



# Saint Catherine Greek Orthodox Church Braintree, Massachusetts

Volume 11, Issue 1, January & February 2017

[stcatherinebraintree.org](http://stcatherinebraintree.org)

781-843-0047

## Father's Message

My dearest brothers and sisters in Christ,

We just rang in the New Year of 2017. As we celebrated with our family and friends, we reflected on 2016; its joys, sorrows, successes and challenges. Now is a time of resolutions for us as individuals, as families, and as a community.

Many times our resolutions are short-lived whatever they may be, but if we focus on something simple, this can make positive change in our lives. From a spiritual aspect, this could mean for us to attend more services, pray more consistently on a daily basis, or to be part of the sacramental aspects of the Church such as confession. A simple change can make a great impact on us in our lives spiritually.

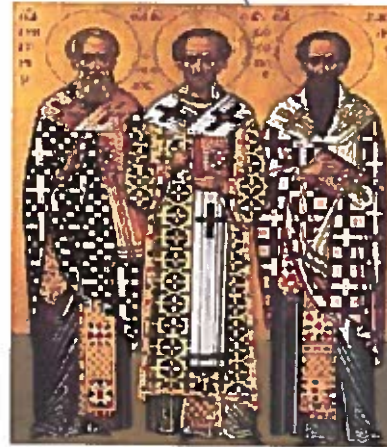
Whatever our resolutions may be, let us remember that our spiritual growth should be a priority. Life sometimes dictates whether we are close or far away from God, but we must remember that our loving living God wants a real and genuine relationship with each and every one of us all the time! Whether we are sharing great joy or suffering with Him, He is always there, and His church always leads us to salvation.

Remember that the Church is always here for us, and God is always awaiting us upon our arrival. This is our home where together as brothers and sisters in Christ we find the true meaning of life.

May 2017 bring us all the change we need filling our year with all that is good from God!

With love in Christ,

+Father Dionysios



Three Hierarchs

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).

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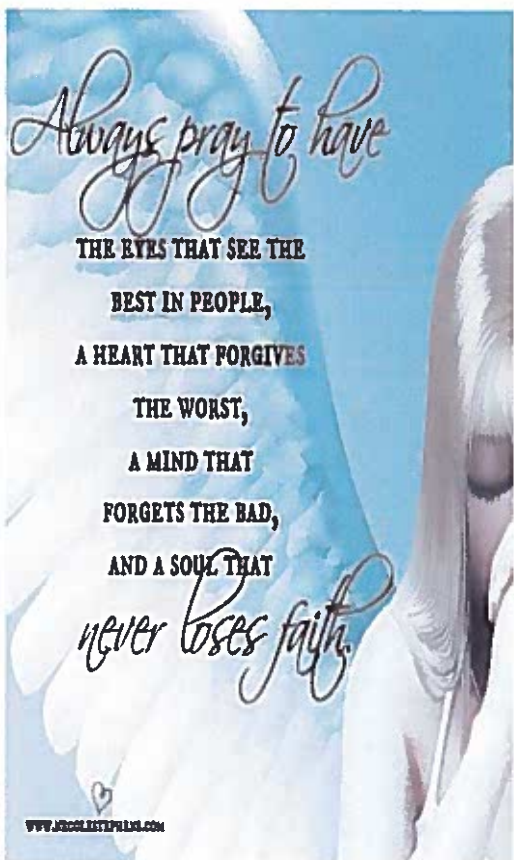
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# Congratulations to Our Parish Council 2017

## Our Newly Elected Members

**Dena Manning and Theodoros Gregoriadis**



### St. Catherine Greek Orthodox Church

.....Parish Council.....

**Officers**

- John Vernis, President
- Kuriakos Petroulas, Vice President
- Dena Manning, Treasurer
- Ioannis Demestihias, Assistant Treasurer
- Joyce Radiches, Secretary
- George Zygouras, Assistant Secretary

**Members**

- Helen Cobban
- Georgia Gregoriadis
- Theodoros Gregoriadis
- Theodore Karakostas
- William Kazis
- Arthur Pappas
- Nicholas Seremetis
- George Xixis
- Andreas Zahopoulos

.....Staff.....

- Secretary: Diane P. Seremetis
- Chanter: Emilio Karakostas,
- Sexton: Koco Dhimongini

.....Philoptochos.....

- President: Kathy Leneweaver

.....Sunday School.....

- Directors:** Kathy Leneweaver
- Eleni Kalioras

.....Greek School.....

- Director:** Maria Lappas

.....Greek School PTA.....

- President:** Maria Lefas

- Vice-President:** Georgia Gregoriadis

.....GOYA.....

**Advisors:**

- Lena Deaibes

.....HOPE & JOY.....

**Advisors:**

- Eleni Kalioras

.....Altar Boys.....

- Nick Carroll

## Sacraments

### Baptisms:

#### November

Michael Themis, the son of Jonathan & Kristina LeVasseur

#### December:

Jason, the son of George & Olga Salimbas

Willaim George, the son of George & Sotiria Kalos

Luca, the son of Kalani & Joanna Kia

Theodore Efstathios, the son of Efstathios & Ourania Michalopoulos

Vivianna, the daughter of Matthew & Dianna McLean

### Weddings:

#### December:

Nicholas Christopher Bulgaris & Danielle Lee Foss

Anastasios Ganopoulos & Natalie Rose Florek

### Funerals:

Lois Nionakis

Eugenia Cameles

James Bournazos

*May their Memory be Eternal*



## Saint Catherine Bookstore

*"The greatest gift is a passion for reading"*



Please visit our Bookstore during the Fellowship Hour.  
You will find an interesting selection of books and various other items.

The bookstore features a Children's section.

### To all our Parishioners and Friends

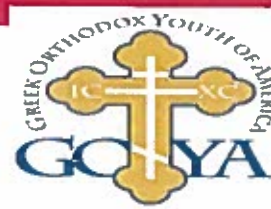
When arriving at Church on Sundays, or any other day, would you kindly park in the main parking lots.

Please leave the area directly in the front of the Church and the administration building clear of cars. This area is designated for drop off & pick up only.

Handicapped spots are for people who have a handicap identification. Please show respect for the parishioners who depend on these spots.



## Sunday School



### Saint Catherine's Annual Christmas Pageant



Dear St. Catherine's Families,

I am please to announce that Christina Gougoulis Boutas has joined our Hope and Joy team and will be assisting me in running the monthly gatherings!

All children from the St. Catherine's community are invited to participate in fun and fellowship every month at our Hope and Joy Community Events. Please see the upcoming dates below:

Eleni Kalioras

Upcoming Dates for Hope and Joy:

January 27th - Hope and Joy 6:30 - 8:30

February 24th - Hope and Joy 6:30 - 8:30

March 25th - Hope and Joy 6:30 - 8:30

April 7th - 6:30 Palm Making and Saturday of Lazarus Lock-In

April 14th - Good Friday Retreat

May 26th - Hope and Joy 6:30 - 8:30

The GOYANs have been very busy these past few months...they've been serving as weekly Sunday Door Greeters, and celebrate GOYA Sunday the last Sunday of each month. They collected, organized and assembled nearly 200 Blessings Bags that were distributed to the homeless and needy in Downtown Boston. We also held three VERY fun-filled Babysitting Fundraisers. They helped the Braintree Food Pantry at their Annual Christmas Program. On Christmas Eve they sang a beautiful rendition of Away In A Manger at St. Catherine's Sunday School Christmas Pageant!

The GOYANs are now busy preparing for their Mardi Gras Dance, which will be held in the Great Hall on Saturday, February 4, 2017 beginning at 7 pm with the fabulous music of The Salonica Boys DJ. It is sure to be a great night and we hope to see GOYANs from all of the neighboring parishes!





### Presentation of Our Lord

When the most pure Mother and Ever-Virgin Mary's forty days of purification had been fulfilled, she took her first-born Son to Jerusalem on this, the fortieth day after His birth, that she might present Him in the temple according to the Law of Moses, which teaches that every first-born male child be dedicated to God, and also that she might offer the sacrifice of a pair of turtle-doves or two young pigeons, as required by the Law (Luke 2:22-24; Exod. 13:2; Lev. 12:6-8). On this same day, a just and devout man, the greatly aged Symeon, was also present in the temple, being guided by the Holy Spirit. For a long time, this man had been awaiting the salvation of God, and he had been informed by divine revelation that he would not die until he beheld the Lord's Christ. Thus, when he beheld Him at that time and took Him up into his aged arms, he gave glory to God, singing: "Now lettest Thou Thy servant depart in peace, O Master. . ." And he confessed that he would close his eyes joyfully, since he had seen the Light of revelation for the nations and the Glory of Israel (Luke 2:25-32). From ancient times, the Holy Church has retained this tradition of the churching of the mother and new-born child on the fortieth day and of the reading of prayers of purification.

The Apodosis of the Feast of the Meeting in the Temple is usually on the 9th of February. This, however, may vary if the Feast falls within the period of the Triodion. Should this occur, the Typicon should be consulted for specific information concerning the Apodosis of the Feast.

#### Apolytikion of Presentation of Our Lord in the First Tone

Hail Virgin Theotokos full of Grace, for Christ our God, the Sun of Righteousness, has dawned from you, granting light to those in darkness. And you, O Righteous Elder, rejoice, taking in your arms, the Deliverance of our souls, who grants us Resurrection.

#### Kontakion of Presentation of Our Lord in the First Tone

Your birth sanctified a Virgin's womb and properly blessed the hands of Symeon. Having now come and saved us O Christ our God, give peace to Your commonwealth in troubled times and strengthen those in authority, whom You love, as only the loving One.



**The Bible Study classes are on every Wednesday at 10 am**

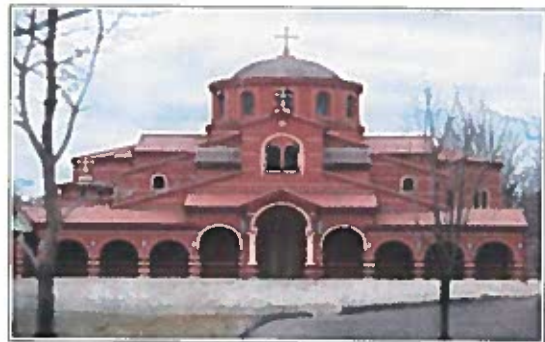
### Notice!

Services on Sunday are as follows:



**Orthros 8:30 a.m.**

**Divine Liturgy 9:30 a.m.**



**Jesus said !**

**"What you do unto the least of my brethren, you do unto me"**





## Message from the President

Dear Parishioners,

On behalf of St. Catherine's Parish Council and our Ministries, I extend to you our wishes for a happy, healthy and spiritually prosperous New Year.

Also, I would like to offer you my sincere appreciation for your continued support throughout the year and for the confidence you have shown to me and to the parish council. Together we accomplished the goals and fulfilled some of the dreams of the Parish. Also, I wish to extend my deep appreciation to the many volunteers that from time to time have come to help us with all their heart, in the mission of our Church, its' ministries and much more. It is our hope that we will see many more this coming year.

Our success of the past years was made possible by remaining focused on our goals and with your many generous donations and our ability to be good stewards. We are very aware that the goals are changing but being just as important.

I, once again would like to remind you that our obligations and responsibilities continue and are even greater than before. As we begin the New Year and make our new year's resolutions let us all promise to be devout and generous stewards of our Church and I promise you that with your help we, the members of the parish Council, will do everything that we can to assure the continued progress, success and growth of our Parish.

Thank you for your support and commitment to St. Catherine Church.

XRONIA POLA AND A HAPPY NEW YEAR 2017

John Vemis

President of the Parish Council

## ICONOGRAPHY – SPONSORING OPPORTUNITIES

Did you know that the 2016 *Hemerologion* or *Almanac* of the Ecumenical Patriarchate in its initial pages features in color the interior of our Church with its exquisite iconography? In addition to the comprehensive summary of liturgical rubrics for 2016, the *Almanac* contains general information about the Patriarchate, its dioceses, eparchies, and institutions throughout the world and information about the other Orthodox Churches. As a result, the Patriarchal *Almanac* is distributed to churches, parishes, and institutions in every corner of the world. Consequently, people from every continent have come to know and admire the beauty of St. Catherine's majestic architecture and superb iconography. A wonderful gift, a true blessing!

In the eyes of every Orthodox Christian, holy icons are more than artful objects. They are a vital part of the liturgical life of the Church and the personal devotional life of the believer. Icons reveal in form and color the veritable truths contained in the Bible and the tenets of our faith. The icon of Christ, for example, renders palpable the mystery of the incarnation of the Son and Word of God. Initially, icons are meant to be didactic. Eventually, they become analogical, which is to say, they help us ascend into the realm of higher truths, allowing us to probe the wondrous mysteries of God's plan of salvation. As such, the icon constitutes a visual theology and a medium of grace. The icon is the point at which our soul encounters and unites itself to the depicted saintly persons or events of sacred history.

The superb iconographic scheme of our Church summarizes visually the whole plan of the divine economy – the sanctification of the human being and the entire cosmos brought about by the Word becoming flesh and dwelling among us. Standing in our beautiful church, surrounded by the holy icons, we are reminded to lift up our hearts and appropriate to ourselves the grace that flows from the saving work of our Lord, God, and Savior Jesus Christ.

Thanks to the generosity of many parishioners, supporters, and friends of St. Catherine, phase three of our Parish Building Program (the interior decoration of the church) was hugely successful. **However, several icons and furnishings await a sponsor. We appeal to your generosity, individually or jointly with others, asking respectfully that you consider donating one of the remaining items.**

As previously announced, the names of the donors will be placed on a special *Donors Plaque* in the narthex of the Church. Should you be interested, please contact the church office at 781-843-0047. The secretary will make arrangements for you to meet with the chairman or a member of the Decoration Committee to discuss your donation.

### Available Items

Christ in the Garden of Gethsemane

Epitaphios—the Burial of Christ

St. John of Damascus—Hymnographer

St. Kosmas the Poet-Hymnographer

The Deisis—Intersession

Synthronon—in the sanctuary

Pulpit—Ambo

Holy Table

## Philoptochos



Happy New Year! As we enter 2017, I would like to take a minute to reflect on activities and events that took place last year.

We started our 2016 membership drive off with a lovely gathering last January at the home of Nina Xixis, our Vice President. We welcomed several new members to our group and enjoyed wonderful fellowship. Throughout the year we hosted coffee hour for the parish each week and hosted countless memorials for those honoring their loved ones. We then hosted one of two Make-and-Take custom sign making fundraisers, lots of creativity and conversation at both events. Many of us tried our hand at ZUMBA-Greek Style, again lots of fun! We held two very successful bake sales this year during the Christmas and Easter seasons. We enjoyed the fellowship of many St. Catherine's parishioner's at both the Cheesefare Luncheon and our Palm Sunday Luncheon held during lent. During the Lenten period, we were busy decorating all the Icons for the services and adorning the church for Holy Week and Pascha. Then many of the faithful ladies of St. Catherine's worked tirelessly getting prepared for our annual Greek festival which was moved to June this past year. Following a well-deserved hiatus for the summer, we resumed our activities in September. We welcomed the installation of Fr. Dionysios and Presbytera Maria with a luncheon in their honor on October 2<sup>nd</sup>. In November, as we always do, we celebrated St. Catherine's Feast Day, beautifully decorated icons adorned the church and we hosted a post vespers reception. We welcomed Metropolitan Methodios who served Divine Liturgy with our community on November 27<sup>th</sup>. Finally, December was a busy month all around at St. Catherine's. Philoptochos hosted its first annual Cookie Walk, at the recommendation of Fr. Dionysios and Presbytera Maria, which was a great success considering it coincided with the season's first snow storm.

And that's not all! We are honored to say that along with these successful and enjoyable events, Philoptochos continued its work as the charitable arm of the church. We not only met all of our National and Metropolis obligations but through these fundraising efforts, we met our pledge for the Palm Sunday icon that adorns the church. We also achieved our largest support ever to the Hellenic Nursing Home and Metropolis of Boston Camp. We had breast cancer awareness day in October and donated all funds to the Susan G. Komen Fund for a cure. With the support of parishioners donating household items, we joined the Metropolis Philoptochos in their Housewarming Baskets for Homeless Veterans drive. Finally, Philoptochos was honored and humbled to present Father Dionysios with \$300 in Target gift cards for the needy during the winter season.

As you can see, we have much to be thankful for and I look forward to a prosperous New Year.

Sincerely,

Kathy Leneweaver



## *Theophany and House Blessings*



**The Feast of Lights (Ton Photon)** - On January 6 the faithful attend a Divine Liturgy and the Great Blessing of the Water service to celebrate Theophany, also called "Ton Photon" ("Feast of Lights") with reference to the spiritual illumination of the Holy Spirit. The service commemorates the baptism of Christ and the manifestation of God in three persons. The faithful attend church to be blessed and to receive holy water which they will take home in small bottles provided by the church. Some parishioners bring their own bottles often made specifically for holy water. In most churches in America the blessing is held indoors, and the water is contained in a large urn. Some communities hold outdoor celebrations by a body of water.

**Blessing of the Home** - It is customary, to invite your priest to bless your home with holy water within a few weeks following Theophany. Prepare by cleaning the house and opening and lighting all the rooms. The items needed for a house blessing are: • Icon of Christ• candle• large serving bowl for the Holy Water• incense• incense burner• charcoal• a sprig of basil leaves (available at the grocery store.) Place the items on a small table. The priest blesses the water by dipping a cross in it and repeating a blessing. Using the basil sprig dipped in water as a sprinkler, he will go to each room and sprinkle it in the four corners blessing the home with the grace of the Holy Spirit. Save some of the holy water in a bottle in your ikonostasi (home altar) and pour the remainder on plants. Although ideal, all family members do not need to be present for the house blessing. House Blessings are a yearly tradition.

**Personal Use of Holy Water** - According to Orthodox doctrine, holy water has the power to sanctify and heal. Have each family member drink a small amount of the holy water from Epiphany or the home blessing. Keep the unused holy water in your home ikonostasi for future use: times of adversity, before starting a new venture or trip, to give thanks, or when someone is ill. You may drink it when you feel spiritually afflicted.



## Community Outreach Opportunities

The goal for every Christian is to accept the command by our Lord and Savior Jesus Christ when He says... "Love your neighbor as yourself." It is imperative that every believer of the Gospel message must strive not only to have faith but also to continuously attempt to help his or her neighbor. Below you will find some outreach programs found within our Metropolis or some within the local area. Please view them carefully and hopefully each of us can commit some time to these worthy ministries.

**Philoxenia House:** The Metropolis of Boston Philoxenia House, established by Metropolitan Methodios in 1986, continues to offer hospitality to those who come to Boston for medical treatment. Whether they stay for a few days, or a few weeks or months, the guests develop a bond with the Greek Orthodox Community of New England which continues to strengthen them through correspondence with Metropolitan Methodios and the volunteers and visitors to the Philoxenia House. **More information can be obtained at [www.boston.goarch.org](http://www.boston.goarch.org) or calling 617.277.4742 and asking for Eleni Kaioras.**

**Hellenic Nursing Home:** The Hellenic Women's Benevolent Association (HWBA) is a volunteer organization whose charter mission is to sponsor and oversee the Hellenic Nursing and Rehabilitation Center. The Hellenic is an independent, non-profit health care facility dedicated and committed to our elderly who require skilled, restorative and long-term care within a secure and caring environment. The HWBA also engages and commits itself to fundraising activities which serve to promote and enhance the quality of life of the resident entrusted to it's care.

**More information at [www.hellenichome.com](http://www.hellenichome.com) or calling 1.781.828.7450.**

**Allegiance Hospice and Palliative Care:** At Allegiance Hospice our mission is to provide compassionate, quality care to individuals with advanced illnesses. You are invited to join our team of trained volunteers. We guarantee that the personal benefits will be life changing. Volunteers are needed for the Braintree and Weymouth area. More information can be obtained by

contacting [kspagler@allegiancehospice.com](mailto:kspagler@allegiancehospice.com) or calling 1.877.255.4623.

**Pine Street Inn:** Learn & Serve Program for Faith Communities: This program is an engaging forum designed to inform participants about homelessness and poverty, integrating a service project, tour, and educational workshop. The goal of the program is to provide faith-based groups with an opportunity to gain a new perspective on the concepts of mission, outreach and social action. **More information can be obtained at [www.pinestreetinn.org](http://www.pinestreetinn.org) or by calling 617.521.7178.**

**The Women's Center:** This ministry provides free and confidential 24-hour easily accessible services to those in need. We provide counseling, education, outreach, referrals and resources. We may be called the Women's center, but we serve men and children as well. With over 30 years of experience, The Women's Center is the preeminent organization in the region offering comprehensive FREE and confidential services to ALL survivors and victims of domestic violence, sexual assault, and child trauma. **More information can be obtained at [www.thewomenscenter.com](http://www.thewomenscenter.com) or by calling 1.508.996.3343.**



WHEN WE PUT  
OUR PROBLEMS IN  
GOD'S HANDS,  
HE PUTS HIS PEACE IN  
OUR HEARTS.

## SAINT LEO THE FIRST, POPE OF ROME.

Born in Italy of devout parents, he was first archdeacon with Pope Sixtus the Third, then elected against his own will to the papal throne after Sixtus's death. When Attila drew near to Rome with his Huns and prepared to ravage and burn the city, Leo went out to him in his episcopal vestments, tamed the wrath of the Hun leader and averted the fall of Rome. Attila was willing to be guided by St. Leo both because of his holiness and because of a vision he had of the Apostles Peter and Paul, standing behind St. Leo and threatening Attila with a flaming sword.

Saint Leo not only saved Rome, he also contributed greatly to the safeguarding of Orthodoxy against the heresy of Eutyches and Dioscoros. This heresy consisted in the merging of the Divine and human natures of Christ into one, and, following from this, the denial of the existence of two wills in the Person of our Lord and Savior. This led to the summoning of the Fourth Ecumenical Council at Chalcedon, at which Saint Leo's Epistle was read—a letter which Saint Leo, after writing it, had placed on the tomb of Saint Peter, and which Saint Peter had corrected. Saint Leo's epistle to Marcian, to condemn the teachings of Eutyches and those who supported him. Saint Leo's epistle to Flavian was read at the Fourth Ecumenical Synod, and confirmed by the Holy Fathers as the Orthodox teaching on the incarnate Person of our Lord; it is also called the "Tome of Leo." The Saint wrote many works in Latin. As death drew near, he spent forty days in fasting and prayer by the tomb of the Apostle Peter, begging him to tell him if his sins were forgiven. The Apostle appeared to him and assured him that they were, except for his sins in the ordaining of priests (from which it is seen how grave a sin it is to ordain an unworthy man). The Saint fell to prayer again, until he was told that these also were wiped out. Then he gave his soul to the Lord in peace. Saint Leo entered into rest in the year of our Lord 461.



## ***Focus on the Family***

### ***A New Year's Evaluation***

#### ***What does your calendar say about your spiritual life?***

By Phyllis Meshel Onest

As we look back on last year, what do we remember? Job changes. A new child / grandchild / godchild. The 16-year-old driving. The 16-year-old totaling the car. Chauffeuring the children to too many activities. The family's participation at Holy Week. The funeral of a good friend. Dealing with cancer. A new home. Relocating to another city, a condo, or an assisted living facility. A college graduation. Family celebrations such as birthdays.

Some things went great and we want them to occur again, but others should just be a memory. If we do not want that "history to repeat itself," we have to be proactive and make needed changes where we can. Whatever last year was like, there is probably room for some changes or improvements this year. How do we begin? Let us evaluate last year. Written on last year's calendar(s) – there may be more than one - are activities, doctor appointments and Church events that will jog our memories. (Check registers and credit card statements are useful, too.)

#### **Getting Started**

To stay on task, we need a block of uninterrupted time, paper, pen and last year's calendar(s). Begin by reading through the calendar(s) month by month, evaluating the activities and events or lack thereof based on the first three questions. Then use question #4 to strategize for the new year. This process can be done on two levels: personal and family.

#### **For the Family**

Once this is done from one person's perspective, invite the other family members to answer the same questions. The involvement of the children depends on their ages. Examples: Kindergarteners can understand reading Bible Stories and attending Church School and Liturgy regularly.

First graders understand making mistakes, a project gone wrong and fasting on Wednesdays and Fridays. Anyone over six years old ages can understand Family Time and Vacations. As the children mature, their understanding of life experiences matures. By setting specific goals for the new year together as a family, each member feels part of the process, takes ownership of the plan and is more apt to fulfill the goals. Questions #3 and #4 may require some thought and possibly a second writing session before getting the family involved.

#### **1. What went right last year?**

Even in a "bad year," good things still happen! List all the "successful" things. Here are some helpful questions. Did we get to know God better? Did we spend more time with the family? Did we worship regularly as a family? Were we able to live within our budget? Did our children participate in Church School weekly and Parish youth activities as often as possible? Did we see improvements in our personal relationships? Did we make it through a tough year with a hard-to-get-along-with boss?

Anything considered a success, no matter how small, counts! List at least 10 things before proceeding to step two and thank God for these 10 things.

## 2. What went wrong last year?

It usually does not take long to compile this list, but do not dwell on it. List no more than the "Top 10." Now reflect on these questions before you comment on each item. Were they really failures? Were some beyond our control? Were some just more than we could handle? Did we expect too much from ourselves?

## 3. How did we handle failure last year?

Judas and Peter both failed miserably during Christ's last hours. Judas hanged himself when he realized his error; Peter repented of his sin and went on to do great things for the Lord. Now reexamine list #2. How did the failures affect us? Did we pray for God's help in facing the pain of failure? Did we ask forgiveness through the Sacrament of Confession and then move on, putting our mistake behind us? On the other hand, did we get discouraged, doubt our abilities and cut off our relationship with God?

If we think we "failed God," these failures bother us most of all, remember God is always ready to forgive. Review the list of "failures." Meditate on each one, acknowledging and offering it to God. We may need to speak with our priest or spiritual father about an issue. Let's do it because by seeking forgiveness through the Church, the issue can be deleted from the list. We can begin the new year with a clean record!

## 4. What can we do to improve the new year?

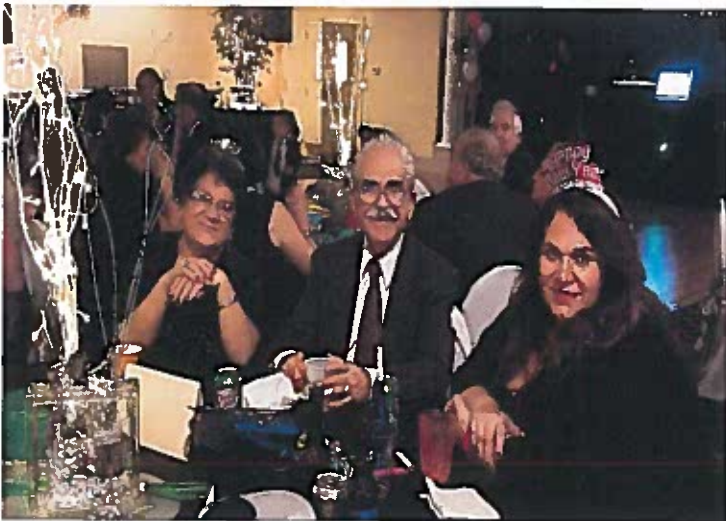
Look again at list #1. If we know why the good things happened, repeat them in the new year. Do what we should or could have done, but didn't. Perhaps being friendlier to people, reading the Bible or books about the Orthodox faith, praying more both personally and as a family, attempting to understand the other person's point of view. Then there is participating in the Eucharist more often, having the entire family fast on Wednesdays and Fridays and during the Lenten seasons, selecting extra-curricular activities that do not conflict with our church life, doing more acts of charity, making time for our family.

The Orthodox Church has many "tools" to help us build our spiritual life. Add them to the list one or two at a time. Next, decide how to handle failure. Remember, do not set expectations too high. Design a "**plan of attack**." Along with the list, prayerfully set a **few reasonable goals**. Periodically reflect on the list, discuss it with the family, plan, pray to God for guidance, and have a blessed new year.





# New Year's Eve









**St. Catherine Greek Orthodox Church**  
**119 Common Street, Braintree, MA 02184**

