



# The Archangel Michael Church Trumpet

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Parade

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Thurs., June 9  
Watsonian Golf Outing



*Χριστός Ανέστη! Αληθώς Ανέστη!*

*Christ is Risen! Truly He is Risen!*

# The Archangel Michael Church Trumpet

## About the Parish

Archangel Michael Greek Orthodox Church  
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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. Michael Palamara, Presbyter  
Fr. Dennis Strouzas, Retired  
Protopresbyter of the Ecumenical Patriarchate

**Chanter:** Petros Malliaris

**Office Staff:** Dora Gouramanis, Catherine Papagianakis  
Christine Zeiner

## **Parish Council Members**

### **Executive Board**

**President:** John Koumpourlis  
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## About the Trumpet

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

## **Production**

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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: christine@archangelmichaelchurch.org

## May-Aug Sunday Worship Schedule

**Sunday Services: 8:00 a.m. Orthros, 9:30 a.m. Divine Liturgy**



***Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age. Amen.” (MATTHEW 28:19-20)***

When Jesus resurrected from the dead, eleven accounts found in the four gospels describe in fine detail the different ways that Jesus appeared to the disciples and the myrrh-bearing women alive! In the Gospel of Matthew, after the resurrection, Jesus gives the great commission to the disciples to go and baptize all nations in the name of the Father, the Son and the Holy Spirit. This great commission marks the missionary spirit of the Church. There are three movements to the emphasis on the missionary characteristics of the Church: God’s missionary work to the people, the disciples missionary work to the world, and the missionary work of the Church to the world, today.

And the Scripture, foreseeing that God would justify the Gentiles by faith, preached the gospel to Abraham beforehand, saying, “In you, all the nations shall be blessed” (Galatians 3:8). The first missionary work comes from the Holy Trinity reaching out to the world. The children of God, lost in their ways, worshiping the idols of the world, having their eyes blinded and their ears deaf to the sounds of God, were suffering tremendously. Thus at the appropriate time, after God had prepared the world for the revelation of the Holy Trinity through the prophets, He sent the Archangel Gabriel to announce to the Virgin Mary the glad tidings that the Son of God (the 2nd Person of the Holy Trinity), the Word of God, would take on flesh. Why? In order to spread the good news, in such an intimate way, that people who were blind, who were deaf, who were hardhearted, would now see, hear, and have their hearts softened to the ways of God: “And I have declared to them Your name, and will declare it, that the love with which You loved Me may be in them, and I in them” (John 17:26). Jesus would now ask the disciples to carry on this missionary work by the power of the Holy Spirit at Pentecost.

The missionary work of the apostles changed the world. In choosing lots they traveled to the corners of the earth. St. Paul traveled through Syria, Arabia, Asia Minor, Greece, and eventually Rome. St. Thomas was guided by the Holy Spirit to India, St. John to Ephesus. St. Peter preached in Palestine, Asia Minor, Italy, and Illyria. St. Andrew preached in Byzantium, Thrace, the lands along the Danube, in Russia, Epirus, and the Peloponnese, where he was martyred in the city of Patra. Their message was simple, the Gospel and the stories

of the crucifixion and the resurrection of the Lord Jesus Christ. They had no governmental power behind them. They had no army with them (other than the heavenly hosts). They had no money or economic power to bestow on people to help sway them to the gospel. In fact, their promise to whom they preached was that they would suffer loss in this life. The following is a brief description of what St. Paul endured as an apostle. “From the Jews five times I received forty stripes minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness— besides the other things, what comes upon me daily: my deep concern for all the churches” (2Corinthians 11:24-28). Yet the gospel that they preached took hold, and over time, nations changed from idolatry to the worship of the true God.



The missionary spirit of the church today has become very minimized. The prayers for the catechumens in the Divine Liturgy have been redacted. Most parishes have non-Orthodox joining the church mostly because of marriage. Only very dynamic parishes have the vision and courage to send groups on missionary trips and to help sponsor a sister church in countries with a developing Orthodox Christian community. The Orthodox Christian Missionary Center sponsors long-term missionaries in various parts of the world. The spiritual void that exists in many places

throughout the world will be filled with other dogmas, religions, and teachings that are often contrary to the Gospel of Jesus Christ. During the Agape service of Easter Sunday, the gospel is read in different languages to show that the Greek Orthodox Church is not an ethnic church but the One, Holy, Catholic and Apostolic Church. In fact the title Greek Orthodox should be seen like the title Roman Catholic, one can be Roman Catholic from various different countries. Likewise, one can be Greek Orthodox from any country in the world, this is what is behind the meaning of the word, “Catholic!”

May Jesus Christ, through the Holy Spirit to the glory of God the Father, bestow upon the churches of the Greek Orthodox Archdiocese the missionary spirit that marked the very early Christian communities.

Protopresbyter John K. Lardas

*The Peace from Above*

Why is peace so essential to the Orthodox Christian and what does it mean? Perhaps the most powerful witness to the centrality of peace is that the first three petitions of the liturgy speak about peace starting with “In peace, let us pray to the Lord.” St. Nicholas Cabasilas says that we begin with these petitions, before giving thanks or confession, because it is clear that peace only comes to a thankful and confessed soul. In this way, the prayer for peace encapsulates both thanksgiving and confession and opens us to prayer, true communication with God. The saint goes on in his commentary on the Divine Liturgy to say that the peace from above is the righteousness of God. We hear from the Psalmist, the king and prophet David, “turn from evil and do good, seek peace and pursue it”(Ps 33). This psalm, which is often used in services, captures much of our ethical theology. Repent, do good acts of justice, and pursue peace. Peace is the active presence of the Holy Spirit within us, which therefore allows for prayer and a tranquility from all the troubles of this world. One could reasonably say that peace is the purpose of the Christian life. St. Seraphim of Sarov’s most famous quotation is “the goal of the Christian life is to acquire the Holy Spirit.”

Further, he seems to interchangeably refer to the Holy Spirit as peace, which would then mean that the pursuit of peace is our focus. St. Seraphim’s other saying, “Acquire the Spirit of Peace and a thousand around you will be saved,” is especially known in America and proves this point. St. John Climacus, in Step 8 of The Ladder of Divine Ascent, also affirms this when he says that the Holy Spirit is, in reality, peace of soul. And, when discussing the problem of surrendering ourselves to indignities, he says in Step 4 that we labor for many years in search of blessed inner peace.

Furthermore, St. Peter, in 1 Peter 3:11, quotes Psalm 33, which reveals its importance, especially in the face of suffering which so often disrupts our peace and causes us to fall into all kinds of unrighteousness. Suffering is often the context in which our peace is lost, but also in which peace is tested and discovered.

There are many other examples of the importance of peace scattered throughout the Scriptures. St. Paul’s closing prayer for the Thessalonians is that the Lord of Peace give them peace (2 Thess 3:16). In Corinthians, St. Paul contrasts peace with disorder when directing them to have godly peace and order in worship (1 Corinthians 14:33). During Christ’s Mystical Supper discourse from the Gospel of John (Chapters 14-16), He gives His peace to the disciples and ends His message by saying that this world brings trouble, but He has said these

things so that we may have peace. Here again we see that peace is necessary in the face of suffering as Christ Himself presents it as the means of coping with hurt. St. Paul also says to live peaceably with one another (Romans 12:18) and shortly thereafter discusses the law of love, as opposed to the pharisaical law, where he says to pursue the things which make for peace (Romans 14:19). In Colossians (3:15) we learn that together as one body - the Church - we are called to peace. And, of course, there is the beatitude where Christ says that the peacemakers shall be called sons of God (Matt 5:9).



Lastly, peace is listed among the fruit of the Holy Spirit in Galatians (5:22), along with love, joy, forbearance, kindness, goodness, and faithfulness. To many, this appears to be discussing multiple fruits; however, in the original Greek it is made clear that these are the fruit of the spirit rather than the “fruits.” Love, joy, peace, and so on are all the singular fruit of the Holy Spirit. In the end, if we have peace, we have the Holy Spirit and therefore have all of these virtues. The world cannot take it away, nor can suffering, because peace is being right with God Almighty. It is a package deal and any one of them, especially love, could serve as a worthy study as the purpose of the Orthodox Christian. True peace, internal peace which comes from above, is the result of a faithful life in the Church.

Fr. Michael Palamara

### Worship Services

Orthros 8:30am (Sundays 8:00 a.m.) & Divine Liturgy 9:30 a.m. unless otherwise indicated

#### May

Wed. 18 The Feast of Mid-Pentecost  
Sat. 21 The Feast of Sts. Constantine and Helen  
& Challenge Divine Liturgy 10:30 a.m.,  
Orthros 9:30 a.m.

#### June

Wed. 1 Leave-Taking of the Feast of Pascha &  
Small Blessing of the Waters  
The 9th Hour and Great Vespers of  
Ascension 3:00PM  
Thu. 2 The Feast of the Ascension  
Wed. 8 The Feast of St. Kalliope  
Sat. 11 Saturday of the Souls & The Feast of  
Sts. Bartholomew and Barnabas  
Mon. 13 The Feast of the Holy Spirit  
Sat. 18 Challenge Divine Liturgy 10:30 a.m.,  
Orthros 9:30 a.m.  
Mon. 20 The Beginning of the Fast of the Apostles  
Fri. 24 The Nativity of St. John the Baptist  
Wed. 29 The Feast of Sts. Peter and Paul  
Thur. 30 The Synaxis of the Apostles

#### July

Fri. 1 The Feast of Sts. Comas & Damianos  
(Small Blessing of the Waters)  
Fri. 15 Saints Kirykos and Juliette  
Sat. 16 Challenge Divine Liturgy & Feast of  
St. Marina 10:30 a.m., Orthros 9:30 a.m.  
Wed. 20 The Feast of the Prophet Elias  
Fri. 22 Saints Mary Magdeline & Markella  
Sun. 24 The Falling asleep of St. Anne  
Wed. 27 The Feast of St. Panteleimon

#### August

Mon. 1-4 The Canon of the Paraclesis 7:00 p.m.  
Sat. 6 The Feast of the Transfiguration  
Mon. 9 -12 The Canon of the Paraclesis 7:00 p.m.  
Mon. 15 The Feast of the Dormition of  
the Virgin Mary  
Sat. 20 The Challenge Divine Liturgy 10:30 a.m.,  
Orthros 9:30 a.m.  
Sat. 27 The Feast of St. Phanourios  
Mon. 29 The Beheading of St. John the Baptist  
(Strict Fast Day)

### Sacraments

Sat., May 7	11:00 a.m., Baptism: Child of Nicholas & Dimitra Pippis	Sun., May 29	2:30 p.m., Baptism: Child of Theodora & Stavros Christophorou
	2:00 p.m., Baptism: Child of Chris & Victoria Neamonitis	Sat., June 4	10:30 a.m, Baptism: Child of Maria & Nick Xagorarakis
Sat., May 14	1:00 p.m., Baptism: Child of Eleni & Erol Mathioudakis	Sun., June 5	1:30 p.m., Baptism: Child of Vicky & Michael Koziel
Sun., May 15	1:00 p.m., Baptism: Child of Christina & James Profestas		4:00 p.m., Baptism: Child of Niko & Feadra Koutsogiannis
Sat., May 21	3:00 p.m., Wedding of Steven Maillis & Stacia Tsakonas	Sat., June 11	11:30 a.m., Baptism: Child of Richard & Nicole Cea
Sat., May 28	4:30 p.m., Baptism: Child of Paul & Maria Travlos		2:00 p.m., Wedding of Christopher Grunert & Nicoletta Sideris

## SACRAMENTS

Fri., June 17	3:00 p.m., Wedding of John Koukounas & Christina Goussis	Sun., July 10	3:30 p.m., Wedding of Peter Katsiaris & Despina Malonoukos
Sat., June 25	12:00 p.m. Wedding of Erik Urquiola & Evangelia Diamantakis	Sat., July 23	4:00 pm, Wedding of Vasilios Rabos & Rachel Luong
	2:30 p.m., Baptism: Child of Cathy & Gregory Gillen	Sat., Aug. 20	2:00 p.m., Wedding of Sean McGuinness & May Vlachos
Sun., June 26	1:00 p.m., Wedding & Baptism: John Ikonomou & Maria Christodoulou	Sun., Aug. 28	12:30 p.m., Wedding of Eugenios Mavronati & Irene Makedon
Sat., July 9	3:00 p.m., Wedding of Michael Sellis & Joanna Posillico		3:00 p.m., Wedding of Andrew Calderon & Anastasia Yankopoulos

## GENERAL ASSEMBLY

The next General Assembly will be held on **Sunday, May 15**, immediately following the Divine Liturgy. In addition to other agenda items, **the Archangel Michael Church Bylaws will be presented for approval**. Once approved by the General Assembly, the Bylaws will be submitted to the Archdiocese Hierarchy for his review and approval.

**ALL STEWARDS ARE ENCOURAGED TO ATTEND.**

## PHILOPTOCHOS



## GODPARENTS BRUNCH

The Archangel Michael Ladies Philoptochos held the 7th Annual Godparent's Brunch honoring the role that godparents play in our spiritual family. In lieu of an in-person gathering this year, we designed a menu of our all-time favorite homemade dishes, prepared by the loving hands of the talented "Philoptochos Kitchen Chefs." We extend our thanks to Cally Barberis, Kiki Cotronis, Anastasia Drallios, Filanthe Efstathiades, Sophia Gaetanis, Diana Gardianos, Magda Gerazounis, Anna Giouroukakis, Lisa Glavas, Chris Ioannou, Eleni Koutsoftas, Michele Lascarides, Konstantinos Malliaris, Evangelia Mastoras, Barbara Mavro, Georgia Mouzakitis, Eleni Raptis, Chris-Marie Tzavelis, and Marina Vlahos. Additionally there were many generous sponsors who helped to make this event a success. Thank you to the Drenis, Ioannou, Tzavelis, Cavounis, Dedousis, Dellis, Gardianos, Germanakos, Giouroukakis, Maropakis, and Vlahos families. We thank our local businesses that supported this event with their donations, and ask that our community support them as well: Landmark Diner, North Shore Farms, Nounos Creamery, and The Wild Goose Restaurant. Most importantly we thank our chairpersons of this amazing event, Chris Ioannou and Chris-Marie Tzavelis. The proceeds from the Godparents Brunch will benefit The Archangel Michael Ladies Philoptochos commission of the iconography in our church for The Miracle of Jesus Feeding the Five Thousand. This beautiful icon is representative of the Philoptochos mission.



### DIGNITY DRIVE

Homeless individuals and families who are struggling to secure basic survival needs, such as food and shelter, often don't have the means to purchase undergarments. New and clean undergarments is not something we often think about as a necessity, but these items can increase one's confidence to engage in daily activities. Preserving dignity leads to an overall positive body image and self-esteem. The Archangel Michael Ladies Philoptochos sponsored a Dignity Drive collecting new and packaged undergarments for men - boxers, briefs, T-shirts; for women - underpants, camisoles, sports bras; for boys and girls - underwear ages 4-18. We collected 400 undergarments that were donated to the Coalition for the Homeless in Amityville on Long Island. They were very appreciative of this donation and look to Philoptochos for continued support.



### DRESS FOR SUCCESS DRIVE

Throughout the months of March and April the Archangel Michael Ladies Philoptochos collected work appropriate clothing for "Dress For Success." During COVID-19 we were unable to support this organization; but as we are getting back to a new normal, the opportunity to support women who are attempting to enter or re-enter the workforce becomes a possibility. As always, our extremely generous community rose to the occasion; and many suits, blazers, slacks, shirts, skirts, dresses, blouses, scarfs, handbags, and shoes were donated for this worthy cause. These items were gathered and delivered to the Brookhaven division for distribution throughout Long Island. We thank all our generous ladies that contributed to this drive.

### UKRAINIAN RELIEF DRIVE

The unfortunate war against Ukraine has created a refugee crisis in which many Ukrainians, the majority of whom are women and children, are fleeing the violence in their country. To help these refugees, the Archangel Michael Ladies Philoptochos conducted a donation drive. We collected medical supplies, band aids, Tylenol, Advil, diapers, hygiene products, baby formula, baby food, first aid kits and other essential items. Five SUV's were loaded up with these goods, and they were delivered to the St. Michael's Ukrainian Orthodox Church in Uniondale. Although this is a small community, their efforts are enormous, with their facility stacked to the rafters with donations; trucks

pick up weekly to ship the numerous donated items to those most in need. The St. Michael's community truly thanks the Archangel Michael community for their support and generosity.



Additionally, the Archangel Michael Ladies Philoptochos has made a \$1000 donation to the IOCC to support the Ukrainian relief effort.

### SEASON OF THE GREAT LENT

The season of Great Lent has been a very busy and inspiring one for the parishioners of the Archangel Michael Church. We began on the evening of March 6 with the **Holy Vespers of Forgiveness**, a service which culminates in a moving ceremony in which each priest and each parishioner individually ask for forgiveness of one another. On the following evening, during the **Great Compline of Clean Monday**, many parishioners were called upon to read aloud various psalms and prayers. Following the service, a Lenten meal was served in the Angeliades Fellowship Hall. A discussion about the meaning of Lent was then led by Dr. George Demacopoulos, Professor of Theology, Fr. John Meyendorff & Patterson Family Chair of Orthodox Christian Studies, and Co-Director of the Orthodox Christian Studies Center at Fordham University.

The **Sunday of Orthodoxy**, March 21, was an inspiring day. At the conclusion of the Divine Liturgy, His Grace Bishop Athenagoras, Fr. John, Fr. Michael, Chanter Petros Malliaris, and the altar boys, Sunday School students and GOYANS processed through the aisles of the church while holding icons. It was a beautiful and moving celebration.





Our **Great Lent Retreat** took place on Saturday, April 9. The day began with the Divine Liturgy of the Akathist Hymn. Those in attendance were then treated to a continental breakfast followed by the presentation, “Written For Our Instruction: Reflections on the Place of Scripture in Our Church and in Our Lives,” by Rev. Fr. George Parsenios, PhD, Dean of Holy Cross School of Theology. Angie Dallas then instructed us in the making of Koliva. The retreat ended with a second presentation and discussion as we ate a wonderful Lenten lunch.



The **Pre-Sanctified Liturgy** was celebrated on Wednesday evenings throughout Great Lent followed by a Lenten meal and presentation. Each of the evenings was hosted by a different organization of the church. “Stories of Faith” were presented by individuals from the organizations, which then led to wonderful discussions by those in attendance.



The **Salutation to the Virgin Mary Services** took place on four consecutive Friday evenings, culminating in the entire **Akathist Hymn** on the fifth Friday of Lent. The Greek Orthodox Archdiocese of America defines the Akathist Hymn as a “profound, devotional poem which sings the praises of the Holy Mother and Ever-Virgin Mary.”

**Family Fellowship Night** took place on Thursday, April 14. Following the Great Compline service, parishioners gathered in the Fellowship Hall for **Palm Cross Making**.



There was something for everyone during this season of Great Lent. Participating in any or all of the events helped to deepen the meaning of this most important season in the Orthodox Church.

### THE GIFT OF GIVING: DONATING BLOOD

For the past 17 years, the beginning of Lent has coincided with the Archangel Michael Church Blood Drive. The selfless act of giving one's own blood to benefit others could not be scheduled at a more appropriate time.

During Lent we make small and permanent changes to bring us closer to the Lord, changes that will last long after Lent is over. Fittingly, blood donation is a "small" act -- it takes no more than an hour of one's time and a small fraction of one's blood; but the effects of the donation are lifelong for the patients who receive our blood.

At the beginning of our Lenten Season, on March 15th, New York Blood Center transformed the Angeliades Family Fellowship Hall into a mini medical center and blood collection site. A National Blood Shortage Crisis had been declared as a result of a two-year long pandemic and mass closings and cancellations of blood drives in universities, libraries, community centers, and other spaces. The AMC Community and the greater Port Washington Community made this year's blood drive an astounding success. 63 pints of blood were collected in spite of several deferrals. A steady group of donors, old and new, visited the Fellowship Hall throughout the afternoon and into the evening.



Just as we pray that the changes we make during Lent last long after Lent is over, it is my hope and prayer that blood donation becomes an important act for others and that they continue to give the "Gift of Life". - Marina Vlahos

### HERITAGE LIBRARY AND BOOKSTORE

#### Library Rededication and Lecture

March 20, 2022, was a busy day for the Heritage Library and Bookstore Committee which, over the last four years, has been working on organizing the more than 1,400 books that have been added to the original library collection since its relocation from Roslyn Heights to Port Washington in 2009. The committee's completion of a significant amount of this work was cause for the rededication of the Library that day, a day when we also hosted our Spring lecture by guest speaker V.K. McCarty on her new book, *From Their Lips: Voices of Early Christian Women*.

At the rededication, Heritage Library Committee Chairperson Constance Parsons gave a brief history of the library (see sidebar, at the end of the article), introduced those present who were part of the original committee, and acknowledged the many contributions to the Educational Endowment Fund, the library, and the bookstore made by friends and parishioners of the Archangel Michael community. Donations to the Educational Endowment Fund can be made via envelopes available at the pangari in the narthex.



Fr. John Lardas performed a short blessing service with holy water and the traditional cutting of the ribbon, and those in attendance proceeded to the Angeliades Fellowship Hall for Ms. McCarty's lecture. The author highlighted various martyrs, empresses, nuns, and hymnographers such as Cassia, who wrote the "Hymn of Cassiani" which we hear on Holy Tuesday. The book illustrates how these women's stories were not always recognized by church historians but how they in fact helped to inspire Christians throughout the centuries. There were questions and answers after the lecture, and the author stayed to sign her book, which sold out.



V.K. McCarty lectures at the General Theological Seminary and regularly preaches at St. Gregory's Orthodox Mission, both in New York City. She also preaches at other churches, and her sermons can be found in the publication, *Public Orthodoxy*. At the General Theological Seminary, V.K. earned an M.A. cum laude in Biblical Studies and served for many years as Acquisitions Librarian. In addition, she studied music and theatre in her earlier years at other institutions.

We had a lovely day and hope to have V.K. McCarty visit us again in the near future.

### The Heritage Library and Bookstore

The Heritage Library is a special and quiet place with much to offer. On its shelves can be found reference and other books on such topics as Classical and Modern Greece, Holy Writings, Bible Commentary, Literature and Philosophy, Travel, Fiction, Liturgies, Byzantine Music, Art/Architecture, and Iconography. We are also hoping to add a children's section.

We invite you to visit it whenever you can. It is open most of the time and can also be opened upon request. We do kindly ask, however, that you refrain from eating and drinking during your visits there.



Members of the new library committee include Diana Gardianos, Cathy Harris, Kosta Kojis, Sophia Niarchos, Connie Parsons, Eleni Raptis, Glorene Siarres, Cathy Tsea, and Elena Vases. Chris Arlis, of blessed memory, was also a member of this committee. The committee always welcomes new members as we continue to expand.

In addition to planning future lectures, our latest project includes updating our computer catalogue to accurately reflect the books on the shelves.

Books and other items related to our faith (censers, crosses, etc.) are for sale and on display in our Bookstore, in the bookcases in the hallway across from the Church Office. We also have a mobile bookstore which we make available to the community on Sundays during coffee hour.

If you have any questions, you can contact us at our new email address:

[heritagelibrarybookstore@archangelmichaelchurch.org](mailto:heritagelibrarybookstore@archangelmichaelchurch.org).

### History of the Heritage Library at Archangel Michael

In 1982, shortly after the Archangel Michael Church was established at 108 Warner Avenue in Roslyn Heights, Dr. Anthony Vasilas formed and funded the Educational Endowment Fund, which to this day has the mission to promote scholarship, cultural education, and spiritual renewal in our community. The fund supports three integrated projects: the Heritage Library, the Bookstore, and the Program Lecture Series. People have donated to the Fund through the years and continue to be encouraged to do so in order to help the Fund's mission to progress and thrive.

Dr. Vasilas strongly believed that a Hellenic- and Orthodox-oriented library and bookstore would enrich the church community and, by 1994, spearheaded making the Library a reality. He donated many books, which had taken up an extra room in the Vasilas household, and he manned the bookstore almost every week.

A library committee was formed with Father Dennis' encouragement and was chaired by Dr. Evangelos Gizis and Peggy Milonas. The committee members included Alexandra Pappas, Kostas Kojis, Emmanuel and Marina Katsoulis, Penny Katsaris, Sophie Vasilas, Eleni Raptis, Kathy Peters and Mary Zarcadoolas to name a few. Dr. Vasilas, Dr. Gizis, Mr. Kojis and the committee worked many hours to label, categorize, and cultivate the library collection which started with 600 books, some of which were donated by other community members as well.

The books were lovingly placed in new glass-enclosed bookcases, hand-made and generously donated by Tom Gardianos in the Roslyn Heights church.

The committee also started a lecture series which brought different speakers to the church. The first such speaker was Mr. Theodore George who had founded a model library of over 11,000 books at the Annunciation Cathedral in Baltimore, Maryland.

Fast-forward to the church's relocation to the present site at 100 Fairway Drive, Port Washington in 2009 when the first Divine Liturgy was performed. The books were brought over from the Roslyn Heights church and were slowly put onto new bookshelves hand-crafted yet again by Tom Gardianos. Tom later made the bookstore bookcases as well.

By hosting Thea Halo, author of *Not Even My Name*, in the fall of 2021, the new library committee reinstituted the lecture series begun so many years ago.

## LONG ISLAND ORTHODOX NETWORKING

On March 4, the Archangel Michael Church LIONs (Long Island Orthodox Networking) gathered for its fifth annual event, which brought together over 30 students and 30 mentors.

The night began with a prayer from Fr. Michael and warm opening comments from Fr. John, who introduced a professionally diverse panel of speakers. Dr. Ellen Krimitsos Haddad, Nick Koutsoftas, Maria Lardas, and George Patilis shared their experiences and journeys with the audience.



Following a brief Q&A, we jumped into the networking part of the event where students rotated to various tables to explore different occupations with mentors from our AMC community. We had lawyers, architects, investment managers, doctors, teachers, pharmacists, marketing experts, technology consultants, accountants, electricians, our clergy, engineers, speech therapists, and designers. The goal of this year's inaugural event was to grow our database for mentors and mentees and then act as matchmakers and facilitate fruitful interactions in the future.

While the night was a great success, the co-chairs, Nick Koutsoftas and Jeffrey Klein, and the LIONs committee determined that we have a lot of work in front of us to keep this momentum going. The path is never straight and can be filled with much uncertainty for the younger members of our community. Our goal is to shed some light on that path and provide guidance. We plan on having two marquee events each year, similar to this last one, and smaller workshops throughout the year to help students develop resumes and interview skills, find internships or shadowing opportunities, and facilitate interaction with their mentors.

On Tuesday, June 7, the LION's will sponsor our next event. Networking 101 will be a fun/social event for High School and college students to teach the skills needed to get their first part-time job, internship, or first full-time job after college. Topics will include: how to prep/dress for an interview, how to use LinkedIn, resume building tips, etc.

The mission statement of our ministry is to:

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 pay it forward for others along the way.

If you are interested in becoming a mentor please email, [lions@archangelmichaelchurch.org](mailto:lions@archangelmichaelchurch.org)

And fill out the mentor form using the Google link below,

<https://archangelmichaelchurch.us3.list-manage.com/track/click?u=7bd8082d81bc5a7bcb1de335d&id=dc50a7e356&e=7c4af8baf6>

And please remember, mentoring is not just about paid internships; it's about sharing your experience and shedding light on the paths of these young students.

## HEALTH AND WELLNESS

## 8 TIPS TO SPRING CLEAN YOUR MIND &amp; BODY

By Linda Chondrogiannis

As the dreariness of winter leaves and spring fever is in the air, we start to open up our homes and do our annual spring cleaning. If we do this for our home, why are we not doing this for the body that we actually live in? Consider implementing some of these tips to spring clean your mind and body.

**Nature Bathing** - Go outside and immerse yourself in nature. There have been many studies on the effectiveness of being in nature, from improving heart health to reducing stress. Nature Bathing can be as simple as bare feet on the grass or digging your toes into the sand, sitting in the shade of a large tree, listening to the wind rustle the leaves, or going for a walk.



**Clean Swap** - Toxins are everywhere; we breathe them in, eat them, slather them on our body. Some are unavoidable, while others we can choose to remove. Start by slowly swapping out your beauty and home cleaning products for those that contain no hazardous ingredients, petrochemicals, perfumes, or dyes. Many home cleaning products you can make yourself; white vinegar is a perfect fabric softener, rinse aid, and when combined with baking soda, it becomes a great cleaning scrub.

**Eat your Greens** - There was a reason your mother always told you to eat your greens. They are loaded with vitamins, minerals and fiber, which can help support your bone, heart, and immune health. Consider adding in more bitter greens, (think dandelion, arugula, broccoli rabe) that support our liver for detoxification.



**Hydration** - Up to 60% of our body is made up of water. If we are not hydrated sufficiently our organs, blood, body temperature, joints, muscles, and skin cannot work efficiently. Start the day off right with a tall glass of room temperature water and continue drinking throughout the day, aiming for 1/2 your body weight in ounces per day.

**Breathe** - Our breath is one of our most powerful gifts. Unfortunately, most of us are in a state of stress, breathing short shallow breaths. When we breathe deeply and slowly through our diaphragm, it interrupts that stress response. Some of the benefits are reduced anxiety, lower blood pressure, and improved sleep. You can try this exercise; breathe in and hold for four seconds, then breathe out and hold for four seconds and repeat.



**Sleep** - Our body works hard while we sleep. The brain stores new information and gets rid of toxic waste; nerve cells communicate and reorganize, which supports healthy brain function. Our immune system peaks and energy is restored. Aim for 7-8 hours of sleep per night; creating a nighttime routine is essential for quality sleep.

**Movement** - We need to live actively. Today's lifestyle is more sedentary than ever before. We need to move often and sweat. Scheduling in movement every day positively affects our skin's detox pathway, our lymphatic system, posture, mood, metabolism, gut, and brain health.

**Gratitude** - When our thoughts do not serve us, our mind goes into a place of negativity, which affects us emotionally and physically; but what if we could live in a place of gratitude instead. Gratitude is an expression of appreciation, seeing the good in life instead of the negative. Start each morning with a gratitude prayer for the day ahead and again when you go to bed, being grateful for the day you have had; there is always something to be grateful for. The practice of gratitude has been shown to improve mental health, sleep, relationships; it decreases stress, and increases feelings of happiness.

*The information in this article is for educational purposes only; please consult your doctor for medical advice.*

*Linda Chondrogiannis, a parishioner of Archangel Michael Church, is a Culinary Nutritionist and Holistic Health Coach.  
linda@lindacwellness.com*

### GREEK LANGUAGE INSTITUTE

The Archangel Michael Greek Language Institute celebrated our students and faculty at our March 25 celebration. The students showcased their Hellenic pride through a variety of dances, poem recitations, and songs. It was a memorable event for all in attendance!



The Archangel Michael GLI will be concluding the 2021-22 academic year with a variety of culminating, rigorous academic exercises as well as many fun festivities. Our students are working diligently to excel on their end-of-year projects and are studying earnestly to secure their grade of "arista." While these culminating exams and projects are in many ways challenging, they are also a reminder of how far our students have come under the most unique learning circumstances and serve as a testament to the efforts of our outstanding faculty. End-of-the-year celebrations are being planned and will give our students the opportunity to share their poems and songs, as we also celebrate our graduating class in what we hope will be a very memorable way.

## NEWS AND EVENTS

As we look forward to our next school year, we anticipate continued expansion of our Archangel Michael Greek Language Institute. It is strongly encouraged that you secure your spot as soon as registration opens. Early registration helps us determine our class sizes and teacher hires. Delaying your registration, therefore, may impact how our program is structured.

In closing, we would like to encourage all our parents to take an active role in the growth of our Greek school. Whether it is through your involvement at the class or school-wide level, we welcome all parent input and support. If you are interested in volunteering, please email [GLI@archangelmichaelchurch.org](mailto:GLI@archangelmichaelchurch.org). Please consider dedicating your time and talent to this great cause.

### GREEK LANGUAGE INSTITUTE PTA

GLI PTA kicked off March with a “Spring Forward Pizza Party” during Greek School. All of the students were so excited when we rolled in with our pizza cart! Our gift to each of them, of a Martis bracelet, which symbolizes the beginning of spring, made the day even more special.



At the beginning of Lent, the Archangel Michael GLI students attended Presanctified Liturgies with Fr. John and Fr. Michael. When the liturgies ended, the PTA distributed kites and laganas to all of the students.

Later in March, the students performed beautiful songs and dances to celebrate Greek Independence Day. As a treat, the PTA distributed sugar cookies that were decorated with the Greek Flag.



We also enjoyed hosting Sunday Coffee Hour for the month of March. The community was very appreciative of the great variety of Lenten fare. In addition, we participated in the Port Washington chapter of “Blessings in a Backpack.” This nonprofit organization provides weekend food for elementary school children who receive weekday food through a federally funded program. Thank you to all the families who donated the items that made it possible to feed 66 students!

In the final months of the school year we are looking forward to a post-Pascha celebration, the Greek School graduation, and marching in the Greek Independence Day parade.

## SUNDAY SCHOOL

The Archangel Michael Sunday School continues to create unique opportunities for our students to learn about and engage in our faith in meaningful ways.

Students in the higher grades participated in our parish level St. John Chrysostom Oratorical Festival on March 20. The following students diligently researched topics and delivered insightful speeches on a wide range of topics regarding our faith.

### Junior Division:

- 1st Place - Eoanna Sarosy
- 2nd Place - Nicholas Sarosy
- 3rd Place - Gabriel Kostaridis

### Senior Division:

- 1st Place - Demetra Kostaridis
- 2nd Place - Evan Chantly
- 3rd Place - Mia Kaparos



Eoanna, Nicholas, Demetra, and Evan went on to represent our community at the District Oratorical Festival, hosted by Saint John Greek Orthodox Church in Blue Point on Saturday, April 9. Eoanna Sarosy won first place in the Junior Division, and Demetra Kostaridis won first place in the Senior Division. Both Eoanna and Demetra will be representing the District on Saturday, May 14, at the Diocese Level Oratorical Festival held at Archdiocesan Cathedral of the Holy Trinity in Manhattan



Let us all congratulate our six impressive students who participated in the Oratorical Festival this year! The success of our Parish Oratorical Festival, co-chaired by Sara Savva and Valerie Papain, would not be possible without the loving support of the Maragos family. Thank you to Angela and George for your continued support of our youth! We wish Eoanna Sarosy and Demetra Kostaridis success as they prepare for the Diocese Level! Congratulations and God bless our students!

The Sunday School students were also excited to participate in the Sunday of Orthodoxy. Proudly displaying their icons, the children took part in the procession to celebrate this special day when icons were again allowed to be displayed and venerated in churches and other holy places.





The Sunday School hosted some special events to create a fun environment for our children, including “Bagel Sunday.” The crafts program was reintroduced and included the making of original crosses for the Sunday of the Holy Cross. We also raffled off some fun prizes during the Easter holiday to those students who have been in attendance for Sunday School classes.

The Sunday School continues to deliver its program due to the dedication of its teachers and staff. We would like to thank all the teachers for the wonderful job they did this year. They were there every Sunday to create a supportive, consistent, and spiritually uplifting environment for our students. An extra special thank you to our devoted director, Sara Sava, for her commitment to leading our program during these challenging times.

### GIRL SCOUT SILVER AWARD

Did you know that for every dog that is adopted, another dog is saved?

My name is Irini Tzavelis and I am a 9th-grade GOYAn at Archangel Michael Church. I am proud to have achieved my Girl Scout Silver Award by teaching others about empathy, compassion, and the importance of pet adoption, through my project entitled “Puppy LOVE Pails.” I am particularly grateful to have had the opportunity to work with our Sunday School during this journey!



As Christians, we are called upon to be stewards of all that God has created, and this includes animals. But what does that mean? It means that we must always act with love, compassion, and empathy. We must protect and take care of all of God's creatures because they are precious and belong to God, not us. In the Bible, we can read about this in Psalm 50:10-11. "For every wild animal of the forest is mine, the cattle on a thousand hills. I know all the birds of the hills, and all that moves in the field is mine." It is important to understand that God wants us to be stewards or caretakers of his creation, just as Adam and Eve were caretakers of the Garden of Eden. (Genesis 2:15)

As I entered my former Sunday School classroom with notes and supplies in hand, I felt excited to be back. I had learned so much from my 6th grade Sunday School teachers, Mrs. Lascarides and Mrs. Ioannou; now it was my turn to teach! After a quick ice breaker and hearing how everyone wanted a dog :) , we jumped into some great discussions! We had conversations about how important it is to understand and truly feel what people and animals are feeling; that is the definition of empathy. We spoke about the reasons why so many dogs need to be rescued: the pandemic, economic needs, natural disasters, abuse, and neglect. I was touched by these conversations and by how kind the students' hearts were. We watched a meaningful PSA created by 8th graders from Montana entitled, "Empathy Can Change the World". At the end of our lesson, the students created posters for dogs, like Shasta, that were available the same weekend for adoption! We placed the posters in the church halls and encouraged parishioners to adopt. A few days later the same posters were displayed at The MAX after-school program in Manhasset where the K-5 graders assembled 52 "Puppy LOVE Pails". Most of the puppy supplies for these were donated by generous AMC parishioners. The "Puppy LOVE Pails" were then donated to the North Shore Animal League in Port Washington.

It was rewarding to bring different communities together while sharing the importance of compassion, empathy, and dog adoption. I believe God was happy with everyone who was involved in this Silver Award journey!

Thank you to my teachers, Mrs. Ioannou and Mrs. Lascarides who welcomed me back with open arms, and to their special group of loving and creative students!

One final and special note:

A few weeks after my presentation, Mrs. Lascarides sent my mom a message, "Please thank Irini for inspiring us to visit the North Shore Animal League". Along with her text was the cutest photo of the puppy she had just adopted!! Her puppy's name is Dallas in honor of Coach Harry's favorite football team♥. I hope Dallas brings as much happiness to the Lascarides family as they have brought to Dallas!



## PRESCHOOL



The Preschool was happy to welcome some new families at our March Open House and registration began. The classes have been attending church services, and both Fr. John and Fr. Michael have been sharing important lessons with them. The Easter Egg Hunt after Agape Service was great fun! The children are working on their End-of-Year Program and Graduation. We will miss them!



These are exciting months 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 and are eagerly anticipating the day when the butterflies will be released outside.

The children of the **Pre-K Class** are reinforcing their number recognition and starting to associate words with the letters. In Greek lessons they are concentrating on their letters and associating words with the letters as well as learning the numbers and reviewing their colors. They are also listening to stories in Greek through the use of props. Good luck in Kindergarten to all of our graduates!

The **Nursery** children will be concentrating on their book of shapes and are excited about color week. They will be introduced to "Spring Colors" and will 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.

All classes continue to enjoy music and body movement, Soccer Shots, JumpBunch Fitness, Color-Theory Art, and Greek classes. The children have had a very productive and fun-filled school year; they have become friends and have learned to share and play together. The children are ready and looking forward to "moving-up", while the Pre-K class is well prepared for successful entry into Kindergarten.

#### Upcoming Events:

May 30	Monday	Memorial Day	School Closed
June 2	Thursday	Ascension Thursday	School Closed
June 9	Thursday	Last Day for Toddler Class	
June 10	Friday	End of Year Program	Last Day of School

Registration for the 2022-2023 school year will be ongoing throughout the summer. For registration information please email: [preschool@archangelmichaelchurch.org](mailto:preschool@archangelmichaelchurch.org)

The following classes are being offered for the 2022-2023 school year:

Toddler (2-3 year olds): Tuesday, Wednesday, Thursday 9 a.m.-11:30 a.m.

Nursery (3-4 year olds): Monday through Friday 9 a.m.-11:30 a.m. or 9 a.m.-2 p.m.

Pre-K (4-5 year olds) - Monday through Friday 9 a.m. -2 p.m.

Be sure to check the following link for further information available on the Preschool page of the Archangel Michael Church website: <https://archangelmichaelchurch.org/preschool/>





**We are happy to announce the 2<sup>nd</sup> year of**  
***Summer Camp at the Archangel Michael Church***

Weekly Sessions

Week 1: June 27-July 1

Week 2: July 4-8\*

Week 3: July 11-15

Week 4: July 18-22

Week 5: July 25-29

\*(no session Monday, July 4<sup>th</sup>)



**Who:** Open to children entering the 3's, 4's, Kindergarten, First and Second Grades in the fall

**When:** Monday-Friday, 9:00am-12:00pm

**Where:** The Archangel Michael Church

**Fee:** \$250/week



***Join us for...***

Weekly Themes

Arts & Crafts

Soccer Shots Program

Music & Movement

Outdoor Play

Color Theory Art Program

Greek Language & Religion

Science Fun

For registration & information, contact: [preschool@archangelmichaelchurch.org](mailto:preschool@archangelmichaelchurch.org)

## Byzantine Youth Choir

The Sunday of Orthodoxy celebrated with His Grace Bishop Athenagoras was indeed a very memorable service. His kind words and compliments expressed to our Youth Choir were very much appreciated by them. His Grace was particularly impressed that the Divine Liturgy included the music of both psalti and choir.



The Youth Choir traditionally sings the poetic odes of the Akathist Hymn in honor of Our Most Holy Theotokos at the Salutations service on the fourth Friday of Lent. This year, Sophia Xenophontos and Eoanna Sarosy are to be commended for their dedication to learning to chant the Aspile and Ke Thos Imin passages. Their poignant recitation was absolutely beautiful!

The annual Youth Choir's Mother's Day Plant Fundraiser will be placed on the Sign-Up Genius for preorders. The plants can be picked up on Friday, May 6, or on Mother's Day, Sunday, May 8.

During the month of May, we are planning a trip to visit the residents of Hellenos House. In addition we will be going on our annual Broadway theatre trip to see the classic musical theatre production of The Music Man.

Wishing our dear Archangel Michael Family  
A HAPPY, HEALTHY SUMMER!  
With Faith & With Love,  
Your Byzantine Youth Choir,  
Ms. Georgia, Ms. Eleni, & Mr. Kris

### GREEK FESTIVAL ON THE HARBOR SAVE THE DATES

Our annual Greek Festival On the Harbor is scheduled for Friday-Sunday, September 23-25.

Additional information will be coming soon!

### AMC NAMEDAY GALA:SAVE THE DATE

The annual Archangel Michael Church Nameday Gala will be held on Friday, November 18, at the Swan Club.

## GOYA

Once again, the GOYA calendar was filled with events that gave everyone the opportunity to get together. We had a wonderful time at our first annual Inter-Goya Bible Bowl on April 1. The competition was fierce, but everyone had fun.



April was a busy month for GOYA. On April 8, we held our annual "Lock-In." The GOYAns enjoyed the sleepover at the church as we discussed spiritual ideas. Our "Luminary Candle Sale" was once again a great success. The Luminary candles, which parishioners purchased to commemorate a loved one, family member, or friend, were lined up in front of the church for the procession of Holy Friday. Thank you all for your generous donations.

We have quite a few activities planned for May and June. We are looking forward to honoring mothers on Mother's Day with our annual gift of a beautiful flower. This year, our annual GOYA trip will take us to Washington, D.C. on May 13-15. Everyone is excited about all the sightseeing that is being planned, and all are eager to meet and spend an evening with the GOYAns of St. Katherine's Church in Falls Church, Va.

The highlight of every June is our Senior Night. It is a special celebration as we congratulate all the seniors and wish them well as they move on to the next phase of their lives.

GOYA wishes everyone a great summer!

## Saints of the Greek Orthodox Church



### Feast of the Annunciation, March 25

Every year on March 25, we commemorate the Annunciation by Archangel Gabriel to the Virgin Mary, who proclaimed that she would become the mother of Jesus Christ, the Son of God. Archangel Gabriel announced to Mary, "you will conceive in your womb and bring forth a son, and you shall call his name Jesus (Luke 1:31)." This all-holy feast additionally represents the spiritual activity of God in the world. The news that Archangel Gabriel gave Mary laid forth an accumulation of emotions. Mary at first was skeptical as to how this could happen, but the Archangel eased her troubles, telling her that the power of God and the Holy Spirit would come upon her and that the Child would be known as the "Son of God." Mary's faith

and obedience to God allowed her to play a crucial role in God's plan for our salvation. The Orthodox Church honors the Virgin Mary with this feast not for the sole reason of God choosing her but also the decision made by Mary to follow the path of God.

- Evalia Koumpourlis





### St. Stamatios, August 16

St. Stamatios was born in a village called Volos around 1680. The residents were exhausted economically, often forming committees of the most respectable persons of the area who addressed the Sublime Porte, requesting tax relief. Desperate, residents decided to send a delegation, of which Stamatios was a key member, to Constantinople, to the Sublime Porte, in hopes of finding justice. The delegation of Christians traveled to Constantinople, presented themselves to the Vizier, and began to complain about the injustices of the Aga that had been perpetrated against them. Then some Turkish officials standing nearby, who were friends of the Aga, separated the

Saint from the rest and brought him before the Vizier, falsely testifying against and slandering the Saint, saying that he became a Turk and now is going around as a Christian. Of course, the Saint strongly denied this accusation before the Vizier. The local lord ordered that he be tortured and imprisoned. St. Stamatios stayed steadfast in his beliefs and was beheaded as a martyr. The feast day of St. Stamatios is August 16.

-Stamati Gargas



### St. Veronica, July 12

St. Veronica was alive during 1 AD and was present during the crucifixion of Jesus Christ, though not much is known about her early life. In the Bible, it is mentioned that she was plagued with a blood-related issue, though the specific issue is never described. After 12 years of suffering and visiting physicians who couldn't heal her, she sought out Jesus Christ. The encounter is described in the Gospel of St. Luke: In a crowd of people, St. Veronica came from behind and touched Christ's robe, and instantly became healed. He turned to the crowd asking who had touched Him. St. Veronica came forward trembling and fell to her knees to declare her reason. He responded, "Daughter, be of good cheer; your faith has made you well. Go in peace."

After the healing, St. Veronica became a devout follower of Christ. She encountered Him again on His march to Golgotha. She witnessed Him tired and worn down from carrying the heavy cross so she gave Him her veil to wipe the sweat and blood from His face. When He handed the cloth back, the image of His face had been imprinted on it. The cloth has become known as the Veil of Veronica. Sadly, the veil has been lost.

-Veronica Tsalikis

## END-of-YEAR BARBECUE

Our traditional End-of-Year Barbecue will be held on Sunday, May 22, 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. In addition, the Dance Troupe will be presenting their final performance of the year.

## HOPE/JOY

In keeping true to our HOPE/JOY philosophy of enriching children's lives and giving them opportunities to grow and have fun, our events continue to foster a sense of community and belonging among our youth. From bowling to ice skating, we have been keeping busy these past couple of months.

This has all led up to the celebrations surrounding the most important holiday in our Greek Orthodox religion, Easter Sunday, by incorporating our faith and traditions in our events. We began on the Saturday of Lazarus, when the children learned about the significance of this holy day and once again baked Lazarakia. The sacred sweet bread was then blessed and enjoyed. This tradition honors the miracle when our Lord and Savior Jesus Christ raised His good friend Lazarus from the dead after he had been lying for four days in the tomb. The Lazarakia are shaped in the likeness of Lazarus, using cloves for his eyes. Our Good Friday Retreat is always a success, and allows the children to come together to participate in service to the church by helping to assemble candles for the holy days of Easter. The children also took part in a craft in which they decorated a picture of a Prosforo seal; in addition, they all enjoyed making craft crosses to be displayed on Easter.



We are looking forward to a happy and healthy summer and hope to see you all in September!

## Greek Dance Troupe

The Greek Dance Hara group was honored to perform at a special ceremony celebrating Greek Independence Day at the Nassau County Legislative Building in Mineola. It was a wonderful experience to showcase our Greek culture and heritage. The Dance Troupe looks forward to performing once again for our AMC parishioners, families, and friends with our final performance of 2021-2022 at the End-of-Year Fellowship BBQ! They will also be participating in and performing at the Ronald McDonald House Greek Division Walkathon on Saturday, May 7, 2022 in New York City. Come support this wonderful cause!

Look for the Dance Troupe at their upcoming performances at the September, 2022 Greek Festival on the Harbor!



The Greek Dance Troupe was established in 1999 under the direction of Roula Zogopoulos. It has now grown to over 70 dancers in three groups! 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 meets on Saturday mornings throughout the school year and welcomes children from Kindergarten age through High School. We proudly perform at various church functions as well as at other performance venues throughout the year. Please see the link below for more information about the Dance Troupe.

<https://archangelmichaelchurch.org/greek-dance-troupe/>

For more information, please contact: [greekdance@archangelmichaelchurch.org](mailto:greekdance@archangelmichaelchurch.org)

### FOUR-MONTH TRUMPET

This current issue is the four-month Trumpet for May-August. Included are calendars for May and June. Although July and August calendars are not included, please note that Sunday Divine Liturgies will begin at 9:30 a.m. with Orthros at 8:00 a.m. and other worship services and Sunday feast days are included on the Worship Services page.

**Wishing the  
Archangel Michael Church  
Community A Happy and  
Healthy Summer!**



# LITTLE ANGELS

of the Archangel Michael Church ~ Ages Birth to 3 years old

## Purpose:

- Introduce children to Christ and our Orthodox faith through “hands-on” activities like lighting candles, venerating icons, singing hymns, reading books, crafts, etc.
- Promote fellowship among parents and children.
- Provide natural bridge into HOPE/JOY.



## Structure:

- Gathering; lesson w/ priest in church; organized activity; snack; free play time.

- **1<sup>st</sup> and 3<sup>rd</sup> Friday of each month (October – June)**
  - **10:00 – 11:00 am**
  - **Meet in double classroom**

*\*Donation: \$20 for the year (covers crafts). For questions or to confirm interest, please contact one of the following group leaders:*

*Persa Lampropoulos at [Persa\\_B@hotmail.com](mailto:Persa_B@hotmail.com) / 631 377 9952,*

*Maria Travlos [mariatravlos@yahoo.com](mailto:mariatravlos@yahoo.com) / 516 669 4825,*

*(or) Caitlin Fradelakis at [CaitFrad@gmail.com](mailto:CaitFrad@gmail.com) / 718 309 8146*

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**29th Annual Carl Watson Memorial**

**GOLF OUTING:**      *The Watsonian*



**Thursday, June 9, 2022**

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Cocktail Hour and Dinner only participation available

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Please help us make the 29th Annual Golf Outing the best  
ever with your participation and sponsorship support!







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## COMMUNITY PHOTOS









## COMMUNITY PHOTOS







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The Trumpet is emailed to over 700 families of the Archangel Michael Greek Orthodox Church, the majority of whom live in the North Shore communities surrounding the church.

If you are interested in becoming a sponsor, please send an email to:  
trumpet@archangelmichaelchurch.org

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ARCHANGEL MICHAEL GREEK ORTHODOX CHURCH

# May Calendar 2022

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 Sunday of Thomas Orthros 8:00a Divine Liturgy 9:30a	2 Philoptochos Mtg 7:30p	3	4 Paraklesis 10a Book Club 11a	5 Small Vespers 7p Book Club 7:30p	6 Little Angels 10a Youth Choir Rehearsal 6:30p	7
8 St. John the Theologian Orthros 8:00a Divine Liturgy 9:30a	9	10	11 Paraklesis 10a Book Club 11a	12 Small Vespers 7p Book Club 7:30p	13 Youth Choir Rehearsal 6:30p	14
15 Orthros 8:00a Divine Liturgy 9:30a General Assembly	16	17	18 Feast of Mid-Pentecost Orthros 8:30a Divine Liturgy 9:30a Bible Study 11a Philoptochos: YAH set-up 2p	19 Young at Heart Luncheon 12p Small Vespers 7p Bible Study 7:30p	20 Little Angels 10a	21 Sts.. Constantine & Helen Challenge Liturgy 10:30a Orthros 9:30a
22 Orthros 8:00a Divine Liturgy 9:30a End-of-Year Community BBQ	23	24	25 Paraklesis 10a Bible Study 11a	26 Small Vespers 7p Bible Study 7:30p	27 Youth Choir Rehearsal 6:30p	28 HOPE/JOY Olympics Weekend
29 Orthros 8:00a Divine Liturgy 9:30a HOPE/JOY Olympics Weekend	30 Memorial Day Office & Preschool Closed	31				





ARCHANGEL MICHAEL GREEK ORTHODOX CHURCH

# June Calendar 2022

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
			Leave Taking of Pascha and Blessing of Waters Orthros 8:30a Divine Liturgy 9:30a Book Club 11a Great Vespers of Ascension 3p	Ascension Thursday Orthros 8:30a Divine Liturgy 9:30a Small Vespers 7p Book Club 7:30p Preschool Closed	Little Angels 10a Youth Choir Rehearsal 6:30p GOYA Graduation Event	
5	6	7	8	9	10	11
Orthros 8:00a Divine Liturgy 9:30a Greek Independence Day Parade	Philoptochos Mtg 7:30p	LIONS Event: Networking 101	St. Kalliope Orthros 8:30a Divine Liturgy 9:30a Book Club 11a	Small Vespers 7p Book Club 7:30p	Preschool Last Day & End-of-Year Program Youth Choir Rehearsal 6:30p	Saturday of Souls & Sts. Bartholomew & Barnabas Orthros 8:30a Divine Liturgy 9:30a
12	13	14	15	16	17	18
Pentecost Orthros 8:00a Divine Liturgy 9:30a	Feast of the Holy Spirit Orthros 8:30a Divine Liturgy 9:30a		Paraklesis 10a Bible Study 11a	Young at Heart Luncheon 12p Small Vespers 7p Bible Study 7:30p	Little Angels 10a	Challenge Liturgy 10:30a Orthros 9:30a
19	20	21	22	23	24	25
Feast of All Saints Orthros 8:00a Divine Liturgy 9:30a	Apostles Fast Begins (Ends on June 29) Philoptochos End-of-Year Dinner		Paraklesis 10a Bible Study 11a	Small Vespers 7p Bible Study 7:30p	Nativity of St. John the Baptist Orthros 8:30a Divine Liturgy 9:30a	
26	27	28	29	30	31	1
Orthros 8:00a Divine Liturgy 9:30a			Sts. Peter & Paul Orthros 8:30a Divine Liturgy 9:30a Apostles Fast Ends	Synaxis of the Holy Apostles Orthros 8:30a Divine Liturgy 9:30a		