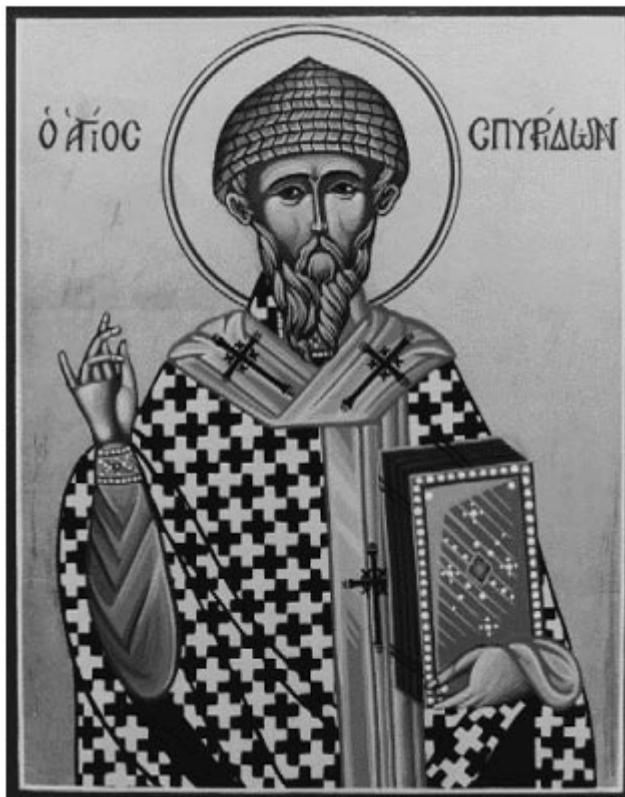


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THE SAINT SPYRIDON VOICE  
FEBRUARY 2010

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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 Dr. George E. Economou  
[frgeorge@stspyridonchurch.org](mailto: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:** Lily Wong-Panoutsopoulos

**Philoptochos President:** Elaine Brown

**Acolytes:** James Mellekas

**GOYA President:** James Mellekas

**JOY Advisor:** Sandy Giannopoulos

**Soup Kitchen:** Sofi Cofield, Rose Apostal  
and Jane Iandolo

**Greek School:**

Loula Eliopoulos

Basile Panoutsopoulos (adult classes)

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

### Affiliated Organizations

**AHEPA President:** Basile Panoutsopoulos

**Daughters of Penelope President:**  
Ellen Anagnostos

**Island of Skiathos Organization:**  
Christina Logothets

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### SERVICE TIMES

**Sunday Winter Hours**

Orthros 9:00 am

Divine Liurgy 10:00 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

**By Fr. Thomas Hopko – from his book “The Lenten Sprint”, Great & Holy Lent  
Let us Begin with Joy**

Joy is at the heart of everything in the Christian life, and Great Lent is no exception. The hymns and verses of the church services call Christians to begin with rejoicing.

Let us enter the Fast with joy, O faithful. Let us not be sad. Let us cleanse our faces with the waters of dispassion, blessing and exalting Christ forever. Let us begin the Fast with joy. Let us give ourselves to spiritual efforts. Let us cleanse our souls. Let us cleanse our flesh. Let us fast from passions as we fast from foods, taking pleasure in the good works of the spirit and accomplishing them in love that we all may be made worthy to see the passion of Christ our Goad and His Holy Pascha, rejoicing with spiritual joy. (First Friday Matins).

Jesus commands all those who fast to be joyful. He condemns sadness and grief, especially the outward appearance of fasting before men. He orders His people to hide their sorrow and to cover their sadness over sin. He directs them to hide their acts of penitence, to keep their fortifications secret, to appear shining and bright to the world.

And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have their reward. But when you fast, anoint you head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. (Mt. 6:16-18)

Sadness for Christians is a sin to be repented of – not a virtue to be cultivated. Blessed mourning over the tragedies of this fallen world is possible. Those who mourn for this cause are promised comfort by the Lord. And godly grief over sins for the sake of leading us to conversion and repentance is possible. The apostle Paul refers to this in his second letter to the Corinthians.

I rejoice, not because you were grieved, but because you were grieved into repenting; for you felt a godly grief, to that you suffered no loss through us. For godly grief produces a repentance that leads to salvation and brings no regret, but worldly grief produces death. (2Cr. 7:9-10)

In the Lenten season the Christians struggle to put aside all “worldly grief” and to embrace the “godly grief” which St. John Climacus calls the blessed joy-grief of holy compunction, which inspires spiritual laughter in the soul; since “God does not ask or desire that a person should mourn from sorrow of heart, but rather that out of love for Him he should rejoice with the spiritual joy.” (St. John Climacus, The Ladder of Divine

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Ascent, step 7. St. John died in the seventh century. His memory is kept liturgically on the Fourth Sunday of Lent.)

As I ponder the true nature of compunction, I find myself amazed by the way in which inward joy and gladness mingle with what we call mourning and grief, like honey in a comb. There must be a lesson here and it surely is that compunction is properly a gift from God, so that there is real pleasure in the soul, since God secretly brings consolation to those who in their hearts are repenting. (St. John Climacus)

These words of one of the severest saints recall the teachings of St. John Cassian, who lived about three hundred years earlier.

The only form of dejection we should cultivate is the sorrow which goes with repentance for sin and is accompanied by hope in God. It was of this form of dejection that the apostle said: “Godly sorrow produces a repentance that leads to salvation and brings no regret” (Cor. 7:10). This “godly sorry” nourishes the soul through the hope engendered by repentance, and it is mingled with joy. That is why it makes us obedient and eager for every good word: accessible, humble, gentle, forbearing and patient in enduring all the suffering of tribulation God may send us. Possession of these qualities shows that a person enjoys the fruits of the Holy Spirit: love, joy, peace, longsuffering, goodness, faith, self-control. But from the other kind of dejection we come to know the fruits of the evil spirit: listlessness, impatience, anger, hatred, contentiousness, despair, sluggishness in prayer. So we should shun this second form of dejection as we would unchastely, avarice, anger and the rest of passions. It can be healed by prayer, hope in God, meditation on holy scripture and by living with godly people. (St. John Cassian, on the Eight vices.)

These lessons from the saints are the teaching of the Church herself in her services for the Lenten spring. Repentance and joy, compunction and consolation, godly grief and spiritual rejoicing are joined together in perfect union in the person who fights for the Lord.

Receive Lent with gladness, O people! The beginning of spiritual warfare arrives. Forsake the indulgences of your flesh that the gifts of the Spirit may abound in you. Embrace your share of suffering, O soldiers of Christ! Prove yourselves to be children of God! The Holy Spirit will take up His abode in you and your souls will be filled with His light. (Cheesefare Tuesday matins.)

“Only one day,” He said “is the life of those on earth.” For those who make the effort in love there are forty days of the Fast for us to accomplish with joy. (First Monday matins).

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## PRESANCTIFIED LITURGIES DURING LENT

Please note change of times of the Presanctified Liturgies during Lent (see calendar for dates). The 9th Hour will begin at 4:30pm, with Presanctified Liturgy following at about 5pm. These liturgies will be followed by the Lenten dinners which will begin around 6pm. Please plan to join us whenever possible.

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## LIST OF ITEMS FOR GREAT LENT, HOLY WEEK AND EASTER

During Great Lent, Holy Week and Pascha (Easter) the Church appeals to you her parishioners for donations for the various items needed. Your response in the past has always been generous and we thank you for your generosity. Once again this year the Church appeals for your support.

Please consider making a donation for the items listed below. You may call the church office at (401) 846-0555 on Tuesdays or Thursdays 9am – 1pm or see Fr. George after the Sunday Divine Liturgy.

Thank you. May our Lord God from Whom all blessings flow, bless you abundantly.

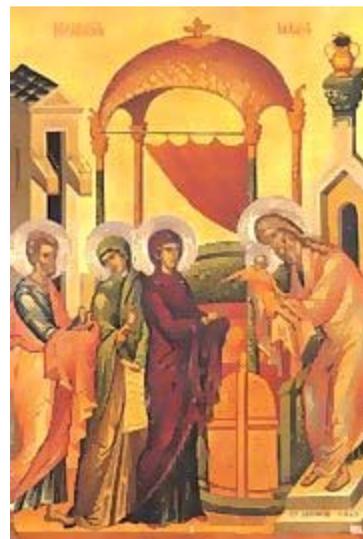
1. Flowers for the decoration of the Icon for the Salutations (5 Fridays)
  2. Flowers for the decoration of the Icon of Annunciation
  3. Flowers for the Feast of the Veneration of the Holy Cross (Mid-Lent)
  4. Palm Sunday: 6 Palm trees, Vayia, Palms for Palm Sunday Crosses
  5. Holy Wednesday: Holy Unctions items
  6. Holy Thursday: 12 Candles for 12 Gospels, 12 Candles for the Cross Crown of Thorns
  7. Holy Friday: Flowers to decorate the Epitaphio (An envelope will be enclosed in our March Newsletter), 4 Candles for the Epitaphio
  8. Holy Saturday: Lilies for Holy Saturday and Easter Sunday (if available)
  9. Holy Saturday: Paschal Candle. Flowers for the Resurrection Banner
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## THE FEAST OF THE PRESENTATION OF THE LORD IN THE TEMPLE, FEBRUARY 2

Forty days after Christ was born he was presented to God in the Jerusalem Temple according to the Mosaic Law. At this time as well his mother underwent the ritual purification and offered the sacrifices as prescribed in the Law. Thus, forty days after Christmas, on the second February, the Church celebrates the feast of the presentation called the Meeting (or Presentation or Reception) of the Lord.

The meeting of Christ by the elder Simeon and the prophetess Anna (Luke 2:2-36) is the main event of the feast of Christ's presentation in the Temple. It was "revealed to Simeon by the Holy Spirit that he would not see death before he had seen the Lord's Christ" (Luke 2:26), and inspired by the same Spirit, he came to the Temple where he 'met' the new-born Messiah, took him in his arms and said the words which are now chanted each evening at the end of the Orthodox Vesper service.

*Lord, now lettest Thou Thy servant depart in peace, according to Thy Word; for mine eyes have seen Thy salvation which Thou hast prepared in the presence of all peoples, a light for the revelation to the Gentiles and for glory to Thy people Israel. (Luke 2:29-32)*



At this time as well Simeon predicted that Jesus would be the "sign which is spoken against" and that he would cause "the fall and the rising of many in Israel." He also foretold Mary's sufferings because of her son. (Luke 22:34,35) Anna also was present and, giving thanks to God "she spoke of Jesus to all who were looking for the redemption of Jerusalem" (Luke 2.33). In the service of the feast of the Meeting of the Lord, the fact emphasized is that Christ, the Son and Word of God through whom the world was created now is held as an infant in Simeon's hands; this same Son of God, the Giver of the Law, now himself fulfills the Law, carried in arms as a human child.

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## SUNDAY OF ORTHODOXY OBSERVANCE

5 pm, Sunday February 21, 2010

Annunciation Church, Cranston, RI

Additional Sundays in Great Lent, joint services will be held at 5 pm:

February 28—St. Gregory Palamas, St. John the Baptist Romanian Church, Woonsocket

March 7—Veneration of Holy Cross, St. Mary's, Pawtucket

March 14—St John Climacus, Dormition, Cumberland

March 21—St Mary of Egypt, Sts. Mary/Mena, Cranston

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## A JOURNEY THROUGH LENT

When we think of the Lenten period, and of preparation for Easter, we think of abstinence from food. Surely, fasting is an important part of the Lenten discipline, but preparing for Easter is not only accomplished by avoiding certain foods and elements of our life styles.

If we are to prepare fully and completely for Easter, then Lent should also be a period of positive action. It should remind us to avoid sin, as well as, inspire us towards positive action. It should remind us that we avoid sin only when we do that which is required of us by God. It is not difficult to make Lent a time of action as well as of abstinence. What follows are my suggestions.

First Week – Begin to develop the practice of setting aside a quiet time each day. As a beginning, fifteen minutes spent in Bible reading and simple prayer is adequate.

Second Week – Write a letter to a good friend who lives far away and from whom you have not heard recently. Express your appreciation for the friendship.

Third Week – Make a local telephone call each day to at least one friend that you do not usually see or call. Tell him that you were thinking of them and of your joy in speaking to them.

Fourth Week – Buy, or better yet, make a small gift, and visit someone who has been ill or is lonely. Do not end your visit without setting the date for your next visit.

Fifth Week – Easter is approaching; remember to express words of forgiveness to someone who has wronged you. Still more important, ask for forgiveness where you know this is necessary.

Sixth Week – Prepare to celebrate Easter by sharing its joy with another. Invite someone to share the hospitality of your home and your Easter meal.

Let us open our hearts to the opportunities for spiritual growth that Lent provides.

REV. ANDREW DEMOTSES

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# APOKREATIKO GLENDI (Pre-Lenten Glendi)

Date: Saturday February 6th 2010

Place: St. Spyridon Church Hall

Time: Doors open at 5:00 PM

Come join us to celebrate the coming of Lent.  
Bring family and friends for a joyful relaxing event, full of music, food and fun

Special performance by the  
Newport Hellenic Dancers

**Cocktail Hour 5:00-6:00 PM**  
**Full Dinner served at 6:30 PM**

For More Information Call:

Evangelos or Xanthoula Giannopoulos

Phone: 667-2984

Email: vaggelis.giannopoulos@gmail.com

**This event is sponsored by the Newport Hellenic Dancers  
“Free Will Offering” will support the group**



## IN OUR PARISH

### Baptism

The son of Leon and Debbie Amarant was baptized on January 10th and given the name *Aristotelis* by his Godparents George and Kiki Cross. Proud grandparents are Artistotelis and Elizabeth Amarant and Linda and Avram Apazidis. Congratulations!

### Debut

*Michael Janaros-Cofield*, Bass-Baritone made his debut in a special Christmas Concert on December 10th at the Archdiocesan Hellenic Cultural Center in Astoria, New York. In his biography in the evening's program, Michael dedicated his performance to the supportive community of St. Spyridon in Newport where he began his musical journey singing in the church choir. Michael's proud parents are Sofi and Clyde Cofield. Congratulations, Michael!

### Deaths

On January 4th, *Mary Rozes* fell asleep in the Lord at Newport Hospital. Mrs. Rozes is survived by her sons Dr. James S. Rozes and Arthur S. Rozes of Maryland and their families. Our deepest sympathy goes out to the Rozes family. May her memory be eternal.

*Efstathios Kyriakides*, father of Peter, Harry and Paula Kyriakides fell asleep in the Lord on January 4th in Connecticut. Mr. Kyriakides was interred in Middletown RI. Our deepest sympathy goes out to the entire Kyriakides family. May his memory be eternal.

The brother of Joanne Hologgitas, *George P. Vardakis*, fell asleep in the Lord on January 9th. His funeral was held at the Annunciation Church in Cranston. Our deepest sympathy goes out the Joanne and her family. May his memory be eternal.

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## PHILOPTOCHOS NEWS

Attention all seniors-Applications for the Philoptochos Scholarship can now be obtained in your respective high schools. Details and deadlines are explained in the scholarship packet.

Remember 2010 dues are now being accepted by mailing the payment of \$20.00 to:

Ionna Bairos-Moreau  
96 Sherwood Terrace  
Portsmouth, RI 02871

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# FEBRUARY 2010

Sunday Winter H

SUN	MON	TUE	WED	THU
<b>Fathers Emergency</b> Tel .401-474-7700	1.Forefeast of the Presentation. Tryphon Martyr.	<b>2. PRESENTATION OF THE LORD.</b> <b>Orthros: 9:00 a.m.</b> <b>Div. Lit. 10:00 a.m.</b> <b>P.C. Meeting 7:00 p.</b>	3.Symeon and Anna Stamatios,John and Nicholas Martyrs	4. Isidore of I Nicholas Cor  <u>Office Hou</u>
<u>7.Meatfare Sunday</u> Orthros: 9:00 a.m. Div. Lit. 10:00 a.m. Sun.Sch./Fellowship	8. Theodore General Zachariah Prophet  <u>Soup kitchen</u>	9. Leavetaking of the Feast of presentation Nicephoros of Antioch <u>Office Hours</u>	10. Haralambos Mart Anastasios of Jerusal	11. Vlassios Theodora Em  <u>Office Ho</u>
<b>14. Cheesefare Sun</b> Orthros: 9:00 a.m. Div. Lit. 10:00 a.m. Sun Sch/Fellowship	<b>15. GREAT LENT BEGINS</b> <b><u>Strict fast this day</u></b> <b><u>Strict Fasting for Great Lent begins</u></b>	16. Pamphilos and Companions. Flavianos Patr.of Constantinople <u>Office Hours</u>	17. Theodore of Tyro 5:00 p.m. Liturgy of Presnactified Gifts <u>Lenten Dinner</u> <b><u>Strict Fast</u></b>	18. Leo Pope Agapetus Co  <u>Office Ho</u>
<b><u>21.1st in Lent. Sunday of Orthodoxy.</u></b> Orthros. 9:00 a.m. Div. Lit. 10:00 a.m.	22. Relics of martyrs Eugenios,Thalassios and Baradatus.	23. Polycarp Bishop of Smyrna  <u>Office Hours</u>	24. St.John Baptist. 5:00 p.m. Liturgy of Presnctified Gifts. <u>Lenten Dinner</u> <b><u>Strict Fast.</u></b>	25. Tarasios Reginos of S  <u>Office Ho</u>
<b><u>28. 2nd in Lent. St. Gregory Palamas.</u></b> Orthros.9:00 a.m. Div. Lit.10:00 a.m. Sun.Sch/Fellowship		<b><u>PLEASE NOTE.</u></b> <b><u>During Great Lent Father will be in the Office Wednesdays and Fridays</u></b>	<b><u>For emergencies please call Father at 401-474-7700</u></b>	

**Hours** Orthros 9:00 am Divine Liturgy 10:00 am

	<b>FRI</b>	<b>SAT.</b>
Pelusion Confessor rs	5. Agatha Martyr Polyeuktos Patrarch	<b><u>6. Saturday of Souls.</u></b> <b><u>Ψυχοσάββατο</u></b> Orthros: 9:00 a.m. Div. Lit. 10:00 a.m. Trisagion
Martyr ppress ars.	12. Meletios Archbp Antonios Archbp	<b><u>13. Saturday of Souls</u></b> <b><u>Ψυχοσάββατο</u></b> Orthros: 9:00 a.m. Div. Lit. 10:00 a.m. Trisagion
of Rome Confessor ars	19. Philimon / Archi- pos. Philothei Matr <b><u>Strict Fast</u></b> <b>7:00 p.m. Salutations                      to the Theotokos</b>	<b><u>20. Saturday of Souls</u></b> <b><u>Ψυχοσάββατο</u></b> Orthros. 9:00 a.m. Div. Lit. 10:00 a.m. Trisagion
of Const. kopelos ars	26. Porphyrios and- Photini Samaritan <b><u>Strict Fast</u></b> <b>7:00 p.m. Salutations                      to the Theotokos</b>	27. Prokopios Confesr Raphel of Brooklyn

**Upcoming Events**

February 6—Apokreatiko Glendi, 5 pm, Church Hall

February 10—Daughters of Penelope Meeting, 7pm, AHEPA Housing

**Regular Events**

Religious Education—Sundays, immediately after Holy Communion

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

Adult Greek School—Mondays, 4-6 pm

## SOUP KITCHEN NEWS

On a bitter cold evening in January, we began our meal with the tasty Italian soup, pasta e fagioli, a most welcome treat, followed by lasagna, salad, garlic bread and dessert. Our soup kitchen charity continues the ancient tradition of the Greek Orthodox Church. During a famine that occurred just before he was consecrated as Bishop of Caesaria in 370, St. Basil organized a soup kitchen and personally helped to feed the hungry, as well as donating his inherited wealth to the poor.

Please pray for all those who come to our door seeking a nutritious meal and the blessing of Christian hospitality.

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## RELIGIOUS EDUCATION NEWS

Dear Families,

February is a busy month as lent begins for us! The children will be given the Orthodox Lent boxes to fill again for Orthodox missionaries throughout the world. Only on February 14th there will be no classes. On February 21st the children will walk around the church in a procession holding their icons for the Sunday of Orthodoxy. On February 28th, the children in grades 3-6 will be presenting their speeches.

God bless!

Marianne

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## SAINT SPYRIDON BOOKSTORE

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

We've just gotten a new shipment of Children's Books, Books and Icons...come and have a look...something for every age!!! THEY MAKE GREAT GIFT.

Remember, all monies go back to the Bookstore to purchase new items; support your Bookstore!

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

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## SIN

Sin is a mutiny, the rebellion of creation against its Creator, disobedience to the Creator, treason against Him, delight in the divine honor or self-deification. "You shall be gods" (Genesis 3:5) whispered the serpent in the ears of Eve, just as now he whispers to the sinner – the distortion of one's nature, willful insanity, disgraceful wantonness, the purely arbitrary falling from grace into rage; from truth into untruth; from simplicity to evil; from the light into darkness; from power into weakness; from breadth into narrowness; from peace into disturbance; from life to death. Sin is an impulsive impunity, vile captivity, soul-corrupting poison. Sin has given birth to all the misfortunes in the world, and all the sickness, pestilence, distraction, epidemic disease, wars, earthquakes and death, both temporary and eternal.. The sin of this highest angel Lucifer made him the Devil, Satan, and all the spirits who rebelled against God, who were angels of light and of indescribable beauty became dark and repulsive demons. Sin produced and still produces horrible evil, horrible calamities, horrible revolutions in the world, in the human race. Because of sin, all creation is in confusion. It is impossible to describe, it is impossible to adequately weep – the tears of the whole human race would not be sufficient – for the awful consequences of sin in the world. Brother! Let us respect, let us repeat with all our hearts, so that the Sun of Righteousness, Christ, might shine in our hearts, that the Kingdom of Heaven might be at hand in our hearts. Let us repent constantly, every day and hour before the eyes of God Who sees all. We sin constantly, let us also constantly repent. For sin is darkness! Amen.

## FORGIVENESS

But I say unto you, love your enemies, bless them that curse you, do good to them that hate you, and pray for them which spitefully use you, and persecute you; that you may be the children of your Father which is in Heaven. For He makes His sun to rise on the evil and the good, and sends rain on the just and the unjust and the just. (Matthew 5:44-45) And when you stand praying, forgive, if you have anything against another: that your Father, Who is in Heaven, also may forgive you your trespasses. But if ye do not forgive, neither will your Father Who is in Heaven forgive your trespasses. (Mark 11:25-26) For if you forgive men their trespasses, your heavenly Father will also forgive you. (Matthew 6:14) Therefore, if your enemy hungers, feed him: if he thirsts, give him a drink. (Romans 12:20) But love your enemies, and do good, and lend, hoping for nothing again: and your rewards shall be great, and you shall be the children of the Highest : for He is kind to the unthankful and to the evil. Be merciful therefore, as your father is merciful. Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you shall be forgiven. (Luke 6:35-37)



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## THE HEALING POWER OF FORGIVENESS

Forgiveness is a very desirable quality, but we often misunderstand what it means. Forgiveness means finally seeing that the other person was not really responsible for what we thought came from them. Sometimes we tend to force ourselves to forgive, thinking that we are being spiritual or loving, or simply in a veiled attempt to avoid pain. We continue to believe that the other person is responsible for what has happened to us, but now we have pardoned them for their behavior. Such “forgiveness” is intellectual, false, and self-deceptive. It can even inflate the ego because we think that we are generous enough to forgive.

True forgiveness means understanding that the original blame was wrong; it is not the granting of a pardon for what we mistakenly believe that someone has done to us. Often we do not want to let go of blame because of nothing more than pride. Unconsciously we understand the truth that we are responsible for our own experience. The conscious ego, however, wants to blame because it is defending itself. It does not want to feel that it could be foolish or stupid enough to do harm to itself. The nature of the ego, and that of highly egocentric people in particular, is always to be right, and blame is usually how self-righteousness is maintained.

True forgiveness breaks all bounds of repression and depression, liberating the soul from bondage to the past. It is the essence of psychotherapy and psychic healing. As human beings all our limitations arise from our psychic wounding. This wound has been either intentional or accidental, but it drains our vitality. In fact, if it has been egregious enough, it runs our whole life and ruins it. We are creatures designed to absorb and transmit love, and when an unloving act is foisted on us, when someone or something else casts a shadow on our capacity to love, we bleed.

Our society sends its broken souls to places of desolation where the wounded gather, to ghettos, prisons, war zones, refugee camps, asylums and the like. Those who regain their capacity to love will emerge from these places of grief. Those who remain bitter will forever be incarcerated in them, whether or not they have been physically freed. Those who are whole and well are dedicated to their capacity to love. They cannot kill, hurt, injure or maim another because they have not lost the capacity to see themselves as other. They have empathy. Ideals do not sway them to injure others, no matter how vaulted the traditions in which those ideals are espoused. No ideal transcends their ideal to be of love and service to their brethren.

The cure for overcoming psychic wounding is to forgive. When we forgive, we pardon; we express love and mercy; and we liberate our own kindness. When we forgive, our sense of revenge and avoidance-related motives subside, and our motivations toward benevolence and goodwill increase and re-emerge to restore community with the offender. When you forgive, you give forth your power of love to heal.

In the Lord’s Prayer, a particular petition is highlighted: “And forgive us our trespasses as we forgive those who trespass against us.” (Matt 6:12). Thus we are directed by Christ to pray for the Father’s forgiveness of all, and for all of us to forgive one another. Although God’s forgiveness is primary, Christ clearly teaches us that there is a reciprocal relationship between divine and human forgiveness. Immediately following the Lord’s Prayer, Christ tells us the following: “For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.” (Matt 6:14-15). Once again,

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there is an insistence upon mutual forgiveness between people as a precondition of God's forgiveness.

The moral action of the faithful, when they forgive others their trespasses, is bound with the love of God; not to forgive others is to willfully alienate ourselves from the forgiveness of God. It isn't that God forgives on an exchange basis. Our forgiveness of others is not merely a condition of God's forgiveness of us. Rather it is a condition of our ability to receive the forgiveness of God. Thus it remains possible to surround one's soul with an unforgiving spirit and to completely block the forgiving mercy of God. A wrong spirit toward another person may or may not hurt that person, but it is certain to destroy one's own soul.

The words "forgiving" and "forgiven" are inseparable twins. They go together. They are never separated. While hanging on the Cross, Christ prayed, "Father, forgive them, for they know not what they do." (Luke 23:34). Often what we deplore is the innocent act of some person. But for us there is an even more important reason for not holding a grudge: "for we know not." If we understood the person, usually our judgments would not be so harsh.

In the sermon on the Plain, Christ said, "Therefore, be merciful also as your Father also is merciful. Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven." (Luke 6:36-37). By definition, human judgment precludes mercy. Condemnation causes us to depart from mercy. Forgiveness can only come out of a heart of mercy. In the Sermon on the Mount, Christ provided us with the Beatitudes, among which he said, "Blessed are the merciful, for they shall obtain mercy." (Matt 5:7). Mercy is love set in motion, love expressed in action. God's loving kindness, His mercy in taking our sufferings upon Himself in order to grant us His Kingdom, sets us free from captivity to the evil one. In view of God's loving kindness, we in turn are to be merciful to all others.

Among the eight Beatitudes, the keys to God's Kingdom, this one is the most appealing, the most important, and the most difficult. It is the most appealing because mercy brings to mind kindness, unselfish service, and good will. We may shrink from the justice of God, but we pray for His mercy. It is the most important, for without mercy all of us are without hope. All of us have sinned and come short of God's glory. The only prayer we can pray is that of the Publican, his eyes lowered, and beating his breast saying "God, be merciful to me a sinner." (Luke 18:13). It is the most difficult as the key to God's mercy toward ourselves is the mercy that we have towards others. If we are not merciful, then we are blocking God's mercy out of our own lives.

The summation of the Gospel of Christ, the Lord's Prayer, ends with the command of mutual forgiveness. This command is most significant for our spiritual health, for the health of our marriages and families, and for that of our communities. The first step to the reconciliation of differences is that of mutual forgiveness. Without forgiving, forgiveness cannot be obtained. Be merciful, and you shall obtain mercy. When Christ uttered the word, "Forgive," the circle of God's love and approval became large enough to include all others. The thief on the cross near by stepped inside that circle with Him and in so doing entered Paradise. The circle reaches to our own feet. To stay outside is to know hate, revenge, and destruction. To step inside is to know God's healing love and to eternally possess His Kingdom. The step into the circle is the step to mercy. "Blessed are the merciful, for they shall obtain mercy."

+ Rev. Dr. Emanuel S. Chris, M.D., M.Div.

## ST SPYRIDON 2009 STEWARDSHIP REPORT

Happy New Year! I can't believe that another year has gone and a new one has begun.

First of all, a heartfelt thank you to all who have contributed for the year 2009. It takes a lot to keep the church running. It's so wonderful to see so many stewards to the church.

Following is the list of the names of the stewards for the 2009 year. For the year 2009, we received \$68,646. Our goal was \$90,000.00. This was 76.27% of our goal.

If you don't see your name, please bring this to my attention at Wong.Lily@Verizon.net or see me after services. For those who still want to contribute for the year 2009; I will always make accommodations for you.

As we go into the New Year 2010, I hope it finds you Happy, Healthy and Wiser. The stewardship material for 2010 will be mailed out soon.

For the Stewardship Committee,  
Lily P. Wong

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Adamedes, Thomas & Artemis M/M	Caminis, Mr. Steve	Diomandes, Mr. Kerry
Adamedes, Zoe Ms.	Canale, Greg & Zinovia M/M	Diomandes, M/M Steve
Agias, John Mr.	Caragianis, Nina Mrs.	Dobrot, Lucien & Gabriela M/M
Amarant, Kiki Ms.	Champion, Mrs. Mary	Economou, Fr. George &
Amarant, Telly & Leeza M/M	Christopher, Mr. Chris	Presvytera Elaine
Anagnostopoulos, Cons. & Eleni	Christy, Dino M/M	Farias, David & Angie M/M
Dr./M	Christy, Matthew M/M	Flaherty, Mrs. Debbie
Anagnostos, Capt. George & Mrs.	Christy, William M/M	Fowler, Frank & Tina M/M
Ellen	Cofield, Kip & Sofi M/M	Fowler, Mr. Michael
Anagnostos, David & Carrie M/M	Cofield, Mr. Michael	Gatos, Athanasios M/M
Antonio, Steven & Lisa M/M	Cooper, Jon & Aliki M/M	Gatos, George & Tula M/M
Antonio, Tom & Estelle M/M	Cotsoridis, M/M Charles G.	Gatos, Aristotle Mr.
Antonopoulos, Peter & Ellen M/M	Cotsoridis, Mr. Jason	George, Jim Mr. (Narragansett)
Arnall, Ms. January Parkos	Cotsoridis, Ms. Irene	Gianetis, Costa & Garnet M/M
Athnasiou, Ms. Maria V.	Cotsoridis, Mr. Paul	Gianiotis, Paul Mr.
Bartis, Canala & Ann M/M	Cotsoridis, Ted & Maureen M/M	Giannopoulos, Evangelos &
Bonafas, Nick & Diane M/M	Crea, Mrs. Sotiria Moisiades	Sandy M/M
Borodemos, Mrs. Angie	Daglis, Ms. Mary	Gvosdev, Nikolas Mr.
Borodemos, Mr. James	Dedreux, Mr. Bill	Haralambidis, Cosmas &
Brown, Mrs. Elaine	Demetriou, James & Rosemary	Despina Dr. & Mrs.
Cadanazzi, Ms. Joanne	M/M	Harrigan, Peter & Gia M/M

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Hiotas, Ms. Penelope	Meares, M/M Spyridon	Rozes, Mary Mrs. (of blessed memory)
Hologittas, Gus & Joanne Dr. & Mr.	Medeiros, Catherine Mrs.	Ruiz, Kially Mr.
Houlihan, Terrence & Pam M/M	Meiczinger, Paula	Sisak, Michael Mr.
Janaros, Mike Mr.	Mellekas, John & Martha M/M	Soliozy, Charles Sr. & Sadie M/M
Jasinski, David & Adeline M/M	Mellekas, Peter Mr.	Spanos, Kyriakos Kyrikos & Sheryl M/M
Jennings, Steve & Betty M/M	Mellekas, Steve & Missy M/M	Spentzos, Dino M/M
Jex, Mrs. D.R.	Menas, Francine Ms.	Spentzos, Nick M/M
Johnson, John & Maria M/M	Menas, George & Irene M/M	Spiratos, George & Evie M/M
Kapogiannis, Christos Dr. & Mrs.	Menas, Gilbert & Marianne M/M	St. Peter, Adam & Valerie M/M
Karanikolas, Katherine	Michael, Mary Mrs.	Stefanopoulos, Athanasios & Ourania M/M
Karanikolas, Nick & Margaret M/M	Michael, John Mr.	Stefanopoulos, Chris & Sofia M/M
Karapatakis, Steven M/M	Moisiades, Anthony M/M	Stefanopoulos, Georgia Ms.
Kempenaar, Angela	Moisiadis, Constantine & Eleni M/M	Steluta, Bordei Mrs.
Korolenko, Cyrill & Svetlana M/M	Nelson, Helen	Stoupis, Eva
Koutsogiannis, Konstantinos & Paraskevi M/M	Nichols, Tom	Sullivan, Patrick & Gail M/M
Koulouvardis, Catherine	Panoutsopoulos, Basile & Lily	Tasso, James & Janice M/M
Koulouvardis, George Mr.	Panteleos, Leon & Popi M/M	Violet, Catherine Mrs.
Koumas, Sokratis M/M	Parkos, Mrs. Nadine	Violet, Marguerite Mrs.
Krones, Christine Mrs.	Parkos, Jaclyn Ms.	Walsh, Mersina Christopher Mrs.
Kutsaftis, Anthony M/M	Parkos, John T., Jr.	Williams, John & Kathryn (Michael) M/M
Kutsaftis, Michael Mr.	Parkos, John T., Sr.	Wingert, Richard & Joanne M/M
Kutsaftis, James M/M	Perry, Gail Karanikolas Ms.	Young, M/M Chris
Kutsaftis, Rose	Petropoulos, Christy Mr.	
Kyriakidis, Harry & Anna M/M	Petropoulos, George & Agnes	
Kyriakidis, Peter & Vicki M/M	Petropoulos, Mrs. Athena	
Kyriakakis, Stephen & Mary M/M	Petrou, Panatyirotis & Marizete M/M	
Lascaris-Viveiros, Esther Mrs.	Psilos, Chris & Connie M/M	
Ledoux, Claudette & Karen Koutsogiannis	Pyliotis, Brett/Marianne Fox M/M	
Levesque, Gerard M/M	Rego, Joshua & Lindsey Koutsogiannis M/M	
Lewis, James Mr.	Rossi, Peter M/M	
Lewis, Marea Ms.	Rozes, Beatrice	
Lewis, Tommy Mr.	Rozes, James & Maureen	
Logothets, Myrsina Ms.	Rozes, Joan Mrs.	
Martland, Denis & Stephanie M/M		

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## OF SPECIAL INTEREST

HAITI CRISIS – AN APPEAL TO ACTION:

IOCC: [www.iocc.org/news/1-14-10haiti-release.aspx](http://www.iocc.org/news/1-14-10haiti-release.aspx)

TRIODION BEGINS: [lent.goarch.org/publicanpharisee/learn/](http://lent.goarch.org/publicanpharisee/learn/)

FEAST OF THREE HIERARCHS: [www.goarch.org/special/threehierarchs/index\\_html](http://www.goarch.org/special/threehierarchs/index_html)

FEAST OF THE PRESENTATION OF CHRIST:

[www.goarch.org/special/listen\\_learn\\_share/presentation/index\\_html](http://www.goarch.org/special/listen_learn_share/presentation/index_html)

2010 GOA YEARBOOK AVAILABLE ONLINE: [www.goarch.org/archdiocese/yearbook/](http://www.goarch.org/archdiocese/yearbook/)

CALL TO ACTION ON FREEDOM OF PATRIARCHATE:

[faithdowment.org/news/a-call-for-action](http://faithdowment.org/news/a-call-for-action)

PILGRIMAGE WEEKEND FOR SAINT PHOTIOS SHRINE:

[www.stphotios.com/newsletter/shrinenewsletter.pdf](http://www.stphotios.com/newsletter/shrinenewsletter.pdf)

2010 CAMP AND YOUTHWORKER CONFERENCE:

[www.orthodoxcamps.org/conference.html](http://www.orthodoxcamps.org/conference.html)

JOIN AN ORTHODOX MISSION TEAM: [teams.ocmc.org](http://teams.ocmc.org)

ORTHODOX CHRISTIAN NETWORK - COME RECEIVE THE LIGHT RADIO

PROGRAM: [www.myocn.net](http://www.myocn.net).

2010 St. John Chrysostom Oratorical Festival Topics Available. The 2010 Festival Topics, Topic Tips, and Bibliography.

[www.goarch.org/archdiocese/departments/religious/sjcof](http://www.goarch.org/archdiocese/departments/religious/sjcof)

2010 STEWARDSHIP RESOURCES AVAILABLE:

[www.goarch.org/archdiocese/departments/stewardship/](http://www.goarch.org/archdiocese/departments/stewardship/)

GAMES ONLINE TO EXPLORE AND LEARN THE ORTHODOX FAITH:

[www.games.goarch.org](http://www.games.goarch.org)

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## DAUGHTERS OF PENELOPE NEWS

The next meeting of the Daughters of Penelope will be held on WEDNESDAY, FEBRUARY 10th at 7 pm when details of the Palm Sunday Fish Dinner will be discussed. Members are asked to be on time.

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## AHEPA NEWS

### **Next AHEPA 245 Meeting:**

The February meeting of the local AHEPA Chapter will take place the Second Tuesday of February at a local restaurant. Detail to follow.

### **AHEPA and Daughters Scholarships**

#### AHEPAcademy Class of 2010

Attention Greek-American High School Juniors:

Don't Miss Your Chance to Be a Part of the AHEPAcademy Class of 2010

1st Session: June 20, 2010 – June 26, 2010

2nd Session: July 25, 2010 – July 31, 2010

EARLY ACTION APPLICATION DEADLINE: MARCH 1, 2010

EXTENDED APPLICATION DEADLINE: APRIL 1, 2010

Apply for the opportunity to be one of a small, select group of Greek-American high school students selected from all over the country to participate in AHEPAcademy, an interactive leadership and networking seminar to be held on the campus of George Mason University outside Washington, DC from June 20-26, 2010 and July 25-31, 2010.

AHEPAcademy is a program that identifies, educates, inspires, mentors, advances, and networks exceptional Greek-American high school students as they progress through their high school, college, graduate and professional careers. <http://www.ahepacademy.com/>

2009 AHEPA Journey to Greece Application now Online! The AHEPA Journey to Greece Program is a once-in-a-lifetime opportunity to earn college credit while learning about ancient and modern Greece. The 2010 Journey will have 2 sessions:

\* Session 1: July 3-July 16. (1 course/3 semester units.)

\* Session Session 2: July 10-August 6 (2 courses/6 semester units.)

Both Sessions will include a cruise of Patmos, Santorini, Rhodes, Mykonos, Ephesus and Crete. Also, both will have excursions to classical Greek sites including Olympia and Corinth. In the past four years, the Journey has had students attend from 26 states and Canada that have attended 53 Universities. Download the prospectus and fill out your application today! <http://www.ahepa.org/journey/>

#### Ionian Village

Summer Travel Camp: July 1-20, 2010

Byzantine Venture: July 25-August 13, 2010

Staff Applications: Ionian Village, the travel abroad camping program of the Greek Orthodox Archdiocese of America, is now accepting volunteer staff applications for the summer of 2010. For more information visit [www.ionianvillage.org](http://www.ionianvillage.org)

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<p><i>In loving memory of</i></p> <p><b>Grego Vincent Volpicelli</b></p>	<p><b>Order of AHEPA</b> Maud Howe Elliott Chapter No. 245</p> <p><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></p> <p>Dr. Joanne and Mr. C. Gus Hologgitas</p>	<p><b>Aquidneck Pizza</b> Breakfast • Lunch • Dinner 27 Aquidneck Avenue Middletown</p> <p>Take out orders: 849-3356 Daily 7am-12am, Fri &amp; Sat 7am-2am</p>	<p><i>In loving memory of</i></p> <p><b>Stelios and Frangoula</b> <b>Christopher</b></p>
<p><b>NIKOLAS PIZZA</b> 38 Memorial Blvd West Newport 849-6611</p>	<p><b>ASTRO</b> <b>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><i>Compliments of the</i></p> <p><b>ATLANTIC</b> <b>BEACH CLUB</b> 53 Purgatory Road Middletown 847-2750</p>	<p><b>A-1 Pizza</b> 306 Broadway Newport</p> <p><i>Free Delivery</i></p> <p><b>849-2213</b></p>	<p><b>Rhea's Bed &amp; Breakfast</b> <i>Accommodations with jacuzzi's available!</i></p> <p>120 West Main Road Middletown <b>841-5560</b></p>
<p><i>Compliments of</i></p> <p><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></p> <p><i>Voted Best in Rhode Island!</i></p>	<p><b>The Mainstay Inn</b> 151 Admiral Kalbfus Road <i>Newport</i></p> <p><b>849-9880</b></p>
<p><b>All American</b> <b>Foods, Inc.</b></p>	<p><b>Steve H. Jennings</b> 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><b>Anthony &amp; Dorothea</b> <b>Rozes</b></p>