

Beloved in Christ,

Each year we remember the Holy Theotokos in a very special way. For the first fourteen days each August we keep a strict fast, and each weeknight we chant the *Paraklesis*, or *Supplication* service in her honor. This focused period of fasting and intensified prayer and worship has a specific purpose, which is our spiritual preparation for the great feast of the Dormition of the Theotokos on August 15th – the *Pascha* of summer, as many call this feast.

People often wonder why Holy Scripture does not speak about the feast of the Dormition, or even about some of the other feasts of the Theotokos, for that matter. The truth is that they do not – at least not the canonical books of the New Testament that we know. As Orthodox Christians, we must remember that everything we do in our Church is validated through what we call Holy Tradition. Within Holy Tradition we find various scriptures known as the *apocrypha* – writings which were not included in the official Bible of the Church, but nonetheless, had a bearing on the development of feasts of the Panavia, such as the Nativity of the Theotokos (September 8th), and the Entrance into the Temple (November 21st 21st). The scriptural sources of the feasts of the *Panayia*, along with the defense of her title, Theotokos, or Mother of God, at the Third Ecumenical Council of Ephesus, led to the development of liturgical services and hymns in her honor.

Besides the wealth of hymnography from the various feasts of the Theotokos, we also find special hymns in her honor at *every* Orthodox divine service known as *Theotokia*. Furthermore, we have specific services that honor the Theotokos, which are the Akathist Hymn and the Small and Great Paraklesis. The hymns of these services are sheer poetry, extolling and praising the virtues of the Mother of God.

In addition to hymnography, there is a wealth of iconography that is focused on the subject of the Theotokos from almost the very beginnings of the Church. Holy Tradition has taught us that St. Luke the Evangelist was the first to depict the Theotokos in an icon, while she was still alive. The famous and miraculous Panayia of Tinos is said to be one of the icons written by his hand. Most icons of the Theotokos point us in the direction of Christ, which accentuates her role as His holy mother. Rarely is the Theotokos depicted alone in an icon: she is normally shown with Christ as an infant, or as an adult as in the icons of the Marriage in Cana, the Crucifixion, and the Burial.

Orthodox Christians cannot imagine entering an Orthodox church without venerating one or more icons of the Theotokos. Her image is everywhere, especially in the apse of the church (the recessed, semi-dome area behind most Orthodox altars), where she is depicted as the *Platytera*, which means "more spacious than the heavens." This description is used by the Church to emphasize the fact that she held the eternal Logos, or Word of God, within her womb. In other words, she contained within her body the uncontainable God.

Seeing how honored the Theotokos is through hymns and through icons, we can thus understand how important her role is within the Church. No human being is closer to Christ than His own mother. We Orthodox



believe and accept that Christ is completely human and completely divine, in an unconfused and perfect state. Therefore, the Theotokos is simultaneously His earthy mother and the Mother of God. Because of her latter role, she has been sanctified for all eternity. We must always be clear, however, that we do not *worship* the Theotokos but simply venerate her, since worship is reserved for the Holy Trinity alone. Knowing that she continuously intercedes with Christ on our behalf, we see her as the gateway to Paradise. Salvation came into the world through her, so therefore, we pray to the Theotokos for her intercessions to Christ our God for our own salvation.

Beloved in Christ, let us this August make it a point to keep the fast in her honor, and to come to as many Paraklesis services as possible, in order to supplicate our Holy Mother who hears the prayers of all her children. We all have various needs, both spiritual and physical, so why not bring them to the one who speeds to intercede with our God and Creator? Our holy Church offers so many opportunities for the sanctification of body and soul, so let us take advantage of what the Church offers freely!

In the love of Christ and His Holy Mother,

+Fr. Anthony

Rejoice - July-August 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, Peter Lampesis III, Litsa Maskwa

Parish Ministries and Services

| Alkistis Ladies Society | Bea Morris | (603) 743-5719 | | |
|-----------------------------------|--------------------------------------|------------------------------|--|--|
| 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 | greekfestivaldover@gmail.com | | |
| | Robert Mitropoulos | - | | |
| Flowers | Deborah Sousane | (603) 742-2691 | | |
| GOYA | Kulin Krishnan | kulin.krishnan@unh.edu | | |
| | Peter Lampesis | ptlamp3@gmail.com | | |
| | Lea Macheras | lmacheras@yahoo.com | | |
| Hellenic Center Rentals | Paul Karoutas | (603) 969-7376 | | |
| Kali Parea | George & Althea Coussou | | | |
| Outreach Committee | Sharon Lampros | (603) 742-0611 | | |
| | | Lamprosfamily@comcast.net | | |
| Parish Council President | Michael Frudakis | (347) 307-4370 | | |
| Parish Youth Safety Administrator | George Coussoule | (603) 923-1349 | | |
| Prosphoro Bakers | Anthi Delintsiotis, Christine Elios, | | | |
| | Paraskevi Stamelos | | | |
| Scholarship Committee | Casey Gemas | (603) 978-2922 | | |
| Soup Kitchen Coordinator | Robin & Judy Schumaker | rob_the_np@yahoo.com | | |
| Stewardship Committee | (open) | | | |
| Technology Team | Jameson Savage | (603) 988-3306 | | |
| | Dexter Tarbox | | | |
| Fr. Anthony Evangelatos | Email: franthony@annunciation | dover.org (603) 742-7667 | | |
| Church Office | Email: annunciationdover@gma | | | |
| | | | | |
| | | | | |
| | 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>,

FROM FR. ANTHONY

Dormition Fast

As mentioned earlier, the first fourteen days of August comprise a fast period in honor of the Holy Theotokos, as spiritual preparation for the feast of her Holy Dormition on the 15th. This fast is a mini-version of Great Lent, so the guidelines are identical. Following we offer the Church's guidelines for those who wish to follow the fast to the full extent, or as a starting point for those who are unable and need to follow to a lesser extent.

- Strict fast from all animal products throughout, including fish* (shellfish is permitted daily throughout the fast)
- Fast from wine (all alcoholic beverages) and olive oil on weekdays (it's permissible to substitute vegetable/seed oil)
- Wine and olive oil permitted on Saturdays and Sundays

*Fish is permitted on the feast of the Transfiguration, 8/6.

Let us honor the Holy Mother of God through our fasting, remembering her constant intercessions on our behalf. May we also attend the beautiful and melodic *Paraklesis* services for our spiritual benefit.

Spiritual Wisdom

Whatever we do or gain in this world, let us consider it insignificant in comparison to the eternal wealth that is to come...let us reach for the Divine! We have enjoyed the light in this world; let us long for the sun of right-eousness! Let us regard the heavenly Jerusalem as our homeland... Let us live prudently in this world that we may obtain eternal life. (St. Syncletica of Alexandria)

Just like a shadow follows a body, so does temptation follow good deeds – for no one will enter the Kingdom of Heaven without temptation. Thus, endure without anxiety and pray – the good Lord will reward you for your diligence and patience. (St. Dorotheos of Gaza)

The Apostles maintained this rule: not to complain in suffering and adversity, but bravely and patiently to accept whatever things happen in this world... We must bear whatever happens with patience and courage. For it is written, 'A sacrifice to God is a broken spirit; a heart that is contrite and humbled God will not despise' (Psalm 50:17). (St. Cyprian of Carthage)

Prayer is the language of the next world. Sooner or later, we will have to live in that world. When we go to another country to live there, we must speak their language. In order to learn the language of the age to come, we must pray. (St. Sergei of Vanves)

Do not confuse man, the image of God, with the wickedness that is in him, for the wickedness is only accidental, his misfortune, a sickness, an illusion of the devil; but his being, the image of God, still remains. (St. John of Kronstadt)

Hail to you forever, O Virgin Mother of God, our unceasing joy... You are the pearl of great price that belongs to the Kingdom, the fate of every victim, the living altar of the Bread of Life. Hail, O treasure of the love of God. Hail, O fount of the Son's love for man. (St. Methodios of Olympus)

FROM FR. ANTHONY

Regarding the Small Paraklesis Service

Unfortunately, many of us do not attend the multiple *Paraklesis* services offered to the Holy Mother of God during the fast of the Dormition of the Theotokos. This is one of the most popular services of the Church, laden with poetic hymns set to simple, yet beautiful melodies. The hymns make very clear to us the important role of the blessed *Panayia* in the life of the Church. They extol her as Mother of God and mediator between Christ and humanity. Following are some excerpts from the Small Paraklesis. Hopefully, these will inspire us to come and be blessed by the Theotokos while attending the services.

O Theotokos, we shall never be silent of your mighty acts, all we the unworthy. Had you not stood to intercede for us, who would have delivered us from the numerous perils? Who would have preserved us all until now with our freedom? O Lady, we shall not depart from you; for you always save your servants from all tribulation.

With my temptations surrounding me, searching for salvation I have sought refuge in you; O Mother of the Word and ever-Virgin, from all distresses and dangers deliver me.

With most serious ailments and with the passions so dark, I am being tested, O Virgin, come and bring help to me; for I have known of you, that you are without fail the endless treasure of cures, only all-blameless one.

I know you as the protection of my life, a steadfast shelter and refuge, O Virgin; disperse the host of my many temptations, and force away the demonic attacks from me. I pray to you unceasingly, from corruption of passions deliver me.

The streams of my many tears, reject not, Holy Virgin; for you gave birth to the One who dried all the tears, from all the faces of people; The Christ was born of you.

From the great multitude of my sins, ill am I in body, ill am I also in my soul. I am fleeing to you, the one who is all-blessed, the hope of all the hopeless, please come bring help to me.

Lady and the Mother of Him who saves, receive the supplications of the lowly who pray to you. Mediate between us and the One you brought forth; O Lady of all people, intercede for us.

Most Holy Theotokos, save us!

Holy Confession During Dormition Fast

- After each evening's Paraklesis service
- After Saturday evening Vespers
- During office hours by appointment

Dormition Services This August

Please know that this year we will be holding Orthros and Liturgy for the Dormition of the Theotokos, **at the Dormition Church in Somersworth.** The time of services will be identical to Dover's schedule (Orthros, 8:45 am, Divine Liturgy, 10 am).

In addition, we bring to your attention that the Great Vespers of the Dormition **will be held here at the Annun**ciation on 8/14, at 7 pm. Please join us on either or both days to celebrate this holy feast of the Theotokos!

FROM FR. ANTHONY

Guidelines for Respectful Worship

The following is taken from a short brochure from the Department of Outreach and Evangelism of the Holy Archdiocese. Hopefully these guidelines will answer commonly asked questions by many parishioners, particularly in regards to when, and when not to enter the Nave (main part of the church) during services.

Probably the most important duty that we have as worshippers attending church services, is to do all that is in our power to see that a proper decorum and atmosphere is maintained, so that all of the congregation is able to pray sincerely, peacefully and meaningfully.

It is with this fact in mind that we have set forth the following guidelines:

Upon entering the Church, at all times, but especially during services, an individual should remember that he or she is in the House of God. Reverence and good manners are required so as not to disturb those who are already engaged in prayer, but, even more importantly, as an expression of sincere faith and awareness of the presence of the Lord. No irrelevant conversations should take place, either in the Narthex or in any part of the Church.

According to actual church service procedures, each and every member of the congregation is required to be seated in the pews at the beginning of the service. It is only by leniency that anyone is allowed to enter the Church once the services have begun. Thus it behooves us not to take undue advantage of this leniency.

There are several parts of the service during which no one should be moving about. Wherever a person happens to be at these moments, he or she should stop and stand reverently, until the proper time to proceed.

These parts of the service are:

- 1. The Procession of the Priest and Altar Boys with the Gospel;
- 2. The reading of the Gospel;
- 3. The Cherubic Hymn and the Great Procession of the Priest and Altar Boys with the Holy Gifts;
- 4. The recitation of the Nicene Creed (in which the entire congregation should participate);
- 5. The prayers of offering 'Take, eat...' and the prayers of the consecration of the Holy Gifts;
- 6. The Sermon;
- 7. Any special services (memorial services, processions, prayers).

One basic rule to follow is that, whenever the Priest is facing the people or outside of the altar, either with the censer or giving the blessing, everyone should stand wherever they are.

Please remember that the Parish Council members and the ushering staff are required to keep order during services, and all should follow their instructions at all times.

PARISH PRAYER LIST

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

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.

| PARISH NEWS AND EVENTS | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| Parish Chronicle | Donations | | |
| Memorials7/2- William and Sophie Toland, 26 and 22 years; Michael Toland, 3 years.7/16 – James Frangos 1 year; Nick Morikis, 42 years 7/23 John Rouman, 1 year | Cutting and removal of fallen trees at Hellenic Center – Nick and Shana Mitropoulos, and family (another sub- stantial savings for our parish!) The following festal icon is available for decoration in Au- gust: | | |
| May their memory be eternal! | • Icon of the Transfiguration of Our Lord, 8/6 | | |
| Please note, any sacraments or funerals that take place in July or August, will be listed in our September issue. | 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. | | |

A LETTER FROM THE PRESIDENT

Dear Parishioners,

School is out, the weather is warm, and the sun is (once in a while) shining! Still, I hope you will resist the temptation to exchange Sunday pews for beach chairs. These will not be sleepy Summer months for our parish, indeed quite the opposite; our ministries are making significant progress on many fronts. Whether it be the cooking lessons offered by our Outreach Committee or the renewed and re-focused fundraising efforts of our Stewardship Committee, I see countless examples of positive momentum regardless of the temperature outside. Put simply, look for our parish to be open and active throughout this Summer.



Allow me to also single out the good work of our Festival Committee, who will be buying, baking,

and planning their way through these next few months. Our festival plays a crucial role in our budget and in fostering closer bonds of community within our parish. It's encouraging how much attendance and participation in that committee's meetings have increased of late, but we can always use more help. I urge all to get involved as we begin baking sessions in the coming weeks; many hands will make light work - plus it's a lot of fun!

My final update is in regards to the restoration of the Father Athans Hall, and it is a short one. The new tile floor is scheduled for installation next week. I am glad to say that this marks the final stage of construction work downstairs. Thank you all for your help and understanding during this challenging time.

Wishing you all a happy 4th of July!

Sincerely, Michael W. Frudakis

Coffee Hours

In order to be more visible to our beloved parishioners, going forward we will include the coffee hour schedule for each month, in both the weekly and monthly bulletins. Since many may not be checking the sign-up sheet in the Narthex, this way everyone will be informed of which Sundays are hosted or not.

July

7/2 – Cathy Kilpatrick
7/9 – Melqui Pires & friends
7/16 – Evangelatos Family
7/23 – Dr. James Rouman
7/30 – Canney family

August

8/6 – Poole family (Dormition Fast)
8/13 – Quigley Family (Dormition Fast)
8/20 – no host
8/27 – no host

It would be a great blessing if more of our church family could periodically host, since coffee hours play an essential role in fostering community fellowship. 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.

ALKISTIS NEWS

A "SHOUT OUT" to Abby & Periklis Karoutas for once again filling our planters with summer flowers and picking up the expense! We're most appreciative!! Many thanks to Cynthia Vomvoris for coordinating the watering team and seeing to it the flowers are kept in good shape all summer. The "water bearers" made up of people who have been carrying on the watering for several years. They are: Presbytera Themmi, Rob & Bea Howard, Rosie & Jim O'Hearne, Georgette Kostis, Evelyn Savage, Cynthia & Bill Vomvoris, Nanine Venetos. Thank you all!





OUR PARISH MINISTRY AWARD RECIPIENT

Our Parish Ministry Award Recipient Jessica Quigley



July 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|---------------------------------------------|---------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Please note that all Orthros ser- vices and Divine Liturgies, both on Sundays & weekdays, are always at 8:45 am & 10 am, respectively. | | | | | Please note that for the month of July, Saturday evening Vespers will be tenta- tive. Please re- fer to each week's bulletin for details. | 1 |
| 2 Orthros & Liturgy | 3 | 4 Independence Day (office closed) | 5 | 6 | 7 | 8 |
| 9 Orthros & Liturgy | 10 | 11 | <i>12</i> Parish Council 6 pm | 13 | 14 | 15 |
| 16 Orthros & Liturgy | 17 | 18 | 19 | 20 Elias the Prophet Orthros & Liturgy | 21 | 22 |
| 23 Orthros & Liturgy | 24 | 25 | 26 Great-martyr Paraskevi Ortbros & Liturgy | 27 | 28 | 29 |
| 30 Orthros & Liturgy | 31 | | | | | |

August 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|-----------------------------|
| Please note that all Orthros ser- vices and Di- vine Liturgies, both on Sundays & weekdays, are always at 8:45 am & 10 am, | | 1 Small Paraklesis to the Theotokos 7 pm | 2 Great Paraklesis to the Theotokos 7 pm | 3 Small Paraklesis to the Theotokos 7 pm | 4 Great Paraklesis to the Theotokos 7 pm | 5 Great Vespers 6 pm |
| respectively. | | Dormition Fast (see entry for details) | | | | |
| 6 The Transfig- uration Orthros & Liturgy | 7 Small Paraklesis to the Theotokos 7 pm | 8 Great Paraklesis to the Theotokos 7 pm | 9 Small Paraklesis to the Theotokos 7 pm | 10 Great Paraklesis to the Theotokos 7 pm | 11 Small Paraklesis to the Theotokos 7 pm | 12 Great Vespers 6 pm |
| | Dormition Fast | | | | | |
| 13 Orthros & Liturgy | 14 Great Vespers of the Dormi- tion of the Theotokos 7 pm | 15 Dormition of the Theotokos Orthros & Liturgy <u>at Somers-</u> worth Parish | 16 Parish Council 6 pm | 17 | 18 | 19 No Vespers |
| Dormition Fast | | Fr. Anthony away | | | | |
| 20 Orthros & Liturgy (visiting priest) | 21 | 22 | 23 | 24 | 25 | 26 No Vespers |
| Fr. Anthony away | | | | | | |
| 27 Orthros & Liturgy (visiting priest) | 28 | 29 | 30 | 31 | | |
| Fr | Anthony awa | ay | | | | |

2023 DOVER GREEK FESTIVAL

Dear Seacoast Businesses,

The Dover Annunciation Greek Orthodox Church is excited to announce that our 2023 Dover Greek Festival will be taking place this Labor Day Weekend – Friday September 1st from 4:00pm - 9:00pm and Saturday September 2nd from noon to 9:00pm.

Our Annual Greek Festival is one of the largest in New England with an annual attendance of over 5,000 people and features delicious homemade Greek food and pastries from family recipes.

The Dover Greek Festival is our major fundraiser of the year and we hope we can count on your support by placing an advertisement in our Dover Greek Festival Program book, which is made available to our attendees, or one of the other sponsorship opportunities listed below.

We hope we can count on your support!

If you would like to help our fundraising efforts, please fill out the form below and mail to us by August 5th. Thank you in advance for your consideration and support.

If you have any questions, please do not hesitate to contact me at (603)799-6563 or by email at pkaroutas@gmail.com

Thank you!

Periklis Karoutas - Dover Greek Festival Committee

| Bus | iness Nan | ne: | | |
|------|------------|-----------------------------|-----------------------------------------------|--------------------------------------|
| Add | ress: | | | |
| City | | | State: | Zip: |
| Con | tact Perso | on : | | |
| Pho | ne: (| | E-Mail: | |
| P | rogram E | Book Sponsorship Opp | oortunities: | |
| S | election | Ad Size (Page) | Approximate Dimensions | Cost |
| | | Full Page | 4.75 x 7.75 | \$300.00 |
| | | Half Page | 4.75 x 3.75 | \$175.00 |
| | | Quarter Page | 2.25 x 3.75 | \$100.00 |
| | | Eighth Page 2.25 x 1.75 | | \$75.00 |
| | 5 | Suggested Ads: Business Adv | ertisements, Best Wishes, Congratulations, In | Memory of, etc. B&W only |
| 0 | ther Spo | nsorship Opportunitie | s: | |
| | \$250 | | - include your business name/logo, alo | ng with others, on our table toppers |
| | \$500 | | Display your banner during the event! (r | |
| | \$500 | | - Include your Ad on all our food tray pl | |
| plea | se call to | confirm - 603-799-6563) | | |
| | | | | |

Please make checks payable to: "Annunciation Greek Orthodox Church" and mail to: Dover Greek Festival. P.O. Box 328. Dover, NH 03821 include this form along with your advertisement with payment. Advertisements and logos may b

Please include this form along with your advertisement with payment. Advertisements and logos may be emailed to pkaroutas@gmail.com with the subject line "2023 Ad Book."

FESTIVAL NEWS

Hello All,

Festival planning is well underway and the festival committee is excited to announce upcoming volunteer opportunities! Below are all the festival preparation events that require volunteers to participate in. If you have any questions regarding any of the sessions, please reach out to the festival committee at greekfestivaldover@gmail.com. **Hope to see many faces at all of these events!**

Pastichio:

Fri. Aug. 4th, 5pm - 7pm at church: Meat prep Sat. Aug. 5th, 9am - 1pm at church: Pastichio assembly Koulourakia: Sun. Aug 20th, 1pm at the Hellenic Center **Kourambiethes:** Mon. Aug. 21st, 4pm at Hellenic Center: Mix dough and cut cookies Tues. Aug. 22nd at Hellenic center 9am-baking cookies 10am—sugaring cookies 1pm—cut and box cookies Spanakopita & Baklava: Sat. Aug. 26th, 2pm at the Hellenic Center **Pasta Flora:** Sun. Aug. 27th, 1pm at the Hellenic Center **General Set up:** Sun. Aug. 27th, 2pm at the Hellenic Center **Stuffed Peppers:** Tues. Aug. 29th, 3pm at the Hellenic Center Halva: Tues. Aug. 29th, 4pm at the Hellenic Center **Veggie Prep:** Wed. Aug. 30th, 3pm at the Hellenic Center Meat Cutting: Wed. Aug. 30th, 4pm at the Hellenic Center Chicken Prep: Thurs. Aug. 31st, 3pm at the Hellenic Center **Pastry Set up:** Thurs. Aug. 31st, 5pm at the Hellenic Center



INTERESTED IN LEARNING HOW TO MAKE GREEK PASTRIES???

Outreach is working on doing some sessions next spring, but one way to do it this summer is to attend the beginning part (first couple of hours) of any or all of our Greek Festival pastry work sessions (except for baklava...for that you can drop in anytime). You will be able to watch how the dough is made and help prepare the pastry for baking, as well as watch them bake. Helping at the work sessions will give you the skills you need so you can make your own family recipe, or a recipe from our church's last cookbook at home. Your two hands will make a difference! Hope to see you there!

International Food Tasting



Outreach will be sponsoring an **International Food Tasting** on Saturday September 30th, at 6:00pm in the Fr. Arthur Athans Fellowship Hall. We know we have many good cooks in our church community. We ask seeking an individual, a 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. We will be asking attendees to BYOB.

All paper goods and utensils will be provided as well as water and coffee. We will all be "tasting" and sharing the foods from the different regions. Please consider hosting a table. Let Sharon Lampros or Althea or George Coussoule know as soon as possible what country you would like to represent. Some possible countries are African, Austria, Caribbean, Italy, Korea, and Romania, just to name a few. Hurry so that you can choose the country you prefer. Russia, Spain, Greece and possibly Lebanon have already been taken.

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 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**

Evangelatos, Rev. Anthony & Presvytera Themmi Abbott, Tim & Sophia Amankwah, Nana & Katherine Anestis. Peter & Lee Atkinson, Heidi & Shawn 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, Nicholaos **Demopoulos Ted** Demopoulos, Vasilike (Zeff) 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 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 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 Poole, Emily Poole, Alice & Stephen Quigley, Jessica & Josh Rallis, Katerina

Rouman, James Savage, Jeff & Evelyn Schumaker, Robin & Judy Scontras, Yota Servetas, Charlotte Sousane, Deborah & James St. Peter, Michael & Demetra Stamelos, Paraskevi 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 Xydias, Bill Xydias, Efthimios & Lillian Xydias, Panagiotis & Eleni

If you do not see your name, perhaps you have not filled out your 2023 Stewardship form!

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