

THE FORERUNNER

VOLUME XXX NUMBER 3 MARCH 2014

THE GREAT FAST—BY METROPOLITAN ISIAH OF DENVER

As we enter into the holiest period of the year in preparation for the glorious Resurrection of our Lord and Savior Jesus Christ, we ask ourselves, "Why should we follow the discipline of fasting, which in essence is abstinence?" What is the purpose of it? Obviously the purpose is that we may be ready to meet our Lord and to receive His promise of eternal life in His Kingdom.

We realize, according to Holy Scripture, that we were created to live forever; and that we will live eternally after the return of Christ to the earth, with our resurrected bodies reunited with our souls. The Lord therefore asks us to make our decision as to where we wish to live eternally. We have only two directions of which to choose. There is no other.

Mankind could not save itself on its own. Since man fell from his original pristine state to the imperfect state and consequently all of his descendants after him, he has tried time and again to reach his original condition. Every pagan religion in the world taught of man's eternal existence and ways in which one could live eternally. We can mention only the Egyptian culture which established the most elaborate way one could reach to the stars and

(Continued on page 2)



COUNCIL CAPSULE

This year is progressing quickly, and we are fast approaching the end of our first quarter. The Parish Council has been hard at work this year on tasks that span the gamut. First and foremost I would like to publicly welcome Jeremy Forcum to the Parish Council. As many of you may know one of our members had to resign, due to personal reasons. Jeremy Forcum was put forward as a potential candidate, was voted in by the Parish Council, he accepted the position, and was sworn in after Divine Liturgy on February 23rd. Please join me in congratulating Jeremy and supporting him and the rest of your Council as we move forward for the remainder of 2014.

At the tail end of January, a few of us had the absolute pleasure of visiting our Metropolis Center in Denver, and being in His Eminence's presence, while learning about new parish administrative software that is being adopted throughout the Archdiocese. Although this transition will be largely transparent to most, this represents a huge step forward in the parish administration

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SPECIAL POINTS OF INTEREST:

- *The Great Fast—by Metropolitan Isaiah of Denver*
- *New Articles on Charity on our New Stewardship page*
- *The Stewardship program 2014 needs your attention*
- *Explanation of Annunciation icon*

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COUNCIL'S CAPSULE



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and is expected to help us to better serve the members of our parish, and the Orthodox of this Archdiocese in general.

One of the most significant items that came out of February's Parish Council meeting is the acceptance of an emergency measure to initiate work for repairs that the City of Eules is requiring in order for our buildings to come into compliance with the municipality's Fire Code. Many of you may have seen some of the recent communications about cleaning and organization efforts in the Parish Hall. This was all due to the recent fire inspections, and

the work that we could do ourselves we have done. Unfortunately, there were a number of other items that required professional help. More detail will be provided on this topic during our next General Assembly meeting; however I would like to highlight the tremendous effort of the Council's Vice President Harry Karegeannes and his tireless effort that has led us to where we are today. He has done more than any other single person to make sure that this issue will soon be resolved to the satisfaction of everyone involved, and to bring our buildings back into current fire code compliance.

As I alluded previously we also have this year's first General Assembly on the books and approaching quickly. The first General Assembly meeting of 2014 will be held after Divine Liturgy on March 16th. I urge you all to make every effort to attend and participate in this meeting!

I wish everyone a successful Great Lent and I hope that during this time we, as a parish family, can come closer together, and together we can all move closer to our God.

Jeremy Ellis

Parish Council President

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THE GREAT FAST (CONT.)

(Continued from page 1)

to eternal life. All failed because the imperfect can never by its own efforts attain perfection.

We know the story. God in the Person of Jesus Christ, the second Person of the Holy Trinity, out of His great love for us, came into the world in order to guide us toward Him. He tells us that His Kingdom has been prepared for us even before the world began. He entered into our human nature as one of us for the sole purpose of teaching us how we can reach perfection. He did this without interfering with our free will. For had He tampered with our free will, we would no

longer be in His image. This is what distinguishes us from all other creatures of this world. We have been created in His image so that we may attain to His likeness, using our hearts and our minds to guide us. He created us to live with Him and to enjoy the works which He has created for us.

Great Lent is the most appropriate time on the church calendar to begin the process of meeting the Lord, especially during the holy and inspirational services of Holy Week and more so at His glorious Resurrection. Everything in life has a time of preparation, especially man. Since we are in the process of becoming — no one is, only God Is — the Church affords us the time-

tested discipline of preparation for the most glorious and spectacular occurrence to have taken place in the cosmos: our Lord's defeat of the power of death and His Resurrection.

This preparation is the message of renewal. In His public ministry our Lord's message was "Repent!" In the original language of the Gospels the exhortation of the Lord was and is: "Change your mind; change your ways; change your direction in life." This concept of change simply said is to renew, to start over again through the right preparation.

The Church teaches us that even though we are born with

(Continued on page 3)



THE GREAT FAST (CONT.)

(Continued from page 2)

an imperfect nature, we are intrinsically good. Even though through our fallen nature we have the inclination to sin, meaning to go contrary to the divine will, we can still reach sainthood which is the calling of all who accept Christ as Lord, God, and Savior. In other words, even

though Christ came into the world to lead us back to Him, we have the freedom to choose whether we wish to follow Him or not. We know that He humbled Himself out of His great love for us and our eternal condition because we were led astray by the evil one who deceived our progenitors in the beginning. It was Satan who has been responsible for the horrors and catastrophes in the world and who wants us to break away from God, as he did in the angelic period of God's creation. The saying is true, "Misery loves company."

We, who have chosen God, prefer to live with Him. God adopts us as His children, while Satan keeps us in slavery at all times. The decision is easy. The effort takes work. The beautiful thing about this, though, is that the Lord, His holy Mother, the Theotokos, and the saints who have gone before us help us to succeed.

How do we proceed in our preparation? We must prioritize our value system. God must always come first; everything and everyone else

follow in their proper place. One of the basic steps in our preparation is to give more attention to our souls. We, unfortunately, do not give to our souls even equal time in our lives with our bodies. During the Lenten period we must converse with God, the everblessed Holy Trinity, on a daily basis and several times a day in private prayer. We should attend the special services that take place during the Great Fast along with the usual services and sacraments. Even making the sign of the Cross upon ourselves is a prayer.

Together with prayer, we must become selective in our diet and follow the teachings of the Church becoming vegetarians for several weeks. Physiologically this is good for the body. Theologically we remind ourselves of the Lord's words that man does not live by bread alone. In other words, we give more time to the nourishment of our souls through increased prayer time contemplating the holiness of God. For we, also, are called to become holy. We were created to be heaven bound and not earth bound. Our Lord reminds us that we live in the world, but are not of the world. Our Lord's prayer to the Father is clear when He says that He does not pray for the world, but for those who are being saved for His eternal Kingdom, our real and permanent home.

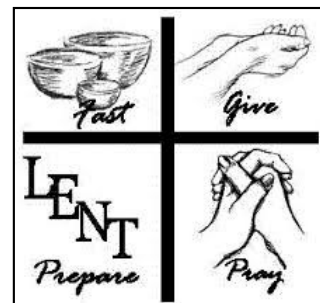
During this holy period we should increase our good works in helping others and to imitate Christ Who came not to be served, but to serve. If we want to find our true calling in life, it is exactly this: to serve others. The feeling of fulfillment is phenomenal when we serve others. We should also attend retreats that take place, thereby giving ourselves more time for spiritual nourishment. All this preparation, as mentioned before, has one goal, and that is to meet our Lord, the Bridegroom of the

Church, as He calls Himself regarding His Second Coming. The Parable of the Ten Virgins is a most-appropriate icon on which to reflect. Five virgins were wise and five were foolish. All were awaiting the Bridegroom, but only five were ready to receive Him.

Let us therefore enter into this refreshing period of renewal in our spiritual lives, as we prepare ourselves to experience the world-changing events in the life of our Lord which herald the coming of our permanent home in the heavenly realms with our Lord Jesus Christ. May this period of the Great Fast be most edifying and sanctifying for all of God's people.

+ Met. Isaiah of Denver


February 2004



WE, WHO HAVE CHOSEN GOD, PREFER TO LIVE WITH HIM. GOD ADOPTS US AS HIS CHILDREN, WHILE SATAN KEEPS US IN SLAVERY AT ALL TIMES.



The rich man is not the one who has much, but one who gives much.



For what he gives away remains his forever.
St. John Chrysostom

STEWARDSHIP

2014 STEWARDSHIP - THE EXAMPLE OF THE MAGI

This month it's all about commitment. In the Divine Liturgy we are called upon to "commit ourselves, one another, and our whole life to Christ." Let's make our first commitment to Christ in giving our first fruits. Nothing pales in comparison to the many blessings that accompany doing God's will in your life. As we approach Lent there is no better time than to reflect on our communion with God and pledge to Him our commitment to give back to God, in thanksgiving, to

fund our ministry and missionary efforts. To date we have 80 Stewards and \$178,724 pledged toward our goal of \$278,000. Please complete a stewardship commitment card for 2014.

To be an active member of the parish Stewardship cards must be completed. There are many ways to do this — by mail, on-line or simply by handing your card to one of the Parish Council members after Liturgy. We can answer any questions and assist with

ensuring that whatever your donation — time, talent or treasure is welcomed and appreciated.

Stewardship is making Christ the first priority in the use of the time, talents and treasures with which He has blessed us.

"A Rich Man is not one who has much but one who gives much. For what he gives away remains his forever" (St. John Chrysostom).

Stewardship Ministry – Hope File and Tim Cline

HOW CAN I THANK GOD FOR MY MANY BLESSINGS?"

JOIN US TODAY IN GIVING THANKS FOR THE BLESSINGS WE HAVE RECEIVED !

THE LINK BETWEEN MATERIAL AND SPIRITUAL IS SHARING

The brothers said, "Why is it that the monks are obliged to go around begging for the food and clothes they need, like those who are in the world, although our Lord promised them, saying, 'Seek ye first the kingdom of God and its righteousness, and that of which ye have need shall be given to you' (Matt. 6:23)?"

The old man said, "This saying is a proof of the wisdom and grace of God toward those who are in the world, for in the majority of cases, the righteousness of the children of this world consists of alms and compassion; but the children of light are righteous people and monks who, in

their persons, and in their bodies, and in their thoughts, serve our Lord. And God has made the monks to have need of the children of this world because of His love, so that they may care for each other, and may pray for each other; that is to say, the children of the world must care for the monks and the monks must pray in love for them.

"And as the children of the world make the monks associates with them in the corporeal things of the world, the monks must make the children of the world to be associates with them in the things of heaven, for our Lord spoke to the children of the world,

saying, 'Make ye to yourselves friends of this mammon of iniquity so that when they have become perfect they may receive you into their tabernacles which are forever.' (Luke 16:9)"

E. A. Wallis Budge, "The Paradise of the Holy Fathers," (Seattle, St. Nectarios Press, 1984), p.304



HOW GIVING TO OTHERS IS GIVING TO ONE'S SELF

A monk had a brother living in the world who was poor, and so he supplied him with all he received from his work. But the more the monk supplied, the poorer the brother became. So the monk went to tell an old man about it. The old man said to him, "If you want my advice, do not give him anything more, but say to him, 'Brother, when I had something I supplied you; now bring me what you get from your work.' Take all he brings you, and whenever you see a stranger or a poor man, give him some of it, begging him to pray for him."

The monk went away and did this. When his secular brother came, he spoke to him as the old man had said, and the brother went sadly away. The first day, taking some vegeta-

bles from his field, he brought them to the monk. The monk took them and gave them to the old man, begging them to pray for his brother, and after the blessing he returned home. In the same way, another time, the brother brought the monk some vegetables and three loaves, which he took, doing as on the first occasion, and having received the blessing he went away.

And the secular brother came a third time bringing many provisions, some bread, and fish. Seeing this, the monk was full of wonder, and he invited the poor so as to give them refreshment. Then he said to his brother, "Do you not need a little bread?" The other said to him, "No, for when I used to receive something from you, it was like

fire coming into my house and burning it, but now that I receive nothing from you, God blesses me."

Then the monk went to tell the old man all that had happened, and the old man said to him, "Do you not know that the work of the monk is of fire, and where it enters, it burns? It helps your brother more to do alms with what he reaps from his field, and to receive the prayers of the saints and thus to be blessed."

"The Wisdom of the Desert Fathers," by Sr. Benedicta Ward, (Oxford: SLG Press, 1986), pp. 43-44



TO FEED THE HUNGRY IN THE NAME OF CHRIST IS A WORK GREATER THAN RAISING THE DEAD IN CHRIST'S NAME.

ST. JOHN CHRYSOSTOM

STEWARDSHIP PROGRAM 2014

We encourage you all to actively participate in our Stewardship Program in 2014 by prayerfully considering your contribution in our 2014 stewardship program and beyond.

Our intent is to develop a culture at St. John's that emulates the Kingdom of God, here and now. We want it to be a place populated with

dedicated people, overflowing with joy, peace and love in the Lord, a place where everyone is welcomed. We want everyone to start living now as responsible citizens of the Kingdom; we want you to become active members at St. John's.

The Commitment Card you are asked to bring is a visible sign of the beginning of your

involvement. Before completing it, please give prayerful consideration to the commitment you are making. Giving is not a substitute for commitment - it is an expression of your commitment. The question is not, "How much do I give to say that I am a Steward?" but "*How can I thank God for my many blessings?*"





YOUTH MINISTRIES NEWS

Youth Ministries had a very successful **Loukoumathes Valentine's fundraiser** last month. Funds will help out with the Oratorical Festival, Camp Emmanuel, Lenten retreats, GOYA, the Dance troupe and other youth-related activities.

Thank you to all who supported us!

One person told us they were the best loukoumathes he had ever tasted! Kudos go to everyone who helped, especially Toni Nicholas whose loucamades recipe and exper-

tise made it all possible.

Thanks, too, to all our sous chefs, servers, clean-up crew and "advisors": Chris Geil, Tina Molhoek, Maria Kerbow, Connie Rafailedes, Gail Poriotis, the Moutafis Family, Margaret Chokas, Paul Fondulis and Debbie Manos. We also want to give a big thank-you to Mike Mourton, whose electrician saved the day by getting the proper voltage into the kitchen.

The **2014 Oratorical Festival** will be held **Sunday, March 2**. We are looking

forward to hearing our middle and high school students deliver their essays. Athena Pachares and Connie Rafailedes have agreed to coach the kids. Aaron Barnes, Olga Papadopoulou and Pete Talleos will return as our judges.

Thanks to all of you.

We hope to have representatives from both the junior and senior divisions to send to the next round, the Metropolis Oratorical Festival, which will be held March 28-30, in

(Continued on page 7)

PARENTS:

PLEASE ENCOURAGE YOUR CHILDREN TO PARTICIPATE IN OUR LENTEN SERVICES BY USING THE **LENTEN PASSPORT PROGRAM.**

CHURCH SCHOOL NEWS

Church School Families,

Several new families have joined us and we are happy you are here. Welcome!!!

The Great Lent is quickly approaching. Please keep an eye out for emails regarding opportunities to take part in our Lenten Passport Program. Father Vasile introduced this Program last year and it was a terrific opportunity to learn more about the season of Lent and all of the beautiful services and traditions that surround the mystery and beauty of Pascha. We have already placed two stamps in our Passports. There is a Passport Office in the Narthex. In case you missed getting your stamp, they will be available there.

Here are some upcoming important dates to mark on your calendar:

March 9 --- Sunday of Orthodoxy --- Procession of Icons

March 16--- No Church School--- Spring Break

April 12--- Saturday --- Lenten Retreat

April 20--- No Church School --- Great and Holy Pascha

Thank you to the Dean and Antonia Hodges who were able to help host coffee hour in February.

Upcoming Coffee Hour Hosts:

March 2nd—David and Corey Ellis, Stacey and Ivo Ivanov, Melissa and Jeremy Ellis

April 6th--- The Arapis family, Aimee and Thomas Fox, John and Maria Panagopoulos

May 4th—Maretta and Mitch Chokas and the Maayeh family

Thank you to all of the families who have volunteered to host Coffee Hour on the behalf of Church School. We appreciate your kindness.

If you are currently visiting or spend time with us occasionally, please fill out a registration form and allow your child to have some time to have fellowship with other children their age and to be exposed to the teaching of our Orthodox faith. We are happy to have children join us, if only for a short time.

If you have any questions, comments or suggestions, you can contact me any time at veronicafisherps50@gmail.com

Thanks again for joining us this year for Church School.

Veronica Fisher
Church School Coordinator



PHILOPTOCHOS HIGHLIGHTS FOR MARCH

Lenten Soup Suppers begin on March 7. For \$5 you can get a very nice meal and free fellowship after the Friday Akathist service. All proceeds are donated to Holy Cross/Hellenic College.

Our annual **Membership Tea will be held on Sunday, March 23** after Divine Liturgy in the Conference Room. Please open your heart to joining the Philanthropic Ladies group that supports our parish. All ladies are welcome!

Garage Sale will be March 28-30. Please bring in your gently used items to donate. Thank you to those

who have already donated their items. We will be setting up on Thursday, March 27 – any help if welcome!

Scholarship applications available on the Philoptochos page on the parish website or a hard copy is available in the Philoptochos mailbox. Deadline to return the application is March 30.

St Irene Philoptochos is sponsoring the **sale of a children's book**, entitled:

"Rojo The Baby Red Panda At The Zoo". The story is an allegory about self worth through a red panda and giant panda comparison; written by

Hope Mucklow, (a relative of one of our parishioners). St. Irene's will receive a percentage of the sale of this book, to contribute to their many philanthropic endeavors. The book will be available in the parish hall during coffee hour, after church on Sundays.

Thank you to all who came to the Festival of Tables and a **BIG thank you to Connie Rafailades and Kathy Fox**, the chairwomen of the event.

Click [here](#) for Philoptochos Annual Scholarship forms.

Joanie Ruppel, President
St. Irene Philoptochos



YOUTH MINISTRIES NEWS (CONT)

(Continued from page 6)

Denver.

The members of our **senior dance troupe**, the Olympian Dancers, are getting in some extra practice. Under the direction of the Gina Poulakos, the kids are meeting once a month for dance practice. The goal, says Gina, is to get a head start and continue to learn new dances for the festival. They will be meeting in the parish hall one Sunday a month until summer is over. All older GOYANs and teens new to dance are welcome. Thank you, Gina!

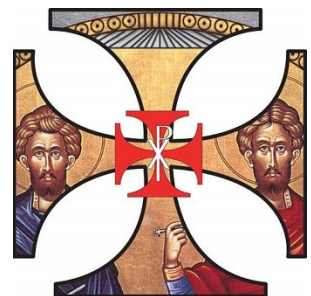
Hard copies of the **Philopto-**

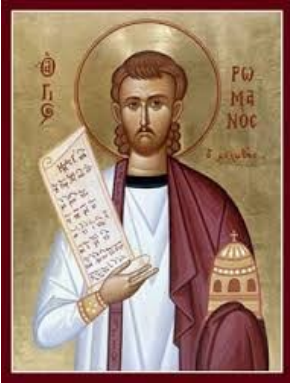
chos Scholarship Application are available in the Church Hall. Please see the link here. All high school seniors are encouraged to apply. See Gail Poriotis or Joanie Ruppel for details. Applications are due the **last Sunday in March.**

One last note, Youth Ministries will hold our annual **High School and College Graduation Luncheon on April 27.** Please plan on joining us. Also, please see me or Gail Poriotis if you have a graduating student - we don't want to miss anyone!

God bless,
Harriet Blake
Youth Ministries coordinator

HIGH SCHOOL AND COLLEGE GRADUATION LUNCHEON ON APRIL 27.





St. Roman the Melodist

CHOIR NOTES

As the older children have been working to learn more about their patron saints, it seemed the perfect time for a brief introduction to Saint Romanos the Melodist.

Saint Romanos is the patron of church musicians. A sixth century Syrian convert to Orthodoxy, came to serve as a deacon in Beirut and then moved to Hagia Sofia.

Though he worked hard to assist in the services "he was endowed with neither vocal talent, nor a musical ear."

During one of the Nativity services his fellow clerics pushed Roman forward on to the ambo and made him sing.

Hoping to find a way to improve his voice Saint Romanos prayed arduously and very long that night in front of the icon of the Mother of God, pouring out his grief to her.

The Theotokos appeared to him, gave him a paper scroll and told him to eat it. The next evening during the vigil Romanos was endowed with a beautiful melodic voice and a poetic talent too.

In a spell of inspiration he created his famous kontakion to the Christmas feast: "Today the Virgin gives birth..."

Saint Romanos would continue to labor and sing eventual-

ly composing 8,000 or more kontakion for the feasts of the church.

Written By - Sandra Geil,
choir member

MUSIC MINISTRY, CHOIR AND CHANTERS PAGE

STARTING THE GREAT LENT WITH HYMNS OF JOY

The season of Great Lent is the time of preparation for the feast of the Resurrection of Christ, It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbors.

In the Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time

of joyfulness and purification. We are called to "anoint our faces" and to "cleanse our bodies as we cleanse our souls." The very first hymns of the very first service of Great Lent set the proper tone of the season:

Let us begin the lenten time with delight ... let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.

Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repent-

ance (Vesper Hymns).

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God's mercy. We mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ's Resurrection and our own.

May you all have a blessed Great Lent!

From <http://oca.org>



EXPLANATION OF ANNUNCIATION ICON

The icon of the Annunciation is one that presents the joy of the announcement of the coming of Christ. It is an icon of bright colors, depicting the Archangel Gabriel (left), who has descended from heaven, and the Virgin Mary (right), who has been chosen to be the Mother of God.

The Archangel is shown with his feet spread apart as if he is running to share the good news with Mary. In his left hand is a staff, the symbol of a messenger. His right hand is extended toward Mary as he delivers the message and an-

nounces the blessing bestowed upon her by God.

On the right side of the icon the Virgin sits on an elevated seat, indicating that as the Mother of God she is *“greater in honor than the cherubim, and beyond compare more glorious than the seraphim, who without corruption gave birth to God the Word.”* In her left hand she holds a spindle of scarlet yarn which depicts the task she was assigned of preparing the purple and scarlet material to be used in making the veil for the Temple in Jerusalem.

Her right hand is raised in a gesture of acceptance in response to Gabriel’s message. Her posture expresses willing cooperation with God’s plan of salvation. Mary’s garments also have the three stars commonly used to represent her ever-virginity: before, during, and after the birth of Christ.

At the top of the icon the segment of a circle represents the divine realm, from which three rays emerge. This demonstrates the action of the Holy Spirit coming upon her. In other depictions of the same icon, Christ Himself – as a man – is shown in this semi-circle.

This icon marks the crowning of our salvation and the revelation of the mystery before all ages. For the Son of God becomes the son of the Virgin, and Gabriel proclaims to the ever-virgin Mary: *“Hail, O full of grace, the Lord is with you.”*

Amen

From <http://iconreader.wordpress.com/2010/07/14/the-annunciation/>



GREATER IN HONOR THAN THE CHERUBIM, AND BEYOND COMPARE MORE GLORIOUS THAN THE SERAPHIM, WHO WITHOUT CORRUPTION GAVE BIRTH TO GOD THE WORD.”





SACRAMENTS IN THE PAST MONTH

Chrismations: Maria Flores
Baptisms: Marlena Helen Barnes
Wedding: Linda Arlington and Ernest Harris
Memorials: Eleni Sinos, Virginia Patrulescu, Evrithiki Genovezos, Constantina and Antonia Panaras

CATECHISM CLASSES AND GLADSOME LIGHT DIALOGUES

A New Catechism Semester started on January 12th. There is still time to join!

The classes are held after Divine Liturgy on Sundays and will last about an hour.

Inquirers into the Orthodox faith as well as Orthodox people that would like to enrich their faith are welcome to attend.

Gladsome Light Dialogues will start with a new program led by Nick Stanosheck. Details to follow.

AGELESS WONDERS

The Ageless Wonders will meet on Tuesday, March 11, 2014 for lunch and a movie. TBA !! Since we had to cancel last month we'll try again. Please also plan to come and help with the community garage sale on March 28 and 29 in the parish hall. Also please come and support the Friday night soup suppers during Lent. Let's hope the weather has improved!!!!.....Margaret

A NEW ORTHODOX CATECHISM SEMESTER STARTS ON JANUARY 12TH.

USHER SCHEDULE

- 1st Sunday: Tim Cline, Jeremy Ellis
2nd Sunday: Hope File, Michael Eftimie
3rd Sunday: Chris Geil, Larry Leeders
4th Sunday: Nina Sullivan, Raj Shah
5th Sunday: Nancy Medvic, Barbara Vittas
Fill-in: Harry Karegeannes

ACOLYTE SCHEDULE

- 1st Sunday: Jackson Wright, Alex Genovezos, Caleb Ellis, Luca Tudora
2nd Sunday: Michael Beebe, John Molhoek, Alex Shah, Chris Eftimie, Joseph Berca
3rd Sunday: James Seals, Alex Genovezos, Caleb Ellis, Luca Tudora, Matei Tudora
4th Sunday: Michael Beebe, John Molhoek, Alex Shah, Chris Eftimie, George Manos
5th Sunday: Michael Beebe, James Seals, Alex Genovezos, Alex Shah, Luca Tudora

COFFEE HOUR HOST

- 1st Sun: Sunday School
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

March 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1
<u>Fasting Symbols:</u> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;"><i>Fast Free</i></p>  <p style="text-align: center;"><i>Fish allowed</i></p>  </div> <div style="width: 45%;"> <p style="text-align: center;"><i>Wine/oil allowed</i></p>  <p style="text-align: center;"><i>Strict Fast</i></p>  </div> </div>						<p style="text-align: right;"><i>Cheese allowed</i></p> <p style="text-align: right;"><i>Great Vespers 5pm</i></p>
2	3	4	5	6	7	8
<p style="text-align: center;"><i>Cheese allowed</i></p> <p style="text-align: center;"><i>Forgiveness Sunday</i> <i>(Cheesefare)</i></p> <p style="text-align: center;"><i>Orthros 8:30am</i></p> <p style="text-align: center;"><i>Divine Liturgy 9:30am</i></p> <p style="text-align: center;"><i>Oratorical Festival</i></p> <p style="text-align: center;"><i>Catechism Class</i></p> <p style="text-align: center;"><i>Forgiveness Vespers 6pm</i></p>	 <p style="text-align: center;"><i>Greet Lent Begins</i></p> <p style="text-align: center;"><i>Great Compline w.</i> <i>Canon of St. Andrew</i> <i>6pm</i></p>	 <p style="text-align: center;"><i>Great Compline w.</i> <i>Canon of St. Andrew</i> <i>6pm</i></p>	 <p style="text-align: center;"><i>Pre-Sanctified</i> <i>Liturgy 6pm</i></p> <p style="text-align: center;"><i>Great Compline w.</i> <i>Canon of St. Andrew</i> <i>7pm</i></p>	 <p style="text-align: center;"><i>Great Compline w.</i> <i>Canon of St. Andrew</i> <i>6pm</i></p>	 <p style="text-align: center;"><i>Akathist Hymn 6pm</i></p> <p style="text-align: center;"><i>Lenten Soup Supper</i> <i>7pm</i></p>	 <p style="text-align: center;"><i>Great Vespers 5pm</i></p>
9	10	11	12	13	14	15
<p style="text-align: center;"><i>Sunday of Orthodoxy</i></p> <p style="text-align: center;"><i>Procession of Icons</i> </p> <p style="text-align: center;"><i>Orthros 8:30am</i></p> <p style="text-align: center;"><i>Divine Liturgy 9:30am</i></p> <p style="text-align: center;"><i>Catechism Class</i></p> <p style="text-align: center;"><i>Pan Orthodox Vespers</i> <i>(Holy Trinity)</i></p>	 <p style="text-align: center;"><i>Great Compline 6pm</i></p>	 <p style="text-align: center;"><i>Ageless Wonders</i></p> <p style="text-align: center;"><i>Lunch & Movie</i></p>	 <p style="text-align: center;"><i>Pre-Sanctified</i> <i>Liturgy 6pm</i></p>		 <p style="text-align: center;"><i>Akathist Hymn 6pm</i></p>	 <p style="text-align: center;"><i>Great Vespers 5pm</i></p>
16	17	18	19	20	21	22
<p style="text-align: center;"><i>Sunday of St. Gregory</i></p> <p style="text-align: center;"><i>Palamas</i> </p> <p style="text-align: center;"><i>Orthros 8:30am</i></p> <p style="text-align: center;"><i>Divine Liturgy 9:30am</i></p> <p style="text-align: center;"><i>No Church School</i></p> <p style="text-align: center;"><i>Catechism Class</i></p> <p style="text-align: center;"><i>General Assembly</i></p> <p style="text-align: center;"><i>Pan Orthodox Vespers</i> <i>(St. Peter FW)</i></p>	 <p style="text-align: center;"><i>Great Compline 6pm</i></p>		 <p style="text-align: center;"><i>Pre-Sanctified</i> <i>Liturgy 6pm</i></p>		 <p style="text-align: center;"><i>Akathist Hymn 6pm</i></p> <p style="text-align: center;"><i>Lenten Soup Supper</i> <i>7pm</i></p>	 <p style="text-align: center;"><i>Great Vespers 5pm</i></p>
23	24	25	26	27	28	29
<p style="text-align: center;"><i>Sunday of the Holy Cross</i></p> <p style="text-align: center;"><i>Orthros 8:30 am</i> </p> <p style="text-align: center;"><i>Divine Liturgy 9:30 am</i></p> <p style="text-align: center;"><i>Catechism Class</i></p> <p style="text-align: center;"><i>Philoptochos Tea</i></p> <p style="text-align: center;"><i>Pan Orthodox Vespers</i> <i>(Sts. C-tin and Hellen)</i></p>	 <p style="text-align: center;"><i>Vigil 6pm</i></p>	 <p style="text-align: center;"><i>Divine Liturgy 6am</i></p>	 <p style="text-align: center;"><i>Pre-Sanctified</i> <i>Liturgy 6pm</i></p>		 <p style="text-align: center;"><i>Garage Sale (thru</i> <i>Sun. March 30)</i></p> <p style="text-align: center;"><i>Akathist Hymn 6pm</i></p>	 <p style="text-align: center;"><i>Garage Sale (thru Sun.</i> <i>March 30)</i></p> <p style="text-align: center;"><i>Great Vespers 5pm</i></p> <p style="text-align: center;"><i>30th: Scholarship Dead-</i> <i>line</i></p>
30	31					
<p style="text-align: center;"><i>Sunday of St. John Climacus</i></p> <p style="text-align: center;"><i>Orthros 8:30 am</i> </p> <p style="text-align: center;"><i>Divine Liturgy 9:30 am</i></p> <p style="text-align: center;"><i>Catechism Class</i></p> <p style="text-align: center;"><i>Pan Orthodox Vespers</i> <i>(St. Demetrios)</i></p>	 <p style="text-align: center;"><i>Great Compline 6pm</i></p>					



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

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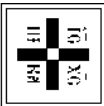
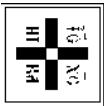
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March 25th
The Holy Annunciation

