October 11, 2026 **Sunday of the 7th Ecumenical Council**

The Epistle Reading is Titus 3:8-15. **The Gospel Reading** is Luke 8:5-15. These Readings may be found on pages 1357 and 1211 in the Holy Bible or on page 99 in the Divine Liturgy Book.

Today we remember: Holy Fathers of the Seventh Ecumenical Council in Nicea; The Apostle Philip, one of the Seven Deacons in Tralles, Asia Minor Martyrs; Righteous Theophanes the Branded, Confessor, Bishop of Nicea; Nektarios, Arsakos, Philotheos, and Sisinios, Patriarchs of Constantinople; Righteous Jonah.

The Altar Table Lamp is lit by:

- Pauline Sakellarakos and Family ***in loving memory of*** her husband, their father, grandfather and great-grandfather, John Sakellarkos, who fell asleep in the Lord 5 years ago. May his memory be eternal.

The Vigil Lamp is lit by:

- Dina and Manuel Vendelis, Maria and Paul Christ and their families ***in loving memory of*** their father, grandfather and great-grandfather, John Sakellarakos, who fell asleep in the Lord 5 years ago. May his memory be eternal.
- C.J. Ditsious, Mark and Mollie Ditsious and Stephen and Jaenell Ditsious and their families ***in loving memory of*** their mother, grandmother and great-grandmother, Katherine Ditsious, who fell asleep in the Lord 1 year ago. May her memory be forever eternal.
- Stephanie Reed and Family ***in loving memory of*** their father and grandfather, Ted Kostopoulos, who fell asleep in the Lord 2 years ago. May his memory be eternal.
- Mary and Cleo Socratous ***in loving memory of*** their mother, Irene Socratous, who fell asleep in the Lord 1 year ago. May her memory be eternal.
- Mary and Cleo Socratous ***in loving memory of*** their father, Socratis Socratous, who fell asleep in the Lord 17 years ago. May his memory be eternal.
- Valerie Stamatakos and Family ***in loving memory of*** her husband and their father, John Stamatakos, who fell asleep in the Lord 9 months ago. May his memory be eternal.

The Altar Bread was prepared by: Toula Woods.

Coffee Hour: Coffee hour today is being sponsored ***in loving memory of*** Katherine Ditsious, by her son, CJ; ***in loving memory of*** John Sakellarakos, by his family and ***in loving memory of*** Ted Kostopoulos, by his family. May their memories be eternal.

Narthex Greeter: Today's Narthex Greeter will be Kate Cocoros.

Pastoral Visits: Parishioners who are in assisted living, nursing homes, hospitals, or those who would like a Pastoral visit, house blessing. graveside visit or confession, please contact the office at 410.661.1090.

The Sacrament of Holy Communion is open to all who have been Baptized or Chrismated into the Orthodox Faith who have properly prepared. We welcome non-Orthodox attendees to come forward at the conclusion of the liturgy to receive blessed bread as our gift to you.

Confessions: Did you know that Confession is one of the Sacraments of the Church, and is offered year-round? If you are interested in going to Confession, please feel free to contact the church office (410.661.1090. press 1) to speak to either Father Lou or Father Karl so that an appointment can be made or see one of them after Liturgy. Please remember ***"What is said in Confession, Stays in Confession!"***

Parish Council Team A (Smaro Cook, Anthony Skevakis, George Polites, Jimmy Kastanaras and Mary Tsakiris) are scheduled to be on duty for the month of October.

Orthodox Studies: Please join us on **Wednesday, October 14th at 10:00am.** All are welcome, we LOVE new members!! For more information, please contact Kevin Goodman at 410.530.1689.

Welcome: The Welcome Committee would like to thank all who are visiting our church today. Our church has many ministries that can help you learn about our faith and opportunities to join our community. If you would like to learn more about our church and the different ministries available to you, please text Lou Triandafilou at 410.456.5380.

Baptismal Repairs: Initial exterior masonry repairs above the Baptismal Alcove were completed on **Thursday, October 1st.** A proposal for the repairs to the skylight structure that secures the stained glass will be shared under new business at October Parish Assembly Meeting.

Parish Assembly Meetings: The October Assembly will take place on **Sunday, October 18th**. Email notices were sent on **Monday, October 5th.** Printed versions will arrive via mail. The November Assembly will be on Sunday, November 15th. Topics will include stewardship, annual budget, construction updates, Parish Council nominations elections, and any topics that you bring to the floor.

2026 Stewardship: We are three quarters of the way through 2026, and we are slightly behind on the number of 2026 stewards. Thank you to both the 391 stewards (88%) that have already submitted their 2026 pledges and the 20 Day Steward Sponsors! It is not too late to be a Day Steward!! If you have not already submitted your 2026 pledge, please do so as soon as possible! Our winter electric bill was over $17,000! Our financial security is dependent upon Stewardship, and we ask that you carefully consider your 2026 pledge. Due to inflation, our beloved church has experienced increased expenses just as you and I have experienced!!! Please consider increasing your pledge to help with our expenses! An increase of $2 to $3 per week would greatly help with our increased expenses! Can you believe that every $1 per week increase for our 444 stewards adds over $21,000 towards our 2026 Stewardship goal! Our ultimate goal is to support 100% of our operating budget through Stewardship. Won't you do all you can to bring this goal to fruition?

2026 Day Steward Initiative: For our 2026 Stewardship Drive, we are continuing the optional Day Sponsor Steward initiative. This optional initiative offers our stewards a personal milestone to sponsor the daily operating expenses for our parish. It is a milestone that many may find appealing and personally rewarding. The daily operating expenses of our beloved Saint Demetrios church are $2,000 including utilities, insurance, cleaning, maintenance, the commitment to the archdiocese, and parish salaries. These are the necessary expenses to ensure our beloved parish is open to everyone. Day Sponsor Stewards make and fulfill a minimum annual pledge of $2,000. Half-day Sponsor Stewards make and fulfill a minimum annual pledge of $1,000. Additional days may be sponsored in additional increments of $1,000 or $2,000. As a Day or Half-Day Sponsor, you may identify the specific day(s) you choose to sponsor. Choose any day throughout the year for a special occasion, in memory of or in honor of a loved one and submit on your 2026 pledge card. Day or Half-day Sponsor Stewards may remain anonymous or choose to be included by name in the church bulletin. Your stewardship pledge may also be made online at: http://www.stdemetriosmd.org Donate Now. After donating online, please send in your completed paper copy 2026 pledge card to the church office. Please contact Val Dzwonczyk at vdzwonc@hotmail.com if you have any questions about the Day Steward Initiative.

Parish Council Nominations: Your Church Needs You!! Soon you will receive a letter containing a Parish Council Nomination Form. This is an especially important calendar time for our Church ~ the time when Parish Council members will be elected to serve for the next three years. It is an honor and a privilege to serve on the Parish Council, something that every member of the Church Parish should experience at least once. A SPECIAL THANK YOU TO THOSE PARISHIONERS WHO HAVE PREVIOUSLY SERVED ON THE COUNCIL. PLEASE CONSIDER RUNNING AGAIN TO BRING A UNIQUE PERSPECTIVE, EXPERIENCE AND GUIDANCE TO HELP THE CONTINUITY OF THE VISION AND MISSION OF OUR BELOVED SAINT DEMETRIOS. The Council is responsible for making major decisions concerning our Parish. In the next few weeks, someone from the Nominating Committee will probably come up to you to talk about a possible run in the elections held in November. But do not wait for them to come . . . send in your nominating form to the Office and be placed on the ballot. For any questions or more information, please contact our Nominating Committee Chair, Angelo Poletis at 410.241-8918 or angelo.poletis@gmail.com. **Will you answer the call??**

On Sunday, October 25th, we will celebrate The Great Vespers for the Saint Demetrios Feast Day beginning at 5:00pm. The Philoptochos will be hosting coffee and a reception in The Hermes Rafailides Center following the Vespers. Please plan to attend.

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Saint Demetrios Name Day: On Monday, October 26th, we will celebrate Saint Demetrios Name Day, with Divine Liturgy at 10:00am. Please make plans to join us.
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SUNDAY SCHOOL

Open to all children aged 3 (**as of August 31st**) through High School Seniors, lessons began on **September 13th, 2026,** and will conclude on **May 23rd, 2027.** Please see our website https://www.stdemetriosmd.org/ministries/orthodoxfaith-sunday-school/ for the link to the online registration form or use the QR code to register. If you have any questions, please email the school at SundaySchool.StDemetrios@gmail.com.

Our Sunday School Ministry is always looking for volunteers to teach or assist classes. We need substitutes who can fill in if any of our teachers need to take a week off. Should you be interested in offering your time and talents with this vital Orthodox Faith Ministry, or have any questions, please reach out to George Zaverdinos at 410.638.2637 or via email at zavirag@verizon.net or Karyn Skevakis at kskevakis@gmail.com.

PHILOPTOCHOS

Philoptochos is PHILANTHROPY ~ FELLOWSHIP ~ FAITH IN ACTION!

Pickleball Schedule: The month of October, pickleball will be Co-ed Every **Wednesday 5:30-8:00pm**. We have three courts and plenty of room to accommodate everyone. Please contact Joanna Beleos 410-458-1547 or Jbeleos@gmail.com if you have any questions.

Golden Seniors: Upcoming activity! Luncheon and Games, **Tuesday, November 3rd 12:00-3:00pm** in the Hermes Rafailides Center. Rides can be arranged if needed. RSVP to Joanna Beleos 410-458-1547 or Tina Holder 410-627-6081,

Food Collection: During the month of October, we will be collecting boxes of cereal for the Baltimore Hunger Project to distribute to school children who have food insecurity over the weekends. Please leave the cereal boxes in the small blue bin by the cry room. Contact Barbara Vassos with questions. 302-463-6259

Christmas Bazaar: We will be having our Annual Christmas Bazaar on **Saturday, November 14th, from 9:00am to 3:00pm.** We are in need of vendors. If you know of anyone that may be interested in being a vendor, please let us know. You can contact Cristina Rosell Chakales at 3forme@chakales.com. Thank you!

YiaYia's Treasures: We are now collecting gently used Christmas decorations for our Yiayia's Treasures until **Monday, November 9th, 2026.** Anything brought after **November 9th** will not be accepted. You can bring items during coffee hour or make arrangements for drop-off by contacting Mary Tsakiris mtsakiris21@gmail.com 410-245-1291, Harriet Hart. lefty826@verizon.net 443-668-3344 or Linda Goodman lgagrn@gmail.com 410-615-5006. Please do not leave items in the hallway.

Next Meetings: Board Meeting on **Monday, November 2nd, at 6:30pm** in the Boardroom. General Meeting on **Monday, November 9th, at 6:30pm** in the Boardroom.

GOYA NEWS:

Mark your Calendars for our annual ***"Not Your YiaYia's Bingo"*** on **Friday, November 6th, 2026.** Registration, Kitchen, and Bar Opens at 5:30pm ~ Bingo starts at 7:00pm. Tickets are $40. Food, Soft Drinks, Beer, and Wine will be available to purchase, no outside food permitted. Please pick up a flyer from the Narthex Table. If you have any questions, please send an email to: stdemetriosmdgoya@gmail.com. We look forward to seeing you at our Bingo Event.

Follow us on our Facebook: Saint Demetrios GOYA Baltimore Maryland page https://www.facebook.com/groups/1678295413240075

GREEN TEAM NEWS

Thank you to all who joined the Green Team for the "FAITH GROWS BY PIZZA" – Fall Harvest Fest: Braving the intermittent rain drops the garden tour spotlighted our herbs and figs, speakers shared their expertise on hosting a church pizza party, the benefits of container gardening, the use of everyday herbs as part of a healthy lifestyle and personal reflections of growing salad ingredients in Greece. The program concluded with a demo on rolling dolmades, and a tasting of this year's edition of Greek pizza made with zucchini, Greek coleslaw, and the sharing of recipes.

Pumpkin Season is here! Did you know pumpkins are highly nutritious and provide several health benefits? Pumpkins offer vitamin A and C, fiber, and antioxidants. Their traits support heart health, boost the immune system and aid in weight management.

♦ Try roasting the seeds ~ separate the seeds from the stringy pulp; rinse the seeds; pat them dry and toss with olive oil and seasoning (like salt or cinnamon sugar). Roast at 400° until they are crunchy and golden brown.

♦Make a pumpkin puree ~ roast or steam the pumpkin flesh until tender, then mash it into a smooth puree. The puree can be used in pies, muffins, bread, or even a soup base.

♦Use the pumpkin 'guts' for broth ~ Boil the stringy pulp and fibrous parts along with chopped onions and chopped celery to create a flavorful soup or stew stock.

♦Turn the pumpkin skin into chips ~ Slice the roasted skin into thin strips, toss with olive oil and pinch of salt, bake until crispy, Yum!

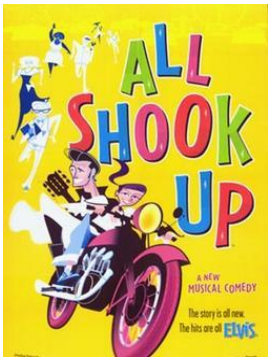
Who knew all the uses for that wonderful orange winter squash!

CONSIDER JOINING THE GREEN TEAM MINISTRY! We have fun and need YOU to carry out the work of being good stewards of God's gift to us, our 34-acre corner of His creation, Saint Demetrios church. Everyone is welcome! For more details about joining the team, contact Mary Triandafilou 443.435.4374

Library News: Our library has a little something for everyone. Stop by and visit us and see what we have to offer. No time to stop in? Visit our Little Library: take a book and leave a book. If you do not have a book to leave, take one anyway. We have plenty to share. Would you like to join a ministry that does not have a lot of meetings and only needs an hour or so of your time? We would love to meet you. We can always use your help.

The Book and Knitting Club will meet on **Tuesday, October 13th, 9:00am-12:00pm** in the library. The book of the month is ***"Meet Me Under the Umbru Tree"*** *by Santa Montifiore.* All are welcome whether you knit, crochet, sew, or just want some friendly conversation.

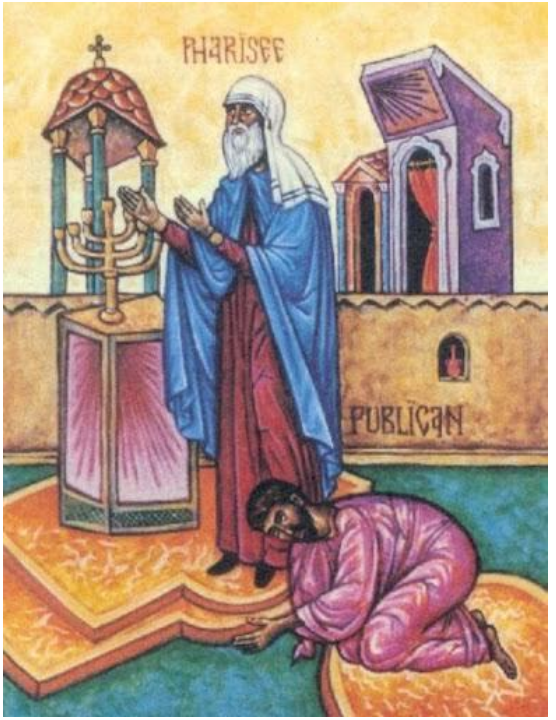
The Laconian Dance is back by popular demand! **Saturday, October 17th,** at Saint Demetrios' Hermes Rafailides Center. Hosted by the Laconian Association of Baltimore. Tickets are $50. Live music by Zephyros. For tickets, text "LACONIAN DANCE" to 443.542.7345.



SUBURBAN PLAYERS:

Saint Demetrios Suburban Players is proud to announce "***All Shook Up"*** which performs **February 12th, 13th, 19th, 20th, 21st, 26th and 27th.**

All Shook Up is a jukebox musical featuring the songs of Elvis Presley, with a book by Joe DiPietro. Set in the summer of 1955 in a small Midwestern town, the story follows Chad, a guitar-playing roustabout who is released from jail and brings excitement to the town. The plot centers around Natalie Haller, a mechanic who yearns for love and adventure, and her best friend Dennis, who secretly loves her. The musical combines themes of romance, mistaken identities, and the transformative power of music, drawing inspiration from Shakespeare's Twelfth Night.



What the Church Fathers say
REPENTANCE
(Being Made One With God)

Saint John the Baptist cried out. "Repent, for the Kingdom of Heaven has come near." (Gospel of Saint MATTHEW 3:2). "I have not come to call the righteous, but sinners to repentance." (Gospel of Saint LUKE 5:32).

When we speak of repentance, we are referring to the spiritual afflictions of mankind. After the faithful offer repentance of their sins, they are made whole once again, the impurities of the souls are washed away by sorrow. Sin dulls ones mind, ones heart and ones conscience. Repentance and subsequent confession of sin, along with the bestowal of forgiveness in the name of God and the Church, brings health, healing and peace of mind once again to the suffering soul and heart.

Repentance without fasting is idle. (Saint BASIL the Great)

As wax melts before fire, so does an impure thought before the fear of God. (Saint THALASSIOS)

It was said of an old man when his thoughts said to him, "Relax today and repent tomorrow," the old man retorted, "No, I am going to repent today, and may the will of God be done tomorrow." (A Desert Father)

Did you commit sin? Enter into the Church and wash away your sins. For here, there is a hospital, and not a court of law. Do not be ashamed again to enter the Church; be ashamed when you sin, but not when you repent. (Saint JOHN CHRYSOSTOM)

Those who choose what is pleasing to God are, by virtue of the choice, admitted to immortality and fellowship with God. (Saint JUSTIN The Martyr)

STEWARDSHIP MESSAGE OF THE WEEK
"TIME ~ TALENT ~ TREASURE"

In every Liturgy God brings words of eternal life through the Scripture readings and the sermon. Through the Sacrament of Communion, He comes to be born again and again in the shabby stables of our hearts. He is able to continue His forgiving, healing, liberating, and transfiguring ministry through the Church.

Are you actively serving God, sharing Him with others? Do you worship regularly? Take a moment to evaluate your life considering these principles. We are called to apply our gifts, training, abilities, education, and skills to the tasks that God places before us. If we do this humbly and prayerfully, the body of Christ will function to its full potential.

STEWARDSHIP STATISTICS

	Budget Commitment	Goal ~ Total Operating Budget *	Total Commitments to Date	Collections to Date	# Of Stewards
2025	$380,000	$734,122	$390,076	$321,409	395
2026	$395,000	$763,750	$389,029	$320,956	391

Our goal as Christian Stewards is to fund 100% of the Church operating budget

WEEKLY SCHEDULE

Monday, October 12th

Office, Pre-School and Greek School Closed

Tuesday, October 13th
Pre-School, 8:30am
Book/Knitting Club, 9:00am
GOYA Basketball, 6:00pm

Wednesday, October 14th
Pre-School, 8:30am
Orthodox Studies, 10:00am
Greek School, 4:30pm
Pickleball, 5:30pm

Thursday, October 15th
Pre-School, 8:30am
Adult Basketball, 6:00pm

Friday, October 16th
Pre-School, 8:30am

Saturday, October 17th
Laconian Society Dance,

Sunday, October 18th
Luke the Evangelist
Orthros, 9:00am
Divine Liturgy, 10:00am
Parish Assembly
Orthodox Faith Sunday School, 9:55am

UPCOMING EVENTS

Pre-School ~ Monday, October 19th through Friday, October 23rd at 8:30am
Greek School ~ Monday, October 19th and Wednesday, October 21st at 4:30pm
Parish Council Meeting ~ Tuesday, October 20th at 7:00pm
GOYA Basketball ~ Tuesday, October 20th at 6:00pm
Orthodox Studies ~ Wednesday, October 21st at 10:00am
Pickleball~ Wednesday, October 21st at 5:30pm
Adult Basketball ~ Thursday, October 22nd at 6:00pm
Vesper Reception Set-Up ~ Friday, September 23rd and Saturday, September 24th
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***Saint Demetrios Great Vespers and Reception ~ Sunday, October 25th at 5:00pm***
***Saint Demetrios Divine Liturgy ~ Monday, October 26th at 10:00am***
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