Few people would disagree that life is too busy. We all keep such a hectic pace. Technology has brought many blessings, but has also made our lives run 24/7. Cell phones, texting, twittering, facebook, internet surfing, constant music and TV, along with incessant talking and never ending busyness.

Great Lent is a time when we try to take back control over our lives. The Church challenges us to change our pace of life for 40 days, to slow down and focus on what is essential and eternal, to limit the control that other things have over us, and make space for God. This means making a conscious decision to reorient all that we do in a direction that leads to God.

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Let me offer 10 concrete ways in which we can change our lifestyles over the next 40 days, and which will help us come into communion with our Creator:

1. Devote time every day to pray - 10 minutes, 15 minutes, half hour or even an hour per day. Get an Orthodox Prayer Book and be disciplined in offering morning and evening prayers. Also, try to talk to God throughout the day.

2. Read the Bible every day during Lent. We usually
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

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read the Old Testament books of Genesis, Proverbs and Isaiah during this period, but if you are not a regular reader of the Bible, begin by reading one of the Gospels - Matthew, Mark, Luke and John. Or at least start to read the Daily Inspirational Email which I send out. (To sign up for the email, go to www.schwebster.org and sign up in the top, left column.)

3. Free up your schedule so that you are not in such a rush. Make time in your daily schedule to think more about essential and eternal questions of life: What is the meaning of life? Where are you going in life? What are your goals and dreams? Are you closer to God today than you were in others stages of your life? If you are at the latter stage of life, how are you preparing to meet Your Creator?

4. Commit to coming to Church every Sunday and receiving Holy Communion. Attend one extra weekly Lenten service - the Pre-sanctified Liturgy on Wednesday, or the Salutations on Friday, or Vespers on Saturday.

5. Go to the Sacrament of Confession during Lent. As hard as this may seem, even if you haven’t gone to Confession for years, or maybe never have gone, make a decision to sincerely evaluate your own life, go to a priest, and confess your sins in this Holy Sacrament.

6. Make the decision to limit or watch no TV and even limit internet usage for 40 days. If this seems impossible, try to turn off the TV for the entire first and fourth week of Lent, as well as during Holy Week.

7. Don’t listen to the radio, or limit your radio use when you drive. Say the Jesus Prayer and other prayers while driving. Create an atmosphere of silence outside, so that you can focus on the silence from within.

8. Fill your day with meaningful experiences and positive people. Do a random act of kindness for another person each day. Take time to visit an elderly person, someone sick, or someone who has recently lost a loved one.

9. Try to control your speech, limiting meaningless conversations, joking, and a lack of seriousness. Fulfill St. Paul’s advice to bless people with every word that comes out of your mouth.

10. Almsgiving and acts of charity and mercy are central to the spirit of Great Lent. Be more generous during this season with your money and your time. Make some special donations to Project Mexico, OCMC, IOCC, or some other charities.

Great Lent is a 40 day journey of faith, a journey of controlling ourselves, a journey of discovery, and ultimately a journey of drawing closer to God and to our neighbor! May we take advantage of this sacred and special season of the year, using the spiritual tools which the Church offers us, and thus preparing ourselves to experience Pascha, the Resurrection of our Lord, in a new and transforming way!

Kali Sarakosti! A Blessed Lenten Journey!

Luke
Where am I? How did I get here? Let us take a trip backward in the space-time continuum—namely the time part of it. Here we are: a local community college, approximately six years ago. That’s me. My hair is shaggy and I’m wearing a t-shirt that says “Decide.” On one sleeve of my jacket is a patch with a crossed out Hammer & Sickle that reads “No Campus Commies,” and on the other is an Italian fasces, the symbol for Fascism under the rule of Mussolini. Well, now, doesn’t he look approachable?

The next part of our thought experiment is to tell this lovely bundle of anger that in six years’ time he will be standing in front of a congregation of Greek Orthodox Christians and being received into their fold. Actually, we’ll skip that part because I know it won’t go well. He’ll tell us that if he steps into a church he will most likely burst into flames.

Not only was I not Christian, I vehemently opposed Christianity and quite nearly any variety of sacerdotal religion. Atheism was not enough. It wasn’t enough that there was no god to tell me how to live my life. I regarded myself as my own demi-god, the spiritual epicenter of my life. Only those things which were empowering and gratifying to me were real and worthy of pursuit. This is what one might term being an “I-theist.” The weak and incapable? Toss them to the lions. I figured that the strong ruled the weak and the clever ruled the strong, counting myself, of course, among the clever. To me the organization of human society appeared as a vast triangle. The strong were situated at the pinnacle, standing atop the heaping masses of the mediocre. How could I busy myself with the helpless if I was to reach greatness?

Fast forward a bit. I’m working as a cook (where quite often drinking comes with the territory) and playing weekends with my death metal band. We’re playing in Connecticut, Rhode Island, New Hampshire, and even played The Palladium a few times. Life is great. I’m hanging with my friends, playing incredibly abrasive music live (the only real goal I think I’ve considered in the last ten years), and partying pretty hard. Sounds awesome, right? As clichéd as it might sound, there was something missing.

So one day while meeting with an old neighbor of mine to buy some marijuana, I relate to him that I’m feeling rather bored lately. Hasn’t he got something else fun that I can play with? He does. He hands me a tiny blue pill. And I mean tiny. This thing is maybe the size of my smallest toenail and I can’t believe the price he’s asking for it. Oh, well, such is the pursuit of pleasure, right?

This little blue thing rocked my world. Thus began my “honey moon” period with prescription pain killers. Everything seemed great, no control issues, just a fun new drug. Why would there be? I’m in control of my world. Once a week or every other week (these things aren’t cheap!) I would grab one
of these little guys and knock my socks off. Of course it was in total secret. I knew that people who were fond of painkillers did not have the best social standing, so I would abscond to the bathroom, and hang out in my car and do it, out of sight of friends, family, and girlfriend. Perhaps this should have been a red flag that something wasn’t right.

The tale is an old one. What began as a “Weekend Warrior” thing soon became something that happened a few times a week. Before I realized it, it was something I had to do every morning in order to enjoy myself and to be enjoyable. How? How did this happen. Surely I could get a grip on myself and kick this dirty habit. And I did…for a while. When I started back up it got worse than ever. I had no control.

Let’s sidetrack a bit. I was raised Roman Catholic and with all the wisdom my thirteen-year-old brain could muster, I decided that it was all bologna. The thing is, though, I never stopped my religious-philosophical meanderings. There was always a searching and a thirsting for truth. I explored all varieties of religions and belief systems- the Abrahamic religions more mystical sides, initiatory systems like the Golden Dawn, alchemy, the writings of Anton Lavey, the writings of Nietzsche, Evola, et cetera. There was always a desire to arrive at an ultimate truth.

Eventually, I discovered something called Death to the World: the Last True Rebellion. It was a ‘zine’ created and distributed by Orthodox Monks seeking to reach out to punk rockers. I found it on the blog of a man who is an antiquarian book dealer in Daytona, Florida - a man who was associated with Anton Lavey during his lifetime. So, in the most unlikely of places, I found a voice of Orthodoxy.

Death to the World is particularly enamored by Father Seraphim Rose of Platina, an American convert into the Russian Orthodox Church Outside of Russia and a monk. He had something wonderful to say about atheism.

“Atheism, true ‘existential’ atheism, burning with hatred of a seemingly unjust or unmerciful God is a spiritual state; it is a real attempt to grapple with the true God Whose ways are so inexplicable even to the most believing of men, and it has more than once been known to end in a blinding vision of Him Whom the real atheist truly seeks. It is Christ Who works in these souls. The Antichrist is not to be found in the deniers, but in the small affirmers, whose Christ is only on the lips. Nietzsche, in calling himself Antichrist, proved thereby his intense hunger for Christ.” – an excerpt from his book Nihilism.

I cannot stress how much this rings true for me. I wanted truth - the ultimate truth. Unfortunately my ego could not let me see it. I was too fixated on myself and not others. Drugs are a terrible force to be reckoned with, but seeing my own helplessness for what it was humbled me to the ground. It calls to mind one of my favorite Psalms, Psalm 101:

My days vanished like smoke, and my bones burned up like firewood. I was cut down like grass, and my heart became withered, for I forgot to eat my bread. Because of the sound of my groaning, my bones cleaved to my flesh. I have become like a pelican in the desert; I have become like an owl in a ruined house; I kept watch, and have become like a sparrow alone on a housetop. My enemies reproached me all day long, and those who praised me swore against me, for I ate ashes like bread, and mixed my drink with weeping because of the wrath of Your countenance and Your anger; for you lifted me up and broke me down.

Like the prodigal son, I selfishly took my leave of God, only to find myself ruined and eating with pigs, but I have returned, if only as a servant, for even the lowliest of servants can enjoy the fullness and richness of God’s grace.

Thank you so much for welcoming me into your spiritual family.
AN INTRO TO GREAT LENT
Fr. Alexander Schmemann

When a man leaves on a journey, he must know where he is going. Thus with Lent. Above all, Lent is a spiritual journey and its destination is Easter, “the Feast of Feasts.” It is the preparation for the “fulfillment of Pascha,” the true Revelation.” We must begin, therefore, by trying to understand this connection between Lent and Easter, for it reveals something very essential, very crucial about our Christian faith and life.

Is it necessary to explain that Easter is much more than one of the feasts, more than a yearly commemoration of a past event? Anyone who has, be it only once, taken part in that night which is “brighter than the day,” who has tasted of that unique joy, knows it. On Easter we celebrate Christ’s Resurrection as something that happened and still happens to us. For each one of us received the gift of that new life and the power to accept it and live by it. It is a gift which radically alters our attitude toward everything in this world, including death. It makes it possible for us to joyfully affirm: “Death is no more!” Oh, death is still there, to be sure, and we still face it and someday it will come and take us. But it is our whole faith that by His own death Christ changed the very nature of death, made it a passage — a “passover,” a “Pascha” — into the Kingdom of God, transforming the tragedy of tragedies into the ultimate victory.

Such is that faith of the Church, affirmed and made evident by her countless Saints. Is it not our daily experience, however, that this faith is very seldom ours, that all the time we lose and betray the “new life” which we received as a gift, and that in fact we live as if Christ did not rise from the dead, as if that unique event had no meaning whatsoever for us? We simply forget all this — so busy are we, so immersed in our daily preoccupations — and because we forget, we fail. And through this forgetfulness, failure, and sin, our life becomes “old” again — petty, dark, and ultimately meaningless — a meaningless journey toward a meaningless end. We may from time to time acknowledge and confess our various “sins,” yet we cease to refer our life to that new life which Christ revealed and gave to us. Indeed, we live as if He never came. This is the only real sin, the sin of all sins, the bottomless sadness and tragedy of our nominal Christianity.

If we realize this, then we may understand what Easter is and why it needs and presupposes Lent. For we may then understand that the liturgical traditions of the Church, all its cycles and services, exist, first of all, in order to help us recover the vision and the taste of that new life which we so easily lose and betray, so that we may repent and return to it. And yet the “old” life, that of sin and pettiness, is not easily overcome and changed. The Gospel expects and requires from man an effort of which, in his present state, he is virtually incapable. This is where Great Lent comes in. This is the help extended to us by the Church, the school of repentance which alone will make it possible to receive Easter not as mere permission to eat, to drink, and to relax, but indeed as the end of the “old” in us, as our entrance into the “new.” For each year Lent and Easter are, once again, the rediscovery and the recovery by us of what we were made through our own baptismal death and resurrection.

A journey, a pilgrimage! Yet, as we begin it, as we make the first step into the “bright sadness” of Lent, we see — far, far away — the destination. It is the joy of Easter, it is the entrance into the glory of the Kingdom. And it is this vision, the foretaste of Easter, that makes Lent’s sadness bright and our Lenten effort a “spiritual spring.” The night may be dark and long, but all along the way a mysterious and radiant dawn seems to shine on the horizon. “Do not deprive us of our expectation, O Lover of man!”

Glory be to God!
Orthodox Christians around the world begin their yearly spiritual journey of Lent this month. A journey which leads them into the depths of their souls, examining and preparing themselves for the joyous celebration of Pascha, our Lord's victorious resurrection from the dead. When many people think of Lent, the first thought that often comes to mind is not eating certain foods. Unfortunately, too many people don't properly understand what fasting really is, and why we need to practice it.

According to the Orthodox theologian Alexander Schmemman, "The purpose of Lent is not to force on us a few formal obligations, but to soften our heart so that we may experience the hidden 'thirst and hunger' for communion with God."

Thus, we can say that a primary aim and purpose of fasting is first to make us conscious of God. True fasting involves real hunger. It means denying ourselves food during times of hunger. The fathers of the Church recommended that we should always rise from the table feeling that we could have eaten more. During these times of sacrifice and struggle, we are called to turn our minds toward God and remind ourselves of our utter dependence on Him. All the blessings of life -- food, drink, and health -- come from Him. He is our provider, our sustainer, and our source of life. Fasting make us abundantly aware of this dependence on Him.

Another purpose of fasting is to help us develop self-discipline in our lives. The mentality of the world is to satisfy your desires whenever you can. However, the Christian life presents a radical reversal of such thinking. The Church calls us to discipline our minds, bodies and spirits. Until we learn to control all our habits, our actions and our thoughts, and place our whole being under the power of Christ, we can never properly grow in the Christian life.

A third purpose of fasting is to act as a source of illumination in our lives. If fasting is combined with increased prayer and acts of mercy, then Great Lent becomes a period of revelation and discovery. Throughout history, God has spoken to those people who have fasted and focused their whole being on Him. In the life of Jesus, as well as in the life of many Biblical characters and saints of the Church, we see that periods of fasting were times when they encountered God.

Finally, fasting helps us free ourselves from the dictatorship of flesh over spirit. Don't look at fasting as a personal punishment or as something negative, but as something positive. If guided by the Holy Spirit, fasting should produce the fruit of the Holy Spirit, which involves most notably the gift of JOY! This is what the hymns at the beginning of Lent remind us, "With joy let us enter the beginning of the Fast, let us not be of sad countenance... There are 40 days in the Fast and let us keep them all with joy."

So let us all begin our Lenten journey with a proper understanding of the Fast. Let us try to fast with our whole being, making this journey toward Pascha a time of sincere discovery and renewal in our relationship with our Almighty and loving God.

+++

"True fasting is to put away all evil, to control the tongue, to forbear from anger, to abstain from lust, slander, falsehood and perjury. If we renounce these things, then is our fasting true and acceptable to God."

A Lenten Hymn

"The fast should not be kept by the mouth alone but also by the eye, the ear, the feet, the hands and all the members of the body. The eye must abstain from impure sights, the ear from malicious gossip, the hands from acts of injustice."

Saint John Chrysostom
Henri Nouwen, Catholic mystic and priest, was a spiritual giant of the late 20th century. Born in Holland to two faithful parents, Maria, a bookkeeper and Laurent Nouwen, an expert in tax law, he was called to the priesthood at an early age and was a spiritual prodigy.

He took great interest in psychology, and after receiving a PhD, practiced for a time at the prestigious Menninger Clinic in Topeka, Kansas. Soon he was on the cutting edge of studies on the intersection of psychology and religion. He became well known, not only for his academic achievements but for his love and spiritual wisdom. He taught at the prestigious universities of Notre Dame and Yale Divinity School, took a break to experience mission work in South America for six months, and reached his final teaching destination at Harvard Divinity School. He became a spiritual father to hundreds of young men and women, and was known as one of the most influential spiritual writers in his generation. He wrote 39 books, several classics in the field, on spirituality. By any standard of any profession, he was at the top of his game.

Yet after 25 years of a well-compensated, highly respected, loved and admired priesthood teaching at Notre Dame, Yale and Harvard, he felt himself somehow depressed, burnt out, eminently unhappy. He asked himself a simple question – “Am I closer to God today than I was 25 years ago.”

As Nouwen put it, “After 20 years in the academic world as a teacher of pastoral psychology and spirituality, I began to experience a deep inner threat... Entering into my fifties, realizing the unlikelihood of doubling my years, I came face to face with a simple question. Did becoming older bring me closer to Jesus? I found myself praying poorly living isolated from other people. Everyone was saying that I was doing really well but something inside was telling me that my success was putting my own soul in danger. I woke up one day with the realization that I was living in a very dark place and the term “burnout” was a convenient psychological translation for a spiritual death... In the midst of this all I kept praying - Lord, show me where you want me to go and I will follow you, but please be clear and unambiguous about it!”

God answered Henri Nouwen’s prayer immediately. At the age of 53, he left Harvard. He was called to pastor and learn at L’Arche – a community for mentally and physically handicapped adult people.

This great mind was suddenly surrounded by people who didn’t care about his accomplishments, his opinions, or his background, and who felt free to speak to him in any way they wanted at any time they wanted – simply, directly and from the heart. He had to face their love, or lack thereof, their unpredictability, and their moods. It was an uncomfortable life. He was to serve them on their terms, not on his own. (You can read more about his experience in many of his books, including In the Name of Jesus, Reflections on Christian Leadership)

Imagine discovering yourself where you are...
utterly vulnerable, without recourse to previous accomplishments and comforts. Imagine the challenge Henri Nouwen faced.

On the Sunday before Lent, the Church remembers the Expulsion of Adam and Eve from Paradise, and the Church asks and answers the same question that Henri Nouwen did on that fateful day at Harvard. Are we, you and I, closer to God today than we were a year ago?

It’s not easy to figure out. It’s easy for us to measure progress in other areas: if we are students, it’s our grades; if it’s our family – it’s our family harmony and financial security; if it’s our church, it’s in our attendance, our stewardship and the way our ministries are helping and transforming lives.

But that doesn’t answer the question. We really need another way to measure closeness to God, a different set of metrics. Where do we go for the measurements? For that matter, what is even measured?

The Church says, “OK, let me help. Here’s a formula which will work – a quiet time and place with people who are asking the same questions as you are, and who are going through the same struggles that you do.

“Thank you”, we say, “but how will we answer the question?”

“I’ll help you”, says the Church, “trust me and follow. But you must promise that you let me lead, no controlling, no picking and choosing the hows, the whats, the whys and the whens. Just follow me like my friend Henri, and I will prompt the Spirit within you, and you will be my children. I’ll take you where you need to be.”

Thus, the Church provides to us Lent.

It’s pretty universal to feel distant from God, like Adam and Eve – exiled from Eden. The Church remembers this at the beginning of our Lenten journey. Here is a hymn on the Sunday before Lent: “Adam sat outside Paradise and lamenting his nakedness, he wept: “Woe is me! By evil deceit was I persuaded and led astray, and now I am an exile from glory.””

We’re far away, we’re naked, aware of our own brokenness. Christ is leading us to a place of healing, He gives us Lent.

“Adam was banished from Paradise through disobedience, and cast out from delight, beguiled by the words of a woman.”

We’ve been disobedient to God’s daily call, beguiled by the pleasures and passions of this world.

“Naked Adam sat outside the garden Eden lamenting, “Woe is me!” Therefore let us all make haste to accept the season of the Fast and hearken to the teaching of the Gospel, that we may gain Christ’s mercy and receive once more a dwelling-place in Paradise”.

“Hurry to this season of the Fast,” says the Church, “Free your minds from excess and indolence. Be quiet and listen to the Gospel.”

Once again, in His Mercy, we are on our way back to Eden. We have Lent.

It’s a long way home. We’ll see you at the Resurrection.
Greetings to all my fellow Parishioners! Spring is almost here and I’m sure you are looking forward to warm sunny weather as much as I am!

Recently, I ran into someone I haven’t seen in a long time. We grew up together and even our parents grew up together in THIS Church. On occasion we would see one another and say a quick hello, but like most of us these days, our lives were busy running here and there.

This particular time we saw each other was at one of the recent wakes we had in our Church. This time it was a little more than the quick hello. The feeling of losing a fellow Church loved one tugged at our hearts. It brought back a feeling of closeness. Afterwards it made me think about the people who were tied to my roots. Of course my immediate family is the main root, but what about all those other roots that have influenced my life in a positive and spiritual way?

I sent her a message (unfortunately that is the way we communicate these days) saying “It was good to run into you these last few times. I think of how we all grew up in the Church and how our parents were all friends…I would like to keep the tradition going!”

She agreed and it was my first step to reuniting with my old Church Family roots! How many of us have high school and college reunions? It's time to bring those types of reunions into our Church!

Is there someone in your life you haven’t seen or talked to in a long time? Maybe you would like to reconnect with them and chat about the good old days! If there's hard feelings, let them go, PRAY For PEACE and fill your hearts with love. It's time to make those changes.

I would like to express my deepest condolences to the family and friends of Louis Econome and to all others who lost a loved one recently. And to all those celebrating special occasions in March, may God grant you good health for many years!

Let all you do be done with Love,

Lisa

HOW TO FAST:

+ Fast from judging others; Feast on Christ in them.
+ Fast from bitterness; Feast on forgiveness.
+ Fast from anxiety; Feast on faith.
+ Fast from complaining; Feast on appreciation.
+ Fast from hostility; Feast on love.
+ Fast from pessimism; Feast on optimism.
+ Fast from thoughts of illness; Feast on the healing power of God
+ Fast from words that pollute; Feast on phrases that purify.
+ Fast from anger; Feast on patience.
+ Fast from worry; Feast on unceasing prayer.
+ Fast of discouragement; Feast on hope.
+ Fast from hatred; Feast on divine love.
Come and Join our Church Family in watching the musical

**LES MISERABLES**
By Assumption College
At Hanover Theatre
$19.00/person (Group Rate)
2:00pm Sunday, April 6

Please let Fr. Luke know if you are interested in purchasing tickets by March 6th!!!

**PASCHA CHEESECAKE Fundraiser**
Order Gourmet Cheesecakes from New Skete Monastery
See Anesti Jordanoglou to order!

**During the Lenten Season, please visit our homebound parishioners, and send them a note of love.**

**WEBSTER MANOR**
Lorraine Vesho,
John Nicholopoulos
Helen Theodores

**WESTVIEW**
(Dayville, Connecticut)
Dina Teguis

**HOMEBOUND**
Bertha Constantine
Norman Desrosiers
Jennie Manthos
Stavro Pappas
Sophie Talbot

**4th Annual “BIBLE BOWL”**
All the Youth of our Church are asked to get ready for our 3rd Annual “Bible Bowl”
Sunday May 4th

This year we will focus on stories from the ACTS of the Apostles. Our children will be receiving questions on Acts which they can study. Read these stories with your children, learn them yourselves, and get ready for our Youth vs. Parents Competition!

Pick Up Your Reading Packets in Sunday School!!!
Let it Snow! Let it Snow!
Let it Snow!
Church Family Sledding Outing
Godparents - Grandparents Sunday

A Special THANK YOU to John & Eleni Sgouritsas & Lake Pizza for donating our Godparents Lunch!!!
**The Pre-Sanctified Liturgy & POT-LUCK DINNER**

**Every Wednesday During Great Lent**

COME AND JOIN US on a journey of discovery this Great Lent. Each Wednesday evening we will celebrate the **PRE-SANCTIFIED LITURGY** (6:00pm - 7:00pm), which is an opportunity to receive the life-giving and spiritually nourishing Body and Blood of our Lord Jesus Christ in the middle of the week.

Following the Liturgy we will have a **GUEST SPEAKER** (7:00pm-7:15pm). This will add to our spiritual nourishment, as we strive to grow closer to our Lord during this Holy Season.

Each Wednesday will conclude with our delicious **LENTEN POT-LUCK DINNERS AND FELLOWSHIP** (7:30-8:00), which all who have participated before have thoroughly enjoyed! Come and bring a Lenten dish!

These Wednesday evenings of **WORSHIP, EDUCATION and FELLOWSHIP** will enhance our spiritual journeys during Lent.

Come and join us!!!

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

*Please see Fr. Luke or our Church Treasurers to donate and dedicate your offering to someone.*

- Lenten Altar Flowers - $40/week
- Friday Salutations Flowers – $30/week
- Cross Sunday Flowers - $75
- Incense & Charcoal (for a year) - $200
- Palms & Trees - Palm Sunday - $200
- Bridegroom Icon Flowers - $40
- Holy Wednesday Unction Supplies - $50
- Holy Thursday Flower Crown - $75
- Holy Thursday Candles - $40
- Holy Friday Epitaphio Candles - $40
- Holy Friday Epitaphio Flowers - $600
- Holy Saturday Rose Pedals - $75
- Holy Altar Easter Arrangement - $200
- Resurrection Candle - $50
- Resurrection Icon Flowers - $50
- Circular Resurrection Icon Flowers - $75
- Easter Pew Flowers - $100
- 16 White Lilies for Easter - $40/each
MAKE A DONATION TO PROJECT MEXICO AS A LENTEN OFFERING

Dear Beloved Parishioners

Our Church will will once again sponsor a MISSIONS TEAM TO MEXICO to serve our Lord Jesus Christ and His Church in a cross-cultural setting. This will be the FOURTH time our Church will send such a group. We already have 16 people who have expressed an interest in participating in this exciting mission. As in past years, we will travel to Tijuana, Mexico and work with the pan-Orthodox organization PROJECT MEXICO, while staying at the St. Innocent Orphanage. We will go from July 15-21, 2014.

Our primary goal will be to help construct a home for a needy family in Tijuana. This family presently lives in a slum of the city, where many of the homes are made of pieces of scrap that can be found in junk yards. We will work with 150 Orthodox Christians from around the country, and will build SIX simple 12’ by 15’ “homes”. We will also have the opportunity to spend time with the teenage orphans who stay at the St. Innocent home, as well as share our faith and spend time with the local people we meet.

This is a great opportunity for our Church Family to take part in the Great Commission of our Lord to “Go and make disciples of all nations” (Matthew 28:19). In order for our group to participate in this mission trip, we are hoping to raise $15,000, which will pay for the supplies and materials needed to build the house, our food and lodging at the orphanage, our flights to San Diego and the van we must rent for Mexico. In order for this mission trip to succeed, we need many partners. Would you prayerfully consider either participating in this trip, and/or becoming a spiritual and financial partner with us on our mission?

As a financial partner, you can send a tax-deductible donation. Every contribution will be greatly appreciated, and help us come closer to our goal of $15,000. Checks should be made out to Sts. Constantine and Helen Church. Please write Project Mexico in the memo line of the check. We hope to receive all our donations by April 1. If you are interested in learning more about Project Mexico, please look on their website www.projectmexico.org.

Along with your financial support, we ask for your spiritual support as well. Please keep our group in your prayers as we prepare for our mission, as well as during our actual trip. I will post the participants names in next months bulletin. And if you are possibly interesting in participating in this exciting experience, please talk with Fr. Luke as soon as possible! We welcome everyone to come!!!

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

In Christ’s love,

+Luke
PHILOPTOCHOS NEWS
MEETING
6:00pm, March 3
Save the Date
CRAFT FAIR
May 10th

If you need any
HANDY MAN WORK
Around the House
(Electrical or Other) Call
ANTON COJOCARU
(508-335-2191)
Cost: Offer a Donation to Project Mexico

SHARING LENTEN RECIPES
During Coffee Fellowship, we’ll have a box to share the recipe of some special Lenten Meal. Also, come on Wednesdays for our Pot-Luck to try some of these delicious Lenten meals

SUNDAY OF ORTHODOXY VESPERS
6:00pm
Sunday March 9th
St. George Antiochian Cathedral
30 Anna St, Worcester

LENTEN SERVICES
FORGIVENESS VESPERS
Sunday Evening
March 2, 6:30 pm

GREAT COMPLINE SERVICE
Clean Monday, March 3 - 6:30 pm

PRE-SANCTIFIED LITURGIES
(followed by a Pot-Luck Dinner)
Every Wednesday, 6:00 pm
March 5, 12, 19, 26

SALUTATIONS SERVICE TO THE VIRGIN MARY
Every Friday, 6:30pm
March 7, 14, 21, 28

GREAT VESPERS:
Every Saturday 5:30 pm

SATURDAY OF SOULS
Divine Liturgy 9:30
March 1 & 8

THE ANNUNCIATION
Divine Liturgy 9:30
March 25
Parents Please Plan to Attend

**PARENTING TEENS**
With Bishop John Abdalah
6:30pm Saturday April 5

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**BOOK STUDY GROUP**

*The Scent of Holiness: Lessons from a Women’s Monastery*

6:30pm, Saturday
March 8 & 22

At the home of Katie and Yanni Mironidis
Everyone Welcome!

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**GREEK DANCE**

March 8
Followed by Youth Greek Dance Rehearsal

11:30 - 12:00 Adults
12:00 - 1:00 Youth Practice

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**EARLY RISERS BIBLE STUDY**

6:30 am - 7:30 am
Every Saturday

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**WEDNESDAY MORNING BIBLE STUDY**

10:30-11:45
Wednesdays
All Are Welcome!

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**JOY Overnight Retreat**

“A Journey Toward God”
April 4-5
at our Church

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**ORTHODOXY 101**

*An 8 Week Class for everyone who wants to learn the basics of our Orthodox Christian Faith*

Mondays During Lent
Contact Fr. Luke
**COFFEE FELLOWSHIP:**

March 2 - Kathy Bilis, Charlotte Neslusan, Marie Monroe, Carolyn Niemeck, Deb Raymond

March 9 - Thomai Gatsogiannis, Jaime Ross, Betty Tonna, Eleni Xanthopoulos, Kiku Andersen

March 16 - Marie McNally, Eric Beland, Matt Benoit, Zach Gianaris, Lisa Healy

March 23 - Donna Cooney, Athena Cooney, Leah DiDonato, Bill Anthopoulos

March 30 - Kathy Bilis, Charlotte Neslusan, Marie Monroe, Carolyn Niemeck, Deb Raymond

**SAVE THESE DATES FOR THE SUMMER**

**Project Mexico**  
July 15-21

**Metropolis of Boston Summer Camp**  
Aug 4-10

**Vacation Church Camp**  
Aug 11-15

**YOUTH EPISTLE READERS**

March 2 — Panayiota Veronis  
(Romans 13:11-14:4 - page 124)

March 9 - Lily Mueller  
(Hebrews 12:1-10 - page 136)

March 16 - Hanna Kunkel  
(Hebrews 1:10-2:3 - Page 158)

March 23 - Theodora Veronis  
(Hebrews 4:14-5:6 - page 140)

March 30 - Maria Mironidis  
(Hebrews 6:13-20 - page 142)

April 6 - Olivia Neslusan  
(Hebrews 9:11-14 - page)

April 13 - Smaranda Cojocaru  
(Philippians 4:4-9 - page)

Pascha, April 19 - Maia Beaudry  
(Acts 1:1-8 - page)

April 27 - Paris McWilliam  
(Acts 5:12-20—page)

May 4 - Katerirna McWilliam  
(Acts 6:1-9 - page)
Remembering Our Church Family

Important Dates in MARCH:

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

BIRTHDAYS:

- March 4  Nicholas Adamopoulos
- March 5  Susan Rivelli
- March 8  Lorraine Vesho
- March 8  Tasi Vriga
- March 10 Grady Ross
- March 13 Marie Monroe
- March 13 Nike Raymond
- March 17 Liberty Brassard
- March 18 Dan Healy
- March 21 Betty Tonna
- March 22 Gail Avlas
- March 24 Jordan Bouthillier
- March 25 Mary Fatsi
- March 25 George Milios
- March 27 Paul Xanthopoulos
- March 28 Hanna Kunkel
- March 28 John Grzyb
- March 28 Lisa Healy

NAMEDAYS:

- March 10  St Anastasia
  Madison Anastasia McWilliams
- March 25 The Annunciation
  Vange Evangelos Giantsios
  Evangelos Moutoudis
- March 26 Archangel Gabriel
  Gabriela Ross

MAY HIS MEMORY BE ETERNAL!

LOUIE ECONOME
January 30
BEING GOOD STEWARDS

Counsel from St. John of Kronstadt

What is false gratitude to God? Gratitude is false when, having received bountiful, undeserved spiritual and material gifts from God, people thank God for them with their tongue, and use them only for their own advantage, not sharing them with their neighbors… It is thanking God with the tongue, and at the same time showing extreme ingratitude in deed.”

“God did not spare for our sakes even his only-begotten Son. How then, after this can we grudge anything to our neighbor - food, clothing, drink, or money for his needs? The Lord gives much to some, and little to others in order that we may provide for one another.”

“God gives to me, why then should I not give to the needy?... Had God only bestowed gifts upon you in accordance with your merits, you would have been a beggar yourself. God is bountiful to you, not in accordance with your merits. Why then, having plenty, do you not wish to be generous yourself to others.”

“If you enjoy earthly blessings in full measure, and if you give to the needy, but indulge yourself still more, it means that you do good works without the least self-denial. Your works of charity are not great.”

“Worthless is the charity of the person who bestows it unwillingly, because the matter of charity is not his, but the gift of God. Only the disposition of one’s heart belongs to each person… In bestowing charity, we must be careful that it should be bestowed lovingly, from a sincere heart, willingly, and not with a feeling of annoyance…

Charity is first of all a benefit to those who bestow it!”

St John of Kronstadt
HOLY SCRIPTURE

“Be still and know that I am God.”
Psalm 46:10

“God is our refuge and strength, a very present help in trouble. Therefore I will not fear.”
Psalm 46:1

“Call upon me in the day of trouble, and I will deliver you, and you shall glorify Me.”
Psalm 50:15

“O taste and see that the Lord is good. Blessed is the person who trusts in Him!”
Psalm 34:8

“You are my hiding place. You shall preserve me from trouble, You shall surround me with songs of deliverance.”
Psalm 32:7

“The Lord is my light and my salvation, whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?”
Psalm 27:1

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth.
Psalm 40:1-3

DAILY BIBLE READINGS
March

March 1 Galatians 5:22-6:2 Matthew 6:1-13
March 2 Romans 13:11-14:4 Matthew 6:14-21
March 4 Isaiah 1:19-2:3 Genesis 1:14-23 Proverbs 1:20-33
March 5 Isaiah 2:3-11 Genesis 1:24-2:3 Proverbs 2:1-11
March 6 Isaiah 2:11-21 Genesis 2:4-19 Proverbs 3:1-18
March 7 Isaiah 3:1-14 Genesis 2:20-3:20 Proverbs 3:19-34
March 8 2 Timothy 2:1-10 Mark 2:23-3:5
March 9 Hebrews 12:1-10 John 1:43-51
March 10 Isaiah 4:2-5:7 Genesis 3:21-4:7 Proverbs 3:34-4:22
March 11 Isaiah 5:7-16 Genesis 4:8-15 Proverbs 5:1-15
March 12 Isaiah 5:16-25 Genesis 4:16-26 Proverbs 5:15-6:3
March 13 Isaiah 6:1-12 Genesis 5:1-24 Proverbs 6:3-20
March 15 Hebrews 3:12-16 Mark 1:35-44
March 16 Hebrews 1:10-2:3 Mark 2:1-12
March 19 Isaiah 10:12-20 Genesis 7:6-9 Proverbs 9:12-18
March 20 Isaiah 11:10-12:2 Genesis 7:11-8:3 Proverbs 10:1-22
March 21 Isaiah 12:2-13 Genesis 8:4-21 Proverbs 10:31-11:12
March 22 Hebrews 10:32-38 Mark 2:14-17
March 23 Hebrews 4:14-5:6 Mark 8:34-9:1
March 29 Hebrews 6:9-12 Mark 7:31-37
March 30 Hebrews 6:13-20 Mark 9:17-31
Thank You to those who sponsor our monthly bulletin!

If you would like to place an ad and support our monthly bulletin, please contact Fr. Luke or the Church Office.

$200/year or $20/month.

Dudley - Auburn - Blackstone

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ROBERT J. MILLER Toll Free 866-360-0045
Funeral Director Fax (508) 943-3163
Email: miller.funerals@verizon.net www.rjmillerfunerals.net

Sitkowski and Malboeuf
Funeral Home
340 School Street
Webster, MA 01570
508-943-1515

Roland P. Malboeuf, Funeral Director
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<th>Sun</th>
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<tr>
<td><strong>March 30</strong>&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy</td>
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<td><strong>1 Saturday of Souls</strong>&lt;br&gt;6:30am Bible Study&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Liturgy with Memorial&lt;br&gt;5:30 Vespers</td>
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<td><strong>2</strong>&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy&lt;br&gt;40 Day Memorial Charlie Christos&lt;br&gt;6:30 Forgiveness Vespers</td>
<td>3 CLEAN MONDAY&lt;br&gt;Beginning of Great Lent&lt;br&gt;6:30 Great Compline Service&lt;br&gt;6:00 Philoptochos Meeting</td>
<td>4</td>
<td>5&lt;br&gt;10:30 Bible Study&lt;br&gt;6:00 Pre-Sanctified Liturgy with Pot-Luck Dinner</td>
<td>6</td>
<td>7&lt;br&gt;6:30 1st Salutations Service</td>
<td><strong>8 Saturday of Souls</strong>&lt;br&gt;6:30am Bible Study&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Liturgy&lt;br&gt;5:30 Vespers&lt;br&gt;6:30 Book Study Group</td>
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<td><strong>9 Sunday of Orthodoxy</strong>&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy&lt;br&gt;Girl Scout Sunday&lt;br&gt;7:00 Vespers at St George</td>
<td>10&lt;br&gt;6:30 Parish Council Meeting&lt;br&gt;7:30 Orthodoxy 101</td>
<td>11</td>
<td>12&lt;br&gt;10:30 Bible Study&lt;br&gt;6:00 Pre-Sanctified Liturgy with Pot-Luck Dinner</td>
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<td>14&lt;br&gt;6:30 2nd Salutations Service</td>
<td><strong>15 NO Bible Study</strong></td>
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<td><strong>16</strong>&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy&lt;br&gt;40 Day Memorial Eva Pappas</td>
<td>17&lt;br&gt;6:30 Orthodoxy 101</td>
<td>18</td>
<td>19&lt;br&gt;10:30 Bible Study&lt;br&gt;6:00 Pre-Sanctified Liturgy with Pot-Luck Dinner</td>
<td>20</td>
<td>21&lt;br&gt;6:30 3rd Salutations Service</td>
<td><strong>22 Lenten Retreat</strong>&lt;br&gt;9:30-12:00&lt;br&gt;5:30 Vespers&lt;br&gt;6:30 Book Study Group</td>
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<td><strong>23 Sunday of the Cross</strong>&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy&lt;br&gt;40 Day Memorial Louie Econome</td>
<td>24&lt;br&gt;6:30 Orthodoxy 101</td>
<td>25</td>
<td>26&lt;br&gt;10:30 Bible Study&lt;br&gt;6:00 Pre-Sanctified Liturgy with Pot-Luck Dinner</td>
<td>27</td>
<td>28&lt;br&gt;6:30 4th Salutations Service</td>
<td><strong>29 6:30am Bible Study</strong>&lt;br&gt;5:30 Vespers</td>
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A DAILY LENTEN PRAYER

THE PRAYER OF ST. EPHRAIM THE SYRIAN

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

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

Yes Lord and King, help me to see my own faults,
and keep me from judging what others do.
For You are blessed unto the ages of ages. Amen.