

**St. John the Baptist Greek Orthodox Church**  
**March 7, 2021 - Sunday of the Last Judgement**

Fr. Stavros Akrotirianakis (Proistamenos)  
Fr. Stratton Dorozenski (Retired Priest In Residence)  
Fr. John Stefero (Retired Priest In Residence)



(Above, Icon of the Last Judgement)

**SYNAXARION:** Judgement Sunday; The Holy Martyred Bishops of Cherson: Basileus, Ephraim, Eugene, Capito, Aetherius, Agathodorus, and Elpidius; Lavrentios of Megara, the Righteous; Paul the Simple

**Resurrectional Apolytikion (Pl. 2 Mode):** When the angelic powers appeared at the tomb and soldiers guarding You became as though dead and standing by Your sepulchre was Mary seeking Your pure and sacred Body. For You did vanquish Hades and uncorrupted by its touch, You came unto the virgin woman bestowing the gift of Life. O You who rose from the dead, Lord, we give glory to You.

**Apolytikion of St. John the Baptist:** The memory of the just is observed with hymns of praise; for you O Forerunner the witness of the Lord is sufficient. You have proved to be truly more venerable than the prophets. Since you were granted to baptize in the river, the One Whom they proclaimed. Therefore, you strove for truth, proclaiming with joy the Good News, even to those in Hades: that God was manifested in the flesh, and takes away the sins of the world, and grants to us His great mercy.

**Kontakion:** When You come O God, upon the earth with glory, and the universe will tremble, and the river of fire will bring men before Your judgment seat, and the books will be opened and the secrets are disclosed; then deliver me from the unquenchable fire, and count me worthy to stand at Your right hand, O Most Righteous Judge.

# Readings for Sunday of the Last Judgement

## Epistle Reading is from 1 Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

## Gospel Reading is from Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

*Answer these thought provoking questions about today's Gospel Reading in the adult and teen Sunday school lesson.*  
*Click [HERE](#).*

*[Click here to Download this Week's Children's Word from MyOCN.](#)*

## Happy Birthday and Happy Nameday!

If you want to make sure we have your birthdate on file, please call the office.

### Birthdays

Maria Apockotos - March 8  
Jonathan Brannan - March 8  
Timothy Clements - March 10  
Helen Bennett Reader - March 10  
Theodore Edquid - March 12  
Anthony Fotopoulos - March 12  
Aristotle Kyros - March 12  
Katerina Soteriou - March 13

### Namedays

Evgenios - March 7  
Hermes, Theofylaktos - March 8  
Aetios, Eliana, Filoktimon, Iliana, Lysimahos, Sarantos, Sevirianos, Smaragdos, Vivianos, Xanthos - March 9  
Savina, Sofronios, Thalys, Theodora - March 11  
Fani, Theofanis - March 12  
Leandros, Marios - March 13

# Upcoming Services & Events

<b>Sunday, March 7</b>	<b>Third Sunday of Triodion—Sunday of the Last Judgement</b> <b>Orthros 8:30 a.m.</b>	<b>Divine Liturgy 10:00 a.m.</b>
Monday, March 8	Bible Study	6:30 p.m.
Tuesday, March 9	Women’s Bible Study Suffering Book Study	10:00 a.m. 6:30 p.m.
Wednesday, March 10	Paraklesis	6:00 p.m.
Thursday, March 11	Griefshare	6:30 p.m.
<b>Saturday, March 13</b>	<b>Second Saturday of Souls</b> <b>Orthros 8:45 a.m.</b>	<b>Divine Liturgy 10:00 a.m.</b>
	<b>Memorial Service to Follow</b>	
<b>Sunday, March 14</b>	<b>Fourth Sunday of Triodion—Forgiveness Sunday</b> <b>Orthros 8:30 a.m.</b>	<b>Divine Liturgy 10:00 a.m.</b>
	<b>Forgiveness Vespers</b>	<b>6:00 p.m.</b>
<b>Monday, March 15</b>	<b>Clean Monday—Beginning of Great Lent</b> <b>Canon of St. Andrew</b>	<b>10:00 a.m.</b>
	<b>Sacrament of Holy Unction</b>	<b>6:00 p.m.</b>



## Stewardship 2021 Update

As of Friday, March 5, we have received 239 stewardship forms, with a pledged amount of \$411,103.00 for 2021.

Don’t forget to fill out your form and send it into the office!

## **200th Anniversary of the Greek Revolution of 1821**

The On behalf of His Eminence Metropolitan Alexios and His Grace Bishop Sevastianos, you are invited to a commemoration ceremony to honor the 200th Anniversary of the Greek Revolution of 1821. The event will be held on Thursday, March 25, 2021, beginning at 5:30 p.m. beginning in the Court Yard of St. Nicholas Cathedral with a Memorial Service, the raising of the flags and the National Anthems. The program will continue at 6:00 p.m. with a procession into the Cathedral of His Eminence, the clergy, dignitaries and children in Greek traditional costumes and the singing of the hymn, “Τη Υπερμάχου».

## Sunday School Continues In Person!

We are continuing IN PERSON Sunday School for our Toddler 2’s—6th Grade. These classes will be conducted AFTER Holy Communion, every Sunday, for the remainder of the School Year! We will also continue to send out our VIRTUAL SUNDAY SCHOOL lessons every week. Students and teachers will wear masks in their classrooms and we will do the best we can to social distance. We will have hand sanitizers in each room and the rooms will be cleaned regularly. We will not have classes for our Middle and High Schoolers, but we do expect them to attend church in person or virtually, compete the weekly lesson on the Gospel Reading provided by Fr. Stavros, and attend GOYA meetings.

The classes will be broken up as follows:

<b>Class</b>	<b>Teacher</b>	<b>Location</b>
Toddler 2’s, Pre-K3, and Pre-K4	Alexis Scarfoliero and Denise Panos	Pre-School Classroom (on the right as you exit Church Side Doors)
Kindergarten, 1st, and 2nd Graders	Debbie Nicklow and her daughters	Sunday School classroom in the Old Administration Building
3rd through 6th Graders	Vickie Peckham and other teachers	Zahairas/Music Room

## **Fifty-Two Verses in Fifty-Two Weeks: The Bible Project** **March 7 - 13**

*I was hungry and you gave me food. Matthew 25:35*

There are many parts of the Bible that are hard to understand. Sometimes the words are difficult or the concepts seem foreign. In Matthew 25, Jesus gives very clear instructions about the works we are supposed to do to help one another. Feed those who are hungry. Everyone can do that. Everyone can buy an extra can of food and give it to a food bank or to our church’s food pantry. More than food, there are many people who are hungry for attention, encouragement, affirmation. Giving someone your time, paying someone a compliment, building up someone’s confidence, that are additional ways we can “feed” people. Jesus tells us that we need to give drink to the one who is thirsty. We are to welcome strangers. We are to cloth the naked. Again, this one is easy, give away the clothes you aren’t using anyway. We are to visit the sick. We are also to visit those in prison. This one may be the hardest. We are not likely to visit a prison with bars and guards in our lives. But there are people who are in “prisons” when it comes to poverty, being handicap, having a learning disability, etc. There are plenty of people we can visit who are in one of these kinds of “prisons.” Christ tells us that at the last judgment, we will be judged on how we did these specific things. And those who have done them generously, to the least of our brothers, will be judged worthy of eternal life.

# Update and Announcements

**Sunday School Continues** — Sunday School continues in person and online! We will continue to offer virtual Sunday School in addition for those unable to participate in person, and encourage everyone to work with the provided materials in each bulletin.

**[Click here for the lesson for today!](#)**

**Sunday, March 7, Judgement Sunday (Meatfare)** — Judgment Sunday is also called - Meatfare Sunday because it is the last Sunday, according to the fasting canons, that the faithful eat meat before Easter. During the following week, we do not fast on Wednesday and Friday (except for meat, of course). On this Sunday, we call to mind something that has not even happened yet: the Second Coming of Christ. Our Lord has promised us that He will come again, “to judge the living and the dead, and His Kingdom will have no end” (from the Nicene Creed). We call to mind the “criteria” of our entrance into Paradise, as our Lord said in today’s Gospel: “I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.”

**Looking for Ushers** — We are looking for more ushers to help at the Divine Services of our church. If you are interested, please email Fr. Stavros at [frstav@gmail.com](mailto:frstav@gmail.com).

**Women’s Bible Study on Tuesdays @ 10:00 a.m. to 11:30 a.m.** — We are studying the Epistle of St. James. We meet via ZOOM. Fr. Stavros leads this group. If you would like to join our women’s Bible study group, please contact Fr. Stavros at [frstav@gmail.com](mailto:frstav@gmail.com) and he will add you to the Zoom link. At some point, we will be resuming in person, however when we do, there will continue to be a zoom option.

**When God Is Not There, a Book Study on Suffering, FINAL MEETING** — The Last Meeting for the Tuesday Night Book Study will take place March 9 @ 6:30 p.m. Do not hesitate to reach out to Alex Limberatos with any questions.

**Paraklesis Services are held each Wednesday at 6:00 p.m.** — We offer Paraklesis each Wednesday from 6:00-7:15 p.m. We will continue to pray for each person in our community by name.

**GriefShare Ministry Continues** — It may be hard for you to feel optimistic about the future right now. If you’ve lost a spouse, child, family member, or friend, you’ve probably found there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions. “Going to GriefShare feels like having warm arms wrapped around you when you’re shivering.” GriefShare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements: Video seminar with experts, support group discussion with focus, and personal study and reflection. **We continue to offer hybrid meetings both in person in the Administration Building and via Zoom from 6:30 p.m. to 8:30 p.m. on Thursdays, ending on Thursday, April 22. If you are interested, please contact either the church office (813-876-8830 or [office@stjohntpa.org](mailto:office@stjohntpa.org)) or Donna Hambos (813-843-8412 or [dhambos@msn.com](mailto:dhambos@msn.com)).** Books for the program will be provided. Donation for the book suggested but not required. Open to all family and friends. *Griefshare remains open enrollment with support towards healing and hope. You can begin at any time. If you attended last semester and missed a day or two, you can come for those days or repeat the whole thing.*

**Sunday, March 14, Forgiveness Sunday (Cheesefare)** — Cheese-Fare Sunday is the last day in which dairy products are allowed. The Monday after Cheese-Fare Sunday is the official beginning of the Great Lent; this Monday is also called Clean Monday (Kathara Deftera). On Cheese-Fare Sunday the Church commemorates the sending away of Adam and Eve from the Garden of Paradise. Adam and Eve were in complete harmony with God, nature and themselves. They were tempted by the devil and they agreed to eat from the tree of knowledge, in order that they themselves might become gods. The result was fatal; they were cast out of Paradise and sin came into the world. The Holy Fathers selected this event to remind us of our obligations to God and about the laws of fasting and Christian behavior (Matthew 6:14-21).

**Monday, March 15, Canon of St. Andrew** — The Penitential Canon of St. Andrew will be read from 10:00-11:00 a.m. on Monday, March 15 as we begin Great Lent. The Canon, in its entirety, takes hours to read. We will read and chant an abridged version of this Canon on Clean Monday. Service books for this service will be available in the narthex.

**Monday, March 15, Holy Unction on Clean Monday** — The Sacrament of Holy Unction is always offered during Holy Week on Holy Wednesday. But the sacrament can be done at any time of the year. The emphasis of this sacrament involves, spiritual healing, spiritual cleansing and repentance. What better way to begin Great Lent than the sacrament of Holy Unction. Please bring your Holy Week book to follow along. The service will be held on Monday, March 15, from 6:00-7:30 p.m.

**Prayer List:** Lord Jesus Christ, Physician of our Souls and Bodies, visit and heal your servants: Ashley Kladakis; Dora Kallas, Gilda Parascandola, Kathy & Andrew Bouzinekis; Anastasia; Amanda, Andrew, Colton, Miranda, Charlotte Elizabeth, Nuha, Nabeel, Michael, Amal, John, Elaine, Olga, Virginia Georgiou, Ron Myer, Toulia Tsaros, Fr. Pat Legato, Nellie Pringle, Yolanda Webb, Angela Bougas, Tony Ekonomou, Ron, Jason Vickers, Rex Garrison, Tina Chakonas, Ann Demas, Alex Martinez, Adriana Martinez, Aaron Martinez, Christina Noel Kouzes Houck, Evangeline Xeroteris, Nichole Ross, Daniel Ross, Daniella Ross, Ashley Henderson, Natalie Henderson, Chris, Debbie, James, Avery, Lily, Jacob, Jesse, Ann, Rosario, Antonia Caffentzis, Alissa, John, Angela, Joey, Christine Scourtes, Steven, Matthew & Family, Phyllis, John Zelatis, Reagan, Peter Zaharis, Alexandra Ferrarolis, Leon & Despina Botham, Cindy Xenick, Mary Ellen Evdemon, Marie Sofia Panagopoulos, Maria Hursey, Chris Vamvakias, John Myer, Mike Trimis, Robert and Alice Stoccardo, John Alexander, Michael Romero, George Hambos, Dean Kondilis and Family, Bill and Nancy Manikas, Patricia Costello, Anastasia Smyrnakis, Ekaterina & Anna Shushaalykova, Dora Koudouna, Ana Mourer, Debbie Phelps, Mary Voykin, David Voykin, Anne Sakellaris, Denise Badrane, Sia Blankenship, Don Payne, Zhana Temelkova, Stanislava Terzieva, James, Jude and all victims of war, terrorism, crime, natural disaster, and all of whom we are unaware.

# The Lenten Covenant

This year will be the 15th year we offer the program of the Lenten Covenant at St. John. Each year, those who participate say that they get a lot of out of this program. A “covenant” is a promise. God has made covenants with us. In the Old Testament, He makes the first Covenant with Abraham, to be the God of Abraham’s descendants. The sign of this Covenant is circumcision. In the New Testament, God replaces the Old Covenant with a New Covenant, which is baptism and Holy Communion. If you are baptized and have received Holy Communion, then you have a Covenant relationship with God—you are part of the Covenant between God and His people. The Lenten Covenant is a promise between us and God—it is a promise to do certain things during Lent so that one can grow spiritually during Lent, with a promise to change one thing after Lent has ended so that spiritual growth continues during the year. *The Lenten Covenant will help us in keeping the lifelong Covenant relationship we have with God by giving us a short-term covenant by which to evaluate our standing in the lifelong Covenant.*

## How does the Lenten Covenant Work?

Below there is a form that lists a menu of plans to help in a Lenten Goal of growing closer to God this year. The menu includes fasting, prayer, worship, reading the Bible, reading a theology book, going to confession, changing one bad habit, and the one that is most important, a goal for once Pascha is over. The menu offer several levels of commitment for each area. Each area is important—it is important that you fast, pray, worship, read scriptures, go to confession, and change a bad habit if you are going to get something out of this Lent. But if you’ve never fasted before, the covenant offers different levels of difficulty. So if you’ve never fasted, perhaps you should check the easiest level. If you’ve mastered the first level, perhaps this year you challenge yourself with the second level. If you’ve never read the Bible, don’t commit to reading the whole Bible during Lent—that is a huge commitment. Commit rather to something smaller like reading a chapter a day, or perhaps reading the Gospels, something that is challenging but attainable. If you’ve never worshipped in church on a day that isn’t Sunday, don’t commit to every service during Lent, but commit to one service per week, or even commit to one of each of the Lenten services, which would be three extra services over the six weeks of Lent. Regarding confession, how many hours of your life have you spent alone with an Orthodox priest to talk about your salvation? If you are over age 20 and the answer is zero, perhaps you need to think about changing that this Lent. If you are over age 60 and the answer is zero, you’ve got even more incentive. Think about how many hours a year you spend watching television, or listening to music, going to movies, doing yardwork, gossiping on the phone—it adds up to hundreds of hours each year, thousands of hours over a lifetime. And then think about how many hours you’ve spent in your whole life talking about your salvation, about repentance, with an Orthodox priest. Sadly, for many people, the answer is zero. This could be the year you change that.

## **So, if you decide to do the Lenten Covenant, do the following:**

1. Fill out the survey which follows.
2. Make two copies of it for each person in your household that is going to participate.
3. Put one copy in a place at home where you can see it, on the refrigerator, by your bedside, in your Bible.
4. Take the other copy of the covenant and place it in an envelope.
5. Seal the envelope and write your name and address on the envelope.
6. Bring the envelope to church on Sunday, March 14, and place it in a box that will be in front of the icon of the Virgin Mary on the solea of the church.
7. The box will be kept locked, the only person with the key will be Fr. Stavros
8. FATHER STAVROS WILL NOT OPEN THE ENVELOPES OR READ THEIR CONTENTS—these will remain private. Father Stavros will merely jot down the names on the envelopes to pray for these people throughout Lent, to pray that they will make good on their covenants. This is my commitment to you.
9. The box will remain in the church until the Resurrection Service on Easter as a reminder to you each time you come to church that you have a covenant or promise to God.
10. After Easter, your envelope will be mailed to you in your self-addressed envelope, as proof that the envelope was never opened, and as a way for you to see how you did.

# The Lenten Covenant

Check as many as apply under each topic. You should (but need not) answer every topic. This is a matter of your own conscience and areas where you want to grow spiritually.

1. Concerning my prayer life, each day I will commit to:

- One 5- minute period of un-interrupted prayer  
 One five minute period every morning of un-interrupted prayer  
 One five minute period every evening of un-interrupted prayer  
 One five minute period each morning AND evening of un-interrupted prayer

Other: Write in here

2. Concerning Worship

- I'll commit to attending Divine Liturgy each Sunday  
 I'll commit to attending ONE additional service each week during each week of Lent  
 I'll commit to attending AT LEAST 1 Compline, 1 Pre-Sanctified Liturgy and 1 Salutations Service  
 I'll commit to attending AT LEAST ONE Saturday of the Souls  
 I'll commit to attending the Forgiveness Vespers

March 14

I'll commit to preparing and receiving Holy Communion at least once a week during Lent.

Concerning Holy Week, I'll commit to:

- Every Service  
 Every Evening Service  
 One service each Day  
 Specifically Holy Thursday—the Passion of Christ  
 Other (write in here)

3. Concerning Fasting, I'll commit to:

- Level One Fast from meat on Wednesday and Fridays and during Holy Week  
 Level Two Fast from meat and fish on Wednesdays and Friday and during Holy Week  
 Level Three Fast from meat the entirety of Lent and Holy Week  
 Level Four Fast from meat and fish the entirety of Lent and Holy Week  
 Level Five Level Four and eliminate dairy products during Holy Week.  
 Level Six Level Four and eliminate dairy products on Wednesdays and Fridays and during Holy Week  
 Level Seven Level Four plus eliminate dairy products during all of Lent and Holy Week  
 Level Eight Level Seven plus eliminate oil and wine during Holy Week  
 Level Nine The Strict Fast-no meat, fish, dairy products, wine or oil during the entirety of Lent

I can't fast from food for health reasons. I will give up the following:  
(Write answer here)

**\*\*Note-alcohol should be consumed at a very minimum during Lent, and abstained from totally if possible. Also, activities should be curtailed, socializing a little more sedate, no dancing and loud music. During Holy Week, all unnecessary activities aside from work and children should be curtailed, so that we can focus on the Holy Days of the Passion of Christ.**

4. Concerning reading the Bible, I'll commit to:

- Reading one chapter a day from some book  
 Reading the four Gospels  
 Reading the Psalms  
 Other (Write in)

5. Concerning confession,

- I'll commit to going once during this Lenten period either to Fr. Stavros or another Priest  
 I've been recently to confession and don't feel the need to go at this time.  
 I don't believe in going to confession  
 I'll get more information on this sacrament and then make a decision.

6. Concerning Holy Communion, I will try to be prepared to receive

- Every Sunday  
 Every Sunday and at Wednesday Pre-Sanctified  
 At least every other Sunday

7. Concerning bad habits, here are one or two or a few bad habits I'll watch and change this Lent

- Gossip  
 Self-aggrandizement  
 impatience  
 Greed  
 Lust  
 Disobedience  
 Wasting time  
 Self-pitying  
 Not giving good effort at work/school/marriage/children

Others: Write in here

9. One spiritual goal I want to commit to once Pascha has passed is:

**Prayer:** Lord help me to be successful in this task I am about to undertake. May it be for the growth of my soul and the improvement of my spiritual life. Help me to keep all the commitments I have made. Amen.

\_\_\_\_\_ Sign your name

*Make a copy for yourself, place your covenant in a sealed envelope, write your name and address on front of envelope. Bring covenant to church and place it in locked box on the solea*

**PLEASE COMMEMORATE THE NAMES OF MY DEPARTED FAMILY MEMBERS IN THE SATURDAY OF THE SOULS MEMORIAL SERVICES -  
March 6, March 13, March 20**

**In Memory of**

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**\*\*You only need to write the first name of each person. Please mail to the church office by Friday, March 5.**

*You may also email the names to [office@stjohntpa.org](mailto:office@stjohntpa.org)*

## **Kolyva during the Time of the Pandemic**

The Philoptochos will resume making Kolyva for those who wish to have Kolyva at memorial services. Here are the new guidelines:

1. The Kolyva will be made on a small tray that will be given to the family at the conclusion of the Divine Liturgy. The Kolyva will not be mixed or handed out in the hall until further notice.
2. Kolyva will be made as requested for 40 day memorials and 1 year memorials only.
3. The cost of the Kolyva will be \$50, with checks made payable to Philoptochos.
4. Kolyva is not necessary for a memorial to be done.
5. Once the pandemic is over, we will again resume making the larger Kolyva for distribution to the community at a cost of \$100.
6. If you wish to have Kolyva offered, please contact the office at least TWO weeks prior to the Memorial service you wish to request.



ST STEFANOS GREEK ORTHODOX CHURCH

# CAREGIVERS SUPPORT MEETING

*Supporting YOU while you care for a friend or loved one*

**MONDAY, MARCH 8TH AT 7:00 P.M.**

*Co-Facilitated by Fr. Sampson and Soula Hareas, LMHC*

**Panera Bread in Bardmoor**  
**10801 Starkey Road, Suite 16**  
 Private Meeting Room

# MARRIAGE EMPOWERMENT



A MARRIAGE STRENGTHENING RETREAT FOR ALL COUPLES

**APRIL 10, 2021**  
**9:00 A.M. - 1:00 P.M.**



**SESSION 1: UNITY IN DIFFERENT ROLES**  
**SESSION 2: COMMUNICATION OF THE HEART**  
**SESSION 3: CONFLICTS AMONGST ALLIES**

PRESENTERS: SOULA HAREAS, LMHC & FR. SAMPSON KASAPAKIS

WELCOME RECEPTION & LUNCH WILL BE PROVIDED  
 RETREAT HELD AT ST. STEFANOS GREEK ORTHODOX CHURCH  
 THERE IS NO COST FOR THIS EVENT

**TO REGISTER ONLINE GO TO:**  
[HTTPS://BIT.LY/3BHACTW](https://bit.ly/3BHACTW)



**HOPE & JOY**



## LENTEN RETREAT

ALL TAMPA BAY DISTRICT HOPE AND JOY INVITED

Saturday, April 3, 2021  
 10:00 a.m. - 1:00 p.m.

St. Stefanos Greek Orthodox Church

Session 1: Along the Journey  
 Session 2: Feeding the Soul & Body  
 Session 3: Now Let us Pray

Suggested Donation for Participant - \$20.00  
 Lunch, Snack & Craft Included

## OUR JOURNEY TO PASCHA! 2021

*Created by Fr. Jonathan Bannan (ACROD)*

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 21st</b>	 <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 28th</b>	 <b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>MARCH 7th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>MARCH 14th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 21st</b>	 <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32:12-2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 28th</b>	 <b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>APRIL 4th</b>	 <b>VENERATION OF THE HOLY CROSS</b> HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>APRIL 11th</b>	 <b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 18th</b>	 <b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY <b>APRIL 25th</b> GREAT WEEK BEGINS	 <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 30th</b>	 <b>GREAT AND HOLY FRIDAY</b> JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>MAY 2nd</b> NO FASTING!	 <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

UNIVERSITY OF FLORIDA  
CENTER FOR GREEK STUDIES

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12, NOON, ET



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ARISTOTLE UNIVERSITY OF THESSALONIKI

THE 1821 REVOLUTION OF INDEPENDENCE  
IN MODERN GREEK POETRY

TUESDAY, MARCH 23  
12, NOON, ET

**SERGIOS PASCHALIS**  
HARVARD UNIVERSITY

EURIPIDES IN HAVANA: JOSÉ TRIANA'S  
*MEDEA IN THE MIRROR* (1960)

THURSDAY, APRIL 1  
5.00 PM, ET



ONLINE FORMAT

All lectures will be online, via zoom. The zoom details below are valid for all lectures

**ZOOM LINK:**

<https://ufl.zoom.us/j/99528129666?pwd=ZXVBZEthQm5oTHJhUHN4UjlySXFUUT09>

Meeting ID: 995 2812 9666

Passcode: 248349

# AHEPA Mother Lodge Chapter No. 1 Educational Fund, Inc.

## SCHOLARSHIPS AVAILABLE for Academic Year 2021-22

Scholarships range from \$1000 to \$3000

APPLY ONLINE at [www.ahepaatl scholarship.org](http://www.ahepaatl scholarship.org)

Application deadline—11:59 p.m., EST, March 31, 2021

### ACADEMIC and ENROLLMENT REQUIREMENTS

- Applicants must have a minimum GPA of 3.0 out of 4.0 or 83 out of 100 and be planning to be enrolled full-time at an accredited college or university for the 2021-22 academic year to be eligible.

### AREA OF CONSIDERATION and RESIDENCY / OTHER REQUIREMENTS

*Note that students attending college in the designated areas listed below but who are not from these locations are considered “out of area” and are ONLY eligible to apply for the Johnny N. Economy Scholarship which has no residency requirement.*

- Three scholarships are available for students attending Holy Cross Greek Orthodox School of Theology.  
*Applicants must reside in the geographical area within the Greek Orthodox Metropolis of Atlanta and plan to attend Holy Cross School of Theology.*
- The Johnny N. Economy Scholarship is available to all students.  
*Applicants must submit an additional essay on a topic of their choosing regarding Hellenism. This scholarship has no residency requirement.*

FOR MORE INFORMATION CONTACT: [applications@ahepaATLscholarship.org](mailto:applications@ahepaATLscholarship.org)

The mission of the Mother Lodge Chapter No. 1 Educational Fund, Inc. is to provide both scholastic achievement and financial need scholarships to students pursuing post high school education. In addition, the Fund strives to strengthen community and country by promoting education through the development and implementation of various comprehensive programs.

*The Foundation is a tax-exempt Charitable Foundation established in Atlanta, Georgia in 1986 to promote, encourage and advance education at the college, university, and graduate and professional school levels. It serves the Cultural and Educational Programs of AHEPA Chapter 1, DOP Chapter 53 & AHEPA Chapter 519. \**

**\* AHEPA: American Hellenic Educational Progressive Association; DOP: Daughters Of Penelope**