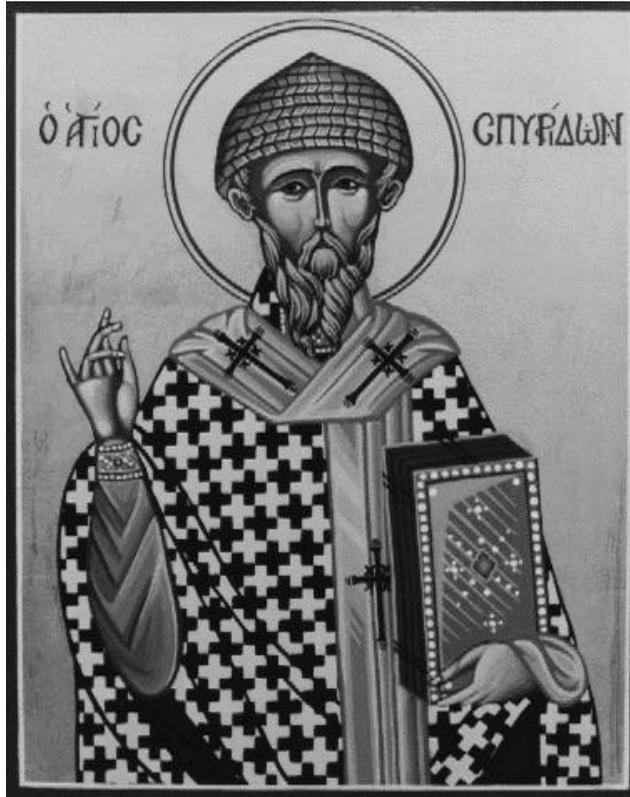

THE SAINT SPYRIDON VOICE
MARCH 2005



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
www.stspyridonchurch.org

Reverend Presbyter Anthony Evangelatos
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: 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: Aliko Cooper (alikooper@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.

FROM THE DESK OF FATHER ANTHONY

Beloved in Christ, we are about to begin our annual Lenten journey, for which, hopefully, we have prudently begun to prepare. It is time once again, to reflect on our lives – our relationship with God and with one another. To become more spiritually introspective, we must first of all prepare ourselves to *live a Lenten lifestyle*. Through our sincere efforts, we can then be able to reap from the bounty provided through our experience. Our Holy Church provides all the tools necessary for a meaningful and enriching Lenten experience. Therefore, let us not be like the wicked and slothful servant in the parable of the talents, who buried into the earth that which the Lord entrusted to him. Instead, let us make a *spiritual investment* with the gifts entrusted to us by God, so that they may multiply and bring us into His loving embrace.

In order to have a meaningful Lenten experience, we must first of all “set the stage.” This is the exact purpose of the first three weeks of the *Triodion* period, during which, we are introduced to the major themes of Great Lent. The Sunday of the Publican and the Pharisee introduces the themes of *humility and repentance*, which will carry throughout Great Lent. The following Sunday of the Prodigal Son, presents the theme of *returning from exile*. In other words, through humility we should be able to clearly see how far we truly are from God through our *worldliness*, and how we could always return to His loving embrace. The subsequent Sunday of the Last Judgment (also known as *Meat-fare Sunday*) has *Christian love* as its theme. The Gospel account makes it clear that if we truly love God, then we should see God in every human being, and therefore, treat our brethren accordingly. The final Sunday before Great Lent is that of Forgiveness (also know as *Cheese-fare Sunday*). The obvious theme is *forgiveness*; however, there is a secondary theme of the *expulsion of Adam and Eve from Paradise*. Regarding forgiveness, we cross the threshold of Great Lent by forgiving our brothers and sisters, and by *asking* for forgiveness, in order that we too, may be forgiven by God through our sincere repentance. By the Church remembering the expulsion from Paradise on this day, we can clearly see the Lenten journey before us: with our exile from Paradise as the starting point, we begin the journey to our true homeland – the Kingdom of Heaven – which Christ has opened to us through His death and resurrection.

During these preparatory weeks, we are also eased into the strict fasting of Great Lent, which the Church calls us to do for our spiritual benefit. The first week of the Triodion is *fast free*; in other words, there is not the usual Wednesday and Friday fast. Even though there are complicated historical reasons that brought this about, many in the Church have attached a wise and logical meaning to the dispensation from fasting. This week is seen as one of *joy* as we prepare for the spiritually cleansing and renewing period of Great Lent. This introductory week to the Lenten experience *should* be joyful, since the goal of Great Lent is spiritual and physical preparation for Holy Pascha – the *Feast of Feasts*.

The second week of the Triodion has the normal Wednesday and Friday fast. The third week begins with *Meat-fare Sunday* (the Last Judgment), which is the last day for consuming meat. In order to aid us in preparing for strict fasting, our Church eases us into the Fast by stopping meat on this day, but permits the consumption of all other foods during the ensuing week.

As you can see, the Church in her wisdom has created this three-week preparatory period in order to make the necessary *adjustments*, both spiritual and physical, to enter Great Lent. These weeks are a time to begin pulling away, so to speak, from the world, and to begin reaching for the Kingdom. If we pay extra attention to the themes of the Sunday Gospels of this period, if we pray to apply these themes to our lives, if we make a true effort to begin following the actual fasting guidelines of the Church as much as possible, we will find ourselves joyfully entering into Great Lent with a sense of true preparation. Let us invest our *spiritual talents* wisely, to the best of our ability, as the prudent servants in the parable. Then we can truly enter into the joy of the Lord!

In Christ's love,
+Fr. Anthony

CHOIR DIRECTOR & ORGANIST HONORED

During Metropolitan Methodios' pastoral visit on 1/2, a cross in recognition of service was given to our choir director, Paul Cotsoridis, in recognition of **50 years of directing the St. Spyridon Choir**. A cross was also given to our organist, Jane Iandolo, in recognition of 20 years of service to St. Spyridon. We wish both of them many more years of devoted ministry to our beloved parish!

SUNDAY OF ORTHODOXY

This year's pan-Orthodox observance of the Triumph of Orthodoxy will be held at **St. John the Baptist Romanian Orthodox Church in Woonsocket, on Sunday, 3/20 at 5 pm**. The guest speaker will be Fr. Eugene Pentiu, professor of Old Testament studies, Hellenic College/Holy Cross School of Theology. A Lenten reception will follow. Please see the calendar for location of each subsequent Sunday Lenten vespers.

NEW METROPOLITAN FOR SAN FRANCISCO

The Holy Synod of the Ecumenical Patriarchate of Constantinople has elected His Grace Bishop Gerasimos of Krateia, as the new Metropolitan of San Francisco. Many New Englanders will remember Bishop Gerasimos as the Archdeacon of His Eminence Archbishop Iakovos for many years, and in various administrative positions at Hellenic College/Holy Cross School of Theology. We wish him many years in his new Metropolis. Axios!

CHILDRENS CHOIR

Are there children in your family who would like to sing in the children's choir? See Zoe Adamedes or Jane Iandolo. We can work with youngsters who need extra help to learn the music before standing up in front of the congregation.

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 accepted and 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.

- ? 1st week of the Triodion, 2/20-2/26 – no fasting; all foods permitted each day
- ? 2nd week, 2/27-3/5 – regular Wednesday & Friday fast
- ? 3rd week; 3/6, Meat-fare Sunday – last day for meat; 3/7-3/13, Cheese-fare week – fish, shellfish, dairy products, wine & olive oil permitted *daily*
- ? 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)

COMMITTEE NEWS

Homeless Ministry Committee

The initial meeting of the newly formed Homeless Ministry Committee had to be rescheduled, and will now take place on **Sunday, 3/6 after liturgy**. All interested parishioners are invited to attend the meeting, in order to discuss ways to participate in this ministry to the general community. “*Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: ‘for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me...’*” (Mt. 25:34-36)

THOUGHTS ON STEWARDSHIP

Hopefully, by now you have all received your Stewardship packets. Please review the information contained therein and return the Pledge Card to the Church as soon as possible. (Remember: it is NOT necessary to include your total pledge at this time, only the pledge card). If you have not received your Stewardship packet you will find some either at the Pangari or in the church hall. (And please let me know so we can update the mailing list). Our goal this year is to raise \$65,000 towards the support of our church. I'm sure if we all pitch in, we can make this goal a reality!

TRIVIA QUESTION: Who noticed the glaring omission on the back of the pledge card (where it lists the church activities which need support)? If you noticed that Hellenic Fest was not listed, you're RIGHT! Yes, Hellenic Fest was inadvertently omitted from the list of church activities. (I can only attribute this to a momentary brain cramp!!). Hellenic Fest is still a significant fundraiser for our community and certainly needs the help of everyone. I hope that those who can help during the festival can list this on the line marked "Other".

Our church costs too much!

A certain Christian once said to a friend, "Our church costs too much. They are always asking for money."

"Some time ago a little boy was born in our home," replied her friend. "He cost me a lot of money from the very beginning: he had a big appetite, he needed clothes, medicine, toys and even a puppy. Then he went to school, and that cost a lot more; later he went to college, then he began dating, and that cost a small fortune! But in his senior year at college he died, and since the funeral he hasn't cost me a penny. Now which situation do you think I would rather have?"

After a significant pause she continued, "As long as this Church lives it will cost. When it dies for want of support, it won't cost anything. A living Church has the most vital message for all the world today, therefore I am going to give and pray with everything I have to keep the Church alive".

MARCH 2005

Sunday Winter F

Sun	Mon	Tue	Wed	Th
		1	2 Small Vespers 7 pm	3
			<i>(fast day)</i>	
6 Sunday of the Last Judgement (Meat-fare) Altar Team B Pre-Lenten Glendi 5 pm	7	8 Vespers of the 40 Martyrs of Sebasteia, 7 pm	9 The 40 Martyrs of Sebasteia, Orthros & Lit.; Small Vespers, 7 pm	10
<i>(last day for meat)</i>			<i>fish & dairy products permitted during</i>	
13 Sun. of Forgiveness (Cheese-fare); Altar Team A Vespers of Forgiveness (commencement of Great Lent), 7 pm	14 Clean Monday, Lenten Orthros 10 am; Great Compline w/1 st part of Great Canon, 7 pm	15 Great Compline w/2 nd part of Great Canon, 7 pm	16 9 th Hr. 5:15 pm, Presanctified Lit. 5:30 pm; 3 rd part of Great Canon after Lenten supper	17 Great (part of pm
<i>Cont'd</i>			<i>Strict fast—no animal products; wine & olive</i>	
20 Sun. of Orthodoxy; Altar Team B Pan-Orthodox celebration @ St. John Romanian Church, Woonsocket, 5 pm	21 Great Compline, 7 pm	22	23 9 th Hr. 5:15 pm, Presanctified Lit. 5:30 pm, followed by Lenten supper	24 Ves Annun Theotc Annun CRAN
			<i>Strict fast—no animal products; wine & olive oil permitted c</i>	
27 St. Gregory Palamas; Altar Team A; Pan-Orthodox Lenten Vespers @ Dormition Orthodox Church, Cumberland, 5 pm	28 Great Compline, 7 pm	29	30 9 th Hr. 5:15 pm, Presanctified Lit. 5:30 pm, followed by Lenten supper	31
			<i>Strict fast—no animal products; wine & olive oil permitted on Sat. & Sun.</i>	

Orthros 8:45 am Divine Liturgy 10 am

Fri

Sat

4

(fast day)

11

5

Saturday of Souls,
Orthros & Lit. followed
by general memorial
service;
Great Vespers 6 pm

12

No liturgy due to St.
Patrick's Day parade;
Great Vespers, 6 pm

fare Week

18

w/4th
mon, 7
9th Hr. 9:45 am,
Presanctified Lit. 10 am;
1st Salutations to the
Theotokos, 7 pm

19

St. Theodore of Tyre
(miracle of kollyva),
Orthros & Lit.; Great
Vespers, 6 pm

ted on Sat. & Sun.

25

ie
f the
hurch -
pm
Sun.
Feast of the
Annunciation, Orthros &
Lit. HERE; 2nd Salutations
to the Theotokos, 7 pm

26

Great Vespers, 6 pm

*Fish, wine & olive oil
permitted*

Upcoming Events

March 1— Parish Council Meeting, 7 pm

March 6— Homeless Ministry
Committee Meeting after liturgy;
Pre-Lenten Glendi, 5 pm

March 10— Retirees Luncheon &
Presentation, 12 noon

March 11— Little Lambs Group,
10:30 am

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.

SPIRITUAL FOOD FOR THOUGHT

(The following is taken from The Complete Book of Orthodoxy, by George W. Grube, Regina Orthodox Press, 2001)

“Great Lent - the 40 day season of penance and preparation which precedes the Holy Feast of Pascha. It begins on Clean Monday and ends on the sixth Friday before Lazarus Saturday and the Feast of the Entrance of Our Lord into Jerusalem (Palm Sunday). Holy Week is so sacred it is in a special sense a part of the Great Fast and yet, apart from it.

‘The Fast of Lent has no advantage to us unless it brings about our spiritual renewal. It is necessary while fasting to change our whole life and practice virtue. Turning away from all wickedness means keeping our tongue in check, restraining our anger, avoiding all gossip, lying and swearing. To abstain from these three things, herein is the true value of the Fast’ (St. John Chrysostom).”

“Fasts/Fasting – in the Orthodox Church fasts are a way of increasing one’s spiritual growth by attacking the desires for physical pleasures. The early church practiced fasting as a response to Christ’s example and teaching. The earliest fasts were held on Wednesdays and Fridays, and occasionally on Saturday. The Eastern Church observes fasting periods based on the writings of Isaiah 58:6-7, I Corinthians 7:5, St. Matthew 17:21 and Joel 2:12. Fasting should be from food and iniquities. Rules are guideposts by which we are to judge our own fasting practices, and we are continually reminded not to hold our Lenten enterprise over the heads of others as a means of pride, or to flaunt our ‘good works’ in order to extol our own supposed virtue.

‘There are three things, my brethren, by which faith stands firm, devotion remains constant and virtue endures. They are prayer, fasting and mercy. Prayer knocks at the door, fasting obtains, mercy receives. Prayer, fasting and mercy; these three things are one, and they give life to one another’ (St. Peter Chrysologus, Fifth century).”

ST . SPYRIDON CHURCH'S ANNUAL PRE-LENTEN GLENDI

SUNDAY, MARCH 6TH

5 PM

SAINT SPYRIDON CHURCH HALL

Please join us for an evening of good food, fellowship, music and dancing before we begin Great Lent!

ORA!

SPECIAL REQUEST FROM THE CHURCH OFFICE

In an effort to keep things running smoothly, the church office asks parishioners and parish organizations for their cooperation regarding the following:

????For any personal or organization business that you need to conduct with the church secretary or priest, please contact them by either, 1) phoning them live during office hours, 2) calling the church anytime after office hours and leaving a voice mail message, or 3) sending an e-mail (see Pg. 2 of the bulletin for e-mail address and office hours). The Sunday coffee hour *is not* the time or place to conduct such business, especially since we maintain office hours during the week.

????Mail for all church organizations will be left on the information table in the church hall for pick-up. It will no longer be forwarded via US mail.

RELIGIOUS EDUCATION NEWS

Hello Families,

March is going to be a busy month for us!

March 6-Grades 3-12, will be finishing up packing the items for IOCC. Also, last chance for children in grades 3-6, to work on their speeches.

March 13-Elementary Oratorical Festival for grades 3-6. All family members are welcome to here the children's speeches.

March 20-Sunday of Orthodoxy. Children in grades 1-12 will carry their own icons. Children in grades PreK-K, will wear icons.

March 27-Junior and Senior Division Oratorical Festival to be held in church hall.

God Bless!

Marianne

PARISH COUNCIL NEWS

The next Parish Council meeting will be held Tuesday March 1st at 7:00 pm. At the February meeting the council discussed the importance of stewardship and meeting with Metropolis Chancellor Fr. Athanasios Demos. After liturgy on Sunday February 13th, Father Anthony and council met with Chancellor Fr. Al Demos. Items Discussed:

- A. Chancellor Fr. Athanasios Demos subtracted \$3,302.72 from past commitments.
- B. Instructed the Council on the calculations of Total Commitment Allocation
 1. Withdrawal from capitol funds should be deducted from the church income.
 2. Revised 2003&2004 budget and present to Archdiocese.
- C. Stressed the importance of of stewardship and parish council responsibility.

A positive meeting conducted by Fr. Al Demos was concluded by a prayer. Please fell free to contact anyone on the council with concerns.

Thank you,

Steve Mellekas, Council President

ADULT RELIGIOUS EDUCATION

Adult classes continue on **Wednesday mornings at 10:00 am**. During the winter, this should make it easier for many to attend who do not wish to drive at night. 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.

LITTLE LAMBS GROUP

The Little Lambs Group had so much fun at the last meeting doing a craft with a "lamb" theme, and singing the Greek song Ah! Kounelaki. Eleni Cooper is the talented one of our group, who is still singing the song on her way to church. Isabel Petrou is the best example of all in the group as she is quiet and very well behaved. Konstantinos is the only boy in our group, and he thinks this is great. Pauline Cooper, and Sofia Stefanopoulos are the youngest of our group and are always trying to tell us that they would like to participate too! It's so wonderful to see Father Anthony preaching the monthly religious lesson to our children, and it's amazing how our children are so well behaved! Our next meeting will be on Friday, the 11th of March 2005, at 10:30 a.m. Come and join us, we always have so much fun! RSVP to Mrs. Vivian Karanikola tel: 401-849-0997, or e-mail: us.greek@verizon.net

RETIREE LUNCHEON & PRESENTATION

The next luncheon and presentation will be on **Thursday, March 10th, at 12 noon**. We wish to thank Jim Georgiou of *Ocean View Restaurant*, for providing the lunch at last month's gathering. Please join us on 3/10 for an enjoyable afternoon of food, fellowship and an interesting presentation!

GREEK INDEPENDENCE DAY CELEBRATION

Because March 25th is western Good Friday this year, the annual celebration at the State House is being moved to **Tuesday, March 29th, from 4-6 pm in the Governor's State Room (Rm. 222)**. A reception will follow at the Demetrakas Hall at the Annunciation Church in Cranston.

The parish council is in the process of setting up the annual raising of the Greek flag at Newport City Hall, and receipt of the annual proclamation from the mayor. Details will be given in a future Sunday bulletin.

IN OUR PARISH

Birth: A baby girl was born to Chris & Amy Kapogiannis on 1/31, and was named *Olivia Georgia*. Congratulations to the parents and their families. May she live many years!

Wedding: The marriage of *James & Rachel (Holder) George* was blessed in the Orthodox Church on 2/24. Their sponsor is Maria Holder. We wish them many years together and every good thing!

REVIEW OF BULLETIN GUIDELINES

To continue to help us create a streamlined bulletin each month, we would like to review the bulletin guidelines with the various parish and affiliated organizations.

- All entries for the bulletin must be sent to Aliko Cooper **between the 15th & 20th of the month – no exceptions!** Please send your entry via e-mail to: *alikooper@yahoo.com*
 - In order to preserve space, all entries should be as *short* and “*to the point*” as possible, generally limited to the announcement of upcoming events, reporting on past events, solicitation of new members, and other such newsworthy items. Lengthy entries will be appropriately edited.
 - Entries listed under “*IN OUR PARISH*” are generally limited to births, baptism/chrismations, weddings, deaths, and high school/college graduations. A milestone birthday or anniversary would also be appropriate for mention. Please do not submit other types of incidental information.
-

CHURCH SERVICE CANCELLATIONS

Now that we are in the winter season, we wish to remind everyone of the system for checking for service cancellations on bad weather days. Simply call the church at 846-0555; after 4 rings the voice mail system will answer. **Select menu item #4 – “Additional Services for the Current Week” for an update.** You can access this anytime of the day or night. Remember, if you have a rotary-dial telephone you will not be able to access the church’s voice mail system, so call a fellow parishioner who can check for you.

<p><i>In loving memory of</i> <i>Gredo Vincent Volpicelli</i></p>	<p>Order of AHEPA Maud Howe Elliott Chapter No. 245</p> <p>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: 849-3356 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>



Saint Spyridon
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