Please note that all enclosed dates and times are predicated on the virus status
In Chapter 3 in the Book of Daniel, King Nebuchadnezzar of Babylon constructs a golden statue of himself which he orders the populace to worship. Three young adult men (Jews who were kidnapped and brought to Babylon and employed by the king - Hananiah, Mishael, and Azariah) defy the king's order, refusing to worship anyone but the one true God of Israel. Nebuchadnezzar, in a fit of rage, orders that the three be thrown into a furnace. They are delivered from the fire by an who makes the flames feel like a cool breeze over dew. The men in fact are seen singing praises to their Lord. The three emerge unharmed!

The Church teaches that it was Christ taking the form of an angel who saved the men from their torment. In icons of this miracle, the angel sports a halo bearing a cross, indicating that He is Christ. The song of the three sang is in fact sung in Orthodox Churches at the Vesperal Liturgy of Holy Saturday morning.

As with all marvels of God, both in the Old Testament and the New Testament era, there is an application and teaching that applies to our life today.

**In this case I connect this miracle to the current Coronavirus that concerns us all…..**

1st - that we must apply our faith and trust in Christ in all circumstances that come to us and be courageous, confess our sins and receive His love. Read the full text in the Book of Daniel and see how the 3 men responded to the threat of death speaking to the pagan king. (Daniel 3: 1-57). Holy Week Service Book, starting at p 423- Papadeas edition.

2nd - that when we have a great trial, (a fear, a hardship) that is when Christ is even more near to us! Look at how the Lord manifested His Divine Presence….it was not until the men were thrown into the fire and after they showed their fidelity to Him by confessing Him in front of the cruel and un-godly king. So the Lord then embraces and enfolds His arm around them, protecting them from the flames!

Thus, my beloved parish family, let us not be with fear and anxiety. Certainly, take all the appropriate health precautions and preventative means and trust that Christ will preserve us. We must patiently wait for the Lord to show Himself and be refreshed by His nearness to us through our prayers and the reading of His word.

This is how the spiritual life works. In the midst of trial, confess the Lord’s greatness and power, wait patiently, then look for Christ to show Himself to your soul. Never fear the trials of life, because these are the times when the greatest interaction and union between our souls and our Creator and Saviour, take place!

Fr. Andrew
Thoughts by Fran Lewis *Parish Secretary*

Working here at the parish I rejoice each time I here Fr. Andrew say “I have a trip planned with my grandchildren” and I love the fact that he takes that annual Feb. school break ski trip with them. Family time is so important.

Educators Write:

First of all, children who spend quality time with their loved ones have self-confidence. They are more sociable because they sense that their parents and grandparents value them. Also, children with self-esteem find it easy to build relationships. Spending time with family strengthens family ties. Also, families who enjoy group activities will develop strong relationships and handle stressful situations with ease.

In this busy day and age, it is a luxury for parents and grandparents to spend time with their children. Making time for the family will allow you to teach your children valuable life lessons like kindness and fairness.

Consequently, children will start to develop positive behaviors because loved ones influence them. A 2012 study reflected that children who ate regular meals with their families performed better in school. Furthermore, adolescents who spent more time with their parents tended not to abuse alcohol.

Finally chatting with your loved ones will help to reduce your stress. Conversation is healthy for all ages.

Family is where life begins & love never ends, so today’s little moments become tomorrow’s precious memories.

Make & Take the Time!
Our Youth and the Corona Virus

It has been a personal goal of mine to keep in touch with our Youth and parents during these times of isolation. I am doing this through sending weekly e-mails to our Youth that are different based on age category. I give practical advice, pastoral recommendations, as well as activities families can do together. Our GOYA will also most likely experiment with an Online meeting.

*It was also a joy to see families live streaming our Divine Liturgy from their homes on Sunday 3/15.*

Fr. Andrew and I received great feedback from families who benefited from this. In total the Liturgy got a total of 7,000 hits through live streaming using an iPhone 11. We look forward to our professional camera and wiring to be completed soon!

**Postponements**

Our Oratorical Festival has been postponed per Metropolis Directives. Greek School and Sunday School are not being held. GOYA and other similar type meetings have been postponed as well. As of now we are still planning our Holy Friday Youth Retreat as well as our GOYA end of the year trip in May.

*But both are predicated on the virus status*

**MBC SUMMER 2020 DATES for all youth 8-18 years of age.**

Session 1: July 6th - July 12th
Session 2: July 13th - July 19th
Session 3: July 20th - July 26th
Session 4: July 27th - August 2nd *FULL*

For more info and to register please visit [www.metropolisbostoncamp.org](http://www.metropolisbostoncamp.org)

**IONIAN VILLAGE DATES**

**Summer 2020 Dates**

**IVNext:**

For participants aged 19-24
June 1-12

**SUMMER CAMP:**

For campers currently in 9th - 12th Grades
Session One:
June 20 - July 9

Session Two:
July 19 - August 7

For more info and to register please visit [www.ionianvillage.org](http://www.ionianvillage.org)
ΣΥΝΔΕΣΜΟΙ ΓΙΑ ΝΑ ΠΡΟΣΕΥΧΗΣΤΕ ΣΤΟ ΣΠΙΤΙ

Αγαπητοί ένορίτες,
Εύγνωμωνούμε τον Μητροπολίτη και τον Πατριάρχη μας γι’ αυτή την προληπτική τους σοφία που, με άφορη τή τιν παρούσα πανδημία του κορωνοϊού, δώσαν έντολη γι’ αυτή την ασφάσεια μας και σύμφωνα με πρόσφατα πολιτειακά διαγγέλματα, νά παύσουν πρός το παρόν όλες οι δημόσιες έκκλησιαστικές άκολουθιες. Η κίνηση αυτή είναι η πιο υπεύθυνη πού θα μπορούσε νά γίνει στήν παρούσα συγκυρία και πρέπει νά κατανοήσουμε τήν άποφαση αυτή στο πλαίσιο τής υπεύθυνης άγαπης γι’ αυτό το πλήθος κατά το πνεύμα του Ευαγγελίου. Τό γεγονός όμως πώς δέν μπορούμε νά συγκεντρωνόμαστε στό κτίριο τής έκκλησιάς δεν ημαίνει ότι παύσουμε νά προσευχόμαστε. Ίσα ίσα, τώρα σε τέτοιες στιγμές κρίσεως είναι πού πρέπει νά έντεινουμε τήν προσευχή μας και νά μήν ξεχνάμε τόν Θεό. Γι’άυτόν τόν λόγο συμπεριλαμβάνω παρακάτω ορισμένους συνδέσμους πού παραπέμπουν σε ιστοσελίδες πού προμηθεύουν διάλογα κείμενα τών άκολουθιών πού κανονικά θα τελούσαμε στήν έκκλησιά κατά τή διάρκεια τής Μεγάλης Τεσσαρακοστής, γιά νά τίς κάνουμε στό σπίτι. 'Ετσι, ο πρώτος σύνδεσμος είναι γιά τήν προηγουμένη λειτουργία πού τελούσαμε μέχρι τήν προηγούμενη έβδομη δύο Τετάρτη βράδυ, ο δεύτερος είναι γιά τούς χαιρετισμούς πού τελούσαμε κάθε Παρασκευή βράδυ και ο τελευταίος είναι γιά τόν Όρθρο τής Κυριακής.

Προηγουμένη Λειτουργία:

Χαιρετισμοί:

Όρθρος:

Επιπλέον, γιά όσους προτιμούν νά παρακαλούθεται η περιοδικά τίς άκολουθιες, ο εξής σύνδεσμος μάς παραπέμπει σε ξαντανές άκολουθιες πού, κατόπιν ειδικής επισκοπής άδειας, γίνονται σε διάφορες έκλεκτες Ελληνο-ορθόδοξες έκκλησιές σε όλη τήν Αμερική:
https://www.goarch.org/live-broadcasts


Καλή δύναμη σε όλους καθώς μέ όρωγο τήν πίστη μας αντιμετωπίζουμε με ψυχραιμία και έλπίδα στόν Θεό τήν παρούσα κρίση.
Dr. Mary Despina Lekas Endowment Fund News

Financial Report for the period ending 3/24

Endowment Fund Portfolio: $1,035,164.00
Endowment Fund Checking Account: $6,270.00

A donation has been made to the Endowment Fund by:
M/M James Degaitas, Sylvia Ghionis, M/M Michael Haralambides,
Cosmo Haralambidis DMD, M/M James Harritos,
M/M Michael Papigiotis, M/M Constantinos Perdikakis, M/M Polydoros Petrou,
The Samaras Family, M/M James Silva, Maria Zaharakos, M/M John Zervos
in memory of Andrew Mitrelis

A donation has been made to the Endowment Fund by:
The Samaras Family in memory of Dr. Michael DiMaio

A donation has been made to the Endowment Fund by:
M/M Michael Papigiotis in memory of Georgia Psilopoulos

A donation has been made to the Endowment Fund by:
M/M Michael Papigiotis, M/M James Silva in memory of Kyriaki Tsapanidis

A donation has been made to the Endowment Fund by:
M/M James Harritos, M/M Apostolos Kallis, Demetra Lambros, M/M Gus Proyous,
Dr. & Dr. John Zervos in memory of Harry Bablenis

A donation has been made to the Endowment Fund by:
M/M James Harritos in memory of Kostas Trikoulis

Kudos to our Dr. Mary Despina Lekas for her recent inspirational donation of
$63,000.00 to the Endowment Fund, thus bringing her yearly donations since 2006 to
a magnanimous figure of $629,029.00 – indicating that Dr. Mary was a powerful
force in reaching our first million dollar goal.

It is Dr. Mary’s hope that other individual members of our Parish, or groups of
members, will join her at her level of giving, or at a lesser level, which will
expedite the day that our Parish will become
“debt free” sooner rather than later.

Nothing is Impossible When the Spirit is Willing!

“Endowment Fund Committee”
Mary Samaras, Secretary
This Year’s Challenge—10% Increase Over your 2019 Giving

2020 Pledge Program Report
We have to date 225 parishioners with a pledge of $133,274.00
The Actual Amount Received $97,853.00

Since our last newsletter here are our additional names for 2020

Gregory Agakos, Zaharoula Agakos, M/M James Alexion, John Alexion, Pauline Alexion, Josephine Aliferakis, M/M Christodoulos Andriotis, M/Ilias Antonakos, M/M James Apostolou, M/M Zisis Arsoniadis, M/M Anastasios Barakos, Dr. & Mrs. Peter Baziots, Barbara Botsaris, M/M Lawrence Bousquet Jr., M/M James Brubeck, M/M Scott Campbell, Dr. & Mrs. Stephen Carr, Haralambos Dafoulas, Anna Demetrakas, Nikki Deary, Cynthia DiMaio, Alex Dimitriadis, Arthur Frank, George Gatos, Dr. Constantine Georas, Fr. Andrew George, Anthony George, Barbara Goldis, Anna Gountra, M/M Constantine Grammas, Eleni Grammas, Elizabeth Grammas, Nicole Grammas, Sia Grammas, George Hantzakos, M/M Nicholas Hantzakos, M/M Spiro Haritos, Alexis Harritos, M/M Demetrios Harritos, James Harritos II, Ann Heberg, M/M Joseph Howard, Dr. & Mrs. Robert Janigian Jr., Dr. & Mrs. Apostolos Kallis, M/M Alexander Kanelos, Dr. Theodore Kanelos, M/M Basil Karkanis, M/M Jason Kilsey, M/M Costas Kritikos, M/M Richard Lowell, Theodora Maniakos, Dr. & Mrs. James Manis, E. Nicholl Marshall, Stavroula Marsis, M/M Peter Mihalos, Tulla Mihals, Jean Mihelakos, M/M Theodore Moran, M/M Alexios Nikolaides, M/M John Panagako, M/M George Panas, George Panteleakis, Vasel Papa, M/M Gus Pappas, M/M Nikolaos Petropoulos, Dr. & Mrs. Peter Petropoulos, M/M Gus Proyous, M/M Michael Psikakos, John Quinn, Mary Quinn, M/M Lyle Rawlinson, M/M Stamatios Revis, James Robinson, M/M Andrew Rougas, Dr. & Mrs. Steven Rougas, M/M Charles Samaras, Mary Samaras, Carole-Anne Sanchas, Christopher Sanchas, Nicholas Sanchas, M/M Phillip SanSouci, Mary Scapinakis, M/M Michael Sotirakos, Cynthia Springer, Virginia Strekorous, M/M Nicholas Tanionos, Dr. & Mrs. William Tsiaras, M/M John Turini III, Sophia Tzantos, William Vanech, Andriana Vanikiotis, Anthony Vanikiotis, M/M Frank Vasiliadis, M/M Peter Vassilopoulos, Dr. & Mrs. Michael Vezeridis, Maria Vlahos, Mr. & Dr. Leonard Wood, Carole Xanthakis, M/M James Xiarhos, M/M Peter Xiarhos, M/M Socrates Zafiriades Jr., Gregory Zervos, Drs. John & Eleni Pappas-Zervos.

+++++++++++++++++++++++++++++++++++++++++

Nothing is Impossible when We Stand & Work Together
Thank you for the Friday Lenten Floral Icons

Thank you to M/M Michael Haralambides in memory of Haralambides, Katsetos & Koulax Family

Thank you to Georgia Fortunato in memory of Samuel & Catherine Boretos

Thank you to James Cimino in memory of Sue Cimino

Thank you to Carole Xanthakis in memory of Husband John Xanthakis & Parents George & Despina Pakuris

******************************************************************

2020 Update Concerning E-Mail

Please note, if you are not receiving emails from the parish, this could mean we do not have a current email address for you. Please call the office if you have changed your email address so we are able to involve you in all the parish events and parish news updates. When we put you on our list-serve line you receive all the information needed. Take a moment to just check and make sure we have your correct email… Thank you

Philoptochos Activities are Postponed

The various local and Metropolis activities of these current weeks are all postponed. The next local meeting is anticipated to be Monday May 18. In the meantime, National Philoptochos is on the forefront in assisting with recent disbursements of $25-K to both Feeding America Network and to Meals on Wheels America. These donations are made possible through the various local chapters forwarding funds to the National office. Reminder is given of maintaining connection with family & friends in all the various ways available. Video meetings are urged during this period of isolation.

Donation of Byzantine Music Books

We wish to thank Vasilios & Agoritsa Liakos for the donation recently of several books written in Byzantine script, in memory of Constantinos Liakos, Valisi’s uncle, who was a long time chanter many years ago in Manchester, NH. Most of these books are print dated from the early 1900s…very precious. Constantinos was an unmarried man, devoted to Christ and the chanting ministry of Orthodoxy and passed on in the early 1980s.

Consider Donating Blood

With the current coronavirus topic, the RI Blood Bank reports a critical low in the blood supply for Rhode Island. Contact one of the many donations centers around the state to schedule an appointment.

Recent Deaths

Dr. Michael DiMaio age 70 of Cranston, RI passed away on 2/19/20. His funeral and burial was held on 2/24/20. Andrew Mitrelis age 89 of Cranston, RI passed away on 2/20/20. His funeral and burial was held on 2/25/20. Georgia Psilopoulos age 55 of North Smithfield, RI passed away on 2/22/20. Her funeral and burial was held on 2/28/20. Megan Celani (fiancé of Peter Trikoulis) age 39 of Johnston, RI passed away on 3/15/20. Her funeral and burial was private held on 3/20/20.

~May their memory be eternal~
Please note all services are in question based upon the virus status

**Lazaros Saturday to Pascha 2020**

<table>
<thead>
<tr>
<th>Sat. April 11</th>
<th>Lazaros Saturday / Church School Communion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8:15 am - Orthros</td>
</tr>
<tr>
<td></td>
<td>9:20 am - Forgiveness Prayers</td>
</tr>
<tr>
<td></td>
<td>9:30 am - Liturgy of St. John Chrysostom</td>
</tr>
</tbody>
</table>

**Sun. April 12** Palm Sunday / Entrance to Jerusalem

|               | 8:15 am - Orthros                         |
|               | 9:20 am - Forgiveness Prayers             |
|               | 9:30 am - Liturgy of St. John Chrysostom |

**Sunday Evening:**

<table>
<thead>
<tr>
<th>Mon. April 13</th>
<th>Nymphios Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 pm - 8:30 pm</td>
<td>Nymphios Service/Forgiveness Prayers afterwards</td>
</tr>
<tr>
<td>Tues. April 14</td>
<td>Nymphios Service</td>
</tr>
<tr>
<td>7:00 pm - 8:45 pm</td>
<td>Nymphios Service/Forgiveness Prayers afterwards</td>
</tr>
</tbody>
</table>

**Wed. April 15** The Sacrament of Holy Oil (Euchailion)

|               | 4:00 pm - 5:15 pm — Followed by anointing (especially for families w/ children) |
|               | 7:00 pm - 8:45 pm — Nymphios Service — Followed by anointing |

**Thurs. April 16** Commemoration of the Mystical Supper

| 7:00 am - 8:30 am | Vesper / Liturgy of St. Basil |
| Communion to be distributed within the proper context of the liturgy |

**The Passion of Our Lord / Service of the Crucifixion**

**Thursday Evening:**

| 7:00 pm - 10:00 pm | Reading of the 12 Gospel Narratives |
| And Procession of the Crucifixion |

**Fri. April 17** Holy and Great Friday

| 10:00 am - 11:45 am | Service of the Royal Hours (Teens as readers) |
| Simultaneously the decoration of the Tomb |
| 4:00 pm - 5:15 pm | Service of the Descent from the Cross |
| 7:30 pm - 10:30 pm | Service of the Lamentations w/ Procession |

**Sat. April 18** Holy & Great Saturday / Discovery of the Empty Tomb

| 9:00am - 10:45am | Vesper / Liturgy of St. Basil |
| Communion will be distributed within the proper context of the liturgy |

**11:00 pm** Chanting of the Paschal Canon

Please arrive early giving yourself time to park your car and enter the Church which will take extra time due to the large number of people who normally attend.

| 11:45 pm - 2:15 am | Paschal Orthros & Resurrection Liturgy |

**Sun. April 19** Holy Pascha (Easter Sunday)

| Noon — 1:00 pm | Agape Vespers |
| (Gospel Read in Various languages of the World) |

*Easter Egg Hunt follows at 1:00 PM*
The Precious and Life-Giving Cross

Message given by Fr. Nick on March 22nd, 2020
The Third Sunday of Lent.

In the name of the Father Son and Holy Spirit Amen

Beloved parish family,

While it feels strange to be addressing you within an empty Church, at the same time we feel a presence of all of you here. We know that you are in your homes, praying, making the sign of the cross, as though you are here. That presence is very real. Whether we are in the Church or whether we are in the Little Church of our Homes.

As I’ve said before, I will say again, what a week that we’ve had! It’s just simply amazing the way things have progressed.

We have discussed how the news continues to blare. We find ourselves consumed and anxious and angry. We also understand that we are in the third week of Lent and three weeks away from our Palm Sunday. It is amazing! We also consider that this is the third week of Lent, the mid-way point.

The Church understands that we may be a little tired at this time for various reasons which include the circumstances that we experience today.

The Precious and Life-Giving Cross of our Lord is presented to us today as an emblem to remind us what our faith is based on. When we remember the Cross of our Lord, we remind ourselves that His struggle becomes our struggle and that His victory becomes our victory.

In the Old Testament Moses left Egypt with the Israelites to enter the holy land of Zion. Instead they found themselves in a desert for 40 years. They drank water that was bitter and stale. Days began to pile up on one another. They became bored, anxious, afraid, and angry as they drew water that seemed to be more and more bitter. Moses prayed to God to alleviate this staleness. He was told by our Lord to take his wooden staff and to place it within the water. This water instantly became a source of life, light, and joy. Just as Moses had dipped his staff into the bitter and stale water, our Lord dips the wood of the precious and life-giving Cross into the lives of each and everyone of us today.

~continued on page 11~
How do we draw from this stream, this wealth, this joy? We draw from it by taking the time to quiet our anger, anxiety, and restlessness down. It is a reminder to have our quiet time every day. To read our scripture, to remember the fast. In these ways our Lord takes what may be getting stale- our Netflix or Amazon Prime binges, our Instagram Feeds, our Facebook and he drops into our lives, sweetness, compassion and life.

I quote at this time 1st Corinthians 1:18
The message of the Cross is foolishness to those who are perishing, but to us who are being saved it is the very power of God.

For us Christians we live with hope, fire, and light. The Cross for us is the very power of God in our somewhat stale lives.

We know that when our Lord ascended the Cross, He was not powerless. He endured a battle for us and he came out victorious. Today, we are in a battle. We are called to remain hopeful, loving, peaceful, joyful during times when it is not easy to do so.

How can we take the message of the Cross and apply it to our own lives? We know that when we are at home we may be sitting in our pajamas all day long or at least half of the day. We may not be putting our watch on or our jewelry. This week however we should remember to put on our Cross. I remember when I was a child and I had a bad dream I came to my Grandmother for her counsel. My grandmother said to me “when you wake up from a bad dream, the first thing you should do is make the sign of the cross. Since that time, every time I have a bad dream and I make the sign of the cross I am relieved and given feelings of peace, light, and comfort.

Let us make the sign of the cross this week boldly when we are anxious, afraid, or upset. Let us hold our crosses perhaps when we are listening to a 12pm news report from the President or Governor so that we can feel the peace, light, and comfort of our Lord.

Let us allow ourselves to partake of these sweet waters as we commemorate once again the power and the glory of the precious and life giving Cross of our Lord, God, and Savior Jesus Christ.
ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ ΤΗΣ ΜΕΓΑΛΗΣ ΕΒΔΟΜΑΔΑΣ

ΣΑΒΒΑΤΟ ΤΟΥ ΛΑΖΑΡΟΥ
- 8:15 πμ Ορθός / -9:20 πμ Συγχαρητική Ευχή
- 9:30 πμ Λειτουργία Ιωαννου Χρυσοστόμου
  (ακολουθεί πρωίνο) – 12:00 μμ Ετοιμασία Βαϊων
- 8:15 πμ Εισόδος εις Ιερουσαλήμ
- 9:20 πμ Συγχαρητική Ευχή
- 9:30 πμ Λειτουργία Ιωαννου Χρυσοστόμου

ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΙΩΝ
- 7:00 μμ Ακολουθία Νυμφίου
- 7:00 μμ Ακολουθία Νυμφίου – (Συγχαρητική Ευχή)
- 7:00 μμ Ακολουθία Νυμφίου / Υμν. Κασσιανής
  – (Συγχαρητική Ευχή στο τελος)

ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ
ΜΕΓΑΛΗ ΤΡΙΤΗ
- 4:00 μμ Ευχέλαιον για παιδιά
- 7:00 μμ Ακολουθία Νυμφίου / Ευχέλαιον

ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ
- 6:00 – 7:20 πμ Λειτουργία Άγιου Βασίλειου
  (θα δαθεί Θ. Κοινωνία μονο στην καταλλήλη
  ώρα της Λειτουργίας)
- 7:00 μμ Ακολουθία της Σταυρώσης
  (Δωδέκα Ευαγγελία)

ΜΕΓΑΛΗ/ΑΓΙΑ ΠΑΡΑΣΚΕΥΗ
- 10:00 πμ Οι Βασιλικές Όρες (με τα παιδιά ως
  αναγνώστες) Προσευμασία Επιταφίου.
- 4:00 μμ Αποκαθήλωση
- 7:30 μμ Θρηνος και Περιφορά Επιταφίου
- 11:30 μμ Αγρυπνία

ΜΕΓΑΛΟ/ΑΓΙΟ ΣΑΒΒΑΤΟ
- 9:00 πμ Λειτουργία Άγιου Βασίλειου
  Ανακαλυψη Κενου Ταφου
11:00 μμ Πασχαλινος Κανόν
11:45 μμ Πασχαλινος Ορθός (Παρακαλείστε να
  παρκαρετε και εισελθετε στην Εκκλησία πριν
  της 11:45) Ακολουθεί Πασχαλινή Λειτουργία.
- 12:00 Εσπερίνος της Αγάπης
- 1:00 μμ Παιδικο Πασχαλινο Κυνήγι Αυγών

ΑΓΙΟ ΠΑΣΧΑ
The young ladies of our parish are invited to participate as Myrofori ("the Myrrh Bearing Women") on Holy Friday at the Evening Lamentation Services. This is a beautiful tradition that is honored by many Orthodox churches worldwide and it is the 2nd year we are participating in it in our parish!

The service begins at 7:30pm, and the girls will participate in circling the Epitafios at the Third Stasis of the Lamentation Hymns which includes a verse "early in the morning the myrrh-bearers came to Thee and sprinkled myrrh upon Thy tomb."

This will be approximately around 8:30pm but participants should arrive earlier to get prepared. Girls in 3rd though 8th grade are invited and asked to come dressed ALL IN WHITE - dress, shoes, stockings/socks. A white floral head wreath will be provided, along with basket and flower petals.

If you and your daughter(s) are interested, please email alexiahatjopoulos@ymail.com by April 6th. It is expected that participants are able to be orderly and stand still in a reverent manner for about 15 minutes (at the tomb) and also process in the outdoor procession a bit later in the service.

We will have a brief (15-20min) walk-through for the participants and parents on Friday, April 10th, 5:15pm. We will provide further details via email to all confirmed participants.
Beetreat

I am pleased to share that our Church of the Annunciation Be the Bee Retreat was a success. We had around 80 participants and our facilitators did very well.

The Day begin with the Divine Liturgy and the Saturday of the Souls at 8:30 and finished with Vespers at 5:00PM. Breakfast and Lunch were provided as GOYANS and Adults prepared for their individual sessions.

In terms of the GOYANS Steve Christoforou offered sessions that revolved around praying for those around, developing relationships, and getting to know Christ. They also participated in a service project which involved making kits for those at the Hellenic Nursing Home in Boston.

The Adult Sessions were lead by Christian Gonzalez. Christian lead our Adults through sessions that involved what ministry should look like, how to speak to our kids about Christ, and how to facilitate an environment that is focused on vulnerability and the ability for our kids to develop closer relationships.

In the Evening, Steve Christoforou engaged our Young Adults at an Orthodoxy on Tap at Yolenis in Providence. There were more than 50 Young Adults in attendance with food provided. Steve spoke about how it is now the time for Young Adults to take the ministry of the Church into their own hands and open up their individual homes to each other.

Overall, the Beetreat was awesome to be a part of and we are very thankful to Steve and his team at the Department of Youth and Young Adult Ministries.
Worship with us live & online via our 
Church of the Annunciation, Facebook Page.

Please pray with us from home.
We will light candles for our faithful at every service.
Say a pray and donate by 
paypal.me/AnnunciationRI
(a fee is deducted from your donation)

Please call or email the office with your request 
and mail in a check.
Thank you and we are here for your prayer concerns.

A Family that has 
Served Local Families 
for 4 Generations...
STILL IS.

“Our family has been a part of the Rhode Island community for over 100 years, 
so we know what a special place it is. As caring neighbors and close advisors, 
we have always been there for families through difficult times. We are committed 
to providing the very best service before, during, and after the funeral.”

NARDOLILLO 
FUNERAL HOME 
INC. 
EST. 1906

Robert A. Nardolillo, Jr RE/10
David M. Nardolillo RLDO/CPC
Angelo M. Nardolillo RLDO
Robert A. Nardolillo, Jr RLDO
Ray M. Nardolillo RLDO
Angelo M. Nardolillo, Jr. RLDO
Andrew M. Nardolillo RLDO
Anthony M. Nardolillo RLDO

1278 Park Avenue 
Cranston, RI 02920 (401) 942-1220

1111 Boston Neck Road 
Narragansett, RI 02882 (401) 789-6300

Thomas M. Nardo RE/LDO/CTSF
Jeffrey D. Wilson RE/LDO/CTSF
John K. Suprenant Jr. RE/LDO/CTSF
Kenneth J. Antinola Office Manager

Ann C. Cote
O God, our God, ho didst send Thine Only-Begotten Son for our salvation, send down Thy Holy Spirit upon this Thy servant, Jesse Brandow, that he may proclaim Thy Good News And share Thy love. Travel with him and deliver him from all agitation, slander, and devices of the evil one. Keep him strong in body and soul so that he may be a light to those still in darkness. Grant that he may fulfill Thy command to make disciples of all nations. May his service be pleasing in Thy sight, glorifying Thy Most Holy and Majestic Name, of the Father, the Son & the Holy Spirit.

Amen
“WOODLAWN” Funeral Home
600 Pontiac Avenue
Cranston, Rhode Island
421-0289

Four Generations of Dignified Service for over 100 years…
We continue to serve our Thomas Gattone & Son families, formerly of Broadway, Providence at our Woodlawn Family
Michael P. Tasca, President
Susan M. Tasca, Funeral Director
Robert J. Lepore, Assistant to the Director
Personalized assistance with Advanced Planning

YOUR LOCAL REAL ESTATE EXPERT

Melissa Perdikakis

Call: 401-269-9168
Email: melissa.perdikakis@gmail.com

Shop by Phone at The Parish Bookstore

Call ahead for Red Egg Dye, Lenten Service Books and Holy Week Books, Prayer Ropes etc.
Please do not walk in, Please Always call Ahead.
401-942-4188

THANK YOU AND STAY WELL
Living Great Lent- IN THE MIDST -of the Corona Virus
Fr Andrew George

None of us ever expected this season of Great Lent to be this difficult, now with the coronavirus concerns. Clearly Lent always has its own challenges as we are urged by the church to focus on our soul and heaven and not the body and the world as such; thus we are directed to pray more (both at home and in church), to do more food fasting and to intensify our charity and almsgiving.

But this year – WOW- the extra onslaught of a valid worldly concern, that of a health nature! The directive for social distancing is probably the hardest as it keeps us apart when Great Lent (and the month of March in particular) always has so many special parish gatherings, bringing us together.

First of all, the once-a-year special Lenten evening services, the special extra Sunday commemorations, our Oratorical Festival, our Patronal Festal Great Vespers with visiting clergy, the Parish name day luncheon and Greek School Children’s Program, the Greek flag raising at city hall and the state house, Lazaros brunch and palm weaving! Then the pinnacle of all of this – the GREAT & HOLY WEEK observances. Will coronavirus also affect this reality in April? Only God knows. Stay tuned!

Probably the hardest aspect is the inability to receive the Eucharist as a result of the social distancing directive which keeps us from any gatherings of “10 or more people.” This has created a rather odd phenomenon… the obligatory fasting “from” Communion (albeit we pray short term). In Great Lent, we actually are urged to receive even more often than other cycles of the year, so clearly there must be an unmet thirst for many.

Please understand the decision taken by our ecclesial authorities, that attending services currently during this pandemic, is predicated on the concern of not spreading any potential virus germ to a fellow parishioner near you in the church and NOT that anything is harmful about Communion itself.

Now faced with this reality…can there be a “positive side” to this? I read recently an article by the Rev Deacon Mark Roosien, PhD in theology from Notre Dame (an Orthodox Christian), who writes the following:

“Those who strictly observe the Orthodox Lenten fast from meat, dairy, and animal products know the delight of that first cut of the lamb roast at the Paschal feast, the first bite of aged gouda after the vigil….. Abstaining from the comforts of food and drink creates a yearning and enhances the sweetness of tasting them once again. Abstaining from the Body and Blood of Christ can also create such a yearning—for the sweetness of God. While the increase in frequency of Communion among Orthodox Christians in the recent decades is certainly a positive development in our Church, there has also been the risk of routinization…… Obligatory deprivation of Communion presents an opportunity to bring back into focus the stark and bracing reality of the eucharistic sacrifice. At this time of pandemic, when we are confronted with our own bodily frailty, weakness and pain, deprivation from Christ’s Body and Blood can help us remember how God has joined in solidarity with us in our human condition. Jesus knew divine absence. On the Cross, He cried out, “My God, my God, why have you forsaken me?” the first line of Psalm 21/22. This affliction, this sacrifice, the lowermost moment of Christ’s kenosis or self-emptying, is an important aspect of the eucharistic memorial that is sometimes forgotten in Orthodoxy.”

Beloved parish family - In all crisis situations in life…..there are new things to think about, to learn and to grow. From bad, comes good!
**LENTEN MENUS TO ENJOY**

Yes “enjoy”. More and more people are finding the joy and the benefit in Lenten meals. Try these out………

**Breakfast Menus for Strict Fasting**
Fruit Juice, Lenten Apple Pastry, Coffee, Tea, Juice
Fresh Fruit, Lenten Carrot Bread, Coffee, Tea, Juice
Marmalade Broiled Grapefruit, Halva, Coffee, Tea, Juice
Toasted Lenten Bread with Peanut or Almond Butter, Nuts & Raisins, Juice, Coffee, Tea

**Luncheon Menus for Strict Fasting**
Chick Pea Soup, Shrimp Salad, Halva, Water
Lenten Potato Salad, Assorted Boiled Vegetables with Lemon Juice, Fresh Fruit in Season, Water.
Vegetable Stew, Fresh Fruit, Water.
Navy Beans, Sliced Tomatoes, Cucumbers and Onion Rings, Applesauce, Water.
Tomatoes and Rice, Boiled Greens, Broiled Oranges and Grapefruit Slices, Water, Coffee, Tea or Soft Drink.

**Dinner Menus for Strict Fasting**
Chick Peas and Rice, Shrimp with Lemon Juice, Asparagus, Melon Delight, Water.
Boiled or Steamed Oysters, Macaroni & Peas with Chopped Mint, Peaches, Pineapples & Applesauce, Water.
Shellfish Salad, Boiled Zucchini, Pickled Tomatoes, Sliced Strawberries with Bananas, Water.
Peanut Butter & Jelly Sandwich, Potato and pea salad, Lettuce Wedges with Oregano and Lemon Juice, Apple Desert, Water.
Bean Soup, Beets and Sliced Onions with Lemon Juice and Oregano, Relishes, Grape Juice Pudding—Moustoalevria, Water,
MOVE FROM CRISIS TO CHRIST-LIKENESS
WHAT TO DO DURING A TIME OF UNCERTAINTY

**BE HOPEFUL**
You are my refuge and my shield; I have put my hope in your word. - Psalm 119:114
Take time to assess what you **know** to be true and **don't fantasize** about what may or may not happen in the future.

**REMEMBER GOD'S LOVE**
I trust in God's unfailing love for ever and ever. - Psalm 52:8
God's unfailing, unconditional love endures forever and will sustain us regardless of what may be happening in the world.

**BE PATIENT**
Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. - Colossians 3:12
Don't **react** to the uncertainties of the situation but **act** with compassion, kindness, and patience as a situation develops.

**STAY CONNECTED**
Therefore encourage one another and build each other up... - 1 Thessalonians 5:11
If you can't visit, take time to call your loved ones and neighbors to check on them and show you care for them.

**PRAY**
Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God. - Philippians 4:6
Seek out God through prayer and trust in His sovereignty. Pray for one another because Jesus Christ commanded us to do so. By praying for others we are imitating Christ.

**HELP**
Bear one another's burdens, and so fulfill the law of Christ. - Galatians 6:2
When possible, help someone in need. Consider picking up groceries for a shut-in or making food for a family in need.