Each day we have a choice to make when we wake up - will we express gratitude and thanksgiving to God for this particular day with all the blessings that await us, or will we choose to focus on the problems and uncertainties of life, allowing our particular worries to control our worldview?

We all know positive and uplifting people who live life with a grateful, vibrant spirit and thus, radiate contagious joy, inner contentment and a deep happiness. These people encourage, build up and nourish all those whom they encounter. They stand in stark contrast to others who choose to focus on the negative, who complain about the unfairness of life, grumble about all that they don’t have, and who drain the spirit out of life.

We must realize, though, that the choice we make each day clearly reflects the authenticity of our relationship with Jesus Christ and our understanding and living out of our Orthodox Christian faith. To live in Christ, and have His Spirit dwelling within us automatically implies a life of gratitude and thanksgiving!

If we strive to walk with our Lord, from the moment we wake up until the end of each day, and consciously try to dwell in His loving presence, our entire outlook in life cannot but be one of appreciation and gratefulness.

We have our loving, merciful and compassionate Creator and Father watching over us, walking with us, guiding us in all our steps, carrying us when we are tired or afraid, comforting us in our moments of distress, and ultimately filling us with His abundant Spirit and continual presence. If we understand and believe all of His precious promises to us, His beloved children, how can we not express unceasing gratitude and thanksgiving for all life brings!

Our Christian faith proclaims Good News of God’s unconditional, unending, personal love - a divine love which surpasses all other blessings. A love that forgives us our countless and continual sins. A love that values us and cherishes us in our uniqueness. A love that heals us from our deepest brokenness, loneliness and illness.
The mission of Sts. Constantine and Helen Church is to proclaim the Good News of Salvation through the Orthodox Christian Faith for the glory of our Triune God - Father, Son and Holy Spirit.

We are a community of believers who journey towards our Lord Jesus Christ and one another through our WORSHIP, FELLOWSHIP, SPIRITUAL GROWTH, WITNESS, and SERVICE. We invite all people to join us on this journey in the Kingdom of Heaven.

We are under the jurisdiction of
His Holiness, Ecumenical Patriarch Bartholomew
His Eminence, Archbishop Demetrios of America
His Eminence, Metropolitan Methodios of Boston

Father Luke A. Veronis
Telephone: (508) 949-7623 (h)   (774) 230-6985 (cell)
email: frlukeveronis@gmail.com

2015 PARISH COUNCIL

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Bookstore: Lorna McWilliams
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A love that doesn’t abandon us in our final moments of life and death, but give us hope and even victory over death itself. A love that continues into eternity!

When we understand our Christian faith, and sincerely strive to walk with Jesus Christ and allow His Spirit to dwell richly within our hearts and minds, a positive and grateful attitude becomes a beautiful and apparent fruit of our faith.

Saints throughout history displayed this joyous and gracious spirit despite any and every injustice, difficulty, and challenge they faced. They understood the fundamental element of an authentic Christian life - that God is with us always, and will never abandon us. Nothing can separate us from the love of Christ! And understanding this created a grateful heart!

The Apostle Paul was one who was unjustly beaten, imprisoned, ridiculed, rejected, and often near death, for no other reason than he tried to share the good news of Jesus Christ with others. At one point in his life, he even wrote, “we were burdened beyond measure, above strength, so that we despaired even of life. Yes, we had a sentence of death in ourselves.” His situation, though, didn’t lead him to despair or become pessimistic. In fact, the opposite occurred, where his spirit of gratitude only increased.

He writes, “We learned not to trust in ourselves but in God who raises the dead, who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us.” (2 Corinthians 1:8-10)

St. Paul had every logical reason to complain and pessimistically look at life. Instead, he chose to allow every situation to draw him closer to God, trusting in our Lord’s merciful compassion and abundant grace. He could tell his fellow Christians to “Rejoice in the Lord always. Again I say rejoice!... For I have learned in whatever state I am, to be content: I know what it is to have nothing, and I know what it is to have much. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me... And my God shall supply all our needs according to His riches in glory by Christ Jesus.” (Philippians 4:4,11-13, 19)

St. Paul even thanks God for “a thorn in the flesh, a messenger of Satan which buffeted me,” because he learned the invaluable lesson that “God’s grace is sufficient for me, and God’s strength is made perfect in weakness.” (2 Corinthians 12:7-9)

St. John Chrysostom, who preached before thousands of people who loved him as the Bishop of Antioch back in the 4th century, and then reached the highest position in the Church as the Archbishop of Constantinople, ended his life in exile when the Byzantine Empress turned against him. He was forced to march through the bitter winter snows to his death, and yet the last recorded words of his were, “Glory to God for all things!” Despite his situation, he understood that “in all things God works together for good to those who love Him,” and thus, he could face his suffering end even with gratitude and thanksgiving!

As we approach and celebrate our national holiday of Thanksgiving this month, it’s a great time to reflect on what role gratitude plays in our daily lives, and think about how we can make thanksgiving a more central part of who we are.

One simple yet powerful habit each of us can begin with is to start our day with an attitude of gratitude. Before we get up out of our bed each morning, let’s make our cross and then thank God for 10 things in our lives. Each morning throughout the week, try to thank God for 10 different things. If we begin each day and week in this manner, it will help cultivate and nourish that spirit of thanksgiving and gratitude.

With love and gratitude in our Lord Jesus,

+ Fr. Luke
"I knew a brother, who for six hours brought his mind down into his heart and did not permit it to go out from the ninth hour of the afternoon (about 3:00pm) until the third hour of the night (about 9:00 pm)." This quote from Elder Joseph the Hesychast, referencing himself in a letter he wrote, represents the realities of a pure, disciplined, and undistracted mind and a holy heart to receive and experience true prayer.

When looking at the realities of our 21st century - with our over-informed, and technology hungry minds - we see that we are literally worlds apart from the Elder, at least for the majority of us. Living in the world, it is very evident that we cannot be expected to have a prayer life of that of a holy monk on Mt. Athos, but we do need to honestly consider how to cultivate a prayer life that allows us to truly connect with God and be filled by His grace.

In analyzing our contemporary life it is very apparent that much of our mental energy circles around the use of technology. Our beloved technology that we have in our pockets, in the airwaves around us, and present in every room of our homes is always near. Not only is our technology becoming companions in daily life, but technology is becoming so attached to us that not having them present all the time makes us feel like we have lost a limb. With such a deep connection to our technology as the lifeblood of our modern lives, what effect does that have on our mind and prayer life? The dependency on technology in our fast paced world is subtly changing our ability to focus and be at peace, resulting in an inability to deepen our prayer life.

To understand how society got to the level of dependency we are at today it is important to see the technology trends over the last several years. Conventional wisdom, along with the latest catchy Apple advertisements, clearly point out that technology has grown and matured rapidly, but do we really understand how fast things have actually changed?

Looking at three foundational technologies, the statistics of growth are astonishing. First, internet adoption (people previously not using the internet becoming an internet user) rates have seen a mind blowing increase over the last 20 years. Starting at approximately 16 million users at the start of 1995 to an estimated 3,079 million users, we have seen a growth of approximately 19,100% growth. Second, smartphone adoption has skyrocketed as well with an approximate growth of 62 million from 2010 to a projected 220 million (approximately 254% growth) by 2018. Third, we see social networking user growth from 2005 to 2013 in all adult ages, excluding 65+, increased by over 50%.

If we are trying to pray with our phones buzzing, thoughts on what is happening in cyberspace filling our minds and increasing anxiety the longer we are away from our technology, then how can we be able to have a fruitful prayer life?
It is very evident that our accelerated expansion of technology would equally translate into an increased use of technology in our regular life. With virtually everything being ‘paperless’ or moving to mobile apps, we see scary trends of how much time people are spending in front of screens as shown in a study from 2008 to 2015 (year to date) estimating the average US adult spending upwards of 5+ hours on digital media per day. Examining our own life we will quickly see that between work, time at home, interacting with friends, and nearly everything in between involves direct use or close proximity of technology in some form.

It is clear that technology is intimately integral to our daily life, but what is the impact of this on how we act and think? In Dr. Larry Rosen’s book iDisorder, he gives us a glimpse at how our behaviors and thought processes are modified through this reliance on technology. Dr. Rosen draws upon various studies and experiments about the psychological impact on human thought and behavior, specifically through a lens of common psychological disorders such as Narcissism, ADHD, obsessive compulsive personality disorder, etc. In light of the underlying goal for this paper, the focus will be on three key disorder themes presented in the book caused by technology: distraction, lack of ability to focus, and anxiety.

Looking first at distraction and the inability to focus, Dr. Rosen references research looks at the effect of instant messaging (IMing) on college students and how it relates to a student’s ability to maintain attention and focus on academic tasks and reading. The results showed a very significant correlation between the students’ ability to focus on academic tasks while being interrupted by IMing and mentions that this can influence a person’s cognitive style to shift more towards a short and shifting attention. IMing — being a ‘hot’ technology back in late 90’s early 2000’s — had some initial inherent limitations for people in that users needed to be at their computer with an internet connection.

Today, between the texting, Facebook updates, tweets, and emails, we face many interruptions. Additionally the previous inherent limitations have been lifted so that all of us can be distracted and interrupted in anything we are doing at any time thanks to the smart phone in your pocket and the all-present cell coverage. Beyond the obvious direct impacts by our vibrating or chirping phones, we are constantly distracted by thoughts about what is happening when we aren’t looking at our phone, which leads to the next disorder theme, anxiety.

Dr. Rosen conducted research in a cross-generational study exploring anxiety levels and how often people check their technologies. It looked specifically at how often people check in with their technology ranging from every 15 min to ‘all the time’ and if you feel highly or moderately anxious if you are not able to check in as often as you like. The results unveil two interesting and sadly unsurprising facts.

Looking back at the opening quote we see Elder
PRAYER AND TECHNOLOGY

Continued from page 3

Joseph being able to not only focus on prayer for six hours straight, but also being free from distraction and anxiety being completely absorbed in genuine pure prayer of the nous. “A person’s salvation depends on prayer, for this is what unites him with God and brings him near God,” Says Elder Ephraim.

Prayer is a sacred activity that requires us to focus on God and fight against distractions with the byproduct of acquiring peace. If we are trying to pray with our phones buzzing, thoughts on what is happening in cyberspace filling our minds and increasing anxiety the longer we are away from our technology, then how can we be able to have a deep and fruitful prayer life?

At this point I want to make clear that I am not a technology hater. In fact I’ve worked in technology for the last 10 plus years of my career, and I’ve seen technology do amazing things to transform business, people’s lives, and even aid the Church. The main challenge we face with technology today is using it in moderation and being conscience of the effects it has on all aspects of our lives.

Dr. Rosen lays out some good practical steps to us, so we can strive for balance and avoid extremes with technology. Prioritize activities, minimize distractions, establish ‘tech breaks’, learn what distracts your mind, and watch your stress level. In regards to prayer, minimizing distractions by disconnecting from technology and prioritizing a prayer rule is obvious, so I will not elaborate much on those steps. However, I do want to look at the other three collectively in regards to prayer. Additionally, what I write is not meant to be guidance on how to pray, but merely some practical strategies to lessen the impact of technology on your prayer life. Clearly the ascent to transformative prayer will undergo many demonic attacks and temptations, so let’s at least rule out things we can directly control such as technology.

First, it is important to know what distracts your mind the most. This requires honest introspection. What are those things you like to think about, good or bad, which captivate your attention and leave you analyzing and mulling things over in your mind without any effort? Most likely looking at your technology soon before focusing on prayer will engage you in one of those things and cause you to be distracted during prayer.

Next is the concept of a ‘tech break’ which is the idea of granting yourself the freedom to focus on a task, in our case prayer, cognitively knowing that when the break is over you can check all your technologies. This allows your mind to reduce its stress level about not constantly checking your technology since you have a plan to check later so you can focus on the task at hand. As shocking as it may seem to suggest fitting prayer into breaks between technology use, I would hope and pray that we would be working to live the reverse; fitting technology into our life of constant prayer. If
nothing else, the goal would be to have longer and longer breaks between using technology and thereby reduce the reliance upon checking them frequently.

Lastly, St. Theophan the Recluse says “Try to steady your mind, and then turn it away from all worldly activities and objects.” Having disconnected and put your mind at ease about your technology, take a few minutes to turn yourself upwards and away from the world around you. The hope would be that by disconnecting, refocusing, and removing distractions, one can attempt to pray without worldly anxieties.

As technology continues to grow and expand faster and faster we must continue to critically think about how technology impacts our mind and by extension our prayer life. If we do not stay conscience of the expansion of technology in our world and our use of it, we can quickly become over-reliant, causing negative impacts in our ability to have a genuine life of prayer. We must remember and be encouraged by contemporary saints, such as Elder Joseph, to see that despite all our technology, God is still near to us through prayer, and genuine undistracted prayer allows us to go deeper in knowing Him.

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**SERVING ON THE PARISH COUNCIL**

Every faithful baptized Orthodox Christian should make some effort of active commitment to the Church. One special way to act as a good steward of your time and talents is by serving on the Parish Council. This two year commitment is a way you can serve in the leadership of our Church Family and assist Fr. Luke in fulfilling the mission statement and vision of our Church.

The role of a Parish Council member is a sacred and spiritual task. Each Parish Council member is to act as an ambassador of Jesus Christ and offer a good witness of their Orthodox Christian Faith. In assisting in the administrative responsibilities of the Church, the Parish Council works hand-in-hand with Fr. Luke in strengthening the earthly ministry of God’s Holy Church.

One should run for the Parish Council out of a conviction that you want to glorify our Lord Jesus Christ through humble service to one another and to His Church. Any steward wishing to serve on the Parish Council, including those who are seeking re-election, should hand talk to our Nomination Committee.

Every candidate must:
- Live his/her life in accordance with the Faith and canons of the Church
- Attend a PARISH COUNCIL SEMINAR before Elections
- Be an UP TO DATE FINANCIAL STEWARD of the parish for at least one year preceding the date of the elections

If elected, a Parish Council member should:
- Attend divine service regularly
- Participate in the sacramental life of the Church
- Administer the affairs of the Parish in such a way as to aid Fr. Luke in the fulfillment of the Church’s ministry.

Parish Council Elections will take place December 13, with candidates giving their names by November 29.
Last Tuesday our house burned down. Fortunately, no one was in it—Presvytera and I were here in San Antonio—so what was lost was primarily memories. Over the years we had rebuilt that house, inside and outside. Presvytera drew the plans, our sons and I nailed up walls and siding, painted, cut intricate German designs in the cornices, wood-burned and painted messages of love on the cabinets and stove, and our oldest son built the writing studio himself, based on a sketch we made on a napkin at lunch. The little chapel where for years we held daily prayers, and where our son was married, is now nothing but ashes. The trees we stood under to watch the stars are gone. It’s hard to find where we buried our pets, or where children played.

Losses like this can seem like tragedies, but they are also invaluable lessons. St. Paul wrote that “we have here no abiding city” (Hebrews 13:14). When we cling to the things we collect in this life we set ourselves up for disappointment, because everything passes away. Houses can be lost in only a few minutes. In seconds we can lose life itself. Therefore, it is the loving memories that are important, the memories we make when we love others and, experiencing the wonder of the world around us, take time to thank God.

Tragedies really are opportunities to thank God. We are giving thanks today that no lives were lost. We give thanks for the years we had with our children. Our daughter writes that she would not have wanted to live anywhere else. We are laughing about our pet turkey, Cranberry, who would land on my shoulder when I called her; or the pet geese who bit our daughter-in-law every time she went outside; or the ram who tried to knock me flat when I ventured into the sheep pen. All of it was wonderful. All of it was a gift from God.

Fire also has a particular significance to us as Christians. God appeared to Moses in a burning bush. God led the children of Israel out of slavery with a pillar of fire. The Three Holy Youths were saved in the midst of a fiery furnace. And Christ taught that the Day of Judgment will be like an everlasting fire that consumes all that is evil, leaving only love which is eternal (see Isa 66:15 and, for instance, Mt 5:22).

The Apostle Paul taught that in this life, each one of us is building a house (1 Corinthians 3:10-15). This is the house of our own soul. We must be careful to build on the foundation of Jesus Christ, and we must take care to use the materials that will last. “Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, stubble—each one’s work will become manifest: for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any one has built on the foundation survives, he will receive a reward. If any one’s work is burned up, he will suffer loss, though he himself will be saved, but only as through fire” (1 Cor 3:12-15).

This means that every relationship we build with the love of God will last; and everything we do without that love will be lost in the Judgment. People who are not immersed in faith, in thanksgiving and praise to God, will find it painful to lose everything they thought they had. Gold, silver, precious stones all represent kindnesses to others, the precious gifts of the Holy Spirit, constant joy which comes from God. All those things are ours already in this life. But if we are identified with bitterness, complaint, back-biting and party spirit, we will suffer greatly both in this life and in the life to come. Walking through the ashes of our house, pulling out a precious piece of china that survived, I thought hard about these things.

It is for these reasons that I do not have time for “church politics as usual.” We do not have time in this life for arguments or complaints, for grasping after money or power or possessions. We have only a few moments, which must be used to enjoy the sweetness of life, and for love for God and the people whom God has put in front of us.
CHRISTMAS PRAYER CHAIN

During the first week of December, we will have a “24 Hour a Day Christmas Prayer Chain.” We are looking for 24 parishioners who will each commit to pray in their homes for one hour a day during the first seven days of December. Each parishioner will commit to pray at a different hour of the day and night. This means that at every moment from December 1-7, someone from our Church Family will be lifting up their voice in prayer, supplication, thanksgiving and praise to God.

The purpose of our Prayer Chain is twofold: First, to help the participants get into the real “spirit” of Christmas - one that helps us prepare to receive our Lord Jesus Christ into our lives anew. Second, to get our Church Family to pray for one another and all those who have any special needs. If you know someone who needs extra prayers, please give their names to Fr. Luke before December 1.

If you are interested in participating in this Prayer Chain by committing to pray for one hour a day in your home during each of the first seven days of December, please contact Fr. Luke. He will provide for you the prayers and the structure of how to pray for one hour.

PROJECT MEXICO MEETING

5:30PM SATURDAY, DEC 5

For anyone interested in participating in building a home for Project Mexico next summer (July 14-20), contact Fr. Luke. We need to put a deposit down by mid-December with names of who are interested in going. We hope to take a group of 15 to Mexico this Summer! Come Dec 5 to learn about this incredible experience!!!
Our next meeting is November 2nd at 6:00. In November we will do our Bakeless Bake Sale. Please see Leah Didonato or Thomai Gatsogiannis for any donations in lieu of baking. Thank you for your generosity in advance.

Our Christmas dinner will be held on Monday, December 14 in the church hall catered by Michelle. Dottie and Donna Cooney very generously are donating a Christmas tree for our dinner. We thought it would be nice if everyone brought an ornament to decorate the tree! Thank you so much Dottie and Donna!

Not much other news until we meet on the 2nd to finalize plans! See you then.

Please also send in your RSVP for our Ribbon Cutting Celebration on November 7th in our newly renovated hall. We want all our Philoptochos ladies represented at that dinner!

Have a healthy and Happy Thanksgiving!

Love,

Evelyn Pappas
Philoptochos President
Bridal showers, baby showers, birthday parties, Christenings, anniversary parties, weddings. These are celebrations that involve a gathering of family and friends of the person(s) to be honored.

It is an exciting and a happy time for all. Whether we are involved in the actual planning or not, the excitement starts once we hear about the event, or receive the invitation. We shop for a special gift so the person being honored can reflect back, remembering the event. Possibly we buy a new dress or suit to wear to the special event. We look forward to seeing people we haven’t seen in years. Relatives and friends may travel long distances to attend the special event. Sometimes the event is at the person’s house, or at a restaurant where we’ve never been. It doesn’t really matter because we are so excited for the person(s) who is being honored. We are even more excited that we can be part of this joyous event.

I recall my parents telling me stories of when they were young and life revolved around the Church. Not only was the Church a place of worship and learning, it was their place of socialization. Today, in our Church, we refer to each other as our “Church Family.” Whether we are blood relatives or not, we are a family. We’ve grown up together, our children have grown up together. We are here to support each other in times of sorrow, and in times of happiness! We come together on Sunday’s as a family to worship and give thanks to God for all our blessings. We celebrate each other’s birthday, nameday, anniversary by singing “God Grant You Many Years”.

On November 7th we have a special celebration, a celebration for our CHURCH! Just as if it was a celebration for a relative, as I mentioned above, our guest of honor is the center of our life. Our Ribbon Cutting event is a celebration that we all need to be part of because we are celebrating one of the most important gifts that God has given us, the gift of our Church. Where would we be without our Church? How appropriate is the timing of this celebration to have it during the time of Thanksgiving when we can all take a moment to thank God for our beautiful place of worship and the gifts he has given us to accomplish our goals. We have been so blessed through the renovations that our Church facilities have been updated and even expanded. It is as if we have a new Church! So now we can celebrate together, as a family. Years and years from now our grandchildren and great grandchildren will look back on this event and see their ancestors being part of a very important event.

As we look back at our ancestors and where they came from, what they did for the Church and where we have come in all these years, let us come together and be a part of this joyous event to make this celebration remembered for years to come. We really want and hope everyone who is connected to our Church will be present!

I look forward to seeing you all on Saturday November 7th.

May God Bless Us All

Lisa Healy
Parish Council President
A VISION FOR THE FUTURE

RIBBON CUTTING CELEBRATION
TIME CAPSULE DEPOSIT
& FUNDRAISING FINALE

with an Elegant, Delicious
Catered Dinner in our Newly Renovated Hall

6:00pm Saturday, November 7th

Celebrating our New Classroom Building,
Newly Renovated Hall and Entrance,
& Newly Renovated Church!

$40.00 per person for the meal

We hope that all 175 families in our Church
Family will come and
celebrate this special event!!!

Call our Church Office or see a Parish Council
Member to buy a ticket, or send in your RSVP card
and check by NOVEMBER 1st!
Join us in thanking God for the beautiful new
renovations and additions to our Church!
Fall Retreat

ADDITIONS AND PASSIONS
Understanding and Overcoming Them - What Every Family Should Know

FR DIMITRIOS MORAITIS
Father Dimitrios Moraitis has been serving the Orthodox Church for over 20 years. He has served as a priest at St Demetrios Church in Chicago, Sts Constantine and Helen in North Carolina, and for ten years at St. Paraskevi in Greenlawn, NY. In 2014 he became the head priest at St. Spyridon Worcester.

Fr. Dimitrios received his DMin from the Pittsburgh Theological Seminary and published his dissertation on “Addictions and Recovery.” He has spoken often on this theme and is passionate in helping those affected by addictions.

Fr. Dimitrios has also led 7 Project Mexico mission trips to help the needy build homes. He is married to Presvytera Flora and has two children.

9:00am-10:00am Divine Liturgy
(Presentation of Theotokos in Temple)

10:30am-1:00pm (2 Talks)

Saturday, November 21

Anyone impacted by addictions, whether personally or within your family, please come. Also, for everyone to learn about how we can help others with addictions.
We hope everyone in our Church Family will take part in our GALA RIBBON CUTTING CELEBRATION on SATURDAY, NOVEMBER 7, 2015, which will include an elegant and delicious catered meal in our newly renovated hall. During this dinner, we want to do three things:

**RIBBON CUTTING CELEBRATION:**

We want to thank God and celebrate the attractive renovations and building project that have taken place this past year. As everyone who has seen it can attest, our Church Sanctuary has been greatly beautified, our hall is like a brand new facility, we now have three additional classrooms and a handicapped bathroom in our new building, and the warm and welcoming outside entrance perfectly ties together our Church Sanctuary Entrance with the rest of the building.

**TIME CAPSULE DEPOSIT**

During this celebratory occasion, we have the special opportunity to place inside the wall of our new building a Time Capsule. Everyone should receive a letter and envelope in which we want every family to put a family picture, a letter to future Church members, a memory stick with a video of you speaking to future generations, or anything else which will fit flatly in the envelope. This time capsule will be opened at the Feastday Vespers of Saints Constantine and Helen on May 20, 2050!!! Please return this envelope by November 1st.

**FUNDRAISING FINALE**

We want to celebrate the success of our Capital Campaign, and thank all those who have given towards our goal of $750,000. We have raised $625,000 ($402,000 in cash and $223,000 in pledges) thus far from 28% of our Church members. **We would like everyone who is a part of our Church Family to take part in this Capital Campaign, in whatever way you can! Our goal is to have 100% participation from Church members.** Thus, we are asking everyone who has not yet given to please consider making a three-year pledge. We are hoping that

- Five Families make a $6,000 pledge ($2000/year for three years or $40/week)
- 10 Families make a $3,000 pledge ($1000/year for three years or $20/week)
- 60 Families will make a $1,000 pledge ($335/year for three years or $6.40 per week)
- You can make it easy with automatic online payments
- No amount is too little; Every amount will be appreciated. And everyone who gives to the Capital Campaign will be recognized.

You can bring your donation or pledge to the Church or you should have received a letter with an enclosed envelope to send in your donation to the Church office. **We are hoping to announce that by November 7th we have reached our goal of $750,000!!! Please help us reach this goal!!!**

Please RSVP to our celebration by November 1st! **We hope you will come November 7th. We have room for 170 people and we hope to fill up our hall!**

Please also put whatever you like in the Time Capsule envelope and return that to the Church before November 1st. Also, please prayerfully consider how you can participate in our Fundraising Finale, so that we can reach out goal and complete the final stage of our Renovation Project.
Our Youth “Fall Fest”

THANKSGIVING BASKETS

Help our Church give 15 Thanksgiving Baskets to needy families! Pick up a basket, and with another family, fill it up with delicious goods! Show your gratitude to God by sharing what you have with others!!! See Sophia Foisy or Pauline Mueller to sign up.

SPECIAL SUNDAYS

November 1
25 International Church Leaders Visit Our Church

November 7
Veterans Sunday
Let’s Welcome the Veterans Visiting our Church

November 15
Time Capsule Sunday for the Sunday School
A VISION FOR THE FUTURE
OFFERING A VIBRANT HOUSE OF FAITH AND
WORSHIP FOR FUTURE GENERATIONS

51 out of 175 Members of our Church Family have given thus far towards our Capital Campaign. Will you please prayerfully consider participating in this project to beautify our Church!

ARCHANGELS ($60,000 - 100,000)
- Charlie and Helen Pappas
- Emmanuel James Pappas

ANGELS ($50,000)
- In Honor of their parents Despina and Bill from the Condos Children (George, Lisa, Maria, Ann)
- Olga Pappas
- Sam and Evelyn Pappas

PRINCIPALITIES ($45,000)
- Sandi and Gerry Kunkel
- Stavros and Evangelia Pappas
- Mary Fatsi, Eleanor Teguis, Dina Teguis

GOOD SHEPHERDS: ($20,000 - 30,000)
- Michael and Titi Chito
- Neal and Charlotte Neslusan and Family
- Van Thomas
- The Foisy Family

TORCH BEARERS: ($10,000 - $15,000)
- Kiku Andersen
- Fr Luke and Pres. Faith Veronis
- Evangeline Wilson
- Anton and Nicoleta Cojocaru
- Steve, Chuck, Jimmy Pappas

BENEFACTORS: ($6000 – $9,000)
- Anonymous
- Richard and Sophia Bethune
- Leah Didonato
- In Honor of Demetrios and Hariklia Milios from Celia Milios
- Ted and Betty Tonna
- Harry/Tina Jordanoglou and Ron/Sandy Sanderson
- In Memory of Elizabeth Vriga from Tasi and Ted Vriga, Liz Pavlech and Lorraine Bahl

PATRONS: ($3000 - $5000)
- Dhimitra & Angelo Adamopoulos
- Anonymous

SUPPORTERS: ($1000-$2900)
- Pauline Angelo
- Ted Avlas
- Bill and Despina Condos
- Chris and Helen Constantine
- Nicholas and Bertha Constantine
- Said and Bozena Khozmani
- Alex and Chris Massie
- Georgia Metaxa
- Georgette Nicholopoulos
- Helen & Lou Nicozisis
- Aristotelis/Gloria Panagiotou
- Kosta Panagiotou
- Olga Petluck
- Jared and Stephanie Quill
- Paulette Steffa
- Antigone Steffa

FRIENDS: (Up to $999)
- Sophie Apostol
- John & Samantha Gatsogiannis
- Susan Emerson Hill
- Ernest & Zorra Karapanos
- Kaiden and Hanna Kunkel
- Zinos and Angeliki Mavodanes
- Chris & John Mayo
- Bob & Lea Miranda
- Irene Moutzouris
- George Nonis
- Elaine Patrinos
- Garry & Jaime Ross

Thanks also to Eric Beland, Tony Beaudry and

FUNDRAISING GOAL: $750,000  CASH Collected: $433,000  PLEDGED: $231,000
**Capital Campaign Giving**

65 families (51 out of 175 Church Members) have Contributed to our Capital Campaign

| GOAL:  |
| We want 100% Parishioner Participation | Presently: 29% of Parishioners Have Given | GOAL: $750,000 |
| $664,000 Pledged or Donated Thus Far! | ( 89% of our Goal!!) |

**REMAINING NAMING OPPORTUNITIES**

(A Donation over THREE years):

- Naming opportunity for Classroom Building at $45,000
- Stain Glass Windows in Interior of Church:
  - Large Interior South Wall $35,000
  - Half of Back Wall Window $10,000

**GOAL:** $750,000

**Presently:** 29% of Parishioners Have Given

( 89% of our Goal!!)

**Goal:** We want 100% Parishioner Participation

**Presently:** 29% of Parishioners Have Given

( 89% of our Goal!!)

**TIME CAPSULE DEPOSIT**

Open Date: AD 2050!!!

*We Want Every Family in the Church To Participate!*

We will be putting a Time Capsule in the walls of our new classroom building on Saturday, November 7th at our Ribbon Cutting Ceremony.

We would like EVERY FAMILY to put something in the Time Capsule for our future generations to read! We will mark the Time Capsule to be opened on the Feastday Vespers of Sts. Constantine and Helen on May 20, 2050. We want to include family pictures, letters, a memory stick with a video talking about what our church means to you, and whatever else we can offer to remind our children and future generations of who we were and the living Faith Community we have.

Everyone should have received a letter explaining this project, along with an envelope to return whatever you want to put in. Return it by November 1st.

**Plan on coming to our November 7th celebration so we can include your offering to the Time Capsule. Any questions please talk with Nick Seferi.**
COFFEE FELLOWSHIP:

Nov 1 - Kathy Bilis, Marie Monroe, Carolyn Niemeck, Deb Raymond

Nov 8 - Thomai Gatsogiannis, Trish Lareau, Stephanie Quill, Betty Tonna

Nov 15 - Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi

Nov 22 – Donna Cooney, Athena Cooney, Bill Anthopoulos, Jaime Ross

Nov 29 - Kathy Bilis, Marie Monroe, Carolyn Niemeck, Deb Raymond

EARLY RISERS BIBLE STUDY
7:00am Every Saturday

WEDNESDAY MORNING BIBLE STUDY
10:00am Every Wednesday

Come and Learn Your Faith
Orthodoxy 101 Class
6:30pm Thursdays

Orthodox 201 Class
7:30pm Thursdays
Remembering Our Church Family

**Important Dates in NOVEMBER:**

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

**BIRTHDAYS:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>Nov 4</td>
<td>Despina Condos</td>
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<tr>
<td>Nov 6</td>
<td>Natalie Megas</td>
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<tr>
<td>Nov 8</td>
<td>Stella Pappas</td>
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<tr>
<td>Nov 9</td>
<td>Alex Massie</td>
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<td>Nov 10</td>
<td>Christopher Grzyb</td>
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<td>Nov 10</td>
<td>Logan Mueller</td>
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<td>Nov 13</td>
<td>Charlotte Neslusan</td>
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<td>Nov 13</td>
<td>Victoria McNally</td>
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<td>Nov 14</td>
<td>Ann Chito</td>
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<td>Nov 15</td>
<td>Georgia Beland</td>
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<tr>
<td>Nov 15</td>
<td>Victor Enache</td>
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<td>Nov 18</td>
<td>Spiro Pappas</td>
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<td>Nov 20</td>
<td>Said Khozami</td>
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<td>Nov 21</td>
<td>Peter George</td>
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<td>Nov 22</td>
<td>Alexandra Koulax</td>
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<td>Nov 27</td>
<td>Chris Constantine</td>
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<tr>
<td>Nov 30</td>
<td>Leah Didonato</td>
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<td>Nov 30</td>
<td>James Pappas</td>
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**WEDDING ANNIVERSARIES:**

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<thead>
<tr>
<th>Date</th>
<th>Names</th>
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<tbody>
<tr>
<td>Nov 6</td>
<td>Christie &amp; Helen Constantine</td>
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<tr>
<td>Nov 10</td>
<td>Chris and Joan Geotis</td>
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<td>Nov 19</td>
<td>Arthur &amp; Kathy Bilis</td>
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<td>Nov 19</td>
<td>Sandi &amp; Gerry Kunkel</td>
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<tr>
<td>Nov 24</td>
<td>Tom and Mary Baxter</td>
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<td>Nov 27</td>
<td>Eric &amp; Katerina Beland</td>
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**NAMEDAYS:**

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<tr>
<th>Date</th>
<th>Names</th>
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<tbody>
<tr>
<td>Nov 8</td>
<td>Archangel Michael</td>
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<tr>
<td>Nov 8</td>
<td>Michael Angelo</td>
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<td>Nov 8</td>
<td>Michael Chito</td>
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<td>Nov 8</td>
<td>Michael Belanger</td>
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<tr>
<td>Nov 11</td>
<td>St. Menas &amp; St Victor</td>
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<tr>
<td>Nov 11</td>
<td>Michel (Mina) Pappas</td>
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<tr>
<td>Nov 11</td>
<td>Victoria McNally</td>
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<td>Nov 16</td>
<td>St. Matthew</td>
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<td>Nov 16</td>
<td>Matt Benoit</td>
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<td>Nov 16</td>
<td>Matt Neslusan</td>
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<td>Nov 16</td>
<td>Matthew Weiss</td>
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<td>Nov 16</td>
<td>Matthew Zhuk</td>
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<td>Nov 25</td>
<td>St. Catherine</td>
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<td>Nov 25</td>
<td>Katerina Beland</td>
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<td>Nov 25</td>
<td>Kathy Bilis</td>
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<td>Nov 25</td>
<td>Catherine Jordanoglou</td>
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<td>Nov 25</td>
<td>Kathy Kunkel</td>
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<td>Nov 25</td>
<td>Katerina McWilliam</td>
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<td>Nov 25</td>
<td>Katie Mironides</td>
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<tr>
<td>Nov 25</td>
<td>Katerina Quill</td>
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Some people complain because God put thorns on roses, while others thank Him for putting roses among thorns."

Anonymous
CATCH UP STEWARDSHIP

As we approach the end of the year, please catch up with your stewardship offering to support our beloved Church!

WEEKDAY SERVICES

WEEKDAY DIVINE LITURGY (9:30 am)
Nov 9 - St. Nektarios
Nov 13 - St John Chrysostom
Nov 21 - Entrance of Theotokos in the Temple
Nov 25 - St Katherine

THANKSGIVING SERVICE
6:30pm Monday, Nov 23

SATURDAY VESPERS (5:00pm)
Every Saturday except Nov 28

ANNUAL STEWARDSHIP UPDATE

THANK YOU to the 135 Stewards who have given to our Stewardship Program thus far this year.

We hope our other 40 families will participate this year and give to support the operational budget of our Church Ministries.

As of September 30, we have received $90,285 towards our budgeted goal of $107,700, so we still hope to receive $18,000 before the end of the year!

The average stewardship pledge is $669 per stewardship unit. The median average is just over $500.

Our Stewardship includes:

16 Pacesetters ($1000-2000)
3 Torchbearers ($2000-4000)
5 Good Shepherds ($5000 & up)
HOLY SCRIPTURE ON THANKSGIVING

Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him and bless His name, for the Lord is good; His mercy is everlasting, and His truth endures to all generations.

Psalm 100:4-5

In everything gives thanks, for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18

O Give thanks to the Lord for He is good, His steadfast love endures forever.

Psalm 136:1

Rejoice in the Lord always. Again I say rejoice.

Philippians 4:4

I will extol You, My God, and I will bless Your name forever. Every day I will bless You, and I will praise Your name forever.

Psalm 145:1-3

DAILY BIBLE READINGS
NOVEMBER

Nov 2 1 Thessalonians 1:1-5 Luke 11:29-33
Nov 3 1 Thessalonians 1:6-10 Luke 11:34-41
Nov 5 1 Thess 2:9-14 Luke 11:47-12:1
Nov 6 Hebrews 8:1-6 Luke 12:8-12

Nov 8 Hebrews 2:2-10 Luke 8:41-56
Nov 10 1 Cor 4:9-16 Luke 12:42-48
Nov 12 2 Corinthians 9:6-11 Matthew 5:14-19
Nov 13 Hebrews 7:26-8:12 John 10:9-16
Nov 14 1 Corinthians 4:9-16 John 1:43-51

Nov 20 2 Thess 3:6-18 Luke 16:15-17:4

Nov 25 Galatians 3:23-4:5 Mark 5:24-34
Nov 27 1 Timothy :4-8 Luke 19:12-28
Nov 28 Galatians 3:8-12 Luke 10:19-21

Nov 30 1 Corinthians 4:9-16 John 1:35-42
Thank You to those who sponsor our monthly bulletin!

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

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

Sitkowski and Malboeuf
Funeral Home
340 School Street
Webster, MA 01570
508-943-1515
Roland P. Malboeuf, Funeral Director
**NOVEMBER 2015**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
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<tr>
<td>8:30 Matins 9:30 Divine Liturgy Visit from International Christian Leaders</td>
<td>6:00 Philoptochos Meeting</td>
<td>10:00am Bible Study</td>
<td>6:30 Orthodoxy 101 7:30 Orthodoxy 201</td>
<td>7:00am Bible Study 5:00 Vespers 6:00pm Ribbon Cutting Celebration Dinner</td>
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<tr>
<td>8</td>
<td>8:30 Matins 9:30 Divine Liturgy Veterans Sunday. Please come and welcome Veterans</td>
<td>9 St Nektarios 8:45 Matins 9:30 Liturgy 6:30 Parish Council Meeting</td>
<td>10:00am Bible Study</td>
<td>6:30 Orthodoxy 101 7:30 Orthodoxy 201</td>
<td>13 St John Chrysostom 8:45 Matins 9:30 Liturgy</td>
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<tr>
<td>15 Christmas Fast Begins 8:30 Matins 9:30 Liturgy Time Capsule Sunday for Sunday School</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21 Entrance of Theotokos in Temple 8:00 Matins 9:00 Liturgy 10:30-12:30 “Addiction &amp; Passions” Retreat</td>
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<td>22</td>
<td>23</td>
<td>24</td>
<td>25 St Catherine 8:45 Matins 9:30 Liturgy No Bible Study</td>
<td>26 Happy Thanksgiving! Glory to God for All things!</td>
<td></td>
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</tr>
<tr>
<td>29</td>
<td>30 St Andrew 8:45 Matins 9:30 Liturgy</td>
<td>Dec 1</td>
<td>Dec 2</td>
<td>Dec 3</td>
<td>Dec 4 St Barbara 8:30 Matins 9:30 Liturgy</td>
<td>Dec 5 7:00am Bible Study 5:00 Vespers 5:30 Project Mexico Meet</td>
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A PSALM OF THANKSGIVING

Make a joyful noise to the Lord, all the lands!
Serve the Lord with gladness!
Come into God's presence with singing!

Know that the Lord is God!
It is he that made us, and we are his;
we are his people, and the sheep of his pasture.

Enter his gates with thanksgiving, and his courts with praise!
Give thanks to him, bless his name!
For the Lord is good; his steadfast love endures for ever, and his faithfulness to all generations

Psalm 100

A PRAYER OF THANKSGIVING

Thank you, Father, for having created us and given us to each other in the human family.

Thank you for being with us in all our joys and sorrows, for your comfort in our sadness, your companionship in our loneliness.

Thank you for yesterday, today, tomorrow and for the whole of our lives.

Thank you for friends, for health and for grace. May we live this and every day conscious of all that has been given to us.