For many people, life is quite hectic. In fact, whenever I challenge people to think seriously of their souls and spiritual lives, they will often tell me about their good intentions, but they admit that they are too busy and just don’t have time for certain spiritual disciplines.

Of course, the reality is that we all have the same amount of time each and every day. The fundamental difference between the spiritually mature and strong, and others is that the spiritually mature will create time each and every day to dwell in God’s presence, to follow His commandments, to deny their own desires and discern and do God’s will in both the great and small things of life.

The Church understands the temptations of the world and the countless ways the devil distracts us from what is essential. That is one of the reasons why the Church offers special seasons for all believers to refocus on what is important and essential.

Great Lent, which begins March 18, is precisely a time when we try to take control over our lives, and limit the control other things have over us. The Church challenges each one of us to make a conscious effort to change our lifestyles to a slower, less active, quieter pace, and open up our hearts and minds to the Holy Spirit.

How many of us are bound to our cell phones? How many of us spend hours upon hours on the computer, with our facebook or surfing the internet? Many of us fill our minds with constant noise - from the music we listen to, to all the television we watch, to the daily chatter and gossip and idle talk we participate in.

Great Lent is a time when we are called to do something different, to change our typical schedule, and to create room for God to speak to us and for us to connect with our Creator.

In our contemporary world, too often we cannot hear God because of all the noise that constantly bombards us. God speaks to us in a quiet, still voice. Thus, we must create an atmosphere in our lives to allow this voice to be heard.
Sts. Constantine and Helen
Greek Orthodox Church
37 Lake Parkway, PO Box 713
Webster, MA 01570
Church Telephone: (508) 943-8361 website: www.schwebster.org
Facebook: St Constantine Helens (Church)
Church Office Hours: Monday, Fridays 9:00 am - 12:00 pm

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

---

2013 PARISH COUNCIL

President: Yanni Mironidis
Vice President: Lisa Healy
Secretary: Lorna McWilliam
Treasurers: Nick Popiak & Anton Cojcocaru

Members:
Vasil Condos, Leah DiDonato,
Chris Geotis, Barbara Gianaris,
Joey Gliniecki, Del Monroe,
Helen Pappas, Deborah Raymond

PHILOPTOCHOS

President: Evelyn Pappas
Vice President: Elizabeth Vriga
Secretary: Marie McNally
Treasurer: Sandi Kunkel
Church Secretary: Jaime Ross

Festival Chair: Garry Ross, Joey Gliniecki, Kiku Andersen

Cantor: Dimitrios Milios
Choir Directors: Tony and Nike Beaudry

Greek Dance Group:
Nike Beaudry

Sunday School Teachers:
Ron Burkhard, Sophia Foisy, Anesti Jordanoglou, Evis Jordanoglou, Kristina Mironidis, Nick Mueller, Pauline Mueller,
Presbytera Faith Veronis

JOY: Pres Faith Veronis

Seminarians: Ron Burkhard, Nick Mueller

Ecclesiarch: Bill Anthopoulos,
Bookstore: Lorna McWilliams
Sexton: Katya Sidorchuk, Drew Kladas
Great Lent is also a time when we strive to consciously do good deeds - to make a financial donation to the OCMC, IOCC, or some other charity, to visit someone we have been meaning to visit for the longest time, to do some random acts of kindness at our workplace, or to simply express our love and gratitude to those who mean the most to us.

So many people equate Lent with fasting, and fasting is an important tool which helps us learn self-denial, discipline, and our reliance on God. When done in the right way, fasting also cultivates the proper spirit and mentality to be open to God and His movement.

Here are a few suggestions on how to change your lifestyle during the next 40 days, and discover God anew in your life:

1. Devote time every day to prayer - 10 minutes, 15 minutes, half hour or even an hour per day. Get an Orthodox Prayer Book and be disciplined in your morning and evening prayers. During the first week of Lent, join our 24 Hour Prayer Chain (see page 17)

2. Read the Bible every day during Lent. We usually read the Old Testament books of Genesis, Proverbs and Isaiah during this period, but if you are not a regular reader of the Bible, begin by reading one of the Gospels - Matthew, Mark, Luke and John. (If you do not receive my daily Meditation and Bible Reading emails, let me know and I’ll add you on our list.)

3. Free up your schedule so that you are not in such a rush. Make time in your daily schedule to think more about what the meaning of life is. Where you are going in life? What your goals and dreams are? And if you are at the latter stage of life, how are you preparing to meet Your Creator?

4. Commit to coming to Church EVERY Sunday and receiving Holy Communion. regularly Also, attend one extra weekly service - the Presanctified Liturgy on Wednesday, or the Salutations on Friday, or Vespers on Saturday.

5. Go to Holy Confession. As hard as this may seem, make a decision to make an evaluation of your own life, go to a priest, and confess your sins in this Holy Sacrament. And if you have never gone to Confession before, make this year your first time!

6. Make the decision to watch no TV or movies for 40 days. If this seems impossible, try to turn off the TV for the entire first week of Lent, and maybe the fourth week, as well as during Holy Week.

7. Don’t listen to the Radio when you drive, or limit how much you listen to it. Begin saying the Jesus Prayer (“Lord Jesus Christ, Have Mercy on Me”) and other prayers. Try to create an atmosphere of silence outside, so that you can focus on the silence from within.

8. Fill your day with meaningful experiences, uplifting conversations, and positive people. Do a good deed for another person each day

9. Try to control your speech, limiting meaningless conversations and eliminating any negative, impure, or foul talk. Fulfill St. Paul’s advice to bless people with every word that comes out of your mouth.

May our 40 day journey through Great Lent draw us closer to God, and open up our hearts and minds to experience the celebration of His Resurrection in a new and powerful way!

A blessed Lent to all!

+Luke
The Light - March 2013

TOOLS TO USE FOR GREAT LENT
A JOURNEY TOWARDS PASCHA

Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the Fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God.

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

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

It is important for all Orthodox Christians to understand the “TOOLS” that we use to help us on this blessed spiritual journey. Some spiritual tools include 1) Fasting, 2) Prayer, 3) Good Deeds & Charity, 4) Repentance & Confession, 5) Bible reading and 6) Worship and regular Holy Communion.

REPENTANCE & CONFESSION

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

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

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

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

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

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

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

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

FASTING

“The purpose of Lent is not to force on us a few formal obligations,” Fr. Alexander Schmemman notes, “But to soften our heart so that we may experience the hidden ‘thirst and hunger’ for communion with God.”

Thus, we can say that a primary aim and purpose of fasting is first to make us conscious of God.

True fasting involves real hunger. It means denying ourselves food during times of hunger. The fathers of the Church recommended that we should always rise from the table feeling that we could have eaten more. During these times of sacrifice and struggle, we are called to turn our minds toward God and remind ourselves of our utter dependence on Him. All the blessings of life -- food, drink, and health -- come from Him. He is our provider, our sustainer, and our source of life. Fasting make us abundantly aware of our utter dependence on God.

Another purpose of fasting is to help us develop self-discipline in our lives. The mentality of the world is to satisfy your desires whenever you can. However, the Christian life presents a radical reversal of such thinking. The Church calls us to discipline our minds, bodies and spirits. Until we learn to control all our habits, our actions and our thoughts, and place our whole being under the power of Christ, we can never properly grow in the Christian life.

A third purpose of fasting is to act as a source and time of illumination in our lives.

If fasting is combined with increased prayer and acts of mercy, then Great Lent becomes a period of revelation and discovery. Throughout history, God has spoken to those people who have fasted and focused their whole being on Him. In the life of Jesus, as well as in the life of many Biblical characters and saints of the Church, we see that periods of fasting were times when they encountered God.

Finally, fasting helps us free ourselves from the dictatorship of flesh over spirit.

Don’t look at fasting as a personal punishment or as something negative, but as something positive. If guided by the Holy Spirit, fasting should produce the fruit of
the Holy Spirit, which involves most notably the gift of JOY!

This is what the hymns at the beginning of Lent remind us, “With joy let us enter the beginning of the Fast, let us not be of sad countenance... There are 40 days in the Fast and let us keep them all with joy.”

GUIDELINES FOR FASTING

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

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

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

1. Be disciplined in saying your prayers every morning and evening.
2. Come to Church every Sunday, and even attend one of the extra Lenten services throughout the week.
3. Read the Bible every day.
4. Pray the Jesus Prayer daily, and sit in silence and meditation for 10 minutes each day.
5. Free up your schedule so you are not so busy. Make time to think about what is truly essential in life.
6. Talk less, gossip less, control your speech, don’t participate in inappropriate talk or joking, and instead, fill your mind with what is meaningful and positive.

ST. JOHN CHRYSOSTOM ON FASTING

Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers? May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.

JESUS ON “FASTING”

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

(Matthew 6:16-18)
PRAYER

One key to a more fulfilling Lent is prayer. For Orthodox Christians, the aim of prayer is to enter into conversation with God. Prayer is sometimes referred to as dialogue with God. Often it is a waiting on God in silence. In the church it is defined as the lifting of the mind and heart to God, and also as walking in the presence of God. We turn our mind and thoughts toward Him. We mentally gaze at Him and speak with Him in reverence, fear, and hope. At times we speak to Him with words and at other times we stand in reverent silence, saying nothing, but being aware of His presence. In this dialogue with God we praise Him and thank Him. We ask Him for what we need. Our minds and our hearts are opened to Him. Prayer is not only repeating words, it is trusting in God that He hears and directs us in His Way involving spiritual growth and development.

One of the most beautiful prayers that we recite daily throughout Lent is the Prayer of St. Ephraim. (This prayer is on the back page of the bulletin.) Try to reflect upon this prayer, and say it each morning and night throughout Lent:

READING THE BIBLE

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

Set aside a regular time for daily reading. Don't read too much or too fast. One chapter a day is sufficient. Let what you read sink in slowly. Start with one of the Gospels - Matthew, Mark, Luke, John. Read with the faith and the expectation that God will really and truly speak to you through what you read.

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

Lent is also a good time to join one of our Church's Bible Study group, either on Wednesday at 10:30am or Saturday at 6:30am.

CHARITY & GOOD DEEDS

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

Lent is a season when we make the time for good deeds. Be careful not to say we are too busy, because Lent is precisely when we rearrange our hectic schedules and create the time for God and for others!!! This discipline will take as much, if not more effort, than all our other spiritual disciplines.

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

Let us act upon this lesson and visit someone who is sick or alone, make a special donation to a needy charity, volunteer at a homeless shelter, comfort someone in morning, and bring God's love to another in a concrete way.
As followers of Jesus and members of His Church, we are called to continue here on Earth the work of our Lord - to imitate His ministry of love, healing, mercy, compassion and good news through reaching out to others. Are we doing this as individual Christians? How well are we doing this as His Body, the Church?

“If a parish has no awareness and consciousness of being “sent” by God,” says Fr. Thomas Hopko, the dean emeritus of St. Vladimir’s Seminary, “…to speak His words, to do His work, and to accomplish His will in this world, then we are not a healthy Orthodox Christian Parish!”

We should constantly remind ourselves of the ultimate purpose of the Church – which is to lead people (those already in the Church, as well as to invite those outside the Church) on a path of salvation and union with God. This vision and purpose of our existence can help us understand the great tasks that Christ has given to us! With this clear goal, we have a map on how to live Christ’s mission in our individual lives and as a community of faith.

Five central criteria that every Church and every Christian can use to continually evaluate and cultivate spiritual growth are:

1. WORSHIP
2. FELLOWSHIP
3. EDUCATION THAT LEADS TO SPIRITUAL TRANSFORMATION
4. SERVICE and
5. WITNESS/MISSIONS

We are called to continually look at each of these aspects of Church life and ask ourselves how we can better live out each one, so that we can fulfill our role and responsibility as the Body of Christ. Though every parish has a unique history and demographics, these five characteristics provide a starting point to evaluate our effectiveness in fulfilling our ultimate purpose.

1) WORSHIP: What is the purpose of worshipping God? Is our worship something that is meaningful and relevant in our lives? If not, how can we make worshipping God something more central and significant? Maybe we’ve simply never taken the time to understand what the beautiful liturgical services and the Eucharist are all about, and how they can be the source of life’s greatest joy and power?

One great mistake we often make in relation to our liturgical worship services is that we focus on ourselves and think that our repetitive services are boring and not something that makes ME feel good. Well, the first principle of worship is that our services are NOT about YOU or ME! Worship and prayer is all about GOD! And until we learn how to turn our attention away from our egocentric ways and desires, and focus on God, we won’t ever fully appreciate Orthodox worship. In the Liturgy we say, “Let us lay aside all earthly cares that we may receive the king of all.” St. Ephraim the Syrian reminds us that the fountain of the Lord is hidden from anyone who does not thirst after God.

2. FELLOWSHIP: We need to realize that we cannot be saved alone, but only in community with others! We live in a very individualistic society, and too many American Christians believe that their faith is all about a personal relationship between themselves and Jesus. Our faith clearly teaches, though, that we cannot have an authentic relationship with God without having an authentic relationship with one another! And this is why our Church fellowship is so important. We work out our salvation through our relationships in the Church, as well as in the relationships we build with those outside the Church.
So a fundamental question we must ask ourselves is whether we are promoting a Christ-centered, loving, healthy fellowship here in the Church. And is our Church Family reaching out to others, welcoming and inviting them to join our Christian fellowship.

3. EDUCATION: Our Orthodox Faith is an inexhaustible fount of knowledge and wisdom. Since God is infinite, knowing God is a never ending journey! There is so much to learn, yet how many of us in our Church constantly seek to learn and grow in our Faith? We may have gone to Sunday School, and may listen attentively to the weekly sermons, but what else? How else are we striving to learn more?

The ultimate goal of Christian education is an induction into a new way of life, into become transformed and transfigured into the likeness of Christ. Christian learning should never simply be about more information. It’s a living and dynamic tool which leads us into a deeper, living and dynamic relationship with God!

But a good question is how can our Church Family take more seriously, and be more involved in Christian education? In the early Church, the first Christians understood education as a combination of teaching, liturgical experience, and spiritual discipline. How can we get more involved in each aspect of this type of education?

4. SERVICE: One of the most shocking yet beautiful images that Jesus left his disciples was the act of washing their feet. When the Apostle Peter reacted against this act of humility, Jesus reminded his followers, “If I, your Lord, have washed your feet, you also ought to wash one another’s feet. For I have given you an example that you should do as I have done to you.” (John 13:14-15) Our Faith and Christian life should be all about serving one another. The world teaches us that success, rising to the top, will mean that others serve you. Jesus, however, taught the exact opposite. To follow Christ means to humbly serve one another.

5. WITNESS and MISSION: Finally, any Church that stays inwardly focused, ONLY worrying about itself and its own needs, is NOT imitating the way of Christ. Jesus taught His followers, “You are the light of the world!” “You are the salt that flavors society!” “You are the yeast that leavens the world!” “For God so love the WORLD that He gave His only begotten Son!”

If, as a Church Family, we are not concerned with the world outside our walls, reaching out locally, nationally, and globally to a world in need, then we are not faithfully living up to our call as the Body of Christ. As Archbishop Anastasios of Albania says, “Missions is the expression of the vitality of the Church as well as a source of renewal and renewed vigor... It is an essential expression of our Orthodox ethos.”

So, let us reflect on what more we must do as individual Christians, and we as the Body of Christ, in the areas of Worship, Fellowship, Education, Service and Witness/Missions, so that we can use each of these areas to grow closer to Christ and become more and more like Him!
ORTHODOXY 101
Come and Learn the Basics of Our Orthodox Faith
An 8 Week Class for Orthodox Christians wanting to learn better their own faith, as well as for Seekers and Non-Orthodox to discover what this rich tradition holds.

Talk with Fr. Luke if you are interested in joining.

LENTEN SERVICES
FORGIVENESS VESPERS
Sunday Evening
March 17, 6:30 pm

GREAT COMPLINE SERVICE
Clean Monday, March 18 - 6:30 pm

PRE-SANCTIFIED LITURGIES
(followed by a Pot-Luck Dinner)
Every Wednesday, 6:00 pm
March 20, 27, April 3, 10, 17

SALUTATIONS SERVICE TO THE VIRGIN MARY
Every Friday, 6:30 pm
March 22, 29, April 5, 12, 19

GREAT VESPERS:
Every Saturday 5:30 pm

WEEKDAY DIVINE LITURGIES
(Liturgy begins at 9:30am)
Saturday of Souls - March 9, 16, 23
The Annunciation - March 25

SUNDAY OF ORTHODOXY
Pan Orthodox Vespers
6:00pm
Saturday, March 23
St. George Antiochian Cathedral
30 Anna St
Worcester

EARLY RISERS BIBLE STUDY
Every Saturday
6:30 am - 7:30 am

WEDNESDAY MORNING BIBLE STUDY
10:30-11:45
Every Wednesday
MAKE A SPECIAL DONATION DURING HOLY LENT:

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lenten Altar Flowers</td>
<td>$40/week</td>
</tr>
<tr>
<td>Friday Salutations Flowers</td>
<td>$30/week</td>
</tr>
<tr>
<td>Cross Sunday Flowers</td>
<td>$75</td>
</tr>
<tr>
<td>Incense &amp; Charcoal (for a year)</td>
<td>$200</td>
</tr>
<tr>
<td>Palms for Palm Sunday</td>
<td>$200</td>
</tr>
<tr>
<td>Bridegroom Icon Flowers</td>
<td>$40</td>
</tr>
<tr>
<td>Holy Wednesday</td>
<td></td>
</tr>
<tr>
<td>Uction Supplies</td>
<td>$50</td>
</tr>
<tr>
<td>Holy Thursday Flower Crown</td>
<td>$75</td>
</tr>
<tr>
<td>Holy Thursday Candles</td>
<td>$40</td>
</tr>
<tr>
<td>Holy Friday Epitaphio Candles</td>
<td>$40</td>
</tr>
<tr>
<td>Holy Friday Epitaphio Flowers</td>
<td>$600</td>
</tr>
<tr>
<td>Holy Saturday Rose Pedals</td>
<td>$75</td>
</tr>
<tr>
<td>Holy Altar Easter Arrangement</td>
<td>$200</td>
</tr>
<tr>
<td>Resurrection Candle</td>
<td>$50</td>
</tr>
<tr>
<td>Resurrection Icon Flowers</td>
<td>$50</td>
</tr>
<tr>
<td>Circular Resurrection Icon Flowers</td>
<td>$75</td>
</tr>
<tr>
<td>Easter Pew Flowers</td>
<td>$100</td>
</tr>
<tr>
<td>16 White Lilies for Easter</td>
<td>$40/each</td>
</tr>
</tbody>
</table>

The Pre-Sanctified Liturgy & POT-LUCK DINNER
Every Wednesday During Great Lent

COME AND JOIN US on a journey of discovery this Great Lent. Each Wednesday evening we will celebrate the PRE-SANCTIFIED LITURGY (6:00pm - 7:00pm), which is an opportunity to receive the life-giving and spiritually nourishing Body and Blood of our Lord Jesus Christ in the middle of the week.

Following the Liturgy we will have a GUEST SPEAKER (7:00pm-7:15pm). This will add to our spiritual nourishment, as we strive to grow closer to our Lord during this Holy Season.

Each Wednesday will conclude with our delicious LENTEN POT-LUCK DINNERS AND FELLOWSHIP (7:30-8:00), which all who have participated before have thoroughly enjoyed! Come and bring a Lenten dish!

These Wednesday evenings of WORSHIP, EDUCATION and FELLOWSHIP will enhance our spiritual journeys during Lent.

Come and join us!!!
GODPARENTS & GRANDPARENTS SUNDAY

Marcus the Magician
Happy 99th Birthday Blaga Naum!

YOUTH
Ice Skating During Winter Break
The Ladies Philoptochos Society of Sts. Constantine & Helen Greek Orthodox Church invites you to our First Annual Spectacular Springtime Bake Sale, Craft/Boutique Fair, & Easter Flower Sale

Saturday, March 30, 2013
9:00 am – 3:00 pm
at
Sts. Constantine & Helen Church Hall
35 Lake Parkway
Webster, Massachusetts

We will have a variety of delicious pastries for sale including,

Baklava, Pita, & Easter Breads

Our Craft & Boutique Tables will offer wonderful items for purchase including items from,

Party of Gold * Pampered Chef * Thirty-One Gifts Tastefully Simple * and many more

Be sure to save the date. We look forward to seeing you on March 30th.
PHILOPTOCHOS NEWS

Volunteers needed to help at the Bake Sale and Craft/Boutique Fair. If you would like to volunteer, please contact any of the following individuals:

If you would like to bake pastries contact Betty Vriga.

If you would like to help with baking Easter breads, please contact, Eleni Xanthopoulos. The tentative date for bread baking is Thursday, March 28th.

Help package the baked goods for sale, on Friday, March 29th. Contact either, Sandi Kunkel, or Betty Vriga. On this day we will also set up the Church hall for the following day.

Anyone wishing to rent a table to sell craft or boutique items may contact either Evelyn Pappas or Lisa Healy for additional information.

Anyone wishing to donate a gift for the Center Table Raffle, may contact Marie McNally. Gifts can be dropped off in the Church hall. We ask that all gifts be dropped off by Friday, March 29th, so that the table can be arranged in time for the following day.

Thank You to all the wonderful parishioners, of Sts. Constantine & Helen, for your support.

Our next Philoptochos Meeting is

MONDAY, MARCH 4, 2013

at 6:30pm, in the Church hall.
A Pampered Chef Demonstration will be sponsored by Lisa Healy.

Interested in Helping to Build a Home in Worcester with HABITAT FOR HUMANITY

If so, contact Fr. Luke. We are looking at possible dates in April or June to volunteer.

More information will follow.

YOUTH LENTEN RETREAT
April 12-13
At MBC Camp

SAVE THESE DATES FOR THE SUMMER

MBC Camp July 22-29
Vacation Church Camp Aug 11-15
Church Family Camping at Cape Cod Aug 15-18
USHERS & GREETERS SCHEDULE

March 3 - Bill Condos, Chris Constantine, Barbara Giannaris, Dan Healy, Dan Rivelli
March 10 - Arthur Bilis & Del Monroe, Chris Geotis, Thomai Gatzogianis, Trish Laurea, Leah DiDonato
March 17 - Marie McNally, Eric Beland, Matt Benoit, Zach Gianaris, Lisa Healy Betty Vriga
March 24 - Neal Neslusan
Arthur Vogel, Anton Cojocaru, Gus Koulaux,
March 31 - Bill Condos, Chris Constantine, Barbara Giannaris, Dan Healy, Dan Rivelli

COFFEE FELLOWSHIP:

March 3 - Thomai Gatsogiannis, Jaime Ross, Betty Tonna, Eleni Xanthopoulos, Kiku Andersen, Niki Raymond
March 10 - Marie McNally, Christa Benoit, Sandi Kunkel, Betty Vriga, Barbara Choquet
March – Donna Cooney, Athena Cooney, Leah DiDonato, Sandra Roy, Bill Anthopoulos
March 24 - Kathy Bilis, Charlotte Neslusan, Marie Monroe, Carolyn Niemeck, Deb Raymond
March 31 - Thomai Gatsogiannis, Jaime Ross, Betty Tonna, Eleni Xanthopoulos, Kiku Andersen, Niki Raymond

OUR LENTEN JOURNEY

Let us joyfully begin the all-hallowed season of the Fast. Let us strive to follow the holy commandments of Christ our God, with the brightness of love and the splendor of prayer. Let us understand this season as a gift from God and as a time of repentance. May our soul wake up from the sleep of grievous laziness, and with zeal and vigilance follow the ways of the Lord. Let us not only fast in bodies, but also in spirit. Let us anoint our heads with the oil of almsgiving. Let us draw near the mountain of prayer and fasting that we may see God, like Moses and Elijah during their times of fasting.

YOUTH EPISTLE READERS

March 3 – Maria Mironidis
(1 Corinthians 6:12-20 - page 130)
March 10 - Smaranda Cojocaru
(1 Corinthians 8:8-9:2 - page 132)
March 17 – Hanna Kunkel
(Romans 13:11-14:4 - page 134)
March 24 - Olivia Neslusan
(Hebrews 11:24-40 - page 136)
March 31 - Panayiota Veronis
(Hebrews 1:10-2:3 page 138)
April 7 – Theodora Veronis
(Hebrews 4:14-5:6 - page 140)
Remembering Our Church Family

Important Dates in MARCH:

Make a visit, give a call, or express your congratulations to members of our Church family who celebrate special days!

BIRTHDAYS:
March 4 Nicholas Adamopoulos
March 5 Susan Rivelli
March 8 Lorraine Vesho
March 10 Grady Ross
March 13 Marie Monroe
March 17 Liberty Brassard
March 21 Betty Tonna
March 22 Gail Avlas
March 25 Mary Fatsi
March 25 George Milios
March 27 Paul Xanthopoulos
March 28 Hannah Kunkel
March 28 John Grzyb
March 28 Lisa Healy
March 30 John Johnson

WEDDING ANNIVERSARIES:
NONE?

NAMEDAYS:
March 10 St Anastasia
Madison Anastasia McWilliams
March 25 The Annunciation
Vange Evangelos Giantsios
Evangelos Moutoudis
March 26 Archangel Gabriel
Gabriella Ross

3rd Annual “BIBLE BOWL”

All the Youth of our Church are asked to get ready for our 3rd Annual “Bible Bowl” Sunday April 21st.

This year we will focus on the PARABLES OF JESUS. Our children will be receiving a booklet with all the parables, along with questions. Read these stories with your children, learn them yourselves, and get ready for our Youth vs. Parents Competition!

Pick Up Your Reading Packets in Sunday School!!!
OUR ORTHODOX CHRISTIAN LEGACY

What Will We Leave Behind for our Church Family?

Do you have a will? Seventy percent of Americans don’t. Although you may not want to consider preparing a will, it will save your heirs significant time and money and even heartache.

With a will you ensure that your family, charitable and financial wishes are carried out. There is no more personal gift than one given through estate planning. Personal and family concerns, matters of life and death, and other profound issues must all be considered.

Most people who prepare a will also have planning directives. These documents, know as powers of attorney, letters of instruction, and living wills provide guidance about one’s wishes for
- Medical Care consistent with your own desires and according to your Orthodox teachings
- Tax-advantaged and charitable financial planning
- Distribution of personal property

For most people, the greatest financial gift we are able to give is what we leave behind when we fall asleep in the Lord. How can we make such a gift? Through arranging for a donation of
- Cash or securities
- Life Insurance
- Gift Annuities
- Bequests/Wills
- Real Estate or Other Investments

Americans give generously to charitable organizations in this manner. In 2011, more than $250 billion was given by individuals through their estates. The two greatest recipients were

- Religious Organizations ($90 billion)
- Education Institutions ($41.6 billion)

Planned giving can be very rewarding, allowing you to see your gift at work while receiving tax benefits now.

Giving to the Church is an opportunity to examine your priorities and values. It is an opportunity to express your gratitude, to give of yourselves and to grow in grace.

Think and pray about your future, and about your desire to leave a lasting legacy. You have an opportunity to give something that will touch and bless future generations!
A man found a cocoon of an emperor moth. He took it home so that he could watch the moth come out of the cocoon. On the day a small opening appeared, he sat and watched the moth for several hours as the moth struggled to force the body through that little hole.

Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no farther. It just seemed to be stuck. Then the man, in his kindness, decided to help the moth, so he took a pair of scissors and snipped off the remaining bit of the cocoon. The moth then emerged easily. But it had a swollen body and small, shriveled wings.

The man continued to watch the moth because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact the little moth spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the moth to get through the tiny opening was the way of forcing fluid from the body of the moth into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Freedom and flight would only come after the struggle. By depriving the moth of a struggle, he deprived the moth of health. Sometimes struggles are exactly what we need in our life. If we were to go through our life without any obstacles, we would be crippled. We would not be as strong as what we could have been.

24 HOUR LENTEN PRAYER CHAIN

During the first week of Lent (March 18-24) we will have our “24-Hour a Day Prayer Chain.” We are looking for 24 parishioners who will each commit to pray in their homes for one hour a day during this period. Each parishioner will commit to praying at a different hour of the day and night. This means that at every moment during the first week of Lent someone from our Church Family will be lifting up their voice in prayer.

The purpose of our Prayer Chain is twofold: to help the participants enter into the spiritual life of Lent, and to get our Church Family to pray for one another and all those who have special needs. If you know someone who needs extra prayers, please give their names to Fr. Luke.

If you are interested in participating in this Prayer Chain, please contact Fr. Luke as soon as possible and he will provide you with the prayers and the structure of how to pray for one hour a day.

THE BUTTERFLY
GOOD STEWARDS OF GOD’S BLESSINGS

There are three kinds of giving: - Grudge Giving, - Duty Giving - THANKS GIVING

Grudge giving says, "I have to."

Duty giving says, "I ought to."

Thanks giving says, "I want to."

The first comes from constraint; the second from a sense of obligation; the third from a full heart.

Nothing much is conveyed in grudge giving since the gift without the giver is bare.

Something more happens in duty giving, but there is no song in it.

Thanksgiving is an open gate to the love of God. It is the "Amen" of giving. It is when we want to show God how grateful we are for all He has done for us and how much we love Him.

“God loves a cheerful giver!”

Please keep up to date in your Financial Stewardship Commitment to the Church!

If you have not received Stewardship Envelopes, please pick them up after Church at the Church Office, or call our Church Secretary and ask them to be sent to your home.

Remember that the three holy disciplines of Great Lent are increased

PRAYER

FASTING

LOVING ACTS OF CHARITY

Offer your time, talents and treasure for the Glory of God!
**HOLY SCRIPTURE**

“Be vigilant. Watch therefore for you do not know what hour your Lord is coming... For the Son of Man is coming at an hour you do not expect.”

*Matthew 24:42-44*

“Come, you blessed of My Father, inherit the kingdom prepared for you form the foundation of the world. For I was hungry and you gave Me food; I was thirsty and you gave Me drink I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me I was in prison and you came to Me... Assuredly, I say to you, inasmuch as you did it to one of the least of these my brothers or sisters, you did it to Me.

*Matthew 25: 34-40*

Watch and pray, lest you enter into temptation. For the spirit is willing, but the flesh is weak

*Matthew 26:41*

---

**DAILY BIBLE READINGS**

**MARCH**

<table>
<thead>
<tr>
<th>Date</th>
<th>First Reading</th>
<th>Second Reading</th>
<th>Third Reading</th>
<th>Fourth Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 1</td>
<td>1 John 2:7-17</td>
<td>Mark 14:3-9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 2</td>
<td>1 Timothy 6:11-16</td>
<td>Luke 20:46-21:4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 3</td>
<td>1 Corinthians 6:12-20</td>
<td>Luke 15:11-32</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 4</td>
<td>1 John 2:18-3:8</td>
<td>Mark 11:1-11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 5</td>
<td>1 John 3:9-22</td>
<td>Mark 14:10-42</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 6</td>
<td>1 John 3:21-4:11</td>
<td>Mark 14:43-15:1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 7</td>
<td>1 John 4:20-5:21</td>
<td>Mark 15:1-15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 8</td>
<td>2 John 1:1-13</td>
<td>Mark 15:20-41</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 9</td>
<td>Hebrews 12:1-10</td>
<td>Matthew 20:1-16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 10</td>
<td>1 Corinthians 8:8-9:2</td>
<td>Matthew 25:31-46</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 13</td>
<td>Joel 2:12-26</td>
<td>Joel 3:12-21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 15</td>
<td>Zechariah 8:7-23</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 16</td>
<td>Galatians 5:22-6:2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 17</td>
<td>Romans 13:11-14:4</td>
<td>Matthew 6:14-21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 19</td>
<td>Isa 1:19-2:3</td>
<td>Gen 1:14-23</td>
<td>Prov 1:20-33</td>
<td></td>
</tr>
<tr>
<td>March 20</td>
<td>Isa 2:3-11</td>
<td>Gen 1:24-2:3</td>
<td>Prov 2:1-22</td>
<td></td>
</tr>
<tr>
<td>March 21</td>
<td>Isa 2:11-21</td>
<td>Gen 2:4-19</td>
<td>Prov 3:1-18</td>
<td></td>
</tr>
<tr>
<td>March 23</td>
<td>2 Timothy 2:1-10</td>
<td>Mark 2:23-3:5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 24</td>
<td>Hebrews 11:24-40</td>
<td>John 1:43-51</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 26</td>
<td>Isa 5:7-16</td>
<td>Gen 4:8-15</td>
<td>Prov 5:1-15</td>
<td></td>
</tr>
<tr>
<td>March 27</td>
<td>Isa 5:16-25</td>
<td>Gen 4:16-26</td>
<td>Prov 5:15-6:3</td>
<td></td>
</tr>
<tr>
<td>March 28</td>
<td>Isa 6:1-12</td>
<td>Gen 5:1-24</td>
<td>Prov 6:3-20</td>
<td></td>
</tr>
<tr>
<td>March 29</td>
<td>Isa 7:1-14</td>
<td>Gen 5:32-6:8</td>
<td>Prov 6:20-7:1</td>
<td></td>
</tr>
<tr>
<td>March 30</td>
<td>Hebrews 3:12-16</td>
<td>Mark 1:35-44</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 31</td>
<td>Hebrews 1:10-2:3</td>
<td>Mark 2:1-12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.

Thank You to those who sponsor our monthly bulletin!
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>March 31</strong>&lt;br&gt;Western Easter&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>March 31</strong>&lt;br&gt;Western Easter&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy with 40 Day Memorial for Evangelia Pappas</td>
<td>3&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4&lt;br&gt;6:00 Philoptochos Meeting</td>
<td>5</td>
<td>6&lt;br&gt;10:30 am Bible Study</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11&lt;br&gt;6:30 Parish Council Meeting</td>
<td>12</td>
<td>13&lt;br&gt;10:30 am Bible Study</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>18 CLEAN MONDAY&lt;br&gt;LENT BEGINS</td>
<td>19</td>
<td>20&lt;br&gt;10:30 am Bible Study&lt;br&gt;6:00 Pre-Sanctified Liturgy and Potluck Dinner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24 Sunday of Orthodoxy&lt;br&gt;8:30 Matins&lt;br&gt;9:30 Divine Liturgy &amp; Procession with Icons</td>
<td>25&lt;br&gt;Annunciation&lt;br&gt;8:45 Matins&lt;br&gt;9:30 Liturgy</td>
<td>26</td>
<td>27&lt;br&gt;10:30am Bible Study&lt;br&gt;6:00 Pre-Sanctified Liturgy and Potluck Dinner</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>28</td>
<td>29</td>
<td>30&lt;br&gt;6:30 am Bible Study&lt;br&gt;9:00 - 3:00 Philoptochos Bake Sale and Craft Fair&lt;br&gt;5:30 Vespers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>31</td>
<td>1&lt;br&gt;Fast Free</td>
<td>2&lt;br&gt;6:30 am Bible Study&lt;br&gt;5:30 Vespers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7&lt;br&gt;1st Saturday of the Souls&lt;br&gt;6:30 am Bible Study&lt;br&gt;8:30 Matins&lt;br&gt;9:15 Divine Liturgy and Memorials&lt;br&gt;5:30 Vespers</td>
<td>8</td>
<td>9&lt;br&gt;91st Saturday of the Souls&lt;br&gt;6:30 am Bible Study&lt;br&gt;8:30 Matins&lt;br&gt;9:15 Divine Liturgy and Memorials&lt;br&gt;5:30 Vespers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14</td>
<td>15</td>
<td>16&lt;br&gt;162nd Saturday of the Souls&lt;br&gt;6:30 am Bible Study&lt;br&gt;8:30 Matins&lt;br&gt;9:15 Divine Liturgy and Memorials&lt;br&gt;5:30 Vespers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>21</td>
<td>22</td>
<td>23&lt;br&gt;3rd Saturday of the Souls&lt;br&gt;6:30 am Bible Study&lt;br&gt;8:30 Matins&lt;br&gt;9:15 Liturgy&lt;br&gt;6:00 Vespers at St. George Cathedral</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PRAYER OF ST. EPHRAIM THE SYRIAN

Lord and Master of my life,
Take from me
the spirit of laziness,
idle curiosity,
vain talk
and lust for power.

Give me instead
a spirit of chastity,
humility,
patience and love.

Yes Lord and King,
help me to see my own faults,
and keep me from judging
what others do.

For You are blessed
unto the ages of ages. Amen.