

MONTHLY BULLETIN

greekchurchips@verizon.net | 978-356-9730 | www.greekorthodoxchurchipswich.org

March Services

Wednesday, March 1

Presanctified Liturgy
Divine Liturgy **9:30 am**

Friday, March 3

1st Akathist Hymn
Divine Liturgy **6:30pm**

Saturday, March 4

Saturday of the Souls
Divine Liturgy **9:00 am**

Sunday, March 5

Sunday of Orthodoxy
Orthos **8:30 am**
Divine Liturgy **9:30 am**

Friday, March 10

2nd Akathist Hymn
Divine Liturgy **7:00pm**

Sunday, March 12

St. Gregory Palamas
Orthos **8:30 am**
Divine Liturgy **9:00 am**

Wednesday, March 15

Presanctified Liturgy
Divine Liturgy **9:30 am**

Friday, March 17

3rd Akathist Hymn
Divine Liturgy **6:30 pm**

Sunday, March 19

Liturgy of the Holy Cross
Orthos **8:30 am**
Divine Liturgy **9:00 am**

Wednesday, March 22

Presanctified Liturgy
Divine Liturgy **9:30 am**

Friday, March 24

4th Akathist Hymn
Divine Liturgy **6:30 pm**

Saturday, March 25

Annunciation
Divine Liturgy **9:00 am**

Sunday, March 26

St. John Climacus
Orthos **8:30 am**
Divine Liturgy **9:00 am**

Wednesday, March 29

Presanctified Liturgy
Divine Liturgy **9:30 am**

Friday, March 31st

5th Akathist Hymn
Divine Liturgy **6:30 pm**

Fasting Requires Discipline

When I think of the “tough guys” of the silver screen I envision the old school action stars that I watched on television as a child. I am not talking about Stallone, Schwarzenegger and Van Damme. Sure, these men played tough guys on the silver screen as well, but I have to give the edge to the men that came before them.

Actors like Charles Bronson, Jack Palance and Clint Walker are just a few that come to mind when I think of “tough guys.” And, why is that? What was it about these men that caught my eye as a young lad? It was their discipline on and off the screen.

These men grew up the hard way, and voluntarily chose to live the hard way for the remainder of their lives.

Charles Bronson, well into his fifties, would be seen climbing rope and doing pushups between filming sets. Clint Walker trained in his own basement weight room to keep in shape. Jack Palance, at the age of seventy-three, dropped to the stage floor and performed one-handed pushups while receiving an Academy Award.

I do not know if they were religious men. Perhaps they were. Perhaps they were not. But I do know that they possessed a level of discipline that is admirable to me, an Orthodox Christian.

The Orthodox Church has maintained, from the first century, the discipline of voluntary fasting. Our Lord Himself says in the Gospel of Mathew “when you fast,” implying that he expected his followers to fast.

To quote author Jimmy Akin:

Fasting (and embracing the hunger that it produces) improves us spiritually in several ways: We express our recognition that spiritual things are more important than physical things. We learn to deny ourselves pleasures, even in spite of pain—an important spiritual lesson. We declare that we recognize the need to reform and to get closer to God. We willingly embrace the hunger fasting produces as a sign of being willing to shoulder the burdens of others (Col. 1:24). Finally, we express humility before God by adopting a humble posture, recognizing our dependence on him and affirming our submissiveness to his will.

My beloved in Christ the Lord, Good strength (Καλή δύναμη) to us all this Lenten season!

Choir News

A huge THANK YOU to all that sent in donations for the Reverend John Govostes Assumption of the Virgin Mary Choir Scholarship Fund. Scholarships will be awarded to high school seniors that give two years of faithful service singing and/or reading in The Assumption of the Virgin Mary Greek Orthodox Church of Ipswich, MA choir or chant stand.

Without all of you, this scholarship would not be possible. Father John so loved the music of our church and the choir. If you would like to make a contribution, please send your donation to;

Stella Spryopoulos
4 Bruce Road
Danvers, MA 01923.

Checks can be made out to The Assumption of the Virgin Mary Choir.

Please consider joining our wonderful choir. For more information, please contact Paula Foukas at 339-338-9367 or email procallplus@aol.com.

Thank you to our donors:
Jonathan and Patricia Geanakos
Charles & Stella Nahatis
Michael and Ethel Contos
Anonymous

Events Committee News

GET READY FOR TRIVIA NIGHT!

There really is nothing you need to do except come & join in this event everyone loves!

Trivia Night is **March 4th** at the CHURCH HALL.

Doors open at **6:00** with snacks & light appetizers.

Games begin promptly at **6:30pm**

The evening will include the appetizers, pizza, salad, delicious desserts, beer and wine and is \$35 pp.

This also includes games and prizes!

Tickets at the door...SEE YOU ALLTHERE!

EVENTS COMMITTEE WELCOMES NEW MEMBERS!

The events group would love to have you join!

The committee meets to organize a couple events a year, of which any profit goes directly to the church.

Some events are small, some large but always fun to plan and get to know other parishioners. Your input and ideas would be welcome!

Please consider joining by contacting Connie at 617-212-5353

Bible Studies

Thursday, March 2

11:00am – 12:30pm

Thursday, March 9

11:00am – 12:30pm

Tuesday, March 14

6:15pm – 7:45pm

Thursday, March 16

11:00am – 12:30pm

Tuesday, March 21

6:15pm – 7:45pm

Thursday, March 23

11:00am – 7:45pm

Tuesday, March 28

6:15pm – 7:45pm

Greek Independence Day Fish Luncheon

Our annual Greek Independence Day Fish Luncheon is scheduled to be held on Sunday, **March 26th** at the Hellenic Center.

This event fills us with pride as we honor our Greek Heritage, watching the children recite poems and dance.

As the time approaches, please call Christine Sarantopoulos for tickets 978-356-3894 or cesrantopoulos@hotmail.com

We wish to sell tickets prior to the event this year. A dessert item is welcomed. Please bring it that day. Thank You!

“Jamming with Father Chris”

"You have not had jam until you have had our jam!" Father Christopher Kolenstsas & Family

My dear brothers and sisters in the Lord,

I invite you all to join me on **Thursday, March 30th** for a morning and afternoon of jam making, Bible study and good old fashioned parea. This event is scheduled to take place in our Church Hall.

Over one decade ago my wife and I began making the finest fruit jams that you have ever tasted. Those who have tasted our fruit spreads will attest to their fine texture and mouth-watering flavor.

What makes our jam so unique is the recipe and process that we use. The recipe is simple as is the entire process. What is required is your time and patience. The process cannot be rushed.

Order of events are as follows:

11:00 am- Arrival time and fruit preparation

11:45 am – 2:00 pm - simmer the jam on low heat stirring jam constantly.

While Jam is simmering, we will take turns stirring the pot while holding our Bible study and taking lunch.

2:00 pm – ladle jam into sterilized jars

2:15 pm – process jars in boiling water

While jars are processing, we will clean up our tools and work station

3:00 pm – Finished!!

There are only 10 seats available for this class. Please RSVP to my cell phone at 774-372-9107.



In His Service,

Father Christopher Kolentsas

Melissa News

Coffee Hour

Thank you to the Melissa Society for donating the coffee hours. This after church get together gives us great "parea". Good coffee makes it even better.

Church Hall Men's Room Renovations

The women of the Melissa Society have paid a contractor to refurbish the men's room in the church hall. The profit from this year's January Calendar Raffle was used to complete this renovation. Thank you to everyone who purchased raffle tickets and supported this project.

January 2023 Melissa Women's Club Raffle Calendar Winners.

- Christine Galanis
- Margot Ciccotelli
- Mary Sarantopoulos
- Gail Violette
- Connie Lampropoulos
- Cathy Chadwick
- Robin Morris
- Bette Tsoutsouras
- Judi Karvelas
- Shelley Russell
- Helen Grant
- Carol Abbott
- Joan Vontzalides
- Christine Sarantopoulos
- John Trougakos
- Antoinette Konaxis
- Peter Argeropoulos
- John Morris
- Paula Foukas
- Tania Rennick
- Sally Palen
- Pam Scangas
- Lauren Taylor
- Ed Dolan
- Jane Ernstoff

Donations Made to the Church

In Loving Memory of George & Sophie Georgeopoulos

Katherine Georgeopoulos

In Loving Memory of Julie Pappas Burke

The Pappas & Squires Family

Christmas Donations

Connie Geanakakis

Peter & Vivian Mandragouras

Epitafio and Easter Flowers

Epitafio and Easter Flowers

The Melissa Women's Society will once again collect donations to be used towards the Epitafio and Easter flowers as they have faithfully and lovingly done through the years. The requests for donations will be mailed to the homes of parishioners. Please make checks out to the Assumption of the Virgin Mary Greek Orthodox Church and return the check in the enclosed envelope.

Your name will be posted in our church bulletin once your donation has been received. Thank you for your continued support. If you have any questions, please contact Christine Sarantopoulos at 978-356-3894.

Easter Flowers

Our parishioners have appreciated the opportunity to donate individual floral arrangements and items during Holy Week. If you are interested in donating one of the specific items listed below, please contact Christine Sarantopoulos at 978-356-384. Checks should be made out to Assumption of the Virgin Mary Greek Orthodox Church. Donor's names will be published in the bulletin once your donation has been received.

- Salutations to the Theotokos (Friday nights) arrangements \$150
(6 needed)
- Akathist Hymn Arrangement (Friday nights) \$150 each
(2 needed)
- Palm Sunday Altar Arrangements \$210 each (2 needed)
- Palm Sunday Calla Lilies \$8 each (15 needed)
- Palm Sunday Greens \$180
- Holy Thursday Wreath \$85
- Holy Thursday Arrangements \$210 (2 needed)
- Basket with Rose Petals \$35 each (6 needed)
- Head Wreaths \$35 each (6 needed)
- Anastasi Flower Arrangements \$210 (2 needed)
- Easter Sunday Arch \$650
- Anastasi Icon \$100
- Anastasi Altar Arrangements \$125 each (2 needed)
- Easter Lilies \$15 each (12 needed)

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Presanctified Liturgy 9:30 am	2 Bible Study 11:00am- 12:30pm	3 1 st Akathist Hymn Liturgy 6:30 pm	4 Saturday of the Souls Liturgy 9:00am
5 Sunday of Orthodoxy Orthos 8:30am Liturgy 9:30am Goya Meeting	6 Greek School 4:00-7:00pm	7 Greek School 4:00-6:00pm	8	9 Bible Study 11:00am- 12:30pm	10 2 nd Akathist Hymn Liturgy 7:00 pm	11
12 St. Gregory Palamas Orthos 8:30am Liturgy 9:30am	13 Greek School 4:00-7:00pm	14 Bible Study 6:15pm-7:45pm Greek School 4:00 – 6:00pm	15 Presanctified Liturgy 9:30 am	16 Bible Study 11:00am- 12:30pm	17 3rd Akathist Hymn Liturgy 6:30 pm	18
19 Liturgy of the Holy Cross Orthos 8:30am Liturgy 9:30am	20 Greek School 4:00-7:00pm	21 Bible Study 6:15pm-7:45pm Greek School 4:00 – 6:00pm	22 Presanctified Liturgy 9:30 am	23 Bible Study 11:00am- 12:30 pm Jamming with Father Chris 11:00 am	24 4 th Akathist Hymn Liturgy 6:30 pm	25 Annunciation Liturgy 9:00 am
26 St. John Climacus Orthos 8:30am Liturgy 9:30am	27 Greek School 4:00 -7:00pm	28 Bible Study 6:15pm-7:45pm Greek School 4:00 – 6:00pm	29 Presanctified Liturgy 9:30 am	30 Jamming with Father Chris 11:00 am	31 3rd Akathist Hymn Liturgy 6:30pm	