

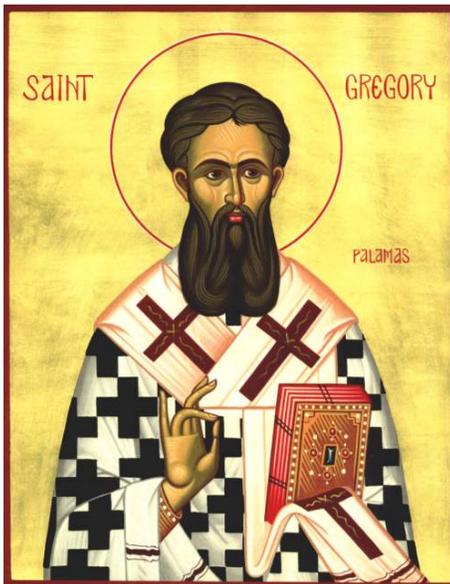


# THE MESSENGER

ST. GEORGE GREEK ORTHODOX CHURCH  
BANGOR, MAINE

EDITORS:  
AMBROSE &  
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SMITHERMAN

LENT/PASCHA 2016



## Second Sunday of Great Lent The Sunday of 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.*

The Orthodox Church chants this hymn to St. Gregory Palamas in the liturgy of the second Sunday of Lent, in veneration of the man who, several decades before the fall of Byzantium, integrated “hesychasm,” Eastern Christianity’s ancient tradition of contemplative monasticism, in a doctrinal synthesis. Hesychasm is a monastic movement whose origins go back to the Fathers of the desert. It cannot, indeed, claim to be the

only “orthodox” mysticism, which has always taken varied forms, as it still does today. But Palamas himself can be called a master of “orthodox mysticism” inasmuch as his work transcends the limits of one school of spirituality and renews in its deepest essence the life of Christian Mystery.

By the time of Palamas, Eastern monasticism already had a long history behind it. Its great masters had bequeathed it a vast body of writings. It had overcome trials and temptations. Its authority was immense among the contemporaries of Palamas. He himself accepted unreservedly the whole of this heritage, and his work was to emphasize its enduring doctrinal and spiritual elements at the very moment when the spirit of the Renaissance first touched Byzantium and when the Christian West was passing through one of its most radical transformations. As so many values held to be absolute in the Middle Ages were being swept away, was the essence of Christianity also to disintegrate? Would the newly-attained autonomy of the intellect and of nature itself in this new society leave room for the spiritual life given by Christ, beyond the realm of all purely human achievement?

The work of Palamas brought a solution to these problems. The Eastern Church has therefore regarded the victory of his teaching in fourteenth-century Byzantium not as the triumph of a particular form of mysticism but of orthodoxy itself. And this ecclesiastical approbation effectively disengaged from purely monastic tradition what was of lasting and universal validity.

-John Meyendorff

from *St. Gregory Palamas and Orthodox Spirituality*

Dear Fellow Members of the Saint George Family,

On March 14, the Orthodox Church entered the Ecclesiastical Period known as Great Lent. During these forty days please keep Saint George close to your hearts. There are many beautiful services during Lent, which provide us, as parishioners, the opportunity to worship and grow in the Spirit of the Lord. Each of us has many responsibilities in our secular lives that pull us away from church and prayer. Let us make a special effort this year not to let this happen.

Father Leo and Presbytera Candace celebrate each service with remarkable love. They invite you to join them for services and also to participate as readers if you are so inclined.

As an altar boy, my priest, Father Philip Gialopsos used to tell me that "Lent is a time for prayer; Lent is a time for fasting; Lent is a time for almsgiving; and Lent is a time to strengthen us in our struggle against evil. Great indeed is the spiritual benefit which we receive if during this period of spirituality, we pray, fast and perform deeds worthy of our faith." Let us not take this period of salvation for granted. Let us pray for those of our faith who are being tortured and killed in Asia and Africa. Let us fast not as a time of abstinence, but, as a time of spiritual cleansing. Let us perform deeds of Christian love so that we may renew and strengthen our bond with our Lord.

Please feel free to contact me at any time to offer your wisdom or guidance. Should any of you ever have questions about the operations of the Parish please do not hesitate to inquire. All information belongs to you, the parishioners of Saint George, and the Parish Council strives to maintain a culture of respect peace, love and order through transparency.

Yours in the love of Our Lord,

Lee P. Speronis  
President, Parish Council 2016

*The Messenger* publication is now only twice a year, for Christmas and Pascha. Fr. Leo posts a weekly church bulletin which is available at the church web site: [www.stgeorge.me.goarch.org](http://www.stgeorge.me.goarch.org)

### Underwriting *The Messenger*

We invite parishioners to help subsidize our newsletter. You can support publication of *The Messenger* by becoming a Messenger Patron @ \$50.00 for the year.

### ST. GEORGE PARISH COUNCIL 2016

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*The Shepard*

## PASCHAL CANDLE DECORATION

During Sunday School on Palm Sunday (April 24), church youth (and any crafts-y adults who want to join them) are invited to decorate their own Paschal candle in anticipation of Holy Pascha. In order to have enough supplies on hand on Palm Sunday, we are asking that those who want to decorate a candle ‘RSVP’ beforehand. If you plan to decorate a candle, please let Athanasia or Presbyteria know of your interest no later than Sunday, April 17. Thank you!

## HOLY ALMSGIVING THIS SEASON AND BEYOND

Almsgiving opportunities are always present. That is to say, there are ample opportunities to be rewarded by God for your love and faithful service to others in this life.

As a board member of the Decani Monastery Relief Fund, Presbyteria Candace invites you to join in meeting the needs of Serbian Orthodox brethren in Kosovo this season. These dear souls live in hardship conditions and are routinely prevented from receiving adequate food, fuel, medical care and more in their homeland. Presbyteria works in partnership with Fr. Nektarios Serfes, Greek Orthodox priest in Boise, Idaho, and President of the DMRF. The Board works together to provide humanitarian support through the Decani Monastery Relief Fund.

Among our various efforts, every Pascha, the DMRF seeks to raise enough money to buy needy families a whole pig for a Paschal meal. This may be the only meat a family will have at table for six months or more. It is also the only kind of animal that the oppressors will not steal from the Serbian recipients, thus the choice of pork over lamb. Approximately 200 families live in significant hardship in Kosovo of which many Orthodox people outside Serbia are unaware. It would appear their plight is all but forgotten. The monks of the Decani Monastery help relieve the suffering through providing food and fuel for the faithful inasmuch as funds allow.

A whole pig for a family costs about \$150 at this time. If you enjoy a Paschal meal, please consider “inviting” a Serbian family to your table through a financial gift this season. In their hearts they will bless you and thank you before God. God will reward you.

”Feeding the hungry is a greater work than raising the dead,” wrote St. John Chrysostom. If you are unable to provide a whole pig for a family, then why not provide part of a pork roast? That is, a donation of any size is most welcome.

*Spread the joy of Holy Pascha and give hope to these dear people—let them know they are not forgotten. Remind them, through your care, that God loves them despite difficult on-going circumstances. If you were so burdened, wouldn’t you hope for the same? What a great gift your generosity will provide!*

Donations may be made via Paypal by visiting this site: <http://www.thedecanifund.org/>. Or you may send a check in the mail payable to: Decani Monastery Relief Fund; c/o Very Rev. Archimandrite Nektarios Serfes; 2618 West Bannock Street; Boise, Idaho 83702. All monies given go directly to the Decani Fund, no one is compensated financially for assisting the brethren. The Decani Fund is a 501c3 tax exempt charity.



## PRECIOUS RELICS HAVE COME TO RESIDE WITH US

A reliquary containing relics of the Holy Great Martyr St. George (4<sup>th</sup> century), St. Timothy, Archbishop of Evripus (17<sup>th</sup> century), and relics of martyred Saints of Jerusalem monasteries of St. Savvas & Hazeva (7<sup>th</sup> century) have found a home in our local church. They had been entrusted to a pious Orthodox family who wanted them to be formally under the care of our church. It is a particular blessing for any church to have a relic of its Patron Saint. We are grateful that relics of St. George, St. Timothy and martyred Saints of Jerusalem monasteries have come to rest with us. At various times during the year, you will see the reliquary open and out for veneration by the faithful. When you see it, please come forward to pay your respects and ask prayers of these great Heroes of our Faith.

**LENTEN NEEDS FOR THE CHURCH**

PLEASE CONTACT THE CHURCH OFFICE IF YOU WISH TO DONATE ONE OR MORE OF THE ITEMS LISTED BELOW:

**DONATION:    ITEM NEEDED:**

**FLOWERS FOR THE AKATHIST:**

\$ 50.00    The Akathist \_\_\_\_\_

**INCENSE:**

30.00    Lenten Incense \_\_\_\_\_

**FLOWERS FOR THE VENERATION OF THE CROSS**

75.00    Tray of Daffodils (75) \_\_\_\_\_

50.00    Flowers for Festal Icon \_\_\_\_\_

**PALM SUNDAY NEEDS:**

100.00    Palms for Crosses \_\_\_\_\_

50.00    Flowers for Lazarus Icon \_\_\_\_\_

50.00    Flowers for Palm Sunday Icon \_\_\_\_\_

**HOLY WEEK NEEDS:**

50.00    Flowers for Nymphios Icon \_\_\_\_\_

50.00    Flowers for Holy Unction \_\_\_\_\_

50.00    Flowers for Icon of Last Supper \_\_\_\_\_

30.00    Candles for the 12 Gospels \_\_\_\_\_

100.00    Crown of Flowers \_\_\_\_\_

50.00    Flowers for Crucifixion Icon \_\_\_\_\_

30.00    Candles for the Altar \_\_\_\_\_

30.00    Candles for the Cross \_\_\_\_\_

50.00    White wreath for foot of Cross \_\_\_\_\_

30.00    Vigil Candle for Base of Cross \_\_\_\_\_

30.00    Basket of Rose Petals \_\_\_\_\_

500.00 (\$25 each)    Flowers for Kouvouklion \_\_\_\_\_

120.00 (\$10 each)    Kouvouklion Candles (24x\$5ea) \_\_\_\_\_

30.00    Rose Water for Blessing \_\_\_\_\_

30.00    Altar Boy Candles Holy Friday \_\_\_\_\_

30.00    Shroud for Body of Christ \_\_\_\_\_

30.00    Basket of Bay Leaves \_\_\_\_\_

30.00    Vigil Candle for Empty Tomb \_\_\_\_\_

50.00    Flowers for Icon of Resurrection \_\_\_\_\_

50.00    Flowers for St. George-Proskitarion \_\_\_\_\_

100.00    Paschal Candle for Priest \_\_\_\_\_

30.00    Altar Boy Candles for Pascha \_\_\_\_\_

50.00    Wreath for Resurrection Banner \_\_\_\_\_

30.00    Altar Candles for Pascha \_\_\_\_\_

300.00 (\$30 each)    Easter Lillies (12x\$25 ea) \_\_\_\_\_

30.00    Clear Plastic Covers: Altar/Kouvouklion \_\_\_\_\_

**ICONOSTASIS FLOWERS:**

50.00    Icon of Christ \_\_\_\_\_

50.00    Icon of Theotokos \_\_\_\_\_

50.00    Icon of St. John the Baptist \_\_\_\_\_

50.00    Icon of St. George \_\_\_\_\_

## HOLY WEEK CALENDAR - 2016

- April 23rd    SATURDAY OF LAZARUS  
9:00 a.m.    Orthros & Divine Liturgy
- April 24th    PALM SUNDAY  
9:00 a.m.    Orthros & Divine Liturgy  
              Palm Sunday luncheon following  
7:00 p.m.    Service of the Bridegroom (Nymphios)
- April 25th    GREAT AND HOLY MONDAY  
7:00 p.m.    Service of the Bridegroom (Nymphios)
- April 26th    GREAT AND HOLY TUESDAY  
7:00 p.m.    Service of the Bridegroom (Nymphios) Troparion of Kassiane
- April 27th    GREAT AND HOLY WEDNESDAY  
3:30 p.m.    Sacrament of Holy Unction  
7:00 p.m.    Orthros of Holy Thursday (anointing follows)
- April 28th    GREAT AND HOLY THURSDAY  
9:00 a.m.    Vesperal Divine Liturgy of St. Basil  
6:00 p.m.    Service of the 12 Gospels, The Passion & Crucifixion of our Lord
- April 29th    GREAT AND HOLY FRIDAY  
9:00 a.m.    Service of the Hours  
3:30 p.m.    Descent from the Cross (The Apokathelosis)  
7:00 p.m.    Orthros of Holy Saturday (Lamentations)
- April 30th    GREAT AND HOLY SATURDAY  
9:00 a.m.    Vesperal Divine Liturgy of St. Basil  
11:30 p.m.    Orthros & Divine Liturgy of the Resurrection  
              Resurrection Reception in the Church Hall following Divine Liturgy
- May 1st        HOLY PASCHA (EASTER)  
1:00 P.M.    Vespers of Agape Service  
(If you wish to read the Gospel in another language please let Fr. Leo know)
- May 2nd        BRIGHT MONDAY – FEAST OF ST. GEORGE  
9:00 a.m.    Orthros & Divine Liturgy

**ST. GEORGE GREEK  
ORTHODOX CHURCH**

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