



Saint Nicholas Greek Orthodox
Shrine Church

July 5, 2026

Rev. Ekonomos Aristidis Garinis, Proistamenos
Rev. Presbyter Alexandros Douvres

Office (718) 357-4200 - Email info@stnicholasflushing.org - www.stnicholasflushing.org

Ε' Ματθαίου - 5th Sunday of Matthew

Ἀπολυτίκιον Ἀνασιτίαιμον

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριαι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Ὁοίου

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν, Ἀγγέλων τάγματα, πῶς μετὰ σώματος, πρὸς ἀοράτους συμπλοκάς, ἐχώρησας πανεύφημε, καὶ κατετραυμάτισας, τῶν δαιμόνων, τὰς φάλαγγας· ὄθεν Ἀθανάσιε, ὁ Χριστὸς σε ἠμείψατο, πλουσίαις δωρεαῖς· Διὸ Πάτερ, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν

Κοντάκιον

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἣ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

Resurrectional Apolytikion

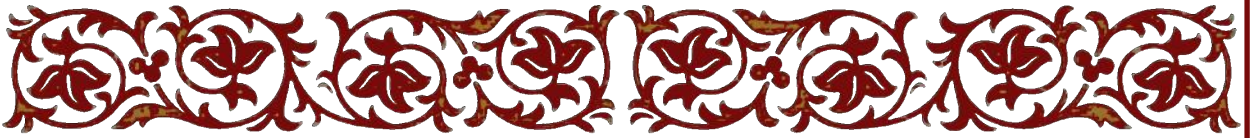
When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, "Death has been despoiled! Christ God has risen, granting the great mercy to the world!"

For the Devout Man

Angelic hosts on high were filled with wonderment, seeing your life in the flesh: how with your body you courageously went out to wrestle with invisible foes; and to the demonic hordes you inflicted serious wounds. Therefore, Athanasios, you received from the Master Christ, a wealth of gifts. Holy Father, intercede on our behalf with Christ our God, to save our souls.

Kontakion

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

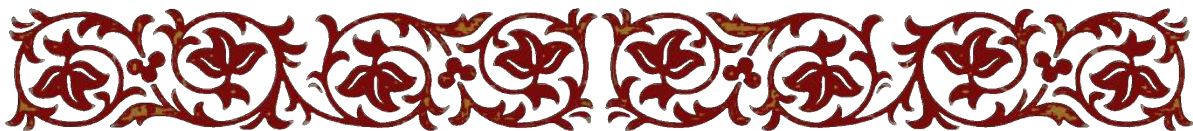


ΑΠΟΣΤΟΛΙΚΟ ΑΝΑΓΝΩΣΜΑ (Γαλ. 5:22 – 26; 6:1 – 2)

Ἀδελφοί, ὁ καρπὸς τοῦ Πνεύματός ἐστιν ἀγάπη, χαρά, εἰρήνη, μακροθυμία, χρηστότης, ἀγαθωσύνη, πίστις, πραότης, ἐγκράτεια· κατὰ τῶν τοιούτων οὐκ ἔστι νόμος. οἱ δὲ τοῦ Χριστοῦ τὴν σάρκα ἐσταύρωσαν σὺν τοῖς παθήμασι καὶ ταῖς ἐπιθυμίαις. Εἰ ζῶμεν Πνεύματι, πνεύματι καὶ στοιχῶμεν. μὴ γινώμεθα κενόδοξοι, ἀλλήλους προκαλούμενοι, ἀλλήλοις φθονοῦντες. Ἀδελφοί, ἐὰν καὶ προληφθῇ ἄνθρωπος ἐν τινι παραπτώματι, ὑμεῖς οἱ πνευματικοὶ καταρτίζετε τὸν τοιοῦτον ἐν πνεύματι πραότητος, σκοπῶν σεαυτὸν, μὴ καὶ σὺ πειρασθῆς. ἀλλήλων τὰ βάρη βαστάζετε, καὶ οὕτως ἀναπληρώσατε τὸν νόμον τοῦ Χριστοῦ.

EPISTLE READING (Gal. 5:22 – 26; 6:1 – 2)

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

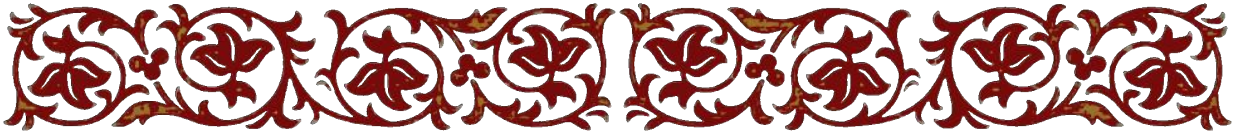


ΕΥΑΓΓΕΛΙΚΟ ΑΝΑΓΝΩΣΜΑ (ΜΑΤΘ. 8:28 – 34,

Τῷ καιρῷ ἐκείνῳ, ἐλθόντι τῷ Ἰησοῦ εἰς τὴν χώραν τῶν Γεργεσηνῶν ὑπήντησαν αὐτῷ δύο δαιμονιζόμενοι ἐκ τῶν μνημείων ἐξερχόμενοι, χαλεποὶ λίαν, ὥστε μὴ ἰσχύειν τινὰ παρελθεῖν διὰ τῆς ὁδοῦ ἐκείνης. καὶ ἰδοὺ ἔκραξαν λέγοντες· τί ἡμῖν καὶ σοί, Ἰησοῦ υἱὲ τοῦ Θεοῦ; ἦλθες ὧδε πρὸ καιροῦ βασανίσει ἡμᾶς; ἦν δὲ μακρὰν ἀπ' αὐτῶν ἀγέλη χοίρων πολλῶν βοσκομένη. οἱ δὲ δαίμονες παρεκάλουν αὐτὸν λέγοντες· εἰ ἐκβάλλεις ἡμᾶς, ἐπίτρεψον ἡμῖν ἀπελθεῖν εἰς τὴν ἀγέλην τῶν χοίρων. καὶ εἶπεν αὐτοῖς· ὑπάγετε. οἱ δὲ ἐξελθόντες ἀπῆλθον εἰς τὴν ἀγέλην τῶν χοίρων· καὶ ἰδοὺ ὥρμησε πᾶσα ἡ ἀγέλη τῶν χοίρων κατὰ τοῦ κρημοῦ εἰς τὴν θάλασσαν καὶ ἀπέθανον ἐν τοῖς ὕδασι. οἱ δὲ βόσκοντες ἔφυγον, καὶ ἀπελθόντες εἰς τὴν πόλιν ἀπήγγειλαν πάντα καὶ τὰ τῶν δαιμονιζομένων. καὶ ἰδοὺ πᾶσα ἡ πόλις ἐξῆλθεν εἰς συνάντησιν τῷ Ἰησοῦ, καὶ ἰδόντες αὐτὸν παρεκάλεσαν ὅπως μεταβῆ ἀπὸ τῶν ὁρίων αὐτῶν. Καὶ ἐμβὰς εἰς πλοῖον διεπέρασε καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν.

GOSPEL READING (MT. 8:28 – 34, 9:1)

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, “What have you to do with us, O Son of God? Have you come here to torment us before the time?” Now a herd of many swine was feeding at some distance from them. And the demons begged him, “If you cast us out, send us away into the herd of swine.” And he said to them, “Go.” So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.



MEMORIALS

Nicholas Diamantis
Sophia Gerakoulis
Hrisanthi Giannios
Theodora Ioannou
Antigoni Velaoras
Dimitrios Zisimopoulos

MNHMOΣYNA

Νικολάου Διαμαντή
Σοφίας Γερακούλια
Χρυσάνθης Γιαννιού
Θεοδώρας Ιωάννου
Αντιγόνης Βελαώρα
Δημητρίου Ζησιμοπούλου



SACRAMENT OF BAPTISM

Son of
Michael Theodoropoulos & Fayruz Darwich Tellez
Sunday, July 5th 12:30 P.M.

SACRAMENT OF MARRIAGE

Eleni Anna Panopoulos & Mark Nitis
Sunday, July 5th 2:00 P.M.

KIDS BULLETIN PAGE

👉 Match the action on the left with the "Fruit of the Spirit" or instruction it shows on the right!

- | | |
|--|-------------------------------|
| 1. Sharing your toys with your sibling even when you want to play alone. _____ | A. Patience |
| 2. Waiting calmly in a long line without complaining. _____ | B. Kindness & Love |
| 3. Helping a friend carry a heavy box of books. _____ | C. Gentleness |
| 4. Speaking softly and kindly to someone who made a mistake. _____ | D. Bearing Burdens |

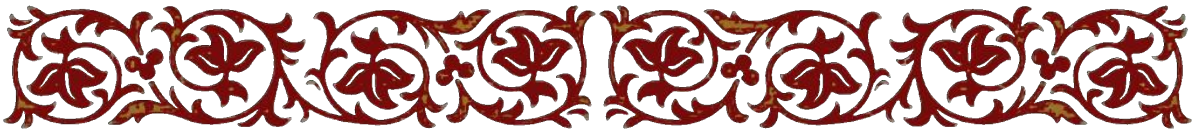
Fruit of the Spirit

- | | |
|--------------|--------------|
| BURDENS | LOVE |
| FAITHFULNESS | PATIENCE |
| GENTLENESS | PEACE |
| GOODNESS | SELF-CONTROL |
| JOY | SPIRIT |
| KINDNESS | |

S S E N L U F H T I A F U
 F T T O R P L S P I R I T
 O L N S F A B P F E S G S
 E E T N K T O S C O N E S
 V B O R N I S S C E Y N E
 O N U N S E E N P O T T N
 L E E R N N C E J T O L D
 T J E D D C O A R S S E N
 A E O P N E E D E I E N I
 G O L R E N N S V P N E K
 G E A B S S G S N N D S E
 E G E S I E E T E N F S E
 L O R T N O C L F L E S T

Brethren, the fruit of the Spirit is love, joy, peace, _____, kindness, goodness, _____, gentleness, _____; against such there is no law... Bear one another's _____, and so fulfill the law of Christ."

Word Bank: Burdens, Self-control, Patience, Faithfulness



SAINT NICHOLAS

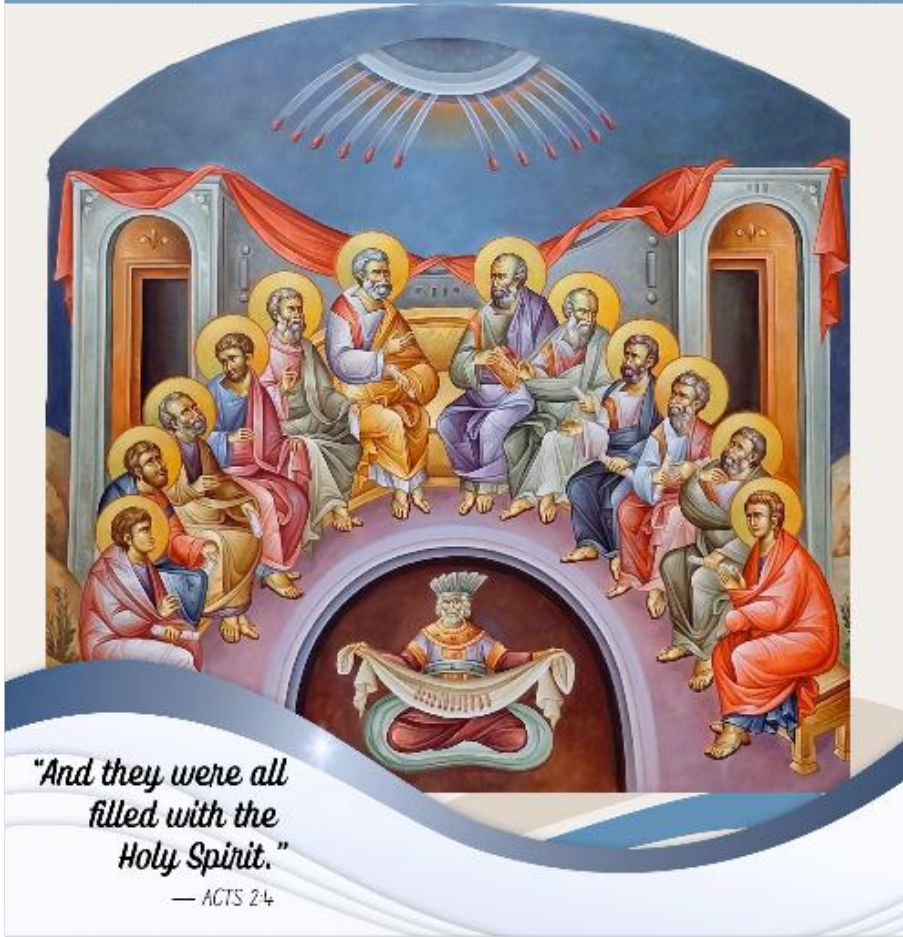
GREEK ORTHODOX SHRINE CHURCH

REV. ECONOMOS ARISTIDIS GARINIS, PASTOR

REV. PRESBYTER ALEXANDROS DOUVRES

Jun-Jul- Aug Volume 2, Issue 2

stnicholasflushing.org



*"And they were all
filled with the
Holy Spirit."*

— ACTS 2:4

Read our next issue: <https://www.stnicholasflushing.org/SNF-ARK>

Girl Scout Troop 4212

Saint Nicholas Flushing

JOIN US!



CONFIDENCE

Building girls of
courage, leaders,
taking action to make
the world a better place



SISTERHOOD

Building friendships,
meeting new friends,
cheering and
supporting each other



FUN

Fostering creativity and
discovering
themselves, making
memories to last a
lifetime

Open Enrollment NOW until September or until spots close!

Girls K-8th Grade

Meetings on Fridays, Bi-weekly, 6:30-8pm and 7-8:30pm, Drop-off
at Saint Nicholas 43-15 196th Street, Flushing, NY
Need Parent Volunteers

**MORE
INFO**

stnicksgstroop04212@gmail.com



Instagram

[@gstroop04212](https://www.instagram.com/gstroop04212)

ST. NICHOLAS GREEK ORTHODOX SHRINE CHURCH

LITTLE ANGELS

MOMMY & ME PROGRAM

For Children Ages 0-2.5



About the Program

Program Director Margarita Eleftheriadis

Our "Little Angels" program is a vibrant, faith-centered ministry designed for our youngest parishioners (infants through Pre-K) and their caregivers.

It's more than just a playgroup—it's a place for moms, dads, and grandparents to connect, share experiences, and build lifelong friendships within our St. Nicholas family.

Classes

- Wednesdays, Thursdays and Fridays 9 a.m. to 11:30 a.m.

Featuring:

- Creative Music and Movement
- Greek songs and themes
- Sensory Stimulation
- Arts and Crafts
- Early Social Interaction
- Great opportunity to meet other families.

Email: SaintNicholasLittleAngels@gmail.com

718-357-4200 - www.stnicholasflushing.org



ST. NICHOLAS GREEK ORTHODOX SHRINE CHURCH

COME & JOIN US FOR
**PANAGIA'S
GARDEN
DAY CAMP**

FAITH- GAMES- FELLOWSHIP



Open to students entering
grades 2-8
10 a.m. to 2:30 p.m. daily

Jr. counselors 9th - 12th grade
Parent counselors requested



WEEK ONE:

Mon-Friday (Aug 3-7)

WEEK TWO:

Mon-Friday (Aug 10-14)



Price \$250 per week
\$50 off for siblings

For more information:

WWW.STNICHOLASFLUSHING.ORG/PGSUMMER



Attention rising 9-12th graders and college students. Sign up to volunteer as a camp counselor this summer. At www.StNicholasFlushing.org/PGCounselor

ST. NICHOLAS GREEK ORTHODOX SHRINE CHURCH

COLLEGE
STUDENT
Prayer Service

SUNDAY, AUGUST 9TH

Everyone is welcome • Sign up below

Whether you are packing your bags for campus or commuting from home, join us for a special prayer service dedicated to all of our college students. Come receive a blessing for wisdom, safety, and success in the new academic year ahead.

All students and families are welcome!





BRONZE DEDICATION LEAF	\$2,000
SILVER DEDICATION LEAF	\$5,000
GOLD DEDICATION LEAF	\$10,000
BENEFACTOR DOVE	\$25,000
GREAT BENEFACTOR STONE	\$50,000

Please consider supporting our *Renovation For Our Future* project to continue passing the torch of Orthodox faith and Hellenism to our future generations.

BRONZE LEAF \$2,000

SILVER LEAF \$5,000

GOLD LEAF \$10,000

DOVE \$25,000

STONE \$50,000

LAST NAME: _____

FIRST NAME: _____

PHONE NUMBER: _____

EMAIL: _____

PLEASE PRINT INSCRIPTION CLEARLY. 3 LINES (33 CHARACTERS MAX)

"SO LET EACH ONE GIVE AS HE PURPOSES IN HIS HEART; NOT GRUDGINGLY OR OUT OF NECESSITY; FOR GOD LOVES A CHEERFUL GIVER"



DIAKONIA

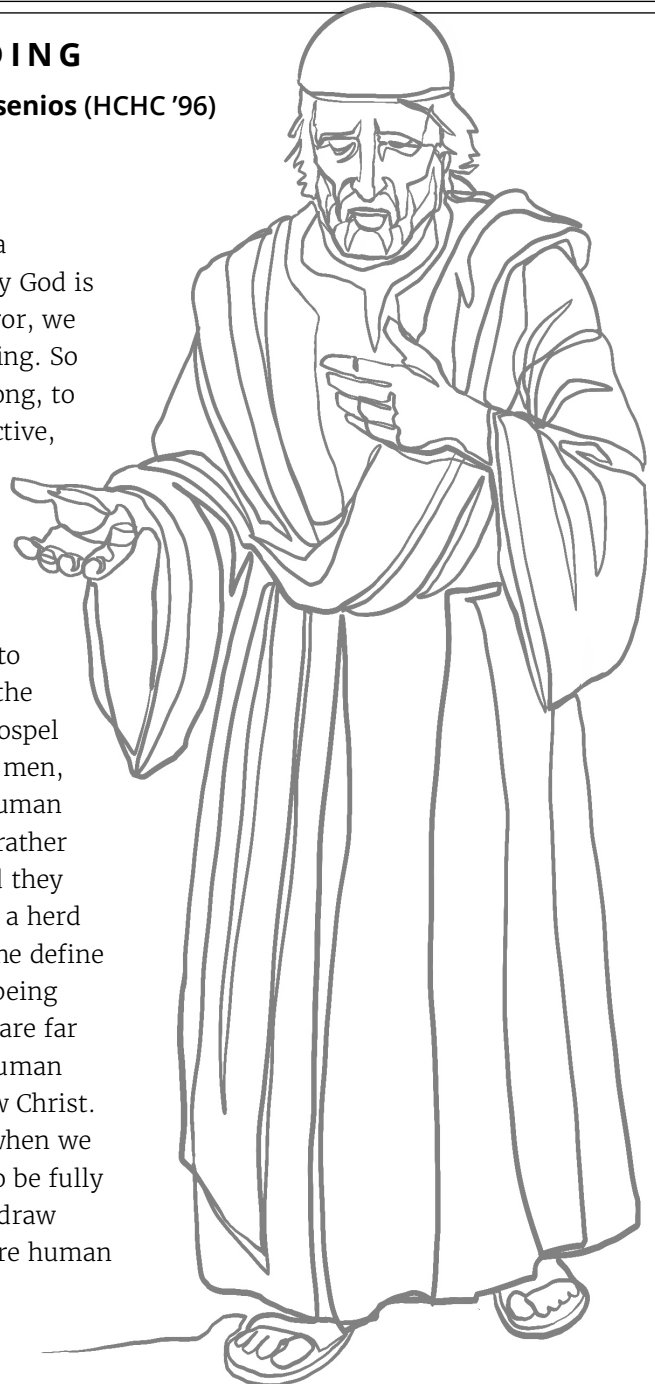
A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING

Matthew 8:28-34; 9:1 | Fr. George Parsenios (HCHC '96)

"I'm Only Human ..."

I'm only human. We all say this when we make a mistake, and it's not a terrible thing to say. Only God is perfect, and if we torture ourselves for every error, we might easily become neurotic and full of self-loathing. So it's not a terrible thing, when we do something wrong, to say, "Hey, I'm only human." From another perspective, though, the phrase presents some problems. If we think that being human means being weak and always falling into error, then we diminish and misunderstand our humanity. Jesus Christ, after all, united human nature with God. For those who have faith in Christ, to be human no longer means to be frail and helpless, but to strive for holiness and the perfection to which we have been called. Today's Gospel reading helps us to see this. The demon-possessed men, prior to meeting Jesus, are not living like regular human beings. They don't even live with other people but rather spend their time among the tombs of the dead. And they are possessed by demons who later desire to live in a herd of swine. Corpses, tombs, demons, and beastly swine define these men until they are joined to Jesus Christ. By being caught up in wickedness and weakness, these men are far less human, not more human. They only become human after they rise above all of this confusion and follow Christ. The same is true for us. It is not when we sin nor when we make mistakes that we experience what it means to be fully human, but rather when we rise above our sin and draw closer to God. Indeed, we only begin to become more human when we strive to become more godly.



Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. www.hchc.edu



Diakonia is made possible by a generous grant from Leadership 100

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FROM THE ORIGINAL GREEK: Presbyter/ Priest (Πρεσβύτερος)
What does “Presbyter” or “Priest” mean?

Fr. George Parsenios (HCHC '96)



Many people claim that the word “priest” appears nowhere in the Bible as a title for Christian clergy. This assumption is wrong. The English term “priest” developed historically from the Greek word *πρεσβύτερος/presbyteros*, which means “elder” (plural *presbyteroi*). An elder was a respected leader in Judaism, so Christians adopted the Greek word *presbyteros* for their leaders. The letters of Paul, for example, call for *presbyteroi* “in every town” (Titus 1:5) who should focus on preaching and teaching (1 Timothy 5:17). The Epistle

of James explains that the *presbyteroi* anoint the sick with the sacrament of Unction (5:13-15). In keeping with this scriptural language, certain Protestants call their leaders “elders” because they believe this word is more biblical than “priest.” But “priest” and “elder” are the same thing. “Elder” is a translation of *presbyteros*, and “priest” derives from its transliteration into the Latin alphabet. *Πρεσβύτερος* appeared in transliteration first as presbyter and later as prester. English adopted this contracted form as *prēost*, which through normal sound changes has now become the word “priest.” We are, therefore, completely faithful to the terminology of the New Testament when we call our Orthodox clergy either “priest” or “presbyter” in English.



The Rev. George Paulson, Navy chaplain aboard the USS Orion, and guest pastor at the Greek Orthodox Church, took a text from Proverbs 22—“A good name is rather to be chosen and desired than riches.”
 All men seek the approval and acceptance of their fellow man, he said. But there are good and bad ways to achieve the recognition that is the heart’s desire of all.
 In the country’s efforts for recognition in a world of differing ideologies, “we are often the laughing stock of the world. On the one hand we hold up the flag

THIS WEEK’S LOOK AT CHURCH HISTORY
Orthodox Military Chaplains

Ben Malian, MTS

In 1943, Fr. Vladimir Borichevsky, who later served as Dean of St. Tikhon’s Seminary, became the first Orthodox Christian military chaplain in the U.S. Armed Forces. He was soon joined by three other priests, who served in this capacity until World War II concluded in 1945.

In 1952, Archbishop Michael appointed Fr. George Paulson to serve as the first military chaplain from the Greek Orthodox Archdiocese of North and South America. Fr. Paulson offered twenty-eight years of active service to the U.S. Navy, retiring with the rank of Captain. By the time of his priestly retirement in 2004, he was also responsible for the construction of three parish churches in North Carolina, Maine, and Virginia.

According to the Assembly of Canonical Orthodox Bishops, there are currently forty-one Orthodox priests serving as active duty and reserve chaplains in the U.S. Armed Forces, in addition to thirteen retired priest-chaplains. As always, but especially this 4th of July, “*For our country, the president, all those in public service, and for our armed forces everywhere, let us pray to the Lord!*”

Fr. Paulson’s address to the graduates of Granby High School, Norfolk Ledger-Star, 1/21/1957.

THE DIVINE LITURGY: **An Overview Part I**

Fr. Thomas FitzGerald, ThD

The Divine Liturgy may be divided into two major parts: the Liturgy of the Catechumens and the Liturgy of the Faithful, which are preceded by the Service of Preparation. Although there are many symbolic interpretations of the Divine Liturgy, the most fundamental meaning is found in the actions and prayers.



The Service of Preparation

Prior to the beginning of the Liturgy, the priest prepares himself with prayer and then proceeds to vest himself. The vestments express his priestly ministry as well as his office. Next, the priest goes to the Preparation Table which is on the left side of the Altar Table in the Sanctuary. There, he prepares the offering of bread and wine for the Liturgy. Ideally, the leavened loaves of bread, and the wine from which the offering is taken, are prepared by members of the congregation. The elements are presented to the priest before the service, together with the names of those persons, living and dead, who are to be remembered during the Divine Liturgy. The offering symbolically represents the entire Church gathered about Christ, the Lamb of God.

The Liturgy of The Catechumens

The Divine Liturgy begins with the solemn declaration: "Blessed be the Kingdom of the Father and of the Son, and of the Holy Spirit now and forever more." With

these words we are reminded that in the Divine Liturgy the Church becomes a real manifestation of God's Kingdom on earth. Since the first part of the Liturgy was designed originally for the Catechumens, those being schooled in the faith, it has a very instructive quality. We gather as Christians who share a common faith in the Holy Trinity. We sing and pray as a people united in Christ, who are not bound by time, space, or social barriers.

The Small Entrance is the central action of the first part of the Liturgy. A procession takes place in which the priest carries the Book of Gospels from the sanctuary into the nave. The procession directs our attention to the Scripture and to the presence of Christ in the Gospel. The entrance leads to the Epistle lesson and the Gospel reading.

At this point the Liturgy of the Faithful begins, which will be explained on page 3 of next week's DIAKONIA.



MAKE THE LITURGY REAL IN YOUR LIFE

By preparing your heart, bringing names for remembrance, and listening attentively to God's Word, you become an active participant in the worship of Jesus Christ and His Church.



WORD SEARCH
Fruits of the Spirit

Just For Kids!
(...and the young at heart)

Seek and find the Fruits of the Spirit as we grow closer to Christ! As Orthodox Christians, the Holy Spirit helps us live with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. As you complete this word search, remember that these holy virtues are gifts from God that shine through us when we pray, worship, and follow Jesus each day!

J	P	M	X	P	I	Q	O	F	T	Y	L	F	O	K
J	O	Y	G	P	W	F	X	B	T	E	D	R	N	X
S	Y	E	V	E	U	C	V	Y	Z	C	A	R	L	M
E	Z	X	Z	Q	N	X	E	M	M	P	C	P	X	G
L	D	X	M	F	R	T	J	L	V	R	U	L	S	O
F	R	Z	D	S	M	E	L	Y	L	I	G	M	P	O
C	R	A	N	U	F	G	L	E	X	O	V	V	E	D
O	P	A	T	I	E	N	C	E	N	V	D	I	A	N
N	F	A	I	T	H	F	U	L	N	E	S	S	C	E
T	S	U	E	N	I	L	O	V	E	Q	S	S	E	S
R	Y	P	I	V	O	D	S	C	A	G	F	S	B	S
O	B	A	D	D	K	A	K	M	T	O	U	Y	Q	F
L	D	B	M	N	K	I	N	D	N	E	S	S	Y	P
D	O	Y	V	C	P	D	Y	B	J	S	B	H	V	Y
D	C	C	C	H	U	I	Y	D	X	M	Y	Q	Z	U

FIND THESE WORDS:

- LOVE
- JOY
- PEACE
- PATIENCE
- KINDNESS
- GOODNESS
- FAITHFULNESS
- GENTLENESS
- SELFCONTROL