

# S P I R I T

## THE FAST THAT GOD REQUIRES OF US

We call it the Old Testament, but there is nothing old about it. The Church indeed would have been wise to pay more attention to the Hebrew scriptures - and not only for 'prophecies' of Christ. If we had done so, perhaps our focus during Lent would not be so limited. If we paid more attention to the not-so-old testament, we might better understand Jesus himself.

How do we fast? Do we fast according to the unrealistic rules that monks imposed on the entire Church? Or do we 'fast' in that minimalistic, modern way, where we make our own rules? Or is fasting only about food? If we paid more attention to the Not-so-Old Testament we might learn the true meaning of fasting. Here's what God said through the mouth of Isaiah about fasting:

"Shout it aloud, do not hold back.

Raise your voice like a trumpet.  
Declare to my people their rebellion  
and to descendants of Jacob their sins.  
For day after day they seek me out;  
'Why have we fasted,' they say,  
'and you have not seen it?  
Why have we humbled ourselves,  
and you have not noticed?'

"Yet on the day of your fasting, you do as you please and exploit all your workers.  
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?  
Then your light will break like the dawn,  
and your healing will quickly appear;  
then your righteousness will go before  
you,

and the glory of the Lord will be your  
rear guard.

Then you will call, and the Lord will  
answer;

you will cry for help, and he will say:  
Here am I.

"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.

The Lord will guide you always;  
he will satisfy your needs  
and will strengthen your frame.  
You will be like a well-watered garden,  
like a spring whose waters never fail.  
(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."

It's always about the neighbour;  
it's always about the 'other', isn't it? But  
how could it be otherwise? Jesus himself  
became something, someone 'other'  
than what he was. And so in the parable

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### Ακολουθία της Μεγάλης Σαρακοστής

Τελευταίο Ψυχοσάββατο: 4  
Μαρτίου στις 9:00 π.μ.

Θεία Λειτουργία των  
Προηγιασμένων Δώρων: Κάθε  
Τετάρτη - 1, 8, 15, 22 και 29  
Μαρτίου, και 5 Απριλίου -  
στις 6:15 μ.μ.

Χαιρετισμοί: Κάθε  
Παρασκευή - 3, 10, 17, 24 και  
31 Μαρτίου - στις 7:00 μ.μ.

Θεία Λειτουργία του  
Ευαγγελισμού: Σάββατο, 25  
Μαρτίου, στις 9:00 π.μ.

Σάββατο του Λαζάρου: 5  
Απριλίου, στις 9:00 π.μ.

### Greek Independence Program of our Greek School

Sunday, March 19th  
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 (J.A.M.)	10:00 AM
COFFEE HOUR & FELLOWSHIP	11:30 AM

## **March 5th - First Sunday of Lent (Sunday of Orthodoxy)**

READINGS: Hebrews 11:24-26 & 11:32-12:2; John 1:43-51 READER: Diana Dowd

PROSFORO: Regat Mebrahtu

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

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

## **March 12th - Second Sunday of Lent**

READINGS: Hebrews 1:10-2:3; Mark 2:1-12 READERS: Angela Varipatis, Tom Peterson

PROSFORO: Regat Mebrahtu

PARISH COUNCIL: Team II - Angela Moustrouphis\*, Mark Rand

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

## **March 19th - Third Sunday of Lent (Veneration of the Cross) - (Greek School Program after Liturgy)**

READINGS: Hebrews 4:14-5:6; Mark 8:34-9:1 READERS: Demo Varipatis, Connie Bodley

PROSFORO: Elaine Vorias

PARISH COUNCIL: Team III - Paul Ureneck\*, Kim Kapothanasis

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

## **March 26th - Fourth Sunday of Lent**

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

PROSFORO: Bettie Moustrouphis

PARISH COUNCIL: Team IV - Regat Mebrahtu\*, Mirela Tucci

### **40-Day Memorial for Jim Vorias & for Nick Mavodones**

FELLOWSHIP: Vorias Family, in memory of Jim Vorias.

## **April 2nd - Fifth Sunday of Lent**

READINGS: Hebrews 9:11-14; Mark 10:32-45 READERS: Panos Pantelas, Rahwa Michael

PROSFORO: Regat Mebrahtu

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

### **40-Day Memorial for Christina Bathras**

FELLOWSHIP: The family of Mrs. Bathras in her memory.

## **April 9th - PALM SUNDAY**

READINGS: Philippians 4:4-9; John 12:1-18 READERS: Angela Varipatis, Lucas Jasonides

PROSFORO: Bettie Moustrouphis

PARISH COUNCIL: All Teams on Duty - Mark Rand\*

FELLOWSHIP: Fish Dinner

## **April 14th - 7:00 PM - EPITAPHIOS SERVICE & PROCESSION**

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

## **April 15th - Midnight - RESURRECTION SERVICE**

PROSFORO: Alexandra Vorias PARISH COUNCIL: All Teams on Duty - Mirela Tucci\*

## **April 16th - 11:30 AM - AGAPE VESPERS OF PASCHA**

### **April 23rd - Second Sunday of Pascha (Thomas Sunday; St. George)**

READINGS: Acts 12:1-11; John 20:19-31 READERS: Demo Varipatis, Diana Dowd

PROSFORO: Regat Mebrahtu PARISH COUNCIL: Team I - John Cox\*, Helen Blewett

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

### **April 30th - Third Sunday of Pascha (Myrrhbearers)**

READINGS: Acts 6:1-7; Mark 15:43-16:8 READERS: Panos Pantelas, Connie Bodley

PROSFORO: Elaine Vorias PARISH COUNCIL: Team II - Angela Moustrouphis\*, Mark Rand

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

### **May 7th - Fourth Sunday of Pascha (Paralytic)**

READINGS: 9:32-42; John 5:1-15 READERS: Stacy Gikas, Paulos Zeleke

PROSFORO: Bettie Moustrouphis PARISH COUNCIL: Team III - Paul Ureneck\*, Kim Kapothanasis

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

#### **ALTAR OIL OFFERINGS**

- ◇ Feb 26, Anna & Bob Callahan, in memory of her mother, Marigo Gikas, & brother, Mino.
- ◇ March 5, Angela Plummer, in memory of her parents, John & Elizabeth Karantza.
- ◇ April 2, Angela Plummer, in memory of her sisters, Pauline Siatras, Mary Gato, Eva Bean and Theresa Gato.
- ◇ May 7, Lola Dadiotes, in memory of Persefone and Eula Chrissikos.

Most weeks are open for Altar Oil offerings. Consider sponsoring one.

**Donations are \$10 per week.**

**BAPTISM:** **Elisabeth**, daughter of Kostas & Jaclyn Papadopoulos, was baptised on Nov. 6th, 2016. Costas & Peri Pashos were the godparents.

**CHRISMATION:** **Joanne Laliberte** was received in the Orthodox faith by the sacrament of Chrismation on Oct 12th, 2016. Sponsor was Domna Giatas.

#### **MARRIAGES**

**Brenna Marie Pollak & Andrew Paul Collingham**, were united in the sacrament of holy matrimony on October 1st, 2016. Koumbaros was Constantine Pollak.

**John Kresser & Leah Schouten**, of Dallas TX, were married in our church on Oct. 8th, 2016, by Fr. Harry Pappas of Stamford CT. Karen Cook was the koumbara.

CONGRATULATIONS TO THE NEWLY BAPTISED, CHRISMATED & MARRIED!

#### **DEATHS**

**Jim Vorias** fell asleep in the Lord on February 14th in his home. His funeral was on Feb. 20th. Jim was a tower of quiet strength, faith and loyalty. Hard-working, morally upright, he shared in his wife's passion to help the needy. Our sympathies to his wife of over 60 years, Alexandra, and their children: Stacy, Elaine, Nick and his family, and Peter and his family.

**Nick Mavodones** died on February 15th after a long illness. His funeral was on Feb. 23rd. Nick made an immediate impression on anyone who came to know him and enjoy his smiling, peaceful presence. We extend our sympathies to his children Nicholas and Cathi, and their families.

**Christina Bathras** died quietly on February 21st, in the loving care of her family. Her funeral was on Feb. 24th. Mrs. Bathras illumined our lives for so many years. We will always remember her commitment to her church and to everything that is good. She was a radiant soul. Our sympathies to her children, Lisa and Timothy, and their families.

A funeral was held on October 18th, 2016, in Waterville, for Sam Nawfel's aunt, **Najla Ann Nawfel Joseph**. What a profound experience it was to celebrate the life of a beautiful lady with so many people in Waterville!

MAY THEIR MEMORY BE ETERNAL.

# GREEK FESTIVAL MASTER ANNOUNCEMENT

## JUNE 22, 23 & 24, 2017

It's that time again !! Planning for our 2017 Festival has begun. We need the support of everyone to make it a success. No donation of time or money is too little. There are many ways for everyone to help. We are planning a wonderful program. In addition to the food and pastry, we will have live music on all three nights, the Greek School youth dance program, and Church tours. We will continue the daily 50/50 cash raffle. Please do your share to help Holy Trinity. We need each of you. Stewardship income is not enough to pay for the expenses of running the Church. Expenses keep growing. The Festival is now crucial to sustain our Church.

### DONATIONS

Each year we receive very generous cash donations to help cover some of our costs of food, paper products, beverages and equipment rentals. We are counting on everyone to participate. Please be as generous as you can!

### FOOD PREPARATION SCHEDULES

(Dates and Times Are Subject to Change by Captains)

Even if you can only help for a little while, come in whenever you can get there. ALL PREP AND BAKING SESSIONS WILL START AT 9am AND WILL CONTINUE AS LONG AS HELP IS AVAILABLE UNTIL 8PM.

#### MAY

**Spanakopita** -- Captain: Janet Seymour  
Tuesday, May 16 AND Wednesday, May 17

**Pastitso & Mousaka** -- Captain: Val Kapothansis  
Tuesday, May 23 AND Wednesday, May 24

**Baklava** -- Co-Captains: Jackie & Robbyn Tselikis  
Tuesday, May 30 AND Wednesday, May 31

#### JUNE

**Thiples** -- Captain: Helen Blewett  
Wednesday, June 7 AND Thursday, June 8

**Walnut Cake** -- Captain: Margarita LaRossa  
Friday, June 9

**Pastry Week** -- Monday, June 12 -- Friday, June 16

**Delivery of Souvlaki Meat** -- Sunday, June 18 -- George Koukos, Chris Dilios, Tim Gikas

#### OPENING WEEK

**Monday, June 19**

**Chicken preparation** -- Captain: Tim Gikas

**Vegetable Cutting** -- Captain: Regat Mebrahtu

**Bechamel** -- Captain: Margarita LaRossa

#### Tuesday, June 20

**Mousaka Assembly** -- Captain: Margarita LaRossa

**Souvlaki Assembly** -- Captains: Father Constantine and Mark Rand

Join Father and Mark to get this big job done. A large crew can do it in a few hours!

**Tent Setup** -- After 4pm

#### Wednesday, June 21

**9am -- Finish Setup** -- The Festival tables, chairs, grill, music, hot table, bar, equipment and cash registers will be set up. Able-bodied help is very much needed for these tasks. PLEASE PLAN TO BE THERE.

**5pm -- Tzatziki prep** -- Greg Tselikis, Bill Gribizis, Emil Budri, Demo Varipatis, Thanas Budri

**6pm -- Tomato and Onion prep for Grill**

### WORK THE FESTIVAL DAYS: June 22, 23 & 24

Sign up sheets will be placed in the Church. Please fill in your name and the dates and times you can help as soon as possible. We will make every effort to match your choices. In cases of over-enlistment, preference will be given to those with experience and according to the order of volunteering. Walk-ons during the Festival will not find all positions open, so volunteer early.

ADVISE TIMES YOU CAN WORK BY EMAIL AT [htrinityportland@gmail.com](mailto:htrinityportland@gmail.com), OR PHONE THE OFFICE AT 774-0281. OR TELEPHONE OR SPEAK TO ANY DESIGNATED CAPTAIN.

### CLEAN UP AND BREAK DOWN

The Festival equipment must be cleaned up and put away. Starting Saturday night around 9PM and continuing Sunday around 9AM we will need crews to do this work. We need many volunteers to put our dishes, plates, and equipment away, to break down the tables and chairs to be picked up by the tent company and to clean the parking lot. Please give Holy Trinity two hours.

### YOUTH VOLUNTEERS NEEDED

Our Festival depends on many hands, young and old. Our Festivals are successful in large part because so many of our young people helped out and did many useful tasks. Working on the Festival is a great family project parents and kids can do together and pass along our heritage in a positive environment your kids will always remember. There are many jobs for the kids. Please bring your teens and near teens to the Festival for any schedule of hours that works for your family. Teens are especially helpful to deliver food to the servers, bus tables, pick up trash, and run countless errands.

A **Wellness Wednesday** program will be held on March 1st at the Parish House from 10 am to 12 noon. Laura Overton, Certified Yoga Instructor will present Easy Yoga and Stretching activities. Lunch is included. All ages welcome. For more information contact Jackie Tselikis RNMS 939-2360.

The next Wellness Wednesday is scheduled for April 5th. Details of the program on that date will be available at a later date. These Wellness Wednesday presentations have generated much interest and are popular with many members of our community. Drop in some Wednesday! A healthy lunch is always included.

### Greetings from Philoptochos!

It seems we just left one busy season only to be entering into another one. With Pascha just around the corner, the ladies of Philoptochos are already planning events.

One of our biggest endeavors, of course, is the baking of **Lambropsomo**. We always do the bread baking the week before Holy Week, so this year our baking dates are **April 3rd and 4th**. Other dates to remember:

**April 1st:** cleaning of the church;

**Sunday, April 9th:** PALM SUNDAY DINNER.

Please mark your calendars. Whether it is cleaning the church, or baking, or just socializing, we manage to have fun! We thank you for your support and look forward to seeing you soon. We wish you all a meaningful Lent and a very Happy Easter!

*Soula Varaklis, President*

**STEWARDSHIP INFORMATION OMITTED FOR ONLINE PRIVACY REASONS**



## SCHEDULE OF LENTEN & HOLY WEEK - PASCHA SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>M A R C H</b>						
26 Cheese-Fare Sunday	27 <b>LENT BEGINS!</b>	28	1 10-12 Wellness Wednesday  6:15pm Liturgy of Pre-Sanctified Gifts	2	3  7:00pm Heretismi	4 9:00am Liturgy 3rd Saturday of Souls
5 <b>1st Sunday of Lent</b>	6	7	8  6:15pm Liturgy of Pre-Sanctified Gifts	9	10  7:00pm Heretismi	11
12 <b>2nd Sunday of Lent</b>	13	14	15  6:15pm Liturgy of Pre-Sanctified Gifts	16	17  7:00pm Heretismi	18
19 <b>3rd Sunday of Lent</b> 12Noon Greek School Program	20	21	22  6:15pm Liturgy of Pre-Sanctified Gifts	23	24  7:00pm Heretismi	25 <b>Annunciation</b> 9:00am Liturgy  <b>Icon Workshop 3/24-26</b>
26 <b>4th Sunday of Lent</b>	27	28	29  6:15pm Liturgy of Pre-Sanctified Gifts	30	31  7:00pm Akathistos	1
<b>A P R I L</b>						
2 <b>5th Sunday of Lent</b>	3	4	5 10-12 Wellness Wednesday  6:15pm Liturgy of Pre-Sanctified Gifts	6	7	8 9:00am Liturgy of Lazarus Saturday
9 <b>PALM SUNDAY</b> Fish Dinner  7:00pm Nymphios	10  7:00pm Nymphios	11  7:00pm Nymphios	12  4:00-6:30pm Unction	13 <b>Holy Thursday</b> 9:00am Liturgy  7:00pm The Passion Service	14 <b>Holy Friday</b>  4:00pm Descent from the Cross  7:00pm Epitaphios Service	15 <b>Holy Saturday</b> 9:00am Liturgy  11:30pm Nocturns 12 Midnight <b>ANASTASIS</b> The Resurrection
16 <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>					

Fun for Children  
Saturday, May 6th, 11am - 1pm  
Holy Trinity Parish House

Famous children's songwriter and recording artist  
**Rick Charette** will perform for and with the children!  
Learn more about him at [www.rickcharette.com](http://www.rickcharette.com)  
Children are encouraged to bring friends from school or  
their neighborhood. Fun for All. Pizza too!  
Helen Heel is donating the full cost!

### 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 follow-  
ing items. Luci will tell you what your cost will be. Some are  
already taken, as indicated.

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

#### Palm Sunday (April 9th)

- ◇ Palms
- ◇ Flower Wreath for Palm Sunday Icon

#### Holy Wednesday (April 12th)

- ◇ Holy Unction Supplies

#### Holy Thursday (April 13th)

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

#### Holy Friday (April 14th)

- ◇ 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 15-16)

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

## S P I R I T

HOLY TRINITY ORTHODOX CHURCH  
133 Pleasant Street, Portland, ME 04101  
Luci Nanos, Secretary **Church Office Hours:** Mon-Fri 11am-2pm  
207-774-0281 [htrinityportland@gmail.com](mailto:htrinityportland@gmail.com) [holytrinityportland.org](http://holytrinityportland.org)

Fr. Constantine Sarantidis, Parish Priest  
207-831-3016 [frcsaran@gmail.com](mailto:frcsaran@gmail.com) [ancientanswers.org](http://ancientanswers.org)

## LENTEN ICON PAINTING WORKSHOP

What better way to enhance your  
prayer life during Lent and retreat  
from the distractions of daily living  
than to spend time painting your own  
icon! **Iconographer Christopher Gosey**  
will lead ten participants in the art of  
"writing" their own icon at the Holy  
Trinity Parish House.

Friday, March 24, 2017, 6 PM

Saturday, March 25, 2017, 9AM-5PM

Sunday, March 26, 2017, Noon-3PM

**Cost: \$175.** Includes ALL supplies.

Limited to ten participants.

Register by calling the Church Office,  
at 207-774-0281 or Helen Blewett, at  
207-799-6544.

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of the Sheep and Goats (Matthew 25:31-46) he tells us clearly that we find him in the least of his brothers and sisters.

Let your fasting this Lent open your heart and spiritual eyes to those who are the 'other', because it's there that Jesus awaits to embrace you also. It is the mystery of our salvation. The Lord became as one of us so we can see him in each other, that we all may be *one* on this painful and yet amazingly beautiful planet of ours. Life is such a gift, such a beautiful blessing and treasure. Fasting helps us appreciate what we have received. It shows us that we take things for granted. It helps us rise above instant gratification. You see, this is how we close our eyes to the 'other': when we take others for granted, even our loved ones; when we care so much for our own gratification that we can't even appreciate the quality and the workmanship that goes into those things we desire. Fasting means also taking time to appreciate the gift of food, to meditate on the time needed for our food sources to mature and reach our tables through the labor of hard-working people, our brothers and sisters in the Lord.

**Fasting: a beautiful discipline of love!** May you have a richly rewarding Lent. Let's travel together.

*Fr. Constantine Sarantidis*