

# The Messenger

**Volume 9, Issue 10**

**Cyprian the Martyr, Justina the Virgin-Martyr Oct. 2**

**October 2009**

Editor: Cathy Speronis

**Inside this issue:**

**Presidents Message** 2  
**Parish Council**  
**Women's Book Group**  
**Care Committee**  
**Coffee Hour Notice**

**October Happenings** 3  
**ESTIA Conference**  
**Water Exercise Class**  
**Recent Death**

**Ta Nea** 4  
**We Give Thanks**

**Stewardship Report** 5  
**Financials**

**Bible Readings** 6  
**Our Prayers**  
**Memorial**  
**Coffee Hours**  
**Coffee Hour Needs**  
**Parishioner Need**

**October Calendar** 7

**Dedication** 8  
**Altar Angels**  
**Patrons**

Apolytikion: As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision.

Wherefore, having rightly divided the word of truth, thou didst also contest for the Faith even unto blood, O Hieromartyr Cyprian. Intercede with Christ our God that our souls be saved.

Kontakion: When thou, O godly-minded one, had been converted from magic art to knowledge of God, thou became a most skilful healer for the whole world, O wise Cyprian, granting cures to them that honor thee with Justina; with her, pray the man-befriending Master to save us, thy servants who sing thy praise.

Saint Justina who was from Damascus, lived in virginity for the sake of Christ. Saint Cyprian, who was from Antioch, began as an initiate of magic and worshipper of the demons. A certain foolish young man who had been smitten with Justina's beauty hired Cyprian to draw her to love him; when Cyprian had tried every demonic device he knew, and had failed, being repulsed by the power of Christ Whom Justina invoked, he understood the weakness of the demons and came to know the truth. Delivered from demonic delusion, he came to Christ and burned all his books of magic, was baptized, and later ascended the episcopal throne in his country. Later, he and Justina were arrested by the Count of



Damascus, and having endured many torments at his hands, they were sent finally to Diocletian in Nicomedia, where they were beheaded about the year 304.

Reading, Apolytikion  
 Kontakion courtesy of Holy Transfiguration Monastery

**What is prayer? Prayer is doxology, praise, thanksgiving, confession, supplication and intercession to God. "When I prayed I was new," wrote a great theologian of Christian antiquity, "but when I stopped praying I became old." Prayer is the way to renewal and spiritual life. Prayer is aliveness to God. Prayer is strength, refreshment, and joy. Through the grace of God and our disciplined efforts prayer lifts us up from our isolation to a conscious, loving communion with God in which everything is experienced in a new light. Prayer becomes a personal dialogue with God, a spiritual breathing of the soul, a foretaste of the bliss of God's kingdom.**

**How is one to pray? Only the Holy Spirit can guide us to pray as we should. Just as a child learns to walk by walking, one can best learn to pray by praying, trusting in the help of God. Put your whole soul into your prayer. Think about the meaning of every word you pray. Make it your own personal prayer. Be persistent in prayer. Do not yield to carelessness or neglect. Strengthen your prayer through a lively faith in the Lord, a spirit of forgiveness toward others, and genuine Christian living.**

**As we pray deeply within our hearts we grow in prayer. By the grace of God we suddenly catch a glimpse of the miracle of the presence of the Holy Spirit working within us. At first it is only a spark but later it becomes a flame freeing and energizing our whole being, provided we do nothing to grieve the Holy Spirit; and if we do sin we repent of our sin immediately and ask for God's forgiveness. To experience the fire of God's holy love, to give it space within us to do its cleansing and healing work as a breath of the Holy Spirit, and to use it as light and power for daily living -- such are the goals as well as the fruits of true prayer.**

Dear Fellow Members of the Saint George Family,

The beginning of October will find Father Adam and I travelling to Boston for the Clergy Laity Conference. We always look forward to the time shared with our friends, brothers and sisters in Christ.

Special Thanks to Susan Jonason and Cathy Speronis for organizing and managing the Big Fat Greek Dance. Their leadership, passion and energy helped to make this fun evening a Big Fat Success!! Thank you to Lambros Karris who did a fabulous job leading all in the wonderful traditions of Greek line dancing and to all who helped out and attended this event. We look forward to building on our success and having an even bigger and fatter dance next fall. OPA!!

In mid-October we will be heading to Acadia National Park with the children of the Parish. Our plan is to enjoy God's beauty with some exercise and some spiritual reflection. This is a wonderful time for our community to gather and is open to all who are interested. Please let us know if you would like to join us on this parish outing.

In the Love of Christ,

Lee Speronis  
President, Parish Council

## Women's Orthodox Book Group

The next meeting of the Book Group will be towards the end of October. We are beginning a new book, so it is a great time for new ladies to join in! The book we will be reading is "**The Mountain of Silence**" by St. George parishioner **Kyriacos Markides**. This book may be purchased at almost any local bookstore (or found at the library.) Please read chapters 1-5 in preparation for the October meeting. More information on meeting date and place will be forthcoming.

Please contact **Marina Smitherman (866-7717)** or **Presvytera Lisa (947-4709)** for the details.  
**See you there!**

## Underwriting *THE MESSENGER*

We invite parishioners to help subsidize our newsletter. You can support publication of *The Messenger* in the following ways:

- Sponsor the Monthly Dedication Page @ \$75.00 per month.
- Become a *Messenger* Patron @ \$50.00 for the year.

**Your support is greatly appreciated!**

## MEMBERS OF THE PARISH COUNCIL 2009

<b>Lee Speronis, President.....</b>	<b>942-7822</b>
<b>Susan Jonason, Vice-President.....</b>	<b>991-1208</b>
<b>Kathy Fitzpatrick , Secretary.....</b>	<b>942-7532</b>
<b>Ambrose Smitherman, Treasurer.....</b>	<b>866-7717</b>
<b>George Lealos.....</b>	<b>989-2166</b>
<b>George Brountas.....</b>	<b>989-4987</b>
<b>Kevin Cox.....</b>	<b>667-6257</b>
<b>Christopher Limberis.....</b>	<b>942-9243</b>
<b>Jack Montgomery.....</b>	<b>945-6022</b>

### ST. GEORGE "CARE COMMITTEE" ALWAYS LOOKING FOR MEMBERS

What a wonderful way to be involved in our St. George community while helping others!

**The next Care Committee meeting is to be announced.**

**For more information or if you know of a need the Committee could meet, Please contact Presvytera Lisa (947-4709)**

## Coffee Hour Notice

It has been brought to our attention that some parishioners have allergies to nuts and peanuts. It would be appreciated if dishes with nuts or peanuts could be labeled, so that those with allergies will know to avoid them.

***Thanks very much!***

## OCTOBER HAPPENINGS

### Columbus Day Outing

This year's Columbus Day Outing is going to be to Acadia National Park. All St. George young people and their parents are invited to participate. Current plans include leaving Bangor from the church on **Monday morning, October 12th**. Older youth will hike up Cadillac Mountain, and younger children will do a short hike near Sand Beach. Everyone will then meet up at Sand Beach for lunch and fun at the beach. Please RSVP to Fr. Adam (947-4709) or Kathy Fitzpatrick (942-7532).

### Waterville Liturgy

Fr. Adam will celebrate Divine Liturgy for parishioners in the Waterville-area on **Saturday, October 24th**, at the Church of the Sacred Heart on Pleasant Street in Waterville. This Liturgy will be at **10 am** in the chapel next to the main sanctuary. Enter by the parking-lot doors and go up one flight of stairs. Everyone is welcome!

### Harvest Party for St. George Children

The annual children's Harvest Party is planned at the church for **Saturday evening, October 31st**. Festivities begin with a **Great Vespers service at 5 pm**, followed by a potluck supper, and then lots of games and candy, of course! Please RSVP to Fr. Adam.

## ESTIA Conference

The International EcoPeace Community ESTIA presents its 6th annual conference: "Sacred Gardens: Spirituality, Ecology and Peace," **Friday October 23rd, noon to 6 pm, at the Hutchinson Center in Belfast**, Maine. Key Note Speakers are Professor Kyriacos Markides, who will present his travels to Mt. Athos, Mt. Sinai, St. Catherine's Monastery, and sacred sites in Cyprus, and Hugh Curran, Vice President of ESTIA, speaking on Celtic Sacred Landscapes. In addition, Emily Markides will offer a presentation on the progress of the Permaculture Project at Agai Skepi in Cyprus. Tax deductible proceeds benefit ESTIA. For more information and tickets call **Ellen at 207-581-2609** or email [ellen.woodhead@umit.maine.edu](mailto:ellen.woodhead@umit.maine.edu).

## Water Exercise Class

A couple of parishioners are currently participation in a relaxing and fun water therapy class and would like others to join. The class meets on Thursdays at 2 pm in the Means Pool at the YWCA on Second Street in Bangor (however, Y-membership is not required to participate). The small, friendly, hour-long class involves low-impact stretching and water exercise, and is open to all adults. The cost is \$10 per session. For more information contact Presvytera Lisa - 947-4709.

## Recent Death

Tatiana Kallaur, 26 year-old daughter of Seraphim and Faith Mitchell, fell asleep in the Lord following a car accident in Richmond, Maine, on September 21st. Tatiana (Tanya) leaves behind two children, Anthony (age 4) and Anastasia (Age 3). Our sincere sympathy goes out to the Mitchell Family and to her husband Sasha Kallaur of Orono. Donations for the children, in memory of Tatiana, may be made out to "St. Alexander Orthodox Church" with "Kallaur Children" in the memo line, and may be sent to St. Alexander Orthodox Church, c/o Scott Mitchell, 27 Elizabeth Street, Kent, CT 06757.

✠ MAY HER MEMORY BE ETERNAL ✠

**TA NEA (The News)****By Cathy Speronis 118 Poplar Street Bangor, ME 04401 (942-7822)**

Another season of fall is upon us and it is wonderful to witness the changing colors of the landscape. This is truly a blessed time of year in which we gather together with our friends and family to thank The Lord for His many Blessings.

I am very excited about the next few weeks as I'll be in a production of "**West Side Story**" which will be premiering **October 16th** at the **Gracie Theatre at Husson University**. I'll be playing the role of Estella. It has definitely been a challenge balancing my daily life with the many rehearsals required, but, it is truly an honor to be working with our amazing director **Kenneth Stack**, the production team and the many talented actors on this amazing show. It is sure to be a very memorable experience for all who participate and attend.

I've also recently finished my second live segment of **Cookin' with Cathy** on the **WABI** morning news. In the segments I give **CwiC Tips** to show people how to save money while shopping at the market and they've nick-named it **Saving with Speronis**. I am currently building my website so if you want more information you can visit the WABI website at [www.wabi.tv](http://www.wabi.tv). My next segment will be on **November, 12th at 6:45 am**. *Thank You* to **Bill Zoidis** who was my "little bird in someone's ear."

Talking about recipes, I have all of the submitted recipes for the **St. George Cookbook** safely stored. We are currently attempting to budget in the funds that will be needed for production. As I gather more information I will keep everyone updated on the progress.

A special Thanks to everyone who helped out and attended the **Big Fat Greek Dance**. Thank you to **Susan Jonason**, my co-chair and to all of our sponsors.

**Georgia Paul** was in Rye, NH (yes, again) to celebrate her grandson, **Paul's** 40th birthday. It was a wonderful gathering of family and many friends given by his wife, **Susan**, on their beautiful grounds. While visiting **George and Norah, Dianna Christakos** stopped by before leaving for a month's visit in Greece.

It was very gratifying for **Fr. Adam, Presvytera Lisa, and several other parishioners** to be able to meet **John Howard's children** whom we had been able to contact in advance of John's funeral. His three surviving children came up for the funeral and are in the process of getting to know a father whom they had not seen for many years. John's oldest son writes the following to the Congregation of Saint George Church: "Thank you for your friendship, hospitality, and care towards my father, John Eric Howard. It is a comfort to know that there were people who cared for my father, spent time with him, listened to him, helped him and made him part of their life. Thank you to each of you who attended his funeral service and graveside service. Thank you for the work of getting the church ready. Bruce C. Burne wrote, 'Some of us live and some of us die. Someday God's going to tell us why. Open your heart and grow with what life sends. We'll meet again at the festival of friends [in Heaven].' **In Christian Love, John M. Howard.**"

All news is welcome! If you have anything you would like to share you can call me at my number above. If I'm not in, please leave me a message. You can also email me at [catthecook@roadrunner.com](mailto:catthecook@roadrunner.com). Continued prayers to those in need. In love and faith, Cathy

**We Give Thanks**

To Susan Jonason and Cathy Speronis, the co-chairs of "The Big, Fat Greek Dance," for all the enthusiasm and hard work that went into creating this year's fun and successful dance. "Opa!"

To Maria Flanzala and to friend of St. George, Rachel Pooler, for providing the fresh basil from their gardens for the celebration of the Elevation of the Holy Cross this year.

To recent Prosforo Bakers: Claudia Sevcicu, Vasiliki Panakis, Marina Smitherman & Presvytera Lisa.

To Maria Brontas for offering the Kollyva for both Poppy's and John's memorials.

**STEWARDSHIP REPORT**

**2009 Stewardship Status (as of 9/20/09)**

Stewardship Target .....\$50,000	Stewardship Gifts Pledged.....\$ 48,404
Stewardship Units pledged.....83	Stewardship Gifts Rec'd.....- 40,449
Percentage of Goal Achieved.....96.8%	Current Stewardship Deficit.....\$ 7,955

**PLEDGES RECEIVED AS OF SEPTEMBER 20, 2009**

Anonymous	Gressitt, Stevan	Pearce, Bryan & Deta
Alling, Charlene	Harrison, Stanley	Petrides, Christos & Vassiliki
Aloupis, Angela	Indianos, Rose	Petrikas, George
Aloupis, Athena	Ireland, Cynthia	Predaris, George & Norah
Aloupis, Vance	Jolander, Katherine Haliotis	Predaris, Jon & Mary
Andreescu, Astrid	Jonason, Leonidas & Susan	Rees, Penny
Angel, Richard & Eleni	Karagiannes, Christos & Alice	Rozos, John S.
Aretakis, Jonathan &	Karris, Lambros & Cynthia	Seviciu, Alex & Claudia
Ann Cannizzaro	Kelley, Phyllis	Shaw, Allen & Joan
Barbalias, Louis	Kesaris, Nicholas & Callie	Skoufis, Mrs. Peter J.
Bozoian, Michael & Irini	Kulikowski, Timothy & Allison	Smith, Barbara
Brountas, Arthur & Maria	Leakos, George	Smitherman, Ambrose & Marina
Brountas, George & Kim	Limberis, Christopher & Nancy	Soulas, Doris and †Bob
Brountas, Helen	Limberis, Mary	Speronis, Lee & Cathy
Brountas, Jeannie	Lourides, Peter & Glenna	Spofford, John & Koula
Brountas, Mark & Susan	Markides, Kyriacos & Emily	St. Peter, Sheldon & Kyveli
Brountas, Peter	Markowsky, Elizabeth	Stamos, Paula Pangakis
Burgess, Paul & Polly Moutevelis	McCarthy, Ken & Metrona	Stanley, Anna
Christakos, Dianna	Metropoulos, Rev. Adam & Lisa	Stroian, Anne-Marie & Matei Ilina
Cox, John & Debra Sinclair	Metropoulos, Stephan	Theohoridis, Steven & Lisa
Cox, Kevin & Sherri	Michaud, Bert & Patty	Vafiades, Scott & Domenica
Cox, Thomas & Catherine	Mihalopoulos, John & Eleni	Vardamis, Alex & Fran
DeSiervo, Auggie	Montgomery, Jack & Hope	Walter, Dr. David & Donna
Duddy, Athena	Muller, Eugene & Maria	Wells, Joe & Olga
Eleftheriou, Basil & Barbara	Page, Brian & Paula	Wirta, Sophia
Fitzpatrick, Chip & Kathy	Panakis, Athanasios & Vasiliki	Wlodkowski, Paul & Alexandra
Flanzala, Paul & Maria	Pangakis, Jerry & Martha	Zacas, Miltiades & Dora Klimis-
George, Nicholas & Grace	Paul, Georgia	

Thank you and may God bless us, everyone!

Hope P. Montgomery, Chair  
Stewardship Committee '09

**FINANCIAL STATEMENT as of September 22 , 2009**

	<u>September '09</u>	<u>YTD '09</u>
<b><u>RECEIPTS</u></b>	<b>\$ 4,984.00</b>	<b>\$80,344.47</b>
<b><u>DISBURSEMENTS</u></b>	<b><u>\$17,713.06</u></b>	<b><u>\$74,059.00</u></b>
<b>Surplus/(Deficit)</b>	<b>(\$12,729.06)</b>	<b>\$ 6,285.47</b>

**BIBLE READINGS  
OCTOBER 2009**

- |   |   |
|---|---|
| <p>1. Acts 9:10-19<br/>Luke 6:12-19</p> <p>2. 1 Timothy 1:12-17<br/>Luke 6:17-23</p> <p>3. Acts 17:16-34<br/>Luke 5:17-26</p> <p>4. Luke 24:36-53<br/>2 Corinthians 6:16-18; 7:1<br/>Luke 6:31-36</p> <p>5. Ephesians 4:25-32<br/>Luke 6:24-30</p> <p>6. 1 Corinthians 4:9-16<br/>John 20:19-31</p> <p>7. Ephesians 5:25-33<br/>Luke 6:46-49, 7:1</p> <p>8. Ephesians 5:33; 6:1-9<br/>Luke 7:17-30</p> <p>9. 1 Corinthians 4:9-16<br/>Matthew 9:36-38; 10:1-8</p> <p>10. 1 Corinthians 15:39-45<br/>Luke 5:27-32</p> <p>11. John 20:1-10<br/>Titus 3:8-15<br/>Luke 8:5-15</p> <p>12. Philippians 1:1-7<br/>Luke 7:36-50</p> <p>13. Philippians 1:8-14<br/>Luke 8:1-3</p> <p>14. Philippians 1:12-20<br/>Luke 8:22-25</p> <p>15. Philippians 1:20-27<br/>Luke 9:7-11</p> | <p>16. Philippians 1:27-30; 2:1-4<br/>Matthew 27:33-54</p> <p>17. Romans 9:18-33<br/>Luke 6:1-10</p> <p>18. John 20:11-18<br/>Colossians 4:5-11, 14-18<br/>Luke 10:16-21</p> <p>19. Acts 2:14-21<br/>Luke 9:18-22</p> <p>20. Philippians 2:16-23<br/>Luke 9:23-27</p> <p>21. 2 Corinthians 9:6-11<br/>Luke 9:44-50</p> <p>22. Philippians 3:1-8<br/>Luke 9:49-56</p> <p>23. Galatians 1:11-19<br/>Matthew 13:54-58</p> <p>24. 2 Corinthians 1:8-11<br/>Luke 7:1-10</p> <p>25. John 20:19-31<br/>Galatians 1:11-19<br/>Luke 8:26-39</p> <p>26. Luke 21:12-19<br/>2 Timothy 2:1-10<br/>John 15:17-27; 16:1-2</p> <p>27. Colossians 1:1-3; 7-11<br/>Luke 11:1-10</p> <p>28. Luke 1:39-49, 56<br/>Colossians 1:18-23<br/>Luke 11:9-13</p> <p>29. Colossians 1:24-29<br/>Luke 11:14-23</p> <p>30. Colossians 2:1-7<br/>Luke 11:23-26</p> <p>31. 2 Corinthians 3:12-18<br/>Luke 8:16-21</p> |
|---|---|

**OUR PRAYERS ARE WITH YOU!**

**Evgenia Aretakis & Nicholas George  
Louis Barbalias & Marianna DeJesus  
Hope Montgomery & Mary Limberis  
Mike McNamara & Kosta Shanos  
& Alyce Speronis &  
& The son of Joanne Brountas Levine &**

**PLEASE REMEMBER THESE SPECIAL  
PEOPLE IN YOUR DAILY PRAYERS**

**Memorials Service Offered**

On September 27th a one-year Memorial was held for Penelope "Poppy" Davis.

On October 4th a Forty-day Memorial was held for John Howard.

✠ **May Their Memories Be Eternal** ✠

**\*COFFEE HOUR \* \*BOUQUETS\***

September 13th - **Eleni Angel, Presvytera  
Lisa, Emily Markides & Sharon Cyr**  
September 20th - **Paula & Brian Page and  
Bert & Patty Michaud**  
September 27th - **The Church**  
October 4th - **The Flanzala & Smitherman  
Families, in loving memory of John Howard**

**Thanks to those who offered Coffee Hours  
during this past month!**

**Coffee Hour Needs**

Thanks to all who have dropped off items in the church kitchen that can be used for Church-sponsored coffee hours. It's great! Current needs include: canned tuna (or other canned meat), cookies, canned fruit, juice and pastries that can be put in the freezer.

**Parishioner Need**

We have news of a parishioner whose apartment building is being sold, and so must move out immediately. She would very much like to stay in the area, and so is looking for a position as a live-in housekeeper or nanny. If anyone is aware of such a position, please call Fr. Adam or Presvytera Lisa (947-4709). **Thank you!**

# OCTOBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Fr. Adam at the Metropolis of Boston Clergy Laity Conference	3 Fr. Adam at the Metropolis of Boston Clergy Laity Conference NO GREAT VESPERS
4 9 am Orthros with the Liturgy following  2nd Sunday of Luke	5	6	7	8	9	10 6 pm Great Vespers
11 9 am Orthros with the Liturgy following  4th Sunday of Luke	12 Sunday School Outing to climb Mt. Cadillac and hike around Sand Beach	13	14	15	16	17 6 pm Great Vespers
18 9 am Orthros with the Liturgy following  Feast of Saint Luke	19	20	21	22 5:30 pm Vesperal Liturgy for St. Iakovos	23	24 10 am Liturgy in Waterville  NO GREAT VESPERS
25 9 am Orthros with the Liturgy following  6th Sunday of Luke	26 9 am Orthros with Liturgy following for St. Demetrios	27	28	29	30	31 5:00 pm Great Vespers followed by the annual Harvest Festival
November 1 9 am Orthros with the Liturgy following 5th Sunday of Luke	November 2	November 3	November 4	November 5	November 6	November 7  6 pm Great Vespers

# ST. GEORGE GREEK ORTHODOX CHURCH

90 Sanford Street  
Bangor, Maine 04401

Rev. Fr. Adam Metropoulos  
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Parish Home Tel: (207) 947-4709  
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Website: www.stgeorge.me.goarch.org

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## *St. George Altar Angels*

Altar Angels help to defray the costs of the altar supplies for St. George. These supplies include candles, incense, wine, etc. which are used for the services.



*If anyone is interested in becoming an Altar Angel (a \$50.00 donation) Please contact a Parish Council Member*

This issue of *The Messenger*  
is not sponsored

Volunteers put together our  
Newsletter and the printing and  
postage are paid for by the church.  
Sponsorship is greatly appreciated  
as it helps to offset this cost.

If you would like to sponsor the  
Messenger as a dedication to a loved  
one or a special event please contact  
the church office

Thank you.

## 2009 PATRONS OF THE MESSENGER

Athena & Angela Aloupis	Athena & Bill Duddy
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Fr. Adam and Presvytera Lisa Metropoulos	
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