

May/June 2016

Volume 5, Issue 5



The Witness



The Monthly Newsletter of Holy Apostles Orthodox Christian Church
Cheyenne, WY

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"I Anticipate the Resurrection of the Dead..."

by Archbishop Christodoulos of Athens and All Greece

The common Resurrection of the dead comprises a dogma of our faith. We confirm it, in the Symbol of our Faith : "I anticipate the resurrection of the dead and the life of the age to come." Our life has four stages. The first is our terrestrial life. It is the life that we live on Earth. The second stage is the one after our physical death, the so-called "interim-state." The third stage is life after the resurrection of bodies, and the fourth is the life of the age to come. That is when the mystery of the "eighth day" begins.

However, if someone does have doubts regarding the bodily resurrection, we need to mention that this resurrection will certainly take place, because it was uttered by the unerring mouth of our Lord. In John's Gospel, these words of the Lord appear: "the dead shall hear the voice of the Son of God, and those who hearken to it shall live". The voice of Christ will be heard and everyone will live; everyone will be resurrected. Immediately after, the Lord Himself completed His phrase, saying: "Do not wonder at this; for a time will come when all those who are in graves shall hear His voice, and those who pursued good deeds shall proceed to a Resurrection of Life, while those who have pursued foul deeds (shall proceed) to a Resurrection of Judgment." It is very clear that these words of our Lord are referring to bodily resurrection, which will be taking place when the voice of Jesus Christ is heard. But even Paul the Apostle, when expressing the same truth, tells us: "...for he shall sound the trumpet, and the dead shall arise, incorruptible." The Apostle was referring to the trumpet sounded by the Angel, thereby announcing the resurrection of the dead bodies, after which, the dead would arise, in incorruptible form. As for those who have doubts about those

continued on next page...



bodies coming alive – and especially all the deceased of the distant past – there is the vision of the Prophet Ezekiel, where the Prophet, having received the command by God to preach to the bared bones, he indeed proceeds to preach and immediately after, the bones reacquire flesh and soul: they come alive and they stand upright.

Furthermore, it is only proper and fair for the bodily resurrection to take place before the Second Coming, inasmuch as the bodies – along with their souls – will appear together before the Throne of the

unyielding Judge, in order to obtain His response to the way of life that they jointly lived. And that is why Man is not only a soul. The Apostle Paul clearly informs us that we shall present ourselves before the Judge, with our body, in order that each of us may receive the appropriate judgment for all the things we have done. Body and soul have lived together, and will therefore either enjoy Paradise together, or be together in Hell.

There are some who wonder how this resurrection can be possible when the physical body has disintegrated a long time ago? This body will also be resurrected, because Christ's Body was resurrected. The Holy Bible refers to Him as "the firstborn of all creation" and as the One who "became the first among the reposed." This means that whatever took place with Christ will also be taking place with us, because Christ is the recapitulation and the summation of our entire life. Our Lord is the Head of our body and we are the members. Subsequently, since the Head was resurrected, the entire body will be resurrected also. But we shall not be resurrected on our own as was the case with the Lord's Resurrection; instead, we shall be resurrected, when the voice of the Lord is heard.

The blessed John Chrysostom says the following: "If the body is not resurrected, then Man is not resurrected. Because Man is not just a soul. Man is body and soul. Therefore, if only the soul is resurrected, then Man is resurrected in half, and not in whole. Besides, we are not speaking literally when referring to the "resurrection of the soul," because only the body is resurrected, since only the body is subject to deterioration."

The bodily resurrection is a miracle. It will be the miracle of the Power of God. And just as a seed is sown in the earth unto deterioration and rises up undeteriorated, so is our body sown in a state of deterioration, it is buried and disintegrates in the earth, to be resurrected and risen in incorruptibility.

This resurrection, according to Clement of Rome, will take place, regardless where we may be scattered - either in the sea, or on land, or even if devoured by wild beasts or by vultures – God will resurrect us with His power, because the entire world is in His hand.

What The "New" Bodies Will Be Like

Justifiably, one may ask what our bodies will be like after our resurrection. Will they look like they did before death,

or not? The answer is that our bodies will basically be the same as before, but with different characteristics. In reply to this question, the blessed Chrysostom says that the body will be the same one, but it will also not be the same.

The blessed Makarios says that our body will have preserved its nature after the resurrection in the same manner as iron, which, when subjected to heat will turn glowing red, but without ceasing to be iron.

Theodore of Mopsuestia gives us another image – that of sand and glass. As we all know, glass is composed of sand. However, when it is turned into glass, it is no longer sand. Therefore, between our pre-resurrection body and the one that we shall have after the resurrection, there will be a sameness as well as a difference.

One difference that we must state is that the old body is cloaked with deterioration, whereas the new one with incorruptibility. This body, after the common resurrection, will be immortal. The image used by the Apostle Paul is a very characteristic one. The seed is buried in the soil, it then deteriorates, and eventually a new plant will sprout from that seed, which comes alive and develops. Of course it is of the same nature as the seed that was sown. That is to say, if one sows a seed of wheat, wheat will sprout from it, however, it will be better than the one that was sown. Furthermore, one seed is sown, but multiple seeds will sprout from it. From all this, we can surmise the attributes that our post-resurrection body will have – the first one being incorruptibility.



In his attempt to approach this mystery, Saint Cyril of Jerusalem resorts to the example of water. Water, he says, has certain characteristics when it is in a liquid state, other ones when it solidifies, and yet others when it is vaporous. We shall likewise undergo a change. Thus, since our body will possess the characteristic of incorruptibility, it means that it will not suffer illnesses or feel pain, nor will it grow old - we will all have the “same age,” according to the tradition of our Church, which we encounter in our hymnological texts. In other words, we will no longer have the handicaps that we had in this lifetime or the various illnesses, nor will we have the so-called “natural” passions such as hunger, thirst, becoming tired, and needing to rest, hurting, etc.

The second characteristic of immortality indicates that we no longer die, and that we shall be eternal. Our model will be the Body of the Resurrected Christ. A third characteristic of ours will be the transformation of our body. The new body will be far better and superior to the previous one. It will not consist of matter, it will be weightless, it will mass-less and will not take up space, in the manner that our Lord had a body which His disciples had seen after the Resurrection, yet without that Body hindering Him from entering the room where His disciples were “sequestered,” nor hindering Him from being simultaneously in different places – as verified by His various post-Resurrection appearances.

The qualities that our new body will have will be new qualities. That body will partake of the glory of the Resurrected and Ascended Jesus Christ. The Lord was not resurrected only as the firstborn of all Creation; He also brought His resurrected Body into the heavens, on the day of His Ascension. And it is for this reason that the Feast of the Ascension is of such importance to us, because it signifies the eternal glorification of our body, next to the Body of the Resurrected Christ, in the glory of Heaven. Our body will be beautiful, with its former characteristics. Our physical remembrances will become spiritual ones. That is why yet another characteristic will be spirituality. We will no longer be preoccupied with material or sensual matters. Being spiritual, our body will no longer have any need for maintenance or sustenance.

On the basis of all that we said regarding our resurrected body, we must reach the conclusion that our “just reward” – that is, the inheritance of Paradise or our exclusion from it (that is, Hell), will be of a spiritual, not material character. There will be conditions that will fill us with joy, if we are together with God and savor His presence; otherwise, they will fill our souls with sorrow and sadness. We will be “justly rewarded” accordingly, if we are far away from God; we will not enjoy His presence within us. That would be the worst kind of torture, because our conscience – according to the dogmatic theologians of our Church - “then being extremely refined and sensitized, will check us in a tortuous and painful manner”; our conscience will then be rid of the laziness with which it was burdened during the present lifetime. People - say the Fathers of the Church - will shine, according to the measure of their virtue. That is why the Lord had said “in the house of My Father there are many mansions.” This indicates that Paradise will also have certain gradations. Saints who have pleased God will be in a different state than certain other Christians. Nevertheless, everyone who will be in Paradise will feel the utmost joy. In fact, the Fathers use a charming parallel, in order to describe that everyone will feel satisfied: Each person will be holding a vessel in his hands. In some, the vessel will be a small one, while in others, the vessel will be larger. However, everyone’s vessel will be full to the brim.

Following the resurrection, a general judgment will take place. It will be the final judgment. We shall appear with our resurrected bodies and souls united, as they are now, before the Throne of the unyielding God.

Memorial Day Trisagions...



Be sure to mark your calendars for Monday, May 30th, as we gather at the local cemeteries for our annual day of Trisagions for our departed loved ones. As the day gets closer, times and schedules will be released.

Quick Reminders...

Women's Study Group Luncheon

On Bright Monday, May 2, 11:30am, the Women's Study Group will meet for food and fellowship at Two Doors Down on Dell Range

Spring General Assembly

Our Spring General Assembly will take place on Sunday, May 8, after the Divine Liturgy

Metropolis Presentation

After an early (5:00pm) Paraklesis, we will have the recent Metropolis Webinar presentation shown locally in the fellowship hall (with food!).

Philoptochos Meeting

The next Philoptochos meeting will take place after the Divine Liturgy and fellowship on Sunday, May 15.

Missions

Thanks to all you bought dry soup mixes during the first weeks of Lent! We sent \$200 to the mission center for the Hoppe family serving in Albania.

OCMC Coin Boxes

Please return your coin boxes to the plastic bin in the entry. All monies will be sent to OCMC for their operating budget. Thank you!

Community Work Day!

Be sure to mark your calendars for Saturday, May 7: our Community Work Day!

We hope to see as many parishioners as possible come to set up children's play equipment, garden, and give the entire building a deep scrub down!

Sign-up sheets for the various tasks are in the fellowship hall. Breakfast will be at 8:00 with work starting at 9:00. Let's get as much help as we can to make this fun, fast, and successful!





9th
Annual

AHEPA | Cheyenne Cowboy
Chapter #211

SCHOLARSHIP GOLF TOURNAMENT

JUNE 17, 2016

**AIRPORT GOLF COURSE
CHEYENNE, WYOMING**



SUBARU

WIN A NEW 2016 Subaru!!

HOLE-IN-ONE PRIZE

DONATED BY HALLADAY MOTORS

Win Other Great Hole Prizes Too!

BREAKFAST AT 8 A.M.

SHOT GUN START: 9 A.M.

AWARDS LUNCHEON AFTER GOLF

HALLADAY
AUTO GROUP

SEND YOUR TEAM OR INDIVIDUAL INFO

(HANDICAP, ENTRY FEE ETC.)

TO: TIM JOANNIDES C/O HALLADAY MOTORS

P.O. BOX 1164

CHEYENNE, WY 82003-1164

or Phone Tim at 1-307-634-1511

\$125 PER PERSON
GREEN FEES, CART & MEALS





AHEPA—COWBOY CHAPTER 211 9th ANNUAL SCHOLARSHIP GOLF TOURNAMENT

CHEYENNE AIRPORT GOLF COURSE—CHEYENNE, WY

FRIDAY, JUNE 17, 2016

8 AM BREAKFAST

9 AM SHOTGUN START

AWARDS LUNCHEON FOLLOWING GOLF

Tournament format will be a four (4) person modified scramble, with adjustment for total team handicap. The Player's U.S.G.A. Handicap must be on entry form or an honest 18 hole average score. Maximum handicap allowed will be 30 a player.

COST: \$125.00 per person

Cost includes: Green Fees, Golf Cart, Hole Prizes, Breakfast, Lunch and Awards, including a chance to win a new 2016 Subaru!!

Make checks payable to **AHEPA Cowboy Chapter #211**: All entry forms must be turned in no later than June 3 2016. Send entries to the following:

Tim Joannides
C/O Halladay Motors
P. O. Box 1164
Cheyenne, WY 82003-1164
Phone No: 307-634-1511

TEAM AND/OR HOLE SPONSOR NAME: _____

ENTRY FORM

Player Name	GHIN # & Handicap	or Honest 18 Hole Avg. Score	Player's Phone Number and email
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____

YES, I would like to become a Hole Sponsor.

☐ Please find my \$125 Hole Sponsorship Check enclosed.



Assisting in Upcoming Services... (May & June)



Prosforo

5/2/16 (Monday) – Tina Marquardt

5/6/16 (Friday) – Jamie Pullos

5/8/16 – Nick Bellack

5/15/16 – Fay Zaharas

5/22/16 – Adrienne Johansen

5/25/16 (Wednesday) – Pres. Lavinia Truebenbach

5/29/16 – Laura Smith

6/5/16 – Stacey Galeotos

6/8/16 (Wednesday) – Stephan Pappas

6/9/16 (Thursday) – Stephan Pappas

6/12/16 – Kathy Joannides

6/18/16 (Saturday) – Lexie Garrett

6/19/16 – Sarah Pullos

6/20/16 – Pres. Lavinia Truebenbach

6/26/16 – Kelly Zaharas

6/29/16 (Wednesday) – Fay Zaharas

6/30/16 (Thursday) – Fay Zaharas

5/8/16 – Mother's Day Celebration (Sam Galeotos & others as assigned)

5/15/16 – AHEPA Sunday (Jim Haefeale & Curtis Olson)

5/22/16 – Andrea & Jordan Hanslovan

5/29/16 – Kay & Stephan Pappas

6/5/16 – Kathy Joannides & Angela Schamber

6/12/16 – Stacey & Angie Galeotos

6/19/16 – Father's Day Celebration

6/26/16 – Alexis & Nick Bellack

Greeter

5/8/16 – Cameron Karajanis

5/15/16 – Rob Marquardt

5/22/16 – Greg Pappas

5/29/16 – Jamie Pullos

6/5/16 – Tim Joannides

6/12/16 – Chris Karajanis

6/19/16 - Estelle & Jim Haefeale

6/26/16 – Dave Johansen

Fellowship

5/1/16 – Pascha Community Family Luncheon –
Sign up in fellowship hall

*Thank you for your service
and dedication!!!*

Building Cleaning and Lawn Maintenance... (May & June)

Interior Cleaning

Week of 5/2/16 – Driko & Christine Pappas & family

Week of 5/8/16 – Nick Bellack

Week of 5/15/16 – Etchepare Family

Week of 5/22/16 – Stacey Galeotos & Jenni Jackson

Week of 5/29/16 – Driko & Christine Pappas & Family

Week of 6/5/16 – Nick Bellack

Week of 6/12/16 – Etchepare Family

Week of 6/19/16 – Stacey Galeotos & Jenni Jackson

Week of 6/26/16 – Driko & Christine Pappas & Family



Lawn Care

Week of 5/15/16 – George Zaharas

Week of 5/22/16 – Steve Zaharas

Week of 5/29/16 – Rob & Jared Marquardt

Week of 6/5/16 – Mike Jackson & John Etchepare

Week of 6/12/16 – Chris Karajanis

Week of 6/19/16 – Tyler & Jackson Garrett

Week of 6/26/16 – George & Steve Zaharas



Please keep an eye out for
updated lists!!!

Many Years!!!

Happy Birthday to...

Christine Pappas (5/3)

Matthew Pullos (5/5)

Nicole Zaharas (5/6)

Sam Galeotos (5/7)

Genevieve Garrett (5/10)

Filothea Truebenbach (5/16)

Quinn Marquardt (5/17)

Tyler Garrett (5/18)

Zachary Peliotis (5/19)

Sofia Etchepare (5/25)

Lee Galeotos (5/26)

Steve Zaharas (5/27)

Estelle Haefele (6/7)

Zoe Christopulos (6/10)

Kendra Yusten (6/10)

Bubba McWhirter (6/11)

Stacey Galeotos (6/13)

Alexis Bellack (6/14)

Kristina Zaharas (6/16)

Curtis Olson (6/20)

Isaiah Ornelas (6/22)

Happy Anniversary to...

Jim & Estelle Haefele (5/7)

Elias & Angie Galeotos (6/16)

Tyler & Alexis Garrett (6/23)

(If you don't see your birthday or anniversary here, please forgive me for missing it, and let me know when it is! - Fr. Paul)

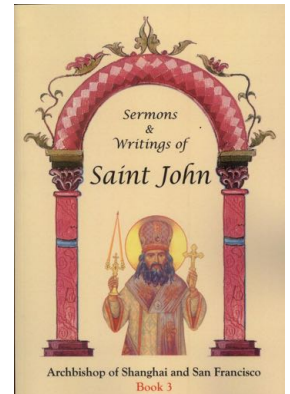
Conversing with the Fathers...



Each month, our “Conversing with the Fathers” class will meet to discuss one of the works of a Holy Father of Orthodoxy. This is a wonderful opportunity to read, study, and converse about the Divinely-breathed words of the Saints of our Church. The class usually meets the first Tuesday of each month. Please join us in this holy work! Below are the next three books of our series...

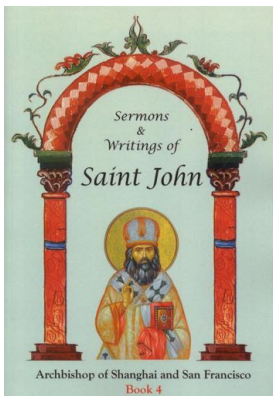
April selection (to be read in April and discussed at the May meeting):

The third volume of St John of San Francisco’s homilies and writings contain the topics of the resurrection of our bodies at the Second Coming, the Cross, the Feast of Sts Peter and Paul, the Feast of the Nativity of John the Baptist, the Nativity, prayer, the word “anathema” and it’s meaning, and various other subjects. After this month, we will have only one month left studying the writings of St John Maximivitch before moving on to a different Saint. Be sure to take advantage of this great Saint’s holy and saving words!



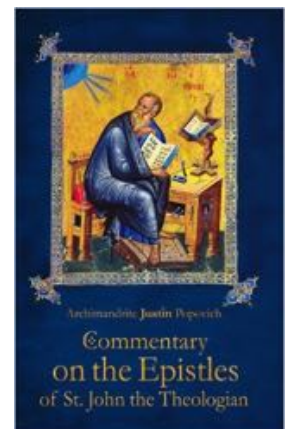
May selection (to be read in May and discussed at the June meeting):

The fourth and final volume of St John of San Francisco’s homilies and writings in English. This volume contains, among other things, some of the pastoral letters of St John, his homily on the Feast of the Transfiguration, instructions on how best to honor friends and relatives who have departed, an inspiring homily given before the construction of the cathedral in San Francisco, and a homily on what it means to call oneself a Christian. In these homilies, you will hear Christ speaking to OUR generation!



June selection (to be read in June and discussed at the July meeting):

Like many other Holy Fathers of the Church of Christ, Archimadrite Justin Popovich (1894-1979) was not only a great theologian, philosopher, pastor and spiritual father, but also a great exegete of the Holy Scriptures. He experienced the Word of God not only as a topic of study but as a way of life and a revelation from a God Who saw him as a “friend.” St Justin’s *Commentary on the Epistles of St John the Theologian* expounds upon the words of the Apostle of love clearly and beautifully in a way sure to benefit any person.



Some Words from Modern Saints & Elders...

Elder Cleopa of Romania (+1998)



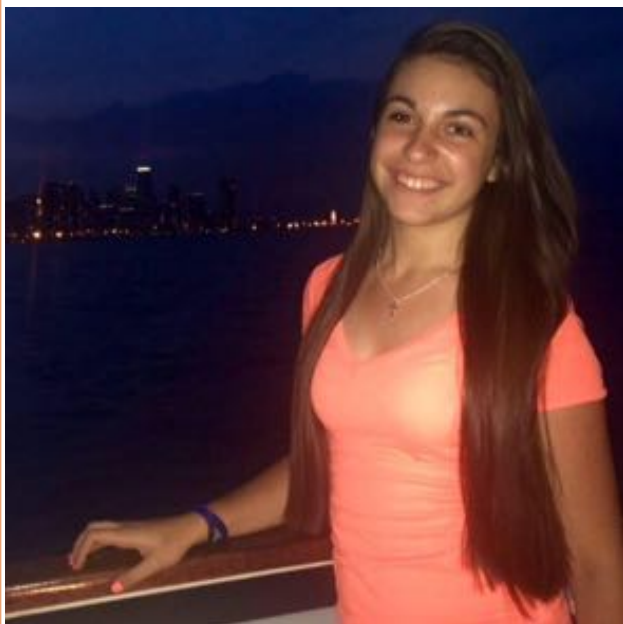
1) "In any stage you may be do not get discouraged, pray even if you feel compulsion and the Lord will visit you with His mercy: 'Let it be to you according to your faith,' [Matt. 9:29]."

2) "Do not do anything without signing yourself with the sign of the Cross! When you depart on a journey, when you begin your work, when you go to study, when you are alone, and when you are with other people, seal yourself with the Holy Cross on your forehead, your body, your chest, your heart, your lips, your eyes, your ears. All of you should be sealed with the sign of Christ's victory over hell. Then you will no longer be afraid of charms, evil

spirits, or sorcery, because these are dissolved by the power of the Cross like wax before fire and like dust before the wind."

3) "The enemy will run like a wild ass from the man who has tasted the sweetness of prayer."

4) "During every fasting period, be sure to confess your sins thoroughly. During Great Lent, confess twice, once at the beginning of the fast, and again at the end of it; the same with the Nativity Fast. St. John Chrysostom says, 'If possible, O Christian, you should confess every hour.' We sin against God every minute, every second of our lives."



Congratulations to Quinn Marquardt who was selected to be the Regional Student Leader for the Student Leadership Board for OCF (Orthodox Christian Fellowship)!



Helping the Unaccompanied Homeless Youth in our Community

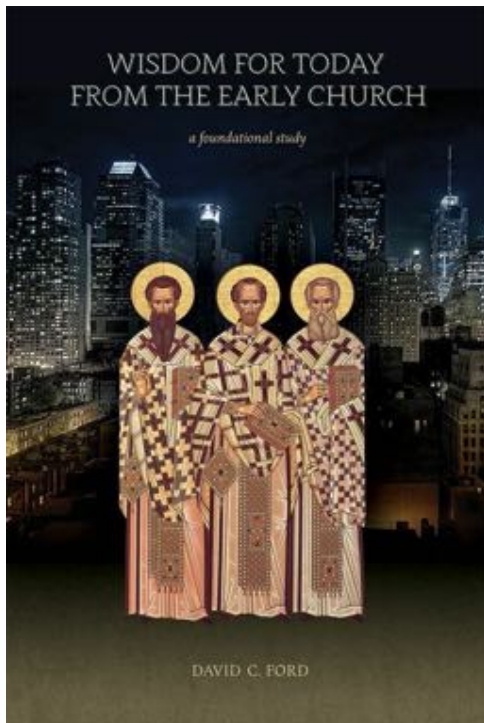
Unaccompanied homeless youth are youth experiencing homelessness while not in the physical custody of a parent or guardian. These youth live in a variety of unsafe, temporary situations, including cars, parks, the homes of other people, shelters, and motels. Most of these young people have left home due to severe family dysfunction, including abuse and neglect. It's hard to believe, but we have this population in our community. During the month of May we will collect personal hygiene items that will be donated to the Laramie County School District #1 At-Risk Teen Liaison for distribution to these students.

Items needed:

- Toothpaste
- Tooth Brush
- Deodorant

- Shampoo
- Lotion
- Lip Balm

- Feminine Products
- Hand Sanitizer
- Body Wash



Adult Education Opportunity!

Starting in May, rather than returning to “Media Mondays” right away, we will first have an adult catechism class in which we will study the book, *Wisdom for Today from the Early Church Fathers*. This book, by St Tikhon’s Seminary’s professor of Church history, David C Ford, is THE BEST introduction to Orthodoxy I have ever read.

Rather than being a systematic introduction which goes through various topics concerning Orthodoxy, it simply goes through the history of the first few centuries of the Church, starting with the Book of Acts and going through to the Apostolic Fathers, the first heresies, the martyrs, and the beginnings of monasticism. Ford writes in an incredibly engaging way, while also picking out themes which show the relevance of what we discover in the early Church for today’s Orthodox Christians. The class will meet Mondays at 5:30 beginning on May 9. You can just come and listen, or order a book to follow along (www.stspress.com).



GREEK ORTHODOX METROPOLIS OF DENVER

PASCHA 2016

No one takes it—My life—from Me, but I lay it down of Myself. I have the power to lay it down, and I have the power to take it again.

John 10:18

Beloved in the Risen Lord,

These words of supernatural love which come from the Divine Source of love, our Triune God, raise the question, “Who began the blame game?” For if our Lord did what He emphatically states, then His was a willing sacrifice based on His most extreme love for humanity. His astounding sacrifice was based on His supreme love of His human icon and consequently all of humanity.

For thousands of years our Lord saw millions of souls, descendants of Adam and Eve, enter into the prison of Hades controlled by the source of evil. The Apostle Peter writes that Christ descended there to preach to those who died in the days of Noah.

The fullness of time had arrived and our Lord became one of us in order to lay down His life so that His divine soul would enter into Hades as he did. Our father among the saints, Saint John Chrysostom says it best in his Paschal sermon. He states, “Hades received a man and came face to face with God.”

It is most appropriate to call the Resurrectional Vespers of Pascha Sunday the Vespers of Love. Henceforth when we use the word, “Love,” in speaking of the supreme sacrifice of Christ, let us do our best to enter into the real meaning of the word and not only to know, but through our prayer life to experience the bond of this eternal agape with the Resurrected Savior, our Lord and God.

CHRIST IS RISEN! — ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ!

With paternal love in the Risen Lord,

+Metropolitan Isaiah of Denver

+Metropolitan Isaiah of Denver

11th Annual Cheyenne Day of Giving

Together we can do so much.



- Donate non-perishable food, personal care items, including new underwear, and craft items
- Donate blood
- Donate leftover prescription medication and medical supplies
- Register as a organ, tissue or bone marrow donor
- Donate prescription eyeglasses, hearing aids, and used cell phones
- Donate durable medical equipment
- Make a cash donation to our year-round efforts

Youth Event
3:30 p.m.
to 6:30 p.m.

Thursday, May 12

Kiwanis Community House
Lions Park

Donate non-perishable food,
personal care items,
including new underwear,
and craft items

Day of Giving

8 a.m. to 5 p.m.

Friday, May 13

Kiwanis Community House
Lions Park

Donate in all ways listed in the
column to the left

Visit

cheyennedayofgiving.org

or "Like" us on 

Questions: Call Greta Morrow
at 635-3943 or go to the
website listed above

Community Partners



Future Dates to Keep in Mind...

Saturday, 5/7 -
Community workday
(5/14 is backup in case of
bad weather)

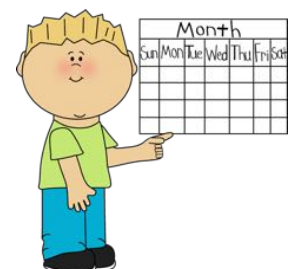
**Sunday, 5/8 - General
Assembly**

**Thursday, 5/12 - Next PC
Meeting**

Wednesday, 5/18 -
Metropolis Presentation
and Dinner following an
early Paraklesis (Paraklesis
at 5:00pm)

Monday, 5/30 -
Memorial services at
cemeteries

Saturday, 7/9 - WBAR



MAY

sun	mon	tue	wed	thu	fri	sat
1 Great and Holy Pascha 12:00am Resurrection service and Liturgy 11:30am Agape Vespers and Paschal Meal	2 8:45 Orthros, 9:30 Liturgy - St George the Great Martyr 11:30am Women's Study Group luncheon	3 No Men's Group	4	5	6 8:45 Orthros, 9:30 Liturgy - Life-Giving Spring	7 Community Work day 5:30pm Great Vespers
8 8:30 Orthros 9:30 Liturgy General Assembly after Liturgy	9 5:30pm Adult Catechism	10 7:00am Men's Group 5:30pm Conversing with the Fathers	 11 6:00pm Paraklesis	12 5:30pm PC Meeting	 13	14
15 8:30 Orthros 9:30 Liturgy Philoptochos Meeting following fellowship	16 12:30pm Women's Study Group 5:30pm Adult Catechism	17 7:00am Men's Group	 18 5:00pm Paraklesis Metropolis presentation and food to follow	19	 20	21 9:30 Liturgy - Sts Constantine & Helen (at SCH)
22 8:30 Orthros 9:30 Liturgy Chanting Class - Grave Mode	23 5:30pm Adult Catechism	24 7:00am Men's Group	 25 8:45 Orthros, 9:30 Liturgy - Mid-Pentecost 6:00pm Paraklesis	26	 27	28
29 8:30 Orthros 9:30 Liturgy	30 Memorial Day Trisagions 5:30pm Adult Catechism	31 7:00am Men's Group	1	2	3	4  = strict fast  = wine/oil allowed  = fish allowed  = dairy, eggs, fish allowed

JUNE

sun	mon	tue	wed	thu	fri	sat
29	30	31	 1 6:00pm Paraklesis	2	 3 5:30pm Great Vespers	4
5 8:30 Orthros 9:30 Liturgy	6 5:30pm Adult Catechism	7 7:00am Men's Group 5:30pm Conversing with the Fathers	 8 9:10 Pre- Communion Prayers 9:30 Liturgy - Apodosis of Pascha 6:00pm Paraklesis	9 8:45 Orthros, 9:30 Liturgy - Holy Ascension 5:30pm PC Meeting	 10	11 8:45 Orthros, 9:30 Liturgy - Saturday of All Souls
12 8:30 Orthros 9:30 Liturgy	13 12:30pm Women's Study Group 5:30pm Adult Catechism	14 7:00am Men's Group	 15 6:00pm Paraklesis	16	 17	18
19 8:30 Orthros 9:30 Liturgy Chanting Class - Tone 4	20 8:45 Orthros, 9:30 Liturgy - Monday of the Holy Spirit 5:30pm Adult Catechism	21 7:00am Men's Group	22 8:45 Orthros, 9:30 Liturgy - Mid-Pentecost 6:00pm Paraklesis	23	24 9:30 Liturgy - Nativity of John the Baptist (at SCH)	25
26 8:30 Orthros 9:30 Liturgy	 27 5:30pm Adult Catechism	 28 7:00am Men's Group	 29 8:45 Orthros, 9:30 Liturgy - Sts Peter & Paul 5:30pm Great Vespers	30 8:45 Orthros, 9:30 Liturgy - Synaxis of the Holy Apostles	1	2  = strict fast  = wine/oil allowed  = fish allowed  = dairy, eggs, fish allowed