



THE WORD

Sts. Constantine & Helen Greek Orthodox Church

Andover, MA

March 2026

In Brief



BIBLE STUDIES THIS MONTH

"Pursuing our spiritual life"

Lenten Bible Studies
 March 4 - 7:00 p.m.
 March 11 - 7:00 p.m.
 March 18 - 7:00 p.m.
 March 25 - 7:00 p.m.
 April 1 - 7:00 p.m.

IMPORTANT DATES

March 1 - Sunday of Orthodoxy
 March 19- Philoptochos Meeting
 March 22- Lenten Luncheon
 March 29- Oratorical Festival
 following liturgy



March 8



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.

HOW SHOULD YOU FEEL WHEN YOU READ THE BIBLE?

H*abits of the Heart.* The Saints of the Church teach us that developing the habit and practice of reading the Bible changes our heart, and is the most important call of every Orthodox Christian, and quite honestly, **of every human being on earth.** And what a beautiful time it is to read the Bible during this holy season of **Great Lent.**

Beloved let us read five minutes a day, or ten minutes, or an hour each day. Read the life and teachings of Jesus in the Gospels (Matthew, Mark, Luke, or John) and then the amazing and spiritual letters of St. Paul. **The Bible's words are alive and active.** Don't just read on an iphone app, even though that is a good thing. But there is something about the actual Book and being alone and quiet, with the tech and screens off.

God deeply speaks to us personally in the Bible. Push through in your reading, even if there are a few verses you don't fully understand. Keep a notebook and write down words and verses that inspire you. And don't let the devil and distracting thoughts allow you to stop. This practice is of primary importance to us as Christians. It shapes our minds, our character and it will bring tremendous spiritual fulfillment.

And so how should reading the Bible truly make us feel? One of the greatest modern spiritual Elders of our time, Aimilianos, says the following:

"The correct way to read Scripture is **with simplicity**, and to **allow God to tell us what He wants to tell us.** It's one thing to read the Bible because you want to collect information, and another thing to read it because you want **to acquire its true content, that is, the Holy Spirit.** This kind of knowledge is the life of God (John 17:3), the **entry and extension of God into our life;** it is God's descent and dwelling among us.

We can judge whether or not our study of the Scripture is authentic based on the **number of tears we shed** when we study. To be sure, I can also read Scripture without shedding tears, and without a strong sense of my sins, but with the hope that God's grace, through my reading of Scripture, will break **open my hardened heart.**

Read the Bible, but don't forget about your sins and reduce Scripture to an object of intellectual inquiry, for at that point it ceases being the word of God and you start seeing it as something human. The criterion for your study should be this:

The way you read the Bible should bring **peace to your heart**, communion with God, love of neighbors, and the **consciousness of your own sinfulness:** the recognition of how unworthy and ill-prepared you are to stand before God, yet revealing our call to repentance through our soul's ardent and personal search for God, and the **joy** experienced through receiving the **new and true life in Christ.**"

- Fr. Christopher

PARISH DIRECTORY

Clergy

Rev. Protopresbyter Christopher Makiej
Parish Priest

Dn. Gary Kent
Parish Deacon

Parish Council

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Peter Souhleris, Vice President
Jim Panagas, Secretary
Pam Demetroulakos, Treasurer

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Sophia Carafotes, President

Chanters

Telly Papanikolaou & Basil Vergados

Choir

Pres. Katerina Makiej, Director

Organist

David Harvey

Altar Boy Co-Captains

Anthony Archambault

Sunday School

Angela Kulesza, Director

Greek School

Pres. Katerina Makiej

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Bookstore/Lending Library

Patti George, Director

GOYA Advisor

Desi Souhleris

JOY Advisor

Dn. Gary Kent

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Angela Kulesza

YAL Young Adults Ministry

Nick and Julianna Makiej

Facilities

Buzz Stapeczynski

Landscaping Ministry

Bob Goodwin

The Word

Elizabeth Xaros Bigelow, Editor

Parish Council Notes

Dear Parish Family,

I hope that you and your families continue to be well.

March is upon us, which means that spring is near, many of us have had enough of our share of winter. Several snowstorms came through our area this winter, fortunately none of them affected our Sunday Divine Liturgies. Regarding the winter months and the effects that snow and ice have on our parking lot, walkways and facilities, please know we are constantly monitoring their condition. Our contracted professionals and facilities team are tasked with keeping our parking areas cleared and safe for all those visiting our Church. Anyone else looking forward to green grass and blooming flowers?

As we are now in the Lenten Season, there are several opportunities for us to pray, reflect and prepare ourselves for Holy Week and Holy Pascha. Many important events and happenings will take place in our Parish. We thank Father Chris for leading us in the many services, bible studies and Liturgies available throughout this time. We are blessed to have him as our Pastor and spiritual guide.

Speaking of important events and happenings, on March 22, we will once again gather for our annual Lenten Luncheon, another opportunity to join in fellowship with our Parish Family. Our dedicated Lenten Luncheon cooks will prepare a delicious Fish Dinner for all to enjoy. Be sure to buy your tickets and reserve a spot so you do not miss out on this wonderful event.

The Parish Council met on February 17 and was very productive. Each month, in addition to discussing our Churches finances, which continue to be stable, and listening to Father Chris' Pastoral report, we take time to share the faith. Our March meeting is set for March 17. The Parish Council and Stewardship Committee would like to remind you to submit your 2026 Stewardship Pledge Card if you have not already done so, our Parish depends on it.

Lastly, let's continue to remember those that are in need. There are many opportunities for us to help. One way is through our Lazurus House - Food Box Ministry, which helps provide non-perishable items to many in the Greater Lawrence area. Located in the atrium, please leave your items there so they may be delivered and distributed.

I look forward to seeing you in Church each Sunday.

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

John Vitale
Parish Council President



MEN'S MINISTRY - Bible Study

Philoptochos

Dear Parishioners,

I hope this message finds you well and embracing the season. I trust you've weathered our recent snowstorms and found a little joy making snow angels and snowmen in between clearing your cars and shoveling. Thank you for your continued involvement and enthusiasm—your support is what makes our community so special.

We have begun planning for the upcoming Lenten season, which arrives early this year. Whether you're a long-time member or new to our community, your presence is valued, and we encourage everyone to bring friends or family members who may be interested in joining us.

Some of our talented members will be decorating the Kardiotisa Icon for the five Salutations of the Virgin Mary Services, and we are preparing for other Lenten decorating needs. This includes table settings and décor for the Lenten Luncheon, which will be held on ****Sunday, March 22****.

****Order Your Easter TSOUREKIA!****

We are delighted to offer Tsourekia for Easter again this year.

The options are:

- Almond – \$17 each

- Plain – \$17 each

Egg dye is also available for \$3.00 a package.



I will be taking pre-orders through ****Sunday, March 29****. You can email, call, or let me know in church. Checks can be made out to the Philoptochos Myrofori. Orders will be available for pick-up on ****Palm Sunday, April 5**** in the Atrium after Liturgy. Don't miss out—these Tsourekia Easter Breads make wonderful hostess gifts as well!

Please mark your calendars for our next meeting, which will be held on ****Thursday, March 19 at 7 p.m.**** in the Conference Room. We will have a brief meeting where we will discuss our last meeting of the year which will be at a local restaurant. New members are always welcome—we'd be delighted to have you join us! If you'd like more details about joining Philoptochos Myrofori, please catch up with me at church or send an email to sophoulamou@hotmail.com.

Looking forward to seeing everyone soon!

Respectfully submitted,
Sophia Carafotes
1-617-460-2762
President, Philoptochos Myrofori

Church Decorating/Floral Preparation Schedule

Any time you can give will be greatly appreciated

Saturday, April 4 - Following Liturgy
Decorate church with palms, yellow bows. Help prepare floral arrangements and clean up

Sunday, April 5 - Following Liturgy
Switch out yellow bows and palms to purple bows and palms. Update arrangements with proper color scheme

Tuesday, April 7 - 10 am-Noon/1 pm
Fill 800-1,000 tubes with water for weekly needs. Cut and tube 400 roses for Kouvouklion

Weds., April 8 - 5 pm to 7 pm
In between Holy Unction services. Cut and tube remaining flowers in water tubes. Clean up Kitchen

Friday, April 10 10:30 am on
Decorate Kouvouklion, Sconces etc
Prepare basket of petals for Saturday morning. Clean Up Church & Kitchen

Saturday, April 11 After Morning Liturgy
Switch out purple bows to red bows.
Lillies – Place in church and Narthex
Update arrangements as needed

LAZARUS HOUSE - FOOD BOX MINISTRY

Please continue to support our Atrium food box by bringing non-perishables to church and dropping off - supporting those in need in Lawrence.



The Word Volume 28, Issue 2

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.

Sunday School

As we enter the beautiful and prayerful season of March, we begin preparing our hearts for Great Lent and the journey toward Holy Pascha. This is a meaningful time for our Sunday School students to grow not only in knowledge of our Orthodox faith, but also in love, compassion, and service to others.

In February, our Sunday School students participated in a special service project by creating handmade Valentine cards for our homebound parishioners as well as those living in nursing homes and assisted living facilities as well as senior centers through Project Valentine which is a local organization out of Wilmington, MA. Thank you to Lyena, Bella and Gerard Chavez for dropping off our valentines to Project Valentine so that they could get distributed! It was a wonderful opportunity for our children to put their faith into action by sharing Christ's love through simple acts of kindness. We are so proud of their thoughtful hearts and willingness to serve members of our parish family who may not be able to join us in person as well as those in our local communities. We most definitely have some aspiring artists in our Sunday School!

We are also excited to announce that our **St. John Chrysostom Oratorical Parish Level Festival** will be held on **Sunday, March 29** immediately following the Divine Liturgy in Church. This beautiful ministry of our Greek Orthodox Archdiocese encourages our youth to deepen their understanding of our faith and to articulate it with confidence and conviction. Please see article in this month's WORD for additional information

Upcoming dates to remember:

- Sunday, March 1 – Sunday of Orthodoxy – Sunday School Students should bring Icons for the procession
- Sunday, March 22 – Lenten Luncheon
- Sunday, March 29 – Parish Level Oratorical Festival
- Gently loved Prom Dress Drive – now through March 29

May this Lenten season be one of renewal, growth, and joy for all of us. Thank you for your continued support of our Sunday School ministry and for nurturing the faith of our children.

With love in Christ,
Angela I. Kulesza
Sunday School Director



Parishioner Demetrios Kanavas receiving the love and Valentine Card from our Sunday School children!

Project Valentine

Sunday School students made Valentines Day cards for our homebound parishioners.



JOY-HOPE Youth Meeting

"Get to Know My Church" Scavenger Hunt!



PASTORAL ASSISTANT

We are happy to announce that Nicholas Makiej will be assisting Fr. Christopher, and along with Dn. Gary in pastoral assistance and ministry in our parish. Nicholas has served on the staff at the CrossRoad Institute at Hellenic College as a teacher and counselor, a Metropolis of Boston youth worker, he is a Visual Arts Instructor, and is also a Byzantine Iconographer. We are blessed to have Nicholas aboard to assist in ministry to our parish!



Men's Basketball



YOUNG ADULTS "YALentines" Pot Luck social and discussion

PASCHA – SUNDAY, April 12, 2026

LENTEN AND HOLY WEEK FLORAL NEEDS

The Great and Holy Lenten Season is coming up. Below is a list of items needed for the additional services that are held during this season. Should you wish to offer any of the items below “In Honor of” or “In Memory of” a loved one, please contact Sue at the Church office **VIA EMAIL: office@andoverorthodox.org**.

SALUTATION SERVICES Large Kardiotissa Icon (five Fridays):

Checks made payable to Sts. Constantine and Helen Greek Orthodox Church.

Kardiotissa Icon: \$100; 2 Vases: \$100; 2 Vases and Icon: \$200

Friday, February 27

Friday, March 6

Friday, March 13

Friday, March 20

Friday, March 27

SUNDAY OF ORTHODOXY – March 1

Narthex Icon: \$75.00

THIRD SUNDAY of LENT ELEVATION OF THE HOLY CROSS – March 15

Narthex Icon: \$75.00

Cross Procession Flowered Tray: \$75.00

250 Jonquils or Daffodils: \$100.00

SATURDAY of LAZARUS – April 4

Narthex Icon of Lazarus: \$75.00

PALM SUNDAY – April 5

Palms: \$500.00

Narthex Palm Sunday Icon: \$75.00

2 Altar Table Vases: \$100

SUNDAY EVENING BRIDEGROOM SERVICE – Sunday, April 5

Bridegroom Icon: \$75.00

TUESDAY EVENING BRIDEGROOM SERVICE – Tuesday, April 7

Bridegroom Icon: \$75.00

HOLY WEDNESDAY (Holy Unction) – April 8

Narthex Icon: \$75.00

1 Bottle Extra Virgin Olive Oil

200 Ziplock snack bags

200 Q-tips

200 cotton balls

HOLY THURSDAY – April 9

Narthex Icon: \$75.00

Crown of Thorns: \$50.00

Plant at foot of Crucifix: \$30.00

GREAT and HOLY FRIDAY– April 10

Morning Service – Nothing Needed

3:00 pm Service – Philoptochos sponsors a special floral appeal for the Kouvouklion and Iconostasis

Rose Water

Narthex Icon: \$75.00

2 Altar Table Vases: \$100

HOLY SATURDAY MORNING – April 11

Narthex Icon: \$75.00

MIDNIGHT RESURRECTION SERVICE – PASCHA

Narthex Resurrection Icon: \$75.00

Resurrection Wreath: \$75.00

20 Lily Plants: \$400

JOURNEY

Lenten Bible Study Series

+ Prayer & Worship +
+ Orthodox Fellowship +
+ Bible Study +

*Wednesday Evenings
During Lent:*

Feb. 25th
March 4th
March 11th
March 18th
March 25th
April 1st

6:00pm
Lenten Liturgy

7:00pm
**Dinner &
Bible Study**

Join us and bring a friend!

STS. CONSTANTINE & HELEN ANDOVER

**STS. CONSTANTINE & HELEN
PHILOPTOCHOS MYROFORI**

ORDER YOUR TSOUREKIA

**AVAILABLE FOR PICK UP PALM SUNDAY, APRIL 5TH
IN THE ATRIUM AFTER LITURGY**



TAKING PRE-ORDERS THRU SUNDAY, MARCH 29TH

**RESERVE YOURS TODAY BY EMAILING
SOPHIA CARAFOTES AT SOPHOULAMOU@HOTMAIL.COM
OR TEXT TO (617)-460-2762**

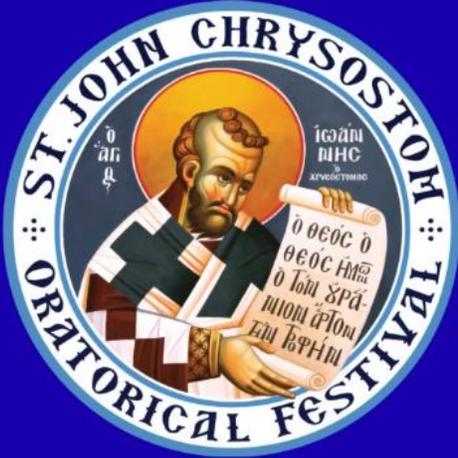
Please make checks payable to: Philoptochos Myrofori
Mail to: 71 Chandler Road, Andover, MA 01810

Name _____ Cell Phone# _____

Tsourekia \$17 ___ With Almonds ___ Plain Qty ___ X \$17 = \$ _____

Greek Red Egg Dye Qty ___ X \$3 = \$ _____

Total \$ _____



St. John Chrysostom Oratorical Festival

Sts. Constantine and Helen
Andover, MA

Sunday, March 29th, 2026

after Divine Liturgy

in church

Elementary Division (Grades 4-6)

Junior Division (Grades 7-9)

Senior Division (Grades 10-12)

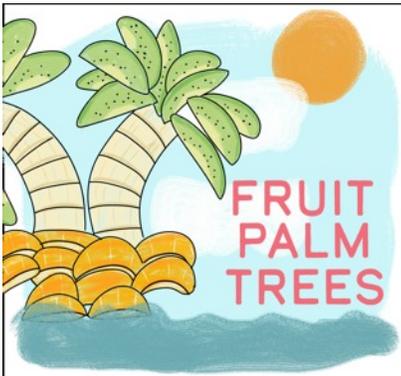
Register
Now



Contact Angela Kulesza, Chairperson
for more information on participation!

angela.kulesza@gmail.com

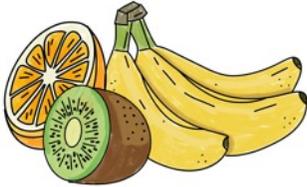
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These cheerful "palm trees" make a bright reminder of the celebration that greeted Jesus as he entered Jerusalem.

What you need:

- Bananas (for the tree trunks)
- Kiwis or green grapes (for the palm leaves)
- Mandarin oranges (for the ground)



What you do:

1. Slice bananas in half lengthwise and place vertically on a plate.
2. Arrange kiwi slices or grapes at the top to form palm fronds.
3. Add oranges at the base.
4. Serve immediately or chill until ready to serve.

Scripture Tie-In:

"Blessed is he who comes in the name of the Lord!"
—Matthew 21:9 (NIV)



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PUZZLE



MAKE A JOYFUL NOISE

It's time to tune up your Bible brain!

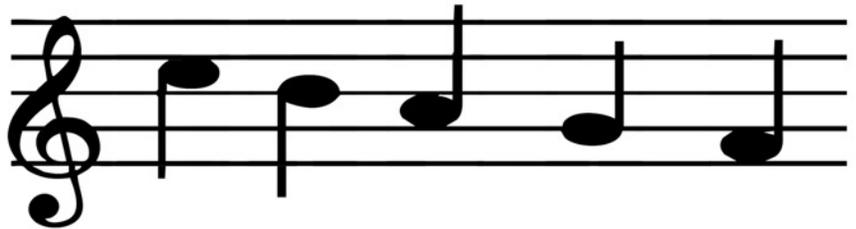
Decode the notes to discover a verse that sings with joy.

Using the musical note code, write the words of Psalm 100:2 (NIV) in the correct order below.

CODE: before come gladness him joyful LORD songs the with Worship



_____ the _____ ;



_____ .



Answer: Worship the LORD with gladness; come before him with joyful songs.

March 2026

SAINTS CONSTANTINE & HELEN GREEK ORTHODOX CHURCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Sunday of Orthodoxy</i> Orthros 9:00 a.m. Liturgy 10:00 a.m.	2 Clean Monday GREAT LENT BEGINS	3 Greek Conversation Class 11:00am Greek School 4:30pm	4 JOURNEY Lenten Liturgy 6:00pm Bible Study 7:00pm	5	6 2nd Salutations to the Theotokos 6:00pm	7
8 <i>Sunday of St. Gregory Palamas</i> Orthros 9:00 a.m. Liturgy 10:00 a.m.	9	10 Greek Conversation Class 11:00am Greek School 4:30pm	11 JOURNEY Lenten Liturgy 6:00pm Bible Study 7:00pm	12	13 3rd Salutations the Theotokos 6:00pm	14
15 <i>Sunday of The Holy Cross</i> Orthros 9:00 a.m. Liturgy 10:00 a.m.	16	17 Greek Conversation Class 11:00am Greek School 4:30pm Parish Council Meeting 7:00pm	18 JOURNEY Lenten Liturgy 6:00pm Bible Study 7:00pm	19 Philoptochos Meeting 7:00pm	20 4th Salutations to the Theotokos 6:00pm	21
22 <i>Sunday of St. John Climacus</i> Orthros 9:00 a.m. Liturgy 10:00 a.m. GOYA Meeting 6:00pm Lenten Luncheon	23	24 Greek Conversation Class 11:00am Greek School 4:30pm	25 Annunciation Orthros 9:00am Liturgy 9:30am JOURNEY Lenten Liturgy 6:00pm Bible Study 7:00pm Greek Independence Day	26	27 5th Salutations to the Theotokos 6:00pm	28
29 <i>Sunday of St. Mary of Egypt</i> Orthros 9:00 a.m. Liturgy 10:00 a.m. JOY Meeting 12:15pm Oratorical Festival	30	31				



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

*Family Lenten
Luncheon*

SUNDAY, MARCH 22ND, 2026
IMMEDIATELY FOLLOWING DIVINE LITURGY

Reserve your tickets today!
Fish \$30/Pizza \$15

Please make reservations during coffee
hour or contact the church office



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

Periodical