



THE WORD

Sts. Constantine & Helen Greek Orthodox Church

Andover, MA

May 2024

In Brief



BIBLE STUDIES THIS MONTH
"Pursuing our spiritual life"

Men's Ministry Dinner
May 30 - 7:00pm

IMPORTANT DATES

May 15 - Philoptochos Dinner Meeting - 6:00pm
May 19 - Mortgage Burning

Sts. Constantine & Helen Church Nameday - May 20 & 21
May 20 - Vesper Service 7:00pm
May 21 - Orthros 9:00am
Liturgy 10:00am

May 5 - Easter Egg Hunt for children on Sunday, 10:30am at the church hall, just before the Agape service.



AVAILABLE ONLINE

Get news of additional events and announcements via email. Go to the Church website www.andoverorthodox.org and sign up to be on our LISTSERV.

THE POSITIVE PEOPLE OF GOD

As we celebrate the joyous Resurrection of Christ, we worship Him who turned Crucifixion on the Cross into glorious Resurrection and Paradise for all the world! Through Christ, the Cross which was a negative symbol of evil and execution is now a positive symbol of love, hope and new life. It's a beautiful plus sign. However, are we positive people?

There are two kinds of people in life – the plus people and the minus people. Those whose symbol is the minus sign never add to anyone's happiness. Rather, they subtract, they take away. When they leave your company, you feel poorer in faith, lessened in love, low in hope.

But thank God there is another group of people – God's people – the people of the Cross, the positive people, the plus people, the people who live by faith in the risen God. The Bible calls them "the salt of the earth" and "the light of the world." Positive plus people add to life. They add courage, faith, love and hope!

Beloved, as people who have been baptized and who receive Holy Communion we are called to be God's plus people. Where there is no love, we add love. Where there is no hope, we add hope. Where there is no peace, we add peace. Where there is no forgiveness, we add forgiveness. Where there is darkness, we add light. And where there is sadness, we add comfort and joy.

Through the joyful Resurrection of Christ let us then become more positive and faithful people. There is too much negativity, too much pessimism, too much sadness and despair in the world today. Do not let the minus people, the hopeless people bring you down. Christ is Risen! And through Him everything changes and joy has come to all the world!

Christos Anesti! Christ is Risen – Truly He is Risen!
Fr. Christopher



PARISH DIRECTORY

Clergy

Fr. Christopher Makiej,
Parish Priest

Dn. Gary Kent
Parish Deacon

Parish Council

John Vitale, President
Bess Gorman, Vice President
Jim Panagas, Secretary
Jean Koulouris, Treasurer
Voula Danas
Carol DiPietro
Patti George
Bob Goodwin
John Karafilidis
Steven Robinson
Peter Souhleris
Nikitas Splagounias
Joe Spanos
Buzz Stapczynski
Peter Yianopoulos

Church Office

Sue Petrakis

Office Assistants

Dorothy Mastromonaco, Christiana Duci

Philoptochos

Paula Goodwin, President

Chanters

Telly Papanikolaou & Basil Vergados

Choir

Pres. Katerina Makiej, Director

Organist

David Harvey

Altar Boy Captains

Nicholas Archambault, James Diamantis

Sunday School

Patty Trant, Director

Greek School

Pres. Katerina Makiej

Christian Lending Library

Patti George, Director

GOYA President

Emma Diamantis

JOY Advisor

Dn. Gary Kent

YouthChoir

Pres. Katerina Makiej

Book Store Manager

Patti George

Website Ministry

Rachel Pantely

Technology Ministry

George Xifaras

Live-stream Ministry

Joe Spanos

Men's Ministry

John Terzakis & Tom Pantely

Stewardship Ministry

Nick Mimos

Vacation Church School

Angela Kulesza

Usher General

Steven Robinson

College Fellowship

Dn. Gary & Fr. Chris

Young Professionals Ministry

Nick and Julianna Makiej

Facilities

Buzz Stapczynski

Landscaping Ministry

Bob Goodwin

The Word

Elizabeth Xaros Bigelow, Editor

Parish Council Notes

Dear Parish Family,

I hope that you and your loved ones continue to be well.

The Parish Council has been very hard at work leading some of our Church Ministries. Thank you to Jim Panagas for organizing and leading our Men's Group on their monthly visits to Cor Unum. Thank you to Bob Goodwin, for once again leading all those who came out on April 13 to help perform our annual Spring Cleanup making our Church grounds look so nice. And to Steve Robinson our usher General and all of our Ushers for your continued service each Sunday, we appreciate all that you do. On Tuesday April 16, the Parish Council met and had a very productive meeting followed by a sharing of the Faith led by Father Chris.

Holy Week is upon us and I hope that you had a wonderful Lenten Season. As we approach Easter Sunday in just a few days we will celebrate The Resurrection of Our Lord and Savior Jesus Christ and I am reminded of all of the Blessings that he bestows upon us. Our Parish is blessed to have Father Chris leading our spiritual lives, thank you.

On April 27, The Saturday of Lazarus, many of our youth and their families came to together to make the hundreds of Palm Crosses that are handed out on Palm Sunday. It is always a Blessing to see the enthusiasm of our youth on display every year

A very special thank you to Paula Goodwin and Desi Souhleris and all the ladies of the Philoptochos, who have been beautifully decorating our Church, throughout Lent, Palm Sunday, and Holy Week and for the upcoming Holy Pascha Resurrection Service, we so very much appreciate your continued dedication to our Church.

Following our Resurrection Service and Liturgy on May 5, we will once again gather for our Agape meal. Last year, many of us enjoyed a wonderful delicious lamb with fixings prepared so lovingly by Bob Goodwin and his entire team; we thank them and look forward to being together to enjoy another great meal.

I wish you and your families and Blessed and Happy Easter and Holy Pashca.

May God Bless You Always, Keep You Safe and in Good Health,

John Vitale
Parish Council President

Attention High School Seniors

Scholarship applications are now available at the Church Office. All high school students are encouraged to apply.

The applicant must be a graduating high school senior whose family is a member in good standing and must have been accepted for admission to an accredited post secondary school. Completed applications are due by May 12

Please EMAIL THE CHURCH OFFICE at office@andoverorthodox.org to request an application.

Parents, please let the Church Office know if you have a child graduating from high school or college so that your student can be recognized on Senior Day, June 2

Sunday School Graduation, June 9.



Your kind and generous Stewardship offerings truly sustain our parish.

If you have not made your 2024 pledge, please see the forms in

the church narthex or go to the stewardship page on our website: andoverorthodox.org

Philoptochos

Hello....

It can be a challenge to write monthly articles a few weeks before publication trying to anticipate the in-home arrival date. Although Bette Bigelow does an amazing job keeping us all organized to produce *The WORD*, on time, every month, with the timing of Easter being so early in May, we don't know if the post office will deliver your copy without delay. With that being said, Kali Anastasi and Christos Anesti from all the members of Philoptochos!

We were once again blessed to have the support of so many who donated to our Lenten Flower Drive. We thank you for your steadfast generosity that allowed us to grace the church from Palm Sunday to the Resurrection.

Due to a conflict, we had to move the year end Dinner Meeting to Wednesday, May 15. We have a great menu planned at Andiamo's in North Andover. Please contact Kathy Coufos @ kathy.coufos@gmail.com by Wednesday, May 8 to secure your spot.

If you haven't had a chance to submit your 2024 Philoptochos Stewardship, we would appreciate you do so at your earliest convenience.

Respectfully submitted,
Paula Goodwin
Myrofori President



Jayne Budd, Sophia Carafotes, Katie Brandon, Rodilla Harvey, Paula Goodwin, Ethel Contos

Choir members pictured above attended a workshop at the annual Church Music Institute hosted by the Metropolis of Boston Federation on Saturday, April 13. The enlightening morning session, "The Vespers Service in the Orthodox Church", included an understanding of the 4 Liturgical Cycles, followed by a deconstructed explanation of the structure of Vesper Services. The afternoon session, "Vocal Health – Maintaining and Healing Your Instrument" offered warm up exercises and how proper hydration and sleep are important to your vocal performance. The day concluded with attendees participating in the byzantine chanting of a Vesper Service in the chapel.

Church Decorating/Floral Preparation Schedule

Any time you can give will be greatly appreciated

Wednesday., May 1 - 5 pm to 7 pm

In between Holy Unction services.

Cut and place 800 to 1,000 flowers in water tubes.

Friday, May 3 -10:30 am on

Decorate Kouvouklion, sconces, etc.

Prepare basket of petals for Saturday morning

Clean Up Church & Kitchen

Saturday, May 4 - After Liturgy

Switch out purple bows to red bows.

Lillies – Prep and place in church/narthex

Update arrangements as needed.



Holy Water Bottles for Epiphany

donated by:

Christopher and Francesca Goodwin

Thank you to the following who decorated the (5) Salutations to the Theotokos

Desi Souhleris, Kathy Coufos, Jean Koulouris, Marina Eleftheriou, Toni Boustelis, Voula Danas, Chrissoula Hagigeorges

Thank you to Sophia Carafotes & Demetrios Hatzipanagas for donating 10 lbs. of fish for the Lenten Luncheon.

The Word

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Elizabeth Xaros Bigelow, Editor. exbigelow@aol.com.

GOYA NEWS!!

GOYA recently had their winter activity by attending Greek Night at TD Garden for the Celtics game. Looking ahead, we have our annual GOYA bake sale on April 28!! Thank you for your continued support for the youth of our parish.

Our meetings take place from 6-8pm in the Parish Hall. GOYA's next meeting will be on Sunday, April 21, and the May meeting will be held on Sunday, May 19. All 7th-12th graders are welcome!!



Landscaping Ministry Saturday 4/13/24

I have just one thing to say, thank you, thank you, thank you, for such an amazing turnout. We began the day at 8:00am and we were done at 11:22.

16 yards of mulch, edging throughout, tree+shrub trimming, tree removal, a complete spring clean up, along with some start up flowers in the urns and at Church signage. (more to come)

Everyone was there, youth groups, bible study groups, men's group, parish council and of course my entire family by my side. I think we had upwards of 25+ helpers. Simply terrific !!

As they said in the Bible, when Nehemiah was arriving in Jerusalem to check out the city's condition, it was in bad shape, worse than he had imagined. It would require many hands, this is when he said "Many hands make light work"

Hope it was rewarding for all, and again truly appreciate all the help.
Bob Goodwin



Philoptochos Myrofori

Year End Dinner Meeting

Wednesday, May 15th at 6 p.m.

Andiamo Restaurant & Bar

1268 Osgood Street, North Andover

\$60/person

Buffet to include:

Roasted Beet Salad: Baby Arugula, Shaved Parmesan, Caramelized Pears or
Caesar Salad: Romaine, Croutons, Sicilian White Anchovy, Shaved Parmigiana
Focaccia Bread with Olive Oil Roasted Garlic & Aged Balsamic
Rigatoni Bolognese: Sauce of beef and veal, Shaved Parmigiano
Pan Roasted Salmon & Spinach Lemon Risotto
Chicken Parmigiano: House Made Mozzarella & Roasted Tomatoes
Assorted Mini Pastries

Individuals responsible for beverages

RSVP by May 8th to Kathy Coufos at
kathycoufos@gmail.com

Make checks payable to Philoptochos Myrofori
or Venmo @Kathy-Coufos

Kathy Coufos
@Kathy-Coufos



venmo

All are Welcome

LENTEN LUNCHEON 2024



Thank you to all who helped with the Lenten Luncheon.



GREEK SCHOOL PROGRAM



Boston Metropolis Summer Camp 2024 Registration

Youth Summer Camp is for persons ages 8 - 18 and offers a week of fun and fellowship connecting youth from throughout the Metropolis to each other and their faith. Registration has begun. For more information, go to <https://www.metropolisofbostoncamp.org>

Session 1: June 24 - June 30

Session 2: July 1 - July 7

Session 3: July 8 - July 14

Session 4: July 15 - July 21

Session 5: July 22 - July 28

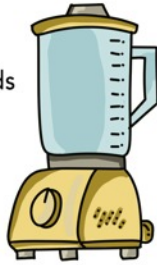


SOMETHING OLD, Something New

Use scrap paper to fuel new growth and make a gift that keeps on giving.

What you need:

- Scrap paper
- Water
- Herb or flower seeds
- Blender
- Strainer
- Cookie sheet
- Towel
- Adult help



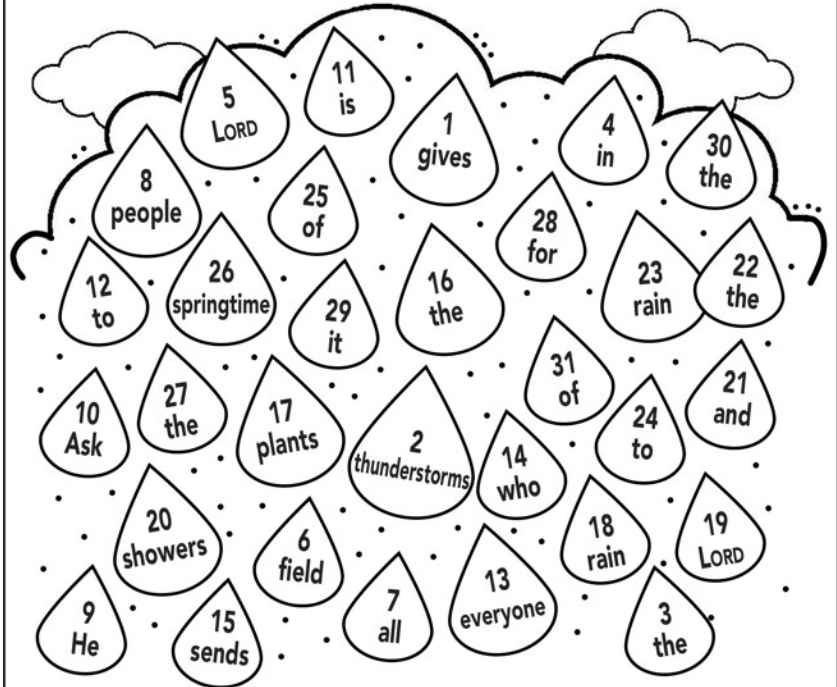
What you do:

1. Tear the scrap paper into strips and place in a bowl. Cover the paper with water and let it soak overnight.
2. Pour the mixture into a blender and blend about 10 seconds.
3. Strain and squeeze the paper pulp to remove excess water. Place in a bowl.
4. Sprinkle seeds over the pulp and mix to incorporate them into the pulp.
5. Shape the pulp into a flat layer on the cookie sheet. Use a towel to soak up excess water. Allow the paper to dry completely.
6. Tear paper into shapes or fold into a card. You can plant the paper directly into soil. Water it and then watch your plants grow!



Puzzle!

Complete a Bible verse about spring by writing the word from each raindrop on the correct numbered line below.



_____ 10 _____ 16 _____ 5 _____ 28 _____ 18

_____ 4 _____ 22 _____ 26 ;

_____ 29 _____ 11 _____ 3 _____ 19 _____ 14 _____ 15

_____ 27 _____ 2

_____ 9 _____ 1 _____ 20 _____ 31 _____ 23

_____ 12 _____ 7 _____ 8 _____ 21 _____ 17 _____ 25

_____ 30 _____ 6 _____ 24 _____ 13

Zechariah 10:1, NIV

Answer: Ask the Lord for rain in the springtime; it is the Lord who sends the thunderstorms. He gives showers of rain to all people, and plants of the field to everyone. Zechariah 10:1, NIV



May 2024

SAINTS CONSTANTINE & HELEN GREEK ORTHODOX CHURCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Holy Wednesday Sacrament of Holy Unction 3:30pm & 7:00pm	2 Holy Thursday Vesperal Liturgy 9:00am Holy Passion Service – Reading of the 12 Gospels 7:00pm	3 Holy Friday Royal Hours 9:00am Good Friday Youth Retreat 11:00am-1:00pm Vespers 3:00pm Lamenatations Service 7:00pm	4 Holy Saturday Vesperal Liturgy 9:00am Ressurrection Service 11:00pm Agape Meal 1:15am
5 PASCHA EASTER Easter Egg Hunt 10:30am Agape Service 11:00am	6	7 Greek School 4:30pm	8	9	10	11
12 Orthros 9:00am Liturgy 10:00am Happy Mother's Day!	13	14 Greek School 4:30pm Parish Council Meeting 7:00pm	15 Philoptochos Dinner Meeting 6:00pm Andiamo's North Andover	16	17	18
19 Church Name Day Orthros 9:00am Liturgy 10:00am Mortgage Burning GOYA 6:00pm	20 Church Name Day Vespers 7:00pm	21 Church Name Day Liturgy 9:30am Greek School 4:30pm	22	23	24	25
26 Orthros 9:00am Liturgy 10:00am	27 Memorial Day	28 Greek School Graduation 4:30pm	29	30 Men's Ministry Dinner 7:00pm	31	

MORTGAGE BURNING

Sunday, May 19

at conclusion of Liturgy

METROPOLITAN METHODIOS

will be presiding and present with us.

Join us for this historic event for our parish!

And please stay for a lite luncheon following in the Hall.

Friends, family and relatives all welcome!



**Saints Constantine & Helen
Greek Orthodox Church
71 Chandler Road
Andover MA 01810**

Periodical