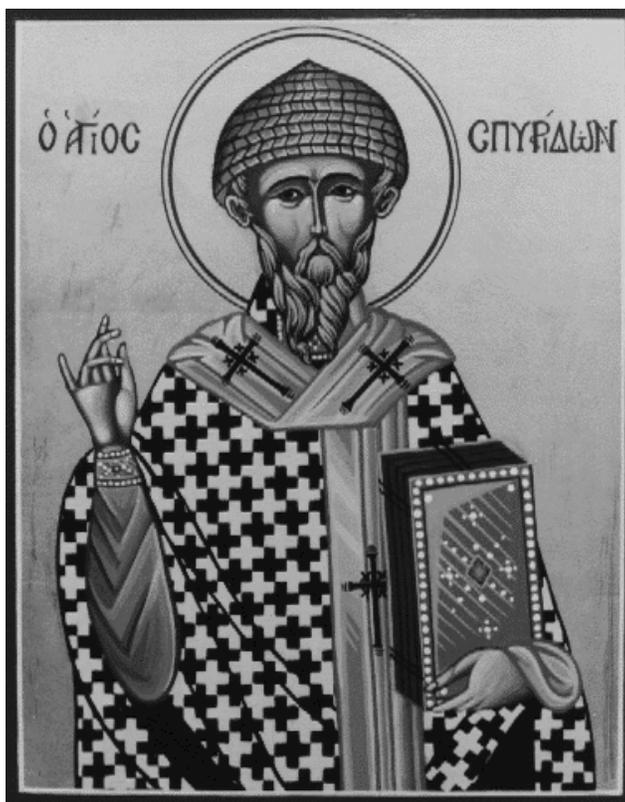


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THE SAINT SPYRIDON VOICE  
NOVEMBER 2006

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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](http://www.stspyridonchurch.org)
**Reverend Presbyter Anthony Evangelatos**
[franthony@stspyridonchurch.org](mailto:franthony@stspyridonchurch.org)
**Office Hours**

Priest—Tuesday—Friday, 9 am—3 pm

Church secretary, Ellen Anagnostos: Tuesday &amp; 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:** James Mellekas

**GOYA President:** James Mellekas

**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:**

Ellen Anagnostos

**Island of Skiathos Organization:**

Christina Logothets

## SERVICE TIMES

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

Wednesdays Vespers (or Small Paraklesis on last Wednesday of month) 7 pm\*

Weekday Festal Celebrations:

Vespers—7 pm\*

Orthros—9 am

Divine Liturgy—10 am

Saturdays Great Vespers 6 pm\*

\* 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

(The following excellent message was written by Fr. George Economou for the October 2006 issue of Christian Light, the monthly bulletin of the Assumption Church of Pawtucket, RI.)

*“Dear Brothers and Sisters in the Lord, greetings to you and yours.*

*Very often these days we hear, ‘We have no time – our work doesn’t allow us – we have family commitments – we have responsibilities – we struggle day and night to make a living – life is very difficult nowadays.’ **These are the responses habitually given to anyone who may have the kindness to express concern that we ought to pay more attention to our souls; to be more interested in our spiritual well-being and life.** ‘Who has time for such things,’ we usually respond. ‘Maybe later,’ we may say. As a result of this indefinite postponement we allow the days, months and years of our life go by without any attempt worthy or courageous enough for our spiritual direction. Why this neglect? Where will it lead us? What kind of results do we expect? Have we ever thought seriously how swift the days of our lives go by and that the daily cares of life choke our souls hopelessly?*

*No one can tell us not to work, not to be concerned for the well-being of our loved ones. The Holy Bible strongly teaches us that work is necessary and needed. However, there is a great gap between this admonition and the relentless pursuit of our daily cares. It is our duty to work. **But work and cares that alienate us from God are roads leading to death and are the devil’s trap.** You have no time you say, because you are drowning in so much work. And what is the gain from all this work? Will this fulfill or serve all your needs? Will it bring you the happiness that you seek? To be specific, no one really knows how things develop and what turn they will take. Maybe you will be very successful in your business and you’ll gain a lot. Even if your storehouses are filled to capacity and bursting at the seams, like that of the ‘Foolish Rich Man’ of the Bible; even if, with your entrepreneurial mind the whole world becomes your possession, what have you gained? Nothing really, **if in the meantime you have lost your soul!** Because, as the Lord said, ‘What does it profit a man to gain the whole world and forfeit his life? What can a man give in return for his life?’ (Matt. 16:26)*

*You have no time because of social commitments – an open house, you are obliged to invite people over or to visit others, to organize outings, take trips, take your children to soccer, football, hockey, baseball, etc., even though many of these*

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*events take place on Sundays or feast days. You live a secular life, distancing you from studying the Divine Word, from Christian Fellowship, from Church, and from God! And furthermore, what gain do you receive from this lifestyle that has you willing to sacrifice all your time for, but doesn't leave you time to think about your soul? What remains after you have participated in these noisy encounters and events other than a sense of emptiness, despair, bitterness, disillusion, and even a revulsion and antipathy toward those with whom only yesterday you were having fun with? You forget the divine words that say, **'The world and everything in it that people desire is passing away; but he who does the will of God lives forever.'** (1John 2:17)*

*You have no time because you are a scientist, philosopher, researcher, or intellectual – worthy pursuits and pleasing to God, because God has given the sciences, but, if your involvement in the human sciences does not allow you the time for the Wisdom of God, on the road of virtue you gain nothing. You waste your time and the eyes of the soul shut out the lifesaving heavenly light. You forget Paul's profound message, '...I may have all knowledge and understand all the secrets, but if I have no love, I have nothing.' (1Cor. 13:2) Everything will be done away with. What remains, what is everlasting and the most beautiful adornment of the human being, is the treasure of the soul. Yet you say you have not time for it!!*

*Even if you are a powerful man or woman, governing nations, and the outcome of the Universe depends on you, you must not say, 'I have not time to be concerned for my soul.' **Nothing, absolutely nothing, ought to minimize or deaden our interest for our salvation and for knowledge of Christ our Lord in our lives.** In prioritizing our interests, the first place must be given to the care of our souls. The destructive and unfound excuse of 'I have not time' ought not to even cross our mind. For many other things in life we may not find time. But for the well-being of our souls we must, at all costs, find the necessary time. For this reason, **God placed us in this world and blesses us with the days of our lives to work toward our salvation!**'*

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## PSALM READER NEEDED ON SUNDAY MORNINGS

An important part of every Orthros is the reading of the six psalms, or *hexapsalmos*, which occurs at the beginning of the service. It would be a great help if a volunteer could be at church each Sunday at 8:45 am in order that we may begin the Orthros on time, and read the six psalms. If anyone is interested, please see Fr. Anthony any Sunday after church in order to go over the procedure. Your time and effort will be greatly appreciated.

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## NATIVITY FAST BEGINS 11/15

As we remind you every year, our Holy Orthodox Church prepares for the incarnation of Christ through a 40-day fast. The Nativity fast is a very ancient practice of the Church, which has been largely ignored by many of the faithful in modern times. Regardless, the Church must continue to teach and perpetuate her venerable traditions, which exist for the spiritual benefit of all her children. For this reason, during each fast period of the year, I always offer traditional fasting guidelines so that we may all attempt to follow them fully, or partially according to various familial factors, or at least as much as is reasonably possible.

Regarding the Nativity fast, please remember that there is approximately a one-month period of moderate fasting, during which we adhere to the following guidelines:

- fish, wine, and olive oil are permitted daily, with the exception of *Wednesdays & Fridays*
- no animal products are permitted throughout, including eggs & dairy
- shellfish is permitted daily

Note: Our Holy Archdiocese has always waived fasting on Thanksgiving Day.

The final and stricter part of the fast varies according to tradition – some say from 12/13 through 12/24, while others say only during the last week before the Nativity. For our parish, it would be logical to switch to the stricter fast right after celebrating our patronal feast day on 12/12, thereby focusing on our spiritual preparation for the birth of Christ. The fasting guidelines during this period are similar to Great Lent:

- on weekdays, no animal products are permitted, *including fish*, as well as wine (all alcoholic beverages) and olive oil (it is customary with many to substitute vegetable oil for olive oil, if needed, on strict fast days)
- wine and olive oil are permitted on Saturdays & Sundays
- shellfish is permitted daily

Note: Throughout the Nativity fast, those who are infirm, expectant and nursing mothers, the elderly, and young children should follow a relaxed, minimal fast. Your spiritual father can guide you in these cases.

May we all seek to grow spiritually through the venerable practice of fasting, *along with increased prayer, church attendance, and charitable works*. Instead of considering fasting a burden, I pray that we all come to realize that, on the contrary, true fasting along with prayer and good works, actually *frees* us from our own internal burdens that affect our spiritual growth.

+Fr. Anthony

## FROM THE HOLY FATHERS

(The following is taken from a collection of sacred poetry by St. Ephrem the Syrian, collectively known as “Hymns on Paradise.”)

### HYMN II

1. *“Blessed is he for whom Paradise yearns. Yes, Paradise yearns for the man whose goodness makes him beautiful; it engulfs him at its gateway, it embraces him in its bosom, it caresses him in its very womb; for it splits open and receives him into its inmost parts. But if there is someone it abhors, it removes him and casts him out; this is the gate of testing that belongs to Him who loves mankind.”*
  
  3. *“When people see that they have lost everything, that riches do not endure and carnal desires no longer exist, that beauty and power disappear and vanish, then they recollect themselves and are filled with remorse, because, choked with care, they heard with contempt those words, ‘Your possessions are but a passing dream, your inheritance, darkness.’”*
  
  5. *“The righteous, too, perceive that their own affliction no longer exists, their suffering does not endure, their burden no longer remains, and it seems as if no anguish had ever assailed them. Their fasts appear as though a mere dream, for they have woken as it were from sleep to discover Paradise and the Kingdom’s table spread out before them.”*
  
  6. *“By those who are outside the summit cannot be scaled, but from inside Paradise inclines its whole self to all who ascend it; the whole of its interior gazes upon the just with joy. Paradise girds the loins of the world, encircling the great sea; neighbor to the beings on high, friendly to those within it, hostile to those without.”*
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## ARTOKLASIA FOR PARISH FEAST

Each year we celebrate our patron saint's feast day with Great Vespers, which includes the procession of his holy icon, followed by the blessing of the five loaves, or *artoklasia*. Because of the many visitors from neighboring parishes, we always need at least 2 batches of *artos*. It would be a great blessing for any parishioner who would like to offer this gift of love. Following is a very simple recipe for the loaves of the *artoklasia*. Since the feast of St. Spyridon falls within the Nativity fast, it is appropriate that the loaves not contain eggs or dairy products, which this recipe accommodates. Of course, any recipe which doesn't include eggs or dairy would be welcome.

### *Artoklasia*

Approx. 15 cups flour  
5 cups water  
1 large cinnamon stick  
3 packages dry yeast  
3 cups sugar  
2 tablespoons ground cinnamon  
½ cup vegetable oil

Place cinnamon stick and water in a saucepan and bring to a boil. Lower heat and simmer covered for 15 minutes. Allow to cool to warm temperature.

Dissolve yeast in ½ cup warm water with 1 teaspoon sugar added to activate. In a large basin, place sugar, ground cinnamon, and oil. Add the warm cinnamon water and stir well by hand to dissolve sugar. Then add yeast and stir. Begin adding flour, mixing well by hand until you have a soft and elastic dough. Make sure to knead well to ensure elasticity.

Cover dough and allow to rest for 10 minutes. Divide dough evenly, roll into balls, then press into five 9" cake pans that have been lightly greased and floured. Cover and allow to rise until doubled. Bake at 350 for about 30 minutes until done. Do not overcook, as crust tends to darken quickly and taste bitter.

If you would like to volunteer as an *artoklasia* baker for the December 11<sup>th</sup> vespers, please contact the church office as soon as possible.

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# NOVEMBER 2006

Sunday Winter Hour

Sun	Mon	Tue	Wed	Thu
			1 Sts. Cosmas & Damian; 2 Orthros & Lit.; Small Vespers 7 pm, followed by adult relig. ed.  <i>(fast day)</i>	
5 5th Sun. of Luke	6	7 Vespers of Holy Archangels 6:30 pm ( <b>note earlier time due to council meeting</b> )	8 Synaxis of the Holy Archangels, Orthros & Lit.; Vespers of St. Nektarios 7 pm, followed by adult relig. ed. <i>(fast day)</i>	9 Feast of St. Orthros & 1
12 8th Sun. Luke	13 Feast of St. John Chrysostom, Orthros & Lit.	14 Feast of St. Philip the Apostle, Orthros & Lit.	15 <b>NATIVITY FAST BEGINS</b> ; Vespers of St. Matthew the Evangelist 7 pm, followed by adult relig. ed.	16 Feast of St. Orthros & 1
<i>Nativity fast: no animal produc</i>				
19 9th Sun. of Luke	20 Vespers of the Entrance of the Theotokos 7 pm	21 Feast of the Entrance of the Theotokos, Orthros & Lit.	22 (no vespers or adult relig. ed.)	23 Thanksgivi closed (fast only)
<i>Nativity fast continues</i>				
26 13th Sun. of Luke	27	28	29 Vespers of St. Andrew the First-Called 7 pm, followed by adult rel. ed.	30 Feast of St. Orthros & 1
<i>Nativity fast continues</i>				

s Orthros 8:45 am      Divine Liturgy 10 am

**Fri**

**Sat**

3

4

Great Vespers 6 pm

*(fast day)*

10

11

Nektarios,  
Lit.

Great Vespers 6 pm

*(fast day)*

17

18

Matthew,  
Lit.

Great Vespers 6 pm

*ts; fish, wine & olive oil permitted daily except for Wed. & Fri.*

24

25

ng Day, office  
ing lifted today

St. Katherine the Great  
Martyr, Orthros & Lit.

Great Vespers 6 pm

Andrew,  
Lit.

**Upcoming Events**

November 2—Philoptochos Fall Social, 6 pm

November 7—Parish Council, following 6:30 pm Vespers (approximately 7:15)

November 13—Soup Kitchen, 5 pm

November 14—Retirees Luncheon & Presentation, immediately after Liturgy

November 14—Daughters of Penelope meeting, 7 pm, AHEPA housing

November 19—Island of Skiathos *artoklasia*, luncheon and meeting

**Regular Events**

Religious Education—Sundays, immediately after Holy Communion

Adult Religious Education—Wednesdays, 7:30 pm following 7 pm Vespers

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

Adult Greek School—Mondays, 5-6 pm

PHILOPTOCHOS NEWS

**Philoptochos Annual Fall Social**  
Thursday, November 2, 2006  
Doors open at 6 pm  
St. Spyridon Church Hall

The Philoptochos will be hosting their annual fundraiser—the Fall Social on Thursday, November 2, 2006. The Social will return to the Church Hall venue this year and doors will open at 6 pm.

Please plan to attend to support the Philoptochos and also look for the gift baskets on the tables in the church hall which will be raffled off that night. See any Philoptochos member to buy your raffle tickets.

Also, the annual Christmas get together for the Philoptochos will be held on Wednesday, December 13th at 6 pm at the La Forge Restaurant on Bellevue Avenue. We would love for you to attend. We will be ordering off the menu. Please call Elaine Brown, 849-3480, by December 8th. Hope to see you!

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RETIREES LUNCHEON & PRESENTATION

Our next retirees luncheon and presentation will take place on **Tuesday, 11/14**, immediately after the liturgy of St. Philip the Apostle. A speaker from URI will speak on herbal remedies. Please come and enjoy the good food, fellowship, and quality presentations that our regular attendees have enjoyed for the past few years. We wish to thank Jimmy Borodemos of *Island Pizza Plus*, for providing the delicious pizzas for our October gathering.

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THOUGHTS ON STEWARDSHIP

**PROPORTIONATE GIVING**

God does not expect more than you can give. Nor does He expect less. Proportional giving is not something unique to the New Testament (I Corinthians 16:2). Even in the Levitical offerings there was provision for giving according to means.

If God had richly blessed you, there was a fitting way to show your gratitude-the offering of a young bull. Those not so fortunate could still express their thanks by offering a sheep, a goat, or a bird. But whether the offering was as large as Solomon's (who sacrificed 22,000 oxen and 120,000 sheep at the dedication of the temple (1 Kings 8:36), or as small as Holy Mother of God Mary's (who brought the offering of the poor, a pair of turtledoves, after the birth of Jesus (Luke 2:24), the important thing was not the size of the gift but the intent of the giver. The poor man's pigeon smelled as sweet to God as the rich man's bull.

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Friends, we are nearing the end of the 2006 fiscal year and are approximately 2/3rds of the way to our stewardship goal for 2006. We still need to hear from those stewards who faithfully give to the church in November and December. Don't forget to remember the needs of your church!!

Receipts have been sent in recognition of all stewardship gifts received to date. If you have NOT received a receipt, or find your receipt in error, please contact me as soon as possible.

Zoe Adamedes  
274-1316  
zadamedes@yahoo.com

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## SOUP KITCHEN NEWS

Thanks to Steve and Greg Mellekas and everyone who helped with the October Soup kitchen. We will be hosting the November Soup Kitchen on Monday the 13th. Please contact Presvytera Themmi if you would like to help.

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## PARISH COUNCIL NEWS

The next parish council meeting will be held Tuesday, November 7th, starting at 7:15 due to the prior service which all parish council members are invited to attend.

Items discussed at the October meeting:

1. Parish council set the date for the general assembly as Sunday, December 3, 2006 following Divine Liturgy. The reason for the delay of the general assembly is due to an Archdiocesan assessment workshop, to be held at the Metropolis of Boston on Saturday, 11/11. Our budget will be finalized by the council after attending the workshop. The minutes, budget and agenda will be mailed to all parishioners. Please make an attempt to attend this important general assembly.
2. The parish council will have positions open for the upcoming new year. Please feel free to contact Father Anthony or any council member if interested to serve on the next parish council.

If there are other interests or concerns that a parishioner would like to bring forth please contact any parish council member.

Thank you,  
Steven J. Mellekas  
Parish Council President

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## GREEK SCHOOL NEWS

The St. Spyridon Greek School has started the 2006-2007 school year. Classes are held Monday-Thursday afternoons. Lessons are offered for both our youth and for adults. If you would like to participate in this program please contact Mrs. Loula Eliopoulos, Basile Panoutsopoulos or Evangelos Giannopoulos.

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## ADULT RELIGIOUS EDUCATION

Adult religious education continues on Wednesday evenings as follows: Small Vespers at 7:00 pm, followed by the adult class at 7:30 pm. Our format has been to begin with the day's gospel lesson and patristic commentary, followed by an open discussion on a previously suggested topic, or on particular questions brought forward at each session. Please join us at any time; it won't make a difference if you haven't attended any prior sessions. As stated on the November calendar, there will be no vespers or class on Wednesday, 11/22.

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## IN OUR PARISH

Birth: A baby girl, *Eleni Sofia*, was born to parents Cosma and Despina (Stefanopoulos) Haralambidis on 10/7. Congratulations also to proud grandparents, parishioners Christos & Sofia Stefanopoulos, and both families. May she live many years!

Death: *Frances Demopoulos*, the wife of parishioner Harold Demopoulos, fell asleep in the Lord on 10/20. Her funeral was held at the Roman Catholic parish she attended in Bristol, RI on 10/24. May God grant her eternal rest!

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### AHEPA VIDEO CONTEST

The AHEPA announces a video contest with the topic of the contest being "What does the AHEPA mean to you?" Videos can be of any length up to a maximum of 20 minutes. Videos must be in either VHS or DVD format. Videos can be submitted to any member of the AHEPA between now and April 30, 2007. Videos will be judged by the entire AHEPA membership at the final 2006-2007 AHEPA meeting in June. Anyone may enter. You do not have to be a member of the AHEPA. People 18 and under will compete in the junior division and all others will compete in the senior division. Prizes for the best videos will consist of gift certificates to one of the fine dining establishments owned by our fellow AHEPA members.

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### DAUGHTERS OF PENELOPE

Save the date - DECEMBER 6th for our Christmas/70th Anniversary party. Particulars will be forthcoming as soon as finalized. We hope to have ALL of our members and their guests there for this memorable event.

The next meeting will be held on TUESDAY, November 14th at 7 p.m. at the Ahepa housing on Girard Avenue. All members are asked to attend. We hope to see you there..

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<p><i>In loving memory of</i> <i>Gredo Vincent</i> <i>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><b>Enthimia</b> <i>The Wedding and Baptism Store</i> Elegant Accessories 705 Washington Street Norwood, MA (781) 702-6034 <b>enthimia.com</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> <b>BREWING COMPANY</b> 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</i> <i>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>Middletown</i> <i>Voted Best in Rhode Island!</i></p>	<p><b>The Mainstay Inn</b> 151 Admiral Kalbfus Road <i>Newport</i> <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>A Friend</b></p>	<p><b>PEQUOT PROPERTIES</b> <b>Dino Dart—Realtor</b> 711 Broad Street Ext. Waterford, CT 06385 Office: (860) 447-0345 Fax: (860) 444-6306 DinoD6969@aol.com</p>



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