

THE MESSENGER

ST. DEMETRIOS GREEK ORTHODOX CHURCH • RELIGIOUS EDUCATION NEWSLETTER

VOLUME 4,
ISSUE 7
MARCH 2013

MISSION STATEMENT

To bring all children, youth and young adults closer to Christ and His Church through religious education, fellowship and various other

Prayer for Great Lent

**O Lord and Master of my life,
Keep me from the spirit of
sloth, faintheartedness, lust
of power and idle talk.
But rather give me the spirit
of chastity, humility,
patience and love.
Yea, Lord and King, grant me
to see my own errors, and
not to judge my brother and
sister, for You are blessed
unto the ages of ages. Amen.**

IN THIS ISSUE...

Our Youth Giving Back: Visiting the Hellenic Home for the Aged	2
Event Calendar	2
Re-Catechism this month...	3
Thoughts from the Fathers...	4

CHRISTIAN "SMARTS"

BY JOHN KAPSALIS

If you look at a magazine rack in just about any store, you will find magazines telling you how to be beautiful, how to get rich, how to get fit, and how to be great at a million other things. But the one thing you won't find is a magazine that will tell you how to be wise.

Now I know what you're probably thinking.

Who wants to be wise?

It sounds like something for old people, right? Well, not really. As a matter of fact, it's young people who need it most.

That's because wisdom is just a fancy word for being smart.

And young people, who have a whole life to live ahead of them, need to be smart about things. Well, do you know that there is a whole book in the Bible that is all about having wisdom?

It's a book all about what I like to call, Christian "smarts." And here's the clincher: it was written specifically for young men and women.

The book is called Proverbs. Again, I know that Proverbs sounds like another fancy word, but don't let that throw you off. A proverb is just another way of saying "advice."

Proverbs is a book filled with advice on how to be smart about all sorts of things in life. You can think of it as the book that will give you the knowledge and the right judgment to make the best decisions in your life. And most importantly, Proverbs can help you avoid making some very costly mistakes too: mistakes that can ruin your life. And that's pretty important.

So what kind of things can you read about in Proverbs? Well, the book is chalk full of advice, but here's a sampling of some of the things you can learn about if you read it.

The very first lesson Proverbs teaches us is that the beginning of all wisdom is to fear God (Proverbs 9:10). It's the first step toward living wisely because when we fear God, it means that we "hate evil" (Proverbs 8:13). God hates evil, but above all, God hates it when we're arrogant and "full" of ourselves. God considers pride evil because pride clouds our judgment and causes us to make unwise choices in our life. So you can say that the very first lesson in Proverbs is to be humble, because humility makes us wise.

Among other things, Proverbs also advises us to avoid telling lies (Proverbs 4:24) or using language that is obscene (Proverbs 8:8), because these things make us look foolish.

There's also advice that encourages us to work hard at everything we do (Proverbs 14:23), including doing well in school because that will help us be successful (Proverbs 22:29).

Along with all the good advice, though, Proverbs also warns us to avoid making mistakes we'll regret later: for example, be careful who you hang out with (Proverbs 13:20), don't be lazy (Proverbs 10:4), and most of all stay away from people who live "fast and loose" (Proverbs 7:1-27) because they'll ruin your life.

Finally, Proverbs advises us not to put our faith in ourselves or in other people but rather to trust in God (Proverbs 3:5) because he will never let us down.

All these gems of wisdom are just a small example of some of the great things you can learn from reading Proverbs. So here's a suggestion: During the period of Lent, why don't you make it a habit to read a small part of it every day. You won't regret it. Proverbs will help you become successful in all you do, help you live full of Christian wisdom and it will help your faith in our God grow everyday. Proverbs really is the best advice you will ever find!



Our Youth Giving Back: Visiting the Hellenic Home for the Aged

By Valerie Evans-Makropoulos
 Group Leader, St. Paraskevi Girls Group

On Saturday February 23rd, the two youth groups of our Church (St. Nektarios Altar Servers & St. Paraskevi Girls Group) visited the Hellenic Home for the Aged in Scarborough.

People that attended from both groups included: Dr. Nicholas Vozoris and Tim Prattas (Altar Servers leaders); Valerie Makropoulos, Militsa Fiuza and Mary Hancock (Girls Group leaders); and the Youth from both groups (Jordan, Anessa, Evangeline, Eleni, Jamie, Rachel, Dimitre, Alex, Phillip, John, Jerry and Efthymios).



During their visit, they volunteered their time with the seniors and took part in a Supplication Service to the Theotokos in the Chapel (dedicated to Sts. Methodios and Kyrillos).

Both groups would like to thank Rev. Fr. M. Michael and the staff of the Hellenic Home for the Aged. It was amazing to see the Youth bring smiles, joy and friendliness from the interactions between them and the seniors of the Hellenic Home. As a small blessing, we left a lasting keepsake of an Angel prayer card with them. With the time we spent with the elderly was a truth rewarding experience.

The day concluded with everyone gathering for dinner, where Rev. Fr. Konstantinos Pavlidis joined us.

We hope to continue our visits to the Hellenic Home of the Aged. For future activities of both groups, e-mail us at stdemetrios@livingorthodoxy.com.

EVENT CALENDAR

To prepare for Great Lent and Holy Week, our Church is having two important events:

+ VESPERS OF FORGIVENESS—SUNDAY, MARCH 17TH

On Cheesefare Sunday in the evening, Orthodox Churches traditionally have a special Vespers service, called the "Vespers of Forgiveness". It is a perfect way to begin the season of Great Lent, as all people in the Church ask forgiveness from one another at the Dismissal, praying to God that they all celebrate the Resurrection of Christ in humility. Our Church will be having this Vespers service on Sunday, March 17th at 6:30 p.m. Come and join us for this unique service and begin Great Lent the right way!

+ YOUTH RETREAT—FRIDAY, MARCH 29TH

Our Sunday School is holding its annual Lenten Youth Retreat on the Western Good Friday (this year, on Friday, March 29th) from 9:30 a.m. to 2:00 p.m.

The program includes:

9:30 to 10:00 a.m.	Registration
10:00 to 10:15 a.m.	Morning Prayer
10:15 a.m. to 12:00 noon	Lenten Session #1
12:00 noon to 1:00 p.m.	Lenten Luncheon (provided by the Philoptochos)
1:00 to 2:00 p.m.	Religious Film: "Jesus"



We encourage parents and grandparents of all our Sunday School students to take advantage of this special experience of spiritual enrichment for our children and youth by ensuring their participation. Parents and guardians of students under 8 years of age are asked to stay and supervise their children during the entire retreat.

For more events, consult our website for a full program of events.

COME AND JOIN US!

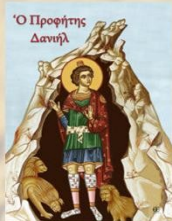
Re-Catechism this month...



Row 1: In our first February session, *Re-Catechism* was blessed to have Fr. Demetrios Antonopoulos, Parish Priest of St. Nicholas Greek Orthodox Church, as a Guest Speaker on the topic of *Moses*. It was the best-attended session during this Re-Catechism semester. Thanks to Fr. Antonopoulos for taking the time to tell us more about the God-Seer, the Prophet Moses!

Row 2: Even though the weather forecast had much snow on the horizon, it didn't stop a great turnout from showing up to listen to Fotini Kapsalis' talk on the Prophet Jonah. In the end, it was one of the best presentations—with no snow on the ground!

Our next sessions in March (which are from 6:45 to 8:30 p.m.) include:



Dreams, Visions and God's Judgment: Daniel

Tuesday, March 5th (C. Makropoulos)

A God-Crowned King and Prophet: David

Tuesday, March 19th (Fr. K. Pavlidis)



For more info on Re-Catechism,
visit our website at:



www.
LivingOrthodoxy
.com



**St. Demetrios Greek Orthodox Church
Religious Education Newsletter**

30 Thorncliffe Park Drive
Toronto, ON M4H 1H8
Tel: 416-425-2485
Fax: 416-425-2954
st.demetrios@greekcommunity.org

Want this newsletter in your inbox?

E-mail us today!

StDemetrios@LivingOrthodoxy.com


The third Greek Orthodox Church in Toronto, St. Demetrios Church was founded in 1962. Since then, our Church has been the spiritual home of thousands of Orthodox faithful from Toronto and vicinity. Our Church is a constituent member of the Greek Community of Toronto [www.greekcommunity.org] and under the spiritual jurisdiction of the Greek Orthodox Metropolis of Toronto (Canada) [www.gometropolis.org].

The Religious Education programs have been attended by many children, youth and young adults. Our tireless staff works to promote the Good News of Jesus Christ.

Parish Priest Rev. Fr. Konstantinos Pavlidis
Religious Education Director Mr. Basile Polidoulis
Young Adult League Leaders Mrs. Vicki Vokas, Mr. Niko Sotiropoulos

Parish Council President Mr. Argyrios Haros
Philoptochos President Mrs. Zoe Veroutis
Greek Bible Study Mr. Basile Polidoulis
Re-Catechism Mrs. Fotini Kapsalis
(English Orthodox Mr. John Kapsalis
Discussion Group) Mr. Chrysostom Makropoulos
Mr. Tim Prattas

NO OTHER LABOR IS AS DIFFICULT AS PRAYER TO GOD.



**EVERY TIME A PERSON WANTS TO PRAY,
OUR SPIRITUAL ENEMIES WANT TO COME AND DISRUPT IT,
FOR THEY KNOW THAT IT IS ONLY BY DEFLECTING HUMANS
FROM PRAYER THAT THEY CAN DO THEM ANY HARM.**

~ ABBA AGATHON (4TH CENTURY)