

# St. Theodore the General

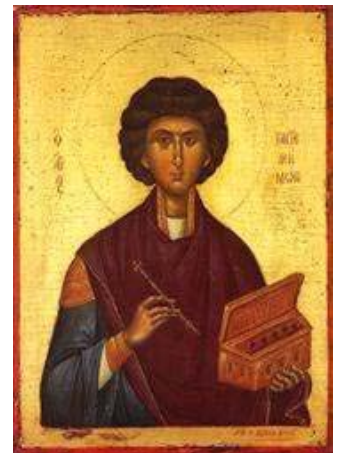
## July 2010 Monthly Newsletter



*Great Martyr Marina*  
July 17



*Prophet Elias*  
July 20



*Great Martyr Panteleimon*  
July 27

### Newsletter Online!

The Saint Theodore Monthly Newsletter is going on-line! Please visit to our website to see it!  
<http://sttheodores.org>.

*St. Theodore* THE GENERAL

Saint Theodore Greek Orthodox Church  
7101 Cipriano Rd. Lanham, Md 20706  
301•552•3540 Fax: 301•552•2424  
<http://www.sttheodores.org>  
Rev. Patrick Viscuso

**Church Office Hours**

Monday through Friday, 10:00 am -2:00pm  
Juliana Moniodis, Church Secretary

**2010 PARISH COUNCIL MEMBERS**

President .....John Maroulis  
Vice President .... Nicholas Michaelides  
Treasurer ..... Pantelis Zairis  
Secretary .....Nora Presti

**Members:**

Patrick Curtis – George Kollaros  
Paul Moniodis – Anthony Quebral

**PHILOPTOCHOS**

President ..... Maria Curtis  
Vice President ... Stella Higgs  
Treasurer ..... Maria Kapsalis  
Secretary ..... Elaine Michaelides  
Advisor..... Angie Alexion

**ORGANIZATIONS**

Sunday School ..... Christina Villano  
Greek School ..... Nora Presti  
PTO ..... Nora Presti

My spiritual children,

Many of us plan vacations during the summer and make arrangements for trips as well as other activities. How often do any of us plan for spiritual activities? Perhaps I can suggest a few plans that can be made for our spiritual renewal.

One of the fundamental things that we should plan on doing is to attend Church on Sundays. We should not ignore our Creator and Savior during the summer or any other time of the year. How can we call ourselves faithful Christians if we give up on worshipping the God we claim to believe in?

Let us plan on receiving Communion. It is a mistake to believe that we should receive Communion infrequently, perhaps a minimum of three times a year or on special occasions only. All of us are in need of receiving God within our hearts, souls and very bodies, in order to become holy people.

Pray. We stand before God throughout our lives. None of us should ignore His presence. Our Church is filled with prayers that can lead to tremendous spiritual growth and progress.

Fast. Everything in our materialistic culture influences us in the direction of abundance and over-consumption. Nevertheless, our Church teaches that spiritual progress is associated with fasting. We have the opportunity to make such progress on Wednesdays and Fridays as well as the fasting periods throughout the year.

Confess. Humility and repentance are key components to our spiritual renewal. We should seek confession as part of changing our lives for the better.

There are many other spiritual activities that we can plan, all with God's help. Our Orthodox Tradition is open to us all and is rich with treasures!

May God bless you!

Fr. Patrick Viscuso  
Parish Priest  
St. Theodore Greek Orthodox Church

*Letter from the President:*

*On behalf of all the parish council and festival committee members we would like to give our thanks and gratitude to all who made donations in both time and materials to help make this years spring festival a success.*

*As you can see, the physical areas of Saint Theodore Church is changing. We have completed some exterior painting in the rear of the church prior to the festival. In addition, the building that housed both our Greek and Sunday Schools has been demolished and plans have been initiated to repair and renovate the complete front of the church entrance. Long range plans are being conducted to provide new facilities for our schools and youth activities which the council anticipates will see more growth in these programs, and in the long term enhance Saint Theodore to grow and become a beacon and church that will encourage membership growth and stability.*

*These long range plans will require more than planning, to ensure that our schools and youth activities prosper. Our parents must make a direct effort to ensure that their children are enrolled and attend those activities and school (both Sunday and Greek) only with parent involvement can our youth and school programs progress. Along with parent participation, there is also the need for financial support and we would ask that if possible an additional few dollars to your stewardship pledges will go a long way to assisting in providing for your children's growth in there Greek heritage.*

*Again my personal thanks and blessing to our parishioners and all supporters of Saint Theodore.*

*Sincerely,*

*John Maroulis  
President*

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**Building renovations/upgrades:**

As outlined in the President's message, the building committee and parish council have been working on upgrading the physical areas of the church to include exterior painting in the rear and the kitchen. In addition, the old building has been demolished and it is anticipated that it will be incorporated into the repairs and renovation of the front entrance area to the church. There is a concern regarding other physical and safety areas that will need to be addressed, (HVAC, electrical and fire safety) to ensure that all our parishioners and visitors will have a safe and healthy environment to worship, meet or conduct activities. The biggest and more far reaching project is to provide facilities to house and conduct both of our Greek and Sunday schools and youth activities. The parish council has been reviewing various options and will provide final proposals/recommendations at the fall parish assembly. In the interim the parish council is working on a program to house the Greek and Sunday schools for the coming year.

The parish council thanks everyone for their patience and with the understanding that the committees are working to improve both the physical areas of the church and subsequently provide all our parishioners with a house of worship and other facilities which they can be proud of.

Sincerely,

N. Michaelides  
Vice President

# “Ta Nea” (The News)

at St. Theodore’s

## **Philoptochos**

The ladies of St. Theodore Philoptochos Society had their busiest month this past May and early June, preparing for the Spring Festival.

The Philoptochos Festival Bake Sale was a huge financial success, and you cannot put a price on the fellowship and camaraderie shared by all working together for St. Theodore’s. Many people donated their time and goods...to mention only a few...Mrs. Cheryl Halko made and donated the kourambiedes, Mrs. Vasiliki Kardis baked and donated the Karidopita, Mrs. Ourania Manassis made and donated all the rice pudding and Presvytera Susan made and donated the brownies.

Some of the organizations given support throughout the year are:

Saint Basil Academy, International Orthodox Christian Charities, Cancer Fund, Facilities for Greek Orthodox Seniors, UNICEF, Holy Cross Hellenic College, Retired Clergy and Widows, and Children’s Agape Fund.

Starting in September the ladies will meet one Sunday every other month. At these meetings the ladies decide what organizations are in need of support and discuss social activities that parishioners would enjoy, i.e., spaghetti luncheon, teas, Taverna Nights, pot luck dinners, etc. All ladies of the parish are welcome to attend these meetings and new members are always welcome. Meeting dates are printed in the Sunday bulletin in advance. Baking and working with dough is genuinely therapeutic and a lot of fun when doing it in a group.

## **Chrismations**

We would like to congratulate the following people who have recently been chrismated into the Orthodox church:

May 23, 2010 – Tally Bringas – Godparent – Presvytera Susan Viscuso

June 20, 2010 – David Corkhill – Godparent – Paul Moniodis

## **Baptism**

Congratulations to Lauren Suzanne Gray, who was baptized on July 4, 2010 and to the Godparent, Presvytera Susan Viscuso.

Congratulations to all the families and “*na sas zisei!*”

## **Making Arrangements for Sacraments & Home Blessings**

Please call the Church Office, 301-552-3540 or directly to the parish president, Mr. John Maroulis, 301-464-0925 to schedule Weddings and Baptisms at least 3 months in advance, and for Artoclasies, Trisagia, Memorial Services as well as home blessings at least 2 weeks in advance. Your cooperation is greatly appreciated.

## **Stewardship**

If you have not already done so, please submit your pledge card indicating your membership amount. The financial level at which you arrive should be a spiritual expression of gratitude and love to God for all you have received.

## **Ionian Village**

Registrations are now being accepted for the Ionian Village Summer camp. Visit the website at [www.IONIANVILLAGE.org](http://www.IONIANVILLAGE.org) to register. Brochures are available in the church narthex.

**SAINTS alive!** (games.goarch.org)

SAINTS alive! is a website full of interactive games and puzzles with an Orthodox theme suitable for kids from ages 5 and up. Check it out today!

**Calendar for July 2010**

**Sunday Services**

4 – Matins 9:00am, Divine Liturgy 10:00am

11 – Matins 9:00am, Divine Liturgy 10:00am

18 – Matins 9:00am, Divine Liturgy 10:00am

25 – Matins 9:00am, Divine Liturgy 10:00am

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**2010 Holy Cross Day Celebration  
Of the Greek Orthodox Metropolis of New Jersey**

*The Greek Orthodox Metropolis of New Jersey will be having their 2010 Holy Cross Day Celebration which was instituted in 1947 by the then Archbishop of North and South America and later, Ecumenical Patriarch Athenagoras, and which has since become a living tradition in the Metropolis of New Jersey.*

*The following time schedule is for the Divine services which will be held on Sunday, September 19 at the Paramount Theater, in Asbury Park, NJ. The Orthros will begin at 8:00 a.m. followed by the Hierarchical Divine Liturgy at approximately 10:00 a.m. immediately followed by the Service of the Sanctification of the Waters and the retrieval of the Holy Cross by the Members of our Youth, from the Greek Orthodox Communities of the Metropolis of New Jersey. A family barbeque will follow the day's Divine Services.*

## Feast Days of the Month of July



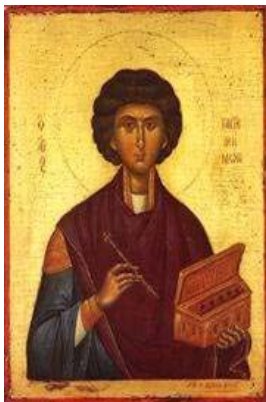
### July 17th: St. Marina the Great Martyr

This Martyr lived during the reign of Claudius II (268-270). She was the only daughter of a certain priest of the idols. On being orphaned by her mother, she was handed over to a certain woman who instructed her in the Faith of Christ. When she was fifteen years old, she was apprehended by the ruler of Olmbrus, and when asked her name, homeland, and faith, she answered: "My name is Marina; and I call upon the Name of my Lord Jesus Christ." Because of this she endured bonds, imprisonment, and many whippings, and was finally beheaded in the year 270. Saint Marina is especially invoked for deliverance from demonic possession.



### July 20 St. Elias the Prophet

Elias of great fame was from Thesbe, a town beyond the Jordan. He was of priestly lineage, a man of a solitary and ascetical character, clothed in a mantle of sheep skin, and girded about his loins with a leathern belt. His name is interpreted as "Yah is my God." His zeal for the glory of God was compared to fire was likened unto a burning lamp. He shut up heaven by means of prayer, and it did not rain for three years and six months. Ravens brought him food for his need. He multiplied the little flour and oil of the poor widow of Sarephtha of Sidon, who had given him hospitality in her home, and when her son died, he raised him up. He brought down fire from Heaven upon Mount Carmel, and it burned up the sacrifice offered to God before all the people of Israel, that they might know the truth. At the torrent of Kisson, he slew 450 false prophets and priests who worshipped idols and led the people astray. He received food wondrously at the hand of an Angel, and being strengthened by this food he walked for forty days and forty nights. He beheld God on Mount Horeb, as far as this possible for human nature. And finally, while speaking with his disciple Elisseus, Elias was suddenly snatched away by a fiery chariot in the year 895 B.C., and he ascended as though into heaven.



### July 27th, St. Panteleimon the Great Martyr and Healer

St. Panteleimon was from Nicomedia and whose his father was an idolater, but his mother was a Christian from her ancestors. Being proficient in the physician's vocation, he practiced it in a philanthropic manner, healing every illness more by the grace of Christ than by medicines. Thus, although his parents had named him Pantoleon ("in all things a lion"), because of the compassion he showed for the souls and bodies of all, he was worthily renamed Panteleimon, meaning "all-merciful." On one occasion, when he restored the sight of a certain blind man by calling on the Divine Name, he enlightened also the eyes of this man's soul to the knowledge of the truth. For this healings and conversions, he was was arrested, and having endured many wounds, he was finally beheaded in the year 305, during the reign of Maximian. Saint Panteleimon is one of the Holy Unmercenaries.