



MARCH



2024



Annunciation of the Theotokos

COMMEMORATED ON MARCH 25

Καλή Σαρακοστή

Καλόν Αγώνα



2024

March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 ST. GREGORY PALAMAS 9:00am-11:00am					1	2
3 The Prodigal Son 9:00am-11:00am	4	5	6	7	8	9 1st Saturday of the Souls 9:00am-11:00am
10 MEATFARE SUN. 9:00am-11:00am MEATFARE LUNCHEON	11	12	13	14	15	16 2nd Saturday of the Souls 9:00am-11:00am
17 CHEESEFARE SUN. 9:00am-11:00am	18	19	20 PRE-SANCTIFIED LITURGY 9:00am-10:30am	21	22 1st Salutations 6:00pm-7:30pm	23 3rd Saturday of the Souls 9:00am-11:00am
24 SUNDAY OF ORTHODOXY 9:00am-11:00am	25 THE ANNUNCIATION OF THE THEOTOKOS 9:00am-11:00am	26	27 PRE-SANCTIFIED LITURGY 9:00am-10:30am	28	29 2nd Salutations 6:00pm-7:30pm	30

HOLY COMMUNION



The Sacrament of Holy Communion—the Eucharist—which literally means "Thanksgiving," is the Mystery whereby the bread and wine of offering are changed, actually, not symbolically, into the very Body and Blood of Jesus Christ. The Eucharist is at the very center of the Church's life, and from it flows the prayer of believers in a sacrifice of entreaty for the peace of the world, for all those who ask for help, and for all men and women "The Eucharist unites us in the most intimate fashion with the Lord; it nourishes our soul and body, and aids our strengthening, increase, and growth in spiritual life. According to the promise of the Gospel, "He that eats this bread will live forever." (The Gospel of John 6:58)

The cup which holds the wine that becomes the blood of Christ is the chalice, the cup of salvation. When we kneel during the liturgy, we pray with the priest that God the Holy Spirit may change the bread and wine into the Body and Blood of Jesus. This means that when we receive Holy Communion, Jesus comes to live in us.

How do we prepare to receive the Body and Blood of Jesus? We pray. We should have love in our hearts for all people. We should ask forgiveness from God and from our parents, brothers, and sisters, and from anyone we may have hurt.

When we come before the priest for Communion, we make the sign of the cross, tell the priest our baptismal name, hold the Communion cloth under our chin, and open our mouth wide. After receiving, we wipe our lips with the Communion cloth, make the sign of the cross, and hand the Communion cloth to the person next to us.

Once we have received Communion, we must remember that we have become one with Christ and with all those who received Communion with us. Christ now lives in all of us. We are all living *icons* of Jesus. It is by loving one another that we love Jesus. After receiving Communion our bodies become holy chalices. God lives in us.

Jesus wants to use our hands, which have now become His hands, to help those in need. When we receive Communion, we become members of Christ's Body, the Church. This means that Jesus has no eyes but our eyes, no feet but our feet to do His work in the world today. What kind, thoughtful act will you do for Jesus today?

From *Let's Take a Walk Through Our Orthodox Church*

BIBLE READING

In private study, when a Christian profitably reads the Bible, receiving inspiration and strength from it, family members, friends, relatives and even acquaintances will inevitably notice the difference. Any person who comes into contact with such a Christian cannot but notice the growing peace, love and inner assurance - the spirit of Christ - in that Christian, and will frequently ask (if not ask, certainly think) what gives that person such strength and radiance. God will provide many opportunities to the growing Christian for sharing with others his or her experience with the Bible. What better witness for the truth of the Christian faith than a solid Christian life nourished by Holy Scripture and radiating true Christian love at home, at Church and at work? The Christian's own life becomes a kind of gospel, a living Bible, in which other people observe, read and experience the truths of God in action.

From *Bread for Life*, by Father Theodore Stylianopoulos
Greek Orthodox Archdiocese Department of Religious Education

Suggestions for family Bible reading:

Set aside a regular time for daily reading preferably in the evening at the supper table when the whole family is together. When the children are young, mom or dad can do the reading. When the children grow older, they may share in the reading. Reading to children is one of life's greatest joys. Children treasure it.

- Don't read too much or too fast. One chapter a day is sufficient. Let what you read sink in slowly. If children are young, read from a Bible story book-one that has pictures which you can show the children.
- Start with the biographies of Jesus (Matthew, Mark, Luke, John).
- Read with the faith and the expectation that God will really and truly speak to you through what you read.
- Don't worry about the passages you do not understand. Concentrate on what you do understand. The more you read, the more you will understand. One passage explains another.
- Each day memorize at least one verse that grips you. Say it out loud as a family three or four times. Encourage your children to fall asleep with this verse on their lips.
- Get a translation your children understand.
- As you read, try to have an icon of Jesus before you if you are reading the Gospels; one of St. Paul if you are reading his epistles, etc. This will help you realize who it is who is speaking to you.

from *Making God Real in the Orthodox Home*
by Fr. Anthony M. Coniaris / Light & Life Publishing

OUR LENTEN JOURNEY



PREPARING FOR THE PASSION & RESURRECTION OF OUR LORD

Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God.

Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends.

Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves –mind, body and soul– through the physical and spiritual fast, keeping a Christian *attitude* in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ.

This brochure has been compiled to assist you on your Lenten Journey, guiding you in fasting, prayer, repentance & confession, Bible reading and in receiving Holy Communion.

May God bless you and guide you, and may you reach your Paschal destination with the joy of renewed faith in Christ.

DEPARTMENT OF STEWARDSHIP, OUTREACH & EVANGELISM

Kyra Sarakosti – Mrs. Lent A Greek Easter Tradition



An old tradition of the Greek Easter is making Mrs Lent, a woman with no nose and mouth so she can't be tempted by all the tempting food we find around us during the Lent. Her hands are crossed because she prays all these seven weeks of Lent and she has seven feet that symbolize the seven weeks of the Great Lent that leads to Easter. Every week, one foot must be removed, usually this is done every Saturday, until we make it to Holy Saturday when the Resurrection of Jesus Christ is about to happen.

In some places they make it with salt dough, decorate it and hang it somewhere in the house, in other areas they used to make it like a ragdoll, with fabric and stuff it with feathers, it's better to make it with paper or carton since these materials are easier to find and work with when you have to do with children.



Την Κυρά Σαρακοστή που είναι έθιμο παλιό οι γιαγιάδες μας τη φτιάχναν με αλεύρι και νερό.
- Our grandmothers used to make Mrs Lent, an old custom, with flour and water

Για στολίδι της φορούσαν στο κεφάλι της σταυρό και το στόμα της ξεχνούσαν γιατί νήστευε καιρό.
- They put a cross on her head as a decoration headpiece and forgot her mouth because she would fast for a long time.

Και μετρούσαν τις ημέρες με τα πόδια της τα επτά κόβαν ένα τη βδομάδα, μέχρι να 'ρθει η Πασχαλιά.
- And they used her seven feet to count the days, each week they'd cut off one until the big day of Easter came.



The Annunciation of the Theotokos is an important feast day in the Christian Orthodox Church, which commemorates the announcement by the Archangel Gabriel to the Virgin Mary that she would conceive and give birth to Jesus Christ, the Son of God.

According to the Orthodox tradition, on the 25th of March, the Archangel Gabriel appeared to the Virgin Mary in Nazareth and greeted her with the words "Hail, full of grace, the Lord is with you." Gabriel then told Mary that she had been chosen by God to bear a son, who would be the Savior of the world. Mary, after asking how this could be possible, submitted herself to God's will, saying "Behold the handmaid of the Lord; be it unto me according to thy word." The Annunciation is considered one of the twelve great feasts in the Orthodox Church, and it is celebrated with great solemnity and joy. It is also a day of fasting and prayer for Orthodox Christians, who seek to honor the obedience and humility of the Virgin Mary and to contemplate the mystery of the Incarnation of Christ. The Annunciation is also an important event in the life of Christ, as it marks the beginning of his earthly life and ministry.

In addition to its religious significance, the Annunciation has also played an important role in the culture and art of the Christian Orthodox Church. Many of the greatest works of Orthodox iconography depict the Annunciation, including those by famous artists such as Andrei Rublev and Dionysius. The Annunciation is also the subject of numerous hymns, prayers, and other liturgical texts in the Orthodox tradition, which celebrate the joy and wonder of this miraculous event.

LAGANES



Available for Pick-Up
Sunday March 17, 2024

EMAIL FOR PRE ORDERS:
greekcommunityofkingston@gmail.com

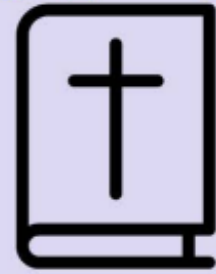
*Please come to the side doors. (entrance to church hall for Pick-Up)
Pick Up Time 11:30 a.m.-01:00 p.m.



LADIES OF PHILOPTOHOS
APOKRIATIKO (MEETFARE) LUNCHEON
SUNDAY 10 MARCH (FOLLOWING DIVINE LITURGY)

We would like to invite you all to join us for our annual Apokriatiko (Meatfare) Luncheon on Sunday, 10 March 2024 following Divine Liturgy. This is a special occasion where we gather together as a community to enjoy a delicious meal and celebrate .

SUNDAY SCHOOL



March 10th

March 24th

****Celebrating Greek
Independence Day**



Attention Executors & Power of Attorneys

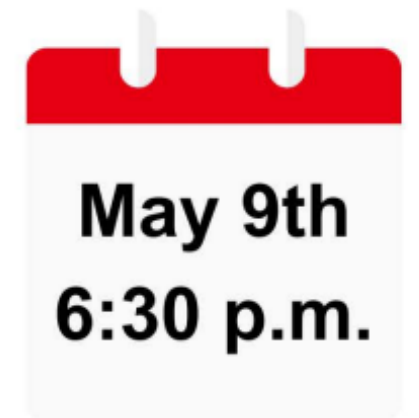
Protecting family wealth

ESTATE PLANNING

SEMINAR

As individuals, while we place much importance on asset creation, ensuring protection, preservation, and wealth succession is equally important.

Refreshments & snacks will
be provided



Guest Speakers

Francois JMJ Asselin,
Financial Planning Specialist

Helen Papadakis,

Investment Advisor

CIBC Private Wealth Management



****Please RSVP Helen Papadakis at
helenpapadakis1@gmail.com or call 416-882-7231**