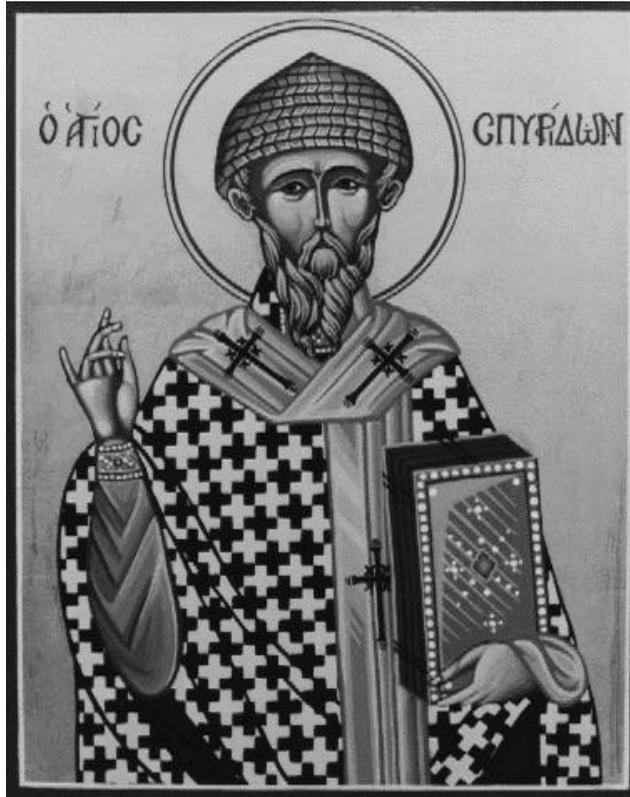

THE SAINT SPYRIDON VOICE
MARCH 2004



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

Philotochos 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)

SERVICE TIMES

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

During Great Lent:

Mondays – Great Compline, 7:00 pm

Wednesdays – 9th Hour, 5:15pm, Liturgy of the Presanctified Gifts, 5:30 pm

Fridays – 9th Hour, 9:45 am, Liturgy of the Presanctified Gifts, 10:00 am; Salutations to the Theotokos, 7:00 pm (through 3/26)

Saturdays – Great Vespers, 6:00 pm

* Note: See enclosed calendar for additional services. For confession schedule, see entry on Pg. 5.

FROM THE DESK OF FATHER ANTHONY

Recently in our adult religious education sessions, I spoke about the liturgical book which the Holy Church uses during the Great Fast and Holy Week – the *Triodion*. This particular liturgical book is replete with moving and soul-stirring hymnology, which seeks to touch us in the deepest part of our soul. In fact, Great Lent is the season that we want to expose our soul before God more than any other time of year. I would like to share some beautiful examples of Lenten hymns from various services of the season.

The very first service in the *Triodion*, is that of vespers for the Sunday of the Publican and the Pharisee. One particular hymn shows the centrality of the theme of tears in our Lenten journey of repentance:

“Almighty Lord, I know how great is the power of tears. For they led up Hezekiah from the gates of death; they delivered the sinful woman from the transgressions of many years; they justified the Publican above the Pharisee. And with them I also pray: Have mercy upon me.”

Another moving hymn comes from vespers for the Sunday of Forgiveness (Cheesefare), during which we commemorate the expulsion of Adam from Paradise because of his transgression. On the following day we begin Great Lent, uniting ourselves with Adam as a lost soul seeking to regain Paradise:

“Adam sat before Paradise and, lamenting his nakedness, he wept: ‘Woe is me! By evil deceit was I persuaded and led astray, and now I am an exile from glory. Woe is me! In my simplicity I was stripped naked, and now I am in want. O Paradise, no more shall I take pleasure in thy joy; no more shall I look upon the Lord my God and Maker, for I shall return to the earth whence I was taken. O merciful and compassionate Lord, to Thee I cry aloud: I am fallen, have mercy upon me.’”

Great Lent actually begins on the evening of Cheesefare Sunday. The following hymn summarizes the whole Lenten journey and its purpose:

“Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold His holy Passover.”

Each Monday evening of Great Lent, we conduct the service of the Great Compline, which is basically a service offered after the evening meal, preparing us for bodily slumber, and spiritual vigilance. Following is a very short, but very moving and popular hymn of the Lenten season, both in its melody and words:

“Lord of the Powers be with us, for in times of distress we have no other help but You. Lord of the Powers have mercy on us.”

One of the crowning jewels of Great Lent is the Canon of St. Andrew of Crete, sung in sections during the first four days of Lent, and in its entirety on Thursday of the fifth week. This canon, or sacred poem, is a personal meditation of repentance, with constant referrals to examples of sin and repentance from Scripture. Here are some samples of this beautiful and spiritually rich work:

“Where shall I begin to weep for the actions of my wretched life? What first-fruit shall I offer, O Christ, in this my lamentation? But in Thy compassion grant me forgiveness of sins.

David once joined sin to sin, adding murder to fornication; yet then he showed at once a twofold repentance. But thou, my soul, hast done worse things than he, yet thou has not repented before God.

O my soul, do as the woman who was bowed down to the ground. Fall at the feet of Jesus, that he may make thee straight again; and thou shalt walk upright upon the paths of the Lord.”

As a final hymn, I offer one from the vespers of St. Mary of Egypt, commemorated on the fifth Sunday of the Fast. St. Mary is a model of repentance, being a former harlot who was converted to Christ through a miraculous sign performed at the Church of the Holy Sepulcher in Jerusalem, during the feast of the Holy Cross:

“The power of Thy Cross, O Christ, has worked wonders, for even the woman who was once a harlot chose to follow the ascetic way. Casting aside her weakness, bravely she opposed the devil; and having gained the prize of victory, she intercedes for our souls.”

Beloved in Christ, make it a point to come to as many Lenten services as possible, so that you may hear these and other meaningful hymns in their proper context. Nothing can replace the Lenten atmosphere of “bright sadness,” or “joyful sorrow” that we experience during the Lenten services. Remember, Lent is not meant to be a morbid exercise in self pity; rather, it is a time of great joy as we liberate ourselves from the passions and from sin, always keeping the light of the Resurrection as our ultimate goal. My beloved spiritual children, may all of you have a most blessed and fruitful Lenten experience.

In Christ’s love, +Fr. Anthony

MAKING LENT MEANINGFUL AT HOME

Great Lent is the most significant time in the spiritual life of Orthodox Christians. As parents, we have an opportunity to teach and reinforce its importance and significance to our children, so that they may always love and appreciate this holy period. Here are some things to consider...

- ? Purchase an Orthodox prayer book if you don't have one, and USE IT.
- ? Plan which services you can realistically attend each week as a family (try for at least one).
- ? Parents, read a book on Great Lent to understand it better (see Fr. Anthony for suggestions).
- ? Try as much as possible to keep the fast in an appropriate way for your family (perhaps you can try keeping a strict fast on Mondays, Wednesdays and Fridays).
- ? Curb or eliminate television, videos, etc.; replace with biblical movies, or read Scripture or other spiritually edifying materials (check out our video & book collection in the library downstairs).
- ? Periodically light incense and keep a lit candle or vigil lamp in front of the holy icons (help create a more spiritual atmosphere at home as much as possible).
- ? Plan on going to confession as a family during Lent (parents are the example in everything to their children – don't rob them of this spiritually beneficial opportunity).
- ? If properly prepared, receive Holy Communion more frequently as a family during Lent.
- ? Choose one or more charities that the family would like to support financially or otherwise (involve children as much as possible with this process).

HOLY CONFESSION

During Great Lent, Fr. Anthony will be available to hear confessions as follows:

- ? each Saturday evening after vespers (all year)
- ? each Monday evening after the Great Compline
- ? each Friday evening after Salutations (up to 3/26)
- ? during office hours by appointment

Please take advantage of this most healing mystery (sacrament) of love and forgiveness, as you make your spiritual journey toward Holy Pascha.

WHEN & HOW TO RECEIVE COMMUNION— PART 7

(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.)

The Medicine of Fasting

“...The institution of fasting is ancient, God given, supported in the Old Testament, and evangelical. Fasting is as old as man. The great men of the Old Testament were lovers of fasting. The Lord Himself, a lover of fasting, ‘was taken up into the desert by the Spirit to be tempted by the devil, and fasting...afterwards He hungered’ (Math. 4:1-2). Christ Himself characterized fasting as a strong weapon against the Devil (Mark 9:23).

Fasting is medicine of the soul but a medicine which must be taken at its proper time and in the proper manner. The sacred Chrysostom writes, ‘Fasting is a medicine, but the medicine, even if it is beneficial a thousand times, becomes useless, many times, due to the inexperience of him who is using it... Medicine which is not taken at the appropriate time and in the proper quantity can be harmful instead of being beneficial.’”

FASTING IS ONE THING, DIVINE COMMUNION IS ANOTHER

True Fasting

“The Church appoints the time of fasting. Over the course of the year, there are days of obligatory fasting for all the believers, and there are days when fasting is absolved... Let’s mention two examples: Clean Monday is a day of obligatory fasting for everyone who is able to fast. Whoever, without a serious reason, absolves this day is certainly sinning. Saturday (aside from Holy Saturday and the Saturdays of Lent) is a day, during which Christians do not fast, according to the spirit of the 64th Apostolic Canon. If someone, not for reasons of scorning the aforesaid Canon, but out of ignorance or excessive piety or asceticism (‘spiritual exercise’) fasts on a certain Saturday, it is not ‘the end of the world.’ If, however, this person wants to impose his voluntary and personal fasting as obligatory on others, then, of course, he is sinning because then He places his opinion above what the Church has appointed...”

In addition to appointing fasting for specific days and for specific foods, our Church gives a spiritual content to fasting. This means that fasting from foods looks towards asceticism of the body and a curbing of the passions. Consequently, it must absolutely be accompanied by fasting also from the senses, from thoughts, and from the passions and sin. The sacred Chrysostom mentions, ‘We honor fasting, not by abstaining from foods, but with fleeing far

from sins. He, of course, who limits fasting only to the abstinence from foods, scorns true fasting more. Are you fasting? Show it with your works. With which works? If you see a poor person, have mercy on him. If you see an enemy, reconcile yourself with him. If you see a friend progressing, do not speak evil of him. If you see a beautiful woman, pass her by. These things I said, not for us to put down fasting, but in order to truly honor it.’”

Fasting Prior to Great Feasts

“Now let us look at the relationship between fasting and Divine Communion. Many people think that fasting prior to Christmas, Pascha, the Dormition of the Theotokos, and the feast of the Holy Apostles, has been appointed with the purpose of us preparing for Divine Communion on these days...

Divine Communion is not offered only four days of the year. It is a daily food of the soul. It is ‘our daily bread,’ without which the soul weakens and dies... The sacred Chrysostom says, ‘I see many participating in communion of the body of Christ, but only out of habit more and for the law, rather than with the mind and heart. They say: If the time of Holy Lent comes, no matter what state someone is in, he can partake of the mysteries. The same thing when the day of Christmas comes. And, nevertheless, it is not the time which makes a person worthy of approaching, because neither Christmas nor Lent makes people worthy of approaching the mysteries, but sincerity and purity of soul makes a person worthy. With such a soul, they should always approach. Without this, never.’

Fasting prior to the great feasts has the purpose of preparing us spiritually for familiarization with the great events. It has no relation to Divine Communion, which is not limited to these four periods of fasting, but a daily pursuit and need. On the days which the Church appoints for fasting, everyone who can should fast – both those who commune constantly and those who...do not commune frequently.”

(to be continued next month)

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.

PAN-ORTHODOX LENTEN VESPERS

Please refer to the enclosed flier regarding the location of each Sunday evening's Lenten vespers, and directions to each parish. Make it a point to attend as many as possible, in order to meet your Orthodox brothers and sisters in Christ from throughout Rhode Island. **We will host the Lenten vespers of 3/7, so please plan on coming in order to receive our out-of-town guests.**

GREEK INDEPENDENCE DAY CELEBRATIONS

The Greek School will be celebrating Greek Independence Day on March 28th. Please join us in the church hall after liturgy to hear the children of our community recite poems to commemorate this occasion. The festivities will include dancing by the children that participate in the Greek dance program. For additional information please contact Loula Eliopoulos or Evangelos Giannopoulos.

Divine Liturgy will start at 9:30 am on Sunday March 28th to accommodate anyone wishing to attend the Greek Independence Day parade in downtown Boston at 1 pm.

There will be a Greek Independence Day Celebration at the State House in Providence, 4:30 pm on March 25th, followed by a 6 pm reception at Annunciation Church Hall in Cranston.

COME LEARN TO GREEK DANCE!

Evangelos and Xanthoula Giannopoulos will be continuing the dance lessons. Their focus for the next few weeks will be to teach two new dances and the history behind them that will celebrate the struggle and triumph of Greek Independence. The goal is to join the Greek school program in the celebration of Greek Independence day on March 28th. The lessons will be held on (Sundays) February 29th, March 14th and March 21st from 12:30-1:15PM. Please contact Evangelos and Xanthoula at 782-9457 for additional information.

TEXT OF MATIN SERVICES AVAILABLE ONLINE

There is a web site of Saint Gregory Palamas Monastery at <http://sgpm.goarch.org/ematins/main.htm> which includes a Greek/English or English only text of the Matins Service for every Sunday. This is a useful free service to anyone interested in attending the Matins and having a copy of the text.

SCOB A NEWS ONLINE

A new listserv was launched to distribute news, encyclicals, and press releases for the Standing Conference of Canonical Orthodox Bishops in the Americas (SCOB A) and all SCOB A agencies. You can subscribe to this list at <http://www.scoba.us/listserv> .

LENTEN FASTING GUIDELINES

Following are traditional fasting guidelines for Great Lent and Holy Week prescribed by our Holy Church. Also included, are fasting guidelines for those who wish to receive Holy Communion at Wednesday evening presanctified liturgies.

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 mother, 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 it 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.

Regarding Wednesday evening presanctified liturgies, as much as possible, we should not have *anything* to eat or drink for at least 6 hours prior to communing (which happens at approximately 6:45 pm). Some people who are able to endure, keep a fast from breakfast on, and some even abstain all day until the evening meal. Parents should use sound judgement on how to handle small children. A *light, Lenten* after-school snack may be wise. In all cases, it goes without saying that *any* meal consumed on a Wednesday of Lent when one will receive communion, should be strictly Lenten – otherwise, we are not prepared to commune.

MARCH 2004

Sunday Winter F

Sun	Mon	Tue	Wed	Th
	1 Great Compline 7 pm	2	3 9th Hour 5:15 pm, Liturgy of Presanctified Gifts 5:30 pm, followed by Lenten supper & presentation	4
Strict fast through Holy Saturday, wine & olive oil permit				
7 2nd Sunday of the Fast, Altar Team B Lenten Vespers 5 pm, HERE	8 The 40 Martyrs of Sebasteia; 9th Hour 5:15 pm Liturgy of Presanctified Gifts 5:30 pm	9	10 9th Hour 5:15 pm, Liturgy of Presanctified Gifts 5:30 pm, followed by Lenten supper & presentation	11
Strict fast through Holy Saturday, wine & olive oil permit				
14 Veneration of the Holy Cross, Altar Team A Lenten Vespers 5 pm, St. Mary-Pawtucket	15 Great Compline 7 pm	16	17 9th Hour 5:15 pm, Liturgy of Presanctified Gifts 5:30 pm, followed by Lenten supper & presentation	18
Strict fast through Holy Saturday, wine & olive oil permit				
21 4th Sunday of the Fast, Altar Team B Lenten Vespers 5 pm, Dormition Church- Cumberland	22 Great Compline 7 pm	23	24 Great Vespers of the Annunciation 7 pm, Annunciation Church Cranston	25 Ort 10:15 a Church SERVIC wine &
Strict fast through Holy Saturday, wine & olive oil permit				
28 Liturgy at 9:30 am, 5th Sunday of the Fast, Altar Team A Lenten Vespers 5 pm, St. Mary & Meena-Cranston	29 Great Compline 7 pm	30	31 9th Hour 5:15 pm, Liturgy of Presanctified Gifts 5:30 pm, followed by Lenten supper & presentation	
Strict fast through Holy Saturday, wine & olive oil permitted on weekends				

Orthros 8:45 am Divine Liturgy 10 am

Fri

Sat

5 9th hour 9:45 am,
 Presanctified Liturgy 10
 am, 2nd Salutations to the
 Theotokos 7 pm (visiting
 priest Fr Andrew George)

6
 Great Vespers 6 pm

Weekends

12 9th hour 9:45 am,
 Presanctified Liturgy 10
 am, 3rd Salutations to the
 Theotokos 7 pm

13
 Great Vespers 6 pm

Weekends

19 9th hour 9:45 am,
 Presanctified Liturgy 10
 am, 4nd Salutations to the
 Theotokos 7 pm

20
 Great Vespers 6 pm

Weekends

Div. Lit. 26 9th hour 9:45 am,
 Anunciation Presanctified Liturgy 10
 n (NO am, Akathist Hymn to the
 , (fish, Theotokos 7 pm
 allowed)

27
 Saturday of the Akathist
 Hymn, Orthros 9 am and
 Liturgy 10 am
 Great Vespers 6 pm

Weekends

Upcoming Events

March 2– Parish council meeting, 7 pm

March 7– St. John Chrysostom
 Oratorical Festival following Liturgy

March 14– Parish General Assembly

March 21– GOYA sponsored.
 luncheon following Liturgy

March 25– Greek Independence Day
 Celebration, State House Providence,
 4:30 pm followed by reception at 6 pm,
 Annunciation Church Hall Cranston

March 28– Greek School Program for
 the 25th of March following Liturgy
 AND Greek Independence Day parade
 in Boston, 1 pm

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

HELLENIC FEST 2004 - JULY 23-25

Fr. Anthony and the Parish Council would like to announce that this year's festival will take place on **July 23-25**. As this is our largest fundraiser and social event of the year, it should rightfully involve all of our parishioners, working together in harmony and fellowship, to help ensure a successful festival.

In this regard, this year there will not be a general chairman elected by the Parish Council, instead we have broken down all the areas of the festival needing a responsible person, before, during and after the festival, and have created a committee/volunteer signup sheet. The areas and their respective responsibilities are listed below.

Please volunteer to head one of these areas by adding your name to the signup sheet which is located in the church hall, or by calling the church at 846-0555 and speaking with Fr. Anthony or the church secretary, Ellen Anagnostos. The dates and times of the festival committee meetings will be published in the May newsletter.

HELLENIC FEST 2004 FESTIVAL COMMITTEE VOLUNTEERS

Pre-Festival Functions

Raffle— Print/distribute raffle tickets, Collect money/stubs, Conduct raffle, Obtain/file police licenses/report

Publicity— Coordinate flyers/News alerts/Newsletter updates, Solicit ad and other donations, Photos

Logistics— Licenses/Banners/Tent/Lighting/Propane/Rubbish/Traffic barriers/Band/Sound system

Product Ordering— Order Food/Paper products/Soda/Coffee and Bread donations, Coordinate inventory/returns

Food Workshops— Coordination of food workshops: Moussaka, Pastitsio, Spanakopita, Tiropita, Rizogalo

Pastry Workshops— Coordination of pastry workshops and packaging of pastries: Kourambietes, Koulouria, Finikia

Cultural Marketplace— Order/Price/Setup products, Post-festival returns/sales, Bookstore, Coordinate cultural help during the festival

Taverna— Beer/Liquor/Ice ordering, Coordination of bar help during the festival.

Loukoumades— Batter preparation, Coordination of cooking, Coordination of Loukoumades help during the festival.

Volunteers— Prepare and oversee overall signup sheet, Outreach to gain volunteer commitments for festival

July 23–25 Booth/Area Coordinators

Setup/Breakdown— Responsible for setup/breakdown of Tables/Chairs/Linens/Booths/Signage/Decorations

Kitchen— Responsible for coordination of kitchen management, Salads and Rice during the festival

Food Booth— Responsible for scheduling workers and the smooth operation of the Food Booth during the festival

Pastry Booth— Responsible for scheduling workers and the smooth operation of the Pastry Booth during the festival

Souvlaki Booth— Responsible for scheduling workers and the smooth operation of the Souvlaki Booth during the festival

Gyros Booth— Responsible for scheduling workers and the smooth operation of the Gyros Booth during the festival

Hot Dogs/Soda Booth— Responsible for scheduling workers and the smooth operation of the Hot Dogs/Soda Booth during the festival

Chips— Responsible for scheduling workers and the smooth operation of the Chips during the festival

Bank— Responsible for coordination of collecting/counting chips/money, Depositing money, during the festival

Post-Festival Function

Finance— Payment of festival invoices, Preparation of final festival financial report

OMISSION

Please note that in the February bulletin, we neglected to mention that the icon donations for the sanctuary made by Steven Antonio of Salisbury, CT, were made in memory of his beloved grandmother, *Mary Diomandes Parkos* of blessed memory. May God rest her soul.

ITEMS NEEDED FOR GREAT LENT & HOLY WEEK

Following are items needed during this holy season. Please consider donating one or more items to help defray some of the expenses. All items have been pre-ordered, so please just make out a check payable to St. Spyridon (please note item on memo line).

- ? Flowers for Veneration of Holy Cross (*stavroproskineseos*) - \$200
- ? Flowers for icon of the Akathist Hymn - \$40
- ? Palm strips for Palm Sunday - \$40
- ? Bay laurel branches for Palm Sunday & Holy Saturday - \$80
- ? Flowers for icon of the *Nymphios* - (*already donated*)
- ? Extra-virgin olive oil, flour & cotton balls for the *Efhelaion* - (*already donated*)
- ? Floral wreath for Cross on Holy Thursday evening - (*already donated*)
- ? 15 beeswax *lampades* for Holy Thursday evening - \$20
- ? 7 beeswax *lampades* for *Epitaphios* & Cross - \$10
- ? 6 doz. red roses (petals) for *Epitaphios* @ \$12 per doz. - \$72
- ? 4 potted white mums @ \$10 ea. - \$40
- ? 12 Easter lilies - \$15 each
- ? Flowers for Resurrection banner (*lavaron*) - \$50
- ? Flowers for icon of the Resurrection - \$40
- ? Floral arrangements for brass candelabra - \$30 each
- ? Floral arrangement for Narthex door window \$40
- ? 12 doz. eggs for the *Anastasi*

In addition, donations for the Epitaphios flowers – our *largest* single expense – are much appreciated. You may donate in the basket located on the information table in the church hall, or simply mail in a check. *Thank you* to all in advance for your *generosity and love* for the Lord's house!

SCHOLARSHIP INFORMATION

Any scholarship information/applications received, will be located on the information table in the church hall. Parents, make sure to let your graduating seniors know. One such scholarship:

Maude Howe Elliott Chapter 245 -AHEPA NEWPORT FOUNDATION INC. SCHOLARSHIP GRANT PROGRAM 2004 ELIGIBILITY REQUIREMENTS

Applicants must be a high school student who has applied to be enrolled on a full time basis in an accredited higher educational program. Selection will be based on Scholastic ability and accomplishment; Character; School and Community involvement; and Certainty of admission to an accredited institution. Applications are available from high school guidance office or the Maude Howe Elliott Chapter 245. For further information contact Christos Psillos, Basile or a member of AHEPA.

CHURCH BOOKSTORE

The church bookstore is a great source for Lenten books including the “Lenten Cookbook” with tasty recipes, “The Holy Week Book” which contains all the services of Holy Week and of course “The Orthodox Study Bible”.

The bookstore will place an order to “Light and Life Publishing” (<http://www.light-n-life.com>). If anyone is interested in seeing their catalog or placing an order, please see Basile.

RETIREE’S LUNCHEON

We wish to thank the Atlantic Beach Club for providing the lunch for the February gathering. The next luncheon and presentation for our retirees is scheduled for **Friday, March 19th immediately after the Liturgy of the Presanctified Gifts which begins at 10:00 am.** Lunch will be provided by the Evangelatos family. Please join us for this beautiful and spiritual Lenten service, and then for the luncheon and fellowship. For those planning to attend, please remember to call the office by Wednesday, March 17th, so we know for how many to prepare. Our presentation for March will be general information on medications and their use by Presvytera Themmi, who is a pharmacist. Take advantage of this opportunity to learn more about your medications!

RELIGIOUS EDUCATION NEWS

On March 7th, students in Mike Sisak's class will be delivering speeches for the Oratorical Festival. Please come support them as they devoted time to composing their speeches.

Also, please note that perfect attendance in Religious Education means a student cannot miss more than 3 Sundays of Education in a calendar year. Some students are also members of another church, and thus get credit for attending at either church. Also, if you and your child visited another Orthodox church, please let me know. To date, there are 19 out of 54 registered students capable of making perfect attendance for this year. Great job! May we continue to bring these students and encourage them to continue coming to learn about the Orthodox faith! If you would like to know if your child is one of the 19, ask me.

God bless!

Marianne Menas, Religious Education Director

PARISH COUNCIL NEWS

Dear Parishioners,

The following items were discussed at the previous meeting: general assembly on March 14th, press release of Protulis Fund, Hellenic Fest, air conditioner, members of endowment committee, and changes to parish bylaws of section 4 and 5

The next council meeting will take place on Tuesday, March 2, at 7 p.m. Please plan to attend the General Assembly on March 14th to discuss matters important for our church.

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

The following software is available for self study or to reinforce the current school lessons.

Workbook and Software for the following topics: Alphabet + Numbers , Greek1 - First Grade, Greek2 - Second Grade, H Kokkinoskoufita
Greek Songs (Book + Music of some songs)

The above material is available FREE of charge to all members of our community and all lovers of Greek Language and Culture.

Anyone planning to attend Greek School during the Summer, see or contact Loula Eliopoulos or Basile (Basile.Panoutsopoulos@att.net).

BUT I DON'T HAVE TIME TO PRAY!

The following is reprinted with permission of Fr. Andrew George, from the February edition of *The Annunciator*—the monthly bulletin of the Annunciation Church of Cranston, RI.

“How many times have we heard this or thought it ourselves? We’re too rushed, too busy, too distracted, or too tired. And yet we want to pray more, or at least we know we should pray more. But how?”

I found this little tidbit on the Archdiocese web site, goarch.org. It comes from a ‘Focus on the Faith’ topic on the Jesus prayer:

‘Prayer is then not merely a part of life which we can conveniently lay aside if something we deem more important comes up; prayer is all of life. Prayer is as essential to our life as breathing. This raises some important questions. How can we be expected to pray all the time? We are, after all, very busy people. Our work, our spouse, our children, our school – all place heavy demands upon our time. How can we fit more time for prayer into our already overcrowded lives? These questions and many others like them which could be asked, set up a false dichotomy in our lives as Christians. To pray does not mean to think about God in contrast to thinking about other things or to spend time with God in contrast to spending time with our family and friends. Rather, to pray means to think and live our entire life in the Presence of God. As Paul Evdokimov has remarked, ‘Our whole life, every act and gesture, even a smile must become a hymn of adoration, an offering, a prayer – prayer incarnate.’ This is what St. Paul means when he writes in Corinthians that ‘whatever you do, do it for the glory of God’ (I Cor. 10:31)’

In other words, prayer is not ‘either or’ – either I pray OR I get ready for work; either I pray OR I deal with this crisis; either I pray OR I do my job, spend time with my husband and children, pick up groceries, etc. Prayer is not ‘either or’ but ‘both.’ We pray while we are getting ready for work, while we are dealing with the crisis, while we are doing our jobs, while we are spending time with our family and friends. It’s as simple as a prayerful thought, ‘Lord, while I’m dealing with rude people at work today, don’t let me forget that I stand in Your Presence. Let me be a light to those around me and give me the patience to deal with whatever comes my way.’

Prayer doesn’t have to mean standing for a certain period of time in front of our icon corner, although that too is important. Every moment of every day provides us with food for prayer, reason to reach out for Christ’s healing touch, for ourselves and for those around us. Getting cut off in traffic is an opportunity to pray for patience and the safety of all drivers; dealing with rude patients or angry clients or grumpy bosses is an opportunity to pray for forbearance, humility, and peace in our own hearts. The stress of everyday life is, in and of itself, an opportunity to pray for the ability to always be mindful of Christ’s presence, in us and in the world. If we use our stress and busyness as an opportunity for prayer instead of roadblocks to prayer, we will indeed find ourselves ‘praying without ceasing.’”

IN OUR PARISH

Wedding – Anthony and Bethany Cottrell had their marriage blessed in the Orthodox Church on 2/12/04; sponsor – Ashley Dorothea Cottrell. May they live many years!

Baptism – Dorothea (Isabelle) Cottrell, daughter of Anthony and Bethany Cottrell, was baptized into the Orthodox faith on 2/22/04; sponsor – Ashley Dorothea Cottrell. May God grant her many years!

Death – Mary Demessianos, mother of Paul and Dennis Demessianos, fell asleep in the Lord on 1/31/04 and was buried on Wednesday, 2/4/04. May God grant her eternal rest!

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!

PHILOPTOCHOS NEWS

Philoptochos scholarship applications are in all local high schools. They are due April 1, 2004. Our next meeting is a Board Meeting on March 11, 2004. Philoptochos will be sponsoring the Lenten Dinner for March 17.

Also, remember dues are due for this year- \$25.00.

GOYA LUNCHEON

The GOYA will be sponsoring a luncheon that will be served after Church on Sunday March 21. Donations will be accepted to benefit the IOCC (International Orthodox Christian Charities).

DAUGHTERS OF PENELOPE

The next meeting of the Daughters of Penelope will be held on Tuesday evening, March 9th at 7 p.m. at the Ahepa Housing.

Upcoming events are the lenten dinner which will be combined with the Ahepa, the District Governor's visitation and the Palm Sunday Fish dinner. All members are asked to attend. A blessed Lenten season to all.

<p><i>In loving memory of</i> <i>Gredo Vincent Volpicelli</i></p>	<p>Order of AHEPA Maud Howe Elliott Chapter No. 245 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>



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