. John Climacus

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

Lenten Vespers at Christ the Savior Ballston

Lake (Κατανυκτικός Εσπερινός)





# Great Lent Schedule 2023

## Week 5

### Monday, March 27

- \*5:30 pm Great Compline
- \*7:00 pm Lenten Lecture and dinner –  
Fr. Iakovos Fitzpatrick

### Wednesday, March 29

- \*7:00 pm Presanctified Liturgy at St. Nicholas,  
Newburgh, NY

### Friday, March 31

- \*6:30 pm Akathist Hymn

### Saturday, April 1

- \*9:00 am District Clergy Laity in CT
- \*1:30 pm Pan- Orthodox Lenten Youth Retreat  
Saint Basil Greek Orthodox Church- Troy, NY

### Sunday, April 2 - Sunday of St. Mary of Egypt

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

## Week 6

### Monday, April 3

- \*5:30 pm Great Compline

### Wednesday, April 5

- \*7:00 pm Presanctified Liturgy at Sts.  
Constantine and Helen Nyack, NY

### Friday, April 7

- \*5:00 pm Palm Making and Youth Retreat –  
Altar boys and Myrophores

### Saturday, April 8 – Saturday of Lazarus

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

### Sunday, April 9 – Palm Sunday

- \*8:30 am Orthros & 9:30 am 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**

## Lenten Prayers and Hymns

Open to me the gates of repentance, O Giver of Life, for early in the morning my spirit hastens to Your holy temple, bringing the temple of my body all defiled. But as one compassionate, cleanse me, I pray, by Your loving-kindness and mercy.

Guide me in the paths of salvation, O Theotokos, for I have befouled my soul with shameful sins and I heedlessly squandered all of my life's resources. By your intercession deliver me from every uncleanness.

When I ponder in my wretchedness on the many terrible things that I have done, I tremble for that fearful day, the Day of Judgment. But trusting in the mercy of Your compassion, like David I cry to You, "Have mercy on me, O God, according to Your great mercy."

Good Father, I made myself distant from You; do not forsake me, nor show me to be useless in Your kingdom. The vile enemy has denuded me; he has taken my wealth. The gifts of my soul I have squandered with abandon. So, having arisen, once again I return to You and cry, "Treat me as one of Your hirelings." For me You stretched out Your pure hands upon the cross to snatch me from the fearsome beast, and to vest me with that former dignified apparel, for You alone are great in mercy.

Lord of the powers be with us for in times of distress we have no other help but you Lord of the powers have mercy on us.





# Holy Week Schedule 2023

**Saturday, April 8** - Saturday of Lazarus

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

**Sunday, April 9** – Palm Sunday

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

\*6:30 pm Bridegroom Service

**Holy Monday, April 10**

\*6:30 pm Bridegroom Service

**Holy Tuesday, April 11**

\*6:30 pm Bridegroom Service – Hymn of Kassiani

**Holy Wednesday, April 12**

\*6:00 pm Holy Unction Service

**Holy Thursday, April 13** - The Mystical/ Last Supper

\*9:30 am Vespertal Liturgy

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

**Holy Friday, April 14**

\*9:00 am Royal Hours

\*3:00 pm Apokathelosis

\*6:00 pm Epitaphios, Lamentations and Procession

**Holy Saturday, April 15**

\*9:30 am Vespertal Liturgy

\*11:00 pm Resurrection Service

**Sunday, April 16** – Pascha/Easter Sunday

\*10:30 am Agape Vespers

\*11:30 am Easter Egg Hunt and Snacks

**Friday, April 21** - Ζωοδόχου Πηγής - Theotokos of the Life-giving Spring

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

## Services for the Feast of St. George

**Saturday, April 22** – The Feast of St. George & Thomas Sunday

\*6:30 pm Great Vespers

**Sunday, April 23** – The Feast of St. George & Thomas Sunday

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





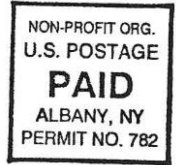
# 2023 Lenten Ornamentation Donations

Thank you to all who have already pledged to donate the shaded items below. Please contact the church office, Camille, or Elaine Euripidou to donate. 518-393-0742 or [elaine.euripidou@gmail.com](mailto:elaine.euripidou@gmail.com).

Date	Feast Day	Description	
Friday, March 3rd	1st Salutations	Flower Frame for Icon	\$70
Friday, March 10th	2nd Salutations	Flower Frame for Icon	\$70
Friday, March 17th	3rd Salutations	Flower Frame for Icon	\$70
Sunday, March 19th	Sunday of Holy Cross Veneration of Holy Cross	Daffodil Tray	\$50
Friday, March 24th	4th Salutations	Flower Frame for Icon	\$70
Saturday, March 25th	Annunciation of the Theotokos	Flower Shelf	\$85
Friday, April 1st	Akathist Hymn	Flower Frame for Icon	\$70
	St. Mary of Egypt	Flower Frame for Icon	\$70
	Lanterns for youth for Holy Week	5 Lanterns for the Youth	\$60
		5 Lanterns for the Youth	\$60
		5 Lanterns for the Youth	\$60
		5 Lanterns for the Youth	\$60
Sunday, April 9th	Palm Sunday	Palms	
Sunday, April 9th	Palm Sunday Nymphios	Flower Frame for Icon	\$70
Wednesday, April 12th	Holy Wednesday	7 Candles, Oil, Flour (King Arthur), Cotton Balls	\$20
Thursday, April 13th	Holy Thursday	Flower Frame for Last Supper Icon	\$70
	Holy Thursday	Wreath/Crown for Crucified Christ	\$165
	Holy Thursday	Wreath/Crown for Crucified Christ	\$165
Thursday, April 13th	Holy Thursday	Wreath/Crown for Crucified Christ	\$165
Thursday, April 13th	Holy Thursday	Flower Frame for Crucifixion Icon	\$70
Thursday, April 13th	Holy Thursday	3 Candles for Crucifix	\$20
Thursday, April 13th	Holy Thursday	12 Candles for Gospel Readings	\$72
Thursday, April 13th	Holy Thursday	Eggs (1/2 case) (Large Brown)	
Friday, April 14th	Holy Friday	Epitaphio flowers , which includes the following: Cut Lilies, Carnations, Roses, Daphne, Laurel, Rose petals, etc.	
Friday, April 14th	Holy Friday	Cross of Flowers for Epitaphio	



St. George Greek Orthodox Church  
107 Clinton Street  
Schenectady, NY 12305



Friday, April 14th	Holy Friday	Rose or Orange Blossom Water (2)	
Friday, April 14th	Holy Friday	White Full Size Sheet	
Friday, April 14th	Holy Friday	Flower Frame for Apokathilosis Icon	\$70
Friday, April 14th	Holy Friday	Red Roses (for Choir & Chanters)	\$20
Friday, April 14th	Holy Friday	Flower petals (myrofores baskets)	\$30
Friday, April 14th	Holy Friday	Flower Frame for Extreme Humility Icon	\$70
Saturday, April 15th	Holy Saturday	Flower frame for Proti Anastasi Icon	\$70
Saturday, April 15th	Holy Saturday	Potted Lilies (12 )	\$170
Saturday, April 15th	Holy Saturday	Flower Frame for Anastasi Icon	\$70
Saturday, April 15th	Holy Saturday	Flower shelf for Jesus Icon (Altar)	\$85
Saturday April 15th	Holy Saturday	Flower shelf for Panagia Icon (Altar)	\$85
Saturday, April 15th	Holy Saturday	Flower Shelf for St. John the Baptist (Altar)	\$85
	Holy Saturday	Flower Shelf for St. George Icon	\$85
Sunday, April 16th	Easter Sunday	Items for Easter Egg Hunt	
Sunday, April 23rd	St. George	Flower shelf for Jesus Icon (Altar)	\$85
Sunday, April 23rd	St. George	Flower shelf for Panagia Icon (Altar)	\$85
Sunday, April 23rd	St. George	Flower Shelf for St. John the Baptist (Altar)	\$85
Sunday, April 23rd	St. George	Flower Shelf for St. George Icon	\$85
Thursday, May 25th	Ascension	Flower Frame for Icon	\$70
Sunday, June 4th	Pentecost	Flower Frame for Icon	\$70