

ST. NICHOLAS MONTHLY NEWSLETTER

March 2025

ST. NICHOLAS GREEK
ORTHODOX CHURCH
4967 FOREST PARK AVENUE
ST. LOUIS, MO 63108

ST. NICHOLAS FAMILY LIFE CENTER
12550 S. FORTY DRIVE
ST. LOUIS, MO 63141



Proistamenos: Fr. Douglas Papulis
(314) 974-4613

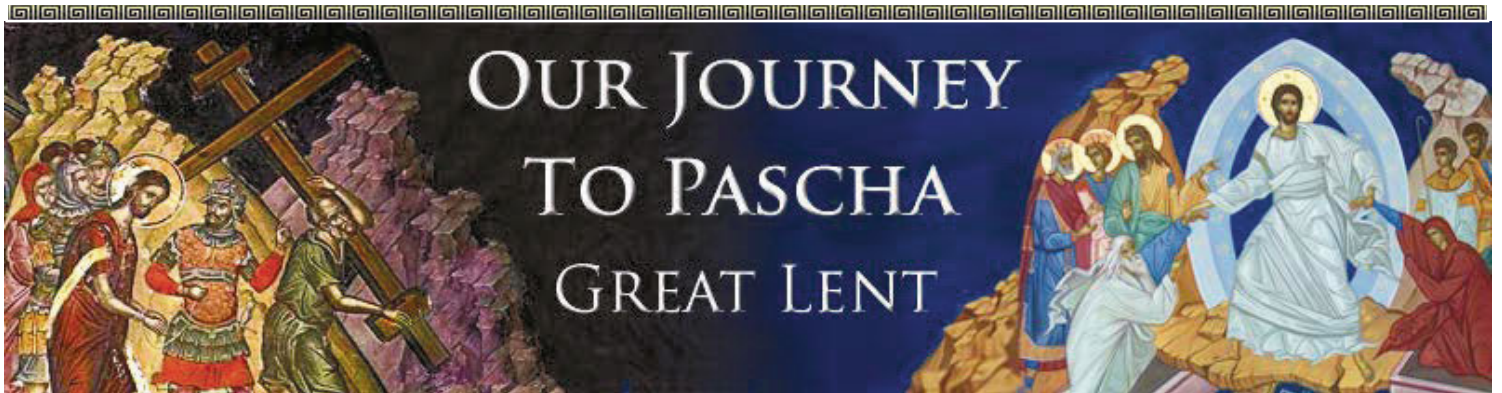
Parish Priest: Fr. Michael Arbanas
(314) 425-9641

Church/FLC Office: (314) 361-6924

Office Administrator: Lisa Danko
Financial Secretary: Linda Nicozisin

Email: stnicholas@sngoc.org

Website: www.sngoc.org



The Spirit of Great Lent

-Fr. Michael Arbanas

Great Lent begins on March 3, so we'll spend almost the entire month in this holy season. As we engage in the Lenten disciplines of more intense prayer, fasting and almsgiving, let's keep in mind the guidance that the Church has given us over the four Sundays before Lent, so our efforts can be fruitful.

The Publican and the Pharisee (Luke 18:1-14): Prayer, fasting and following the commandments are important, but all the benefits they bring us will be undone quickly if we begin to judge others. They should always be combined with a sense that, no matter how hard we try, we fall short of true righteousness, and we desperately need God's mercy.

The Prodigal Son (15:11-32): There is no sin or offense that can put us beyond the reach of God's mercy. God made us, and He longs for our return to a right relationship with Him. God will never force us to do anything, but if we come to our senses and begin the journey home, He will welcome us with open arms.

The Judgment (Matthew 25:31-46): If we believe in God, we must take the Judgement seriously, knowing that our eternal life will depend on how much we honor God and by caring for the people around us. We want to use the tools of Lent to help cultivate in ourselves a heart that honors people and cares about their needs without thinking about what might be in it for us; this is already bringing hints of the Kingdom of God into this world.

Forgiveness (Matthew 6:14-21): At the heart of our life in Christ is forgiveness, and God's forgiveness of us (as undeserving as we are) should lead us to forgive others (as undeserving as they might be). Jesus prayed on the Cross for those who were killing Him, and those of us who call ourselves His followers (Christians) are called to do the same, as difficult as it may be.

With these lessons in mind – a call to humility, hope, diligence and mercy – we can really engage in Great Lent the way the Lord has called us to do. May we all have an uplifting Lenten season and may we all greet the Resurrection together with joy!

St. Nicholas Servants

2025 PARISH COUNCIL

Carol Kamburis, President
 Helen Carey, Vice-President
 Deb Palazzola, Secretary
 Christina Stamelos, Treasurer
 Zac Holt, Assistant Treasurer
 Adonis Chakides
 Niko Georges
 Marilyn Jemas
 Pat Lekich
 William Mastorakos, DDS, MS
 Jim Rigas
 Chris Sarantakis
 Nick Scarpino
 Jim Sorbello
 Paul Xenakis

AUDIT COMMITTEE

Mark Vleisides, Chairperson 314-576-2898

CEMETERY COMMITTEE

Bill Karides, Chairperson 314-422-1968
 Tina Paradowski

DANCE TROUPE

Demi Holt

ELECTION COMMITTEE

Mark Vleisides, Chairperson
 Liz Glynnias
 Paul Leara
 Demmie Nicozisin

FINANCE COMMITTEE

Dan Tarlas, Chairperson 314-713-5500

GREETERS COMMITTEE

Lyndia Finer, Chairperson 314-960-3384

LIBRARY COMMITTEE

Elaine Coulson, Chair-sgnoclibrary@gmail.com
 Weston Haldeman
 Georgiana Grant

“THE NEXT 100”

Dan Tarlas, Chairperson 314-713-5500

ORTHODOX YOUNG ADULTS

Gracie Livaditis 314-616-9557

PHILOTOCHOS

Christina Ginos, President 314-504-6988

PHYSICAL FACILITIES - CHURCH

Dino Pappas, Chairperson 314-707-8118
 Jonathan Hartley
 Tony Sorocko

PHYSICAL FACILITIES – FLC

Nick Tharenos, Chairperson 314-576-7011
 Jonathan Hartley
 Tony Sorocko

PLANNED GIVING COMMITTEE

Christina Anastas 314-647-4636
 Basil Pappas 314-368-6026
 Leon Spanos 314-966-5176
 Chris Varvares 314-374-3647

PRISON MINISTRY

Clark Porter, Director 314-518-6747

SCHOLARSHIP COMMITTEE

Peter Takes, Chairperson 314-503-0358
 Amanuel Habtu
 Deb Palazzola
 Alexia Georges

STEWARDSHIP COMMITTEE

Fr. Doug Papulis
 Fr. Michael Arbanas
 Mary Ann Mastorakos, Chairperson
 Teddy Hart
 Rosie Hartley
 Marilyn Jemas
 Christina Stamelos

CHURCH SCHOOL Director

Lexie Dendrinelis- sgnocchurchschool@gmail.com
 Tania Scarpino

WEBSITE

Christina Stamelos 314-402-4996



Please mark your calendar for the
Parish General Assembly Meeting

Sunday, March 9, 2025
St. Nicholas Church
 (following Divine Liturgy)

We need your participation.
YOU are the
St. Nicholas Family!



St. Nicholas Scholarships

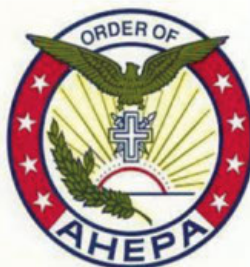
The St. Nicholas Scholarship Committee is currently accepting applications for 2025

- Up to 5 recipients will be selected from qualified applicants for scholarships up to \$4,500
- Applicants must be graduating high school seniors or current college students presently attending or intending to attend 2 year, 4 year or graduate-level college program in anticipation of a degree.
- Awards are based upon the extent of faithful participation in and service to Orthodox Christian ministries and activities. Please refer to the guidelines outlined in the new scholarship application, available from the St. Nicholas Parish Office.
- All applications, in their entirety, must be received in the Church Office online or by U.S. Mail no later than:

5:00 pm CDT, Thursday, May 15, 2025

Late applications will NOT be accepted for consideration

Any questions may be directed to the Church Office during normal business hours at 314.361.6924



AHEPA Scholarship Foundation

The St. Louis AHEPA Scholarship Foundation is now accepting Scholarship Applications

Please email Basil Pappas
bdpappas@yahoo.com
 for an application.

The application is due no later than
April 15, 2025.

There are **no exceptions** to this date.

Also, typically we cannot access Google Docs, so please send all information in **PDF format.**

Please note:

Schools are not particularly speedy with sending transcripts, so do not wait until the last minute. Same is true for recommendations.





FISH FRY

Greek Style

Fridays: March 14, March 21, March 28

4:00pm - 7:00pm



St. Nicholas Family Life Center

12550 S. Forty Drive, St. Louis, MO 63141

On The Menu:

Fried & Baked Fish, Spanakopita,
Greek Mac-n-Cheese, Dessert and more!

Open to the Public - Free Parking - Free Admission - Come join us!



Dear St. Nicholas Parish Family,

“Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Jesus Christ.”

-St. Paul’s letter to the Philippians

As we begin our journey through Lent, let us turn to our Church, our spiritual home, to help us grow in faith through fasting, prayer and almsgiving. Please refer to the complete list of Lenten services in this newsletter for opportunities to worship together with your parish family, as we prepare our heart for the great feast of the Resurrection.

Thanks to Mary Ann Mastorakos and the Stewardship Committee for their continuous efforts to raise awareness and grow Stewardship. The budget goal for stewardship set by the Parish Council for 2025 is \$865,000. As of mid-February 2025, 292 stewards have pledged \$602,000. If you have not yet pledged for 2025, please consider completing your Pledge Form as soon as possible.

The Friday Fish Frys will be held this month at the Family Life Center. Special thanks to Helen Carey & Deb Palazzola, along with their committee, for planning and executing this significant fundraiser. The Fish Frys are a lot of work – please help by volunteering, attending and spreading the word to family and friends. Please refer to the flyer in the newsletter and weekly e-blasts for more details.

The Festival Steering Committee has made significant progress in the planning of the Taste of the Greek Festival in July and the Labor Day Weekend Greek Festival. Look for volunteer opportunities starting this month with baking and prep. It takes all of us coming together to host the best ethnic festival in area.

If you have any questions, please feel free to contact me any time.

May God continue to Bless our wonderful St. Nicholas Family!

Best regards,

Carol Kamburis
Parish Council President





St. Nicholas Mortgage Payoff Endeavor

Dear Fellow Parishioners,

We have some exciting news to share regarding the parish's mortgage balance.

You may recall that our mortgage comes due mid-year. At that time, we have the option to renew at a higher rate, or to pay it off.

As of two months ago, our balance stood at \$418,071. Thanks to the generosity of a handful of parishioners, that balance is now \$60,000.

THE PAYOFF IS NOW IN CLEAR SIGHT!

Now we invite you to be a part of this historic milestone for our beloved St. Nicholas parish by helping to get us get across the finish line.

Here's how you can participate:

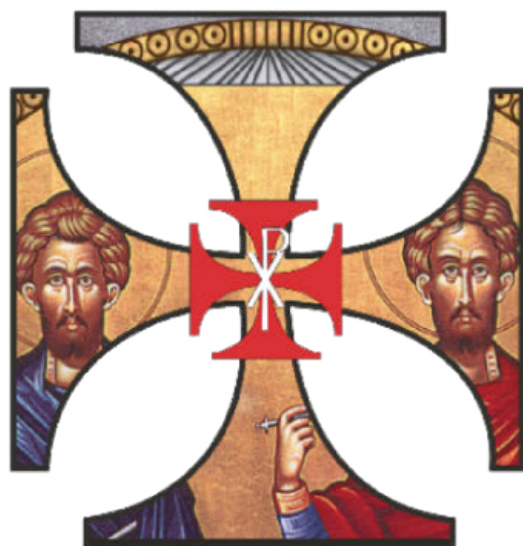
- Write a check made out to St Nicholas, designating that it is meant for the "Mortgage Payoff Endeavor". Hand the check to a parish council member or send it to the church office.
- Make an on-line donation on the St. Nicholas website; designate that it is for the "Mortgage Payoff Endeavor".

This is a critical juncture for our parish- eliminating our debt means that we will be able to allocate more funds and resources to broader parish initiatives, such as expanding and enhancing our programs and ministries.

Our goal is to complete this mission by April 5th, so we can officially inform the bank that we will be paying off our balance and not renewing our loan.

Please feel free to reach out to Dan Tarlas with any questions or for more information (314-713-5500 / dan.tarlas@acgnet.com)

We look forward to accomplishing this important milestone together and together moving into the future!



St. Nicholas Philoptochos
Invites you to celebrate the
beginning of the Lenten period

Clean Monday
“Kathari Theftera”
Annual Lenten Luncheon

Monday, March 3rd
11:00 a.m. Compline Service
Complimentary Luncheon to follow
St. Nicholas Family Life Center



GREEK ORTHODOX ARCHDIOCESE OF AMERICA

DEPARTMENT OF YOUTH SAFETY

YOUTH SAFETY TRAINING

Please note that anyone mentoring or supervising youth in Orthodox programs or ministries are required by the Archdiocese and the Metropolis of Chicago to complete annual Youth Safety Training and a background check. Such activities include, but are not limited to:

Sunday School Teacher, Junior Olympics Coach or Chaperone, Oratorical Festival Teacher or Mentor, Youth Group (e.g., GOYA, Jr. GOYA) Advisor, etc.

For further information about meeting requirements:

1½-2 hours of your time.

All provided at no cost to you.

Contact your parish Youth Safety Administrators,

Peter Takes - sngocyouthsafety2@gmail.com or













Deb Palazzola - sngocyouthsafety@gmail.com

Please also note there are no negative assumptions with this exercise; even the priests must complete this requirement on an annual basis. Thank you for considering the development and safety of our Orthodox youth!



OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 9th		<i>TRIDION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 16th		The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 23rd FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 2nd FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 9th		<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 16th		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 23rd		VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 30th		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 6th		ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 13th GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 18th		GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 20th NO FASTING!		<i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

2025 Lent & Holy Week Services

- **Saturday, February 22: 9:30 am** Saturday of Souls Divine Liturgy at Family Life Center
- **Saturday, March 1: 9:30 am** Saturday of Souls Divine Liturgy at Family Life Center
- **Sunday, March 2: Forgiveness Sunday – 8:15 am** Orthros & **9:30 am** Divine Liturgy at Church; 6 pm Forgiveness Vespers at Family Life Center
- **Monday, March 3: First Day of Lent (Clean Monday) – 11 am** Service of the Hours at Family Life Center, Lenten luncheon to follow
- **Wednesday, March 5: 6 pm** Pre-Sanctified Liturgy at Family Life Center, Dinner to follow (Parish Council)
- **Friday, March 7: 7 pm** Salutations Service at Family Life Center
- **Saturday, March 8: 9:30 am** Saturday of Souls Divine Liturgy at Family Life Center
- **Sunday, March 9: Sunday of Orthodoxy – 8:15 am** Orthros & **9:30 am** Divine Liturgy at Church; **5 pm** Vespers at Assumption Church, Dinner to follow
- **Wednesday, March 12: 6 pm** Pre-Sanctified Liturgy at Family Life Center, Dinner to follow (St. Nicholas Dancers)
- **Friday, March 14: 7 pm** Salutations Service at Family Life Center
- **Sunday, March 16: St. Gregory Palamas – 8:15 am** Orthros & **9:30 am** Divine Liturgy at Church
- **Wednesday, March 19: 6 pm** Pre-Sanctified Liturgy at Family Life Center, Dinner to follow (St. Nicholas Philoptochos)
- **Friday, March 21: 7 pm** Salutations Service at Family Life Center
- **Sunday, March 23: Sunday of the Holy Cross – 8:15 am** Orthros & **9:30 am** Divine Liturgy at Church
- **Tuesday, March 25: Annunciation of the Theotokos – 9:30 am** Divine Liturgy at Family Life Center
- **Wednesday, March 26: 6 pm** Pre-Sanctified Liturgy at Family Life Center, Dinner to follow (Men's Fellowship)
- **Friday, March 28: 7 pm** Salutations Service at Family Life Center
- **Sunday, March 30: Sunday of St. John Climacus - 8:15 am** Orthros & **9:30 am** Divine Liturgy at Church
- **Wednesday, April 2: 6 pm** Pre-Sanctified Liturgy at Family Life Center, Dinner to follow (Youth)
- **Friday, April 4: 6:30 pm** Akathist Service at Family Life Center
- **Sunday, April 6: Sunday of St. Mary of Egypt - 8:15 am** Orthros & **9:30 am** Divine Liturgy at Church
- **Saturday, April 12: Saturday of Lazarus – 9:30 am** Divine Liturgy at Church
- **Sunday, April 13: Palm Sunday – 8:15 am** Orthros & **9:30 am** Divine Liturgy at Church, Palm Sunday Brunch to follow; **7 pm** Bridegroom Service at Family Life Center
- **Monday, April 14: Holy Monday – 7 pm** Bridegroom Service at Family Life Center
- **Tuesday, April 15: Holy Tuesday – 7 pm** Bridegroom Service at Family Life Center
- **Wednesday, April 16: Holy Wednesday – 1:30 pm** Holy Unction (Sacrament of Healing – with Anointing) at Family Life Center; **7 pm** Holy Unction (Anointing following) at Church
- **Thursday, April 17: Holy Thursday – 9:30 am** Divine Liturgy at Family Life Center; **6:30 pm** Service of the 12 Passion Gospels at Church
- **Friday, April 18: Good Friday – 10 am** The Royal Hours at Church; **1:30 pm** The Descent from the Cross at Church; **7 pm** The Lamentations at Church
- **Saturday, April 19: Holy Saturday – 9:30 am** Divine Liturgy at Church; **11 pm Canon of the Resurrection at Church**
- **Sunday, April 20: Pascha – Midnight Resurrection Service** & Liturgy at Church, Resurrection Meal to follow; **Noon Agape Service** at Family Life Center, Easter Lamb Roast to follow at the Family Life Center

2025 Lent and Holy Week Donations

Jonquils for Sunday of the Cross- *Jim and Teddy Hart in Memory of Mary Varvares*
 Palm Sunday Crosses--*Ron and Elaine Been in Memory of Nick and Katherine Georgen*
 Palm Sunday Icon Flower Arrangement-
 Lilies for Epitaphion- Epitaphion Flowers – *Karakas and Lemakis Families*
In loving memory of Aunt Jeanne Tompras

Epitaphion Flowers –
 Epitaphion Flowers – *Tom and Patti Elwood and Family*
 Hydrangeas for Holy Week and Easter- *Lisa Danko in memory of Michael Danko*
 Hydrangeas for Holy Week and Easter-
 Hertismoi (Friday night) Candles-*Sophia Chronopoulos and Family*
in memory of Christos and Nota Chronopoulos
 Altar Candles for All Holy Week Services: *Sophia Chronopoulos & Family*
in memory of Christos and Nota Chronopoulos

Palm Sunday Bay Leaves-
 Levane-Incense-
 Palm Tree Plants for Palm Sunday-6 Palm Plants –
 Palm Tree Plants for Palm Sunday-6 Palm Plants –
 Palm Sunday Greenery-
 Flowers for the Icon of the Bridegroom (Nymphios)-
 Cotton Balls, Flour & Olive Oil for Holy Wednesday Holy Unction--*The Kamburis Family in memory*
of Tharinos and Kyriaki Patakas

Holy Thursday Icon Flower Arrangement for Divine Liturgy-
 Holy Thursday Icon Flower Arrangement for Service for 12 Passion Gospels-*Ryan and Cassandra Smith*
In memory of Victoria Smith

Holy Thursday Icon Service Wreath- *George, Andrea and Vanessa Mezines In memory of Victoria Peppes*

Holy Thursday 12 Gospel Candles- *Mary Jane Thomas in memory of the Siromas family*

Holy Thursday Service Candles for Cross- *Jemas Family*
 Good Friday Sheet for Body of Christ- *The Family of Mary Rupi in her Memory*

Good Friday Icon Flower Arrangement for Royal Hours-
 Good Friday Icon Flower Arrangement for The Descent from the Cross-
 Good Friday Icon Flower Arrangement for The Lamentations (Epitaphion)-
 Good Friday Epitaphion Candles (four)- *George and JoAnn Glikos in memory of Chris & Despina Zeris,*
John and Despina Glikos and Eugenia Zeris

Good Friday Epitaphion Candles (four)- *Noel Jemas Family in memory of Lou and Felia Jemas*

Good Friday Epitaphion Candles (four) - *Irene Schildroth in memory of Loved Ones*

Good Friday White Carnations- *Antoniou, Brennan and Conty Families in memory of Christos and Nicki Antoniou*
 Anthonero (Rosewater)- *Rosie Hartley in memory of her parents*

Holy Saturday Icon Flower Arrangement for Divine Liturgy - *Christina and Tom Ginos in memory of their parents,*
Ann and Tom Ginos and Maria and Gregory Zouglas

Holy Saturday Resurrection Candles for Priests (two candles)-*Bill, Linda & Katerina Nicozisin*
In memory of Frank & Rose Zirbas and Gus Nicozisin

Holy Saturday Icon Flower Arrangement for Resurrection Service-
 Holy Saturday Floral Cross for Resurrection Service- *Carey, Devers Family*
In memory of Nicholas & Panagiota Yiatras

Holy Saturday Resurrection Banner- *Mary Jane Thomas in memory of Presvytera Sylvia Nicozisin*

Agape Service Icon Flower Arrangement-
 Olive Oil (for votive lights)-*The Kamburis Family*

Resurrection Meal Donations-
 Easter Eggs- *Stephanie Benos Tyler and Elaine Davis in memory of their parents, Gladys & Dino Benos*
 Additiional Donations-



Philoptochos Corner March 2025

Membership Mimosa Brunch – We held our annual Membership Mimosa Brunch/General Meeting on Saturday, January 18th at the Family Life Center. A warm welcome to our new St. Nicholas Philoptochos members! With over 45 ladies in attendance – we kicked off the New Year with enthusiasm to continue our mission of helping those in need. There was an opportunity to learn more about the healing initiative with a presentation from local Orthodox chaplains, Laura Wachsmuth and Margaret Opris. Chaplains help people find hope and meaning during difficult times, such as illness, injury, birth, and death. Special thanks to Dianne Zotos for creating centerpieces of hats, gloves, and blankets that were donated to the chaplains for those in need.

Godparent/Godchild Sunday: February 2nd – We celebrated the Divine Liturgy, and reaffirmed the commitment that was made at baptism with our Godchildren and Godparents. Thank you to Helen Carey & Sandra Kamburis for delivering delicious cookies from Bello's Bakery to all the Sunday school children and teachers.

GK Pre-Lenten Luncheon Sale: February 2nd – Thank you to Georgia Ferretti and her committee for planning another successful luncheon/bake sale. We appreciate all of the delicious homemade goodies donated by our members. All proceeds benefited the ministries of St. Nicholas Philoptochos.

First Day of Lent/Clean Monday: March 3rd - We invite you to celebrate the beginning of the Lenten season at our annual Clean Monday Lenten Luncheon immediately following the Service of the Hours at the Family Life Center.

Palm Sunday Brunch: April 13th - Philoptochos is looking forward to hosting our Annual Palm Sunday Brunch. Please join us, with your family and friends, for a delicious brunch: Sautéed Lemon fish, Gourmet Omelets, Poached Salmon, Assorted Pastries, Mimosas, and more. A special buffet is planned for the children. Please make your reservations as soon as possible as all reservations must be made in advance! See the enclosed flyer for more details.

Grecian Kitchen Spring Order Form – Treat your family and friends to home-made Grecian specialties for the Easter Holiday and summer. We are offering Koulouria, Baklava, Spanakopita, Tiropita, Tsoureki, Pastitsio, and more! Remember we sell our specialties year-round. Please fill out the order form in this month's newsletter and mail to Dianne Zotos, 1213 Hillcrest Field Drive, Chesterfield, MO 63005.

Calendar of Events:

3/03 – Clean Monday/Lenten Luncheon (FLC)

3/09 – Sunday of Orthodoxy (Assumption)

3/19 – Pre-Sanctified Dinner (FLC)

3/29 – General Meeting (FLC)

4/13 – Palm Sunday Brunch (St. Nicholas)





St. Nicholas Philoptochos Society
Grecian Kitchen/Spring Sale

Treat your Family & Friends to Home-made
Grecian Specialties for Easter!

To Place Your Order...

MAIL THE COMPLETED ORDER FORM BELOW WITH CHECK PAYABLE TO: ST. NICHOLAS PHILOPTOCHOS
C/O DIANNE ZOTOS, 1238 HILLCREST FIELD DR, CHESTERFIELD, MO 63005 OR CALL 636.541.0708

Pick-up Date...April 11th (11:00 am – 3:00 pm)

ST. NICHOLAS FAMILY LIFE CENTER, 12550 SOUTH FORTY DRIVE, ST. LOUIS, MO 63141
(IF YOU ARE NOT AVAILABLE TO PICK UP ON APRIL 11TH, PLEASE NOTIFY DIANNE 636.541.0708)

Items...

Pastitsio.....\$50 (HALF PAN)

GROUND BEEF, PASTA, & BECHAMEL CASSEROLE (READY TO BAKE)

Spanakopita \$25 (12PC PAN)

SAVORY SPINACH & CHEESE PIE (READY TO BAKE)

Tiropita \$25 (12PC PAN)

SAVORY CHEESE PIE (READY TO BAKE)

Baklava \$30 (24PC PAN)

GREEK FAVORITE (READY TO BAKE)

Galaktoboureko\$25 (12PC PAN)

CUSTARD FILLED PASTRY (READY TO BAKE)

Koulouria.....\$11 PER DOZEN

BRAIDED BUTTER COOKIES

Tsoureki..... \$25

TRADITIONAL BRAIDED EASTER SWEET BREAD

“Hellenic Cuisine” Cookbook.....\$25

“OPA” Salad Dressing..... \$5

.....

Mail-in order form

NAME _____

ADDRESS _____

CITY STATE ZIP _____

PHONE _____

EMAIL _____

ITEM	UNIT PRICE	QUANTITY	TOTAL \$
PASTITSIO (HALF PAN)	\$50		
SPANAKOPITA (HALF PAN)	\$25		
TIROPITA (HALF PAN)	\$25		
BAKLAVA (HALF PAN)	\$30		
GALAKTOBOUREKO	\$25		
KOULOUREIA (DOZEN)	\$11		
TSOUREKI	\$25		
COOKBOOK	\$25		
OPA SALAD DRESSING	\$5		
		TOTAL	\$

MAIL COMPLETED FORM & CHECK PAYABLE TO: ST. NICHOLAS PHILOPTOCHOS
C/O DIANNE ZOTOS, 1238 HILLCREST FIELD DR, CHESTERFIELD, MO 63005

St. Nicholas Philoptochos Society

Palm Sunday Brunch

April 13, 2025

Immediately following Divine Liturgy

Traditional Palm Sunday Buffet

- Sautéed Lemon Fish
- Skordalia
- Grecian-Style Potatoes
- Mixed Green Salad
- Green Beans Almondine
- Bread

Gourmet Omelet Buffet

- Made to order omelets including feta cheese, cheddar cheese, onions, mushrooms, green peppers, and tomatoes
- Chilled Poached Salmon with dill sauce
- Spring Asparagus with lemon butter sauce
- Breakfast Pastries and Croissants
- Fresh Fruit

Children's Buffet

- Scrambled Eggs, French Toast Sticks, Fresh Fruit, & Treats
- Orange Juice & Milk

Mimosas

Dessert

Coffee Bar



Advanced Reservations Required

Traditional Palm Sunday Buffet	_____ @ \$35 per person
Gourmet Omelet Buffet	_____ @ \$35 per person
Children's Buffet	_____ @ \$12 per child (12 and under)
	\$_____ Total

NAME: _____

**Please mail completed form with check payable to: St. Nicholas Philoptochos
c/o Sandra Kamburis, 1211 Bedford Falls Ct, Ballwin, MO 63021**

All reservations must be made in advance by **Monday, April 7th**. **No walk-ins**. Please list on the back of this stub who you wish to be seated with and we will do our best to accommodate. Advanced pre-paid reservation tickets can be picked up on Sundays starting April 7.

If you have any questions, please contact Sandra at skamburis@hotmail.com or 314.952.9958

St. Nicholas
Easter Lamb Roast

April 20, 2025

1:00 pm

St. Nicholas Family Life Center
following AGAPE Service at Family Life Center

Traditional Easter Feast
Special menu, treats & Easter egg hunt for the children
(please bring your own baskets)

Reservations must be made in advance, no walk-ins

Please complete form below and send to:

Lauren Rowe
623 Claymont Estates Drive
Chesterfield, MO 63017
636.675.1606

Guest name(s): _____

Enclosed is my reservation for _____ at \$35 per adult
_____ at \$12 per child (12 and under)

Check enclosed payable to: Saint Nicholas Greek Orthodox Church

Credit Card number _____ Exp: _____ CVV: _____

Name: _____

Street/City/Zip: _____

Phone number: _____



Dear St. Nicholas Family & Friends:

We are once again gearing up for our Annual Labor Day Festival, Saturday, August 30 thru Monday, September 1 and Taste of the Festival, July 19 and 20. We need your continued support in volunteering your services, even if its only for an hour or two. Last year we had a great response from our young adults – Many Thanks for their help! We hope you can join us again in continuing to learn the skills of your parents and grandparents. The following schedule also includes some Philoptochos prep dates.

Please feel free to contact a member of the Festival Food Team with any questions.

Thanks,

Teddy Hart – 314.914.7711, Peggy Pierroutsakos – 636.395.8696 & Dianne Zotos – 636.541.0708

Your Festival Food Team

March –

- Friday, 3/07 at 8:00 a.m. – Family Life Center – Spanakopita Assembly for Philoptochos**
- Monday, 3/17 at 8:00 a.m. – St. Nicholas – Koulouria for Philoptochos Ministries**

April –

- Friday, 4/04 at 8:00 a.m. – St. Nicholas – Tsoureki for Easter**
- Friday, 4/25 at 9:00 a.m. – St. Nicholas – Crumble Feta/Walnuts, Melt Margarine & Cut Onions**
- Saturday, 4/26 at 8:00 a.m. – St. Nicholas – Spanakopita Mixture**
- Monday, 4/28 at 8:00 a.m. – St. Nicholas – Spanakopita Assembly No. 1**

May –

- Monday, 5/05 at 8:00 a.m. – St. Nicholas – Spanakopita Assembly No. 2**
- Monday, 5/12 at 8:00 a.m. – St. Nicholas – Spanakopita Assembly No. 3 (if needed)**
- Monday, 5/19 at 8:00 a.m. – St. Nicholas – Galaktoboureko/Baklava Sundaes Assembly**
- Friday, 5/30 at 9:00 a.m. – St. Nicholas – Organize Sunday School Rooms, FF Closet and much more!**





Sunday School Directors' Desk

Happy (almost) Spring St. Nicholas Family!

Our Church School continues to thrive and the children (older ones too) continue to form bonds of lifelong friendships. Here's what we have been up to:

1. This winter we started a new tradition of celebrating name days. Each month we have a cake and celebrate the name days of the Church School kids for that month. It is a fun way to reinforce the importance of Saints that guide us and the Greek name day tradition. (Thank you, Father Doug for the awesome idea!)
2. We had Godparent/Godchild Sunday. . (Thank you, Helen Carey and Sandra Kamburis for the delicious cross cookies!)
3. We “kicked off” our annual Souper Bowl canned food drive to benefit FOCUS. The goal-- enough cans to build a floor to ceiling pyramid in the hallway. We will wrap up the first Sunday in March so stay tuned for pictures.

As we enter into Great Lent, please bring your children to as many Sundays and weekday services as possible. This is significant for them to build on the experience and understanding from one year to the next. We have listed out the key Sundays so you can plan ahead.

- March 2- Forgiveness Sunday/Mission Sunday (children will come home with OCMC boxes)
- March 9- Sunday of Orthodoxy Icon Procession
- March 23- Veneration of the Holy Cross Procession
- April 13 – Palm Sunday – Procession with Palms
- April 14-20 – Holy Week & Pascha

And while you have your calendar out, please add these dates too!

- March 30 – Oratorical Festival
- May 18 – Last Day of Sunday School – Picnic
- May 23-26 – Junior Olympics



As always, watch the weekly e-blast for additional events that may happen in between bulletins.

Sincerely,

Lexie Dendrinelis & Tania Scarpino
Church School Directors





Young Adult League
GREATER SAINT LOUIS

18-35 YEARS OLD?
JOIN TODAY!



Already a **Member**?
Stay in the loop!

@valstlouis

stlouisval@gmail.com



Submit topics for
future **discussions!**



The Women's Faith Group meets monthly (excluding July and August) to learn about the Orthodox Christian Faith and how to live the Faith throughout one's life. Scripture and various books authored by Orthodox Christians are read and discussed for enrichment, enlightenment, and encouragement to live a Christ-like life. "being transformed from glory to glory" (2 Corinthians 3:18).

*Please join us 10 am Tuesday, March 4
at the Family Life Center*

Parishioner Spotlight

Our spotlight this month is on Mary Senos and Tyler Branford. Mary and Tyler came to St. Nicholas about a year ago.

Mary is originally from Rochester Hills, Michigan. She moved to Saint Louis after she was assigned to Scott Air Force Base and works as an intelligence officer in the Air Force.

Tyler was raised in Anderson, Indiana. He moved to Saint Louis after accepting a job at the National Geospatial Intelligence Agency as a federal employee. Tyler is also an intelligence officer in the Indiana Air National Guard. Additionally, in January, Tyler converted to the Orthodox Christian faith and was baptized by their friend, Alexandra Paslidis.

In their free time, Tyler and Mary enjoy working out, spending time with their pets, and trying new food in the city!



MEMORIAL DONATIONS

CHURCH FUND

In Memory of Maria Psaris
Dan & Anne Kazanas

In Memory of Leo Pashos

Mariangela Chisari
Harry Charles & Catherin Maslan
Basil & Kathy Pappas
Marina Block
Donna Weidlich
Andrew Efthim

In Memory of Christine Lemakis

Byron & Carolyn Golfin
Niki Ferris & Family
Robert & Mary Muckler
Odeta Cule

In Memory of

Elizabeth 'Libby' Efthim
Robert & Mary Muckler

FUNERALS

Louis Gerros fell asleep in the Lord on January 17. His funeral was January 23. † May his memory be eternal.

Vasso Angelos fell asleep in the Lord on February 11. Her funeral was February 14. † May her memory be eternal.

Aristedes "Aris" Pappademos fell asleep in the Lord on February 12. His funeral was February 19.
† May his memory be eternal.

Bess Zotos fell asleep in the Lord on February 16. Her funeral was February 21. † May her memory be eternal.

MEMORIALS

† 10 year memorial for Margaret Hatzes February 16
† 1 year memorial for Helen Scholl February 16

BAPTISM

Zachary Nutter was baptized on February 9. His Orthodox sponsors are Terry and Katherine Livaditis. Congratulations!

CHRISMATION

Ryan Smith was chrismated on February 16. His Orthodox sponsor is John Ginos. Welcome!

CHURCH FUND (Continued)

(Correction from 4-2024 Newsletter):
In Memory of Bill Koutsogiannis
Craig and Jeanette Reid

NEXT 100 CAMPAIGN

In Memory of Leo Pashos
Fred Block

In Memory of Christine Lemakis
Stephanie Benos Tyler

ST. NICHOLAS RESTORATION FUND

In Memory of Despina Pashos
Nicholas Argint Jr

In Memory of Leo Pashos
William & Elaine Coulson

CHOIR FUND

In Memory of Christine Lemakis
John & Mimi Davis

SCHOLARSHIP FUND

In Memory of Christine Lemakis
Zaman Family

In Memory of Leo Pashos
Lee & Rosie Hartley

PHILOPTOCHOS SOCIETY

In Memory of Leo Pashos
Mike & Jenny Pappas

In Memory of James Pappas

George Pappas
John & Mary Anne Koch
The Kamburis Family

PAY DOWN THE MORTGAGE

In Memory of Orthodox G & Sophia Chrissos
George & Anna Chrissos

ST. NICHOLAS ENDOWMENT

In Memory of Orthodox G & Sophia Chrissos
George & Anna Chrissos

The Saturdays of Souls




By Dan Kazanas III

On the Saturdays of Souls, we remember our own departed loved ones and all our parishioners who have fallen asleep. Of course, it is hard to let go of a loved one after they die, but when we reach these Saturdays in late February and early March, we know that Pascha is not far off, and we recognize the purpose of these Saturdays.

Certainly, I will experience sadness in remembering my own family members on these Saturdays, but dwelling on sadness and grief is not the purpose of this grand memorial. It is to give us strength and focus on the Resurrection that gives meaning to our lives. This Resurrection is accomplished by death. Only by death can we be resurrected, and thus we shall not fear death.

May those we love who have passed from this life join with all the saints in heaven to pray for us as we look forward in hope toward a better life that this world can never offer us. And may Lent challenge strengthen us as we wait for the glorious Pascha. Amen.

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <i>Forgiveness (Cheese) Sunday</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church Sunday School Fellowship Coffee Hour 5 pm GOYA at FLC <i>Vespers</i> 6:00 pm Family Life Center Chapel	3 <i>First day of Lent</i> 11 am Service of the Hours Family Life Center Chapel <i>Complimentary</i> <i>Annual Lenten Luncheon</i> <i>to follow</i> <i>Hosted by</i> <i>St. Nicholas Philoptochos</i>	4 <i>10:00 am</i> <i>Women's Faith Group</i> <i>Family Life Center</i>	5 <i>7 am</i> Men's Fellowship Family Life Center/Zoom <i>Kafenio</i> Family Life Center <i>Pre-Sanctified Liturgy</i> 6:00 pm Family Life Center Chapel Dinner to follow	6	7 8:00 am Spanokopita Assembly Family Life Center for Philoptochos <i>Salutations Service</i> 7:00 pm Family Life Center Chapel	8 <i>Saturday of the Souls</i> 9:30 am Divine Liturgy Family Life Center Chapel <i>10:30 am</i> Adult Choir Practice at FLC
9 <i>Sunday of Orthodoxy</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church Sunday School Fellowship Coffee Hour Parish General Assembly following Divine Liturgy <i>Vespers</i> 5:00 pm Assumption GOC Dinner to follow	10	11 <i>7 pm via Zoom</i> Young Adult League	12 <i>7 am</i> Men's Fellowship Family Life Center/Zoom <i>Pre-Sanctified Liturgy</i> 6:00 pm Family Life Center Chapel Dinner to follow	13	14  4 PM FISH FRY Family Life Center <i>Salutations Service</i> 7:00 pm Family Life Center Chapel	15 <i>10:30 am</i> Adult Choir Practice at FLC
16 <i>Sunday of</i> <i>St. Gregory Palamas</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church Sunday School Fellowship Coffee Hour	17 8:00 am Koulouria for Easter St. Nicholas Church	18	19 <i>7 am</i> Men's Fellowship Family Life Center/Zoom <i>Pre-Sanctified Liturgy</i> 6:00 pm Family Life Center Chapel Dinner to follow	20	21  4 PM FISH FRY Family Life Center <i>Salutations Service</i> 7:00 pm Family Life Center Chapel	22 <i>10:30 am</i> Adult Choir Practice at FLC Fanari Lenten Retreat 2 pm St. Nicholas Church
23 <i>Sunday of the Holy Cross</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church Sunday School Fellowship Coffee Hour	24	25 <i>Annunciation</i> <i>of the Theotokos</i> 9:30 am Divine Liturgy Family Life Center Chapel	26 <i>7 am</i> Men's Fellowship Family Life Center/Zoom <i>Pre-Sanctified Liturgy</i> 6:00 pm Family Life Center Chapel Dinner to follow	27	28  4 PM FISH FRY Family Life Center <i>Salutations Service</i> 7:00 pm Family Life Center Chapel	29 <i>10 am</i> <i>Philoptochos General</i> <i>Meeting</i> Family Life Center <i>10:30 am</i> Adult Choir Practice at FLC
30 <i>Sunday of</i> <i>St. John Climacus</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church St. John Chrisostom Oratorical & Fine Arts Festival Following Liturgy March Name Day Celebration During Coffee Hour	31					

Thank you for supporting St. Nicholas



Fire and Water Clean Up and Restoration
314-846-0600
"A Friend of the St. Nicholas Community"



- FIELDER - ELECTRICAL SERVICES, INC.

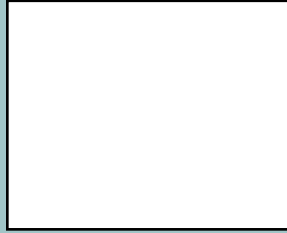
LICENSED • BONDED • INSURED
RESIDENTIAL • COMMERCIAL • INDUSTRIAL

Service Upgrades • New Homes • Remodeling • Room Additions • Basements • Kitchens
Bathrooms • Code Violations • Knob & Tube Upgrades • Back Up Generator Systems

\$20 OFF Any Electrical Work of \$100 or more **314-966-3388**

HOFFMEISTER COLONIAL MORTUARY
Helping people is our business.
Conveniently located at 6464 Chippewa in St. Louis Hills 
314.832.7770
www.hoffmeistercolonial.com

Serving St. Louis County since 1868
Schrader FUNERAL HOME, INC.
On-site Crematory and Family Center
Ballwin 636-227-5511 • Eureka 636-938-3000
www.schrader.com

SUPPORT OUR ADVERTISERS!

Mike Fontana
FONTANA PAVING
314-965-4745

MASTORAKOS ORTHODONTIC ASSOCIATES
William L. Mastorakos, D.D.S., M.S.
DIPLOMATE AMERICAN BOARD OF ORTHODONTICS
10115 Manchester Rd. • Warson Woods, MO 63122
314.966.4117 • 314.966.8630 fax
www.moastlouis.com

The Plaza
SENIOR LIVING AT WILDWOOD
Embrace the Standard of Excellence
Schedule a Tour | (636) 422-6049


health markets.
Let me help you find the insurance that best fits your needs
Life | Health | Medicare | Supplemental

Joe Hunter
Licensed Insurance Agent
HealthMarkets Insurance Agency
(314) 374-7403
jhunter@HealthMarkets.com
HealthMarkets.com/jhunter



Paul Efthim
Frank Efthim
Richard Efthim
Christopher Efthim
Stephanie Efthim
Steven Efthim
EFTHIM COMPANY REALTORS
Serving St. Louis since 1987
RESIDENTIAL & COMMERCIAL SALES
Condominium Assn. & Scattered Site Property Mgmt.
Off: (314) 781-0010
3605 Watson Rd. • St. Louis, MO 63109

Member of the Association of St. Louis Owned and Operated Funeral Homes
Lupton CHAPEL
Since 1905
The Excellence In Service For Every Funeral!
7233 DELMAR BOULEVARD | 721-1870 | www.luptonchapel.com

Bopp CHAPEL
Funeral Directors & Monument Sales
10610 Manchester Rd.
Kirkwood, MO 63122
314-965-7680
Family Owned and Operated Since 1902
Funeral Planning...Before the Need Arises
www.boppchapel.com

Kutis
FUNERAL HOME
2906 GRAVOIS 772-3000
10151 GRAVOIS 842-4458
5255 LEMAY FERRY 894-4500

GEORGIA FERRETTI
Marketing Executive
(636) 675-0329
(636) 394-9300
ferretti17129@msn.com | <https://bit.ly/3a6lwkC>
1100 Town and Country Crossing Dr. Chesterfield, MO 63017
COLDWELL BANKER REALTY - GUNDAKER
Owned by a subsidiary of Anywhere Advisors LLC


ST. NICHOLAS PHILOPTOCHOS SOCIETY
Bless our parish family and friends
With many years of health & happiness

Sakis S. Salas, CFP® • Senior Portfolio Manager
ACROPOLIS
INVESTMENT MANAGEMENT
Investing in your interests.™
14567 North Outer 40 Road, Suite 200, Chesterfield, MO 63017
Local: (636) 449-4900 • Toll Free: (888) 882-0072
www.acrinv.com

St. Nicholas Greek Orthodox Church
4967 Forest Park Avenue
St. Louis, MO 63108

NON-PROFIT ORG.
U.S. POSTAGE
PAID
ST. LOUIS, MO
PERMIT NO. 1029

RETURN SERVICE REQUESTED



Please visit us at www.sngoo.org

