



St. George Greek Orthodox Cathedral

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M A R C H 2 0 1 7

WHAT IS THE PURPOSE OF FASTING?

Jesus often spoke of fasting. In Matthew 6:14-21, the Gospel read on the last Sunday before the beginning of Great Lent, Jesus tells us how to fast:

"When you fast, do not look dismal as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." (Matthew 6:16-18)

Notice that Jesus does not say "if" you fast, but "when" you fast. He leaves it to be understood that there is a time and a place for fasting in the life of a Christian.

We hear much about fasting today, albeit, today it is dieting, but fasting has always been good not only for the body but also for the soul. This is why the Church has designated periods of fasting in the church year.

Fasting was never meant to stand alone. By itself it can be demonic. It can lead to pride. The rule of fasting can easily become a substitute for a personal relationship with Jesus. This is why Jesus connected fasting to prayer and giving alms.

"After Jesus had gone indoors, his disciples asked him privately, 'Why couldn't we drive it out?' He replied, 'This kind can come out only by prayer and fasting.'" (Mark 9:28-29).

Fasting is meant to serve as an aid to help us concentrate our attention on God. It is meant to lead to a simplification of life, less time for self, more time for God; less time and care for physical food, more time and care for the Word of God and the Bread of Life. In a generation many times referred to as the "me-generation," fasting is designed to take the focus off me and my selfish desires and focus it on God and the needs of His suffering people.

And so we are called to fast as Jesus fasted. And it is not just for the stomach but also a fast for the eyes, the ears, the hands, and the feet.

Saint John Chrysostom said, *"Do not let only your mouth fast, but also the eye, and the ear, and the feet, and the hands, and all the members of our bodies . . . let the hands*

fast, by being free of avarice, let the feet fast, by ceasing to run after sin, let the eyes fast, by disciplining them not to stare at that which is sinful, let the ears fast, by not listening to evil talk and gossip, let the mouth fast from foul words and unjust criticism, for what good is it if we abstain from birds and fish, but bite and devour our brothers?"

The Church has set aside certain days and seasons, or periods of time for fasting. The following is a generally accepted rule for times to observe fasting. Traditionally, every Wednesday and Friday are fasting days, with the exception of certain times when no fasting is observed (Bright Week, the week after Pascha; the week after Pentecost; and from December 25 to January 4). Other days and or periods of fasting include the day before Epiphany; the last week before Great Lent; Great Lent and Holy Week; the Apostles fast (All Saints Day through June 28); the Dormition Fast (August 1 through 14); the Beheading of John the Baptist (August 29); the Exaltation of the Holy Cross (September 14); the Nativity Fast (November 15 through December 24).

The Church also recognizes that not everyone can fast to the same degree, and assumes that individual Orthodox Christians will observe a fasting prescription that has been prepared for them after talking with their Spiritual Father. Of course, the practice of fasting should never be reduced to a legalistic observance of particular dietary rules. Fasting should be a very practical exercise for each individual. But what is more important than what you put into your mouth than what comes out of your mouth. May that be your guiding principle.

As we begin our Lenten Journey, our journey to Pascha, let us spend this time wisely. Let us begin our journey by coming to the many services that the Church offers us now. It is in these beautiful and inspiring services that we will meet our Lord and we will come to know Him better. Come meet the Lord through His Gospel message. Come meet the Lord through receiving His Body and His Blood in the Holy Communion.

May your Lenten Journey be a most blessed time and may you meet the Lord and by meeting the Lord, you will know the Lord! Kalh Tessarakoste!

With my paternal love in Christ,

Father Wilson

Very Rev. Archimandrite Agathonikos M. Wilson
(Father Mike)
Cathedral Dean

PRESIDENT'S MESSAGE

Dear Fellow Parishioners,

Enjoying the snow, its warm this week anyway lots of melting, all in all not the worst of winters. It is New Hampshire after all. Great Lent a bit early this year so please come and take part in the many special services your church will provide you as we prepare once more for that most special part of our calendar Holy Week and the Resurrection of our Lord, make this next month a time for that preparation, time spent with us.

I want to thank all those responsible for making the 51st Cadillac Banquet so wonderful, I was ill and missed it but have heard nothing but positive comments about the evening. I cannot thank Ted and Elaine Setas enough for taking up the role of chair people for this event, until you do it you have no idea of the detail and simply hundreds of things you have to worry about to pull it together and make it a wonderful night for the participants. Ted and Elaine had a great committee of dedicated people to help them and we are in their debt: Cathy Moufarge, Alexandra Gatzoulis Demos, Elizabeth Ferrari, Effie Koustas, Marga Bessette, Christina Hanna Demos, and Tim Giotas. Best of all we made money for St. George and look forward to next year to do it all again.

Thank you's are also in order for everyone involved with the Apokreatiko Dance, a record turnout, another event growing each year, lots of young people, young families together at their church. Some long time people too for sure but just a great group, great evening, if you missed it then you missed it. Thanks to John Stavropoulos in the kitchen once again, all the servers and helpers he had and a big thank you to our Chairperson the hard working Toula Barber. It was an event we will be back next year so mark your calendars now.

Speaking of events already into early Glendi planning but you will hear more about all that soon enough see you in September.

If you have not picked up your scholarship packet in the office, please do so deadline dates are fast approaching. We are scholarship rich at St. George so if you have a high school graduate or even a college student you can't win if you do not apply please do so.

Stewardship is off and running please make your pledge and continue to fulfill that pledge, the health of this community depends on your stewardship from the money, but also as the thank you's in this letter attested your time and talents along with your fellow parishioners. You know we are in this together.

See you in church,
Frank C. Comerford-President

MEMORIAL DONATIONS

**St. George Greek Orthodox Cathedral
Beautification Fund** in memory of:

Charles Kokkinos \$265.00

The Gregory Pappas Memorial Scholarship Fund
in memory of:

Mary Champion \$50.00

The Anna Theodosopoulos Scholarship Fund
in memory of:

Maro Adamakos Jones \$50.00

**The St. George Greek Orthodox Cathedral
Junior Choir Fund** in memory of:

George Tagalakis \$50.00

**The St. George Greek Orthodox Cathedral
Sunday School Fund** in memory of:

George Tagalakis \$50.00

The Greater Manchester Hellenic Scholarship Fund
in memory of:

Katherine Lambiris \$500.00

Thank you from the St. George Senior Choir for your donation in loving memory of your brother,
Yiannis Siggeris from Olga Gatzoulis and family.
God bless you and your family

COME JOIN US FOR A GAME NIGHT OF FUN!

Friday, March 10th @ 8:00 pm

in the Community Center of

St. George Cathedral

Board games, Fishy Fishy Cross My Ocean, Knock Out,

Jump Rope, Rubix Cubes, Checkers,

Connect 4, Chess, Go Fish, Coloring, Puzzles,

Video Games, just to name a few!

**** Feel free to bring in your favorite game
and show us how to play. ****

We will be collecting \$10.00 per family going toward
a Luminary Project that'll be made

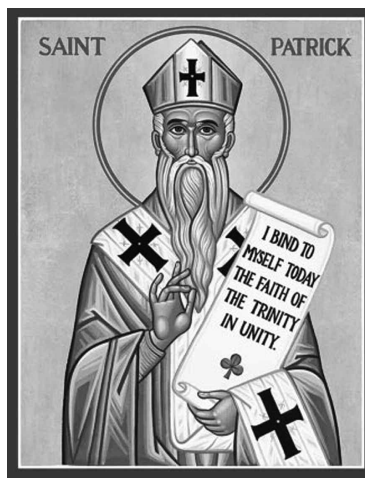
in memory of or for the health of a family member
whose name will be displayed and lit on Holy Friday.

Dessert...make your own ice cream treat!

All the toppings will be provided.

Please call St. George Cathedral Church office
at 622-9113 to let us know you're joining us!

CALLED TO BE SAINTS . . . **SAINT PATRICK** **THE ENLIGHTENER OF IRELAND** **MARCH 17**



Saint Patrick, the Apostle of the Irish, was seized from his native Britain by Irish marauders when he was sixteen years old. Though the son of a deacon and a grandson of a priest, it was not until his captivity that he sought out the Lord with his whole heart. In his Confession, the testament he wrote towards the end of his life, he says, "After I came to Ireland - every day I had to tend sheep, and many times a day I prayed - the love of God and His fear came to me more and more, and my faith was strengthened. And my spirit was so moved that in a single day I would say as many as a hundred prayers, and almost as many at night, and this even when I was staying in the woods and on the mountain; and I would rise for prayer before daylight, through snow, through frost, through rain, and I felt no harm."

After six years of slavery in Ireland, he was guided by God to make his escape, and afterwards struggled in the monastic life at Auxerre in Gaul, under the guidance of the holy Bishop Germanos. Many years later he was ordained bishop and sent to Ireland once again, about the year 432, to convert the Irish to Christ. His arduous labors bore so much fruit that within seven years, three bishops were sent from Gaul to help him shepherd his flock, "my brethren and sons whom I have baptized in the Lord - so many thousands of people," he says in his Confession. His apostolic work was not accomplished without much "weariness and painfulness," long journeys through difficult country, and many perils; he says his very life was in danger twelve times. When he came to Ireland as its enlightener, it was a pagan country; when he ended his earthly life some thirty years later, about 461, the Faith of Christ was established in every corner.

FATHER'S OFFICE HOURS

Father's Office Hours
 Monday – Wednesday – Friday
 10:00 a.m. to 4:00 p.m.

Thursday
 11:00 a.m. to 7:00 p.m.

Tuesday and Saturday
 By Appointment

FATHER'S CONTACT INFORMATION

Cell Phone: (603) 856-6749
 E-mail: revframwilson@yahoo.com

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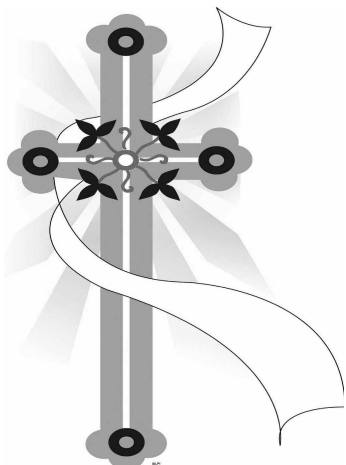
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 Tracy Terrio

Christos Anesti



Alithos Anesti

Holy Week 2017

SATURDAY OF LAZARUS THRU MONDAY OF BRIGHT WEEK

SATURDAY, April 8, 2017 — April 16, 2017

April 08	<u>Saturday of Lazarus</u> – Orthros, 9:00am Divine Liturgy, 10am
April 09	<u>Palm Sunday</u> , Orthros, 9am; Divine Lit. 10am Bridegroom Service, (Nymphios) 7pm
April 10	<u>Holy Monday</u> , Bridegroom Service, (Nymphios) 7pm
April 11	<u>Holy Tuesday</u> , Bridegroom Service (Hymm of Kassiane), 7pm
April 12	<u>Holy Wednesday</u> Holy Unction Service, 3pm Orthros of Holy Thursday & Distribution of Holy Unction 7 pm.
April 13	<u>Holy Thursday</u> Vespers Divine Liturgy of St. Basil 6 am Service of the 12 Gospels & Readings, 7 pm
April 14	<u>Holy Friday</u> Royal Hours, 8:00 am Vespers of Apokathelosis (taking down from the Cross), 3pm Lamentations (Epitaphios Thrinos), 7pm
April 15	<u>Holy Saturday</u> Vespers Divine Liturgy of St. Basil 9:30 am Matins of Pascha 11:15 pm. Resurrection Divine Liturgy 12 Midnight
April 16	<u>Easter Sunday (Pascha)</u> Vespers of Agape at 11am Easter Egg Hunt to follow service

IF YOU HAVE ANY QUESTIONS, CALL FATHER WILSON AT 856-6749

2017 LENTEN LECTURE SCHEDULE

The Liturgy of the Pre-sanctified Gifts will be held at 5:45 p.m.

Followed by the Lenten Pot-Luck Supper and Lenten Lecture Series

Week 1: Wednesday, March 1

The History and Development of Great Lent

Week 2: Wednesday, March 8

Three Lenten Priorities: Fasting, Prayer, & Almsgiving

Week 3: Wednesday, March 15

Major Sunday Themes of Great Lent

Week 4: Wednesday, March 22

Holy Week Themes and Services

Week 5: Wednesday, March 29

Holy Week Themes and Services

Week 6: Wednesday, April 5

Reflection on the Lenten Prayer of St. Ephraim the Syrian

COMMUNITY NEWS

New Members

Stavros Anagnost
Mr. & Mrs. Eric Zink
Welcome to the Family!

Funerals

Charles Kokkinos
Nick Hart
Francine Saad
Menelaos Lianos
May their memories be eternal!

GREEK DANCE CLASS

There will be one more class for this year. It will be Sunday, March 12th from 6:00 p.m.- 8:00 p.m. in the Community Center. Come and enjoy a great time!

UNDERGRADUATE AND GRADUATE COLLEGE SCHOLARSHIPS AVAILABLE FOR THE 2017-2018 ACADEMIC YEAR

Applications for the 2017-2018 academic year for two undergraduate scholarships and one graduate studies scholarship are available from the Chancellor's Office of the Greek Orthodox Archdiocese of America. ***Deadline for all applications is May 1, 2017.***

The **Katina John Malta Scholarship Fund**, a scholarship program established at the Greek Orthodox Archdiocese of America by means of a generous gift from the estate of Katina John Malta. At least two scholarships of \$2,000 each will be awarded for the 2017-18 academic year.

The **George and Naouma Gioles Scholarship Fund** was established in 1997 with a generous gift of George and Naouma Gioles. At least three scholarships of \$1,500 each will be awarded for the 2017-18 academic year.

The **Paleologos Graduate Scholarship** is being offered to those students who are intending on enrolling **full-time** in professional graduate studies leading to a graduate degree (or those already pursuing such studies). At least one scholarship of \$5,000 will be awarded for the 2017-18 academic year.

Applications may be requested from the Office of the Chancellor of the Greek Orthodox Archdiocese by calling (212) 774-0513, by e-mail at , or by written request. You may also go to the Greek Orthodox Archdiocese of America website at and download the applications which can be found under the Spotlights section located on the home page of the Archdiocese website.

GREEK INDEPENDENCE DAY SCHOLARSHIP

Application due April 1, 2017

VAN & JOANNA CHRISTY SCHOLARSHIP

Application due May 30, 2017

THE TRUSTEES OF THE GREATER MANCHESTER HELLENIC SCHOLARSHIP FUND

invite qualified high school seniors, college freshmen, and college sophomores to apply for 2017 scholarships. Applications are available at the Church office. Completed applications with official school transcripts must be returned to the office no later than April 1, 2017.

THE ANNA THEODOSOPOULOS SCHOLARSHIP

The Anna Theodosopoulos Scholarship is available to high school seniors and must be submitted by April 1. Applications can be picked up in the cathedral office.

NOA SCHOLARSHIP APPLICATION

You can pick up applications at St. George Cathedral office. Please remember that they are due back no later than May 1, 2017. Please return completed applications to St. George Cathedral, 650 Hanover Street, Manchester NH 03104.

GREGORY PAPPAS MEMORIAL SCHOLARSHIP

Attention high school seniors. Applications are available in the Cathedral office. The deadline is April 1, 2017.

DAUGHTERS OF PENELOPE SCHOLARSHIPS

Applications are available in the Church Office. The deadline for completed applications is May 1, 2017.

THE KARAGIS SISTERS SCHOLARSHIP

Application due April 1, 2017

JOHN BOLOS MEMORIAL SCHOLARSHIP

Application due June 1, 2017

A BRIEF MEDITATION ON GREAT LENT

by Rev. Father Andrew Demotses

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 shopworn 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.

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.

Fr. Andrew Demotses is a retired priest of the Greek Orthodox Archdiocese of America and served the parish of Saint Vasilios Greek Orthodox Church, Peabody, Massachusetts for over 30 years.

ANNUNCIATION OF THE VIRGIN MARY - MARCH 25

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden. According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women." After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word." And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body.

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, Saint John the Baptist, prophesied of the dawning of the spiritual Sun. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord, and with a great voice blessed her and the Fruit that she held within herself. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: "My soul does magnify the Lord, and my spirit has rejoiced in God my Savior," and the rest, as the divine Luke has recorded.

Joyful Giving – Stewardship 2017 Pledge Form

My Pledge to St. George Greek Orthodox Cathedral in 2017 (Please respond as soon as you can!)

NAME _____ SPOUSE (If Married) _____

STREET _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ MOBILE PHONE _____

EMAIL ADDRESS _____ EMAIL ADDRESS of Spouse (If Married) _____

DEPENDENT CHILDREN'S names and birthdates: _____

May we include your contact information in the parish directory? ☐ YES ☐ NO May we add you to our parish email list? ☐ YES ☐ NO

Indicate any information you would like excluded from parish directory: _____

TREASURE

In gratitude for God's blessings, I/we commit to Christ and His Church the following amount for 2017: \$ _____

I WILL FULFILL MY PLEDGE IN THIS MANNER: ☐ MONTHLY ☐ QUARTERLY ☐ YEARLY ☐ OTHER _____

I WOULD LIKE TO HAVE MY PLEDGE BILLED TO MY DEBIT / CREDIT CARD. (This is preferred in order to save fees)

Card #: _____ Exp. Date: _____ CCV#: _____

PLEASE BILL MY CARD: ☐ YEARLY ☐ QUARTERLY ☐ MONTHLY

TIME & TALENT

NAME: _____

INDIVIDUAL STEWARDS should indicate areas of interest with a check mark. **FAMILIES** should mark "H" for HUSBAND, "W" for WIFE, or "C" for CHILDREN.

EDUCATION

- _____ Bible Study
- _____ Adult Religious Education
- _____ Intro to Orthodoxy
- _____ Publications
- _____ Speakers
- _____ Library

YOUTH

- _____ Sunday School Teacher
- _____ GOYA
- _____ Little Lambs
- _____ Hope/Joy
- _____ Scouts
- _____ Basketball
- _____ Youth Choir

BUILDING & GROUNDS

- _____ Garden & Landscape
- _____ Clean-up
- _____ Interior Repairs
- _____ Exterior Repairs
- _____ Hall Rentals

ADMINISTRATION

- _____ Review / Audit
- _____ By-Laws
- _____ Office Help
- _____ Computer / Technical
- _____ Data Entry
- _____ Board of Directors
- _____ Anagenesis

DEVELOPMENT / FUNDRAISING

- _____ Glendi

LITURGICAL

- _____ Sanctuary & Altar Care
- _____ Altar boys / Acolytes
- _____ Baking Prosfora
- _____ Choir
- _____ Reader
- _____ Greeter / Usher

MINISTRIES & PROGRAMS

- _____ Campus Ministry
- _____ Welcome Team
- _____ New Member Events

- _____ Outreach
- _____ Stewardship
- _____ Sunday Fellowship / Coffee
- _____ Visitation – Hospital
- _____ Visitation – Shut-ins
- _____ Feed the Hungry
- _____ Prison Ministry
- _____ Grief Bereavement Group
- _____ Disaster Relief Projects
- _____ Blood Drives
- _____ Project Mexico
- _____ Int'l Orth Christian Charities
- _____ OCMC Mission Center
- _____ Seniors Ministry
- _____ Couples Ministry
- _____ Singles Ministry
- _____ Military Ministry

COMMUNICATIONS

- _____ Website & E-mail
- _____ Bulletin & Newsletter
- _____ Public Relations

STEWARDSHIP 2017

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Bill Aivalikles
Anastasia Ambargis
Alex Anagnost & Amy Cloutier
Dick & Demetria Anagnost
Stavros Anagnost
Panagiota Arfanakis
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Toula Barber
Ashley Bardwell-Moufarge
Helen Benson
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Lawrence & Zoya Berube
Philip & Anita Blatsos
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Mary Booras
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Vasiliki Canotas & Mark McCue
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Nancy Daskal
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Vivi Desjardins
George & Linda Dimakis
James & Alissa Dimos
Harry Dimos
Zoes & Athena Dimos
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Pauline Gatsas
Theodore & Cassandra Gatsas
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Kostas & Visaria Gekas
Alexander Georgeou
Stephen & Brenda Gikas
Aphrodite Giotas
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John Ine
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Anastasia Vailas
Tom & Cathy Valiton
Vasilios & Penelope Vasilopoulos
Christos Veziris
Theofilos & Angela Vougias
Vasilios & Christina Vougias
Michael & Ellen Whitney
Helen Wilcox
Fr. Agathonikos Wilson
Philip & Nicole Wu
Arthur Zetes
Eric & Alyssa Zink
George & Ruth Zogopoulos

GOD SPEAKS TO US THROUGH THE GOSPEL

The Gospel Book in the Orthodox Church is kept enthroned on the altar, which shows how much we respect and honor the word of God. In non-Orthodox churches the Bible is kept at the pulpit or on a lectern. Not so in the Orthodox Church where Christ is present on the altar as the Bread of Life in the tabernacle and as the Word of God in the Gospel Book. The Gospel Book contains readings for every day of the year, but is not the complete New Testament, as it does not include the epistles, only the four Gospels. The epistles are contained in another book called the "Apostolos".

Through the Gospel Book Christ speaks to us in every Liturgy. He speaks to us the very same words He spoke to His disciples. He enters into conversation with us. It is as if He were here now, in fact, He really is here when we hear His word read to us. How much we need to listen to Christ today. We have many questions about life. We fumble about not knowing who we are or where we are going or why we are here. All the while the Lord Jesus is trying to tell us, "Why don't you try reading my directions for life in this Book. Here is where I tell you what life is about."

God is present in this book. He wants to speak to us through it and has many wonderful and great things to tell us if only we open this book at home every day and read it. The Bible is not just another book – it is God's personal letter to us, the living, actual Word of God – to me and to you. Please spend a few minutes each day reading just one chapter. It will give you God's guidance for the whole day. God wants His Gospel Book to be enthroned not only on the Church altar but also in your heart and your mind. It will change your life.

*Excerpts from Introducing the Orthodox Church: Its Faith and Life, Fr. Anthony Coniaris, c. 1982,
Light and Life Publishing, Minneapolis, MN*

A SPECIAL THANK YOU

I would like to thank the Apokreatiko Committee for helping with the Apokreatiko Celebration. Without your help it wouldn't have been the success that it was. A special thank you to John Stavropoulos and Steve Chakas, in the kitchen, Tim and Vangie Giotas and also Jim Lalopoulos at the bar, Poppy Tsoutsas, Dee Dee Tagalakis, and Marilyn Motowylak. A special thank goes out to Joyce in the office for all her hard work and Dan for everything he does for the dance. With all my love and appreciation,
Toula Barber, Chairperson

PREPARING FOR OUR GREAT LENTEN JOURNEY

Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God. The Lenten period is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends. Most of all, Great Lent is a time of joy and a new beginning. We cleanse ourselves –mind, body and soul– through the physical and spiritual fast, keeping a Christian attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ.

Just as a stool needs all three of its legs to remain upright, our spiritual lives require us to practice all three of the Lenten priorities of prayer, fasting, and almsgiving (charity) in order to be complete and balanced. "Fasting is seen as a means to greater hope. Prayer is seen as a means to greater faith. Almsgiving is seen as a means to greater love".

May our Lenten Journey be a most blessed one and may it be complete and balanced, experiencing all the joys of the three Lenten priorities; the joy of prayer (talking with God), the joy of fasting (imitating God), and the joy of giving (giving back to God).

Next Class in March. Bring a Friend



**Greek Dancing
Cardio Fitness Style**
Saturday, March 18th at 1:00 p.m. at
St. George Cathedral Community Center.

Tickets are \$20.00 per person.

If interested, Please contact

Veneta at jimandveneta@aol.com

SAINT GEORGE GREEK ORTHODOX CATHEDRAL
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*Happy Greek
Independence Day*

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Sunday School February 2017



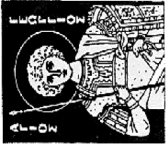
Delivering Valentine's Day cards to residents of Hanover Hill and Villa Crest Nursing Homes

Pictured left to right:

Anna Tatakis, Athena Gallos, Annabelle Awad, Alexa Bevan & Athan Bevan

February 11, 2017





ST. GEORGE GREEK ORTHODOX CATHEDRAL

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March 2017

Sun	Mon	Tue	Wed	Thu	Sat
5. 1st Sunday of Lent Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 a.m.	6. Compline Service 6 pm. Pre-School 4:30-5:30 pm. Adult Greek Class 6- 7:30 pm. 5th/6th BB 6- 7:30 p.m. in CC. HS BB 7:30- 9 p.m. in CC.	7. 3rd/4th BB 6- 7:30 pm in CC. Girls CYO BB 7:30- 9 pm in CC.	1. Pre-Sanctified Liturgy & Lenten Potluck Supper 5:45. pm No Bible Study & Orthodox Life Class. Cub Scout Mtg. 6 pm at Annex.	2. Girl Scouts 5-9 p.m. at Annex. HS BB 6-8 p.m. in CC.	3. 1st Salutations 7 p.m. 5th/6th BB 6-7:30 pm in CC.
12. 2nd Sunday of Lent Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 am. Greek Dance 6-8 p.m. in CC.	13. Compline Service 6 pm. Pre-School 4:30-5:30 pm. Adult Greek Class 6-7:30 pm. BOD Mtg. 7 pm at Annex. 5th/6th BB 6-7:30 p.m. in CC. HS BB 7:30- 9 p.m. in	14. 3rd/4th BB 6- 7:30 pm in CC. Girls CYO BB 7:30- 9 pm in CC.	8. Pre-Sanctified Liturgy & Lenten Potluck Supper 5:45 pm. No Bible Study & Ortho- dox Life Class. DOP Mtg. 6:30 pm at Annex.	9. Girl Scouts 5-9 p.m. at Annex. HS BB 6-8 p.m. in CC.	10. 2nd Salutations 7pm. No Basketball. Family Night 6-8 pm in CC.
19. 3rd Sunday of Lent Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 am. Anagnensis General Assembly after Coffee Hr.	20. Compline Service 6 pm. Pre-School 4:30-5:30 pm. Adult Greek Class 6- 7:30 pm. 5th/6th BB 6- 7:30 p.m. in CC. HS BB 7:30- 9 p.m. in CC.	21. 3rd/4th BB 6- 7:30 pm in CC. Girls CYO BB 7:30- 9 pm in CC.	15. Pre-Sanctified Liturgy & Lenten Potluck Supper 5:45 pm. No Bible Study & Ortho- dox Life Class. Cub Scout Mtg. 6 pm at	16. Girl Scouts 5-9 p.m. at Annex. HS BB 6-8 pm in CC. Helping Hands Stitchers 7 p.m. in	17. 3rd Salutations 7 pm. 5th/6th BB 6-7:30 pm in CC.
26. 4th Sunday of Lent Orthros 9 a.m. Div. Lit. 10 a.m. Sun. Sch. 10 am.	27. Compline Service 6 pm. Pre-School 4:30-5:30 pm. Adult Greek Class 6- 7:30 pm.	28.	22. Pre-Sanctified Lit- urgy & Lenten Potluck Supper 5:45 pm. No Bible Study & Ortho- dox Life Class. Cub Scout Mtg. 6 pm at Annex.	23. Girl Scouts 5- 9 p.m. at Annex. HS BB 6-8 pm in CC	24. 4th Salutations 7 pm. 5th/6th BB 6-7:30 pm in CC.
					11. BB Clinic 9-10:30 am in CC. Baptism of Lillian Vasilike, daughter of Andrew & Heather Cummings at noon. Cub Scout Pinewood Derby 1-4 pm in CC.
					18. Massabesic Merit Badge 8 am in CC. BB Clinic 9-10:30 am in CC. Dancing Zorba's Class 1 pm in CC.
					25. Feast of the Annunciation Divine Liturgy 10 am.
					30. 31. Akathist Hymn 7 pm.