



TRANSFIGURATION GREEK ORTHODOX CHURCH

Fr. Stephen Lawrence, Pastor

Lenten Camp "ROAD TO PASCHA"

by Olivia Sintros, VCC Coordinator

PHOTO BY ARTHUR SPARAGES



On Saturday, February 25, the Transfiguration Church hosted Lenten Camp with the theme "Road to Pascha." Participants included 35 campers from area churches who, while learning their faith, are growing and nurturing new friendships. The morning began with campers attending the second Saturday of Souls liturgy. Unlike other liturgies, the younger campers

were invited to sit on the solea, where Fr. Stephen celebrated a teaching liturgy.

A teaching liturgy allows Fr. Stephen to stop and explain the significance of what we experience during Divine Liturgy. In keeping with the theme, the older campers were given the opportunity to lay out the "Road to Pascha" in the downstairs lobby, which has

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MUSINGS



Living God's Life

GETTING TO THE END GAME

by Fr. Stephen Lawrence

Over the months we've talked a lot about what how God intends us to live. We've talked about Creation and how our existence came about as an outpouring and overflowing of the Trinity's love. We've talked about how our spiritual reality is just as real and as important as our physical reality. We've talked about how our souls work and how sin has corrupted us and left us to live a 'less-than' life. God's intent all along, though, has been for us to live an abundantly full life — to live an authentic and complete human life, unrestrained by fear, worry, insecurity, or egotism. We are, in short, meant to live the very life of God, to share in His existence and

feel His peace and His joy. Some of us know this intellectually; some know it intuitively, as an unarticulated longing that drives us to continue seeking something beyond ourselves. But part of our human condition is this lingering sense that there is something more for us; that life can be something more than we are experiencing right now. Somehow, even if we use different terms, we all know we are supposed to be living God's life.

Last month I asked you all to try an experiment. I hope some of you were able to find the time, though I know what I asked was difficult. Perhaps you were only able to spend an hour in silence, reflecting on who you are and who you want to be. If you were unable to do even that, I encourage you to take some time now to reflect (if only for a few moments) on the person you would like to see when you look in the mirror. If you do not know who you are now, you won't have the necessary grounding to move toward the person you hope to become. And this month's *Musings* is all about the skills necessary to go from being who we are (and who we are told we are) to being who we are meant to be. Like all skills, these are skills that can be intentionally improved. So, how do we begin to turn away from the false images of ourselves that have been imposed upon us and often embraced by us? By exercising our unique humanity. Here's how...

God created us as unique beings. In previous articles we've explored how we are the only beings in Creation that are both material and spiritual. But even as material beings we have unique endowments; abilities that we can utilize to become who we want to be. There are four unique human endowments that we must master and refine if we hope to move

from passive submission to our false images into active participation in the eternal life of God: Self-Awareness, Conscience, Creative Imagination, and Independent Will (if you want to read more about this in-depth, you can read *First Things First*, by Stephen Covey). We've already spent some time looking at self-awareness (*nepsis* in the Tradition of the Church), so we'll explore the other three human endowments this month.

Conscience

In the secular literature, this is defined simply as knowing right from wrong — that innate sense of what is worthwhile and noble. In our Orthodox Tradition we would call this our *nous*, that part of us that is created in communion with God. It is the most critical element in this whole process, since we cannot possibly live the life we were intended to live if we are not in touch with Him Who Created life. So, simply put, conscience is that human endowment which connects us with God; it is our relationship to God. And the way to improve our conscience is the same as the way we improve any relationship — time and proximity. If we want to fall in love with someone, or get to know them, we have to spend time being around them. So the way we intentionally develop our conscience is to immerse ourselves in God; pray, worship in the Liturgy, read Scripture and other spiritual writings (Lives of the Saints, writings of the Church Fathers). If we want to develop our conscience, we must cultivate our relationship with our Creator.

Creative Imagination

This is our ability to become what we imagine. It means that we are not relegated to repeating the

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FROM THE CLERGY BROTHERHOOD

The Power of Repentance

IT'S NEVER TOO LATE TO START

by Fr. Philippe Mousis

“Create in me a clean heart, O God, and put a new and right spirit within me.” Psalm 50(51): 10

In her book *Amazing Grace*, Kathleen Norris tells the story of working as an artist-in-residence at a parochial school, teaching children how to write poetry using the Book of Psalms as a model. One little boy surprised her with his poem, “The Monster Who Was Sorry.” He began his poem by admitting that he hates it when his father yells at him. It makes him so angry that he hits and yells at his sister and smashes up his room. Full of rage, the poem says, he proceeds to wreck the town. The boy’s poem concludes with the line, “Then I sit in my messy house and say to myself, ‘I shouldn’t have done all that.’”

Reflecting on the boy’s poem, Norris observed: “My messy house’ says it all!” And she added, “With more honesty than most adults could have mustered, the boy made a metaphor for himself that admitted the depth of his rage and also gave him a way out, ‘I shouldn’t have done all that.’ The boy was well on the way toward repentance, not such a monster after all, but only human.” And she concluded, “If the house is messy, why not clean it up, why not make it into a place where God might wish to dwell?”

For my part, I see two interrelated things in the author’s story of the boy that bear on the solemn season of the Great Lent: the hidden issues of the heart and the power of repentance, or the Springtime of the soul with all its beauty and promise.

Perhaps our own house — our own inner world — like the little boy’s may be more “messy” than we care to admit. It may be in more disarray due to imprudent acts and more cluttered with countless trivialities than we think or even suspect. Our inner world may be in need of a thorough cleaning more than we are willing to acknowledge.

If we were as honest with ourselves as the little boy in the story was, we would see the “mess” and resolve to clean it up. More importantly, we would come to recognize that our heart and soul — the very depths of our inner world — are wounded and fragmented. We harbor many hurts, pains, and disappointments. Burdened with the contagious influence of sin, we

sap our spirit of its energy and power. Far below the surface, anger rages. We feel incomplete and unfulfilled. Afraid to confront our anxieties and our moral failures, we cover up our emptiness with all kinds of noises and countless distractions.

But, as someone once wrote, the Great Lent will not let us neglect our “messy insides.” Through a series of special services, biblical readings, and inspirational hymns, the Lenten period brings us before the profound mystery of God’s immeasurable and transforming love and before the complexities, frailties, and contradictions of our human existence. On the one hand, we realize that we are driven by an irrational desire to be the center of the universe, and on the other, we are moved by a profound desire for what is true, lovely, holy, noble, and just. Lent wakes us up to the stark realities of life. It helps us focus on the essential things by guiding us to the mystery of repentance. The Psalmist said it best when he prayed: “Lord, You desire truth in the inward being. Therefore teach me wisdom in my secret heart” (Ps. 50(51): 6).

Every Lenten season brings before us the question posed by Norris, “If the house is messy, why not clean it up, why not make it into a place where God might wish to dwell?” But cleaning up the mess doesn’t come easy. Left unattended, the mess only piles up and the wounds and the despair of the heart remain unresolved. Lent is a big wake-up call: the time for deeper self-reflection and self-awareness. It is the call to repentance. We are being summoned by the Church to take hold of our life, to put things of our inward being in order. We are called to clean up the mess and to heal the wounds of the soul by turning to the Lord Christ who is the source of all healing and forgiveness and the treasure house of every blessing.

This is the season during which winter and spring struggle for dominance — not only in the physical world but also in our own inner world. We can choose to stay in the dark nights of winter by deluding ourselves that all is well in our inner world — that we have it all together — or we can let the Sun of Righteousness — Christ — shine brightly in

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Your Passover

by Fr. Christopher Makiej

“Pascha” means the New Passover. And it is meant to bring about your passover into a new way of life. You see, the old Passover is the story of the people of Israel who were in slavery in Egypt under Pharaoh for 400 years. And then God raised up Moses and sent him to Pharaoh in the land of Egypt to confront him to release the people from bondage. And through Moses God sent ten plagues upon Egypt, and the last was the worst of all, the death of the firstborn. But God instructed Moses to tell the Israelites to spread the blood of a spring lamb on the door posts of their homes so that death would not intrude but would pass over that home! (Exodus 12: 3-13)

So that was the first Passover. But the Church proclaims to us tonight that Jesus Himself is the New Passover, the New Pascha. Jesus is the new Lamb! As the blood of a lamb was spread over the doorposts — by His blood, shed and spread on the Cross, He saves us so that death will pass over us! My brothers and sisters, do you accept this? Do you believe in Him as your Pascha — as your Passover?

You see, because of Christ, our own death is not the end of us, but now it is a passing over into eternal life. John 5:24 says, “He who hears my word and believes Him who sent me has eternal life; he does not come into judgment, but has passed over from death to life.” But we’re not to be just waiting around for heaven. Our Passover, our Pascha to new life, begins here and now in this life! The Pascha life begins now, when we accept and believe in Christ Who helps us overcome sin. You see, we still have to deal with sin.

Being a Christian does not mean that we don’t have to worry about sin anymore. What it does mean is that through Jesus we now have a way out! We can be free from it enslaving us. Yet many people today are still living in “Egypt” — they’re still living in slavery — even though they may be successful, wealthy, and well educated. Many of us here tonight may be enslaved by something. It may be jealousy, it may be anger, it may be gossip. Something has you enslaved. It could be some type of addiction — a food addiction, an online or electronic device addiction. There was a study done recently with a group of students at a college in Pennsylvania: a total black-out of all technology for the weekend. No iPods, no Blackberrys, no laptops. The result: students exhibited severe symptoms of

withdrawal and serious addiction, at the same levels as an alcohol or drug addict.

Brothers and sisters, what is it in our lives that has us enslaved? As Moses led the people out of slavery in Egypt and released them from Bondage by the authority of God after the first Passover, so, too, does Jesus, the new Passover — the new Pascha — lead us out and release us from the slavery of sin! As Moses said to Pharaoh, “Let my People go!” For each and every one of us who believes in Jesus, He says to the devil, “Let my people go!” To our jealousies, our addictions, our anger, our arrogance, Jesus says, “Let my people go!” To our marital problems, to our anxieties and stresses, our paranoia, our stubbornness, Jesus says, “let my people go!”

Friends, we can’t do it ourselves. The Israelites in Egypt needed a deliverer — Moses. They could not free themselves. And Jesus is our deliverer, our *litrota* (gr.) Will you accept that tonight? Will you accept and believe that there’s no way out of sin without Christ? We all sin every day; somehow, some way, in word, deed or thought — everyday — we sin. If you can’t say and admit that, then there’s something deeply and spiritually wrong in your life. I don’t say this for people to feel bad or negative about themselves, but to declare the good news that we now don’t have to be enslaved by sin anymore!

People need to be able to say, “Wow, I used to be so arrogant! I would look down on people, thinking I was better than everyone else — it was ‘my way or the highway.’ But I’ve been delivered from it — through the power of Jesus, I have now passed over from arrogance into the promised land of humility, patience, and kindness.”

People need to be able to say, “Man, I used to gossip! It helped me avoid my own issues, because I didn’t feel good about myself; it felt good to talk about other people’s issues and faults. But now, I’ve been delivered, and I have passed over from the Egypt of gossip into the promised land of uplifting words — words that are kind, affirming, positive and loving toward others.” John the Baptist said of Jesus, “Behold the lamb of God who takes away the sin of the world.” Will you allow Jesus to take away your sin? Will you allow the new Passover, the new Pascha,

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CHURCH EVENTS



Greek Food Fair

by Nick Pappas,
Parish Council Secretary

The Transfiguration Church will host a one-day Greek Food Fair this summer, one of two major fundraisers planned by the Parish Council this year.

The council voted last month to schedule the food fair for Saturday, June 30, from 11:00 a.m. to 11:00 p.m. The event is being chaired by council member Christian Zouzas, who co-chaired last year's Grecian Festival with John Dristiliaris.

While planning is in the early stages, the one-day event is expected to have Greek food, live music, dancing, cooking demonstrations, Greek wine and beer tasting, guided church tours, children's activities, and a technology raffle of more than a dozen items — including several flat-screen TVs.

More information will be available soon in the *Trans-a-Gram*, *TransNotes*, church website

(www.transchurch.org), on Facebook (www.facebook.com/transchurch), and on Twitter (www.twitter.com/greekfestival). Volunteer sign-up sheets will become available as we get closer to the event.

The council also voted last month to sponsor a parish golf tournament, to be held on Saturday, September 22, at Campbell's Scottish Highlands Golf Course in Salem, NH. Parishioner Costas Tsioulis volunteered to chair the event. More information about the golf tournament will be available over the next few months.

The food fair and golf tournament are the major fundraising events planned by the council this year to raise the necessary \$25,000 to meet the special events portion of our operating budget.

Lenten Camp

(continued from page 1)

become a focal point for parishioners on Sunday morning. In the Orthodox Life session, Fr. Stephen compared our Lenten journey as we move on to the Resurrection, to getting on a train and allowing the engine to bring the passengers to its final destination. One of the highlights of the day were the campers making their own Passport to

Pascha. As the children journey through Lent by attending Lenten services, they have the opportunity to have their passport stamped. Once again, a grateful thanks to Fr. Stephen, session coordinators, parents, junior counselors and food service volunteers, who all offered their time, talent and treasure to this long-standing ministry.

PHOTO BY ARTHUR SPARAGES



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Musings

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patterns that have been imposed on us from outside; it means that we can break the cycle. In terms of the Church, creative imagination is our ability to repent and to purify the impulses of our souls. Instead of reacting in anger or self-righteousness, we can imagine ourselves reacting as Christ — with humility and love. We can begin to ‘re-pattern’ ourselves and imagine ourselves acting in a way befitting the Faith we profess, having perfect knowledge of God’s commandments. It is often beyond us to act as our Lord wills in every moment of every day. But we can ‘debrief’ ourselves after a fall and creatively imagine what we could have — should have — done differently. Then, when that same impulse reoccurs, we have begun rewriting our response. The way we intentionally develop our creative imagination is simply to exercise it. Set aside some time every evening to review your day and repent of your mistakes. Then imagine handling those same situations with God’s grace and

mercy and peace. Journaling is an excellent discipline to develop this.

Independent Will

This is just simply our willpower. It is that human endowment that allows the imagined change to become reality; it is our Free Will. Independent Will is the ability to choose, to decide our action at any given moment. Interestingly enough, new studies suggest that willpower even has a biological basis. There is an area of our brain that is active when we are making difficult choices. What is fascinating about the latest study is that this part of the brain seems to use glucose when it is active. In other words, it takes energy to exercise willpower — just like it takes energy to exercise our muscles. And, just like our muscles, if we fail to use willpower, it can atrophy and become weak. So, in order to be self-disciplined, we must build up our willpower muscle. And we do this quite simply — to build your willpower, make promises and keep them. Just say you’ll do something and

then choose to do it, however difficult or inconvenient it is. Start small with easily completed promises, because failing to keep a promise has just as negative an effect on your willpower ‘health’ as keeping the promise has a positive effect. And the most effective promises are those we make to ourselves. Incidentally, can you see how Fasting fits in here? The Church has taught us all along what the modern world is finally stumbling upon.

Now that we’ve spent some time becoming aware of who we are, now that we’ve spent some time exploring who we are meant to be, and now that we’ve spent some time outlining how we get from one to the other...are you ready to put in the effort? Are you ready to become who God desires you to be? Are you ready to live the life designed for you and intended by your Lord? Do the work. The reward is beyond your wildest dreams. The reward is the very peace and joy of our Lord.

✠ Fr. Stephen

Mortgage Elimination Report

by Susan Pappas,
Mortgage Elimination Program Chairperson

Since the 2012 Mortgage Elimination Program began in early February, 35 parishioners have

responded, with 29 having paid in full. The average donation is \$283. With a monthly payment to the bank of \$3,200, let us hope this trend continues. We have also received \$635 in memorial donations. Our hope still is to have 100% participation from the parish, but let us try to at least beat the 77 donations in 2011.

With everyone’s help, we can burn this mortgage!



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Melomakarona (or Finikia) — Honey Cookies with Walnuts

by Soula Spaziani



Recipe from www.about.com.
Photo from www.allrecipes.com.

INGREDIENTS

For the cookies

1 cup olive oil*
1 cup vegetable oil
3/4 cup sugar
Zest of one orange
3/4 cup orange juice
1/4 cup brandy
2 tsp. baking powder
1 tsp. baking soda
Pinch of salt
7 1/2 cups all-purpose flour
3/4 cup walnuts, ground coarsely
Ground cinnamon for sprinkling

**To make this a Lenten-friendly recipe, use
1 cup vegetable oil instead.*

For the syrup

1 cup honey
1 cup sugar
1 1/2 cups water
1 cinnamon stick
3–4 whole cloves
1–2-inch piece lemon rind
1 tsp lemon juice

PREPARATION

Preheat the oven to 350°F.

In a small bowl, using your fingers, combine the orange zest with the sugar — rubbing the grains as if you were playing with sand — to release the orange oils into the sugar.

Using an electric mixer, beat the oil with the orange sugar until well mixed. In a separate bowl, sift the flour with the baking powder, baking soda and salt.

Add the orange juice and brandy to mixer and mix well.

Slowly incorporate the flour cup by cup until the mixture forms a dough that is not too loose but not quite firm either. It will be dense and wet but not sticky. Once the flour is incorporated fully, stop mixing.

To roll cookies, pinch a portion of dough off about the size of a walnut. Shape in your palms into a smooth oblong shape, almost like a small egg. Place on an ungreased cookie sheet. Shape and roll cookies until the sheet is filled.

Press the tines of a large fork in a crosshatch pattern in the center of each cookie. This will flatten them slightly in the center. The cookies should resemble lightly flattened ovals when they go in the oven.

Bake in a preheated 350°F oven for 25 – 30 minutes, until lightly browned (the cookies will darken when submerged in syrup).

While the cookies are baking, prepare the syrup.

In a saucepan, combine the honey, sugar, water, cinnamon, cloves, and lemon rind. Bring the mixture to a boil, then lower the heat and simmer uncovered for about 10 – 15 minutes. Remove the cinnamon, cloves, and lemon rind, and stir in lemon juice.

Place the ground walnuts in a shallow plate or bowl next to the stove top. When the cookies come out of the oven and while they are still very warm, carefully float the cookies in the syrup and allow the cookies to absorb syrup on both sides.

Using a fork or small spatula, remove the cookie from the syrup and place on a platter or plate. Press ground walnuts lightly into the tops of the cookies (syrup will help it adhere) and sprinkle lightly with ground cinnamon.

Do not refrigerate melomakarona or they will harden. Store them in an airtight container at room temperature.

Read the Trans-a-Gram Online!

by Cathy Koufogazos,
Trans-a-Gram Editor

Did you know that the **Trans-a-Gram** is available online on the church's website, before your printed copy arrives in the mail?

Visit www.transchurch.org/newsletter.html to view and download previous issues of the Trans-a-Gram, as well as the most recent issue.

Happy reading!

PARISH COUNCIL



President's Reflections

by Olivia Sintros,
Parish Council President

"We came not to be served, but to serve." (Matthew 20:28)

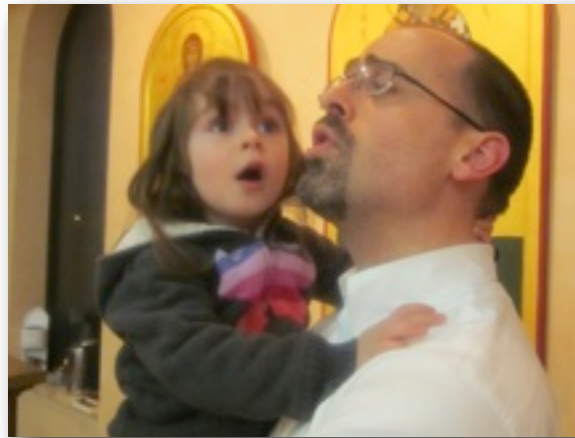
A potpourri of thoughts...

Planting seeds and growing ministries is what will help to make us a vibrant parish for years to come. Do you have a ministry seed to plant? Since I wrote these words in last month's *Tran-a-Gram*, a Nursing Ministry is being nurtured, as well as a possible Fitness Ministry for women. Keep thinking, and perhaps you can grow a ministry, too.

Traditionally, as we entered Great and Holy Lent, we hosted a Lenten Camp for our young people. The theme was "Road to Pascha," as is illustrated by the path the children created in our lower lobby. Compline, Presanctified Liturgy and Salutations are evening Lenten services that are

rarely frequented by children. This year, I have witnessed more young people participating with family members. A particularly moving moment was listening to Sophia Floor (three years old) chant *Lord of the Powers* with her dad Greg during Compline

PHOTO BY OLIVIA SINTROS



Service. "Let the wise hear and increase learning, and the one who understands obtain guidance." (Proverbs 1:5)

Although we continue to strive for more and more and to make things better and better, we often worry about greater participation — we worry about growing ministries, we worry about stewardship, we worry about the mortgage, etc.

As I travel the road from my home to church, I pass by a church with a sign that reads, "Worry ends — Where faith begins." Perhaps I should worry less and pray more.



Treasurer's Report

by George Bertos,
Parish Council Treasurer

If you have any questions, or are interested in helping, please contact me at treasurer@transchurch.org.



ACCOUNT SUMMARY (AS OF FEBRUARY 29, 2012)

Account	Balance
Altar Fund	\$1,634.13
Festival Checking	\$1,635.38
General Checking	\$52,399.55
Mortgage Elimination	\$8,147.87
Money Market Savings	\$133,848.41
Account Totals:	\$197,665.34
Mortgage Balance	\$271,971.68



Parish Council Report

by Nick Pappas,
Parish Council Secretary

The Parish Council met on March 6 and took the following actions:

- Voted to continue the parish tradition of hosting a Paschal reception at the close of the Resurrection service on April 15.
- Scheduled the spring Parish Assembly for May 20, after the Divine Liturgy, in the church hall.
- Voted to participate in a neighborhood ethnic food festival, scheduled for June 9, at the North Common. The parish will operate a food booth at the event.
- Voted to sponsor a one-day Greek Food Fair on June 30 from 11:00 a.m. to 11:00 p.m. Council Vice President Christian Zouzas volunteered to chair the event.
- Voted to sponsor a parish golf tournament on September 22 at Campbell's Scottish Highlands Golf Course in Salem, NH. The cost will be \$125 per golfer. Parishioner Costas Tsioulis volunteered to chair the event.
- Voted to schedule Grecian Festival 2013 for the weekend of June 14-16 on the church grounds.
- Voted to have two council members hold baskets during the dismissal on the first Sunday of each month to collect donations for our mortgage. The vote amended a motion approved at the January meeting to pass a basket for the mortgage on the first Sunday of the month during the Divine Liturgy.
- Accepted a financial report on the Greek Family Dance of February 18 that showed revenues of \$3,172 and expenses of \$3,160.86.
- Voted to supplement \$214 collected from the parish with another \$286 from the treasury in order to make a \$500 donation to the archdiocese's Relief Fund for the People of Greece. The purpose of the fund is to provide economic assistance to the suffering people in Greece.
- Voted to authorize the use of the church hall on May 4-5 for the making of an estimated 18,000 sandwiches for Project Bread's annual Walk for Hunger, to be held on May 6 in Boston.

The Parish Council will next meet on April 3 at 6:30 p.m.



Stewardship Report

by Olivia Sintros,
Stewardship Reporter

"God loves a cheerful giver." (2 Corinthians 9:7)

Thank you to the 214 stewards who have submitted their 2012 stewardship commitment card, and thank you in advance to those who will submit their card this month. We continue to receive a variety of methods of giving, from weekly giving to yearly giving and everything in between; and for this we are grateful. In Fr. Stephen's letter that accompanied our 2012 commitment card, he asked us to consider increasing our commitment by \$2.50 per week in order to enable us to continue our ministry work. While some have answered the call and more, others are truly not able, and still others we have not heard from at all. Please know that an increase in stewardship or an additional stewardship donation can happen at any time, in spite of what you may

have indicated on your commitment card. By clearly indicating your increase or additional stewardship donation, it will be added to your Servant Keeper Stewardship tracking account. Our budgeted goal is significant; some say it can't be done, but "With man this is impossible, but with God all things are possible." (Matthew 19:26)

STEWARDSHIP SUMMARY (AS OF FEBRUARY 29, 2012)

	2/29/2012
Participating stewards	214
Total pledged	\$109,949
Received to date	\$47,163
Budgeted goal	\$168,000

CHURCH NEWS



Philoptochos Society Report

by Soula Spaziani,
Philoptochos Society President

MEMBERSHIP

Many thanks to the women of the Transfiguration who have responded to the Philoptochos membership initiative for 2012 by returning their stewardship envelopes. We are hoping every woman in our parish will join us in helping those less fortunate and our parish, while enjoying fellowship and friendship with each other. A warm welcome to this month's brand new member, Katherine Russell. If you haven't already done so, please submit your membership information as soon as possible, so that we may forward our membership list to National and Metropolitan Philoptochos offices by the end of April. This year is especially important, as National Philoptochos is hosting their biennial conference, where our Transfiguration chapter will have voting privileges. Please contact our membership chairman Georgia Dristiliaris at 978-376-8586 or at gdristiliaris@verizon.net with any questions or updates. Thank you for sharing your time and talents with us.

MARCH MEETING

A general membership meeting was held on Monday evening, March 12, following Lenten Compline service. We voted to donate \$1,450 collectively to our national commitments of Orthodox Christian Mission Center, Support a Mission Priest, HC/HC Fund, Sisterhood of Saint Basil Academy, and International Orthodox Christian Charities (IOCC). National Philoptochos recently sent \$25,000 to the Greek Aid Relief Fund via funds collected through IOCC. For our beloved church's birthday, celebrated on Palm Sunday, we also voted to give a gift of \$2,500.

OUTREACH

"Adopt a Family": Community Teamwork of Lowell has extended a most appreciative thanks to the entire Transfiguration parish for our participation in the "Adopt a Family" Christmas program. Your generosity helped brighten the season for these families.

Literacy Outreach: The children of the Lincoln Elementary School in Lowell will be the recipients of our collected books this year. We


are continuing to collect new and gently used books throughout the Spring.

Visiting Angels: Christine Faneros and her "angels" will be visiting shut-ins and nursing home residents during the Lenten season. Please contact the church office if you or a loved one is in need of a visit. A special Liturgy and reception, organized by the Council of Churches, was held on Saturday, March 24, for patients and family at D'Youville Manor.

House of Hope: Thank you to Iris Malliaros for continuing to organize on a monthly basis meal preparation and service to the mothers and children at the House of Hope.

Easter Pastry Trays: Beautifully decorated, delicious Easter Pastry Trays will once again be available for \$25 each, with proceeds to benefit the Philoxenia House. We will be packaging on Wednesday, April 11, for pick-up on Holy Friday, April 13, from 9:00 a.m. to 2:00 p.m. Many thanks to all our ladies who helped bake and

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EVAN CORAVOS
Fellow of the Academy of General Dentistry

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Sunday School

by Connie Gkolias,
Sunday School Director

On Sunday, March 4, our Sunday School children brought in their icons from home and joined Fr. Stephen in a procession around the church celebrating the Sunday of Orthodoxy — great job, children!

Thanks to all the Sunday school teachers for bringing in their favorite dish for our Lenten meal on March 14, following Presanctified Liturgy.



PHOTO BY NICK PAPPAS

Our children are more than halfway through their journey through Lent. Let all of us — not only the Sunday School teachers, but also our parents and relatives — make the coming weeks and Holy week the best we can for our children.

There will be Sunday School on April 8 (Palm Sunday), but no Sunday School on Easter Sunday (April 15).

Our next Sunday school meeting will be held on Monday, April 16, at 6:30 p.m.

We are always looking for help! If you are interested in helping the Sunday School, please see Connie or Hariklia on Sundays.

The Sunday School department extends our best wishes to all for a Happy and Blessed Easter.



PHOTO BY NICK PAPPAS



Fellowship Hour

by Susan Pappas,
Fellowship Hour Coordinator

February 19: Sponsored by Milton Nicholaides in loving memory of his wife, Georgia Nicholaides.

February 26: Sponsored by the Kalabokis family in loving memory of Athena Kalabokis.

March 11: Sponsored by Amalea Karayianis and family in loving memory of her husband, Bill Karayianis.

If you would like to sponsor a Fellowship Hour in honor of someone, for a special occasion, or in memory of a loved one, please contact Susan Pappas at 603-886-4717 or at smpappas16@yahoo.com.

The cost is still \$50. You can also supplement the refreshments with your own special treats.

HELP WANTED

Volunteers to serve coffee during the Fellowship Hour on Sundays. You can serve with family and/or friends. It involves about one hour of your time. What a wonderful way to meet and greet our parishioners while providing a valuable ministry to our parish. For more information, please contact Susan at 603-886-4717 or smpappas16@yahoo.com.



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Choir

by Louis Stamas,
Choir Director

The choir rehearses on the first and third Tuesday of each month at 7:00 p.m. I welcome any parishioner interested in joining the choir to see me after Divine Liturgy any Sunday morning; or just drop by on any rehearsal night!



Philoptochos Society Report

(continued from page 10)

package. Special thanks to Joanne Kalabokis for handling orders, and to our chairladies Eleni Stavrou and Eva Dukakis.

Scholarships: Scholarship applications will be available in the church office and on the church website beginning April 1. Applicants must be graduating high school seniors planning on attending college in the fall and also meet the scholarship guidelines included. Applications must be submitted to the church office by May 1. Contact Pat Mahoney at 978-436-0998 or patm1231@hotmail.com with any questions. College and post secondary graduates will also be recognized. Graduate Sunday will be celebrated on June 17, following Divine Liturgy.

ACKNOWLEDGING

Greek Independence Day: Thank you to Deanne Finn and Susan Mitchell for assembling and distributing blue ribbons in celebration of Greek Independence Day.

Lenten Receptions: Many thanks to all our ladies who prepared Lenten treats and served at the Council of Churches reception following Vesper service on Sunday evening, March 4, and at the Presanctified Liturgy reception on Wednesday evening, March 7. Special thanks to Pat Mahoney and Olivia Sintros for coordinating.

Flower Collection: Thank you to all parishioners for your continued generosity towards this year's collection. Your donations help adorn the church, not only at Easter, but throughout the year.

Easter Egg Dyeing: The Tuesday morning ladies group, under the direction of Martha Sintros and Ann

Tavoularis, will be dyeing and wrapping eggs on Tuesday, April 3, and Wednesday, April 4. With the goal of having 400 eggs ready for Easter, volunteers are most welcome.

Kouvouklion Decoration: On Holy Friday, April 13, the *kouvouklion* will be decorated, starting at 10:00 a.m. All parishioners are encouraged to join and share in the decorating. Thank you to Nancy Lane and Olivia Sintros for coordinating this beautiful tradition.

COMING ATTRACTIONS

Spring Calendar Raffle: Our popular Spring Calendar Raffle is back, with proceeds benefitting our philanthropic ministries. Chances will be mailed in early April, with the drawings held in May. Thank you to Elizabeth De La Torre and Ellen Dobi for coordinating.

Mother's Day Meeting: Please mark your calendars for Thursday evening, May 3, at 6:00 p.m., for our final general membership meeting of the ecclesiastical year. All Philoptochos members are encouraged to attend and invite Mother, *Yiayia*, *Nouna*, *Thea*, or a special friend. A brief business meeting will take place, followed by refreshments and fellowship.

Spring Yard Sale: We have resurrected the "Family Yard Sale," which will be held on Saturday, May 19 from 8:00 a.m. – 2:00 p.m. Please keep us in your heart and mind as you do your spring clean up, and set aside your treasures for our yard sale. Clothing in clean and good condition will be accepted. Any questions, please contact our chairman, Sandra Gulezian, at 978-649-3387 or at gulezians@gmail.com. Please see the flyer in this issue.



Youth Activities

by Patty Vaporis,
Youth Director

Our first Lenten lock-in (Hunger Strike) was held at the beginning of March. We had 15 minutes of quiet prayer and lit 300 candles, representing lives lost every 15 minutes due to starvation. Most of the deaths are of children. We saw the film "God Has Forgotten Us," which I know left an impression on our youth. There was a service project included, where 50 decorated food bags (including bible verses) were brought to the ICU at a local hospital to those who were caring for the sick. We were also blessed to have had the St. George Antiochian SOYA group join us. All of the projects and activities echoed the theme of the lock-in. I continue to obtain valuable information with regards to future lock-ins and our youth.

Our GOYA sponsored the Lenten Dinner on March 21, following Presanctified Liturgy. Andrew Henderson was our guest speaker.

We will have a "Teen Discussion" on Holy Monday, before the Bridegroom Service. I will be asking for the GOYA to participate in the readings for that service. If you have a desire to read something in particular, please see me.

Our Good Friday VCC retreat is approaching. Our children could not be in a better place than church.

PHOTO BY MELANIE PAPPAS



Just as a reminder, as posted in the *Trans-a-Gram*, and in the Sunday bulletin, our youth meeting is held the second Sunday of every month. We have been meeting in the GOYA room; or, if there is too much activity there, we can have a discussion next door, in the sixth grade classroom. Please feel free to come to any or all of the meetings. Everyone is

invited. I know there is always a lot going on, so if you have a comment, idea or whatever, you can always reach me in the hall, or send me e-mail at pdv659@yahoo.com.


The Power of Repentance

(continued from page 3)

the depths of our soul to overcome the gloom of winter in our souls.

During this Lenten season, let us fast acceptable and pleasing to the Lord. make our house a place where God might wish to dwell by observing a

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Your Passover

(continued from page 4)


to deliver you from all sin and addiction in your life?

May we say with St. Paul, who wrote in Romans 6, "We know that our old self was crucified with Him so that the sinful body might

be destroyed, and we might no longer be enslaved to sin. So that as Christ was raised from the dead..., we too might walk in newness of Life."

A new life — A New Pascha — a Glorious Pascha! From death to life — from slavery to freedom — in Jesus's Name. Amen!

Christ is Risen — Truly He is Risen!



PALMS AND PANCAKES
- Saturday of Lazarus -
FAMILY MORNING
APRIL 7, 2012

Family Morning - April 7th

Orthros ~ 8:00 AM
Divine Liturgy ~ 9:30 AM
Palms and Pancakes ~ After Liturgy

- PANCAKE BREAKFAST - PALM CROSS WEAVING - PREPARING THE CHURCH - FAMILY FUN -

See full page flyer for details or contact Amanda Apostolou ~ su_Jou22@me.com ~ 978-455-7745

Sunday Epistle and Gospel Readings (www.goarch.org/resources/monthly_readings)

4/1/2012

Matins: John 20:19-31
Epistle: St. Paul's Letter to the Hebrews 9:11-14
Gospel: Mark 10:32-45

4/8/2012

Matins: Matthew 21:1-11; 15-17
Epistle: St. Paul's Letter to the Philippians 4:4-9
Gospel: John 12:1-18

4/15/2012


Epistle: Acts of the Apostles 1:1-8
Gospel: John 1:1-17

4/22/2012

Matins: Matthew 28:16-20
Epistle: Acts of the Apostles 5:12-20
Gospel: John 20:19-31

4/29/2012

Matins: Luke 24:1-12
Epistle: Acts of the Apostles 6:1-7
Gospel: Mark 15:43-47; 16:1-8



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Sacraments

BAPTISMS

March 4: Vivian Rose Giammarco, daughter of Domenic and Elena Giammarco, sponsor Kathy Economopoulos
March 4: Alexis Watt, daughter of Leia Watt and Alexis Cortes, sponsor Christina Metherall
March 4: Alyea Cortes, daughter of Leia Watt and Alexis Cortes, sponsor Christina Metherall
March 4: Adrian Baez, son of Alyssa Pratt, sponsor Christina Metherall
March 4: Nathaniel Lopez, son of Alyssa Pratt, sponsor Christina Metherall

CHRISMATIONS

None

WEDDINGS & MARRIAGE BLESSINGS

None

FUNERALS

February 28: James Karabatsos
May his memory be eternal.

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SERVICES AND CALENDAR OF EVENTS

Services

SUNDAY SERVICES

Orthros: 8:00 a.m. to 9:30 a.m. **Divine Liturgy:** 9:30 a.m.

SPECIAL SERVICES (APRIL)

- April 1 (Sunday).....Lenten Vespers, 6:00 p.m.
(at Dormition GOC)
- April 2 (Monday).....Great Compline, 6:00 p.m.
- April 4 (Wednesday).....Presanctified Liturgy, 6:00 p.m.
- April 7 (Saturday).....Divine Liturgy, 9:30 a.m.
(Saturday of Lazarus)
- April 8 (Sunday).....Bridegroom Service, 6:30 p.m.
- April 9 (Holy Monday).....Presanctified Liturgy, 9:00 a.m.
- April 9 (Holy Monday).....Bridegroom Service, 6:30 p.m.
- April 10 (Holy Tuesday).....Presanctified Liturgy, 9:00 a.m.
- April 10 (Holy Tuesday).....Bridegroom Service, 6:30 p.m.
(Hymn of Kassiani)
- April 11 (Holy Wednesday).....Presanctified Liturgy, 9:00 a.m.
- April 11 (Holy Wednesday).....Holy Unction, 3:00 p.m.
- April 11 (Holy Wednesday).....Bridegroom Service, 6:30 p.m.
(with Washing of the Feet)
- April 12 (Holy Thursday).....Divine Liturgy, 6:30 a.m.
(Mystical Supper)
- April 12 (Holy Thursday).....Holy Passion, 6:00 p.m.
(12 Gospels)
- April 13 (Holy Friday).....Royal Hours, 9:00 a.m.
- April 13 (Holy Friday).....The Burial Service, 3:00 p.m.
- April 13 (Holy Friday).....Lamentations, 6:30 p.m.
- April 14 (Holy Saturday).....Divine Liturgy, 10:00 a.m.
(Proti Anastasis)
- April 14 (Holy Saturday).....Paschal Vigil, 11:00 p.m.
- April 15 (Great and Holy Pascha).....Resurrection Service
12:00 a.m. (Midnight)
- April 15 (Great and Holy Pascha).....Divine Liturgy, 12:15 a.m.
(Pascha)
- April 15 (Great and Holy Pascha).....Agape Vespers
12:00 p.m. (Noon)
- April 20 (Friday).....Divine Liturgy, 9:30 a.m.
(Life-Giving Font)
- April 22 (Sunday).....Great Vespers, 7:00 p.m.
(at St. George GOC)
- April 23 (Monday).....Hierarchical Divine Liturgy
(St. George Antiochian)

Calendar of Events

BIBLE STUDY

April 4, 18, 25 (Wednesdays): Bible Study, 10:00 a.m.

SUNDAY SCHOOL

April 16 (Monday): Sunday School Teachers' Meeting

VACATION CHURCH CAMP (VCC)

April 13 (Friday): Holy Friday Retreat

July 23–27 (Monday–Friday): Vacation Church Camp

FAMILY AND YOUTH ACTIVITIES

April 7 (Saturday): Palms and Pancakes Family Gathering, after Liturgy

April 12 (Thursday): Altar Boy Vigil, after the Passion Service

CHOIR

April 3, 17 (Tuesdays): Choir Rehearsal, 7:00 p.m.

OUTREACH AND SPECIAL EVENTS

April 4 (Wednesday): Spiritual Enrichment Speaker (Presbytera Kelley), after Presanctified Liturgy

PHILOPTOCHOS

April 1 (Sunday): Scholarship applications are available

May 1 (Tuesday): Scholarship applications are due

May 19 (Saturday): Spring Yard Sale, 8:00 a.m. – 2:00 p.m.

June 17 (Sunday): Graduate Sunday, after Divine Liturgy

OTHER CHURCH DATES

April 3 (Tuesday): Parish Council Meeting, 6:30 p.m.

April 8 (Sunday): GOYA Planning Council, 12:00 p.m.

April 13 (Friday): *Trans-a-Gram* May deadline submission

April 25 (Wednesday): Council of Churches, 7:00 p.m.