



Saint George Greek Orthodox Church

70 West Street, P.O. Box 392, Keene, NH 03431-0392

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Rev. Fr. Leo Schefe, Pastor

Fr. Leo's e-mail: frleo@clearwire.net

Fr. Leo's cell phone: (617) 435-3057

March 2014 Newsletter

Services Every Sunday / Κυριακή

Matins (Ορθρος) 9:00 -10:00 a.m.

Divine Liturgy (Θεία Λειτουργία)

10:00-11:30 a.m.

Prosforo (Πρόσφορο) Bakers

March 2: Maria Glimenakis

March 16: Maria Ioannou

March 30: Vasiliki Moore



Worship Services in March

Sunday, March 2 – Forgiveness Sunday (Cheesefare)

Epistle: Romans 13:11-14; 14:1-4

Gospel: Matthew 6:14-21

Sunday, March 2 – Forgiveness Vespers, 6:00 PM

Wed., March 5 – Presanctified Divine Liturgy, 6:00 PM

Light Lenten meal to follow

Friday, March 7 – 1st Akathist Hymn, 6:00 PM

Sunday, March 9 – 1st Sunday of Orthodoxy, 40 Holy

Martyrs of Sebastia – Please bring a portable icon

Epistle: Hebrews 12:1-10

Gospel: John 1:43-51

Wed., Mar. 12 – Presanctified Divine Liturgy, 6:00 PM

Light Lenten meal to follow

Friday, March 14 – 2nd Akathist Hymn, 6:00 PM

Sun., March 16 – 1st Sunday of St. Gregory Palamas

Epistle: Hebrews 1:10-14, 2:1-3

Gospel: Mark 2:1-12

Wed., Mar. 19 – Presanctified Divine Liturgy, 6:00 PM

Light Lenten meal to follow

Friday, March 21 – 3rd Akathist Hymn, 6:00 PM

Sunday, March 23 – Sunday of the Holy Cross

Epistle: Hebrew 4:14-16, 5:1-6

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Tuesday, March 25 – Feast of the Holy Annunciation

Matins: 9:00 AM; Divine Liturgy at 10:00 AM

Epistle: Hebrews 2:11-18

Gospel: Luke 1:24-38

Wed., Mar. 26 – Presanctified Divine Liturgy, 6:00 PM

Light Lenten meal to follow

Friday, March 28 – 4th Akathist Hymn, 6:00 PM

Sunday, March 30 – Sunday of St. John Climacus

Epistle: Hebrews 6:13-20

Gospel: Mark 9:17-31



Calendar at a Glance (non-liturgical)

Clean Monday, Great Lent Begins - March 3

Lunch and Lives, Every other Thursday, 12:00 noon
March 6 and 20; see page 5 for details

Daylight Saving Time begins, Sunday, March 9

Celebration of Greek Independence Day

Sunday, March 23

From Triodion to Great and Holy Lent



On February 9, we started our use of the Triodion (named for the three odes for each day) in our worship services of the church. The first three Sundays in the Triodion usher us to the eve of Great and Holy Lent.

The first week of the Triodion began with a focus on humility, giving us the example of the Publican and the Pharisee. The following week we were given the example of the Prodigal Son, teaching us lessons on repentance and forgiveness. The next week of the Triodion gave us the inevitable reality of the Last Judgment which reminded us of fellowship with Christ. How have we ministered to Him by caring for the needs of others? Will the Lord know us on the Day of Judgment? It's a sobering thought. Just one day prior, on Soul

Saturday, we remembered with prayer and koliva the souls of our loved ones laid to rest before us. February 23 was Meatfare Sunday—the last day to eat meat until Holy Pascha. The week following allowed cheese and dairy products, through Cheesefare Sunday, March 2. That Sunday highlights Adam and Eve's expulsion from Paradise. At the beginning of Great Lent, we feel much like Adam and Eve did—exiled from Paradise.

The evening of Cheesefare Sunday, March 2, brings the Vespers of Forgiveness which allows us a "first taste" of Great Lent. During this service, we enter into the general theme of repentance which pervades Great Lent. We come together to worship and to ask forgiveness of one another. The Church guides us to put effort into reconciling with one another. The Vespers service allows us time to say to one another, simply, "Forgive me," and to receive forgiveness. Below this article you will find a small meditation on the blessings we may both give and receive during the Forgiveness Sunday Vespers service. I hope and pray you will come to the service so that I, and each one of us in turn, can ask forgiveness of one another.

In Greece, we met up with families who had a light meal after Forgiveness Vespers which included a hard cooked egg, which was a visible reminder that the next time we'd be cracking a hard cooked egg would be in the spirit of rejoicing at Pascha.

On March 3, known as "Clean Monday," we open the period of the Great Fast. Even though we take on a "new" diet and increased number of services, let's keep this in mind--the main issue is not whether we fasted perfectly, but, rather, did we put forth the effort to repent? Fasting is helpful for repentance. And, that is why we do it. The Church, in her wisdom, has seen fit to observe this particular season of repentance. However, repentance is not unique to Great Lent; that is to say, we should always be repenting. Our goal should be to remain in fellowship with Christ at all times. This is a moment-to-moment challenge throughout one's life. However, during Great Lent we are to make the goal our preoccupation. Repentance and fellowship with Christ go hand-in-hand. This season is God's "prescription" for our spiritual health and well-being.

I hope you'll find the following meditation meaningful, as I did. It is by Metropolitan Anthony (Bloom) of blessed memory. + Fr. Leo



The Return of the Prodigal Son
By Rembrandt (1636)

On Forgiveness

To forgive does not mean to forget what has happened, but to shoulder the weight of another person's frailty or even another person's evil. St. Paul says, "Learn to carry one another's burdens." These burdens are often the failure of each of us to be worthy of our calling, our incapacity to love one another, to accept one another, to serve one another, to help one another on the way that leads to God. Let each of us pass a judgment on our whole soul, on our whole life, judge ourselves honestly, and ask forgiveness not only from God but from our neighbor, which is sometimes much harder than asking forgiveness from God.

We are all frail. We are all in need of support. Do we give this support to one another? Or do we choose those whom we want to support because we like them, because supporting them is a joy, because supporting them means that they also respond to us by gratitude, by friendship? Let us avoid seeking reasons not to forgive.

I remember a man who said to me, "I can forgive every person who has sinned against me, I can even love them, but I must hate the enemies of God." I thought of something which is told to us in the life of one of the saints, in which a priest was praying to God to punish those who betrayed Him by their lives if not by their words. And Christ appeared to him and said, "Never pray for the punishment or the rejection of anyone. If there was only one sinner in the world, I would choose to be incarnate again, and again to die upon the cross for this only sinner."

Remember, if we do not forgive our brother, it is not only he who goes away with pain and tears in his heart, but we are wounded. If we do not forgive, we are ourselves not healed. The evil that occurred to us at the hands of another person remains with us, damaging our soul, destroying us.

Let us learn to forgive, so that others may be healed, but also that we may be healed ourselves. Come and bow down before the icon of Christ and of the Mother of God and then turn to one another with the readiness to be forgiven and to forgive, whatever the cost to us.

*+Metropolitan Anthony Bloom of Sourozh
from a Forgiveness Vespers sermon given in 1999
Source : In Communion magazine #55, 2010*

Fasting Guidelines for Lent

The Church guides us to avoid meat, dairy products, and fish during Great and Holy Lent. Vegetable oil may be used on weekdays and olive oil and wine may be consumed on weekends. Fish is permitted on the Feast of the Annunciation (Tuesday, March 25) and on Palm Sunday, April 13.

The suggested diet consists of grains (pasta, rice, etc.), vegetable oil/margarine, legumes, nuts, fruits, vegetables, seafood, and meat-substitute type products which are often soy based. This is a broad categorization of allotted foods, not a limited list.

In essence, the fast is basically a vegan diet and everyone is encouraged to keep the fast, inasmuch as possible. God knows the condition of each person's health; the fast is not designed to make anyone sick, but to rather to help us on the road to repentance.



Lenten Prayer of St. Ephraim the Syrian

Lord and Master of my life,
cast away from me the spirit of
laziness,
idle curiosity,
love of power,
and vain talk.

But, grant me, your servant,
the spirit of
moderation
humility
patience
and love.

Yes, Lord and King,
Grant me to see my own faults
and not to judge my brothers and sisters.
For you are blessed unto the ages of ages,
Amen.

*This prayer is used throughout Great Lent, at morning
and evening prayers, accompanied by prostrations.*

*May God grant us all a spiritually profitable Great
Lent. Kali Sarakosti!*

Fr. Leo, Pres. Candace & Nina

Dealing With Hurts

Submitted by Presbytera Candace Schefe

For many of us, barely a day goes by during which we are not hurt by another person. These offenses can come in the form of a careless remark, an unkind glance, unfounded criticism or gossip. They often come from family and friends, from people nearest to us. How should we respond to these hurts? By examining the responses of Christ Himself and the writings of saints and elders of the Church, we can glean for ourselves helpful advice and worthy models.

In the eighth chapter of the Gospel of St. John, the Jews accused Jesus of being a Samaritan and having a demon. St. Gregory the Great comments that Jesus "was silent about what He knew was true and He patiently rejected what He heard falsely said. See how when the Lord is insulted He is not angry, and does not respond with offensive words," (The Orthodox New Testament, Vol. 1, Holy Apostles Convent, p.514). After verbally insulting Jesus, the Jews took up stones to throw at Him, but Jesus hid Himself and left the temple. By this behavior, St. Gregory says that Jesus teaches us, "Even when it is possible for us to resist we should humbly avoid the anger of the proud...Let no one raise up against the offenses he has received. Let no one return injury for injury. It is indeed more honorable to imitate God by fleeing silently in the face of insult than to prevail by answering back" (ibid., p.515). In our daily lives, we may never find ourselves in a position of being stoned, nevertheless insults and accusations from other people can feel as if rocks are being hurled at us. Sometimes being silent and leaving the room can be the most meek and appropriate response for a Christian.

In a similar vein St. Paul wrote to the Romans, "Do not be overcome by evil, but overcome evil with good" (Rm. 12:21). St. John of Kronstadt, a parish priest who labored in Russia in the nineteenth century, tells us, "People offend you, irritate you, breathe contempt and malice against you; do not repay them in the same way, but be gentle, meek, and kind, respectful and loving towards those very persons who behave unworthily to you. If you are agitated yourself, and speak excitedly, rudely, contemptuously - that is unlovingly - then you will be vanquished yourself" (My Life in Christ, pt.1, Holy Trinity Monastery, 1971, p.123).

He goes on to explain that if we respond to offenses in a sinful, disturbed manner, the person might notice our weakness and offend us further. Rather we must pity our neighbor. St. John says, the more rude and irritated he is, the more hatred he nourishes towards you, the more meekness and love you must show him. Then you will surely conquer him. God is always stronger than evil, and therefore always conquers. Remember also that we are all weak, and are very easily overcome by passions, and therefore be meek and indulgent to those who sin against you, knowing that you yourself often suffer from the same infirmity as your brother. Forgive those who trespass against you, so that God may forgive your trespasses, incomparably greater than the trespasses of others against you. Be always calm, lofty in spirit, unsuspecting, firm, simple, and kind-hearted, and you will always triumph over your enemies (ibid. p.124). The devil, seeing our irritation with our neighbor, will build on our weakness for his advantage. In other words, we should remember that the devil is working to emphasize our neighbor's sins in our eyes so that we will have enmity, rather than love, in our hearts towards our neighbor.

St. John of Kronstadt comments, "How many trifling and incessant pretexts the hater of mankind offers us for hating our neighbor, so that we are almost constantly angry with others, almost constantly bearing malice against others, and living in accordance with his infernal all-destructive will" (ibid., pt. 2, p.27). St. John goes on to explain that the devil cunningly induces us to notice the sins of others and react angrily. By this method, the devil keeps us distracted from the anger which rightfully should be directed against him, the deviser of evil and division. If indeed our brother is guilty in some way, "we must despise the sins, the faults themselves, and not our brother who commits them at the devil's instigation, through infirmity and habit." St. John continues: "we must pity him, and gently and lovingly instruct him, as one who forgets himself, or who is sick, as a prisoner and slave of his sin. But our animosity, our anger towards the sinner only increases his sickness, oblivion, and spiritual bondage, instead of lessening them; besides this, it makes us ourselves like madmen, or sick men, the prisoners of our own passions, and of the devil, who is the author of them" (ibid., pt. 1, p.183).

Yes, in our daily lives, hurts and offenses will come. Personalities will clash. As St. Ambrose, an elder of Optina Monastery in Russia, wrote in simple, graphic terms to his spiritual children, "If a pot clashes with a pot, how much more impossible is it for people to live together without clashing" (Elder Ambrose of Optina, St. Herman of Alaska Press, 1997, p.157). Yet as we have seen from the above examples we must deal with these hurts through silence, meekness, prayer, pity and kindness. We need to remember that the devil stirs us to feel hatred towards others for the hurts they inflict on us, but we must react with love for neighbor, directing hatred only towards the sin. In this way we will bear the name of Christ as worthy Christians.

Ongoing Activities and Services

Lunch and Lives

This noon-time meeting meets every other Thursday from noon until 1:00 PM. Bring your own lunch. Dessert and beverages are provided.

The Lunch and Lives group will take on a new focus during the Lenten season. Together we will read a practical Orthodox text called "God's Path to Sanity, Lessons from Ancient Holy Counselors on How to have a Sound Mind." The book addresses the passions of the soul, i.e. our "spiritual defects," and lays a foundation of understanding and repentance to foster the healing process. The author is Dee Pennock, insightful writer on Orthodox life and spiritual health and a student of Patristic teachings. Each chapter concludes with a selection of questions to ponder. Those who would like to participate are asked to purchase the book, read and be prepared to discuss/share when we meet. <http://www.light-n-life.com/god-s-path-to-sanity-lessons-from-ancient-holy-counselors-on-how-to-have-a-sound-mind.html> Book can be ordered through our bookstore (\$16.95), book is also available on Kindle Reader for \$9.99.

For details, contact Pres. Candace at 857-210-7945 or at doxa141@gmail.com.

Wednesday Evening Services

Pre-sanctified Liturgy (Pro-igiasmeni / Προηγιασμένη)

6:00-7:30 p.m.

March 5	March 26
March 12	April 2
March 19	April 9

Followed by a light Lenten dinner

Friday Evening Services

Service of the Salutations / Akathist Hymn (Akathistos / Ακάθιστος)

6:00-7:30 p.m.

March 7	March 21
March 14	March 28
April 4	

The Service of the Salutations to the Most Holy Theotokos - Chanted at Small Compline on the Fridays of Lent

Fellowship Hour

After Sunday services, fellowship hour gives us an opportunity to chat with family and friends; to meet new friends; and to welcome newcomers into our church, whether they are considering becoming members or just passing through. For Fellowship Hour to continue, we need everyone's help.

Please sign up on the sign-up sheet in Hellenic Hall or see Maria Bradshaw at church or call her at 603-357-2143 if you are willing to help in any way. Thank you!

Thank you to Stella Balkanikos for the eye-catching fellowship hour sign-up sheets in Hellenic Hall.

Lenten Reads - from our library cart

To Love as God Loves
Great Lent
The Orthodox Way
Introducing the Orthodox Church
Living Prayer
My Life in Christ
The Way of a Pilgrim
The Way of the Ascetics
The Lenten Spring
Wounded by Love
The Law of God (catechical & more)
Making God Real in the Orthodox Christian Home
Facing East
At the Corner of East and Now
The Illumined Heart
The Lost Gospel of Mary (authentic teaching about the Virgin Mary)

New! Sponsor a Library Book

St. George has a modest church lending library which you'll find on the rolling cart in Hellenic Hall. You can now sponsor a book to increase the available titles. How? It's easy – sponsor a book by choosing a book title from a list that will appear in the weekly bulletin. Donate the amount shown for the title and the book will be purchased and made available on the library cart. As the sponsor, you will have first opportunity to read the book! If you'd like to sponsor one or more books from the list, please let Presbytera Candace know and she will purchase the title for the library. Thank you for considering this literature ministry opportunity.

Vacuum Cleaner Needed...

A new vacuum cleaner is needed to clean the church. If you have an interest in helping us obtain this, please contact Joe Truman at 603-717-2351.

Stewardship Update

By Nick Lupinin, Stewardship Chairman

Stewardship Update as of February 14, 2014

Total Pledges: \$30,410.00
Total Pledges Paid: \$11,370.00
Total pledges thus far: 55



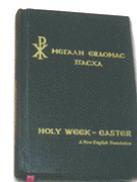
2014 Stewards of St. George Greek Orthodox Church THANK YOU (ευχαριστώ) for your stewardship!

Panayiotis & Avey Andonellis	Sue Glimenakis	Mary Michaelides
Peter Antonopoulos & Ellen Spielberg	Michael & Stephanie Guitard	George & Vasiliki Moore
Bob & Vasillisa Balkanikos	Peter Gundelfinger & Suzanne Smiley	Bill & Flo Nestor
Aspasia Ballas	Janet Harrison	Paul & Kathleen Nikiforakis
Carolyn Blastos	George & Maria Ioannou	Alexandra Papadimitriou
Chris Booras	Margaret Ioannou	Lena Pappas
Julia Booras	George & Sigrid Karabakakis	Michael and Eunice Pappas
Mary Booras	Alexandra Kolivas	Roger and Connie Phelps
Anna Bradshaw	Anastasia Kolivas	Mitch & Danielle Piper
Peter & Maria Bradshaw	Louis & Sue-Ellan Kolivas	Heather Riley
Sarah Bradshaw	Nicholas Kolivas	Fr. Leo & Pres. Candace Schefe
Wayne & Jennie Canwell	Marya Koskoris	George & Youla Skipitaris
Don & Irene Cheek	Christopher & Athanasia Lakin	Chris Tasoulas
Will Dourdounas & Erin Douquette	Mark and Apostolia Lanoue	Georgia Tasoulas
Bill & Elaine Ellis	Spyridon & Ekaterini Leristis	Joe and Beth Truman
Peter Espiefs	Giota Livanis	Douglas Walker & Andrea Polizos
Charles Glimenakis	Nickolas Lupinin & Susan Karalekas	Kevin & Lisa Warren
Christopher & Fotini Glimenakis	David Maydwell	Lazaros & Ryanne Xanthopoulos
	Susan Maydwell	

St. George Bookstore Open every Sunday during Fellowship Hour also by appointment: 857 210 7945.

Is there a book you'd like to buy? Are you looking for a certain icon? A neck or wall cross? A prayer rope or bracelet? Incense or charcoal? A Christian gift for someone? A greeting card? Items for a baptism or wedding? A prayer book? Please let Presbytera know what you're looking for. Traditional black Holy Week books are available for purchase in the bookstore.

Holy Week – Easter
(ΜΕΓΑΛΗ ΕΒΔΟΜΑΣ ΠΑΣΧΑ)
Greek Orthodox Holy Week & Easter Services



Find us in the room immediately behind the altar area, off the hallway leading to the fellowship area.

Thank You (Ευχαριστώ)

We thank the Demoulas Family and Foundation for their generous contribution of \$2,500 to our Church. For many years their support has helped preserve our Greek Orthodox Church and culture.

We are most grateful to the late Mr. Telemachus A. Demoulas for establishing the Demoulas Foundation and for their continued support and thoughtfulness towards to our parish.

Mr. Demoulas has been included in our Family Memorial Book and Fr. Leo will memorialize him for the Saturday of Souls.

May his memory be eternal.



Our community is pleased that Demoulas Market Basket is in Swanzev

Martin Luther King Breakfast

On January 20, our Hellenic Hall was abuzz with 100 or so people who came together for a special breakfast meeting. The Keene Interfaith Clergy and the Martin Luther King Jr./Jonathan Daniels Committee held their third annual MLK Jr. breakfast in our venue that morning. Both clergy and lay-persons from various faiths gathered together to hear Rev. Ron Buford speak about Dr. King's memory and also share his own experiences in the Civil Rights Movement.

Those present also recalled the supreme sacrifice made by Jonathan Daniels, a Keene resident and Episcopal seminarian. Daniels gave his life in protection of Ruby Sales, a black teen in Hayneville, Alabama on August 20, 1965.

The Keene Interfaith Clergy and the Martin Luther King Jr./Jonathan Daniels Committee extend sincere appreciation to the St. George community for allowing the use of our spacious and attractive Hellenic Hall for the special event.

Newsletter Editorial Staff

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Newsletter submissions and questions can be sent to church, attention: Susan Karalekas; e-mailed to susan@bridgesinn.net; or call Susan at (603) 358-6958

Sponsorship submissions and questions can be sent to church, attention: Popey Pitsas; e-mailed to panospit33@myfairpoint.net or call Popey at (603) 827-3775

Community Prayer List

Please use this list to pray for members of our community who are sick or in need of God's care.

- Presvytera Evelyn Bacopoulos
- John Bardis
- Pat Blastos
- Jennie Canwell
- Donald & Jeremy Doubleday
- Dean Eleftheriou
- Janet Harrison
- Marya Koskoris
- Katherine Koutras
- Hristianna Lanoue
- Margaret Ioannou
- Mark Raheb
- Chris Tasoulas



From time to time, we may remove names that have been on the list for a while. If you feel a name should remain on the list, or if you would like a new name placed on the list, please contact Fr. Leo.



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Holy Week

April 13 – 19

Palm Sunday

(Κυριακή των Βαΐων) April 13th

Easter Sunday

Pascha (Πάσχα)

April 20th

The complete schedule of services for Holy Week will be included in the April newsletter.

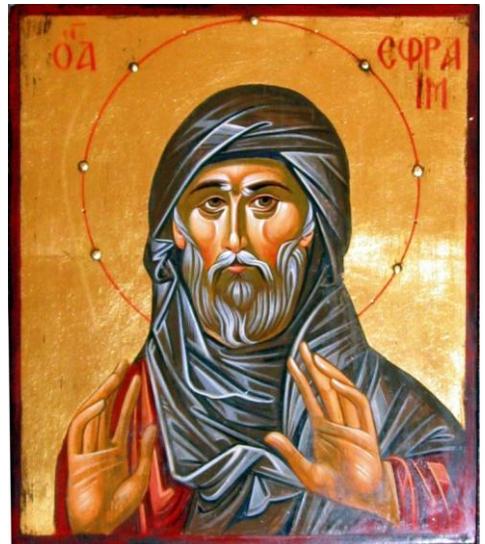
Praise be to the Good One Who descended for our sake, became like unto us and healed our sores by His all-sanctifying flesh and his all-sanctifying blood! May all sing praises to Him!

Thanks be to the Kindhearted One Who ever bears our burden, although he knows our wickedness, Who has created us and nourishes us, and commands His sun to shine upon us! May we praise His goodness!

Open to me the door of loving-kindness, O our Lord, Who art full of mercy; stretch out Thine hand to me, O Good and Merciful One, and return me to the fold of Thy sheep, that I may glorify Thy kindness.

My sins are a wall between me and Thy goodness. Tear it down that I might approach Thy loving-kindness; pour out Thy love upon me and exalt me to Thy heights.

But the wall of my sins can be torn down only by tears and contrition; so grant me all the days of my life diligently to lament my sins and to gather the fruits which will serve me well in the day of judgement.



A prayer by Saint Ephraim the Syrian