Jesus said, “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit.”

(John 15:5)

Beloved in the Lord,

Glory to God, we are about to enter a very special time of preparation, the Triodion. Ten Sundays before Pascha, this period of preparation begins. The Sunday of the Publican and the Pharisee, February 5th, marks the beginning of this pre-Lenten period.

The Triodion is actually a book of services, hymns, scripture readings and prayers used for services in the Church. The Triodion period, however, is the start of a journey, a path that leads us to Lent, and beyond that to Holy Week and Pascha.

The pre-Lenten period has four biblical themes for each Sunday that serve as an introduction and blueprint for our Lenten Journey. They are:

2. Repentance Sunday- Parable of the Prodigal Son- Luke 15: 11-32
4. Forgiveness Sunday- Cheesefare Sunday- Matthew 6: 14-21

Even if we learn how to pray, how to repent, how to treat others, all are worthless unless we learn how to forgive. These must be mastered before we begin to attempt to participate in Great Lent. It is my hope and prayer that we all begin our Lenten journey by taking the very first steps of worship, prayer, fasting, and studying God’s word by preparing our souls and hearts to receive Christ.

The Church in her wisdom guides us slowly into the Great Fast and teaches us the true meaning of fasting, beginning with the Sunday of the Publican and the Pharisee. It is quite interesting that we begin the Triodion without fasting. There is no fasting during the first week of the Triodion. This is to show us that even though fasting is important, it can become a source of pride and a stumbling block in our journey of union with Christ. It is a reminder that we could become just as prideful as the Pharisee who bragged about all the good he did and how much better he was than the Publican. This is a time when we should turn our thoughts toward Christ and what He accomplished for us on the cross.

Each Sunday, each Gospel teaching can open and soften our hearts and eyes to see clearly what God’s will is for us. It is certainly my hope and prayer that we are prepared to receive this joyful message. May God give us strength as we embark on this most holy time of year!

With love in the Lord,

Fr. Vinnie
LITURGICAL SCHEDULE

SCHEDULE OF CHURCH SERVICES

SUNDAY SERVICES
ORTHROS, 8:30; DIVINE LITURGY, 9:30
February 5- Sunday of the Publican and Pharisee
February 12- Sunday of the Prodigal Son
February 19- Judgement Sunday (Meatfare Sunday)
February 26- Forgiveness Sunday (Cheesefare Sunday)

MID-WEEK SERVICES
February 2- Presentation of Christ to the Temple Orthros & Divine Liturgy 8:45 am
February 8- Paraklesis, 6 pm
February 15- Paraklesis, 10 am
February 18- Saturday of Souls, 8:30 am
February 22- Paraklesis, 6 pm
February 25- Saturday of Souls, 8:30 am
February 27- Great Compline, 6 pm

SATURDAY OF THE SOULS
February 18, 25, & March 4
All parishioners are invited to submit the names of departed loved ones to our clergy or the office, with the form below offered for your convenience. These vital days encourage our families to gather in holy remembrance; they remind us of the power of prayer. Please note that lists need only be submitted once and will be read at all three services.

NAMES OF DECEASED
ONOMATA ΑΠΟΘΑΝΟΝΤΩΝ
These names will be read at each Saturday of the Souls Service this year.
Please PRINT clearly the first names of departed family and friends that you wish to be remembered at these services.

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The Vine: February 2023
Each month we feature a family as part of our Stewardship section of the Vine. Take a moment and learn more about the parishioners who make the fabric of our community here at St. Demetrios.

The Camp Family (Tom Camp and Dr. Cynthia Tsamtsouris Camp, and their sons, Alex, Nick, and Zach)

Tell us about yourself and your family.
We have been living in Weston, Massachusetts, since 2002. Our three boys attended the Weston public schools, graduating in 2014, 2016, and 2021. Alex and Nick received degrees from Tufts University, and Zach is a sophomore at George Washington University in D.C. Alex is in his second year at Boston University Law School and is living in Allston. Nick is working as a Data Analyst at Thompson Habib Denison in Lincoln, MA, and is living in Somerville. Cynthia is a Periodontist, and she owns her own practice located in Bedford, MA, where she specializes in the treatment of gum disease and dental implants. Cynthia's mother and father immigrated from Greece in the 1960s to pursue their medical training. Her father began his career as a pediatrician and finished his medical career as an anesthesiologist. Her mother is a pediatric dentist and Professor Emeritus at Tufts Dental School, and she instilled the importance of God and prayer in their home. The family was a member of the Taxiarchae Greek Orthodox Church in Watertown.

Tom is a corporate and securities attorney, whose office is located in Wellesley. He works with business owners and investors, helping them structure and negotiate the terms of business acquisitions, investments, other contracts, and the like. As part of his practice, he represents many dentists. Tom grew up in and around Portland, Maine, where his family members were active in the Woodfords Congregational Church (part of the United Church of Christ).

Cynthia and Tom met while both were attending Tufts University in the 1980s. Because of Cynthia's strong feelings for the Church and her Greek heritage, Cynthia and Tom chose to be married in the Taxiarchae Church, and they raised their three boys in the Orthodox Faith.
GOYA & JR. GOYA

This January we had wonderful opportunities for fellowship with our annual Christmas party. We look forward to a fun and exciting February! Please join us for the following events:

• **Friday, February 10:** Wing-a-thon prep for Superbowl Sunday, 6 pm - Come help prep the wing orders and all the fixings for the big game!

• **Sunday, February 12:** Super Bowl Sunday Wing-a-thon, 11:40 am - Help fulfill Wing-a-thon orders at coffee hour/after church!

• **Friday, March 3:** Salutations and Pasta Dinner, 6:00 pm-8:30 pm - As part of your Lenten journey, join your fellow Goyans for Salutations in church, followed by a light lenten meal and discussion

If you want to be a part of our GOYA (grades 9-12) and Jr. GOYA (grades 6-8), please email Fr. Vinnie (frvincent@stdemetriosweston.org) to be put on our email lists!

GREEK LANGUAGE AND HERITAGE SCHOOL

Greek School started the spring sessions with a Vasilopita cutting and blessing.
CHURCH SCHOOL NEWS

With big smiles, beautiful voices, and happy hearts the children of St. Demetrios Church School presented the Nativity Pageant on December 11th. They told the story of Jesus’ birth and confirmed ‘there is nothing that God cannot do’.

YOUTH

The Metropolis Basketball season is at the mid-way point. Our Parish has Teams entered in each of the three divisions; JOY, Girls GOYA and Boys GOYA. Our kids and parents have enjoyed playing at Hellenic College and also had the opportunity to play at St. George in Lynn. The Team coaches are Lefteris Travayakis and Manny Makkas (JOY), Maria Handrinos and Marc Broome (Girls GOYA) and Tom Rontiris and John Marks (Boys GOYA).
PHOTOS

Services for Theophany

Vasilopita Sunday

Parish Council Oath of Office
ST. DEMETRIOS PHILOPTHOCS SCHOLARSHIPS
HONOR PARISH YOUTH STUDYING AT ALL LEVELS
~ UNDERGRADUATE, GRADUATE, MEDICAL, LAW ~
FOR ACADEMIC ACHIEVEMENT, SERVICE & COMMITMENT

The deadline will be in April 2023

Each spring for forty-five years, the Philoptochos Society has awarded more than 100 scholarships to our community’s young people to recognize their accomplishments across a broad spectrum of involvement from dedication to parish, love of the arts, academic achievement, community service, leadership, and more.

The scholarship funds were established to recognize several of our community’s most treasured former members by their families. Each is given with a particular emphasis on the areas of life that were important to those in whose name the awards are given.

All scholarships are available to graduate and undergraduate students and must be used for educational expenses. Applicant or applicant’s family must have been members in good standing of our parish for at least the last two years, be enrolled or accepted into a degree-granting, accredited college/university in the U.S, and be a U.S. citizen. Eligible applicants, which include former recipients, are encouraged to apply for one or all of the scholarships.

Applications are available:
1) online at: http://www.stdemetriosweston.org/philoptochos/
   Under Resources & Scholarships on the Philoptochos page of the parish website;
2) by email to NancyASavage@gmail.com
3) by calling the church office at 781-237-5561 to have one mailed to you.

Scholarships will be presented in June 2023, during a ceremony following Divine Liturgy services.

The Scholarship Committee
Nancy Agris Savage, Chair; Matina Pappas, Ex Officio, Philippa Condakes, Amalie George, Kathleen Hamilton, Carol Loridas, Mary Ann Pappanikou

Philoptochos Invites You to a Hands-On Self Defense Training & Info Session
Presented by Grand Master Michael Woods
Hanshi 9th Degree Black Belt – Kenpo Karate
Owner, Next Generation Martial Arts & Police Officer in Holliston

Saturday March 18th @ 11am
St Demetrios Gymnasium
Open to Women Ages 15 and Over $20 per Participant

Using his 30+ years’ experience in the martial arts field & career as a police officer, Grand Master Woods and his team will guide us through a 90 minute class covering:

- Strategies to keep us safe in various situations
- Heightened awareness to recognize our surroundings
- Hands-on techniques to fight off / disarm a would-be attacker
- Common phone & internet scams

What to wear: Comfortable Clothing & Sneakers
What to bring: Questions, Concerns & Scenarios you’d like addressed

RSVP: olga.calivas@comcast.net | text: 617.335.4062 or visit the Philoptochos table during coffee hour

ALKISTIS PROTOPSALI DI MITRIS MPASI S
MAY 7, 2023
7:00pm
BOSTON
THE BEST OF GREECE
THE ULTIMATE CONCERT TRIBUTE TO HELLINESM

LENTEN RETREAT
FR. NICK WILL LEAD AN INSPIRATIONAL CONVERSATION ON THE LORD’S PRAYER
AND NIKKI STOUMANES WILL PRESENT TEACHINGS ON FRIDAY NIGHT FROM MOTHER GAVRIILA: HEAVEN ON EARTH
FRIDAY, MARCH 31, 1 PM - SATURDAY, APRIL 1, 2:30 PM
ST. METHODOUS FAITH AND HERITAGE CAMP
229 CAMP MERITOS RD.
CONANTUCK, NH 03029
$190 per person double room / $170 single room
RSVP to Nikki Stoumanes at nikki.stoumanes@gmail.com or stop by the Philoptochos table at coffee hour beginning January 20th
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PHILOPTOCHOS

Dear Philoptochos Sisters,

“A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.”
- Saint Basil the Great

Happy New Year! Kali Xronia!

Thank you to all that supported our fundraising efforts during the Christmas Season and to those that visited the homebound to offer good cheer and fellowship.

Thank you also to the following that graciously chaired events during the months of November, December and January:

**November to Remember Veteran’s Drive- Eugenia and Chris Kourlos.**
We raised $2,100.

**November Kindness Counts Initiative- Susan Denn.** Spreading kindness Initiative, we sent sweet treats to the Weston Fire and Police Departments.

**Care Ministry- Nikki Stournaras.**

**Christmas Bake Sale- Kathy Damaskos and Gena Liacopoulos.**

**Christmas Card- Pat Liacopoulos.**

**Tenderloin Raffle- Kathy Hamilton.** Congratulations to our 2 winners: George Karageorge and Mary Papastavros.

**Vasilopita Sunday- Chris Tzellas.**

**Membership and Meze- Olga Calivas.**

**Birthday Wishes Fundraiser- Philippa Condakes.**

**Easter Candles (Lambathes) Fundraiser- Taslene Gatzunis and Marianne Gigliotti.**

Please Note:
We will NOT be hosting the Apokratiko Glendi on February 12, and instead, the GOYAn’s will be hosting their Super Bowl Sunday Wing -A -Thon. Let's support our youth with this fun and delicious annual fundraiser.

**Upcoming Events:**

**Philoptochos Annual Membership Drive**
The membership letters have been mailed and our drive is well underway. We are thankful to our current members for your support and participation. We welcome and encourage new members to make this the year you join. Our chapter members are a true sisterhood, a group of vibrant, fun loving, compassionate women who are dedicated to the Philoptochos mission- to simply help those in need. Come join us! For more information please contact Olga Calivas at: olga-calivas@comcast.net or Matina Pappas at mpappas@paphome.com.

**Agape Gift Card Tree Raffle- Drawing on Sunday, February 12**
Enter for a chance to win gift cards totaling over $250.00. A perfect Valentine's Day gift! The drawing will be held during coffee hour, February 12 and all proceeds will directly benefit our charities. Please see the flyer for details.

**Pascha Lambathes- Sunday, February 26**
This year we are offering for sale, a limited supply of Easter Candles. These beautiful candles for girls and boys have been hand decorated by Taslene Gatzunis and Marianne Gigliotti. We will start selling on February 26. Candles are $18.00. All proceeds will directly benefit our charities.

**Save the Dates:**

**Self Defense Class- Saturday, March 18**- See flyer for details.

**Presentation and Book Signing- Sunday, March 26**- Author Niro Feliciano, LCSW. Featured on the Today Show, NBC. Details to follow.

**Annual Lenten Retreat- Friday, March 31- Saturday, April 1**- Contoocook, NH. See flyer for details.

**Palm Sunday Bake Sale & Lamb Raffle- Sunday, April 9**

With Love in Christ,
Matina Pappas, President
**How long have you been a parishioner of St. Demetrios?**

We have been members of St. Demetrios since 1996, and each of our boys was baptized here. Over the years, we have watched our children grow in the Church, participating in many of its ministries, including attending Church School and Greek School, playing on the JOY and GOYA basketball teams, participating in the Metropolis summer camp in New Hampshire and Ionian Village in Greece, and serving as altar boys here in our parish. Tom has served on the Parish Council, and as Stewardship Chair, and now participates on the ushering team.

**What is the fondest memory you have from St. Demetrios?**

As our children grew in their spiritual lives in the Church, we also deepened our own relationship with Christ. During this journey, Tom received the sacrament of Chrismation surrounded by Cynthia and our children, which is our fondest memory of our time here at St. Demetrios.

**How has the church impacted your life?**

Faith forms the core of our family’s values, and our participation in the life of our parish community has provided a strong foundation for our children’s development and a guiding light for each of us as we navigate the many challenges of the modern world. Sending our children into the world knowing that they take Christ and the power of prayer with them gives us, as parents, great comfort, no matter where their journeys may take them.

We, like many families, have had health challenges and have experienced the loss of loved ones. We firmly believe that our faith in God and the many prayers of our families, fellow parishioners, friends, and Priests have led us through these challenging times, and will continue to guide and comfort us in the future. For this, we are forever grateful.

**What do you hope to see in the future of our church?**

We hope to see a growing number of young families in our parish community and Church School. We also hope that these young families enjoy their years with our parish, and take joy seeing the growth of their children in the Faith, as we have.

We also look forward to continued outreach from our parish to members of our Orthodox community, including those families with spouses of both Greek and non-Greek heritage. It is important that these families know that they form an integral part of our community, and that St. Demetrios is their spiritual home.

**What does stewardship mean to you?**

To us, stewardship includes the devotion of one’s time, talent, and treasure. Without this support, St. Demetrios could not open its doors to the many faithful who worship here, and we could not support the many ministries offered today. Fr. Anthony Coniaris wrote that “It is by offering our blessings back to God that He will be able to continue His forgiving, healing, liberating, empowering, transfiguring, loving ministry through the Church. For God, Infinite though He be, has chosen to work through us, through our gifts, to continue His saving work in the world today.”

We are thankful for our many blessings, including being a part of our St. Demetrios community.

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**ST. DEMETRIOS BOOKSTORE**

Take a look at some Lenten offerings for your spiritual enlightenment from our bookstore.

The book offerings are as follows:

- *Great Week: Pascha in the Greek Orthodox Church* by Father Alkiavidis Calivas
- *The Lenten Triodion*
- *Great Lent* by Alexander Schmemen
- *On Fasting and Feasts* by St. Paul the Great
- *The Seven Mysteries of the Lord's Prayer*

Additionally, there are St. Demetrios crosses, brass vigil lamps, censers, prosfora seals and much more. If you are interested in purchasing any of these items from the bookstore, please contact the main office at office@stdemetriosweston.org.
NEWS & EVENTS

AGAPE TREE GIFT CARD RAFFLE

$10 A TICKET FOR A CHANCE TO WIN OVER $250 WORTH OF GIFT CARDS

STOP BY THE PHILOPTOCHOS TABLE DURING COFFEE HOUR TO PURCHASE YOUR TICKETS OR PURCHASE ONLINE AT stphiloportohos.square.site

DRAWING WILL BE HELD ON SUNDAY, FEBRUARY 12TH

ALL PROCEEDS TO BENEFIT THE ST. DEMETRIOS PHILOPTOCHOS CHARITIES

SENIOR GUILD

The Senior Guild will have their next meeting on Saturday, March the 25th, 2023 (The Annunciation) following Divine Liturgy. Please wear something blue and white! The Senior Guild hopes to see you there.

Sincerely yours,
Artemis Martakis,
Coordinator of The Senior Guild

THE FR. MANIKAS LIBRARY

As we are approaching Great Lent, the following books are recommended:

*The Way of a Pilgrim*
Come along with the Pilgrim in his search to discover how one does pray constantly? Through his journeys and travels and under the guidance of a spiritual father he learns the power of the Jesus Prayer – its uninterrupted communion with God. We have several books under various translators (French and Bacovcin).

Other books to consider:
*The Lenten Spring* by Thomas Hopko (J)
*John Climacus The Ladder of Divine Ascent* translated by Colm Luibheid (B & Q)
*Annual Resource Companion: The Triodion* edited by Rev Dr Frank Marangos (J)
*The Lenten Covenant* by Leonidas Contos (J)
*Great Lent* by Alexander Schmemann (J)

PRESENTATION OF CHRIST

FEBRUARY 2

The Holy Icon shows that the meeting takes place inside the Temple and in front of the altar. The altar has a book or a scroll on it and is covered by a canopy. The Theotokos stands to the left and is holding out her hands in a gesture of offering and humility. The one hand of the Theotokos is covered by her cloak or as it is known, the maphorion. She has just handed her Son to Simeon.

Christ is shown as a child, but He is not in swaddling clothes. He is clothed in a small dress and his legs are bare. Jesus appears to be giving a blessing. Simeon holds Jesus with both hands which are covered. This shows the reverence Simeon had for the Messiah. Simeon is bare headed and there is nothing to show that he is a priest. Some biblical scholars say that Simeon was probably a priest of the Temple or a Doctor of the Law.

Joseph is behind the Theotokos. He is carrying the two turtle doves for the sacrifice. Anna the Prophetess is also standing behind the Theotokos and is pointing to the Christ child.

Joseph offers the sacrifice of a poor family while Anna the Prophetess praises God and "speaks about the child to all who were looking for the redemption of Jerusalem." Luke 2: 38

The words Simeon spoke when he saw the Christ Child are known as "St. Simeon's Prayer." This prayer is sung daily at the evening Vespers services of the Orthodox Church.

In the Orthodox Church, both baby boys and baby girls are taken to the Church on the fortieth day after their birth. This is done in remembrance of the Theotokos and Joseph taking the infant Jesus to the Temple.
Altar Flowers

Altar flowers were generously donated by the following parishioners:

December 4
From Elizabeth, in loving memory of beloved grandparents,
George and Helen Makris
From the Mavrikos family in honor of their son’s marriage
In loving memory of Nicholas Condakes from his family

December 25
From Patti Dukakis and Amalie George in memory of
loved ones

January 15
In loving memory of Daphne Bouzi, a beloved sister and
aunt from the Margaritis family
In loving memory of Pres. Effie Manikas from her family

January 29
In loving memory of Panos Spiliakos from his family
In memory of Fr. Andonios Papathanasiou from family and
friends

Weddings

Dean Mavrikos and Ashley Brooks were married on
December 4th. Their sponsor was Andrew Mavrikos.

Baptisms

Clark Ioannis, son of Jonathan and Chrissy
Waters was baptized on Saturday, December 3.
The sponsor was Christina Lappas.

Isabella Olivia, daughter of Robert and Silvina
Ramsdell was baptized on Saturday, December
3. The sponsor was Gergana Bardukova.

Owen James, son of Jason and Bridget Patsio
was baptized on Saturday, December 10. The
sponsor was Peter Patsio.

Gabriel George, son of Fotis and Nicole
Loulourgas was baptized on Sunday, December
11. The sponsor was George Loulourgas.

Funerals

Charles Metrakas of West Newbury,
December 7

Pres. Euphoria (Effie) Manikas of
Framingham, December 17

Basil Leussis of Millis, January 5