



THE WORD

Sts. Constantine & Helen Greek Orthodox Church

Andover, MA

April 2026

In Brief



BIBLE STUDIES THIS MONTH
"Pursuing our spiritual life"

Lenten Bible Study
April 1 - 7:00 p.m.

IMPORTANT DATES

April 4- Saturday of Lazarus
Retreat at 9:30 am
Youth Communion
breakfast & palm cross
making

April 12 - Easter Egg Hunt for
children on Sunday, 10:30 am
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.

STAY IN THE LIGHT

The center of our faith is our belief in the Resurrection, heaven and eternal life. And one thing we know for sure from the Bible and the Church is that there will be a lot of light! Jesus said, *"I Am the Light of the world!"* (John 8:12). And the Orthodox Church proclaims on Easter night, *"Come receive the Light!"*

Jesus brought light and truth into this world through his life, teachings, miracles and ultimately His Crucifixion and Resurrection. And ultimately in heaven that light will be so beautiful and overwhelming that it is truly beyond our comprehension! What will all this light be like? We believe not only in Jesus's resurrection but our own resurrection into the never ending light of Christ. But how will this be? In his book, *"The Experience of God,"* the now Saint, Dumitru Staniloae writes the following:

He who is now invisible to all and dwells in light will then be revealed to all as He is, and will fill all things with His light, and will be without evening, without end, a day of everlasting joy. This appearance of the Lord at His second coming as He ushers in the Kingdom of Heaven will also be a judgement: it will shed God's light on all those who lived in communion with the Lord and also on all their past thoughts and words, which will now be purified of everything imperfect in them. And yet it will also leave in darkness all those who on earth did not live in the light of communion with Him.

So then when we are in our resurrected state, the whole world and human bodies will attain a new and supreme level of spirituality. But they still remain matter, just as glass still remains glass when the solar rays that pass through it receive a certain beauty and a new mode of being. And all the light that will fill and overwhelm the world will shine forth from Christ's body. The ocean of that light, like the divine world, will overwhelm the entire creation.

St. Symeon the New Theologian believes that even the sun and the stars, together with all the forms of the world, will be overwhelmed but not obliterated by Christ, the Sun of Righteousness, and by the light radiating from His body. Not only will that light transform the world into a luminous reality, but its content will also be a permanent reality. The light of Christ's face in particular, as the light of the Person who was perfect God and yet manifested Himself as perfect man, will overwhelm all external lights.

All creation will become spiritual, and together with paradise will be transformed into immaterial, unchanging, eternal and intelligible dwelling place. The sky on one hand will be incomparably brighter, in a manner indeed quite new, other and brighter than our visible sky, while the earth on the other hand will take on a new and inexpressible beauty, an unfading verdure, ornamented by shining flowers, varied and spiritual.

The moon will gleam twice as bright as the sun which illumines it now. The stars will be like our sun..... All things there are beyond speech, transcend thought, save only that they are spiritual and divine, joined to the intelligible world, and comprise a heavenly Jerusalem, made and united to the angelic world."

Beloved, let us stay in the light! Have faith and follow Christ, repent of sins, and believe everything He promises now in this world and in the world to come. Thank you, Jesus.

CHRIST IS RISEN – TRULY HE IS RISEN!

Fr. Christopher

PARISH DIRECTORY

Clergy

Rev. Protoperbyter Christopher Makiej
Parish Priest

Dn. Gary Kent
Parish Deacon

Parish Council

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

Carol DiPietro

Patti George

Bob Goodwin

John Karafilidis

Jean Koulouris

Jason Nolan

Donald Pattullo

Nikitas Splagounias

Joe Spanos

Buzz Stapczynski

Peter Yianopoulos

Church Office

Sue Petrakis

Pastoral Assistant

Nicholas Makiej

Office Assistants

Dorothy Mastromonaco,

Christiana Duci, Anna Vasilakis

Philoptochos

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

Desi Souhleris

Bookstore/Lending Library

Patti George, Director

GOYA Advisor

Desi Souhleris

JOY Advisor

Dn. Gary Kent

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

YAL Young Adults 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 you continue to be well and are having a Blessed Lenten Season.

As we continue our Journey through Lent there are many opportunities available to us as we prepare ourselves for Holy Pascha. On Wednesday evenings we can partake in The Pre Sanctified Liturgy and receive Holy Communion. This is followed by fellowship and a delicious Lenten Meal. Later, we listen as Father Chris breaks down and explains the Gospel message and what Jesus is teaching us, allowing us to get closer to our Faith. We are thankful for Father Chris and his continued Spiritual Guidance that keeps our Church Family connected to God, our Faith and each other.

On Sunday, March 22, following Liturgy, our Parish Family gathered for our annual Lenten Luncheon. Many of us enjoyed a delicious Fish Dinner prepared by our own fabulous cooks. We hope that you and your family had a wonderful time. This tradition goes back many years; we are very lucky to be able to continue it each year. The fellowship and sense of community that we enjoy is a testament to what a Thriving Congregation we have. Thank you to everyone who was involved in making this so successful each year.

Throughout Lent, our Church has been adorned with so many beautiful flowers and arrangements. Special thanks to Desi Souhleris and Paula Goodwin who led our Philoptochos ladies in the decoration and beautification of our Church. The countless hours they give is remarkable; we are grateful for their service and dedication.

The Parish Council met on March 17, and it was very productive. In addition to our Treasurer updating us on the financials of our Parish, which are all positive, the planning for Holy Week and Holy Pascha were discussed. As is customary, we ended our meeting with a sharing of the faith led by Father Chris. Our next meeting is scheduled for April 21, 2026.

As Palm Sunday, April 5, and Holy Week approach, I hope that you will join our fellow Parishioners in the many services held throughout the week leading up to Holy Pascha and the Resurrection Service. Following the Beautiful Resurrection Service where we receive the Light of Christ, we will gather for the Agape Meal in our community center. We thank our dedicated crew, and everyone involved, for making this wonderful event possible.

Regarding our facilities, our Facilities Team, led by Buzz Stapczynski, will soon be walking through the entire building identifying areas that may need some attention and repair. In addition, it's nearing that time of the year for our annual spring cleanup. Now that the snow has melted, our Landscaping Ministry, led by Bob Goodwin, will be reaching soon out for assistance with the spreading of mulch and cleanup of our wonderful grounds.

Lastly, the Parish Council wants to congratulate our JOY basketball team, led by Steve Robinson, on another successful season, making it to the Finals! Thank you to Steve and all the parents who assisted him, allowing our JOY kids the opportunity to represent our Parish while having fun at the same time.

The Parish Council and I want to wish you and your families a wonderful Easter and Holy Pascha.

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

John Vitale
Parish Council President

Καλή Ανάσταση!

Philoptochos

Dear Parishoners,

We wrapped up our year-end in-person meeting on Thursday, March 19. A big thank you to my cousins Olga Pithis and Cathy Gavriel for providing and donating the tablecloths for the Lenten Luncheon. Also, Christina Duci, thank you for getting the napkins and cutlery for the event. And a special shout-out to the members who helped arrange the plasticware in the napkins for the Luncheon. It's truly amazing how quickly we can get things done when so many of you lend a hand.

We're now getting ready for the Holy Week activities, including decorating the Kouvouklion on Holy Friday. Thanks to Paula Goodwin and Desi Souhleris for creating a schedule for the tasks that need to be completed before Easter. We're excited to welcome and need your help with the event schedule (see it on this page). We hope you can join us on one or more of the days.

We're excited to announce that we'll be selling Tsourekia again, and we're happy to offer it at last year's price of \$17 each! This is thanks to our wonderful Parishioner, Alethia Papanastassiou, who owns Olympos Bakery. You can pick up your breads on Palm Sunday in the Atrium after liturgy. If you'd like to be sure you get your Tsourekia, please place an order with me. They make a wonderful house gift for Easter celebrations! We also have Greek Egg Dye available for \$3 per package. We'll have a few extra loaves of Tsourekia on Palm Sunday, but it's best to order ahead, as we can't guarantee how many we'll have that day. We had to turn away quite a few people last year.

If you haven't had a chance to submit your 2026 Philoptochos stewardship, please do so as soon as you can. The National and Metropolis Philoptochos request their portion of the stewardship in April.

There will be no meeting in April. Our last meeting for the 2025/2026 year will be on Thursday, May 14. The place and details are still being finalized, so please "Save the Date."

May the miracle of Easter bring you renewed peace and joy. Let us all rejoice in the resurrection! Wishing all my fellow parishioners a Kali Anastasi as we look forward to sharing the Lenten Journey with all of you. Kalo Pascha! Hope your Easter is "eggs-tra special" this year!

With sisterly love,

Sophia Carafotes
Philoptochos Myrofori President



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

Monday, April 6 - 3 pm
Fill 800-1,000 tubes with water for weekly needs.

Tuesday, April 7 - 10 am-Noon/1 pm
Cut roses and place in buckets.

Weds., April 8 - 5 pm to 7 pm
In between Holy Unction services. Cut and tube all flowers for the Kouvouklion. 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



The Word

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Sunday School

As we enter the blessed month of April, we continue our sacred journey through Great Lent—a time of prayer, fasting, and spiritual renewal in preparation for Holy Pascha. Our Sunday School students have been learning about the deeper meaning of this season, reflecting on repentance, forgiveness, and growing closer to Christ.

In the coming weeks, our lessons will focus on the events of Holy Week, helping our children understand the profound love and sacrifice of our Lord, culminating in His glorious Resurrection. We encourage all families to participate in the beautiful and meaningful services of Holy Week, as these moments are central to our Orthodox faith and provide lasting spiritual impact for our children.

Congratulations to our JOY Basketball Team for their 2nd place finish in the Metropolis of Boston Youth Basketball League! We are very proud of all of the boys who represented our parish. Also, congratulations to all students who participated in the St. John Chrysostom Oratorical Festival! Your words were beautiful, heartfelt, and truly showed your love for Jesus and the Church. Best wishes to our finalists in the Metropolis Oratorical Festival in May.

Some important dates to remember:

- April 12 – Easter Sunday – No Sunday School classes
- April 19 – April Vacation – No Sunday School classes
- April 26 – Sunday School Classes Resume

As we approach Pascha, may your hearts and homes be filled with peace, reflection, and anticipation of the Resurrection.

Wishing you a blessed remainder of Great Lent and a joyous and triumphant Pascha!

With love in Christ,

Angela I. Kulesza

Sunday School Director



Hope/Joy Meeting



Basketball Banquet



Youth Basketball team

Sunday of the Cross



2026 Stewardship Givers/Pledgers as of March 15, 2026

Alexandrou, Chris & Jeanette
 Anastopoulos, Alexandra
 Anastopoulos, Mark
 Andreadis, Sophie
 Andros, William
 Archambault, Dylan & Concetta
 Archambault, Joanna
 Arsenescu, Razvan & Violeta
 Athanasoulas, Michael & Stella
 Augusto, Eva
 Bajor, John & Mary
 Banos, Leonard
 Behrakis, Elena
 Bennett, David & Marie
 Bigelow, Bette
 Boudreau, Dan & Stephanie
 Boutselis, Antonia
 Brandon, Fred & Katie
 Budd, Jayne
 Camargo, Jorge & Susan
 Campolini, Susan
 Carras, George & Betsy
 Capozzi Family
 Chakalos, Leonidas & Renee
 Chavez, David & Lyena
 Chetsas, Christopher
 Chingris, Angela
 Christakos, Chris
 Connor, Jack & Stephanie
 Constantine, Peter & Gail
 Contos, Michael & Ethel
 Cook, Kate
 Coufas, Jean
 Coufos, Stephan & Kathy
 Danas, Peter & Voula
 Demetros, Spencer & Catherine
 Demetrouloakos, James & Pam
 Demoulas, Glorianne
 Diamantas, Kay
 Diamantis, Sotirios & Lauri
 DiPietro, John & Carol
 Duci, Christina
 Eliopoulos, Peter & Erin
 Evangelinos, Constantine & Asmina
 Exarchos, Apostolos & Courtney
 Flaherty, George & Mourmoutis, Sofia
 Fokas, Michael & Diane
 Fotopoulos, Charles & Miglena
 Furman, Paul & Zoi
 Gavriel, Michael & Cathy
 George, Chris & Patti
 George, Marisa
 Georgelis, William & Stasia
 Georges, Tom & Eugenia
 Georgoudis, Alexandra
 Gianes, Paul
 Giannakas, Vicky
 Gildea, Brian & Demetra
 Giunta, Sal & Georgia

Goodwin, Robert & Paula
 Gorman, Dave & Bess Grammas, James
 & Amalia
 Grillakis, Apostolos & Dayna
 Groomes, William & Fotini
 Gudinas, Anthony & Maria
 Gulde, John & Kathleen
 Harvey, David & Rodilla
 Hatziannnis, George
 Iatron, William & Margaret
 Irvin, Christopher & Melissa
 Johnson, Lawrence & Renita
 Kalogeropoulos, James & Effie
 Karafilidis, John & Theodora
 Karagianes, Michael & Lynne
 Karamourtopoulos, Bobbi
 Katsaros, Katherine
 Kent, Dn. Gary
 Kettenbach, Michael & Kelly
 Kokkalis, Antonis & Farhat, Magda
 Kolofoles, Charles
 Kombouras, Christos & Effie
 Kondis, Dimitri & Christine
 Koskores, Nick & Mary
 Kostakis, Mihail & Helen
 Koster, Marcellus & Diana
 Koulouris, Jean
 Koutsantonis, Stavros & Michelle
 Koutsogiannopoulos, Constantine &
 Christina
 Koutsogiannopoulos, Eleni
 Kulesza, David & Joanna
 Kyriages, Kay
 Lambropoulos, Costas & Thuy Trang Ti
 Tran
 Lapinskas, Aras & Vasiliki
 Lawler, James & Katherine
 Lawler, Peter & Gail
 Lellos-Wilson, Chris & Christine
 Lemonias, Demetri & Nicole
 Liakos, Effegenia
 Lima, Maria and Family
 Liponis, Bessie
 Loisou, Stefanos & Gayle
 Macrokanis, Chris & Victoria
 Macrokanis, James
 Mahoney, John & Anastaia
 Mak, Derek & Olga
 Makiej, Fr. Christopher & Presvytera
 Katerina
 Makiej, John & Lynn
 Mann, Seth & Dana
 Manolis, Elaina
 Mastro Monaco, Dorothy
 Matzouranis, Paul & Ellen
 Mavroides, Andrea
 Mavropoulos, George
 Maynard, John & Nestervich, Ellen
 Mazarakis, Angie

McArdle, Joanne
 McLoon, Gregory & Melanie
 Meletis, George & Anastasia
 Miara, Maria
 Milligan, Jeremy & Alyssa Mimosinos,
 Nicholas
 Mimosinos, Nick & Diane
 Moccia, Gary & Theodora
 Mouzakis, Timoleon & Despina
 Murphy, James & Diana
 Murphy, Terrance & Valerie
 Murray, Pauline
 Nastoulis, Dimitrios & Eleanna
 Nikitas, Dimitrios & Stavroula
 Nikolopoulos, Jim & Angela
 Nolan, Jason & Yvonne
 Ogren, Dani
 Packard, Anastasia & David
 Panagas, James
 Panos, Marie
 Pantazopoulos, John
 Pantely, Thomas & Rachel
 Papanikolaou, Telly & Constantia
 Pappey, Ted & Lisa
 Patrakis, Stephanie
 Patsios, Nancy
 Pavlidis, Nicholas & Andrea
 Perivolarakis, Peter & Eleni
 Petrakis, Nikolas & Sussanne
 Pithis, Steven & Olga
 Plentzas, Joseph & Constantina
 Powers, Edwin & Kathleen
 Portillo, Joaquin & Marissa
 Proctor, Chris & Keira
 Raymond, Michael & Kara
 Robinson, Steven & Angela
 Rooks, Gerlad & Irene
 Rose, Kimberly & Kevin
 Saragas, George & Elaine
 Sarantos, Constantine & Elizabeth
 Sellountos, Jessica
 Sencion, Felipe
 Smith, Pamela
 Soma, Mark & Lucia
 Soseos, Sandra
 Spanos, Joe & Bethany
 Splagounias, Nikitas & Lesleyann
 Stapeczynski, Buzz & Sandy
 Stellakis, Nicholas & Sefany
 Stevens, Frank & Vasilike
 Stoupis, Constantine & Voula
 Stratigakis, Thomas & Anita
 Stylos, Louis & Lisa
 Tasiopoulos, George & Tammy
 Terzakis, John & Susan
 Theodorou, George & Marlene
 Tierney, Gregory & Laura
 Touma, Dan & Georgia
 Trant, Robert & Patricia

Continued on page 11

2026 Stewardship Givers/Pledgers (Continued from page 10)

Tsoukalas, Dan & Alyssa
Tsoukalas, Fr. George & Presvytera Francine
Vasilakis, Anna
Vergados, Connie
Vitale, John
Vlavis, Dotty
Vogis, Victor & Margo
Wallingford, Stephen & Marina
Webster, Thomas & Susan
Wouralis, Peter & Ethel
Xaros, James & Taira
Xifaras, George & Eleni
Xigorgos, Efsthios & Aggeliki
Yates, Philip & Christine
Yianopoulos, Peter & Joanna
Zollo, Elaine



Welcoming our newly Chrismated members.



Journey Bible Study



Men's Bible Study



Sunday of Orthodoxy



HANDPRINT BUTTERFLY OF NEW LIFE

The butterfly reminds us of new life and the Resurrection. After three days, Jesus rose from the dead and brings us the hope of new beginnings. This simple craft helps children celebrate that joyful truth.

What you need:

- Light-colored construction paper
- Card stock
- Glue
- Paint
- Paintbrush
- Paper towel or baby wipe



What you do:

- Cut out a butterfly body from the construction paper.
- Glue the butterfly body onto the card stock.
- Use a paintbrush to coat the palm of one hand with paint.
- Press your painted hand beside the butterfly body to create a wing.
- Repeat with your other hand to make the second wing.
- Clean your hands with a paper towel or baby wipe.
- Optional: Add Luke 24:5-6 (NIV) around the butterfly or on its body:

"Why do you look for the living among the dead? He is not here; he has risen!"



FIX YOUR EYES ON JESUS

Remembering Jesus' life, death and resurrection helps us live with gratitude every day.

Use the picture and number code to fill in the blanks for Hebrews 12:2-3, NIV

1. Jesus 2. weary 3. endured 4. opposition	5. cross 6. endured 7. scorning 8. shame	1. Jesus 2. lose 3. pioneer 4. sinners
5. perfecter 6. him 7. faith 8. hand	1. eyes 2. us 3. joy 4. heart	5. right 6. grow 7. God 8. throne

"... fixing our _____ on _____, the _____ and _____ of _____ . For the _____ set before _____ he _____ the _____, _____ its _____, and sat down at the _____ of the _____ of _____. Consider _____ who _____ such _____ from _____, so that you will not _____ and _____."

Hebrews 12:2-3 NIV

Answer: "... fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured such opposition from sinners, so that you will not grow weary and lose heart." Hebrews 12:2-3 NIV



April 2026

SAINTS CONSTANTINE & HELEN GREEK ORTHODOX CHURCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 JOURNEY Pre-sanctified Liturgy 6:00pm Lenten Bible Study 7:00pm	2	3	4 <i>Saturday of Lazarus</i> 9am Orthros 9:30am Liturgy 10:30 am Sunday School Communion Breakfast Palm Cross Making
5 PALM SUNDAY Orthros 9:00am Liturgy 10:00am GOYA Bake Sale Bridegroom Service 7:00pm	6 Holy Monday Bridegroom Service 7:00pm	7 Holy Tuesday Bridegroom Service 7:00pm	8 Holy Wednesday Sacrament of Holy Unction 3:30pm & 7:00pm	9 Holy Thursday Vespereal Liturgy 9:00am Holy Passion Service – Reading of the 12 Gospels 7:00pm	10 Holy Friday Royal Hours 9:00am Good Friday Youth Retreat 11:00am-1:00pm Vespers 3:00pm Lamentations Service 7:00pm	11 Holy Saturday Vespereal Liturgy 9:00am Resurrection Service 11:00pm Agape Meal 1:15am
12 PASCHA EASTER Easter Egg Hunt 10:30am Agape Service 11:00am	13	14 Greek Conversation Class 11:00am Greek School 4:30pm	15		17	18
19 <i>Sunday of Thomas</i> Orthros 9:00am Liturgy 10:00am Wedding 2:00pm (Lemonias)	20 MA School Vacation Week	21 Greek Conversation Class 11:00am Parish Council Meeting 7:00pm	22	23	24	25 Baptism 11:00am (Gagnon)
26 <i>Sunday of The Myrrh Bearing Women</i> Orthros 9:00am Liturgy 10:00am Baptism 1:00pm (Ennis)	27	28 Greek Conversation Class 11:00am Greek School 4:30pm	29	30		

2026 Lenten & Holy Week Schedule



Χριστός Ανέστη
Christ is Risen

April 4 Saturday of Lazarus	
Orthros	9:00 AM
Divine Liturgy	9:30 AM
April 5 Palm Sunday	
Divine Liturgy	10:00 AM
Bridegroom Service	7:00 PM
April 6 Holy Monday	
Bridegroom Service	7:00 PM
April 7 Holy Tuesday	
Bridegroom Service	7:00 PM
Hymn of Kassiane	
April 8 Holy Wednesday	
Sacrament of Holy Unction	3:30 PM
Sacrament of Holy Unction	7:00 PM
April 9 Holy Thursday	
Vespers Divine Liturgy	9:00 AM
Holy Passion Service	7:00 PM
The 12 Gospels	
April 10 Holy Friday	
Royal Hours	9:00 AM
Apokathelosis (Vespers)	3:00 PM
The Lamentations - Epitaphio	7:00 PM
April 11 Holy Saturday	
Divine Liturgy of St Basil	9:00 AM
Service of Resurrection	11:00 PM
<u>ANASTASIS</u>	<u>11:45 PM</u>
April 12 Easter Sunday	
Agape Service	11:00 AM



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Periodical