

THE WORD

Sts. Constantine & Helen Greek Orthodox Church

Andover, MA

April 2025

In Brief



BIBLE STUDIES THIS MONTH "Pursuing our spiritual life"

Lenten Bible Studies April 2 - 7:00 PM April 9 - 7:00 PM

IMPORTANT DATES

April 6 - Lenten Luncheon
April 12- Saturday of Lazarus
Retreat at 9:30 AM
Youth Communion
breakfast & palm cross
making

April 20 - Easter Egg Hunt for children on Sunday, 10:30 AM at the church hall, just before the Agape service.



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 FIRST DAY of the NEW CREATION

The origin of Christianity is different from the beginnings of any other religious movement in the history of religions. Christianity appeared as a community, as the Church, which arose with the death and resurrection of Jesus Christ.

What distinguishes the early Christians from those who followed Judaism or the religions and cults of the Hellenistic age was primarily their conviction about Jesus and his resurrection and their personal relationship with the risen Christ.

The message of resurrection is the center of the New Testament, which is justifiably called the book of the Church. The Bible would never have been written without the faith of the early Christians in the resurrected Christ. The Scripture is permeated by the sense of the overpowering Presence of the Risen One! All the historic documents for the resurrection of Christ are of Christian origin. There could not be non-Christian witnesses to the resurrection, for those to whom Christ appeared after His resurrection became his followers and witnesses.

The letters of Saint Paul are the earliest written documents (AD 48) and are permeated with the faith in the risen Christ. The earliest record of the event of the resurrection is the list of appearances that Paul received from the primitive Church and incorporated and handed down in his letter to the Corinthians (1Cor. 15:3-8):

"For I delivered to you as of first importance what I also received, that Christ died for our sins in accordance with the scriptures, that He was buried, that He was raised on the third day in accordance with the scriptures, and that He appeared to Peter, then to the twelve. Then He appeared to more than five hundred brethren at one time, most of who are still alive, though some have fallen asleep. Then He appeared to James, then to all the apostles. Last of all, as to one untimely born, He appeared also to me."

Beloved, the historic documents exist, the evidence is overwhelming, the eyewitnesses are real. Let us be transformed and believe – that Christ is Risen, Truly He is Risen!

Submitted by Fr. Christopher, article from "the First Day of the New Creation," by Veselin Kesich

DO THIS FOR ETERNAL LIFE

"Do this in rememberance of me. For as often as you eat this Bread and drink this Cup, you proclaim my Death, and you confess my Resurrection.

Therefore, Master, we also, remembering His saving Passion and Life-Giving Cross, His Three-Day Burial and Resurrection from the dead, His Ascension into Heaven, and Enthronement at Your right hand, God and Father, and His glorious and awesome Second Coming." - Saint Basil

PARISH DIRECTORY Clergy

Fr. Christopher Makiej, Parish Priest

> Dn. Gary Kent Parish Deacon

Parish Council

John Vitale, President Peter Souhleris, Vice President Jim Panagas, Secretary Jean Koulouris, Treasurer Voula Danas Carol DiPietro Patti George Bob Goodwin John Karafilidis Donald Pattullo Steven Robinson 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** James Diamantis **Sunday School** Angela Kulesza, Director **Greek School** Pres. Katerina Makiej Desi Souhleris **Christian Lending Library** Patti George, Director **GOYA Advisor** Desi Souhleris JOY Advisor Dn. Gary Kent YouthChoir Pres. Katerina Makiej **Book Store Manager** Patti George Website Ministry Sal Giunta **Technology Ministry** George Xifaras

> Joe Spanos Men's Ministry Tom Pantely & Joe Spanos Stewardship Ministry

Live-stream Ministry

Carol DiPietro
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 WordElizabeth Xaros Bigelow, Editor

Parish Council Notes

Dear Parish Family,

I hope that you and your families are well and are having a Blessed Lenten Season.

Our Church offers us many opportunities during Lent to prepare ourselves for Holy Pascha. I hope that you have been able to attend one of the many Church Services held or participate in one of the Bible Studies offered to us. We thank Fr. Chris for his continued Spiritual Guidance and for keeping our Church Family connected to God, our Faith and each other.

March was an active month in our Parish starting on March 1, with our annual Pre-Lenten Family Glendi Dance. Many of us joined for fellowship, food, music and a good time. Thank you to Desi Souhleris and her team who planned the event and to everyone who attended. It is always fun to get together.

Our JOY basketball team led by Steve Robinson and Thano Danas had a successful season, making it into the playoffs. We thank the both of them for allowing our JOY kids the opportunity to represent our Parish while having a fun time doing so...and looking forward to next year. We thank all the families who participated throughout the season.

The Parish Council met and had a productive meeting on March 18, along with our Treasurer updating on the financials of our Parish, which are all positive, we discussed upcoming facilities enhancements and planning for Holy Week. As is customary, we ended our meeting with a sharing of the faith led by Father Chris.

Our annual Lenten Luncheon will be held on Sunday, April 6 following Liturgy. We hope that you and your family will be able to join us as we continue this tradition of partaking in a fabulous fish dinner prepared by our wonderful cooks. It is an excellent opportunity to join our Parish family in fellowship. I look forward to seeing you and your families on that day.

This year Palm Sunday falls on April 13, followed of course by Holy Week. There will be many services throughout the week leading up to Holy Pascha and the Resurrection Service. As is our tradition, following the Resurrection Service on April 19 we will gather for our Agape Meal in our community center. Thank you to Bob Goodwin, Chris Alexandrou and Bryan Lynch and everyone involved for making this wonderful event possible.

Once again our Landscaping Ministry ahead of Holy Week will be preparing our grounds and readying them for the spring season, Palm Sunday and of course Holy Pashca. This year they will gather on Saturday morning March 29 for weeding and trimming and again on Saturday morning April 5 to spread mulch in all of the flower beds. Many hands make light work, so please be on the lookout for e-mails requesting your assistance. We thank Bob Goodwin and his dedicated team who make our Church beautiful all year long for all those visiting our Church.

Lastly, the entire Parish Council want to thank everyone who helps make our Church such a thriving congregation and also such a loving community. The Parish Council and I wish you and your families a wonderful Easter and Holy Pashca.

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

John Vitale Parish Council President



Philoptochos

Dear Parishoners,

We held our last onsite meeting of the year on Thursday, March 20, followed by Bible Study led by Fr. Christopher.

Preparations have begun for the tasks we have during Holy Week, including the decorating of the Kouvouklion on Holy Friday. We welcome and need your help during the schedule of events (see schedule below). We hope you will be able to join us on one or more of the days.

We will once again be selling Tsourekia to be picked up on Palm Sunday in the Atrium after liturgy. We also have Greek Egg Dye available to you at \$3 per package. Please see the order form on page 7. We will have a few extra loaves of Tsourekia available on Palm Sunday, but it is best to place your order beforehand as we can't promise how many additional loaves, we will have that day. We had to turn away a quite a few people last year.

If you haven't had a chance to submit your 2025 Philoptochos stewardship, we would appreciate you do so at your earliest convenience. The National and Metropolis Philoptochos, request their portion of the stewardship in the month of April.

There will be no meeting in April. The last time we meet for the 2024/2025 year will be on Thursday, May 15. The place and details are still being worked out......please "Save the Date".

We look forward to sharing the Lenten Journey with all of you!

With sisterly love,

Phíloptochos Myroforí

ULE

2025 LE	ENTEN & HOLY WEEK	SCHED
April 12 Satu	orday of Lazarus	
1	9:00 AM	
	Divine Liturgy	9:30 AM
April 13 Paln	n Sunday	
	Divine Liturgy	10:00 AM
	Bridegroom Service	7:00 PM
April 14 Holy		
	Bridegroom Service	7:00 PM
April 15 Holy		
	Bridegroom Service Hymn of Kassiane	7:00 PM
April 16 Holy	y Wednesday	
	Sacrament of Holy Unctio 3:3	0 PM
	Sacrament of Holy Unction	7:00 PM
April 17 Holy		
	Vesperal Divine Liturgy	9:00 AM
	Holy Passion Service The 12 Gospels	7:00 PM
April 18 Holy	v Fridav	
11p111 10 1101	Royal Hours	9:00 AM
	Apokathelosis (Vespers)	3:00 PM
	The Lamentations - Epitaphio	
April 19	Holy Saturday	
-	Divine Liturgy of St Basil	9:00 AM
	Service of Resurrection	11:00 PM
	<u>ANASTASIS</u>	11:45 PM

Church Decorating/Floral Preparation Schedule Any time you can give will be greatly appreciated

April 20

Easter Sunday Agape Service

11:00 AM

Saturday, April 12	Following Liturgy Decorate church with palms, yellow bows etc.
Sunday, April 13	Following Liturgy Switch out yellow bows to purple.
Tuesday, April 15	10 am-Noon/1 pm Fill 800-1,000 tubes with water for Kouvouklion and other items that need decorating
Weds., April 16	5 pm to 7 pm In between Holy Unction services. Cut and place 800 to 1,000 flowers in water tubes Remove lilies from wrap; remove pollen from open flowers
Friday, April 18	10:30 am on Decorate Kouvouklion, Sconces etc Prepare basket of petals for Saturday morning Clean Up Church & Kitchen
Saturday, April 19	After Morning Liturgy Switch out purple bows to red bows. Lillies – Place in church and Narthex Update arrangements as needed

Sunday School

Last month, our parish joyfully celebrated the Sunday of Orthodoxy, a beautiful and meaningful service made even more special by the participation of our Sunday School students. With icons in hand, they processed around the church, leading the faithful in this cherished tradition. It was truly a touching sight to see our young ones proclaiming the truth of our Orthodox faith, reminding us all of the importance of passing down the teachings and traditions of the Church to the next generation.

Throughout the Sunday School year, students in Kindergarten through 6th grade also enjoy visiting our Children's Lending Library! We're excited to share that the Lending Library has recently added some fantastic new books to the collection! For our younger readers (ages 6-9), check out the Dead Sea Squirrels series, which follows a group of friends and their hilarious squirrel companions as they navigate school life, learn Bible lessons, and try to outsmart a squirrel napper! For our older JOY and younger GOYA students, we now have the Bizarre Bible Adventures series, featuring Patrick, a comic book artist who finds himself transported into different books of the Bible with every drawing—leading to incredible Bible adventures! Sunday School students have already been enjoying borrowing and reading these books! The Lending Library is open every Sunday after Liturgy, and we invite all families to stop by, borrow a book, and start a new faith-filled adventure together!

Finally, as we prepare for the most sacred time of the year, our Sunday School students will be learning about Holy Week, Palm Sunday, and Easter during their classes throughout the month of April. We warmly invite all children to join us after church on the Saturday of Lazarus to help make palm crosses, a wonderful tradition that brings us together in preparation for Palm Sunday. Additionally, all girls in our parish, ages 7-12, are invited to serve as Myrofores during the Good Friday Epitaphio service, a beautiful and meaningful opportunity to participate in the solemnity of Holy Week. More details about these events and other ways Sunday School students can take part in the joy and traditions of Holy Week will be shared soon via our parish listsery.

A heartfelt thank you, as always, to our dedicated Sunday School teachers and to all the parents who support their children's spiritual growth. May we continue to nurture and encourage our young ones as they grow in their love for Christ and His Church!

In Christ's love, Angela Kulesza Sunday School Director







Sunday of Orthodoxy









The Word Volume 27, Issue 3

Published monthly except August and January by Sts. Constantine & Helen Greek Orthodox Church, 71 Chandler Road, Andover, MA 01810.

Phone 978-470-0919 Fax 978-470-0239

Periodicals postage paid at Andover, MA. Permit No. 022-997. POSTMASTER: Send address changes to Sts. Constantine & Helen Church.

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



STS. CONSTANTINE & HELEN PHILOPTOCHOS MYROFORI

ORDER YOUR TSOUREKIA

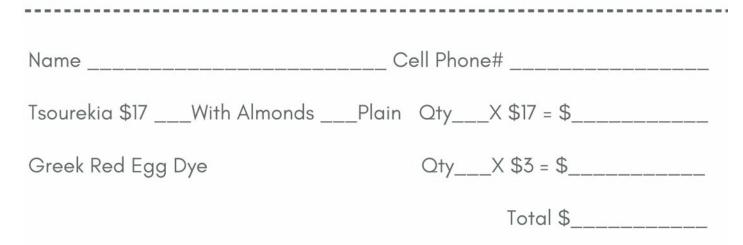
AVAILABLE FOR PICK UP PALM SUNDAY, APRIL 13TH IN THE ATRIUM AFTER LITURGY



TAKING PRE-ORDERS THRU SUNDAY, APRIL 6TH

RESERVE YOURS TODAY BY EMAILING
NANCY PATSIOS AT NPATSIOS@HOTMAIL.COM
OR TEXT TO (978)-494-2311

Please make checks payable to: Philoptochos Myrofori Mail to: 71 Chandler Road, Andover, MA 01810



2025 Stewardship Givers/Pledgers as of March 12, 2025

Alexandrou, Chris & Jeanette Alexandrou, Theodore & Alexandra Anastopoulos, Mark Androedis, Sophio

Andreadis, Sophie Andros, William

Archambault, Dylan & Concetta Arensecu, Razvan & Violeta Athanasoulas, Michael & Stella

Bajor, John & Mary Banos, Leonard & Janis Bennett, David & Marie

Bigelow, Bette

Boudreau, Dan & Stephanie

Boutselis, Antonia Brandon, Fred & Katie Brickman, Alex & Maureen Budd, Jayne

Camargo, Jorge & Susan Campolini, Susan Capozzi Family

Carafotes, Sophia & Demetrios

Hatzipanagos

Carras, George & Betsy
Chakalos, Leonidas & Renee
Chapman, Michael & Mary
Chavez, David & Lyena
Chetsas, Christopher
Chunias, Theodore & Paula
Connor, Jack & Stephanie
Constantine, Peter & Gail
Contos, Michael & Ethel
Cook, Kate & Waters, Jason

Coufas, Jean

Coufos, Stephan & Kathy Danas, Peter & Voula

Demetros, Spencer & Catherine Demetroulakos, James & Pam

Diamantas, Kay

Diamantis, Sotirios & Lauri DiPietro, John & Carol

Duci, Christina

Eliopolis, Peter & Erin

Ell, Priscilla

Evangelinos, Constantine & Asmina Exarchos, Apostolos/Courtney Schott

Farnham, Robert & Demoulas,

Glorianne

Flaherty, George & Sofia Fotopoulos, Charles & Miglena

Furman, Paul & Zoi Gabriello, Lucia

Gavriel, Michael & Cathy George, Chris & Patti George, Marisa

Georgelis, William & Stasia Georges, Tom & Eugenia Georgoudis, Alexandra

Gianakouras, John & Margarita

Gianes, Paul Giannakas, Vicky Giunta, Sal & Georgia Goodwin, Robert & Paula Gorman, Dave & Bess Grammas, James & Amalia Grasso, Mark & Kim Grillakis, Apostolos & Dayna Grillakis, Christina

Groomes, William & Fotini Gudinas, Anthony & Maria Gulde, John & Kathleen Harvey, David & Rodilla

Hatzikonstantis, Steven & Dorothy Iatron, William & Margaret

Irvin, Christopher & Melissa Jani, Arun & Elizabeth Johnson, Lawrence & Renita Kalivas, David & Ioanna

Karafilidis, Alex & Stella Karafilidis, John & Theodora Karagianes, Michael & Lynne Katsikis, Stanley & Maria

Kent, Dn. Gary

Kiladis, James & Georgia Kolofoles, Nicholas

Kelley, Patrick & Alisha

Kombouras, Christos & Effie Kondis, Dimitri & Christine Koskores, Nick & Mary Kostakis, Mihail & Helen Koster, Marcellus & Diana

Koulouris, Jean

Koutsantonis, Stavros & Michelle Koutsogiannopoulos, Constantine &

Christina Kritzas, Suzan Kyriages, Kay

Lapinskas, Aras & Vasiliki Lawler, James & Katherine

Lawler, Peter & Gail

Lellos-Wilson, Chris & Christine

Liakos, Effegenia Liponis, Bessie

Loisou, Stefanos & Gayle Mahoney, John & Anastasia

Mak, Derek & Olga

Makiej, Fr. Christopher & Presvytera

Katerina

Makiej, John & Lynn Makiej, Jr., Walter & Maura Makiej, Nicholas & Julianna

Mann, Seth & Dana Marino, John & Heidi Marino, Michael Markos, Arthur & Zoe Mastromonaco, Dorothy Matzouranis, Paul & Ellen

Mavroides, Andrea

Maynard, John & Nestervich, Ellen

McArdle, Joanne

McLoon, Gregory & Melanie Meletis, George & Anastasia

Miara, Maria

Milligan, Jeremy & Alyssa Miminos, Nicholas Miminos, Nick & Diane Mouzakis, Timoleon & Despina Murphy, James & Diana Murphy, Terrance & Valerie

Mylonas, Irene

Nikitas, Dimitrios & Stavroula

Nikolopoulos, Jim & Angela Packard, Anastasia & David

Panagas, Steven Panos, Marie

Pantazopoulos, John & Family

Panagas, Steven

Pantely, Thomas & Rachel

Papanikolaou, Telly & Constantia

Patrakis, Stephanie Patsios, Nancy

Perakis, George & Suzanne Perivolarakis, Peter & Eleni Petrakis, Nikolas & Sussanne

Pithis, Steven & Olga

Plentzas, Joseph & Constantina Portillo, Joaquin & Marissa Poulakos, Antonios & Natalie Powers, Edwin & Kathleen Proctor, Christopher & Keira Raymond, Michael & Kara Redard, Russell & Alysia Robinson, Steven & Angela Rooks, Gerlad & Irene

Roukliotis, Anastasia & Evangelos

Saragas, George & Elaine

Rose, Kimberly & Kevin

Sarantos, Constantine & Elizabeth

Sheehan, Brian & Anastasia

Skarlatos, Maria Skigis, Harry & Valerie Soseos, Sandra J. Souhleris, Peter & Desi Spanos, Joe & Bethany

Splagounias, Nikitas & Lesleyann Stapczynski, Buzz & Sandy Stellakis, Nicholas & Sefany Stevens, Frank & Vasilike Stoupis, Constantine & Voula Stratigakis, Thomas & Anita

Stylos, Louis & Lisa

Tasiopoulos, George & Tammy

Taylor, Paul & Elaine Terzakis, John & Sue

Theodorou, George & Marlene Tierney, Gregory & Laura Touma, Dan & Georgia Trant, Robert & Patricia Tsoukalas, Dan & Alyssa

Tsoukalas, Fr. George & Presbytera

Francine Varitimos, Maria Vasilakis, Anna Vitale, John

Vogis, Victor & Margo

Wallingford, Stephen & Marina Webster, Thomas & Susan

Woodis, H.Eleni Xaros, James & Taira Xifaras, George & Eleni Yates, Philip & Christine Yianopoulos, Peter & Joanna Zaimes. Soterios & Althea

Zollo, Elaine

THANK YOU

Faith, Teamwork, and Growth on and off the Court

This season was an exciting debut for our Andover JOY Basketball Team in the Metropolis of Boston Youth Basketball League—and what a memorable season it was! From the very first practice to the final buzzer of our last game, these boys and girls showed heart, determination, and a true spirit of teamwork. Though our season ended without an appearance in the championship, the players formed new friendships, grew stronger in their faith, and learned lessons in perseverance that will last a lifetime. Week after week, these boys and girls demonstrated incredible growth—not just in their basketball skills, but in their character, sportsmanship, and support for one another.

We (coach *Steven Robinson* and Assistant Coach *Thano Danas*) couldn't be prouder of how far this team has come. Each player gave their best effort, encouraged their teammates, and played with integrity, reflecting the values we hold dear as a church community here at Sts. Constantine & Helen.

As we look forward to building on this foundation next season, we are reminded that success isn't always measured by wins and losses, but by the heart we put into what we do. Thank you to Father Chris and all of the parents and supporters who cheered us on every step of the way. We couldn't have done it without you!

















GLENDI 2025























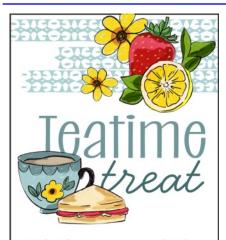












Make these sweet sandwiches for a Mother's Day tea party.

What you need:

- 4 oz. cream cheese, softened
- 1 cup heavy cream
- 3 Tablespoons powdered sugar
- 1 teaspoon lemon juice
- 6-10 strawberries, washed and sliced
- 6 slices of white bread
- white bread
 Cellophane
- Adult help



What you do:

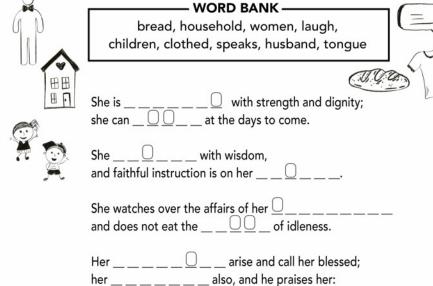
- 1. With an electric mixer, whip the cream cheese in a bowl until fluffy.
- Add cream, powdered sugar, and lemon juice. Continue whipping on high speed until mixture is stiff.
- On each slice of bread, spread a layer of the mixture. Then arrange some sliced strawberries on top.
- 4. Place the sandwiches together, with filling on the inside.
- 5. Wrap tightly in cellophane. Chill for two hours so the filling sets.
- Trim off crusts with a serrated knife.
 Cut sandwiches in squares or triangles.
 Serve and enjoy!



PUZZZLE FILL A NOBLE EXAMPLE

Proverbs 31 describes a God-honoring woman. How are the women in your life like her? How can you follow their example?

Directions: Use the word bank to complete all the Bible verses. Then write the circled letters in order below to complete Proverbs 31:30, NIV.



Charm is __eceptive, and be__ _ty is fl__eting; but a woma__ w__o f__ _rs the Lo__d is to be prais__d.

but you surpass them all." Proverbs 31:25-29, NIV

"Many $\underline{}$ $\underline{}$ $\underline{}$ do noble things,

Proverbs 31:30, NIV

Answers: clothed, laugh, speaks, tongue, household, bread, children, husband, women; Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Proverbs 31:30, MIV



Καλή Ανάσταση!

April 2025

SAINTS CONSTANTINE & HELEN

GREEK ORTHODOX CHURCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
·		1	2	3	4	5
		Greek Conversation Class 11:00am	JOYFUL LIGHT Pre-sanctified Liturgy 6:00pm		5th Salutations to the Theotokos 6:00pm	
		Greek School 4:30pm	Lenten Bible Study 7:00pm			
6	7	8	9	10	11	12
Sunday of St. Mary of Egypt		Greek Conversation Class 11:00am	JOYFUL LIGHT Pre-sanctified Liturgy 6:00pm			Saturday of Lazarus 9am Orthros 9:30am Liturgy
Orthros 9:00am Liturgy 10:00am		Greek School 4:30pm	Lenten Bible Study 7:00pm			10:30 am Sunday School Communion Breakfast
Lenten Luncheon						Palm Cross Making
13	14	15	16	17	18	19
<i>PALM</i> SUNDAY	Holy Monday	Holy Tuesday	Holy Wednesday	Holy Thursday	Holy Friday	Holy Saturday
Orthros 9:00am Liturgy	Bridegroom Service 7:00pm	Bridegroom Service 7:00pm	Sacrament of Holy Unction 3:30pm & 7:00pm	Vesperal Liturgy 9:00am Holy Passion	Royal Hours 9:00am Good Friday Youth Retreat	Vesperal Liturg 9:00am Resurrection
10:00am GOYA Bake Sale				Service – Reading of the 12 Gospels 7:00pm	11:00am1:00pm Vespers 3:00pm	Service 11:00pm Agape Meal
Bridegroom Service 7:00pm					Lamentations Service 7:00pm	1:15am
20	21	22	23	24	25	26
PASCHA EASTER	MA School Vacation Week					
Easter Egg Hunt 10:30am						
Agape Service 11:00am						
27	28	29 Greek School	30			



