

Saint Spyridon Greek Orthodox Cathedral



March 4, 2018



St. Spyridon Greek Orthodox Cathedral
 Church Office 508-791-7326 Mon.-Fri.: 9:00 a.m.-5:00 p.m
www.spyridoncathedral.org

Reverend Doctor Dimitrios Moraitis—Dean
 Reverend Father Dean N. Paleologos—Dean Emeritus
 Reverend Deacon Andrew Giourelis
 Georgia Parafestas—Parish Council President
 Email - frdimitrim@gmail.com



Metropolis of Boston

WELCOME

Welcome to the Saint Spyridon Cathedral in Worcester, Massachusetts. We are honored that you have chosen to worship with us today. It is our hope that your visit here will bring you many blessings from God. Please be sure to tell us if you are visiting or if you are new to our community. Our Church Family worships the Holy Trinity (Father, Son, and Holy Spirit) and every Sunday, the Lord's Day, we commemorate the Resurrection of Jesus Christ. Our mission is to live the Holy Gospel in accordance with the Orthodox Faith; towards sanctification through God's grace in worship, the Divine Liturgy and the Sacraments: glorifying God through all joys and struggles; and as a Church Community, in Christian love, we seek to do His will so that through His mercy, we may attain His Kingdom. We are blessed to have the slippers of St. Spyridon, which are located in the front-left of the Church, please be sure to venerate them. We pray you have a blessed day and that you visit with us again soon. Also, please remember that one must be an Orthodox Christian in order to receive Holy Communion. If you would like to embrace the Orthodox Faith, please see Father Dimitrios Moraitis. May God Bless you!

March 4, 2018 Sunday of St. Gregory Palamas **Μαρτίου 4, 2018 Κυριακή του Γρηγορίου Παλαμά**

TRISAGIA

Kaliopi Gilantzis—8 years
 Ioannis Gilantzis—33 years

ARTOKLASIA

Epirotic Society "Enosis" &
 Horos tou Zalangu - Artoklasia
 for Aneksartisia tis Boriou
 Epiroy kai Apeleftherosi ton
 Ioanninon

COFFEE HOUR

Coffee Hour is sponsored in
 loving memory of Kaliopi and
 Ioannis Gilantzis by
 their families

SUNDAY SERVICES

Orthros 8:30am
 Divine Liturgy 9:45am

WEEKDAY SERVICES

Wednesday, March 7th
 Pan-Orthodox Presanctified
 Liturgy @ 6pm
 Hosted by St. Nicholas,
 Shrewsbury

Friday, March 2
 3rd Salutations @ 7pm

SAINTS OF THE DAY

Gerasimos of Jordan
 Martyrs Paul & Juliana

ΟΙ ΑΓΙΟΙ ΤΗΣ ΗΜΕΡΑΣ

Γερασίου του Ιορδάνη
 Αγίων Μαρτύρων Παύλου και
 Ιουλιανής

ORATORICAL FESTIVAL

The St. John Chrysostom
 Oratorical Festival will take
 place today, immediately
 following the Divine Liturgy

Εισοδικά

Απολυτίκιον

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμᾳ σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντὸν σου σῶμα. Ἐσκύλευσας τὸν Ἅδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Για τα Μνυμοσηνα

Μνήσθητι Κύριε ὡς ἀγαθὸς τῶν δούλων σου, καὶ ὅσα ἐν βίῳ ἡμάρτων, συγχώρησον, οὐδεὶς γὰρ ἀναμαρτήτος, εἰ μὴ Σὺ ὁ δύνάμενος, καὶ τοῖς μεταστάσοις δούναί τιν ἀνάπαυσιν.

Του Αγίου Γρηγορίου

Ὁρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Του Αγίου Σπυρίδωνος

Τῆς Συνόδου τῆς πρώτης ἀνεδείχθης ὑπέρμαχος, καὶ θαυματουργὸς Θεοφόρε, Σπυρίδων Πατὴρ ἡμῶν, διο νεκρὰ σὺ ἐν τάφῳ προσφωνεῖς, καὶ ὄφιν εἰς χρυσοῦν μετέβαλες, καὶ ἐν τῷ μέλπειν τὰς αγίας σου εὐχάς, Ἀγγέλους ἐσκες συλλειτουργοῦντάς σοι ἱερώτατε, Δοξα τῷ σε δοξάσαντι, δόξα τῷ σε στεφανώσαντι, δόξα τῷ ἐνεργούντι διὰ σου πάσιν ἰάματα.

Κοντάκιον

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαῖρε νύμφη ἀνύμφευτε.

Entrance Hymns

Apolytikion

Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

For the Memorials

Keep Thy servants in remembrance, O Lord, since Thou art good; and do Thou forgive every sin in this life; for no man is without sin, except for Thee Who art able to grant rest even unto him who has departed hence.

St. Gregory Palamas

O Gregory the Miracle Worker, light of Orthodoxy, support and teacher of the Church, comeliness of Monastics, invincible defender of theologians, the pride of Thessalonica, and preacher of grace, intercede forever that our souls may be saved.

Saint Spyridon

At the First Synod you were manifest as a champion, and a wonder-worker, our God-bearing Father Spyridon. Wherefore, you spoke to one dead in the tomb, and a serpent you changed into gold. And while chanting your sacred services, you had angels celebrating with you, O most holy one. Glory to Him who glorified you! Glory to Him who crowned you! Glory to Him who through you works healings for everyone.

Kontakion

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

Ο ΑΠΟΣΤΟΛΟΣ

Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. Πρὸς σέ, Κύριε, κεκράζομαι ὁ Θεός μου.

Πρὸς Ἑβραίους 1:10-14, 2:1-3

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτοὺς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἴρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρυῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

THE EPISTLE

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

Letter of St. Paul to the Hebrews 1:10-14; 2:1-3

"In the beginning, Thou, Lord, didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Μάρκον 2:1-12

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

THE HOLY GOSPEL

The Gospel According to Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

FASTING / ΝΗΣΤΕΙΑ

During the Lenten Fast, the Church calls us to abstain from all meat and dairy products until Pascha, with wine & oil allowed during the weekends only. As always, fast as earnestly as you are able, and if you have never fasted, try something small. Remember, a true fast is when we keep our mind on the Lord and reject sinful passions. Καλή δύναμη!

Announcements

CHOIR

Choir Practice every Sunday Morning! Every voice makes a difference!

HELLENIC ARTS SOCIETY

Everyone is invited to attend a special presentation by Fr. Maximos Conostas on how icons speak to us and how we should speak to them. Fr. Maximos has written books on the theology of icons, he is a senior research fellow at Holy Cross Seminary, and he lived for many years as a monk on Mount Athos. Please join us on Thursday, March 15th @ 7pm and stay for a light reception.

SUNDAY BULLETIN UPDATES

Please send all correspondence, announcements and flyers to Nicholas Livingston, as he has assumed responsibility for the Sunday Bulletin, website updates, and parish emails. Please email livingston.stspyridon@gmail.com or call 508-791-3244

BOOKSTORE

“Father Arseny - Priest, Prisoner, Spiritual Father”

If you ever have doubts about your faith, as we all do at some time or other, this book will provide a glimpse into the life of a new saint as recalled by his spiritual children, and will uplift your faith. Father Arseny was a an Orthodox priest and prisoner in the gulags of the Soviet Union, was severely tortured, yet through his faith in Christ was able to change the lives of those around him. His story can influence your life, as well. Available at our bookstore!

HOLY TRINITY

The ladies of St. Mary's Assumption Albanian Church will be hosting a coffee social for the Holy Trinity residents on Thursday, March 8, 2:00PM. The residents always look forward to their visits!

Holy Trinity has job openings for Dietary Aides (FT/PT). Contact Michelle Williamson, Director of Human Resources, [508-852-1000](tel:508-852-1000), or email mwilliamson@htnr.net

WARM CLOTHING DONATION

Teachers at Beachmont Elementary School in Revere, MA frequently get requests for warm clothing from children who do not have appropriate winter wear. Our goal is to collect donations of winter hats, gloves, scarves, etc. in order to provide adequate warmth for these children for the rest of this cold season and for future winter seasons. If at all possible, please take the time to donate these items to help children in need. The donation box will be located outside the auditorium until Sunday, April 1st. New or used items are welcomed and greatly appreciated. Thank you!








*Occupational Therapy Students from
Worcester State University*

ORDINATION

With great joy in our Lord, we are pleased to announce that Nicholas Livingston will be ordained as a deacon in the morning of Wednesday, March 7th at the St. Methodios Faith & Heritage Center in New Hampshire, and as a priest on Sunday, March 11th here at St. Spyridon. All are invited to a free luncheon following the ordination on Sunday. Please call the office to reserve your seats.

2018 GRECIAN FESTIVAL NEWS

- **Festival Dates:** June 1st, 2nd, 3rd (Friday-Sunday)
- **Next Meeting:** Monday, March 5th 7-8pm in the Tonna Room
- **Seeking volunteers** to join the different committees and attend the meetings as we plan and organize the first stages of the festival Committees that need team members; **Raffle, Publicity, Agora, Food (planning and logistics)**
- **Seeking Graphic Designers** of all skills to help with Grecian Festival Design Projects. Please email GrecianFestival2018@gmail.com your resume, a brief lists of projects you have done, and how many hours you can commit until June 2. This is a paid position but the budget is limited. See job posting on Cathedral Bulletin Board.
- **Program Book Ad Sponsors**--Please take some of the Ad forms and cover letter that are on the table outside of the Narthex. The Program Book is one of our biggest fundraisers and we need everyone to help find sponsors to spotlight their business or family in our keepsake program book.

<h1 style="margin: 0;">OUR JOURNEY TO PASCHA! 2018</h1>			
<i>Created by Fr. Jonathan Bannon (ACROD)</i>			
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:	
2nd Sunday of Lent MARCH 4th	 ST GREGORY PALAMAS Reading: Hebrews 1:10-2:3 Gospel: Mark 2: 1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.	
3rd Sunday of Lent MARCH 11th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHAI</i> Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8:34-9: 1	Wear your cross to church and kiss the cross each morning with a bow!	
4th Sunday of Lent MARCH 18th	 ST JOHN of the LADDER Reading: Hebrews: 6:13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!	
5th Sunday of Lent MARCH 25th	 ST MARY of EGYPT Reading: Hebrews 9: 11-14 & Heb 2:11-18 Gospel: Mark 10: 32-45 & LK 1:24-38	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.	
FLOWERY (PALM) SUNDAY! April 1st <small>GREAT WEEK BEGINS</small>	 GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Reading: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!	
GREAT AND HOLY FRIDAY APRIL 6th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet, & Phones to honor Christ's Death.	
FEAST OF FEASTS! APRIL 8th NO FASTING!	 BRIGHT WEEK HOLY PASCHAI (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1: 1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!	

GREAT LENT SERVICE SCHEDULE

Sunday, March 4th - Sunday of St. Gregory Palamas

- Orthros 8:30am, Divine Liturgy 9:45am

Wednesday, March 7th

- Pan-Orthodox Presanctified Liturgy @ 6pm, hosted by St. Nicholas, Shrewsbury

Friday, March 9th

- 3rd Salutations Service @ 7pm

Sunday, March 11th - Sunday of the Holy Cross

- Orthros 8:30am, Divine Liturgy 9:45am

Wednesday, March 14th

- Pan-Orthodox Presanctified Liturgy @ 6pm, hosted by St. Mary, Worcester

Friday, March 16th

- 4th Salutations Service @ 7pm

Sunday, March 18th - Sunday of St. John Climacus

- Orthros 8:30am, Divine Liturgy 9:45am

Wednesday, March 21st

- Pan-Orthodox Presanctified Liturgy @ 6pm, hosted by St. Spyridon, Worcester

Friday, March 23rd

- Akathistos Service @ 7pm

Sunday, March 25th - Sunday of St. Mary of Egypt

- Orthros 8:30am, Divine Liturgy 9:45am

Wednesday, March 28th

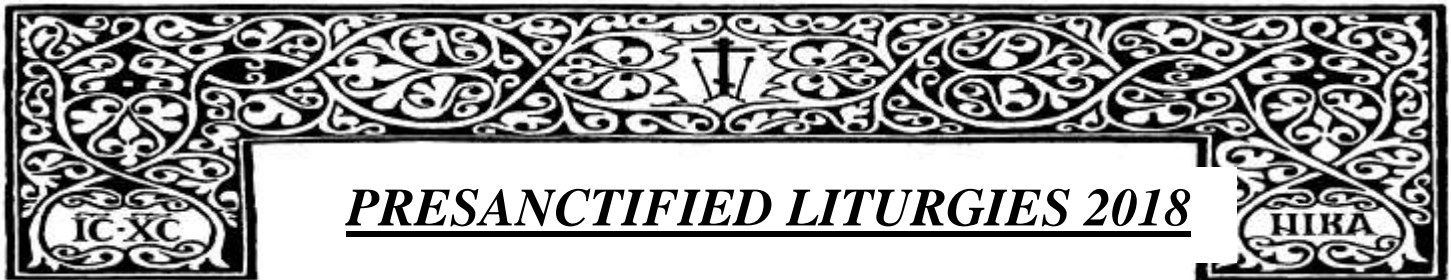
- Pan-Orthodox Presanctified Liturgy @ 6pm, hosted by Holy Trinity, Fitchburg

Saturday, March 31st - Saturday of Lazarus

- Orthros 8:45am, Divine Liturgy 9:45am

Sunday, April 1st - Palm Sunday

- Orthros 8:30am, Divine Liturgy 9:45am



Once again, we are blessed to worship with the other Orthodox Christian Churches in the Worcester area throughout Great Lent. A different parish will host the Presanctified Liturgy each week, followed by a pot-luck meal.

If you are able, please bring a dish to share with others.

Wednesday, March 7th @ 6:00pm - St. Nicholas Church, Shrewsbury, MA

Wednesday, March 14th @ 6:00pm - St. Mary Church, Worcester, MA

Wednesday, March 21st @ 6:00pm - St. Spyridon Cathedral, Worcester, MA

Wednesday, March 28th @ 6:00pm - Holy Trinity, Fitchburg, MA

LENT & HOLY WEEK FLOWER OFFERINGS

The decoration of the icons and our church is a wonderful way to give back to the Lord for all He has done for you. Please consider donating one of these items for the health of your family or in memory of a loved one. Call or stop by the Church Office for more information.

- 5 Icons for the Salutations @ \$125 each
- 8 bales of Palms @ \$45 each
- 8 donations of \$35 each for the daffodils for the Veneration of the Cross
- 1 large icon of the Annunciation @ \$125
- 1 icon of the Nymphios for Palm Sunday @ \$95
- 1 small icon of the Nymphios for Palm Sunday @ \$65
- 2 icons for Palm Sunday @ \$65
- 1 icon of the Last Supper for Holy Wednesday @ \$95
- 1 icon for Holy Thursday @ \$95
- Rose petals \$150
- 16 bunches of bay leaves @ \$40 each
- 1 large icon of the Taking Down of the Lord from the Cross @ \$125
- 1 large icon of the Tomb of Christ @ \$125
- 1 icon of Women at the Tomb for Holy Saturday morning @ \$125
- 2 icons of the Resurrection @ \$95 each
- 1 Resurrection Banner @ \$160
- 2 icons on Iconostasion @ \$195 each
- 50 Lily plants @ \$12 each
- 40 Longflora lilies @ \$195 total
- Lavender roses for Epitaphio @ \$165 total
- 3 dozen gardenias @ \$50/dozen
- 1,000 carnations for the Epitaphio @ \$0.50 each
- Special Aromatic Incense @ \$55
- 3 Processional Candles for Holy Thursday Evening @ \$25 each
- 12 candles for the 12 Gospel Readings @ \$15 each
- 1 Wreath for the Cross @ \$95
- 3 Clergy Resurrection Candles @ \$40 each
- 1 Bishop's Resurrection Candle @ \$50
- 4 Altar Candles for Palm Sunday @ \$15 each
- 4 Altar Candles for Pascha Sunday @ \$15 each
- Oil for Holy Week @ \$35
- Scent for Good Friday @ \$50
- Altar Flowers for Palm Sunday @ \$60
- Altar Flowers for Pascha Sunday @ \$60

FEEDING MINISTRY

Saturday, March 10th , 2018

The Feeding Ministry is continuing to serve our community with a Luncheon to be served to the Poor and Needy on Saturday, March 10, 2018 at 11:30am in the St. Spyridon Cotsidas Cultural Center. This month's meal is donated by and served by members of the Philoptochos and parish volunteers. The Feeding Ministry will typically be scheduled the 2nd Saturday of each month in conjunction with the Council of Eastern Orthodox Churches of Central Massachusetts and the Food Pantry, and is subject to change if scheduling difficulties should arise. If you would like to volunteer please speak with Fr. Dimitri or contact Maria Kassos.

Thank you for participating in the Lord's Work.

To Feeding Ministry συνεχίζει να υπηρετεί την κοινότητά μας με ένα γεύμα που θα σερβιριστεί στους φτωχούς, το Σάββατο 10 Μαρτίου 2018 στις 11:30 π.μ. στην Αιθουσα του Αγίου Σπυρίδωνος. Το γεύμα αυτό το μήνα δωρίζει και εξυπηρετείται από μέλη του Φιλοπτώχου και εθελοντές ενορίας. Το Feeding Ministry θα προγραμματιστεί το 2ο Σάββατο κάθε μήνα σε συνεργασία με το Συμβούλιο των Ανατολικών Ορθοδόξων Εκκλησιών της Κεντρικής Μασαχουσέτης και το Τροφοθήκη Τροφίμων. Εάν θέλετε να βοηθήσετε, παρακαλώ μιλήστε με τον Fr. Δημήτρη ή επικοινωνήστε με τη Μαρία Κάσος. Σας ευχαριστώ που συμμετείχατε στο έργο του Κυρίου.

GOYA LENTEN LOCK-IN RETREAT

Announcing an overnight Lenten Retreat open to all GOYA-aged church members (7th-12th grade). Join us for a night filled with fellowship, discussion, and fun!

Friday March 23rd @ 8:00pm - Saturday March 24th @ 10:00am

Lent is a time to wrestle with our faith and really come to understand what we believe and why we celebrate the things we do. Come with any questions about our Faith and excitement to learn.

Please follow the link below to complete the registration form online. Please note that parents must complete the liability release included in the registration form in order for their children to participate in this retreat. Parents must fill out a registration form for each child.

<https://goo.gl/forms/Ou8nRdWocLoFXhSj2>

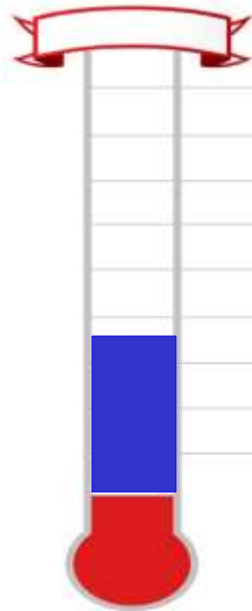


ST. SPYRIDON GREEK ORTHODOX CATHEDRAL BURN THE MORTGAGE CAMPAIGN

Family Center Renovation

Burn the Mortgage Committee

Rev. Dr. Dimitrios Moraitis, *Dean*
 Demetrios Moschos, *Chairman*
 Georgia Parafestas, *Parish Council President & Co-Chair*
 Dr. Matthew Panagiotou, *Co-Chair*
 Janice Dionis
 Michael Dionis
 George Fotiades
 George Gourousis
 Celeste Moschos
 Nicholas Paleologos



\$1,450,000
Our goal

\$487,000.00
Pledged

\$270,750.00
received

Thank You!

Burn the Mortgage Contribution Chart

3 Year Pledge Amount	Annually	Monthly
\$15,000	\$5,000	\$416
\$3,000	\$1,000	\$83
\$1,000	\$333	\$28

Total Cost of Family Center Renovation
\$4,100,000

Total raised by our community during first fund drive \$2,650,000

Remaining Loan Balance to be paid
\$963,000

**It's not too late to donate to the Burn the Mortgage Campaign!
 The Angel Board construction honoring those who have
 contributed to these efforts is in process and will be in
 place by Palm Sunday!**

UPDATED 2017 STEWARDSHIP LISTS

Thank you to everyone for your financial support of our community!

Stewards who fulfilled pledges of \$2,000 or more

Cocaine, Mary, Mrs.
Fotiades, George (Sophia), Mr. & Mrs.
Giannopoulos, William (Patricia), Mr. & Mrs.
Hovenesian, Stasia, Mrs.
Keratsis, Carole, Mrs.
Koskinas, Helen P., Mrs.
Langas, John (Betsy), Mr. & Mrs.
Moraitis, Fr. Dimitrios (Presv. Flora), Fr
Panagiotu, Matthew, Dr.
Papadopoulos - Luch, Fotini (Luch, Dan L.), Miss
Papalilo, Sotiri (Patricia), Mr. & Mrs.
Parafestas, Anastasios (Georgia), Mr. & Mrs.
Pirperis, Dimos (Nikoletta), Mr. & Mrs.
Tonna, George (Lynne), Mr. & Mrs.
Velentzas, Dimos (Chrysoula), Mr. & Mrs.

Stewards who fulfilled pledges between \$1,000-\$1,999

Alexandrou, Dean (Karalekas, Diane, Dr.), Mr. & Dr.
Avradopoulos, Konstantino (Helen), M/M
Baltas, Christo (Carolyn), Mr. & Mrs.
Christo, James (Joan), Mr. & Mrs.
Christodoulou, Eirinaios (Chrysoula), Mr. & Mrs.
Dionis, Michael (Janice), Mr. & Mrs.
Dovras, Efrosini, Mrs.
Economou, Achilleus (Arhondoula), Mr. & Mrs.
Efstathiou, Christos, Mr.
Engonidis, Nikolaos (Anna), Mr. & Mrs.
Fotos, Dorothy, Mrs.
Gage, Nicholas (Joan), Mr. & Mrs.
Germanos, Anastasia, Miss
Gkalios, Theodoros (Jamie), Mr. & Mrs.
Gourousis, George, Mr.
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Kotseas, John (Cosette), Mr. & Mrs.
Kyriacou, Andrew (Lisa), Mr. & Mrs.
Lukes, Peter (Chiaramonte, Andrea), Mr. & Dr.
Mitkonis, Christos (Rhoda), Mr. & Mrs.
Moschos, Demitrios (Celeste), Mr. & Mrs.
Moschos, Michael (Susan), Mr. & Mrs.
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Niedbala, Kristina (Ronald), Mrs.
Paleologos, Nicholas (Zoe), Mr. & Mrs.
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Pappas, Theodoros (Ourania), Mr. & Mrs.
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Rapsomanikis, George (Joy), Mr. & Mrs.
Regan, George (Polly), Mr. & Mrs.
Rinne, Virginia, Mrs.
Siarkos, Christos (Maria), Mr. & Mrs.
Smyrnios, Nicholas (Roxanne), Dr. & Mrs.
Stamoulis, Dean (Lena), Mr. & Mrs.
Tembenis, Maria, Miss
Tsamis, Paul (Rodi), Mr. & Mrs.
Tsandikos, Solon Fr. (Presvytera Joanna)
Vangos, John (Joanna), Mr. & Mrs.
Vasilakeris, Georgios (Mariana), Mr. & Mrs.
Velentzas, Evangelia, Miss

Stewards who fulfilled pledges up to \$999

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Agiomavritis, Demosthenes, Dr.
Alexander, Patricia, Mrs.
Alexiadis, Athina, Ms.
Alexiadis, Triantafilos (Katerina), Mr. & Mrs.
Anastation, Anthony, Mr.
Anastation, Henry, Mr.
Anastation, Todd, Mr.
Anderson, Glenn (Georgia), Mr. & Mrs.
Andreson, Janet, Mrs.
Andreson, Nicholas (Anastasia), Mr. & Mrs.
Andrianopoulos, Christina, Ms.
Angelis, Dimitrios (Karin), Dr & Mrs.
Angelis, George (Dorothea), Mr. & Mrs.
Angelis, Konstantinos (Fotini), Mr. & Mrs.
Angelis, Vasilios (Giannoula), Mr. & Mrs.
Angelou, Sideris (Ekaterine), Mr. & Mrs.
Apostolou Victor, Mr. &
Mrs. (Apostolou, Triada)
Apostolou, James (Alice), Mr. & Mrs.
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Ardan, Mary, Mrs.
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Athanasiau, Achilles (Ellie), Mr. & Mrs.
Athanasiau, Athanasios (Roula), Mr. & Mrs.
Athanasiau, Constantine, Mr.
Athanasiau, Evangelos (Alexandra), Mr. & Mrs.
Athanasiau, Jody, Mrs.
Athanasiau, Nicholas, Mr.
Athanasiau, Nikolaos, Mr.
Athanasiau, Petros (Ourania), Mr. & Mrs.
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Fotos,Dimitrios(Olga),Mr. & Mrs.
Fradellos,Harriet Mrs.
Genkos,Theodore(Veda),Mr. & Mrs.
Georgian,Mary,Mrs.
Gianakis,Efthimios,Mr.
Gilantzis,Dimitrios(Paschalia),M/M
Gogos,Karen Mrs.
Haidusis, Eugenia,Mrs.
Hakani, Aravella, Mrs.
Halilaj,Vera,Ms.
Haralambous,George(Georgia),Mr. & Mrs.

Hatzopoulos,Ioannis(Helen),Mr. & Mrs.
Hatzopoulos,Melanthi,Ms.
Hatzopoulos,Trifon(Chrysanthi),Mr. & Mrs.
Isildakli,Anastasios(Maria),M/M
Kalkounis,Konstandinos(Alexandra),Mr. & Mrs.
Karamanakis,Anna,Mrs.
Karamboulas,Ilias(Nina),Mr. & Mrs.
Karas,Nick(Aliki),Mr. & Mrs.
Karcasinas,Christos(Sotiria),Mr. & Mrs.
Kimbouris,Dimitra,Mrs.
Kirusis,George(Theodora),Mr. & Mrs.
Konomi,George(Olga),Mr. & Mrs.
Koutsonidas,Dimitrios Mr.
Kyriazis,Hristos(Sarah),Mr. & Mrs.
Kyros,Bessie Mrs.
Kyros,Thomas(Fevronia),Mr. & Mrs.
Long,Patricia,Miss
Lyberopoulos,Dino,Mr.
Lyras,George(Nancy),Mr. & Mrs.
Mansouri,Maria,Mrs.
Markantonatos,Peter(Doula),Mr. & Mrs.
Mavroudis,Demetrios(Maria),Mr. & Mrs.
Milosh,Deborah,Mrs.
Mingos,Anastasios(Eleni),M/M
Muhlidis,Katina,Miss
Naci,Eleftheria,Mrs.
Natsis,Ksanthula,Mrs.
Nemphos,Ann,Mrs.
Pagonis,Chris,Mr.
Panagiotidis,Athanasios(Rodi),Mr. & Mrs.
Panagiotou,Peter G(Asemina),Mr. & Mrs.
Pantazis,Pavlos,Mr.
Papa,Athanasios(Antonia),Mr. & Mrs.
Pappo,Efthalia,Mrs.
Pappo,Gregorios(Melisa),Mr.
Pippas,George(Maria),Mr. & Mrs.
Poulias,Eftihia,Mrs.
Pritsoulis,Stephen(Helen),Mr. & Mrs.
Rajotte,Ekaterini Mrs.
Raptis,Kostas(Georgia),Mr. & Mrs.
Rougas,Karen,Ms.
Shule,Spiro(Polikseni),Mr. & Mrs.
Singas,Arthur(Nikki),Mr. & Mrs.
Skritakis,Angelo(Maria),Mr. & Mrs.
Soter,Angelica(Paul),Mr. & Mrs.
Sotiropoulos,George(Susan),Mr. & Mrs.
Stithos,Spyridon(Eleni),Mr. & Mrs.
Taliadouros,George(Jasmin),Mr. & Mrs.
Theodorou,Elaine,Ms.
Tonna,Diane,Ms.
Tranakas,Antonios(Maria),Mr. & Mrs.
Treko,Milo Petro,Mr.
Vasiliadis,Dimitrios(Chrisoula),Mr. & Mrs.
Vasiliadis,George(Samantha),M/M
Vasiliadis,Polichronis(Melanthi),M/M
Voyiatzis,Alexandros(Maria),Mr. & Mrs.
Yantsides,John(Menexia),Mr. & Mrs.
Yantsides,Paskalia
Ziogas,William(Irene),Mr. & Mrs.

SECOND SUNDAY OF THE GREAT FAST

S AINT GREGORY PALAMAS, a noted hierarch of the 14th century, is remembered by the Church on the Second Sunday of the Great Fast. Although he served as an Archbishop in Greece, it was his labors in 2 areas that gained him religious fame.

One was the revival of monastic life in the communities of Mt. Athos, which had been plundered over the centuries. Through much hard work, he was able to rekindle this beacon of our faith into an eternal flame.

His other great contribution was to the system of spiritual contemplation for union with God. We hear much today about the need for relaxation and meditation as a means of handling stress. Indeed, physicians have prescribed this as a formula for promoting good health. Meditation is as old as Christianity. The ascetics of the Early Church developed a form of contemplation to a high degree. This became known as "hesychasm," and St. Gregory was a great proponent of the practice. Its purpose is to attain quietness by uninterrupted mental prayer, contemplating God and envisioning the Divine Light. One must sit quietly, keeping the heart silent and aloof from any distraction. Some close their eyes, but others fix their gaze on a particular spot. One should repeat a word or phrase: "Lord Jesus Christ, Son of God, have mercy on me, a sinner." Or simply, "Lord have mercy." The difficult part is in keeping thoughts concentrated on the Lord.

St. Gregory Palamas was able to accomplish much during his lifetime. He helped restore the monastic haven known as Mt. Athos back to the influential spiritual center it had once been. With his guiding hand, he reminded us of the power that prayer and meditation has to strengthen our Christian cause.

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2018 STEWARDSHIP REPORT

WEEK	2018 TOTAL	PLEDGES RECEIVED	AVERAGE \$ PER PLEDGE	*GOAL STEWARDSHIP BUDGET
9	\$ 90,341.70	196	\$461	\$310,000.00

*Goal amount includes the 2018 Stewardship Budget Receipts of \$310,000.00. Funds reflect all monies received in 2018.

We suggest you budget your Stewardship contribution as you would do your monthly home expenses. Our Cathedral must meet the financial needs of its ministries and annual operating budget by way of our Christian Stewardship Program. It is everyone's responsibility to accept this honor and support your role as a Contributing Steward. Please pledge your Required Stewardship Contribution now, if you have not done so. Thank you for your cooperation in this matter and may God continue to bless the work of your hands.