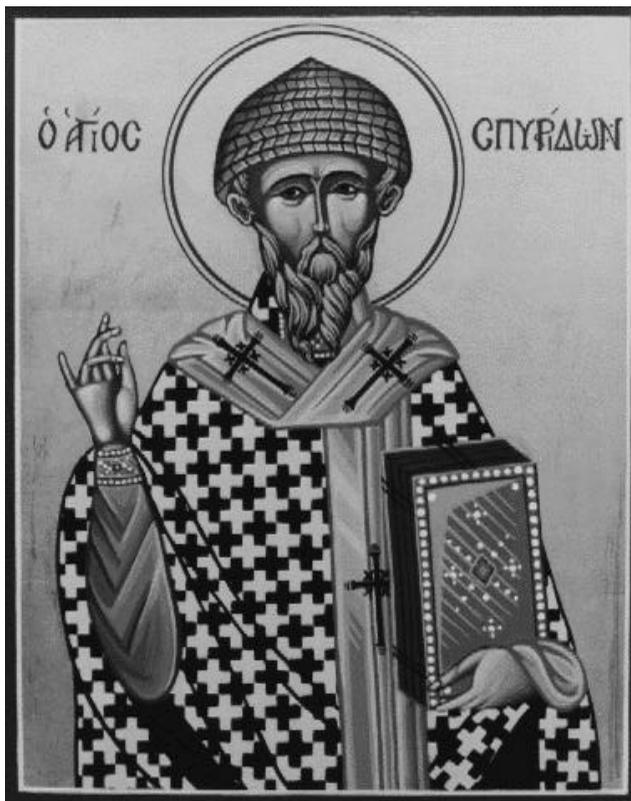

THE SAINT SPYRIDON VOICE
FEBRUARY 2004



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



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

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

Just as we scarcely put away the Christmas decorations and barely settled into the new calendar year, the Church turns our thoughts and hearts toward Holy Pascha. This year Holy Pascha and Western Easter coincide on April 11th, making Pascha a bit earlier than usual. This occurs periodically, but has nothing to do with leap year, as many people think. It really has everything to do with the method of calculating the date in both the East and the West. This article will not deal, however, with the calculation of the date of Pascha. What we will look at instead, is the idea of spiritual renewal in light of the coming fast of Great Lent and Holy Week.

We many times hear the term *spiritual renewal*, but I wonder if we really stop to think what we mean by this term. Obviously, the world *spiritual* clearly denotes things of the *spirit*; the relationship of our souls with God. Some of the synonymous words and phrases for the word *renewal* are, *restoration*, *beginning again*, *replacing*, *making anew*. If the Church is teaching us that spiritual renewal is important, then it is clear that our spiritual lives are meant to be *dynamic*. Stagnancy is not part of Orthodox Christian vocabulary. We should never be complacent and comfortable with where we are spiritually at the moment. If we are, then we are beginning the process of *spiritual death*.

The focused Orthodox Christian can never be complacent. He always seeks to grow spiritually. If his prayer life is weak, then he struggles to improve. If charitable acts are minimal, then he increases them. If church attendance and participation in the holy mysteries is lacking, then he makes a change. Even if such a person is doing all these things seemingly well, he seeks ways to grow stronger, knowing that the spiritual life of an Orthodox Christians is always upward bound.

Beloved in Christ, this is precisely why our Church gives us an opportunity each year to review and assess our spiritual lives. Instead of wandering the narrow path of Christ blindly, the Church gives us a chance to stop and re-chart and re-direct our journey. If we are completely off track, then we can start anew. If we are slightly misguided, then we can correct our steps. Even if we haven't really gone very far on our journey toward salvation, we can always get started in a very serious way.

It all comes down to the key word *renewal*. The beauty of the Orthodox spiritual tradition is that we *continually* have the opportunity to get a fresh start. Christ never gives up on us. He is patient, merciful and loving to all, and wants to see us get up and start over again and again. Let us accept His invitation and take a completely new look at what Great Lent is all about. We have all heard the cliché expression that what we put into anything is what we will get out. Cliché or not, it is absolutely true.

Hopefully you can now see that spiritual renewal applies to all of us, especially during Great Lent. Have you not been to church lately? Then come and see the treasures that the Church has to offer us on our journey. Come with a prayerful mind and heart, and with the desire to truly renew yourself. Every step you take towards Christ brings you closer to salvation – the eternal goal of all Orthodox Christians.

In Christ's love,

+Fr. Anthony

ADULT RELIGIOUS EDUCATION

A three part series on Great Lent will be offered on the three consecutive Wednesdays prior to the commencement of the fast (2/4, 2/11 & 2/18). These classes will immediately follow small vespers which are held each Wednesday at 7:00 pm. The service lasts half an hour; classes will last one hour. Please come and join us to have a better understanding of the meaning and significance of Great Lent in our spiritual lives.

PRE-LENT EN GLENDI

SUNDAY, FEBRUARY 15

5 PM

SAINT SPYRIDON CHURCH HALL

Come join us for a night of good food, fellowship, music and dancing.

This is an event for the entire family— the next day is the President's Day holiday so there is no school!

A great chance to celebrate with fellow parishioners before the start of Great Lent.

ORA!

GREAT LENT BEGINS 2 / 23

This year, the *Triodion* period commences on 2/1, ending on Holy Saturday, 4/10. As you may recall, three full weeks precede the commencement of Great Lent. These three weeks are a preparatory period which introduce the main themes of Great Lent, as well as a gradual approach to the coming strict fast. Clean Monday, 2/23, begins the Holy and Great Lent. Following are traditional guidelines to fasting prescribed by the Church.

- ? 1st week of the Triodion (2/1-2/7) – no fasting at all; all foods permitted each day
- ? 2nd week (2/8-2/14) – regular Wednesday & Friday fast
- ? 3rd week – last day for meat is Meatfare Sunday (2/15); fish, wine, olive oil, and dairy products are permitted each day through Cheesefare Sunday (2/22), including Wednesday and Friday
- ? From Clean Monday (2/23) through Holy Saturday (4/10) – strict fast from all animal products (including fish and dairy), wine (all alcoholic beverages), and olive oil

Exceptions:

- ? wine and olive oil are permitted each Saturday and Sunday except for Holy Saturday – a strict fast day
- ? fish, wine and olive oil are permitted on the feast of the Annunciation (3/25), and Palm Sunday (4/4)
- ? shellfish is allowed on any day
- ? many substitute vegetable oil for olive oil on strict fast days
- ? fasting is always relaxed for those who are ill, expectant mothers, growing children, and other such situations

Please remember that these are *ideal* guidelines that we strive toward as best as possible. Fasting is a *positive* thing in that it has a lofty goal of bringing us closer to God, and opening our spiritual eyes to our inner selves. *We* make fasting negative if we can't accept fasting for what it is meant to be. Fasting is much more than following strict dietary rules. As always, seek out your spiritual father for guidance and additional clarification.

SUNDAY OF ORTHODOXY

This year's Sunday of Orthodoxy observance will be held on **Sunday, 2/29, at St. Gregory the Theologian Church in Mansfield, MA at 5:00 pm.** The Rhode Island Fellowship of Orthodox Churches invites you to this annual pan-Orthodox celebration, as well as the subsequent Lenten vesper services, which will be announced in our next bulletin.

WHEN & HOW TO RECEIVE COMMUNION— PART 6

(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.)

Appropriate Preparation

“To approach the mystery of Divine Communion, you must prepare. When you are about to sit at the supper table, you consider it absolutely necessary to wash your hands. With unclean hands, you would not approach the material table. How is it possible for you to approach the mystical table, the Mystical Supper, with an unclean soul?”

...When you are about to have a celebration in your home or to receive an official person, you clean your home with great care and you decorate it... So how is it possible to receive in the home of your soul the great Visitor, our great God and Saviour Jesus Christ, without first cleaning the living room of your soul with the broom of sincere repentance, without washing it with tears of contrition? Adorn your soul then approach the holy Cup to receive and welcome the Lord of glory...

We try to keep the church clean where the Trinitarian God is worshipped... Our soul is also a temple. When we commune, it especially becomes a temple and palace of God. So it comprises a basic duty to keep the temple of our soul clean and pure...”

Longing and the Way

“Longing for Divine Communion must burn in our chests. This longing must be accompanied by the necessary preparation. It is an absolute need before approaching the Holy Cup to examine ourself. Let us not approach when we have committed a serious sin and when we did not struggle for a correct preparation...”

We will examine what the correct and proper preparation should be, subsequently. On the matter of preparation, there is great misunderstanding and great delusion, inventions again of the devil, whose aim is to prevent people from correct participation in Divine Communion.”

DIVINE COMMUNION AND FASTING

‘Fasting’ an Obstacle

“Probably the greatest success of the Devil is the fourth. It is the greatest because it is related to the most sacred institution of our Church, the institution of fasting. Fasting, which is a weapon against the Devil, becomes, in the given circumstance, a weapon in the Devil’s hands. With this, he deceives many of those who commune, making them believe they came prepared; whereas in reality, they were unprepared. The evil one also takes many far away, almost forever, from the life-giving and saving food of Divine Communion.

From the beginning, we wish to ask our reader friends to pay attention to these lines because there is the danger, if they followed a mistaken path up to now, for them to misunderstand us. We will not present what has been handed down to us in the dark years of ignorance... We will say what the Church teaches authentically and infallibly in relation to what is the true preparation before Divine Communion.

Before we proceed, let us specifically look at the Devil’s success, which is related to the institution of fasting. If, on the eves of the great feasts, you ask one of those who received communion and one of those who did not receive, what they did to prepare to commune, from both you will receive an answer that is related to fasting and the so-called ‘three day fast from oil.’ (Here, allow me to interject that this applies to any type of preparatory fasting that we have been taught to follow. – +Fr. Anthony)

The first person, if he prepared before approaching the Holy Cup, responds, ‘Of course I prepared. I fasted from oil for three days. I was eating food boiled in water for three days before communing.’ He is all right with his conscience! Since he fasted from oil for three days, he was cleansed, and became worthy to commune!

The second person explains why he did not receive communion by arguing, ‘How can I commune? I cannot fast. I work hard. It is not possible for me to keep a fast from oil for three days.’ He is also all right with his conscience! Since he was not able to fast from oil for three days, he justified himself for not receiving Divine Communion!

Both were trapped by the seemingly pious trap of the Devil: one communes unworthily, the other does not commune at all. Both slipped into the ‘oily’ surface spread by Satan.”

(to be continued next month)

FEBRUARY 2004

Sunday Winter F

Sun	Mon	Tue	Wed	Thu
1 Sunday of the Publican & Pharisee; TRIODION begins; Altar Team A Vespers of the Meeting of Our Lord, 7 pm	2 Feast of the Meeting of Our Lord; Orthros 9 am and Lit. 10 am	3	4 Vespers 7 pm, followed by Adult Religious Education	5 Vesper 7 pm
no fasting all week				
8 Sunday of the Prodigal Son Altar Team B	9 Vespers of St. Haralampos, 7 pm	10 St. Haralampos, Orthros 9 am and Lit. 10 am	11 Vespers 7 pm, followed by Adult Religious Education (<i>fast day</i>)	12
15 Sunday of Meatfare Altar Team A	16	17	18 Vespers 7 pm, followed by Adult Religious Education	19
<i>(last day for meat)</i>				
Fish and dairy permitted each day this week				
22 Sunday of Cheesefare Altar Team B Vespers of Forgiveness, 7 pm, (beginning of Great Lent)	23 CLEAN MONDAY, Orthros, 10 am Great Compline with 1st part of Great Canon, 7 pm	24 Great Compline with 2nd part of Great Canon, 7 pm	25 9th Hour, 5:15 pm, Pre-Sanctified Lit, 5:30 pm; 3rd part of Great Canon after Lenten Supper	26 Great (part of 7 pm
Fish and dairy permitted	Strict fast through Holy Saturday; wine & oil			
29 Sunday of Orthodoxy Altar Team A Pan-Orthodox Lenten vespers, St. Gregory, Mansfield, 5 pm	Strict fast			

Orthros 8:45 am Divine Liturgy 10 am

Fri

Sat

6 St. Photios, Orthros 9 am and Lit. 10 am	7 Great Vespers, 6 pm
13 <i>(fast day)</i>	14 Saturday of the Souls, Orthros 9 am and Lit. 10 am Great Vespers, 6 pm
20	21 Saturday of Monastic Souls, Orthros 9 am and Lit. 10 am Great Vespers, 6 pm
27 with 4th mon,	28 Saturday of St. Theodore (miracle of kollyva), Orthros 9 am and Lit. 10 am Great Vespers, 6 pm
omitted on weekends	

Upcoming Events

February 3 - Parish council meeting, 7 pm

February 4 - Adult Religious Education on Great Lent, after Vespers

February 7 - Daughters of Penelope Flea Market, Church Hall, 10 am

February 11 - Adult Religious Education on Great Lent, after Vespers

February 12 - Retiree's Luncheon, 12 noon

February 15 - Pre-Lenten Glendi, Church Hall, 5 pm

February 18 - Adult Religious Education on Great Lent, after Vespers

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

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

IN APPRECIATION

Recently, appropriate iconography has been added to the apse (back wall) of the sanctuary. The traditional icon of the Virgin Mary “Platytera” flanked by icons of the Archangels Michael and Gabriel, have been donated by Steven Antonio of Florida (nephew of the Parkos family). Other traditional icons which have been donated are those of the Three Hierarchs and the Three Pillars of Orthodoxy, placed on either side of the crucified Christ, donated by the Sisak family of Pennsylvania and Newport. The icons are high-quality, photographic prints of originals placed on very thin wood in order to appear as frescoes (wall paintings). In addition, the apse has been painted a traditional sky blue to represent heaven. The paint and labor for hanging the icons has been underwritten by an anonymous donor. We sincerely thank all the donors involved with this spiritually uplifting enhancement to the holy altar. A special “thank you” also to Chris Christopher, and George Baker and his brother Michael, for all the assistance with the painting of the wall and hanging of the icons.

CHURCH BOOKSTORE

The bookstore has received new books.

Orthodox Christian faith: New books for Children as well as for adults.

Hellenic Heritage: New books for children in Greek and adults in English

These books make a perfect gift.

IOCC DONATIONS

The International Orthodox Christian Charities (IOCC) provides many ways for you to contribute to the many good causes which they support, including vehicle donations. For more information, visit their website: http://www.iocc.org/giving_frameset.html

JOIN THE CHOIR!

St. Spyridon's Choir invites all singers--men, women, and children--to join in the music ministry of our church. See Paul Cotsoridis, Zoe Adamedes, Father Anthony, or Jane Iandolo if you are interested.

Parents: please offer your children the opportunity to deepen their understanding and love of the liturgy through music.

SCHOLARSHIP INFORMATION

Scholarship applications are beginning to arrive at church. All such information will be located on the information table in the church hall. Parents, make sure to let your graduating seniors know. Some specific scholarship information:

Order of AHEPA— Daughters of Penelope Yankee District #7 Scholarship Grant Program -Eligibility Requirements

1. Applicant must have completed high school or be currently attending college or postgraduate school and plans to enroll as full-time matriculating student in the next academic year.
2. Applicant must be a child of an Ahepan, a Daughter of Penelope, or of a deceased Ahepan or Daughter of Penelope who was in good standing; or a member, for at least one year prior to the deadline of this application, of the Sons of Pericles, Maid of Athena, Order of Ahepa or Daughters of Penelope. The application portion of the Verification of Eligibility form, below, must be completed and signed by the appropriate chapter officer.
3. Applicants may re-apply if they continue to meet the requirements and have not received two previous grants from the Yankee District Seven Grant Program.
4. Applicant must have at least a 2.5 GPA.
5. Applicant's SAT score

For more information and to get an application contact an AHEPA or Daughters of Penelope member.

The **Philoptochos scholarship** applications have now been placed in the *Island high schools*. Please have students look for them at their schools.

RETIREE'S LUNCHEON

We wish to thank A-1 Pizza for providing the lunch for the January gathering, and also Christopher Carbone, son-in-law of George and Evie Spiratos, for the wonderful entertainment.

The next luncheon and presentation for our retirees is scheduled for **Thursday, February 12nd at 12:00 noon**. We are looking for another restaurant to sponsor the meal. For those planning to attend, please remember to call the office by Tuesday, February 10th, so we know for how many to prepare.

RELIGIOUS EDUCATION NEWS

This will be a busy month for some students in grades 7-12. Some students have chosen to participate (some again) in the St. John Chrysostom Oratorical Festival to be held in March. These students have chosen their topics and are well on their way to do research, and then write about their subject. Let us support these students as they are taking time (in their busy schedules) to learn more about their faith and share it with others! The students are allowed to show their pieces to Mr. Mike Sisak before hand, or any other adult in the church. Good luck to all and the parish looks forward to hearing great speeches in March!

God bless!

Marianne Menas, Religious Education Director

PARISH COUNCIL NEWS

Dear Parishioners,

The next council meeting will take place on Tuesday, February 3, at 7 p.m.. The parish council welcomes new members that have been a warm addition to our council. The current parish council members and officers for 2004 are now as follows:

President— Steve Mellekas

Vice President— Angelo Giannopoulos

Treasurer— Tom Lewis

Secretary— Penny Hiotas

Other Members— Mike Apostol, Chris Christopher, Steve Jennings, Tom Nichols, Basile Panoutsopoulos, Panyiotis Petrou, Arthur Stefanopoulos

There is still an opportunity to serve on the council. There is one vacant position available, if interested please contact the council.

The following items were discussed on January 13:

1. General Assembly will take place on March 14, 2004 following Divine Liturgy
2. Hellenic Fest dates are set for July 23, 24, 25.
3. Stewardship, maintenance of church, air condition, management of Protulis Fund
4. A Glendi will take place - Sunday, February 15 at 5 pm.

As always please feel free to contact any Parish Council member with your input and concerns for our growing parish.

Thank You,

Steven J. Mellekas, Council President

GREEK SCHOOL NEWS

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.

SERVICE CANCELLATIONS

Now that we are in 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 – "Additional Services for the Current Week." Any notice of cancellation will be posted there, including Saturday vespers and regular Sunday services. This can be checked any time of day or night, however, rotary dial phones cannot access this system, so call a friend to check for you.

FROM THE HOLY FATHERS

"When we love someone, we always think of him or her, strive to please him or her day and night, and our heart is occupied with this. Such is the love we need to give to God, who is our Creator and Who gave His life for all, supports all, nourishes and loves all. Thus do we often turn to Him, do we always think of Him, do we always pray to Him and strive to fulfill His holy commandments. Let us from this day, this hour, this minute love God above all and fulfill His holy will." –St. Herman of Alaska

"Why are we so ready to judge our neighbor? Why are we so concerned about the burden of others? We have plenty to be concerned about; each one has his own debt and his own sins. It is for God alone to judge, to justify or to condemn. He knows the state of each one of us and our capacities, our deviations, and our gifts, our constitution and our preparedness, and it is for him to judge each of these things according to the knowledge that he alone has." –St. Dorotheos of Gaza

"A working couple once asked him, 'Elder, when at night we return very tired to our home, we do not have the desire for prayer.' 'How do you have the desire to eat? Just as you do not neglect food, no matter how tired you are, all the more so, and even more so, you should never neglect the food of the soul: communicating with God. Do not ever neglect prayer, whether at the table, in the morning when you rise, in the evening, or at night... It is a matter of self-sacrifice and mainly of love. When a certain person, beloved by you, calls you up very late at night, how is it that despite your tiredness, you hook yourselves to the receiver and furthermore, sometimes one and two hours, without being impatient, but, on the contrary, you rejoice?' – Elder Epiphanius Theodoropoulos

IN OUR PARISH

Baptism— 12/28: William (Vasilios) Christopher, son of Tom and Elizabeth Johnston; sponsors, Christopher and Sharon Anayiotos. May God grant him many years!

Baptism – 1/25: Marcus Vincent Botelho, son of Mark Botelho and Maria Volpicelli; sponsor Angela Volpicelli. Marcus' given name in baptism is Panayiotis. May he live many years!

Yiayia Bessie Mellekas reached 100! On January 1, 2004, Yiayia Bessie celebrated both her feast day, being a Vasiliki, as well as her 100th birthday. We join the entire Mellekas family in wishing her every good thing as she enters the second century of her life.

SAINT JOHN CHRYSOSTOM ORATORICAL FESTIVAL

The local division of the Saint John Chrysostom Oratorical Festival will take place on Sunday, March 7th in the fellowship hall after Liturgy. Please be there to support our children!

DAUGHTERS OF PENELOPE

The Daughters of Penelope will hold a Flea Market on Saturday, February 7, 2004 in the Church hall from 10 a.m. to 2 p.m. All parishioners are invited to bring their "treasures" on the set-up day, Friday, February 6th starting at 12 noon.

For more information, please call President Stella Volpicelli at 847-1052.

AHEPA

The local chapter of AHEPA Maud Hawe Elliott 245 was the winner of the coin in the Vasilopita.

Our yearly community event took place on Sunday 18th January 2004 at the cultural center.

The mission of the AHEPA Family is to promote Hellenism, Education, Philanthropy, Civic Responsibility, and Family and Individual Excellence. The women join the Daughters of Penelope. New members are welcome in both organizations to help promote our noble goals.

<p><i>In loving memory of</i> <i>Gredo Vincent Volpicelli</i></p>	<p>Order of AHEPA Maud Howe Elliott Chapler No. 245</p> <p>Daughters of Penelope Ares Chapter Number 49</p>	<p>Mel's Cafenio 25 Broadway Newport 849-6420</p>
<p><i>With compliments of...</i> Dr. Joanne and Mr. C. Gus Hologgitas</p>	<p>Aquidneck Pizza Breakfast ? Lunch ? Dinner 27 Aquidneck Avenue Middletown Take out orders: 849-3555 Daily 7am-12am, Fri & Sat 7am-2am</p>	<p><i>✍</i> Tommy's <i>✍</i> Deluxe Diner 159 East Main Road Middletown 847-9834 Established in 1936</p>
<p>Nikolas Pizza 38 Memorial Blvd West Newport 849-6611</p>	<p>Astro Construction Inc. PO Box 522 Portsmouth, RI (401) 683-9120 Established 1954</p>	<p>CODDINGTON BREWING COMPANY 210 Coddington Highway Middletown 847-6690</p>
<p>Compliments of the ATLANTIC BEACH CLUB 53 Purgatory Road Middletown 847-2750</p>	<p>A-1 Pizza 306 Broadway Newport Free Delivery 849-2213</p>	<p>Rhea's Bed & Breakfast <i>Accommodations with jacuzzi's available!</i> 120 West Main Road Middletown 841-5560</p>
<p><i>Compliments of</i> Island of Skiathos Organization Established 1967</p>	<p>Flo's Drive-In <i>Portsmouth</i> Flo's Clam Shack <i>Over Flo's</i> <i>Middletown</i> <i>Voted Best in Rhode Island!</i></p>	<p>The Mainstay Inn 151 Admiral Kalbfus Road Newport 849-9880</p>
<p>ELLAS Greek and American music We play all types of functions. Call Andy. (978) 532-0771</p>	<p><i>Compliments of</i> C.H. Charles 5 & 10¢ Stores 233 Broadway 94 Williams Street Newport</p>	<p>Sandwich Board Deli 397 Thames St. Newport, RI 849-5358</p>



Saint Spyridon
Greek Orthodox Church
Post Office Box 427
Newport, Rhode Island 02840

Address Service Requested

**Non-Profit
Organization
U.S. Postage
P A I D
Newport, RI
Permit Number 5**
