A BRIEF MEDITATION ON LENT

All of us lead lives so filled with the demands of work and family that little time is left to us to cultivate the garden of our soul. In our preoccupation with the ceaseless business of life, our spirit, if not completely forgotten, is often sadly neglected. When we do find the time to look at ourselves honestly, we soon discover that the spirit of the world has gradually and imperceptibly eaten away at our good intentions; we have become shop-worn by the cares and self-centered spirit of the world.

Fortunately for us, the church recognized from its earliest days that we would need regular periods of reflection and renewed effort if we were to free ourselves from the relentless grip of worldly cares, to once again imitate the example of Christ and reflect it in our lives. It did so by developing the season of Lent, a season which invites us to renew our concentration on prayer, fasting, and almsgiving which lie at the very heart of Christian living.

Through the discipline of quiet prayer, we acknowledge and affirm the sovereignty of almighty God in our lives. In doing so, we surrender the notion of living according to the principle of power; we accept that we are not the measure of all things. In the practice of fasting, we seek to overcome the power that material things have gained over us; we strive to be servants of the sacred and not merely masters of the material and profane. Finally, we are called to almsgiving, through which we share the fruits of our labor with those in need, and thus surrender our natural tendency to be self-seeking. Prayer which unites us to God, fasting which curbs our ceaseless desires, almsgiving which allows us to actively love our neighbor as ourselves — these are the transforming gifts of Lent, which for those of us in the Eastern Orthodox Church begins on February 27th.

If they are to convey their wonderful grace, however, we must make them the tools by which we deepen and enrich our faith and relationship to Jesus Christ. That, truly, is what it means to be a Christian. The wisdom of the ages invites us once again to this marvelous opportunity to find God in our lives; let us take care that we not waste it.

Father Andrew

Defibulators

The Cathedral is in the process of purchasing two defibulators. One will be placed in the Narthex of the Cathedral and the other in the Community Center. Since there are always different groups in each building at different times and dates, we need to train as many people as possible in how to use the defibulators. If you are interested in being trained, please let the office know and what are good times for you to be trained (i.e. weekday mornings, afternoon or evening, weekend Saturday or Sunday mornings, afternoon or evening). We will schedule two or three times to train as many people as possible.

Metropolis of Boston Family (February 24-26, 2012) and GOYA (February 17-20, 2012) Winter Camp in Contoocook, NH.

AHEPA District Scholarship

AHEPA District Scholarship applications are available online at our website www.ahepadistrict9.org. The deadline for submitting applications is April 15, 2012. All applications must be mailed and postmarked by that date.
SUNDAY SCHOOL
Nikki Moutsiosulis

Lent is quickly approaching! The children will study lessons on the fast and preparations for Holy Pascha. Lent will begin on Clean Monday, February 27. What will you do to prepare? Fast? Pray? Do good works? All of the above in some way, shape or form?

SURRENDERING TO CHRIST TO MAKE LENT A LIFE-CHANGING EVENT

1. Surrender your hands to Christ. Make them hands of His love. Write a letter to a friend long ignored. Express your appreciation for your friendship; recommit yourself to this precious relationship.

2. Surrender your voice to Christ. Make it the voice of His love. Phone (NOT e-mail or text) two or three people you've intended to connect with but have not. Tell them what they mean to you or say “thank you” or “I’m sorry.”

3. Surrender your deeds to Christ. Make them the deeds of His love. Take something you have made to someone who means a great deal to you, but for whom you rarely express your love—perhaps a fresh loaf of bread with your affection as a wrapping.

4. Surrender your feet to Christ. Make them the feet of His love. Visit someone who is home-bound, at the hospital, lonely or hasn’t been to Liturgy in a while. Nothing can take the place of a personal visit. Don’t expect to be rewarded, but do it simply because it is the right thing to do.

5. Surrender your heart to Christ. Make it the heart of His love. Make a list of 10 people—friends and otherwise—for whom you will pray daily. Forgive them if they have wronged you. Ask for forgiveness if you have wronged them.

St. John Chrysostom, Archbishop of Constantinople, in his sermon which is read on Easter Sunday speaks of those who fasted from the first hour and those who fasted from the eleventh hour and calls all to enter into the joy of our Lord. Let us all put forth our best effort to prepare from the first hour and see how our lives will change for the better when we surrender to Christ.

ANNUAL COAT DRIVE FOR THE SALVATION ARMY

To Father Andrew, the Parishioners of St. George, Family and Friends,

I would like to send a HUGE thank you for everyone who contributed to my annual Coat Drive for the Salvation Army. This is my second year and I hope to continue through my senior which gives my 3 more years. It is always my goal to top my previous year’s collection so save anything you or your family might outgrow or no longer wear for next year’s drive.

Most Sincere Thanks,
Katie Terrio

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* accessories being hats, mittens, scarves, etc
** other donated articles of warm clothing

GREATER MANCHESTER HELLENIC SCHOLARSHIP FUND

The Trustees of the Greater Manchester Hellenic Scholarship Fund invite qualified high school seniors, college freshmen, and college sophomores to apply for 2012 scholarships. Applications are available at the Church office. Completed applications with official transcripts must be returned to the office no later than April 1, 2012.

MEMBERSHIP DUES

Thank you to all the parishioners who paid their dues for 2011. If you haven’t paid your dues for 2011, please mail in your payment with the membership form. In January we will be mailing out forms for membership dues for 2012.

OLD GREEK 78 RPM RECORD DRIVE

Donate your old 78rpm Greek records to the Church and help us reduce our expenses. DJ Meleti will offer the Church a credit in return for old Greek 78rpm records. The records must be in good condition, without and chips or cracks. The credit we receive will help reduce our expenses for upcoming dances and for our festival. You may bring the records by the office anytime during the day.

SENIOR EXERCISE GROUP

The Winter season has arrived. Come enjoy invigorating exercise, with the ladies. Our classes meet every Wednesday in the Community Center from 10:00-11:00 a.m. If you have any questions, feel free to call the Cathedral office at 622-9113.
**St. George Greek Orthodox Cathedral**
650 Hanover Street
Manchester, New Hampshire

Invites you to

**An Apokreatiko Celebration**
Saturday, February 25, 2012
7pm – 11:00pm
In the church hall

D.J. Meleti
Greek and American Dancing

Variety of Hors D’oeuvres
Cash Bar

More information to come:
Toula Barber: 668-6839
Cathedral Office: 603-622-9113

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**HOPE/JOY NEWS**

Last month a group of children and adults enjoyed listening to Father Andrew discuss The Theophany and the many name days our church celebrates. Children also decorated scented pine cones. Once again, the children were excited to see each other and they always enjoy the Annex; it is a great resource for our Church.

Please join us for our February meeting!
**Next Meeting Date: February 3rd.**
**SCHEDULE** - 6:00 p.m. to 8 p.m.
6:00 arrive-meet in the Annex
6:15 lesson, 6:30 craft, 7:00 snack
7:30 closing and clean-up
We look forward to seeing you!!

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**COMMUNITY NEWS**

**Free Blood Pressure Screening**
Every 2nd Wednesday of the month....bring a friend.
She will be here on January 11th from 9:00 a.m. - 11:00 a.m., in the Community Center.

**Our Deepest Sympathy**
Lambros Theodosopoulos, Christos Papachristos, and Edward Crusade. May their Memory be Eternal.

**Welcome New Members**
Mrs. Kimberly Adams and Mr. William Jordan.

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**COMMUNITY CONTRIBUTIONS**

**St. George Greek Orthodox Cathedral Beautification Fund:**
- Tullu John Folis: $1360.00
- Mary Lucas: $690.00
- Zoitsa Tzimopoulos: $50.00

**St. George Greek Orthodox Choir Fund:**
- Tullu John Folis: $150.00

**The Anna Theodosopoulos Scholarship Fund:**
- Lambros Theodosopoulos: $335.00
- Mary Spiro: $25.00
- Glikeria Statires: $200.00
- Sophia Tatsis: $50.00

**The Greater Manchester Hellenic Scholarship Fund:**
- George Millios: $75.00
- John Botop: $100.00

**Donations were made in memory of:**
- Mr. & Mrs. Alfred Rodanas generously donated $100.00 to the St. George Greek Orthodoxs Cathedral Beautification Fund in memory of the Rodanas Family.
- Mr. & Mrs. Rigas Karoutsos generously donated $100.00 to the St. George Greek Orthodox Cathedral Beautification Fund in memory of Efi and James Tsarouhas.

**GOYA HAPPENINGS**

GOYA has been meeting regularly either the first or second Sunday of each month following church services and coffee hour. Our goal is to incorporate spiritual, cultural, charitable and social events throughout the year for members ranging in age of 12 - 18. Some upcoming events include:

- **Sunday, February 12th** - Valentines Bake Sale
  Homemade Valentine Treats will be on sale just in time for the Holiday! Chairperson: Katina Smith

- **Sunday, February 19th** - Meeting and Event
  Meeting with lunch immediately following church
  Working at New Horizons Soup Kitchen ~ 1-3pm
  Chairperson: George Tsirimokos

- **Snowtubing on a Saturday Night at McIntyre** - Date TBD
  GOYA sponsored event for GOYANS
  $5pp to reserve your spot
  Chairpeople: George Tshirimokos and Christina Spanos
  More plans in the works....

- **Assisting HOPE/JOY with meeting** - Spring Date TBD
  Chairperson: Christina Spanos

- **Assisting The Board with Sunday Church Services** - Spring Date TBD, Chairperson: Katina Smith

- **Blooming Blessings** - June Date TBD

- **GOYA Retreat at Contoocook** - June Date TBD

Watch bulletins, emails and Facebook for latest info!
Anagennesis News
for February 2012

Community:
A check for $400.00 will be given to the Santa Fund in lieu of our annual Christmas card.

Saturday of Souls:
Please submit the names of your loved ones to be read at the Saturday Church services held: February 18th • February 25th • March 3rd
Please see one of the Anagennesis Board members in attendance before the liturgy if you have Koliva.

May our Lord remember all the departed in His Kingdom.

Cash Calendar:
Our Annual Cash Calendar fundraiser will begin in January. Buy your tickets during coffee hour starting in January.

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 533-1663. All monetary donations for the flowers are welcome and very much appreciated!

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<thead>
<tr>
<th>St. George Board of Directors</th>
<th>Anagennesis Ladies Society Board 2012</th>
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<tbody>
<tr>
<td>Copadis, George President</td>
<td>Cathy Mouflarge Boisvert President</td>
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<tr>
<td>Anagnost, Dick 1st Vice President</td>
<td>Kelly O’Brien Hebert Vice President</td>
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<tr>
<td>Giotas, Timothy 2nd Vice President</td>
<td>Kathy Dovas Jaskolka Secretary</td>
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<td>Comerford, Frank C. 2nd Vice President</td>
<td>Carol Dionis Treasurer</td>
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<td>Mokas, John G. Treasurer</td>
<td>Dodo Chakas Membership</td>
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<td>Moutsiosulis, Nicolette Secretary</td>
<td>Diane Spiro LaRoche Sunshine</td>
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<td>Blatsos, Philip Asst. Treasurer</td>
<td>Tana Gustafson</td>
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<td>Kitsis, George Smith, Tamam Stavropoulos, John Timbas, Gregory</td>
<td>Angela Dion Jenny Dakos Marga Bessette Cindy Gatzoulis Klinefelter Diane Orr Stephanie Orr</td>
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<td>Orthros 9 a.m. Div. Lit. 10 a.m. Greek Dance 6-8 p.m. CC.</td>
<td>3rd/4th Coed BB 6-7:30 p.m. in CC.</td>
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<tr>
<td>Orthros 9 a.m. Div. Lit. 10 a.m. Greek dance 6-8 p.m in CC.</td>
<td>BOD Mtg. 7 p.m. in Annex. 3rd/4th Coed BB 6-7:30 p.m. in CC.</td>
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</table>
| Meat Fare Sunday Orthros 9 a.m. Div. Lit. 10 a.m. Greek dance 6-8 p.m in CC. | 3rd/4th Coed BB 6-7:30 p.m. in CC. | Little Lambs Mtg. 12-2 p.m. in Annex. 5th/6th Boys BB 6-7:30 p.m. in CC. 7th/8th Boys BB 7:30-9 p.m. in CC. | Bible Study 11:30-12:30 p.m. in Annex. HS BB 7-9 p.m. in CC. | Bibl... 2021-2022 Calendar of Events February 2012

- **Sun, Mon, Tue, Wed, Thu, Fri, Sat**

- **March 1**
  - **March 2**
    - **March 3**
      - 3rd Sat. of Souls Div. Lit. 10 a.m. BB Clinic 9-10:30 a.m. in CC 5th/6th CYO games 10:30-5:00 p.m. in CC.
SCHEDULE
OF SERVICES & SACRAMENTS
FEBRUARY, 2012

February 1st
Wednesday,
Bible Study in the Annex,
11:30am-12:30pm

2nd Thursday,
Presentation of Christ to the
Temple, Divine Liturgy, 10am

5th Sunday,
Orthros, 9am; Sunday School
& Divine Liturgy, 10am
(NO FAST ALL WEEK)

8th Wednesday,
Bible Study in the Annex,
11:30am-12:30pm

12th Sunday,
Orthros, 9am; Sunday School
& Divine Liturgy, 10am

15th Wednesday,
Bible Study in the Annex,
11:30am-12:30pm

18th Saturday,
OF SOULS
(1st Psychosavvaton),
Divine Liturgy, 10am, Submit
names to Father Andrew

19th Sunday,
Orthros, 9am; Sunday School
& Divine Liturgy, 10am
(MEAT FARE SUNDAY)

22nd Wednesday,
Bible Study in the Annex,
11:30am-12:30pm

25th Saturday,
OF SOULS
(2nd Psychosavvaton),
Divine Liturgy, 10am, Submit
names to Father Andrew

26th Sunday,
Orthros, 9am;
Divine Liturgy, 10am
(CHEESE FARE SUNDAY)

29th Wednesday,
Presanctified Liturgy, 9:30am;
Bible Study, 11:30am-12:30pm

Metropolis of Boston
Family and
GOYA Winter Camps

GOYA WINTER CAMP

GOYA Winter Camp offers a long weekend of fun and
fellowship at the St. Methodios Faith and
Heritage Center in Contoocook, NH for campers ages 12-18.
Highlights include outdoor winter activities,
meeting new friends, a day spent at Pat's Peak for skiing,
snowboarding, and tubing, and a dance

Dates: February 17-20, 2012
Location: Saint Methodios Faith & Heritage Center,
Contoocook, NH
Suggested donation: $175.00 per camper
Download our GOYA Winter Camp Flyer
Call (603) 746-4400 or email mbcamp@tds.net
for more information
*SCHOLARSHIPS AVAILABLE*

FAMILY WINTER CAMP

Family Winter Camp is a weekend-long opportunity for families
and people of all ages to share in the camp experience together,
strengthening their relationship with God and with each other.
All ages are welcome. Campers under 18 years of age must be
accompanied by an adult.
Highlights include fun and fellowship during sessions, campfires,
outdoor sledding, and the Contoocook Fishing Derby.

Dates: February 24-26, 2012
Location: Saint Methodios Faith & Heritage Center,
Contoocook, NH
Suggested donation: $225.00 got up to 3 campers,
$50.00 for each additional camper
Download our Family Winter Camp Flyer
Call (603) 746-4400 or email mbcamp@tds.net
for more information
*SCHOLARSHIPS AVAILABLE*