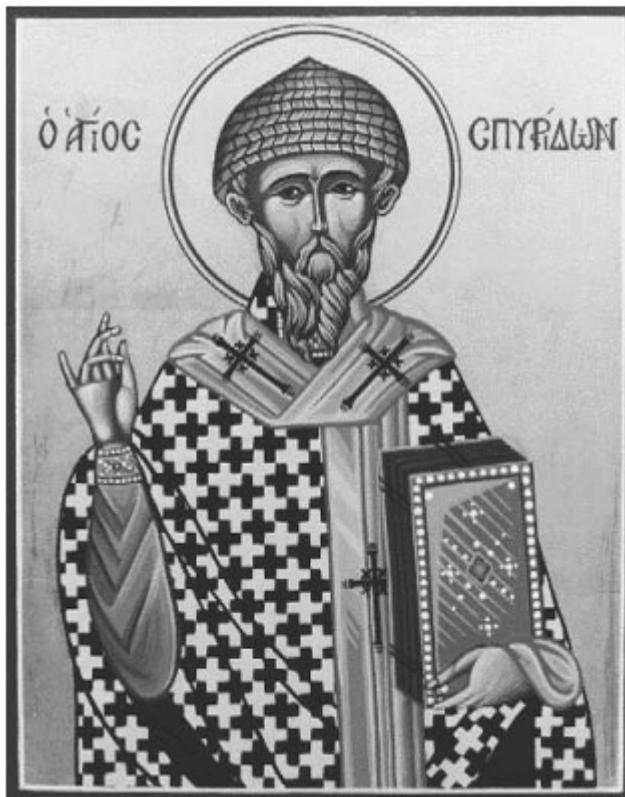

THE SAINT SPYRIDON VOICE
MAY 2009



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 Dr. George E. Economou

frgeorge@stspyridonchurch.org

Office Hours

Priest: Tuesday & Thursday, 10 am—1 pm; For emergencies, call (401) 474-7700 (cell)

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

Parish Council President: Zoe Adamedes

Chanters: George Spiratos

Basile Panoutsopoulos

Choir Director: Paul Cotsoridis

Organist: Jane Iandolo

Religious Education: Marianne Menas

Stewardship: Zoe Adamedes

Philoptochos President: Elaine Brown

Acolytes: James Mellekas

GOYA President: James Mellekas

JOY Advisor: Sandy Giannopoulos

Greek School:

Loula Eliopoulos

Basile Panoutsopoulos (adult classes)

Soup Kitchen: To be announced

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

Weekday Festal Celebrations:

Vespers—7 pm*

Orthros—9 am

Divine Liturgy—10 am

* Note: Holy Confession is available by appointment.

FROM THE PASTOR'S COLLECTION

THE PASCHAL SEASON

“Having beheld the resurrection of Christ.”

It is now the paschal season, forty days of feasting. For forty days, at every service we repeat, like the ringing bell.

Christ has risen from the dead, trampling down by death, and upon those in the tombs bestowing life.

During these forty days, we also greet our fellow Christians with the paschal exclamation. It is the expression of our joy, the sharing of our faith, the assurance that Christ has defeated the death:

Christ is risen? Indeed, He is risen!

For forty days liturgical vestments and linens remain white, like the robe of the angel announcing the Good News. The epitaphion of Holy Friday remains in the sanctuary during this time, for the death of the Savior is always linked to his resurrection. The Icon of Christ in the tomb covers the altar table, and on it we celebrate the eucharist, for out of the tomb comes life.

No one may kneel or bow until Pentacost. It is no longer the time to fast, but rather to invite all one's friends, particularly the poor and the lonely, to share the festal meals.

This is a privileged time. We feel Christ's presence in our midst, just as when he appeared to the apostles; in the upper room, on the road to Emmaus, on the mountain in Gallilee, at the shore of the lake of Tiberias, sharing a meal with friends.

The week of Pascha is often called “Bright Week.” Indeed, the days become longer, the sun is brighter, warming us and filling us with joy. Spring blossoms, everything is covered with greenery and flowers. “Each spring, nature prophesies the future spring of the whole world.” The feasts of Pascha is a foretaste of the day without end, when spring will be eternal.

During Bright Week, the liturgical services follow a special *ordo*, as if each day were Sunday. Instead of singing all the hymns according to a single tone for the entire week, as is done in ordinary time, a new tone is used each day, as if it were eight consecutive Sundays. In Orthodox countries, paschal matins and the eucharist are celebrated each day; there is a daily procession around the church, and water is blessed for use by the faithful. The churches remain open night and day, and the doors of the iconostasis are not closed for the entire week. “In this way is symbolized our free access to the Holy of Holies, which Jesus Christ, our high priest, has opened for us through his blood.”

Two thousand years have passed since the Crucifixion and Resurrection of the Lord Jesus. How are we affected by this event today? How does the “forgiveness of sins” for which Jesus dies upon the Cross become the forgiveness of our sins today? How does the eternal life of the Risen One, who will never die again, become our eternal life? How does Jesus Christ’s victory over death deliver us from death? How can everything that the Lord Jesus did for men whom He loved so much benefit the people of our time? How can the gift of God which He brought be effectively received by us today? How can this mystery of the Cross and Resurrection affect us; how can we appropriate it, make it our own, so that His Resurrection becomes our resurrection, so that His union with the Father becomes our reconciliation with God, so that His Life becomes our life? The answer is given in a short phrase of the Creed: “I believe in one baptism for the remission of sins.” The Death and Resurrection of Christ are made real to us through Baptism. It is through Baptism that we are united to His death so that we may participate in His Resurrection. It is in Baptism that we are “planted together” with the risen Christ; it is Baptism which grafts us onto Him.

The great mystery which the Holy Spirit accomplishes in Baptism becomes part of one’s consciousness only through free cooperation or “synergy” on the part of the baptized. In order for the baptized individual to truly attain the image of Christ, to become really a Christian, a whole lifetime is needed during which the action of Christ and the Holy Spirit in free cooperation with the baptized can gradually penetrate into all the nooks and crannies of his heart and soul, his body and spirit.

Excerpts for this article from the book: The “Incarnate God” (The Feasts of Jesus Christ and the Virgin Mary Vol. II) Catherine Aslanoff, Editor of the French edition, and Translated by

2009 METROPOLITAN SERVICE TRIP

Metropolitan Methodios and the Youth Ministry Team are inviting the young adults of each parish to participate in the 2009 Metropolitan Service Trip. The Mission Service Trip will run from June 7, 2009 to June 14, 2009 and is open to all Greek Orthodox high school graduating seniors. They will be constructing houses in St. Tammany Parish, Louisiana. All volunteers are required to raise \$1,000 which includes round trip airfare, accommodations for the entire week, three meals a day, plus other related expenses. For more information please contact the church office.

IMPORTANT COFFEE HOUR INFORMATION

Please note that those who sponsor a coffee hour are responsible not only for providing the food, but also for setting it out and clearing up afterwards. Wash the platters and pitchers you use, and put leftover juice or soda in the refrigerator. We do not have a kitchen staff for all those chores.

Thank you.

PHILOPTOCHOS NEWS

We would like to keep the community informed of our various philanthropic endeavors. With this in mind the St. Spyridon Philoptochos was happy to donate ten bags of groceries to ten families through the housing hotline as part of our Community Outreach Program. The next meeting is a Board Meeting scheduled for May 20th at 6:30 at Helen Nelson's home. The next General Meeting will be in June with more details to follow.

OFFICE CALCULATOR

Will the person or persons who borrowed the office calculator please return it as soon as possible. Thank you!

SOUP KITCHEN NEWS

Your soup kitchen workers want all in the community to know that we hear grateful thanks every month from the folks enjoying our meals. In April we served 75 people a delicious Easter celebration feast featuring baked ham with our very special St. Spyridon's side dishes. One man told Kip Cofield, "This is the best meal I have had in a long time!"

For May 11, Leza Amarant and Aquidneck Pizza have kindly offered to provide pizza for our diners. This generous donation as well as all the other donations to this ministry enable us to obey the commandment of Jesus, "Feed my sheep."

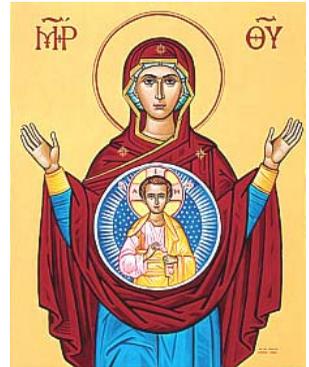
If you would like to help in any way, please talk to Jane Iandolo, Sofi Cofield, or Rose Apostal.

HOW TO LOVE YOUR MOTHER—BY TONYA STONEMAN

Mary, the mother of Jesus, stood by the cross at Calvary and witnessed as history's greatest tragedy was inflicted upon her Son. "When Jesus then saw His mother, and the disciple whom He loved standing nearby, He said to His mother, 'Woman, behold, your son!' Then He said to the disciple, 'Behold, your mother!' From that hour the disciple took her into his own household" (John 19:26-27).

John the Beloved lived to be an old man—long enough to take good care of Mary all the days of her life. Even as He hung dying on the cross, Jesus demonstrated His love toward His mother, making provision for her care in His absence. The older a mother gets, the more she needs to know that her children still love her.

How can you show love to your mother? **1. Love her Verbally.** When you tell your mother that you love her, it is important to be specific. Tell her why and how you love her. Express some of the qualities for which you love her, like the fact that you enjoy the meals she prepares or you appreciate how dependable she is. When you stop and think about all the things your mother does to serve her household, you will find plenty of examples. **2. Love her physically.** Your mother was the first person to touch you. Before you were born, she wrapped you in her womb. After you came into the world, she kissed your cheeks in the middle of the night and held your little hands. She touched you constantly during all those years when you needed the security of her touch. When her primary duties as a mother have expired, she will need to know that she is still needed. She will need your touch. **3. Love her patiently.** Moms have big jobs. There likely is not corporate responsibility that rivals motherhood when it comes to physical, emotional and spiritual commitment. Sometimes they are late to appointments, prepare meals we don't like, or don't follow through the way we expect them to. In these times, we must exercise patience. It's important to remember that our mothers aren't bottomless wells from which we draw each time we have a need. Our mothers have their own schedules and needs. It is unfair to expect them to align their lives to accommodate ours. **4. Listen to her.** Can you remember a time when your mother stopped what she was doing to listen to you pour out your burdens? Maybe somebody you were dating stood you up, a friend didn't invite you to a party, or you didn't make the basketball team. What did your mother do? She put her arm around you and encouraged you. She listened. Sometimes our mothers long for someone to talk to. A lot of mothers suppress fears, anxieties,



frustrations, and inner torments because they don't want to worry their children. In fact, there are no parents who never have fears, heartaches, or burdens. In her latter years, she may face troubles more intense than anything she has helped you overcome in your life. It is important to keep the door of communication open so our mothers can express their fears when necessary. **5. Love her gratefully.** Think, how many meals did she prepare for you while you lived at home? How many boxes of cereal did she buy? You wanted Corn Flakes, so she bought that. You switched to Lucky Charms, so she bought that. Mothers never bring these things to our attention. They just make their trips to the grocery store and stand in line with their carts full of food because they love us. If we begin to enumerate all the little things that our mothers have done throughout the years, we will realize that we owe them an enormous debt of gratitude. **6. Love her tenderly.** A mother sometimes needs acceptance and understanding rather than a lot of advice. Her actions may seem strange, but when you love somebody, you accept them just as they are. Don't judge your mother—just tenderly love her, and accept that she is going through a difficult time. **7. Love her generously.** More than likely your mother sacrificed so that you could wear the clothes you wore, she made sure that you had the best she could afford first. What was left over she spent on herself. Mothers do this every day with their time and energy. How can we be stingy toward our mothers when they have been so selfless, loving and generous toward us? **8. Love her forgivingly.** Perhaps you do not have a harmonious relationship with your mother. Whatever has happened between you, you have a responsibility before God to forgive her. Maybe there is no excuse for her sins, however, when we do not forgive we cannot love, and God tells us to love. If he can forgive us despite our failures, surely we can do the same for our mothers. **9. Love her cheerfully.** What comes to your mother's mind when she thinks about you? Does she smile or frown? The next time you visit your mother, encourage her, laugh with her, and do your best to make her happy. In doing so, you will show her how you genuinely feel toward her. **10. Love her honorably.** "Honor your father and mother that your days may be long upon earth" (Ex. 20:12 NASB). It is the only one of the 10 Commandments with a built in promise for blessing. When you live the kind of life that honors your mother, she will be proud of you. How do you love your mother? Love her with all of your heart. Demonstrate your love to her in a way that makes her grateful for every moment of time she invested in you, every penny, she sacrificed for you, and every experience she provided that helped you become the person you are.

In Touch Magazine, May 2002 Issue

HAPPY MOTHER'S DAY TO MOTHERS OF OUR PARISH!

MAY 2009

Sunday Winter Ho

SUN	MON	TUE	WED	THU
31.Holy Fathers of 1st Ecumen. Council Orthos. 8.45 a.m. Div. Lit. 10.00 a.m. Relig. Classes End		<u>A REMINDER</u> <u>Office Hours</u> <u>Tuesdays/ Thursdays</u> Fathers Emergency Tel. # 401-474-7700		
3Holy Myrrhbearers Orthros. 8.45 a.m. Div. Lit.10.00 a.m. Sun. School Fellowship	4.	5. Irene of Thessaloniki Office Hours. 7.00 p.m. Parish Council mtg	6.	7. Cyril of Jer Office Ho
10.Of the Paralytic. <u>Mothers Day</u> Orthros. 8.45 a.m. Div. Lit. 10.00 a.m. Su. Sch. / Fellowship	11.Mokios the Martyr.	12. Epiphanius of Cyprus. Office Hours.	13. <u>Mid-Pentecost</u> Glykeria V. Martyr. Orthros. 8.45 a.m. Div. Lit. 10.00 a.m.	14. Isidore M Chios. Office Hours
17. The Samaritan Woman. Orthros. 8.45 a.m. Div. Lit. 10.00 a.m. Sun.Sch./Fellowship	18. Peter,Dionysios, Andrew,Paul,Julian The Martyrs.	19.Patrikios Bishop Of Proussa. Office Hours.	20.Thallelaos and his Companions.	21. SS Consta and Hel Orthros. 8.45 Div. Lit. 10.0 Office Hours
24. Of the Blind Man Orthros. 8.45 a.m. Div. Lit. 10.00a.m. Sun. School Fellowship	25. Memorial Day Therapon of Cyprus. Trisagion Prayers for the Departed.	26.Carpos, Alphaeus Of the 70 Apostles. Office Hours.	27.Aposdosis of the Feast of Pascha. Orthros. 8.45 a.m. Div. Lit. 10.00 a.m.	28.HOLY AS SION OF TH Orthros. 8.45 Div. Lit. 10.0 Office Hours

Orthros 8:45 am Divine Liturgy 10 am

	FRI	SAT.
	1.	2.
Jerusalem Museum.	8. John the Theolog.	9. Isaiah the Prophet.
Martyr of .	15. Pachomios Great Martyr.	16. Theodoros the Sactified.
Constantine Martyr a.m. 10 a.m.	22. Basiliskos Bishop of Comana	23. Michael Bishop of Synada. Mary the Myrrhbearer.
SCEN- THE LORD a.m. 10 a.m. .	29. Theodosia of Tyre	30. Isaakios, Founder of the Monastery of Dalmatos.

Upcoming Events

May 3—Hellenic Fest Kick-off meeting, after Liturgy in the Church Hall

May 11—Soup Kitchen, setup 4 pm, meal 5 pm

May 13—Daughters of Penelope meeting, 7pm, Ahepa Housing Complex

Regular Events

Religious Education—Sundays, immediately after Holy Communion

Children’s Greek School—Monday-Thursday, 4-6pm

Adult Greek School—Mondays, 4-6 pm

RELIGIOUS EDUCATION NEWS

Xristos Anesti!

What a wonderful Good Friday Retreat was had at the church! Twenty children came and enjoyed a day of prosforo making, crafts, and story time. Father George came downstairs and spoke to the children about Pascha and what Holy Week means in the Orthodox church. Many parents helped out with the lenten lunch that was eaten by all that day! The children left with a craft, a Pascha card, and handouts on Pascha.

Thank you to all the parents who helped make the day possible!

Marianne



GREEK INDEPENDENCE DAY CELEBRATION THANK YOU

Thank You

We wish to express our sincere gratitude to everyone who supported St. Spyridon's sponsorship of this year's Greek Independence Day Celebration reception held on March 26th. Thanks to your generous contributions and assistance, the more than 175 guests in attendance enjoyed a lovely reception with a plentiful buffet and we received many compliments from our neighboring parishioners in Cranston and Pawtucket. THANK YOU to the following parishioners for your support:

Adamedes Family

Amarant Family

Mr. and Mrs. George Anagnostos

Mr. and Mrs. Constantine Anagnostopoulos

Cottrell Family

Eliopoulos Family

Farias Family

Gianetis Family

Giannopoulos Family

Haralambidis Family

Dr. Joanne and Mr. C. Gus Hologgitas

Johnson Family

Ms. Catherine Koulouvardis

Koulouvardis Family

Ms. Marea Lewis

Mellekas Family

Menas/Soares Family

Panoutsopoulos Family

Panteleos Family

Petrou Family

Psilos family

Spentzos Family

Stefanopoulos Family

St. Spyridon Philoptochos Society

Mr. and Mrs. Kenneth Walsh



HELLENIC FEST KICK-OFF MEETING

The festival will take place on **July 23, 24 and 25, 2009.**

The kick-off festival meeting will be held on **Sunday, May 3rd** after liturgy in the church hall. The purpose will be to form a committee of coordinators to take responsibility of a booth or area of the festival.

The areas are:

1. Raffle: Print/distribute raffle tickets, Collect money/stubs, Conduct raffle, Obtain/file police licenses/report
2. Publicity: Coordinate flyers/News alerts/Newsletter updates, Solicit ad and other donations, Photos
3. Logistics: Licenses/Banners/Tent/Lighting/Propane/Rubbish/Traffic barriers/Band/Sound system
4. Ordering/Inventory: Order Food/Paper products/Soda/Coffee and Bread donations, Coordinate inventory/returns
5. Pastry Workshops: Coordination of pastry workshops, Packaging of pastries
6. Food Workshops: Coordination of food workshops: Moussaka, Pastitsio, Spanakopita, Tiropita, Rizogalo
7. Kitchen: Kitchen management to cook and warm food, Prepare Salads and Rice
8. Setup/Breakdown: Tables/Chairs/Linens/Booths/Signage/Decorations
9. Bank: Coordination of collecting/counting chips and money, Depositing money
10. Finance: Payment of festival invoices, Preparation of financial report

The booths are:

1. Taverna: Beer/Liquor/Ice ordering, Coordination of bar help during the festival.
 2. Food Booth: Responsible for scheduling workers and the smooth operation of the Food Booth during the festival
 3. Pastry Booth: Responsible for scheduling workers and the smooth operation of the Pastry Booth during the festival
 4. Souvlaki Booth: Responsible for scheduling workers and the smooth operation of the Souvlaki Booth during the festival
 5. Gyros Booth: Responsible for scheduling workers and the smooth operation of the Gyros Booth during the festival
 6. Soft Drinks Booth: Responsible for scheduling workers and the smooth operation of the Soft Drinks Booth during the festival
-

7. Cultural Marketplace Booth: Order/Price/Setup products, Post-festival returns/sales, Bookstore
 8. Loukoumades Booth: Batter preparation, Coordination of cooking and schedule workers
 9. Chips Booth: Responsible for scheduling workers and the smooth operation of the Chips during the festival
-

IN OUR PARISH

Baptism: The son of Stacey and Chris Krones was baptized on March 8th and given the name *Kyle Christos* by his Godparents Nicholas Krones and Allison Furtado. Proud parents are Peter and Deborah Krones and proud Great Grandmother is Christine Krones. Kyle joins his big sister Anna in the Krones family. May they live many years!

Christmation: On March 29th, *James Sinclair*, fiancé of Sofia Amaran, was welcomed into the Orthodox faith by Holy Christmation. His sponsor was Helen Boyian of Norwalk CT, Sofia's first cousin. James and Sofia will be married in our church on May 30th. May they have many happy years together!

Death: *Efstratia "Toula" Mellekas* fell asleep in the Lord on Sunday, April 26th. Our condolences go out to her husband James and the whole Mellekas family. May her memory be eternal.

SAINT SPYRIDON BOOKSTORE

Bookstore SALE!!!! 20-40% Off

All books prices are 20-40% off the suggested retail price.

We've just gotten a new shipment of Children's Books...come and have a look... something for every age!!! Remember, all monies go back to the Bookstore to purchase new items; support your Bookstore!

We have a large selection of Liturgical Material, Christian Orthodox Books, Children's Books, Icons, and Children's Book in Greek. Stop in to see what we have in stock!.

Visit our website for a link. <http://www.stspyridonchurch.org/bookstore.html>

For additional information and special orders see Lily Wong-Panoutsopoulos.

AHEPA NEWS

News

The Governor of AHEPA District 7 visited our local chapter during the April meeting.

Next AHEPA 245 Meeting

The May meeting of the local AHEPA Chapter will take place the Second Monday of May at the Club Room in the AHEPA Housing.

Initiation of New Members

The initiation of new AHEPA members will take place before our regular meeting. Food will be provided.

Celebration of Greek Independence Day

The local chapters of AHEPA and Daughters of Penelope will participated at both ceremonies:

1. Newport City Hall on the 25th of March 2009 at noon, and
2. Rhode Island State House on the 26th of March 2009 at 4:30.



AHEPA and Daughters Projects

Various projects are currently supported by the local chapters of AHEPA and Daughters of Penelope. Please join us and support the preservation and transmission of Hellenic ideas.

AHEPA and Daughters Memorabilia Project

Points of Contact: Michael Sisak and Basile Panoutsopoulos. Bring your old pictures to preserve them. They will be returned back to you.

AHEPA and Daughters Movies

The local chapters of AHEPA and Daughters of Penelope have present quality movies. Open to all. For more information contact Dr. Michael Sisak.

Scholarships

Scholarships to High school teams are available from District 7. Ask an AHEPA or Daughter member, or look the announcements board at the Cultural Center for more information.

What is AHEPA and Daughters of Penelope?

The mission of the AHEPA Family is to promote Hellenism, Education, Philanthropy, Civic Responsibility, and Family and Individual Excellence.

An invitation is extended to all people of our Community and all Philhellenes to join both the local chapters of AHEPA and Daughters. For more information contact a local member or email: AHEPA245@Verizon.net.

AHEPA family web site: <http://www.ahepa.org/>

DAUGHTERS OF PENELOPE NEWS

The Newport chapter of the Daughters of Penelope wish to thank everyone who came to our Palm Sunday Fish Dinner. It was a great success and the proceeds will go far to help the charities we support. Thanks also to all the Daughters and Ahepans who helped us that day.

Our next meeting will be on WEDNESDAY, MAY 13, 2009 at 7 pm at the Ahepa Housing Complex. Please be there early so we can start on time. Thank you.

<p><i>In loving memory of</i></p> <p>Grego Vincent Volpicelli</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></p> <p>Dr. Joanne and Mr. C. Gus Hologgitas</p>	<p>Aquidneck Pizza Breakfast • Lunch • Dinner 27 Aquidneck Avenue Middletown</p> <p>Take out orders: 849-3356 Daily 7am-12am, Fri & Sat 7am-2am</p>	<p>This space available Please contact church office</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</p>	<p>A-1 Pizza 306 Broadway Newport</p> <p><i>Free Delivery</i> 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></p> <p>Island of Skiathos Organization Established 1967</p>	<p>Flo's Drive-In <i>Portsmouth</i> Flo's Clam Shack <i>Middletown</i></p> <p><i>Voted Best in Rhode Island!</i></p>	<p>The Mainstay Inn 151 Admiral Kalbfus Road <i>Newport</i> 849-9880</p>
<p>All American Foods, Inc.</p>	<p>Steve H. Jennings Certified Senior Advisor, CSA Advanced Planning Associates Retirement Planning Phone: 401.247.9882 E-mail: sjplanner@aol.com</p>	<p><i>In loving memory of</i></p> <p>Anthony & Dorothea Rozes</p>