"Behold, now is the time of repentance. Let us cast off the works of darkness and let us put on the armor of light, so that having sailed across the vast sea of the Fast, we may reach the third day Resurrection of our Lord and Savior Jesus Christ."

(Hymn - Clean Monday)

We all love going on exciting journeys. Whether flying overseas, driving across America, or simply going to a little get-a-way in New England, we all love traveling.

Yet we do all this with a goal in mind. We want to get away from our normal, daily routine of life, and try to focus on what is most essential - our relationship with our Creator. We want to prepare ourselves to experience and enter into the most joyous day of the year - Pascha, our Lord’s victory over death, evil and Satan himself!

On this spiritual journey, however, we must be very careful to travel with the proper attitude. Fasting and self-denial should not make us gloomy or irritable, but to the contrary, when we combine fasting with intense prayer and almsgiving, we will discover divine joy! As one of the Lenten hymns reminds us:

“Well, Great Lent can be the most exciting journey we make all year. Yes, we need to struggle and make sacrifices with our fasting, by attending more Church services, with a disciplined prayer life, and by offering more generous charity and almsgiving to those in need.

“Let us set out with JOY upon the season of the Fast, and prepare ourselves for spiritual combat. Let us pu-
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)
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2016 PARISH COUNCIL

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Greek Dance Group: Nike Beaudry
Sunday School Teachers:
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Seminarians: Jen Cowles, Matthew Judhas, Alex Limberatos, Anthony Linderman, Jennifer Rice, Elizabeth Thomas
Ecclesiarch:
Bookstore: Lorna McWilliams
Sexton: Deborah Raymond, Mike Kokoszka
rify our soul and cleanse our body. As we fast from food, let us abstain also from every passion.”

Great Lent is a time when we try to rediscover our original nature and enter, once again, into intimate union with God! How do we do this? By consciously making some concrete decisions for the next 40 days. The first obvious step is fasting. Read the article on page 4 to clearly understand the purpose of fasting. It is not a duty, but a spiritual tool, which when used properly, helps us draw closer to God.

Second, try to live a simpler and quieter life (suggestions on page 3), where we try to pray more and listen to God. Our daily private prayers are essential, together with coming together as the family of God and worshipping in Church. We have extra and beautiful services throughout Lent. Come to the moving FORGIVENESS VESPERS on Sunday night March 13. This is a great way to begin your Lenten journey. On Clean Monday, March 14, come to the GREAT COMPLINE Service. Every Wednesday we will have the PRE-SANCTIFIED LITURGY and Pot-Luck dinner. During each Wednesday evening we will have some very special guest speakers offering enlightening topics. Plan on coming to hear them (look at page 6-7). And on Fridays we have beautiful SALUTATIONS SERVICE to the Virgin Mary.

We also have two special retreats planned. First for all our Church Leaders, come to “THE DIVINE ORGANIZER” RETREAT on March 5 (see p 6). And then for all the couples of our parish, please come to a MARRIAGE ENRICHMENT RETREAT March 18-19, led by Pres. Kerry Pappas, a licensed marriage and family therapist.

Of course, almsgiving and serving others must be a part of our Lenten journey, along with prayer and fasting. Be generous in sharing your blessings with others - including your time, talents and treasure. Reach out to those less fortunate that you! Come and join us when we build a home with Habitat for Humanity on April 2. Go serve in the Webster or Dudley Soup Kitchens. Look for opportunities!!!

May our Lord bless all of us with a most joyous, fruitful and edifying Great Lenten journey!

With love and joy in Christ Jesus,
+ Fr. Luke

HOW TO FAST:

+ Fast from judging others; Feast on Christ dwelling in each person.
+ 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 negative thoughts; Feast on the beauty of God all around us.
+ Fast from words that pollute; Feast on phrases that bless.
+ Fast from anger; Feast on patience.
+ Fast from worry; Feast on unceasing prayer.
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!
DISCIPLINES FOR GREAT LENT

Few people would disagree that life is too busy. We all keep up 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 control over our lives. The Church challenges us to limit the control other things have over us. This means making a conscious decision to change our lifestyles to a slower, less active, quieter pace.

Not only will this give us a chance to rest, but more importantly it places us in a position to hear the voice of God. We cannot hear God in the midst of noise. God speaks to us in a quiet, still voice. Thus, we must create an atmosphere in our lives to allow this voice to be heard.

Here are some concrete ideas for changing your lifestyle during Lent:

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 your morning and evening prayers.

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

3. Free up your schedule so that you are not in such a rush. Make time in your daily schedule to think more about what the meaning of life is. Where are you going in life? What are your goals and dreams? 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 also one extra weekly service - the Pre-sanctified Liturgy on Wednesday, or the Salutations on Friday, or Vespers on Saturday.

5. Go to Holy Confession. As hard as this may seem, make a decision to make an evaluation of your own life, go to a priest, and confess your sins in this Holy Sacrament.

6. Make the decision to watch no TV or movies 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 when you drive. Say the Jesus Prayer and other prayers. Try to 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 good deed for another person each day.

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.
Orthodox Christians around the world begin their yearly spiritual journey of Great Lent on March 14. This is a journey which should lead us into the depths of our souls, examining and preparing ourselves for the joyous celebration of Pascha, our Lord's victorious resurrection from the dead. When many people think of Lent, the first thought that comes to mind is giving up certain foods. Unfortunately, too many people don't properly understand fasting, and why we need to practice it.

According to 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, 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 our utter dependence on God.

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 TIME 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.
QUESTIONS AND ANSWERS

Following is a Question someone placed in the QUESTION BOX in our Church Narthex.

“If God forgives us for our sins, why do we need the Sacrament of Confession?”

Confession is a Holy Mystery (Sacrament) that helps us in our path of repentance and reconciliation with God. It is a Sacrament of receiving God’s grace for our healing and reunion with Him.

Of course, God is ready to forgive us every time we turn to Him in sincere repentance and ask for His mercy. In fact, every day we should turn to God, asking for His forgiveness for our countless daily sins. Many times, however, we don’t even know or understand our own sins. We also too easily dismiss our sins without sincerely repenting. This is where the Sacrament of Confession helps.

In Holy Confession, we confess to Christ Himself, represented by an icon of Christ, and with a priest present, who is a witness to our confession. It is often quite difficult to acknowledge the totality of our sins, so the priest is there as a spiritual doctor, helping us see our own true self. In fact, many people are totally blind to their sins and can’t fathom the ugly roots of evil deep within ourselves. Thus, by the grace of God, the priest, helps us see and understand our sins, and then guides us to healing and change, all under the sacramental grace of the Church. The Sacrament of Confession is a spiritual tool which, when used properly, can lead us into a deeper understanding of ourselves, into a state of sincere repentance, and into a fuller union with God.

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

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

Lenten Altar Flowers - $40/week
Friday Salutations Flowers – $30/week
  Cross Sunday Flowers - $75
  Incense (for a year) - $200
  Charcoal (for a year) - $150
  Altar Candles (for a year) - $100
Garlands at Entry of Church - $40
Palms & Trees - Palm Sunday - $200
  Bridegroom Icon Flowers - $40
  Holy Wednesday
  Uction Supplies - $50
Holy Thursday Flower Crown - $100
  Holy Thursday Candles - $40
Holy Friday Epitaphio Candles - $40
Holy Friday Epitaphio Flowers - $850
  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 - $130
16 White Lilies for Easter - $40/each
The Light - March 2016

Come hear our 1st Lenten Reflection

Dartmouth Professor Dr. Irene Kacandes speaking on her latest book

“Let’s Talk About Death” Asking Questions that Profoundly Change the Way We Live and Die

6:00 Pre-Sanctified Liturgy
7:00 Presentation
Wednesday, March 16

Dr. Irene Kacandes is Associate Professor of German Studies and Comparative Literature at Dartmouth College. She is a specialist in German and Holocaust Studies, author of numerous books including Daddy’s War, and she is the first cousin of Fr. Luke

THE DIVINE ORGANIZER
Creating Effective Church Programs That Inspire Our People

How Can We Reach Out to Adults and Children with Educational and Illuminated Church Programs

How to Become Effective Leaders in the Church

An Educational Seminar for All Church Leaders

Saturday, March 5th 9:30am -12:00

Gerry Clonaris, an Archon of the Ecumenical Patriarchate, currently serves as chairman for religious education departments at the Archdiocese, Metropolis of Atlanta and St. Nektarios parish Charlotte NC. Having retired as Senior Vice President of G.C. Murphy in 1989, he started GBC Market Line Inc, an import company which he continues to operate as the owner and CEO. He conducts numerous workshops on organization training as well as recently making presentations on Effective Parish Adult Education Programs. Gerry has been a teacher of catechism for 38 years and has also served as Choir Director for 30 years.
Nuns from the

ST ELIZABETH CONVENT
FROM MINSK, BELARUS

will be visiting our Church

6:00pm
Wednesday, March 23

Come and Be Inspired by
their Outreach Ministry

SACRED IMAGE
SACRED MARRIAGE
A Marriage Enrichment Retreat

7:30pm Friday, March 18th
“The Personal Dimension of Marriage”

10:00am-1:00pm Saturday, March 19th
“The Intimate Dimension of Marriage”
“The Communal Dimension of Marriage”

Presbytera Kerry Pappas is a licensed marriage and family therapist who also coordinates Clergy and Seminarian Couple Care for the Center of Family Care of the Archdiocese. She is a Trainer for “Prepare/Enrich,” a pre-marital and marriage enrichment program. She has been married for 35 years, and has three adult children and two grandchildren.

We will have a visiting sister from the Convent of St. Elisabeth (Minsk, Belarus) on

Wednesday, March 23

The Sisterhood of St. Elisabeth was founded in 1996 and was named in honour of the Holy Martyr and Grand Princess Saint Elisabeth.

Sisters brought with them beautiful religious items made in the workshops of the Convent.

We encourage you to take a look at these items.

The proceeds of the sale will go towards sisterhood activities.

Please take this special opportunity to support beautiful work and mission of the sisters by purchasing the items of devotion.

www.elisabeth-insk.by elisabethconvent@yandex.com
Pre-Sanctified Liturgy &
& Pot-Luck Dinner/
Reflections
Every Wednesday of Lent

THE PRE-SANCTIFIED LITURGY (6:00pm - 7:00pm), 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. We will also hear a reflection to educate and inspire us in our Lenten journey.

Following the Liturgy enjoy a delicious LENTEN POT-LUCK DINNER AND SPEAKER (7:00-8:00) offering a 20 minute talk on some Lenten Theme:

SPECIAL LENTEN REFLECTIONS

March 16 - “Let’s Talk About Death” by Dartmouth Professor Irene Kacandes (Fr Luke’s first cousin) who just published a book with this title. She will address

March 23 - “The Work of St. Elizabeth’s Convent in Minsk, Belarus.” A Nun from this Russian convent will present to us the philanthropic work, and have a display of the iconography of these nuns.

March 30 - “Holy Scriptures and our Hymnology”

April 6 - “Our Journey Through Lent” with Fr. Ephraim Peters, a practicing lawyer and the priest serving Sts Constantine and Helen in Chicopee, MA.

LENTEN SERVICES

SATURDAY OF THE SOULS
9:30AM MARCH 5, 12, 19

FORGIVENESS VESPERTS
6:30PM MARCH 13

GREAT COMPLINE
6:30PM MONDAY, MARCH 14

PRE-SANCTIFIED LITURGIES
(followed by a Pot-Luck Dinner)
Every Wednesday, 6:00 pm
March 16, 23, 30, April 6, 13

SALUTATIONS SERVICE TO THE VIRGIN MARY
Every Friday, 6:30pm
March 18, 25, April 1, 8, 15

THE ANNUNCIATION
Divine Liturgy 9:30
March 25

Triumph of Orthodoxy
Join us as all the members of the Council of Eastern Orthodox Churches of Central Massachusetts gather at St. George Antiochian Orthodox Cathedral to celebrate the Church’s victory in restoring the use of Icons

Sunday, March 20th at 6:00 PM
30 Anna St, Waconter MA 01004
CLOTHING DRIVE

Please bring
The following items to Church. Make sure they are Clean and Dry.

Clothing
Shoes & Boots
Coats
Blankets
Towels
Hats, Belts
Purses
Backpacks

Put all donations in plastic garbage bags.

Sunday - Friday
March 20th - 25th

PHILOPTOCHOS NEWS

On February 1st we had our first meeting of the new year. We discussed our upcoming Spaghetti Supper on March 5th. Tickets were passed out. Members are donating all the ingredients. We are having a center table so please donate a gift for the table. Donna Cooney will delivery meals that evening, so if anyone would like a meal delivered to their home please let us know. The men will be cooking the pasta out back, while the women will be putting the meal together with the meatballs and sauce donated by Lake Pizza, and our youth will be serving the meal. Don't forget take out too! Please support us, and buy a ticket even if you can't go. The proceeds will support our youth scholarships for camps and Project Mexico.

We discussed a few other fundraising projects and will revisit them at our March 7th meeting at 6:00. Please come and give us your input!

With much love and gratitude,
Evelyn

SPAGHETTI SUPPER

SATURDAY
MARCH 5, 2016
5:00P.M. TO 7:00P.M.
AT GREEK ORTHODOX CHURCH
35 LAKE PARKWAY
WEBSTER, MA
ADULTS $10.00 KIDS UNDER 12 $5.00

Sponsored by:
The St. Constantine and Helen Greek Orthodox Church
Julius Society
Godparents & Grandparents Sunday

Thanks to Lake Pizza for donating the meal, for the women who made pitas and cupcakes, and our Sunday School Families that helped out!
Come and Join our Book Study Club

“FOOD, FAITH AND FASTING”

led by Lorna McWilliam and Sandy Sanderson

2:00pm Saturday, March 26

Please let Lorna know if you will attend so she can purchase the book for you.

Join us

HABITAT FOR HUMANITY

A BUILDING PROJECT IN AUBURN

Saturday, April 2

We need 12 volunteers from 8am-12pm and 12 volunteers from 12noon-4pm.

Sign up by calling or emailing Fr. Luke.

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 our delicious Lenten meals

PROJECT MEXICO MEETING

SUNDAY, MARCH 6 AFTER DIVINE LITURGY

$100 deposit due for all participating
SUPPORT OUR MISSION to PROJECT MEXICO

Dear Beloved Parishioners

Our Church will once again sponsor a MISSIONS TEAM TO MEXICO to serve our Lord Jesus Christ and His Church in a cross-cultural setting. This will be the FIFTH TIME our Church will send such a group. We have 15 people interested in participating in this exciting mission. As in past years, we will travel to Mexico and work with the PROJECT MEXICO, while staying at the St. Innocent Orphanage. We will go from July 14-20, 2016.

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

In order for our group to participate in this mission trip, WE ARE RAISING $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. Would you prayerfully consider becoming a spiritual and financial partner with us on our mission?

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

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

In Christ’s love,

+Luke

FROM OUR PARISH NURSE

On March 13, come to the Church early and our Parish Nurse, Nicoleta Cojocaru, will check your blood pressure, offer medication management and consult on any health related issue.

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

93 families or individuals, including 75 Church Stewards (or 50% of our parishioners) have contributed to our Capital Campaign. If you have not participated yet, please consider doing so. We still have several projects we hope to complete in the Spring!

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

QUESTION AND ANSWER BOX

In the Narthex of the Church there is a QUESTIONS BOX. Please write any questions you may have about our Orthodox Christian Faith or our Greek Orthodox Traditions?

Or you can email any questions to frlukeveronis@gmail.com.

Fr. Luke will try to answer these in his sermons or in the Monthly Bulletin.

YOUTH NEWS

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

MBC Spring Camp
Ages 12-18
April 15-17
Sign up at www.mbcamp.org
I've learned.... That the best classroom in the world is at the feet of an elderly person.  
I've learned.... when you're in love, it shows.  
I've learned .... That just one person saying to me, 'You've made my day!' makes my day.  
I've learned....That having a child fall asleep in your arms is one of the most peaceful feelings in the world.  
I've learned....That being kind is more important than being right.  
I've learned....That you should never say no to a gift from a child.  
I've learned....That I can always pray for someone when I don't have the strength to help him in any other way.  
I've learned....That no matter how serious your life requires you to be, everyone needs a goofy friend  
I've learned....That sometimes all a person needs is a hand to hold and a heart to understand.  
I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.  
I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.  
I've learned.... That we should be glad God doesn't give us everything we ask for.  
I've learned.... That money doesn't buy class.  
I've learned.... That it's those small daily happenings that make life so spectacular.  
I've learned… That under everyone's hard shell is someone who wants to be appreciated & loved.  
I've learned.... That to ignore the facts does not change the facts.  
I've learned....That a smile is an inexpensive way to improve your looks.  
I've learned....That when you plan to get even with someone, you are only letting that person continue to hurt you.  
I've learned....That love, not time, heals all wounds.  
I've learned....That the easiest way for me to grow as a person is to surround myself with people smarter than I am.  
I've learned....That everyone you meet deserves to be greeted with a smile.  
I've learned....That no one is perfect until you fall in love with them.  
I've learned… . That life is tough, but I'm tougher.  
I've learned....That opportunities are never lost; someone will take the ones you miss.  
I've learned....That when you harbor bitterness, happiness will dock elsewhere.  
I've learned....That I wish I could have told my Mom that I love her one more time before she passed away.  
I've learned....That one should keep his words both soft and tender, because tomorrow he may have to eat them.  
I've learned....That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.  
I've learned....That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.  
I've learned....That the less time I have to work with, the more things I get done.
COFFEE FELLOWSHIP:

March 6 - Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi
March 13 – Donna Cooney, Athena Cooney, Leah Didonato, Jaime Ross
March 20 - Kathy Bilis, Marie Monroe, Deb Raymond
March 27 - Thomai Gatsogiannis, Trish Lareau, Stephanie Quill, Betty Tonna, Evangeline Wilson

YOUTH EPISTLE READERS

March 6 Maria Mironidis
March 13 - Lily Mueller
March 20 - Zach Beaudry
March 27 Theodora Veronis
April 3 - Panayiota Veronis
April 10 - Olivia Neslusan
April 17 - Gabriella Ross
April 24 - Maia Beaudry

LEARN ABOUT “WORLD RELIGIONS”


EARLY RISERS GROUP
7:00AM SATURDAYS

WEDNESDAY GROUP
10:00AM WEDNESDAYS

A DAILY LENTEN PRAYER
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.

Special Service of Healing
6:30pm Wednesday, March 9
Remembering Our Church Family

**Important Dates in MARCH:**

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

**BIRTHDAYS:**
- March 1: Amber Kelly
- 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 22: Jessica Awad
- 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
- March 30: John Johnson

**NAMEDAYS:**
- March 25: The Annunciation
  Evangelos Moutoudis
- March 26: Archangel Gabriel
  Gabriela Ross

**OUR LENTEN JOURNEY**

During this Lenten Fast, let us strive to follow the holy commandments of Christ our God, with the brightness of love and the splendor of prayer.

Let us understand this holy season as a gift from God and as a time of repentance.

May our soul wake up from the sleep of grievous laziness, and with zeal and vigilance follow the ways of the Lord.

Let us not only fast in bodies, but also in spirit.

Let us anoint our heads with the oil of almsgiving.

Let us draw near the mountain of prayer and fasting that we may see God, like Moses and Elijah during their times of fasting.

**Congratulations and a Blessed New Year to ALEX SEFERI Who Found the 3rd Coin in the Vasilopita Bread This Year!**

God Grant You Many Years!!!
THE GOOD STEWARD

Some see a hungry man
and say he is a bum
Others see the same poor soul
and offer him their rum.

Some see a shivering child
and close their eyes
While others wrap him in a blanket
and hold him to the sky.

People rationalize their thoughts
to justify their actions
Is it guilt, selfishness or
simple human reaction.

Yet our compassion is known
by the God who cares
He recognizes and takes notice
of how He fares
When disguised as the least of our brothers.

For remember, what you give
to those in need
Will be yours forever
when He takes heed.

Do not hide the things and
talents which you possess
Share them instead
to fill your heavenly chest.

Be a generous steward
of His earthly gifts
And He will honor you
with an eternal lift.

Nicholas A. Veronis

Look for our convenient

in the bottom left corner of our
Church webpage
www.schwebster.org

SAVE DATES FOR SUMMER

Vacation Church Camp
July 9-13

Metropolis of Boston Camp
Week 5 - July 25-31
Week 6 - Aug 1-7

THANK YOU!

We collected $120,487 in
Stewardship Donations for
2015. That is our
BEST YEAR EVER
for Stewardship Offerings!
The average pledge for our
153 Stewards was $787.

We had
19 Pacesetters
($1000-$1900)

5 Torchbearers
($2000-$4500)

6 Good Shepherds
($5000 & up)
HOLY SCRIPTURE

“Be vigilant. Watch therefore for you do not know what hour your Lord is coming... For the Son of Man is coming at an hour you do not expect.”

Matthew 24:42-44

“Come, you blessed of My Father, inherit the kingdom prepared for you form the foundation of the world. For I was hungry and you gave Me food; I was thirsty and you gave Me drink I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me I was in prison and you came to Me... Assuredly, I say to you, inasmuch as you did it to one of the least of these my brothers or sisters, you did it to Me.

Matthew 25: 34-40

Watch and pray, lest you enter into temptation. For the spirit is willing, but the flesh is weak

Matthew 26:41

DAILY BIBLE READINGS

MARCH

Mar 1 John 3:9-22, Mark 14:10-42
Mar 4 John 1:1-13, Mark 15:20-41

Mar 6 1 Corinthians 8:8-13; 9:1-2, Matt 25:31-46
Mar 9 Joel 3:12-21 Joel 2:12-26
Mar 11 Zechariah 8:7-23
Mar 12 Galatians 5:22-6:2, Matt 6:1-13

Mar 13 Romans 13:11-14; 14:1-4, Matt 6:14-21
Mar 15 Isaiah 1:19-2:3 Genesis 1:14-23, Proverbs 1:20-33
Mar 16 Isaiah 2:3-11, Genesis 1:24-2:3, Proverbs 2:1-22
Mar 18 Isaiah 3:1-14, Genesis 2:20-3:20, Prov 3:19-34

Mar 20 Hebrews 11:24-26, 32-40, John 1:43-51
Mar 23 Isaiah 5:16-25, Genesis 4:16-26, Prov5:15-6:3
Mar 24 Isaiah 6:1-12, Genesis 5:1-24, Proverbs 6:3-20

Mar 26 Hebrews 2:2-10, Luke 10:16-21

Mar 27 Hebrews 1:10-14; 2:1-3, Mark 2:1-12
Mar 30 Isaiah 10:12-20, Genesis 7:6-9, Proverbs 9:12-18
Mar 31 Isaiah 11:10-12:2, Genesis 7:11-8:3, Prov 10:1-22
Thank You to those who sponsor our monthly bulletin!
# MARCH 2016

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<th>Sun</th>
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<td>6:30 Parish Council Meeting</td>
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<td>7:30 Matins</td>
<td>9:30 Divine Liturgy</td>
<td>11:15 Project Mexico Meeting</td>
<td>7pm AA</td>
<td>11:00 Study on World Religions</td>
<td>6:30 Healing Service</td>
<td>8:00 Matins 8:45 Liturgy 9:30 Memorial 10:00 Leadership Retreat 5:00-7:00 Spaghetti Dinner</td>
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<td>10:00 Study on World Religions</td>
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<td>8:30pm NA</td>
<td>10:00 Study on World Religions</td>
<td>6:30 Great Compline</td>
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<td>14 CLEAN MONDAY Great Lent Begins!</td>
<td>15</td>
<td>16</td>
<td>10:00 Study on World Religions</td>
<td>6:00 Pre-Sanctified Liturgy w Presentation Darmouth Prof “Talking About Death”</td>
<td>18</td>
<td>193rd Sat Souls 8:00 Matins 8:45 Liturgy &amp; Memorial 10:00-1:00 Couples Retreat</td>
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<td>6:30 1st Salutation Service to Virgin Mary</td>
<td>20</td>
<td>The Annunciation 8:45 Matins 9:30 Liturgy 6:30 2nd Salutation Service</td>
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<td>10:00 Study on World Religions</td>
<td>6:00 Pre-Sanctified Liturgy w Nuns from Belarus</td>
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<td>6:00 Pre-Sanctified Liturgy w Special Lenten Talk</td>
<td>31</td>
<td>April 1 6:30 3rd Salutations Service</td>
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<td>27 Western Easter 8:30 Matins 9:30 Divine Liturgy</td>
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<td>30</td>
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<td>6:30 3rd Salutations Service</td>
<td>31</td>
<td>April 2 9:00-4:00 Habitat for Humanity Home Building</td>
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GREAT LENT
OUR SPIRITUAL JOURNEY BEGINS
CLEAN MONDAY, MARCH 14

A JOURNEY OF FORGIVENESS
Forgiveness stands at the very center of Christian Faith and of Christian Life because Christianity itself is, above all, the religion of forgiveness. God forgives us, and His forgiveness is in Christ, His Son, whom He sends to us so that by sharing in His humanity, we may share in His love and be truly reconciled with God. Indeed, Christianity has no other content but love.

And it is primarily the renewal of that love, a return to it, a growth in it, that we seek in Great Lent, in fasting and prayer, in the entire spirit and the entire effort of that season. Thus, truly forgiveness is both the beginning of, and the proper condition for the Lenten Season.

GUIDE ME DURING LENT
O Christ in Your compassion, I entreat You through fasting and repentance to restore my soul, which has been slain by the fruit of disobedience.

Grant that I may ever walk in the straight path of Your holy commandments, so that in the company of all who love You, I may share in Your divine glory and praise Your goodness towards all people, O Jesus.

A Lenten Hymn

TRUE FASTING
Let us observe a Fast acceptable and true to the Lord. True Fasting is to put away all evil, to control the tongue, to forbear from anger, to abstain from lust, slander, falsehood, and lying. If we renounce these things, than is our fasting true and acceptable to God.

From the Lenten Triodion

A TIME OF REPENTANCE
Behold, now is the time of repentance. Let us cast off the works of darkness and let us put on the armor of light, so that having sailed across the vast sea of the Fast, we may reach the third day Resurrection of our Lord and Savior Jesus Christ.

A Hymn from Clean Monday