

ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΚΟΙΝΟΤΗΣ ΑΣΤΟΡΙΑΣ

Hellenic Orthodox Community of Astoria



His Grace Bishop Athenagoras of Nazianzos,
Archiepiscopal Vicar of Astoria

Protopresbyter Anargyros Stavropoulos, Proestamenos

V. Rev. Archimandrite Petros Gomez, Assistant Priest

Rev. Presbyter Gregory Gounardes, Assistant Priest

Mr. Nikolaos Papaioannou, Parish Council President

SAINT DEMETRIOS CATHEDRAL

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STS. CATHERINE & GEORGE CHURCH

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ΩΡΕΣ ΓΡΑΦΕΙΟΥ: Δευτέρα-Παρασκευή 9.00 π.μ. - 5.00 μ.μ.

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ΚΥΡΙΑΚΗ 19 ΑΠΡΙΛΙΟΥ 2026 - SUNDAY, APRIL 19, 2026

ΚΥΡΙΑΚΗ ΤΟΥ ΘΩΜΑ - SUNDAY OF THOMAS

Message from the Archiepiscopal Vicar of Astoria

Our Pascha Journey with the Theotokos

Meditations and Challenges by the Archiepiscopal Vicar of Astoria

On the Feast of the Life-Giving Spring

Beloved brothers and sisters in Christ,

As the joyful days of Pascha continue during Bright Week, the Church invites us to pause on Friday and remember a beautiful feast dedicated to the Most Holy Theotokos, the feast of the Life-Giving Spring.

The Church has always turned to the Mother of God for comfort, healing, and strength. When people feel tired, worried, or overwhelmed, they often ask for her prayers and her help. In a quiet and gentle way, she always leads us to her Son, Jesus Christ, who is the true source of life. Through her prayers, many people over the years have found strength in difficult times, healing when they were hurting, and hope when their hearts felt heavy.

In the light of the Resurrection, Christ renews everything. The empty tomb proclaims that life is stronger than death and that God continues to restore and refresh our hearts every day. The Theotokos quietly shows us how to remain close to Christ, how to draw from the living water of His grace so that our own lives may be renewed.

This feast also speaks to the life of our community. Very often, the most meaningful acts are simple ones. A kind word, a listening ear, a helping hand, a moment of genuine care. A moment of genuine care for one another, for our school, and for our ministries. These small gestures can become like a refreshing spring for someone who feels tired, discouraged, or alone.

They can bring a sense of relief and encouragement to our teachers and our students. In this way, the joy of the Resurrection passes from heart to heart.

As we continue to live these bright and holy days of Pascha, let us take a little time to reflect on how Christ has renewed our own lives. And let us ask ourselves how we, too, might bring courage and hope to someone who needs it.

May the prayers of the Most Holy Theotokos continue to protect and guide our community.

In the love of our resurrected Lord,
+ Bishop Athenagoras of Nazianzos



Μαζί με την Παναγία στην πασχαλινή μας πορεία
Στοχασμοί και Προκλήσεις από τον Αρχιερατικό Επίτροπο Αστορίας
Στην Εορτή της Ζωοδόχου Πηγής

Αγαπητοί αδελφοί και αδελφές εν Χριστώ, Χριστός Ανέστη!

Καθώς οι χαρμόσυνες ημέρες του Πάσχα συνεχίζονται μέσα στη Διακαινήσιμο Εβδομάδα, η Εκκλησία μας καλεί την Παρασκευή να τιμήσουμε μια όμορφη εορτή αφιερωμένη στην Υπεραγία Θεοτόκο, την εορτή της Ζωοδόχου Πηγής.

Η Εκκλησία πάντοτε στρέφεται προς τη Μητέρα του Θεού για παρηγοριά, θεραπεία και δύναμη. Όταν οι άνθρωποι αισθάνονται κουρασμένοι, ανήσυχοι ή φορτωμένοι με πολλές σκέψεις, συχνά ζητούν τις προσευχές και τη βοήθειά της. Με έναν ήσυχο και γλυκό τρόπο, εκείνη μας οδηγεί πάντοτε στον Υιό της, τον Ιησού Χριστό, που είναι η αληθινή πηγή της ζωής. Μέσα από τις προσευχές της, πολλοί άνθρωποι βρήκαν δύναμη σε δύσκολες στιγμές, θεραπεία όταν πονούσαν και ελπίδα όταν η καρδιά τους ήταν βαριά.

Υπό το φως της Αναστάσεως, ο Χριστός ανακαινίζει τα πάντα. Ο άδειος τάφος διακηρύσσει ότι η ζωή είναι πιο δυνατή από τον θάνατο και ότι ο Θεός συνεχίζει κάθε ημέρα να ανανεώνει και να δροσίζει τις καρδιές μας. Η Παναγία μας δείχνει πώς να μένουμε κοντά στον Χριστό, πώς να αντλούμε από το ζωντανό νερό της χάριτός Του, ώστε και η δική μας ζωή να ανανεώνεται.

Η εορτή αυτή αφορά και τη ζωή της κοινότητάς μας. Πολύ συχνά, τα πιο σημαντικά πράγματα είναι τα πιο απλά. Ένας καλός λόγος. Ένα αυτί που ακούει. Ένα χέρι βοήθειας. Μια στιγμή αληθινού ενδιαφέροντος για τον συνάνθρωπο, για το σχολείο μας, για τις διακονίες μας. Αυτές οι μικρές κινήσεις μπορούν να γίνουν σαν μια δροσερή πηγή για κάποιον που αισθάνεται κουρασμένος, απογοητευμένος ή μόνος. Μπορούν να αποτελέσουν πηγή ανάσας για τους δασκάλους και τους μαθητές μας. Έτσι, η χαρά της Αναστάσεως περνά από καρδιά σε καρδιά.

Καθώς συνεχίζουμε να ζούμε αυτές τις φωτεινές και άγιες ημέρες του Πάσχα, ας αφιερώσουμε λίγο χρόνο να σκεφτούμε πώς ο Χριστός έχει ανανεώσει τη δική μας ζωή. Και ας αναρωτηθούμε πώς μπορούμε κι εμείς να φέρουμε θάρρος και ελπίδα σε κάποιον που το έχει ανάγκη. Είθε οι προσευχές της Υπεραγίας Θεοτόκου να συνεχίσουν να προστατεύουν όλους μας και να καθοδηγούν την κοινότητά μας.

Με την αγάπη του Αναστημένου Κυρίου μας,

+ Ο Ναζιανζού Αθηναγόρας



**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:*



Troparion for the Feast 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.

Apolytikion Grave Mode

The tomb being sealed, You rose from the sepulcher, O Christ God, the Life. And the doors being shut, You came to the disciples, O resurrection of all. Through them You renew a right spirit within us, according to Your great mercy.

Ἐσφραγισμένου τοῦ μνήματος, ἡ ζωὴ ἐκ τάφου ἀνέτειλας Χριστὲ ὁ Θεός· καὶ τῶν θυρῶν κλεισμένων, τοῖς Μαθηταῖς ἐπέστης, ἡ πάντων ἀνάστασις· Πνεῦμα εὐθὲς δι' αὐτῶν ἐγκαινίζων ἡμῖν, κατὰ τὸ μέγα σου ἔλεος.

Apolytikion for St. Demetrios in the Third Mode

All the world has you, its mighty champion, * fortifying us in times of danger, * and defeating our foes, O Victorious One. * So, as you humbled Lyaios's arrogance * by giving courage to Nestor in the stadium, * thus, O holy Great-martyr Demetrios, * to Christ our God pray fervently, * beseeching Him to grant us His great mercy.

Μέγαν εὐρατο ἐν τοῖς κινδύνοις, σὲ ὑπέρμαχον ἢ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὡς οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως Ἄγιε, Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεὸν ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

Apolytikion for St. Catherine in the Plagal First Mode

Let us praise and extol the all-lauded Bride of Christ,* the Protectress of Sinai, divine Saint Catherine,* as the one who gives aid and her assistance to us;* for she brilliantly suppressed the impious orators,* with the sword of the Spirit.* And being crowned as a martyr,* she asks that all receive the great mercy.

Τὴν πανεύφημον νόμφην Χριστοῦ ὑμνήσωμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιοῦχον Σινᾶ, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν, ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομπσοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῇ μαχαίρα, καὶ νῦν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πᾶσι τὸ μέγα ἔλεος.

Apolytikion for St George in the Fourth Mode

As the one renowned for setting captives free and for defending those in poverty, the physician of the sick and the champion of emperors, great and victorious Martyr George, intercede with Christ our God, beseeching Him to save our souls.

Ὡς τῶν αἰχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, ἀσθενούντων ἰατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

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 ᾄδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητής, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθελγόμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

Κυριακὴ τοῦ Θωμᾶ
Sunday of Thomas
Epistle Reading

Προκείμενον. Ἦχος γ´ .

Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχὺς
αὐτοῦ.

Στίχ. *Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθὸς Κύριος.*

Πράξεων τῶν Ἀποστόλων τὸ ἀνάγνωσμα
(5:12 – 20) τὸ ἀνάγνωσμα

Ἐν ταῖς ἡμέραις ἐκείναις, διὰ τῶν χειρῶν τῶν ἀποστόλων ἐγένετο σημεῖα καὶ τέρατα ἐν τῷ λαῷ πολλά· καὶ ἦσαν ὁμοθυμαδὸν ἅπαντες ἐν τῇ στοᾷ Σολομῶντος· τῶν δὲ λοιπῶν οὐδεὶς ἐτόλμα κολλᾶσθαι αὐτοῖς, ἀλλ’ ἐμεγάλυνεν αὐτοὺς ὁ λαός· μᾶλλον δὲ προσετίθεντο πιστεύοντες τῷ Κυρίῳ πλήθη ἀνδρῶν τε καὶ γυναικῶν, ὥστε κατὰ τὰς πλατείας ἐκφέρειν τοὺς ἀσθενεῖς καὶ τιθέναι ἐπὶ κλινῶν καὶ κραβάττων, ἵνα ἐρχομένου Πέτρου κἂν ἡ σκιά ἐπισκιάσῃ τινὶ αὐτῶν. συνήρχετο δὲ καὶ τὸ πλῆθος τῶν πέριξ πόλεων εἰς Ἱερουσαλήμ φέροντες ἀσθενεῖς καὶ ὀχλουμένους ὑπὸ πνευμάτων ἀκαθάρτων, οἵτινες ἐθεραπεύοντο ἅπαντες. Ἀναστὰς δὲ ὁ ἀρχιερεὺς καὶ πάντες οἱ σὺν αὐτῷ, ἡ οὖσα αἵρεσις τῶν Σαδδουκαίων, ἐπλήσθησαν ζήλου καὶ ἐπέβαλον τὰς χεῖρας αὐτῶν ἐπὶ τοὺς ἀποστόλους, καὶ ἔθεντο αὐτοὺς ἐν τηρήσει δημοσίᾳ. ἄγγελος δὲ Κυρίου διὰ τῆς νυκτὸς ἤνοιξε τὰς θύρας τῆς φυλακῆς, ἐξαγαγὼν τε αὐτοὺς εἶπε· πορεύεσθε, καὶ σταθέντες λαλεῖτε ἐν τῷ ἱερῷ τῷ λαῷ πάντα τὰ ῥήματα τῆς ζωῆς ταύτης.

Prokeimenon. Mode 3.

Great is our Lord, and great is His strength.
Verse: *Praise the Lord, for the Lord is good.*

The reading is from the Acts of the Apostles
(5:12 – 20)

In those days, many signs and wonders were done among the people by the hands of the apostles. And they were all together in Solomon’s Portico. None of the rest dared join them, but the people held them in high honor. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the high priest rose up and all who were with him, that is, the party of the Sadducees, and filled with jealousy they arrested the apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said, “Go and stand in the temple and speak to the people all the words of this Life.”

Gospel Reading

Ἐκ τοῦ κατὰ Ἰωάννην (20:19 – 31) ἁγίου
Εὐαγγελίου τὸ ἀνάγνωσμα

Οὔσης ὀψίας τῇ ἡμέρᾳ ἐκείνῃ τῇ μιᾷ τῶν σαββάτων, καὶ τῶν θυρῶν κεκλεισμένων ὅπου ἦσαν οἱ μαθηταὶ συνηγμένοι διὰ τὸν φόβον τῶν Ἰουδαίων, ἦλθεν ὁ Ἰησοῦς καὶ ἔστη εἰς τὸ μέσον, καὶ λέγει αὐτοῖς· εἰρήνη ὑμῖν.

The reading is from the holy Gospel according to John (20:19 – 31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, “Peace be with you.”

καὶ τοῦτο εἰπὼν ἔδειξεν αὐτοῖς τὰς χεῖρας καὶ τὴν πλευρὰν αὐτοῦ. ἐχάρησαν οὖν οἱ μαθηταὶ ἰδόντες τὸν Κύριον. εἶπεν οὖν αὐτοῖς ὁ Ἰησοῦς πάλιν· εἰρήνη ὑμῖν. καθὼς ἀπέσταλκέ με ὁ πατήρ, καὶ γὰρ πέμπω ὑμᾶς. καὶ τοῦτο εἰπὼν ἐνεφύσησε καὶ λέγει αὐτοῖς· λάβετε Πνεῦμα Ἅγιον· ἂν τινῶν ἀφῆτε τὰς ἁμαρτίας, ἀφίενται αὐτοῖς, ἂν τινῶν κρατῆτε, κεκράτηνται. Θωμᾶς δὲ εἷς ἐκ τῶν δώδεκα, ὁ λεγόμενος Δίδυμος, οὐκ ἦν μετ' αὐτῶν ὅτε ἦλθεν ὁ Ἰησοῦς. ἔλεγον οὖν αὐτῷ οἱ ἄλλοι μαθηταί· ἐώρακαμεν τὸν Κύριον. ὁ δὲ εἶπεν αὐτοῖς· ἐὰν μὴ ἴδω ἐν ταῖς χερσὶν αὐτοῦ τὸν τύπον τῶν ἥλων, καὶ βάλω τὸν δάκτυλόν μου εἰς τὸν τύπον τῶν ἥλων, καὶ βάλω τὴν χεῖρά μου εἰς τὴν πλευρὰν αὐτοῦ, οὐ μὴ πιστεύσω. Καὶ μεθ' ἡμέρας ὀκτὼ πάλιν ἦσαν ἔσω οἱ μαθηταὶ αὐτοῦ καὶ Θωμᾶς μετ' αὐτῶν. ἔρχεται ὁ Ἰησοῦς τῶν θυρῶν κεκλεισμένων, καὶ ἔστη εἰς τὸ μέσον καὶ εἶπεν· εἰρήνη ὑμῖν. εἶτα λέγει τῷ Θωμᾶ· φέρε τὸν δάκτυλόν σου ὧδε καὶ ἴδε τὰς χεῖράς μου, καὶ φέρε τὴν χεῖρά σου καὶ βάλε εἰς τὴν πλευρὰν μου, καὶ μὴ γίνου ἄπιστος, ἀλλὰ πιστός. καὶ ἀπεκρίθη Θωμᾶς καὶ εἶπεν αὐτῷ· ὁ Κύριός μου καὶ ὁ Θεός μου. λέγει αὐτῷ ὁ Ἰησοῦς· ὅτι ἐώρακάς με, πεπίστευκας· μακάριοι οἱ μὴ ἰδόντες καὶ πιστεύσαντες. Πολλὰ μὲν οὖν καὶ ἄλλα σημεῖα ἐποίησεν ὁ Ἰησοῦς ἐνώπιον τῶν μαθητῶν αὐτοῦ, ἃ οὐκ ἔστι γεγραμμένα ἐν τῷ βιβλίῳ τούτῳ· ταῦτα δὲ γέγραπται ἵνα πιστεύσητε ὅτι Ἰησοῦς ἐστὶν ὁ Χριστὸς ὁ υἱὸς τοῦ Θεοῦ, καὶ ἵνα πιστεύοντες ζωὴν ἔχητε ἐν τῷ ὀνόματι αὐτοῦ.

When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, even so I send you.” And when he had said this, he breathed on them, and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.” Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe.” Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, “Peace be with you.” Then he said to Thomas, “Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet believe.” Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

STEWARDSHIP MINISTRY—MEMBERSHIP 2026

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 **169** parish families who have fully/partially fulfilled their stewardship/membership commitment to Saint Demetrios Cathedral/Sts. Catherine & George Greek Orthodox Church as of 2026.

ΠΡΟΓΡΑΜΜΑ ΕΚΟΥΣΙΑΣ ΕΙΣΦΟΡΑΣ 2026

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 σκέπει εσάς και την οικογένειά σας. Ευχόμαστε υγεία και δύναμη για το Νέο Έτος! Ευχαριστούμε τις **169** οικογένειες που έχουν πλήρως ή μερικώς προσφέρει την συνδρομή τους για το 2026 στον Καθεδρικό Ναό του Αγίου Δημητρίου και στην Ελληνορθόδοξη Εκκλησία Αγίων Αικατερίνης και Γεωργίου.

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This past week was a true reflection of what makes our parish special. A sincere thank you to our dedicated clergy, our parish council, our chanters, altar boys, and all of the incredible volunteers who gave their time, energy, and heart. Your commitment does not go unnoticed and is deeply appreciated.

We also want to thank our amazing community for your continued support. It is because of you that we are able to grow, serve, and come together in such a meaningful way.

Χριστός Ανέστη, Christ is Risen✠

ΠΡΟΓΡΑΜΜΑ ΤΗΣ ΕΒΔΟΜΑΔΟΣ

Κυριακή 19 Απριλίου 2026

ΚΥΡΙΑΚΗ ΤΟΥ ΘΩΜΑ

I. N. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ - I. N. Α-
ΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΡΓΙΟΥ
8:00 π.μ. Ὁρθρος καὶ Θεία Λειτουργία

Τετάρτη 22 Απριλίου 2026

I. N. ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΡ-
ΓΙΟΥ

7:00 μ.μ. Μέγας Ἑσπερινὸς
Μετὰ τὸ πέρας τῆς Ἀκολουθίας, θὰ προ-
σφερθῆ κέρασμα ἀπὸ τὴν Φιλόπτωχο
Ἀδελφότητα

Πέμπτη 23 Απριλίου 2026

ΤΟΥ ΑΓΙΟΥ ΓΕΩΡΓΙΟΥ ΤΟΥ
ΤΡΟΠΑΙΦΟΡΟΥ

I. N. ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΡ-
ΓΙΟΥ

8:00 π.μ. Ὁρθρος καὶ Ἀρχιερατικὴ Θεία
Λειτουργία

Μετὰ τὸ πέρας τῆς Λειτουργίας, θὰ προ-
σφερθῆ κέρασμα ἀπὸ τὴν Φιλόπτωχο
Ἀδελφότητα

ΤΟ ΓΡΑΦΕΙΟ ΤΗΣ ΕΚΚΛΗΣΙΑΣ ΘΑ
ΠΑΡΑΜΕΙΝΕΙ ΚΛΕΙΣΤΟ

Σάββατο 25 Απριλίου 2026

ΤΟΥ ΑΓΙΟΥ ΑΠΟΣΤΟΛΟΥ ΚΑΙ
ΕΥΑΓΓΕΛΙΣΤΟΥ ΜΑΡΚΟΥ

I. N. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ
8:00 π.μ. Ὁρθρος καὶ Θεία Λειτουργία

Κυριακή 26 Απριλίου 2026

ΚΥΡΙΑΚΗ ΤΩΝ ΜΥΡΟΦΟΡΩΝ

I. N. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ - I. N. Α-
ΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΡΓΙΟΥ
8:00 π.μ. Ὁρθρος καὶ Θεία Λειτουργία

ACTIVITIES OF THE WEEK

Sunday, April 19, 2025

SUNDAY OF THOMAS

SAINT DEMETRIOS - SAINTS CATH-
ERINE & GEORGE

8:00 a.m. Orthros and Divine Liturgy

Wednesday, April 22, 2026

SAINTS CATHERINE & GEORGE

7:00 p.m. Great Vespers

Following the service, a reception will be
offered by the Philoptochos

Thursday, April 23, 2026

ST. GEORGE THE GREAT MARTYR
AND TRIUMPHANT

SAINTS CATHERINE & GEORGE

8:00 a.m. Orthros and Hierarchical Di-
vine Liturgy

Following the Liturgy, a reception will be
offered by the Philoptochos

THE CHURCH OFFICE WILL BE
CLOSED

Saturday, April 25, 2026

APOSTLE AND EVANGELIST
MARK

SAINT DEMETRIOS

8:00 a.m. Orthros and Divine Liturgy

Sunday, April 26, 2025

**SUNDAY OF THE MYRRH-
BEARING WOMAN**

SAINT DEMETRIOS - SAINTS CATH-
ERINE & GEORGE

8:00 a.m. Orthros and Divine Liturgy

SAINT DEMETRIOS OF ASTORIA GREEK FESTIVAL

SAVE THE DATE
MAY 14 • 15 • 16 • 17, 2026

FOOD • MUSIC • DANCING
FAITH • FAMILY • COMMUNITY

OPAI

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VOLUNTEER, PLEASE REACH OUT TO:
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GREEK JERSEY NIGHT

FUNDRAISER BENEFITTING CAMP ST. PAUL



camp
saint
paul

CHICAGO
WHITE SOX vs. NEW YORK
YANKEES

DON'T MISS THIS UNIQUE PROMOTION AT YANKEE STADIUM

JUNE 18, 2026 @ 7:05PM

THE SAINT DEMETRIOS PTA INVITES YOU TO

Ladies NIGHT

AT MELROSE BALLROOM

JOIN US FOR AN EVENING OF FOOD, DRINKS, DANCING,
AND FANTASTIC RAFFLE PRIZES

THURSDAY, MAY 7TH AT 7 PM

\$135 through Cheddar Up
(\$160 at the door)

Price includes food & full open bar

Music by



ALEX KOUROS

Cheddar Up Link:

<https://my.cheddarup.com/c/>

st-demetrius-pt-a-ladies-night-25263/items

36-08 33rd Street, LIC NY



SAINT DEMETRIOS OF ASTORIA
LADIES PHILOPTOCHOS SOCIETY
"ST. CATHERINE"

SAVE THE DATE

Tea Party

MAY 9, 2026

Sts. Catherine & George Church
Nick Andriotis Hall
22-30 33RD ST.
ASTORIA, NY 11105

ΑΠΡΙΛΙΟΣ 2026



ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ
ΚΟΙΝΟΤΗΣ ΑΣΤΟΡΙΑΣ
ΚΑΘΕΔΡΙΚΟΣ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ
ΙΕΡΟΣ ΝΑΟΣ ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΡΓΙΟΥ

Κυριακή	Δευτέ-	Τρίτη	Τετάρ-	Πέμπτη	Παρασκευή	Σάββατο
			1 6:00 μ.μ. Θ΄ Ώρα και Λειτουργία των Προη- γιασμένων Τιμίων Δώ- ρων (Ι.Ν. Αγ. Δημητρίου)	2	3 8:00 π.μ. Θ΄ Ώρα και Λειτουργία των Προηγιασμένων Τιμίων Δώρων (Ι.Ν. Αγ. Αικατε- ρίνης)	4 ΣΑΒΒΑΤΟ ΤΟΥ ΛΑΖΑΡΟΥ 8:00 π.μ. Ώρθρος και Θεία Λειτουργία (2 ναούς)
5 ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΪΩΝ	6 ΜΕΓΑ- ΛΗ ΔΕΥ- ΤΕΡΑ	7 ΜΕΓΑΛΗ ΤΡΙΤΗ	8 ΜΕΓΑ- ΛΗ ΤΕ- ΤΑΡΤΗ	9 ΜΕΓΑΛΗ ΠΕ- ΜΠΤΗ	10 ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ	11 ΜΕΓΑ ΣΑΒ- ΒΑΤΟ
Παρακαλούμε, δείτε τὸ πρόγραμμα ἀκολουθιῶν τῆς Μεγάλης Ἑβδομάδας						
12 ΑΓΙΑ ΑΝΑ- ΣΤΑΣΗ ΤΟΥ ΚΥΡΙΟΥ 11:00 π.μ. Ἐσπερινὸς τῆς Ἀγάπης (Ι.Ν. Αγ. Δημητρίου)	13 Δευ- τέρα τῆς Διακαι- νησίμου	14 Τρίτη τῆς Διακαινησίμου τῶν Ἁγίων Ῥαφαήλ, Νι- κολάου, καὶ Εἰρήνης 8:00 π.μ. Ώρθρος καὶ Θεία Λειτουργία (2 ναοὺς)	15 Τετάρ- τη τῆς Διακαι- νησίμου	16 Πέμπτη τῆς Διακαι- νησίμου Τοῦ Ἁγίου Ἀμφιλοχίου ἐν Πάτμῳ 8:00 π.μ. Ώρθρος καὶ Θεία Λειτουργία (Ι.Ν. Αγ. Αἰκατερίνης) 7:00 μ.μ. Μέγας Ἐσπερινὸς (Ι.Ν. Αγ. Δημητρίου)	17 Παρασκευή τῆς Διακαι- νησίμου τῆς Ζωοδόχου Πηγῆς 8:00 π.μ. Ώρθρος καὶ Θεία Λειτουργία (2 ναοὺς)	18 Σάββατο τῆς Διακαινησίμου
19 ΚΥΡΙΑΚΗ ΤΟΥ ΘΩΜΑ 8:00 π.μ. Ώρθρος καὶ Θεία Λειτουργία (2 ναοὺς)	20	21	22 7:00 μ.μ. Μέγας Ἐσπερινὸς (Ι.Ν. Ἁγίων Αἰκατερί- νης καὶ Γεωργίου)	23 Τοῦ Ἁγίου Γεωργίου Μεγαλομάρτυρος καὶ Τροπαιοφόρου 8:00 π.μ. Ώρθρος καὶ Ἀρχιερατικὴ Θεία Λει- τουργία (Ι.Ν. Ἁγίων Αἰκατερίνης καὶ Γε- ωργίου)	24	25 Τοῦ Ἁγίου Εὐαγγελιστοῦ Μάρκου 8:00 π.μ. Ώρθρος καὶ Θεία Λειτουργία (Ι.Ν. Αγ. Δημη- τρίου)
26 ΚΥΡΙΑΚΗ ΤΩΝ ΜΥΡΟ- ΦΟΡΩΝ 8:00 π.μ. Ώρθρος, Θεία Λειτουργία, Μνημόσυνα καὶ Κατηχητικὸ Σχο- λεῖο (2 ναοὺς)	27	28	29 6:00 μ.μ. Ἱερά Πα- ράκληση (Ι.Ν. Αγ. Δημητρί- ου)	30 1:00 μ.μ. Κύκλος Με- λέτης Ἁγίας Γραφῆς στὰ Ἑλληνικά καὶ γεῦμα 5:00 μ.μ. Μελέτη Ἁγίας Γραφῆς στὰ Ἀγγλικά (Ι.Ν. Αγ. Δημητρίου)		

APRIL 2026



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:30 p.m. 9th hour and Presanctified Lit- urgy (St. Demetri- os)	2	3 8:00 a.m. 9th hour and Presanctified Lit- urgy (St. Cather- rine)	4 SATURDAY OF LAZARUS 8:00 a.m. Orthros and Divine Liturgy (in both churches)
5 PALM SUNDAY	6 HOLY MONDAY	7 HOLY TUESDAY	8 HOLY WEDNESDAY	9 HOLY THURS- DAY	10 HOLY FRI- DAY	11 HOLY SATUR- DAY
Please see the schedule of services for Holy Week						
12 ANASTASIS 11:00 a.m. Agape Vespers (St. De- metrios only)	13 RENEWAL MONDAY	14 RENEWAL TUESDAY STS. RAPHAEL, NICHOLAS AND IRENE 8:00 a.m. Orthros and Divine Liturgy (in both churches)	15 RENEWAL WEDNESDAY	16 RENEWAL THURSDAY St. Amphilochios of Patmos 8:00 a.m. Orthros and Divine Liturgy (St. Catherine) 7:00 p.m. Great Vespers (St. Demetrios)	17 RENEWAL FRI- DAY 8:00 a.m. LIFE GIVING FOUNTAIN OF THE THEOTOKOS 8:00 a.m. Orthros and Divine Liturgy (in both church- es)	18 RENEWAL SAT- URDAY
19 Thomas Sunday 8:00 a.m. Orthros and Divine Liturgy (in both churches)	20	21	22 7:00 p.m. Great Vespers for St. George (Sts. Catherine and George)	23 ST. GEORGE THE GREAT MARTYR 8:00 a.m. Orthros and Hierarchical Divine Liturgy (Sts. Catherine and George)	24	25 Apostle Mark 8:00 a.m. Orthros and Divine Liturgy (St. Demetrios)
26 Sunday of the Myrrh-Bearing Women 8:00 a.m. Orthros, Divine Liturgy, Memorials and Sunday School (in both churches)	27	28	29 6:00 p.m. Paraklesis (St. Demetrios)	30 1:00 p.m. Kyklos (Bible Study in Greek) & Lunch 5:00 p.m. Bible Study in English (St. Demetrios)		



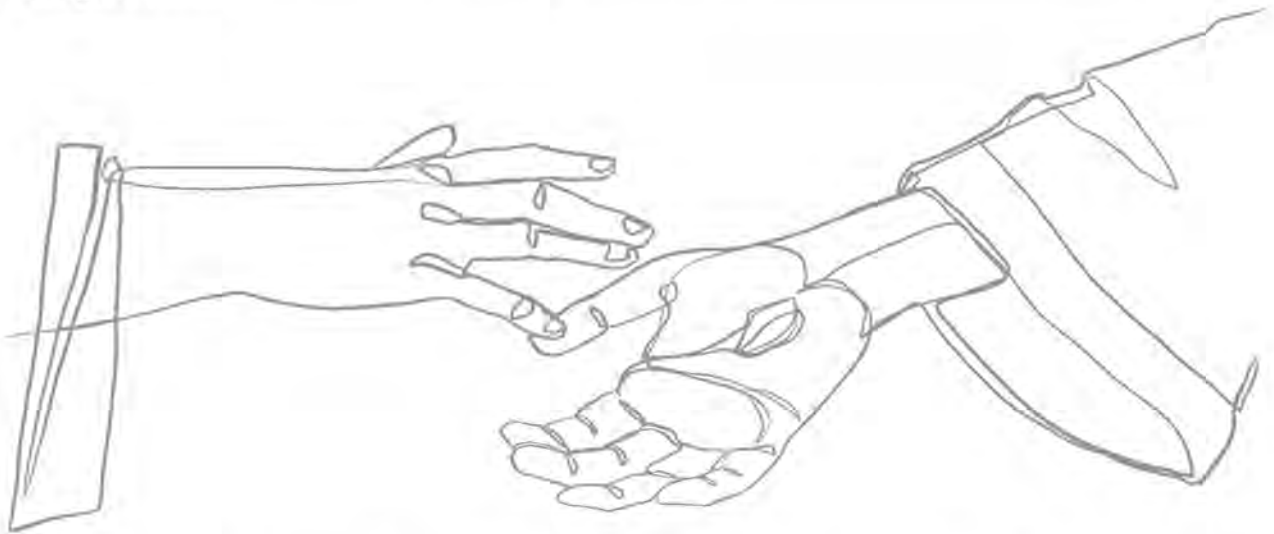
DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING - *John 20:19-31*

“Thomas, Doubt and Faith”

Fr. George Parsenios



The doubt of St. Thomas provides a powerful lesson in discipleship, but not for the reasons that one might think. Thomas was not with the other disciples when they saw the risen Lord, and he insisted on seeing the wounds of Christ before he would believe that Jesus had been resurrected. Because he hesitated, Thomas is famously called “Doubting Thomas,” and his faith is considered weak. But is this the correct way to view him? St. Romanos the Melodist urges us to see something different in Thomas. According to Romanos, if Thomas doubted what the disciples said, it was not because he failed, but because they did. His doubt was produced by their fragile and feeble witness. Although they told him that Jesus was risen, they did not act like Jesus was risen. Instead of having a bold and confident faith, they were still cowering in the upper room. Instead of bravely proclaiming the message of new life, they were

hiding under the fear of death. Why would Thomas believe anything they said? The same is true for us. Think for a moment of the people who inspired you to take your faith seriously. They didn't just talk about their faith. They lived it. In the same way that Thomas watched how the disciples behaved, our children are also watching us. If they see that we sacrifice for our faith, they will learn to do the same. If they see that we share our abundance with those who lack, they will imitate our kindness. If they see that we treasure the Sunday Divine Liturgy, they will treasure it as well and orient their week around it. Fortified with this knowledge, let us proclaim not only with our words, but with everything we do: *Χριστὸς Ἀνέστη! Christ is Risen!*

Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. www.hchc.edu

L100

Diakonia is made possible by a generous grant from Leadership 100

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FROM THE ORIGINAL GREEK: *homooousios* (ὁμοούσιος)

What is “consubstantial?”

Fr. George Parsenios



When applied to Christ in the Nicene Creed, the term *ὁμοούσιος/homooousios* means that Jesus shares the same essence or substance (ousia) as God. The term is translated into English either as “consubstantial,” or “of one essence,” and the

concept was an important tool in fighting the Arian heresy. The Arians taught that

Jesus was not truly God. He was a special person, even a superior person, but Jesus was inferior to God. Jesus was not immortal, they said, nor sinless, nor uncreated.

Being immortal and sinless and uncreated are the qualities of the divine nature (*ousia*), but the Arians insisted that Jesus shared only in the human nature, which is mortal and created. The term *homooousios* was directed precisely at opposing this heresy, as a way to insist that Jesus is fully God. But *homooousios* was a controversial word. It is the one word in the Creed that is not Scriptural, and so it was opposed even by some Orthodox theologians who hoped to build a Creed that was entirely based on biblical language. But *homooousios* was selected because it emphatically claims that Jesus shares fully in the divine nature. Jesus possesses whatever makes God to be God. He is *homooousios* with the Father.

THIS WEEK'S LOOK AT CHURCH HISTORY

The Ladies Philoptochos Society



As Greek Orthodox immigrants arrived in the US in the late 1800s, women's clubs formed in our churches to welcome and assist them. In 1931, during the Great Depression, Archbishop Athenagoras founded a charitable organization, naming it the Ladies Philoptochos Society, to provide the community with music, educational lectures, and performances.

The Philoptochos Society was crucial to raising funds for the purchase of the Ruppert Estate just 60 miles up the Hudson River from New York City, which became St. Basil Academy. The Academy assists children and families in need, supported by the fundraising efforts of Philoptochos.

At the local and national level, the organization serves as the Church's philanthropic ministry to the poor and needy. Philoptochos focuses on providing food, medicine and clothing to people affected by natural disasters. Philoptochos fundraising campaigns assist the elderly and marginalized. In 1974, financial and moral support was provided to victims of the invasion of Cyprus. With over 400 parish chapters throughout the Archdiocese, Philoptochos provides millions of dollars each year to local and national philanthropic organizations and causes.



FAITH IN ACTION

Create Autism Awareness in Your Parish



The *What I Wish You Knew Series* is written from the voice of an autistic person to help parishioners better understand common autistic experiences to create more welcoming communities where everyone is valued.

ANSWERING CHRIST'S CALL From Awareness to Action

Building Peer Relationships

Every person is created in the image of the Holy Trinity, and we imitate the Trinity when we experience loving relationships. Peer relationships can be challenging when neurological differences exist. Here are a few suggestions to create understanding, remove fear, and foster peer connections amongst autistic and non-autistic youth.

What I Wish You Knew: To My Peers

- **Unique perception:** I probably notice different things than you, but I love to learn.
 - **I have talents:** I have a disability, but I also have many abilities and gifts.
 - **Invite me:** I want to be included in activities, but I don't assume I'm invited. Please invite me to youth activities, parties, events.
 - **I like structure:** It's easier for me to relate to you when there's a structured activity like a game or a shared project we can enjoy together.
 - **Favorite Topics:** Some of my interests are so fun to me that I want to know everything about them. Ask me about things I love. I like to listen to your areas of interest, too.
 - **Eye contact:** I may not be able to look directly into your eyes when you are talking. That doesn't mean I'm not listening or that I don't care about what you are saying.
- **Understand my movements:** My behaviors are a form of communication. If I move away, please give me space. If I sound happy but don't have words, it's my way of showing I care. Sometimes I must soothe myself to pay attention. I may rock, sway, or make sounds you don't understand. I'm just calming myself.
 - **Be kind:** Even if I struggle to use words, that doesn't mean that I cannot understand or feel your words and attitudes.
 - **Understand my communication:** If I have a difficult time, cry out, or get upset, don't be afraid. Sometimes I don't have words to express my pain or frustration. I'm honest and forthright, but I don't intend to hurt anyone's feelings.
 - **Understand my sensitivities:** I may be sensitive to sounds, lights, changes of routine, or having to sit in a space that is new to me. Ask me if I'm comfortable holding hands or hugging. I may be sensitive to different types of physical touch.



See the entire list. Scan the code or use the URL below:
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