Faith comes by hearing and hearing by the Word of God. Romans 10:17

THE WORD

Sts. Constantine & Helen Greek Orthodox Church

Andover, MA **November 2026**

In Brief



Bible Studies

Orthodox Life
Parish Bible Study

November 4 - 7 PM
November 11 - 7 PM
November 18 - 7 PM

IMPORTANT DATES

Philoptochos Meeting
November 19- 7 PM

General Assembly will take place on Sunday, November 15.



November 1

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.

SIMPLE STEPS TO SPIRITUAL RENEWAL

In recent times there has been a tremendous surge and interest in seeking out Orthodox spirituality as a journey and guide to living out the Christian life. The Saints of the Church point us to a beautiful passage in the Bible, **Colossians 3:2-17**, which encapsulates how to take simple steps toward spiritual renewal:

Set your minds on things above, not on things on the earth (vs. 2). In other words, seek to have positive uplifting thoughts by focusing your minds on holy, good and edifying thoughts. This is very difficult to do with all the distracting media around us, but seek to spend more time thinking about the words of the Bible, the lives of the Saints, prayers, hymns of the church, the beauty of icons, the blessing of virtues. And spend less time focusing on the things below – secular, worldly shallow things. If we begin to do this and focus more on things above, this will help rebalance our minds and we will feel blessed and renewed spiritually.

Put off the old, put on the new (vs. 8-12). The Greek translation here says that we are to put off, like *old clothes and old rags* the old ways of thinking and speaking: "*anger, wrath, malice, swearing, filthy language out of your mouth and lying*." These ways, beloved, are dragging us down ethically and spiritually. But then, after the old rags are put off, we are then called to put on the new! Vs. 12 says, "*put on tender mercies, kindness, humility, meekness, patience, bearing with one another and forgiving one another. And don't be a complainer, be a forgiver."* (vs. 13). Put off the old, put on the new – this will truly transform us!

Choose love (vs. 14-15)…….. "*and put on love…and let the peace of God rule in your hearts*." Loving others is the supreme level of Christian spirituality, and this love gives us tranquility and the peace of God in our hearts.

Let the word of Christ dwell in you richly (vs.16). Try to keep a steady flow of the Word of Christ – the Bible, dwelling in you daily, along with the words and hymns of the Church. This is truly a mind altering and spiritually renewing experience.

Do everything in the Name of Jesus (vs. 17) "*and whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."* Let everything you do in life flow through Him. Don't just let your faith be one aspect of your life among many. Do it all in His Name. And say His Name, the Jesus Prayer, in your thoughts and in your prayers constantly, as is the way of the true spirituality of the Church, 'Lord Jesus Christ have mercy on me.'

Give thanks to God the Father (vs. 17). To be a spiritual person is to be a thankful and grateful person, to God our Father, and for all things. And also "giving thanks" (gr. *Eucharist*) in this context is a Liturgical connection to receiving the Eucharist, Holy Communion, of which we are to be truly thankful to receive this deep spiritual and mystical union with Christ.

Happy Thanksgiving to all! And may we all seek to be spiritually renewed in this season.
In Christ's love, *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,
Christina 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 continues to be well with you and your families.

November is once again upon us and soon the Holiday Season will be here. Later this month we will get together with our family and friends, taking pleasure in spending quality time with the ones we love. For many of us, Thanksgiving is that one time of the year where we take time to give back to those that are less fortunate than us. Now more than ever, you do not need to look very far to see just how many need our help. Throughout the course of the year our Church offers us many opportunities to donate our time, our resources and ability to help those in need. Our Church Family can always be counted on when there is a need. One example of this is our Men's group who continues to volunteer on the first Monday of each month at Cor Unum serving dozens of individuals and families in need of a hot meal. Another example is our Food Donation Box that is continually filled with non-perishable items that are delivered to local food pantries. And then there is The Annual Christian Angel Smiles Thanksgiving Food Basket Drive, where dozens of individuals prepare close to 500 Thanksgiving Meals to be distributed to families who, without one of these baskets, would not have a warm meal this Thanksgiving. Please reach out in any way you can to help someone who may need assistance during this season of Thanksgiving.

Please mark your calendar for Sunday, November 15, as we will be having our Annual General Assembly in the Community Center following Liturgy. Father Chris and I, along with members from the Parish Council, will be giving our annual reports. In addition, our 2027 annual budget will be presented, so please be sure to attend.

Sunday November 22 will be Stewardship Sunday. We will hear from our Stewardship committee as they discuss the importance of Stewardship and how vital it is in maintaining a strong Parish like ours. Throughout the year our Church relies on the giving of your time, your talent and of your treasure. I have spoken many times, on how Blessed we are to have such a Thriving Congregation and to have such a loving community, it takes all of us to sustain and be a part of this wonderful Parish. I hope to see you in Church.

Our Bible Study Series led by Father Chris has begun. Many of us, young and old, have been meeting each Wednesday to read passages from the Bible, listen to Father Chris as he explains their meanings and discuss how the Bible and God's teachings effect our lives. If you have never attended or have not in a while, I can attest to what a wonderful experience it is to share our faith together. Thank you, Father Chris, for your continued Spiritual Guidance and Love.

The Parish Council met for our monthly meeting on October 20. Among the items discussed were the continued success of our annual festivals, our annual budget for 2027 and improvements to our facilities. As noted above, please be sure to attend this year's General Assembly. On behalf of the entire Parish Council, we thank you for everything you do for our Church. Remember, we are more than just a community, we are more than just a congregation; together we are one spiritual family who cares, loves and supports one another.

Lastly, this year when you sit down with your families and friends and give thanks to God for all that he has blessed us with, be sure to think of those who are less fortunate, those who may be alone or are struggling, and pray that Our Lord and Savior Jesus Christ comforts and protects them.

The Parish Council and I wish you a very warm and wonderful Thanksgiving

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

John Vitale
Parish Council President

Philoptochos

Dear Parishioners,

I hope you enjoy the blessings of the Thanksgiving season with your families .

Recent Events:

On Thursday, October 15, we celebrated our first Kick-off meeting of the year—Meze and Margaritas. Many thanks to the following ladies for bringing refreshments for our gathering: Stephanie Connor, Christine Duci, Cathy Gavriel, Paula Goodwin, Jean Koulouris, Gina LaFortune, Angela Nikolopoulos, and Joyce Richardson. We welcomed a few new people tonight that offered some great ideas for fund raisers and future activities. Please find attached some wonderful photos from that evening.

Upcoming Activities:

November is a busy month! November 1 marks the name day of the Patron Saints of the National Philoptochos Society, Saints Cosmas and Damianos, who were known for their selfless care of the poor and sick. Our November National Philoptochos commitment supports the philanthropies of the Ecumenical Patriarchate, including nursing homes, schools, shrines, and parishes. A special tray will be held after liturgy in the atrium on Sunday, November 1st. We deeply appreciate your generosity and spirit in supporting these efforts.

The Choir Federation will be celebrating its 80th year at the Cathedral Church in Boston and I will be singing with that choir as I did last year when it was held here at our church. Would welcome any parishioners wanting to go to that church for that special service.

Please mark your calendars for our next meeting on Thursday, November 19 where we get some stretching exercises in and help decorate the Christmas tree as well as prepare gifts for our parishioners who are homebound.

Sunday, December 20, 2:30PM

Holiday Pops with Keith Lockhart at the Lowell Memorial Hall Fund Raiser Tickets are sold out and we are looking forward to ringing in the Christmas season with a beautiful concert. Also, on this day we plan on delivering our New Year Breads on this day after church.

Please keep these important events in mind that will be coming g up soon:

- Christmas Flower Drive: Poinsettias and Cemetery Wreaths will be available. A letter will be mailed during Thanksgiving week with more details.

- Christmas Breads, Vasilopita Coins, and Ornaments Fundraiser: A table will be set up for placing your orders—please sign up early to ensure availability.

Coming up, our first business meeting in the new year will be a Pot Luck dinner on: Thursday, January 21, 2027, 7pm.

As I am in my second term of leading the Philoptochos as President, I appreciate all the support and will continue building wonderful memories together and are grateful to belong to such a wonderful organization in our church—your participation truly makes our parish vibrant and strong. Please remember to sign up early for Christmas orders and mark your calendars for the next gathering. We hope to see many of you at our upcoming events!

Finally, please keep a very dear member of ours, Elizabeth Bigelow in your prayers for a speedy recovery. She is recovering at the Whittier Rehab in Haverhill, from an accident. Bette is pictured at our recent festival with her grandchildren.

With love in Christ,
Sophia Carafotes
617-460-2762
Myrofori President





Philoptochos Kick off Meeting







Sunday School

Dear Parents and Families,

As we enter the beautiful month of November, a time of gratitude and preparation, our Sunday School classrooms are alive with faith and fellowship. This season reminds us to give thanks to God for His countless blessings and to prepare our hearts for the upcoming Nativity Fast, a time of reflection, prayer, and giving.

Throughout November, our lessons will focus on **thankfulness, stewardship, and living our faith through acts of love and compassion**. The children are learning that every good gift comes from above and that sharing those blessings with others is one of the greatest ways we can honor God. We wish to thank all who donated sock for our "Socktober" sock drive for The Wish Project!

Upcoming Dates to Remember:

- Now through January 3rd, 2027: Sunday School Winter Coat Drive (adults and children's winter coats – new and gently loved) in partnership with Anton's Cleaners
- Sunday School Giving Tree – All Gifts Due Back no later than 11/29/2026
- Thanksgiving Weekend – No Sunday School
- Sunday School Christmas Pageant - December 13, 2026 (snow date December 20, 2026)
- **Coming Soon** - information on the St. John Chrysostom Oratorical Festival (4th through 12th grade)
- Youth Basketball will be starting this month! Reach out to the Church Office or to Coach Steven Robinson (781-405-3699) for more information on our teams that will be participating in the Metropolis League!

Wishing you a blessed Thanksgiving from our entire Sunday School and remember – Sunday School Registration is ongoing! Even if you haven't registered yet, please have your child/children join us after communion on Sundays!

In Christ,

Angela I. Kulesza

Sunday School Director



YAL Young Adults Basketball Night

HOPE/JOY MEETING
Making Icon of our holy Protector - Mother of God







to all our Parish Families!

The Word
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PHILOPTOCHOS
Myrofori

Fall Fellowship & Service

JOIN US FOR AN EVENING OF
FRIENDSHIP, SERVICE AND HOLIDAY SPIRIT!

THURSDAY, NOVEMBER 19TH | 6:30 PM | FAMILY LIFE CENTER

The Evening Will Include:

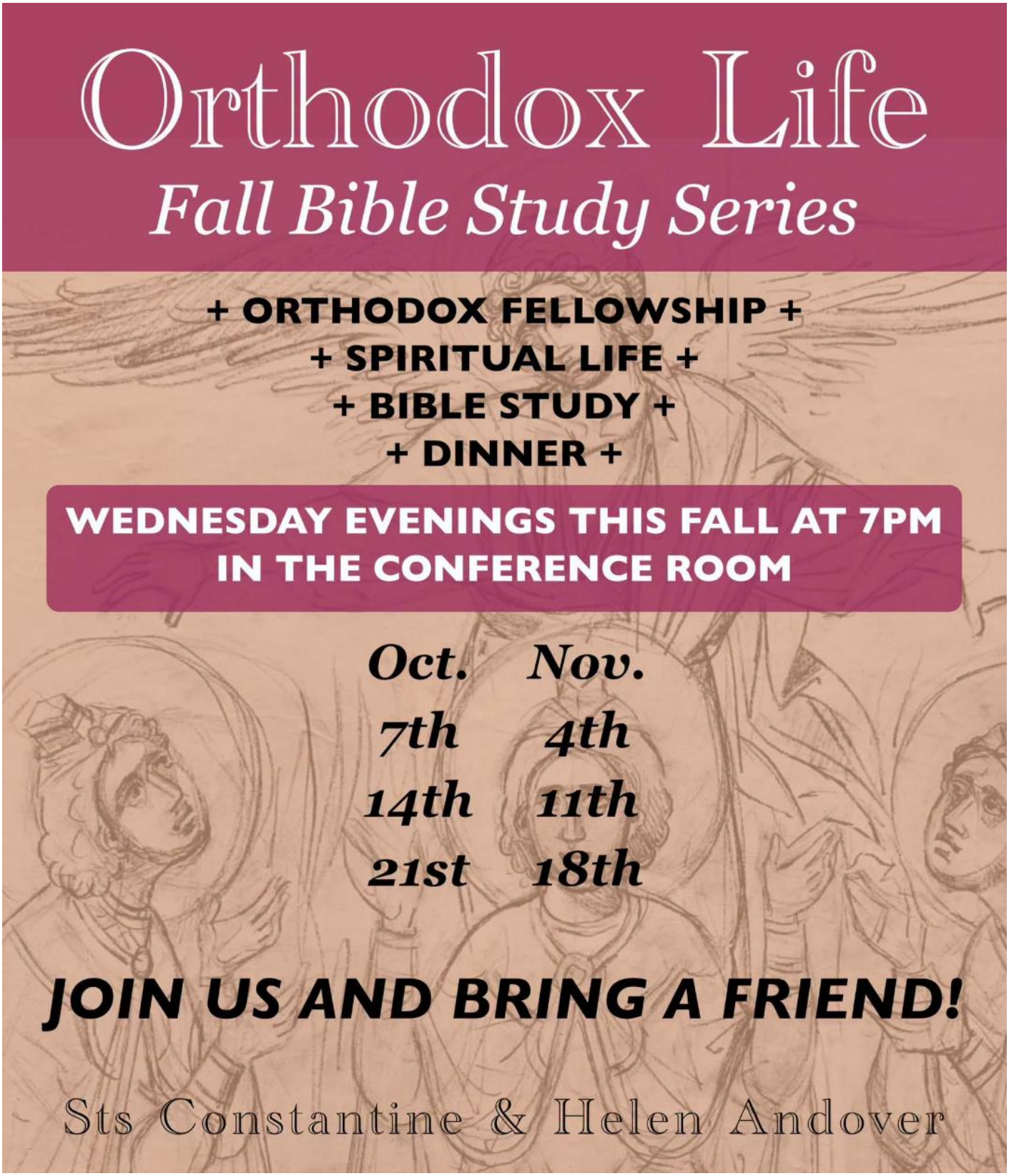
STRETCH & RESET
We'll kick off the evening with a half hour of gentle stretching to get moving and refreshed.

DECORATE THE CHRISTMAS TREE
Let's add some holiday cheer together!

PUT TOGETHER HOME BOUND GIFT BAGS
We'll be putting together gift bags for our home bound parishioners. We will be looking for volunteers to deliver gift bags.

BRIEF MEETING
We'll wrap up the evening with a short meeting in the conference room.

Everyone is welcome!
We hope you can join us!


Orthodox Life
Fall Bible Study Series
+ ORTHODOX FELLOWSHIP +
+ SPIRITUAL LIFE +
+ BIBLE STUDY +
+ DINNER +
WEDNESDAY EVENINGS THIS FALL AT 7PM
IN THE CONFERENCE ROOM
Oct. Nov.
7th 4th
14th 11th
21st 18th
JOIN US AND BRING A FRIEND!
Sts Constantine & Helen Andover

My brothers and sisters in the household of God – PARISH COUNCIL REQUIREMENTS

Every steward of a Community who currently serves or plans to serve on the Parish Council should understand that doing so is a serious commitment of one's time, talents and energy. He/she must be prepared to be especially active in the Parish during their time of service: they must be very visible in the life of the Parish, including its sacramental life, i.e. worshipping and receiving the Holy Sacraments frequently.

Serving on the Parish Council is not similar to sitting on a business "Board of Directors". We do not seek to join a Parish Council for purposes of prestige, but to offer dedicated ministry to our Lord and Savior Jesus Christ and His Holy Church. The Parish Council is comprised of brethren who desire to serve selflessly and with deep humility. These individuals are respectful of the clergy and their fellow parishioners as they offer service in a spirit of love, cooperation and unity.

Parish Council members are expected to attend all its meetings, and to serve on a particular Service Team (i.e. as ushers) unless they teach in the Church School or chant in the choir. When not on active duty, they are expected to attend church services, thereby setting a good example for their fellow Parishioners. Consider what message is sent to the faithful who faithfully attend worship services when they notice Parish Council members are not in attendance.

Every Parish Council member is assigned to a particular committee according to his/her talents and experience in a particular area of ministry. This requires a considerable commitment of time from every member of the Parish Council. It is both unrealistic and unfair to expect the entire work load to be assumed by only a handful of Parish Council members. Consequently, only those individuals in the community who are ready to commit themselves to sharing the responsibilities of a Parish Council should come forth to serve.

Metropolitan Methodios of Boston

PARISH COUNCIL CANDIDATE FORM:

If you feel called to serve the Church on the parish council and have read the above requirements, please seek Fr. Christopher to receive his blessing to serve, and then send in this candidate form to the church office by **NOVEMBER 3, 2026**.

Name: _____

Address: _____

Phone: _____

Email: _____

STS. CONSTANTINE & HELEN

JOY & GOYA BASKETBALL

REGISTER NOW

JOY
COED
5TH – 8TH
GRADE

BOYS
GOYA
9TH–12TH



- Click on JOY or GOYA '26-27: Register
- Sign in/Create League Apps Acct
- Choose Team Player - IMPORTANT
- Choose Andover

SEASON STARTS NOVEMBER '26 AND ENDS MARCH '27
JOY GAMES - SATURDAYS @ HELLENIC COLLEGE - BROOKLINE
GOYA GAMES - SUNDAYS @ HELLENIC COLLEGE - BROOKILE
ALL PRACTICES TO BE HELD IN CHURCH COMMUNITY CENTER
(PRACTICE START DATE AND DAY OF WEEK TBD)

Please call/text/email Coach Steven Robinson if you have any questions!
(781) 405-3699 or steven.k.robinson@gmail.com

Register ASAP!!! All players muts be registered to be eligible to play.
Interested in being a coach or assistant coach? Reach out to Father Chris!

PARISH CHRISTMAS CARD

Sts. Constantine & Helen Greek Orthodox Church
71 Chandler Road, Andover, MA 01810

Dear Friends,

Christmas 2026 is coming faster than we think! Our church is again offering our families and friends the opportunity of joining in our Annual Community Christmas Card.

This beautiful card will be sent to all our parishioners and friends on the Church's mailing list. Your charitable donation of $15 or more will add your family's name to the Christmas wishes for a joyful and holy holiday and will go out to our entire community.

Thank you for your past support. We trust you will be an active participant in this year's card as well, and those in the years to come. Best wishes to you and your family for a Blessed Holy Season of Our Lord's Nativity!

Please act immediately – Deadline: November 21

Sincerely yours,
Sts. Constantine & Helen Church



Please list your name(s) as you want it to appear on the card. Thank you!

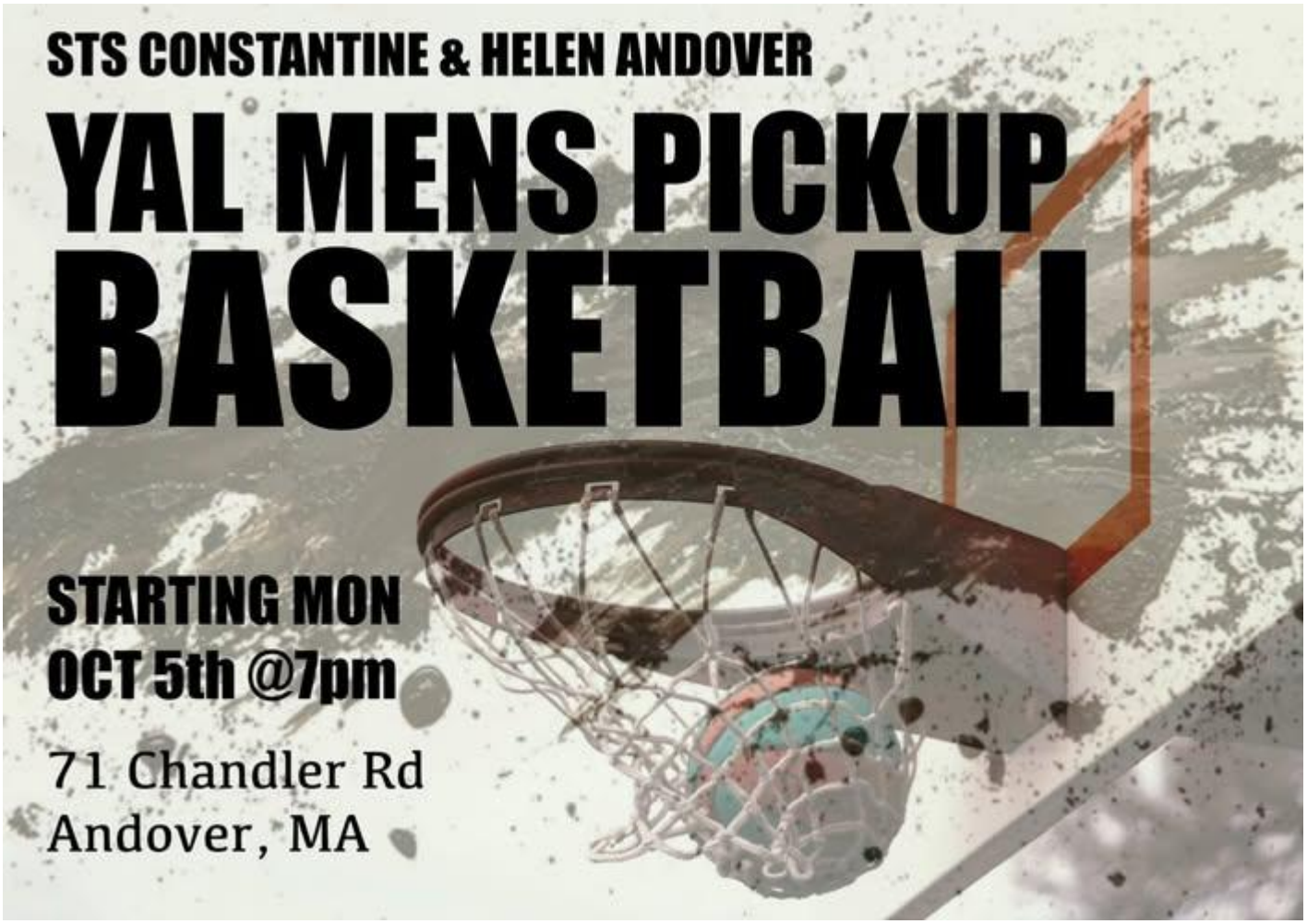
Donation: $ _____ Check # _____

Name(s): _____

YAL Young Adults Bowling Outing











GOYA ROCKIN FIRST MEETING!

GOYA OFFICERS

President - Mia Karafilidis, Vice President - Christina Roukliotis, Secretary - Elizabeth Yates, Treasurer - William Nolan





Bread Painting



When you eat this fun snack, be thankful for Jesus, who is our Bread of Life.

What you need:

- Small cups
- Milk
- Food coloring
- Clean, food-safe brush
- Slice of bread
- Toaster or toaster oven
- Butter, optional



What you do:

1. Set out one small cup for each color you want to use.
2. Pour 1 to 2 tablespoons of milk into each cup.
3. Add a few drops of food coloring to each cup and stir until the color is bright.
4. Using a clean, food-safe brush, gently paint a picture or design on the bread. Be careful not to soak the bread.
5. When you're finished painting, toast the bread. Add a little butter, if desired, and enjoy!



Reminder:
Ask an adult for help when using a toaster or toaster oven.

"I am the bread of life."
John 6:35, NIV

PUZZLE

Counting Our Blessings

Thanksgiving is a great opportunity to "count our blessings." God blesses each of us daily in so many ways. Solve the following math problems. Then write the words on the numbered lines below to complete Ephesians 1:3, NIV.

14 - 7 = ____ Father	10 + 15 = ____ in
10 + 9 = ____ heavenly	6 - 3 = ____ to
10 + 5 = ____ blessed	12 - 6 = ____ and
2 - 1 = ____ Praise	6 + 6 = ____ Christ
7 + 7 = ____ has	18 - 9 = ____ our
11 + 11 = ____ every	22 - 11 = ____ Jesus
12 + 12 = ____ blessing	1 + 1 = ____ be
10 + 10 = ____ realms	7 + 6 = ____ who
13 + 13 = ____ Christ	2 + 2 = ____ the
8 + 8 = ____ us	10 - 5 = ____ God
8 + 9 = ____ in	4 + 4 = ____ of
5 + 5 = ____ Lord	9 + 9 = ____ the
10 + 11 = ____ with	10 + 13 = ____ spiritual

"_____ ____ ____ ____ ____ ____
1 2 3 4 5 6

_____ ____ ____ _____ _____ _____,
7 8 9 10 11 12

____ ____ _____ ____ ____ ____
13 14 15 16 17 18

_____ _____ ____ _____
19 20 21 22

_____ _____ ____ _____."
23 24 25 26

Ephesians 1:3, NIV

Answer: "Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ."



THANKSGIVING DAY

November 2026

Saints Constantine & Helen Greek Orthodox Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Orthros 9:00am Liturgy 10:00am Baptism (Ganiatsos) 1:00pm **CLOCKS CHANGE**	2	3 Greek Conversation Class 11:00am Greek School 4:30pm	4 ORTHODOX LIFE Parish Bible Study 7:00pm	5	6	7 Baptism (Champion) 11:00am
8 Orthros 9:00am Liturgy 10:00am Baptism (Mavropoulos) 1:00pm	9	10 Greek Conversation Class 11:00am Greek School 4:30pm	11 **VETERANS DAY** ORTHODOX LIFE Parish Bible Study 7:00pm	12	13	14
15 Orthros 9:00am Liturgy 10:00am **GENERAL ASSEMBLY** GOYA Friendsgiving 6:30pm	16	17 Greek Conversation Class 11:00am Greek School 4:30pm Parish Council Meeting 7:00pm	18 ORTHODOX LIFE Parish Bible Study 7:00pm	19	20	21 **Entrance of the Theotokos** Orthros 9:00am Liturgy 9:30am Christian Angel Smile Annual Thanksgiving Food Bag Making Event 10:30am YAL Friendsgiving 6:00pm
22 Orthros 9:00am Liturgy 10:00am **STEWARDSHIP SUNDAY** HOPEJOY Meeting 12:15pm	23	24 Greek Conversation Class 11:00am Greek School 4:30pm	25	26 **THANKSGIVING**	27	28
29 Orthros 9:00am Liturgy 10:00am	30					



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Periodical