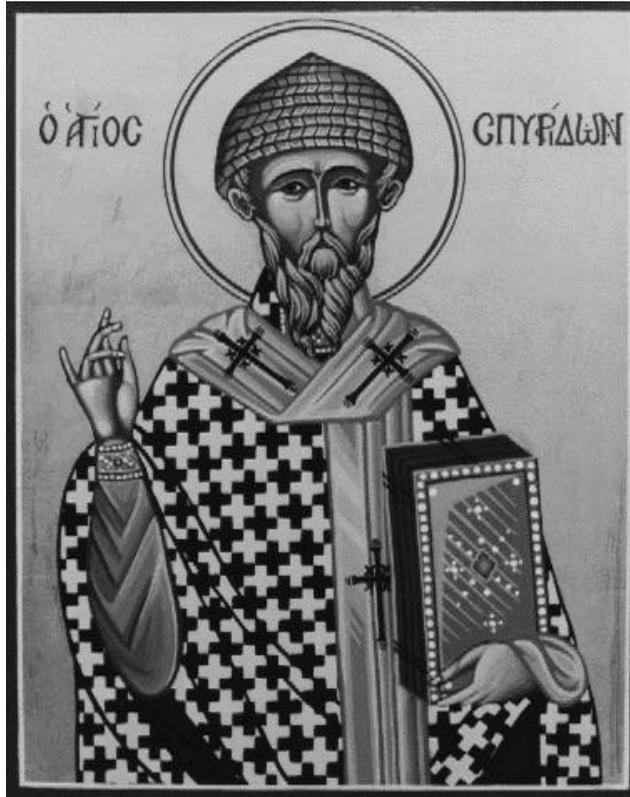


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THE SAINT SPYRIDON VOICE  
JULY 2004

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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  
[www.stspyridonchurch.org](http://www.stspyridonchurch.org)

Reverend Presbyter Anthony Evangelatos  
[franthy@stspyridonchurch.org](mailto:franthy@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

**Choir Director:** Paul Cotsoridis

**Organist:** Jane Iandolo

**Religious Education :** Marianne Menas

**Stewardship:** Parish Council

**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

**Bulletin:** Aliko Cooper ([alikooper@yahoo.com](mailto:alikooper@yahoo.com))

### SERVICE TIMES

**Sunday Summer Hours** Orthros 7:45 am    Divine Liturgy 9 am

Wednesdays    Vespers (or Small Paraklesis on  
 last Wednesday of month) 7 pm\*

Saturdays    Great Vespers 6 pm\*

Festal celebrations in the week:

Vespers– 7 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

Many of us have heard, from time to time, about the “Jesus prayer.” Then again, many of us are completely ignorant of this theologically rich but simple prayer. So, what is this prayer and how can it be of help to us? Let us explore what the Church has to say about this deeply spiritual prayer.

First of all, we should know the text of this prayer before we say another word: *Lord Jesus Christ, Son of God, have mercy on me a sinner!* What simple words! Who ever thought that such an important prayer could have so few words?

In his book, *The Jesus Prayer*, by a “Monk of the Eastern Church” (St. Vladimir’s Seminary Press, 1995), the author says the following in the introduction to the book: “A Romanian writer, N. Crainic, has written that the Jesus Prayer is the ‘heart of Orthodoxy...’ More than a private devotion, it borders on the realm of liturgy and even penetrates it. Its implications and possibilities deserve careful attention...”

The Jesus prayer has been the central prayer of Orthodox monastics throughout the ages, as well as a central prayer for countless of the pious laity. If one were to visit an Orthodox monastery today, one would encounter both monks and nuns continually whispering this holy prayer on their lips, as they go about their daily chores. Those monastics who are quite spiritually advanced, would not be uttering the prayer at all, but would be praying it from the heart, where the name of Jesus resides in all of us.

The prayer actually has scriptural roots in both the Old and New Testaments. In the Old we have clear indications of the extreme holiness, and divine presence surrounding the name of God. In the New, we have very clear directives regarding the veneration of the name of Jesus: “Most assuredly I say to you, whatever you ask the Father in My name He will give you. Until now you have asked nothing in My name. Ask and you will receive, that your joy may be full.” (Jn. 16:23-24); “...there is no other name under heaven given among men by which we must be saved.” (Acts 4:12); “Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.” (Phil 2:9-10).

In the book, *The Jesus Prayer* (cited above), the monastic author also says the following: “To pronounce the name of Jesus in a holy way is an all-sufficient and surpassing aim for any human life... We are to call to mind Jesus Christ until the name of the Lord penetrates our heart, descends to its very depths... The name of Jesus, once it has become the center of our life, brings everything together.”

The premise for using the Jesus prayer, therefore, should be clear to us if we truly understand Christ as the very center of our lives. If we live our lives in such a manner, then we should feel the need to call upon Him throughout the day, and even as we lie down to sleep. Many of the Church Fathers speak of “unceasing prayer” and the “prayer of the

heart.” The Jesus prayer is *precisely* that to which they are referring. It is a prayer that we can all offer to God *consistently, effortlessly, and straight from the heart*. It is a prayer that chases away the evil one at the time of temptation. It breaks the distraction that we are all subject to during prayer time. It is the prayer *par excellence* that brings us immediate peace of mind and spirit.

There are more and more pious laymen who practice the frequent repetition of the Jesus prayer. We must not mistakenly believe that this prayer, as well as many other pious practices, are meant only for monastics. We that live in the world *need* to have spiritual weapons at our disposal, if we are at all serious about living the life in Christ. I wish to close with some thoughts of a great spiritual leader and theologian of the Church of Greece – His Eminence the Metropolitan of Nafpaktos, Hierotheos (Vlahos). The following comes from his book, *A Night in the Desert of the Holy Mountain*, (Birth of the Theotokos Monastery, 1991):

*“It is necessary that we live in Christ, the Word of God and become Christ and the Word of God by grace. This is achieved when we live in the Church and participate in its holy mysteries, for the ‘Church is manifested in the holy mysteries, not as symbols, but rather...as the Lord said, like the vine branches in the vineyard’ (Nicholas Kavalas). This is achieved with the invocation of the name of Jesus and the reciting of the Jesus prayer...All of the theology of our holy Orthodox Church is hidden in this small prayer. That is why we should always meditate on the sweetest and most joy-producing name of Jesus...”*

In Christ’s love,  
+Fr. Anthony

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## DONATIONS FOR ALTAR SUPPLIES

In the life of a parish, it is customary for the faithful to offer items needed in the sanctuary. This is both a blessing for the person and his/her family, and a meaningful way of responding to the on-going needs of our church. There are two such needs at the present time:

- **Communion wine (1 case @ \$96 – already ordered by Fr. Anthony)**
- **Olive oil for the *kandilia* of the Holy Table & Prothesis**

If you would like to purchase the case of communion wine, please send a check to the office, payable to *St. Spyridon Church* (please indicate “communion wine” on the memo line). You may bring olive oil in person from Tuesday through Friday, 9am – 1pm, or on Sundays. Or, if you wish, send in a check toward the purchase of oil (**suggested donation: \$10**). Please *do not* purchase vegetable oil, or blends of olive and vegetable oil; these do not burn cleanly and tend to spatter. Thank you in advance to all who plan on responding to these needs. May the Lord bless you!

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a Greek Food & Cultural Festival



22<sup>nd</sup> Annual

2004

# Hellenic Fest !

*Come enjoy Greek Food,  
Pastry, Music, Dancing, Ouzo,  
Greek Beer and Wines, and shop  
at the Greek Marketplace !*



AΘΗΝΑ 2004



*Live Music  
by  
Orpheus*



## July

### 16 ? 17 ? 18

Friday – 4:00 pm to Midnight  
Saturday – 12:00 pm to Midnight  
Sunday – 12:00 pm to 8:00 pm

**the BIG MONEY raffle  
\$10,000 Grand Prize !**

For tickets: 401-849-2902

**Free Admission**



**Thames and Brewer Streets  
Newport, Rhode Island**



**FIRST AHEPA IONIAN VILLAGE ATTENDEE!**

The Maud Howe Elliot Chapter 245 (Newport, RI) of the American Hellenic Educational Progressive Association is pleased to announce that **Jimmy Canale** is the first recipient of an *AHEPA Ionian Village Fellowship Award*.

This summer, Jimmy - along with over 100 other Greek Orthodox teens from around the country - will be spending more than two weeks in Greece at the Ionian Village, a camp operated by the Greek Orthodox Archdiocese of America. The youths will participate in the many activities at the camp as well as travel the country, venerate relics of saints, walk in the footsteps of the Apostles, and visit significant sites of Greek history and culture.

And ..... as part of the AHEPA Ionian Village Fellowship program, Jimmy will be keeping a diary of his daily activities which he will share with us when he returns!

We very much look forward to hearing his first hand account, and we wish him the BEST time in Greece!

Congratulations Jimmy! ? ??ta ? ????

*For more information on Ionian Village go to: [www.ionianvillage.org](http://www.ionianvillage.org)*

**PARISH COUNCIL NEWS**

The next Parish Council meeting will be held Tuesday, July 6, at 7:00 pm. Items discussed at the May meeting.

- A. Transfer of the Protulis Fund to the St. Spyridon endowment Committee
- B. Installation of air conditioner for church and small unit for office in the basement.
- C. Implementation of Stewardship
- D. Budget items, maintenance of church.
- E. Hellenic Fest.

The Hellenic Fest is the main concern for July. Thanks to all involved with Festival and to anticipate a successful Hellenic Fest. Please contact anyone on the council for any concerns for St. Spyridon.

Thank you,

Steven J. Mellekas, Council President

## ST. SPYRIDON ORTHODOX CHRISTIAN FILM FESTIVAL

The St. Spyridon Orthodox Christian Film Festival will be on July 10. Viewing of videos will begin at 10:00. The luncheon will occur at 12:30. Prizes will be awarded at 1:30. And at 2:00, we will depart for the pier next to the Black Pearl in order to set sail on the Madeleine at 2:30.

Note: In the past, there has always been more than enough room on the Madeleine not only for the film makers, but also for the audience members. That having been said, audience members are invited for the 90 minute sail.

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## FROM THE HOLY FATHERS

(taken from *The Philokalia*)

*“Smoke from wood kindling a fire troubles the eyes; but then the fire gives them light and gladdens them. Similarly, unceasing attentiveness is irksome; but when, invoked in prayer, Jesus draws near, He illumines the heart; for remembrance of Him confers on us spiritual enlightenment and the highest of all blessings.” (St. Philotheos of Sinai)*

*“If God suffers in the flesh when He is made man, should we not rejoice when we suffer, for we have God to share our sufferings? This shared suffering confers the Kingdom on us. For he spoke truly who said, ‘If we suffer with Him, then we shall also be glorified with Him’ (Rom. 8:17).” (St. Maximos the Confessor)*

*“Godlessness and love of praise are the worst and most incurable disease of the soul and lead to her destruction. The desire for evil signifies a lack of what is good. Goodness consists in doing with all our heart whatever is right and pleasing to the God of all.” (St. Anthony the Great)*

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## IN OUR PARISH

Baptism: *Zachary Theodore Karousos*, son of Theodore and Dina Karousos, was baptized on 6/13. His sponsors are Vivian and Haralampos Dafoulas. May God grant him many years!

Wedding: *Jason Spiros Rozes and Alexandra (Carrie) Serwatka*, were married on 6/5. Jason is the son of Dr. James Rozes and grandson of Mary Rozes. Their sponsor is Chris Tsokos of Tampa, Florida. May they live many years!

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# JULY 2004

<b>Sunday Summer</b>
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<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Th</b>
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1

4 Fifth Sunday of Matthew Altar Team A	5	6	7 Small Vespers, 7 pm  <i>(fast day)</i>	8
11 Sixth Sunday of Matthew Altar Team B	12	13	14 Small Vespers, 7 pm  <i>(fast day)</i>	15
18 The Holy Fathers of the 4th Ecumenical Council Altar Team A	19 Vespers of the Prophet Elias, 7 pm	20 The Prophet Elias, Orthros & Liturgy	21 Small Vespers, 7 pm  <i>(fast day)</i>	22
25 Eighth Sunday of Matthew Altar Team B	26	27	28 Small Vespers, 7 pm  <i>(fast day)</i>	29

Fr. Anthony at Clergy-Laity Congress
--------------------------------------

s Orthros 7:45 am    Divine Liturgy 9 am

**Fri**

**Sat**

2

3

Great Vespers, 6 pm

*(fast day)*

9

10

Great Vespers, 6 pm

*(fast day)*

16

17

St. Marina the Great-martyr, Orthros & Liturgy  
Great Vespers, 6 pm

*(fast day)*

23

24

Great Vespers, 6 pm

*(fast day)*

30

31

Great Vespers, 6 pm

*(fast day)*

**Upcoming Events**

July 6– Parish Council Meeting, 7 pm

July 10– St. Spyridon Orthodox Christian Film Festival, 10 am

July 11– Festival Meeting, church hall during coffee hour, Greek Dance Lessons after Liturgy

July 16, 17, 18– Hellenic Fest 2004

**Regular Events**

Children’s Greek School– Tuesdays 4– 6 pm, Wednesdays 4– 6 pm (is currently on break for the summer)

Adult Greek School– Wednesdays 5– 6 pm (is currently on break for the summer)

Religious Education– Sundays, immediately after Holy Communion (is currently on break for the summer)

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



**NEWPORT**

**H E L L E N I C  
FESTIVAL 2004  
JULY 16, 17, 18**



**St. Spyridon**

**FESTIVAL FEVER  
CHECKLIST !**

- Come set up on Thursday, July 15 at 4 pm
- Save July 16, 17 & 18 on your calendar from 4 pm to 12 midnight on Friday, 12 noon to 12 midnight on Saturday, and from 12 noon to 8 pm on Sunday
- Invite family, friends and co-workers
- Sell raffle tickets
- Bake baklava or other Greek pastries for the Festival
- Volunteer to work for part of each Festival Day – take the initiative to help during the festival
- Put on your dancing shoes and prepare to have fun!

**3 Days  
Of  
FAMILY FUN !**



ΑΘΗΝΑ 2004



**ALL PARISHIONERS WANTED !!!**

- **To volunteer to assist at the Festival**  
**Please Add Your Name To The Festival Sign-up Board In The Church Hall To Help At The Festival – St. Spyridon Is Depending On You!**
- To sell, buy and return all Festival Raffle tickets given to you. Come pick up more tickets if you can sell them! Call Tommy and Dean @ 849-2902
- To help secure Festival donations and sponsors
- To help advertise by putting up flyers and posters at local businesses. Call the church @ 846-0555
- To join us at the Festival and enjoy good fellowship and food with family and friends!!



**Three Cheers and Many Thanks  
To the Festival Team... .**

... to committee members who since January have been meeting, planning, organizing and recruiting

... to the many women and men who have been cooking, shopping, baking and chopping

... to you wonderful volunteers who will spend hours serving, selling, grilling and greeting

... to our parish youth who set up, clean up, cook hot dogs, serve soda and dance up a storm

**THANK YOU !  
THANK YOU !!  
THANK YOU !!!**

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## WHEN AND HOW TO RECEIVE COMMUNION— PART 10

*(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.)*

### ***Piety and Fear***

*“The last stage of preparation for Divine Communion is fear and awe, which ought to exist in the believer’s soul at the time he is walking towards Divine Communion. The liturgist, holding the Holy Cup, invites the believers, ‘With fear of God, faith and love draw near...’*

*Holy fear comes from the feeling of sinfulness and from the sacredness of the moment and the majesty of God. Unfortunately, on days when a throng of believers approaches out of habit, many do not have this sacred fear... It should be noted that such things were observed from the age of the sacred Chrysostom (the end of the 4<sup>th</sup> century)...*

*‘Divine Communion both is and is called a Mystery. And wherever Mysteries exist, there silence is befitting. So with much silence, with much order, with due piety, let us approach the sacred Sacrifice. Thus, we will break away the sympathy and mercy of God; we will cleanse our soul and enjoy the eternal goods. Let us stand with much fear and trembling, let us humbly have our eyes downwards, let us elevate the soul, let us sigh without a voice, mystically, and let us cry out with our heart. Do you not see those who approach a certain earthly and temporal ruler? They stand motionless, neither do they talk, nor do they move, nor do they turn their eyes here and there, but they are serious, somber and full of fear... Much more so we ought to stand with fear before the heavenly King...’*

### ***‘DRAW NEAR...’***

### ***The Matter is Inexhaustible***

*The study of the infinite God is inexhaustible. Inexhaustible also is the study of the mystery of Divine Communion in which the incarnate God the Word ‘Who sits on high with the Father’ is present...*

*Many articles have been written and many studies have been conducted regarding the topic of frequent Divine Communion. Unfortunately, because the Devil has rooted himself in the souls of even pious Christian clergymen and lay people, there is bias against frequent Divine Communion and mistaken preparation prior to it. Thus, it was necessary for many books to be written from holy and wise authors, in order for the longing for*

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*frequent Holy Communion to be flared up. Despite these holy books, many 'traditions of men' continue to prevail...*

*Now, all the most pious and theologically educated clergymen, bishops, presbyters, and deacons have adopted the correct position regarding the mystery of Divine Communion. They have become harmonized with the command of the Lord and with the centuries old action of the Church...*

### ***Sins and Impediments***

*The Devil also places dreadful obstacles in the path of those who desire to receive Divine Communion, taking many far from the Cup of Life. The increase of corruption and lewdness has caused everyone and everything to be polluted. Corruption creates impediments for participation in Divine Communion...*

*The grave sins which prevent people from receiving frequent Divine Communion, are the fleshly sins. Many of the faithful youths do not dare approach Divine Communion because they were recently polluted from some impure passion. Seeing the Lord in Divine Communion, they feel that which the Apostle Peter says: 'Depart from me, for I am a sinful man, O Lord' (Luke 5:8).*

*Whoever longs to commune frequently, but is unable due to serious sins should seek their spiritual father, who will appoint the time when they will approach the Mystery, analogous to the repentance and the struggle which occurs for the wiping out of the passion...*

### ***'Blessed is He Who Comes...'***

*The invitation of God through the liturgizing priest, 'With fear of God, faith and love draw near,' is the greatest honor man can be granted upon earth. God invites man to become one with Him. Man becomes one blood and one body with the incarnate Son and Word of God. Man is deified with Divine Communion.*

*May the Holy Spirit enlighten the minds of the faithful to understand the necessity of frequent Divine Communion; to cleanse their souls so that they can be worthy to approach the Holy Chalice frequently. Frequent Divine Communion fills man with joy and rejoicing... If joy and rejoicing occur prior to Divine Communion, how much more so will they occur after. Frequent Divine Communion is a witness to the living temple, making Christians conscientious members of the mystical body of Christ and His Church. Frequent Divine Communion is a triumphant proof that our Church is alive."*

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## AHEPA NEWS

Congratulations to our own Steve Jennings for being elected District Governor during the Annual District 7 Convention held in Portsmouth, RI this past June! May you have a great year and represent the Newport Community honorably!

### **CONGRATULATIONS TO ANTHONY SPIRATOS AND DAVID JASINSKI** **THE NEWEST NEWPORT AHEPA MEMBERS!**

Best wishes for an enjoyable summer to the St. Spyridon Community and a very successful "Hellenic Fest 2004". All members and friends are urged to support the Festival on July 16-18, 2004, in all possible ways.

Chapter elections were held and elected to serve in the July 1, 2004 - June 30, 2005 year are the following:

President .....	Basile Panoutsopoulos
Vice President .....	Michael Sisak
Secretary .....	George Anagnostos
Treasurer .....	George Koulouvardis
VP Hellenism .....	Christos Psilos
VP Philanthropy .....	Gus Hologgitas
VP Education .....	Panagiotis Petrou
VP Civic Responsibility .....	Canelo Bartis
VP Family & Individual Excellence .....	Thanasis Stefanopoulos
Captain of the Guard .....	James Violet
Chaplain .....	Paul Cotsoridis
Marshall .....	James Georgiou
Warden .....	Panagiotis Bitzileos
Inside Sentinel .....	Charles Mellekas
Outside Sentinel .....	Leon Panteleos
Athletic Director .....	James Psaras
Board of Governors .....	Harry Koulouvardis
	Steve Jennings

There will be no regular meeting during the months of July and August. For special meetings and activities the members will be notified by Secretary George Anagnostos.

The AHEPA Supreme Convention will be held on July 18-23, 2004 in Miami, Florida. Delegates from our Chapter are Steve Jennings, George Anagnostos and Gus Hologgitas (alternate is Canelo Bartis).



<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  <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: 849-3356 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><b>Nikolas Pizza</b> 38 Memorial Blvd West Newport 849-6611</p>	<p><b>Astro Construction Inc.</b> PO Box 522 Portsmouth, RI (401) 683-9120 Established 1954</p>	<p><b>CODDINGTON</b> 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><b>Flo's Drive-In</b> <i>Portsmouth</i> <b>Flo's Clam Shack</b> <i>Over Flo's</i> <i>Middletown</i> <i>Voted Best in Rhode Island!</i></p>	<p><b>The Mainstay Inn</b> 151 Admiral Kalbfus Road Newport <b>849-9880</b></p>
<p><b>ELLAS</b> Greek and American music We play all types of functions. Call Andy. <b>(978) 532-0771</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><b>Sandwich Board Deli</b> 397 Thames St. Newport, RI 849-5358</p>



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

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Newport, RI  
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*a Greek Food & Cultural Festival*



# **Hellenic Fest !**



**July  
16 ? 17 ? 18**



**Thames & Brewer St.**