

# KIMISIS COMMUNITY JOURNAL



SPRING 2024 Edition

KIMISIS TIS THEOTOKOU GREEK ORTHODOX CHURCH

HOLMDEL NEW JERSEY



## Top News:

*Sights & Sounds / Paint & Sip / Apokreatiko Glendi / Blood Drive / Oratorical Festival*





# Father's Message



*Beloved Brothers and Sisters,*

Great Lent, a unique period for Greek Orthodox Christians, is often referred to as a spiritual journey, a time to descend our mind, filled with worries and distractions, to the stillness of our heart where we can clearly hear God's voice and direction for our life. The Orthodox Church helps us to reach that spiritual stage with the 40 days spiritual struggle to transform ourselves into a Christ-centric life, through fasting, prayer and repentance.

Great Lent is the time of the year prescribed by the Orthodox Church for the faithful to devote themselves to the daily task of fasting and prayer. Even though fasting or self-discipline is most valuable in the building of character, it is one of the most neglected of Christian exercises. We are not called upon to practice great or unusual acts of asceticism, but we need to train ourselves constantly to saying "no" to our passions and to our desires. We are most efficient in saying "no" to anyone who represents authority, but we are most incompetent in saying "no" to ourselves. What we need is self-discipline and self-control. These are acquired only by regular spiritual exercises. It is gladness, joy of the spirit, triumph of the eternal over the temporal, victory of truth over falsehood and of light over darkness.

When the Orthodox Church speaks of fasting, it speaks of real fasting and not merely abstinence from meat products, but abstinence from sins. St. John Chrysostom speaking on these subject remarks, "Fasting to those who do not know how to fast is most dangerous. Fasting is a medicine. But as a medicine, it frequently is useless owing to the unskillfulness of him or her who employs it".

True fasting is abstinence from evil, controlling of the tongue, laying aside of anger, putting off desires, accusations, falsehood, and perjury. Through fasting we develop character, will-power and spiritual strength. The by-product of fasting is self-discipline and self-control.

Lent is a time for gentleness and patience, a time for peace and serenity, in which having put away all evil actions we strive after steadfastness in what is good. Now is the time when generous Christian souls forgive offences, pay no heed to insults, and wipe out the memory of past injuries.

Fasting ought to be joined to prayer, since the latter is the measuring stick of one's spiritual life. This thing called spirituality is measured by the degree to which we are capable to pray. Prayer is the bulwark of faith. Prayer refreshes the soul and the body. Prayer is the key to spiritual life.

God can and does speak to the soul in many ways. He speaks in the voice of the conscious which urges us to do this and to avoid that. He speaks to us when we receive Holy Communion. He speaks to us in silent prayer when we cease to babble and begin to listen.

Great Lent is also a penitential period. The idea of repentance is unfortunately associated with an external act. The purpose of repentance is bringing a closer and more perfect union with God. The external act of penance is good and necessary, but it is of no value if it is not performed with the proper spirit.

The Lenten Season offers Christians an opportunity and a challenge at the same time. The spirit of Great Lent is to "fast not unto men, but unto God, our Father." (Matthew 16:18). Let us all join Holy Lent with joy, reverence, and zeal, with full participation in the Services.

May Lord our God fulfill us with the Paschal Joy and peace celebrating His Holy Resurrection.

On behalf of all the Organizations of our Kimisis, Wishing you and your families a Blessed Lent.

In His Service,  
Fr. Panagiotis Lekkas



# ΚΑΛΟ ΠΑΣΧΑ



## Πορεία προς το Πάσχα.

Αγαπητοί αδελφοί:

Η περίοδος της Μεγάλης Τεσσαρακοστής είναι ένα σχολείο μετανοίας στο οποίο κάθε χριστιανός οφείλει να φοιτά κάθε χρόνο για να καταφέρει να εμβαθύνει στην πίστη του, να την επανεκτιμά και αν είναι δυνατόν, ν' αλλάξει τη ζωή του. Είναι μια υπέροχη Προσκυνηματική πορεία προς τις πηγές της πίστεως μας και μια εκ νέου ανακάλυψη του Ορθόδοξου τρόπου ζωής.

Πάνω απ' όλα ο προορισμός αυτού του πνευματικού ταξιδιού είναι βέβαια το Πάσχα, η Εορτή των Εορτών. Στην αρχαία Εκκλησία βασικός σκοπός της περιόδου αυτής ήταν να προετοιμαστούν οι Κατηχούμενοι, δηλαδή οι νέοι υποψήφιοι χριστιανοί, αφού το Βάπτισμά των πραγματώνονταν στη διάρκεια της 'Αναστάσιμης Θείας Λειτουργίας. Αλλά και σήμερα που έχει καθιερωθεί ο νηπιοβαπτισμός το βασικό νόημα της Μεγάλης Τεσσαρακοστής παραμένει το ίδιο. Γιατί, αν και είμαστε βαπτισμένοι, εκείνο που συνεχώς χάνουμε και προδίδουμε είναι ακριβώς αυτό που λάβαμε στο Βάπτισμα, τη γεύση δηλαδή της νέας εν Χριστώ ζωής. Έτσι το Πάσχα είναι για μας η επιστροφή στο Βάπτισμά μας και η Μεγάλη Τεσσαρακοστή η προετοιμασία μας για τον αναβαπτισμό μας.

Αυτή η μεταφορά από μια πνευματική κατάσταση στην άλλη, ακυρώνει μάλιστα την απλή και τυπική αντίληψη σχετικά με τη σημασία αυτής της περιόδου. Η πλειονότητα των αδελφών μας θεωρεί την Μεγάλη Τεσσαρακοστή σαν μια περίοδο στη διάρκεια της οποίας πρέπει να εκπληρώσουν τις "θρησκευτικές τους υποχρεώσεις" και να συμμορφωθούν με τους "περιορισμούς της νηστείας", ώσπου να τους αντικαταστήσουν με τη γενική κατάλυση της πασχαλινής περιόδου. Έτσι το αληθινό πνεύμα αυτής της περιόδου έχει εντελώς χαθεί από τη ζωή μας.

Την Μεγάλη Τεσσαρακοστή η Εκκλησία μας δίνει τα κατάλληλα πνευματικά εφόδια, που όλοι μας διαμέσου της τακτικής προσευχής, της νηστείας από υλικά αγαθά και εγκρατείας από τα πάθη, της μετάνοιας, της συχνής συμμετοχής στην Θεία Κοινωνία και γενικά στην μυστηριακή ζωή της Εκκλησίας, της φιλανθρωπίας ερχόμαστε πιο κοντά στον Αυτρωτή μας Κύριο ο οποίος έδωσε την ζωή Του για εμάς και άφησε την Εκκλησία Του επάνω στην γη εις βοήθεια και σωτηρία όλων μας.

Η φυσική και πνευματική προσπάθειά μας αρχίζει να μας γίνεται αισθητή, το φόρτωμα να γίνεται πιο βαρύ, η κόπωση πιο φανερή. Έχουμε ανάγκη από βοήθεια και ενθάρρυνση σε αυτό το μονοπάτι της πνευματικής πορείας. Η Εκκλησία μας προτάσσει το Σταυρό του Κυρίου μας για να πάρουμε δύναμη, νά αναζωογονηθούμε και έτσι ανανεωμένοι να συνεχίσουμε το αγώνα της Μεγάλης Τεσσαρακοστής.

Αρχίζουμε πλέον να βλέπουμε το τέλος της πορείας μας και η ακτινοβολία του Πάσχα γίνεται πιο έντονη. Έτσι η δική μας σταύρωση γίνεται εφικτή με τη θέα του Σταυρού που σήκωσε Εκείνος για να μας σώσει. Ο δικός Του Σταυρός, όχι ο δικός μας, είναι εκείνος που μας σώζει!

Εκ μέρους του Εκκλησιαστικού Συμβουλίου και όλων των Εκκλησιαστικών οργανώσεων της ενορίας μας, θα ήθελα να ευχηθώ σε όλους τους ενορίτες της Κοιμήσεως, υγεία εγρήγορη και υπομονή καθ' όλο το διάστημα της Αγίας και μεγάλης Τεσσαρακοστής. Σας εύχομαι Καλό ευφρόσυνο και χαρούμενο Πάσχα.

Μετά πατρικής Αγάπης:

Αιδ. Πρω. Π. Λέκκας  
Ιερ. Προϊστάμενος.



# ΚΑΛΟ ΠΑΣΧΑ



## Divine Services for Holy and Great Lent 2024 Kimisis Tis Theotokou Greek Orthodox Church

Monday, March 18, 2024, Δευτέρα, 18 Μαρτίου 2024,	Great Compline Άκολ. τοῦ Μεγάλου Ἀποδείπνου Bible Study Βιβλική μελέτη	6:00 -7:00 PM 6:00 -7:00 μ.μ. 7:00 – 8:00 PM 7:00 – 8:00 μ.μ.
Wednesday, March 22, 2024, Τετάρτη, 20 Μαρτίου 2024,	Pre Sanctified Liturgy Προηγιασμένη/Θ. Λειτουργία	9:00 – 11:00 AM 9:00 – 11:00 π.μ.
Friday, March 22, 2024, Παρασκευή, 22 Μαρτίου 2024,	1 <sup>st</sup> Salutations to the Theotokos 1 <sup>η</sup> Άκολ. τῶν Χαιρετισμῶν Oratorical Festival Διαγωνισμός Ὁρθοσκευτικῆς Ὀμιλίας	6:00 – 7:00 PM 6:00 – 7:00 μ.μ. 7:00 – 8:30 PM 7:00 – 8:30 μ.μ.
Saturday, March 23, 2024, Σάββατο, 23 Μαρτίου 2024,	3 <sup>rd</sup> Saturday of Souls 3 Ψυχοσάββατο	9:00 – 11:00 AM 9:00 – 11:00 π.μ.
Sunday, March 24, 2024, Κυριακή, 24 Μαρτίου 2024,	Great Vespers of Annunciation in Jersey City Μ. Ἑσπερινός τῆς Ἑορ. τοῦ Εὐαγγελισμοῦ εἰς Jersey City	6:00 – 7:30 PM 6:00 – 7:30 μ.μ.
Monday, March 25, 2024, Δευτέρα, 25 Μαρτίου 2024,	Orthros & Divine Liturgy of the feast of the Annunciation of the Theotokos Ὁρθρος & Θεία Λειτουργία τῆς ἑορτῆς τοῦ Εὐαγγελισμοῦ τῆς Θεοτόκου	9:00- 11:00 AM 9:00 – 11:00 π.μ.
Wednesday, March 27, 2024, Τετάρτη, 27 Μαρτίου 2024,	Pre Sanctified Liturgy Προηγιασμένη/Θ. Λειτουργία	9:00 – 11:00 PM 9:00 – 11:00 π.μ.
Friday, March 29, 2024, Παρασκευή, 29 Μαρτίου 2024,	2 <sup>nd</sup> Salutations to the Theotokos 2 <sup>η</sup> Άκολ. τῶν Χαιρετισμῶν Lenten Lectures Ὁμιλίες Μ. Τεσσαρακοστῆς	7:00 – 8:00 PM 7:00 – 8:00 μ.μ. 8:00 – 9:00 PM 8:00 – 9:00 μ.μ.
Sunday, March 31, 2024, Κυριακή, 31 Μαρτίου 2024,	Vespers of Forgiveness Κατανυκτικός Ἑσπερινός	2:00 – 3:00 PM 2:00 – 3:00 μ.μ.
Monday, April 1, 2024, Δευτέρα, 1 Ἀπριλίου 2024,	Great Compline Άκολ. τοῦ Μεγάλου Ἀποδείπνου Bible Study Βιβλική Μελέτη	6:00 -7:00 PM 6:00 -7:00 μ.μ. 7:00 – 8:00 PM 7:00 – 8:00 μ.μ.



# ΚΑΛΟ PASCHA



Wednesday, April 3, 2024, Τετάρτη, 3 Απριλίου 2024,	Pre Sanctified Liturgy Προηγιασμένη/Θ. Λειτουργία	6:00 – 7:30 PM 6:00 – 7:30 μ.μ.
Friday, April 5, 2024, Παρασκευή, 5 Απριλίου 2024,	3 <sup>rd</sup> Salutations to the Theotokos 3 <sup>η</sup> Άκολ. τῶν Χαιρετισμῶν Lenten Lectures Όμιλίες Μ. Τεσσαρακοστῆς	7:00 – 8:00 PM 7:00 – 8:00 μ.μ. 8:00 – 9:00 PM 8:00 – 9:00 μ.μ.
Sunday, April 7, 2024, Κυριακή, 7 Απριλίου 2024,	Vespers of Forgiveness Κατανυκτικός Έσπερινός	2:00 – 3:00 PM 2:00 – 3:00 μ.μ.
Monday, April 8, 2024, Δευτέρα, 8 Απριλίου 2024,	Great Compline Άκολ. τοῦ Μεγάλου Αποδείπνου Bible Study Βιβλική Μελέτη	6:00 – 7:00 PM 6:00 – 7:00 μ.μ. 7:00 – 8:00 PM 7:00 – 8:00 μ.μ.
Wednesday, April 10, 2024, Τετάρτη, 10 Απριλίου 2024,	Pre Sanctified Liturgy Προηγιασμένη/Θ. Λειτουργία.	6:00 – 7:30 PM 6:00 – 7:30 μ.μ.
Friday, April 12, 2024, Παρασκευή, 12 Απριλίου 2024,	4 <sup>th</sup> Salutations to the Theotokos 4 <sup>η</sup> Άκολ. τῶν Χαιρετισμῶν Lenten Lectures Όμιλίες Μ. Τεσσαρακοστῆς	7:00 – 8:00 PM 7:00 – 8:00 PM 8:00 – 9:00 PM 8:00 – 9:00 PM
Sunday, April 14, 2024, Κυριακή, 14 Απριλίου 2024,	Vespers of Forgiveness Κατανυκτικός Έσπερινός	2:00 – 3:00 PM 2:00 – 3:00 μ.μ.
Monday, April 15, 2024, Δευτέρα, 15 Απριλίου 2024,	Great Compline Μέγα Απόδειπνον Bible Study Βιβλική Μελέτη	6:00 - 7:00 PM 6:00 - 7:00 μ.μ. 7:00 - 8:00 PM 7:00 - 8:00 μ.μ.
Wednesday, April 17, 2024, Τετάρτη, 17 Απριλίου 2024,	Pre Sanctified Liturgy Προηγιασμένη/Θ. Λειτουργία	9:00 – 11:00 AM 9:00 – 11:00 π.μ.
Friday, April 19, 2024, Παρασκευή, 19 Απριλίου 2024,	Akathist Hymn Service Άκ. τοῦ Ακαθίστου Ὑμνου Lenten Lectures Όμιλίες Μ. Τεσσαρακοστῆς	7:00 – 8:30 PM 7:00 – 8:30 μ.μ. 8:30 – 9:30 PM 8:30 – 9:30 μ.μ.
Sunday, April 21, 2024, Κυριακή, 21 Απριλίου 2024,	Vespers of Forgiveness Κατανυκτικός Έσπερινός	2:00 – 3:00 PM 2:00 – 3:00 μ.μ.
Monday, April 22, 2024, Δευτέρα, 22 Απριλίου 2024,	Great Compline Service Άκολ. τοῦ Μεγάλου Αποδείπνου.	6:00 – 7:00 PM 6:00 - 7:00 μ.μ.
Wednesday, April 24, 2024, Τετάρτη, 24 Απριλίου 2024,	Pre Sanctified Liturgy Προηγιασμένη/Θ. Λειτουργία	6:00 – 7:30 PM 6:00 – 7:30 μ.μ.
Saturday, April 27, 2024, Σάββατο, 27 Απριλίου 2024,	Saturday of Lazarus Σάββατο τοῦ Λαζάρου	9:00 – 11:00 AM 9:00 – 11:00 π.μ.
Sunday, April 28, 2024,	Palm Sunday – Ort. & Div. Liturgy	8:30 – 11:30 AM



# ΚΑΛΟ ΠΑΣΧΑ



Κυριακή, 28 Απριλίου 2024,	Κυριακή Βαΐων Ὁρ. & Θ. Λειτουργία	8:30 – 11:30 π.μ.
Sunday, April 28, 2024, Κυριακή, 28 Απριλίου 2024,	1 <sup>st</sup> Service of the Bridegroom 1 <sup>η</sup> Ἀκολουθία τοῦ Νυμφίου	6:30 – 7:30 PM 6:30 – 7:30 μ.μ.
Monday, April 29, 2024, Μεγ. Δευτέρα, 29 Απριλίου 2024,	Holy Monday – Pre Sanc. Liturgy Προηγιασμένη/ Θ. Λειτουργία	9:30 – 11:30 AM 9:30 – 11:30 π.μ.
Monday, April 29, 2024, Μεγ. Δευτέρα, 29 Απριλίου 2024,	2 <sup>nd</sup> Service of the Bridegroom 2 <sup>η</sup> Ἀκολουθία τοῦ Νυμφίου	6:30 – 7:30 PM 6:30 – 7:30 μ.μ.
Tuesday, April 30, 2024, Μεγ. Τρίτη, 30 Απριλίου 2024,	Holy Tuesday – Pre Sanc. Liturgy Προηγιασμένη/ Θ. Λειτουργία	9:30 – 11:30 AM 9:30 – 11:30 π.μ.
Tuesday, April 30, 2024, Μεγ. Τρίτη, 30 Απριλίου 2024,	3 <sup>rd</sup> Service of the Bridegroom 3 <sup>η</sup> Ἀκολουθία τοῦ Νυμφίου	6:30 – 7:30 PM 6:30 – 7:30 μ.μ.
Wednesday, May 1, 2024, Μεγ. Τετάρτη, 1 Μαΐου 2024,	Holy Wednesday – Pre Sanc. Liturgy Προηγιασμένη/ Θ. Λειτουργία	9:30 – 11:30 AM 9:30 – 11:30 π.μ.
Wednesday, May 1, 2024, Μεγ. Τετάρτη, 1 Μαΐου 2024,	Holy Unction Ἀκολ. τοῦ Ἁγίου Εὐχέλαιου	4:00 – 5:00 PM 4:00 – 5:00 μ.μ.
Wednesday, May 1, 2024, Μεγ. Τετάρτη, 1 Μαΐου 2024,	Matins of Holy Thursday Service Ἀκολ. τοῦ Ὁρθρου Μεγ. Πέμπτης	6:30 – 8:30 PM 6:30 – 8:30 μ.μ.
Thursday, May 2, 2024, Πέμπτη, 2 Μαΐου 2024,	Vesperal Div. Lit. of St. Basil Ἑσπερινός & Θεία Λειτουργία του Μεγάλου Βασιλείου	9:00 – 11:00 AM 9:00 – 11:00 π.μ.
Thursday, May 2, 2024, Πέμπτη, 2 Μαΐου 2024,	Service of the Crucifixion Ἀκολουθία τῶν Παθῶν	6:00 – 9:30 PM 6:00 – 9:30 μ.μ.
Friday, May 3, 2024, Παρασκευή, 3 Μαΐου 2024,	Great Royal Hours Service Ἀκολ. τῶν Βασιλικῶν Ὁρῶν	12:30 – 3:00 PM 12:30 – 3:00 μ.μ.
Friday, May 3, 2024, Παρασκευή, 3 Μαΐου 2024,	Apokathelosis Service Ἀκολ. τῆς Ἀποκαθηλώσεως	3:00 – 4:30 PM 3:00 – 4:30 μ.μ.
Friday, May 3, 2024, Παρασκευή, 3 Μαΐου 2024,	Lamentations Service Ἀκολουθία τοῦ Ἐπιταφίου Θρήνου	6:30 – 9:30 PM 6:30 – 9:30 μ.μ.
Saturday, May 4, 2024, Σάββατον, 4 Μαΐου 2024,	Vesperal Div. Lit. of St. Basil Ἑσπερινός Θεία Λειτουργία Μέγα Βασιλείου	9:00 – 11:00 AM 9:00 – 11:00 π.μ.
Saturday, May 4, 2024, Σάββατον, 4 Μαΐου 2024	Resurrection Service Πανυχχίς / Ἀκολ. τῆς Ἀναστάσεως	11:00 – 12:10 AM 11:00 – 12:30 π.μ.
Sunday, May 5, 2024, Κυριακή 5 Μαΐου 2024,	Orthros / Divine Liturgy of the Resurrection Ὁρθρος / Θεία Λειτουργία τῆς Ἀναστάσεως	12:10- 2:10 AM 12:10 – 2:10 π.μ.
Sunday, May 5, 2024, Κυριακή, 5 Μαΐου 2024,	Easter – Agape service Ἑσπερινός τῆς Ἀγάπης	12:30 – 1:30 PM 12:30 – 1:30 μ.μ.



## Letter from the President



Dearest Stewards of Kimisis Tis Theotokou,

I hope this letter finds you well and filled with the blessings of the season. As we approach Easter, I am compelled to take a moment to express my deepest gratitude to each and every one of you for your unwavering commitment to our church community.

As we prepare to celebrate the resurrection of our Lord, I want to wish each of you a meaningful lent (Sarakosti) and joyous Easter (Pascha). Let us reflect on the profound message of Easter – a message of new beginnings, forgiveness, and the triumph of light over darkness.

Your stewardship, in all its forms, is the bedrock upon which our parish stands. Whether it is through your time spent volunteering, your generous financial contributions, or the warmth and kindness you extend to one another, your dedication does not go unnoticed. It is through your collective efforts that we are able to create a welcoming, nurturing, and spiritually enriching environment for all who walk through our doors. Watching our youth thrive in Joy and Hope, Greek School, Sunday School, Maids of Athena, and GOYA is truly a blessing. The Parish Council extends our deepest appreciation to Father Pangiotis Lekkas and all our ministries for their tireless efforts to ensure the continuance of our faith, culture, and teachings.

We look forward to everyone's assistance for another successful Festival this June. Please take a moment to volunteer for any shift(s) for which you are available from June 6th-9th. You may email me your availability at [1234properties@gmail.com](mailto:1234properties@gmail.com).

Please see all our upcoming events on our website [www.kimisis.com](http://www.kimisis.com) and Facebook page <https://www.facebook.com/KimisisHolmdel/>.

Thank you, once again, for all you do. Your commitment to our parish is a blessing beyond measure.

With warmest regards and Easter blessings,  
Despina "Debbie" Mattos  
President, Kimisis Tis Theotokou

# Stewardship News



A little while ago I was in church listening to Fr. Panayioti read the gospel by Matthew where Jesus proclaimed, “It is easier for a camel to pass through the eye of a needle than a rich man to enter the Kingdom of Heaven”.

Afterward in his sermon he explained that the meaning of the lesson was about our priorities in life, of what we collect or cling to in this world. That we choose to strive and collect material objects when we can choose to create a legacy for our future generations.

We are guided by our faith to be good stewards of our spiritual home. There are many ways we can accomplish this with our “Treasures, Time and Talent”

1. Becoming a Steward to Kimisis and fulfilling your commitment.
2. Join one of our church ministries  
(Sunday School, Parish Council, Philoptochos,  
Festival Committee, etc.)

3. Assist and attend our fundraising events like our festival, dances, luncheons, among the many other events we have over the course of the year.

4. Offer your ideas and input about helping the overall wellbeing of our church.
5. Give your assistance to maintenance and cleanliness our building and grounds.
6. Leave a legacy donation to be appreciated for future generations of our Kimisis family.

These are just a few examples of how we can all help a little to reap great rewards.

Back in the mid 1970's a small group of Greek-Americans (some of them your families) had a vision to create a Greek Orthodox community of their own. Much like a small group of Spartans we've all heard tale about, they were dedicated to a common vision and through years of hard work, built the spiritual home we see standing today.

We now need to keep our community growing, take up the cause and steward the home they started for future generations of Greek-Americans to grow and prosper.

Just like your own home requires constant maintenance and upkeep, our home of Kimisis also needs to be maintained. We can all help out keeping our facilities clean, neat and well maintained. Please offer whatever assistance you can.

As we strive together to meet our financial goals, here are our stewardship standings as of the end of 2023:

- ***There are 317 Steward Members/Families contributing in our community. This is an increase of 3.2% over 2022.***
- ***Stewardship contributions for 2023 were \$265,000. This represents a 22.5% increase from 2022***
- ***The average Stewardship donation increased 15% from 2022 to 2023***

As we all are well aware, Stewardship is our chief funding resource, but due to some lack of financial commitment we require many other fundraising events to keep our church in good financial standing. So commit yourself to the future of Kimisis Tis Theotokou with your body, mind, heart and soul. Let not the vision and toil of our founders be in vain.

Your life and legacy lay before you. Keep our faith, heritage, community and vision alive and flourishing for our next generation.

Your Stewardship Brother, Ed Haliotis



# Philoptochos



## *The Ladies Philoptochos Society invites all women of the Kimisis Tis Theotokou community to join our dynamic chapter in an effort to help us help others.*

*This is a special group of women  
whose collective drive, dedication, and heart  
help those who need it most. No one is too young  
or too old to join and do meaningful work.*

*Please scan the QR code or click the link below to complete our membership form  
if you are interested in joining our chapter, leading by example  
and impacting the lives of those in need within our community.*

*We look forward to welcoming you!*



Scan to complete membership form online

<https://forms.gle/Nvpb9y1NijP3wCxd6>



# Philoptochos



The Ladies Philoptochos Society of Kimisis Tis Theotokou is the philanthropic arm of the church. We appreciate your assistance throughout the year in helping us to help those in need, which include the poor, the ill, the homebound and those in need of a friend. We invite anyone 18 years of age and older to join our chapter and one of our many committees.

In February, our Kimisis community came together to support the Blessing Bag Brigade of NJ with our **SPREAD THE LOVE** event. With help from many, we assembled 300 Blessing Bags containing essential items in our community center during coffee hour. We also collected new and gently used clothing and outerwear to bring warmth to those in need. Thanks to all who donated their time, talent and treasure to make this possible. Joanna Kotsis - Coordinator

Philoptochos sponsored their annual free blood pressure screening by our Chapter nurses on Heart Healthy Sunday, presenting signs and symptoms of stroke, offering guidelines for healthy diet, exercise and referrals to health care providers as needed. Members dressed in red and spread the word to stay healthy. Alaina Bontales, RN - Coordinator

In collaboration with St. Benedict's Church - Holmdel, we assist with the St. Vincent de Paul Food Pantry. Monmouth County families in need are permitted to visit the Pantry every two weeks and receive two bags of groceries provided by the State, a frozen protein (fish, beef, chicken) and a dozen eggs. Shelves to accommodate groceries were recently set up in the Food Pantry providing families with privacy to select items for their household from donations placed on these shelves. These selections are in addition to the two bags they receive. Helene Quinn and Cherine Kandalaft volunteer at the pantry. They appreciate the donations from our Parish and hope to spread the message of feeding those in need to all our parish ministries. Please pick up a free reusable grocery bag in the community center corridor, and return it with anything or everything from the list of essential items. Helene Quinn – Coordinator.

Upcoming events -

Sunday April 7<sup>th</sup> - Fasolada Luncheon – Immediately following dismissal from church in the community center. Reserve your seat and enjoy a Lenten Fasolada lunch or pre-order Fasolada (Quart Size) and/or Skordalia (one-pound container) to take home. See flyer below.

Sunday May 4<sup>th</sup> – Palm Sunday Luncheon – Immediately following dismissal from church in the GYM. Reserve your seat or a table of 8! Reservations required. See flyer below.

Saturday May 11<sup>th</sup> – Ronald McDonald House (RMH) Walkathon in Manhattan to benefit the Greek Division of RMH where parents are able to stay while their child is undergoing Cancer care.

Sunday May 12<sup>th</sup> – Lovely potted plants will be wrapped and tagged for your purchase at the end of Divine Liturgy for any Mom, Yiayia or Nona you wish to surprise!

For further information, contact Corresponding Secretary at [cheryl.bontales@gmail.com](mailto:cheryl.bontales@gmail.com)

Membership dinner- Ponte Vecchio in Old Bridge NJ –May 30<sup>th</sup>. Mary Loizou – Coordinator.

# Philoptochos



## LADIES PHILOPTOCHOS SOCIETY SPRING 2024 CALENDAR OF EVENTS

### MAR 13 BOARD MEETING

Board Members will meet via zoom at 6pm to begin 2025 large event planning with updates to be shared with all members at upcoming General Meeting.

### MAR 17 GENERAL MEMBERSHIP MEETING

New members welcome! Grab your coffee and join us in the All Purpose Room following Divine Liturgy.

### APR 7 FASOLADA LUNCHEON

- Sit down and enjoy a delicious lenten lunch with friends
- \$15 per person includes soup, bagels, olives, skordalia and dessert
- \$10 for takeout quart of soup

### APR 21 GENERAL MEMBERSHIP MEETING

New members welcome! Grab your coffee and join us in the All Purpose Room following Divine Liturgy

### APR 28 PALM SUNDAY LUNCHEON

- Join us for a delicious fish luncheon after Divine Liturgy in the Community Center
- Adults \$30 | Children under 12 \$15 (baked ziti will also be available)

### MAY 11 RONALD MCDONALD HOUSE WALKATHON

- The Greek Division of Ronald McDonald House New York, helps support children and families battling pediatric cancer
- Join us for the 29th Annual Walk, which raises funds and awareness for those brave children as they battle cancer. The Walk is a fun, family-friendly celebration of philanthropy and Greek heritage
- Reach out to [kimisisphiloptochos@gmail.com](mailto:kimisisphiloptochos@gmail.com) for more info

### MAY 12 MOTHER'S DAY PLANT SALE

- Pick up a beautiful potted plant to celebrate Mother's Day
- Each plant will include a special tag for the Mother/Grandmother/Godmother in your life

Proceeds from all fundraisers go towards Philoptochos' charitable endeavors  
Thank you for your continued support

We are a special group of women whose collective drive, dedication, and heart help those who need it most

Please complete our membership form if you are interested in joining our dynamic chapter, leading by example and impacting the lives of those in need within our community. We look forward to welcoming you!



Follow the QR code to become a member or make a donation to our cause. Thank you!

[kimisisphiloptochos@gmail.com](mailto:kimisisphiloptochos@gmail.com)



[@kimisisphiloptochos](https://www.facebook.com/kimisisphiloptochos)





# Philoptochos





# Sunday School



Our Sunday School Children have been busy the past few months.

**March 22<sup>nd</sup>** – Oratorical Festival ~ They worked on essays for the Oratorical Festival and had the highest participation for our parish so far. Congratulations to all who students.

**March 24<sup>th</sup>** – Orthodox Sunday they participated with Father in church and carried their icons.

**April 6<sup>th</sup>** – Christos Churney and Evangelia Belitsis are representing Kimisis in the Metropolis Festival.

**April 7<sup>th</sup>** – Sunday of the Holy Cross the children will join Father in Church with their crosses as part of the Lenten season.

**April 27<sup>th</sup>** – Saturday of Lazarus ~ Communion Breakfast and Palm making.

**May 19<sup>th</sup>** – Last Day of Sunday School and Teacher Appreciation Day

**June 2<sup>nd</sup>** – Graduation Sunday





# Greek School



## Kimisis Greek School

Spring 2024

Tuesdays and Wednesdays 5-7pm

Director: Evangelia Dounis



Upcoming Events: *April 14- NYC Greek Parade*

*May 31- End of Year Celebration*



**Greek Independence**

On March 24th, our students commemorated Greek Independence Day with songs and poems. It was a joyous event followed by a beautiful reception by the PTO.



**First Day of Spring**

We celebrated the first day of March, beginning of spring season by learning the tradition of "Martaki." The Maids of Athena helped our students make the bracelets.



**Apokriatiko Glenti**

The Greek School PTO organized a wonderful Apokriatiko Glenti for us on March 16th at the Grand Marquis. Lots of food, dancing and prizes. It was spectacular.



# KALI PAREA



KALI PAREA is a group of Seniors of Kimisis Tis Theotokou from ages 50+++ . We get together every first Tuesday of the month for companionship and good conversation.

We meet from 11:30-1:30. We bring a boxed lunch and for the Holidays we have potluck lunches, where everyone brings something to the gatherings.

In the past we have watched movies and played games.

Our up-coming events include:

**The Art Show at the Middletown Museum &  
Free Stage Shows for Seniors at the PNC Art Center.**

Our goal is to meet other seniors and enjoy a few hours of fun and good company, (hence Kali Parea).

We welcome new members and new ideas.

So come & enjoy the fun with some good company.

Respectfully,  
*Connie Mellas-President*

# Kimisis Dancers



## Kimisis Dancers - Spring 2023

The dance year has been flying by! Our GOYANs competed in both the Hellenic Folk Dance Festival in Annapolis, Maryland in January and at Sights and Sounds in Westfield, New Jersey in March. The Kimisis GOYA Dancers displayed the pride they have in their Hellenic heritage in the way they prepared for these competitions and for the performances themselves. Their kefi was infectious, the GOYANs were so happy with themselves for how they performed and our entire community should be proud of them. We look forward to next year's competitions!

All the Kimisis Dancers performed at our Apokriatiko Glendi on March 16th as well. The event was a huge success with over 200 guests in attendance and over 30 of our dancers performing.

Thank you to the PTO for inviting us to perform and put on a show for the community. The next big performance for all our groups is the Festival from June 6th to the 9th. The dancers can't wait to once again perform for the Kimisis community!

If your child is interested in becoming a dancer, please email Nicholas Fourniadis ( [nfourniadis@gmail.com](mailto:nfourniadis@gmail.com) ) for dancers 7 and up. If your child is between the ages of 4-6, you can email Catie Haliyiannis ( [catiehal@gmail.com](mailto:catiehal@gmail.com) ).



# Maids of Athena



The Maids of Athena chapter Theodora #282 has been working diligently these past few months. As we Spring forward, we are excited to take on new challenges that will only strengthen our sisterhood.

At the end of March, our members will be volunteering at our Blood Drive, which we have been planning and advertising for these past couple of months. These blood donations, with the assistance of the Red Cross, will doubtlessly save hundreds of lives. Later, in April, we will be completing our long-awaited Beautification Project right outside Kimisis, where we will be creating an enjoyable space for the entire community. Our sisters, along with some AHEPAN members, will be working together to turn this dream into a reality. Furthermore, to honor our devoted Moms this Mother's Day, we are having an ongoing Mother's Day Fundraiser, where the community can nominate any loving Mother for a chance to win her a beautiful gift basket. Our chapter will also be supporting the Girls on the Run program by completing a virtual 5k together. Through this, we will be promoting an organization that inspires young girls to build their confidence, compassion, and decision making skills.

Over the past few months, our chapter has been increasingly committed to the principles of the Maids of Athena. As a bonding event, we went ice skating together back in January. In February, we wrote handmade Valentine's Day cards that were delivered to the local nursing home. We also held a successful Hot Chocolate Fundraiser, where we sold fresh cocoa, candies, and packaged hot chocolate mix. Our girls volunteered at the Kimisis Greek School where we taught the kids how to make Martakia bracelets for the month of March. We've just recently welcomed five new members into our chapter, growing our remarkable sisterhood.

We appreciate the constant support from the remaining ministries and parishioners as we continue to blossom this Spring. We are elated to see what the future holds for our chapter as we proceed to work towards our goals.



# Maid of Athena





# Girl Scout Troop 337



Kimisis Tis Theotokou Girl Scout Troop 337 held a candle induction ceremony last month in the Kimisis meeting room as the Girl Scouts completed all their requirements to earn their Daisy Petals, representing all parts of the Girl Scout Law. Additionally, the Girl Scouts received their World Association Pin reflecting their sisterhood of Girls around the world. Guest appearances included Alaina Bontales, RN who discussed the “respect authority” portion of the law in talking about health care professionals and their role in the community.

The Troop participated in the Pajama Program on March 22<sup>nd</sup>, along with other Holmdel Girl Scout Troops to benefit this national non-profit organization that promotes and supports a comforting bedtime routine, and healthy sleep to help children thrive. The Troop donated pajamas and participated in song and dance, crafts and games in this Taylor Swift themed *Pajama Party*. All had a fun time.

The Girl Scouts will be participating in World Thinking Day in April as well as a guided nature walk through Holmdel Park in May for the Girls and their families.

Troop 337 is coordinated by Adult Leaders and Volunteers Stephanie Karatzia, Cheryl Bontales, Alaina Bontales Hedges and Vanessa Haliotis.

For more information on Girl Scouting in Holmdel, contact [cheryl.bontales@gmail.com](mailto:cheryl.bontales@gmail.com)



GOYA



## GOYA Journal Updates

Author: Lia Belitsis, GOYA executive board secretary

As warmer weather approaches, the Kimisis GOYA is busy with upcoming events that will mark the finale of a successful year. Back in January, our GOYAns performed at the Hellenic Folk Dance Festival in Maryland. We are beyond appreciative of our Greek Dance instructors, Nick Fourniadis and Alex Bistromovich, who guided our GOYAns and taught them pride in Greek culture.



At the annual Sights and Sounds Competition, our GOYAns celebrated their well-deserved awards, made unforgettable memories, and strengthened their bond. In the weeks prior to the event, our GOYA vice president, Sofia Countouroudas, held art workshops to help push Kimisis to the top. Our GOYA participated in religious and American singing, monologues, instrument solos, American play, Greek dance, and more. We couldn't have done it without the coaches, Lucy Milonas, Darryl Ramos, Nick Fourniadis, Alex Bistromovich, Georgia Plevritis, and Vanessa Pytel.





GOYA



St. George GOYA in Piscataway welcomed our group to a lock-in where they were able to meet new people and learn more about their faith.



Towards the end of March, a group of talented GOYAns performed their oratorical speeches for judges to hear. Each speaker worked hard writing and practicing their speeches and we are so proud of them all. Christos Churney and Lia Belitsis will advance to the next level at St. George in Trenton to compete against other GOYAns.



Most recently, we held our second annual clothing drive where we gathered bags of unwanted items from the community to be donated. This was truly a team effort and we are so proud of the volunteers.





GOYA



Our GOYAnS' soccer skills are being put to the test this April as we play in the soccer tournament.

Furthermore, the GOYAnS are preparing for the annual indoor Olympics, where they will be involved in games such as checkers, badminton, and ping-pong. Following that is the junior Olympics in May, where we will compete in numerous sport events and athletics. We are training for volleyball, swimming, track, and more. With the yearly Bayshore Greek Festival impending, we are ready to start back Greek Dance practices to prepare. Our GOYAnS are also excited to volunteer at various booths and do their part to pull the festival together.

Thank you to our advisors who have dedicated their time and ideas to our group throughout these months. We wish our graduating seniors the best of luck as they enter a new and exciting chapter.

# Joy Hope



Hope/Joy mission statement:

We aim to provide a loving, nurturing and spiritual place for our younger generation to learn, grow and bond together as our future leaders of the church. Come grow with us! Ages Kindergarten (5) through 6th grade (12)

This year we had many fun events:

Backpack blessing/Ice Cream Social





# Joy Hope



We have two more events this year  
Saturday of Lazarus(4/27) and End of Year(5/18)  
If you would like more information email us at  
[kimisishopejoy@gmail.com](mailto:kimisishopejoy@gmail.com)

*a year of fun as you can see the smiles on the children's faces, so join us!*



# Kimisis Playgroup



The Kimisis Playgroup is open to our community's children from ages 0-4. Meetings include structured activities, storytime, singing, dancing and unstructured playtimes. This spring we will be venturing out to include a farm meetup, as well as a mother's meetup. Children of all abilities are welcome, and must have a parent, grandparent or other caregiver with them at all times. Older siblings are welcome to join in on the fun as well. Our hopes are that our precious children can form bonds with their peers, setting a foundation for lifelong friendships. Additionally, meetings give our children the opportunity to become more familiar and comfortable inside church walls and on church grounds. Parents and caregivers are also given an outlet to socialize with other parents and caregivers caring for children of the same age. Upcoming playgroup meetings in the church gym will be Wednesday, May 15th and Friday, June 14th at 11am. If the weather is suitable, our meetings can take place outside so the children can enjoy nature. As always, our meetings will be free of charge. Please e-mail Vivian Silverman at [vsilverman95@gmail.com](mailto:vsilverman95@gmail.com) with any questions or if you are interested in joining.





# Hellenic Dancers



## MISSION



- To research, preserve and perpetuate the regional folk dances of Greece within the Greek community
- Share these rich, cultural traditions with the American public
- Document and acquire the folk music, customs, dances, clothing and historical information from throughout Greece and the Greek diaspora

Over 350 dances, songs, and related traditions have been preserved since 1972. These are indigenous to mainland Greece, its islands, Asia Minor and Cyprus.

The Hellenic Dancers of NJ is an independent 501(c)(3) non-profit founded in 1972



## CONTACT US

For performance inquiries, to join the group, and more information  
908.361.9978  
Info@hellenicdancersofnj.org  
www.hellenicdancersofnj.org

Connect with us  
@HDNJ1972



## BECOME A DONOR HISTORY PAST PERFORMANCES

Help HDNJ continue its mission of preserving and perpetuating Greek folk heritage in America by becoming a donor today. We appreciate your support!

- \$10
- \$25
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- \$100
- \$200
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Make checks payable to:  
 Hellenic Dances of NJ  
 PO Box 461, Holmdel, NJ 07733  
 or donate via Zelle:



All donations are tax-deductible  
 Federal Tax ID: 22-232-5685  
 NJ Charities #: 1087600-03  
 HDNJ is also eligible for most corporate gift-matching programs

Founded in 1972 by the Very Rev. Fr. Jim and Presvytera Eleni Chakalos, HDNJ held its first rehearsal in Asbury Park, NJ, with just 12 dancers. Over 2000 dancers have participated in HDNJ since its inception. Our longevity is a testament to the dedication and love that our dancers have for their Hellenic culture.

As the first organization of its kind in the New Jersey, HDNJ has evolved to assume a vital role in the community, inspiring the creation of Greek folk dance groups all over the country, and functioning as an integral component in maintaining the tradition of Greek folk dance in America. The name, **Hellenic Dancers of NJ**, is synonymous with artistic excellence, cultural integrity, and dedication to the arts.



This outstanding troupe is nationally recognized for its accurate presentation of Greek traditions and has performed at Presidential rallies and inaugurations, for the royalty and ambassadors of several nations as well as: Benefit for Sloan Kettering Hospital; Statue of Liberty Weekend Grand Finale; 20/20 ABC Television Program; Garden State Arts Center Intra-State Competition, 1st Place; Deborah Hospital Benefit; Shriners Installation; Queens College of Byzantine and Modern Greek Studies Benefit; O. Elytis Chair of Modern Greek Studies at Rutgers University; Union County College Folk Arts Festival; NJ State Ethnic and Diversity Festival; Benefit for the Smile Train; Greek Heritage Day with the Metrostars; 2004 Olympic Games in Athens, Greece; Centennial Epiphany Celebration in Tarpon Springs, FL; Culture and Context a Tapestry of Expression at NJ State Museum; New York Times Travel Show; Stockton College Day of Greek Letters; Hermes Expo International; Greek Cultural Village at Riverside Theatre; Kimisis Benefit for Autism Speaks; Founding Member Hellenic Federation of NJ; weddings, baptisms and many other Greek and culturally diverse festivals and special programs.

# AHEPA Chapter 517



**American Values.**  
**Hellenic Heart.**  
**Educated Mind.**  
**Progressing Society.**  
**Associated through Brotherhood.**

All we need is **YOU.**



[www.ahepa517.org](http://www.ahepa517.org)

*Be the Difference*

# AHEPA Chapter 517



## AHEPA Garden State #517 13th Annual Cigar & Networking Event



**Wednesday,  
May 8, 2024**  
6:00 PM - 10:00 PM  
The Grand Marquis  
1550 Route 9 South,  
Old Bridge, NJ 08857

*Non-Smokers Welcome  
All Smoking on an Outside Garden Patio*

**SEATING LIMITED - 350 TICKETS ONLY**  
Paid by Credit / Debit Card ONLY  
Use the QR Code below to purchase your tickets



Cigar Night Event Registration Form



**AHEPA**  
Service Dogs for  
Warriors, Inc.



**Proceeds to Benefit:**



And other AHEPA  
Philanthropic  
Endeavors

### Journal Opportunities

ALL SPONSORS WILL BE LISTED ON OUR WEB PAGE

#### Premier Sponsor level

<b>Front Cover - Outside ( 10 Tickets )</b>	\$ 5000	_____
<b>Back Cover - Outside ( 5 tickets )</b>	\$ 3000	<b>SOLD</b>
<b>Centerfold - 2 pages ( 5 tickets )</b>	\$ 2500	<b>SOLD</b>
<b>Front Cover - Inside - White</b>	\$ 1200	<b>SOLD</b>
<b>Back Cover - Inside - White</b>	\$ 1100	_____

**Cigar Roller Sponsor and Gold Page** \$ 1500 \_\_\_\_\_  
24"x36" Poster in front of Cigar Roller

**Bar Sponsor and Silver Page** \$ 1000 \_\_\_\_\_  
24"x36" Poster in front of Bar ( 3 Bars Sponsors )

<b>Gold - Full Page ( 8"w x 11"h )</b>	\$ 500	_____
<b>Silver - Full Page ( 8"w x 11"h )</b>	\$ 400	_____
<b>Bronze - Half Page ( 8"W x 5" h )</b>	\$ 250	_____
<b>White - Quarter Page ( 4"w x 5"h )</b>	\$ 175	_____

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AHEPA Contact you Know: \_\_\_\_\_



2024 AHEPA 517 Cigar Night  
Journal Ad Registration

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Please make checks payable to: **AHEPA GARDEN STATE 517 FOUNDATION**

**DEADLINE April 25**

**Mail to - P.O. Box 735 – Holmdel - NJ - 07733**

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Katina Hutin

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[info@kimisis.com](mailto:info@kimisis.com)

732-739-1515

Call Tuesday-Thursday to speak to Katina  
directly. Come to the office on Sunday after  
church to speak to someone.  
Email or call. We are happy to help get your  
information to the parish.



**KIMISIS TIS THEOTOKOU GREEK ORTHODOX CHURCH  
20 HILLCREST ROAD  
HOLMDEL NEW JERSEY 07733**

