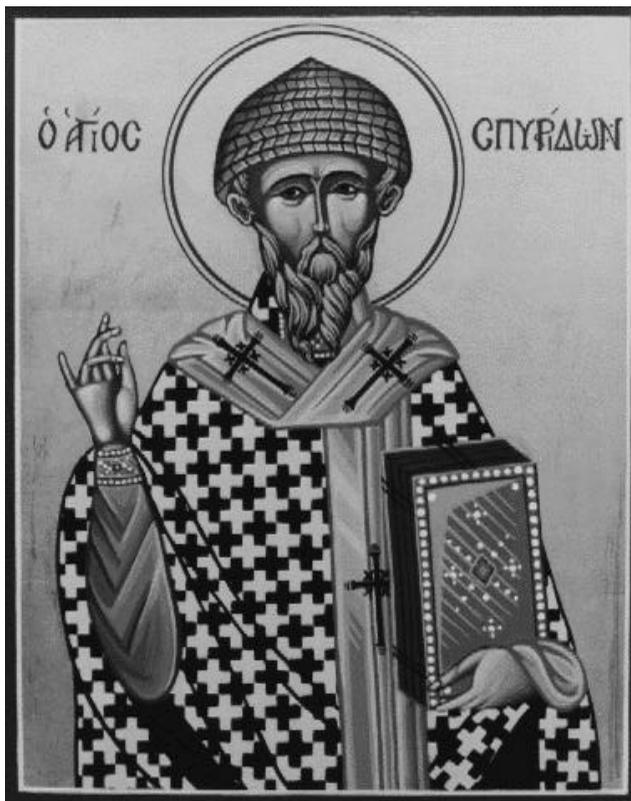


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THE SAINT SPYRIDON VOICE  
DECEMBER 2003

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Saint Spyridon Greek Orthodox Church  
PO Box 427  
Newport, RI 02840  
tel: (401) 846-0555, fax: (401) 841-0960  
[www.stspyridonchurch.org](http://www.stspyridonchurch.org)

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## SAINT SPYRIDON GREEK ORTHODOX CHURCH

Reverend Presbyter Anthony Evangelatos  
franthony@stspyridonchurch.org

### Office Hours

Priest: Tuesday– Friday, 9 am– 3 pm

Church secretary, Ellen Anagnostos: Tuesday & Thursday, 9 am– 1 pm

**Parish Council President:** Steven Mellekas

**Chanters:** George Spiratos  
Basile Panoutsopoulos  
Ron Delarose

**Choir Director:** Paul Cotsoridis

**Organist:** Jane Iandolo

**Religious Education :** Marianne Menas

**Stewardship:** Ron Delarose

**Philoptochos President:** Zinovia Canale

**Acolytes:** Team A– James Mellekas  
Team B– James Canale

**GOYA President:** James Mellekas

**JOY Advisor:** Sandy Giannopoulos

**AHEPA President:** Basile Panoutsopoulos

**Greek School:**

Loula Eliopoulos

Basile Panoutsopoulos (adult classes)

**Daughters of Penelope President:**

Stella Volpicelli

**Island of Skiathos Organization:**

John Michael

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## SERVICE TIMES

**Sunday Winter Hours**    Orthros 8:45 am    Divine Liturgy 10 am

Wednesdays    Vespers (or Small Paraklesis on  
last Wednesday of month) 7 pm\*    Festal celebrations in the week:  
Vespers– 7 pm\*

Saturdays    Great Vespers 6 pm\*    Orthros– 9 am  
Divine Liturgy– 10 am

\* Note: Holy Confession is available each Saturday after vespers, after Wednesday or other evening services (when there are no adult classes), and during office hours by appointment.

## FROM THE DESK OF FATHER ANTHONY

Beloved in Christ, this is the time of year that we come in contact – in one form or another – with the Charles Dickens classic, *A Christmas Carol*. Not only is it classic literature, but also the subject of many film and stage productions. As a young boy, I always remember wanting to watch the classic black and white film versions that played this time of year, because it was fun to be scared. I would compare and contrast the films regarding how scary Marley's ghost was, as well as the other spirits. Putting aside the special effects and the more frightening elements of the story, the message of *A Christmas Carol* is clear and simple, even to a child – a very Christian message that should be heeded by all.

In the story, the spirit of Marley comes from the other world to warn Scrooge about the self-centered way he lives his life. Those who know the Gospel well, should immediately be reminded of the parable of Lazarus and the rich man (Lk 16:19-31)... After the death of both characters, the righteous Lazarus finds himself carried by the angels to the bosom of Abraham, whereas the rich man is being tortured in Hades. When the latter realizes the helplessness of his plight, he asks Father Abraham to send Lazarus from the dead to forewarn his brothers, so that they may not end up in the same situation. Now, because *A Christmas Carol* is a fictional story, Dickens has the ghost of Marley go visit Scrooge in order to warn him. In our reality, we will never have the luxury of being forewarned, hence the parable as presented to us by Christ.

Back to our friend Scrooge, the Spirit of Christmas Past comes to see him in order to make him re-visit various aspects of his past life, which brought him to his current condition. This act of looking back can be compared to the beginning of the process of *repentance* in the Orthodox Church. By reflecting on our lives and becoming sad for past sins, we begin to realize who we truly are. This inner reflection brings about the desire to change our *present* situation through our sincere repentance.

When the Spirit of Christmas Present visits Scrooge, the old miser is given the opportunity to look at his current situation with new eyes. Now that Scrooge has been forced to see certain things about his past and their effect on the present, he begins to see and understand how he affects others around him. The blurred vision of his self-centeredness begins to clear as the fruits of repentance begin to ripen.

Finally, Scrooge is visited by that bone-chilling specter called the Ghost of Christmas Yet to Come. This spirit forces him to see how little this life matters once we leave the earth. Scrooge is shown that his memory will not be kept with loving remembrance, simply because he himself did not know how to show love and compassion to others. As he realizes his miserable destiny, he is overwhelmed with remorse and sincere compunction. This point of

the story would compare to *spiritual renewal* for the Orthodox Christian. One who clearly repents and gives his life to Christ, become a new and transformed person, as Scrooge does at the end of the story.

Beloved in Christ, since our God does not send us heavenly messengers to warn and redirect us, we must depend on our own free will to make the right choices. *Our* guide is the Church which was given to us by Christ Himself. Within this Church we have Holy Scripture, the sacramental and liturgical life, the teachings of the Church Fathers, the traditions of personal prayer and fasting, along with so many others aspects of our faith which bring us closer to God, and away from a self-centered, graceless existence. Remember the parable of the rich man and Lazarus, where our Lord makes it clear that we need to heed His teachings in *this* life – not in the next when it will be too late.

May all of you have a most blessed Nativity of Christ. I pray that He be born anew in your hearts, in order than *you* may be reborn in Him.

Christ is born, glorify Him!

+ *Fr. Anthony*

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## PASTORAL VISIT OF METROPOLITAN METHODIOS

His Eminence Metropolitan Methodios of Boston—our spiritual leader—will be visiting our parish on **Sunday, December 7<sup>th</sup>** in honor of our parish's feast day. Please make every effort to attend (from the beginning of liturgy) and receive the blessing of His Eminence.

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## STATEMENT OF METROPOLITAN METHODIOS CONCERNING SAME SEX UNIONS

*“The Greek Orthodox Metropolis (Archdiocese) of Boston categorically expresses in the strongest terms its great disappointment in the split decision taken by the Supreme Judicial Court of Massachusetts sanctioning same sex couple unions. In faithful accordance with Holy Tradition and Scripture, Orthodox Christians define marriage as a sacred covenant between a man and a woman. We are greatly concerned with the far-reaching implications of the Supreme Court decision which will adversely affect society at large. We strongly urge our Massachusetts legislators to author and to pass an amendment to the Constitution which will defend the sanctity of marriage between a man and a woman.”*

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## PARISH FEAST DAY CELEBRATION

Our beloved parish of St. Spyridon will celebrate the feast of our patron saint as follows:

- ? Thursday, 12/11 – 7:00 pm: Great Vespers with procession of festal icon and *artoklasia*; a Lenten reception will follow, sponsored by Philoptochos
- ? Friday, 12/12 – 9:00 am: Orthros, 10:00 am: Divine Liturgy, to be followed by a parish feast day luncheon

Please join us for the various divine services to be offered on behalf of our patron saint, or at least at vespers for those who have to work Friday morning. For those attending the luncheon, **please call the office by Wednesday, 12/10**, so we can know how many to expect.

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## HOLY CONFESSION

Please remember to prepare spiritually for the Nativity of our Lord, and for the receipt of Holy Communion, through spiritual cleansing – the mystery of Holy Confession. Fr. Anthony is always available for confession after Saturday vespers and all other evening services, and during office hours by appointment.

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## SERVICE CANCELLATIONS

As we enter the winter season, be sure to always check the church's voice mail system for service cancellations on bad weather days. After calling the church, listen to the prompts and select option #4; any notice of cancellation will be posted there.

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## COMMUNITY CHRISTMAS CARD AND POINSETTIA DONATIONS

We will again be preparing a Community Christmas Card this year. A sign-up book is in the Church hall. Anyone wishing to have their name printed in the card need to either sign up at the Church or send in their check to the Church office. The charge is \$10 per line. Please see Ellen Anagnostos for more information.

We are also asking for donations to pay for the poinsettia plants to decorate the Church at Christmas. The Church will be decorated by December 11th for the Great Vespers of the Feast of St. Spyridon. Cost for each poinsettia is \$15. An envelope is provided in the back of the sign-up book in the Church Hall or you may send your check in to the Church office.

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## NATIVITY FAST CONTINUES

We remind all Orthodox Christians of this most ancient fast period of the Church, in order to spiritually prepare for the Nativity of our Lord and Savior Jesus Christ. Let us try as best as possible, to strive to follow the fast as prescribed by our Holy Church. Following are the general guidelines traditionally accepted.

- ? From 11/15 – 12/12: fasting from all meat, poultry and dairy products (including eggs); fish, wine and olive oil may be consumed *everyday* with the exception of *Wednesdays and Fridays*; shellfish is permitted daily\*
- ? From 12/13 – 12/24: strict fasting (as in Great Lent) from all animal products, including fish, and from wine and olive oil; on Saturdays and Sundays, wine and olive oil may be consumed; shellfish is permitted daily

\*Note: The Holy Archdiocese of America has traditionally interrupted the Nativity fast on Thanksgiving Day only. Also, keep in mind that fasting is always relaxed for the infirm, growing children, expectant and nursing mothers, etc.

Please remember that the Church always presents the *ideal* method of fasting for our spiritual benefit, as a *starting point*. Each Orthodox Christians should prayerfully approach the subject of fasting, and seek the guidance of his/her spiritual father. Let us try not to *ignore* the fast completely, but instead, seek to incorporate as much of it as possible into our lives – ***especially*** the final period starting on 12/13.

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## WHEN & HOW TO RECEIVE COMMUNION— PART 4

(The following has been taken from the book of the same title by Archimandrite Daniel G. Aerakis of the Church of Greece, St. Nikodemos Publication Society, 1997.)

### *Sacred Custom – Need*

“Third objection: ‘We commune during sparser durations, so that we can approach the Cup of Life with greater piety. With our frequent participation in the mystery of the Divine Eucharist there is the danger of familiarization. We are in danger of receiving communion out of habit and of not feeling the Divine Communion; better more sparsely and more conscientiously, than more frequently and apathetically.’

*What is the answer to this objection? He who has real piety and fear of God respects, first of all, the words of the Lord and of the holy Fathers of the Church, who*

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*with clarity command our frequent participation in the Lord's Supper, and is afraid of the dreadful consequences which voluntary abstinence from Divine Communion has for his soul...*

*To receive Divine Communion rarely does not make a Christian more worthy. On the contrary, receiving communion frequently, makes that person more worthy because in the struggle against sin he is not alone. He has a strong ally being united with the almighty Christ...*

*The believer does not approach out of habit... He does not approach because he has the conscience that he is worthy. He approaches because he feels it as an absolute need. He approaches being supported in the immeasurable mercy and in the goodness of God. He approaches because, being alone, he is afraid that the Devil will tear him to shreds.*

*Those who say that they approach during sparser durations...do not know that Divine Communion comprises an absolute need of our soul, a necessary food... Material food, they feel, is a daily need. Without this, their body is in danger of dying. Without frequent nourishment with the heavenly food and the heavenly drink of Divine Communion, the soul also runs a similar danger...*

*The danger of habit and of familiarization, truly exists. But for whom? Perhaps it is for those who approach Divine Communion mechanically. Whether they approach once a year or whether they approach frequently, they commune out of habit, because 'that's how they found it,' or 'for the good of the year.' Furthermore, the manner they approach Divine Communion, especially on the eve of Christmas and on Holy Thursday, reveals that they commune only out of habit. The 'custom' pushes them towards the Holy Chalice.*

*...the danger of familiarization exists not only in the topic of Divine Communion, but also in the other expressions of the spiritual life, such as attending church, praying daily, and studying Holy Scripture.*

*Just because there is the danger of familiarization, must they attend church in sparser durations, once every three months? ...must they pray once a week? ...must they study the Holy Scripture once a month?...*

*For all spiritual works, but more so for Divine Communion, an effort must be made, so that they are always done conscientiously. Every time we approach should be as if it is our last Divine Communion. Whoever believes that Divine Communion is the most necessary food of the soul, struggles frequently to enjoy this food and to approach every time with piety and sacred contrition."*

*(to be continued next month)*

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# DECEMBER 2003

**Sunday Winter F**

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>
	1	2	3 Vespers of St. Barbara, 7 pm (Note: adult religious ed. is over)	4 St. Bar martyr. Lit. 10
				Nativity fast
7 Tenth Sun. of Luke, Hierarchical Divine Liturgy w/Metropolitan Methodios Special Altar Team	8 Vespers of St. Anna, 7 pm	9 The Conception of the Theotokos by St. Anna, Orthros 9 am & Lit. 10 am	10 Vespers, 7 pm	11 Vesper 7 pm, 1
				Nativity fast
14 Eleventh Sun. of Luke, Sun. of Holy Forefathers, Altar Team B, Christmas Pageant, Vespers of St Eleftherios, 7 pm	15 St. Eleftherios the Priest martyr, Orthros 9 am & Lit. 10 am	16	17 Vespers, 7 pm	18
				Nativity fast
21 Sun. before the Nativity, Altar Team A	22	23 The Mystery of Holy Unction (Efhelaion), 6 pm	24 Great Hours of the Nativity 10am Vespersal Divine Liturgy– Vigil of the Nativity, 5 pm	25 The N in the 1 am & 1
				Nativity fast
28 The Sun. after the Nativity Altar Team B	29 Pilgrimage to St. Nektarios Monastery, NY	30	31 Vespers of the Circumcision of Christ & St. Basil the Great, 7 pm	
No fasting through January 4th				

Orthros 8:45 am    Divine Liturgy 10 am

**Fri**

**Sat**

5 Great Vespers of St. Nicholas, 9 am and 7 pm	6 St. Nicholas the Wonder worker, Orthros 9 am & Lit. 10 am, JOY mini-retreat to follow Great Vespers, 6 pm
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12 St. Spyridon the pyridon, Wonder worker, PARISH following FEAST DAY, Orthros 9 am & Lit. 10 am followed by feast day luncheon	13 Great Vespers, 6 pm
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19	20 Great Vespers, 6 pm
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26 Our Lord The Synaxis of the thros 9 Theotokos, Orthros 9 am & Lit. 10 am, Vespers of St. Stephen, 7pm	27 St. Stephen the First Martyr, Orthros 9 am & Lit. 10 am Great Vespers, 6 pm
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No fasting through January 4th

**Upcoming Events**

December 7– Metropolitan Methodios of Boston visits our parish

December 10– Daughters of Penelope and AHEPA Christmas party

December 14– Christmas pageant

December 21– Community Christmas Caroling

December 29 & 30– Pilgrimage to St. Nektarios Monastery

**Regular Events**

Children’s Greek School– Tuesdays 4– 6 pm, Wednesdays 4– 6 pm

Adult Greek School– Wednesdays 5– 6 pm

Religious Education– Sundays, immediately after Holy Communion (no classes on December 21st and 28th for Christmas break.)

Holy Confession– available after Saturday Vespers or other evening services and during office hours by appointment



## CHURCH ETIQUETTE REMINDERS

From time to time, we need to be reminded of some obvious points of church etiquette. Please be aware of the following:

- ? When we arrive to church on Sundays during Orthros, **this should not be a time for visiting with friends before liturgy begins**; our voices carry throughout the church and we disturb others.
- ? When the Holy Gospel is being read, **there should be absolutely no talking, no lighting of candles in the Narthex, no lighting of vigil lamps by council members, no walking nor any movement at all in the Nave, as well as the Narthex**. Instead, we should listen attentively to the Word of God.
- ? We also should not walk through the Nave during the following parts of liturgy: 1) during the Small and Great Entrances, 2) when the priest is censing or blessing the people, and 3) during the sermon.
- ? During Holy Communion, **we should be absolutely silent and remain standing (unless there are health concerns)**. If we are not receiving communion, then it should be a time for personal prayer – not for watching who's in line or visiting with friends.
- ? Let us pay more attention to our outward appearance. **Slacks on women are not appropriate attire in an Orthodox Church (unless it is health-related)**. Our outward appearance should convey also our inward attitude toward God.

In short, we should always remind ourselves what church is truly about, so that we don't fall into these negative habits. Thank you and God bless.

+ *Fr. Anthony*

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## PILGRIMAGE TO ST. NEKTARIOS MONASTERY

A pilgrimage is being planned to St. Nektarios Monastery in the Catskill Mountains of New York, on Monday and Tuesday, December 29<sup>th</sup> and 30<sup>th</sup>. This is a wonderful opportunity for parishioners to see the other vibrant side of the Orthodox Church – the monastic. We would depart from church around 10 am on Monday, and return around 8 pm on Tuesday. If you are interested, please call the office or Fr. Anthony as soon as possible. Depending on the numbers, we may consider renting a van and splitting the cost. Don't miss this spiritually uplifting opportunity to retreat from the world, to the prayerful environment of a holy monastery.

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## RELIGIOUS EDUCATION NEWS

Dear Families,

The Nativity of the Lord is now upon us! The children in Religious Education have been busy making pictures or learning their lines for the upcoming pageant. Each child in grades 1-6, were given lines for the pageant. If your child did not get lines, please let his/her teacher know. The pageant is scheduled for December 14, after liturgy in the hall. Religious Education and Greek School hope to combine their programs this year. Also, each family was sent a letter asking for donations for the luncheon following the pageant. Please let me know or your child's teacher, what items each family will be bringing in on that day.

Also, there is good news to report from the Religious Education Department of St. Spyridon's parish. To date, there are 52 children registered for classes. Yeah! What wonderful news for our parish! The staff of the Religious Education Department want to thank the families, especially the parents, for bringing their children to classes on Sunday. How happy the teachers are to report every Sunday of children wanting to come to classes to learn about their Christian faith!

May God continue to bless the children and their families in this parish!

Marianne Menas, Religious Education Director

**Note: No Religious Education classes on December 21st and 28th for Christmas.**

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## PARISH COUNCIL NEWS

Dear Parishioners,

The next council meeting will take place Thursday, December 4, at 7 pm. At the last meeting on November 4 the agenda for the General Assembly was discussed. This past Sunday, November 16, the General Assembly successfully took place. Please note council needs:

1. Seven people to join council
2. Stewardship chairperson

Please contact Father Anthony or member on council if interested.

Thank You,

Steven J. Mellekas, Council President

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## GREEK SCHOOL NEWS

The General Assembly voted to officially name the Greek School, The Protulis Greek School, in honor of James Protulis, whose donation is partially being used to fund the school.

Multimedia material (for children and adults) including CD-ROMs and workbooks is available, free of charge, for those not able to attend the Greek School classes or who would like to practice outside the classroom. See Basile for details.

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## REFLECTIONS ON THE NATIVITY

*“If we truly understand the message of Christmas, which teaches us to love and serve the poor, let us first of all turn to Christ. Only He can teach us how to really love the poor, not for our own glory – not even for a social ideal – but for the love of man as He Himself has loved us. Jesus Christ is the first among the poor; no one has so totally impoverished himself as He did. And, moreover, He did so voluntarily. For let us never forget that He is the second Person of the Trinity, the Son of God, and that He has lowered Himself to the point of becoming a defenseless child, lying in straw at the feet of animals... Christmas is also a message of peace. Even for those who have forgotten Christ, or have never known Him, Christmas is a symbol of peace on earth and love among men, if only for twenty-four hours or for a single night (as in, for example, truces during wars, cease-fires, or messages of peace from all the governments of the world). This is appropriate, for Christ is the God of Mercy, the Prince of Peace, ‘and of his peace there will be no end’ (Is 9:6).*

*The peace of this world is often only a period of calm between two wars. Jesus is the Prince of Peace, a peace without end. His Kingdom will not fall like all other kingdoms, reigns, governments, and dictatorships. The peace of Jesus Christ allows us to participate now in His Kingdom which is to come. Let us learn how to carry this peace of Christ within us from this moment on. Let us, like the shepherds, hear the exclamation of the angels during Christmas night: ‘Glory to God in the highest, and on earth peace, good will among men’ (Lk 2:14). Let us be witnesses of this marvelous reconciliation between heaven and earth, between God and man!*

*We shall never exhaust the Nativity message, its beauty and its mystery. We have spoken of peace and poverty. It is through Jesus that we can understand these two aspects: He is peace, and He is the poorest among the poor...*

*...When Adam was created, he was formed out of the earth; today the second Adam, Christ, recreates man in His person. The Son of God at the mouth of the cave has taken our human condition upon Himself; He is born of the earth and will return to the earth at the time of His burial. ‘The first man was from earth, a man of dust; the second man is from heaven... Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven’ (1 Cor 15:47,49)...”*

(taken from The Living God, Vol. 1; St. Vladimir’s Seminary Press, 1989)

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## IN APPRECIATION

In the recent past, a few parishioners have gifted a variety of items for liturgical use. Mary Spiratos has donated \$100 toward liturgical needs; George Koulouvardis has donated a new set of *stefana* for the church; Joanne Rozes purchased a variety of Byzantine chant “CDs” from Greece for playing after church; both Joanne and Nina Bozas also brought back from Greece a variety of high quality incense (*moschothimiama*). Most recently, we received two new *prosforon* bowls – one on a stand and one standard bowl – donated in memory of Libby Ripa by her family. We thank all of them for remembering their beloved church and departed loved one in this way!

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## MISSING FLAG

For some time now, an American flag on a flagpole has been missing. For some reason, it was stored in the small boiler room immediately at the bottom of the stairs going from the hall to the office. It has been missing for months. If anyone has borrowed it, please return it, or if you have any information on where it might be, please let the office know.

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## IN OUR PARISH

Baptism– 11/9: Eve (Melina), daughter of Jeffrey and Beth Golembiewski; sponsor, Michael Matrunics. May God grant her many years!

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## DAUGHTERS OF PENELOPE

The Daughters of Penelope will be holding their Christmas party at the Canfield House on December 10th at 6 p.m. All Ahepans and their guests are invited.

The Daughters will also be visiting all the shut-ins in our community during the holidays.

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## AHEPA

Our Newport chapter has been active in this fall season. We had a fairly successful Greek Food booth at the Norman Bird Sanctuary Fall Festival. It was accomplished with help from the Daughters of Penelope. From this event, \$1000 will be donated to our fund for sponsorship of a room in the Newport Hospital. The Chapter would like to thank the Church for use of some of the festival equipment, the Atlantic Beach Club for use of their facilities for food storage and for all who helped at the booth. We are busy planning our Christmas Dinner Meeting and an AHEPA dinner dance tentatively scheduled for February.

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<p><i>In loving memory of</i>  <i>Gredo Vincent Volpicelli</i></p>	<p><b>Order of AHEPA</b> Maud Howe Elliott Chapter No. 245</p> <p><b>Daughters of Penelope</b> Ares Chapter Number 49</p>	<p><b>Mel's Cafenio</b> 25 Broadway Newport 849-6420</p>
<p><i>With compliments of...</i> Dr. Joanne and Mr. C. Gus Hologgitas</p>	<p><b>Aquidneck Pizza</b> Breakfast ? Lunch ? Dinner 27 Aquidneck Avenue Middletown Take out orders: 849-3555 Daily 7am-12am, Fri &amp; Sat 7am-2am</p>	<p><i>✍</i> <b>Tommy's</b> <i>✍</i> <b>Deluxe Diner</b> 159 East Main Road Middletown 847-9834 <b>Established in 1936</b></p>
<p>Nikolas Pizza 38 Memorial Blvd West Newport 849-6611</p>	<p>Sophia's Café 283 Broadway 849.2902</p>	<p>CODDINGTON BREWING COMPANY 210 Coddington Highway Middletown 847-6690</p>
<p>Compliments of the <b>ATLANTIC BEACH CLUB</b> 53 Purgatory Road Middletown 847-2750</p>	<p><b>A-1 Pizza</b> 306 Broadway Newport <b>Free Delivery</b> <b>849-2213</b></p>	<p><b>Rhea's Bed &amp; Breakfast</b> <i>Accommodations with jacuzzi's available!</i> 120 West Main Road Middletown <b>841-5560</b></p>
<p><i>Compliments of</i> <b>Island of Skiathos Organization</b> Established 1967</p>	<p><i>Flo's Drive-In Portsmouth Flo's Clam Shack Over Flo's Middletown</i> <i>Voted Best in Rhode Island!</i></p>	<p>The Mainstay Inn 151 Admiral Kalbfus Road Newport <b>849-9880</b></p>
<p><b>RONZIO PIZZA &amp; SUBS</b> <b>FREE DELIVERY</b> 88 Broadway Newport <b>846-9300</b></p>	<p><i>Compliments of</i> <b>C.H. Charles</b> <b>5 &amp; 10¢ Stores</b> 233 Broadway 94 Williams Street Newport</p>	<p>This space is available. Contact church office.</p>



Saint Spyridon  
Greek Orthodox Church  
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Newport, Rhode Island 02840

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