

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

My Dear Parishioners,

One of the great tragedies in life is our inability to fully realize our potential and therefore our dreams. We all start out on life's journey- our search if you will- to realize all that we can be but along the way, as someone aptly said- life happens. Unexpected events, challenges and tragedies, unfulfilled promises and simply weariness, zap our resources dry as we grow tired and lose the inner spark; the desire and will to find our way back to where our heart once wanted to take us.

We are not alone for although the world tells us we can do and be anything we wish, it also conspires in putting roadblocks before us that lead us exactly in the opposite direction. The cacophony of voices, gurus and choices is endless, all promising to deliver that which is impossible to fill our hearts and minds with eternal "things" that cannot bring the love, peace and joy that we yearn.

What does one do? Where does one begin to find their way home? Lent is a good starting point. Lent may be the time to assess and evaluate where we are along the path of our journey. Lent is the time to remind us of our one true home: to be with God, our Father. Our return and to be united with God, as the prodigal's return, is our destination which begins with repentance, a change of heart.

Lent was once welcomed as a time of renewal and a time of joy. Yes joy, because Lent leads us as no other time during the year to our goal which is to become "sons of your Father who is in heaven." (Matthew 5:45), "perfect as our Heavenly Father is perfect (Matthew 5:48), "Holy for I am Holy" (I Peter 1:16) and

"partakers of Divine Nature" (II Peter 1:4). When we are ill, are we not open to hear from our physician how we can become well? Of course. Our real goal is a full and healthy understanding of our present condition which includes the spiritual. Are we living apart from Him who is "life" itself? Choosing to follow our own path and way often brings sorrow and pain as does unbridled accountability to no one. Does that describe us? Are our ideas and current principles greater than these set before us by God Himself? If so, on the day of Judgment we hear God say: "Come O blessed of my Father, inherit the Kingdom prepared from you from the foundation of the world." (Matthew 25:34)

Beloved parishioners, our God became poor that we may become rich. Christ emptied Himself that we may be filled. Lent is a time to make our way thought the maze of dead-ends and self-importance to the place where Christ is invited to live in us. The tools of prayer, fasting and almsgiving along with humility ought to be our compass to guide us back home where God awaits our return.

Wishing you a blessed and fruitful Lenten journey,

With Love in the Lord,

Fr. Nick

LITURGICAL SCHEDULE

SCHEDULE OF CHURCH SERVICES

SUNDAY SERVICES

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

March 1

Sunday of Orthodoxy & Ordination of Demetre Mott

March 8

Sunday of St. Gregory Palamas

March 15

Sunday of the Holy Cross

March 22

Sunday of St. John Climacus

March 29

Sunday of St. Mary of Egypt

Salutations, March 6, 13, 20, 27

Fridays, 7 pm

LENTEN SERVICES/WEEKDAY SERVICES

Wednesday, March 4

Pre-Sanctified Liturgy

at Annunciation Cathedral Chapel, Brookline, 6 pm

Wednesday, March 11

Pre-Sanctified Liturgy

at St. Demetrios, 6 pm

Wednesday, March 18

Pre-Sanctified Liturgy

at Taxiarchae, Watertown, 6 pm

Wednesday, March 25

Feastday for the Annunciation

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

ANNUNCIATION OF THE THEOTOKOS- MARCH 25



*O Champion General, I
your city now inscribe to
you triumphant anthems
as the tokens of my grati-
tude, being rescued from
the terrors, O Theotokos.
But since you have the
dominion unassailable,
from all kinds of perils free
me so that unto you, I may
cry aloud: rejoice, O Bride
unwedded. —Kontakion
of the Annunciation*



By the grace of God
and through the laying on of hands

**BY HIS EMINENCE METROPOLITAN
METHODIOS OF BOSTON**

The servant of God

DEMETRE MOTT

Will be ordained to the
Holy Diaconate on

SUNDAY, MARCH 1, 2015

St Demetrios Greek Orthodox Church

57 Brown Street

Weston, MA 02493

Orthros 8:30 a.m.

Divine Liturgy 9:30 a.m.

YOUR PRESENCE AND PRAYERS ARE REQUESTED

On the Sacraments by Fr. Tom Fitzgerald Holy Orders

The Holy Spirit preserved the continuity of the Church through the Sacrament of Holy Orders. Through ordination, men who have been chosen from within the Church are set apart by the Church for special service to the Church. Each is called by God through His people to stand amid the community, as pastor and teacher, and as the representative of the parish before the Altar. Each is also a living icon of Christ among His people. According to Orthodox teaching, the process of ordination begins with the local congregation; but the bishop alone, who acts in the name of the universal Church, can complete the action. He does so with the invocation of the Holy Spirit and the imposition of his hands on the person being ordained.

Following the custom of the Apostolic Church, there are three major orders each of which requires a special ordination. These are Bishop, who is viewed as a successor of the Apostles, Priest and Deacon, who act in the name of the Bishop. Each order is distinguished by its pastoral responsibilities. Only a Bishop may ordain. Often, other titles and offices are associated with the three orders. The Orthodox Church permits men to marry before they are ordained. Since the sixth century, Bishops have been chosen from the celibate clergy.



BUILDING ON OUR FAITH

WHAT A WINTER!

Even for those of us who survived the Blizzard of '78, this February is unbelievable! All of us at Saint Demetrios hope parishioners are safe and experience an absolute minimum of dislocation.

So far our new building is holding up very well. Although no one envisioned this much snow, ice and cold, much planning did go into the design of our new Saint Demetrios Church building with our long hard winters in mind.



ST. DEMETRIOS GREEK ORTHODOX CHURCH

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ST. DEMETRIOS CONNECTIONS 781-237-5561 | www.stdemetriosweston.org

Fr. Nicholas Krommydas, Pastor
Vincent Minucci, Pastoral Assistant
Cathy Smith, Secretary
Nicholas Korderas, Sexton
Tom Gatzunis, Parish Council President
Athena Kalyvas, Philoptochos President

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

Brown Bag Sunday, Lydia Santangelo
St. Demetrios Inner-City Outreach, Peter Mitsakos
St. Nicholas Angel Tree, Nancy Savage

Hospitality/Fellowship Hour, St. Demetrios Philoptochos 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, Christina Booth
Senior Guild, Artemis Martakis
Stewardship, John McVey

YOUTH

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

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

Whenever we can take our thoughts away from when we can best be monitoring to anticipate things like leaks caused by melting snow and ice during any periods of thaw, we are focused now on getting the fixtures delivered to our church and beginning the installation. So far we are on schedule and hope to meet again with the designer in mid-February to get our monthly update. As we roll into March the meetings will be more frequent with an eye to coordinating delivery in such a way as not to interfere with Lenten services and Pascha.

To date we have been able to see pictures of the marble work in progress and it certainly looks like it will be beautiful. For those of you who have been contemplating a gift to name a specific piece of marble furnishings, you should know there are several great opportunities available. We also have a number of precious but smaller and less costly items available for your consideration of a named gift.

Please call me or Fr. Nick to discuss.

Stay warm!

- Peter Bassett



Marble that will be made into our new church fixtures



CHURCH SCHOOL NEWS

March	Second Grade bulletin board display
March 1	Church School Classes; Icon Procession; Church School Staff Meeting, 11:45-12:30
March 8	Church School Classes
March 15	Church School Classes
March 22	Church School Classes
March 29	Church School Classes

Upcoming Church School Events:

ICON PROCESSION- March 1st - 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 the honor of the Virgin Mary. We invite all students to attend every week. Our Youth Choir will be signing on March 27.

ORATORICAL FESTIVAL- The Oratorical Festival for the Junior Division (grades 7-9) and Senior Division (grades 10-12) will take place on Sunday, March 15th during their scheduled class time.



Greek Language & Cultural School & Greek Dance

*"Το Μάρτη 25 είναι διπλή γιορτή
Ἡ Ἐκκλησία γιορτάζει
την Παναγία ὕμνει*

*Το Μάρτη 25 είναι διπλή γιορτή
Ἡ Ελλάδα μάς υιορτάζει ἔχει ντύθει."*

Greek Independence Day Program

On Sunday, March 29, the Greek Language & Cultural School will host a short program, including a Greek dance performance, to celebrate Greek Independence Day. The program will take place in the Church Hall immediately following coffee hour. The Greek School will also sponsor the Coffee Hour on this Sunday. The Parish is invited to share and enjoy, taking pride in our children and in this commemorative program.

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.



What's Up With Lent?

By: Melissa K. Bazos and Anna Nicole Kyritsis

It is just about midnight and you are surrounded by a quiet darkness. You look around, everyone is there; everyone always is on this night. The priest comes out of the sanctuary; he sings, "Come receive the light from the never-ending light and Glorify Christ, who is risen from the dead." In his hand, he holds the only light in the church. Flame by flame the church is slowly lit. It goes from total darkness to a warm light. But it is not like most light... it is different. Let's think about it for a minute, after all it is just a flame. It does not give off much heat. By itself, it does not give off too much light. It is not that strong; it can easily be blown out. But just as quickly as it can be blown out, it can grow from a flame to a fire. A fire can give off much heat and light. However, a fire is not easily blown out. At Pascha, we light our candles; many of us take them home with us lit. But when we blow out our candles when we get home are we also blowing out our spiritual candles? What have we done to prepare so that the flame can grow into a burning fire?

We all know what comes of not preparing properly for things. If you do not prepare for a test, you will not do well. But what about spiritual preparation? I'm talking about more than being nice to your brother and going to church on Sunday (although both very good things to do). I am talking about getting ourselves prepared so that our flames can grow into strong fires.

Take for example the parable of the ten virgins. Ten virgins with their oil lamps lit waited for the bridegroom to arrive. Five of them brought extra oil, in case they ran out while they waited, the other five did not. When the five foolish women's lamps began to go out, they had no additional fuel to keep their flame lit. They left to get more oil. While they were gone, the bridegroom came and the women that were prepared went in with Him to the wedding. The unprepared women did not get to go.

We must prepare ourselves for the day when Christ comes. If we do not, we will be like the women without the oil... locked out of the feast. Are we lighting our spiritual candle at midnight and then blowing it out when we get home?

As we approach the Lenten season, there are things we can do to prepare ourselves for the Resurrection. The first place we should start is with our priest. He can help to point us in the right direction. But here are some things we should begin considering in the mean time:

Prayer-All good things begin with prayer. Think about it this way; when we meet someone we like, we spend time talking with them. The more we talk with them the more we know them and the more we want to know. Prayer is a conversation with God. We should tell him our fears, ask him to guide us and thank him for our blessings. If you do not already have one, order an Orthodox prayer book to help you.

Go to Church-We know some of us may think that church only occurs on Sunday. Wrong! The Orthodox Church offers an entire cycle of worship throughout the year. No time is that more evident than during Lent. We should go to the Divine Liturgy on Sunday but we should also go to the other liturgical services (Vespers, Compline, Salutations & Akathist Hymn, Pre-Sanctified Liturgy). But here is the really important part, we should not just "go" to the services... we need to be active participants in the services. Ask your priest where you can get books for the services so that you can participate by reading, chanting and following along.

...but set an example for the believers
in speech, in life, in love, in faith and in purity”
(1 Timothy 4:12)

YOUTH



Repentance/Confession-We know it is hard, but confession is necessary for spiritual growth. Do not look at it as going in with your shopping lists of sins and trying to rattle them off as quickly as possible. Instead look at it as an opportunity to fix your relationship with God through repentance. Repentance is accepting that we have done something wrong and (here's the hard part) committing to try very, very hard not to fall into those sins again.

Read the Bible-If you don't have one, get one immediately! Ask your priest for the list of daily bible readings for the church calendar. This will help you in your journey through lent and throughout the year.

Fast-We know what you are all thinking... beans, greens and rice how does that make me a better Christian? Fasting is really about discipline. We discipline ourselves in other areas of our life (athletics, academic). We should be disciplining ourselves spiritually in what we do as well as in what we eat.

Give-Take time during lent to give to those in need. You do not need money to do this. Ask yourself how can I give of my time, talents and treasure to give Glory to God?

Through the guidance of our priest and teachers, we pray we can all count ourselves with the wise virgins... prepared. But after the Paschal liturgy has been celebrated and the candles have all been blown out, ask yourself this... is my spiritual candle still lit?



GOYA

February was a great month! Although it was short in days, we did some wonderful and exciting things for the greater good of our community and enjoyed fellowship with each other! On January 30, our GOYA, with help from several parents, prepared chicken wings, dipping sauces and cut celery and carrots for our third annual GOYA Wing-A-Thon. Wings were sold on February 1 during fellowship hour for parishioners to enjoy at home during the Super Bowl. Special thanks to Fernando Perez, Dennis Razis, Mark Luzaitis and Steve Damaskos who helped prepare the wings, our GOYAns for all their hard work but most importantly to you, our community who

supported the fundraiser so generously. Unfortunately, due to the snow, Winter Camp was postponed but we were able to enjoy a fun basketball game at Northeastern University thanks to the generosity of Mr. George Makris. The next few months have plenty of fun and exciting things in store for our GOYA. Be sure to save the following dates!

SAVE THE DATE:

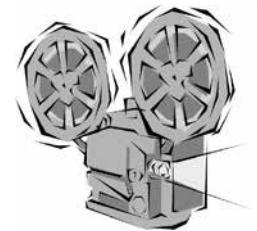
March 27: Worship together! Salutations and Discussion- 7 pm

Lenten Lock-In: April 3-4

NY Trip: April 18

GOYA Night: April 24

Junior GOYA



Junior GOYA came together at the end of January to celebrate Christmas and the New Year with our annual party! A very special thanks to Jill Kovatsis for organizing and entertaining! We also joined GOYA this month and helped prep for the GOYA Wing-A-Thon and watched Guardians of the Galaxy. We look forward to Holy Lent and opportunities to worship together and come closer to Christ!



PHOTOS

GOYA Wing-A-Thon



PHOTOS

Snow at St. Demetrios



Northeastern Basketball Game





CALENDAR

MARCH 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday of Orthodoxy <i>Ordination of Demetre Mott</i> Greek Dance	2	3 Greek School, 4-6 pm	4 Prayer Shawl Ministry, 1 pm Pre-Sanctified Liturgy, 6 pm at Annunciation Cathedral Chapel, Brookline	5 Choir Rehearsal, 7:30 pm	6 Salutations, 7 pm	7
8 Sunday of St. Gregory Palamas Greek Dance	9	10 Greek School, 4-6 pm	11 Pre-Sanctified Liturgy, 6 pm at St. Demetrios Parish Council Meeting, after Presanctified Philoptochos General Assembly, after Presanctified	12 Choir Rehearsal, 7:30 pm	13 Salutations, 7 pm	14 Learning program, 8:30 am
15 Sunday of the Holy Cross Oratorical Festival Greek Dance	16	17 Greek School, 4-6 pm	18 Pre-Sanctified Liturgy, 6 pm at Taxiarchae, Watertown	19 Choir Rehearsal, 7:30 pm	20 Salutations, 7 pm	21 Bingo at Hellenic Nursing Center, 2-3:30 pm
22 Sunday of St. John Climacus	23	24 Greek School, 4-6 pm	25 Annunciation Orthros, 8:30 Divine Liturgy, 9:30 Senior Guild Luncheon	26 Choir Rehearsal, 7:30 pm	27 Salutations, 7 pm	28 Parish Retreat with Fr. Maximos, 10 am-2 pm
29 Sunday of St. Mary of Egypt Greek School and Greek Dancing program	30	31 Greek School, 4-6 pm				

STEWARDSHIP & PHILOPTOCHOS



PHILOPTOCHOS

Dear Philoptochos Members,

Although it has been a very difficult winter season, we look forward to the period of Great Lent preparing us for the greatest feast of the Church year, Pascha and also with hope that Spring is on the way!

The following are upcoming events scheduled in March.

Upcoming Events

Honoring Scholarship Committee Members – Sunday, March 8

The Philoptochos will honor members of the Scholarship Committee who have worked diligently for thirty-six years to award over \$100,000 scholarships to the youth of Saint Demetrios. The following will be honored: Amy Nychis, Jean Canellos, Lyn Coupounas, Helen O'Leary and Cynthia Speare Zervas (posthumously). Please join us on Sunday, March 8 for this very special event.

General Assembly Meeting – Wednesday, March 11 – Lenten Cooking Demonstration

Immediately following the General Assembly meeting (7:20 p.m.) please join us for a Lenten Cooking demonstration with Niko Korderas, Sexton of our Church. He will prepare various Lenten meals. All parishioners are invited to attend!

Women's Winter Retreat, March 13-14 at the Saint Methodios Faith and Heritage Center. Topic: "Let Us Lift Up Our Hearts - Understanding, Praying and Living the Divine Liturgy." Father Alkiviadis Calivas - Retreat Leader. Chairpersons: Presbyteria Elaine Krommydas and Nikki Stournaras. All women of the Parish are invited to attend a spiritual overnight gathering. Suggested agape donation: \$75.00. For more information contact Nikki Stournaras at nstournaras@hchc.edu.

Annual Membership Drive – Renew your 2015 membership and join the largest Christian women's organization - the Philoptochos. For more information on joining the Saint Christine Chapter, please contact Gina Spencer at gina@pdillc.com or Athena Kalyvas at adkalyvas@gmail.com. Drop by the Philoptochos table during the Coffee Hour for more information.

Hosting Fellowship Coffee Hour – Please contact Pam Brody at 781-864-5327//Brodster52@yahoo.com or Eugenia Kourlos at 508-735-8866 //kourkat@comcast.net if you would like to host coffee hour. What a great opportunity to meet and greet other Parishioners and assist with this very important Fellowship Hour!

Philoptochos Supports the Mission Projects

Please remember 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 if you are available at (781) 864-5327 or brodster52@yahoo.com.

I look forward to seeing you soon.

Warmest regards,

Athena Kalyvas

President

STEWARDSHIP CORNER

Dear Fellow Stewards,

As we enter this most holy time of our liturgical year, our Lenten period, let us all renew and redouble our commitment to protecting our Faith. Let us be sure that we fully dedicate our time, our talent, and our treasure toward strengthening the mission of our beloved Church. We are Orthodox Christians, blessed with the gift of salvation and therefore do our utmost to spiritually, mentally, emotionally, and financially ensure the continuance of our faith. The world may seem faithless, but we are the light of Christ in this world and through His grace and guidance, together, we can and will overcome every obstacle and challenge. In Christ Jesus we are one.

With love and best wishes,

The Stewardship Committee

Three Kinds of Giving

These are three kinds of giving: grudge giving, duty giving and thanksgiving.

Grudge giving says, "I have to."

Duty giving says, "I ought to."

Thanksgiving 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.



Philoptochos General Assembly

Wednesday
March 11, 2015
7 PM

All Parishioners are welcome

Come Join Us
for a
Wonderful Lenten Cooking Demonstration
from our "own"
Niko Korderas

Let us begin the Lenten time with delight ... let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.
Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance (Vesper Hymns).



EVENTS AND ANNOUNCEMENTS

SENIOR GUILD

The next meeting of the Senior Guild is The Annunciation of the Theotokos (March 25, 2015). 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.

LAST CALL! PILGRIMAGE TO THE HOLY LAND AND CONSTANTINOPLE

Our trip to the Holy Land and Constantinople on April 19th to the 30th is quickly approaching! If you are interested in this truly incredible opportunity, we only have a few spaces left. Please contact the church office for more information or speak to Fr. Nick directly.

St. Demetrios Greek Festival: we are happy to announce that our community of St. Demetrios will host a Greek Festival over the weekend of May 30th. More details to follow but save the date!

LENTEN RESOURCES

For more information about Lent, the services and articles on fasting, prayer and spirituality visit our library for terrific selections and also check out these websites that offer video, podcasts, articles and photos:

Greek Orthodox Archdiocese :
www.lent.goarch.org

Orthodox Christian Network:
www.myocn.net

John Sandiopoulos' Blog
www.johnsandopoulos.com/2011/03/great-lent-resource-page.html

Ancient Faith Radio
www.ancientfaithradio.com

CAROLINE KYRIAKOU WALKS FOR A CURE

Caroline Kyriakou is a lifelong member and former pre-k teacher of St. Demetrios. In 2006 she was diagnosed with Multiple Sclerosis, an autoimmune disease that affects the brain and spinal cord. For the 7th year in a row, she is leading "Team Kaliope" for the Boston walk on April 12th 2015. She is asking for your help in raising funds for the 2015 walk.

Please help her in her endeavor to find a cure for MS by making a tax deductible donation of ANY amount by going to her personal homepage:

<http://main.nationalmssociety.org/goto/Kaliope2015> or by sending a check made out to the National MS Society directly to her:

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

Caroline maintains a positive attitude and has developed a passion to raise awareness for MS. If you would like to learn more about her journey, please visit www.facebook.com/CarolineKyriakou. We hope to see a cure in her lifetime! Every dollar counts, so please make any donation you can! Thank you!



ST. DEMETRIOS WOMEN'S LENTEN RETREAT

**"LET US LIFT UP OUR HEARTS"
UNDERSTANDING, PRAYING AND LIVING THE DIVINE
LITURGY**

FR. ALKIVIADIS CALIVAS
 St. Methodios Faith & Heritage Center
 329 Camp Merrimac Road,
 Contoocook, NH



Save the date and join us for our second
annual retreat

March 13

4:00-5:00 Arrival - room assignments
 5:00 Be Still -
 6:00 Dinner
 6:45 Prosforo workshop
 7:30 Akathist Hymn
 8:30 Refreshments

March 14

8:00 Liturgy
 9:30 Breakfast
 10:30 First Presentation
 11:30 Personal quiet time
 12:00 Lunch
 1:00 Second Presentation
 2:00 Gathering in group

Generously sponsored by the Saint Demetrios Philoptochos
Suggested Agape donation \$75.00
 Rsvp nstournaras@hchc.edu
ekrommydas@verizon.net

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 and fellowship on the following dates:

Wednesday, March 4, 2015

Annunciation Cathedral Chapel, 162 Goddard Ave. Brookline, MA—6 pm

Wednesday, March 18, 2015

Taxiarchae/Archangels Church, 25 Bigelow Ave., Watertown, MA—6 pm

Wednesday, April 1, 2015

St. Catherine Church, 119 Common Street, Braintree, MA—6 pm

**Please note: Wednesdays—February 25, March 11, and March 25—
services will be held at home parishes.**

Following the Pre-Sanctified Liturgy on these days, the host community will offer a Lenten dinner for all in attendance. An informative 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.



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... 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 22 (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 rudimentary 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



Recommended Lenten Books:

The Lenten Spring, Thomas Hopko.

Forty inspiring meditations on Great Lent based on scriptural and liturgical passages from the Lenten services as well as the spiritual wisdom of the ancient and modern saints.

Orthodox Lent, Holy Week and Easter-Liturgical Texts with Commentary, Hugh Wybrev

Describes the observance of the Lenten season in the Orthodox Christian Tradition by presenting selected liturgical texts from the services of its most significant days. Each day's material is set in its liturgical context and accompanied by a brief theological and spiritual commentary.

Great Lent, Alexander Schmemmann

Examines the meaning of the Liturgy of the

Presanctified Gifts, the Prayer of St. Ephraim the Syrian, the Great Canon of St. Andrew of Crete and other treasures of Lenten worship.

We have set aside these books in our Recommendation Shelf. If you need to keep them longer than two weeks, please contact Cindi Dabrowski at 508-881-6598. Other Lenten books are located in section J.

Please check for books that you may have forgotten to return. We have several cards which indicate that books were checked out but never returned.

Stop by our library during Fellowship Hour. 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. Remember, this library is for you and your family.

ANNOUNCEMENTS

ALTAR FLOWERS



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

January 31

Father Nick and Presbyteria
Elaine Krommydas.

February 14

Maria Makkas, in loving memory
of her mother, Angeliki Dallas.

February 22

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

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

WEDDINGS

Benjamin Ames Jacques and
Irene Elaine Krommydas were
united in marriage on Saturday,
January 31st. The sponsor was
Dean Krommydas.



FUNERALS

D. James Govostes of Milford,
February 3rd.

May his memory be eternal!

ST. DEMETRIOS GREEK ORTHODOX
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