

The Epistle

September 2011

Saint Barbara Greek Orthodox Church

Rev. Father Simon Thomas, Pastor

1205 San Antonio Creek Road | Santa Barbara, CA 93111

(805) 683-4492 | fax (805) 964-2774

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Fasting in the Orthodox Church

Fasting is both a means of self-discipline and a tangible reminder that one is indeed to receive Christ in Holy Communion. The Orthodox Church, regarding man as a unity of soul and body, has always insisted that the body must be trained and disciplined, as well as, the soul. The Orthodox Christian understanding of fasting is based upon Holy Scripture.

We read in Genesis 2:15-3:24 that Adam and Eve were directed by the Lord God to fast from the tree of the knowledge of good and evil. They chose to disobey God and since they did not keep this simple fast, they were expelled from Paradise. In Exodus, we read that the Israelites ate only manna for 40 years while wandering in the wilderness (16:35). Moses and Elijah both fasted for 40 days (34:28, 1 Kings 19:8).

In the New Testament we see that Christ is the New Adam. In His earthly ministry, Christ set the example of fasting for all of us to follow. Christ experienced temptation and hunger, but He did not sin (Matthew 4:1). He kept the fast! In Luke 5:33-35, we see how the Jewish leaders asked Christ why His disciples were not fasting. The Lord responded, "*The days will come, when the bridegroom is taken away from them, and then they will fast in those days.*" From this we learn that following His Passion, Christians would be expected to fast. In obedience to the Lord, this is why we fast!

People fast for different reasons. The most common fast can be considered "earthly", rather than "spiritual". People fast to lose weight or they fast for health reasons. Of course, these things also happen when one fasts, but these are not the spiritual reasons for fasting. The purpose of a spiritual fast is to overcome the passions. A passion is anything that has control over us, be it over-eating, smoking, watching too much television, lustful thoughts, gossiping, etc., etc., etc. All of these things captivate the soul, subjecting the man created in the image and likeness of God to things that are earthly. If one truly desires to overcome such passions, one must allow fasting and prayer to go hand in hand.

In the first century text entitled, "The Teaching of the Apostles", or *Didache*, we find instruction for fasting on Wednesdays and Fridays. The Christian Orthodox faithful fasts on Wednesday, because Judas betrayed Christ on this day and Friday, because our Lord was crucified on that day. Whenever we act contrary to the Lord's teachings, we too betray Him! St. Seraphim of Sarov said, "One who does not observe the fasts is not a Christian, no matter what he considers or calls himself."

Fasting is also a necessity when preparing oneself for Holy Communion. One should not eat or drink anything from the time one goes to sleep the night before he plans to partake of the Holy Eucharist. By receiving Holy Communion, we literally receive God Himself, "*Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life*" (John 6:53-54). Upon partaking of Holy Communion we are illumined by divine grace and the actual presence of God within us transforms us -- body and soul! Therefore, our preparation for Holy Communion is not only spiritual, involving the soul through repentance, Holy Confession, and prayer, but also physical by fasting.

(...continued on page 3)

Saint Barbara Greek Orthodox Church

The mission of Saint Barbara Greek Orthodox Church is to safeguard the 2,000 year old Traditions handed down by Christ and His disciples, by encouraging members to participate actively in the Sacramental life of the Church, and by furthering our knowledge of the Faith through education. In order to realize our role as stewards of God's vineyard and to grow spiritually as individuals and as a Parish, we will share our Faith with those who seek the knowledge of God, welcome and embrace all who join us in worship and fellowship, and reach out to those in need. Fulfilling our mission will draw us closer to God and His Kingdom, and allow us to experience the love of God (Agape) in our Parish and community.

Rev. Father Simon Thomas
Parish Priest

SAINT BARBARA PARISH COUNCIL

THEONY CONDOS – President	CONNIE PAPPAS HILLMAN
GEORGE MAMALAKIS – Vice President	TOM KAPERNEKAS
JAMES PETERS – Treasurer	RANDY LANGEL
TERRY KERAMARIS – Secretary	MARY PAPADOR MENDOZA
RUTH ANGELOS	MICHAEL OSBORN
TAYLOR CANFIELD	PAUL TZIOUVARAS

PARISH ORGANIZATIONS

CHANTERS	ALEX TRIGONIS & RANDY LANGEL
CHOIR DIRECTOR	ANDRIANA KOLENDRIANOS
GREEK FESTIVAL	GEORGE PAPADOR
GREEK SCHOOL TEACHERS	GEORGIA GASTOUNIOTIS
HELLENIC CULTURAL MUSEUM	MARY MAMALAKIS & THEONY CONDOS
MISSIONS	ALEX HAIMANIS
PARISH BOOKSTORE	PATRICIA DOVAS
PHILOPTOCHOS SOCIETY PRESIDENT	KARA OSBORN
V.I.P. COORDINATOR	SOFIJA NEDIC

YOUTH PROGRAMS

ACOLYTES	ALEX TRIGONIS & RANDY LANGEL
DANCE GROUP DIRECTOR	FATHER SIMON THOMAS
YOUTH PROGRAMS	TBD
SUNDAY SCHOOL DIRECTOR	ANGELA CANFIELD
YOUNG ADULTS	ALEX CHUCHAS & SOPHIA KENRICK
YOUNG COUPLES	FATHER SIMON & PRESVYTERA STEPHANIE

COMMUNITY PROGRAMS

AHEPA PRESIDENT	BILL POULIS
DAUGHTERS OF PENELOPE PRESIDENT	VALERIE KATSIKIS RICHARDSON

OFFICE PERSONNEL

VALERIE KATSIKIS RICHARDSON – Office Administrator

CHURCH OFFICE HOURS

MONDAY – FRIDAY * 9 A.M. – 5 P.M.

GREEK ORTHODOX ARCHDIOCESE OF AMERICA * METROPOLIS OF SAN FRANCISCO

On fast days one may eat the normal number of meals or fewer meals but seldom do we do without food altogether. The thing we do is to change the types of food we eat. On fast days we abstain from meat or meat products, dairy products (eggs, milk, cheese, etc.), fish, all alcoholic beverages including wine, and oil. What one does eat is fruit and vegetables. When preparing food for fast days it should be simple rather than rich. This does not mean that the food should taste terrible, but it should not be a gourmet meal either. The reason for eating is to nourish the body and this should be remembered. The Fathers teach that we should always leave the table feeling a bit hungry since too much food removes the desire to pray.

Always remember to keep the *spirit* of the fast, not just the rules. On fast days we are to pray and reflect upon our lives and the stewardship we offer to God. Besides prayer, we must also practice almsgiving, i.e., helping those in need. In the book of Isaiah the Prophet, chapter 58:3-8, we are warned about proper fasting.

Metropolitan Kallistos of Diokleia, a former professor at Oxford University and convert to the Orthodox Christian Faith, writes in his Introduction to the *Lenten Triodion*: “Here utmost care is needed, so as to preserve a proper balance between the outward and the inward. On the outward level, fasting involves physical abstinence from food and drink, and without such exterior abstinence a full and true fast cannot be kept; yet the rules about eating and drinking must never be treated as an end in themselves, for ascetic fasting has always an inward and unseen purpose. Man is a unity of body and soul, ‘a living creature fashioned from natures visible and invisible’ (*Lenten Triodion: Vespers for Saturday of the Souls*); and our ascetic fasting should therefore involve both of these natures at once. The tendency to over-emphasize external rules about food in a legalistic way, and the opposite tendency to scorn these rules as outdated and unnecessary, are both alike to be deplored.”

Let us remember the guidelines of fasting laid down by our Lord and Savior Jesus Himself, Who said: “*And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you*” (Matthew 6:16-17).

The following are fast days and seasons:

1. The day before Epiphany - January 5.
2. The second Wednesday and Friday of the Triodion.
3. The last week before Great Lent, although dairy products may be eaten.
4. Great Lent and Holy Week.
5. Holy Apostles Fast - Monday after the week following Pentecost through June 29. Since Pentecost is a moveable Feast Day of the Church this Lenten period may vary in time, refer to your Church Calendar.
6. Dormition of the Mother of God Fast - August 1 through August 14.
7. Beheading of St. John the Baptist - August 29.
8. Exaltation of the Holy Cross - September 14.
9. Christmas Lent - November 15 through December 24.
10. All Wednesdays and Fridays, except those noted below.

The following are fast days on which fish is allowed:

1. Annunciation Day - March 25. If, however, Annunciation Day does not come during Great Lent, then the day is completely fast-free.
2. Palm Sunday.
3. Transfiguration of our Lord - August 6.

The following days are completely fast-free:

1. The first week of the Triodion, including Wednesday and Friday.
2. Easter Week (Diakainisimos or Bright Week).
3. The week following Pentecost.
4. December 25 through January 4.

President's Report

Brothers and Sisters,

At its regular meeting on August 8, the Parish Council approved minutes of the July meeting, reviewed financial reports, and received reports from the Stewardship, Real Estate, and Rentals Committees.

New chairs for the Orthodox Center have arrived and complement our outdoor color scheme of blue and white!

The water damage in the sanctuary is less extensive than it could have been. Repairs are continuing and are expected to be completed soon.

This year's Greek Festival wrap-up meeting on August 16 was very productive. Many constructive suggestions were put forward for next year.

Happy New Ecclesiastical Year! Καλὴ Χρονιά! Let's make the 25th anniversary of Saint Barbara's a banner year!

In His service,
Theony Condos

Liturgical Calendar

Thursday, September 1st

Ecclesiastical New Year

Orthros – 8:00 am

Divine Liturgy – 9:00 am

Saturday, September 3rd

Great Vespers – 5:00 pm

Sunday, September 4th

Twelfth Sunday of Saint Matthew

Orthros – 8:30 am

Divine Liturgy – 9:30 am

Thursday, September 8th

Feast of the Nativity of the Theotokos

Orthros – 8:00 am

Divine Liturgy – 9:00 am

Saturday, September 10th

Great Vespers – 5:00 pm

Sunday, September 11th

Sunday Before the Holy Cross

Orthros – 9:00 am

Divine Liturgy – 10:00 am

Wednesday, September 14th

Feast of the Exaltation of the Holy Cross

Orthros – 8:00 am

Divine Liturgy – 9:00 am

Saturday, September 17th

Great Vespers – 5:00 pm

Sunday, September 18th

Sunday After the Holy Cross

Orthros – 9:00 am

Divine Liturgy – 10:00 am

Saturday, September 24th

Great Vespers – 5:00 pm

Sunday, September 25th

First Sunday of Saint Luke

Orthros – 9:00 am

Divine Liturgy – 10:00 am

Monday, September 26th

Feast of St. John the Theologian

Orthros – 8:00 am

Divine Liturgy – 9:00 am



Saint Eustathius the Great Martyr

September 20th

The Holy Great Martyr Eustathius was named Placidus before his Baptism. He was a military commander under the emperors Titus (79-81) and Trajan (98-117). Even before he came to know Christ, Placidus performed acts of charity, helping the poor and destitute. Once while hunting in a forest, he saw a stag which would stop now and then to look him right in the eye. Placidus pursued it on horseback, but could not catch up. The stag leaped over a chasm and stood on the other side facing him. Placidus suddenly saw a radiant Cross between its antlers. In surprise the military commander heard a voice coming from the Cross saying, “Why do you pursue Me, Placidus?”

“Who are You, Master?” asked Placidus. The Voice replied, “I am Jesus Christ, Whom you do not know, yet you honor Me by your good deeds. I have appeared here on this creature for your sake, to capture you in the net of My love for mankind. It is not fitting that one as righteous as you should worship idols and not know the truth. It was to save mankind that I came into the world.” Placidus cried out, “Lord, I believe that You are the God of Heaven and earth, the Creator of all things. Master, teach me what I should do.” Again the Lord replied, “Go to the bishop of your country and receive Baptism from him, and he will instruct you.”

Placidus returned home and joyfully recounted everything to his wife Tatiana. She in turn told him how the evening before, in a mysterious dream, she had been told, “Tomorrow you, your husband and your sons shall come to Me and know that I am the true God. The spouses then proceeded to do as they had been bidden. They hastened to the Christian bishop, who baptized all their family, and communed them with the Holy Mysteries. Placidus was renamed Eustathius, his wife was called Theopiste, and their children, Agapius and Theopistus.

On the following day, St Eustathius set out to the place of his miraculous conversion and in fervent prayer he offered up thanks to the Lord for having called him onto the path of salvation. Again St Eustathius received a miraculous revelation. The Lord Himself foretold his impending tribulations: “Eustathius, you shall suffer many misfortunes, as did Job, but in the end you will conquer the devil.”

Soon St Eustathius was plunged into misfortune: all his servants died of the plague and his cattle perished. Brought to ruin, but not despairing in spirit, St Eustathius and his family secretly abandoned their home, to live unknown, humble and in poverty. They went to Egypt to board a ship sailing for Jerusalem. During the voyage a new woe beset the saint. The ship owner, enchanted by Theopiste’s beauty, cruelly set Eustathius and his children ashore, keeping the wife for himself. In great sorrow the saint continued on his way, and a new woe beset him. Coming to a tempestuous river, he went to carry his two sons across in turn. When he had brought one across, the other was seized by a lion and carried off into the wilderness. As he turned back towards the other, a wolf dragged that child into the forest.

Having lost everything, St Eustathius wept bitterly, but he realized that Divine Providence had sent him these misfortunes to test his endurance and devotion to God. In his inconsolable grief, St Eustathius went on farther, prepared for new tribulations. In the village of Badessos he found work and spent five years in unremitting toil. St Eustathius did not know then that through the mercy of God, shepherds and farmers had saved his sons, and they lived right near him. He also did not know that the impudent ship owner had been struck down with a terrible disease and died, leaving St Theopiste untouched. She lived in peace and freedom at the place where the ship landed.

During this time it had become difficult for the emperor Trajan to raise an army for Rome to deal with a rebellion, for the soldiers would not go into battle without their commander Placidus. They advised Trajan to send men out to all the cities to look for him.

Antiochus and Acacius, friends of Placidus, sought him in various places. Finally, they arrived in the village where St Eustathius lived. The soldiers found Eustathius, but they did not recognize him and they began to tell him of the one whom they sought, asking his help and promising a large reward. Saint Eustathius, immediately recognized his friends, but did not reveal his identity to them.

He borrowed money from one of his friends and fed the visitors. As they looked at him, the travelers noted that he resembled their former commander. When they saw a scar on his shoulder from a deep sword-wound, they realized that it was their friend there before them. They embraced him with tears and told him why they were seeking him.

Saint Eustathius returned to Rome with them and again became a general. Many new recruits were drafted into the army from all over the empire. He did not know that two young soldiers who served him, and whom he loved for their skill and daring, were actually his own sons. They did not know that they were serving under the command of their own father, nor that they were brothers by birth. While on campaign, the army led by Eustathius halted at a certain settlement. The soldier-brothers were talking in their tent. The elder one spoke about his life, how he had lost his mother and brother, and how in a terrifying way he had been parted from his father. The younger brother then realized that before him was his very own brother, and told him how he had been rescued from the wolf.

A woman overheard the soldiers' conversation, since their tent was pitched right next to her house, and this woman realized that these were her sons. Still not identifying herself to them, but not wanting to be separated from them, she went to their commander, Saint Eustathius, to ask him to take her to Rome with him. She said she had been a prisoner, and wanted to go home. Then she came to recognize the commander as her husband, and with tears she told him about herself and about the two soldiers who were actually their sons. Thus, through the great mercy of the Lord, the whole family was happily reunited.

Soon thereafter the rebellion was crushed, and Saint Eustathius returned to Rome with honor and glory. The emperor Trajan had since died, and his successor Hadrian (117-138) wanted to celebrate the event of victory with a solemn offering of sacrifice to the gods. To the astonishment of everyone, Saint Eustathius did not show up at the pagan temple. By order of the emperor they searched frantically for him.

"Why don't you want to worship the gods?" the emperor inquired. "You, above all others, ought to offer thanks to them. They not only preserved you in war and granted you victory, but also they helped you find your wife and children." Saint Eustathius replied: "I am a Christian and I glorify and give thanks to Him, and I offer sacrifice to Him. I owe my life to Him. I do not know or believe in any other god than Him."

In a rage, the emperor ordered him to take off his military belt and brought him and his family before him. They did not succeed in persuading the steadfast confessors of Christ to offer sacrifice to idols. The whole family of Saint Eustathius was sentenced to be torn apart by wild beasts, but the beasts would not touch the holy martyrs. Then the cruel emperor gave orders to throw them all alive into a red-hot brass bull, and Saint Eustathius, his wife Theopiste, and their sons Agapius and Theopistus endured a martyr's death. Before being placed in the bull, Saint Eustathius prayed, "Grant, O Lord, Your grace to our relics, and grant to those who call upon us a place in Your Kingdom. Though they call upon us when they are in danger on a river or on the sea, we entreat You to come to their aid."

Three days later, they opened the brass bull, and the bodies of the holy martyrs were found unscathed. Not one hair on their heads was singed and their faces shone with an unearthly beauty. Many seeing this miracle came to believe in Christ. Their fellow Christians then buried their bodies and marked where they could come back to venerate the relics.

Prosphoro & Kollyva

Prosphoro bakers and Kollyva makers are needed for Sunday Liturgies and Memorial Services. These are two of the most beautiful traditions of the Orthodox Church, and essential to our worship. If you have never made Prosphoro or Kollyva, a workshop can be scheduled. Please contact the Church Office to offer your talents!

St. Katherine College Book Drive

Let's show our support for the newly formed St. Katherine College—a newly opened Orthodox Christian liberal arts college in Encinitas California! The community of St. John the Baptist Greek Orthodox Church in Portland is rallying the churches along the West Coast to participate a book drive to fill the school's library. A collection box is located in the Orthodox Center. We are looking to collect 5000 books—gently used fiction, nonfiction, biography, and any other book you might find in a college library. A few of St. John's parishioners will be driving from Portland to Encinitas starting Friday, September 23, so please **bring your donations by Sunday, September 17**. If you'd like more information, contact Sophia Kenrick (louloudaki@gmail.com). For more about St. Katherine's, see <http://www.stkath.org>.

If you were too busy during the Festival:

The stunning new Greek Feast Apron is still available! Same beautiful Merv Corning Greek Feast Cookbook Cover Art. Quality printing, crisp white, heavy duty, oversized apron.

Apron - \$20. Add a cookbook, and you pay only \$28 for both!!! \$7 off the already reduced \$15 book price!!!!

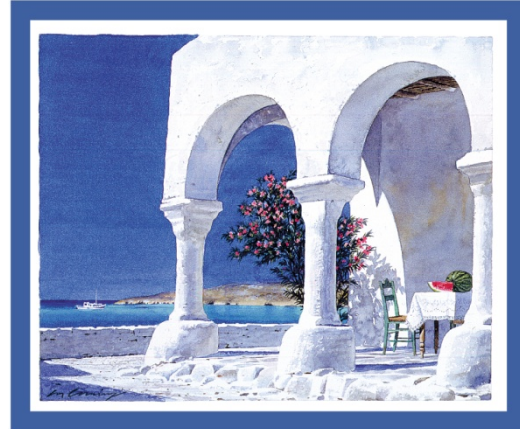
Buy it for yourself or as a wonderful companion gift to the cookbook you may have given, or purchase an apron & book for the discounted price of \$28!

To order, call Andriana, 685-8982, or Vivian, 682-7547. Make checks payable to the St. Barbara Philoptochos.

To date, 47 aprons have been sold. All proceeds benefit the ministries of the St. Barbara Philoptochos. Thank you for your support!!

THE GREEK FEAST

Santa Barbara Style



Parish Assembly

The **Parish Assembly will be on Sunday, October 2, 2011**, following the Divine Liturgy. Please mark your calendars! In order to participate in the Parish Assembly, members must be in good ecclesiastical standing in the Orthodox Church, have submitted a pledge card for 2010, and must be current in the commitment (Article 18, Section 1 of the 2005 Uniform Parish Regulations of the Greek Orthodox Archdiocese of America).

Parish, Youth & Young Adult Ministries

Studies in the Faith Class

Our first class will be **Tuesday, September 6th at 6:30 pm**, in the **Redding Center**. The topic will be Orthodoxy. Bring your friends and your questions! For more info, please contact the Church Office.

Catechism Class

If you are interested in become an Orthodox Christian, or simply learning more about the basics of the Faith, this class is for you! We will be reading and studying Clark Carlton's book, *The Faith*. The 20 chapters in this book will introduce you to the fundamental beliefs and practices of the Orthodox Church. Classes will begin in September, and be on Saturdays at 3:30 pm, concluding with the service of Great Vespers at 5 pm. If you are interested in the class, please contact Fr. Simon. The book will be available in the bookstore.

Philoptochos

Philoptochos had its first Retreat on June 26th to discuss the future direction of the group. Thank you to all who donated to the disaster relief assembling 52 Hygiene Kits for IOCC! Look for future announcements about Philoptochos fundraisers and opportunities in the next Epistle.

As always, Philoptochos welcomes new members, please contact Kara Osborn at kara.hanchett@gmail.com if you are interested in getting involved!

Choir

We hope you had a wonderful summer! On **Sunday, September 11th** the choir will be back in the loft for another year of beautiful singing from our talented and energetic voices. If you would like to join, this is the time!

Young Couples Social

On **Saturday, September 17th at 5 pm**, our Young Couples will meet at **Le Café Stella** for an evening of fellowship. Child care will be provided for those who need it. For more information, please contact Fr. Simon in the Church Office.

Dance Program

Congratulations to Thavma on a performance well done at this year's festival! After taking a break for the summer the dance groups have been reorganized to include our newest dance group, Toumba! We welcome them to our dance group family! Our dance groups now consist of Toumba (ages 2-8), Zoi (ages 9-13) and Thavma (ages 14 and up). If you are interested in joining one of our dance groups, please call the Church Office.

Our annual **Lasagna Luncheon Fundraiser is on September 25th** after Liturgy. The cost for this delicious lunch of lasagna, salad, garlic bread and dessert will be **\$10.00 for adults, \$5.00 for children and kids under 5 are free!** All proceeds will go towards costumes and FDF participation. Please see attached flyer and RSVP!

The practice schedule for September is as follows:

September 4 – No Practice

September 11 & 18 – Toumba & Zoi, 12 noon
Thavma, 1 pm

September 25 – Luncheon & Performance

Sunday School

Welcome Back! Summer is over and the new school year is beginning. We are excited to dive in to the new Sunday school year, too! Come to the first day of Sunday School on **Sunday, September 11th** for the beginning of an exciting year.

Sunday school registration is online on the church website www.saintbarbara.net under "Youth & Young Adults". Please submit a form for each student as we are trying to update our records.

Dates to Remember:

September 11 - *First Day of Sunday School!*

September 18 - Sunday School

September 25 - Sunday School – Early Release

Youth Groups

There will be a Youth outing to a **Gaucha Soccer game at UCSB on Sunday, September 11th at 1:00 pm**. If you are interested in going please contact the church office.

Community Organizations

Order of AHEPA, Santa Barbara Chapter 243

www.ahepa20.org/chapters E-mail ahepa243@gmail.com

AHEPA continues to be a vibrant organization serving our church and community. We have our meetings on the third Monday of the month, usually at Harry's starting at 6:30 p.m. Thus far this year we have donated \$1,000.00 to the District Ahepa for scholarships and \$500.00 to Mission Tanzania. In addition to the goal of being philanthropic we also pursue the goal of education emphasizing Greek Culture and Ethnicity.

We have had many speakers talking about such diverse subjects as health, motivation, stress and how to deal with it, Greek restaurateur entrepreneurship, the housing bubble and its causes, serving in Iraq as a psychologist, the earthquake and tsunami in Japan and questions about nuclear energy and its safety and the classics with fresh interpretations of the works of Homer. Each of those meetings with a guest speaker was open to members of the community and we invite you to come, have dinner, and listen to an inspiring and informational speaker. Many more speakers and interesting topics will be scheduled and the speaker and topic will be announced well in advance. In addition to all that, we have a wine tasting and picnic scheduled, a glendi at a new Greek Restaurant and a booth fundraiser at the Avocado Festival. We seek young and vibrant men who want to be a part of this wonderful brotherhood and do good services for our community, our church and become better informed in many diverse learning topics and about life as well as making lasting and bonding relationships with our brothers. Recently we met with Classics professors at UCSB who will be available to talk on Greek Classics at our meetings. We have a lot to offer and we ask that you participate and become a member. If you are interested in joining, or attending a meeting to see if this organization is for you, please call Bill Poulis at (805) 682-4733.

Daughters of Penelope, Santa Barbara Chapter Delos 103

dophq@ahepa.org - www.dopdistr20.org

A new year is beginning both ecclesiastically and for the Daughters of Penelope. Our newly elected officers will assume their offices and be sworn in at our first business meeting. Congratulations to Valerie Katsikis Richardson, President; Sofija Nedic, Vice President; Carol Stathopoulos, Treasurer; Helen McGillivray, Corresponding Secretary; Carol Arger, Recording Secretary.

In August, we had a social outing to get reacquainted as we reconvene for our new business year. We met for lunch at Petros in Los Olivos. The weather was perfect for a drive through the mountains and everyone thoroughly enjoyed themselves.

Make note of the Annual Daughters of Penelope Garage Sale, Saturday, October 8th, 2011

at 139 E. Calle Laureles. If you have any items you would like to donate to the sale, please contact Terry Keramaris at 682-1592. Or drop by the morning of the sale and discover what treasures you really need to have! Proceeds will benefit our chapter's philanthropies.

For more information about the Daughters of Penelope you can visit the national website at www.daughtersofpenelope.org, as well as our district website at www.dopdistr20.org. If you are interested in becoming a Daughter, please call Helen McGillivray at 965-6727.

THAVMA, ZOI & TOUMBA DANCERS
ANNUAL LASAGNA LUNCHEON

SUNDAY, SEPTEMBER 25, 2011
After Divine Liturgy

Help our dancers raise funds to attend the 2012 Folk Dance Festival in Anaheim! Lasagna (meat & veggie), salad, bread, dessert and beverages will be served.

ADULTS	\$10.00
CHILDREN	\$5.00
UNDER 5	FREE

Come eat, celebrate, and watch short performances by our dance groups! Tickets can be purchased in advance every Sunday after services. Donations to offset our costs are always and greatly appreciated.



EDWARDS BARN: 1095 POMEROY AVENUE · NIPOMO, CA

Chris Hillman & Herb Pedersen



Return to Edwards Barn

Benefit Concert • Dinner & Silent Auction!

At 5:00 pm on Saturday, Oct. 22nd

Tickets \$70

Available Through the Church Office

*Benefiting the Orthodox Church of the Annunciation's Iconography Project
& the Gobezié Goshu Home for the Elderly in Adwa, Ethiopia*

Supporting the mission work of Saint Barbara Greek Orthodox Church in Tanzania

FOR TICKETS & more Information: office@saintbarbara.net or [805.683.4492](tel:805.683.4492)

!!!!!! SAVE THE DATES !!!!!!!

**25th Anniversary Celebration
of Saint Barbara Greek Orthodox Church
at 1205 San Antonio Creek Road**

Saturday, October 15th

5:00 pm – Hierarchical Great Vespers

6:00 pm – Cocktails, Dinner, Music & Dancing

Sunday, October 16th

9:00 am – Orthros

10:00 am – Hierarchical Divine Liturgy

12 noon – Brunch with Metropolitan Gerasimos

Coming Soon!!!

Coming Soon!!!

***Saint Barbara Greek Orthodox
Church Directory***

What is going to be inside?

- Parish Information
- Parishioners Photos - Family Pictures with names (individuals; parents and children)
- Address & Phone Directory
- Business Directory of Parish Stewards

***Mark your calendar, only **October and November** will be picture months!
Sign up for a time slot Sundays after Church at the designated Directory***

Table. Please also note, you will not be buying a picture package, and this is at no cost to you!!!

NEWS & NOTES

Births...

Gemma Alexander, August 17th, daughter of Eric & Karen Alexander

Alison Alexa Berrett, August 23rd, daughter of Sam & Julie Angelos Berrett

Memorials ...

Alexandru Bulboaca (40 days), on August 7th, husband to Natalie Bulboaca and father to Iuliana Earl

In Memory of...

Alexandru Bulboaca, by Theony Condos, Mike & Vivian Pahos

Alex Hyt, for his 40 day memorial in loving memory by his niece, Katerina, and her husband, John Kingsbury benefitting the Dance Groups

Volunteers for September 2011

Epistle Readers:

4 Greek: Terry Keramaris	English: Presvytera Mona Zozos
11 Greek: Nick Pappas	English: Ruth Angelos
18 Greek: Voula Aldrich	English: Dean Papazacharioudakis
25 Greek: Tom Pappas	English: Randy Langel

Acolytes:

Geroge Ioannidis (co-captain), Dean Papazacharioudakis (co-captain), Tasso Ioannidis, Cainan Iorio, Jacob Kaminsky, Dean Richardson, Dimitri Richardson, Jack Rottman & William Rottman

Ushers:

4 George Mamalakis, Theony Condos, Mary Mamalakis, Art Markos
11 Jim Arger, Alex Haimanis, William Poulis, Cy Stathis
18 Paul Tziouvaras, Terry Keramaris, George Papazacharioudakis, Jim Peters
25 Peter Stathopoulos, Mary Mendoza, Richard Mendoza, Nick Pappas

Prophoro Bakers:

4 Reserve
11 Georgia Gastouniotis
18 Sophia Kenrick
25 Theony Condos

Altar Flowers:

4 Bessie & Theony Condos
11 Nadya Penoff
18 Chris & Connie Hillman
25 Vivi & Paul Tziouvaras

Coffee Fellowship Hosts:

4 Available
11 Available
18 Available
25 Dance Group Luncheon

2011 Stewardship

<p>Aldrich, Voula Alexander, Pam Alexander, Sophie Alexandra, Brenna Anderson, John & Catherine Angelis, Nick & Jodie Howard Angelos, Dr. James & Ruth Anthes, George & Stacie Anthimiades, Dorothy Anton, Alice Arger, Jim & Carol Argyropoulos, Demetri Argyropoulos, Elias & Tina Argyropoulos, Jason Argyropoulos, Symeon & Antoinette Ballas, Gus Barth, Charles & Pam Baskous, Dan & Jeanette Batalas, Jonathan Batalas, Marika & Peter Withers Benbow, Peter & Olya Bocek, Dan & Christina Campbell, Gordon & Elene Carralejo, Karen Stathis Carroll, John & Lexy Casserly, Terrence & Eugenia Chachakos, Bill Chachakos, Jim Chuchas, Alex Cocores, Ted & Christine Compogiannis, Chris Condodina, Alice Condos, Bessie Condos, Theony Cosmides, George & Nasia Costas, Meronie Daphne, Laurel Davlantes, Constantine Day, Derrick & Darcy Demourkas, John & Dana Demourkas, Katina Demourkas, Matina Demourkas, Nicholas Dimitriou, Michael & Jasmine Dovas, George & Pat Dyer, Hugh & Angie Earl, Gordon & Iuliana Fakinos, George & Barbara Fell, Ryan & Anastasia Fenger, Ellen</p>	<p>Fictum, Jeff, Mary & Katina Fisher, Cleo Galanoplis, Beatrice Peg Gastouniotis, Dean & Georgia Georghiou, Diana Georghiou, Margo Haimanis, Alex Hanges, Andrew & Georgia Hanges, Paul Hayes, Chuck & Nikki Hillman, Catherine Hillman, Chris & Connie Hroundas, George, JoAnn & Angelos Hull, Dorothy Hunt, Barbara Ioannidis, Nick & Helen Jensen, Cynthia Kallas, Anthony & Agnes Kaminsky, Ian & Iris Kapernekas, Tom & Sasha Kenrick, Sophia Keramaris, Terry Khoury, Cherif Kingsbury, John & Katerina Kolendrianos, Chris & Megan Kolendrianos, Ernest & Andriana Konstantine, Eve Kourakis, Matt & Stefanie Kwiatkowski, Jackson Langel, Randy & Patti Stathis Lasswell, Theophilos & Dorothea Laury, John & Helen Magoulas, Yianni Mamalakis, George & Mary Markos, Art & Lisa Martin, Nick Martin, Ted Matiosian, Mace & Phyllis McFadden, Timotheos McGillivray, Helen Condon Mendoza, Alexis Mendoza, Richard & Mary Nedic, Sofija Nicolaou, Jaime & Soteris Osborn, Michael & Kara Pahos, Mike & Vivian Papador, George & Tracy Papador, Georgia Papazacharioudakis, George</p>	<p>Papazacharioudakis, Penny Cocores Pappas, Alexander & Sydney Pappas, Anastasios & Carolyn Pappas, Nick Pearson, Lindsey Penoff, Dana Penoff, Nadya Peters, Jim & Linda Petronakis, Sam & Anna Phillips, Emanuel Phillips, Lana Marme Plouffe, Photini Pollalis, Gicas & Stella Poulakos, Jennifer Poulis, William Poulos, Steve Poulos, Tom & Isabel Ramirez, Michael & Alexandra Redding, Stephen & Angie Richardson, Valerie Katsikis Rishwain, Jeff & Connie Roen, Curtis & Georgina Roig, Francesc & Kathleen Santoli, Guiseppe & Sofia Scarvelis, George & Alexandra Sears, Jack & Emilie Smith, Catherine McDavid Sinis, Phaedon & Tanya Sleiman Spanos, Andrea & Luigi Ottieri Stathis, Cy & Helen Stathopoulos, Pete & Lisa Stavros, Terilee Anastasia Swider, Bob & Christy Theofanous, Theo & Danae Thomas, Fr. Simon & Pres. Stephanie Towle, James & Rose Marie Tragos, Bill & Lilli Tragos, Christian & Tracy Tragos, Nicholas Trigonis, Alex & Alexandra Tripodes, Nikitas & Dena Tullis, Bud & Barbara Tyler, Max & Marisa Tziouvaras, Ahileas & Polyxenie Tziouvaras, Eleni Tziouvaras, Paul & Vivi Velliotes, Louie Vogel, Marina Winford, Stamatina & Gerald Zettas, Paul & Jennie</p>
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Year-	2011 (year to date)	2010 (year to date)	2010 (total for year)
Pledging Families	149	139	159
Amount Pledged	\$106,222	\$101,035	\$147,120

"Come and See"

SAINT BARBARA GREEK ORTHODOX CHURCH

2011 CONFIDENTIAL STEWARDSHIP COMMITMENT CARD

Please complete and return this card to St. Barbara's.

Individual or Family Name: _____

Address: _____ City: _____ State _____ Zip _____

In gratitude for God's blessings I/we make the following financial commitment to the ministries of St. Barbara's:

- \$50/mo. (\$600/yr.) \$75/mo. (\$900/yr.) \$100/mo. (\$1200/yr.) \$200/mo. (\$2400/yr.)
 \$300/mo. (\$3600/yr.) \$500/mo. (\$6000/yr.) Other (Please specify) _____

My/our pledge will be paid in installments of \$ _____ on a (circle one) weekly, monthly, quarterly, semi-annual or annual basis.

I would like to pay with Cash Check Automatic Bill Pay (EFT Debit), or Credit Card.

Signature _____

Date _____

The dollar amounts above are **CONFIDENTIAL**. You are advised to consult your CPA or tax professional regarding the deductibility of all or part of this gift.
For Authorized St. Barbara Greek Orthodox Church Personnel Only.

FAMILY INFORMATION- PART 2

	You	Spouse	Children / Age
Name:	_____	_____	_____ /
Home Phone:	_____	_____	_____ /
Cell Phone:	_____	_____	_____ /
Work Phone:	_____	_____	_____ /
Email:	_____	_____	_____ /
Occupation:	_____	_____	_____ /

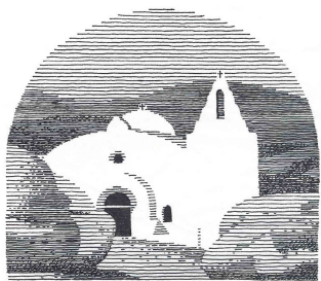
For Authorized St. Barbara Greek Orthodox Church Personnel Only.

TIME & TALENTS SURVEY FORM - PART 3

Please check ✓ those items in which you or a member of your family has some expertise or interest.

If not listed, please add on the line labeled "Other".

- | | | |
|---|--|---|
| <input type="checkbox"/> Bible Study | <input type="checkbox"/> Youth Ministry: GOYA, JOY, HOPE | <input type="checkbox"/> Parish Newsletter |
| <input type="checkbox"/> Retreats/Church Camp | <input type="checkbox"/> Philoptochos Society | <input type="checkbox"/> Construction/Repair |
| <input type="checkbox"/> Real Estate Management | <input type="checkbox"/> Finance | <input type="checkbox"/> Folk Dancing: Teacher or Student |
| <input type="checkbox"/> Transportation/Volunteer Drivers | <input type="checkbox"/> Family Night Events | <input type="checkbox"/> Gardening/Grounds Maintenance |
| <input type="checkbox"/> Teaching/Sunday School/Nursery | <input type="checkbox"/> Missions/Philanthropy | <input type="checkbox"/> Clerical Assistant/Office Help |
| <input type="checkbox"/> Medical | <input type="checkbox"/> Legal | <input type="checkbox"/> Phone Tree |
| <input type="checkbox"/> Greek School: Teacher or Student | <input type="checkbox"/> Ushering/Welcome | <input type="checkbox"/> Disaster Preparedness |
| <input type="checkbox"/> Choir/Chanting | <input type="checkbox"/> Computer: General/Web Site Mgt | <input type="checkbox"/> Parish Directory |
| <input type="checkbox"/> Young Adult Activities/YAL | <input type="checkbox"/> Mechanical/Plumbing/Electrical | <input type="checkbox"/> Publicity/Public Relations |
| <input type="checkbox"/> Seniors: Activities/Visitations | <input type="checkbox"/> Reader (in Divine Liturgy) | <input type="checkbox"/> Other |
| <input type="checkbox"/> Cooking/Baking | | |



*The
Epistle*

*Saint Barbara Greek Orthodox Church
1205 San Antonio Creek Road
Santa Barbara, CA 93111*

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