God is a God of abundance, not a God of scarcity. Jesus reveals to us God’s abundance when he offers so much bread to the 5000 people that there are twelve large baskets with leftover scraps, and when he makes his disciples catch so many fish that their boat nearly sinks. God doesn’t give us just enough. God gives us more than enough, more love than we dared to ask for, more mercy than we deserve, more grace than we can imagine.

God is a generous giver, but we can only see and enjoy God’s generosity when we love God with all of our hearts, minds and strength. As long as we say, “I will love you God, but first show me your generosity,” we will remain distant from God and unable to experience what God truly wants to give us, which is life and life in abundance.

Henri Nouwen

What a beautiful image to reflect upon. We have a loving Father as our Heavenly God who desires for us to live in abundance. The Apostle Paul even says that “our

God shall supply all our needs according to His riches! Of course, this abundance isn’t necessarily material abundance. Surely, God will take care of our basic needs and give us our “daily bread,” but our Creator is much more concerned with a more important type of abundance - an overflowing of God’s virtues in our lives and a profusion of the Fruit of the Holy Spirit filling our hearts.

God wants us to live with an abundance of His Fruit of love, joy, peace, patience, kindness, goodness, faithfulness, humility and self-control (Galatians 5:22). Let’s look at this Fruit that God wants us to have abundantly.

**LOVE:** Imagine living each day surrounded by an ocean of God’s unconditional love - knowing that we are loved by our Maker and we are His precious and dear children. From this assurance of love, we are then free to love one another. As we have freely received God’s love, we freely share and radiate His love with all those around us.

**JOY:** God promises us to experience life as a joyful celebration!
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:** veronis@verizon.net

<table>
<thead>
<tr>
<th><strong>2013 PARISH COUNCIL</strong></th>
<th><strong>Cantor:</strong> Dimitrios Milios</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>President:</strong> Yanni Mironidis</td>
<td><strong>Choir Directors:</strong> Tony and Nike Beaudry</td>
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<tr>
<td><strong>Vice President:</strong> Lisa Healy</td>
<td><strong>Greek Dance Group:</strong> Nike Beaudry</td>
</tr>
</tbody>
</table>
| **Secretary:** Lorna McWilliam | **Sunday School Teachers:**  
**JOY:** Pres Faith Veronis  
**Seminarians:** Ron Burkhard, Nick Mueller  
**Ecclesiarch:** Bill Anthopoulos,  
**Bookstore:** Lorna McWilliams  
**Sexton:** Katya Sidorchuk, Drew Kladas |
| **Treasurers:** Nick Popiak & Anton Cojcocaru | **Greek Dance Group:** Nike Beaudry |
| **Members:**  
Vasil Condos, Leah DiDonato, Chris Geotis, Barbara Gianaris, Joey Gliniecki, Del Monroe, Helen Pappas, Deborah Raymond | **Sunday School Teachers:**  
**JOY:** Pres Faith Veronis  
**Seminarians:** Ron Burkhard, Nick Mueller  
**Ecclesiarch:** Bill Anthopoulos,  
**Bookstore:** Lorna McWilliams  
**Sexton:** Katya Sidorchuk, Drew Kladas |
| **PHILOPTOCHOS** | **Cantor:** Dimitrios Milios |
| **President:** Evelyn Pappas | **Choir Directors:** Tony and Nike Beaudry |
| **Vice President:** Elizabeth Vriga | **Greek Dance Group:** Nike Beaudry |
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**Bookstore:** Lorna McWilliams  
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| **Treasurer:** Sandi Kunkel | **Greek Dance Group:** Nike Beaudry |
| **Church Secretary:** Jaime Ross | **Sunday School Teachers:**  
**JOY:** Pres Faith Veronis  
**Seminarians:** Ron Burkhard, Nick Mueller  
**Ecclesiarch:** Bill Anthopoulos,  
**Bookstore:** Lorna McWilliams  
**Sexton:** Katya Sidorchuk, Drew Kladas |
| **Festival Chair:** Joey Gliniecki, & Yanni Mironidis | **Sunday School Teachers:**  
**JOY:** Pres Faith Veronis  
**Seminarians:** Ron Burkhard, Nick Mueller  
**Ecclesiarch:** Bill Anthopoulos,  
**Bookstore:** Lorna McWilliams  
**Sexton:** Katya Sidorchuk, Drew Kladas |
No difficulty or challenge or even tragedy can take away the deep inner joy of the Lord within us. This joy goes beyond superficial happiness. It is a joy deep within our souls that nothing can take away. “The joy of the Lord is my strength” (Nehemiah 8:10).

PEACE: Jesus blesses us with undefeatable peace - “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let them it be afraid” (John 14:27) St. Paul describes it as “the peace of God which surpasses all understanding and which will guard our hearts and our minds in Christ Jesus” (Phil 4:7).

PATIENCE: “We know that all things work together for good to those who love God, to those who are called according to His purpose” (Romans 8:28). We simply need to wait on the Lord and trust in Him, and we can be assured that all things are under His control. If God is with us, who can be against us? Thus, He fills us with patience to endure and persevere in faith all things.

KINDNESS: The gentleness and kindness of the Lord is seen in the way He welcomes sinners and receives anyone who has fallen. Jesus promises “Anyone who comes to me I will by no means cast out” (John 6:37). And just as Christ treats all people with respect and dignity, He fills us with His Spirit and guides us to do likewise.

GOODNESS: “The goodness of God endures continuously” (Psalm 52:1) and this is the goodness that He instills in the hearts of all His followers. Holy Scriptures teach that “no one is good but God Himself,” and yet when we walk with Him, He instills His goodness in each of us.

FAITHFULNESS: “God is faithful, and will not allow you to be tempted beyond what you are able to do, but with the temptation will also make the way of escape, that you may be able to bear it” (1 Corinthians 10:13).

HUMILITY: Jesus has set the ultimate example in humility, not only through washing the feet of His disciples, but especially through willingly accepting His Passion and Death on the Cross. By modeling this virtue, He empowers us to imitate it in our lives. His own words come alive to each one of us when He says, “Anyone who exalts himself will be humbled, but those who humble themselves will be exalted.”

SELF-CONTROL: St. Paul highlights the fact that “I can do all things through Christ who strengthens me” (Philippians 4:13). And Jesus set the ultimate example right before His Passion when He prayed “Not my will, but Your will be done.” This virtue of denying self in order to find one’s true self is the path God empowers us to follow.

When Jesus blesses us with the promise “I came that you may have life and have it abundantly” (John 10:10), this life of abundance awaits each one of us. Yet we each have to make a decision on whether we will accept the abundance that Christ offers us. Do we want to live in His abundance, or will we close our hearts to it and live in the scarcity of this superficial world?

My prayer is that we will all choose and experience the abundant life!

With love in our Lord Jesus Christ,

+Luke
The “DAILY ACT” Challenge

Every day I send out a Daily Inspirational Email to around 550 people, which includes a brief Spiritual Meditation, Bible Reading, and Life of a Saint. Recently, I added a section called the “DAILY ACT” which challenges people to do some random act of love and kindness which reflects our faith.

Too often we have good intentions, but don’t follow through to loving actions. Our faith is meaningless if it is not incarnated in life in concrete ways! Ultimately, when we come face to face with our Lord on the final Day of Judgment, He will not ask us what our intentions were, He will look at our lives, see how we have lived, and then reveal to us what we truly believed!

Think about this – if someone doesn’t know you, and simply watches you day in and day out for a month – if they observe how you treat others, take note on how you spend your time and money, watch what you do at home, at work, and at play, monitor how you act with your family, your friends, different strangers, and even your enemies – what will they see? Will they witness a living faith which reflects who you are as an Orthodox Christian? Will they see a conscious attempt of loving, kind, and compassion acts with everyone we encounter?

Remember, good intentions aren’t good enough! St. James challenges us to “Be doers of the word, and not only hearers… What does it profit if someone says they have faith, but don’t have works? Faith by itself, if it doesn’t have works, is dead… Show me your faith without works, and I will show you my faith BY my works.” (James 2:14-18)

From the Daily Inspirational Emails, I’ve asked people to share how they’ve been blessed, inspired, and encouraged to live out their faith. Here are some responses over a two week period:

I talked to an old friend who has been on disability for 3 years. We hadn’t talked in years but we reconnected for about an hour and I got a chance to tell him that I loved him. Time is going by too fast I can’t believe how long it had been. What an uplifting thing to have done!

I sent an email to someone who really hurt my family and asked him for forgiveness. If I see him in person I will do the same. This was hard to do. It took me a few days to swallow my pride, my lingering anger, and write him. But re-reading the Bible verses you sent made it clear what I must do, and made it easier to do.

I bought a large box of granola bars from Costco and put them in a central area to share with the whole office.

I sent a long overdue monthly pledge for OCMC Missionaries Stephanos and Alexandria Ritsi.

I put some treats in my mailbox for my mailman as an act of kindness. He was so appreciative and wrote me a note. It did make me feel good!

I went to see an elderly man in a nursing home, and then I visited someone in a psychiatric hospital. In the intervening days, I mailed a card and made a few special phone calls.

I made a handmade card for my neighbor, who takes such good care of me.

I recently found out that a former patient whom I and several people in my department knew had passed away. He came to therapy off and on over the past 15 years. We haven’t seen anyone in his family for years, and I only spoke to his sister on the phone once. I looked her up and called her and offered my condolences. I got seven of us from our department to write a message in the card and I know it must have been very special for his sister to read, and I think the therapists felt touched or privileged to be able to share something. This was something that I
might have thought about doing on my own, but I feel the encouragement and inspiration of the “Daily Act” made me pick up the phone to call the sister and get the card. Too often I "feel so busy" and just don't make the effort to do something like that.

I wrote two cards in one. One to my mother, thanking her for caring for me throughout my life. I am blessed to have a mom who is always there, in complete understanding and love through everything. The blessedness I feel gets stronger as I get older and my understanding about what she has done increases. The second part of my card was to my great aunt, who passed away when I was seven. To write to her now is not something I would have thought to do, but the very act of writing brought forth the honor and love I have for her.

I was at the bank trying to sort out an issue regarding mortgage, escrow accounts, homeowners insurance, etc... basically, a stressful mess that could have been the source of me losing my temper. However, the banker that helped me was kind, friendly, helpful beyond what was expected, and had a sense of humor that helped diffuse the situation. When the issue had been resolved, I took the time to thank him, compliment him, and also to write an email to his supervisor advising him on a job well done by his employee.

A friend gave me a pound of coffee for nothing...she knows I like coffee. In turn, I remembered her mom wanted to know about what the priest does with the prosfora after she makes them. I immediately downloaded the info and sent it to her! I felt good about it.

I wanted to give money to someone in need. Indeed I found a young, pregnant woman in need of a gift, so I went up to her, slipped it into her hand and said "I want you to have this" and left. She said "thank you" without looking into her hand. I felt the joy!

I walked by a 7 year old kid the other day outside of Sam's asking for money. I ignored him and got in my car and started to drive off. But I kept seeing the kid in my mind. I parked and went back and said “Hey big man, what are you raising money for?” He said for a basketball tournament in Florida. I gave him one of the two twenties I had in my wallet.

A young girl with a small child told me that her son had a reaction to something he ate and he was very sick. She needed $28 for a prescription but didn't have the money. I had $30.00 in my wallet and gave it to her. Through that, I was blessed to receive the joy of the Resurrection.

I gave it a try! I wrote to someone who has hurt me much and with whom I had very bad feelings toward. I gave this my best shot, and told them I want to try to reconcile with them.

From the daily devotional emails, I've been inspired to speak with a friend and also a relative and tell them "I Love You". I’ve also consciously held a door open for people. And when I’m in the express checkout line, I let the person who has just one or two items go ahead of me.

Too often we have good intentions, but don’t follow through to loving actions. Our faith is meaningless if it is not incarnated in life! May we all look for opportunities to do kind and compassionate acts of love EACH DAY. And let us do them quietly, anonymously, humbly, all for the glory of God!
Is God enough? If He is, never fear anything, but go forward in faith.

Freedom and Love are the two central characteristics to always remember in our Christian journey as we strive to offer a witness of God’s Good News to the world around us.

The most crucial point in missions is not what one announces, but what one lives, who one is.

Spirituality that is devoid of a struggle and agony for the salvation of the world is a crippled spirituality, both on a personal level as well as on a Church-wide level.

Any static church that lacks a vision and constant endeavor to proclaim the Gospel to the entire world can hardly be recognized as the one, holy, catholic and apostolic church.

To find yourself, you must offer yourself.

These were a few of the teachings that we – 13 students from Holy Cross Greek Orthodox School of Theology, St. Vladimir’s Seminary, St. Tikhon’s Seminary, and Hellenic College, along with my beloved former professor, Fr. Alkiviadis Calivas, and I learned from Archbishop Anastasios during our recent class and trip to Albania. We traveled to Albania as a part of a 3 credit academic class, a mission trip, and a spiritual pilgrimage which was sponsored by the Missions Institute of Orthodox Christianity, Holy Cross Greek Orthodox School of Theology, and the OCMC.

We traveled as a group to Albania to learn from the church there, while also trying to offer a witness of love to our brothers and sisters. We were blessed by witnessing a Church decimated by communism, but resurrected by the power and grace of God. Reading the writings of Archbishop Anastasios and meeting him personally inspired all of us. Yet, we also met numerous other leaders – newly ordained bishops and clergy, long-term missionaries, as well as both female and male lay leaders and faithful Christians – who carried within themselves the same spirit of the Archbishop and are faithfully serving the Church and Albania.

One of the special realities we experienced was the fact that every Christian we met has CHOSEN to follow Christ and be Orthodox Christians. In Albania, following WW2 in 1945, all religion was severely persecuted by the communists. From 1967-1991, Albania did something that no other country in the world attempted – they forbade and ruthlessly persecuted ANY and EVERY expression of religion! So an entire generation of people grew up without the Church, and with no opportunity to be baptized or to learn anything about the faith. This left an entire generation without an opportunity to really know God.

Thus, when we encountered the many dynamic and faithful believers of Albania, we realized that we were entering a world like the early Church, with most Christians who are still in their first generation of faith! Imagine, we met with three bishops who came from culturally Muslim backgrounds, and yet who today serve the Church as Orthodox Bishops! We met with a few believers who risked their lives and were secretly baptized during the years of communism. Most discovered the faith during the difficult yet exciting years following the fall of communism. Many children, students, and young adults embraced the faith throughout the 1990s, and now are raising their children in the same faith. (I even had a special blessing on this trip to baptize the child of a dear friend and former student whom I had baptized herself back in 1995!)

This class and trip offered a unique opportunity for all our participants to learn from these beautiful Christians, as well as to share in some small, humble way, our own witness of love with all the people we...
I now better understand that missions is at the frontier of the Church. Watching and listening to the struggles of our long-term missionaries has given me a totally new appreciation of what they do, and the needs they have. I am returning to the States with a new commitment to support this missionary effort, and to challenge my home parish, and all my friends, with the responsibility to support this effort on the frontiers of the Church.

I was greatly inspired to see the various lay male and female leaders in the Church in Albania. I have wondered in the past how I can serve the Church without becoming a priest. Looking at how many lay leaders serve in Albania, I realized that there is a place for me to serve Christ and His Church, even if I can’t become a priest.

Please pray with me that our Lord will continue to inspire and guide these young students to build upon this experience, and commit their lives to more faithfully living out our Orthodox Christian faith in the world around us!

To find yourself, you must offer yourself…

Spirituality that is devoid of the struggle for the salvation of the other, for the entire world is a crippled spirituality.

Archbishop Anastasios

I became aware more of how we are part of a global church, even if we come from some small parish in America. Too often we get consumed with ourselves, and our own problems and struggles, and we forget that we are a part of a worldwide family. We are connected with one another around the globe, as a part of Christ’s universal church. This has helped me realize I must shift from a self-centered, parochial mindset to a Christ-centered, universal mindset!

The experience in Albania has challenged me to look at my life and faith journey from a new and different angel. It has awakened a spiritual excitement within me. I realize how little I know, and much I have left to grow in my walk with Christ!

I’ve learned that we in America, and those in Albania, share many similar challenges of faith for the future. I saw so clearly that Christian ministry is ultimately based on relationships of love. Ministry in America, or in Albania, is really not so culturally different. We have to become witnesses of Christ’s love, but that can happen only through loving relationships.

This class and trip was one of the best experiences of my life. It recharged and re-energized me in my faith and made me become more passionate about following Jesus Christ and fulfilling our missionary responsibility with the world around us.
Metropolis of Boston Summer Camp

July 22-29
Contookcook, NH

Parents, don’t forget to register your children for the 4th week of camp

SUMMER CAMPING at CAPE COD with our Church Family

August 15-18
Contact Nicoleta Cojocaru
For Details! Limited Space Available.

Come & Support our GREEK DANCE TROUPE

3:00 pm Sunday July 14
at St. George Greek Picnic Southbridge

Sts. Constantine & Helen’s VACATION CHURCH CAMP

“Surfing in the Sun”

5:15 - 8:30pm
August 11-15
For all Kids 3-12
(Bring a Friend)

Fun & Games, Activities & Sports, Arts/Crafts, Songs
Tubing at the Lake,

Call Presbytera Faith or email her (veronis@verizon.net) to register.

EARLY RISERS BIBLE STUDY

6:30 am - 7:30 am
Saturday July 6 & 13

WEDNESDAY MORNING BIBLE STUDY

10:30-11:45
Wednesday, July 3 and 10
SCRAP METAL FUNDRAISER  
(to Help our Youth Attend the Metropolis of Boston CAMP)

SATURDAY, JULY 13th

Bring your lawn mower, lawn furniture, old grills, household appliances (refrigerators and air conditioners ONLY IF freon is removed), basketball hoops, metal car parts, wheel rims, golf clubs, or ANY OTHER METAL YOU HAVE!

Keep any aluminum, copper, brass separate.

No propane tanks, cylinder tanks!
If necessary, call Church Office to arrange pick-up of scrap metal from your homes on Friday, July 12.

Our Church will Host a

RED CROSS BLOOD DRIVE

8:00 am - 1:00 pm  
Saturday, July 13

Sign up to Give Blood at www.RedCrossBlood.org

We also need volunteers to help on the Day of the Drive. Contact Fr. Luke or the Church Office for Details!
Thank You to all who helped our youth raise $1400!!!
Our Dance Troup at the Southbridge Cultural Festival.

Come & Support our Dancers at the St. George Greek Picnic in Southbridge, Sunday, July 14th.

Congratulations to our High School Graduates!
YOUTH EPISTLE READERS

July 7 Maria Mironidis
(Romans 2:10-16 - page 66)

July 14 - Smaranda Cojocaru
(Romans 5:1-11 - Page 67)

July 21 - Maia Beaudry
(Romans 6:18-23 - page 69)

July 28 - Hanna Kunkel
(Romans 10:1-10 - Page 70)

August 4 - Panayiota Veronis
(Romans 12:6-14 - page 72)

August 11 - Theodora Veronis
(Romans 15:1-7 - page 73)

COFFEE FELLOWSHIP:

July 7 - Marie McNally, Christa Benoit, Sandi Kunkel, Betty Vriga, Barbara Choquet

July 14— Donna Cooney, Athena Cooney, Leah DiDonato, Sandra Roy, Bill Anthopoulos

July 21 Kathy Bilis, Charlotte Neslusan, Marie Monroe, Carolyn Niemeck, Deb Raymond

July 28 – Thomai Gatsogiannis, Jaime Ross, Betty Tonna, Eleni Xanthopoulos, Kiku Andersen, Niki Raymond

Rejoice in the Lord always…
The Lord is at hand.
Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God, and the peace of God which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:4-7
## Remembering Our Church Family

### Important Dates in JULY:

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

### BIRTHDAYS:

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<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>July 2</td>
<td>Zack Gianaris</td>
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<td>July 4</td>
<td>Lorna McWilliam</td>
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<td>July 6</td>
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<td>July 6</td>
<td>Katerina McWilliam</td>
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<td>July 9</td>
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<td>Tatjana Zhuk</td>
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<td>July 25</td>
<td>Arthur Vogel</td>
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<td>July 26</td>
<td>Jaime Ross</td>
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### WEDDING ANNIVERSARIES:

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<tr>
<td>July 1</td>
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### NAMEDAYS:

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<td>Loucis Adamopoulos</td>
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<td>July 11</td>
<td>St Olga</td>
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<td>July 12</td>
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<td>July 20</td>
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<td>July 24</td>
<td>St. Christina</td>
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<td>Christine Kiritsis</td>
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<td>July 25</td>
<td>St. Anna</td>
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<td>Anna Thomas</td>
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### HAPPY 4TH OF JULY

"Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!"

Every year on July 4th we pay tribute to the founders of our beloved nation. On July 4, 1776 a new nation emerged. That nation grew and expanded as a haven for the poor, the oppressed, the dreamers, the creators and the pioneers from every corner of the earth, representing every nationality, race or creed. They all received and they all contributed—their genius and particular gifts.

The greatness of America is in the freedom and opportunities that she gave to so many immigrants - immigrants like our own parents and grandparents!

Let us pray that this land of ours, with the help of Almighty God, may always be a land of the free, offering opportunities to all that come.
OPA! Grecian Festival 2013

MARK YOUR CALENDARS

September 7th and 8th

Help Us Make this Festival One of Our Best Ever!!!

FESTIVAL BANNERS

One special way to support our Festival is to buy a banner advertising your business, or offering a greeting to all the people who will be present. These banners will be displayed inside of the main tent.

You can purchase an 18 x 24” banner for a $100 donation.

You can send a check into the Church Office, noting what wording you would like on the banner, or contact the Church Office or Fr Luke.

WE NEED VOLUNTEERS!

Please consider offering as many hours as you can on the weekend of the Festival. We also need people to help in the preparations and the clean up afterwards.

THEMATIC BASKETS

Contact Evelyn Pappas (508-259-5453) or Sandy Kunkel (508-943-7227) about making a thematic basket, or donating anything towards a basket.

CENTER TABLE

Please bring in items for the Center Table. A basket will be placed in the Church Hall. Contact Dhimitra Adamopoulos or Celia Milios with any questions.
FACING ADVERSITY

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs, and coffee," she replied. Her mother brought her closer and asked her to feel the carrots. She did and noticed that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma.

Her mother explained that each of these objects had faced the same adversity - boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting.

However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Who are we? Are we the carrot that seems strong, but with pain and adversity wilt and become soft and lose our strength? Are we the egg that starts with a malleable heart, but changes with the heat? Did we have a fluid spirit, but after a death, a divorce, a financial hardship or some other trial, have we become hardened and stiff?

Does our shell look the same, but on the inside are we bitter and tough with a stiff spirit and hardened heart?

Or are we like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. When things are at their worst, the coffee bean get better and changes the situation around it.
INVESTMENTS IN HEAVEN

There is an old story about a very wealthy man who died and went to Heaven. An angel guided him on a tour of the celestial city. He came to a magnificent home. "Who lives there?" asked the wealthy man. "Oh," the angel answered, "on earth he was your gardener, a simple man rich in his faith!" The rich man got excited. "If this was the house the gardener received, just think of the kind of mansion in which I will spend eternity."

Next, they passed an even more magnificent abode. "Whose is this?" asked the rich man almost overwhelmed. The angel replied, "This women dedicated her life as a missionary." The rich man was really getting excited now.

Finally they came to simple, humble yet beautiful home, quite small compared to the others he saw. "This is your home," said the angel.

The wealthy man was flabbergasted. "I don't understand. The other homes were so big and beautiful. Why is my home comparatively so tiny?"

The angel smiled sadly, "I'm sorry," he said, "We did all we could with what you sent us to work with!"

As Holy Scriptures say, “We reap what we sow.”

The rich man is not one who has much but one who gives much. For what he gives away remains his forever.

St. John Chrysostom

PROJECTS COMPLETED:
1 - Hallway Roof
2 - Backyard Basketball Court
3 - New Icon in Church Sanctuary

Special Maintenance Projects Being Addressed:
1) Rewiring Our Chandeliers
2) Fixing Cracks in Masonry
3) Renovating our Kitchen
4) Fixing/Sealing Parking Lot

Please keep up to date in your stewardship to help us take care of these needs.
The Light - July 2013

Learning the Word of God

THE BEATITUDES

Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they shall be comforted.
Blessed are the meek, for they shall inherit the earth.
Blessed are those who hunger and thirst for righteousness, for they shall be filled.
Blessed are the merciful, for they shall obtain mercy.
Blessed are the pure in heart, for they shall see God.
Blessed are the peacemakers, for they shall be called children of God.
Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

Matthew 5:3-10

DAILY BIBLE READINGS

JULY

July 1 1 Corinthians 12:27-13:8 Matthew 10:1-8
July 3 Romans 4:13-25 Matthew 7:21-23
July 4 Romans 5:10-16 Matthew 8:23-27
July 5 Galatians 5:22-6:2 Matthew 11:27-30
July 6 Romans 3:19-24 Matthew 7:1-8

July 7 Galatians 3:23-4:5 Matthew 4:18-23
July 9 Romans 7:14-8:2 Matthew 10:9-15
July 10 Romans 8:2-13 Matthew 10:16-22
July 11 2 Corinthians 6:1-10 Luke 7:36-50
July 12 Romans 9:6-19 Matthew 10:32-11:1
July 13 Hebrews 2:2-10 Matthew 7:24-8:4

July 14 Titus 3:8-15 Matthew 5:14-19
July 15 1 Corinthians 13:11-14:5 Matthew 17:24-18:4
July 16 Romans 10:11-11:2 Matthew 11:16-20
July 17 Galatians 3:23-4:5 Mark 5:24-34
July 19 Romans 11:25-36 Matthew 12:1-8

July 21 Romans 6:18-23 Matthew 8:5-13
July 22 1 Corinthians 9:2-12 Luke 8:1-3
July 23 Romans 14:9-18 Matthew 12:14-30
July 24 Romans 15:7-16 Matthew 12:38-45
July 26 Galatians 3:23-4:5 Mark 5:24-34

July 28 Romans 10:1-10 Matthew 8:28-9:1
July 29 Romans 16:17-24 Matthew 13:10-43
July 30 Acts 15:35-41 Matthew 13:24-30
July 31 1 Corinthians 2:9-3:8 Matthew 13:31-36
Thank You to those who sponsor our monthly bulletin!

If you would like to place an ad and support our monthly bulletin, please contact Fr. Luke or the Church Office.

$200/year or $20/month.
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<td>10:30 Bible Study</td>
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<td>8:30 Matins 9:30 Divine Liturgy</td>
<td>6:30 Parish Council Meeting</td>
<td>10:30 Bible Study</td>
<td>Pick Up Scrap Metal from Homes if necessary</td>
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<td>6:30 Bible Study 8am-1pm Red Cross Blood Drive 9am - Scrap Metal Drive</td>
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<td>3:00 Dancers will perform at St George Southbridge</td>
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<td>8am - 4pm Church volunteers for Habitat for Humanity in Worcester</td>
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<td>Aug 1 Fast of the Virgin Mary Begins</td>
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COME & VOLUNTEER
to HELP
BUILD A HOME
in Worcester with our Church Family and

8:00am - 4:00 pm
SATURDAY, JULY 20TH

WE NEED 15-20 VOLUNTEERS FROM
OUR CHURCH FAMILY!!!

We will be flooring and painting a home
in Worcester. All volunteers must be 14 years old and
over. Contact Fr. Luke by July 7th to sign up.