VISIT THE ‘CRYING ICON’
April 15th

Youth MBC Spring Camp Apr 15-17

PALM SUNDAY
April 24
9:30 Divine Liturgy
11:15 Fish Luncheon

HOLY WEEK
APRIL 24-30
6:30 pm Services Every Night

PASCHA
Saturday, April 30
9:30 am First Resurrection Service
***10:00 pm - Main Resurrection Service

Sunday, May 1
11:00 Easter Egg Hunt
12:00 Agape Service
1:00 Pascha Lamb Luncheon

CONTINUING THE STRUGGLE

'We waited, and at last our expectations were fulfilled', writes the Serbian Bishop Nikolai of Ochrid, describing the Easter service at Jerusalem. 'When the Patriarch sang "Christ is Risen", a heavy burden fell from our souls. We felt as if we also had been raised from the dead… Coming out from the service at dawn, we began to regard everything in the light of the glory of Christ's Resurrection, and all appeared different from what it had yesterday; everything seemed better, more expressive, more glorious. Only in the light of the Resurrection does life receive meaning.'

Metropolitan Kallistos Ware uses this description of Easter in Jerusalem as a part of his introduction to a wonderful article entitled The True Nature of Fasting. In this article, he describes not only the joy and meaning that comes with our Lord’s Resurrection, but emphasizes the need to “pass through a time of preparation. ‘We waited,’ says Bishop Nikolai, ‘and at last our expectations were fulfilled.’”

This month of April takes us through the heart of our journey through Great Lent. It is a time when the Church asks all faithful believers to change their lifestyles, to re-evaluate the direction of their lives, to reflect upon the values that we cherish, and question whether or not these values lead us into the Kingdom of God. The 40-Day Fast is supposed to break us out of the illusion we live in throughout the year, and call us into the reality of God’s Kingdom which is not a future event, but a present promise.
The mission of Sts. Constantine and Helen Church is to proclaim the Good News of Salvation through the Orthodox Christian Faith for the glory of our Triune God - Father, Son and Holy Spirit.

We are a community of believers who journey towards our Lord Jesus Christ and one another through our WORSHIP, FELLOWSHIP, SPIRITUAL GROWTH, WITNESS, and SERVICE. We invite all people to join us on this journey in the Kingdom of Heaven.

We are under the jurisdiction of
His Holiness, Ecumenical Patriarch Bartholomew
His Eminence, Archbishop Demetrios of America
His Eminence, Metropolitan Methodios of Boston

Father Luke A. Veronis
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CONTINUE THE STRUGGLE

Our Lord Jesus Christ offered to all His followers the promise of an abundant life. Yet, how many of us truly experience life as one of abundance? Of course, Christ is not referring to an abundance of material possessions. He is describing, though, life lived under God’s reign, life lived according to the principles of His Heavenly Kingdom, life lived with an abundance of God’s love and mercy and grace.

To experience life in this manner, we first must overcome any obstacles that hinder God’s grace from dwelling within our lives. The Church Fathers describe these obstacles as the many passions that assail our souls - passions such as greed, lust, pride, anger, gluttony, laziness, and envy among others. These vices, which tempt all of us, too often control our lives.

Since the Church Fathers understood our fallen human nature so well, they designated different seasons of the year as periods not only to focus on these passions, but more importantly, to use the spiritual tools which help us overcome them. And by overcoming the passions, we then open up our lives and souls to God’s rich healing grace. Through God’s grace and the practice of spiritual disciplines, we discover the path that leads to the kingdom of God.

As we continue our journey through Great Lent, let us keep using the spiritual tools and exercises that have helped Christians for the past 2000 years! The Gospels describe the most essential of these spiritual tools as a triad of PRAYER, FASTING, and ALMSGIVING.

During Lent, we should strive to PRAY more frequently, and more fervently. This includes private personal prayer, as well as communal worship. Are we still trying to use a prayer rule to pray every morning, each evening, and at various (or continuous) times of the day? Are we practicing the discipline of daily Bible reading to open up our hearts to God’s Word? Are we trying to come to Church every Sunday, and even attending other weekday Lenten services? Such a discipline of prayer will open up our hearts to God’s grace in new ways!

In our modern society, FASTING seems like such an old-fashioned discipline. That is, it seems old-fashioned if we do it for the sake of God. Yet it seems quite trendy if we do it in the name of health, or weight loss, or good looks. Long before the ego-centric uses of fasting, the Church understood the need to control our appetite, and place our passion for food under the control of our spirit. Therefore, are we trying to follow the discipline of the Church in relation to fasting - by abstaining from meat, milk and dairy products during these 40 days? Are we limiting our earthly desires, in order to unite our spirits to what is heavenly and eternal? Are we accepting to discipline our passion for food as an important first step in disciplining our passion for other sinful desires? The discipline of fasting, done with the correct spirit, will open us our hearts to God’s grace in new ways!

Prayer opens us our hearts to the Divine, and fasting helps us control our desires. Yet the spiritual triad is incomplete without ALMSGIVING. Almsgiving not only means helping the poor and needy, but first of all implies noticing the poor and needy all around us. Are we noticing those in need around us - in our homes, in the workplace, in our neighborhoods, and in our towns? And such almsgiving not only implies sharing our treasure, but includes giving of our time and talents as well. True Christian almsgiving demands us to give of our very selves to the other, to those in need!

May we all strive to continue using the spiritual tools of the Church during this holy season as a means of opening up our hearts to God’s grace and preparing ourselves to celebrate the greatest event of the year - our Lord’s glorious Resurrection!

With love and joy in Christ Jesus,

+ Fr. Luke
TEN SUGGESTIONS FOR LENT

Archbishop Demetrios of America

1. MEDITATE ON THE HISTORY OF SALVATION

Think of the Lenten period as a time of meditating on the history of salvation. Think about the creation of the universe and of Adam and Eve as the beginning of human life on earth. Think about the fall of Adam and the entrance of sin in humanity. We see in the hymnology of the liturgical book of Lent, the Triodion, constant references to the tragedy of the fall of the first human beings. For example, in the Oikos of the Matins on yesterday’s Cheesefare Sunday, we read: “Adam sat and cried in those days across from the delights of Paradise; beat his hands upon his face, and said: Merciful One, have mercy on me who have fallen.”

The memory of what happened through the fall of Adam and Eve continues on in us to this day. Think of the current condition of the world with its chaotic situation, confusion, violence, poverty, injustices, oppression, sickness and death, and remember it all started way back with Adam and Eve as a consequence of their sin and fall. But then contemplate the course of history and how the amazing, unimaginable, and unpredictable act of God Himself to become a human being radically changed everything. So in the course of Lent remember the history of salvation: From the fall of humankind, to the promise of redemption, the Incarnation of God as the new Adam, His Crucifixion, the Resurrection, the Ascension into Heaven, and the Second Coming. Take time to reflect on God’s divine actions through history.

2. REVIEW THE UNDERSTANDING OF FASTING

Take fasting seriously as a very important aspect of Lent. Think of fasting not simply as an item of diet, but as something related to the fall of humankind, and at the same time as a victory through Christ. We fast for forty days in Lent before Holy Week not merely as an exercise, an ascesis, but also because there is an important Christological significance attached to fasting. We have forty-day fasting models from both the Old and New Testaments. In the Old Testament, Moses fasted for forty days on Mount Sinai before receiving the Ten Commandments (Exodus 34:28, Deut. 9:9, 9:18) and Prophet Elijah fasted for forty days on Mount Horeb (3 Kingdoms 19:8). Both of these instances are connected with an encounter with God at the end of their fasting. In the New Testament, we have the forty-day fasting in the desert by our Lord Jesus Christ (Matt. 4:1-11, Mark 1:12-13, Luke 4:1-13). At the end of the forty-day fasting by Christ in the desert, there are the well-known “Temptations” of Christ, the first of which is related to eating: *And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he [Christ] answered, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God’” (Matt. 4:3-4). Is this event in the life of Christ in any way connected to the Fall of Adam? Indeed, the Fall of Adam was caused by an eating situation, yet the victory of Christ also happened through an eating situation. While Adam said “yes” to the temptation and ate (Genesis 3:1-6), Christ said “no” to the temptation and did not eat. This is why the fasting of the forty-days during Lent is not simply a matter of abstention or an issue of diet, but is a major Christological and soteriological situation; the fall of humankind, and then the restoration through the victory of Christ. So let us take fasting seriously and prepare ourselves for a blessed encounter with God.

3. RECONSIDER OUR LIFE OF PRAYER

Great Lent is a special time to pray. But what is the content of our prayer? What is our praying language? For several people, their prayer is still on the same level of that when they were ten or fifteen years old; it has stayed undeveloped. Why when speaking to God are we using a poor language? What efforts are we making to im-
prove and enhance our prayer in terms of content and expression? Looking at the Triodion, we see many examples of different types of prayer language and content. Try to pray and study the prayers that the Church has given us which are superb examples of conversing with God and try especially to prayerfully read the Psalms, the standard and universal book of prayer.

During Lent we find an increased number of opportunities for community prayer and worship. The Church invites us each week to pray the services of the Divine Liturgy of St. Basil, the Presanctified Liturgy, the Salutations to the Theotokos, the Great Compline, and others. So try to pray more frequently this Lent and develop through constant praying a more refined language of prayer.

4. BE CONSCIOUS OF THE GRAVITY OF SIN

Sometimes we don’t take sin seriously. Yet Scripture offers a very strong and unequivocal picture of the gravity of sin. The hymnology of the Triodion is replete with occurrences of the word “sin” or variations of it. Sin is a very serious issue. In the Hebrew Old Testament, there are fourteen different words to describe sin, but chiefly four: sin as a matter of human weakness, sin as a distortion or perversion, sin as a rebellion (borrowed from the political realm), and sin as an error or mistake related to ignorance.

If we believe in God becoming a human being and willingly being crucified on the Cross for the sins of the world, then we must understand the seriousness of sin. Let’s reflect on how sin has control in our lives, and how it has distorted the divine image within each of us. Let us deal seriously with our sins with an understanding that they are part of the huge amount of sins and evil that led Christ to the Cross. But then remember that God has given forgiveness as the perfect antidote through the very same Cross. Forgiveness, however, is inseparably connected to repentance.

5. MAKE LENT A SEASON FOR REPENTANCE

Along with sin, we are called to reflect upon repentance. Repentance is a very important aspect in our lives and is a dominant theme throughout the Triodion. We should not forget that Jesus Christ our Lord began His public ministry with the words, “Repent [change your mind], for the kingdom of heaven is at hand” (Matt. 4:17).

6. REFLECT ON OUR READING THE BIBLE

Lent is a time to reflect on our relationship with the Holy Scriptures, because the Bible is central in the texts of the Triodion. We must always keep the biblical element at the forefront in our worship and in our life. How close are we to the Bible? Most people think about the Bible only at the reading of the Epistle and Gospel on Sunday at the Divine Liturgy. It is unthinkable that we as Christians do not have the Word of God as a central guide in everything we do. The Lenten period assists us to come closer and more frequently to the Bible and encourages us to reflect upon the Scripture. We should try to make reading from the Holy Bible a daily practice during this Lenten season and beyond.
7. BE AWARE OF CHRIST-CENTERED FOCUS

Of course, the greatest focus of Lent should be on Jesus Christ Himself. Sometimes we can get caught up in fasting, in saying prayers, in going to Church, on our sins, or in all the rituals of this holy season; yet in the midst of all we do, we forget about Jesus Christ Himself. Lent is above all else a time to draw closer to Christ! Christ is the center of this Lenten period and should be the center of our lives. As we go through Lent and arrive at Holy Week with the Crucifixion and Resurrection, Christ must be at the beginning, in the middle, and at the end of all things. This Lenten period is a tremendous opportunity to come closer to Christ, and to be Christocentric in all that we think, say, or do.

We remember that the fall of Adam and Eve occurred through eating in disobedience to the commandment of God (Genesis 2:15-17, 3:1-24), and that the restoration and victory in Christ was realized through His overcoming the temptation of eating (Matt. 4:1-11, Mark 1:12-13, Luke 4:1-13). But what does our incarnate God offer to us as the ultimate possibility of union with Him? He gave us His Body and His Blood to be eaten. He said to us, “He who eats my flesh and drinks my blood abides in me, and I in him” (John 6:56). Here is the ultimate paradox: During Lent, abstinence from food, i.e. fasting, is accompanied by partaking of the imperishable food, i.e. the Body and Blood of Christ. Adam and Eve fell away from paradise and from their connection to God through eating, and we are restored and united to God in the highest way through the Holy Communion by eating the Body and drinking the Blood of Christ. This is much more than being Christocentric. This is having Christ dwelling in us in a palpable way.

8. CULTIVATE HUMAN RELATIONSHIPS

The season of Lent is also an opportunity to cultivate our human relationships in more authentic ways. Looking again at the hymnology of the Triodion, we clearly ascertain that there is an emphasis on loving and caring for each other, on moving away from evil and wrong things, on forgiving one another, and on being reconnected with our fellow human beings. The Book of Isaiah, read in its entirety during Lent, begins with a condemnation of the people of Israel because they had abandoned God, and then continues with an admonition to the Israelites to return to God and to be fair and to establish proper relationships with their fellow human beings. So we are called to think of any relationships that are not in the proper condition and make every effort to remedy them. This is a very integral part of living our lives during Lent.

9. PRACTICE ALMSGIVING

Almsgiving is a vital aspect of the Lenten period. On one of the multiple occasions speaking about the need to be a person who takes care of others, St. John Chrysostom said that we are all called to give alms. He continued to say that even those who claim to be poor are not free from offering alms. Poverty is a poor excuse not to give. Indeed there are poor people who give the half of what they have (see Mark 12:41-44). It could be said that almsgiving is a requirement for living our life as Christians. Christ said, “when you give alms” (Matt. 6:3), not if you give alms. Almsgiving is especially emphasized during this Lenten period, evidenced again by the hymnology of our Church.

10. MAKE LENT A TIME FOR TRANSFORMATION

Ultimately, our Lenten season is a time of having a transformative experience. We are challenged to resolve that at the end of the Lenten period, when we celebrate Pascha, we are different from what we are today. The transformative aspect of Lent is an absolute necessity for spiritually enjoying this season. We are in the process of transformation if we steadily become Christocentric in all things, through the grace and power of our Lord Jesus Christ. This Lenten season provides us with a tremendous possibility to prepare spiritually, to be constantly transformed, and to be with Christ in His Passion and Resurrection.
HOLY WEEK SERVICES

LAZARUS SATURDAY - APRIL 23
Divine Liturgy 9:30, followed by a Pancake Breakfast, Making Palm Crosses & Stuffing of Plastic Eggs for Easter Egg Hunt. Come and Help!!!

PALM SUNDAY - APRIL 24
Divine Liturgy 9:30
Community Fish Luncheon 11:15 in our Church Hall
Bridegroom Service 6:30 pm

HOLY MONDAY - APRIL 25
Bridegroom Service 6:30 pm

HOLY TUESDAY - APRIL 26
Bridegroom Service 6:30 pm with the Hymn of Kassiani

HOLY WEDNESDAY - APRIL 27
Pre-Sanctified Liturgy 9:30am
Holy Uction Service 6:30 pm

HOLY THURSDAY - APRIL 28
Divine Liturgy 9:30 am
SERVICE OF THE 12 GOSPELS 6:30pm

HOLY AND GOOD FRIDAY - APRIL 29
Philoptochos Decorating the Epitaphio 9:00 am
Service of the Royal Hours 9:00am
Children’s and Youth Service Project 12:00-1:45
Vespers - Taking Christ Down from Cross 2:00 pm
LAMENTATIONS SERVICE 6:30pm

HOLY SATURDAY - APRIL 30
1st Resurrection Divine Liturgy 9:30am
RESURRECTION SERVICE 10:00 pm

PASCHA SUNDAY - MAY 1
Children’s Easter Egg Hunt 11:00am
“Service of Love” Easter Vespers 12:00
Paschal Lamb Luncheon 1:00

BRIGHT MONDAY - MAY 2 Matins 9:00 Divine Liturgy 9:30
The services of Holy Week transform us into eye-witnesses and direct participants in the awesome events of the Passion and Resurrection of Jesus Christ. In readings taken from both Old and New Testaments, in hymns, processions, and liturgical commemoration, we see the fulfillment of the Messianic prophecies, and the mighty acts by which God Himself, in the person of Jesus Christ, grants us forgiveness for our sins, and rescues us from the pain of eternal death.

**PALM SUNDAY EVENING** - Matthew 21:18-43.
This evening's service calls to mind the beginning of Jesus' suffering. The gospel describes the plotting of the priests and elders to trap Jesus into convicting Himself as a religious heretic. Through parables, Jesus tells us of His coming betrayal, trial, conviction and execution by crucifixion. The hymns of this service commemorate two things; the first, the prophetic figure of Joseph, who, while virtuous, nonetheless suffered unjustly at the hands of his brothers before being greatly rewarded, and the second, the parable of the fig tree, which in failing to bear fruit, became a symbol of fallen creation, and of our own lives, in which we also have failed to bear spiritual fruit.

**HOLY MONDAY EVENING** - Matthew 22:15-46; 23:1-39. This evening's theme is the need for watchfulness and preparation, lest we be called unprepared before the awesome judgment seat of Christ to render an account of ourselves. The gospel reading contrasts the efforts of the Pharisees to trick and discredit Jesus, with the forceful resistance which Christ mounts against their evil. The hymns remind us of the parable of the Ten Virgins, in which the faithful Christian is exhorted to vigilance.

**HOLY TUESDAY EVENING** - John 12:17-50. The need for true repentance is the concern of Tuesday evening's service. This transformation from the life of sin to a life of faith and obedience is exemplified for us in the person of the sinful woman who received the gift of forgiveness when she anointed Jesus with myrrh and washed His feet. The highlight of the service is the hymn written in honor of this woman by St. Kasiiani. The Gospel meditation foretells of the coming suffering of Christ and recalls His inner struggles and agony.

**HOLY WEDNESDAY EVENING** - James 5:10-16, Luke 10:25-37. The primary theme of Holy Wednesday is our human need for the healing and forgiveness that comes into our lives when we establish a relationship with God through Jesus Christ. We are reminded that the way to this relationship is to be found, above all else, through the life of prayer. In the Sacrament of Holy Unction, the faithful are anointed and thus, healed both physically and spiritually. They are also reconciled to God and one another so that they might receive the gift of the Holy Eucharist instituted by Christ at the Last Supper.

**HOLY THURSDAY MORNING** - Matthew 26:2-27:2, John 13:3-17. On Holy Thursday morning, we ascend Mt. Zion with Christ and the Twelve, and enter into the upper room. Once there, we witness the awesome moment when, at the Last Supper, Christ abolishes the ritual practice of sacrifice in the Old Covenant and establishes the ritual of the New Covenant, prophesied by Jeremiah, through the Sacrament of Holy Communion. The faithful receive Holy Communion at this Liturgy.

**HOLY THURSDAY EVENING** - In this service, we re-live the undeserved suffering of Jesus Christ, endured for our sake, so that we might be reconciled anew to God our Father. The 12 Gospel readings (Luke 22:1-39) witness for us the betrayal and arrest of Jesus, his
trial and conviction, and finally his torture, crucifixion and death at the hands of a sinful humanity. This evening's service also includes the procession representing Christ carrying His own cross along the Via Dolorosa, and ends when we see the King of Glory crucified.

**HOLY FRIDAY AFTERNOON** - I Corinthians 1:18-2:2, Matthew 27:1-61, Luke 23:39-43, John 19:31-37. In this service, we are once again reverent witnesses to the undeserved suffering of Christ, to his terrible passion and death. *What is remembered in a special way through liturgical commemoration and procession, is the faithfulness and love of Joseph of Arimathea who tenderly removed Christ's body from the cross, wrapped it in clean linen, and carried it to his own unused tomb for burial.*

**HOLY FRIDAY EVENING** - Ezekiel 37:1-14, I Corinthians 5:6-8, Galatians 3:13-14, Matthew 27:62-66. *On Good Friday evening, the theme is Christ's descent into Hades during which the Gospel of repentance and reconciliation with God is shared with those who died before Christ's saving dispensation in the flesh. The service begins with lamentations sung as we stand before the tomb of Christ commemorating His unjust punishment and the shedding of His innocent blood. But the service ends on a note of joy and hope, with the reading of the Prophet Ezekiel in which he describes his vision of our resurrection yet to come; in the midst of despair, we are told there is hope, for not even death can separate us from the unfailing love and power of God. Death is about to be conquered and faithfulness rewarded.*

**HOLY SATURDAY MORNING** - Romans 6:3-11, Matthew 28:1-20. *On Holy Saturday morning we celebrate the theme of faithfulness receiving its reward. The crucifixion is over, Christ is buried, the twelve apostles and other disciples are scattered and defeated. And yet, three myrrh-bearing women come in faithfulness to perform the last act of love - to anoint Jesus according to the Jewish burial custom. Their unwavering devotion is rewarded - they are the first to share in Christ's triumph over evil and death. They are the first witnesses to the Resurrection. This joy is commemorated through the scattering of bay leaves and rose petals by the priest.*

**HOLY SATURDAY EVENING & PASCHA SUNDAY MORNING** - Mark 16:1-8. The lamentations of the previous night are repeated and the church is plunged into darkness to symbolize the despair and defeat experienced before the dawn of Christ's victory over the Enemy of our salvation. Precisely at midnight, a single light emerges from the altar representing the victory of Christ over death, the defeat of the Prince of Darkness by Jesus, the Light of the World. As the light is passed from person to person, it pushes back the darkness of the church and defeats it completely. The Resurrection is proclaimed in song and triumphant procession, and after the Liturgy, its light is carried into our homes so that they too might be filled with its light and warmth and triumph.

**EASTER SUNDAY MORNING** - John 20:19-25. Christ's Resurrection and victory is affirmed in this morning's theme. *The Gospel is read in numerous languages to illustrate the universality of the Good News of the Resurrection and its proclamation to the very ends of the earth. Love, forgiveness, reconciliation, triumph and joy--these are the gifts which we receive because Christ lived and died and triumphed for our sake.*

**GLORY BE TO HIM FOR ALL THINGS, AND MAY YOUR EASTER BE BLESSED**
PHILOPTOCHOS NEWS

On March 5th we had our 5th annual Spaghetti Supper and it was a huge success! We made over $3300.00. The proceeds of this event will help the children of our community go to Project Mexico and to the MBC camp in New Hampshire this summer. I would like to thank all who donated, helped, and or attended this affair. It is so nice to see the community come together!

On March 7th we had our meeting and discussed future events. Eleni Xanthopoulos will be making Easter Sweet Breads and we will be selling them on Holy Wednesday, Thursday and Friday (April 27-29). Please get your orders in as soon as possible so you can be sure to get one! See either Eleni or me.

In the past our Philoptochos ladies have put together a Mother's Day booklet to honor our mothers. This year we decided to do a FATHER'S DAY BOOKLET to honor the men in our lives! Despina Condos and Sandy Sanderson will put this booklet together. Everyone will receive a letter in the mail explaining the details. Please support this and include our husbands, fathers, sons, son-in-laws, uncles, father-in-laws and anyone else I have forgotten for this booklet. We will then present this on Father's Day in church with a little luncheon to follow!

Ladies, don't forget to come to church on Good Friday and help decorate the Epitaphion and also bring red eggs and wrap them for Easter Sunday.

The word “Philoptochos” means “Friends of the Poor.” And I would like to make people aware of all the charities we support. We donate to many national and archdiocesan ministry commitments over the course of the year. We donate to Saint Basil Academy, Hellenic College Holy Cross, Philoxenia House, the Orthodox Christian Mission Center (OCMC), the National Philoptochos Emergency Fund, the Autism Fund, and UNICEF to name a few. We also support our local charities such as the Webster/Dudley Food Share, United Way, Tri-Valley Meals on Wheels, and St Vincent de Paul.

We were very generous to Father Themi Adamopoulo and his ministry “Paradise 4 Kids” after he delivered such a powerful sermon in church on March 20, and we gave to the nuns from St. Elizabeth Monastery in Minsk, Belarus who visited our Church.

We want all to know that we could not donate to all these worthy causes without your help! These are our priorities. Then with whatever is extra we try to help our own church with special projects. Money is set aside to buy a large shed behind the Church to store miscellaneous items. We need more tables and chairs for our hall and we are working on raising money for that. We ran out of tables at our grandparents godparents luncheon which is a good thing because that means we have more people attending!

We should be very proud of ourselves for all we do and donate throughout the year! We might be a small group but we are a hard working group that come together for the good of our church and everything we stand for!

Our next meeting is April 4th. Please come and join us! Don't forget to see Sandi Kunkel to pay your dues.

Have a good and healthy month and a blessed Easter!

With much love and gratitude,

Evelyn
Philoptochos President
BUMPS IN THE ROAD

Every now and then, throughout this journey in life, the road we travel can get bumpy. We may have a smooth period for a while, but then, all of a sudden, a bump will hit. Maybe just a little bump or possibly a bump we never would have expected, but there it is, right in our way. We try to ignore it, drive around it, or push it to the side, but we can't...it's there. We have to face it, whatever the bump is.

Then there are the times we have multiple bumps right in a row, like the frost heaves on a road in the cold winter. One right after the other. We just want to scream "stop", but it continues. Finally, the light begins to shine, and the road smoothes out again.

During those bumpy times our mind races to get through it, to fix it, to do whatever we have to do and move on. It is so easy to get overwhelmed and not to focus on what we should be focusing on. We let the bumps consume us. Where is our Faith? Did we forget what we know and believe? Yes, it can be so easy to let these bumps overwhelm our thoughts, rather than stopping and redirecting our focus to prayer. If we stop and think about some of the bumps, are they really worth all the effort and energy we waste on them?

I've had to remind myself of many of these thoughts, especially now during Lent. A time when I should be "letting go", and finding ways to better myself spiritually. A good reminder for myself and for all.

May we all discover a little something extra during our Lent journey. I wish you all a peaceful Great Lent and beautiful Easter!

My sympathies and prayers to the family of Dorothy Teguis and anyone else that may have lost a loved one.

Many blessings to those that will celebrate a special occasion this month!

May God bless all of you!

Lisa Heal
Parish Council President

FATHER’S DAY BOOKLET

This year our Philoptochos Society will be honoring and remembering our husbands, fathers, grandfathers, godfathers, brothers, sons, sons-in-law, grandsons, uncles and nephews in a special way on Father’s Day, Sunday, June 19th when we offer the ARTOCLASIA for the LIVING and a MEMORIAL SERVICE for our beloved men who have PASSED AWAY. All the names will be printed in a special Father’s Day Booklet.

If you would like the names of your loved ones to be in our special booklet, please give a $5.00 donation made payable to the Philoptochos Society and send to Despina Condos (6 Noble, St, Dudley, MA 01571) or give to her or Sandy Sanderon in Church by May 13, 2016.

Please contact Despina (508-943-5586) or Sandy (860-315-7845) if you have any questions.

Thank you for honoring our special men and supporting the Philoptochos!
Come and Join Us!!!
All Parishioners and Friends are invited to our

Palm Sunday, April 24 following the Divine Liturgy in our Church Hall!!!

$12.00 for adult meals; Children under 12 for Free

Let our Church family come together in fellowship and love as we prepare for Holy Week and Pascha!

We THANK John and Eleni Sgouritsas and Lake Pizza for offering the fish meal in MEMORY of his beloved father GEORGE SGOURITSAS!!

Celebrate our Lord’s Resurrection on Easter Day (May 1) with our Church Family

“PASCHA LAMB”
& a POT-LUCK MEAL!

11:00 am - Easter Egg Hunt for Children
12:00 Agape Vespers Service
1:00 Potluck Easter Lunch

If you are interested in coming, please contact Jaime Ross or our Church Office so we know how many are coming and can arrange the pot-luck meals.
THANK YOU TO ALL WHO HELPED with the PHILOPTOCHOS’ 5TH ANNUAL SPAGHETTI DINNER
From Our Holy Wisdom Bookstore

Food Faith and Fasting

A Sacred Journey
to Better Health

By Rita Madden, MPH, RDN

Book Review

Rita Madden is a registered Dietician and nutrition director for Mediterranean Wellness. Her work focuses on, weight loss management and chronic disease prevention/management. Her book Food Faith and Fasting is written for everyone with a special emphasis on our Greek Orthodox Beliefs.

She takes the subject of Health and Fasting and breaks it down into little do-able steps while working on the psychological reasons of how we may sabotage our health. Her chapter on Fasting looks at how many different approaches we can take while we are observing Fasting. For example, if one can’t do a strict fast how someone could eat less on their plate and how we can trick our brains into thinking we’ve eaten more that we have.

Her vital and interesting book covers subjects such as: Sacred Eating, Nourishing our body and soul, Fasting, Exercising and Stress Management. She also has a chapter full of delicious Recipes.

We have several copies in our Holy Wisdom Bookstore. Please stop by the bookstore and pick up your copy to help you through your daily life and our Lenten Season.

Book review by Lorna McWilliam

LEARN ABOUT
“WORLD RELIGIONS”

What do Hindus, Buddhists and Atheists believe?
Come & Learn.

EARLY RISERS GROUP
7:00AM SATURDAYS
April 9, 16

WEDNESDAY GROUP
10:00AM WEDNESDAYS
April 6
SUPPORT OUR MISSION to PROJECT MEXICO

Dear Beloved Parishioners

Our Church will once again sponsor a MISSIONS TEAM TO MEXICO to serve our Lord Jesus Christ and His Church in a cross-cultural setting. This will be the FIFTH TIME our Church will send such a group. We have 20 people participating in this exciting mission. As in past years, we will travel to Mexico and work with the PROJECT MEXICO, while staying at the St. Innocent Orphanage. We will go from July 14-20, 2016.

Our primary goal will be to help construct a home for a needy family in Rosarito. The week we are there, we will work with 125 Orthodox Christians from around the country, and will build FIVE SIMPLE HOMES. We will also spend time with the teenage orphans at the St. Innocent home, as well as share our faith and spend time with the local people we meet.

In order for our group to participate in this mission trip, WE ARE RAISING $20,000, which will pay for the supplies and materials needed to build the house, our food and lodging at the orphanage, our flights to San Diego and the van we must rent for Mexico. Would you prayerfully consider becoming a spiritual and financial partner with us on our mission?

As a financial partner, you can send a tax-deductible donation to Sts. Constantine and Helen Church. Please write Project Mexico in the memo line of the check. You can learn more about Project Mexico on their website www.projectmexico.org.

Thank you for helping our Church fulfill its part in our Lord’s global mission and outreach!!

In Christ’s love,

+Luke

FROM OUR PARISH NURSE

On April 10, come to the Church early and our Parish Nurse, Nicoleta Cojocaru, will check your blood pressure, offer medication management and consult on any health related issue.

She will be at the Church on the 2nd Sunday of each month from 7:30am until the Divine Liturgy begins. She can also meet people after the Divine Liturgy. If you prefer her to visit you in your home, feel free to call her at 774-452.1049
OUR VISION FOR THE FUTURE
Capital Campaign

95 families or individuals, including 77 Church Stewards (or 50% of our parishioners) have contributed to our Capital Campaign.
If you have not participated yet, please consider doing so. We still have several projects we hope to complete in the Spring!

Three Offices and Office Bathroom Renovation $50,000
Large Stain Glass Window $35,000
Front Church Walkway Pavers $12,000
Back Patio Pavers $12,000
Repaving of Parking Lot $30,000
Additional Parking Spaces $25,000
Outside Landscaping $10,000

MAKE A SPECIAL DONATION DURING LENT IN HONOR OR MEMORY OF A LOVED ONE

Please see Fr. Luke or our Church Treasurers to donate and dedicate your offering to someone.
Friday Salutations Flowers – $30/week
    Incense (for a year) - $200
    Charcoal (for a year) - $150
Holy Friday Epitaphio Flowers - $850
    Holy Saturday Rose Pedals - $75
Holy Altar Easter Arrangement - $200
    Resurrection Icon Flowers - $50
    Easter Pew Flowers - $130
12 White Lilies for Easter - $40/each

YOUTH NEWS
MBC LOCK-IN RETREAT
At our Church
Ages 8-15
APRIL 8-9

MBC Spring Camp
Ages 12-18
April 15-17
Sign up at www.mbcamp.org

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# HOLY WEEK ACTIVITIES

## LAZARUS SATURDAY
### April 23

- 9:30 Divine Liturgy
- 10:30 Pancake Breakfast.
- Making Palm Crosses and Stuffing Plastic Easter Egg

*We need a LOT OF HELP to stuff 1000 plastic Easter eggs for the annual Easter Egg Hunt.*

*For families whose children will participate in the Easter Egg Hunt, please bring a bag or two of candy on or before this day.*

## GOOD FRIDAY RETREAT
### April 29

*Youht Retreat/Service Project*

12:00–1:30

Come All Ages!

- Philoptochos Ladies Decorate Christ’s Tomb & Wrap Easter Eggs
- 9:00 am, GOOD FRIDAY

## GOOD FRIDAY MYRRH-BEARING GIRLS

For all girls from 3 to 18 years old

- 6:00pm
- GOOD FRIDAY PROCESSION
  To Dress Up and Sing the Lamentations

Contact Nike Beaudry
((508) 864-4955

For your girls to participate

## JOY EASTER EGG HUNT!!!

**EASTER DAY**

May 1, 11:00 am

followed by the

**AGAPE VESPERS**

of Pascha 12:00 noon
COFFEE FELLOWSHIP:

Apr 3 - Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi
Apr 10 - Donna Cooney, Athena Cooney, Leah Didonato, Jaime Ross
Apr 17 - Kathy Bilis, Marie Monroe, Deb Raymond
Apr 24 - Thomai Gatsogiannis, Trish Lareau, Stephanie Quill, Betty Tonna, Evangeline Wilson

YOUTH EPISTLE READERS

April 3 - Panayiota Veronis
April 10 - Olivia Neslusan
April 17 - Gabriella Ross
April 24 - Maia Beaudry
May 1 Maria Mironidis
May 8 - Lily Mueller
May 15 - Zach Beaudry
May 22 Theodora Veronis

SACRAMENT OF CONFESSION

The Sacrament of Confession has always been a central part of an Orthodox Christian’s preparation for Easter. Anyone interested in participating in this Sacrament of Confession and Reconciliation should contact Fr. Luke and make an appointment before Pascha.
Remembering Our Church Family

Important Dates in APRIL:

Make a visit, give a call, or express your congratulations to members of our Church family who celebrate special days this month.

BIRTHDAYS:

April 3  Lex Pappas
April 4  Elisabeta Cojocaru
April 7  Persephoni Sgouritsas
April 7  Del Monroe
April 10  Maximos Pappas
April 12  Catalin Enache
April 12  Helen Thomas
April 13  Dhimitra Adamopoulos
April 18  Kathy Bilis
April 18  Pauline Mueller
April 19  Kaiden Kunkel
April 21  Muriel Angelo
April 23  Leslie Manthos
April 23  Cynthia Johnson
April 23  Celia Milios
April 24  Donna Christo
April 25  Harrison Jordanoglou
April 25  Zachary Bethune
April 30  Bertha Constantine

NAMEDAYS:

April 23  St George
George Condos
Evis Georgia Jordanoglou
Georgette Nicholopoulos
George Baraklilis
George Beno
George Carabina
George Milios
George Nonis
George Papageorge
Leslie Georgia Manthos
Georgia Sgouritsas

May God Crown them with Glory and Honor!!!

Congratulations to two newly engaged couples in our Church Family!

Katya Sidorchuk and Drew Kladas
Rayne Purcell and Elise Jalinoja
WORTH

As I sit in contemplation
Seeking divine inspiration.
I wonder if I’ve lived a life of worth
Or squandered the gifts from God
and earth

Have I used that which I have acquired
In a manner that God can admire.
Have I shared my talents
In ways that are gallant.

Or have I been selfish and
self-consumed
Hoarding possessions for
a future of doom.

Will I be proud come judgment day
Or sulk in fear of God’s last say.

People rationalize their positions
In justifying more acquisitions
Yet the Gospels teach discipline
and moderation
In living a life of purity and
transformation

Sharing with others warm feelings
Sets the stage for honest dealings
It is never too late to change course
And live with meaning
without remorse.

Nicholas A. Veronis

SAVE DATES FOR SUMMER

Vacation Church Camp
July 9–13
Metropolis of Boston Camp
Week 5 - July 25–31
Week 6 - Aug 1–7

A DAILY LENTEN PRAYER

Lord and Master of my
life, take from me the spirit
of laziness, idle curiosity,
lust for power and
vain talk.

Give to me instead a spirit
of humility, chastity,
patience and love.

Yes Lord and King, help
me to see my own faults,
and keep me from judging
what others do.

For you are blessed unto
the ages of ages. Amen.
# DAILY BIBLE READINGS

## APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Reading 1</th>
<th>Reading 2</th>
<th>Reading 3</th>
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<tbody>
<tr>
<td>April 1</td>
<td>Isaiah 13:2-1, Gen 8:4-21, Prov 10:31-11:12</td>
<td>April 2</td>
<td>Hebrews 10:32-38, Mark 2:14-17</td>
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<td>April 11</td>
<td>Isaiah 49:6-10, Gen 31:3-16, Proverbs 21:3-21</td>
<td>April 12</td>
<td>Isaiah 42:5-16, Genesis 18:20-33, Prov 16:17-17:17</td>
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**HOLY SCRIPTURE**

“You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.”

*Psalm 16:11*

“I will love You, O Lord, my strength. The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust.”

*Psalm 18:1-2*

The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid?

*Psalm 27:1*

Wait on the Lord; Be of good courage, and He shall strengthen your heart; Wait, I say, on the Lord!

*Psalm 27:14*

You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance.

*Psalm 18:1-2*
Thank You to those who sponsor our monthly bulletin!
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<td>8:30 Matins</td>
<td>6:00 Philopto-</td>
<td>10:00 Study on</td>
<td>6:30 Parish Council Meeting</td>
<td>6:00pm Youth Lock-In Retreat</td>
<td>7:00 World Religions Study</td>
<td>Youth Lock-In Retreat</td>
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<td>9:30 Divine Liturgy</td>
<td>chos Meeting</td>
<td>World Religions</td>
<td>6:30 4th Salutations Service</td>
<td>6:30 4th Salutations Service</td>
<td>Youth MBC Spring Camp</td>
<td>6:00 Vespers</td>
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<td>2:00 Big Fat Greek Wedding 2</td>
<td>8:30pm NA</td>
<td>6:00 Pre-Sanctified Liturgy Service &amp; Pot-Luck w Speaker Fr Ephraim Peters</td>
<td>6:30 Parish Council Meeting</td>
<td>6:00pm Youth Lock-In Retreat</td>
<td>Youth MBC Spring Camp</td>
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<td>NO BIBLE STUDY</td>
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<td>6:30pm Akathist Hymn</td>
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<td>7:00 World Religions Study</td>
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<td>9:30 Divine Liturgy</td>
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<td>NO PRE-SANCTIFIED LITURGY</td>
<td>3:00 Special Trip to St. George Cathedral in Springfield to see the Crying Icon</td>
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<td>Youth MBC Spring Camp</td>
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<td>8:30 Divine Liturgy w 40 Day Memorial</td>
<td>NO BIBLE STUDY</td>
<td>NO BIBLE STUDY</td>
<td>6:30pm Akathist Hymn</td>
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<td>Dina Teguis</td>
<td>8:30pm NA</td>
<td>6:00 Pre-Sanctified Liturgy and Pot-Luck</td>
<td>3:00 Special Trip to St. George Cathedral in Springfield to see the Crying Icon</td>
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<td>26 HOLY TUESDAY</td>
<td>27 HOLY WEDNESDAY</td>
<td>28 HOLY THURSDAY</td>
<td>29 GOOD FRIDAY</td>
<td>30 HOLY SATURDAY</td>
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<td>9:00 Pre-Sanctified Liturgy</td>
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<td>6:30 Service of 12 Gospels</td>
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<td>9:00 Holy Hours</td>
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<td>6:30 Holy Unction Service</td>
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<td>6:30 Service of 12 Gospels</td>
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<td>9:00 Decoration of Epitaphio</td>
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DEATH

Always lurking when least expected
Part of life which is unprotected.
Some fear it with loathing and contempt
While others show their strength and repent.

For some it comes with misery and doubt
While others succumb with faith, so stout.
To the young it is rare and unspoken
To the old it is real and unbroken.

When the priest comes to offer Holy Communion
The faithful know that it is time for the union.
The children grieve and the widow is in all black
As somber men carry a coffin from the back.

The deceased is eulogized with the highest acclaim
As his friends and family sing praises to his name.
Although he will be missed by a few friends and his clan
The world moves forward with God’s eternal plan.

Nicholas A. Veronis

+  +  +

Death has been swallowed up in victory.
“Where, O Death, is your victory?
Where, O Death, is your sting? The sting of death is sin,
and the power of sin is the law. But thanks be to God, who
gives us the victory through our Lord Jesus Christ.

The Apostle Paul