



St. Xenia Parish News

170 North Lowell Street, Methuen, MA 01844

November-December 2012

The Significance of Holy Bread

Bp. Alexander †

Bread has special significance in our life. It is a symbol of food and of the work which is necessary to earn it. God told Adam, "By the sweat of your brow will you eat your bread" (Gen. 3:19).

There is religious symbolism in bread too. Lord Jesus Christ called Himself "the bread of life" (Jn. 6:35); He also said, "If a man eats of this bread, he will live forever" (Jn. 6:51). And finally He blessed bread which by its content is very close to a human body to be transcended into His Body during the Great Eucharistic Mystery: "Jesus took bread, gave thanks and broke it, and gave it to His disciples, saying, "Take and eat: this is my body" (Mt. 26:26).

Made up of multitude of grains, bread embodies the Church — One Church made up of multitude of its members. In addition to the eucharistic bread the Orthodox Church has several kinds of holy bread.

Prosphora (Greek for "offering") is the white wheat bread cooked with yeast and blessed water. The name is derived from the first Christian tradition to bring homemade bread for the Eucharistic ceremony. Nowadays prosphoras are made in eparchial bakeries. Prosphora consists of two big layers signifying two natures of Christ. The upper part is stamped with a four-pointed cross (the image of the Theotokos or of a saint is sometimes imprinted on monastery prosphoras).

During the Divine Liturgy a square part is cut out in a special way from one of the prosphora (which is called the Lamb prosphoron), it is called the Lamb and it is that part of the bread, which later in the Liturgy will transform into the Body of Christ. Other prosphoras that are smaller are cut into parts that commemorate members of the Church in Heaven and Earth; those parts are immersed into the Blood of Christ towards the end of the Divine Liturgy. Smaller prosphoras are to be taken by those who submitted the commemoration petitions.

The remaining pieces of the Lamb prosphoron are called antidoron (Greek "instead of a reward"). According to the Church Canon, antidoron is to be distributed among the faithful who have not taken the communion. Yet, usually that bread is taken by those serving at the altar.

Artos (Greek for "kvass bread") is the bread, which is sanctified on the Easter eve. On all of the days of the Bright Week, artos, the symbol of Christ's Resurrection, is kept on the lectern across from the King's gate of the altar and is taken out daily for the Easter Cross processions. On the Bright Saturday it is broken while a special prayer is read and distributed among the faithful. People revere artos and blessed Christmas water as a likely substitute for Sanctified Gifts for the dying people who cannot come to take the Communion.

Both prosphoron and antidoron as well as artos are to be taken on an empty stomach and while saying a prayer. The blessed bread is to be kept in a clean container separately from other foods. According to the tradition artos is separated into small parts and eaten during the year from Easter to Easter.

There is another kind of sanctified bread, which is distributed among the faithful during the vigil on the eve of the great holidays. Earlier, the evening services lasted much longer than now, so Christians were given bread to keep their energy up. Even though the services are shorter now, the tradition remained.

St. Xenia of Petersburg Orthodox Church is a parish of the Russian Orthodox Church Outside of Russia, under the omophorion of Met. HILARION of Eastern America & New York. The parish newsletter is published bi-monthly under the direction of the Rev. Michael Crowley. In order to ensure timely delivery to our far-flung parish, please submit all notices by the 15th of the month prior to publication to Margaret Lark at (603) 948-1619, e-mail: woolfolk3@gmail.com, or to Father Michael at frmichael@stxenia.org. Thank you.

Rector:

V. Rev. Michael Crowley
 34 Elm Street
 North Andover, MA 01845
 (978) 204-0428

Confessions on Saturday during Vigil, on Sunday during the Hours, and by appointment

Parish Council

President: Rev. Michael Crowley	(978) 204-0428
Fr. Constantine Desrosiers	(603) 775-0320
Dcn. Alexander Doohovskoy	(978) 369-4486
Starosta: Anthony Sarantakis	(978) 263-2016
Secretary: Maria Kasarda	(978) 356-2180
Treasurer: Reader Joseph Nucci	(617) 522-0456
Sisterhood: Mireille Lang	(603) 465-9754
Peter Danas	(978) 459-9541
John Danas	(978) 454-0315
Laryssa Doohovskoy	(978) 841-5960
Roberto Gonzalez	(978) 692-1229
Peter Reed	(781) 643-0070
John Kekis	(978) 456-9865
Choir Director: Michael Lang	(603) 465-9754
Building Expansion: Aquila Choi	(603) 560-4425
Cemetery: Natalie Pishenin	(978) 658-5564

Trapeza Schedule

* = strict fast

Trapeza can be whatever you would like to prepare. Some parishioners prefer to make a big lunch, but this isn't necessary, especially during the summer. As long as there is enough food for about 150 people, anything is appreciated. Donuts, fruit and pastries are as acceptable as soup and sandwiches. **Note: If you are preparing anything containing nuts or other allergens, please put a small label to that effect in front of your dish. Nut allergies are especially fatal to small children.**

November

- 4 The Chaplain Family
- 11 Maria Kasarda, Tania Sciaudone, Nina Yakuboff, Abby Lagospe
- 18 Helena Doohovskoy, Marianne DiMatteo
- 25 Picar Family

December

- * 2 Alexandra Gonzalez, Anna Mukhanova, Anna Kekis
- *9 Matushka Nancy, Meghan Nettleton, Johanna Crowley, Dorothea Crowley
- *16 Karen Schidlovsky, Nancy Harris, Tanya Vlasenko
- *23 Kot Engalichev, Lidia Lynch, Maria Crawford
- *30 Natalya Kirichok, Katia Fedette, Meg Lark

A Note Regarding the Newsletter: Due to what is best described as a “confluence of circumstances,” the September/October issue of the newsletter never made it into print. We apologize to all who read it, but especially to the many who inquired after its whereabouts. Suffice it to say that sometimes, it doesn’t matter how efficient our work habits are – things do get lost in cyberspace, and this, among many other things, was one of those times.

Sisterhood News: Many thanks to all who worked so hard to make the visit of our Metropolitan a smashing success:

- Matushka Nancy and all her helpers for the Friday-night clergy dinner, and for ordering the canopies and tables, as well as the gas for the grill;
- Nick Chaplain, for preparing the roast beef and the chicken kebabs that we had for Sunday dinner;
- Amy McLellan, for preparing the rice;
- Natasha Bochkov, for preparing all the salads and for purchasing the dishes and napkins;
- Carolyn Sarantakis, for taking care of the butter and rolls;
- All the ladies who made such delicious desserts;
- Vera Sarantakis, for taking charge of the soft drinks and water;
- Mireille Lang, for the coffee creamers and sugar;
- Michael Lang, for taking charge of the wine;
- Tony Sarantakis, for helping with the setup;
- Tanya Vlasenko, for taking charge of the flowers;

And to all who contributed anonymously to this very special anniversary for our parish: Thank you for your effort and dedication to ensuring that we had once again a very successful parish feast despite the somewhat wet weather!! We did not run out of coffee!!

A note from Father Michael and Matushka Nancy: Matushka and I thank you for all of your hard work in preparing for the visit of Metropolitan Hilarion. Vladyka always enjoys coming to our parish, as we are blessed with having him. We also thank you for the wonderful Grammota and gifts that you gave to us. We feel that we have been blessed to be able to serve you these past ten years, and look forward to many more! Again, thank you, and please keep us in your holy prayers.

Financial Update: By now, you should have received the information packet on the proposed expansion of our church building and Trapeza space. If you have any questions, members of the Building Committee are always available to respond to them, as is Father Michael.

Annual Meeting of the Parish will take place on November 18, following Divine Liturgy. Please make every effort to attend, as we will be discussing, among the usual agenda items, our proposed building expansion.

Condolences: To the family of Aquila Choi, on the passing of his mother, Maria, on August 3. Her funeral was held at St. Xenia’s on Tuesday, August 7 (civil date). May her memory be eternal!

Congratulations (with apologies): The reception by baptism of Emilia (daughter of Aquila Choi) and Elizabeth (granddaughter) was inadvertently left out of the last newsletter. Our apologies to the Choi family, and a joyous welcome to Emilia and Elizabeth into the Holy Orthodox Faith!

Congratulations also to Brigid Crowley on the birth of her son, Jacob, on September 24; to Meghan and David Nettleton on the birth of their daughter, Anastasia, on October 22; and to Father Michael and Matushka Nancy, proud grandparents of both children.

This is a wonderful opportunity to help support parish members by feeding the parents of a newborn. We will be providing dinner for the Nettleton family several times a week over the coming months. If you are participating, the idea is to cook a dinner and bring the meal to their home on your assigned day (they live in North Andover, MA). Sunday meal deliveries can be brought home by David. This is a volunteer effort, so please e-mail Diane Mendez (fry20@comcast.net) if you are interested in signing up. In your e-mail, please specify days of the week you would prefer. Thanks!

Lastly, congratulations to the newlywed couple Daniel Hakim & Anne Marie DiMatteo! Many years to all!

St. John of Damascus Church School News: We had a very successful Vacation Church School this summer. Many thanks to all who helped to make it a success! This year we looked at the Feasts of Light with the VCS Program "Behold the Light!" Our 25 participants learned about 4 Great Feasts of Christ -- Nativity, Epiphany, The Meeting of the Lord in the Temple, and Transfiguration. There were lots of fun activities, crafts, and music. On Sunday, July 15, the students gave a presentation to the church which was enjoyed by all. Pictures from the week are posted on the church website under "Church School."

Our new church school year began on September 2nd. Our teachers this year are:

Tanya Nikshych - Preschool

Alexandra Gonzalez - Kindergarten and 1st Grade

Amy Elizabeth McLellan - Lower Elementary

Pam Reed & Johanna Crowley - Upper Elementary

John Danas - Junior High and High School

We are extremely pleased to announce the return of the Trapeza Discussion Series for our young people. These talks are designed for our High School students and young adults and will focus on a variety of topics. Classes meet on the 2nd and 4th Sunday of every month during Trapeza. All are welcome to observe. Special thanks to Danny McLellan for organizing the series!

The annual St. John of Kronstadt Party, on October 31, was a rousing success. The kids came together for fun games, a treasure hunt, and to serve a Molieben to St. John. The kids look forward to this wonderful event every year! Special thanks to Pam Reed for organizing the festivities again this year!

Mark your calendars...

Sunday, January 13, 2013 – Yolka (note: rehearsals for this start on November 25)

Friday, May 3, 2013 - Holy Friday Retreat

July 8-12, 2013 - Vacation Church School

If you have any questions, comments, or suggestions, please contact Laryssa Doohovskoy or Fr. Michael.

St. Herman's Youth Conference: St. Herman Conference 2012 - St. Panteleimon Hartford, CT

St. Herman Conference will take place December 23-27, 2012 with the blessings of His Eminence, Metropolitan Hilarion, First Hierarch of the Russian Orthodox Church Abroad and His Grace, Archbishop Gabriel of Montreal and All Canada. St. Panteleimon Church in Hartford, CT will host the conference.

The well known lecturer, **Andrey Desnitskiy** from Moscow, an expert on the Holy Scriptures and translations will be our main speaker.

A full schedule has been planned. Youth between the ages of 16 and young adult may participate. Noted hierarchs and clergy of the Russian Church Abroad will lead discussions and be present for questions and social activities.

The registration fee of \$300.00 includes all lectures, activities, meals and lodging (quad occupancy). Transportation will be provided from the hotel to all activities and services in the church.

If you register before the deadline, a \$25.00 discount will be applied. The deadline for registration will be November 30.

Registration is now open!

To register, or to obtain more information, visit this website: <http://www.sthermanconference.com/>

From the Building Committee: A first look at the proposed expansion:

1. Goals

- Space for 150 people in the Nave
- Phase 1: Addition of total of 1600-2000 square foot (attached to the north side of the Nave without a basement)
- Phase 2: Bell Tower and expansion of the Choir Loft

2. Project Budget

- Total estimated construction cost of: (\$400-\$500K or \$450K) \pm 20% (Mortgage loan of ~\$200 - 250K and Fundraising of ~\$200 - 250K)

Phase 1 Assumption:

~\$100K: site plan map by surveyors, architect and engineer's fee for permit including roof repair in the Nave, sewer line connection, additional parking space, entrance expansion, utility upgrade and expansion, etc.

~\$200K-\$250K: new addition to the north including the Hall, 3 rest rooms, kitchen, vestry, etc.

Phase 2 Assumptions: ~\$100K

3. Fundraising Goal: ~\$200K-\$250K over 3 years → "Building Expansion Fund"

- Principal source: Our contribution
- Exterior source: appeal to the Orthodox community via mailings, events.
- Plan is under way
- Visit of His Eminence Metropolitan Hilarion in September

4. Timeline

- Dependent upon the fundraising results over time
- Site plan map and Design: 3-6 months and additional 3-6 months for construction

5. Notes: We are currently looking at an attached addition to the north side of the Nave in lieu of the expansion size and goal, minimum impacts on the church service during construction, economical design and construction costs, etc. Examination and documentation of all existing physical conditions of site and structure is critical to effectively architectural/structural engineering design changes. This study will include the following partial list:

- complete the "as-built" architectural and engineering drawings,
- conduct a survey of mechanical, plumbing & electrical systems as well as fire safety and refrigeration equipment,
- Study of all utilities such as septic, storm drainage, electrical, natural gas, telephone, cable,

- site conditions such as topography, soil types, wetlands, hazardous materials (if any),
- zoning study including discussion with the city planner and other officials,
- existing condition of structure, finishes, electrical, plumbing and electrical systems, etc.

We are aware of possible structural repairs of the roof in the Nave.

On November 8/21, we celebrate the Feast of the Synaxis (Sobor) of the Heavenly Hosts. Following is a brief description of each Rank, together with the Biblical reference for each of them. It is especially important to understand Angels correctly in these times, when the New Age movement has co-opted the knowledge of their existence and distorted it to serve demonic "spirit guides."

The Celebration of the Sobor (Assemblage) of the Leader of the Heavenly Hosts Michael, and the other Heavenly Bodiless Hosts, was established at the beginning of the fourth century at a local Laodician Council, which occurred several years before the First Ecumenical Council. By its 35th Canon, the Laodician Council condemned and renounced as heretical the worship of angels as creators and rulers of the world and it affirmed their proper Orthodox veneration. A feastday was established in November - the ninth month from March (with which month the year began in ancient times) - in accordance with the nine Ranks of Angels. The eighth day of the month was decreed for the intended Sobor (Assemblage) of all the Heavenly Powers, in conjunction with the Day of the Dread Last Judgement of God, which the holy fathers called the "Eighth Day", since after this age in which the seven days [of Creation] have elapsed will come the "Eighth Day", and then "shalt come the Son of Man in His Glory and all the holy Angels together with Him" (Mt. 25: 31). The Angelic Ranks are divided into three Hierarchies: highest, middle, and lowest.

In the Highest Hierarchy are included the three Ranks: the Seraphim, Cherubim and Thrones.

Closest of all to the Most Holy Trinity stand the six-winged **Seraphim** (Flaming, and Fiery) (Is. 6: 12). They blaze with love for God and impel others to it. After the Seraphim there stand before the Lord the many-eyed **Cherubim** (Gen. 3: 24). Their name means: outpouring of wisdom, enlightenment, since through them, radiating with the light of Divine-knowledge and understanding of the mysteries of God, there is sent down wisdom and enlightenment for true Divine knowledge. After the Cherubim stand the **Thrones**, (Col. 1: 16), mysteriously and incomprehensibly upholding God. They serve the uprightness of God's justice.

The Middle Angelic Hierarchy consists of three Ranks: Dominions, Powers, and Authorities.

The safety and comfort in the church service during construction should be considered for the selection of the design.

We are conceptually studying a most economical and feasible (practical) plan at this point to save the time and cost in the design process. The actual detailed expansion plan including construction costs will come out later once hired professionals (architect and structural engineer) complete the design in accordance with our wishes.

Dominions (Col. 1: 16) hold dominion over the successive ranks of Angels. They instruct the earthly authorities, established from God, to wise governance. The Dominions influence rule by miracles, they quell sinful impulses, subordinate the flesh to the spirit, and provide mastery over the will to conquer temptation. **Powers** (1 Pet. 3: 22) fulfill the will of God. They work the miracles and send down the grace of wonderworking and perspicacity to saints pleasing to God. The Powers give assist to people in bearing obediences, encourage them in patience, and give them spiritual strength and fortitude. **Authorities** (1 Pet. 3: 22, Col. 1: 16) have authority to quell the power of the devil. They repel from people demonic temptations, uphold ascetics and guard them, helping people in the struggle with evil ponderings.

In the Lowest Hierarchy are included the three Ranks: Principalities, Archangels, and Angels.

Principalities (Col. 1: 16) have command over the lower angels, instructing them in the fulfilling of Divine commands. To them are entrusted to direct the universe, and protect lands, nations and peoples. Principalities instruct people to render honor to everyone, as becomes their station. They teach those in authority to fulfill their necessary obligations, not for personal glory and gain, but out of respect for God and benefit for neighbor. **Archangels** (1 Thess. 4: 16) announce about the great and most holy, they reveal the mysteries of the faith, prophecy and understanding of the will of God, they intensify deep faith in people, enlightening their minds with the light of the Holy Gospel. **Angels** (1 Pet. 3: 22) are closest of all to people. They proclaim the intent of God, guiding people to virtuous and holy life. They protect believers, restraining them from falling, and they raise up the fallen; never do they abandon us and always they are prepared to help us, if we so desire.

All the Ranks of the Heavenly Powers have in common the name Angels -- by virtue of their service. The Lord reveals His will to the highest of the Angels, and they in turn inform the others. (Source: *Menologion 3.0*)



ST. XENIA ORTHODOX CHURCH
P.O. Box 147 - Methuen, MA 01844
(phone) (978) 204-0428



NOVEMBER 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 28 (Oct 15) 21st Sunday after Pentecost. Tone 4 9:30 Hours and Divine Liturgy	Oct 29 (Oct 16) Ven Longinus the Centurion	Oct 30 (Oct 17) Prophet Hosea	Oct 31 (Oct 18) Holy Ap and Evangelist Luke Fast: wine & oil	1 (Oct 19) Prophet Joel	2 (Oct 20) GM Artemius at Antioch Fast	3 (Oct 21) Ven Hilarion the Great 11:00 General Pannyhida - Demetrius Saturday 5:30 All-Night Vigil
4 (Oct 22) 22nd Sunday after Pentecost. Tone 5 9:30 Hours and Divine Liturgy	5 (Oct 23) Ap James the Brother of the Lord	6 (Oct 24) Icon of the Most Holy Theotokos "The Joy of All Who Sorrow"	7 (Oct 25) MM Marcian and Martyrius Fast	8 (Oct 26) GM Demetrius the Myrrh-gusher of Thessalonica 11:00 General Pannyhida	9 (Oct 27) M Nestor of Thessalonica Fast	10 (Oct 28) GM Parasceva of Iconium 5:30 All-Night Vigil
11 (Oct 29) 23rd Sunday after Pentecost. Tone 6 9:30 Hours and Divine Liturgy	12 (Oct 30) HM Zenobius and his sister Zenobia	13 (Oct 31) App Stachys, Amplias, Urban, Narcissus, Apelles, and Aristobulus of the 70	14 (Nov 1) Holy Unmercenary Cosmas and Damian Fast	15 (Nov 2) MM Acindynus, Pegasius, Aphthonius, Elpidophorus, and Anempodistus of Persia	16 (Nov 3) MM Acepshimas the Bishop, Joseph the Presbyter, and Aeithalas the Deacon Fast	17 (Nov 4) Ven Ioannicus the Great 5:30 All-Night Vigil
18 (Nov 5) 24th Sunday after Pentecost. Tone 7 9:30 Hours and Divine Liturgy	19 (Nov 6) St. Paul the Confessor, abp of Constantinople	20 (Nov 7) Holy 33 MM of Melitene	21 (Nov 8) Synaxis of the Archangel Michael Fast: wine & oil	22 (Nov 9) Thanksgiving Day	23 (Nov 10) App Erastus, Olympas, Herodion, Sosipater, Quartus, and Tertius of the 70 Fast	24 (Nov 11) M Menas of Egypt 5:30 All-Night Vigil
25 (Nov 12) 25th Sunday after Pentecost. Tone 8 9:30 Hours and Divine Liturgy	26 (Nov 13) St. John Chrysostom, abp of Constantinople	27 (Nov 14) Holy Apostle Philip	28 (Nov 15) Holy MM and Confessors Gurias, Samonas, and Abibus, of Edessa Fast	29 (Nov 16) Holy Apostle and Evangelist Matthew Fast: fish, wine & oil	30 (Nov 17) St. Gregory the Wonderworker Fast	Dec 1 (Nov 18) M Platon of Ancyra 5:30 All-Night Vigil Fast: fish, wine & oil



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DECEMBER 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 25 (Nov 12) 25th Sunday after Pentecost. Tone 8 9:30 Hours and Divine Liturgy	Nov 26 (Nov 13) St. John Chrysostom, abp of Constantinople	Nov 27 (Nov 14) Holy Apostle Philip	Nov 28 (Nov 15) Holy MM Gurias, Samonas, and Abibus, of Edessa Fast	Nov 29 (Nov 16) Holy Apostle and Evangelist Matthew Fast: fish, wine & oil	Nov 30 (Nov 17) St. Gregory the Wonderworker Fast	1 (Nov 18) M Platon of Ancyra 5:30 All-Night Vigil Fast: fish, wine & oil
2 (Nov 19) 26th Sunday after Pentecost. Tone 1 9:30 Hours and Divine Liturgy Fast: fish, wine & oil	3 (Nov 20) Ven Gregory Decapolites 6:30 Vigil Fast	4 (Nov 21) ENTRANCE OF THE THEOTOKOS 9:30 Hours & Divine Liturgy Fast: fish, wine, & oil	5 (Nov 22) App Philemon and Archippus Fast	6 (Nov 23) St. Amphilochius, bp of Iconium Fast	7 (Nov 24) GM Catherine of Alexandria Fast	8 (Nov 25) HM Clement, pope of Rome 5:30 All-Night Vigil Fast: fish, wine & oil
9 (Nov 26) 27th Sunday after Pentecost. Tone 2 9:30 Hours and Divine Liturgy Fast: fish, wine & oil	10 (Nov 27) GM James the Persian Fast: wine & oil	11 (Nov 28) M Stephen the New Fast: wine & oil	12 (Nov 29) M Paramon and comp Fast	13 (Nov 30) Holy Apostle Andrew the First-called Fast: fish, wine & oil	14 (Dec 1) Prophet Nahum Fast	15 (Dec 2) Prophet Habakkuk 5:30 All-Night Vigil Fast: fish, wine & oil
16 (Dec 3) 28th Sunday after Pentecost. Tone 3 9:30 Hours and Divine Liturgy Fast: fish, wine & oil	17 (Dec 4) GM Barbara and M Juliana at Heliapolis Fast: wine & oil	18 (Dec 5) Ven Sabbas the Sanctified Fast: fish, wine & oil	19 (Dec 6) St. Nicholas Fast: fish, wine, & oil	20 (Dec 7) St. Ambrose, bp of Milan Fast: wine & oil	21 (Dec 8) Ven Patapius of Thebes Fast	22 (Dec 9) Conception by St. Anna of the Most Holy Theotokos 5:30 All-Night Vigil Fast: fish, wine & oil
23 (Dec 10) 29th Sunday after Pentecost. Tone 4 9:30 Hours and Divine Liturgy Fast: fish, wine & oil	24 (Dec 11) Ven Daniel the Stylite Fast	25 (Dec 12) St. Spyridon the Wonderworker & Ven Herman of Alaska Fast: fish, wine & oil	26 (Dec 13) MM Eustratius, Auxentius, Eugene & comp Fast: wine & oil	27 (Dec 14) MM Thyrsus, Leucius, and Callinicus of Apollonia Fast: wine & oil	28 (Dec 15) St. Stephen the Confessor Fast	29 (Dec 16) Prophet Haggai 5:30 All-Night Vigil Fast: fish, wine & oil
30 (Dec 17) 30th Sunday after Pentecost. Tone 5 9:30 Hours and Divine Liturgy Fast: wine & oil	31 (Dec 18) M Sebastian at Rome and comp Fast	Jan 1 (Dec 19) Fast	Jan 2 (Dec 20) Fast	Jan 3 (Dec 21) Fast	Jan 4 (Dec 22) Fast	Jan 5 (Dec 23) 5:30 All-Night Vigil Fast: wine & oi

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DIRECTIONS TO ST. XENIA CHURCH:

From I-93 North or South take Exit 46, Routes 110 and 113 Dracut and Lawrence. If you were travelling North on I-93, take the exit and go around the rotary and under the highway. Follow the signs and bear right off the rotary for Route 110/113 Dracut. **If you were travelling South on I-93,** bear right at the bottom of the exit ramp towards Route 110/113 Dracut.

Where Routes 110 and 113 split, bear right onto Route 113 towards Dracut. You will pass several cemeteries on your left, including the Polish National Catholic Cemetery. The very next gate on the left is the entrance to St. Xenia's. Please note that the church is on the left just before the Hickory Hill Golf course, so if you pass the golf course, you will have missed the church. Parking is available on church grounds.