



The Archangel Michael Church Trumpet

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QUICK NEWS & EVENTS

Sat., May 6:
Philop. Mother's Day Tea

Sun., May 7:
General Assembly

Fri., May 26 - Sun., May 28
JOY & GOYA DAD Olympics

Sat., June 3:
Saturday of Souls

Sun., June 4:
Holy Pentecost

Thur., June 8:
Golf Outing

Sun., June 11:
Platea Night

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Holy Friday Procession



The Holy Resurrection

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

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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-August Sunday Worship Schedule

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

What Do I Know?

One of the most dynamic relationships in the Gospel is the one between Peter and Jesus. Peter is bold, courageous, and sometimes he puts his foot in his mouth. A few times, we see that Peter thinks he knows more than Jesus Himself. He tells Jesus that He will never wash his feet. He tells Jesus that he will lay down his life for Jesus. Jesus does wash Peter’s feet and instead of Peter laying down his life for Jesus, the Lord says to him, “I tell you, Peter, the rooster shall not crow this day before you will deny three times that you know Me.” (Luke 22) Even though the Lord foresaw the denial of Peter, He still prayed for him and even revealed that Peter would come back stronger. “Simon, Simon! Indeed, Satan has asked for you, that he may sift you as wheat. But I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren.” (Luke 22:31-32)

After the resurrection, Jesus was adamant that the myrrh-bearing women and the disciples tell Peter that He had risen. Why is this? Jesus was very concerned about His disciple that he not become despondent after he had denied his Lord three times. In the Gospel of Mark, when the myrrh-bearing women come to the tomb they are met by an angel who tells them, “But go, tell His disciples—and Peter—that He is going before you into Galilee; there you will see Him.” (Mark 16:7)

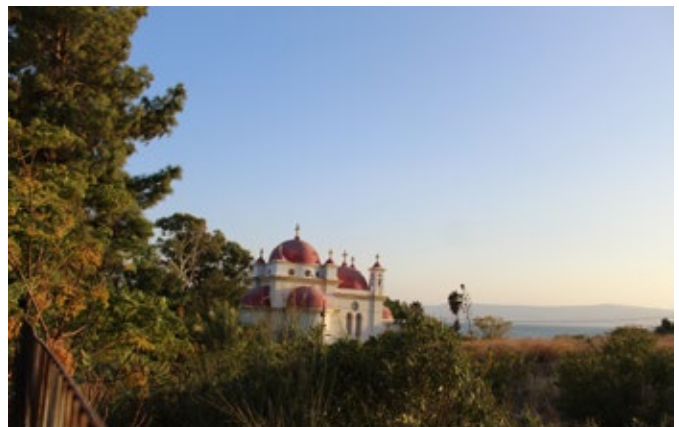
The healing of Peter from his sin of denial and his reconciliation with the Lord and the disciples, takes place in the last chapter of the Gospel of John. The maturity and spiritual growth of St. Peter is revealed in one of the most intimate dialogues that takes place in the Gospel. After Jesus appears to the disciples while they were fishing at the Sea of Tiberias (Galilee), after breakfast, He calls Peter to Him and says, “Simon Peter, Simon, son of Jonah, do you love Me more than these?” Peter responds, “Yes, Lord; You know that I love You.” (John 21:15) Jesus asks this question three times and Peter responds three times. This filial and loving interaction is the Lord bringing Peter back into the fold after he had denied the Lord three times. As the Lord restores Peter, the change in Peter’s heart and his spiritual maturity is revealed. What was this change? Peter no longer depends on his limited self-knowledge but trusts completely in the Lord’s knowledge of any situation, “*You [Lord] know that I love You!*”



The Restoration of St. Peter, as depicted in the 11th morning gospel in the Chapel of St. Katherine

At a time when everyone receives the answers to questions just by asking Google or Siri, at a time when one’s self-knowledge from a certain perspective seems to be the answer, what is it that we really know? Having faith and trust in God’s knowledge of a situation needs to be at the heart of one’s life. This is exemplified by St. Peter as he underwent his transformation from a know-it-all, to a person who completely surrendered to the will of God. As the Lord predicted, Peter would be taken to Rome and there he would be martyred, after witnessing the tremendous wisdom and power of God! It was all in God’s plans. Christ is risen! Truly He is risen!

Rev. John K. Lardas



The Church of the Disciples by the Sea of Tiberias

April 16, 2023
Great and Holy Pascha

Dear Friends,

Χριστός Ανέστη!
Αληθώς Ανέστη!

I pray that this beautiful Paschal period finds you and yours with every blessing that is from above.

As the Earth begins to bloom new life during this spring season, our Holy Church invites each of us to consider that new and blessed life which blossoms forth for us from the Tomb of Christ.

Through the Resurrection, Christ has graciously provided us with His salvific gifts of forgiveness, healing, and eternal life. While these gifts are freely bestowed to all, it is incumbent upon each and every one of us to accept them and make them our own by amending our lives in accordance with the humility, love, and patience that our Savior has exemplified through His Cross and Resurrection.

We are all called to express our most profound gratitude for these salvific gifts by using them for our personal renewal and spiritual transformation. Renew your resolve to love the Lord your God with all your heart, soul, and mind so that His love may transform your relationships, circumstances, and humble hearts; each according to his own needs that are unto salvation.

It is my humble prayer that the light of Christ's resurrection may shine in your hearts this day and every day going forward. Share this light with the world around you through your kind, generous, and selfless actions towards one another. These are perhaps the greatest testaments that we can offer in witness of Christ and His Holy Gospel to a world which yearns to know Him as Lord and Savior.

May God bless you and keep you always.

In the Risen Lord,
Presbyter Ioannis Capones
Archangel Michael Church

Worship Services

All services are in the Church unless otherwise indicated (** Denotes Chapel)
 Orthros 8:30 am (Sundays 8:00am) & Divine Liturgy 9:30 am unless otherwise indicated

May

Fri. 5** St. Irene the Great Martyr
 Mon. 8** St. John the Theologian
 Wed. 10** Mid-Pentecost
 Sat. 20 Challenge Divine Liturgy (Orthros 9:30;
 Divine Liturgy 10:30)
 Great Vespers of Sts. Constantine & Helen
 (Brooklyn, Jackson Heights & West Nyack)
 Sun. 21 Sts. Constantine and Helen
 Tues. 23 Great Vespers for the Leave-Taking of
 Pascha (Brookville)
 Wed. 24** The Leave-Taking of the Feast of Pascha
 The 9th Hour and Great Vespers of
 Ascension 7pm
 Thu. 25 The Ascension

June

Thur. 1** Divine Liturgy & Small Blessing of the
 Waters
 Sat. 3 Saturday of the Souls
 Sun. 4 Pentecost - Orthros 7:45 am, Divine
 Liturgy 9am
 Great Vespers of the Holy Spirit at Holy
 Trinity (Hicksville)
 Mon. 5 The Feast of the Holy Spirit
 Thur. 8** St. Kalliope
 Sun. 11 All Saints
 Mon. 12 Start of the Fast for the Holy Apostles
 Sat. 17 Challenge Divine Liturgy (Orthros 9:30;
 Divine Liturgy 10:30)
 Sat. 24** Nativity of St. John the Baptist
 Wed. 28 Great Vespers: Feast of Sts. Peter and
 Paul (Hempstead)
 Thur. 29 Sts. Peter and Paul (Hempstead)
 Fri. 30** Feast of the Apostles

July

Sat. 1** SS Cosmas & Damianos
 & Holy Water Service
 Fri. 7 The Great Martyr Kyriaki
 Fri. 14 The Apostle Akula
 Sat. 15 Challenge Divine Liturgy
 (Orthros 9:30; Divine Liturgy 10:30)
 Mon. 17** St. Marina
 Thurs. 20 The Prophet Elias
 Fri. 21 Great Vespers for the Feast of St. Markella
 (Wantagh)
 Sat. 22** St. Markella
 Tues. 25 Great Vespers of St. Paraskevi
 (Greenlawn)
 Thur. 27 St. Panteleimon

August

Mon 1** The Appearance of the Holy Cross
 (Small Blessing of the Water)
 Mon 1- 4** The Canon of the Paracletis (7pm)
 Sat. 5 Great Vespers of the Transfiguration
 (Corona)
 Sun. 6 Feast of the Transfiguration (Great
 Paracletis following the Divine Liturgy)
 Mon. 7-11** Canon of the Paracletis (7pm)
 Sun. 13 Great Paracletis following the Divine
 Liturgy (South Hampton, Port Jefferson,
 Island Park, Park Slope, Bklyn)
 Tues. 15 Dormition of the Virgin Mary
 Sat. 19 Challenge Divine Liturgy (Orthros 9:30;
 Divine Liturgy 10:30)
 Sun. 27 St. Phanourios
 Tue. 29 Beheading of St. John the Baptist
 (Strict Fast Day)

Sacraments

Sat., May 6	11:00 am, Baptism: Child of Georgia Konstantas & Stephen Addeo	Sat., June 24	12 Noon, Baptism: Child of Sotirios & Maryann Karanikas
Sun., May 7	11:30 am, Chrismation of Katherine Emmanuelidis		2:00 pm, Wedding of Eduard Roibu & Amber Barbone
Sat., May 13	11:00 am, Baptism: Child of Mihai & Hope Voicescu		5:00 pm, Baptism: Child of Merope & Makis Konstantatos
Sat., May 20	1:30 pm, Baptism: Child of Michael & Lisa Emmanuelidis	Sun., June 25	2:00 pm, Wedding of Alvaro SanMartin & Kalliopi Bougadis
Sat., May 20	11:30 am, Wedding of Rodman McHenry & Stravroula Georgiou	Sat., July 1	1:30 pm, Baptism: Child of Konstantina & Edward Galazka
Sat., May 27	12 Noon, Baptism: Child of Spyridon & Angeliki Aravantinos		4:00 pm, Wedding of Grenten Duhli & Eleni Franxhi
Sat., June 3	12 Noon, Adult Baptism: Grenten Dhuli	Sun., July 2	1:00 pm, Wedding of Brandon Fernandes & Alexandra Foukalas
Sat., June 10	12 Noon, Chrismation of Brandon Fernandes	Sun., July 9	1:30 pm, Wedding of Konstandino Moutopoulos & Victoria Locicero
Sun., June 11	1:30 pm, Baptism: Child of Joanna & Matthew Kelly	Sat., July 15	1:00 pm, Baptism: Child of Melissa & John McGee
Sat., June 17	3:00 pm, Wedding of Christopher Ypsilantis & Maria Katsoulis	Sun., July 30	3:00 pm, Wedding of Nikos Tzanidakis and Erika Silva
Sun., June 18	1:00 pm, Double Adult Baptisms Followed by a Marriage Blessing: Jonathan & Victoria Greer	Sat., Aug. 26	3:00 pm, Wedding of Theoharis Stavrou & Anjelica Daskarolis

AMC NAMEDAY GALA:SAVE THE DATE

The annual Archangel Michael Church Nameday Gala will be held on Friday, November 3, at The Swan Club.

GENERAL ASSEMBLY

*The next General Assembly will be held on Sunday, May 7, immediately following the Divine Liturgy.
ALL STEWARDS ARE ENCOURAGED TO ATTEND.*

Compiled by Sophia A. Niarchos

God is the Lord

At the beginning of the chanted section of every Matins (Orthros) Service, the Orthodox faithful proclaim what makes Christianity unique and separates it from all other man-made faiths, the core of Christian teaching: “God is the Lord and has revealed Himself to us; blessed is He who comes in the name of the Lord” (Ps 117:27,26; St. Paul’s Epistle to the Galatians 1:11). This refrain is followed by phrases from Psalms 105:1, 117:10, and 118:23.

God has revealed Himself to us through creation, through the Scriptures, in the lives of the Saints throughout the ages, in the wisdom and insight of the Church Fathers, in the Divine Liturgy and in every Sacrament of the Orthodox Christian Church. God can also reveal Himself to us in our own lives if we purify our minds and hearts and humble ourselves to make room for Him to act. Elder Thaddeus of Vitovnica says: “God is a mystery to all beings... God reveals Himself only to the meek and humble...”¹

Apolytikion/Apolytikia (pl.)

The Apolytikion (Greek: Ἀπολυτίκιον) or Dismissal Hymn is a troparion (hymn) said or sung at Orthodox Christian worship services. It summarizes the feast being celebrated that day and is chanted at Vespers, Matins and the Divine Liturgy. It is also read at each of the Little Hours. The name derives from the fact that it is chanted for the first time before the dismissal (Greek: apolysis) of Vespers. In the Orthodox Church, the liturgical day begins at sunset, so Vespers is the first service of the day. The apolytikion could be compared in the Western liturgy to the collect or post-communion inasmuch as it changes for each feast-day of the year and specifically commemorates the subject of the feast.²

Resurrectional Apolytikia



The Resurrectional Apolytikia are the dismissal hymns sung at Saturday vespers, Sunday Orthros, and during the small entrance at Divine Liturgy expressing different aspects of Christ’s death on the Cross and Resurrection. These include the sealing of the tomb by the Jews and the angels glorifying Christ’s conquest of death (Mode 1); Christ’s slaying Hades through his Divine Power and raising the dead (Mode 2); a call for the rejoicing of heaven and earth for Christ became the first-born of the dead, delivered us from the bowels of Hades, and granted us mercy (Mode 3); the women disciples learning of Christ’s Resurrection and boldly proclaiming it to the apostles (Mode 4); a call to worship and sing praises to the unoriginate Word of God with the Father and Holy Spirit as well as to acknowledge Christ’s birth from the Virgin Mary for our salvation and His willingness to ascend the Cross for us and raise those who had died (Plagal 1st Mode); the power of the angels at Christ’s tomb to cause those who were guarding it to become as dead as well as Mary seeking the Lord’s body (Plagal 2nd Mode); Christ’s abolishment of death, opening Paradise to the thief, transforming the myrrh-bearers’ grief into joy, and ordering the Apostles to preach that He is risen (Grave Mode); and Christ’s willingness to come down from the heights of heaven, to be buried for three days so as to deliver us from our passions (Plagal 4th Mode).³

ri - sa - to i - mas, ke pa - re - schie to ko - smo to me - gha e - le - os.

The music for the Resurrectional apolytikia can be found in AGES by clicking on the notes symbol above the words for them. For assistance in accessing the music, feel free to call Sophia Niarchos at (516) 998-5367.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι· Καὶ σύν καὶ ἀεί καὶ εἰς τοὺς αἰ - ὶ - ὄ - νας τῶν αἰ - ὶ - ὄ - νων. Ἀ - μὴν.
Dhoxa Patri ke lo ke Aghio Pnev-ma-ti; Ke nin ke ai ke is tous e - o - nas ton e - o - non. A - min.

¹<https://lychnos.org/god-is-the-lord-and-has-revealed-himself-to-us-ps-11727/>

Periodical of the Greek Orthodox Christian Society. February-March 2015. (Adaptation).

²<http://dictionary.sensagent.com/apolytikion/en-en/>

³<https://stanthonysmonastery.org/pages/orthros-western-notation>.

Some Seasonal Apolytikia in English:

Easter: <https://dcs.goarch.org/goa/dcs/js/viewer/web/viewer.html?file=/m/dedes/en/pe/d00p/w/christisrisen.pdf>

Recording:

https://dcs.goarch.org/a/en_public/pe/d00p/christisrisen.mp3

Ascension:

<https://dcs.goarch.org/goa/dcs/js/viewer/web/viewer.html?file=/m/dedes/en/pe/d110/ve/w/apolytikion1.pdf>

Recording:

https://dcs.goarch.org/a/en_public/pe/d110/ve/apolytikion1.mp3

Pentecost (Familiar Version):

[https://dcs.goarch.org/goa/dcs/js/viewer/web/viewer.html?file=/m/dedes/en/pe/d120/ve/w/apolytikion1\(old\).pdf](https://dcs.goarch.org/goa/dcs/js/viewer/web/viewer.html?file=/m/dedes/en/pe/d120/ve/w/apolytikion1(old).pdf)

Recording: https://dcs.goarch.org/a/en_public/pe/d120/ve/apolytikion1.mp3

PHILOTOCHOS



THE ARCHANGEL MICHAEL LADIES PHILOPTOCHOS SCHOLARSHIP

The Archangel Michael Ladies Philoptochos Scholarship Committee grants a \$1,000 scholarship to a graduating Greek Orthodox high school senior who 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 a student's morale and confidence in their 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 May 19, 2023 due date. A link to the application is in the weekly e-blast. After it is completed, mail it to:

Archangel Michael Ladies Philoptochos Society
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.

DRESS FOR SUCCESS DRIVE

Throughout the month of March 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 that 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, hand bags, and shoes were donated for this worthy cause. These items were gathered,

and five carloads were delivered to Dress for Success Brookhaven for distribution throughout Long Island. We thank all our generous ladies that contributed to this drive and helped women on Long Island reach their potential.



NATIONAL PHILOPTOCHOS
APPROVED \$50,000 IN EMERGENCY
FUNDING TO EARTHQUAKE
VICTIMS

The Executive Board of the National Philoptochos Society unanimously approved an emergency disbursement of \$50,000 to the Greek Orthodox Archdiocese of America Earthquake Relief Fund. These funds come from the National Philoptochos Emergency Fund, which enables the Philoptochos Society to immediately respond to those in need in times of national or international crisis. The Fund disbursement will be directed to those impacted by the devastating magnitude 7.8 earthquake in Turkey and Syria where over 50,000 lives were lost and hundreds of thousands were left homeless. National Philoptochos president Arlene Siavelis Kehl has been in meetings and consultation with the Greek Orthodox Archdiocese of America, International Orthodox Christian Charities (IOCC), and other affiliated organizations, to represent all Philoptochos stewards, chapters, and metropolises. This donation would not have been possible without the support of the 437 Philoptochos chapters across the nation who contribute annually to the National Philoptochos Emergency Fund. In addition, the Philoptochos Society is launching a fundraising campaign through its chapters to further benefit the Earthquake Relief Fund. The Archangel Michael Ladies Philoptochos has donated \$1,000 to this special request. National President Arlene Siavelis Kehl, stated, “The ladies of Philoptochos are deeply saddened by the tragic effects of the earthquake on Monday, February 6th. We mourn the loss of life, and we pray for those who have been injured and displaced. The generosity of Philoptochos is well known and much appreciated throughout the world. The people of Turkey and Syria need our love and our support at this time; and once again, Philoptochos will answer the plea. Please keep the victims, their families and loved ones in your prayers.”

Young at Heart Luncheon

On Tuesday March 28, The Archangel Michael Ladies Philoptochos held its monthly Young at Heart Luncheon, with a delicious Lenten meal catered by a popular restaurant in our local community and an enlightening presentation by Peter Dedousis on the History of Greek Independence. Peter is a scholar that also made a great presentation on Veterans Day at our November luncheon. We thank him for his expertise and time.



This is our second year of bringing together people in our community that are truly YOUNG AT HEART. Throughout the year we have had entertainment by Kostantinos Fotiadis who shared popular bouzouki songs with us, a live DJ party with Spyros, tips on senior safety by The Port Washington Police Department and many more. Lively conversation, laughter, smiles, and hugs fill our fellowship hall at these luncheons. The Young at Heart Ministry is supported by families and donors of the AMC community. We thank the Parish Council, Nick Papain, Paul Syliauou, Kirk Lazaridis, Georgia Kaufman, Mary Sole, Fr. Dennis Strouzas, Presbytera Paula Strouzas, Tom Gardianos, Chris Neocleous, Alex Pappas, and Steve Diakoumakis for their generous support of this important ministry during the last two years. If you would like to support this ministry, please send your donation to Philoptochos, with Young at Heart Luncheon in the memo section. The Young at Heart Luncheons are held every month and all seniors of our community are welcomed to join us!

PALM SUNDAY BAKALIARO LUNCHEON

The first ever AMC Palm Sunday Bakaliaro Luncheon filled our Angeliades Fellowship Hall to capacity! This complimentary event continues to fulfill our parish's dedication to fellowship. Thank you to Chef Konstantina Chrysopoulou, her son sous-chef Anastasi, and all who worked furiously behind the scenes to make it a wonderful, memorable and delicious event! From our Philoptochos Cooking Club's communal preparation of the Lenten dishes, to the tiny hands of our youth arranging flowers and setting tables, this was a true labor of love to mark Jesus' triumphant entry into Jerusalem.



Parish Council President, Nicholas Tzoumas said, " We are a vibrant, growing community and our ministries need to fundraise to continue thriving. However, our Parish Council is committed to focusing on FELLOWSHIP so that as we grow, we maintain the closeness that has defined the first 40 years of our parish. As I have spoken with parishioners and ministries about making fellowship a priority, Marietta Frangiskatos approached me with the idea of this event. Our vision, along with the game plan executed by Marietta, Susan Cavounis, and Chris Ioannou, provided our community with the amazing event. Andreas Skenderi and family donated the fish, Billy Sideris and family donated the wine, and John Koumpourlis donated the salads. Over 250 parishioners and volunteers participated in the event, and while the food, decor, and atmosphere were wonderful, even better was the KEFI felt by all. Kai tou Xronou!



ANNUAL ARCHANGEL MICHAEL CHURCH BLOOD DRIVE

Why is it so important to donate blood?

- There is no substitute for blood.
- Donors provide the only supply of life saving blood for those in need.
 - 1 in 3 people will need blood in their lifetime.
 - In the U.S. someone needs blood every two seconds.
- Blood is needed for cancer patients, accident victims, and many NICU babies.
- Regular blood donation is linked to lower blood pressure and a lower risk of heart attacks.
- Donating a pint of blood can help up to three people.
 - Giving blood does the body good.
 - Giving blood feeds the soul.

This list is long but the primary reason is people need blood to live!



A Personal Reflection

By Marina Vlahos

When I first donated blood as a senior at Long Island City High School, I was on the board of the Student Council; and we were asked to host a blood drive during a blood shortage. We offered students service credits and NY Blood Center offered to print T-shirts on the spot for all the donors. We had a good turn-out. We were excused for an hour of class, we were given snacks, and we got a free t-shirt! At the time, I am sure I didn't realize the importance of my donation. But when I went on to NYU the following year, there was a blood drive at the student center, so I donated again. We had snacks but no free t-shirt. Over the years that followed, life got in the way. I graduated, started working, got married, and started growing our family. I would see signs around town for blood drives being hosted at the local schools, the library, the fire station. Then a family who lost their daughter to cancer hosted a blood drive many years ago at the Landmark on Main Street because they knew personally how important blood was during their daughter's treatment. I went to donate, and I remember seeing many young parents at that blood drive. I was pretty excited and proud when my daughters started organizing a blood drive at our church 18 years ago, but this goes beyond a family tradition. Over the years, we heard more personal stories of people who needed blood. Friends in the community shared that their family member with cancer had transfusions; some told of surgery patients needing blood; babies in the NICU received blood; and closer to home, my sister could not have survived without the ten transfusions she received a few years ago.

We are often motivated to donate when there is a personal connection or an urgent local appeal. If only we made donating a habit every 56 days, there wouldn't be blood emergencies due to shortages. I donate because I know that people can't live without it. It's such a small act, a small sacrifice, but the reward is great. It makes me feel amazing. I love knowing that I've made a difference in someone's life (or up to three people's lives!).

NY Blood Center had declared 2023's first blood emergency in the days leading up to our church's annual drive. I was afraid we wouldn't meet our 50-pint goal. People are busy, life gets in the way, and to top it all off, on the day of the drive, there was a blustery storm that was making it difficult for our street signs to stay put. By the end of the drive on that Tuesday evening, I was the one blown away. We had a great staff from NY Blood Center and a steady stream of community members came through the Angeliades Fellowship Hall with a final count of 65 pints collected, exceeding our goal! I am grateful to the repeat donors who support this drive every year, but this year brought many first time donors to the drive as well. Perhaps one of them was the winner of our hourly blood drive T-shirt give away; and they will remember their first donation at AMC and will become lifelong donors like many of us. I hope they hold on to that T-shirt. I kept mine.



ANNUAL FESTIVAL ON THE HARBOR

***Mark your calendars for our annual festival
scheduled for Friday-Sunday, September 22-24.
Volunteers needed!
Additional information coming this summer!***

HERITAGE LIBRARY & BOOKSTORE

The Heritage Library and Bookstore committee was thrilled to welcome Theodosia Roussos and Mathias Coppens to the Archangel Michael Church on April 2, 2023 to present excerpts from Theodosia's original opera, *Polymnia*. Not only did we see portions of the opera on the big screen, but we were treated to a few songs in person. Theodosia's melodic soprano voice combined with the talent of Mathias on the piano was magical.

The opera told the powerful story of Polymnia Pappas, Theodosia's great grandmother, who was forcibly exiled from Asia Minor by the Ottoman Turks in the early 20th century. Polymnia faced incredible challenges but after many years of courage and resilience, was able to build a new life in America.

The opera which was performed for the first time at UCLA received funding from the National Endowment for the Arts and the UCLA Stavros Niarchos Foundation Center for the Study of Hellenic Culture; and it was presented in collaboration with the Consulate General of Greece in Los Angeles.

Theodosia Roussos is an alumna of The UCLA Alpert School of Music, USC Thornton School of Music, and Oberlin Conservatory. She is a Greek-Cypriot-American composer, soprano, and oboist. She recently composed the score for the Netflix documentary *Naomi Osaka* alongside Devonte Hynes. Her oboe and English horn playing can be heard on the score for *The Last Black Man in San Francisco*, and her vocals are featured on Mosseri's score for Miranda July's, *Kajillionaire*. Theodosia's latest film scores can be heard this year in upcoming releases of the HBO documentary film *Being Mary Tyler Moore*, and Jennifer Esposito's independent feature film *Fresh Kills*. To learn more about Theodosia visit her website at <https://thetheodosia.com/>.

Mathias Coppens is a composer, pianist and Professor of Composition at the Royal Conservatory of Antwerp in Belgium. He recently was asked to write a piece for Birmingham Royal Ballet. The ballet that premiered in Sadler's Wells in London will soon be available on Marquee TV. Mathias is an alumnus of the Royal Conservatory of Antwerp, the Conservatory of Amsterdam and USC Thornton School of Music. For more information about Mathias visit his website at <https://www.mathiascoppens.com/>.

HEALTH AND WELLNESS: SUMMER WATER FOODS

With the warmer weather coming we will be craving hydration. We don't hydrate just by drinking water, but also by eating foods that contain high quantities of water. These include cucumber, watermelon, peaches, romaine lettuce, tomatoes, zucchini, spinach, berries, melons, carrots, and apples.

Eating healthy hydrating foods not only keeps you hydrated but also provides essential nutrients. Lucky for us these foods are plentiful during the summer months, and most can easily be grown in your own backyard.



Hydrating Summer Salad with Vinaigrette Dressing

1/8 watermelon
1 ripe peach
1 Heirloom tomato
1/2 English Cucumber
Chèvre Goat Cheese
2 T sliced pickled red onion (or raw)
Handful of fresh mint
Handful of fresh basil
Chive blossoms (optional)
Small handful of fresh blueberries (optional)

Dressing

Juice of 1/2 lime
3 tbsp extra virgin olive oil
Pinch of sea salt
Black pepper to taste

Directions

1. Remove the rind of the watermelon and slice watermelon into 1/4 inch-thick and 1 1/2-inch long fingers.
2. Keeping the skin on, cut the peach in half and remove the pit. Slice each half thinly.
3. If the skin of your cucumber is thin, keep it on. Otherwise peel and slice the cucumber into thin rounds.
4. Cut the tomato into quarters and then into thin slices.
5. Arrange watermelon, peach, cucumber, and tomato slices on a small platter.
6. Crumble 1/2 ounce (or to taste) of the Chèvre Goat Cheese and scatter over the salad.
7. Roughly tear up the leaves of mint and basil and scatter over the salad.
8. Top with pickled or raw red onion and chive blossoms if using.
9. In a small jar, add all vinaigrette ingredients; shake until combined.
10. Drizzle vinaigrette over the salad to taste, and serve immediately.
11. Store remaining vinaigrette in the fridge for up to 5 days.

SUNDAY SCHOOL

It has been a wonderful year for the Archangel Michael Sunday School program. The children look forward to participating in special Chapel services devoted exclusively to the Sunday School. Fr. John and Fr. Ioannis continue to explore different topics supporting the children's examination of our beautiful faith and what it means to say "I believe".

On Sunday, March 12, nine students participated in the parish level of the Saint John Chrysostom Oratorical Festival. It was a beautiful event celebrating their hard work and dedication in creating insightful speeches and sharing them with the congregation. Congratulations to all our participants on a job well done. The following are the results from our parish level:

Junior Division:

1st Place: Vasilia Tzoumas

2nd Place: Evangelos Karakostas

3rd Place: Leonidas Karakostas

Honorable Mention: Gabriel Kostaridis and Nathaniel Seibert

Senior Division:

1st Place: Demetra Kostaridis

2nd Place: Nicholas Sarosy

3rd Place: Eoanna Sarosy and Sophia Xenophontos



The 1st and 2nd place winners of each division then advanced to the District Level, held on Saturday, April 1, at Panaghia of Island Park.

Congratulations to Evangelos Karakostas and Demetra Kostaridis who were awarded Alternate Finalist, and to Vasilia Tzoumas and Nicholas Sarosy who were awarded Honorable Mention.

All of the Sunday School students participated in an educational Lenten journey, allowing students to gain a better understanding of Lent and the beautiful journey to Pascha. Students of all grades were excited to partake in the Sunday of Orthodoxy, proudly displaying icons they brought from home or made in the classroom, as they processed through the church to commemorate this special day.



Additionally, students had the opportunity to work on various creative projects to learn about Lent. The third grade students made colorful mosaic crosses to accompany the lesson about the Sunday of the Holy Cross and the fourth and fifth grade students made beautiful Palm Sunday shadow boxes. In the spirit of empowering the older students to participate in the education of the younger students and share their gifts and talents, the seventh and eighth grade students helped the pre-K children make their own hanging golden colored Orthodox censers, complete with bells, decorative crosses, and jeweled embellishments.



Our *Sunday School Moving Up Day* will take place on June 4. It is a joyous day to recognize the students and thank our dedicated teachers and assistants for all their time and devotion in teaching our children about all aspects of our Greek Orthodox faith.

We would like to extend an extra special thank you to our director, Sara Savva for all her hard work, and to the parents for bringing such amazing children to church every Sunday to participate in our growing Sunday School program. We wish everyone a happy, healthy summer and look forward to seeing everyone for a new year in September.

JOY & GOYA DAD OLYMPICS

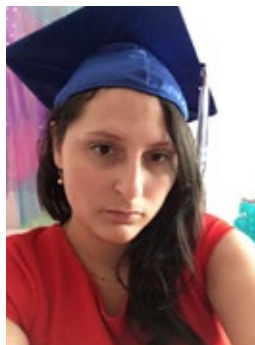
Friday, May 26 - Sunday, May 28
to be held at Suffolk Community College (Brentwood Campus)

Byzantine Youth Choir

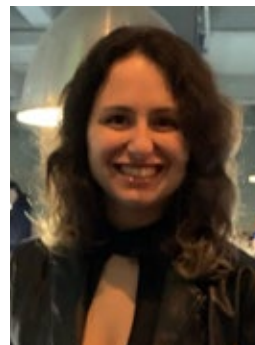
Congratulations to our Youth Choir 2023 high school graduates.
May God bless them as they embark upon their college careers.



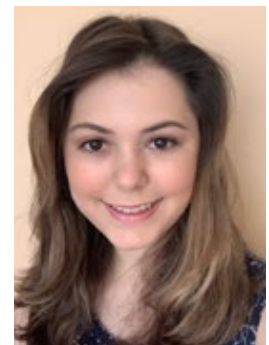
EFTHYMIA KAPAROS



MARIA KARONIS



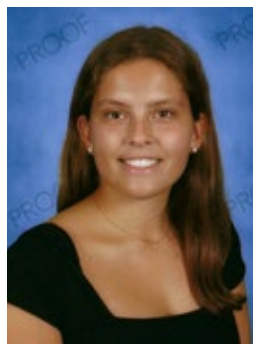
SEVASTI KARONIS



SOPHIA KARONIS



ALEXANDRA LOLIS



EMILY THEODOSOPOULOS



ANTONIA TSISMENAKIS



We wish to express our heartfelt gratitude to our amazing Archangel Michael community for their outpouring of love and support during the health crisis of our son and brother. Your prayers and the prayer vigil offered by Fr. John have meant so much. The icons, holy oil, and holy water you gave graced his hospital room and brought him and our family great comfort. When we returned from the hospital each evening, delicious meals prepared by so many caring friends were there for us. We are truly touched by your kindness and concern and feel blessed to be a part of the Archangel Michael family. We hope everyone enjoys a wonderful summer filled with faith and fun!

Ms. Georgia & Ms. Eleni and family



Once again, GOYA's calendar was filled with events that gave the group the opportunity to join together in fellowship. We continued to enjoy our GOYA nights throughout March and April and look forward to those that will be taking place in May and June. These GOYA nights have been an integral part of bringing our youth community together through church services and plenty of fun-filled activities.

When the season of Lent began, the GOYANs launched their successful Luminary Candle Fundraiser. The Luminary Candle bags purchased to commemorate a loved one, family, or friend, were lined up in front of the church for the procession of Holy Friday. Thank you all for your generous donations.

As this issue of the Trumpet was being prepared for posting, the GOYANs were excited about the prospect of marching in unity along 5th Avenue in the Greek Independence Day Parade scheduled for April 30. They were looking forward to standing out in their AMC apparel among the sea of blue and white. The parade is not just a tribute to the acclaimed political event; it is also a celebration of rich Hellenic culture, heritage, and traditions.

With the school year approaching the finish line, the GOYANs are preparing to honor mothers on Mother's Day with a gift of a flower after church. Our annual activities will culminate on June 5 with a ceremony to honor our 2023 graduates.



PLATEA NIGHT

***Save the date, Sunday, June 11
for our end-of-year
Platea Night celebration.***

Greek Dance Troupe

As a pre-parade kick-off, our Elpida group was honored to perform at a special ceremony celebrating Greek Independence Day at Athens Square Park in Astoria. It was a wonderful experience to showcase our Greek culture and heritage.



We are looking forward to hosting our first Gold Coast Hellenic Dance Festival in May to share our love of Greek culture with other communities. Daytime performances will be followed by a family Paradosiako Glendi in the evening featuring Endasi. The Dance Troupe is eager to perform once again for our AMC parishioners, families and friends at the End-of-Year Platea Night!

Be sure to look for the Dance Troupe at their upcoming performances at the 2023 Greek Festival on the Harbor!



The Greek Dance Troupe was established in 1999 under the direction of Roula Zogopoulos. It has now grown to close to 100 dancers in five 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 and are 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. We have general dance groups as well as competition level groups who participate at FDF (Metropolis of San Francisco), HDF (Metropolis of Atlanta) as well as Parathosi (Direct Archdiocesan District). Please see the link below for more information about the Dance Troupe.

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

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

HOPE/JOY

The children of HOPE/JOY were brought together for events that incorporate our faith and traditions in preparation for the most important holiday in our Greek Orthodox religion, Easter Sunday. We began on the Saturday of Lazarus, when the children learned about the significance of this holy day and once again baked Lazarakia. The sweet breads were 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, led this year by Seminarian Nikos Schwarz, 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 that they took home to be displayed on Easter.

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



Little Angels

The Archangel Michael LITTLE ANGELS Ministry has proven to be a valuable addition to our community. This ministry gathers the whole family together on two Saturdays each month for fellowship, not only between the young children, but among the moms and dads as well. This wonderful ministry acts as the catalyst for all the other wonderful ministries our community has to offer; Little Angels provides the foundation for JOY, HOPE, Greek Dance, GOYA, YAL, and all events provided at Archangel Michael Church to our beloved families.

Each gathering with our young families begins with setting up colorful mats, and putting out all kinds of toys for our little angels to enjoy. We sing songs, do a fun-filled activity, such as making a craft, and incorporate activities that are related to our church holidays. As a church ministry, it is important for our little angels and their families to learn about and understand the beauty of our Orthodox faith. Once our craft is complete, we clean up the toys and mats and walk over to the church where the children delight in lighting a candle (with mommy's or daddy's help), kiss and venerate the Icons, and learn to do their Cross in the name of "the Father, the Son, and the Holy Spirit, Amen." 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 take a group picture, and then once back in the room, children are given a yummy snack to enjoy as we end our day ... until next we gather.

Our 'Little Angels' range in age from 40 days old to 4 years old, but we also invite Little Angels in the womb to join us! A 'mommy-to-be' who joined us a few months ago has now given birth to her son. After the 40-day blessing for the mom and baby, she will once again join us! She had the opportunity to get to know our wonderful mommies and daddies before her little angel arrived into the world. What a great way to start that connection!

Our Little Angels will begin again in September of 2023, so mark your calendars to join us for an AMAZING year! This is where the "roots" sprout forth to all our ministries. Enjoy the summer, and we look forward to seeing you in the Fall!

All the Best,
Presvytera Eleni Lardas



The Preschool was happy to welcome some new families at our Open House in March, and registration for the 2023-2024 school year began. The classes have been attending church and Fr. John and Fr. Ioannis have been sharing important lessons with them. The Easter Egg Hunt after Agape Service was great fun! We had a fun and educational visit to the Nassau County Firefighter Museum. The children learned important fire safety lessons and got to participate in some interactive play. They 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 chrysalis and are excitedly anticipating the day when the butterflies will be released outside.

Pre-K Class

The children are reinforcing their number recognition and starting to associate words with the letters. In Greek, 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 props. Good luck in Kindergarten to all of our graduates!

Nursery Class

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 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 with Miss Kim, Soccer Shots, JumpBunch Fitness, Color Theory Art, Snapology STEM with Legos, and Greek classes. They have become friends, learned to share and play together and are looking forward to moving-up. We have had a very productive and fun-filled school year. The children are ready to move-up and the Pre-K class is prepared for a successful entry into Kindergarten.



Upcoming Events:

May 18	Thursday	Ascension Thursday	School Closed
May 29	Monday	Memorial Day	School Closed
June 8	Thursday	Last Day for Toddler Class	
June 9	Friday	End-of-Year Program	Last Day of School

Registration for the 2023-2024 school year will be on-going throughout the summer. For registration information, please email: preschool@archangelmichaelchurch.org

Check out this link for further information available on the Preschool page on the Archangel Michael Church website: <https://archangelmichaelchurch.org/preschool/>

The following classes are being offered for the 2023-2024 school year:

Toddler (2-3 year olds) - Tuesday Wednesday Thursday 9am-11:30am

Nursery (3-4 year olds) - Monday through Friday 9am-11:30am or 9am-2pm

Pre-K (4-5 year olds) - Monday through Friday 9am-2pm

THANK YOU!
 Special thanks to Jim Lolis
 for providing the beautiful cover and Holy Week 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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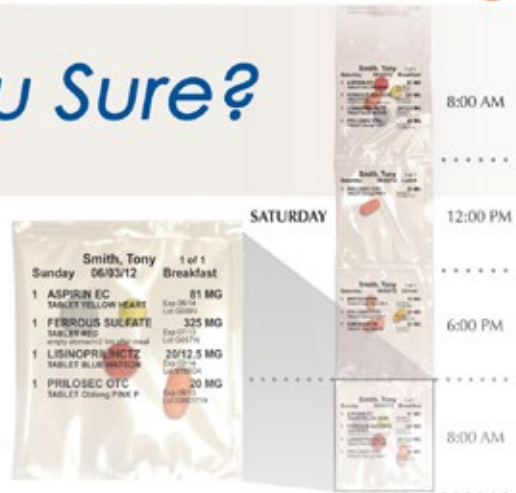
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SESSIONS

WEEK 1: JUNE 26-JULY 30
WEEK 2: JULY 3-7 (4TH OFF)
WEEK 3: JULY 10-14
WEEK 4: JULY 17-21
WEEK 5: JULY 24-28

MONDAY-FRIDAY
9AM-12PM

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- ART
- STORYTELLING
- DRAMATIC PLAY
- OUTDOOR PLAY
- GAMES
- DANCE
- RELIGION
- OLYMPIC GAMES(Grade School)

GRADE SCHOOL

SESSIONS

WEEK 1: JUNE 26-JULY 30
WEEK 2: JULY 3-7 (4TH OFF)
WEEK 3: JULY 10-14 (TBD)

MONDAY-FRIDAY
9AM-3:30PM

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7TH-8TH GRADERS MAY BE
COUNSELORS IN
TRAINING TO EARN
COMMUNITY SERVICE

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THE WATSONIAN GOLF OUTING
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