



# THE WORD

**Sts. Constantine & Helen Greek Orthodox Church**

**Andover, MA**

**May 2025**

## In Brief



## BIBLE STUDIES THIS MONTH

*"Pursuing our spiritual life"*

Parish Bible Study  
May 7 - 7:00 PM

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

## IMPORTANT DATES

May 15 - Philoptochos Dinner  
Meeting - 6:00pm

June 1 - Senior Recognition

June 8 - Sunday School  
Graduation

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



Get news of additional events and announcements via email. Go to the Church website [www.andoverorthodox.org](http://www.andoverorthodox.org) and sign up to be on our LISTSERV.

## Do You Want To Be Healed

**T**he Sunday Gospel for May 11 (John 5:1-15) of the man with paralysis is our story too. We are all in need of healing, and we are incapable of saving ourselves. We need help from others, and ultimately, we need God's grace.

There was a healing pool on the outskirts of Jerusalem near the Sheep Gate, through which the animals to be sacrificed at the Temple passed. The pool was surrounded by five covered porches from which the water could be accessed. Many sick people with various ailments would lay on the porches, waiting for the water to be stirred up and the medicinal properties from the underground spring to be released. It was believed that an angel of the Lord would come and stir the water, giving it healing power. The first person to step into the stirring water was instantly healed. The pool was called Bethesda — which means "house of mercy" — because of the healing of many who suffered.

Jesus is in Jerusalem for a Jewish festival. He sees a man with paralysis by the pool who has suffered for 38 years. Jesus has compassion for him and asks: "Do you want to be healed?" Saint John Chrysostom says that Jesus does not ask this question for Himself. He does so to bring to light the great patience of the man, who for 38 years had sat by the pool with the hope of being healed. The man answers: "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus responds: "Rise, take up your pallet, and walk." The man is healed at once, and he picks up his bed and leaves.

This healing takes place on the Sabbath (Saturday), the day of rest. The Jewish leaders accuse Jesus of breaking the Sabbath Law. Instead of praising God for the miracle, they condemn Jesus for not honoring the letter of the Law. This reminds us to commit ourselves more to the love of God and His grace than to rules and religious customs. "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27).

The pool is also a metaphor for the Mosaic Law, and the man with paralysis is an image of Israel yearning to find salvation in the Law. The man was in his condition for a long time, just as Israel had been waiting for deliverance from their long-awaited Messiah. Angels were said to have stirred the Pool of Bethesda, just as angels were said to have given the Law (Acts 7:53). The pool featured five entrances, just as the Mosaic Law (the Pentateuch) had five books. Christ is the embodiment and fulfillment of the Law and the Prophets, and "by His wounds we are healed" (Isaiah 53:5).

Only one of the many sick and disabled at Bethesda is healed by the Lord. Although Jesus has compassion for all, the Lord directs his attention to the one who had no one to help him. The man with paralysis represents each and every one of us. We all become spiritually paralyzed by the weight of our sins and our shortcomings. As the man with paralysis needed to be healed, we desperately need healing. As the man was unable to get to the waters himself, we also need Christ to help us.

*(Continued on page 3)*

**CHRIST IS RISEN - TRULY HE IS RISEN!**

## 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 Mastrodonaco, 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

### Youth Choir

Pres. Katerina Makiej

### Book Store Manager

Patti George

### Website Ministry

Sal Giunta

### Technology Ministry

George Xifaras

### Live-stream Ministry

Joe Spanos

### Men's Ministry

Tom Pantely & Joe Spanos

### Stewardship 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 Word

Elizabeth Xaros Bigelow, Editor

## Parish Council Notes

Dear Parish Family,

Christos Anesti!! Christ is Risen!! Truly He is Risen!!

I hope you and your families had a wonderful and joyous Easter and Holy Pashca.

The Parish Council wants to thank all of you for continued support of our Church; we continue to demonstrate what a thriving and active congregation we have at Saints Constantine and Helen Church.

Throughout Lent, each Wednesday night, many of us attended the Pre-Sanctified Liturgy followed by a wonderful Bible Study led by Fr. Chris. Afterwards many of us gathered in the conference room and shared a cup of delicious Fasolada Lenten Soup and read and discussed several passages from the Bible. It was a great opportunity to gain a deeper understanding of our faith. Thank you to all who attended and to those who volunteered to make the soup each week.

On Sunday April 6, we came together in fellowship for our annual Lenten Luncheon. It was one of our largest attended lunches since before Covid. This year's luncheon was made even more special as His Eminence Metropolitan Methodios joined us for both our Liturgy and Luncheon. We are always blessed to have him visit our Church.

The following Sunday we celebrated Palm Sunday together. Our Church was overflowing with so many of us and our families as we heard Father Chris's sermon and received our Palm Crosses that many of our youth and their parents made the day before, on The Saturday of Lazarus. Thank you to all who came out to make the crosses this year.

I want to thank Desi Souhleris and Paula Goodwin who led all the ladies of the Philoptochos with the wonderful decorating of our Church, adorning us with so many beautiful flowers and arrangements, throughout Lent, Palm Sunday, and Holy Week including the Epitaphios and of course, The Holy Pascha Resurrection Service. We are very appreciative of your continued dedication to our Church.

Following our Resurrection Service Liturgy, we enjoyed our Agape meal as we partook in a wonderful delicious meal consisting of lamb with fixings prepared so lovingly by Bob Goodwin and his entire team. We thank them for allowing us the opportunity to celebrate our Lord's Resurrection together in fellowship and in good cheer.

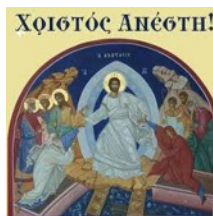
Lastly, I want to thank our Spiritual Leader and Pastor, Father Chris for his continued dedication to our Church and his dedication to all of us. The Parish Council and I also want to congratulate him on the magnificent and blessed honor His Eminence bestowed onto him during his visit with us. Father Chris, as he was elevated to the rank of Protoprebyter, an honor and a blessing that we know he is humbly grateful for and deserving of. Thank you to his Eminence for this honor.

Once again, Christos Anesti!

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

John Vitale

Parish Council President



## Do You Want To Be Healed *(continued from page 1)*

Our healing begins with faith. The man with paralysis had waited for 38 years because others would get to the waters when stirred before he could. Still, he perseveres in faith. Jesus asks him if he wants to be healed because free will is always involved in God's miracles. God's love initiates the giving of His Grace, but it is up to us to respond freely by accepting His Grace. The love God offers humanity cannot be reconciled with force or pressure. Love is only compatible with freedom and trust. Christ knows the exact condition of the man with paralysis, but He still asks him if he wants to be healed. Christ knows the exact condition of each and every one of us, but He still asks us if we truly want salvation.

Later, Jesus finds the man in the Temple and says, "See, you are well! Sin no more, that nothing worse befall you." The Lord's instruction draws attention to the underlying condition of the paralysis — the relationship between suffering and sin. As the Gospel story demonstrates, our bodies and souls are interconnected. The health of our body, mind, and spirit are interdependent. A spiritual problem may have physical consequences, and physical problems may cause psychological or spiritual issues.

The Church, like a hospital, offers holistic treatment for all that afflicts us in body and soul. Through personal prayer — especially the Jesus Prayer and the Psalter (Book of Psalms) — the Divine Liturgy, and most of all, the Holy Sacraments, we receive the medicine of God's grace.

The healing waters in the Pool of Bethesda are a symbol of Baptism. But where the waters of Bethesda cured physical ailments, Baptism cures those of the soul. But even after our Baptism, we still experience the paralysis caused by sin and need further healing. Confession — which is called "a second baptism" — is where we are healed by God's grace through our repentance and the absolution prayers read over us by the priest. Holy Unction is the Sacrament of spiritual and physical healing. And it is in the Holy Eucharist that our body and soul are healed by receiving Christ's Body and Blood.

Like the man with paralysis, the Lord sees us and wants to heal us. As we persevere in faith and participate in the Holy Sacraments of the Church, we will continually receive healing of our soul and body with the promised gift of eternal life.

*(Message from Goarch – Dept. of Religious Education)*



## Philoptochos

### *Christos Anesti!*

Thank you to all who purchased Tsourekia and Egg Dye from us and also supported our annual Lenten Flower Drive. Your generosity provided us the opportunity to adorn our church throughout Holy Week including the decorating of the Kouvouklion.

Special thanks to Voula Danas, Desi Souhleris, Chrissoula Hagigeroges and Jean Koulouris for decorating the Karditotissa Icon for the Xairetismoi Services and to all those who came out from Lazarus Saturday to Holy Saturday to help with the many preparations and decorating. We had overwhelming support on Holy Friday, which allowed us to complete some tasks earlier than normal, including the decorating of the Kouvouklion. In past years, we had finished up with no time to spare before the 3 p.m. service. Whether you wired a palm and a bow on a pew clip, fluffed, added or removed a pew bow, chopped stems off 800 roses, filled hundreds of water tubes and tubed flowers, we are so appreciative for all you. Shout out to Felipe Sencion who was extremely helpful on Holy Saturday.

Deepest gratitude to Desi Souhleris for her planning, creativity and endless hours of work during all of lent, especially Holy Week.

Our annual dinner meeting will be held on Thursday, May 15. at Salvatore's in Lawrence. Please contact Kathy Coufos @ [kathy.coufos@gmail.com](mailto:kathy.coufos@gmail.com) by Thursday, May 8 to secure your spot.

If you haven't had a chance to submit your 2025 Philoptochos Stewardship, we would appreciate you do so at your earliest convenience.

Paula Goodwin  
Myrofori President



THANK YOU to YOU, our wonderful parish families for your generous and ongoing STEWARDSHIP Giving. And are also grateful for the leadership of time, talent and treasure of our Parish Council, who represent a cross-section of our parish membership.

The average Parish Council member pledge is \$2,100/yr. in Stewardship. They see upfront the needs, activities, ministries and support it takes to operate and maintain our thriving parish. We thank them for their example and service - along with all our loving parish families.....Thank You!



## Sunday School

Christos Anesti!

I hope you all had a joyful and meaningful Easter celebration last month. What a beautiful reminder of the hope and new life we are given through the Resurrection of our Lord and Savior, Jesus Christ.

Throughout the Lenten season, our Sunday School children were engaged in learning about Lent, Holy Week, and Pascha. I want to take a moment to extend my heartfelt thanks to each of you—our dedicated teachers and helpers, supportive parents and grandparents, and, of course, our wonderful children—for making this Easter season so memorable. Your faith, love, and commitment shine brightly in all that you do.

A special thank you to Eleni Perivolarakis for leading the Myrofori Girls, who were absolutely beautiful on Holy Friday. And many thanks to all the parents and volunteers who helped make our Easter egg hunt on Easter Sunday morning such a joyful experience for the children!

We were also blessed last month to have His Eminence Metropolitan Methodios preside over the Divine Liturgy and tonsure several of our Sunday School students who serve in the altar. AXIOS to: Zachary Bennett, Tyler Irvin, Vasilios Lellos, Demetrios Lellos, Jeremiah Groomes, Andrew Nolan, and Demetri Robinson!

As we move into this new season, our students will continue to grow in their understanding of the Orthodox faith and the many blessings it brings to our lives. We're looking forward to a spring filled with learning, joy, and the love of God.

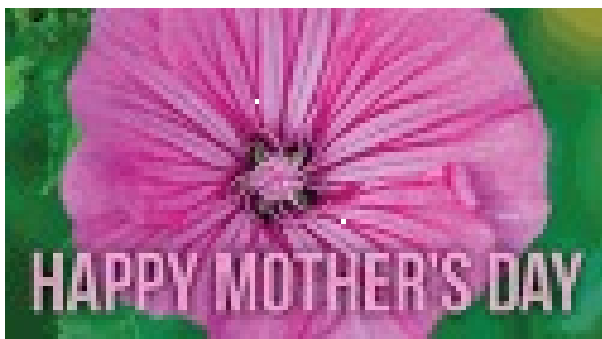
Please mark your calendars for these upcoming dates:

- May 25 – No Sunday School (Memorial Day Weekend)
- June 1 – High School & College Senior Recognition
- June 8 – Sunday School Graduation

Keep an eye out for the June edition of *THE WORD* for details on our Vacation Church School, which will take place this August for children ages 4–12.

We're always looking for volunteers to support our Sunday School—both for the remainder of this year and for the upcoming school year starting in September. If you're interested in joining us, please don't hesitate to reach out.

With love and gratitude in Christ,  
Angela I. Kulesza



### The Word

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## 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](mailto: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 1

Sunday School Graduation, June 8.

## Greek School Program

Greek Independence Day



## Boston Metropolis Summer Camp 2025 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 23 - June 29

**Session 2:** June 30 - July 6

**Session 3:** July 7 - July 13

**Session 4:** July 14 - July 20

**Session 5:** July 21 - July 27

## Landscaping Ministry Friday, March 28

Thank you to those who were able to help on that date. We will possibly need an additional day, so please watch list serve for a future date.



## YAL Young Adults

Saturday of Lazarus Pot Luck Gathering



# **“XRISTOS ANESTI”**

## **PASCHA – SUNDAY, April 20, 2025**

# **“EFHARISTO”**

**A very Special Thank You to those individuals and families listed below who provided the  
LENTEN AND HOLY WEEK FLORAL NEEDS for all our Lenten and Holy Week Services.**

### **SUNDAY OF ORTHODOXY – March 9**

Narthex Icon: Petrakis Family

### **THIRD SUNDAY of LENT ELEVATION OF THE HOLY CROSS – March 23**

Narthex Icon: The Budd Family in loving memory of Father and Grandfather, Walter Gregory Fyfe  
300 Jonquils or Daffodils: Papantonakis Family

### **SATURDAY of LAZARUS – April 12**

Narthex Icon of Lazarus: Joe & Bethany Spanos

### **PALM SUNDAY – April 13**

Palms: In memory of Margarita D'Amore

Narthex Palm Sunday Icon: The Budd Family in loving memory of Husband and Father, Bill Budd

### **SUNDAY EVENING BRIDEGROOM SERVICE – Sunday, April 13; Monday April 14; Tuesday, April 15**

Bridegroom Icon: Theo & Gary Moccia in memory of Charles and Harriet Kalogeris

### **HOLY WEDNESDAY (Holy Unction) – April 16**

Narthex Icon: The Grillakis Family

1 Bottle Extra Virgin Olive Oil: The Grillakis Family

200 Ziplock snack bags: The Grillakis Family

200 Q-tips: The Grillakis Family

200 cotton balls: The Grillakis Family

### **HOLY THURSDAY – April 17**

Narthex Icon: The Splagounias Family in memory of Themis Splagounias

Crown of Thorns: Paul and Adrienne Caselle in memory of George, Sophie and Gregory Geanisis

Plant at foot of Crucifix: Christna Duci in memory of Constantine and Smaro Duci

### **GREAT and HOLY FRIDAY – April 18**

Rose Water: The Petrakis Family

Narthex Icon: The Splagounias Family in memory of Evan and Electra Maravelis

### **HOLY SATURDAY MORNING – April 19**

Narthex Icon: The Kafasis Family in memory of Fotine and James Ntapalis

### **MIDNIGHT RESURRECTION SERVICE – PASCHA**

Narthex Resurrection Icon: Joe & Bethany Spanos

Resurrection Wreath: Joe & Bethany Spanos

20 Lily Plants: Meni Iraclidis



## A JOYOUS CELEBRATION SUNDAY - Liturgy & Lenten Luncheon 2025!

It was a beautiful Parish celebration Sunday with the visit of His Eminence Metropolitan Methodios who elevated Fr. Christopher to the rank of Protopresbyter, tonsured the Altar boys and blessed the children of the parish.

**Thank you to all who helped with the Lenten Luncheon.**















# Springing to LIFE

New life defines the season of spring. Make this Easter craft that symbolizes rebirth.

## What you need:

- Brown paper lunch bag
- Scissors
- Pencil
- Glue stick
- Jellybeans



## What you do:

1. From the bag's bottom, cut two 2-inch circles. Set aside.
2. From the sides, cut two 10-inch circles.
3. Draw a thin spiral on each large circle and cut along the lines. Crinkle spirals gently.
4. Starting at the center, wrap one spiral into a nest. Glue every few inches to hold it.
5. Glue one small circle to the bottom of the nest.
6. Repeat with the other spiral. Fill nests with jellybeans and give to a friend!



## OUR EASTER GIFT

Thanks to Easter, what wonderful gift does God give us?

Directions: Start at the given letter, move one space in the direction each arrow points. Write the last letter in each sequence in the spaces provided. Then write those answers in order on the blanks below to complete 1 Peter 1:3, NIV.

A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	R	S	T
U	V	W	X	Y

1. C → ↓ ↓ \_\_\_\_\_
2. H → ↑ → \_\_\_\_\_
3. V → ↓ \_\_\_\_\_
4. I ← ← ↑ \_\_\_\_\_
5. T ↑ ← ↑ \_\_\_\_\_
6. P ↑ → → ↓ \_\_\_\_\_
7. D ↓ → ↓ ↓ \_\_\_\_\_
8. T ↑ ← ↑ ← \_\_\_\_\_



Praise be to the God and Father of our  
Lord Jesus Christ!

In his great mercy he has given us

\_\_\_\_\_ into a living hope through the  
resurrection of Jesus Christ from the dead.

1 Peter 1:3, NIV

Answer: new birth





# May 2025

## SAINTS CONSTANTINE & HELEN GREEK ORTHODOX CHURCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3  Baptism 11:00am (Rose)
4  <b>Orthros</b> 9:00am <b>Liturgy</b> 10:00am  Baptism 1:00pm (Fotopoulos)	5	6  Greek School 4:30pm	7  Parish Bible Study 7:00pm	8	9	10
11  <b>Orthros</b> 9:00am <b>Liturgy</b> 10:00am  Happy Mother's Day!	12	13  Greek School 4:30pm  Parish Council Meeting 7:00pm	14	15  Philoptochos Dinner Meeting 6:00pm Salvatore's Lawrence	16	17
18  Church Name Day <b>Orthros</b> 9:00am <b>Liturgy</b> 10:00am  GOYA 6:00pm	19	20  Greek School 4:30pm  Church Name Day Vespers 7:00pm	21  Church Name Day Orthros 9:00am Liturgy 9:30am	22  Men's Ministry Dinner 7:00pm	23	24
25  <b>Orthros</b> 9:00am <b>Liturgy</b> 10:00am	26  Memorial Day	27  Greek School Graduation 5:00pm	28	29  <b>Holy Ascension</b> Orthros 9:00am Liturgy 9:30am	30	31

Sts. Constantine and Helen

# Philoptochos

YEAR END DINNER MEETING

*Salvatore's*  
354 Mainack Street - Lawrence, MA

MAY 15, 2025 AT 6 PM

\$60 PER PERSON

Buffet includes: Antipasto, Bruschetta, Salad, Citrus Salmon, Chicken Broccoli Alfredo, Marinated Steak Tips, Rigatoni Marinara, Meatballs, Assorted Cookies, Brownies, and Cannoli

Individuals responsible for beverages

RSVP by May 8<sup>th</sup> to Kathy Coufos  
at [kathycoufos@gmail.com](mailto:kathycoufos@gmail.com)  
Make checks payable to  
Philoptochos Myrofori or  
venmo Kathy-Coufos

Kathy Coufos  
@Kathy-Coufos



venmo

*All are welcome!*



**Saints Constantine & Helen**  
**Greek Orthodox Church**  
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**Periodical**