



Saint Gregory Greek Orthodox Church

The Mustard Seed

"... if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you." --Matt. 17:20

Fr. Alex's Reflection: Lent Approaches

Beloved Parishioners and Friends:

At the writing of this newsletter on the eve of our parish feast day, I am filled with gratitude for our Saint Gregory parish family—and in disbelief that we are quickly approaching the start of Great Lent on Feb. 27 (Clean Monday).



This holy time of prayer, reflection, personal sacrifice, fasting and compassion for others represents a tremendous opportunity for us to re-engage our relationship with God, as well as one another. **As we move closer to Him through earnest participation in our services and sacraments, we are constantly reminded of the importance of moving closer to one another.** To love God is to love His children.

As we ask of the Lord during the Holy Anaphora (the moment the bread is consecrated) in Saint Basil's Liturgy, ***"And unite us all to one another who become partakers of the one Bread and the Cup in the communion of the one Holy Spirit."***

I wish you, and yours, a life-changing and fruitful Lenten season. We'll make this journey together!

Fr. Alex

Liturgical/Sacraments

Sunday Services

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

Jan. 29: Sunday of the Canaanite (Feast Day B-fast)

Feb. 5: Publican and Pharisee

12: Prodigal Son

19: Judgment Sunday

26: Forgiveness Sunday

March 5: Sunday of Orthodoxy

12: Saint Gregory Palamas

19: Adoration of the Holy Cross

26: Saint John of the Ladder



Weekday Services

Presentation of the Lord: Feb. 2 (usual Orthros/Liturgy times)

Soul Saturdays: Feb. 18,25; March 4 (usual Orthros/Liturgy times)

PreS Liturgies: March 1,8,22 & 29, 6 pm

Salutations: March 3,10,17, & 31, 6:30 pm

Scheduling Memorials and Sacraments

Remembering loved ones through memorials and engaging the great sacramental moments of our lives (like baptisms and weddings) are vital aspects of our parish home. **To inquire about dates and make plans with Fr. Alex contact him directly.**

Youth Ministries: Sunday School, JOY, GOYA & More

For details on Sunday School events, contact **Dionne Katinas** (dionnekatinas@comcast.net) and **Maureen Dimitriou** (dimitriou5@live.com). Contact Steve Christo (smchristo@comcast.net) for GOYA updates and Fr. Alex for all other youth events. Please save these dates and plan to join us. Look for further details in our weekly communications, and contact our youth leaders with any questions. **Especially this Great Lent, we hope our children and families will engage in as many worship, enrichment and fellowship activities as possible.**

- ♦ **February 5 and March 5:** Sunday School students will sit together with their teachers for an up close and personal view of the Divine Liturgy.
- ♦ **February 5:** Our HOPE (K - 2) and JOY (3 - 5) are invited to join Fr. Alex for a Prosforo activity in the church. Our children will learn all about how our holy bread is prepared and the meaning behind everything.
- ♦ **Now through February 12:** GOYA "Souper Sunday" Food Drive for Mansfield Food Pantry. Parishioners are invited to bring non-perishable goods to the Narthex food bin until the 12th.
- ♦ **March 3:** GOYA will attend the Salutations and then enjoy a potluck dinner and discussion w/Fr. Alex and Mr. Morest.
- ♦ **March 5:** Sunday of Orthodoxy icon procession. Our Sunday Schoolers will participate.
- ♦ **March 26:** Myrrhbearers Ministry and Altar Server mtgs. after Sunday School.

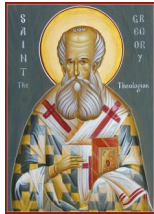


Salutations Service Icon

Stewardship Update –Phil LaFond

Giving Thanks: Eucharistic Stewardship

Our 2023 St. Gregory Stewardship campaign, featuring the *Eucharistic Stewardship* theme, is off to a great start. As of this writing, 35 Steward families have committed, together, nearly \$98,000 in support to our parish. We know that “Eucharist” is from the Greek word for “Thanksgiving,” and this year’s theme encourages us to offer Stewardship, the giving of our Time, Talent, and Treasure, to God’s church as a way of showing our profound thanksgiving for the many blessings bestowed upon us. We have nothing except for what God has given us, and it is only right that we cheerfully return to Him a portion of that with which He blesses us.



A Family’s Stewardship Journey–Testimonial Video

If you were not able to join us for the kick-off of this year’s campaign, you are strongly encouraged to take a few minutes to watch the testimonial I gave that details my family’s call and long journey to the practice of tithing. Visit the Stewardship pages of our parish website to view the testimonial video.

Becoming a 2023 Steward

You are also encouraged to visit the Stewardship pages of our website to learn more about this year’s theme as well as complete a virtual Commitment Card for 2023.

Feast Day Breakfast: Sun., Jan. 29

In celebration of our great patron saint, Saint Gregory the Theologian, we will enjoy a pancake breakfast on the 29th following services. ***Pancakes, fruit and more are on the menu.*** Many thanks to our Parish Council for hosting us, and all are welcome.

Philoptochos & “Souper” Sunday

◆ Philoptochos Cookie Walk & More, Feb. 12

Please join us on Sunday, Feb. 12 for our annual Cookie Walk! Fill your bag and warm your heart with sweet cookie treats. Funds raised will help support many local charities. In addition, we will be donating again to the local Sisters at Heart Organization (<http://sistersatheart.org>), which provides financial support and assistance to those affected by heart disease and stroke. Join us in wearing red on Sunday, Feb. 12, in support of Women’s Heart Health Awareness Month.

◆ “Souper” Bowl Sunday Activities, Feb. 12

We will once again be participating in “Souper” Bowl Sunday activities, as part of our parish’s ongoing efforts to reveal the compassion of our Lord to the greater community. We will have two “souper” activities:

*****Now through Feb. 12, our GOYAnS will lead us in a collection of general non-perishable food. Please drop off your donations in the Narthex food bin.**

*****On Feb. 12 after Liturgy, we will pass a special tray and the “Souper” pots for the significant ministry of International Orthodox Christian Charities (IOCC). Thanks for your support!**



Sponsoring Fellowship Hour

We invite all of our parishioners to consider hosting Fellowship Hour on a coming Sunday this winter and spring. Fellowship Hour is a cherished tradition at St. Gregory, and it is a vital part of ensuring an inviting and engaged parish which is welcoming to all. You can host for a memorial, anniversary, birthday, graduation or just fellowship.



Sign up on Sundays in the hall or with our SignUpGenius page via the QR code to the left. All the details are within the sign-up page. **Fellowship Hour Chair Brian Kaufman can also be contacted with any questions: bvkaufman@gmail.com.**

Education/Community

- **Feb. 19,26 & March dates TBA: Orthodox Life w/Seminarian Lee Morest.** Our winter/spring Orthodox Life series will be “Living the Great Commission” and will focus on concrete actions we can take to answer the Great Commission of our Lord. Join Lee Morest during Fellowship Hour, and all are welcome.
- **Learning to Bake Prosfora Bread.** Prosfora bakers are needed and always welcome at Saint Gregory. In addition, we have several expert bakers willing to teach and share their talent. Contact Fr. Alex to learn more.
- **Celebrating with You & Yours.** Have a special family anniversary or achievement you would like to share? Contact Fr. Alex and we will be happy to spread the news within *The Mustard Seed* and our bulletins.
- **Office and Cleaning Help.** Contact Phil LaFond or Fr. Alex if you can offer your time with office help and cleaning of our campus.

CONTACT & MEDIA

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