

KATHARA DEFTERA - CLEAN MONDAY

On Monday, February 27th , Kathara Deftera - Clean Monday, we encourage everyone to attend the special service “The Great Compline” for the beginning of Lent. We would like everyone, including the Greek & Sunday Church School Students, JOY and GOYA, to attend this special service and join in the circle of forgiveness. The ladies of our Philoptochos will be hosting a Lenten Dinner following the Great Compline Service.

PRESANCTIFIED LITURGY

The Liturgy of the Presanctified Gifts is conducted only during the Wednesdays and Fridays of Lent and on the first three days of Holy Week. The Liturgy of the Presanctified Gifts, as its name implies, is unlike other Liturgies, such as that of St. John Chrysostom, in that there is no consecration of the elements. Rather, the consecration takes place on the preceding Sunday. These Presanctified Liturgies exist in order to offer more opportunities for the faithful to receive Holy Communion without the general splendor of the regular Divine Liturgy.

The service consists of the first part of a Vespers and the last part of the Divine Liturgy. The mood is inspired by the repentance characteristic of the Lenten Period. One way of showing the spirit of repentance and humility, while acknowledging the Holy Gifts carried in the Great Entrance procession, is for the priest to cover his head with the “aer” cloth, rather than placing it on his back (Greek Tradition) or shoulder (Slavic Tradition). It is not that you are prohibited from looking at the priest, but that the solemnity of the transfer of the already consecrate Holy Gifts of the Body and Blood of Christ, is being emphasized by this practice.

HERETISMOI - SALUTATIONS

The Akathyst Hymn was composed and sung, according to tradition, as a thanksgiving to the Theotokos for the protection of Constantinople from a siege by the Persians in 626 A.D. The twenty-four verses, each beginning with a letter of the Greek alphabet form a beautiful religious poem regarding the coming of Christ for the salvation of the world. The hymns honor the Theotokos. The Heretismoï services are portions of these verses (six each week) and are sung on the first four Fridays of Great Lent. The whole Akathyst Hymn is sung on the fifth Friday of Lent.

GREAT LENT AND EASTER FLOWERS

The Great Lent and Easter Season is approaching quickly and once again we are asking for your contributions and donations towards the adornment of our St. Athanasios Church during the Lenten and Pascha season. Please keep in mind the Great Lent begins on Monday, February 27th. The following items are needed:

Flowers for the 5 Icons

- *1st Salutations*
- *2nd Salutations*
- *3rd Salutations*
- *4th Salutations*
- *Akathyst Hymn*

- Daffodils for the Veneration of the Holy Cross
- Palms and Vaia for Palm Sunday
- Flowers for the Icon of the Nymphios (Bridegroom)
- 2 Candles for the Bridegroom
- Holy Wednesday, Holy Unction Items
- Flowers for the Icon of the Last Supper
- 12 Candles for the 12 Gospels
- 9 Candles for Cross, Holy Thursday
- Wreath of flowers for the Crucified
- Floral Arrangement for the foot of the Cross

- 1 White Single Flat Sheet for Good Friday
- Flowers for the Epitaphio
- 8 Candles for Altar Table
- Rosewater for the Epitaphio
- Flowers for Resurrection Icon
- Wreath for the Resurrection Lavaros
- 30 Easter Lily plants
- Incense
- 6 Paschal Candles
- Communion Wine (Koumantaria, St. John's)

**Please call the Church Office if you are interested in donating to the above items.
Your generosity will be greatly appreciated.**

MYROPHORES

If any young girl age 9 and up is interested in being a Myrophora during Holy Week and Pascha, please contact Karen Scoullos or the Church Office, Myrophora sign up is on a first-come first-serve basis, along with parental consent.

ORTHODOX EASTER

This year, Orthodox Christians will celebrate Easter on April 15th. The Orthodox date for Easter is based on a decree of the Council of Nicaea, Asia Minor, held in 325 A.D. under Emperor Constantine the Great. According to this decree, Easter must be celebrated on the Sunday following the first full moon of the vernal equinox but always after the Hebrew Passover to maintain the Biblical sequence of events of the Crucifixion and the Resurrection. The Orthodox Christian Churches have adhered strictly to this formula, but the Easter of other Christian Churches is not necessarily preceded by the Passover.

LENTEN MEALS – ORTHODOX MISSIONS

This year, we will once again have Lenten meals, held after the Clean Monday Great Compline Service and after each Wednesday evening Pre-sanctified Liturgy. All free-will monetary donations collected from the Lenten meals will benefit the Orthodox Missions

SUNDAY CHURCH SCHOOL

Happy New Year! It's hard to believe that we are already half way through the Sunday School year. The students did an excellent job on our annual Christmas pageant. The Third and fourth grade class sponsored a "penny drive" for our Orthodox missions. The children collected \$127 from coin donations which was sent to assist one of our church missions! We thank teachers

Sotiria and Maria Stavropoulos for running this drive.

I would like to take the opportunity to thank our Sunday School teachers for their good work this year. Each of us has many personal and work related commitments, but these dedicated parishioners have accepted the responsibility under the direction of Father Anargyros, and along with the family, of teaching our faith to the children of our community. In addition to instructing classes, each teacher is chairing or participating in one or more of our annual events. Thank you!

The calendar of Sunday School activities continues to be filled with upcoming events. We celebrated the Three Hierarchs/Greek Letters Day with the Greek School on Sunday January 26. Our annual OCMC missions drive begins in February.

On February 5 the Sunday School will be sponsoring Godparents Sunday. Please join us in honoring Godparents Sunday and supporting the Godparents Breakfast.

March 10th is our **Saturday Lenten Retreat**. We encourage all students to participate. The children who attended in the Fall had a great day and learned a lot about the traditions of our Church. Please look for the upcoming flyer for registration.

We are looking for parent volunteers to help refurbish the costumes for the Christmas pageant. Please contact Dina Sofos Rainy 201- 677-9240 if you can help. It's a great activity while waiting at the church for your children to finish Greek School or Greek Dancing, or other activities etc.

Be sure to check out the Sunday School Bulletin Board for pictures and activities!

SUNDAY SCHOOL EVENTS

February 5th	Godparent/Godchild Sunday
March 10th	Saturday Lenten Retreat
March 4th	Sunday of Orthodoxy - Children bring icons from home for procession
March 16th	Oratorical Festival

Athena Georgotas
Sunday Church School Director

*Saint Athanasios Sunday Church School
Celebrates*

Godparent/ Godchild Sunday



Sunday, February 5th

Please join us for
Divine Liturgy at 10:00
Followed by Community Breakfast
Breakfast is by reservation only

Tickets: \$5 per person
(children 5 and under free)

RSVP for tickets ASAP
Seating is Limited

Call Josiane at 646-250-2964 or 201-670-6633 - email at
jsangaret@optimum.net or

Stella Backos at 201-818-6461 or 201-638-4268 - email at riti99@msn.com

GREEK SCHOOL

On December 18th, the students of our Sunday and Greek schools, presented a beautiful Christmas program in our community hall. Congratulations to all the teachers and students, for a job well done!!!

The 21st of December was the last day of the Greek School (before the holidays), and our Greek school students, entertained us with traditional carols and Christmas songs. The same day, the PTO offered a tasty meal to all the children, while Santa Claus surprised us with gifts for all!!!

The 27th of February is Clean Monday –the "kites flying day"–Please make sure, your children will bring a kite when they come to Greek School this day.

On Monday, March 19th, we will celebrate the Greek Independence Day at 5:00pm.

Thank you,

Sophia Stamatiou
Principal

PTO

Dear St. Athanasios Families,

Happy New Year to all of our families! We sincerely hope this holiday season was a happy, healthy and peaceful one.

As the year came to an end, our Greek School children did a wonderful job enhancing the Christmas Program/Play with delightful Christmas Songs and Poems. We celebrated the last day before Christmas break with a special reading of **“The Lucky Cake”** from author Anna Prokos. The children were captivated as the author read the book about a Vasilopita and its special meaning. Mrs. Prokos was also on hand selling the autographed books for our children and their families. A percent of the proceeds will be donated back to the St. Athanasios PTO. The same evening our children were treated to a lentel dinner and a visit from Santa Clause!!

Additionally, this year our Greek School families along with others from the community, were able to pull together and donate over \$750 to purchase 30 gifts from the “wish lists” of the children residing at St. Basil’s. This was truly a wonderful project which helped fulfill these wishes and make a difference in these children’s lives!!

Remember our Annual PTO “Horoesperida”, featuring Yianni Papastefanou and his Orchestra is on Saturday, February 11, 2012!!. Our GOYA & Greek School Children will be dancing. There will be a 50/50 raffle, live

entertainment for our children and more activities.

Please contact Eleni Karounos 631-926-0620 or Maria Xanthos 201-960-5799 to reserve your table.

As always we encourage and welcome everyone to please come to our upcoming meetings, get involved and offer us your valuable input!

Please mark your calendars:

Saturday, February 11, 2012: PTO Annual "Horoesperida" Dinner Dance

Sunday, February 13, 2012: PTO Monthly Meeting - 5:00pm in Community Hall

Monday, February 20, 2012: No Greek School - President's Day

Sunday, February 26, 2012: PTO Lagana Bread Sale...following the Divine Liturgy

Monday, February 27, 2012: Καθαρά Δευτέρα (Clean Monday)...Kite Flying (weather permitted)

Monday, March 12, 2012: PTO Monthly Meeting - 5:00pm in Community Hall

Monday, March 19, 2012: Greek Independence Day Program

Also, March 25th is the Greek Independence Day Parade in New York City! Please look out for more information regarding transportation!

Καλή χρονιά και Ευτυχισμένο το νέο έτος σε όλους!

With love in Christ,

Eleni Karounos
St. Athanasios PTO President

PHILOPTOCHOS

On behalf of St. Irene's Philoptochos Society, we wish you and your families a very blessed, happy, healthy and prosperous New Year. We have kicked off our yearly membership drive, and urge all Orthodox Christian Women in the community to join our organization.

Philoptochos is the backbone of Orthodox Philanthropy, the channel through which we can help our fellow men. Philoptochos is one of the most viable organizations in the Archdiocese, not only in our parish. It is one of the largest women's Christian associations in the United States. Philoptochos offers so many opportunities to help in so many ways. Among the ways we offer assistance at the local, Metropolis and National levels are the following: Crisis intervention, disaster relief, parishioners' financial needs, OCMC, IOCC, HC/HC, St. Basil

Academy, Cancer Fund, UNICEF, Retired Clergy, Scholarships for Seminarians, Red Cross, Blankets, food for those in need, and countless other ways our Chapter helps in the community. Even if you believe you don't have the time to participate in the various projects of Philoptochos, YOUR dues makes it possible for Philoptochos to support its many ministries. In Matthew 45, Christ tells us, "In as much as you did it not to one of the least of these, ye did it not to me." Please take a minute to complete the attached membership form.

We had a lovely visit to St. Michael's Home as a community on December 29, 2011. Members from JOY, Sunday Church School, GOYA, Philoptochos and Hellenic Seniors spent the afternoon singing Carols, dropping off gifts and visiting with the residents of St. Michaels. We brought much joy to their hearts, and left with our spirits uplifted.

Philoptochos also hosted our Annual New Year's Party on January 3, 2012 at The Seasons'. We had a wonderful evening, enjoyed each others fellowship, fine food and plenty of Kefi!

We are proud to announce that 3 of our members will be honored by our Metropolis at the upcoming Agape Luncheon on Saturday, February 4, 2012, for having been members of Philoptochos for 50 or more years. Those members are Constance Caravoulis, Helen Boyas, and Theodora Constandelis. Congratulations to Connie, Helen and Dot. We are proud of their dedication and years of service. The Agape Luncheon will be benefitting the National Philoptochos' "Philantropia House", whose goal is to purchase a building in order to house the Philoptochos Charity and Ministry.

On February 25, 2012, along with the Metropolis of NJ we will be making our annual visitation to St. Michael's Home for the Aged. Once again an opportunity to bring comfort, fellowship and joy to the elderly. If you are interested in attending, please see Thea Portelos.

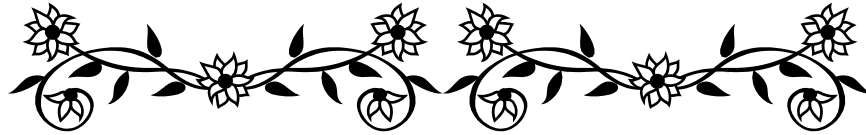
We are preparing for our Annual Tricky Tray, which will be held on Tuesday, March 13, 2012.

As always we are seeking donations of "new" items to be raffled at the event. We are accepting "new items" valued at \$20 and over, as well as gift certificates, and cash to purchase gift items. Please leave donations with a Philoptochos member or in the church office.

Our next Philoptochos meeting is Tuesday, February 7, 2012 at 7:30 pm. As always we thank you for your support of Philoptochos' Ministry.

Sincerely,

Thea Portelos
President



Saint Irene Philoptochos Society of
Saint Athanasios Greek Orthodox
Church

Presents our

ANNUAL TRICKY TRAY

Tuesday, March 13, 2012
at 7:00 pm

Snow Date - Thursday, March 15th

St. Athanasios Greek Orthodox Church
51 Paramus Road
Paramus, NJ 07652

Coffee and Pastry will be served
Refreshments will also be available from our
concession

Tickets \$7.00

For tickets, please call Xanthipi Nakopoulos at
201-391-8742, Thea Portelos at 201-446-9144 or
the Church Office at (201) 368-8881

GOYA

The holiday season gives us a great opportunity to spend time with our loved ones and to give back to those who are less fortunate. As a GOYA, we were able to spend the month of December together, by attending various activities such as our own Christmas party, the Christmas Dance and the Christmas Retreat/Bridges.

The first event of December was the annual Christmas Retreat combined with Bridges, which was held on December 9th at the Wyckoff church. The retreat truly taught us more about the real meaning of Christmas and how to keep that in our hearts through every Christmas season. Bridges was also a wonderful way to give back to those who are less fortunate. Maria Kovoros and I were able to deliver the sandwiches and toiletry bags that were made for the homeless directly to them the next day. This was a truly humbling and fulfilling experience. Seeing the people smiling and thanking us made me feel grateful for what I have, but more importantly, grateful that I was able to help them. On December 15th, we had our annual GOYA Christmas Party where we shared both gifts and laughs. Then later on the 28th we attended the Christmas Dance at the Randolph Church where we spent more time with each other while meeting other GOYAns as well. Our fundraiser selling Christmas wreaths was also a success in December. Many thanks to those who purchased them! As for the month of January, there were no GOYA events, but it was filled with preparations for Sights and Sounds! Practices for all of the “Sounds” groups as well as working on our “Sights” have always been a great way to bond with fellow GOYA members.

On a final note, I would like to thank my fellow GOYAns for being active and participating in all of our activities, because that has made the first half of our year together even more special. I look forward to what 2012 has in store.

With Christ’s Love,

Eleni Skoutakis

GOYA President

FOS

“Fos” (Light) is a Parish Ministry (Organization) within St. Athanasios Greek Orthodox Church. The purpose of FOS is to promote the Orthodox Faith within and outside the parish.

Congratulations to the new FOS Board!

PRESIDENT: Karen Scoullis

TREASURER: Thea Portelos

SECRETARY: Christina Georgotas

N.Y.C. GREEK INDEPENDENCE DAY PARADE

Sunday, March 25, 2012

Buses will be available if enough people register.
Please contact the Church Office. Deadline for
registration is Friday, March 16, 2012