

# REJOICE!

The Monthly Publication of the

## ANNUNCIATION GREEK ORTHODOX CHURCH

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Beloved in Christ,

As we well know, September 1st in the Orthodox Church is the beginning of the new ecclesiastical year. It's our *spiritual* New Year's Day, so to speak. Most of us are familiar with the custom of making New Year's resolutions at the beginning of each calendar year. Perhaps we can give this custom a spiritual spin by taking an honest assessment of our lives, and coming up with an appropriate list of resolutions toward our spiritual growth. To aid us in this process, I would like to offer some important points to consider as follows.

### Church Attendance

**This is the foremost issue to which we should all give full attention.** Do we strive to be as regular as possible in attending Sunday Liturgy? Do we attend festal Vespers and Liturgies whenever possible? Do we allow various obstacles to keep us from attending? Do we think it's only important to attend church on major feast days? For those of us raising children, are we being the best example possible for their spiritual growth?

### Personal Prayer Life

**Our prayer life is also of great importance to our spiritual growth.** Do we make it a point to set aside time for personal prayer each day? Do we ignore prayer until Sunday when we're in church? Do we thank God each day for our health and various blessings each morning, and ask forgiveness for our sins and shortcomings at the end of each day? Do we pray for our families, and for all those who both love and hate us as the Lord taught us?

### Sacramental Life

**The holy mysteries (sacraments) are given by the Church for our on-going spiritual growth, and toward our salvation.** Do we strive to receive Holy Com-

munion on some type of regular basis – weekly, monthly, on major feast and saints' days, during fast periods, etc.? Do we fully understand the responsibility of sponsoring couples in weddings and children in baptisms? Do we seek to bring our sins and shortcomings to the Church through Holy Confession in order to be absolved by Christ?

### Christian Philanthropy

**We were taught by Christ and His Holy Apostles to help those in need in imitation of our Lord.** Do we seek to be imitators of Christ in all things? Do we find appropriate ways to share of our treasure with those in need, with Orthodox missionary work, and with other types of charitable organizations? Do we prioritize our Church through our stewardship giving in thanksgiving for what the Lord provides us freely?

### God's Commandments

**To follow the path of salvation, we must always strive to please God and seek to do His will.** Do we try our best to follow His commandments? Do we allow our egos to dictate our thoughts, words, and actions? Do we strive to be exemplary Orthodox Christians as much as possible?

### Fasting

**Fasting is a powerful spiritual tool given to us by God through His Church, which allows us to combat sin in our lives and grow closer to Him.** Do we try as much as possible to uphold the weekly Wednesday and Friday fast? Do we closely follow the Church calendar regarding the various fast days and periods of the ecclesiastical year? Do we allow ourselves to be influenced by those who state that fasting is archaic and of no value?

### Putting God First

**In summation, everything stated above puts God first in the daily life of an Orthodox Christian.** Do we ever find ourselves taking exception with the guidelines and teachings of the Church? Do we truly allow God's will to be done in all things, or do we always try to maintain control? Do we allow ourselves to be influenced by others to think and act in a non-Christian manner, instead of prayerfully searching our hearts and souls through God's guidance?

Beloved in Christ, please know that these are things that we *all* can work on, including your priest, for we also sin and are not above reproach. As your spiritual father, I invite all parishioners of the Annunciation to continue on the straight and narrow path of salvation offered through our parish; and to those who may have strayed, to re-enter the path for which the gates remain opened wide at all times.

Nothing in this world is more sacred, more important, and more life-transforming than our Orthodox Church, which will always be here for us. Families often go through stressful and challenging times, but parents never stop loving and caring for their children, praying and hoping that they will eventually see this and reciprocate. As a parish, we are also a family in Christ and should always reflect that. As such, we have a sacred obligation to continue building upon what we have for the benefit of *all*. Some prayerful reflection should allow us to see things more clearly with the eyes of the soul, in order to be guided by the life of the Church, the very Body of Christ. A blessed new ecclesiastical year to all!

In Christ,

+Fr. Anthony



## Annunciation Greek Orthodox Church

*Proistamenos: Rev. Fr. Anthony Evangelatos*

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Emergency Contact: (401) 662-5259

**Secretary: Nancy Lipitaki; Office Hours: Tuesday — Friday 9:00am -1:00 pm**

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Altar Boys	Kulin Krishnan	kulin.krishnan@unh.edu
	Peter Lampesis	ptlamp3@gmail.com
Bookstore	Vula Lalas	Vulaz55@gmail.com
Cemetery	(open)	
Chanter	(open)	
Church School Director	Jessica Quigley	(806) 317-0838
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	kulin.krishnan@unh.edu
	Peter Lampesis	ptlamp3@gmail.com
	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
Outreach Committee	Sharon Lampros	(603) 742-0611
		<a href="mailto:Lamprosfamily@comcast.net">Lamprosfamily@comcast.net</a>
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Prosphoro Bakers	Anthi Delintsiotis, Christine Elios,	
	Paraskevi Stamelos	
Scholarship Committee	Casey Gemas	(603) 978-2922
Soup Kitchen Coordinator	Robin & Judy Schumaker	<a href="mailto:rob_the_np@yahoo.com">rob_the_np@yahoo.com</a>
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Please send submissions to: [annunciationdover@gmail.com](mailto:annunciationdover@gmail.com),

## FROM FR. ANTHONY

### From the Church Fathers

The following is taken from the writings of St. John Chrysostom:

#### *That the Household Might Become a Church*

*When you go home from here (church), lay out with your meal a spiritual meal as well. The father of the family might repeat something of what was said here; his wife could then hear it, the children too could learn something...In short, the household might become like a church, so that the devil is driven off and that evil spirit, the enemy of our salvation, takes to flight; the grace of the Holy Spirit would rest there instead, and all peace and harmony surround the inhabitants...*

#### *Scripture: A Spring Gushing with Ever-flowing Waters*

*Reading the Holy Scriptures is like a treasure. With a treasure, you see, anyone able to find a tiny nugget gains for himself great wealth; likewise in the case of Sacred Scripture, you can get from a small phrase a great wealth of thought and immense riches. The Word of God is not only like a treasure, but is also like a spring gushing with ever-flowing waters in a mighty flood...Don't be surprised if we have experienced this: our forebearers drank from these waters to the limit of their capacity, and those who come after us will try to do likewise, without risk of exhausting them; instead the flood will increase and the streams will be multiplied.*

#### *The Church is Your Salvation*

*Nothing is more abiding than the Church: she is your salvation; she is your refuge. She is more lofty than the heavens; she is more far-reaching than the earth. She never grows old; she always stays in bloom. And so Scripture indicates her permanence and stability by calling her a virgin; her magnificence by calling her a queen; her closeness to God by calling her a daughter; her barrenness turned to fecundity by calling her 'the mother of seven.' A thousand names try to spell out her nobility. Just as the Lord is called by many names...since one name could not hope to describe the Omnipotent, and many names give us some small insight into His nature, so the Church goes by many names.*

### Spiritual Wisdom

*The Spirit of God is given to us, not according to our merits, but by the mercy of the living God. How do men grieve the Spirit of God? All bitterness and wrath, anger and clamor, cursing and all malice and our every sin grieve this Spirit. What pleases the Spirit of God? Keeping the commandments, meekness, mercy and forgiveness. (St. Nikolai Velimerovich)*

*A handful of sand, thrown into the sea, is what sinning is, when compared to God's providence and mercy. Just as an abundant source of water is not impeded by a handful of dust, so also the Creator's mercy is not defeated by the sins of His creations. (St. Isaac the Syrian)*

*If you wish to be saved, seek no other thing here in this world as much as love. (St. Cosmas of Aitolia)*

*The soul of a humble man is like the sea: throw a stone into the sea – for a moment it will ruffle the surface a little, and then sink to the bottom. Thus do afflictions disappear down into the heart of the humble man, because the strength of the Lord is with him. (St. Silouan the Athonite)*

*Before the war begins, seek after your ally; before you fall ill, seek out your physician; and before grievous things come upon you, pray, and in the time of your tribulations you will find Him, and He will listen to you. (St. Isaac the Syrian)*

*Truth and love are two wings that cannot be separated, for truth cannot fly without love, nor can love soar aloft without truth; their yoke is one of amity. (St. Ephraim the Syrian)*

## A LETTER FROM THE PRESIDENT

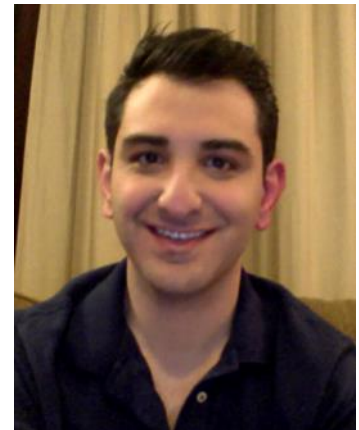
Fellow parishioners,

As we are in the midst of our feverish preparations for this year's festival, I shall keep my message brief. I would like to take this opportunity to thank all the volunteers, our festival committee, sponsors, parish council members, our spiritual leader, and the greater Annunciation community for their continued support. We could not host this event without you.

I'd also like to thank the many members of our community who have stepped up as we complete the installation of our new floor downstairs in the Father Athans Hall. Thank you for your essential help as we move furniture to and fro around the hall and clear out decades of built-up clutter.

Please look forward to a more verbose message by me in honor of our starting a new ecclesiastical year in our next edition of the *Rejoice*.

Sincerely,  
Michael Frudakis  
Parish Council President



## OUTREACH

Our next Outreach meeting is Wednesday, September 6 at 5:30 pm in the Church Library.

We always welcome anyone to listen in to our discussions and possibly join our team.

Sharon Lampros

PARISH NEWS AND EVENTS



**Parish Chronicle**



**Baptisms**

7/8 – **Anna**, daughter of Joseph and Maria Happnie  
Sponsor – Rebecca MacNamee.

**Funerals**

7/19 – Harry Kageleiry

**Memorials**

8/13 – Cosmas Evangelatos, 20 years

**Parish Prayer List**

Please pray for our brothers and sisters:

**Elizabeth, Deborah, Jim, Cynthia**

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.

**Donations**

- \$300 from Dormtion of the Virgin Mary Church - Somersworth, for celebration of festal Liturgy on 8/15
- Decoration of Icon of the Transfiguration and donation of grapes for blessing on 8/6 – Voula Stamelos in honor of her son Soterios' name day
- Decoration of Icon of the Nativity of the Theotokos on 9/8 – Paul Koutroubas

**The following festal icon is available for decoration in September:**

- Icon of the Elevation of the Holy Cross – 9/14

Please note that the amount needed is \$50. If you would like to sponsor this icon, please contact the church office by phone or e-mail.

**In addition, fresh basil is needed for decorating the tray of the Holy Cross on 9/14. If you have some at home that you could offer, please bring it to church during office hours, no later than Wednesday, 9/13.**

**Bequest from Dr. John C. Rouman**

Our parish has received a most generous donation from the estate of John Rouman, in the amount of **\$180,000**. He was always an ardent supporter of our church. May his memory be eternal!

**Narthex Candle Sandboxes**

Peter Lampesis III has donated and replaced the sand in the candle boxes in the Narthex. Thank you, Peter!

**Coffee Hours For September**

**9/3 – no host**

**9/10 – no host**

**9/17 – no host**

**9/24 – no host**

It would be a great blessing if more of our church family periodically hosted a coffee hour. Please know that no one should feel they have to uphold a certain “standard” or expectation. Each host can be as simple or elaborate as they choose, as long as there are sufficient provisions. The only requirement is following the guidelines during fasting periods of the Church. In order to hold a Sunday coffee hour, please either sign up in the Narthex, or call or e-mail the church office. We thank all of our generous hosts in advance!

## ALKISTIS NEWS

Dear Friends:

I would like to begin my message by acknowledging an amazing lady who has been the driving force behind the success of our Annunciation Greek Orthodox Church, Alkistis Ladies Group: **Bea Morris**.

Bea's dedication, passion, and unwavering commitment to Alkistis over the last 25 years, have propelled the group to new heights. Bea brought a visionary leadership to the role with her organizational excellence, community engagement and welcoming presence that made her not only an amazing leader, but a dear friend as well. She will be a hard act to follow.

As your incoming president, I look forward to Alkistis' continued growth and success and fostering collaboration among all the ladies of the parish, and embracing change as a driving force. A culture of teamwork and openness to new ideas will help to create a dynamic environment that will only encourage progress.

I am in the process of putting together a schedule of meetings and events that will extend into 2024. As we all possess unique strengths and insights, I look forward to the active involvement and support of the ladies of the parish, and the continued growth and success of Alkistis.

Warmly,

Vula Z. Lalas  
Incoming Alkistis President

## CHURCH SCHOOL

Welcome back, Church School students and parents!

We hope that you have had a wonderful summer and are looking forward to the new Liturgical year as much as we are! We will resume Church School on 10 September, 2023, just in time for the feast of The Elevation of the Holy Cross. On the first day of classes, Father will be blessing the students prior to receiving Holy Communion. The Church School year will run through Sunday, May 19.

The floor downstairs is almost finished, Glory to God! This means that we will soon have everything set back up in the Sunday School rooms and ready for classes to begin. We are VERY EXCITED for this project to come to a close, as I'm sure everyone is! Big thank you to Jessica (Awad) and Lois for their help in moving our things back into the SS rooms - it was much appreciated!

As a general reminder, we are always looking for volunteers to help with the Church School, whether as a substitute or a year-round teacher. Like our other church ministries, it is volunteer-based, so please let Father or I know ahead of time if you are able or willing to donate your time.

Ms. Nancy, Ms. Lea, Ms. Claire, and I look forward to seeing each of you again and I hope that you will all join me in praying for our children this year!

In Christ,  
Jess Quigley  
Church School Director

"Beloved Christians, you and your children shall give account to the just Judge. He will not ask whether you have taught your children the arts or whether you have taught them to speak French, German, or Italian, but whether you have taught them to live as Christians." ~ St. Tikhon of Zadonsk



# September 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Please note that all Orthros services and Divine Liturgies, both on Sundays & weekdays, are always at 8:45 am & 10 am, respectively.

1 Ecclesiastical New Year (no services)  
Greek Festival 4 pm-10 pm

2 Greek Festival 11 am-10 pm (No Vespers)



3 Orthros & Liturgy

4 Labor Day (office closed)

5

6

7 Great Vespers of the Nativity of the Theotokos 7 pm

8 Nativity of the Theotokos  
Orthros & Liturgy

9 Great Vespers 6 pm

10 Orthros & Liturgy  
1st Day of Church School (blessing of students)

11

12 Parish Council 6 pm

13 Great Vespers of the Elevation of the Holy Cross 7 pm

14 Elevation of the Holy Cross  
Orthros & Liturgy (strict fast)

15

16 Great Vespers 6 pm

17 Orthros & Liturgy

18

19

20

21

22

23 Great Vespers 6 pm

24 Orthros & Liturgy

25

26

27

28

29

30 Great Vespers 5 pm



International Food Tasting 6 pm



**Rejoice – September 2023**

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**International Food Tasting**



**Outreach** will be sponsoring an **International Food Tasting** on Saturday September 30<sup>th</sup>, at 6:00pm in the Fr. Arthur Athans Fellowship Hall. We know we have many good cooks in our church community and we currently have foods representing Greece, Russia, Spain, India, Lebanon, and France included in the tasting. Outreach will provide water and coffee for the event, and attendees are welcomed to BYOB. 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. We will have a sign-up sheet at the church for people wishing to attend the Tasting, so that we have sufficient supplies and tables for the event.

**More Cooks Needed for the International Food Tasting:**

We would like to have a couple more countries represented and are seeking additional individuals or families to host a country's table. Some possibilities are countries of Africa and the Caribbean region, Austria, Italy, Korea, and Romania, just to name a few. You would be responsible for decorating the table and bringing an appetizer, entrée, and dessert which represents that country. All paper goods and utensils will be provided by Outreach as well as water and coffee. We will be asking attendees to BYOB.



Please consider hosting a table. Let Sharon Lampros or Althea or George Cousoule know as soon as possible, what country you would like to represent. Please hurry so that you can choose the country you prefer.

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

Althea 603-498-5179 or George 603-923-1349 or Sharon Lampros at 603-767-9718



## 2023 PARISH STEWARDS - AS OF JUNE 2023

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

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Abbott, Tim & Sophia  
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Anestis, Peter & Lee  
Atkinson, Heidi & Shawn  
Bauman, Nicolas  
Bonias, Thomas & Georgia  
Boudreau, Elene & David  
Byers, Pam & Bill  
Catsoulis, O'Brien, Paul & Karen  
Charos, Alexandra  
Charos, Evangelos & Maryann  
Chrysafidis, Constantine  
Clairmont, Richard  
Coussoule, George & Althea  
Danie, Kyle & Kiki  
Delintsiotis, Anthi  
Delintsiotis, Claire  
Delintsiotis, Demetrios  
Demopoulos, Alaina  
Demopoulos, George  
Demopoulos, John & Anita  
Demopoulos, Nicholaos  
Demopoulos Ted  
Demopoulos, Vasilike (Zeff)  
Economides Stephen  
Elios, Christina  
Faskianos, Maria  
Frangos, Peggy  
Fresh, Hayden  
Frudakis, Hope  
Frudakis, Michael  
Gemas, Mark & Lorie  
Gemas, Nicholas & Margaret  
Gurney, Sarah & Charlie  
Hannan, Robert and Betty  
Happnie, Joe & Maria

Kageleiry, Gregorios  
Kageleiry, Harry & Barbara  
Karabelas, Arthur & Donna  
Karabelas, Paulina -Michael Pettiglio  
Karoutas, Paul  
Koromilas, Johnnie  
Kostis, Dennis & Betsy  
Kostis, John & Stacey  
Kottaridis, Kathy  
Koutroubas, Paul  
Krishnan, Kulin  
Labanaris, Nicholas & Fotine  
Lalas, John  
Lalas, Kimon & Vula  
Lampesis, Peter & Rea  
Lampros, Sharon & John  
Lark, Margaret & James  
Lazarus, George & Sandy  
Lewis, Alexandra  
Lirette, Lilly & Adam  
Macheras, Lea  
Maher, Georgeanna  
Martin, Amy & Edward  
Maskwa, Litsa & Eric  
Maskwa, Paul & Paula  
Melitus, James & Kathleen  
Mitropoulos, Nicholas & Shana  
Mitropoulos, Peter & Michelle  
Mitropoulos, Robert & Ryan Eagle  
Morris-Howard, Bea & Rob  
Motsis, Nicholaos  
Murphy, Ed & Ahn  
Moutevelis, Nicki  
Nelson, Mark & Melanie  
O'Hearne, James & Rosanne  
Oschman, Nora  
Panasis, Helen  
Passas, Constance  
Pires, Melquisedeque

Polychronopoulos, Zoe  
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Poole, Alice & Stephen  
Quigley, Jessica & Josh  
Rallis, Katerina  
Rouman, James  
Savage, Jeff & Evelyn  
Schumaker, Robin & Judy  
Scontras, Yota  
Servetas, Charlotte  
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Strangas, James  
Strangas, Peter  
Strangas, William  
Thomas, George & Denise  
Trudeau, Nancy  
Tsiros, Cathy & William  
Tsopas, Nickolas  
Tsougranis, Ted and Irene  
Tsouramanis, Katina  
Venetos, James & Nanine  
Vomvoris, Bill and Cynthia  
Weir, Anthony "Toby"  
Xydias, Bill  
Xydias, Efthimios & Lillian  
Xydias, Panagiotis & Eleni

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your 2023 Stewardship form!**

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