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: Zoe Adamedes
Philoptochos President: Zinovia Canale
Acolytes: Team A—Nick Mellekas
          Team B—James Canale
GOYA President: James Canale

JOY Advisor: Sandy Giannopoulos
Greek School:
            Loula Eliopoulos
            Basile Panoutsopoulos (adult classes)
Bulletin: Aliki Cooper (alikicooper@yahoo.com)
Affiliated Organizations
AHEPA President: Basile Panoutsopoulos
Daughters of Penelope President:
               Stella Volpicelli
Island of Skiathos Organization:
               Christina Rua

Service Times

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

During Great Lent:

Mondays – Great Compline, 7:00 pm
Wednesdays – 9th Hour, 5:15 pm, 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
Saturdays – Great Vespers, 6:00 pm

* Note: During Great Lent, Holy Confession is available after all evenings services, except the Presanctified Liturgy, and during office hours by appointment.
F R O M T H E D E S K O F F A T H E R A N T H O N Y

(the following is taken from the March 2005 edition of “Christian Light,” the monthly newsletter of the Assumption Greek Orthodox Church in Pawtucket)

The Sacrament of Penance and Confession of Sins

“Penance is a sacramental act through which we are reconciled with God when sin has severed our relationship with Him and the Church. The Sacrament of Penance takes us back to our Baptism when we were cleansed of our sins and we became members of the Body of Christ, the Church. In the Tradition of the Holy Orthodox Church, Penance is indeed considered a return to our baptism when we were initiated into the fullness of life in communion with God.

There are three conditions that make the Sacrament of Penance a living and life-giving experience for the person seeking to re-establish full communion with God through His Son, our Lord and Saviour Jesus Christ, who died on the cross for the expiation of our sins. The first condition is Repentance or Contrition, that is, feeling sorrow for our sins. Repentance must come from the depths of our hearts. Without the true feeling of sorrow, Penance is no more than a mere ritual formality, and indeed hypocrisy. The second condition is Confession, an open and full acknowledgment of our sins. ‘First declare your iniquities and you will be justified’ (Isaiah 43:26). To be worthy of God’s forgiveness, we must confess our mistakes sincerely and from the heart with love and with faith. It is a grave (mortal) sin when we knowingly hide a sin and refuse to confess it.

The third condition of the Sacrament of Confession is the Absolution through which the penitent receives God’s forgiveness through Christ and His successors on earth, the priests. The absolution may involve what is often called an act of penance as reparation for sins committed. The act or acts of penance designated by the Church depends on the number and severity of the sins. The penitent must accept and fulfill the assigned acts of penance willingly and cheerfully, not as a punishment but as a way of rebuilding one’s spiritual and moral life, which was weakened by sin. Acts of penance may include a longer period of daily prayer, fasting, clearly understood and focused sacrifices, defined works of charity, and in the case of very grave sins, suspension of Holy Communion for a period of time.

Looking at the Sacrament of Penance as a journey from a state of broken relationship with God caused by sin to a state of reconciliation of the penitent with God
and his fellow human beings, the last and ultimate act of the penitent is the reception of Holy Communion, the Body and Blood of our Lord and Saviour Jesus Christ, which He offered to all humanity for all times to cleanse us from our sins and to restore our broken relationship with our Heavenly Father.

Let us in the coming weeks reflect on our relationship with Almighty God and our brothers and sisters in Christ, and come forward and confess our sins humbly and with repentance so that we may be reconciled with God and each other. Then we can worthily receive Him in the Blessed Sacrament of Holy Communion during Holy Week and Pascha.

‘If you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift.’ (Matt. 5:23-24).”

CONFESSIO N SCHEDULE

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

Great Lent – after all evening services, except the Presanctified Liturgy, and by appointment during office hours
Holy Week – after each Bridegroom service, after Holy Unction on Great Wednesday, and by appointment during office hours (Great Monday, Wednesday and Thursday)

Please do not neglect this most important holy mystery of our Church. Come and unburden yourself of all those sins, great and small, that hinder our salvation. If possible, try to come before Holy Week for everyone’s expedience.

MYRRHBEARERS FOR HOLY FRIDAY

Again this year, we invite young girls to assume the role of myrrhbearer for the solemn observances of Holy Friday. Those girls at the afternoon service at 3:00 pm, will be part of the procession with the Epitaphios, carrying fragrant water and rose petals for the burial. In the evening service, the myrrhbearers throw petals upon the Tomb during the lamentsations, and take part in the procession. In order to participate, girls should be well-behaved, and old enough to endure the long services and late hours. All myrrhbearers need a white dress, white gloves, and white hose and shoes. To participate, please contact Mrs. Betty Jennings, the coordinator, at 253-0308.
ITEMS NEEDED FOR GREAT LENT, HOLY WEEK & PASCHA

Following are items needed during this holiest of seasons. Please consider donating one or more items, in order to help defray some of the expenses. All items have been pre-ordered, so please make your check payable to St. Spyridon, noting item on memo line.

- flowers for Veneration of Holy Cross - $250
- flowers for icon of Virgin Mary (Akathist Hymn) - $50
- palm strips and fans for Palm Sunday - $50
- 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 Efheleon – (already donated)
- floral wreath for crucified Christ (Holy Thursday evening) – (already donated)
- 15 beeswax lampades for Holy Thursday evening - $20
- 7 beeswax lampades for Epitaphios & Cross (Holy Friday) - $10
- doz. red roses (petals for the Epitaphios) - $50
- flowers for the banner of the Resurrection - $50
- flowers for the icon of the Resurrection - $40
- floral arrangements for brass candelabra - $35 ea.
- 12 doz. eggs for the Anastasi & Agape – (already donated)
- Epitaphios flowers & potted flowers for the Anastasi (lilies, etc.) – This is our largest, single expense; your generous donations would be greatly appreciated!

Your donation for any of the above may be left in the basket on the information table in the hall, or mailed to the office. Thank you in advance for your generosity and love for the Lord’s house!

ADULT RELIGIOUS EDUCATION

Adult classes continue on Wednesday mornings at 10:00 am. The class format includes a short meditation on one of the scriptural passages of the day, followed by a presentation on various topics. As always, questions are encouraged. Come and learn more about your Orthodox faith, in order to aid your spiritual growth.
LENTEN REFLECTIONS

(the following is taken from “The Lenten Spring” by Fr. Thomas Hopko, St. Vladimir’s Seminary Press, 1983)

Outside the Gates of Paradise

“The basic symbol of man’s loss of his original humanity and of his exile from God is the biblical story of the fall of Adam and Eve. Jokes about this sacred story abound. Comedians make fun of it in a sacrilegious manner. Commercials degrade it for money-making purposes. Even believers make light of it, with flippant remarks and pathetic attempts at humor. But the story is from God. And it is deadly serious. It tells of the most tragic event in human experience: the rebellion of the creature against the Creator and the transformation of the world as paradise with God into a garbage heap of dead men’s bones. It describes this death-bound, demon-riddled, rat-racing world that we call human civilization, which is the result of the futile strivings of self-centered creatures.

Great Lent begins with the liturgical contemplation of the fall of Adam and Eve. The Sunday which marks the eve of the Lenten season takes this story as its spiritual theme.

‘The Lord took a handful of dust from the earth. He breathed into it and created me, a living man. He made me lord and master of all things on earth. Truly I enjoyed the life of the angels. But Satan the deceiver, in the guise of a serpent, tempted me; I ate the forbidden fruit and forfeited the glory of God. Now I have been delivered to the earth through death. O my compassionate Lord, call me back to Eden!’...

In the Genesis story, filled with theological meaning and spiritual significance, God does not say to His creatures: ‘Eat of the tree and I will kill you.’ He says rather that ‘in the day that you eat of it you shall die’ (Gen. 2:17, RSV). The tree is called the ‘tree of the knowledge of good and evil.’ Knowledge is the Bible is not an abstract, intellectual thing. It is not the product of thinking. It is the result of living experience... Eating of the ‘tree of knowledge of good and evil’ means experiencing wickedness. It means committing sin. It means tasting iniquity. It means doing an act which naturally and organically devastates and destroys you.
Man is to fast from sin. He is to abstain from evil. He is to refrain from drawing the destructive powers of wickedness into his system. He is to taste of life, to commune with God, to be fed by righteousness, beauty and truth, to be nourished by wisdom, goodness and love. Great Lent is the time of year when we contemplate clearly what happens when people do not do that. And it is the time when we make the conscious effort to return to real life through the saving action of Jesus Christ and the power of His Spirit through communion with the ‘tree of life’ planted and provided by the God who loves us…

**FASTING GUIDELINES**

Many pious Orthodox Christians seek to uphold the Lenten fast each year, as best as possible. Following are traditional guidelines that are widely practiced within the Church. Let me stress again this year, that these are the ideal guidelines for a full and proper fast. Remember, our Lenten journey is much more than a revision of dietary habits – it is a beautiful time of spiritual discipline which cleanses and strengthens both body and soul, helping us grow closer to God as we approach Holy Pascha. Whichever way we follow the Fast, let it be a spiritually enriching effort which includes intensified prayer, increased church attendance, almsgiving and other charitable works.

**Great Lent & Holy Week, 3/14-4/30 – strict fast** from all animal products (except shellfish), wine (all alcoholic beverages) and olive oil, with the following exceptions:

a) wine & olive oil are permitted each Saturday & Sunday, except for Holy Saturday – a day of strict fasting

b) fish, wine & olive oil are permitted on the feast of the Annunciation, 3/25, and on Palm Sunday, 4/24

c) many substitute vegetable oil for olive oil on strict fast days

d) fasting is always relaxed for those with health issues (especially diabetics), expectant or nursing mothers, growing children, travelers, and other such situations (seek out your spiritual father for guidance when in doubt)

**REQUEST FOR OLD PHOTOS**

Our Metropolis has requested parishioners to look for old photos that include past bishops of the Diocese of Boston. If you have any such photos, please submit them to Fr. Anthony. At this point, it is not clear whether or not they will returned to their owners.
### April 2005

**Sunday Winter H**

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<th>Tue</th>
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<tr>
<td>3</td>
<td>Veneration of the Holy Cross; Altar Team B</td>
<td>4</td>
<td>Great Compline 7 pm</td>
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<td>Lenten Vespers @ St. Mary Antiochian Church, Pawtucket 5pm</td>
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<td>6</td>
<td>9th Hr. 5:15 pm, Presanctified Lit. 5:30 pm, followed by Lenten supper</td>
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<td>10</td>
<td>St. John Climacus; General Assembly; Lenten Vespers @ St. Michael Ukrainian Ch., Woonsocket 5 pm</td>
<td>11</td>
<td>Great Compline 7 pm</td>
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<td>13</td>
<td>9th Hour 5:15 pm, Presanctified Lit. 5:30 pm, followed by Lenten supper</td>
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<td>17</td>
<td>The Righteous Mary the Egyptian; Lenten Vespers @ Sts. Mary &amp; Mena Coptic Church, Cranston, 5 pm</td>
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<td>Fr. Anthony on pilgrimage</td>
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<td>20</td>
<td>9th Hr. 5:15 pm, Presanctified Lit. 5:30 pm, followed by Lenten supper</td>
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<td>Palm Sunday Altar Team A</td>
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<td>Holy and Great Monday</td>
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<td>Holy and Great Tuesday</td>
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<td>27</td>
<td>Holy and Great Wednesday</td>
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<td>Holy and Great Thursday</td>
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*Fish, wine & olive oil permitted*

**For times of services, please see H.**

*Strict fast through Holy Saturday—no animal products allowed.*
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<th>Fri</th>
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<tr>
<td>9:45 am, Presanctified Lit.</td>
<td>Great Vespers, 6 pm</td>
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<td>10 am; 3rd Salutations to the Theotokos 7 pm</td>
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<td>8</td>
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<tr>
<td>9:45 am, Presanctified Lit.</td>
<td>Great Vespers, 6 pm</td>
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<td>10 am; 4th Salutations to the Theotokos 7 pm</td>
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- Fast—no animal products; wine & olive oil permitted on Sat. & Sun.

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<th>Sun.</th>
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<td>15</td>
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<td>9th Hour 9:45 am, Presanctified Lit. 10 am; Akathist Hymn to the Theotokos 7 pm</td>
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<th>Sun.</th>
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<td>22</td>
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<tr>
<td>Last Day of Great Lent, 9th Hr. <strong>5:15 pm,</strong> Presanctified Lit. <strong>5:30 pm</strong>; (no Lenten supper)</td>
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<th>Sun.</th>
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<td>29</td>
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<tr>
<td>Holy and Great Friday</td>
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**Upcoming Events**

- April 3—Greek School Program
- April 5—Parish Council Meeting, 7 pm
- April 6—Little Lambs Group, 10:30 am
- April 10—General Assembly; Greek Independence Day Parade, Boston
- April 12—Retirees Luncheon & Presentation, 12 noon
- April 23—JOY palm weaving after liturgy
- April 24—Daughters of Penelope Annual Palm Sunday Fish Dinner

**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—Wednesday mornings at 10 am

**Holy Confession**—During Great Lent, Holy Confession is available after all evenings services, except the Presanctified Liturgy, and during office hours by appointment.
FROM THE HOLY FATHERS

“Sinful habits and passions do not give way to healing without confession. Without confession, every healing will be incomplete and insufficient; but with confession, the sins will be uprooted in due order. It is always necessary to pay special attention to confession – to always prepare for it carefully, and sincerely confess all of your sins.”

“The most serious battles are with thoughts of lust and despair. One must humble himself. Humility attracts the help of God. The corrupting effect of lustful thoughts comes from enjoying them, and as a result, divine grace withdraws for a long time. One can attract it back again, only through sincere repentance and the rejection of these thoughts.”

(St. Nicon, +1931)

“Do not be surprised that thoughts arise during the time of services: when you take up arms – i.e., prayer – against the enemies, then they arm themselves against you more forcefully with provocative thoughts. Flee to the Lord with prayer against them and do not become confused – they will vanish. When you become confused, seeing that they (the thoughts) do not leave you, they (the demons) arm themselves even more against you; but when you chant unto God with humility, then you will be at peace.”

(St. Macarius, +1860)

CLEAN UP COMMITTEE-2ND NOTICE TO ALL ORGANIZATIONS

Register your items with the Clean-up Committee or risk losing them!

As indicated in the February newsletter, the Parish Council has formed a sub-committee for the purpose of cleaning up the church in order to reduce the clutter that exists in many areas, especially the downstairs closets and boiler room area. The committee is continuing to gather an accurate inventory of items that belong to church organizations and their locations within the church building. To date the following organizations have responded with an inventory of their items: Choir, Film Festival, Hellenic Festival, Greek School, Parish Council, Hellenic Dancers

The following organizations have not yet responded: Philoptochos, Sunday School

Representatives of organizations that have not yet responded should provide a list of items and their location to the church secretary, Ellen Anagnostos (ganln@efortress.com), as soon as possible. The original deadline has been extended by two weeks to April 15, 2005. The committee will now commence their Spring cleaning as of May, 2005 (after Easter), at which time any unclaimed items will be reviewed and decided upon by the committee.
We ask that each organization review and reduce their own items prior to May and, if possible, that they confine their items to one area of the church rather than multiple areas. **

Thank you, Church Clean-up Committee

THOUGHTS ON STEWARDSHIP

A sincere “thank you” to all who have filled out and returned their Stewardship Pledge cards! So far, the pledges towards the work of St. Spyridon’s total nearly $28,000. This is a great start, but we still have a long way to go to reach our Stewardship goal of $65,000. Remember, it is NOT necessary to include your total pledge with your pledge card. So take the time to send in your pledge card today!

COPPER OR GOLD?

The story is told that one day a beggar by the roadside asked for alms from Alexander the Great as he passed by. The man was poor and wretched and had no claim upon the ruler, no right even to lift a solicitous hand. Yet the Emperor threw him several gold coins. A Courtier was astonished at his generosity and commented. "Sir, copper coins would adequately meet a beggar's need. Why give him gold?" Alexander responded in royal fashion, "Copper coins would suit the beggar's need, but gold coins suit Alexander's giving."

This is an example of how God gives to us. "He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" (Rom. 8:32). Such a God deserves not my "coppers" but my gold!

COMMITTEE NEWS

Soup Kitchen Committee
Our soup kitchen is up and running! On April 11th, we will offer our first meal to those in need. If you would like to help, please contact Presvytera Themmi at 847-1558. We need servers, desserts, and welcome any monetary contributions. The committee would like to thank our Philoptochos chapter for providing $300 seed money for this very worthy cause.

PHILOPTOCCHOS NEWS

Philoptochos will sponsor the Lenten Dinner following the Presanctified Liturgy on Wednesday, April 13th.
RELIGIOUS EDUCATION NEWS

Hello Families,

I would like to start by saying thank you to Harry Koulouvardis, who donated many items that were needed for the tsunami relief packages. Also, thank you to the families who filled in by donating the remaining items. Children in grades 1-6, helped to assemble the bags. Mike Sisak put all 19 bags into two boxes and mailed them out to IOCC in Maryland. What a great job we did!

Nice job done by the children in grades 3-6. These children did a wonderful job at the Elementary Festival held on March 13th. Next year, I hope to see more people from our parish to come and hear these children speak.

Also, thank you to Mr. Mazzulli who donated two food platters for our junior/senior Oratorical Festival. The district Festival will be held in Norwich, CT. Please ask Mike Sisak for more details but students should be there by 1:30pm for the Festival to start by 2 pm. In addition, thank you to all the judges who helped out that day. We had Nikki Caron from Cranston, RI. We also had Tom and Annie Connally from our own parish.

Just some dates to remember:
April 3-Veneration of the Cross. No Religious Education classes. Greek School children should report downstairs to Ms. Loula after the procession is finished.
April 24-Palm Sunday. No Religious Education classes.

Thank you! Marianne Menas

PARISH COUNCIL NEWS

The next Parish Council meeting will be held Tuesday April 5, at 7:00 pm. At the last Parish Council meeting the items discussed were:

1. General Assembly date Sunday April 10, after liturgy.
2. Presentations by Mike Sisak on the purchase of land.
3. Maintenance of the church, stewardship, parking lot lease, and purchase of cross.

Please contact anyone on the Council with concerns of the Church.

Thank you,
Steve Mellekas, Council President

RETIREE LUNCHEON & PRESENTATION

The next luncheon and presentation will be on Tuesday, April 12th, at 12 noon. We wish to thank Chris and Theresa Young of Nikolas Pizza, for providing the lunch at last month’s gathering. Please join us on 4/12 for an enjoyable afternoon of food, fellowship and an interesting presentation!
**Sophocle's Antigone: Ancient Play for Modern Man**

On Thursday April 14, 2005 at 7:00 p.m., the Hellenic Society PAIDEIA presents in a DVD play the masterpiece of Sophocle's "Antigone" at the Demetrakas Hall of the Annunciation Church, Cranston. Following the viewing of the play a discussion will take place on the issues raised which have enduring social, political and moral values. Admission free. Refreshments will be served.

**Little Lambs Group**

The next Little Lambs Group meeting will be on Wednesday, the 6th of April 2005, at 10:30 a.m. We are so glad to be seeing new faces at the group and invite anyone who is interested to come and join us for fellowship and fun! RSVP to Mrs. Vivian Karanikola tel: 401-849-0997, or e-mail: us.greek@verizon.net

**No Smoking Law**

As you all know, the Rhode Island “no smoking” law took effect on 3/1. To be in compliance, we have posted the mandatory “no smoking” signs in the required areas. It is vital that no one tamper with, or remove the signs, which could result in a $1,000 fine. This fine will also apply if there is a registered complaint regarding someone smoking in a public place. It is imperative that smokers go outside, at least 50 feet away from any entrances! Please cooperate with these requests; the state has told us that they can conduct spot checks at any time.

**In Our Parish**

Deaths: We offer our condolences to Mary Champion, whose sister, Jenny Pappas of Goffstown, NH, fell asleep in the Lord on 3/1, and was buried on 3/3. Mrs. Pappas is survived by her husband Paul, and their children and grandchildren. May God grant her eternal rest, and strength and comfort to Mary.

Mary Beleardis fell asleep in the Lord on 3/15, and was buried on 3/18. She was the wife of the late John Beleardis, and is survived by many nephews, grandnephews and grandnieces, as well as foster grandchildren. May her memory be eternal!
AHEPA NEWS

Application Deadlines - The application deadline for the AHEPA Scholarship Grant Program and the Ionian Village Fellowship Program is fast approaching. If you are interested in applying for either of these programs, please make your intentions known to the local AHEPA chapter secretary George Anagnostos in order to receive an application. The application deadline for qualifying candidates for each program is April 15th.

Hellenism - AHEPA is proud to be part of the March 25th Greek Independence Day celebrations at the Newport City Hall and the Rhode Island State House marking the 184th year since the beginning of the revolution for freedom against Ottoman Turks. Such participation helps create an awareness of the principles of Hellenism to people outside the Greek-American Community. Hellenism and its ideals, should be experienced and understood by all, and for generations to come, as they are the foundation of modern civilization. Thank you to all community members for their participation.

AHEPA Web Sites:
Local: http://members.cox.net/vastar40/AHEPA/index.html
District: www.ahepad7.org
National: www.ahepa.org

DAUGHTERS OF PENELOPE

Annual Palm Sunday Fish Dinner
April 24th
CHURCH HALL following the Divine Liturgy
Adults $10 Children under 12 $5

The Daughters of Penelope will again be sponsoring the PALM SUNDAY FISH DINNER on SUNDAY, APRIL 24th immediately following the Divine Liturgy. Tickets are available from any member or see Ellen Anagnostos in the Church office. Please get your tickets early since space is at a premium. Proceeds will benefit the National Daughters of Penelope projects Penelope House and Papanicolaou Cancer Center. Everyone is welcome.

All members are asked to bring a Lenten dessert.
In loving memory of
Gredo Vincent Volpicelli

With compliments of...
Dr. Joanne
and
Mr. C. Gus Hologgitas

Nikolas Pizza
38 Memorial Blvd West
Newport
849-6611

Compliments of the
Atlantic Beach Club
53 Purgatory Road
Middletown
847-2750

Compliments of
Island of Skiathos
Organization
Established 1967

Order of AHEPA
Maud Howe Elliott
Chapter No. 245

Daughters of Penelope
Ares Chapter Number 49

Mel’s Cafenio
25 Broadway
Newport
849-6420

Aquidneck Pizza
Breakfast ? Lunch ? Dinner
27 Aquidneck Avenue
Middletown
Take out orders: 849-3356
Daily 7am-12am, Fri & Sat 7am-2am

Tommy’s Deluxe Diner
159 East Main Road
Middletown
847-9834
Established in 1936

Astro Construction Inc.
PO Box 522
Portsmouth, RI
(401) 683-9120
Established 1954

CODDINGTON BREWING COMPANY
210 Coddington Highway
Middletown
847-6690

A-1 Pizza
306 Broadway
Newport
Free Delivery
849-2213

Rhea’s Bed & Breakfast
Accommodations with jacuzzi’s available!
120 West Main Road
Middletown
841-5560

Flo’s Drive-In
Portsmouth
Flo’s Clam Shack
Over Flo’s
Middletown
Voted Best in Rhode Island!

The Mainstay Inn
151 Admiral Kalbfus Road
Newport
849-9880

Sandwich Board Deli
397 Thames St.
Newport, RI
849-5358

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Greek and American music
We play all types of functions. Call Andy.
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A Friend