



# Our Monthly News

**St. Theodore Greek Orthodox Church**  
**Lanham, Maryland**  
**Volume 15, Issue 9 September 2023**  
**Celebrating 50 years**



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

### **Parish Priest**

Fr. Manuel J. Burdusi  
fater@sttheodores.org  
Cell 410-241-9690

### **St. Theodore the General** **Greek Orthodox Church**

7101 Cipriano Road  
Lanham, MD 20706  
[www.sttheodores.org](http://www.sttheodores.org)  
office@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!**

[https://www.facebook.com/  
groups/sttheodore/](https://www.facebook.com/groups/sttheodore/)

## **The Distracted Mind and Our Spiritual Life**

Have you ever seen this sign at a church door: “Please turn off your cell phones? We all know that we need to turn them off before Liturgy. We know that only the gravest emergency should interrupt church. When we think about cell phones, we think about how connected we are, nowadays, to a wide community throughout the internet. We might think that our age poses a unique challenge for the Christian soul. We are connected with all kinds of news, events, and other people’s passing thoughts, in an instant, and constantly, in a way that human beings never experienced before.

However, the problem of the distracted mind was quite well known to the Fathers and saints of our church, since ancient times. The distracted mind is nothing new. Passing thoughts, called “logismoi” are not important, yet they can spoil our peace. Even if our cell phone is off, we may still be distracted by our thoughts. That is why we have a narthex. That is the area in the back of the church where we light candles. We light a candle and say a short prayer. This helps us to take a breath and leave the outside world behind. Now our mind is ready to focus on the Liturgy.

I do not mean that we are to ignore the world and our family, friends, neighbors and co-workers, or our illnesses and problems. On the contrary, the Liturgy gives us many opportunities to pray for the whole world. We do not forget, but we put these people and things into their right place in the context of our relationship with God. Stray and passing thoughts, however, are another thing. Our brains are constantly busy. Nerve connections are made and thoughts occur to us. Some are ordinary, such as ‘My garden has a lot of weeds,’ but others are thoughts that lead us toward temptation, such as ‘So and so’s shoes are so nicer than mine.’ In either case, while we are at prayer, the Fathers teach us to do the same thing with this kind of thought: ignore it! Then it will pass right out of your mind.

There is no thought as important as your prayer. If something is truly important, it will recur to you after the Liturgy. You do not need to try to remember it later or note it down. If you let a whole train of thoughts start from that one thought, or even if you try to think out reasons why it is not a good thought, it is much more difficult to let it go. You may start with: ‘I need to weed the garden’ and continue with: ‘What is the weather today?’ ‘Will I have time in my schedule?’ ‘Nobody is helping me with the weeding.’

By now not only are your thoughts getting involved, but you’re also becoming resentful! It’s harder to bring your mind back now. How much easier it would have been to ignore the weeds in the first place! Likewise, do not get angry with yourself and say, ‘Why am I thinking about my garden during church? Or someone else’s shoes? I cannot focus!’ You get yourself wound up again, just in another way. Don’t get frustrated with yourself. Just try again. ‘Stop thinking that thought’ is easy to say. Here’s what to do. Immediately move your mind on to something else. “Say Lord have mercy.” Notice where we are in the Liturgy and focus on the actual words being said. Look at an icon and contemplate it. Bring yourself back to where you are standing, or sitting, or kneeling. Make your cross to remind yourself to pay attention. In a minute you will even forget you had the thought.

We know that St. John Chrysostom knew about the distracted mind, because there are so many times in the Liturgy where our attention is called back. For example: “Let us be attentive!” “Wisdom! Let us attend!” “Wisdom, arise!” People’s minds always need to be reminded to pay attention! It’s not just us in the 21st century. We have no excuse. We are still able to quiet our minds, as the early Christians did. When our mind is quiet, then we can pray and participate fully in our beautiful Liturgy. (resource: goarch.org)

**(Continued on pg. 2)**

# CHURCH MINISTRIES MONTHLY NEWS

Dear Congregation, as we begin the new Ecclesiastical Year, I ask that you make a stronger commitment to yourself and to God that you will attend Church more frequently and regularly. We should not be coming to church only when there is a memorial service for a loved one or when it is a big holiday or if we have a personal need or request to ask God for his help and mercy. Our relationship with Christ is to be a constant, vibrant and growing relationship enriched through our personal and corporate prayers as well as reading of the Holy Bible, following God's commandments and helping and serving those less fortunate than ourselves. By doing this we will grow tremendously in our Spiritual Life and ascend the ladder towards salvation as we grow wiser and realize our shortcomings and make a firm commitment to do better. God bless everyone and have a wonderful September.

In our Lord's Service, Fr. Manuel

## TRISAGION

On August 27, 2023, there was a Six-Month Trisagion for Eleni Soulvinou, the dearly departed sister of Angeliki (Kiki) Fanourgakis, and sister-in-law of Ourania Manassis. We are also praying a many-year Trisagion for Demetrios Soulvinou, husband of the late Eleni Soulvinou and many-year Trisagion for Christos Soulvinou, son of the late Eleni & Demetrios Soulvinou. May their memory be eternal.

## ARTOCLASIA – Blessing of the Loaves of Bread

On August 13, 2023, there was an Artoclasia service given by Chrisovalantis Antonios & Johanna Koutelis for the health of their families.

## 40-DAY BABY BLESSING

On August 13, 2023, there was a 40-day baby blessing for Ted & Maria Adamos' baby boy, Nektarios Pavlos. Proud Grandparents are Nektarios & Eleni Banis and Stergios & Athina Adamos. Proud sister is Athina Vaia Adamos. Congratulations and may God bless you all.

## SUNDAY SCHOOL

Sunday School will begin on Sunday, October 1, 2023, and will be held downstairs in the social hall every Sunday after Holy Communion. 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.



Dear Congregation,

It is with much sadness that we inform you of the untimely passing of Voula Pantazes. Voula had surgery a couple weeks ago and developed Covid from the hospital and went back in to be treated. She was on a respirator for some time until her body gave way as her oxygen level kept dropping. We

are very saddened and pray for her two children, Vasilios and Ioanna. The funeral took place at St. Theodore Church on Friday September 1st. You are welcome to make a donation in her memory to St Theodore Church. Also if you would like, there is a sign up sheet at the church to sign up for taking meals to the family.

## VOULA D. PANTAZES - OBITUARY

Stavroula D. Pantazes (née Hristodoulakou), age 72, passed away on August 15, 2023. Known as "Voula," to her family and friends, she was a pious, kind, generous, and philanthropic person who touched many lives beyond the immediate family, to which she was so devoted. Voula was born in Karvelas, Gytheio, Greece. Following her marriage, she arrived in Maryland, not speaking any English. Always eminently practical and determined, she quickly learned English and set about fitting into her newly adopted homeland. Voula was a devout Orthodox Christian and took great interest in the activities of St. Theodore Greek Orthodox Church. In her spare time, she cultivated her beautiful garden. Voula was the daughter of the late Apostolos H. Hristodoulakos and Konstantina (née Haloulakou). She was the sister to Harilaos, Georgios, Panagiotis, and Thomas. She was also sister to the late Milia Hristodoulakou and Amalia Panagiotarakou (née Hristodoulakou). Voula was an aunt to nine nephews and seven nieces. Voula was the beloved wife of the late Demetrios W. Pantazes and the devoted daughter-in-law to the late William P. Pantazopoulos (Pantazes) and Nola Pantazes (née Mallas), and sister-in-law to the late Peter W. Pantazes. Voula is survived by her son, William D. Pantazes and her daughter, Joanna V. Pantazes. A visitation will be held on Friday, September 1, 2023 from 10 am until the start of the funeral service at 11 am at St. Theodore Greek Orthodox Church, 7101 Cipriano Road, Lanham, MD 20706 followed by her interment at Maryland National Memorial Park, 13300 Baltimore Ave., Laurel, MD. Condolences may be made by using the Memories tab on this page. Memorial contributions may be made to St. Theodore Greek Orthodox Church. May her memory be eternal.

## 50<sup>TH</sup> ANNIVERSARY FUNDRAISING

An easy way to have a fund-raising effort that everyone can participate in to help with the many expenses for the Anniversary celebration. Just as a wedding is a very costly but worthy endeavor and memorable event for the couple, a Church anniversary also incurs expenses that are not part of the normal yearly budget. We are grateful to be a part of the 50<sup>th</sup> Anniversary of the Church and help in whatever way we can. There will be 100 envelopes between \$1.00 and \$100.00 dollars for you to make your donation to the Church. If all the envelopes are submitted, \$5000 will be raised. We will do this now at the beginning and again in the Fall, September – November. There will be many expenses to have the Archbishop of America come in December and his entourage. They will need to be placed in a hotel and we are to have their tickets to the banquet complimentary as well as the tickets of all the past priests who have served the church and the area priests. This along with other special expenses add up. We pray that you have an unforgettable experience this year for our 50<sup>th</sup> Anniversary. The chart will be updated so that we can achieve 100% participation from \$1 to \$100 dollars.

## 2023 ANNIVERSARY RAFFLE

Try your luck with our Special Anniversary Raffle this year. It is a simple scratch off card. All you do is scratch off 6 of the same picture of cash and you win instantly \$50,000.00. Each ticket is \$20, but we have decided to give you two chances for the price of one. Stop by the table at the coffee hour and try your luck for \$50 thousand dollars. You will also be helping out the church in this fundraising effort.

## FLOWERS BEFORE CHRIST & PANAGIA

You are welcome to donate flowers before the icons of Christ and Panagia. You can make a donation in memory of a loved one or for the health of your family. Call the Church office Monday – Thursday between 10 a.m. and 2 p.m. so that we can order the flowers from a professional florist and have the flowers delivered on Friday afternoon. The cost is \$150.00 for both vases of flowers before Christ & Panagia or \$75.00 for one vase before Christ or Panagia and two people or two families can donate each vase.

## BIBLE STUDY ONLINE (?)

The bible study will be offered online on Wednesdays from 7:00 to 8:30 p.m. beginning on Wednesday, October 4. The link to join the Bible Study is [meet.google.com/adh-cguj-cng](https://meet.google.com/adh-cguj-cng). You would need to have a gmail email account in order to join google meet. Gmail accounts are free. If you are interested in being a part of the bible study, please send a message to Fr. Manuel at [mjburdusi@gmail.com](mailto:mjburdusi@gmail.com). The bible study will be each Wednesday from October 4 until December 20<sup>th</sup>.

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

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# September/Σεπτέμβριος 2023

Sunday Κυριακή	Monday Δευτέρα	Tuesday Τρίτη	Wednesday Τετάρτη	Thursday Πέμπτη	Friday Παρασκευή	Saturday Σάββατον
					1	2
<b>3</b> 13th Sunday of Mathew/13 <sup>η</sup> Κυριακή Ματθαίου  Matins & Divine Liturgy/ ΟΡΘΡΟΣ - Θ. ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15 am	<b>4</b> LABOR DAY  Office Closed	5	6	7	<b>8</b> Nativity of the Theotokos/ΤΟ ΓΕΝΕ- ΘΛΙΟΝ ΤΗΣ ΘΕΟΤΟΚΟΥ  Matins & Divine Liturgy/ ΟΡΘΡΟΣ - Θ. ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	<b>9</b>  <b>YARD SALE</b> <b>9—1PM</b>
<b>10</b> Sunday before the Exaltation of the Cross/ Κυριακή προ της Ύψωσης του Τιμίου Σταυρού  Matins & Divine Liturgy/ ΟΡΘΡΟΣ - Θ. ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15 am  <b>Remembrance of 9/11</b>	11	12  Parish Council Mtg. 7PM	13	<b>14</b> Exaltation of the Holy Cross—Strict Fasting/Ύψωσης του Τιμίου Σταυρού (ΑΥΣΤΗΡΗ ΝΗΣΤΕΙΑ)  Matins & Divine Liturgy/ ΟΡΘΡΟΣ - Θ. ΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am	15	<b>16</b> <b>Enthronement</b> <b>of Metropolitan</b> <b>Apostolos</b> <b>10AM</b> <b>Tenefly, NJ</b>  <b>YARD SALE</b> <b>9—1PM</b>
<b>17</b> Sunday after Holy Cross/Κυριακή μετά της Ύψωσης  Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙ- ΤΟΥΡΓΙΑ 9:00/10:15 am	18	19	20	21	22	<b>23</b>  <b>YARD SALE</b> <b>9—1PM</b>
<b>24</b> 1st Sunday of Luke/ Πρώτη Κυριακή Λουκά  Matins & Divine Liturgy/ ΟΡΘΡΟΣ - Θ. ΛΕΙΤΟΥΡΓΙΑ 9:00/10:15 am	25	26	27	28	29	<b>30</b>  <b>YARD SALE</b> <b>9—1PM</b>

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 2023” so that we can grow and become a stronger Church and minister to you, 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. Paying on Square@sttheodores.org has also been set up for those who would like to use it. Thank you!

## STEWARDSHIP HONOR ROLL Pledges

## ΕΘΕΛΟΝΤΙΚΗ ΠΡΟΣΦΟΡΑ 2023

Theodore & Maria Adamos	Olga Karahalidis	Ioanna Elisabet Christoforou
Charles & Victoria Alevrofas	Diane Karras	Michael & Anna Sergotick
Angie Alexion	Panagiota Karras	Iliana Siarmalis
AJ & Areti Nikolaou Anderson	Bill & Tina Katcheves	Zachary & Victoria Villano Singer
Savas Bakalides	Kyriakos & Argiro Kiotsekoglou	Gregory & Anastasia Skarvelis
Sirmatenia Bakalides	Keith & Nicolette Kirby	James Speropulos
Nektarios & Eleni Banis	Athanasios & Marilu Kolazas	Gregory L. Stamulis
George Banis	Spyros & Olga Koliavasilis	Panagiotis & Maria Stefanias
Dimitra Bekos	George Kollaros	Daniel & Shea Svihra
Helen Bekos	Anastasios Kouridis	James Tancabel
Michalis Bekos	Adam & Eftihia Koutelis	Andrew E. Tompros
James & Eleni Galata Bickell	Chrisovalantis & Johanna Koutelis	Margie & Amelia Tompros
George & Katherine Billos	Gregory & Vasiliki Kozakos	Chris & Joyce Trikeriotis
Kristina & TJ Bonner	Vasiliki & Marianna Kretsits	Vasilios & Alexandra Tsiglifis
Aristea E. Burdusi	Erasmia Lois	Georje & Majida & Maria Tsioumas
Michael J. Burdusi	Paula Magoulas	Stella C. Tsourounis
Fr. Manuel J. & Molly Burdusi	Joshua & Christina Knepper	Deborah Vandamm
Nicholas & Julie Burdusi	Ourania Manessis	Robert & Christina Villano
Lee & Mary Caprinolo	Angelos Manessis	Michael & Christina Walker
Nicholas & Karen Cox	Polymnia Manessis	William David Wrigley, PhD
Jessie Defalco	Vasilike Mantzouranis	Peter E. Yakas & Eleni Harlepas
Bess Demas	John S. Maroulis	Pantelis & Anthie Zairis
Spero & Theano Demetrides	Panagiotis Marousis	Robert & Gina Zick
John & Fofa Dimopoulos	Aphrodite T. Matsakis, PhD.	Patricia Zissios
Demetri Dimopoulos	Reed & Gina Melis	Tom & Nikki Zizos
Katerina, Peter & Chris Exis	Nicholas & Elaine Michaelides	
Angeliki Fanourgakis	Kyriacos Miltiadou	
George & Angeliki Papaspyrou	Paul & Juliana Moniodis	
Dimitrios & Myrofora Frantzis	John & Catherine M. Nazarene	
Spyridon & Stavroula Galiatsatos	Vasilias Orfanidis	
Antonios Gemetzopoulos	Afroditi E. Papadopoulos	
Anastasia Georhristodoulos	Vasilios & Tracy Papadopoulos	
Andreas & Sofia Georhristodoulos	Christopher Papanicolas	
Angie Geralis	Nikolaos & Maria Paschalidis	
Paul Gionis	Georgios & Constantina Pelekanos	
Demetrius P. Govotsos	Ioannis Perelas	
Randy E. & Anna Grow	Sotirios & Evangelia Petropoulos	
Matthew & Payal Halkos	Sofia Plagakis	
Timothy & Cheryl Halkos	Phillip & Georgia Plangetis	
Dennis & Mary Pittas Herschbach	Cynthia Popomaronis	
Agisilaos Iliadis	William & Nora Presti	
Athanasios & Foteini Iliopoulos	George Rallis	
John-Peter & Elizabeth Jalbert	Gregory Rallis	
Angela Jones	Georgia Romas	
Kassiani Kakitsis	Elpis Sakaria	
Panagos & Maria Kapsalis	Maria & Basu Sakaria-Kori	

As of **August 31, 2023**  
we have a total of 117 stewards  
who have signed up for their  
2023 Stewardship of the Church.  
Please join the membership list  
of supporters.

### CREDIT CARD STEWARDSHIP PAYMENTS

If you would like to pay your  
stewardship monthly by credit  
card, please email to the  
following email address:  
square@sttheodores.org with  
your pledge and frequency.



## STEWARDSHIP COMMITMENT FORM 2023

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 2023.

\$ \_\_\_\_\_ 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 .

Make payments to: St. Theodore Greek Orthodox Church, 7101 Cipriano Rd., Lanham, MD 20723.

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 _____

## COMMUNITY YARD SALE TO CONTINUE THROUGH SEPTEMBER

### Saturdays September 9, 16, 23, & 30, 2023 9AM—1PM



#### WE ARE CALLING FOR HELP WITH OUR YARD SALE FUNDRAISER!

Volunteers are needed for the following Saturdays - Sept. 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> 9AM- 3PM.

Please use the link below to sign up!

to help any Saturday in September that you can by going to the link  
and typing in manually: [bit.ly/STheoYdSaleSignUp](https://bit.ly/STheoYdSaleSignUp)

Inside our Social Hall! Come and shop for some unique and well-priced items.

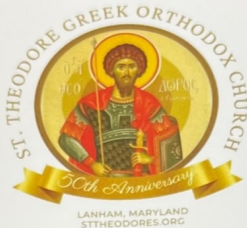
Bring items Monday through Friday from 10 a.m.—2 p.m.

All proceeds to benefit the Church and its various ministries of service.

All merchandise must go! So make us an offer we can't refuse.

Thank you for volunteering to help make our church's fundraiser a success!

*save the date*



St. Theodore  
Greek Orthodox Church  
**50th Anniversary**  
**GRAND BANQUET**

SATURDAY, DECEMBER 2, 2023

STAMP GRAND BALLROOM  
College Park, MD

Details coming soon!  
[www.sttheodores.org](http://www.sttheodores.org)

You can begin to make your reservations  
for your tickets to the Grand Banquet.

We are working very hard to keep the  
price affordable for everyone.

Ticket purchases can be made online soon  
or by check through the mail or stopping  
by the church office

Monday-Friday 10am-2pm.

There will be a discount for those  
parishioners who reserve an entire  
table of 10 in contrast to buying  
individual tickets.

Deadline for purchasing tickets for the  
Grand Banquet is **November 20, 2023.**



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