

THE VINE

ST. DEMETRIOS GREEK ORTHODOX CHURCH, 57 BROWN STREET, WESTON, MA 02493

Jesus said,
"I am the vine;
you are the
branches.

If a man remains
in me and I in him,
he will bear
much fruit."
(John 15:5)

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FR. NICK'S MESSAGE

An Invitation

Dear Parishioners,

We all know God is with us always but have we actually taken time to be alone with Him to connect with Him? Have we listened to His voice as He speaks ever so softly when we are still and silent? Chances are we are too busy. We are, after all, doing important things. Often we are tired and weary from filled schedules, worry that people will not wait for us and that opportunities will vanish if we don't act now. Our excuses are many.

As we take care of those who depend on us and need us, we also must sustain our focus, our purpose, and resolve to take care of our "inner selves." Perhaps we do pay attention to our diet and exercise regimen that addresses our physical health, but what of the soul? Scripture is filled with examples of men and women, even entire nations, who ignored their relationship with God and paid a high price for doing so.

Each year our church offers us Lent as the opportunity to spend quiet time in worship and reflection. The church tells us to take on the journey of "return" and recovering and the hearing God's voice that may have grown faint or even lost in the cacophony of noise and activity that competes for our attention. If you find that the peace you long for is missing in your heart and life and that your relationship with the Lord is not what you or God wants, accept His invitation to rekindle that bond. You will find that if you desire it and make time, God too is eager to meet you, to embrace and love you. He is there waiting to spend time to reinvigorate your life by filling it with the peace that "surpasses all understanding" and the love and hope that we so desperately need.

It all begins by accepting God's and our Church's invitation to make time for Him. There are ample opportunities to begin the journey from attending more often the various services of Lent, reading scripture, having a more disciplined prayer life, going to confession (i.e. reconciling and asking forgiveness) etc. Sitting down with me or other clergy to speak about your spiritual life, a rule of prayer; or generally where you've been and are going may also be a good place to begin your Lenten journey.

Such an invitation, an RSVP if you will, is offered to each of us during Lent. I hope you will accept the invitation and begin a journey that will at the end bring us before an "empty tomb" that will surely fill our lives with unconditional love that God's Son, Jesus Christ, can only bring.

Wishing you a blessed Lent,

Fr. Nick



SUNDAY SERVICES

ORTHOS, 8:30; DIVINE LITURGY, 9:30

March 2

Forgiveness Sunday (Cheesefare)

March 9

Sunday of Orthodoxy

March 16

Sunday of St. Gregory of Palamas

March 23

Sunday of the Holy Cross

March 30

Sunday of St. John Climacus

MIDWEEK SERVICES

Saturday of the Souls, March 1, 8

Orthros, 9:00; Divine Liturgy, 9:30 am

Salutations, March 7, 14, 21, 28

Fridays, 7 pm

LENTEN SERVICES

Monday, March 3

Clean Monday, Great Compline, 6 pm

Wednesday, March 5

Pre-Sanctified Liturgy

at St. Demetrios, 6 pm

Wednesday, March 12

Pre-Sanctified Liturgy

at Taxiarchae, Watertown, 6 pm

Wednesday, March 19

Pre-Sanctified Liturgy

at St. Demetrios, 9:30 am

Tuesday, March 25

Feastday for the Annunciation

Orthros, 8:30; Divine Liturgy, 9:30 am

Wednesday, March 26

Pre-Sanctified Liturgy

at St. Nicholas, Lexington 6 pm

SATURDAY OF THE SOULS
FEBRUARY 22, MARCH 1, MARCH 8

All parishioners are invited to submit the names of departed loved ones to our clergy or the office, with the form below offered for your convenience. These vital days encourage our families to gather in holy remembrance; they remind us of the power of prayer. Please note that lists need only be submitted once and will be read at all three services.

NAMES OF DECEASED
ONOMATA AΠΟΘΑΝΟΝΤΩΝ

These names will be read at each Saturday of the Souls Service this year. Please PRINT clearly the first names of departed family and friends that you wish to be remembered at these services.



THANK YOU

The response in the opening days of our offering named gifts of furnishings such as chalices, baptismal font, bible stands, pulpit, altar table cloths, the altar table, etc. has been

extremely gratifying. Thank you! In the first days, \$275,000 has been pledged and the committee has been responding to inquiries from prospective donors about potential gifts and pledges.



ST. DEMETRIOS GREEK ORTHODOX CHURCH

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Fr. Nicholas Krommydas, Pastor
Cathy Smith, Secretary
Peter Gramenelles, Sexton
Tom Gatzunis, Parish Council President
Athena Kalyvas, Philoptochos President

Bookstore, Carol Loridas
Choir, Genie Leussis, Chris Tzellas, Athena Kalyvas
Faith and Works Ministries

A Suitable Image, Nancy Savage
Brown Bag Sunday, Lydia Santangelo
St. Nicholas Angel Tree, Nancy Savage

Hospitality/Fellowship Hour, Mary Ellen Paravalos
Library, Cindi Dabrowski

Orthodox Life Series, James Skedros
Outreach and Evangelism, Stacey Kalivas
Philoptochos Care Ministries

Hellenic Nursing Home, Pam Brody
Prayer-Shawl, Tilda Mitsakos
Quiltathon, Debbie Morakis
Visitations, Valerie Wiegel

Prosfora Ministry, Fr. Nick Krommydas
Senior Guild, Artemis Martakis
Stewardship, Dean Coclin

YOUTH

Altar Service, Chris Kourlos
Basketball, Jack Markis
Church School, Stavroula Gurguliatos
Church School Music Director, Jane Kourtis

GOYA, Yianno Pantazelos
JR. GOYA, Yianno Pantazelos
Greek Folk Dancing, Margaret Talmers
Greek Language School, Avra Parpos
HOPE, Donna Markis
JOY, Jill Kovatsis
OCF, Yianno Pantazelos

The parishioners of St. Demetrios once again have both readily grasped the significance of these sacred and liturgical items for our church that will remain for generations to come and the inspiration they inherently provide to our worship. The inclusion of these essential items in our liturgy has been a critical part of how we Orthodox Christians express and live our faith.

There are still various items available and more pledges are needed. While our faith and the continuing strength of the commitment to St. Demetrios of its parishioners will doubtless bring this phase of our project to a timely completion, we do ask that if you are contemplating a pledge, either large or small, you do so as soon as you feel you can. This will enable the Building Committee to proceed to place the orders for construction or manufacture of your gift in accordance with the vote of our General Assembly. Such one of a kind design items require long lead times for construction and delivery, so your timely pledge will help bless us and get us one step closer to worshiping in a completed sanctuary.

Thank you!
Peter Bassett



CHURCH SCHOOL NEWS

March	Second Grade bulletin board display
March 2	Church School Classes; Church School Staff Mtg. 11:45-12:30
March 3	Great Lent Begins
March 9	Church School Classes; Sunday of Orthodoxy
March 16	Church School Classes
March 23	Church School Classes
March 30	Church School Classes

UPCOMING CHURCH SCHOOL EVENTS

Icon Procession March 9: Our entire church school will participate in this moving procession. Please have your child bring an icon with them to Church.

Salutation Services: The Salutation service is a beautiful Lenten service in honor of the Virgin Mary. We invite all students to attend.

Oratorical Festival: The Oratorical Festival for the Junior Division (grades 7-9) and Senior Division (grades 10-12) will take place on Sunday, March 30 during their scheduled class time.

SPOTLIGHT ON...6TH GRADE

Just in case you were wondering what the 6th Graders at St. Demetrios Church School learn about, here is your opportunity to get a glimpse of our class and what our awesome students are doing in that corner room upstairs!

Each week we begin our class practicing hymns led by Presbyteria Athanasia. We then get right to our lesson, which begins by defining our "word" of the week. We realized that often times, students hear terms in Liturgy but are unsure of what they mean or how they connect to their Faith. As a result, the students are making their own Glossary of Liturgical Terms. Some of the "words" included in their Glossary are: Mercy, Amen, Theotokos, Liturgy, Gospel.

We also try to answer some questions that they may have about the Liturgy and their Faith. Some of the questions that have been discussed so far are:

1. Why do Orthodox Christians always face east?
2. Do Orthodox Christians believe in Angels?
3. How do Orthodox Christians define Heaven?
4. What is Confession? When and why should I go?
Should I be afraid to go?

We also ask for Guidance when we need it! Seminarian Tommy visited our class in January and shared his expertise about the Sacrament of Confession. He truly eliminated any fear that the students may have had about going to Confession and discussed how it brings us comfort and a sense of closeness to God.

Currently, we are preparing for our Lenten Journey with the discussion of the Parables and the importance of "fasting." What does it mean to "fast?" Hopefully, the students will incorporate the importance of "fasting" into their daily routines and will gain spiritual strength during this Journey to Pascha!

GREEK LANGUAGE & CULTURAL SCHOOL



This year, the Greek School will celebrate the Annunciation of the Theotokos and Greek Independence Day on **Tuesday, March 25** with a short program in the Church Hall from 5-6 pm. Parents and grandparents are invited to attend the program.

Our Greek Independence Day celebration will continue on **Sunday, March 30** when the teachers and parents of the Greek School will host Coffee Hour and the Greek School students join the Greek Dance group under the direction of Mrs. Margaret Talmers to perform some traditional Greek dances.

Please remember and support the Greek Independence Day Parade scheduled on **April 6**. Our community will participate and this year new traditional costumes have been ordered and we hope many of our young people and parishioners will participate. Please join us. Also, we could use your financial support in defraying some of the costs that are associated with that day's events.

For more information please contact Andrew Zarou at (408) 314-0275 or (408) 445-8496. You may also email ampal00@icloud.com.

YOUTH BASKETBALL



The basketball teams recently hosted a movie night in our parish gym. Our young people watched "Hoosiers" and enjoyed pizza with their teammates and younger siblings.

Our Metropolis conducted their annual "All Star" game for both the JOY and GOYA divisions. The games were held at Hellenic College. The players formed teams with kids from the other parishes - it was a great experience and fostered the continuing growth of friendships within our community. As the season nears its conclusion, we look forward to the playoffs.

ALTAR SERVERS

If you are 13 years old or older and would like to join the altar servers, please contact Fr. Nick at: frnick@stdemetriosweston.org.



GOYA



Hello GOYAns!
The month of February is short and we sure did a lot of great things! On January 31, our GOYA, with help from several parents, prepared chicken wings

and dipping sauces for our second annual Wing-a-Thon. Wings were sold on February 2 during fellowship hour for parishioners to enjoy at home during the Super Bowl. Special thanks to the parents who helped prepare the wings, the GOYAns for all of their hard work, but most importantly the entire community who supported this fundraiser so generously! Together we raised close to \$1,000! On February 14-17, some of our GOYAns attended the Metropolis of Boston Winter Camp in Contoocook, New Hampshire where GOYAns from our Metropolis gathered to participate in outdoor activities such as skiing, snowboarding, sledding and tubing! The month of March has a lot going starting with a day trip to NYC! We will have a delicious lunch in Astoria followed by NYC tours. On March 19 we are invited to attend a Presancti-

fied Liturgy followed by a discussion. On March 28-29 we have our IV-on the –Go retreat at St. Demetrios. For more information on how to get involved with GOYA please email Yianno@stdemetriosweston.org and join our Facebook page St. Demetrios Weston GOYA.

Weston GOYA—Save the Dates!

▶ Mark your calendars and tell your friends!

March 15: Day Trip to NYC
March 19: Presanctified Liturgy
March 28-29: Lock In Retreat in Weston hosted by Ionian Village On the Go
April 26: Weston GOYA Spring Dance
More events are in the works! Get ready for a fantastic Spring 2014!

Have any fun ideas for the Spring?

Please email yianno@stdemetriosweston.org with your ideas!

Join the Facebook Group Saint Demetrios Weston GOYA for updates!

Junior GOYA



Our Jr. GOYA had another exciting month. Our highlight event was dodgeball night which was held on Thursday February 20. There were over 20 Jr. GOYAns participating plus parents in this fun night. The Jr. GOYA hopes to team up with New England Coffee this month for a fundraiser. On March 28-29 the Jr. GOYA will be teaming up with the our GOYA for the IV-on the–Go retreat at St. Demetrios. For more information on how to get involved with Jr. GOYA please email Yianno@stdemetriosweston.org.

Hope and JOY



This past month the two highlight events that took place for families were MBC family camp and our Apokreatiko Glendi. Many of our young ones were accompanied by parents as we celebrated this feast and began the preparation for our Lenten Journey. There will be a Lenten Retreat for our HOPE and JOY and families coming soon!

HOPE (K – 2nd)

Donna Markis: dmarkis@boston.k12.ma.us
Stacy Katsikaris: stacy.katsikaris@comcast.net

JOY (3rd – 6th)

Jill Kovatsis: ja.k@verizon.net



Church School children sing the Jesus prayer



GOYA Winter Camp



GOYA Basketball



Jr. GOYA Dodgeball








on the go...
IONIAN VILLAGE

LOCK - IN !!!

FRIDAY MARCH 28TH AT 7:00 PM TO
SATURDAY MARCH 29TH AT 11:00 AM

OPEN TO JR. GOYA & GOYA

DINNER WILL BE PROVIDED
BRING CLOTHES & TOILETRIES TO
SLEEP OVER & A SLEEPING BAG & PILLOW

RSVP TO YIANNO@STDEMETRIOSWESTON.ORG

ST. DEMETRIOS GREEK ORTHODOX CHURCH

WESTON



CALENDAR

MARCH 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Forgiveness Sunday	3 Clean Monday Great Lent Begins Great Compline, 6 pm	4 Greek School, 4-6 pm	5 Pre-Sanctified Liturgy, 6 pm at St. Demetrios	6 Choir Rehearsal, 7:30 pm	7 Philoptochos Women's Winter Retreat begins Salvations, 7 pm	8 Saturday of the Souls Orthros and Liturgy, 9 am
9 Sunday of Orthodoxy	10	11 Greek School, 4-6 pm	12 Pre-Sanctified Liturgy, 6 pm at Taxiarchae, Watertown Philoptochos General Assembly, 7 pm	13 Choir Rehearsal, 7:30 pm	14 Salvations, 7 pm	15 Orthros and Liturgy, 9 am GOYA day trip to New York City
16 Sunday of St. Gregory of Palamas	17	18 Prayer Shawl Ministry, 1:00 pm Greek School, 4-6 pm	19 Pre-Sanctified Liturgy, 9:30 am at St. Demetrios Parish Council Meeting, 7 pm	20 Choir Rehearsal, 7:30 pm	21 Salvations, 7 pm	22 Bingo at Hellenic Nursing Center, 2-3:30 pm
23 Sunday of the Holy Cross	24	25 - Annunciation Orthros, 8:30 Divine Liturgy, 9:30 Senior Guild Luncheon Greek School Greek Independence Day Program, 5-6 pm	26 Pre-Sanctified Liturgy, 6 pm at St. Nicholas, Lexington	27 Choir Rehearsal, 7:30 pm	28 Salvations, 7 pm GOYA/JR. GOYA Lock-in retreat begins, 7 pm	29
30 Sunday of St. John Climacus Oratorical Festival Greek School and Greek Dancing program	31					

STEWARDSHIP & PHILOPTOCHOS



PHILOPTOCHOS

Thank you to the Saint Demetrios Parishioners who attended the Apokreatiko Glendi on Saturday, February 22 with their families and friends. Everyone really enjoyed the evening! A special thank you to the following who contributed to the success of the event:

The Dolphin Restaurant - Peter and Artemis Giannacopoulos
Liberty Ice Cream – Ioannis Bouris Family
Fells Market – Paul and Peter Katsikaris
May and Dimitri Georgakopoulos
Needham Wine – Chris Lionas

Upcoming Events

Women's Winter Retreat, March 7-8 at the St. Methodios Faith and Heritage Center

We invite all women of the Parish to attend a Lenten retreat in the beautiful surroundings of Contoocook, New Hampshire, where many of your children have attended camp. Retreat Topic: "Be still and know that I am God." (Ps.46:10). Dr. James Skedros, Retreat Leader. Suggested donation: \$50.00. For more information, contact Presbytera Elaine Krommydas at ekrommydas@verizon.net or Nikki Stourmaras at nstourmaras@hchc.edu/(508) 667-8252. Carpooling will be available, departing from Saint Demetrios no later than 2:45 p.m. on March 7. Please let us know if you need a ride or can be a driver. Arrive Friday afternoon between 4:00-6:00 p.m. Depart Saturday after 3:00 p.m.

Easter Chocolate Sale

Order your Easter Chocolates from Sonny's Sweet Sensations (hand made chocolates by Kathy Damaskos) during coffee hour beginning Sunday, March 9 - Sunday, March 23.

General Assembly Meeting – Wednesday, March 12

Guest speakers: Andrew Calivas, Stacey Kourtis, and Jonathan Resmini will discuss their mission trip experiences. General Assembly Meeting – 7:00 p.m. Presentations – 7:20 p.m. All Parishioners are welcome to attend.

Andrew Calivas is currently a graduate student at Holy Cross and attended a mission trip to Albania last summer.

Stacey Kourtis is a student at Boston University and traveled to Constantinople in 2013.

Jonathan Resmini, a graduate of Hellenic College and Holy Cross Greek Orthodox School of Theology where he earned his Bachelors of Arts and Masters of Divinity degrees, is currently finishing his Masters of Theology and will begin his PhD in Theology this fall. He participated in a mission program with the native Orthodox people of the Delta region near Bethel, Alaska.

Philoptochos Supports the Mission Projects

Please remember that the Philoptochos is here to help the Saint Demetrios Community members participating in any mission or service trip! Contact Jenn Brody at Brody.Jenn@gmail.com or 781-864-5032 with any questions or inquiries.

Hellenic Nursing Home Visits

Pam Brody visits the Hellenic Nursing Home the third Saturday of every month. Contact Pam for more information. (781) 864-5327 or brodster52@yahoo.com.

Annual Membership Drive

Renew your 2014 membership or join the largest Christian women's organization – the Philoptochos. For more information on joining the Saint Christine Chapter, please contact Gina Spencer at gspencer@stdemetriosweston.org or Athena Kalyvas at adkalyvas@gmail.com.

Thank you for your continued support.

Athena Kalyvas
President

STEWARDSHIP CORNER

When a group of people in an academic setting were asked what thoughts came to their mind when they heard the word "Stewardship", the top 2 answers were "Caring" and "Responsibility." Is this a surprise? Were those your thoughts as well? Or did you stewardship mean something else to you? Stewardship is NOT about money and is definitely not dues. When you care for something, you take responsibility for it and freely give your time, talents and treasures to support it. In the case of our church, our free will gifts support the many ministries that we use to reach out to others.

Speaking of gifts, our stewards responded enthusiastically in 2013. I'm pleased to report that we finished the year with 445 pledges totaling \$422,722 with \$426,620 received. In addition, we received \$59,521 from 106 non-pledged stewards. This is higher than the previous 3 years. The overall decline in stewards has stopped and has started to increase. In addition, this is the first time in recent memory that our donations exceeded our pledges. We appreciate your generosity and hope that you will continue to support the church and its ministries in 2014. 2013 tax statements have all been mailed out. If you did not receive one or find an error, please contact the church office.

Moving into the new year, we have received 273 pledges totaling \$301,674 and an additional \$7,000 from 64 non-pledged stewards. Please, if you haven't submitted a pledge card, stop by the office and do so as soon as possible. Don't wait until the end of the year. We need this information for budgeting and planning of our ministries.

If you find that you forget to make a contribution regularly, why not try out our electronic giving system available at www.stdemetriosweston.org/stewardship. From there you can schedule automatic yearly, monthly or weekly payments from your bank or credit card. It's simple, secure and convenient.

Dean Coclin
Stewardship Chairman
deancoclin@msn.com



EVENTS AND ANNOUNCEMENTS

PRAYER SHAWL MINISTRY

The Prayer Shawl Ministry is planning to regroup to replenish our supply of shawls. If you are a knitter, or just learning, please join us for a planning meeting on Tuesday, March 18, at 1:00 pm. The Ministry supplies the yarn and knitters knit at their leisure, with group meetings periodically for fellowship and prayer. If you would like to join us but are unable to come on March 18, please give Tilda Mitsakos a call at 781-899-6583, or Priscilla Hunter at 781-235-1842. We hope to see you on March 18.

SENIOR GUILD

The next meeting of the Senior Guild is The Annunciation of the Theotokos (March 25, 2014). We will discuss the June event. Please wear blue and white in honor of Greek Independence Day. Please contact Artemis Martakis at (508) 785-0045 with any questions. The Senior Guild hopes to see you there.

FELLOWSHIP HOUR HOSTS NEEDED

Interested in hosting a Fellowship Hour? A number of Sundays are still open. All supplies are provided. Please see the sign-up sheet in the social hall.



TEAM KALIOPE — WALK MS 2014

My name is Caroline Kyriakou. I am a lifelong member and former pre-k teacher of St. Demetrios. In 2006 I was diagnosed with Multiple Sclerosis, an autoimmune disease that affects the brain and spinal cord. For the 6th year in a row, I am leading "Team Kaliope" for the Boston walk on April 6, 2014. I am asking for your help in raising funds for the 2014 walk. After my diagnosis, I have maintained a positive attitude and have developed a passion to raise awareness for MS. Not only have I participated in Walk MS but also in a video for the National MS

Society's MS Awareness week in 2010, and was featured in an interview on the FOX morning show for World MS Day in the same year. Please help me in my endeavor to find a cure for MS by making a tax-deductible donation of ANY amount by going to my personal homepage:

<http://main.nationalmssociety.org/goto/KaliopeK2014>

Or, by sending a check made out to the **National MS Society** directly to me:

Caroline Kyriakou, 1940 Commonwealth Ave #23, Brighton, MA 02135

I hope to see a cure in my lifetime! Every dollar counts, so please make any donation you can. Thank you!



NEW METROPOLIS SCHOOL OF BYZANTINE MUSIC

With the blessing of His Eminence Metropolitan Methodios, the Greek Orthodox Metropolis of Boston is establishing a School of Byzantine Music that will equip its students with a mastery of the skills required for chanting the sacred hymns of the Orthodox Church. The purpose of the School is to promote the learning of Ecclesiastical Music and chanting and to recruit new chanters to the stands (Analogia) of our Holy Metropolis. The School's teachers will be Dr. Grammenos Karanos, Professor of Byzantine Liturgical Music at Holy Cross Greek Orthodox School of Theology, and Reverend Fr. George Kouzelis, the parish priest of the Assumption of the Virgin Mary in Dracut MA. Our first meeting will take place on Thursday, March 6, 2014, at 6 pm at the Metropolis of Boston (162 Goddard Ave, Brookline, MA 02445). His Eminence, Metropolitan Methodios of Boston, will be in attendance.

For further information interested individuals and prospective students should contact Dr. Karanos via email at gkaranos@hchc.edu or Fr. George via email atfrgkouzelis@gmail.com or by phone at 508-902-7060.

LEARNING PROGRAM AT ST. DEMETRIOS

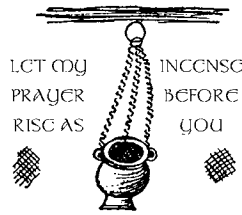


For the last five years, St. Demetrios has hosted the Down Syndrome Learning Program once a month on Saturdays. We started out with 7 families and have grown to host over 75 families this year in five levels of education! Pictured here, you see the children whose lives are being changed by the graciousness of St. Demetrios.

LENTEN READING



*"Let my prayer rise as incense before You . . .
And the lifting up of my hands, as an evening sacrifice."*



Lenten Pre-Sanctified Liturgies

Inter-parish prayer fellowship on the following dates:

Wednesday, March 12 2014

Taxiarchae/Archangels, 25 Bigelow Ave, Watertown, MA - 6 p.m.

Wednesday March 26 2014

St. Nicholas, 17 Meriam Street, Lexington, MA - 6 p.m.

Wednesday April 9 2014

St. Demetrios, 57 Brown Street, Weston, MA - 6 p.m.

**Please note: Wednesdays—March 5, March 19 and April 2—
services will be held at home parishes at 6:00 p.m.**

7 Following the Pre-Sanctified Liturgy on these days, the host community will offer a Lenten dinner for all in attendance. An open discussion over dinner on a Lenten theme will also take place.

All are invited to join in prayer on these days—young and old alike. Come



PRAYER OF ST. EPHRAIM THE SYRIAN FOR LENT

*O Lord and Master of my life!
Take from me the spirit of sloth,
faint-heartedness, lust of power, and idle talk.*

*But give rather the spirit of chastity,
humility, patience, and love to Thy servant.
Yes, O Lord and King!*

*Grant me to see my own sins
and not to judge my brother;
For You are blessed,
now and unto ages of ages. Amen.*

This prayer is read twice at the end of each Lenten service Monday through Friday (not on Saturdays and Sundays for, as we shall see later, the services of these days do not follow the Lenten pattern). At the first reading, a prostration follows each petition. Then we all bow twelve times saying: "O God, cleanse me a sinner." The entire prayer is repeated with one final prostration at the end. Why does this short and simple prayer occupy such an important position in the entire Lenten worship? Because it enumerates in a unique way all the "negative" and "positive" elements of repentance and constitutes, so to speak, a "check list" for our individual Lenten effort. This effort is aimed first at our liberation from some fundamental spiritual diseases which shape our life and make it virtually impossible for us even to start turning ourselves to God. —*Protopresbyter Alexander Schmemmann*

SUNDAY OF ST. JOHN CLIMACUS MARCH 30 (4TH SUNDAY OF LENT)



The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic

polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

NEWS FROM THE LIBRARY COMMITTEE



BOOKS OF THE MONTH

On your spiritual journey we recommend:

***John Climacus The Ladder of Divine Ascent*
Translated by Colm Luibheid (B&Q)**

The ascetical life is portrayed as a ladder which each aspirant must ascend, each step being a virtue to be acquired, or a vice to be surrendered. Its 30 steps reflect the hidden life of Christ himself. This book offers advice, counsel and guidance to those capable of embarking on that difficult road whose summit is encounter with God.

***Annual Resource Companion: The Triodion*
Edited by Rev. Dr. Frank Marangos (J)**

Contains 24 illuminating essays on the Triodion period, the period of preparation for the Great Festival of Pascha. Essay topics include forgiveness, humility, self-sacrifice, divine love, redemption, and more.

Other books:

The Lenten Spring, by Thomas Hopko (J)
The Lenten Covenant, by Leonidas Contos (J)
Great Lent, by Alexander Schmemmann (J)
The Feasts of Jesus Christ and the Virgin Mary,
Translated by Paul Meyendorff (J)

These books are located in the Recommendation shelf and need to be returned within two weeks. If you need to keep them longer please contact Cindi Dabrowski at (508) 881-6598. The Library is opened every Sunday after Divine Liturgy as well as Monday through Friday, 9:30 AM to 4:00 PM. As outlined in the Library Policies and Procedures, please fill out both cards and leave the orange card in the metal box (located in the Recommendation Shelf). This will help us to keep track of these books. We invite you to come and visit the library. **Remember, this library is for you and your family. Check us out.**



ANNOUNCEMENTS

ALTAR FLOWERS



*Altar flowers were
generously donated
by the following
parishioners:*

February 9

Connie Papageorge, in
loving memory of her son,
Chris Papageorge.

February 16

Mary Ann Pappanikou, in loving
memory of her husband, Angelo.

February 23

Theresa Nibi, in loving memory
of her mother, Sophia Nibi.

BAPTISMS

*The son of Adrian and Penelope
Hellman was baptized on Sunday,
February 2, and named Phillip
George. The sponsor was Aphrodite
Giannakopoulos.*

*The son of Joseph and Alyssa Hag-
gerty was baptized on Sunday, Febru-
ary 23, and named Finnegan Stratis.
The sponsor was Alexander Moskos.*

*May God bless them
with His divine grace!*

FUNERALS

Alexandra Mastrangelo of Framingham,
January 31.

May her memory be eternal!



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