



Archangel Michael Church

Η Εκκλησία του Αρχαγγέλου Μιχαήλ

100 Fairway Drive, Port Washington, NY 11050

(516) 944-3180 ~ www.archangelmichaelchurch.org

Clergy: Fr. John Lardas, Fr. Michael Palamara, Fr. Dennis Strouzas



Ύμνος πλ β' / Pl Second Mode ~ Έωθινόν Θ' / 9th Morning Gospel
January 23rd, 2022 ~ 14th Sunday of Luke

The Virtue of Temperance/Self Control

Many of the Ancient Fathers, said Father John “Kolovos”, only ate bread and salt once a day, and from this they were not filled, because of this, they were strong in the works of God

So when Father Dioskoros became a monk, he ate once a day, a little bread made from barely or lupine.

Every year, he undertook and from one new ascetical work. For example, he never left his cell or he remained silent. In this way, he succeeded to cut all of his desires.

One brother in the monastery of St. Theodosios in Palestine, only ate bread once a week for thirty-five full years and he never left the church. The Holy Father Makarios put upon himself this rule, when he would sit at the dining room of the brothers: If they offered him wine to drink for the love of all, but therefore he would not drink a glass of water for one whole day.

The brothers thinking how to thank him gave him something to drink. He accepted that in order to tempt himself later. His disciple however, knowing his secret struggle told the others this in particular: For the love of Christ, do not make him to drink wine, because from tomorrow his martyrdom of thirst will begin.

This is obviously the ideal of self control but these stories of great ascetic fathers who were able to completely submit their body to their will can inspire us today in our world of consumption to no end. Saint Makarios we just celebrate this past week on the 19th and should continue to speak to us today.



1. ΕΓΚΡΑΤΕΙΑ

ΟΙ ΠΑΛΑΙΟΙ Πατέρες, έλεγε ο Άββας Ίωάννης ο Κολοβός, έτρωγαν μόνο ψωμί κι' άλάτι μιά φορά τήν ήμέρα κι' ούτε άπ' αυτό χόρταιναν, γι' αυτό ήσαν δυνατοί στο έργο του Θεού.

ΑΦ' ΟΤΟΥ έγινε μοναχός ο Άββας Διόσκορος, έτρωγε μιά φορά τήν ήμέρα λίγο κρίθινο ψωμί ή φτιαγμένο από λούπινα.

Κάθε χρόνο επιχειρούσε κι' από μιά καινούργια άσκησι. Παραδειγματος χάριν δέν έβγαινε καθόλου από τό κελλί του, ή έμενε άμίλητος. Έτσι κατώρθωσε νά κόψη όλες του τίς επιθυμίες.

ΕΝΑΣ άδελφός στο Κοινόβιο του Άγίου Θεοδοσίου, στην Παλαιστίνη, τριανταπέντε ολόκληρα χρόνια έτρωγε μόνο ψωμί μιά φορά τήν έβδομάδα και δέν έβγαινε από τήν εκκλησία.

Ο ΟΣΙΟΣ Μακάριος έβαζε αυτόν τόν όρο στον έαυτό του, όταν επρόκειτο νά καθήση στην τράπεζα των άδελφών: "Αν του προσφέρουν κρασί νά πιη για τήν άγάπη τους, αλλά για ένα ποτήρι νά μή πιη νερό μιά ολόκληρη ήμέρα.

Οί άδελφοί, νομίζοντας πώς έτσι θά τόν ευχαριστήσουν, του έδιναν νά πιη. Έκείνος τό δεχόταν, για νά βασανιση ύστερα τόν έαυτό του. Ο μαθητής του όμως, πού ήξερε τόν μυστικό άγώνα του, έλεγε στους άλλους ιδιαιτέρως:

— Για τήν άγάπη του Χριστού, μή τόν αναγκάζετε νά πιη κρασί, γιατί από αύριο θ' άρχιση τό μαρτύριο τής δίψας.

ΣΥΝΑΞΑΡΙΟΝ

Ἡ μνήμη τοῦ Ἁγίου Ἱερομάρτυρος Κλήμεντος, Ἐπισκόπου Ἀγκύρας· καὶ τοῦ Ἁγίου Μάρτυρος Ἀγαθαγγέλου καὶ τοῦ Ἁγίου Διονυσίου τοῦ ἐν Οὐλύμπῳ.

Ἀπολυτίκιον

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμᾳ σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Ἀπολυτίκιον τοῦ Ἁγίου

Κλῆμα ὀσιότητος, καὶ στέλεχος ἀθλήσεως, ἄνθος ἱερώτατον, καὶ καρπὸς ὡς θεόδοτος, τοῖς πιστοῖς πανίερε, ἡδύτατος ἐβλάστησας, Ἄλλ' ὡς Μαρτύρων σύναθλος, καὶ ἱεραρχῶν σύνθρονος, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Κοντάκιον τοῦ Μνημοσύνου

Μνήσθητι Κύριε, ὡς ἀγαθὸς τοῦ (τῆς, τῶν) δούλου (ης, ὠν) σου, καὶ ὅσα ἐν βίῳ ἡμαρτ (εν) (εν) (ον) συγχώρησον* οὐδεὶς γὰρ ἀναμάρτητος, εἰμὴ σὺ ὁ δυνάμενος καὶ τ(ῶ) (ῆ) (οῖς) μεταστά(ντι) (ση) (σι) δοῦναι τὴν ἀνάπαυση.

Ἀπολυτίκιον τῶν Ταξιαρχῶν

Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγοι, δυσωποῦμεν ὑμᾶς ἡμεῖς οἱ ἀνάξιοι, ἵνα ταῖς ὑμῶν δεήσεσι, τειχίσητε ἡμᾶς, σκέπη τῶν πτερυγῶν, τῆς αὐλοῦ ὑμῶν δόξης, φρουροῦντες ἡμᾶς προσπίπτοντας, ἐκτενῶς καὶ βοῶντας· Ἐκ τῶν κινδύνων λυτρώσασθε ἡμᾶς, ὡς Ταξιαρχαὶ τῶν ἄνω Δυνάμεων.

Ἀπολυτίκιον Αἰκατερίνης Μεγαλομάρτυρος

Τὴν πανεύφημον νύμφην Χριστοῦ μνησώμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιούχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν, ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῆ μαχαίρα, καὶ νῦν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πάσι τὸ μέγα ἔλεος.

Κοντάκιον

Ὁ μήτραν παρθερικὴν ἀγιάσας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεῶν εὐλογήσας ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστέ ὁ Θεός. Ἄλλ' εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὓς ἠγάπησας, ὁ μόνος φιλόνητος.

SYNAXARION

We commemorate the holy hieromartyr Clement, bishop of Ancyra, and the holy martyr Agathangelos and our Father Dionysios of Olympus.

Apolytikion

When the angelic powers appeared at your tomb, and those who guarded You became as though dead, and standing by Your sepulcher was Mary seeking, Your pure and sacred body. For You did vanquish Hades and uncorrupted by its touch, You came unto the virgin woman, bestowing the gift of life, O You who rose from the dead. Lord we give glory to You.

Apolytikion of the Saint

Thou didst blossom forth for the faithful, O most sacred Clement, as a branch of holiness, a staff of contest, a most sacred flower, and a sweet God-given fruit. But as a fellow-sufferer of martyrs and a fellow-prelate of hierarchs, intercede with Christ our God that our souls be saved.

Kontakion of the Memorial

Remember, O Lord, as You are good, Your servant(s), and forgive every sin he (she, they) have committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

Hymn of the Archangels (4th Mode)

Supreme Commanders of the Hosts of the Heavens, * we, the unworthy, importune and beseech you * that by your supplications ye encircle us * in the shelter of the wings * of your immaterial glory, * guarding us who now fall down * and cry to you with fervor: * Deliver us from dangers of all kinds, * as the Great Marshals of the heavenly hosts on high.

Apolytikion of Great Martyr Catherine

Let us praise the all-lauded and noble bride of Christ, * the godly Catherine, the guardian of Sinai and its defense, * who is also our support and succor and our help; * for with the Holy Spirit's sword * she hath silenced brilliantly the clever among the godless; * and being crowned as a Martyr, she now doth ask great mercy for us all.

Kontakion (1st Mode)

Your birth sanctified a Virgin's womb and properly blessed the hands of Symeon. Having now come and saved us O Christ our God, give peace to Your commonwealth in troubled times and strengthen those in authority, whom You love, as only the loving One.

Scripture Readings for Today 14th Sunday of Luke

Πρὸς Τιμόθεον α' 1:15-17

Τέκνον Τιμόθεε, πιστὸς ὁ λόγος καὶ πάσης ἀποδοχῆς ἄξιος, ὅτι Χριστὸς Ἰησοῦς ἦλθεν εἰς τὸν κόσμον ἁμαρτωλοὺς σῶσαι, ὧν πρῶτός εἰμι ἐγώ· ἀλλὰ διὰ τοῦτο ἠλεήθην, ἵνα ἐν ἐμοὶ πρῶτῳ ἐνδείξηται Ἰησοῦς Χριστὸς τὴν πᾶσαν μακροθυμίαν, πρὸς ὑποτύπωσιν τῶν μελλόντων πιστεῦειν ἐπ' αὐτῷ εἰς ζωὴν αἰώνιον. Τῷ δὲ βασιλεῖ τῶν αἰώνων, ἀφάρτῳ, ἀοράτῳ, μόνῳ σοφῷ θεῷ, τιμὴ καὶ δόξα εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

St. Paul's First Letter to Timothy 1:15-17

Timothy, my son, the saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners. And I am the foremost of sinners; but I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience for an example to those who were to believe in him for eternal life. To the King of ages, immortal, invisible, the only God, be honor and glory to the ages of ages. Amen.

Ἐκ τοῦ Κατὰ Λουκᾶν 18:35-43 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, Ἐγένετο δὲ ἐν τῷ ἐγγίζειν αὐτὸν εἰς Ἰεριχὼ τυφλὸς τις ἐκάθητο παρὰ τὴν ὁδὸν προσαιτῶν· ἀκούσας δὲ ὄχλου διαπορευομένου ἐπυνθάνετο τί εἶη ταῦτα. ἀπήγγειλαν δὲ αὐτῷ ὅτι Ἰησοῦς ὁ Ναζωραῖος παρέρχεται. καὶ ἐβόησε λέγων· Ἰησοῦ υἱὲ Δαυὶδ, ἐλέησόν με· καὶ οἱ προάγοντες ἐπετίμων αὐτῷ ἵνα σιωπήσῃ· αὐτὸς δὲ πολλῶ μᾶλλον ἔκραζεν· υἱὲ Δαυὶδ, ἐλέησόν με. σταθεὶς δὲ ὁ Ἰησοῦς ἐκέλευσεν αὐτὸν ἀχθῆναι πρὸς αὐτόν. ἐγγίσαντος δὲ αὐτοῦ ἐπηρώτησεν αὐτὸν λέγων· τί σοι θέλεις ποιήσω; ὁ δὲ εἶπε· Κύριε, ἵνα ἀναβλέψω. καὶ ὁ Ἰησοῦς εἶπεν αὐτῷ· ἀνάβλεπον· ἡ πίστις σου σέσωκέ σε. καὶ παρακρήμα ἀνέβλεψε, καὶ ἠκολούθει αὐτῷ δοξάζων τὸν Θεόν· καὶ πᾶς ὁ λαὸς ἰδὼν ἔδωκεν αἶνον τῷ Θεῷ.

The Gospel According to Luke 18:35-43

At that time, as Jesus drew near to Jericho, a blind man was sitting by the roadside begging; and hearing a multitude going by, he inquired what this meant. They told him, "Jesus of Nazareth is passing by." And he cried, "Jesus, Son of David, have mercy on me!" And those who were in front rebuked him, telling him to be silent; but he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped, and commanded him to be brought to him; and when he came near, he asked him, "What do you want me to do for you?" He said, "Lord, let me receive my sight." And Jesus said to him, "Receive your sight; your faith has made you well." And immediately he received his sight and followed him, glorifying God; and all the people, when they saw it, gave praise to God.



Please join us on February 1st !!



The Archangel Michael Ladies Philoptochos
present

Protect Your Health Protect Your Wealth

Estate Planning | Asset & Estate Tax Protection | Medicaid Eligibility

with **Constantina Papageorgiou, Esq.**

Tuesday, February 1 | 7:30 pm

The Archangel Michael Fellowship Hall

Constantina is a partner in Vishnick McGovern Milizio LLP's Wills, Trusts, and Estates and Elder Law practices.

She assists individuals and families with asset protection and long-term care planning through advance directives and various planning techniques. She also provides legal counsel to individuals and families with the administration of estates and liquidation of a deceased's assets.

Her passionate advocacy for her clients and sharp business acumen have made her the youngest partner in the firm's history. She has been named to *Best Lawyers*, *Super Lawyers*, *Long Island Herald* "Top Lawyers of Long Island," and *Long Island Business News* "Top 50 Women in Business." Her practice has been named to *New York Law Journal* "New York's Top-Rated Trusts and Estates Lawyers" and *U.S. News & World Report* "Best Law Firms in America: Elder Law."

Ms. Papageorgiou is heavily involved with her community and regularly hosts free webinars on estate planning for young families and older individuals with various organizations. She is an active member of the New York State Bar Association Trust and Estates and Elder Law Sections and the Queens County Women's Bar Association, as well as a board member of HANAC (formerly Hellenic American Neighborhood Action Committee), Hellenic Lawyers Association, and St. Demetrios of Astoria Alumni Association.





ARCHANGEL MICHAEL
PARISH ORATORICAL FESTIVAL

SUNDAY, MARCH 20th

Consider participating in this wonderful experience!
Please contact Sara Savva sspan65@yahoo.com or
Valerie Papain vmppain@gmail.com

In the Word of God
is the Spirit, and the
Spirit gives life.



SPECIAL GUEST

**ANASTASIA
PAGONIS**

**USA GOLD
MEDALIST**

TOKYO PARALYMPIC

COME JOIN US FOR A SPECIAL NIGHT ON JANUARY 28TH AT 7:30PM TO

MEET AND HEAR THIS INCREDIBLE ATHLETE'S STORY

PRESENTED BY ARCHANGEL MICHAEL CHURCH GOYA

*Today we will Swear in our
Newly Flected*

2022

Parish Council Members

Michael Bapis

Michael Cavounis

Stelios Diakoumakis

Fiffy Eliades

Demetrios Frangiskatos

Eleni Germanakos

James Gianakis

John Halkias

Warren Herz

Joseph Isaakidis

Georgios Kaparos

Nick Kokinakis

John Koumpourlis

Michelle Lascarides

Spiro Maliagros

Helen Maropakis

Chris Neocleous

Nicholas Papain

Mark Pappas

Nicholas Tzoumas

Demetrios Ziozis

Saints of the Week:

Today, Sunday, January 23rd ~ Hieromartyr Clement of Ancyra;
Martyr Agathangelos

Monday, January 24th ~ St. Xenia, Deaconess of Rome;
Hieromartyr Babylas

Tuesday, January 25th ~ St. Gregory the Theologian, Arch-
bishop of Constantinople

Wednesday, January 26th ~ St. Xenophon & his Companions;
St. Symeon the Elder

Thursday, January 27th ~ Removal of the Relics of St. John
Chrysostom; St. Peter the Righteous of Egypt

Friday, January 28th ~ St. Ephraim the Syrian;
St. Isaac the Syrian

Saturday, January 29th ~ Removal of the Relics of St. Ignatius
the God-bearer; St. Laurence of the Kiev Caves

Sunday, January 30th ~ Three Hierarchs; St. Hippolytos of
Rome

Today's Memorials:

~ 40 days for
Spyridoula Giannakopoulos

~ 40 days for *George Tsomos*

~ 1 year for *Maria Paxos*

~ 3 years for *Louis Lucas*

May their memory be eternal!



Worship Services

Wednesday, January 26th ~ Paraklesis to the Theotokos 10am
followed by Bible Study at 11:00 am

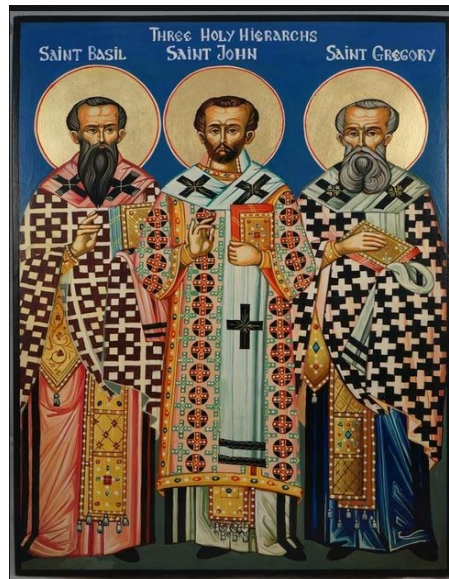
Thursday, January 27th ~ Small Vespers 7:00 pm
followed by Bible Study at 7:30 pm

Sunday, January 30th ~

**Sunday of the
Three Hierarchs**

Orthros 8:00 am,

Divine Liturgy 9:30 am



*Please remember to schedule your house and/or business blessing
during this season of the Epiphany!*

Upcoming Events:

Friday, January 28th ~
GOYA Event
USA Gold Medalist Interview

January 15th to 31st ~
Philoptochos Coat Drive

Tuesday, February 1st ~
Protect Your Health ~
Protect Your Wealth Lecture

Sunday, February 13th ~
Godparents Sunday

Friday, March 4th ~
AMC LIONS Event

Sunday March 20th ~
Parish Oratorical Festival

This year, help us bring joy to the children at the Saint Basil Academy by raising money so that they can enjoy the gift of experiences. The children art

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galleries, muse-



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We are excited to announce that The Archangel Michael Greek Language Institute PTA is conducting an online raffle, in lieu of our Annual Glendi. Proceeds from this raffle will be used toward technology to enhance instruction. We have some AMAZING prizes including a designer bag, Mac Book, gift certificates to various places, and many more!!! The raffle tickets are \$50 for 1 ticket or \$100 for 3 tickets.

Please contact: GLIPTA@archangelmichaelchurch.org or use the link in the weekly email blast.

he children at the Saint Basil Academy by raising money so that they can enjoy the gift of experiences. The children

A poster for a winter coat drive. The background is white with blue line drawings of various winter coats and jackets. At the top, it says "The Archangel Michael Ladies Philoptochos" in black. The main title "WINTER COAT DRIVE" is written in large, bold letters, with "WINTER" and "DRIVE" in red and "COAT" in white on a dark blue brushstroke background. Below the title, it says "JANUARY 15 - 31, 2022" in blue. At the bottom, there is a red text box with white text: "Donations will go to New York Cares Collection boxes will be outside the Church Office Bring in your gently used men's, women's, and children's winter coats. Donations will aid individuals and families facing adversity."

The Archangel Michael Community is pleased to announce the 5th Annual Event of the **AMC LIONS**



(Long Island Orthodox Networking):

**A special speed-networking event
with 4 keynote speakers**

Speakers will include:

Dr. Ellen Krimitsos Haddad, D.O. M.S.

Attending Physician at North Shore University and St. Francis Hospitals

Practices General Neurology and has completed subspecialty training in Clinical Neurophysiology

- B.S. in Neuroscience - Lehigh University
- M.S. in Neuroscience – Syracuse
- Doctor of Medicine - University of New England College of Osteopathic Medicine

Nick Koutsoftas

SVP, Portfolio Manager – Commodities at Cohen & Steers

- BSE, Industrial Engineering - The University of Massachusetts at Amherst
- MBA, Finance – NYU Stern School of Business

Maria Lardas

FPGA Electrical Engineer at L3 Harris Aerospace Division

- B.S. in Electrical Engineering, Stevens Institute of Technology
- Pursuing an MBA from Stevens

George Patilis

Managing Director of TPG Rewards, Inc.

- St. John's University, The Peter J. Tobin College of Business

When:

March 4, 2022 7:00-9:00pm

Where:

**Fellowship Hall of
The Archangel Michael Church
100 Fairway Dr., Port Washington, NY**

The event will begin with a quick message from each of our keynote speakers followed by a unique speed-networking event giving a chance for everyone to meet and interact

All youth 15+ are welcome
Food & Refreshments will be served

**To RSVP please register on
SignUpGenius:**

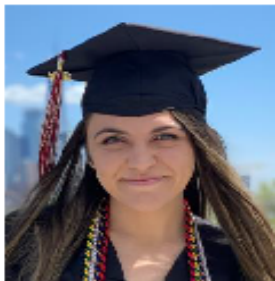
<https://t.ly/63Sw>



Dr. Ellen Krimitsos Haddad



Nick Koutsoftas



Maria Lardas



George Patilis

AMC LIONS

Mission Statement

Develop and foster a professional and personal connection between the Archangel Michael Church's Greek Orthodox youth and experienced members to: promote a culture of service, leadership and opportunity; share information, experiences and knowledge with each other; offer advice, actionable steps, programs and events to successfully navigate and advance their academic and professional journey; and to pay it forward for others along the way.

*"You will guide me with Your counsel,
And afterward receive me to glory."*

~Psalm 73:24