

GOOD NEWS

Voice: (585) 244.3377

March 2022

From the Desk of
Rev. Fr. Angelo Maggos

Parish Registry, Progress Report
Upcoming Church Services and Events

Youth Ministry and Organizations News

From Fr. Angelo

The Fasting Regiment – What are My Options?

The season of Great Lent is once again upon us as we prepare for our Lord's glorious resurrection. As we hear in the hymn of Χριστός Ανέστη (Christ is Risen) His resurrection conquers death and grants to all Mankind freedom from the eternal death. But this freedom is not automatic, we must ask for and desire it...and we must be prepared to receive it.

The Lents of the Church's offer an aid our preparation to receive the gifts offered by the Feasts, whether it's His Nativity, the Assumption or His resurrection. However, before we discuss fasting, we must remember that fasting is only one component of the "Triangle Model of Great Lent. The expectation of spiritual development and transformation is impossible without a full immersion in all parts of the Triangle. Without the other two components our fasting effort is reduced to just another diet plan.

Why Fast? The "fasting" part of the triangle serves to ready the body for the struggle of the Lenten journey. St. Basil offers an example in the pilot of a merchant ship.

"You would surely agree that the pilot of a merchant ship is better able to safely guide it to port if it is not fully loaded, when it is in excellent condition and light.

The ship completely loaded down is sunk by a minor swell in the waters. But the boat that has a captain smart enough to toss overboard the extra weight will ride high above even surging waves. This is like people in burdened down bodies. A person gets absorbed with filling up, getting weighed down until finally falling into ill health. They are like the boat in stormy weather that goes right over a dangerous rock."

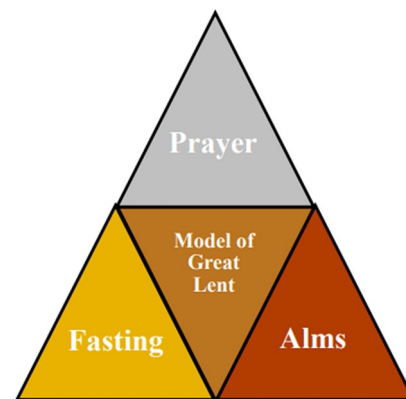
The Precedence of Fasting The practice of fasting is certainly Scripturally based and is present in the Old Testament up through to the Apostles and the Holy Fathers of the Church.

"Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning." (Joel 2:12)

"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry." (Matthew 4:4)

The Apostles "Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust. (Acts 14:23)

Fasting is in our Church theology and in our hymnology, described as the mother of chastity and prudence, as the accuser of sin and as the advocate of repentance, the life worthy of angels and the salvation of humans (The Lenten Triodion). For these reasons fasting becomes a primary mean of spiritual growth through humility and discipline.



Since at its core, fasting is abstinence from food it detaches us from earthly goods and realities liberating us both physically and spiritually. Recall that Adam and Eve's sin was in disobedience to God's commandment to fast. Thus, fasting, while not salvific on its own, focuses us on recognizing and overcoming those obstacles to our salvation allowing us to re-establish the proper priority between the material and spiritual.

In the Lenten Pre-Sanctified Liturgy we hear that we should, "fight the good fight, to walk the way of fasting, to crush the heads of the invisible dragons, to prove ourselves victorious over sin, and without condemnation to reach our goal of worshiping the Holy Resurrection."

How to Fast? The question of how to fast in the Orthodox Church generates quite a bit of discussion and confusion, especially since there seems that there are so many varying opinions on the rules of fasting.

The Fasting Regiment – What are My Options?

The rigorous fasting schedule of the Orthodox Church was meant more for those living a monastic life. These monks worked to build themselves up to this level of endurance. When practiced with this level of rigor, and without proper preparation, those of us living and working in today's world can experience significant health issues or fall into depression since we feel inadequate to the task in front of us. All of these are demonic weapons to deter us from our goal and leads to defeat.

In that light I wish to offer the following are 3 levels of fasting that hopefully will provide each of us with a way to use the Lenten period to prepare for the joyous Resurrection of our Lord and Savior in a manner which matches our abilities and allows us to train like athletes, as St Paul says.

LEVEL 1 – This is most strict and reflects a strict adherence to the established rules of fasting and requires preparation and training as does any athletic event.

- No partaking of any animal products (animals being defined as having blood), so this includes most fish.
- No partaking of any food derived from animals, such as eggs, cheese, milk, etc.
- No partaking of alcoholic beverages and olive oil; although there are days where the fast is relaxed.

This type of fast is advisable only for those whose lifestyle allows for such a rigid restriction of food. Additionally, just as one cannot immediately participate in a 20 mile marathon without adequate training, this type of fast also requires "training" to be able to endure this level of strictness. This type of fasting is inadvisable for those with demanding jobs, those undergoing stressful situations, the elderly or those taking life-saving medications. This type of fasting must be coupled with a rigorous prayer regiment and a concerted effort to help those less fortunate.

LEVEL 2 – Not as strict as level one, this level focuses more on portion control rather than adherence to strict fasting rules. During Lent the Holy Fathers tell us to limit our intake of food in an effort to practice the discipline of the body and avoid the vice of gluttony. By leaving the table a bit hungry we have a constant and very real reminder of where our focus should be – on God. This was the primary reason for the institution of the Pre-Sanctified Liturgy, which was to offer the faithful the sustenance of Holy Communion to help them keep up their strength and perseverance during the Lenten period. So, for example, instead of having two or three pieces of large chicken breasts, have just one. This type of fast is more appropriate for those with demanding jobs or stressful situations since it offers them the nutrition they need but are still able to observe the essence of the Lenten fast. As with Level 1 this type of fasting must be coupled with a prayer regiment and a concerted effort to help those less fortunate.

LEVEL 3 – Not everyone's situation is conducive to keeping a strict fast. This includes not only those in demanding situations, whether work or medical, but also those new to the practice of fasting. At this level the focus is primarily on the other two aspects of Lent: *prayer and charity*. To the extent possible, try to keep the fast on Wednesday and Friday at either a level 1 or level 2, but put increased effort on prayer and diligently

EVENTS AND CHURCH SERVICES:

21 February – Presidents’ Day

21 February - Office Closed.

22 February – Adult Education, Zoom, 7:00 PM

+23 February – Joint Paraklesis, Holy Spirit, 6:00 PM

24 February – Seniors Meeting, 11:00 AM

24 February – Orthodox Questions and Answers, YouTube, 7:00 PM

+26 February - Saturday of Souls, Divine Liturgy 10:00 AM

1 March – Adult Education, Zoom, 7:00 PM

2 March - Transformative Christianity Webinar Series - Part 2 - Zoom, 7:00 PM.

3 March – Orthodox Questions and Answers, You Tube, 7:00 PM

+5 March - Saturday of Souls, Divine Liturgy 10:00 AM

5 March - Greek School Apokreatiko Event, 5:00 PM

7 March – Clean Monday Great Lent begins

8 March – Adult Education, Zoom, 7:00 PM

+9 March - Presanctified Liturgy, 5:00 PM

10 March – Orthodox Questions and Answers, You Tube, 7:00 PM

+11 March - Salutation to the Theotokos, 5:00 PM

+12 March - Saturday of Souls, Divine Liturgy 8:30 AM Please note earlier start time!

12 March - Lenten Discussion with Dr. Jeannie Constantinou. Immediately following Divine Liturgy for Saturday of Souls.

+13 March - Sunday of Orthodoxy and Parish Level SJC Oratorical Festival.

Kids don’t forget your icons on this day!

15 March – Good News Submission Deadline

15 March – Adult Education, Zoom, 7:00 PM

+16 March - Presanctified Liturgy, 5:00 PM

17 March – St. Patrick’s Day

+18 March - Salutation to the Theotokos, 5:00 PM

19 March - Upstate NY Youth Lenten Retreat for youth ages 8 - 18. Registration is free thanks to “Friends of the Metropolis” and the host parish. Register on-line at <https://www.detroit.goarch.org/nygoya.html>.

Deadline to register is March 1st.

20 March - 201st Greek Independence Day Celebration immediately following the Divine Liturgy.

+23 March - Presanctified Liturgy, 5:00 PM

+24 March - Joint Great Vespers with Annunciation GOC Buffalo at 6:00 PM.

Philoptochos sponsored fellowship meal will follow in our Church hall.

+25 March - Feast Day of our Church - Annunciation to the Theotokos.

Divine Liturgy 10:00 AM

+25 March - Salutation to the Theotokos, 5:00 PM



ANNUNCIATION GREEK ORTHODOX CHURCH

LENTEN DISCUSSION WITH
DR. JEANNIE
CONSTANTINOU
Saturday, March 12, 2022



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and Speaker on The Bible
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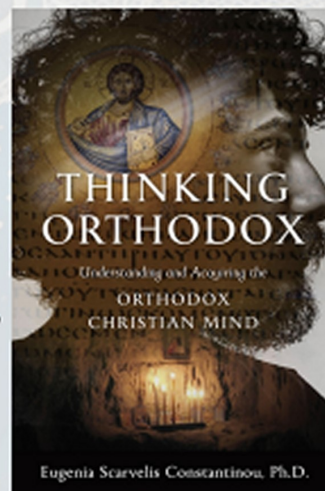
SCHEDULE:

Doors Open: 9:30 a.m.

Thinking Orthodox: 10 a.m. – 12:30 p.m.

Lunch: 12:30 – 1 p.m.

Living Orthodox: 1 – 5 p.m.



CHURCH HALL

962 EAST AVE, ROCHESTER, NY 14607

We will be Following All Proper COVID-19 Guidelines



Greek Orthodox
Metropolis of Detroit
presents
**Transformative Christianity
Webinar Series**

*Join us for a 10-part webinar series to find out what
Orthodox Christianity
really has to offer to us and to the world!*

Wednesday, March 2, 2022
7:00 PM ET / 6:00 PM CT

**Session 2 ~ Fetch Me My Meal: A Talk
about Gluttony with Fr. Anthony Cook**



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The much-acclaimed movie, MAN OF GOD, which is based on the inspiring life of our beloved Orthodox saint, Saint Nektarios of Aegina that won the hearts of the public in Greece, Russia and Serbia is finally arrived here in America.

Starring Hellenic Academy Award winner Aris Servetalis, Russia's Alexander Petrov, and Golden Globe winner Mickey Rourke, this movie will be shown in 800 theatres nationwide on March 21st as one-night only release. Here in the Rochester area, it will be shown at

Tinseltown 17 with IMAX Rochester
2291 Buffalo Road
Rochester, NY 14624

AMC Webster 12
2190 Empire Boulevard
Webster, NY 14580

Regal Henrietta Cinema 18
525 Marketplace Drive
Rochester, NY 14623

We are organizing a group rate for the Tinseltown location for a group of 25 persons. Please contact our church or Fr Angelo by phone or email to join the group.

Religious Education Update

Dear Brothers and Sisters in Christ,

Our Sunday School, Greek School, and Philoptochos join together in thanking you for your generous support of our January Diaper Drive to benefit the Junior League of Rochester Diaper Bank!

Diapers Donated: 3694
Wipes Donated: 4696

Glory be to God! We were humbled by the extraordinary generosity of our community to care for those in need in our region.



Let all that you do be done in love
1 Corinthians 16:14

DIAPER BANK



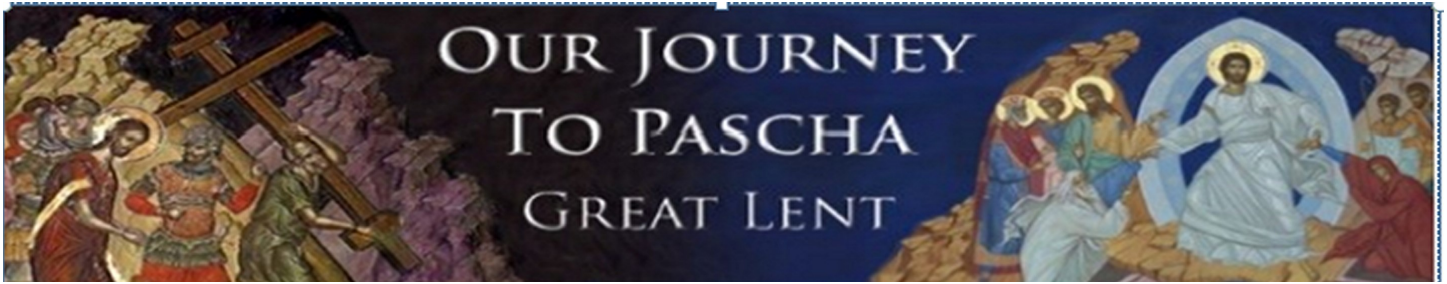
THE JUNIOR LEAGUE OF ROCHESTER DIAPER BANK

The Junior League of Rochester Diaper Bank addresses diaper need in Monroe County, as well as surrounding counties, by providing diapers and diapering supplies to partnership organizations and social workers. We collect diapers (including open packages and loose diapers), pull-ups, training pants, wipes, and diaper creams. We also collect monetary donations, which are used to purchase these supplies at deep discounts.

Currently, we are distributing 20,500 diapers per month to our partners.

ANNUNCIATION GREEK ORTHODOX CHURCH
2022 SERVICES FOR GREAT LENT AND HOLY WEEK

Saturday, 2/26	1st Saturday of Souls	10:00 am
Saturday, 3/5	2nd Saturday of Souls	10:00 am
LENT BEGINS MONDAY, 3/7		
Saturday, 3/12	3rd Saturday of Souls	8:30 am
Saturday, 4/16	Raising of Lazarus, Divine Liturgy	10:00 am
Sunday, 4/17	PALM SUNDAY	10:00 am
	Bridegroom Matins	6:00 pm
Monday, 4/18	HOLY MONDAY	
	Nymphios (Bridegroom) Service	6:00 pm
Tuesday, 4/19	HOLY TUESDAY	
	Nymphios (Bridegroom) Service	6:00 pm
Wednesday, 4/20	HOLY WEDNESDAY	
	Holy Union (2 services available)	4:00 pm & 7:00 pm
Thursday, 4/21	HOLY THURSDAY	
	Vesperal Liturgy of St. Basil	10:00 am
	Office of Holy Passion (Twelve Gospels)	6:00 pm
Friday, 4/22	HOLY FRIDAY	
	The Royal Hours (Decorating Epitaphio)	10:00 am
	Vespers of Apokathelosis (Descent from the Cross)	4:00 pm
	Office of Lamentations (Epitaphio)	8:00 pm
Saturday, 4/23	GREAT AND HOLY SATURDAY	
	Vesperal Liturgy of St. Basil	10:00 am
	HOLY PASCHA RESURRECTION SERVICE	11:00 pm
Sunday, 4/24	HOLY PASCHA AGAPE SERVICE (Sunday of Love)	11:00 am



FLOWERS FOR LENTEN AND EASTER SERVICES

The following list of items are those used to decorate during Great Lent and Holy Week Services, to include the Tomb of Christ “Epitaphio”. It is a time for each of us to reflect and participate in this labor of love. We have arranged to have a variety of pricing so as to encourage everyone to donate one or more of the items listed.

You can donate by:

- Placing your donation in the “Easter Flower” envelope located in the church pews
- Calling the Church Office or stop by the Church during business hours (10 am - 3 pm M-F)
- Mailing your donation to the Church

FLOWERS FOR ICONS

1 st Salutations	\$120.00
2 nd Salutations	\$120.00
3 rd Salutations	\$120.00
4 th Salutations	\$120.00
Akathist Hymn	\$120.00
Sunday of Orthodoxy	\$ 75.00
Annunciation Feast Day	\$120.00
Sunday of the Holy Cross	\$120.00
Saturday of Lazarus	\$120.00
Palm Sunday	\$100.00
Nymphios Icon (Sun-Tues)	\$120.00
Nymphios Procession Icon (Sun)	\$140.00
Crucifixion of Christ (Thurs).	\$120.00
The Un-nailing of Christ	\$120.00
Empty Tomb (Holy Sat. Morning)	\$120.00
Resurrection Icon	\$120.00

GREAT LENT & HOLY WEEK ITEMS

Rose Water for Epitaphio	\$25.00
12 Gospels Candles	\$120.00
Candles for the Crucifix	\$ 50.00
Priest Resurrection Candle	\$150.00
Eggs for Resurrection Service	120 Dozen
Daffodils - Sun of Holy Cross	\$ 60.00
Crown of Thorns (Holy Thurs)	\$ 65.00
Palms for the Crosses	\$150.00
Garland for Nymphios	\$ 50.00
Holy Unction Oil	\$ 25.00
Epitaphio Flowers	\$1600.00
Rose Petals	\$150.00
Bay Leaves	\$ 75.00
Potted Easter Lilies	\$125.00



**Following the Annunciation Great
Vesper Service, please join us for a
Lenten Fellowship**



**We will be joined by our Sister Parish
Annunciation Greek Orthodox Church
Buffalo, NY**

THURSDAY, MARCH 24, 2022

Vesper Service at 6 p.m.

Reception to Follow

Annunciation Ladies Please Bring a Lenten Dish to Pass



Dear Philoptochos Members:

It's that time of year again where we review our records and prepare our membership list.



Annual dues are \$30 for those under the age of 65
and \$25 for those members 65 and over

Please make your check payable to the

Philoptochos Society

and mail it to our membership chairperson:

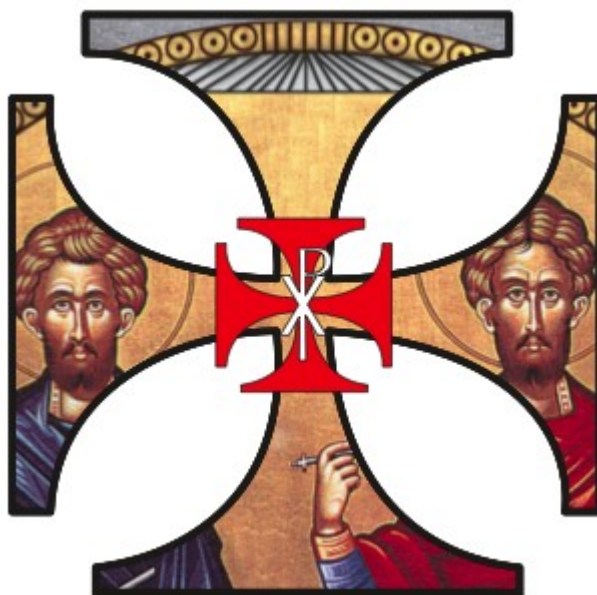
Maria Economides

23 Blue Pine Circle

Penfield, NY 14526

*If you have any questions regarding your membership,
please contact Maria at 671-4034*

We appreciate your continued support of our philanthropic programs



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Applicants must be related to a Philoptochos member



AΠΟΚΡΙΑΤΙΚΟ

community dance

hosted by Greek School & GOYA

Join us for mezedes and dancing!

SAVE
THE
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Saturday, March 5th
6:00pm
in the church hall

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νεολαία μας!

ΕΛΛΗΝΙΚΟ ΣΧΟΛΕΙΟ - GREEK SCHOOL
**201st Greek Independence Day
Celebration**

Sunday, March 20, 2022

Immediately following the Divine Liturgy

Annunciation Community Hall

Γιορτάστε μαζί
μας! Τιμήστε τη
μέρα και τα
παιδιά του
σχολείου με την
παρουσία σας.



Join us in
celebration!
Honor the day
and the students
of our school
with your
presence.

Annunciation Policies

MEMORIAL FUNDS DISTRIBUTION POLICY

All monies received during a funeral or memorial service that are made out to the church, that is, checks marked with “Annunciation Greek Orthodox Church” or cash with the envelope marked with “Annunciation Greek Orthodox Church” will be used for purposes in support of church operation.

These could include support of recognized church ministries, sacramental articles purchased for the church proper or for ongoing campaigns such as Hall Renovation or other capita improvements.

If it is desired that these monies are to be used for other wishes that the family may have the family must ensure that they announce that these checks or cash be designated as such.

All monies received for funerals are tracked and family members will receive a listing of those who donated, typically within 40-60 days following the date of the funeral. In addition, for all monies received designated “*Annunciation Greek Orthodox Church*,” donors will receive a letter thanking them for their donation to the church in memory of the deceased.

POLICY FOR DOCUMENT PREPARATION:

There is a required processing charge of \$40 per document. This charge covers research, preparation and routing of documents such as Certificate of Residency, Certificate of Freedom to Marry, Reissued Marriage Certificate, Reissued Baptism Certificate and Certificate of Death. Additional documents are \$20.00 per document.

WEDDINGS:

We have wedding candles in the office for purchase which is required at the time of the ceremony. The donation for the plain one is \$30.00. \$100 would be for the decorated ones. Lena has them in the office. The Stefanos are sold out - Lena does have catalogs for Stefanos in the Office if anyone is interested in shopping on-line.

BAPTISMS:

We also have baptismal candles, \$30 for the large plain candle and \$7 each for the two (2) smaller plain candles. If you are interested in purchasing decorated candles, the larger one is \$50, the two (2) smaller ones are \$25 for the set.

MEMORIALS:

Coffee Hour scheduling for family memorials is the responsibility of the Philoptochos unless other arrangements have been made by the family sponsoring the Memorial. The family which is sponsoring the Memorial is asked to :

1. Contact the Parish Secretary to arrange scheduling for Coffee Hour that day. The Secretary will contact the Philoptochos President.
2. Arrange for or pay for Coffee Hour food items that are in excess of the standard menu (coffee, drinks, and simple snacks).
3. Coordinate the preparation and delivery of Koliva (if used). The Philoptochos or Church office can provide information on persons who can prepare Koliva. The standard rate for the preparation of

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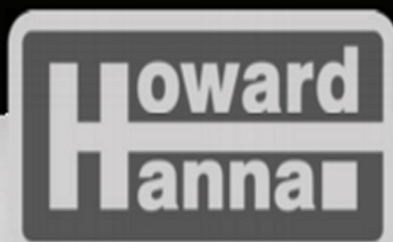
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In order to help defray costs of printing and mailing and to increase awareness among our community of the broad range of experience and services available from our parishioners, we are inviting both parishioners and any vendors to our church to consider advertising in our monthly newsletter. Just complete the form below and mail, email or drop off to the church office. For email use office@agocroc.org

Name _____ Phone _____

Address _____ City _____ Zip _____

Contact _____ Email _____

<p>ADVERTISING OPTIONS:</p> <p><input type="checkbox"/> Full Page.....\$500/yr</p> <p><input type="checkbox"/> Half Page.....\$300/yr</p> <p><input type="checkbox"/> Business Card\$150/yr</p>	<p>NOTES:</p> <p>Newsletter is printed 11 months per year as June/July is a combined newsletter</p> <p>For best quality, artwork should be high resolution jpeg files or similar</p> <p>Emailed ads must be 600 dpi or greater PDF</p> <p>Please include or email artwork</p>
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Demitri Kolokouris, Asst. Treasurer
Karen Balta
Michael Naselaris
Ronald Wiegand