



# Monthly Newsletter

## St. Theodore Greek Orthodox Church Lanham, Maryland



Volume 14, Issue 2/3

February/March 2022

**Greek Orthodox  
Metropolis Of New Jersey  
His Eminence  
Archbishop Elpidophoros**

**Parish Proistamenos**  
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Cell 410-241-9690

St. Theodore the General  
Greek Orthodox Church  
7101 Cipriano Road  
Lanham, MD 20706  
[www.sttheodores.org](http://www.sttheodores.org)  
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### **Church Office:**

Monday through Friday  
10:00 am—2:00 pm  
Church Secretary  
Newsletter Editor  
Juliana Moniodis  
Phone: 301.552.3540

### **Find us on Facebook!**

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***PLEASE JOIN US  
FOR THE CELEBRATION OF  
THE FEAST DAY OF ST. THEODORE  
WITH HIS GRACE  
BISHOP APOSTOLOS OF MEDEIA***

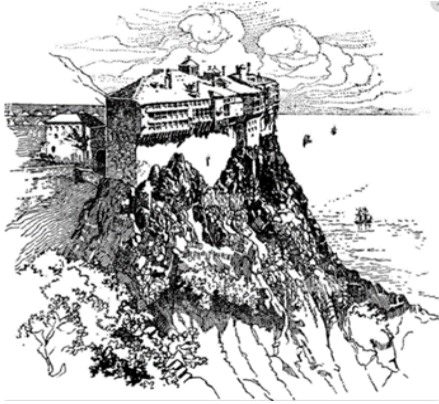


**MONDAY EVENING, FEBRUARY 7, 2022**  
**GREAT VESPERS AT 6:30 PM**

**TUESDAY, FEBRUARY 8, 2022**  
**ORTHROS AT 8:45AM, DIVINE LITURGY AT 10:00AM**

***PLEASE JOIN US FOR THESE SERVICES.  
YOU ARE GRACIOUSLY ASKED TO ATTEND AND YOUR  
ATTENDANCE IS VERY MUCH WANTED AND NEEDED.  
REMEMBER TO PLEASE WEAR A MASK AND TO  
SOCIAL DISTANCE.***

***THE PHILOPTOCHOS WILL BE PROVIDING  
REFRESHMENTS TO-GO AT THE CONCLUSION OF  
THESE SERVICES.***



## THE MEANING OF COMMUNITY

Many years ago there was a monastery that had fallen on hard times. Once a great monastery, it had dwindled in numbers to only five monks: the abbot and four others, all over 70 years of age. As the abbot agonized over the closing of his monastery, it occurred to him that he ought to pay a visit to a wise elder and ask him if he could offer any advice that might save the monastery. One day he ventured to the hut and explained the purpose of his visit to the elder. The abbot pleaded with the elder to give him some advice that might save his monastery. "I am sorry," exclaimed the elder, "I have no advice to give. The only thing I can tell you is that the Messiah is one of you."

Upon returning to the monastery, his fellow monks asked if the elder had given him any advice. "Unfortunately," the abbot informed them, "he could not help. The only thing he did say was that the Messiah is one of us. I don't know what he meant." In the days and weeks, and months that followed the old monks pondered and wondered what was the significance, if any, of the elder's words. The Messiah is one of us? Could he possibly have meant one of us monks here at the monastery? If that is the case, which one of us is it? As they contemplated in this manner, the old monks began to treat each other with extraordinary respect with the chance that one among them might be the Messiah.

Additionally, each monk treated himself with extraordinary respect thinking that in fact he was the Messiah. Little by little this extraordinary respect grew and radiated far beyond the walls of the monastery. People began to visit the monastery more frequently. Then it happened. Some of the younger men who visited the monastery started to talk more and more with the older monks. After some time, one man asked if he could join their order. Then another joined and then another. So, within a few years the monastery again became a thriving order of spirituality, thanks to the elder's gift of wisdom. The profound gift that afforded this group of monks the opportunity to live in a setting characterized by the virtue that is so frequently overlooked. The elder's gift, a gift that instilled respect, understanding, commitment, inclusivity, safety, wisdom and love. The gift re-established their community.

Community is hard to define as a term and even more difficult to maintain as an ideal, yet we apply it to nearly every collection of individuals - a town, an academic institution, and a church, such as our beloved church of St. Theodore. But reality lets us know that it is difficult to keep the church always moving forward. It is a real challenge. When people come together, they can be a diverse group of individuals. However, in God's eyes, there exists no distinction whatsoever with regards to age, profession, sex, race, or language. For the one common denominator that we have that allows us to transcend all of these differences is the common Orthodox Faith that we proclaim.

Yet there are still problems in every community. One of the biggest threats to a community is judgement. It is an act of pronouncing a decision and it is the justification by which we either include or exclude someone. Judgement is the greatest enemy to any community and we must always be vigilant about this. As St. John writes, "All judgement has been left to the Son of God." By passing judgement upon one another we make ourselves an enemy to the worshipping community. Individuals who are exclusive are not allies but enemies to the community. Therefore, it is logical to conclude that the true meaning of community is inclusiveness. Just as in the story of the monks and their monastery, inclusiveness is a fundamental principle that sustains a community.

As Orthodox Christians we are called to imitate Christ throughout our lives. We are called to "make disciples of all nations..." We are called to be good stewards of God's creation. Our efforts of sustaining our Church of St. Theodore can only be achieved in a cooperative effort with God and with one another. This can only be done when we commit ourselves to Christ and radiate His love. And through love, we remain committed to inclusivity. We love our neighbor and hate the sin. We do not judge others in the community, but pray for them, with them and yes, care for them. This is the means by which the monks in the monastery were able to transcend their divisions and establish a revitalized community. When we separate ourselves from our fellow parishioners, the more problems we will find and have. When we draw closer to one another by transcending our divisions, we ultimately come nearer to God. And when we advance towards God to the point that we have centered our lives in His virtues, then we have truly established a Community that is centered in Jesus Christ and it will thrive until our Lord returns for us.

# MONTHLY NEWS

## SUNDAY SCHOOL

Sunday School will be resuming their classes in person downstairs in the social hall every Sunday after Holy Communion beginning in February. Both Maria Adamos & Georgia Plangetis are teaching the class. If any new students would like to enroll you can contact Fr. Manuel at [mjburdusi@gmail.com](mailto:mjburdusi@gmail.com) or Maria Adamos at [mnbanis@gmail.com](mailto:mnbanis@gmail.com). All young people of the community are encouraged to come and be a part of the Sunday School program. Please contact Maria Adamos if you are interested.

## BIBLE STUDY

The Bible Study will resume on Wednesday, February 2 at 7pm. Please join us as it is a wonderful opportunity to learn more about our scripture, our faith, and to get to know each other better. Please join us on Wednesday evenings starting February 2 at 7pm to the google link which is: [meet.google.com/adh-cguj-cng](https://meet.google.com/adh-cguj-cng).

## MEMORIALS

On January 2, 2022, there was a Three-Year Memorial for James (Dimitrios) Geralis, the dearly departed husband of Angie Geralis and father of Emanuel Geralis and family. May his memory be eternal. The Geralis family will be offering small bags of koulourakia and paximadakia to the congregation at the back of the church with the koliva.

On January 2, there also be a many years memorial service for the soul of Xanthippe Loutsos, the grandmother of Xenia Daskalopoulos. May her memory be eternal.

On January 2, 2022, we prayed a One-Year Trisagion for the soul of Anastasios Oikonomou, the dearly departed father of Kostas Oikonomou and first cousin of James Speropoulos. May his memory be eternal.

On January 2, 2022, Trisagion prayers were read for Alexander Andreadakis, beloved stepson of Jane McCullough, twin brother of Alexis Malle and brother of Johnny Andreadakis. May his memory be eternal.

On January 30, 2022, there was a Five-year memorial for Panagiotis Boutselis, father of Peter Boutselis and Penny Padousis. Beloved Grandfather of Alex, Katerina and Zoe. May his memory be eternal.

On January 30, 2022, there was a Nine Month Memorial for Vasiliki Tsiambouris and 18-Year Memorial for Demetrios Tsiambouris departed mother and father of Katerina Exis, and grandmother/grandfather of Panagiotis and Christos Exis. May their memory be eternal.

## THE THREE SATURDAYS OF THE SOULS - PRAYERS FOR THE DECEASED

FEBRUARY 26, MARCH 5, AND 12, 2022

And GOOD FRIDAY PRAYERS FOR THE DECEASED

FRIDAY, APRIL 22, 2022

We pray for the repose of the souls of our departed brothers and sisters in the Lord and for the forgiveness of their every transgression . . .

Ἦτι δεόμεθα ὑπὲρ ἀναπαύσεως των ψυχων των κεκοιμημένων δούλων τοῦ Θεοῦ, καὶ ὑπὲρ τοῦ συγχωρηθῆναι αὐτοῖς πᾶν πλημμέλημα ἐκούσιόν τε καὶ ἀκούσιον.

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# February/Φεβρουάριος 2022

Sunday Κυριακή	Monday Δευτέρα	Tuesday Τρίτη	Wednesday Τετάρτη	Thursday Πέμπτη	Friday Παρασκευή	Saturday Σάββατον
		1	2 <b>Presentation of Our Lord/Η ΥΠΑΠΑΝΤΗ ΤΟΥ ΚΥΡΙΟΥ</b> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00am Bible Study 7PM ONLINE	3	4	5
6 <b>Sunday of the Canaanite/ΤΗΣ ΧΑΝΑΝΑΙΑΣ</b> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15 am Sunday school/ Κατηχητικό σχολείο after communion	7 Great Vespers/ ΜΕΓΑΣ ΕΣΠΕΡΙΝΟΣ 6:30pm	8 <b>Theodore The General/Θεόδωρος Στρατηλάτης</b> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00 /10:00 am	9 Bible Study 7PM ONLINE	10	11	12
13 <b>Publican and Pharisee/ΤΕΛΩΝΙΟΥ &amp; ΦΑΡΙΣΑΙΟΥ</b> <b>Triodion Begins/ΑΡΧΗ ΤΡΙΩΔΙΟΥ</b> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15am Sunday school/ Κατηχητικό σχολείο after communion	14 <b>FAST FREE WEEK</b>	15 Parish Council meeting, 7 p.m.	16 Bible Study 7PM ONLINE	17	18	19
20 <b>Prodigal Son/ΤΟΥ ΑΣΩΤΟΥ</b> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15am Sunday school/ Κατηχητικό σχολείο after communion	21 <b>President's day</b>  <b>Office closed</b>	22	23 Bible Study 7PM ONLINE	24	25	26 1st Saturday of Souls/A' ΨΥΧΟΣΑΒΒΑΤΟ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00 /10:00 am
27 <b>Judgement Sunday/ΚΥΡΙΑΚΗ ΤΗΣ ΚΡΙΣΕΩΣ</b> <b>Meat Fare Sunday/ΤΩΝ ΑΠΟΚΡΕΩΝ</b> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15am Sunday school/ Κατηχητικό σχολείο after communion	28					

# March/Μάρτιος 2022

Sunday Κυριακή	Monday Δευτέρα	Tuesday Τρίτη	Wednesday Τετάρτη	Thursday Πέμπτη	Friday Παρασκευή	Saturday Σάββατον
		1	2  Bible Study 7PM ONLINE	3	4	5 2nd Saturday of Souls/B' ΨΥΧΟΣΑΒΒΑΤΟ  Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00 /10:00 am
6 Forgiveness Sunday (Cheesefare)/ΤΗΣ ΤΥΡΟΦΑΓΟΥ ΚΥΡΙΑΚΗ ΤΗΣ ΣΥΓΧΩΡΗΣΗΣ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15 am Sunday school/ Κατηχητικό σχολείο after communion	7 <i>Great Lent Begins</i>  Great Compline/ Μεγα Αποδευτνον —6:00pm	8	9  Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	10  Bible study Online—7:00pm	11	12 3rd Saturday of Souls/Γ' ΨΥΧΟΣΑΒΒΑΤΟ  Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00 /10:00 am
13 Sunday of Orthodoxy /ΤΩΝ ΝΗΣΤΕΙΩΝ,ΤΗΣ ΟΡΘΟΔΟΞΙΑΣ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15am Sunday school/ Κατηχητικό σχολείο after communion	14  Great Compline/ Μεγα Αποδευτνον —6:00pm	15	16  Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	17  Bible study Online—7:00pm	18	19
20 St. Gregory Palamas/ ΤΩΝ ΝΗΣΤΕΙΩΝ ΓΡΗΓΟΡΙΟΥ ΤΟΥ ΠΑΛΑΜΑ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15am Sunday school/ Κατηχητικό σχολείο after communion	21 President's Day Office Closed  Great Compline/ Μεγα Αποδευτνον —6:00pm	22	23  Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	24 <i>Great Vespers at Annunciation 6:30pm</i>  No Bible study	25 Annunciation/ ΤΟΥ ΕΥΑΓΓΕΛΙΣΜΟΥ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	26
27 Sunday of the HolyCross/ΤΩΝ ΝΗΣΤΕΙΩΝ ΣΤΑΥΡΟΠΡΟΣΚΥΝΗΣΗ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15am Sunday school/ Κατηχητικό σχολείο after communion	28  Great Compline/ Μεγα Αποδευτνον —6:00pm	29	30  Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	31  Bible study Online—7:00pm		



### USED CLOTHING SHED

Our used clothing shed is now open for donations again. Be sure to bring your items in plastic bags that are tied. We are accepting all clothing, shoes, sneakers, belts, purses, blankets, sheets, pillowcases, drapes, and stuffed toys. Please no rags, fabric scraps, toys or household goods. It is a hardship and expense to dispose of.

### ORTHODOX OBSERVER

The Orthodox Observer newspaper is now only being published in a digital format, and no longer delivered to parishioners' homes. If you wish to receive the paper, log on to [www.goarch.org/news](http://www.goarch.org/news) to subscribe.

### 2022 ECCLESIASTICAL CALENDAR

If you haven't received an Ecclesiastical Calendar for 2022 and would like to receive one, please contact the church office or you can pick one up in the church narthex. Thank you.

### IMPORTANT NOTICE

Please note that due to the COVID-19 pandemic and wanting to keep everyone safe and healthy, especially our priest, house blessings will be delayed until later in the year.

Official Twitter account of  
St. Theodore Greek  
Orthodox Church of Maryland :  
[St. Theodore GOC\(@sttheodoremd\)](https://twitter.com/sttheodoremd)

**\* NEW \*\* NEW \*\* NEW \*\* NEW \*\* NEW \***

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Dear Parishioners,

The Stewardship Year begins on January 1<sup>st</sup> and concludes on December 31<sup>st</sup>. We ask that you do not delay and join the “St. Theodore’s Stewardship Program for 2022” so that we can grow and become a stronger Church and minister to the people of God. The Church needs the support of its members year round. Please consider giving a pledge as a way of showing your support and love to the Church. It cost thousands of dollars a month to operate the Church with the monthly utility and maintenance bills and salaries. Please consider giving as much as your heart tells you to give. You do not need to make your payment all at once. You can give quarterly, monthly or weekly, which makes it very easy and affordable. Pay Pal has also been set up for those who would like to use it. Thank you!

## STEWARDSHIP HONOR ROLL - PLEDGES FOR 2022 ΕΘΕΛΟΝΤΙΚΗ ΠΡΟΣΦΟΡΑ

Charles & Victoria Alevrofas	Anastasios Kouridis
William & Angie Alexion	Maria Koustenis
Syrmatenia Bakalides	Louis C. Kouvaris
George & Katherine Billos	Nikolaos & Vasiliki Kretsiss
Fr. Manuel & Molly Burdusi	Paula Magoulas
Michael J. Burdusi	Christina Malliakos
Lee & Mary Caprinolo	Ourania Manessis
Michael & Anna Chandler	John S. Maroulis
Ioanna Elisabet Christoforou	Panagiotis Marousis
Nicholas Cox & Karen	Aphrodite T. Matsakis, PhD.
Beswick	Reed & Gina Melis
Jessie Defalco	Nicholas & Elaine
Bess Demas	Michaelides
John & Fofa Dimopoulos	Paul & Juliana Moniodis
Angeliki Fanourgakis	Joe & Adamadia Moxey
Dimitrios & Myrofora	John & Catherine M.
Frantzis	Nazarene
Anastasia Georhristodoulos	Vasilios & Tracy
Angeline Geralis	Papadopoulos
Randy E. & Anna Grow	Ioannis Perelas
Matthew & Payal Halkos	William & Nora Presti
Timothy & Cheryl Halkos	Michael & Evangeline Ross
Dennis & Mary Pittas	Michael & Anna
Herschbach	Sergotick
John-Peter & Elizabeth	Iliana Siarmalis
Jalbert	Gregory & Anastasia
Kassiani Kakitsis	Skarvelis
Olga Karahalidis	Andrew Tompros
Diane Karras	Chris & Joyce Trikeriotis
Kyriakos & Argiro	Deborah Vandamm
Kiotsekoglou	Robert & Christina Villano
Keith & Nicolette Kirby	Peter E. Yakas & Eleni
George Kollaros	Harlepas

Your Name goes here.  
Place your name on  
our Stewardship List for  
next month.

As of **January 23, 2022**  
we have a total of  
56 stewards  
who have signed up for  
their 2022 Stewardship  
of the Church.

### CREDIT CARD STEWARDSHIP PAYMENTS

If you would like to pay  
your stewardship monthly by  
credit card, please email  
[square@sttheodores.org](mailto:square@sttheodores.org) with  
your total pledge and  
frequency.

Dr. Patricia Zissios



## STEWARDSHIP COMMITMENT FORM - 2022

As Orthodox Christians, we are called to be stewards of our Church. When we are faithful to this calling, then our Lord will say to us as he did to the faithful steward, "Well done good and faithful servant" (Mt 25:23).

NAME \_\_\_\_\_

MOBILE PHONE \_\_\_\_\_

NAME OF SPOUSE (IF MARRIED) \_\_\_\_\_

MOBILE PHONE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

CITY / STATE / ZIP CODE \_\_\_\_\_

EMAIL ADDRESS OF SPOUSE (IF MARRIED) \_\_\_\_\_

HOME PHONE \_\_\_\_\_

In gratitude for God's many blessings, I/we commit to the stewardship of St. Theodore's and pledge the following amount for 2022.

\$ \_\_\_\_\_ per month x 12 months = \$ \_\_\_\_\_ for the year.

### Suggested amounts for giving:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> \$10 per week (\$520/yr)   | <input type="checkbox"/> \$40/mon (\$480)         | <input type="checkbox"/> \$ 400/yr      |
| <input type="checkbox"/> \$15 per week (\$780 /yr)  | <input type="checkbox"/> \$50/mon (\$600)         | <input type="checkbox"/> \$ 500/yr      |
| <input type="checkbox"/> \$20 per week (\$1040 /yr) | <input type="checkbox"/> \$75/mon (\$900)         | <input type="checkbox"/> \$ 1,000/yr    |
| <input type="checkbox"/> \$25 per week (\$1300 /yr) | <input type="checkbox"/> \$100/mon (\$1,200)      | <input type="checkbox"/> \$ 1,500/yr    |
| <input type="checkbox"/> \$50 per week (\$2600 /yr) | <input type="checkbox"/> \$150/mon (\$1,800)      | <input type="checkbox"/> \$ 2,000/yr    |
| <input type="checkbox"/> Other per week \$ _____    | <input type="checkbox"/> Other per month \$ _____ | <input type="checkbox"/> Other \$ _____ |

### VERY IMPORTANT

To help with printing costs and conserve on paper we agree to receive the Parish Newsletter by e-mail only. ☐ Yes

Please check to indicate that St. Theodore's Church is your primary place of worship. ☐

Signature: \_\_\_\_\_

Once you make your pledge, you have the entire year to fulfill your pledge. You can pay by cash, check, through PAYPAL, or even through Bill Pay through your bank's checking account. You can also make a payment by going to our Church's website: [www.sttheodores.org](http://www.sttheodores.org) and click the "Online Store" to make a credit card payment. Children 18 and over and who are working should become members separate from their parents. Children in college or graduate school can remain under their parent's membership but should still fill out this form.

Dependent Children's names and birthdates:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Your time & talent

I would like to offer my time and talents for the ministry of St. Theodore's ☒ (check all that apply)

- |   |  |
|---|--|
| <input type="checkbox"/> Church School    | <input type="checkbox"/> GOYA/YOUTH              |
| <input type="checkbox"/> Greek School/PTO | <input type="checkbox"/> Young Adult             |
| <input type="checkbox"/> Chanting         | <input type="checkbox"/> Bible Study             |
| <input type="checkbox"/> Philoptochos     | <input type="checkbox"/> Baking Prospora         |
| <input type="checkbox"/> Festival         | <input type="checkbox"/> Grounds and Maintenance |
| <input type="checkbox"/> Fundraising      | <input type="checkbox"/> Altar Boy               |
| <input type="checkbox"/> Dance Group      | <input type="checkbox"/> Flowers/Decorations     |
|   | <input type="checkbox"/> Other _____             |





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