

Beloved in Christ,

We just recently entered the soul-cleansing and blessed Fast of Great Lent. As we leave behind the bleakness of winter and enter the Lenten Spring, our souls begin to awaken from the deep sleep of spiritual neglect and indifference that we are all subject to. Upon commencing the journey toward Holy Pascha, our souls will begin to see the light of the Resurrection of Christ emanating from the Life-giving Tomb. I pray that we will all make this a very meaningful and fruitful Lenten period, in order to be spiritually and physically prepared to celebrate the Holy Passion and Resurrection of our Lord. As with everything in life, the effort that we put into our Lenten journey will be proportionate to the benefits we will receive.

One may ask the question, Why bother, we know He's risen; why do we need these annual commemorations. and the burdensome Lenten preparation for Pascha? Well, let us set aside the Church and Her Holy Tradition for a moment, and have a look at the secular world. Observe any nation of the world and you will see multiple annual commemorations of meaningful events. These take place in order for their citizens to remember significant historical events that typically led to victory over foreign oppressors, and independence from foreign domination. Besides national commemorations, consider the celebration of birthdays of our relatives and friends. Since our day of birth is an obvious significant event in our lives, we feel the need to annually celebrate, or at least recognize each other's special day. Regarding death, even those who are not very religious still make it a point to remember their loved ones, typically on the anniversary of their death, their birthdays, and on Memorial Day. In general, there are also other

important events we celebrate, all which require a fair amount of planning and preparation, such as weddings, milestone anniversaries, graduations, retirement, and so forth .

Now if we agree that these are important celebrations in the secular world, it is therefore logical that we should annually commemorate the death and resurrection of our Lord and Savior Jesus Christ, because of their profound meaning and purpose. Since we Orthodox believe that these are the greatest events in the history of humanity, do they not deserve an appropriate period and method of preparation? Yes, they most certainly do! This is why, beloved in Christ, our holy Church has given us this great gift of Lent for our spiritual benefit.

In order to prepare for the "marathon" of Holy Week and Pascha, we need to go through a period of spiritual askesis (exercise). A serious athlete would never try to compete in a sport without proper training and preparation, if he/she expects to succeed. A focused student would not attempt to pass a course with an excellent mark if not properly prepared. A farmer desiring an abundant and rich harvest, must work hard at preparing the land and nurturing it along. Similarly, the focused Orthodox Christian has a very good reason for embarking on the annual Lenten journey, which leads to the Cross and the Tomb.

Another question one may ask is, *What exactly is the benefit of a full Lenten experience*? Let us recall that during the three preparatory weeks prior to Great Lent, the Church presents us with the themes of *humility, repentance, and forgiveness,* which are the fruits of Great Lent. If we are serious about our Lenten experience, we will seek to incorporate these virtues in our lives. If we can reach these goals and seek to sustain them throughout the year, then we are living a true Christian



life that leads toward salvation and the kingdom of heaven. The tools at our disposal are well known to us all, of which, unfortunately, many of the faithful do not take advantage. These are prayer, fasting, charitable works, participation in the sacraments of Confession and Communion, and regular Sunday church attendance, as well as weekly Lenten services whenever possible. By doing these things with a clear understanding of their potential benefit, Lent will then become a *joyful* season to which we look forward each vear, and not the burden that some make it out to be. Remember, however, that as imperfect human beings we will easily stumble and fall. This is another important reason why the Lenten journey is retaken year after year.

The final goal of this spiritual journey is sharing in the death and resurrection of our Lord in order to be spiritually renewed. Each Holy Week and Pascha we relive the mystery of our own baptism, through our participation in the salvific events in the last days of Christ's life on earth. In other words, we spiritually *die* and are *reborn* each year through His death and resurrection.

May God grant all of you the fruits of Great Lent through your anticipated participation. If you never have in the past, start small, but most importantly, *start*!

In Christ's love,

#### +Fr. Anthony

Rejoice - March 2023

## **Annunciation Greek Orthodox Church**

Proistamenos: Rev. Fr. Anthony Evangelatos Office Hours: Tuesday-Friday, 10am-3 pm Fr. Anthony's Email: franthony@annunciationdover.org Emergency Contact: (401) 662-5259 Secretary: Nancy Lipitaki; Office Hours: Tuesday — Friday 9:30 am -1:30 pm 603-742-7667

> Parish Council Ministry Team President: Michael Frudakis Vice President: Sophia Abbott Secretary: Shana Mitropoulos Treasurer: Anthi Delintsiotis Assistant Treasurer: Heidi Atkinson

Members: Pam Byers, Kulin Krishnan, Kimon Lalas,

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Chanter	(open)							
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Festival Committee		greekfestivaldover@gmail.com						
	Robert Mitropoulos	((02) 742 2(01						
Flowers	Deborah Sousane	(603) 742-2691						
GOYA	Kulin Krishnan	kulin.krishnan@unh.edu						
	Peter Lampesis Lea Macheras	ptlamp3@gmail.com						
Hellenic Center Rentals	Paul Karoutas	lmacheras@yahoo.com						
Kali Parea	George & AltheaCoussoul	(603) 969-7376 (603) 923-1349						
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Outreach Committee	Sharon Lampros	(603) 742-0611						
Oureach Commutee		Lamprosfamily@comcast.net						
		Lamprostanniy@comeast.net						
Parish Council President	Michael Frudakis	(347) 307-4370						
Parish Youth Safety Administrator	George Coussoule	(603) 923-1349						
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Fr. Anthony Evangelatos	Email: franthony@annunciation	lover.org (603) 742-7667						
Church Office	Email: annunciationdover@gmai							
Affiliated Organizations								
Daughters of Penelope	Cathy Blougouras	cmbloug@yahoo.com						

## Editorial Board: Fr. Anthony Evangelatos, Nancy Lipitaki Please send submissions to: <u>annunciationdover@gmail.com</u>, and state "Newsletter Submission" in the subject line.

## FROM FR. ANTHONY

### **Fasting Guidelines of Great Lent**

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, or other obstacles, as well as for growing children. As your spiritual father, I am always available for guidance.

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 exercise in self-control and spiritual growth.

- Weekdays of Lent Strict fast from all animal products including fish (shellfish permitted), wine (all alcoholic beverages), and olive oil (vegetable/seed oil permitted)
- Weekends of Lent Relaxed fast; olive oil and wine (all alcoholic beverages) permitted\*

\*On the feast of the Annunciation, 3/25, fish is also permitted.

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

### 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.
- Plan on which services you can realistically attend each week as a family (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.
- Curb television, movies, and entertainment. Perhaps replace with films with 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 truly 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!

## FROM FR. ANTHONY

### **Holy Confession During Great Lent**

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

Great Lent is the season of the liturgical year that is focused on repentance. Besides our fasting and charitable works, 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!

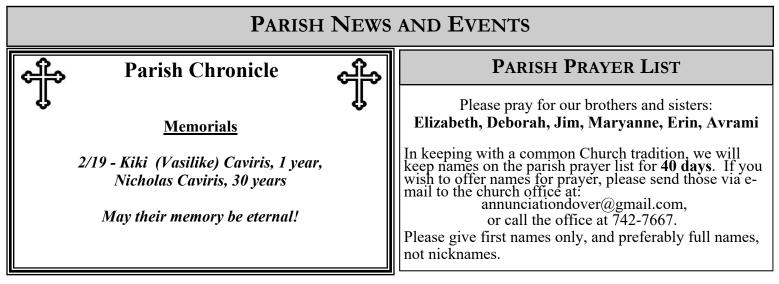
### **Lenten Reflections**

The following is taken from Great Lent, by Fr. Alexander Schmemann, St. Vladimir's Seminary Press, 1990 – a classic resource for Orthodox Lent.

Repentance, we are told, is the beginning and the condition of a truly Christian life. Christ's first word when He began to preach was: 'Repent!' (Matt.4:17). But what is repentance? In the rush of our daily life, we have no time to think about it, and we simply assume that all we have to do during Lent is abstain from certain foods, cut down on 'entertainment,' go to Confession, be absolved by the priest, receive (once in the whole year!) Holy Communion, and then consider ourselves perfectly 'in order' till next year. There must be a reason, however, why the Church has set apart seven weeks as a special time for repentance and why she calls us to a long and sustained spiritual effort. All this certainly must concern me, my faith, my life, my membership in the Church. Is it not then my first duty to try to understand the teaching of my Church about Lent, to try to be an Orthodox Christian not in name only but in life itself?

To the questions: What is repentance? Why do we need it? How are we to practice it? – Great Lent gives the answer. It is indeed a school of repentance to which every Christian must go every year in order to deepen his faith, to re-evaluate, and, if possible, to change his life. It is a wonderful pilgrimage to the very sources of Orthodox faith – a rediscovery of the Orthodox way of life.

It is through the forms and the spirit of her lenten worship that the Church conveys to us the meaning of this unique season... It is my hope that the reader may discover for himself that in this world nothing is as beautiful and deep, as inspired and inspiring, as that which the Church, our Mother, reveals and freely gives to us once we enter the blessed season of the 'lenten spring.'



#### **Donations**

Following are two labors of love offered to our parish:

- Hanging of icons of the 12 great feasts in the altar, and repairs/improvements to the metal doors of the Royal Gate Peter Lampesis II
- Donation of projector and labor for installation in hall, and donation of labor to upgrade Wi-Fi throughout the church Jameson Savage

Thanks to both gentlemen for this example of stewardship of both time and talent!

#### 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 of-fice. 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!

## A LETTER FROM THE PARISH PRESIDENT

Dear Parishioners,

We have had an eventful month of February. I am pleased to say that our first Hellenic Carnival and Silent Auction proved a smashing success! Many families braved the sub-zero temperatures to celebrate and contribute, with profits going to the Dover Children's Home and church ministries. I'd like to take this chance to personally thank each and every person whose hard work and dedication played a part in making that night happen.

Little did we know though, that in that night's triumph lay the seeds of future trial, for an uninvited guest also attended the Father Athans Hall that night--the cold. That Monday morning, we discovered a pipe had burst near the back entrance to the hall, quickly dumping over 200 gallons of water before our Treasurer, who had come in to do some work upstairs, heard the noise, realized what what was happening, and put a stop to it. I am grateful for Anthi's quick thinking, and even more grateful for all the support offered in abundance by our parishioners over the past month.

We have risen to the challenge and I am glad to report that significant progress has since been made. The water was removed quickly, and thank you to the many of you who have stepped up in so many ways as we've sought to move items the out of the affected areas and catalog the damage. Insurance has been called in and is moving as quickly as I can prod them. Meanwhile, a restoration company has dried the area and removed most of the damaged floor and drywall. Please note, we have continued holding coffee hours after Sunday liturgy, an event I consider crucial to the social well-being of our church and community. I am optimistic that further progress toward rebuilding the hall will be made over the next month and will keep you all updated.

As we begin the process of spiritual renewal that is the Great Lent, we have many things to look forward to as a community. Lenten suppers will be held following each Wednesday liturgy, with services starting at 5:30pm. Mark your calendars for the Annunciation Vespers on March 24th at 6:30pm. Join us to celebrate the feast day of our parish, fittingly followed by dinner after-

ward. Speaking of calendars...I'll conclude this month's message with a link to the church's Google Calendar. I recently added this to my own phone and it has proven quite useful. This is kept up to date by our church office with services and events. You can access from the link below. iPhone users can also use the QR code on the right. *For my Mom*: Simply open the camera app, point it at the QR code and click the yellow Google link that appears to add the church calendar to your phone and stay in the loop.

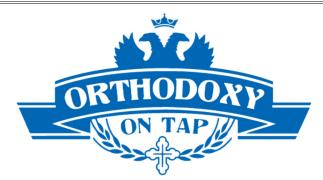
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I wish you all a blessed and rewarding Great Lent!

Sincerely, Michael Frudakis







February 6th, Orthodoxy on Tap at Anatolia Restaurant



## **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 (4 Fridays) \$50 each**
- **Decoration of icon of the Annunciation \$50**
- Floral arrangement for iconostasis icon of the Annunciation \$75
- Flowers for the Veneration of the Holy Cross \$150
- Palm strips for Palm Sunday crosses \$50
- Decorative palm branches for Royal Gate \$100
- Bay laurel for Palm Sunday & Holy Saturday \$100
- Decoration of icon of the Bridegroom (Nymphios) (taken)
- Decoration of Icon of the Mystical Supper \$50
- Wreath for Cross (taken)
- Beeswax lambades for Cross, 12 Gospels, & Epitaphios \$50 Decoration of banner of the Resurrection \$50
- **Decoration of icon of the Resurrection \$50**
- 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 \$100**
- 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 simply donate toward the Epitaphios or for items needed throughout the year.

## GOYA

## **Important GOYA Event – 3/10**

On Friday evening, 3/10, the St. Nicholas Goyans of Portsmouth will be joining our Goyans here, for a joint session on the topic of addiction. We would like to ask our Goyans to first attend the Salutations service at 7 pm, and perhaps help with some of the readings. The St. Nicholas Goyans will arrive after their Salutation service ends at 7:30 pm.

The presenter will be Rev. Fr. Dimitrios Moraitis of St. Nicholas, who holds a doctorate of ministry in pastoral counseling, focused on addiction and alcoholism. In addition to Fr. Dimitrios, our own Paul Koutroubas will speak to the Goyans regarding his own struggles and recovery from addiction, and how the Church and his faith saved his life.

#### This is a vitally important topic for our youth. We prayerfully hope that parents will make it a point to bring their children for the service and presentation that evening!!

## ARCHDIOCESAN TURKISH/SYRIAN EARTHQUAKE RELIEF FUND

His All-Holiness Ecumenical Patriarch Bartholomew has requested all parishes of the Archdiocese of America, to generously contribute funds to aid in this most devasting, humanitarian catastrophe. On the Sunday of Orthodoxy, March 5, we will have a special collection taken toward this relief fund. We also encourage contributions to be sent directly to the office as well, so that we can forward one check to the Archdiocese in the near future. Remember to state "earthquake relief fund" on the memo line of your check.

Please continue to pray for all those affected by the devastation, and most especially, our Orthodox brothers and sisters in Christ living in these areas.

Hellenic Carnival and Silent Auction

The Hellenic Carnival was an early kick-off to the Lenten season and truly a heart warming event, especially in light of the icy weather we had outside! Our community came together to enjoy delicious food, games, entertainment as well as music and dancing. The fun continued with the Silent Auction where there was some jovial bidding on over a dozen auction items ranging from local community business baskets/items, outerwear, an accent chair and the big-ticket item of the night: an electric griddle! Congrats to all the auction winners!

Through generous donations and the Silent Auction, we were able to raise \$2,500 for the Dover Children's Home. DCH was overjoyed by the donation and appreciate the support from the community members. Our church's relationship with them has had a long history and we hope to continue to support their wonderful work for years to come.

I would like to say a BIG thank you to all those who came to the event and made it such a wonderful experience. Many thanks also go out to all the **businesses** and **community members** who made donations towards the auction as well as the wonderful food and treats. Finally, a thank you to Father Anthony, the parish council members and the <u>MIGHTY</u> group of volunteers who gave their time & talent to make the event such a success (in a very short period of time).

Look forward to making this event a tradition & seeing you all next year! Best, Litsa



Rejoice - March 2023

# March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Clean Wednesday 3rd part of Great Canon 10 am; 9th Hr. 5:10pm Presanct. Lit. 5:30 pm followed by Lenten supper	2 Clean Thursday Great Compline w/4th part of Great Canon 7 pm	3 Clean Friday Salutations to the Theotokos 7 pm	4 Clean Saturday St. Theodore the Teron (mir- acle of kollyva) 8:45am Orthros 10 am Liturgy & memorial Great Vespers 6 pm
5 Sunday of Orthodoxy Orthros, 8:45 am Liturgy, 10 am	6 Great Compline 7 pm	7	8 9th Hour 5:10 pm Presanctified Liturgy 5:30 pm followed by Lenten supper	9 Parish Council 6 pm	10 Salutations to the Theotokos 7 pm followed by joint GOYA session w/St. Nicholas- Portsmouth on addiction	11 Great Vespers 6 pm
12 Sunday of St. Gregory Palamas Orthros, 8:45 am Liturgy, 10 am	13 Great Compline 7 pm	14	15 9th Hour 5:10 pm Presanctified Liturgy 5:30 pm followed by Lenten supper	16	17 Salutations to the Theotokos 7 pm	18 Great Vespers 6 pm
19 Sunday of the Veneration of the Holy Cross Orthros, 8:45 am Liturgy, 10 am	20 Great Compline 7 pm	21	22 9th Hour 5:10 pm Presanctified Liturgy 5:30 pm followed by Lenten supper	23	24 Great Vespers of the Annunciation of the Theotokos 6:30 pm followed by reception	25 Annunciation (Parish Feast) Orthros, 8:45 am Liturgy, 10 am Great Vespers 6 pm
26 Sunday of St. John of the Ladder (Climacus) Orthros, 8:45 am Liturgy, 10 am	27 Great Compline 7 pm	28	29 9th Hour 5:10 pm Presanctified Liturgy 5:30 pm followed by Lenten supper	30	31 Akathist Hymn to the Theotokos 7 pm	

## **2023 PARISH STEWARDS** - *AS OF MARCH 2023* These families have returned their New stewardship forms **Please do Not forget to submit your NEW 2023 Stewardship form**

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> If you do not see your name, perhaps you have not filled out your 2022 Stewardship form!

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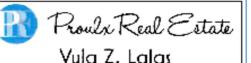
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