



The Archangel Michael Church Trumpet

Sep-Oct 2023 • Issue 66 • Archangel Michael Church • Port Washington, NY

INSIDE THIS ISSUE

- 2 Mission & Vision Statement
- 3 Fr. John's Pastoral Message
- 4 Fr. Ioannis' Pastoral Message
- 5 Worship Services & Sacraments
- 6 Orthros Series: Kathismata
- 7 Philoptochos
- 11 Bible Study
- 12 Book Club
- 13 Young at Heart
- 14 Panigyri
- 15 Operation Backpack
- 16 Welcome Back Sunday
- 17 Night To Shine
- 18 Golf Outing Sponsors
- 19 Congratulations Graduates
- 20 Preschool
- 21 Heritage Library & Bookstore
- 21 Sunday School
- 22 College Freshman's Guide
- 24 Camp Hellas
- 27 GOYA
- 28 Gold Medal Winner
- 28 HOPE & JOY
- 29 Byzantine Youth Choir
- 30 Greek Dance Troupe
- 31 Greek Heritage Night, Citi Field
- 32 Panigyri Photos
- 34 Community Photos

QUICK NEWS & EVENTS

Sunday, September 10:
Welcome Back Sunday
Sunday School Begins

Tuesday, September 12:
Young at Heart Luncheon

Thursday, September 14:
GLI Agiasmo

Monday, September 18:
Nursery & Pre-K Begin

Tuesday, September 19:
Toddler Class Begins

Fri.-Sun., September 22-24:
Festival on the Harbor

Thursday, October 5:
Bible Study Begins

Sunday, October 15:
General Assembly

Thursday, October 19:
Book Club Begins



*Camp Hellas
Summer 2023*



The Archangel Michael Church Trumpet

About the Parish

Archangel Michael Greek Orthodox Church
100 Fairway Drive
Port Washington, New York 11050
Phone: 516-944-3180
Fax: 516-944-3185
Website: ArchangelMichaelChurch.org
Email: info@archangelmichaelchurch.org

Archangel Michael Church is a parish of the Direct Archdiocesan District and Greek Orthodox Archdiocese of America (www.goarch.org, 212-570-3500) under the spiritual jurisdiction of the Ecumenical Patriarchate of Constantinople.



Archbishop Elpidophoros



Ecumenical Patriarch
Bartholomew

Clergy

Fr. John K. Lardas, Protopresbyter
Fr. 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 Rogdakis, Jim Sfiroudis, Nicholas Tagios, and Demetrios Ziozis.

About the Trumpet

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

Production

2023 Parish Council President: Nicholas Tzoumas
Editor: Barbara Mavro
Assistant Editor: Sophia Niarchos
Direct inquiries to: trumpet@archangelmichaelchurch.org

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

Sep-Oct Sunday Worship Schedule

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

QUENCH YOUR THIRST!

“...but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.” (John 4:14)

After athletes work out in the heat, usually the only thing on their minds is to quench their thirst. They will bypass all distractions, and anyone in their way, to get to their Vitamin Water, Gatorade, or any drink of their preference. The drive to quench their thirst takes priority, and they will not let anything get in the way of fulfilling this biological necessity.

In the story of Jesus meeting the Samaritan woman at the well, found in the gospel of John, Jesus at the sixth hour (12 noon), weary and probably very hot, sat by the well. He had sent His disciples into the city to buy food. While they were away, a Samaritan woman approached the well. Jesus, not having a pail to draw the water, asks the woman for a drink. She is perplexed about the question because Samaritans were considered unclean by the Jews. In the ensuing conversation, Jesus replies to the woman saying, “Whoever drinks of this water will thirst again, **but whoever drinks of the water that I shall give him will never thirst.** But the water that I shall give him will become in him a fountain of water springing up into everlasting life.” (Read in full at www.biblegateway.com) The Lord Jesus Christ, teaching the beatitudes, says, “Blessed are those who hunger and thirst for righteousness, for they shall be filled” (Matthew 5:6). Having a spiritual thirst for God is paramount for a spiritual existence. Just as water is necessary for biological life, so the presence of the fullness of the Holy Spirit in a person’s heart, mind, and soul, is essential for the spiritual life. What one drinks and eats, negatively or positively affects the physical health of a person. If one drinks solely alcohol, it is most likely that that person is going to have negative health issues with their liver. What does your soul thirst for?

One reads in the Psalms, “O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You in a dry and thirsty land where there is no water” (63:1). The dry land is the secular world that consumes every drop of one’s spiritual life. Hedonism and the pursuit of pleasure attempts to distract the thirsty soul from God. Being thirsty to learn the teachings of the Lord Jesus Christ quenches one’s thirst! Receiving Holy Communion satiates the soul with God’s love, so much so, that His body and blood fill every corpuscle of a faithful soul. Praying fills the soul with the freshness of a cool rushing stream, tumbling down from the mountains. “It is done! I am the Alpha and the Omega, the Beginning and the End. I will give of the fountain of the water of life freely to him who thirsts” (Revelations 21:6).

In the land in which we live, plush with greenery, able to provide at the snap of a finger, there is a great drought. That which is trying to quench the thirst of a soul is idolatry, without nourishment and waning in its ability to fulfill. The solution to this drought, that which will quench the dry, irritated, dust-ridden thirst of the soul is the Lord Jesus Christ: “If anyone thirsts, let him come to Me and drink.” (John 7:37)

This year’s Religious Education theme is **QUENCH YOUR THIRST!** Come and join us in prayer through the Divine Liturgy. Participate in the greatest offering of the church, THE FAITH, through Sunday School, Bible Study, Book Club, and all the other spiritual programs that quench the true thirst of the soul of the faithful!

Rev. John K. Lardas
Protoperbyter

September 1, 2023
Beginning of the Ecclesiastical Year

Dear Friends,
Greetings in the name of our Lord, God, and Savior Jesus Christ!

I pray that each of you has enjoyed an uplifting summer holiday with ample opportunities to connect with your family, friends, and faith.

As we resume our regular academic, professional, and personal schedules, let us take a moment to pause, reflect, and reframe our objectives for the upcoming season.

There is no doubt that each of us leads a busy life. We all have expectations and responsibilities for which we must account according to our respective positions in life. Often, we find ourselves exhausted, tired, and, perhaps, broken as we attempt to handle everything that has fallen on our shoulders.

When assessing all that is set before us in our daily lives, let us heed Jesus' words that only "one thing is needed." Jesus spoke these words to Martha in Bethany, but He speaks them to each and every one of us, here and now today. With these words, our Lord invites us to find Him and His healing presence in every circumstance, joy, and sorrow. Indeed, God Almighty is the One truly needed at every moment of our lives.

Are you a student? Your hours of studying may seem tedious; welcome this time as an opportunity to grow closer to God by coming to understand the precepts of His created world. Are you a worker? The days, weeks, and months spent on a project may not be immediately appreciated; know that your hard work, if done for the glory of God, will receive its due reward. Are you a family member? The care, compassion, and love you show to others may not always be accepted or reciprocated; take comfort in the love, mercy, and righteousness which Christ freely pours forth upon those who see past our imperfections and appreciate the true image and likeness in which we are made.

Our calling in this world is to constantly seek the only One Who is needed so that we may have life, and have it more abundantly through Him. As we continue to come closer to Christ our Lord, let us approach this upcoming season with the fear of God, faith, and love in our hearts. Following in the footsteps of Jesus is not easy; we must first come to the Cross before sojourning towards the Resurrection. Wherever this season takes you, especially in moments of challenge and difficulty, whatever they may be, let this simple prayer guide you in peace and sureness: Thy will be done!

May God bless you and your families during this new ecclesiastical year!

In Christ,
Presbyter Ioannis Capones

Worship Services

**** Denotes Chapel. All other services are in the Church.
Orthros 8:30 a.m. & Divine Liturgy 9:30 a.m. unless otherwise indicated.**

September

- Fri. 1** The New Ecclesiastical Year (Small Blessing of the Waters)
- Wed. 6 The Remembrance of the Miracle of the Archangel Michael
- Fri. 8 The Birth of the Theotokos
- Mon. 11** The Feast of St. Theodora of Alexandria
- Wed. 13 Great Vespers of the Precious Cross (Holy Cross Whitestone or Bay Ridge) 7 p.m.
- Thur. 14 The Feast of the Holy Cross
- Sat. 16 Challenge Divine Liturgy 10:30 a.m. (Orthros 9:30)
- Sat. 23 ** The Conception of St. John the Baptist & The Feast of St. Polixeni
- Tue. 26** The Translation of St. John the Theologian

October

- Sun. 1 The 2nd Sunday of Luke (Small Blessing of the Waters)
- Tue. 3** The Feast of St. Dionysios the Aeropagite
- Wed. 18** The Feast of St. Luke the Evangelist
- Sat. 21 Challenge Liturgy 10:30 a.m. (Orthros 9:30)
- Wed. 25 Great Vespers of St. Demetrios (Merrick, Jamaica, Astoria) 7 p.m.
- Thur. 26 The Feast of St. Demetrios
- Sat. 28 The Protection of the Theotokos

Sacraments

- Sat., Sept. 9 11:00 a.m., Baptism: Child of Filip & Nicole Lech
- Sun., Sept. 10 1:00 p.m., Baptism: Child of Alexandra & Francis Jordan
- Sun., Sept. 17 12:45 p.m., Baptism: Child of Afroditi & Yannis Tsolakis
4:00 p.m., Wedding of Demetri Ingilis & Anna Theodoridis
- Sat., Sept. 30 11:30 a.m., Baptism: Child of Ernest & Eleni Koukis
2:00 p.m., Wedding of Joseph Romano & Alexa Leotta Sun,
- Sun., Oct. 1 1:00 p.m., Baptism: Child of Katherine & Nicolas Ocha
- Sat., Oct. 7 1:30 p.m., Baptism: Child of Kevin & Alyssa Dexter
4:00 p.m., Baptism: Child of Maria & Manoli Neamonitis
- Sun., Oct. 8 2:00 p.m., Baptism: Child of Chris & Victoria Neamonitis
- Sat., Oct. 14 11:00 a.m., Baptism: Child of Evangelia & Erik Urquiola
2:00 p.m., Wedding of Nikko Moutopoulos & Lauren Alexander

- Sat., Oct. 28 11:00 a.m., Baptism: Child of Rose & Alexandros Adamides
4:00 p.m., Baptism: Child of Elaine & Michael Finnerty

**PLEASE JOIN US FOR BIBLE STUDY
and BOOK CLUB
(See flyers on pp. 11 and 12.)**

Bible Study will be meeting the first and second Thursdays of each month beginning on October 5.
We will be studying **The Book of Exodus**

Book Club will be meeting the third and fourth Thursdays of each month beginning on October 19.

We will be reading **Orthodoxy: Faith and Life, Christ in the Gospels**
By Bishop Gerasimos of Abydos

Morning sessions begin at 11:00 a.m. preceded by Paraklesis to the Theotokos at 10:00 a.m.
Evening sessions begin at 7:30 p.m. preceded by Small Vespers at 7:00 p.m.

By Sophia A. Niarchos

Continuing our series on the service of Orthros, which precedes the Divine Liturgy and contains hymns that highlight saints or occasions, always varying in some way from day to day and week to week, let's focus on the kathismata and the unique sets of hymns known as katavasies (ka-ta-va-SEE-es), especially those for the months of September and October.

Kathismata - From the Greek *kathisma* or "seat," these are Resurrectional hymns chanted when the faithful are typically seated. According to ancient practice, monastics recite all 150 Psalms (called the Psalter) on a regular basis. The Psalter was divided into 20 sections (called *kathismata*) and three subsections to facilitate the chanting. Originally, the hymns that we now call *kathismata* were chanted at the end of each of these sections of the original Matins Psalter. Since we no longer read all 150 Psalms during our services, only some of the hymns, which vary according to the mode of the week and the festal period, have been retained.¹ The opening kathisma on September 8, the birth of the Virgin Mary is this:

"Shout, O David, and declare, what oath did God swear to you? And he answers, 'What He swore, behold, He also has fulfilled, for He has given the Virgin as the fruit of my loins. From her has Christ, the new Adam and Fashioner, been born, as it is written, to be King on my throne. And He whose reign is unshakable is reigning today and forevermore. The barren woman bears the Theotokos, the nourisher of our Life.'"²

The katavasia (pl. *katavasias*, from the Greek *kateveno*, "I go down") takes its name from the practice of the choir coming down from their stands on either side of the church and singing in the center of the church, a practice still observed in some monasteries.

September's katavasies focus on the feast of the Exaltation of the Cross (September 14). The following odes, excerpted from the 9 in total³ (although the second ode is not chanted due to its penitential nature, except during Great Lent), highlight images of the Cross.

Ode 1. Inscribing the invincible weapon of the Cross upon the waters, Moses marked a straight line before him with his staff and divided the Red Sea, opening a path for Israel who went over dry-shod. Then he marked a second line across the waters and united them in one, overwhelming the chariots of Pharaoh. Therefore, let us sing to Christ our God, for He hath been glorified.

Ode 3. The rod of Aaron is an image of this mystery, for when it budded it showed who should be priest. So in the Church, that once was barren, the wood of the Cross hath now put forth flower, filling her with strength and steadfastness.

Ode 5. O thrice-blessed Tree on which Christ the King and Lord was stretched! Through thee the beguiler fell, who tempted mankind with the tree. He was caught in the trap set by God, who was crucified upon thee in the flesh, granting peace unto our souls.

¹ From an article which originally appeared in the May/June/July/August 2011 edition of *The Chalice*, the tri-annual publication of St. Barbara Greek Orthodox Church in Toms River, NJ. Accessed at <https://ieropsaltis.wordpress.com/2015/01/25/a-brief-guide-to-the-service-of-the-orthros-matins/> on August 15, 2023.

²Greek Orthodox Archdiocese Digital Chant Stand. dcs.goarch.org. Accessed August 15, 2023.

³Excerpted from <http://www.saintjonah.org/services/cross.htm>. Accessed August 15, 2023

Ode 6. Jonah stretched out his hands in the form of a cross within the belly of the sea monster, plainly prefiguring the redeeming Passion. Cast out from thence after three days, he foreshadowed the marvelous Resurrection of Christ our God who was crucified in the flesh and enlightened the world by His Rising on the third day.

Ode 9. O Theotokos, thou art a mystical Paradise, who untitled hast brought forth Christ. He hath planted upon the earth the life-giving Tree of the Cross: Therefore, at its exaltation on this day, we worship Him and thee do we magnify.

While all the above are chanted on every Sunday in September, the following one is done only on the feast day itself:

Today the death that came to man through eating of the tree is made of no effect through the Cross. For the curse of our Mother Eve that fell on all mankind is destroyed by the fruit of the pure Mother of God, whom all the powers of heaven magnify.



PHILOPTOCHOS

The Archangel Michael Ladies Philoptochos kept busy in May and June.

- On May 3 we hosted a **Membership Event** with our very own Dr. Vicky Giouroukakis, who discussed her book, *Growing Up in an Immigrant Household and Community*. Her book was a labor of love that honors immigrant parents and grandparents. The experiences of their children and grandchildren, along with the impact of being raised by immigrants in America are shared in this wonderful book.
- On May 6, the AMC Philoptochos celebrated mothers and all the special women we know with an elegant “**Afternoon High Tea**” held at the Garden City Hotel in the Red Salt Room.
- The AMC Philoptochos **Shoe Drive** was a great success with the collection of nearly 300 pairs of men’s, women’s and children’s shoes that were donated to Sidewalk Samaritans and distributed at St. John the Divine. Many thanks to Penny and Max Stefanakis for spearheading this project and to all who donated to this drive.
- The **May Cooking Club** was a huge hit with **Chef Effie Galiatsatos** who made the classic and delicious dessert, **Pasta Flora**. After learning how to make this traditional treat, all delighted in enjoying this creation. Our next Cooking Club event will be held on Saturday, October 7, featuring Chef George Gkouveris.
- The **AMC Philoptochos Scholarship**. In 2021, our Philoptochos established a scholarship granting \$1,000 to a graduating high school senior of Greek Orthodox faith, who achieved excellence in academic and extracurricular activities and who demonstrated a strong commitment to philanthropic endeavors throughout his/her high



school career. This past June, we presented the 2023 scholarship to **Stella Bizekis**. We congratulate Stella and wish her continued success in her future studies.

- On June 12, the **AMC Philoptochos Annual End of the Year Dinner** was held at **Louie's Seafood Restaurant** in Port Washington. Outgoing President **Diana Gardianos** was recognized for her leadership and dedication to Philoptochos. Diana will continue her service for our chapter as board advisor. Thank you to all who attended and who have supported our chapter throughout the year!



- **The new AMC Philoptochos Board has been elected and sworn in.** For their tireless service, we thank outgoing Board members **Christine Korakis** and **Pamela Sommo**. We also honored the memory of our beloved Board member and past president **Penny Zangas**. May she rest in eternal peace.

Congratulations to the incoming 2023-25 Board.

President: **Bessie Ziozis**

First Vice President: **Marina Vlahos**

Second Vice President: **Chris-Marie Tzavelis**

Recording Secretary: **Debbie Dakis Coritsidis**

Corresponding Secretaries: **Mary Sole & Chris Ioannou**

Treasurer: **Barbara Mavro**

Assistant Treasurer: **Michele Lascarides**

Advisor to the Board: **Past President Diana Gardianos**



Part of the mission of the Philoptochos Society is:

“to help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters; to undertake the burial of impoverished persons and to offer assistance to anyone who may need the help of the Church through fundraising efforts. The charitable work of the Society shall be performed with discretion, courtesy, and kindness.”

Our chapter is committed to working hard to carry out this noble mission. With your help, we can make a difference, locally, nationally, and internationally.

DID YOU KNOW?

The AMC Philoptochos' \$15,000 commitment to the Expansion Fund of St. Michael's Home was fulfilled. This past June, our chapter approved an additional \$10,000, bringing our total donation to St. Michael's to \$25,000.

The AMC Philoptochos has been working hard, with your help, to stock the pantries for the Harry Chapin Food Bank, supply food for children's weekend backpacks for Blessings in a Backpack and Long Island Cares, as well as support local pantries, like that at Our Lady of Fatima in Port Washington.

In addition, in July, our chapter partnered with the Philoptochos chapter of St. Demetrios Cathedral of Astoria to “**Feed the Hungry.**” This ministry, coordinated by the Archdiocesan District Philoptochos, is another opportunity for our chapter to fulfill our mission. On the last Tuesday of every month, a Philoptochos chapter in our district participates in this initiative on 31st Street in Manhattan. Our volunteers prepared and distributed over 140 sandwiches and meals, fruit, and healthy snacks to homeless individuals as well as to needy families with children. A huge thank you to all the volunteers and to those who donated new and gently used clothing, shoes, sneakers, stuffed animals, and toys which were distributed to all those in need.



DID YOU KNOW?

- National Philoptochos disbursed a total of \$250,000 to the Turkey & Syria Earthquake Relief Fund (in collaboration with Orthodox Christian Charities which has on-the-ground reconstruction and rehabilitation efforts in communities affected by the February earthquakes).
- National Philoptochos approved \$90,000 of emergency funding to “Assistance for Displaced Ukrainian Women.” This initiative aims to aid displaced women in obtaining vocational and business skills, enabling them to secure jobs or establish micro-businesses, thereby affording them the ability to support their families.

- National Philoptochos approved emergency funding of \$60,000 for Hurricane Ian Recovery.
- The Archdiocesan District Philoptochos gave a \$25,000 grant awarded by National Philoptochos to St. Mary's Hospital for Children in Bayside, Queens. This donation will be used to fund over 54 locomotor training sessions, so as to offer intense and specialized physical therapy to children who have medical conditions, such as spinal cord injury, which affect their mobility.
- The Archdiocesan District Philoptochos hosted their Agape Luncheon where \$70,000 was raised for the St. Michael's Home Expansion Fund.

Please consider becoming a member of our chapter today and join our mission!

Upcoming Events

- 9/10 Welcome Back Sunday for all church ministries
- 9/18 Challenge Liturgy
- 10/7 Saturday Cooking Club—Chef George Gkouveris
- 10/14 Challenge Liturgy

Please contact philoptochos@archangelmichaelchurch.org regarding membership or with any questions/comments.

The Archangel Michael Church
WOMENS
FORUM
 returns for 2023-2024
 Bringing together women of our community, as
 natural leaders and nurturers, to create space
 and grow with faith, grace, and dignity
Dates TBD
 please check the church website and our
 weekly bulletin for updates

SPREADING OUR WINGS
 Expanding
 Our Ministries

THE ARCHANGEL MICHAEL
GREEK ORTHODOX CHURCH

BIBLE STUDY THE BOOK OF EXODUS

Quench Your Thirst for God

1ST AND 2ND THURSDAY OF EACH MONTH!
STARTING OCTOBER 5TH:
1ST SESSION 11 AM
2ND SESSION 7:30 PM

Learn more about the Scriptures and achieve a more fulfilling relationship with God through our weekly classes.

A schedule of readings will be made available.

Small Paraklesis at 10 AM on Thursdays before morning session.

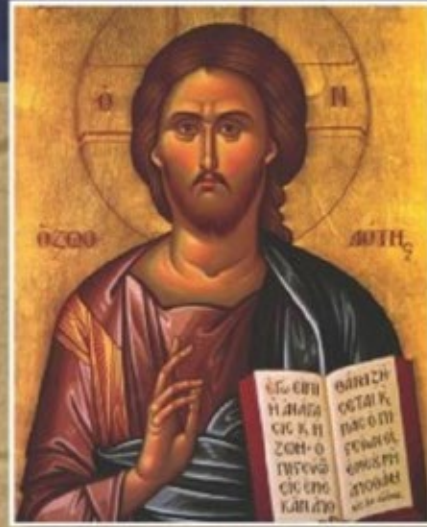
Small Vespers at 7 PM on Thursday before evening session.

BOOK CLUB



Bishop Gerasimos of Abydos is considered by many as a holy man. He became a monk at the Skete of St Anne on Mt. Athos. He earned a Theological degree from the University of Athens and a Doctorate in Theology from Harvard. He was Bishop of the Diocese of Pittsburgh from 1967-1977 where Fr. John Lardas has the fondest memories of His Grace, while as a child growing up in the Cathedral of St. Nicholas. While in retirement at the Holy Cross School of Theology His Grace was the spiritual father of many seminarians. His Grace reposed in the Lord in 1995. The message of the gospel was conveyed with the love of Christ that poured forth from His Grace's smile and eyes!

Orthodoxy: *Faith & Life*
Christ in the Gospels



Bishop Gerasimos of Abydos

Copyrighted Material

3rd and 4th Thursday of
Each Month. Starting
October 19th: 1st Session
11 AM & 2nd Session
7:30PM

Paraklesis at 10 AM &
Small Vespers at 7PM

Please order by
September 30!

The Price of the book is
\$19.95

Please see the following link:
<https://onrealm.org/ArchangelMichael/PublicRegistrations/Event?linkString=YWQzNTFIZTAOTU5YS00ZTRjLWJkMzctYjA1ZTAxNTcxMGYw>

YOUNG AT HEART

Our “Young at Heart” seniors ended the spring season with two beautiful events. On May 22, we traveled via coach bus to St. Nicholas Church and National Shrine at the World Trade Center. We were welcomed by Fr. Andreas Vithoulkas and Cantor Dimitrios Katsiklis. They provided a tour of the church, explained the significance of many of the icons, and the challenges and obstacles that were overcome to complete this Shrine to Orthodoxy. The iconography was spectacular and was brought here from Mt. Athos. Most notably, the icon of the Virgin Mary embracing New York City, shines as a beacon of hope for all who visit. Our visit continued with a Paraklesis service offered by Fr. John Lardas and Fr. Ioannis Capones.



We took a short walk to Skinos Mediterranean restaurant where we had an opportunity to eat a delicious lunch and reflect on all we had experienced. We thank our parish council for their support in providing the transportation for this very special outing for the “Young at Heart” of our community.



A special BBQ on June 5 was our final Young At Heart luncheon prior to summer break. With checkered tablecloths, and the typical fixings for a fun barbecue, and most importantly kali parea, the “Young at Heart” seniors of our community celebrated the beginning of summertime. We thank the Maropakis family for the donation of food and Chef Marco for helping to make this event a great success. We looked back on the year with many fond memories of our monthly luncheons and special trip.

We are looking forward to the start of our third year of celebrating the seniors of our community and expanding this important ministry. Please join us on Tuesday, September 12, for the first Young at Heart luncheon of the new ecclesiastical year. All seniors of the AMC community are invited to attend! For additional information, please contact Diana Gardianos at (516) 850-6272.

PANIGYRI

In keeping with our priorities of FELLOWSHIP, OUTREACH, and COMMUNICATION, our Parish Council hosted a community-wide Panigyri, on June 11. The idea was to honor and thank our parishioners. Demetrios Frangiskatos coordinated the efforts of many volunteers who worked for two straight days setting up. From the amazing meats, to home-style side dishes, and fabulous live music, the event was as authentic as could be. For the 400 parishioners who attended, it served as a wonderful celebration of our community.



Our Parish Council works tirelessly to enhance our parishioner experience. This involves asking ourselves difficult questions about what we do well and what needs improvement. What we learned on that beautiful night in June is that our community is as strong as ever!

With humble thanks, 2023 Parish Council

Remembering Our Beloved Departed Veterans



*At the conclusion of the Divine Liturgy
on May 28, the Sunday of Memorial Day weekend,
there was a Mnimosino service for the following
Archangel Michael Church veterans:*

*Peter Cardasis, Dino Carr, George Christie, Andrew Cyprus,
Alkiviadis Diakoumakis, Michael Hatzidakis, Charles Kapotes, M.D.,
George Kanakaris, Gus Keen, Chris Milonas, Stan Neamonitis,
Nicos Stylianou, George Scandalios, and Anthony Vasilas.*

Annual Blood Drive: Save the Date and Save Lives!

*The 19th Annual Archangel Michael Blood Drive will be held on Tuesday, March 12, 2024.
Please note our new time: 1:45 p.m.- 7:45 p.m.
For more information, call or text Marina Vlahos at:
(516) 528-4791*

OPERATION BACKPACK

What should we have for lunch today? We have so many choices and take these options for granted, but that is not the case for so many school age children around the country. The reality is that it is not just “someplace else” where children are not properly nourished, it is in our communities as well.

What can be done to somehow help? Schools are able to provide free breakfast and lunch to those children who are considered to be “food insecure,” meaning they may not otherwise have enough food to sustain them during the school week. But what happens on the weekend? “**Blessings in a Backpack**” is a national organization whose primary goal is to support education and growth for children in need. This goal is met primarily by providing children with individualized food packages for the weekend. The organization has established local chapters throughout America.

There are two women in Port Washington who have led a local Operation Backpack chapter for several years now. The program is run purely on their generous donations, time, and donations by others. This chapter currently serves 55 Port Washington students. The AMC Philoptochos became aware of this outreach program 8 years ago and has been organizing the donations, once a month, for the entire school year, September through June. It is a community effort! Organizations across the AMC family participate in donating and packaging bags filled with oatmeal, milk, mac and cheese, granola bars, tuna, and some snacks. The bags are then given to the local chapter which in turn distributes them directly to these 55 students every Friday.

These weekend food donations keep hunger pangs at bay until children return to school on Monday morning, but the impact goes far beyond that. Student survey results show that children fed by *Blessings in a Backpack* experience the following impact on their lives:

- 78% feel cared for by their community
- 71% feel they are helping their families
- 60% get into less trouble
- 59% find it is easier to learn at school

The program makes a difference! Thank you to all who have been involved and have supported this worthy cause throughout the years. This past school year, the following groups participated: Philoptochos, Greek Language Institute, GOYA, Bible Study/Book Club, Sunday School, Adult Choir, and HOPE/JOY.

For additional information about the program, to get involved, or to make a donation, please contact Xenia Theodoropoulos at xeniat99@yahoo.com or Sofia Caldwell at sofiac3@me.com.

GENERAL ASSEMBLY

*The next General Assembly
will take place on Sunday, October 15.*

WELCOME BACK



FELLOWSHIP SUNDAY

Quench your

Thirst



AT THE ARCHANGEL MICHAEL CHURCH

"Whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life." JOHN 4:14

**ORTHOS BEGINS
8:00 AM**

**SUNDAY
SEPT. 10, 2023**

**DIVINE LITURGY
9:30 AM**



New Sunday School Curriculum begins at 9:30 a.m. ALL CHILDREN registered for our ministries have been automatically signed up for Sunday School, so please join us!

Our ministries will be available after liturgy during the fellowship coffee hour to answer questions and provide the calendars for the new ecclesiastical year events.

NIGHT TO SHINE

February 9, 2024

The Archangel Michael Church has been selected to host a very special event, Tim Tebow's "A Night to Shine." This is a world-wide prom extravaganza that celebrates individuals, 14 years of age and older with special needs, and the light of the spirit that shines within them.

"No one lights a lamp and puts it under the basket.
Instead it is placed on a stand and gives light to all in the house."
Matthew 5:15

Disabled individuals in our society are often overlooked, relegated to corners, and witnessing the world from life's back seat. This they cherish, humbly and purely, just for the sake of feeling included and accepted. It is a rarity for these individuals to be honored and celebrated, validating the enormity of differences and obstacles these individuals face.

Every soul has been created in God's image.
In these, HIS children, HIS light shines
In their purity,
In their innocence;
HIS truth speaks volumes.

This will be an evening of raw, pure, selfless love in Christ and for Christ.
We are asking for volunteers. We will need a community.
To volunteer, please contact Susan Cavounis at:
susan@archangelmichaelchurch.org or (516) 944-3180.

For additional information regarding the Night To Shine concept, visit: timtebowfoundation.org



Save the Date: November 3. 2023



THE ARCHANGEL MICHAEL CHURCH

The 30th Annual Carl Watson Memorial Golf Outing

The Watsonian | June 8, 2023

OUR PROUD SPONSORS

Event Sponsor

FOR FIVE COFFEE ROASTERS
Anthanasios Tsiplakos & Stefanos Vouvoudakis

LITEHOUSE BUILDERS INC.
Kirk Lazaridis

Brunch Sponsor

VEMA
The Venetis Family

Halfway House Sponsor

KOSTERINA
The Cheliotis Family

Hole Sponsors

ALMA BANK

**MICHAEL CAVOUNIS, GEORGE KAPAROS,
ZACH ZACHARIA, PETER TSEKOURAS**

THE FOSTER FAMILY

GABRIELLI TRUCK SALES

KRAMER, LEVIN, NAFTALIS & FRANKEL, LLP
Thomas Constance

KYMA RESTAURANTS

MG ENGINEERING
The Gerazounis Family

NOTORIOUS PINK

OI HAIKTEZ

Pericles Notias, Andrew Magriples, Peter Pavlounis, & Stephen Seremitis

PAPPAS PAPPAS & CAVIRIS P.C

PROFESSIONAL PHYSICAL THERAPY
George Papadopoulos

DR. ANGELO REPPUCI & DR. MARIA SAKETOS

TZM REALTY CORP.
Anthony Zachariadis & Family

**VIOS ADVISORS AT ROCKEFELLER CAPITAL MANAGEMENT
& THE BAPIS FAMILY**

Hole Insurance Sponsor

DOUBLE EAGLE AGENCY
Paul Adimando

Golf Cart Sponsor

KOSTERINA
The Cheliotis Family

Golf Ball Sponsor

THE GIOUROKAKIS FAMILY

Tee Sponsors

TIG ADVISORS LLC
The Maliagos Family

Award Sponsors

THE WEST SIDE MARKET
The Belesis Family

Raffle Sponsors

CHRIS & VASI NEOCLEOUS

Supporters

AMORUSO EQUIPMENT RENTAL CO.

BARGAIN PRINTING - The Ioannou Family

BENVENUTI SALUMERIA

CHRIS PAPPAS

CUOMO LLC - OSCAR MICHELEN & MATTHEW CUOMO

GEORGE FOUNTALAKIS & FAMILY

LANDMARK DINER

LEONARD ZANGAS

JAMES LOLIS & FAMILY

NEWTON SHOWS

THE PAPPAS FAMILY - TOM, ILEANNA, JENNIFER, SCOTT, VICTORIA & TJ

THE PATILIS FAMILY

PJ MECHANICAL - PETER PAPPAS JR. & JAMIE PAPPAS

PLANDOME COUNTRY CLUB

ROCKFARMER PROPERTIES - The Petras Family

THE TSALIKIS FAMILY

Friends

LIMANI

MOLYVOS RESTAURANT

NORTHSHORE FARMS

POLL BROTHERS RESTAURANT

PUBLICANS

NICK SCANDALIOS

SCHOUT BAY TAVERN

THERMOCARE - Chris Georghiou

NICHOLAS JOHN TZOUMAS

JIM ZIOZIS & FAMILY

+In Memory of Carl Watson, Gus Keen, Perry Alexiou, James Nacos, Steve Drametenos, Andy Cyprus, Stanley Neamonitis, Stelios Gerazounis, Harry Lascarides, Harry Zuvekas, George Scandalios+

High School Graduates

Kristina Apostolatos
Evan Aronis
Ignatios Banis
Maria Bapis
Timothy Colombos
Michael Contoudis
Elias Douramanis
Peter Efkarpidis
Angelina Galanis
Stamati Gargas
Tori Gelb
Efthymia G. Kaparos
Maria Karonis
Sevasti Karonis
Sophia Karonis
Fotini Kavourias
Alexandra Lolis
Fotini Lountzis
Alexandra Maliagros
Joana (Bella) Rontiris
Christian Rontiris
Emily Theodosopoulos
Veronica Tsalikis
Theodore Tsiamtsiouris
Haralambos Tzavelis
Antonia Tsismenakis
Filitsa Vasiliades

Herricks High School; Hofstra University
Jericho High School; SUNY Binghamton
Bayside High School; Hofstra University
Manhasset High School; Texas Christian University
Manhasset High School; NYU Tisch School of Arts
Locust Valley High School; Adelphi University
Schreiber High School; SUNY Binghamton
Schreiber High School; SUNY Buffalo
Schreiber High School; University of Tennessee
Schreiber High School; University of Mississippi
Syosset High School; Villanova University
Wheatley High School; Fairfield University
Francis Lewis High School; Queens College
Francis Lewis High School; Baruch College
Francis Lewis High School; Queens College
Benjamin Cardozo High School; Nassau C.C.
Herricks High School; SUNY Binghamton
Wheatley High School
Manhasset High School; Dartmouth College
Manhasset High School; Duke University
Manhasset High School; Fairfield University
Manhasset High School; Columbia University
Manhasset High School; New York University
Friends Academy; University of Richmond
Manhasset High School; Bentley University
Schreiber High School; University of S. California
Loyola School; Northeastern University

College Graduates

Annamaria Emanuella Fazio
Stelios Katopodis
Marika Reynolds
Angela Signorile
Joanna Signorile
John Francis Tagios
Christopher Themelis
Theologos Constantine Tiliakos
Alexandra Tsalikis
Leonidas Tsartsalis
Alexia Tsouros

Loyola University; B.A. Psychology
Villanova University; B.A. Finance & Economics
Penn. State University; B.A. Global Studies
St. John's University; B.S. Childhood Education
St. John's University; B.S. Accounting
Fordham University; B.S. Accounting & Finance
Fordham University; B.A. Political Science
University of Georgia; B.A. Communication
Cornell University; B.S. Human Development
Hofstra University; B.B.A. Marketing
F.I.T.; A.A.S. Production Management,
B.S Business Management

Archangel Michael Preschool

The Archangel Michael Preschool celebrated a great year with the offering of additional classes and programs! We had a wonderful end-of-year program and Pre-K graduation! Good luck to all our graduates in Kindergarten!



Our Archangel Michael Preschool Summer Camp ran for 5 weeks. The program included soccer, art, music, religion, arts and crafts activities, and gym as well as indoor and outdoor play. The children attended church every Friday where Fr. John and Fr. Ioannis used the theme of the week to teach important religious lessons.

We are looking forward to another safe and fun school year! Our Preschool is a New York State licensed school and has been following strict health and safety guidelines set forth by the state.



Registration is ongoing!

Toddler Class (2 year olds)

Nursery Class (3 year olds)

Pre-K Class (4 year olds)

Our curriculum will continue to include academic, social, and physical components. Music and Body Movement, Color Theory Art Program, JumpBunch Fitness Program, science program, and Greek are incorporated into the schedule weekly. Fr. John and Fr. Ioannis will also visit the classes weekly to read books, share Bible stories, and sing hymns with the students. As always, indoor and outdoor play is included.

Our afterschool programs will again be offered. Soccer Shots, for Nursery and Pre-K classes, engages the children and focuses on both character and development in soccer. Also continuing this year is the Greek Enrichment program, for the Pre-K class, which introduces students to the Greek Language.

September and October will be busy months as the children make new friends and get reacquainted with old friends. We will celebrate autumn by studying leaves as they change color and learn about both the Feast Day of St. Demetrios and Oxi Day. All students will participate in the always enjoyable annual Halloween Party & Parade. Music & Body Movement classes will begin in October.

The **Pre-K** students will be concentrating on letter and number recognition, reading readiness, and strengthening fine motor skills. Those in the after-school Greek Enrichment Program will be learning the alphabet, writing the letters, associating letters with pictures, writing numbers, and learning to write their names in Greek.

Family is the theme for the Fall in the **Nursery Class**. Students will be learning colors, shapes, and songs. In their Greek class, songs and stories will be learned using finger play and props.

The students in the **Toddler Class** will be easing into meeting new friends, getting acquainted with their classroom surroundings, and becoming independent. The children will sing songs and hear stories in Greek!

Once again, we are looking forward to a fun-filled academic school year!

Upcoming Events:

September 18: First Day of School for Nursery & Pre-K Classes

September 19: First Day of School for the Toddler Class

October 9: Columbus Day - School Closed

October 18: Parent-Teacher Orientation

For further details, school registration forms, or if you have any questions, please contact us at: preschool@archangelmichaelchurch.org

HERITAGE LIBRARY AND BOOKSTORE



The opening meeting of the Heritage Library and Bookstore Committee will be held on Monday, September 18, 2023 at 10:30 a.m. in the Library. Please join us!

Please email heritagelibrarybookstore@archangelmichaelchurch.org if you would like to take a shift at our Festival table on September 22, 23, or 24.

SUNDAY SCHOOL

We are gearing up for another great Sunday School year!

Our first day of Sunday School is Sunday, September 10, and we will be celebrating with a visit from the ice cream truck! Classes begin at 9:30 a.m.

On **Saturday, October 7**, Sunday School families are invited to take a trip to Agia Skepi Holy Protection Monastery in Whitehaven, PA. Registration is through REALM; more details to come.

On **Sunday, October 15**, the Sunday School teachers will be hosting an Open House in the Angeliades Fellowship Hall for parents to meet their children's teachers and learn more about the new and exciting curriculum we will be rolling out in our classes this year.

At the end of last year, the Sunday School teachers enjoyed a much deserved celebration, with a Luau theme!



*Congratulations to the
2023 Graduates
of the
Archangel Michael
Church
Greek Language Institute*



THE COLLEGE FRESHMAN'S GUIDE TO THE FIRST SEMESTER

By Seva Karonis

College has been a constant thought in my head for the past two years, so the idea of starting my first semester this fall is both exhilarating and nerve-wracking. My relatives and other adults claim that this will be the best time of my life, and they wistfully recount their own college experiences. Yet this nostalgic fantasy conflicts with the overwhelming preparation involved: buying textbooks, choosing classes, emailing professors, and the semester hasn't even started yet!

It's these diverging impressions that can be blamed for my hesitation; nevertheless, I'm trying to stay optimistic as I head into my first semester (which at the time of writing this, starts in only a few weeks). Though I may not be dreadfully anticipating college, I know many of my peers are for various reasons. So, in an attempt to better prepare fellow incoming freshmen, here are some tips I've received on how to adjust to college life.

1. Check Your Emails

Listen, I know no one's main priority is checking the thousands of emails that flood their inbox. However, the more you check your emails, the better! This is how colleges communicate vital information to incoming students, like how to select your classes, schedule orientation dates, or send in immunization records.

Furthermore, if there are any questions you have to ask your college, this will be your go-to method of correspondence. Many colleges require that you send questions or other information through your school-specific email, so it's important to be checking for updates. The best thing I did was download the Gmail app and turn on my notifications. That way, I'm kept in the loop about anything I need to do prior to—and eventually during—my first semester.

2. AP Classes

I am not going to mention all the benefits of Advanced Placement (AP) classes, since many high schoolers likely already know them, yet it should be noted that students take these intense courses in the hopes of receiving college credit. That being said, each college has a different equivalency for every AP course—sometimes it's not a direct transfer, and doesn't automatically eliminate the need to take a similar class. Some colleges don't accept certain credits at all, forcing students to repeat the classes they wanted to avoid in the first place.

I would advise students to check their college's AP credit policy, where they can determine whether or not their credits will transfer over. Some of my own credits (like AP Seminar) weren't accepted by my college, thus making me retake courses on subjects I had already studied in high school.

I had discussed the subject of AP classes with my older cousins, all in college, and asked if they felt AP classes had measured up to the assignments of college. Many had said no for various reasons: mainly, the textbook read-

ings in college were more time-consuming and college subjects went into greater depth. Everyone's high school experience (and therefore AP classes) is different, but it pays to keep in mind that you should not solely rely on your AP classes to accurately prepare you.

3. Learn Your Way Around Campus

Colleges are considered small when they have fewer than 5000 students—still, that's five thousand students scrambling to find their lecture halls and designated meeting spots on their first week of classes. So, it's reasonable advice that you learn your way around campus before you start your first semester.

For commuter students this is much easier: make the trip to your college and get a feel for the area. Learn the different buildings, see which rooms are designated for what, scope out study spots. This will prepare you for those overwhelming first few weeks when you're trying to find your way.

For students in urban or suburban campuses especially, it's useful to become familiar with a few places around and even outside the campus. Something I've been doing is finding local cafes where I can grab my morning coffee and prepare for classes. This makes you familiar with the area as a whole, instead of limiting yourself to the bubble of your campus.

4. Take Various Classes—Not Just Subjects You're Interested In

One of the best things about college is that you get to study what you want! Instead of being required to study various topics you have no interest in, this gives you a chance to explore your interests and strengthen your passions. That being said, it's crucial not to only pursue these areas.

Trying classes of various subjects may open you up to things you never would have known you were interested in. This approach can even help you decide on a major, if you end up loving the topic.

I'm not saying to repeat a class you hate—for instance, I'm more than thrilled to say “good riddance” to chemistry—but it's worth opening yourself up to new subjects. Anthropology and philosophy are not classes offered in high school, but they are two that I look forward to taking simply to try something different.

5. Get Involved on Campus

Yes, this is something you've likely heard already. But truthfully, your college experience is what you make of it, so why not try to integrate yourself with campus culture? This is especially true for commuter students who may feel less connected.

I researched my college's various clubs and activities over the summer, so I could enter the first semester with a clear idea of what I wanted to participate in. Regardless, whether you learn of a club two weeks before or after the first semester, joining strengthens your interests and allows you to meet people who share them.

If you view college as a means of landing a lucrative career instead of a social-fest, don't fret! On-campus activities can help with that as well. Taking up leadership positions in student government or media builds skills in multitasking and strong capability, critical skills in the workforce. There are also pre-professional clubs where you can learn more about career options and better prepare yourself for specific fields.

Instead of drowning in the anxious uncertainty of college, I wish more people saw it how I see it: a way to finally tailor education to you. Although you gain new responsibilities, you also gain freedom. Breaks in your schedule can be spent exploring the area around campus or working on assignments so that you have less to do later. You can create a schedule that's flexible for you, both in the classes you take and when you take them.

These next four years will certainly be wrought with challenges, but I'm trying to focus on the positives. I've been told college will be over in the blink of an eye; and if my high school experience is any indication, I'm inclined to believe that. All that's left to do now is to wait for the semester to start and see how things play out... until then, I await my first day with nervous excitement.

Camp Hellas

Welcome To Camp Hellas!

This past summer, an incredible new ministry, Camp Hellas, was instituted on the campus of the Archangel Michael Church!

One of the many dynamic Greek school teachers of the Greek Language Institute, Evangelos Chazioglou, had a vision of creating a summer camp to teach campers the Hellenic culture, faith, and language in a fun and creative way. This vision became a reality this past summer with the guidance and support of our parish priests, Rev. John K. Lardas and Rev. Ioannis Capones. There was also tremendous support from the Parish Council through the Youth Committee Chair, John Halkias. In addition to John, Office Manager Susan Cavounis, and Nicholas Tagios, who was in charge of sports and activities, served on the committee.

The camp experience surpassed everyone's expectations, and the number of registrants was far beyond what was originally considered. The campers met in the Chapel of St. Katherine each morning, where a brief prayer was recited. Our priests held interactive teaching lessons on the religious theme of the Parables. The campers were divided into two groups based on their ages and then participated in different components of the camp: Greek language through theater and puppetry; Greek language through art, dance and music; Greek language through sports and activities. The campers also painted large murals and had fun participating in Olympic games on the last day of each week.

A large part of the success of the camp was due to the volunteers who assisted in making Camp Hellas an incredible experience. Thank you to adult volunteers Maria Dedousis, Vicky Asimakopoulos, Toula Hanjris, Joy Galiouris-Altrui (Nurse), and Galatia Iakovou (Nurse). An incredible number of Counselors-In-Training also contributed to the great energy of Camp Hellas. These CITs were: Kristina Theodosopoulos, Antonia Haddad, Stella Gloumis, Nicole Maliagros, Tina Menexas, Yianni Doulis, Kosta Georgiadis, Michael Tagios, Chloe Caldwell, Madison Klein, Ellie Notias, Nicoletta Pavlounis, Emmanuel Halkias, and Eugenia Kandilas. The pictures, which follow paint more than a thousand words regarding the success of Camp Hellas!







FESTIVAL RIDES

*We are again pre-selling
1/2 price ticket sheets for the rides at the Festival.
Each sheet has 44 tickets and will be sold for \$25.
Contact: preschool@archangelmichaelchurch.org
for pick up weekdays 9 a.m.-2 p.m.
Details to come regarding pre-sale at upcoming community events.*

GOYA

Welcome back! We hope everyone had a wonderful summer! We closed out the spring with dances, parties, GOYA nights, and more. It was another busy season of faith and fellowship.

The year ended with our graduation ceremony and dinner celebrating the 2023 high school and college graduates. Thank you to our guest speaker, Mrs. Ronnie Nanos Petrakis for her inspirational words. GOYA will miss all the graduates, and we wish them much success in their future endeavors!



Special thanks to North Shore Farms for sponsoring the dinner that evening. Finally, and most importantly, a BIG THANK YOU to our outgoing GOYA advisors, Mrs. Demetra Tsismenakis and Mrs. Niki Lolis, for their tireless efforts these past 4 years. Their hard work and dedication to our youth is much appreciated!

Coming up! Keep an eye out for information regarding our upcoming events:

- The 2023-2024 year will begin with our traditional Ice Cream Social...catch up with old friends and make some new ones! Registration materials, calendars, and sign-ups will be available.
- Festival Prep and Festival Volunteers needed
- Bowling
- Harry Lascarides Memorial Volleyball Tournament hosted by AMC GOYA
- Pancake Breakfast

Registration for GOYA is open through Realm.

Participation in the GOYA ministry provides our youth with opportunities to grow with their peers and church family in worship, community service, and learning about and living their Holy Orthodox faith in their life's journey to salvation!

Gold Medal Winner

Georgios Stergiopoulos, one of our AMC GOYAns, is proud to bring back the gold medal after attending the 55th Annual International Children's Games (ICG) held this past July in Daegu, South Korea. The ICG is an organization recognized by the International Olympic Committee. Georgios competed on behalf of the Municipality of Sparta, Greece at this event and is a member of the Σπαρτιάτικος Γυμναστικό Σύλλογο, one of the oldest sports clubs in Greece, established in 1895. Thousands of athletes under the age of 16 from 90 cities within 62 countries were represented at the ICG.

Georgios participated in the shot put event, earned the gold medal, and also broke the meet record with his astounding throw of 15.12 meters! Upon returning to Sparta, Greece, Georgios was honored by the Mayor, Mr. Petros Doukas, who bestowed a commemorative trophy in the shape of Leonidas' (the King of Ancient Sparta) helmet to him. The words beneath the trophy read: "Δήμος Σπάρτης τιμή ενέκεν στον Γεώργιο Στεργιοπουλο για το Χρυσό μετάλλιο στους Παγκόσμιους Παιδικούς Αγώνες ICG DAEGU 2023." We are so proud of Georgios and look forward to celebrating his future accomplishments.



HOPE

We hope everyone enjoyed the summer break and took the opportunity to create wonderful memories with friends and family!

We are looking forward to an exciting year ahead with our first HOPE event taking place on Friday, September 15. Our "Meet and Greet" will be a fun and casual gathering where HOPE members will enjoy fellowship, food, and crafts. We hope you can join us and see some familiar faces and meet new friends as well! Please stay tuned for our flyer and more information to be distributed from hope@archangelmichaelchurch.org.

It is never too late to sign up for HOPE! Come and join us for fun and fellowship all year long. Please login to Realm to join. HOPE is for children ages 4-6 and siblings are always welcome! As always, please feel free to contact us at hope@archangelmichaelchurch.org with any questions.

We look forward to seeing you in September!

JOY

Welcome back!

SAVE THE DATE: September 15 from 5-6:30 p.m. Please join us for an **AGIASMOS SERVICE** followed by our **OPEN GYM WITH THE KONA ICE CREAM TRUCK!**

JOY is back with a year of exciting events for registered children ages 7-12! This year HOPE and JOY will be hosting separate events to best serve our amazing youth of varying ages and interests.

Monthly open gym nights will feature sports, games, and Greek music set up in the gym, along with pizza or other surprises! Upcoming JOY events will include Trunk-or-Treat with Bounce House, Grit Ninja Warrior Course, 100-foot Obstacle Course, Gingerbread House Night, group Christmas trip to Radio City, Scavenger Hunt in the Woods, Glow DJ Dance Party, Laser Tag, and much more!!

Additional JOY events for the Fall are being planned. A monthly calendar will be circulated to all registered families.

Each of our events will be engaging and fun with a spiritual theme incorporated. Wishing everyone a great Ecclesiastical and School year!

SAVE THE DATES:

Friday, October 27: Halloween Trunk or Treat and Bounce House

Saturday, December 2: Radio City Christmas Spectacular group trip featuring the famous Rockettes. A bus will be provided from AMC at 10 a.m. Space is limited and tickets are first come, first served. Please email Christina Kaneris for more information.

Please contact Advisors Christina Kaneris and Sophia Mitsios at joy@archangelmichaelchurch.org with questions, ideas, or to volunteer.

Byzantine Youth Choir

Let the Word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. (Colossians 3:16)

Youth Choir Wants YOU!

So Come Join in the Fun! 

- ~ Learn the Hymns of our Faith
- ~ Broadway Theatre Trips
- ~ Archdiocesan District Federation of Church Musicians Workshops
- ~ Ice Cream Social
- ~ Challenge Liturgies & Going to See our Friends at Hellenos House
- ~ Sunday School Christmas Pageants
- ~ Visit other Greek Orthodox Communities to Celebrate the Divine Liturgy
- ~ Bring Joy to the Residents of St. Michael's Home
- ~ Annual Pool Party
- ~ End of Year Musicale Performance

The Archangel Michael Byzantine Youth Choir serves our church and enriches the Divine Liturgy with their voices on the 2nd & 4th Sundays of every month. Rehearsals are held once a week.

Boys & Girls Youth Ensemble: Ages 8 to 12
Teen ensemble: Ages 13 to 18

We hope to see you at our first two events:

Saturday, September 9 at 4 p.m.
Welcome To Youth Choir Ice Cream Social

Sunday, September 10 at 9:30 a.m.
Youth Choir Divine Liturgy

For more Information contact Choir Directors
Ms. Georgia or Ms. Eleni at (516) 659-7450
or at byc@archangelmichaelchurch.org

Greek Dance Troupe

Welcome back to another year of Greek Dance at the Archangel Michael Church! The Archangelos Dance Troupe delighted AMC parishioners, families, and friends with their performances of 2022-2023: Greek Festival on the Harbor; Challenge Liturgy Christmas Luncheon; FDF Greek Orthodox Folk Dance & Choral Festival in Phoenix, Arizona; Hellenic Dance Festival in Atlanta, GA; and our first Greek Dance Troupe-sponsored Paradosiako Glendi. Great memories!

Upcoming News!

Look for information regarding our NEW Adult Dance Classes coming soon!

Archangelos will be performing at **Greek Heritage Night** at CitiField (organized by AHEPA) for the Mets Game on September 29! Please see the flyer on p. 31.

For tickets to the game: [Click Here](#) or copy the following URL in your web browser:

<https://offer.fevo.com/phillies-at-mets-czxktyv-346d822?fevoUri=phillies-at-mets-czxktyv-346d822%2Fphillies-at-mets-czxktyv-346d822>

Come check out our local competition, **Parathosi**, taking place on December 2 on Long Island.

The Greek Dance Troupe was established in 1999 under the direction of Roula Zogopoulos. From community performances to local and travel competitions, the Dance Troupe offers children the opportunity to explore their heritage with their peers and meet other Greeks from around the state and the country. Our Troupe's intention is to offer children an opportunity to come together and continue our Hellenic traditions. Mrs. Zogopoulos and her colleague Miss Georgia Fiotodimitrakis, create 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 Saturdays throughout the school year and welcomes children from Kindergarten through Grade 12. Children are welcomed and encouraged to try out for competition groups. Class times and group ages are as follows and are subject to change based on enrollment:

Agape & Elpida (Grades K-3) 9:30

Eftihia & Hara (Grades 4-9) 10:30

Neolea (Grades 10 -12) 12:30

*Please note: Competition groups require an audition, extra weekly practices, and additional fees.

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

COME OUT AND CELEBRATE GREEK HERITAGE WITH AHEPA AND MDA



September 29, 2023 - 7:30 pm



AHEPA District 6 events make it possible to provide students with scholarships and help families in need. This fundraiser we are partnering with the New York Mets and the MDA.

SHOW YOUR GREEK PRIDE!

It doesn't matter which team you cheer for...
We at AHEPA cheer for you.

THANK YOU FOR HELPING US MAKE A DIFFERENCE

- Archdiocesan Cathedral Choir will perform the National Anthem
- Traditional Greek Dancing by AMC Dancers at 5:00 p.m.
- Parade across the warning track
- Music by Geo Events / DJ Spiro



BENEFITING
MDA Muscular
Dystrophy
Association
To honor Christopher Ioannou's memory
"The Biggest Met Fan Ever"

Scan for
More Info



PANIGYRI PHOTOS







HANDYMAN EXPRESS
no job is too small

Owned & Operated by
John Keffas & Jaimie Luculano


Team Up With Us On Your Next Project!


Free Estimates

Fully Licensed & Insured

- Power Washing
- Gutter Cleaning
- Masonry
- Tile
- Carpentry
- Painting
- Windows & Doors
- Bathroom Remodel

Follow Us

 @handymanexpressli

 @handymanexpress

www.handymanexpress.com





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



George Adamides, PT, DPT, Cert. MDT
Clinic Director
1063 Willis Avenue
Albertson, NY 11507

Phone: (516) 656-7776
Fax: (516) 750-3567
george.adamides@ivyrehab.com
www.ivyrehab.com

COMMUNITY PHOTOS



Tina Mannino, CPA

Licensed Real Estate Salesperson

O 516.627.2800 | M 516.727.1724

154 Plandome Road
Manhasset, 11030

tina.mannino@elliman.com

Douglas Elliman elliman.com

© 2021 DOUGLAS ELLIMAN REAL ESTATE. EQUAL HOUSING OPPORTUNITY.



bargainprinting

3819 24th Street, LIC, NY 11101
Tel 877. 624. 8110 | Fax 212. 244.1809
info@bargainprinting.com



770 Port Washington Blvd, Port Washington, NY 11050

190 Glen Cove Avenue, Glen Cove, NY 11542

90 Horace Harding Blvd, Great Neck, NY 11020

330 East Jericho Turnpike, Mineola, NY 11501

40 Vanderbilt Parkway, Commack, NY 11725

2820 Jerusalem Ave, North Bellmore, NY 11710

1235 Vets Highway, Hauppauge, NY 11788

153-01 10th Avenue, Whitestone, NY 11357

www.NorthShoreFarms.com





PHILLIPSINSURANCE

HOME • AUTO • UMBRELLA • APARTMENT BUILDINGS • BUSINESS INSURANCE

180 MAIN STREET • SUITE 2 • PORT WASHINGTON • NY 11050

T (516) 489-9800 • F(516) 489-0266

WWW.PHILLIPSGENERALINSURANCE.COM



CHRIS DRITSAS AGENT/PRINCIPAL
CDRITSAS@PHILLIPSBROKERAGE.COM



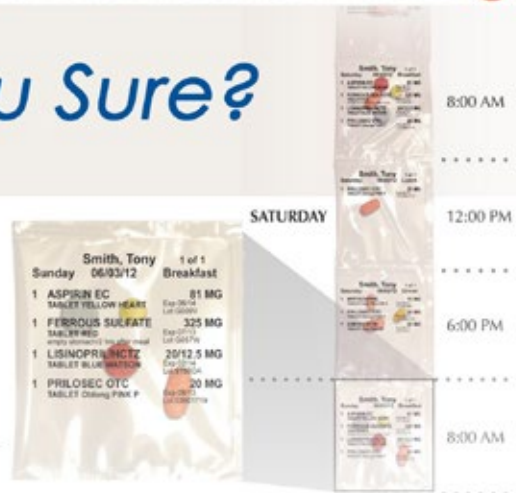
Did you remember to take your medication last night?



Are you Sure?

Be Sure with Medipacket.

- Clear to see when to take your next dose
- Tear off the next package to take your meds
- Can include reminders for non-oral meds, such as an inhaler
- Easy to open and safe for travel
- The best way to manage your and your loved one's medications!



The Box of Medipackets are delivered to your door every month before you even run out!

Visit or Call to learn more:

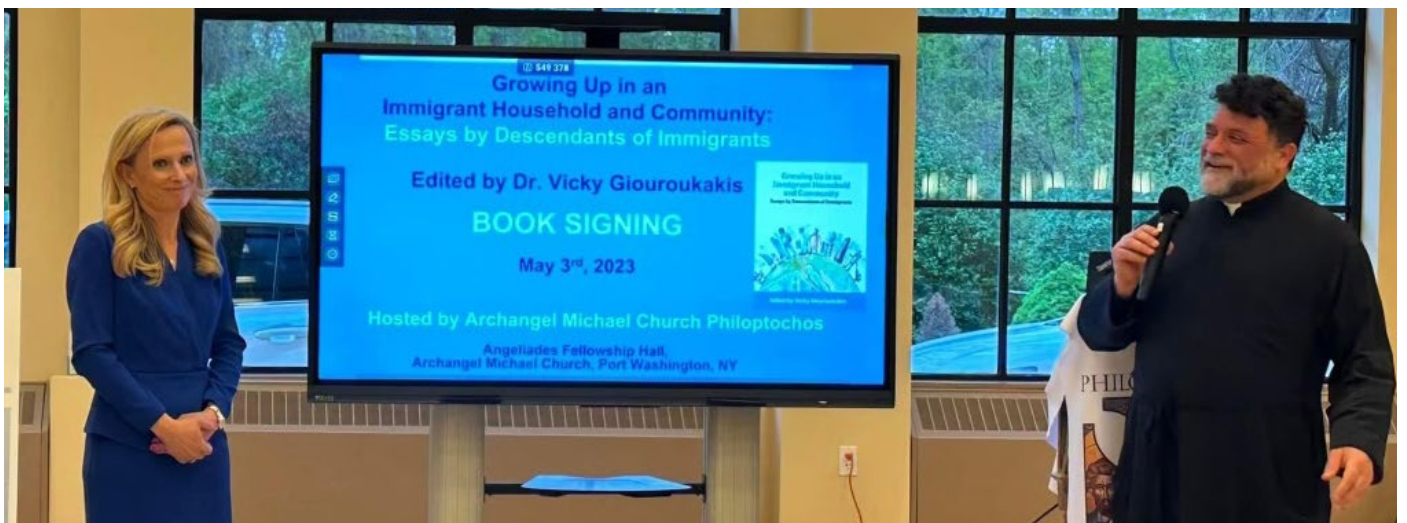
www.medipacket.com



(718) 278-5454

Deliveries to: Whitestone | Astoria | Bayside | Long Island City | Bronx | All of Long Island

COMMUNITY PHOTOS



ADULT BAPTISM & WEDDING OF MERCHANT MARINES VASILIKI & JOHN





Nicholas Papain, Esq.

ATTORNEY AT LAW

120 Broadway, New York, NY 10271

O: (212)732-9000 · C: (516) 581-1763

Email: NPapain@TrialLaw1.com

website: TrialLaw1.com



SAVE THE DATE

ARCHANGEL MICHAEL CHURCH
PRESENTS OUR

12TH ANNIVERSARY

GREEK FESTIVAL ON THE HARBOR

FRI, SEPT. 22, 4 PM - 11 PM
SAT, SEPT. 23, NOON - 11 PM
SUN, SEPT. 24, NOON - 8 PM

**NORTH HEMPSTEAD BEACH PARK
PORT WASHINGTON**

**LIVE MUSIC, FOOD, RIDES
GAMES, and much more!**

**FIREWORKS
SATURDAY
NIGHT!**

**FREE PARKING
FREE ADMISSION
CREDIT CARDS
ACCEPTED**

Scan the QR code for
sponsorship opportunities
and more information:

