

# THE ORTHODOX POST

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St. Nicholas Albanian Orthodox Church, 181-14 Midland Parkway, Jamaica Estates, New York, NY 11432

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## Pastor's Message

By Father Andrew Jarmus

As a New Year begins...

The beginning of September is an important time of passage for us. In September, we mark the end of the "lazy days" of summer and we roll up our sleeves to get back to the regular rhythm of work and personal life. This is especially so for families with children, as the month of September means back-to-school – new teachers, new classrooms, new learning, and maybe even a new friend or two.

Interestingly enough, September marks the beginning of the Church year. Look at the hymns on January 1, and there is no mention at all of the new year. On September 1, though, the start of a New Year is a major theme. In one of the hymns we sing, "Bless now the beginning of the new year. Surround Your Church with the impregnable wall of Your protection. Show Your power and fill the hearts of the faithful with joy!"

It is in the spirit of the new year, then, that I wanted to offer you some previews of parish life in the months to come:

Church School. Our Church School classes will begin on Sunday, September 20, after Divine Liturgy. Registration for Church School

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will be on Sunday, September 13 at Coffee Hour. We encourage all parents with school-age children to register their kids. Not only does Church School give our children an opportunity to learn about the faith, but it also gives them to chance to make friends and get to know others of their own age in the parish. These friendships can last a lifetime, and they will be part of the foundation that our parish will be built on in the future.

Youth Group. New this year for our teens will be the St. Nicholas Parish Youth Group. Our plan is to meet with the Youth Group once or twice a month. In general, we would like to do some learning, service projects (for example, something like spending an evening at a food bank), some socializing and fellowship with youth from other Orthodox parishes in the area.

Pastor's Message is continued on Page 3

## President's Message

By Bill Peters

Hope you all had a wonderful Summer!!! Vacations are over, school begins and we prepare ourselves to care for the work of our day-to-day lives, both at home and at church.

We ended the Summer with a great event. On August 30<sup>th</sup>, Bishop Nikon and other clergy celebrated the Ordination of Reader Nathan to the Diaconate. Deacon Nathan will assist Fr. Andrew and now serve the St. Nicholas Community at a higher level. Congratulations Deacon Nathan!!!

As the start of the church year, September begins our very busy Fall-Winter schedule of activities. These activities include the start of Youth Group and Sunday School, the Annual Albanian Archdiocese Assembly, the Golf Outing, Adult Education sessions, our Parish General Meeting on October 18<sup>th</sup>, and on November 7 – 8 our annual Flea Market & Bake Sale.

The Golf Outing and the Flea Market & Bake Sale are very important ways to raise money for the Church. The profit allows us to pay our bills and continue to serve the Community. So support the Golf Outing by working with the Golf Outing Committee to raise money by getting sponsors and golfers. To support the Flea Market & Bake Sale, work with "The Daughters" to

bring in things to sell from your friends and neighbors as well as your own home. And of course, donate your time to prepare for the Flea Market & Bake Sale and to work at the event.

Finally, as you can see when you look into the parking lot, progress is being made on our Building Expansion Project. Current photos can be seen in this issue of The Orthodox Post on page 5 with even more photos on the Church's website ([www.stnicholasalbanian.org](http://www.stnicholasalbanian.org)).

The Building Project provides things that will benefit the whole Community – classrooms for Sunday school, meeting rooms for everyone, an elevator to and from the Fellowship Hall, new/improved air conditioning and many more things.

Many of you have made financial commitments to make the Building Project possible. And you have made partial or full payment of these commitments. For this we are grateful! The Building Project bills are coming due and we need to collect all the money we can. Please pay-off the remainder of any financial commitment as soon as possible. It will be greatly appreciated.

For those who have not yet made a financial commitment, Please make a donation now!!! Also, if you know of someone (a family member or a friend or a business associate) who could support the Building Project, convince them to make a donation as soon as possible.

SEE FR. ANDREW OR ME FOR MORE INFORMATION.

## Daughters' Corner

by Linda Foundos

We hope you've enjoyed a good summer. As always, we will now switch into our "fall" mode; back to a little more structure, etc. Our church expansion project is moving along. We're so looking forward to the end result! Our church calendar is filling up for October with a variety of events.

A Daughters' meeting is scheduled for Sunday, September 20<sup>th</sup> following liturgy and a brief coffee break. We need to discuss how we can best support all of our church activities. We also need to discuss fundraising. Please come with your ideas and energy. It looks like our annual Flea Market/Bake Sale will be held on November 7<sup>th</sup> & 8<sup>th</sup>. Please search through your drawers, cabinets and closets for those clean items in good condition that you are not using.

### Wisdom for Life:

- When in doubt, just take the next small step.
- Make peace with your past so it won't ruin the present.
- However good or bad a situation is, it will change.

## COMMUNITY NEWS

By Linda Foundos

- On Thursday, August 13<sup>th</sup> at 93 years of age, Georgina Ligor fell asleep in the Lord. She was a very special lady who dedicated herself to her family, friends, neighbors and church. She was a pillar of the St. Nicholas community who freely donated her time and participated in any way she could. She was loved by all and had a great sense of humor. Children enjoyed her fun attitude and caring words. She welcomed everyone to her kitchen table, and now she is welcomed at God's table. May her memory be eternal. Her 40 Day Memorial will be on Sunday, September 20<sup>th</sup>.
- We wish Isidoros Tsamblakos much success with his new business venture, his own law practice. We are confident that he will do very well. His practice includes personal injury (car accidents, trip/slip and falls, construction accidents), real estate, and wills and estates. He will be happy to serve you. All the best, Izzy!
- Congratulations to Dina & Mark Stevenson on the birth of their son, Ryan James on August 5<sup>th</sup>. Charlie Pochari is the very proud great-grandfather! May God bless Ryan and his entire family.

There's more *COMMUNITY NEWS* on Page 3

## KENDI SHQIP

(The Albanian Corner)



By A. Llupa

Shtator 2009

Këtë muaj po japim një përmbledhje për Vitin Kishtar

...Ndonëse 1 Shtatori është konsideruar si fillimi i Vitit Kishtar, prapëseprapë, sipas kalendarit të Kishës Orthodokse, qendra reale liturgjike e ciklit vjetor të adhurimit, është festa e Ngjalljes së Krishtit. Të gjithë elementet e devotshmerisë orthodokse drejtohen e burojnë prej Pashkës, kremtimit të Pashkës së Re të Krishterë. Madje edhe "festat e palëvizshme" të Kishës, si Krishtlindja e Uji i Bekuar, të cilat kremtohen sipas një date fikse në kalendar, e marrin formën e tyre liturgjike dhe frymëzimin prej festës së Pashkës.

Kisha ka dymbëdhjetë festa të mëdha, të cilat kremtohen universalisht: Lindja, Epifania (Uji i Bekuar), Paraqitja e Zotit në Tempull (Ipapandia), dhe Shpërfytyrimi i Krishtit; Lindja, Ungjillizimi, Paraqitja në Tempull dhe Fjetja e Shën Mërise; Lartësimi i Kryqit; dhe nga cikli Paskal, Festa e Hyrjes së Zotit në Jeruzalem, festa e Ngjitjes së Zotit (Shestja) dhe festa e Rushajve. Pashka nuk numërohet ndër dymbëdhjetë festat e mëdha të Kishës, meqenëse ajo është konsideruar si "festa e festave".

Shumica a festave të mëdha kanë një përgatitje liturgjike para-feste, si dhe një lavdërim pas-feste. Kjo do të thotë që festa parakujtohet dhe lavdërohet në shërbesat liturgjike të Kishës përpara saj dhe gjithashtu kremtohet me këngë e lutje për disa ditë pas asaj.

### FESTAT E MËDHA TE KISHËS

- |              |  |
|--------------|--|
| • 8 Shtator  | Lindja e Hyjlindëses                         |
| • 14 Shtator | Lartësimi i Kryqit                           |
| • 21 Nëntor  | Paraqitja në Tempull e Hyjlindëses           |
| • 25 Dhjetor | Lindja e Krishtit                            |
| • 6 Janar    | Pagëzimi i Krishtit (Epifania, Uji i Bekuar) |
| • 2 Shkurt   | Paraqitja e Krishtit në Tempull              |
| • 25 Shkurt  | Ungjillizimi                                 |
| • 6 Gusht    | Shpërfytyrimi i Krishtit                     |
| • 15 Gusht   | Fjetja e Hyjlindëses                         |

Llogaritur sipas ekuinoksit pranveror dhe Pashkës judaike:

- E Djela e Dafinës: Hyrja në Jeruzalem
- PASHKA: NGJALLJA E KRISHTIT
- Ngjitja e Krishtit (Shestja)
- Rushajet :Zbritja e Shpirtit të Shenjtë

## PASTOR'S MESSAGE – Continued from Page 1

Adult Study Group. Wednesday, September 30, we will begin an Adult Study Group. We will be discussing a book by Fr. Anthony Coniaris titled, "No Man Ever Spoke as This Man: The Great I Am's of Jesus." This book examines statements that our Lord made concerning who He is. Fr. Coniaris has a very easy-to-read writing style that makes otherwise complex ideas understandable. The evening will begin with prayer in the church and then we will go downstairs for our discussion.

There will be other things throughout the year as well. Parish general meetings. Other opportunities for fellowship. Special events like our Golf Outing on Monday, October 5. But I especially want to remind you about a very important event in our parish life, and that is our Building Expansion Project.

Our building expansion is going very well. You can see photo galleries of the various stages of the project on our parish web site. The building expansion was supported and authorized by a parish general meeting, to a budgeted cost of \$350,000. We are trying very hard to stay within budget. To date, with pledges paid, collections and other donations for this project we have raised about \$200,000.00, with another \$65,000 due from outstanding pledges.

Many of you have made pledges to cover the costs of our building expansion and many have paid some or most of the amounts you committed to. We are very grateful for your support. As the work continues, we are now calling on you to complete payment of your pledges so that we can pay our contractor for the work being completed. Those that have not made pledges, if you are in a position to make a donation now, this would be ideal. If on the other hand you would like to make a pledge now, please speak with me.

By investing in our building expansion project, we are supporting an important part of our own lives. Our parish is our spiritual family that is a source of learning, fellowship, spiritual support and guidance. Your support of the building expansion will help to provide you, your family and friends with a jewel of a spiritual home.

With all this talk about building, let me close with a final thought from Holy Bible: "Unless the Lord builds the house, its builders labor in vain. (Psalm 127:1)" Two things are important here:

The second most important thing is that there are people to do the building. We have work to do, whether it is teaching, singing, serving on parish council, fulfilling our pledge commitments, or something else. All of us are coworkers building this parish community both physically and spiritually. "Labor" means that we are actually going to put ourselves to the tasks before us. There is no waiting for someone else to do the work. God has called us to the parish and therefore He has called us to be coworkers here.

The \*most\* important thing is that the Lord is the true Builder. We can do many things, offer many classes, hold many fun and exciting social events... build many buildings. But so can a lot of organizations. These things are not what

make us unique. What sets us apart is our love for God and our commitment to His Son, Jesus Christ. We must keep the Lord and His teachings at the forefront of our life. That means coming to church — Sundays, holy days, sacraments — and not forgetting that we are Orthodox Christians all those times that we are not in church.

The only time God withdraws His blessings, His guidance or His help, is when someone doesn't want these things from Him. God does not shut doors on us, we shut them on Him. God will not deprive us of what we need but we cannot forget about Him. So, let's work together, let's learn together, let's laugh and cry together, let's tackle our building expansion project together... but above all let's pray together. Because, with God, we will do things we never imagined possible.

"Grant blessing for the course of this year and in Your boundless mercy save those who worship You and cry out in fear: O Savior, grant blessings to all mankind!" (Kondakion of the Church New Year)

## COMMUNITY NEWS – Continued from Page 2

- For more than 5 years, Christina & her brother Matt Foundos have been training in Tae Kwon Do. With 16 levels of belts ranging from white to black, Christina & Matt have both achieved the black belt level; so, I wouldn't mess with either one of them!! Every belt ranking promotion was quite a challenge to reach. They have competed in many state competitions. They recently earned their second degree black belt. Participating in a sport instills many values in a person such as perseverance, confidence, preparation, time management, conditioning, etc. Bravo! We are very proud of both of you.
- Travel to the Amish country in Lancaster, Pennsylvania is what the Heiser family did. Joanne, Doug, Christina & Melissa enjoyed their annual vacation with friends at the Bird-in-Hand Family Inn. It's fun to observe the Amish and their unique culture & customs, swim, shop, try different restaurants, relax and enjoy each other's company.
- Happy, Happy Birthday to Gloria Sawyer as she celebrated a special milestone birthday. Her sister Mary, brother Ted and nephews made a date to take her out to dinner, but instead surprised her with a party with family and friends. What a fun celebration! We wish Gloria many, many more happy and healthy years. You look maaaaaaavelous!!
- Congratulations to Dr. Elona Zekthi on her new dental practice in Forest Hills. It is a general and cosmetic practice with the best of care for both adults and children. Albanian and English languages are spoken in the office. Elona earned her dental degree in Albania in 1993 and at NYU in 2006. Elona's family and friends are very proud of her. We wish her much success.
- Adrianna & Andrea Topore took a journey back in time. They went to Boston to attend a friend's daughter's wedding. This friend and another friend from Chicago also in attendance were classmates in high school in Albania. What a wonderful reunion for these three childhood friends while celebrating such a happy occasion.

# COME AND PLAY



## 12<sup>th</sup> ANNUAL ST. NICHOLAS GOLF OUTING MONDAY, OCTOBER 5, 2009

Remember last year's Golf Outing? For those of you who participated last year and had a great time, and also those of you who did not and missed a great outing, we would be pleased to have you join us on Monday, October 5, 2009 when we will be holding our *12th Annual St. Nicholas Golf Outing* at the *Town of Oyster Bay Golf Course*. This is an exceptional golf course with challenging holes and beautiful views.

We start with registration in the morning and tee-off at noon striking that little magic white ball hoping it goes where we wish, but frequently in another direction. As we move along in good company, we have hamburgers at the pit stop and continue wishing to hit the Hole-in-One and win a BMW. After a beautiful round of golf, we proceed to the 19<sup>th</sup> Hole at the Woodlands Restaurant in the Clubhouse; followed by a great dinner, prizes/awards and the grand raffle. The results of all this is a great day and evening and a great fundraiser for our Church.

We are reaching out for your participation and/or signing up your friends and relatives to join us at this year's event. The cost to golf, lunch and dinner is *\$650.00 for a foursome* or *\$175.00 per person*. We also want to encourage you to solicit sponsors for *hole sponsorships for \$250.00*, and/or *prize/merchandise sponsorships for \$100-\$300* for the raffle, which helps raise funds for our church programs.

We do hope that you will participate and invite your friends to join us. Registration/sponsorship forms are available in the office or from any committee member. Please make an effort to help and respond early so we can plan to accommodate everyone.

Should you have any questions, do not hesitate to contact any one of the members listed, or call 516-520-5227 and ask for Lou or Al.

The Golf Committee: Phil Foundos and Tomi Beno: Co-Chairmen  
Mark Papalexis, Al Foundos, Lou Foundos, Jim Liolin and Roland Llupa

### COMMUNITY NEWS – Continued from Page 3

- Christine, Tomi, Jamie & Daniela Beno enjoyed a great vacation including visiting with friends in Philadelphia, sight-seeing in our nation's capital, Washington D.C., and fun in Hershey Park, Pennsylvania and visiting with family. They managed to squeeze it all in and loved it all!
- On Sunday, September 6<sup>th</sup>, a 3-year memorial service will take place to honor the memory of Aneta Bima, mother of Alma Bima and aunt of Eli Troja.



## Building Expansion Project Continues – Construction Phase



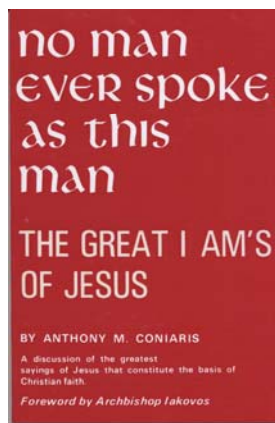
Our Building Expansion Project continues and has entered the Construction Phase!!! Foundation walls have been completed. In September, we will open the wall in the Fellowship Hall into the new construction area, close off the top of the parking lot and work on the elevator. A special Photo Gallery has been set-up on the Church's website, [www.stnicholasalbanian.org](http://www.stnicholasalbanian.org). On the homepage, click the "Construction Progress" box at the lower right corner. This will bring you to the Photo Gallery showing all phases of the Project, to date. Click the phase you want to see, then click the selected photo to make it bigger.

### Young People's Religious Education Events



- Sun, Sep 06: Youth Group Gathering at the Fr. Andrew's House, 2:00 p.m.**
- Sun, Sep 13: Church School Registration at Coffee Hour**
- Sun, Sep 20: First Day of Sunday School Classes**

### Adult Study Begins Wednesday, September 30<sup>th</sup>



Adult Study begins on Wednesday, September 30<sup>th</sup> at 7pm. We will be discussing a book by Fr. Anthony Coniaris titled, "No Man Ever Spoke as This Man: The Great I Am's of Jesus." This book examines statements that our Lord made concerning who He is.

Fr. Coniaris has a very easy-to-read writing style that makes otherwise complex ideas understandable. The evening will begin with prayer in the church and then we will go downstairs for our discussion.

# Bishop Nikon Celebrates Ordination of Deacon Nathan

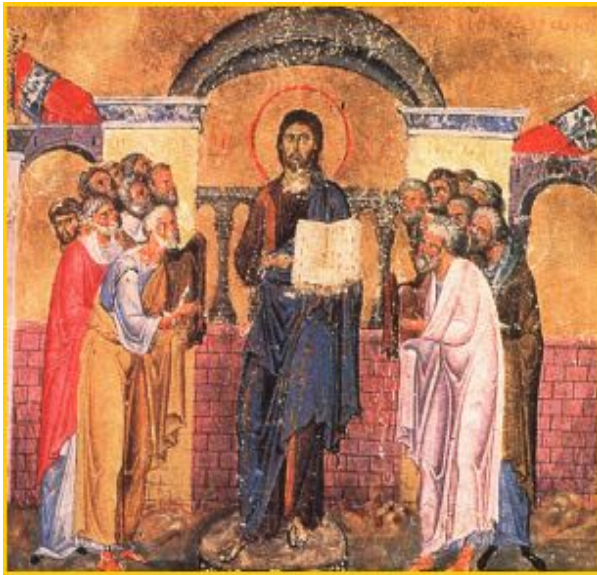
On Sunday, August 30<sup>th</sup>, Bishop Nikon with Fr. Andrew and visiting clergy celebrated the Ordination of Reader Nathan Preston to Deacon. In addition, the Parish celebrated Bishop Nikon's 40<sup>th</sup> Year Anniversary in the Priesthood. An outstanding brunch was hosted by the Daughters of St. Nicholas in the Fellowship Hall. A grand time was had by all!!! Photo highlights are shown below:





### This Month's Feast Days

#### Church New Year Commemorated on September 01



The first day of the Church New Year is also called the beginning of the Indiction. The term Indiction comes from a Latin word meaning, "to impose." It was originally applied to the imposition of taxes in Egypt. The first worldwide Indiction was in 312 when the Emperor Constantine saw a miraculous vision of the Cross in the sky. Before the introduction of the Julian calendar, Rome began the New Year on September 1.

According to Holy Tradition, Christ entered the synagogue on September 1 to announce His mission to mankind (Luke 4:16-22). Quoting Isaiah 61:1-2), the Savior proclaimed, "The spirit of the Lord is upon me; because He has anointed me to preach the gospel to the poor; He has sent me to proclaim release to captives, and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord..."

Tradition says that the Hebrews entered the Promised Land in September.

#### The Nativity of our Most Holy Lady the Mother of God and Ever-Virgin Mary Commemorated on September 8



The Nativity of Our Most Holy Lady Theotokos and Ever Virgin Mary: The Most Holy Virgin Mary was born at a time when people had reached such a degree of moral decay that it seemed altogether impossible to restore them. People often said that God must come into the world to restore faith and not permit the ruin of mankind.

The Nativity of Our Most Holy Lady Theotokos and Ever Virgin Mary is celebrated by the Church as a day of universal joy. Within the context of the Old and the New Testaments, the Most Blessed Virgin Mary was born on this radiant day, having been chosen before the ages by Divine Providence to bring about the Mystery of the Incarnation of the Word of God. She is revealed as the Mother of the Savior of the World, Our Lord Jesus Christ.



Exaltation of the Holy Cross

September 14



Martyr Sophia and Her Daughters Faith, Hope and Love

September 17



New Martyrs of Alaska, Hieromonk Juvenaly & Peter the Aleut

September 24

### Major Church Activities and Events

- Tues, Sep 01: Church New Year / Albanian Martyrs - Divine Liturgy, 10:00 am
- Sun, Sep 06: Divine Liturgy, 9:30 am  
3 Year Memorial for Aneta Bima.  
Youth Gathering at the Jarmus House, 2:00 pm
- Tues, Sep 08: Nativity of the Theotokos – Divine Liturgy, 10 am
- Sun, Sep 13: Divine Liturgy, 10:00 am;  
Church School Registration at Coffee Hour
- Mon, Sep 14: Exaltation of the Holy Cross - Divine Liturgy, 10:00 am
- Sun, Sep 20: Divine Liturgy, 10:00 am  
40 Day Memorial for Georgina Ligor  
First day of Church School classes
- Sun, Sep 27: Divine Liturgy, 10:00 am
- Mon, Sep 28: Parish Council Meeting, 7:00 pm
- Wed, Sep 30: First Evening of Adult Study Group, 7:00 pm

**\* Sept 13: Liturgy Starts at 10:00 a.m.\***

### Ushers' Schedule for Sunday Services Lista e sherbimit te dielave ne kishe

- Sep 06: Ilir Fundo / Stefan Baltadori
- Sep 13: Bill Peters / Ilia Luka
- Sep 20: Petrika Troja / Nasi Pavllo
- Sep 27: Damian Peters / Steven Foundos
- Oct 04: Lou Foundos / Robert Korra

*We're on the Web!*

*Visit us at:*

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

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