



THE HELLENIC STOCKTON UNIVERSITY E-Newsletter

Voice

A publication of the Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies and the Friends of Hellenic Studies

April 2022 VOLUME 2 ISSUE NO. 2

From the Director

Dear Friends,

As our world has encountered yet another armed conflict and humanitarian crisis, this time in Ukraine, we are reminded that the international humanitarianism by common ordinary American citizens we see today was actually invented during the Greek Revolution. In the 1820s, when the Greek people were suffering from the ravages of warfare, the American public became keenly aware of their plight through newspaper reports. The American people responded by organizing Greek relief committees throughout America to raise money to send food and clothing to the starving Greek people. This was a philanthropic outpouring never before seen.

We are pleased to announce that philanthropy is the topic of this year’s lecture in memory of our beloved Professor Demetrios Constantelos:

Rev. Dr. Demetrios J. Constantelos Memorial Lecture

“Philanthropy: America’s Most Significant Contribution to the Greek Revolution of 1821”

Constantine G. Hatzidimitriou, Ph.D.

With the exhibit “The Greek Revolution Through American Eyes”

Tuesday April 26, 2022 at 6:30pm

John F. Scarpa Academic Center at Stockton Atlantic City



**DEAN C. & ZOË S. PAPPAS
INTERDISCIPLINARY CENTER FOR HELLENIC STUDIES
STOCKTON UNIVERSITY**

Dr. Hatzidimitriou is a great admirer of Professor Constantelos, and chose this topic to honor Professor Constantelos’ scholarly emphasis on philanthropy.

Dr. Hatzidimitriou is a renowned scholar who compiled an edited volume of documents, *“Founded on freedom and virtue:” Documents illustrating the impact in the United States of the Greek War of Independence, 1821-1829*, that inspired the exhibit, “The Greek Revolution Through American Eyes.”

I had the privilege of co-directing this exhibit and working with Stockton students as curatorial assistants to create it. Please enjoy this news story about their experiences: [“Greek Revolution Exhibit Has Lessons for Today.”](#)

I urge you all to make every effort to attend this memorial lecture in honor of Fr. Demetrios. I know he would want each and every one of us to attend to learn more about “philanthropy!” I hope to see you there.

With warmest regards,
Tom Papademetriou, Ph.D., Director

IN THIS ISSUE

Page 1.....	Director Greeting
Pages 2.....	Co-Chair Greeting
Pages 4-6.....	Recent Events
Pages 7-8.....	Student Voices
Pages 9-13.....	Community Voices
Page 14-16.....	Greek Eats!

From the Co-Chairs of the Friends of Hellenic Studies

Greetings and welcome to the spring issue of *The Hellenic Voice*. Since our last issue, the Friends of Hellenic Studies have been busy meeting regularly (always on the second Tuesday of the month) while also hosting several special events including a lecture by the Classical Humanities Society of South Jersey on Philistine pottery featuring Prof. Meiberg and a Valentine Symposium which included a wine-tasting tutorial by Tula Christopoulos.

I am now happy to report that the March meeting of the Friends was held in person. After almost two years of virtual meetings and presentations on Zoom we finally returned to the Constantelos Reading Room. It was wonderful to sit across from each other and share our ideas and plans for the future in person once again. In addition to a very productive meeting, we were also treated to a feast for the eyes: *The Greek Revolution Through American Eyes* exhibit is currently being displayed on the second floor of Stockton's library. The panels are the result of many months of hard work and are a stunning, masterful, and relevant exhibition of America's role in the Greek revolution. I urge you all to take the time to visit the Constantelos Reading Room and view this extraordinary work for yourselves.

The Constantelos Memorial Lecture has been rescheduled and will be held in person on April 26th. Invitations and additional information on the event are forthcoming.

In addition, this year we commemorate the 100- year anniversary of the catastrophic burning and destruction of the once-thriving cosmopolitan city of Smyrna in Asia Minor. We will observe the centennial of this calamity with several events scheduled for later this year. A concert featuring the music of Smyrna and Aivali is planned for the summer, and this fall's *Exploring Hellenism* will feature a speaker and the showing of the film "Smyrna—the Destruction of a Cosmopolitan City." We will keep you posted on these and other exciting events.



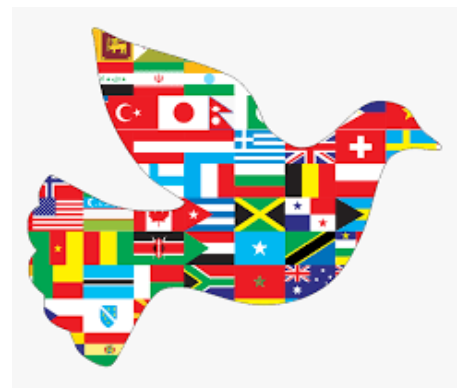
"Those Who Possess the Light Shall Pass it on to Others"
The Republic, Plato

Also featured in this issue of *The Hellenic Voice* is an interview with Presbytera Athanasia Papademetriou, mother of the Director of the Pappas Center for Hellenic Studies Dr. Tom Papademetriou, and the author of *The Virgin Mary in Holy Icons and Stories*. In addition to our Student Voices and ever-popular Greek Eats sections, we wrap up this issue of our newsletter with an article about how our community celebrates Greek Easter here and abroad. We would love it if you could submit your own articles, poems, recipes, or other snippets of wisdom about Greece and Hellenism you would like to share with our readers in future issues.

Thank you so much for your continued support and we invite you to join us at our meetings and other events, all of which are posted on our website www.stockton.edu/ichs. On behalf of my co-chairs Maria and Katherine and all the Friends of Hellenic Studies, I wish you Καλό Πάσχα! A Happy Spring, Easter, Passover, Eid al-Fitr and Vernal Equinox.

PRAY FOR PEACE!

Cathy Karathanasis,
Co-Chair



THE REV. DR. DEMETRIOS J. CONSTANTELOS MEMORIAL LECTURE

“PHILANTHROPY”

America's Most Significant Contribution to the Greek Revolution of 1821

by

Constantine G. Hatzidimitriou, Ph.D.

Independent Scholar

**Tuesday, April 26, 2022
at 6:30 PM**



DEAN C. & ZOË S. PAPPAS
INTERDISCIPLINARY CENTER FOR HELLENIC STUDIES
STOCKTON UNIVERSITY

WITH THE EXHIBITION

The Greek Revolution Through American Eyes

In partnership with Hellenic College Holy Cross
www.greekrevolution.org

*Fannie Lou Hamer Event Room
John F. Scarpa Academic Center-Stockton University
3711 Atlantic Ave., Atlantic City
Free Admission - Free Parking in Academic Center Lot
Reception to follow by the Friends of Hellenic Studies*

To Donate to FHS Scholarships visit:
www.stockton.edu/dcml
RSVP requested by APRIL 22, 2022
tula.christopoulos@stockton.edu
609-226-5827
www.stockton.edu/hellenic-studies



RSVP by Friday, April 22, 2022 to tula.christopoulos@stockton.edu or call Tula at (609) 226-5827

Recent Events

Dr. Tom Papademetriou Lectures on the History of the Ecumenical Patriarchate at Hellenic College Holy Cross

Originally published by Hellenic College Holy Cross

Historian and Archon Dr. Tom Papademetriou (*Archon Didaskalos tou Genous*) presented two successful in-person lectures on “The History of the Ecumenical Patriarchate Under Ottoman Rule” on February 11 and 18, 2022. Dr. Papademetriou was a guest lecturer in the seminar on the Ecumenical Patriarchate taught by Rev. Dr. George Parsenios, Dean of Holy Cross Greek Orthodox School of Theology.



In his lectures, Dr. Papademetriou explored two main questions: How did the Ecumenical Patriarchate survive during the era of the *Tourkokratia* (Turkish rule)? And how did the Ecumenical Patriarchate function as a *kivotos* (ark) to preserve the Christian faith and protect Christians in a dominant Muslim society?

Dr. Papademetriou discussed his original research on the state of the Church before and after the fall of Constantinople in 1453 and outlined the process by which the Ecumenical Patriarchate rebuilt and consolidated authority over the Greek Orthodox Church and community in the subsequent Ottoman centuries. Despite descriptions of grim events, the Great Church of Christ persisted and continued its dedicated ministry to Orthodox Christians.

“I was delighted to present this history to the seminarians,” he said. “By presenting original research on the history of the Patriarchate under Ottoman rule, we are helping seminarians become better informed about our beloved Ecumenical Patriarchate and helping them understand the many challenges it faces in the contemporary world. We also open new opportunities for the seminarians to appreciate the more recent past, especially in preparation for their visit to the Phanar.” The seminar on the Ecumenical Patriarchate is directed to senior seminarians who will participate in the St. Helen’s Pilgrimage this summer and travel to the Ecumenical Patriarchate of Constantinople in Istanbul.

Dr. Papademetriou is the Constantine and Georgian Georgiou Endowed Professor of Greek History and Director of the Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies of Stockton University. He is a graduate of both Hellenic College (BA 1988) and Holy Cross (M.Div. 1992). He received his PhD from Princeton University’s Department of Near Eastern Studies in Ottoman History in 2001. Conducting research in the Ottoman Archives, the Archives of the Ecumenical Patriarchate, and at the Centre for Asia Minor Studies in Athens, he focuses on the history of non-Muslims under Ottoman rule, especially the relations of the Ecumenical Patriarchate and Ottoman state in the early Ottoman centuries, the subject of his book, *Render Unto the Sultan* (Oxford University Press, 2015).

Dumbarton Oaks Byzantine Research Center-Harvard University. He was Edwin C. and Elizabeth A. Whitehead Member of the Institute for Advanced Study in Princeton, New Jersey. Dr. Papademetriou serves as President of the Modern Greek Studies Association and was invested as Archon *Didaskalos tou Genous* of the Order of Saint Andrew the Apostle by His All-Holiness Ecumenical Patriarch Bartholomew in 2021.

A Valentine Symposium: ΣΥΜΠΟΣΙΟ – ΕΡΩΣ, ΟΙΝΟΣ ΚΑΙ ΤΡΑΓΟΥΔΙ

By Sophia Demas

The Ancient Greeks' lofty foundational contributions include philosophy, democracy, and the Hippocratic Oath, to name a few. They were balanced with a deep interest in more carnal pursuits of erotic love, wine, and song, which they regarded to be inextricably entwined and are taken seriously to this day. What better way to celebrate Valentine's Day than to explore the Greeks' earthy passions with a Valentine Symposium which was held by the Friends of Hellenic Studies on February 15th!

Cathy Karathanasis discussed how Ancient Greek mythology offers a treasure trove of powerful stories of beauty and love depicted by the goddess Aphrodite and her son, Eros, who lit the flame of desire in the hearts of gods and men. In the story, "Psyche and Eros," Eros himself defies the scorn of his mother for falling in love with Psyche, a beautiful mortal woman, to live with her happily ever after. In her presentation of Greek love songs, particularly the Rebetika, that soulfully express love and love lost, Cathy wove in the poetry of the lyric poet, Sappho, from the island of Lesbos. Writing from a woman's perspective, Sappho also expressed love as both beautiful and painful, coining the word "bittersweet" for the first time in literature. It was suggested that Ancient Greek poetry, because of its musicality, could represent a link between oral poetry and more modern love songs.

Tula Christopoulos, a wine connoisseur, presented the basics of wine appreciation beginning with the six Noble Grapes and major Greek indigenous grape varieties. We were then instructed in the fundamentals of wine tasting.

With our wine glasses in hand, discussing how love was expressed by Ancient Greeks, our Zoom celebration evoked *Plato's Symposium* where Socrates discusses the nature of love as he drinks wine with friends, "Love is something bigger than us all and we must strive to feel that spirit with another human being."

Stay tuned for more Friends of Hellenic Studies symposia to come.

THE STOCKTON UNIVERSITY FRIENDS OF
HELLENIC STUDIES INVITE YOU TO

A Valentine Symposium

ΣΥΜΠΟΣΙΟ – ΕΡΩΣ, ΟΙΝΟΣ ΚΑΙ ΤΡΑΓΟΥΔΙ



Dionysus & Acme – Paphos, Cyprus circa 250 A.D.

DATE: TUESDAY, FEBRUARY 15, 2022
TIME: 6:30PM - 8:00PM
PLACE: ZOOM
COST: FREE!

To receive a ZOOM link, please RSVP to fhs@stockton.edu by Friday, February 11, 2022

- The proper art of wine-tasting – Tula Christopoulos
 - Have a wine glass ready
 - Fill it *no more than two inches* with red or white wine
 - if you don't drink alcohol, pour some of your favorite juice
- Love and wine in Ancient Greece – Prof. Katherine Panagakos
- Love and wine in Contemporary Greece – Catherine Karathanasis

Spetsiot Echo Reports on Exploring Hellenism 2021

Originally published in *Spetsiot Echo*, the local newspaper of the island of Spetses, Greece. It is the home of Greek Revolutionary heroine Laskarina Bouboulina.

Translation by Mariea Kazantzis

STOCKTON UNIVERSITY - BOUBOULINA Many Higher Education Institutions in the USA offer Greek language and culture courses. One of them is the Stockton University, near Atlantic City, New Jersey, where the Interdisciplinary Center for Greek Studies was created with 6 professor positions teaching the courses. The Center focuses on the branches of Greek language & literature, History & Culture, Classical Archaeology, History of Art, Philosophy, Politics, Anthropology & Byzantine Culture and Religion. Academic & artistic activities emphasize the diachronicity of Hellenism and promote the enrichment of students' knowledge through travels & university exchanges in Greece & Cyprus. At the same time, the organization "Friends of Hellenic Studies" operates with great success working to support the above Interdisciplinary Center and to provide scholarships for studies and other actions in Greece & other countries. As part of the celebration of the 200th anniversary of the Greek Revolution, the "Friends of Greek Studies" organized in October an online event to honor the heroine women of the Greek Revolution of 1821. Among them, Laskarina Bouboulina, Manto Mavrogenous & the women of Souli. The friend of Spetses and our Union, Mrs. Katerina N. Karathanasi (photo), a former high school teacher in the USA, with Greek roots from Andros, vividly presented the life and exploits of Bouboulina until her inglorious death. Mrs. Karathanasi, president of the organization "Friends of Greek Studies", she has visited Spetses & the Museum of Bouboulina, and, in addition to her speech for the captain, she said the best words about our island. We thank her and wait for her again.

STOCKTON UNIVERSITY - ΜΠΟΥΜΠΟΥΛΙΝΑ Πολλά Ιδρύματα Ανώτατης Εκπαίδευσης στις ΗΠΑ, προσφέρουν μαθήματα ελληνικής γλώσσας και πολιτισμού. Ένα απ' αυτά είναι το Stockton University, κοντά στο Atlantic City, New Jersey, όπου δημιουργήθηκε το Διεπιστημονικό Κέντρο Ελληνικών Σπουδών με 6 θέσεις καθηγητών που διδάσκουν τα μαθήματα. Το Κέντρο εστιάζει στους κλάδους της ελληνικής γλώσσας & λογοτεχνίας, ιστορίας & πολιτισμού, κλασσικής αρχαιολογίας, ιστορίας της τέχνης, φιλοσοφίας, πολιτικής, ανθρωπολογίας & βυζαντινού πολιτισμού και θρησκείας. Οι ακαδημαϊκές & καλλιτεχνικές δραστηριότητες δίνουν έμφαση στη διαχρονικότητα του ελλητισμού και προωθούν τον εμπλουτισμό των γνώσεων των φοιτητών μέσω ταξιδιών & πανεπιστημιακών ανταλλαγών σε Ελλάδα & Κύπρο. Παράλληλα, λειτουργεί με εξαιρετική επιτυχία η οργάνωση «Φίλοι των Ελληνικών Σπουδών» (Friends of Hellenic Studies), που εργάζεται για την υποστήριξη των του ως άνω Διεπιστημονικού Κέντρου και για την παροχή υποτροφιών για σπουδές και άλλες δράσεις στην Ελλάδα & σε άλλες χώρες. Στα πλαίσια του εορτασμού των 200 ετών από την Ελληνική Επανάσταση, οι «Φίλοι των Ελληνικών Σπουδών» οργάνωσαν τον Οκτώβριο διαδικτυακή εκδήλωση για να τιμήσουν τις ηρωίδες γυναίκες της Ελληνικής Επανάστασης του 1821. Μεταξύ αυτών την Λασκαρίνα Μπουμπουλίνα, την Μαντώ Μαυρογένους & τις Σουλιώτισσες γυναίκες. Η φίλη των Σπετσών και της Ένωσής μας κ. Κατερίνα Ν. Καραθανάση (φωτό), πρ. καθηγήτρια Λυκείου στις ΗΠΑ, με καταγωγή από την Άνδρο, παρουσίασε γλαφυρά τη ζωή και τα κατορθώματα της Μπουμπουλίνας μέχρι τον άδοξο θάνατό της. Η κ. Καραθανάση, πρόεδρος της οργάνωσης «Φίλοι των Ελληνικών Σπουδών», έχει επισκεφθεί τις Σπέτσες & το Μουσείο Μπουμπουλίνας, και, πέραν της ομιλίας της για την καπετάνισσα, είπε τα καλύτερα λόγια για το νησί μας. Την ευχαριστούμε και την περιμένουμε ξανά.

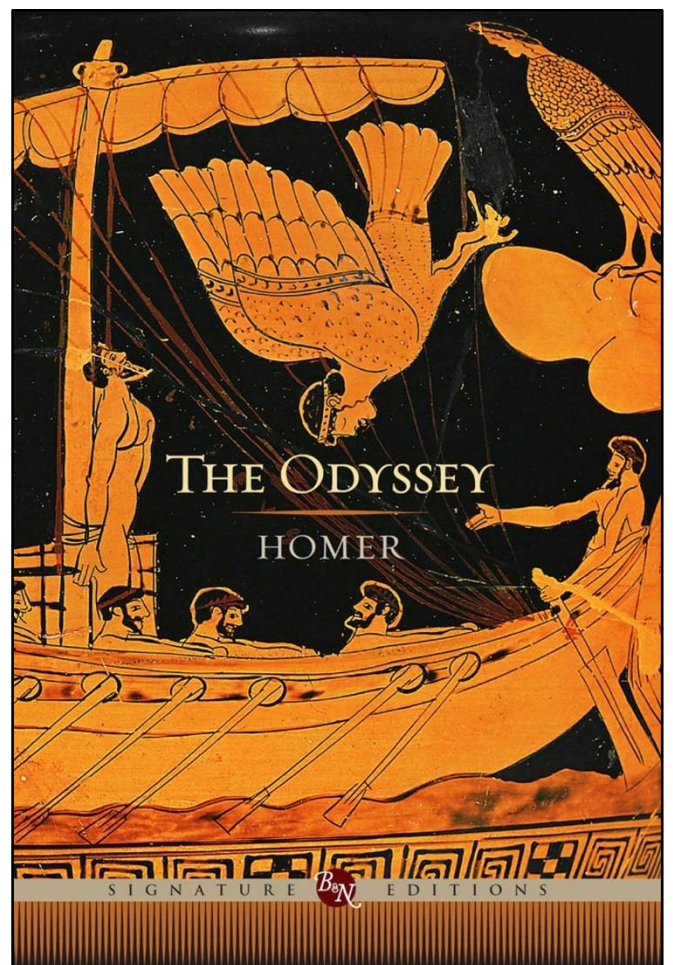
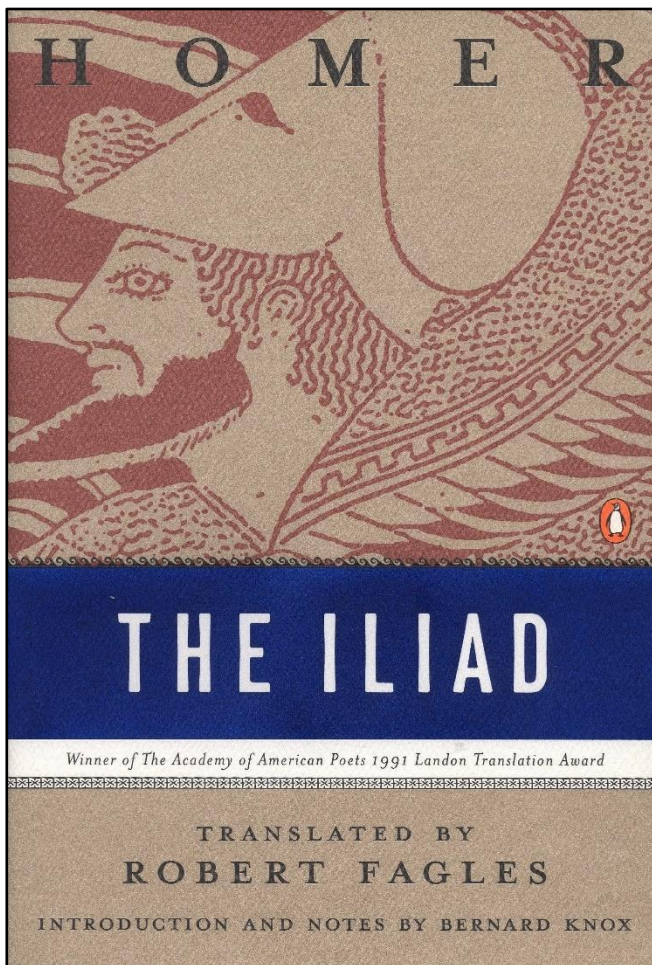
Student Voices

KLEOS AND NOSTOS

By Cathy Karathanasis

Two common themes in the Homeric epics of *The Iliad* and the *Odyssey* are KLEOS, which in Greek means glory and renown achieved through war, and NOSTOS, or homecoming. The glorious hero Odysseus is immortalized for his KLEOS or renown, achieved through his exploits on the battlefield, where for he also experienced the horrors of war and bore its scars, guilt, flash-backs and nostalgia. Sometimes, getting home after a war is as difficult as the war itself. Part of NOSTOS or homecoming is the geographical journey, but another more difficult part is rejoining society and coping with the traumas of war. These are universal themes, as old as civilization itself. Anyone who is or has been a soldier knows the complexity and profound emotional toll these themes play out in their lives as they deal with a world that has moved and evolved.

Our last issue of *The Hellenic Voice* introduced our readers to Stockton University’s unique “Worlds of Homer—Troy to Ithaca program” through articles written by student/veterans who participated. The following article, written by Miguel Aranas, describes his personal experiences with the program and how it changed his life.



Student Voices

Perspectives on a Journey to Greece: Reflections Between Homer and the Modern Soldier

By Miguel Aranas, Veteran, B.S. in Health Sciences

Some of Homer's greatest works feature the soldier longing for home. In his work, *The Odyssey*, Odysseus, a hero of great renown, is featured to be the soldier not only looking for glory, but to ensure that he and his men return home to tell the great tales that they have made for themselves overseas. Naturally, Odysseus' journey home was fated not to be simple; he and his men were plagued with challenges and problems with sirens, storms, and lands unknown. As interesting and poetic as it is to listen to these stories, Homer must have had an inspiration that led his talented mind to create such a classic; and this must have been the experiences of the soldier of his time. Going to Greece and exploring these themes and reflecting them with my own experiences help light some of the similarities between Homer's heroes of old and the modern soldier.

Being able to go to Greece is a privilege by itself. Being able to go to Greece on a journey of self-discovery and self-reflection with other members of the military is an honor of a lifetime. 20 veterans along with the veteran services staff of Stockton university go on an annual trip to Greece to expose the soldier to Greek culture and the sites that inspired Homer's greatest works. Included in the itinerary are Athens, Nafplios, Olympia, Sparta, and Ithaki (Ithaca). These cities brought about the greatest inspiration of Greek culture. Not only were we able to enjoy the cuisine and sights, but we were joined by a Native tour guide that specialized in the history of the cities and sites we were brought to. We were exposed to ancient sculptures, sites of old training grounds and areas of gathering in Ancient Greece. These included the old Olympic grounds of Olympia, the castle of Agamemnon, the caves of Ithaki, and the holy ground atop the valley of Sparta, where the last Emperor of the Byzantine Empire, Constantine XI, was coronated. These sites were a testament to Ancient Greek themes such as war, glory, art, and the idea that these themes usually mixed to form Greek culture.

The sites that we visited also brought about ideas for self-reflection. Visiting the sites in Ithaki in particular, we were reminded with the story of Odysseus, a soldier, who valued his home above all. He was willing to fight tooth and nail just so he and his men can return home, which is not unlike the modern soldier. Ideas and stories of soldiers fighting and then going home to a normal life are commonplace in Greek culture, which is an idea that every modern soldier hopes to have when they return to their normal lives as well. Finally, there is the theme of protecting those you love, above all. Upon returning home, Odysseus is greeted to a home invaded by suitors to his wife and those who eat and drink his food. This theme is comparable to modern day soldiers coming home to lives that keep going outside of his, despite the fact that the modern soldier has paused their lives in the name of their country. Though not a direct comparison, the suitors eating and drinking Odysseus' house away are reflections of debt, unresolved problems, and broken families upon coming home for the modern soldier. These themes were all ideas that each member of the tour was able to reflect upon on the journey around Greece.

The journey around Greece was also therapeutic and reinvigorating to the members of the tour. Not only were each member of the tour able to reflect on the themes of Homer's great works, but we were also able to talk about and relate these ideas with each other, creating bonds that would last beyond the trip. Some members were even able to open up about their traumas during their time overseas and find some solace in the idea that they were not alone in these struggles, from those that came before them thousands of years in the past to those who were with them on the journey around Greece.

To the Pappas Family, this trip to Greece could not have been more supportive to the well-being of the veterans' group of Stockton University. The opportunity to study abroad for two weeks also turned out to be a journey of self-discovery that myself and every veteran that has gone on the trip will be forever appreciative of. Thank you for the opportunity.

Community Voices

Συνέντευξη με την Πρεσβυτέρα Αθανασία Παπαδημητρίου

By Mariea Kazantzis

Είχα την ιδιαίτερη χαρά να γνωρίσω την Πρεσβυτέρα Αθανασία στην εκκλησία της Αγίας Τριάδος δύο χρόνια πριν και συζητώντας κατάλαβα πως είναι πολλή ενδιαφέρον άνθρωπος με αξιέπαινη δημιουργική πορεία. Είχε έρθει με τον σύζυγό της, Πάτερ Γεώργιο να επισκεφθούν τα παιδιά τους, Τόμ και Ντόρι Παπαδημητρίου. Καθώς καλός, εμπνευσμένος, γεμάτος αγάπη, και δημιουργικός άνθρωπος, η Πρεσβυτέρα πρόσφατα εξέδωσε ένα βιβλίο στα Αγγλικά για την ζωή της Παναγίας μέσα από θαυματουργές εικόνες και ιστορίες. Στο άκουσμα αυτό σε μια από τις συνεδριάσεις μας με τους Φίλους των Ελληνικών Γραμμάτων, πρότεινα να της πάρουμε συνέντευξη και ο Δόκτορ Τόμ που είναι Πρόεδρος των Ελληνικών Γραμμάτων στο Πανεπιστήμιο του Στόκτον συνέστησε να είμαι εγώ που θα το κάνει. Κατόπιν τηλεφωνικού ραντεβού πραγματοποιήθηκε η συνέντευξη και παρακάτω θα διαβάσετε αποσπάσματα αυτής:

1). Ερώτηση: Τόσα πολλά βιβλία έχουν γραφτεί για την Παναγία μας, γιατί ένα ακόμη; Τι το κάνει τόσο ξεχωριστό;

Απάντηση: Ένα Χριστιανικό σπίτι εδώ στην Αμερική δεν μπορεί να έχει όλες αυτές τις γνώσεις συγκεντρωμένες. Αυτό το βιβλίο είναι καλογραμμένο στα Αγγλικά και κάνει ακριβώς αυτό, είναι μιά μικρή κατήχηση για την ζωή της Παναγίας μας μέσα από τις θαυματουργές εικόνες της και τις ιστορίες. Αν και υπάρχει πλούσια βιβλιογραφία για την Παναγία μας, εγώ σαν βιβλιοθηκάριος δεν γνωρίζω να υπάρχει άλλο παρόμοιο στα Αγγλικά, στα Ελληνικά σίγουρα θα υπάρχει αλλά στην Ελλάδα.

2). Ερώτηση: Αναφέρεστε ότι η έμπνευση για την εγγραφή αυτού του βιβλίου σας ήρθε την εποχή όταν είσασταν βιβλιοθηκάριος στην βιβλιοθήκη του Αρχιεπισκόπου Ιακώβου, Διερευνητικό Κέντρο Μάθησις στο Ελληνικό Κολλέγιο Τιμίου Σταυρού στην Μασσαχουσέτη και κατά την ταξινόμηση βιβλίων για την Παναγία. Πόσο καιρό σας πήρε για να υλοποιηθεί αυτή η ιδέα;

Απάντηση: Μετά την συνταξιοδότησή μου θέλησα να ξεκουρασθώ λίγο και να αφιερώσω χρόνο στην οικογένειά μου, τα παιδιά και τα εγγόνια μου. Μετά άρχισα να πραγματοποιώ την υπόσχεση που είχα δώσει στον εαυτό μου, να διαβάσω τα βιβλία της Παναγίας και να γράψω για την ζωή της. Έπειτα από πνευματική ωρίμανση, κατάνυξη και με την ευλογία της Παναγίας άρχισα να γράφω σταδιακά και να επικοινωνώ με μοναστήρια και εκκλησίες για την συλλογή περισσότερων εικόνων και ευλογιών/εγκρίσεων για την χρήση τους στην έκδοση του βιβλίου. Κάθε φορά που έφτανα σε αδιέξοδο, η ευλογία της Παναγίας έκανε το θαύμα της και τα προβλήματα αξαφανίζονταν.

3). Ερώτηση: Που καταναλώθηκε ο περισσότερος χρόνος σας, στην συλλογή υλικού ή στην γραφή του βιβλίου;

Απάντηση: Θα έλεγα ότι ίσος χρόνος καταναλώθηκε. Πολλές από τις εικόνες ήταν στην συλλογή μου από προσκυνήματα σε εκκλησίες και μοναστήρια που είχα κάνει αλλά χρειαζόμουν την έγκριση και την ευλογία για να τις χρησιμοποιήσω στο βιβλίο μου.

4). Ερώτηση: Πως αισθάνεστε που το βιβλίο σας το επιβεβαίωσαν και το επαίνεσαν οι ανώτεροι πατέρες της εκκλησίας μας;

Απάντηση: Αισθάνομαι μεγάλη ταπείνωση και αγαλλίαση και συγχρόνως είμαι ικανοποιημένη που με μεγάλη προθυμία και χωρίς δισταγμό οι άγιοι ιεράρχες και πατέρες της εκκλησίας μας μου έδωσαν την ευλογία τους. Είμαι ευγνώμων στον καθένα ξεχωριστά και σε όλους μαζί για την ευλογία τους.

Community Voices, continued...

5). Ερώτηση: Το βιβλίο σας είναι περιεκτικό και θα συμπληρώσει η θα αναναιώσει τις θρησκευτικές γνώσεις ενός Ορθόδοξου ενώ θα κτίσει τα θεμέλια ενός μη Ορθόδοξου. Είχατε αυτό υπ'οψιν όταν γράφατε το βιβλίο;

Απάντηση: Αρχικώς δεν ημουν σίγουρη τι αντίκτυπο θα είχε. Προσεύχομαι και ελπίζω ότι άλλοι διαβάζοντάς το θα ανανεώσουν τις γνώσεις τους και άλλοι θα μάθουν για την Παναγία. Επιβεβαιώθηκε ήδη από τους αναγνώστες ότι έγινε αγαπητό λόγω του περιεχομένου του διότι είναι ωφέλημα και εποικοδομητικό.

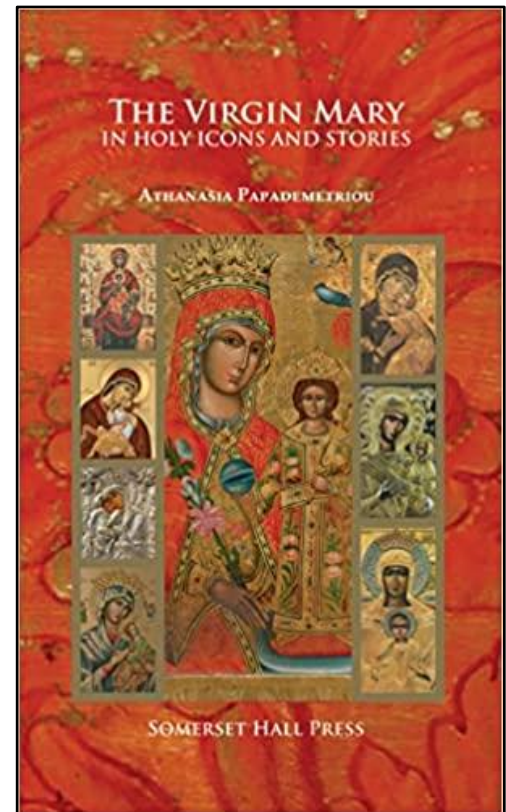
6). Ερώτηση: Η δομή του βιβλίου είναι τόσο καλοφτυγαγμένη. Σας βοήθησε σε αυτό η πείρα του βιβλιοθηκάριου;

Απάντηση: Η ιδιότητα του βιβλιοθηκάριου σπασδήποτε με βοήθησε. Συγχρόνως με βοήθησε παρα πολύ ο εκδότης για την τόσο επιτυχημένη οργάνωση ούτως ώστε να κινεί το ενδιαφέρον του αναγνώστη να θέλει να συνεχίσει να διαβάζει και να μην κουράζεστε. Είναι μία συνεχής προσευχή. Η ομορφιά και η τιμητική προσκύνησης ανήκει στην Μεγαλόχαρη, την Παναγία μας, την Μητέρα του Χριστού.

Interview with Presbytera Athanasia Papademetriou, March 2022

By Mariea Kazantzis

I had the great pleasure to meet Presbytera Athanasia in the church of the Holy Trinity in South Jersey two years ago. As we were talking, I realized then that she is a very interesting person with a commendable creative career. She had come with her husband, Father George Papademetriou, to visit their children, Tom and Dorrie Papademetriou. Being a good, inspired, loving, and educated person, Presbytera Athanasia recently published a book, in English, entitled *The Virgin Mary in Holy Icons and Stories*. Upon hearing this in one of our meetings with the Friends of Hellenic Studies, I suggested that we interview Presbytera Athanasia. Her son, Dr. Tom Papademetriou, who is Director of the Hellenic Studies Program at Stockton University, recommended that I should be the one to do so. I called Presbytera Athanasia, and she gladly agreed to a phone interview. I am happy to share excerpts from the interview below.



1). Question: So many books have been written about Panagia, why one more? What makes it so special?

Answer: Every Christian home should have a book about the Virgin Mary. Although there is a rich bibliography about our Virgin Mary, as a librarian I had not seen a book that included the many holy icons, the miracles, and the stories about the Panagia in one volume. That is what makes this book special.

2). Question: You mention that the inspiration for writing this book came to you at the time when you were cataloging books about the Virgin Mary, when you were working as a cataloging librarian/assistant director at the Archbishop Iakovos Library and Learning Resource Center at Hellenic College Holy Cross in Brookline, Massachusetts. How long did it take you to implement the idea for the book?

Community Voices, continued...

Answer: After my retirement I wanted to rest a little and dedicate time to my family: my husband, and our children and grandchildren. Then, I began to realize the promise I had made to myself, to read the books about the Virgin Mary, and to write about her life. With spiritual maturity, with devotion, and the blessing of the Virgin Mary, I began to write gradually. I also began to communicate with monasteries and churches, as I needed to obtain the blessings/approvals for the use of the holy icons in the publication of the book. There were many obstacles, however with the blessing of the Virgin Mary each one was solved.

3). Question: Where was most of your time spent collecting material, or writing the book?

Answer: I would say that my time was spent equally, half the time gathering the holy icons and the stories, and the other half the time writing the book.

4). Question: How do you feel that your book was confirmed and praised by the hierarchs and clergy of our church?

Answer: I am deeply humbled and very thankful that the hierarchs and clergy of our church gave me their blessing for the book, without hesitation.

5). Question: Your book is comprehensive and it will complement or renew the religious knowledge of the Orthodox while building the foundation for the non-Orthodox. Did you have that in mind when you were writing the book?

Answer: The writing of the book was a process, and when I first started, I wasn't sure what impact it would have. I wanted to include a history of iconography, history of iconoclasm, and the life of the Virgin Mary as she supported her beloved son's ministry for the salvation of the world. I also wanted to include the different variations of the icons of the Virgin Mary. I wanted to include this background because I thought it would help the reader to appreciate the holy icons. In the end, I believe the book holds something for everyone. I hope and pray that everyone reading the book will learn something about the Virgin Mary. I have received positive feedback from many readers that they are enjoying the book, especially seeing the colorful holy icons and reading the stories of the Panagia from around the world.

6). Question: The structure of the book is so well-made and the content is so captivating. Did your experience as a librarian help you in this?

Answer: Being a librarian definitely helped me in appreciating a well-made book. At the same time, the publisher, Somerset Hall Press, helped me in organizing the contents, so that it attracts the interest of the reader to want to continue reading. Of course, the spiritual beauty of the Panagia, the Theotokos, the Mother of God is indeed incomprehensible and draws us in. My hope is that the book will be a constant prayer, where above all else, the beauty, the honor, and the veneration is dedicated to the All-Holy, Ever Virgin Mary, the Mother of God.

To purchase *The Virgin Mary in Holy Icons and Stories* by
Presbytera Athanasia Papademetriou, visit Somerset Hall
Press by clicking this link!

Community Voices

Greek Orthodox Easter

By Cathy Karathanasis

Eastern Orthodox Christianity is the third largest branch of Christianity after Catholicism and Protestantism. It is practiced in every country, but mainly in Southeast and Eastern Europe, Cyprus, Georgia, parts of the Caucasus region, Siberia, and the Russian Far East. Roughly half of Eastern Orthodox Christians live in Russia and the post-Soviet states such as Ukraine. Today there are about 260 million Orthodox Christians in the world.

In Greece, 98% of the population identifies with the Greek Orthodox Christian faith. Here in the U.S. there are about 525 parishes and 20 monasteries scattered throughout the country and in every state.

For devout Orthodox Christians Easter is the most important religious holiday of the year. It is the celebration of Jesus Christ's Victory over Death. Commemorating divine death and resurrection is a ritual with very ancient origins whose purpose was to celebrate the death and rebirth of nature through a divine figure. Although many Greek Easter traditions have roots in pre-Christian times—the Elysian mysteries in Ancient Greece were also a celebration of rebirth after death—today Greek Easter celebrations have a direct connection with the Orthodox faith. The Greek name for Easter, “Pascha,” is derived from the Jewish festival of Passover and is related to it in the sense that it occurs around the same time. This year Easter will be celebrated throughout the Orthodox world on April 24th. Orthodox churches still use the Julian calendar for Easter. It's for this and other reasons that there can be a lag of a week or more behind those who follow the Gregorian calendar.

Easter season begins with Lent, the 40-day period that precedes Easter Sunday. It is a time of prayer, self-reflection and fasting culminating in Holy Week, which is the week from Palm Sunday to Easter Sunday. It is essentially a revival of Jesus' last days when the Orthodox Church relives the final week of His life. On Good Friday one hears the church bells ring all day lamenting the death of Jesus. The Bible said that

he died in the 9th hour and at 9:00 p.m. Greeks follow a solemn funeral procession from church. The “Epitaphios” is the symbolic representation of Christ's tomb. Decorated with beautiful flowers and bearing an icon of the body of Christ, it is ceremoniously carried through villages, towns and cities in a magnificent candlelit procession followed by the priest and the entire congregation.

On Saturday, just before midnight everyone gathers at church with their candles. And then the big moment! Just before midnight all the lights are switched off and, seconds later, the priest emerges from the darkness with the Holy Light, The spark of fire is then passed from one candle to the next until the entire congregation is illuminated, all the while announcing “Christos Anesti,” Christ is Risen, and responding “Alithos Anesti,” Truly He is Risen. People bless their homes and protect it from evil by drawing a cross above the entrance with the lit candle they have carefully brought home from the Resurrection service.



On Easter Sunday the day begins with preparations for roasting the Paschal lamb. The lamb has played an important role as a creature of sacrifice since classical times in the worship of Aphrodite, Zeus, and Hermes. Its religious symbolism goes back to the Old Testament. Once at the Easter table, Greeks will crack brilliant red-dyed eggs with their family and friends. The eggs are dyed red to symbolize the sacrificial blood of Christ. The cracking of the eggs has its own symbolism as well: The hard shell represents the sealed

Greek Orthodox Easter, continued...

tomb of Christ, while the cracking means that the tomb has been broken and that Christ has been resurrected from the dead. Along with the red eggs and all the feasting comes the “tsoureki,” a sweetened yeast bread made with butter, milk, eggs and spices, and the “koulourakia,” Greek Easter cookies.

The wine flows and traditional Greek folk music is heard throughout the land, as people indulge in lots of food while drinking and dancing the day away. Some of the customs and traditions of Greek Easter have been part of Christianity for over 2,000 years, passed down through the generations, and practiced wherever there are Greeks in the world.

Many of the Greek Easter customs are particular to certain regions and might look peculiar to other areas of Greece. Yet, they are an exciting part of the festivities, and local people feel they are absolutely vital to the celebrations.

Throughout Greece, fireworks are launched into the skies at midnight on Holy Saturday. But on the island of Chios the locals go to “war.” The so-called “war” is between two local churches, where opposing parishioners fire thousands of homemade firecracker rockets toward each other. The objective is to hit the bell tower of the church on the other side. The rockets are wooden sticks loaded with an explosive mixture containing gunpowder and launched from grooved platforms.



On the island of Corfu locals revive the old tradition of breaking “botides,” a special type of clay pot. After the First Resurrection the bells of all the churches toll and people begin to throw thousands of “botides” filled with water and laurel from their windows. The pots crash on the road and make a terrible racket, which is supposed to chase the evil away.

On the islands of Symi and Astipalea and in the Thrace region of northern Greece locals burn an effigy of Judas. Stuffed with straw and wood, it is paraded around town before it’s set on fire.

On the island of Zakynthos the priest and locals release white doves from the top of the church and their homes while the locals of Leonidio, in the Peloponnese release hundreds of hot-air balloons., creating stunningly beautiful spectacles.

Today, as we prepare for this most sacred and miraculous of seasons, it is our fervent wish that the world’s peace-loving people seek reconciliation and an end to conflict and war. Pray for peace.

Greek Eats!

Celebrate Easter with some of these traditional Greek Easter Dishes!

Greek Roast Leg of Lamb

This recipe comes from Dimitra's Dishes. Please visit her website via the link below for more information.

Ingredients:

- 1 leg of lamb, bone-in, about 7-8 pounds
- 10 or more garlic cloves, cut into slivers
- 2 onions, quartered
- salt (about a half teaspoon per pound)
- freshly ground black pepper
- 2 sprigs of fresh rosemary
- 1 cup of water
- 1/3 cup fresh lemon juice
- 1/4 cup olive oil
- 2 teaspoons dried crushed oregano

Directions:

1. Preheat the oven to 350 °F
2. Use a sharp knife to cut slits into the leg of lamb. Stick the garlic slivers into the slits.
3. Place the lamb in a large roasting pan.
4. Combine the lemon juice and olive oil together and pour it all over the lamb. Season the lamb on both sides with salt, pepper, and oregano.
5. Add the rosemary sprigs and the onions to the pan. Pour the water into the pan.
6. Cover the lamb with a sheet of parchment paper and then tightly with aluminum foil.
7. Bake for 3-4 hours or until the meat is soft and almost falling off the bone.
8. Remove the foil and parchment and place the pan back into the oven and onto the middle rack. Turn the broiler element on and broil for 5-10 minutes or until the top is golden. Keep a close eye on it so that the lamb does not burn.
9. Serve with roasted lemony potatoes, tzatziki, and Mediterranean Rice pilaf.

Click here to visit Dimitra's website for this recipe and to view a video of the meal being made!



Greek Eats!



How to Dye Red Eggs for Greek Easter

This recipe comes from Nancy Gaifyllia. Please visit her website [here](#) for more information.

Ingredients:

- 12 uncooked eggs (at room temperature)
- Skins from 15 yellow (Spanish) onions
- 2 tablespoons white vinegar
- 4 1/2 cups water

Directions:

1. Carefully remove any material clinging to the surface of the eggs.
2. In a stainless saucepan, place the onion skins and white vinegar in 4 1/2 cups of water and bring to a boil. Lower heat, cover, and simmer for 30 minutes.
3. Strain the dye into a glass bowl and let it cool to room temperature. At this point, the dye will be orange, so don't let it throw you off.
4. In a stainless saucepan, add the cooled, strained dye and the eggs. The eggs should be in one layer and completely covered by the dye.
5. Bring to a boil over medium heat. Once boiling, reduce heat to low, cover, and simmer.
6. The time needed for dyeing time will be affected by the original color of the eggs. Start checking for color at 12 to 15 minutes. Do not simmer longer than 20 minutes (see step 7 if they aren't red enough). When the eggs are the right color, proceed to step 8.
7. If the eggs are not red enough after 20 minutes, you need to stop the cooking process but can continue dyeing them. To do so, leave them in the pot and remove it from heat. When the pot has cooled enough, place it in the refrigerator and let it sit until your desired color is reached.
8. Remove the eggs with a slotted spoon and cool on racks.
9. When the eggs are cool and can be handled, coat them lightly with olive oil and polish each egg with a paper towel. Refrigerate until it's time to use.

Greek Eats!

Koulourakia – Greek Butter Cookies

This recipe comes from Baked Ambrosia. Please visit her website via the link below for more information.

Ingredients (for a serving of 26 cookies):

4 $\frac{3}{4}$ cups flour
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
1 cup unsalted butter room temperature
1 cup sugar
2 eggs room temperature
1 tbsp vanilla extract
1 tbsp orange juice
1 tbsp brandy
zest of 1 orange

For Egg Wash

1 egg yolk
1 tbsp milk



Directions:

1. Preheat oven to 350°F. Line two baking sheet with parchment paper and set aside.
2. In a large bowl, whisk flour, baking powder, and salt. Set aside.
3. Cream together butter and sugar until light and fluffy, about 3 minutes, in the bowl of a stand mixer fitted with the paddle attachment or in large bowl with a hand mixer.
4. Add the eggs and beat until light and creamy, about 2-3 more minutes.
5. Mix in vanilla extract, orange juice, brandy, and orange zest until well combined.
6. Add the flour mixture to the butter mixture, a cup at a time, mixing well after each addition. Beat on medium speed, about 1 minute, until a dough forms.
7. Break off a heaping tablespoon of dough (or weigh out the dough into 1.5 oz|43 g portions) and roll into a 7-8 inch rope. Fold in half and twist. Place the cookies on prepared baking sheets, about 2 inches apart.
8. Beat the egg yolk and milk in a small bowl and lightly brush on top of the cookies.
9. Bake 35-40 minutes, rotating the pans halfway, until golden brown.
10. Allow the cookies to cool for 5 minutes before transferring to a wire rack to cool completely.

[Click here to visit Angelina's website for this recipe and to view a video of the cookies being made!](#)



**The Dean C. and Zoë S. Pappas
Interdisciplinary Center for
Hellenic Studies**

School of Arts and Humanities
Stockton University
101 Vera King Farris Drive
Galloway, NJ 08205
www.stockton.edu/ichs
pappascenter@stockton.edu

About the Pappas Center for Hellenic Studies

The Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies, originally established by the American Foundation for Greek Language and Culture (AFGLC) as the Interdisciplinary Center for Hellenic Studies, is housed in the School of Arts and Humanities, under the direction of the Dean, Dr. Lisa Honaker. With six endowed professorships, the Center's focus includes the disciplines of Greek language and literature, history and culture, classical archaeology, art history, philosophy, politics, anthropology, and Byzantine civilization and religion. Scholarly and artistic activities emphasize the diachronic range of Hellenism and promote student enrichment through travel and university exchanges in Greece and Cyprus (<http://www.stockton.edu/ichs>). The faculty in Hellenic Studies are:

Tom Papademetriou, Ph.D., Director of the
Dean C. And Zoë Pappas Interdisciplinary Center for Hellenic Studies
Constantine & Georgian Georgiou Professor of Greek History

David Roessel, Ph.D.
Peter and Stella Yiannos Endowed Professor of
Greek Language and Literature

Katherine Panagakos, Ph.D.
AFGLC Endowed Professor of Greek Culture

Edward Siecienski, Ph.D.
Clement and Helen Pappas Endowed Professor
of Byzantine Civilization and Religion

Lucio Privitello, Ph.D.
Petros and Despoina Tsantes Family Professor
of Greek Philosophy



The Friends of Hellenic Studies
Stockton University Foundation
Room K-204
101 Vera King Farris Drive
Galloway, NJ 08205
www.stockton.edu/ichs **click on
Friends of Hellenic Studies
fhs@stockton.edu

About the Friends of Hellenic Studies

The Friends of Hellenic Studies (FHS) is a community organization established by the late Rev. Dr. Demetrios J. Constantelos and members of the community to promote and strengthen the Stockton Hellenic Studies program. The Friends of Hellenic Studies organization raises money for student scholarships for activities related to Hellenic Studies at Stockton University and for study abroad travel to Greece, Cyprus, and other relevant places to the Hellenic world. Working closely with the Stockton University Foundation to advance its fundraising goals, the Friends of Hellenic Studies organization hosts many cultural and social events as well. In addition to providing for student scholarships, the Friends of Hellenic Studies were major donors to the Rev. Dr. Demetrios J. Constantelos Hellenic Collection and Reading Room in the Björk Library. To become a member, please join the Friends of Hellenic Studies at any of their announced meetings, or email fhs@stockton.edu for more information.

The Co-Chairs of the Friends of Hellenic Studies are:

Cathy Karathanasis, Mariaea Kazantzis, & Dr. Katherine Panagakos

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