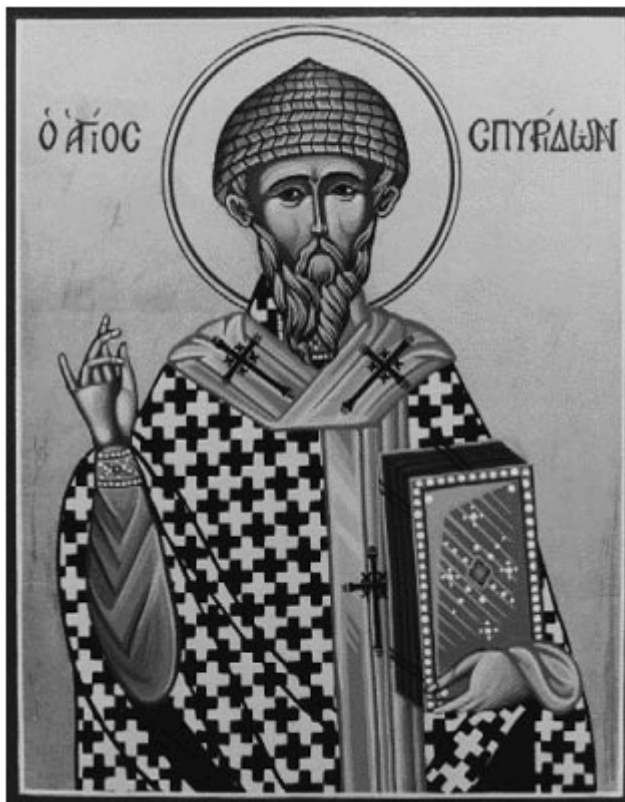

THE SAINT SPYRIDON VOICE
MARCH 2010



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: Wednesday and Friday, afternoon Tuesday & Thursday, 10 am—1 pm;

For *emergencies*, call (401) 474-7700 (cell)

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: Missy 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)

Affiliated Organizations

AHEPA President: Basile Panoutsopoulos

Daughters of Penelope President:

Ellen Anagnostos

Island of Skiathos Organization:

Christina Logothets

SERVICE TIMES

Sunday Winter Hours

Orthros 9:00 am

Divine Liturgy 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

GREAT LENT

The significance of Great lent is fairly complex. It is the result of a long historical development during which very diverse elements have become mixed. Let us take a look at what these are.

Lent is a time of penitence. In the first centuries of the Church, the 'penitents', or sinners who repented publicly, were solemnly reconciled with the community of the faithful during this period.

Lent – according to the liturgy of the presanctified gifts – commemorates Israel's forty years of wandering in the wilderness, those forty years during which the chosen people, having left the captivity of Egypt and crossed the Red Sea, went forward with faith towards the far-off promised land, receiving their earthly food from God in the form of manna and their spiritual food in the form of the Ten Commandments: sometimes they rebelled and fell into sin, but still they reached their goal. Lent also speaks to us of liberation, of pilgrimage, of crossing an arid desert, of the divine manna, of meeting with God on Sinai, and also, of fall and reconciliation.

Lent recalls the forty days that the Lord Jesus spent in the desert during which he contended with Satan, the tempter. Our Lent must also be a period of fighting against temptation, and especially against the temptation of our most habitual sin. "Thou shalt worship the Lord thy God, and him only shalt thou serve" (Luke 4.8). May it be granted to us, during Lent, to learn and understand these words with which the Lord opposed Satan, and which summarize the whole of the spiritual battle.

One can see that Lent is a very rich, very deep agglomeration of different elements. They serve to purify and to enlighten us. During the time of Lent, the Church leads us, as if by the hand, towards the radiant paschal feast. The more serious our Lenten preparation has been, the deeper we shall enter into the mystery of Easter and gather its fruits.

(From the book 'The Year of Grace of the Lord' chap. 4 'The time of Lent')

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 9 am – 1 pm 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—\$35 for each Friday)
2. Flowers for the decoration of the Icon of Annunciation (\$35)
3. Flowers for the Feast of the Veneration of the Holy Cross (Mid-Lent) (\$75)
4. Palm Sunday: 6 Palm trees (\$25 each), Vayia (Bay leaves—\$125),
Palms for Palm Sunday Crosses (\$100)
5. Holy Wednesday: Holy Unction items (olive oil, Qtips, cotton balls) (\$25)
6. Holy Thursday: 12 Candles for 12 Gospels (\$25), 12 Candles for the Cross (\$25),
Crown of Thorns (donated)
7. Holy Friday: Flowers to decorate the Epitaphio (An envelope is enclosed),
4 Candles for the Epitaphio (\$20)
8. Holy Saturday: Lilies for Holy Saturday and Easter Sunday (18 plants @ \$10
each), Paschal Candle (donated), Flowers for the Resurrection Banner (donated),
Flowers for the Icon of the Resurrection (\$50)

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 4:30 pm, with Presanctified Liturgy following at about 5pm. These liturgies will be followed by the Lenten suppers which will begin around 6pm. Please plan to join us whenever possible.

A THANK YOU FROM OUR PARISH

We wish to thank the following people who have so generously responded to our appeal for donations to the various items needed in our beloved Church.

Icon Restoration:

George and Irene Menas, Mersina Christopher, Kerry Diomandes, Brett and Marianne Fox, and Panayiotis Petrou in memory of his parents Sophia and Petros Petrou of Cyprus.

Chalice Restoration:

Steve Jennings, Paula Meiczinger

Communion Wine:

Evangelos and Sandy Giannopoulos, George and Irene Menas, and Lucien and Gabriella Dobrot.

Light

Paul Cotsoridis for replating of the multi vigil light in the back of the church.

Donations are still being accepted and may be sent to the office or put into the lock box in the Narthex. Thank you.

A NOTE FROM OUR ORGANIST JANE IANDOLO

Thank you for the lovely celebration and gift you gave me to commemorate my 25th year as organist at Saint Spyridon. Your support and friendship have given me great pleasure. Your prayers have been a blessing, as you know, to me and my family over the past quarter century. St. Spyridon and you, his special people, are indeed very dear to me.

SAINT SPYRIDON BOOKSTORE

The Saint Spyridon Bookstore carries many great **items for Lent** as well as a new shipment of Children's Books, Books and Icons...come and have a look...something for every age!!! 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.

SUNDAYS OF GREAT LENT—2010

The RI Orthodox Christian Clergy Fellowship will sponsor joint services during Great Lent on Sunday evenings.

All services will be at 5 pm followed by Lenten refreshments.

Sunday February 28

St. John's Parish—501 East School Street—Woonsocket (766-3343)

Guest Preacher—Fr. Anthony Perkins

Pastor of St. Michael Ukrainian Orthodox Church, Woonsocket

Sunday March 7

St. Mary's Parish—249 High Street—Pawtucket (726-1202)

Guest Preacher—Professor Emile Iavazzo

Lay Theologian, Gregorian University of Rome

Sunday March 14

Dormition Parish—71 Manville Hill Road—Cumberland (658-0874)

Guest Preacher—Fr. Mark Sherman

Rector of St. Nicholas Parish, Salem, Mass.

Sunday March 21

Sts. Mary & Mena Parish—8 Pendleton Street—Cranston (946-2265)

Guest Preacher—Rev. Dr. George Dragas

Professor of Holy Cross Seminary—Brookline, Mass.

COFFEE HOUR

It has come to our attention that clean-up at the coffee hours has been minimal at best and our custodian, George Baker has been left to clean up by himself after he finishes cleaning the church on Sundays. We appreciate the people who give the coffee hours and remind everyone that the clean up is part of the coffee hour. If you host the coffee hour you must stay and do the clean up or ask our custodian to do it and pay him. It's only fair for him to be paid to clean up, which, after all, is not part of his regular job.

SUNDAY OF ORTHODOXY OBSERVANCE

On Sunday, February 21st, the children of our parish proudly carried their icons as they led the procession around the church for the Sunday of Orthodoxy.



PARISH COUNCIL NEWS

The Monthly Parish Council meeting was held on Thursday, February 11th (there were some scheduling conflicts which postponed the meeting from the 2nd). During the meeting, elections for officers were held, the results being as follows:

President	Zoe Adamedes
Vice President	Evangelos Giannopoulos
Treasurer	Steve Mellekas
Secretary	Elaine Parkos Holder

The other members of the Parish Council are Tom Adamedes, Chris Christopher, and Basile Panoutsopoulos, for a total of 7 members (in accordance with the General Assembly -approved modifications to our Parish Bylaws). A formal request is being submitted to the Metropolis so as to ratify these members.

Shortly, new signs will be posted in and around our church parking lot to formally notify anyone (not associated with our parish) parked there that they are subject to being towed. This problem is most troublesome when there is snow. If cars are parked in the lot, then the snow plow cannot adequately clean the lot. This has necessitated the towing of multiple cars over the last few months. Hopefully, these signs will help avoid the towing of cars.

A leak in the ceiling of the festival closet was noted by Vaggeli Giannopoulos. Chris Christopher investigated the matter and found that a piece of sheet metal was in need of repair. Thanks to Chris's generosity, the repair was made. Thank you Chris!

The next repairs will include the sealing of the doors to prevent water leakage, and the repair to the basement pumps. And, again, due to the generosity of our new Steward, Aaron Gordon (of Aaron and Diana Gordon), the mold removal and repainting will soon be completed.

The subject of obtaining quotes for the installation of air conditioning of the hall was also discussed. In addition, the option of installing a 3-ton ceiling air conditioner in the kitchen was also discussed. Both of these options will be pursued for pricing.

In December, we were blessed by the visit of His Eminence Metropolitan Methodios. Following a lovely reception in the church hall, his Eminence enjoyed a lovely lunch at the Atlantic Beach Club. Many thanks to Peter Kyriakides for his generosity for this luncheon!

Our Parish Family enjoyed a wonderful Apokreatiko Glendi at our church hall at the end of

February. Videos from the event may be found on our church website (thank you Alik!).

At the next Parish Council Meeting in March, discussions will be held regarding plans for Hellenic Fest. Although still several months away, there will be changes necessary due to the meeting with the City Fire Marshal. Remember, the Parish Council meetings are OPEN to everyone and so we ask all interested parties to attend this meeting. Following this initial meeting, there will certainly be follow-up meetings and planning sessions. My hope is that more of our Parish family can contribute and help in some way to the success of our Festival as it is the major capital fundraiser held by our Parish.

As the start of Holy Lent is upon us, the practice of weekly Presanctified Liturgies on Wednesdays will start up again, followed by a Lenten supper sponsored by a different parish organization. These liturgies are ancient and quite moving. Let's all try to attend one (or more) during Lent.

Also, the annual State House Celebration of Greek Independence Day is scheduled for March 25th (imagine that!), with a reception following at the Church of the Annunciation in Cranston.

The next Parish Council Meeting is scheduled for Tuesday, March 2nd at 7:00 pm. As you know, these meetings are open to all members of the St. Spyridon family and all are welcome to attend. In the meantime, should any parishioner have any item of concern or any matter they wish to have placed on the next meeting's Agenda, please contact any Parish Council member, or the undersigned.

In closing, the monthly income and expenses incurred by our church over the month of January were as follows:

Income:	\$14,637.60	Expenses:	\$15,921
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As you can see, we overspent our income by \$1,283. Hopefully, these numbers will be reported to the community on a monthly basis so as to better inform the community of our Church's financial position and help us to be more generous with our time, talents and treasury. In addition, the final financials from last year (2009) will be available in the next bulletin.

Respectfully,
Zoe Adamedes
Parish Council President

MARCH 2010

Sunday Winter H

SUN	MON	TUE	WED	TH
<p>Father's Emergency Tel .401-474-7700 During Great Lent Fr. George's Office Hrs. Wed/Fri p.m.</p>	<p>1 Eudokia of Heliopolis Antonina, New Martyr.</p>	<p>2. Hesychos, Martyr Nicholaos Planas <u>Regular Office Hours</u> 7:00 p.m. P.C. Mtg</p>	<p>3.Eutropios,Kleonikos Vasiliskos Theodorito 4:30 9th Hour 5:00 Presanctified 6:00 Lenten meal</p>	<p>4. Gerasimos th eous. Paul an sister Juliana <u>Regular Offi</u></p>
<p>7. <u>Holy Cross</u> Orthros 9:00 a.m. Div. Lit.10:00 a.m. Proces. Sun. Sch. 5:00 Lenten Vespers</p>	<p>8. Theophilactus, Bp of Nicomedeia; Hermas of the 70 Apostles <u>Soup kitchen</u></p>	<p>9. 40 Martyrs at Sebaste. Caesarios Right brother of St.Gregory <u>Regular Office Hours</u></p>	<p>10. Kodratos of Cor- inth; Anastasia of Alex. 4:30 9th Hour 5:00 Presanctified 6:00 Lenten Meal</p>	<p>11. Sophronios, of Jerusalem dora the eous</p>
<p>14. <u>St. John Climacs</u> Orthros 9:00 a.m. Div. Lit. 10:00 a.m. Sun. Sch./Fellowship 5:00 Lenten Vespers</p>	<p>15. Agapius and Companions Manuel of Crete.</p>	<p>16. Savinus of Egypt Christodoulos Patmos <u>Regular Office Hours</u></p>	<p>17. Alexios of God. Patrick of Ireland 4:30 9th Hour 5:00 Presanctified 6:00 Lenten Meal</p>	<p>18. Cyril Patriar rusalem. Gre of St. Andre <u>Regular Offi</u></p>
<p>21. <u>Mary of Egypt</u> Orthros 9:00 a.m. Div. Lit.10:00 a.m. 25th March Gr. .Sch. Celebration . 5:00 Lenten Vespers</p>	<p>22. Basil of Ancyra Kalliniki, Vassilisa</p>	<p>23. Nikon and Compan Anatolios,Protoleon <u>Regular Office Hours</u></p>	<p>24.Tikhon of Moscow <u>Visit Shut ins</u> 7:00 Great Vespers of Annunciation at the Annunc'n Cranston.</p>	<p><u>25ANNUNC</u> Orthros_ 9: Div. Lit_ 10: 4:00 State c 25th March</p>
<p><u>28 PALM SUNDAY</u> Orthros 9:00 a.m. Div. Lit. 10:00 a.m. Palm Sun. Lunch 7:00 Bridegroom</p>	<p>29. <u>Holy Monday</u> Mark Bp of Arethusa Cyril Deacon. 7:00 p.m. Service of the Bridegroom</p>	<p>30. <u>Holy Tuesday</u> John of Climacus 7:00 p.m. Service of the Bridegroom</p>	<p>31. <u>Holy Wednesday</u> 9:00 Presanctif.Gifts 3:00 p. Holy Unction 7:00 p. Matins Holy Thursday. Anointing</p>	<p><u>April 1 H. T</u> 9:00 a.m. Ve Lit. of St. B 7:00 p.m. Pa our Lord.12</p>

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

U	FRI	SAT.
the Right- nd his a ce Hours	5. Konon Ganderner Theodore the Recruit 7:00 pm Salutations to the Theotokos	6. 42 Martyrs of Amorion Finding of the Cross by Helen
Patriarch a Theo- Right-	12. Theophanes, Conf. Symeon, New Theolo 7:00 pm. Salutations to the Theotokos	13. Removal of the Relics of Nicephoros. Pouplios, Bishop of Athens
ch of Je- eat Canon w ce Hours	19. Chrysanthus and Daria. Demetrios Mrt <u>Visit Shut-ins</u> 7:00 p.m. Akathist to the Theotokos	20. Fathers of the Monastery of St. Savas. Cuthburt, the Wonder- worker
CIATION 00 a.m. 00 a.m. Capitol Celebrt	26. Synaxis of Arch- Angel Gabriel. 25 Martyrs of Crimea <u>Visit Shut-ins</u>	27. Sat. of Lazarus Matrona of Thessalon Paul, Bp of Corinth Orthros 9:00 a.m. Div. Lit. 10:00 a.m.
Thursday esp. Div. asil assion of Gospels	April 2 Holy Friday 9:00 a.m. Hours 11:00 S. S. Retreat 3:00 Apokathilosis 7:00 Lamentations	April 3 Holy Saturday 9:00 V Div. Lit. St. Basil 11:00 p.m. Preparatory 12:00 ANASTASI 12:30 PASCHAL LIT.

Upcoming Events

March 2—Parish Council Meeting,
7 pm

March 8—Soup Kitchen, setup 4 pm,
meal 5 pm

March 21—Greek Independence Day
Celebration featuring the Newport
Hellenic Dancers and Greek School,
after Liturgy in the Church Hall

March 24—Greek Independence Day
Proclamation at Newport City Hall,
Noon

March 25—Greek Independence Day
Celebration at the State House in
Providence, 4 pm

March 28—Palm Sunday Fish
Luncheon following Liturgy

Regular Events

Religious Education—Sundays,
immediately after Holy Communion

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

Adult Greek School—
Mondays, 4-6 pm

RELIGIOUS EDUCATION NEWS

Dear Families,

Lenten boxes have been passed out to the children! Please have your child put in any extra change for Orthodox missionaries throughout the world. The boxes are due by the week after Pascha. Also, March is a busy month as Pascha comes closer. On March 7th will be the Veneration of the Cross liturgy. On March 14th, the students in Mr. Sisak's class will be performing their oratorical festival. On March 28th will be Palm Sunday and no classes that day. May we have a blessed period of Lent this month. We are planning to hold a Good Friday Camp as we have in years past—more details to follow.

Marianne Menas

GOYA NEWS

The following GOYA officers were sworn in on February 7th:

Missy Mellekas - President
 Toula Mellekas - Vice President
 Parthenia Giannopoulos - Treasurer
 Eleni Giannopoulos - Secretary



ST SPYRIDON 2010 STEWARDSHIP REPORT

Stewardship 2009

My apologies to the following Stewards who were inadvertently left out in the previous bulletin:

Eliopoulos, M/M Aristede & Smaragda
 Koulouvardis, M/M Harry & Antigone

Gordon, M/M Aaron & Diana
 Psilos, M/M Haralambos

Stewardship 2010

It's been a very active two months here in the Stewardship Committee; with the New Year starting and having to reorganize all the information has been tough. You must have received by now the Stewardship Pledge Form. Please, complete and return it.

IN OUR PARISH

Anniversary

Congratulations to our organist, Jane Iandolo who was feted with a coffee hour on her 25th anniversary of playing the organ for our church. Jane was presented with a gift from Parish Council President Zoe Adamedes. May she have many more years of playing the organ for us!

Deaths

Mrs. Angela Bishop fell asleep in the Lord on February 1, 2010. Our condolences go out to her large family. May her memory be eternal.

Mrs. Euridice Paipetis, mother-in law to Bessie (Mellekas) Paipetis and mother to Christos Paipetis, passed away peacefully at home on January 30, 2010. She was the grandmother to Euridice and John. Mrs. Paipetis especially loved Newport and always attended our beloved St. Spyridon Church when visiting. May her memory be eternal.

PHILOPTOCHOS NEWS

(From Alik: My apologies that parts of this entry were mistakenly left out of last month's bulletin.)

Thanks to the bakers of the vasilopetas for our annual event : Lisa Amarant, Catherine Koulouvardis, Sofi Cofield, Joanne Cadenazzi, Elaine Holder, and Mersina Christopher Walsh. Also thank you to those who contributed to the luncheon. Over \$400. was collected for St. Basil's.

We will be cooking for the monthly soup kitchen for Mon., March 8th. PLEASE come and join us!!

Dues for Philoptochos for 2010 are now due. Please mail your check [\$20.00] to : Ionna Bairos Moreau, 96 Sherwood Terrace, Portsmouth

Scholarship applications are available in school guidance offices of Newport, Middletown and Portsmouth High Schools. Applications also available by calling Elaine Brown at 849-3480.

THE TRUE MEANING OF THE GREAT FAST

“We waited, and at last our expectations were fulfilled,” writes the Serbian Bishop Nikolai of Ochrid, describing the Easter service at Jerusalem. “When the Patriarch sang “Christ is risen”, a heavy burden fell from our souls. We felt as if we also had been raised from the dead....Coming out from the service at dawn, we began to regard everything in the light of the glory of Christ’s Resurrection, and all appeared different from what it had yesterday; everything seemed better, more expressive, more glorious. Only in the light of the Resurrection does life receive meaning.”

This sense of resurrection joy, so vividly described by Bishop Nikolai, forms the foundation of all the worship of the Orthodox Church; it is the one and only basis for our Christian life and hope. Yet, in order for us to experience the full power of this Paschal rejoicing, each of us needs to pass through a time of preparation. “We waited,” says Bishop Nikolai, “and at last our expectations were fulfilled.” Without this waiting, without this expectation, the deeper meaning of the Easter celebration will be lost.

So it is that before the festival of Easter there has developed a long preparatory season of repentance and fasting, extending in present Orthodox usage over ten weeks. First come twenty-two days (four successive Sundays) of preliminary observance; then six weeks or forty days of the Great Fast of Lent; and finally Holy Week. Balancing the seven weeks of Lent and Holy Week, there follows after Easter a corresponding season of fifty days of thanksgiving, concluding with Pentecost.

Each of these seasons has its own liturgical book. For the time of preparation there is the Lenten Triodion or “Book of Three Odes”. For the time of thanksgiving there is the Pentecostarion. The point of division between these two books is midnight on the evening of Holy Saturday, with Matins for Easter Sunday as the first service in the Pentecostarion.

What do we find, then, in this book of preparation that we term the Lenten Triodion? It can most briefly be described as the book of the fast. Just as the children of Israel ate the “bread of affliction” (Deut.16:3) in preparation for the Passover, so Christians prepare themselves for the celebration of the New Passover by observing a fast. But what is meant by this word “fast” (nisteia)? Here the utmost care is needed, so as to preserve a proper balance between the outward and inward. On the outward level fasting involves physical abstinence from food and drink, and without such exterior abstinence a full and true fast cannot be kept; yet the rules about eating and drinking must never be treated as an end in themselves, for ascetic fasting has always an inward and unseen purpose. Man is unity of body and soul, “a living creature fashioned from natures visible and invisible”, in the words of the Triodion; and our ascetic fasting should therefore involve both these natures at once. The tendency to over-emphasize external rules about food in a legalistic

way, and the opposite tendency to scorn these rules as outdated and unnecessary. In both cases the proper balance between the outward and the inward has been impaired.....

The primary aim of fasting is to make us conscious of our dependence upon God. If practiced seriously, the Lenten abstinence from food – particularly in the opening days – involves a considerable measure of real hunger, and also a feeling of tiredness and physical exhaustion. The purpose of this is to lead us in turn to a sense of inward brokenness and contrition; to bring us, that is, to the point where we appreciate the full force of Christ’s statement, “Without Me you can do nothing” (John 15:5)...Such is the function of the hunger and the tiredness: to make us ‘poor in spirit’, aware of our helplessness and of our dependence on God’s aid.

Yet it would be misleading to speak only of this element of weariness and hunger. Abstinence leads not merely to this, but also to a sense of lightness, wakefulness, freedom and joy. ...As many doctors acknowledge, periodical fasts contribute to bodily hygiene. While involving genuine self-denial, fasting does not seek to do violence to our body but rather to restore it to health and equilibrium. Most of us habitually eat more than we need. Fasting liberates our body from the burden of excessive weight and makes it a willing partner in the task of prayer, alert and responsive to the voice of the Spirit.

If it is important not to overlook the physical requirements of fasting, it is even more important not to overlook its inward significance. Fasting is not a mere matter of diet. It is moral as well as physical. True fasting is to be converted in heart and will; it is to return to God, to come home like the Prodigal to our Father’s house. In the words of Saint John Chrysostom, it means ‘abstinence not only from food but from sins’. ‘The fast’, he insists, ‘should be kept not by the mouth alone but also by the eye, the ear, the feet, the hands and all the members of the body’: the eye must abstain from impure sights, the ear from malicious gossip, the hands from acts of injustice. It is useless to fast from food, protests Saint Basil, and yet to indulge in cruel criticism and slander: ‘You do not eat meat, but you devour your brother’, The same point is made in the Triodion, especially during the first week of Lent:

‘As we fast from food, let us abstain also from every passion. . . .
Let us observe a fast acceptable and pleasing to the Lord.
True fasting is to put away all evil,
To control the tongue, to forbear from hunger,
To abstain from lust, slander, falsehood and perjury.
If we renounce these things, then is our fasting true and acceptable to God.’

NEWPORT HELLENIC DANCERS—APOKREATIKO GLENDI

The families of the Newport Hellenic Dancers hosted the annual Apokreatiko Glendi at our church hall on February 6th. Everyone had a great time and we raised \$700 for the needs of the Hellenic Dancers. We want to thank all the families for their generous contribution of food, beverages, decorations, and time spent setting up, preparing and cleaning up. We also thank everyone for their generous monetary contributions. Finally we thank the children for providing us with entertainment and happy memories. Please look at the church website to see pictures and videos of the event as well as other community events.



NEWPORT HELLENIC DANCERS AND GREEK SCHOOL NEWS

The Newport Hellenic Dancers have started practicing for the Greek Independence Day celebrations. Practices will continue on Sundays after Liturgy (approximately 12:30 at the rooms downstairs). We also plan to participate at the State House celebration. Traditional costumes will be used for both of those events. We will make the costumes available to the parents starting March 7th. Please contact Sandy Giannopoulos for details (401 667-2984).

The Greek School children are already working hard to learn their poems and readings that have been assigned them which they will recite on March 21st in the church hall. As we have done in the past, two children will represent our community at the State House Celebration reciting poems. We encourage everyone to join us for this event. Please contact Mrs. Eliopoulos for more details.

GREEK INDEPENDENCE DAY CELEBRATIONS

Newport Hellenic Dancers and Greek School Program in Church Hall

The Newport Hellenic Dancers and Greek School will be performing and reciting poems in honor of Greek Independence Day at the Church Hall on Sunday, March 21st following Liturgy. Please plan to join us for this wonderful celebration!

Newport City Hall

A proclamation will be read at Newport City Hall on Wednesday, March 24th at Noon. We hope to see many of you there—bring your children dressed in traditional Greek costumes to celebrate the day!

At the State House

Greek Independence Day will be celebrated at the State House in Providence on Thursday, March 25th starting at 4 pm. Reception will follow at the Annunciation Church in Cranston at approximately 6 pm. We ask that everyone in our community participate in this event. As we have done in past years, children for our community will be dressed in traditional costumes, recite poems and dance to celebrate this occasion.



THREE HIERARCHS GREEK LETTERS CELEBRATIONS

Newport Greek School Three Hierarchs Celebration

On January 31st our Greek school students presented a beautiful collection of poems and songs in observance of Greek Letters Day. Approximately 20 of our parish children ranging in ages from 4 to 14 participated in the program. We thank Kyria Loula Eliopoulos for her ongoing dedicated efforts in teaching the children of our community about the importance of the Greek Language and Heritage.

Metropolis of Boston Greek Language Committee Three Hierarchs Celebration

The annual celebration was held January 31st at the Maliotis Cultural Center at Hellenic College in Brookline, Mass.. Students from various Metropolis of Boston Greek Schools presented poems, songs and dances in observance of Greek Letters Day. Our own St. Spyridon Protulis Greek School ably participated for the first time in this program in which Sofia Stefanopoulos recited the poem "H Eipnvn" to an audience of over 200 guests.

DAUGHTERS OF PENELOPE NEWS

Our chapter will be hosting the Lenten Supper following the Presanctified Liturgy on March 3, as well as the Palm Sunday Fish Dinner on March 28. Tickets are available from members and it is advised to get your tickets early to avoid disappointment since space in the church hall is limited.

The chapter is also planning to have the initiation of two new members.

The next meeting of the chapter will be on April 14 at 7 pm at the AHEPA housing.

AHEPA NEWS

Next AHEPA 245 Meeting:

The next local AHEPA Chapter 245 will take place the Second Tuesday of March.

AHEPA and Daughters Scholarships

<http://ahepa.org/dotnetnuke/Programs/EducationScholarships.aspx>

AHEP Academy Class of 2010

Attention Greek-American High School Juniors:

Don't Miss Your Chance to Be a Part of the AHEP Academy 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 AHEP Academy, an interactive leadership and networking seminar to be held on the campus of George Mason University outside Washington, DC. <http://www.ahepacademy.com/>

AHEPA Announces the 2010 AHEPA Journey to Greece!

The 2010 Journey will have 2 sessions:

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

* 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 and also excursions to classical Greek sites including Olympia and Corinth

<http://www.ahepa.org/journey/>

Ionian Village

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 2009. For more information visit www.ionianvillage.org

Other Scholarships

The Chancellor's Office administers three scholarships: Gioles, Malta, and Paleologos Graduate Scholarship. Applications and instructions for the 2010-2011 scholarships are now available. The deadline for all scholarships is April 20th.

<http://www.goarch.org/archdiocese/administration/chancellor/scholarships>

PANHELLENIC SCHOLARSHIP FOUNDATION

Please visit: <http://www.panhellenicscholarships.org/> for more information.

<p><i>In loving memory of</i> Grego Vincent Volpicelli</p>	<p>Order of AHEPA Maud Howe Elliott Chapter No. 245 Daughters of Penelope Ares Chapter Number 49</p>	<p>Mel's Cafenio 25 Broadway Newport 849-6420</p>
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