



Light of Life



VOLUME 17 ISSUE 1

JANUARY 2017

FR. PETER DAY—PROISTAMENOS

Priest's Message

There are few material things in this world that are more precious to us than our home. Our home is a source of safety from the forces of the outside world, whether physical or social. Our home is a source of rest and relaxation for our bodies and our souls. Our home is our **castle**, where we are protected, or our **kingdom**, where we control our own lives, or maybe our **garden**, where we reap the blessings of God's creation. As God's created world begins in a garden, our world and our role in working out our own salvation begins in our home. For this reason, we as Orthodox Christians take special care to ensure that God's blessings are received in a blessed place.

So each year after the Feast of Theophany, we have our homes blessed: to give our **castle** protection against the invading forces of evil; to give our **kingdom** authority against the false gods of the outside world; and to give our **garden** fruitfulness where our family will grow in the love of God and of all His creation.

The road to our salvation begins at home. *Thus we will sweep the house of our heart clean of sin and will set it in order and adorn it.* The words of St. Maximos make us mindful of how our home needs to be refreshed by blessing, because the state of our life at home is likened to the state of our heart and our life in the Church. Our family is a small church, and our home is where we gather and enjoy the grace of all God's blessings, so we have our home blessed to show our acceptance of God's sanctification and to reveal the home as



what it was created by God to be: a way to His Kingdom. It also shows that the "church in the home," the family, is a reflection of the Church. By blessing the home, we consecrate it and all activities therein to God.

We wish everyone a safe and prosperous New Year.

With love in Christ,

Fr. Peter

Fr. Peter

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- Roger Naous
- Norm Rattey
- Christine Sirois
- Michael Coombs

Food for fellowship time
 after church
 January

- 1.....
- 8..
- 15.....
- 22.....
- 29.....

If you wish to host a memorial or sponsor food for after church fellowship please sign up.



BULLETIN OF THE
 PARISH OF THE
 HOLY TRINITY
 GREEK ORTHODOX CHURCH

January
 2017



155 Hogan Road
 P. O. Box 1344
 Lewiston, Maine 04243-1344
 Phone & Fax (207) 783-6795

Photographers:
 Dorothy Moskovis
 David Le Gloahec

Writers:
 Fr. Peter Day
 Anthe Day
 David LeGloahec
 Margery Mars

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See us on the web at
holytrinity.me.goarch.org

Church News

Is it Spring yet? Oh yeah, Winter has just started. Cold Enough? Hope our church family had a wonderful holiday with family and friends. Many are glad that the rush of activities has slowed down. There are many new memories of the places, activities we spent with our community as well as family and friends.

Read Father Day's message. Note that he is available for House Blessings. Simply call and make an appointment. Also read Presbytera Anthe message about Kosmos starting up again.

Let us keep warm and work together with our time and money and help our home, Holy Trinity grow to a shining light to the community and not hide it under a bush.

We have some new council members, who will be sworn in later this month.

In addition to making a mean rice pudding and great momoul cookies, **Norm Rattey** excels in the field of law! Norm was recently named by U.S. News Media Group and Best Lawyers in their 2017 Best Lawyers in America list in the area of real estate law.



General Assembly



Christmas Eve

You have church News:

Send your text, your pictures, your inspirations, whatever it is, send it to:

HTrinnews@gwi.net

- Committees**
- Building & Addition:** John Stass, Mike Pelletier, & Jason Levesque
Cemetery: Michael Pelletier
Education: Chris Sirois
Festival: Peter Mars & John Kesaris
Finance & Endowment: Dorothy Moskovis, Duke Goranites,
Hellenic Heritage: Georgia Chomas
Interior: John Rozos
Maintenance: Jim Simones, Harry Simones, Stella Gammaitoni
Parish Historical Socieity: John Kesaris
Spiritual Enrichment: Ann Robinson
Stewardship: Ann Robinson
Libraian: Tom Goodwin
Ladies Society: Melissa Simones
Choir Directors: John Rozos, Chris Gianopoulos
Sunday School Director: Stella Gammaitoni
Readers: George Simones, David LeGloahec, John Rozos, Jaye Goulet
Acolyte Guides: Roger Park, John Zimbis
Book Store Manger: George Simones
Visitation Committee: Margery Mars & Christine Sirois
 Other Members: Ann Pelletier, Rosemary Goranites, Deserée Tanquay, and John Rozos.



Father Mark Hodges, of St. Stephen the First Martyr Orthodox Church, prepares to bless the water of Bresler Reservoir for the annual Great Sanctification of the Waters



For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.

Romans 1:20



Christmas Eve



General Assembly

When the Lord Jesus had lived for thirty years from His birth in the flesh, He began His teaching and saving work. He marked this very beginning of the beginning by His Baptism in the Jordan.

*St Cyril of Jerusalem says:
"The beginning of the world—water;
the beginning of the Gospel—the Jordan."*

At the Baptism of the Lord in the water, that mystery was revealed to the world that was predicted in the Old Testament and fabled in ancient Egypt and India—the mystery of the Holy Trinity of God.

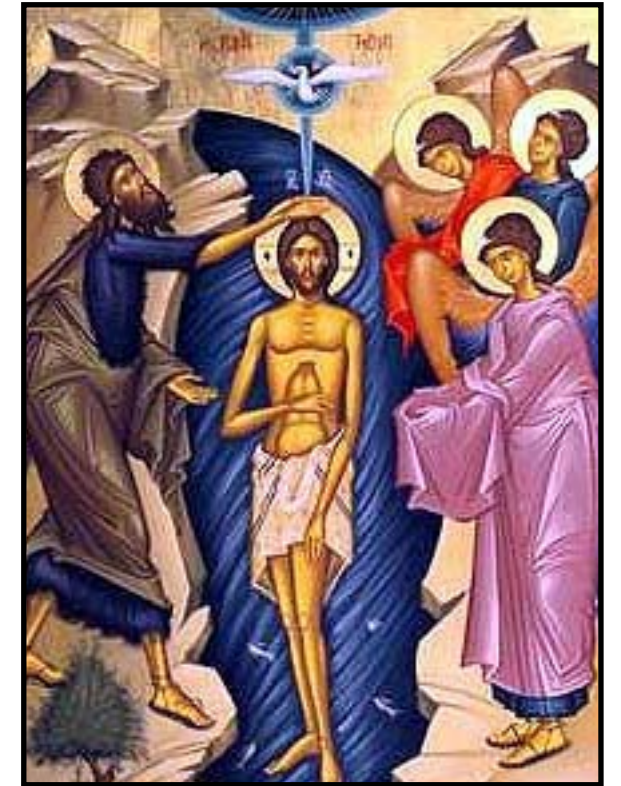
The Father revealed Himself to the sense of hearing, the Spirit to the sense of sight and the Son, further beyond these, to the sense of touch.

The Father gave His testimony of the Son, the Son was baptized in the waters and the Holy Spirit, in the form of a dove, hovered over the waters. And when John the Baptist bore witness of Christ and said: "Behold the Lamb of God, which taketh away the sin of the world" (Jn. 1:29), and when he immersed the Lord in the Jordan and baptized Him, there were thus revealed both the mission of Christ in the world and the path of our salvation.

That is to say: Christ takes upon Himself the sin of the whole human race. He dies under it (the immersion) and rises again (the coming up out of the water), and we must die to the old, sinful man and rise again, cleansed, renewed and re-born. Here is the Saviour and here is the way of salvation.

The Feast of the Theophany is also called the 'Illuminating', for in the Jordan there is given to us an illumining, revealing God to

Theophany of Christ Our Lord January 6

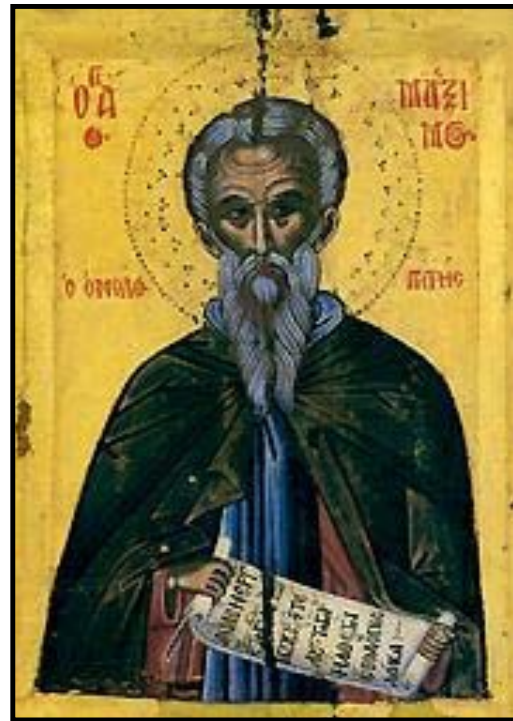


us as Trinity, consubstantial and undivided. That is one thing. And the other is that each of us baptized in the water is illumined by the Father of lights, through the merits of the Son and in the power of the Holy Spirit.



The divine Maximus, who was from Constantinople, sprang from an illustrious family. He was a lover of wisdom and an eminent theologian. At first, he was the chief private secretary of the Emperor Heraclius and his grandson Constans. When the Monothelite heresy became predominant in the royal court, out of hatred for this error the Saint departed for the Monastery at Chrysopolis (Scutari), of which he later became the abbot. When Constans tried to constrain him either to accept the Monothelite teaching, or to stop speaking and writing against it - neither of which the Saint accepted to do - his tongue was uprooted and his right hand was cut off, and he was sent into exile where he reposed in 662. At the time only he and his few disciples were Orthodox in the East (See also August 13).

Maximus the Confessor January 21



Apolytikion of Maximus the Confessor in the Plagal of the Fourth Tone

You are a guide of Orthodoxy, a teacher of piety and modesty, a luminary of the world, the God inspired pride of monastics. O wise Maximos, you have enlightened everyone by your teachings. You are the harp of the Spirit. Intercede to Christ our God for the salvation of our souls.

Kontakion of Maximus the Confessor in the Plagal of the Fourth Tone

Let us the faithful praise with fitting hymns that lover of the Holy Trinity, great Maximus, who clearly taught the divinely-given Faith: that we should give glory unto Christ our God, Who, though but one hypostasis, hath in very truth two natures, wills, and energies. Let us cry to him: Rejoice, divine herald of the Faith.



Networking at the Olympia Snowe Women's Leadership Institute luncheon. Pictured are: Dottie Moskovis, Georgia Chomas, Toni Spirounias, Rosemary Goranites.

This common feast of these three teachers was instituted a little before the year 1100, during the reign of the Emperor Alexis I Comnenus, because of a dispute and strife that arose among the notable and virtuous men of that time. Some of them preferred Basil, while others preferred Gregory, and yet others preferred John Chrysostom, quarreling among themselves over which of the three was the greatest. Furthermore, each party, in order to distinguish itself from the others, assumed the name of its preferred Saint; hence, they called themselves Basilians, Gregorians, or Johannites. Desiring to bring an end to the contention, the three Saints appeared together to the saintly John Mavropous, a monk who had been ordained Bishop of Euchaita, a city of Asia Minor, they revealed to him that the glory they have at the throne of God is equal, and told him to compose a common service for the three of them, which he did with great skill and beauty. Saint John of Euchaita (celebrated Oct. 5) is also the composer of the Canon to the Guardian Angel, the Protector of a Man's Life. In his old age, he retired from his episcopal see and again took up the monastic life in a monastery in Constantinople. He reposed during the reign of the aforementioned Emperor Alexis Comnenus (1081-1118).

Synaxis of The Three Hierarchs: Basil the Great, Gregory the Theologian, & John Chrysostom January 30



Boothbay Botanical Gardens of 60,000 lights in December of 2016



KOSMOS NEWS
Oratorical Festival 2017

Introduced in 1983, the St. John Chrysostom Oratorical Festival provides Greek Orthodox teenagers the opportunity to write and talk about their faith. The Oratorical Festival Program begins at the parish level with the top presenters moving on to the next level.

Holy Trinity will hold the local 2017 Parish Oratorical Festival on **February 26th** immediately following Divine Liturgy. This year, as a Co-Chair with Paul MacDowell from St. Demetrios Church in Saco, Holy Trinity will be hosting the District Festival in March. Parents, please encourage your children to participate in one of the three depending on their grade in school. The divisions are:

- Elementary Division (local festival only) for students in grades 4–6

These presentations are opportunities for the young ones to express their knowledge of their Faith and Church, gain confidence, and practice without critical review.

- Junior Division for students in grades 7–9 Speech time limits minimum 3 mins, max 4

- Senior Division for student in grades 10–12 Speech time limits minimum 4 mins, max 5

Presvytera Anthe is working with the students in the Junior and Senior Division during Religious Education time. We are planning on some writing workshops on Saturdays or Fridays to work with students. Help is also available for any Junior or Senior Parish Participant needing assistance with topic selection, tips and writing skills. We also are looking for judges to evaluate the participant's speeches. Please see Father Peter or Presvytera Anthe, if interested in judging or assisting in anyway. As always, we welcome suggestions, and comments that help our youth succeed. As a reminder, a brief description of the Festival topics is outlined below.



Junior Division (Grades 7–9)

The opening petition of the Divine Liturgy is "In peace let us pray to the Lord." What is this peace, and why do we need it to begin our prayers?

St. John Chrysostom said, "Our alms are judged not by the measure of our gifts, but by the largeness of our mind" (Homily 52 on the Gospel of Matthew). Discuss how even small acts of kindness and generosity can make a difference.

Discuss the role of bread and its symbolism in the Bible and the life of the Church.

The Orthodox Church venerates saints and martyrs every day. Talk about a saint whose life inspires you to be a better Orthodox Christian.

Explain why the Orthodox Church focuses more on the resurrection than it does on the passion and suffering of Christ.

Senior Division (Grades 10-12)

The gap between the rich and the poor in the United States and worldwide is arguable wider than it has ever been. How should we as Orthodox Christians address such terrible financial inequality?

Although many people diet for health or vanity, the discipline of fasting is found in many religious traditions. What is the difference between dieting and fasting, and why is it important?

Psalms are an integral part of Matins, Vespers and many other Church services. Talk about a Psalm that impacts or influences your life. The Lord commanded us not to create idols (Exodus20:4), yet people continue to do so. Discuss the kinds of idols people make or worship today and the response that an Orthodox Christian should have when confronted by them.

Jesus said, "Render therefore to Caesar the things that are Caesar's, and to God the things that are God's (Matthew 22:21). When no political party represents genuine Christian teaching, how does an Orthodox Christian navigate political conversations and make political judgments?"

Please check the GOARCH site: <http://www.goarch.org/archdiocese/departments/religioused/sjcof/>

KOSMOS Café

Greetings in the Lord,

When God reveals Himself to us on Theophany, it reminds us of our new beginning. We are looking forward to a great New Year. To start the year with a bang, we are planning our first monthly potluck get-together on 21 January 2017 immediately following Divine Liturgy of St Maximos the Confessor. The plan is to have these get-togethers on the third weekend of the month. If more folks can stay right after church on Sundays, we can accommodate this time frame too. For our first *Kosmos* gathering, we will focus on getting to know one another. Bring a favorite food to share if you can.

Our topic will be: What do we appreciate or like about one another? What events in the past were happy times? Can we replicate them, or can we create new memories? We will all share our ideas with examples. Each month thereafter, we will focus on different themes with activities for all to participate – including our youth, teenagers, young adults, through to our wise and precious ninety- something's and centenarians.

It's time for us to have fun again!!!

Generation Celebrations

In keeping with getting to know one another, let us celebrate all the wonderful folks in our parish. To begin, we will pick a Sunday to honor those folks who are 80 and older. The plan is to have a potluck that Sunday, and we will celebrate with gratefulness for one another, especially for the group that is being appreciated. In the spring, we will honor the youngest generation in our parish. More details to follow.

Book Discussion/Study/Fellowship

"No man can be called friendless who has God and the companionships of good books."

—Elizabeth Barrett Browning

As we begin this New Year, let us start with reading and examining a Book of the Bible (e.g., the *Book of Genesis* or with some of the *Proverbs*). As always, we can focus on other books and topics of interest. If you are interested, please see me, so we can make a schedule. We can meet evenings and mornings to accommodate more people. Thank you.

With love in Christ,

Presvytera Anthe

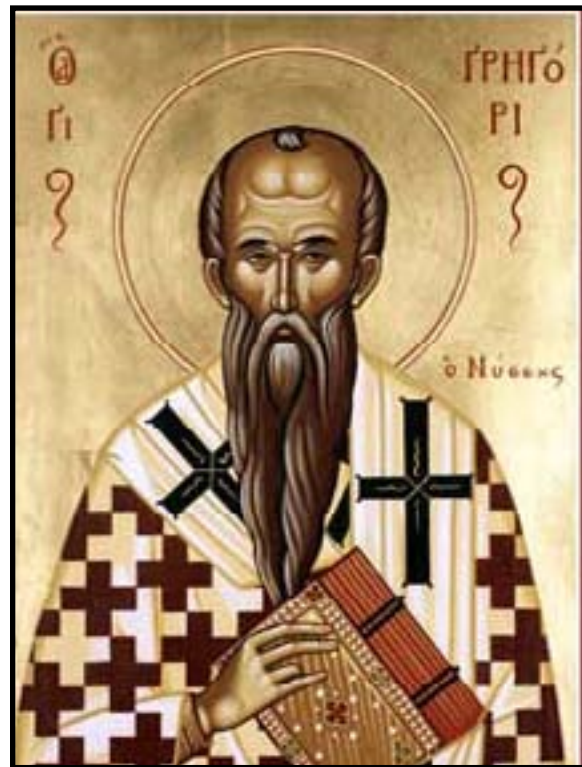


The fabric of Christendom was woven into its strength and beauty of character by the threads of men such as St. Gregory the Theologian, who became one of the four great doctors of the Church during the 4th century AD, along with Saints Basil the Great, John Chrysostom and Athanasios the Great. He is further remembered as one of the three so-called Cappadocian Fathers, an honour he shares with Sts Basil and Gregory of Nyssa. He is also recognized as the champion of Orthodoxy against the heretical doctrine of Arianism.

The son of a bishop for whom he was named, Gregory was born in Arianzos in Cappadocia, Asia Minor, in 329 AD. He was educated in Caesaria and then in Athens, where he met Basil with whom he became close friends linked in a common resolve to serve Christ. At the suggestion of Basil, the two friends became monks at a retreat in Pontus, where each embarked on a spiritual journey that was to lead them both to greatness. It was with some degree of reluctance, however, that Gregory left the monastery to be ordained into the priesthood to serve as an assistant to his father, the bishop of Nazianzos. The son's brilliance as a preacher outshone his father's. When barely thirty years old, he won acclaim throughout the region as a mighty warrior in the fight against paganism and heresy.

It was largely through the influence of Gregory that his friend Basil was made bishop of Caesaria. In the process, he himself was made bishop of the relatively unimportant town of Sasima, a post he never sought and in which he never served, preferring to remain with his father in Nazianzos. He took over the church of Nazianzos after the death of his father in 374.

Saint Gregory the Theologian January 25

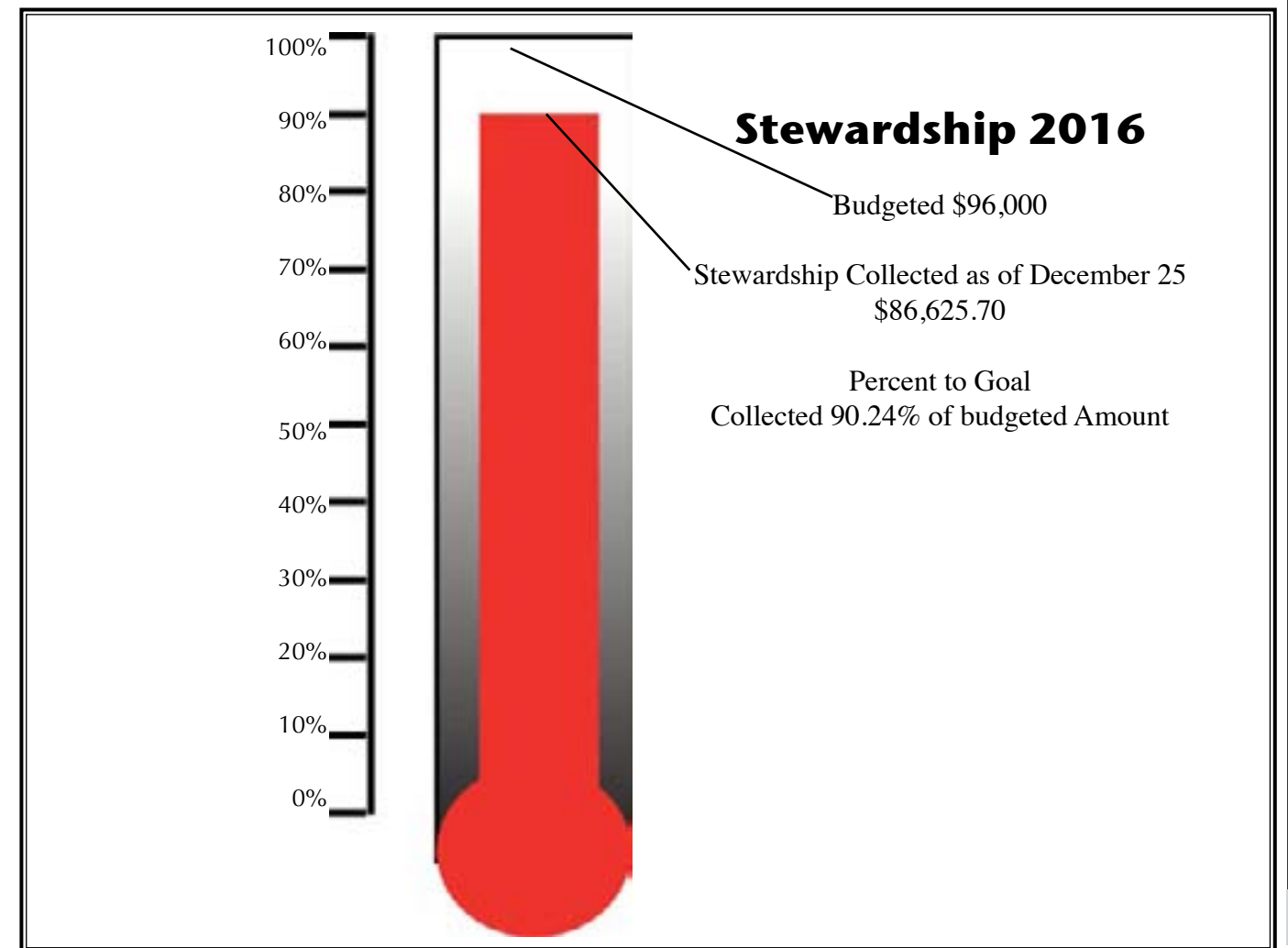
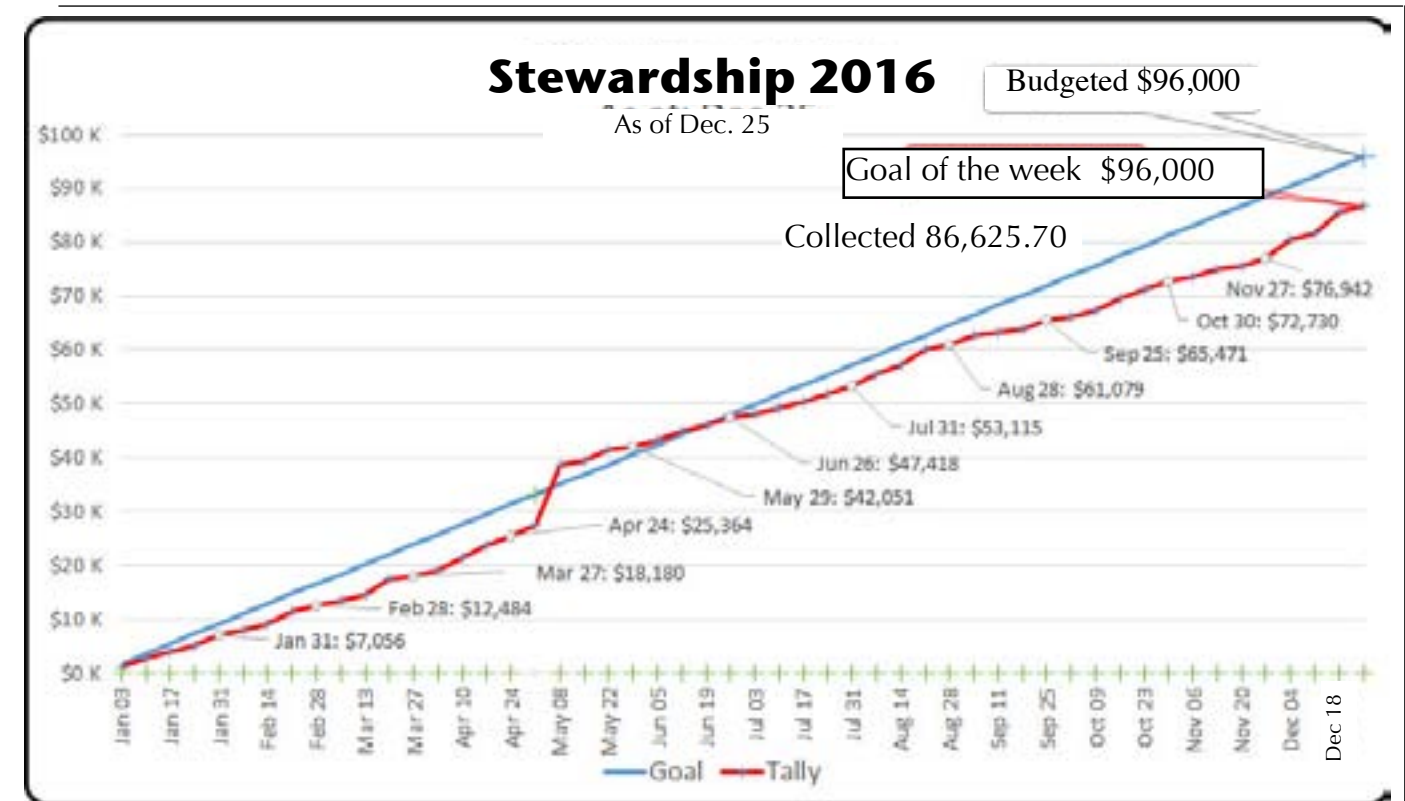


With the loss of his father, he had a longing to return to asceticism in some retreat, there to meditate, pray, and interpret the Scriptures. He was allowed to go to the seclusion of Seleucia in Isauria, where his tenure as an eremite was short-lived.

After the death of the Arian Emperor Valens, followed closely by the death of Gregory's friend Basil, Gregory was called to Constantinople. He was to head the reorganization of the Orthodox Church, which had been torn asunder by the heresy of Arianism from within and by the harassment of pagans without. In the course of this holy work, he achieved distinction as an orator, traditionalist, and a crusader that earned him the title of "Theologian" despite the opposition of Maximos the Cynic, who had been set up against him by the bishop of Alexandria.

When the Orthodox Emperor Theodosios came to power in 380AD, Gregory assumed the

continued on pg. 14



M E M O R I A L S



In Memory of
Theodore &
Elizabeth Kleros
May their memories be eternal

In Memory of
Ervin & Virginia
Pelletier
May their memories be eternal



In Memory of
Mary
Samson
May her memory be eternal

In Memory of
James & Mary
Goranites
May their memories
be eternal



In Memory of
John
Margarones
May his memory be eternal

In Memory of
Spiro & Antigone
Bournakel
May their memories
be eternal



In Memory of
Anthe
James
May her memory be eternal

In Memory of
Charles Bournakel
May his memory be eternal



In Memory of
Georgia
Taxiarchis
May her memory be eternal

In Memory of
Nicholas
& Evridice
Merkouris
May their memories



M E M O R I A L S

In Memory of
Lewis Kesaris
May his memory be eternal



In Memory of
Sophia Amfilio
May her memory be eternal



In Memory of
Spero & Jennie
Vlacheas
May their memories be eternal



In Memory of
Mary Vlacheas
May her memory be eternal



In Memory of
Michel Prouchinsky
May his memory be eternal



Memorials

Cost in the Bulletin
2 Months.....\$20.00
1 Year\$110.00
Perpetual
(No Expiration)\$1000.00



If you need *Koliva* (wheat) for a memorial, please contact the Ladies Society who will prepare it. There is no cost

Memorials

If you wish to have a memorial in the bulletin, please see D. LeGloahec or eMail to: HTTrinnews@gwi.net. Listed below is the name and the last bulletin.

- Amfilio..... 12/2017
- S. & A Bournakel..... 10/2017
- GoranitesPerpetual
- JamesPerpetual
- KesarisPerpetual
- Kleros.....Perpetual
- Margarones.....Perpetual
- Merkouis.....Perpetual
- Pelletier.....Perpetual
- SamsonPerpetual
- Taxiarchis.....Perpetual
- Vlacheas (2) 2/2017



St. Gregory from pg. 10

direction of the magnificent Church of Aghia Sophia, the most prestigious house of God in all Christendom. While director of this mighty church, Gregory took part in a synod held in Constantinople in 381AD to settle the differences among the prelates of the Church. Known as the Second Ecumenical Synod, it resolved the issues and voted to accept Gregory as patriarch of Constantinople. It further added its official support to the Nicene doctrine that was championed at the First Synod in Nicaea.

For as long as he held the post of spiritual leader of Orthodoxy the gallant Gregory served with honour and dignity. Moreover, he was the instrument of God in unifying the Church into a cohesive unit that could withstand any internal or external pressure. He grew weary of the personal attacks that are the occupational hazard of a patriarch and after a moving farewell address; he retired to live out his days in meditation, writing, and prayer. He died 25 January 388 AD.

From "Orthodox Saints" Vol 1 by Fr George Poulos, Holy Cross Orthodox Press

Be encouraged by our the words of Martin Luther King Jr. This very famous man had a strong personality and determination. He won the Nobel Peace Prize in 1964. He was a civil rights leader, and a Baptist minister and lived in the US. His life ended to early when an assassin's bullet claimed his life in 1968.



"Our lives begin to end the day we become silent about things that matter."

"I have a dream that one day this nation will rise up, live out the true meaning of its creed - we hold these truths to be self-evident, that all men are created equal."

"Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others."

"If we are to go forward, we must go back and rediscover those precious values - that all reality hinges on moral foundations and that all reality has spiritual control."

"I look to a day when people will not be judged by the color of their skin, but by the content of their character."

"Nothing pains some people more than having to think."

"Intelligence plus character-that is the goal of true education."

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

"Not only will we have to repent for the sins of bad people; but we also will have to repent for the appalling silence of good people."

Martin Luther King Jr.

January

SUN	MON	TUES	WED	THURS	FRI	SAT
1 St. Basil the Great Orthros 9:00 AM Liturgy 10:00 AM	2 	3	4	5	6 Holy Theophany 8:00/9:00 AM Orthros/Liturgy	7
8 Sunday after Theophany Orthros 9:00 AM Liturgy 10:00 AM	9	10	11	12	13 Fr. Slain at Sinai & Raithu Vespers 6:30 PM	14
15 12 th Sunday of Luke Orthros 9:00 AM Liturgy 10:00 AM	16 	17	18	19	20	21 Maximus the Confessor 8:00/9:00AM Orthros/Liturgy
22 15 th Sunday of Luke Orthros 9:00 AM Liturgy 10:00 AM	23 Parish Council 6:30 PM	24	25 Gregory the Theologian 8:00/9:00 AM Orthros/Liturgy	26	27	28
29 Sunday of the Cananite Orthros 9:00 AM Liturgy 10:00 AM	30 3 Hierarchs 8:00/9:00 AM Orthros/Liturgy	31	1 February 	2 Presentation of Our Lord 8:00/9:00 AM Orthros/Liturgy	3	4





And now we welcome the new year. Full of things that have never been.
Rainer Maria Rilke

My Goal for 2017 is to accomplish the goals of 2016 which I should have done in 2015, because I made a promise in 2014 and planned in 2013.

Cheers to a new year and another chance for us to get it right.
Oprah Winfrey

Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.
Benjamin Franklin

Tufted Titmouse



FROM:
HOLY TRINITY GREEK ORTHODOX CHURCH
P.O. Box 1344 155 HOGAN ROAD
LEWISTON, ME 04243-1344



To: