

# S P I R I T

## TIME FOR AN EMMAUS WALK

My favorite Gospel story of Easter has always been the Emmaus story in Luke 24:13-35. It is the richest, for me the most meaningful of all the resurrection appearances of Jesus. Many years ago I used to do a teaching session every Sunday morning for about 20 minutes between Matins and the beginning of Liturgy. I called it the *Emmaus Walk*, because every Sunday is an encounter with the risen Christ in the Liturgy. At every Liturgy we walk to an encounter with the risen Christ. We have a more streamlined approach to Sunday mornings nowadays, and the *Emmaus Walk* is no longer part of our Sunday morning gathering.

During the Sundays of Lent, I want to do a series of sermons at Liturgy all under the unifying theme of “Emmaus Walk.”

Every Sunday is a celebration of the resurrection, a mini-Easter, so to speak. Which is why we have the cycle of eight Resurrection Apolytikia that rotate on the Sundays of the year; which is why at the Sunday Matins we rotate throughout the year the eleven Resurrection Gospel passages, one of which is the Emmaus story in Luke. Because every Sunday is Easter, the ancient rules of the church forbid kneeling on Sundays! Just as we don't kneel during the forty days after Easter, so also we don't kneel on Sunday. Of course, this ancient rule of the church against Sunday kneeling is completely ignored in our Greek-American churches.

Another rule that is ignored in our churches is the ancient rule that forbids memorials on Sundays. This rule I'm not convinced about. After all, if we truly believe in the resurrection, what better day to commemorate the dead than on the one day in the week that is the day of resurrection, Sunday? I think that the

practice of Greek-American churches to do memorials at the Sunday Liturgy is more appropriate to life in the 21st century, when Sunday is the only day in the week that most of us devote to church going.

But I've gotten off my subject. The series of sermons I'm proposing to do will use the Emmaus story in the Gospel of Luke. The story in Luke 24:13-35 goes like this, in summary:

Two disciples were walking from Jerusalem to the village of Emmaus when Jesus joined them as they were walking. They don't recognise him. They talk as they are walking, and they find the conversation fascinating as he opens scripture to them. Evening comes, and Jesus appears to be going further, but they convince him to stay the night with them. At dinner he breaks bread with them, and they recognise him. But he disappears. “Did not our hearts burn within us as he explained scripture to us?” they say to each other as they immediately head back to Jerusalem to share the news of their encounter with the other disciples.

It's a wonderful story, filled with symbolism and meaning. We are far from Jerusalem and Emmaus but always close to the risen Lord, though we often don't see him or listen to him as he opens divine truth to us.

What are some of the features of this story that I hope will inspire my series of sermons?

\* *Walking* - the best way to experience life and the world...and the best way to grow in faith and resurrection!

\* *Failure to recognise Jesus* - they were

### Ακολουθία της Μεγάλης Σαρακοστής

**Ψυχοσάββατα:** 10, 17 και 24  
Φεβρουαρίου στις 9:00 π.μ.

#### Θεία Λειτουργία των

#### Προηγιασμένων Δώρων:

Κάθε Τετάρτη - 21 και 28  
Φεβρουαρίου, και στις 7, 14,  
21, και 28 Μαρτίου - στις 6:15  
μ.μ.

**Χαιρετισμοί:** Παρασκευή - 23  
Φεβρουαρίου, και 2, 9, 16, και  
23 Μαρτίου - στις 7:00 μ.μ.

**Σάββατο του Λαζάρου:** 31  
Μαρτίου, στις 9:00 π.μ.

### Greek Independence Program of our Greek School

**Sunday, March 18th  
Immediately  
after Liturgy  
in our Parish Hall**



Lunch and Refreshments will  
be served by the parents  
after the program.

Come and celebrate our  
children with their poems,  
songs and dances.

# OUR SUNDAY MORNING SCHEDULE

SHORT MATINS	9:30 AM
DIVINE LITURGY	10:00 AM
SUNDAY SCHOOL	10:00 AM
COFFEE HOUR & FELLOWSHIP	11:30 AM

## **February 4th - 17th Sunday of Luke (Prodigal Son)**

READINGS: 1 Corinthians 6:12-20; Luke 15:11-32 READERS: Demo Varipatis, Diana Dowd

PROSFORO: Regat Mebrahtu

PARISH COUNCIL: Team I - John Cox\*, Nona Tsotseria, Helen Blewett

FELLOWSHIP: Paideia Luncheon.

## **February 11th - Meat-Fare Sunday**

READINGS: 1 Corinthians 8:8-9:1-2; Matthew 25:31-46 READERS: Stacy Gikas, Paulos Zeleke

PROSFORO: Dave Smith

PARISH COUNCIL: Team II - Regat Mebrahtu\*, Dean Krestos, Agathi Haxhi

**1-Year Memorial for Jim Vorias.**

FELLOWSHIP: Family of Jim Vorias, in his memory.

## **February 18th - Cheese-Fare Sunday**

READINGS: Romans 13:11-14:4; Matthew 6:14-21 READERS: Panos Pantelas, Merilla Michael

PROSFORO: Elaine Vorias

PARISH COUNCIL: Team III - Mark Butler\*, Theo Hassapelis, Kim Kapothanasis

**3-year Memorial for Constantine Lacas**

FELLOWSHIP: Pauline Vastardis, in memory of her father Constantine Lacas.

## **February 25th - First Sunday of Lent (Sunday of Orthodoxy)**

READINGS: Hebrews 11:24-26 & 11:32-12:2; John 1:43-51 READERS: Angela Varipatis, Tom Peterson

PROSFORO: Bettie Moustrouphis

PARISH COUNCIL: Team I - Nona Tsotseria\*, Helen Blewett, John Cox

**1-Year Memorial for Christina Bathras.**

FELLOWSHIP: The family of Christina Bathras, in her memory.

## **March 4th - Second Sunday of Lent**

READINGS: Hebrews 1:10-2:3; Mark 2:1-12 READERS: Demo Varipatis, Diana Dowd

PROSFORO: Regat Mebrahtu

PARISH COUNCIL: Team II - Dean Krestos\*, Agathi Haxhi, Regat Mebrahtu

FELLOWSHIP: If you wish to offer a Lenten coffee hour on this Sunday, please call the church office at 774-0281.

## **March 11th - Third Sunday of Lent (Veneration of the Cross)**

READINGS: Hebrews 4:14-5:6; Mark 8:34-9:1 READERS: Stacy Gikas, Lucas Jasonides

PROSFORO: Dave Smith

PARISH COUNCIL: Team III - Theo Hassapelis\*, Kim Kapothanasis, Mark Butler

FELLOWSHIP: If you wish to offer a Lenten coffee hour on this Sunday, please call the church office at 774-0281.

## **March 18th - Fourth Sunday of Lent**

READINGS: Hebrews 6:13-20; Mark 9:17-31 READERS: Panos Pantelas, Joe Pollak

PROSFORO: Elaine Vorias

PARISH COUNCIL: Team I - Helen Blewett\*, John Cox, Nona Tsotseria

FELLOWSHIP: Koukos Family, in honor of Mark's retirement.

**Our Greek School will present its Greek Independence Day Program after Liturgy in the Parish House.**

### **March 25th - Feast of the Annunciation**

READINGS: Hebrews 2:11-18; Luke 1:24-38    READERS: Angela Varipatis, Merilla Michael

PROSFORO: Bettie Moustrouphis

PARISH COUNCIL: Team II - Agathi Haxhi\*, Regat Mebrahtu, Dean Krestos

FELLOWSHIP: If you wish to offer a Lenten coffee hour on this Sunday, please call the church office at 774-0281.

### **April 1st - PALM SUNDAY**

READINGS: Philippians 4:4-9; John 12:1-18    READERS: Stacy Gikas, Andrew Jasonides

PROSFORO: Regat Mebrahtu

PARISH COUNCIL: All Teams on Duty - Kim Kapothanasis\*

FELLOWSHIP: Fish Dinner, sponsored by Philoptochos.

### **April 6th - 7:00 PM - EPITAPHIOS SERVICE & PROCESSION**

PARISH COUNCIL: All Teams on Duty - John Cox\*

### **April 7th - Midnight - RESURRECTION SERVICE**

PROSFORO: Alexandra Vorias    PARISH COUNCIL: All Teams on Duty - Regat Mebrahtu\*

### **April 8th - 11:30 AM - AGAPE VESPERS OF PASCHA**

### **April 15th - Second Sunday of Pascha (Thomas Sunday)**

READINGS: Acts 5:12-20; John 20:19-31    READERS: Demo Varipatis, Diana Dowd

PROSFORO: Regat Mebrahtu

PARISH COUNCIL: Team III - Mark Butler\*, Theo Hassapelis, Kim Kapothanasis

FELLOWSHIP: If you wish to offer a coffee hour on this Sunday, please call the church office at 774-0281.

The next **Wellness Wednesday** program and luncheon will be held on Wednesday, February 14th, 10:30 AM to 12:30 PM. We will be making Valentines to give to shut-ins to brighten their day. We are also asking folks to bring copies of some simple favorite recipes. We are putting together a cook book with the hope that it will represent the great food of the families from the many cultures in our church.

We will be sponsoring a CPR/AED class on Saturday March 3rd 9:30 AM to 12 Noon. Please contact Parish Nurse Jackie Tselikis, RNMS, at 939-2260 to sign up or for more information.

*Thank you. Jackie*

**Greetings from Philoptochos.** Here we are, already one month into the New Year! After a very successful Vasilopita, we are now gearing up for several months of activities. We have a special event planned for March, then of course is the baking of the Lambropsomo and our Palm Sunday dinner. By then, we are already into April! In addition to our monthly commitments, our dinners, and our other "regular" events, we are committed to working closely with the parish council in any way we can to enhance our church and parish house. Sadly, for us but not for our community, Helen Blewett will no longer continue to serve as Vice President of Philoptochos. Her duties as President of the community will, no doubt, keep her very busy! Congratulations and good luck Helen. On behalf of all of us in Philoptochos, I would like to say thank you to Paul Ureneck for all the help and support he has given us. On so many occasions he cooked for us, listened to us and supported our functions. Thank you Paul and good luck. So...ladies, we need a VP! Hope to see a lot of you at our meeting on February 11th, right after Liturgy!

*Soula Varaklis, President*

too absorbed in their sadness. In our sadness Christ meets us.

\* *Disciples* - but outside the inner circle. God is no “respected” of persons. He treats everyone equally. He appears everywhere and to everyone in whatever manner.

\* *Talk while walking* - beats texting every time! An adventure of the mind and spirit. Eyes opening to reality.

\* *Jesus appears to be going further* - they ask him to stay the night with them. Jesus is always on the move.

\* *He breaks bread with them* - they recognise him. The talk and the walk were beautiful, life enhancing, eye opening; but the breaking of bread was the moment of recognition. When we break bread with each other, Jesus is with us. He is the bond, he is the one breaking bread with us.

\* *Jesus leaves when they recognise him*. He has other sheep in other flocks to walk with, to talk with, and to break bread with!

\* *The disciples head back to Jerusalem*. But it is a Jerusalem that is transformed in their eyes. They now see things in the light of resurrection. Their hearts are burning!

These are the main narrative themes of the Emmaus story in the Gospel of Luke. In many ways they also describe the narrative of our own lives and faith in Jesus Christ. I will try to develop these themes as an invitation from the Lord to enjoy his presence and to walk with him. In many ways, my “Emmaus Walk” sermons will aim to deepen our experience of Liturgy and worship. I hope and pray that I’ll be up to the task. Perhaps you’ll pray too?

Repentance of course is important for the Christian life and it is rightly emphasised during Lent. But that is not all that Lent is about. And fasting is indeed an important discipline during Lent. But do we fast for the right reasons? Do we fast according to the

unrealistic rules that monks imposed on the entire Church many centuries ago? Or do we ‘fast’ in that minimalistic, modern way, where we make our own rules? In our minds, fasting and repentance go together - or at least that’s what we are told by the tradition of the church (created by monks, of course). If we paid more attention to the Not-so-Old Testament we might learn what God thinks of fasting:

**Is this the kind of fast I have chosen, only a day for the people to humble themselves?**

**Is that what you call a fast, a day acceptable to the Lord?**

**Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?**

**Is it not to share your food with the hungry and to provide the poor wanderer with shelter — when you see the naked, to clothe them, and not to turn away from your neighbour?**

**If you stop pointing the finger and speaking malice, and if you attend to the hungry and satisfy the needs of the oppressed,**

**then your light will rise in the darkness,**

**and your night will become like the noonday.” (Isaiah, chapter 58)**

Don’t misunderstand. The Isaiah passage is not telling us not to fast; it’s telling us that our fasting is incomplete if it’s not accompanied by works of mercy and social justice. Saint John Chrysostom said much the same in many of his sermons. And he especially liked to focus on fasting from gossip! He knew well how easy it is for us to fall into that temptation:

“Let the mouth also fast from shameful and hateful speech. For what does it profit if we fast from fish and fowl and yet bite and devour our brothers and sisters? The one who speaks evil eats the flesh of his brother and bites the

body of his neighbour.”

From our perspective, fasting has become a pious, legalistic practice. But from God’s perspective, fasting is always about the neighbour; it’s always about the ‘other’. Jesus himself became someone ‘other’ than what he was, and we will find him in the ‘other’ (as in Matthew 25:31-46).

Let your fasting this Lent open your heart and eyes to those who are the ‘other’, because it’s there that Jesus waits to embrace you as well. It is the mystery of our salvation. On the road to Emmaus, Jesus was the ‘other’, unrecognised by the two disciples. But they recognised him at the breaking of the bread, at the sharing of food. This too is part of our Emmaus Walk. The Lord became as one of us so we can see him in each other, that we all may be *one* in this painful and yet amazing world of ours. Life is such a gift, such a beautiful blessing and treasure. Fasting helps us appreciate the life we have received, so we can share life with others, especially with those who are deprived of Life, Liberty and the pursuit of Happiness.

Finally, fasting shows us that we take most things for granted and helps us appreciate the gift of food and the hard work of those who bring it to our tables.

Speaking of hard-working people in the Lord’s labour, let me introduce this year’s Parish Council:

Helen Blewett - *President*

Mark Butler - *Vice President*

John Cox - *Treasurer*

Luci Nanos - *Secretary*

Theodore Hassapelis

Agathi Haxhi

Kim Kapothanasis

Dean Krestos

Regat Mebrahtu

Nona Tsotseria

May their example inspire all of us to work together for the Lord’s glory, the Lord who joins us on our walk through life, our Emmaus Walk.

*Fr. Constantine Sarantidis*



## SCHEDULE OF LENTEN & HOLY WEEK - PASCHA SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>F E B R U A R Y</b>						
4	5	6	7	8	9	10 9:00am Liturgy Saturday of Souls
11 (Meat-Fare Sunday)	12	13	14 10:30 Wellness Pro- gram & Luncheon	15	16	17 9:00am Liturgy Saturday of Souls
18 (Cheese-Fare Sunday)	<b>LENT BEGINS!</b>	20	21 6:15pm Liturgy of Pre-Sanctified Gifts	22	23 7:00pm Heretismi	24 9:00am Liturgy Saturday of Souls
25 <b>1st Sunday of Lent</b>	26	27	28 6:15pm Liturgy of Pre-Sanctified Gifts	1	2 7:00pm Heretismi	3 9:30-12:00 CPR/AED class
<b>M A R C H</b>						
4 <b>2nd Sunday of Lent</b>	5	6	7 6:15pm Liturgy of Pre-Sanctified Gifts	8	9 7:00pm Heretismi	10
11 <b>3rd Sunday of Lent</b>			14 6:15pm Liturgy of Pre-Sanctified Gifts		16 7:00pm Heretismi	
18 <b>3rd Sunday of Lent</b> 12Noon Greek School Program			21 6:15pm Liturgy of Pre-Sanctified Gifts		23 7:00pm Akathistos	
25 <b>Annunciation</b>			28 6:15pm Liturgy of Pre-Sanctified Gifts			31 9:00am Liturgy Lazarus Saturday
<b>A P R I L</b>						
1 <b>PALM SUNDAY</b> Fish Dinner  7:00pm Nymphios	2 <b>Holy Monday</b>  7:00pm Nymphios	3 <b>Holy Tuesday</b>  7:00pm Nymphios	4 <b>Holy Wednesday</b>  4:00-6:30pm Sacrament of Holy Unction	5 <b>Holy Thursday</b> 9:00am Liturgy  7:00pm Passion of the Lord	6 <b>Holy Friday</b>  4:00pm Descent from the Cross 7:00pm Epitaphios Service	7 <b>Holy Saturday</b> 9:00am Liturgy  11:30pm Nocturns 12 Midnight <b>ANASTASIS</b> The Resurrection
8 <b>PASCHA</b> 11:30am Agape Vespers	<b>WEEK OF NEW CREATION - We celebrate the new life that came through the resurrection of our Lord and Savior Jesus Christ. This is a week of Paschal joy. No fasting this week.</b>					

## HOLY WEEK-PASCHA VOTIVE OFFERINGS

Call Luci at the church office, 207-774-0281, or email at [htrinityportland@gmail.com](mailto:htrinityportland@gmail.com), to reserve any of the following items. Some are already taken, as indicated.

- ◇ Holy Week Ads in Portland Press Herald
- ◇ Charcoal

### Palm Sunday (April 1st)

- ◇ Palms
- ◇ Flower Wreath for Palm Sunday Icon

### Holy Wednesday (April 4th)

- ◇ Holy Unction Supplies

### Holy Thursday (April 5th)

- ◇ Two floral arrangements for the Cross
- ◇ 12 Vigil Lights for Gospel readings (*Olga Hasiotis*)
- ◇ Flower Wreath for Crucifixion Icon

### Holy Friday (April 6th)

- ◇ Epitaphios Flowers (*Any donation is welcome!*)
- ◇ Flower Wreath for "Descent from the Cross" Icon
- ◇ 8 Vigil Lights for the Epitaphios (*Harry & Maria Koukos*)
- ◇ Rose Water

### Pascha (April 7-8)

- ◇ Flower Wreath for Resurrection Icon
- ◇ The Paschal Candle
- ◇ 12 Large Easter Lilies
- ◇ Floral Garland for Iconostasion
- ◇ 4 Light-Distribution Candles at Midnight
- ◇ Safety Cups for the people's Candles

## Holy Trinity Sunday School

The Sunday School lessons synchronize with the themes of the Lenten Sundays, as the children learn about the Sunday of Orthodoxy and the importance of icons, the Veneration of the Holy Cross, the importance of forgiveness and prayer, and much else to show them the beauty of our Orthodox faith.

**February 18-** No Sunday School classes.

**March 31-** Saturday of Lazarus. The Sunday School will sponsor the breakfast following Liturgy, and the children will learn to fold palms into the shape of a cross for Palm Sunday.

The children are in the midst of a spiritual construction project, building a model of Holy Trinity. The model serves as a reminder that each one of us helps to build the church, a place for all to worship together and to give thanks and praise to God. May you all have a blessed Lenten season.

*Thank you, Mary Gianibas*

## 2018 STEWARDSHIP

In whatever work we do, we are called to give glory to God for the abilities and opportunities He provides. We do this by caring for the work we do, applying our God-given abilities to our work, and by respecting the responsibilities with which we have been entrusted. We do our best and give the glory to God. As Christian Stewards we are called to give back to God from the "first fruits" of our labor.

Please consider your 2018 stewardship pledge so that we can continue making a difference. May God's blessings be yours.

*Agape,  
The Stewardship Ministry*

For questions about stewardship or more information on becoming a steward of Holy Trinity, please contact Helen Blewett at 207-799-7544 or [HpbMVP@aol.com](mailto:HpbMVP@aol.com).

**Thank you, Paul Ureneck.** Paul informed us last December that he is stepping down from the Parish Council and from his position as President of the Parish Council. His work responsibilities and change of domicile made it impossible for him to continue giving his best to the mission of the Parish Council. He will help in every other way he can. Our entire community is deeply grateful to Paul for the many years he has devoted to his Parish Council work, especially the great care he expended on the maintenance and improvement of our buildings. *Thank you, Paul. God bless you in everything you do.*

**At its first meeting in January, the Parish Council elected Helen Blewett as President and the other officers listed on page 4. There are still vacancies to be filled by anyone who wishes to join this great team.**

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