Go to any book store and you will find shelves of “Self-Help” books. Everyone seems to have advice on how to live a “happy” life. Of course, our faith offers much advice on how to live happy, blessed lives. St. Paul shares an idea to a truly happy and meaningful life when he wrote to the Christians in Thessalonika, “Rejoice always, pray without ceasing and give thanks in all circumstances.”

It sounds like an easy three-step program, and yet how difficult it is to practice. Why does it seem easier to complain than to rejoice, or to grumble about what we don’t have instead of turning to God with gratitude for all that we do have?

Unfortunately, it seems that the more we have, the more we expect. This rise of our expectation level leads us to complaining. Instead of living with contentment, we grumble when we see all that others have, and think we lack something.

““This is a spiritual issue,” Metropolitan John says. “It takes discipline and effort to stay focused on the positive, and not give in to the negative. We must learn to not only be content, but to truly be grateful for all we have.”

Metropolitan John has a unique perspective, having lived and suffered under the totalitarian and atheistic communist regime in Albania. He expressed his gratitude for living under such conditions, though, because it gave him a different worldview through which to understand and appreciate life.

His words and experience remind me of Alexander Solzhenitsyn, the famous Russian dissident and literary genius who suffering in a Siberian prison as a communist and atheist, yet walked out eight years later as a believer. He described that as he walked past the prison gates, tasting freedom for the first time in almost a decade, he gratefully turned around to face the prison, made the sign of the cross, and thanked God for teaching him the essential principles of life in that
The mission of Sts. Constantine and Helen Church is to proclaim the Good News of Salvation through the Orthodox Christian Faith for the glory of our Triune God - Father, Son and Holy Spirit.

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

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

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miserable prison. It was through the torture, hunger, and unimaginable conditions of that prison that he came to realize how blessed he was to have the basic elements of life! Only when his freedom was taken away did he come to understand what true freedom actually is. In some ways, he expressed the truth that sometimes we need to be deprived of certain things in order to truly appreciate them!

Rejoice always. Pray without ceasing. Give thanks in all circumstances. This is practical advice for each of us to try to live by this month, and always.

Rejoice always. Wake up each day rejoicing in the new day. “This is the day which the Lord has made; let us rejoice and be glad in it,” the psalmist says. “The joy of the Lord is my strength.” Make it a point to discover the joy of life in each relationship that you cherish, in every conversation in which you partake, in any unexpected event that may come your way!

Pray without ceasing. Although it may be hard to rejoice always, the way we learn is by turning to God throughout the day. We have a loving Father who yearns for us to communicate with him not only daily, but at every moment throughout the day. Our Lord hears our prayers, and by talking with him unceasingly, we enter into deeper communion with Him. Walking with Him will fill us with joy. Ultimately, He is the source of our joy and the fountain of our life!

Give thanks in all circumstances. This sounds tricky, because too many of us don’t want to be grateful “in all circumstances,” especially when things don’t go our way. And yet, this is precisely the most important time when we must turn to God in gratitude.

If we believe that God is truly a loving Father who watches over us, then we can rest assured that He will not allow anything to happen to us that can’t turn out for our own spiritual benefit. We may not understand or appreciate something the moment that it occurs, and yet, if we accept it with gratitude and prayerfully strive to understand what lessons of life God is trying to teach through that experience, we will discover a host of things for which to be grateful.

I pray that we all can try this month to “Rejoice always! Pray without ceasing! And give thanks in all circumstances!”

With joy and gratitude in Christ Jesus,

+Luke

GREEK FESTIVAL THANKSGIVING LUNCHEON and REVIEW
Sunday, October 14th
Please join us after Divine Liturgy to enjoy a delicious meal of thanksgiving for all who helped make our Greek Festival another great success. Come with ideas on how we can improve next year!

A Visit from Bishop Athanasios of Western Kenya
Bishop Athanasios Akunda is a graduate of Makarios III Seminary in Nairobi, Holy Cross Greek Orthodox School of Theology in Brookline, and received his Doctorate in Theology from UNISA State University of South Africa, where he served as a 10 year missionary for the Orthodox Church in South Africa.

Three years ago he returned to his native country when he was elevated as Bishop of Kisumu and Western Kenya. He will be visiting our Church on Sunday, October 14. Please come and welcome him to our Church!
Having faith can be difficult. Keeping faith in the face of doubt is the ongoing struggle of every Christian since the earliest days of Christianity. We dedicate the first Sunday after Easter to Thomas the Apostle, forever remembered as "Doubting Thomas" because he doubted the first reports of the Resurrected Christ.

In the Gospel of Mark (9:22 NKJV), we read that when the disciples can’t help him, a father brings his epileptic son to Jesus in desperation, saying, "...if you can do anything, have compassion on us and help us." Jesus replies to the father’s lack of faith, "If you can believe, all things are possible to him who believes." The father’s response is a prayer we can pray every day: "Lord, I believe; help my unbelief!"

Faith is our trust in God. Faith is our trust that He watches over us and has a plan for us: "For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope" (Jeremiah 29:11 NKJV). Living with the uncertainty of daily life requires faith. Uncertainty also invites doubt. But doubt does not indicate a lack of faith. As theologian and philosopher Paul Tillich has written, "Doubt is not the opposite of faith; it is one element of faith." Doubt is a part of our journey of faith. We need to face our doubt honestly and directly.

Faith is often accompanied by struggle with doubt. Doubt instills humility. Doubt motivates us to learn and to grow. In spite of his doubt, the Apostle Thomas remained open to the truth of the Resurrection. When he saw the Risen Christ, he immediately believed and became a great apostle of the faith. His doubt led him to a greater faith.

Stewardship of our faith in Jesus Christ calls us to do those things that protect and strengthen the faith that lies within us. Taking time to learn about our Orthodox Christian Faith, praying to God for understanding and guidance, and worshipping with others as the Body of Christ – all these things protect and strengthen our faith. As stewards of the faith, Saint Peter instructs us to "...always be ready to give a defense to everyone who asks you a reason for the hope that is in you..." (1 Peter 3:15 NKJV).

Faith is not a big rule book of “dos and don’ts.” It is about loving and seeing Jesus Christ in others. Stewardship of our faith in Jesus Christ calls us to do those things that reflect our faith to others, living our faith through our actions. Jesus tells us, "By this all will know that you are my disciples, if you have love for one another" (John 13:35 NKJV). There is no better way to share the faith that lies within us than to see Jesus Christ in others and to love and care for them.

Through faith, God’s will is accomplished in the world. Our great example is Mary, the Theotokos, the Mother of our Lord. When Archangel Gabriel came to her at the Annunciation, tradition and hymnology hold that all creation awaited her response. In faith and obedience to the will of God, Mary replied to the angel, "Behold, I am the handmaid of the Lord; let it be according to your word" (Luke 1:38 NKJV). Mary responds with faith and fulfills God’s will for all the world.

Research has shown that as Christians we seek three things from our church: Transcendence, Significance and Fellowship (Lost in America, Clegg & Bird 2001). Transcendence is to know God and to experience His presence. This we do through prayerful participation in Liturgy and the sacraments. Significance is the desire to
have a purpose – to do something meaningful – most often in service to our fellow man. Fellowship is connecting with others through meaningful relationships. The Church offers opportunities for Transcendence, Significance and Fellowship, and in their pursuit, we also serve and support the Church and fully become members of the Body of Christ. To be stewards of the faith we are also called to be stewards of our local church which nurtures our faith and the faith of others. Stewardship is an act of faith.

When we believe, stewardship follows.

Stewardship is faith in action; action motivated by humble gratitude to God for his blessings in our life.

As Saint John tells us about all that is written in his Gospel, “...these things are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name” (John 20:31 NKJV).

“Stewardship is the offering to God as children of faith rather than as hired servants. Children of God make offerings to God as expression of authentic love, whereas, hired servants simply fulfill legalistic duty. Christian stewardship is a manifestation of our love for God through the holistic offering of time, talent, and treasure to Him, through Christ’s Holy Church. By this offering of love to our Father in heaven, He further extends the healing experience of His Church to His children, through Her ministry.”

Father Luke Palumbis

Taken from the Greek Orthodox Department of Stewardship

BECOME LIKE JESUS

Try to be Jesus’ love, Jesus’ compassion, Jesus’ presence to each other.

All this will be possible if you keep close to Mary the Mother of Jesus and our Mother. She will guide and protect you and keep you only all for Jesus.

Keep your eyes pure so that Jesus may look through them.

Keep your mouth pure so that Jesus may speak with your tongue.

Keep your hands pure so that Jesus may work with your hands.

Keep your mind pure so that Jesus may think His thoughts in your mind.

Keep your heart pure so that He may love with your heart.

Ask Jesus to live His own life in you because He is the Truth of humility,

He is the Light of Charity,
He is the Life of Sanctity.

Jesus is the Word to be spoken,
Jesus is the Truth to be told,
Jesus is the Way to be walked,
Jesus is the Light to be lit,
Jesus is the Life to be lived.
Jesus is the Love to be loved,
Jesus is the Joy to be shared,

Mother Teresa
TWO PLATES, NOT ONE
By Fr Anthony Coniaris

Someone said one Sunday during the offering, "Here we go again! There's always a plate."

The person was right in one way and wrong in another. There is not one plate - but two! One plate is man's; the offering plate that is passed to us every Sunday. The other plate is God's. And that is the paten, the "diskos", the plate that carries the Precious Body of our Lord during the liturgy. Two plates --- not one!

God gives first. He gives us our body, mind, life, health, talents. On the paten – the plate of God's mercy, He gives us Himself as the Bread of Life, the manna from heaven. He gives forgiveness, strength, courage. He gives victory over sin and death. He gives eternal life. "In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace which He lavished upon us" (Eph.1:7-8). God gives. He lavishes upon us the riches of His grace. That is the meaning of the first plate - the paten.

The second plate which is passed every Sunday - the offering plate - represents our response to the first plate. We are invited to give in gratitude for God's generosity, for His limitless forgiveness and mercy. The emptiness of the offering plate represents the aching needs of the world which we are called upon to assist.

It represents also the great spiritual hunger that exists in the world -- the God-shaped vacuum in every heart that only Christ can fill.

We give, but He gave first. Two plates – not one! However much we give, it will never be more than just a minute fraction of what we receive from Him.

There's always a plate! Indeed there is! Not one but two. First God's, then man's.

The God who came to us at Bethlehem continues to come to us today. He comes to us through that first plate, the paten which symbolizes His total giving to us. He comes through the Sacrament of Baptism to bestow upon us the holy kiss of His love, to call us His very own. He comes through the Sacrament of Chrismation to fill us with His presence, to make our bodies temples of His Holy Spirit. He comes through repentance and the Sacrament of Confession to cleanse us of sin, to restore in our souls "the peace of God that passes all understanding."

In every liturgy He comes to us as the Word of God, bringing words of eternal life through the Scripture readings and the sermon. Through the Sacrament of Communion He comes to be born again and again in the shabby stables of our hearts. He comes constantly through prayer. He blesses our marriages as He did that in Cana of Galilee. He stands by our sick bed, laying His healing hand upon us through the prayers of the priest. He comes again and again in so many, many ways through the many ministries of His Church. He comes with healing and forgiveness; He comes with strength and guidance. He comes and when He comes, as the Bible says, "the blind see, the lame walk, and the prisoners are set free."

Every year at this time as we are invited to renew our weekly stewardship pledge, we are challenged to re-consider prayerfully our weekly gift to Him Who is God's Great Gift to us. It is through our gift that God will be able to continue His forgiving, healing, liberating, empowering, transfiguring, loving ministry through the Church. For God, Infinite though He be, has chosen to work through us, through our gifts, to continue His saving work in the world today.

Many of us are careful to set aside funds for our retirement IRAs, 401(k)s, etc. Yet how long will these last? – Ten, maybe twenty years? The question is:

What are we setting aside for our eternal future?
What are we investing in God, in eternity?

How many of us who are quite well-to-do on earth (and most of us Americans are) may end up paupers in heaven?

St. John Chrysostom said once, "A rich man is not one who has much, but one who gives much. For, what he gives away remains his forever!"

A little girl noticed that after the collection was taken in a certain church, the ushers brought it up to the altar. She whispered to her mother, "Mommy, how do they get the money up to heaven?" The mother replied, "The church doesn't send the money to heaven, but it uses it to bring heaven down to us." That mother could not have given a better answer. For, the purpose of the Church is to get God's heaven into each one of us. "The kingdom of God is within you," said Jesus.

The thought comes to me quite often that there will come a time for each one of us when we shall no longer be able to give. When death comes, our giving will be over. For all eternity God will be doing the giving to us. So, the time for us to give is now. The time for us to love is now. The time for us to share what God has given us is now.

Give as you would if an angel Awaited your gift at the door. Give as you would if tomorrow Found you where giving was over.

Give as you would to the Master If you met His loving look. Give as you would of your substance If His hand your offering took.

For, it is indeed His hand! The tray in which we place our offering every Sunday is not a tray but His hand -- the nail-pierced hand of my Savior "Who loved me and gave Himself for me."

Amen.

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Prayers to Say Throughout the Day

Stay with me, Lord, for it is necessary to have You present so that I don’t forget You.
Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often.
Stay with me, Lord, for You are my life, and without You, I am without fervor.
Stay with me, Lord, for You are my light, and without You, I am in darkness.
Stay with me, Lord, so that I hear Your voice and follow You.
Stay with me, Lord, if You wish me to be faithful to You.
Stay with me, Lord, for it is You alone I look for, because I love You and ask no other reward but to love You more.

Lord, I do not know what to ask of You. You alone know what my true needs are. You love me more than I myself know how to love. Help me to see my real needs which may be hidden from me. I dare not ask for either a cross or a consolation. I can only wait upon You. My heart is open to You. Visit and help me in Your steadfast love. Strike me and heal me. Cast me down and raise me up. I worship in silence Your holy will. I offer myself to You as a living sacrifice. I put all my trust in You. I have no other desire than to fulfill Your will. Teach me to pray. Pray Yourself in me. Transform my life into a living prayer to you daily. Amen.
PARISH COUNCIL
PRESIDENT’S MESSAGE

Church Festivals:
Good Times and Good Food

It has now been a couple of weeks since our successful 2018 Greek Festival at Saints Constantine and Helen and the entire church community can once again be congratulated for a wonderful event. I saw many new faces at the festival this year as compared to years past, and some familiar faces as well, but it is the new folks that remind me that events like church festivals, country fairs, small town parades, and high school events (sporting, music and otherwise) are still preciously loved by the people of our nation. These homely events might at first blush seem meaningless and unimportant in our hectic lives, but they are a significant part of our culture and they make us who we are as an American people.

A few weeks before our festival I had the chance the attend the Greek festival in Marlborough, MA at Sts. Anargyroi parish. The parish in Marlborough, for those of you who do not know, is very much in rebuilding mode and has been for about 15 years after a major fire they had that destroyed their hall and the rear of their church. I had not been in the church for nearly 15 years and was pleasantly surprised to see how the community had rallied together and had built a new foundation on which to grow.

The festival itself was interesting. They served some food that was different than what we served and had some booths and attractions that we did not have but we also had some attractions and food that they did not have. I can say with all certainty that our dolmades were much better than theirs! But I was not there to compare but rather to get ideas.

As I ate my meal and enjoyed the adult dance group from Rhode Island who was performing (young kids in their 20’s), I watched the people who attended, the people of Marlborough who came out to enjoy the food and support the church. And I noticed that just like our festival the majority of the attendees were, of course, not from the church. They came to enjoy the lamb shanks, the chicken souvlaki, the pastitsio, and the pastries. They came and stood in line, in many cases for 1/2 hour before being served, because the food was different and the food was good. They came to experience the culture that was presented.

In this way our festival was no different. While we had relatively chilly temperatures for the second weekend in September, I believe the cool weather actually brought out more folks than when we have a heat wave. We served our special meals and pastries and the people bought and enjoyed them. As a team, we’ll take a hard look at what we should do different next year (one obvious one was make more moussaka as we ran out already on Saturday afternoon) but I have every confidence that next year the good people of Southern Worcester County and the beautiful Northeast Kingdom of Connecticut will come out and buy our food, enjoy our entertainment and hospitality, and support our parish.

To the many church members who worked so hard on our festival, I thank you deeply and impress upon you that not only is the festival one of the most critical elements in the operating budget of our church, but it is also an important and meaningful event in the existence of our community. Let us all remember the importance of this cultural event to the people of the area and realize we are expanding their palates and their exposure to music and dance, and leaving in their minds a cherished memory that is part of the fabric of America.

With love in Jesus Christ,
Neal Neslusa
The Distracted Mind and Our Spiritual Life
Presvytera Elizabeth Tervo

Have you ever seen this sign at a church door: “Please turn off your cell phones”? We all know that we need to turn them off before Liturgy. We know that only the gravest emergency should interrupt our worship.

When we think about cell phones, we think about how connected we are, nowadays, to a wide community through the internet. We might think that our age poses a unique challenge for the Christian soul. We are connected with all kinds of news, events, and other people’s passing thoughts, in an instant, and constantly, in a way that human beings never experienced before.

However, the problem of the distracted mind was quite well known to the Fathers and saints of our church, since ancient times. The distracted mind is nothing new. Passing thoughts, called logismoi, are not important, yet they can spoil our peace.

Even if our cell phone is off, we may still be distracted by our thoughts. That is why we have a narthex. That is the area in the back of the church where we light candles. We light a candle and say a short prayer. This helps us to take a breath and leave the outside world behind. Now our mind is ready to focus on Liturgy.

I do not mean that we are to ignore the world and our family, friends, neighbors and co-workers, or our illnesses and problems. On the contrary, the Liturgy gives us many opportunities to pray for the whole world. We do not forget, but we put these people and things into their right place in the context of our relationship with God.

Stray logismoi, however, are another thing. Our brains are constantly busy. Nerve connections are made and thoughts occur to us. Some are ordinary, such as ‘My garden has a lot of weeds,’ but others are thoughts that lead us toward temptation, such as ‘So and so’s shoes are nicer than mine.’ In either case, while we are at prayer, the Fathers teach us to do the same thing with this kind of thought: ignore it! Then it will pass right out of your mind.

There is no thought as important as your prayer. If something is truly important, it will recur to you after the Liturgy. You do not need to try to remember it later or note it down.

If you let a whole train of logismoi start from that one thought, or even if you try to think out reasons why it is not a good thought, it is much more difficult to let it go. You may start with: ‘I need to weed the garden’ and continue with: ‘What is the weather today?’ ‘Will I have time in my schedule? ‘Nobody is helping me with the weeding.’

By now not only are your thoughts getting involved, but you’re also becoming resentful! It’s harder to bring your mind back now. How much easier it would have been to ignore the weeds in the first place!

Likewise, do not get angry with yourself and say, ‘Why am I thinking about my garden during church? Or someone else’s shoes? I can not focus!’ You get yourself wound up again, just in another way. Don’t get frustrated with yourself. Just try again.

‘Stop thinking that thought’ is easy to say. Here’s what to do. Immediately move your mind on to something else. “Say Lord has mercy.”

Notice where we are in the Liturgy and focus on the actual words being said. Look at an icon and contemplate it. Bring yourself back to where you are standing, sitting, or kneeling. Make your cross to remind yourself to pay attention. In a minute you will even forget you had the thought.

We know that St. John Chrysostom knew about the distracted mind, because there are so many times in the Liturgy where our attention is called back. “Let us be attentive!” or “Wisdom! Let us attend!” or “Wisdom, arise!” Literally, we might say that this means, Straighten up!

People’s minds always need to be reminded to pay attention! It’s not just us in the 21st century. So... this means we have no excuse. We are still able to quiet our minds, as Christians in earlier ages have been able to do. When our mind is quiet, then we can pray and participate fully in our beautiful Liturgy.
SUPPORT OUR OCTOBER PROJECT MEXICO PANTRY DRIVE for the St Innocent Orphanage boys

We want to gather 60 BOXES of supplies in order to get free shipping to Project Mexico. Buy and bring supplies to our Church throughout the month of October!

CLEANING/KITCHEN SUPPLIES:
- Laundry detergent
- Bleach
- Sponges (regular and iron wool)
- Dishwashing Liquid Soap
- Silverware (sets)
- Tupperware (containers)
- Dishcloths & Towels
- “Easy Off” Cleaner
- Reusable cups & plates
- Lysol degreaser
- Liquid hand soap
- Pine Sol
- Windex
- Fabuloso Cleaner
- Air fresheners
- Trash bags (10, 30, 45 & 55 gal)
- Dusters
- Insecticide
- Spray bottles
- Ajax/Comet powder
- Toilet bowl cleaner
- Flytrap (Flytrap tapes)
- Dog Food Paper Goods:
  - Plates
  - Bowls
  - Cups
  - Forks
  - spoons
  - Napkins
  - Ziploc bags
  - Toilet Paper
- Styr Coffee Cups

MEDICINAL:
- Talcum powder
- Mouthwash
- Pepto-Bismol
- Foot cream
- Athlete foot spray
- Nyquil/Dayquil
- Sunscreen
- Acetaminophen
- Diarrhea pills
- Disposable razors
- Vitamins

FOOD NEEDS:
- Cereal (low sugar)
- Oatmeal
- Cream of wheat
- Granola
- Pancake Mix
- Honey
- Canned Corn
- Pinto beans
- Black Beans
- Rice (white)
- Canned fruit
- Chickpeas/Garbanzo Beans
- Spices (Garlic, Pepper & Salt)
- Chicken Bouillon(Knorr, Chicken broth)
- Flour
- Spaghetti
- Spaghetti sauce
- Tomato puree
- Dry fruit (Banana, Pineapple, Almonds, Cranberries)
- Olive Oil
- Canola Oil
- Cooking Spray
- Mayonnaise
- Ketchup
- Clamato
- Canned Soups (Mushroom, clam, corn)
- Olive oil
- Cooking spray
- Sugar
- Jam
- Yeast
- Gatorade
- Nestea/Minute maid
- Nesquik (Chocolate Milk Mix)
- Jalapenos
- Canned Tuna, Salmon, Chicken & Albacore
- Popsicles (Otter Pops)
- Almond Milk (Boxed)
- Granola bars
- Coffee (Ground)
- Hot Chocolate
- Brown Sugar
- Bottled Water
- Dole Fruit for lunches

Miscellaneous:
- Auto Oil 5W-30
- Windshield Wiper Fluid
Congratulations to everyone for another great festival! Congratulations to all our ladies that worked so hard for the festival in every aspect, not only in the pastry booth but in other booths throughout the weekend. Thanks to all of you for the tremendous work you did not only Saturday and Sunday but for the many weeks before hand in the planning and the baking.

We should be so proud of ourselves! I think we surpassed the money we made last year and we covered all our expenses with your generous donations. It was a little more stressful this year, however, as we felt the absence of many of our senior ladies and those who have passed on to another life. We miss them but we are trying to continue with all their traditions. I think they would be proud of us!

Our next meeting is Monday October 1st at 6:00. We will have a pizza party to kick off the new year. We want to talk about future events like the Spaghetti Supper on Saturday, November 17th and our Christmas Dinner. Please come and relax and have a few laughs. Don't forget your dues. Please talk with Sandi to see what you owe.

Hope to see everyone on October 1st!

With much love and gratitude,

Evelyn Pappas
THANK YOU TO ALL FOR A GREAT GREEK FESTIVAL!!!
# Upcoming Family and Youth Activities

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<th>Event</th>
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<tr>
<td><strong>Corn Maze</strong>&lt;br&gt;West End Creamery- Northbridge&lt;br&gt;Sunday, October 14th</td>
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<td><strong>Trunk or Treat</strong>&lt;br&gt;High Pointe Church- Thompson&lt;br&gt;2pm Sunday, October 28th</td>
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<td><strong>Wizard of Oz</strong>&lt;br&gt;Hanover Theater- Worcester&lt;br&gt;1pm Sunday, November 11&lt;sup&gt;th&lt;/sup&gt; (Need to Buy Tickets by Oct 11)</td>
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<td><strong>2&lt;sup&gt;nd&lt;/sup&gt; Annual Living Bread Thanksgiving Luncheon</strong>&lt;br&gt;12-2pm, Thursday, November 22&lt;sup&gt;nd&lt;/sup&gt;</td>
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<td><strong>Nutcracker</strong>&lt;br&gt;Hanover Theater- Worcester&lt;br&gt;1:00pm Sunday, November 25&lt;sup&gt;th&lt;/sup&gt; <em>Come support our very own Maia Beaudry as she performs!</em></td>
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<td><strong>Elf- The Musical</strong>&lt;br&gt;Hanover Theater- Worcester&lt;br&gt;1:00pm Sunday, December 2&lt;sup&gt;nd&lt;/sup&gt;</td>
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<td><strong>St. Nicholas Day Celebration</strong>&lt;br&gt;Sunday, December 9th</td>
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<td><strong>Our Christmas Pageant</strong>&lt;br&gt;Sunday, December 23rd</td>
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LIVING BREAD LUNCHEON DONORS

The October Luncheon is offered in loving memory of Dorthy “Dina” Aliki Teguis from her beloved sisters Mary Fatsi and Eleanor Teguis.

We are looking for Donors to sponsor a “Living Bread Luncheon” meal each month. You can honor some special person or event, or offer the meal in loving memory of a beloved one.

We serve approximately 80 guests each month, as well as deliver meals to the elderly of our parish.

A $400 donation will cover expenses for each month.

ANNUAL STEWARDSHIP UPDATE

THANK YOU to the 114 Stewards who have given to our Stewardship Program thus far this year.

We hope our other 50 families will participate this year and give to support the operational budget of our Church Ministries.

As of September 23, we have received $95,077 towards our budgeted goal of $118,000. Thus, we still hope to receive $23,000 before the end of the year!

The average stewardship pledge is $660 per stewardship unit. The median average is just over $500.

As of Sept 23, our Stewardship includes:

15 Pacesetters ($1000-2000)
8 Torchbearers ($2000-4000)
6 Good Shepherds ($4000 & up)

“I ask you to try something. If someone grieves you, or dishonors you, or takes something of yours, then pray like this: “Lord, we are all your creatures. Have mercy on your servants, and turn them to repentance,” and then you will perceptibly bear grace in your soul. Induce your heart to love your enemies, and the Lord, seeing your good will, shall help you in all things, and will Himself reveal to you His grace. But whoever thinks evil of his enemies does not have love for God and has not known God.”

St Silouan the Athonite
HOLY LANDS PILGRIMAGE
February 15-24, 2019

LIMITED SPACE FOR 35 Pilgrims!

$500 Deposit deadline by October 31st.

Total Cost: $3310

We have increased our pilgrimage size from 25 to 35 spots because of the interest in this once-in-a-lifetime pilgrimage.

If you are interested, please see Fr. Luke as soon as possible, and send in your $500 deposit to Cloud Tours. Spots will fill up first come/first serve.

NEW BYZANTINE MUSIC CLASS

Every Friday night from 7:00-9:00pm we have a proto-psalti from Constantinople, Vasilios Grigoriadis, who is also a student at Hellenic College, who will come and teach anyone who wants to learn how to read and chant Byzantine Music.

Open to anyone who will make the commitment to come consistently.
THE WISDOM OF THE SIMPLE GREEK FISHERMAN

A boat docked in a tiny Greek village. An American tourist complimented the Greek fisherman on the quality of his fish and asked how long it took him to catch them.

"Not very long," answered the Greek.

"But then, why didn't you stay out longer and catch more?" asked the American. The Greek Fisherman explained that his small catch was sufficient to meet his needs and those of his family.

The American asked, "But what do you do with the rest of your time?"

"I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings I go into the village to see my friends, dance a little, play the bouzouki, and sing a few songs. I have a full life."

"How long would that take?" asked the Greek Fisherman.

"Twenty, perhaps twenty-five years," replied the American.

"And after that?"

"Afterwards? That's when it gets really interesting," answered the American, laughing. When your business gets really big, you can start selling stocks and make millions!"

"Millions? Really? And after that?"

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your grandchildren, catch a few fish, take a siesta with your wife, and spend your evenings singing, dancing and playing the bouzouki with your friends."
COME AND JOIN A BIBLE STUDY
EVERY
10:00am WEDNESDAY MORNING
or
6:30pm THURSDAY EVENING
at the home of Fr. Luke and Pres. Faith
(41 Noble Street, Dudley)

We will be using the video series
“Drive Thru History with Dave Stotts”
to discover the
Extraordinary Life of Jesus of Nazareth

MBC FALL CAMP
Oct 5-8

Enjoy the Summer Camp Spirit in the Fall!

Sign up at www.mbcamp.org

GOYA SERVICE PROJECT
All GOYA Teens come to our October 6th Living Bread Luncheon to Serve and Clean Up

Girls JOY Meeting Saturdays 5:00pm

GOYA/Teen Meeting 5:00pm at Home of Louisa Foisy

Sunday, Nov 4th

We Need Help for Coffee Fellowship Hour.
Please let the Church Office know if you can help ONCE every EIGHT weeks to bring pastries, donuts, fruit or veggies for our coffee fellowship, or if you want to join a group to serve once a month.
**USHERS & GREETERS SCHEDULE**

*Oct 7*  Arthur Bilis, Chris Geoti, Thomai Gatsogiannis, Trish Lareau, Ron Sanderson

*Oct 14* Marie McNally, Matt Benoit, Lisa Healy, Nick Seferi, Bill Thompson,

*Oct 21* Neal Neslusan, Jimmy Karapanos, Tasi Vriga, Tatyana Zhuk, Mike Chito

*Oct 28* Nicoleta Cojocaru, Arthur Darligiannis, Zach Gianaris, Jared Quill, Nikitas Zagoras

**COFFEE FELLOWSHIP SERVING GROUPS**

*Oct 7* - Donna Cooney, Leah Didonato, Rena Klebart, Betty Tonna,

*Oct 14* - Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi,

*Oct 21* - Kathy Bilis, Sara Darligiannis, Marie Monroe, Charlotte Neslusan, Stephanie Quill

*Oct 28* - Thomai Gatsogiannis, Trish Lareau, Deb Raymond, Vange Wilson, Alexandra Koulax

**WEEKDAY SERVICES**

*Oct 17* - 6:00 St Luke Vesperal Liturgy

Paraclesis Service

Saturday Vespers - Every Saturday

**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!!!*

*Oct 7* Titi Chito, Rina Sgouritsas, Lorna McWilliam, Pres. Faith Veronis

*Oct 14* – Sandi Kunkel, Evelyn Pappas, Gulapka Kostovski, Betty Tonna,

*Oct 21–* Kathy Bilis, Marie Monroe, Eleni Sgouritsas, Tina Collelo

*Oct 28* - Leah Didonato, Mary Seferi, Olga Poulakhine, Vasiliki Zahariadis

*Nov 4 –* Sara Darligiannis, Sissy Darligiannis, Helen Constantine Alexandra Koulax

*Nov 11 –* Lisa Healy, Marie McNally, Despina Condos, Trish Lareau

*Nov 18 –* Charlotte Neslusan. Evis Jordanoglou, Dolly Sosnowski, Annalisa Dunning

*Nov 25–* Lynn Purcell, Rayne Purcell Sophia Foisy, Kelly Vosnakis

**YOUTH EPISTLE READERS**

*Oct 7* - Panayiota Veronis

*Oct 14* - Maia Beaudry

*Oct 21* - Zach Beaudry

*Oct 28* - Kiera MacKenzie

*Nov 4* - Lily Mueller

*Nov 11* - Helen Dunning
Remembering Our Church Family

Important Dates in OCTOBER:

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

**BIRTHDAYS:**

- Oct 1: Loucia Adamapoulos
- Oct 3: Ted Avlas
- Oct 4: Edna Vogel
- Oct 5: David Bilis
- Oct 8: Sophia Bethune
- Oct 10: Angela Koulax
- Oct 10: Harry Jordanoglou
- Oct 11: Debby Raymond
- Oct 11: Nikita Giantsios
- Oct 13: Sandy Sanderson
- Oct 15: Charlie Chito
- Oct 15: Loukas Mironidis
- Oct 15: Donna Cooney
- Oct 15: Therese Totolos
- Oct 15: Tristen Massie
- Oct 19: Sophia Foisy
- Oct 22: Louisa Foisy
- Oct 22: Katie Mironidis
- Oct 24: Barbara Desrosiers
- Oct 25: Leah Bouthillier
- Oct 25: Mary Baxter
- Oct 25: Bill Thompson
- Oct 26: David Thompson
- Oct 26: Ted Panagiotou
- Oct 27: Rebecca Reynolds
- Oct 30: Christa Benoit

**WEDDING ANNIVERSARIES:**

- Oct 8: Christine/Peter Porazzo
- Oct 13: George & Julie Milios
- Oct 18: Kenneth Peterson and Nicole Apostola
- Oct 25: Paul & Ramona Geotis

**NAMEDAYS:**

- Oct 11: St Kenneth
  - Kenneth Peterson
- Oct 18: St Luke
  - Fr. Luke Veronis (24th Anniversary of his ordination to the priesthood)
  - Loukas Mironidis
  - Louis Thomas
- Oct 26: St Demetrios
  - Dhimitra Adamopoulous
  - Dimitri Gatsogiannis
  - James Karapanos
  - Dimitri Kiritsis
  - Dimitrios Milios
  - Dimitri Mironides
  - Demetra Moutoudis
  - Dimitrios James Pappas
  - Ted Panagiotou
  - Dimitri Sidopoulos

**BAPTISMAL DIVINE LITURGY** for

**SYM'EON DUNNING,**
son of George & Annalisa
with

**godparents Nikitas and Maria Zagoras**

on Sunday, October 21
beginning at 9:00am.
SPIRITUAL PROGRESS

You must know that progress on the path of spiritual life differs greatly from an ordinary journey on earth.

If a traveler stops on his ordinary journey, he loses nothing of the way already covered; but if a traveler on the path of virtue stops in his spiritual progress, he loses much of the virtues previously acquired.

In an ordinary journey, the further the traveler proceeds, the more tired he becomes;

But on the way of spiritual life the longer a person travels, the greater the strength and power he acquires for his further progress.

St. Nikodemus of the Holy Mountain.

COMMIT TO 20 MINUTES WITH GOD EACH DAY

Use Fr. Luke’s Daily Email to help you spend 20 minutes every day connecting with God throughout the new year.

You can sign up to the daily email at the Church’s website www.schwebster.org. On the left column of the main page you will find a place to sign up.

CATCH UP STEWARDSHIP

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

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!
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<td>10:00 Bible Study</td>
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<td>Wedding Rehearsal and Hall Rental</td>
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<td>10:00 Bible Study</td>
<td>6:00 Vesperal Liturgy for St Luke</td>
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<td>26 St Dimitrios</td>
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<td>8:00 Matins 9:00 Baptismal Divine Liturgy for Symeon Dunning</td>
<td>Fr Luke in Uganda</td>
<td>10:00 Bible Study</td>
<td>7:30 Bible Study</td>
<td>26 St Dimitrios</td>
<td>No Liturgy. Fr. Luke is in Uganda.</td>
<td>5:00 JOY Girls No Vespers</td>
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THE DESTROYER

I destroy homes, tear families apart, take your children, and that’s just the start. I’m more costly than diamonds, more costly than gold, the sorrow I bring is a sight to behold.

And if you need me, remember I’m easily found, I live all around you, in schools and in town. I live with the rich, I live with the poor, I live down the street, and maybe next door.

My power is awesome; try me you’ll see, but if you do, you may never break free. Just try me once and I might let you go, but try me twice, and I’ll own your soul.

When I possess you, you’ll steal and you’ll lie. You do what you have to do, just to get high. The crimes you’ll commit, for my narcotic charms, will be worth the pleasure you’ll feel in your arms.

You’ll lie to your mother; you’ll steal from your dad, when you see their tears, you feel sad. But you’ll forget your morals and how you were raised, I’ll be your conscious, I’ll teach you my ways.

I take kids from parents, and parents from kids, I turn people from God, and separate friends. I’ll take everything from you, your looks and your pride, I’ll be with you always, right by your side.

You’ll give up everything…your family, your home, your friends, your money, then you’ll be alone. I’ll take and take, until you’ve nothing more to give. When I’m finished up with you, you’ll be lucky to live. If you try me, be warned, this is no game.

If given the chance, I’ll drive you insane. I’ll ravish your body; I’ll control your mind. I’ll own you completely; your soul will be mine.

The nightmares I’ll give you while lying in bed, the voices you hear from inside of your head.

The sweats, the shakes, the visions you’ll see; I want you to know, these are all gifts from me.

But then it’s too late, and you’ll know in your heart, that you are mine and we shall not part. You’ll regret that you tried me, they always do… but you came to me, not I to you.

You could have said no, and just walked away, but if you could live that day over, now what would you say?

I’ll be your master; you’ll be my slave, I’ll even go with you, when you go to your grave. Now that you have met me, what will you do? Will you try me or not? It’s all up to you.

I can bring you more misery than words can tell. Come take my hand, I’ll take you to Hell!

+   +   +

Pray for those who are suffering under the addiction of drugs or the many other addictions that destroy lives. May God have mercy on those who suffer from addictions, as well as on their loved ones! And may we always strive to reach out, show compassion, and help them.