



Monthly Newsletter

St. Theodore Greek Orthodox Church Lanham, Maryland



Volume 12, Issue 7/8

July-August 2020

**Greek Orthodox
Metropolis Of New Jersey
His Eminence
Metropolitan Evangelos**

Parish Proistamenos
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www.sttheodores.org

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Monday through Friday
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HOLY COMMUNION AND THE PANDEMIC

It was so great to see everyone on Father's Day, Sunday June 21, 2020 as we reopened for the first time since mid-March. We have missed everyone for so long and now we are able to worship again together as one family of God. If you think about more deeply and theologically, we were never separated for what can separate us from the love of God and when we are in prayer together, we are united as one. I want to discuss about Holy Communion because I know that there has been a lot of discussion about the pandemic and how it is going to affect our receiving of Holy Communion. The decision of the Ecumenical Patriarchate of Constantinople, the Church of Greece, the Church of Cyprus, and all the Metropolises of the United States except for New York, have decided that Holy Communion is to continue to be given as it has always been and that there is no need to deviate from the current practice.

When we partake of Holy Communion, we partake not of something that is subject to decay and deterioration, but of God Himself, through matter that has become life giving, as the very flesh of Christ is life giving. St. Cyril of Alexandria writes, "The body of Christ is holy and has the power to vanquish every illness. It was and is holy, not merely as flesh with its natural powers, but as the temple of the indwelling divine word of God who sanctifies his flesh with His Spirit." Therefore, to those that receive Holy Communion with faith and true repentance the Lord's Body becomes a safeguard for strength, healing, and health of soul and body, for the maintenance and deification of human nature.

Our professor of Liturgy, Fr. Alkiviades Calivas, who has been a priest for 65 years, writes the following: "In my 65 years of being a priest, I have consumed the chalice thousands of times after countless Divine Liturgies without fear or hesitation, as every priest does. Holy Communion is a source of joy, hope and strength for everyone and not a test or measure of one's faith in God's care. The only danger is to receive Holy Communion in an unworthy manner as St. Paul has taught but none of the Saints ever taught in the last 2000 years or even suggested that the Eucharist could be a means of transmitting a disease. None did. In fact the opposite has been taught. Priests have communed people with diseases such as herpes, cholera, HIV, other sexually transmitted diseases, tuberculosis and rabies and other such communicable diseases and no one has ever gotten sick through the chalice or the spoon of Holy Communion.

I did some research and in an article from **Bio-Orthodoxy**, there have actually been scientific studies on the transmission of infectious diseases through Holy Communion and the conclusion is that there is an undetectable measure of risk or no risk at all. These studies were done in 1943, 1967, 1988, 1995, 1996, and 1997. Therefore, we can receive without fear of contamination, but with the fear of God, with faith and with love to come forth and receive. If however, you would like to refrain, you may do so without any judgement. Wait and see for yourself. Let time be your witness and see that no one will get sick from communion. Let time show you that it is safe, if you want. Many Orthodox churches have opened much earlier than we did, and there have been no reports of anyone getting sick from Holy Communion.

Your risk is more so if you do not wear a mask in closed public places and visit places where large quantities of people are assembled and you don't know where they have been. Science has taught us that this is an airborne disease and a respiratory disease foremost. So please follow the guidelines that have been established i.e. the washing of hands, sanitizer, not touching your face or nose, social distancing of six feet apart and wearing a mask. You have two options when you come forth and take off your mask for communion. You can receive as you always have, or you can open your mouth wide and tilt your head back and I can place the communion in your mouth without you touching the spoon if you would like. Again, no one will judge you for your decision on what you choose to do. Let us all allow our faith to guide us to do what we feel is comfortable and you can always change your decision at any time. May God be with us always and I hope that this article has helped in calming whatever fears that you may have had and may you come forward prepared to receive Holy Communion.

In Christ's love,
Father Manuel

SPECIAL FESTIVAL DONATION

Due to the COVID-19 Pandemic, we did not have our annual festival this year in June. We are asking our devoted and beloved parishioners to make a special donation for the food and items that would have been purchased at the festival. Calculate how much you would have spent on food and other purchases and see if you can make that donation during the month of July. Please remember that the parish experiences a financial dry spell during the months of July and August and your assistance will help very much.

Name _____

Email _____

Amount donated _____

* NEW ** NEW ** NEW ** NEW ** NEW *

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Dear Parishioners,

Printed in the Newsletter each month is the form to become a steward of the Church. Please fill it out and send it back to us as soon as you can. It is so important for the vitality and growth of the church for all its stewards to be supportive each and every year. There is no better time than now to remember your church and become a supporting steward. As of today, 113 families have pledged and we thank you. There are still many more families who have been members of St. Theodore's in the past and we need you to especially respond. Please do so by filling out the form and mailing it back. You do not need to pay all at once, but can make a monthly contribution which makes it much easier and affordable. God bless you .

In Christ our Lord,
Father Manuel

STEWARDSHIP HONOR ROLL - PLEDGES FOR 2020 ΕΘΕΛΟΝΤΙΚΗ ΠΡΟΣΦΟΡΑ

Theodore & Maria Adamos
Despina Adkins
William & Angie Alexion
Syrmatenia Bakalides
George Banis
Nektarios & Eleni Banis
Peter P. Boutselis
Gary Bucious
John Burdusi
Aristea E. Burdusi
Michael J. Burdusi
Fr. Manuel J. & Molly Burdusi
Nicholas & Julie Burdusi
Bruce & Katerina Burleson
Lee & Mary Caprinolo
Nicholas & Dina Chahalalis
Michael & Anna Chandler
George & Mary Charuhas
Ariadne Coules
Patrick & Mary Curtis
Spero & Theano Demetrides
Irene Cusimano
John & Fofa Dimopoulos
Demetri Dimopoulos
Katerina, Peter & Chris Exis
Angeliki Fanourgakis
Ben & Lauren Rajewski Ferry
Angeliki Frangos
Dimitrios & Myrofora Frantzis
Angie Geralis
Paul Gionis
Randy E. & Anna Grow
Matthew Halkos & Payal Amin
Timothy & Cheryl Halkos
Dennis & Mary Pittas Herschbach
Stella Higgs
Peter & Theoni Hiotis
John-Peter Jalbert & Elizabeth Demetrides
Angela Jones
Kassiani Kakitsis
Panagos & Maria Kapsalis
Olga Karahalalis
Diane Karras
Bill & Tina Katcheves
Angela Katsakis
Keith & Nicolette Kirby

Thalia Kirimlis
Stephen G. Koklas
George Kollaros
Anastasios Kouridis
Mariana Kourkoulakos
Maria Koustenis
Adam & Eftihia Koutelis
Chrisovalantou & Johanna Koutelis
Vasilios Koutelis
Louis C. Kouvaris
Nikolaos & Vasiliki Kretsis
John & Zoe Lazarou
Paula Magoulas
Christina Malliakos
Ourania Manessis
John S. Maroulis
Panagiotis Marousis
Aphrodite T. Matsakis, PhD.
Reed & Gina Melis
Nicholas & Elaine Michaelides
Gerasimos Andreas Michalitsianos
Robert & Marilia Michell-Samaras
Paul & Juliana Moniodis
Vasilios & Evangelia Nasios
John & Catherine M. Nazarene
Ryan & Ariadne Nicole O'Rourke
Afroditi E. Papadopoulos
Vasilios & Tracy Papadopoulos
George Papaspyrou
Nikolaos & Maria Paschalidis
Georgios & Constantina Counavelis-Pelekanos
Ioannis Perelas
George & Janet Philipopoulos
Phillip & Georgia Plangetis
Anthony Presti
William & Nora Presti
George Rallis
Gregory Rallis
Stamatis Rodousakis
Georgia Romas
Evangeline Ross
Elpis Sakaria
Ioanna Elisabet Christoforou
Michael & Anna Sergotick
Iliana Siarmalis

Zachary & Victoria Villano Singer
Gregory & Anastasia Skarvelis
Charles & Tara Smith
Amalia Spanos
Nicholas & Sevasti Spanos
Katherine Spathis
James Speropulos
Gregory L. Stamulis
James Tancabel
Andrew E. Tompros
Margie Tompros
Chris & Joyce Trikeriotis
Helen D. Tsintolas
Georje & Majida & Maria Tsioumas
Stella C. Tsourounis
Gregory & Andriana Tuthill
Deborah Vandamm
Robert & Christina Villano
William David Wrigley, PhD
Peter E. Yakas & Eleni Harlepas
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Tom & Nikki Zizos

As of **June 29, 2020**, we have a total of 113 stewards who have signed up for their 2020 Stewardship of the Church.

2020 Goal is \$100,000.00
Total pledged to date: \$59,257.00
Total paid to date: \$42,457.00
Balance Due: \$16,800.00

CREDIT CARD STEWARDSHIP PAYMENTS
If you would like to pay your stewardship monthly by credit card, please email square @sttheodores.org with your total pledge and frequency.

July/Ιούλιος 2020

Sunday Κυριακή	Monday Δευτέρα	Tuesday Τρίτη	Wednesday Τετάρτη	Thursday Πέμπτη	Friday Παρασκευή	Saturday Σάββατον
			1	2	3	4 Independence Day
5 4th Sunday of Matthew/4 ^η Κυριακή Ματθαίου Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	6	7	8	9	10	11
12 5th Sunday of Matthew/5 ^η Κυριακή Ματθαίου Matins & Divine Liturgy/ ΟΡΘΡΟΣ - Θ. ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	13	14	15	16	17	18
19 Sunday of the Holy Fathers/ΤΩΝ ΑΓΙΩΝ ΠΑΤΕΡΩΝ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	20	21	22	23	24	25
26 7th Sunday of Matthew/7 ^η Κυριακή Ματθαίου Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	27 Panteleimon the Great Martyr/ ΑΓΙΟΥ ΠΑΝΤΕΛΕΗΜΟΝΟΣ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ	28	29	30	31	
			Official Twitter account of St. Theodore Greek Orthodox Church of Maryland : St. Theodore GOC (@sttheodorem)			

August/Αύγουστος 2020

Sunday Κυριακή	Monday Δευτέρα	Tuesday Τρίτη	Wednesday Τετάρτη	Thursday Πέμπτη	Friday Παρασκευή	Saturday Σάββατον
						<i>I</i> <i>Dormition Fast Begins/ΑΡΧΗ ΝΗΣΤΕΙΑΣ ΔΕΚΑΠΕΝΤΑΥΓΟΥΣΤΟΥ</i>
2 <i>8th Sunday of Matthew/8ⁿ Κυριακή Ματθαίου</i> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	3 Paraklesis / ΠΑΡΑΚΛΗΣΗ 6PM	4	5 Great Vespers/ ΜΕΓΑΣ ΕΣΠΕΡΙΝΟΣ 6PM	6 <i>Transfiguration of our Lord and Savior Jesus Christ (Fish and Wine allowed)/ ΜΕΤΑΜΟΡΦΩΣΗ ΤΟΥ ΣΩΤΗΡΟΣ (ΚΑΤΑΛΥΣΗ ΟΙΝΟΥ & ΙΧΘΥΟΣ)</i> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	7 Paraklesis / ΠΑΡΑΚΛΗΣΗ 6PM	8
9 <i>9th Sunday of Matthew/9ⁿ Κυριακή Ματθαίου</i> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - Θ. ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	10 Paraklesis / ΠΑΡΑΚΛΗΣΗ 6PM	11	12 Paraklesis / ΠΑΡΑΚΛΗΣΗ 6PM	13	14 Great Vespers / ΜΕΓΑΣ ΕΣΠΕΡΙΝΟΣ 6PM	15 <i>Dormition of the Theotokos/Η ΚΟΙΜΗΣΗ ΤΗΣ ΘΕΟΤΟΚΟΥ</i> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am
16 <i>10th Sunday of Matthew/10ⁿ Κυριακή Ματθαίου</i> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	17	18	19	20	21	22
23 <i>11th Sunday of Matthew/11ⁿ Κυριακή Ματθαίου</i> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	24	25	26	27	28	29 <i>Beheading of John the Baptist Strict Fasting)/ ΑΠΟΤΟΜΗ ΤΙΜΙΑΣ ΚΕΦΑΛΗΣ ΠΡΟΦΗΤΟΥ ΙΩΑΝΝΟΥ (ΑΥΣΤΗΡΗ ΝΗΣΤΕΙΑ)</i> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am
30 <i>12th Sunday of Matthew/12ⁿ Κυριακή Ματθαίου</i> Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	31					



STEWARDSHIP COMMITMENT FORM - 2020

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 _____

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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 2020.

\$ _____ 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 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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