



METROPOLIS
OF BOSTON

REJOICE!

The Monthly Publication of the

ANNUNCIATION GREEK ORTHODOX CHURCH

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Beloved in Christ,

As we enter the month of February being right in the middle of the winter season, our spiritual focus now turns to the coming *Lenten* spring, and the season of Holy Pascha. Orthodox Christians around the world look forward to this time of year. Each February at some point, the Orthodox Church commences the *Triodion* period with three preparatory weeks that introduce the major themes of Great Lent. In fact, the very first pointer toward the Lenten period is the Sunday of Zacchaeus, which usually occurs one week prior to the first Sunday of the *Triodion*, the Sunday of the Publican and Pharisee. The key term here is *preparation*, because Great Lent is not something we should just stumble into, but rather, a holy period for which we have prepared ourselves spiritually, and even physically through the gradual introduction into the strict Lenten fasting. A cliché expression very much applies here: what we put into Great Lent is what we will get out.

How then does one prepare for Great Lent? Well, hopefully, we were present on the Sunday of Zacchaeus on January 22, to hear that short yet moving gospel lesson (Lk 19:1-10). The story of Zacchaeus the tax collector is one of *earnest desire* to see Christ, as well as a *repentant heart* moved by Christ's teachings. We today can only "see" Christ with the eyes of the soul, through a life of prayer, good works, participation in the sacramental life of the Church, and so forth. During Great Lent these things should be in the forefront of our lives, to which we add a regimen of fasting to aid us toward establishing a contrite and repentant heart within us.

In some years, the reading of

the gospel passage of the Canaanite woman (Mt 15:21-28) is also included prior to the commencement of the *Triodion*, which is the case this year. In this passage we see a woman of great faith in Christ who in her humility, even endures being tested through His initial ignoring of her plea for the curing of her daughter. We, too, must prayerfully search for deep faith and humbleness of heart, in order to call upon the Lord for His assistance, not just during Great Lent, but every day of our lives.

As we will see, the themes of humility and repentance will continue through the first two Sundays of the *Triodion*, as well as during Great Lent. We continue preparing ourselves for Lent through the gospel lessons of the third and fourth Sundays of the pre-Lenten period as well. The gospel lesson of *Judgment*, or *Meatfare* Sunday, reminds us of the need to do charitable works toward our fellow human beings, for this is what God expects from us. The last Sunday just before Lent begins is that of *Forgiveness*, or *Cheesefare* Sunday. That day we are reminded through the gospel of the importance of forgiving our brothers and sisters in Christ, in order that we may be forgiven by God. In addition, the Lord guides us not to be hypocritical in our Lenten fasting since it is a private matter between God and us, and not for the eyes of others.

As you can see, our preparation for Great Lent basically consists of a change of *heart and mind*; and for this change to occur, we must possess *desire*, *humility*, and *renewed faith*. Our daily prayer life is an absolute necessity in order to

achieve these goals, as well as regular participation in the liturgical life of the Church.

The week just prior to Lent also aids us in preparing both spiritually and physically, by easing us into the strictness of the coming Fast. As you will see in the fasting guidelines in this issue, after Judgment (Meatfare) Sunday we continue eating eggs, dairy, and fish for the entire week, which conditions our bodies to adjust to eating meatless during Lent. The self-control that we will gain through our personal regimen of fasting will aid in softening and humbling our hearts, so that we may allow God's grace to work more effectively within us.

Beloved in Christ, hopefully these thoughts I've shared will bring about a sense of anticipation and preparation for the coming Great Lent. The more seriously we prepare for Lent and the more deeply we participate in it – especially liturgically – the more joyous will be our celebration of Holy Pascha. Beyond that, let us remember that the true fruit of a meaningful Lenten period is *spiritual renewal*, which we pray will be part of our daily lives going forward. A blessed *Triodion* to all!

In Christ's love,

+Fr. Anthony



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and put "Newsletter Submission" in the subject line.

FROM FR. ANTHONY

Triodion Begins 2/5

This year the liturgical season of the Triodion commences on 2/5, the Sunday of the Publican and Pharisee, and continues through Holy Saturday. This impactful liturgical season covers the pre-Lenten period, Great Lent, and Holy Week. The first three weeks of the Triodion are a preparatory period for the coming 40-day fast of Great Lent, each week having its particular fasting guidelines according to the tradition of the Church.

- **First week, 2/5-2/11:** No fasting – all foods permitted daily
- **Second week, 2/12-2/18:** Regular Wednesday and Friday fast
- **Third week, 2/19-2/26:** Meatfare Sunday, 2/19 – last day for meat and poultry; Cheesefare Week – fish, dairy, eggs, wine and olive oil permitted daily, up to and including Forgiveness Sunday, 2/26.

Starting on Clean Monday, 2/27, we begin the strict Lenten fast during which no animal products are permitted. More details will be provided in the March Rejoice.

Spiritual Wisdom

The following is taken from the *Philokalia*, a classic collection of spiritual writings of various spiritual masters of the Church.

St. Theodoros the Great Ascetic

When we keep Christ's commandments we do not benefit Him in any way, since He is in need of nothing and is the bestower of every blessing. It is ourselves that we benefit, since we win for ourselves eternal life and the enjoyment of ineffable blessings.

The Fathers define prayer as a spiritual weapon. Unless we are armed with it we cannot engage in warfare, but are carried off as prisoners to the enemy's country. Nor can we acquire pure prayer unless we cleave to God with an upright heart. For it is God who gives prayer to him who prays and who teaches man spiritual knowledge.

St. Maximos the Confessor

If everything that exists was made by God and for God, and God is superior to the things made by Him, he who abandons what is superior and devotes himself to what is inferior shows that he values things made by God more than God Himself.

We carry about with us impassioned images of the things we have experienced. If we can overcome these images we shall be indifferent to the things which they represent. For fighting against the thoughts of things is much harder than fighting against the things themselves, just as to sin in the mind is easier than to sin through outward action.

St. Thalassios the Libyan

An all-embracing and intense longing for God binds those who experience it, both to God and to one another. He who conceals his hypocrisy beneath feigned love, blesses with his mouth but curses inwardly.

Stillness, prayer, love, and self-control are a four-horsed chariot bearing the intellect to heaven.

Patiently endure the distressing and painful things that befall you, for through them God in His providence is purifying you.

Yoke the powers of the soul to the virtues, and they will be freed from the tyranny of the passions.

Do not trust a thought that would judge your neighbor, for it is the man who is a storehouse of evil that thinks evil thoughts.

FROM FR. ANTHONY

Proper Preparation for Holy Communion

It is helpful to remind ourselves periodically of what constitutes proper preparation for the receipt of Holy Communion, which I now share:

- Being in good canonical standing with the Orthodox Church, which mostly relates to marriage outside the Church and divorces.
- Upholding the weekly Wednesday and Friday fast as much as possible.
- Upholding the overnight fast prior to communing (no food or drink on Sunday mornings). **Please note that this restriction is waived for health reasons. You may contact me for guidance in these situations.**
- Periodic confession with your priest, *at a minimum during Great Lent*, and preferably during each fast season of the liturgical year, or as needed.
- Arrival at church from the beginning of Liturgy, **but definitely no later than the reciting of the Holy Gospel**. If you cannot meet this requirement, it is best to wait to commune on a Sunday when you are on time.

Please realize that the Church offers these guidelines to ensure that we approach the Chalice in an appropriate manner toward our spiritual well-being, unworthy though we be of the Lord's Body and Blood. What we want to avoid is approaching Holy Communion in a casual manner, as if we are simply receiving *antidoron* (the blessed altar bread). Obviously, sometimes there are hardships that will affect our preparation, which again you can discuss with me. Thanks to all for your understanding and cooperation!

New Pew Cards

We now have laminated pew cards throughout the Nave for your convenience. They are two-sided and contain the following:

- **Front side:** Our church hymn of the Annunciation in the original Greek, a transliteration in Latin letters, and an English version metered to the melody of the hymn.

Note: Going forward, we will alternately chant the hymn in Greek and English on Sundays.

- **Back side:** Pre- and Post-Communion prayers of preparation and thanksgiving.

Note: These prayers should be recited privately by those prepared to receive Holy Communion at Liturgies.

Parish Chronicle



Memorials

2/5 – Jennie (Evgenia) Economos, 3 years

May her memory be eternal!

PARISH PRAYER LIST

Please pray for our brothers and sisters: Elizabeth, Deborah, Jim, Maryanne, Diane

In keeping with a common Church tradition, we will keep names on the parish prayer list for 40 days. If you wish to offer names for prayer, please send those via e-mail to the church office at:

annunciationdover@gmail.com,

2023 Parish Council

We would like to take this opportunity to congratulate our 2023 Parish Council, and the newly elected officers. You can see their names listed on Pg. 2 of this issue. May God bless all of you for your service to our parish!

We would also like to thank outgoing Parish Council president, Sophia Abbott, and outgoing member, Toby Weir, who have diligently served us this past year.

Donations

- Annual Christmas donation from the Ipswich Foundation, Ipswich, MA –\$1,000 for 2022

Wednesday Lenten Suppers

During Great Lent we will continue the tradition of Lenten suppers after each Wednesday’s Presanctified Liturgy. As we did last year, the suppers will end with a short video presentation of various Orthodox themes. For everyone’s convenience, the Liturgies will be from 5:30 pm to approximately 7 pm, followed immediately by the supper and presentation, and ending by 8 pm. This is a reasonable schedule for everyone, especially families with children.

We would like to invite all parish organizations and committees to host one of the suppers. Any remaining suppers could be hosted by one or more families together. To sponsor a supper, please coordinate this through the parish office. We look forward to everyone’s participation in this beautiful, weekly Lenten event!

Holy Water Bottles

This past year we didn’t have as many holy water bottles returned as usual. For those who took holy water home this Theophany, it would be helpful if you could return any bottles from last year, either full or empty. This way we won’t have to order more than necessary for next year.

A LETTER FROM THE PRESIDENT

Dear Parishioners,

I am excited and honored to take office as your new Parish Council President. Thank you to the other members of the Council for placing your confidence and trust in me. I am truly humbled. Having grown up in this community, I feel blessed to be put in a position to help our parish not simply survive, but thrive.

What we have in this community is special and worth preserving. Past generations have endowed us with a beautiful place to worship and grow in the true Faith. Our church stands as a monument to their tenacity, generosity and hard work. Let us prove worthy of that legacy so that one day, with pride, we can also call it our own.














I am pleased to announce that we begin the year with a new event, the Hellenic Carnival and Silent Auction. Please join us on February 4th, downstairs in the Father Athans Hall for plenty of food, fun, and kali para as we usher in the season of Great Lent. I urge all parishioners, especially our young families, to attend.

Please feel free to contact me or any Parish Council member if you have any questions, concerns, or suggestions about the church. We value your input. Let us together make this a wonderful year for our parish.

Sincerely, Michael Frudakis



February 2023

Mon	Tue	Wed	Thu	Fri	Sat
		1  <i>Great Vespers of the Presentation of Our Lord</i> 7 pm	2  <i>The Presentation of Our Lord</i> <i>Orthros, 8:45 am</i> <i>Liturgy, 10 am</i>	3	4  <i>Great Vespers</i> <u>4 pm</u> <i>Hellenic Carnival & Silent Auction, 5 pm</i>
5  <i>Sunday of the Publican & the Pharisee</i> TRIODION BEGINS <i>Orthros, 8:45 am</i> <i>Liturgy, 10 am</i>	6  <i>Anatolia Restaurant,</i> <i>Somersworth</i> 6 pm	7	8 <i>Parish Council</i> 6 pm	9	10  <i>St. Haralambos the Priest-Martyr</i> <i>Orthros, 8:45 am</i> <i>Liturgy, 10 am</i>
NO FASTING THIS WEEK—ALL FOODS PERMITTED DAILY					
12  <i>Sunday of the Prodigal Son</i> <i>Orthros, 8:45 am</i> <i>Liturgy, 10 am</i>	13	14	15	16	17
					18  <i>Sat. of Souls</i> <i>Orthros, 8:45 am</i> <i>Liturgy, 10 am</i> <i>Great Vespers</i> 6 pm
19  <i>Sun. of the Last Judgment (Meatfare)</i> <i>Orthros, 8:45 am</i> <i>Liturgy, 10 am</i>	20	21	22	23	24
					25  <i>Great Vespers</i> 6 pm
CHEESEFARE WEEK—FISH, EGGS, & DAIRY PERMITTED THROUGH 2/26					
26  <i>Sunday of Forgiveness (Cheesefare)</i> <i>Orthros, 8:45 am</i> <i>Liturgy, 10 am</i> <i>Vespers of Forgiveness</i> 5 pm	27  <i>Clean Monday</i> LENT BEGINS <i>Lenten Orthros</i> 10 am <i>Great Compline</i> w/1st part of <i>Great Canon, 7 pm</i>	28  <i>Clean Tuesday</i> <i>Great Compline</i> w/2nd part of <i>Great Canon, 7 pm</i>			
STRICT LENTEN FAST BEGINS—SEE BULLETIN ENTRY					

ALKISTIS NEWS

Many thanks to everyone who made Vasilopita Sunday a success and especially to those that helped. We have a wonderful group of people who always come forward to help with serving and cleanup. Let's give a shout-out to Georgette who reaches out to the wonderful bakers in our parish who willingly bake and donate their Vasilopitas. They are:

Katherine Maskwa Amankwah
Zeff Demopoulos
Christina Elios
Presvytera Themmi
Hope Frudakis
Jenny Katralis
Betsy Kostis
Georgette Kostis
Litsa Maskwa

Paula Maskwa
Rosie O'Hearne
Katerina Rallis
Evelyn Savage
Nanine Venetos
Christine Vezeris

The following photos show a beautiful display of these delicious breads and some of the Women who helped. Also, it was so good to see Father Athans!

May God bless you all with good health so we may do this event next year.



HELLENIC CARNIVAL



Date: This Saturday, February 4th



Time: 5pm



Location: Fr. Athans Hall, Annunciation Greek Orthodox Church, 93 Locust Street, Dover NH

Join us for a fun filled evening with proceeds from Silent Auction to benefit Dover Children's Home and AGOC ministries. Come one, come all for Music, Greek dancing, Kids Activities, and Mezethes!

Expect plenty of delicious homemade Greek appetizers followed by sweets for everyone in the family to enjoy! Beverages available & BYOB

For more information OR to RSVP email: lgeorgarents@gmail.com

Orthodoxy on Tap



Our next Orthodox on Tap event will take place on **Monday, 2/6, at Anatolia Restaurant in Somersworth at 6 pm.** Our presenter will be Fr. Dimitris Moraitis from St. Nicholas in Portsmouth. His presentation is titled, *Addictions and the Passions*. We would like to reach out to all our young adults to join us for a pleasant evening of food, drink, and an informative presentation.

GOYA

Greetings Goyans!

Hope everyone had a Merry Christmas! Thanks for everyone's participation in the recent food collection project for Cross Roads House in Portsmouth, and also with the Soup Kitchen on 1/31.

We are still in the process of planning an event for the month of February, so stay tuned for updates. Looking forward to seeing you all soon!

2022 PARISH STEWARDS AS OF DECEMBER 2022

THESE FAMILIES HAVE RETURNED THEIR NEW STEWARDSHIP FORMS
PLEASE DO NOT FORGET TO SUBMIT YOUR NEW 2023 STEWARDSHIP FORM

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Byers, Pamela & Bill
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Chrysafidis, Constantine
Clairmont, Richard
Coussoule, George & Althea
Danie, Kyle & Kiki
Delintsiotis, Anthi
Delintsiotis, Claire
Delintsiotis, Demetrios
Demopoulos, Alaina
Demopoulos, George
Demopoulos, John & Anita
Demopoulos, Ted
Demopoulos, Vasiliki (Zeff)
Economides Joost, Elaine
Elios, Christina
Faskianos, Irina
Faskianos, Maria
Faskianos, Sophia
Frangos, James & Peggy
Frangos, Lily
Fresh, Hayden
Frudakis, Hope
Frudakis, Michael
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Gemmas, Mark & Lorie
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George, Demetrious
Gurney, Sarah & Charlie
Hannan, Betty & Robert

Happnie, Maria & Joseph
Hintz, Alysha & Derek
Hoogeveen, Les & Barbara
Houreas-Trudeau, Nancy
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Karabelas, Jerry & Eloise
Karoutas, Abby & Periklis
Karoutas, Paul & Eleni
Kazmierski/Meehan, Christina James
Koromilas, Johnnie
Kostis, Dennis & Betsy
Kostis, John & Stacey
Kottaridis, Kathy
Labanaris, Nicholas & Fotine
Lalas, Kimon & Vula
Lalas, John
Lampesis, Peter & Rea
Lampros, Sharon & John
Lazarus, George & Sandy
MacNamee, Colin & Rebecca
Maher, Georgeanna Roberts
Maskwa, Paul & Paula
Melitus, James & Kathleen
Mitropoulos, George
Mitropoulos, Nick & Shana
Mitropoulos, Peter & Michelle
Mitropoulos, Robert & Ryan Eagle
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Nelson, Melanie & Mark
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Poole, Steve & Alice

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Strangas, William
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Tsopas Nickolas
Tsougranis, Ted & Irene
Tsouramanis, Katina
Vatistas, Cathy & John
Venetos, James & Nanine
Veziris, Kosmas & Christina
Vomvoris, William & Cynthia
Weir, Anthony (Toby)
Wozmak, Diane & Richard
Xydias, Bill
Xydias, Eftimios & Lily
Xydias, Panagiotis & Eleni

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Kostas & Nick Katralis

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