

REJOICE!

The Monthly Publication of the

ANNUNCIATION GREEK ORTHODOX CHURCH

93 Locust St. Dover, NH 03820 · Tel: (603) 742-7667

Web: www.annunciationdover.org E-mail for church office: annunciationdover@gmail.com

Beloved in Christ,

As you know, recently I have been speaking in church about the start of the Triodion period, which began this year on Sunday, February 25. I had pointed out that this time of the ecclesiastical year brings us to a deeper and more spiritually contemplative state of mind. The first three weeks of the Triodion serve as a period, not only of preparation to enter Great Lent in the proper mindset, but also physically conditions us for the coming fast through the gradual dietary changes presented in the last preparatory week. As with everything in life, proper preparation is the key to success in all human endeavors. This holy period of the year is no different. The Triodion, with its deeply spiritual and soul-stirring services, prepares us to properly and fully celebrate the Holy Passion and Resurrection of our Lord and Savior Jesus Christ. Therefore, we should be asking ourselves, how is each one of us preparing?

Before discussing this question, let me state that those of us who have been Orthodox all our lives, or at least for a number of years, may feel that all these things stated each year regarding Lent and Pascha are beginning to sound quite repetitive. Whether we have moved here from Greece, another Orthodox land, or from an Orthodox parish elsewhere, we definitely have heard these things year after year. The question is, are these issues worth repeating each year? Yes, they certainly are!

If we consider both human life and nature in general, we would be hard pressed to find things that are not cyclical to some degree. In society, we are programmed to anticipate annual events

and commemorations. We see the world around us cycle through meteorological seasons, as well as the various cycles of the sun, moon, stars, and planets. If we look forward to the many repetitive events in human life and in the world around us, how much more should we not await with much enthusiasm, both Great Lent and the annual celebration of Holy Pascha? Have we ever stopped to consider the ramifications of life without Christ having come to earth to save us from death and the power of Satan? Honestly, it's too frightening to even contemplate.

Knowing that the greatest gift God has given us is eternal life through His only-begotten Son, how can we *not* rejoice, not only at Pascha and on Sundays when we celebrate the Resurrection, but also every day of our *temporary* lives upon this earth. Because of the magnitude of what Holy Pascha means for us, it obviously cannot be celebrated on just one particular day as if it were a secular holiday, a birthday, an anniversary, or other such event. As we all well know, Holy Week and Pascha are flanked by the preparatory 40-day fast, as well as the 40-day celebration of Pascha, ending with the feast of the Lord's Ascension into heaven.

This month we will enter the Holy and Great Fast on the 18th, on *Clean*, or *Pure Monday*. So, again, how are we all preparing for Lent? As we entered the Triodion period, did we begin prayerfully planning this year's Lenten journey? We can always acquire spiritual knowledge by purchasing Orthodox books on Great Lent, or by searching the inter-

net. We can also search the archived February, March, and April bulletins from past years on our website, to find abundant material regarding Great Lent and



Pascha. In addition, do we have a plan in mind regarding attendance at some of the Lenten services? If our children are old enough to balance extracurricular activities with their studies, can families perhaps find time to attend some of the weekday Lenten services during the six weeks of the Fast?

Again, (and yes, I sound repetitive) it is all about *preparation* with respect to this most beautiful and transforming time of the liturgical year. The Orthodox Church is at Her "liturgical best," so to speak, during Lent and Holy Week. If we have never experienced this period on a deeper level, it is never too late to begin. I guarantee that you will be impressed and transformed; you will never again feel that anything the Church has to teach about Great Lent and Pascha is repetitive or mundane, and without great importance for us all. May you all have a most blessed and fruitful Lenten season!

In Christ,

+Fr. Anthony

Annunciation Greek Orthodox Church

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FROM FR. ANTHONY

Lenten Fasting Guidelines

2nd Week of Triodion: 3/3–3/9

• Regular Wednesday and Friday fast

3rd Week of Triodion (Cheesefare Week): 3/10–3/17

- Last day for meat & poultry–Meatfare Sunday, 3/10
- Fish, eggs, dairy, wine, and olive oil permitted daily, up to Cheesefare Sunday–3/17

Great Lent: Clean Monday, 3/18–4/26

Following are the traditional fasting guidelines in their full form as a starting point. Obviously, many will need to follow a reduced manner of fasting due to health, pregnancy, nursing, or other hardships, as well as for growing children. In addition, consideration should be applied in the case of interfaith marriages. As your spiritual father, I am always available for guidance.

Weekdays of Lent

• Strict fast from all animal products including fish (shellfish permitted), wine (all alcoholic beverages), and olive oil (vegetable/seed oil permitted).*

*On the feast of the Annunciation (3/25), fish, wine, and olive oil are permitted.

Weekends of Lent

• Relaxed fast – olive oil, wine (all alcoholic beverages), and shellfish permitted (not fish).

Note: On weekdays we attempt to reduce the quantity of food consumed. On weekends there is no limit on food consumed.

Please remember that Lent is **not only** about abstaining from certain foods and drink. A true fast pleasing to God **includes prayer and charitable works, as well as abstinence.** It goes without saying that **increased participation in worship** should also be part of our Lenten journey. The Lenten fast also aids us in fasting from sin through this sacred exercise in self-control and spiritual growth.

Spiritual Wisdom

The following is taken from *The Philokalia*, a spiritual guide from the monastic world.

Smoke from wood kindling a fire troubles the eyes; but then the fire gives them light and gladdens them. Similarly, unceasing attentiveness is irksome; but when, invoked in prayer, Jesus draws near, He illumines the heart; for remembrance of Him confers on us spiritual enlightenment and the highest of all blessings. (St. Philotheos of Sinai)

If God suffers in the flesh when He is made man, should we not rejoice when we suffer, for we have God to share our sufferings? This shared suffering confers the Kingdom on us. For he spoke truly who said, 'If we suffer with Him, then we shall also be glorified with Him' (Rom. 8:17). (St. Maximos the Confessor)

Godlessness and love of praise are the worst and most incurable diseases of the soul and lead to her destruction. The desire for evil signifies a lack of what is good. Goodness consists in doing with all our heart whatever is right and pleasing to the God of all. (St. Anthony the Great)

FROM FR. ANTHONY

Making Lent Meaningful at Home

Great Lent is the most significant time of the year in the spiritual life of Orthodox Christians. During Lent, parents have an opportunity to teach and reinforce its importance and significance to their children, so that they may always love and appreciate this holy period. Here are some things to consider:

- Purchase an Orthodox prayer book if you don't have one, and use it together as a family.
- Plan on which weekday services your family can realistically attend each week (try for at least one).
- Parents, read a book or on-line resource on Great Lent to understand it better (see Fr. Anthony for suggestions).
- Try as much as possible to keep the fast in an appropriate way for your family. Perhaps try keeping a strict fast on Mondays, Wednesdays, and Fridays if you can't do more. Of course, sensitivity should be applied with interfaith marriages.
- Curb television, movies, and entertainment. Perhaps replace with films and programs containing edifying messages, or that are biblically themed.
- Periodically light incense, and keep a lit candle or vigil lamp in front of the holy icons to create a spiritual atmosphere in the home. Wednesdays, Fridays, and Sundays after church are appropriate days to light incense.
- Plan on going to confession as a family during Lent. Parents are the example in everything to their children, so introduce them to this spiritually beneficial opportunity.
- If properly prepared, receive Holy Communion more frequently as a family during Lent.
- Choose one or more charities that the family would like to support financially or otherwise. Involve children as much as possible with this process.

Beloved in Christ, I have included this entry for years in parish bulletins. Hopefully, parents can make an effort to incorporate as much of these suggestions as possible at home. In all aspects of family life, it is the parents who set the example, especially when the *father* takes the lead!

Holy Confession During Great Lent

- After all weekday evening services, except Wednesday Presanctified Liturgies
- After Great Vespers on Saturday evenings (all year)
- •During office hours by appointment (all year)

Great Lent is the season of the liturgical year that is focused on repentance. Besides our fasting, charitable works, and church attendance, let us reap the benefits of the Fast by being cleansed through the holy sacrament of Confession. This way we can fully celebrate Holy Pascha with a clean and pure heart and soul!

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us. (I John 1:8-10)

PARISH NEWS AND EVENTS

Parish Chronicle

Baptisms

2/22 – James Stash, who took the name *George*.

Memorials

3/3 – John Glazier, 40 days 3/10 – Maria Faskianos, 40 days

May their memory be eternal!

Parish Prayer List

Please pray for our brothers and sisters: Elizabeth, Deborah, Jim, Liam, George

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 email to the church office at:

annunciationdover@gmail.com,

or call the office at 742-7667.

Please give first names only, and preferably full names, not nicknames.

Donations

• Baby swing for nursery room – the Elde family

In Appreciation

Since our lower level flooding just over one year ago, many positive things have happened regarding our parish home. After the new linoleum was laid down, and the existing hall floor was stripped and re-waxed, much work has been done to clean up, purge unneeded items, repair tables, and reorganize the entire downstairs spaces. This work has now moved upstairs to our parish library and nursery room. Our various parish ministry groups, and a variety of volunteers are responsible for this labor of love. We so appreciate these parishioners who have clearly demonstrated their loving care and concern for our church. May God bless them all!

Wednesday Lenten Suppers

As we do each Great Lent, there will be a Lenten supper after each Wednesday's Presanctified Liturgy. Again this year, the suppers will end with a short video presentation on various Orthodox themes. For everyone's convenience, the Liturgies will be from 5:30 pm to approximately 7:00 pm, followed by the supper and presentation, and ending by 8:00 pm. This is a reasonable schedule for everyone, especially families with children.

We would like to invite all parish ministries to host one of the suppers (the first one, 3/20, will be hosted by our Parish Council). Any remaining suppers could always be hosted by one or more families together. To sponsor a supper, please coordinate this through the church office. We look forward to everyone's participation in this beautiful, weekly Lenten event!

Meetings During Lent

During Great Lent, let us all plan accordingly for ministry meetings as follows:

- •The first week of Lent is on par with Holy Week in terms of solemnity and spiritual focus. Therefore, there should be no meetings on the evenings of the first week, as there will be daily services.
- •For the remaining weeks of Lent there should be no meetings on Monday, Wednesday, and Friday evenings due to Lenten services.

We truly appreciate everyone's cooperation with this request. May you all have a most blessed Lenten journey, and we hope to see as many as possible at our various Lenten services!

PARISH NEWS AND EVENTS

Items Needed for Lent and Holy Week

Following are items needed for Lenten and Holy Week services, and throughout the year. We are grateful for your anticipated generosity; may your gift be a blessing to you and your families!

- Decoration of icon for the Salutations (5 Fridays) \$50 each
- Decoration of icon of the Annunciation (3/25) \$50
- Floral arrangement for iconostasis icon of the Annunciation (3/25) \$80
- Flowers for the Veneration of the Holy Cross \$180
- Palm strips for Palm Sunday crosses \$50
- Decorative palm branches for Royal Gate \$125
- Bay laurel for Palm Sunday & Holy Saturday \$100
- Decoration of icon of the Bridegroom (Nymphios) \$50 (taken)
- Decoration of Icon of the Mystical Supper \$50
- Wreath for Cross \$50
- Beeswax candles for Cross, 12 Gospels, & Epitaphios \$50
- Decoration of wooden banner of the Resurrection \$50
- Decoration of icon of the Resurrection \$50 (taken)
- Lilies for Holy Pascha (to be determined)
- Flowers for the Epitaphios (our greatest expense) please give generously

The following items are needed throughout the year:

- Communion wine \$20 per bottle
- Beeswax candles for altar table & Soleas candle stands \$12 per lb.
- Incense all donations accepted
- Charcoal \$100
- 1 box candle fuel cartridges \$150

For tracking purposes, we kindly ask that your donation requests be made through the church office. If an item you wish to donate has already been sponsored, please consider another available item, or donate toward the Epitaphios flowers, or for the listed items needed throughout the year.

Coffee Hours for March

3/3 – the Poole family
3/10 – the Canney family
3/17* – the Blagojevic family
3/24** – Voula Stamelos
3/31** – no host

^{*3/17} is Cheesefare Sunday – all foods permitted *except meat*.

^{**}These Sundays are within Great Lent. Please refer to the enclosed Lenten fasting guidelines.

PARISH NEWS AND EVENTS

Helpful Suggestions for Coffee Hour Hosting

In order to avoid over-purchasing and waste, allow us to suggest some helpful information when hosting coffee hours.

- The Sunday prior to hosting, take inventory of what is in the cupboards and refrigerator. Many times there will an abundant amount of coffee, juices, as well as half & half and non-dairy creamer. You could always call Nancy during her office hours, to have a quick look before you shop.
- When shopping, there is no need to purchase large containers of half & half and non-dairy creamer. That way they won't sit past their safe consumption date. Please note that we consistently check for expired food items in the refrigerator and discard them accordingly.

During Great Lent

• <u>During Lent, please do not purchase any meat, dairy, or egg products.</u> If needed, purchase non-dairy, powdered or liquid creamer. Parishes should consistently follow fasting guidelines. Please remember that you are hosting a *parish event.* We don't want to scandalize any of our fellow parishioners, nor any visitors.

A LETTER FROM THE PRESIDENT



Dear Parishioners,

March brings with it a sense of anticipation and community spirit. I am grateful for your continued support and engagement. Here's what we have in store for this month:

- Pre-Lenten Taverna Night on March 2nd: Join us for an evening of food, fellowship, music, and dancing.
- **Upcoming Lenten services:** Let's prepare for the journey ahead by joining together in reflection and spiritual renewal.

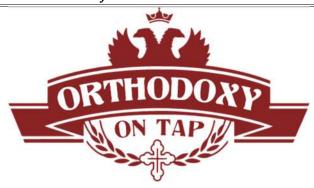
Your feedback is invaluable, so please don't hesitate to reach out to me or any other council member.

Sincerely, Kulin Krishnan Parish Council President

ANNUNCIATION YOUNG ADULTS

The Annunciation Young Adults are excited to receive our sister in Christ, Alexandria Lewis, into the One, Holy, Catholic, and Apostolic Church under the patronage of St. Alexandra and St. Catherine on March 3rd! Many years! We are also preparing for, and looking forward to the beginning of Great Lent. May everyone's Lenten season be blessed with repentance and grace. God bless.

Cyprian



On Monday, 2/26 we had held our winter Orthodox on Tap. We welcomed Fr. Timothy Curren in our midst, who was our presenter. As you see in the photos below, we had a wonderful turnout of our usual young adults and many other parishioners who came to see Fr. Timothy.





ALKISTIS NEWS

Dear Parishioners,







The recent gathering of the Alkistis Ladies Association was a resounding success, with a fantastic turnout. We warmly welcome more ladies to join us in our future meetings.

During our discussion, we celebrated the success of our recent Pastry Sale, which has significantly contributed to our ability to support various charities within our parish, diocese, and community. Notably, we donated \$200 to the Dover Children's Home, and we are excited about the upcoming Alkistis Scholarship, a \$600 award for a graduating senior of our parish, heading to college, university or technical school. Keep an eye out for the scholarship application, which will be available by April 1st. For more information, please reach out to a member of the Alkistis Scholarship Committee.

In our commitment to fundraising, we aim to organize at least two fundraisers annually. Currently, we are exploring the possibility of hosting an Easter Bread "Tsourekia," Sale event before our Greek Orthodox Easter. We will provide more details at our next meeting.

Additionally, we are dedicated to supporting Father and the Parish Council, particularly in projects such as refreshing the library and painting the fellowship hall. We aim to gather quotes for these endeavors within the next 30 days to ensure our spiritual home is well-maintained.

We are excited to introduce initiatives such as a Book Club and a Psalter Group, spearheaded by Jess Quigly. Jess will be emailing everyone with more information. If you're interested in joining either or both of these groups. or have any questions, please reach out to Jess for more information.

On a lighter note, Cynthia Vomvoris has graciously offered to organize social evenings for us, providing opportunities for both enjoyment, camaraderie and Kali Parea. Keep an eye out for her invitations to these gatherings.

Thank you for taking the time to read this update. Your support and involvement are invaluable to us. Remember, all ladies of the parish are considered members of the Alkistis Ladies Association.

Our next meeting is scheduled for March 24, 2024, in the library following coffee hour. I look forward to seeing you there.

Warm regards,

Vula Z Lalas Alkistis President

ALKISTIS SCHOLARSHIP NEWS

Attention current high school seniors who are continuing their education: Applications for the 2024 Alkistis Scholarship will be available at the church office starting Sunday, March 31. Completed applications must be received no later than May 1, 2023.



March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Please note that all Orthros & Liturgies are at 8:45 am & 10:00 am, respectively.			Strict Lenten Fast begins on Clean Monday, 3/18. Please see bulletin entry for guidelines.		1 fast free	2 Gr. Vespers $\frac{5:00~\mathrm{pm}}{\mathrm{followed}}$ followed by Pre-Lenten $Taverna~Night$ 6:00 pm	
3 Sunday of the Prodigal Son Orthros & Lit.	4	5	6	7	8	9 Sat. of Souls & Feast of the 40 Martyrs Orthros & Lit. Great Vespers 6:00 pm	
10 Sunday of the Last Judgement (Meatfare)	11	12	13 Parish Council 6:00 pm	14	15	16 Great Vespers 6:00 pm	
Orthros & Lit. Cheesefare Week: Last day for meat - Sunday, 3/10; fish, eggs, dairy, wine & oil permitted daily through tomorrow, 3/17.							
Sunday of Forgiveness (Cheesefare) Orthros & Lit. Vespers of Forgiveness 5:00 pm	Clean Monday LENT BEGINS Lenten Orthros 10:00 am Gr. Compline w/1st part of Great Canon 7:00 pm	Clean Tuesday Gr. Compline w/2nd part of Great Canon 7:00 pm	Clean Wednesday 3rd part of Great Canon 10:00 am 9th Hour-5:10 pm, Presancti- fied Liturgy- 5:30 pm + Lenten Supper	Clean Thursday Gr. Compline w/4th part of Great Canon 7:00 pm	Clean Friday 1st Salutations to the Theotokos 7:00 pm	Clean Saturday St. Theodore the Teron (miracle of kollyva) Orthros & Lit. Great Vespers 6:00 pm	
24 Sunday of Orthodoxy Orthros & Lit. Gr. Vespers of the Annuncia- tion@Newbury port, 6:30 pm	25 The Annunciation of the Theotokos (Parish Feast) Orthros & Lit. here	26	27 9th Hour 5:10 pm, Presanctified Liturgy- 5:30 pm, followed by Lenten Supper	28	29 2nd Salutations to the Theotokos 7:00 pm	30 Great Vespers 6:00 pm	
31 St. Gregory Palamas Orthros & Lit.							



CHURCH FINANCIAL REPORT

Annunciation Greek Orthodox Church Revenue and Expenses YTD End 02/24/2024

Church Income: Candles/Trays Memorials Stewardship Other Church Income Total Church Income	\$ 2,883 \$ 1,675 \$24,517 \$ 769 \$29,844
Church Expenses:	
Archdiocese/Pension	\$ 8,714
Secretary Salary/Fica	\$ 2,560
Clergy Compensation, Housing, Benefits	\$18,618
Chanter	\$ 1,425
Landscaping/Snowplow	\$ 525
Maintenance/Repairs/Cleaning	\$ 1,485
Office Related	\$ 934
Gas, Electric, Telephone	\$ 3,120
Alarm/Inspections	\$ 574
All Other	\$ 2,610
Total Church Expenses	\$40,575
Church Net	-\$10,731
Hellenic Center Income:	
Rental	\$ 5 <i>,</i> 975
Hellenic Center Expenses:	
Maintenance/Repairs	\$ 270
Gas, Electric, Telephone	\$ 4,202
All Other	\$ 1,219
Total HC Expenses	\$ 5,691
HC NET	\$ 284
Total Net Income	-\$10,447

2024 CONFIDENTIAL STEWARDSHIP PLEDGE

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- Check by mail
- Online through PayPal
- Cash

We highly recommend paying through your online bank bill payment service:

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- Plus, there are NO FEES!
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Attn: Stewardship

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PayPal accepts credit and debit card payments. If you have a personal PayPal account, payments can be linked directly to your bank account to make a credit/debit card payment through PayPal, a 2.9% fee applies, (that we ask you to please cover, above your actual donation, in order to help the church defray that cost)

- To use PayPal go to: www.annunciationdover.org
- Click on to the "Donations" link and follow the prompts.

2024 PARISH STEWARDS - AS OF FEBRUARY 2024

THESE FAMILIES HAVE RETURNED THEIR NEW STEWARDSHIP FORMS
PLEASE DO NOT FORGET TO SUBMIT YOUR NEW 2024 STEWARDSHIP FORM

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Delintsiotis, Anthi

Delitsiotis, Claire

Delintsiotis, Demetrios

Delintsiotis, Vasilios & Barbara

Demopoulos, Vasilike (Zeff)

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Frangos, Dennis

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Frudakis, Michael

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Lazarus, George & Sandy

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Melitus, James & Kathleen

Mitropoulos, Nicholas & Shana

Mitropoulos, Robert & Ryan Eagle

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O'Hearne, James & Rosanne

Panasis, Charles & Paula

Passas, Costance

Polychronopoulos, Zoe

Poole, Emily

Rouman, James

Schumaker, Robin & Judy

Scontras, Panagiota

Sousane, James & Deborah

St. Peter, Michael & Demetra

Thomas, George & Denise

Vatistas, John & Cathy

Venetos, Jim & Nanine

Vomvoris, William & Cynthia

Weir, Anthony (Toby)

If you do not see your name, perhaps you have not filled out your 2024 Stewardship form!

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