



# THE VINE

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

## FR. NICK'S MESSAGE

### A Few Thoughts On Fasting

Dear Parishioners,

The Primary aim of fasting is to make us conscious of our dependence upon God, to lead us to a sense of inward brokenness and contrition so that we can appreciate the full force of Christ's statement, **"Without Me you can do nothing" (John 15:5)**. If we always eat and drink as much as we like, we easily grow over-confident in our own abilities, acquiring a false sense of autonomy and self-sufficiency.

Most of us overeat. Fasting frees our body from the burden of excessive weight and makes it a willing partner in the task of prayer; alert and responsive to the voice of the Spirit. Fasting is not a mere matter of diet, it is spiritual as well as physical. True fasting is to be converted in heart and will; it is to return to God, to come home like the Prodigal to our Father's house. In the words of St. John Chrysostom, it means **"abstinence not only from food but from sins"**. **"The fast,"** he insists, **"should be kept not by the mouth alone but also by the eye, the ear, the feet, the hands and all the members of the body: The eye must abstain from impure sights, the ear from malicious gossip, the hands from acts of injustice."** It is useless to fast from food, protests St. Basil, and yet to indulge in cruel criticism and slander: **"You do not eat meat, but you devour your brother."** The same point is made in the Triodion, the book that contains the hymns of Lent and Holy Week. We hear the following during the first week of Lent:

*As we fast from food, let us abstain also from every passion... Let us observe a fast acceptable and pleasing to the Lord. Let us keep the Fast not only by refraining from food, but by becoming strangers to all the bodily passions.*

Our fasting must always be accompanied by **prayer, fasting, and almsgiving**. Divorced from prayer and from the reception of the holy sacraments, unaccompanied by acts of compassion, our fasting becomes pharisaical or even demonic. It leads, not to contrition and joyfulness, but to pride, inward tension and irritability.

As we begin our Lenten journey let us not practice fasting seeing it as an end in itself. It is a discipline and aid leading us toward a more intense prayer life and to a direct encounter with God. Fasting is not a sacrament but the preparation to receive the life giving Sacrament of Christ Himself in the Eucharist. It is the desire to be united in mind, body, and soul to the true source of life, Christ. Finally, it is to affirm our Lord's own words when tempted and hungry **"Man shall not live by bread alone, but by every word that proceeds out of the mouth of God."** (Matthew 4:4)

It is such a Lent that I pray and wish for each of us.

With Love in the Lord,  
Fr. Nick

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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**Jr. GOYA**, Fr. Vinnie, Renee Vekiarides, Kelly Marks  
**HOPE & JOY**, Fr. Vinnie, Anastasia Smith  
**Family First Friday**, Pres. Nadia Minucci  
**Greek Folk Dancing**, Margaret Talmers  
**Greek Language School**, Avra Parpos  
**Young Professionals**, Samuel Johnson



*Today marks the crowning of our salvation and the revelation of the mystery before all ages. For the Son of God becomes the son of the Virgin, and Gabriel proclaims the grace. Wherefore, we also cry out with him, "Hail, O full of grace, the Lord is with you."*

## CHURCH SCHOOL



March 3 Church School Classes  
March 10 Church School Classes  
March 11 Great Lent Begins  
March 17 Church School Classes;  
Sunday of Orthodoxy  
March 24 Church School Classes  
March 31 Church School Classes

### SUNDAY OF ORTHODOXY - ICON

PROCESSION: - Our entire church school will participate in this moving procession on Sunday, March 17th. 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 Theotokos. We invite all students to attend.

## GREEK LANGUAGE AND CULTURAL SCHOOL



On Sunday, March 24th the Greek School students will commemorate the Annunciation of the Theotokos and celebrate Greek Independence Day immediately after liturgy. The short program will feature poems, songs and dance, including Greek Dancers.

Students should be dressed in blue and white or wear traditional Greek costume if they own one.

Greek School will also be hosting coffee hour that day. Volunteers are needed to serve coffee and provide baked goods.

To volunteer contact Avra Parpos (508) 545-2566.

## BASKETBALL

St. George's of Lynn hosted the 2019 Metropolis Invitational over the last weekend in January. Our Boys GOYA team enjoyed competing against combined teams from several Parishes as well as Springfield.

On February 22nd many of our kids and their parents attended a Northeastern men's Basketball game. It was a good day of fellowship. It was also a great game with a dominant victory by the Huskies. This event was made possible through the generosity of Helen Makris in honor of her late husband George. Both Helen and George are longtime supporters of our Youth and the Sports Ministry. We thank them for their support and generosity.

Our last regular season games was played over the weekend of February 23rd. Playoffs will be over the weekend of March 2nd.

Our Parish will be the host of the JOY playoffs. GOYA playoffs will be held at St. Vasilios and at Hellenic College.

The League All Star game will be held on March 9th.

## GOYA GRADES: 9-12

We had a tremendously successful Wing-A-Thon this past month. Go Pats! Thank you to all who supported GOYA and a special thank you to Mr. Perez and Mr. Luzaitis and everyone that helped! We also had a great time at the trampoline park. Join us for monthly exciting outings!

We will have our GOYA dance on March 9th, all GOYA's are invited from the surrounding area. It will be a great time! Check out the flyer below! With Lent around the corner, we will have a special GOYA night during the month of March to discuss Lenten virtues and prepare ourselves for Pascha. Also, our annual Lenten lock-in will be April 19th.

If you're interested in staying in the loop or joining GOYA, email Fr. Vinnie at frvincent@stdemetriosweston.org or Jill Kovatsis ja.k@verizon.net! GOYA is open to all high school students, grade 8-12.



## JR. GOYA GRADES: 6-8

On March 31st we will visit "A Place to Turn" in Natick to learn about this wonderful program for people in need. Throughout the month of March, we ask you to consider donating personal care items (body lotion, wipes, deodorant, razors, q-tips etc.) so that we might be able to offer it to A Place to Turn.

Following Divine Liturgy and Church School on March 31st, we will have a Lenten meal, prepare the donation collection and head over to A Place to Turn to bring the items and tour the facility. If you are interested in joining, please contact Fr. Vinnie at frvincent@stdemetriosweston.org or Renee Vekiarides at rzarkos@yahoo.com.

## HOPE & JOY GRADES: PRE-K-5

We have a very fun month in store for March! We have 3 EVENTS planned and we hope you can make them!

Sunday, March 3rd after church, join us for the APOKREATIKO GLENDI.

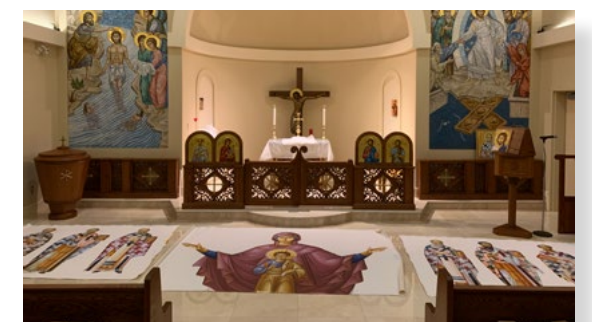
Sunday, March 17th- SUNDAY OF ORTHODOXY: we will meet in the small hall following coffee hour (aprox noon-1pm) Please BRING AN ICON and learn about your saint and share with Fr. Vinnie.

Friday, March 29th- SALUTATIONS SERVICE: sitting as a family.

## FAMILY FRIST FRIDAY

We had a blessed February Family First Friday learning all about iconography. Fr. Vinnie took us to the chapel and gave us a sneak peak at the new icons that are going up. We also learned about mosaics, canvas and fresco paintings. We had a chance to make and decorate icons of our own and take them home to put in our prayer corners.

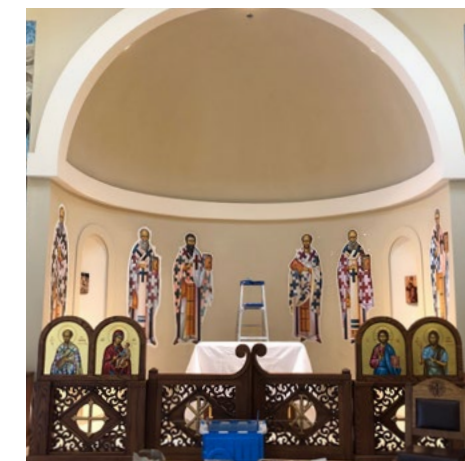
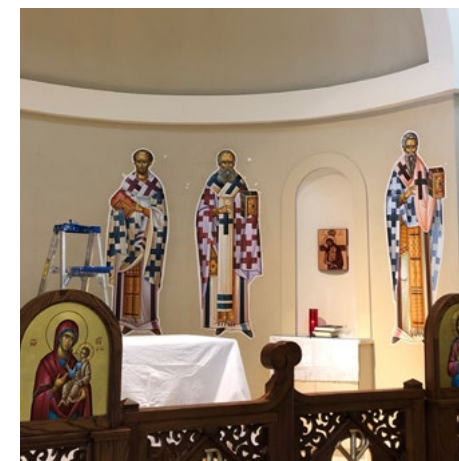
For the month of March, we will gather as a family and sit together to worship and enjoy the Salutations service. Join us on March 29th at 7 pm in the church.




Family First Friday




Installation of New Icons in Chapel






## LENTEN PRE-SANCTIFIED LITURGIES



“Let my  
prayer  
rise as  
... and the lifting up of my hands, as an evening sacrifice.”



incense  
before  
You ...

**HOLY COMMUNION AND FELLOWSHIP ON THE FOLLOWING DATES:**


.....


**Wednesday, March 20** (at Annunciation Cathedral, Brookline)  
162 Goddard Avenue, Brookline, MA (6:00 pm – 7:30 pm)

**Wednesday, April 3** (at Taxiarchae, Watertown)  
25 Bigelow Avenue, Watertown, MA (6:00 pm – 7:30 pm)

**Wednesday, April 17** (at St. Demetrios, Weston)  
57 Brown Street, Weston, 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.






## LENTEN LECTURE SERIES

JOIN US ON MONDAY EVENINGS, FOLLOWING  
GREAT COMPLINE WITH A LECTURE SERIES  
ON THE BOOK OF HEBREWS LED BY DR.  
JIM SKEDROS OF HOLY CROSS. PLEASE  
BRING YOUR BIBLES!

MARCH 11, 18  
APRIL 1, 8, 15



## Repentance in a Contemporary World

*Does the ancient term repentance still have a role in modern Christianity? Fr. Alexander will encourage an interactive dialogue in developing the definition, roots, and application of repentance for contemporary Orthodox Christians*

**Lead by:**  
**Fr. Alexander Goussetis**

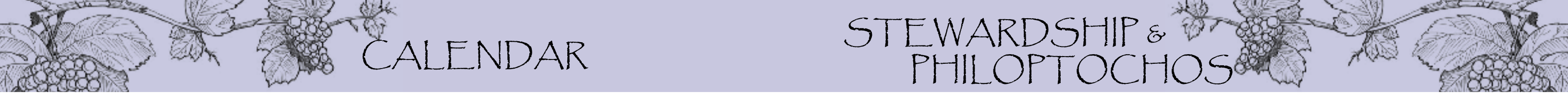
*Director of the Center for Family Care of the Greek Orthodox Archdiocese and host of Family Matters, an Ancient Faith Radio podcast*

Fr. Alexander is a graduate of Drexel University (B.S. in Accounting), Holy Cross Greek Orthodox School of Theology (M.Div.), and Andover-Newton Theological School (D.Min. in Psychology and Pastoral Counseling). Prior to his appointment to the Center for Family Care he served more than twenty years as a parish priest, taught World Religion classes at the university level, and authored four books on Orthodox life and faith.

**April 6, 2019**  
**10 am- 2 pm**

**Early registration- \$10**  
**After March 29th- \$15**

Contact the church office to register



# CALENDAR

## MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Saturday of Souls, 9 am Agape Prayer Group, 10:30 am JOY/GOYA Basketball Play-offs
3 Orthros & Divine Liturgy, 8:30 am Church School Church School Staff Meeting Greek Dancing, 12 pm Apokriatiko Glendi JOY/GOYA Basketball Playoffs	4	5 Greek School, 4 pm Byzantine Chant, 7 pm	6	7	8	9 Saturday of Souls, 9 am GOYA Dance, 7 pm
10 Orthros & Divine Liturgy, 8:30 am Church School JOY/GOYA Basketball Championship Luncheon Oratorical Festival Greek Dancing, 12 pm Forgiveness Vespers, 6 pm	11 Lent Begins Great Compline, 6 pm Orthodox Life, 7 pm	12 Greek School, 4 pm	13 Presanctified Divine Liturgy, 6 pm Parish Council Meeting Philoptochos Board Meeting  Meetings after Presanctified Liturgy	14	15 Salutations, 7 pm	16 Saturday of Souls, 9 am Agape Prayer Group, 10:30 am Hellenic Nursing Home, 2 pm
17 Orthros & Divine Liturgy, 8:30 am Church School Greek Dancing, 12 pm Hope/JOY Event, 12 pm	18 Great Compline, 6 pm Orthodox Life, 7 pm	19 Greek School, 4 pm	20 Presanctified Divine Liturgy AT Cathedral Chapel in Brookline, 6 pm	21	22 Salutations, 7 pm Day 1 of Philoptochos Retreat	23 Day 2 of Philoptochos Retreat
24 Orthros & Divine Liturgy, 8:30 am Church School Greek School Independence Day Program Greek Dancing Performance	25- Annunciation Orthros & Divine Liturgy, 9 am Senior Guild Luncheon	26 Greek School, 4 pm	27 Presanctified Divine Liturgy, 6 pm	28	29 Family First Friday, 7 pm Salutations, 7 pm	30
31 Orthros & Divine Liturgy, 8:30 am Church School Jr. GOYA Service Project						

# STEWARDSHIP & PHILOPTOCHOS

## PHILOPTOCHOS

My Dear Sisters,

How exciting that for five years we have made an effort to come together to seek and grow closer to God and to one another. What a gift we have shared together, Be Still and Know that I am God, The Lord is my Shepherd, Repentance, and Forgiveness and Let Us Lift Up Our Hearts to the Lord, and this year we are focusing on the Kingdom of God is within us.

Last year we took your suggestions seriously and one of them was to give readings out before the retreat. Please read:  
- **Sermon on the Mount: Matthew: Chapters 5, 6, and 7**  
- **Epistle to the Galatians**

This will give you an opportunity to have a good introduction to the theme.  
**Please bring with you:**  
**A journal**  
**Bible**  
**Pen**  
**Liturgy book (if you have one)**

As you know the towels and bedding will be provided for you. You will have to bring your own toiletries.

We will arrive at 11 am and the first main talk will be from 2:30-3:00 pm. You will receive a schedule when you arrive. For those of us who will arrive at 11 am a special program is being planned. We will be having liturgy on Saturday morning. Please let me know if you

plan to arrive at 11 am.

May God richly bless your desire to go deeper in your life of prayer, bible reading, worship, and reflective journaling. May He guide us as we try to be patient with ourselves in the process of stripping away our old habits and acquiring new ones.

With much love to all of you,

Presbytera Elaine  
Nikki Stournaras



## STEWARDSHIP

### HOW HEALTHY ARE YOU?

**All through the bible** there is the teaching that God expects us to return to Him and His work in proportion as we have received.

A few years ago a well known psychiatrist wrote a book called *A Psychiatrists World*, which contends that the more generous people are more mentally healthy they are. He writes:

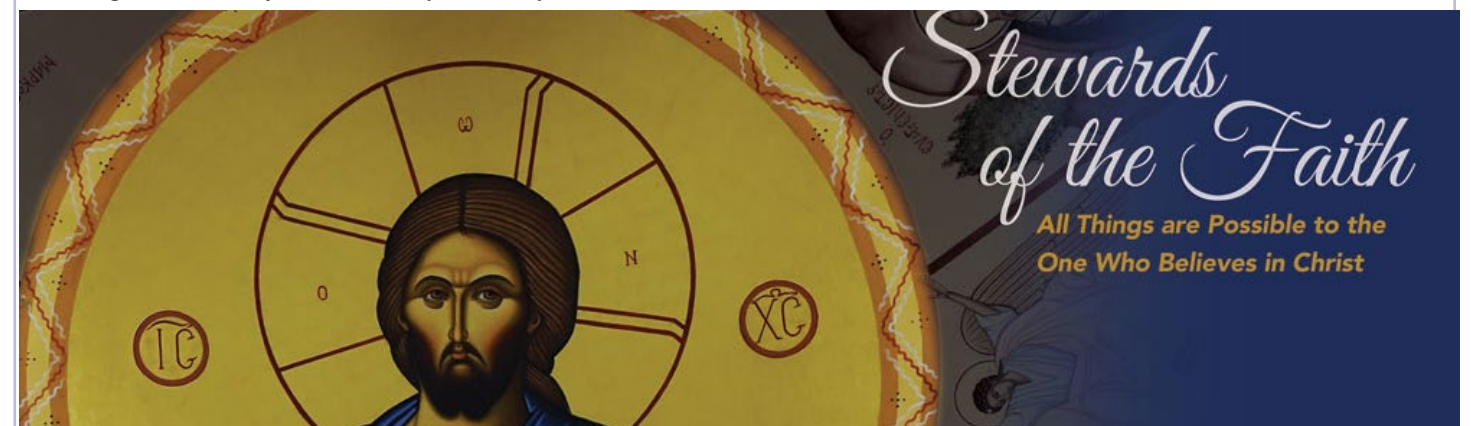
*“Money giving is a very good criterion, in a way, of a person’s mental health. Generous people are rarely mentally ill... Stinginess is an illness... I don’t know how many hundreds of my patients are now asleep in the graveyard, leaving behind them far more money than they could handle,*

*far more money than their children can amicably divide, causing endless trouble and worry and oftentimes injury.”*

St. Paul’s message to us is the same as Dr. Menninger’s: *“Let everyone give as his heart tells him; neither grudgingly nor under compulsion, for God loves the man whose heart is in his gift. After all, God can give you everything you need, so that you may always have sufficient both for yourself and for giving away to other people.” (II Corinthians 9:7,8 as translated by J.B. Phillips)*

Love in Christ,

The Stewardship Committee



## EVENTS &amp; ANNOUNCEMENTS

## THE FR. MANIKAS LIBRARY

As Great Lent is approaching, we wish to recommend the following:

*Scripture Readings in Orthodox Worship* by Georges Barrois H).

The object of this book is the use which the Orthodox liturgy makes of the Holy Scripture. Excellent analysis of the various Scripture lessons used in the Triodion (from the Sunday of the Publican and Pharisee to Holy Saturday).

Other books to consider:

*The Lenten Spring* by Thomas Hopko (J)

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

*Annual Resource Companion: The Triodion* edited by Rev Dr Frank Marangos (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.

If you are looking for a specific book see Cindi Dabrowski during coffee or leave a note in the library. I will have a basket near the Card Catalog and check each week. Please include your telephone number so we may contact you.

The library is open every Sunday after Liturgy. However, you are welcomed to visit the library when the Church office is open. 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.

## SENIOR GUILD

Dear Senior Guild,

The next meeting of the Senior Guild will be on The 25th of March (The Annunciation) following Divine Liturgy. We will discuss the trip in June. Please wear blue and white. If you have a funny looking hat please wear it to the meeting. If you have any questions please contact Artemis Martakis @ (508) 785-0045. The Senior Guild hopes to see you there.

Sincerely yours,

Artemis Martakis, Coordinator of the Senior Guild

## SCHOLARSHIP INVITE

As part of our celebration of the  
40th Anniversary of the St. Demetrios Philoptochos  
Scholarship Program  
the Scholarship Committee  
wishes to invite  
All Former Scholarship Recipients  
to be our guest  
to attend services and our fellowship hour  
on Sunday, May 19 at 9:30 am

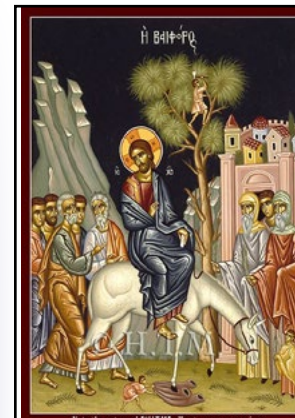
Please RSVP to NancyASavage@Gmail.Com  
to confirm your attendance.  
We look forward to welcoming you!

## 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



St. Demetrios Church  
Palm Sunday Fish  
Luncheon

**Sunday, April 21, 2019**  
**Immediately following**  
**Divine Liturgy**

**Tickets:**

**Adults: \$25.00 (fish, rice, salad)**  
**Children: \$5.00 (pasta and sauce)**

For more information, please contact Susan Denn at 508-380-5515  
or Eugenia Kourlos at 508-735-8866

We ask that you please pay in advance.

Only 250 tickets will be sold, therefore make your reservations as early as possible. Tickets will be available after the Divine Liturgy during Fellowship Hour.

Please make checks payable to:  
St. Demetrios Church



DIAMOND JUBILEE  
SAINT DEMETRIOS GREEK  
ORTHODOX CHURCH

## SAVE THE DATE

*Saint Demetrios Church 60th Anniversary Gala*

**SATURDAY, NOVEMBER 2, 2019**

WESTIN WALTHAM HOTEL

COCKTAIL RECEPTION: 6:00 P.M. • DINNER & DANCING: 7:00 P.M.

DETAILS TO FOLLOW.

## SAVE THE DATE

**Saturday, April 6** - Saint  
Demetrios Parish Retreat

**Sunday, May 19** -  
Rachmaninoff Choir  
Concert, 4 pm. Anthony  
Antolini, Professor  
at Bowdoin College,  
Conductor

**Saturday, June 15** - Family  
Day (details to follow)

**Saturday, September**  
**28** - Alkistis Protopsaltis  
Concert, Sanders Theatre,  
Cambridge

**Saturday, November 2**  
- Saint Demetrios Gala  
Dinner Dance, Westin  
Waltham



# ANNOUNCEMENTS

## ALTAR FLOWERS

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

February 3- In memory of Nicholas Mandonas

February 17- From Patti Dukakis in memory of loved ones

## BAPTISMS

The daughter of Brendan and Lauren Wrigley was baptized on Saturday, February 23rd and named Lara. The sponsor was Daphne Gallerson.

The son of Stefanos and Frances Parpos was baptized on Sunday, February 24th and named Andreas. The sponsor was Effimia Marthinsen.



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