“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 for Clean Monday)

We all love going on exciting journeys. Whether flying overseas, driving across America, or simply going to a little get-away in New England, we all love traveling. **Well, Great Lent can be the most exciting journey we make all year.**

This spiritual journey will include struggle and 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. Yet we do all this with a destination in mind. **We want to depart from our normal, daily routine of life, and try to discover what is most essential in life - 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 Lenten hymn reminds us:

“Let us set out with JOY upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify 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 con-**
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 Elpidophoros 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

2020 PARISH COUNCIL
President: Michael Chito
Vice President: Joseph Gliniecki
Secretary: Marie McNally
Treasurers: Leah DiDonato & Bill Thompson
Kathy Bilis           Chris Geotis
Lisa Healy           Sandi Kunkel
Neal Neslusan        Evelyn Pappas
Olga Poloukhine      Jared Quill
Debby Raymond        Nick Seferi

PHILOPTOCHOS
President: Evelyn Pappas
Vice President: Sara Darlagiannis & Deborah Raymond
Secretary: Marie McNally
Treasurer: Sandi Kunkel
GOYA: President: Louisa Foisy,
Vice President: Panayiota Veronis,
Secretary: Kara Bilis
Church Secretary: Mary Seferi
Social Media: Kristina Mironidis

Sunday School Teachers:
Anton Cojocaru, Sara Darlagiannis, George Dunning, Anesti Jordanoglou, Evis Jordanoglou, Pauline Mueller, Stephanie Quill, Rayne Purcell, Pres. Faith Veronis

Ecclesiarchs: Rayne Seraphim Purcell and Charlie Chito

Cantor: Demetrios Milios, Joseph Gliniecki, Anestis Jordanoglou

Festival Chair: Lisa Healy & Marie McNally

Gyro Fest Chair: Michael Chito, Joey Gliniecki

Golf Tournament Chair: Arthur Bilis

Choir Directors: Tony and Nike Beaudry

Greek Dance Group: Nike Beaudry

Bookstore: Tina Colello & Olga Poloukhine

Sexton: Mike Kokoszka

Grounds: Nick Popiak
The Light - March 2019

GREAT LENT BEGINS

crete decisions these holy days of Lent. *The first obvious step is fasting*. Fasting 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*, where we pray more and try to hear God speaking to us. 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. Every Monday we have the *GREAT COMPLINE*, every Wednesday we have the *PRE-SANCTIFIED LITURGY*, together with a Pot-Luck dinner and Video Bible Study. And on Fridays we have the beautiful *SALUTATIONS SERVICE TO THE VIRGIN MARY*.

Doing acts of charity and serving others must be a central part of our Lenten journey, along with prayer and fasting. Be generous in sharing your blessings with others - including your time, talents and treasure.

A special treat during our Lenten Journey will be our EIKONA weekend, March 13-15 (see page 10). We will also be starting a new small group called “Becoming Human” on Saturdays after Vespers. (see page 13) Take advantage of these spiritually edifying experiences.

I wish you all a blessed Lenten journey,

+Luke

THANK YOU

THANK YOU to MICHAEL AND TITI CHITO who donated our stunning new Pantocrator icon in honor of their children and grandchildren.

This magnificent icon, with its wooden frame, fits perfectly in the middle of our ceiling. It looks like it has always been a part of our sanctuary ceiling. It took some creative engineering and carpentry from David Lamontagne to remove our central chandelier and place the icon with the chandelier coming through it.

We now have our Lord Almighty looking down upon us as we worship. Surrounding the icon are the words from Holy Scripture, “I am the Alpha and the Omega, the Beginning and the End, the One who IS, who WAS, and who IS TO COME, the Lord Almighty” (Revelation 1:8)
HOW OUR CHURCH IS GLORYING GOD

Part 2 from the “Good and Faithful Steward Challenge”

“It was impossible for me to read through all these stories without crying,” Dan Pappas, the nephew of Emmanuel Pappas and the executor of his will confessed to me when he read the stories of How Our Church Is Glorifying God” from the February issue of The Light. “I’ve tried twice and haven’t gotten past story #7. As I was reading I kept thinking how Manny would be twice as touched. It’s just amazing. The larger Webster community and beyond is getting a huge dose of God’s love through what your church is doing. In fact, sharing these stories is as potent as sharing the money itself.”

So here is Round Two. Some more stories of how our people are glorifying God through their loving actions:

1. This was a great challenge as it made me give a lot of thought as to how I could help out in ways I normally don’t. In the end, I helped in ways I normally do but with a bit of a difference. A friend of my son has had a rough childhood and is presently homeless, living in shelters but working and trying to move forward with little support. He called one night to say he wanted to say hello. He was staying at the Worcester shelter but it had been an unruly night so he decided to walk from Worcester to Oxford. We ended up finding him on his walk and brought him back to our home where he spent a couple nights. My son encouraged him to reach out to some family members to try again for help. I was able to have a nice talk with him and I truly felt God placed him in my hands at that time to help him. I gave him most of the money and we spoke about where it came from and why I felt at this point in his life it may help him move forward. He was eternally grateful and amazed. I am now praying he does well with it.

I did give a little portion of the money to another homeless man I met outside of Price Chopper in Worcester. He was cold and wasn’t asking for anything – just huddled out of the wind. So I approached him and asked if he was hungry. He asked for some warm soup. So I got him some warm soup and other supplies I thought he could use, as well as gave him some money. His name is

2. “I gave the money to four people I saw on the street. I saw a mother pushing her baby carriage through the snow, and I thought how they must not have a car, and just wanted to give them a little gift. They were so surprised and happy. Then, I saw someone rummaging through the trash can outside Dunkin Donuts. I went over to him and gave him a little gift. He couldn’t believe it. I helped two other people as well. Then when I shared this experience with my son-in-law, he gave me $50 and told me to give it to someone else in need. This giving is contagious and makes us feel so good! Each time I felt such a joy in giving to others. It made me feel so blessed. Thank you so much for this opportunity.”

3. First, we both decided to add $150 each to the $100 gifts we received from the church, so we had a total of $500 to use. We wanted to focus on peo-
The Light - March 2019

people in our area who are in need. This led us to meet the director of TEEG, a community service agency that addresses the unmet needs of people in Northeast Connecticut. The director of TEEG had already read in the newspapers about our Good and Faithful Steward Challenge, and was excited that they would be recipients from this gift. The money was used to help a single mother of four children who was in danger of having her power shut off and even losing her housing. The lead case manager who presented the mother with this gift said that “the joy of being able to help this family was so overwhelming” that she could not contain her tears. The mother’s response was one of deep gratitude because it relieved some of the terrible stress she faced. We tried to glorify God through this act, but we also benefited from this experience. We now have a personal connection with the TEEG Director and manager and both of us are eager to find new and creative ways to support TEEG and the needy in our community beyond the once a year donations we each have made in the past.

4.“Thank you so very much for this gift. My friend’s husband has Stage 4 cancer. They have made many trips to the hospital for radiation and other treatment. I gave them the $100 to help pay for their gas. This inspired me to give another $100 of my own money as a donation to our Project Mexico team.”

5.I gave my gift to a young woman who works two jobs to put herself through nursing school. She was so grateful to God and to us for sharing His gift. She was surprised because God came through for her. And we shared that God is always faithful!

6.I sent $100 to St Jude Children’s Hospital and the other $100 to Fisher House of Boston which offers housing to families whose loved ones are getting treatment at the VA Hospital.

7.I reached out to the Webster Food Share and gave the money there. They help the needy every Tuesday and Thursday.

8.I combined with another parishioner and we used our money to buy Christmas presents for a family whose father just got out of prison for dealing drugs. He wife and three children were homeless at one time but were now living with the father’s dad. We bought them gifts and gave them a Ham Christmas basket. It felt so good to do something around Christmas for another family. It doesn’t take much to put a smile on someone else’s face. Thank you for giving all of us in our church community the opportunity to think about someone else’s needs instead of our own. What a great idea! (Both of these parishioners ended up using their own money for the gifts, and returned back to the church the gift they received from the Church.)

9.Thanks so much for such a creative and worthy project. It was an inspiring idea and I believe its results will continue to benefit the local community and our beloved parish. I used the money to support the Masonic Angel Fund, which helps families in need in different ways, with food, clothing, furniture, even with laptop computers.

10.I am giving our gift back to the Church, and adding to it so that we can sponsor one month of our Church’s Living Bread Luncheon. We will come and serve the lunch as well. It’s a wonderful feeling to be able to supply a large group with a delicious meal and fellowship. This will also give us a chance to meet some folks in the community as well.

11.We bought the following supplies that are useful for homeless individuals through the Mustard Seed Soup Kitchen in Worcester: 60 pairs of hand warmers, 50 pairs of winter socks, 47 pairs of women’s underwear, 12 pairs of sweat pants, 6 hoodie sweat shirts, 5 pairs of boots, 3 backpacks.
12. Sara Darlagiannis used her gift from the Church and multiplied it in a special way. She organized volunteers from our Church, together with people from the Blessed Backpack Brigade and the Veterans Council of Webster and Dudley and put on a pancake breakfast fundraiser at our church. She used the $300 her family got and multiplied it to make $900 through this fundraiser. She then gave $450 each to the two nonprofit organizations as a way of supporting their efforts in reaching out to the homeless and needy of our community. It was a great way to get many people from our church, to work together with these great organizations, and to increase the money to help the needy in our community. Even the Girl Scouts joined the effort by selling their cookies.
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. Or read Fr. Luke’s daily email.

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

**DISCIPLINES FOR GREAT LENT**

Great Lent is a Time to Change our Lifestyle for a few weeks and focus more on God.

4. **Commit to coming to Church every Sunday** and prepare to receive Holy Communion. Attend also one extra weekly service - the Great Compline on Mondays, the Presanctified Liturgy on Wednesdays, 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. Eliminate social media during Lent.** Or drastically cut back. If this seems impossible, try to turn off the TV and internet 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.
Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the Fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God. It is a time to grow closer to God.

Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends.

Most of all, Lent is a time of JOY and NEW BEGINNINGS. We cleanse ourselves – mind, body and soul – through the physical and spiritual fast, keeping a Christ-centered attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ.

It is important for all Orthodox Christians to understand the “SPIRITUAL TOOLS” that we use to help us on this blessed spiritual journey. The central spiritual tools include 1) Fasting, 2) Prayer and Worship, 3) Good Deeds & Charity, 4) Repentance & Confession, 5) Spiritual reading.

**REPENTANCE & CONFESSION**

Repentance has its roots in the times of the apostles. In the Book of Acts the Apostle Peter says, “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you shall receive the gift of the Holy Spirit.” (Acts 2:37-38) When we fall away from God, we have removed ourselves from His communion – with Him and with other Christians. We have excommunicated ourselves. To re-enter communion with God is the on-going activity of all Christians. We fall away daily in some way or another. No one is exempt.

Often, when children play in competitive games, one will call out “that’s a do over!” Haven’t we all wished for that chance to undo the past and start over? Repentance offers us this new beginning.

We are telling God that we have changed our mind about our past direction and want to be back in communion with him. The Greek work for repentance, metanoia, implies a very deep change in the way we see ourselves, our world, and our relationship to God.

To change the direction of our lives, and to change our mind in repentance, is the starting point in our Lenten journey. We leave behind regret as we move toward hope. Repentance is not a single action but a new attitude, a frame of mind, and an ongoing action!

Think back over your life of things which you regret having said or done – hurtful, inconsiderate, selfish, deceitful. Think also of those things which you have done which may not have directly affected others, but which you know to be wrong according to the teachings of the Church. Bring them to mind as if they were occurring right now. Think of how it would have been if you had acted differently. Take this regret and turn it into repentance. Acknowledge that you have offended another person or the Church, and in doing so you have offended God.

For God to forgive us, He asks us to also forgive one another. For many of us, this is the most difficult aspect of repentance and confession. Yet we say it each time we pray the Lord’s prayer, “forgive us our trespasses as we forgive those who trespass against us.”

Just as God’s love for us is personal, so must our love be personal for Him. As the
Christian grows from child to adult, his or her personal response to God becomes crucial. This personal response is the act of confession.

One other aspect of repentance and confession may include preparing and participating in the **SACRAMENT OF CONFESSION**. This requires you to reflect upon your life, prepare yourself, and then go to your priest and have a confession. It is expected for an Orthodox Christian to go to the Sacrament of Confession during this holy time of the year. **If you have never gone to Confession, or have not gone in a long time, make an appointment with your priest and decide to go to Confession this Lenten Season!**

**FASTING**

“The purpose of Lent is not to force on us a few formal obligations,” Fr. Alexander Schmemman notes, “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 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 source and 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.*”

**GUIDELINES FOR FASTING**

Each of us should try to struggle with our fast. It’s not supposed to be easy. Yet each of us should fast in a manner appropriate to our own spiritual maturity. A Strict Fast is to avoid all meat, milk or dairy products, and even foods cooked with oil. According to one’s health and situation, maybe an adjustment to the fast is appropriate - possibly not eating meat for 40 days, but only abstaining from milk and dairy products on Wednesdays and Fridays. Or maybe your situation might require a greater adjustment. Talk with your priest or spiritual father about this.

In our day and age, fasting should also include abstinence from noise and meaningless chatter. This can include fasting from TV, Music, internet, facebook, texting, ex-
cessive cellphone usage, video games, etc. Maybe you can abstain from some of these during the first week of Lent and during Holy Week. If you can, try for 40 days!

The whole “spirit” of fasting is related to changing our lifestyles for a period of time, as a means to help us focus more on our pursuit for the Kingdom of Heaven. Therefore, along with giving some things up, why don’t we try to add more spiritually edifying activities.

JESUS ON “FASTING”

"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to others to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to others to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

PRAYER & WORSHIP

One key to a more fulfilling Lent is increased prayer. For Orthodox Christians, the aim of prayer is to connect with God. Prayer is sometimes referred to as dialogue with God. Often it is a waiting on God in silence. In the church it is defined as the lifting of the mind and heart to God, and also as walking in the presence of God. We turn our minds and hearts are opened to Him. Prayer is not only repeating words, it is trusting in God that He hears and directs us in His Way involving spiritual growth and development.

Prayer includes private devotion and communal worship. During Great Lent we have a variety of beautiful services in the Church - Great Compline Monday evenings, the Pre-Sanctified Liturgy Wednesday evenings, the Salutations Service to the Virgin Mary on Fridays, and Great Vespers Saturdays. One spiritual discipline should be to attend Divine Liturgy every Sunday and then at least one other divine service each week of Lent. Each week try to attend a different service so that you get to experience the wide range of beautiful and inspiring services. And don’t just attend as a spectator, but enter into the communal worship. Remember, worship implies participation and work. Say the prayers and enter into the spirit of the prayers!

In our private prayers, we should all try to say THE JESUS PRAYER regularly throughout the day. “Lord Jesus Christ, Son of God, Have Mercy on Me a Sinner” or the shortened version “Lord Jesus Christ, Have Mercy on Me” Get a prayer rope and wear it on your wrist, or keep it in your pocket. During different times throughout the day, pull out the Prayer Rope and just begin saying the Jesus Prayer. In addition to this random way of praying, another good discipline is to set aside 15 minutes at a specific time of the day. Stand before an icon, or sit in a quite place, and just keep repeating the Jesus Prayer for the 15 minutes. This discipline is a very helpful way to dwell in the presence of our Lord.

One of the most beautiful prayers that we recite daily throughout Lent is the Prayer of St. Ephraim. Offer this prayer every morning and evening. You can also do a prostra-
tion (bow down and touch your head to the ground as a sign of your humility before God) after each section of the prayer.

PRAYER OF SAINT EPHRAIM

Lord and Master of my life
Take from me the spirit of laziness, idle curiosity, lust for power and vain talk
Give to me instead the spirit of humility, chastity, patience and love

Yes Lord and King
Help me to see my own mistakes
And keep me from judging what others do

For you are blessed until the ages of ages. Amen.

READING HOLY SCRIPTURE

Reading Holy Scriptures brings inspiration, guidance and strength. What better witness for the truth of the Christian faith than a solid Christian life nourished by Holy Scripture and radiating true Christian love at home, at Church and throughout life? The Christian's own life becomes a kind of gospel, a living Bible, in which other people observe, read and experience the truths of God in action

Set aside a regular time for daily Scripture reading. Don't read too much or too fast. One chapter a day is sufficient. Let what you read sink in slowly. The traditional readings during Lent are Genesis, Proverbs and Isaiah. But if you haven't read the Bible much, start with one of the Gospels - Matthew, Mark, Luke, John. Read with the faith and expectation that God will speak to you through what you read.

Don't worry about the passages you do not understand. Concentrate on what you do understand. The more you read, the more you will understand.

Great Lent is also a good time to join one of our Church's Bible Study group, either on Wednesday at 10:00am or at 7:00pm.

CHARITY & GOOD DEEDS

Our Prayer, Fasting, Repentance, Confession, and Bible Reading should all naturally lead us to the final essential element of Great Lent - that of Charity and Good Deeds. Our entire spiritual struggle should cultivate within us a great love for God, which naturally should lead to a greater love for our neighbor and especially a love for those in need. Remember, Love of God implies Love for those created in the image and likeness of God.

Lent is a season when we create the time for good deeds. Be careful not to say we are too busy, because Lent is precisely a season when we should rearrange our hectic schedules and create the time for God and for others!!!

Two Sundays before Lent, we heard the Gospel of the Last Judgment, when Jesus so clearly says, “I was hungry, and you gave me something to eat. I was thirsty and you gave me something to drink. I was naked and you clothed me. I was sick and imprisoned and you visited me… Whatever you do to the least of my brothers and sisters, you do for me.”

Let us act upon this lesson and visit someone who is sick or alone, make a special donation to a needy charity, volunteer at a homeless shelter, comfort someone in mourning, and bring God’s love to another in a concrete way.

Let us take care to put into practice all the different “SPIRITUAL TOOLS” that can help us on our journey towards. 1) Fasting, 2) Prayer and Worship, 3) Good Deeds & Charity, 4) Repentance & Confession, 5) Scriptural Reading. If we use these tools properly, we will draw closer to our Lord and celebrate His Resurrection in a new and glorious way!
A Weekend with EIKONA

Eikona (pronounced ee-ko-na), is a three-sister ensemble who chant Byzantine-styled Hymns and sing Contemporary Christian Music. Rooted in the Greek Orthodox Church, their music preserves, shares and promotes centuries’ worth of rich, musical tradition of hymns and psalmody. Their angelic voices have been heard in services and homes around the world and continue to inspire, encourage, and excite countless people.

SCHEDULE OF EVENTS:

FRIDAY, MARCH 13

6:00pm EIKONA will chant the 2nd Salutations Service
7:00pm Fr. Mark Leisure will talk about the miracles of the Kardiotissa Icon followed by the Paraclesis Service and Anointing with Holy Myrrh
9:00pm High School GOYA Overnight Retreat with the icon

SATURDAY, MARCH 14

9:30am-12:30pm A Great Lenten Retreat led by EIKONA
9:30am Morning Prayers w Kardiotissa Icon
10:00am Experiencing and Understanding Orthodox Worship
11:00am Philoptochos Sponsored Event:
* Decluttering and Simplifying Our Lives

5:00pm Great Vespers chanted by EIKONA
5:45 Wine and Appetizers w Music by Tony and Nike Beaudry
6:00pm - A 60 minute CONCERT of uplifting EIKONA Christian Songs

SUNDAY, MARCH 15

8:15am EIKONA will chant Matins followed by the Divine Liturgy

On this Sunday we will also honor Jimmy Milios for his 65 Years of Chanting in our Church!!!
**The Miraculous Kardiotissa (Tender Hearted) Icon of the Virgin Mary**

6:00pm, Friday, March 13th

during the 2nd Salutations Service

7:00pm Fr. Mark Leisure will share stories of the miracles that God has performed through this wondrous Icon

7:30 Paraclesis Service and anointing with holy oil

Come and Encounter the Presence of God!

Invite a Friend to come experience a Miracle!

---

**MIRACLES OF THE TENDER-HEART “MYRRH STREAMING” ICON**

Since 2011, God has worked through the Kardiotissa (Tender Heart) miraculous icon to touch countless people, to heal numerous seriously ill faithful, and to bring others to a stronger faith. The following stories were shared back in 2015 when a group from our church visited St George Orthodox Church in Taylor, PA to see this icon for the first time. Two years later Fr. Mark Leisure brought this icon to visit our Church. We have the blessing to receive this icon once again in honor of our Church’s 100th Anniversary celebration year.

A man had a massive heart attack while in the church. Two nurses who were present rushed over to him and began to do CPR, while others called 911. As the nurses tried to revive him, he showed no pulse, stopped breathing and actually died. While waiting the few minutes for the ambulance to arrive, Fr. Mark Leisure, the priest of St. George Orthodox Church in Taylor, PA took the Kardiotissa, “The Tender Heart” myrrh-flowing, miraculous icon of the Virgin Mary and held it over the man so that the fragrant myrrh would drip from the icon onto the chest of the man. Immediately, the dead man took a deep breath, opened his eyes, and began singing “Mary, Mother of God Save Me.” By the time the paramedics arrived, he was sitting up and didn’t think he needed to go to the hospital.

The doctor at the Sloan Kettering Cancer Center tells the woman she has Stage 4 cancer, and there is no treatment that will help her condition. They tell her that they can control her pain, but she has little time to live. With little hope, she leaves the hospital. Yet a friend anoints her with the fragrant myrrh flowing from the Kardiotissa icon. She is miraculously healed. The next time she goes to the doctors and gets checked, they are puzzled and amazed that there is no trace of her cancer.

Over the past four and a half years, these miracles have happened again and again – with people find...
continued from page 11

ing healing from prostrate cancer, liver cancer, throat cancer, lung cancer, brain lymphoma, and almost every other form of cancer. There is even one oncologist who now, along with his medical treatment, directs his patients to visit the St. George Orthodox Church in Taylor, PA and be anointed by this miraculous myrrh.

One man had a ruptured brain aneurism. While in the hospital’s ICU, he was in a coma with no hope for recovery. The doctors told the wife and family to say their goodbyes. A friend of the family knew a priest who had seen the Kardiotisa icon and had a cotton swab with the myrrh. He came and anointed the man, and the man awoke from the coma, healed. The doctors couldn’t explain what happened.

A woman couldn’t see through her pregnancies. Four times she became pregnant, only to have her baby miscarried at a particular point in the pregnancy. There was a problem where the stem that connected the spinal cord and the brain, and this caused the miscarriage. During her fifth pregnancy, before she went to the doctor for an ultrasound, she was anointed with holy myrrh from the icon. In the ultrasound picture, which we all saw, there was an obvious light that had connected the brain with the spinal cord. The doctor and nurses said they had never seen anything like this before. The woman gave birth to a healthy child.

A young boy is rushed to the hospital with a 105 temperature. There is swelling of the brain and nothing seemed to be working to lower his temperature. His grandfather remembered that she had an old cotton swab from the miraculous icon in her purse. When she pulled it out, it was dry. And yet, she took it and tried to anoint her grandson, asking for the Virgin Mary’s intercession. Shortly thereafter, the boy’s temperature broke and he sat up. The next day, she took out the dry cotton swab again, and discovered that it was now soaked with myrrh and had even formed itself into a heart.

A young 14 year old girl had tried to commit suicide several times, and fallen into utter despair because of the bullying, ridicule and pain she experienced at school. While at a Church Camp near Pittsburgh, she encountered the grace of God through this miraculous icon, and found inner healing and hope. Months later she wrote the most beautiful four page letter to Fr. Mark, which he read to us, describing how her life has turned around by her experience with the Kardiotisa icon.

Every Wednesday night for the past four and a half years, Fr. Mark and his community offered a special prayer service to the Virgin Mary in front of this icon. Every Monday night, Fr. Mark has a Questions and Answer session in his church. Hundreds and hundreds come every Wednesday. Several dozen come each Monday asking questions. One stranger began to attend on Mondays, and at one point stood up and said, “These icons in the Church are against Allah. They are idolatry.” He argued that Allah was not pleased with these icons. After attending for a few weeks, this man from Iran finally approached the icon. Fr. Mark admitted that everyone was tense because he wasn’t sure what the man was going to do. Over the past three years, Fr. Mark has seen someone pull out a knife and try to stab the icon; others have tried to smash it; some have spit on it; and one person even vomited over the protective case. The man from Iran approached and stood motionless in front of the icon covered with fragrant myrrh. Fr. Mark said the man was like in a trance, and it seemed like a battle was going on in his mind. Slowly a tear formed in his eyes, and he began to cry. He kissed the icon. As he walked out of the church, he stopped by the candle stand and wrote something in the sand in Arabic. Since no one could read Arabic, the priest took a picture of what he wrote and found someone to translate it. The man wrote, “Jesus Christ is Lord.” Months later this man was baptized and is now a pious Orthodox Christian.

Bishop Gregory of Nyssa, the head of the Carpatho-Russian Orthodox Archdiocese under whom St. George Church lies, worked for more than 20 years in the field of Cardiovascular Research at Carolinas Medical Center in Charlotte, NC. He has authored or co-authored more than 100 articles, abstracts and book chapters. When he first saw the
icon, Fr. Mark shared how the bishop sat in front of the icon for an hour crying and saying, “My scientific mind cannot grasp how this is happening. How an icon painted on wood can exude myrrh. Yet my mind of faith gives glory to God for this miracle.”

Our God is a God of wonders and miracles. He is not bound by the very laws of nature which He Himself has established. Sometimes in our contemporary, secular and materialistic world we try to insist that science and reason are the only source of truth. The Church honors and appreciates science and reason, yet we know that the Creator of all stands above all. We can never try to limit or keep God confined within our own boundaries. The miracle of the Kardiotisa icon is just one small example of the unfathomable mysteries of life and of the Creator of Life, God Himself! Sometimes we can only observe in awe and wonder, and give glory to God for the way He reveals His majesty!

Ultimately, witnessing such a miracle is a sign from God that He is present in our midst, and He and His Mother are watching over us. Witnessing such a miracle won’t necessarily change our lives, but offers an answer to the skepticism and doubts which constantly assail us in our daily lives. It remind us that God is real and still active in our world. After seeing such a miracle, our challenge will be to take more seriously our spiritual disciplines and seek out God each day.

Glory to God for all things!

---

**New Lenten Small Group Discussion and Movie**

**“BECOMING TRULY HUMAN”**

**Saturdays**

March 21, 28, April 4

5:00pm-7:00pm

Vespers followed by a Simple Lenten Meal, Movie and Discussion

Do you ever wonder, “How do you know there’s a God?”

25% of U.S. Adults have No Religious Affiliation.

Many of us have doubts about the religion of our childhood. Hear the stories of eight people who are caught in the tension between belief and doubt and join the discussion.

George and Annalisa Dunning will lead the discussion.

Come and Join us!!!
Dear Beloved Parishioners

Our Church will once again send a MISSION TEAM TO MEXICO to serve our Lord Jesus Christ and His Church in a cross-cultural setting. This will be the Ninth TIME our Church will send such a group. We are sending a team of 25 participants. 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 16-22, 2020.

Our primary goal will be to help construct a home for a needy family in Rosarito. Over the entire summer, Project Mexico will be building 30+ homes. We will also spend time with the teenage orphans at the St. Innocent home, as well as spend time with the local people we meet.

In order for our group to participate in this mission trip, WE ARE RAISING $25,000, 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 make 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

SUPPORT OUR PROJECT MEXICO TEAM

 HOW TO FAST:
+ Fast from judging others;  
  Feast on Christ in others.
+ 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 God’s beauty
+ Fast from words that pollute;  
  Feast on words that bless.

How to Fast:
+ Fast from judging others;  
  Feast on Christ in others.
+ 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 God’s beauty
+ Fast from words that pollute;  
  Feast on words that bless.

Two Lenten Retreats for our Youth

HIGH SCHOOL TEEN OVERNIGHT RETREAT
With the Kardiotissa Icon
9:00pm March 13 to 9am March 14

YOUTH (ages 8-14) OVERNIGHT RETREAT
5:00pm March 27  
To 11:00am March 28

How to Fast:
+ Fast from judging others;  
  Feast on Christ in others.
+ 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 God’s beauty
+ Fast from words that pollute;  
  Feast on words that bless.
Join us for

HABITAT FOR HUMANITY

HELPING TO BUILD A HOME IN WORCESTER

8am-4pm
Saturday, March 28

We have 9 volunteers and can accept 3 more to serve from. Contact Fr. Luke.

LEARN HOW TO MAKE PROSFORO

For anyone interested in learning how to make the Holy Bread which is used for Holy Communion at each Divine Liturgy.

Come and Join Anna Thomas and Learn how to make this Holy Bread.

9:00am, Saturday, March 21st

100th Anniversary Dates to Remember

In June:
Getting to Know our Neighbor Dinner

In July:
Indian Princess Greek Night

***Nov 14, 2020
100th Anniversary Gala Dinner at the Mansion at Bald Hill in Woodstock, CT

Triumph of Orthodoxy Vespers

Saint George Antiochian Orthodox Cathedral
30 Anna St, Worcester, MA

Saturday March 7, 2020 6:00PM

Bishop JOHN of Worcester preaching
Don’t miss this Lenten event!

The Feast of Orthodoxy (also known as the Triumph of Orthodoxy) is celebrated on the first Sunday of Great Lent (six Sundays before Pascha) in the liturgical calendar of the Eastern Orthodox Church. The Feast is kept in memory of the final defeat of Iconoclasm and the restoration of the icons to the churches. All Assembly Bishops and Clergy are invited to serve
LIVING BREAD LUNCHEON

12:30-1:30pm, Saturday, March 7

This Month’s Luncheon is offered in loving memory of

PAUL APOSTOLOS XANTHOPOULOS

By his wife Eleni and daughters Sophia, Alexandra, and Connie

You can honor a special person or offer the meal in loving memory of a beloved one for a $400 donation (which will feed 120 people)

LENTEN SERVICES

FORGIVENESS VESPERS
6:00pm, March 1

GREAT COMPLINE
6:30pm March 2, 9, 16, 23, 30

PRE-SANCTIFIED LITURGIES
(followed by a Pot-Luck Dinner and the Drive Thru Video Bible Study)
Every Wednesday, 6:00 pm
March 4, 11, 18

SALUTATIONS SERVICE TO THE VIRGIN MARY
Every Friday, 6:30pm
March 6, 13, 20, 27

THE ANNUNCIATION
March 25
Matins 8:45
Divine Liturgy 9:30

WEEKLY SMALL GROUPS

Wednesday Bible Study 10:00am

Wednesday Evening Bible Study 7:00pm

Saturday after Vespers at 5:30pm
(This is a new small group who will watch a video and then have a discussion)

SACRAMENT OF CONFESSION

The Sacrament of Confession has always been a central part of a serious Orthodox Christian’s journey in Great Lent in preparation for Pascha.

Anyone interested in participating in this Sacrament of Confession and Reconciliation should talk with Fr. Luke to set a time either before or after one of our Lenten Services.

We also have Fr. Ephraim Peters who is with us during the weekday Lenten Services. He would be glad to hear any confessions as well.
COFFEE FELLOWSHIP SERVING GROUPS

Mar 1- Christine Kiritsis, Charlotte Neslusan, Brenda Romillard, Chris Dillon
Mar 8- Donna Cooney, Leah Didonato, Rena Klebart, Betty Tonna, Atsede Tsegaye
Mar 15 - Thomai Gatsogiannis, Trish Lareau, Deb Raymond, Vange Wilson, Alexandra Koulax
Mar 22 - Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi
Mar 29 - Christine Kiritsis, Charlotte Neslusan, Brenda Romillard, Chris Dillon

USHERS & GREETERS SCHEDULE

March 1 Arthur Bilis, Chris Geotis, Thomai Gatsogiannis, Trish Lareau
March 8 Marie McNally, Matt Benoit, Lisa Healy, Nick Seferi
March 15 - Neal Neslusan, Jimmy Karapanos, Brenda Romillard Tatyana Zhuk, Mike Chito
March 22 - Nicoleta Cojocaru, Chris Dillon, Jared Quill, Bill Thompson
March 29—Arthur Bilis, Chris Geotis, Thomai Gatsogiannis, Trish Lareau

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!!!

Mar 1 – Lisa Healy, Marie McNally, Trish Lareau
March 8 Charlotte Neslusan, Evis Jordanoglou, Dolly Sosnowski, Annalisa Dunning
Mar 15– Lynn Purcell, Rayne Purcell Sophia Foisy, Kelly Vosnakis
Mar 22 - Titi Chito, Rina Gouritsas, Pres. Faith Veronis, Stephanie Quill
Mar 29 – Sandi Kunkel, Evelyn Pappas, Gulapka Kostovski, Betty Tonna
Apr 5 – Kathy Bilis, Marie Monroe, Eleni Gouritsas, Tina Collelo
Apr 26 - Leah Didonato, Mary Seferi, Olga Pouloukhine, Vasiliki Zahariadis
May 3- Sara Darlagiannis, Sissy Darligiannis, Helen Constantine Alexandra Koulax

YOUTH EPISTLE READERS

Mar 1 - Kiera MacKenzie
Mar 8 - Lily Mueller
Mar 15—Kara Bilis
Mar 22 - Helen Dunning
Mar 29 - Zach Beaudry
April 5 - Panayota Veronis
April 12 - Maia Beaudry
Remembering Our Church Family

**Important Dates in MARCH:**

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

**BIRTHDAYS:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 1</td>
<td>Amber Kelly</td>
</tr>
<tr>
<td>March 4</td>
<td>Nicholas Adamopoulos</td>
</tr>
<tr>
<td>March 5</td>
<td>Susan Rivelli</td>
</tr>
<tr>
<td>March 8</td>
<td>Lorraine Vesho</td>
</tr>
<tr>
<td>March 8</td>
<td>Tasi Vriga</td>
</tr>
<tr>
<td>March 10</td>
<td>Grady Ross</td>
</tr>
<tr>
<td>March 13</td>
<td>Marie Monroe</td>
</tr>
<tr>
<td>March 13</td>
<td>Nike Raymond</td>
</tr>
<tr>
<td>March 17</td>
<td>Liberty Brassard</td>
</tr>
<tr>
<td>March 18</td>
<td>Audrey Neeland</td>
</tr>
<tr>
<td>March 21</td>
<td>Betty Tonna</td>
</tr>
<tr>
<td>March 22</td>
<td>Brenda Romillard</td>
</tr>
<tr>
<td>March 22</td>
<td>Gail Avlas</td>
</tr>
<tr>
<td>March 22</td>
<td>Jessica Awad</td>
</tr>
<tr>
<td>March 24</td>
<td>Jordan Bouthillier</td>
</tr>
<tr>
<td>March 25</td>
<td>Mary Fatsi</td>
</tr>
<tr>
<td>March 25</td>
<td>George Milios</td>
</tr>
<tr>
<td>March 28</td>
<td>Hanna Kunkel</td>
</tr>
<tr>
<td>March 28</td>
<td>John Grzyb</td>
</tr>
<tr>
<td>March 28</td>
<td>Lisa Healy</td>
</tr>
<tr>
<td>March 31</td>
<td>Rayne Seraphim Purcell</td>
</tr>
</tbody>
</table>

**NAMEDAYS:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 25</td>
<td>The Annunciation</td>
</tr>
<tr>
<td></td>
<td>Evangelos Moutoudis</td>
</tr>
<tr>
<td></td>
<td>Evangeline Wilson</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 26</td>
<td>Archangel Gabriel</td>
</tr>
<tr>
<td></td>
<td>Gabriela Ross</td>
</tr>
</tbody>
</table>

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

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

- **Lenten Alter Flowers** - $40/wk
- **Friday Salutations Flowers** - $30
- **Cross Sunday Flowers** - $75
- **Incense** (for a year) - $200
- **Charcoal for (one Year)** - $150
- **Altar Candles (for a Year)** - $100
- **Garland at Entry of Church** - $40
- **Palm & Trees Palm Sunday** - $200
- **Bridegrooms Icon Flowers** - $40
- **Unction Supplies** - $50
- **Holy Thursday Candles** - $40
- **Holy Thursday Flower Crown** - $100
- **Holy Friday Epitaphio Candles** - $40
- **Holy Friday Epitaphio flowers** - $800
- **Holy Saturday Rose Petals** - $75
- **Holy Altar Easter Arrangement** - $200
- **Resurrection Candle** - $130
- **Resurrection Icon Flowers** - $50
- **Circular Resurrection Icon Flowers** - $75
- **Easter Pew Flowers** - $130
- **16 White Lilies for Easter** - $40 /ea
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!

SAVE DATES FOR SUMMER

Vacation Church Camp
June 21-25

Project Mexico
July 16-23

MBC Summer Camp
Week 4 - July 27-Aug 2
(sign up ASAP because this week fills up quickly. Go to www.mbcamp.org)

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!

Robert J. Miller, Inc.
Funeral Services
366 School Street
Webster, MA 01570
Tel. (508) 943-0045
ROBERT J. MILLER Toll Free 866-360-0045
Funeral Director Fax (508) 943-3163
Email: miller.funerals@verizon.net   www.rjmillerfunerals.net

Point Breeze
Your Restaurant on Webster Lake
114 Point Breeze Road
Webster, MA

Shaw-Majersik
Funeral Home
48 School Street
Webster, MA 01570
tel: 508-943-6278
Because We Care
Richard D. Majersik, Director
www.shaw-majersik.com

Dudley - Auburn - Blackstone

Lilium
86 Main Street
Danielson, Conn. 06239
(860) 774-5395

Dippin' Donuts
Quality You Can Taste!

Lake Pizza & Restaurant
39 Thompson Road

Park 'n Shop
Supermarkets

The Foundation Chiropractic Inc.
46 Austin Street, Suite 101
Newtonville, MA 02460
(617) 332-1877
Hello@TheFoundationChiropractic.com
TheFoundationChiropractic.com

Dudley - Auburn - Blackstone

Thank You to those who sponsor our monthly bulletin!

Robert J. Miller, Inc.
Funeral Services
366 School Street
Webster, MA 01570
Tel. (508) 943-0045
ROBERT J. MILLER Toll Free 866-360-0045
Funeral Director Fax (508) 943-3163
Email: miller.funerals@verizon.net   www.rjmillerfunerals.net

Point Breeze
Your Restaurant on Webster Lake
114 Point Breeze Road
Webster, MA

Shaw-Majersik
Funeral Home
48 School Street
Webster, MA 01570
tel: 508-943-6278
Because We Care
Richard D. Majersik, Director
www.shaw-majersik.com

Dudley - Auburn - Blackstone

Lilium
86 Main Street
Danielson, Conn. 06239
(860) 774-5395

Dippin' Donuts
Quality You Can Taste!

Lake Pizza & Restaurant
39 Thompson Road

Park 'n Shop
Supermarkets

The Foundation Chiropractic Inc.
46 Austin Street, Suite 101
Newtonville, MA 02460
(617) 332-1877
Hello@TheFoundationChiropractic.com
TheFoundationChiropractic.com
<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>
</table>
| **1 Forgiveness Sunday**  
8:30 Matins  
9:30 Liturgy w 1 Year Memorial Paul Xanthopoulos  
6:00 Forgiveness Vespers | **2 CLEAN MONDAY**  
(Beginning of Great Lent)  
6:00pm Philoptochos Meeting  
7:00pm Great Compline | 3 | 4  
10am Bible Study  
6:00 Pre-Sanctified Liturgy w Pot-Luck Dinner and Bible Study | 5 | 6 | 7 3rd Saturday of the Souls  
8:45 Matins  
9:30 Liturgy w Memorial  
12:30 Living Bread Luncheon  
6:00 Vespers at St George |
| 8  
8:30 Matins  
9:30 Divine Liturgy w 40 Day Memorial for Hariklia Milios  
7pm AA | 9 | 10 | 11  
10am Bible Study  
6:00 Pre-Sanctified Liturgy w Pot-Luck Dinner and Bible Study | 12 | 13 Visit of the Kardiotissa Icon and EIKONA  
6:00 2nd Salutations Service  
7:00 Fr Mark stories of Icon  
7:30 Anointing w Oil and Paraclesis | 14  
9:30-12:30 Retreat w Eikona  
9:30 Prayers w Icon  
5:00 Vespers w Eikona  
5:45 Appetizers  
6:30 Concert w Eikona |
| 15  
8:15 Matins  
9:30 Divine Liturgy sung by EIKONA and Honoring Jimmy Milios for 65 Year Chanting  
7pm AA | 16 | 17 | 18  
10am Bible Study  
6:00 Pre-Sanctified Liturgy w Pot-Luck Dinner and Bible Study | 19 | 20 | 21  
9am Prosforo Making Lesson w Anna Thomas  
5:00 Vespers w Dinner  
6:00 Becoming Human Small Group |
| 22  
8:30 Matins  
9:30 Divine Liturgy  
7pm AA | 23 | 24 | 25 **Annunciation**  
8:45 Matins  
9:30 Divine Liturgy | 26 | 27 | 28  
Lock-In Youth Retreat Ages 8-14  
6:30 4th Salutations Service  
8am Habitat for Humanity Build |
| 29  
8:30 Matins  
9:30 Divine Liturgy  
7pm AA | 30 | 31 | April 1  
10am Bible Study  
6:00 Pre-Sanctified Liturgy w Pot-Luck Dinner and Bible Study | April 2 | April 3 | April 4  
12:30 Living Bread Luncheon  
5:00 Vespers w Dinner  
6:00 Becoming Human Small Group |
| 30 | 31 | April 1 | April 2 | April 3 | April 4 | 12:30 Living Bread Luncheon  
5:00 Vespers w Dinner  
6:00 Becoming Human Small Group |
WHY THE SACRAMENT OF CONFESSION?

“If God forgives us for our sins when we confess, why do we need to participate in 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 always ready to hear our personal confession, 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 and ask for His forgiveness for the countless ways we turn away from Him. Many times, however, we don’t even know or understand our own sins. We also too easily dismiss our sins without sincerely repenting or changing. This is where the Mystery/Sacrament of Confession can help us.

In Holy Confession, we confess before an icon of Christ, which represents Christ Himself, 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 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 the penitent see and understand their sins, and then guides them 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 an appointment with Fr. Luke or some other priest during the Lenten season, and participate in the Sacrament of Confession this Lent