

# The Epistle

January 2013

Saint Barbara Greek Orthodox Church

Rev. Father Simon Thomas, Pastor

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## A Time for Reflection on Our Society

*In the wake of the tragedy in Connecticut, our society is once again shaken to the core. Predictably, we are again deflecting any blame as a society because it is inconceivable that we might bear any responsibility for what happened (read on the parish website what I wrote in 2007 after the Virginia Tech shooting in Blacksburg). There will be no change in our self-centered society as long as it is "politically incorrect" to point out that we are going in the wrong direction! Below is an excerpt from a book on Confession written by Jim Forest, an Orthodox lay theologian. He pinpoints the disease that has pervaded our society, and has even taken root within our Orthodox Church.*

Among the hottest best sellers of the 1970s was a book that had the catchy title, *I'm Okay, You're Okay*. The book's message was simple: To love others starting with loving yourself, and loving yourself meant acquiring self-esteem. *I'm Okay, You're Okay* was one of the pioneering books in launching the self-esteem movement in America which has gone on to produce a Niagara Falls of books, magazine articles and television shows that remind us that, to the extent that we lack self-esteem, we are unhappy, our marriages doomed, our careers stunted, while a society whose citizens are blessed with high levels of self-esteem will be more stable, more prosperous, and less troubled with anti-social or criminal behavior. In 1986 the California State Legislature created the California Task Force to Promote Self-Esteem and Personal and Social Responsibility.

One of the enthusiastic readers of this book, a young Roman Catholic priest in Boston, gave a sermon about it which was a rave review. He wished he could give everyone he knew a copy. At the end of Mass, standing at the door, the priest asked one of his older parishioners how he had liked the sermon. The man responded, "I haven't read the book - maybe it's better than the Bible. But I kept thinking of Christ on the Cross saying to those who were watching him die, 'If everybody's okay, what in blazes am I doing up here?'"

The problem is: I'm not okay and the chances are neither are you.

Unfortunately recent studies in America and other countries suggest that self-esteem isn't delivering on its promises. "A preoccupation with self-esteem may be inevitable in a society where self-worth is often defined by a diploma from Harvard, a size 4 dress or a mansion in Southampton," commented New York Times journalist Erica Goode. She noted that one of the findings of recent self-esteem studies is that criminals often have more self-esteem than people who are not a danger to their neighbors. One of the researchers she quoted, Dr. Jennifer Crocker, a psychologist at the University of Michigan's Institute for Social Research, argues that the frantic pursuit of self-worth as measured through external trappings exacts a high personal and social toll.

"The pursuit of self-esteem has short-term benefits but long-term costs," says Crocker, "ultimately diverting people from fulfilling their fundamental human needs for competence, relatedness and autonomy and leading to poor self-regulation and mental and physical health." Crocker found that people whose sense of self-esteem is based on good looks, favorable reception of others, academic or vocational achievement, recreational performance or similar yardsticks are actually more at risk of difficulties, relationship conflicts, aggression and an increased likelihood of drug or alcohol dependence.

*(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

RUTH ANGELOS	TOM KAPERNEKAS
TOM BLAKE	TERRY KERAMARIS
TAYLOR CANFIELD	RANDY LANGEL
ALEX CHUCHAS	MARY PAPADOR MENDOZA
BESSIE CONDOS	JAMES PETERS
CONNIE PAPPAS HILLMAN	PAUL TZIOUVARAS

## PARISH MINISTRIES

CHANTERS	ALEX TRIGONIS & RANDY LANGEL
CHOIR DIRECTOR	ANDRIANA KOLENDRIANOS
GREEK FESTIVAL	GEORGE PAPADOR
GREEK SCHOOL TEACHERS	GEORGIA GASTOUNIOTIS
ST. BARBARA HISTORICAL MUSEUM	MARY MAMALAKIS
MISSIONS	ALEX HAIMANIS
ORTHODOX SOCIAL NETWORK	VALERIE KATSIKIS
PARISH BOOKSTORE	PATRICIA DOVAS
PHILOPTOCHOS SOCIETY PRESIDENT	BESSIE CONDOS
V.I.P. COORDINATOR	SOFIJA NEDIC

## YOUTH MINISTRIES

ACOLYTES	ALEX TRIGONIS & RANDY LANGEL
DANCE GROUP DIRECTOR	FATHER SIMON THOMAS
YOUTH CHOIR DIRECTOR	SOPHIA KENRICK
SUNDAY SCHOOL DIRECTOR	ANGELA CANFIELD
ORTHODOX CHRISTIAN FELLOWSHIP	YIANNI MAGOULIAS & MARGO GEORGHIOU

## COMMUNITY PROGRAMS

AHEPA PRESIDENT	BILL POULIS
DAUGHTERS OF PENELOPE PRESIDENT	VALERIE KATSIKIS

## OFFICE PERSONNEL

VALERIE KATSIKIS – Office Administrator

## CHURCH OFFICE HOURS

MONDAY – FRIDAY \* 9 A.M. – 5 P.M.

GREEK ORTHODOX ARCHDIOCESE OF AMERICA \* METROPOLIS OF SAN FRANCISCO

In a study of 642 college freshmen, Crocker found that students whose self-regard was based heavily on academic performance reported more stress and more conflicts with their teachers than did their peers. They spent more time studying than other students but did no better in their classes. Freshmen who invested heavily in appearing attractive reported more aggressiveness, anger and hostility than others, more alcohol and drug use and more symptoms of such eating disorders. They also became more depressed as the year wore on.

In contrast, it's striking that students who judged themselves by more internal measures such as religious faith or virtue were less likely to show anger and aggression and more restrained in their use of alcohol and drugs even though some of them had to cope with greater feelings of loneliness for being outside the main currents of social life on campus. While it should hardly come as headline news, Dr. Crocker's studies show that an obsession with external markers of self-worth leads to self-absorption. The correction for an exclusive focus on the self, Crocker argues, cannot be found in self-esteem classes that encourage children to believe that their personal success and happiness are of paramount importance. "Not everything is about 'me,'" Dr. Crocker said. "There are sometimes bigger things that we should be concerned about."

A different, more intimate kind of evidence that the current self-esteem mania is being challenged recently greeted me at the Matthew 25 House in Akron, Ohio. The founder is Joe May, a member of Annunciation Greek Orthodox Church and a graduate of Holy Cross Greek Orthodox Seminary. In what was formerly a crack house, Joe and those who work with him take in homeless men. At the moment the guests include a number of refugees from Latin America and also some US-born ex-convicts. In the house library there was no sign of the *I'm Okay, You're Okay* type of book, but in an adjacent bathroom, next to the mirror, was a small sign that read: I am not a big deal. I am not a big deal. I am not a big deal.

Over lunch I asked what was behind this surprising message. Joe explained that during confession his priest once suggested that every morning he repeat the words "I am not a big deal" three times. Just to make sure he remembered Joe put the text in the place where he shaves each morning.

One might also say: I am not okay. Not only am I not okay but it may well be that I will never be okay this side of heaven. In fact I am, to put it bluntly, a sinner. I am not just a sinner but I dare to say I am an expert sinner. And, not only am I not okay, but the chances are neither are you.

"We're capable of doing some *rotten* things," the Minnesota storyteller Garrison Keillor remarks, "and not all of these things are the result of poor communication. Some are the result of rottenness. People do bad, horrible things. They lie and they cheat and they corrupt the government. They poison the world around us. And when they're caught they don't feel remorse — they just go into treatment. They had a nutritional problem or something. They explain what they did — they don't feel bad about it. There's no guilt. There's just psychology." So eroded is our sense of sin that even in confession it often happens that people explain what they did rather than admit they did things that urgently need God's forgiveness. "When I recently happened to confess about fifty people in a typical Orthodox parish in Pennsylvania," the late Orthodox theologian and teacher Father Alexander Schmemmann once wrote, "not one admitted to having committed any sin whatsoever!"

Confession is not a rite to promote self-esteem but is rather the recognition that there is rubbish in my life — things done and left undone — that damage my connection with God and with those whom God has given me to live among: people I know and people I don't know, people I love and people I fear. Confession is facing up to all in my life that I find painful to know about myself and struggle to keep hidden or camouflaged from those whom I want to love or respect me. It is a gradual return to wholeness, a return to communion, not because I have been made admirable by the Church's Sacraments but at least am pointed in the right direction and trying not to delude myself about how excellent I am when left to my own devices.

*"As a priest who hears many confessions, I find the most difficult task is helping penitents overcome a tendency to see themselves as the center of the universe. To the extent God is mentioned, He appears to be a loveless, bureaucratic deity who does nothing but manufacture rules and regulations. The unconfessed but manifest self-centeredness and self-pity are often more shocking than any sin that is confessed. Yet little by little I have the privilege of witnessing conversion happening, usually in slow motion, sometimes in sudden bounds."*

-Account on Confession by an Experienced Priest

## President's Report

Dear Brothers and Sisters in Christ,

December was an outstanding month here at Saint Barbara's with our Feast Day and Vespers celebrations. Our many thanks to Fr. Simon, and our neighboring clergy, Fr Gary, Fr Nicholas, Fr Bob, and Fr Anthony for their assistance in the celebration and, of course, our Chancellor, Fr Apostolos, who was a wonderful addition to our celebration. May Fr Apostolos visit us frequently!

Many Thanks to Philophtochos for their receptions during our Feast Day and Vespers celebrations.

The church looked beautiful and picturesque with an emphasis on the Solea and Altar Areas. Fr Apostolos took a number of photos to take back to the Metropolis. Our Parish is truly like no other.

We all can also take pride in the Christmas program which was moving and exemplified the spirit of the season. Many thanks to Angela Canfield, Sophia Kenrick and Angelique Chuchas for their hard work and dedication.

Our new tradition of the end of the year Parish Council Meeting or more accurately maybe Social Meeting went extremely well with good feelings all around and we welcomed Tom Blake to the Parish Council.

May you all be blessed with a great New Year. As always, we look forward to everyone's comments as we move forward.

In His Service,  
Jim Peters

## Saint Barbara Prayer List

*Please contact the Church Office to add/remove someone from the list.*

Ecumenical Patriarch Bartholomew  
Archbishop Demetrios of America  
Metropolitan Gerasimos of San Francisco  
Metropolitan Jeronimos of Mwanza  
Father Simon & Presvytera Stephanie and children  
Parishioners of St. Barbara Greek Orthodox Church  
Parishioners of St. Barbara's in Kazinga, Tanzania

Monsignor John Yanek (surgery)  
Presvytera Krissy Flesoras (health)  
Vasili Economidou (cancer)  
Bill & Helen Gekis (health)  
Sorel (Sophia) Kolendrianos (Rett Syndrome)  
Jheri E. Redding (Lyme Disease)  
Mary Stamos (health)

## Great Blessing of the Water And Diving for the Cross at Goleta Beach

**Epiphany falls on Sunday, January 6<sup>th</sup> this year** and St. Athanasius parish has invited us to join them, once again, for the Great Blessing of the Water that day at Goleta Beach at 12:30 p.m., followed by the traditional "Subway Sandwich Picnic." Consider inviting your friends and relatives to join you for the celebration, including those who may not be Orthodox Christians! **If you would like to stay for lunch, please R.S.V.P. by Wednesday, January 2<sup>nd</sup> to the church office. A donation of \$5/person is requested to cover the cost of the lunch.**

Youth ages 8 years and older are invited to come dressed to dive into the ocean for the cross. Parents, please bring a towel and a change of clothing for them.

# Liturgical Calendar

**Friday, January 4<sup>th</sup>**

Royal Hours – 8 am

**Saturday, January 5<sup>th</sup>****Forefeast of Epiphany**

Vesperal Divine Liturgy – 8:00 am

Blessing of the Waters – 9:30 am

Great Vespers – 5:00 pm

**Sunday, January 6<sup>th</sup>****Feast of Epiphany**

Orthros – 9:00 am

Divine Liturgy – 10:00 am

Blessing of the Waters – 11:30 am

**Monday, January 7<sup>th</sup>****Feast of Saint John the Baptist**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

**Saturday, January 12<sup>th</sup>**

Great Vespers – 5:00 pm

**Sunday, January 13<sup>th</sup>****Sunday after Epiphany**

Orthros – 8:30 am

Divine Liturgy – 9:30 am

Blessing of the Waters – 1:00 pm

(Ventura Harbor)

**Thursday, January 17<sup>th</sup>****Feast of Saint Anthony**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

**Eve of the Feast of Saint Athanasius**

Vesperal Divine Liturgy – 6:00 pm

(at St. Athanasius in Goleta)

**Sunday, January 20<sup>th</sup>****12<sup>th</sup> Sunday of Saint Luke**

Orthros – 9:00 am

Divine Liturgy – 10:00 am

**Saturday, January 26<sup>th</sup>**

Great Vespers – 5:00 pm

**Sunday, January 27<sup>th</sup>****15<sup>th</sup> Sunday of Saint Luke**

Orthros – 9:00 am

Divine Liturgy – 10:00 am

**Wednesday, January 30<sup>th</sup>****Feast of the Three Hierarchs**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

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## BLESSING OF HOMES FOR THEOPHANY 2013

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

WHAT IS A CONVENIENT TIME/DATE THAT YOU WILL BE HOME? \_\_\_\_\_

(Please try to schedule times during the day)

*(Fr. Simon will bring basil and Holy Water. Please have a bowl of water prepared for the service.)*



## Saint Gregory, Bishop of Nyssa

January 10<sup>th</sup>

Saint Gregory, Bishop of Nyssa, was a younger brother of St Basil the Great. His birth and upbringing came at a time when the Arian disputes were at their height. Having received an excellent education, he was at one time a teacher of rhetoric. In the year 372, he was consecrated by St Basil as bishop of the city of Nyssa in Cappadocia.

St Gregory was an ardent advocate for Orthodoxy, and he fought against the Arian heresy with his brother St Basil. Gregory was persecuted by the Arians, by whom he was falsely accused of improper use of church property, and thereby deprived of his See and sent to Ancyra.

In the following year St Gregory was again deposed in absentia by a council of Arian bishops, but he continued to encourage his flock in Orthodoxy, wandering about from place to place. After the death of the emperor Valens (378), St Gregory was restored to his cathedra and was joyously received by his flock. His brother St Basil the Great died in 379.

Only with difficulty did St Gregory survive the loss of his brother and guide. He delivered a funeral oration for him, and completed St Basil's study of the six days of Creation, the Hexaemeron. That same year St Gregory participated in the Council of Antioch against heretics who refused to recognize the perpetual virginity of the Mother of God. Others at the opposite extreme, who worshipped the Mother of God as being God Herself, were also denounced by the Council. He visited the churches of Arabia and Palestine, which were infected with the Arian heresy, to assert the Orthodox teaching about the Most Holy Theotokos. On his return journey St Gregory visited Jerusalem and the Holy Places.

In the year 381 St Gregory was one of the chief figures of the Second Ecumenical Council, convened at Constantinople against the heresy of Macedonius, who incorrectly taught about the Holy Spirit. At this Council, on the initiative of St Gregory, the Nicene Symbol of Faith (the Creed) was completed. Together with the other bishops St Gregory affirmed St Gregory the Theologian as Archpastor of Constantinople.

In the year 383, St Gregory of Nyssa participated in a Council at Constantinople, where he preached a sermon on the divinity of the Son and the Holy Spirit. In 386, he was again at Constantinople, and he was asked to speak the funeral oration in memory of the empress Placilla. Again in 394 St Gregory was present in Constantinople at a local Council, convened to resolve church matters in Arabia.

St Gregory of Nyssa was a fiery defender of Orthodox dogmas and a zealous teacher of his flock, a kind and compassionate father to his spiritual children, and their intercessor before the courts. He was distinguished by his magnanimity, patience and love of peace.

Having reached old age, St Gregory of Nyssa died soon after the Council of Constantinople. Together with his great contemporaries, Sts Basil the Great and Gregory the Theologian, St Gregory of Nyssa had a significant influence on the Church life of his time. His sister, St Macrina, wrote to him: "You are renowned both in the cities, and gatherings of people, and throughout entire districts. Churches ask you for help." St Gregory is known in history as one of the most profound Christian thinkers of the fourth century. Endowed with philosophical talent, he saw philosophy as a means for a deeper penetration into the authentic meaning of divine revelation.

St Gregory left behind many remarkable works of dogmatic character, as well as sermons and discourses. He has been called "the Father of Fathers."

# Youth & Young Adult Ministries

## **Choir**

Kudos, Bravo, and Many Thanks to Alex and Angelique Chuchas for coming up with the *Carols for a Cause* idea and the plan to raise funds for the Sandy Storm Victims. Implementing it in less than a month, along with Sophia Kenrick, they created a fabulous, winning team! The Video and presentation of this worthy Non-Profit which explained and demonstrated the work of the IOCC, was illuminating. Thank you for creating the opportunity for us to learn about their work and to contribute. We had no idea their work reaches so many in need far and wide across the globe. The Carol sing along with the Choir joining in brought much joy and Christmas spirit to everyone who participated. The 12 Days of Christmas was a great idea, and was enthusiastically received, and sung, by all. Thank you again for your Generosity!!!

Speaking of Generosity and IOCC: Our own super star musician, Chris Hillman, was the featured performer, contributing his time and talent, at the 20<sup>th</sup> Anniversary Gala Benefit for IOCC in Washington, D.C. last May!

We enthusiastically welcome new singers to join us for the 10 a.m. Divine Liturgy.

## **Youth Choir**

A big congratulations goes to all our kids for doing such a fantastic job in our holiday pageant! Thank you also to all the parents and teachers who helped out during rehearsal, prepared kids and costumes behind the scenes, and practiced lines and carols at home, and huge thanks to Andriana and the choir for the beautiful accompaniment.

We will be gearing up new material for the youth choir in 2013. Practices will take place on alternate Sundays after church. Keep an eye on the weekly bulletin for rehearsal dates.

Practice is open to all Sunday School children. For more information, contact Sophia Kenrick at 967-1470 or [louloudaki@gmail.com](mailto:louloudaki@gmail.com).

## **Toumba Dance Group**

There will be no dance practice in January. Enjoy your Epiphany!

## **Sunday School**

Happy New Year! In the New Year we hope to achieve steady attendance at Sunday school. Teaching our children faith and praying for our youth in 2013 must be a priority. Parents are the anchors of our Sunday School. Thank you so much for your continued dedication.

I hope all families had a joyful Christmas with family and friends. The Christmas Pageant this year was a huge success thanks to the directorship of Sophia Kenrick and Angelique Chuchas, as well as all the families who participated. We had about 30 student performers this year. Thank you families for getting your children to Sunday school and practices!

### **JANUARY 2013**

1/06/13 No Sunday School ~

Blessing of the Waters

1/13/13 Sunday School ~ Vasilopita

1/20/13 Sunday School

1/27/13 Sunday School

## **Greek School**

Greek classes for children and adults are offered weekly at the Redding Education Center. We meet every Tuesday with first level beginning at 6:00 pm consisting of children and adults and second level at 7:00 pm with young adults. Everyone is advancing with their reading and I am very impressed with their accomplishments thus far.

Greek Independence Day will be celebrated Saturday, March 23<sup>rd</sup>. We are doing a play and our students have been assigned their parts. Rehearsals will begin soon. Other than our students, I would like to ask for 6-8 more adults from the community in volunteering to participate in this play. No need to learn words, we just need bodies and we'll discuss the costume you will be wearing. Also, I need someone to handle the sound effects and music.

For further information regarding classes or to participate in the play, please contact Georgia via email at [ginagaston@verizon.net](mailto:ginagaston@verizon.net).

## Parish Ministries

### **Orthodox Social Network**

All are welcome - singles, couples, or just friends! A great opportunity to socialize together outside of Sundays!

We had a change of plans last month and ended up having dinner at Arch Rock Fish at the last minute. The food was excellent and seafood during a fasting period is always the right choice. And thus we are still making our way to **Cadiz** for a night of Tapas on **Saturday, January 12<sup>th</sup>**, in downtown Santa Barbara. Keep an eye on your inbox for further details.

### **VIP's**

Due to a busy Christmas season, V.I.P. Seniors did not have a meeting in the month of December and will meet again on January 10, 2013. Wishing everyone a Happy New Year!

### **Missions**

The Missions Committee would like to thank the Saint Barbara Parish for all the support this past year. You helped us promote Orthodoxy, by providing for those less fortunate wherever they may be in the world. We hope you all had a Blessed Christmas and will have a Prosperous New Year.

## PHILOPTOCHOS

Many of you have heard that the Saint Barbara Chapter of Philoptochos (Chapter 4019) is non-compliant. The word compliance is defined as "conformity in fulfilling official requirements" according to "Webster's New Collegiate Dictionary." Over the years, the local Philoptochos has provided ongoing service in a variety of ways and being non-compliant does not diminish the importance of what has previously been done as the philanthropic arm of the Church. For the last several years, conformity in fulfilling the official requirements for both the National and Metropolis Philoptochos Organizations have not been done. The reasons for the noncompliance include: Not fulfilling financial support for National Philoptochos Initiatives; Not fulfilling financial support for Metropolis Philoptochos Initiatives; Not conducting elections in a timely fashion; Not conducting an annual audit.

The local chapter has been given a six month period to fulfill the organizational mandates. An election was held in October and new officers were elected--those officers will serve a six month term and in April a new election will be held. I am confident that by that time and with the help of all local Philoptochos Members, the Saint Barbara Philoptochos Chapter will be compliant and continue to do the philanthropic work that this organization is known for. For those of you who would like to work with us, please look at the six month meeting schedule which is posted on the parish website and attend a General Meeting--meetings are held on Sundays in the Education Center following the Divine Liturgy.

On another note, a special **THANK YOU** for your generous donations to be included in the **backpack drive for the Domestic Violence Solution Shelter!** We are happy to report that with such a wonderful response from our parishioners that we were able to fill **20 backpacks this year!** When the backpacks were delivered, they were received by staff members with love and excitement. They were very thankful we took such care in gathering these items.

Thank you so much for your help and may our Patron Saint Barbara Bless you and your families.

Bessie Condos, President

### PHILOPTOCHOS MEETING DATES JANUARY - APRIL 2013

All meetings are held in the Education Center on Sundays following the Divine Liturgy

Jan. 20	12:00 p.m.	General Meeting	Mar. 17	12:00 p.m.	General Meeting
Feb. 03	12:00 p.m.	Board Meeting	Apr. 07	12:00 p.m.	Board Meeting
Feb. 17	12:00 p.m.	General Meeting	Apr. 21	12:00 p.m.	General Meeting and Election
Mar. 03	12:00 p.m.	Board Meeting			

# *PHILOPTOCHOS--A HISTORICAL PERSPECTIVE*

The philanthropic endeavors of the Greek Orthodox Ladies Philoptochos Society during the past eight decades is a genuine expression of Christian charity, which has embraced an enormous manifestation of love, that has been evident in the meaningful programs and activities undertaken during the eighty years of its existence. Philanthropy is a tradition of the Greek Orthodox Church dating back to the Byzantine Empire which was the first State to offer philanthropic and charitable assistance to its citizens.

The beginning of the Philoptochos Society can be traced to the late nineteenth century when hundreds of immigrants were arriving daily in the United States from Greece, Asia Minor, and Constantinople. In 1894, the parish priest serving at the Holy Trinity Church in New York City along with assistance from local parishioners, took on the formidable task of welcoming the new immigrants and assisting them to acclimate themselves to their new environment.

Throughout the nation, women's clubs were being formed in New York, Chicago, Lowell, Boston, San Francisco and wherever there were Greek Orthodox Churches. In 1902 the first Ladies Philoptochos Society was officially established at the Holy Trinity Church in New York City and the society applied for a charter to the State of New York as a philanthropic agency engaged in charitable activities rendering services to the poor.

In 1909, a Philoptochos Society was established in Chicago utilizing the facilities of Hull House, a social center as its headquarters. Jane Adams, a fervent phil-Hellene was the director and founder of Hull House and rendered immeasurable services to the Greek Community.

After several years, the State of New York granted a charter to the Holy Trinity Philoptochos Society and was therefore recognized as a local philanthropic organization. In 1931, Archbishop Athenagoras was enthroned as Primate of the Greek Orthodox Church in North and South America and in that same year at the Archdiocese Fourth General Assembly in New York City, a decision was made to establish a national women's organization as the official philanthropic auxiliary of the Church, merging all of the existing chapters, which numbered more than 300, to function under the Archdiocese constitution with specific By-laws issued for the Philoptochos.

The Archbishop, who was a visionary who established a legal structure under which Philoptochos would function, requested that the "Philoptochos plan many events for the entire family, featuring music, lectures, performances, sponsoring bazaars, and the Saint Basil's vasilopita. For the children, develop a separate club under your Chapter, which should have its own President, present children's observances and meetings, so that the youth will become accustomed to your good example."

Throughout his tenure, Archbishop Athenagoras addressed many communications to Philoptochos offering suggestions, counseling their efforts, and praising their accomplishments. He asked that the Feast day of Saints Cosmas and Damianos, which is observed on November 1, be celebrated and designated the saints as the Patron Saints of the Philoptochos. To be continued...

## *Carols for a Cause - Superstorm Sandy Relief*

Thank you to all those who participated in our fundraiser to benefit those affected by Superstorm Sandy. Through your generosity, we were able to raise \$2,000. These funds will be distributed through the International Orthodox Christian Charities (IOCC), an agency of the Assembly of Canonical Orthodox Bishops of North and Central America, that represents Orthodox Christians in North America, and offers emergency relief and development programs to those in need worldwide, without discrimination, and strengthens the capacity of the Orthodox Church to so respond.

Special thanks to Alex & Angelique Chuchas for envisioning and coordinating the event, to John Demourkas and Nicky Gekis for preparing the meal, to the choir for leading the Christmas carols, to Georgia Gastouniotis and the Greek School for the Greek carols, and to Xeni Tziouvaras for her solo!

## Community Organizations

### **Order of AHEPA, Santa Barbara Chapter 243**

[www.ahepa20.org/chapters](http://www.ahepa20.org/chapters) E-mail [ahepa243@gmail.com](mailto:ahepa243@gmail.com)

AHEPA continues to be a vibrant organization. The mission of the AHEPA Family of Santa Barbara is to promote Hellenism, Education, Philanthropy, Civic Responsibility and Individual Excellence. Santa Barbara Chapter 243 has a goal to expand and strengthen its educational efforts and the lifelong development of mind and body, the classic Hellenic definition of Paideia. We have our meetings on the third Monday of the month, usually at Harry's Plaza Café in the Ranchero Room, starting at 6:30 p.m.

We have had many speakers at our meetings and will continue to do so. Each of the meetings with a guest speaker will be open to members of the community and we invite you to join us, have dinner, and listen to an inspiring and informational speaker. We try to have the names and topics of the speakers announced in the Epistle in advance so that members of the community will be advised and attend.

We are open to new members who want to be a part of our organization. If you are interested in joining, or attending a meeting to see if you would like to join Ahepa, please call Bill Poulis at (805) 682-4733.

### **Daughters of Penelope, Santa Barbara Chapter Delos 103**

[www.dophq@ahepa.org](http://www.dophq@ahepa.org); [www.dopdistr20.org](http://www.dopdistr20.org)

Those who attended the annual Christmas lunch at Café del Sol enjoyed a good meal and good company. The White Elephant Gift Exchange was rather exciting as there was a lot of stealing going on and Emilie even stole her own gift back! Later in the month, we joined our brother Ahepans at the Biltmore (change of venue from Mulligan's) for the Annual AHEPA Family Christmas Dinner. We had an Italian Buffet amidst the beautiful Christmas décor. We were also joined by Supreme Governor, Chris Mellas and his wife Susan, who drove up from Yorba Linda.

After a busy holiday season, we hit the ground running in the New Year. Our **District Lodge visitation is January 12<sup>th</sup>** with the Hyperia Chapter in Ventura who will be hosting this year at Max's Restaurant in Oxnard. Pam Martinez, our District Governor, and other district officers (a few from our local chapter) will be in attendance to report on the business of the order.

Also, in January is the **AHEPA/DOP Midwinter Conference in Anaheim on the 26<sup>th</sup>**. It would be great to have all members attend this one day meeting. Afterwards we are invited to **"Monte Carlo Night" at St. John the Baptist**.

All qualified students are encouraged to apply for a **AHEPA District 20 Scholarship** which is available on the information table in the Orthodox Center or by contacting Helen McGillivray, Scholarship Foundation Secretary. **The deadline is April 5<sup>th</sup>**.

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

## Vasilopita Sunday, January 13, 2013

Our parish will celebrate the cutting of the Vasilopita on Sunday, January 13, 2013. Please join us as we commemorate Saint Basil the Great, and all those who celebrate their Name Day on this great Feast of the Church. Vasilopita is a traditional New Year's Day bread or cake, which contains a hidden coin. Receiving this coin is said to give good luck to the receiver.

This bread is associated with Saint Basil's Feast Day on January 1<sup>st</sup>. It is a reminder of the good works of philanthropy done by Saint Basil in his lifetime. To all the Vasili's & Vasiliki's: Chronia Polla!

## *Olivia Benbow Wins State Prize*

Olivia Benbow, the daughter of parishioners Peter and Olya Benbow, is one of our Sunday School students. Earlier this year, when she was in fourth grade, she participated in an education contest organized by The Catholic Daughters of the Americas with her essay *Seeds of Faith*. In the category of Essay - Division 1, she won initially 1<sup>st</sup> place at the county level, and then the essay was submitted to the state level. At The California State Education Contest organized again by The Catholic Daughters of the Americas, Olivia won 1<sup>st</sup> place as well.

We at Saint Barbara's are proud of her for her excellent explanation and expression of her faith. Olivia offers an excellent lesson for all of us who hear the Word of God.

Here is the winning essay:

### *Planting Seeds of Faith*

Jesus Christ once told a parable to a crowd of people about a sower who planted seeds. He said that some seeds landed on rocks and on the road, so the birds ate them. Others landed among thorns, which choked the young sprouts. The rest of the seeds landed on good soil, where they were nourished. These seeds sprouted, and their plants grew and bore fruit. There are two ways to interpret this parable. One way is to think of the soil as the people who hear or not the Word of God. Another way is to explain the sower as representing us spreading the Word of God, which is the seed that the sower plants.

Each soil represents different kinds of people. The rocky type does not want to hear the Word of God, so they shut their ears, mind, soul, and spirit to it. The seeds then get eaten by the everyday worries, concerns, pride, and self-centeredness. The soil that has weeds and thorns in it could also be us. We accept the seeds and hear the Word of God but we do not take care of them. Instead, we are tempted by other things such as riches, desires, greed, and jealousy, so the new beliefs are forgotten. The good soil that takes in the seeds and nourishes them may also be people who hear the Word of God. They accept the beliefs and nurture them. These beliefs become solid and turn into actions. We should all try to be like the good soil, which nourishes and hears the Word of God. When the teacher tells us to study and be kind to each other, we should. We always should listen to our parents when they advise us to do our homework more regularly. Also it is good to hear what our classmate has to say about being nicer to our friends or fellow acquaintances.

We could also be like the sower who plants the seeds. We could do this by helping others when they are hurt, welcoming new students to school, or cheering up a friend if she is unhappy. One of the most important things we should do is spread our faith, spread the Word of God. We should explain to others the meaning of Christmas and Easter. We should tell them about the miracles that Jesus did and how he cared for all the people. He loved us so much that he died on the cross for our sins so when we die we would go to heaven. By doing this, even more people will believe in our Lord.

We plant seeds of faith by being kind, good, and helpful. Our good examples help other people do the right thing. We also need to teach others about Christianity and its importance in people's lives.

# NEWS & NOTES

## *Memorial Services...*

**Photini Plouffe (40 days)** on December 2<sup>nd</sup>, mother of Helen and Christopher Plouffe

**Olga Stefos (21 years)** on December 12<sup>th</sup>, mother of George Dovas

## *In Memory of...*

**Photini Plouffe**, by Sophie Alexander to Mission Tanzania, George & Mary Mamalakis,  
Helen Condon McGillivray

**Nasia Cosmides**, by George & Mary Mamalakis, Ellen Fenger

**John Laury**, by Alice Anton

**Warren Hull**, by Alice Anton

## Namedays

### **1<sup>st</sup>- Saint Basil the Great**

Bessie Condos

William Gekis

Valerie Katsikis

Terry Keramaris

Bill Chachakos

Bill Pertsulakes

Bill Poulis

Bill Sugleris

Bill Tragos

### **6<sup>th</sup>- Theophany**

Theo Theofanous

### **7<sup>th</sup>- John the Baptist**

John Anderson

John Carroll

John L. Demourkas

John P. Demourkas

John Kingsbury

John McKinney

Yianni Tsitsilianos

John Zahoudanis

### **9<sup>th</sup>- Saint Eustratios the Wonderworker**

Efstratios "Yianni" Magoulias

### **17<sup>th</sup>- Saint Anthony the Great**

Anthony Kallas

### **18<sup>th</sup>- Saint Athanasios**

Thanasi Batalas

Tom Demourkas

Tom Kapernekas

Art Markos

Tom Poulos

Glenn Ritsema

### **22<sup>nd</sup>- Saint Timothy**

Timothy McFadden

### **25<sup>th</sup>- Saint Gregory the Theologian**

Greg Pantages

## Volunteers for January 2013

### Epistle Readers:

6 Greek: Alex Trigonis	English: Nick Stathopoulos
13 Greek: Terry Keramaris	English: Yianni Magoulias
20 Greek: Nick Pappas	English: Dean Papazacharioudakis
27 Greek: Angelique Chuchas	English: Randy Langel

### Acolytes:

Connor Blake, Cainan Iorio, Dean Richardson, Dimitri Richardson

### Ushers:

6 George Mamalakis, Art Markos
13 Mary Mamalakis, Bessie Condos
20 Paul Tziouvaras, George Papazacharioudakis
27 Alex Haimanis, Nick Pappas

### Prosporo Bakers:

6 Valerie Katsikis
13 Sophia Kenrick
20 Connie Pappas Hillman
27 Georgia Gastouniotis

### Altar Flowers:

6 Available
13 Available
20 Available
27 Available

### Coffee Fellowship Hosts:

6 Epiphany Sunday
13 Vasilopita Sunday
20 No Host
27 Stewardship Committee

## *Final Stewardship 2012*

Aldrich, Voula  
Alexander, Pam  
Alexander, Sophie  
Anderson, John & Catherine  
Angelos, Dr. James & Ruth  
Angelos, Nick  
Anthes, George & Stacie  
Anthimiades, Dorothy  
Anton, Alice  
Arger, Jim & Carol  
Argyropoulos, Demetri  
Argyropoulos, Elias & Tina  
Argyropoulos, Symeon & Antoinette  
Ballas, Gus  
Barth, Charles & Pam  
Baskous, Jeanette  
Benbow, Peter & Olya  
Berrett, Sam & Julie  
Blake, Tom & Krista  
Bocek, Dan & Christina  
Burge, James & Megan  
Campbell, Gordon & Elene  
Canfield, Taylor & Angela  
Carlton, Gary & Karen Stathis  
Carroll, John & Lexy  
Casserly, Terrence & Eugenia  
Chachakos, Bill  
Chachakos, Jim  
Chuchas, Alex & Angelique  
Cocores, Ted & Christine  
Compogiannis, Chris  
Condodina, Alice  
Condos, Bessie  
Condos, Theony  
Cosmides, George & Nasia  
Daphne, Laurel  
Demourkas, John & Deneen  
Demourkas, John & Dana  
Demourkas, Katina  
Dovas, George & Pat  
Dyer, Hugh & Angie  
Earl, Gordon & Iuliana  
Fakinos, George & Barbara  
Fenger, Ellen  
Fictum, Jeff, Mary & Katina  
Fisher, Cleo  
Galanoplis, Beatrice (Peg)  
Gastouniotis, Dean & Georgia  
Gekis, Bill & Helen  
Georghiou, Diana  
Georghiou, Margo  
Goumas, Helen  
Haimanis, Alex  
Hanges, Andrew & Georgia  
Hanges, Paul  
Hayes, Chuck & Nikki  
Hillman, Catherine  
Hillman, Chris & Connie  
Holland, Andrea  
Hroundas, George, Joanna & Angelo  
Hull, Dorothy  
Hunt, Barbara  
Iorio, Brian & Alexandra  
Jensen, Cynthia  
Kallas, Anthony & Agnes  
Kaminsky, Ian & Iris  
Kapernekas, Tom & Sasha  
Katsikis, Valerie  
Katsiroubas, Nick  
Kenrick, Sophia  
Keramaris, Terry  
Khoury, Cherif  
Kingsbury, John & Katerina  
Kolendrianos, Chris & Megan  
Kolendrianos, Ernest & Andriana  
Kourakis, Matthew & Stefanie  
Kwiatkowski, Jackson  
Lamb, Glory  
Langel, Randy & Patti Stathis  
Lasswell, Theophilos & Dorothea  
Laury, Helen & John  
Magoulias, Efstratios Jon "Yianni"  
Mamalakis, George & Mary  
Manos, Michelle  
Martin, Nick  
Martin, Ted  
Matiosian, Mace & Phyllis  
McFadden, Timothy  
McGillivray, Chris & Brooke  
McGillivray, Helen  
Mendoza, Alexis  
Mendoza, Richard & Mary  
Moreno, Lindsey & Paul  
Nedic, Sofija  
Nicolau, Jaime & Soteris  
Osborn, Michael & Kara  
Pahos, Mike & Vivian  
Pantages, Greg & Rea Goumas  
Papadaki, Hariklia  
Papademetriou, Adelphi Seraphima  
Papador, George & Tracy  
Papador, Georgia  
Papalexis, Jim & Lee  
Papazacharioudakis, George  
Papazacharioudakis, Penny Cocores  
Pappas, Alex & Sydney  
Pappas, Anastasios & Carolyn  
Pappas, Nick  
Penoff, Dana  
Penoff, Nadya  
Peters, Jim & Linda  
Petronakis, Sam & Anna  
Phillips, Emanuel  
Plouffe, Photini  
Pollalis, Gicas & Stella  
Poulakos, Jennifer  
Poulis, William  
Poulos, Steve  
Poulos, Tom & Isabel  
Ramirez, Alexandra & Michael  
Rishwain, Jeff & Connie  
Roen, Curtis & Georgina  
Roig, Francesc & Kathleen  
Santoli, Giuseppe & Sofia  
Scarvelis, George & Alexandra  
Sears, Jack & Emilie McMinn  
Smith, Catherine McDavid  
Solomon, Karen  
Spanos, Andrea & Luigi Ottieri  
Stathis, Cy & Helen  
Stathopoulos, Pete & Lisa  
Stockmal, Steve & Mariella  
Swider, Bob & Christy  
Terzopoulos, Christina & Marc Schillinger  
Theofanous, Theo & Danae  
Thomas, Fr. Simon & Presvytera Stephanie  
Tragos, Bill & Lilli  
Tragos, Christian & Tracy  
Tragos, Nick  
Trigonis, Alex & Alexandra  
Tripodes, Nikitas & Dena  
Tullis, Bud & Barbara  
Tyler, Max & Marisa  
Tziouvaras, Ahileas & Polyxeni  
Tziouvaras, Paul & Vivi  
Velliotes, Louie  
Vogel, Marina  
Winford, Gerald & Stamatina  
Yazadzhiev, Dimitar & Catherine  
Zettas, Paul & Eugenia  
Zozos, Presvytera Mona

## Final Stewardship 2012

Happy New Year from the Stewardship Committee! As you plan for 2013, please give prayerful consideration to the gifts of time, talent, and treasure that God has bestowed on you to share with your Church. Resolve to give 2% of your income in stewardship to Christ and His Church. Participation from our entire community is *essential* for keeping our church and ministries going!

If you did not receive your Stewardship Commitment packet at our kickoff coffee hour in October, you should have received it in the mail by the beginning of January. The Stewardship Committee will continue our campaign to invite us all to "Go and bear fruit" during our follow-up coffee hour Sunday, January 27.

As of December 14, we have received 2013 Stewardship Commitments from 33 families, 17 of whom have committed to our 2% program.

### 2012 Stewardship commitments and contributions as of Dec. 14

Annual Stewardship	Committed	Number of Stewards		
		Up-to-Date in Contribution	Behind in Contribution	No Contribution
\$0-\$149	15	11	0	4
\$150-\$299	22	15	4	3
\$300-\$499	27	19	6	2
\$500-\$749	30	14	13	3
\$750-\$999	7	3	4	0
\$1000-\$1249	19	9	8	2
\$1250-\$2999	19	15	3	1
\$3000-\$4999	6	4	1	1
\$5000-\$5999	1	1	0	0
\$6000+	2	1	1	0
<b>Total</b>	<b>148</b>	<b>92</b>	<b>40</b>	<b>16</b>

### Saint Barbara Greek Orthodox Church

1205 San Antonio Creek Road, Santa Barbara, CA 93111

Telephone: (805) 683-4492 Fax: (805) 964-2774 Web: [www.saintbarbara.net](http://www.saintbarbara.net)

### 2013 Christian Stewardship Commitment Card

I/We \_\_\_\_\_ Phone \_\_\_\_\_

*Please Print*

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Commit to Stewardship in the amount of \$ \_\_\_\_\_ to Christ and His Church for January – December of the year 2013, in gratitude for the gifts He has bestowed upon us. Our Commitment will be paid in installments of \$ \_\_\_\_\_ on a (please circle one) weekly, monthly, quarterly, semi-annual or annual basis.

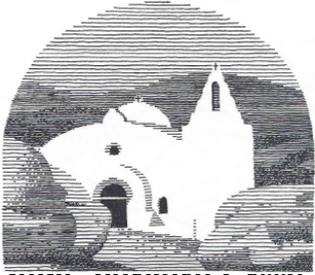
Signed: \_\_\_\_\_

The amount being committed has increased from last year from last year

The Address above has changed

You are advised to consult your CPA or other tax advisor regarding the deductibility of all or part of this gift.

The dollar amounts above are CONFIDENTIAL. For Authorized Saint Barbara Greek Orthodox Church Personnel Only



*The  
Epistle*

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

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ST DEMETRIOS GREEK ORTHODOX CHURCH  
ANNUAL EPIPHANY CELEBRATION

SUNDAY, 13 JANUARY 2013

Rain or Shine

Divine Liturgy 9:30 am

-400 Skyway Drive, Camarillo, Ca 93010-8577

Then proceed to the Ventura Harbor

for

**Blessing of Harbor waters and dive for the Cross**

**12 NOON**



**Youth Divers needed (male and female)** between 12 and 17 yrs of age

Please contact Father Gary at the church office 805-482-1273 for the authorization forms to dive By January 6, 2013



**Buffet Luncheon immediately following at**

**THE GREEK AT THE HARBOR---**

1583 Spinnaker Drive, Suite 101

Ventura Harbor, California 93001

**Reservation must be made with payment to ensure seating**

Call Barbara Kokkinis (805) 815-3063 or 760-285-3901 cell or email her at [nbkthegreeks@aol.com](mailto:nbkthegreeks@aol.com)

**Credit card reservations contact**

Pam West at the church office 805-482-1273

*We will make every effort to accommodate seating preferences  
Seating will be assigned on a first come, first paid basis*

**Inside seating is limited to 150**

*Additional Patio seating is enclosed and heated*

**Early bird special expires December 16<sup>th</sup> (no exceptions)**

*(Mail in Early Bird reservations must be postmarked by December 16<sup>th</sup>)*

After DECEMBER 16<sup>th</sup> cost is

\$50 adults, \$25 for young adults 12-17 yrs, \$15 for children 6-11yrs

All young adults and children have special patio seating

*(unless otherwise requested to be seated at adult table)*

# \_\_\_\_\_ of Adults seats 18 and over x \$37.50 = \_\_\_\_\_

# \_\_\_\_\_ of Young Adult seats 12 -17 x \$17.00 = \_\_\_\_\_

# \_\_\_\_\_ of Children seats 6 -11yrs x \$10.00 = \_\_\_\_\_

# \_\_\_\_\_ 5 and under Free(need count)

# \_\_\_\_\_ of highchair s (considered seat at the table)

Please seat # \_\_\_\_\_ of my children with me

**Total enclosed \$ \_\_\_\_\_**

**circle one: check# \_\_\_\_\_, cash, credit card**

**Name:** \_\_\_\_\_

**Phone:** ( \_\_\_\_ ) \_\_\_\_\_

**Email:** \_\_\_\_\_

*Reserved Tables are limited to parties of 10-12 total (highchairs included)*

*Please list names below, ALL TICKETS FOR RESERVED TABLES must be pre-paid by each deadline! We have limited seating inside.*

**Guests names** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*In fairness to all, If you request last minute add-on's to your party*

*you may be moved to the patio.*

**Sorry I cannot Attend. Please Accept my donation of \$ \_\_\_\_\_**

All Epiphany Proceeds to benefit St Demetrios General Fund

