

# THE MESSENGER

ST. DEMETRIOS GREEK ORTHODOX CHURCH  
RELIGIOUS EDUCATION NEWSLETTER

## 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.

## DATES TO REMEMBER!

- **OCTOBER 11TH:**  
Thanksgiving Day
- **OCTOBER 25TH –26TH:**  
Feast of our Church—  
St. Demetrios the  
Great Martyr
- **OCTOBER 31ST:**  
“OXI” Day Parade

## PARISH PRIEST’S MESSAGE LET’S CELEBRATE!

### Beloved in the Lord.

With the grace of God, we will once again celebrate the memory of our Church’s Patron Saint, the Holy Great Martyr Demetrios the Myrrh-streamer on October 26th. His memory is celebrated all over the world, especially in the various parishes that are named after him, along with the city that he called home: Thessaloniki, Greece. The Great Martyr has been given the title of “Saint” because he shows all of us how a true Orthodox Christian should live. Yet, the world is still unfortunately plagued by the “Lyaeus phenomenon”.

During the times of St. Demetrios, Lyaeus was the pagan wrestler who challenged Christians in the stadium. He made people fear him, due to his great strength in the stadium and his many victories over his opponents. In our lives, we also encounter fear and intimidation—be it at work, at school or elsewhere. Although we are faced with these difficulties, we should also remember to emulate the heroism and faith of our Patron Saint—a Saint who stood up to the tyranny of Lyaeus...and won.

Through the great example of St. Demetrios, his disciple Nestor was able to gain courage and confront Lyaeus in the stadium. Asking for the blessing of his teacher, he boldly confessed Christ to everyone. It is this type of courage and faith we need to have in our lives! A faith that can overcome all the difficulties we might face: difficulties at school, peer pressure, the temptations of drugs, and many more throughout our lives.

As we approach this great feast of our Church, it is my prayer that the courage of St. Demetrios the Great Martyr and St. Nestor the Martyr be an example for all of us throughout our lives, inspiring us daily to become living icons of grace in our world.

**Yours in Christ.**

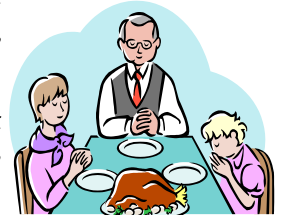
**+ Fr. Konstantinos Pavlidis**  
Parish Priest

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## IN ALL THINGS GIVE THANKS...

A 4-year-old boy was asked to return thanks to Thanksgiving dinner. The family members bowed their heads in expectation. He began his prayer, thanking God for all his friends, naming them one by one. Then he thanked God for Mommy, Daddy, brother, sister, Grandma, Grandpa, and all his aunts and uncles. Then he began to thank God for the food. He gave thanks for the turkey, the dressing, the fruit salad, the cranberry sauce, the cakes, even the Cool Whip. Then he paused, and everyone waited-and waited. After a long silence, the young fellow looked up at his mother and asked, “If I thank God for the broccoli, won’t he know that I’m lying?”



**HAPPY THANKSGIVING, EVERYONE!!**

## ON ST. NESTOR THE MARTYR

BY TIM PRATTAS

Our of all the Saints in the Orthodox Church, one of the most beloved is our Church's Patron Saint—St. Demetrios the Great Martyr. His life and martyrdom is well-known, with celebrations being held all across the Orthodox world on October 25th and 26th. One of the Saints that is connected to St. Demetrios' life and martyrdom is a Saint who was also martyred with him: St. Nestor.

St. Nestor was a young Christian in the city of Thessaloniki who knew St. Demetrios. Along with his fellow Christians, he was challenged by a pagan fighter named Lyaeus to a fight to the death. Lyaeus was a friend of the Emperor, Maximian, and was very prideful in all his victories, not believing he could be defeated.

After finding out that St. Demetrios was imprisoned, he visited him in the place they were keeping him (which was a bath house). St. Nestor wanted to show the world that power belonged to Jesus Christ alone, and not to any false gods. As he approached St. Demetrios, he asked for his blessing in his upcoming duel with Lyaeus. St. Demetrios made the sign of the Cross on St. Nestor's heart and brow and sent him off to fight what would be his last battle.

As the battle began, St. Nestor shouted, "God of Demetrios, help me!" Within a few moments, St. Nestor had defeated the pagan Lyaeus. The entire crowd present could not believe that Lyaeus had been defeated; yet, St. Nestor was confident, because he placed his hope in "the Master of the contest," the Lord Jesus Christ.

Emperor Maximian's sadness at the loss of his friend turned to rage against St. Nestor. Maximian thought that St. Nestor had cast a spell in defeating Lyaeus. He could not understand that the Lord God had helped him in his battle.

St. Nestor was beheaded outside the city gates without trial. After a short while, St. Demetrios was also killed by the soldiers. Both died because they would not abandon their faith in Christ for the delights of the world. Due to their strength and courage, God had glorified them both as martyrs of the Church and with their crowns in Heaven.

**St. Nestor the Martyr, pray for us to the Lord our God, that our souls may be saved!**

### KONTAKION OF ST. NESTOR

You did contest well; hence, you have now inherited immortal renown, wise St. Nestor, and you have become the excellent soldier of Christ our God by the holy and fervent prayers of St. Demetrios. Thus, with him, cease not to pray for all of us.



#### About the Author...

Tim Prattas is a Homiletic Speaker and chanter at our Church. He is a graduate of the Toronto Orthodox Theological Academy and Tyndale Seminary.



*St. Demetrios blessing St. Nestor  
in the bath house before battle.*

**This Month, We Celebrate...**  
**St. Demetrios the Great Martyr**

**GREAT VESPERS — OCTOBER 25TH, 7:00 — 8:30 P.M.**

All feast days begin the night previous to the actual day, as the ecclesiastical day begins at Vespers (an evening service). Everyone is asked to come and participate in the Great Vespers of St. Demetrios, where His Grace Bishop Christoforos will preside.

## ΟΙ ΔΥΟ ΔΡΟΜΟΙ

Η ζωή του χριστιανού μοιάζει με ένα δρόμο που καλείται να περπατήσει για να φτάσει στη σωτηρία.

Δύο είναι οι δρόμοι που βρίσκονται μπροστά μας γι' αυτό και το ευαγγέλιο μας ζητάει να διαλέξουμε και μάλιστα μας προειδοποιεί:

**Να μπαίνετε από την στενή πύλη, διότι είναι πλατεία η πύλη και ευρύχωρος ο δρόμος, που οδηγεί εις την καταστροφή, και πολλοί είναι εκείνοι που μπαίνουν από αυτήν. Στενή η πύλη και στενόχωρος ο δρόμος που οδηγεί εις την ζωή, και ολίγοι είναι εκείνοι που την βρίσκουν (Ματθαίου 7: 13-14) .**

Για να διαλέξουμε ποιο δρόμο θ' ακολουθήσουμε, υπάρχουν ορισμένα κριτήρια. Αυτό που κυρίως θα πρέπει να προσέξουμε δεν είναι η αρχή, αλλά το τέλος του δρόμου.

Τις περισσότερες φορές η πρώτη όψη ξεγελάει. Αν προσέξουμε μόνο το πώς φαίνεται η πύλη και ο δρόμος, χωρίς να λάβουμε υπ' όψιν το που μας βγάζει, τότε είναι φυσικό να διαλέξουμε την πλατεία πύλη και τον ευρύχωρο δρόμο. Ο ευρύχωρος δρόμος δεν ζητάει να κάνουμε καμιά αλλαγή στη ζωή μας. Ακολουθούμε τον όχλο που πολλές φορές μας σπρώχνει να προσπεράσει διότι βιάζεστε να φτάσει γρήγορα στο τέλος. Αυτό που συνήθως συμβαίνει είναι να ζούμε το σήμερα αδιαφορώντας για το τι θα συμβεί αύριο. Και τρέχουμε και προχωρούμε με μεγάλη ταχύτητα και, αν χρειαστεί, πατάμε και σε πτώματα για να πετύχουμε το σκοπό μας. Ποιο σκοπό; Να πετύχω εγώ, έστω και αν χρειαστεί να χάσει ο άλλος. Να κερδίσω εγώ, έστω και αν χρειαστεί να ζημιωθεί ο άλλος. Και παιδεύομαστε και νομίζουμε ότι επιτύχαμε στη ζωή μας.

Κάποτε όμως έρχεται το τέλος του δρόμου. Έρχεται η ώρα να κλείσουμε τα μάτια και να παραδώσουμε τη ψυχή μας στο δημιουργό της. Και τότε; Τότε ανακαλύπτουμε ότι πήραμε λάθος δρόμο. Τότε ανακαλύπτουμε ότι όλη μας τη ζωή δουλέψαμε μόνο για τη σάρκα και ξεχάσαμε τη ψυχή. Ο Χριστός είπε: **Τι έχει να ωφεληθεί ο άνθρωπος, εάν κερδίσει τον κόσμο όλον, ζημιωθεί δε την ψυχή του; Ή τι είναι δυνατόν να δώσει ο άνθρωπος αντάλλαγμα της ψυχής του; (Ματθαίου 16: 26).**

Δεν χρειάζεται όμως να φθάσουμε στο τέλος της ζωής μας για να καταλάβουμε ότι πήραμε λάθος δρόμο. Αυτοί που επέτυχαν στη ζωή είναι αυτοί που πραγματικά αγωνίστηκαν. Είναι αυτοί που ξενύχτησαν, που δούλεψαν σκληρά, που στερήθηκαν τις φαινομενικές χαρές της ζωής για να φτάσουν στην αληθινή χαρά, στην αληθινή απόλαυση. Είναι αυτοί που δεν κοίταξαν μόνο την αρχή του δρόμου, αλλά που οδηγεί. Είναι αυτοί που, όχι μόνο δεν ακολούθησαν τον όχλο, αλλά έψαξαν και βρήκαν την στενή πύλη και το στενό δρόμο ο οποίος οδηγούσε στη ζωή.

Το ευαγγέλιο ονομάζει τη πύλη στενή διότι μας ζητά να αφήσουμε πίσω οτιδήποτε μας κρατάει δεμένους εδώ στα γήινα. Είναι στενή η πύλη διότι δηλώνει τη προσπάθεια που θα πρέπει να καταβάλουμε να πάμε αντίθετα στο ρεύμα, στην εύκολη ζωή. Όπως ένας δρομέας για να τρέξει βγάζει το παλτό και ξεφορτώνετε το σάκο, έτσι και ο χριστιανός θα πρέπει να αφήσει τις υπερβολικές μέριμνες της ζωής και να έχει ολόκληρη τη προσοχή του στο τέλος του δρόμου, στη σωτηρία της ψυχής.

Ποιες είναι οι υπερβολικές μέριμνες; Είναι κάθε τι που είναι αντίθετο προς το ευαγγέλιο και ότι δίδαξε ο Χριστός. Ο λαός μας έχει μια σοφή παροιμία: **Οτι γυαλίζει δεν είναι χρυσός.**

Ίσως η προηγούμενη ζωή μας (πριν γνωρίσουμε τον Χριστό) να μην ήταν σύμφωνα με το λόγο του Θεού. Όταν όμως γνωρίσουμε το Χριστό, πρέπει να ξεχάσουμε τη παλιά μας ζωή, να ξεφορτωθούμε κάθε τι που μας βαραίνει και να ακολουθήσουμε τους νόμους του ευαγγελίου, έστω και αν προσωρινά φαίνονται δύσκολα τα πράγματα, έστω και αν η πύλη είναι στενή και ο δρόμος στενάχωρος. Εκείνο που έχει σημασία, δεν είναι να καλοπεράσουμε σ' αυτή τη ζωή, αλλά να κερδίσουμε την άλλη, την αιωνιότητα. Γράφει ο απόστολος Παύλος: **Λησμονώ τα παλαιά και προχωρώντας προς εκείνα που είναι εμπρός, τρέχω προς το τέρμα, προς το βραβείο της επουρανίου κλήσεως του Θεού δια Χριστού Ιησού ( Φιλιπησίους 3:14).**

Η εκλογή λοιπόν είναι δική μας. Ο δρόμος που θα διαλέξουμε σήμερα θα μας χαρίσει αιώνια ζωή ή αιώνια κόλαση. Διότι:

**είναι πλατεία η πύλη και ευρύχωρος ο δρόμος, που οδηγεί εις την καταστροφή, και πολλοί είναι εκείνοι που μπαίνουν από αυτήν. Στενή η πύλη και στενόχωρος ο δρόμος που οδηγεί εις την ζωή, και ολίγοι είναι εκείνοι που την βρίσκουν .**

### **MATINS AND DIVINE LITURGY — OCTOBER 26TH, 8:45 TO 11:30 a.m.**

Matins is a morning service to thank God for arising from sleep, as well as to ask Him to be with us throughout the entire day. It is also a service in which we honour the Saint that is celebrated.

The Divine Liturgy (which will be celebrated by His Eminence Metropolitan Sotirios) is the centre of our worship, where faithful come to hear the Word of God, and to receive the Body and Blood of Christ.



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

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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. It is one of the four Churches of the Greek Community of Toronto. 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 Priests**

Rev. Fr. Konstantine Pavlidis

Rev. Fr. Triantafillos Porfiris

**Religious Education Director**

Basile Polidoulis

**Religious Education Advisor**

Komissa Polidoulis

**Homiletic Speakers**

John Kapsalis, Tim Prattas

**5-and-Under Class Teachers**

Linda Hudson, Georgia Vlahos, Patty Tsiolis

**JK-SK Class Teachers**

Despina Epaminondas, Chrysoula Kapogiannis

**Gr. 1 Class Teachers**

Kathe Bouzios, Eleni Skandalakis

**Gr. 2 Class Teacher**

Maria Douvis, Kassiani Logotheti

**Gr. 3 Class Teachers**

Vicky Nikolaos, Vasilis Papagiannis

**Gr. 4-5 Class Teachers**

Elena Qirjazi, Marina Derpanis

**Gr. 6-7 Class Teachers**

Georgia Panagiotopoulos-Grivogiannis,

Eftila Qirjazi

**Gr. 8-9 Class Teachers**

Kiki Zourbanos, Fotini Kapsalis

**Gr. 10-12 Class Teacher**

Chrysostom Makropoulos

**Young Adult League Leaders**

Vicki Vokas, Niko Sotiropoulos

# ST. DEMETRIOS GREEK ORTHODOX CHURCH

## Ι.Ν. ΑΓ. ΔΗΜΗΤΡΙΟΥ ΤΟΥ ΜΥΡΟΒΛΗΤΟΥ

*A great champion hath the whole world, found thee to be when in grave perils, for thou dost put to flight the heathen, O victorious one. As thou didst humble Lyaeus' arrogance, and gavest boldness to Nestor in the stadium, thus, O holy Great Martyr Demetrios, do thou entreat Christ our God that we may be granted great mercy.*

*~ Apolytikion, St. Demetrios the Great Martyr*

## COME AND CELEBRATE THE FEAST OF ST. DEMETRIOS THE GREAT MARTYR WITH US!

### Monday, October 25th, 2010

Hierarchical Great Vespers for St. Demetrios Feast 7:00—8:30 p.m.

*His Grace Bishop Christoforos will preside at the Great Vespers, assisted by the Priests of Toronto and vicinity.*

### Tuesday, October 26th, 2010

Matins and Hierarchical Divine Liturgy 8:45—11:30 a.m.

*His Eminence Metropolitan Sotirios will celebrate the Divine Liturgy.*

## FOR MORE INFORMATION ABOUT THE SERVICES...

CALL US AT 416-425-2485

OR E-MAIL US AT

[ST.DEMETRIOS@GREEKCOMMUNITY.ORG](mailto:ST.DEMETRIOS@GREEKCOMMUNITY.ORG)

# HOLY GREAT MARTYR DEMETRIOS, INTERCEDE FOR US!