

THE FORERUNNER

VOLUME XXVIII NUMBER 3 MARCH 2012

FASTING FOR FREDDOM

This article is not about Ghandi and the independence of India; is not about hunger strikes and the upholding of civil rights; but it is an attempt to restore to its former heights an overlooked tool for spiritual development, recommended by generations upon generations of Holy Fathers and spiritual elders.

Upon hearing the word “fast” today, one doesn’t think of freedom, on the contrary, the discipline of fasting is more associated with coercion, restriction and limitation of choices. This is the primary reason why so many people do not even consider fasting in their development as Christian.



From a material point of view however this is what fasting is: we abstain from certain foods, or even all foods, on certain days. This nearsighted view however is the main culprit in our misunderstanding of this exercise because it only pertains to our material side, to our flesh that needs nourishment to survive. Man however is more than just organic matter and his universe expands beyond the bounds of the physical reality into the spiritual realm. If we fail to grasp this important aspect, then sure, fasting is really unnecessary. But if fasting was so unnecessary than why did Jesus Christ bother to fast in the wilderness for 40 days before He started His visible works in the world? He probably knew something about

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COUNCIL CAPSULE

As we enter into this Lenten season, we need to take the time to thank our Lord for all that we have accomplished this past year. The construction on our beautiful new church is progressing and we will very soon have the privilege of celebrating services in our new sanctuary. There are so many people who have contributed their time and energy to this journey, it would be difficult to name them all but we must not forget that nothing could have been accomplished without the generosity of all the parishioners who have contributed to the Capital Campaign and to those who have gone the extra mile and made pledges to the dedications program. It is those people who have made it possible to start services in our new parish with a finished iconostasis and beautiful new altar items.

On March 11th, we have scheduled our Spring General Assembly. Please make plans now to stay after liturgy for this informative meeting. We will have full reports on the status of the construction from Joe Sullivan and reports from the Capital Campaign Chairman,

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SPECIAL POINTS OF INTEREST:

- *Fasting for Freedom*
- *The Triodion and Stewardship*
- *Construction Status*
- *Music Ministry Page*
- *Church Events*

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COUNCIL'S CAPSULE



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George Vittas as well as current information on plans for the opening of our new church. The \$400,000 loan to complete the building has finally been signed with much thanks to Louie Papaliodis for his time and talents in reviewing all the documents that

were required to make this loan possible.

Also on the agenda for the March General Assembly will be the Food Festival for 2012. As was just stated, the loan has gone through and now more than ever we need a successful food festival to help pay off this debt. A profitable festival will go a long way in

defraying the cost and burden on each one of us to retire this loan. Please think about volunteering your time as chairperson.

Barbara Vittas

Parish Council President

CAPITAL CAMPAIGN COMMITTEE REPORT

THE
ICONOGRAPHY
AND
ECCLESIASTICAL
ITEMS
DEDICATIONS
PROGRAM
IS OPEN

Sincere, heartfelt thanks to the members of the Parish who, during 2011, have stepped forward once again to offer their material support to the completion of our new church building and related site improvements. We hope your personal planning ahead for 2012 will include the completion of your family or personal commitments to the Capital Campaign. The year 2012 will be the most significant, yet, in the history of our Parish and your continued support is essential to meet the goals and objectives of our capital development program.

In addition to the Capital Campaign to complete construction of the new church building, the November 13, 2011 Special General Assembly was introduced to the Ecclesiastical Dedications Program. This program, organized by Fr. Vasile, has the additional goal of funding Stage One ecclesiastical items including the Iconostasis

Icons, Altar Vault and Apse Iconography as well as liturgical items of need befitting the new church. There are many opportunities remaining for families and individuals to commit to the Dedications Program in honor or memory of loved ones or for any special purpose. The Dedications Program also includes the offices, classrooms and conference room of the new Paulos Center Addition which will become part of the Community Center with the future completion of Phase IV of the Capital Development Program. Look for Dedications Program information in church or see Fr. Vasile, George Vittas, Nancy Medvic or any member of the Capital Campaign Committee with your dedication request and commitment or any questions you may have about this separate program.

As a Parish we are very near to bringing the vision of "Building Our Future" to reality. Please continue to make

your existing Capital Campaign Commitment payments as planned or, if you have not yet made your personal or family commitment to the Capital Campaign, now is the perfect time. Please see any member of the CCC for a commitment card. The names of all who have contributed to the capital campaign will be prominently and permanently recognized in the narthex of the new church... **All parishioners should want to participate in this historic endeavor and share in offering glory to God for what we will have accomplished as a lasting legacy and gift to the future generations of St. John the Baptist here in the Dallas/Fort Worth Metroplex.**

Your Capital Campaign Committee - Paun Peters, Dr. Chris Yiantsou, Nancy Medvic, Louie Papaliodis, Robert Steffaro, Margaret Chokas, Larry Leeders, George Vittas



FASTING FOR FREEDOM

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fasting, something that we have a tendency to ignore because its discipline is uncomfortable to our pampered bodies.

We mainly reject fasting because we have perverted the purpose of food from nutrition to pleasure. This is not something new, this has happened long time ago in paradise with Adam and Eve that ate out of curiosity and hope for life fulfillment without God, not out of hunger. From there on there is an entire history of food abuse all the way to our days. Today we live in a society where 90% of food commercials on TV advertise “junk-food”, food that is good only to make us feel happy and satisfy

cravings, bringing no dietary value: pure pleasure, no nutrition.

Giving up something so enjoyable is very hard, even if it is not good for you, let alone if you can justify it as a necessity. Sometimes however, giving up something we like might be the best thing to do. Giving up something occupying so much on one’s mind opens tremendous opportunities to concentrate on other important aspects of our life. Freed from the agonizing decision about what restaurant we will go next, one can pay more attention to other things that matter, like for instance our relationship with God that is blatantly ignored while we spend so much time imagining the next culinary delight.

A perfect example of the fruits of such spiritual exercise is St. John the Forerunner and Baptist of the Lord, the very protector of our parish. We see him depicted in some of his icons dressed in a torn camel hair robe with a modest and wild appearance but, surprisingly, bearing wings. The wings are an illustration of his ascetic life, a life spent in complete obedience to God, of renunciation to any bodily pleasures, save the bare necessities, that made him close to the life of the angels. The wings are also a symbol of his freedom from all that is material and the great spiritual mobility that he has received from God as a reward for his ascetic life.

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THE INTRICATE MASONRY WORK CONTINUES ON THE UPPER LEVELS OF THE CHURCH TO ENABLE THE COPPER ROOF INSTALLATION ON THE DOMES TO FINISH UP THIS MONTH.

BUILDING COMMITTEE REPORT

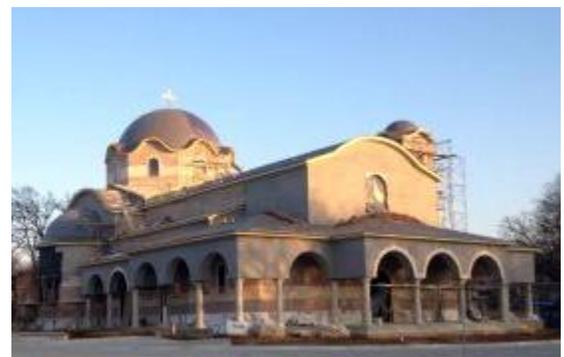
February saw the completion of the fire sprinkler system piping in the interior of the dome and apses. Completion of this difficult installation has allowed the sheetrock work to gain momentum with completion anticipated in mid-March. Door frames and exterior windows have been installed. Low voltage security wiring has been installed. The intricate masonry work continues on the upper levels of the Church to enable the copper roof installation on the domes to finish up this month. I am sure that all are pleased with the installation of the wonderful looking

cross on top of the dome! The bell tower dome cross will also be installed this month in anticipation of a cross blessing service in March to celebrate this milestone.

Other items currently being reviewed by the Building Committee include the parking lot lighting, millwork design, wood trim design, monument sign, screening and protection of exterior HVAC units, venting solution for new candle stand, choir railing design, mounting methodology for the choras and center chandelier, and installation details for the

iconostasis wall.

Joe Sullivan, Building Committee Chairman



STEWARDSHIP NEWS



What a great time in the life of St. John. We have a beautiful new church that is about to open and we are all very excited, but we must now realize that it will require more of a sacrifice to support it.

We are in the middle of February and we only have **86 pledged members** for a total stewardship of **\$159,953**. We

need \$223,000!

You can help by submitting your 2012 Stewardship Card as soon as possible. We ask that you prayerfully consider increasing your commitment if you have the ability to do so. The financial level you decide upon should be a spiritual expression of gratitude to God for all He has given you.

The new 2012 cards are available in the pews and in the narthex.

Please submit your 2012 Stewardship Commitment today!!

REMINDER: *If your intention is to be a pledged member of St. John, a new card must be submitted each year.*

THE TRIODION AND STEWARDSHIP

TRIODION IS NOT ONLY AN OPPORTUNITY FOR US AS INDIVIDUALS TO EXPERIENCE SPIRITUAL GROWTH, BUT IS ALSO PART OF OUR COLLECTIVE CORPORATE STEWARDSHIP WITHIN THE CHURCH.

After reading the title of this article, you might be saying to yourself (or more probably, hear others around you saying), "Now hold on just a minute! Not another piece on Stewardship! Haven't we heard enough already? We get it! We are not giving enough, and the Church wants us to give more! If I hear the word 'Stewardship' one more time, I'm going to go crazy! All this Stewardship talk is starting to turn me off! I just want to come to Church and hear something positive that will help me grow spiritually!" How did I do? (Scary, isn't it?)

After all this time, if you think that Stewardship is just a new way for the Church to get more of your money, then I'm afraid you have misunderstood entirely. Stewardship is not a gimmick, or a way to trick you out of your money, or even a tool to make you feel guilty. It's technically not a program, or even a philosophy. I wouldn't even say that it is a way of life, but rather, that it is the only way to live! Stewardship is the Authentic Orthodox Christian Lifestyle, and as such, it is both spiritual and positive! This understanding is reflected quite clearly during

the period called the Triodion, which we have just started.

The Triodion is a ten-week block of time that leads us up to, and prepares us for, the greatest Feast in the Orthodox Christian Calendar, that of Holy Pascha. This brings the total time of our preparation for Pascha to 70 days. This means that almost 20% of our Liturgical Year is spent preparing for this Great Feast. The Triodion places a greater emphasis on prayer and fasting, with many additional services and a very specific fasting regimen. What does any of this have to do with Stewardship?

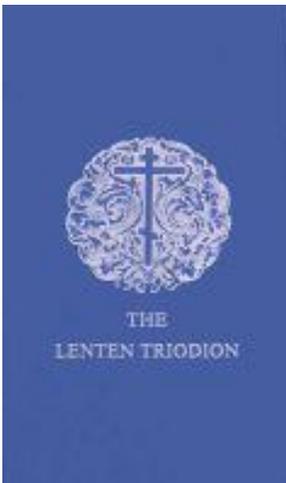
The accomplishment of any worth while goal requires the one who desires its achievement to increase their effort significantly at some point in order to succeed." In other words, as human beings (unlike machines), we need to periodically refocus, rededicate, and redouble our efforts in order to successfully accomplish our heart's desire. This is precisely the opportunity that the Church provides us with in the Triodion. We are not called to "give something up" for Lent, as our Western Chris-

tian brethren proclaim. On the contrary, as Orthodox Christians, we are offered the opportunity to regain what may have been lost, set aside, or ignored over the past year – namely, the very presence of Christ, and His Coming Kingdom!

The Fathers of the Church have provided us with Three Great Pillars of Lent, to be erected on the foundation of Jesus Christ, in order to construct our own glorious Temple dedicated to God. These Pillars of Prayer, Fasting, and Works of Charity are neither ends in themselves, nor solely sacrificial in nature. They are not items to be checked off a list, as if their accomplishment (in whatever form) makes us "good little Orthodox Christians." They are however, tools that can assist us in getting back on track spiritually. They also have a direct connection to our Stewardship, in that they represent a purposeful and productive adjustment in how we use our Time, Talent, and Treasure.

Time is, as we know, the most precious resource that we pos-

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FREQUENTLY ASKED QUESTIONS

How do I become a member of the parish?

Membership in the Orthodox Church begins at Baptism (Chrismation for some) and continues throughout our life. We are united with Christ through the sacraments and through our faithful offering of our lives to Christ. We have to distinguish however between voting members and non-voting members. A voting member is over 18 years old and has turned in a signed stewardship commitment

card (for time, talent and treasure). The Archdiocese also requires the voting member to remain current through the year on their commitments. Overall true membership in the Body of Christ, involves living daily according to His word and within His Church.

Why must I commit to give a specific amount?

Knowing the amount of your monetary participation helps our parish plan the activities throughout the year. Your

monetary stewardship is kept in the strictest of confidence.

What if I cannot fulfill my stewardship commitment?

During the course of a year, people's circumstances change. Your stewardship is valued because it is made out of your love for God and His Church. Please do not be concerned if you are unable to meet your stewardship commitment – we are glad you are a part of this parish.



THE TRIODION AND STEWARDSHIP

(Continued from page 4)

sess. When we choose to spend our Time developing a deeper relationship with Christ through prayer (both personal and corporate), we in effect, strengthen our Stewardship. When we choose to use our Talents in various means of Fasting, we can't help but deepen our Stewardship. When we choose to designate an increasing portion of our Treasure for Works of Charity within the Church, we make great spiritual strides forward in terms of our calling to be good Stewards. When we choose to follow the Church's guidance, and combine all three in a concerted way during the Triodion, the spiritual results and rewards become truly exponential!

The Church, in her infinite wisdom, great pastoral care, and exceeding loving-kindness toward us, does not expect us to make these spiritual adjustments overnight. Rather, our Holy Mother Church draws us steadily closer into her sweet and loving

embrace, until she deposits us into the very outstretched arms of our Savior Himself. This steady increase is exemplified in not only the escalating Fasting regimen that we spoke about last time, but especially in the Gospel Passages of the first three Sundays, and how they connect directly to our Stewardship. The first Sunday presents us with the Pharisee, who although was tithing (giving 10%) of everything he received, missed out on the blessings of his actions because of both his hardness of heart, and condemnation of his brethren. The second Gospel tells of how the loving Father gave half (50%) of his wealth to his son, and then received him back again (even after he squandered it), showing that our true inheritance cannot be depleted. The third Sunday describes how we are all to be held accountable before the Judgment Seat of Christ by providing (or not) for the needs (100%) of our fellow pilgrims. These images draw our minds to an ever-increasing understanding of our total reliance on, and complete

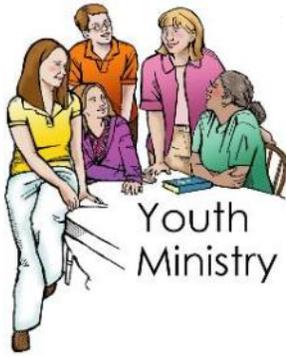
responsibility for, the gracious gifts that God pours out upon us.

The Church reminds us through both these Sacred Passages, and the three Pillars of Lent, as well as their connection to the expressions of our Christian Stewardship (Time, Talent, and Treasure), that everything belongs to God, and we have been given the great blessing of participating in His Grace, right here, right now, through this magnificent period called the Triodion! This period of the Triodion is not only an opportunity for us as individuals to experience spiritual growth, but is also part of our collective corporate Stewardship within the Church. May your Stewardship journey toward our Lord's never-ending Pascha continue to be blessed, both this year, and in years to come.

Fr. Michael Stearns
ecclesiasticalconsulting.com

STEWARDSHIP IS THE AUTHENTIC ORTHODOX CHRISTIAN LIFESTYLE, AND AS SUCH, IT IS BOTH SPIRITUAL AND POSITIVE!





YOUTH MINISTRIES ON THE MOVE

Mark your calendars: Youth Ministries will hold its next meeting on Sunday March 25th following church services. Bring your coffee and ideas to the conference room where we will discuss graduation luncheon (April 29) plans as well as brainstorm about all -youth related church activities including Camp Emmanuel, Church School, the Oratorical Festival, Dance

Troupe, Vacation Bible School/Lockin, GOYA and JOY. New members are welcome!

We are pleased to note that we have two contestants for the junior division of the March 4 Oratorical Festival this year: Alex Genovezos and Maria Tudora. The winner will proceed to Austin (March 23-25) for the regional com-

petition. We also will have two additional students presenting, just for "practice": Alex Shah and Katerina Genovezos. We look forward to hearing all four essays.

God bless.

Harriet Blake

Youth Ministries

“JOIN US FOR THE GOYA ORATORICAL FESTIVAL ON MARCH 4. ”

GOYA NEWS

Thank you everyone for supporting our GOYA Basketball Tournament. We also really appreciate everyone who came out to watch us play- hope you enjoyed it.

Congrats to the Girls Junior team. The girls played on Sunday for Third Place. We did not win, but our girls team has never had the chance to play on Sunday.

Senior boys: Yianni Noulas, Nick File, Nick Ruppel,

Timmy Gianitsos, Bennett Kerbow, Savvas Zingas, Dimitri Payblas from St. Demetrios, me.

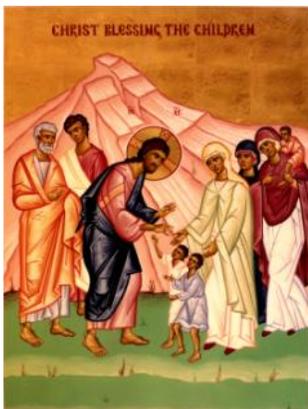
Junior boys - Alex Shah, Alex Gnovozos, Chris File, Christaki Zingas

Junior girls - Demi Pursley, Vassi Gianitsos, Abbie Molhoek, Maria Tudora, Katie Moutafis, Zoe Crawford, Athena Adaska

Advisors and Coaches - Michael Poriotis, Chris Blake, Elena Bouras, Gina Poulakos, Danny Peters and Greg Payblas from St. Demetrios.

Thank you Coaches and Advisors- I know we were a big group this year but you guys kept us under control and still let us have fun.

Peter A. Pursley, III, GOYA President



Christ blessing children

CHURCH SCHOOL NEWS

Dear Students and Parents,

We will have a procession of the icons on the Sunday of Orthodoxy – March 4th. The children should bring their Saint’s icon for the procession which will be after Liturgy.

Due to Spring Break, we’ll not have church school on March 18th. This month we will focus on the season of Lent and Easter. Our children will learn why we observe this Holy event.

The teen class is meeting on the following dates in March:

Mar. 4 - Confession and the power of prayer

Mar. 11 - crash course on the four Gospels

With His Blessings,

Khanh Moutafis

PHILOPTOCHOS NEWS

Spring is in the air as evidenced by the beautiful tulips that decorated our tables at the Valentines Luncheon in February. In just days the Texas wildflowers that line our highways and byways will be forcing themselves through the ground to put their faces to the sun. They remind us to always have our faces to the "Son"!

Thank you to Bertha G., her kitchen crew and Rena P. for putting on a delightful luncheon as a **Valentines Fund-raiser**. The decorations once again, transformed our parish hall gathering space into an almost restaurant-like setting. We appreciate the help from the GOYA in serving the food, too!

Our annual **Stewardship drive** is underway as we kicked it off at Barbara V's house on Feb. 26. Form and letter will be available on our Philoptochos website: <http://stjohndfw.info/philoptochos.html>

Our goal is to INVITE, EMBRACE, and INVOLVE every woman of the parish on one level or another. You can be a supporting member of Philoptochos too!

Deadline for application for the **St. Irene Scholarship** is March 24. Please pick up the application in the narthex of the church. All graduating high school seniors going on to higher education are eligible. Chairman: Harriet Blake

In March, we will hold our annual **Lenten Soup Suppers** on Fridays FOLLOWING the Heretismoi service that will begin at 6:00pm. Please check the church calendar for dates. Thank you Kathy F. for chairing these events.

Whenever you attend one of these Philoptochos events, please remember to bring anew pair of tennis-type shoes for our **"Shoes for Orphan Soles"** program or some items

off of our **Women's Shelter "Needs" list**. Some of the items off the list are:

New socks (infants, children, ladies)

Toothpaste, toothbrushes & mouthwash

New children's underwear

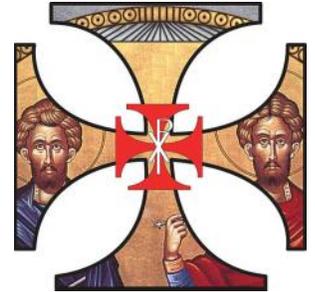
New hairbrushes and combs

New Make-up

Deodorant, women's hair accessories

New bottles of shampoo and conditioners

And lastly, but not at all least, the **Festival of Tables** is on the horizon. Please contact Bertha G. asap if you plan on hosting a table. We need 25 hostesses and after you sign up, detailed info will follow. The **Power of the Purse** raffle should be outstanding this year! See Bertha or Joanie for details on the raffle.



THE 2012
PHILOPTOCHOS
SCHOLARSHIP
APPLICATION CAN
BE FOUND ONLINE
AT
WWW.STJOHNSDFW.
INFO/PHILOPTOCHOS,
OR A HARD COPY IS
AVAILABLE IN THE
NARTHEX.

DEADLINE:
MARCH 24

SIMPLE TIPS FOR KEEPING LENT IN OUR FAMILIES

1. Do pick one service a week to go to—but work around family member schedules.
2. Find a church task during Lent and Holy Week for the kids to help with—prophora baking, egg dyeing, decorating the temple.
3. Talk about it! After dinner, ask, why do we fast?
4. Pick an alms project. Get a coin box from OCMC find

out how to help the charity supported by your parish, take up a family collection for the IOCC.

5. Put up this good fridge poster: ["My Lenten Journey,"](#) which tracks the time and suggests one simple way to keep Lent each of the 40 days.

6. Purchase books about the saints, or this Bible story book: [The Bible For Young People](#)

7. Listen to the music of the Church:

www.archangelsbooks.com

or

www.ancientfaithradio.com

8. Unplug your life—turn off the TV. Unhook cable. Hide the X-box, get out into God's world by taking nature walks.

More here <http://www.antiochian.org/content/simple-tips-keeping-lent-our-families>





St. Isaac the Syrian

“STARTING
MARCH ISSUE WE
WILL DEDICATE
THIS PAGE TO
OUR MUSIC
MINISTRY, CHOIR
AND CHANTERS
TOGETHER .”



St. John Damascene

GETTING TO KNOW YOUR CHOIR

This is our 2nd in a series of Getting To Know Your choir. Participating in divine worship services as a choir member is a sacred responsibility, not to be taken lightly. Choir members offer their God-given talents to the faith and as part of their stewardship – the giving of their “time and talents.” In Orthodox services, choir members represent the laity, responding to the liturgical dialogue set by the priest. This places a sacred responsibility on them during our worship services.

This month we provide some background on the origins of liturgical choir singing in the Greek Orthodox Church here in America. Liturgical choirs

would not exist, were it not for the pioneering American born and educated musicians and composers who labored to translate liturgical hymns and responses into polyphonic music suitable for sacred liturgical settings. The Greek Orthodox Church of America has truly been blessed to have had successive generations of great church music composers who have interpreted traditional Byzantine hymns into polyphonic settings for choirs. One of these important figures was Dr. Frank Desby (of Blessed Memory). Frank spent some of his early years in Greece, particularly in monasteries, where his exposure to the singing and chanting of Byzantine music made a

deep impression on him and led eventually to his formal study of chant and his monumental work in choral music and chant transcription for the Greek Orthodox Church. Desby's publication of *“The Choral Music to the Divine Liturgy for Mixed Voices”*, introduced in prologue and blessed by Archbishop Athenagoras, now a "standard" for many choirs in the Archdiocese, including ours. Desby's doctoral dissertation, *“The Modes and Tuning in Neo-Byzantine Chant”* is still considered a landmark in the field of Byzantine music.

Today, the Liturgical Choir of St. John The Baptist sings

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LOST IN TRANSLATION

In selecting church music, sometimes we can put emphasis on the music (as we should) but we can tend to neglect the translation of what we are singing. Obviously, this is not an issue if singing in Greek, but in English, finding and using good translations are sometimes difficult tasks. For brevity's sake, let's take a Holy Week example that can show how simple translation choices can affect worship.

In the well known hymn of Holy Week “Behold, the Bridegroom cometh,” we have the verse “Blessed is the servant whom he shall find watching, but unworthy is he, whom he shall find lazy.” This hymn

speaks to our preparation of receiving Christ through his death and resurrection, and don't you think the word lazy just doesn't quite cut it? Lazy has a very casual connotation to it in our vernacular, such is also the case with the “pregnant.” We do not usually chant that the Virgin Mary was “pregnant,” we say “with child.” It's not that pregnant is wildly inaccurate in today's language, but that word in its commonness implies an earthly father, not a virgin birth. It is in this same way that “in slothfulness” instead of “lazy” is much more appropriate for “Behold, the Bridegroom”. Even though a dictionary may say these words mean the same

thing, we know that we these words are used differently. Word choice is about usage, not just definition.

Sometimes we use what is familiar to all, sometimes we cannot. Sometimes what we are looking for, appropriate metered text set to Byzantine notation, does not even exist. So with Lent upon us, and in the dusting of and using of the prolific Holy Week “black books,” we ask for your patience and understanding as we continue to search out music and text that properly use language befitting of worship.

FASTING FOR FREEDOM

(Continued from page 3)

God did not force St. John to accomplish any of his ascetic endeavors; John has freely chosen to incline the balance of his life to God, and take flight towards heavens, unrestrained by the chains of sin or matter.

When Christ was tempted in the desert with food he replied to the devil: "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" (Mat. 4:4). Our souls need this food, our souls need to listen to the saving commandments coming from the

mouth of God and distributed by the Church to all of us. If we understand this we also understand the discipline of Great Lent is not restrictive, but liberating, opening upon us a realm of possibilities that were buried under heavy layers of gluttony and self-gratification. True freedom lies not in freely choosing the next meal, but in being released from the bonds sin and following the will of God in all things. "For when you were the servants of sin, you were free from righteousness. But what fruit had you then from those things of which you are now ashamed? For the end of those

things is death. But now set free from sin and become servants to God, you have your fruit unto holiness, and as your end, life everlasting." (6:20-22)

The Great Lent is a journey through the history of mankind, a journey from slavery to freedom in which we are called to join not as observers, but as full participants, assuming upon ourselves the responsibility that our new life in Christ is bringing to the table. Growing wings is a choice, let us choose right.

Have a Blessed Lent!

Fr. Vasile



Adam and Eve exile from paradise

GETTING TO KNOW YOUR CHOIR

(Continued from page 8)

both from the choral music of Frank Desby and "The Divine Liturgy Hymnal". The Hymnal was first published by the Archdiocese Department of Religious Education for the purpose of fostering congregational participation. Copies of the Hymnal are located at each pew with a Foreword written by Archbishop Iakovos. We encourage the congregation to sing with us.

To support choirs and chanters, and to provide resources to assure the preservation of choral music in the Church, the Greek Orthodox Archdiocese of America has established the **National Forum of Church Musicians**. In addition, Each Metropolis, including our Denver Me-

troplis, has its own Church Music Federation. Everyone in our choir is a member of the Metropolis of Denver Forum of Church Musicians. As Choir Director, I attend the Federation Executive Board meeting once a year to discuss issues within our Metropolis and arrange for the yearly Church Music Federation Conference. We are happy to announce this year's conference will be held in Austin, Texas, hosted by Holy Transfiguration Greek Orthodox Church, during August 3-5th, 2012. Many of our choir members will be attending along with other choirs and chanters in our metropolis. We hope to see some of our parishioners and families attending, also.

All parishioners are welcome

to join the choir regardless of their musical ability or background. Musical skills are taught and learned during rehearsals. The choir sings in both Greek (written in English phonetics) and in English. For more information, please call me at 817 571-6956, or simply come to join us!

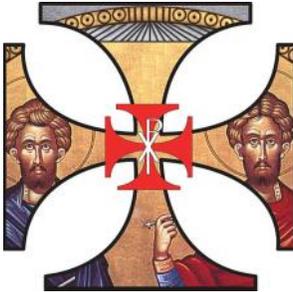
Yours in Christ,

Bill Poletes

"BUT NOW SET FREE FROM SIN AND BECOME SERVANTS TO GOD, YOU HAVE YOUR FRUIT UNTO HOLINESS, AND AS YOUR END, LIFE EVERLASTING."



St. Roman the Melodist



SACRAMENTS IN THE PAST MONTH

Memorial Services:

Hellen Sinos (1year), Anesti Gianitsos (1year), Bill Wright (40 days)

AGELESS WONDERS

The Ageless wonders will not be meeting in March !! We need to take some time to "stop and smell the roses".

Please support the lenten soup suppers on the 1st,3rd,and 5th Fridays during Great Lent.

We will resume our activities in April. Questions?? Call

Margaret 817-354-7731

GLADSOME LIGHT DIALOGUES

Gladsome Light Dialogues will continue to be off in March.

In the meantime check our blog that you can visit at

[http://
dialogues.stjohndfw.info](http://dialogues.stjohndfw.info)

WE WILL HAVE A PROCESSION OF THE ICONS ON THE SUNDAY OF ORTHODOXY – MARCH 4TH. THE CHILDREN SHOULD BRING THEIR SAINT’S ICON FOR THE PROCESSION

USHER SCHEDULE

- 1st Sunday: Barbara Vittas, Bob Steffaro
- 2nd Sunday: Hope File, Terry Poriotis
- 3rd Sunday: Harry Karegeannes, Karen Kinman
- 4th Sunday: Michael Eftimie, Raj Shah
- 5th Sunday: Allison Medvic, Nancy Medvic

ACOLYTE SCHEDULE

- 1st Sunday : Bennett Kerbow, Caleb Ellis, Alex Genovezos, Jackson Wright
- 2nd Sunday : Chris Eftimie, Michael Beebe, Chris File, Luca Tudora
- 3rd Sunday : John Molhoek, Alex Shah, Alex Genovezos, Michael Beebe
- 4th Sunday : Luca Tudora, James Seals, Alex Genovezos, Alex Shah
- 5th Sunday: Michael Beebe, James Seals, John Molhoek, Alex Shah

COFFEE HOUR HOST

- 1st Sun.: Mr. & Mrs. James Pendleton (Mar 4)
- 2nd Sun: Parish Council
- 3rd Sun: GOYA
- 4th Sun: Philoptochos
- 5th Sun: Parish Council (If Applicable)

COFFEE HOUR DUTIES

SETUP

Arrange pastries/food in a desirable manner on the appropriate tables in the parish hall.

You are responsible for making the coffee. Make two pots: one regular, one decaf. Plug in be-



fore going into church. The instructions are in the kitchen.

Prepare a tray with sugar, creamer, sugar substitute, mixing straws, a few spoons. Set with trash bucket.

Put donation basket out with appropriate sign.

CLEAN UP

Wash all dishes soiled, including coffee pots.

Return sugar tray to kitchen and replenish it.

Wash off hall tables and kitchen counters.

Thank-You

St. John the Baptist Greek Orthodox Church

M A R C H 2 0 1 2

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
<i>Strict Fast</i>	<i>Wine/oil allowed</i>	<i>Fish/Wine/Oil Allowed</i>	<i>Fast Free</i>	✝ <i>Great Compline w/ Canon of St. Andrew 6:00 PM</i>	✝ <i>Herethismoi I 6:00 PM Lenten Soup Supper 7:00 PM</i>	 <i>Great Vespers 6:00 PM</i>
4	5	6	7	8	9	10
 <i>Sunday of Orthodoxy</i> <i>Orthros 8:30 AM</i> <i>Divine Liturgy 9:30 AM</i> <i>Procession of Icons</i> <i>Oratorical Festival (Austin)</i> <i>Teen Class</i> <i>Pan-Orthodox Vespers (Holy Trinity) 6:00 PM</i>	✝ <i>Great Compline 6:00 PM</i>	✝	✝ <i>Presanctified Liturgy 6:00 PM</i>	✝	 <i>Herethismoi II 6:00 PM</i>	 <i>Great Vespers 6:00 PM</i>
11	12	13	14	15	16	17
 <i>Sunday of St. Gregory Palamas</i> <i>Orthros 8:30 AM</i> <i>Divine Liturgy 9:30 AM</i> <i>Teen Class</i> <i>General Assembly</i> <i>Pan-Orthodox Vespers (St. Mary's) 6:00 PM</i>	✝ <i>Great Compline 6:00 PM</i>	✝ <i>Building Committee 6:00 PM</i>	✝ <i>Presanctified Liturgy 6:00 PM</i>	✝	✝ <i>Herethismoi III 6:00 PM Soup Supper 7:00 PM</i>	 <i>Great Vespers 6:00 PM</i>
18	19	20	21	22	23	24
 <i>Sunday of the Holy Cross</i> <i>Orthros 8:30 AM</i> <i>Divine Liturgy 9:30 AM</i> <i>No Church School</i> <i>Pan-Orthodox Vespers (Sts. C & H) 6:00 PM</i>	✝ <i>Great Compline 6:00 PM</i>	✝	✝ <i>Presanctified Liturgy 6:00 PM</i>	✝	✝ <i>Herethismoi IV 6:00 PM</i>	 <i>St. Irene Scholarship deadline</i> <i>Great Vespers 6:00 PM</i>
25	26	27	28	29	30	31
 <i>Annunciation of the Theotokos</i> <i>Orthros 8:30 AM</i> <i>Divine Liturgy 9:30 AM</i> <i>Parish Council</i> <i>Youth Ministries</i> <i>Pan-Orthodox Vespers (St. John's) 6:00 PM</i>	 <i>Great Compline 6:00 PM</i>	✝	✝ <i>Presanctified Liturgy 6:00 PM</i>	✝ <i>Great Compline w/ Canon of St. Andrew 6:00 PM</i>	✝ <i>Akathist Hymn 6:00 PM Soup Supper 7:00 PM</i>	 <i>Great Vespers 6:00 PM</i>
			✝ <i>Strict Fast</i>	 <i>Wine/Oil Allowed</i>	 <i>Fish/Wine/Oil Allowed</i>	 <i>Fast Free</i>



**ST. JOHN THE BAPTIST
GREEK ORTHODOX CHURCH**

303 Cullum Dr.
Euless, TX 76040
Tel 817 283-2291

Return Service Requested

NONPROFIT

Sponsorship for This Month's Forerunner



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Annunciation of the Theotokos
March 25th

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THE FORERUNNER

