



Saint George Greek Orthodox Church

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

Church phone: 603-352-6424

Website: www.stgeorgekeene.nh.goarch.org

Rev. Fr. Leo Schefe, Pastor

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

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

July 2014 Newsletter

Services Every Sunday / Κυριακή

Matins (Ορθρος) 9:00 -10:00 a.m.

Divine Liturgy (Θεία Λειτουργία)

10:00-11:45 a.m.

Prosforo (Πρόσφορο) Bakers

July 6: Cornelius (David) Schuster

July 20: Maria Ioannou



Worship Services in July

Sunday, July 6 – 4th Sunday of Matthew

Epistle: Romans 6:18-23

Gospel: Matthew 8:5-13

Sunday, July 13 – Sunday of the Holy Fathers

Epistle: Titus 3:8-15

Gospel: Matthew 5:14-19

Sunday, July 20 – 6th Sunday of Matthew/Prophet Elias

Epistle: James 5:10-20

Gospel: Matthew 9:1-8

Sunday, July 27 – 7th Sunday of Matthew / St.Panteleimon

Epistle: II Timothy 2:1-10

Gospel: Matthew 9:27-35

Calendar at a Glance (non-liturgical)

Annual Church Picnic, Sunday, June 29

At Keene State College Camp (Swanzey) after the Liturgy

Paraklesis to Mother of God, Tuesdays, 6:00 PM

July 1, 8, 15, 22, 29

Paraklesis to St. George, Thursdays, 6:00 PM

July 3, 10, 17, 24, 31

Yard Sale, Saturday, August 2, 10:00 AM – 2:00 PM

In Hellenic Hall

Ecclesiastical New Year, September 1

A calendar of events can be found on our website at

www.stgeorgekeene.nh.goarch.org

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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 Bacopulos
- John Bardis
- Pat Blastos
- Jennie Canwell
- Donald & Jeremy Doubleday
- Katherine Koutras
- Hristianna Lanoue
- Margaret Ioannou
- Mark Raheb



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

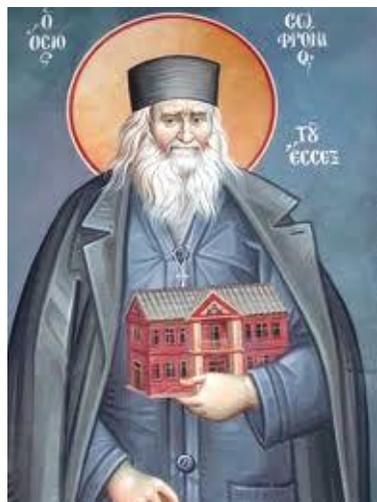
Fr. Leo's Corner

A life-changing prayer from Elder Sophrony

Elder Sophrony wrote, "If any of my readers is suffering from some psychological wound occasioned by failure in life, he can attain to regal freedom of spirit and radically change his whole life if he turns to God every day with a personal prayer such as this, for example,"



Prayer at Daybreak



Eternal King without beginning, You who are before all worlds, my Maker, Who have summoned all things from non-being into this life: bless this day that You, in Your inscrutable goodness, give to me. By the power of Your blessing enable me at all times in this coming day to speak and act for You, to Your glory, in Your fear, according to Your will, with a pure spirit, with humility, patience, love, gentleness, peace, courage, wisdom and prayer, aware everywhere of Your presence.

Yes, Lord, in Your immense mercy, lead me by Your Holy Spirit into every good work and word, and grant me to walk all my life long in Your sight without stumbling, according to Your righteousness that You have revealed to us, that I may not add to my transgressions.

O Lord, great in mercy, spare me who am perishing in wickedness; do not hide Your face from me. And when my perverted will would lead me down other paths, do not forsake me, my Savior, but force me back to Your holy path.

O You Who are good, to Whom all hearts are open, You know my poverty and my foolishness, my blindness and my uselessness, but the sufferings of my soul are also before You. Wherefore I beseech You: hear me in my affliction and fill me with Your strength from above. Raise me up who am paralyzed with sin, and deliver me who am enslaved to the passions. Heal me from every hidden wound. Purify me from all taint of flesh and spirit. Preserve me from every inward and outward impulse that is displeasing in Your sight and hurtful to my brother.

I beseech You: establish me in the path of Your commandments and to my last breath do not let me stray from the light of Your ordinances, so that Your commandments may become the sole law of my being in this life and in all eternity.

O God, my God, I plead with You for many and great things: do not disregard me. Do not cast me away from Your presence because of my presumption and boldness, but by the power of Your love lead me in the path of Your will. Grant me to love You as You have commanded, with all my heart, and with all my soul, and with all my mind, and with all my strength: with my whole being.

For You alone are the holy protection and all-powerful defender of my life, and to You I ascribe glory and offer my prayer.

Grant me to know Your truth before I depart this life. Maintain my life in this world until I may offer You true repentance. Do not take me away in the midst of my days, and when You are pleased to bring my life to an end, forewarn me of my death, so that I may prepare my soul to come before You.

Be with me then, O Lord, on my great and sacred day, and grant me the joy of Your salvation. Cleanse me from manifest and secret sins, from all iniquity hidden in me; and give me a right answer before Your dread judgment-seat.

From: His Life is Mine, pp. 52-53

Further counsel from Elder Sophrony: *No one on this earth can avoid affliction; and although the afflictions which the Lord sends are not great, men imagine them beyond their strength and are crushed by them. This is because they will not humble their souls and commit themselves to the will of God. But the Lord Himself guides with His grace those who are given over to God's will, and they bear all things with fortitude for the sake of God Whom they have so loved and with Whom they are glorified forever. It is impossible to escape tribulation in this world but the man who is given over to the will of God bears tribulation easily, seeing it, but, putting his trust in the Lord, and so his tribulations pass.*

Archimandrite (Elder) Sophrony reposed on July 11, 1993. Elder Sophrony was best known as the disciple and biographer of St. Silouan the Athonite and compiler of St Silouan's works. He was the founder of the Patriarchal Stavropegic Monastery of St. John the Baptist in Tolleshunt Knights, Maldon, Essex, England. Elder Sophrony was an Athonite monk and lived on the Holy Mountain from 1926-1947. He was the spiritual father of many Athonite monastics.

The Elder's writings are greatly appreciated among the Orthodox. They are: ***The Undistorted Image: Staretz Silouan***; ***The Monk of Mount Athos: Staretz Silouan 1866-1938***; ***Wisdom from Mount Athos: The Writings of Staretz Siloan 1866-1938***; ***His Life is Mine; We Shall See Him As He Is***; ***Saint Silouan, the Athonite***, and, ***On Prayer***.

NOTE: You can find some of Elder Sophrony's books on the St. George library cart.



Newsletter Editorial Staff

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Stewardship Update

Pledges as of 6/15/14

Total Pledges: \$41,205.00 ♦ Total Pledges Paid: \$25,946.00 ♦ Balance Due: \$15,259.00
82 pledges so far in 2014

2014 Stewards of St. George Greek Orthodox Church as of June 15, 2014

THANK YOU (ευχαριστώ) for your stewardship!

Harry & Angeline Ackerman	Christopher & Fotini Glimenakis	Mary Michaelides
Panayiotis & Avey Andonellis	Sue Glimenakis	George & Vasiliki Moore
Peter Antonopoulos & Ellen Spielberg	Maria Goodman	Bill & Flo Nestor
John & Sandra Apostoles	Michael & Stephanie Guitard	George & Cindy Nikiforakis
Evelyn Bacopulos	Peter Gundelfinger & Suzanne Smiley	Paul & Kathleen Nikiforakis
Bob & Vasillisa Balkanikos	Janet Harrison	Angelo & Tasia Pananas
Aspasia Ballas	Despina (Evelyn) Hubal	Alexandra Papadimitriou
James Bardis	George & Maria Ioannou	Christos & Samantha Papadimitriou
Edward & Tina Beloyianis	Margaret Ioannou	Lena Pappas
Carolyn Blastos	George & Sigrid Karabakakis	Maria Pappas
Chris Booras	Stella Kiritsy	Michael & Eunice Pappas
Julia Booras	Alexandra Kolivas	Stephen & Joan Pappas
Mary Booras	Anastasia Kolivas	Roger & Connie Phelps
Anna Bradshaw	Louis & Sue-Ellan Kolivas	Mitch & Danielle Piper
Peter & Maria Bradshaw	Nicholas Kolivas	Diane Raheb
Sarah Bradshaw	Marya Koskoris	Heather Riley
Wayne & Jennie Canwell	Christopher & Athanasia Lakin	Fr. Leo & Pres. Candace Schefe
Timoleon & Kiriaky Chakalos	Mark and Apostolia Lanoue	Cornelius (David) Schuster
Don & Irene Cheek	Anathasios & Nika Maria Leristis	George & Youla Skipitaris
Christos & Angeliki Christakis	Evangelia Leristis	Chris Tasoulas
Ernie & Rachel Conides	Spyridon & Ekaterini Leristis	Georgia Tasoulas
Will Dourdounas & Erin Douquette	Christene Libbares	John & RoeAnn Tasoulas
Dean Eliopolous	Giota Livanis	Joe & Beth Truman
Bill & Elaine Ellis	Nickolas Lupinin & Susan Karalekas	Elias & Lambrini Tsitsonis
Peter Espieffs	Sophia MacKinnon	Douglas Walker & Andrea Polizos
Louis & Lisa Giannakakos	David Maydwell	Kevin & Lisa Warren
Charles Glimenakis	Susan Maydwell	Lazaros & Ryanne Xanthopoulos
	Peter & Estelle Merzi	

2014 Graduations and Achievements

Joseph Nikiforakis

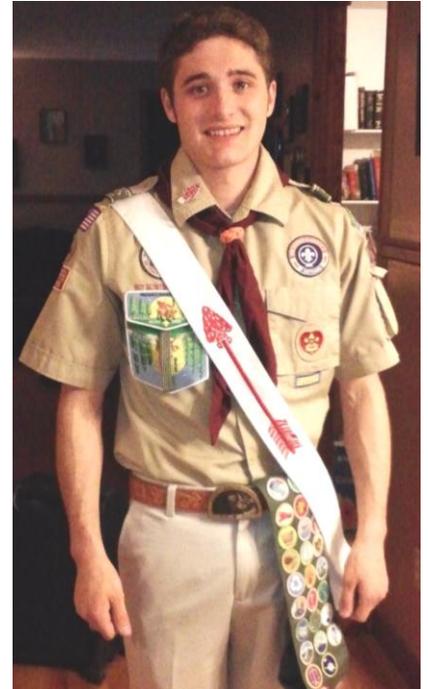
Congratulations to Joseph (Joe) Nikiforakis, who graduated from Monadnock Regional High School on June 7th.

Joe will attend Norwich University (Northfield, VT) in the fall as a cadet.

Joe received his final board of review to attain the rank of Eagle Scout on May 7th. Joe joins his older brothers John and Steven who both have earned the rank of Eagle Scout.

Joe is the son of Kathy and Paul Nikiforakis of Swanzey.

Congratulations to Joe on graduating from high school and becoming an Eagle Scout.



Alexander Antonopoulos



Congratulations to Alexander (Alex) Antonopoulos who recently graduated from Salve Regina University, Newport, RI, with a Baccalaureate of Science in Biology with a minor in Chemistry, *summa cum laude*; an AHEPA Member, Pell Honors Program, RI-INBRE Research Fellow, Biology and Biomedical Science's Departmental Award recipient. He was a St. George Memorial Scholarship recipient.

Alex plans to continue his studies this fall, in a Master of Science in Physiology program. He is being courted by several universities.

Alex is the son of Dr. Ellen Spielberg and Dr. Peter Antonopoulos, and the godson of Dr. George Karabakakis and Sigrid Scholz-Karabakakis.

He has made all who know him very proud!

Alexandra Olga Kolivas

Congratulations to Alexandra Kolivas who recently graduated from Bunker Hill Community College, Charlestown, MA, with a major in Cardiac Sonography. She graduated with Honors and received her medical pin.

She is currently doing her internship at the Veterans Administration Hospital in West Roxbury, MA, where she intends to begin her cardiac-related profession in August when the internship ends and she passes her medical boards.

Alexandra previously attended Keene State College and the Jean Madeline Institute in Philadelphia, PA.

She is the daughter of Lou and Sue-Ellan Kolivas.



The Inheritance of Orthodox Christians

By *Cornelius (David) Schuster*

"Cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life. Thorns and thistles shall it bring forth to thee; and thou shalt eat the herb of the field. In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return."



The above words were spoken to Adam by our Heavenly Father, a rather humbling passage from the Book of Genesis (3:17-19). They serve as a reminder that, while we were made in the image of God, we must struggle to be made in His likeness. The passage isn't intended only for farmers and laborers, as numerous Orthodox saints have attested to its universality. Each Orthodox Christian is individually responsible for his or her own salvation. As recently baptized, I am thankful for the opportunity that Saint George Church has given me to take responsibility for myself.

The Holy Apostle Paul says, "For ye were bought with a price; glorify then God in your body and in your spirit, which are God's" (1 Cor 6:20). Simply to obey the Commandments is not enough, because Christians are expected to follow them. By our obedience, we are purified so that the Holy Spirit might come to dwell in us, by God's grace, but it is an unprofitable servant who merely does the minimum. Saint Paul implores us to glorify the Lord, for we are also expected to bear fruit. Perhaps this is the reason for the grapevines that adorn the church above the iconostasis and appear on the vestments of our beloved Father Leo.

Bearing fruit is not an injunction to do something extreme. It can be as simple as attending the liturgy to offer glory to God. In the words of Saint Basil the Great, "I will offer that which is my very own personal possession and the offspring of my heart, namely, I will glorify You from my very own mind, as if from an altar. And I will sacrifice to You a sacrifice of praise, which is more precious to You than innumerable whole burnt offerings."

Christians take up their cross and carry it alone, but we worship together. In fact, the word liturgy is a combination of the words laity and *ourgia*, meaning public work. At church, we can pray as a community so that we needn't struggle alone. We may ask for help as well, as Saint Ephraim the Syrian reminds us: "The Father gave up His Son to death on the cross, and through His death sinners obtained life. And if He gave away His greatest treasure, can there be any obstacle to prevent a man who asks such a Lover of mankind from receiving all that he needs? So let us ask Him, for He does give. Let us announce to Him our wishes, for He will not refuse us. Let us entreat Him, for He wants to satisfy our needs in every way possible. But in accordance with His justice, He expects our prayer to come to His door, and this prayer has reconciled justice and sinners."

To solve a problem, it must be accurately identified. Created beings have fallen away from God. Our Lord and Savior Jesus Christ is the remedy, but we must do the work of salvation ourselves. Saint Ignatius Brianchaninov explains, "In the sweat of one's brow material bread is obtained. With intense labor of soul and body the heavenly bread is sown that secures eternal life in the human heart; with intense labor it grows, is gathered and harvested, is rendered fit for us, and is kept. The bread of heaven is the Word of God. The labor of planting the Word of God in the heart requires such efforts or exertions that it is called a struggle."

Repentance is a lifestyle, not a one-time thing. Saint Isaac the Syrian teaches that, although the struggle will continue until we are returned to dust and the ground, "in the Lord's goodness He sojourned among us in these latter days and commanded the human free will to exchange sweat for sweat, not allowing us complete repose from all toil, but rather an exchange. In this manner He manifested His loving-kindness toward us, because of our prolonged and wearisome hardship upon the earth. If, therefore, we cease to sweat in the labor of prayer, we shall necessarily reap thorns; for cessation of prayer means a tilling of the earth's corporeality which by nature brings forth thorns. For the passions are indeed thorns, and they spring up from the seed that lies in our body."

Orthodox Christians are heirs to two-thousand years of history. Our inheritance is a wealth of knowledge and every tool that we need is right here at our disposal. There is even a full-time priest at Saint George Church to help us heal our souls. With Christ as our Physician and the Holy Orthodox Church as our hospital, let us go forth and reap where we have not sown.



2014 Ministry Award Recipient – Susan Karalekas

Sunday, June 8, 2014. Susan Karalekas was St. George's Ministry Award recipient at the 28th Annual Metropolis of Boston Ministry Awards Banquet. This year, 737 people were in attendance at Lombardo's in Randolph, MA.

The Parish Council of St. George Greek Orthodox Church proudly nominated Susan Karalekas to receive this award in recognition for all she has done and continues to do for our church. She is admired for her ingenuity in creating and maintaining communications that benefit our parish. She has made a lasting impression with the way that she is able to keep the St. George Community informed.

Susan was born in Portland, Maine where she was raised in a Greek Orthodox family, attending Holy Trinity Greek Orthodox Church. At age 13, her family moved to Needham, MA where her family was active at St. Demetrios Greek Orthodox Church, originally in Newton and now in Weston. Susan's father, shown below in the left of both group photos, continues to attend St. Demetrios.

Years later, Susan moved to Keene and gradually became involved with the St. George community. She then served on the parish council for six years and participated in numerous other volunteer activities from fellowship hour host to assisting with church ministries where needed.

Her profession in communications and writing inspired her to share her skills in serving her church's needs, initially as recording secretary when she was on the council. She was also instrumental in creating the current St. George website, which she continues to maintain. She is the editor-in-chief of the church's monthly newsletter, formerly known as the "monthly bulletin," which repeatedly draws positive reviews for its editorial excellence. (Visit our website at www.stgeorgekeene.nh.goarch.org).

While serving on the parish council, Susan met her husband, Nick Lupinin, who is a long-standing council member and current Stewardship chair. Together they enjoy serving the parish in multiple ways, thriving on volunteering and helping. They both view philanthropy as an essential ingredient of their Orthodox life.



Monadnock High School Senior Readies for the Future

Excerpted from The Keene Sentinel, Saturday, June 7, 2014

Though Caitlin A. Smith cherishes her school and her senior class, she is ready for the next chapter in her life, taking with her the memories of the loved ones who she lost this year.

Smith, of Swanzey, a senior at Monadnock Regional High School, lost her mother, Andrea, to breast cancer in January. Then her aunt, Naomi Dingman, died unexpectedly last month.

Through it all, Smith has persevered.

In the fall, she will attend the University of New Hampshire to study criminal justice, a field she became interested in through taking criminal justice courses offered at Monadnock High, she said.



Sentinel photo by Michael Moore

During the past four years, Smith has kept her grades up, held a part-time job, been heavily involved in Key Club and Interact service organizations, represented her class on the school council, and been a regular at Monadnock football and basketball games.

One of the 17-year-old's favorite pastimes is volunteering.

Through Interact and Key Club, she has taken part in local initiatives, including participating in roadside cleanups and making Thanksgiving baskets for The Community Kitchen in Keene to give to people in need. She also traveled with Interact to El Salvador in February to help build homes there.

"It's just made me realize how important it is to help people here and elsewhere," she said of Interact and Key Club. Interact is the student Rotarian organization, while Key Club is affiliated with Kiwanis International.

This past year, Smith has taken her school spirit up a notch, Assistant Principal Lisa A. Spencer said this week. Smith has volunteered her time to assist with many of the senior class activities, including helping to plan the class trip and banquet, and spirit weeks, Spencer said.

"She is one of the nicest and most caring young ladies I've ever had the privilege of working with," Spencer said. "She is a sweet soul, and I am sure her mother is very proud of who she has become."

Smith's emotions from her mother's passing earlier this year are still very raw.

One of the last things her mother told her was to keep going, Smith said.

"It was hard, but I had a lot of family support," she said.

Her father, who is a member of the Monadnock Regional School Board, said the family was able to have some good talks before his wife passed away. He is very proud of how his daughter has carried on, he said.

Smith's teachers and friends were also very supportive during that time, and would constantly ask how she was doing, she said.

"The past year has made me stronger. It has also made me more appreciative of my family and friends, and to just cherish every moment because you never know," she said.

Through it all, Smith has kept smiling and trying to help others, Spencer said.

That smile, as well as Smith's willingness to talk to anybody, a trait she says comes from her father, led her classmates to vote her the friendliest student in Monadnock's Class of 2014.

And full of spirit, heeding her mother's advice, she's ready to tackle what's next.

Editor's Note: Caitlin is the granddaughter of Ernie and Rachel Conides. Her late mother, Andrea, was the beloved daughter of Ernie and Rachel.

Yard Sale

Saturday, August 2nd ♦ 10:00 A.M. – 2:00 P.M.

Hellenic Hall



St. George Church will be holding a yard sale, rain or shine, as it will be indoors.

You can help in the following ways:

Donations of items to sell are needed and can be dropped off at church.

Donations of bottled water are welcomed as we will sell it at the yard sale.

Volunteers are needed for set up, clean up, and during the yard sale.

For more information, email Heather Riley at heather@mds-nh.org

or call her at (603) 352-0173.

Please note: We will not be selling clothing at the yard sale. However, Pres. Candace has an outlet for clothing and shoes in very good, clean condition. Please label clothing donations for Pres. Candace and she will distribute them.



Keene Community Kitchen

As many of you know, Keene's Community Kitchen actively feeds the needy in our local area. The Kitchen has an ongoing wish list for items that they do not receive an abundance of and could really use to round out the pantry boxes they distribute weekly.

They can always use:

- ♦ cooking oil
- ♦ canned protein (e.g., fish, meat, poultry)
- ♦ canned stews or soup containing protein
- ♦ boxed dinners (e.g., Hamburger Helper)

Please bring donations to church and leave them in the boxes in Hellenic Hall marked "Community Kitchen." Margaret Ioannou picks them up routinely.

Thank you to all who have donated food, money, and time to the Community Kitchen.



Saint George Greek Orthodox Church
70 West Street, PO Box 392
Keene, NH 03431-0392

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Keene, NH 03431

Permit No. 149

Return Service Requested

Congratulations to all the Church School students!

Thank you to all the dedicated Church School teachers:

Litsa Lanoue, Despina Hubal (grades K-2)

Katerina Leristis, Tasia Pananas (grades 3-9)

Pres. Candace Schefe, Church School Director

Congratulations to all the Greek School students!

Thank you to our dedicated teacher and principal

Avey Andonellis