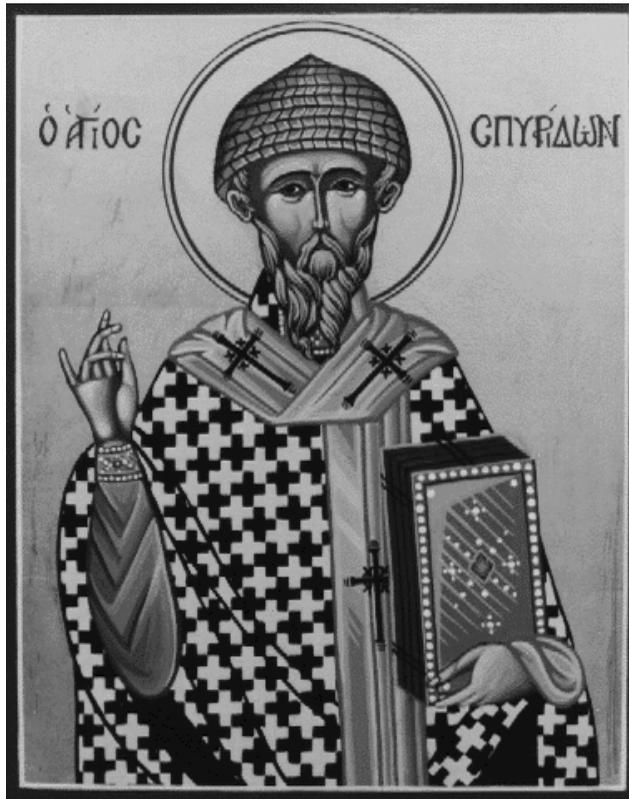


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THE SAINT SPYRIDON VOICE  
APRIL 2006

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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

Reverend Presbyter Anthony Evangelatos

franthony@stspyridonchurch.org

### Office Hours

Priest—During Great Lent: Monday—Wednesday, 9 am—3 pm Friday, 12 pm—3 pm  
Church secretary, Ellen Anagnostos: Tuesday & Thursday, 9 am—1 pm

### Parish Council President:

Steven Mellekas

Loula Eliopoulos

Basile Panoutsopoulos (adult classes)

**Chanters:** George Spiratos

Basile Panoutsopoulos

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

### Affiliated Organizations

**Choir Director:** Paul Cotsoridis

**AHEPA President:** Basile Panoutsopoulos

**Organist:** Jane Iandolo

**Daughters of Penelope President:**

**Religious Education :** Marianne Menas

Ellen Anagnostos

**Stewardship:** Zoe Adamedes

**Island of Skiathos Organization:**

**Philoptochos President:** Zinovia Canale

Christina Rua

**Acolytes:** Nick Mellekas, James Mellekas

**GOYA President:** Nick Mellekas

**JOY Advisor:** Sandy Giannopoulos

**Greek School:**

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

Service Times 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.

The Saint Spyridon Voice is a monthly publication of St. Spyridon Greek Orthodox Church, 390 Thames St., Newport, RI 02840

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## FROM THE DESK OF FATHER ANTHONY

As Lent draws to a close and we approach Holy Week, I would like to share a few thoughts and reflections on this holiest period of the liturgical year.

During the first half of April this year, we have two Sundays remaining in the forty day period of Great Lent. The first of these Sundays, which is the fourth Sunday of the Fast, is dedicated to the memory of St. John Climacus, or St. John of the Ladder.

St. John is commemorated during Lent because of his great spiritual work called *The Ladder of Divine Ascent*. Although this work was written specifically for the monastic world, the author being a monk himself, St. John's "Ladder" is a classic work of Orthodox spirituality that speaks to all members of the Church, in all places and in all times. His book presents us with a spiritual ladder ascending to heaven, with each rung representing a particular vice or passion to be conquered in order to proceed upward. The approach is very straightforward and logical, being that going that next step in our spiritual growth necessitates overcoming the sinful obstacles which have kept us in the state where we presently find ourselves.

An important part of understanding our spiritual lives as an *ascent*, is the possibility of falling down a few rungs, or even completely off the ladder, which is the reality that we constantly face. In fact, the classic icon of St. John and his ladder clearly depicts the successful ascent of those truly holy and spiritually advanced monks, versus those who have succumb to various passions, causing them to fall into the pit of hell.

The following Sunday, the fifth Sunday of the Fast, we commemorate our Venerable Mother, Mary the Egyptian. This former prostitute who sought tearful reconciliation with Christ and became a desert wanderer in order to live out her repentance, is the example *par excellence*, of the repentant sinner. Her story is quite moving, and very motivating to anyone who is unrepentant and continues to carry the burden of sin.

The Church, in Her Spirit-filled great wisdom, places the memory of St. Mary of Egypt on the last Sunday of Great Lent, as a spiritual "wake-up" call to us to finish the race and accomplish the goal of sincere repentance. If we have truly made some serious efforts during Great Lent, then we hopefully have reached the point of repentance which will lead us to the holy mystery of confession, prior to the celebration of the Lord's passion and resurrection. We must remember that repentance and confession are key components of the spiritual life, because without them there *is no* true spiritual life, but only a meager attempt, at best.

So thus, Great Lent comes to a close during the week after the Sunday of St. Mary of Egypt. Specifically, Lent ends on the following Friday at the reading of the 9<sup>th</sup> hour, immediately preceding the vespers of St. Lazarus, included in the service of the Presanctified Gifts. Many of our faithful do not realize that the forty day fast ends on this particular Friday, and that Holy Week is separate from Great Lent, standing on its own as a solemn

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week of strict fasting in commemoration of the last days of our Lord on earth. This is important to know, because the focus of Great Lent and Holy Week are different.

Great Lent is a time for deep, personal reflection. The entire spirit of the forty day fast, is that of an intense spiritual journey that brings us back to God through our spiritual efforts, in order to be properly prepared for Holy Pascha, the greatest of all feasts. In contrast, Holy and Great Week is totally focused on the Lord and His passion and burial, hence the strict fast. In Holy Week, we follow the Lord during His last days, and hear His final teachings and warnings about the Kingdom of Heaven and His second glorious coming to earth for the final judgment. As we all know and have experienced each year, the darkness of Holy Week gradually gives way to the brightness and joy of the Resurrection. This is most profoundly exemplified in the Orthros of Holy Saturday, popularly known as the *Epitaphios Lamentation*, celebrated on Holy Friday evening.

Beloved in Christ, our Orthodox Church is at its absolute best, so to speak, during Great Lent and especially Holy Week. This is not to say that there is anything *inferior* about the remainder of the liturgical year, which in reality, is actually a reflection of Holy Pascha, which gives light and life to everything we do in the Church. It is precisely because of the magnitude of the feast of Pascha, that such liturgical beauty experienced through hymnography and ritual is presented to the faithful for their spiritual edification.

May we all take advantage of what remains of Great Lent, and thus, be prepared to enter Holy and Great Week with eager anticipation and love for the Bridegroom Christ. This should be the highlight of the year for each and every Orthodox Christian who truly loves the Church.

Wishing all of you a most blessed Pascha,

+Fr. Anthony

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## METROPOLITAN METHODIOS APPOINTED TO HOLY SYNOD

Reverend brothers and friends,

Yesterday, February 28, 2006, I was informed by the venerable Ecumenical Patriarchate that I have been appointed to serve as a member of the Holy Synod. I will be traveling to Constantinople every month to participate in the meetings of the Synod. As you can understand, this will necessitate changes in my schedule which will include liturgical and other commitments. I ask for your prayers as I undertake this responsibility.

With love in the Lord,  
Methodios  
Metropolitan of Boston

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## NEW SERVICE ON HOLY WEDNESDAY

This year, we will be adding back one of the Holy Week services which has been suppressed in many of our churches in the United States for years. The service is the Orthros of Holy Thursday, which is chanted on Holy Wednesday evening. This particular Orthros commemorates the Mystical Supper and related events. Many of our hierarchs have been encouraging its reinstatement, so many parishes have responded. Here is a summary of what will happen on Holy Wednesday:

- 9<sup>th</sup> Hour and Presanctified Liturgy – 9:45 am & 10:00 am
- Mystery of Holy Unction – 3:00 pm
- Orthros of the Mystical Supper, ***which will include anointing with Holy Unction*** – 7:00 pm

The 3 pm Holy Unction service should make it a bit easier for families with infants and small children. For adults or families who cannot make the 3 pm service, they may come to the Orthros at 7 pm, during which the two prayers of forgiveness and anointing will be recited, and they will then be anointed. As you know, this service does not appear in the black Holy Week books that most of us use. A bilingual service book is available in our bookstore at the nominal price of \$8. Please make it a point to come to this service and hear the hymns and readings, probably for the first time in your life!

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## 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 (already donated)
- Flowers for icon of Virgin Mary (Akathist Hymn) - \$50
- Palm strips and branches for Palm Sunday - \$50
- Bay laurel leaves for Holy Saturday - \$40
- 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
- 6 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 each
- 18 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 house of the Lord!

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## 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 lamentations, 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 Presvytera Themmi, at 683-0908.

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## LENTEN 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.

**Great Lent & Holy Week:** 3/6-4/22 – *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, 4/16
- 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)

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## IN APPRECIATION

We would like to thank the entire Kutsaftis family, for their generous donation of a new oriental wool rug for the holy sanctuary of our temple. This beautiful, high quality rug will adorn the altar for many years. This gift has been made for the health and well-being of all the members of the Kutsaftis family. May God bless them and keep them well!

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## GREEK INDEPENDENCE DAY PARADE

The annual Greek Independence Day parade in Boston, will take place on Sunday, 4/9 at 1:00 pm. As we do each year, we will begin liturgy **one half hour earlier at 9:30 am** that day, to allow enough travel time for those who wish to attend. For more details, please see the flier on the information table in the church hall.

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# APRIL 2006

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

*Strict fast through 4/22 – no animal products; wine & olive oil permitted on Saturday & Sunday,*

2 St John of the Ladder  
(Climacus); Pan Orth.  
Lenten Vespers – St John  
Romanian Church  
Woonsocket, 5

3  
Great Compline 7 pm

4

5 9th Hr. 5:15 pm,  
Presanctified Liturgy 5:30  
pm, followed by Lenten  
supper

6

9 St. Mary the Egyptian;  
Pan Orth. Lenten  
Vespers – Sts. Mary &  
Mena Coptic Church,  
Cranston, 5

10 Fr. Anthony away on  
pilgrimage

11 Fr. Anthony away on  
pilgrimage

12 9th Hr. 5:15 pm,  
Presanctified Liturgy 5:30  
pm, followed by Lenten  
supper

13

16 Palm Sunday  
*(fish, wine & olive oil  
permitted)*

17 Holy & Great  
Monday

18 Holy & Great  
Tuesday

19 Holy & Great  
Wednesday

20 Holy &  
Thursday

*Please see enclosed Holy Week schedule for times of service*

23  
**HOLY PASCHA**

24 Bright Monday  
Feast of St. George  
observed, Orth. & Lit.

25 Bright Tuesday

26 Bright Wednesday  
Paschal Vespers 7 pm

27 Bright T

*Renewal Week—no fasting; all foods pe*

30  
Sunday of Thomas

**Upcoming Events**

April 4—Parish Council, 7pm

April 9—Boston Greek Independence Day Parade, 1 pm (\*\*\*) Liturgy starts at 9:30 am (\*\*\*)

April 10—Soup Kitchen, 5 pm

April 13—Retirees Luncheon & Presentation, Noon

April 16—Palm Sunday Luncheon

**Regular Events**

Religious Education—Sundays, immediately after Holy Communion

Children’s Greek School— Mondays, Tuesdays and Wednesdays, 4-6 pm and Thursdays, 4-5 pm

Adult Greek School—Mondays, 5-6 pm

Holy Confession—During Great Lent, Holy Confession is available after all evening services, except the Wednesday Presanctified Liturgy, and during office hours by appointment.

**Fri**

except 4/22

7 9th Hr. 9:45 am, Presanctified Liturgy 10:00 am; Akathist Hymn 7 pm

14 Last day of Great Lent, 9th Hr. 5:15 pm, Presanctified Liturgy 5:30 pm (no Lenten supper)

21 Holy & Great Friday

28 Bright Friday  
Feast of the Life-Giving Spring, Orthros & Lit.

mitted daily.

**Sat**

1 Great Vespers 6 pm

8 Saturday of the Akathist, Orthros & Lit.; Great Vespers 6 pm

15 Saturday of Lazarus, Orthros & Lit., followed by palm cross weaving; Great Vespers 6 pm

22 Holy & Great Saturday  
(strict fast)

29 Bright Saturday

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## REFLECTIONS ON GREAT LENT

*“...The Lenten spirit in the Church is one of splendor and delight. It breathes with the exhilaration of those girding up to ‘fight the good fight’ for the One who loves them and has given Himself to them for the sake of their salvation...The lenten spring is welcomed by Christians in the Church not as the time for self-inflicted agony or self-improving therapy. It is greeted as the sanctified season consecrated to the correction, purification and enlightenment of the total person through the fulfillment of the commandments of the crucified God. It is received as the time for battling with evil spirits and blossoming with the fruit of the Holy Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Gal. 5:22). It is accepted as ‘the great and saving forty days’ set apart for complete and total dedication to the things of God. It is the ‘tithing of the year’ which tells us that all times and seasons belong to the Lord who has created and redeemed the world...”*

*“...From beginning to end the lenten services of the Church call us to return to God our Father. The theme of the parable of the prodigal son runs through the entire season. We have wasted what our good God has given us. We have ruined our lives and our world. We have polluted the air, the water and the earth. The birds and the fish, the plants and the animals, grieve because of our wickedness. We have corrupted our bodies and minds. We have abandoned communion with God and the joy of His dwelling. We have gone off on our own, following our own ideas, enacting our own plans...”*

*“...People feel unhappy and they don’t know why. They feel that something is wrong, but they can’t put their finger on what. They feel uneasy in the world, confused and frustrated, alienated and estranged, and they can’t explain it. They have everything and yet they want more. And when they get it, they are still left empty and dissatisfied. They want happiness and peace, and nothing seems to bring it. They want fulfillment, and it never seems to come. Everything is fine, and yet everything is wrong. In America this is almost a national disease. It is covered over by frantic activity and endless running around...Why is this so? Because, the Church tells us, we are really not at home. We are in exile. We are alienated and estranged from our true country. We are not with God our Father in the land of the living. We are spiritually sick. And some of us are already dead...The lenten season is the time for our conscious return to our true home. It is the time set aside for us to come to ourselves and to get up and go to the divine reality to which we truly belong...”*

(taken from The Lenten Spring, by Fr. Thomas Hopko, St. Vladimir’s Press 1983)

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## CONFESSION 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 evening service through Holy Thursday, and by appointment during office hours (Holy 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.

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## MISSION TRIP TO ARGENTINA

With the blessings of Metropolitan Methodios of Boston and Metropolitan Tarasios of Buenos Aires, Fr. Anthony will be going on a 2-week mission trip to Argentina and Chile in late May. Metropolitan Tarasios is in great need of priests fluent in both Spanish and Greek, to assist him with two weekend retreats to be held in both countries, as well as interaction with clergy and laity in parishes of both the Buenos Aires and Santiago metro areas. His main objective is to revitalize parishes in his Metropolitanate through means familiar to the Archdiocese of America, such as spiritual retreats. His greatest emphasis is on the young Greek-South Americans, hoping to keep them well rooted in their faith and culture, as well as seeking to inspire young men to the holy priesthood.

Since I am fluent in both languages, it is obvious that I should heed this special call from the South American Church. I would like to humbly appeal to everyone's generosity, and love for the Church and the Holy Gospel, to assist me financially in order to make this trip a reality. Letters from both Metropolitans regarding my participation in this trip, are available on the information table in the church hall. For those who are interested, a check may be made payable to Fr. Anthony Evangelatos, referencing the "So. American Mission Trip" on the memo line. Please note that all donations will be appropriately acknowledged. May the Lord bless you for your kind consideration of this request.

+*Fr. Anthony*

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## SOUP KITCHEN NEWS

Thank you to the grade 3-6 Sunday School class for preparing the March Soup Kitchen meal. It was a wonderful meal, and our guests raved about it! One guest even said, "this is like a Thanksgiving dinner!" A special thanks to Evangelos and Sandy Giannopoulos for providing all the food for the meal and for "helping" the children.

The next soup kitchen will be on April 10. We will prepare on Sunday, April 9. Please contact Presv. Themmi if you are able to help. Again, thank you for your continued support!

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## RELIGIOUS EDUCATION NEWS

Dear Families,

What a wonderful job the children did walking in the church with their icons for the Sunday of Orthodoxy! For the month of April, there will be no classes for Palm Sunday and Pascha Day, leaving three classes for the month.

God Bless!

Marianne

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## PARISH COUNCIL NEWS

The next Parish Council meeting will take place on Tuesday, April 4, 2006 at 7 p.m. The main focus of the last meeting was to set the agenda and material for the General Assembly.

1. Stewardship was discussed to include stewards' names in the future February bulletins.
2. Assessment of St. Spyridon's Church with Father Al Demos was accepted at \$17,500.
3. The council discussed mailing of Easter envelopes with the April bulletin.

Currently the council is working on the review and maintenance of the church, the continuing support of the stewardship program and the preparations of the up coming Hellenic Fest of 2006 which will be held on July 28, 29 and 30th.

Please contact any Parish Council member with any concerns.

Thank you

Steven J. Mellekas, Parish Council President

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## CHURCH BOOKSTORE

The following New Books are available:

1. The Service of the Akathist Hymn to the Most Holy Theotokos  
(This is the text that we use during the Salutation Services)
2. A Lenten Cookbook (Tasteful recipes for the Lenten Season)
3. Various New Icons
4. Various New Books
5. The Holy Week book (This is the book we use during Holy Week)
6. The Holy Thursday Matins Service  
(Holy Wednesday evening Service of the Bridegroom - Reestablished this year.)

Notes:

1. The Bookstore works on HONOR system The price of the various items is on the items themselves. Leave the money on the basket, in the middle of the table.
2. To order an item not available leave a message on the plastic clipboard page.
3. For help with the Bookstore matters see Basile.

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## HELP “AGHIA SOPHIA” BECOME A CHURCH AGAIN

The European Union Parliament is pressuring Turkey to restore the famous “Aghia Sophia” Cathedral – the queen and prototype of all Byzantine temples – to the Ecumenical Patriarchate to be a functioning cathedral instead of a museum. This is one of the prerequisites to allow entry into the European Union, which the nation of Turkey very much desires. The EU Parliament is requiring 1,000,000 signatures in order to proceed. You may cast your vote through the official website: [www.hagiasophiablog.com](http://www.hagiasophiablog.com). Please pass this information along to anyone else who would like to see this happen. Become part of history by helping to fulfill a desire that the Orthodox Church has had for centuries. We finally have a chance to make a difference!

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## IN OUR PARISH

Birth: *Nektarios Angelos*, son of Jack & Vivian Mateer (former members of our community), was born on 2/23. Parents and big brother Kostas are all doing well and enjoying their new station in England. May he live many years!

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## RETIREES LUNCHEON & PRESENTATION

We would like to thank Ellen Anagnostos for providing lentil soup and dessert at our March gathering. The remainder of the lunch was provided by the Evangelatos family. Our next luncheon and presentation will be on **Thursday 4/13 at 12 noon** (topic to be announced). Please join us for an enjoyable afternoon of food and fellowship.

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## PHOTOS ON CHURCH WEBSITE

Be sure to visit the church website to see photos from recent church events such as the 2nd Annual Junior Oratorical Festival, Sunday of Orthodoxy procession with the Religious Education children and Greek Independence Day Proclamation at City hall:

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

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## HELLENIC SOCIETY PAIDEIA FILM PRESENTATION

On Friday April 14 at 7 pm, Paideia will show the highly praised film "A touch of Spice" or "Politiki Kouzina" (2003) directed by Tassos Boulmetis. The film follows the story of a young Greek boy, Fanis, growing up in Turkey with his grandfather as culinary philosopher and mentor. Thirty five years after leaving Turkey, he travels back to Istanbul to reunite with his grandfather only to realize he forgot to put a little spice in his own life.

The film is in Greek with English subtitles and will be shown at Demetrakas Hall at the Annunciation Church in Cranston with free admission.

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## DAUGHTERS OF PENELOPE

The Daughters of Penelope will be hosting a Palm Sunday Fish Dinner on April 16 in the church hall immediately following Divine Liturgy. The proceeds are for the Daughters Charity program for the Penelope House for family victims of abuse and violence.

Please make your reservations early by procuring tickets from Ticket Chair Esther Lascaris-Vivieros. Seating is limited by the hall capacity. Price for adults is \$12 and \$5 for children under 12. Pasta with/without tomato sauce will be available for the children. We wish everyone a Blessed Holy Pascha.

---

*In loving memory of  
Gredo Vincent Volpicelli*

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