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Crucifixion of Our Lord Jesus Christ

SERVICES
Orthros 9:00 a.m..
Divine Liturgy 10:00 a.m.

MONTHLY NEWSLETTER
APRIL 2011
VOL. 2 NUMBER 4
GREAT LENT AND “THE FAST”
April 2011

“The Lenten Spring has come, the light of repentance...Let us receive the proclamation of Lent with joy! If our forefather Adam had kept the fast, we would not have been deprived of Paradise.” (Lenten Hymn)

What is Fasting for us Christians?
It is the means by which we participate in that moment when the Lord Himself declares man to be not totally dependent on food, on matter, on “the world”. “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” (Matthew 4:4 (Deuteronomy 8:3). Jesus restores, (according to Father Leonidas Contos in Lenten Covenant) the proper relationship between food and life, the relationship which God intended and which Adam distorted; which we ourselves distort every day, especially during the prescribed fasts.

Many of us spend so much time on the letter of the law when it comes to the fasting rules. We simply miss the entire spirit of the laws of fasting. We abstain from meat and dine on exotic seafood or follow an expensive vegetarian diet, while remaining faithful to the letter but missing the spirit of the fasting guidelines.

Let me share an interesting story of a bishop of our Church who visited a family during the Lenten season. The man of the house, the Parish Council president, was boasting how he was fasting and his wife had made such delicious chick-pea meal during the day, he had consumed two heaping plateful. The bishop, not necessarily noted for his diplomacy (this could be me) but definitely for his honesty replied, “You might have done better having a small lamb chop.” As you can see, it is possible to abstain from certain foods yet completely miss the spirit of the fast.

There is another story to share with you with the hope that you will understand more clearly the purpose of the Lenten (or fasting) seasons. It is the story of a wealthy, well dressed man who wanted to increase his spiritual awareness and come closer to God. He chose the Lenten season to do this and sought a monastery and a fine abbot to help him with this important journey. He met with the abbot and explained his reason for being there. The abbot offered this gentleman a glass of water and the man accepted. The abbot poured the water but when the glass was full, the abbot kept pouring and the water ran all over the table and onto the fine suit of the man. Naturally he was very upset that his suit had been ruined by the water and said so. The abbot in turn stated, “Well, my dear son, your life is like this overflowing glass of water. No room for any more water. So as the water simply spilled all over the place, so too, all the spiritual food you wish to receive here has no place in your heart or soul, which is currently full, really full of worldly things and has NO room left for GOD. You may have heard this story before, but it bears repeating.

That’s why we fast, dear brothers and sisters. Not just from food but from those things which continuously distract us from God and our journey to the Kingdom. We fast to prepare our stomachs, our hearts and our souls to have a place for the Lord to enter and make His dwelling among us and influence our thoughts and our actions. If there is no room, there is no way that the simple abstaining from foods will create the kind of room necessary to welcome Him. Christ has said that prayer and fasting are necessary. Let His Spirit of Truth be your strength and director and may you have a spiritually rewarding and renewing Great Lent.

Oh, I almost forgot, “When you fast, do not look dismal as the hypocrites do, for they disfigure their faces to show men they are fasting.......But when you fast put oil on your head, wash your face, comb your hair so that it will not be obvious to men that you are fasting, but only to your Father who is unseen...” (Mat. 6:16)

+Father Andrew
### SCHEDULE OF SERVICES AND SACRAMENTS

**FOR APRIL 2011**

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<th>Date</th>
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<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Friday</td>
<td>4&lt;sup&gt;th&lt;/sup&gt; Heretismoi (Salutations to the Virgin Mary), 7pm</td>
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<td>3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>Sunday</td>
<td>Orthros, 9am; Sunday School &amp; Divine Liturgy, 10am</td>
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<td>6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Wednesday</td>
<td>Bible Study, 11:30am – 12:30pm; Presanctified Liturgy, 5:30pm</td>
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<td>8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Friday</td>
<td>Akathist Hymn (Last Salutation), 7pm</td>
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<td>10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sunday</td>
<td>Orthros, 9am; Sunday School &amp; Divine Liturgy, 10am</td>
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<td>13&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Wednesday</td>
<td>Presanctified Liturgy, 9:30am; Bible Study, 11:30am – 12:30pm</td>
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<td>16&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Saturday</td>
<td><em>Saturday Of Lazarus</em>, Divine Liturgy, 10am</td>
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<td>17&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sunday</td>
<td>Palm Sunday, Orthros, 9am; Sunday School &amp; Divine Liturgy, 10am</td>
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<td>Bridegroom Service, 7pm</td>
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<td>18&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Holy Monday</td>
<td>Bridegroom Service, 7pm</td>
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<td>19&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Holy Tuesday</td>
<td>Bridegroom Service (Hymn of Kassiane), 7pm</td>
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<td>20&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Holy Wednesday</td>
<td>Holy Unction at 3pm and 7 pm</td>
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<td>21&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Holy Thursday</td>
<td>Divine Liturgy of Saint Basil and Holy Communion, 6am</td>
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<td><em>(Holy Communion will be given ONLY DURING the LITURGY)</em></td>
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<td>22&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>Holy Friday</td>
<td>12 Gospels, 7pm</td>
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<td>Royal Hours, 9:30am</td>
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<td>Vespers of Apokathilosis(Taking down from the Cross), 3pm</td>
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<td>Epitaphios Thrinos (Lamentations), 7pm</td>
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<td>23&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>Holy Saturday</td>
<td>Divine Liturgy and Holy Communion, 8am</td>
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<td><em>(Holy Communion will be given ONLY DURING the LITURGY)</em></td>
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<td>*Resurrection Orthros, 11:15pm, Distribution of the Light at Midnight and Divine Liturgy of the Resurrection to follow. Services should be completed by 1:45-2:00am</td>
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<td>24&lt;sup&gt;th&lt;/sup&gt;</td>
<td>EASTER SUNDAY</td>
<td>Agape Vespers, 11am</td>
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<td>25&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Bright Monday</td>
<td>Saint George, Divine Liturgy, 10am</td>
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<td>30&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Bright Saturday</td>
<td>Baptism of the infant daughter of Jason and Alexis Jones, 12:30pm</td>
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**MAY**

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<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Sunday</td>
<td>Sunday of Thomas, Orthros, 9am; Sunday School &amp; Divine Liturgy, 10am</td>
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<td>Baptism of the infant son of Michael and Christina Dimos, 1pm</td>
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**FOR YOUR INFORMATION!!**

Beginning May 1<sup>st</sup>, Father Andrew will be in the office at the hours listed below. Naturally, if there is an emergency, a funeral or Liturgy during the times listed for office hours, Father Andrew will not be available in the office.

**OFFICE HOURS FOR FATHER ANDREW**

- Monday, 9am – 12noon
- Thursday, 9am – 2pm
- Friday 9am – 2pm

**PASTORAL VISITATIONS**

If you have a family member or a friend in the hospital or a nursing home, or someone who is unable to get out of the house due to illness, please feel free to contact Father Andrew through the Church office 622-9113 to arrange for a visit.
Spring is finally here with the temperature approaching 60 degrees as I write this letter. This is my favorite time of year. My grandchildren were born in March, the snow goes away and the grass appears, and one of the holiest times of the church calendar takes place. I would like to wish you and your families a blessed Easter.

This spring there is a renewed spirit among members of our St. George Community. Two very successful events were held here recently. The third Apokreatiko Dance was a huge success with almost 170 people experiencing a wonderful evening of Greek dancing and

We invite all those who were unable to attend the Lenten luncheon to join us for the “Glendi-Style Lamb Dinner” coming up on May 21. We are expecting a large crowd so show your support for the community by purchasing ticket early. Special thanks to Electra Joaquin and her Special Events Committee for creating the renewed excitement in our community. Remember, these events depend on the support of our St. George Community for their success.

All the committee assignments have been made and those that signed up should have been called by now for meetings. If you have not

We have a tremendous amount of work to do and need your assistance. Step forward and become an active member of your community.

In other news, the Cathedral Domes will be repaired right after Easter. We are scheduled to examine and approve the test patches completed last fall. Unfortunately the building is constructed of concrete and our New England winters are not very kind to it. I believe the last repair was done in 1995. Hopefully with technological advances in materials this repair will last a little longer.

Happy Easter
Welcome!

NEW MEMBERS: Miss Aimee Rose, Mr. & Mrs. Jason Jones. Welcome to our Community.

FUNERAL: John Tsiatsios. May his memory be eternal!

BAPTISM: Jason Jones. Congratulations!

NEWLY BAPTIZED

SENIOR EXERCISE GROUP
Come exercise and have a fun time doing it. The class meets on Wednesdays from 10:00 a.m.—11:00 a.m., in the Community Center.

The Parish Nurse
The Parish Nurse is available the second Wednesday this month for the Blood Pressure Screening. This month she will be available on Wednesday, April 13th from 9:00-11:00 a.m. in the Community Center.

Join Us for Dance Sessions at:
Arthur Murray Dance Studio: Family, Friends, and Teens ... any four legs and four left feet will do just fine!
Let's Step Out - Step In - Step To 1, 2, 3, Step All Around Together!
Sign Up Now: Contact Alice Comerford - libertyhope@comcast.net or call 434-8586. Sessions staring approximately after Easter.
Donations were made to the following funds in memory of:

**St. George Greek Orthodox Cathedral Beautification Fund:**
- Agathoklis Giotas: $870.00
- Theodora Macaronas: $335.00
- Roger M. Paradis: $100.00
- Mary Audis: $325.00
- Demetrios Liakos: $225.00

**The Anna Theodosopoulos Scholarship Fund:**
- Agathoklis Giotas: $100.00

**St. George Greek Orthodox Senior Choir Fund:**
- Agathoklis Giotas: $100.00

**The Manchester Greater Hellenic Scholarship Fund:**
- Xanthippi Labanaris: $25.00
- Agathoklis Giotas: $25.00
- Rose Trephon: $250.00
Final Reminder

AHEPA FAMILY SCHOLARSHIP APPLICATIONS

District #9 AHEPA Family Scholarship Applications and local Daughters of Penelope Applications for 2011 are available in the church office. The deadline for submitting those applications is April 15, 2011.

Eligible students must have a parent or grandparent who is an active member in the organization.

Greater Manchester Hellenic Scholarship Applications

The Trustees of the Greater Manchester Hellenic Scholarship Fund want to remind scholarship applicants to give their schools ample time to issue transcripts. The

NOA Club Scholarship Applications

The NOA Club applications are available at St. George Cathedral office. All applicants must be the son, daughter, grandchild or spouse of a current NOA club member. Applications are due no later than
Tri-Ortho Meeting

Welcome

Back By Popular Demand

Ladies & Gentlemen 55 ++

Wednesday, April 13, 2011 at 1:00 p.m.
at the St. George Community Center.

Light refreshments will be served.
Please come and join us for some activities.
If you are interested in attending,
please contact the St. George Cathedral Office
at 622-9113
Happy Mother’s Day

The Board of Directors is sponsoring a special Mother’s Day Coffee Hour on Sunday, May 8th, in the Community Center, following services. We will be honoring all mothers, aunts, grandmothers, and great grandmothers. Please come to the special event.

Everyone is welcome.
Glendi-Style Lamb Shank Dinner

Served With
Rice, Greek Salad, Spanakopita, Baklava, and Coffee

DATE: Saturday, May 21st
TIME: 4:00-8:00 p.m.
PLACE: St. George Greek Orthodox Cathedral
650 Hanover Street
Manchester, NH 03104

Tickets in advance only: $20
Cash Bar: Beer and Wine

Call Cathedral Office for tickets and information at (603)622-9113
The Lenten season is upon us and the choir will be rehearsing some of our more beautiful hymns. If you would like to sing with us this year, you will need to attend at least one rehearsal before Palm Sunday and Holy Week.

THE SCHEDULE IS AS FOLLOWS:

**Services:**
- Friday, April 1st  7:00 p.m.
- Sunday, April 3rd  10:00 a.m.
- Friday, April 8th  7:00 p.m.
- Sunday, April 10th  10:00 a.m.
- Sunday April 17th  10:00 a.m.
- Tuesday, April 19th  7:00 p.m.
- Friday, April 22nd  7:00 p.m.
- Saturday, April 23rd  11:30 p.m.

**Rehearsals:**
- Tuesday, April 5th  6:00 p.m.
- Tuesday, April 12th  6:00 p.m.
- Wednesday, April 13th  3:00 p.m.
Easter Flower Donations
Those who wish to make a donation towards our Easter flowers may send a check to the church office made out to Anagennesis. If you are interested in donating a specific floral piece for the Lenten period through Easter please contact Kelly O’Brien Hebert to discuss your request as soon as possible at 647-7205 or kobh@partnersrg.com. All monetary donations for the flowers are welcome and very much appreciated!

Easter Eggs
We will be accepting dyed Easter eggs from Holy Thursday through Holy Saturday. Please contact Diane or Stephanie Orr at (603) 669-7812.

Easter Bread
(Kouloures)
For Sale:
Palm Sunday, April 17, 2011
Time: 11:30 p.m. - 2:00 p.m.
Price: $10.00 per bread

For Sale:
Holy Wednesday, April 20, 2011
Time: 3:00 p.m. - 4:30 p.m. and 6:30 p.m. - 7:30 p.m.
Price $10.00 per bread
Contact Tana Kilmer-Gustafson 289-5561 or Cindy Gatzoulis-Klinefelte 315-1573

Palm Sunday Fish Dinner

Date: Sunday, April 17, 2011
Time: 12:00 p.m.
Place: St. George Community Center

Menu:
Greek Salad, Broiled Haddock with Rice, and Dessert with Coffee.
Price: $13.00

Child’s Plate:
Greek Salad, Ziti with Marinara Sauce, and Dessert
Price: $7.00

Advance Ticket Sales Only
Tickets available through Board Members, Cathedral Office, and Sunday Coffee Hour

Sponsored by The Anagennesis Ladies Society
We have been busy preparing for Pascha. Children are learning about Holy Lent and how to work at incorporating the teachings of Jesus in their daily lives during this special time. They will also be learning about the services which are held during Holy Week. It would be wonderful if you could bring your children to church for these services.

During the month of March we were involved with special projects and processions. On March 6 Classes 4 & 5 prepared kolyva and brought it to church. It was a hands-on experience and they enjoyed learning how, why, and when we prepare kolyva. On March 13 the children participated in the Procession of Holy Icons. They carried icons of saints that they had colored. On March 27th the children participated in the Procession of the Holy Cross. They carried crosses that they had made in class. Classes 6 & 7 presented a standing mosaic cross that they had made to share with the community.

On Saturday, April 16 the Sunday School will serve a Community Communion Breakfast. Please join us in the Community Center after Church.

Girls ages 4 – 12 are invited to be Myrofores at the Good Friday Lamentations Service. Call Tamam Smith 488-1223 for more information.

May 1 is the Sunday of St. Thomas. There is no fasting during Bright Week (the week after Pascha). Children will remain in Church to receive Holy Communion as a group on that day. Reminder: Don’t eat breakfast. We will then proceed to the classrooms for a short lesson after which the children will go outside for the Annual Easter Egg Hunt. They should be back indoors before parishioners leave at the end of the Divine Liturgy.

The Sunday School Staff wish all of you a Blessed Pascha!
Thank you to all the community members who have already paid their 2010 dues. We are off to a good start. We have received 58 payments for 2011.

The membership forms for 2011 will be going out in the mail soon. Please take the time to fill out our new confidential forms. We have been working diligently to develop a new structure that will allow us to be more effective in communicating with our parishioners.

Let's try to make this a record breaking year. We are currently at 9% and climbing. The total income that we have received this year is $7,605.00.
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<td>Bright Saturday Baptism of Vivian daughter of Jason &amp; Alexis Jones at 12:30 p.m.</td>
<td>Junior GOYA Meeting in Annex 1:00-3:00 p.m.</td>
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<td>Orthros 9:00 a.m. Div. Lit. &amp; Sun. Sch. 10:00 a.m.</td>
<td>Anagennesis ladies Society Meeting in Annex 7:00 p.m. Adult Greek Class in CC 6:15-8:00 p.m.</td>
<td>Little Lambs in Annex noon-2:00 p.m.</td>
<td>Senior Exercise Group in CC 10:00-11:00 a.m. Bible Study in Annex 11:30-12:30 p.m. Presanctified Liturgy 5:30 p.m. Central Crew Meeting in annex 6:00 p.m.</td>
<td>Strict Fast Fast Free</td>
<td>Akathist Hymn (Last Salutation) 7:00 p.m.</td>
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<td>Orthros 9:00 a.m. Div. Lit. &amp; Sun. Sch. 10:00 a.m. Greek Independence Day Parade in Boston</td>
<td>Adult Greek Class in CC 6:15-8:00 p.m. Board of Directors in Annex 7:00 p.m.</td>
<td>Little Lambs in Annex noon-2:00 p.m.</td>
<td>Presanctified Liturgy 9:30 a.m. Blood pressure Screening in CC 9:00-11:00 a.m. Senior Exercise Group in Annex 10:00-11:00 a.m. Bible Study in Annex 11:30-12:30 p.m. Tri-Oortho in CC 1:00 p.m. Daughters of Penelope Meeting in Annex 7:00 p.m.</td>
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<td>Saturday of Lazarus Orthros 9:00 a.m. Div. Lit. 10:00 a.m. Community Communion Breakfast</td>
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<td>Orthros 9:00 a.m. Div. Lit. &amp; Sun. Sch. 10:00 a.m. Palm Sunday Dinner in CC following services Bridegroom Service 7:00 p.m.</td>
<td>Bridegroom Service 7:00 p.m.</td>
<td>Bridegroom Service (hymn of Kassiane) 7:00 p.m.</td>
<td>Holy Uction at 3:00 p.m. &amp; 7:00 p.m.</td>
<td>Divine Liturgy of Saint Basil &amp; Holy Communion 6:00 a.m. (Holy Communion will be given ONLY DURING the Liturgy) 12 Gospels 7:00 p.m.</td>
<td>Royal Hours 9:30 a.m. Vespers of Apokathilosis (Taking down from the Cross) 3:00 p.m. Epitaphios Thrinos (Lamentations) 7:00 p.m.</td>
<td>Div. Lit. &amp; Holy communion 8:00 a.m. (Holy Communion will only be given ONLY DURING the Liturgy) Resurrection Orthros 11:15 p.m. Distribution of the Light at midnight and Divine Liturgy of the Resurrection to follow. Services should be completed by 1:15-2:00 p.m.</td>
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<td>NO Sun. Sch. Service of Agape 11:00 a.m.</td>
<td>Bright Monday Saint George Div. Lit. 10:00 a.m.</td>
<td>Little Lambs in Annex noon-2:00 p.m.</td>
<td>Senior Exercise Group in CC 10:00-11:00 a.m.</td>
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<td>Bright Saturday Baptism of Vivian daughter of Jason &amp; Alexis Jones at 12:30 p.m.</td>
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