



The Epistle

of St. Demetrios Greek Orthodox Church



May

2024



PASTORAL THOUGHTS

by Fr. Andrew T. Lentz

A Vision for the Future

Christ is Risen! When Jesus rose from the dead the angels told the Myrrh-bearing Women to go tell the disciples that He is Risen and goes before them to Galilee, to the mountain to which He directed them. It is there that Jesus commissions the disciples to “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you...” (Matt. 28:19-20, RSV). This is the moment that Jesus’ Disciples became Apostles. From that moment on, all those baptized into Christ and put on Christ also take up their equal share in that same Great Commission. Having considered this fact, are you ready?

Last Fall our parish participated in a survey that provided us with an assessment of our activity. The Parish Council is currently in the process of reviewing that assessment and laying the ground work for a strategic planning process. For the first time in our existence, St. Demetrios parish will have a Strategic Plan, a defined strategy to allocate our resources to achieve our vision. As we develop this plan together, we will answer the following questions:

1. Why do we exist?
2. Where are we now?
3. Where do we want to be?
4. How will we get there?

Albert Einstein once said, “We cannot solve our problems with the same thinking we used when we created them.” Our Commission as Orthodox Christians is to share this unchanging Faith we hold so dear with an ever-changing world. Our Orthodox Christian Faith never changes, but how we convey it absolutely must. We must think of our parish not as it was, but how it could be.

“Making disciples of all nations” is an enormous undertaking! This is the vision. Jesus also gave His disciples a strategic plan. In Acts 1:8, Jesus tells them, “you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth.” In other words, Jesus instructs the Apostles to first wait or prepare, then start locally, and then gradually expand to the rest of the land, ultimately going beyond Israel throughout the entire world. Our strategic plan will maintain this Scriptural basis. Our parish has internal needs and external needs of those around us. Our parish is also a part of a much larger whole. We are interconnected with our Metropolis, Archdiocese, Patriarch Bartholomew; our sister parishes of Northeast Ohio; and our non-Orthodox friends and neighbors.

J.O.Y. Egg Hunt

Pascha Sunday, May 5th
after Agape Vespers

In the courtyard, weather permitting;
or in the Zapis Activity Center,
in case of rain.



Parents are needed to
help hide the eggs.

Contact office@saintdemetriosrr.org to volunteer.

Our parish has accomplished a great deal in its 65 years of existence, and we wouldn’t be here if it weren’t for our parents, grandparents, and founders. Our mission now is to honor their legacy by sharing what they have built with everyone we possibly can.

Such an undertaking is going to take serious effort from the entire community. Our Parish Council has only taken the first step in listening to everyone. There will be more opportunities to share your thoughts, both in writing and in townhall meetings. Our strategic plan will be just that, ours. May God lead us together as we prepare a vision for the future of St. Demetrios parish.

“We cannot solve our
problems with the same
thinking we used when we
created them.”

In This Issue

Holy Week Schedule.....	5
Spotlight on ‘Africa & Byzantium’.....	10
Farewell, Fr. Michael Gulgass.....	4
General Assembly Recap.....	3
Stewardship List.....	3/18
Festival Ad Book Contract.....	19

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Kurt Thomas, Treasurer

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Orthodox Organizations

Greek Orthodox Archdiocese of America... www.goarch.org

Metropolis of Pittsburgh www.pittsburgh.goarch.org

International Orthodox Christian Charities... www.iocc.org

Orthodox Christian Mission Center..... www.ocmc.org

Orthodox Christian Network..... www.myocn.net

Orthodox Christian Fellowship..... www.ocf.net

St. Herman's FOCUS Cleveland..... www.sainthermans.com

St. Mary of Egypt Mission..... www.saintmaryofegypt.org

St. Panteleimon Outreach www.stpanteleimon.com

Zoe for Life! www.zoeforlifeonline.org

Parish Organizations

Acolyte Coordinator.....Ted Seidl

Balourdas Hellenic Cultural School

Principal Eleni Papouras-Jenks

Board of Education.....Maria Fotinos

Bible StudyAngie Giallourakis

Bookstore.....Donna Vassos

By-Laws Committee.....Sophia Tjotjos

Cantor.....Irene Georgantas

Catering Committee.....Cindy Bountogiannis

Choir Director.....Maria Steffas

Daughters of Penelope.....Elisa Demis

FOCUS Friends.....Linda Glynias

G.O.Y.A. Advisors.....Lilly Anitas & Kelly Steffas

Hellenic Dance Troupes

Kyklonas Dancers.....Eleni Papouras-Jenks

Kymata Dancers.....Angelina Scott

Aeraki DancersVictoria Kyriakopoulos

Home Committee.....Nick Hillman

J.O.Y.....Fr. Andrew Lentz

Κόλλυβα (Memorial Tray)

Christina Carpadis Schraff.....216-215-4232

Legacy Fund.....Jean Hillman

Library Committee.....Andie Titas

Movie MondaysEleni Papouras-Jenks

Philoptochos stdphiloptochos@gmail.com

PresidentPela Telidis...440-590-0704

Coffee Hour Teams.....Elpida Kosmidis...440-779-8959

Sunday School.....Mary Seidl

Spiritual Life Committee.....Angie Giallourakis

Individuals w/ Disabilities Liaison.....Tina Kolas

Yassou Club.....Maggie Steffas

SPEAKING OF STEWARDSHIP...



Thank you to our 2024 stewards!

Please note that if you are a contributor or your stewardship commitment is pending, you may contact the Church Office or Kelly Pallas, Stewardship Chair, to complete a commitment card. Commitment cards and payments may also be completed online, or by scanning the QR code :

It would be a blessing for St. Demetrios Greek Orthodox Church to reach 100% stewardship participation from our beloved parishioners. Please note that if you are a contributor or your stewardship is pending, your name will not appear on the following list. You may call the church Office or Kelly Pallas, Stewardship Chair, to complete a commitment card.



Ms. Jennifer Abersold
 Mr. and Mrs. Steven Alex
 Mr. & Mrs. John Anezinis
 Mr. & Mrs. John Anitas
 Drs. John & Dortha Apostolakis
 Mr. & Mrs. Anthony Apotsos
 Mr. & Mrs. James N. Apotsos
 Mr. & Mrs. Allen Arabian
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 Joanne Bertram
 Mr. and Mrs. Taki Bitounis
 Ms. Cristiana Boieru
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 Mr. & Mrs. Christopher Carson
 Ms. Christina Catavolos
 Mr. & Mrs. Anthony Chiviles

Mrs. Evangelia Christou
 Mr. and Mrs. Matthew Clemens
 Mr. Constantine Corpas
 Mrs. Dessey Corpas
 Mr. & Mrs. Angelo Coutris
 Mr & Mrs George Dagiasis
 Mr. & Mrs. Matthew Dagiasis
 Mr. & Mrs. Michael Dagiasis
 Ms. Alexandra Delaney-Gesing
 Mr. Michael Delczeg
 Ms. Elisa Demis
 Ms Connie Devadoss
 Mrs. Argyro Diamantis
 Mr. & Mrs. George Diamantis
 Dr. & Mrs. Nicholas Diamantis
 Mr. & Mrs. Sorin Fulea
 Mrs. Mary Diamond
 Mr. & Mrs. Michael Diamond
 Mrs. Stella Dilik
 Mr. and Mrs. Paul Dormas
 Fr. James & Presvytera Doukas
 Mrs. Kathy Douzos
 Mr. Diamond Economy
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 Mr. & Mrs. Steven Famiano
 Mr. and Mrs. Minas Fanourakis
 Ms. Tricia Ferrell
 Mrs. Maria Fotinos
 Mr. & Mrs. Louis Frangos
 Mr. & Mrs. Paul Fresty
 Mrs. Katherine Gallas
 Mrs. Irene Georgantass
 Mr. & Mrs. Michael Gesing
Continued on p. 18

General Assembly April 7 Recap

- MISSION TRIP** Jake Trotter reported about the mission trip to New Mexico (See page 6.)
- AUDIT COMMITTEE:** John Poulos reported that the audit was conducted by a professional, independent firm. Anyone interested in reviewing can get a copy of the report from the committee.
- PRIEST'S REPORT** Fr. Andy reported:
 - The Epistle* will now be in color, due to the printer getting a new machine and making it more affordable.
 - Request for volunteers to be delegate at National Clergy Laity; Eleni Papouras-Jenks volunteered and was approved.
 - Parish Council meeting to discuss strategic process based on the 2023 survey and make a plan; the survey will be shared with the parish. Board established an exploratory committee for iconography on the church walls.
- 2024 ELECTION COMMITTEE:** Nominations were taken from the floor and approved unanimously: Steve Alex, Mary Diamond, Tina Kolas, Jeanne Paras, Dee Stavoulakis, and Donna Vassos.
- FESTIVAL REPORT** Kosta Mathiellis requested those with businesses or who wish to make a personal message to support the Ad Book. Thanks to the cooks to date.
- CAPITAL IMPROVEMENTS** Nick Hillman of the Home Committee reported that the new bathrooms officially open. Delays and overage partly due to the cost of the tiles, \$2000 needed to drill plumbing lines, and misunderstanding on what was taxable (materials but NOT labor.) We need to pay the final \$20,500 to the contractor by the weekend. The overage has been requested from the Legacy Fund.
 - We must replace the three roofs (above hallway, offices and classrooms) due to leaks and being out of warranty. Also the three 15-ton HVAC units (1 is totally out and another needs a \$7000 repair.) The cost to replace all three is \$280,000. Discussion ensued.
 - John Poulos made a MOTION to proceed to replace all three roofs and 2 AC units ASAP, not exceed \$220,000. Manuel Glynias 2nd . since we do not want seams and need warranties to line up (the old warranties expired in 2016) . Discussion ensued.
 - Steve Alex amended MOTION to include a contingency amount to a total of \$315,000. Manny Glynias 2nd. The MOTION passed unanimously.
 - Steve Alex made a MOTION to approve payment of \$8000 overage on the bathroom project. Jeanne Paras 2nd . The Motion passed unanimously .
- PALM SUNDAY LUNCH** Offered by Legacy Fund free to all; short video will be shown about the fund.
- STEWARDSHIP** Kelly Pallas reported (see left)
- PHILANTHROPY** Kosta Mathiellis reported on the Legacy Philanthropy Committee and Jeanne Paras reported on Philoptochos (see p. 6)
- NEW BUSINESS** Nick Hillman asked why the live streaming was not working the past two Sundays. Eleni Papouras-Jenks explained that it was a glitch in running it, and it should be corrected going forward.

OUR PARISHIONERS

THOSE WHO HAVE PUT ON CHRIST

Nikson Andreas Griffey, son of Brian & Andrea, was baptized on April 13, 2024. His *nonna* is Diana Skylacos of Holy Trinity Greek Orthodox Church, San Francisco, Calif.

John and Beth Patterson were Chrismated into the Orthodox Church on April 27, 2024. Their sponsors are Elaine Campbell and Irene Georgantas.

THE CLASS OF 2024!



We want to celebrate your graduation from high school, college or post-graduate studies. Please email a photo and short bio (name, school, activities & clubs, etc., and future plans) to office@saintdemetriosrr.org by **Monday, May 13** to be included in our Graduation issue in June.

Sunday, June 9 we invite our high school seniors for a blessing and a gift, immediately after Liturgy. RSVP to office@saintdemetriosrr.org by May 13.

PLANNING FOR THE GREEK FESTIVAL

June 20-23, 2024

As we continue to prepare more of our delicious menu items we ask YOU to volunteer when you can. Start time is 9:00 a.m.

May 13-14 Lamb Shanks



Thanks to those who helped prepare spanakopites and tiropites!

Photos: Kelly Steffas



Festival Food Line Sign-Up: We need your help once again! Please contact Carrie Delaney-Gesing at 216-310-7575.

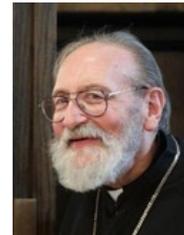
ASLEEP IN THE LORD



Demetrius "Jim" Andressakis, husband of Lois, father of Chrisoula and Katherina, grandfather of three, passed away March 28, 2024. He had served in the Greek Navy and later as a marine engineer for the Onassis Shipping company. After marrying his wife (of 50 years,) they settled in Cleveland where he worked at the Ford Motor Co and earned a degree at CSU. The couple were long-time members of St Demetrios, and very active in our Greek School PTO and our Greek festival. At age 60, Jim ran and completed the Athens Marathon. The couple moved to Illinois 10 years ago to be closer to family, and also spent much time in Jim's native Galixidi, Greece, where he was laid to rest.



Aphrodite Palos, mother of Peter (Cindy) and Diane (Frank), grandmother of one; great-grandmother of two; and relative of many in Edessa, Greece, passed away March 25, 2024. She had been a member of both St. Demetrios and Annunciation Churches.



Fr. Michael Gulgas, husband of Pres. Tina, father of Constantine (Michaela) and Spyridon, grandfather of Niko and Elaina, brother of John, uncle and spiritual father of many, passed away April 7, 2024. He attended Youngstown State University before transferring to Hellenic College/ Holy Cross School of Theology, where he studied under Bishop Maximos. Upon graduating in 1982, he married Tina Frangos, and was soon after ordained into the priesthood. He served as an assistant at St. Nicholas Greek Orthodox Church of Flushing, NY for 2 years, and was then assigned as the pastor of St. Nicholas Greek Orthodox Church of Lorain. Fr. Michael served St Nicholas parish for more than 38 years, until his retirement in 2022, making him the longest tenured pastor of that community in its 101-year history. He had married many couples for whom he then baptized their children, celebrated the marriages of those children, and then baptized *their* children! He truly loved watching over his parishioners as his own growing family. Pres. Tina taught in the Lorain City Schools for 30 years, making them "the preacher and the teacher" tag team. Fr. Michael's pastimes were 'writing' Byzantine-style icons (one of which, an icon of St. Nicholas, can be venerated in the Narthex of St. Nicholas,) perfecting his Byzantine chant with his brother-in-law Larry Frangos, and reading about the founding fathers of the Church and of American history.

We also extend our condolences to Gregory, Sue and Angelo Coutris on the loss of their mother Fotini.

OUR SPIRITUAL LIFE

Services

Palm Sunday **April 28** **Κυριακή των Βαΐων**
8:20 a.m. Orthros; 9:20 a.m. Divine Liturgy

Holy Monday **April 29** **Μεγάλη Δευτέρα**
6 p.m. Bridegroom Service

Holy Tuesday **April 30** **Μεγάλη Τρίτη**
6 p.m. Bridegroom Service

Holy Wednesday **May 1** **Μεγάλη Τετάρτη**
• 9:00 a.m. Pre Sanctified Liturgy
• 3:00 p.m. Holy Unction
• 6:00 p.m. Orthros with Unction

Holy Thursday **May 2** **Μεγάλη Πέμπτη**
• 9:00 a.m. Vespertal Divine Liturgy
• 6:00 p.m. Holy Passion (12 Gospels)

Holy Friday **May 3** **Μεγάλη Παρασκευή**
• 9:00 a.m. Royal Hours
• 3:00 p.m. Un-nailing Service
• 6:00 p.m. Lamentations

Holy Saturday **May 4** **Μεγάλο Σάββατο**
• 9:00 a.m. Vespertal Liturgy
• 10:00 p.m. Vigil; Anastasi Procession
• 12:00 a.m. Divine Liturgy

PASCHA **May 5** **ΠΑΣΧΑ**
11:00 a.m. Agape Vespers



AXIOS! Ted Seidl was tonsured as a Reader of the Church on April 14, during the Metropolitan's visit to our parish. This is another step to his eventually being ordained a deacon. (above, l-r) Fr. George Callos, Metropolitan Savas, Ted Seidl, and Fr. Andy.
Photo: Kelly Steffas

Preparations

SEEKING READERS

Do you enjoy coming to church, witnessing and praying together? During Great Lent we are afforded additional opportunities with the added services during Holy Week.

We would welcome help with reading the many Psalms in the services. Please call the church office if you would like to become a trained reader and become more involved in the services.



DYING RED EGGS

Holy Thursday, May 2, starting at 11 a.m., Come help prepare the red eggs to be distributed at Anastasi. Call Toula at 440-333-5560 for details.

Holy Friday, May 3

- **DECORATING THE EPITAPHIO** 11:00 a.m. help our team decorate the kouvouklion with flowers, as we prepare for the procession of Lamentations.
- **MYRRH-BEARERS** Girls ages 6-11 who wish to serve as Myrrh-bearers at the Holy Friday Lamentations, please contact Antonia at 440-225-6056. Girls should have their own all-white dress and a basket. Flower petals will be provided.
- **EPITAPHIO BEARERS** We need 6 strong men to help carry the kouvouklion in procession on Holy Friday. If you would like to help, please contact Fr. Andy (216-777-9777)

AGAPE READERS

Pascha Sunday, May 5

Those who can read the Gospel (John 20:19-25) in another language at the Agape Vespers, please contact Fr. Andy



Feastday of Sts. Constantine and Helen Cathedral
3352 Mayfield Road, Cleveland Heights ~ 216-932-3300

Monday, May 20: 7 p.m. Vespers. Reception to follow.

Tuesday, May 21: 10:00 a.m. Divine Liturgy
11:30 a.m. Feastday Luncheon

PHILANTHROPY

PHILOPTOCHOS OUTREACH

Our St. Demetrios Ladies Philoptochos will be forming outreach visitation teams to visit our community shut-ins on a more regular basis. If you would like to be part of this effort, please contact Irene Georgantas (216-772-2847) or Irene Steffas (440-759-6111). If you know of loved ones who are unable to attend church and would like to be included on our outreach list, please notify the Church Office Manager Eleni Papouras-Jenks.



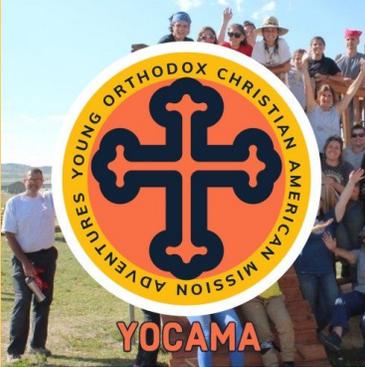
(above, l-r) Deacon John and Diakonissa Amy Pantelis with her sister Amy Tunanidis and Caralee Pallas at the Metropolis Philoptochos Daffodil lunch. Photo: Dn. John Pantelis

(below) Metropolitan Savas admiring the Baby Shower donations. Thanks to everyone who so generously donated to the Baby Shower benefitting Zoe House, the local Orthodox ministry assisting women in crisis pregnancies and young families in need. We collected many needed items as well as monetary donations. (right) Cathy Bitounis, Joanne Harootunian and Pela Telidis.



Photos: Pela Telidis

See page 12, for information on a lovely event from our sister chapter Sts. Constantine and Helen's Philoptochos.



St. Demetrios' Mission Trip to The Navajo Nation in Gallup, NM July 13-19, 2024

Join others from our parish to serve thru outreach, home projects, and a food pantry. Open to parishioners 14 & up (minors *MUST* be accompanied by a parent or guardian)

Registration deadline: June 15th
\$600 fee includes lodging, food, and van transportation, but we have also have a grant that will cover many costs, depending on the number of people attending.

Contact Jake Trotter (trotterjake@gmail.com)



IOCC *Helping others help themselves*

32nd Annual Banquet
Monday, June 3rd
Doors Open 6:00 p.m. ~ Dinner 7:00 p.m.
Woodside Event Center at St. Michael's
5025 E. Mill Rd., Broadview Heights

Learn how your support is helping families in places like Greece, the Holy Land, Ukraine and the U.S.

Tickets \$70 available in the church office.
RSVP by Friday, May 20



FOCUS FRIENDS
+ ST. HERMAN HOUSE - CLEVELAND +

Men and women invited to join our St Demetrios parish family to serve dinner at St Herman's House of Hospitality on the first Saturday of each month. Contact Linda Glynias (216-469-2663) to volunteer on any of the upcoming dates:
May 4 – June 1

DAUGHTERS OF PENELOPE

Thanks to those who supported our Loukoumades sale benefitting the 2024 scholarships, and to those who donated journals for MetroHealth, which was in need of them for women who are recovering from human trafficking. At our March meeting, we learned that therapy often includes the use of diaries or drawings to express their feelings of trauma. We collected nearly 50 journals!



(l-r) Mariana Karakatsani, Dee Stavoulakis, Dka. Amy, Vera Karydes, Soula Mallias, Joanne Simantiris, Donna Vassos, Mary Szekely, Marina Ermidis, Maria Fotinos, Elisa Demis, Irene Georgantas, Eleni Papouras-Jenks; (not pictured) Maria Mougianis and Helen Papadorotheou, provided the potluck at the April 17 Lenten Lecture.

ORTHODOX BOOK & BIBLE STUDY

Wednesdays 10:30 am in the GOYA room.

We reading about the Jesus Prayer in a book titled *A Friend of God* by Fr Dan Rogich. We also watch Orthodox Christian videos to stimulate discussion. All welcome to join us. Contact angie@fightconquercure.com or 216-387-2681 or Maggie Steffas: Maggiesteffas@gmail.com

(below, standing) Irene Georgantas, Dena Zaimes, retreat leader Fr. Barnabas Powell, Beth Patterson; (seated) Betty Poulos, Tina Kolas and Maggie Steffas at a Lenten Retreat.



THE PRAYER GROUP

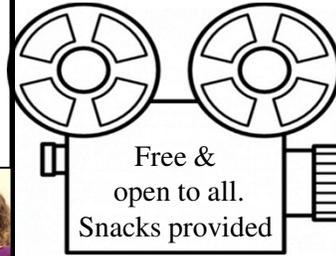
Thursdays at 10:30 a.m. in St. Philothei Chapel.

Join us in reading prayers for those in need. To submit names of those who need prayers, contact Diakonissa Amy Pantelis (330-519-3100 or apanteliso@gmail.com)

CATACOMB BOOKSTORE

Visit us in the Bookstore Sundays after Liturgy, or weekdays during office hours. Send your favorite graduate off with an icon and a spiritual book. Thinking about ordering an icon or religious item? It takes time for orders to arrive from their distant locations - so please don't delay. We are happy to assist you. Stop by and see us on Sundays after Divine Liturgy.

Movie Mondays ⁷



This year's evening film explores the wording, and intent of the Ten Commandments
Screenings at 6 p.m. in the Cultural Hall

V Commandment:

Honor your father and your mother that your days may be long in the land of the Lord your God is giving you.

May 13 *East of Eden* (1955; 1 hour & 58 minutes)

James Dean stars in this Oscar-nominated drama about a dysfunctional family in 1910s California. Two brothers (mirroring Jacob and Esau) compete for their strict father's blessing and inheritance, during their mother's mysterious absence. Based on the novel by John Steinbeck and directed by Greek-American filmmaker Elia Kazan.

No movies in June as we prepare for our Greek Festival.

July 8

VI Commandment: *You shall not murder.*

Unplanned (2019; 1 hour & 49 minutes; Rated R for disturbing situations)

Based on the real-life experiences of Abby Johnson, who was one of the youngest Planned Parenthood clinic directors, until she saw something that changed everything about her views.

August 26

VII Commandment: *You shall not commit adultery.*

Little England/ Μικρά Αγγλία (2013; 2 hours & 12 minutes)

A young woman in love with a poor sailor is forced into an arranged marriage with another man, and given the upper level in the family home as a dowry. But after the sailor becomes successful, her mother arranges a marriage between him and her younger sister with a dowry the first floor - of the same house. Set on the Greek island of Andros in the early 20th century, and based on true events. Dialogue in Greek with English subtitles.

September 16

VIII Commandment: *You shall not steal.*

Millions (2009; 98 minutes; Rated PG/Family friendly)

A gang of British bank robbers accidentally drop a bag of stolen money onto the playhouse of a 7-year-old boy. Since his mum's death, he's been talking to saints, and sees the windfall as a miracle. But he is soon grappling with the morals of using ill-gotten gains while evading both the gang that's looking for their loot, and worse – his greedy big brother! If money is the root of all evil, can someone with "millions" still do good?

Oratorical Festival



The local round of the St. John Chrysostom Oratorical Festival took place on March 31. (above) Coordinator Kim Veras, Fr. Andy, and participants Christiana Hetman, Maria Dagiasis, Manoli Markou and Niko Tsitinidis. All four speakers competed well in the Junior Division. Thanks also to advisor Tony Apotsos, and Eleni Papouras-Jenks. Christiana and Maria progressed to the Metropolis Level on April 20.

Greek School

(right) Our school's first Nipio (Kindergarten) class has been a great success and we look forward to continuing the program, open to children who are entering Kindergarten in the 2024-25 school year.



No classes during Holy Week (April 30-May 2) Καλή Ανάσταση!

Thu., May 23 – Final Exams

Details for the annual Year end Field trip (the week after Memorial Day) will be announced by email and One Call in the coming weeks.

Sun., June 2 – Commencement Program in the Cultural Hall immediately following Divine Liturgy. Honoring all students who are progressing to the next grade level. Refreshments courtesy of the families of the 2024 graduates. All parishioners welcome.

Hellenic Dancers

- Aeraki Dancers (ages 6-8) Sundays, May 12 & 19, after Sunday School. Contact Antonia Hadgis at 440-225-6056 for more details.
- Kymata (ages 9-12) Rehearsals on Thursdays, 6:45-7:30 p.m. in the gym. Contact Angelia Scott at 440-724-3807 for more details.
- Kyklonas (age 13-young adult) Rehearsals on Thursdays, 6:45-7:30 p.m. in the hall. Contact Eleni at office@SaintDemetriosRR.org for details.
- Inner Circle Adult Hellenic Dancers is open to anyone 18 to "kefi-ty" years old are welcome to join! Look for rehearsal information in the coming weeks to prepare for the Lorain International Festival (see below.)

Upcoming folk dance shows:

Fri., May 24 – Kyklonas performing at North Olmsted Middle School's International Festival.

June 20-23 – All groups performing at our Greek Festival!

Sun., June 30 – The Inner Circle Dancers performing at the Lorain International Festival.

Sat., November 2 – Kyklonas Dancers performing at the Federation of Sterea Ellas National Convention.

Greek Orthodox Metropolis of Pittsburgh

Summer Camp 2024

"Then He said to the disciple, 'Behold, your mother!'"
JOHN 19:27

IN HER ARMS

ΜΡ ΕΥ

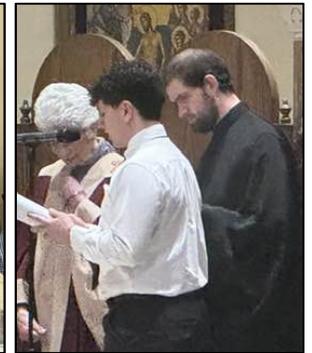
Week 1: June 16th - June 22nd (Grades 2-4)	Week 2: June 23rd - June 29th (Grades 5-7)
Week 3: June 30th - July 6th (Grades 7-9)	Week 4: July 7th - July 13th (Grades 10-12)

St. Demetrios Parish Council, Philoptochos and the Legacy Fund are happy to offer a full-ride scholarship to children in families in Good Standing for 2024. Contact the office for the code.

(right) Thanks to all who served the potluck meal at the April 3 Lenten Lecture: James Steffas, Stavros Salamalekis, Nicholas Szekely, Demetri Coutris, Manoli Markou, Andrew Anitas, Nicholas Steffas, guest speaker Ted Cherpas, Fr. Andy, Gia Coutris, Emme Tsirambidis, Michael Rokas and Niko Tsitinidis.



(below) Andrew Anitas and James Steffas ran the live streaming for a Sunday services; Elle Lakios, Demi Marzavas and Eleni Loizos At the pangari; Nicholas Szekely (and *not pictured* Nicholas Steffas) served as readers at the Pre-Sanctified Liturgy on April 3.



Photos: Kelly Steffas

ST GEORGE CLEVELAND TEEN SOYO PRESENTS
VESPERS AND DANCE TONIGHT'S THE NIGHT
 MAY 18 2024 | 5:00PM - 10:00PM
 2587 WEST 14TH STREET, CLEVELAND OH, 44113

PROGRAM
 5:00PM
 VESPERS
 6:00-10:00PM
 DANCE AND DINNER

THEME
 BLACK, WHITE, GOLD, SILVER

TICKETS
 \$25
 RSVP BY
 MAY 6

RSVP HERE



Summer in the South Side

St Paul Greek Orthodox Church, 4548 Wallings Rd., North Royalton, will be hosting two summer events open to all Orthodox children in Cleveland. Save the dates of:

- **June 12-14** for their annual Greek Cultural Camp, 9 a.m.-2 pm. daily. \$50 before June 1st; \$60 late registration. <https://tinyurl.com/2024greekcamp>
- **July 29-Aug. 2** – Vacation Church School focusing on “Feasts of the Lord.” More details at www.stpaulgoc.org



Scholarships

The John M Manos, Cleveland, AHEPA Chapter #36

Merit based college scholarships available to graduating high school seniors of Greek descent who are residents of Cuyahoga, Lorain, Summit, Medina or Lake Counties. For application, contact Alex Rokakis (alekomon@mac.com) Hard copies also available in the St. Demetrios office.

Submission deadline: **May 4, 2024**
 (Awarded no later than June 1, 2024.)



Greek Orthodox Archdiocese of America
 Undergraduate and Graduate Scholarships for the 2024-2025 academic year:

- Gioles and Malta Scholarships available to Undergrads.
- Paleologos Scholarship available to Graduate students.
- Taylor Scholarship available to students pursuing a secondary degree.
- Tembelis Scholarship available to all students of Hellenic College-Holy Cross.
- Trakattellis Scholarship available to graduates of Holy Cross Greek Orthodox School of Theology who are pursuing further academic studies.
- Applications: www.goarch.org/scholarships
 Submission deadline for all: **May 17, 2024.**

The Chios Society -Cleveland Chapter 7

Available to graduating high school seniors who have at least one parent or grandparent of Chian descent.
 Application at chioscleveland.com.
 For more info, contact Marko Fikaris (216-848-2200).
 Awards will be presented in November.

Africa & Byzantium: A Divine Collaboration

by Eleni Papouras-Jenks

Colorful icons, priceless manuscripts, intricate mosaics and other stunning items are now on view at the Cleveland Museum of Art's *Africa & Byzantium*. The exhibit runs until July 21, 2024, having been on view at New York City's Metropolitan Museum of Art, the only other U.S. city in which it will have been shown.

CMA Curator of African Art, Dr. Kristen Windmuller-Luna (pictured right with Eleni Papouras-Jenks and Archimandrite Porphyrios) first hinted of putting it together four years ago, but was delayed by the Covid shutdowns. Many of the artefacts have never been outside their home countries, which include Tunisia, Morocco, Ethiopia and Egypt. A few items displayed are even part of the CMA permanent collection.

Last month, I was honored to serve as the interpreter for Archimandrite Porphyrios of the Greek Orthodox monastery of St. Catherine of the God-trodden Mount Sinai, Egypt. It is located at the very place where God appeared to Moses in the Burning Bush, and also where the holy relics of Saint Catherine are enshrined. This is the oldest continuously inhabited Christian monastery, traced back over 17 centuries. The monastery has never been destroyed in all its history, and therefore its library has preserved intact manuscripts and early printed books, as well as the most important collection of pre-iconoclastic panel icons. Byzantine rulers such as St. Helen and Emperor Justinian have been protectors and patrons.

On April 10, the visitors and dignitaries who have lent items to the exhibit were given a sneak preview, led by the Curator, followed by a videotaped press conference. The following day, they also spoke to a gathering of museum members and donors (including many members of the Wade family, who was among the original contributors of the museum in 1916.) The Greek Orthodox community was represented by members of the Hellenic Preservation Society (pictured right center: Charles & Sophia Johnson, Jonathon Cambouris, Archimandrite Porphyrios, Eleni, and Lou Frangos; not pictured: Helen Collis and Maribeth Lekas)

Archimandrite spoke movingly in Greek (which I then repeated in English) about the history of the monastery and its importance to global cultures. He recalled Dostoyevsky's words about how beauty will save the world – noting that 'beauty' is Christ's love. He then invited all to come visit or support St. Catherine's Monastery and experience for themselves.

Our Bible Study and Choir are currently planning a group outing to the CMA to see the exhibit. If you are interested, contact Angie Giallourakis at 216-387-2681



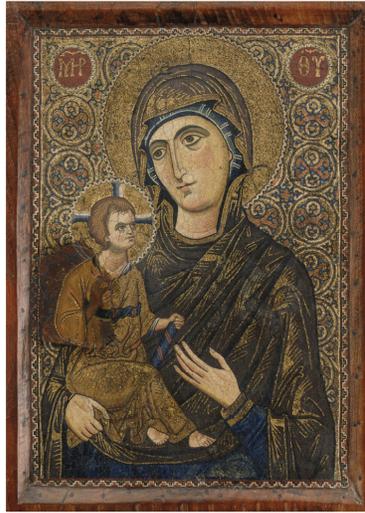
(above) Nubian Crown, circa 400s-500s (Sudan)



In order to lend these priceless artefacts, the monastery requires that a monk accompany them. Archimandrite Porphyrios flew to New York and brought the items to Cleveland in March. He is remaining in Cleveland until mid-June, when another monk will come accompany the relics back to the monastery when the exhibition ends in July. During his stay, he has visited the five Greek Orthodox parishes in northeast Ohio. We were honored to host him at St. Demetrios on March 31, when Fr. Jim Doukas served as the interpreter of his homily (pictured, right)



St. Catherine's Monastery has lent several icons (pictured, right) and a centuries-old manuscript to the exhibit. Other items from around Africa and museums in Europe and the U.S. include pottery, textiles, mosaics, coins, and more. The icon The exhibit space itself is a major factor in the experience. Windows offer sneak peaks into the upcoming galleries, as if you were looking in through a window. Items created during the Byzantine empire are in rooms painted imperial purple, while the items from a north African Jewish synagogue are in a pale green room. One especially stunning gallery mimics the round churches of Ethiopia, with the iconography in the center. On the far wall is a life size photo of priest in front of an iconostasis, mounted in a way to appear as if he is waiting for you. There is also a gallery featuring Islamic calligraphy manuscripts.



(above, l-r) Two of the four icons from St. Catherine's: The Virgin Hodegetria Dexiokratousa, circa early 1200s; Panagia and Child Christ, Saints, Angels and the Hand of God, circa mid- to late-500s. This icon is significant because the colors were mixed with melted wax (instead of the usual tempura) and when the wax hardened, it preserved the vivid colors over the centuries, versus other paint media would have faded considerably more.



(left) excerpt of Diptych with Apostles, circa 1700 (Ethiopia);

(right) Virgin Eleousa, circa 1450 (Crete) is the icon that inspired the Antennae concert (see below) and is part of the CMA's permanent collection.



As part of the opening week of the exhibit, the CMA was finally able to present the long-awaited concert "Antennae," inspired by *Icon of the Mother of God and Infant Christ (Virgin Eleousa)*.

Composer Aleksandra Vrebalov (pictured second from left, with cantors of Capella Romana, Archimandrite Porphyrios and Eleni) was commissioned to write a "site-specific" concert, written expressly to be performed in the CMA Byzantine gallery and the Ames Family Atrium.

In the first part, Capella Romana, a supergroup of proto-psaltes (head cantors) from around the world, including Tinos, New Orleans, Washington D.C., London and more, chanted in Gallery 105 in front of the Virgin Eleousa icon. Hearing director Alex Lingas (pictured above, third from the left) who also chanted at the coronation of King Charles III last year, chanting in Cleveland's museum was an amazing experience. The second part of the concert was in the cavernous atrium, where Capella Romana continued Byzantine style chant, and was joined by a western style choir (with sopranos, altos, tenors and bass) who sang in Gregorian chant. Large bells were located on the balcony overlooking the atrium which lent an effect of hearing far-off churches. In each corner, behind the audience's chairs were brass instruments, and finally a string quartet moved in and out of the audience. The concert concluded with choir members processing with *talanton* (wooden percussion used in Orthodox monasteries.) The unique experience was made even more memorable with the presence of the composer, who is Serbian Orthodox. She graciously socialized with members of the audience at the conclusion of the show. Capella Romana was gracious enough to donate a CD of their music entitled *Voices of Byzantium: Medieval Byzantine Chant from Mt. Sinai*. It can now be borrowed from our Parish Library.

Photos: Eleni Papouras-Jenks



(Sources: clevelandart.org; sinaimonastery.com)

AROUND TOWN

COME CELEBRATE
MOTHER'S DAY &
SUPPORT THE
CHARITABLE WORK OF
PHILOPTOCHOS



Wine & Chocolate Tasting

SATURDAY MAY 11TH
7:00 pm

ENJOY WINE, LIGHT APPETIZERS, CHOCOLATE AND DESSERT

TICKETS CAN BE PURCHASED IN THE CHURCH LOBBY OR ONLINE

\$30 IN ADVANCE
\$35 AT THE DOOR
\$20 NON-ALCOHOLIC



STS. CONSTANTINE & HELEN FELLOWSHIP HALL
3352 MAYFIELD ROAD CLEVELAND HEIGHTS, OH 44118

FOR QUESTIONS PLEASE CONTACT ANNE MITCHELL 440 465-6014



Hellenic Preservation Society

There are a handful of ancient cultures whose impact is so powerful that they cross millennia and affect global culture, even to the present. The culture of ancient Greece is one of them. None other than Albert Einstein once said, "How can any educated person stay away from the Greeks? I have always been far more interested in them than in science."

One might ask, how did our ancient ancestors fight multiple wars and still engender the fertility of thought so profound as to remain relevant today? How did Greek culture pierce the veil of its own mythology to eventually embrace the Triune God of the Orthodox Church? How did the Greeks from 2800 years ago flourish, then survive centuries of Roman rule, only to become enslaved by the Ottomans for 400 years; and then get through modern World and Civil wars? These questions are not rhetorical.

From here in the 21st Century, we might typically see Greek culture through a looking glass that reveals a legacy of ruined and shattered temples, of statues missing limbs, of friezes lost to the ages, and of sherds of pottery at archeological sites. If only these ruins could talk. Ah, but perhaps they do!

They speak through the ancient written records and timeless accounts that have influenced today's concepts of democratic government, philosophy, mathematics, science, medicine, literature, drama, architecture, and, yes, even sports. Names like Pericles, Cleisthenes, Plato, Euclid, Pythagoras, Democritus, Hippocrates, Aristotle, Homer, Socrates, Herodotus, Thucydides, and Pheidippides are part of our educational curricula at every level of study. Combined with modern Greek culture and the geographic beauty of Greece, whose islands nestle in waters so deeply blue as to shame cobalt, the wisdom and insights of our ancestors come to us as unwitting beneficiaries and heirs to Hellenism.

But even a culture as self-preserving as ours requires stewardship to thrive in modern society. That's where the Hellenic Preservation Society of Northeastern Ohio (HPS) enters. HPS has been around for decades, during which time it has advocated for Hellenism by sponsoring or supporting books, educational programs, ethnic/cultural parades, church festivals, social events, book signings, the Collis Lectures at CMA, and the Hellenic Cultural Garden in Cleveland.

In late 2023, the Garden became its own 501(c)(3) non-profit entity and is no longer under the purview of HPS, which will continue to work with its new sister organization to support and promote Hellenic Culture in Northeastern Ohio.

And so, as we adjust organizationally, our future looks bright. This month, HPS will begin its 2024 Membership drive under a separate mailing and capable direction of Membership Committee chair Renee Sadler. We ask that you respond favorably and as generously as you can.

Save the date of **Saturday, November 2nd** for a talk with author Yvette Manassis Corporon and book-signing of her novel, *Where the Wandering Ends*.

-Dean Peters, HPS President



THE CLEVELAND PONTIAN ASSOCIATION IS THE PROUD HOST OF THE

JUNE 21-23, 2024

PAN-PONTIAN GREEK YOUTH FESTIVAL 2024

SAVE THE DATE



WWW.CLEVELANDPONTIANS.ORG

On the Bulletin Board

13

CLEVELAND, OHIO

MIDWEST Greeks

JOIN US FOR A WEEKEND CELEBRATION YOU WON'T WANT TO MISS AT OUR FIRST ANNUAL MIDWEST GREEKS EVENT

REVEL IN A CELEBRATION OF MUSIC, DANCE AND GREEK CULTURE, ALL WHILE MAKING NEW FRIENDS AND UNFORGETTABLE MEMORIES

MAY 17-19 2024

FRIDAY

GREEK NIGHT | 10:00 PM - 2:00 AM
LOST SOCIAL X BARLEY HOUSE
FEATURING DJ PUFF

- JOIN US FOR OUR GREEK NIGHT AT LOST SOCIAL X BARLEY HOUSE WHERE DJ PUFF WILL BE PLAYING ALL YOUR FAVORITE GREEK & AMERICAN HITS, MAKING YOU FEEL LIKE YOU ARE BACK CLUBBING IN GREECE

SATURDAY

HAPPY HOUR | 4:00 PM - 8:00 PM
GLAMPER CLE

- ENJOY YOUR SATURDAY AT ONE OF CLEVELANDS TRENDIEST ROOFTOP BARS. WE WILL BE HOSTING OUR HAPPY HOUR AT GLAMPER FOR AN AFTERNOON OF GOOD VIBES AND BETTER COMPANY

EVENING GLENDI | 10:00 PM - 3:00 AM
FIRST ENERGY STADIUM, DRAFT ROOM
FEATURING KARIZMA

- JOIN US FOR A NIGHT OF NON-STOP DANCING AND CELEBRATION AS THE LIVE BAND KARIZMA TAKES THE STAGE! BRING THE KEFI AND YOUR DANCING SHOES BECAUSE THE NIGHT IS STILL YOUNG IN THE LAND

SUNDAY

BEACHFRONT PICNIC | 1:00 PM - 3:00 PM
EDGEWATER PARK

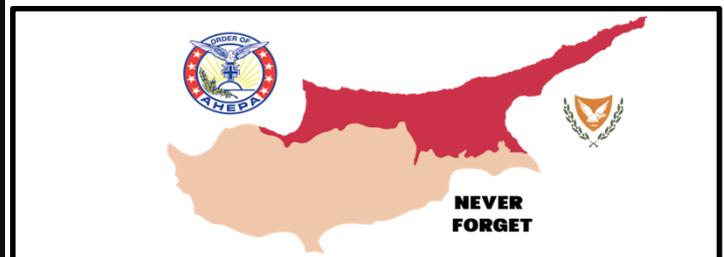
- THAT'S RIGHT, OHIO HAS A BEACH, AND WE CAN'T THINK OF A BETTER WAY TO CAP OFF THE WEEKEND THAN A RELAXED PICNIC AT EDGEWATER BEACHFRONT PARK

TICKETS & INFO | @MIDWESTGREEKS | [HTTPS://LINKTR.EE/MIDWESTGREEKS](https://linktr.ee/midwestgreek)

Save the Dates for the
Tremont Greek Festival
May 24 -27, 2024



ANNUNCIATION GREEK ORTHODOX CHURCH
2187 WEST 14TH, CLEVELAND 44113 * TREMONT
216-861-0116



AHEPA FAMILY SUPREME CONVENTION
CYPRUS 2024
JULY 21-27, 2024 · LARNACA, CYPRUS

For more information and registration
go to <https://ahepa.org/events/>



Sunday, May 19th, 2024 @ 10:00am
Red Eagle Distillery - Geneva, OH

Choose from:

- Classic 43 Mile Gravel Grinder
- 22.5 Mile Gravel Grinder Sprint
- 12 Mile Family Ride



SCAN TO REGISTER

All proceeds will benefit the  **STEVEN G. CANCER FOUNDATION**

What is it?

- The Red Eagle Gravel Grinder is Northeast Ohio's springtime addition to the gravel bike riding scene
- It is one of our largest yearly fundraisers, this year being our 3rd annual event
- Riders have a choice of the 43 mile classic ride, 22.5 mile sprint ride, or 12 mile family ride
- The rides will kick off at 10am on Sunday, May 19th, but festivities will continue through the afternoon with food, drinks, and socializing amongst the beautiful views Geneva, OH has to offer

Why is it important?

- All proceeds* from the rides will benefit the Steven G. Cancer Foundation, which provides community, research, and support to adolescent and young adult cancer patients, survivors, and caregivers.

Why we need your help:

- We are hoping to make this year's event bigger and better than ever
- We have a goal of 400 riders and we hope to exceed our 2023 funds raised (\$21,600)
- We are asking for your support by donating raffle prizes, volunteering the day of, and/or by spreading the word about this event to help it continue to grow

Link to register: [Red Eagle Gravel Grinder Online Registration \(bikereg.com\)](https://ahepa.org/events/)

IN THE METROPOLIS OF PITTSBURGH

His Eminence Metropolitan Savas cordially invites you to celebrate the dedicated volunteers of our Holy and God-protected Metropolis of Pittsburgh

MAY 18 2024 · 4:00 PM

DOUBLETREE BY HILTON PITTSBURGH-CRANBERRY
910 Sheraton Drive, Mars, PA 16046

ONLINE RESERVATION & SPONSORSHIP:
pittsburgh.goarch.org/st-photios-awards-banquet
\$95/adult, \$25/child (under 12)

Reservation & Sponsorship
Deadline: April 28
No Refunds available after May 4
or mail reservations/sponsorships to:
St. Photios Awards Banquet
Greek Orthodox Metropolis of Pittsburgh
5201 Ellsworth Ave, Pittsburgh, PA 15232
Please make checks payable to:
'Greek Orthodox Metropolis of Pittsburgh'

Banquet Co-Chairpersons:
Archdeacon Ryan:
412 621 5529
rgzikowski@pittsburgh.goarch.org
Marianne Stearns:
412 600 2159
mstearns@nauticom.net

NET PROCEEDS TO BENEFIT THE METROPOLITAN'S BENEVOLENCE FUND
pittsburgh.goarch.org | 412 621 5529
contact: lhenry@pittsburgh.goarch.org



10th ST. PHOTIOS AWARDS BANQUET




WONDERFULLY MADE DAY RETREAT



NEW DATE "IN HER EMBRACE"
SATURDAY, JUNE 8, 2024
10 AM TO 3 PM
OPEN TO THOSE KINDERGARTEN THROUGH 35 YEARS OLD

ST. NICHOLAS GREEK ORTHODOX CHURCH
220 N. Walnut St.
Youngstown, OH 44503

REGISTER: TINYURL.COM/GOMOPWMR

Questions? Contact Alyssa Kyritsis at akyritsis@pittsburgh.goarch.org



THERE IS NO EXPECTATION FOR PARTICIPANTS TO TAKE PART IN EVERY ASPECT OF THE DAY! WE RECOGNIZE THAT EVERYONE HAS DIFFERING NEEDS AND ABILITIES, SO WE WILL HAVE A QUIET SPACE AVAILABLE TO BE USED THROUGHOUT THE DAY.

10:00 am: Divine Liturgy
11:00 am: Registration and Snack
11:30 am: Session 1 Rotation
12:15 pm: Session 2 Rotation
12:15 pm: Parent Session – Send one parent!
1:00 pm: Lunch and Group Photo
2:00 pm: Session 3 Rotation
2:00 pm: Repeat Parent Session – Send one parent!
2:45 pm: Wrap-Up and Closing Prayer

Metropolitan Savas invites YOU to the First Annual

MUSIC & ARTS FESTIVAL

GOMOP PALOOZA

All Proceeds go to the GOMoP Youth & Young Adult Ministries

St. Demetrios Community Center
3223 Atlantic St. NE
Warren, OH

Saturday August 17th
11am - 9pm

Free Admission & Parking

Fun for All the Family!

2 Music Stages

Karaoke

Art & Craft Exhibits

Food & Beverages

Are You a Musician, Band or Artist?

Want to Perform or Display Art?

Contact Fr. Joe DiStefano
frjdistefano@yahoo.com

St. Dunstan of Canterbury (May 19)

He was born to a noble family near Glastonbury, Wessex, England, in the 10th century, but educated by Irish monks from the abbey at Glastonbury. While a youth, he was sent to the court of King Athelstan. He was an artisan, proficient as a goldsmith and metal-worker. However, around 934, Dunstan chose to be tonsured a monk and ordained a priest, living for a time as a hermit.

In 943, the new King Edmund called him to the royal court and appointed him Abbot of Glastonbury. At the abbey, he re-established a monastic life under the Rules of St Benedict. Under his leadership, the abbey was rebuilt and prospered, becoming a center of learning. At the same time, Dunstan helped revitalize nearby monasteries.

After King Edmund was murdered, Edred became king. St. Dunstan became King Edred’s advisor, and began a reformation of all the monasteries in the kingdom. In time, St. Dunstan became involved in West Saxon politics, and developed enemies when he censured King Edred’s nephew, Edwy, for his scandalous lifestyle. In 955, Edwy succeeded Edred on the throne, and quickly took his revenge on Abbot Dunstan by confiscating his property and sending him into exile. St. Dunstan fled to the Abbey of Mont Blandin, in Flanders, near Ghent, where, he experienced for the first time the disciplined life of the Benedictine order that he’d tried to introduce at Glastonbury.

However, he did not stay in Flanders long, because toward the end of 957, Edwy’s excesses resulted in a revolt. Edwy was driven from the throne to the lands north of the River Thames, and his brother Edgar installed as king. St. Dunstan was asked to return, and Archbishop Oda of Canterbury consecrated him a Bishop of Worcester. In 958, when the See of London became vacant, it was also conferred on Bishop Dunstan. Finally, in 960, King Edgar named Dunstan Archbishop of Canterbury.

St. Dunstan travelled to Rome to receive the pallium of office from Pope John XII. On his return, he became a close advisor of King Edgar, and gained a position as virtual ruler of the kingdom. From this position, he pushed forth reforms in the life of the realm, both within the Church and in the State. The crowning point of Archbishop Dunstan’s work and statesmanship was the coronation of King Edgar in 973. The coronation service written by St. Dunstan became the basis for the British coronation service used through today, as witnessed by the recent coronation of King Charles III.

Two years later, Edgar died, and was succeeded by his oldest son, Edward, whom Dunstan crowned in Winchester. But in March 978, King Edward was murdered by his step-mother’s agents, and was succeeded by his step-brother, Ethelred the Unready. The coronation of Ethelred was the last action of state performed by Abp. Dunstan. After Ethelred took the usual oath, Abp. Dunstan addressed the new king, rebuking him for the brutal act that brought him to the throne and prophesized the coming misfortunes that were to fall on the realm. (Truly, the relics of the martyr Edward had wonderworking properties, and were later re-interred with honors by his step-brother.) With this, St. Dunstan’s influence at the court came to an end.

He retired to Canterbury, where he spent the remainder of his life, active in his duties within the church. He reposed on May 19, 988, and was buried in his cathedral in Canterbury. He was canonized a saint in 1029. Later, his relics were translated to a tomb near the high altar of the new cathedral after the original burned in 1074.

St. Alphege (April 19)

This saint, also called Godwine, was an Anglo-Saxon, born around 953. He became an anchorite* before being elected abbot of Bath Abbey. He was then appointed Bishop of Winchester, and in 1006 became the 28th Archbishop of Canterbury, due to his perceived piety and sanctity. St. Alphege encouraged learning, and he is the one who largely contributed to the honoring of St. Dunstan of Canterbury. In 1011, he was captured by Viking raiders. When he refused to allow himself to be ransomed, they martyred him on April 19, 1012. Thomas Becket, a later Archbishop of Canterbury, prayed for his intercessions just before his own murder in Canterbury Cathedral.

*An anchorite (from the Ancient Greek: ἀναχωρέω = 'I withdraw, retire') is someone who, for religious reasons, withdraws from secular society to be able to lead an intensely prayer-orientated, ascetic, or Eucharist-focused life. Unlike hermits, who often wandered a region, anchorites were required to take a vow of stability of place, opting for permanent enclosure in cells often attached to churches. Anchorites were subject to a religious rite of consecration that closely resembled the funeral rite, following which they would be considered dead to the world and a type of living saint. They also had a certain autonomy, as they did not answer to any ecclesiastical authority apart from bishops.

Anchorites committed to a life of uncompromising enclosure. Some refused to leave their cells even when pirates or looters were pillaging their towns and consequently burned to death when the church was torched. They ate frugal meals, spending their days both in contemplative prayer and interceding on behalf of others. Servants tended to the basic needs of anchorites, providing food and water, and removing waste.

It is one of the earliest forms of Christian monasticism and became most widespread in the Middle Ages. In medieval England, the earliest recorded anchorites lived in the 11th century. Their highest number—around 200—was recorded in the 13th century. From the 12th to the 16th centuries, female anchorites consistently outnumbered their male counterparts. (Source: orthodoxwiki.org)



May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Scheduling Notes: No meetings, activities, or classes take place during Holy Week except for Holy Week preparations. No memorials may be read until after Thomas Sunday (5/12)			1 Holy Wednesday 9 am PreSanctified Liturgy 3 pm Holy Unction 6 pm Bridegroom service w/ Holy Unction	2 Holy Thursday 9 am Divine Liturgy 11 am Dying red eggs 6 pm Holy Passion Service	3 Holy Friday <i>Office closed</i> 9 am Royal Hours 11 am Decorate Epitaphio 3 pm Unnailing service 6 pm Lamentations	4 Holy Saturday 9 am Vesperal Liturgy 5pm FOCUS Friends 10 pm Vigil; 11 pm Anastasi 12 am Divine Liturgy
5 HOLY PASCHA 11 a.m. Agape Vespers JOY Egg Hunt	6 Bright Monday <i>Office closed</i>	7 5 pm Greek School 6:45 p.m. Teachers mtg.	8 10:30 am Bible Study 7 pm Choir practice	9 10: 30 am Prayer Group 5 pm Greek School 6:45 pm Kyklonas & Kymata	10	11 Hall Rented
12 Thomas Sunday and Mother's Day 8:20 a.m. Orthros; 9:30 a.m. Divine Liturgy; Sunday School Coffee: Parish Council GOYA elections 2 pm lamb shank sauce	13 9 am Lamb shanks 6 pm Movie Monday: <i>East of Eden</i> 7 pm Philoptochos meeting	14 9 am Lamb shanks 4:30 pm Philoptochos @ St Herman 5 pm Greek School	15 10:30 am Bible Study 7 pm Choir practice	16 10: 30 am Prayer Group 5 pm Greek School 6:45 pm Kyklonas & Kymata	17	18 Hall Rented St. Photios Awards Banquet [@ Pittsburgh]
19 Sunday of the Myrrh-bearing Women 8:20 a.m. Orthros; 9:30 a.m. Divine Liturgy; Memorials: Andos; Steffas; Thomas. Last day of Sunday School No coffee due to Hall Rented	20 7 pm Vespers for Sts. Constantine & Helen [Cleveland Hts.]	21 Saints Constantine & Helen 10 am D/L [Cleveland Hts] 5 pm Greek School 6:30 pm Parish Council mtg.	22 10:30 am Bible Study 7 pm Choir practice	23 10: 30 am Prayer Group 5 pm Greek School Exams 6:45 pm Kyklonas & Kymata	24 6:30 p.m. Kyklonas Dancers [@ North Olmsted Middle School]	25
26 Sunday of the Paralytic 8:20 a.m. Orthros; 9:30 a.m. Divine Liturgy Memorial : N. Statheros Coffee in Zapis Activity Center due to ... Hall Rented	27 Memorial Day <i>Office closed</i> Graveside memorials @ St. Theodosius Cemetery	28 5 pm Greek School	29 10:30 am Bible Study 5:30 pm Daughters of Penelope mtg. 7 pm Choir practice	30 10: 30 am Prayer Group 5 pm Greek School 6:45 pm Kyklonas & Kymata	31	

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 5 pm FOCUS Friends @ St Herman's
2 <i>Sunday of the Samaritan Woman</i> 8:20 a.m. Orthros; 9:30 a.m. Divine Liturgy Memorials: Pappadakes; A. Papouras Greek School Commencement program Coffee: PTO	3 9 am Galaktoboureko 6 pm Koulourakia IOCC Banquet [@St Michael Woodside]	4 9 am Koulourakia	5 10:30 a.m. Bible Study	6 10:30 a.m. Prayer Group	7	8 GOYA Volleyball [@ N. Royalton] Hall Rented
9 <i>Sunday of the Blind Man</i> 8:20 a.m. Orthros; 9:30 a.m. Divine Liturgy High School graduates' blessing Coffee: GOYA	10 9 am Green beans 6 pm Finikia	11 9 am Green beans 4:30 p.m. Philoptochos @ St Herman's 6 pm Kourambiedes	12 10:30 a.m. Bible Study	13 HOLY ASCENSION 10:30 a.m. Prayer Group to follow 5 pm Kyklonas Practice	14	15
16 <i>Fathers of the 1st Ecumenical Council and Father's Day</i> 8:20 a.m. Orthros; 9:30 a.m. Divine Liturgy Coffee: Daughters of Penelope Festival set-up begins	17 9 am Rice pudding 6 pm Diples	18 9 am Tourlou	19 10:30 a.m. Bible Study	20 11 a.m. - 10 p.m.	21 11 a.m. - 11 p.m.	22 Ψυχασάββατο/ Saturday of Souls 8:20 am Orthros 9:30 am D/L 11 a.m. - 11 p.m.
23 HOLY PENTECOST 8:20 a.m. Orthros; 9:30 a.m. Divine Liturgy; Kneeling Vespers Greek Festival 11 a.m. - 10 p.m.	24 Festival clean-up begins	25	26 10:30 a.m. Bible Study	27 10:30 a.m. Prayer Group	28	29 <i>Sts. Peter & Paul</i> [all services in North Royalton] Hall Rented
30 <i>Synaxis of the Holy Apostles</i> 8:20 a.m. Orthros; 9:30 a.m. Divine Liturgy Coffee: OPEN Delegates depart for Clergy Laity [San Diego, CA]	SCHEDULING NOTES: Fr. Andy will be on vacation from June 1-18. Call the main office Monday-Friday with pastoral emergencies on any of these dates. Fr. Tom Drenen will celebrate the Liturgy on June 2, 9 and 16. Please visit any of our sister parishes for services for Holy Ascension on June 13. The National Clergy Laity Congress, Philoptochos, and YAL Conferences are taking place June 30-July 4. Fr. Andy will depart after Liturgy on June 30, and be away through Saturday, July 6. The Office Manager will be away July 1-5. The office will be closed on 4th of July and only be open in the mornings on the remaining days that week.					

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