“Let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”

(Galatians 6:9)

Summer is a time to slow down, relax, rest from our busy schedules, and renew ourselves with a vacation or a break way. All of us look forward to summertime. Children are thrilled that they are out of school, and adults enjoy the warm weather and recreational atmosphere.

One spiritual danger that tempts many people, however, is to think that the summer vacation implies taking a break from God and from worshipping our Lord on Sundays.

Of course, if we understand Sunday worship simply as a ‘duty’ or ‘obligation,’ we may rightly need a break. Yet if we understand our Faith as a loving relationship with God, if we see each Sunday as a special opportunity to encounter our Creator in an intimate and dynamic way, if we see coming to Church as a taste and an entrance into the Kingdom of Heaven and participation in the eternal and mystical feast of our Lord Jesus Christ, than we realize that neither summer nor any other season of the year is a time to stay away from the Church.

We don’t take a rest from God and His Church precisely because it is in Church where our souls find rest! We receive our spiritual nourishment to face a new week by coming to Church and receiving the most precious and life-giving Body and Blood of our Lord Jesus Christ.

We receive our moral grounding to guide us around the landmines of contemporary relativism.
Sts. Constantine and Helen
Greek Orthodox Church
37 Lake Parkway, PO Box 713
Webster, MA 01570
Church Telephone: (508) 943-8361 website: www.schwebster.org
Facebook: St Constantine Helens (Church)
Church Office Hours: Monday, Fridays 9:00 am - 12:00 pm

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

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<th>2019 PARISH COUNCIL</th>
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<td>Gyro Fest Chair: Michael Chito, Joey Gliniecki</td>
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PHILOPTOCHOS
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Sexton: Mike Kokoszka
Grounds: Nick Popiak
SUMMER REST

and the prevalent secular spirit when we hear the Good News of our Lord proclaimed and explained every Sunday.

And of course, we fill ourselves with the hope and joy of eternity when we listen to and offer the divine prayers of our Sacred Tradition, and then gather in Christian love and fellowship to stand before Almighty God in humility each “Day of the Lord,” each “Day of Resurrection!”

Summer is NOT a time to rest from God, our Faith and the Church and from our ongoing spiritual struggle. In fact, the exact opposite should occur. Since our busy schedules slow down a bit during the summer this is the ideal time to read a spiritually edifying and inspiring book, and make more effort in our spiritual disciplines.

Why don’t we use the restful time of our vacation to reflect upon our lives, and think about the direction we are presently taking? Why don’t we use this restful time to wrestle with the essential questions of life and ask ourselves what we are doing to prepare for eternity.

Life is so short and too many people allow life to pass by, simply focusing on the urgent and immediate needs, giving little time to the essential and everlasting.

Try to make this summer of 2019 a memorable one in a spiritual sense. Make it memorable, not for the vacation that you take, but for the decisions of life that you make. Sit with your spouse and talk about your future. Go out with your children and discuss truly eternal dreams.

Most importantly, check in with your Creator and ask Him what He desires from you. And then make a commitment to accept His invitation to enter into the path that leads to a most joyous and abundant life!

If you do this, then you will discover what our Lord meant when He said, “Come to me all you who labor and are heavy laden and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” (Matthew 11:28-30)

Remember, true and lasting rest and renewal will not come from any unforgettable vacation. Only the Father and Creator of our bodies, minds and souls can offer us authentic and everlasting renewal and rest.

I wish you all a most blessed and spiritually renewing summer!

With much joy and love in Jesus Christ our Lord,

+Luke
ENTHRONEMENT ADDRESS OF ARCHBISHOP ELPIDOPHOROS

Archbishop Elpidophoros (his name means “The one who bears hope”) was enthroned as the new Greek Orthodox Archbishop of America on Saturday, June 22. He is the seventh Archbishop in the 98 year history of our Archdiocese. Please pray that the Holy Spirit fill and guide our new Archbishop in his pastoral ministry in America.

Today, I stand before all of you, humbled and grateful, declaring with the Holy Prophet and Psalmist David: “Ready is my heart O God. Ready is my heart! (Psalm 57:7)

Indeed, my heart, soul, and mind are ready and eager to embark on this great challenge and charge that our Thrice-Holy God has granted to me by His grace, with my election, at the recommendation of His All-Holiness Ecumenical Patriarch Bartholomew, by the most reverend members of the Holy and Sacred Synod, in order that I might serve you, the beloved faithful of America, as your spiritual father and pastor, the seventh Archbishop of the Holy Archdiocese of America. The fact that this sacred commission took place on May 11th - coinciding with the feast of Saints Cyril and Methodios, equal to the apostles and illuminators of the Slavs - reminds me of the principal conviction and commitment of the First Throne of Constantinople to an ecumenical worldview and mission. This sign further inspires me to stir and sustain the grace that flows from God to the Mother and Daughter Churches of Constantinople as well as to our Archdiocese here in America - and to increase this gift, in the words of the Gospel of John, “from grace to grace” (John 1:16), through the intercessions of the All-Holy Theotokos whose City, Constantinople, from 330 A.D. to this day celebrates its foundation on May 11!

Therefore, I gratefully “remember among the first” my Archbishop and Patriarch Bartholomew, who bears the foremost burden and first responsibility of unity in the Church. It is he who instructed me in his “daily concern for the welfare of all the churches of God” (2 Corinthians 11:28). It is he who entrusted and encouraged me from the earliest moments of my ministry. It is he who prepared and predisposed me to serve the people of God.

As a young deacon in the Patriarchal Court, the Ecumenical Patriarch encouraged me to sharpen every skill for the ministry of the Church. As a priest, he entrusted me with the administration of the Chief Secretariat of the Holy and Sacred Synod. And as Metropolitan of Bursa and Abbot of the Holy Trinity Monastery at Halki, he commended to my care the welfare of an ancient See and the well-being of our precious Theological School and Monastery, which remains unjustly closed since 1971. For 150 years, that historical and trailblazing school educated and trained the clergy of the Great Church of Christ—the Sacred See of Constantinople—where Ecumenical Councils convened, where doctrinal definitions were articulated, where liturgical traditions were shaped, where saints and confessors were recognized, and where the All-Holy Mother of God was especially honored.

The unparalleled history of service and sacrifice encapsulated by the Mother Church of Constantinople over the centuries is a source of inspiration and regeneration to all its daughter churches and eparchies throughout the world. This is a relationship that we are all called to nurture and reinforce unceasingly and increasingly. At this solemn hour, this sacred bond is epitomized and expressed in the venerable person of His Eminence Metropolitan Avgoustinos of Germany, who has proven a mentor and patron throughout the years of my learning and formation. I am personally and profoundly indebted to him for his precious presence among us today.
I wish to thank our brother in the Orthodox Faith, Secretary of Health and Human Services Alexander Azar, who today affords all of us the great honor of representing the President of United States. Mr. Secretary, your words filled this Cathedral with the eternal truths of the Gospel and the highest ideals of the American dream. I thank you for your commitment to both — to Athens and to Jerusalem, for they are the foundation of our civilization.

Moreover, I recognize those who have preceded me in this glorious and blessed archdiocese, all those who have shaped and defined this exceptional church. These include first His Eminence Demetrios, who has honored me with his presence today in order to transmit to me the church that he so faithfully and attentively ministered for two decades. But also Archbishop Iakovos, who boldly walked beside Martin Luther King Junior against the cultural tide of the time and even against the advice of his peers. And above all, the inspired pioneer Athenagoras, who recognized the importance of breaking down barriers with other church confessions and faith communities. My aspiration is to plant and multiply their diverse gifts in the fertile soil of this church and land as I reach out in a dialogue of love and truth to our ecumenical and interfaith brothers and sisters. My heart is certainly ready and steadfast to follow their groundbreaking lead and their illustrious example.

I would like to express my humble gratitude and sincere appreciation to my beloved brother metropolitan and bishops, as well as the pious clergy and faithful lay people, men and women—all those who represent and comprise the many ministries and manifold departments of our archdiocese—for the wholehearted welcome and genuine warmth demonstrated from the moment of my election. Their solidarity and support signal a promising and positive collaboration in the days, months and years ahead.

As Orthodox Christians, of course - o adopt the words of the Nicean-Constantinopolitan Creed, our symbol of faith - we are truly “catholic and apostolic” only when we remember and realize that we are also “one and holy.” And so my heart is ready and steadfast in the sensitive and critical matter of Orthodox unity. I sincerely pledge to devote myself—with all my heart, soul and mind—to the reaffirmation and reinvigoration of the Assembly of Canonical Orthodox Bishops in order that we may collaborate with greater unity, while witnessing with greater conviction and credibility to the broader American society. Our teaching is one in the sacraments and one in the life of the church; therefore, our preaching should also reflect the same unanimity and consensus in the culturally diverse and pluralistic world that we inhabit and share. In this way, we shall be ready and steadfast at all times “to preach good news to the poor . . . to proclaim release to the captives and recovery of sight to the blind, to set at liberty those who are oppressed, and to declare the acceptable year of the Lord. (Luke 4:18–19) And we shall “always be prepared to make a defense to any one who calls us to account for the hope that lies in us, and to do so with gentleness and reverence.” (1 Peter 3:15)

Furthermore, I acknowledge and greet with all my heart on this occasion those representing the highest political of this nation and civil authorities of this city, as well as the distinguished leaders and members of the ecumenical and academic communities. You are a powerful reminder that none of us can respond to or resolve the challenges before us without the solidarity and support of everyone without exception, without exclusion, and without discrimination. I thank each and every one of you for this important confirmation and imperative affirmation.

In addition, I thank the representatives from the National Government, the State and the City of New York, as well as those from Greece, Cyprus, and Turkey. Your participation here honors both the Ecumenical Patriarchate and the Greek Orthodox Archdiocese of America. I am particularly moved to see—and to express my thanks to—my mother and my family members, who traveled across the globe in order to be with me today, along with my many friends from Greece, Cyprus, Turkey and Europe. Your love and support through the years have made me who I am today. Henceforth, I hope to inspire all those entrusted in my care as Archbishop with the same love and support that you have shown me throughout my life.

Dear and distinguished friends,
My heart is especially ready and steadfast to serve this Archdiocese and nation, both of which I have long admired since childhood and from my ministry at the Phanar. Through the decades, I have observed the development of the Church here, the challenges it
I am here—your new Archbishop—to listen to you, to dialogue with you, and to work with you. My prayerful aspiration is to stand before you and beside you, to lead by example and exhortation, and to minister through service and sacrifice. Let us advance together as the Body of Christ and body of believers, as a united Archdiocese and Church, and as a cherished Eparchy of our venerable Ecumenical Patriarchate.

I can think of no higher calling and no finer vocation for my life than to be with you in your joys and your sorrows, your triumphs and your trials. My heart is ready and steadfast—willing and prepared—to serve you at all times and in all tasks. Of the many areas that I hope to address with a sense of pastoral urgency, I would highlight the loving ministry to our beloved youth, the reinforcement of our theological education, as well as the completion of the shrine at Ground Zero. In all these areas, we implore—above and beyond all others and all else—the strength and support of God’s grace. For “unless the Lord builds our house, those who labor do so in vain.” (Psalm 128:1)

There is a precious lesson and enduring vision about leadership as service transmitted to me by His All-Holiness Ecumenical Patriarch—and that is the importance of building bridges, of creating relationships. Such connections are precisely what the church is all about. None of us is either born or planted in a vacuum. In the Orthodox Church in particular, we breathe and bequeath the richness of a long and sacred tradition. This is what it means for bishops to be successors in the faith of the apostles. There can only be genuine progression in the church if there is also an unbroken apostolic continuity. We must never forget our forefathers and fathers, patriarchs and prophets, apostles and preachers, saints and martyrs, confessors and ascetics—all those men and women, known and unknown, who have laid the foundations for the church and paved the way for us to belong to the Body of Christ.

This is what it means for a church to look back at its traditions and to look forward to sharing its treasures by establishing its roots in the local surroundings and circumstances. This is what it means to generate connections between the global and the regional in order to reflect the universal in the local. This, finally, is what it means to integrate the cultural and the spiritual elements of a living community. Then we shall be able to address the language of heaven to the reality of this world. For then we can translate the eternal word of God in a way that truly transforms the transient nature of the world. But how shall we prepare for and respond to this calling?

First, if we are to be true to our evangelical roots and spiritual traditions, we must be a Church that embraces our young people, that embraces the strangers in our midst, that embraces all members of our community and our country. Our young people face an ever-growing deluge of information and access to knowledge that is unprecedented. The Church—which means all of us—must be ready to meet our youth where they live and where they learn: in our communities, on college campuses, with all of the range and resources of social media at our disposal. We cannot lose any time, and we cannot wait for them to reach out to us. We must offer them a taste of the sacramental life, of the living Body of Christ. We should welcome and embrace them, meeting them—just as the Lord Jesus Himself did with His disciples—on their own terms, in their own hearts, and with their own resources.

Second, our ministry to our youth and our message to our world must be grounded in the development and expansion of our Theological School, the heart of education of clergy and formation of leaders for our Archdiocese but also
Dear friends, sisters and brothers,

Today, we celebrate the “leave-taking” (or ἀπόδοσις) of the Feast of Pentecost, when the Orthodox Church invites “all those who are baptized and clothed in Christ” to become children led by and enlightened by the fire and force of the Holy Spirit, who calls all people to unity by shedding their divisions and doubts. As we chant in the kontakion of the day: “Let us together glorify the All-Holy Spirit.” And as we declare in the communion hymn of the day: “This spirit of goodness shall guide us on the right way and lead us on level ground.” ( Psalm 144:10)

Tomorrow, I shall look forward with great anticipation and expectation to celebrating and sharing with all of you the Eucharistic meal on the Feast of All Saints. We shall have the opportunity to remember all the saints—very ancient saints like St. Nicholas the Wonderworker, and very recent saints like St. Iakovos Tsalkikis. At the same time, however, we shall remember that we are all called to become members of the communion of saints—fellow travelers on the magnificent journey that God has so graciously and generously prepared for us in this blessed archdiocese, church and land.

Let our hearts, therefore, remain ready and steadfast. Amen!

His Eminence Archbishop Elpidophoros graduated with his undergraduate and doctorate from the University of Thessaloniki, as well as studying at the Philosophical School of the University of Bonn, Germany and the Theological School of St. John the Damascene in Balamand, Lebanon, where he improved his knowledge of the Arabic language. In 2004, he was a visiting professor at Holy Cross Greek Orthodox School of Theology in Boston. In 2005 he was promoted by the Holy and Sacred Synod to the position of Chief Secretary and was ordained to the priesthood by the Ecumenical Patriarch in the Patriarchal Cathedral. In 2011 he was elected Metropolitan of Bursa and appointed Abbot of the Holy Patriarchal and Stavropegial Monastery of the Holy Trinity on the island of Chalki.
"Are There Any Questions?" An offer that comes at the end of college lectures and long meetings. Said when an audience is not only overdosed with information, but when there is no time left anyhow. At times like that you sure do have questions. Like "Can we leave now?" and "What the hell was this meeting for?" and "Where can I get a drink?"

The gesture is supposed to indicate openness on the part of the speaker, I suppose, but if in fact you do ask a question, both the speaker and audience will give you drop-dead looks. And some fool -- some earnest idiot -- always asks. And the speaker always answers. By repeating most of what he has already said.

But if there is a little time left and there is a little silence in response to the invitation, I usually ask the most important question of all: "What is the meaning of life?"

You never know, somebody may have the answer, and I'd really hate to miss it because I was too socially inhibited to ask. But when I ask, it's usually taken as a kind of absurdist move -- people laugh and nod and gather up their stuff and the meeting is dismissed on that ridiculous note.

Once, and only once, I asked that question and got a serious answer. One that is with me still.

First, I must tell you where this happened, because the place has a power of its own. In Greece again.

Near the village of Gonia on a rocky bay of the island of Crete, sits a Greek Orthodox monastery. Alongside it, on land donated by the monastery, is an institute dedicated to human understanding and peace, and especially to rapprochement between Germans and Cretans. An improbable task, given the bitter residue of wartime.

This site is important, because it overlooks the small airstrip at Maleme where Nazi paratroopers invaded Crete and were attacked by peasants wielding kitchen knives and hay scythes. The retribution was terrible. The populations of whole villages were lined up and shot for assaulting Hitler's finest troops.

High above the institute is a cemetery with a single cross marking the mass grave of Cretan partisans. And across the bay on yet another hill is the regimented burial ground of the Nazi paratroopers. The memorials are so placed that all might see and never forget. Hate was the only weapon the Cretans had at the end, and it was a weapon many vowed never to give up. Never ever.

Against this heavy curtain of history, in this place where the stone of hatred is hard and thick, the existence of an institute devoted to healing the wounds of war is a fragile paradox. How has it come to be here? The answer is a man. Alexander Papaderos.

A doctor of philosophy, teacher, politician, resident of Athens but a son of this soil. At war's end he came to believe that the Germans and the Cretans had much to give one another -- much to learn from one another. That they had an example to set. For if they could forgive each other and construct a creative relationship, then any people could.

To make a lovely story short, Papaderos succeeded. The institute became a reality -- a conference ground on the site of horror -- and it was in fact a source of productive interaction between the two countries. Books have been written on the dreams that were realized by what people gave to people in this place.

By the time I came to the institute for a summer session, Alexander Papaderos had become a living legend. One look at him and you saw his strength and intensity -- energy, physical power, courage, intelligence, passion, and vivacity radiated from this person. And to speak

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**WHAT IS THE MEANING OF LIFE?**

* Taken from the book, *It Was On Fire When I Lay Down On It*, by Robert Fulghum

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to him, to shake his hand, to be in a room with him when he spoke, was to experience his extraordinary electric humanity. Few men live up to their reputations when you get close. Alexander Papaderos was an exception.

At the last session on the last morning of a two-week seminar on Greek culture, led by intellectuals and experts in their fields who were recruited by Papaderos from across Greece, Papaderos rose from his chair at the back of the room and walked to the front, where he stood in the bright Greek sunlight of an open window and looked out. We followed his gaze across the bay to the iron cross marking the German cemetery.

He turned. And made the ritual gesture: "Are there any questions?"

Quiet quilted the room. These two weeks had generated enough questions for a lifetime, but for now there was only silence.

"No questions?" Papaderos swept the room with his eyes.

So. I asked.

"Dr. Papaderos, what is the meaning of life?"

The usual laughter followed, and people stirred to go.

Papaderos held up his hand and stilled the room and looked at me for a long time, asking with his eyes if I was serious and seeing from my eyes that I was.

"I will answer your question."

Taking his wallet out of his hip pocket, he fished into a leather billfold and brought out a very small round mirror, about the size of a quarter.

And what he said went like this:

"When I was a small child, during the war, we were very poor and we lived in a remote village. One day, on the road, I found the broken pieces of a mirror. A German motorcycle had been wrecked in that place.

"I tried to find all the pieces and put them together, but it was not possible, so I kept only the largest piece. This one. And by scratching it on a stone I made it round. I began to play with it as a toy and became fascinated by the fact that I could reflect light into dark places where the sun would never shine -- in deep holes and crevices and dark closets. It became a game for me to get light into the most inaccessible places I could find.

"I kept the little mirror, and as I went about my growing up, I would take it out in idle moments and continue the challenge of the game. As I became a man, I grew to understand that this was not just a child's game but a metaphor for what I might do with my life. I came to understand that I am not the light or the source of light. But light -- truth, understanding, knowledge -- is there, and it will only shine in many dark places if I reflect it.

"I am a fragment of a mirror whose whole design and shape I do not know. Nevertheless, with what I have I can reflect light into the dark places of this world -- into the black places in the hearts of men -- and change some things in some people. Perhaps others may see and do likewise. This is what I am about. This is the meaning of my life."

And then he took his small mirror and, holding it carefully, caught the bright rays of daylight streaming through the window and reflected them onto my face and onto my hands folded on the desk.

Much of what I experienced in the way of information about Greek culture and history that summer is gone from memory. But in the wallet of my mind I carry a small round mirror still.

Are there any questions?
Another month has passed and once again I am searching for a topic to write about for this column. I had only travelled once this month and it was to San Jose, California, a place I have been to perhaps 200 times in my life. Nothing noteworthy happened on this trip, or so I thought.

There’s a restaurant near my company’s office in San Jose called “Specialty’s”. It is nearly an exact copy of Panera Bread in menu and feel. They serve all the same fresh baked goods, unique sandwiches, salads and soups that you will find at Panera. Interestingly enough both were founded in 1987 but Panera has over 2000 stores while Specialty’s has only about 53, mostly located on the west coast (it’s a San Francisco company). It’s a great place to get a nice fresh croissant and coffee in the morning before work.

On the second day in California I again stopped at Specialty’s before going into the office and that day I had a cheese danish (very good!) and I used the plastic cutlery they hand out to cut it up and eat it. Something made me turn over the fork and look at the back side of the handle. The website of the company was there (earth-to-go.com) so I went online to see what the company was all about and it turns out they make compostable and disposable cutlery and plates and food containers. I remembered Leah DiDonato had suggested at one of our Parish Council meetings that we should consider using non-plastic cutlery for our church dinners so I sent her the link right away.

At this point I have to mention that in a previous trip to California this year we had a group meeting and had Specialty’s bring in sandwiches for us. The bags they used make great reusable shopping bags and I saved both and use them when I do our grocery shopping, and that is sign number two on what my topic is.

Finally, on the trip home I read with interest a news announcement that came across my cell phone that Maine would be the first state to ban all styrofoam food containers. The third sign on the same topic (conservation) and the Holy Spirit has guided me again, and this would be my topic this month!

You all have seen and used styrofoam containers and also probably encountered styrofoam packing material in boxes that you’ve received. Just go buy a medium or larger coffee at most doughnut shops and they probably will serve it to you in a styrofoam cup. If you’ve ever tried to recycle it you’ve probably been unsuccessful. Styrofoam (also known as polystyrene) is not easily recycled. In fact, most towns and trash and recycle companies routinely refuse to accept it for recycling as there is no market infrastructure supporting it. It’s just too cheap and easy to make styrofoam from scratch to economically justify the recycling of it.

Once in a while you will get a town (like we do in Northborough) where you can bring down your styrofoam for a one day recycling collection. Here’s the problem with that day; they NEVER accept any material that had food in it. Those Dunkin’ Donuts coffee cups and those takeout containers from the restaurant (like we use at church) are not candidates for recycling. The process is so specialized and specific that any contaminants like those found in food that are on the styrofoam will ruin the recycling process. So you’re limited to packaging material that you may have left over from some box that was shipped to your house. This kind of limited recycling doesn’t even make a dent in the problem.

Now let’s look at the problem. What is the problem with styrofoam? Is it a problem for the environment? If you go onto the internet to read about this issue you will find many articles bemoaning the problems associated with styrofoam. The facts are that the scientists do not know how long it takes to degrade. It was discovered and isolated in 1839 by a German scientist and Dow Chemical created the manufacturing process that makes styrofoam in 1941. Styrofoam, and indeed all forms of polystyrene, are not easily recycled.

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rene, are manufactured from oil, the same stuff we burn to heat our homes and run our cars. Since the first styrofoam was manufactured in 1941 it has not degraded to a point where molecularly it has changed or decomposed into anything else. That’s 78 years! The scientific community has various predictions as to how long it takes styrofoam to decompose but all the predictions are in the thousands of years.

“But wait”, you may say, “I’ve noticed that coffee cups that I come across on the side of the road tend to break apart over time.” Yes, this is true and that’s because polystyrene photodegrades over time; that is the sun breaks down the coffee cup into smaller and smaller pieces but it does not decay and decompose into something molecularly different. This is actually a big issue with styrofoam in that it becomes smaller and smaller over time as it is exposed to the sun. As is the case with many of our plastics, the refuse eventually ends up in the ocean. Styrofoam floats and all that mess sits on the top of the ocean photodegrading into smaller and smaller pieces that many of the smallest members of the oceanic food chain consume. The strongest bet you can make is that every time you eat a tunafish sandwich, have a fish and chips, fried clams, grilled swordfish, or skewer of shrimp, you are eating polystyrene.

So what do we do? Avoid all seafood? Sadly this won’t isolate you from styrofoam and polystyrene. Styrene is one of the key materials used in the manufacturing process of all polystyrene materials (hence the name). It is a proven lab animal carcinogen. It has not yet been proven to be a carcinogen in humans, but we don’t put humans into science labs and run tests on them. But it has been shown in some of these lab tests that styrene leaches from the polystyrene containers into the liquid in them over time. In fact, one test that I read about on the internet noted that the largest amount of styrene found in various liquids was not in a cup of coffee but rather in a cup of black tea with lemon, so perhaps it’s better to go for that medium with extra cream than the tea!

The fact of the matter is that styrofoam and all forms of various plastics made from petroleum products are all around us in our daily lives. It is probably in all our best interests to minimize our exposures to these plastics, especially when it comes to ingesting food. So while some of us may grumble if we’re in Maine this summer and we get a coffee and it happens to be in a paper cup instead of a styrofoam cup remember that it is probably healthier for you to drink from the paper cup. It’s even more healthy for you to sit down at the diner and drink your coffee from a real ceramic mug!

We should all get used to decreased usage of styrofoam in our daily lives. While Maine outlawed the use of styrofoam food containers on May 1, 2019 (but really the ban starts on January 1, 2021), Maryland is the second state to outlaw this use and their ban will go into effect on July 1, 2020. There will be other states behind these. In addition the following cities across the US already have banned styrofoam food container use; New York (July 1), Seattle, Washington DC, Miami Beach, Portland (both in Maine and in Oregon), Minneapolis, Los Angeles, and San Francisco.

I leave you with a picture from Henderson Island, perhaps the most remote place on earth in the South Pacific. It has the dubious monicker of the “Most Polluted Island in the World”. Henderson Island sits in the middle of the South Pacific Gyre Garbage Patch, the rotating floating patch of garbage that exists in every major ocean in the world. You can only see the large pieces of plastic here, most of it not styrofoam, and that’s because the styrofoam has already been battered and photodegraded into smaller pieces. This is what we are leaving to our children.
Vacation Summer Camp

Deep Sea Discovery
GOD IS WITH ME WHEREVER I GO!

The best week of the summer!

Creative arts & crafts
Amazing spiritual lessons
Adventurous games

Yummy snacks and dinner each night
Incredible music
New Friends

Registration Now Open!

Form available on church website and Facebook

Ages 3 thru 12 years and Teen Helpers 13+
July 17th-22nd
5:00-8:15pm

Sts Constantine and Helen Greek Orthodox Church
35 Lake Parkway, Webster, MA
www.schwebster.org
Congratulations to our High School Graduates Elliot Benoit, David Bilis and Adam Sanderson. God bless them in their next stage of studies!

Thanks to Mike Chito and Joey Gliniecki and Co. for a great Gyro Fest!!!

Thanks to Arthur Bilis and Crew for a successful Golf Tournament!!!
We had a very enjoyable end of year dinner at Lake Pizza on Monday June 10th. It was well attended and we had a delicious meal. Thank you John and Eleni for hosting us, and Sara and Leah for arranging the meal.

The final results are in for the June Calendar raffle and we made $4000!! Congratulations to all of us who donated, sold tickets, and bought tickets. Thank you to Marie for chairing this fundraiser. At the Gyro Fest we made a little over $2100 on the pastry table which we donated to the church. All ingredients were paid for by our generous ladies, Thank you again! The center table made $525, which is money that goes to our Philoptochos. Thank you Celia and Dhimitra and all those who donated gifts.

We also donated scholarships for our four graduates this year. Congratulations to them and God bless them in their future studies.

A check for $5000 was given by the Philoptochos to be put towards the line of credit for the building fund! Thank you for all your hard work to raise this money for our church!

We had elections for our officers. Kathy Kunkel is the chairperson for our board of directors. All the women present were made part of the board. The officers remained the same for another 2 years. Evelyn Pappas president, Sara Darlagiannis vice president, Marie McNally secretary, and Sandi Kunkel treasurer. We have one more person that we added as a co-vice President Debbie Raymond. She will help the president organize the fund raisers and help the other officers where need be. Thank you Debbie for joining us as an officer!

Our next meeting will be in August to prepare for the festival. Enjoy this time off to relax and enjoy the summer. Again thank you all for your love and support throughout the year. You all are wonderful and caring women that always step up to the plate for the needs of our Philoptochos and our church!

With much love and appreciation,

Evelyn Pappas
GREEK FESTIVAL PREPARATIONS

Please donate any of the following ingredients or offer a monetary donation to help us purchase any of the items for the Food Line. Call Festival chairpeople, Lisa Healy (508-981-8109) or Marie McNally 508-612-2946. Thank you !!!!

THESE ITEMS ARE NEEDED BY JULY 10th

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANY MONETARY DONATION FOR THE HAMBURGER</td>
<td></td>
</tr>
<tr>
<td>16 POUNDS FETA CHEESE</td>
<td></td>
</tr>
<tr>
<td>10 POUNDS OF BUTTER</td>
<td></td>
</tr>
<tr>
<td>24 - 29OZ CANS OF TOMATO SAUCE</td>
<td></td>
</tr>
<tr>
<td>6 BOXES CORNSTARCH</td>
<td></td>
</tr>
<tr>
<td>7 GALLONS OF WHOLE MILK</td>
<td></td>
</tr>
<tr>
<td>3 LARGE BOTTLES CABERNET WINE</td>
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</tbody>
</table>

IF YOU ARE DONATING THE FOLLOWING, WE WILL NEED TO KNOW BY AUG 30th

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 CASES OF WATER</td>
<td></td>
</tr>
<tr>
<td>12 PACKS OF SODA</td>
<td></td>
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<tr>
<td>24 COKE</td>
<td></td>
</tr>
<tr>
<td>14 DIET COKE</td>
<td></td>
</tr>
<tr>
<td>10 GINGER ALE</td>
<td></td>
</tr>
<tr>
<td>10 ROOT BEER</td>
<td></td>
</tr>
<tr>
<td>12 ORANGE</td>
<td></td>
</tr>
<tr>
<td>11 SPRITE</td>
<td></td>
</tr>
<tr>
<td>2 LARGE BOTTLES OF KETCHUP</td>
<td></td>
</tr>
<tr>
<td>1 LARGE BOTTLE RELISH</td>
<td></td>
</tr>
<tr>
<td>2 LARGE BOTTLES MUSTARD</td>
<td></td>
</tr>
<tr>
<td>3000 NAPKINS</td>
<td></td>
</tr>
<tr>
<td>600 SMALL PAPER PLATES 6 OR 7 INCH</td>
<td></td>
</tr>
<tr>
<td>100 SLICES OF AMERICAN CHEESE (INDIVIDUALLY WRAPPED)</td>
<td></td>
</tr>
</tbody>
</table>

WE ARE LOOKING FOR A DONOR TO HELP US RENT A BOUNCY HOUSE - $300

Please return all old Festival yard signs so we can put new date on them.
Our beloved Church is a community and a place where we focus on connecting with God through our WORSHIP and PRAYER, through creating a FELLOWSHIP of LOVE for all who people. It is a place where our LIVES CAN BE TRANSFORMED through our faith and all we learn, and where we humbly SERVE one another and our neighbor. We are a people who offer a WITNESS of Christ’s love in concrete ways to the world around us. We are the Church. We are the Family of God.

Yet as a Church, we are also a part of an institution that needs to put into place good “business” practices that are transparent to all our people. For example, our organization receives income through the faithful stewardship of our members and the various fundraisers we hold throughout the year, and we use these proceeds to promote the ministries of the Church, serve our Church Family members as well as the needy members of our larger community, maintain our properties facilities, and assure a long and uninterrupted future for our beloved Parish. These many services require us to be careful in using good business practices, in addition to our many familiar and primary Church commitments.

Like most well-managed businesses, we will continue to strive for excellence in our day-to-day work, as well as continuing thoughtful effort in planning for the future. Our Parish Council has, as you know, for many years diligently and successfully provided these important management services, and is committed to continue.

Among its many functions, the Parish Council takes care in managing our Investment Portfolio. As you may know, our investment account is an important and significant asset of the Church that has steadily grown through the years, with the support of donations from our parishioners and annual investment yields.

This important account is something we are committed to faithfully manage, and hopefully grow, over the long term.

The Parish Council, therefore, has organized a new sub-committee called the “Finance Advisory Sub-Committee,” whose work will consist of overall management of our current long-range asset portfolio. The Committee’s primary functions and responsibilities will be to:

1. Regularly review and monitor the market performance of our investments.
2. Seek reliable professional guidance to assure preservation and growth of our asset value.
3. Make decisions related to long-term use of proceeds.
4. Regularly report status and condition of the investment account to the Council and Parish.

The committee will focus direction on the following important tasks:

- investment philosophy (Risk, time horizon, etc.)
- reinvestment of dividends
- withdrawal policy
- minimum checking account balance
- handling of non earmarked legacy/memorial donations
- Investments advisor monitoring, evaluation, and selection

Initial membership of the newly-established Investment Committee will include Jared Quill, Ted Theodores, Leah Didonato, Bill Thompson, and Nick Seferi.

We look forward to any and all suggestions of the Parish as we proceed fulfilling this important new financial management initiative.
Our 100th Anniversary Committee had its first meeting and brainstormed ideas of how to celebrate our Church’s 100th Anniversary. Everyone from the church is invited to join this committee, if you would like to share some ideas of how to remember the past, focus on the present, and plan for the future.

We will be trying to have monthly events to honor this special milestone, starting from September 2019 through November 2020. We will have a variety of educational, inspirational, and practical events, along with various fundraisers.

Contact Fr. Luke, or Mike Chito or Joseph Gliniecki if you want to share any ideas you may have.
The July Luncheon is donated in loving memory of my mother ANDIGONI from Paulette Steffa

We already have donors sponsoring the “Living Bread Luncheon” for each month through October. We are looking for donors for November and December. You can honor some special person or event, or offer the meal in loving memory of a beloved one.

We serve approximately 80-100 guests each month. A $400 donation will cover the cost of each month expenses for each month.

Metropolis of Boston Ministries Award Recipient
MARIA ECONOME

Maria Econome was honored on Sunday, June 9th at the Metropolis of Boston Ministries Award Banquet. She represented our Church as its honoree for her lifelong commitment and service to our church.

Marie is the 2nd child of 3 to Stergios and Panagiota Tsigridas in 1924. Her parents came to America from northern Greece in the early 1900s. Family, religion and heritage were important to them so her father along with other men from the town collected money in a cigar box to build Sts. Constantine and Helen Greek Orthodox Church in Webster.

She was an excellent student, artist and basket ball player in high school. She was awarded the Becker Scholarship award, an amazing feat for a woman in those days but as World War II broke out, rather than attend college, she chose to stay home and began working at Waterhouse (i.e. Ethan Allen). Never one to want to be the center of attention, though she was offered the job of office manager, she declined and was happy just being a contributor to the team as a purchasing and inventory control manager.

At a GOYA dance in 1952 she met her beloved husband Louis. Family and Church were always the center of their lives and they were blessed with a daughter after 10+ years of marriage. The Church her parents helped to establish in the year Maria was born continued to be the center of her world. Through the years since childhood to her now 95th year, she has been an active member with her smile, sincere interest in others and generous nature along with her contributions as choir member, Sunday School teacher, Philoptochos officer and member. She always helped others; whether it was driving some of the elderly weekly to do their grocery shopping, writing letters to relatives in Greece or just taking time to listen and make people feel special her spirit and grace is cherished and a gift from God.
# USHERS & GREETERS SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Ushers/Greeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 7</td>
<td>Marie McNally, Matt Benoit, Lisa Healy, Nick Seferi, Bill Thompson</td>
</tr>
<tr>
<td>July 14</td>
<td>Neal Neslusan, Jimmy Karapanos, Tasi Vriga, Tatyana Zhuk, Mike Chito</td>
</tr>
<tr>
<td>July 21</td>
<td>Nicoleta Cojocaru, Arthur Darlagiannis, Zach Gianaris, Jared Quill</td>
</tr>
<tr>
<td>July 28</td>
<td>Arthur Bilis, Chris Geoti, Thomai Gatsogiannis, Trish Lareau</td>
</tr>
</tbody>
</table>

# COFFEE FELLOWSHIP SERVING GROUPS

<table>
<thead>
<tr>
<th>Date</th>
<th>Serving Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 7</td>
<td>Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi</td>
</tr>
<tr>
<td>July 14</td>
<td>Kathy Bilis, Sara Darlagiannis, Marie Monroe, Charlotte Neslusan, Stephanie Quill</td>
</tr>
<tr>
<td>July 21</td>
<td>Thomai Gatsogiannis, Trish Lareau, Deb Raymond, Vange Wilson, Alexandra Koulax</td>
</tr>
<tr>
<td>July 28</td>
<td>Donna Cooney, Leah Didonato, Rena Klebart, Betty Tonna</td>
</tr>
</tbody>
</table>

# 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!!!

<table>
<thead>
<tr>
<th>Date</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 7</td>
<td>Sara Darlagiannis, Sissy Darlagiannis, Helen Constantine Alexandra Koulax</td>
</tr>
<tr>
<td>July 14</td>
<td>Lisa Healy, Marie McNally, Despina Condos, Trish Lareau</td>
</tr>
<tr>
<td>July 21</td>
<td>Charlotte Neslusan, Evis Jordanoglou, Dolly Sosnowski, Annalisa Dunning</td>
</tr>
<tr>
<td>July 28</td>
<td>Lynn Purcell, Rayne Purcell, Sophia Foisy, Kelly Vosnakis</td>
</tr>
<tr>
<td>August 4</td>
<td>Titi Chito, Rina Sgouritsas, Lorna McWilliam, Pres. Faith Veronis</td>
</tr>
<tr>
<td>August 11</td>
<td>Sandi Kunkel, Evelyn Pappas, Gulapka Kostovski, Betty Tonna</td>
</tr>
<tr>
<td>August 18</td>
<td>Kathy Bilis, Marie Monroe, Eleni Sgouritsas, Tina Collelo</td>
</tr>
<tr>
<td>August 25</td>
<td>Leah Didonato, Mary Seferi, Olga Pouloukhine, Vasiliki Zahariadis</td>
</tr>
</tbody>
</table>

# YOUTH EPISTLE READERS

<table>
<thead>
<tr>
<th>Date</th>
<th>Readers</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 7</td>
<td>Kiera MacKenzie</td>
</tr>
<tr>
<td>July 14</td>
<td>Lily Mueller</td>
</tr>
<tr>
<td>July 21</td>
<td>Kara Bilis</td>
</tr>
<tr>
<td>July 28</td>
<td>Helen Dunning</td>
</tr>
<tr>
<td>Aug 4</td>
<td>Zach Beaudry</td>
</tr>
<tr>
<td>Aug 11</td>
<td>Panayiota Veronis</td>
</tr>
<tr>
<td>Aug 18</td>
<td>Maia Beaudry</td>
</tr>
</tbody>
</table>
Remembering Our Church Family

Important Dates in JULY:

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

BIRTHDAYS:

July 2    Zack Gianaris
July 4    Lorna McWilliam
July 6    Paris McWilliam
July 6    Katerina McWilliam
July 6    Mark Totolos
July 9    Gideon Ross
July 10   Ted Theodores
July 14   Carl Mueller
July 18   Laurie Manthos
July 22   William Anthopulos
July 22   Tatjana Zhuk
July 24   Mary Seferi
July 26   Jaime Ross
July 26   Sara Darlagiannis
July 28   Anton Cojocaru
July 31   Chris Massie

WEDDING ANNIVERSARIES:

July 6    Ted & Betty Tonna
July 11   Mark & Therese Totolos
July 15   David/Steliane Thompson
July 17   Dimitrios & Claire Milios
July 27   Sam & Evelyn Pappas
July 27   Nike and Tony Beaudry
July 29   Demetrios/Susan Baraklilis
July 30   Zack & Barbara Gianaris

NAMEDAYS:

July 4    St. Loucia
Loucis Adamopoulos

July 11   St Olga
Olga Baraklilis
Olga Pappas
Olga Poloukhine

July 12   St. Veronica
Paris Veronica McWilliam

July 20   Prophet Elias
Louis Adamopoulos
Elias Thompson

July 24   St. Christina
Christine Kiritsis
Cristina Enache
Kristina Mironides

July 25   St. Anna
Anna Thomas
Annalisa Dunning

LIVING BREAD LUNCHEON

12:30-1:30pm
Saturday, July 6th

Come & Help Cook, Set Up, Offer Hospitality, Serve Meals & Clean Up. We need volunteers!
IS OUR CHURCH IN YOUR WILL?

Remember Christ’s Beloved Church in your Estate Planning and Legacy Giving!

What a beautiful way to remember the Church that has blessed you and nourished you throughout your life, or at different stages in your life.

Even after you have gone to be with the Lord and join the Church Triumphant in the company of the saints, you can still help the Church here on earth continue her sacred ministry of love and hope to the world!

Look for our safe and convenient Online Giving at bottom left of Church webpage at www.schwebster.org

Learn your Orthodox Faith from Orthodox podcasts, music, teachings at

www.myocn.net

www.AncientFaith.com
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>June 30</td>
<td>8:30 Matins 9:30 Divine Liturgy</td>
<td>July 1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>7pm AA</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8:30 Matins 9:30 Divine Liturgy with 40 Day Memorial for Pete Thomas</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>7pm AA</td>
<td>Project Mexico Team Departs. Keep them in your prayers!!!</td>
<td>6:00 Festival Meeting</td>
<td></td>
<td></td>
<td></td>
<td>No Vespers</td>
</tr>
<tr>
<td>14</td>
<td>8:30 Matins 9:30 Divine Liturgy</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>7pm AA</td>
<td>Project Mexico Team Returns</td>
<td></td>
<td>5:00 VACATION CHURCH CAMP</td>
<td></td>
<td>5:00 Vacation Church Camp</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>8:30 Matins 9:30 Divine Liturgy</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>5:00 Vacation Church Camp</td>
<td>5:00 Vacation Church Camp</td>
<td>6:00 Festival Meeting</td>
<td></td>
<td></td>
<td></td>
<td>St. Paraskeve 8:45 Matins 9:30 Liturgy</td>
</tr>
<tr>
<td>28</td>
<td>8:30 Matins 9:30 Divine Liturgy</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>Aug 1 Fast of the Virgin Mary Begins</td>
<td>Aug 2</td>
</tr>
<tr>
<td>7pm AA</td>
<td>Youth Depart for Metropolis of Boston Camp</td>
<td></td>
<td></td>
<td></td>
<td>6:30 Paraclesis Service</td>
<td>6:30 Paraclesis Service</td>
</tr>
</tbody>
</table>
THE ROSE WITHIN

A certain person planted a rose and watered it faithfully. Each day before it blossomed, he examined it.

He saw the bud that would soon blossom, but noticed thorns upon the stem and he thought, "How can any beautiful flower come from a plant burdened with so many sharp thorns?"

Saddened by this thought, he neglected to water the rose, and just before it was ready to bloom... it died.

So it is with many people. Within every soul there is a rose. The God-like qualities planted in us at birth, grow amid the thorns of our faults.

Many of us look at ourselves and see only the thorns and the defects.

We despair, thinking that nothing good can possibly come from us.

We neglect to water the good within us, and eventually it dies.

We never realize our potential. Some people do not see the rose within themselves; someone else must show it to them.

One of the greatest gifts a person can possess is to be able to reach past the thorns of another, and find the rose within them.

This is one of the characteristic of love... to look at a person, know their true faults and recognize the nobility in their soul.

Help others to realize they can overcome their faults. If we show them the "rose" within themselves, they will conquer their thorns.

Only then will they blossom many times over.