



# REJOICE!

The Monthly Publication of the

## ANNUNCIATION GREEK ORTHODOX CHURCH

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Beloved in Christ,

As you well know, September 1<sup>st</sup> is the annual commencement of the new ecclesiastical year. Each ecclesiastical year is a repetition of our annual spiritual journey toward Holy Pascha, which is the liturgical climax of the year. After Pascha, we prepare for the great feasts of the Ascension and Pentecost, and in the midst of the summer months, we celebrate both the Transfiguration of Christ and Dormition of the Holy Theotokos, bringing us to the end of the ecclesiastical year on 8/31. Soon after entering the new liturgical year, we encounter two major feast days – the Nativity of the Theotokos on 9/8, and the Universal Elevation of the Holy Cross on 9/14. Each year we relive our salvation history *liturgically*, as presented by our Holy Orthodox Church. As we enter the new ecclesiastical year, let us pick up our own crosses if we have spiritually laid them aside, and begin a new journey following Christ toward Golgotha, the Tomb, and life eternal.

So just what do we mean by taking up our cross and following the Lord? Let us begin by reflecting on what Holy Scripture says about this: *And he who does not take his cross and follow after Me is not worthy of Me. (Mt 10-38). Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. (Mk 8:34).* In the first passage from Matthew, we see an emphasis on *worthiness*. To follow Christ, we must be worthy of Him. There must exist within us both *humility* and *obedience*, in order to accept his divine command to follow Him. Obviously, following Christ is a life-long calling – not something approached superficially.

In the second quote from Mark, the emphasis is on *self-denial*. We can't truly follow Christ if we are married to

the things of this world. To follow Christ, one must continually have one's eye on the goal of eternal life, while simultaneously living a sacrificial life to Christ while on the journey to the Kingdom. To carry one's cross in the Christian sense, is to share in the sufferings of Christ. Whatever we have to deal with in this life is by the will of God, and for our spiritual benefit, even though that may not be clear to us. The carrying of our cross is not meant to be *punitive*, but *salvific*, for Christ never seeks to destroy and punish His children, but to bring them to salvation in His Kingdom.

Another important aspect of carrying one's cross in imitation of Christ, is that the Holy Cross of Christ is the destroyer of passions. As a weapon of great spiritual benefit, we must take up our cross in order to fight the enemy of souls – Satan and his host of demons who hate mankind, and wish to see us lose our way on the journey toward salvation. Hear the beautiful words of the *exaposteilarion* hymn from the feast of the Holy Cross:

*The Cross is the guardian of the whole world; the Cross is the support and staff of the faithful; the Cross is the beauty of the Church of Christ; the Cross is the mighty strength of kings; the Cross is the glory of Angels; it is the wounding of demons.*

Beloved in Christ, with God on our side we have nothing to fear. This is why it is important to carry the cross in life that Christ gave us, and to follow *Him*, our Lord and Savior. If we constantly pick up other symbols of this world and not our cross, how can we expect the Lord to be there for us, and to guide us along the straight and narrow path toward salvation? We may think that it is too difficult to

bear the cross God gave us; that it is just too heavy a burden, so we simply put it down, so to speak, and begin following other paths in life. I would like to

share a short quote that has been circulating in the recent past, which beautifully sums up the perceived difficulty of many regarding bearing one's cross:

*A young monk had been struggling in the spiritual life. His cross, he thought, was too heavy, too difficult to bear. He complained about it endlessly. One night he had a dream. God came to him in this dream and said, 'Come, if this is too hard, choose a new cross to carry.'*

*The monk walked into a room filled with crosses (imagine that room of chalices from 'Indiana Jones and the Last Crusade'). He looked around for a while—many were huge, some were metal, some wooden and carved, some had nails sticking out from their cross beams, some were even covered in blood. He was taken aback. He looked around, sizing them up, mentally comparing their weight. Finally, he found it – the perfect little cross tucked away in a corner. It was silver, finely carved, and he picked it up easily. 'I found one,' he called out.*

*God simply replied, 'But that's the cross you came here with.'*

In Christ's love,

+Fr. Anthony





## FROM FR. ANTHONY

**From the Holy Fathers**

The following is taken from *The Life in Christ*, by St. Nicholas Cabasilas, SVS Press 1974.

**1. *How the Life in Christ Begins in This Life***

*The life in Christ originates in this life and arises from it. It is perfected, however, in the life to come, when we shall have reached that last day. It cannot attain perfection in men's souls in this life, nor even in that which is to come without already having begun here...But if the life to come were to admit those who lack the faculties and senses necessary for it, it would avail nothing for their happiness, but they would be dead and miserable living in that blessed and immortal world.*

*Now, it is possible for the Son of God to make His friends to share in His mysteries in preparation for that day, and for them to learn from Him what He has heard from the Father (Jn. 15:15). But they must come as His friends who 'have ears to hear' (Mt. 11:15)...Those, then, who have not acquired these things before they departed have nothing in common with that life. To this the five foolish virgins and the man invited to the wedding feast are witnesses, since they came without either the oil or the wedding garment and were not able to buy them then.*

**2. *The Life in Christ Consists of Union with Him***

*In short, it is this world which is in travail with that new inner man which is 'created after the likeness of God' (Eph. 4:24). When he has been shaped and formed here he is thus born perfect into that perfect world which grows not old. As nature prepares the fetus, while it is in its dark and fluid life, for that life which is in the light, and shapes it, as though according to a model, for the life which it is about to receive, so likewise it happens to the saints...However, while the unborn have no perception whatever of this life, the blessed ones have many hints in this present life of things to come.*

*In this present world, therefore, it is possible for the saints not only to be disposed and prepared for that life, but also even now to live and act in accordance with it...Yet the Lord did not promise merely to be present with the saints, but to abide with them – nay more than this, to make His abode in them (Jn. 14:23)...As Paul says, 'he who is united to the Lord becomes one spirit with Him' (1 Cor. 6:17), and 'that you may be one body and one spirit, just as you were called' (Eph. 4:4).*

**From the Hymnody of Our Church****Selections from the Feast of the Nativity of the Theotokos, 9/8:**

*God who abides amid heavenly thrones, today prepares for Himself a holy throne on earth. He who in wisdom made firm the heavens, has out of love fashioned a living heaven. For out of a barren root, He has brought forth His own Mother, a life-giving plant. God of wonders and hope of the hopeless, glory to You. (from the stichera of Great Vespers)*

*This is the day of the Lord; peoples rejoice. Behold, the bridal chamber of light; the book of the word of life, emerges from the womb. And the gate to the East opens to await the entrance of the Great High Priest. That alone is the gateway which brings Christ into the world for the salvation of our souls. (the doxastikon of Orthros)*

**Selections from the feast of the Holy Cross, 9/14:**

*Rejoice, life-creating Cross, invincible banner of faith, gateway to Paradise, support of the faithful, rampart of the Church, by which death was abolished and its power swallowed up, while we were raised up from earth to the heavens. You are the unconquerable weapon, the adversary of demons, the glory of Martyrs and pride of Saints, the haven of salvation, granting the world great mercy. (from the aposticha of Great Vespers)*

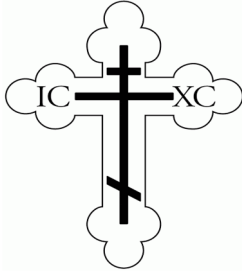
*We venerate the wood of Your Cross, O Lover of Man, for You, the Life of all, were nailed to it. O Savior, You opened Paradise to the Robber who approached You with faith. He was counted worthy of delight, confessing to You, 'Remember me, O Lord.' Accept us as You accepted him, for we now cry, we all have sinned against Your compassion. Do not abandon us. (from the kathismata of Orthros)*

## PARISH NEWS AND EVENTS

### Parish Chronicle

#### Deaths

8/19 – Agatha Papanicolaou, mother of Rea Lampesis, in Hopewell, VA



### Parish Prayer List

Please pray for our brothers and sisters:

**Elizabeth, Deborah, Jim,  
Dimitri, Kyriaki, Vasilios, Thomas**

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:

annunciationover@gmail.com,  
or call the office at 742-7667.

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

#### In Appreciation

I would like to take this opportunity to personally and sincerely thank our festival co-chairs, Robert Mitropoulos and Rebecca MacNamee, along with their dedicated festival committee and festival volunteers, for another job well-done! I'm sure many of us have no idea of the time, effort, and stress that our chair persons, the committee, and our workshop and on-site volunteers go through each year. We know it is a labor of love, and we all appreciate the effort put forward for the good of our parish. May God continue to bless all of you with every good thing!

+Fr. Anthony

#### Donations

- Decoration of the icon of the Transfiguration, 8/6 – Paraskevi Stamelos
- Decoration of the icon of the Dormition of the Theotokos, 8/15 – *anonymous*

#### Icon Decorations for September

- Icon of the Nativity of the Theotokos, 9/8
- Icon of the Elevation of the Holy Cross, 9/14

**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 Friday, 9/13.**

As always, both icon decorations are at \$50 each.

#### Coffee Hours for September

As of the date of this publication, following is the status of September coffee hours:

9/8 – no host	9/22 – no host
9/15 – the Canney family	9/29 – 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!

## A MESSAGE FROM THE PRESIDENT

Dear Parishioners,

September is here, and I want to take a moment to thank everyone who volunteered at our Greek Festival this year. Your hard work and dedication were essential in making the event a huge success!

In whatever manner you helped and supported our festival, it is because of all of you that we were able to showcase the best of our parish to Dover and beyond.

Every year, I'm amazed by how our community comes together for this event. It truly is a testament to our shared values and strong bond, and I'm grateful to be part of such an amazing community. As we move forward, let's bring that same spirit of unity and service into everything we do.

Once again, thank you for your continued commitment and support. You all helped make this year's festival one to remember, and I look forward to what we will accomplish in the months ahead.

Best regards,

Kulin Krishnan  
Parish Council President



## CHURCH SCHOOL

Welcome back to all of our Church School students and families!

We are looking forward to our 2024-2025 Church School year, which begins on 15 September, and we cannot wait to hear all about how your summers were spent. Resetting ourselves and our calendars liturgically, is a fantastic way to get the year started (who needs New Year's resolutions?), and Mr. Mark, Ms. Nancy, and I cannot wait to jump right in alongside of you!

One of the ways my family resets our household for the New Liturgical Year, is by placing an icon outside of our home, typically near the front door and off of the ground, on the eve of the new year. This marks the importance of the day as we ask the Saint in the icon of our choosing, to intercede for us and to ask God to bless the upcoming year for our family, and all those who enter our home. Then, the next morning (the New Liturgical Year – September 1st) when we bring the icon back inside, it symbolizes that the first people we welcome into our home is Christ and His Saints. What a great tradition to do every year!

Lastly, a little bit of housekeeping. This is a gentle but firm reminder to all of our students, that teacher desks, cabinets, and closets are absolutely off-limits unless a student has been given express permission by a teacher to be in there. There are dedicated craft drawers and bins for coffee hour coloring after Church School is over. The teachers will again show the students what is within limits and what is off-limits, once we begin our classes anew.

Looking forward to another year of learning about Christ and His Saints with you all!

In Him,

Jess Quigley and the Church School Staff

“Always have the fear of God in your heart, and remember that God is always with you, everywhere, whether you are walking or sitting.” ~ St Gennadius of Constantinople



## ALKISTIS NEWS

The  
**Alkistis Ladies Association**  
of the  
Annunciation Greek Orthodox Church  
Invite you to join us:



**November 9, 2024**  
DINNER / DANCE  
Hellenic Center  
Longhill Road, Dover, NH  
Featuring Live Music by OPA  
\$40 pp

**November 23, 2024**  
PASTRY SALE  
Annunciation Greek Orthodox Church  
Father Athans Hall  
93 Locust St., Dover, NH  
9 am - 1 pm

**Save the Date!**

Our next meeting is scheduled for September 29, 2024, in the Library, right after Coffee Hour. We invite you to join us as we plan the Calendar of Upcoming Events for the 2024-2025 term.

## OUTREACH



**Again this year, *Outreach* and *Kali Parea* will be co-sponsoring an International Food Tasting (ITF) on Saturday October 5<sup>th</sup>, 2024 at 6:00 pm, in the Fr. Arthur Athans Fellowship Hall.**

- Outreach is seeking individuals, families, or teams to host a table for a specific country.
- This event is designed as an opportunity to taste small bites of food from each country.
- Hosts will thematically decorate their table, and provide a sampling of an appetizer, entrée, and dessert from that country (*plan on two large family servings*).
- Paper goods, plates, utensils, water, and coffee will be provided. Attendees are welcome to bring other beverages of their choice.
- Attendance will be open to our parishioners and their friends. An attendance sign-in sheet will be available in the Narthex in September.
- In lieu of buying tickets, donations to Outreach would be greatly appreciated.

We are currently searching for more “IFT” cooks. Please consider hosting a table and broadening our food palate. You may let Althea or George Coussoule, or Sharon Lampros know, as soon as possible, the preferred country you would like to represent (France, Italy, Ghana, and Mexico have already been taken).

To host a table/country, please contact: Althea Coussoule at 603-498-5179, George Coussoule at 603-923-1349, or Sharon Lampros at 603-767-9718.

## GOYA

Greetings Goyans,

Fall is almost upon us, so let's kick off GOYA strong! Join us for a fun-filled evening of pizza and games on Friday, September 6th, at 6 PM in the Fr. Athans Hall. This is a great opportunity for Goyans to come together, enjoy some delicious food, and engage in friendly competition. Whether you're a seasoned gamer or just looking to relax and hang out with friends, there's something for everyone.

We hope to see you there!



# September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Ecclesiastical New Year Begins  Orthros & Liturgy	<b>2</b> Labor Day <i>(office closed)</i>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> GOYA Event in church hall 6:00 pm	<b>7</b> Great Vespers 6:00 pm
<b>8</b> Nativity of the Theotokos  Orthros & Liturgy	<b>9</b>	<b>10</b> Book Club 6:00 pm	<b>11</b> Parish Council 6:00 pm	<b>12</b> Outreach Meeting 6:30pm	<b>13</b> Great Vespers of the Elevation of the Holy Cross 7:00 pm	<b>14</b> The Elevation of the Holy Cross Orthros & Lit.  Great Vespers 6:00 pm  <i>(strict fast)</i>
<b>15</b> Orthros & Liturgy  1st Day of Church School	<b>16</b>	<b>17</b> St. Sophia & Daughters  Orthros & Liturgy <i>(pending)</i>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Great Vespers 6:00 pm
<b>22</b> Orthros & Liturgy	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <i>No Vespers</i>
<i>Fr. Anthony away through 10/2</i>						
<b>29</b> Orthros & Lit. <i>(visiting priest)</i>  Alkistis Meet- ing after coffee hour	<b>30</b>	<i>Please note            that all Sun-            day &amp; week-            day Orthros            &amp; Liturgies,            are at 8:45 am            &amp; 10:00 am.</i>				
<i>Fr. Anthony away</i>						



## 2024 CONFIDENTIAL STEWARDSHIP PLEDGE

### **How Can I Pay My Pledge?**

**There are many convenient ways to pay your stewardship including:**

- Online bill payment through your bank
- Check by mail
- Online through PayPal
- Cash

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

Payments can be made on a recurring monthly or quarterly basis, or in one complete payment.

- It is the easiest method to use (write “stewardship” in the memo line)
- It allows you to budget your stewardship payments to your preference
- It maintains a record for you and it affords you complete control
- Plus, there are NO FEES!
- You may also use your online bank service to make an extra donation

### **If paying by check:**

Please payable to: “Annunciation Greek Orthodox Church”, write stewardship on the memo line, and mail to:

93 Locust St, Dover, NH 03820

Attn: Stewardship

### **If paying by PayPal:**

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

- To use PayPal go to: [www.annunciationdover.org](http://www.annunciationdover.org)
- Click on to the “Donations” link and follow the prompts.

**2024 PARISH STEWARDS - AS OF AUGUST 2024**

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

Evangelatos, Rev. Anthony &  
Presvytera Themmi  
Amankwah, Nana & Katherine  
Anestis, Peter & Lydia  
Anestis, John "Peter"  
Athans, Rev. Arthur &  
Presvytera Keta  
Atkinson, Shawn & Heidi  
Bessas, Kostas & Nafsika  
Bonniass, Thomas & Georgia  
Boudreau, David & Elene  
Brackett, Michael  
Byers, William & Pamela  
Canney, Mark & Sarah  
Caviris, Charlie  
Catsoulis-O'Brien, Karen  
Charos, Evangelos & Maryann  
Chrysafidis, Constantine  
Clairmont, Richard  
Cousoule, George & Althea  
Danie, Kyle & Kiki  
Delintsiotis, Anthi  
Delitsiotis, Claire  
Delintsiotis, Demetrios  
Delintsiotis, Vasilios & Barbara  
Demopoulos, Vasilike (Zeff)  
Demopoulos, Alaina  
Demopoulos, John & Anita  
Demopoulos, George  
Elde, Nils & Anna  
Faskianos, Maria  
Frangos, Dennis  
Frangos, James & Peggy  
Fresh, Cyprian  
Frudakis, Hope  
Frudakis, Michael  
Gemass, Mark & Lorie  
Gemass, Nicholas & Margaret  
Gurney, Charles & Sarah  
Hannan, Robert & Betty  
Haywood, Connor  
Hintz, Derek & Alysha

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Kageleiry, Greg  
Karoutas, Paul & Eleni  
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Kostis, Georgette  
Kostis, Dennis & Betsy  
Kostis, John & Stacey  
Kostis, George & Katie  
Kostis, Nick & Lacey  
Koutroubas, Paul  
Kottaridis, Kathy  
Krishnan, Kulin  
Labanaris, Nicholas & Fotine  
Lalas, Kimon & Vula  
Lalas, Yannis  
Lampesis, Peter & Rea  
Lampros, Sharon & John  
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Lazarus, George & Sandy  
Lirette, Adam & Lilly  
Maher, Georgeanna  
Maskwa, Paul & Paula  
Mc Mahon, Jo Anne  
Melitus, James & Kathleen  
Mitropoulos, Nicholas & Shana  
Mitropoulos, Robert & Ryan Eagle  
Morris Bea & Rob Howard  
Moutevelis, Niki  
Murphy, Ed & Ahn  
O'Hearne, James & Rosanne  
Oschman, Nora  
Panassis, Charles & Paula  
Passas, Costance  
Pendergast, Karen & Mark  
Polychronopoulos, Zoe  
Polychronopoulos, George  
Poole, Emily  
Primes, Stephen & Lisa  
Quigley, Joss & Jessica  
Rallis. Ekaterini  
Richards, Brian & Jennifer

Rodden, Linda & Jack  
Rouman, James  
Savage, Jeffery & Evelyn  
Savramis, Anastasia  
Schumaker, Robin & Judy  
Scontras, Panagiota  
Skaltsis, Diana  
Sousane, James & Deborah  
Stamelos, Paraskevi  
St. Peter, Michael & Demetra  
Strangas, James & Mary  
Strangas, William  
Strangas, Peter  
Thomas, George & Denise  
Trudeau, Nancy  
Tsougranis, Ted & Irene  
Vatistas, John & Cathy  
Venetos, Jim & Nanine  
Verespe, Anthony & Christine  
Vomvoris, William & Cynthia  
Weir, Anthony (Toby)  
Xydias, Panagiotis & Eleni  
Zisis, Elizabeth

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

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