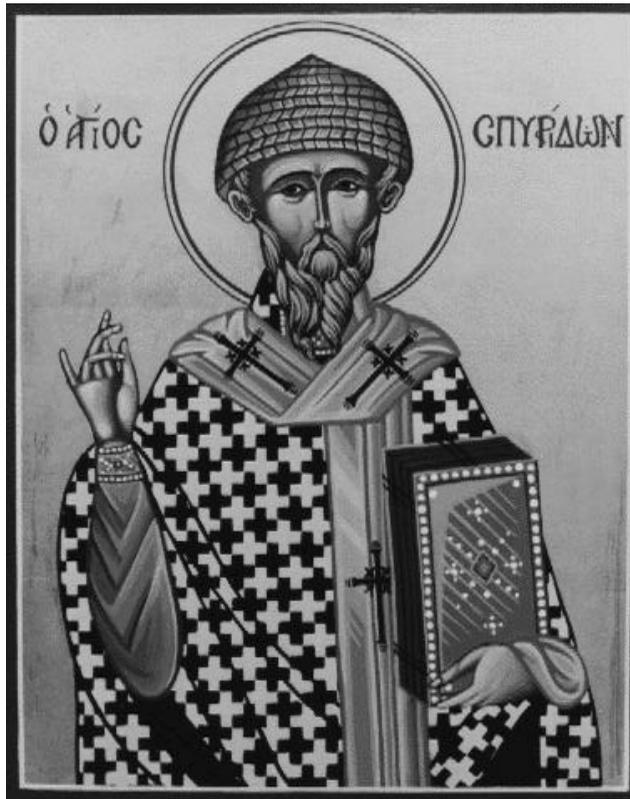


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THE SAINT SPYRIDON VOICE  
NOVEMBER 2004

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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– Nick Mellekas

Team B– James Canale

**GOYA President:** (pending)

**JOY Advisor:** Sandy Giannopoulos

**Greek School:**

Loula Eliopoulos

Basile Panoutsopoulos (adult classes)

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

**Affiliated Organizations**

**AHEPA President:** Basile Panoutsopoulos

**Daughters of Penelope President:**

Stella Volpicelli

**Island of Skiathos Organization:**

John Michael

### SERVICE TIMES

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

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

From September 2003 through July 2004, I had included an 11 part series in the bulletin, regarding the subject of the frequency of, and preparation for receiving Holy Communion. This is an important subject for which the Church has very clear teachings and traditions. For the benefit of all, it would be a wise thing to review the main points covered in that series. As a reminder, the series was comprised of direct quotations from the book, *When and How to Receive Communion*, by Archimandrite Daniel G. Aerakis of the Church of Greece (St. Nikodemos Publication Society, 1997).

**????Holy Communion is heavenly manna – our daily bread.**

- The Divine Liturgy invites us to partake of Holy Communion at each liturgy.
- Why would we deprive ourselves of the true life in Christ found through Holy Communion?

**????Many times we avoid receiving Holy Communion out of ignorance, according to what has been “handed down to us.”**

- We must have faith and belief in the mystery of Holy Communion, and understand its benefits.
- We must realize that not everything we were taught in the past is correct; the accurate, canonical teachings of the Church go back to the very beginning of her life.

**????We must avoid a sense of false humility.**

- *No one* is ever worthy to commune; why do we seem to feel worthy to receive on the major feast days?
- Sparse receipt of Holy Communion does not make us more worthy.

**????Why do we receive only after the major Lenten periods and on the Great Feasts?**

- Is there something magical about these days?
- The same Eucharist is offered at *every* Divine Liturgy.

**????We must be careful not to approach Holy Communion mechanically.**

- There is a danger of being mechanical whether we receive frequently or not.

**????Appropriate preparation to receive Holy Communion is extremely important.**

- There must exist a longing for the Holy Eucharist.
  - Spiritual purity is a must.
-

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**????Fasting to commune should not be over-emphasized, especially in lieu of spiritual preparation.**

- Fasting is one thing, Holy Communion is another.
- Fasting should be upheld on all appropriate days and seasons. The major fast periods *are not meant* for preparing to receive Holy Communion.
- Fasting should never be limited to food, since it involves the total person.

**????There is no such thing as a 3-day fast from oil prior to communing (or any other personal practice that we have deemed as “necessary” preparation).**

- The Church does not call for such fasting, especially on Saturdays (with the exception of Great Lent).
- When we commune frequently, fasting on Wednesdays, Fridays, and other fast periods suffices.
- Fasting for 3 or more days prior to communing is a fine, pious practice for those who commune *infrequently*. These people should *never* critique or judge those who are frequent and don’t follow such a fast.

**????Self-examination is absolutely necessary prior to communing.**

- We should be reconciled with everyone prior to approaching the Chalice.
- Periodic confession to a priest is mandatory in order to be properly prepared.
- Fasting alone, *is not* proper preparation.

**????Our prayer life is a major part of proper preparation.**

- Daily prayer is mandatory in the life of an Orthodox Christian.
- Proper preparation for Holy Communion includes pre-communion prayers to be said the night before (can be found in any personal Orthodox prayer book).
- Orthodox prayer books also have prayers of thanksgiving to be prayed at home after communing.

**????Our whole approach to Holy Communion should be filled with contrition, piety, and the fear of God.**

- We should not even consider approaching if we have serious sins and impediments, such as sins of a fleshly nature.
  - We should never approach Holy Communion “any old way,” such as those who come very late to church, without even hearing the Gospel lesson of the day.
-

Beloved in Christ, it is a good thing that many of us have learned to be more frequent with receiving Holy Communion, as the Church teaches us. However, we must be extremely careful not to make it a routine which has no prior preparation to speak of. **Please remember, receiving Holy Communion is not as simple as receiving *antidoron*!** Parents, it is very important that you teach your children some sense of preparation. **Do not send your children to Holy Communion each Sunday, just because you think that this is what all the other Church School children do.** Each family should develop an approach to preparing for the Lord's supper. Seek out your spiritual father for guidance to help you regarding this most sacred of holy mysteries, whether you are single or married. Remember, your priest is here to guide you toward salvation. Take advantage of what your Church offers you freely!

In Christ' love,

+Fr. Anthony

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## COMMEMORATION OF NAMES EACH SUNDAY

A very pious practice in the Orthodox Church, is the commemoration of names during the *proskomide*, or service of preparation of the bread and wine of the Eucharist during Orthros. It is customary not only for the person who offers the *prosforon* (bread of offering) to provide the names of living and deceased Orthodox Christians, but for anyone who wishes to do so at any given liturgy as well. This is very important to do when a brother or sister Orthodox Christian is ill, or having some other serious problem in his/her life. The forms on the *pangaria* in the Narthex are specifically for this purpose.

When you wish to give names, you may leave them with an usher, or after liturgy, leave them on the counter outside of the altar, on the way into the hall. The names will be commemorated at the next liturgy. **Please let it go on record that it is not necessary to include money with the names in order for them to be read by the priest, and heard by God! Make an extra stewardship installment instead.**

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## RETIREE LUNCHEON & PRESENTATION

We wish to thank Peter Andromalos of the *Sandwich Board Deli* across from the church, for providing the lunch at the October retirees gathering. A very informative presentation was made by Dr. Dean Janssen of Janssen Family Chiropractic, on chiropractic medicine. The next luncheon and presentation will be on **Thursday, November 11<sup>th</sup>, at 12 noon**. Please join us for an enjoyable afternoon of fellowship.

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## ST. SPYRIDON'S MOMS AND KIDS GROUP

Our second meeting will be on Wednesday, the 3rd of November at 10:30 a.m. in the Community Hall of St. Spyridon Church. A pot luck luncheon will be held on that day. Please RSVP to Mrs. Paraskevi Karanikola (Vivian) at 401-849-0997, or e-mail at: [us.greek@verizon.net](mailto:us.greek@verizon.net). Come and join us! We had a great time in our last meeting and want to share it with all!

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## ADULT RELIGIOUS EDUCATION

We continue the fall adult religious education series **each Wednesday after vespers**. The service begins at 7 pm, and class ends by 8:30 pm. The usual format is a short meditation on one of the scriptural passages of the day, followed by a presentation on various topics. Questions are encouraged. Come and learn more about your Orthodox faith, in order to help yourself in your spiritual growth.

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## COMMUNITY CHRISTMAS CARD

We will again be preparing a Community Christmas Card this year and it is time to submit names to be included in the card. Anyone wishing to have their name printed in the card should submit their name and check either through the sign-up book in the church hall or mail the information to the church at PO Box 427, Newport, RI 02840. The charge is \$10 per line. Any additional amount you wish to add to your check, will go toward the purchase of poinsettias. Please print your name so that it is easy to read. Entries must be received by December 10th at the latest in order to be included. See Ellen Anagnostos for more information.

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## NATIVITY FAST

Please remember that our Holy Church observes a fast in preparation for the Nativity of our Lord, which commences each year on **November 15<sup>th</sup>**. Regardless of how closely we follow the fast or not, this is a wonderful way of observing a *spiritual* preparation for the Nativity, as opposed to falling into the *secular, commercial* preparation for the “holiday season,” as the world calls this time of year.

The generally accepted method of keeping the Nativity fast is as follows:

November 15 – December 12: fasting from meat & dairy products everyday; fish, wine & olive oil allowed daily, except for Wednesdays & Fridays

December 13 – December 24: strict fasting as in Great Lent – no animal products throughout; wine & olive oil allowed on Saturdays & Sundays only

Note: As always, shellfish is allowed *any day* in a fast period. Also, our Holy Archdiocese has always excluded Thanksgiving Day completely from the Nativity Fast.

May the Lord grant us strength to uphold as much of the fast as possible for our spiritual benefit. We should never consider fasting a *burden*, but rather, a great spiritual tool and weapon given to us by Christ Himself!

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## PHILOPTOCHOS NEWS

The next Philoptochos General Meeting will be November 16th at 6:30 pm in the church hall.

To the members of Philoptochos, please remember the date of our major fund raiser , Fall Social, November 4, 2004. If anyone would like to contribute prizes or gift certificates let Bunny Snapp know at 846-6341.

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# NOVEMBER 2004

**Sunday Winter F**

Sun	Mon	Tue	Wed	Th
	1 Sts. Cosmas & Damianos, Orthros & Lit.	2	3 Small Vespers, 7 pm followed by adult rel. ed.	4
			<i>(fast day)</i>	
7 7 <sup>th</sup> Sun. of Luke Altar Team A	8 The Holy Archangels, Orthros & Lit.; Vespers of St. Nektarios the Wonderworker, 7 pm	9 St. Nektarios, Orthros & Lit.	10 Small Vespers, 7 pm followed by adult rel. ed.	11
Vespers of Archangels & Bodiless Powers, 7 pm			<i>(fast day)</i>	
14 8 <sup>th</sup> Sun. of Luke, Phillip the Apostle Altar Team B	15 NATIVITY FAST BEGINS	16	17 no vespers or adult rel. ed.	18
				<i>Father A</i>
	<i>no animal products permitted; fish, wine &amp; olive oil 1</i>			
21 The Entry of the Theotokos into the Temple; ISO <i>artoklasia</i> Altar Team A	22	23	24 Vespers of St. Katherine in Braintree, MA, 7 pm	25 St. Kat Lit. (T) fasting
				<i>no animal products permitted; fish, wine &amp; olive oil permitted each c</i>
28 13 <sup>th</sup> Sunday of Luke Altar Team B	29 Vespers of St. Andrew the First-Called Apostle, 7 pm	30 St. Andrew, Orthros & Lit		

*no animal products permitted; fish, wine & olive oil permitted each day except Wed. & Fri.*

Orthros 8:45 am    Divine Liturgy 10 am

**Fri**

**Sat**

5

6

Great Vespers, 6 pm

*(fast day)*

12

Vespers of St. John  
Chrysostom (veneration  
of relic), 7 pm

13

St. John Chrysostom,  
Orthros & Lit.

Great Vespers, 6 pm

*(fast day)*

19

20

Great Vespers, 6 pm

*1 pilgrimage*

*each day except Wed. & Fri.*

26

Orthros &  
Fasting Day –  
1 today)

27

Great Vespers, 6 pm

*Wed. & Fri.*

**Upcoming Events**

November 3– Mom’s Group meeting  
at church hall, 10:30 am

November 4– Philoptochos Fall Social

November 7– GOYA meeting after  
liturgy

November 9– Parish Council Meeting,  
7 pm

November 11– Retirees Luncheon &  
Presentation, 12 noon

November 16– Philoptochos General  
Meeting, 6:30 pm, Church Hall

November 21– Island of Skiathos  
Organization annual *artoklasia* &  
luncheon

November 21– Dinner Dance Gala

**Regular Events**

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

Adult Greek School– Mondays  
5– 6 pm

Religious Education– Sundays,  
immediately after Holy Communion

Adult Religious Education– after  
Wednesday night services (except 11/17  
& 11/24)

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

## RELIGIOUS EDUCATION NEWS

I would like to bring up two issues in regard to Religious Education. The first being that Religious Education has a bulletin board downstairs located near Mrs. Rua's classroom. This bulleting board has been filling up with items that should be looked at by parents. One item is that there will be a DOXA conference for all teachers and interested adults at St. Philip's parish in Nashua, NH on November 6th. Another item is that there is a new company out dealing with the selling of Orthodox items. Please see both attached flyers.

The second issue is that each child in grades 4-6 should have received a letter stating the topics for the Elementary Oratorical Festival. During the beginning of the month, children will be asked to pick their topic. Please talk with your children about their topic and make sure they feel comfortable presenting material on it.

God Bless!

Marianne Menas

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## GOYA NEWS

Greg and Maria Mellekas have offered to serve as GOYA advisors. We ask all GOYANs (age 13 – high school seniors) to come to our first meeting **on Sunday, November 7<sup>th</sup>**. We will be electing a president and planning events for the current academic year. Please spread the word!

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## PARISH COUNCIL NEWS

The next Parish Council meeting will be held Tuesday November 9, 2004 at 7:00 pm. Items discussed at the October meeting were a main discussion involving the upcoming General Assembly meeting– date to be announced. Other topics included repairs to the cross on the roof of the church and stewardship. Also a discussion took place regarding the red candles, we are trying to enhance the presentation of candles.

Please feel free to contact anyone on the council regarding our Parish.

Thank you,

Steve J. Mellekas, Council President

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## SPIRITUAL WISDOM ON RAISING CHILDREN

From the “Path to Salvation,” by St. Theophan the Recluse (St Herman of Alaska Brotherhood):

### *The Influence of Parents Upon the Child*

*“There is a certain special way of communication between souls through the heart. One spirit influences another by means of the feelings. The ease of exerting such an influence upon the soul of an infant is in direct proportion to the fullness and depth of the parents’ feeling for the child. The father and mother as it were, disappear into the child and put their whole soul into his welfare. And if their spirit is penetrated with piety, it cannot be that in some way this will not influence the soul of the child.*

*The best outward conductor in this respect are the eyes. Whereas in the other senses the soul remains hidden, the eyes open their gaze to others. This is the meeting place of one soul with another. Let the openings be used for the passage of holy feelings from the soul of the mother and father to the soul of the child. Their souls cannot help but anoint the soul of the child with this holy oil...”*

From “Our Church and Our Children,” by Sister Magdalen (St. Vladimir’s Seminary Press):

### *The Example of Christian Parents*

*“St. John Chrysostom, writing about teaching speech to children, says something that is very important for every aspect of Christian parenthood: that the example is everything. For instance, the words parents use, and their manner of speaking, will influence the child’s own speech. St. John says that if children hear their parents speak in an insulting or aggressive manner, they will learn to speak in this way too...”*

*The religious education of children is mainly brought about by example, and by the atmosphere of love and prayer in the home. The child’s heart is touched; without explanations he acquires prayer as a natural activity, and without needing logical proofs he knows God’s presence.”*

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# **The Philoptochos Society**

of

St. Spyridon Church

presents its

## **FALL SOCIAL THURSDAY, NOVEMBER 4, 2004**

Five dollar donation includes  
Admission and  
a Light Fare served at 6 p.m.

Doors open 5:30 p.m. Drawing begins 7 p.m.

**KNIGHTS OF COLUMBUS HALL  
7 VALLEY ROAD  
MIDDLETOWN, RI**

Please join us for a fun evening full of prizes and  
surprises and support our charitable work.

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# Paideia in Newport

# Dinner Dance Gala

*Sunday, November 21, 2004*

***Pavilion Ballroom at the Atlantic Beach Club***

*Memorial Boulevard/Purgatory Road (Easton's Beach)*

**Newport, Rhode Island**

*Cocktail Hour - 5:30 pm, Dinner - 6:30 pm*

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Music by  
The ASTERIA Orchestra

Co-Sponsored by  
**The Paideia Society of Rhode Island**  
and  
**Newport AHEPA**  
for the benefit of  
**The Hellenic Studies Center "Rodos"**  
at the  
**University of Rhode Island**

**Donation: \$40**

*For tickets contact:*

George Anagnostos - 683-4275  
Zoe Adamedes - 274-1316  
Arthur Stefanopoulos - 846-7086

IN OUR PARISH

Baptisms: The daughter of George Petrovas & Susan Carson was baptized on 10/10, and was named *Sophia Victoria*. Her sponsor is her grandmother, Vicky Petrovas. May she live many years!

The daughter of Athanasios & Ourania Stefanopoulos was baptized on 10/17, and was named *Sofia Athanasia*. Her sponsors are Basilios & Martine Tsingos. May she live many years!

Birth: A baby girl, *Pauline Margaret*, was born on 10/4 to proud parents, Jonathan & Aliko Cooper and big sister Eleni. Congratulations to all!

Death: *Anthony Rozes* fell asleep in the Lord on 9/26 in his home village outside of Kalavryta, Greece, where he was also buried. A nine-day memorial service and reception were held at St. Spyridon on 10/5, offered by his daughters and their families. May his memory be eternal!

*Harold Petropoulos*, brother of Peter and George Petropoulos, fell asleep in the Lord on 10/20, and was buried on 10/23. May his memory be eternal!

Wedding: *Leon Panteleos & Kalliope Gatos* were married on 9/11 on the island of Paros, Greece. Their sponsor is John Panteleos. May they live many years!

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## PLEASE HELP AN ORTHODOX CUB SCOUT

John Johnston, is a Cub scout at Fort Adams, and is working on his Webelos badge this year. The Eastern Orthodox Commission on Scouting has 4 awards available to any Orthodox Christian boy or girl scout, after fulfilling certain requirements. John is currently working toward the "Chi-Rho" medal. For his service project, he has chosen to help two local charities which have helped his family in the recent past; Ronald McDonald House, and the Leukemia and Lymphoma Society. For the first charity he will be collecting soda pop tops for recycling, and for the second he will be collecting spare change for Coinstar's Leukemia and Lymphoma donation program. Toward this goal, he will have two collection jars set up in the church hall through mid-December.

This service project is an important part of earning this medal, so John appreciates your help. If you have any questions, please ask John or his mother Elizabeth, at 849-5922. Thank you!

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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  <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</b> <b>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</b> <b>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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