



Visions

HOLY WEEK AND PASCHA AT ST. CONS

There is no more meaningful and beautiful time in the Orthodox Church than Holy Week and Pascha. The services of Holy Week transform us into eyewitnesses and direct participants in the awesome events of the Passion and Resurrection of Jesus Christ. In readings taken from both Old and New Testaments, in hymns, processions, and liturgical commemoration, we see the mighty acts by which God Himself, in the person of Jesus Christ, grants us forgiveness for our sins, and rescues us from the pain of eternal death. We join together for the beautiful services of our Greek Orthodox Church, as we dedicate more time to God through the divine services, individual prayer, meditation, and reflection.

The week also brings with it many treasured traditions, and a sense of pride in our faith and culture, as many generations come together to dye eggs, or decorate the Epitaphio; and to participate in the services as Choir members, Altar Servers, in the Apokathelosis service of Good Friday afternoon, or the Agape Service on Easter morning. Throughout the week we have the opportunity to see and share fellowship with extended family, old friends, and new visitors to our Church.

In this Visions, we will share some of our parish activities of Holy Week and Lent, and celebrate God's promise of eternal life.

Χριστός Ανέστη! Αληθώς Ανέστη!
Christ is Risen! Truly He is Risen!



Excerpts taken from:

DISCONNECTED: How to Reconnect Our Digitally Distracted Kids, by Thomas Kersting

Too much screen time is rewiring kids' brains.

A young person's brain, which is still developing, is particularly sensitive and is also the kind of brain that is most exposed to modern technology. The more we become used to sound bites and tweets, the less patient we will become with more complex, more meaningful information. Like any skill, if you don't use it, you lose it.

More and more kids are becoming emotionally fragile and lack critical coping skills because they are not spending enough time engaged in the real world, person to person. This lack of face-to-face interaction is evident in their reduced social and communication skills; and they struggle to make eye contact while communicating, or become anxious while participating in social engagements or group interactions.

A normal part of adolescent development is figuring out where one stands in the world, where one fits in. Our children are on the receiving end of hundreds, even thousands of narcissistic photographs from their peers, which can cause them to start questioning the quality of their own life, when compared to everyone else's. So instead of getting to know their true self - the person that they are - they compete with other kids to see who has the most "likes." Text chats and social media posts often become argumentative and sometimes downright abusive, which further damages kids' self-esteem. The hurtful comments feel quite real to kids even though, in most cases, their peers who post them would never say such things in person.

FOMO (Fear of Missing Out) is a serious issue for pre-teens and teens because as they become more enveloped in digital interactions, the fear of missing something can cause legitimate anxiety. They become afraid to step away from a texting group chat, for example, which can go on forever, because they fear they will become isolated or irrelevant.

Now that you understand how technology may be affecting your child, it's time to come up with some strategies to solve the problem. Let's begin with five rules that every parent should follow.

1. **Keep your child's room clean of screens.** Your child should never have any type of electronic device in his room, period. This includes televisions, computers, and handheld devices. If your child tends to do homework in his bedroom and claims that he will need his computer to do it, have him do it in the family room. No matter how much grief you get, remember that you are in charge. Keep those screens out of the bedroom.
2. **Your child's phone is your phone:** Your child's phone is yours, not hers. Make this very clear to her and have a rule that the phone is to be handed to you at a certain time every night. Your child should never be allowed to sleep with the phone next to her. That is a recipe for disaster as the temptation to communicate via text and social media will be too strong, thereby creating sleep disturbances and other issues.
3. **No electronics during dinner:** Make a rule that dinnertime is family time. No phones or televisions can be used during this important time, by anyone - including you. Make dinner time sacred.
4. **Limit screen time for entertainment purposes (including TV) to two hours per day.** Yes, I get it. This sounds like an impossible task, but this is what the Academy of Pediatrics recommends for children over eight years of age.
5. **Be a role model:** This means spending less time with your beloved device when you are with your children. Turn off your device during dinner and whenever you are in the presence of your children. Our children need us to be present when we are around them, not distracted.

And one more....

Always listen to your gut instinct. If you feel that your child is spending too much time using electronic media, sit down with your child and express your concerns. Set strict guidelines for your child to follow and make it clear that if he or she violates them, that there will be consequences. Hold them accountable and follow the consequences you prescribed.

Consistency is the key.

Oratorical Festival

Congratulations to all the young people of our parish who participated in the St. John Chrysostom Oratorical Festival. We are so proud of these intelligent, well-spoken young people. If you were not able to hear their presentations, below are excerpts from the outstanding speeches of our finalists, Anastasia Stergiadis and Alexis Demos!



ANASTASIA STERGIADIS, SENIOR DIVISION FINALIST

How many followers on social media do you have? How often do you check that number, is it growing? Everyone is following someone or something, whether it be your family's holiday traditions, your intuition, the newest fashion trend, or your favorite social media blogger. What about you? Who do you follow on Twitter or on Instagram? How or what do you spend the most time and money on?

With God's gift of free will, we have the ability to make our own decisions. We can choose to start our day with prayer or a devotion, but do we? We are tempted to go on social media and check our feed first thing in the morning when we wake up instead of using that time to strengthen our relationship with Christ. Today we have access to endless amounts of resources at our fingertips, but we don't always use them to their full potential. There are several ways we can connect to God. For example, there are bible apps, worship services, and podcasts that we can use to grow closer to Him. We make a daily decision on how to spend our time, but we don't always use that time to put Him first. Instead, we spend it on our phones following famous people, watching Netflix, and following newsfeeds; when we should be using this time follow Christ. Jesus sacrificed his perfect life for us, but we fail to honor Him with our time and resources.

In the Gospel, we learn what it means to "follow Jesus" by responding to his call to repent and to believe. We show this by obeying his Word and following his example. Although, I'm not walking the streets of Nazareth with Jesus and his disciples, I often see groups of students in the hallways of my high school who try to impress and copy the so-called leader of their group. What is it about this leader that draws the group to them? You can try so hard to be like someone, but in the end, we know that we will never be that person. In Romans 12:2, The Word of God says: "*Don't change yourselves to be like the people of this world, but let God change you inside with a new way of thinking*". Then you will be able to understand and accept what God wants for you. You will be able to know what is good and pleasing to him and what is perfect.

ALEXIS DEMOS, JUNIOR DIVISION FINALIST

As a community of believers, we are able to bring people to Jesus for healing through worship and prayer. At my church, every week in our bulletin we have a section called "please pray for". This is where anyone can submit names of people that need healing. This gives the entire community the opportunity to bring these people in need to Jesus through prayer. It is important to always remember that God has a plan for us and to never give up on the people you care about when they are in need; God is known for doing the impossible.

Whether it is healing of our body, mind or soul that we need, Church is the place to go. All of us here in this room right now were blessed with the opportunity and ability to attend Church today. This is something that we should not take for granted, as there are many other Orthodox Christians who are unable to attend Church for various reasons. Think about your friends or loved ones that didn't have the chance to be here at Church today. How can you help them have the opportunity to attend? Maybe taking a few extra minutes in the morning to pick them up and take them to Church or making an appointment with your priest to visit a loved one if they are incapable of attending.

Corinthians 3:6 states: "*I planted the seed and Apollos watered it, but God was the one who made it grow*". In other words, when we all put forth and do our part, God will too. When someone is not capable of bringing themselves to Jesus for healing, we must take action and help and do our part to do so. Whether it is through worship, prayer, or taking someone to Church, we are helping bring in these people for healing. My question for you today is, what will **you** do to help those who are in need of healing?

KOULOUMA LUNCHEON – A LENTEN TRADITION

The first day of the Great Lent for the Greek Orthodox Christians is Clean Monday. Also known as "ta koulouma" (τα Κούλουμα), it has the same meaning as Ash Wednesday for the Catholics. The name "Clean" came about because the housewives, in the past years were symbolically cleaning their pots from the grease, getting ready for the Sarakosti (Σαρακοστή) the 40-day fasting period.

Many thanks to the St. Helen Philoptochos for hosting and preparing our beautiful 81st Annual Koulouma Lenten Luncheon. Γειά στα χέρια σας!

Thanks also to His Eminence Metropolitan Nicholas and the visiting Clergy who participated in the meaningful Great Compline Service, for the first day of Great Lent. In attendance were: Fr. Nicolaos Kotsis, Fr. Alex Radulescu, Fr. Anthony Cook, Fr. Dean Hountalas, Fr. John Artemas, Fr. Philemon Karamanos.



YOUTH SERVICE ACTIVITIES

We are so proud of our young people volunteering and caring for our community! The St. Con's GOYA volunteered at the Orthodox Detroit Outreach serving meals for the needy. Thank you to the St. Con's Men's Club for sponsoring the meal and to the Hellenic Center for preparing the delicious food. Many, many people were fed and they loved the meal.

The children of our HOPE and JOY groups, ages 4 - 6th grade, assembled Easter baskets for 46 needy Westland area children. Thanks to all the parents and GOYA members for volunteering to help!



OTHER PARISH EVENTS

Sunday of Orthodoxy

The Sunday of Orthodoxy is celebrated on the first Sunday of Great Lent in the liturgical calendar of the Eastern Orthodox Church. The Feast is kept in memory of the final defeat of iconoclasm and the restoration of the icons to the churches; and services include the clergy and the faithful triumphantly processing around the church, holding icons of their patron or parish saints.



TLC Luncheon

Our Thursday Lunch Club generally meets the first Thursday of the month. There's lots of friendly faces, excellent conversation, and tasty food! All ages are welcome – come join us!

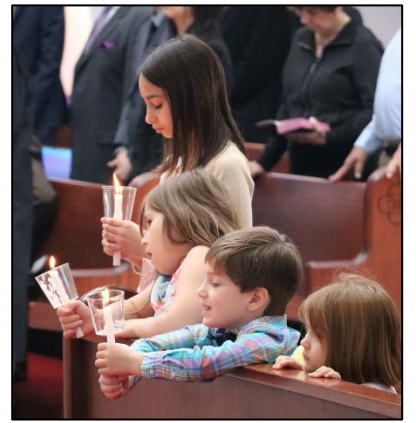
Michigan GOYA Lenten Retreat

Sts. Constantine and Helen Church was pleased to host the 2018 MI GOYA Lenten Retreat. Over 130 GOYANs from area churches participated in various workshops and assembled more than 600 take-home packages of food for school children through FOCUS Detroit. Many thanks to His Eminence Metropolitan Nicholas, Metropolis Youth Director Eva Konstantakos, and all the Clergy, Parents, and Volunteers who helped to make the event such a big success!



HOLY WEEK 2018 IN PHOTOS





OUR PARISH DIRECTORY

Do you know we haven't had a church directory since 2016? Even if you don't love having your picture taken, you are a part of our church community... and guess what? Everyone ELSE loves seeing you! Please participate in our 2018 directory!

Our new church directory is nearing completion, but we're missing some parishioner photos and can't move on without them! We have added 2 days of photography to accommodate those that were unable to photograph during Holy Week. Choose a 15-minute time slot on May 23rd or 24th between 2-9pm in Hall A; participation is free! You can schedule your appointment by calling the office, by going to our church's website, or by contacting Corrin (312) 961-8615, cstamatakos@gmail.com.



THANK YOU to all of you that helped create our church directory during Holy Week; your photos look amazing! The thought of a new directory is so exciting, and we are almost there! Stay tuned for details on the directory after the May photo sessions.

"In the end, we will remember not the words of our enemies but the silence of our friends." ~Martin Luther King

Don't be a silent friend! Participate!



SUNDAY, MAY 13, 2018

12:00 – 4:00 pm

Advance Reservations Required
Large Groups Welcome

Please call 734.525.3550
ADULTS \$20, KIDS (3 – 10) \$10, KIDS (under 3) Free

Cash Bar available, prices include 6% sales tax,
gratuity not included.

SUNDAY, JUNE 3rd

AFTER THE DIVINE LITURGY AND SUNDAY SCHOOL GR
(Wear your casual clothes to church that day!)

Join the fun! Everyone is welcome!

HOT DOGS, CHICKEN, SALADS AND SIDES WILL BE PROVIDED!

SUNDAY SCHOOL PARENTS:

Please bring a dessert or beverages/water to share.

**LARGE GAMES, BOUNCERS, AND OTHER FUN ACTIVITIES
FOR THE WHOLE FAMILY!**



The Moms' group of Saints Constantine and Helen Greek Orthodox Church
Of Westland, MI cordially invites you to

A Joyous Feast Day

Sts. Constantine and Helen Dinner Dance
May 19, 2018

6:00pm doors open – 6:30pm dinner is served

Our "Greek Feast" Buffet Dinner includes: Greek Mezze of Spinach & Cheese Pies, Meatballs and more, Chicken and Pork Souvlaki (Kabobs), Pastitsio, Rice Pilaf, Greek Salad, Greek-Style Green Beans, Fresh Bread and Tsatsiki, Desserts and Ice Cream

Cash Bar & Raffle Baskets
Greek Dancing & Children Performances
Featuring DJs Chilly n' Dio
Family Photos provided by Bill Bertakis

Adults: \$25.00
Children (5-12) \$10.00
Children (4 & Under) Free

**You may purchase tickets or tables during coffee hour
or by contacting Corrin Stamatakos, (312)961-8615**

SECURITY TRAINING SESSION

Officer Scott Kearney and Officer Andrew Zazula, presented a basic training, security assessment, and Q & A session with our Parish Council members on how to react in the case of an active shooter or other security crisis in the church.

We appreciate this excellent and necessary training.



Marco M. Bisbikis, ESQ.
Thomas D. Pascaris, ESQ.
Aristidi D. Papaioannou, ESQ.



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COME AND VISIT THE STS. CONSTANTINE AND HELEN CHURCH BOOKSTORE!

We have many beautiful icons and religious items, jewelry, and books for adults and children about our Orthodox faith. We also sell communion wine. The bookstore is open every Sunday after church services. For more information or special orders, contact Maria Stavropoulos viayiatanni@gmail.com or Leah Calagias. bouboulina52@yahoo.com



Register Now!

Vacation Bible School (VBS) 2018

Day camp for kids!

At Saints Constantine & Helen
Greek Orthodox Church, Westland

June 18th through June 22nd

9:30 a.m. – 12:30 p.m. daily

Ages: preschool (age 4) – 6th grade

INCLUDES T-SHIRT FOR EACH STUDENT!!

Please register by June 11th!

GAMES ~ ARTS~ CRAFTS ~ MUSIC TIME ~ RECESS ~ MONASTERY VISIT

For more information, contact:

Athena Alexandris 248.349.5950 or alexandris33@gmail.com
or Anastasia Sakakini 248.227.1594 or anastasia011@hotmail.com

CURRICULUM: The Feasts of the Theotokos (Mother of God)

- Four Lessons: Nativity of the Theotokos, the Entry into the Temple, the Annunciation and the Dormition.
- ½ day Field trip to a local monastery (parents drive their children)
- Daily Prayer service; Daily snack and juice box

REGISTRATION FORM 2018

Parent's Name _____ Phone # _____

Parent's Email _____ Emergency (2nd Phone) _____

Street Address _____

City, State, Zip _____

Child's Name _____ Current Grade _____ Age _____

Food allergies or other medical conditions we should be aware of _____

Please enclose \$30 per child. Cash _____ Check # _____ Pay later _____

_____ Please return to church office or mail to:

Sts. Constantine & Helen/ATTN: Vacation Bible School, 36375 Joy Road, Westland, MI 48185

LATE FEE AFTER JUNE 11TH - \$5/CHILD

Teachers and helpers are needed! Please volunteer your time!

Yes, I would like to help with _____

**Sts. Constantine and Helen
Greek Orthodox Church
36375 Joy Rd.
Westland, MI 48185**

Rev. Fr. Teodor Petrutiu,
Parish Priest



Phone: 734-525-6789
E-mail: stcons2@gmail.com
Website: www.stcons.org

**"Where there is no vision,
the people perish"**
Proverbs 29:18

NON-PROFIT
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U.S.POSTAGE
PAID
Westland, MI
PERMIT NO. 113

OR CURRENT RESIDENT

PARISH MINISTRIES

ALTAR BOYS

Pete Simakas, 313-350-1111

CHOIR/YOUTH CHOIR

Maritsa Kalasz, 734-516-8548

DANCE GROUP

Tom Alexandris, 734.453.1234

G.O.Y.A.

Cathy Brylinski, 734.432.0834

H.O.P.E. and J.O.Y.

Frances Marinos, 734.459.7606

MEN'S GROUP

Paul Stavropoulos, 248.709.9876

MOMS GROUP

Corrin Stamatakos, 312.961.8615

PARISH COUNCIL

Dino Lembesis, 586.484.1517

PHILOTOCHOS

Arlene Sudia, 734.455.2337

SUNDAY SCHOOL

Andrea Uhlian, 313-720-9465

TLC- THURSDAY LUNCH CLUB

Al Sudia, 734.455.2337

SERVICES AND SACRAMENTS

40-Day Blessings:

2/25/18 - **ANGELO PETER MARINKOSKI**, Parents: Robert and Sophia Marinkoski

3/28/18 – **ROZA OLYMPIA**, Parents Anna Lako and Paschalis Tsakas

4/1/18 - **OLIVIA BOLOVEN**, Parents Stephen & Elizabeth Boloven

Congratulations!

Baptisms:

2/24/18 - **MAXIMUS VASILIOS MALEKAS**, Parents: Konstantinos and Tonya Malekas

Godparents: Theodore Teknos & Dena Teknos

2/26/18 - **LOGAN KROZEK**, Parents: Adam and Priscilla Krozek

Godparents: Summer Fakhouri and Majid Khalil

3/5/18 – **OMAR EMMANUEL KADRO, ALANA ROSE KADRO,**

KENDALL DIANE KADRO, Parents: Zane Michael and Angela Keigh Kadro

Godparents: Jackie Apostol Possuti, Thomas Apostol

ZANE MICHAEL KADRO (Adult), Sponsor: Jack Apostol

3/17/18 –**MELINA DIMITRA MARTIMIANAKIS,**

Parents: Callie & Costas Martimianakis; Godparent: George Smyrnis

Congratulations!

Funerals:

2/3/18 – **BILL HINARIS**

3/23/18 – **EVANIE THEODORAN**

4/9/18 - **EVANGELIA MOUNDROS**

4/16/18 – **ANTONINO GORDON**

May their memory be eternal!

2/8/18 – **VIOLA PEPONIS**

4/3/18 – **GEORGIA TEKNOS**

4/13/18 - **THEODORE PSIAKIS**

4/24/18 – **ROBERT COFFIN**