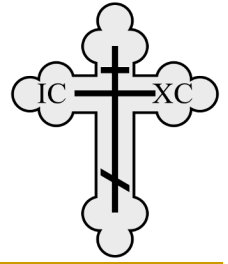




Agape



ST. GEORGE GREEK ORTHODOX CHURCH MARCH 2019

ARCHBISHOP DEMETRIOS' 10 SUGGESTIONS FOR LENT

1. Meditate on the History of Salvation: Think of the Lenten period as a time of meditating on the history of salvation—from the fall of humankind, to the promise of redemption, the Incarnation of God as the new Adam, His Crucifixion, the Resurrection, the Ascension into Heaven, and the Second Coming. Take time to reflect on God's divine actions through history.
2. Review the understanding of fasting: Take fasting seriously as a very important aspect of Lent. Think of fasting not simply as an item of diet, but as something related to the fall of humankind, and at the same time as a victory through Christ.
3. Reconsider our life of prayer: Great Lent is a special time to pray. Try to pray and study the prayers that the Church has given us which are superb examples of conversing with God and try especially to prayerfully read the Psalms, the standard and universal book of prayer. During Lent we find an increased number of opportunities for community prayer and worship. The Church invites us each week to pray the services of the Divine Liturgy of St. Basil, the Presanctified Liturgy, the Salutations to the Theotokos, the Great Compline, and others. So try to pray more frequently this Lent and develop through constant praying a more refined language of prayer.
4. Be conscious of the gravity of sin: Sometimes we don't take sin seriously. Sin is a very serious issue. Sin is a matter of human weakness, sin is a distortion or perversion, sin is a rebellion, and sin is an error or mistake related to ignorance. Let's reflect on how sin has control in our lives, and how it has distorted the divine image within each of us.
5. Make Lent a season for repentance: Along with sin, we are called to reflect upon repentance. Repentance is not merely a shallow or superficial act, but a radical change of mind, soul, will and mentality. It is a central issue and an essential component of the Lenten period. God is always ready to forgive, but first we must repent.
6. Reflect on our reading the Bible: Lent is a time to reflect on our relationship with the Holy Scriptures, because the Bible is central in the texts of the Triodion. How close are we to the Bible? We should try to make reading from the Holy Bible a daily practice during this Lenten season and beyond.
7. Be aware of the Christocentric focus: Of course, the greatest focus of Lent should be on Jesus Christ Himself. Sometimes we can get caught up in fasting, in saying prayers, in going to Church, on our sins, or in all the rituals of this holy season; yet in the midst of all we do, we forget about Jesus Christ Himself. Lent is above all else a time to draw closer to Christ!
8. Cultivate human relationships: The season of Lent is also an opportunity to cultivate our human relationships in more authentic ways. We are called to think of any relationships that are not in the proper condition and make every effort to remedy them. This is a very integral part of living our lives during Lent.
9. Practice almsgiving: Almsgiving is a vital aspect of the Lenten period. It could be said that almsgiving is a requirement for living our life as Christians.
10. Make this Lent a time for transformation: We are challenged to resolve that at the end of the Lenten period, when we celebrate Pascha, we are different from what we are today. The transformative aspect of Lent is an absolute necessity for spiritually enjoying this season.

Building a Stronger Orthodox Christian Community by: Spiritually growing together; Sharing the Orthodox Faith through fellowship, outreach, and philanthropy; Worshiping in a traditional Byzantine church; Supported through Stewardship

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Phone: (541) 683-3519

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Email: frgerasimos@sntgrg.org

Parish Council

The parish council continues to work with local authorities on the safety and security of our parishioners. Meetings have also occurred with representatives of the other places of worship in our neighborhood. The parish council would also like to remind everyone in the parish it is our collective responsibility to keep our children safe regardless if they are in the nave, the narthex, the fellowship hall, the classroom, the play room or outside.

Each month the council receives an update from one of our ministries. In February, it was Missions and Evangelism. Kathryn Becker made the report. In March, we will hear from the Fundraising committee. Since we do not have a kitchen coordinator, it was suggested all guidelines pertaining to food prep and clean up, as well as suggestions for fellowship hour be prominently displayed in the kitchen as opposed to just being on a clipboard. Those items are now posted on the first refrigerator in the kitchen and the cabinet adjacent to the coffee pots. You can't miss them! Take a few moments to familiarize yourself with that information.

The parish council authorized Presvytera Krista West to make four additional altar boy robes. Frosina Drakatos has once again donated the funds necessary to purchase the additional robes. Thank you, Froso. The parish council is also looking into replacing the curtains on the iconostas and purchasing new Liturgy books. The latter has been posted in the Saint Nicholas giving book. Stella Kallianis is also looking into getting children's Liturgy books.

Pastoral Assistant Steve Tussing has been meeting with the Orthodox Christian Fellowship group at the U of O. There will be a joint meeting with Orthodox students from Oregon, Oregon State, and George Fox College February 28th. Keeping our college students engaged in their faith when they are away from home may be the single most important outreach we make as Orthodox Christians.

STEWARDSHIP 2019

Stewardship cards continue to be turned in. It's never too late. Thank you to all who are participating in this year's stewardship drive. Stewardship is our response to God's grace and moves us from grace to gratitude. One day, nearly twenty years ago, a young parish

council president was just getting accustomed to his new duties when someone placed a stack of checks in front of him to be signed. As he quickly signed each check, he was suddenly stopped in his tracks by the sight of one particular check. It was the salary check for his priest - the same priest who had baptized him, for whom he served as an altar boy, to whom he had gone to confession and whom he loved and respected as his spiritual father. It was one of the young president's most humbling experiences, and the amount of the check seemed ridiculously small considering the effect this priest had on this young man's life and the lives of the parish's members. This is the same feeling we should have when we make our stewardship offering to the Church - humility, appreciation, thanksgiving, joy, respect, and love.

Saint George Stewardship Committee

FUNDRAISING COMMITTEE

The Fundraising Committee is in the midst of assessing the future of fundraisers and polling to see how many volunteers we will be able to count on for these events. Presv. Maria will announce the results of our poll at the next general assembly meeting. Thank you to all who have signed up to help so far. We are looking forward to our annual Evening in Greece Dinner, which will be in May. If you are interested in joining our committee, please see Presv. Maria. Thank you.

Presbytera Maria

SAVE YOUR SKINS!

Dying the Pascha Eggs with onion skins was a rousing success! We need lots of onion skins to make the 150+ eggs that we enjoy at Pascha. As you make your Lenten meals, please set aside the **DRY, OUTER LAYER** of **YELLOW** onions (no onion 'flesh' attached). These are most easily kept in a paper bag. Stay tuned on where to bring your bags when they are full.



Missions and Evangelism Report

Dear Fellow Parishioners,

The Triodion has begun – Lent will soon be here. The Missions and Evangelism Ministry is gathering items for this year's almsgiving project. We are hoping to collect enough for 100 "Blessing Bags". We will need: 100 Ziploc gallon size bags; Socks for both men and women; Water bottles or juice boxes; Containers of easily eaten protein (Bumble Bee tuna is an option as well as canned chicken); Soft granola bars or fruit chews or fruit cups; and Pocket Kleenex packs.

We will also be providing toothbrushes and small toothpastes. If you have access to small toothpastes, please contact me. There will be a large box in the fellowship hall to collect the items. If you prefer to give money for purchasing the items, that is also an option.

With Lent comes our opportunity to contribute to the Missions Possible fundraising campaign again. Please start thinking of how much you can contribute. Boxes will be available soon.

And lastly, this year's Clergy-Laity conference is on "The Great Commission in the Parish". I'm excited to be able to participate this year as St. George's M&E Ministry leader. We all look forward to being inspired and equipped. I'll be sure to share with all of you once we return.

Blessings to all, Kathryn

971-506-1716 or beckerettes@msn.com

Greetings from the Bookstore

Great Lent is approaching. It is a time when Orthodox Christians are more conscious of their spiritual character, through prayer, self-examination, and preparation. One can strengthen their faith and draw closer to God by more prayer and devotional life.

This month, the Bookstore will have a number of books on prayer:

~ The Ancient Faith Prayer Book

~ The Pocket Prayer Book

~ The Ancient Faith Psalter

~ Songs of Praise. A Psalter Devotional for Orthodox Women

~ Holy Week and Easter Services

New this month: Orthodox Worship: A Living Continuity With the Synagogue, the Temple, and the Early Church.

And returning: Know the Faith: A Handbook for Orthodox Christians and Inquirers

◇ Do not forget prayer - it is the life of the soul. St. Nikon of Optina ◇

I wish you many blessings and much peace. In Christ, Stella Kallianis

PHILIA

On Sunday, February 24, in honor of Nikki's birthday, our Philia Ladies decided to wear pink and black so we can all match her colors, something she gets very excited about. A few other family members were convinced to do the same and joined in the festivities and photo taking.

The Augment Your Lent Event, scheduled for March 10 is a chance for our charitable group to raise money for the Community Court lunches which we prepare in conjunction with EPD. We will have a variety of tasty vegan food items for sale that will help parishioners ease their way into the Lenten period as well as a Philia Lenten cookbook available for \$5.00 to help you plan dishes for the fast. In addition, Hermela will be brewing the ceremonial Ethiopian coffee which will also be available for purchase. And, of course, any donations to our cause will be greatly appreciated. We look forward to having you visit our Lenten sale and thank you for the support of our organization.

Plans for the future:

- Augment Your Lent Event - March 10, 2019
- * Tsoureki Baking - April 6 and April 13
- * Tsoureki Sale - April 21 on Palm Sunday
- * Community Court Lunches - June 21, July 19, August 16, September 20.

For info on wedding or baptismal items contact Gloria at 541-424-0575 or via email at zeazeastimmons@gmail.com. And if interested in Rada cutlery and products please ask Julie.

Next meetings: March 10 and April 14, 2019

Reminder: Philia is a philanthropic organization open to ALL women in the parish.

Come and join us! We could always use helping hands and helpful minds.

Julie Lenkoff, Philia Coordinator

CARE MINISTRY

Please contact the Care Ministry if you need assistance or know of a parishioner who could benefit from the Care Ministry's help.

CARE NOTES

Empathy is more than just listening to a friend when they're sad, it's actively working to understand how the person feels and why. Empathy is one of the best ways for us to show other people that we love and care about them. We can use empathy to show the Lord's love at work. Listen more and talk less. Step back and listen for two things: what the other person is feeling and what the other person needs. Give them your full attention and be present in the moment. Ask thoughtful questions. Don't shy away from someone because you cannot solve their problem or come up with the perfect words. Ask what they feel, how they plan to handle it, and what you can do to help.

Blessings,
Gloria Zeazeas-Timmons
Care Ministry Coordinator

From the Missions...

Dear Brothers and Sisters in Christ ~

As we enter into the time of Great Lent, the parishioners of Holy Cross would like to express our appreciation for your hospitality to us. While we will be gathering for Lenten Readers Services at Holy Cross when Father is in Eugene, nothing compares to the growth and sustenance of our faith that we experience by attending services such as the Presanctified Liturgies and the Salutations. We look forward to meeting more of you and working beside you as we prepare our hearts for the Risen Lord!

In Christ ~ Lisa Buck, Holy Cross, Roseburg

Greetings from the Salem Mission,

We may not have our official name yet, but we are grateful to have a blessing to commemorate St. Patrick in the services. The Blanchet chapel where we meet is dedicated to him, and Uncut Mountain Press helped us find an Orthodox icon of him for our iconostasis when we first moved to this chapel from St. Timothy Episcopal. It's easy to have a special relationship with this missionary Bishop as we try to labor and share the Orthodox Christian faith in the Salem area. While many in today's culture focus on the color green, shamrocks, and over-imbibing when they remember it's "St. Patrick's Day," we will be remembering him as the loving, sacrificial bishop that intercedes for us and our little mission parish. (On March 17 we also remember St. Alexis and this year it's also the Sunday of Orthodoxy!) An interesting correlation is that a family member of a parishioner wrote an Orthodox Children's book about St. Patrick several years before we ended up in his chapel! (The Life of St. Patrick: Enlightener of the Irish by Zachary Lynch.)

"O Holy Hierarch, equal of the Apostles, Saint Patrick, wonderworker and enlightener of Ireland: Intercede with the merciful God that He grant unto our souls forgiveness of offences."

Thank you for your prayers and please forgive me,

Maria Hauser

March Celebrations

Birthdays

March 2nd-Ann Leith
 March 4th-Nick Boston, Alexis Drakatos
 March 6th-Stephanie Carroll
 March 8th-Mikey Creech
 March 10th-Joan Rundt
 March 14th-Jan Schmidt
 March 23rd-Pres. Maria
 March 27th-Mark Hauser, Bonnie Sollars
 March 30th-E lena Diamond

Feast Days

March 23rd-St Lidia
 Leda Litke
 March 26th-St Larisa
 Larisa Lilles

Wedding Anniversaries

March 3rd- Stephenson

Baptized in Christ/Chrismated

March 21st-Jan Schmidt

Many Years! Chronia Polla!

News and Events

What's New!

- **First Saturday Breakfast:** The dates of the First Saturday Breakfast in March are: Food prep on Friday, March 1st and the breakfast on Saturday, March 2nd. Many hands make for light work so please lend us yours!
- **Metropolis Clergy Laity Assembly:** This year's Metropolis Clergy Laity Assembly will take place March 3rd-4th. Please be praying for safe travel of our delegates and for a fruitful assembly.
- **40 Days for Life:** From March 6 through April 14th, you're invited to join other Christians for 40 Days for Life – 40 days of prayer and fasting for an end to abortion. You're also invited to stand and peacefully pray during a 40-day vigil in the public right-of-way outside the Planned Parenthood abortion clinic at 3579 Franklin Blvd., Eugene, Oregon 97403 (Glenwood area), and also to help spread the word about this important community outreach. Father Lange, chaplain at Marist High School, will lead us for our kick off prayer on Wednesday, March 6 at 3:30 pm at the above Planned Parenthood location. If you'd like more information – and especially if you'd like to volunteer to pray for an hour outside the facility or help in other ways, please contact: Eileen at etmoregon@yahoo.com or 541-543-7168 or our Website page 40DaysforLife.com/Eugene.
- **Great Lent:** Great and Holy Lent begins on Monday, March 11th. May it be blessed!
- **TSOUREKI Fundraiser:** The annual Tsourekis, Greek Easter Bread, Sale is Philia's largest fundraiser of the year. All ingredients are donated and the 100% profit goes to support Philanthropic projects. Please mark your calendar and join Dough Maker John and Philia members for the fun baking party on Saturday, April 6th and/or Saturday, April 13th. Ingredient donations are currently being accepted.. For questions or to reserve your spot, please contact me at 541-484-0575 or zeaeastimmons@gmail.com.
- **Lenten Retreat:** St John the Baptist Greek Orthodox Church in Beaverton is having a Lenten Retreat, Friday and Saturday, March 29-30. Fr Michael Shanbour is the speaker and the title of his talk is, "The Way of Escape: Overcoming Temptation and Sin". For more information please check out the flyer on the bulletin board.

Pink Ladies and Gents celebrating Nikki's Birthday!



KOINONIA

	3/3	3/10	3/17	3/24	3/31
FELLOWSHIP	Larisa Lilles	Lipson	Lipson	Lipson	Hartig
GREETER	Stella	Helen S	John & Gloria	Jerry R	Larisa L
PROSFORON	Creech	Lilles	Kaelin	Markopoulos	Strand
FLOWERS	OPEN	OPEN	OPEN	OPEN	OPEN
READERS	Brad Thomas	Brad Thomas	Brad Thomas	Brad Thomas	Brad Thomas
CLEANING CREW	3/2	3/9 Sollars	3/16 Mueller	3/23	3/30 Drakes

GET INVOLVED!!!

Look through this list of organizations, programs, and ministries at our parish,
then call the contact person and get involved!!!

PARISH COUNCIL	Neal Zoumboulos 541-344-4485
SAFETY COMMITTEE	Gloria Zeazeas Timmons 541-484-0575
BOOKSTORE	Stella Kallianis 541-274-9110
PHILIA WOMEN'S GROUP	Julie Lenkoff 541-345-2107
CHURCH SCHOOL	Ann Marie Kaelin 541-335-1331
CHANTER/CHANT GROUP	Brad Thomas 541-689-9690, Ann Marie Kaelin 541-335-1331
FRIENDS OF ST. JOHN	Art Mehas 541-485-8671
FELLOWSHIP	Bonnie Sollars 541-852-9496
STEWARDSHIP	Neal Zoumboukos 541-344-4485
GREETERS	Larisa Lilles 541-484-7525
CARE MINISTRY	Gloria Zeazeas Timmons 541-484-0575
PRAYER CIRCLE	Bonnie Sollars 541-852-9496
MISSIONS & EVANGELISM	Kathryn Becker 971-506-7161
FUNDRAISERS	Presbytera Maria 971-678-5112

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Saint George Greek Orthodox Church
202 Hillview 1
Eugene, OR 97408-5018

A good word...

What is repentance? Repentance is a change of one's way of life; it is discarding the old man and all of his evil habits and turning toward God, toward the Truth. Repentance means becoming quiet, peaceful, humble, and meek. Everyone knows that it is very pleasing to be in the company of a person who is meek, peaceful, and kind. A person who has no peace generates restlessness and radiates it around, so that in the company of such a person we feel unsettled, and we too become restless. This is because we have not united with the Lord through unceasing prayer. We have peace when we are with the Lord and His Most Holy Mother; she is always here to help whenever we call upon her. In her we have unshakable support, which remains the same for all ages and which will not change. We cannot find this support anywhere else on earth, not even among our family members, let alone in things like riches, earthly power, and honor. We can be left without all these things, but the Lord and His Most Holy Mother will never leave us.

From "Our Thoughts Determine our Lives: the Life and Teachings of Elder Thaddeus of Vitovnica"