

Dear Fellow Parishioners,

Only a few more weeks of winter and I for one will be glad when it's finally over. Doesn't it seem long this year?

I want to begin with a thank you to Fr. Andrew for bringing back our Apokreatiko dance which was held last week, it was a great event. I had a fine time as did all those in attendance; it's a keeper and will grow in the future. Thank you to Tamam Smith and her band of volunteers and the Anagenesis Society for making it so enjoyable; great food by "The Greek Man", decorations, music, and the company made it special. Something old becoming something new.

Reminders for the month of March: Our Metropolitan will be celebrating Divine Liturgy with us on March 8th, please try, and join us. Following the Liturgy, the AHEPA will be hosting a breakfast in the community center, and St. George will host the firemen from the entire State of New Hampshire as our own Manchester firefighters hold the annual St. Patrick dinner on the 19th.

We continue to upgrade the community web site and it's our hope that it becomes another source for staying in touch with you and being up to date on community events. Weekly bulletins as well as the monthly mailer will be included. This month there are pictures of our recent dance plus you can register online for upcoming events such as the May woodworking project.

As we go thru the Saturdays of the Souls remembering loved ones who have passed on in preparation of the Great Lent, I was reminded this past Sunday of why I do this job. Why is it important to me, and how do I get recharged? We had not one, not two, but three baby boys receive their 40 day blessing, welcoming them into our church. Twins from a 4th generation community family and the first born of a brand new family. This is St. George; continue the best of the past while providing the opportunity for the brightest of futures for all. It's something to be proud of and more importantly it's something to make a part of your life. See you at Divine Liturgy.

Frank C. Comerford President

`On Fasting

His Eminence Metropolitan Maximos of Pittsburgh

Fasting, in our days, has become one of the most neglected spiritual values. Because of misunderstandings regarding the nature of fasting, because of confused and reversed priorities in its use, many of today's Orthodox Christians fast very little, or disregard fasting altogether.

The Great and Holy Council of the Orthodox Church which is scheduled to be convened in the near future has placed the problem of fasting as one of the first items on its agenda. It is hoped that through this Council the age-old practice of the Church to use fasting as one of the important means of spiritual growth will regain its proper place in the life of the Church.

Fasting was practiced by the Lord Himself. After prayer and fasting for forty days in the wilderness, the Lord victoriously faced the temptations of the devil (Matthew 4:1-11). The Lord himself asked the disciples to use fasting as an important spiritual weapon to achieve spiritual victories (Matthew 17:21; Mark 9:29; Luke 2:37). The example of the Lord was followed by His disciples (Acts 14:23; 27:9; 1 Corinthians 7:5; 2 Corinthians 6:5, 11:27, etc.). What is fasting? Why is it so important? Why does fasting precede such important feasts such as Easter and Christmas?

The importance of fasting depends on its meaning. Many of the Fathers have written on fasting. Among others, St. Basil has left us with most inspired comments on fasting. St. Basil tells us that fasting is not abstaining from food only; it is first of all, abstaining from sin. Grounded in the teaching of the Fathers, the Church in its hymnology describes fasting as the mother of chastity and prudence, as the accuser of sin and as the advocate of repentance, the life worthy of angels and the salvation of humans (The Lenten Triodion, trans. Kallistos Ware, London 1978, p. 195). Fasting becomes all of these when observed in the proper spirit.

First of all, fasting is abstinence from food. By detaching us from earthly goods and realities, fasting has a liberating effect on us and makes us worthy of the life of the spirit, a life similar to that of angels. Second, fasting, as abstinence from bad habits and sin, is the mother of Christian virtues, the mother of sound and wholesome thinking; it allows us to establish the proper priority between the material and spiritual, giving priority to the spiritual.

Fasting is the advocate of repentance. Adam and Eve disobeyed God; they refused to fast from the forbidden fruit. They became slaves of their own desires. But now through fasting, through obedience to the rules of the Church regarding the use of spiritual and material goods, we may return to the life in Paradise, a life of communion with God. Thus, fasting is a means of salvation, this salvation being a life we live in accordance with the Divine will, in communion with God.

Because of the liberating effect of fasting, both material and spiritual, the Church has connected fasting with the celebration of the major feasts of our tradition. Easter is, of course, our main feast. It is the "feast of feasts." It is the feast of our liberation from the bondage of sin, from corrupted nature, from death. For on that day, through His Resurrection from the dead, Christ has raised us "from death to life, and from earth to heaven" (Resurrection Canon), Christ, "our new Passover," has taken us away from the land of slavery, sin and death, to the promised land of freedom, bliss and glory; from our sinful condition to resurrected life.

It is most appropriate to prepare for this celebration through a liberating fast, both material and spiritual. This is the profound meaning that fasting takes during the Great Lent. Let us allow ourselves to take advantage of the spiritual riches of the Church. Let us use the precious messianic gifts offered to us through its sacramental life, through its celebrations of the central mysteries of our salvation in Christ. Let us use the spiritual weapons,

"to fight the good fight, to walk the way of fasting, to crush the heads of the invisible dragons, to prove ourselves victorious over sin, and without condemnation to reach our goal of worshiping the Holy Resurrection" (Prayer of the Presanctified Liturgy).

This is the challenge of the Great Lent: to use fasting to obtain the resurrected life, to unite with the Risen Lord. Who could refuse to accept this challenge?

+FATHER ANDREW

MARCH 2009

Schedule of Services, Sacraments & Events

March

1 st	Sunday of Cheese fare,	Orthros, 9 a.m.; Divine Liturgy & Sunday School, 10 a.m. 2 yr. Memorial for Maria Magerias
2 nd	Monday,	Anagennesis Board, 6:30 p.m.
4 th	Wednesday,	Bible Study in Annex, 11:30 a.m.–12:30 p.m. Presanctified Liturgy, 5:30 p.m.
6 th	Friday,	1 st Salutations to Virgin Mary (Heretismoi), 7 p.m.
7 th	Saturday of Souls (#3),	Divine Liturgy & Memorial prayers, 10 a.m. Baptism, 12 noon
8 th	Sunday of Orthodoxy (Icon Sunday)	Orthros, 9 a.m.; Div. Lit. & Sund Sch., 10 a.m. 40 Day Memorial for Mary Theodore, Memorial for Mary & Antonias Antoniou, Polly & Louie Zabolis, 1 yr. Memorial for Louise Covatis, and an Memorial for Cosmos Covatis. Metropolitan Methodios for services. AHEPA family breakfast following services.
9 th	Monday,	Board of Directors, 7 p.m.
11 th	Wednesday,	Presanctified Liturgy, 9:30 a.m. Bible Study in Annex, 11:30 a.m. –12:30 p.m.
13 th	Friday,	2 nd Salutations to Virgin Mary, 7 p.m.
15 th	Sunday,	Orthros, 9 a.m.; Divine Liturgy & Sunday School, 10 a.m.
18 th	Wednesday,	Bible Study, 11:30 a.m. -12:30 p.m., Presanctified Liturgy, 5:30 p.m.

20th **Friday,** 3rd Salutations to Virgin Mary, 7 p.m.

22nd **Sunday (Veneration of Holy Cross)** Orthros, 9 a.m.; Divine Liturgy & Sunday School, 10 a.m. 1 yr. Memorial for Stavros Soulios

25th **Wednesday,** **ANNUNCIATION of the Virgin Mary**
Orthros, 9 a.m.; Divine Liturgy, 10 a.m. **NO BIBLE STUDY**

27th **Friday,** 4th Salutations to Virgin Mary, 7 p.m.

29th **Sunday,** Orthros, 9 a.m.
Divine Liturgy & Sunday School, 10 a.m. 1 yr. Memorial for Olga Tassis

March 2009

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
<p>1</p> <p>Sunday of Cheesefare Orthos 9 a.m. Div. Lit. 10 a.m. 2 yr. Mem. for Maria Magerias Sun. Sch. 10 a.m. Winter Greek Dance Practice 6:30-8:30 p.m. in CC</p>	<p>2</p> <p>Anagenesis Board Meeting at 6:30 p.m. in Annex I/od. Greek Adult Class 6:15-8:00 p.m. in CC H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>3</p> <p>Little Lamb Mtg. 12-2 p.m. in Annex Presanctified Liturgy 5:30p.m. Men's BB 7:30-9 p.m. in CC</p>	<p>4</p> <p>Bible Study 11:30 a.m.-12:30 p.m. in Annex H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>5</p> <p>H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>6</p> <p>1st Salutations to Virgin Mary (Heretismoi) 7 p.m. Hope/Joy Mtg. 6-8 p.m. in Annex</p>	<p>7</p> <p>3rd Saturday of Souls Div. Lit. and Memorial prayers 10 a.m. Baptism at 12:00 noon for Liam Matthew son of Jason & Heather Parent</p>																																																																																										
<p>8</p> <p>Sunday of Orthodoxy (Icon Sun.) Metropolitan Methodios will be with us for services Orthos 9 a.m. Div. Lit. 10 a.m. 46 day Mem. for Mary Theodore 1 yr. Mem. for Louise Covakis Mem. for Mary & Antonias Antonios Mem. for Polly and Louise Zobolis. AHEPA family breakfast following services Winter Greek Dance Practice 6:30- 8:30 p.m. in CC</p>	<p>9</p> <p>Mod. Greek Adult Class 6:15-8:00 p.m. in CC BOD Mtg. 7 p.m. in Annex H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>10</p> <p>Little Lamb Mtg. 12-2 p.m. in Annex Men's BB 7:30-9 p.m. in CC</p>	<p>11</p> <p>Presanctified Liturgy 9:30 a.m. Blood Pressure Screening 9-11a.m. Bible Study 11:30a.m.-12:30 p.m. in Annex DOP Mtg. 7 p.m. in Annex H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>12</p> <p>H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>13</p> <p>2nd Saturday of Salutations to Virgin Mary 7 p.m.</p>	<p>14</p>																																																																																										
<p>15</p> <p>Orthos 9 a.m. Div. Lit. 10 a.m. Sun. Sch. 10 a.m. GOYA mtg 12 p.m. at Assumption Hall Testimonial Tim Giotas & Nicole Wu Puritan Backroom 3 p.m. Winter Greek Dance Practice 6:30-8:30 p.m. in CC</p>	<p>16</p> <p>Mod. Greek Adult Class 6:15-8:00 p.m. in CC H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>17</p> <p>Little Lamb Mtg. 12-2 p.m. in Annex Men's BB 7:30-9 p.m. in CC</p>	<p>18</p> <p>Bible Study 11:30 a.m.-12:00 p.m. in Annex Presanctified Liturgy 5:30 p.m. H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>19</p>	<p>20</p> <p>3rd Salutations to Virgin Mary 7 p.m.</p>	<p>21</p>																																																																																										
<p>22</p> <p>Veneration of Holy Cross Orthos 9 a.m. Div. Lit. 10 a.m. Sun. Sch. 10 a.m. 1 yr. Mem. Ser. Stavros Soulios Winter Greek Dance Practice 6:30-8:30 p.m. in CC Movie with Father 4 p.m. in Annex</p>	<p>23</p> <p>Mod. Greek Adult Class 6:15-8:00 p.m. in CC H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>24</p> <p>Little Lamb Mtg. 12-2 p.m. in Annex Men's BB 7:30-9 p.m.</p>	<p>25</p> <p>ANNUNCIATION of the Virgin Mary orthos 9 a.m. Div. Lit. 10 a.m. Greek Independence Day. No Bible Study H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>26</p> <p>Flea Market Set-Up all day</p>	<p>27</p> <p>Flea Market Set-Up all day. 4th Salutations to Virgin Mary 7 p.m.</p>	<p>28</p> <p>Flea Market 7a.m.-2 p.m. in CC</p>																																																																																										
<p>29</p> <p>Orthos 9 a.m. Div. Lit. 10 a.m. Sun. Sch. 10 a.m. 1 yr. Mem. Ser. Olga Tassis Winter Greek Dance Practice 6:30-8:30 p.m.</p>	<p>30</p> <p>Mod. Greek Adult Class 6:15-8:00 p.m. in CC H.S. BB practice 7:30-9:30 p.m. in CC</p>	<p>31</p> <p>Little Lamb Mtg. 12-2 p.m. in Annex Men's BB 7:30-9 p.m.</p>	<table border="1"> <thead> <tr> <th colspan="7">Feb 2009</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> </tr> <tr> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> </tr> <tr> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> </tr> </tbody> </table>		Feb 2009							S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	<table border="1"> <thead> <tr> <th colspan="7">Apr 2009</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>	Apr 2009							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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ANAGENNESIS NEWS

MARCH 2009

March 6: is the first Friday for the Presanctified Service. Anyone wishing to donate the flowers that adorn the icon on the Fridays, or the icons for Palm Sunday and Holy week, please call Diane @ 622-1424.

March 7: is the last Saturday of Souls. If you have not already done so leave your list of deceased family members at the church office for Fr. Andrew.

March 28: 62nd Flea Market in the community center from 7 a.m. to 2 p.m.

Our membership chairperson, Dorothy Chakas, will be in the community center after Sunday services for anyone who would like to pay their dues.

Needed: single bud vases. If you have any you are not using please drop them off at the church office.

Diane Bobotas, President



SUNDAY SCHOOL

Nikki Moutsioulis

Last month the children in Classes 4 – 10 learned how to prepare a tray of Kolyva, when it should be brought to Church and prayers for our loved ones who have passed away. This is a hands-on lesson that the children and adults enjoy participating in. Many thanks to the adults who helped set up and clean up.

Sunday, March 8 is the Sunday of Orthodoxy. His Eminence Metropolitan Methodios will be with us on that day. Children who will participate in the procession in Church will be given icons to carry. Please do not send in icons from home—this is a correction from last month’s bulletin.

As Orthodox Christians the Lenten Season is a time for us to pray, reflect, and fast in preparation for Pascha. Oftentimes, we are so concerned with what is going into our mouths that we forget to mind what is coming out of our mouths. Let us make kindness and compassion for our fellow human beings an integral part of our everyday lives especially during the Lenten Season. Right now times are tough for many people in many different ways, the least we can do is offer a kind word. “Do unto others as you would have them do unto you.” Let’s do our part to make the world a kinder, gentler place.

MARCH MONTHLY NEWSLETTER

NEW MEMBERS: Gretchen Whitney and Betty N. Xintaras. Welcome!

BAPTISM: Maximilian, son of Kially and Madeline Ruiz. Congratulations!

MODERN GREEK LANGUAGE CLASSES FOR ADULTS: Invites interested persons who have some speaking knowledge of Greek to join our class which meets only twice a month- Monday evenings 6:15 p.m. – 8:00 p.m. We have a new teacher and are just beginning a new text. The classes are free! We read, converse, and sometimes sing and dance. Enjoy yourself while reviewing and maintaining your Greek language skills. You know the saying “Use it or lose it!” Call Barbara at 497-4581 or Dianna at 622-4774 for details.

METROPOLITAN METHODIOS: Will be with us on Sunday March 8th for the Sunday of Orthodoxy. His Eminence will celebrate the Divine Liturgy assisted by Father Andrew and other clergy

BLOOD PRESSURE SCREENING: Will be Wednesday, March 11th from 9:00 a.m. – 11:00 a.m. in the Community Center.

ANTIQUÉ FLEA MARKET: Will be Saturday, March 28th from 7:00 a.m. – 2:00 p.m. Please drop your donations off at the Community Center weekdays between 8:00 a.m. – 4:00 p.m. No clothing will be sold at the flea market. Thank you.

PLANNING AHEAD: MARK YOUR CALENDARS

Since the feast day of Saint George falls after Easter this year (many times it falls during Great Lent or Holy Week), we are planning to have Great Vespers on Wednesday, April 22nd at 7:00pm with a nice reception with light refreshments, following the service.

Metropolitan Methodios has been invited and he has graciously accepted to serve at the Vesper service with Father Andrew and other local clergy who may attend. This is the very first time His Eminence will be with us for the feast day of our Patron Saint George.

YOUTH ACTIVITIES FOR MARCH 2009:

Little Lambs Meetings: Tuesdays, March 3rd, March 10th, March 17th, March 24th, March 31st from 12 – 2 p.m. in the Annex.

Hope/Joy Meeting: Friday, March 6th from 6 – 8 p.m. in the Annex.

GOYA Meeting: March 15th, 12:00 p.m. at Assumption Hall

THE TRUSTEES OF THE GREATER HELLENIC SCHOLARSHIP FUND: There is still plenty of time for high school seniors and college students to return their completed scholarship applications and transcripts to the Cathedral office by April 1st.

URGENT NEED FOR FOOD: The demand for food assistance is at an all time high and food bank supplies are at a record low. Help is needed to fill their shelves and ensure that some of the poorest residents of our community receive food. The greatest needs are: peanut butter, jelly, tuna fish, canned vegetables, canned fruit, cereal, pasta, and sauce. Please drop your items off at the Community Center and we will deliver them to the soup kitchen. We have delivered 19 loads to the Soup Kitchen since the drive began. New Horizons and the recipients of the food are very grateful for your generous donations.

MEMBERSHIP DUES 2009: A new year has started. Membership dues are due for 2009. We sent out the membership dues letter and membership update form the second week in February. If you are having financial difficulty, you can talk to Father Andrew, Frank Comerford, President of the Board, or the membership chairperson, Electra Joaquin.

DONATIONS WERE MADE TO THE FOLLOWING FUNDS IN MEMORY OF:

1. St. George Greek Orthodox Cathedral Beautification Fund:
Mary Theodore \$25.00

2. St. George Greek Orthodox Cathedral Sunday School Fund:
Louise Spelas \$25.00

James Jackson \$25.00

3. The Anna Theodosopoulos Scholarship Fund:
James A. Goumas \$180.00

Mr. & Mrs. Nicholas Hartofelis generously donated \$100.00 to the St. George Greek Orthodox Cathedral Sunday School.

MEMBERSHIP DUES DRIVE

OUR GOAL 700

We applaud you for the return of the 2008 membership confidential forms last year.

We hope you will follow through again this year. It is very vital for us to get those forms, so we can input the information into the computer.

So far this year, we have received **2 new members** and **118 updated** confidential membership forms from parishioners. We have also received **141 payments for dues 2009 and 6 for 2008**. We are off to a good start; we are at **19.8 % in our 2009 membership drive**.

We sincerely appreciate your efforts.

Sincerely,

Electra Joaquin

Membership Chairperson

St. George Greek Orthodox Cathedral

Activities Newsletter

MARCH 2009



March 2nd begins the period of Great Lent for our Greek Orthodox faith and it ends on April 19, which is Easter Sunday. During Lent, Christians of all faiths are given the opportunity for spiritual growth, by replacing their everyday routines with moments of prayer and reflection. In other words, Lent is a time to grow our relationship with God.

Wishing you a Good Lent....Kali Sarakosti

YOUTH NEWS

LITTLE LAMBS: During our meetings this month, the children will be coloring clovers, and participating in other fun activities and crafts. We will teach the children that the leaves of the clover represent the Father, the Son and the Holy Spirit. Since our meeting on March 17th falls on St. Patrick's Day; everyone is encouraged to wear green. As a reminder, all toddlers, parents, grandparents, and seniors are always welcome to join our group, which meets every Tuesday from 12:00 to 2:00 p.m.

HOPE/JOY: Our next meeting is Friday, March 6th. Our discussion will focus on the meaning of Lent, as it is a time to become closer to God as we prepare for Easter. We will be making delicious shamrock pretzels with green sprinkles, and we will have a fun craft to do. All children ages 5 to 12 are welcome to join our group. During our April meeting, we will focus on Easter, and we will join our church community for Friday service for approximately 15 minutes.

GOYA: Our Goya youth will be selling Yankee Candles as a fundraiser to support an end of the year trip. The fundraiser runs from February 9th to March 29th. The next Goya meeting is March 15th at the Assumption Youth Hall, at 12:00p.m.

Special thank you: Thank you to the following people for the wonderful things you do to support our children: Dan, for installing the shelves in the Annex so that the children can store their toys neatly, Athanasia Robinson, for baking the delicious rolls for the Hope/Joy group last month, Maria Dongas, for donating the cinnamon jelly hearts, and Zoe Dimos, for capturing all our youth groups' "special moments" on camera.

COMMUNITY NEWS

Movie with Father: Please note the new date for our movie with Father. It will be on March 22nd at 4 p.m. We will be watching "The Ultimate Gift", based on the best selling novel by Jim Stovall. After the movie, Father will lead the discussion on the movie's theme, which is: what is more important in life, money or happiness? Refreshments will be served.

Apokreatiko Celebration Dance: Our first annual pre-Great Lent dance, held on February 21st, was a lot of fun for everyone. We hope to see more people attending next year. The food and music were wonderful. Thank you to Father for this inspiring idea of bringing our church community together for a celebration, as we prepare ourselves for Great Lent and Easter. A special thank you is extended to the following people: Joe Poulis and Chuck Smith for cooking and preparing the food, the Paul Koutroubas family, Angela Vougias, and Alice Comerford for decorating, Grace Griburas for decorating and prep work, Tim and Vangie Giotas for tending bar all evening, and Sterge Stanos for helping where needed. Thank you to Diane Bobotas, Nancy Daskal, and Teddy Karagiannis for the delicious desserts, and Poppy Tsoutsas, Kelly Urban, and Mariana for serving. We want everyone to know that your help was very much appreciated.

Myrophoroes: Girls from ages 4 to 12 can participate in this ceremony on Good Friday, April 17th. Please contact Kelly O'Brien Hebert at 647-7205 or Tamam at 488-1223, or 622-9113, ext. 84 if you are interested. The girls will meet at 7pm in the 2nd grade classroom. Please wear a white dress, white tights, white shoes and white gloves if you have them. We have a few white dresses if anyone needs to borrow them.

Poem of the Month

"The March wind roars like a lion in the sky, and makes us shiver as he passes by. When winds are soft, and the days are warm and clear, just like a gentle lamb, then spring is here." Author unknown



If you have any questions or comments, please call Tamam Smith at the Cathedral office (622-9113 ext. 84) or at home (488-1223)