How often do we allow fear to control us? Too often we don’t even realize how fear influences our actions, our emotions, and even our worldview. Fear often paralyzes us.

In our personal lives, we may have memories that leave scars of fear, and when unattended, this fear pops up its ugly head. Or when we face uncertain challenges and unexpected difficulties in our lives, we become afraid. Fear is always lurking around the corner.

The world also gives us many reasons to be afraid. We watch the daily news and see all the frightening things happening in the world. The internet, and the media often sensationalize and magnify fearful events so that we think the world is coming to an end. We can find countless reasons to be afraid - from climate change to possible wars, from terrorism to mass shootings, from little mosquitoes and the EEE virus to cancer and other life-threatening illnesses, from addictions and the opioid crisis to mental illness, from radical and sudden changes in society to our inability to control certain realities in our lives.

Fear is all around us. And more often than not, forces in society play off our fears. Our politicians instill fear of what will happen if their opponents gain power. Marketing specialists cultivate fear in us so that we buy the latest of whatever they offer in order to make our lives safer and better. Fear is around every corner.

Yet, as followers of Jesus Christ, we need to ask ourselves if we should ever allow fear to control us? Do we truly have something to be afraid of if we remember and truly believe that God is always with us?!!

St John the Theologian stated, “Perfect love casts out fear” (Jn 4:18) When we abide in the divine love of God, we will find eternal security, and thus never need to fear anything. Do we truly believe that such perfect love can cast out all fear?

Concerning this all-conquering love of God, the Apostle Paul reminded the Christians in Rome, “Who [or what] will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or the sword... No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:35-39)
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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The deepest, greatest fear of all people is death itself. And here, society tries, in countless ways, to reject, ignore, or deny this great mystery of death. Yet Christ came precisely to address this fear and dilemma of humanity. He not only voluntarily experienced death, but overcame it. He conquered death, and in the process, offered hope to all humanity. Death no longer has the final say!

Yet, do we live with this Paschal spirit of victory over death? Do we truly carry with us, on a daily basis, the faith and hope that Jesus is greater than our deepest fear, death itself?

Jesus said, “I am the Alpha and the Omega, the First and the Last, the Beginning and the End, the One who is and was and who is to come, the Lord Almighty” (Rev 1:8, 22:13). If everything begins and ends in God, if He truly IS and WAS and IS TO COME, the Lord Almighty, then we can believe that all things are under His control. Life is an awesome mystery and we surely can’t understand why things happen. Yet in the midst of this fearful mystery of life, we are assured that God is present, He is in control, and He will have the final word!

So we can live our lives without any fear. We realize and believe that He is always with us, and if we are with Him, there is nothing to be afraid of. IF WE ARE WITH HIM! Here lies our challenge.

The fears of life try to make us forget about God. The deceptive voice of the devil tries to create a false reality where we sideline God, where we focus on the problem or issue creating fear, instead of keeping our eyes solely on Christ Himself.

Remember when the disciples were in the midst of a storm on the Sea of Galilee, and Jesus came to them walking on the water. They were afraid. Yet Jesus called Peter to come towards Him. As long as Peter kept his eyes on Jesus, even he himself walked on the water. Yet the moment he turned his attention to the storm and the waves dashing against him, he lost faith and allowed fear to reign.

Our Lord never promised any of His followers that when we follow Him, we will have no problems and or challenges that will tempt us with fear. Jesus actually warned His followers quite the opposite. “If you follow me, you have to take up your Cross.” There is no comfortable way to carry a cross. It is a fearful symbol of suffering and death. Christ warned us of this cross.

He also warned that for those who follow Him, they will be misunderstood by friends and even family members, they will be ridiculed, they will be slandered, they will be rejected, and even some will be put to death. Again, a fearful warning.

St.Paul even cautioned his beloved disciple Timothy, “Indeed all who desire to live a godly life in Christ Jesus will be persecuted” (2 Tim 3:12).

That sounds scary. And yet, despite all these fearful warnings Christ also comforted, “Do not let your hearts be troubled… Peace I leave with you…in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!” (John 14:1,27,16:33)

Remember, despite all the concerns of the world around us, all the challenges we face personally in our lives, and all the fears and uncertainties that try to overwhelm us, we have an anchor, an unshakeable foundation, a steady presence and security that will never abandon us!

I often remind people that the safest place to be is in the will of God. If we strive to walk with Him daily, if we invite Christ into our lives each and every day, if we truly commune with Him every moment, not only in the Holy Sacraments of the Church but even in our daily interactions with people, if we strive to live in the will of God and seek first His kingdom, then we are in the safest place of life. Nothing should frighten us! Nothing can make us afraid! We know that God is with us and we are choosing to be with God!

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging… The Lord Almighty is with us. The God of Jacob is our fortress.” (Psalm 46:1-3,7)

With much love and hope in Christ Jesus,

+Luke
At a recent baptism, where the sponsor was chewing gum with his hands in his pockets, I began to think about church etiquette. The Orthodox Church is a SACRED SPACE in a society that is losing its understanding of sacredness in general. When we enter the Church, we enter a piece of heaven on earth. The icons of our Lord Jesus Christ, the Virgin Mary and all the saints dominate the church edifice. The smell of INCENSE reminds us how our prayers rise up to heaven like the smoke of incense. The Body and Blood of Christ are present at all times at the tabernacle on the Altar Table. Whether there is a liturgical service going on or not, the church represents sacred space.

This is why we try to keep a reverent and quiet tone when we stand in the church. We realize we are in the presence of God in His home. At the end of the Divine Liturgy, or before a baptism or wedding or funeral, we shouldn’t converse with one another in a loud voice as if we are in a restaurant or some other public venue. We try to speak quietly, respecting the sacred space and turning our attention to what is divine and holy.

In line with this respect, we should turn off our CELL PHONES and disengage from the distractions of the world. WE SHOULDN’T CHEW GUM, not only because it seems too casual, but because many of us are preparing to receive the Body and Blood of our Savior in Holy Communion, and the first thing that should go in our mouths for that day is the Holy Eucharist.

When we STAND TO PRAY, or sit in the pews, we again want to be conscious that we are actively SEEKING A CONNECTION WITH GOD through our prayers. WE DON’T CROSS OUR LEGS in a casual way as if we are watching a show or ball game, but we stay attentive. This is why we stand for most of our worship to attentively seek out God. When we approach to receive Holy Communion, WE DON’T KEEP OUR HANDS IN OUR POCKETS. We carefully
stand that we are entering into the Kingdom of God and meeting with Jesus Christ and the communion of saints, we will want to ARRIVE BEFORE THE SERVICE EVEN BEGINS!!!

WHAT DO WE DO WHEN WE ENTER THE CHURCH? We typically make the sign of the cross, light a candle (remembering Jesus, who is the Light of the world), offer a prayer, and then venerate (kiss) the icons in the narthex. We are greeting our Lord and the Virgin Mary, just as we greet one another and the members of our Church Family!

When we enter the Church, we are connecting with God through our worship. WE SHOULD-N'T BEGIN A CONVERSATION WITH ONE ANOTHER, neither when we enter or during holy communion or some other part of the service. We can greet one another, and then enter into our prayers. Follow along in the service books, and make the priest’s prayers and the choir’s responses your own! The Divine Liturgy is not a performance to observe, but a liturgy (a work of the people) to participate in! There is a special time to converse with our friends and that is during the COFFEE FELLOWSHIP at the end of the service. That is also a sacred time of fellowship and love. Let’s keep our conversations for that time.

AS FOR LEAVING THE CHURCH EARLY, the only ones who should be leaving are the Sunday School students and teachers after Holy Communion, or the servers who are preparing for the Coffee Fellowship (and even our faithful servers should try to come to church before the service begins and get everything ready so that they won’t miss any of the Divine Liturgy).

WHEN SHOULD WE MAKE THE SIGN OF THE CROSS? We can make the sign of the cross any time we wish, but let us always make the cross in a reverent way. We are remembering the sacrifice death of our Lord on the Cross, the way of life that He called us to follow, and the symbol of our faith. When we carelessly make the sign of the Cross in a sloppy way, we show we aren’t consciously thinking about what we are doing. There are specific times when we typically cross ourselves:

- whenever we say the name of the Holy Trinity (Father, Son, Holy Spirit)
- when we hear the name of the Theotokos/ Virgin Mary
- before venerating an icon
- when we enter and exit the church building
- when we cross in front of the altar from one side of the church to the other
- as the Holy Gifts pass by us during the Great Entrance
- before and after reading the Holy Gospel
- during the Creed when we say “In one, holy, catholic and apostolic church”
- at the words of Institution - “Take, Eat, this is My Body”; and “Drink of this all of you, this is My Blood”
- before and after receiving Holy Communion
- during any petition or prayer that speaks to our heart.
- when the priest censes us, or blesses us

When greeting a priest, we typically KISS THE HAND OF THE PRIEST as a sign of respect that this is the hand that distributes Holy Communion. We are not kissing simply the priest’s hand but are kissing Christ’s representative. We honor our Lord. As we kiss his hand, we also wait to receive a blessing in return.

RECEIVING HOLY COMMUNION means that we should try to fast (not eat anything) on the morning of the Divine Liturgy. We should also try to fast (from meat and dairy products) on Wednesdays and Fridays, preparing us mentally and physically to receive the Body and Blood of our Savior on Sunday. Say the Communion Prayers together with the priest and as you are waiting in line, don’t have a conversation but keep a prayerful spirit, praying the Jesus Prayer “Lord Jesus Christ have mercy on me” or repeating the Communion prayer “Lord remember me in Your Kingdom.” As you approach, say your Orthodox name to the priest, hold the cloth under your chin, open your mouth wide, and as you return and wait, pray the post-communion prayers in the Liturgy book.

At the end of Liturgy, approach to RECEIVE THE ANTIDORON, which means “instead of the gifts.” Antidoro is not Holy Communion, but BLESSED BREAD offered to all who were not prepared to receive Holy Communion.
“Teach us to number our days that we may gain a heart of wisdom.” Psalm 90:12

“The greatest gift I ever received,” said a young attorney, “was a gift I got one Christmas from my dad. He gave me a small box with a note inside that said, “Son, this year I will give you 365 hours, one hour every day after dinner. We’ll talk about what you want to talk about, go where you want to go, play what you want to play.” The young attorney continued, “My dad not only kept the promise of his gift, but he renewed it every year – and it’s the greatest gift I ever had in my life. I am the result of his time.”

Our brief time on earth is God’s gift. As faithful Christians, we are accountable for our stewardship of this precious gift. The American scientist, Thomas Edison said, “Time is not a commodity that can be stored for future use. It must be invested hour by hour or else it is gone forever.”

Our lifetime is a small bit of eternity – “…a fleeting shadow….” (Psalm 144) which we receive as stewards. Time is a precious gift that we dare not waste. Like the three stewards in the Parable of the Talents, one day God will call each one of us to give account of how we have used the time entrusted to us.

There is “a time for every purpose,” as the verse from Ecclesiastes instructs us: “…a time to plant, a time to reap…” the challenge is to appropriately allocate our time to the various purposes that make claims on it. The passage teaches us to make the most of God’s great gift of time.

The Gift of Time

“White men have watches. We have time.” Fr. Dan Christopoulos, the first long-term Orthodox Christian missionary priest from America to East Africa was sent by Archbishop Iakovos in mid-1980s. As he gradually assimilated into the local culture, he found the Kenyan concept of time was quite different from the American concept of time. Even different from Greek time. It was a most difficult adjustment for him, and upon his return to America, he liked to quote the Kenyans who loved to tell him, “White men have watches. We have time.”

The most personal, most appreciated and most unique gift that you can give is the gift of time – Your time. That valuable 24 hours a day that only you can spend. Depending on your profession, your time may be worth hundreds of dollars an hour. But the time you give to another person and the Church is priceless.

Our children need our time, helping shape their lives by word and by example. The time we give to our children is an investment in their lives that is not wasted.

Spending Time with God

As Christians it is also important to value the time we spend at church, in worship, service and activities. Every member of the Body of Christ plays a role, according to their gifts, in the life of the local church. The church is not a social club, but rather a place where people of faith gather for prayer, worship, fellowship, education and service.

Most importantly, we gather together in worship, praising and thanking God for the blessings in our lives and hearing His Word. Of the 168 hours in every week with which we have been blessed, we offer back the short time we spend in church on Sunday morning, gathered
together as the Body of Christ. We are united in prayer and united in Holy Communion. We become his hands and feet carrying out His work in the world. As we offer ourselves and our time as His Church, we are part of something much bigger than we can imagine – much bigger than the project we support, the service we provide, the prayer we offer.

The Great Feast (Luke 14)

In the Gospel of Luke we read of the man who planned a great feast and invited many people. When it was time to serve the dinner, they were all too busy – one with his farm, one with his bride, another with his oxen. We can become so busy making a living that we forget to make a life. God gets crowded out of our lives over the most unimportant things.

At the first Christmas when Jesus was born, there was no room at the inn. And today we still have no room for Jesus. We crowd Him out with so many things.

In The Screwtape Letters, C.S. Lewis shows how the devil captures us, not by preventing encounters with God, but by whispering in our ear that we are “just too busy right now. We’ll get to that soon. But just not right now.”

Resetting Our Priorities

Just as we budget our financial resources to reflect our priorities, we can re-set our allocation of time. We are all busy, but not all of that busy time is well-spent. We may need to say no to certain demands on our time, opening our schedule to God’s prompting. We can live each day anticipating the opportunities he places in our path to offer our gift of time.

SAYINGS FROM ST MARIA SKOBTSOVA OF PARIS

The more we give away, the more we acquire!

According to the laws of matter, I must accept that if I give away a piece of bread, then I become poorer by one piece of bread. If I give away a certain sum of money, then I reduce my funds by that amount. Extending this law, the world thinks that if I give my love, I am impoverished by that amount of love, and if I give up my soul, then I am utterly ruined, for there is nothing left of me to save.

In this area, however, the laws of spiritual life are the exact opposite of the laws of the material world. According to spiritual law, every spiritual treasure given away not only returns to the giver like a whole and unbroken ruble given to a beggar, but it grows and become more valuable.

Those who give, acquire, and those who become poor, become rich. We give away our human riches and in return we receive much greater gifts from God, while those who give away their human souls, receive in return eternal bliss, the divine gift of possessing the Kingdom of Heaven.

If this is indeed an act of Christian love, if this self-renunciation is genuine, then they meet Christ Himself face-to-face in the one to whom they offer themselves. And in communion with that person they commune with Christ Himself.

Thus the mystery of the union with man becomes the mystery of union with God. What was given away returns, for the love that is poured out never diminishes the source of that love, for the source of love in our hearts is Love itself. It is Christ.
IN PRAISE OF THE BALTIMORE ORIOLE
Neal Neslusun

I took a month off from my musings (thank you, Fr. Luke). Did you miss me?

Have you ever seen a Baltimore oriole? I’m talking about the bird and not the baseball player. And I’m talking about seeing one in real life, on a branch in front of you or a rock wall, not just a picture of one. It’s a strikingly beautiful bird and to see one in the flesh is exciting and makes my heart leap!

Orioles tend not to live around here for a long period of time. They are migratory birds who pass through New England on their way north in the spring and south in the fall. I used to see them every spring for years for a few exciting days. I love to see birds in the wild. There is something about seeing an oriole, or a Grosbeak, Bluebird or any number of birds in the wild that is beautiful, magical, and exciting.

I can vividly remember about fourteen years ago golfing with my eldest son Matthew who was about eight at the time. As we were walking along the edge of the golf course looking for my ball in the woods (where it usually is), for a fleeting four or five seconds we saw a beautiful Scarlett Tanager. I don’t remember anything else about that day, even who we golfed with, but I remember my excitement and his as we saw this beautiful red bird. I’ve not seen a Tanager since. This is also the first year in many years that I did not see any orioles in the spring, and I don’t think that I will see any in the fall either.

I don’t see many songbirds anymore. I see plenty of Red Tail Hawks and other birds of prey. These are birds that nearly did not exist when I was a child due to the widespread use of DDT yet the birds of prey have thankfully made a comeback. But as I take my walks in the morning before work, as I sometimes do, or my walks in the evening with Charlotte, I see very few songbirds anymore. No finches, no chickadees, not even any of the formerly ubiquitous sparrows, wrens, and Blue Jays.

On this past September 19th, a wide ranging study was released in the journal Science that shows that North America (the US, Canada, and Mexico) has lost about 29% of our bird population since 1970. That’s nearly three billion birds that have died. The study was done with data from many sources including the US Geological Survey, the Canadian Wildlife Service, Cornell University and various networks of bird surveyors reporting into the Audubon Society and other organizations watching the health and well-being of birds and wildlife.

Interestingly, the survey says that about 90% of the lost bird population centers on songbirds, like sparrows, blackbirds (the oriole is a kind of blackbird), warblers, finches, and swallows. The same birds I do not see or hear singing any longer are the birds that are vanishing before our eyes.

I have noticed the reduction of our songbird population in my daily life. I wonder if you have also noticed it. Yesterday, as I thought about this topic, I decided to go outside for 10 or 15 minutes and stay perfectly quiet and listen intently for the sound of a bird. I heard many things, the traffic passing by on Rt. 290 through the woods, the buzz of many different kinds of insects, an occasional barking dog or passing car on my street. The sound I did not hear, however, was the sound of a single solitary bird in 15 minutes of intense listening. And while I was listening I was also watching the trees. I did see one bird! A single Mourning Dove across the street, no doubt the mate just out of view, but no sparrows, no wrens, no finches.

Too often the talk about environmentalism in general, and climate change specifically, is wrapped up in which side of the political spectrum you sit on (let me tell you now that I have always been regis-
tered as an Independent). But when the evidence is before your eyes, when you don’t see the house wrens making nests on your property anymore, when you miss the sound of a screeching Blue Jay (instead of cursing it), and when 75% of all the glaciers in Glacier National Park in Montana have disappeared, you know something is happening and it’s probably not good.

And when our religious leaders speak out on such topics it is not borne out of any liberal political beliefs they may have, but rather from a deep concern for our future, for Mother Earth, and for this place that God has not given to us but rather put in our stewardship. His All-Holiness Ecumenical Patriarch Bartholomew is so focused on environmentalism that he has earned the name “Green Patriarch” and *Time Magazine* in 2008 called him on of the 100 most influential people in the world for “defining environmentalism as a spiritual responsibility.”

Pope Francis, the leader of our brethren in the Roman Catholic Church, released an important and detailed encyclical on the environment in 2015 in which he quoted his namesake Francis of Assisi in the opening paragraph who said, “Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us.” This link between God and the Earth and concern for the environment is not limited to religious leaders but also can be found in the writings of our most famous authors, and is lead by the original environmentalist Henry David Thoreau who wrote, “Heaven is under our feet as well as over our heads.”

The debate is no longer IF the climate is changing. The climate is changing right now and we are experiencing it. The debate should be focused on what we are going to do about it. As Americans shall we stick our heads in the sand and point out that countries less developed than us and poorer than us are bigger polluters than we are, and use this as a justification to not change our ways? Or will we lead the world in trying to stem this tide of waste, overuse, and material gluttony that is ruining our home and leaving it much less than what it was for our children. I hope and pray for the latter.

If you still don’t think we are in a change then I challenge you to go outside one evening and listen for the birds and try and remember your youth and how many birds you heard back then. I’ll wager you’ll find what I found, and I hope it scares you as much as it did me.

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**LOCAL OUTREACH OPPORTUNITY**

Sign up for

**HABITAT FOR HUMANITY**

8am-4pm

Saturday, December 14

Only 8 Spots Available! See Fr. Luke if you are interested joining our church in helping to build a home during the holiday season for a local family in need!
A BIG THANKS TO ALL!!!
COMING TO OUR FALL RETREAT

LIVING THE GOSPEL IN THE DIGITAL AGE:
The Intersection of Technology and Faith

TECHNOLOGY THAT UNITES AND DIVIDES
How We Are More Disconnected and Addicted Than Ever In This Connected World

Do social media, mobile apps, and the many digital tools always ready at hand create a more connected world, as we are led to believe? Or does this technology actually create barriers and prevent us from experiencing authentic relationship? In this presentation, we will explore the opportunities and challenges that technology offers when it comes to developing healthy relationships with and attaining knowledge of God, our neighbor, and self.

9:30pm - 12:30pm
Saturday, October 19th

JAMIL SAMARA is the Director of the Department of Internet Ministries of the Greek Orthodox Archdiocese of America. He is an active member of his home parish of St. Mary Orthodox Church in Cambridge, MA. Jamil holds a bachelors degree in Computer Science from Boston College and an M. Div. from Holy Cross Greek Orthodox School of Theology. He enjoys contemplating the convergence of technology and faith and its implications on our relationships with God and one another.
FILLING UP OUR CUP

You are holding a cup of coffee when someone comes along and bumps into you and shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee? “Because someone bumped into me!!!”

Wrong answer.

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. Whatever is inside the cup is what will spill out!

Therefore, when life comes along and shakes you (which will happen more than once), whatever is inside you will come out. It’s easy to fake it, until you get rattled.

So we have to ask, “What’s inside my cup?”

When life gets tough, what spills over? Joy, gratitude, peace, humility, love? Or anger, bitterness, irritation, harsh words and arrogance?

Life provides the cup, but YOU choose how to fill it.

Today, let’s work towards filling our cup with love, peace, joy, gratitude, forgiveness, gentleness, words of affirmations and kindness.

Remember to keep asking yourself, when it spills, and it will spill out from time to time, what will come out?!!
PHILOPTOCHOS NEWS

I would like to thank everyone, especially all our ladies, for all the hard work they put into making this festival the best ever. Financially we surpassed last year by making almost $7000 from our pastry sales! That is amazing!! We made more petas, baklava, breads, etc... and we sold out of everything.

We had a few breads left and we sold them on the following Sunday after church. Our ladies should be so proud for everything they did whether it was baking everyday, donating monies and ingredients, cleaning, packaging, selling during the two days, or any other way they helped. I know that as president I can always count on them to be there for our church. It can be stressful and very tiring but the end result leaves us satisfied and happy! Congratulations to a super job!

Our next meeting will be held on October 7th at 6:00. While it is fresh in our minds we would like to talk about the festival and decide what we should do to make it easier and even better if that is possible. Also we thought we would have our Spaghetti Dinner in November but our officers decided we should postpone it until February. What are your thoughts? This might be good to give us a little break after the festival. Please come and share your thoughts. We need your ideas.

See you on October 7th. Another summer is over. Happy fall!

With much love and appreciation,
Evelyn Pappas

"I was hungry and you fed me. I was thirsty and you gave me to drink. I was naked and you clothed me. I was sick and I was in prison and you visited me. Whatever you did to the least of my brothers or sisters you did to me." Matthew 25:35-37

LIVING BREAD LUNCHEON

12:30-1:30pm
Saturday, Oct 5

The October Luncheon is offered

For the Glory of God from an anonymous donor

We are looking for a donor for our special Thanksgiving Day Living Bread Luncheon.

You can honor some special person or event, or offer the meal in loving memory of a beloved one.

We serve approximately 80-100 guests each month.
A $400 donation will cover the cost of each month.
### 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 6** Titi Chito, Rina Sgouritsas, Pres. Faith Veronis
- **Oct 13** – Sandi Kunkel, Evelyn Pappas, Gulapka Kostovski, Betty Tonna
- **Oct 20** – Kathy Bilis, Marie Monroe, Eleni Sgouritsas, Tina Collelo
- **Oct 27** - Leah Didonato, Mary Seferi, Olga Poulakhtine, Vasiliki Zahariadiis
- **Nov 3** - Sara Darlagiannis, Sissy Darligiannis, Helen Constantine Alexandra Koulax
- **Nov 10** – Lisa Healy, Marie McNally, Despina Condos, Trish Lareau
- **Nov 17** Charlotte Neslusan, Evis Jordanoglou, Dolly Sosnowski, Annalisa Dunning
- **Nov 25**– Lynn Purcell, Rayne Purcell Sophia Foisy, Kelly Vosnakis

### Coffee Fellowship
**Serving Groups**

- **Oct 6**- Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi
- **Oct 13**- Sara Darlagiannis, Christine Kiritsis, Charlotte Neslusan, Stephanie Quill
- **Oct 20**- Thomai Gatsogiannis, Trish Lareau, Deb Raymond, Vange Wilson, Alexandra Koulax
- **Oct 27**- Donna Cooney, Leah Didonato, Rena Klebart, Betty Tonna

### Youth Epistle
**Readers**

- **Oct 6** - Maia Beaudry
- **Oct 13** - Kiera MacKenzie
- **Oct 20** - Lily Mueller
- **Oct 27**—Kara Mueller
- **Nov 3** - Helen Dunning
- **Nov 10** - Zach Dunning
- **Nov 17** - Panayiota Veronis

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**USHERS & GREETERS SCHEDULE**

- **October 6** Neal Neslusan, Jimmy Karapanos, Tasi Vriga, Tatyana Zhuk, Mike Chito
- **October 13** Nicoleta Cojocaru, Zach Gianaris, Jared Quill, Bill Thompson
- **Oct 20** Arthur Bilis, Chris Geotis, Thomai Gatsogiannis, Trish Lareau
- **Oct 27** Marie McNally, Matt Benoit, Lisa Healy, Nick Seferi

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**We are looking for more VOLUNTEERS to serve as ushers or on our coffee fellowship groups, as well as to bring pastries or donuts once every two months. Please let Fr Luke know if you can join a group.**
The Light - October 2019

Remembering Our Church Family

Important Dates in OCTOBER:

Make a visit, give a call, or express congratualtions 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>Oct 1</td>
<td>Loucia Adamapoulos</td>
</tr>
<tr>
<td>Oct 3</td>
<td>Ted Avlas</td>
</tr>
<tr>
<td>Oct 4</td>
<td>Edna Vogel</td>
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<tr>
<td>Oct 5</td>
<td>David Bilis</td>
</tr>
<tr>
<td>Oct 8</td>
<td>Sophia Bethune</td>
</tr>
<tr>
<td>Oct 10</td>
<td>Angela Koulax</td>
</tr>
<tr>
<td>Oct 10</td>
<td>Harry Jordanoglou</td>
</tr>
<tr>
<td>Oct 11</td>
<td>Debby Raymond</td>
</tr>
<tr>
<td>Oct 11</td>
<td>Nikita Giantsios</td>
</tr>
<tr>
<td>Oct 13</td>
<td>Sandy Sanderson</td>
</tr>
<tr>
<td>Oct 15</td>
<td>Charlie Chito</td>
</tr>
<tr>
<td>Oct 15</td>
<td>Loukas Mironidis</td>
</tr>
<tr>
<td>Oct 15</td>
<td>Donna Cooney</td>
</tr>
<tr>
<td>Oct 15</td>
<td>Therese Totolos</td>
</tr>
<tr>
<td>Oct 15</td>
<td>Tristen Massie</td>
</tr>
<tr>
<td>Oct 19</td>
<td>Sophia Foisy</td>
</tr>
<tr>
<td>Oct 22</td>
<td>Louisa Foisy</td>
</tr>
<tr>
<td>Oct 22</td>
<td>Katie Mironidis</td>
</tr>
<tr>
<td>Oct 24</td>
<td>Barbara Desrosiers</td>
</tr>
<tr>
<td>Oct 25</td>
<td>Leah Bouthillier</td>
</tr>
<tr>
<td>Oct 25</td>
<td>Mary Baxter</td>
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<tr>
<td>Oct 25</td>
<td>Bill Thompson</td>
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<tr>
<td>Oct 26</td>
<td>David Thompson</td>
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<tr>
<td>Oct 26</td>
<td>Ted Panagiotou</td>
</tr>
<tr>
<td>Oct 28</td>
<td>Annalisa Dunning</td>
</tr>
<tr>
<td>Oct 29</td>
<td>Symeon Dunning</td>
</tr>
<tr>
<td>Oct 30</td>
<td>Christa Benoit</td>
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**WEDDING ANNIVERSARIES:**

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<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>Oct 8</td>
<td>Dyland and Amber Breton</td>
</tr>
<tr>
<td>Oct 8</td>
<td>Christine/Peter Porazzo</td>
</tr>
<tr>
<td>Oct 13</td>
<td>George &amp; Julie Milios</td>
</tr>
<tr>
<td>Oct 18</td>
<td>Kenneth Peterson and Nicole Apostola</td>
</tr>
<tr>
<td>Oct 25</td>
<td>Paul &amp; Ramona Geotis</td>
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</tbody>
</table>

**NAMEDAYS:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Oct 11</td>
<td>St Kenneth</td>
</tr>
<tr>
<td></td>
<td>Kenneth Peterson</td>
</tr>
<tr>
<td>Oct 18</td>
<td>St Luke</td>
</tr>
<tr>
<td></td>
<td>Fr. Luke Veronis</td>
</tr>
<tr>
<td></td>
<td>(also Fr Luke’s 25th anniversary to the priesthood)</td>
</tr>
<tr>
<td></td>
<td>Loukas Mironidis</td>
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<tr>
<td></td>
<td>Louis Thomas</td>
</tr>
<tr>
<td></td>
<td>Loukas Baraklilis</td>
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<tr>
<td>Oct 26</td>
<td>St Demetrios</td>
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<tr>
<td></td>
<td>Dhimitra Adamopoulos</td>
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<tr>
<td></td>
<td>Demetrios Baraklilis</td>
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<td></td>
<td>Dimitri Gatsogiannis</td>
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<td></td>
<td>James Karapanos</td>
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<td></td>
<td>Dimitri Kiritsis</td>
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<td></td>
<td>Dimitrios Milios</td>
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<td></td>
<td>Dimitri Mironides</td>
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<td></td>
<td>Demetra Moutoudis</td>
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<td></td>
<td>Dimitrios James Pappas</td>
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<td></td>
<td>Ted Panagiotou</td>
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<tr>
<td></td>
<td>Dimitri Sidopoulos</td>
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</tbody>
</table>

A SPECIAL THANK YOU to NICOLETA COJOCARU and Nizhoni Health for getting her office to donate 20 beautiful desks, chairs, an office desk and other office equipment to our Church!
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!

A VERY SPECIAL FESTIVAL
THANK YOU

to our co-chairs Lisa Healy and Marie McNally and all the department heads and everyone who helped make our Festival another resounding success! Many worked for months, and for week, and during the weekend. We are grateful to each one of you!!!

Look for our safe and convenient at bottom left of Church webpage at www.schwebster.org

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

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Lake Pizza & Restaurant
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Webster, MA
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Point Breeze
114 Point Breeze Road
Webster, MA
508-943-0404
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
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<th>Sat</th>
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<tbody>
<tr>
<td>29</td>
<td>30</td>
<td>Oct 1</td>
<td>Oct 2</td>
<td>Oct 3</td>
<td>Oct 4</td>
<td>5</td>
</tr>
<tr>
<td>8:30 Matins</td>
<td>Oct 1</td>
<td>Oct 2</td>
<td>Oct 3</td>
<td>Oct 4</td>
<td>12:30 Living Bread Luncheon</td>
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<tr>
<td>9:30 Divine Liturgy</td>
<td>10am Bible Study</td>
<td>Metropolis Stewardship Training</td>
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<tr>
<td>Youth Corn Maze at West End Creamy</td>
<td>7pm AA</td>
<td>Metropolis Clergy Laity Congress</td>
<td></td>
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<tr>
<td>7pm AA</td>
<td></td>
<td>5pm Vespers</td>
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<td>6</td>
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</tr>
<tr>
<td>8:30 Matins</td>
<td>6:00 Philoptochos Meeting</td>
<td>10am Bible Study</td>
<td>Metropolis of Boston Fall Camp</td>
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<tr>
<td>9:30 Divine Liturgy</td>
<td>6:30 Paraclesis Service</td>
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<td>Metropolis of Boston Fall Camp</td>
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<td></td>
<td></td>
<td>5pm Vespers</td>
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<tr>
<td>13</td>
<td>14 Columbus Day</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18 St Luke</td>
<td>19</td>
</tr>
<tr>
<td>8:30 Matins</td>
<td>10am Bible Study</td>
<td>10am Bible Study</td>
<td>6:30pm Bible Study at home of Fr Luke</td>
<td>8:45 Matins 9:30 Liturgy</td>
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<tr>
<td>9:30 Divine Liturgy</td>
<td>11:30 Parish Council Meeting</td>
<td>12</td>
<td>19</td>
<td>9:30-12:00 Fall Retreat “Preaching the Gospel in our Digital Age”</td>
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<tr>
<td>11:30 Parish Council Meeting</td>
<td>7pm AA</td>
<td>5pm Vespers</td>
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<td>7pm AA</td>
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<td>20</td>
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<td>25</td>
<td>26 St Dimitrios</td>
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<td>23</td>
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<td>25</td>
<td>8:45 Matins 9:30 Liturgy</td>
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</tr>
<tr>
<td>8:30 Matins</td>
<td>10am Bible Study</td>
<td>6:30pm Bible Study at home of Fr Luke</td>
<td>5pm Vespers</td>
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</tr>
<tr>
<td>9:30 Divine Liturgy</td>
<td>7pm AA</td>
<td></td>
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</tr>
<tr>
<td>27</td>
<td>28 National Archdiocesan Clergy Retreat</td>
<td>29 National Archdiocesan Clergy Retreat</td>
<td>30 National Archdiocesan Clergy Retreat</td>
<td>31 National Archdiocesan Clergy Retreat</td>
<td>Nov 1 Sts Cosmas &amp; Damian</td>
<td>Nov 2</td>
</tr>
<tr>
<td>8:30 Matins</td>
<td>9:30 Divine Liturgy</td>
<td>10am Bible Study</td>
<td>8:45 Matins 9:30 Liturgy</td>
<td></td>
<td>12:30 Living Bread Luncheon</td>
<td>12:30 Living Bread Luncheon</td>
</tr>
<tr>
<td>9:30 Divine Liturgy</td>
<td></td>
<td></td>
<td></td>
<td>Nov 2</td>
<td>5pm Vespers</td>
<td>5pm Vespers</td>
</tr>
</tbody>
</table>
Fr. Luke’s 10 Daily Spiritual Disciplines

1. Pray and connect with God every day through the formal prayers of the Church as well as with our spontaneous prayers.

2. Meditate and sit in silence for 10 to 15 minutes, opening up our heart and mind to God and being filled with His Spirit. Remember to “Be still and know that I am God” (Psalm 46:10).

3. Fill our mind with whatever is “true, noble just, pure, lovely, good, virtuous” (Philippians 4:8), remembering that such things can especially be found in Holy Scripture and spiritual writings.

4. Express gratitude towards God and towards others, “giving thanks for all things” (1 Thessalonians 5:17).

5. Hand over anger, resentment, bitterness, and all of our failures and sins to God, asking forgiveness from Him for our own mistakes and offering forgiveness to anyone who has hurt or offended us.

6. Refuse to allow envy, jealously, greed, or our egocentric desires to preoccupy our minds. Learn to “rejoice with those who rejoice” (Romans 12:14).

7. Humbly serve others with joy, imitating our Lord when He washed the feet of His disciples and offered His life for the salvation of the world.

8. Do deliberate acts of kindness to friends as well as to any strangers who cross our path.

9. Smile and brighten up the day for each person we meet, following St. Paul’s exhortation to “edify and bring grace to whoever hears your words” (Ephesians 4:29).

10. Keep an eternal perspective on life, remembering that we all are brief sojourners on this earth and “our citizenship is in heaven” (Philippians 3:20).