



# THE WORD

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

**Andover, MA**

**October 2026**

## In Brief



Orthodox Life  
Parish Bible Study

October 7 - 7 PM  
October 14 - 7 PM  
October 21 - 7 PM

Men's Ministry Dinner  
October 29 - 7:00 PM

## IMPORTANT DATES

Philoptochos Meeting  
October 16- 7 PM

General Assembly will take place  
on Sunday, November 15.



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.

## LIVING IN DENIAL

**W**e have all heard this phrase or indeed we all may know someone who is living in a type of denial. Sometimes this can be a lifestyle or behavior – someone can be in denial that they have a drug or alcohol problem, or they're involved in some addictive vice, yet they are avoiding confronting it and they are in denial of how it is affecting them and their loved ones.

So this is what could be called bad or detrimental denial, as the person does not want to accept reality, and they are avoiding the effects of the problem on themselves and those around them. Hopefully with prayer, counselling and support this problem can be overcome.

But then there's **good and spiritual denial** as described in the Scripture. Living in this kind of denial is the core of a Christian way of life. In the Gospel of Mark chapter 8:34 Jesus clearly proclaims, "*Whoever desires to follow me, let him deny himself, take up his cross, and follow me.*"

In the Bible this means that we are called to deny, reject and renounce in a powerful way the daily evil and destructive temptations, thoughts, and lures that come our way. The Orthodox study Bible commentary says that Jesus' words here meant that, "His followers should separate themselves from their sins and from the inclination of their hearts towards evil (Gen. 8:21), crucifying the flesh with its passions and desires (Gal. 5:24).

You see, as Christ took up His Cross and loved us and suffered and died to forgive us and destroy the power of sin, evil and death, so also should we take up our little crosses in self-denial and suffer through, reject and shut out the evil and sin that comes our way. This way of life empowers us and is the beautiful and true way of life to which Christ has called us – to be like Him! As St. Paul said, "*I have been crucified with Christ, it is no longer I who live, but Christ who lives in me!*" (Gal. 2:20).

Beloved, this is the "good" denial! Every day when the thoughts and temptations come to us to gossip, or judge, or lust, or be greedy, or steal, or slander, or be insulting, or to be arrogant or rude..... we respond and we say "no!" We deny and renounce the evil and we say, I am in the process of crucifying those sins and vices! That's not who I am, I have Christ living in me.

Saint Paul says in Ephesians 4 that every day we "*put off the old person which is corrupt according to the deceitful sins – and put on the new person which is renewed according to the image of Him who created us.*" And even when we make mistakes, sin and fall.... we should quickly repent, get back up and keep following Christ!

Living in this kind of good and spiritual denial transforms us into a new person! But we can't do it alone. We need the Church, the Bible, Prayer, and Holy Communion and the Sacraments to strengthen us. Christ created and provided all these for us to help us deny and reject evil and to become more like Him every day.

Amen!  
Fr. Christopher

## PARISH DIRECTORY

### Clergy

Rev. Protopresbyter 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**  
Dominic Archambault,  
Alex Robinson, Athan Souhleris

**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 all is well with you and your loved ones.

We are now in the autumn season, which happens to be my favorite, and many of our fall activities have begun. Our children are back to school, the apples are just right for picking; soon the leaves will be turning color and we will be carving pumpkins. It's a wonderful time of the year, comfortable days and cool brisk nights...life in New England.

As the season changes from summer to fall, our Church Ministries become active. Sunday school and Greek school are back in session. Our Goya and Joy kids are gathering. Our Adult Greek Conversation classes are about to resume; The Men's group has begun serving meals at Cor Unum and Our Ladies Philoptochos have a wonderful year with many events planned. Bible Studies led by Father Chris are ready to commence. Demonstrating how blessed we are to have such a thriving Congregation.

On September 19 and 20, our Church held our Annual Greek Festival. It was another, amazing, spectacular, huge and successful event. On Saturday, we welcomed hundreds and hundreds of guests...and on Sunday the forecasted rain held off allowing for a dry finish to The Festival. As I write this, the final numbers are still being tallied but it should turn out to be another one for the record books. As we welcomed each guest visiting our Church, it reminded me of what a wonderful Church community we are all a part of. The amazing and delicious food, the great music, the authentic culture, the love and most especially our Faith were showcased as we greeted and served them each day. We did it with a smile and with gratitude for supporting our Church. Speaking to many of our guests, one common theme was shared—so many of them look forward to our Festival weekend every September. They mark their calendars well in advance and plan their weekend around our festival.

Our Festival and all of its success would not have been possible without the tremendous amount of hard work, time and commitment from this year's Festival Chairwoman, Voula Danas, our Executive Leadership Team and all the Area Leaders, who each year give so much of their time and effort to help make our Festival a success. On behalf of The Parish Council, we thank them all for a job well done. We also thank all of you who volunteered so much of your time in so many...we could not have done it with you. This is our Church, this is our Community and together we once again showcased the best of us.

The Parish Council met the week of the festival and discussed our upcoming event and will again meet on October 20. I continue to thank them for all their support, commitment and leadership they provide for our Parish.

May God Continue to Bless You Always, Keep You Safe and Healthy.

John Vitale  
Parish Council President



## Philoptochos

Dear Parish Family,

Thank you to everyone who helped prepare for and work at our festival. It was wonderful spending time together, and the weekend was truly a great success.

You should soon receive information about our annual Lunchless Luncheon fundraiser benefiting Hellenic College. We are grateful to all who support this important cause that benefits Hellenic College.

We hope you'll join us on Thursday, October 15, at 7:00 PM in the Family Life Center for our first annual Meze and Margarita Philoptochos Kickoff Meeting. Enjoy light refreshments, including frozen margaritas, mocktails, coffee, appetizers, and desserts. Feel free to bring a friend.

On November 19, we'll host our Stretch and Meet gathering. Wear comfortable clothes and sneakers, learn new wellness tips, and join us for a discussion about upcoming events. We also welcome your ideas for future activities and programs.

Don't miss our Christmas fundraiser featuring the Boston Pops with Keith Lockhart at Lowell Memorial Auditorium at 2:00 PM. Contact Angela Nikolopoulos to reserve your spot. Tickets are expected to sell quickly, making this a wonderful holiday gift opportunity. Everyone is welcome.

All the best,  
Sophia Carafotes and the  
Philoptochos Myrofori Board



## General Assembly

Our annual Parish General Assembly will take place on Sunday, November 15 following Liturgy.

Please join us to hear reports about all our parish ministries and activities.



Young Adults YAL Summer Pot-Luck Gathering



Greek Festival 2026

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# *Sts. Constantine & Helen Philoptochos Myrofori*

## **Mezé & Margaritas**

*Join us for our 1st meeting of the year!*

**Thursday, October 15th, 2026,  
at 7 pm**

**Family Life Center**

*All women of the parish welcome!*

*Bring a friend!*



## Sunday School

Dear Sunday School Families,

We have been so blessed with a wonderful start to our Sunday School year! The children have settled beautifully into their classes and are already growing in their understanding of God's love and their Orthodox faith. It is truly a joy to see their curiosity, excitement, and enthusiasm as they learn, worship, and grow together each week.

As we welcome the beautiful season of fall, we are reminded of the wonder of God's creation and His constant presence in our lives. Just as the world around us changes with the season, fall gives us an opportunity to reflect, renew, and deepen our relationship with God. Through Bible stories, prayer, songs, crafts, worship, and fellowship, our children are learning that faith is not something we experience only on Sunday—it is something we carry with us every day.

### Mark Your Calendars!

Please take note of these upcoming Sunday School activities and important dates:

**All Month in October:** "Socktober" Sunday School Sock Drive benefiting The Wish Project. NEW socks of all sizes can be donated throughout the month!

**Mid-October – Early January:** Sunday School Winter Coat Drive — collecting new and gently loved adult and children's winter coats in partnership with Anton's Cleaners

**Columbus Day Weekend:** Sunday School Classes WILL BE IN SESSION

**Mid- to Late November:** Sunday School Christmas Giving Tree

**Thanksgiving Weekend:** NO Sunday School

**December 13, 2026: Sunday School Christmas Pageant**

*Snow Date: December 20, 2026*

Thank you for entrusting us with the spiritual formation of your children. It is a privilege to walk alongside our families as we help our children learn about their faith, experience the love of Christ, and grow as members of our Orthodox Church family.

We look forward to a year filled with learning, worship, service, friendship, and joyful moments together. May this beautiful fall season bring peace, blessings, and a renewed sense of God's love to each of your families.

**In Christ,**

Angela I. Kulesza  
Sunday School Director



Sept. 13 Sunday Liturgy Children's Sermon



## GOYA FALL CAMP

GOYA Fall Camp offers our Campers the faith, fun, and fellowship of summer camp packaged into a weekend retreat program. The weekend will be filled with cabin sessions, camp wide activities, worship. Campers will enjoy a brand new fall-themed field trip taking advantage of the great New Hampshire outdoors.

Columbus Day Weekend

October 10 - 12

Fall camp is open to all GOYAns, currently in grades 6-12.

<https://www.metropolisofbostoncamp.org/>



EMBRACING ORTHODOXY CLASSES

**STS CONSTANTINE & HELEN ANDOVER**

# **YAL MENS PICKUP BASKETBALL**

**STARTING MON  
OCT 5th @7pm**

**71 Chandler Rd  
Andover, MA**



## GREEK FESTIVAL 2026      THANK YOU!

We were blessed with another fantastic Festival weekend! Thank you so much to everyone who volunteered and contributed in any way, large or small. We are truly grateful. Thank you especially to our fantastic and dedicated Festival Chair, Voula Danas, along with an amazing leadership team and station leaders, as listed below:

FESTIVAL CHAIRMAN: Voula Danas

Executive Leadership Team: Nancy Patsios, Bob Goodwin, John Vitale, Desi Souhleris

Festival Area/Station Leaders:

Kitchen: Bob Goodwin, Donny Patullo. Bakery: Desi Souhleris, Gyro: Vinnie Patsios

Cashiers: George Xifaras. Parking: John Vitale Bar: Tom Pantely, Michael and Lynn Karagiannis

Loukoumades: Eleni Perivolarakis, Connie Vergados, Marina Wallingford

Prep Cooks: Steph Coufos, Peter Danas, Brian Lynch, Chris Alexandrou. Kids Area: Sefany Stellakis

Food Line: Andrea Zaimes, Valerie Murphy Sponsor Book: George Xifaras

Runners: Paul Ganes, Mike Focas. Music: Peter Souhleris:

Bookstore: Patti/Marissa George; Marlene Theodorou, Joseph Gagnon

Grills: Alex Karafilidis Frappe: Demetra Danas. Table Bussing: Yiannis Koutsogiannopoulos

Church Tours: Fr. Christopher.

Treasury Counters: Pam Demetroulakos, Treasurer; Jean Koulouris, Paula Goodwin

Electrical/Building Management: Mike Karantonis/Buzz Stapczynski.

Volunteer Coordinators: Jim Panagas, Angela Kulesza. Photography: Sophia Carafotes

Social Media: Demetra Danas, Vinnie Patsios. Website: Sal Guinta. Office support: Sue Petrakis

And special thanks to ALL who volunteered numerous hours in preparations, and in various areas during the weekend.

Thank you to all who donated to the food list and to all who were sponsors of the festival!



## GREEK FESTIVAL 2026



**Thank you to our amazing group of parishioner volunteers.**







PHILOPTOCHOS MYROFORI PRESENTS

# HOLIDAY POPS

BOSTON POPS WITH KEITH LOCKHART



SUNDAY, DECEMBER 20TH | 230PM  
LOWELL MEMORIAL AUDITORIUM

TICKET PRICE: \$100

TO RESERVE YOUR SEATS AND FOR PAYMENT OPTIONS,  
PLEASE CONTACT ANGELA NIKOLOPOULOS AT  
[ACNIKOLAC@GMAIL.COM](mailto:ACNIKOLAC@GMAIL.COM) OR 978-821-2124

SEATS ARE LIMITED - PAYMENT DUE BY SEPTEMBER 30TH

**A PORTION OF THE PROCEEDS WILL BENEFIT  
PHILOPTOCHOS, SUPPORTING ITS CHARITABLE INITIATIVES**

## 2026 Stewardship Givers/Pledgers as of September 15, 2026

Alexandris, Greg & Maria  
 Alexandrou, Anthony & Jessica  
 Alexandrou, Chris & Jeanette  
 Alexandrou, Christopher & Theano  
 Alexandrou, Constantine & Eleni  
 Alexandrou, George & Kayla  
 Alexandrou, Maria  
 Alexandrou, Theodore & Alexandra  
 Alexopoulos, Peter & Ann  
 Anastopoulos, Alexandra  
 Anastopoulos, Mark  
 Andreadis, Sophie  
 Andros, William  
 Angelides, Mary  
 Arabatzis, Taxiarchia  
 Archambault, Dylan & Concetta  
 Archambault, Joanna  
 Arsenescu, Razvan & Violeta  
 Athanasoulas, Michael & Stella  
 Augusto, Eva & Joseph  
 Bajor, John & Mary  
 Banos, Leonard  
 Behrakis, Elena  
 Bennett, David & Marie  
 Bigelow, Bette  
 Bolduc, Ronald & Cynthia  
 Boudreau, Dan & Stephanie  
 Boutselis, Antonia  
 Brandon, Fred & Katie  
 Brickman, Alex & Maureen  
 Buba, Eugenia  
 Budd, Jayne  
 Callahan, Kerri  
 Camargo, Jorge & Susan  
 Campolini, Susan  
 Capozzi, Joseph & Elaine  
 Carafotes, Sophia & Hatzipanagos,  
 Demetrios  
 Carras, George & Betsy  
 Caselle, Paul & Adrienne  
 Carafotes, Sophia & Hatzipanagos,  
 Demetrios  
 Caselle, Paul & Adrienne  
 Capozzi Family  
 Chakalos, Leonidas & Renee  
 Chapman, Michael & Mary  
 Chavez, David & Lyena  
 Chetsas, Christopher  
 Chingris, Angela  
 Christakos, Chris  
 Christopoulos, Spiro & Demetra  
 Chunias, Theodore & Paula  
 Coconis, Anne  
 Connor, Jack & Stephanie  
 Constantine, Peter & Gail  
 Contos, Michael & Ethel  
 Cook, Kate

Coufas, Jean  
 Coufos, Stephan & Kathy  
 Danas, Peter & Voula  
 Danos, Konstantino & Elizabeth  
 Davis, Alex  
 Defilippis, Arianna  
 Delegas, George & Evelun  
 Demetros, Spencer & Catherine  
 Demetroulakos, James & Pam  
 Demopoulos, Gary & Georgiann  
 Demoulas, Glorianne  
 Diamantas, Kay  
 Diamantis, Sotirios & Lauri  
 DiPietro, John & Carol  
 Drakoulas, Alexandra  
 Drakoulas, Eleftherios & Dorothy  
 Duci, Christina  
 Dukas, Priscilla  
 Ead, Dea & John  
 Eliopoulos, Peter & Erin  
 Ell, Eric & Priscilla  
 Ennis, James & Christina  
 Evangelinos, Constantine & Asmina  
 Exarchos, Apostolos & Courtney  
 Farnham, Robert & Demoulas Glorianne  
 Faulkner, Chip & Sharon  
 Flaherty, George & Mourmoutis, Sofia  
 Fokas, Michael & Diane  
 Fotopoulos, Charles & Miglena  
 Furman, Paul & Zoi  
 Gabriello, Max & Shelly  
 Gagnon, Joshua & Sophia  
 Gavriel, Michael & Cathy  
 George, Chris & Patti  
 George, Marisa  
 George, Stephanie  
 Georgelis, William & Stasia  
 Georges, Tom & Eugenia  
 Georgian, Ted & Colleen  
 Georgoudis, Alexandra  
 Ghikas, Tina & James  
 Gianakouras, John & Margarita  
 Ganes, Paul  
 Giannakas, Vicky  
 Gildea, Brian & Demetra  
 Giunta, Sal & Georgia  
 Goodwin, Robert & Paula  
 Gorman, Dave & Bess Grammas, James  
 & Amalia  
 Grillakis, Apostolos & Dayna  
 Grillakis Christina  
 Groomes, William & Fotini  
 Gudinas, Anthony & Maria  
 Gulde, John & Kathleen  
 Harvey, David & Rodilla  
 Hatsiandrou, Lou & Tina  
 Hatzigiannis, George & Vasiliki

Hatzikonstantis, Steven & Dorothy  
 Hutchins, William & Christina  
 Iatron, William & Margaret  
 Ierardi, Alec & Dani  
 Irvin, Christopher & Melissa  
 Jani, Arun & Elizabeth  
 Johnson, Lawrence & Renita  
 Kafalas, Andrew & Annette  
 Kakridas, George & Kate  
 Kalantzakos, Nick & Cynthia  
 Kalivas, David & Ioanna  
 Kalogeropoulos, James & Effie  
 Karafilidis, Alex & Stella  
 Karafilidis, John & Theodora  
 Karagianes, Michael & Lynne  
 Karamourtopoulos, Bobbi  
 Karamourtopoulos, Cristen  
 Karamourtopoulos, Peter & Audry  
 Kareklas, Panos  
 Kasparian, Jean  
 Katsaros, Katherine  
 Katsikis, James & Stasia  
 Katsikis, Stanley & Maria  
 Kent, Dn. Gary  
 Kettenbach, Michael & Kelly  
 Kiladis, James & Georgia  
 Kokkalis, Antonis & Farhat, Magda  
 Kolofoles, Charles  
 Kolofoles, Nicholas  
 Kondis, Dimitri & Christine  
 Kombouras, Christos & Effie  
 Kondis, Dimitri & Christine  
 Koskores, Nick & Mary  
 Kostakis, Mihail & Helen  
 Koster, Marcellus & Diana  
 Koufogazos, Nick  
 Koufogazos, Timothy  
 Koulouris, Jean  
 Koutsantonis, Stavros & Michelle  
 Koutsogiannopoulos, Constantine &  
 Christina  
 Koutsogiannopoulos, Eleni  
 Koutsos, George & Ruth  
 Kritzas, Souzanna  
 Kulesza, David & Joanna  
 Kyriages, Kay  
 Kyriakakis, Manuel  
 Lallo, Frank & Lisa  
 Lambropoulos, Costas & Thuy  
 Trang Ti Tran  
 Lambropoulos, John & Maria  
 Lapinskas, Aras & Vasiliki  
 Latsios, Zacharias & Billy  
 Lawler, James & Katherine  
 Lawler, Peter & Gail  
 Lellos-Wilson, Chris & Christine

(continued on page 13)

Lemonias, Alexander & Isabella  
 Lemonias, Demetri & Nicole  
 Lemonias, Peter & Christina  
 Liakos, Effegenia  
 Lima, Maria and Family  
 Liponis, Bessie  
 Loisou, Stefanos & Gayle  
 Lolos, Emily  
 Lynch, Brian & Zaimes, Andrea  
 Macrokanis, Chris & Victoria  
 Macrokanis, James  
 Mahoney, John & Anastasia  
 Mak, Derek & Olga  
 Makiej, Fr. Christopher & Presvytera  
 Katerina  
 Makiej, John & Lynn  
 Makiej, Nicholas & Julianna  
 Makiej, Jr., Walter & Maura  
 Makiej, Vaia  
 Manikas, Christina  
 Mann, Seth & Dana  
 Manolis, Elaina  
 Maravelis, Arthur & Lombardo, Lois  
 Mastromonaco, Dorothy  
 Matses, Charles T. & Louise  
 Matzouranis, Paul & Ellen  
 Mavroides, Andrea  
 Mavropoulos, George  
 Maynard, John & Nestervich, Ellen  
 Mazarakis, Angie  
 McArdle, Joanne  
 McGarry, Penelope  
 McLoon, Gregory & Melanie  
 Medor, Kenneth & Georgianne  
 Meletis, George & Anastasia  
 Miara, Maria  
 Milligan, Jeremy & Alyssa Mimos, Nicholas  
 Mimos, Nick & Diane  
 Moccia, Gary & Theodora  
 Mouzakis, Timoleon & Despina  
 Murphy, James & Diana  
 Murphy, Terrance & Valerie  
 Murray, Pauline  
 Mylonas, Irene  
 Nastoulis, Dimitrios & Eleanna  
 Nikitas, Dimitrios & Stavroula  
 Nikitas, Dimosthenis  
 Nikitopoulos, Dimitri & Erin  
 Nikolopoulos, Jim & Angela  
 Nolan, Jason & Yvonne  
 Packard, Anastasia & David

Palermo, Nicholas & Joanna  
 Panagas, James  
 Panos, Marie  
 Pantazopoulos, John  
 Pantely, Thomas & Rachel  
 Papadopoulos, Kosta & Kathy  
 Papanikolaou, Telly & Constantia  
 Papantonakis, John & Andrea  
 Pappas, John & Robin  
 Pappey, Christopher  
 Pappey, Theodore & Lisa  
 Pasanen, Wayne & Susan  
 Patrakis Stephanie  
 Patsios, Nancy  
 Pavlidis, Nicholas & Andrea  
 Pantazopoulos, John  
 Patsios, Nancy  
 Pattullo, Donald & Barbara  
 Pavlidis, Nicholas & Andrea  
 Perivolarakis, Peter & Eleni  
 Pescatore, John & Elaine  
 Pescatore, Michael & Deanna  
 Petrakis, Nikolas & Sussanne  
 Phillips, Theodore & Georgianne  
 Pithis, Steven & Olga  
 Plentzas, Joseph & Constantina  
 Portillo, Joaquin & Marissa  
 Poulakos, Antonios & Natalie  
 Powers, Edwin & Kathleen  
 Primes, Theodore & Rhonda  
 Proctor, Chris & Keira  
 Raymond, Michael & Kara  
 Redard, Russell & Alysia  
 Regas, George & Georgia  
 Rigos, Diane & Champion, Paul  
 Robinson, Steven & Angela  
 Rooks, Gerlad & Irene  
 Rose, Kimberly & Kevin  
 Ryan, Janna  
 Saragas, Dimitrios  
 Saragas, Dimitris & Gabriella  
 Saragas, George & Elaine  
 Saragas, Patroklos & Vasiliki  
 Saraidaris, Charalampos  
 Sarantos, Constantine & Elizabeth  
 Schuhwerk, Kurt & Kristin  
 Sencion, Felipe  
 Sepra, Roy & Stephanie  
 Skarlatos, Maria  
 Smith, Pamela  
 Soma, Mark & Lucia  
 Soseos, Sandra

Spanos, Joe & Bethany  
 Splagounias, Nikitas & Lesleyann  
 Spofford, Angelina  
 Stapczynski, Buzz & Sandy  
 Stathos, William & Katherine  
 Stellakis, Nicholas & Sefany  
 Stetson, Helen  
 Stevens, Frank & Vasilike  
 Stoupis, Constantine & Voula  
 Stratigakis, Thomas & Anita  
 Stylos, Louis & Lisa  
 Sylvestre, Steven & Nicole  
 Szarek, Michael & Soti  
 Tasiopoulos, George & Tammy  
 Telios, Chris & Debbie  
 Terzakis, John & Susan  
 Theodorou, Christos & Mary  
 Theodorou, George & Marlene  
 Tierney, Gregory & Laura  
 Touma, Dan & Georgia  
 Trant, Robert & Patricia  
 Tsakonas, Demetrios & Patricia  
 Tsianakas, Panayiotis & Sophia  
 Tsoukalas, Dan & Alyssa  
 Tsoukalas, Fr. George & Presvytera  
 Francine  
 Tzitzon, Nicholas & Jennifer  
 Vasilakis, Anna  
 Venetiou, Alexander & Elisabeth  
 Vengren, Robert & Alexis  
 Vergados, Connie  
 Vitale, John  
 Vlamis, Dotty  
 Vogis, Victor & Margo  
 Voulgaris, Angela  
 Voulgaris, Eleni  
 Wallingford, Stephen & Marina  
 Warren, Anthony & Stephanie  
 Webster, Thomas & Susan  
 Wighardt, Carl & Popi  
 Woodis, H. Eleni  
 Wouralis, Peter & Ethel  
 Xaros, James & Taira  
 Xifaras, George & Eleni  
 Xigorgos, Efsthios & Aggeliki  
 Yates, Philip & Christine  
 Yianopoulos, Peter & Joanna  
 Zaimes, Soterios & Althea  
 Zavalianos, Joanne  
 Zollo, Elaine



# Give Thanks with Music



Music is one way to give thanks to God. Make these simple instruments to accompany your singing!

**What you need:**

- 3 small coffee cans with lids
- 1/2 cup dry pinto beans
- 1/2 cup unpopped popcorn
- 1/2 cup uncooked rice
- Heavy-duty tape
- Construction paper
- Glue
- Scissors
- Markers or crayons for decorating



**What you do:**

1. Put the beans in one can, the popcorn in another, and the rice in the third.
2. Secure the lids and tape around the rims.
3. Cover the cans with construction paper and glue it in place.
4. Decorate the cans with markers or crayons.
5. Shake the cans to hear the different sounds, then use them to make joyful music for the Lord!




## A Family of Prayer

Acts tells us about a man named Cornelius. He was a Roman soldier who worshiped God and prayed with his family. God used Cornelius to help Peter learn an important truth: God welcomes everyone who loves Him and does what is right.

Solve the math problems using the grid. Then use the key to find the letter for each answer. Write each letter on the blank to discover what Cornelius and his family did.

| GRID |   |
|------|---|
| A    | B |
| 2    | 4 |
| C    | D |
| 6    | 5 |

### KEY

a = 7 e = 8  
i = 10 o = 9  
u = 11 y = 6

"He \_\_\_\_\_nd \_\_\_\_\_ll h\_\_\_\_\_s f\_\_\_\_\_m \_\_\_\_\_l \_\_\_\_\_

A+C    A+D    A+D    B+C    A+D    B+C    A+B

w\_\_\_\_\_r\_\_\_\_\_d\_\_\_\_\_v\_\_\_\_\_t\_\_\_\_\_nd

A+C    A+C    A+C    B+D    C+D    A+D

G\_\_\_\_\_d-f\_\_\_\_\_r\_\_\_\_\_ng; h\_\_\_\_\_g\_\_\_\_\_v\_\_\_\_\_

B+D    A+C    A+D    B+C    A+C    A+D    A+C

g\_\_\_\_\_n\_\_\_\_\_r\_\_\_\_\_sl\_\_\_\_\_t\_\_\_\_\_th\_\_\_\_\_s\_\_\_\_\_n

A+C    A+C    B+D    C+D    A+B    B+D    B+D    A+C    B+C

n\_\_\_\_\_d\_\_\_\_\_nd pr\_\_\_\_\_y\_\_\_\_\_d t\_\_\_\_\_G\_\_\_\_\_d

A+C    A+C    A+D    A+D    A+B    A+C    B+D

r\_\_\_\_\_g\_\_\_\_\_l\_\_\_\_\_rl\_\_\_\_\_." \_\_\_\_\_cts 10:2, NIV

A+C    C+D    A+D    A+B    A+D

Answers: "He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly." Acts 10:2, NIV



# October 2026

## SAINTS CONSTANTINE & HELEN GREEK ORTHODOX CHURCH

| Sunday                                                                                    | Monday                                                 | Tuesday                                                                                                                      | Wednesday                                                     | Thursday                                                | Friday | Saturday                                    |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------|--------|---------------------------------------------|
|                                                                                           |                                                        |                                                                                                                              |                                                               | 1                                                       | 2      | 3<br><br>Wedding<br>3:00pm<br>(George)      |
| 4<br><br>Orthros<br>9:00 am<br>Liturgy<br>10:00 am                                        | 5                                                      | 6<br><br>Greek<br>Conversation<br>Class<br>11:00am<br><br>Greek School<br>4:30pm                                             | 7<br><br>ORTHODOX<br>LIFE<br>Parish<br>Bible Study<br>7:00pm  | 8                                                       | 9      | 10<br><br>MBC GOYA<br>Fall Camp             |
| 11<br><br>Orthros<br>9:00 am<br>Liturgy<br>10:00 am<br><br>MBC GOYA<br>Fall Camp          | 12<br><br>COLUMBUS<br>DAY<br><br>MBC GOYA<br>Fall Camp | 13<br><br>Greek<br>Conversation<br>Class<br>11:00am<br><br>Greek School<br>4:30pm                                            | 14<br><br>ORTHODOX<br>LIFE<br>Parish<br>Bible Study<br>7:00pm | 15<br><br>Philoptochos<br>Meeting<br>7:00pm             | 16     | 17                                          |
| 18<br><br>Orthros<br>9:00 am<br>Liturgy<br>10:00 am<br><br>GOYA<br>Meeting<br>6:00pm      | 19                                                     | 20<br><br>Greek<br>Conversation<br>Class<br>11:00am<br><br>Greek School<br>4:30pm<br><br>Parish Council<br>Meeting<br>7:00pm | 21<br><br>ORTHODOX<br>LIFE<br>Parish<br>Bible Study<br>7:00pm | 22                                                      | 23     | 24<br><br>Wedding<br>3:00pm<br>(Demopoulos) |
| 25<br><br>Orthros<br>9:00 am<br>Liturgy<br>10:00 am<br><br>HOPE/JOY<br>Meeting<br>12:15pm | 26                                                     | 27<br><br>Greek<br>Conversation<br>Class<br>11:00am<br><br>Greek School<br>4:30pm                                            | 28                                                            | 29<br><br>Men's Ministry<br>Dinner<br>Meeting<br>7:00pm | 30     | 31                                          |

# Orthodox Life

## *Fall Bible Study Series*

+ **ORTHODOX FELLOWSHIP** +  
+ **SPIRITUAL LIFE** +  
+ **BIBLE STUDY** +  
+ **DINNER** +

**WEDNESDAY EVENINGS THIS FALL AT 7PM  
IN THE CONFERENCE ROOM**

| <b>Oct.</b> | <b>Nov.</b> |
|-------------|-------------|
| <b>7th</b>  | <b>4th</b>  |
| <b>14th</b> | <b>11th</b> |
| <b>21st</b> | <b>18th</b> |

**JOIN US AND BRING A FRIEND!**

Sts Constantine & Helen Andover



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

**Periodical**