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QUICK NEWS & EVENTS

Sun., March 12:
Oratorical Festival

Tues., March 14:
Annual Blood Drive

Wed., March 15
Preschool Open House

Sat., March 18:
Parish Lenten Retreat

Sun., April 2
Heritage Library Event

Thurs., April 6:
Palm Cross Making
Family Fellowship Night

The Archangel Michael Church Trumpet

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The Pilgrimage Group of the Archangel Michael Church

Top: The Monastery of St. Lazarus and his sisters, Martha and Mary

Bottom: The beautiful courtyard of the Monastery of the Apostles

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. Ioannis Capones, Presbyter
Fr. Dennis Strouzas, Retired
Protopresbyter of the Ecumenical Patriarchate

Chanter: Petros Malliaris

Office Staff: Susan Cavounis, Christine Zeiner, Dinia Delgado

Parish Council Members

Executive Board

President: Nicholas Tzoumas
1st Vice President: Michael Bapis
2nd Vice President: Michael Psyllos
Secretary: John Koumpourlis
Treasurer: John Halkias
2nd Treasurer: Demetrios Frangiskatos
3rd Treasurer: Chris Neocleous

Stelios Diakoumakis, Fify Eliades, James Gianakis, Warren Herz, Joseph Isaakidis, Georgios Kaparos, Nick Kokinakis, Michele Lascarides, Helen Maropakis, Mark Pappas, Gus Rogdakakis, Jim Sfiroudis, Nicholas Tagios, and Demetrios Ziozis.

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

March-April Sunday Worship Schedule

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

“Open to me the gates of repentance, O Giver of Life, for early in the morning my spirit hastens to Your holy temple, bringing the temple of my body all defiled. But as one compassionate, cleanse me, I pray, by Your loving-kindness and mercy.” (Idiomela from the Triodion)

The beauty of Great Lent is found in repentance (μετάνοια). The sole purpose of the Lord Jesus’ ministry on earth is to bring repentance to the heart of humankind. In the gospel of Mark, which is read during the Great Lent, Jesus begins His ministry, after being baptized, proclaiming “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.” (Mark 1:15) While in Capernaum, Jesus was teaching in a house. The house became filled with people. Friends of a paralytic, decided to open the roof of the house and lower their paralyzed friend in front of Jesus. Jesus’ first words were not “you are healed” but rather “Son, your sins are forgiven.” (Mark 2:5) When the Lord’s public ministry came to a close, the time arrived for Jesus’ passion. While Jesus was on the cross, in the midst of His suffering, He said, “Father, forgive them; for they do not know what they are doing.” (Luke 23:34) After the resurrection, the risen Jesus appeared to the disciples and empowered them by saying, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them.” (John 20:22-23)

A key component of repentance is awareness. In the parable of the Publican and the Pharisee, the first Sunday of the Triodion, the publican is very aware of who he is before the sight and presence of God. The only thing he can do is beat his breast and say, “God be merciful to me, a sinner!” In the Parable of the Prodigal Son, the lost son becomes aware of his poverty and depravity and just desires to be back in his father’s home. The antagonists in these parables, both the Pharisee and the older brother, lacked awareness of the human condition. St. Paul says in Hebrews, “For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.” (Heb. 4:15) The human condition has been subject to the results of sin death, from the time of the fall of Adam and Eve.



The word “μετάνοια” (repentance) means a change in mind. By embracing the spectacular hymns, prayers and scriptural readings that are presented by the godly inspired services of compunction that take place during the Great Lent, there is great potential for each person to become aware of who they are in their relationship to God. It is here, at this vulnerable moment, that faith brings a person to the unconditional love of God. The prodigal son returned to his father and the father, being watchful for his return, upon seeing him, runs to the son and kisses him all over. At this strategic point of creative conflict, the sweet and joyful fruit of repentance may be reaped. By this, a very personal relationship is created with God, through His Son, Jesus Christ, by the power of the Holy Spirit.

Repentance is a positive and uplifting spiritual practice that never stops taking place, in the life of the church. As a person’s body keeps changing from the moment one is born to the moment one gives up their last breath in this life, so is μετάνοια. This most singular purpose of Jesus’ ministry on this earth, is to inspire repentance within the hearts of God’s people.

The master sculptor, the Holy Spirit, chisels out the form of the “Image and Likeness” of God, within each person. Each stroke by the sculptor is powered by repentance. May the journey through the Great Lent guide the faithful through the gates of repentance. May one taste the sweet fruit of repentance through the poetic services of compunction. May this fruit be the spiritual food from which one is nurtured as they walk towards God’s kingdom. Along this way, may the true nature of the person, emerge which is being made in the “Image and Likeness” of God.

In Christ,
Rev. John K. Lardas
Protopresbyter

Great and Holy Lent

Greetings in the name of our Lord Jesus Christ!

It is my heartfelt prayer that the beginning of this Lenten season finds you and your families in an abundance of blessings and with every good gift that is from above.

Each year, Christians around the world observe this sacred time through acts of charity, fasting, and prayer. We are all called to give up our most prized material possessions and step away from those sinful passions which trouble our hearts. Truly, Great Lent is intended to be a time of significant life changes for the Orthodox Christian. However, perhaps we seldom consider the greater end to which these changes seek to bring us. In other words, what is the point of everything we do during Great and Holy Lent?

The spiritual labors which we undertake during these sacred days of Great Lent are ultimately intended to facilitate the fulfillment of our baptismal calling as disciples of Jesus Christ. Our fasting, prayer, and vigils are all tasked with helping us to walk the path of our Lord's cross and resurrection. Simply put, these external (and seemingly surface level) practices are intended to penetrate our souls with God's divine grace and ultimately prime our hearts for a complete, wholesome transformation through the power of repentance.

Repentance is not the destination of our Lenten Journey; it is instead the very journey itself! Repentance is the humble and meek path which leads us to the foot of the cross where we come to experience the fullness of God's mercy and love. It is here, through repentance, that we also ascend the cross in order to crucify our sinful desires and die to the fallen pleasures of this world so that we may rise together with Christ in His glorious third day resurrection unto everlasting life in His Kingdom.

The Holy Fathers of our Church tell us that a repentant heart is worth more than anything in the eyes of our compassionate and merciful God. Humility, love, and meekness are the blessed first fruits of our repentance which we must offer back unto Christ and to each of our neighbors as living icons of the same crucified and resurrected Lord.

While God perpetually calls us to repentance through fasting, prayer, and spiritual vigils, let us use these holy days of Great Lent to strongly reconsider our resolve to pursue all that is beneficial for the salvation of our souls. Fast not only from food, but also from gossip, slander, and idle speech. Pray not only for those who love you, but also for those who challenge or hate you. Love everyone as Christ loves you.

May God grant you good strength during this beautiful Lenten season!

In Christ our Lord,

Presbyter Ioannis Capones



ARCHANGEL MICHAEL GREEK ORTHODOX CHURCH

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March 2023

Dear Fellow Archangel Michael Parishioners,

I hope this letter finds you all well. As we continue our Lenten journey, it presents the opportunity to search inward and reflect. The last few years have brought challenges to all of us. As we have navigated the initial shock of the pandemic and the eventual re-opening, the dust has settled and our lives now operate in the new normal. Mirroring our personal lives, the Archangel Michael Church has also settled into its new normal. We are nearing finalization of the adjacent land acquisition, we are migrating to a new cloud-based database and parish record-keeping system, and Fr. John and Fr. Ioannis are busier than ever providing spiritual guidance to our parishioners.

As a first-generation child of the Archangel Michael Church, I participated in Sunday School, Greek School, and GOYA in the old Warner Avenue building. The massive growth that we have experienced since those days has led to normal growing pains. How do we continue to be a welcoming, friendly place for new families to worship? How can our growing ministries continue to adequately connect with stewards? With our larger size, how can we effectively enhance the sense of closeness and community that has defined the first 42 years of our parish? Asking these difficult questions is only the first step on our path. With the leadership of Fr. John, Fr. Ioannis and our Executive Board, our esteemed Parish Council remains as committed as ever to answering these questions and continuing to move our community into the future.

In charting our course forward, we have decided to focus our effort on FELLOWSHIP, OUTREACH, and COMMUNICATION. Sharpening our focus to make certain we enhance each of these three initiatives will allow us to take the next steps of growth, while continuing to connect us to each other and most importantly, to our FAITH.

Humbly Yours,

Nicholas Tzoumas

Parish Council President

SERVICES OF THE GREAT LENT 2023

Pre-Sanctified Liturgies at 6:30PM Wednesdays, 9:00AM Fridays

Bible Study & Book Club will be at 11:00AM on Wednesdays

Greek School Pre-Sanctified Liturgies

Tuesday, Feb. 28 at 4:00PM– No Compline, Wednesday March 1 at 6:00PM

Great Compline

Mondays & Tuesdays at 6:30PM–No Compline on February 28

Great Lent Vespers

Thursdays at 6:30PM & Bible Study/Book Club 7:30PM

February

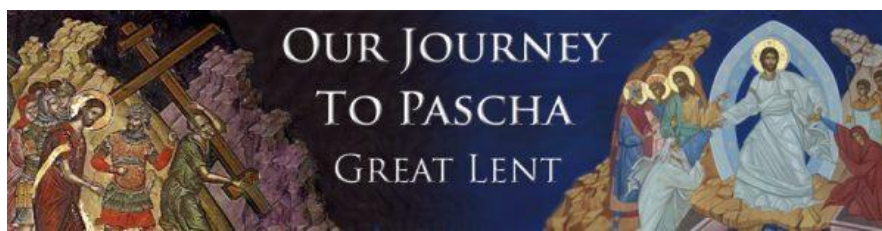
Sat. 18th 1st Saturday of the Souls (Challenge Liturgy) Orthros 9:30am & Divine Liturgy 10:30am
 Sun. 19th Meat Fare Sunday
 Sat. 25th 2nd Saturday of the Souls
 Sun. 26th Cheese Fare Sunday The Great Vespers of Forgiveness: 5:00 PM
 Mon. 27th Clean Monday: Great Compline: 7:00 PM
Presentation by His Grace Bishop Athenagoras of Nazianos “How To Teach how To Pray” Lenten Meal Sponsored by Philoptochos

March

Wed. 1 st	Pre-Sanctified		
Fri. 3 rd	Pre-Sanctified	1st SALUTATIONS	7:00 PM
Sat. 4 th	3 rd Saturday of the Souls		
Sun. 5 th	The 1 st Sunday of the Great Lent - The Sunday of Orthodoxy		
Wed. 8 th	Pre-Sanctified		
Fri. 10 th	Pre-Sanctified	2nd SALUTATIONS	7: 00 PM
Sun. 12 th	2 nd Sunday of the Great Lent - St. Gregory Palamas		
Wed. 15 th	Pre-Sanctified		
Fri. 17 th	Pre-Sanctified	3rd SALUTATIONS	7: 00 PM
Sat. 18 th	Challenge Divine Liturgy Orthros 9:30am & Divine Liturgy		10:30AM
Sun. 19 th	3 rd Sunday of Great Lent – The Sunday of the Cross		
Wed. 22 nd	Pre-Sanctified		
Fri. 24 th	Great Vespers of the Annunciation & 4th Salutation:		7:00 PM
Sat. 25 th	The Feast of the Annunciation		
Sun. 26 th	4 th Sunday of Great Lent – St. John of the Ladder		
Wed. 29 th	Pre-Sanctified		
Fri. 31 st	Pre-Sanctified	The Akathist Hymn	7:00 PM (Vigil following)

April

Sun. 2 nd	5 th Sunday of Great Lent- Sunday of St. Mary of Egypt		
Wed. 5 th	Pre-Sanctified		
Thur. 6 th	Great Compline 6:30PM	Family Fellowship Night and Palm Cross Making	
Fri. 7 th	Pre-Sanctified Liturgy		



HOLY WEEK SERVICES 2023

Saturday, April 8

SATURDAY OF LAZARUS

9:00a.m. Orthros 10:00a.m. Divine Liturgy

Sunday, April 9

PALM SUNDAY

7:15a.m. Orthros

8:30a.m.-1st Divine Liturgy

11:00 a.m. – 2nd Divine Liturgy

7:00p.m. Service of the BRIDEGROOM

Monday, April 10

HOLY MONDAY

8:30a.m. Pre-Sanctified Liturgy

7:00p.m. Service of the BRIDEGROOM

Tuesday, April 11

HOLY TUESDAY

8:30a.m. Pre-Sanctified Liturgy

7:00p.m. Service of the BRIDEGROOM

Wednesday, April 12

HOLY WEDNESDAY

8:30a.m. Pre-Sanctified Liturgy

3:00p.m. The Holy Sacrament of the HOLY UNCTION

7:00p.m. The Service HOLY UNCTION

Thursday, April 13

HOLY THURSDAY

5:45a.m. 1st Vesper Liturgy of St. Basil, Institution of The Mystical Supper

8:30a.m. 2nd Vesper Liturgy of St. Basil, Institution of the Mystical Supper

7:00p.m. Service of the HOLY PASSION

Friday, April 14

HOLY FRIDAY

9:00a.m. Royal Hours

11:00a.m. – 2:30 p.m. Youth Good Friday Retreat

3:00p.m. Great Vespers of the Descent from the Cross

7:30p.m. THE SERVICE OF THE LAMENTATIONS

Saturday, April 15

HOLY SATURDAY

8:30a.m. Divine Liturgy of St. Basil

11:00p.m. The Service of the Holy Resurrection

1:30a.m. Traditional Easter Meal (Sponsored by the Archangel Michael Church)

Sunday, April 16

HOLY EASTER

11:00a.m. The Agape Service (Easter Egg Hunt for children to follow)

Tuesday, April 18

STS. RAPHAEL, NICHOLAS, AND IRENE

Friday, April 21

THE LIFEGIVING FOUNTAIN

Sunday, April 23

2nd Sunday of Pascha: SUNDAY OF THOMAS & The Feast of St. George the Great Martyr

Tuesday, April 25

THE FEAST OF ST MARK

Sunday, April 30

3rd Sunday of Pascha: THE MYRRH BEARERS



Please join us for the Archangel Michael Church 2023 Lenten Retreat

THE HOLY CROSS

Encountering the Cross of Christ
Through Scripture and Tradition.

Saturday, March 18, 2023

12:00 PM

Prosphoro Baking Session

1:00 PM

The Tree of Life:

Foreshadows of the Holy Cross
throughout the Old Testament

2:00 PM

Lenten Lunch: Angeliades Fellowship Hall

3:00 PM

The Mystical Ladder:
Lifting Up the Cross as Our Own
in the New Testament Church

4:00 PM

Decoration of the Holy Cross

5:00 PM

Great Vespers of the Holy Cross

SACRAMENTS

Sat., March 4	3:00 p.m., Baptism: Child of Ariana & Philip Blaney	Sat., April 1	3:30 p.m., Baptism: Child of Isabella & Michael Iakovou
Sun., March 5	1:30 p.m., Baptism: Child of Angelika & Steve Akehurst	Fri., April 21	1:30 p.m., Wedding of Anthony Roccia & Jennifer Rose Gelormino
Sat., March 11	10:00 a.m., Baptism: Child of Chrisoula & Kriton Pantelidis	Sat., April 22	2:00 p.m., Wedding of Peter Kokkosis & Elianna Gounaris
	12:00 p.m., Baptism: Child of Maria & Peter Dilis	Sat., April 28	2:00 p.m., Wedding of Luis Barragan & Kristothea Tziazas
	2:30 p.m., Baptism: Child of Elle & Teddy Lambadarios	Sat., April 29	11:30 a.m., Baptism: Child of Alexis & Blake Lynch
Sat., March 25	12:30 p.m., Baptism: Child of Zach & Kristina Zachariadis		

PARISH COUNCIL 2023

Following the oath of office administered at the conclusion of the Divine Liturgy on January 22 to new and returning members of the Parish Council, a meeting was held to elect the 2023 Executive Board. Congratulations and best wishes to:

President: Nicholas Tzoumas
1st Vice President: Michael Bapis
2nd Vice President: Michael Psyllos
Secretary: John Koumpourlis
Treasurer: John Halkias
2nd Treasurer: Demetrios Frangiskatos
3rd Treasurer: Chris Neocleous

Additional Parish Council members include: Stelios Diakoumakis, Fiffy Eliades, James Gianakis, Warren Herz, Joseph Isaakidis, Georgios Kaparos, Nick Kokinakis, Michele Lascarides, Helen Maropakis, Mark Pappas, Gus Rogdakis, Jim Sfiroudis, Nicholas Tagios, and Demetrios Ziozis.





CHILDREN'S CLOTHING DRIVE and FEED THE HUNGRY

As we entered the coldest months of the year following the holiday season, the Archangel Michael Ladies Philoptochos immediately went into action with a Children's Winter Clothing Drive. The health effects of extreme cold are life threatening. Cold weather makes the body work harder, putting stress on the heart to ensure the body stays warm. Children are unable to regulate their body temperatures putting them at greater health risk. Warm clothing is a basic need, and the need has grown, largely due to the COVID-19 pandemic. Thanks to the generosity of our community, we collected children's coats, sweaters, pants, shirts, and shoes. The clothing was distributed to homeless families and children in New York City and Long Island. This outreach project was coordinated with our Feed the Hungry program at Penn Station where we distributed 140 hot meals, along with water, healthy snacks, fruit, and sweets as well as hats, sweatshirts, and shoes. Our Philoptochos plays a small part in giving warmth and nourishment to our fellow New Yorkers.



GO RED SUNDAY

Go Red for Women is the American Heart Association's national call to increase awareness of and to help prevent heart disease, the number one killer of American women. This is a call for women, by women, to take charge of their well-being and live stronger, healthier lives.

The statistics make it clear why awareness is important; 90% of women have one or more risk factors for developing heart disease. Only 1 in 5 women believes that heart disease is her greatest health risk. 80% of cardiac events in women could be prevented if women made the right choices for their hearts. Join in the mission to increase awareness and help prevent heart disease in women today!

The National Philoptochos Society promotes the American Heart Association's **Go Red for Women** campaign. We want to improve awareness by sharing information with our Philoptochos sisters, our parish community, and all the women we know and love. The Archangel Michael Ladies Philoptochos designated Sunday, February 5 as Go Red Sunday and the community joined us by wearing red when they attended church services. Our Philoptochos made a \$300 donation to the American Heart Association and distributed literature and pins to parishioners. Our Philoptochos is proud to support this important cause.

8TH ANNUAL GODPARENT BRUNCH

For the first time since the pandemic the Archangel Michael Ladies Philoptochos held our in-person Godparents Brunch. For the past 2 years we held the brunch with curbside pick-up and brunch-to-go, so we were delighted to see our community come together in the Angeliades Fellowship Hall to enjoy the many delicious brunch foods our ladies prepared. Families and their beloved Godparents celebrated this combined Godparent/Valentine's Day with their menu favorites. We are thankful for the sponsorships by businesses and individuals, both within and outside of our Archangel Michael community, for supporting this event. We also wish to thank those who helped to provide or underwrite the purchase of ingredients for the foods served and our Philoptochos chefs who spent many hours in

the kitchen. Congratulations to co-chairs Chris Ioannou and Chris-Marie Tzavelis, along with their committee, for organizing this wonderful event.



The Archangel Ladies Philoptochos Scholarship

The Archangel Michael Ladies Philoptochos has established a Scholarship Committee, whereby granting a \$1,000 scholarship to a graduating high school senior who is of Greek Orthodox faith and has demonstrated a strong commitment to philanthropic endeavors throughout his or her high school career. It is our belief that a scholarship has the ability to boost the morale and confidence in a student's ability to work toward his or her future. By supporting our youth in this manner we help them build a strong foundation to achieve their potential. Interested applicants should submit the application and required items by the May 15, 2023 due date, and mail to:

Archangel Michael Ladies Philoptochos Society
C/O Archangel Michael Greek Orthodox Church
100 Fairway Drive
Port Washington, NY 11050

If you have any questions, please contact Diana Gardianos, Philoptochos President, at 516-850-6272.

IT'S THAT TIME...

A friendly reminder to renew your Philoptochos membership for 2023. We could not be more proud and honored by your support and membership. Philoptochos believes in the strength that comes from community and from moving ahead together as one! We look forward to another year together, as we move happily towards this year's goals and emboldening our mission. As Philoptochos celebrates 90 years of service, we recognize our members, and appreciate that through their hard work and devotion our beloved organization has grown into a formidable "Army of Agape" dedicated to serving our brothers and sisters in need. Please look for our stewardship letter and application in the mail.

ANNUAL WATSONIAN GOLF OUTING

Save the Date: The AMC 2023 Golf Outing will be held at Plandome Country Club on Thursday, June 8.

Information regarding registration and sponsorship opportunities will be available soon.

THE 18TH ANNUAL ARCHANGEL MICHAEL CHURCH BLOOD DRIVE

Each season is marked with events - we look forward to celebrating the birth of Christ leading up to Christmas in December; New Year's in January brings us to serious meditation and prayer for new resolutions; the start of Great Lent marks the beginning of our spiritual journey towards Easter. How fitting that every year during this lenten period, The Archangel Michael Church community participates in its Annual Blood Drive where people have the opportunity to give of themselves by giving the gift of life. This year's Blood Drive will be held on Tuesday, March 14.

Blood collection has changed in the last few years as a result of the COVID pandemic. The New York Blood Center reported that 20,000 first-time donors were lost when school and community blood drives could not take place. Certain restrictions have now been lifted to make donating blood easier because the need is so great.

Our church is filled with heroes: those who donate each year, those who donate for the first time, and those who are unable to donate but volunteer at the blood drive in other ways. Each of us can make a difference. In the short time it takes for us to donate a pint of blood, we are giving a lifesaving gift to: someone in the hospital or an ambulance, someone in medical need, someone who needs a single transfusion, or someone who receives regular blood transfusions in order to survive. The AMC community has helped to save thousands of lives through past blood drives, and we hope to carry on the tradition this year.



Please save the date for the 18th Annual Archangel Michael Church Blood Drive on Tuesday, March 14, from 2:30 p.m. to 8:30 p.m. in the Angeliades Fellowship Hall. A special thank you to Kirio Yianni for his ongoing guidance and dedication to teaching our children about our rich Greek culture through dance and expression.

The donation will include a mini medical examination and will take up to one hour per donor. To donate blood, you must be between the ages of 17 and 75 (16-year-olds need parental permission; those 76 and over need a doctor's note); weigh a minimum of 110 pounds, and feel well the day of the drive. Donors must also bring ID and know their Social Security number. If you already have a blood donor ID card, please bring it for a quick registration. Come be a hero!

AMC LIONS

On January 3, 2023, the Archangel Michael Church LIONS (Long Island Orthodox Networking) ministry gathered for its sixth annual event, which brought together over 40 young adults/students and experienced mentors from our community.

The night began with a prayer and inspirational message from Fr. Ioannis, followed by opening comments from Parish Council member Nicholas Tzoumas and LIONS chairperson Nick Koutsoftas. Fr. John then introduced a professionally diverse panel of speakers: Christos Schwarz, Production Assistant at the NBA; Maria Tampakis, Executive Chef at the Four Seasons New York Downtown; Panagiota Tampakis, SLPD, CCC-SLP, Pediatric Speech Language Pathologist, Faculty Lecturer and Academic Advisor at Teachers College, Columbia University; and Sophia Tampakis, Senior Mechanical Engineer at Lilker Associates. These four talented and dynamic speakers shared their life journeys, filled with many successes and many challenges, and offered valuable words of wisdom to our young as well as older adults in the audience.

Following a brief yet insightful Q&A session, we jumped into the networking part of the event where our mentees rotated to various tables to explore different career paths with mentors from our AMC community. We had lawyers, engineers, accountants, speech pathologists and therapists, real estate brokers, investment managers, doctors, teachers, pharmacists, marketing experts and designers, technology and management consultants, electricians, and our clergy. As the night progressed and both mentees and mentors became more comfortable, many great discussions ensued, with some going well past the scheduled end time of our event.



As we all know, one's life path is never straight and can be filled with much uncertainty especially for the younger members of our community. Our goal is to help shed some light on that path and provide guidance. Building on previous years' events, this night was about initiating conversations between mentees and mentors of our community. We look forward to fruitful interactions in the future through smaller, less formal workshops and one-on-one meetings. To that end, earlier in the night, YAL co-president and LIONS committee member Marika Reynolds addressed the mentees and asked them what they would like to come away with, from LIONS. Their responses included resume building, developing LinkedIn profiles, sharpening interviewing and email writing skills, taking professional headshots, accessing the mentor database, and finding internships. These will be used to help form AMC LIONS' calendar of events over the next 12 months.

As a reminder, 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 to pay it forward for others along the way.

If you are interested in becoming a mentor please email: Nick Koutsoftas, AMC LIONS Chairperson at: nkoutsoftas@yahoo.com

And please remember, mentoring is not just about paid internships - it is about sharing your experiences and shedding light on the paths of young students.

THE GREEK-AMERICAN STUDENT'S GUIDE TO COLLEGE SCHOLARSHIPS

By Seva Karonis

Let's be honest with ourselves here: college is expensive. Cost of tuition is something that only increases every year—and that does not even include the price of textbooks, room and board, or transportation if you are a commuter student.

Although many colleges are committed to working with families to lower the cost of attending the school, always appeal if you are not satisfied with your initial financial aid package. Merit-based scholarships or federal aid can only cover so much. There isn't a perfect solution, but one way to alleviate this cost is through different scholarships.

Schools do give students their own form of scholarship, primarily based on academic performance in high school. That being said, there are scholarships outside of colleges given by organizations determined to provide students with the means to pursue a higher education.

Scholarships can encompass a broad range of categories, and each one holds different requirements. So, the best route to applying is by picking a niche characteristic that you may not share with other individuals. This includes ethnicity, which is exactly why I've cultivated a list of scholarships specifically for Greek-American students looking to attend—or those who are already in—college.

AHEPA - Educational Foundation (AEF) Scholarship Application 2023

The [AEF Scholarship](#) is one of the more well-known scholarships out there for any Greek-American students looking for additional aid. The Foundation has awarded over \$2 million in scholarship funds collectively and AHEPA has been around for a little over a century. This longstanding commitment to helping students who need extra financial assistance, as well as to promoting the importance of education, should be a striking indicator that it is worth applying for this national scholarship.

While some may feel a \$2000 reward may pale in comparison to other scholarships, I'll emphasize the fact that every dollar counts. Maybe this won't put a dent in one's Expected Family Contribution (how much money families are expected to pay for tuition every year), but this award is enough to cover textbooks. The deadline is **March 31**, so act fast!

Qualifications include...

- Applicant must be of Hellenic descent or an AHEPA member.
- Applicant can be a high school senior, a college student, or college graduate looking to pursue a graduate or professional degree.

FAITH Scholarships for Academic Excellence:

For nearly twenty years, [FAITH](#) has been awarding merit-based scholarships to Greek-Americans across the country. Their ideals are rooted in community value, charity, and "good citizenship," making this organization a paragon of integrity.

Though the financial award is unclear, the social ones are clear: recipients join a network with over 600 FAITH Scholars who act as role models of FAITH's core values. The 2023 application opens in March, so there are no clear guidelines. However, examining FAITH's previous applicant winners suggests that this organization admires applicants with strong academic performance and extensive community service hours.

Qualifications include...

- Applicant must be of Greek Orthodox faith and a member of a parish.
- Applicant must be graduating high school (public, private, or parochial) in the U.S.

Peter Agris Memorial Journalism Scholarship:

For any students interested in writing, look towards this scholarship. The [Peter Agris Memorial Journalism Scholarship](#) was established in honor of the man and is given to college students pursuing Communications or Journalism. This specific major requirement may not make this an applicable option for all students; however, I'm willing to bet that some students reading this have an interest in the field.

Its \$5000 award is the highest covered on this list, likely due to its selectivity. The deadline is no later than **March 31**, meaning current college students can apply for this right away! High school seniors who will pursue one of these majors in college, however, should keep an eye out for this scholarship next year.

Qualifications include...

- Applicants must be of Greek descent.
- Applicants must be pursuing a major in Journalism or Communications at an accredited U.S. college/university.

George N. Boulukos EOCS Scholarship:

For any high schoolers in a Scouting program (i.e., Girl Scouts, Boy Scouts), this may be the perfect opportunity for you! The [George N. Boulukos EOCS Scholarship](#) is run by the Eastern Orthodox Committee on Scouting (EOCS), and has been granting scholarships for thirty years. This application has specific requirements—like the previous one—and there will be much less competition for students who are eligible.

Only two applicants are lucky enough to receive the \$1000 award. The deadline is May 1, meaning there is plenty of time left for applicants to start compiling their documents so that they are ready for submission.

Qualifications include...

- Applicants must be a senior in high school and a member of an Eastern Orthodox Christian Church.
- Applicants must be a registered (and active) member of an EOCS-recognized Scouting program, and have earned the highest award.

Renaissance Fund Scholarship:

It can be difficult to fulfill the requirements of the previous few scholarships, since many of them focus on academic performance and strong community involvement. So, for students who are still seeking additional aid, the [Renaissance Fund Scholarship](#) can help. This not only looks at applicants holistically, but even takes into account their financial situation, and considers personal financial needs.

Awards vary among recipients since everyone's circumstances are unique, but the total amount is maximized at \$5000. The deadline is April 1, so students should apply as soon as possible.

Qualifications include...

- Applicant must be of Greek heritage or actively involved in the Orthodox Christian faith.
 - Applicant can be a high school senior, a college student, or college graduate looking to pursue a graduate or professional degree.
 - Student must show demonstrated financial need; this can be proven by household income, significant medical expenses, or other circumstances causing financial strain.

PanHellenic Scholarship:

Unlike other scholarships, the [PanHellenic Scholarship](#) splits its 40 recipients into two categories: 20 recipients get \$10,000 based on academic achievement and financial need, and the other twenty recipients get \$2,500 based on academic achievement. These costs are specifically allocated towards college-related expenses, but this doesn't just mean tuition. Study abroad is one great example of what the money can cover.

The application **closed for 2023**; however, it is set to reopen again for the next year in October. Therefore, current seniors and other eligible college students should not forget to apply for this amazing financial opportunity!

Qualifications include...

- Applicants must be of Hellenic descent.
- Applicants must be enrolled at an accredited university/college and pursuing a four-year Bachelor's degree.

Scholarships are an aspect of the college process that high seniors tend to neglect, since they're so burnt out with their applications and don't want to take on additional work. Yet, it is these scholarships that can fill in the gaps of money needed to attend certain institutions (especially ones that are notorious for giving little to no aid). I encourage families who are looking for ways to pay for college this year to consider these options, and potentially utilize these resources.

Seva Karonis is a member of AMC GOYA and the Byzantine Youth Choir and is a senior at Francis Lewis H.S.

HEALTH AND WELLNESS: FASTING FOR LENT

The purpose of fasting is to cleanse the body and the spirit in preparation for accepting the Resurrection at Easter. It is important to keep this in mind when choosing your lenten foods. Many plant foods support the body's natural cleansing process. For example bitter greens, like dandelion and arugula support the liver, while high water foods, like cucumber, celery, and strawberries support the kidneys. Foods eaten during Lent are restricted, but that doesn't mean Lenten dishes need to be boring and bland. Try to rely heavily on the seasonal vegetables available during this time. Most recipes can be substituted with a vegan option; it just may need a bit more creativity.

Simple Vegan Food Substitutes

ground meat - lentils and beans

eggs for binding - 1 tbsp ground flax seed mixed with 2 tbsp water

eggs for baking - mashed banana or applesauce

milk - nut milk

cheese - nut cheeses (found in most grocery stores)

Lentil Bolognese

Ingredients

1 tbsp olive oil or avocado oil

1 cup chopped onion

1 carrot, chopped

3 cremini or button mushrooms, chopped



3 cloves garlic, minced
1 1/2 cups dry lentils
1 28 oz can crushed tomatoes
1/4 tsp sea salt
pepper to taste
1 tsp dried oregano

Directions

- In a pot, add lentils and 3 cups of water; bring to a boil then simmer for 15 minutes or until lentils are cooked, but not mushy.
- In a large rimmed pan over medium heat, add oil, onions, and carrots; and sauté until onions are golden, approximately 5 minutes.
- Add mushrooms and mix through for 2 minutes.
- Add garlic, lower heat, and sauté for 3-4 minutes.
- Add cooked lentils, crushed tomatoes, sea salt, pepper, and oregano.
- Simmer for 15 minutes, adjusting seasoning to taste for the lentil sauce.

TIP: Double the recipe and freeze for easy meals during lent.

GREEK LANGUAGE INSTITUTE

The Greek language Institute held a beautiful “Apokries” Glendi at The Inn at New Hyde Park on Sunday, January 29, 2023. What a fantastic time it was! Parents, grandparents, family members, and friends were all delighted by the dances performed by our very own students. You could feel the excitement with the echo of cheers and delight. We were all very proud. A special thank you Kirio Yianni for your ongoing dedication to teaching our children about our rich Greek culture through dance and expression.

There was also an award presented to the “Teacher of the Year.” The honor went to Ms. Martha Poursanidou, described by parents as, “One who goes above and beyond for both her students and everyone else as well.” Other feedback included, “She is honest, hard-working, caring, and makes learning a new language fun.” We all wish to congratulate her again on this huge accomplishment receiving the award as such a wonderful educator!

Thank you so much to the P.T.A. Presidents Vickie Geleris and Callie Moliviatis for putting together such a wonderful Glendi filled with fantastic raffles, prizes, dancing, and lots of Kefi!!!



GLIPTA

GLIPTA kicked off the new year, 2023, with the traditional cutting of the Vasilopites. The children witnessed the blessing of the Vasilopites in church by Fr. John and Fr. Ioannis. Each child was given a piece to enjoy while hoping to receive the lucky coin!

On January 29, GLIPTA was excited to host the Apokriatiko Glendi. It had been 3 years since this event was held and a great time was had by all. The room at the Inn at New Hyde Park was filled with music, raffles, prizes, good company and kefi! The highlight of the evening was the beautiful performances of our students dancing a variety of Greek dances. The success of the event was made possible through the support and generous contributions from our donors and underwriting sponsors. We are grateful for all the support we received. Thank you!



We are looking forward to our Greek Independence Day celebration as well as marching down 5th Avenue in Manhattan in the Greek Independence Day Parade scheduled for March 26.

SUNDAY SCHOOL

The Archangel Michael Sunday School academic year is in full swing. The children are learning about our beautiful Orthodox faith in various ways. Every Sunday, different grades are present in church for the Divine Liturgy and participate in the sermon with Fr. John.

February 12 was Godparent Sunday where students celebrated the Divine Liturgy with their Godparents. In preparation for the special day, students made sweet treats and invitations for their Godparents. After Liturgy, they enjoyed a special brunch sponsored by the Ladies Philoptochos, which marked the return of the in-person event since the pandemic.

With Easter on the horizon, the Sunday School students will participate in an educational Lenten journey through the "Pascha Passport." The purpose of the Pascha Passport is to enrich and educate students on their journey through Lent to Pascha. Much like a real passport, it has many different spaces for stamps; the stamps that go into this passport are of beautiful icons that correspond to each destination in the Pascha Passport. These passport stamps will be received at each of the various services of the Triodion, Lent, Holy Week, and Special Destinations. Through the Pascha Passport, students will be able to better understand and participate in the beautiful and humbling journey to Pascha.

The 2023 St. John Chrysostom Oratorical Festival is scheduled for March 12. To prepare for this annual event, the older youth in our church have the opportunity to do research and then will present to the congregation their thoughts on various spiritual topics assigned by the Archdiocese. Participants received extensive support from Fr. John and Fr. Ioannis, and there were presentation and delivery workshops hosted by Valerie Papain and Barbara Mavro. Winners will have the opportunity to present their work at the District Archdiocesan level. A huge congratulations to all the participants on this incredible accomplishment.

PRESCHOOL

March comes in “like a lion and goes out like a lamb.” Our rooms will be decorated with lions, lambs, kites and Greek Flags in celebration of Greek Independence Day. As April arrives, the children will be looking forward to Spring, playing outside in the warm weather, and celebrating Easter.

The Pre-K Class will be exploring clouds in March with each child taking a turn at being the “Meteorologist of the Day.” In April, they will be exploring colors by mixing egg dyes to make unique colors for their Easter eggs. Letter and number recognition continues, using various manipulatives. The children enjoy the After School Greek Enrichment Program, learning letters, numbers, days of the week, colors, and phrases.

Nursery students are learning letters, numbers, shapes and colors, and are working on their alphabet and number books. Fine motor skills are continuously enhanced through activities such as cutting, coloring, and working with Play-Doh. They are learning Greek through songs, stories, and other activities.

Our Toddler Class continues to work on basic skills and social development. They are making wonderful progress in counting, reciting the alphabet, and more. They are proud of their crafts and are showing off their Spring Themes.

All our classes benefit weekly from the Color Theory Art Program, Music with Miss Kim, Snapology-STEM class, Jump-Bunch Physical Fitness Program and visits with Fr. John and Fr. Ioannis. After-school programs include Soccer Shots and Afternoon Greek Enrichment.

Please mark your calendars for the following upcoming events:

March

Wednesday, March 8	Parent Teacher Conferences	School Closed
Wednesday, March 15	Preschool Open House	School Open
Tuesday, March 21	Picture Day	School Open

April

April 10-17	Easter Break/Holy Week	School Closed
Tuesday, April 18	Classes Resume	

OPEN HOUSE INFORMATION

The Archangel Michael Preschool invites you and your preschooler to our “Open House” on Wednesday, March 15, 2023 at 7 p.m. Come meet the teachers and parents and become familiar with our program and facilities including an enclosed playground and equipment.

The Archangel Michael Preschool was founded in 1996 to provide an enriching social and academic environment to children of the Greek Orthodox faith. It is housed in the building of the Archangel Michael Church in Port Washington, NY

Why is the Archangel Michael Preschool a great place to send your child?

- Dynamic, nurturing staff
- NYS Licensed School
- Greek Language & Religion
- Comprehensive Curriculum
- After School Programs Available
- Five Hour Day Program

The Archangel Michael Preschool offers the following programs:

Toddler Program (Ages 2-3)

Nursery (Ages 3-4) 9:00-11:30 OR 9:00-2:00

Pre-K (Ages 4-5) 9:00-11:30 OR 9:00-2:00

Save the date! To attend, contact us at (516) 944-3184 or email preschool@archangelmichaelchurch.org . We look forward to meeting you and your child!

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. Our bowling event had the children roll on over and attempt strike after strike in every lane. They laughed, shared smiles, and bonded over some friendly competition at AMF Lanes in Syosset. We were all impressed and look forward to more bowling events in the future to allow the children the opportunity to show off their skills!



On Saturday, February 11, our HOPE and JOY groups came together to join in spreading LOVE to local families in need. In support of the Philoptochos "feed the hungry" cause, the children participated in packing food bags to support the "Blessings in a Backpack" initiative. This non-profit organization provides children with food for the weekend; their families cannot otherwise afford enough to eat, and may go hungry. This event gave our AMC children the opportunity to learn the importance of giving back to the community.

Please look out for more fun events coming up in March and April, including palm cross making and the baking of lazarakia cookies!

It's never too late to join HOPE/JOY!!! Come and join us for fun and fellowship all year long. Please contact us at hope@archangelmichaelchurch.org (ages 4-7) and joy@archangelmichaelchurch.org (ages 8-12) for more information.

Little Angels

Our Archangel Michael LITTLE ANGELS Ministry is going strong! It has proven to be a much needed ministry as there are more moms and dads that come with their little angel(s) each time we meet together. Our gatherings take place twice a month and always on a Saturday since it is the day that works best for most families. Valerie Papain and I collaborate each month and then create a fun-filled activity along with a yummy snack for each session. Additionally, we infuse our faith to our Little Angels with a trip to the church to light a candle, learn to do our Cross and kiss the icons to show our love and faithfulness. Though our Little Angels are young, learning about their faith from this age brings a familiarity and love of God that becomes ingrained in their hearts and souls.

We welcome Little Angels from 40 days old up until they turn 4 years old, to this wonderful program. As stated in our flyers, lovingly designed by Millie Gianoukakis each month, we also invite Little Angels in the womb to be with us! We've had a 'mommy-to-be' join us for the past two months! In doing so, she is getting to know our wonderful mommies and daddies before her little angel arrives into the world. What a great way to start that connection!

We begin each gathering with a smile and a welcome, as well as toys for the little ones to play with on the mat. In our special welcome song, each child is mentioned by name. From there, we sing more songs followed by an art craft; we then set our craft aside, clean up our toys, and take a walk to the church. Upon returning to the classroom each child is given a snack, we take a group picture, and finally say 'goodbye' until next time.





We look forward to making some local trips when the weather gets warmer! Don't miss out! Join us each month with your Little Angels! Remember, this is also a time for mommies and daddies to enjoy, as well as their little ones! We look forward to seeing you!

With much love to you all,
Presvytera Eleni Lardas

Girl Scouts

Girl Scout Troop 424 is enjoying a very busy first few months of meetings and activities. They also welcomed their newest Girl Scout, Vivian Strouzas, kindergartener at the Archangel Michael Greek Language Institute.

The troop leaders have been seeking out women who play interesting and inspirational roles in their communities to come and speak to the troop.

On January 27, Animal Crimes Detective from the Queens District Attorney's office, Dionisia Mikalef, who is also a proud member of the Greek Orthodox community, came to meet the girls and spoke to the troop about how she protects vulnerable and neglected animals throughout the borough. This talk inspired the girls to think about how they can also help their own communities both now and in their future occupations. Pictured at right is Detective Dionisia with her niece, Girl Scout Diana Matsis.

The troop is also proud to help their more immediate community. The girls, along with their parents, through a campaign spearheaded by Troop Mom Katerina Constantinou, are donating a HEPA/UV air filtration device for their Greek Kindergarten classroom. Hopefully, this will help to reduce airborne germs and better circulate the air in their



classroom during this season of multiple illnesses affecting children and their families.

Pictured at the right are Vivian Strouzas, Zoe Gavalas, Dionysia Lluca, Vivian Constantinou, Diana Matsis, and Demi Anastasis with their Greek Kindergarten teacher Mrs. Martha Poursanidou and the air filter they donated.

(Not pictured, Isabella Papadoulis who was absent.)



GOYA

The Archangel Michael Church GOYA began the new year with the traditional cutting of the Vasilopita during our first meeting of 2023. Congratulations to Effi Stefanos and Victoria Beltecas for receiving the piece with the coin.

GOYANs continued the spirit of giving and service by participating in the annual Midnight Run on January 20. We distributed clothing, food, and drink and simply bonded with the homeless. It was a rewarding and most memorable experience for the GOYANs. Thank you to all who donated.

In March, the GOYANs will kick off their annual fundraiser: Luminary Bags and Candles. These luminary bags and candles can be purchased in memory of a loved one and will be displayed along the path of our outdoor procession during the Holy Friday evening service. The sale will continue until Palm Sunday.

Our GOYANs also had a great time at the annual InterGOYA ski trip. All Long Island churches got together and went to Montage Mountain to ski and go tubing. The kids had a blast and then danced the night away at the hotel. The next morning we went to Agia Skepi for a moving service before heading back home.





We are looking forward to more of our Friday night get-togethers and many upcoming dances.

It's never too late to join GOYA!!! Come and join us for fun and fellowship all year long. Please contact us at goya@archangelmichaelchurch.org

Greek Dance Troupe

The Archangel Michael Greek Dance Troupe had a busy winter. Our Neolea, Hara, Eftihia & Elpida groups headed off to Atlanta, Georgia for HDF (Hellenic Dance Festival), sponsored by the Atlanta Metropolis. Our groups performed dances from various areas of Greece including Macedonia, Simi, Kalymnos, and more. They participated in workshops with local clergy and attended liturgy. With over 3,000 attendees and 1,500 dancers, it was a wonderful opportunity for the families to connect with other Greek Orthodox faithful in our country. All of our groups placed at this competition and two came away with Best Costume awards as well. Congratulations!



February saw our three oldest groups, Neolea, Hara & Eftihia present dances at the San Francisco Diocese FDF (Greek Orthodox Folk Dance & Choral Festival) where they competed against other church dance groups from around the country. It was a great experience for all the families involved. There were two days of competition dancing, glendia in the evenings, workshops and more! Thank you to our instructors, dancers and parents for all the support to reach this accomplishment!

All of our groups continue to work on dances from various regions in Greece. The Greek Dance Troupe practices on Saturday mornings. We proudly perform at various church functions as well as other events throughout the year. For more information, please contact: greekdance@archangelmichaelchurch.org

Please join the Heritage Library and Bookstore for a Lecture Recital

POLYMNIA by Theodosia Roussos

with Mathias Coppens, piano



Sunday April 2, 2023
Following the Divine Liturgy

Archangel Michael Church
Angeliades Fellowship Hall
100 Fairway Drive
Port Washington, NY

Theodosia Roussos is a Greek Cypriot American composer, soprano, and oboist. Her opera *Polymnia* premiered in January 2023, presented by the UCLA Stavros Niarchos Foundation Center for the Study of Hellenic Council, The Consulate General of Greece in Los Angeles, made possible by generous grants from the Stavros Niarchos Foundation and National Endowment for the Arts. The opera tells the heroic story of a young woman who survives the tragic expulsion of her family from its Thracian village by the Ottoman Turks.

Theodosia's passion for contemporary music has led to collaborations with Beth Morrison Projects, The Industry, WildUp, and Bang on a Can. She has performed with orchestras including the Los Angeles Philharmonic, Boston Philharmonic, Phoenix Symphony, and many studio orchestras. Her film scoring work can be heard on Netflix's *Naomi Osaka*, HBO's forthcoming feature documentary *Being Mary Tyler Moore*, and Jennifer Esposito's independent film *Fresh Kills*. Theodosia is a frequent guest lecturer at UCLA, USC, Oberlin, and CalArts. www.thetheodosia.com

All donations to Heritage Library and Philoptochos are welcome. Thank you!
Any questions call 516-551-9223

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Please accept our sincere apologies for any errors or omissions. We have taken great effort to prepare this list accurately.



The Archangel Michael Church

In the Angeliades Fellowship Hall

Pre-Sanctified Liturgy begins at 6:30, join us at your leisure

March 15 @7:30pm


The Women's Forum

*Topic: Creating a fulfilling relationship and
retaining the bond/intimacy through life's challenges*

Refreshments will be served

Save the Date 5/17 ... Topics TBA





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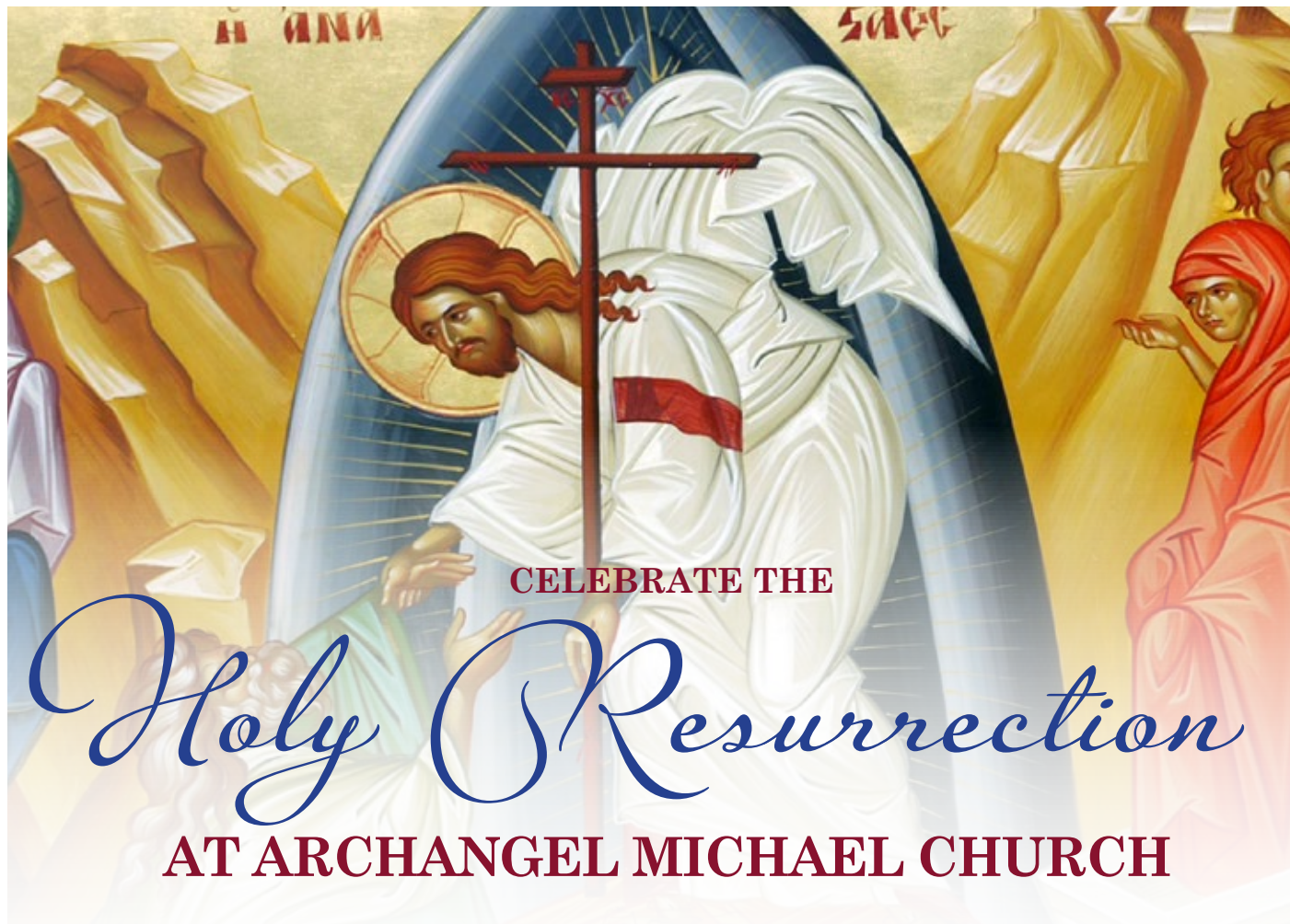
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Holy Saturday
April 15

at 11:00pm

Please join our community for
a traditional Easter meal in our
Fellowship Hall at 1:30am

Holy Pascha Sunday
April 16

Agape Service at 11:00am

Followed by an Easter Egg hunt
for children