

ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΚΟΙΝΟΤΗΣ ΑΣΤΟΡΙΑΣ

Hellenic Orthodox Community of Astoria



His Grace Bishop Athenagoras of Nazianzos,
Archiepiscopal Vicar of Astoria
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KYPIAKH 11 MAIOY 2025 - SUNDAY, MAY 11, 2025 **KYPIAKH TOY ΠΑΡΑΛΥΤΟΥ—SUNDAY OF THE PARALYTIC**

ALMSGIVING, THE KEY TO PARADISE

Today's Epistle reading narrates two remarkable acts of the Apostle Peter. While in Lydda, Peter encountered Aeneas, who had been paralyzed for eight years. Calling upon the power of Jesus Christ, Peter healed the paralytic, and the local inhabitants glorified God and believed in Christ.

Shortly afterward, Peter traveled to Joppa, where a devout woman named Tabitha had recently fallen ill and let out her last breath. The author of the book "Acts of the Apostles" notes that Tabitha was a person of great love and generosity, so for this reason her death brought great mourning among her fellow citizens, who hastened to her house to mourn her loss. Peter, after fervent prayer to the Lord, raised Tabitha from the dead, and everyone admired and glorified God's majesties.

God-loving philanthropy

From today's Epistle narration, we will focus on the virtue of almsgiving, which adorned Tabitha. In the consciousness of the Church, charity and philanthropy are an imitation of Jesus Christ, Who, imbued with boundless love for man, put on human flesh and sacrificed Himself for the salvation of the world. This means that, as St. John of the Ladder notes, "almsgiving to the suffering person constitutes worship of God, whereas inhumaneness is an insult to Him."

Many times, as Christians, we believe that worshipping God can be limited to specific actions of a ritual character. We consider that attending church services alone, or the formal practice of virtues, as a duty before God, is sufficient to bring fulfillment to our ecclesiastical life. However, the saints of God identify the authenticity of our religiosity in the way we conduct ourselves toward our brethren, especially when they are facing various difficulties in life. A characteristic exhortation from Saint Gregory the Theologian states: "Do not stretch your hands toward heaven, but toward the hands of the poor. If you extend your hands toward the hands of the poor, you have reached the pinnacle of heaven."

A hidden benefactor

Years ago, a bishop reposed who had shepherded one of the largest metropolises of Greece for many years. He was not known for his spirituality, nor for the magnitude of his outward virtues. He had the reputation of being abrupt in manner, which, quite a few times, negatively concerned his flock, particularly among the "proper Christians." When he reposed, however, the following wondrous phenomenon was observed: The church where his body was displayed was flooded with all kinds of people – those whom society often labels as marginalized: the ragged, the homeless, the sick, the poor, and so on. Thousands of people who had endured every type of trial in life rushed to surround his coffin and mourn his loss.

The explanation for this paradoxical event was that those people had been repeatedly benefited by the departed bishop and had experienced the abundant fruits of his love and philanthropy. He may have had many weaknesses, but he was a man of love and charity. And these virtues, which he knew how to carefully hide from the indiscreet gaze of others, became the passport that he carried with him on the great journey to eternity. They became the key to open the door to Paradise.

Imitators of Tabitha

In our time, many of our fellow human beings are hurting and suffering in various ways. Here lies a glorious field of glory for those of us who will seek to imitate Tabitha from the Epistle passage and the bishop of love and mercy. Let us not allow wounds to grow and pain to multiply. As Christians, we have a duty to stand beside our brethren in their needs and to share the magnitude of their problems with them. Only thus will we justify our place within the Church, become imitators of Christ, and ensure that our worship will not be empty and meaningless, but full and substantial.

Η ΕΛΕΗΜΟΣΥΝΗ, ΤΟ ΚΛΕΙΔΙ ΤΟΥ ΠΑΡΑΔΕΙΣΟΥ

Δύο θαυμαστές ενέργειες του αποστόλου Πέτρου διηγείται τό σημερινό Αποστολικό ανάγνωσμα. Ο Πέτρος, εύρισκόμενος στη Λύδδα, συνάντησε τόν επί οκτώ ἔτη παράλυτο Αϊνέα. Ἐπικαλούμενος τή δύναμη τοῦ Ἰησοῦ Χριστοῦ, ὁ Πέτρος θεράπευσε τόν παραλυτικό καί οἱ κάτοικοι τῆς περιοχῆς δόξασαν τόν Θεό καί πίστεψαν στόν Χριστό.

Λίγο ἀργότερα, ὁ Πέτρος βρέθηκε στήν Ἰόππη, ἐκεῖ ὅπου κατοικοῦσε μία εὐλαβῆς κόρη, ὀνόματι Ταβιθά, πού τίς ἡμέρες ἐκεῖνες ἀσθένησε καί μόλις εἶχε ἀφήσει τήν τελευταία της πνοή. Ὁ συγγραφέας τοῦ βιβλίου «Πράξεις τῶν Ἀποστόλων» σημειώνει ὅτι ἡ Ταβιθά ἦταν ἄνθρωπος μεγάλης ἀγάπης καί ἐλεημοσύνης, γι' αὐτό καί ὁ θάνατός της προκάλεσε μέγα θρήνο μεταξύ τῶν συμπολιτῶν της, πού ἔσπευσαν στήν οἰκία της γιά νά θρηνήσουν τόν χαμό της. Ὁ Πέτρος, ἀφοῦ προσευχήθηκε θερμά στόν Κύριο, ἀνέστησε ἐκ νεκρῶν τήν Ταβιθά καί ὅλοι θαύμασαν καί δόξασαν τά μεγαλεῖα τοῦ Θεοῦ.

Ἡ θεοφιλῆς φιλανθρωπία

Ἀπό τή σημερινή Ἀποστολική διήγηση θά σταθοῦμε στήν ἀρετή τῆς ἐλεημοσύνης, μέ τήν ὁποία ἦταν κοσμημένη ἡ Ταβιθά. Στή συνείδηση τῆς Ἐκκλησίας ἡ ἐλεημοσύνη καί ἡ φιλανθρωπία εἶναι μίμηση Ἰησοῦ Χριστοῦ, καθότι Ἐκεῖνος, ἐμφορούμενος ἀπό ἄμετρη ἀγάπη πρὸς τόν ἄνθρωπο, φόρεσε τήν ἀνθρώπινη σάρκα καί θυσιάστηκε γιά τή σωτηρία τοῦ κόσμου. Αὐτό σημαίνει ὅτι «ἡ ἐλεημοσύνη πρὸς τόν πάσχοντα ἄνθρωπο συνιστᾷ λατρεία πρὸς τόν Θεό, ἐνῶ ἡ ἀπάνθρωπι ἀβρῆ πρὸς Αὐτόν», ὅπως ἐπισημαίνει ὁ ὁσιος Ἰωάννης τῆς Κλίμακος.

Πολλές φορές, οἱ χριστιανοί πιστεύουμε ὅτι ἡ λατρεία μας στόν Θεό μπορεῖ νά περιοριστεῖ σέ συγκεκριμένες πράξεις τυπικοῦ χαρακτήρα. Θεωροῦμε ὅτι ὁ ἐκκλησιασμός μας καί μόνο ἡ ἡ τυποποιημένη ἄσκηση τῶν ἀρετῶν, ὡς καθήκον ἐναντι τοῦ Θεοῦ, ἀρκοῦν γιά νά προσδώσουν πληρότητα στόν ἐκκλησιαστικό μας βίο. Ὅμως, οἱ Ἅγιοι τοῦ Θεοῦ ἐντοπίζουν τή γνησιότητα τῆς θρησκευτικότητός μας στόν τρόπο μέ τόν ὁποῖο πολιτευόμαστε ἀπέναντι στούς ἀδελφούς μας, ὅταν, μάλιστα, ἐκεῖνοι βρίσκονται σέ ποικίλη δυσκολία στή ζωή τους. Εἶναι χαρακτηριστική ἡ προτροπή καί τοῦ ἁγίου Γρηγορίου τοῦ Θεολόγου: «Μὴν τεντώνεις τά χέρια σου στόν οὐρανό, ἀλλά στά χέρια τῶν πτωχῶν. Ἄν ἐκτείνεις τά χέρια σου στά χέρια τῶν πτωχῶν, ἔπιασες τήν κορυφή τοῦ οὐρανοῦ».

Ἀφανῆς εὐεργέτης

Πρὸ ἐτῶν, ἐκοιμήθη ἓνας ἐπίσκοπος, πού διαποίμανε, ἐπί ἔτη πολλά, μία ἀπό τίς μεγαλύτερες μητροπόλεις τῆς Ἑλλάδος. Δέν φημιζόταν γιά τήν πνευματικότητά του, οὔτε γιά τό μέγεθος τῶν ἐμφανῶν ἀρετῶν του. Εἶχε τή φήμη ἀπότομου ἀνθρώπου, πού ἀπασχόλησε ἀρκετές φορές ἀρνητικά τό ποίμνιό του, κυρίως τούς «καθώς πρέπει χριστιανούς».

Ὅταν ἐκοιμήθη, ὅμως, παρατηρήθηκε τό ἐξῆς θαυμαστό φαινόμενο: ὁ Ναός, ὅπου εἶχε ἐκτεθεῖ τό σκηνωμά του, εἶχε κατακλυσθεῖ ἀπό κάθε εἶδους ἀνθρώπους, πού ὁ πολὺς κόσμος χαρακτηρίζε περιθωριακούς: ρακένδυτους, ἀστέγους, ἀσθενεῖς, πτωχοῦς κ.ο.κ. Χιλιάδες ἄνθρωποι πού βίωναν κάθε εἶδους δοκιμασία στή ζωή τους, ἔσπευσαν νά κυκλώσουν τό φέρετρό του καί νά θρηνήσουν τήν ἀπώλειά του.

Ἡ ἐξήγηση τοῦ παράδοξου φαινομένου ἦταν ὅτι οἱ ἄνθρωποι ἐκεῖνοι εἶχαν πολλαπλῶς εὐεργετηθεῖ ἀπό τόν κεκοιμημένο ἐπίσκοπο καί εἶχαν δοκιμάσει πλούσιους τούς καρπούς τῆς ἀγάπης καί τῆς φιλανθρωπίας του. Μπορεῖ νά εἶχε πολλές ἀδυναμίες, ἦταν ὅμως ἄνθρωπος ἀγάπης καί ἐλεημοσύνης. Καί αὐτές οἱ ἀρετές, πού ἤξερε νά κρύβει καλά ἀπό τά ἀδιάκριτα βλέμματα τῶν ἀνθρώπων, ἔγιναν τό διαβατήριο πού πῆρε μαζί του γιά τό μεγάλο ταξίδι τῆς αἰωνιότητας. Ἐγιναν τό κλεῖδι γιά νά ἀνοίξει τή θύρα τοῦ Παραδείσου.

Μιμητές τῆς Ταβιθά

Στήν ἐποχή μας, πολλοί συνάνθρωποί μας πονοῦν καί πολλαπλῶς ὑποφέρουν. Ἰδοῦ πεδῖον δόξης λαμπρόν γιά ἐκεῖνους πού θά θελήσουμε νά μιμηθοῦμε τήν Ταβιθά τῆς ἀποστολικῆς περικοπῆς καί τόν ἐπίσκοπο τῆς ἀγάπης καί τοῦ ἐλέους. Μὴν ἀφήσουμε τίς πληγές νά αὐξάνουν καί τόν πόνο νά πολλαπλασιάζεται. Ἐχομε χρέος, ὡς χριστιανοί, νά σταθοῦμε δίπλα στίς ἀνάγκες τῶν ἀδελφῶν μας καί νά μοιραστοῦμε μαζί τους τό μέγεθος τῶν προβλημάτων τους. Μόνον ἔτσι θά δικαιώσουμε τή θέση μας μέσα στήν Ἐκκλησία, θά γίνουμε μιμητές Χριστοῦ καί ἡ λατρεία μας δέν θά εἶναι κενή καί ἀνούσια, ἀλλά πλήρης καί οὐσιαστική.

Welcome to the Hellenic Orthodox Community of Sts. Demetrios, Catherine and George!

We welcome all our visitors this Sunday morning and we thank you for praying with us during the Divine Liturgy. **While Holy Communion may only be received by prepared and baptized Orthodox Christians**, our non-Orthodox guests are welcome to join us in receiving blessed bread (Antidoron) from the priest at the conclusion of the Divine Liturgy.



To follow along during our Divine Services please scan the QR Code:



Epistle Reading

Προκείμενον. Ἦχος γ'. ΨΑΛΜΟΙ 46.6, 1.

Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε.

Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας.

Πράξεις Ἀποστόλων 9:32-42 τὸ Ἀνάγνωσμα

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἁγίους τοὺς κατοικοῦντας Λύδδαν. Εὗρεν δὲ ἐκεῖ ἄνθρωπον τινα Αἰνέαν ὀνόματι, ἐξ ἑτῶν ὀκτὼ κατακείμενον ἐπὶ κρᾶββάτῳ, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος, Αἰνέα, ἰαταί σε Ἰησοῦς ὁ Χριστός· ἀνάστηθι καὶ στρώσον σεαυτῷ. Καὶ εὐθέως ἀνέστη. Καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Ἀσάρωνα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν κύριον. Ἐν Ἰόππῃ δὲ τις ἦν μαθήτρια ὀνόματι Ταβηθά, ἣ διερμηνευομένη λέγεται Δορκάς· αὕτη ἦν πλήρης ἀγαθῶν ἔργων καὶ ἐλεημοσυνῶν ὧν ἐποίει. Ἐγένετο δὲ ἐν ταῖς ἡμέραις ἐκεῖναις ἀσθενήσασαν αὐτὴν ἀποθανεῖν· λούσαντες δὲ αὐτὴν ἔθηκαν ἐν ὑπερῷῳ. Ἐγγὺς δὲ οὖσης Λύδδης τῇ Ἰόππῃ, οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῇ, ἀπέστειλαν πρὸς αὐτὸν, παρακαλοῦντες μὴ ὀκνήσαι διελθεῖν ἕως αὐτῶν. Ἀναστὰς δὲ Πέτρος συνῆλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῷον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χῆραι κλαίουσαι καὶ ἐπιδεικνύμεναι χιτῶνας καὶ ἱμάτια ὅσα ἐποίει μετ' αὐτῶν οὕσα ἡ Δορκάς. Ἐκβαλῶν δὲ ἔξω πάντας ὁ Πέτρος θείας τὰ γόνατα προσήζατο· καὶ ἐπιστρέψας πρὸς τὸ σῶμα, εἶπεν, Ταβηθά, ἀνάστηθι. Ἡ δὲ ἠνοιξεν τοὺς ὀφθαλμούς αὐτῆς· καὶ ἰδοῦσα τὸν Πέτρον, ἀνεκάθισεν. Δοὺς δὲ αὐτῇ χεῖρα, ἀνέστησεν αὐτήν· φωνήσας δὲ τοὺς ἁγίους καὶ τὰς χήρας, παρέστησεν αὐτὴν ζῶσαν. Γνωστὸν δὲ ἐγένετο καθ' ὅλης τῆς Ἰόππης, καὶ πολλοὶ ἐπίστευσαν ἐπὶ τὸν Κύριον.

Prokeimenon. Mode 3. Psalm 46.6, 1.

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

St. Paul's Letter to the Acts of the Apostles 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Gospel Reading

Ἐκ τοῦ Κατὰ Ἰωάννην 5:1-15 τὸ Ἀνάγνωσμα

The Gospel According to John 5:1-15

Τῷ καιρῷ ἐκεῖνῳ, ἀνέβη ὁ Ἰησοῦς εἰς Ἱεροσόλυμα. Ἔστι δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρῃ, ἣ ἐπιλεγομένη Ἑβραϊστὶ Βηθεσδά, πέντε στοᾶς ἔχουσα. ἐν ταύταις κατέκειτο πληθὸς πολλῶν τῶν ἀσθενούντων, τυφλῶν, χωλῶν, ξηρῶν, ἐκδεχομένων τὴν τοῦ ὕδατος κίνησιν. ἄγγελος γάρ κατὰ καιρὸν κατέβαινεν ἐν τῇ κολυμβήθρῃ, καὶ ἐταράσσετο τὸ ὕδωρ· ὁ οὖν πρῶτος ἐμβὰς μετὰ τὴν ταραχὴν τοῦ ὕδατος ὑγιῆς ἐγένετο ὃ δῆποτε κατείχετο νοσήματι. ἦν δὲ τις ἄνθρωπος ἐκεῖ τριάκοντα καὶ ὀκτὼ ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ. τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἤδη χρόνον ἔχει, λέγει αὐτῷ· θέλεις ὑγιῆς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν· Κύριε, ἄνθρωπον οὐκ ἔχω, ἵνα ὅταν παραχθῇ τὸ ὕδωρ, βάλῃ με εἰς τὴν κολυμβήθραν· ἐν ᾧ δὲ ἔρχομαι ἐγώ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ ὁ Ἰησοῦς· ἔγειρε, ἄρον τὸν κρᾶββάττον σου καὶ περιπάτει. καὶ εὐθέως ἐγένετο ὑγιῆς ὁ ἄνθρωπος, καὶ ἦρε τὸν κρᾶββάττον αὐτοῦ καὶ περιπάτει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ Ἰουδαῖοι τῷ τεθεραπευμένῳ· σάββατόν ἐστιν· οὐκ ἔξεστί σοι ἄραι τὸν κρᾶββάττον. ἀπεκρίθη αὐτοῖς· ὁ ποιήσας με ὑγιῆ, ἐκεῖνός μοι εἶπεν· ἄρον τὸν κρᾶββάττον σου καὶ περιπάτει. ἠρώτησαν οὖν αὐτόν· τίς ἐστὶν ὁ ἄνθρωπος ὁ εἰπὼν σοι, ἄρον τὸν κρᾶββάττον σου καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ᾔδει τίς ἐστὶν· ὁ γὰρ Ἰησοῦς ἐξένευεν ὄχλου ὄντος ἐν τῷ τόπῳ. μετὰ ταῦτα εὐρίσκει αὐτὸν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῷ· ἴδε ὑγιῆς γέγονας· μηκέτι ἀμάρτανε, ἵνα μὴ χειρόν σοί τι γένηται. ἀπῆλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλε τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστὶν ὁ ποιήσας αὐτὸν ὑγιῆ.

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

Μήνυμα από τον Αρχιεπισκοπικό Επίτροπο Αστορίας

Αγαπητοί μου εν Χριστώ,

Χριστός Ανέστη!

Το ανάγνωσμα από τις Πράξεις των Αποστόλων (9:32–42) μας παρουσιάζει δύο δυνατές ιστορίες θεραπείας—η μία ενός παράλυτου άνδρα, του Αινέα, και η άλλη μιας αγαπητής μαθήτριας, της Ταβιθά, την οποία ο Απόστολος Πέτρος ανέστησε από τους νεκρούς. Αυτές δεν είναι απλώς θαυμαστά γεγονότα του παρελθόντος. Είναι υπενθυμίσεις μιας πραγματικότητας που ζει και σήμερα: ότι ο Χριστός συνεχίζει να ενεργεί μέσα από την Εκκλησία Του, φέρνοντας ζωή εκεί που υπήρχε αδυναμία και ελπίδα εκεί που υπήρχε θλίψη.

Όταν ο Πέτρος λέει στον Αινέα: «Ο Ιησούς Χριστός σε θεραπεύει», δεν κάνει έναν απλό λόγο, αλλά μια γενναία διακήρυξη. Η θεραπεία δεν προέρχεται από τη φήμη, τα χρήματα ή ακόμα και από τους ίδιους τους Αποστόλους. Προέρχεται από τον Χριστό. Και όταν προσεύχεται για την Ταβιθά και της λέει να σηκωθεί, βλέπουμε πως η προσευχή της πίστης—ριζωμένη στην αγάπη του Χριστού—μπορεί ακόμη και να ανακαλέσει κάποιον από τον θάνατο.

Ας είναι αυτό μια ήσυχη υπενθύμιση για όλους μας: ποτέ να μην υποτιμούμε το τι μπορεί να κάνει ο Χριστός στη ζωή μας. Είτε είμαστε παραλυμένοι από φόβο, είτε βεβαρμένοι από θλίψη, είτε απλώς κουρασμένοι από τα βάρη της ζωής, η παρουσία Του μας σηκώνει, μας αποκαθιστά και μας καλεί να αναστηθούμε ξανά.

Ας κρατήσουμε αυτή την ελπίδα μέσα μας σήμερα—και ας γίνουμε, όπως ο Πέτρος, δοχεία της θεραπευτικής αγάπης του Θεού για τους άλλους.

Με την αγάπη του Αναστάντος Χριστού,

+ ο Ναζιανζού Αθηναγόρας
Αρχιεπισκοπικός Επίτροπος Αστορίας

Message from the Archbishopal Vicar of Astoria

Beloved in Christ,

Χριστός Ανέστη! Christ is Risen!

The reading from the Acts of the Apostles (9:32–42) brings us two powerful stories of healing—one of a paralyzed man named Aeneas, and the other of a beloved disciple named Tabitha, whom Saint Peter raises from the dead. These are not just miraculous moments from long ago. They remind us of something very real and very present: that Christ is still at work through His Church, bringing life where there was weakness, and hope where there was grief.

When Peter says to Aeneas, “Jesus Christ heals you,” it is a simple but bold declaration. Healing does not come from fame, from money, or even from the Apostles themselves. It comes from Christ. And when Peter prays for Tabitha and tells her to rise, we see how the prayer of faith—rooted in Christ's love—can even call someone back from death.

Let this be a quiet reminder to each of us: never underestimate what Christ can do in our lives. Whether we are paralyzed by fear, weighed down by grief, or simply tired from life's burdens, His presence lifts us, restores us, and calls us to rise again.

May we carry that hope with us today—and may we be, like Peter, vessels of God's healing love in the lives of others.

With love in the Risen Christ,

+Bishop Athenagoras of Nazianzos

Archiepiscopal Vicar of Astoria

Hymns of the Day

Apolytikion for Great and Holy Pascha in the Plagal First Mode

Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs He has granted life.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν χαρισάμενος.

Resurrectional Apolytikion in the Third Mode

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy.

Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιᾶσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιτίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Seasonal Kontakion in the Plagal Fourth Mode

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out “Rejoice” to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection.

Εἰ καὶ ἐν τάφῳ κατήλθες Ἀθάνατε, ἀλλὰ τοῦ ἄδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητής, Χριστέ ὁ Θεός, γυναιξὶ μυροφόροις φθεγζόμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

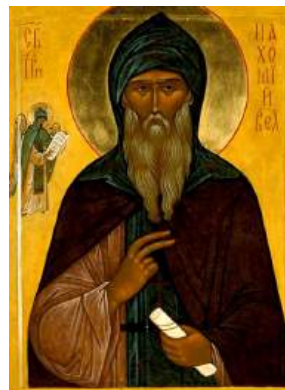
Saints and Feasts



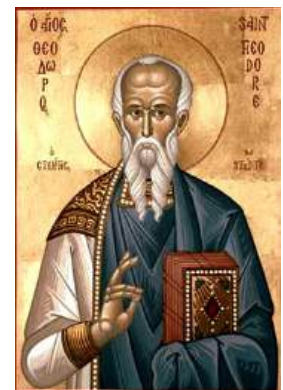
May 11
Sunday of the
Paralytic



May 14
Mid-Pentecost



May 15
Pachomius the Great



May 16
Theodore the Sanctified

Wise Words from the Holy Fathers



Joyfully accept bitter trials, that they may violently shake you but for a little, and that afterward you may be sweetened.

[St. Isaac the Syrian]




STEWARDSHIP MINISTRY – MEMBERSHIP 2025

We express our deepest appreciation to you for your continued support to our community by renewing your stewardship pledge for the current year. Your contribution is greatly appreciated and assists us in the maintenance of the community's programs and services. We are also grateful for all your moral support and participation in your community life. May the blessings of our Lord be with you and your family. We wish you healthy and renewed strength for this New Year! We thank the 165 parish families who have fully/partially fulfilled their stewardship/membership commitment to Saint Demetrios Cathedral/Sts. Catherine & George Greek Orthodox Church as of 2025.

ΠΡΟΓΡΑΜΜΑ ΕΚΟΥΣΙΑΣ ΕΙΣΦΟΡΑΣ 2025

Εκφράζουμε βαθύτατες ευχαριστίες για την υποστήριξή σας στην κοινότητά μας μέσω της ανανέωσης της ετήσιας εισφοράς σας για το τρέχον έτος. Η συμβολή σας είναι εξαιρετικά σημαντική στη διατήρηση των προγραμμάτων και των υπηρεσιών της κοινότητας. Είμαστε ευγνώμονες για όλη την ηθική υποστήριξή σας και τη συμμετοχή σας στη ζωή της κοινότητάς μας. Είθε ο Κύριος να σκέπτε εσάς και την οικογένειά σας. Ευχόμαστε υγεία και δύναμη για το Νέο Έτος! Ευχαριστούμε τις 165 οικογένειες που έχουν πλήρως ή μερικώς προσφέρει την συνδρομή τους για το 2025 στον Καθεδρικό Ναό του Αγίου Δημητρίου και στην Ελληνορθόδοξη Εκκλησία Αγίων Αικατερίνης και Γεωργίου.



Need church supplies for your home?

VISIT OUR

Orthodox Martyria
Bookstore!

Located at St. Demetrios Cathedral

Icons | Books | Charcoal | Incense | and more!

You can always donate online by scanning the QR code to support our church's needs. We thank you for your generosity!



Μνημόσυνα Κοριακής
Αγίου Δημητρίου
Memorials - Saint Demetrios



05/11/2025

Υπέρ αναπαύσεως όλων των κεκοιμημένων
μητέρων της Ενορίας μας

Νικολάου Τσαμουδάκη
Βασιλικής Μασιάκου

ΑΡΤΟΚΛΑΣΙΑ
Όλων των μητέρων της Ενορίας μας

Μνημόσυνα Κοριακής
Αγίων Αικατερίνης & Γεωργίου
Memorials - Sts. Catherine & George



05/11/2025

Υπέρ αναπαύσεως όλων των κεκοιμημένων
μητέρων της Ενορίας μας

Μαρίας Γραφάκου
Ειρήνης Χατζηκώστα
Δημητρίου Στεφάνου
Παναγιώτου Λάμπρου
Μαρίας Καρεκλά
Φωτίου Σπετσιέρη

ΑΡΤΟΚΛΑΣΙΑ
Όλων των μητέρων της Ενορίας μας

ΠΡΟΓΡΑΜΜΑ ΤΗΣ ΕΒΔΟΜΑΔΟΣ

Κυριακή 11 Μαΐου 2025

ΤΟΥ ΠΑΡΑΛΥΤΟΥ

ΑΓΙΟΣ ΔΗΜΗΤΡΙΟΣ—ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΓΙΟΥ

8:00 π.μ. Όρθρος & Θεία Λειτουργία

Δευτέρα 12 Μαΐου 2025

ΑΓΙΟΣ ΔΗΜΗΤΡΙΟΣ

ΠΡΟΕΤΗΜΑΣΙΑ ΦΕΣΤΙΒΑΛ (ΟΛΗ ΜΕΡΑ)

Τρίτη 13 Μαΐου 2025

ΑΓΙΟΣ ΔΗΜΗΤΡΙΟΣ

ΠΡΟΕΤΗΜΑΣΙΑ ΦΕΣΤΙΒΑΛ (ΟΛΗ ΜΕΡΑ)

Τετάρτη 14 Μαΐου 2025

ΜΕΣΟΠΕΝΤΗΚΟΣΤΗΣ

ΑΓΙΟΣ ΔΗΜΗΤΡΙΟΣ—ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΓΙΟΥ

8:00 π.μ. Όρθρος & Θεία Λειτουργία

ΑΓΙΟΣ ΔΗΜΗΤΡΙΟΣ

6:00 μ.μ. Ιερά Παράκληση

ΑΓΙΟΣ ΔΗΜΗΤΡΙΟΣ

ΠΡΟΕΤΗΜΑΣΙΑ ΦΕΣΤΙΒΑΛ (ΟΛΗ ΜΕΡΑ)

Πέμπτη 15 Μαΐου 2025

ΦΕΣΤΙΒΑΛ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ

4:30 μ.μ. Αγιασμός για την έναρξη του Φεστιβάλ
(5:00-11:00 μ.μ.)

Παρασκευή 16 Μαΐου 2025

ΦΕΣΤΙΒΑΛ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ (5:00-11:00 μ.μ.)

Σάββατο 17 Μαΐου 2025

ΦΕΣΤΙΒΑΛ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ (1:00-11:00 μ.μ.)

Κυριακή 18 Μαΐου 2025

ΤΟΥ ΣΑΜΑΡΕΙΤΙΑΟΣ

ΑΓΙΟΣ ΔΗΜΗΤΡΙΟΣ

8:00 π.μ. Όρθρος & Αρχιερατική Θεία Λειτουργία

ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΓΙΟΥ

8:00 π.μ. Όρθρος & Θεία Λειτουργία

ΦΕΣΤΙΒΑΛ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ (12:00-10:00 μ.μ.)

ACTIVITIES OF THE WEEK

Sunday, May 11, 2025

THE PARALYTIC

SAINT DEMETRIOS—SAINTS CATHERINE & GEORGE
8:00 a.m. Orthros & Divine Liturgy

Monday, May 12, 2025

SAINT DEMETRIOS- **FESTIVAL PREP (ALL DAY)**

Tuesday, May 13, 2025

SAINT DEMETRIOS- **FESTIVAL PREP (ALL DAY)**

Wednesday, May 14, 2025

MID-PENTECOST

SAINT DEMETRIOS—SAINTS CATHERINE & GEORGE
8:00 a.m. Orthros & Divine Liturgy

SAINT DEMETRIOS

6:00 p.m. Paraklesis

SAINT DEMETRIOS- **FESTIVAL PREP (ALL DAY)**

Thursday, May 15, 2025

ANNUAL FESTIVAL

4:30 p.m. Blessing of the Water for Festival Opening
(5:00-11:00 p.m.)

Friday, May 16, 2025

ANNUAL FESTIVAL (5:00-11:00 p.m.)

Saturday, May 17, 2025

ANNUAL FESTIVAL (1:00-11:00 p.m.)

Sunday, May 18, 2025

THE SAMARITAN WOMAN

SAINT DEMETRIOS

8:00 a.m. Orthros & Hierarchical Divine Liturgy

SAINTS CATHERINE & GEORGE

8:00 a.m. Orthros & Divine Liturgy

ANNUAL FESTIVAL (12:00-10:00 p.m.)



ΕΠΙΣΚΕΨΕΙΣ ΣΕ ΝΟΣΟΚΟΜΕΙΑ ΚΑΙ ΟΙΚΟΥΣ ΑΠΟΚΑΤΑΣΤΑΣΗΣ

Παρακαλούμε να ενημερώνετε το Γραφείο της Κοινότητας εάν κάποιος μέλος της Οικογένειάς σας βρίσκεται στο νοσοκομείο, νοσηλεύεται εκεί ή είναι αποκλεισμένο στο σπίτι λόγω ασθένειας, έτσι ώστε κάποιος από τους Ιερείς μας να το επισκεφτεί.

ΔΙΑΚΟΝΙΕΣ ΤΗΣ ΚΟΙΝΟΤΗΤΑΣ ΜΑΣ

Όλοι οι οργανισμοί και οι διακονίες της Κοινότητάς μας παρακαλούνται όπως παραδίδουν στο Γραφείο της Κοινότητας το πρόγραμμά τους, για τις συνεδριάσεις τους, τα κείμενα που θα ήθελαν να δημοσιευθούν καθώς και όποια άλλη πληροφορία επιθυμούν να στέλνονται μέχρι την Τετάρτη.

ΜΝΗΜΟΣΥΝΑ ΚΑΙ ΤΕΛΕΤΕΣ ΣΑΡΑΝΤΙΣΜΟΥ ΒΡΕΦΩΝ


Παρακαλούμε όπως τα μέλη της Κοινότητάς μας, να ενημερώνουν το Γραφείο της Κοινότητας, τουλάχιστον μια εβδομάδα νωρίτερα πριν από το Μνημόσυνο ή το ραντεβού για τον Σαραντισμό των Βρεφών. Σας παρακαλούμε να τηλεφωνείτε στο Γραφείο της Κοινότητας σχετικά με την παραγγελία Μνημοσύνων, Τρισάγιων ή Αρτοκλασιών, ώστε να προγραμματίσουμε έγκαιρα την διεξαγωγή τους.

Η ΙΣΤΟΣΕΛΙΔΑ ΤΗΣ ΚΟΙΝΟΤΗΤΑΣ

Σας παρακαλούμε να επισκεφθείτε την ιστοσελίδα της Κοινότητας στην διεύθυνση: www.saintdemetriosastoria.com για τις τελευταίες ενημερώσεις σε ότι αφορά την δράση της Κοινότητάς μας, αλλά και για θέματα που αφορούν την Ελληνική Ορθόδοξη πίστη μας.

ΠΛΑΤΦΟΡΜΕΣ ΚΟΙΝΩΝΙΚΗΣ ΔΙΚΤΥΩΣΗΣ

Ακολουθείστε μας στις πλατφόρμες κοινωνικής δικτύωσης για ενημερώσεις σχετικά με τις ιερές ακολουθίες και τις εκδηλώσεις του Σχολείου και της Κοινότητάς μας.

 @stdemetriosastoria

 Saint Demetrios Cathedral of Astoria

 Saint Demetrios Cathedral Astoria

HOSPITAL/NURSING VISITATION

Please notify the Church office if a family member is in the hospital, nursing home or a shut-in, so that our priests may visit them.

CHURCH ORGANIZATIONS

All church organizations are asked to submit their calendar, meetings, articles announcements and information to the Church office by Wednesday of any giving week.

MEMORIALS AND 40 DAY BLESSINGS


We ask all parishioners to notify the Church office at least one week before a Memorial Service or 40 Day Blessing. For 40 day blessing of infants, memorial, trisagia or artoclasties, please call the Church Office in order to make the necessary arrangements.

CHURCH WEBSITE

Visit our church website at www.saintdemetriosastoria.com for new information, updates and to learn more about our Greek Orthodox Faith.

SOCIAL MEDIA

Follow us on our social media platforms for updates on liturgical services and community and school events!

 @stdemetriosastoria

 Saint Demetrios Cathedral of Astoria

 Saint Demetrios Cathedral Astoria

HELLENIC ORTHODOX COMMUNITY OF ASTORIA
ST. DEMETRIOS CATHEDRAL
STS. CATHERINE & GEORGE CHURCH

SUNDAY SCHOOL YEAR-END CELEBRATION

SUNDAY, MAY 11, 2025

Congratulations to another successful Sunday School year!
We would like to thank the students, their parents, and grandparents
for making this Sunday School year possible.

We would also like to thank our volunteer teachers
Maria Kotsis, Argiro Migias, Anna Milonakis, Evangelia Tsagaris, and
Anastasia Tsakonas for their dedication and
their commitment to this program

To celebrate the closing of this Sunday School year, please join us
at Sts. Catherine and George Church hall, following the Divine
Liturgy, for a light lunch hosted by the Sunday School.



The Hellenic Orthodox Community of Astoria

St Demetrios

Welcomes Everyone to its



Annual Festival



30-11 30th Drive, Astoria, NY 11102

www.saintdemetriosastoria.com

May 15th Through May 18th

**Thursday & Friday
5-11pm**

**Saturday
1-11pm**

**Sunday
12-10pm**



**Food & Desserts
Greek Music & Dancing
Raffles
Shopping
Rides And Games For
Children Of All Ages**



FOR MORE INFORMATION OR TO SUPPORT OUR EVENT BY VOLUNTEERING OR WITH DONATIONS, PLEASE CONTACT OUR CHURCH OFFICE AT: 718-728-1718 OR BY EMAIL FESTIVAL@SDASTORIA.COM

2025 Festival Donations

<input type="checkbox"/> One Box of Gyro/Souvlaki	\$75	x _____	= \$ _____
<input type="checkbox"/> One Box of Pita Bread	\$30	x _____	= \$ _____
<input type="checkbox"/> One Tray of Pastitsio/Mousaka	\$75	x _____	= \$ _____
<input type="checkbox"/> One Tray of Baklava/Kataifi	\$90	x _____	= \$ _____
<input type="checkbox"/> One Tray of Greek Salad	\$55	x _____	= \$ _____
<input type="checkbox"/> One Tray Spanakopita/Tyropita	\$55	x _____	= \$ _____
<input type="checkbox"/> One Case of Hot Dogs/ Fries	\$30	x _____	= \$ _____
<input type="checkbox"/> One Case of Soda/Water	\$15	x _____	= \$ _____
<input type="checkbox"/> Other Amount	\$	_____	
Total Enclosed	\$	_____	

Name: _____
 Title (if applicable): _____
 Company (if applicable): _____
 Street Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Fax: _____
 E-Mail: _____
 Authorized Signature: _____

*Please mail **this completed Form** along with **payment** to:*

Attention: 2025 Festival Committee
 St. Demetrios Cathedral Astoria
 30-11 30th Drive
 Astoria, NY 11102



Please make Checks payable to: **St. Demetrios Cathedral Astoria**

Please check here if you made a payment using the **QR code** above with **memo: Festival**

Should you have any questions, please do not hesitate to contact:
 The Church Office at (718) 728-1718 or email the Festival Chairs at
festival@sdastoria.com

THE HELLENIC ORTHODOX COMMUNITY
OF ASTORIA
ST DEMETRIOS WELCOMES
THE SPECIAL NEEDS MINISTRY & PROJECT SAM
TO ITS 51ST ANNUAL FESTIVAL



Spread
KINDNESS
like
CONFETTI



SUNDAY MAY 18TH

11AM TO 12PM

(ENJOY BEFORE THE PUBLIC)

30-11 30TH DRIVE, ASTORIA, NY 11102

WWW.SAINTDEMETRIOSASTORIA.COM

**To rsvp please contact Margarita at 917-416-6706
or email at Margaritaneocleous@gmail.com**

ST. DEMETRIOS CATHEDRAL OF ASTORIA

ST. BASIL'S MISSION
HELPING THE NEEDY

JOIN US
FOR OUR
MONTHLY RUN!

FRIDAY, MAY 23, 2025



The Xios Neolaia,
the Youth Chapter of
the Chian Federation,
will be sponsoring
this month's run!

- * Please meet us at St. Demetrios church hall
- * 3:00 pm: meal & clothing prep
- * 7:00 pm: departure for city

If you are interested in
sponsoring a meal,
please contact us.

For more information, please call:
Margarita 917-416-6706
stbasilmission@sdastoria.com

HELLENIC ORTHODOX COMMUNITY OF ASTORIA
St. Demetrios Cathedral of Astoria
Sts. Catherine & George Greek Orthodox Church

**MOMMY & ME
HOUR**

All are welcome!

Join us in our school library for
interactive learning and fun!

Greek stories, songs, and activities
to engage our littlest learners!

JOIN US
WEDNESDAYS @ 4:30 PM
APRIL 30 THROUGH JUNE 18

SPONSORED BY THE ST. DEMETRIOS GREEK AFTERNOON SCHOOL PTA

XIOS NEOLAIA

ST. DEMETRIOS CATHEDRAL

CLOTHING DRIVE

THE XIOS NEOLAIA, THE YOUTH CHAPTER OF THE CHIAN FEDERATION,
IS SPONSORING THE ST. DEMETRIOS CATHEDRAL OF ASTORIA'S
ST. BASIL MISSION CLOTHING RUN ON MAY 23RD



CONSIDER DONATING:
GENTLY USED MEN'S SWEATPANTS, SHIRTS, HOODIES, JACKETS
MENS SNEAKERS, SHOES, BOOTS
TRAVEL SIZE TOILETRIES
NEW MEN'S AND WOMEN'S UNDERWEAR
GENTLY USED WOMEN'S CLOTHING

DONATION DROP-OFF:
THE CHIAN FEDERATION (4401 BROADWAY, ASTORIA, NY 11103)
FROM 9AM - 1PM MONDAY - WEDNESDAY
9AM - 5PM ON THURSDAY - SATURDAY
BEFORE MAY 22ND

FOR QUESTIONS OR TO PARTICIPATE IN THE CLOTHING DRIVE,
EMAIL XIOSNEOLAIA@GMAIL.COM



PROJECT SAM

A Special Needs
Orthodox Ministry and
Archdiocesan District
Initiative, seeking to
reconnect people with
special needs to the
Orthodox faith.

If you or someone you know can
benefit from this Special Needs
Program and Special Needs
Sunday School, please email
margaritaneocleous@gmail.com
or call / text Margarita
Neocleous at 917-416-6706.

Our priority is to embrace this
exceptional community of
individuals.

HELLENIC ORTHODOX COMMUNITY OF ASTORIA

St. Demetrios Cathedral of Astoria
Sts. Catherine & George Greek Orthodox Church

PARENT & ME CLASS

umeume
music + arts

park slope - brooklyn

Join us for a special series of classes
designed for little ones ages 40 days to 6 years old!

Together with Ume Ume, a leader in early childhood music and movement education, we are offering a joyful space for caregivers and children to bond, play, and grow through music and creative expression.

First Session will take place after Divine Liturgy on

MAY 18 at 12:00 PM

Sts. Catherine & George

22-30 33rd Street, Astoria, NY 11105

Lower Level of the Church – Last Classroom on the Left

\$25 per child

Reserve your spot by sending payment via Zelle:
ptasdgreekafternoonschool@sdastoria.com

Please include your full name in note section.

Please note that QR Code will only work through
your banking institution's app.

p***@sdastoria.com



Zelle

Call, Text, or Email Us With Questions

Georgia (646) 289-1316

Keri (718) 781-0486

ptasdgreekafternoonschool@sdastoria.com



Coordinated by the St. Demetrios Greek Afternoon School PTA
All net proceeds will be donated to church
maintenance and restoration.



Greek Orthodox Archdiocesan District Olympics May 23rd-May 25th, 2025

AT SUFFOLK COUNTY COMMUNITY COLLEGE (BRENTWOOD CAMPUS)

What are the Greek Orthodox Archdiocesan District Olympics?

Since 1979, this program has emphasized the values of our faith, Hellenism, and follows the Olympic ideals of peace, sportsmanship, and fellowship. The Olympics welcomes all parishes of the Archdiocesan District.

Who can participate?

Boys and girls, 7-18 years of age and active in their parish's youth program.

What are the events?

**SWIMMING * 3 on 3 BASKETBALL * BASKETBALL SHOOTING * CHESS * CHECKERS * BACKGAMMON *
TABLE TENNIS * NOK-HOCKEY * SHOT-PUT * SOFTBALL THROW * HIGH JUMP * LONG JUMP * SOFTBALL *
SOCCER * TRACK * VOLLEYBALL * KICKBALL * 5K RUN**

JOIN THE ST. DEMETRIOS OF ASTORIA OLYMPIC TEAM!

Register with our Church on the Archdiocesan District Olympics website at:

<https://goado.leagueapps.com/leagues/multi-sport/4519819-astoria-2025>



SCAN HERE

(If a youth is already on the LeagueApp for any Joy or Goya team, then the registration takes only a few minutes!)

*Come have a lot of fun and also help
St. Demetrios of Astoria go for the gold!*



If you have any questions or need any assistance with registering,
please email: Olympics@sdastoria.com or text
Goya Advisor Sandra at 917-363-2610 or Joy Advisor Irene at 917-686-9920

Thank you! Σας ευχαριστούμε!



SAINT DEMETRIOS CATHEDRAL
HELLENIC ORTHODOX COMMUNITY OF ASTORIA

LET'S GO FOR THE GOLD!

ASTORIA

Memorial Day Weekend
May 23-25, 2025



**Calling all St. Demetrios of
Astoria Athletes Ages 7-18*
to register and join our
Parish's Olympic Team!**



**Please scan the QR code to
register and receive
updates on team tryouts
and event details.**

For any questions, please reach out to the Olympics Committee at: Olympics@sdastoria.com



Κυριακή	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο
4 ΤΩΝ ΜΥΡΟΦΟΡΩΝ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός)	5 ΕΙΡΗΝΗΣ ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός)	6	7 6:00 μ.μ. Ιερά Παράκληση (Αγ.Δημήτριος)	8 ΙΩΑΝΝΟΥ ΘΕΟΛΟΓΟΥ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός) 1:00 μ.μ. Κύκλος Μελέτης Αγίας Γραφής στα Ελληνικά & γερμά. (Αγ.Δημήτριος)	9	10
11 ΤΟΥ ΠΑΡΑΛΥΤΟΥ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός)	12 ΠΡΟΕΤΗΜΑΣΙΑ ΦΕΣΤΙΒΑΛ (ΟΛΗ ΜΕΡΑ)	13 ΠΡΟΕΤΗΜΑΣΙΑ ΦΕΣΤΙΒΑΛ (ΟΛΗ ΜΕΡΑ)	14 ΜΕΣΟΠΕΝΤΗΚΟΣΤΗΣ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός) 6:00 μ.μ. Ιερά Παράκληση ΠΡΟΕΤΗΜΑΣΙΑ ΦΕΣΤΙΒΑΛ (ΟΛΗ ΜΕΡΑ)	15 ΦΕΣΤΙΒΑΛ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ 4:30 μ.μ. Αγιασμός Φεστιβάλ. (5:00-11:00 μ.μ.)	16 ΦΕΣΤΙΒΑΛ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ (5:00-11:00 μ.μ.)	17 ΦΕΣΤΙΒΑΛ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ (1:00-11:00 μ.μ.)
18 ΤΗΣ ΣΑΜΑΡΕΪΤΙΔΟΣ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός) ΦΕΣΤΙΒΑΛ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ (12:00-10:00 μ.μ.)	19	20	21 ΑΓ. ΚΩΝΣΤΑΝΤΙΝΟΥ ΚΑΙ ΕΛΕΝΗΣ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός) 6:00 μ.μ. Ιερά Παράκληση (Αγ.Δημήτριος)	22 ΤΩΝ ΑΓΙΩΝ ΝΕΟΜΑΡΤΥΡΩΝ ΠΑΥΛΟΥ ΚΑΙ ΔΗΜΗΤΡΙΟΥ ΤΩΝ ΕΝ ΤΡΙΠΟΛΕΙ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (Αγ.Δημήτριος) 1:00 μ.μ. Κύκλος Μελέτης Αγίας Γραφής στα Ελληνικά & γερμά. (Αγ.Δημήτριος)	23	24
25 ΤΟΥ ΤΥΦΛΟΥ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός)	26	27 6:00 μ.μ. Ιερό Ευχέλαιο (Αγ. Αικατερίνη)	28 ΑΠΟΛΟΣΙΣ ΤΟΥ ΠΑΣΧΑ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός) 6:00 μ.μ. Ιερό Ευχέλαιο (Αγ.Δημήτριος)	29 ΑΝΑΛΗΨΕΩΣ 8:00 π.μ. Όρθρος & Θεία Λειτουργία (2 Ναοός) 1:00 μ.μ. Κύκλος Μελέτης Αγίας Γραφής στα Ελληνικά & γερμά. (Αγ.Δημήτριος)	30	31



**HELLENIC ORTHODOX COMMUNITY OF ASTORIA
SAINT DEMETRIOS CATHEDRAL * SAINTS CATHERINE AND GEORGE GREEK ORTHODOX**

MAY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4 SUNDAY OF THE MYRRHBEARING WOMEN 8:00 a.m. Orthros & Divine Liturgy (Both Churches)</p>	<p>5 IRENE THE GREAT MARTYR 8:00 a.m. Orthros & Divine Liturgy (Both Churches)</p>	<p>6</p>	<p>7 6:00 p.m. Paraklesis (St. Demetrios)</p>	<p>1 8:30 a.m. Agiasmos (St. Demetrios) 1:00 p.m. Bible Study in Greek and lunch (St. Demetrios) 6:00 p.m. Agiasmos (St. Catherine)</p>	<p>2</p>	<p>3</p>
<p>11 SUNDAY OF THE PARALYTIC 8:00 a.m. Orthros & Divine Liturgy (Both Churches)</p>	<p>12 FESTIVAL PREP (ALL DAY)</p>	<p>13 FESTIVAL PREP (ALL DAY)</p>	<p>14 MID-PENTECOST 8:00 a.m. Orthros & Divine Liturgy (Both Churches) 6:00 p.m. Paraklesis (St. Demetrios) FESTIVAL PREP (ALL DAY)</p>	<p>15 ANNUAL FESTIVAL 4:30 p.m. Blessing of the Water for Festival Opening (5:00-11:00 p.m.)</p>	<p>16 ANNUAL FESTIVAL (5:00-11:00 p.m.)</p>	<p>17 ANNUAL FESTIVAL (1:00-11:00 p.m.)</p>
<p>18 SUNDAY OF THE SAMARI-TAN WOMAN 8:00 a.m. Orthros & Hierarchical Divine Liturgy (St. Demetrios) 8:00 a.m. Orthros & Divine Liturgy (St. Catherine) ANNUAL FESTIVAL (12:00-10:00 p.m.)</p>	<p>19</p>	<p>20</p>	<p>21 STS. CONSTANTINE AND HELEN 8:00 a.m. Orthros & Divine Liturgy (Both Churches) 6:00 p.m. Paraklesis (St. Demetrios)</p>	<p>22 HOLY NEW MARTYRS PAUL AND DEMETRIOS OF TRIPOLI 8:00 a.m. Orthros & Divine Liturgy (St. Demetrios) 1:00 p.m. Bible Study in Greek and lunch (St. Demetrios)</p>	<p>23</p>	<p>24</p>
<p>25 SUNDAY OF THE BLIND MAN 8:00 a.m. Orthros & Divine Liturgy (St. Demetrios) 8:00 a.m. Orthros & Hierarchical Divine Liturgy (St. Catherine)</p>	<p>26 6:00 p.m. Holy Unction (St. Catherine)</p>	<p>27 6:00 p.m. Holy Unction (St. Catherine)</p>	<p>28 APODOSIS OF PASCHA 8:00 a.m. Orthros & Divine Liturgy (Both Churches) 6:00 p.m. Holy Unction (St. Demetrios)</p>	<p>29 HOLY ASCENSION 8:00 a.m. Orthros & Divine Liturgy (Both Churches) 1:00 p.m. Bible Study in Greek and lunch (St. Demetrios)</p>	<p>30</p>	<p>31</p>

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