

# ST. NICHOLAS MONTHLY NEWSLETTER

## April 2023

ST. NICHOLAS GREEK  
ORTHODOX CHURCH  
4967 FOREST PARK AVENUE  
ST. LOUIS, MO 63108

ST. NICHOLAS FAMILY LIFE CENTER  
12550 S. FORTY DRIVE  
ST. LOUIS, MO 63141



Proistamenos: Fr. Douglas Papulis  
(314) 974-4613

Parish Priest: Fr. Michael Arbanas  
(314) 425-9641

Church/FLC Office: (314) 361-6924

Office Administrator: Lisa Danko  
Financial Secretary: Linda Nicozisin

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## The Holy Season of Lent: Shedding the Callousness of the Heart by His Eminence Metropolitan Nathanael of Chicago March 3, 2023

Every morning we ask ourselves, "What should I wear?" The choice we make may say something about us. We also might get a self-esteem boost from our clothing. At the very least, we know we're protected from the elements.

Perhaps a similar but more urgent question is, "How is my soul clothed?" Throughout Great Lent, the theme of spiritual vesture comes to the fore in hymns and Scripture readings.

In his monumental Great Canon of repentance, Saint Andrew of Crete invokes repeatedly the image of the "garments of skin" that clothed Adam and Eve after their banishment from Paradise (Genesis 3:21):

Sin has stripped me of the robe that God once wove for me, and it has sewed for me garments of skin. I am clothed with the raiment of shame as with fig leaves, in condemnation of my self-willed passions. I am clad in a garment that is defiled and shamefully bloodstained by a life of passion and self-indulgence

(Tuesday of the First Week).

Our soul's garment is said to be bloodstained by the "murder" of our brothers and our sisters, the woeful consequence of "Ancestral Sin." Whether through overt acts of violence, passive indifference to their plight, or simply in attitudes of anger, hard-heartedness, or hatred that Christ equates with murder (Matthew 5:21-23, 1 John 3:15). With each Baptism, Orthodox Christians chant, as we also shall at Pascha, "As many of you as have been baptized into Christ have been clothed in Christ" (Galatians 3:27). To be "clothed in Christ" means to take up His ways of gentleness, mercy, forbearance, and love. Donning these virtues says something about the wearer; they become definitive of him and her.

Hardened hearts and callous souls are effectively naked. They are most vulnerable to the harshness of the world, the antithesis of the new life in Christ. So says Saint Paul in his Epistle to the Colossians (3:12-14):

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."

Lent is an opportunity to shed the callousness of our hearts, the "garments of skins," and to receive from the Bridegroom of our souls the radiant vesture of the coming Kingdom. This clothing is a gift from our merciful and loving God. However, we also need to prepare ourselves to receive this gift through prayer, fasting and almsgiving, along with seeking and granting forgiveness. Through these disciplines, we trade "a life of passion and self-indulgence" for Christ's ways of purity and self-denial and sacrifice. In the Orthodox Christian Church, a hymn is chanted during the Lenten Pre-Sanctified Liturgy to remind us that self-denial has little value apart from love of neighbor: "While fasting with the body, O brethren, let us also fast in spirit; let us loosen every connection with injustice... Let us give bread to the hungry and introduce into our house the poor who have no roof to cover them, that we may receive from Christ our God the great mercy."

The entirety of our Lenten journey is a program for bearing our hearts to and for others. We shed those dead garments of skins so that we can be clothed in the virtues of Christ. The goal of the season is not to make us more self-righteous and austere, but rather more tender-hearted and compassionate, with souls soft and open to one another, clothed in Christ and prepared to enter the Kingdom of God in childlike purity and humility.

During Lent—and every day thereafter—Christians and all people of good will are invited to begin each day by asking, "How is my soul clothed?" This is not a superficial exercise in fashion, but rather as a reminder of the weightier matters of life, namely, justice, mercy, and faith. Such "garments" do not pin brother against brother or sister against sister; they help form an eternal condition, one that grants life to all and draws us closer to one another.

† Nathanael, Metropolitan of Chicago  
Greek Orthodox Metropolis of Chicago



## St. Nicholas Servants

**2023 PARISH COUNCIL**

Helen Carey, President 314-750-0745  
 Carol Kamburis, Vice President  
 Deb Palazzola, Secretary  
 George Ellis, DDS, Treasurer  
 Christina Stamelos, Assistant Treasurer  
 Adonis Chakides  
 Niko Georges  
 Zac Holt  
 Marilyn Jemas  
 William Mastorakos, DDS, MS  
 Bill Nicozisin  
 Jim Rigas  
 Chris Sarantakis  
 Jim Sorbello  
 Kyle Thompson

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Mark Vleisides, Chairperson 314-576-2898

**CEMETERY COMMITTEE**

Bill Karides, Chairperson 314-422-1968  
 Tina Paradowski

**DANCE TROUPE**

Georgia Johnson 314-832-0061

**ELECTION COMMITTEE**

Mark Vleisides, Chairperson  
 Liz Glynias  
 Paul Leara  
 Pat Lekich  
 Demmie Nicozisin

**FINANCE COMMITTEE**

Dan Tarlas, Chairperson 314-713-5500

**GREETERS COMMITTEE**

Lyndia Finer, Chairperson 314-960-3384

**LIBRARY COMMITTEE**

Elaine Coulson, Chair-[sgnoclibrary@gmail.com](mailto:sgnoclibrary@gmail.com)

**"THE NEXT 100"**

Dan Tarlas, Chairperson 314-713-5500

**PHILOTOCHOS**

Christina Ginos, President 314-504-6988

**PHYSICAL FACILITIES -CHURCH**

Dino Pappas, Chairperson 314-707-8118  
 Jonathan Hartley  
 Tony Sorocko

**PHYSICAL FACILITIES -FLC**

Nick Tharenos, Chairperson 314-576-7011  
 Jonathan Hartley  
 Tony Sorocko

**PLANNED GIVING COMMITTEE**

Christina Anastas 314-647-4636  
 Basil Pappas 314-368-6026  
 Leon Spanos 314-966-5176  
 Chris Varvares 314-374-3647

**PRISON MINISTRY**

Clark Porter, Director 314-518-6747

**SCHOLARSHIP COMMITTEE**

Peter Takes, Chairperson 314-503-0358  
 Amanuel Habtu  
 Deb Palazzola

**STEWARDSHIP COMMITTEE**

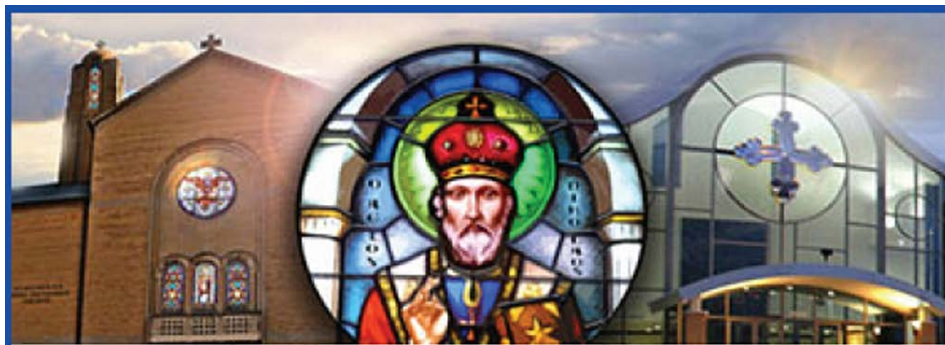
Fr. Doug Papulis  
 Fr. Michael Arbanas  
 Mary Ann Mastorakos, Chairperson  
 George Ellis, DDS  
 Teddy Hart  
 Rosie Hartley  
 Marilyn Jemas  
 Christina Stamelos

**CHURCH SCHOOL Director**

Lexie Dendrinelis-[sgnocchurchschool@gmail.com](mailto:sgnocchurchschool@gmail.com)

**WEBSITE**

Christina Stamelos 314-402-4996

**"Double My Donation"**

**For every dollar donated to "Double My Donation 2023," an anonymous generous donor will match dollar for dollar - up to \$250,000 directly towards the principal of our loan. No donation is too SMALL or too LARGE! TOGETHER we can make a difference!**

*The Kids Crew Is Now Forming!*  
*Good Kids Doing Good Things For Their Church!*



*To Join The Next Generation Of Leaders For St. Nicholas*  
*Contact Marilyn Jemas - [marilynnjemas@gmail.com](mailto:marilynnjemas@gmail.com)*  
*or Maggie Jemas - [mmjemas@gmail.com](mailto:mmjemas@gmail.com)*

**St. Nicholas Dancer Schedule**

**Every Sunday beginning April 23**

**Except: Mother's Day- Father's Day  
 Memorial Weekend and Holy Theotokos**

**ARIADNE Dancers (6-8 years old) 3:30-4:30**  
**GARAGOUNA Dancers (9-12 Years old) 4:30-5:30**  
**SOULI Dancers (19 years and up) 5:30-6:30**  
**CARIATIDES Dancers (13-18 years old) 6:30-7:30**

**ALL PRACTICES WILL TAKE PLACE AT CHURCH**

**ST. NICHOLAS DANCERS WILL ALSO BE  
 PERFORMING AT KIRKWOOD MIDDLE SCHOOL  
 Friday, April 28 for their International Event**

**\*Please Contact Georgia Johnson with any  
 questions at: [georgiadances@gmail.com](mailto:georgiadances@gmail.com)**





# ***President's Notes April 2023***

Dear St. Nicholas Family,

As we continue our Lenten Journey as a parish family, I pray that everyone has a blessed Pascha, and that together we are celebrating the resurrection of our Lord.

Sincere gratitude to Mary Ann Mastorakos and her committee for their tireless efforts to lead our stewardship program. They have worked very hard to raise stewardship awareness, which in turn supports our church and ministries.

Our Fish Fry Fridays during Lent were a huge success with sellout crowds. Thank you to Christina Ginos, Carol Kamburis, Deb Palazzola and the committee for their hard work, delicious food and warm hospitality. A huge thank you to our parishioners for their support as volunteers and patrons.

Our anonymous donor has graciously agreed to offer "Double My Donation" again this year. Our donor will match up to \$250,000 of NEW donated money to be applied directly to the debt. This campaign will continue to end of the year. Remember no donation is too small or too large!

Please mark your calendars for Sunday, May 21, as we will celebrate Fr. Michael's 25th anniversary in the Priesthood. A luncheon will follow the Liturgy, please plan to attend, refer to the flyer for more details and please plan to attend!

It may have taken a prayer or two, but we finally have a new roof over the front of our church. No more flying shingles! We have been waiting three years for the roofers to complete this job. Special thanks to Dino Pappas for his tireless efforts to ensure the completion of this project. You will also notice that we will soon have new front doors with an updated alarm system. We strive to maintain our aging building and it's with your financial support that makes this is possible.

Preparation is in full swing for our annual Taste of the Greek Festival July 22 & 23 and the 106th annual Greek Festival over Labor Day weekend. We are grateful to our organizers and leaders who work so very hard to ensure the success of our festivals. We are all so proud to have made this the largest ethnic festival in the Midwest. The festival is vital to our budget, we hope that everyone can find an hour or two to help with the baking and prep – and of course, to volunteer at the events!

As always, please know your questions and comments are welcomed and encouraged.

In Christ's Work,  
Helen Yiatras Carey



# Philoptochos Corner-April 2023

**First Day of Lent/Clean Monday** - Philoptochos hosted this very special annual Lenten Luncheon, immediately following the Service of the Hours at the Family Life Center. Fellowship was enjoyed by all who attended the luncheon, as we began our Lenten journey as a Church family. Many thanks to Maria Kamburis and Mary Argyros for chairing and underwriting this event. The meal was delicious, as always! A special thanks to the Philoptochos Board who helped help serve.

**Palm Sunday Brunch: April 9** - Philoptochos is looking forward to hosting our Annual Palm Sunday Brunch. Please join us, with your family and friends, for a delicious brunch: Sautéed Lemon fish, Gourmet Omelets, Poached Salmon, Assorted Pastries, Mimosas, and more. A special buffet is planned for the children. Please make your reservations as soon as possible, as all reservations must be made in advance! See the enclosed flyer for more details.

**Grecian Kitchen Spring Order Form** – Treat your family and friends to home-made Grecian specialties for the Easter Holiday and summer! We are offering Koulouria, Baklava, Spanakopita, Tsoureki, Pastitsio, and more! Remember we sell our specialties year-round. Please fill out the order form in this month's newsletter and mail to Dianne Zotos, 1238 Hillcrest Field Drive, Chesterfield, MO 63005.

**Kendra Gives Back Party: Friday, May 5** – Join us for a Kendra Gives Back Party and enjoy sips, sweets and jewels. Friday, May 10 from 5 pm to 8 pm – Kendra Scott at Plaza Frontenac. Twenty percent of the proceeds benefit St. Nicholas Philoptochos Society.



## Calendar of Events:

4/9 – Palm Sunday Brunch (St. Nicholas)

5/04 – Board Meeting (FLC)

5/05 – Kendra Gives Back Event (Kendra Scott/Plaza Frontenac)

5/18 – Philoptochos General Meeting – Elections (FLC)





St. Nicholas Philoptochos Society  
Grecian Kitchen/Spring Sale

Treat your Family & Friends to Home-made  
Grecian Specialties for Easter!

To Place Your Order...

MAIL THE COMPLETED ORDER FORM BELOW WITH CHECK PAYABLE TO: ST. NICHOLAS PHILOPTOCHOS  
C/O DIANNE ZOTOS, 1238 HILLCREST FIELD DR, CHESTERFIELD, MO 63005 OR CALL 636.541.0708

Pick-up Date...April 7<sup>th</sup> (11:00 am – 3:00 pm)

ST. NICHOLAS FAMILY LIFE CENTER, 12550 SOUTH FORTY DRIVE, ST. LOUIS, MO 63141  
(IF YOU ARE NOT AVAILABLE TO PICK UP ON APRIL 7<sup>th</sup>, PLEASE NOTIFY DIANNE 636.541.0708)

Items...

Pastitsio.....\$50 (HALF PAN)  
GROUND BEEF, PASTA, & BECHAMEL CASSEROLE (READY TO BAKE)

Spanakopita.....\$25 (12PC PAN)  
SAVORY SPINACH & CHEESE PIE (READY TO BAKE)

Galaktoboureko...\$25 (12PC PAN)  
CUSTARD FILLED PASTRY (READY TO BAKE)

Baklava.....\$30 (24PC PAN)  
CLASSIC GREEK FAVORITE (READY TO BAKE)

Koulouria.....\$10 PER DOZEN  
BRAIDED BUTTER COOKIES

Tsoureki.....\$25  
TRADITIONAL BRAIDED EASTER SWEET BREAD

“Hellenic Cuisine” Cookbook.....\$25

“OPA” Salad Dressing.....\$5

Mail-in order form

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

ITEM	UNIT PRICE	QUANTITY	TOTAL \$
PASTITSIO (HALF PAN)	\$50		
SPANAKOPITA (HALF PAN)	\$25		
GALAKTOBOUREKO (HALF PAN)	\$25		
BAKLAVA (HALF PAN)	\$30		
KOULOURIA (DOZEN)	\$10		
TSOUREKI	\$25		
COOKBOOK	\$25		
OPA SALAD DRESSING	\$5		
		<b>TOTAL</b>	<b>\$</b>

MAIL COMPLETED FORM & CHECK PAYABLE TO: ST. NICHOLAS PHILOPTOCHOS  
C/O DIANNE ZOTOS, 1238 HILLCREST FIELD DR, CHESTERFIELD, MO 63005

# St. Nicholas Philoptochos Society

## Palm Sunday Brunch - April 9, 2023

*Immediately following Divine Liturgy*

### Traditional Palm Sunday Buffet

*Sautéed Lemon Fish  
Skordalia  
Grecian-Style Potatoes  
Mixed Green Salad  
Green Beans Almondine  
Bread*

### Gourmet Omelet Buffet

*Made to order omelets including feta cheese, cheddar cheese,  
onions, mushrooms, green peppers, and tomatoes  
Chilled Poached Salmon with dill sauce  
Spring Asparagus with lemon butter sauce  
Breakfast Pastries and Croissants  
Fresh Fruit*

### Children's Buffet

*Scrambled Eggs, French Toast Sticks, Fresh Fruit, & Treats  
Orange Juice & Milk*

*Mimosas*

*Dessert*

*Coffee Bar*



### Advanced Reservations Appreciated

Traditional Palm Sunday Buffet  
Gourmet Omelet Buffet  
Children's Buffet

\_\_\_\_\_ @ \$35 per person  
\_\_\_\_\_ @ \$35 per person  
\_\_\_\_\_ @ \$10 per child (12 and under)  
\$\_\_\_\_\_ Total

NAME: \_\_\_\_\_

**Please mail completed form with check payable to: St. Nicholas Philoptochos  
c/o Sandra Kamburis, 1211 Bedford Falls Ct, Ballwin, MO 63021**

All reservations must be made in advance by **Monday, April 3rd**. **No walk-ins**. Please list on the back of this stub who you wish to be seated with and we will do our best to accommodate. Advanced pre-paid reservation tickets can be picked up on Sundays starting March 19.

**If you have any questions, please contact Sandra at [skamburis@hotmail.com](mailto:skamburis@hotmail.com) or 314.952.9958**



# ST. NICHOLAS EASTER LAMB ROAST

April 16, 2023

St. Nicholas Family Life Center

1:30 pm following AGAPE Service at Church

Adults \$35

Children 12 & under \$10

Traditional Easter Feast

Special menu, treats & Easter egg hunt for the children  
(*please bring your own baskets*)

**\*Reservations must be made in advance, no walk-ins\***  
Please complete form below & send with check payable to:

St. Nicholas Greek Orthodox Church

c/o Lauren Murphy Rowe

623 Claymont Estates Drive

Chesterfield, MO 63017

636.675.1606

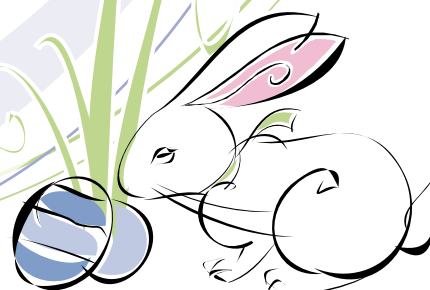
Please reserve the following for the St. Nicholas Easter Lamb Roast

___ Adult(s) at \$35 each	\$ ___
___ Children 12 & under at \$10 each	\$ ___
___ Total guests	Total \$ ___

Please seat me with the \_\_\_\_\_ party.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_



# 2023 Holy Week & Easter Schedule of Services

## **Saturday, April 8: Saturday of Lazarus**

9:30 am Divine Liturgy at Church

## **Sunday, April 9: Palm Sunday**

8:15 am Orthros & 9:30 am Divine Liturgy at Church  
7 pm Bridegroom Service at Family Life Center Chapel

## **Monday, April 10: Holy Monday**

7 pm Bridegroom Service at Family Life Center Chapel

## **Tuesday, April 11: Holy Tuesday**

7 pm Bridegroom Service at Family Life Center Chapel

## **Wednesday, April 12: Holy Wednesday**

1:30 pm Holy Unction (Sacrament of Healing) at Family Life Center Chapel  
7 pm Holy Unction at Church

## **Thursday, April 13: Holy Thursday**

9:30 am Divine Liturgy at Family Life Center Chapel  
6:30 pm Service of the 12 Passion Gospels at Church

## **Friday, April 14: Good Friday**

10 am The Royal Hours at Church  
1:30 pm The Descent from the Cross at Church  
7 pm The Lamentations at Church

## **Saturday, April 15: Holy Saturday**

9:30 am Divine Liturgy at Church  
11 pm Canon of the Resurrection at Church

## **Sunday, April 16: Easter**

Midnight Resurrection Service & Liturgy at Church  
Noon Agape Service at Church



# 2023 Lent/Holy Week Donations

Daffodils for Sunday of the Cross-*Donated by Varvares-Hart Family*  
*in blessed memory of Mary Varvares*

Palm Tree Plants for Palm Sunday-

Palm Sunday Crosses-

Palm Sunday Icon Flower Arrangement-

Lilies for Epitaphion-*Donated by the Family of Florence and Frank Mastis, in their memory*

Hydrangeas for Holy Week and Easter-

Hertismoi (Friday night) Candles-*Donated by Sophia Chronopoulos and Family*  
*in memory of Christos and Nota Chronopoulos*

Incense-

Palm Sunday Bay Leaves-

Palm Sunday Greenery-

Altar Candles for Holy Week Services:

Palm Sunday- *Donated by Sophia Chronopoulos & Family*

Holy Monday-*Donated by Sophia Chronopoulos & Family*

Holy Tuesday-*Donated by Sophia Chronopoulos & Family*

Holy Wednesday-*Donated by Sophia Chronopoulos & Family*

Holy Thursday-*Donated by Sophia Chronopoulos & Family*

Good Friday- *Donated by Sophia Chronopoulos & Family*

Holy Saturday-*Donated by Sophia Chronopoulos & Family*

Flowers for the Icon of the Bridegroom (Nymphios)-

Cotton Balls, Flour & Olive Oil for Holy Wednesday Holy Unction--*Donated by the Kamburis Family*  
*in memory of Tharinos and Kyriaki Patakas*

Holy Thursday Icon Flower Arrangement for Divine Liturgy-

Holy Thursday Icon Flower Arrangement for Service for 12 Passion Gospels-

Holy Thursday 12 Gospel Candles- *Donated by Mitry Anderson and Julie Evancho*

Holy Thursday Service Wreath- *Donated by Andrea, George and Vanessa Mezines and Ryan Smith*  
*in memory of Victoria Peppes*

Holy Thursday Service Candles for Cross- *Donated by Irene Childroth in memory of loved her loved ones.*

Good Friday Sheet for Body of Christ-*Donated by the family of Mary Rupi in her memory*

Good Friday Icon Flower Arrangement for Royal Hours-

Good Friday Icon Flower Arrangement for The Descent from the Cross-

Good Friday Icon Flower Arrangement for The Lamentations (Epitaphion)-*Donated by the*  
*Morris Family In Honor of Harry and Lisa Anthanas*

Good Friday Epitaphion Candles (eight)- *In Loving Memory of Angelo, Spiros Krisanthe and*  
*Gerasimos Viachos*

Good Friday White Carnations-

Anthoneiro (Rosewater)-*Donated by Rosie Hartley in memory of her parents*

Holy Saturday Icon Flower Arrangement for Divine Liturgy -

Holy Saturday Resurrection Candles for Priests (two candles)-*Donated by Bill, Linda & Katerina Nicozisin*  
*in memory of Frank & Rose Zirbas and Gus Nicozisin*

Holy Saturday Icon Flower Arrangement for Resurrection Service-*Donated by Tom and Christina Ginos*  
*in memory of their Mothers*

Holy Saturday Floral Cross for Resurrection Service-*Donated by Mary Jane Thomas*  
*in memory of Katherine Rutter and Anna Siromas*

Holy Saturday Resurrection Banner-

Agape Service Icon Flower Arrangement-

Olive Oil (for votive lights)-*Donated by the Kamburis Family*

Resurrection Meal Donations-

Easter Eggs-*Donated by Dino Benos*





Kindly respond by May 15<sup>th</sup> by mailing to:  
Carol Kamburis  
1211 Bedford Falls Ct, Ballwin, MO 63021

Guest name(s):\_\_\_\_\_

○ Enclosed is my reservation for \_\_\_\_\_at \$30 per adult and \_\_\_\_\_at \$10 per child (12 & under)

○ We would like to make a donation of \$\_\_\_\_\_ to the St. Nicholas Endowment Fund in Honor of Father Michael Arbanas

○ Check enclosed payable to: Saint Nicholas Greek Orthodox Church

○ Credit Card number\_\_\_\_\_ Exp:\_\_\_\_\_ CVV:\_\_\_\_\_

Name:\_\_\_\_\_

Street/City/Zip: \_\_\_\_\_

Phone number:\_\_\_\_\_



Dear St. Nicholas Family & Friends,

We are gearing up for our Annual Labor Day Festival and Taste of the Festival in July. We need your continued support with volunteering your services, even if its only for an hour or two. Last year we had a great response from our young adults – Many Thanks for your help! We hope you can join us again in continuing to learn the skills of our parents and grandparents.

Please feel free to contact a member of the Festival Food Team below with any questions regarding the schedule.

Thanks,

***Teddy Hart – 314.914.7711, Peggy Pierrousakos – 636.795.5894 or Dianne Zotos – 636.541.0708***  
***Your Festival Food Team***

**April –**

**Monday, 4/10 at 9:30 a.m. – St. Nicholas – Easter Eggs**

**Monday, 4/24 at 8:00 a.m. – St. Nicholas – Spanakopita Assembly**

**May –**

**Monday, 5/15 at 8:00 a.m. – St. Nicholas – Galaktoboureko Assembly**

**Monday, 5/22 at 8:00 a.m. – St Nicholas – Salad Dressing Cups for our Greek Salads**

**Wednesday, 5/24 at 8:30 a.m. – St. Nicholas – Salad Dressing Bottles**

**June –**

**Thursday, 6/01 at 8:00 a.m. – St. Nicholas – Philoptochos Pastitsio**

**Friday, 6/02 at 8:00 a.m. – St. Nicholas – Philoptochos Pastitsio**

**Monday, 6/19 at 8:00 a.m. – St. Nicholas – Spanakopita Assembly (if needed to finish)**

**Friday, 6/23 – at 1:00 p.m. – St. Nicholas – Lamb Shanks**

**Saturday, 6/24 at 7:00 a.m. – St. Nicholas – Lamb Shanks**

***See you there!***





## ... from the Church School Director's Desk

Happy Spring and Kalo Pascha!

What an enjoyable time for our Church School children as they have opportunities to experience and share our faith. Our Pre-K - 5th graders participated in two processions - Sunday of Orthodoxy and Veneration of the Holy Cross - and the Church School as a whole provided different contributions to the Oratorical Festival. Thank you to the teachers, students, mentors and especially Renee Vleisides for the excellent work put into this year's event!

A Church School Annual Report was provided to the Parish Council and shared at the March 12 General Assembly meeting. This report provided a summary of the activities of the 2022-23 school year, completed and upcoming. If you were unable to attend or wish to have an additional copy, please come to the Church School office any Sunday. I am happy to provide you with a copy.

Father Michael visited our 4-12th grade classrooms in March to talk about the Sacrament of Confession. We encourage you to discuss this with your child(ren) at home. As we move into April, the Saturday of Lazarus is when we carve out a special time for the children to come to confession and then enjoy a pancake breakfast together. Yum! Please make an extra effort to attend.

Lastly, on April 30 we will have Youth Leadership Sunday. Parents please read your monthly email for the link to sign-up your child(ren) to participate.

Thank you,

Lexie Dendrinelis  
Church School Director







## **St. Nicholas Scholarship**

**The St. Nicholas Scholarship Committee  
is currently accepting applications for 2023.**

- Up to five recipients will be selected from qualified applicants for total scholarships up to \$4,500.
- Applicants must be graduating high school seniors or current college students presently attending or intending to attend a 2-yr, 4-yr, or graduate-level college program in anticipation of a degree.
- All applications, in their entirety, must be received in the church office online or by US Mail no later than

**5:00 pm CDT, Monday, May 2, 2023.**

Late applications will not be accepted for consideration.

To obtain your application or to assist with questions,  
please contact Lisa Danko at St. Nicholas Church office.  
314.361.6924 or [ldanko@sngoc.org](mailto:ldanko@sngoc.org)



**St. Nicholas Dancers share Greek culture  
at Mason Ridge School for their  
International Event**



"The Orthodox Mission Team of St. Louis works to nurture an awareness within our local churches of the need to evangelize, catechize, and support missionary efforts and programs globally."



## Greetings from Fiji!

The last nine months we jokingly call "mission bootcamp" because we have had so much to learn in such a little time. The cultural and personal challenges have been more than we expected, but along with the difficulties have come huge blessings. The overarching lesson is the need to keep a level head when stressed or when things seem to be more hectic than we're used to, and before doing anything, to pray.

Our mission director, Archimandrite Meletios, reminds us every time we start to feel overwhelmed: "Keep your peace, keep your peace."• If we allow stress, anxiety or anger to influence our decision making - especially in difficult situations - we are not really helping others. In fact we will more likely contribute to the unrest.

It is easy to get caught in the cycle of responding to emergencies with brute force and adrenaline - at home in the States that seems to work. But here (and everywhere, really), the only solution that works consistently is to keep our peace, pray, and watch God intervene with solutions we never could have imagined.

It is really a different way of approaching life - an ecclesiastical way - in which we do everything according to the knowledge and experience of the Church first, and then we rely on our practical knowledge and experience to carry out our work. We are trying to establish the habit of making prayer our first response to each and every issue presented to us, and the more we do it the more peace enters into our community.

Our attention thus far has centered on the needs of the St. Tabitha Children's Home and the parish of the Sacred Church of the Holy Trinity where we live. Thankfully, other full-time volunteers have begun to arrive and are finding their places within the mission here, and their presence alone is a great comfort to us, as well as the relief that comes from having others take on some of the duties which have been challenging for us. It also frees us up to consider whether we might be able to assist with the many needs of the other mission sites in the South Pacific, including completion of the Church of St. George in Tonga, which Michael has already worked on.

Please pray that God would send the needed people and resources to further His Apostolic Ministry in the South Pacific. There are so many needs:

- Completion of the Church of St. George in the Kingdom of Tonga
- Initiating the building of a mission center and chapel on a piece of land already owned by the Apostolic Mission in Samoa
- Building a proper church for the parish on the second island of Fiji; the tiny home chapel is bursting
- Administration and educational needs at the St. Tabitha Children's Home
- Construction projects connected with the mission headquarters on the big island of Fiji
- The growing mission field in New Zealand is in need of catechists, chanters, administrative help for the archbishop, and monastics to serve in the Monastery of the Holy Archangels
- As our Lord said, "The harvest truly is plenteous, but the laborers are few." (Matt. 9:38)

We are continually thankful for your prayers and support of us and the Apostolic Ministry in Oceania!

With love in Christ, *Michael & Meghan Jones, Catherine (10), Anastasia (8), Cecelia (7) and Elliot (4)*



*The Church of St. George in the Kingdom of Tonga*

*As always, please feel free to contact Rosie Hartley, 618-447-9688, if you have any questions, would like to be part of the Mission Team St. Louis, or if you would like to help our missionaries.*





## MEMORIAL DONATIONS



### GENERAL FUND

#### *In Memory of Pete Papagianis*

Gus and Ellen Mezines  
Spiro and Barbara Karagiannis  
Ordie King  
George Louis Papagianis  
Timmy and Efigenia Pappas

#### *In Memory of Mary Carol Efthim*

Paul and Christina Efthim  
Bob and Cindy Burch  
Dean and Michelle Milonas

### GENERAL FUND (cont.)

#### *In Memory of*

#### *Panagiota "Nota" Chronopoulos*

Penny Aegerter  
Vasiliki Stratos

#### *In Memory of Georgia Prstojevic*

Mary Angelides

### THE NEXT 100

#### *In Memory of Mary Carol Efthim*

Dennis and Helen Carey

### THE NEXT 100 (cont)

#### *In Memory of Georgia Prstojevic*

William Jackson

#### *In Memory of Thomas Shisko*

Lou and Theone Politis

## PARISH LIFE

### FUNERALS

† Mary Carol Efthim fell asleep in the Lord on February 15. Her funeral was February 21. May her memory be eternal.

### MEMORIALS

†	40 day memorial for Pete Papagianis	March 12
†	1 year memorial for Theodore "Ted" Doias	February 26
†	2 year memorial for Sally Cobb	March 12
†	5 year memorial for James Sorbello	March 12
†	5-year memorial for Karen Takes Pappis	February 26
†	5-year memorial for Cleo (Furla) Tarlas	February 26
†	7 year memorial for Violette King	March 12
†	16 year memorial for Doris Sorbello	March 12
†	23 year memorial for Sevastie Papagianis	March 12
†	25 year memorial for Mary Rupl	March 12
†	28 year memorial for Elias Papagianis	March 12
†	28-year memorial for Pitsa Furla	February 26
†	35 year memorial for Sam Sorbello	March 12
†	43-year memorial for Hercules Tarlas	February 26
†	43-year memorial for John Furla	February 26
†	51 year memorial for Kosta Rupl	March 12
†	64 year memorial for Marko Christo	March 12



### 40 Day Blessings

Hope, Daughter of Caitlin and Bill Smith was Blessed and Churched on March 5. Congratulations!

Anastasia, daughter of Amanda and Christian Argyros was Blessed and Churched on March 12. Congratulations!



## AHEPA Scholarship Foundation

The St. Louis AHEPA Scholarship Foundation, as of February 1, is now accepting applications for the 2023 Scholarship Awards.

Please email Basil Pappas ( [bdpappas@yahoo.com](mailto:bdpappas@yahoo.com) ) for an application.

Note: the application and all related data must be in the hands of the Foundation no later than **April 15, 2023**.

There is no exception to this rule.

Please note: Schools have been slow to provide transcripts, so don't wait until the last minute.



## Orthodox Young Adults

We will not have our monthly zoom meeting in April because it falls during Holy Week. Please join us for Holy Week Services. We will be back to the second Tuesday of the month in May for our monthly zoom.

If you have any questions, please contact  
Gracie Livaditis at [glivaditis251@gmail.com](mailto:glivaditis251@gmail.com)

### Women's Faith Group

The Women's Faith Group meets monthly (excluding July and August) to learn about the Orthodox Christian Faith and how to live the Faith throughout one's life. Scripture and various books authored by Orthodox Christians are read and discussed for enrichment, enlightenment, and encouragement to live a Christ-like life.

*"being transformed from glory to glory" (2 Corinthians 3:18).*

*Join us Tuesday, April 25, 10 am at the Family Life Center!*

*Currently we are studying the New Testament*



Some people have affectionately refer to the parable of "The Good Samaritan" as "The Parable of the Good Steward," because in the actions of the Samaritan, we see the meaning of true Christian stewardship, the fourth and final lesson of this parable.

A steward is a temporary Caretaker. Stewardship is when we take care of what has been entrusted to us—remember the parable reminds us that we are to take care of our neighbor, everyone. So, stewardship is an expression of Christian love for our neighbor through the church. Stewardship is providing the means necessary to care for our neighbor and includes time, talent and treasure.



## St. Nicholas Stewardship

Where we are:

⌘ 622,167 Pledged

Our Goal:

⌘ 825,000 Pledged

If you have not pledged for 2023, please consider submitting your pledge form online, or contact the Church Office for assistance.



Dear St. Nicholas Parish Family,

In an effort to communicate the status of our loan for the St. Nicholas Family Life Center & renovations to St. Nicholas Church, below is a condensed timeline to recap the past 20 years.

1999: Purchased 10 acres in Town & Country for \$2,500,000

2003: Retired the land loan for a total of \$3,200,000

2010: First St. Nicholas Capital Campaign raised \$4,000,000 in pledges and construction began on the St. Nicholas Family Life Center as well as the renovations at St. Nicholas at Forest Park.

Total cost to complete construction of the St. Nicholas Family Life Center and major renovations to St. Nicholas Church on Forest Park of \$8,500,000

2012: Signed loan documents for \$5,855,024

2015: Refinanced to a lower 3% interest municipal bond loan of \$5,273,184

2020: Extended our current municipal bond loan for 5 years at the same 3% interest rate and continuing the same amortization schedule.

2021: As of March 1, 2023, our current loan amount is \$ 2,554,639.40. Our monthly mortgage payment is \$25,500

We have made significant strides towards paying off our debt. Thank you for your continued love and dedication to our Parish

Sincerely,

Helen Carey, President

## Ways to Give: Donate Appreciated Securities

Please consider appreciated securities and mutual funds that have been held more than one year as a way to support our beloved St. Nicholas Church. Donating securities or mutual funds offers you the chance to support our work while realizing important benefits for yourself.

When you donate appreciated securities or mutual funds you have held more than one year to us in support of our missions, you can reduce or even **eliminate federal capital gains taxes on the transfer**. You may also be entitled to a **federal income tax charitable deduction** based on the fair market value of the securities at the time of the transfer.

If you have questions or would like to donate appreciated securities or mutual funds, please contact the church office. We also recommend that you consult your Financial/Tax Advisors for additional information.





# April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b>
<b>2</b> <i>Sunday of St. Mary of Egypt</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church <i>Sunday School</i> <i>Fellowship Coffee Hour</i> 5 pm GOYA Meeting at FLC	<b>3</b>	<b>4</b>	<b>5</b> 7am Men's Fellowship Family Life Center/Zoom	<b>6</b> 10 am Kafeneio Family Life Center	<b>7</b> 11 am - 3 pm <b>GRECIAN KITCHEN</b> <b>PICKUP at FLC</b>	<b>8</b> <i>Saturday of Lazarus</i> 9:30 am Divine Liturgy at Church
<b>9</b> <i>Palm Sunday</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church <i>Sunday School</i> <i>Palm Sunday Brunch to Follow</i> <i>Bridegroom Service</i> 7 pm at Family Life Center	<b>10</b> 9:30 am Easter Egg Dying at Church <i>Holy Monday</i> <i>Bridegroom Service</i> 7 pm at Family Life Center	<b>11</b> <i>Holy Tuesday</i> <i>Bridegroom Service</i> 7 pm at Family Life Center	<b>12</b> <i>Holy Wednesday</i> <i>Holy Unction</i> 1:30 pm at Family Life Center 7 pm at Church	<b>13</b> <i>Holy Thursday</i> 9:30 am Divine Liturgy at Family Life Center <i>12 Passion Gospels</i> 6:30 pm at Church	<b>14</b> <i>Good Friday</i> <i>The Royal Hours</i> 10 am at Church <i>The Descent from the Cross</i> 1:30 pm at Church <i>The Lamentations</i> 7 pm at Church	<b>15</b> <i>Holy Saturday</i> 9:30 am Divine Liturgy at Church <i>Canon of the Resurrection</i> 11 pm at Church
<b>16</b> <i>Great and Holy Pascha</i> <i>Midnight Resurrection Service</i> and Liturgy at Church <i>Resurrection Meal to Follow</i> <i>Noon Agape Service</i> at Church Easter Lamb Roast to Follow at FLC	<b>17</b>	<b>18</b>	<b>19</b> 7 am Men's Fellowship Family Life Center/Zoom	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b> <i>Thomas Sunday</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church <i>Sunday School</i> <i>Fellowship Coffee Hour</i> Greek Dancers Practice	<b>24</b> 8 am Spano Assembly at Church	<b>25</b> 10 am <i>Women's Faith Group</i> <i>Family Life Center</i>	<b>26</b> 7 am Men's Fellowship Family Life Center/Zoom	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b> <i>Sunday of the</i> <i>Myrrh Bearing Women</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church <i>Sunday School</i> <i>Fellowship Coffee Hour</i> Greek Dancers Practice						

St. Nicholas Greek Orthodox Church  
4967 Forest Park Avenue  
St. Louis, MO 63108

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