



The Archangel Michael Trumpet

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Sun., September 8th:
Welcome Back Fellowship
Sunday School Begins

Monday, September 9th:
Philoptochos Meeting

Tues., September 17th:
Greek School Begins/Agiasmo

Wednesday, September 18th:
Byzantine Youth Choir
Welcome Party

Fri-Sun., September 27th-29th:
Festival on the Harbor

Sun., October 20th:
General Assembly

Sat., October 26th:
Annual 5K Run/Walk

Sun., October 27th:
GOYA Pancake Breakfast

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The Icon of Jesus Resurrecting Lazarus

Donated by Louis Lazarus and Marina Vlahos

The Archangel Michael Trumpet

About the Parish

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.



Archbishop Elpidophoros



Ecumenical Patriarch
Bartholomew

Clergy

Fr. John K. Lardas, Protopresbyter
Fr. Joshua Pappas, Presbyter
Fr. Dennis Strouzas,
Protopresbyter of the Ecumenical Patriarchate

Chanter: Petros Malliaris

Office Staff: Dora Gouramanis, Christine Zeiner

Accounting Services Contractor: Catherine Papagianakis

Parish Council Members

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About the Trumpet

The Trumpet is the newsletter of
Archangel Michael Greek Orthodox Church.

Production

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

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.

MISSION STATEMENT

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.

VISION STATEMENT



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

Sep/Oct Worship Schedule

Sunday Services: 8:15am Orthros, 9:30am Liturgy

The Garden of Our Soul

“And some fell into good soil and grew, and yielded a hundredfold.” LK8:8

Many, growing up in a Greek family, have fond memories of their parents’ or grandparents’ garden, otherwise known as the “κήπο”. Having grown up in such a tradition, there does not a summer go by without planting a garden in the backyard! Throughout the summer, in order for the Garden to produce good vegetables, one has to spend much time weeding, and then weeding and then weeding again. Along with this the garden has to be watered and the plants need to receive plenty of nutrition, “κοπρία”.

The Sower

The great instructor, Christ Himself, uses with His divine wisdom, specific imageries that are basic to life, in His parables to help build the spiritual instruction in a person’s heart and soul for their salvation. One such parable is the Parable of the Sower found in the Gospels of Luke 8:5-15 & Matthew 13:1-8. The Sower is Christ Himself, who by His incarnation (when He became man through the Holy Spirit and His Holy Mother, Mary) scatters the seeds of the Gospel into people hearts.

The Different Types of Soil in Poor Condition

The heart and soul of a person is symbolized by the different conditions of soil, on which the seeds fall. According to St. Gregory Palamas, the hard soil, where the seed fell wayside, represents those whom the Lord casts out and rejects because they pay no attention to the divine Spirit’s teaching. Thus the devil easily ensnares them. The seed that fell amongst the thorns and the stones are those who retain knowledge of the Gospel but are corrupted by wealth, glory and self-indulgence of this life.

The Yield of the Good Soil

The good soil, upon receiving the Word of God brought forth some thirty, some sixty and some a hundredfold (as found in the Gospel of Matthew). Once again according to St. Gregory Palamas, the different yields are symbolic of the different aspects of servitude. The yield that was thirty fold is compared to a slave who serves his master out of fear. The yield of sixty fold is like a servant who expects

a payment. The yield of a hundredfold is one who has progressed by love to a relationship of a son or a daughter to the master.

Working the Soil of Our Soul

The one major variable in the Parable of the Sower is the condition of the soil. Even if a person’s heart and soul is hard or choked by weeds it may be worked through repentance. The preliminary work on a person’s soul must be done by the person. John the Baptist began his ministry preaching, “Repent ye: for the kingdom of heaven is at

hand! Prepare ye the way of the Lord, make his paths straight!” The preparation of a person’s heart and soul, to have the living Word of God cultivated within it, begins with blaming oneself, confession and abstention from evil.

The Understanding of Jesus’ Parables

Jesus ends the Parable of the Sower by crying out, “He that has ears to hear, let him hear”. The focus of the Lord is not on the ears of a person but on the mind of a person. The philosopher Pythagoras once said, “It is the mind which sees and the mind which hears”. Psalm 110 by King David states, “a good understanding have all they that do his commandments”. In spiritually understanding the Parables of Jesus, St. Gregory Palamas teaches the following, “the word is recognized through deeds, it is not simply the listener who has ears to hear, but the obedient man who puts what he hears into practice.”



As an Orthodox Christian works his or her garden, or if they admire the pretty gardens of a friend’s home or the more elaborate gardens found at places like the Botanical Gardens, may these earthly gardens motivate the spiritual work needed to cultivate the garden of one’s soul to prepare it for the best garden found in heaven or on earth, that of Paradise.

By Fr. John K. Lardas
Protopresbyteros & Dean

The New Ecclesiastical Year

Happy New Year! On September 1st each year, Orthodox Christians worldwide begin a new Ecclesiastical Year, marking the beginning of the Liturgical cycle.

In the agrarian culture from which Christianity initially emerged, September 1st was a time of critical transition. It marked the end of the harvest (i.e. gathering of crops) as well as the beginning of the new harvest (i.e. planting of seeds). In our modern world of convenience, with everything seemingly at our fingertips, we feel less dependent on yearly agricultural production. For our ancient Christian ancestors, however, it was very natural - even essential - to reach out to God with special intensity before the new harvest, praying that He bless the coming year and giving thanks for all the blessings of the previous year.

More meaningful than New Year's resolutions that enervate over time, the Feast of the new Ecclesiastical Year encourages a re-centering of our lives on Christ. We're weak; we're forgetful; we're weighed down in the same old patterns of thought and behavior, falling short in our call to be continually "transformed into [God's] image from one degree of glory to another" (1 Cor. 3:18).

And so, the new Ecclesiastical Year is a reminder that God is Master and Lord of creation, holding in His hands the world at large and each of us personally. He is the Source of all good things, leading us to salvation through obvious blessings yet also through pains and difficulties. He gives us our breath, our talents, our weaknesses - all according to His inscrutable wisdom.

God withholds nothing from us, entrusting even the created world to our care - a tremendous and intimidating responsibility. What's the response He's looking for? "God gives me the gift of freedom for one reason: that I should voluntarily offer my freedom back to God" (Elder Aimilianos). As long as I'm consumed in my own little world - looking after my desires and interests - then I'm using my gifts and freedom in the isolated hell of my own self-love, creating all sorts of harmful ripple effects in the world, some obvious and some hidden. This isn't the plight of a few people; it's the universal beginning of repentance, and a continual starting point at that.

The Feast of the new Ecclesiastical Year, then, is an invitation to restore our broken communion with Christ.

Instead of being thrown into the world to fend for ourselves, the Feast offers a sure-footed foundation on which to build a healthy spiritual rhythm: the Liturgical cycle. This 'cycle' has several layers: daily Scripture readings, major feasts (commemorating primary events of salvation history), fast / feast periods, and the commemoration of specific saints and holy events. In the Liturgical cycle, we contemplate Christ directly and also through His glorified saints; either way, all roads lead to Christ.

We do not worship, read Scripture, honor saints, and follow fasting / feasting guidelines as a separate component from the rest of our lives, as if they're mere pieces of a puzzle. That is a decidedly religious approach, a compartmentalized approach that Christ criticized sharply (e.g. see His interactions with the Pharisees, Sadducees, and scribes). Instead, the Liturgical cycle is meant to become who I am. How?



Christ is fully God and fully human, two natures united in a single person (ὑπόστασις, hypostasis). This isn't theological babble but rather a profound spiritual reality with incalculable implications; in the person of Christ, Immaterial and material are united, Heaven and earth come together, and there is no longer any distinction between 'sacred' and 'profane.' God's Kingdom is breaking into this world, a reality reflected in our Liturgical cycle but not limited to it; the sublime glory of worship - the mystical joy of encountering face-to-face our Creator - is meant to touch every remote corner of our lives. Christ, Who brings the immediacy of the power and presence of God, is always right in front of us. The Liturgical life of the Church transfigures all the things we consider 'ordinary' and 'mundane.' As St Paul expresses repeatedly, our entire lives are meant to reflect the living presence of God.

Here and now in the new Liturgical Year, we're presented with an opportunity. The Church gives us a rhythm to help us relate to God and to the world around us in a new, refreshing way. This 'new way' sees God everywhere and rejoices in His presence, expressed aptly in one of the Orthros hymns of the Feast:

"Christ our God, You made all things in wisdom, establishing proper times and seasons for our lives. We give thanks to You in all circumstances and for all things. Bless this new year with Your grace, and make us worthy with a pure heart to praise You at all times."

With love in Christ,
Fr. Joshua Pappas

WORSHIP SERVICES

Orthros 8:30am & Divine Liturgy 9:30am unless otherwise indicated. *indicates chapel

September

Fri. 6	The Remembrance of the Miracle of the Archangel Michael
Wed. 11*	Feast of St. Theodora of Alexandria
Fri. 13	Great Vespers of the Precious Cross (Holy Cross Whitestone & Bay Ridge) 7pm
Sat. 14	Feast of the Holy Cross
Tue. 17*	St. Sophia and Her Three Daughters
Sat. 21	Challenge Divine Liturgy 10:30am (Orthros 9:30)
Mon. 23*	The Conception of St. John the Baptist
Thur. 26*	The Translation of St. John the Theologian

October

Thur. 3*	Feast of St. Dionysios the Aeropagite
Fri. 18*	Feast of St. Luke the Evangelist
Sat. 19	Challenge Divine Liturgy 10:30am (Orthros 9:30)
Fri. 25	Great Vespers of St. Demetrios (Merrick, Jamaica & Astoria) 7:00pm
Sat. 26	Feast of St. Demetrios
Fri. 31	Great Vespers of Cosmas and Damianos (Washington Heights or Chapel of St. Nicholas Flushing) 7:00pm

SACRAMENTS

Sat., Sept. 7th	11:00am, Baptism: Child of Emily & Andy Dimakopoulos	Sun., Sept. 29th	1:00pm, Wedding of Steve Alexandratos & Patricia Faraci
	1:00 pm, Baptism: Child of Robert & Marika Lyons	Sat., Oct. 5th	1:00pm, Wedding of George Politidis & Nicole Diberardino
	3:00pm, Baptism: Child of Maria & Andrew Sinesi		3:00pm, Wedding of Anesti Sousouris & Kristen Poulimas
Sun., Sept. 8th	1:30pm, Wedding of Konstantinos Kapatos & Eleni Rodopoulos Kaufman	Sun., Oct. 6th	1:30pm, Wedding of Jeffrey Izzo & Caterina Anastasio
	4:15pm, Baptism: Child of Steve & Eleni Vouvakis	Sat., Oct 12th	11:00am, Baptism: Child of Christos & Lilena Adrahtas
Sat., Sept. 21st	2:15pm, Baptism: Child of Matthew & Anastasia Smith	Sun., Oct. 13th	2:30pm, Wedding of Christopher Cinelli & Calliope Iakovou
Sun., Sept. 22nd	1:00pm, Baptism: Child of Matthaïos & Eleni Farmakis	Sun., Oct. 20th	3:30pm, Wedding of Atys Papageorge & Katharine Gurnelos
Sat., Sept. 28th	11:00am, Baptism: Child of Paul & Caitlin Fradelakis	Sat., Oct. 26th	11:30am, Baptism: Child of Anna & Athanasios Psyllakis
		Sun., Oct. 27th	1:00pm, Wedding of Elias Diakantonos & Georgia Fiorentinos

FESTIVAL FABULOUS FINDS

Donations (CLEAN & in working order) can be left in the Youth Choir room, until September 18th on weekdays from 10am - 3pm and on Sundays after Liturgy. NO books, silver, electronics, clothing, furniture or broken items. Tissue/packing paper and bubble wrap are also needed.

GENERAL ASSEMBLY

The next General Assembly will take place on Sunday, October 20th
All stewards are encouraged to attend!

GOYA ANNUAL PANCAKE BREAKFAST

Sunday, October 27th, after the Divine Liturgy
Proceeds to benefit charitable/philanthropic causes.
All are welcome!

ARCHBISHOP ELPIDOPHOROS

Archbishop Elpidophoros was enthroned on Saturday, June 22nd at Holy Trinity Archdiocesan Cathedral. Fr. John & Fr. Joshua participated in this momentous ecclesiastical event. It was an honor for executive board members of the Archangel Michael Church Parish Council to serve as ushers and for our altar boys to serve as well. A number of our parishioners were among the many who lined the streets in Manhattan awaiting the arrival of the Archbishop.



On Sunday, July 21st, we welcomed His Eminence Archbishop Elpidophoros to the Archangel Michael Church where he celebrated the Divine Liturgy. Members of the Federation of Cypriot American Organizations together with a number of dignitaries invited His Eminence to memorialize the 45th Anniversary of the occupation of Cyprus. Following the Liturgy, our guests joined Archangel Michael parishioners for a special luncheon/coffee hour hosted by the Ladies Philoptochos and by Cypriots of our community. A moving video presentation and brief remarks were presented not only to remind us of this horrific event but also to educate us about the ongoing plight of those in occupied Cyprus.



PLEASE JOIN US FOR BIBLE STUDY and BOOK CLUB
Tuesday evening sessions, 7:30 pm, beginning
October 1st & Wednesday morning sessions,
11:30am, beginning October 2nd

BIBLE STUDY (1st Book of Corinthians)
meets on the 1st & 2nd weeks of the month

BOOK CLUB (St Nektarios, Saint of the Century)
meets on the 3rd & 4th weeks of the month

WELCOME BACK SUNDAY- SEPTEMBER 8th

Please join our organization leaders
immediately following the Divine Liturgy
to learn more about and register for all of the
activities, ministries, and groups within
our community.

Come and get involved! Be sure to attend!

SAINT ELPIDOPHOROS

Who was St. Elpidophoros?

The Church commemorates the Martyrs Acindynus, Pegasus, Aphthonius, Elpidophoros, Anempodistus, and 7,000 with them, of Persia on November 2.



St. Acindynus suffered martyrdom in Persia along with Saints Pegasus, Aphthonius, Elpidophoros, Anempodistus, and 7,000 other Christians at the time of King Sapor II (310-381). These saints were Sapor's courtiers, and were secret Christians. When the king began his persecution against Christians, envious pagans denounced them to him. Summoned to Sapor's presence for trial, the holy martyrs fearlessly confessed their faith in the Holy Trinity. The king ordered them to be beaten with whips.

Sapor told the people that Saints Acindynus, Pegasus, Anempodistus and Elpidophoros would have their heads cut off, and that he would not permit the Christians to bury their bodies.

A tremendous crowd accompanied these saints as they were led outside the city walls for execution, glorifying Christ. On Sapor's orders, soldiers massacred all the Christians in the procession (about 7,000), including Saint Elpidophoros.

Acindynus, Pegasus, and Anempodistus were burned on the following day with the mother of the emperor. Christians came secretly by night to the place of execution, found the bodies of the holy martyrs unharmed by the fire, and they buried them with reverence.

PHILOPTOCHOS



Mother's Day Tea Party

On Saturday May 11th, Philoptochos held their 1st Annual Membership High Tea Party. All who attended wore their favorite headpiece & millinery worthy of the Royal Family. Tea, finger sandwiches and many delicious sweets were enjoyed by all.



Saint Mary's Church Welcomes the Philoptochos Society

On Thursday, May 16th, Father Robert A. Romeo and the Church of Saint Mary's Rosary Society welcomed the Archangel Michael Philoptochos to their parish in a special prayer service. Fr. Robert A Romeo, Fr. John Lardas, Fr. Jiha and Fr. Jude all participated in a prayer service with the members of the Rosary Society and the Philoptochos Society. Fr. John presented gifts of oil, wine, artoclasia and a Byzantine book. After the prayer service we all enjoyed a luncheon together in the Marian Room.



AMC Cooking Club

Many thanks to Constantina Chrisopoulou Malliari and Argyro (Angie) Dallas for their awesome culinary expertise on the last Cooking Club session before summer break. They taught the class how to make galaktoboureko, bourekakia and bougatsa. Important tricks of the trade were shared as well as wonderful insights during their demonstration!



Philoptochos End of Year Dinner

On June 3, Philoptochos held its Annual End of Year Dinner at the Manhasset Bay Yacht Club where we honored our outgoing board members: Jasmine Baktidy, Magda Gerazounis, and Eleni Sfiroudis. Constantina Malliaris was also recognized for her continuous support and commitment in all aspects of our Archangel Michael community. Lastly, Chris Ioannou, our outgoing President, was recognized for her outstanding leadership and dedication to the Philoptochos. She was an exceptional President who was devoted to carrying out the philanthropic missions of our chapter. Chris will continue her charitable service with our chapter and serve as a board advisor. We extend our heartfelt appreciation to all the outgoing Philoptochos members and to all those that will continue on the Board!



Board Elections

Part of the mission of the Philoptochos Society is to help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, to undertake the burial of impoverished persons and to offer assistance to anyone who may need the help of the Church through

fundraising efforts. The charitable work of the Society shall be performed with discretion, courtesy and kindness. The newly elected Executive Board is ready to work hard to carry out this very noble mission. The members of the 2019-2021 Executive Board are:

PRESIDENT

Diana Gardianos

FIRST VICE PRESIDENT

Eleni Germanakos

SECOND VICE PRESIDENT

Bessie Ziozis

RECORDING SECRETARY

Michele Lascarides

CORRESPONDING SECRETARY

Demetra Psyllos

TREASURER

Lisa Glavas

ASSISTANT TREASURER

Irene Rallis

ADVISOR TO THE BOARD

Past President Chris Ioannou

The members of the Board of Directors are Chris Arlis, Debbie Dakis, Maria Dedousis, Fiffy Eliades, Marina Katsoulis, Georgia Mouzakitiss, Eleni Raptis, Mary Sole, Pam Sommo, Fran Sotiriou, Presvytera Paula Strouzas, Chris-Marie Tzavelis and Marina Vlahos. Congratulations to all!

Blessings in a Backpack

The Philoptochos will continue the "Blessings in a Backpack" outreach, which is a national nonprofit organization that provides food on the weekends for students who might otherwise go hungry. Periodically, after Liturgy, all are invited to pick up a backpack in the narthex or foyer, purchase the items listed on the outside of the backpack, and return it, filled with those items, to church by the following Thursday. Backpacks will be delivered to families in need in our local community. Please look for announcements of collection dates each month or contact Xenia at 917-327-7579 or xeniatt99@yahoo.com. Thank you for your support!

Philoptochos Feed the Hungry

Our Philoptochos chapter is continuing our Feed the Hungry campaign through Help Feeding America. Your generous gift will help us share meals with Americans struggling with hunger through a nationwide network of member food banks and engage our country in the fight to end hunger. If you would like to participate please visit: http://help.feedingamerica.org/site/TR?px=4475896&fr_id=1391&pg=personal

Upcoming Events

Meetings: Monday, September 9th and Monday October 7th, all are welcome to join us.

Also, continuing this fall we will have more deliciousness at our monthly cooking club and the fun continues at Greek Zumba.

Lastly, the Loukoumada Mamas will be working hard and preparing for our annual Greek Festival on the Harbor! Please come join us and volunteer for these exciting upcoming events!

ST. JOHN CHRYSOSTOM NATIONAL ORATORICAL FESTIVAL

The weekend of June 8th, our Archangel Michael Church hosted the 2019 St. John Chrysostom National Oratorical Festival. It was a wonderful experience for our community, and we were honored to have hosted these extraordinary young adults. There were nine Metropolises represented from around the country, with one junior and one senior participant in each division, for a total of eighteen participants, and their families. The weekend began on Friday night with a spectacular dinner. We wanted the participants to experience a little of New York, so with the help from our GOYA, we transformed the Fellowship Hall to feel like we were in Manhattan. We had decorated the room with city sky-

scrapers, Statue of Liberty, Empire State building, etc., and to top it off we had food stations, Little Italy (Italian food), China Town (Chinese food), kosher, soups, etc. We would like to again thank Georgia Katsoulis for her help decorating.

We started Saturday morning with a buffet breakfast sponsored by our Philoptochos. The presentation of the speeches began at 9:30am. What a rewarding experience for everyone who came and heard these wonderful participants give their speeches in our beautiful Sanctuary. The Awards Luncheon followed with Nick Gregory serving as Master of Ceremonies. Then we boarded the

bus to Manhattan! Our first stop was at Ground Zero and St. Nicholas Church, then back onto the bus for dinner at BH Burger, and a Broadway Show - Phantom



On Sunday, the participants and their families attended the Divine Liturgy celebrated by His Grace Bishop Apostolos. How fortunate that all of the participants could join our entire community to enjoy our End of the Year BBQ following Liturgy!

We would like to thank His Grace Bishop Antonios, His Grace Bishop Apostolos and the National Committee, Father Anton Vrame, Katherine Orfanakos Demacopoulos and Angeliki Constantine for their guidance and direction.

Thank you to everyone who helped and supported this wonderful and unforgettable weekend, especially our amazing Host Committee: Father John Lardas, Co-Chairperson Anna Vrettos, Gus Rogdakis, Maria Brontzas Dimopoulos, Vickie Geleris, Katina Brontzas Kostaridis, Maria Limperopoulos, Valerie Papain, Demetra (Demi) Psyllos, Eleni Raptis, Toulia Reynolds. We would also like to extend a very special thank you to our entire Archangel Michael Community, whose generosity and hospitality helped make the weekend such a success, and especially to Georgia Katsoulis, the Archangel Michael Ladies' Philoptochos, Isabella Koumpourlis, Aphrodite Dimopoulos, Argy Chafouleas, Eleni Germanakos, Neil Ioannou, Jim Lolis, Nick Scandalios, and Constantina Chrisopoulou Malliari. Also, a heartfelt 'thank you' to all of the sponsors who supported the Presvytera Margaret Orfanakos Scholarship Fund.



The families were so very appreciative of the warm welcome they received here. They will never forget the Archangel Michael Church in Port Washington for making their 2019 National Oratorical Festival an experience to remember!

In His Service, Sara Savva, Co-Chairperson

SUNDAY SCHOOL

We hope that all of our Sunday School students and their families had a wonderful and relaxing summer! We welcome everyone back for the 2019/2020 Sunday School year and look forward to working with your children to explore our beautiful Greek Orthodox faith. It seems like yesterday we were just celebrating the Moving Up ceremony in June where we recognized students for best attendance, distributed Moving Up certificates and Sunday School pins, and honored those who participated in the Oratorical Festival.



Our dedicated team of volunteer teachers spends a tremendous amount of time preparing age-appropriate lessons and activities to engage your children, including:

- services in our Chapel;
- dialogue with our Priests;
- preparation for the Oratorical Festival; and
- support of community-wide philanthropic projects.



Our first day of Sunday School and registration is Sunday, September 8th. ***Please note that everyone who has registered for JOY/HOPE and GOYA is automatically registered for Sunday school.***

We are excited to work with your children and we hope that this year will be our best year yet!

GREEK SCHOOL

As we begin the new Ecclesiastical year, we would like to reflect on the 2018-19 moving up and graduation ceremonies. The students delighted family and friends with their amazing performances; their songs, plays, speeches, and poems will be remembered by all in attendance.



The new Greek School Board, comprised of Dr. Vicky Giouroukakis (President), Mrs. Matina Stergiopoulos (Vice President), Mrs. Dina Petrakis (Registrar/Treasurer), and Mrs. Markela Maliagros (Secretary), would

like to extend a warm welcome to all of our returning and new Greek School families!

The Greek Language Institute remains a thriving component of the Archangel Michael community. Attending our school is a special opportunity for our youth to study the Greek language and experience all that is unique to our Hellenic heritage and our Orthodox faith.

We are so excited to begin our first year of single-day sessions (Wednesdays and Fridays) and to continue growing our two-day sessions (Tuesday/Thursday). Students build bonds with classmates that are sure to last a lifetime! Following the Agiasmo service on September 17th, the students will officially begin their studies. We look forward to our classrooms bustling with students and to beautiful back to school projects that will soon adorn our classroom and exterior bulletin boards. This school year promises to be one that will promote our children's Greek speaking, reading, and writing proficiency and further strengthen familiarity with all that surrounds our rich Hellenic culture.

As we reflect upon the strides made towards further improving our flourishing Greek School program, we would be remiss if we did not acknowledge the years of dedication and service put forth by former Greek School President, Mrs. Helen Bapis, and former Registrar, Mrs. Mariann Matarangas. They grew the program from its infancy and helped make it into the rigorous yet fun program it is today. We would also like to thank Father John and Father Joshua, the principal Mrs. Capous, the teachers, and the PTA for serving as true partners in the success of this program. Team work makes the dream work!

Registration is ongoing: please note that a \$75 late fee will be issued to any previously enrolled student. For further information please contact registrar, Mrs. Dina Petrakis at gli@archangelmichaelchurch.org. For uniforms, please contact the Greek school office at 516-944-3183.

Class times are as follows:

- Pre-K through 6th grade:
T/TH:
- First session, 4:00-5:30pm
- Second session, 5:45-7:15pm
- W: 4:15-7:15
- F: 4:15-7:15

Byzantine Youth Choir

Enrich your child's life and come experience being a part of Archangel Michael's YOUTH CHOIR! While serving your church as a participant in the Divine Liturgy, you will forever bond with your faith.

The Youth Choir sings the Divine Liturgy on the first and third Sunday of every month and will commence on September 15th. Rehearsals are conducted on Wednesday evenings from 7:30 to 8:30 PM and after the liturgy on selected Sundays.



In addition to learning magnificent hymns, an exciting year filled with valuable trips and activities has been planned, including:

- Visits to St. Michael's Home; Hellenos House, a residence for physically and mentally challenged individuals; and Holy Protection Monastery in White Haven, PA
- Meetings with youth from other churches across the Archdiocesan District at Church Musicians Workshops and the Direct Archdiocesan District Annual Conference Liturgy
- Trip to a Broadway Theatre production
- Fundraisers, including October Pumpkin Decorating and Mother's Day Plant sale...

We hope you will JOIN US! We welcome both boys and girls ages 13 to 18 for the teen ensemble and boys and girls ages 8 to 12 for the youth ensemble. The Registration & the Welcome to Choir Social will take place in the church music room on Wednesday September 18th at 7:30 PM.

GOYA

Welcome back! We hope that everyone had a wonderful summer!

Our final GOYA activity for spring 2019 was our trip to Philadelphia. We enjoyed the sites and foods of the city, took in a baseball game and danced and laughed at the Hype Game Show. Everyone had a blast!!! We also had the opportunity to celebrate Sunday Divine Liturgy with St. Thomas Church of Cherry Hill, NJ.



The 2019 - 2020 GOYA year will begin on Friday, September 6th at 7:30pm with our Welcome Back, Registration, Fellowship & Ice Cream Social in the Fellowship Hall and Gym. If you are interested in joining GOYA this year and/or one of our athletic teams (basketball, volleyball), your attendance is required. That evening a Calendar of Events will be distributed, along with sign-up opportunities to volunteer for our fundraisers, charitable events, and our Festival. We invite everyone to be in our annual GOYA photo!

Participation in GOYA ministry provides our young people with opportunities to grow with their peers and church family in worship, community service projects, and in learning about and living their Holy Orthodox Faith in their life's journey toward salvation!

You will also have the opportunity to meet the new Board that evening. It is our great pleasure to announce the 2019 - 2020 GOYA Board.



EXECUTIVE BOARD

Co-Presidents: Billy Apostolou, Kemon Lardas, Peter Petrakis

Co-Vice Presidents: Liana Drenis, Isabella Koumpourlis, Mirianthi Tsismenakis

Co-Secretaries/Treasurer: Demetri Kaparos, Marie Lolis

Board Members: Victoria Sideris, Penelope Pavlounis, Spyro Drenis, Erica Kitsantas

Looking forward to seeing everyone on Friday, September 6th!!! If you have any questions, please email goya@archangelmichaelchurch.org.

And be sure to join us for our annual fundraising event, the delicious GOYA Pancake Breakfast on Sunday, October 27th.

Greek Dance Troupe

Welcome back to another year of Greek Dance at the Archangel Michael Church! The Dance Troupe delighted AMC parishioners, families and friends with their final performance of 2018-2019 at the End-of-Year Fellowship BBQ!



Look for the Dance Troupe next at their upcoming performances at the 2019 Greek Festival on the Harbor!

The Greek Dance Troupe was established in 1999 under the direction of Roula Zogopoulos. Our Troupe's intention is to offer children an opportunity to come together and continue our Hellenic traditions. Mrs. Zogopoulos creates a safe atmosphere in which our young people are inspired, exploring and learning about their Hellenic heritage through our rich dancing and musical traditions. Children who join our Dance Troupe possess a high level of commitment and drive. The Troupe has now grown to over 70 dancers in three age groups! In January, our GOYA group came in First Place Overall at the Archdiocesan Parathosi Dance competition.

The Troupe meets on Saturday mornings throughout the school year and welcomes children from Kinder-

garten through 12th Grade. Class times are as follows:
HOPE Group (Grades K-3) 9:30-10:30
JOY Group (Grades 4-6) 10:30-11:30
GOYA Group (Grades 7 & Up) 11:30-12:30

We proudly perform at various church functions as well as at other performance venues throughout the year. For more information please contact: greekdance@archangelmichaelchurch.org

AMC ATHLETICS

A wonderful time was had by all who attended the Archdiocesan Olympics at Suffolk Community College over the Memorial Day weekend. Congratulations to all AMC JOY and GOYA participants who exhibited a spirit of good sportsmanship, fellowship and a healthy dose of competition!

Special thanks to:

Behind the scenes help: Chrissa Harris

Advisor for GOYA and JOY: Mariann Matarangas and Demetra Tsismenakis

Coaches: Michael Bapis, Demetra Tsismenakis, Dennis Matarangas, Mariann Matarangas, John Giouroukakis, Michael Cavounis, Filanthe Efstathiadis, Demetri Frangiskatos, Peter Tsekouras, Peter Pavlounis, Spiro Maliagros, Eleni Sideris

GOYA Medal Recipients

Free Throws

Gold: Ariana Matarangas

Silver: Emanuel Dritsas

3 on 3 Basketball Coach:

 Dennis Matarangas

Silver: Kemon Lardas, Jason Tagios, Demetri Kaparos, Emanuel Dritsas, Ariana Matarangas, Maria Bapis

50m Swim- Individual

Silver: Junior Girls: Alexandra Maliagros;
Junior Boys: Niko Gargas

100m Swim - Individual

Silver: Junior Girls: Alexandra Maliagros,

Junior Boys: Emanuel Dritsas

Bronze: Niko Gargas

100m Swim Relay

Gold: Niko Gargas, Emanuel Dritsas, Stamati Gargas + 1 from Greenlawn

Bronze: Emily Theodosopoulos, Alexandra Maliagros, Maria Bapis, Efthymia Kaparos

Backgammon

Gold: Ariana Matarangas

400m Individual Race

Bronze: Alexandra Maliagros

4x200 Relay

Silver: Efthymia Kaparos, Maria Bapis, Barbara Tahliambouris, Alexandra Maliagros

JOY Medal Recipients

4x25 Swim Relay

Bronze: 9-10: Kristina Theodosopoulos, Nicole Maliagros, Alexandra Gargas, Aurora(SP)

Bronze: 11-12: Anna Giouroukakis, Georgia Bapis, Kristina Theodosopoulos, Nicole Maliagros

Free Throws

Bronze: Spyro Matarangas

Silver: Emily Tsiforas

Long Jump - Individual

Gold: Nicolette Pavlounis

Silver: Girls 7-8: Anastasia Frangiskatos;

Boys 9-10: Michael Tagios;

Boys 11-12: Stephen Tsimisiris

Bronze: Stamati Sideridis

3 on 3 Basketball Coaches: Peter Pavlounis, Demetri Frangiskatos

Gold: Stamati Sideridis, Michael Tagios, Yianni Doulis, Nicolette Pavlounis, Alexandra Frangiskatos, Sophia Sideridis

Softball Throw - Individual

Gold: Boys 9-10: Michael Tagios

Silver: Boys 9-10: Stamati Sideridis;

Girls 11-12: Nicoletta Tsiamis

Bronze: Girls 9-10: Sophia Sideridis;

Girls 11-12: Anastasia Theodoropoulos

Table Tennis

Silver: Stamati Stefanakis

Backgammon

Silver: Kristina Theodosopoulos

Chess

Silver: Leo Maliagros

50m Race - Individual

Gold: Girls 7-8: Anastasia Frangiskatos;

Girls 11-12: Nicoletta Tsiamis

Bronze: Boys 9-10: Michael Tagios;

Boys 11-12: Emanuel Giouroukakis

4x50 Relay

Gold: Angelina Durante, Vasilina Tzoumas, Erini Koutsothanasis, Anastasia Frangiskatos

Gold: Anastasia Frangiskatos, Angelina Durante, + 2 girls Southampton in 9-10 age group

Silver: Georgia Bapis, Emily Tsiforas, Nicoletta Tsiamis, Sophia Efstathiadis

Silver: Steven Theodoropoulos, Stephen Tsimisiris, Christos Sideris, Emanuel Giouroukakis

Silver: Yianni Doulis, Stamati Sideridis, Michael Tagios, Stellios (Merrick)

4x100 Relay

Gold: Emanuel Giouroukakis, Steven Theodoropoulos, Luke Cavounis, James Tsekouras

Silver: Anastasia Frangiskatos, Erini Koutsothanasis, Vasilia Tzoumas, Despina Tzoumas

Silver: Diane Durante, Nicole Maliagros, Nicolette Pavlounis, Christiana Tsekouras

Silver: Stamati Sideridis, Michael Tagios, Yianni Doulis, Stellios (Merrick)

Bronze: Emily Tsiforas, Georgia Bapis, Sophia Efstathiadis, Anna Giouroukakis

Bronze: Paul Giouroukakis, Leo Maliagros, Yianni Sideris, Constantine Vases

Kickball Boys 10-12 Coaches: Michael Cavounis, Peter Tsekouras

Gold: Emanuel Giouroukakis, Spyro Matarangas, Christos Sideris, Steven Theodoropoulos, Stephen Tsimisiris, Luke Cavounis, James Tsekouras, Yianni Doulis, Alex Mallios, Stamati Sideridis, Michael Tagios

Kickball CoEd 7-9 Coaches: Spiro Maliagros, Demetri Frangiskatos, John Giouroukakis

Silver: Daphne Mallios, Vasilia Tzoumas, Despina Tzoumas, Anastasia Frangiskatos, Erini Koutsothanasis, Angelina Durante, Sophia Sideridis, Constantine Vases, Demetra Koutsothanasis, Leo Maliagros, Paul Giouroukakis, Yianni Sideris

Soccer Boys 7-9 Coaches: John Giouroukakis, Spiros Maliagros,

Silver: Paul Giouroukakis, Leo Maliagros, Yianni Sideris, Constantine Vases, 3 boys from Port Jefferson, 5 boys from New Rochelle

Soccer Girls 7-9 Coach: Demetri Frangiskatos

Gold: Erini Koutsothanasis, Angelina Durante, Anastasia Frangiskatos, Daphne Mallios, Sophia Sideridis, Demetra Koutsothanasis, Vasilia Tzoumas, Despina Tzoumas

Soccer Girls 10-12 Coaches: Michael Bapis, Spiros Maliagros

Gold: Nicoletta Tsiamis, Georgia Bapis, Anna Giouroukakis, Sophia Efstathiadis, Chrisi Ladopoulos, Alexandra Frangiskatos, Diane Durante, Nicole Maliagros, Nicolette Pavlounis, Anastasia Theodoropoulos





FESTIVAL RIDES

HOPE/JOY and PreSchool are again pre-selling ½ price ticket sheets for the rides at the Festival. Each sheet has 44 tickets and will be sold for \$25

Ticket sheets will be sold:

Sundays, Sept. 8th and 15th following the Divine Liturgy
and beginning Sept. 17th during Preschool hours
(9-2 by the preschool office)
Also, at Greek school beginning on Tuesday,
September 17th from 5-7pm.

EAGLE SCOUT PROJECT

By Teddy Koutsoftas

After years of building our new church, there were certain aspects, such as landscaping, that were put on hold due to time and budget constraints. One of these projects was the area around the church's main sign, which was overgrown with grass and not well maintained. This site is very important because of its visibility to all traffic going up and down Fairway Drive. So for my Eagle project I, along with Father John and the Parish Council, wanted to focus on that area. Through months of landscape design and research, we beautified and brought back to life approximately 600 square feet around the main Archangel Michael Greek Orthodox Church sign. We integrated our design with the church's architecture and existing landscaping by planting a row of boxwood bushes and a bump-out perennial garden.



Thank you to the Archangel Michael Church and our community for giving me the opportunity to do my Eagle Scout Project at our church. Thank you to the volunteers and Troop 201 for coming out and working hard to make it happen. Thank you also to everyone who helped with the fundraising for this project. Everyone's contributions, both physical and monetary, were greatly appreciated.

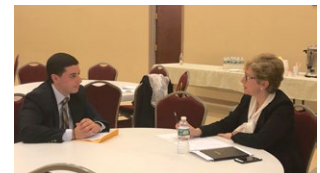


I want to especially thank Father John, Father Joshua, Peter Stavrinos, Chris Neocleous, Kevin, Felix Cutrone from Hicks Nursery, Nelson the church landscaper, and the Parish Council for all of their support, time and encouragement throughout this project.

AMC LION EVENTS

AMC LION (Long Island Orthodox Networking) is a networking group whose goal is to coach, support, motivate and give direction to high school, college, and young professionals of the community in their future career paths.

On Tuesday, May 21st, the AMC LION held its first Interview Skills Workshop event. The evening began with Father Joshua offering the opening prayer and warm welcome. Ekaterina Ferentinos, Spiro Maliagros and Michael Psyllos presented valuable advice to all participants on what to expect and how to prepare for the interview process and what is looked for in potential candidates. The presentations were followed by one on one mock interviews where all participants had the opportunity to sit and interview with Spiro and Ekaterina. The event was very successful and we look forward to making this workshop an annual event.



On Tuesday, June 11th, the AMC LION hosted the 3rd annual Connecting Graduates to the Church event. Over 25 high school and college graduates participated along with their family members. Father John and Father Joshua offered the opening prayer followed by a warm welcome by Parish Council President, Michael Bapis. James Gabriel and Dr. Annamaria (Iakovou) Gabriel gave presentations and offered helpful advice and guidance to all the graduates. The speakers met as GOYAns at the Archangel Michael Church and have lived their lives centered around the Greek Orthodox Community. The evening continued with a gift presentation by Andreas Tsalikis on behalf of the Parish Council and Father John. A gift of a diptych of Jesus and the Virgin Mary, along with a prayer book was given to the high school graduates. A καντήλι was presented to the college graduates, as a symbol to be a light in the world. AMC LION would like to thank all the graduates and family members who attended, the speakers for their helpful advice and all those who helped to put the event together.



Congratulations 2019 Graduates!

High School Graduates

Nikolas Affronti	Herricks High School, University of New Haven
Alexandra Caldwell	North Shore High School, Quinnipiac-Physical Therapy
Max Dipreta	Paul D. Schreiber High School, Virginia Tech
Isidoros Doulis	Herricks High School, LIU—CW Post
Annamaria Fazio	Friends Academy, Loyola University-Maryland
Stelio Katopodi	Manhasset High School, Villanova University-The School of Business
Athena Kyriannis	Manhasset High School, Nassau Community College
Constantine Lascarides	Herricks High School, St. John's University
Irene Lountzis	The Wheatley School, St. John's University
Vasilios Malliaris	Benjamin Cardozo High School
Mary Nikakis	Manhasset High School, Villanova University
Styliani Rallis	Herricks High School, New York Institute of Technology
Marika Reynolds	Herricks High School, Pennsylvania State University
Angela Signorile	The Wheatley School, St. John's University
Joanna Signorile	The Wheatley School, Binghamton University
John Tagios	St. Francis Preparatory High School, Fordham University
Nicholas Tagios	The Wheatley School, LIU—CW Post
Christopher Themelis	Manhasset High School, Fordham University
Theologos Tiliakos	Manhasset High School, University of Georgia-Terry School of Business
Alexandra Tsalikis	Manhasset High School, Cornell University
Leonidas Tsartsalis	Manhasset High School, Hofstra University-Frank G. Zarb School of Business
Alexia Tsouros	St. Dominic High School, Fashion Institute of Technology

College Graduates

Peter Karras	Quinnipiac University
Constantine Kokis	University of Delaware
Demetrios Kyriannis	Villanova University-School of Engineering
Peter Tagios	Syracuse University
Alexa Vasilakos	Wheaton College
John Ziozis	Boston College-Carroll School of Management

HEALTH AND WELLNESS

How Healthy Are These Healthy Foods?

By Stefani Sassos

Walk down the aisle of any grocery store and you'll be bombarded with health claims. "All natural, guilt-free, sugar-free, fat-free..." The list goes on and on! Food companies have become very skilled at marketing not-so-healthy products to today's consumers. Oftentimes, packaging and phrases can trick us into thinking we are eating a nutritious food. Unfortunately, many of these "healthy" snacks aren't all they are hyped up to be. Most people don't read the ingredients list before purchasing a food item, and food manufacturers have strategic methods to disguise hidden ingredients in their products. Here are a few terms to be wary of and that should prompt you to investigate the food label!

All-Natural

When it comes to food labels, the word "natural" is not regulated. Food manufacturers are allowed to use this word freely, making it meaningless. The FDA does not define the word, and the USDA has a vague definition that involves minimal processing for meats and dairy. Instead of relying on packaging claims, read food labels and choose products with ingredients that you can actually pronounce. Always try to go with the fewest number of ingredients because real food is simple!

Made With Real Fruit

The "real fruit" in these food products is typically composed of fruit juices or purees that are very processed and concentrated. Nutrients are lost when processing this fruit, and the sugar content can go through the roof! Plus, these items are oftentimes pumped with added cane sugar and sometimes even artificial sweeteners, which can be worse! Stick to an actual real piece of fruit, and avoid fruit-flavored candies and snacks.

Fat-Free

The term "fat-free" can be very deceiving. Have you ever taken a look at the ingredients list on a fat-free product? The list is usually extremely lengthy and likely contains ingredients that you can't even pronounce! If a product is fat-free, food companies will typically compensate for taste with added sugar and highly processed ingredients. Although there may be less fat in the product, the additional ingredients aren't necessarily better for you. Your best bet is to avoid any fat free or low fat

products, and stick to whole, natural foods. A healthy diet incorporates dietary fats because they are essential in providing the body with energy and supporting cell growth. Fat also absorbs some nutrients and helps produce hormones that are crucial to body function. Don't be afraid of fat; eat healthy fats, such as olive oil and avocado, in moderation with a balanced diet.

Trans-Fat Free

Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels. Eating trans fats increases your risk of developing heart disease and stroke. Food manufacturers are legally allowed to say that a product is free of trans fat if it has less than .5 grams of trans fat per serving. Even a small amount of trans fat is dangerous to our health. Plus, serving sizes can be deceiving on many food labels. If you end up eating more than one serving of that particular snack, you may be consuming a few grams of trans fat. How do you know if a food contains trans fat or not? Read the ingredients list and be on the lookout for the partially hydrogenated oil- this is code for trans fat. Put that product down and try to find a healthier option!

Stefani Sassos, MS, RDN, CSO, CDN, CPT, is a Clinical Dietitian and Certified Personal Trainer. She also provides private nutrition counseling at her office in Great Neck, NY. Visit her website www.StefHealthTips.com for more information or call 516-216-9909 to schedule an appointment.

ANNUAL 5K WALK/RUN

Our annual AMC/Tom Zangas Memorial Lung Cancer Foundation 5K & 1K Walk/Run will take place on Saturday, October 26th at North Hempstead Bar Beach.

The event includes a walk for families with young children. Also we are encouraging participants to bring their pet dogs for a healthy and brisk walk! Medals will be awarded to winners of the various age categories and to all children under the age of 13. Event shirts will be given to all participants and refreshments and healthy snacks will be provided. Your photo finish and time will be texted or emailed to your phone as you cross the finish line.

You may register online through the church's website, www.archangelmichaelchurch.org or at the church office. Registration is \$35.00 per person, free for children 12 years or younger. Please contact Peter Takvorian for sponsorships at petrostak@hotmail.com

Please come and join us for this wonderful family event!

GOLF OUTING

On June 6th, The Archangel Michael Church held its 26th Annual Golf Outing, "The Watsonian", at Plandome Country Club.

This year, 124 golfers participated and enjoyed a great day of golf and fellowship. We had over 175 attendees at the Awards Dinner and Cocktail Reception, including our golfers, dinner guests, and many generous sponsors, parishioners and friends of the Archangel Michael Church.

The recipients of the "In Memoriam Spirit Awards" were also recognized. This award was started eight years ago in memory of Carl Watson, Gus Keen, Perry Alexiou, Steve Drametinos, Andy Cyprus and Stanley Neamonitis, all of whom were very loyal participants and supporters of the golf outing from its inception over 25 years ago. These annual awards recognize participants, supporters and friends of the Archangel Michael Church and the Watsonian.

The "In Memoriam Spirit Awards" were presented to James Sfiroudis, George Kaparos, Michael Cavounis and Michael Psyllos recognizing their many years of service to the Archangel Michael Church and support of the Watsonian.



Each year we also recognize some of our loyal sponsors. This year's honorees were Catherine Papagiannakis, George Limperopoulos, Spiros Maliagros and Paul Governale.



The net proceeds for this year's event were over \$55,000. These funds will be used for the continued general operations of the Church.

THANK YOU to all of our loyal sponsors, supporters and participants.

Save the date!! Next year, "The Watsonian" will mark 27 years of this very important fundraising event for our Church. *Please join us on June 5, 2020 at Plandome Country Club. See you next year!*

PROPER CHURCH ETIQUETTE

Probably the most important duty that we each have as worshipers attending Church Services is to do all that is in our power to see that a proper ambiance and atmosphere is maintained so that the entire congregation is able to pray sincerely, peacefully and meaningfully.

It is with this fact in mind that we set forth the following guidelines.

Upon entering the Church, at all times, but especially during Services, an individual should remember that he or she is in the House of God. Reverence and good manners are required so as not to disturb those who are already engaged in prayer, but even more important, as an expression of sincere faith and awareness of the presence of the Lord. No irrelevant conversations should take place, either in the Narthex or in any other part of the Church.

There are various parts of the Service during which no one should be moving about. Wherever a person happens to be at these moments, he or she should stop and stand reverently, until the proper time to proceed. These parts of the Service are:

- 1) During the Procession of the Priest and the Altar Boys with the Holy Gospel.
- 2) During the reading of the EPISTLE and the GOSPEL.
- 3) During the Cherubic Hymn & Procession of the Priest & Altar Boys with the Holy Gifts.
- 4) During the reciting of the CREED (in which the whole Congregation should participate)
- 5) During the Lord's Prayer (in which the whole Congregation should participate)
- 6) During the "Se Ymnoumen" and the prayers of the Consecration of the Holy Gifts.
- 7) During the Sermon.
- 8) During the Dismissal Prayer.
- 9) During any Special Services (Memorial Services, Processions, Prayers)

One basic rule to follow is that whenever the Priest is outside of the Altar either with the Censer or giving the Blessing, everyone should stand wherever they are.

According to actual Church Service procedures, each and every member of the Congregation is required to be seated in the pews at the beginning of the Service. It is only by leniency that anyone is allowed to enter the Church once the Services have begun. Thus it behooves us not to take undue advantage of this leniency.

Please remember that Parish Council members are required to see to the order during Services, and everyone should follow their directions at all times.

Please remember to turn off cell phones upon entering the Church.



THE ARCHANGEL MICHAEL CHURCH
26th Annual Carl Watson Memorial Golf Outing *The Watsonian*
June 6, 2019

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+In Memory of Carl Watson, Gus Keen, Perry Alexiou, James Nacos,
 Steve Drametenos, Andy Cyprus, & Stanley Neamonitis+

AMC LITTLE ANGELS

The Little Angels of Archangel Michael Church is a group for children ages 0-3 years old as an age-appropriate introduction to religious education and fellowship. In addition to singing songs, open play time, crafts, and snack time, the group spends a portion of each meeting inside the church. Father Joshua leads the group in teaching the children how to do their cross, venerate the icons, sing hymns, etc. The group also has the opportunity to see important aspects of the Divine Liturgy up close, for example the Cross and the Chalice, encouraging them to be active participants of the Liturgy. It is also a wonderful opportunity for parents to share experiences and ideas.

The group meets the first and third Fridays of every month from 10am to 11am.

For more information or to join the email distribution list, please email Presbytera Joanna at: presjoanna@yahoo.com

SAVE THE DATE
The Nameday Gala
of The Archangel Michael Church
Friday, November 8th at 8pm
Leonard's Palazzo of Great Neck

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ARCHANGEL MICHAEL GREEK ORTHODOX CHURCH

September Calendar 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 Orthros 8:15am Divine Liturgy 9:30am The New Ecclesiastical Year (Small Blessing of the Waters)	2 Labor Day: Office Closed	3	4	5	6 The Remembrance of the Miracle of the Archangel Michael Orthros 8:30a Divine Liturgy 9:30a GOYA Ice Cream Social & Registration	7
8 The Birth of the Theotokos Orthros 8:15am Divine Liturgy 9:30am Welcome Back Sunday Sunday School Begins	9 Philoptochos Mtg 7:30p	10 Preschool Begins	11 St. Theodora of Alexandria ** Orthros 8:30a Divine Liturgy 9:30a	12	13 Great Vespers of the Precious Cross (Holy Cross Whitestone or Bay Ridge) 7PM	14 Feast of the Holy Cross Orthros 8:30a Divine Liturgy 9:30a
15 Orthros 8:15am Divine Liturgy 9:30am	16	17 St. Sophia and Her Three Daughters ** Orthros 8:30a Divine Liturgy 9:30a Greek School Begins & Agiasmos	18 Youth Choir Welcome Party & Rehearsal 7:30p	19	20 Little Angels 10:30a	21 Challenge Divine Liturgy Orthros 9:30a Divine Liturgy 10:30a
22 Orthros 8:15am Divine Liturgy 9:30am	23 The Conception of St. John the Baptist ** Orthros 8:30a Divine Liturgy 9:30a	24	25	26 The Translation of St. John the Theologian ** Orthros 8:30a Divine Liturgy 9:30a	27 Festival on the Harbor	28
29 Orthros 8:15am Divine Liturgy 9:30am Festival on the Harbor	30					

** Indicates Chapel



ARCHANGEL MICHAEL GREEK ORTHODOX CHURCH

October Calendar 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Small Vespers 7:00 pm; Bible Study 7:30 pm	Paraklesis 10:00 am; Bible Study 11:00 am Youth Choir Rehearsal 7:30 pm	St. Dionysios the Aeropagite ** Orthros 8:30a Divine Liturgy 9:30a	Little Angels 10:30a	Dance Troupe Begins 9:30a (Hope), 10:30a (Joy), 11:30a (Goya)
6	7	8	9	10	11	12
Orthros 8:15a Divine Liturgy 9:30a	Philoptochos Mtg 7:30p	Small Vespers 7:00 pm, Bible Study 7:30 pm	Paraklesis 10:00 am, Bible Study 11:00 am			
13	14	15	16	17	18	19
Orthros 8:15a Divine Liturgy 9:30a	Columbus Day – Church Office & Preschool Closed	Small Vespers 7:00 pm; Book Club 7:30 pm	Paraklesis 10:00 am; Book Club 11:00 am Youth Choir Rehearsal 7:30p		St. Luke the Evangelist ** Orthros 8:30a Divine Liturgy 9:30a Little Angels 10:30a	Challenge Liturgy Orthros 9:30a Divine Liturgy 10:30a
20	21	22	23	24	25	26
Orthros 8:15a Divine Liturgy 9:30a General Assembly		Small Vespers 7:00 pm, 7:30 pm Book Club	Paraklesis 10:00 am; Book Club 11:00 am		Great Vespers of St. Demetrios (Merrick LI, Jamaica, Astoria) 7:00PM	St. Demetrios ** Orthros 8:30a Divine Liturgy 9:30a Annual 5K Walk/Run
27	28	29	30	31		
Feast of the Holy Protection Orthros 8:15a Divine Liturgy 9:30a GOYA Pancake Breakfast	Preschool Closed			Great Vespers of Cosmas and Damianos (Washington Hts, or St. Nicholas Chapel) 7:00PM		

* Indicates Chapel



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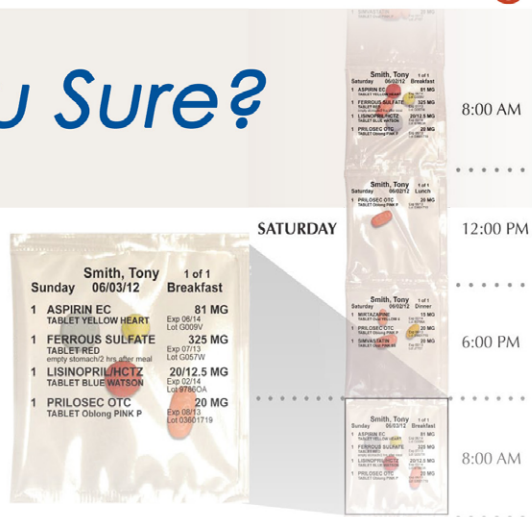
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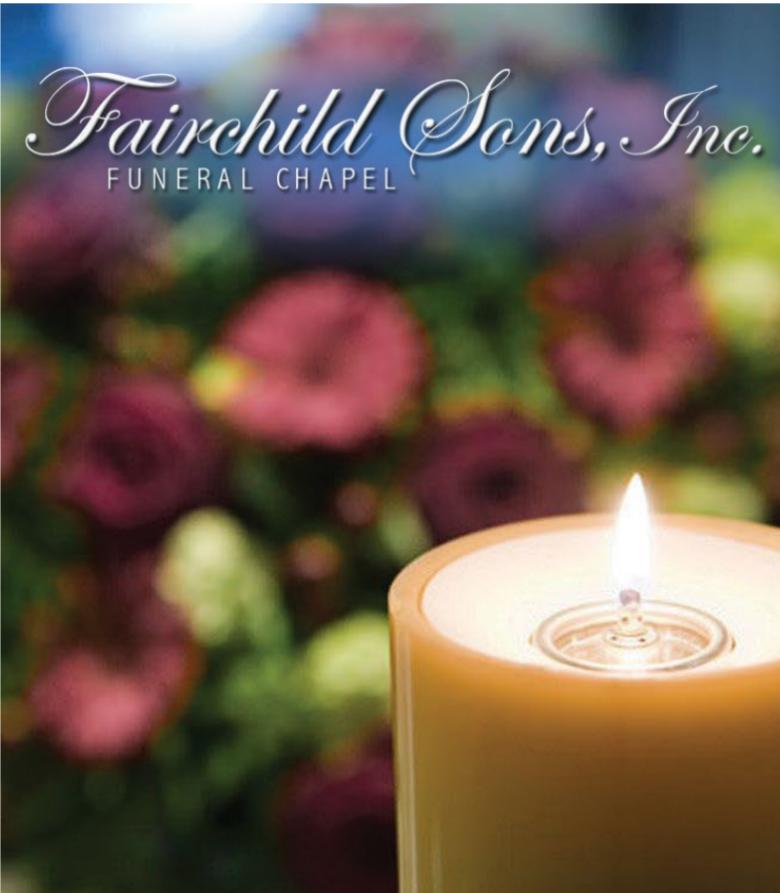
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