

# THE MESSENGER

ST. DEMETRIOS GREEK ORTHODOX CHURCH • RELIGIOUS EDUCATION NEWSLETTER

VOLUME 3, ISSUE 7  
MARCH 2012

## MISSION STATEMENT

To bring all children, youth and young adults closer to Christ and His Church through religious education, fellowship and various other events on a parish and national level.

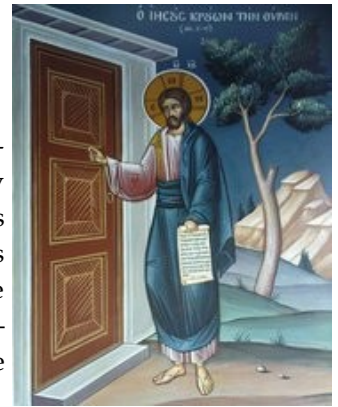
A Blessed  
Great Lent to all!  
Καλή Μεγάλη  
Τεσσαρακοστή!

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## JESUS ASKS: “DO YOU KNOW ME?” GREAT LENT 2012

Great Lent is the time of the year when pious Orthodox Christians worldwide participate in a journey. This journey is led by Christ Himself, taking us to meet Him through His miracles, His teachings, His Cross, Death and Resurrection. We experience this journey through hymnography, iconography, fasting, repentance and confession, the various worship services of Great Lent and – most importantly – through receiving Holy Communion, the medicine of immortality.



The First Sunday of Great Lent shows us that the Lord is All-Knowing. Christ knew the heart of the Apostle Nathaniel (cf. Jn. 1:43-51) and calls all people – disciples then and now – to repent. The moment we do, He releases us from sin, becoming sons and daughters of the Most High.

During the Second Sunday of Lent, the Church shows us that Christ is the “only Physician of our souls and bodies.” He did not stop by curing the paralytic of his physical illness. The Lord cured him of his spiritual illness in a way that no one else could: Jesus forgave him of his sins. He freed the man from all forms of suffering – something every person can only pray for and trust in God’s mercy.

Seeing Christ as the One who will help us lift our crosses on our personal Golgotha is the image that the Church conveys to us during the Third Sunday of Lent. He is the same Lord, though, who states that we cannot offer anything in exchange for our souls and that we should never be ashamed of Him in our lives, being proud of our faith in the Truth.

This year, the Fourth Sunday of Lent will be overshadowed by the great feast of the Annunciation of the Theotokos. This feast is when the Virgin Mary accepted God’s call and became the Mother of God by conceiving Jesus Christ in her womb by the Holy Spirit. This should show us that obedience to God’s commandments will guide us on the right path towards the Kingdom of God and that we do not live for ourselves but Christ lives in us (cf. Gal. 2:20).

Finally, on the Fifth Sunday of Lent we hear Christ’s commands to His apostles: if one wants to become the greatest, they must become the least of all. His apostles thought the Kingdom that Christ preached about was a material kingdom, when the Kingdom of God is “not of this world”.

All throughout Great Lent, Jesus is quietly asking: **Do you know Me? Have you made an effort to get to know Me? When you hear of Me, do you understand?** We might know about the doctrines of the Faith, prayers off by heart and what days to fast...but do we know how to love our brother and sister in Christ? If we see someone who is ill, hungry or poor, is compassion our first instinct?

These questions of faith—of *living our faith*—we must answer during Great Lent. Learning about Christ is not a stagnant event. It is a lifelong journey. Just as the Apostles, we too have the great opportunity to live His miracles, to be joyous in His resurrection and live with Him eternally. **The choice is ours.**



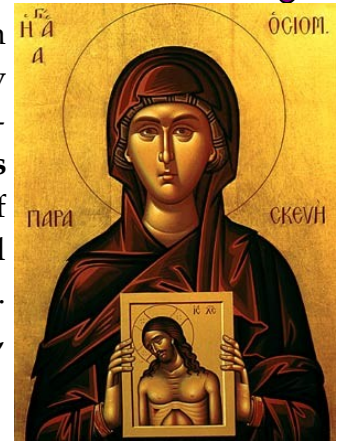
Our Sunday School e-mail has changed! Contact us now at...

[stdemetrios@livingorthodoxy.com](mailto:stdemetrios@livingorthodoxy.com)

# St. Paraskevi Girls Group

A new parish outreach group is being formed at St. Demetrios G.O. Church aimed specifically at young girls, 12-19 years of age. In the past, the only event to bring together this very important part of our Church would be during Good Friday and Pascha with *myrofores*. Now, the **St. Paraskevi Girls Group** (named after St. Paraskevi the Great Martyr, the Patron Saint of one of our chapels) will have ongoing activities throughout the year that are centred around philanthropy, learning about Christ and building new friendships. Some activities will be in conjunction with the St. Nektarios Altar Servers, while other activities will be done separately. They include:

- Iconography restoration
- Reaching out to the Elderly
- Worship Committees
- Social Events



The first event will be held on **Friday, March 30th** from **6:00 to 9:00 p.m.** at our Church. The evening will include icebreakers and a scavenger hunt.

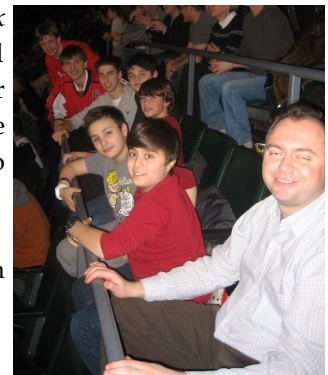
The leaders of this Group are Militsa Hatzidemetriou-Fiuza and Valerie Evans-Makropoulos. If you have any questions about the group, contact us at [stdemetrios@livingorthodoxy.com](mailto:stdemetrios@livingorthodoxy.com).

# St. Nektarios Altar Servers at Lacrosse!

On Friday, February 24th, the Altar Servers of St. Demetrios Toronto attended a *Toronto Rock* lacrosse game at the Air Canada Centre. The leaders of the Altar Servers, Dr. N. Vozoris and T. Prattas, organized the outing with the blessing of our Parish Priest, Fr. K. Pavlidis. The *Toronto Rock* beat the *Rochester Knighthawks* 16-2. Thanks to all the parents who helped make this a great night!



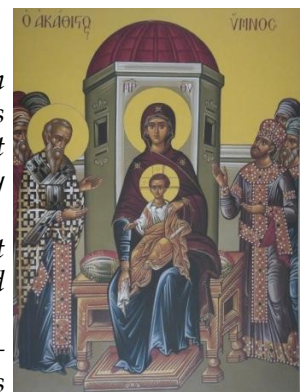
Another event for our Altar Servers will be organized in the future—stay tuned for more information!



## THE SERVICES OF GREAT LENT

Great Lent is a time of the year that Orthodox Christians go through a “spiritual workout” with the number of services that are held throughout the weeks leading up to Pascha. These services are put there to remind us that our mind should be more on prayer and less on things that might keep our mind away from prayer (be it sports, television, internet, etc.). There are essentially three new services introduced for Christians to pray:

- **Great Compline Service:** With more prayers and chants than a regular Compline, Great Compline is a service that is chanted every night in monasteries. At our Church, it was held on Clean Monday. Check the program of services to see if it will be chanted again.
- **Liturgy of the Presanctified Gifts:** Except for weekends, the Divine Liturgy is not celebrated during Great Lent. However, as Christians wanted to receive Communion as often as possible, this 90-minute special Vespers-style service was created for faithful. It is held every Wednesday during Lent at St. Demetrios Church, beginning at 7:00 p.m.
- **Akathist Hymn to the Theotokos:** Salutations services are held in honour of the Theotokos. They are chanted Friday nights for the first five weeks of Lent, culminating with the Akathist Hymn. They are held from 7:00 to 8:30 p.m.



**COME AND WORSHIP WITH US!!**

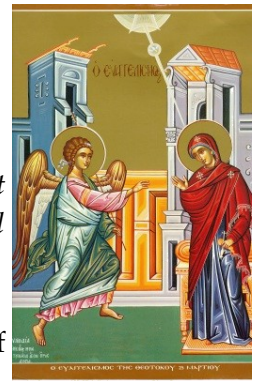


# LEARN MORE ABOUT THE FEAST OF THE ANNUNCIATION OF OUR LADY - ONLINE!

The Annunciation of the Theotokos (Gr. Ο Ευαγγελισμός της Θεοτόκου) is one of the great feasts of the Orthodox Church, when the Virgin Mary accepted the call from the Archangel Gabriel to be the Mother of God in the flesh, Jesus Christ. The Gospel reading of the feast is [Luke 1:24-38](#).

Learn more about this great feast of the Theotokos by clicking on the following links:

- The **Archdiocese of America** has a [Listen-Learn-Share Special](#) from the Archdiocese of America has the Biblical story, the hymns of the feast and *Iconograms* (Orthodox e-cards).
- The site [OrthodoxWiki](#) has an article dedicated to the feast of the Annunciation
- **The Preachers Institute** has a variety of patristic sermons available online by clicking [here](#).
- You can access two **iEcclesiaCanada** podcasts (Episodes 25 & 26) by clicking [here](#) and browsing the history.
- The story of the Annunciation as a podcast is found [here](#), while Fr. Thomas Hopko's podcast "[Speaking in Truth and Love](#)" also discusses the feast.
- Another podcast is available on the **Orthodox Christian Network** called "Mystery of the Incarnation", by Fr. Alkiviadis Calivas, by clicking [here](#).
- Finally, visit our Sunday School's website — [LivingOrthodoxy.com](#) — for information about the Feast!

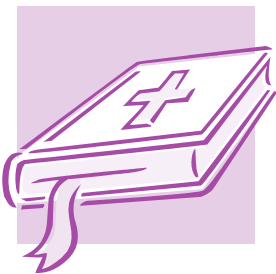


Where the  
Good News Is!



LivingOrthodoxy

## Μελέτη Αγίας Γραφής



Επειδή το θρησκευτικό καθήκον μας επιβάλλει την μετάδοση του θείου λόγου, γι' αυτό κάθε Πέμπτη στις 7:30 μ.μ., εντός του Ιερού Ναού μας, γίνονται κηρύγματα στην ελληνική γλώσσα, επι τη βάση της Αγίας Γραφής απο καλώς κατηρισμένους Κατηχητές.

Η είσοδος είναι ελεύθερα σε όλους.

### EVENT: SUNDAY OF ORTHODOXY GREAT VESPERS 2012

The Sunday of Orthodoxy is celebrated with great solemnity by Orthodox faithful all around the world. One of the worship services held to commemorate this event is the "Sunday of Orthodoxy Great Vespers", held in various cities across the world. In Toronto, Great Vespers is held every year at a different Orthodox Church and chanted by various Orthodox choirs (Greek, Russian, Antiochian, etc.) in a variety of languages.

This year, Great Vespers will take place at "All Serbian Saints" Serbian Orthodox Church, 2520 Dixie Road, Mississauga (Dixie and Dundas).

To see last year's Sunday of Orthodoxy Great Vespers (held at Prophet Elias Greek Orthodox Church in Mississauga), click [here](#)!



**"Through fasting make us also worthy, O Savior, to arrive at Your Resurrection, as thus we cry aloud, "Holy God, Holy Mighty, Holy Immortal, have mercy on us.""** (From the Matins of the Sunday of Orthodoxy)



**St. Demetrios Greek Orthodox Church  
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**WANT THIS NEWSLETTER IN  
YOUR INBOX? E-MAIL US!**

**STDEMETRIOS.TORONTO**

**@GMAIL.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](http://www.greekcommunity.org)] and under the spiritual jurisdiction of the Greek Orthodox Metropolis of Toronto (Canada) [[www.gometropolis.org](http://www.gometropolis.org)].

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

Parish Priest

Parish Council President

Philoptochos President

Religious Education Director

Young Adult League Leaders

Altar Servers Group

St. Paraskevi Girls Group

Greek Bible Study

Re-Catechism (English

Orthodox Discussion Group)

Rev. Fr. Konstantinos Pavlidis

Mr. Argyrios Haros

Mrs. Theodora Koutsoubou

Mr. Basile Polidoulis

Mrs. Vicki Vokas, Mr. Niko Sotiropoulos

Dr. N. Vozoris, T. Prattas

M. Hatzidemetriou-Fiuza, V. Evans-Makropoulos

Mr. Basile Polidoulis

Mrs. Fotini Kapsalis, Mr. John Kapsalis,

Mr. Chrysostom Makropoulos, T. Prattas

# RE-CATECHISM THE ORTHODOX FAMILY 6

Where?

*St. Demetrios Greek Orthodox Church (30 Thorncliffe Park Dr.)*

Learn about the Orthodox Family  
during our sessions:

**O**ld game, new tricks:  
Parenting in the 21st century  
~ Tuesday, January 24th

**I**llness in the family:  
Coping in difficult circumstances  
~ Tuesday, February 7th

**K**eeping the balance:  
The unity of Bioethics & Faith  
~ Tuesday, February 21st

**O**bsession Control:  
Dealing with Addictions  
~ Tuesday, March 6th

**S**aintly Families:  
Examples for parents & kids today  
~ Tuesday, March 20th



*\*\* Every Session begins at 7:00 p.m. \*\**

**Come & Join Us!**



**PODCASTS ON  
GREAT LENT**

**IF YOU WOULD LIKE TO  
LEARN MORE ABOUT  
GREAT LENT, GO TO**

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

**OR TO**

[www.ancientfaith.com/  
collections/](http://www.ancientfaith.com/collections/journeys-through-great-lent)

[journeys through great lent](http://www.ancientfaith.com/collections/journeys-through-great-lent)

**HAVE A QUESTION?**

**E-MAIL US AT**

[STDEMETRIOS@  
LIVINGORTHODOXY.COM](mailto:STDEMETRIOS@LIVINGORTHODOXY.COM)

**AND SEE YOUR  
QUESTION IN ONE OF  
OUR UPCOMING ISSUES!**

