



THE GOOD NEWS

A Monthly Publication of Saint Sophia Hellenic Orthodox Church

In and through Jesus Christ and His Holy Orthodox Church,
Our mission is to cultivate spiritual growth that transforms lives and leads to salvation.

MARCH 2019

Have a Blessed Lent! Καλή Σαρακοστή !



Icon of The Parable of the Prodigal Son

“The Human soul is a spirit created by God, and only in God, who has created it in His own image and likeness, can it find contentment and rest, peace, consolation and joy. Once separated from Him, it seeks for satisfaction among created things, and feeds itself on passions, on husks, on food for pigs; but it doing this it will not find tranquility, on the contrary, it will die from spiritual hunger.”

+St. Tikhon of Zadonsk

“The Parable of the Prodigal Son is not about immorality; it is about alienation. The opposite of “prodigal” is not “prudent”; it is “found”. The story is not about the son who strays; it is about the Father who waits, and seeks, and finds. It is not about the faithlessness of man; it is about the faithfulness and unfailing love of God.”

+ Fr. Leonidas Contos, The Lenten Covenant

Saint Sophia Hellenic Orthodox Church

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A Parish of the Ecumenical Patriarchate, Greek Orthodox Archdiocese of America and Greek Orthodox Metropolis of Boston

Rev. Dr. James Katinas, Protopresbyter, Presiding Priest

Email: frjim@saintsophianl.org

In and through Jesus Christ and His Holy Orthodox Church, the mission of our parish is to cultivate spiritual growth that transforms lives and leads to salvation.

Parish Ministries

Parish Council Members

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Demetrius E. Tasoulas, Vice President
Peter Colonis, Secretary
Dean Macris, Treasurer
David Vangel, Assistant Treasurer
Gus Andreopoulos
Nico Condulis
Shawn Hathaway
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Matthew King
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Chanters: George Papadopoulos
Aleksander Filip

Philoptochos: JoAnn Ballassi, President
Alice Poulos, Visitations
Irene Synodi, Soup Kitchen
Marcia Wenzel, Outreach

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Youth Advisor: Chris Limberakis

Hellenic Dancers: Stephanie Bonewicz
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Bookstore: Penny Maistros

Web Site: Rit Manthous

Order of AHEPA: Tony Vallombroso, President

Endowment Fund: Peter Galetsa

About "The Good News"

The Good News is the monthly publication of St. Sophia Hellenic Orthodox Church. The editor of *The Good News* works closely with the office staff and volunteers to select and publish the best, most suitable, and timeliest information submitted by ministry team leaders and parishioners. While we greatly value the input of all ministry leaders and parishioners, final editorial decisions are made by the presiding priest together with *The Good News* in-house editorial and production staff. We do invite and encourage parishioners to submit material; however, this does not guarantee its publication. In addition, the newsletter's editorial staff reserves the right to retract, redact, or withhold material at any point in the submission process if there are any concerns with its content. **The deadline for submissions is the 15th of the month prior to the month of publication.** Please submit all written items in Microsoft Word format via email.

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THE GOOD NEWS

The Monthly Publication of
Saint Sophia Hellenic Orthodox Church

Monthly Good News Sponsorship Form

Yes, I would like to sponsor an issue of *The Good News*

Name: _____

In memory of: _____

In honor of: _____

Other: _____

Donation: \$50

Please make check payable to "St. Sophia Church"

The Good News – Page 1

The True Purpose of Lent

Beloved in Christ,

As we begin Lent, I want to encourage you not to think of Lent as a time when one has to follow a set of ecclesiastical and dietary rules that will somehow gain us some merit by doing so. This misses the mark of the true spiritual challenge and inspiration of Lent. Rather, I hope we will think of Lent the way both it, and the Christian life itself, is supposed to be thought of – a time to repent so that we may experience a foretaste of God's Kingdom in this life, and its fullness in the life to come.

Don't get me wrong, fasting – better put, “abstinence” – done the right way, is a useful discipline for spiritual growth. Even though we need to eat in order to live, we mustn't forget that Satan used food to tempt Adam and Eve who by giving in to physical hunger, disobeyed God and were subsequently cast out of the Garden of Eden.

Properly understood and practiced, fasting is good for us because it teaches us that as humans we are more than just biological beings. As Jesus stated when He Himself was fasting “... man shall not live by bread alone, but by every word that proceeds from the mouth of God (Mt. 4:4).” By fasting, we learn not to be totally dependent on food, on matter, thereby freeing up our *soul* so that it may be fed with *spiritual* food.

The main point, the desired outcome, the true purpose of Lent is not food, it is repentance that by God's grace will lead to authentic spiritual growth. Abstaining from certain foods, together with prayer and almsgiving, are supposed to be means to that end. Yet, even these practices miss the mark if they somehow become ends in themselves. The words of the *Lenten Triodion* sound a clear cautionary note regarding this:

“Soul, in vain do you rejoice in not eating! For you abstain from food, but you are not purified of passions. If you have no desire for improvement, you will be spurned as an untruth in the eyes of God. You will be likened to the evil demons who also never eat! If you persevere in sin, you will perform a useless fast.”

Again, the true purpose of Lent is to engage in repentance, *metanoia* – an authentic change of heart, mind, soul, and body. This is what leads to spiritual growth and spiritual health. Engaging in the spiritual disciplines (also known as *askesis*) such as prayer, fasting, and almsgiving is much like “getting serious” about training to become a better athlete. In order to excel as an athlete, one needs to eat and drink the right things, exercise, get stronger, study the playbook, practice hard, and have a good coach to whom one listens.

Understood this way, engaging in the spiritual disciplines during Lent should not feel gloomy at all. On the contrary, the spiritual disciplines, by God's grace, should help us return to *normal* life the way *God* designed it. A life in which we have a *healthy* relationship with God, others, and even within ourselves. Maybe that's why one of the first hymns during Lent declares “The Lenten Spring has come, the light of repentance, let us receive the proclamation of Lent with joy!”

Praying that this Lenten Season will be a time of spiritual growth for all of us and that God's rich blessings will be with you and your family, I remain,

In His service,

Fr. Jim



Parish Council News

March 2019

Parishioners of St. Sophia,

March is a significant month in the life and history of Greeks. We celebrate Greek Independence Day on the 25th to commemorate victory over the Ottoman Empire. The Greek Orthodox Church also celebrates the Annunciation by archangel Gabriel to the Virgin Mary that she become the mother of Jesus Christ the Son of God. March 25th is exactly nine months before Christmas. The significance of this day in Greece is celebrated with parades and fish dinners. St. Sophia will commemorate this day with an Independence Day Ceremony and a fish dinner. I invite all parishioners to join us on this festive day.

Maintaining a safe, secure facility is a top priority of the Parish Council. We are in the process of fixing doors and rekeying some locks throughout the church, including all entrances. In addition to the locks, the alarm system will be changing with alarm codes being assigned based on need. We currently do not have a record of people with keys to the church and have no system of controlling access to our facility. Not everyone who currently has a key to the building will receive a replacement. The Council will make that determination. It is important for everyone to know that most Parish Council members do not have keys. I am available to speak with anyone who has questions or concerns regarding the enhanced security of St. Sophia.

The Apokries Cook-off was the beginning of our fundraising efforts to replace the floor in the Venetos Center. We have not made any decisions about the type of flooring, but have learned the cost will be about \$25,000 to \$30,000. Additional fundraisers are planned and with your help, we hope to raise enough money to cover the entire cost of the floor.

As a reminder, the Parish Council and I are working with the best interest of St. Sophia in mind. I am available to answer your questions or address your concerns regarding any aspect of our church. I can be reached by email or phone, as well as, in church every Sunday.

See you on Sunday!

Ya sas!

Michael

Michael Podeszwa
Parish Council President
Mikepod9@me.com
860-235-7459

The February Soup Kitchen Meal

Donated by:

The Mustakis Family

*In Loving Memory of their
Mother & Grandmother*

Koula Mustakis

Parish Outreach Program

On **Friday, March 8th** we will serve at the New London Community Meal Center (Soup Kitchen). We will need **6 to 8 volunteers** at the soup kitchen to do the prep work, serve, dishes and clean up. We start at 4:00 pm and finish about 6:30 pm.

Please see or call Eleni Mosher at 860-443-2569, Irene Synodi at 860-464-7429 or call the Church Office at 860-442-2377 to volunteer your time.

Please Consider Donating:

Holy Communion Wine

or

Olive Oil

**Please Consider Sponsoring
The Fellowship Hour**

Fellowship Hours may be sponsored in memory of a loved one, to celebrate a birthday, etc.

The Parish Council will make the coffee and assist the hosts as needed.

Please call the church office for available dates.

\$50.00 Donation

Hospital Ministry

Hospital ministry is an integral part of the ministry of the Church. If you would like the priest to visit you or a family member is in the hospital, Rehabilitation Center or Adult Care Center, please contact the Church Office at 860-442-2377.

**Saint Sophia Monthly
Social & Luncheon**

Come join us on **Thursday, March. 14th**
at 12:30pm.

Enjoy some conversation with friends and a delicious luncheon prepared by our very own
“Chef Angelo Simos”

At our February Luncheon, a good time was had by a happy crowd of 40 Friends.

We celebrated birthdays with:

**Nancy Bellos
Olga Constantine
Jeanne Fakis
Michael Pappas**

The Door Prize was won by:

**Bill Bellos
Shelly Collin
George Vasiliou**

**Bring your favorite dessert to share
Donation - \$7.00**

ALL ARE WELCOMED

Prayer Requests

Esther, Julie, Catherine, Jeff, Demetrios, Lucretia, Mary Alexandria, Nina, Olga, Mary, Jenny, Michael, George, Mary, Peter, Amos, Peter, George, Sophia, Christos and Maria, Thomas and Kiveli, Georgia, Elias, Helen, Despina, Vasilios, Alexandra, Katherine, Marina, Athena and James.

Παράκληση για Προσευχές

Παρακαλούμε να έχετε στις προσευχές σας τους παρακάτω αδερφούς μας.....

Έσθερ, Τζουλι, Κατερίνα, Τζέφ, Δημήτριο, Λουκρητία, Μαίρη, Αλεξάνδρια, Νίνα, Όλγα, Μαίρη, Τζένη, Μιχάλη, Γεώργιο, Μαίρη, Πέτρο, Άμος, Πέτρο, Γεώργιο, Σοφία, Χρήστο και Μαρία, Θωμά και Κυβέλη, Γεωργία, Ηλία, Ελένη, Δέσποινα, Βασίλειο, Αλεξάνδρα, Κατερίνα, Μαρίνα, Αθηνά και Τζέιμς.

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March Calendar

- Saturday, 3/2 Saturday Of Souls
Orthros 9am/Divine Liturgy 10 am
APOKRIES Chef Cookoff & Party
5-7 pm
- Sunday, 3/3 Orthros 9am/Divine Liturgy 10 am
Sunday School
Visit by Fr. Gregory Floor, of HCHC
Oratorical Festival
- Tuesday, 3/5 Metropolis Clergy Retreat –
New Hampshire
- Wednesday, 3/6 Greek School – Private 3:00 pm
Children 4:00 pm - Adults 5:00 pm
Metropolis Clergy Retreat –
New Hampshire
- Thursday, 3/7 Bible Study – 11am
- Friday, 3/8 NL Soup Kitchen 4 pm
- Saturday, 3/9 There will not be a Saturday Of Souls
Service
- Sunday, 3/10 Forgiveness Sunday
Orthros 9 am/Divine Liturgy 10 am
Sunday School
- Monday, 3/11 Clean Monday
Compline 6 pm
- Tuesday, 3/12 Parish Council Mtg 6 pm
- Wednesday, 3/13 Greek School – Private 3:00 pm
Children 4:00 pm - Adults 5:00 pm
Presanctified Liturgy 5 pm
Lenten Potluck Dinner &
Discussion 7 pm
- Thursday, 3/14 Social - Luncheon 12:30 pm
- Friday, 3/15 Salutations 6 pm
- Saturday, 3/16 Saturday Of Souls
Orthros 9 am/Divine Liturgy 10 am
- Sunday, 3/17 God Parent Sunday
Orthros 9 am/Divine Liturgy 10 am
Sunday School
40 day Blessing - Iliana Marte
- Tuesday, 3/19 Philoptohos Meeting 6 pm

Ημερολόγιο για τον μήνα Μάρτιο

- Σαββάτο, 2/3 Ψυχοσάββατο
Όρθρος 9πμ/Θεία Λειτουργία 10πμ
Απόκριες - Διαγωνισμός μαγειρικής και
Πάρτυ 5-7 μμ
- Κυριακή, 3/3 Όρθρος 9πμ/Θεία Λειτουργία 10πμ
Κατηχητικό
Επίσκεψη του Ιερ. Γρηγορίου Φλωρ,
από το HCHC
Ρητορικός Διαγωνισμό
- Τρίτη, 5/3 Συνάντηση των Κληρικών της
Μητροπόλεως στο Νιού Χαμσάιρ
- Τετάρτη, 6/3 Ελληνικό σχολείο - Ιδιαίτερο στις 3 μμ
Έφηβοι 4μμ - Ενήλικες 5μμ
Συνάντηση των Κληρικών της
Μητροπόλεως στο Νιού Χαμσάιρ
- Πέμπτη, 7/3 Μελέτη της Αγίας Γραφής – 11πμ
- Παρασκευή 8/3 Κοινωνική Κουζίνα – 4 μμ
- Σαββάτο, 9/3 Δεν θα έχουμε λειτουργία για το
Ψυχοσάββατο
- Κυριακή, 10/3 Της Τυρινής
Όρθρος 9πμ/Θεία Λειτουργία 10πμ
Κατηχητικό
- Δευτέρα, 11/3 Καθαρή Δευτέρα
Απόδειπνον 6μμ
- Τρίτη, 12/3 Συνέλευση του Συμβουλίου 6μμ
- Τετάρτη, 13/3 Ελληνικό σχολείο - Ιδιαίτερο στις 3 μμ
Έφηβοι 4μμ - Ενήλικες 5μμ
Προηγιασμένη Λειτουργία στις 5μμ
Νηστίσιμο Δείπνο (Potluck)
Συζήτηση στις 7μμ
- Πέμπτη, 14/3 Γεύμα του Συλλόγου στις 12:30μμ
- Παρασκευή 15/3, Α ΄ Χαιρετισμοί στις 6μμ
- Σαββάτο, 16/3 Ψυχοσάββατο
Όρθρος 9πμ/Θεία Λειτουργία 10πμ
- Κυριακή, 17/3 Κυριακή των Αναδόχων
Όρθρος 9πμ/Θεία Λειτουργία 10πμ
Κατηχητικό
Εκκλησιασμός 40ημερών για την
Ιλιάνα Μάρτε (Iliana Marte)
- Τρίτη, 19/3 Συνάντηση της Φιλοπτώχου 6 pm

Wednesday, 3/20 Greek School – Private 3:00 pm
Children 4:00 pm - Adults 5:00 pm
Presanctified Liturgy 5 pm
Lenten Potluck Dinner &
Discussion 7 pm

Τετάρτη, 20/3 Ελληνικό σχολείο - Ιδιαίτερο στις 3 μμ
Έφηβοι 4μμ - Ενήλικες 5μμ
Προηγιασμένη Λειτουργία στις 5μμ
Νηστισίμο Δείπνο (Potluck)
Συζήτηση στις 7μμ

Friday, 3/22 Salutations 6 pm

Παρασκευή 22/3 S A ' Χαιρετισμοί στις 6μμ

Sunday, 3/24 Orthros 9am/ Divine Liturgy 10 am
Sunday School
Greek Independence Day Celebration
Fish Luncheon

Κυριακή, 24/3 Όρθρος 9πμ/Θεία Λειτουργία 10πμ
Κατηχητικό
Εορτασμός της Εθνικής Εορτής
Γεύμα με ψά

Monday, 3/25 Annunciation
Orthros 9am/ Divine Liturgy 10 am

Δευτέρα, 25/3 Ο Ευαγγελισμός της Θεοτόκου
(Εθνική Εορτή)
Όρθρος 9πμ/Θεία Λειτουργία 10πμ

Wednesday, 3/27 Greek School – Private 3:00 pm
Children 4:00 pm - Adults 5:00 pm
Presanctified Liturgy 5 pm
Lenten Potluck Dinner &
Discussion 7 pm

Τετάρτη, 27/3 Ελληνικό σχολείο - Ιδιαίτερο στις 3 μμ
Έφηβοι 4μμ - Ενήλικες 5μμ
Προηγιασμένη Λειτουργία στις 5μμ
Νηστισίμο Δείπνο (Potluck)
Συζήτηση στις 7μμ

Friday, 3/29 Salutations 6 pm

Παρασκευή 29/3 A ' Χαιρετισμοί στις 6μμ

Saturday, 3/30 Church of the City Soup Kitchen 4 pm

Σαββάτο, 30/3 Κοινωνική κουζίνα (Church of the City) 4μμ

Sunday, 3/31 Orthros 9 am/Divine Liturgy 10 am
Sunday School

Κυριακή, 31/3 Όρθρος 9πμ/Θεία Λειτουργία 10πμ
Κατηχητικό

Attention all God Parents
Sunday March 17th is "God Parent Sunday" at Saint Sophia.

On this day, all God Parents are encouraged to bring their God Children to Church, worship together in the Divine Liturgy, and receive Holy Communion together.
We look forward to celebrating the special spiritual relationship between God Parents and God Children on this beautiful day!

Save The Date!



Presanctified Liturgy + Lenten Potluck Meal+ Spiritual Discussion

Wednesday Evenings Throughout Lent Starting Wednesday March 13th

5:00 PM Presanctified Liturgy

7:00 PM Dinner & Discussion

No Registration required. No Charge. Come as many weeks as you like. Please bring a Lenten Meal.

The Good News – Page 5

We deeply appreciate all of the faithful stewards of St. Sophia

Who have given 2019 Stewardship Pledges and Gifts.

Because of you, the St. Sophia parish is able to offer the liturgical services, sacraments, pastoral care, ministries, education, fellowship, and cultural programs that in and through Jesus Christ and His Church, transform lives, strengthen families, and foster spiritual growth.

Steven & Beth Abate
Gus Andreopoulos
Savas & Elene Anthopolos
Dean & Amy Antipas
Constantine Aristidou
Nikolaos Aristidou
Frederick & Stephanie Ashton
Jason & Lotus Babiana
Michael & Christine Babinski
George & Yannoula Ballassi
Gregory Ballassi
JoAnn Ballassi
Marilyn Boska
Irene Burrows
Harry & Martha Calmar
Chris & Karen Caputo
Manolis & Susan Christodoulou
Harry & Kathy Colonis
James & Claudette Colonis
Peter & Maria Colonis
Sharon Colonis
Niko & Katie Condulis
Athena Cone
Christie & Julie Dadiskos
Diane Dadiskos
George Dallas
Louis & Eileen Delegan
William & Pam Demiris
Demetrios & Maria Dicos
John & Jeanne Fakis
David Falvey
Stephen & JoAnn Flynn
Elsa Galetsa
Peter & Diana Galetsa
Win Ganson & Kathy Happs
James & Dora Georgeady

James Hapis
Shawn & Stella Hathaway
Nicholas & Claire Hatzis
Alexandra Igoumenos
Eleni Igoumenos
George & Carol Kanabis
Pauline Karalis
Fr. James & Corinna Katinas
Mary Katsiaticas
Brian & Jennifer Kettleton
Matthew and Alaina King
Helen Krotsis
James Krotsis
John & Janis Krotsis
Victor & Themis Kudrin
Chris & Rachele Limberakis
Demetrios & Mary Louziotis
John & Liz Louziotis
Ryan & Stacey Lyster
Constantine & Deanna Macris
Dean & Marge Macris
James & Penny Maistros
Emanuel & Irene Makiaris
John & Madeleine Makiaris
Rit & Eve Manthous
Nikolas Matsas
Tim & Sophia Matsas
Roberta Mendrinis
Christina Michon
Stephanie Mickle
Athena Missios
George & Emily Mitchell
Terry & Ester Mitchell
Maria Monemvasitis
Theodore Monemvasitis
Eleni Mosher

Philip Mountzoures
Jason & Menia Mustakis
Craig Nichols
John & Beth Olmstead
Lucille Pantelis
Priscilla Papatones
Angelo & Phyllis Pappadopoulos
Randy & Mary Peteros
Phil & Irene Phillips
Paul & Marylou Pimentel
Christopher & Isabella Podeszwa
Michael & Kim Podeszwa
Susan Podeszwa
Mark & Lara Poulis
Tim & Eleanor Poulos
Adam Rand
Mark & Barbara Roberts
Rick & Marianne Semon
Paulette Sferrazza
Charlotte Shenias
Charles & Joan Simones
Peter Smith
Anthony & Betsy Stratidis
Irene Synodi
Savas Synodi
Demetrios & Deborah Tasoulas
Despina Tyropolis
John Valakos
Nina Vallombroso
Irene Van Verdeghe
David & Julie Vangel
George & Danuta Vasiliou
Maria Z. Whalen
Chris & Lisa Zelepos
Tillie Zingus

If you have made your stewardship pledge and/or gift for 2019, and your name does not appear on the above list, please contact the church office so that we may include you on this list.

NOTE: All Names and Figures are as of February 14, 2019

Total number of pledging households and/or donors:

107

Total dollar amount pledged and/or given:

\$ 100,437.60

Average gift per household:

\$ 938.67

Come let us cleanse ourselves by almsgiving and acts of mercy to the poor, Not by sounding a trumpet or making a show of our charity. Let not our left hand know what our right hand is doing; Let not vainglory destroy the fruit of our almsgiving; But in secret let us call on Him that knows all secrets; Father, forgive us our trespasses, for Thou lovest mankind.

– From *The Lenten Triodion*, Sunday of Orthodox Matins

The Good News – Page 6

2019 Stewardship: WE OFFER TO YOU THESE GIFTS

Stewardship is not just a noun referring to an annual giving program – it's a verb referring to a way of life. Christian stewards believe all their blessings are from God and being grateful to Him, they lovingly give back to do His work on earth.

If you haven't already done so, will you please prayerfully make your 2019 pledge of time, talent, and treasure? It is only because of the generosity of its stewards that Saint Sophia is able to provide the liturgical services, sacraments, ministries, educational programs, pastoral care, cultural events, and fellowship that build community and transform lives – now and forever.

How much should I pledge? This decision is between you and God (and your spouse if you are married). There is no such thing as "one size fits all." Each person should do the best they can, remembering the words of Saint Paul: "whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver (2 Corinthians 9:6-7)."

The following guidance may also be helpful in matching your pledge and financial resources with the needs of the ministries of St. Sophia:

1. Become a "Sponsor for a Day" by contributing \$1,600 to cover the cost of operating St. Sophia for a day.
2. Give proportionally based upon your income. Determine a level of giving that expresses your thanks to God for the blessing He has given you.

Time and Talents: Your *participation* is also wanted – and needed.

*Individual stewards, please indicate areas of interest with a check (P).
Families, please mark "H" for husband, "W" for wife or "C" for children.*

MINISTRIES & PROGRAMS

- Campus Ministry
- Welcome Team
- New Member Events
- Outreach
- Stewardship
- Sunday Coffee
- Visitation – Hospital
- Visitation – Homebound
- Feed the Hungry
- Prison Ministry
- Bereavement Group
- Disaster Relief
- Blood Drives
- Project Mexico

- IOCC
- OCMC Mission Center
- Seniors Ministry
- Couples Ministry
- Singles Ministry
- Military Ministry

EDUCATION

- Bible Study
- Adult Religious Ed.
- Intro. To Orthodoxy
- Publications
- Speakers
- Bookstore
- Library

BUILDINGS & GROUNDS

- Garden & Landscape
- Plumbing
- Electrical
- Clean-up
- Interior Repairs
- Exterior Repairs
- Roofing
- Hall Rentals

YOUTH

- Sun. School Teacher
- Church School Admin.
- Youth Leader
- Camp Counselor

LITURGICAL

- Sanctuary Care
- Acolytes
- Baking Prosfora
- Choir
- Reader
- Greeter/Usher

ADMINISTRATION

- Fiscal Mgt. / Review
- By-Laws
- Fundraising
- Office help
- Computer / Technology
- Data Entry

Personal Information – Please complete fully and sign

My 2019 Pledge is \$ _____

My Name _____ Orthodox? Y N Birthdate? _____

Spouse _____ Orthodox? Y N Birthdate? _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell 1 _____ Cell 2 _____

Email _____ Email _____

Child _____ Orthodox? Y N Birthdate? _____

Child _____ Orthodox? Y N Birthdate? _____

Child _____ Orthodox? Y N Birthdate? _____

Child _____ Orthodox? Y N Birthdate? _____

Signature _____ Signature _____

The “Lenten” Prayer of St. Ephraim, the Syrian

Lord and Master of my life, deliver me from the spirit of laziness and apathy, lust for power, and idle talk. Rather, grant to me, Your servant, the spirit of wisdom, humility, patience, and love. Yes, Lord and King, help me to see my own faults, and not to judge my brother or sister, for You are blessed unto ages of ages. Amen.

Κύριε καὶ Δέσποτα τῆς ζωῆς μου, πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, καὶ ἀργολογίας μὴ μοι δῶς. Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς, καὶ ἀγάπης χάρισαί μοι τῷ σῶ δούλω. Ναί, Κύριε Βασιλεῦ, δώρησαι μοι τοῦ ὁρᾶντὰ ἐμὰ πταισματα, καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου, ὅτι εὐλογητὸς εἶ, εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

One of the simplest and yet one of the most compelling prayers in the Orthodox tradition is the “Lenten” Prayer of St. Ephraim, the Syrian. It has been said that this prayer succeeds in capturing the very essence of *metanoia* (repentance) which is not merely a penitential attitude but an act of authentic conversion, a turning completely around of the mind and heart.

First, this prayer articulates four negative elements which impede spiritual growth, those diseases which must be purged before we can even begin our spiritual journey. Saint Ephraim sees these as: (1) the spirit of laziness, which poisons the well of spiritual energy (2) apathy, which drains life, (3) lust for power, which is a decisive form of self-centeredness, and (4) idle talk, which demeans God’s image in us.

After praying for God to deliver one from four spiritual diseases, the prayer then asks God to instill one with four positive elements of *metanoia*. With these positive characteristics, a Christian can experience a foretaste of the Kingdom of God on earth and eternal life in the age to come.

The first request is for the spirit of wisdom or “wholemindedness” which is a balance of mind and spirit that makes a person, moderate and sober. The second request is for humility, an indispensable spiritual virtue that is the mother of so many others. It is only through authentic humility that one is able to see the true greatness of God. The third prayer request is for patience, which is a virtue that springs from the combined virtues of wisdom and humility. Finally, the product of all of these, and the crown all virtue, is love. Ultimately it is with love that we authenticate God’s image in us.

And yet, even if one obtains all of these objectives, that is, getting rid of the the four negatives and replacing them with the four positives, it does one no good if one does not apply them. How one is to do that is in one final petition: Yes, Lord and King, help me to see my own faults, and not to judge my brother or sister....”

Regardless of how many times we pray this prayer, we will only grow spiritually when we (1) come to understand and admit our own failings and (2) learn to overlook the faults of others.

Ο Σκοπός της Μεγάλης Τεσσαρακοστής

Ο σκοπός της Μεγάλης Τεσσαρακοστής, είναι να προετοιμάσει τους πιστούς, όχι μόνο για να τιμήσουν, αλλά και να εισέλθουν στα Άγια Πάθη και την Ανάσταση του Ιησού. Το σύνολο του Ορθοδόξου βίου επικεντρώνεται γύρω από την Ανάσταση. Η Μεγάλη Τεσσαρακοστή προτίθεται να είναι το «εργαστήριο», όπου ο χαρακτήρας του πιστού ανυψώνεται και εδραιώνεται πνευματικά· όπου η ζωή του επιστρέφει και αφιερώνεται ξανά στην διδασκαλία και τα ιδεώδη του Ευαγγελίου· όπου η νηστεία και η προσευχή κορυφώνονται με τη βαθιά πεποίθηση της ζωής· όπου η απάθεια και η αδιαφορία μετατρέπονται σε έντονες δραστηριότητες πίστης και καλών έργων.

Η ίδια η Σαρακοστή δεν υφίσταται προς χάριν της Σαρακοστής, όπως και η νηστεία δεν γίνεται προς χάριν της νηστείας. Μάλλον, αυτά είναι τα μέσα με τα οποία, και για τα οποία, ο πιστός προετοιμάζει τον εαυτό του για να φτάσει, να αποδεχθεί και να επιτύχει το κάλεσμα από τον Σωτήρα του. Ως εκ τούτου, η σημασία της Μεγάλης Σαρακοστής εκτιμάται ιδιαίτερα, όχι μόνο από τους μοναχούς οι οποίοι αυξάνουν σταδιακά το χρονικό διάστημα της Σαρακοστής, αλλά και από τους ίδιους τους λαϊκούς.

Στην Ορθόδοξη Εκκλησία, ο ασκητισμός δεν είναι αποκλειστικά και μόνο για τους «συνήθεις» θρησκευόμενους, αλλά και για κάθε λαϊκό άτομο επίσης, σύμφωνα με την αντοχή του. Ως εκ τούτου, η Μεγάλη Σαρακοστή είναι ένα «ιερό Εκπαιδευτήριο» της Εκκλησίας για την συμμετοχή κάθε πιστού ως μέλος του Μυστηριακού Σώματος του Χριστού, της Εκκλησίας. Παρέχει στον κάθε ενδιαφερόμενο, μια ετήσια ευκαιρία για αυτοεξέταση και βελτίωση των προτύπων της πίστης και της ηθικής στην Χριστιανική του ζωή. Η βαθιά πρόθεση του πιστού κατά τη διάρκεια της Μεγάλης Τεσσαρακοστής ενθυλακώνεται στα λόγια του Αποστόλου Παύλου: «Ξεχνώ αυτά που είναι πίσω μου και κάνω ό,τι μπορώ για να φτάσω αυτά που βρίσκονται μπροστά μου. Αγωνίζομαι να τερματίσω και προσβλέπω στο βραβείο της ουράνιας πρόσκλησης του Θεού διά του Ιησού Χριστού.» (Προς Φιλιπησίους 3:13-14).

Μέσω της αφιέρωσης περισσότερου χρόνου από ό,τι συνήθως στην προσευχή και την μελέτη της Αγίας Γραφής και της Ιεράς Παράδοσης της Εκκλησίας, ο πιστός στον Χριστό γίνεται, μέσω της χάριτος του Θεού, πιο θεοειδής. Η στάση του Ορθοδόξου χριστιανού προς αυτήν την περίοδο είναι πολύ θετική, δεν είναι τόσο πολύ μια περίοδος μετανοίας, όπως τη σκέφτονται οι «Δυτικοί», αλλά μια προσπάθεια να ανακαταλάβουμε την πραγματική μας κατάσταση όπως ήταν με τον Αδάμ και την Εύα πριν από την πτώση - μια προσπάθεια για να ζήσουμε καθαρή ζωή.



ENOSIS PHILOPTOCHOS

NEWS FOR MARCH 2019

Thank you for your overwhelming generosity for our Go Red Sunday coffee hour. The desserts were amazing and plentiful. We all learned all the different ways to prepare chocolate.

What can I say about our Jazz Concert that featured our own Dora Georgeady! Toe tapping is putting it mildly! Hope you all enjoyed it.

Your 2019 dues (\$30.00) are due between now and early April. Please see Penny Maistros, our treasurer. All women of St. Sophia are welcome to become a member of Enosis Philoptochos Society. Please see JoAnn Ballassi, President, (pballassi@snet.net) to join or for any questions/concerns.

We've been meeting for our newest ministry, Warming the World. We have organizations that we will be donating our knitting/crocheting/fleece projects to. One of the places we totally endorse is the Soup Kitchen. **You may create these items on your own at home, or do them in one of our group session.** We are having sessions at members' homes. We can help each other with a difficult pattern, socialize, and get to know each other better as we create. Everyone is welcome even if you are not a Philoptochos member. Lessons will also be available. If you have any questions/concerns, please contact JoAnn Ballassi (860-442-6853 or pballassi@snet.net).

Our Lenten Pot Luck Dinner/Meeting is on March 19th in the Church Hall. This is a meal you never go away hungry from. Please contact Penny Maistros to let her know what you are bringing.

We have our Soup Kitchen meal on March 8th and the Church of the City meal on March 30th. Please keep these dates in mind as we need your help for both.

Keep an eye out – We will have our Mother's Day booklets this year.

When New London cancels schools due to weather, our meetings, scheduled on the same day, will also be cancelled.



ENOSIS PHILOPTOCHOS

LENTEN PROJECT

WITH THE ASSISTANCE OF THE ST. SOPHIA PARISH

We will collect clothing for the students at the

Winthrop STEM Elementary Magnet School of New London

**Michael Podeszwa, our Parish President,
is also Winthrop STEM's Assist. Principal**

We are looking for items such as:

**Pants Shirts Sweaters Pajamas
Socks & Undershirts and Bottoms**

We are in the process of obtaining the much needed sizes!!

**The Collection starts on March 11, 2019, (the first day of Lent)
and will continue through April 14, 2019.**



**CLOTHES
FOR
KIDS**

**There will be a bin in the lobby of the Community Center
beginning March 11, for your generous donation.**



St. Sophia Bookstore, Gift Shop, & Library

As we embark on the most sacred ecclesiastical season, the Holy Triodion, the bookstore and library has many reading materials for spiritual growth, reflection, and meditation. Please stop in for a closer look at our selections:

1. **God Speaks from the Cross** by Anthony Coniaris is an interpretation of the Seven Last Words spoken by our Lord and Savior Jesus Christ from the Cross. A must read for the Lenten Period.
2. **The Lenten Spring** - Thomas Hopko's inspiring meditations prepare us for our Lenten journey to greet our Lord's Resurrection. One of my favorites!
3. Also **Great Lent Unplugged**, **I Saw the Holy Light**, **The Triodion**, and **Great Lent** are just a few of our other selections.

Selections for the for the children include:

Catherine's Pascha, **Yiavia and the Prosforo Bread**, **A Gift for Matthew**, and **The Bible For Young People** are just a few of the beautiful choices for the children.

We also have a nice selection of CD's including **Thy Resurrection**, **Greek Byzantine Easter**, **The Akathist Hymn**, and **Pascha**. Among our icons related to this most Holy period include **The Resurrection**, **The Holy Wisdom of God**, **The Mystical Supper**, and **The Myrrh Bearers**.

Items perfect for every child's Easter Basket include:

Prayer Books, Night Lights, Bookmarks, Prayer Bracelets, Pocket Icons and much more. **We remind you, we will have beautifully decorated Pascha Candles made to your specifications. Please place your orders early!**

ALSO CHECK OUT OUR LIBRARY: we have selections in every category including Orthodox Studies, Lives of Saints, Iconography, Spirituality, Greek History, Memoirs, & Fiction. Many books written in the Greek language. Also, dozens of books for the children and teens.

The Enosis Philoptochos Society Invites the
St. Sophia Parishioners

to the

ANNUAL PALM SUNDAY LUNCHEON

SUNDAY, APRIL 21, 2019



MENU

Appetizers

Baked Fish Mediterranean ~ Rice Pilaf ~ Vegetable Medley
Salad ~ Rolls ~ Wine ~ Coffee ~ Desserts

DONATION

Adults - \$20.00 ~ Students - \$15.00

ALTERNATE CHILDREN'S MENU

Pizza ~ Salad ~ Desserts ~ Beverage

DONATION - \$5.00



PROCEEDS TO BENEFIT

Hellenic College / Holy Cross School of Theology

And

Other Philoptochos Ministries

Tickets on sale: March 31st thru April 14th

Please buy your tickets early; tickets will not be available at the door.

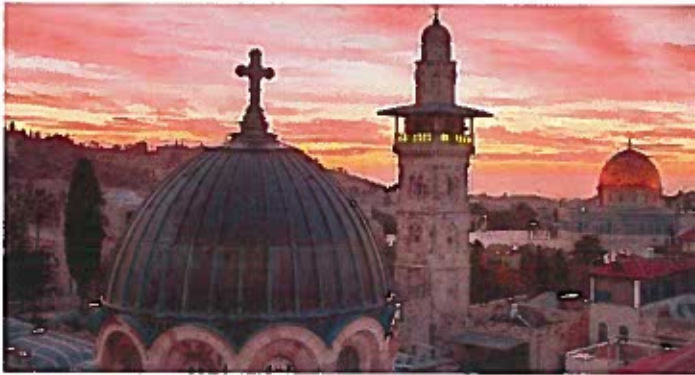
Thank you for supporting the ministries of our Enosis Philoptochos chapter.

Palm Sunday Luncheon Reservation Form (mail in before March 18th)

Name _____

Adults _____ @ \$20 = _____ Students _____ @ \$15 = _____

Children _____ @ \$5 = _____ Total Amount Enclosed: \$ _____



HOLY LAND PILGRIMAGE

2020

Attention Parishioners of Saint Sophia

Fr. Jim is offering to take a group of parishioners on a nine-day pilgrimage to the Holy Lands next year. The vast majority of Orthodox Christians who have been to the Holy Lands will attest that it is a life changing experience. The cost of the pilgrimage will depend primarily upon the time of year we chose to go (Fr. Jim is suggesting January or February to avoid big crowds and to keep the cost down) and the number of people /double occupancies in our group (we are hoping for between 15 - 24 people). Please email the church office at: office@saintsophianl.org to inform us if you are interested in this.

Please note that at this time we just have basic information regarding the cost and the details of the proposed pilgrimage. The final costs and itinerary will depend upon the numbers and input of people interested in this.

Basic Information

- Roundtrip Airfare & Transfers
- Private Motor Coach with English Speaking Guide
- Four Star Hotel accommodations
- Breakfast and dinner daily
- Entrance fees to sites
- Professional tour guide (s)
- 24/7 Hour emergency hotline
- **ESTIMATED** cost range: \$2,500 - \$3,500 per person

Proposed Itinerary

Day 1, Departing Flight →

Day 2, TEL AVIV / TIBERIAS

Birthplace, tomb and church of St. George

Day 3, TIBERIAS / CAPERNAUM / TABGHA / JORDAN RIVER / TIBERIAS

- Sea of Galilee, Capernaum
- Healing of Paralytic

- Healing of St. Peter's mother-in-law (St. Peter's House)
- Synagogue of Christ
- Calling of the Disciples
- Mountain of Beatitudes
- Tabgha
- Multiplication of Loaves and Fishes
- Baptism of Christ, Jordan River

Day 4 TIBERIAS / MT. TABOR / CANA / NAZARETH / JERUSALEM

- Transfiguration on Mount Tabor
- Raising of widow's son, Village of Nain
- Wedding & Miracle in Cana
- Annunciation, Nazareth
- Nativity, Nazareth
- Crucifixion, Church of Holy Sepulchre

Day 5 JERUSALEM

- Ascension and Second-coming, Mount of Olives
- Garden of Agony, Garden of Gethsemane
- Dormition of the Theotokos, Tomb of the Virgin Mary
- Peter denying Christ, Church of St. Peter
- "The Upper Room" Room of Last Supper, Mt. Zion

Day 6 JERUSALEM

- Birthplace of Theotokos, Church of St. Anne
- Healing of Paralytic, Pools of Bethesda
- Praetorium, Prison of Christ
- Death and Resurrection of Christ, Church of the Holy Sepulcher
- Jesus' carries His Cross, praetorium to Golgotha
- Place of Jesus' Crucifixion, Golgotha
- Angel proclaims Resurrection, Church of the Holy Sepulcher

Day 7 JERUSALEM / BETHLEHEM / JERUSALEM

- Shepherd's Field, Bethlehem
- Nativity of Christ, Church of the Nativity
- Prophet Elias, Church of the Prophet Elias
- St. Symeon, Church of St. Symeon

Day 8 JERUSALEM / JERICHO / JERUSALEM

- Temptation of Christ, Mount of Sarantaron
- The Dead Sea Scrolls & Essenes, Qumran
- Place Joseph and Panagia rested, Monastery of St. Gerasimos
- Zacchaeus, Zacchaeus' Tree
- Raising of Lazarus, Lazarus' Tomb, Bethany

Day 9, MASSADA / JERUSALEM / TEL AVIV → Return Flight

- Good Samaritan, Inn of Good Samaritan
- Siege of Massada, Massada
- First Jewish – Roman War
- Return Flight

MARCH 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2 Saturday of Souls Orthros/Divine Liturgy 9:00 am APOKRIES Chef Cookoff & Party 5-7 pm
3 Orthros/Divine Liturgy 9:00 am Sunday School Visit by Fr. Gregory Floor of HCHC ** Oratorical Festival**	4	5 Metropolis Clergy Retreat New Hampshire	6 Greek School Private 3 pm Children 4 pm Adults 5 pm Metropolis Clergy Retreat	7 Bible Study 11:00 am	8 New London Soup Kitchen 4:00 pm	9 There will not be a Saturday of Souls Service
10 Forgiveness Sunday Orthros/Divine Liturgy 9:00 am Sunday School	11 Clean Monday Compline 6:00 pm	12 Parish Council Meeting 6 pm	13 Greek School (Same Times) Presanctified Liturgy 5:00 pm Lenten Potluck Dinner & Discussion 7pm	14 Social – Luncheon 12:30 pm	15 Salutations 6:00 pm	16 Saturday of Souls Orthros/Divine Liturgy 9:00 am
17 God Parent Sunday Orthros/Divine Liturgy 9:00 am Sunday School 40 day Blessing – Iliana Marte	18	19 Philoptochos Meeting 6 pm	20 Greek School (Same Times) Presanctified Liturgy 5:00 pm Lenten Potluck Dinner & Discussion 7:00pm	21	22 Salutations 6:00 pm	23
24 Orthros/Divine Liturgy 9:00 am Sunday School Greek Independence Day Celebration Fish Luncheon	25 Annunciation Orthros/Divine Liturgy 9:00 am	26	27 Greek School (Same Times) Presanctified Liturgy 5:00 pm Lenten Potluck Dinner & Discussion 7:00pm	28	29 Salutations 6:00 pm	30 Church of the City Soup Kitchen 4 pm
31 Orthros/Divine Liturgy 9:00 am Sunday School	1 April	2 April	3 Apr	4 Apr	5 Apr	6 Apr Mandatory Meeting for all Ministry Team Leaders 10:00 am

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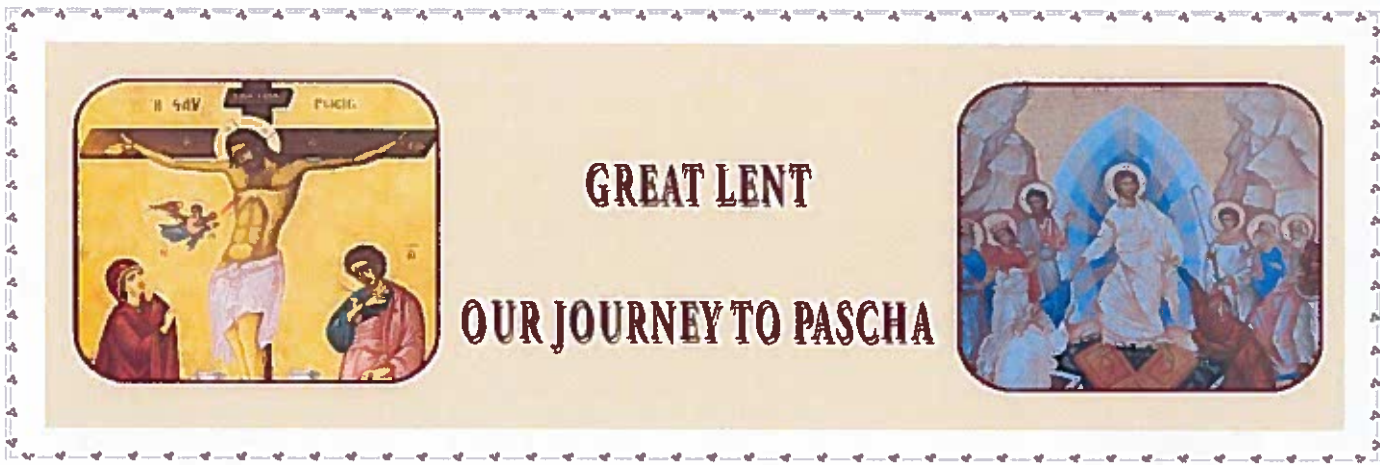
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Presanctified Liturgy + Lenten Potluck Meal + Spiritual Discussion

Wednesday Evenings Throughout Lent Starting Wednesday March 13th

5:00 PM Presanctified Liturgy

7:00 PM Dinner & Discussion

No registration required. No charge. Come as many weeks as you like. Please bring a Lenten Meal.