



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Issue 32
March 2022

Spring...Won't You Come Early?

Doesn't it feel for most of us like winter has been dragging for way too long? Heavy snowfalls, uninterrupted rain, thunderstorms and cold winds came down on us these past few months.

As if we hadn't had our share of "stay at home" these two previous years with the emergence of Covid-19, its massive propagation and constant mutation. Most of us probably crave warmer days full of sunlight and clear blue skies.

And to top that, on February 23, Russia launched a large scale invasion of Ukraine. Nothing good could ever come out of ranging a war, and the fear of it escalating has the world down on its knees praying it would end just as it hastily began.

Did you know there are more than 100,000 Greeks living in the wider region of the Ukrainian City? Mariupol is actually the epicenter of the Greek presence in Ukraine.



Greece stood in solidarity with Ukraine lighting up the Parliament and Omonia Square with Ukraine's Flag colours. And so did the Eiffel Tower in France, the Colosseum in Rome, British Prime Minister Boris Johnson's residence, Berlin's Brandenburg Gate, the Triumphal Arch in Brussels and so on. Even Russians are protesting against war on Ukraine. Social media is voicing this solidarity with the hashtags #prayforUkraine, #stopthewar, etc.

Let's hope that Spring will not only bring us warmer days but peaceful ones, filled with flowers' blooms and celebrations!

March is dedicated to women with the 8th being assigned as International Women's Day and the 21st as Mother's Day. What does March have in store for us?

Let's plunge into this issue wholeheartedly and just ponder on how good it would be to celebrate life and practice gratitude, kindness and compassion.

Till then, stay safe and enjoy reading!





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Praising Women

Women have fought so many battles claiming for their rights, for freedom, for equality and justice, for the right to vote or work. Many people think that International Women's Day was initiated for a feminist cause, but truth is, its roots lies in the labour movement.

The first "Woman's Day" celebration took place in Chicago on May 3, 1908. It was organized by the U.S. Socialist Party with over 1,500 women demanding economic and political equality. It was celebrated the following year as well which inspired European socialists.

In August 1910, German socialists Luise Zietz and Clara Zetkin proposed at the International Women's Conference which preceded the general meeting of the Socialist Second International in Copenhagen, to establish an annual international Woman's Day.

Zetkin, born in 1857 in Germany, was associated with the Social Democratic Party (SDP) and was part of the labour and women's movements. In 1892 and up to 1917, she became the editor of SDP's newspaper for women Die Gleichheit ("Equality"). In 1907, she became a co-founder of the International Socialist Women's Congress and three years later proposed at a conference that Women's Day should be celebrated in every country on February 28.



Luise Zietz & Clara Zetkin



Aphrodite



Athina



Artemis



Hera



Bouboulina



Queen Gorgo



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Women's Day was observed for the first time in 1911 and in 1913, the date was changed to March 8 and has been celebrated since for the past century and hopefully many years to come.

Greece has known notable, influential and powerful women that marked history and were revered. From Ancient goddesses like Aphrodite, Athina, Artemis, Hera; to war heroines like Bouboulina or Gorgo queen of Spata; to famous actresses and singers like Maria Callas, Irene Pappas, Melina Mercouri, Nana Mouskouri; to political figures like Katerina Sakellaropoulou, current president of Greece, Queen Sofia of Spain or Dora Bakoyannis former Mayor of Athens and Greece's Minister of Foreign Affairs; to religious figures like Sister Nectaria Paradisi helping the underprivileged in Kolkata, India; to athletes breaking records like Christina Flampouri the first woman to reach the top of the "7 summits", Anna Korakaki the shooting champion, Christina Linardatou Duran one of the best female professional boxers in history; and so on.

"I am a woman. Phenomenally. Phenomenal woman. That's me."- Maya Angelou.



Maria Callas



Irene Pappas



Melina Mercouri



Nana Mouskouri



Katerina Sakellaropoulou



Queen Sofia of Spain



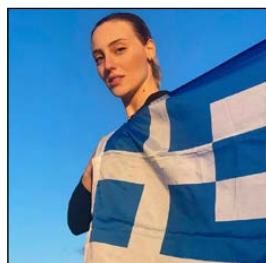
Dora Bakoyannis



Sister Nectaria Paradisi



Christina Flampouri



Anna Korakaki



Christina Linardatou Duran



Maya Angelou



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Mother's Day traditions around the world

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddess Rhea also called Cybele. She gave birth to six of the Olympians. One of them was Zeus, whom she hid away on the island of Crete from her husband Kronos.

Initially, the modern holiday was first celebrated in 1907. It was founded by Anna Jarvis who wanted to honour her mother, Ann Reeves Jarvis, who, years before the Civil War, helped start "Mother's Day Work Clubs" to teach local women how to properly care for their children. When Ann Reeves died in 1905, on the second Sunday of May, Anna took over her mom's battle and conceived of Mother's Day as a way of honouring the sacrifices mothers made for their children.

Her battle was long and hard but her persistence paid off in 1914 when President Woodrow Wilson declared Mother's Day as an official national day.

Did you know that Anna insisted on the placement of the apostrophe in "Mother's Day" so that each family would honour its one and only mother?

Anna invested herself so much in her cause, it left her penniless from the various legal battles she waged over the holiday she started. She was placed in a mental asylum when she was 80 and died alone at the age of 84. Anna never married and never had any children.

While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

Some countries such as Bulgaria, Russia, Montenegro, Vietnam celebrate Mother's Day on March 8 with the day of Women's Day. In Greece, Australia, Austria, Japan, Belgium, Kenya, Cyprus, Canada, Philippines, China and many others, it is celebrated the 2nd Sunday of May.





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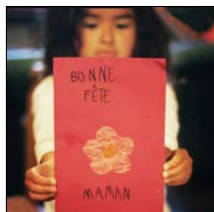
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In a majority of the middle east, it coincides with the Spring equinox: Lebanon, Bahrain, Egypt, Jordan, Iraq, Kuwait, UAE, Saudi Arabia, Syria, etc.

In **Thailand** is it celebrated in August, on the birthday of the current queen "Sirikit". In traditional Thai culture, children present their mothers with a garland of jasmine flowers, known in Thai as 'dok mali', the sweet-smelling white jasmine flower is used in Buddhist rituals and is a symbol of purity and love.

In **Ethiopia**, families gather, sing songs and eat a large feast as part of Antrosht each fall at the end of the rainy season honouring motherhood. Daughters bring vegetables, spices and cheese while sons provide meat mainly lamb.

In the **United States**, mothers are presented gifts, flowers or they're given a day off from household chores or cooking. In **India**, people send cards to their mamas on Mother's Day, offer them gifts or make a meal for them.



In **Spain**, EL Día de la Madre, children will also present to their mothers gifts, flowers, chocolates or cards.

In the **United Kingdom**, it is known as Mothering Sunday back to when kids worked far from home and visited their mother once a year. This holiday is also linked to lent as it is celebrated the 4th Sunday of lent and it is custom to eat Simnel cake - a type of fruit cake with two layers of almond paste (one on the top and one in the middle).

In **Serbia**, it is celebrated in December and children on that day sneak into their mother's bedroom and tie her up in bed. She must give them small gifts and treats for them to untie her.

In **Japan**, on Haha-no-hi day, children draw portraits of the mothers which they enter into contests. The modern tradition of celebrating Mother's Day began in 1913.

In **France**, however it began in 1950 and was originally declared by Napoleon. Mothers on that day are to relax and are offered flowers, gifts or even short poems.

In **Mexico**, it is celebrated on May 10th and it involves many special events at schools, churches and homes. The family tradition is for sons and daughters to visit their mothers on the eve of the holiday. They are offered handmade gifts, flowers and school presentations are held.



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Celebrating the Independence Day

On March 25th, Greece celebrates Eortasmós tis Ellinikís Epanástasis tou 1821, less commonly known as Independence Day.

It coincides with the Feast of the Annunciation. This particular day was chosen as the start of the Greek Revolution against the Ottoman Empire, by the leader of the Filiki Eteria Alexander Ypsilantis.

On the 17th of March 1821, war was declared on the Turks by the Maniots at Areopoli, in the Peloponnese capital of Mani.

Greece had been part of the Ottoman Empire since 1453. The Greek revolt was precipitated on March 25, 1821, when Bishop Germanos of Patras raised the flag of revolution over the Monastery of Agia Lavra in the Peloponnese. The cry “Freedom or death” became the motto of the revolution.

The Greek War of Independence lasted for nine years and in February 1830, Greece was finally recognized as an independent state under the London Protocol.

The London Protocol of 3 February 1830 was an agreement between the three Great Powers (The United Kingdom of Great Britain and Ireland, The Kingdom of France and the Russian Empire), which amended the decisions of the 1829 protocol and established Greece as an independent, sovereign state. (Source: Wikipedia).

The first Greek state was founded in 1828 under the name “Hellenic State” and consisted of the Peloponnese and part of Central Greece. The first governor of Greece was Ioannis Kapodistrias who contributed in the development of the country’s economy and education. He is greatly honored in Greece till today and the Greek euro coin of 20 cents bears his face, as did the 500 drachmas banknote of 1983–2001, before the introduction of the euro.

IMPORTANT NOTICE TO GREEK CITIZENS

Kindly contact our Center by phone or email informing us about any change of address, phone number or social status helping us to keep our data list updated.





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The national holiday is celebrated with parades, organised by schools, where children march with the Greek flag while dressed in traditional customs. The Athens parade starts in the mid-morning, making its way from Vasilissis Sofias Avenue, past the Hellenic Parliament and the Academy of Athens on Panepistimiou Street. Participants of the parade include men and women from all branches of the Hellenic Armed Forces, and civil services such as the Hellenic Fire Service, and Hellenic Police.

Tradition has for families to gather for lunch and eat “bakaliaros skordalia”. It is fried cod accompanied by a strong garlic sauce, ideal for the fasting period during which most avoid eating meat.



Our youngest students drew a picture of the Evzonas during their Greek class in order to honor the heroes of the Greek revolution against the Othomans, celebrated on March 25th.

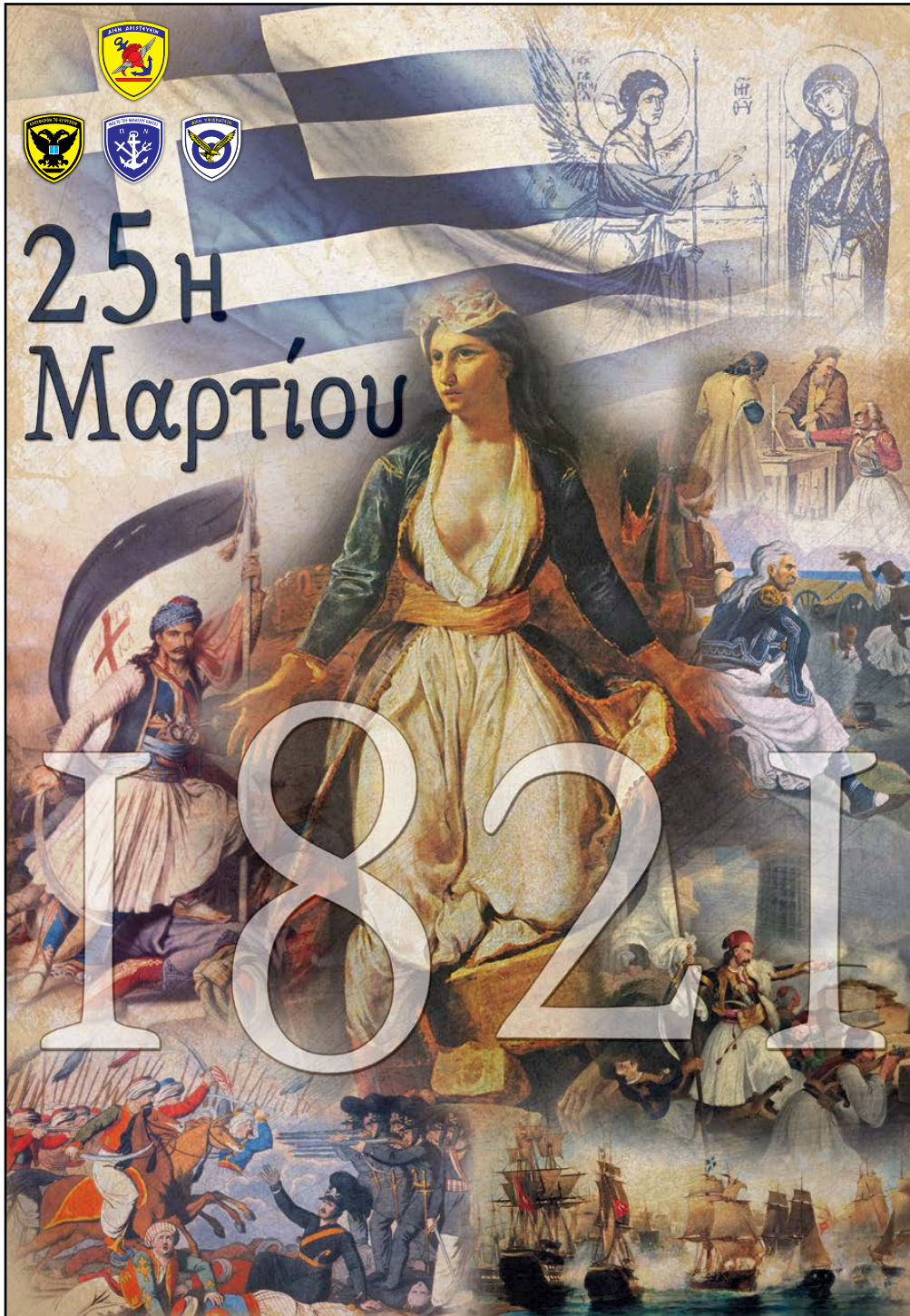




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Πρεσβεία της Ελλάδος
στον Λίβανο

Μήνυμα Προέδρου της Δημοκρατίας κας Αικατερίνης Σακελλαροπούλου προς τον
Απόδημο Ελληνισμό για την Εθνική Εορτή της 25^{ης} Μαρτίου 2021

Σας αποστέλλουμε, μήνυμα της Προέδρου της Δημοκρατίας, κας Αικατερίνης
Σακελλαροπούλου, για την Εθνική Εορτή της 25^{ης} Μαρτίου.

Η Πρέσβυς


Αικατερίνη Φουντουλάκη

ΜΗΝΥΜΑ

ΤΗΣ ΠΡΟΕΔΡΟΥ ΤΗΣ ΔΗΜΟΚΡΑΤΙΑΣ
ΚΑΤΕΡΙΝΑΣ ΣΑΚΕΛΛΑΡΟΠΟΥΛΟΥ
ΠΡΟΣ ΤΟΝ ΑΠΟΔΗΜΟ ΕΛΛΗΝΙΣΜΟ

ΜΕ ΤΗΝ ΕΥΚΑΙΡΙΑ ΤΗΣ ΕΘΝΙΚΗΣ ΕΟΡΤΗΣ ΤΗΣ 25^{ης} ΜΑΡΤΙΟΥ

Αγαπητοί μου συμπατριώτες,
Ελληνίδες και Έλληνες του εξωτερικού,

Το 2021 γιορτάσαμε με πανηγυρικό τρόπο τα 200 χρόνια από την Ελληνική Επανάσταση και την αφετηρία της δημιουργίας του σύγχρονου ελληνικού κράτους. Χάρη στις εκδηλώσεις που διοργανώθηκαν σε όλον τον κόσμο, με τη συμμετοχή του απόδημου ελληνισμού, το οικουμενικό μήνυμα της Επανάστασης έλαμψε παντού και στάθηκε αφορμή για την ενθύμηση του εθνικού παρελθόντος και τον στοχασμό για το κοινό μας μέλλον.

Η επιρροή των Ελλήνων της διασποράς στην επίτευξη της απελευθέρωσης του ελληνικού έθνους από τη μακρόχρονη τυραννία του οθωμανικού ζυγού υπήρξε καθοριστική. Η συνάντηση των νεωτερικών ιδεών του Διαφωτισμού και της επαναστατικής ορμής οδήγησε στην Ελληνική Παλιγγενεσία, ως ιδανικό εθνικής απελευθέρωσης και κυριαρχίας. Ενάντια στον συσχετισμό της δύναμης και στις βεβαιότητες της εποχής, ο ελληνισμός αναζήτησε, σχεδίασε και εκπλήρωσε το δικό του πεπρωμένο.

Η Ομογένεια «κουφόρησε» σε μεγάλο βαθμό την Επανάσταση του 1821. Εμβληματικές μορφές του πνεύματος, όπως ο Ρήγας Φεραίος και ο Αδαμάντιος Κοραΐς, αφύπνισαν και συνένωσαν με τις ιδέες και το παράδειγμά τους τις δυνάμεις ενός υπόδουλου λαού. Οικονομικά δραστήριοι απόδημοι Έλληνες, όπως οι Ξάνθος, Σκουφάς και Τσακάλωφ, με την ίδρυση της Φιλικής Εταιρείας και με σύνθημα το «ελευθερία ή θάνατος», συνεισέφεραν όχι μόνο στην υλική διάσταση του Αγώνα, αλλά και στην εμπέδωση ενός κοινού, εθνικού οράματος και προσανατολισμού.

Σε Ευρώπη και Αμερική, φιλέλληνες εξέδιδαν έντυπα, έγραφαν άρθρα, λογοτεχνούσαν, ζωγράφιζαν, διακινούσαν ιδέες για ελευθερία, μιλούσαν στα Κοινοβούλια και στην κοινή γνώμη των χωρών τους για τη σκλαβωμένη γη, κοιτίδα του αρχαίου ελληνικού, αλλά και του ευρωπαϊκού πολιτισμού. Υπόδουλος λαός, Εκκλησία, Ομογένεια και φιλέλληνες συναντήθηκαν στην ύψιστη στιγμή για το Έθνος, ύψωσαν

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ανάστημα έναντι ενός υπέρτερου εκθρόυ και αξιώθηκαν μια λαμπρή θέση στην Ιστορία. Επιδόθηκαν σε έναν ιερό αγώνα που σφραγίστηκε από μικρές και μεγάλες νίκες, από μικρές και μεγάλες θυσίες, από πράξεις ηρωισμού και αυταπάρνησης, από στιγμές ανυπέρβλητου μεγαλείου, όπως αυτές στο Ζάλογγο, στο Κούγκι, στο Μεσολόγγι.

Ο ένδοξος αγώνας των Ελλήνων συνιστά τη διαρκή υπόμνηση της αξίας της ενότητας και της σύμπνοιας του έθνους μας, η οποία ξεπερνά τα σύνορά μας και εκτείνεται στη διαχρονία. Η υπεράσπιση της εθνικής κληρονομιάς και κυριαρχίας, των αξιών της Δημοκρατίας και του σεβασμού προς τον άνθρωπο, η προάσπιση του Κράτους Δικαίου, η ειρηνική συνύπαρξη των λαών, η από κοινού επιδίωξη της προόδου, της συνεργασίας και της αλληλεγγύης είναι τα σύγχρονα προτάγματα που οφείλουμε να υπηρετήσουμε, αυτά για τα οποία ως Έλληνες καλούμαστε να δώσουμε τον δικό μας ιερό αγώνα.

Σήμερα, η σκέψη όλων μας είναι στην δοκιμαζόμενη ελληνική ομογένεια της Ουκρανίας, που υφίσταται τα δεινά του πολέμου. Άρμακοι, γυναίκες, παιδιά, ηλικιωμένοι, έχουν εγκλωβιστεί σε πεδία συγκρούσεων, απειλούνται οι ζωές τους, ενώ βλέπουν τον τόπο τους και τις περιουσίες τους να πλήττονται από την πολεμική συμφορά, σκοτώνονται. Οι ομογενείς μας δείχνουν θάρρος ψυχής, που ανιχνύουν από την αγάπη για τον τόπο τους, προσβλέποντας στον όσο το δυνατόν ταχύτερο τερματισμό του πολέμου και την έναρξη μιας νέας ζωής, μέσα από τις στάχτες της καταστροφής. Εύχομαι, πολύ σύντομα, ο εφιάλτης που βιώνουν να αποτελέσει παρελθόν και να συνεχίσουν την ιστορική τους παρουσία στις πατριονικές τους εστίες στην Ουκρανία. Στην Οδησό, όπου ωρίμασε η σκέψη του απελευθερωτικού αγώνα και η Φιλική Εταιρεία άναψε το φωτίλι της Επανάστασης, στην ηρωική Μαρσιούπολη, όπου δημιουργήθηκε και διέπρεψε μια μικρή Ελλάδα της Αζοφικής. Η ελληνική Πολιτεία είναι στο πλευρό τους.

Αγαπητοί μου συμπατριώτες,

Η φεινή επέτειος του 1821, και το ελπιδοφόρο μήνυμα του Ευαγγελισμού, ως επισφραγίσει την ενότητα του οικουμενικού ελληνισμού και ως τον εμπνεύσει στην προσπάθειά του για την προάσπιση και εδραίωση των αξιών του ανθρωπισμού και της ελευθερίας ως απάντηση σε κάθε μορφή βίας.

Χρόνια πολλά σε κάθε απόδημη ελληνική οικογένεια, σε όλες και όλους!



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Oldies But Goldies

Photographs can trigger memories and allow us to briefly relive the bitter sweet moments captured and marked forever as part of us. Going through old photographs can be such a healing process.

We'd love you to share with us your stories along with the most heartwarming historic photos you might have stored in those old albums.



1958 Greek Embassy National day



1963 Greek Embassy



1967 National day Celebration



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Did You Know: The World's Oldest Windsurfer is a Greek super Yaya?

Meet Anastasia Gerolymatou, 84 years old, a super Greek yaya and a world record windsurfer!



For her “age is just a number” and you should “never give up on your dream”!

A dream she had for forty years finally came true when Anastasia crossed eighteen miles of the Ionian Sea from Skala, Kefalonia to Kyllini in the Peloponnesian Peninsula on her windsurf in a non-stop trip of six hours winning her place in the Guinness Book Records.

Her first encounter with windsurf was when she was on vacation with her second-husband and two children. Anastasia was 41 then. She saw a young man windsurfing and was fascinated by it. She had to persuade the man renting windsurfers to actually rent her one.

She is actually self-taught!

Anastasia was born in 1954 in Kefalonia but lived for the four consecutive years in Athens before leaving to Switzerland. She tries to visit Kefalonia whenever possible to surf and tend her garden. She has three grand-children, whom according to her, were her main incentive to take on this challenge.

“I did it so my grandchildren can remember me for what I accomplished,” she says with pride.

She plans to keep windsurfing for as long as she is strong enough to do so.

What an aspiration!



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Did You Know : Apokries have Ancient Greek Roots?

Greece's Carnival season, known as "Apokries," is a period which traditionally begins ten weeks before Greek Orthodox Easter and culminates on the weekend before "Clean Monday" (Ash Monday for Catholics) the first day of Lent, which is on March 3 this year.

Carnival is related to the pagan rituals of the ancient worship celebrations to Dionysus, the God of wine, agriculture, fertility, dance, and fun. The ancient Greeks held this wine and dance festival in February/March to celebrate spring. There was a parade with a Dionysos figure, fancy dress, and masks.

This tradition has been passed on in the modern version of Carnival. It is divided into 3 weeks, in preparation for the fasting. The first week opens the carnival; the second week called Kreatini during which one is allowed to consume meat every day; and the third week called Tyrini during which only dairy and fish are allowed, no meat.

Tsiknopemti (Tsikno meaning the smell of grilled meat and Pemti Thursday) is the day when parties start and the first masquerades for the Greek Carnival make their appearance. On Tsiknopemti, it is tradition to go out with family and friends to a taverna and eat lots of grilled meat. The carnival celebrations end on Kathara Deftera which is Clean Monday.

The word Apokries in Greek comes from the words apochi and kreas which stands for abstinence of meat.

The most famous carnivals in Greece are in Patras, Rethymnon (Crete), Galaxidi (Peloponnese), Xanti and Kastoria.





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In Patras, street parades, parties, festive mood reign in every street. It starts with the official appearance of the carnival's queen and ends with the burning at the stake of the king of the carnival. The Patrino karnavali is attended by thousands of locals and tourists and has more than 180 years of history. It is held at Saint George's Square which until today, is still the heart of Patras' carnival celebrations. It is an unforgettable experience, and well worth a trip to Patras.

In Galaxidi, tradition has it for locals and tourists to have a flour battle known as Galaxidi Flour War. In Skyros, on Ash Monday, locals dress in traditional local costumes and gather in the square of the village to sing and dance local songs.

Kathara Deftera marks the end of the carnival and hence the beginning of the lent. On this day, Greeks head to the countryside, have a picnic and fly a kite. They eat tarama, lagana (the special bread of Clean Monday) and halva (the cornstarch sweet).

Kali Sarakosti!





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Let's explore: Saint John the Beloved in Kfarhata

Kfarhata is a village located in the Koura District, in the North of Lebanon. The population is Greek Orthodox and later on Maronites joined the village.

Kfarhata is known for the cultivation of olive trees and its olive oil.

Saint John the Beloved church, on the other hand, might not be that known as it is still considered a new church. The first stone was laid in the summer of 2000 by His Eminence Metropolitan Emeritus George Khodr of Mount Lebanon who decided to name the church Saint John the Beloved, in the presence as well as of His Eminence Metropolitan Elias Korban. This is the only church holding the name of Saint John the Beloved in the Greek Orthodox Patriarchate of Antioch and all the East.

At first, the village of Kfarhata had small churches, Saint Saba, who could contain a maximum of 350 persons, Saint Mama and Saint John the Baptist. But with days, people started turning more to this church for events, celebrations and so on. It was no longer able to welcome all locals.

This is why a new church had to be built.

On July 24th of 2005, Saint John the Beloved was inaugurated on Saint Christine's day.

Below are some photos which were shared on Facebook by Mr. Rasheed Kalawoon.

If you happen to visit Kfarhata, make sure to stop by at Saint John the Beloved.





الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

In the News: Covid-19 Measures Cut Down in Greece & New Entry Protocols



Starting March 5th, the use of the mask will not be required in the outdoor areas. This decision was taken following Greece's special committee of epidemiologists and public health experts advised that the outdoor mask was no longer necessary.

It will still be required in outdoor crowded areas and indoor areas such as supermarkets or public transportation.

“We’re moving toward easing the coronavirus restrictions for those who have received the vaccine,” stated Thanos Plevris Minister of Health. He also added “We’re not going to ease the measures for the unvaccinated for the time being, but we are moving toward a full reduction of the measures for vaccinated people.”

Furthermore, vaccinated travelers arriving from the US, Australia and Canada are no longer required to present a negative Covid test to enter to Greece. Starting February 7th, Minister Plevris announced that “entrance to Greece for those that have a valid European certificate will happen without a mandatory test.”

EU member states must now accept vaccination certificates for a period of 9 months following the administration of the last dose of the primary vaccination (270 days after the only shot of Johnson & Johnson or 270 days after the second dose of all other vaccines).

A person who has a valid EU Digital COVID Certificate should in principle not be subject to additional restrictions, such as tests or quarantine, regardless of their place of departure in the EU.

Starting Monday 31st of January, music was also allowed back in bars and restaurants and will not be bound by operating hours as per the original strict measures that were imposed when a high record of cases was noticed.

Last but not least, one less thing is now required to visit Greece as starting March 15th, travelers aren't required to fill out the PLF form.



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Ta Nea

In the News: In March...We Run!

To kick-off spring on the right foot, you got to get up and....run!

Athens Half Marathon was organized by the Hellenic Athletics Federation and the City of Athens. The starting point was Syntagma Square and the finish point is Amalias Avenue. There is a 5km race along with the classic 21km route and it is open to all runners of all ages.

This 10th edition was dedicated to the memory of the legendary composer-politician-writer, Mikis Theodorakis. A concert was held on March 19th at the amphitheater of Technopolis, inside the complex of the EXPO of the "10th Half Marathon of Athens".

Registrations had opened on January 28 with a basic fee of 17 €, and 12 € for the 5km road race and the event was run in line with all current health protocols on March 20th.



On March 27th, in Beirut, women were getting ready for the Women's Race. This 8th edition under the message "Draw Your Path" is a "call for all women in Lebanon to keep moving forward, and to rise to the challenges of every day no matter how big or small." Registrations started from February 20 till March 20th with the possibility to register to run/walk the 5km "Run For a Cause" where part of the proceeds would go to the listed NGOs to support women's causes.



| Run for a Cause - 5 KM | |
|------------------------|--|
| 📅 DATE: | Sunday 27 March 2022 |
| 🕒 LINE UP: | 08:30 AM |
| 🕒 START: | 09:00 AM |
| 📍 LOCATION: | Beirut Waterfront Gn. Wissam El Hassan Avenue |
| 👤 GENDER: | Female & Male |
| 📅 MIN. AGE: | Open to All |

<https://www.bmawomensrace.com/charity-info/>



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Ta Nea

Everything you need to know about the consulate:

All requests should be addressed by email in order to obtain an appointment.

Visa Applications: For visa applications please visit our website

www.mfa.gr/missionabroad/en/lebanon-en.

Additionally, due to the lockdown and the restrictions, Greece is not issuing visas at the moment. Exceptions can be made to specific cases and only by appointment.

Passport renewal or issuance: You will get an appointment by receiving an email.

Required documents are: 2 photo passport size (4x6), a Greek identity card or a birth certificate (that can be provided by us if you send us in advance any old Greek birth or family certificate).

For additional info kindly visit <http://www.passport.gov.gr/en/>

Legalization of documents: The Consular Office can legalize any Lebanese official document that has been stamped by the Lebanese Ministry of Foreign Affairs. It is advised to ask for an appointment by email.

Power of Attorney: The Consular Office can exceptionally provide a power of attorney to Lebanese citizens that have already made an investment in Greece and want to apply for a residence permit.

Marriage, birth, death registration: Required documents: The Lebanese certificates of marriage, birth or death stamped by the Lebanese Ministry of Foreign Affairs and translated in Greek (translations in English or French are accepted as well).

Any old Greek birth or family certificate to be sent in advance by email.

The Consular Office is currently upgrading the embassy's website in order to make it more friendly user and to provide all necessary information and downloadable documents.

IMPORTANT NOTICE TO GREEK CITIZENS

This section has been specially created by the Greek Community of Beirut with the kind collaboration of the consulate of Greece in order to better serve Greek citizens who wish to have information on all administrative formalities before presenting their requests.

Consular Office can be reached by email at grcon.bei@mfa.gr



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Ta Nea

Let's Cook by Giorgos Tsoulis

Greek Garlic Dip with Walnuts – Skordalia

Greek Chef Giorgos Tsoulis brings you a super delicious, authentic Greek recipe for Garlic Dip which is called Skordalia! In this version, he has added healthy walnuts! You can enjoy it as a dip or a spread. In the Greek culture, Skordalia is always served with battered cod since it is its perfect companion!

4-6 Servings 5min Preparation 10min Cooking

#tsoulotip: If you would like to make the garlic dip a little lighter, you can remove the sprout in the center of the garlic clove

INGREDIENTS

250 Sandwich bread, crust removed
10 ml vinegar
5 cloves of garlic, coarsely chopped
150 ml Greek extra virgin olive oil
70 g walnuts
Water
Salt
Pepper

To serve:

Parsley, finely chopped



METHOD

1 In a large bowl, add the sandwich bread. Add enough water to cover the bread completely and let it soak for about 5 minutes. When ready, squeeze the bread with your hands very well, in order to release all of the water.

2 In a food processor, add the soaked bread, garlic, vinegar and walnuts. Season with salt and pepper and beat on high speed, while adding the olive oil gradually, until you create a paste.

3 When you have reached the desired consistency for your garlic dip - skordalia, serve with some chopped parsley, which adds a nice aroma.



Dessert as well...

Halvadopitakia

Greek Halva Triangles – Halvadopitakia by Greek Chef Giorgos Tsoulis! Delicious little triangles of crunchy phyllo, stuffed with traditional Greek halvah that are a joy to the senses! Make them for your family and friends as a special treat!

12-14 Pieces 5min Preparation 15min Cooking

#tsoulotip: You can also add your choice of nuts to the filling

INGREDIENTS

5 sheets of phyllo dough
500 g Greek halva
½ teaspoon ground cinnamon
Grated zest of 1 orange
Salt
Sunflower oil, for frying



METHOD

- 1** Crumble the halva into a large bowl. Add the cinnamon, orange zest and season with some salt. Mix thoroughly and set aside.
- 2** Place the sheets of phyllo dough on a clean working surface, with the shorter side facing you. Cut them into 7 strips.
- 3** Add some of the filling at the end of each strip. To make them into triangles, fold one corner to create a triangle and continue folding upon itself, until you reach the end of the phyllo. Repeat the same process with the remaining strips.
- 4** Place a deep pan over medium heat and add some sunflower oil. Let it get hot and fry the halva triangles, until golden and crunchy.
- 5** When ready, use a slotted spoon to remove them from the pan and transfer to a plate lined with paper towels to drain.
- 6** Serve warm.



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Ta Nea

Let's meet Giorgos Tsoulis



Chef George Tsoulis

George Tsoulis has taken over many successful cuisines of Greek restaurants and has shared his culinary skills through popular TV shows in Greece and Cyprus. With his unique temperament and directness in communication, Chef George Tsoulis has won the love of the public that follows him faithfully and trusts his recipes that are updated daily at giorgostsoulis.com and social media [@giorgos_tsoulis](https://www.instagram.com/giorgos_tsoulis), while every Friday at four at noon shares with us a new cooking video #MiMassa through the YouTube channel of [@GiorgosTsoulis](https://www.youtube.com/@GiorgosTsoulis).

Recently, two new cooking hotspots were inaugurated in the city bearing the signature of the Chef, the COOK by GiorgosTsoulis located in Melissia and is an ode to Greek Mediterranean cuisine, while its second gastronomic hangout is located by the Naval Seaside Gastrobar for fine dining and top brunch right next to the water!

The European Committee for the Environment, Oceans and Fisheries has chosen George Tsoulis to represent Greece in the "Taste the Ocean" campaign where great European Chefs urge us to consume sustainable fish and seafood.

Following the Taste the Ocean campaign, the European Union again partnered with him to invite the Chef to speak at the Opening of the EU Green Week 2021, the largest annual European environmental policy event to focus on the EU's ambition for zero pollution.

Last year, the organization Ambassadors of Taste for the Global Gastronomy® and Greek Taste Beyond Borders honored George Tsoulis with the Chef of the Year and World Ambassador of Greek Gastronomy awards, as well as with a gold medal Quality & Taste from estiatoria.gr

Currently, the Chef produces daily, together with his team, new delicious recipes for his site and digital media at the cooking studio #tsoulomageiremata in Melissia, while also preparing his first cookbook.

[@Giorgos Tsoulis](https://www.instagram.com/giorgos_tsoulis)

www.giorgostsoulis.com



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Ta Nea

And play!





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