



THE MESSENGER

ST. GEORGE GREEK ORTHODOX CHURCH
BANGOR, MAINE

EDITORS:
AMBROSE &
MARINA
SMITHERMAN

MARCH/APRIL 2014

March 3, 2014

Holy and Great Lent

“O God, bestow the fullness of Your grace upon me.”

(Matins of the Sunday of the Prodigal Son)



To the Most Reverend Hierarchs, the Reverend Priests and Deacons, the Monks and Nuns, the Presidents and Members of the Parish Councils of the Greek Orthodox Communities, the Distinguished Archons of the Ecumenical Patriarchate, the Day, Afternoon, and Church Schools, the Philoptochos Sisterhoods, the Youth, the Hellenic Organizations, and the entire Greek Orthodox Family in America

Beloved Brothers and Sisters in Christ,

As we enter this season of Holy and Great Lent, we do so in repentance and prayer, contemplating our relationship with God and the state of our souls. We begin an intense time of worship and reflection, seeking the blessings and grace of our Creator and Redeemer. We commit our time, our hearts and our minds to a journey that will strengthen our faith and lead us to abundant and eternal life.

On this journey we are led by the prayers and services of the Church to reflect on our struggles and our spiritual challenges. We are called into the holiness of worship and the presence of God, so that we might see our weaknesses and the aspects of our lives that are contrary to His divine and saving will. However, Lent is not a time of despair, hopelessness and defeat. It is a season of grace.

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From the beginning of the Triodion period with the Sunday of the Publican and the Pharisee, to its culmination in Holy Week, this time affirms God's great love for us. The commemorations, hymns, and prayers constantly direct our hearts and minds to the forgiveness and mercy that He offers to us. With hope in His grace, we sing as the prodigal son, "Open Your arms, O Christ, and in loving-kindness receive me as I return from a far country of sin and passions"(Matins of the Sunday of the Prodigal Son). As we venerate the Holy Cross, we exclaim, "Shine, Cross of the Lord, shine with the light of grace upon the hearts of those who honor you" (Vespers of the Sunday of the Cross). In affirming that *God commends His love towards us* (Romans 5:8), we also recognize our need for His grace. We are guided during this solemn period to reflect on our spiritual lives, our actions and attitudes, our goals and wants, and to see how our lives will be transformed by His grace and redemption.

Lent is also a holy time in which we commemorate the Theotokos and many Saints and Martyrs who were filled with the grace of God and offered true and beautiful witnesses of the power of grace. We seek their intercessions, asking them to pray for us and for the gift of God's great mercy. As we experience the deliverance and healing of His grace, we too become witnesses. With divine peace in the midst of the struggles of life, we praise God for His compassion. With hope in the power of the ineffable and holy Resurrection, we speak of His marvelous grace even in the face of death. We affirm in boldness and surety that nothing can separate us from God's love.

Thus, we begin this blessed Lent seeking the grace of God with contrite and willing hearts. To experience His grace in its fullness, we commit "to exalt our minds from the passions, to arm our flesh with purity and acts of compassion, to make our feet beautiful with the preaching of the Gospel" (Hymn of the Sunday of Orthodoxy). And through discipline and prayer His grace will lead us to a glorious victory of light and life.

With paternal love in Christ,
†**DEMETRIOS, Archbishop of America**



**LENTEN PRAYER OF ST EPHRAIM,
THE SYRIAN**

**O LORD AND MASTER OF MY LIFE,
TAKE AWAY FROM ME THE WILL TO BE LAZY AND SAD,
THE DESIRE TO GET AHEAD OF OTHER PEOPLE,
AND TO BOAST AND BRAG.**

**GIVE ME INSTEAD A PURE AND HUMBLE SPIRIT,
THE WILL TO BE PATIENT WITH OTHER PEOPLE,
AND TO LOVE THEM.**

**O LORD AND KING,
LET ME REALIZE MY OWN MISTAKES,
AND KEEP ME FROM JUDGING WHAT OTHER PEOPLE DO,
FOR YOU ARE BLESSED NOW AND FOREVER.
AMEN!**

Dear Fellow Members of the Saint George Family,

On March 3 the Orthodox Church entered the Ecclesiastical Period known as Great Lent. During these forty days please keep Saint George close to your hearts. There are many beautiful services during Lent, which provide us, as parishioners, the opportunity to worship and grow in the Spirit of the Lord. Each of us has many responsibilities in our secular lives that pull us away from church and prayer, let us make a special effort this year not to let this happen.

Father Adam and Lisa celebrate each service with remarkable love and they invite you to join them for services and also to participate as readers if you are so inclined.

As an altar boy, my priest Father Philip Gialopsos used to tell me that "Lent is a time for prayer; Lent is a time for fasting; Lent is a time for almsgiving; and Lent is a time to strengthen us in our struggle against evil."

When you come to Saint George, you will notice some construction taking place. The Parish Council has approved the replacement of the very old siding on the church with new energy efficient siding. We are also adding the proper layer of insulation where there had been none. Saint George will benefit for the next 30 years with lower energy costs. I would like to thank George Lealos and Eleni Angel for helping me with this project, which is being funded through a matching grant program with the city of Bangor.

Please feel free to contact me at any time to offer your wisdom or guidance. Should any of you ever have any questions about the operations of the Parish please do not hesitate to inquire. All information belongs to you, the parishioners of Saint George and the Parish Council strives to maintain a culture of respect peace, love and order though transparency.

Yours in the love of Our Lord,

Lee P. Speronis
President, Parish Council 2014

Receive *The Messenger* Via E-Mail

If you have not been receiving the church's monthly newsletter, *The Messenger*, via e-mail and would like to, please give your e-mail address to Presvytera Lisa or e-mail it to her at **nounalisa@yahoo.com**. E-mail addresses will not be shared and will only be used for sending "The Messenger" and for other pertinent church-related announcements.

Underwriting *The Messenger*

We invite parishioners to help subsidize our newsletter. You can support publication of *The Messenger* in the following ways:

Sponsor the Monthly Dedication Page @\$75.00 per month.

Become a Messenger Patron @ \$50.00 for the year.

ST. GEORGE PARISH COUNCIL 2014

Lee Speronis, President.....	942-7822
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Donna Walter.....	576-0765
Tim Kulikowski.....	(607)-237-4399

HAPPENINGS

Metropolitan Methodios to Visit St. George Church ~ March 30th

His Eminence Metropolitan Methodios will be visiting St. George on Sunday, March 30th. Please make every effort to be in church on that day to welcome His Eminence.

Church Cleaning Day ~ March 22nd

In preparation for His Eminence's visit, Presvytera Lisa is organizing a church cleaning day on Saturday, March 22nd, at 10 a.m. She has outlined specific jobs that need doing, so please contact her to volunteer for a job (947-4709). But, of course, all hands are welcome. Many thanks in advance!

Women's Lenten Retreat

A Women's Lenten Retreat is being planned for **Saturday, April 5th**, from 9 a.m. to 1 p.m., at St. George Greek Orthodox Church, 90 Sanford Street in Bangor. Our guest speaker is author **Patricia Egan**. We will be discussing her book, *A Book of Hours*. The theme of the book uses the framework of the traditional Christian Hours to explore a deeper relationship with God and His creation. Pat suggests to read the book and bring questions. Discussion will be followed by a potluck lunch, so please bring a favorite dish. To purchase a book, contact Marina Smitherman (866-7717). Please RSVP to Marina or Presvytera Lisa (947-4709). All ladies are welcome!

St. George Yard Sale

The St. George Church Yard Sale is back! Leaner ~ keener! Plans are to have the yard sale downstairs at the Church, on Saturday, **May 31st**. So when you are doing Spring Cleaning, please think of donating to the yard sale. See Donna Walter or Presvytera Lisa for specifics. Volunteers are needed. New Location: At church (90 Sanford Street in Bangor). Saturday, May 31st, from 8 a.m. to 2 p.m.

Great Lenten Resources Available!

As we enter Great Lent, please take a moment to browse the books on Great Lent in the church library and the ones for sale at the church bookstore. There are some great resources available here at St. George for our spiritual growth.

Sponsor a Lenten Need

Please consider donating towards a church Lenten Need. A copy of the Lenten Needs is included in this Messenger and is also posted downstairs at church. To sponsor one of the Lenten Needs, please sign up in the church office or call the office at 945-9588 to leave a message.

MORE ANNOUNCEMENTS

Saturday of Lazarus Activities

Saturday, **April 12th**, is the Saturday of Lazarus. This is a special day for the youth of St. George. It begins at 9 a.m. with services of Orthros and Divine Liturgy. Church is followed by a Lenten Breakfast. Following breakfast are other activities for the children, as well as the annual Palm Cross Folding in preparation for Palm Sunday, the next day. All children and parents are encouraged to participate!

We Give Thanks!

To **Paul & Maria Flanzala** for teaching the school children on Sunday mornings.

To **Basil Eleftheriou** for his donation of wine for the altar and for the donation of many wonderful books to the church library!

To everyone who contributed towards this year's Vasilopeta Celebration:

To **Marina Smitherman** and **Presvytera Lisa** for baking the Vasilopeta!

To **Sherri Cox** for managing the kitchen for the Vasilopeta Potluck and to the St. George young people for helping!

May God specially bless those who received the Vasilopeta Coins this year:

1. Christ (given to first person entering church thereafter: Given to the church office)
2. Christina Turla
3. Stellios Tavantzis
4. Lucia Smitherman
5. Fr. Adam & Lisa

Very best wishes to all!

Please keep these people in your prayers:

Nicholas George, Maria & Gene Muller, Chip Fitzpatrick, Barry Levine, Christian Meyer, Elizabeth Markowsky, Sophia Wirta, Brian Page, Kyvele St. Peter, Eleni Nawfel, Kosta Shanos, Glenna Louridas, Chris Limberis, Jason Nicholas Anovich, Theodosia Kelley, Mary Limberis, Marianna DeJesus, Eleni Angel's cousin Alexis, and her brother-in-law Methodios, Stefania, Kay Gaddis, Nancy Lowd, Yelena Aleksyeva, Augie's father August, Quantan Fabiano, Electra Giatrelis, Helen Speronis, Alyce Speronis, Aristeia Halkedis, Gene Lachner, Lourdes Wellington, Richard Spencer, Lisa Henderson, Ussi, and for all the Christians who are struggling in the world.

The Pledge Committee would like to thank everyone for their support. If you have not filled out your 2014 pledge form yet, please do so at your earliest convenience.

46 Pledges as of March 1, 2014
Pledge amount - \$25,160
Paid - \$12,760
Outstanding - \$12,400



Daily Bible Readings
are available
at the Archdiocese Online Chapel:

<http://goarch.org/chapel/>

Recent Deaths

Callie Broutas, Athena Broutas' big sister, passed away unexpectedly but peacefully on Sunday morning, January 19th. She was a month short of her 66th birthday. Callie grew up at St. George with her parents, brother John, and sister Athena, in addition to her many Broutas cousins. She always treasured coming to church and seeing old friends, and the new stair-climber at church (such a blessing) made her later visits possible. Sincere sympathy to Athena and the whole family.

On February 14th, life-time church member **Angela Aloupis** passed away following a brief illness. She was 70 years old. Her passing on Valentine's Day would seem appropriate, as she had such a big heart, as well as being bright and energetic, and she spent her life helping others. She will be greatly missed. Our hearts go out to her brother **Vance** and to her whole family.

+May their memories be eternal+

Sanctuary Candles

On February 23rd, by **Eleni Mihalopoulos**, in loving memory of her sister, **Connie Lekas**.

On March 2nd, by **Fr. Adam**, for the spiritual well-being of his uncle **John**.

Memorial

February 2nd, by **Panos Tsakiroglou**, for the soul of his aunt **Dimitra**.

+May her memory be eternal+

Services of Great Lent 2014

On several Mondays during Great Lent will be the prayer service of Compline at 4 p.m.

On Wednesday evenings during Great Lent will be Pre-Sanctified Liturgy at 5:30 p.m., followed by a Potluck Supper and lenten reading. This is a beautiful, candle-lit liturgy and special time of fellowship.

On Friday evenings are the services of the Salutations to the Virgin Mary at 5:30 p.m.

The services of Great Lent are offered to enhance this time of spiritual reflection. Please take advantage and plan to participate in as many as possible.

Confession

It is common to partake of the Sacrament of Confession during Great Lent. Fr. Adam is available to do confessions after either the Friday Salutations services or the Saturday Great Vespers services ~ no appointment necessary. Confessions may also be arranged by appointment (947-4709).

He who repents rightly does not imagine that it is his own effort that cancels his former sins; but through this effort he makes his peace with God.

- St. Mark the Ascetic



SALUTATIONS & HOLY WEEK CALENDAR - 2014

March 7th	5:30 p.m.	1st Salutation
March 14th	5:30 p.m.	2nd Salutation
March 21st	5:30 p.m.	3rd Salutation
March 28th	5:30 p.m.	4th Salutation
April 4th	5:30 p.m.	Akathist Hymn
April 12th	SATURDAY OF LAZARUS	
	9:00 a.m.	Orthros & Divine Liturgy Sunday School Pancake Breakfast Folding of Palm Crosses & Other Activities
April 13th	PALM SUNDAY	
	9:00 a.m.	Orthros & Divine Liturgy
	Noontime	Palm Sunday Fish Luncheon
	7:00 p.m.	Service of the Bridegroom (Nymphios)
April 14th	HOLY MONDAY	
	7:00 p.m.	Service of the Bridegroom (Nymphios)
April 15th	HOLY TUESDAY	
	7:00 p.m.	Service of the Bridegroom (Nymphios) Troparion of Kassiane
April 16th	HOLY WEDNESDAY	
	6:00 p.m.	Sacrament of Holy Unction (The Holy Euchelaion)
April 17th	HOLY THURSDAY	
	9:00 a.m.	Vesperal Divine Liturgy of St. Basil
	6:00 p.m.	Service of the 12 Gospels - The Passion & Crucifixion of our Lord
April 18th	HOLY FRIDAY	
	9:00 a.m.	Service of the Hours
	3:00 p.m.	Descent from the Cross (The Apokathelosis)
	7:00 p.m.	Service of the Epitaphios
April 19th	HOLY SATURDAY	
	9:00 a.m.	Vesperal Divine Liturgy of St. Basil
	11:30 p.m.	Orthros & Divine Liturgy of the Resurrection
	1:30 a.m.	Resurrection Reception in the Church Hall
April 20th	HOLY PASCHA (EASTER)	
	11:00 a.m.	The Agape Service

Holy Week Activities & Needs

Holy Week begins with the Service of the Bridegroom on Palm Sunday evening, April 13th, at 7 pm. Holy Pascha is Sunday, April 20th, this year, and will be ushered in with the midnight Resurrection Liturgy beginning at 11:30 p.m. on Saturday evening, April 19th. Following the service will be the annual potluck Resurrection Reception in the church hall. (Please see the entire **Holy Week Schedule** included in this *Messenger* for a listing of all the services and times.)

Please remember to return your **Pascha Offering Envelope** and also sign up to **sponsor a Lenten or Holy Week Need**. The sign-up sheet is in the Church Office. Please check in at the office or on the bulletin board downstairs to learn what is available (945-9588).

Tsoureki

Cathy Speronis is once again baking *Tsoureki*, the delicious sweet bread for Pascha. To place an order, please sign up on the list that will be in the narthex. Bread will be available during Holy Week.

Decorating the Kouvouklion with Flowers

On Holy Friday, April 18th, after the morning service, Cathy Speronis will be leading us in decorating the *Kouvouklion* (Christ's Tomb) with fresh flowers. Many hands make for light work! We will meet downstairs in the church hall. Everyone is welcome!

Wrapping the Red Pascha Eggs

Also on Holy Friday, April 18th, we will meet downstairs in the church hall to wrap the donated red eggs in tulle and ribbon to get them ready for the Resurrection Service on Saturday evening. This is a fun time of fellowship. Please just "come on down!"

Pascha Morning Agape Service

On Pascha, Sunday, April 20th, is the short and sweet *Agape* Service at 11 a.m. At this service, the morning Gospel is commonly read by the faithful in a variety of languages. Presvytera Lisa is looking for volunteers to help proclaim this Gospel of Christ's Resurrection on this day. If you are familiar with a language other than English and would enjoy participating in this special service, please contact her at 947-4709.



Let us stress once more that the purpose of Lent is not to force on us a few formal obligations, but to “soften” our heart so that it may open itself to the realities of the spirit, to experience the hidden “thirst and hunger” for communion with God.

*-Alexander Schmemmann
from Great Lent – Journey to Pascha*

2014 LENTEN NEEDS LIST FOR THE CHURCH

Please contact the Church Office if you wish to donate one or more of the items listed below:

April 19th AKATHIST FLOWERS: \$50.00 _____

LENTEN INCENSE: \$30.00 _____

April 7th THE VENERATION OF THE CROSS:

Tray of 50 Daffodils \$75.00 _____

Flowers for Festal Icon \$50.00 _____

April 27th & 28th SATURDAY OF LAZARUS & PALM SUNDAY:

Palms for Crosses \$100.00 _____

Flowers for Lazarus Icon \$50.00 _____

Flowers for Palm Sunday Icon \$50.00 _____

April 28th-May 5th HOLY WEEK NEEDS:

Flowers for Nymphios Icon \$50.00 _____

Supplies for Holy Unction \$50.00 _____

Flowers for Last Supper Icon \$50.00 _____

Candles for the 12 Gospels \$30.00 _____

Crown of Flowers _____ Helen Brontas _____

Flowers for Crucifixion Icon \$50.00 _____

Candles for Altar \$30.00 _____

Candles for Cross \$30.00 _____

White Wreath at Foot of Cross \$50.00 _____

Vigil Candle at Base of Cross \$30.00 _____

Basket of Rose Petals \$50.00 _____

Flowers for Kouvouklion \$500.00 _____

Kouvouklion Candles (24 x \$5) \$120.00 (\$5 each) _____

Rose Water for Blessing \$30.00 _____

Holy Friday Altar Boy Candles \$30.00 _____

Shroud for Body of Christ \$30.00 _____

Basket of Bay Leaves \$30.00 _____

Vigil Candle Empty Tomb \$30.00 _____

Flowers for Resurrection Icon \$50.00 _____

Flowers for St. George Icon \$50.00 _____

Paschal Candle for Priest \$100.00 _____

Altar Boy Candles for Pascha \$30.00 _____

Wreath on Resurrection Banner \$50.00 _____

Altar Candles for Pascha \$30.00 _____

Easter Lillies (12 x \$25) \$300.00 (\$25 each) _____

Clear Plastic Covers for Altar

& Kouvouklion \$30.00 _____

ICONOSTASIS FLOWERS:

Icon of Christ \$50.00 _____

Icon of Theotokos \$50.00 _____

Icon of St. John the Baptist \$50.00 _____

Icon of St. George \$50.00 _____

MARCH 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1 10 am Liturgy for 2nd Saturday of the Souls</p> <p>NO GREAT VESPERS</p>
<p>2 9 am Orthros with Liturgy following for Sunday of Forgiveness & Cheesefare 6 pm Forgiveness Vespers</p>	<p>3 Great Lent Begins 9 am Orthros 12 pm 6th Hr. 4 pm Compline</p>	4	<p>5 5:30 pm Pre-Sanctified Liturgy followed by a potluck dinner</p>	6	<p>7 5:30 pm 1st Salutations to the Theotokos</p>	<p>8 10 am Liturgy in Waterville for 3rd Saturday of the Souls NO GREAT VESPERS</p>
<p>9 9 am Orthros with Liturgy following for 1st Sunday of Lent Sunday of Orthodoxy</p>	<p>10 Fr. Adam on vacation til Thursday</p>	11	12	13	<p>14 5:30 pm 2nd Salutations to the Theotokos</p>	<p>15 6 pm Great Vespers</p>
<p>16 9 am Orthros with Liturgy following for 2nd Sunday of Lent St. Gregory Palamas</p>	<p>17 4 pm Compline</p>	18	<p>19 5:30 pm Pre-Sanctified Liturgy followed by a potluck dinner</p>	20	<p>21 5:30 pm 3rd Salutations to the Theotokos</p>	<p>22 10 am Church Cleaning 6 pm Great Vespers</p>
<p>23 9 am Orthros with Liturgy following for 3rd Sunday of Lent Veneration of the Holy Cross</p>	<p>24 4 pm Compline</p>	25	<p>26 5:30 pm Pre-Sanctified Liturgy followed by a potluck dinner</p>	27	<p>28 5:30 pm 4th Salutations to the Theotokos</p>	<p>29 No Great Vespers His Eminence Metropolitan Methodios arrives to celebrate Sunday's Liturgy</p>
<p>30 9 am Orthros with Hierarchal Liturgy following for 4th Sunday of Lent for St. John Climacus</p>	<p>31 4 pm Compline</p>	April 1	<p>April 2 5:30 pm Pre-Sanctified Liturgy followed by a potluck dinner</p>	April 3	<p>April 4 5:30 pm The Akathist Hymn</p>	<p>April 5 9 am Women's Retreat and Potluck NO GREAT VESPERS</p>

APRIL 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 5:30 pm Pre-Sanctified Liturgy followed by a potluck dinner	3	4 5:30 pm The Akathist Hymn	5 9 am Women's Retreat and Potluck NO GREAT VESPERS
6 9 am Orthros with Liturgy following for 5th Sunday of Lent for St. Mary of Egypt	7	8	9 5:30 pm Pre-Sanctified Liturgy followed by a potluck dinner	10	11	12 9 am Orthros followed by Liturgy for Lazarus Sat. Breakfast and Cross folding
13 9 am Orthros with Liturgy following for Palm Sunday Luncheon afterwards 7 pm Nymphios Service	14 7 pm Nymphios Service	15 7 pm Nymphios Service	16 6 pm Holy Unction Service	17 9 am Vesperal Liturgy of St. Basil 6 pm the Service of the 12 Gospels	18 9 am the Royal Hours 3 pm Apokathelesis 7 pm Epitaphios Service	19 9 am St. Basil Vesperal Liturgy 11:30 pm Orthros & Resurrection Liturgy with Resurrection Reception after
20 PASCHA 11 am Agape Vespers Christ is Risen!!	21 BRIGHT WEEK FAST FREE	22 6 pm Great Ves- pers of our Patron Saint George Followed by Potluck Dinner	23 9 am Orthros with Liturgy following for St. George	24	25 9 am Orthros with Liturgy following for Lifegiving Fountain	26 NO GREAT VESPERS
27 9 am Orthros with Liturgy following for Sunday of St. Thomas	28	29 5:30 pm Vesperal Liturgy for St. James the Apostle	30	May 1	May 2	May 3 NO GREAT VESPERS
May 4 9 am Orthros with Liturgy following for Sunday of the Myrrh bearing Women	May 5	May 6	May 7	May 8 9 am Orthros with Liturgy following for St. John the Apostle	May 9	May 10 NO GREAT VESPERS

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