

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. VINCENT'S MESSAGE

Growing up, I had struggled with the thought of fasting. Why would God care about what we eat? And, ever the rebel, my mind fixated on what seemed like endless loopholes: "What if someone did not like meat? Do they automatically get a free pass to heaven? The Church and all it's crazy rules!"

I still feel as humbled today as when I first came across the words of St. John Chrysostom and realized he agreed,

"Fasting is the change of every part of our life, because the sacrifice of the fast is not the abstinence but the distancing from sins. Therefore, whoever limits the fast to the deprivation of food, he is the one who, in reality, abhors and ridicules the fast."

Fasting is not about food? Wow! Growing up, I was told over and over that it was about food, it was about punishment, it was about "sacrifice". However, the blessed Saint continues:

*"Are you fasting? Show me your fast with your works. Which works? If you see someone who is poor, **show him mercy**. If you see an enemy, **reconcile with him**. If you see a friend who is becoming successful, **do not be jealous of him**! If you see a beautiful woman on the street, **pass her by**. In other words, not only should the mouth fast, but the eyes and the legs and the arms and all the other parts of the body should fast as well.*

*Let the hands fast, **remaining clean from stealing and greediness**. Let the legs fast, **avoiding roads which lead to sinful sights**. Let the eyes fast by **not fixing themselves on beautiful faces and by not observing the beauty of others**. ...Let your hearing also fast. The fast of hearing is **not to accept bad talk against others and sly defamation**. Let the mouth **fast from disgraceful and abusive words**, because, what gain is there when, on the one hand we avoid eating chicken and fish and, on the other, we chew-up and consume our brothers?"*

At the end, the fast is not about "giving up" something, but rather gaining everything that has been promised. The more we become like Christ - which goes beyond words and takes actual effort and training very much like physical exercise - the more natural it becomes to us to be like Him.

The reason for fasting, then, is precisely this: Fasting is a way of emptying ourselves from the cares and concerns of this world—A means of preparation and conditioning, which will enable us serve God and grow closer to Him.

May God grant us strength throughout Great Lent and the Great Fast!



BUILDING ON OUR FAITH

REMINDER

This spring, your Building Committee will begin discussions with the bank that is currently holding our \$2.2 million mortgage. The agenda will be the amount of money

we will be paying down on that loan to the bank as we convert our "construction loan" to a classic self-amortizing one, similar to our familiar home mortgages, and the interest rate we will be paying from that point on.

Why do we have a mortgage? In the great spirit of sacrificial giving, nearly all of us, seeking to maximize the amount we pledged to the Building Fund, checked the box to honor our pledges over a three year period and as those generous contributions are made, we pay down the debt.

Let us look back at era when we began this great journey. It was May of 2009 and right in the middle of the second greatest economic crisis in the history of our country - The Great Recession - yet our parishioners made the sacrifice! Thankfully things are a bit better now, so we ask you to help us reduce our mortgage by the largest amount possible.

If you have the capability to accelerate your contributions towards reducing the amount outstanding on your pledge, even if it is only an incremental interim payment not otherwise planned, your help is incredibly important to St. Demetrios. Please consider accelerating your payments or making a special payment. We have budgeted annual debt service of \$100,000 this year and each dollar in interest is a dollar not invested in our children and parish ministries. So many depend on St. Demetrios. Let us do the maximum to reduce our debt.

Thank you,

Peter Bassett



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Gina Pagonis, Parish Council President
Athena Kalyvas, Philoptochos President

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

St. Demetrios Inner-City Outreach, Peter Mitsakos
St. Nicholas Angel Tree, Nancy Agris 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, Elaine Ward
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, Fr. Vincent Minucci
JR. GOYA, Jill Kovatsis
Greek Folk Dancing, Margaret Talmers
Greek Language School, Avra Parpos
HOPE, Diana Katsikaris
JOY, Fr. Vincent Minucci
OCF, Fr. Vincent Minucci
Young Professionals, Samuel Johnson



"Don't let anyone look down on you because you are young..."



CHURCH SCHOOL NEWS

March	Second Grade bulletin board display
March 6	Church School Classes; Staff Meeting.
March 13	Church School Classes; Oratorical Festival
March 14	Great Lent Begins
March 20	Church School Classes; Sun. of Orthodoxy
March 27	Church School Classes

ORATORICAL FESTIVAL - The Oratorical Festival for the Junior (grades 7-9) Division and Senior (grades 10-12) Division will take place on Sunday, March 13th during their scheduled class time. Students have already received information regarding the festival topics. Please encourage your child to participate.

ICON PROCESSION: March 20th - 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.



Greek Language & Cultural School & Greek Dance

This year we are celebrating the March 25th holiday in two parts:

Tuesday, March 22
Greek School students will recite poems and songs. A reception will follow immediately afterwards.

Sunday, March 27
Greek School will host coffee hour. All Greek dancers, including Greek School, will perform after church during coffee hour in the social hall.

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?



Basketball

As we enter the final weeks of our Basketball season, our Teams look forward to the Metropolitan's upcoming Invitational Tournament and playoffs. We will post the game schedules on the Church Website and bulletin board when we receive same. We hope that many members of our Parish will attend the games to cheer on our Teams.

Recently, thanks to the generosity of George Makris, about 40 of our Parish Youth and their families enjoyed a day out at a Northeastern University Basketball game. After the game, many of the families enjoyed dinner together at Morse Tavern – hosted by the Stournaras family.



HOPE Ministry Revival

St. Demetrios is excited to revive our HOPE Youth Program! We warmly invite children ages 2-7 (and their parents) to join us once a month to further the Orthodox Faith of our young children through stories, crafts, activities and talks with Fr. Nick and Fr. Vinnie. Our first meeting will be Monday, March 14th from 4-5:15 pm. Please make every effort to join us!

Pre-K Sunday School Teacher, Diana S. Katsikaris will be our coordinator and leader of the program. Please contact her (dianakatsikaris4@gmail.com) with any questions or comments in addition to Fr. Vinnie (frvincent@stdemetriosweston.org). We look forward to seeing you on March 14th!

GOYA

This past February GOYAns came together for the Annual GOYA Wing-a-Thon. It was a great way to bond with each other and make delicious wings for the entire church. The process of preparing the boxes took hours alone, so it was a great way to get everyone together working. Thank you to Mr. Fernando Perez for his help, support and amazing chef skills! In March, we will participate in the Lenten services and help out the community during the Apokriatiko Glendi! Join us on March 19th for GOYA Movie Night!



PHOTOS

GOYA Wing-A-Thon

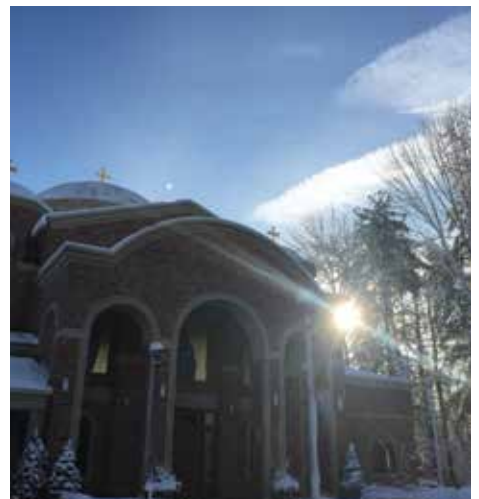
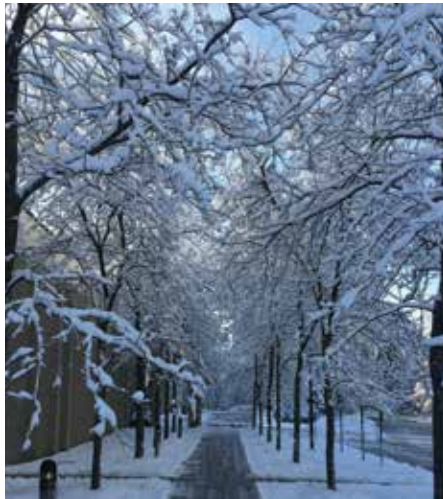


MBC Winter Camp



PHOTOS

Winter at St. Demetrios



Northeastern Basketball Game



Visit From Metropolitan Methodios



Philoptochos Wine Tasting





CALENDAR

MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Greek School, 4-6 pm Orthodox Life, 7-8:30 pm	2	3 JOY Basketball Practice, 6 pm GOYA Basketball Practice, 7:30 pm Choir Rehearsal, 7 pm	4	5 Saturday of the Souls, Orthros & Divine Liturgy, 9 am
6 Judgment Sunday (Meatfare) Greek Dance	7	8 Greek School, 4-6 pm	9 Prayer Shawl Knitting Ministry, 1-3 pm Parish Council Meeting, 7 pm	10 JOY Basketball Practice, 6 pm GOYA Basketball Practice, 7:30 pm	11	12 Saturday of the Souls, Orthros & Divine Liturgy, 9 am Learning Program
13 Forgiveness Sunday (Cheesefare) Oratorical Festival Greek Dance Forgiveness Vespers, 6 pm	14 Clean Monday- Great Lent Begins HOPE (ages 2-7) Activity, 4-5:15 pm Great Compline, 6 pm	15 Greek School, 4-6 pm	16 Pre-Sanctified Liturgy, 6 pm at St. Demetrios Philoptochos General Assembly, after Presanctified	17 JOY Basketball Practice, 6 pm GOYA Basketball Practice, 7:30 pm Choir Rehearsal, 7pm	18 Salutations, 7 pm	19 Saturday of the Souls, Orthros & Divine Liturgy, 9 am Nursing Home GOYA Movie Night, 6 pm
20 Sunday of Orthodoxy Greek Dance	21 Great Compline, 6 pm	22 Greek School and Greek Independence Day Celebration, 4-6 pm	23 Prayer Shawl Knitting Ministry, 1-3 pm Pre-Sanctified Liturgy, 6 pm at St. Nicholas, Lexington	24 JOY Basketball Practice, 6 pm GOYA Basketball Practice, 7:30 pm	25 Annunciation Orthros, 8:30 Divine Liturgy, 9:30 Senior Guild Luncheon	26
27 Sunday of St. Gregory Palamas Greek School and Greek Dancing program	28 Great Compline, 6 pm	29 Greek School, 4-6 pm	30 Pre-Sanctified Liturgy, 6 pm at St. Demetrios	31 JOY Basketball Practice, 6 pm GOYA Basketball Practice, 7:30 pm Choir Rehearsal, 7 pm		

STEWARDSHIP & PHILOPTOCHOS

PHILOPTOCHOS

Dear Philoptochos Members,

As March begins, 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! Many thanks to all of the Parishioners who attended the Wine Tasting event in February. A very special thank you to Olga Calivas Newkirk and May Georgakopoulos for organizing a successful evening of fellowship and fun!

Upcoming Events

Aprokriatiko Glendi – Saturday, March 5. Join us for an evening of fellowship at this annual event in the Saint Demetrios Church Social Hall. 6:00 p.m. – 10:00 p.m. Music by Ta Dilina. All Parishioners are welcome. Adults: \$25.00. Children: \$5.00. Appetizers and Desserts. Kids activities planned. Contact Matina Pappas for more information at (617) 335-5593 or mpappas@paphome.com.

Wednesday, March 16, 2016 – Rev. Dr. Christopher Metropoulos, President of Hellenic College/Holy Cross will address the Parish following the Pre-Sanctified Liturgy. Immediately following the first Pre-Sanctified Liturgy and Lenten Meal, Father Chris will discuss his new role and all of the exciting developments at the School. All parishioners are invited to attend! This is a Philoptochos sponsored event and during the meal, a very brief General Assembly update will be included prior to Father Chris's presentation.

Women's Winter Retreat, Friday, April 1 – Saturday, April 2 at the Saint Methodios Faith and Heritage Center. "The Lord is My Shepherd – Understanding, Praying and Receiving Christ as our Shepherd." Father Nicholas Krommydas - Retreat Leader. Chairpersons: Presbytera 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 and/or Evangeline Calivas at ecalivas@gmail.com or (508) 446-6698.

Annual Membership Drive – Renew your 2016 membership and join the largest Christian women's organization - the Philoptochos. For more information on joining the Saint Christine Chapter, please contact Eugenia Kourlos at ekourlos@comcast.net or Athena Kalyvas at adkalyvas@gmail.com.

Hosting Fellowship Coffee Hour – Please contact the Church office if you wish to host coffee hour with your family and friends. Contact Pam Brody, 781-864-5327, Brodster52@yahoo.com and/or Eugenia Kourlos, 508-735-8866, ekourlos@comcast.net who will provide step-by-step information on the process. 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 BrodyJenn@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.

Thank you for supporting the Philoptochos ministries.

With love in Christ,

Athena Kalyvas, President

STEWARDSHIP CORNER

Dear Brothers and Sisters in Christ,

Greetings!

As our holy season of Pascha approaches and we prepare ourselves for the great celebration to come for us and our Church, let us all look upon each other with that same love and compassion that our Lord and Savior, Jesus Christ has for each and everyone of us. We can take great comfort in the fact that we all share in the Divine Grace and Faith that has been handed down to us through our Apostolic Fathers and Mothers. Because of their labors, we have the God-given opportunity to share openly in communal worship. We are so blessed, both to be living in these times and in this land. Let us rejoice in His abundant blessings and share generously from all that He has given us. Your Church, Christ's Church, will always need your time, your talents, and your treasure, but more than anything else, Christ's Church will always need you, His gift to this world.

Finally, please make every effort to attend our Evenings of Faith and Fellowship when they are hosted in your town. We look forward to sharing these Evenings with you, your families, and friends. Through selfless offerings, given generously from our own free, we exemplify the way in which Christ lived and lives in each and everyone of our Hearts.

God bless,

The Stewardship Committee

A NIGHT OF CELEBRATION

Join us for a Night of Dancing at the Saint Demetrios Apokriatiko Glendi on Saturday, March 5, 2016 at the Saint Demetrios Church

6:00 pm – 10:00 pm

Music by Ta Dilina

Appetizers and Dessert

Tickets: Adults: \$25.00 Children \$5.00

Contact Matina Pappas for more information at 617-335-5593 or mpappas@paphome.com



SAINT DEMETRIOS GREEK ORTHODOX
LADIES PHILOPTOCHOS SOCIETY
SAINT CHRISTINE CHAPTER

Sponsored by Saint Demetrios Philoptochos All Proceeds Benefit Philoptochos Charities

EVENTS AND ANNOUNCEMENTS

SENIOR GUILD

The next meeting of the Senior Guild is on the 25th of March, 2016 (The Annunciation).

We will discuss the June Event. Please come and join us for our Senior Guild Luncheon following The Divine Liturgy of the Annunciation.

You may contact Artemis Martakis at (508) 785-0045 with any questions. The Senior Guild hopes to see you there!

ST. DEMETRIOS INNER-CITY OUTREACH

We would like to thank all who graciously donated coats, jackets, sneakers, shoes and boots to our February drive. We were able to collect a tremendous amount of clothing for the homeless of Boston. Thank you for your generosity. Please pray for the recipients of your clothing and for those who work with the St. Francis House.

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 8th year in a row, she is leading "Team Kaliope" for the Boston walk on April 3rd 2016 with her husband, Abe. She is asking for your help in raising funds for the 2016 walk. This walk is more important than ever to her as she is approaching living with this incurable disease for 10 years.

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/Kaliope2016> 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. In 2015 she helped edit and publish an anthology, Something On Our Minds Volume III - benefiting MS research. 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 PHILOPTOCHOS PRESENTS: "THE LORD IS MY SHEPHERD"



SAVE THE DATE- APRIL 1ST-2ND

A LENTEN RETREAT

"THE LORD IS MY SHEPHERD"

UNDERSTANDING, PRAYING AND RECEIVING CHRIST AS OUR SHEPHERD.

FR. NICHOLAS KROMMYDAS

St. Methodios Faith & Heritage Center

329 Camp Merrimac Road, Contoocook, NH

- Warmly welcomes women from our parish and friends to join us for an overnight retreat.
- St. Methodios Faith and Heritage Center offers a prayerful, quiet, exquisitely beautiful haven for rest and renewal.

Please join us while we reflect and explore a deeper meaning to the Twenty-Third Psalm. If you would like to sign up please contact Evangeline Calivas at: ecalivas@gmail.com
Cost is \$75.00

LENTEN READING



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

LENTEN PRE-SANCTIFIED LITURGIES

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



HOLY COMMUNION AND FELLOWSHIP ON THE FOLLOWING DATES:

.....
Wednesday, March 23 (St. Nicholas Church, Lexington)
St. Nicholas Church, 17 Meriam Street, Lexington, MA (6:00 pm – 7:30 pm)

Wednesday, April 6 (Annunciation Cathedral Chapel, Brookline)
Annunciation Cathedral Chapel, 162 Goddard Ave., Brookline, MA (6:00 pm – 7:30 pm)

Wednesday, April 20 (Taxiarchae Church, Watertown)
Taxiarchae Church, 25 Bigelow Ave., Watertown, MA (6:00 pm – 7:30 pm)

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.

NEWS FROM THE LIBRARY COMMITTEE



SUNDAY OF ST. JOHN CLIMACUS APRIL 10TH (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.

In preparation for Lent, beginning in March, we recommend the following 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 Wybrew

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.

To read more you can find these book as well as some of our other favorites in our Recommendation Shelf.

We invite you to come and visit the parish library and see how much we have grown thanks to the recent donations from our parishioners. The library is staffed every Sunday after Liturgy. However, you are welcomed to visit the library when the Church office is opened. As outlined in the Library Policies and Procedures please fill out both cards and leave the orange card in the metal box. Date is the month and year when you borrow the book. This will help us to keep track of our books.

Remember, this library is for you and your family.

ANNOUNCEMENTS

ALTAR FLOWERS



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

February 7

Eugenia Leussis in loving
memory of William Bookas

February 14

Patti Dukakis in remembrance of
all her loved ones.

February 21

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

February 28

The Polymeros family, in loving
memory of Nicholas Polymeros.

FUNERALS

Dr. Athanasios Tsamtsouris of Brookline, February 20

Aristidis "Ted" Tzellas of Framingham, February 21

May their memory be eternal!



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