



A publication of St. Nicholas Greek Orthodox Church in Youngstown, Ohio

Or Current Resident

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St. Nicholas Orthodox Church  
220 North Walnut St.  
Youngstown, OH 44503

# March Pastoral Message 2022

By Rev. Fr. Joseph Z. DiStefano

## Lenten Spring Clean



As Each household has its own set of routine chores that needs to get done. Vacuuming, sweeping, making the beds, doing the laundry, and so on. However, many families will set aside a time for a deeper and more thorough cleaning of the home. Spring cleaning. Spring cleaning is a time to undertake the chores that we don't make time for on a day-to-day basis.

Great and Holy Lent is the Spring cleaning of our interior lives. In its eternal wisdom, the Church calendar gives us a yearly preparatory time to take a richer and more holistic examination of the entire universe that is within us. Each of us has wounds that stretch down deep inside of us; painful experiences, insecurities, fears, jealousies, and many other things that keep us from the eternal Joy of God's Kingdom. These things can debilitate us, rendering us unable to be as joyful, as loving, and as compassionate as the Lord calls us to be. We make poor decisions, we find it harder to love those that hate us, we stress out and have anxiety, and we miss out on the glory of the Kingdom.

St. Andrew of Crete puts it better than anyone: "I fell beneath the weight of the passions and the corruption of my flesh, and from that moment has the enemy had power over me. Instead of seeking poverty of spirit, I prefer a life of greed and self-gratification. Therefore, O Savior, a heavy weight hangs from my neck." And this is where it gets really good: "I persist in caring only for my outer garment, while neglecting the temple within me, one made in the image of God."

How much time do we spend worrying about the external world? How much do we care about nurturing social images and external appearances? Unfortunately, our obsession, and I daresay addiction to these things, never strikes us as being abnormal because all around us people are doing the exact same thing.

While we keep busy trying to manipulate everything going on around us and spend so much energy on our "outer garments", we completely neglect the temple made in God's image, that is divinely placed within us. "The Kingdom of God is within," the Lord tells us in Luke 17:21. Ask almost any Christian what the goal of the Christian life is, and they will almost certainly say, "heaven." If Christ, our Lord and our God, says that the Kingdom is within us,

Lent is our time to reorient ourselves around Jesus Christ and to remember that there is quite possibly more work to be done inside of us than there is to be done outside of us. Maybe a better way to say this would be say that without the internal work of Lent, our external work will be meaningless. It's time for a deep cleaning.

Just as a family takes the time to clean their home more thoroughly, we as Orthodox Christians take Lent as a time to be more intentional in our spiritual practice, so that we might find deeper healing for our infirmities. May this Lent be to our spiritual edification and enlightenment. May we answer the Church's call to dig deeper within ourselves. May we seek the everlasting Kingdom of God within ourselves.

Wishing You All a Blessed Lenten Spring Clean!

**Fr. Joe DiStefano**

*- Adapted from OCF.net "Lenten Reflection – Spring Cleaning*

# Schedule of Sunday Lenten 'Mission' Services

Eastern Orthodox Clergy Association of the Mahoning Valley

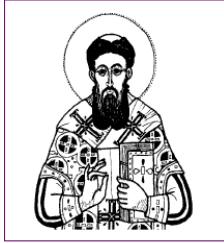
## Sunday of Orthodoxy

Sunday March 13<sup>th</sup> (5:00pm)

Archangel Michael Orthodox Church (GOA)

401 Twelfth Street

Campbell, OH 44405



## St. Gregory Palamas

Sunday March 20<sup>th</sup> (5:00pm)

St. John the Forerunner Orthodox Church (GOA)

4955 Glenwood Avenue

Boardman, OH 44512

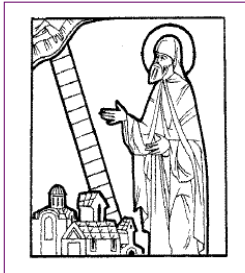
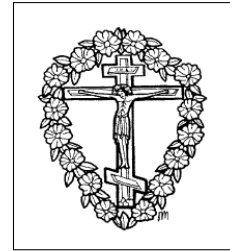
## Veneration of the Cross

Sunday March 27<sup>th</sup> (5:00pm)

St. Nicholas Orthodox Church (GOA)

220 North Walnut Street

Youngstown, OH 44503



## St. John Climacus 'Of the Ladder'

Sunday April 3<sup>rd</sup> (5:00pm)

Sts. Peter and Paul Orthodox Church (Ukrainian)

1025 N. Belle Vista Avenue

Youngstown, OH 44509

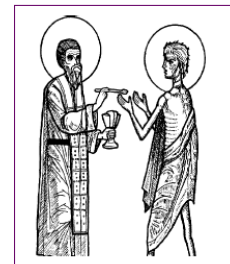
## St. Mary of Egypt

Sunday April 10<sup>th</sup> (5:00pm)

St. George Orthodox Church (GOA)

315 West Englewood Avenue

New Castle, PA 16105



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## Lenten Prayer of St. Ephraim the Syrian

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk.

But give, rather, the spirit of chastity, humility, patience and love to Thy servant.

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother,  
for blessed art Thou, unto ages of ages. Amen.



*(Names submitted early will be read at all three Saturday of the Soul Memorial Services)*

[illegible]

St. Nicholas Orthodox Church  
220 N. Walnut St.  
Youngstown, OH 44503  
Attn: Saturday of the Souls

# March Announcements

## Coffee Hour Host Volunteers

On the third Sunday of every month, we would like one of our parish families to host the coffee hour after Church services.

**The following Sundays are available:**

March 20  
May 15  
June 19  
July 17  
September 18  
October 16  
November 20  
December 18

If you are interested, please contact Jamie Coutris at 330-565-6172 for more information.

## St. Nicholas Easter Card

*Be a part of the St. Nicholas Paschal card this year.*

**Free Will Donation • Deadline Sunday, April 10<sup>th</sup>**

Contact Mary Dimitriou: 330-207-8727

## We are accepting donations for the following Great Lent and Holy Week items:

- Flowers - Virgin Mary Icon for the Akathist Services
- Daffodils for the Sunday of the Holy Cross (3/27)
- Palms for Palm Sunday
- Flowers for Bridegroom Icon
- Holy Unction Items
- Q-tips
- Cotton Balls
- Plastic Snack Bags
- Wreath for Crucified Christ
- Flowers for the Kouvouklion (Epitaphios)
- Bay Leaves (or Lemon Tree Leaves)
- Resurrectional Floral Arrangements
- Easter Lilies

*Contact Teddi Noday if you would like to donate towards the above items 330-799-8725.*

## St. Nicholas Members in Good Standing

(51 Current Adult Members / 31 Households)

Cecil, Victor & Maria  
Coutris, George & Jamie  
Dalambakis, Bill & Betty  
Dimitriou, Mary  
DiStefano, Fr. Joseph & Melanie  
Elenis, Angeliki  
Ginnis, Phillip & Patricia  
Green, April & Shawn  
Gulgas, George & Barb  
Harris, Olga  
Hazimihalis, Eleni  
Hassen, Chrissy & Eric  
Kalochoitis, Susan  
Kefalianos, Irene & Yianni  
Kellamis, John & Christine  
Kyprianou, Patricia  
Macchio, John & Marie  
Malactaris, Irene  
Malactaris/Long, Joseph & Gerry  
Mandis, Barbara  
Marcum, Robert & Elena  
Mikulka, Tom & Angela  
Pappas, Tom & Anna  
Roberts, Brett & Stacy  
Samonas, Michael  
Stamos, Pete  
Stillerman, Ruthlynn & Todd  
Syrianoudis, Tom & Jackie  
Troumouliaris/Vavoulas, Andreas & Kaliopy  
Tsikouris, Nick & Alfreda  
Vasila, Thomas & Melinda

## This Year's St. Photios Awardees Are:

Jackie Syrianoudis &  
Bill Dalambakis

*More information on Jackie, Bill and the St. Photios Awards Banquet will be in the April Ecclesia.*



# ΚΑΛΗ ΣΑΡΑΚΟΣΤΗ!



Clean Monday, the beginning of the 40-day Lenten fast, is a public holiday in Greece and Cyprus, where it is celebrated with outdoor excursions, the consumption of shellfish and other fasting food, a special kind of bread, baked only on that day, named "lagana" (Greek: λαγάνα) and the widespread custom of flying kites.

## **St. Nicholas Greek Orthodox Church invites you to begin your Lenten Journey with us on Sunday, March 6<sup>th</sup>**

We will begin with Church services that morning:  
Orthros 9:00AM / Divine Liturgy 10:00AM.

After the Divine Liturgy service, we will make traditional kites  
that we will fly outdoors that day, weather permitting.

*Please call or txt Kaliopy Vavoulas at 330-318-2867, so that we can  
prepare properly for the number of people planning to participate.*

# St. Nicholas 2022 Membership

For 2022, we kindly ask that those who wish to be considered members in good standing at St. Nicholas please fill out the Membership Form below and return it to the church office.

It is important for us to know our membership better so that we can make better decisions for the administration of the parish and church school, and for conducting general assembly meetings, votes and elections according to Archdiocese Parish Regulations.

In addition to granting you the eligibility to vote at general assemblies, submitting a membership form entitles you to receive a box of giving envelopes for your convenience, a subscription to our monthly bulletin "The Ecclesia" (which you can have mailed or emailed), being on the annual house blessing list, and receiving phone tree announcements from Fr. Joseph.

Selecting the "Affiliate Member" box on the form gives you all the benefits of a full membership, although it lets us know that you are also a member of one of our sister Orthodox parishes in town.

Please complete the form below and return it to the church office. If you mail it, please send it to the attention of "Membership." Boxes of giving envelopes will be available for those fill out membership forms at the candle stand (pangari) when you enter the church.

## SAINT NICHOLAS GREEK ORTHODOX CHURCH 2022 MEMBERSHIP FORM

*Please complete and return this form to the Church Office*

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Telephone: \_\_\_\_\_

	Member	Spouse	Children	/ Age
Name:	_____	_____	_____	/ _____
Mobile Tel:	_____	_____	_____	/ _____
E-mail	_____	_____	_____	/ _____
			_____	/ _____

Would you like to be a ☐ MEMBER ☐ AFFILIATE MEMBER

How would you like to receive the "Ecclesia" monthly bulletin? ☐ Mail ☐ Email ☐ Do not send

# March 2022

February '22							April '22							May '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5									1	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28						24	25	26	27	28	29	30	29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Forgiveness Sunday <i>Cheesefare Sunday</i> Orth 9am / Liturgy 10am <i>Kite flying after Church</i> Forgiveness Vespers 5pm	7 Clean Monday (Lenten Fast Begins) Great Compline 6:30pm	8 Dairy Allowed	9 Dairy Allowed Presanctified Liturgy 6:30pm	10 Dairy Allowed	11 Dairy Allowed 1st Stanza of Akathist Potluck 6pm Akathist 7pm	12 Dairy Allowed Saturday of Souls Orth 9am / Liturgy 10am
13 Daylight Saving Sunday of Orthodoxy Orth 9am / Liturgy 10am Icon Procession 11:15am Lenten Vespers 5pm at Archangel Michael	14 Great Compline 6:30pm	15 Strict Fast	16 Wine Allowed	17 Strict Fast	18 Strict Fast 2nd Stanza of Akathist Potluck 6pm Akathist 7pm	19 Wine Allowed
20 St. Gregory Palamas Orth 9am / Liturgy 10am Lenten Vespers 5pm at St. John's Boardman Wine Allowed	21 Great Compline 6:30pm	22 Strict Fast	23 Strict Fast Presanctified Liturgy 6:30pm	24 Strict Fast Annunciation Vespers 6:30pm	25 Strict Fast Annunciation Orth 9am / Liturgy 10am 3rd Stanza of Akathist Potluck 6pm / Akathist 7pm Fish Allowed	26 Wine Allowed
27 Sunday of Holy Cross Orth 9am / Liturgy 10am Lenten Vespers 5pm at St. Nicholas Wine Allowed	28 Great Compline 6:30pm	29 Strict Fast	30 Strict Fast Presanctified Liturgy 6:30pm	31 Strict Fast	1 Strict Fast 4th Stanza of Akathist Potluck 6pm Akathist 7pm	2 Wine Allowed
3 St. John Climacus Orth 9am / Liturgy 10am Lenten Vespers 5pm at Sts. Peter & Paul Wine Allowed	4 Great Compline 6:30pm	Notes	Palm Sunday - April 17th Pascha - April 24th St Photos Awards Banquet - Saturday, April 30th			
	Strict Fast					