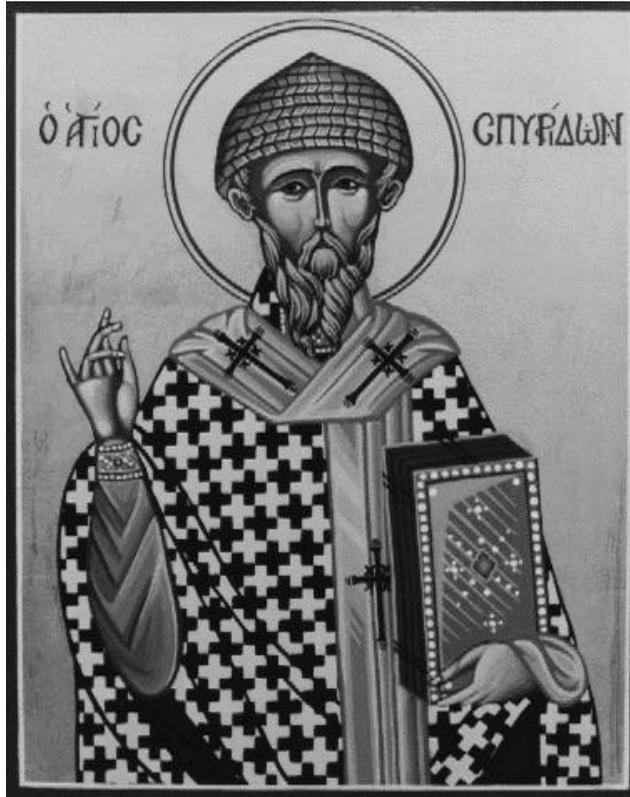


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THE SAINT SPYRIDON VOICE  
MAY 2004

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

## Christ is Risen!

It seems strange to have been declaring these precious words so early this year. We have barely seen blossoms on trees and bushes, yet we have been celebrating the Lord's Resurrection for weeks. We should realize however, that it doesn't depend on our physical environment to have a fulfilling celebration of Pascha. In other words, whether plants are blooming and the sun is out, has no true bearing on the inner joy we feel during this holy season. In addition, our rich liturgical traditions in the Orthodox Church, which are great spiritual aids, cannot fulfill us spiritually without a deep longing for God from within. In fact, by understanding this, we should see the major difference between a truly fulfilling spiritual life, and a superficial life of constantly seeking pleasure through external stimuli.

Knowing that we are temples of the Holy Spirit through baptism and chrismation, is the basis of the spiritual life. God resides within us through His Holy Spirit. We continually fill ourselves with God through physically consuming the Body and Blood of His Son, Jesus Christ. And as our faith teaches us, where one person of the Trinity is, there are all three; thus the Father is also present within us at all times.

A serious prayer life also brings us into communion with the living God. Focused prayer turns us *inward*, as opposed to staring upward into nothingness, searching for a transcendent and unreachable God. Our good works toward others also help us to see God within ourselves and each other, for as Christ said, "*whatsoever you have done to the least of my brethren, you have done to me also. (Mt 25:40)*"

The Lenten journey which we recently completed, hopefully included an attempt toward more focused prayer and charitable works toward our fellow man. Hopefully for some of us, Great Lent has yielded much spiritual fruit. Some years we find ourselves a bit behind schedule, so to speak, with our spiritual commitment during Great Lent. In those years we may find ourselves playing "catch-up" during Great and Holy Week, in order to be as best prepared for Holy Pascha as possible. Whether we had a fruitful Lenten season or not, we should always rejoice in the Risen Lord, and seek to be transformed by the spiritual power and holiness of the season. Thus we can find the lasting joy of the Resurrection within us.

The following excerpts from the catechetical sermon of St. John Chrysostom, heard on the morning of Pascha, clearly bring to us this message of Paschal joy:

*"Whosoever is a devout lover of God, let him enjoy this beautiful and bright Festival. And whosoever is a grateful servant, let him joyously enter into the joy of his Lord... The master is gracious and... gives rest to him who arrives at the eleventh hour, as well as to him who has*

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*labored from the first... Let all of you then enter into the joy of our Lord... All of you enjoy the riches of His goodness. Let no one grieve poverty, for the universal Kingdom has been revealed...*

*Let no one grieve over sins, for forgiveness has dawned from the tomb. Let no one fear death, for the death of our Savior has set us free. He has destroyed it by enduring it. He despoiled Hades when He descended thereto. He embittered it, having tasted of His flesh... O death, where is your sting? O Hades, where is your victory? **CHRIST IS RISEN...!** Christ, having risen from the dead, has become the first fruit of those who have fallen asleep. To Him be the glory and the dominion to the ages of ages. Amen.”*

Beloved believers in the crucified and risen Christ, we all love and appreciate our rich and meaningful liturgical traditions, most especially during Holy Week and Pascha. Let us, however, go beyond the “externals” of our liturgical celebrations and traditions, and seek the inner presence of God – the undivided and life-giving Trinity who resides in each and every one of us. For when we do this, our divine services will have a deeper and more profound effect on our spiritual lives, as they should.

Christ is Risen!

+Fr. Anthony

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## CEMETERY VISITS FOR MEMORIAL DAY

This year we have a conflict on the morning of Memorial Day, 5/31. It is also the Feast of the Holy Spirit (the day after Pentecost Sunday), on which it is mandatory to celebrate the Divine Liturgy. Recognizing that many families have a tradition of outings and other types of “get-togethers” on Memorial Day, we will do the cemetery visitations on the **Saturday of Souls, 5/29, after the liturgy.**

Given the turnout over the past two years at the cemeteries, it is obvious that most of us have our loved ones at Island Cemetery Annex, or Middletown Cemetery. Therefore, the chanting of the *trisaghion* on the Saturday of Souls, 5/29 will occur as follows:

- **Island Cemetery Annex – 12:00 noon**
- **Middletown Cemetery – 12:30 pm**

Please remember that as Orthodox Christians, it is actually more appropriate and *necessary* to memorialize our loved ones in church with *kollyva* on the anniversary of their death, and on the Saturdays of Souls. As most of you know, the priest is generally available to chant a *trisaghion* at graves after memorial services in church (*mnimosina*), and at the ninth day after a death – an important tradition of which many are not aware.

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## ST. SPRYIDON MUSIC MINISTRY

We have been blessed with an active liturgical choir, volunteer chanters, and most recently, our junior choir whose performance has been quite impressive. As you all know, chanting is a central activity of Orthodox worship. If you are blessed with the gift of singing, why not join the choir, assist with chanting, or both? Obviously, the choir could really use some male voices. We should also encourage children who enjoy singing, to join our junior choir.

In regards to Sunday Orthros, we really need dedicated people who could be here at the beginning of the service at 8:45 am. Don't worry about knowing how to chant. There are psalms that are read, plus hymns can always be *intoned* without a specific melody (as we do with the epistle and Gospel). For motivated individuals, Fr. Anthony could work with them on some basics of chanting.

Please prayerfully consider these opportunities to praise God with one of the multiple gifts He has given you – your voice!

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## BYZANTIUM: FAITH AND POWER EXHIBIT AT THE MET

There is a special exhibit on display at the Metropolitan Museum of Art in New York City called Byzantium: Faith and Power (1261-1557) from March 23– July 4, 2004 at the Special Exhibition Galleries, The Tisch Galleries, 2nd floor. For more information about the exhibit, visit their website at <http://www.metmuseum.org> . This landmark exhibition brings together some 350 masterpieces related to a remarkable culture whose influence endured for more than a millenium.

The Rhode Island Orthodox Clergy Fellowship is organizing a bus trip to visit the exhibit for Saturday, May 15, 2004. The Bus will depart from Sts. Sahag & Mesrob Armenian Church at 8 am (70 Jefferson Street, Providence, RI). Museum visit will be from 12 noon– 3 pm and the bus will depart NYC at 3 pm. After a stop for dinner in Connecticut, the bus will arrive in Providence by about 9 pm.

Please make checks payable for \$25 (suggested museum fee of \$12 and cost of food NOT included) to Sts. Sahag & Mesrob Armenian Church for transportation and send to 70 Jefferson St. Providence, RI 02908. Please make reservations as soon as possible. For information, please call (401) 272-7712.

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## GUIDELINES FOR RESPECTFUL WORSHIP

The following is taken from a short brochure from the Department of Outreach and Evangelism of the Holy Archdiocese. Hopefully these guidelines will answer commonly asked questions by many parishioners, particularly in regards to when, and when not to enter the Nave (main part of the church) during services.

*“Probably the most important duty that we have as worshippers attending church services is to do all that is in our power to see that a proper decorum and atmosphere is maintained so that all of the congregation is able to pray sincerely, peacefully and meaningfully.*

*It is with this fact in mind that we have set forth the following guidelines:*

*Upon entering the Church, at all times, but especially during services, an individual should remember that he or she is in the House of God. Reverence and good manners are required so as not to disturb those who are already engaged in prayer, but, even more importantly, as an expression of sincere faith and awareness of the presence of the Lord. No irrelevant conversations should take place, either in the Narthex or in any part of the Church.*

*According to actual church service procedures, each and every member of the congregation is required to be seated in the pews at the beginning of the service. It is only by leniency that anyone is allowed to enter the Church once the services have begun. Thus it behooves us not to take undue advantage of this leniency.*

*There are several parts of the service during which no one should be moving about. Wherever a person happens to be at these moments, he or she should stop and stand reverently, until the proper time to proceed.*

*These parts of the service are:*

- 1. The Procession of the Priest and Altar Boys with the Gospel;*
  - 2. The reading of the Gospel;*
  - 3. The Cherubic Hymn and the Great Procession of the Priest and Altar Boys with the Holy Gifts;*
  - 4. The recitation of the Nicene Creed (in which the entire congregation should*
-

- participate);*
5. *The prayers of offering 'Take, eat...' and the prayers of the consecration of the Holy Gifts;*
  6. *The Sermon;*
  7. *Any special services (memorial services, processions, prayers).*

*One basic rule to follow is that, whenever the Priest is facing the people or outside of the altar, either with the censer or giving the blessing, everyone should stand wherever they are.*

*Please remember that the Parish Council members and the ushering staff are required to keep order during services, and all should follow their instructions at all times.*

*Thank you."*

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## RETIREES LUNCHEON

First of all, we would like to thank Jimmy and Toula Mellekas for the wonderful lunch and desserts they provided at our April gathering. Also, many thanks to Zinovia Canale who brought some of her English students to conduct a *writers' workshop*. We were all very impressed with them.

Our next monthly retirees' luncheon and presentation will take place on **Ascension Thursday – May 20<sup>th</sup>, immediately after the liturgy**. The presentation has yet to be determined. Please join us in worship of our Lord's ascension into heaven, followed by the luncheon and presentation. Please note that this will be our last get-together until September, so make it a point to attend!

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## CHANGING TABLE FOR BABIES

A changing table has been in the pre-school classroom for a number of years, and therefore, not readily available to everyone. The table has been moved to the **downstairs womens' restroom** for everyone's convenience. For those who don't know, you can reach the downstairs corridor from the Narthex; the restrooms are at the far end. For sanitary reasons, it is preferable that babies not be changed on the benches in the crying room, but on the changing table provided downstairs. All dirty diapers should only be disposed of in the restroom, PLEASE!

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# MAY 2004

<b>Sunday Winter F</b>
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**Sun****Mon****Tue****Wed****Th**

2 Sunday of the Paralytic (visiting priest) Altar Team B	3	4	5 <i>(fast day)</i>	6 Fr. Anthony on vacation
9 Sunday of the Samaritan Woman (visiting priest) Altar Team A	10	11	12 <i>(fast day)</i>	13 Fr. Anthony on vacation
16 Sunday of the Blind Man Altar Team B	17	18	19 Leave Taking of Pascha, Orthros & Lit Vespers of the Ascension of Our Lord, 7 pm <i>(fish, wine, &amp; olive oil allowed)</i>	20 Asc Lord, ( Vesper Consta pm
23 Sunday of the Holy Fathers of the 1st Ecumenical Council Altar Team A	24	25	26 Paraklesis, 7 pm  <i>(fast day)</i>	27
30 Holy Pentecost, Altar Team B, (Vespers of kneeling follow Lit);Vesp. of Holy Spirit at Holy Trinity-Norwich CT 6pm	31 Feast of the Holy Spirit, Orthros & Lit.	<i>no fasting during week of Pentecost</i>		



## RELIGIOUS EDUCATION NEWS

Dear Families,

The last month for religious education is upon us. How fast the year went! I would like to thank all the families for coming to church each Sunday and bringing their children to classes. I also would like to thank the staff that make up the education department at St. Spyridon's.

Our last day will be May 23rd. A memo will be going home for each family to donate a food item for the luncheon. Please return these forms to me or another teacher by Sunday, May 16th.

Also, Mr. and Mrs. Tom Johnston have accepted to be our substitutes for the next academic year. If anyone else would like to be a substitute, or teacher please contact me.

God bless!

Marianne Menas

Director of Religious Education

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## PARISH COUNCIL NEWS

The next Parish Council meeting will be held Thursday, May 13, at 7:00 pm. Items discussed at the April 20 meeting were:

- A. Air conditioner
- B. Stewardship
- C. Budget items
- D. Hellenic Fest

The Hellenic Fest will take place in July, please sign up and participate. The church needs this Revenue and needs your help. Contact anyone on the council for any suggestions to better our community.

Thank you,

Steven J. Mellekas, Council President

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## GREEK SCHOOL NEWS

The Greek School students had a very successful program on March 28th in honor of Greek Independence Day— the whole community enjoyed watching our children honor their Greek heritage. To see some photos, go to the church website:

<http://www.stspyridonchurch.org/photos.html>.

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## PHILOPTOCHOS NEWS

There will be a board meeting at Toula's house, May 12 at 7 pm. The General meeting will be May 19th at 7 pm at the church hall. Any new members are welcome— we are looking forward to growing the St. Spyridon Philoptochos organization. Dues are \$20.

The board members will visit the Philoxenia House in the Boston area on May 22nd.

## HELLENIC FEST UPDATE AND MEETING DATES

It is thrilling that so many parishioners have come forward to sign-up to coordinate the various areas of this year's festival, especially the important pre-festival areas of the Raffle, Logistics, Cultural Marketplace Ordering and the Pastry Workshops. With the heartfelt commitment of many talented parishioners the festival can be more easily coordinated, which will contribute to the overall enjoyment of all parishioners during the festival weekend of July 23-25. If you have already signed up to coordinate an area of the festival, many thanks for taking an active role in our community. If you have not yet had the opportunity to sign-up, the festival committee is still looking for volunteers to coordinate the pre-festival necessities of Publicity and the Food Workshops, and the post-festival necessity of Finance. Some of the festival weekend areas are also available. If you have interest and/or abilities in these areas, please check the festival committee sign-up chart in the church hall or call the church and inquire with the secretary for more details as to how you can help St. Spyridon in 2004.

Four (4) Festival Committee meetings have been scheduled prior to the festival weekend:

Sundays: **May 16th, June 6th, June 27th, July 18th**

The meetings will take place in the church hall during coffee hour. Make it a point to come to church on these days to find out what you can do to support Hellenic Fest 2004.

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## CHURCH WEBSITE PHOTOS

Whenever possible, photos from church events will be posted to the photos page on the church website (under the Events section): <http://www.stspyridonchurch.org/photos.html> . If you ever have photos to share from any church-related activity, please forward them to Aliko Cooper at [alikooper@yahoo.com](mailto:alikooper@yahoo.com) . Check there now for some photos from recent events such as the Greek Independence Day Celebration, Good Friday and Easter Sunday.

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## WHEN AND HOW TO RECEIVE COMMUNION— PART 9

(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.)

### *Self Examination – “Trial”*

*“When we are about to commune, we ought to examine our own selves. The Apostle Paul literally commands, ‘Let a man test himself, and thus eat of the bread and drink of the cup. For he who eats and drinks unworthily eats judgment unto himself and drinks not discerning the body of the Lord’ (1 Cor. 11:28-29).*

*A careful examination of ourselves at a time of meditation and prayer will show us if we can approach Divine Communion. However, be careful! In this self-examination, neither should we be supersensitive nor insensitive either. We have repeatedly stressed that no one is completely worthy to commune. Divine Communion is not a reward for the sinless but it is a strengthening for sinners who, nevertheless, are struggling for sanctity. We do not commune because we are worthy, but to become worthy...*

*If, from the self-examination, the believer ascertains that he is guilty of grave sins which comprise impediments to approach the holy Cup, then he cannot commune without confession. Such sins are outbreaks of anger, fleshly falls, abortions, attachment to money, grudges, harshness, and serious arguments...*

*If the believer, from the self-examination, catches himself guilty of ‘forgivable’ and ‘easily forgivable’ sins, which even the greatest saints ‘bearing flesh and dwelling in the world’ commit, then he may decide to commune...*

*The believer who has a blessing from his spiritual father for frequent, every Sunday, Divine Communion examines his conscience. If his conscience does not witness ‘grave’ sins against him, he proceeds to the other stages of his preparation for Divine Communion. It is not necessary, in other words, to confess before every Divine Communion, since he communes on all Sundays, and many times on the weekdays also. He will never have an absolutely pure conscience. Let us not forget that Divine Communion is also ‘unto remission of sins.’*

*The believer should never commune of the Immaculate Mysteries if he has a witness of his conscience that he is worthy. Something like this would reveal great egotism and would make him more unworthy. All people are unworthy of Divine Communion. The believer partakes, ‘taking courage in the infinite mercy and the grace of the Lord Who calls us,’ to receive remission of his sins, to commune with the Holy Spirit, to be sanctified and strengthened, so that he can continue his struggle in the world, aiming at the acquisition of the Kingdom of the heavens.*

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*If the self-examination has resulted in feelings of relative unworthiness, then the believer prepares to commune. When he is at the Divine Liturgy ready to approach the Cup of Life, he prays together with the liturgizing priest, 'Grant us to commune of the heavenly and dreadful mysteries of this sacred and spiritual table with a pure conscience, unto the remission of sins, unto the forgiveness of transgressions.'*

### **Confession**

*...If, in order to partake in material food, you feel the need to first wash your hands, how much more so must you feel the need to wash your soul in the bath of sacred Confession, in order to partake of heavenly food, of the mystery of the Divine Eucharist...?*

*In Confession, before the stole of the spiritual father, the blood of Jesus Christ is 'poured out for the life and salvation of the world' and is united with the fervent tears of the believer who sincerely repents. At this point, the cleansing and whitening of the soul transpires... With contrition of heart he confesses his sins. With tears, he manifests his repentance; he hears from the spiritual father the consoling words, 'Child, your sins are forgiven you...'*

*Unfortunately, most of those who approach Divine Communion, especially during the great feasts, are unconfessed... For this reason, in cases where priests judge that it is necessary, they examine if those who approach confessed. Many misunderstand such an examination of the clergymen. Why? Doesn't a doctor, before imparting a strong medicine, ask the patient if he completed the appropriate preparation? So why should a priest, who will impart the Body and Blood of the Lord, not ask if the person approaching is prepared appropriately? But some say, the person is offended when a priest asks if he went to confession. We answer: It is preferable to be offended temporarily rather than damned eternally...!*

*On days when a throng approaches the Mystery of the Divine Eucharist, and when many are not conscious of what they are doing approach to commune, the pious clergyman ought to make a fervent recommendation, saying, 'My brethren, whoever of you have not confessed lately and do not have the permission of the spiritual father, do not approach. First you must prepare spiritually, indeed with sincere confession, and then approach. If you do not have time now to go to confession, do it after the feast. When you commune prepared, then you have a feast and celebration in you. You truly hold Christmas and Pascha only when you commune worthily. If you are communing unprepared and without confession, you are placing fire within you because Divine Communion is a flaming fire for the unworthy. I beseech you, please, prepare first and then approach.'"*  
*(to be continued next month)*

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## IN OUR PARISH

Baptism: *Isabel Sophia*, daughter of Panayiotis and Marizete Petrou, was baptized on 4/25. Her sponsors are Petros and Liza Petrou. May God grant her many years!

Chrismation: *Robin Mason* was chrismated on 4/18 and took the Orthodox name *Irene*. Her sponsor is Michael Sisak. May God grant her many years!

Death: *Charles Soliozy, Jr.*, son of Charles and Sadie Soliozy, fell asleep in the Lord on March 26<sup>th</sup> and was buried on March 29<sup>th</sup>. May our Risen Lord grant him eternal rest!

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## ARCHIVES— MEMORABILIA

There is an effort by both the community and AHEPA/Daughters to collect material related to our community and its history. Please provide any material to Basile Panoutsopoulos and he will scan it and return to you.

## AHEPA NEWS

The Newport Chapters of AHEPA and Daughters of Penelope are sponsoring the District 7 AHEPA Family Convention to be held in Portsmouth RI on June 11, 12 and 13. The plans include a Friday night Glendi with a wonderful Band from the Massachusetts area ARION, who have played for several occasions around our community. Also, Saturday Night we will have a Dinner/Dance with the same band playing. We want to encourage as many people as possible to attend these dances, and enjoy some early summer Hellenic Festivities. The cost for the dances only will be \$25 and the profits from the Glendi will go to the RI Padia. Tickets can be purchased from any AHEPA or Daughters of Penelope member.

Steve Jennings, Lt. Gov. District 7

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## DAUGHTERS OF PENELOPE

The next meeting of the Daughters of Penelope will be held on Tuesday, May 11, 2004 at which time there will be an initiation, election of officers and election of delegates to the District and National Conventions. The meeting will start at 7:00 p.m. All members are asked to attend this important meeting at the AHEPA Apartments.

Thank you to all who helped cook and serve our annual Palm Sunday Fish Dinner. Thank you also to Lisa and Telly Amarant our chefs who so graciously donated their time and for the 'skordalia' and to all who supported our charitable work by attending the dinner.

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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: 849-3356 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>



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