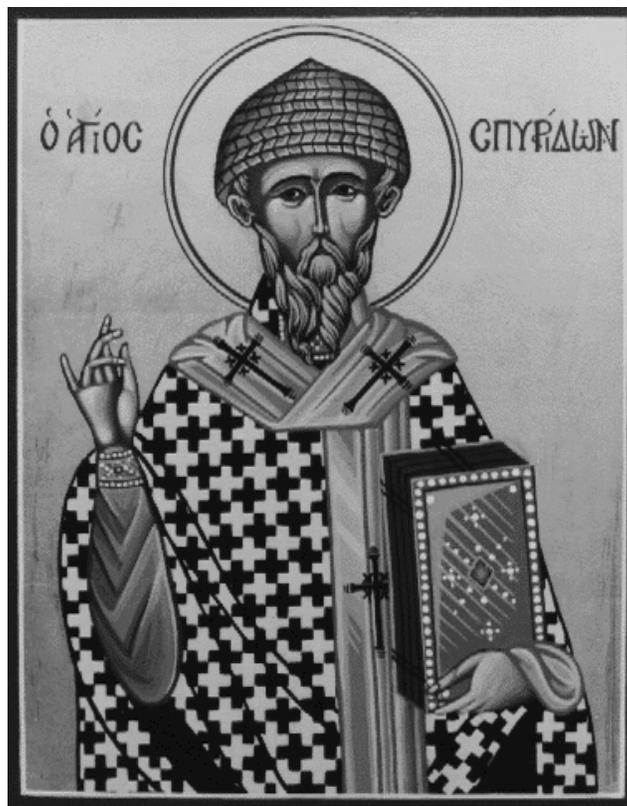


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THE SAINT SPYRIDON VOICE  
OCTOBER 2006

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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  
[franthy@stspyridonchurch.org](mailto:franthy@stspyridonchurch.org)

#### Office Hours

Priest—Tuesday—Friday, 9 am—3 pm

Church secretary, Ellen Anagnostos: Tuesday & Thursday, 9 am—1 pm

#### Parish Council President:

Steven Mellekas

#### Chanters:

George Spiratos  
 Basile Panoutsopoulos

#### Choir Director:

Paul Cotsoridis

#### Organist:

Jane Iandolo

#### Religious Education :

Marianne Menas

#### Stewardship:

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\* Festal celebrations in the week:  
 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

Beloved in Christ, surely most of us have been very troubled by the type of newsworthy events we see each day in the newspaper, and hear about and see on radio and television. Between all the unfortunate occurrences overseas, as well as the heinous crimes that occur daily on our own soil, it is a wonder that many have not lost their faith. The truth of the matter is that these types of events will not stop happening. Regardless of what occurs in the world though, it is imperative that we learn to nurture and grow our faith in order to be able to continue our journey toward salvation, which, in the end, is all that will matter when we leave this earth.

Countless generations of Christians have faced many spiritually difficult and challenging moments in their lives. All we have to do to see this, is to scan the history of the Church, starting with the Roman persecutions. There were other dark periods in the Church such as the onslaught of the Ottoman Turks into traditionally Christian lands, the catastrophic events in Byzantium brought on by the Crusaders from the West, as well as countless wars and revolutions that have affected Orthodox Christians throughout the ages. The 20<sup>th</sup> century was an especially trying period for the Church, because of Communist persecution in many traditionally Orthodox countries.

Given all these trials and tribulations, Orthodox Christians have remained steadfast in their faith. *Nothing* has been able to completely wipe out the Church and her children. For us today, we have seen this clearly in the former Communist nations. The Church in these countries was never completely eradicated, which is what the atheists would have liked to have seen; and when Communism fell, the Church in those lands began to grow again. Many of us have been inspired by the stories of the elderly who experienced various forms of persecutions and suffering in their lives throughout the Orthodox world. Their unwavering faith is a source of great inspiration.

Now, what about us today? As we deal with the world around us, do we exhibit this same unwavering faith in order to benefit our own spiritual well-being, as well as that of our children? With so many distractions in our extremely secular world, I'm truly worried that spirituality is not always the priority that it should be.

Deep, unwavering faith cannot be found simply because someone is a "practicing" Orthodox Christian. We can be as regular as possible with church attendance, however, frequency of church attendance is just one of the building blocks of deep faith conviction. A truly spiritual Orthodox Christian must live his faith on a *daily*

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basis, from the time of awakening to the moment he lies down for sleep. Actually, traditional Orthodox evening prayers also ask God to protect us from the devices of the Evil One and keep us focused on God, even during our sleep!

Here, though, we must remind ourselves of those things which are necessary to help faith grow. First of all, *prayer* must be part of our daily routine, for without prayer, faith can never grow. Secondly, *fasting* on the days and during the periods prescribed by the Church, will facilitate us in our prayer lives, as well as assist us with our entire spiritual well-being. Thirdly, faith is deepened by achieving *humility*, which will aid us in shunning the ways of the world, and making God the top priority in our lives. Another necessary building block toward deeper faith, is the showing of love, compassion, and forgiveness to our neighbors – both those we love and those who hate us.

Some of us may notice that all these things just mentioned, are normally emphasized during Great Lent. This is true, however, we need to remind ourselves that these are virtues to learn and apply to our daily lives, and not just part of each year. Each Lent is a time to reflect, repent, and hopefully change our ways, so that we can be spiritually healthy *throughout* the year.

Beloved in Christ, if we can work at increasing our spirituality, and thereby strengthen our faith, we can then face the turmoil in today's world that is ever-present. Deep faith in Christ and the promise of salvation, will help us conquer the evil and ugly things present in our own lives. Anger, jealousy, hatred, the use of foul language, vengefulness, egotistical pride, dishonesty, materialism...all these things and more need to be conquered if we are to grow steadfast in our faith. If we can accomplish this, we can then become beacons of Christian living to the world. As we sow seeds of faith around us, may those who do not believe and those of little faith, be touched by our example.

None of us can completely change the world, but all of us together can bring a few souls to Christ, so that Holy Orthodoxy may grow and prosper. No matter how worse off things become in the world, let us emulate our Orthodox Christian forefathers throughout the ages who faced the enemy head-on, and remained invincible warriors of Christ.

In Christ's love,

+Fr. Anthony

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## TWO NEW ICONS FOR OUR CHURCH

Two new “handwritten” (hand-painted) icons have been gifted to our church by the Mellekas family, from funds donated in memory of Bessie Mellekas. Since “Yiayia Bessie” was from the island of Mytiline, one of the icons is of Sts. Raphael, Nicholas and Irene, the beloved neo-martyrs and miracle workers from Mytiline. The other icon is of St. Nicholas, the most popular saint of the Orthodox Church as well as the protector of travelers (especially at sea), and of children – quite appropriate for our growing parish and for Newport in general. Yiayia Bessie fell asleep in the Lord one year ago this month. May her memory be eternal!

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## CORRECTION TO FESTIVAL DONORS

We inadvertently left Helen Nelson out of the list of donors for Hellenic Fest, for her generous contribution. If we have omitted anyone else, for which we apologize in advance, please be sure to contact the church office in order to be appropriately acknowledged. Thank you.

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## CHURCH EVENT CALENDAR

As we enter the busier period of fall, winter, and spring, we would like to request that all organizations and individuals check availability of dates with the church secretary, *before* choosing dates for special events, memorial coffee hours, and other such things. The church office maintains a parish calendar where all such events are logged. Dates cannot simply be decided at organization meetings, or by families and individuals, without first consulting Ellen in the office.

In this regard, we must also stress that priority must be given to parish organizations before any affiliated organization, or other individual requests for dates. There are many regular parish events that occur each year, so please understand why dates may not always be available.

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## FROM THE HOLY FATHERS

(the following is taken from the writings of St. John Chrysostom)

### *That the Household Might Become a Church*

*“...when you go home from here (church), lay out with your meal a spiritual meal as well. The father of the family might repeat something of what was said here; his wife could then hear it, the children too could learn something...In short, the household might become like a church, so that the devil is driven off and that evil spirit, the enemy of our salvation, takes to flight; the grace of the Holy Spirit would rest there instead, and all peace and harmony surround the inhabitants...”*

### *Scripture: A Spring Gushing with Ever-flowing Waters*

*“Reading the Holy Scriptures is like a treasure. With a treasure, you see, anyone able to find a tiny nugget gains for himself great wealth; likewise in the case of Sacred Scripture, you can get from a small phrase a great wealth of thought and immense riches. The Word of God is not only like a treasure, but is also like a spring gushing with ever-flowing waters in a mighty flood...Don’t be surprised if we have experienced this: our forebearers drank from these waters to the limit of their capacity, and those who come after us will try to do likewise, without risk of exhausting them; instead the flood will increase and the streams will be multiplied.*

### *The Church is Your Salvation*

*“Nothing is more abiding than the Church: she is your salvation; she is your refuge. She is more lofty than the heavens; she is more far-reaching than the earth. She never grows old; she always stays in bloom. And so Scripture indicates her permanence and stability by calling her a virgin; her magnificence by calling her a queen; her closeness to God by calling her a daughter; her barrenness turned to fecundity by calling her ‘the mother of seven.’ A thousand names try to spell out her nobility. Just as the Lord is called by many names...since one name could not hope to describe the Omnipotent, and many names give us some small insight into His nature, so the Church goes by many names.”*

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## COFFEE HOURS

Orthodox parishes of all jurisdictions in the United States, typically have a “coffee hour” or similar social gathering after liturgy. In many ways, these coffee hours are a modern day version of the *agape* meals of the ancient Church. These meals typically followed the celebration of the Eucharist, and were a time for the local Christian community to gather together in love and fellowship, and to be physically nourished after being spiritually nourished through the liturgy.

Since we are a family in Christ, it would be a blessing to see more of our members sponsor a coffee hour, instead of only the few who currently participate. There is no need to be elaborate, unless of course, someone chooses to because of a memorial, nameday celebration, etc. One or more items to go along with coffee would be adequate (healthy choices would be preferable), along with some milk and/or juice for the children. Coffee and sugar are provided by the church; you only need to provide some milk or half & half. During fast periods, we have non-dairy creamer on hand. If we haven’t yet, let us consider sponsoring a coffee hour periodically, as a gesture of Christian love toward our family in Christ. The sign-up sheet is on the kitchen door, or simply call the office.

At this time, we would like to thank Maria Lewis, who consistently puts together a coffee hour when no one is signed up. We especially thank her for her “back to school” coffee hour offered on 9/10, during which she provided pencil and glue packages to the children. Thanks for all the help Maria!

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## RETIRES LUNCHEON & PRESENTATION

Our next retirees luncheon and presentation will take place on **Thursday, 10/19**. 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 Komaz Rozes of *Flo’s Clam Shack*, for providing the wonderful lunch for our September gathering. A National Geographic documentary on the Old City of Jerusalem was the featured presentation.

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# OCTOBER 2006

<b>Sunday Winter Hour</b>
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<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>
1 2nd Sunday of Luke	2	3	4 Small Vespers, 7 pm	5
<i>(fast day)</i>				
8 3rd Sunday of Luke	9	10	11 Small Vespers, 7 pm	12
<i>(fast day)</i>				
15 Fathers of the 7th Ecumenical Council	16	17 Vespers of St. Luke the Evangelist, 7 pm	18 Feast of St. Luke, Orthros & Lit.  Small Vespers, 7 pm <i>(fast day)</i>	19
22 6th Sunday of Luke	23	24	25 Vespers of St. Demetrios the Great Martyr at Church of St. Demetrios, FALL RIVER, 7 pm <i>(fast day)</i>	26 Feast of St. Orthros & L
29 7th Sunday of Luke	30	31 Vespers of Sts. Cosmas & Damianos 7 pm		

s	Orthros 8:45 am	Divine Liturgy 10 am
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**Fri**

**Sat**

6

7

Great Vespers, 6 pm

*(fast day)*

13

14

Great Vespers, 6 pm

*(fast day)*

20

21

Great Vespers, 6 pm

*(fast day)*

27

28

Demetrios,  
.it.

Feast of the Holy  
Protection of the  
Theotokos, Orthros & Lit.

*(fast day)*

Great Vespers, 6 pm

**Upcoming Events**

October 3—Parish Council, 7 pm

October 9—Soup Kitchen, 5 pm

October 10—Daughters of Penelope meeting, 7 pm, AHEPA housing

October 18—Philoptochos General Meeting, 6:30 pm

October 19—Retirees Luncheon & Presentation, 12 noon

**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

Here is a copy of the Philoptochos calendar for the 2006-2007 year. Please keep a copy of it and try to join us!

### **Philoptochos Calendar 2006-2007**

October 11, 2006	6:30pm	Board Meeting	Church Hall
October 18, 2006	6:30pm	General Meeting	Church Hall
November 2, 2006	6:00pm doors open	Fall Social	Church Hall
December 11, 2006	coffee hour	Vespers	Church Hall
December 13, 2006	6:00pm	Christmas Dinner	Details to follow
January 10, 2007	6:30pm	Board Meeting	Evie Spiratos
January 21, 2007		Vasilopita	Church
February 12, 2007	3:00 setup	Sponsor Soup Kitchen	Church Hall
March 12, 2007	6:30pm	General Meeting	Church Hall
To be Announced		Lenten Dinner	Church Hall
April 11, 2007	6:30pm	Board Meeting	Janice Tasso
May 16, 2007	6:30pm	General Meeting	Church Hall
June 6, 2007	6:00pm	Dinner Meeting	Details to follow

## THOUGHTS ON STEWARDSHIP

### CONTRIBUTION OR COMMITMENT

The difference in a contribution and total commitment is usually the difference in failure and success.

A chicken and a hog were walking past a church building one day when they noticed the Sunday morning sermon posted on the outside bulletin board, "Helping the Poor." They walked a ways when the chicken suddenly came across with a suggestion. "Say, Brother Hog, why don't we give all of the poor people a nice breakfast of ham and eggs?" The hog thought a moment and replied, "That's alright for you to say because for you it is only a contribution but for me, it's total commitment!"

A growing problem facing our world and the Church today is the increasing number of people who have given up commitment to become contributors. Contributions are much easier than commitments. The average man on the job contributes whatever is necessary to keep his paycheck coming in. He is not committed to his company. In most cases he does not even like his job. It is only a boring way to make money. Check the shoddy craftsmanship lately on a lot of items you buy and you will see what I mean. You probably already know.

Many Churches have the same problem. Members contribute only enough time, effort and money to be recognized as a member and to soothe their own conscience. They will contribute to just about anything as long as it does not cost them anything but they will sacrifice nothing, especially themselves.

Jesus succeeded in His mission because He was totally committed to the task before Him. He was willing to give up everything, even His life, for the cause He believed in. No one really succeeds in life until he reaches the point that he is willing to lay down his life. Jesus said, "Except a corn of wheat fall into the ground and die, it abides alone."

The difference in a contribution and total commitment is usually the difference in failure and success. "Here, Lord, I give myself to You, that is all I can do." That is all You can do, but you must do that much! Paul says that we are to offer ourselves to God as a living sacrifice." (Romans 12:1)

Does your Stewardship Commitment to St. Spyridon's reflect a contribution or a commitment? "Let us commit ourselves and one another and our whole life to Christ our God."

Stewardship Update: So far, we are a little over half-way to our goal of raising \$90,000!! If you have not yet returned your pledge card, please do so at your earliest convenience. Remember-you do NOT have to return your pledge in full with the card-just the card will do, as it helps to assist in financial planning for the parish. We'll be on the look-out for your pledge card! If you have misplaced your pledge card, they are available at the Narthex.

Zoe Adamedes, Stewardship  
zadamedes@yahoo.com

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## ADULT RELIGIOUS EDUCATION

Fr. Anthony will be conducting adult religious education classes **each Wednesday at 7 pm, starting on 10/4**. The format will be Small Vespers at 7 pm, followed by a one hour session in the hall at 7:30 after the service. For those who will be attending, perhaps you could suggest a topic or topics of personal interest. Another idea would be to mail-in anonymous questions that could be answered during class. Please consider expanding the knowledge of your faith through adult religious education.

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## PARISH COUNCIL NEWS

The next parish council meeting will take place Tuesday October 3, 2006 @7:00 p.m. in the church hall. Items discussed at the September Meeting are as follows:

### I. Hellenic Festival Report

The figures of the Hellenic Fest of 2006 total revenue was 57,052.87. Less Expenses of 29,647.49 leaves a net income of 27,405.38. Some more food items are to be sold an adjusted accordingly. A break down of each sales and expenses will be completed. The next Hellenic Fest meeting will be decided at the October meeting. The parish council sincerely thanks everyone for their donations, time, and extreme amount of effort in supporting the 2006 Hellenic Festival to be so successful.

### II. Community Letter

A letter will be sent to everyone in the community form the parish council of the concerns accepted in the minutes of the June 13th meeting.

### III. A Wish List

A wish list of the maintenance of the Church will be made available at the next meeting.

### IV. General Assembly

The general assembly date will be established and the community will be notified in proper time.

Please feel free to contact anyone on the Parish Council for any concerns with Saint Spyridon Church.

Thank you,  
Steven J. Mellekas  
Parish Council President

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## IN OUR PARISH

Births: A baby boy, *Gianni Konstantinos*, was born to parents Dino & Janet Spentzos on 7/26. He is the grandson of parishioners Nikos & Noula Spentzos. May he live many years!

A baby girl, *Lilliana Adeline*, was born to parents Michael and Sarah (Jennings) Redman on 8/17. She is the granddaughter of parishioners Steve & Betty Jennings, and great-granddaughter of Nina Bozas. May she live many years!

Baptism: The daughter of Christopher and Stacey (Krones) Keefe was baptized on September 24<sup>th</sup>, and was given the name *Ana*. Her sponsor is Julie Young. Mays she live many years!

Wedding: Brad Sjosten & April Sardinha, daughter of David & Pam Sardinha, were married on 10/1. Their sponsor is April's grandmother, Barbara Parkos. May they live many years!

Deaths: Tom Sapontgis, a former member of St. Spyridon known to many, fell asleep in the Lord on 8/31. Although he had expressed the desire to reunite with the Orthodox Church, he had not done so. Tom had made arrangements to be buried by another denomination where he was a member, which occurred on 9/5. Here at St. Spyridon, a *trisagion* for his soul was chanted after Sunday liturgy on 9/3. May God rest his soul!

Louis Jennings fell asleep in the Lord on 9/20. A *trisagion* was chanted at the funeral home on 9/23, prior to his body being shipped to his son Peter, for burial in Florida. Louis is the brother of parishioner Georgia Young, and beloved uncle to her children and grandchildren. May his memory be eternal!

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## SOUP KITCHEN NEWS

Our September Soup Kitchen had a great turnout of over 65 guests. Thank you to everyone who helped make it successful. Rose Apostal's corn bread, and rice, along with Sofi Cofield's desserts were a hit along with a chicken dinner. Thank you to the Philoptochos and the Weingert family for their donations this month. Our October Soup Kitchen will be on Monday October 9. Anyone interested in serving, please contact Presv. Themmi.

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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, OCTOBER 10th at 7 p.m. at the Ahepa housing on Girard Avenue. Hope to see you all there.

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<p><i>In loving memory of</i> <b>Gredo Vincent</b> <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 <a href="http://enthimia.com">enthimia.com</a></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 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 <a href="mailto:DinoD6969@aol.com">DinoD6969@aol.com</a></p>



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