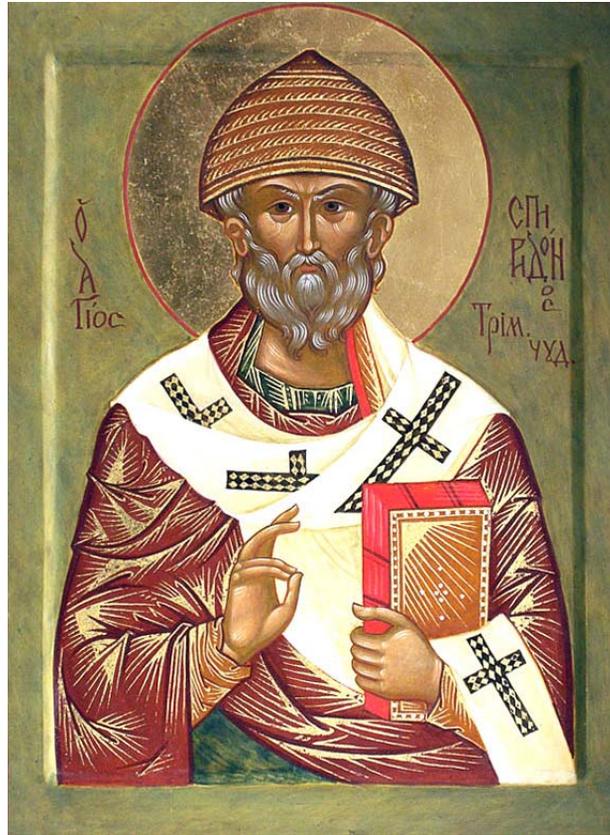

THE SAINT SPYRIDON VOICE
MARCH 2012



Saint Spyridon Greek Orthodox Church
PO Box 427
Newport, RI 02840
tel: (401) 846-0555, fax: (401) 841-0960
www.stspyridonchurch.org



SANT SPYRIDON GREEK ORTHODOX CHURCH

www.stspyridonchurch.org

Reverend Dr. George E. Economou

frgeorge@stspyridonchurch.org

Office Hours

Priest: Tuesday & Thursday, 10 a.m. —1 p.m. ; For emergencies, call (401) 474-7700 (cell)
Church secretary, Ellen Anagnostos: Tuesday & Thursday, 9 a.m.—1 p.m.

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

Philotochos President: Zinovia Canale

Acolytes: Theodore Panoutsopoulos

GOYA President: Missy Mellekas

JOY Advisor: Sandy Giannopoulos

Soup Kitchen: Sofi Cofield, Penny Hiotas
and Jane Iandolo

Greek School:

Eleni Anagnostopoulos

Loula Eliopoulos

Thanasi Stefanopoulos

Adult Greek School: Basile Panoutsopoulos

Bulletin: Aliko Cooper

(alikooper@yahoo.com)

Affiliated Organizations

AHEPA President: Michael Sisak

Daughters of Penelope President:

Penelope Hiotas

Island of Skiathos Organization:

Christina Logothets

SERVICE TIMES

Sunday Winter Hours

Orthros 9 a.m.

Divine Liturgy 10 a.m.

Weekday Festal Celebrations:

Vespers—7 p.m.*

Orthros—9 a.m.

Divine Liturgy—10 a.m.

* 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')

MAKING LENT MEANINGFUL AT HOME

Great Lent is the most significant time of the year in the spiritual life of Orthodox Christians. As parents, we have an opportunity to teach and reinforce its importance and significance to our children, so that they may always love and appreciate this holy period. Here are some things to consider...

- Purchase an Orthodox prayer book if you don't have one, and use it.
- Plan which services you can realistically attend each week as a family (try for at least one).
- Parents, read a book on Great Lent to understand it better (see Fr. Anthony for suggestions).
- Try as much as possible to keep the fast in an appropriate way for your family (perhaps try keeping a strict fast on Mondays, Wednesdays and Fridays if you can't do more).
- Curb or eliminate television, movies, etc.; replace with biblical movies, or read Scripture or other spiritually edifying materials.
- Periodically light incense and keep a lit candle or vigil lamp in front of the holy icons (help create a more spiritual atmosphere at home as much as possible).
- Plan on going to confession as a family during Lent (parents are the example in everything to their children – don't rob them of this spiritually beneficial opportunity).
- If properly prepared, receive Holy Communion more frequently as a family during Lent.
- Choose one or more charities that the family would like to support financially or otherwise (involve children as much as possible with this process).

FLOWER GIRLS FOR GOOD FRIDAY EVENING

Any girls between the ages of 6 and 12 who are interested in being flower girls on Good Friday evening should call Carissa Borodemos at 835-3845 to put your names on the list. Only those girls who attend practice on Palm Sunday, April 8th will be allowed to participate. All girls must wear all white dresses and white shoes.

STEWARDSHIP CORRECTIONS

In last month's bulletin, the names of two families were recorded incorrectly. The names of these generous stewards are Mr. and Mrs. Thomas S. Antonio and Mr. and Mrs. Steven T. Antonio. We apologize for the error.

THANK YOU

A big thank you to Mrs. Katherine Karanikolas for donating a case of communion wine to our church.

SUNDAYS OF GREAT LENT 2012

Joint services will be held at 5 pm, followed by Lenten refreshments:

Sunday March 4 (**Sunday of Orthodoxy**), Assumption Orthodox Church, Pawtucket

Sunday March 11—St Michael Ukrainian Orthodox Church, Woonsocket

Sunday March 18—St Mary's Antiochian Orthodox Church, Pawtucket

Sunday March 25—St Ephrem's Assyrian Orthodox Church, Central Falls

Sunday April 1—Sts Mary & Mena Coptic Orthodox Church, Cranston

LIST OF ITEMS FOR GREAT LENT, HOLY WEEK AND EASTER

Following are items needed during the holiest of seasons. Please consider donating one or more items, in order to help defray some of the expenses. All items have been pre-ordered, so please make your check payable to St. Spyridon, noting item on memo line.

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) - \$25
 2. Flowers for the decoration of the Icon of Annunciation—\$50
 3. Flowers for the Feast of the Veneration of the Holy Cross (Mid-Lent) - \$50
 4. Palm Sunday: 6 Palm trees—\$150, Vayia, (bay leaves—\$100), Palms for Palm Sunday Crosses—\$100
 5. Holy Wednesday: Holy Unctions items—Donated
 6. Holy Thursday: 12 Candles for 12 Gospels and Crown of Thorns—\$50
 7. Holy Friday: 4 Candles for the Epitaphio—\$20
 8. Holy Saturday: Lilies for Holy Saturday and Easter Sunday—18 plants—\$15 each
 9. Holy Saturday: Paschal Candle; Flowers for the Resurrection Banner—\$50 each
 10. Epitaphios Flowers—**This is our largest, single expense; your generous donations would be greatly appreciated.**
-

 THE MEANING OF THE ANNUNCIATION

The world is filled with countless books on struggle and competition, each attempting to show that the road to happiness is cut-throat competition and even hatred, and in none of them will you find the word “joy.” People don’t even know what the word means any more. But the very same joy announced by the angel at the Annunciation of the Virgin Mary remains a pulsating force that still has power to surprise and shake human hearts. Go into a church on the eve of Annunciation. Stay, wait through the long service as it slowly unfolds. Then the moment comes when after the long wait, softly, with such divinely exquisite beauty the choir begins to sing the familiar festal hymn, “With the voice of the Archangel, we cry to You, O Pure One: Rejoice, O full of Grace, the Lord is with You!” Hundreds and hundreds of years have gone by, and still, as we hear this invitation to rejoice, joy fills our heart



in a wave of warmth, But what is this joy about? Above all we rejoice in the very presence of this woman herself, whose face, whose image, is known throughout the world, who gazes upon us from icons, and who became one of the most sublime and purest figures of art and human imagination. We rejoice in her response to the angel, to her faithfulness, purity, wholeness, to her total self-giving and boundless humility, all of which forever ring out in her words: “Behold, I am the handmaid of the Lord; let it be to me according to your word.” Tell me, is anything in this world, in any of its rich and complex history, more sublime and more beautiful than this one human being? Mary, the Most Pure one, the One who is Full of Grace, is truly the One in whom, as the Church sings, “all Creation rejoices.” The church answers the lie about man, the lie that reduces him to earth and appetite, to a baseness and brutality, the lie that says he is permanently enslaved to the immutable and impersonal laws of nature, by pointing to the image of Mary, the most-pure Mother of God, the One to whom, in the words of a Russian poet, “the outpouring of sweetest human tears from overflowing hearts” is offered in unending streams. The lie continues to pervade the world, but we rejoice because here, in the image of Mary, the lie is shown for what it is. We rejoice with delight and wonder, for this image is always with us as comfort and encouragement, as inspiration and help. We rejoice because in gazing at this image, it is so easy to believe in the heavenly beauty of the world and in man’s heavenly calling. The joy of Annunciation is about the angel’s Glad Tidings, that the people had found grace with God and that soon, very soon, through her, through this totally unknown Galilean woman, God would begin to fulfill the mystery of the world’s redemption. There would be no thunder and no fear in her presence, but He would come to her in the joy and fullness of childhood. Through her a Child will now be King: a Child, weak, defenseless, yet through Him all the powers of evil are to be forever stripped of power.

This is what we celebrate on the Annunciation and why the feast has always been, and remains, so joyful and radiant. But I repeat, none of this can be understood or expressed in the limited categories and language familiar to “scientific” atheism, which leads us to conclude that this approach willfully and arbitrarily has declared an entire dimension of human experience to be non-existent, unnecessary and dangerous, along with all the words and concepts used to express that experience. But this is a place where joy is impossible, and so everyone is hostile and sad. But if you leave the pit and climb out, you suddenly find yourself in the midst of a resoundingly joyful church where once again you hear, “With the voice of the Archangel, we cry to You, O Pure One: Rejoice!”

Taken from *Celebration of Faith*, vol. , 3 by Fr. Alexander Schmemmann

SOUP KITCHEN NEWS

Dear Friends,

Rose Apostol has stepped aside as co-chairman of the Soup Kitchen ministry. She has been a faithful worker since the beginning, and won accolades from our guests for the delicious cornbread that she made each month. We are all thankful for her dedication, hard work, and good cheer.

Penny Hiotas has graciously agreed to take over Rose's place, joining Sofi Cofield and Jane Iandolo in chairing this ministry. Since she retired, Penny has been an important member of our crew. She knows and helps with all the routines of our monthly effort and offers a friendly welcome to all who come to dinner.

Many thanks to the several proprietors of restaurants that have generously donated meals to our soup kitchen through the years. Mel's Cafenio, Aquidneck Pizza, A-1 Pizza, Mama Leone's, Nikolas Pizza and All-American Foods have provided welcome help for our crew and delicious food for our guests. We appreciate this support for our efforts.

Please call or email Sofi Cofield to sign up to help at this month's soup kitchen—this month it is on **Monday, March 12th**— (401 847 8593 / sofikip@aol.com)

Thank you for your help in our Ministry,
St. Spyridon Soup Kitchen Team
Jane Iandolo, Penny Hiotas and Sofi Cofield

HELLENIC FEST

Our last Hellenic Fest meeting was very productive. We thank everyone for your participation. We look forward to our next meeting on **Monday, March 5th at 6pm at the Atlantic Beach Club**. Please make every effort to attend to help us plan for our 30th Annual Hellenic Fest!

PARISH COUNCIL NEWS

The February Parish Council Meeting was held on Tuesday, February 7th at 7:00 pm. Here are a list of topics discussed at the meeting:

Apokreatiko Glendi: Vaggeli Giannopoulos gave a briefing on the planning for the glendi. For those of us who attended it was really a lot of fun, especially for the kids! For me, it is really a wonderful thing to see the youth of our parish become more and more bonded with each other. These deep friendships developed during childhood tend to last a lifetime, and it is through the various youth activities being offered at our Parish that this is made possible, activities such as Sunday School, Sunday School retreats, Greek School, Newport Hellenic Dancers, group play dates and soon the youth choir. We really must thank all those of our community who are actively involved in making these activities a reality, and also the parents who take time out of their increasingly busy schedules to see that their children participate.

Hellenic Fest Meeting: The upcoming Hellenic Fest meeting (scheduled for Thursday, February 9th) was discussed. The meeting was well attended and it appears that our Parish will be having its 30th Annual Hellenic Fest. Naturally, more news of this meeting will follow, as well as the time for follow-up meetings. Notifications of these meetings are also made via email, so if you want to be included on the email list please contact the church office. Any emails issued have the addresses sent out as BCC so your privacy is maintained.

Greek Independence Day: This year is our turn for our community to host the Greek Independence Day State House celebration on March 27th. Although the first attempt at a joint meeting with our sister parishes was unsuccessful, another meeting is scheduled for February 23rd at the Church Hall in Pawtucket. As in the past, the State House Program will consist of a variety of speeches, poems, songs and dancing. As the “host” for this year’s festivities, our parish is responsible for providing the food for the reception following the State House Activities. In the past, this effort has mainly fallen on the parents of our youth as well as some of our generous local businesses. However, this is a community effort and truly a community celebration of 2 important holidays: the Feast of the Annunciation and Greek Independence Day. Therefore, the Parish Council will also be soliciting donations from various church organizations. (The Parish will also be making a donation). So, keep a look out for additional announcements and emails.

We are now in the midst of the Triodion and soon Lent will be upon us. The church will again be holding Pre-Sanctified Liturgies on Wednesdays followed by a Lenten meal (sponsored by various church organizations) and a discussion led by Father George. These ancient liturgies are quite moving, beautiful and uplifting. Try to attend at least a few this Lenten season.

The next Parish Council Meeting is scheduled for Tuesday, March 6th at 7:00 pm. 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.

Respectfully,

Zoe Adamedes, Parish Council President, 274-1316/zadamedes@yahoo.com

HOW AN ORTHODOX CHRISTIAN BEHAVES IN CHURCH

1. I come to church physically clean, mentally prepared, and properly dressed
2. I stop talking until I am out of church again.
3. In the Narthex, I cross myself, and, after lighting a candle, I reverently kiss the Icon of my Church's Patron Saint or Feast (The Nativity of Chris) and the Icon of the Holy Theotokos.
4. I quietly go to my pew from the side aisle, and, before sitting, I bow my head and cross myself before the Holy Altar.
5. I pray while waiting for my priest to begin the service.
6. I sing and say prayers with the other worshippers.
7. I always look in front of me, but never around or behind me.
8. I never chew gum or cross my legs.
9. I kiss the Priest's hand when he give me Antidoron (Holy Bread); I also kiss the Priest's hand whenever I greet him, as a sign of respect.
10. I leave the church quietly at the end of the service.
11. I go to my Sunday School classroom without any confusion or noise.
12. I am always on time for the Divine Liturgy and other Church Services, and I am absent only when I am ill.

WHEN NOT TO ENTER THE CHURCH

So that we do not disturb our fellow worshippers during parts of the Divine Liturgy which require our special attention, we do not enter the church proper:

1. When the Priest is facing the congregation.
2. When the Priest censes the congregation
3. During the reading of the Epistle & the Gospel
4. During the Lord's Prayer and the Creed.
5. During the Small Entrance (Priest carrying the Holy Gospel)
6. During the Great Entrance (Priest carrying the Holy Gifts)
7. During the Sermon

We may enter at all other times as long as we do it quietly and reverently.

MARCH 2012

Sunday Winte

SUN	MON	TUE	WED	THU
Fathers Emergency Tel .401-474-7700 Please use only in emergencies. Other wise leave message.	<u>During Great Lent</u> Fr. George will have office hours Wednes days & Fridays 12:00 till services begin.	<u>During Great Lent</u> Regular Office hours Tuesdays/Thursdays 9:30 a.m.—1:30 p.m.	<u>PLEASE NOTE</u> Godparents Godchildren Sunday will be held on 5th Sunday	1 Eudokia of Heliopolis and Antonina New <u>Office Hou</u>
<u>4. Of Orthodoxy</u> Orthros.9:00 a.m. Div. Lit.10:00 a.m. Sun.Sch./Fellowship 5:00 Pan Orthodox	5. Konon Gardener Theodore the Recuit	6.42 Marts of Amorion <u>Office Hours</u> <u>Boston Clergy Lenten Retreat</u> 7:00 p.m. P.C.Mtg	7. <u>Boston Clergy Retr.</u> Fr.George will return by 4:30 for 9th Hour, Presanctified Liturgy Lenten meal & talk.	8. Theophylakt Bishop of Nicc Hermas of the <u>Office Hour:</u>
<u>11.GregoryPalamas</u> Orthros. 9:00 a.m. Div. Lit. 10:00 a.m. Sun.Sch./Fellowship 5:00 Lenten Vespers	12.Theophanes Conf. Symeon New Theolog <u>Soup kitchen</u>	13.Removal of relics of St.Nicephoros. Puolios Bish of Athens <u>Office Hours</u>	14.Benedict of Nursia Euschimon Bishop 4:30 9th Hour 5:00 Presanctified 6:00 Lenten meal and	15. Agapius an Companions M Crete. <u>Office Hou</u>
<u>18. Of Holy Cross</u> Orthros. 9:00 a.m. Div. Lit.10:00 a.m. Sun.Sch.Fellowship 5:00 Lenten Vespers	19. Chrysanthus and Daria.Demetrios New Martyr.	20. Fathers of St.Savas St.Cuthbert Wonder-Worker <u>Office Hours</u>	21.James Confessor 4:30 9th. Hour 5:00 Presanctified 6:00_ Lenten meal and discussion.	22. Basil of An Kalliniki/Vassi <u>Office Hours</u>
<u>25. Annunciation</u> Orthros. 9:00 a.m. Div. Lit. 10:00 a.m. Greek Ind.Celebrat. 5:00 Lenten Vespers	26. Synaxis of Arch-Angel Gabriel. 25 Martyrs of Crimea	27 Matrona &Paul Bp 25th March Celebrat. 4:30 State Capital Reception AssumptionComm.Ce	28. Hilarion the New 4:30 p.m. 9th Hour 5:00 Presanctified 6:00 Lenten meal and discussion	29 Mark Bisho Arethusa.Cyril Gr.Canon St.A <u>Office Hour</u>

inter Hours: Orthros: 9 a.m. Divine Liturgy: 10 a.m.

HU	FRI	SAT.
of and New Martyr. <u>Hours</u>	2. Hesychios martyr Nicholaos Planas 7:00 p.m.Salutations to the Theotokos	<u>3 Saturday of Souls</u> Eutropios,Kleonikos Orthros: 9:00 a.m. Div. Lit. 10:00 a.m. Trisagion Prayers
ylaktos Nicomedea the 70 <u>Hours.</u>	9. 40 Martyrs at the Lake of Sebaste. 7:00 pm.Salutations to the Theotokos	10. Kodratos of Corinth Anastasia of Alexandr.
is and ns Manuel of <u>Hours</u>	16.Savinios of Egypt Christodoulos of Patmos 7:00p.m.Salutations to the Theotokos	17.St.Alexios of God. St.Patrick of Ireland
of Ancyra /assilisa <u>ours</u>	23. Nikon&Company 12:00 Greek Ind.Cel Newport City Hall 7:00 p.m.Salutations to the Theotokos	24.Tikhon of Moscow Tikhon Patr.Moscow 7:00 Great Vespers of Annunciation at An nunciation Cranston.
ishop of Cyril Deac. St.Andrew`1 <u>Hours</u>	30. John of Climakos 7:00 p.m. Akathist Ακάθιστος Ύμνος	31. Hypatios the Wonderworker Innocent, Enlightener of Siberia and Alaska

Upcoming Events

March 5—Hellenic Fest meeting,
6pm, Atlantic Beach Club

March 6—Parish Council Meeting,
7pm

March 6—Daughters of Penelope
meeting, AHEPA Housing, 7pm

March 12—Soup Kitchen

March 25—Greek Independence Day
celebration in Church Hall following
Liturgy

March 27—Greek Independence Day
celebration at the State House in
Providence (**St Spyridon will host
the reception to follow in Pawtucket)

Regular Events

Religious Education—Sundays,
immediately after Holy Communion

Children’s Greek School—
Monday-Thursday, 4-6 p.m.

Adult Greek School—
Mondays, 4-6 p.m.

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.'

IN OUR PARISH

Baptism

On February 12, the daughter of James and Sofia Sinclair was baptized and given the name *Eva* by her godmother Kyriaki Amarant. Proud grandparents are Telly and Leeza Amarant. May she have a long and happy life.

RELIGIOUS EDUCATION NEWS

Dear Families,

I would like to welcome our new families! We have been blessed by the joining of the Silva, Hubbard, and Cotsoridis families. Please welcome them and their children.

A few dates of note in March:

- March 4th-Orthodox Sunday-Have your child come to church with an icon from home. The procession will follow Holy Communion.
- March 11th-Oratorical Parish level festival for middle and high school students. Students will be presenting their speeches after church in the hall.
- March 18th-Veneration of the Cross-Children stay upstairs after Holy Communion and watch the procession.

Marianne

GREEK INDEPENDENCE DAY CELEBRATIONS

Newport City Hall

A proclamation will be read at Newport City Hall on Friday, March 23rd at 12:00 p.m. (Noon) sharp. We hope to see many of you there - bring your children dressed in traditional Greek costumes to celebrate the day and see the flag of Greece flying over City Hall!

Greek School and Newport Hellenic Dancers Program

The Greek School and the Newport Hellenic Dancers will be offering a program in honor of Greek Independence Day in the Church Hall on Sunday, March 25th following Divine Liturgy. Please plan to join us for this wonderful celebration!

Rhode Island State House

Greek Independence Day will be celebrated at the State House in Providence on Tuesday, March 27th. A reception will immediately follow at the Assumption Church in Pawtucket. Everyone in our community is invited to participate in this event. As we have done in the past, children from our community will be dressed in traditional costumes, recite poems and dance to celebrate this occasion.

PHILOPTOCHOS NEWS

Philoptochos Scholarship forms for graduating high school seniors may be obtained by calling Elaine Brown at 849-3480.

We are pleased to announce that Loula Eliopoulos is our new Sunshine Coordinator. Please call her if you are aware of any community members who may need a get well wish or a simple thought of encouragement during a difficult time, at 847-7746.

HELLENIC COLLEGE 75TH ANNIVERSARY CONCERT

Hellenic College Holy Cross will host "**75th at the Pops**" on Saturday, May 12, 2012, a George Gershwin concert by the Boston Pops at Symphony Hall in Boston. This event is part of the celebration of the school's 75th anniversary. We invite friends and supporters of HCHC to join us on this joyous occasion. This event promises to be a sell out. A limited number of tickets are available. **For reservations please contact Mrs. Patricia Dukakis at 508-545-2471.** For more information, look for the letter in the church hall or visit http://www.hchc.edu/hellenic/about/news/news_releases/75_at_the_pops.html.

NEWPORT HELLENIC DANCERS

We would like to thank all the families that contributed in so many ways (provided food, drinks, deserts, helped to serve, setup, break down, clean up,...) to make the annual "Apokreatiko Glendi" a big success. We also thank all of you that donated generously to support the Hellenic Dancers. It was truly a community effort that resulted in a fun filled evening for many families in our community. The children tell us that this is one of their favorite events of the year. If you would like to see how fun it was, please go to our church website. Aliko (as always) has posted a great set of videos and pictures for all of us to enjoy and relive the fun (highlights are shown on the following pages).

Our dancers are now looking forward to participating in the Greek Independence Day celebrations (on March 25th at our Church and on March 27th at the State House). Practices for all groups will be held on Sundays after Liturgy (February 26th, March 4th, March 18th). If you would like your children to participate in these events come join us after Liturgy downstairs.

Feel free to contact us if you have questions.

Xanthoula and Vaggelis Giannopoulos
e.giannopoulos@verizon.net



ΑΠΟΚΡΕΑΤΙΚΟ GLENDI



FEBRUARY 18, 2012



AHEPA NEWS

The AHEPA is pleased to announce that Dr. James Rozes, Charalampos Ntaskas, Stephen Kyriakides, and Alexander Antonopoulos were initiated as new members at the February meeting. The brotherhood is very happy for the growth in the family.

Also, our Newport chapter will be hosting the annual District 7 Convention May 4-6 at the Mainstay. As part of the convention, we will be attending the Newport Playhouse on Friday evening, the 4th, and we would like to emphasize that EVERYONE in the community is invited to join us. Please contact Steve Jennings ASAP so that we can arrange for a block of discounted tickets. E-mail Steve at SJPLANNER@aol.com

Please plan to join us for the annual
Palm Sunday Fish Dinner
 Hosted by the Daughters of Penelope

Sunday, April 8, 2012
 Immediately following Liturgy

Tickets on sale starting in mid-March every Sunday in the church hall.
Please get your tickets early as seating is limited.

DAUGHTERS OF PENELOPE NEWS

The March meeting of the Daughters of Penelope will be held TUESDAY, MARCH 6th at 7 pm at the AHEPA Housing Complex. Please make note of change of regular meeting date. We will be hosting the Lenten dinner on Wednesday, March 14th. Plans for this event and the Palm Sunday Fish Dinner will be discussed at our March 6th meeting. If there are any questions, please contact Penny Hiotas at 847-1807.



Daughters of Penelope District Lodge Visits Newport

L to R - Newport Chapter Secretary Valerie St. Peter, Chapter President, Penny Hiotas, District Governor Lucia Kazakos, Chapter Treasurer, Joanne Hologgitas, PhD and Chapter Vice President Ellen Anagnostos.



Daughters of Penelope Initiate Five New Members at Atlantic Beach Club

left to right: Vickie Mellekas, Christina Logothets, Lucia Kazakos, District Governor, Kathryn Williams, Poppy Pylotis and Gia Harrigan.

<p><i>In loving memory of</i> Gredo 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>
<p><i>With compliments of...</i> Dr. Joanne and Mr. C. Gus Hologgitas</p>	<p>Aquidneck Pizza Breakfast • Lunch • Dinner 27 Aquidneck Avenue Middletown Take out orders: 849-3356 Daily 7am-12am, Fri & Sat 7am-2am</p>	<p><i>In loving memory of</i> Stelios and Frangoula Christopher</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><i>Compliments of the</i> ATLANTIC BEACH CLUB 53 Purgatory Road Middletown 847-2750</p>	<p>A-1 Pizza 306 Broadway Newport Free Delivery 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> Island of Skiathos Organization Established 1967</p>	<p>Flo's Drive-In Portsmouth Flo's Clam Shack Middletown <i>Voted Best in Rhode Island!</i></p>	<p>The Mainstay Inn 151 Admiral Kalbfus Road Newport 849-9880</p>
<p>All American Foods, Inc.</p>	<p>Steve H. Jennings Advanced Planning Associates Advanced Tax & College Planning Retirement & Asset Protection 401.247.9882 SJennings@AdvancedRI.com www.advancedri.com</p>	<p><i>In loving memory of</i> Anthony & Dorothea Rozes</p>