



St. George Greek Orthodox Cathedral

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M A R C H 2 0 1 9

WHERE AM I GOING?

Before we develop any habit, before we embark on any road, before we adopt any lifestyle, we ought to ask, "Where is this way going? Where will it lead to? Where will be twenty-five years from now if I keep traveling this road?" It is better never to start than to arrive at the wrong destination.

In the Gospel heard on Sunday, March 3, 2019 from Matthew 25:31-46 we hear about direction in life. In the Gospel of Saint Matthew we read: "The Lord said, "When the Son of man comes in His glory and all the holy angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the king will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then He will say to those at His left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

What determines the direction of your life? It is the purpose of your life that determines the direction of your life. Purpose determines destination. "Where am I going?" depends on what your purpose in life is. Now, there is a difference between a purpose and a goal. A goal is something definite that you can accomplish. It has a beginning and an end. A purpose, on the other hand, is something that is on-going, it is continuous. Making money, for in-

stance, can be a goal, but it should never be the purpose of one's life. Your purpose is what kind of business you are in as a person. It is what you stand for. It is your own personal mission statement.

When the disciples asked Jesus, "Where are you going?" He replied that He was going to the Father. "I come from the Father and I am going to the Father," He said. Saint Paul expressed the over-all purpose of his life when he said, "For to me, to live is Christ, and to die is gain." (Philippians 1:21)

Jesus talked much about the direction of life. For example, when He says, "Thou shall," or "Thou shall not," He is pointing us to follow a direction in life. When He says, "This do and you shall live," or "Follow Me," or "I am the Way," He is pointing us to what ought to be the direction and purpose of life.

In the Sermon on the Mount, Jesus said, "You have heard that it has been said, You shall love your neighbor and hate your enemy, but I say to you, love your enemies." In other words, the direction of our life, the purpose of our life, should be toward loving people.

Jesus speaks plainly about the direction of our life when He says in Matthew 7:13-14, "Enter by the narrow gate, for the gate is wide and the way is easy, that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard, that leads to life, and those who find it are few." The narrow gate that leads to life leads ultimately to Heaven. The wide gate that leads to destruction leads ultimately to Hades. We pray God may give us vision, faith, and wisdom to travel "the way that leads to life."

If I am not now on the road to life, Jesus calls on me today to change the direction of my life, to repent, to make a U-turn as did the Prodigal Son and return to the Father. Saint Paul made a complete about-face after he met Jesus on the road to Damascus. The direction of my life should be toward serving others, toward daily repentance, toward giving, toward prayer, toward the Church, toward a closer and a more personal relationship with God. If it is, then the future for us will be as bright as the promises of God.

Where am I going? What's at the end of the road of life for me? Jesus provides the answer in Matthew 25:31-46. Whether we know it or not, and we better know it, we are all headed toward the Second Coming and the final judgment.

"When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them

one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the king will say to those at His right hand, 'Come, O blessed of My Father, inherit the kingdom prepared for you from the foundation of the world.' Then He will say to those at His left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels.'" (Matthew 25:31-41)

In view of this, how ought we to live? What ought to be the direction of our life?

Please take advantage of the additional services that the Church offers during Great Lent and come to as many of them as you can. May your Great Lenten journey be a most blessed one! Blessed Lent! Καλη Τεσσαρακοστη!

With my paternal love in Christ,



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

Note: Excerpts from "Where Am I Going" taken from [Light Unto My Path](#) by Father Anthony Coniaris, c 1991, Light and Life Publishing, Minneapolis, MN.

HELLENIC AMERICAN UNIVERSITY OPEN HOUSE

Please join us for an Open House on

Tuesday, March 26, 5 pm – 7 pm,

to celebrate our new Nashua location.

You'll have the chance to learn about our flexible, affordable, and international MBA program and Study Abroad opportunities—and enjoy some authentic Greek food and hospitality!

<https://www.eventbrite.com/e/hellenic-american-university-open-house-tickets-56999004557>

THE ANNA THEODOSOPOULOS SCHOLARSHIP

Is available to high school seniors and **must be submitted by April 1, 2019**. Applications can be picked up in the Cathedral office.

PRESIDENT'S MESSAGE

Dear Fellow Parishioners,

Under the past leadership of President Comerford, Capital Improvements & Maintenance Chair Greg Timbas, and Jason Cote, several projects have now been completed. As you all know the new lights in the community center hall, the new carpeting in the classrooms as well as the church office, and our new tables in the community center. Each of these projects bring long overdue improvements to our community center and the church office. I also want to thank our office manager Joyce Bourque and our custodian Dan Robitaille for their assistance on completing these projects.

Please remember that our board meeting is the second Monday of every month and the beginning of the meeting is reserved for public participation from you the parishioners of our community. I know we have our two general assemblies every year, but I truly feel that parishioners shouldn't have to wait that long in order to discuss something with the board. If you'd rather speak directly with me, you can catch me any Sunday after church or feel free to call me on my cell phone 361-3259.

As I indicated, we need to do more with our stewardship program. Father Mike and Chair Nikki Moutsioulis have worked to maintain and add new members over the past few years. We have to aggressively approach those members who are no longer members as well as the 3,500 Greek named individuals who live within a 30-mile radius of Manchester. With that said the Board of Directors has unanimously approved a contract with McElveen Strategies working with Josh McElveen and his wife Colleen who were both in the broadcasting field to develop a strategic plan as to capture these individuals and bring them in as stewards of our community. The most important thing is St. George has a wonderful story to tell and Josh will work with us on telling this story through earned media, all social media outlets, a colorful brochure with the assistance of Bill Huguen and his son, Jon who as you know has taken a significant number of pictures which will greatly assist with the promotional aspect of the brochure. Also, a shout out to Bill Pananos who has agreed to fund this project through the Pananos Fund which he established in loving memory of his parents, James and Olga Pananos.

We will also be working on a St. George Awards Banquet similar to what we had a number of years ago here at St. George. There is nothing more important here at St. George than giving recognition to those parishioners who

have dedicated 40 or more years of their life to this community and greatly contributed to our success. I have had discussions with Chairman John Stavropoulos and we will be setting up a date soon.

Again, I want to thank you ALL for your well wishes but the strength of this community has always been and will always be the many many contributions of ALL our parishioners. I look forward to working with all of you and making this community stronger in numbers than ever before!

The month of March has the following events taking place. Please come participate with your St. George Family:

Apokreatiko Dance – March 2nd at 7 p.m.
\$20.00 per person, Kids under 12 are Free

Family Night – March 15th at 6:00 p.m. More info to come.

AHEPA Breakfast – March 17th after services
\$6.00 per person

PS. The best for our Community is yet to come.

Sincerely Yours,

George N. Copadis
President, Board of Directors

SLEEPOUT 2019

President Copadis is participating in the SleepOut 2019 once again scheduled for Friday March 22nd to end youth homelessness in NH. We have enclosed the link in case you'd like to donate to this worthy cause or if you prefer you can drop off a check to the Cathedral office. Please make checks out to Waypoint, formerly Child & Family Services of New Hampshire. Any contribution is deeply appreciated. Here is your link:

www.crowdrise.com/o/en/campaign/copadis/georgecopadis

Thank you

George

THE TRUSTEES OF THE GREATER MANCHESTER HELLENIC SCHOLARSHIP FUND

Invite qualified high school seniors, college freshmen, and college sophomores to apply for 2019 scholarships. Please note there is an updated 2019 application now available at the **Church office. Completed applications with official school transcripts must be returned to the office by April 1, 2019.**

GREGORY PAPPAS MEMORIAL SCHOLARSHIP

Attention High School seniors. Applications are available in the Cathedral office. The deadline is April 1, 2019

2019-2020 SCHOLARSHIP APPLICATIONS AVAILABLE

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 . For more information, please email or call 212-774-0283. The deadline for submitting an application for any of these scholarships is **May 3, 2019.**

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 2019-2020 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.

DON'T FORGET TO TURN YOUR CLOCKS FORWARD

At **2:00 a.m. on Sunday, March 10, 2019** 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.

COMMUNITY NEWS

Funerals

Ronald Coble

May his memory be eternal!

MEMORIAL DONATIONS

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

| | |
|--------------------------|----------|
| Sarah Mahalares Ntatsios | \$30.00 |
| Bill & Olga Emanouil | \$20.00 |
| Alexander Kohilakis | \$50.00 |
| Maria Saitas | \$175.00 |
| Ronald Coble | |

The NOA Auxiliary Bowling Team
generously donated \$200.00 to
St. George Greek Orthodox Cathedral Beautification Fund
in loving memory of Maria Saitas.

Ms. Andrea Kokolis generously donated \$200.00 to
St. George Greek Orthodox Cathedral Beautification Fund
in loving memory of
Menelaos Kokolis and Christina Nelson.

Mrs. Elaine Croteau generously donated \$100.00 to
St. George Greek Orthodox Cathedral
in loving memory of her brother, George Demos.

Frank & Alice Comerford generously donated \$100.00 to
the George Demos Altar Boy Scholarship
in memory and gratitude to his lifetime of service.
May his memory be eternal!

Thank you to John & Marie Dovas
for your generous donation of \$25.00 for the
Senior Choir in loving memory of Ronald Coble.
May his memory be eternal!

GIVE YOUR COMMUNITY A GIFT: JOIN IN ONE AND ALL TO SPONSOR A TABLE.

Give a gift in memory of someone
or just join in as a group and sponsor a table.
Please join in by sponsoring a table 60"
for \$317.00 each with 40 available or
sponsor one of the
5 larger ones 72" tables for \$400.00 each
Everyone is encouraged to participate.



St. George Greek Orthodox Cathedral
650 Hanover Street
Manchester, New Hampshire

Invites you to

An Apokreatiko Celebration

Saturday, March 2, 2019

7pm – 11:00pm

In the church hall

DJ The Salonica Boys
Greek and American Dancing

Variety of Hors D'oeuvres
Cash Bar

\$20.00 per person
Children under 12 are free

Toula Barber at 668-6839
or the Cathedral office at (603) 622-9113

WE HAVE A TWITTER AND INSTAGRAM ACCOUNT

Here are the tags
Twitter - @SaintGeorgeNH
Instagram - saintgeorgegreekchurchnh

Joyful Giving – Stewardship 2019 Pledge Form

My Pledge to St. George Greek Orthodox Cathedral in 2019 (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 2019: \$ _____

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 2019

Michael & Donna Aboshar
Mark & Elaine Adam
Arthur Adamakos
Anastasia Ambargis
Alex Anagnost & Amy Cloutier
Diakaios & Demetria Anagnost
Stavros Anagnost
Panagiota Arfanakis
Sally Argeriou
William & Cheryl Athanas
Christos & Alexandra Babis
Christine Ballas
Toula Barber
Agapi Baryiames
Helen Benson
George & Joy Bentas
Joan Bentas
G. Carter & Athena Moutsoulis Bevan
George Philip & Anita Blatsos
Georgiann Boisvert
Peter & Kate Boisvert
Thomas & Joanne Bonito
Christopher & Angeliki Bourassa
Brian & Stephanie Brumfield
Fanny K. Canotas
Vasiliki M. Canotas & Mark S. McCue
Gregory & Meagan Chadis
William Chaloge
Christos & Barbara Chrisafides
Dean & Evangeline Christon
William C. Christy
Marie Clapsaddle
Pamela Colantuono
Brian Comerford
Frank & Alice Comerford
George Copadis
Nicholas Copadis
Elaine Croteau
Alice Crusade
Andrew & Heather Cummings
Jenny Dakos
Maria Dakos

Maria Damalas
Nancy Daskal
Athanasios & Christine Dellas
Michael & Demetra Dillon
George & Linda Dimakis
Harry Dimos
Nicholas & Artemis Donis
Effie Dovas
Susan Duffy
Jim & Stephanie Ferro
Nancy Folis
Matthew Gatsas
Michael Gatsas
Pauline Gatsas
Theodore & Cassandra Gatsas
Alexander Georgeou
Gigi Georges & Jeff Oxman
Stephen & Brenda Gikas
Aphrodite Giotas
Ifigenia Giotas
Timothy & Evangelia Giotas
Sophia Grimanis
Peter & Tana Gustafson
George & Georgia Karafotias Harb
M. Louise Hart
Nicholas & SeSun Hartofelis
Stephanie Spanos Honan
Benjamin Hostetler
William & Jennifer Hughen
John Ine
Alice Ivos
Betty Kacavas
Theodore & Panagiota Karametros
John & Barbara Karanasios
Chris & Helen Kehas
George & Elizabeth Kitsis
Martha Kokkinos
Andrea Kokolis
Ernie Kotekas
William Kotekas
George & Dafnoula Lalopoulos
Philip Liakos

STEWARDSHIP 2019

Stephen & Maureen Liakos
Daniel & Maria Lustenberger
Marie MacArthur
William & Claire Macenas
Kathryn MacPhee
Helena Malik
Pamela Manolakis
Lisa Martel
Anthony & Karen Massahos
Charles & Lisa Massahos
Harry & Imelda Mehos
Kerri Mikolaities
Spiro & Maria Millios
Nikolas & Lyndsay Mitsopoulos
Spiros & Sharon Mitsopoulos
Timothy Mitsopoulos
Zachary Mitsopoulos
Marilyn Motowylak
Cathy Moufarge
Bess Mousseau
Elias Moutsioulis
Kosta & Nikki Moutsioulis
Effie Naum
William J. Pananos
Costas & Mary Papachristos
Frank & Athanasia Papanicolau
Aphrodite Papazoglou
Arthur & Dawn Pappas
Chris Pappas
Jason & Heather Parent
Evangelos & Brenda Pervanas
Greg & Beth Plentzas
Philip & Sofia Plentzas
Joanna Samaras
Theodore & Elaine Setas
George H. Sioras
Christopher & Marina Skaperdas
Georgia Sousa
Kostas & Tina Spanos
Stergios Spanos & Family
William & Linda Statires

John & Elizabeth Stavropoulos
Nicholas & Sarah Stavropoulos
Michael Stelman & AnnMarie Heliotis
Chuck & MaryEllen Stergiou
James & Paula Stergioulis
Elizabeth Stewart
Eva Stilkey
Olga Sysyn
Thomas Sysyn
Lisa Tagalakis
Andrea Tartsa
James & Veneta Tatakis
Vasilios & Nancy Tatsis
Tracy Terrio
Theodora Thanos
Arthur Tolios
Vasilike Tolios
George & Joyce Trapotsis
James T. & Linda Tsiatsios
Thomas & Virginia Tsirimokos
Hercules & Constance Tsirovakas
Alexandra Tsoutsas
Despina Tsoutsas
George Tsoutsas
Despina Tziros
Panagiotis & Ashley Tziros
Christos Veziris
Vasilios Vlahos
James & Constance Vlangas
Theofilos & Angela Vougias
Vasilios & Christina Vougias
Edward & Cynthia Wade
Matthew & Mary Wade
Argy Walker
Bradley Warren & Pamela Tartsa
Timothy & Kristen Wheeler
Michael & Ellen Whitney
Helen Wilcox
Fr. Agathonikos Wilson
George & Ourania Zogopoulos

THE FIVE SUNDAYS OF GREAT LENT

The First Sunday of Great Lent (March 17, 2019) is dedicated to the final triumph of the Orthodox Church over the iconoclasts and the restoration of the Holy Icons to the churches, which took place on the First Sunday of Great Lent, March 11, 843. Thus it is called the **Sunday of Orthodoxy**. As the Orthodox triumphed during the iconoclastic controversy because of the dedication of the Martyrs and Confessors who suffered for the Faith, so too, we strive to imitate these Martyrs by our own ascetical self-denial. A special feature of this day is the procession of the Holy Icons and the sixty anathemas pronounced against various heretics and heresies of the Fourth through the Fourteenth Centuries.

The Second Sunday of Great Lent (March 24, 2019) is dedicated to **Saint Gregory Palamas**, Archbishop of Thessaloniki. Saint Gregory's triumph over the heretics of his time is seen as a renewal of the Triumph of Orthodoxy of the previous Sunday. Another theme of this Sunday is that of the Prodigal Son as a model of repentance, for which a special Canon is devoted at the Sunday Matins.

The Third Sunday of Great Lent (March 31, 2019) is dedicated to the **Cross** and the bringing-out of the Precious Cross, which closely parallels the celebration of the Feast of the Exaltation of the Cross on September 14. This day is also referred to as the **Sunday of the Veneration of the Holy Cross**. At this time we are at mid-Lent and we are reminded of the upcoming crucifixion of the Lord and we are strengthened to persevere in our Lenten struggles.

The Fourth Sunday of Great Lent (April 7, 2019) is dedicated to **Saint John Climacus (John of the Ladder)**, Abbot of Mount Sinai, who because of his ascetical writing serves as a model of a true Christian ascetic. The Ladder, the work of Saint John Climacus, is appointed by the Church to be read during Great Lent.

The Fifth Sunday of Great Lent (April 14, 2019) is dedicated to **Saint Mary of Egypt**, who was a harlot living in the Egyptian city of Alexandria, who later repented and lived the rest of her life in solitude in the Egyptian desert, serving as a model of repentance to all Christians.

CHANGE OF ADDRESS

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

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 Board of Directors

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Eva Marie Mavrofrides Stilkey

Veneta Tatakis

Tracy Terrio

GREAT LENT BEGINS ON MONDAY, MARCH 11, 2019

Great Lent can become a time when we strengthen our bonds with our own family and with our parish family. The Church offers us many opportunities to come together as a family and to worship.

On **Sunday, March 10, 2019**, the evening before the start of our Lenten journey we can attend the **Forgiveness Vespers Service**. This beautiful service avails us the opportunity to seek forgiveness from God and from others in our family and in our parish. It allows us to reconcile our hearts with God and with others. The Forgiveness Vespers Service will begin at 6:00 p.m.

We are also given the opportunity to focus on the ultimate goal of our lives and to concentrate our minds and our souls on our spiritual growth. Great Lent is a time for more frequent reception of Holy Communion. We cannot survive on a long journey without the strength of physical nourishment and sustenance. In the same way, we cannot survive our journey of Great Lent, with all of its temptations and pitfalls, without our spiritual nourishment, the Body and Blood of our Lord and Savior, Jesus Christ.

The Church provides many beautiful and moving services to help strengthen us on our way and to bring us to the joy of experiencing the Resurrection at Pascha.

On Monday evening throughout Great Lent we will celebrate the **Compline Service (Apodeipnon)**, which is the prayer service celebrated after dinner and before retiring for sleep. It is a very special penitential service in which the Psalms, prayers, and hymns remind us of our need to repent and of our total dependence on God. The Compline Service will begin at 6:00 p.m.

On Wednesday evening during Great Lent we will celebrate the **Liturgy of the Pre-Sanctified Gifts**. During Great Lent, the Church does not allow the celebration of the full Divine Liturgy during the weekday, with the exception of the Divine Liturgy celebrated on the Feast of the Annunciation. This service is essentially a Vespers Service with Holy Communion. The faithful are given the opportunity to receive strength and grace from participating in the Holy Eucharist, the Body and Blood of our Lord and Savior Jesus Christ. The lamb (amnos) used in this Liturgy has been consecrated on the previous Sunday and kept on the altar for this service. The Liturgy of the Pre-Sanctified Gifts will begin at 5:30 p.m. Following the service we will enjoy a **Lenten Pot-Luck Supper** in the community center, followed by an inspirational and spiritually edifying **Lenten Lecture**. Each week one of our parish groups will host the Lenten Pot Luck Supper.

On the first four Friday evenings during Great Lent we celebrate the **Salutations to the Virgin Mary**, the singing of the four stanzas (one stanza is sung each week) of a beautiful hymn, called the **Akathist Hymn**, and on the fifth Friday, all four stanzas are sung. The hymn is very ancient and was sung by the residents of Constantinople in thanksgiving for deliverance from the invading armies of the City. This service will begin at 7:00 p.m.

The Church has provided us with many opportunities to grow spiritually, to focus on our journey through Great Lent in order that we may be prepared for Pascha and its promise of sharing in the divine life. During Great Lent, Orthodox Christians are called to fast. Fasting is a means of making the body participate in the demands of the spiritual life and struggle. Fasting is a way to cleanse both the body and the soul by imposing self-discipline and encouraging meditation and self-reflection.

The traditional fast recalls the days in Paradise, when human beings ate only what grew out of the earth. In the traditional fast, the following foods are not eaten: meat, fish, dairy products (eggs, milk, butter, cheese), olive oil, and wine. The only exceptions being that on Saturday and Sunday oil and wine are permitted and fish is permitted on the Feast of the Annunciation (March 25) and on Palm Sunday (this year on April 21).

Fasting cannot be mechanical or legalistic. It must be part of one's whole life-style. True fasting involves both physical and spiritual fasting. We must fast from sinful thoughts, words, and deeds, and from various types of food and drink. If we continue to sin, to hate, to gossip, to lust, to be greedy or ambitious, it does not do us any good to examine package labels to see if a product contains milk or oil.

In Matthew 6:16-18, Jesus Christ offered instructions on how we are to fast, "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

LENTEN AND EASTER FLOWER DONATIONS

With the beginning of Great Lent fast approaching the Church will have many floral and decorating needs to meet. A letter will be going out soon asking for Lenten and Easter Flower donations. You will be given the opportunity to make a donation towards the Lenten and Easter needs of the Church in memory of a loved one or in honor of a family member. As always your generosity is appreciated. All donations may be made payable to the Ladies Anagennesis Society.

MEMORIAL PRAYERS IN THE GREEK ORTHODOX CHURCH SATURDAY OF THE SOULS – MARCH 2, MARCH 9, AND MARCH 16, 2019 DIVINE LITURGY AND MEMORIAL SERVICE 10:00 A.M.

For Christians, the act of gathering to pray for those who have died goes back to the earliest days of the Church. In particular, martyrs were honored (for example: placing Altar Table of a church upon the site where the relics of a martyr were buried), however, gathering at the burial place of a friend or family member was also common practice among Christians. When we gather today in the Church for a Memorial Service, we are continuing a centuries-old practice.

So, why do we use koliva? In John 12:24, Jesus says, “Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.” The boiled wheat is used in the Orthodox Church as a symbol of our hope in the Resurrection. From the grain that died comes the fruit of eternal life. Why, then, do we call the wheat koliva? This name comes from a term commonly used during the fourth century, particularly where the following miracle occurred. The Emperor Julian the Apostate tried to have the fruits and vegetables, for use by Christians who were fasting during Great Lent, contaminated. In a dream, Saint Theodore of Tyre appeared to Patriarch Evdioxios and told him to instruct the faithful to consume only boiled wheat. The faithful responded accordingly and were able to continue the fast. This miracle is commemorated annually on the third Saturday of the Souls.

Traditionally the souls were commemorated on Saturday, however, the common practice in the Church today is to hold the Memorial Services on Sunday. It should be noted that, according to the ancient tradition, memorials were held on the third, sixth, ninth, and fortieth day, as well as one year, three years, and five years after someone had died. Most people today celebrate memorials around the fortieth day and the one-year anniversary, although one could celebrate a memorial service every year, actually anytime they feel the need.

As we pray, not only for the living (the Church Militant) but for the souls (the Church Triumphant) as well, we are drawn together with our Lord and Savior. Let us come together at all possible opportunities, seeking His blessings and His salvation.

THREE LENTEN PRIORITIES: FASTING, PRAYER, & ALMSGIVING

*“O Lord and Master of my life, take from me
the spirit of sloth, despair, lust of power
and idle talk; but give rather the spirit of chastity,
humility, patience, and love to Thy
servant. Yea, O Lord and King, grant me to see
my own transgressions and not to judge my brother,
for blessed art Thou unto ages of ages. Amen”.*
(The Prayer of St. Ephraim)



Just as the stool in the image above 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) 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”. Fasting during Great Lent, as well as on Wednesdays and Fridays and at other times of the Church year, involves abstaining from meat, poultry, eggs, dairy products, fish (except for shellfish), oils, and alcoholic beverages. It is easy to stuff ourselves with the allowable foods, but to follow the spirit of the fast, we should eat less food than normal during these periods. This is to help us focus more on God and to be reminded that we need God. It is important that we fast in secret and with humility (Matt. 6:16-18). More importantly, we are to fast from sins such as pride, gossip, envy, and greed. Jesus does not tell us, “if you fast” but instead says “when you fast” (Matt. 6:16). He fasted and prayed and expects us to do so, also. “Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God” (Luke 6:12). Attending as many Church services as you can during the Triodion period is a way to increase your prayer life during Lent. We pray the Prayer of St. Ephraim (see Key Verse) often during Lenten services but we can pray it at any time of the year. We are told to “pray without ceasing” (1Thes. 5:17). The Jesus prayer is one that can be prayed continuously: **“Lord, Son of God, have mercy on me, a sinner.”** And when the apostles asked Jesus to teach them to pray, He taught them the Lord’s Prayer (Luke 11:1-4). We are expected to think of other people’s needs even more during Lent and to perform charitable acts, or almsgiving. For example, the money we save from eating less during Lent can be given to those in need. Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.” (Matt 25:40)

THOUGHTS ON CHRISTIAN STEWARDSHIP

What is Stewardship? Stewardship is a Christian system of supporting the work of Christ and the Church through the giving of time, service, and financial resources according to individual ability, commitment and financial capability. The Christian Stewardship program of Church support is an opportunity to respond to Christ's love by perpetuating our Church's mission. Stewardship means to give our time, service and financial resources to spread the word of the Gospel.

What does the Bible say about Christian Stewardship? A Steward, according to the Bible, is one who manages the gifts entrusted to him by God for his welfare and for the perpetuation of the Lord's work. Our money and possessions are not ours, but on loan. When we give to the Church we return to God, the Owner, His rightful portion. The more we are given, the more will be expected of us. Return to God His own Gifts: "No one shall appear before the Lord empty-handed, but each of you with as much as he can give, in proportion to the blessings which the Lord, God has bestowed on you." (Deut. 16:10, 16-17)

Christ multiplies our gifts: Our Lord and Savior, Jesus Christ, sent His Disciples into the crowd to ask that they give what they could for the benefit of all. May we be encouraged, knowing that He will bless our efforts and multiply our own gifts today, just as He did that day, making our individual sacrifice an abundance.

Giving our gifts with faith in Christ: As Orthodox Christians, we are all called to give of what we have been given. It takes faith to trust that God will continue to provide for our needs. The disciples feared the thought of feeding the crowd; they had nowhere near enough, they said. But what is offered to Christ is multiplied and becomes an overabundance.

What is proportionate giving? The Old Testament laid down the standard of giving a tithe (10% of one's income) back to God. This provides us with the example: giving should be in proportion to our income. Stewardship is returning to God a fair proportion of the resources He has given to us. The more we are given, the more is expected of us. "Everyone to whom much is given, from him much will be required." (Lk. 12:48)

Giving regularly: St. Paul tells us: "On the first day of every week, each of you should set aside a sum of money in keeping with this income" (1 Cor. 16:2). Each Sunday, we should prepare to make our Stewardship contribution to the

Church in accordance with the Lord's generosity to us personally. Supporting the Church should be a priority for every Orthodox Christian and performed on a regular and consistent basis. Consider how your expenditures on personal entertainment compare with your Stewardship pledge. Is your Stewardship simply a token donation? Or is your Stewardship pledge a meaningful response to Christ's request of you?

Your Stewardship: In making a decision, keep in mind that the expenses of our Parish increase every year. In order to meet our expenses and grow our ministries, Stewards should strive to increase their commitment annually. Also, as Jesus taught us that giving should be done quietly, generously and out of the sight of others, your Stewardship Commitment is kept in confidence. If you wish to revise your commitment during the year for any reason, you may notify the Church Office.

Weekly or monthly Stewardship giving: You may fulfill your commitment in the manner that suits you best. Since small, regular contributions are easier to manage, it is suggested that your contribution be calculated on a weekly or a monthly basis.

PROSFORA NEEDED

We are in need of prosfora (the church bread). We use four every Sunday and with Lent approaching we will be using six each week. If you are able to make the prosfora, it would be greatly appreciated. Thank you!

PRE-SANCTIFIED LITURGY, LENTEN POT-LUCK SUPPERS AND LENTEN LECTURES

On Wednesday evenings during Great Lent we will have the Liturgy of the Pre-Sanctified Gifts at 5:30 pm, followed by a Lenten Pot-Luck Supper and a Lenten Lecture in the Community Center. The Lenten Pot-Luck Suppers will be hosted by groups within our parish. Our Church School parents and families will host the supper on March 13; our Choir members will host the supper on March 20; the Bible Study members will host the supper on March 27; our Family Night and Youth Group families will host the supper on April 3; the Anagenesis Ladies will host the supper on April 10; and Saint George Board of Directors and their families will host the supper on April 17. Note that there are some wonderful Lenten recipes online.



Dear St. George Community,

The Sunday School is kicking off its spring philanthropy project this month! Once again, we will be collecting personal care items for the Salvation Army, Manchester. I know, with the community's help, we can make this project successful! Donations will be collected during Sunday School and can be left in the drop off box in the lobby of the community center. We will be collecting toothbrushes, toothpaste, soap, shampoo and deodorant.

PHILANTHROPY

THE SUNDAY SCHOOL PROGRAM WILL BE COLLECTING THE FOLLOWING:

TOOTHPASTE & TOOTHBRUSHES

SOAP, SHAMPOO & DEODORANT

ALL ITEMS WILL BE DONATED TO THE

SALVATION ARMY, MANCHESTER.

My goal is to teach the students the importance of philanthropy. Philanthropy comes from the Greek origin meaning loving people. It is the practice of giving time to help make life better for other people.

A very special thank you to the families who helped deliver the Valentine's Day cards to Hanover Hill and Villa Crest Nursing Homes. A special thank you to Father Mike for coordinating the visits to the nursing homes. It was a wonderful teaching moment for our youth! I want to thank all the Sunday School students for making the beautiful cards!

Sincerely,
Athena Moutsioulis Bevan



Spreading the Love, February 2019
(missing: Georgia & Madison Demers ,
Chris & Ana Liz Bourassa)

DAUGHTERS OF PENELOPE

ILIOS CHAPTER 51

PRESENTS

**PENELOPE'S CRAFT
FAIR**

CRAFTS, ANTIQUES, FOOD

GREEK PASTRY, RAFFLES

**St. George Greek Orthodox Cathedral
Community Center**

**650 Hanover Street
Manchester, NH 03104**

SATURDAY, APRIL 6TH, 2019

9:00 A.M.-3:00 P.M.

FREE ADMISSION

For more information please contact

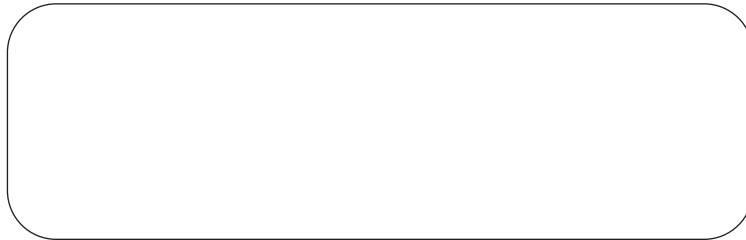
Liz 603-668-7057

Cindy 603-315-1573

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Sunday School Spreading the Love



Delivering Valentine's Day cards to residents of Hanover Hill & Villa Crest Nursing Homes
Pictured left to right:
**John Bourassa, Ana Liz Bourassa, Alexa Bevan, Madison Demers, Lucas Bevan,
Charlotte Jones, Anabel Awad, Vivienne Jones & Athan Bevan**
February 10, 2019





ST. GEORGE GREEK ORTHODOX CATHEDRAL

650 Hanover Street Manchester, New Hampshire 03104-5306
 Tel. 603.622.9113 Fax. 603.622.2266
 saintgeorge@comcast.net www.stgeorge.nh.goarch.org

March 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|--|---|--|
| <p>3. Orthros 9 am Div. Lit. 10 am. Sun. Sch. 10 am.</p> | <p>4. Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC. 5th/6th & 7th/8th BB 6- 7:30 p.m. in CC. HS BB</p> | <p>5.</p> | <p>6. Cub Scout Mtg. 6 pm in CC.</p> | <p>7. Orthodox Life Class 7 pm at Annex. 5th/6th & 7th/8th BB 6-7:30 pm in CC. HS BB 7:30-9 pm in CC.</p> | <p>1.</p> | <p>2. 1st Sat of Souls Div. Lit 10 a.m. BB Clinic 9-10:30 am. Apokreatiko Dance 7</p> |
| <p>10. Orthros 9 a.m. Div. Lit 10 am. Sun. Sch. 10 am. Forgiveness Vespers 6 pm.</p> | <p>11. Great Lent Begins Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6- 7:30 pm in CC. 5th/6th & 7th/8th BB 6-7:30 pm in CC. HS BB 7:30-9 pm in CC. Compline Service . 6 pm.</p> | <p>12. 3rd/4th Coed BB 6-7:30 pm in CC.</p> | <p>13. Lit. of Pre-Sanctified Gifts 5:30 pm. Lenten Potluck Supper & Lenten Lecture in CC. No Cub Scout Mtg. DOP Mtg. 6:30 pm at Annex.</p> | <p>14. Orthodox Life Class 7 pm in the Library. 5th/6th & 7th/8th BB 6-7:30 pm in CC. HS BB 7:30-9</p> | <p>8.</p> | <p>9. 2nd Sat of Souls Div. Lit 10 am. BB Clinic 9- 10:30 a.m. In CC. Pinewood Derby 11 am- 5 pm in CC.</p> |
| <p>17. <u>Sunday of</u> <u>Orthodoxy</u> Orthros 9 am. Div. Lit. 10 am. Sun. Sch. 10 am. AHEPA</p> | <p>18. Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6- 7:30 pm in CC. Anagenesis Mtg. 6:30</p> | <p>19.</p> | <p>20. Lit. of Pre-Sanctified Gifts 5:30 pm followed by Lenten Potluck Supper & Lecture in CC. Cub Scout Mtg. 6 pm at Annex.</p> | <p>21. Orthodox Life Class 7 pm at Annex.</p> | <p>15. 1st Salutation service 7 pm. Family Night 6-8 pm in CC. No Basket- ball.</p> | <p>16. 3rd Sat of Souls Div. Lit 10 am. BB Clinic 9-10:30 am in CC.</p> |
| <p>24. <u>Sunday of St. Gregory</u> Palamas Orthros 9 a.m. Div. Lit. 10 am.</p> <hr/> <p>31. Veneration of the Holy Cross Orthros 9 am. Div. Lit. 10 am.</p> | <p>25. Feast of the Annuncia- tion of the Virgin Mary Div. Lit. 10 am. Pre-Sch. 4:30- 5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC.</p> | <p>26.</p> | <p>27. Lit. of Pre-Sanctified Gifts 5:30 pm followed by Lenten Potluck Supper & Lecture in CC. Cub Scout Mtg. 6 pm at Annex.</p> | <p>28. Orthodox Life Class 7 pm in the Annex.</p> | <p>29. 3rd Salutation service 7 pm.</p> | <p>30.</p> |

