MODELS OF FAITH

The Virgin Mary. St. John the Baptist. St. Kosmas Aitolos. And the Feast of our Lord’s Transfiguration. During the lazy days of August, we remember these saints and special feasts and celebrations among others, and each of these great saints offer a model of life for us to imitate. They are God’s Superheroes, to follow the theme of this summer’s Vacation Church Camp, who not only are constantly praying and interceding on our behalf, but who also have set an example with their way of life, leaving us people with whom to be inspired by and motivated to imitate.

First, we begin this month with a Fasting period from August 1-14, when we abstain from meat and dairy products in preparation for the Feast of the Falling Asleep of the Virgin Mary. This Fast is a reminder to keep our focus on spiritual pursuits, even during the lazy days of summer. Let us struggle with the Fast, while trying to attend as many Supplication/Paraclesis Services to the Virgin Mary as we can during this period.

As we reflect on the Theotokos, we remember that she is one of us, yet she is also the first among all saints. She is the one human being chosen from all history to become the Birthgiver and Mother of God. Imagine being so special! Yet, throughout her life she showed utter humility in following the ways of God.

“Let it be to me according to your will” she stated to the Archangel Gabriel when she heard about being chosen. Even though she was the one, she very clearly understood that she was simply an instrument in God’s hands. Her example of utter humility and dedication to following the ways of God are the greatest lesson we can learn from her. “My soul magnifies the Lord,” she prayed, “and my spirit rejoices in God my Savior.” To magnify and glorify God - with our lives, in all we do, in every decision we make - this is what we learn from the Theotokos. She showed us the path to walk, and constantly is praying for each one of us to stay faithful in walking that path.

In the midst of this Fasting Period, we pause to celebrate the Feast of the Transfiguration of our Lord Jesus on August 6th. We remember when Christ climbed up Mount Tabor with Peter, John and James, and miraculously radiated the uncreated light of God. He became brighter than the Sun and
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
Telephone: (508) 949-7623 (h) (774) 230-6985 (cell)
email: frlukeveronis@gmail.com

2017 PARISH COUNCIL
President: Lisa Healy
Vice President: Cynthia Johnson
Secretary: Mary Papageorge
Treasurers: Neal Neslusan
Leah Didonato
Michael Chito
Joseph Gliniecki
Lorna McWilliam
Rayne Purcell
Nick Seferi

PHILOPTOCHOS
President: Evelyn Pappas
Vice President: Sara Darligiannis
Secretary: Marie McNally
Treasurer: Sandi Kunkel
Church Secretary: Mary Seferi
Festival Chair: Lisa Healy and Marie McNally

Cantor: Demetrios Milios
Choir Directors: Tony and Nike Beaudry
Greek Dance Group: Nike Beaudry
Sunday School Teachers: Anesti Jordanoglou, Evis Jordanoglou, Pauline Mueller, Stephanie Quill, Rayne Purcell, Pres. Faith Veronis
Seminarians and Teachers: Constantine Alexandrides, Alex Limberatos, Anthony Linderman,
Ecclesiarchs: Rayne Seraphim Purcell
Church Secretary: Charlie Chito
Bookstore: Lorna McWilliams
Sexton: Mike Kokoszka
Grounds: Nick Popiak
His disciples couldn’t even look at Him. He revealed to His followers His divine nature. Yes, He was Jesus of Nazareth, the carpenter and itinerant preacher they knew as a friend, but now it was confirmed that He is Jesus the Son of God, the 2nd person in the Holy Trinity. He is God Himself! St Peter would later write in His 2nd Epistle how Christ “has given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world” (2 Peter 1:3-4).

The Feast of the Transfiguration is prominent not only because it reveals the divine nature of Jesus Christ, but also because it reminds each one of us what our potential is as human beings. To be a true human being, fulfilling the likeness of God in which we were created, means to become “partakers of the divine nature;” it means becoming one with God and allowing His Spirit to control and guide our lives.

And this is precisely what the saints have done throughout history. Whenever we honor a saint - whether St. John the Baptist, St. Kosmas Aitolos, or whatever other saint we have depicted on an icon in the Church - we are honoring the fact that they have allowed God’s Spirit to dwell within them. They have followed the narrow path that leads into the kingdom of heaven, and which gradually transfigures each one of them more and more into the likeness of God. They can say, along with the Apostle Paul, “It is no longer I who live, but Christ who lives in me” (Galatians 2:20).

After our celebration of Christ’s Transfiguration, and honoring the Virgin Mary, we then remember two great saints in the later part of August. On August 24 we remember St. Kosmas Aitolos. Saint Kosmas was illiterate until his late teens, when he decided to leave his little village in the Balkans and try to find a school where he could learn to read. His travels eventually led him to Mount Athos, where he became a monk. He surely thought he would stay on the Holy Mountain for the rest of his life, yet after 19 years in the Monastery of Philotheou, he felt God calling him to go back into the world and preach the Good News of Jesus Christ to all the illiterate villagers in northern Greece and southern Albania. During this time in the 18th century, many Christians in the Ottoman Empire where very ignorant of their Christian faith and were even converting to Islam. St. Kosmas traveled from village to village, not only teaching people their faith and showing them how to live, but also helping them to start schools to educate their children. His main purpose of education, though, was for the children to learn their Christian faith and heritage, and begin reading Holy Scriptures and the writings of the Fathers. In the end, he helped to found more than 200 schools.

On August 29, we remember the Beheading of St. John the Baptist. St. John has several feasts throughout the year, but on this day we remember how his bold, courageous, prophetic word - where he spoke the truth of God no matter who threatened him, and no matter who was offended by God’s word - eventually led King Herod to arrest him, and then kill him by cutting off his head. St. John is called “the greatest man born of woman” according to the Bible. He is called the Forerunner because he prepared Israel to receive the Messiah. He spoke the word of God, as did any true prophet, and actually became the first prophet in Israel for more than 400 years. Most of all, though, he totally dedicated his life to God, following His call no matter where it lead him - in the desert, among the crowds, in front of kings. He was a “voice calling out in the wilderness - repent, change your ways, turn back to God!”

I hope we all enjoy some lazy, relaxing days in August, don’t allow your vacations and relaxation to hinder you from staying vigilant in your spiritual efforts. The saints of August remind us of that!

With love in Christ Jesus,

+Luke
ADDICTIONS, DEMONS, REDEMPTION
Fr. Luke Veronis

Demon possession. We heard about it in the recent Gospel story when Jesus cast out demons controlling two men. In the other Gospels, we read about legions of demons possessing a single man. Too often, when we contemporary people hear about demon-possession, we simply roll our eyes. There’s no such thing as demons. Sometimes, past generations understood certain illness as demon possession. We simply want to dismiss this talk about demons. Well, I could write an article specifically about demons, and the devil, and the reality of evil in the world. Surely there is plenty of horrific evil every day in the news to believe in such reality. Yet, I want to focus about something else. I want to look at certain “demons” that control our behavior and that destroy countless lives. My topic today is on the “demons” of addiction.

In past generations, as well as today, when many hear about people struggling with addictions, they often think of morally bankrupt individuals. Alcoholics, drug addicts, gamblers out of control, and sex addicts, one of the fastest growing addictions being fed by the billion dollar internet pornography industry. The problem of addictions and its impact on society and in the lives of countless individuals is reaching epidemic proportions in our country.

The Office of the Surgeon General of the United States came out with a seminal report in 2016 entitled “Facing Addiction in America: The Surgeon General’s Report on Alcohol, Drugs, and Health.” The then Surgeon General, Dr Vivek H. Murthy, hoped that this report would bring much needed attention to what he considered one of the greatest public crises of our time. Pay attention to these statistics. In 2015, 21 million Americans, or 8% of our country’s population, struggle with addiction to substance abuse; 48 million (18% of our population) used an illicit drug or misused a prescription medication, 67 million binge drink monthly, and 28 million self-reported driving under the influence (DUI). There are more deaths and disabilities each year in the U.S. from substance abuse than from any other cause. These statistics don’t include the damage and destruction to lives affected not only by addiction to substances, but to addictive behaviors like gambling or internet pornography. The consequences of all these addictions severely affect the individual suffering from this disease, but also greatly impact the families, friends, and our society as a whole. The economic impact alone of substance addictions exceeds $442 billion each year in health costs, lost productivity, and criminal justice costs.

For much of human history, such addictive behavior was seen mainly as a moral weakness. Those struggling with addiction faced harsh judgment and severe discrimination from society. The Church also, too often, viewed people struggling with addiction as terrible, weak sinners. Such negative and judgmental attitudes towards those struggling with addiction didn’t help addicts find a path toward recovery. Of course, people wrestling with addiction have choices to make, and when they make poor choices they face serious consequences. Yet, we’ve learned that it’s not only one’s bad choices which lead to addiction, but a combination of developmental, environmental, social, and genetic factors that play a role.

Over the past decades the medical world has helped us understand addictions as an illness or disease that must be treated, rather than a moral failure that must be judged. Just as one wouldn’t condemn a person with diabetes, or cancer, or some other physical illness, the medical field has studied and researched substance use disorder, concluding that addictions affect and even change the brain chemistry and body make-up of an individual, and thus, need to be understood and treated in a holistic way. This implies holistic treatment that includes participation from the medical field, social service organizations, educational systems, community based organizations, government health agencies, religious institutions, law enforcement, and other public, private, and voluntary entities.

From the Church’s perspective, we need to offer God’s love and compassion, mercy and grace, healing and restoration, a never-ending hope for a
new life, with not only our words but also our presence, patiently walking with those struggling with addictions and hopefully guiding them on a path of healing and restoration.

Of course, there is a temptation to get frustrated with people struggling with addiction, because they have become master manipulators, who often are dishonest with themselves as well as with their loved ones. They struggle with a terrible sense of guilt, shame, and self-hatred. They are not proud of the pain and hurt they have caused in too many broken relationships. They have disappointed others countless times, and they continually disappoint themselves. Such low self-esteem does little to help them on their path of recovery. They are tempted with despair, feeling there is no way out and little real hope for change. And even if others sincerely love them and want to help, they often feel they are not worthy of such love and help. Poor boundaries, co-dependency, and chaos often rule their lives.

We must always remember, though, that the Church is a hospital. And hospitals never turn away the sick, but welcome them into our healing community. The Great Physician, Jesus Christ Himself, offers His loving and healing presence through His community of faith, and through His Mysteries/Sacraments. The Church doesn’t judge and reject anyone due to whatever illness they may have, but welcomes all to find healing from whatever destructive addictions and illnesses – physical, spiritual, mental - with which they struggle.

As Christians we are called to journey and intimately walk with those who are sick and suffering. There may not be any quick medicine for healing, but the healing will come through a long process of simply walking with others, feeling their pain, empathizing with them in their moments of despair, and loving them no matter how often they fall and seem to fail. As followers of Jesus Christ, we are called to offer a loving, understanding, comforting, non-judgmental, non-threatening presence to each and every individual who is suffering, as well as to their family that is co-suffering with them. Specifically, with people struggling with addictions, we need to treat the addict as a special child of God who is facing a life-threatening illness. Take care to never allow the addiction and its consequences to distort the beautiful image of God in the person themselves.

Jesus always saw and called out the hidden beauty from each person he encountered, helping them rediscover the image and likeness of God within and the unlimited potential they possess. Approaching an addict from this perspective creates an atmosphere which hopefully helps the person feel valued and loved, regardless of their behavior or perceived failure. We have to help the addicted person believe that he/she is a child of God, created in His image.

This Christian story of hope, healing and new life can be told in different ways to someone struggling with addiction. No matter how broken someone is, regardless of their checkered history, no matter how sick and damaged their life, in Christ “all things can become new” (2 Corinthians 5:17). Whether it was someone with physical ailments, like a woman sick for 12 years with hemorrhaging blood (Mark 5:25-34), a man born blind from birth (John 9), a paralyzed person (Mark 4), or a leper (Luke 17), Christ offered physical healing. Yet he never limited his healing to physical health alone. He also met a broken, despised woman married five times and treated her with love and respect (John 4). He saw her beauty within, helped her see her own beauty, called out that beauty and led her into a new life of authentic beauty. In fact, the Church remembers this hopeless Samaritan woman as the beloved Saint Fotini. The same could be said about her, as it was about the prodigal son – “he was lost and is found, was dead and is alive” (Luke 15:32). And there are plenty of other stories about despised, broken, sick individuals like Matthew and Zacchaeus the tax-collectors, with whom Jesus saw such great potential and goodness that he invited one to become an intimate disciple, and the other he visited his house and declared that salvation had come to him. Sharing stories of how Jesus respectfully treated and healed physically ill people, morally bankrupt persons, or broken and hopeless individuals offers a concrete message of optimism that change can happen. Illness comes in all forms of mind, body and soul. A person struggling with addiction understands this well, and may think there is no hope for themselves. Yet, history is full of individuals whose lives have been changed and transformed, including many addicts. There is always hope.
Let me conclude with a story I just recently read by Meg Hunter-Kilmer about a Chinese Orthodox saint, Mark Ji Tianxiang.

Ji was an opium addict who couldn’t stay sober. He struggled with his opium addiction for 30 years! In the early part of his life, Ji was a respectable Christian, raised in an Orthodox Christian family in 19th-century China. In fact, he was a leader in the Chinese Orthodox Christian community, a well-off doctor who served the poor for free. One day, however, he became ill with a violent stomach ailment and treated himself with opium. It was a perfectly reasonable thing to do in that day and age, yet Ji became addicted to the drug, an addiction that was considered shameful and gravely scandalous.

As his circumstances deteriorated, Ji continued to fight his addiction. He went frequently to confession, refusing to embrace this affliction that had taken control of him. Unfortunately, the priest to whom he confessed (along with nearly everybody in the 19th century) didn’t understand addiction as a disease. Since Ji kept confessing the same sin, the priest thought that was evidence that he had no firm desire to change or truly repent from his sin.

Without resolve to repent and sin no more, the priest thought his confession was invalid. So after a few years, Ji’s confessor told him to stop coming to confession if he was not resolved to stop using opium. For some, this might have been an invitation to leave the Church in anger or shame, yet Ji became addicted to the drug, an addiction that was considered shameful and gravely scandalous.

In 1900, when the Boxer Rebels began to turn against foreigners and Christians throughout China, Ji got his chance. He was rounded up with dozens of other Christians, including his son, six grandchilden, and two daughters-in-law. Many of those imprisoned with him were likely disgusted by his presence there among them, this man who couldn’t go a day without a hit. Surely he would be the first to deny the Lord.

Yet while Ji was never able to beat his addiction, he was, in the end, flooded with the grace of final perseverance. No threat could shake him, no torture make him waver. He was determined to follow the Lord who had never abandoned him.

As Ji and his family were dragged to prison to await their execution, his grandson looked fearfully at him. “Grandpa, where are we going?” he asked. “We’re going home,” came the answer.

Ji begged his captors to kill him last so that none of his family would have to die alone. He stood beside all nine of them as they were beheaded. In the end, he went to his death singing the Litany of the Blessed Virgin Mary. And though he had been away from the sacraments for decades, he is a canonized saint.

St. Mark Ji Tianxiang is a beautiful witness to the grace of God constantly at work in the most hidden ways, to God’s ability to make great saints of the most unlikely among us, and to the grace poured out on those who remain faithful when it seems even the Church herself is driving them away.

In our Church calendar, we honor the memory of St. Mark Ji Tianxiang on July 9th. Let’s ask his intercession for all those struggling with addictions, and for all those who are unable to receive the sacraments, that they may have the courage to be faithful to the Church and that they may always grow in their love for, and trust in the Lord.

St. Mark Ji Tianxiang, pray for us!
FALLING ASLEEP OF THE VIRGIN MARY
Fast from August 1-14; Feast day August 15th

One of the four major fasting periods for the Orthodox Church occurs from August 1 - 14, in preparation for the Great Feast of the Falling Asleep of the Virgin Mary on August 15.

During this time, Orthodox Christians are asked to increase their spiritual struggle by praying more often, attending the Supplication Services (Paraclesis) to the Virgin Mary, generously offering alms to those in need, and fasting from meat and dairy products as a spiritual discipline to draw closer to God.

May we all use this period for our spiritual edification and growth!

Please email Fr. Luke at frlukeveronis@gmail.com with the names of anyone you want us to pray for during this holy season.

OUR TRANSFIGURATION
The Feast of our Lord’s Transfiguration Aug 6th

Why do we come to Church each week? What are we seeking from our Christian faith? What is our ultimate goal for this brief life here on planet earth? The Feast of Our Lord’s Transfiguration (Aug 6) clearly teaches us that our goal in life should be nothing less than TRANSFIGURATION! To be transfigured, to be transformed, to be lifted up out of the superficialities of the world and to become “a new creation” in Christ, one united with our Lord & filled with His Divine light and energies!

Contrary to our fallen human nature, the Transfiguration of Jesus raises our eyes up to our original destiny, which St. Peter affirmed: “[Our Lord’s] divine power has given to us all things that pertain to life and godliness… and through his great and precious promises, [we] may be partakers of the divine nature, escaping the corruption that is in the world.” (2 Pet 1:3,4)

Jesus confirmed this teaching throughout his ministry when He invited everyone to fulfill their divine potential. He wants you and me to become one with Him. Thus, the feast of the Transfiguration not only reaffirms the divine identity of our Lord, but also reveals to each one of us our true nature; we see our destiny in divine transfiguration! Human life is not about petty, mundane, superficial pursuits of pleasure, comfort, power, and worldly success, but instead is about a greater call, a return to our original and divine destiny! Life is about transfiguration into the life of Christ!
This past month we held another wonderful Vacation Church Camp which focused on Superheroes (see p 8-9). Of course, we mentioned the kids’ favorite superheroes, like Captain American, Wonder Woman, Iron Man and others, but this was just a segue into focusing on God’s superheroes, the SAINTS. At VCC we talked about how God’s superheroes all have five central characteristics – they have HEART, COURAGE, WISDOM, HOPE, and POWER. We shared, with the 53 campers and teen helpers who attended, different Bible stories which reflected these characteristics, as well as introduced each day a more modern saint who also lived out these virtues. It was a beautiful way to highlight not only who God’s superheroes are, but how each one of us is called to follow this same path of sainthood. What a great week of fun, fellowship, and learning!

This idea of God’s superheroes, the saints, are the focus of a beautiful new 10-foot icon we recently hung on the wall of our Church. This icon is entitled “Women of Faith.” It beautifully shows 12 incredible women from very different backgrounds – some princesses, some queens, some prostitutes, and many sinners - from the first to the 20th century, who truly were superheroes of God. Each left incredible legacies with their lives.

Our Lord Jesus says in Holy Scripture, “Let your light so shine before others that they may see your good works and give glory to your Father in heaven.” The light of Christ is to shine from our lives, but not so that people may praise us! Christ wants His light to radiate from us so that people may see Jesus in us and give glory to our Father in heaven!

This is exactly what these saints did. They let the light of Christ shine for others to see, but they never took credit for the light. When people praised them, they simply directed all praise back to the source of light, God Himself. This is what these “women of faith” did in their lives.

Let me give a brief summary of the lives of these very diverse, yet holy women who now adorn the walls of our Church.

**ST. KATHERINE OF ALEXANDRIA** was considered one of the most beautiful, as well as the wisest and smartest, people in the great Egyptian city of Alexandria. The governor of the city, who persecuted Christians, brought 50 of his wisest pagan philosophers to debate Katherine and show her the errors of her faith. Instead, she left them all the pagan philosophers confounded as she articulated her belief in the one true God. The ruler was so enraged that he tortured and killed Katherine for her faith in 313.
We read about **ST. FOTINI, THE SAMARITAN WOMAN** in the Gospel of John, when she meets Jesus at Jacob’s well. She was considered an immoral woman ostracized from society because she had been married five times and was living with another man. Yet after her encounter with Christ, she discovers a new life, and becomes a “new creation.” She ends up traveling around the Mediterranean world sharing her newfound faith about Christ and His Good News, ending up in Rome and dying there as a martyr.

**THE THEOTOKOS, the Birthgiver and Mother of God** is the first among all saints, the one woman in all history to be chosen to give birth to God. She responds to the Archangel Gabriel by saying, “Let it be to be according to your will,” setting an example for all future generations who want to follow Jesus Christ.

**ST. PARESKEVE** was martyred in Rome in the second century for not denying Christ. She is known to help people suffering from eye ailments.

**ST. THEODORA THE EMPRESS** was the leader of the Roman/Byzantine Empire who helped stop the century old war against icons in the 8th century. She supported the Patriarch, St. Methodios who led the 7th Ecumenical Council to restore icons.

**ST. MARY MAGDELENE** was another broken woman possessed by seven demons according to Holy Scripture. That is, until she met Jesus and was healed. She then became one of His closest followers and disciples, standing at the foot of the cross when Jesus was crucified and being among the myrrh-bearing women who went to Christ’s tomb to anoint His body. Instead, she became the first one to meet the Risen Christ, and told the Apostles about the Resurrection.

**ST. MARY OF EGYPT** was a woman who could be described as a “sex addict.” She describes herself as living an immoral life of depravity for 17 years until one day, when she traveled to Jerusalem for the feast of the Holy Cross. There she encountered God in a miraculous way, and came to realize her sinful life. She then lived the final 47 years of her life in the desert around the Jordan River repenting and seeking after God.

**ST. KASSIANI** was a hymnographer who wrote beautiful poetry and hymnology for the glory of God. She wrote the famous hymn we sing every Holy Tuesday evening describing the sinful woman who washed the feet of Jesus.

**ST. MARIA SKOBTSOVA OF PARIS** was a part of the Russian émigré whose family fled Russia after the Bolshevik Revolution. Although she was married and divorced twice, she later in life became a nun who cared for the poor and needy in the streets of Paris. During WW2, she helped save hundreds of Jewish children until she was finally arrested by the Nazis and killed in the Ravensbruck concentration camp in 1945.

**ST. IRENE** was the daughter of a pagan Persian king in the fourth century. She became Christian, much to the dismay of her father, and led many non-Christians to believe in Jesus Christ until she was eventually martyred for her faith.

**ST. ELIZABETH THE GRAND DUCHESS OF RUSSIA** was a German princess who married a Russian Duke and converted to Orthodoxy. After her husband was killed by an assassin, she entered the monastery of Sts Mary and Martha, where the nuns cared for the poor and needy. She was killed for her faith by the communists in 1918.

**ST. ELIZABETH, the Mother of St. John the Baptist** prayed and miraculously gave birth to the Forerunner John, who became the greatest prophet who prepared Israel for the coming of Jesus Christ.

These women of faith are truly God’s superheroes, but they are superheroes who never drew attention to themselves. Instead, they would “Let your light so shine before others that they may see your good works and give glory to your Father in heaven.”

May we find inspiration in these women of faith every time we look at their icon in Church, and not only honor them with our words, but more importantly strive to imitate them in their witness of glorying God. These are the true “superheroes” of God, and they show us the path on which we ourselves can also become superheroes.
VACATION CHURCH CAMP
God’s Superheroes
THESE ITEMS ARE NEEDED BY 7/15/2017

5 POUNDS FETA CHEESE
12 MED ONIONS (FOR PASTITSIO)
8 POUNDS OF BUTTER
24 - 29OZ CANS OF TOMATO SAUCE
5 GALLONS OF WHOLE MILK
2 LARGE BOTTLES CABERNET WINE

IF YOU ARE DONATING THE FOLLOWING, WE WILL NEED TO KNOW BY 8/30/2017

30 CASES OF WATER
50 CASES OF SODA
15 COKE
10 DIET COKE
8 GINGER ALE
9 ROOT BEER
8 ORANGE

1 LARGE BOTTLE RELISH
2 LARGE BOTTLES MUSTARD
20 LARGE ONIONS (FOR GYROS)
3000 NAPKINS
600 SMALL PAPER PLATES 6 OR 7 INCH
100 SLICES OF AMERICAN CHEESE (INDIVIDUALLY WRAPPED)
140 HOT DOGS AND HOT BUNS
140 HAMBURGERS AND BUNS
500 DINNER ROLLS
3 CASES SERNO (6 HOUR)
THE CHILDREN’S BOOTH

The Children’s Booth will again have a Center Table along with the Ring Toss and Sand Art that have been popular items. We are looking for donations. One liter bottles of soda are always appreciated.

For the Center Table, we would like items for children ranging from newborn to 12 years old.

New toys, games, clothing, school supplies, backpacks, gift certificates are suggestions. Monetary donations are always appreciated to purchase art supplies. Also, if you could help us that weekend for a couple hours, please call Donna Cooney (508-943-8113) or Sandi Kunkel (58-943-7227)

NEED SOMEONE TO DONATE A BOUNCY HOUSE

We are looking for someone to donate a Bouncy House for the Festival Weekend. This will cost $350. Please let us know ASAP.

PHILOPTOCHOS FESTIVAL NEEDS

105 Pitas (75 Spinach and 30 Cheese)  Breads

We need:
- 105 Hood Cottage Cheese
- 105 8oz Cream Cheese
- 110 Frozen Spinach Pkgs

We need:
- 10 lbs King Arthur Flour
- 30 lbs All Purpose Flour

Baklava: 18 pans. We Need: 8 large bags walnuts

We want to thank all those who have already donated (Bia, Evelyn, Doris, Eleni, Effie). Please help us with our baking goods for the Festival. Call Evelyn Pappas (508-259-5453) or Sandi Kunkel (508-341-8673) or mail a monetary donation to cover our expenses to Sandi at 356 Thompson Rd, Webster, 01571.

We need all donations by August 27th. Spinach only by September 3rd.

Thank you!
PHILOPTOCHOS NEWS

Hope everyone is enjoying their summer. Enjoy your August because the festival is approaching and we need everyone’s help!

On Tuesday September 5th at 8:00am we will be mixing for the pitas. On Wed, Sept 6 at 8:00 we will be making and baking over 150 pitas and immediately after we will make the baklava. That Thursday Eleni and her crew will be baking the breads. On Friday we will be cutting and packaging all the pitas, baklava, and other pastries. Then we should be all ready for the weekend! We are also asking for women to bake other pastries at home such as finikia, kouroubiades, yaoutini, etc. Please bring everything on Friday so we can package them.

Please don’t forget gifts for the center table and for the basket table. We also need food baskets. I will bring in and pass out baskets to be filled, or you can bring in miscellaneous items and we can fill the baskets for you. Anything will be appreciated.

I will have a schedule for working for Saturday and Sunday. Please see me at church or call me 508-259-5453 and I can put you on schedule same as last year. Two hour intervals.

We need all your help! Please set aside some time to devote to the festival and make it another huge success! Thank you for everything you do for the Philoptochos and for our church!

With love and appreciation,
Evelyn Pappas
Philoptochos President

We Need Help for Coffee Fellowship Hour.

Please let the Church Office know if you can help ONCE every EIGHT weeks to bring pastries, donuts, fruit or veggies for our coffee fellowship.

Make a $75 Donation for Coffee Fellowship In Honor of Some Special Event/Person or In Memory of a Loved One.
**COFFEE FELLOWSHIP:**

Aug 6 - Thomai Gatsogiannis, Trish Lareau, Irini Costomiris
Deb Raymond, Evangeline Wilson

Aug 13 – Donna Cooney, Leah Didonato, Rena Klebart, Betty Tonna, Therese Totolos

Aug 20 Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi, Carolyn Niemeck,

Aug 27 - Kathy Bilis, Sara Darligiannis, Marie Monroe, Charlotte Neslusan, Stephanie Quill,

---

**USHERS & GREETERS SCHEDULE**

Aug 6 Neal Neslusan, Mary Papageorge, Jimmy Karapanos, Bill Thompson, Tatyana Zhuk

Aug 13 Nicoleta Cojocaru, Arthur Darligiannis, Zach Gianaris, Jared Quill, George Kerbici

Aug 20 Arthur Bilis, Del Monroe, Chris Geotis, Thomai Gatsogianis, Trish Lareau

Aug 27 Marie McNally, Matt Benoit, Lisa Healy, Nick Seferi

---

**YOUTH EPISTLE READERS**

Aug 6 - Panayiota Veronis
Aug 13 - Theodora Veronis
Aug 20 - Maia Beaudry
Aug 27 - Zach Beaudry
Sept 3- Kyra MacKenzie
Sept 10 - Lily Mueller
Sept 17 - Olivia Neslusan

---

**WEEKDAY SERVICES**

Aug 1-4, 7-11 at 6:30pm Supplication/Paraclesis Service to the Virgin Mary

Aug 15 - 9:30am Liturgy Feast of Virgin Mary
Aug 24 - 9:30am Liturgy for St. Kosmas Aitolos
Aug 28 - 6:00pm Liturgy for Beheading of St John the Baptist

---

**Coffee Fellowship Supply Pastries/Donuts Groups**

*These groups will bake or bring in pastries/donuts and/or fruit and veggies for our coffee fellowship. We are looking for more volunteers to help!!!*

Aug 6 – Lynn Purcell, Rayne Purcell and Sophia Foisy
Aug 20 – Sandi Kunkel and Evelyn Pappas, Gulapka Kostovski
Aug 27 – Kathy Bilis, Marie Monroe, Eleni Sgouritsas
Sept 3 – Leah Didonato, Mary Seferi, Olga Poulakhine
Sept 17 – Sara Darligiannis, Sissy Darligiannis, Therese Totolos
Sept 23 – Lisa Healy, Marie McNally, Despina Condos
Sept 30 – Neal/Charlotte Neslusan & Evis Jordanoglou, Dolly Sosnowski
THANK YOU from the Red Cross

Thank you for offering your Church facilities for our July Blood Drive. We had a goal to collect 22 productive units when we came to your Church on July 8th. We went into the day with 26 scheduled donors of which 27 donor’s registered. We had 3 first time donors, 3 donors deferred and 1 QNS (clotting during donation). We collected 20 whole blood pints and 3 double reds for 26 productive units and a 118% collection of goal! These 26 units will go to impact and save 78 lives! This collection was vital especially during these critical summer months! Please send my thanks and appreciation to everyone at St. Constantine’s!

Best wishes,
Dottie from the Red Cross

HOLY SCRIPTURE

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?
One thing I have desired and seek of the Lord. That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord.
For in the time of trouble He shall hide me in His house and in the secret place of His tabernacle He shall hide me.

Psalm 27:1, 405

Learn more about your Orthodox Faith.
Listen to Orthodox podcasts, music and interesting teachings:

www.myocn.net

www.AncientFaith.com
Remembering Our Church Family

Important Dates in AUGUST:

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

**BIRTHDAYS:**

Aug 1  Dimitrios Milios
Aug 1  Adam Sanderson
Aug 2  Evelyn Belanger
Aug 3  Mary Stefanides
Aug 4  Nicholas Veronis
Aug 4  Georgette Nikolopoulos
Aug 6  Katerina Beland
Aug 6  Sophia Quill
Aug 7  Demetra O’Brien
Aug 7  Vassey Tanko
Aug 11 Ramona Geotis
Aug 13 Helen Constantine
Aug 13 Catherine Jordanoglou
Aug 14 David Johnson
Aug 16 Ari Totolos
Aug 17 Alex Seferi
Aug 18 Denise Gritzner
Aug 19 Richard Seferi
Aug 21 Padraic Peterson
Aug 22 Katerina Beland
Aug 23 Julie Milios
Aug 26 Nikola Constantine
Aug 27 Arthur Peterson
Aug 27 Clara Enache
Aug 28 Matthew Zhuk

**WEDDING ANNIVERSARIES:**

Aug 8  Chris/Alex Massie
Aug 20  Aristotelis & Gloria Panagiotou
Aug 20  Paul & Eleni Xanthopoulos
Aug 24  Anton & Nicoleta Cojocaru
Aug 28  Fr Luke/Pres Faith Veronis

**NAMEDAYS:**

Aug 6  Transfiguration
Sam Sotir Kiritsis
Sam Sotir Pappas

Aug 15  Dormition of Virgin Mary
Mary Baxter
Despina Condos
Maria Economou
Mary Fatsi
Maria Jordanoglou
Despina Kiely
Trish Panayiota Lareau
Marie McNally
Maria Mironidis
Marie Monroe
Maria Papa
Mary Papageorge
Marion Thomas
Panayiota Veronis

Aug 30  St. Alexander
Alexandra Koulax
Alexander Pappas
Sandi Kunkel
Alex Massie
Sandy Sanderson
Alex Seferi
Alexandra Thomas
Alexandra Xanthopoulos

Farewell to Jaime and Garry Ross, Gabriella, Gideon, Grady who left our beloved church family after 8 years! God’s blessings to you in Hawaii!
Thank You to those who sponsor our monthly bulletin!
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 30</td>
<td>8:30 Matins 9:30 Divine Liturgy 2 40 Memorial Ernest Karapanos &amp; 6 month Charlie Chito</td>
<td>July 31</td>
<td>Kids depart for Metropolis of Boston Camp 6:30 Festival Committee Meeting</td>
<td>Aug 1 6:30 Paraclesis Service to the Virgin Mary</td>
<td>2 6:30 Paraclesis Service to the Virgin Mary</td>
<td>3 6:30 Paraclesis Service to the Virgin Mary</td>
</tr>
<tr>
<td>6 Feast of the Transfiguration 8:30 Matins 9:30 Divine Liturgy w 40 Day Churc</td>
<td>7 6:30 Paraclesis Service to the Virgin Mary</td>
<td>8 6:30 Paraclesis Service to the Virgin Mary</td>
<td>9 6:30 Paraclesis Service to the Virgin Mary</td>
<td>10 8am05pm Hall Rental 6:30 Paraclesis Service to the Virgin Mary</td>
<td>11 6:30 Paraclesis Service to the Virgin Mary</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>8:30 Matins 9:30 Divine Liturgy 11:15 Parish Council Meeting 7pm AA</td>
<td>14 Vespers for Feastday of Virgin Mary at St Mary Albanian Church in Worcester</td>
<td>15 Falling Asleep of the Virgin Mary 8:45 Matins 9:30 Liturgy</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>19an Wedding Arthur/Sam Kiritsis</td>
<td>21</td>
<td>22 23</td>
<td>24 St Kosmas Aitolos 8:45 Matins 9:30 Liturgy</td>
<td>25</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>8:30 Matins 9:30 Divine Liturgy 7pm AA</td>
<td>28 6:00pm Liturgy for St John the Baptist</td>
<td>29 Beheading of St John Baptist Liturgy Monday evening</td>
<td>30</td>
<td>31</td>
<td>Sept 1 Sept 2</td>
</tr>
</tbody>
</table>
“The Magnificat” of The Virgin Mary

And Mary said

“My soul magnifies the Lord and
my spirit rejoices in God my Savior,
for he has regarded the humble state of his handmaiden.

From now on all generations will call me blessed,
for the Mighty One has done great things for me and
holy is His name. His mercy extends to those who fear
him from generation to generation.

He has performed mighty deeds with his arm;
he has scattered the proud in the imagination of their
hearts. He has brought down rulers from their thrones but
has lifted up the humble. He has filled the hungry with
good things but has sent the rich away empty. He has
helped his servant Israel, remembering to be merciful to
Abraham and his descendants forever.”

Luke 1:46-55