Two new icons have been completed in the Exo-Narthex of the Church by iconographer Tom Clark. The one depicted above is the patriarch Jacob wrestling with God. Included in the scene is Jacob dreaming of a ladder where heaven is opened and angels are ascending and descending upon it.

These stories are found in the Book of Genesis, chapters 28-32.

This icon was donated by Nicholas & Pauline Papain in memory of Nestor and Bessie Papain.
The Archangel Michael Greek Orthodox Church is dedicated to the continuation of our Lord and Savior Jesus Christ’s ministry of salvation through the proclamation and teaching of the Gospel. We are a community of individuals and families who share the traditions and ageless beliefs of our Holy Orthodox Christian Faith.

Our vision is to provide a loving, caring and welcoming environment where all belong and grow in the faith through worship, service, witness and fellowship.

About the Trumpet

The Archangel Michael Greek Orthodox Church
100 Fairway Drive
Port Washington, New York 11050
Phone: 516-944-3180
Fax: 516-944-3185
Website: ArchangelMichaelChurch.org
Email: info@archangelmichaelchurch.org

Archangel Michael Church is a parish of the Direct Archdiocesan District and Greek Orthodox Archdiocese of America (www.goarch.org, 212-570-3500) under the spiritual jurisdiction of the Ecumenical Patriarchate of Constantinople.

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Vision Statement

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About the Trumpet

The Archangel Michael Greek Orthodox Church.

Production

2019 Parish Council President: Michael Bapis
Editors: Barbara Mavro, Eleni Sfiroudis
Copy Editor: Vicky Giouroukakis
Direct inquiries to: info@archangelmichaelchurch.org
Calendar Editor: Christine Zeiner

The Trumpet welcomes news and events from our community and organizations!

Please submit information as follows:
Articles: trumpet@archangelmichaelchurch.org
Advertising information and sales: trumpet@archangelmichaelchurch.org
Calendar events: info@archangelmichaelchurch.org

May/Aug Worship Schedule
Sunday Services: 8:15am Orthros, 9:30am Liturgy
The community of the Archangel Michael Greek Orthodox Church has embarked on a new phase of iconography. A booklet has been mailed to the stewards of the church explaining the program. People have the opportunity to donate icons of saints, either as medallions (just the face of the saint) or standing saints (full length body) along with scenes of the parables and miracles of Jesus and powerful stories of the Old Testament.

Already, all the medallions are spoken for. There are only twelve positions available of the standing saints. Commitments have been given for the Raising of Lazarus, The Kimisis of the Theotokos, Jesus Blessing the Children and the Mystical Supper.

The great churches of the past have all been decorated with the humble and loving commitment of the faithful, because a saint has worked a miracle in their life or the parable of a miracle of Jesus speaks to the heart and soul of a person. By committing to this program, the iconographer, Tom Clark will be able to give his 100% attention to the church of St. Michael and thus complete the project in a timely manner.

For further information, please call the church office or refer to the website of the church.

“In former times, God, who is without form or body, could never be depicted. But now when God is seen in the flesh conversing with men, I make an image of the God whom I see. I do not worship matter; I worship the Creator of matter who became matter for my sake.”

-- John of Damascus
‘Hierarchy’ in the Orthodox Church

“Members of the body that seem to be weaker are indispensable, and our less respectable members are treated with greater respect. God has so arranged the body, giving the greater honor to the inferior member, that there may be no dissension... If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.”
(1 Cor. 12:22-26)

A brief glance at the Church reveals hierarchy: bishops, priests, monastics, theologians, chanters, Parish Council members, Sunday School teachers, choir directors, ministry leaders, the ‘average’ parishioner. Many of us may think immediately of the parish priest. God has placed him in front of the altar to lead, a leadership position confirmed by the people as they shout ‘Axios’ (‘Worthy’) in the ordination service.

An ordination, however, is officiated only by the bishop. The priesthood depends on the episcopacy; the bishop is God’s chosen vessel through whom the ‘laying on of hands’ imparts priestly grace. Straightaway, we see the bishop is in a position of greater authority and responsibility. He acts as a pastoral overseer and administrator and ultimately convenes in councils to express the consciousness of all believers. But are bishops ‘above’ priests, and are priests ‘above’ the laity? Are certain active, upstanding members of the Church ‘above’ those who appear to be on the margins?

The answer is a resounding ‘No’. Hierarchy - authority - in Orthodoxy is modeled on the paradigm of Christ. Our God leaves behind royal dignity, humbles Himself, joins us in the flesh, and comes “not to be served but to serve” (Matt. 20:28). Christ is completely free from the imprisonment of self-love and offers Himself without reservation (and without personal agendas) to all people.

This self-offering is the lens through which Orthodoxy understands hierarchical authority. In a word, it spells ‘love’. We often think of power and authority over others, but the divine-human Church is different. Servant leadership is not a normal triangle with leaders at the top, dictating orders to those below. Leaders are at the bottom of a downward-pointing triangle, bearing the weight of all those above. Like Christ, their authenticity lies in an intuitive desire to serve, not to be served.

Free from the trappings of self-love, we give ourselves to God and to others in a spirit of service, of joyful sacrifice. As Elder Aimilianos says: “There can be no true community without a voluntary, self-offering of one’s freedom to God. The co-existence of isolated individuals, each bent on the pursuit of his or her own private interests and desires, may perhaps be termed a kind of society, but it cannot be called a community. God has given me the gift of my freedom for no other reason than that I should return it to Him.”

It follows that leaders in the Church - both ordained and lay - have no power over the people at all; they are empowered through the people. Ordained leaders issue directives at times, but their primary responsibility is “to stir souls and enliven the consciences of believers, so that by their own volition they will obey the laws of God” (St. John Chrysostom). Pressure, coercion, and self-will have no place in a Church Whose vision is based entirely on freedom, where all members willingly work for the building up of God’s Kingdom on earth.

Leaders are ‘experts’, we might say, but are always held accountable for their behavior, guidance, decisions, and general vision. They do not present the Church and Her gifts as reflections of their own ideas and preferences. In obedience to God, they help make available the Church’s gifts, and the people accept by responding ‘Yes’ (‘Amen’). Living out the gift - with all its power and beauty - happens collectively.

The Parish Council is a small manifestation of Orthodox ecclesiology, that is, the structure and administration of the Church. The Holy Spirit’s voice is discerned not through unilateral leadership but through what we call ‘ecclesial consciousness,’ which is essentially the consciousness of the entire Body of believers expressed most concretely in formal gatherings (i.e. ‘councils’ or ‘synods’). “Where two or three are gathered in my name, I am there among them” (Matt. 18:20). We find this conciliar structure immediately the New Testament (the Council of Jerusalem in Acts 15), and Orthodoxy has preserved and developed it throughout the centuries.

When St. Paul says, “You are the Body of Christ” (1 Cor. 12:27), “you” is plural (in the original Greek). Each person has something important, even vital, to offer; God has blessed us abundantly with a variety of gifts. Some of us may look at ourselves and think, “I have nothing special to offer,” but we should not evaluate offerings according to worldly standards. Some of us are passionately sensitive, others more level-headed; some are quietly prayerful, others more visibly active; some are assertive, others passive; some are generous with time, others with financial resources; some are educated, others possess the beauty of childlike simplicity.

All our talents and personalities are indispensable in the eyes of God; He takes our offerings, blesses them, sanctifies them, and transforms them into the beauty of His Kingdom. We share equal weight in a Church that is preserved by all and controlled by none.

But this transformation and preservation depend entirely on love that has been stripped of every trace of self-interest. Without love, “I am a noisy gong or clanging cymbal!” (1 Cor. 13:1), even if my offering seems ‘good’ on the surface.

With love in Christ,
Fr. Joshua Pappas
## Worship Services & Sacraments

**MAY**

**Worship Services & Sacraments**

**Orthros 8:30am & Divine Liturgy 9:30am unless otherwise noted.**

### MAY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed. 1</td>
<td>The Holy Prophet Jeremiah &amp; Small Blessing of the Waters (Chapel)</td>
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<tr>
<td>Fri. 3</td>
<td>The Life-Giving Fount</td>
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<tr>
<td>Sun. 5</td>
<td>Sunday of Thomas &amp; St. Irene the Great Martyr</td>
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<tr>
<td>Wed. 8*</td>
<td>St. John the Theologian</td>
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<tr>
<td>Sat. 18</td>
<td>Challenge Divine Liturgy (orthros 9:30; Liturgy 10:30)</td>
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<tr>
<td>Mon. 20</td>
<td>Great Vespers of SS Constantine and Helen (Brooklyn, Jackson Heights &amp; West Nyack)</td>
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<tr>
<td>Tue. 21*</td>
<td>SS. Constantine and Helen</td>
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<tr>
<td>Wed. 22*</td>
<td>Feast of Mid-Pentecost</td>
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### JUNE

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<tr>
<th>Date</th>
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<tr>
<td>Sat. 1*</td>
<td>Justin the Philosopher &amp; Small Blessing of the Waters</td>
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<tr>
<td>Wed. 5</td>
<td>The Leave-Taking of the Feast of Pascha (Divine Liturgy)</td>
</tr>
<tr>
<td>Thu. 6</td>
<td>The Feast of The Ascension</td>
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<tr>
<td>Tue. 11*</td>
<td>SS Bartholomew and Barnabas</td>
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<tr>
<td>Sat. 15</td>
<td>Saturday of the Souls &amp; Challenge Divine Liturgy (Orthros 9:30; Liturgy 10:30)</td>
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<tr>
<td>Sun. 16</td>
<td>The Sunday of Pentecost</td>
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<tr>
<td>Mon. 17</td>
<td>The Feast of the Holy Spirit (Great Vespers of the Holy Spirit, Hicksville)</td>
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<tr>
<td>Mon. 24*</td>
<td>Nativity of St. John the Baptist (Start of the Fast of the Apostles, 5 days)</td>
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<tr>
<td>Fri. 28</td>
<td>Great Vespers for the Feast of SS Peter and Paul at Hempstead</td>
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<tr>
<td>Sat. 29*</td>
<td>Sts. Peter and Paul</td>
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<tr>
<td>Sun. 30</td>
<td>Synaxis of the Apostles</td>
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### AUGUST

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<th>Date</th>
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<tr>
<td>Thur. 1-2*</td>
<td>The Canon of the Paraclesis</td>
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<tr>
<td>Sun. 4th</td>
<td>Forefeast of the Transfiguration (Great Paraclesis following the Divine Liturgy)</td>
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<tr>
<td>Mon. 5th</td>
<td>Great Vespers of the Feast of the Transfiguration (Mattituck or Corona)</td>
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<tr>
<td>Tues. 6</td>
<td>The Feast of the Transfiguration (Great Paraclesis following the Divine Liturgy)</td>
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<tr>
<td>Wed. 7-9*</td>
<td>The Canon of the Paraclesis</td>
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<tr>
<td>Sun. 11</td>
<td>The Great Paraclesis following the Divine Liturgy</td>
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<tr>
<td>Mon. 12-13*</td>
<td>The Canon of the Paraclesis</td>
</tr>
<tr>
<td>Weds. 14</td>
<td>The Great Vespers of the Dormition of the Theotokos (South Hamptons, Port Jefferson, Island Park, Brooklyn)</td>
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<tr>
<td>Thurs. 15</td>
<td>The Feast of the Dormition of the Virgin Mary (Fish allowed)</td>
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<td></td>
<td>1st Divine Liturgy 5:45am</td>
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<td></td>
<td>2nd Divine Liturgy: Orthros 8:30am, Divine Liturgy 9:30am</td>
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<tr>
<td>Sat. 17</td>
<td>Challenge Divine Liturgy 10:30am(Orthros 9:30am)</td>
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<tr>
<td>Tue. 27*</td>
<td>The Feast of St. Phanourios</td>
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<tr>
<td>Thur. 29*</td>
<td>The Beheading of St. John the Baptist (Strict Fast Day)</td>
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<td>The Paraclesis 7:00pm</td>
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### SACRAMENTS

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sat., May 4th</td>
<td>4:00 pm, Baptism: Child of Antonio &amp; Persefoni Lampropoulos</td>
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<tr>
<td>Sun., May 5th</td>
<td>12:15pm, Baptism: Child of Eirini &amp; Nicholas Papakostopoulos</td>
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<td></td>
<td>12:15pm, Baptism (Chapel): Child of Helen Avlonitis &amp; Benny Alicea</td>
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<td>2:00pm, Baptism: Child of Angelo &amp; Elizabeth Koskinas</td>
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<tr>
<td>Sat., May 11th</td>
<td>11:30am, Baptism: Child of Vicky &amp; Phillip Georgakopoulos</td>
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<td>2:00 pm, Baptism: Child of James &amp; Anna Maria Gabriel</td>
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<tr>
<td>Sun., May 12th</td>
<td>3:30 pm, Baptism: Child of Steve &amp; Isabel Diamantopoulos</td>
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<tr>
<td>Sat., May 18th</td>
<td>4:00pm, Wedding of Pantelis Natsis &amp; Sophia Loudaros</td>
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<tr>
<td>Sat., May 25th</td>
<td>1:00pm, Adult Baptism: Stephen Levy</td>
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<tr>
<td>Sun., May 26th</td>
<td>1:30pm, Wedding of Constantine Caviris &amp; Athena Papaporfiriou</td>
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<td>4:15pm, Wedding of Erick Herra &amp; Despina Christoforou</td>
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<tr>
<td>Sat., June 1st</td>
<td>11:30am, Baptism: Child of Antri &amp; James Orfanos</td>
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<tr>
<td>Sat., June 7th</td>
<td>4:00pm, Wedding of Malcolm Roberts &amp; Vita Xikis</td>
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<tr>
<td>Sat., June 29th</td>
<td>12:30pm, Wedding of Tony Matsias &amp; Isabel Braga</td>
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<td></td>
<td>3:00pm, Wedding of Dean Germanakos &amp; Ashley Artus</td>
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<tr>
<td>Sun., June 30th</td>
<td>4:00pm, Wedding of Yuri Sirotinski &amp; Christine Tseri</td>
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<tr>
<td>Sat., July 20th</td>
<td>2:00pm, Wedding of Steven Levy &amp; Dimitra Kokidis</td>
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<tr>
<td>Sat., July 27th</td>
<td>1:00pm, Wedding of Louis Pou &amp; Lindsey Pickering</td>
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<tr>
<td>Sun., Aug 18th</td>
<td>2:00pm, Wedding of Matthew Kelly &amp; Joanna Kouzionis</td>
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Commemoration of the Miracle of the Archangel Michael at Chonae - September 6th

In Phrygia, not far from the city of Hieropolis, in a place called Cheretopos, there was a church named for the Archangel Michael, built over a miraculous spring.

This church was built by a certain inhabitant of the city of Laodicia in gratitude to God for healing his mute daughter. The holy Chief Commander Michael appeared to this man in a dream and revealed to him that his daughter would receive the gift of speech after drinking from the water of the spring. The girl actually did receive healing and began to speak. After this miracle, the father and his daughter and all their family were baptized. In fervent gratitude, the father built the church in honor of the holy Chief Commander Michael. Not only did Christians begin to come to the spring for healing, but also pagans. In so doing, many of the pagans turned from their idols and were converted to the faith in Christ.

At this church of the holy Chief Commander Michael, a certain pious man by the name of Archippus served for sixty years as church custodian. By his preaching and by the example of his saintly life he brought many pagans to faith in Christ. With the general malice of that time towards Christians, and especially against Archippus, the pagans thought to destroy the church in order to prevent people from coming to that holy place of healing, and at the same time kill Archippus.

Toward this end they made a confluence of the Lykokaperos and Kufos Rivers and directed its combined flow against the church. Saint Archippus prayed fervently to the Chief Commander Michael to ward off the danger. Through his prayer the Archangel Michael appeared at the temple, and with a blow of his staff, opened a wide fissure in a rock and commanded the rushing torrents of water to flow into it. The temple remained unharmed. Seeing such an awesome miracle, the pagans fled in terror. Archippus and the Christians gathered in church, glorified God and gave thanks to the holy Archangel Michael for the help. The place where the rivers plunged into the fissure received the name “Chonae”, which means “plunging.”
I am truly honored and humbled to be serving the Archangel Michael Greek Orthodox church as the President of the Parish Council. I would like to begin by thanking Father John and Father Joshua for all of their hard work, dedication and service to our community. The AMC community is thriving and they are one of the core reasons why. Congratulations to Nick Papain for his outstanding service during his presidency.

I would also like to thank all of the volunteers that are a part of the Archangel Michael family. There are so many people who have a profound passion to give back and serve The Archangel Michael Community. As many of you know, the AMC facility is used seven days a week and many days for multiple events. It is truly a testament to everyone who is involved in making it work. Lastly, thank you to the parish council and executive board members who dedicate so much of their time serving the community.

As you know, stewardship is the single most important element for our church to be able to function. We ask our parishioners to please consider the cost of running the church and this beautiful AMC community, when making the commitment of annual stewardship. Our community and stewardship have grown significantly year after year and it would be great to see this happen in 2019.

I look forward to a successful 2019. Please feel free to reach out to me directly or to any member of the Parish Council, with any thought, questions or suggestions you may have.

Sincerely,
Michael Bapis

Environment Responsibility

"The way we relate to nature as creation directly reflects the way we believe in God as Creator of all things. The sensitivity with which we handle the natural environment clearly mirrors the sacredness that we reserve for the divine."

"We are treating our planet in an inhumane, godless manner precisely because we fail to see it as a gift inherited from above. Our original sin with regard to the natural environment lies in our refusal to accept the world as a sacrament of communion, as a way of sharing with God and neighbor on a global scale. It is our humble conviction that divine and human meet in the slightest detail contained in the seamless garment of God’s creation, in the last speck of dust."

—His All Holiness Ecumenical Patriarch Bartholomew

**BE RESPONSIBLE AND BE GREEN BY STARTING AT HOME**

1. Swap Household Cleaners. Switching to green cleaners reduces air pollution both indoors and out, minimizing
exposure to both asthma and allergy triggers as well as chemicals that can be harmful to your health. Look for plant-based products from companies that have a complete list of ingredients on their labels.

2. Go Meatless One More Day. It requires 2,500 gallons of water to produce one pound of beef, and raising livestock also produces a large amount of greenhouse gases. Having pasta or a vegetarian soup one more day might not seem like a big deal, but adding one meat-free meal per week (for a family of four) has the same impact as driving a hybrid car.

3. Do Not Discard. Donate! By some estimates, for every item of clothing donated, 27 pounds of carbon emissions are reduced based on the fact that another item is not produced or headed to the landfill. Take the items to a thrift store, a charity that accepts donations, or list them on Freecycle.org.

4. Go Green With Plants. House plants express your desire to be environmentally sound, and help process and clean the air inside your home. For fresh herbs, plant a garden outside your home, and be sure to use organic fertilizers which are free of chemicals.

5. Wash laundry in cold water instead of hot and lower the temperature of your hot water heater.

6. Turn off lights when you exit the room and do not turn on lights for as long as you can—open your curtains and enjoy natural light.

7. Drive the speed limit, and combine all your errands for the week in one trip.

8. Unplug unused chargers and appliances.

BE RESPONSIBLE AND BE GREEN BY WASTING LESS

1. Buy refillable containers. Spray bottles for example, can be refilled from larger jugs or concentrate. Over time, you will buy and dispose of fewer containers.

2. Choose concentrated or “ultra’ cleaning products. These products use 50 to 60 percent less packaging than traditional formulas while cleaning just as thoroughly.

3. Follow directions for product usage. Pouring in extra laundry detergent or fabric softener will not get your clothes any cleaner or cuddlier. Instead, follow markings as directed on the label.

4. Purchase reusable food containers. Invest in a flip top lunch box plus some ice packs which keep contents nice and cool instead of “brown bagging.” Repurpose glass jars as leftover containers and bulk storage, especially in the kitchen.

5. Grab a microfiber cloth. The cloth can take the place of 60 rolls of paper towel before it needs replacing. Use cloth napkins only.

As we enter the beautiful summer season, let it be a reminder that the environment is God’s creation. When observing and considering the environment, the world deserves our attention and consideration. Help make your summer more eco-friendly by following these simple tips. Your actions will make a difference on our precious environment.

BE RESPONSIBLE AND BE GREEN DURING THE SUMMER SEASON

1. Let in some light. If blinds are open to let in natural light, electricity is not wasted in your home or workplace. Letting in natural sunlight adds to your sense of wellbeing, releasing endorphins that can act as anti-inflammatories.

2. When driving, slow down. By doing so fuel is conserved, and the drive is more pleasurable.
3. Flying? Avoid layovers and redeyes. Frequent take offs and landings use more fuel, and the air pollution emitted on night flights has more detrimental impact on the climate.

4. Use natural fertilizers. They release nutrients slowly throughout the year and support the variety of soil organisms that combat disease.

5. After mowing, leave grass clippings on the lawn. This provides a natural source of nutrients, or compost the clippings for use in your garden.

6. When cooking, use less energy. Take advantage of the summer’s garden-fresh produce to whip up salads and other side dishes that require little or no cooking energy.

7. Consider using a gas grill. Gas grills generate fewer air pollutants than burning charcoal.

We must all act responsibly, and do our part in helping to sustain the environment. “Being Green” should become a way of life. Our actions will help make a difference in maintaining our beautiful and cherished Earth. The environment is a work of God. We must act responsibly so that it will be sustained. We all need to do our part to make a difference.

Wishing you a happy, safe and Green Summer Season

UPCOMING PHILOPTOCHOS EVENTS:
Meetings: 5/5 (Elections after Liturgy), 5/6 @7:30pm, 6/3@7:30pm

May
Coffee Hour Hosts: Mary Sole and Presvytera Paula Strouzas
(Date TBD) All Saints Monastery - Field Trip to participate in planting / gardening
Ongoing: Veterans Toiletries Drive, with Veterans Mnimosino on Sunday, 5/26
5/11(Sat): Festival of Tables Mothers Day Tea
June 5 (Mon): End of Year Dinner at Port Washington Yacht Club
July - Aug 2019:
Coffee Hour hosting continues! Would you like to help?
Contact us at Philoptochos@archangelchurch.org

This article is an abbreviated version of the original article which was published in The National Herald on February 24, 2019. Access to the original article is available via the following link:

Greek-American Chef Maria Loi at Archangel Michael Philoptochos Cooking Club
By Eleni Sakellis
PORTWASHINGTON, NY – The Archangel Michael Church (AMC) Philoptochos Cooking Club welcomed the renowned Chef Maria Loi to lead a cooking class on February 23 at the AMC Fellowship Hall in Port Washington. The well-attended event brought together all ages to learn from the celebrity chef, cookbook author, Greek food ambassador, and healthy lifestyle expert how to make a simple, yet delicious homemade phyllo dough which can be used for any type of pita.

Chef Loi spoke about her life and career and shared her joy and passion for cooking with everyone present. Her engaging personality, great knowledge of Greek cuisine, and years of experience made the class, on how to make the horiatiko (village-style) phyllo dough from her own village of Thermo outside Nafpaktos, entertaining as well as educational. Loi explained each step clearly and also answered questions from the audience in her candid way throughout the demonstration giving everyone the confidence to make the recipe on their own as soon as they got home.
On Friday, March 15th, Fr. John led the Cooking Club participants in the preparation of the tsourekia dough. On the following day the group joined together to shape and bake the tsourekia. The delicious tsourekia were made to be served in our Fellowship Hall at the traditional Easter meal following the Holy Resurrection services.

Please join us for our next Cooking Club gatherings on May 2nd and in June (date TBA)

More information about the AMC Philoptochos Cooking Club is available online: archangelmichaelchurch.org/philoptochos/
It’s hard to believe we are at the end of another school year. Our children have worked very hard all year and now will be celebrating the efforts during the summer. We will celebrate all our children completing their respective grades at the end-of-year moving up ceremony. The 8th graders will graduate, having gained the skills needed to read, write and communicate in the Greek language. Our 8th graders will take The Comprehensive Examination in Modern Greek in June. The school year was filled with amazing experiences including OXI Day, the Christmas Pageant, the Greek Independence Day Celebration and Parade. We are all looking forward to the end of the year barbecue. All of these events brought our community together, lifting the spirit of Hellenic pride and the love of Greek letters in young and old alike. Registration for Greek School is ongoing; kindly contact the registrar if you have any questions.

The School Board extends its sincere gratitude to Father John, Father Joshua, Principal, Mrs. Capous, the teachers, parents, PTA and our wonderful students for their diligence and enthusiasm throughout the year. It is when we all work harmoniously together that we thrive! Remember, teamwork makes the dream work!

On Sunday, March 3rd, we celebrated the Feast of the Three Hierarchs with the students of Archangel Michael’s Greek School. Congratulations to the children, their parents and their teachers. The following students took the comprehensive exam in modern Greek: Nikolaos Gargas, Sophia Kayantas, Maria Koutsothanasis, Kathryn Papagianopoulos, Paul Roditis, Sophia Sfrioudis, Constantinos Triantafillou, Calliopi Triantafillou and Efthimios Tzavelis. The following students also received the award of excellence: Kathryn Papagianopoulos, Paul Roditis and Calliopi Triantafillou. Και σε ανώτερα!

We all celebrated our Greek patriotism at the March 25th assembly and at this year’s Greek Independence Day Parade! Our students in traditional costumes or school uniform, our teachers, and our Greek School families enthusiastically and proudly represented Archangel Michael!

Following tradition, we properly celebrated Tsiknopempti with a barbecue during Greek school. We also celebrated the end of Apokries with kite flying. The AMC parking lot was aglow with beautifully colored kites. The teachers arranged special lessons for this day. In preparation for Pascha, many of our students participated in the sacrament of holy confession. The children also worked together to make the beautiful crosses distributed on Palm Sunday.

Whenever you are in the Greek School Wing, please pass through our hallways to see our children’s work; different grades are displayed periodically. We also had some of the children’s work displayed in the cabinets outside our fellowship hall.

Η Σχολική Επιτροπή, το Διδακτικό προσωπικό και ο Σύλλογος Γονέων του Ελληνικού Σχολείου του Αρχαγγέλου Μιχαήλ συγχαίρει από καρδιά τους μαθητές της 7ης τάξης που σύντομα θα αποφοιτήσουν. Γι’αυτά τα παιδιά αρχίζει νέο ξεκίνημα. Και σε ανώτερα! Το Ελληνικό Σχολείο γιόρτασε με επιτυχία την Τσικνοπέμπτη. Επίσης γιόρτασε την Καθαρά Δευτέρα, πετώντας χαρταετούς, αφού πρώτα έφαγαν οι μαθητές και οι μαθήτριες τα νηστίσιμα που είχε φέρει εν αφθονία ο Σύλλογος Γονέων. Ένα μεγάλο ευχαριστώ στο Σύλλογο και ιδιαίτερα στις προέδρους κ.Τζαβέλη, κ. Πετράκη και στις κυρίες που υπηρέτησαν.

We wish everyone a wonderful summer, and we look forward to seeing all of you in September!
As a community, we are often looking for ways to incorporate the Greek culture into our students’ curriculum in more ways than just with language and history. The PTA sponsors events to do just that! We allow our students the opportunity to take part in celebrations that teach them about traditions and customs in a way that fosters interest and excitement. We love to see their faces when they come to Greek School for one of these special events and are always looking for teachable moments to expose them to all the wonderful cultural elements that our Greek heritage has to offer.

Tsiknopempti was a day when “tsikna” filled the air, with souvlaki being grilled right outside of the Greek school doors. Students were welcomed with bead necklaces, which they adorned to symbolize Apokries. The day was complete with live bouzouki music and dances. It was a joyous reminder that the Great Fast was approaching.

Kathara Deftera was celebrated by all students during the week of March 11th. The start of Great Lent had it all - a beautiful liturgy, delicious nistisima foods, as well as the widespread custom of flying kites by the children. The students were able to sample some of the most popular traditional delights included at a Greek table on Kathara Deftera: lagana, halva, dolmadakia, elies, and vegetables. Teachers, parents, and grandparents all took part in the outdoor event of the day, and the sky was a beautiful rainbow of colors, shapes, and ribbons.

The school celebrated the 25th of March, both as a religious and historical holiday. In the classrooms, teachers created projects with the children to depict significant events and emphasize the importance of Greece’s freedom. The Feast Day of Evangelismos of the Theotokos and Greek Independence were celebrated during an assembly on March 21st. All of the students participated in the event, many dressed in traditional Greek costumes donated by the PTA. They presented poems, plays, and songs in the Greek language, honoring the ethnic and religious character of the holiday.

The PTA extends gratitude and many thanks to all who collaborate to make our school events such a great success. It is always a very worthy team effort by parents, teachers, and all volunteers, to support the efforts of the PTA. We are forever grateful for your help in ensuring that we can expand our children’s understanding and appreciation of their Greek culture.

In March, we welcomed many new families at our Open House. It is nice to see how our school is growing. Marching in the Greek Parade was a great experience and enjoyed by all. We would like to thank Mrs. Barberis for the baked goods and Mr. & Mrs. P. Mamais for the cupcakes which helped make this year’s Preschool Easter fundraiser a success. In March, the Preschool visited Chocolate Works, where they enjoyed making chocolate and the Long Island Puppet Theater. The children also enjoyed visits from the police department and fire department.

This will be a very exciting month for the preschool. The children will be planting flowers in the classroom and learning to care for them. They will also experience the fascinating metamorphosis of the butterfly from caterpillar to chrysalides. They are excitedly anticipating the day when the butterflies will be released outside.

In the Pre-K Class, the children are reinforcing their number recognition and starting to associate words with letters. In Greek, they are concentrating on their letters, learning new words, numbers and reviewing...
colors. They are also listening to stories in Greek through the use of props.

In the Nursery Class, the children will be concentrating on their book of shapes and are excited about “Color Week.” They will be introduced to spring colors and experience the use of spring in their art masterpieces.

The Toddler Class is welcoming spring and summer by decorating with flowers, butterflies and more. We are wrapping up our colors and numbers review. Please note that the last day for toddlers is June 4th.

All classes are enjoying music and body movement with Miss Roula learning to make music with various instruments. They have become friends and have learned to share and play together and are looking forward to moving-up. The Pre-K class is prepared for a successful entry into Kindergarten. The children have had a very productive and fun-filled school year.

We hope to see everyone on Friday, May 17th for our annual Preschool Dinner Dance and on Friday, June 7th (the last day of school) for our End-of-Year Performance.

Registration for the 2019-2020 school year will be ongoing throughout the summer. For registration please call the school at 516-944-3184. The following classes are being offered for the 2019-2020 school year:

- Mommy & Me (18 months-3 years old) - Wednesday 9:30am-11:00am
- Toddler (2-3 year olds) - Tuesday & Thursday 9am-11:30am
- Nursery (3-4 year olds) - Tuesday through Friday 9am-11:30am or 9am-2:00pm
- Pre-K (4-5 year olds) - Monday through Friday 9am-11:30am or 9am-2:00pm

The children continue to get up close and personal with our Divine Liturgy during our special Chapel services devoted exclusively to the Sunday School. Father John and Father Joshua continue to explore different topics and the children are able to express themselves and learn about our beautiful faith.

The 2019 St. John Chrysostom Oratorical Festival took place following the Divine Liturgy on Sunday, March 24th. This provided our youth the opportunity to express their thoughts regarding our Orthodox faith by researching a topic and presenting their remarks to an audience of family, friends and parishioners. To watch our students present their work with such passion and eloquence was very moving and inspirational. All participants are to be commended! With such wonderful presentations, the judges had their work cut out for them.

Junior Division:
- 1st Place - Demetra Kostaridis
- 2nd Place - Peter Dimopoulos
- 3rd Place - Sophia Sfiroudis
- Honorable Mention - Evalia Koumpourlis and Andrea Vases

Senior Division:
- 1st Place - Marika Reynolds
- 2nd Place - Aphrodite Dimopoulos
- 3rd Place - Marina Tsimisiris

It has been a wonderful year for the Archangel Michael Sunday School program. The children were able to express themselves creatively and spiritually with many lovely craft projects. They made their own icons for the Sunday of Orthodoxy and made Archangel Michael magnets for Mother’s Day. Many thanks to Michele Lascarides and Paula Pourakis for spearheading the craft program for us.
The first and second place winners in each division went on to represent AMC at the Long Island District Level on April 6th at St. Demetrios Church, Merrick where Demetra and Aphrodite were each awarded First Alternate in their divisions; Marika and Peter each were awarded Honorable mention in their divisions. This year’s National Oratorical Festival will be hosted by Archangel Michael Church, June 7th-9th.

Our Sunday School Moving Up Graduation Program will take place on June 2nd; however, final Sunday School classes will be on June 9th. The Moving Up program recognizes those students with best attendance records.

Once again, we want to thank our dedicated teachers and assistants for all their time and devotion in teaching our children about all aspects of our Greek Orthodox faith. We would like to extend an extra special thank you to our directors Anna Vrettos and Sara Savva for their hard work, dedication and commitment to our Sunday School program. Finally, thank you to the parents for bringing your awesome children to participate in our growing Sunday School program. We hope that everyone has an amazing summer and look forward to seeing everyone again ready for a new year in September.

BASKETBALL
Congratulations to the players and coaches for a fantastic season. This year we had an unprecedented number of teams making the playoffs (marked below with *). That is a testament to the countless hours of hard work our coaches and young players put in on behalf of our community. We cannot express enough how grateful we are to the young players, their families and our coaches who, on behalf of our community, volunteer hundreds of hours during the basketball season. Thank you!

TEAMS & COACHES
HOPE/JOY

B1 Red  HC John Koumpourlis, ACs -Billy Antonopoulos, Peter Giannopoulos
B1 Maroon HC Peter Papagiannakis, ACs-Spiros Maliagros, Constantine Vases
G1 HC Demetrios Frangeskatos, ACs- Nick Tzoumas, John Soukas
* B2 Maroon HC George Patilis, ACs- Demetri Belesis, John Venetis
* B2 Red HC George Vomvolakis, ACs- Tim Katsoulis, John Halkias
* B2 White HC John Koumpourlis, AC Neo Stellas
* G2 Maroon HC George Themelis, AC Angelo Pappas
* G2 Red HC Peter Pavlounis, AC Peter Kovios
* G2 White HC Demetrios Frangiskatos, AC Tim Katsoulis
* B3 Maroon HC Dennis Matarangas, AC Mariann Matarangas
B3 Red HC Michael Cavounis, ACs- Peter Tsekouras, Angelo Chantley, Spiro Katehis
* G3 Maroon HC Michael Bapis, ACs- George Themelis, Greg Gianakopoulos
G3 Red HC Filanthe Efstathiadis, AC Chris Dritsas

LONG ISLAND ORTHODOX NETWORKING

May 21:
LIONs Spotlight Event:
Interview Skills, 7-9pm

June 11:
LIONs Graduate Recognition Event, 7pm
Congratulations JG Maroon & JB White G2 Red who advanced to the Semi-Finals!

Congratulations to the B3 Maroon Runner Up Team!
George Belesis, John Kalargiros, Spyro Matarangas, Harris Mihalatos, James Notias, Christos Sideris, Stephen Tsimisiris, Paul PANagos, Chrisostomos Papagianopoulos, Michael Skulikidis, Spiro Venetis.
Coaches: Dennis Matarangas, John Venetis and Demetri Belesis

Congratulations to the Championship Teams!
G3 Maroon Champions: Georgia Bapis, Anna Giouroukakis, Jenna Themelis, Irini Tzavelis, Nicole Giannakopoulos, Alexia Giannakopoulos, Emily Tsiforas, Evalia Koumpourlis, Chrisi Ladopoulos, Christina Lago, Cleo Dallaris, Nicoleta Tsiamis, Athena Lazaridis. Coaches Michael Bapis and George Themelis


Senior Girls Champions: Deme Apostolou, Liana Drenis, Angeline Chantly, Irene Katehis, Mary Nikakis, Eleni Pappas, Paige Patilis, Penelope Pavlounis, Alexandra Petras, Maria Themelis, Kallioppe Tsartsalis, Eleni Vasiliades. Coaches: Bill Haralamboudis, John Petras and Andrew Tsartsalis

GOYA
*JG Maroon  HC Michael Bapis,
ACs- John Petras, Demetra Tsismenakis
*JG White  HC Nick Kokis,
ACs- Demetra Tsismenakis, John Koumpourlis
*JB Maroon  HC Tommy Dimopoulos,
ACs- George Masters, Peter Papagiannakis
*JB White  HC John Tsiforas, AC Kirk Lazarides
JB Red  HC Zack Zacharia AC Peter Tsekouras
JB Black  HC Nicholas Tzoumas, ACs- Peter Sanoulis, Michael Cavounis
*SG  HC William Haralamboudis, ACs- John Petras, Andreas Tsartsalis, Peter Pavlounis
*SB Maroon  HC George Themelis,
AC Andreas Tsartsalis
*SB Red  HC Peter Gerazounis, AC John Pappas

www.archangelmichaelchurch.org
Congratulations Senior Girls MVP: Deme Apostolou

ALL STAR GAME
This year’s Basketball All Star Game was hosted by Archangel Michael Church on Saturday, March 24th. A great time was had by the many players who participated in basketball games, 3-point shooting and free throw competition.

Congratulations to Leo Tsartsalis, winner of the 3-point shooting competition

Congratulations to Junior Boys MVP: Spyro Denis

VOLLEYBALL
The Boys and Girls Volleyball Teams had a great season with each team advancing to the semi-finals! They are now looking forward to the May 4th tournament at Port Jefferson. Thank you to the families and friends of the teams for all their support throughout the season.

BOYS TEAM
Coaches- Harry Lascarides, John Lountzis, Nick Tagios
Players- Max Dipreta, Constantine Lascarides, Billy Apostolou, Kemon Lardas, Demetri Kaparos, Bobby Coulianidis, Jason Tagios, Evan Aronis, Teddy Koutsaitas, Costa Koutsaitas
News & Events

Byzantine Youth Choir

We want to express our heart-felt appreciation to our graduating high school seniors!

ANNAMARIA FAZIO, MARIKA REYNOLDS, STYLIANI RALLIS and NIKOLETTA ZIOZIS

Byzantine Youth Choir

For the past decade, the Youth Choir has been graced with their melodious voices. They have blossomed from adorable youngsters into capable young women. Their devotion and knowledge of the hymnology of our faith is to be highly commended. We wish Marika, Annamaria, Styliani and Nicoletta much happiness and success as they embark upon their college careers. May God Bless them †

Following the Divine Liturgy on Sunday May 5th, the Youth Choir will hold its annual Plant and Bake Sale Fundraiser. Please come and purchase a flowering plant for Mother’s Day! Every Youth Choir member wishes to thank you in advance for your continued support of their endeavors.

Each year the Youth Choir represents Archangel Michael Church at the Direct Archdiocesan District Federation of Greek Orthodox Church Musicians Annual Conference and Hierarchical Liturgy. Please note that this year it will be held on the weekend of November 22nd through 24th, 2019.

Enjoy a Wonderful Summer!
With love from AMC Youth Choir Members,
Miss Georgia & Miss Eleni

GIRLS TEAM

Co-Captains: Anthi Tsismenakis, Sophia Pappas & Victoria Kefalas; Team Members: Irene Lountzis, Eleni Pappas, Victoria Sideris, Tina Lountzis, Angela Signorile, Ellen Efkarpidis, Christina Kokis, Haris Tsiamis, Christina Efstathiades, Alexia Tsouros, Gia Skenderi, Tina Gallias, Eleni LaRusso, Kalliopi Tsartsalis, Natalie Scudero, Cynthia Skenderi, Anastasia Cavounis, Maria Koutsothanasis, Nia Tsismenakis, Eleni Kavourias, Joann Salloum, Maria Bapis, Fotini Kavourias, Mia Kaparos, Aphrodite Dimopoulos, Filitsa Vasilaides, Veronica Tsalikis

ARCHDIOCESAN DISTRICT OLYMPICS

May 24th-26th, 2019
(Memorial Day Weekend)
at Suffolk Community College
(Brentwood Campus)

All youth ages 7 - 18 (born between 2002-2011) are eligible to participate. **Please note all registration will be online this year! Fee per child is $60, to be paid when registering at: goado.com

Events include: Swimming (ages 9 & up)* 3 on 3 Basketball (ages 10 & up)
* Basketball shooting * Chess * Checkers * Backgammon *Table Tennis (ages 9 & up)
* Nok-Hockey * Shot-Put (GOYA) *Softball Throw * Soccer * Track * Volleyball (GOYA)
*Softball (GOYA) * Kickball (JOY) *5K Run (GOYA)

More information to come via email. Practices will begin after Easter!
Any questions please email
olympics@archangelmichaelchurch.org

www.archangelmichaelchurch.org
This year has been a great one so far for the Archangel Michael GOYA. In March, we had our usual GOYA nights on the first three Fridays of the month. These GOYA nights have been an integral part of bringing our youth community together through church services and plenty of fun activities like ping pong, basketball, volleyball, and everyone’s favorite, chess!

We kicked off our version of March Madness on Friday, March 1. Clergy/Parish Council vs GOYA. What a great basketball game with the final score: C/PC: 54 G: 49! Congratulations to the Clergy and Parish Council. We’ll be ready next year to regain our title!

At the start of each Friday night, all the GOYANs participated in the Salutations to the Theotokou services. They all did a wonderful job contributing to the services by chanting along with the Hymns, and serving as Altar Boys. On March 17th we kicked off the Luminary Candle fundraiser, which was a huge success. Finally, on March 23rd our GOYANs went to the city to watch King Kong on Broadway. The show was excellent, and it was a great way to get our community together to have fun and bring the month to a close with a bang!

On April 14th, our church got together to celebrate what is arguably one of the most enjoyable events of the year: The Greek Independence Day Parade! The parade has firmly assumed status as a NYC tradition and has been celebrated since 1938. The parade commemorates the Declaration of Greek Independence from the Ottoman Empire on March 25, 1821. The parade is not just a tribute to the acclaimed political event; it is also a celebration of rich Hellenic culture, heritage and tradition; the Archangel Michael GOYA, takes great pride in our Greek heritage, and we don’t let anyone forget it! Led by Father John and Father Joshua, we held our heads high, shouting “ζήτω!” for all the world to hear.

We plan to kick off the month of May with a GOYA night on the 10th. On May 17th through the 19th we will have our end-of-year trip to Philadelphia, which we anticipate to be an outstanding success. Throughout the month of May we also will host the Rizing Starz basketball program, where GOYANs from all churches will get together to teach children with special needs how to play basketball. With basketball being such an important part of Greek Orthodox youth culture, the GOYANs will be able to establish connections with the children, bringing them closer to the church and into the arms of Christ. We will end the month with our usual GOYA nights.

Things will slow down during the month of June. The GOYA board discussed the possibility of not holding GOYA nights, so close to the end of the year. But in the end, we decided to hold them on the usual dates as they are a good way to relieve the stress from school as final exams come up. In the Archangel Michael GOYA, we turn to Christ, and confide in Him, as through Him we can do all things. We look forward to starting off next year with our GOYANs at our annual ice cream social, and on behalf of all of our GOYANs we would like to wish everyone a happy, healthy, and blessed summer.
**Health and Wellness**

**Healthy Diet Kitchen Staples**

By Stefani Pappas

The kitchen is truly the heart of the home, and much of our time at home is spent enjoying delicious meals and socializing in the kitchen. Take a quick look in your pantry and fridge... what are you stocking your cabinets with? Are the foods that you purchase every week making a healthy lifestyle easy, or are they making things much more difficult?

The true key to living a healthy life is planning ahead. Planning out a healthy grocery list and keeping a well-stocked pantry with a variety of nourishing foods can help you make nutritious choices at home. Plus, the simplest way to make healthy cooking easy is to have the nutritious ingredients on hand. Here are a few basic healthy diet kitchen staples that are great to have on hand year-round.

**Organic Pre-Washed Mixed Greens**

When you have zero time to spare, pre-washed mixed greens can be a lifesaver. You can use these greens as the base for salads, or sauté with olive oil for a yummy dinner side dish. Mixed greens such as spinach or kale are also a great way to sneak some extra vegetables into any smoothie. Always be sure to purchase organic greens to minimize pesticide exposure.

**Frozen Berries**

Berries are among some of the healthiest foods you can eat. They are loaded with antioxidants, fiber, vitamins, and minerals. Plus, berries can be included in many kinds of diets. All different types of berries of-
fer different benefits, so be sure to change things up and purchase different berries each week or buy a mix. Frozen berries, believe it or not, are frozen at peak nutritional value; they may offer more nutrition benefits than berries that have been sitting on a truck for a while or in the grocery store. Add organic frozen berries to smoothies, yogurt parfaits, oatmeal, or homemade sorbet by blending plain berries with a touch of orange juice.

Raw Almonds
Almonds are known for their healthy fats, plant-based protein, and nutritious fiber. Since nuts are low in carbs but abundant in healthy fats, protein and fiber, they make for a great snack to help stabilize blood sugar levels. Grab a handful of almonds on your way to work, or add them to a well-balanced trailmix. If you have a problem with portion control, measure out a serving and place it in a small plastic bag. Throw your pre-portioned raw almonds into your purse, and you have a great snack to tide you over during the hectic workday.

Sprouted Grain Bread
You don’t have to give up carbs to live a healthy lifestyle, but the quality of the carbs you consume is important. White, refined carbohydrates are processed and contain virtually no heart-healthy fiber. Sprouted grain bread is truly as healthy as bread gets and is packed with healthy nutrients and fiber. Swap any of your white bread throughout the day for a sprouted grain bread.

Stefani Pappas, MS, RDN, CSO, CDN, CPT, is a Clinical Dietitian and Certified Personal Trainer. She provides private nutrition counseling at her office in Great Neck, NY. Visit her website www.StefHealthTips.com for more information or call 516-225-1745 to schedule an appointment.

AMC Blood Drive
Our 17th annual AMC Blood Drive held on Tuesday, March 12th, came with an urgent appeal to donors: The New York Blood Center had issued a blood shortage emergency which was a result of the flu season, erratic weather storms as well as the government shutdown. Many people don’t realize that federal agencies run regular blood drives to help increase local supply. New York Blood Center set our goal at 45 pints. Donor turnout was phenomenal. Young and old, first time donors and repeat donors, came out steadily throughout the afternoon and into the evening helping us exceed expectations by reaching a collection total of 67 pints!

The blood drive was also a milestone for our community: During the drive, we acknowledged and celebrated our 750th pint of blood collected since we began 14 years ago. Dimitri Malakidis, our milestone winner, received a basket of gift certificates and fun items from N.Y. Blood Center. In addition, Constantine Lascarides came out to donate, celebrated his 18th birthday, and was one of our hourly give-away winners! A huge thank you to all who volunteered and spread the word, greeted donors, assisted in the canteen and helped make the blood drive such a rewarding experience. As a result of our blood drive, up to 200 people will be helped. Thank you for giving “the gift of life”!!

END-of-YEAR BARBECUE
Our traditional End-of-Year Barbecue will be held on Sunday, June 9th, immediately following the Divine Liturgy. Our entire Archangel Michael Community is invited to join in fellowship as we celebrate the end of another great year of Sunday School, Greek School, Preschool, ministries and organization activities. The Dance Troupe will be performing and our special guests will be the National Oratorical Festival finalists and their families.
The season of Great Lent has been a very busy and inspiring one for parishioners of the Archangel Michael Church. We began with the Great Compline service on March 11th, Kathara Theftera. Following this beautiful service, parishioners and friends partook of a delicious pot-luck lenten meal sponsored by our Philoptochos. The guest speaker for the evening was Steve Christoforou, Director of the Department of Youth and Young Adult Ministries (Y2AM) of the Greek Orthodox Archdiocese of America. The theme of this inspirational presentation was “Compunction” and addressed the following: What is this? How may I relate to this? How great Compunction is in creating great relationships and healing them. The question and answer session following the talk showed just how much the participants were moved by the presentation. If you would like to find out more about the wonderful programs developed by Y2AM, please visit y2am.org.

The beautiful Salutation Services took place on the first four Fridays of Great Lent. Our adult and youth choirs together with the priests and psalti chanted and sang the beautiful hymns and prayers of these services dedicated to the Theotokos. The second Friday, designated as “Worship With Yiayia and Papou” was very special for all who were present.

On the fifth Friday of Lent, the Akathist Hymn was celebrated by His Grace Bishop Apostolos of Medeia. The Akathist Hymn allows the faithful person to see and gaze upon Jesus through the eyes of Mary as she witnessed all that her Son did to save us. After each Friday evening service, parishioners gathered in the fellowship hall for discussions and a lenten meal provided by our Philoptochos.

On Saturday, March 30th, approximately fifty parishioners from Archangel Michael Church and surrounding communities participated in a wonderful retreat. The theme, The Formation Power of Liturgy: The Divine Liturgy of St. Basil as a Case Study, was presented by Fr. Stefanos Alexopoulos, Associate Professor of Liturgical Studies and Sacramental Theology at the Catholic University of America. Within this enlightening and often entertaining presentation Fr. Stefanos emphasized that the Divine Liturgy is not just a ritual or a tradition, but is the core of our faith forming our identity as Christians. It is a work of the people, the synergy between God and humanity, a Divine gift. It is the place of encountering God, talking, responding, listening.

Although on most Sundays we celebrate the Divine Liturgy of St. John Chrysostom, the Divine Liturgy of St. Basil is celebrated ten times throughout the year; the five Sundays of Great Lent, Holy Thursday, Holy Saturday, Christmas Eve, the Feast of St. Basil, and the Eve of Epiphany. The Anaphora of St. Basil, the Eucharistic prayer that teaches the beliefs of the Church as well as the what and why we celebrate, was distributed to all participants. As it was beautifully read aloud, Fr. Stefanos paused for explanations and to discuss questions and comments by those present. The retreat was truly an illuminating event.
2019 Festival Donations

- One Box of Gyro/Souvlaki $50  x ___  = $ _____
- One Box of Pita Bread $25  x ___  = $ _____
- One Tray of Pastitsio/Mousaka $50  x ___  = $ _____
- One Tray of Baklava/Kataifi $90  x ___  = $ _____
- One Tray of Greek Salad $50  x ___  = $ _____
- One Tray Spanakopita/Tyropita $50  x ___  = $ _____
- One Case of Hamburgers/Hot Dogs/ Fries $25  x ___  = $ _____
- One Case of Soda/Water $10  x ___  = $ _____
- Other Amount $ ________________

Total Enclosed $ ________________

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Please mail this completed Form along with payment to:
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The Archangel Michael Church
100 Fairway Drive
Port Washington, NY 11050

Please make Checks payable to: The Archangel Michael Church (2019 Festival)

Should you have any questions, please do not hesitate to contact:
The Church Office at (516) 944-3180 or email the Festival Chairs at
festival@archangelmichaelchurch.org
2019 Festival Sponsorships

Major Sponsors - Multiple Sponsorships Available

- **Platia Sponsor** *(Town Square)* * $15,000
- Hellenic Sponsor * $ 7,500
- Fireworks Sponsor * $ 5,000
- Music Sponsor * $ 5,000
- Parking Sponsor * $ 2,500

* The PlatiaSponsors plus all Major Sponsors will be recognized in one or more of the following ways: Print Ads, Signage at the Festival, on the TavernaMenus, etc.

Other Sponsors – Multiple Sponsorships Available

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- Ring Toss Sponsor $ 1,000
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- Placemat Sponsor *(20,000 Printed)* $ 500 *(ONLY 16 Available)*
- Ride Sponsor $ 500

*(All Tent, Stand and Ride Sponsors will be recognized with Signs at the Respective Venues)*

Multiple Sponsorships are Welcome!

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The Archangel Michael Church
100 Fairway Drive, Port Washington, NY 11050

Please make Checks payable to: The Archangel Michael Church (2019 Festival)
Should you have any questions, please do not hesitate to contact:
The Church Office at (516) 944-3180 or email the Festival Chairs
festival@archangelmichaelchurch.org
On Saturday, April 6th, twenty-three parishioners attended a 2 ½ hour training class to become certified in Cardiopulmonary Resuscitation (CPR) and the use of an Automatic External Defibrillator (AED). The participants also learned the proper technique for saving a choking victim. These parishioners were: Fr John Lardas, Barbara Mavro, Chris Neocleous, Mario & Cathy Harris, Nick Romeo, Angelo Chantly, Argie Chafouleas, Chris-Marie Tzavelis, John Koupourlis, Petros Malliaros, Peter & Despina Stavrinos, John Lountzis, Maria Dedousis, Stella & Marina Tsimisiris, Nicholas Tagios, Nicholas J. Tagios, Sofia Caldwell, Peter Pavlounis, Billy Antonopoulos and John Tsiforas.

The instructor, Thomas Cappiello, from the organization CPR123®, brought training dummies and infant size dolls so that everyone would get hands-on experience in these life saving techniques. Tommy not only taught us the necessary techniques, but also included anecdotes from his many years working as an EMT. Using an AED demo machine, he demonstrated how the machine “talks” you through all the steps that need to be followed. The members of the class were surprised at how simple and failsafe the machine is to use.

We are fortunate at AMC to have five donated AEDs: one each in the gym, church narthex, fellowship hall, office and hallway outside the Greek School office. The batteries and expiration dates on the pads are checked every month by a member of the Parish Council.

Special thanks to Dr. Tom Pappas, cardiologist and Archangel Michael parishioner who sponsored the class.
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|     |     |      | The Holy Prophet Jeremiah & Small Blessing of the Waters**  
|     |     |      | Orthros 8:30am  
|     |     |      | Divine Liturgy 9:30am  
|     |     |      | Little Angels 10:30 am  
|     |     |      | The Life-Giving Fount  
|     |     |      | Orthros 8:30am  
|     |     |      | Divine Liturgy 9:30am |
| 5   | 6   | 7    | 8   | 9   | 10  | 11  |
| The Sunday of Thomas St. Irene the Great Martyr  
| Orthros 8:15am  
| Divine Liturgy 9:30am  
| Philoptochos Elections to the new board  
| Philoptochos Meeting 7:30pm  
| St. John the Theologian**  
| Orthros 8:30am  
| Divine Liturgy 9:30am  
| AMC Bible Study 11:00am  
| Philoptochos Event  
| "Festival of Tables Mother's Day Tea" |
| 12  | 13  | 14   | 15  | 16  | 17  | 18  |
| Orthros 8:15am  
| Divine Liturgy 9:30am  
| Mother's Day  
| GS Final Exams  
| Paraklesis to the Virgin Mary 10:30 am  
| AMC Book Club 11:00am  
| PC Meeting 7:00pm  
| Small Vespers 7:00pm  
| Youth Choir Rehearsal 7:30pm  
| GS Final Exams  
| Little Angels 10:30 am  
| Pre-School Dinner Dance  
| Challenge Divine Liturgy  
| Orthros 9:30am  
| Divine Liturgy 10:30am |
| 19  | 20  | 21   | 22  | 23  | 24  | 25  |
| Orthros 8:15am  
| Divine Liturgy 9:30am  
| General Assembly Meeting  
| Great Vespers of SS Constantine and Helen 7:00pm  
| (Brooklyn, Jackson Heights & West Nyack)  
| SS. Constantine and Helen**  
| Orthros 8:30am  
| Divine Liturgy 9:30am  
| Special Needs Ministry 10:30am  
| LION Spotlight Events: Interview Skills 7:00pm  
| Feast of Mid-Pentecost**  
| Orthros 8:30am  
| Divine Liturgy 9:30am  
| AMC Book Club 11:00am  
| Pre-School Dinner Dance  
| Small Vespers 7:00pm  
| Youth Choir Rehearsal 7:30pm  
| Greek School Last Day of Classes  
| Archdiocesan Olympics  
|     |     |     |     |     |     |     |
| 26  | 27  | 28   | 29  | 30  | 31  |     |
| Orthros 8:15am  
| Divine Liturgy 9:30am  
| Philoptochos Veterans Day Memorial Service  
| Memorial Day  
| Pre-School & Office Closed  
| Greek School Moving Up Ceremony (Pre-K to 2nd Grade)  
| Greek School Moving Up Ceremony (3rd to 7th Grade)  
| Paraklesis to the Virgin Mary 10:00 am  
| Small Vespers 7:00pm  
| Youth Choir Rehearsal 7:30pm  
| Greek School Moving Up Ceremony  (3rd to 7th Grade)  
| ** Indicates Chapel **
# June Calendar 2019

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<tr>
<th>Sun</th>
<th>Mon</th>
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<td></td>
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<td>Orthros 8:15a</td>
<td>Philoptchos Meeting 7:30pm</td>
<td>Pre-School Last Day for Toddlers</td>
<td>The Leave-Taking of the Feast of Pascha Orthros 8:10am Divine Liturgy 9:30am Great Vespers of Ascension 1:00pm AMC Bible Study 11:00am &amp; 7:30pm Small Vespers 7:00pm Philoptchos End of Year Dinner</td>
<td>Feast of The Ascension Orthros 8:30am Divine Liturgy 9:30am Pre-School Closed AMC Golf Outing</td>
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<tr>
<td>Orthros 8:15a Divine Liturgy 9:30am</td>
<td>Sunday School Moving Up Day</td>
<td>Orthros 8:30am Divine Liturgy 9:30am Greek School - Last Day of Regents LIONS Graduate Recognition Event</td>
<td>Paraklesis 10:00am AMC Book Club 11:00am &amp; 7:30pm Small Vespers 7:00pm Youth Choir Rehearsal 7:30pm</td>
<td>Feast of The Holy Spirit Orthros 8:30am Divine Liturgy 9:30am</td>
<td>Orthros 8:30am Divine Liturgy 9:30am Pre-School Closed AMC Golf Outing</td>
<td>National Oratorical Weekend - Little Angels 10:30am Pre-School End of Year Performance for Pre-K and Nursery</td>
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<td>- hosted at AMC Orthros 8:15a Divine Liturgy 9:30a</td>
<td>End of Year BBQ</td>
<td>SS Bartholomew and Barnabas** Orthros 8:30am Divine Liturgy 9:30am Greek School – Last Day of Regents LIONS Graduate Recognition Event</td>
<td>Paraklesis 10:00am AMC Bible Study 11:00am &amp; 7:30pm Small Vespers 7:00pm Youth Choir Rehearsal 7:30pm</td>
<td>Sunday of the Souls &amp; Challenge Divine Liturgy Orthros 8:30am Divine Liturgy 9:30am</td>
<td>Orthros 8:30am Divine Liturgy 9:30am</td>
<td>Saturday of the Souls &amp; Challenge Divine Liturgy Orthros 8:30am Divine Liturgy 9:30am</td>
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<td>Sunday of Pentecost Orthros 8:15am Divine Liturgy 9:30am Great Vespers of the Holy Spirit, Hicksville 7:00pm</td>
<td>Father’s Day Feast of the Holy Spirit Orthros 8:30am Divine Liturgy 9:30am</td>
<td>Paraklesis 10:00am AMC Book Club 11:00am &amp; 7:30pm Small Vespers 7:00pm</td>
<td>Orthros 8:30am Divine Liturgy 9:30am</td>
<td>Little Angels 10:30am</td>
<td>Orthros 8:30am Divine Liturgy 9:30am</td>
<td>Orthros 8:30am Divine Liturgy 9:30am</td>
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<td>Orthros 8:15a Divine Liturgy 9:30a</td>
<td>Nativity of St. John the Baptist** Orthros 8:30am Divine Liturgy 9:30am (Start of Fast of the Apostles, 5 days)</td>
<td>Paraklesis to the Virgin Mary 10:00am AMC Book Club 11:00am &amp; 7:30pm Small Vespers 7:00pm</td>
<td>Great Vespers for the Feast of SS Peter &amp; Paul at Hempstead 7:00pm</td>
<td>Sts. Peter and Paul** Orthros 8:30am Divine Liturgy 9:30am</td>
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* Indicates Chapel
Parade Photos
The Trumpet reaches over 600 families who support the Archangel Michael Greek Orthodox Church in Port Washington, New York, a majority of whom live in the North Shore communities surrounding the church.

If you are interested in becoming a sponsor, please email: trumpet@archangelmichaelchurch.org.
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North Bellmore- 516-409-4800
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26th Annual Archangel Michael Golf Outing
Thursday, June 6, 2019
at the exclusive
Plandome Country Club

Includes brunch, green fees, forecaddie-(gratuity not included),
golf cart, all food, beer, drinks, snacks at the turn, open bar all day,
lavish cocktail hour, dinner with full bar all evening, golf skill prizes,
team prizes, four hole in one prizes, raffle

Cocktail Hour and Dinner only participation available

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- RAFFLE PRIZE SPONSOR
- GOLF BALL SPONSOR
  (your logo or Business name printed on each Ball )
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And many more that may fit your budget
and promotional needs

To become a Sponsor or attend the outing, please contact:
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Please help us make the
26th Annual Golf Outing the best ever with
your participation and sponsorship support!