



St. George Greek Orthodox Cathedral

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M A R C H 2 0 1 8

SUNDAY OF THE VENERATION OF THE HOLY CROSS

On the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. This year this celebration will take place on Sunday, March 11, 2018. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week.

The commemoration and ceremonies of the Third Sunday of Lent are closely parallel to the feasts of the Veneration of the Cross (September 14) and the Procession of the Cross (August 1). Not only does the Sunday of the Holy Cross prepare us for commemoration of the Crucifixion, but it also reminds us that the whole of Lent is a period when we are crucified with Christ.

As we have “crucified the flesh with its passions and desires” (Galatians 5:24), and will have mortified ourselves during these forty days of the Fast, the precious and life-giving Cross is now placed before us to refresh our souls and encourage us who may be filled with a sense of bitterness, resentment, and depression. The Cross reminds us of the Passion of our Lord, and by presenting to us His example, it encourages us to follow Him in struggle and sacrifice, being refreshed, assured, and comforted. In other words, we must experience what the Lord experienced during His Passion - being humiliated in a shameful manner. The Cross teaches us that through pain and suffering we shall see the fulfillment of our hopes: the heavenly inheritance and eternal glory.

As they who walk on a long and hard way and are bowed down by fatigue find great relief and strengthening under the cool shade of a leafy tree, so do we find comfort, refreshment, and rejuvenation under the Life-Giving Cross, which our Fathers “planted” on this Sunday. Thus, we are fortified and enabled to continue our Lenten journey with a light step, rested and encouraged.

Or, as before the arrival of the king, his royal standards, trophies, and emblems of victory come in procession and then the king himself appears in a triumphant parade, jubilant and rejoicing in his victory and filling those under him with joy, so does the Feast of the Cross precede the coming of our King, Jesus Christ. It warns us that He is about to proclaim His victory over death and appear to us in the glory of the Resurrection. His Life-Giving Cross is His royal scepter, and by venerating it we are filled with joy, rendering Him glory. Therefore, we become ready to welcome our King, who shall manifestly triumph over the powers of darkness. The present feast has been placed in the middle of Great Lent for another reason. The Fast can be likened to the spring of Marah whose waters the children of Israel encountered in the wilderness. This water was undrinkable due to its bitterness but became sweet when the Holy Prophet Moses dipped the wood into its depth. Likewise, the wood of the Cross sweetens the days of the Fast, which are bitter and often grievous because of our tears. Yet Christ comforts us during our course through the desert of the Fast, guiding and leading us by His hand to the spiritual Jerusalem on high by the power of His Resurrection.

Moreover, as the Holy Cross is called the Tree of Life, it is placed in the middle of the Fast, as the ancient tree of life was placed in the middle of the garden of Eden. By this, our Holy Fathers wished to remind us of Adam’s gluttony as well as the fact that through this Tree has condemnation been abolished. Therefore, if we bind ourselves to the Holy Cross, we shall never encounter death but shall inherit life eternal.

The most common icon associated with the Veneration of the Cross is the same icon used on the . In the icon, Patriarch Macarius is standing in the pulpit elevating the Cross for all to see and venerate. On each side of the Patriarch are deacons holding candles. The elevated Cross is surrounded and venerated by many clergy and lay people, including Saint Helen, the mother of Emperor Constantine.

In the background of the icon is a domed structure that represents the Church of the Resurrection in Jerusalem. This

church was one of the churches constructed and dedicated by Emperor Constantine on the holy sites of Jerusalem.

Another icon related to this feast depicts the actual service of veneration that is conducted in the churches on the Third Sunday of Lent. In the center of the icon is the Cross. It is on a table surrounded by flowers. Above the Cross is the image of Christ representing His glory. He is blessing those who have gathered to venerate the Cross, the rulers, clergy, monastics, and laity.

As in the service of veneration, the icon shows the priest venerating the Cross as the people chant the hymn "We venerate Your Cross, O Christ, and Your holy Resurrection we glorify," which is inscribed on the table holding the Cross. The Sunday of the Holy Cross is commemorated with the Divine Liturgy of Saint Basil the Great, which is preceded by the Matins service. The hymns of the Triodion for this day are added to the usual prayers and hymns of the weekly commemoration of the Resurrection of Christ.

At the conclusion of the Matins (the traditional practice in association with a vigil) or of the Divine Liturgy, a special service is held. The Cross is placed on a tray surrounded by basil or daffodils and is taken in solemn procession through the church to the chanting of the Thrice Holy Hymn. The tray is placed on a table before the people, and the hymn of the Feast of the Cross is chanted. As the priest venerates the Cross, the priest then the people chant, "We venerate Your Cross, O Christ, and Your holy Resurrection we glorify." At the conclusion of the service, the people come and venerate the cross and receive the flowers or basil from the priest.

May the Cross of our Lord and Savior Jesus Christ bring you comfort and joy as you complete the final days of your Great Lenten Journey, which at this point is now half complete. May the message of Christ's Cross become the joy of His Resurrection, His defeat of death, and His promise of eternal life!

With my paternal love in Christ,

Father Wilson

V. Rev. Archimandrite Agathonikos M. Wilson
(Father Mike)
Cathedral Dean and Presiding Priest

2018 HOLY WEEK AND PASCHA SCHEDULE

SATURDAY, MARCH 31, 2018

+Saturday of Lazarus Orthros/Matins 9:00 a.m.

Divine Liturgy 10:00 a.m.

Family and Youth Breakfast and folding of the Palm Crosses to follow

SUNDAY, APRIL 1, 2018

+Palm Sunday Orthros/Matins 9:00 a.m.

Divine Liturgy 10:00 a.m.

Palm Sunday Fish Luncheon to follow the Divine Liturgy

Bridegroom Service (Nymphios Service) 7:00 p.m.

MONDAY, APRIL 2, 2018

Bridegroom Service (Nymphios Service) 7:00 p.m.

TUESDAY, APRIL 3, 2018

Bridegroom Service (Hymn of Kassiane) 7:00 p.m.

WEDNESDAY, APRIL 4, 2018

Holy Unction Service 3:00 p.m.

Matins of Thursday

& Distribution of Holy Unction 7:00 p.m.

THURSDAY, APRIL 5, 2018

Vesperal Divine Liturgy of St. Basil 6:00 a.m.

Service of the Twelve Gospel Readings 7:00 p.m.

FRIDAY, APRIL 6, 2018

Royal Hours 8:00 a.m.

Taking Down from the Cross (Apokathilosis) 3:00 p.m.

Lamentation Service (Epitaphios Thrinos) 7:00 p.m.

SATURDAY, APRIL 7, 2018

Vesperal Divine Liturgy of St. Basil 9:30 a.m.

Canon of Pascha 11:15 p.m.

Distribution of the Light and Divine Liturgy of Pascha
12:00 midnight

SUNDAY, APRIL 8, 2018

+PASCHA – Agape Vespers 11:00 a.m.

An Easter Egg Hunt for the children
will follow the Agape Vespers

PRESIDENT'S MESSAGE

Dear Fellow Parishioners,

Enjoying the snow, it's warm this week with 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 52nd Cadillac Banquet so wonderful, I know the big winner quite well. I have heard nothing but positive comments about the evening. I cannot thank Ted and Elaine Setas enough for again 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, Christina Dimos, Elizabeth Ferrari, Effie Koustas, Marga Bessette, Tina Kiriakou Moulis, Stephanie Ferro, 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 repeat next year so mark your calendars now.

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

Students, if you have not picked up your scholarship packet in the office, please do so as soon as possible. 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 receive if you do not apply. Please do so.

Stewardship is up and running. Please make your pledge and continue to fulfill that pledge. The health of our community depends on your stewardship—your time, your talents and your treasures will help our community to thrive. The thank you's in this letter attest to your time and talents along with your fellow parishioners. You know we are in this together.

The Church gives us many special services, please take advantage of the opportunity and participate.

See you in church,

Frank C. Comerford-President

ST. GEORGE RUMMAGE SALE

We will be having a parish-wide rummage sale on
Saturday, April 28.

Proceeds from the sale will benefit
the ministries of our parish.

Now is the time to be putting aside the items you want to donate. We will be accepting gently used clothing and household items, toys, books, tools and any other miscellaneous items that we will be able to sell.

Please bring your items to the Church Office. If you are unable to bring your items to church please call the office and we will make arrangements for it to be picked up.

If you have any questions regarding the Rummage Sale please see Alice Lylis.

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

St. George

Greek Orthodox Cathedral



February 2018

Dear Fellow Parishioners,

First, let me thank each and every one of you for your generous donations over the years for our GLENDI Ad Book. The book has grown from \$10,000.00 in 1997 to between \$50,000.00 and \$70,000.00 over the past few years and the success of this book is due in large measure to the generosity of each and every one of you!

The President and I had a discussion recently and I have agreed to serve as the GLENDI Ad Book Chairman this year. I think you all know me well enough to know that once I accepted this responsibility I am all in and will work as hard as I can to insure the success of this year's ad book. Our joint goal should always be to exceed any previous goal that has been reached in previous years and that's exactly what I have my sights set on in 2018.

This goal is a lofty goal and in order for us to succeed not only do I have to be all in but all of us together as a team need to be all in. This is an attainable goal as long as we all do our part. How can we exceed last year's ad book total, \$50,000.00?

1. If you haven't participated in past years please consider a patron ad for \$25.00, a quarter page ad for \$75.00, a half page ad for \$150.00, or a full-page ad for \$300.00. Please give according to your means.

2. For those who have bought ads in past years please participate again. If it is financially feasible for you to purchase a more expensive ad this year please do so.

3. All of us have vendors we use. This might be your local car repair shop, a restaurant that you frequent, a dry cleaner's, a grocery store etc. The next time you are there please bring a copy of the cost of the ads with you (included

in this letter with your mailing) and ask if they might be willing to contribute. If you don't know if they're contributed in the past please call me at 361-3259 and I will check for you.

4. Just 100 new patron ads at \$25.00 each is \$2,500.00.

5. If you are aware of someone you think might want to be a GLENDI sponsor at a higher dollar amount, please reach out to them or give me their name and phone number and I will make the call.

Thank you for ALL that you do to insure the success of our community. Our community is a strong vibrant community and the GLENDI is the gold standard of events here in New Hampshire! We truly have made our grandparents and parents proud and we have succeeded in keeping the legacy they have left us stronger than ever.

Thank you for your consideration of my request and thank you for taking the time to read this. I'm sure you will be hearing from me again over the next few months. Wink Wink Wink!

This year our GLENDI Celebration will take place September 14th, 15th, and 16th.

My best to each of you.,

George N. Copadis
2018 GLENDI Ad Book Chair



Greek Dancing Cardio Fitness Style

Saturday, March 17th at 11:00 a.m.

St. George Cathedral Community Center.

Tickets are \$20.00 per person.

If interested, Please contact
Veneta at jimandveneta@aol.com

PALM SUNDAY FISH DINNER

APRIL 01, 2018

Broiled Haddock in Special Sauce
 Greek Salad, Rice, Dessert and Coffee
 \$13.00
 Children's Meal
 Pasta with Marinara Sauce, Greek Salad
 \$7.00
 Advance ticket sales only
 (Please Make checks out to
 Anagennesis Ladies Society)

MEMORIAL DONATIONS

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

Zaferios Mitsopoulos	\$50.00
Helen Economou	\$35.00
Louis Johnson Callas	\$100.00

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

Constance Viscarola	\$100.00
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The Gregory Pappas Memorial Scholarship Fund
 in memory of:

Paul Pappas	\$200.00
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The Anna Theodosopoulos Scholarship Fund
 in memory of:

James Theodosopoulos	\$100.00
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Mrs. Mary Lianos generously donated \$1,000.00 to the St. George Greek Orthodox Cathedral Beautification Fund in loving memory of her husband, Menelaos "Nick" Lianos.

Mrs. Eudoxia Lazos generously donated \$200.00 to the St. George Greek Orthodox Cathedral Beautification Fund in loving memory of her husband, John Lazos.

The Senior Choir would like to thank Mrs. Georgia Sousa for her generous donation of \$200.00 in loving memory of her beloved brother, Milton Argeriou. May his memory be eternal.

The Senior Choir would like to thank Mr. & Mrs. John Stergiou for their generous donation of \$25.00 in loving memory of Milton Argeriou. May his memory be eternal.

**St. George
 Board of Directors**

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 Tana Kilmer Gustafson
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 Veneta Tatakis
 Tracy Terrio



September 14th, 15th, and 16th.

GLENDI 2018 PROGRAM AD RATES

Patron (Name) - \$25.00

Quarter Page \$ 75.00 (3.5" w x 4.75" h)

Half Page 150.00 (4.75" h x 7.5" w

OR 3.5" w x 10" h)

Full Page 300.00 (7.5" w x 10" h)

***EXTENDED DEADLINE FOR ADS IS
 MAY 31ST**

Please make checks payable to:

St. George Greek Orthodox Cathedral
 650 Hanover St. Manchester, NH 03104-5306

COMMUNITY NEWS

New Members

Penny Watson

Maria Samaras

Welcome to the Family!

Funerals

Jennie Gerasi Kiestlinger

James Arthur Dellas

Vasiliki Drapeau

Deta Spiro Hashem.

May their memories be eternal!

GREEK INDEPENDENCE DAY CELEBRATION

Will be held on March 29th at the Assumption Church from 5:30 p.m. – 7:30 p.m. If you need more information please call the Assumption Church office.

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 2018 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, 2018.

GREGORY PAPPAS MEMORIAL SCHOLARSHIP

Attention high school seniors. Applications are available in the Cathedral office. **The deadline is April 1, 2018.**

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.

CHANGE OF ADDRESS

If your address changes, please give the Cathedral Office a call at 622-9113 and let them know of the change.

ANAGENESIS LADIES SOCIETY DUES

The dues will be collected during Coffee Hour in the Community Center. The dues this year are \$15.00. Please see Dorothy Chakas during coffee hour to pay your dues

DO YOU SPEAK OR READ FRENCH? GERMAN? ALBANIAN? CHINESE?

We need volunteers to help proclaim the Gospel on Pascha during the Agape Vespers Service on Sunday, April 8 in the many and various languages of the world. If you are blessed with these skills and are able to help, please contact Father as soon as possible. Thank you.

EASTER FLOWER DONATIONS

If you would like to make a donation towards our Lenten and Easter flowers you may do so by mailing a donation to the church office, drop it off at the church office, or give it to any member of the Anagennesis Board. Please make checks payable to Anagennesis. Thank you for your generosity.

DON'T FORGET TO TURN YOUR CLOCKS FORWARD ONE HOUR SUNDAY, MARCH 11, 2018 AT 2:00 A.M.

At 2:00 a.m. on Sunday, March 11, 2018 millions of Americans will turn their clocks forward (ahead) one hour, thus beginning Daylight Saving Time.

A safety reminder: Many fire departments encourage people to change the batteries in their smoke detectors when they change their clocks because Daylight Saving Time provides a convenient reminder. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Troy, Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have either dead or missing batteries.

STEWARSHIP 2018

Michael & Donna Aboshar
 Mark & Elaine Adam
 Arthur Adamakos
 Anastasia Ambargin
 Alex Anagnost & Amy Cloutier
 Diakaios & Demetria Anagnost
 Stavros Anagnost
 Panagiota Arfanakis
 Sally Argeriou
 James & Lynne Arvanitis
 William & Cheryl Athanas
 Bradley & Katerina Atkinson
 Christos & Alexandra Babis
 Toula Barber
 Jaime & Ashley Bardwell Moufarge
 George & Joy Bentas
 Joan Bentas
 Peter & Kate Boisvert
 Richard & Georgiann Boisvert
 Fanny Canotas
 Brian, Cathy & Alexis Carr
 Gregory & Meagan Chadis
 William & Maria Chaloge
 Daphne Chiavaras
 Robert & Mary-Ann Choquette
 Christos & Barbara Chrisafides
 Dean & Evangeline Christon
 Marie Clapsaddle
 Ronald & Marion Coble
 Brian Comerford
 Frank & Alice Comerford
 George Copadis
 Nick Copadis
 Maria Dakos
 Julia Damalas
 Maria Damalas
 Vivi Desjardins
 Michael & Demetra Dillon
 Harry Dimos
 Michael & Christina Dimos
 Tom & Carol Dionis
 Nicholas & Artemis Donis
 Effie Dovas
 Susan Duffy
 Jim & Stephanie Ferro
 Francine Flynn
 Nancy Folis
 Kristine Gagne

Matthew Gatsas
 Michael Gatsas
 Pauline Gatsas
 Theodore & Cassandra Gatsas
 Kostas & Visaria Gekas
 Alexander Georgeou
 Stephen & Brenda Gikas
 Aphrodite Giotas
 Evangelos & Grace Griburas
 Louise Hart
 Nicholas & SeSun Hartofelis
 William & Jennifer Hughen
 William & Joan Hughen
 John Ine
 Alice Ivos
 Angeliki Kanellos
 John & Barbara Karanasiou
 Eva Karandanis
 Theodore & Panagiota Karametros
 Rigas & Maria Karoutsos
 John & Elaine Katsoupis
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 Andrea Kokolis
 Ernie Kotekas
 William Kotekas
 Dennis & Anita Kounas
 George & Dafnoula Lalopoulos
 Philip Liakos
 Stephen & Maureen Liakos
 Mary Lianos
 John & Marie MacArthur
 William & Claire Macenas
 Stamatia Malatras
 Helena Malik
 Pamela Manolakis
 Anthony & Karen Massahos
 Mark McCue & Vasiliki Canotas
 Harry & Imelda Mehos
 Socrates & Evdokia Merisotis
 Aspa Michalopoulos
 Olga Mikolaities
 Spiro & Maria Millios
 Nikolas & Lyndsay Mitsopoulos
 Spiros & Sharon Mitsopoulos
 Timothy Mitsopoulos
 Zachary Mitsopoulos
 Soultana Mokas
 Marilyn Motowylak

Elias Moutsoulis
 Kosta & Nikki Moutsoulis
 Theodora Nakos
 Michael & Elaine Oleniak
 William Pananos
 Costas & Mary Papachristos
 Frank & Athanasia Papanicolau
 Arthur & Dawn Pappas
 Jason & Heather Parent
 Evangelos & Brenda Pervanas
 George Petrikas
 Greg & Beth Plentzas
 Evangelos & Pauline Poulos
 Giorgio & Denise Ricciardi
 Georgia Saitas
 Christos & Jackie Samaras
 James & Christine Samaras
 Joanna Samaras
 George Sioras
 Skaperdas, Joyce
 Kostas & Tina Spanos
 Stergios Spanos
 Eva Stilkey
 Olga Sysyn
 Thomas Sysyn
 Lisa Tagalakis
 Andrea Tartsa
 Theodora Thanos
 Arthur N. Tolios
 Vasiliki Tolios
 George & Joyce Trapotsis
 Vasso Tsingos
 Hercules & Constance Tsirovakas
 Alexandra Tsoutsas
 Despina Tsoutsas
 George Tsoutsas
 Despina Tziros
 Peter & Ashley Tziros
 Stergios & Christine Vizakis
 James & Constance Vlangas
 Theofilos & Angela Vougias
 Vasilios & Christina Vougias
 Jeremy & Argy Walker
 Michael & Ellen Whitney
 Fr. Agathanikos Wilson
 George & Ourania Zogopoulos

2018-2019 ARCHDIOCESE SCHOLARSHIPS AVAILABLE

NEW YORK – The Greek Orthodox Archdiocese of America announces that applications for the Scholarship and Fellowship programs administered by the Archdiocese are now available. Applications can be accessed by visiting <http://www.goarch.org/>. For more information, please email scholarships@goarch.org or call 212-774-0283.

The deadline for submitting an application for any of these scholarships is May 4, 2018.

George & Naouma (Gioule) Gioles Scholarship Katina John Malta Scholarship Paleologos Scholarship

Applications and instructions for these three scholarships administered by the Department of Philanthropy of the Greek Orthodox Archdiocese of America are available for awards to be made for the 2018-2019 academic year. The George & Naouma (Gioule) Gioles Scholarship and the Katina John Malta Scholarship are for undergraduate studies, and the Paleologos Scholarship is awarded for graduate work of a non-theological nature. Each of these scholarships was established through generous gifts from dedicated Greek Orthodox Christians who wanted to provide financial assistance towards the education of young people from our Orthodox Christian community.

The Christos and Georgia Trakatellis Fellowship

Applications are also available for a fellowship from The Christos and Georgia Trakatellis Fellowship Fund for the 2018-2019 academic year. This Fund was established in 2011 by His Eminence Archbishop Demetrios and his brother, Prof. Antonios Trakatellis, in memory of their parents, Christos and Georgia. The Fund, overseen by the Chancellor's Office, offers fellowships to graduates of Holy Cross Greek Orthodox School of Theology to study Greek language, Hellenic culture and liturgical practice. These studies can take place in the United States or, preferably, in Greece or at the Ecumenical Patriarchate of Constantinople. The study could be part of an established academic program (Doctoral or Master Levels) or part of a free program, which should be well structured and clearly defined in view of the above stated purpose of the Fund. Candidates shall be chosen based on merit and need. The amount of the fellowship is \$3,000 per semester for up to two semesters. One or more full or partial fellowships will be awarded annually.

THREE LENTEN PRIORITIES: FASTING, PRAYER, AND ALMSGIVING

Just as a stool needs all three of its legs to remain upright and balanced, our spiritual lives require us to practice all three of the Lenten priorities of fasting, prayer, and almsgiving 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.

By practicing these three Lenten priorities we should be able to focus more clearly on God and we should be reminded that we need God. It is important that we fast in secret and in humility. More importantly, we are to fast from sins such as pride, gossip, envy, and greed. Fasting can assist us in achieving a much greater hope in our lives. A good way to increase our prayer life during our Lenten journey is to attend more services in the Church. During Great Lent we will have three additional services each week in addition to the Divine Liturgy on Sunday, thus three more opportunities to increase our prayer life and to achieve an increase in our faith.

We are also expected to think of other people's needs even more during Great Lent and to perform charitable acts, or almsgiving. Great Lent is a good time to volunteer at a local charity or perhaps give of the foods that we abstain from to the GOYA canned goods drive. By giving we work to achieve a much greater love in our life and in the world.

THE SHORTEST BIBLE VERSE

Did you know that the shortest Bible verse is John 11:35, quoted as 'Jesus Wept'. This verse will be heard in the Gospel read in the Divine Liturgy on the Saturday of Lazarus on Saturday, March 31, 2018. On this day the Gospel lesson is John 11:1-45. Jesus wept for His friend Lazarus, before He raised him from the dead, a pre-cursor of His own Death and Resurrection.

Please join us after the Divine Liturgy for our Church School / Community Communion Breakfast and help us fold the Palm Crosses for Palm Sunday the next day.

THE SUNDAYS OF GREAT LENT

Each of the Sundays of Great Lent has its own special theme. The first Sunday is called the Feast of the Triumph of Orthodoxy. This year the first Sunday of Great Lent falls on Sunday, February 25. It is a historical feast commemorating the return of the icons to the churches in the year 843 after the heresy of iconoclasm was overcome. The spiritual theme of the day is first of all the victory of the True Faith. "This is the victory that overcomes the world, our faith" (1 John 5:4). Secondly, the icons of the saints bear witness that man, "created in the image and likeness of God" (Gen 1:26), becomes holy and godlike through the purification of himself as God's living image.

The Second Sunday of Lent is the commemoration of St. Gregory Palamas. The second Sunday falls on Sunday, March 4. It was St. Gregory Palamas (d.1359) who bore living witness that men can become divine through the grace of God in the Holy Spirit; and that even in this life, by prayer and fasting, human beings can become participants of the uncreated light of God's divine glory.

The Third Sunday of Lent is that of the Veneration of the Cross. The cross stands in the midst of the church in the middle of the Lenten season not merely to remind men of Christ's redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which man must live to be saved. "He who does not take up his cross and follow me is not worthy of me" (Mt 10:38). For in the Cross of Christ Crucified lies both "the power of God and the wisdom of God" for those being saved (1 Cor 1:24). The third Sunday is on Sunday, March 11.

The Fourth Sunday of Lent is dedicated to St John of the Ladder (St. John Climacus), the author of the work, The Ladder of Divine Ascent. The fourth Sunday is on Sunday, March 18 this year. The abbot of St Catherine's Monastery on Mount Sinai (6th century) stands as a witness to the violent effort needed for entrance into God's Kingdom (Mt 10: 12). The spiritual struggle of the Christian life is a real one, "not against flesh and blood, but against... the rulers of the present darkness... the hosts of wickedness in heavenly places ..." (Eph 6:12). Saint John encourages the faithful in their efforts for, according to the Lord, only "he who endures to the end will be saved" (Mt 24:13).

The Fifth Sunday recalls the memory of Saint Mary of Egypt, the repentant harlot. This year the fifth Sunday falls on Sunday, March 25, which has a very special meaning in itself, the Feast of the Annunciation of the Virgin Mary. Mary tells us, first of all, that no amount of sin and wickedness can keep a person from God if he truly repents. Christ himself has come "to call sinners to repentance" and to save them from their sins (Luke 5:32). In addition, Saint Mary tells us that it is never too late in life—or in Lent—to repent. Christ will gladly receive all who come to him even at the eleventh hour of their lives. But their coming must be in serious and sincere repentance.

THE IDEAL TIME TO WIND A WATCH

*"Every morning as I open my eyes,
my thoughts turn first to You, O Lord,
for watching over me during the night
and for giving me a new day. Amen"*

A person's watch was running a little slow so he took it to the watchmaker. Opening the back cover of the watch, the watchmaker examined it very carefully with a magnifying glass. "When do you wind your watch?" he asked. "Just before I go to bed," replied the man. The watchmaker replied, "You should wind it the first thing in the morning because every step you take during the day will jar its delicate mechanism. You should begin each day with a tight spring."

The watchmaker was talking about watches, but he might as well been speaking about us. By beginning each day with prayer we strengthen our "spring," our soul, and are better prepared for the "jars" that we shall meet during the day.

Jesus had a habit of going off by Himself to pray early in the morning. Is it a wonder that He was able to resist temptation and to meet the "jars" of life without being bowled over by them?

Psychologists tell us that the first thoughts we have upon rising in the morning are important because they set the tone for the whole day. They either make or break the day. How important it is then to begin each day with the thought of God's presence, God's love, God's compassion, God's mercy, and God's power. It will not only strengthen us to face the "jars" of the day, but will also help us set a happy tone for the whole day.

THE AKATHIST HYMN / SALUTATIONS TO THE THEOTOKOS

The Akathist Hymn is a profound, devotional poem or chant, which sings the praises of the Holy Mother and Ever-Virgin Mary (Theotokos). It is chanted in all Orthodox Churches throughout the world during the five Fridays in the Great Lent, and constitutes a very concrete spiritual preparation for the Holy Week and Easter Services.

Devotional Hymns to the Theotokos are as ancient as the first Christian Church. The Byzantine Empire from its very inception at Constantinople during the fourth century, closely allied itself to the Virgin Mary and always sought Her protection or intercessions. This we see from the Prayer Services to the Theotokos between the fifth and eighth centuries, and the reference to Constantinople as the 'Queen City'.

The Akathist Hymn, which in its present form was added to by many Ecclesiastical Hymnographers, existed for the most part even before it was formally accepted by the Church in 626 AD. The Kontakion "To the Invincible Champion... we ascribe the victory" was added then, and came to be recognized as the Akathist Hymn, because of the following described miracle attributed to the intercession of the Theotokos.

While the Emperor of Byzantium Heracleios was on an expedition to fight the aggression of the Persians on their own grounds, there appeared outside the walls of Constantinople barbaric hordes, mostly Avars. The siege lasted a few months, and it was apparent that the outnumbered troops of the Queen City were reaching desperation. However, as history records, the faith of the people worked the impossible. The Venerable Patriarch Sergius with the Clergy and the Official of Byzantium Vonos, endlessly marched along the great walls of Constantinople with an Icon of the Theotokos in hand, and bolstered the faith of the defenders of freedom. The miracle came soon after. Unexpectedly, as the chronicler narrates, a great storm with huge tidal waves destroyed most of the fleet of the enemy, and full retreat ensued.

The faithful of Constantinople spontaneously filled the Church of the Theotokos at Vlachernae on the Golden Horn, and with the Patriarch Sergius officiating, they prayed all night singing praises to the Virgin Mary without sitting. Hence the title of the Hymn "Akathistos", in Greek meaning 'not seated'.

The Akathist Hymn is a very important and indeed an integral part of our religious and ecclesiastical life. When we are present during the first Friday Service, we firmly realize that we commence to ascend the spiritual steps of the lengthy Lenten period, to finally reach the peak with our Lord's Glorious Resurrection.

The Akathist Hymn was not strange to the Latin West even though apart from the Eastern Church. Pope Benedict XIV granted on May 4, 1746 an indulgence of 50 days to the Latin and Eastern Rite Roman Catholics, for each recitation of the Hymn.

Fr. Vincent McNabb, a Roman Catholic Priest in London, translated the Hymn into English in 1934. In his forward remarks he stated "No apology is needed for introducing the Akathistos to the Christian West. Indeed the West might well be apologetic about its neglect, or ignorance of such a liturgical and literary masterpiece".

In any of our Service Books we can readily see that our glorious and Ever-Virgin Theotokos is the center of many of our Orthodox Services in which prayers abound for Her interceding to Her Son, and our God, for our Salvation. The Virgin Mary is the most exalted and most honored person by God. She is the most revered and most loved by humans. She is a binding force for all Christians. She is the Unique Personality of the world, because of the unique fact of the Lord's Incarnation.

Faith in the Almighty God is primary and all important to the Holy Orthodox Church. Our dependence on God is always beyond question, and from this faith we should strive not to stray. Therefore, Services, like the Akathist Hymn, should be a must and attended by all. Moreover, this particular Service links us so beautifully with a great and glorious period of our Christian history; it is also a very live tradition, which has never ceased in the Orthodox Church since its official acceptance in 626 AD.

Living in these trying times, when we are besieged by many forces of evil, it is hoped that the Akathist Hymn as well as our other Services may become the bulwark to withstand, and indeed to overcome these forces.

The Salutations to the Theotokos of course is the most common of all of the Akathist Hymns. There are many Akathist Services .. . to Christ, to the Holy Trinity, to Saint Nicholas, Saint Nektarios to many, many Saints. There may be over 100 different Akathist Hymn services.

ANAGENESIS NEWS

DEAREST MEMBERS,

AS WE ENTER THE LENTEN SEASON MY THOUGHTS ARE FOCUSED ON HOW TO LOOK WITHIN OUR WONDERFUL SOCIETY AND CONTINUE TO BUILD STRONGER RELATIONSHIPS. THANK YOU FOR YOUR TIME AND DEVOTION TO OUR COFFEE HOURS. I ALSO INVITE YOU TO INTRODUCE NEW FRIENDS TO OUR MEMBERSHIP AS WE WORK TO FULFILL THE NEEDS OF OUR PARISH.

~CATHY MOUFARGE / PRESIDENT

WANTED:

Volunteers to help
with the annual church cleaning.

When: Monday, March 12, 9am – 1pm

Join us as we make our beautiful church sparkle!

We will clean all pews, icons, and choir area.
More hands make lighter work!

RED EASTER EGGS NEEDED!

We want to make sure everyone gets an egg this Easter.

Our goal is 30 dozen red eggs. Can you help?

Please drop them off in our church office on
Holy Thursday evening, Good Friday
or Holy Saturday morning.

A few more things...

Please consider a donation for our Easter flowers!

All are welcome to help decorate on
Good Friday morning, April 6th at 9am.

**Please feel free to drop off a
Lenten dish for Coffee Hours.**

Palm Sunday Fish Dinner/April 1st.

Tickets are \$13 adults/\$7 kids.

Easter Bread – Tsoureki

will be available to purchase on Palm Sunday
during the fish dinner and Holy Wednesday
in the lobby of the Community Center.

All breads are \$10 each.



UPCOMING FUTURE FAMILY NIGHTS

Friday, March 9th 6pm. – 9pm.

Friday, April 20th 6pm. – 9pm.

Friday, May 11th 6pm. -9 pm.

**Friday, June 22nd End of Year
Barbeque**
More info to Come!



PLEASE ARRANGE FOR YOUR HOUSE BLESSING

It is the tradition of the Orthodox Church that the Faithful have their home and place of business blessed each year following the Feast of Theophany. This should not be a once-in-a-lifetime event, but a chance to welcome God's special presence and love into your homes and your families each year. Please contact Father directly to make an appointment for this beautiful blessing.

STEWARSHIP TEAM

In an effort to engage more parishioners in the stewardship process we are forming a Stewardship Team. The goal of this team will be to reach out to parishioners who were once committed stewards and who are now not active stewards.

Do you know any of these people? Think of the people you shared a Sunday School Class with—are they stewards now? Perhaps you have family members who are not active in the parish at this time. Would you be willing to help in our efforts to strengthen our parish? Are you willing to reach out by making a phone call or sending a note?

If you want to get involved in this important ministry please contact Nikki Moutsoulis at grkpwr@comcast.net or call the office to sign up.

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March 2018



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April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Palm Sunday Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 am. Palm Sunday Fish Dinner in CC. Bridgeman	2. Holy Monday Bridegroom Service 7 pm	3. Holy Tuesday Bridegroom Service 7 pm	4. Holy Wednesday Holy Unction 3 pm Orthros of Holy Thursday & Distribution of Holy Unction 7 pm.	5. Holy Thursday Vesperal Div. Lit. of St. Basil 6 am. Service of the 12 Gospel Readings 7 pm.	6. Holy Friday Royal Hours 8 am. Apokatholiosis Service 3pm. Lamentations Service 7 pm	7. Holy Saturday Vesperal Div. Lit. of St. Basil 9:30 am. Matins of Pascha 11:15 pm. Resurrection Div. Lit. Midnight. Pot Luck Paschal Dinner
8. Happy Pascha <u>Easter Sunday</u> Agape Vespers 11 am. Easter Egg hunt following service.	9. Greek Pre-Sch. 4:30 –5:30 pm in CC. Adult Greek Class 6-7:30 p.m. BOD Mtg. 7 pm at Annex.	10.	11. No Bible Study Cub Scout Mtg. 6 pm in CC. DOP Mtg. 6:30 pm at Annex.	12.	13. Feast of the Life Giving Font Div. Lit. 10 a.m.	14. Dancing Zorba Class 11 am in CC.
15. Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 am. Bishop Methodios visiting St. George Cathedral. AHEPA Breakfast after	16. Greek Pre-Sch. 4:30 –5:30 pm in CC. Adult Greek Class 6-7:30 p.m.	17.	18. Bible Study 11 am at Annex. Bible Study at 6:15 pm at Annex. Cub Scout Mtg. 6 pm in CC.	19.	20. Spring Family Night 6-9 p.m. in CC.	21.
22. Orthros 9 a.m. Div. Lit 10 a.m. No Sun Sch. Greek Ind. Day Parade 1 pm in Boston. Great Vespers & Artoclasia for Feast of St. George 6 p.m.	23. Feast of St. George Div. Lit 10 a.m. Greek Pre-Sch. 4:30 –5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC.	24.	25. Bible Study 11 am at Annex. Bible Study 6:15 pm at Annex. Cub Scout Mtg. 6 pm in CC.	26.	27. Rummage Sale set-up in CC.	28. St. George Rummage Sale in CC
29. Orthros 9 a.m. Div. Lit. 10 a.m.	30. Greek Pre-Sch. 4:30 –5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC. 5th/6th BB 6-7:30 p.m.					

**Active Shooter Training will be Tuesday, March 13th at
6:30 pm in Community Center. Please Come and Learn.**



Three Minutes.

- Once notified, Law Enforcement will respond to an Active Shooter as quickly as possible.
- Response time averages about three minutes.
- Your immediate actions should be focused on maximizing your personal safety until Law Enforcement is able to stop the threat.

What You Do Matters.

AVOID starts with your state of mind.

- Pay attention to your surroundings.
- Have an exit plan.
- Move away from the source of the threat as quickly as possible.
- The more distance and barriers between you and the threat, the better.

DDENY when getting away is difficult or maybe even impossible.

- Keep distance between you and the source.
- Create barriers to prevent or slow down a threat from getting to you.
- Turn the lights off.
- Remain out of sight and quiet by hiding behind large objects and silencing your phone.

DEFEND because you have the right to protect yourself.

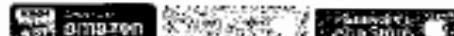
- If you cannot Avoid or Deny be prepared to defend yourself.
- Be aggressive and committed to your actions.
- Do not fight fairly. THIS IS ABOUT SURVIVAL.

CALL 911 when you are in a safe area. Inform the 911 operator that this is an active shooter situation.

When Law Enforcement arrives,
SHOW YOUR HANDS AND FOLLOW COMMANDS.



For more information: www.AvoidDenyDefend.org
Or get the free app: AvoidDenyDefend



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