Fr. Alex’s Message: Surviving “The Crunch”

"April is the cruelest month" — so said T.S. Eliot. I might have to take issue with this brilliant man’s words, after reviewing our calendar for Great Lent in 2017.

With Lent having begun in late February and coming to a close in early April, we might say that March is really the cruelest month for us. Of course, I’m being a little silly here: we know our Lenten journey, difficult as it can be, is always positive, always designed to uplift us and bring us closer to God. There is no cruelty about it. But it’s not easy, and March would seem to be our "crunch time," the challenging period of struggle that falls between the good intentions and high energy of the opening days of Lent and the second wind many of us experience with the imminence of Holy Week.

This is our time in the trenches. Thirty-one days of services, preparation, abstinence, fasting, reflection, almsgiving and challenge. This is the critical time when many abort the fast, put aside their prayer books in frustration, decide they can wait until next year for that much-needed Confession and simply let other "items" rise to the top of the priority list.

So here’s your pep talk! First off, if you think everyone doesn’t struggle with the spiritual discipline of the Church, think again. We all struggle with this process of "self-emptying" and preparation; frankly, knowing you go through many of the same things I go through comforts me, gives me encouragement and lets me know I’m not alone. We are a strength to each other, as God is a strength to us all.

Second, it's no secret that anything good in our lives takes effort and sacrifice. Whether it’s marriage, raising children, growing friendships, educating ourselves, building a business, pursuing a dream—anything worthwhile demands sacrifice. And this sacrifice makes all the difference: we value God’s gifts more, we grow from the journey and we gain perspective.

Third, don’t forget how much I always stress "baby steps" and "building blocks." If you and I, say, want to improve our diets—basically start putting better things in our bodies in appropriate amounts—we don't achieve this overnight. The first week, we try to limit our snacking at night; the second week, we carry on our commitment to snacking and begin walking or hitting the gym two nights per week. In the next week, we try and maintain the existing commitments and create another good habit.

Now, try and apply these ideas to all your Lenten commitments. If you’ve never
Come and See

abstained from meat before, begin with Friday dinner one week; the next
week, grow it to Wednesday and Friday dinner and so on. Make an ap-
pointment, right now, to volunteer at a helping organization on one spe-
cific date during Lent, to help with your practice of almsgiving; try for two or three
dates next Lent. Pray for two minutes each morning or evening one week, and then
experiment with three minutes the following week. You get the picture.

If you have spiritual burdens in your life, practice facing them little by lit-
tle. Confession can help with this, too. Take another baby step and come
talk to me about what this help looks like. Remember, we are not alone.

The key, as I’ve mentioned before, is this elusive sustainability. What can
you stick with? How can you avoid Lenten burn-out? These are ques-
tions to ask of yourself, pray about and work on. And then you will not
only survive “the Crunch” but thrive throughout it!

Anticipating His mighty, saving Passion,

Fr. Alex

Soul Saturdays —One More Service on March 4

Each year on the Soul Saturdays leading up to
and at the beginning of Lent, a Divine Liturgy
and special memorial are offered; the faithful
are invited to be present and submit names of
those departed, for remembrance. There is still
one service left on the 4th!

Give your list of names (the departed only) to
Fr. Alex at the service or ahead of time via
email. Listing forms are in the Narthex. Please make sure to also
join us for the Liturgy and memorial—your presence is vital!

Lenten & Kouhouklion Donations

The Lenten Donation Form has been mailed
home to all our Stewards and is available in the
Narthex. Agape Kouhouklion/Epitaphios dona-
tion envelopes are enclosed in this Come &
See and are also in the Narthex. Thank you for
your support and generosity.
Online Giving: “Faithful—Direct” —Easy, Spontaneous Giving

With Great Lent here and Holy Week on its way, many of us will be interested in sponsoring the decoration of an icon or fulfilling another need. What if you could do this online with just a couple of clicks? “Faithful—Direct” is our program designed to make our gifts easy and more spontaneous. Please take a look at the “Giving” Page of our website and take our shopping cart for a test drive!

Stewardship
www.stphilipnh.org/stewardship/

Every Member Capital Campaign
www.stphilipnh.org/stewardship/every_member.php

General Donations (Easter, Festival, etc.)
www.stphilipnh.org/donate/

Putting “Time” & “Talent” to Work —Joe Pappo

As you probably know, the 2017 Saint Philip Greek Food Festival is approaching, and our beloved parish needs the time and talent of our parishioners to make this event successful. This is our church’s biggest fundraiser and necessary in order for OUR Church to offer the many services to the community that it does.

When festival time comes there are plenty of hands to help, but all the planning is done by a handful of people handling several tasks. You can help us change this by getting involved early. If you have the time and one of these committees is in your talent range, we could use your help in several areas: First is General Advertising. This includes ads in newspapers and online, posters, signs, and any new ideas you can come up with. Second is the Festival Ad Book. Even though there is a committee in place, help is needed selling ads to local businesses, such as stores we drive buy on a daily basis or may have a connection to.

Remember, “time” and “talent” are important parts of Stewardship. Please contact me to learn more about either of these opportunities: jpappo@nmexpress.net.

Every Member Campaign
Looking to the Spring

As mentioned last month, we have done well raising money, but we are still short of our goal. We have had 5 out of 6 “Key Sponsorships” filled with $3,000 in pledges given, totaling $15,000. We now need to step up as a community to begin matching these generous gifts. This approach was designed to put us in a position to launch this project in the spring. Please be part of this giving with your gift today. We all want our dome restored this spring, and we are on the cusp of accomplishing this. We hope you will join this effort.

Learn more about “Every Member,” and give online today: www.stphilipnh.org/stewardship/every_member.php.
Hello Sunday School Families:

Lent has started, and on March 5 the Lenten Activity Sheet will go home with your child to help you and your family focus on preparing for the greatest feast in our Church, the Resurrection of our Lord and Savior Jesus Christ! Activities such as attending more Church services, fasting, praying together at home as a family and almsgiving will help us prepare for Pascha.

The Sunday School students will also be bringing home a Coin Box to collect money for OCMC. Charitable giving is an important part of who we are as Christians, especially during the Lenten season. Please consider putting the box near your family icon or the kitchen table so it is visible. As always, in addition to making monetary donations, please pray for the people in the world that are hungry and in need. Please pray also for the missionaries and all people who give aid and comfort to all people here in this country and in other countries.

Dates to Remember:
March 5: Sunday of Orthodoxy icon procession
March 19: Lesson on the Feast of the Annunciation
April 8: Saturday of Lazarus Event—Divine Liturgy, Communion breakfast, Church cleaning, palm cross-making and question and answer session with Fr. Alex
April 14: Holy Friday Retreat

Our Sunday School leaders wish all our students and families a blessed Lent!

GOYA —Advisor Marisa Donati

We began our 2017 ministry program with a very well-attended night at the Pitsas home on Feb. 4. Not only did we enjoy friendship, pizza and “Evan Almighty,” but we made 20 IOCC Emergency Health Kits. Thanks to the Pitsas family for hosting us! Now it’s time to look toward other great events, outlined below.

Please join us for as much as you can!

Coming GOYA events:
March 16 & 20: Serving with Agape members at Nashua Soup Kitchen. Contact me ASAP if you are interested in this outreach activity. Space is limited. 4 pm.
March 17: Family Night. Our theme will be “Celebrating Saint Patrick.” We are all invited and encouraged to come for dinner, learning and the Salutations Service. 6 - 8 pm.
March 19: Meeting after Sunday School. Join us!
April 8: Saturday of Lazarus Event. We’ll enjoy Liturgy, palm cross-making, church cleaning and Q & A time with Fr. Alex. 10 am (Liturgy begins) - 1:30 pm.
April 14: Holy Friday Youth Retreat. There will be special sessions for GOYAns, and the retreat is all about Holy Confession and how wonderful it can be for us. 12:30 - 3 pm (Descent from the Cross Service at 3:30 pm).
April 15: Holy Saturday. As always, we’ll be wrapping Pascha/Easter Eggs. 11 am.

I wish all of our GOYAns a beautiful Lent. Contact me anytime: marisapdonati@gmail.com.

Hellenic Dance Troupe

Hellenic Dance Troupe is available to girls and boys 10 years old to 18 years old. All children, families and parishioners are invited. Bring the whole family and invite friends!

Saturday of Lazarus Event, April 8

Join us from 10 am - 1:30 pm for Divine Liturgy, Communion breakfast, palm cross-making, church cleaning and a Q & A session with Fr. Alex. All children, families and parishioners are invited. Bring the whole family and invite friends!

Please contact Heather Cloutier with questions or to help: hacloutier@comcast.net.
Family Night, March 17
“Celebrating Saint Patrick”

Following up on our Jan. 15 JOY event, when we went on a church scavenger hunt for clues to Christ’s compassion and decorated the “Souper Pot,” we are all invited to Family Night on the 17th, when we’ll enjoy a Lenten dinner together, celebrate the feast day of Saint Patrick (each child will also receive a gift) and then join the Salutations Service. Schedule:

6 pm: Arrival, Welcome & Dinner
6:30 pm: Reflection Activity
7 - 8 pm: Salutations Service/Dismissal

JOY, GOYA, Sunday Schoolers, parents—join us! Dinner will be offered. Please contact Brandy Chetsas with your side, dessert or drink offering by March 15: abchetsas@hotmail.com.

Holy Friday Myrrhbearers

Girls grades 1 - 6 are invited to participate during the beautiful Bridegroom and Lamentations services. Contact Irene Alton: Irene.Raissis.Alton@fmr.com.

Greek School Update

Our classes meet each Wednesday: Children at 4 pm and Adults at 6 pm. It’s still not too late to join! We are looking forward to Sunday, April 2, for this year’s Annunciation/Greek Independence Day Program. We hope all our parishioners can make it, supporting our children and helping us celebrate!

To learn more about Greek School, contact George Kitsis: bettyb214@aol.com

Holy Friday Youth Retreat 2017

April 14, 12:30 - 3 pm

Holy Friday is one of the most profound days of our Church year, and we look forward to marking the day, once again, with a meaningful youth retreat. Our theme will be “God, Can We Talk?”—focusing on the powerful Sacrament of Holy Confession and utilizing the Parable of the Prodigal Son.

***All Sunday School students (K - 12th grade) invited to join us
***Lunch & snacks will be served
***Grade appropriate, engaging sessions for all
***Parent leaders and helpers are needed and wanted

Register by April 10 with Brandy Chetsas: abchetsas@hotmail.com.

Saintly Lives: Saint Alexios, Man of God (March 17)

Saint Alexios was born in 380 AD in Rome. He was raised in a royal household by his parents who, even when he was very young, realized that he felt drawn toward Christ and a life in service of His Church. His parents were not Christian, and feared that they would lose him if he were allowed to pursue the things closest to his heart. As he grew to manhood, they constantly attempted to make him feel guilty and in debt to them; they even arranged a marriage for him, trying to distract him from the growing call to monastic life he felt. On the day of the marriage, at the Altar with his intended bride, Saint Alexios looked at the Cross of our Lord, and knew what he had to do. Without a word, he walked away—out of the Church and to a Syrian monastery, where he spent 18 years praying, striving, and developing into an amazing spiritual leader. Later in life, he made his way back to Rome and lived and served in anonymity not far from his parents’ home. Not long before he died, he wrote a letter to them, expressing his love and appreciation for all they had done for him. It was read to them just after his death, which came on March 17, 440. Because of his life of sacrificial service and ministry, the Church has given him a rare title, “Man of God.”

Getting Practical: Especially early in his life Saint Alexios was under pressure. He used his faith to help him make the right decisions. We also can feel pressure at school and with friends—and we also can use our faith to help us make the right decisions that keep us close to God.
WINTER 2016 RETROSPECTIVE

PHOTOS
## March 2017 Calendar

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<th>Sunday</th>
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| **Sponsoring Fellowship Hour** Contact the Church Office to sponsor on a coming Sunday: office@stphilipnh.org; 603.889.4000. Thanks to our sponsors:  
Jan. 22: Vasilou Family, in memory of Odesia Vasilou  
Jan. 29: Sunday School Families, in celebration of our Godparents  
Feb. 5: Tsiaras Family, in memory of Vasiliki Tsiaras |
| **AHEPA Trisagion & City Hall Event is March 25, 11 am—a 20 Year Tradition!** The 25th is the Annunciation & Greek Independence Day. Join friends from AHEPA at Helenic Circle at 11 am, with the flag-raising and proclamation at City Hall to follow at 12 pm. |
| **Sunday of Orthodoxy** Orthros, 9 am Liturgy, 10 am  
- Sunday School  
- OCMC Sunday Event  
- Dance Troupe | 5 |
| Sunday of Saint Gregory Palamas Orthros, 9 am Liturgy, 10 am  
- Sunday School  
- General Assembly  
- Oratorical Festival | 6 |
| Parish Council, 6:30 pm | 7 |
| PreSanctified Liturgy, 6 pm (Dinner & Presentation) | 8 |
| PreSanctified Liturgy, 9 am (Breakfast)  
Health/Wellness Ministry, 10 am  
Greek School, 4 & 6 pm | 9 |
| Festival Baking/Cooking, 5 pm  
Women’s Prayer Group & Bible Study, 6:30 pm | 10 |
| Health/Wellness Ministry, 10 am  
Greek School, 4 & 6 pm  
Presanctified Liturgy, 6 pm (Dinner & Presentation) | 11 |
| Festival Baking/Cooking, 11:30 am | 12 |
| Family Night: “Celebrating Saint Patrick,” 6 pm  
3rd Salutations, 7 pm | 13 |
| 1st Salutations, 7 pm | 14 |
| 2nd Salutations, 7 pm | 15 |
| 3rd Salutations, 7 pm | 16 |
| Festival Baking/Cooking, 8:30 am | 17 |
| Agape Nashua Soup Kitchen Service, 4 pm | 18 |
| Agape General Membership Mtg., 6:30 pm | 19 |
| Stewardship, 6:30 pm | 20 |
| Apagite Nashua Soup Kitchen Service, 4 pm | 21 |
| Compassionate Friends Grief Support Group, 6:30 pm | 22 |
| Health/Wellness Ministry, 10 am  
Greek School, 4 & 6 pm  
PreSanctified Liturgy, 6 pm (Dinner) | 23 |
| Women’s Prayer Group & Bible Study, 6:30 pm | 24 |
| Health/Wellness Ministry, 10 am  
Greek School, 4 & 6 pm  
Presanctified Liturgy, 6 pm (Dinner & Presentation) | 25 |
| Festival Baking/Cooking, 9 am | 26 |
| April/May Come & See Submissions Due | 27 |
| Compasionate Friends Grief Support Group, 6:30 pm | 28 |
| Health/Wellness Ministry, 10 am  
Greek School, 4 & 6 pm  
Presanctified Liturgy, 6 pm (Dinner & Presentation) | 29 |
| Akathist Hymn, 7 pm | 30 |
| Agape General Membership Mtg., 6:30 pm | 31 |
| Agape Nashua Soup Kitchen Service, 4 pm | | | | | | | | | | | |  
**Remember to “spring forward” before going to bed on Saturday, March 11!** |
A Helpful Tool in Approaching the Lenten Season

Great Lent is a time of year that moves us, stirs us, and reminds us of precious time with family and friends—we think back to cleaning our church with Altar or Sunday School friends, cooking alongside dear fellow parishioners for special events, experiencing profound spiritual moments during Lenten and Holy Week services … and that feeling of awe and joy when the darkened church of Holy Saturday Night gives way to the overpowering radiance of our Paschal candles. Why not grow this already amazing aspect of our lives by learning more? Our Archdiocese now offers an excellent online teaching tool to help us do just this. It is filled with articles, interactive programs, and guides to the themes and services of Great Lent, Holy Week, and Pascha/Easter.

It’s easy to navigate, and the content is very much worthwhile: lent.goarch.org/

“Souper” Bowl Sunday Reflections

Thanks to all those who supported our Souper Bowl Sunday of Caring effort on Feb. 5. Nearly $430 was donated by our faithful. All proceeds have been offered to the Altar Fund, in support of the Saint Philip Outreach Ministry. Please note that general canned/non-perishable goods can now be brought to the Giving Box in the hall for the Nashua Soup Kitchen. Please make this effort a part of your Lenten almsgiving and preparation!

Stay Connected

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| YOUTH                |
| Youth Director       | Elena Barker       | 603.321.2931 |
| Altar Service        | Daniel Gioffre     | 617.429.9132 |
| GOYA                 | Marisa Donati      | 603.801.9026 |
| Greek School         | George Kitsis      | 603.669.9041 |
| Hellenic Dance Troupe| Maria Donati       | 603.801.1948 |
| JOY/Family Night     | Brandy Chetsas     | 508.653.0561 |
| Sunday School        | Heather Cloutier   | 603.889.5501 |

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<td>Elpis Ladies’ Society</td>
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<td>Pan-Macedonian Society</td>
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Outreach Snapshot
—Presanctified Liturgies

This month, bring interested friends to our PreSanctified Liturgies after work! Dinners will be offered each evening and the Orthodox Life series on the 1st, 15th & 29th.

Connect to “Home Base”
March 19 & 26, following Divine Liturgy

No, it’s not quite baseball season, yet! But it is “Home Base” season at Saint Philip. Home Base is a new ministry of our parish, designed to be of help to our Sunday School parents as they strive to gain control of their children’s education in the faith. Through time-efficient, approachable sessions after Divine Liturgy, our leaders attempt to create an environment where we can learn more about our Orthodox Faith and in turn share with our children—in a sense, a home base of understanding to begin from and a place from which we can then knock it out of the park when it comes time for sharing. And now Home Base is also open for all our parishioners, in addition to our Sunday School parents. Please check the Church calendar each month for our Home Base Sundays, and make sure to bring a family member or friend along.

—We look forward to seeing you on the 19th & 26th!
Agape News

On March 1, we will be hosting the PreSanctified Liturgy dinner. All willing to cook and otherwise help prepare may contact Panayota Mikedis, our chairperson of the month: 603.943.7503.

Our next General Membership Meeting will be Monday, March 6, at 6:30 pm. We will meet at the Church for fellowship and planning. All women of our parish are welcome! We hope to see some new faces.

This month's Nashua Soup Kitchen volunteering dates are March 16 and 20, at 4 pm. If you'd like to volunteer, contact Sia Juris: 603.888.4681.

Finally, please consider baking a Prosforo (offering bread) for the Holy Eucharist. Contact Elaine Vrouhas to learn more: 978.256.7009.

Lenten Orthodox Life Series

March 1, 15 & 29, 6 pm

Our Orthodox Life Ministry is very pleased to announce our Lenten series: “Practicing What We Preach.” Led by three amazing guest presenters, we’ll learn about actualizing our professions of faith throughout every facet of our lives. Presenters: Dr. Philip Mama-lakis, Fr. Nicholas Apostola & Dr. John Chirban.

Presentations will be offered following PreSanctified Liturgy and during our community dinners. Please see the inserted flyer for more details.

Women’s Prayer Group & Bible Study

Join us for our coming gatherings, each beginning at 6:30 pm.
March 9: “Handling Adversity”

Health & Wellness Ministry

—Lent: A Period of Metamorphosis

Lent is a period of metamorphosis—a chance to transform ourselves into healthier, better beings, pleasing to the Lord. For many of us, it is a time of fasting and abstinence, a period of self-sacrifice which challenges us out of our comfort zone.

And it challenges us spiritually, physically and mentally. Like the future butterfly, we withdraw into our cocoon, sealing ourselves off from unhealthy habits of eating and behavior to focus on what is healthy for us and to seek a more prayerful closeness to God. When we emerge from our cocoon shedding our old self, we are like the beautiful butterfly, transformed into the person God meant us to be. A blessed, transformative Lent to all! Note for our calendars: Therapeutic Chair Massage will not be offered on March 1. Thank you for your understanding.

Festival Prep—Call to Action!

As you may have heard, we are in full swing most weeks with baking and cooking events (see Pg. 7). Your assistance is very much needed; we hope you will challenge yourself to do a little more this year. Our younger members have been noticeably absent, but the good news is that it is never too late. And, what better way to get to know your fellow parishioners—not to mention pick up a few cooking tips from the best of the best? Please don’t let this call go unanswered. Your assistance for a couple of hours is invaluable.

OCMC Sunday at Saint Philip

—March 5, 1st Sunday of Lent

The Orthodox Christian Mission Center (OCMC) is the sanctioned Orthodox Christian mission effort of all the Orthodox Churches. Many of us will be using OCMC Coin Boxes this year, one of many ways we can help this great missionary institution of the Orthodox Church.

This year and every year, we plan to highlight this ministry on the first Sunday of Lent. We look forward to a special presentation and Fellowship Hour on the 5th. Please join us!

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Save the Date

March 31: Akathist Hymn
April 2: Annunciation/Greek Independence Day Program
April 8: Lazarus Saturday Event
April 14: Holy Friday Youth Retreat: “God, Can We Talk?”
April 16: Holy Pascha/Easter

Parish General Assembly

Please join us for this very important meeting on March 12, when we’ll have an opportunity to reflect on 2016 and make plans to grow our ministries and programs in 2017.

Remember, only committed 2017 Stewards may fully participate.

Memorials

Odesia Vasilou (1 yr)
Jan. 22
Vasiliki Tsiaras (40 days)
Feb. 5
Connie Polychronopoulos (2 yrs)
Feb. 12

Sunday Altar Flowers

Stellos Family
Jan. 22
Priscilla Betses
Feb. 5
George & Helen Karakantas
Feb. 12
Kathey Richo
Feb. 26

Thank you to our sponsors!