

# REJOICE!

The Monthly Publication of

## ANNUNCIATION GREEK ORTHODOX CHURCH

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

November 2022

Beloved in Christ,

As we probably all know, the feast of the Annunciation of the Theotokos celebrates the visitation of the Archangel Gabriel to the future Mother of God. This messenger of God – which is the meaning of the word *angel* in the original Greek – is the herald of the coming of Christ the Savior into the world. Gabriel brought the glad tidings of joy to the Theotokos, and thereby to all mankind. Ever since the incarnation of Jesus Christ and His subsequent death and resurrection, the Church of Christ has been proclaiming the good news to every generation up to our very own. The question we must ask ourselves is whether we, too, have become heralds of the Gospel of Christ.

First, let's be clear on what it means to be a herald of the Gospel in the Orthodox sense. This does not mean that we should be standing in front of supermarkets and shopping malls proclaiming the good news of Christ with our loudest voice. Being heralds of the Gospel is much more than *speaking* about Christ and His salvific plan for mankind. It does, however, have everything to do with *living* the Word of God in the most exemplary fashion.

A true herald of the Gospel of Christ, first and foremost, fully lives the *liturgical and sacramental* life of the Church. To be a true member of the Body of Christ, we must act as an integral part of the Body, which begins with liturgical worship. Christian worship has historically been *communal*. Just as the human body cannot fully function without all its members and organs, so it is with the Body of Christ. In church, all of us together experience both the Word of God through Holy Scripture, as well as partake of the mystical Body and Blood of our Lord through the Holy Eucharist. We hear God's Word with *one* ear, and we consume the Lord's Body and Blood with *one* mouth.

Being that God has created us with

a free will, we don't, however, leave church robotically programmed to think, speak, and act in the same manner. The weekdays in between each Sunday liturgy present each one of us with our ongoing challenge of how we apply the gospel message to our daily lives. Being a herald of the Gospel of Christ on a daily basis involves our interpersonal relationships, through which we have the opportunity to be examples of living in Christ. As Orthodox Christians, this is the strongest message that we can share with our fellow man.

Now, to be an imitator of Christ, we must recognize His various attributes as presented to us in the holy Gospel. Most important is *humility*. Our Lord did not come into the world to "make a splash," as we would say today. He clearly taught us that He came to serve and not to be served. Christ also taught us that we should treat others as we would like to be treated. It is clear, therefore, that a true follower of Christ should always think of *others* before himself. If we wish to represent Christ and His Gospel to those around us, we must acquire humility and seek to love and help our fellow human beings, whoever they may be.

The Lord also consistently showed *mercy and compassion* to those He encountered in His ministry. Although we may not have been given the grace to physically heal those who are ill, we can still be healers of the soul through the compassion and mercy we show to those who suffer. We also constantly encounter in the holy gospels that the Lord did not *judge* his fellow man, but rather, showed forgiveness and mercy toward people's weakness and shortcomings.

Let us remember that Christ also taught us the importance of *prayer and fasting*, which are virtuous practices very central to the spiritual life of an Orthodox Christian. Besides our liturgical and sacramental obligations, praying

and also fasting when required, is how we stay focused and connected to God outside of communal worship.

My brothers and sisters in Christ, the following passage from St. Paul's letter to the Philippians, sums up how all of us as members of the Body of Christ can be heralds of the Gospel:



*Brethren, let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you stand firm in one spirit, with one mind striving side by side for the faith of the gospel, and not frightened in anything by your opponents... Complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfishness or conceit, but in humility count others better than yourselves. Let each of you look not only to his own interests but also to the interests of others. (Philippians 1:27-28; 2:2-4)*

May these beautiful and inspiring words of St. Paul be an inspiration to all of us as well. We, too, can share the message of the Gospel through our words to those who are willing to listen. In the right time and situation, it is a blessing to share our faith with others, especially those who may be weakened in their faith through illness, tragedy, or plain apathy. But most important is living an exemplary life, so that all those around us will clearly see what it means to be an Orthodox Christian. I pray that you may all be blessed and guided by the Holy Spirit, so that you can strive to live according to the Gospel of Christ every day of your lives.

In Christ,

+Fr. Anthony

## Annunciation Greek Orthodox Church

*Proistamenos: Rev. Fr. Anthony Evangelatos*

Office Hours: Tuesday-Friday 10am-3 pm

Fr. Anthony's Email: [franthony@annunciationdover.org](mailto:franthony@annunciationdover.org)

Emergency Contact: (401) 662-5259

*Secretary: Nancy Lipitaki*

**603-742-7667**

### *Parish Council Ministry Team*

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### Parish Ministries and Services

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Altar Boys	Kulin Krishnan	<a href="mailto:kulin.krishnan@unh.edu">kulin.krishnan@unh.edu</a>
	Peter Lampesis	<a href="mailto:ptlamp3@gmail.com">ptlamp3@gmail.com</a>
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Cemetery	(open)	
Chanter	(open)	
Choir	(open)	
Church School Director	(open)	
Festival Committee	Rebecca Maskwa	<a href="mailto:greekfestivaldover@gmail.com">greekfestivaldover@gmail.com</a>
	Robert Mitropoulos	
Flowers	Deborah Sousane	(603) 742-2691
GOYA	Kulin Krishnan	<a href="mailto:kulin.krishnan@unh.edu">kulin.krishnan@unh.edu</a>
	Peter Lampesis	<a href="mailto:ptlamp3@gmail.com">ptlamp3@gmail.com</a>
	Lea Macheras	<a href="mailto:lmacheras@yahoo.com">lmacheras@yahoo.com</a>
Hellenic Center Rentals	Paul Karoutas	(603) 969-7376
Kali Parea	George & Althea Coussoule	(603) 923-1349
Office Helpers Coordinators	Cynthia Vomvoris, Bill Vomvoris	
Outreach Committee	Sharon Lampros	(603) 742-0611
		<a href="mailto:Lamprosfamily@comcast.net">Lamprosfamily@comcast.net</a>
Parish Council President	Sophia Mitropoulos	(207) 459-0795
		<a href="mailto:Sophia.m.mitropoulos@gmail.com">Sophia.m.mitropoulos@gmail.com</a>
Parish Youth Safety Administrator	George Coussoule	(603) 923-1349
Prosporo Bakers	Anthi Delintsiotis, Christine Elios,	
	Paraskevi Stamelos	
Scholarship Committee	Pam Byers	(603) 332-7875
Soup Kitchen Coordinator	Litsa Maskwa	<a href="mailto:egeorgakilas@gmail.com">egeorgakilas@gmail.com</a>
Stewardship Committee	Althea Coussoule	(603) 498-5179
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**Please send submissions to: [annunciationdover@gmail.com](mailto:annunciationdover@gmail.com),**  
**and put "Newsletter Submission" in the subject line.**

## FROM FR. ANTHONY

### Nativity Fast Begins 11/15

The Orthodox Church's preparation for the Nativity of Christ is very different from other Christian traditions, and totally opposite of the worldly, secular observance during the weeks prior to the Nativity. Ours is a quiet, spiritual preparation through a 40-day fast. We remind all our brethren of this very ancient fast period of the Church, in order for all of us to spiritually prepare for the Nativity of our Lord and Savior Jesus Christ in the flesh. The majority of this period is considered a relaxed fast, and not particularly strict until the final 12 days. Following are the generally accepted guidelines as a starting point, for those who wish to follow the fast to the full extent.

#### From 11/15 to 12/12:

- Fasting from all animal products.
- Fish, wine (all alcoholic beverages), and olive oil may be consumed every day except for Wednesdays and Fridays. Shellfish may be consumed daily.

**Note:** Our holy Archdiocese has always suspended fasting for Thanksgiving.

Remember that fasting should be relaxed for health reasons, and for growing children. Your spiritual father is always available to guide you accordingly. Even if we cannot keep the fast entirely, we can still keep the spirit of the fast as much as possible, especially by incorporating regular church attendance, increased prayer, and charitable works.

### Spiritual Wisdom

*Forget your good deeds as soon as possible...Do not record your good deeds, for if you record them, they will soon fade. But if you forget them, they will be written in eternity. (St. Nicholas of Serbia)*

*Do not sorrow for the dying man; rather sorrow for him who is living in sin, for sin is true death. (St. John Chrysostom)*

*While refraining from food, one must also refrain from the passions. (St. Macarius of Optina)*

*When we are having difficulties, we need to acquire a spirit of contrition, pray, and remain patient. We have to endure less than satisfactory circumstances because we are called to be in the world in order to undergo affliction. However, this shouldn't be a cause for despair, but rather, we must continue our struggle. This is our invisible and constant battle; this is the yoke that Christ has given us. (St. Sergei of Vanves)*

*Cultivate patience. When there is no patience, all goodness in the soul is quickly suppressed and sin grows. Patience adorns the soul with diamonds which are not of the earth but belong to the Jerusalem that is above. Patience increases obedience to the Divine words that have been written... (St. Raphael of Lesvos)*

### Orthodox Life Sessions

Orthodox Life sessions continue each Thursday in the library. As in the past, I am alternating between Thursday evenings and mornings to accommodate both those who work, and those only available in the morning. Have a look on the enclosed calendar for the weekly schedule. Please join us to learn more about Holy Scripture, the lives of the saints, various topics of interest, as well as time for questions and answers.

### Altar Service

Once again we invite young boys and teens to join the altar service team. Archdiocesan guidelines suggest the age of nine as a proper age to begin serving. Please consider joining this spiritually rewarding ministry to serve God and our parish!

## PARISH NEWS AND EVENTS



### Parish Chronicle



**Funeral**  
10/19-Roula Kottaridis.

**Memorials & Trisagions**  
10/2 -James (Demetrios) & Catherine Lazarus  
10/9-Konstantinos & Athanasios Karageorgos

*May their memory be eternal!*

### PARISH PRAYER LIST

Please pray for our brothers and sisters:

**Elizabeth, Deborah, Jim, Logan, Kali, Alexandros,  
Anna, Abigail, Shannon.**

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,  
or call the office at 742-7667.

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

### Special Event for His Eminence

As has been announced in church, on Sunday, November 13, there will be a banquet in honor of His Eminence, Metropolitan Methodios. It will be held at St. Nicholas Church in Portsmouth, starting at 2:30 pm. This year marks the 40th anniversary of his ordination to the holy episcopacy. The parishes of our local region would like to honor His Eminence for his fatherly guidance and oversight over his years as our shepherd in Christ.

Please know that the banquet is gratis for all attendees. The cost of the event will be shared by the five parishes involved. Please make it a point to join our brethren in Christ from both New Hampshire and Maine for this special event. Our own George Coussoule, along with lay representatives from the other churches, will offer a few remarks on behalf of our parish.

### Upcoming Festal Icon Decoration

- **Icon of the Entrance of the Theotokos into the Temple, 11/21**

Anyone interested in sponsoring this icon, please contact the church office by phone or e-mail. The cost is \$50.




### Donations

- New table-top podium for various uses, and repair and enhancement of wooden Gospel stand—George and Althea Coussoule

### New Office Secretary

We are pleased to announce that we now have a new secretary for our church office. Her name is Nancy Lipitaki, whom many of you have already met, along with her husband Christos, and their children, Philippos and Sophia. Nancy officially begins her position on 11/8. Her office hours will eventually be posted as she settles into her position. Welcome Nancy!

# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Orthodox Life Session 7 pm 	4	5 Great Vespers 5 pm <i>(note time change)</i> International Food Tasting  6 pm
6 Orthros, 8:45 am Liturgy, 10 am 	7	8 Synaxis of the Holy Archangels Michael & Gabriel Orthros, 8:45 am Liturgy, 10 am 	9 Parish Council 6 pm	10 Orthodox Life Session 10 am 	11	12 Great Vespers 6 pm 
13 Orthros, 8:45 am Liturgy, 10 am Veterans Appreciation  Banquet for Met. Methodios, 2:30 pm-St. Nicholas, Portsmouth 	14	15 NATIVITY FAST BEGINS  <i>(see bulletin entry)</i> 	16	17 Orthodox Life Session 7 pm 	18	19 Great Vespers 6 pm 
NATIVITY FAST						
20 Orthros, 8:45 am Liturgy, 10 am  General Assembly after Liturgy 	21 Entrance of the Theotokos into the Temple Orthros, 8:45 am Liturgy, 10 am 	22	23	24 	25 office closed	26 no Vespers
NATIVITY FAST				NATIVITY FAST		
27 8:45 am, Orthros 10 am, Liturgy 	28	29 Soup Kitchen 3 pm	30 The Holy Apostle Andrew the First-called Orthros, 8:45 am Liturgy, 10 am 			
NATIVITY FAST						

# ALKISTIS NEWS

*Alkistis will sponsor the Fellowship Hour on Remembrance Sunday, November 13<sup>th</sup>, to honor our Veterans. The following photos were taken at the last Remembrance Sunday we hosted in 2019. Covid has prevented us from gathering to put together a luncheon since then. Our plan was to do just that this year, but we are doing a traditional coffee hour because at 2:30 pm on the 13<sup>th</sup> there is a luncheon being held at St. Nicholas in Portsmouth to honor His Eminence for the 40 years he has served. All parishioners are invited.*

*The following photos were taken in 2019 at the luncheon for our Veterans:*

## **Luncheon in honor of Veterans 2019**



*Cynthia, Michayla, Evelyn & Rea serve up lasagna for Remembrance Day honoring our Veterans.*



## PARISH COUNCIL

### Fall General Assembly Agenda Sunday, November 20, 2022

At noon

In the event we do not have a quorum, the General Assembly will take place on  
Monday, November 21st at 6pm

- Call Meeting to order
- Election of Parliamentarian for Fall 2022 General Assembly
- Approval of Minutes from Spring 2022 General Assembly
- Fr. Anthony's Comments
- Treasurer's Review of the Parish Budget for 2022
- Review of Members of Board of Auditors to review the 2022
- Nomination of proposed new members of Parish Council by Board of Elections  
Robin Schumaker , Bill Gatzoulis, John Demopoulos
- Vote on proposed members of Parish Council\*
- For the Good of the Parish
- Closing Prayer – Fr. Anthony
- Adjournment

\*During the Fall General Assembly, we will be seeking approval for new terms of the below.

#### **Council Members with expiring terms:**

Heidi Atkinson, Anthi Delintsiotis, Mike Frudakis, Kimon Lalas

#### **Continuing Members include:**

Sophia Mitropoulos-Abbott, Shana Mitropoulos, Pam Byers, Peter Lampesis, Litsa Maskwa, Kulin Krishnan

We do have a vacancy on the Parish Council. If you are interested, please reach out to Father Anthony or Sophia for details.

## CHURCH BOOKSTORE / GIFT SHOP

Please check out our new items:

- **Icons**
- **Prayer rope bracelets**
- **Charcoal**
- **Incense burner**

Be on the lookout for more new items!

If there is something you would like, but don't see it, be sure to let Hope Frudakis or Vula Lalas know. They will try to order it for you!

## KALI PAREA



**Kali Parea** will be sponsoring an **International Food Tasting** on Saturday November 5th at 6:00pm in the Fr. Arthur Athans Fellowship Hall. We ask an individual, family or families to host a table representing a specific country. You would be responsible for decorating the table and then bringing an appetizer, entrée and dessert which represents that country.

All paper goods and utensils will be provided. We will all be “tasting” and sharing the foods from the different regions. Please consider hosting a table. Let Althea or George Coussoule know as soon as possible what country you would like to represent—there’s still time! The following countries have already been chosen: Italy, France, Scotland, India, Poland, Spain, Thailand, and USA.

In lieu of buying tickets, donations are welcome. All proceeds will go to the Outreach Committee to help in their efforts to reach out to people who are in need.

To host a table or to reserve your seat for the tasting please call:

Althea 603-498-5179 or

George 603-923-1349



## FESTIVAL NEWS

Dear Friends:

On behalf of the Festival Committee, I wish to thank everyone that generously donated towards the raffle table this year. Every year, the generosity of our parishioners and friends astounds me and winning a raffle prize always brings such happiness to the recipients.

I would like to thank the following who contributed to the success of this year's Raffle:

Les & Barbara Hoogeveen, Joe & Maria Happnie, Peter & Michelle Mitropoulos, Robert & Bea Morris, the Savage, Gemas and Polychronopoulos families, Mrs. Maria Faskianos, Pam Byers, Nancy Trudeau, Dr. John & Mrs. Geriann Athans, Father Anthony & Presbyteria Themmi Evangelatos, Steve & Alice Poole, Dean & Nancy Zottos / Café Nostimo, the Daughter's of Penelope, the Proulx Real Estate Office / Vula Lalas, Colin & Rebecca MacNamee, Paul & Paula Maskwa, Greenleaf Farms / Deborah Sousane, Dr. Argeris & Mrs. Eloise Karabelas, George & Sandy Lazarus, Brian, Jenn, Avery & Jack Richards, Jon, Beth, Charlie & Emaline Jenkins, the Alkistis Association. Thank you all!!!

I especially would like to thank Pam Byers & Joanna McMahon for manning the raffle table both days. I know how hectic it gets at the table and you handled everyone with so much patience and grace. Thank you both very much!

Yours sincerely,

*Vula Z. Lalas*

Raffle Chairperson

## CHURCH SCHOOL

Our Church School staff is preparing to organize all the classrooms and storage areas. They will also review what curriculum we currently have from the Archdiocese Department of Religious Education. Our goal is to maintain a pleasant and inviting environment in the classrooms, and to have appropriate curriculum for all grade levels.

We are still seeking an individual to take on the role of Church School director. We have discussed the possibility of a parishioner who would like to be involved, but not necessarily be on staff as a permanent teacher. Anyone who is interested can speak with Fr. Anthony for more information.

**IMPORTANT: Please note that the success of this program is completely dependent on the involvement of our families. We look forward to seeing our children on a regular basis, along with their parents!**

## GOYA

Greetings Goyans!

Fall is now in full effect and we hope you are enjoying the change of seasons. Here's what we have planned for November:

- Board game night in the church hall - Friday, 11/18, 6pm

Hope to see you all there!

**2022 PARISH STEWARDS AS OF OCTOBER 2022**  
**THESE FAMILIES HAVE RETURNED THEIR NEW STEWARDSHIP FORMS**

*Evangelatos, Rev. Anthony &  
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 Presvytera Keta*

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*Athans, John & Gerriann*

*Atkinson, Heidi & Shawn*

*Benaris, Andy*

*Boudreau, Elene & David*

*Byers, Pamela & Bill*

*Charos, Evangelos & Maryann*

*Chrysafidis, Constantine*

*Clairmont, Richard*

*Coussoule, George & Althea*

*Danie, Kyle & Kiki*

*Defintsiotis, Anthi*

*Defintsiotis, Claire*

*Defintsiotis, Demetrios*

*Demopoulos, Alaina*

*Demopoulos, George*

*Demopoulos, John & Anita*

*Demopoulos, Ted*

*Demopoulos, Vasilike (Zeff)*

*Economides Joost, Elaine*

*Elios, Christina*

*Faskianos, Irina*

*Faskianos, Maria*

*Faskianos, Sophia*

*Frangos, James & Peggy*

*Frangos, Lilly*

*Fresh, Hayden*

*Frudakis, Hope*

*Frudakis, Michael*

*Gemas, Casey*

*Gemas, Mark & Lorie*

*Gemas, Nicholas & Margaret*

*Georgakilas, George*

*George, Demetrious*

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*Wozmak, Diane & Richard*

*Xydias, Bill*

*Xydias, Efsthimios & Lily*

*Xydias, Panagiotis & Eleni*

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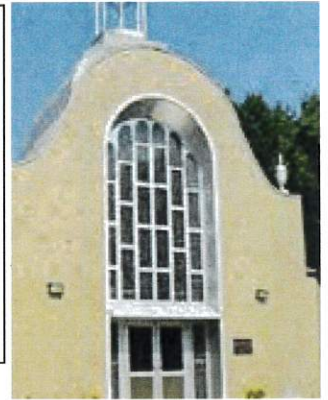
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e-mail: [FrAnthony@annunciationdover.org](mailto:FrAnthony@annunciationdover.org)  
Tuesday-Friday 10 am-3 pm  
Emergency Contact: (401) 662-5259

**DATES TO REMEMBER IN NOVEMBER**

**Saturday, 11/5, 11/12, 11/19 Vespers**

**Saturday, 11/5 International Food Tasting 6pm**

**Sunday, 11/13 Veteran's Appreciation Day**

**Sunday, 11/20 Fall General Assembly**

**Friday, 11/18 GOYA board game night in the church hall, 6pm**

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**PAID**  
Permit 390  
Dover, NH 03820

Annunciation Greek Orthodox Church  
93 Locust St.  
Dover, NH 03820  
Return Service Requested