

# *The Epistle*

*July 2013*

*Saint Barbara Greek Orthodox Church*

*Rev. Father Simon Thomas, Pastor*

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## *Reach Out and Touch Someone*

You may remember this advertising slogan from Bell System and AT&T back in the 80's. As a small child, I was intrigued by the telephone. My father's family was in Ohio, and my mother's in England. We rarely got to see them, so the connection I did have with my grandparents, aunts, uncles, and cousins, was through that wonderful device. It was literally the only physical connection I had with them for most of my life.

My family had a touch-tone phone, so when I finally did get to England to see my family there, I was amazed to see an "antique" phone that had a rotary dial. I marveled at how long it must have taken to dial a phone number, especially one as long as ours was to a different country. The few times every year we spoke over the phone became special events for all of us.

Times, of course, have changed. Today, we have the ability to make a phone call anywhere, anytime, and to anyone we want. Our phones are voice-activated and hands-free. We can also email, text, or video conference another person. We can "check-in" to tell everyone where we are, tweet about what we are doing there, and blog about it afterwards. In doing so, we can communicate with hundreds of people daily, without actually connecting with them physically. We "reach out and touch" others, but instead of connecting with others and maintaining long-distance relationships, our technology has made impersonal communication even among people around us the "new normal".

That personal communication, even the touch of another person, is fundamentally important to us as human beings. We have forgotten this. Our Lord Jesus Christ demonstrated this by the numerous times He not only healed people, but did so through personal, physical contact. He raised a widow's son from the dead by touching the open coffin (Luke 7:14). The people begged Him to touch a blind man so he would receive his sight (Mark 8:22). Multitudes were brought to Him so that He might touch them and heal them (Matthew 14:35-6). A woman who had a flow of blood for 12 years was healed when she touched His garments (Luke 8:43-6). Christ made a point to spend time and be physically present with other people.

"Then they also brought infants to Him that He might touch them" (Luke 18:15). In their innocence, children often teach us and remind us of life lessons. Just the other day I had to discipline my daughter who was behaving, well, like a typical 6 year old. As I sat her in her room and explained to her why I was disappointed in her, she had a sad look on her face. She knew she had messed up, and now she was in trouble. But it wasn't until I bent down and kissed her on the cheek that the tears streamed down her face while she hugged me back fiercely. We expressed more through our actions – my love and forgiveness, her love and remorse – than any words could express. No smart phone can do that!

Saint John Chrysostom talks about the Church being a hospital, and isn't this what people are seeking from our parish more than anything else? They come for healing, for security, for acceptance, and for love. As Christians it is our responsibility to represent Christ, for Whom we are named, appropriately. He healed with a word, and with a touch. We too should take the time and energy to welcome a visitor, speak to someone we haven't spoken to for awhile, and get to know someone new in the parish. By "reaching out and touching" others, we make the parish a place of healing for the soul.

# 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

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

## 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 (OSN)	VALERIE KATSIKIS
PARISH BOOKSTORE	PATRICIA DOVAS
PHILOPTOCHOS SOCIETY CO-PRESIDENTS	GEORGIA GASTOUNIOTIS
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

## President's Report

Fellow Parishioners,

Summer is here and so are the summer hours for services at the church. I know it's a bit of a change in our regular schedules but I believe that it helps all of us to be able to attend church and also spend time with our families and other activities, taking advantage of the longer days.

We had our Parish Assembly meeting Sunday May 19<sup>th</sup> at the Orthodox Center with a notable turnout of participants. There were reports delivered on the state of our parish's finances, ministries, and on-going projects. Father and I stressed the importance of getting to know your fellow parishioner. We had a good exchange of ideas and suggestions. More details in the minutes of the assembly.

San Luis Obispo had their annual festival on the weekend of June 1 & 2, 2013. A few of us from the parish went up for support and had a great time. Bill Poulis and Brian Iorio along with Cainan were commanding the BBQ, cooking souvlakia, lamb chops, and other delights.

Friday June 7<sup>th</sup> was the "Water for Wine" fundraising event at the Orthodox Center for the *Mission Tanzania* effort to bring fresh water to the area. There was a very good turnout, good food and wine, and most of all a successful result for the cause with Alex Haimanis at the helm.

On Sunday, June 16<sup>th</sup> we celebrated Father Simon's birthday (June 11) with a Parish Council sponsored coffee hour, snacks, and a cake. We also presented Father Simon with a complete set of new vestments that was entirely donated by many parishioners, and was a complete surprise to Father Simon. Thank you to all who participated in this event.

With Love in Christ,  
Paul Tziouvaras

## Liturgical Calendar

**Sunday, July 7<sup>th</sup>**

**2<sup>nd</sup> Sunday of Saint Matthew**

Orthros – 8:30 am

Divine Liturgy – 9:30 am

**Sunday, July 14<sup>th</sup>**

**Sunday of the Blind Man**

Orthros – 8:30 am

Divine Liturgy – 9:30 am

**Wednesday, July 17<sup>th</sup>**

**Feast of Saint Marina**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

**Saturday, July 20<sup>th</sup>**

**Feast of Prophet Elias**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

**Sunday, July 21<sup>st</sup>**

**4<sup>th</sup> Sunday of Saint Matthew**

Orthros – 8:30 am

Divine Liturgy – 9:30 am

**Friday, July 26<sup>th</sup>**

**Feast of Saint Paraskeve**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

**Sunday, July 28<sup>th</sup>**

**5<sup>th</sup> Sunday of Saint Matthew**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

(Services @ Oak Park)



## Saint Marina, the Great Martyr

July 17<sup>th</sup>

The Holy Great Martyr Marina was born in Asia Minor, in the city of Antioch of Pisidia (southern Asia Minor), into the family of a pagan priest. In infancy she lost her mother, and her father gave her into the care of a nursemaid, who raised Marina in the Orthodox Faith. Upon learning that his daughter had become a Christian, the father angrily disowned her. During the time of the persecution against Christians under the emperor Diocletian (284-305), when she was fifteen years old, Saint Marina was arrested and locked up in prison. With firm trust in the will of God and His help, the young prisoner prepared for her impending fate.

The governor Olymbrios, charmed with the beautiful girl, tried to persuade her to renounce the Christian Faith and become his wife. But the saint, unswayed, refused his offers. The vexed governor gave the holy martyr over to torture. Having beaten her fiercely, they fastened the saint with nails to a board and tore at her body with tridents. The governor himself, unable to bear the horror of these tortures, hid his face in his hands. But the holy martyr remained unyielding. Thrown for the night into prison, she was granted heavenly aid and healed of her wounds. They stripped her and tied her to a tree, then burned the martyr with fire. Barely alive, the martyr prayed: “Lord, You have granted me to go through fire for Your Name, grant me also to go through the water of holy Baptism.”

Hearing the word “water”, the governor gave orders to drown the saint in a large cauldron. The martyr besought the Lord that this manner of execution should become for her holy Baptism. When they plunged her into the water, there suddenly shone a light, and a snow-white dove came down from Heaven, bearing in its beak a golden crown. The fetters put upon Saint Marina came apart by themselves. The martyr stood up in the fount of Baptism glorifying the Holy Trinity, Father, Son, and Holy Spirit. Saint Marina emerged from the fount completely healed, without any trace of burns. Amazed at this miracle, the people glorified the True God, and many came to believe in Christ. This brought the governor into a rage, and he gave orders to kill anyone who might confess the Name of Christ. More than 15,000 Christians perished there, and the holy Martyr Marina was beheaded. The sufferings of the Great Martyr Marina were described by an eyewitness of the event, named Theotimos.

Up until the taking of Constantinople by Western crusaders in the year 1204, the relics of the Great Martyr Marina were in the Panteponteia monastery. According to other sources, they were located in Antioch until the year 908 and from there transferred to Italy. Now they are in Athens, in a church dedicated to the holy Virgin Martyr. Her venerable hand was transferred to Mount Athos, to Vatopedi Monastery.

## Happy Name Day!

**7<sup>th</sup> Saint Kyriake** – Karen Carlton, Koula Laspitis

**17<sup>th</sup> Saint Marina** – Marina Vogel

**20<sup>th</sup> Saints Elias** – Louis Arger, Elias Argyropoulos, Elias Khoury, Louie Velliotes

**26<sup>th</sup> Saint Paraskeve** – Voula Aldrich, Vivian Canfield, Vivian Pahos, Vivi Tziouvaras

**27<sup>th</sup> Saint Panteleimon** – Frankie Landry

**30<sup>th</sup> Saint Silas** – Cy Stathis

As we are determining all the Names Days of our parishioners due to the many variations of names and baptismal names, please bear with us and inform the office if your name is omitted or listed on the wrong day to be added to future lists.

## *Thank You!!!*



Thank you for this beautiful set of vestments that I received from the Parish on Sunday, June 16<sup>th</sup>!

The Parish Council sponsored the Coffee Fellowship that Sunday in honor of my birthday on June 11<sup>th</sup>.

June 16<sup>th</sup> was not only also Father's Day, but the 11<sup>th</sup> wedding anniversary for Presvytera Stephanie and I as well.

Once again, I thank you, and I look forward to wearing these lovely vestments to and to serving the wonder Parish of Saint Barbara's!

May God bless you all, and may Saint Barbara continually intercede on your behalf!

A voyaging ship was wrecked during a storm at sea and only two of the men on it were able to swim to a small, desert like island. The two survivors, not knowing what else to do, agreed that they had no other recourse but to pray to God. However, to find out whose prayer was more powerful, they agreed to divide the territory between them and stay on opposite sides of the island.

The first thing they prayed for was food. The next morning, the first man saw a fruit-bearing tree on his side of the land, and he was able to eat its fruit. The other man's parcel of land remained barren. After a week, the first man was lonely and he decided to pray for a wife. The next day, another ship was wrecked, and the only survivor was a woman who swam to his side of the island. On the other side of the island, there was nothing.

Soon the first man prayed for a house, clothes, more food. The next day, like magic, all of these were given to him. However, the second man still had nothing. Finally, the first man prayed for a ship, so that he and his wife could leave the island. In the morning, he found a ship docked at his side of the island. The first man boarded the ship with his wife and decided to leave the second man on the island. He considered the other man unworthy to receive God's blessings, since none of his prayers had been answered.

As the ship was about to leave, the first man heard a Voice from Heaven booming, "Why are you leaving your companion on the island?"

"My blessings are mine alone, since I was the one who prayed for them," the first man answered. "His prayers were all unanswered and so he does not deserve anything."

"You are mistaken!" the Voice rebuked him. "He had only one prayer, which I answered. If not for that, you would not have received any of My blessings."

"Tell me," the first man asked the Voice, "what did he pray for that I should owe him anything?"

"He prayed that all your prayers be answered." For all we know, our blessings are not the fruits of our prayers alone, but those of another praying for us.

## *Philoptochos Society #4019*

With summer fast approaching many of us are busy with festival preparations and the Philoptochos committee is busy planning for "**Essence of the Mediterranean**" to be held **September 21st from 2:00 to 6:00 pm** at the Orthodox Center. It will be an afternoon of food, how to cure olives, olive oil, wine tasting, learning all about the Mediterranean diet and much more. Make sure all your family and friends are aware of this wonderful event.

**Philoptochos General Meetings** will continue through the summer. We hope to see many of you attend and bring with you some ideas for successful and easy fundraising events. As our National President Mrs. Aphrodite Skeadas wrote in one of her bulletins "The focus of Philoptochos is its mission. We are principled to foster love, endorse good will, and sustain the inherited noble Philoptochos tradition by creating programs in response to newly arisen social crises we face in contemporary society". I would like to encourage all the Ladies of St. Barbara to become members of this wonderful organization the Philoptochos Society (Friends of the Poor).

Membership applications are available on the Orthodox Center Bulletin table.

**Please mark your calendar for a Membership Tea** to be held Saturday, September 7, 2013. More information will be coming your way in the near future.

I am listing below the general meeting dates to be held **every Second Sunday of each month at the Redding Education Center**. They are also listed in the Church website through December 2014.

**Sunday, July 14** will be the next General Meeting. Summer time Church hours will reflect with our time schedule, therefore the **July 14th and August 11th** meeting will begin at **11:45am**. As the Church begins winter time schedule September 8, October 13, November 10, December 8, 2013 the meetings will begin at **12:15 noon**. The meeting dates for 2014 will continue the Second Sunday of each month with a few changes to be announced for April 13, 2014 (Palm Sunday) and May 11 (Mother's Day).

For more information about Philoptochos please do not hesitate to call Georgia Gastouniotis at 805-455-6725 or email [ginagaston@verizon.net](mailto:ginagaston@verizon.net)

## Parish, Youth & Young Adult Ministries

### **Philoptochos Society #4019**

The newly elected Philoptochos board is: Georgia Gastouniotis - President, Immediate Past President - Bessie Condos, Tina Winford - Vice President, Mona Zozos - 2<sup>nd</sup> Vice President, Ruth Angelos - Recording Secretary, Catherine McDavid Smith - Corresponding Secretary, Terry Keramaris - Treasurer.

Our sincere thank you to the previous board for their hard work and dedication, especially to Vivian Pahos for her many years as treasurer.

The monthly meeting schedule is in the planning process and will be emailed to you soon.

Mark your calendars for the event "**Essence of the Mediterranean**" to be held **September 21<sup>st</sup> at the Orthodox Center**. It will be an afternoon of food, olive oil & wine tasting. More details will be available to you soon.

For information about Philoptochos or for a membership application please contact any Board member or e-mail Georgia at [ginagaston@verizon.net](mailto:ginagaston@verizon.net) or call her cell phone at 805-455-6725.

### **Toumba**

Practices will start directly following Divine Liturgy. Toumba is for children ages 3-10. Children will be learning new dances for our upcoming Greek Food Festival the last weekend in July (27<sup>th</sup> & 28<sup>th</sup>)!

**Please mark your calenders NOW for the whole weekend:**

~**Mandatory practice/dress rehearsal** on July 21<sup>st</sup> following Divine Liturgy

~**Mandatory sound practice at Oak Park July 26<sup>th</sup>**

~**Dancing twice on Saturday 27<sup>th</sup> & on Sunday 28<sup>th</sup>!**

### **Orthodox Social Network**

The Orthodox Social Network will not host an event for July as we will be working and enjoying our parish's 40<sup>th</sup> Annual Greek Festival at Oak Park! See you there!

All are welcome - singles, couples, or just friends! A great opportunity to socialize together outside of Sundays! *If you have not received an Evite for these events, this means we do not have your email address on file. Please submit your email to the Church Office so we can include you in future events! Looking forward to your company!*

### **V.I.P. Seniors**

The V.I.P. Seniors' "Summer Picnic in the Park" was on June 20, 2013. This was the last meeting before going dark for the summer. The next meeting will be in September. See you then!

## Saint Nicholas Ranch Summer Camp

Each summer, some 400 young people from all over our Metropolis attend Saint Nicholas Ranch summer camp, a wonderful youth ministry of our Metropolis, in which young people can enjoy a week of fun, fellowship and growing in their faith. **This year, all of Saint Barbara's youth aged 8-17 are encouraged to attend the first week of camp, Sunday, July 7<sup>th</sup> through Saturday, July 13<sup>th</sup>.** Fr. Simon will be joining at camp during this time. If you are interested in attending, please contact Fr. Simon.

## 2013 Festival

We are on our way to a successful 2013 Greek Festival. Like all years, it will take all of us and our friends to make this event a success. It is great that so many of you have taken on responsibility for this year's festival. Many of you have done this event year after year and others are taking on new responsibility this year. Thank you to everyone for their service.

The purpose of our Greek festival is to raise funds and it is responsible in large part to the sanctuary we all enjoy each and every week. But the benefits of this event are so much richer than that. It brings our church family together in a way that only hard work can.

My goal is that this event be used to provide support for capital improvements of our facility, and offer support to the needy in our community and around the world. Because proceeds are needed to meet our operational expenses we will not be partnering with a local charity this year.

As our expenses keep increasing, this year I plan to help improve our bottom line profits with some small targeted price increases.

This is our 40<sup>th</sup> anniversary Greek Festival. It would be great to have a strategy that could celebrate this event in a special way that would enhance attendance. Your ideas are welcome so please attend the festival meetings.

Let's all prepare for a great event!

Thanks your servant,  
George Papador

## Festival Pastry Workshops

**All workshops begin at 10 a.m.** and we are ready for your helping hands to shape, bake, wrap and pack!!!

Friday, July 19, Yogurt Cake (workshop begins at 10 am)

Saturday, July 20, Walnut Cake (workshop begins at 10 am)

Friday, July 26<sup>th</sup>, Pastry Prep day at 9 am

### Please call to volunteer. Bring an apron and a friend!

Helen McGillivray 965-6727, Georgia Gastouniotis 683-4919, Andriana Kolendrianos 685-8982

Everything we know about pastries we learned at Saint Barbara pastry workshops!!

## MISSIONS UPDATE

First, we want to thank the people who attended and donated to the Wine for Water event. It was very successful, raising over \$8000. We hope it will be enough to open two wells. Special thanks to the following people for all their help and hard work in making the event such a success - Artis Charmberlin, Alex and Angelique Chuchas, George and Barbara Fakinis, Andriana and Ernest Kolendrianos, Stan Nicolaides, Stella Pollalis, Bill Poulis, and Jack and Emilie Sears. Thank you also to Fr. Simon and the Parish Council. This is not the end but just the beginning of the project. We want to continue to open wells so that the children and adults of Tanzania do not continue to die from lack of clean water. With the grace of God and your generosity we will be able to continue to open wells.

Next, thank you again to everyone who donated to Mission Awareness. We were able to send \$1100 each to the orphanages in Albania and Guatemala, and \$1050 to the orphanage in India.

Lastly, thank you to everyone who contributed to the salary for the priest at our sister church in Kazinga, Tanzania. We raised \$420. Have a wonderful summer. God Bless.

# SANTA BARBARA GREEK FESTIVAL 2013

JOIN US IN  
CELEBRATING  
OUR  
**40TH  
YEAR!**



**OAK PARK**  
Saturday & Sunday  
**JULY 27 & 28**  
**11AM to 7PM**

**LIVE GREEK MUSIC • AUTHENTIC GREEK FOOD  
TRADITIONAL GREEK FOLK DANCING • KID'S FUN ZONE  
HOMEMADE GREEK PASTRIES • THE AGORA (MARKETPLACE)  
ART & JEWELRY • THE SIGHTS, SOUNDS & FLAVORS OF GREECE!**

***BE GREEK FOR THE WEEKEND!***

**FREE ADMISSION**

**Our Festival Sponsors:**

[www.santabarbaragreekfestival.org](http://www.santabarbaragreekfestival.org)

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**SANTA BARBARA NEWS-PRESS**

**Hampton Inn**

## Volunteers for July 2013

### Epistle Readers:

7	Greek: Voula Aldrich	English: Theophilos Lasswell
14	Greek: Xenia Tziouvaras	English: Dean Papazacharioudakis
21	Greek: Alex Trigonis	English: Randy Langel
28	Greek: Terry Keramaris	English: Theophilos Lasswell

### Acolytes:

Connor Blake, Costa Gastouniotis, Cainan Iorio, Dean Richardson, Dimitri Richardson

### Ushers:

7	Paul Tziouvaras, George Papazacharioudakis
14	Alex Haimanis, Nick Pappas
21	Jim Peters, Peter Stathopoulos
28	William Poulis, Brian Iorio

### Prophoro Bakers:

7	Connie Pappas Hillman
14	Valerie Katsikis
21	Angelique Chuchas
28	Sophia Kenrick

### Altar Flowers:

7	Randy & Pattis Stathis Langel
14	Available
21	Available
28	Available

### Coffee Fellowship Hosts:

7	Randy & Patti Stathis Langel
14	Available
21	Available
28	Greek Festival

## 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's in Kazinga, Tanzania

Presvytera Krissy Flesoras (health)  
Michael Domagala (health)  
Vasili Economidou (cancer)  
Bill & Helen Gekis (health)  
Sorel (Sophia) Kolendrianos (Rett Syndrome)  
Jheri E. Redding (Lyme Disease)

## NEWS & NOTES

### *40 Day Blessing...*

**George Robert Tyler**, April 26<sup>th</sup>, son of Max & Marisa (Pearson) Tyler

### *Weddings ...*

**Aline Taireh & Brian Petras** on June 1<sup>st</sup>, Roula Creighton was the Sponsor

### *Memorials...*

**Theony Condos (1 year)**, June 9<sup>th</sup>, **AHEPA & DOP Members**, sister of Bessie Condos

**Constantine (Gus) Condos (25 years)**, June 9<sup>th</sup>, father of Bessie Condos

**Marika Condos (8 1/2 years)**, June 9<sup>th</sup>, mother of Bessie Condos

### *In Memory of...*

**Athena Verses, Catherine Grusso and Arthur Michael Verses**, by Shelley Verses

## *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)

The Mission of the Family of AHEPA, Santa Barbara Chapter 243, is to promote Hellenism, Education, Philanthropy, Civic Responsibility, Family and Individual Excellence. The Goal of AHEPA Chapter 243 is to expand and strengthen its educational efforts and the lifelong learning of mind and body, the Classic Hellenic definition of PAIDEA.

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.

On June 17<sup>th</sup>, 2013, our guest speaker was Dr. Paul Willis, M. D. a neurologist at Sansum Clinic, who spoke about neurological diseases with primary emphasis on Alzheimer's. His talk was very informative and elucidating about these terrible diseases. Unfortunately, there are no cures although some medicines can slow down the process. There is nothing in diet or exercise that guarantees any freedom from these diseases, although it is certainly beneficial to eat a Mediterranean diet and to exercise for overall health.

On July 15<sup>th</sup> we will have the 3 Scarvelis children speaking about their prowess in track and field. It should be interesting to hear from these young people who grew in the church.

The Santa Barbara Channel cruise and luncheon on the boat of Brother Bill Pertsulakis on Saturday, June 1<sup>st</sup>, 2013 was incredible and we thank him for his generosity.

More details about upcoming events will be provided in upcoming Epistles.

Ahepa plans to host several events to raise funds for the children of Greece who are victims of the economic turmoil and downturn that has affected that country and who do not have adequate daily nourishment. More details will be in upcoming Ahepa Letters to the Epistle.

Each of the meetings with a guest speaker is 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 able to 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 President Bill Poulis at (805) 682-4733

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

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

The District 20 Convention held in Los Angeles at the Westin Airport Hotel was very productive and full of its usual activities. A Grand Banquet was held commemorating the 50<sup>th</sup> Anniversary of the District Scholarship Foundation. Chrysanthé Pantages was the top scholarship recipient and the keynote speaker for the event. Congratulations, Chrysanthé!

It is with sadness we say good-bye to one of our Daughters, Carol Stathopoulos. Carol has been a prominent figure in our organization on the local and district levels holding numerous offices and chairing many committees. We honored Carol at a farewell dinner in June at the Beachside Café as she is moving to Arizona to enjoy her retirement. She will no longer be a regular member of our chapter, but she will always be welcome!

The local chapter of the Daughters of Penelope has gone dark for the summer and will resume its business and annual fundraisers in September.

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.

# Stewardship 2013

As we head into festival season, a huge **thank you** to the chair people, booth managers, bakers, and everyone who has been working throughout the year to make our *Fortieth Festival* the best it can be. We are all looking forward to sharing our **time** and **talent** with each other as we share our faith and culture with the rest of the community!

In terms of stewardship of treasure, we have 115 families committing a total of \$127,647. As of June 18, we have received \$55,684, which accounts for 44% of the amount committed. Let's keep up the good work to stay on track for 2013!

## 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 Stewardship Commitment Card

I/We \_\_\_\_\_ Phone \_\_\_\_\_  
*Please Print*

Address \_\_\_\_\_

Please check if address has changed

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

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

The amount being committed is 2% or more of our annual household income.

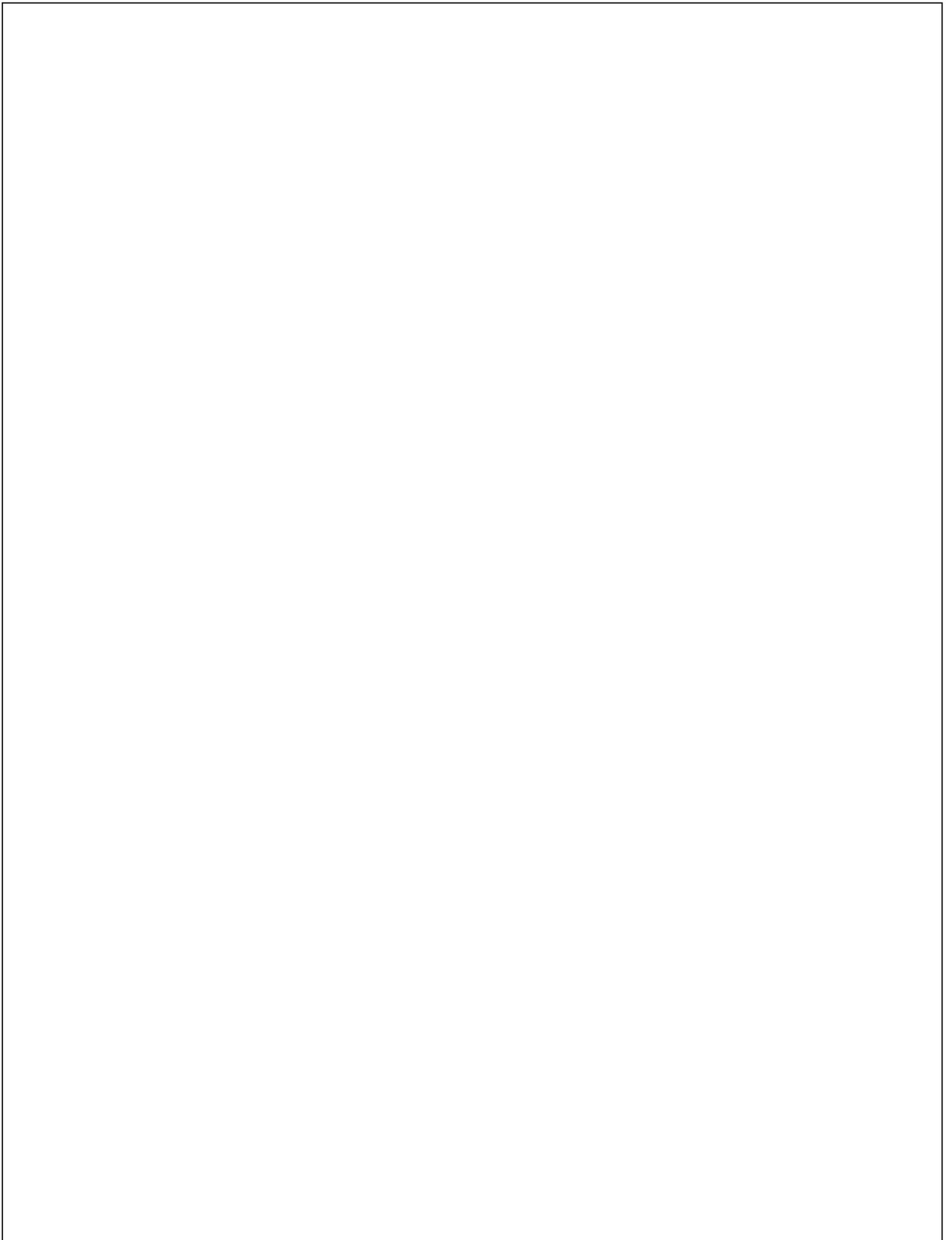
Signed: \_\_\_\_\_

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

## Stewardship 2013

\*Aldrich, Voula  
Alexander, Pam  
Alexander, Sophie  
\*Angelos, Dr. James & Ruth  
Anthes, George & Stacie  
Anthimiades, Dorothy  
Anderson, John & Catherine  
\*Anton, Alice  
Argyropoulos, Symeon & Antoinette  
Ballas, Gus  
Barth, Charles & Pam  
Baskous, Jeannette  
Benbow, Peter & Olya  
Bocek, Dan & Christina  
\*Canfield, Taylor & Angela  
Carlton, Gary & Karen Stathis  
Carralajo, Adam & Ana  
Carroll, John & Lexy  
Casserly, Terry & Eugenia  
Chachakos, Bill  
Chachakos, Jim  
\*Chuchas, Alex & Angelique  
\*Cocores, Penny  
Compogiannis, Chris  
Condodina, Alice  
\*Condos, Bessie  
Davlantes, Constantine  
\*Day, Derrick & Darcy  
Demourkas, John L & Deneen  
\*Demourkas, John P & Dana  
\*Demourkas, Katina  
Domagala, Terilee & Michal  
\*Dovas, George & Pat  
Earl, Gordon & Iuliana  
Fanos, Virginia  
Fell, Ryan & Stacey  
Fenger, Ellen  
Fisher, Cleo  
Fryer, Laurel  
Gastouniotis, Dean & Georgia  
Gekis, William & Helen  
Georgiou, Diana  
\*Georgiou, Margo  
\*Goumas, Helen  
Haimanis, Alex  
Hanges, Andrew & Georgia  
\*Hillman, Chris & Connie  
\*Holland, Andrea  
Hroundas, George  
\*Hunt, Barbara  
Iorio, Brian & Alexandra  
Kallas, Anthony & Agnes  
\*Kapemekas, Athanasios & Sasha  
\*Katsikis, Valerie  
\*Kenrick, Sophia  
\*Keramaris, Terry  
Khoury, Cherif  
Kingsbury, John & Katerina  
Kolendrianos, Chris & Megan  
\*Kolendrianos, Ernest & Andriana  
\*Kwiatkowski, Jackson  
\*Lamb, Glory  
Landry, Frank & Kalliroi  
\*Langel, Randy & Patti Stathis  
\*Lasswell, Theophilos & Dorothea  
Laury, Helen Compogiannis  
\*Magoulia, Yianni  
\*Mamalakis, George & Mary  
Manos, Michelle  
Martin, Nick  
Martin, Ted  
Matiosian, Mace & Phyllis  
McKinney, John & Cheri Rae  
Mendoza, Alexis  
Mendoza, Richard & Mary  
Moreno, Paul & Lindsey  
\*Nedic, Petar  
Nedic, Sofija  
Nicolau, Soteri & Jamie  
\*Osborn, Michael & Kara  
\*Pahos, Mike & Vivian  
Papador, George & Tracey  
Papador, Georgia  
Papazacharioudakis, George  
Pappas, Anastasios & Carolyn  
Pappas, Nick  
\*Penoff, Dana  
Peters, Jim & Linda  
\*Petronakis, Sam & Anna  
Phillips, Emanuel  
Pollalis, Gikas & Stella  
Poulakos, Jennifer  
\*Poulis, William  
Poullas, Jayne  
Poulos, Steve  
Poulos, Tom & Isabel  
Ramirez, Alexandra & Michael  
Rishwain, Jeff & Connie  
\*Ritsema, Glenn  
Roen, Curtis & Gina  
Smith, Catherine McDavid  
Solomon, Karen  
Stathis, Cy & Helen  
Stathopoulos, Pete & Lisa  
Swider, Bob & Christy  
Theofanous, Theo & Danae  
\*Thomas, Fr. Simon & Pres. Stephanie  
Towle, James & Rose Marie  
Trigonis, Alex & Alexandra  
Tripodes, Nikitas & Dena  
\*Tullis, Bud & Barbara  
Tziouvaras, Ahileas & Polyxeni  
\*Tziouvaras, Paul & Vivi  
Vames, Delight  
Velliotes, Louie  
Weeks, Michael & Jean Costopoulos  
Winford, Gerald & Stamatina  
Zozos, Presvytera Mona

**\*Indicates Stewards contributing at or above the 2% level**



# JULY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Philoptochos Meeting, 6:00 pm	2	3	4 Fourth of July- Office Closed	5	6
7 <b>2<sup>nd</sup> Sunday of St. Matthew</b> <b>Orthros, 8:30 am</b> <b>Divine Liturgy, 9:30 am</b> Tomba Dance Practice	8 Parish Council Meeting, 7:00 pm	9 Festival Meeting, 7:00 pm	10	11	12	13
14 <b>Sunday of the Holy Fathers</b> <b>Orthros, 8:30 am</b> <b>Divine Liturgy, 9:30 am</b> Toumba Dance Practice	15	16	17 <b>Feast of St. Marina</b> <b>Orthros, 8:00 a</b> <b>Liturgy, 9:00 a</b>	18	19 Yogurt Cake Workshop, 8 am	20 <b>Feast of Prophet Elias</b> <b>Orthros, 8:00 am</b> <b>Liturgy, 9:00 am</b> Walnut Cake Workshop, 8 am
21 <b>4<sup>th</sup> Sunday of St. Matthew</b> <b>Orthros, 8:30 am</b> <b>Divine Liturgy, 9:30 am</b> Toumba Dance Practice	22	23 Festival Meeting, 7:00 pm	24	25 Toumba practice at the OC	26 <b>Feast of St. Paraskeve</b> <b>Orthros, 8 am</b> <b>Liturgy, 9 am</b> Pastry Prep, 9 am Toumba practice at Oak Park	27 Greek Festival at Oak Park, 11 am to 7 pm
28 <b>5<sup>th</sup> Sunday of St. Matthew</b> <b>Orthros, 8:00 am</b> <b>Divine Liturgy, 9:00 am</b> (Services @ Oak Park) Greek Festival at Oak Park, 11 am to 7 pm	29	30	31			