

# The Epistle

March 2014

*Saint Barbara Greek Orthodox Church*

*Rev. Father Simon Thomas, Pastor*

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## Participation in Great Lent

Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God. Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends. Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves – mind, body and soul – through the physical and spiritual fast, keeping a Christian *attitude* in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ.

The Church has prescribed several resources to assist you on your Lenten Journey - fasting, special services, prayer, almsgiving, the Sacraments, and Bible reading.

1. **Fasting:** The Church prescribes the following fast for Great Lent – Monday through Friday we fast from meat, dairy (including eggs), fish, wine & oil. On Saturday and Sunday, wine & oil are permitted. It is important to note that fasting has never been limited to food only. During Great Lent, we should also limit how much television we watch, or cut it out completely, along with movies, dances, music, parties and the like. This is a good time to spend family time together, read a book, and to spend time in quiet contemplation. These guidelines are offered to be considered prayerfully with the guidance of your spiritual father and in consideration of any medical condition or dietary requirements. If you have any questions, please contact Father Simon.

### Saint John Chrysostom on Fasting

Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers? May He who came into the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.

### Jesus' Instructions on Fasting

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.” –Matthew 6:16-18

2. **Services:** The following services take place during Great Lent – Great Compline, Mondays at 6 pm; Presanctified Liturgy, Wednesdays at 6 pm (Lenten Dialogue to follow); and the Salutations to the Theotokos, Fridays at 6 pm. These services are in addition to the Orthros and Divine Liturgy on Sunday morning.

*(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

ERNEST KOLENDRIANOS - PRESIDENT	ANGELIQUE CHUCHAS
BESSIE CONDOS – VICE PRESIDENT	JOHN P. DEMOURKAS
RUTH ANGELOS – SECRETARY	GEORGE PAPADOR
RANDY LANGEL – TREASURER	MARY PAPADOR MENDOZA
TAYLOR CANFIELD	JAMES PETERS
ALEX CHUCHAS	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 (OSN)	VALERIE KATSIKIS
PARISH BOOKSTORE	PATRICIA DOVAS
PHILOPTOCHOS SOCIETY PRESIDENT	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

## COMMUNITY PROGRAMS

AHEPA PRESIDENT	BILL POULIS
DAUGHTERS OF PENELOPE PRESIDENT	CAROL ARGER

## 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

3. **Prayer:** One key to a more fulfilling life is prayer. For Orthodox Christians, the aim of prayer is to enter into conversation with God. Prayer is sometimes referred to as dialogue with God. Often it is a waiting on God in silence. In the Church it is defined as the lifting of the mind and heart to God, and also as walking in the presence of God. We turn our mind and thoughts toward Him. We mentally gaze at Him and speak with Him in reverence, fear, and hope. At times we speak to Him with words and at other times we stand in reverent silence, saying nothing, but being aware of His presence. In this dialogue with God we praise Him and thank Him. We ask Him for what we need. Our mind and our heart are opened to Him. Prayer is not only repeating words, it is trust in God that he hears and directs us in His Way involving spiritual growth and development.

### **The Prayer of Saint Ephraim the Syrian**

Lord and Master of my life, do not give to me the spirit of slothfulness and inquisitiveness, the spirit of ambition and vain talking! Grant instead to me, your servant, the spirit of purity and humility, the spirit of patience and love. O Lord and King, bestow upon me the grace of being aware of my sins and of not thinking evil of those of my brethren, for You are blessed unto the ages of ages. Amen.

3. **Almsgiving:** The Holy Fathers of the Church always combine prayer and fasting with works of mercy – for without mercy, prayer and fasting are in vain. Included in this Epistle is a list of items that can be donated for Great Lent and Holy Week; but our almsgiving should not be limited to the Church alone.

4. **Sacraments:** During Great Lent and Holy Week, the Sacraments of the Church are frequently offered. The Eucharist is celebrated twice a week, Holy Confession is offered throughout Great Lent, Holy Unction is offered on Holy Wednesday, and in the early Church, Baptisms and Chrismations were celebrated at Holy Pascha. These Sacraments are God's Gifts to us for salvation – let us partake of His gifts.

5. **Reading:** In private study, when a Christian profitably reads the Bible, receiving inspiration and strength from it, family members, friends, relatives and even acquaintances will inevitably notice the difference. Any person who comes into contact with such a Christian cannot but notice the growing peace, love and inner assurance - the spirit of Christ - in that Christian, and will frequently ask (if not ask, certainly think) what gives that person such strength and radiance. God will provide many opportunities to the growing Christian for sharing with others his or her experience with the Bible. What better witness for the truth of the Christian faith than a solid Christian life nourished by Holy Scripture and radiating true Christian love at home, at Church and at work? The Christian's own life becomes a kind of gospel, a living Bible, in which other people observe, read and experience the truths of God in action.

### **Suggestions for family Bible reading:**

† Set aside a regular time for daily reading preferably in the evening at the supper table when the whole family is together. When the children are young, mom or dad can do the reading. When the children grow older, they may share in the reading. Reading to children is one of life's greatest joys. Children treasure it.

† Do not read too much or too fast. One chapter a day is sufficient. Let what you read sink in slowly. If children are young, read from a Bible story book - one that has pictures which you can show the children.

† Start with the Gospels of Matthew, Mark, Luke, & John. Do not worry about the passages you do not understand. Concentrate on what you do understand. The more you read, the more you will understand. One passage explains another.

† As you read, try to have an icon of Jesus before you if you are reading the Gospels; one of Saint Paul if you are reading his epistles, etc. This will help you realize who it is who is speaking to you.

## ***Happy Name Day!***

17<sup>th</sup> - **St. Alexis** – Alex Trigonis

- **St. Patrick** – Pat Dovas

25<sup>th</sup> - **Annunciation** – Evelyn Georghiou, Eve Konstantine, Lia Papador

If we have inadvertently omitted your name, or listed your name on the wrong day, please contact the Church Office so that we may update our records.

## President's Report

### **SAVE THE DATES!!**

FRIDAY, JULY 25, SATURDAY JULY 26, SUNDAY, JULY 27 & MONDAY, JULY 28

Preparations for our 41<sup>st</sup> GREEK FESTIVAL at Oak Park have begun in earnest during the months of January and February prompted primarily by pavement and landscape changes initiated by the City Parks Department. Beautiful pavers have replaced the old deteriorating asphalt, and new concrete tables have replaced the wooden ones at the food line side. Over all, the Park is much more attractive and inviting to all! Changes in our booth locations will likely be altered because of access challenges. However, the sounds, aromas of cooking foods, pastry and meze / food presentations and the festive atmosphere will be ever present!

The Parish Council created the 2014 Greek Festival Leadership Committee to evaluate all facets of the operation in order to assure efficiency, maximize profit, minimize loss of un-used inventory, offer quality products and continue to provide an authentic Greek experience. The Festival Leadership Committee includes

George Papador, Festival Chairman

Michael Pahos

Alex Chuchas

Angelique Chuchas

Valerie Katsikis

Patti Stathis Langel

Brooke McGillivray

Chris McGillivray

John Demourkas

George Mamalakis

Brian Iorio

Alexandra Iorio

Georgia Gastouniotis

Andriana Kolendrianos

Randy Langel

Paul Tziouvaras

Fr Simon Thomas, ex-officio

Ernest Kolendrianos, ex-officio

Anyone interested in joining the committee is welcome to attend the meetings.

#### **Why save the dates, July 25 - 28 - 4 days?**

Friday, July 25<sup>th</sup>, we need volunteers at the Church to assemble pastries and transport items to the Park. At Oak Park, set up begins at 7 a.m. and continues all day until all booths and equipment are in place. If we have adequate help, our goal is to have all booths set up by 5 p.m.

Saturday, July 26<sup>th</sup>, and Sunday, July 27<sup>th</sup>, we need all booths fully staffed both days. Sunday evening, the booth breakdown is vital to assure an orderly return of all items Monday morning.

Monday, July 28<sup>th</sup>, we need strong bodies at the Park to clean all areas and load and transfer items to the church and re-locate them to proper storage areas.

The Festival is a huge undertaking, but with many able volunteers it is a joyous and bonding experience where we share fellowship with one another and meet new friends - this is my personal benchmark for success.

So please join me in SAVING THE DATES, JULY 25<sup>th</sup> - 28<sup>th</sup>!!!

Ernest Kolendrianos

Parish Council President

## Bookstore News

**Crazy John** is a small, quick read book about a contemporary man who lives and works in a suburb of Athens. He is a saintly fool for Christ. His neighbors make fun of him, but with such intensity he fulfills the needs of those in his neighborhood. Crazy John's death is near the beginning of the book and that is where the story begins.

Car Clips- Does your car have an expression of your Orthodox faith? If not, may I suggest you look at our new shipment of crosses.

# Liturgical Calendar

**Saturday, March 1<sup>st</sup>**

**Saturday of Souls**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

**Sunday, March 2<sup>nd</sup>**

**Forgiveness Sunday**

Orthros – 9:00 am

Divine Liturgy – 10:00 am

Forgiveness Vespers – 6:00 pm

**Monday, March 3<sup>rd</sup>**

Great Compline – 6:00 pm

**Wednesday, March 5<sup>th</sup>**

Presanctified Liturgy – 6:00 pm

Lenten Dialogue

**Friday, March 7<sup>th</sup>**

First Salutation to the Virgin Mary – 6:00 pm

**Saturday, March 8<sup>th</sup>**

**Saturday of Souls**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

**Sunday, March 9<sup>th</sup>**

**Sunday of Orthodoxy**

Orthros – 9:00 am

Divine Liturgy – 10:00 am

Great Vespers – 6:00 pm (St. Athanasius, Goleta)

**Monday, March 10<sup>th</sup>**

Great Compline – 6:00 pm

**Wednesday, March 12<sup>th</sup>**

Presanctified Liturgy – 6:00 pm

Lenten Dialogue

**Friday, March 14<sup>th</sup>**

Second Salutation to the Virgin Mary – 6:00 pm

**Sunday, March 16<sup>th</sup>**

**Sunday of Saint Gregory of Palamas**

Orthros – 9:00 am

Divine Liturgy – 10:00 am

**Monday, March 17<sup>th</sup>**

Great Compline – 6:00 pm

**Wednesday, March 19<sup>th</sup>**

Presanctified Liturgy – 6:00 pm

Lenten Dialogue

**Friday, March 21<sup>st</sup>**

Third Salutation to the Virgin Mary – 6:00 pm

**Sunday, March 23<sup>rd</sup>**

**Sunday of the Holy Cross**

Orthros – 9:00 am

Divine Liturgy – 10:00 am

**Monday, March 24<sup>th</sup>**

Great Vespers of the Annunciation – 6:00 pm

**Tuesday, March 25<sup>th</sup>**

**Feast of the Annunciation**

Orthros – 8:00 am

Divine Liturgy – 9:00 am

**Wednesday, March 26<sup>th</sup>**

Presanctified Liturgy – 6:00 pm

**Friday, March 28<sup>th</sup>**

Fourth Salutation to the Virgin Mary – 6:00 pm

**Sunday, March 30<sup>th</sup>**

**Sunday of St. John of Climacus**

Orthros – 9:00 am

Divine Liturgy – 10:00 am

**Monday, March 31<sup>st</sup>**

Great Compline – 6:00 pm

\*On the Wednesdays of Great Lent, we celebrate the Divine Liturgy of the Presanctified Gifts. If you would like to receive Holy Communion on these evenings, please eat a light lunch at or around noon, and then abstain from all food and drink until after you receive the Holy Body and Blood of Christ.

\*\*The Lenten Dialogues take place every Wednesday night of Great Lent after the Divine Liturgy of the Presanctified Gifts. During these dialogues, we will have guest speakers addressing various topics within Orthodoxy. Please contact Father Simon if you would like to bring food for these Lenten dialogues.

*The Central Coast Orthodox Clergy Association Invites You to*

Great Vespers for the

# **SUNDAY OF ORTHODOXY**

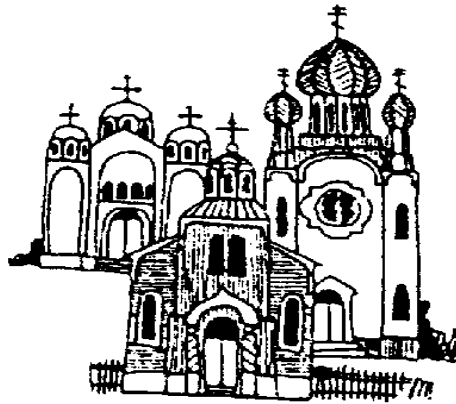
March 9<sup>th</sup> 2014 at 6:00 PM

St. Athanasius Antiochian Orthodox Church  
300 Sumida Gardens Lane, Santa Barbara

Guest Speaker:

**THE VERY REV. FATHER JOHN SOMMER**

Pastor of Saint Timothy Antiochian Orthodox Church,  
Lompoc, California



*A Lenten Pot-luck Dinner will follow. Saint Barbara's Parishioners are encouraged to bring a Lenten Green Salad*

*Donations will go to the Building Fund for the Saint Barbara Monastery in Santa Paula*



## *Saint Benedict of Nursia* *Father of Western Monasticism*

March 14<sup>th</sup>

Saint Benedict, founder of Western monasticism, was born in the Italian city of Nursia in the year 480. When he was fourteen years of age, the saint's parents sent him to Rome to study. Unsettled by the immorality around him, he decided to devote himself to a different sort of life.

At first Saint Benedict settled near the church of the holy Apostle Peter in the village of Euffedum, but news of his ascetic life compelled him to go farther into the mountains. There he encountered the hermit Romanus, who tonsured him into monasticism and directed him to live in a remote cave at Subiaco. From time to time, the hermit would bring him food.

For three years the saint waged a harsh struggle with temptations and conquered them. People soon began to gather to him, thirsting to live under his guidance. The number of disciples grew so much, that the saint divided them into twelve communities. Each community was comprised of twelve monks and was a separate skete. The saint gave each skete an abbot from among his experienced disciples, and only the novice monks remained with Saint Benedict for instruction.

The strict monastic Rule Saint Benedict established for the monks was not accepted by everyone, and more than once he was criticized and abused by dissenters.

Finally he settled in Campagna and on Mount Cassino he founded the Monte Cassino monastery, which for a long time was a center of theological education for the Western Church. The monastery possessed a remarkable library. Saint Benedict wrote his Rule, based on the experience of life of the Eastern desert-dwellers and the precepts of Saint John Cassian the Roman.

Seventy-three short chapters comprise the Rule. Its wisdom is of two kinds: spiritual (how to live a Christ-centered life on earth) and administrative (how to run a monastery efficiently). More than half the chapters describe how to be obedient and humble, and what to do when a member of the community is not. About one-fourth regulate the work of God, and one-tenth outline how, and by whom, the monastery should be managed. Finally, two chapters specifically describe the abbot's pastoral duties.

The Rule of St Benedict dominated Western monasticism for centuries (by the year 1595 it had appeared in more than 100 editions). The Rule prescribed the renunciation of personal possessions, as well as unconditional obedience, and constant work. It was considered the duty of older monks to teach the younger and to copy ancient manuscripts. This helped to preserve many memorable writings from the first centuries of Christianity.

Every new monk was required to live as a novice for a year, to learn the monastic Rule and to become acclimated to monastic life. Every deed required a blessing. The head of this cenobitic monastery is the abbot. He discerns, teaches, and explains. The abbot solicits the advice of the older, experienced brethren, but he makes the final decisions. Keeping the monastic Rule was strictly binding for everyone and was regarded as an important step on the way to perfection.

Saint Benedict was granted by the Lord the gift of foresight and wonderworking. He healed many by his prayers. The monk foretold the day of his death in 547. The main source for his Life is the second Dialogue of Saint Gregory, Pope of Rome. Saint Benedict's sister, Saint Scholastica, also became famous for her strict ascetic life and was numbered among the saints.

## 2014 Offering Opportunities for Pascha

The following is a list of items needed for the special services during Great Lent, Holy Week and Pascha. Your donations are much appreciated and add to the beauty of our services. Please let us know if you would like to make a donation toward any of the items listed below.

### **General Items:**

- 10 Containers of Olive Oil (\$25 each, or bring in yourself) - \$250
- 3 Boxes of Charcoal (\$30 each) - \$90
- 12 Bottles of Communion Wine (\$25 per bottle) - \$300
- 6 Beeswax Candles for Solea (\$50 each) - \$300

### **Great Lent:**

- Flowers for the Sunday of the Adoration of the Holy Cross - \$50

### **Palm Sunday:**

- Palms for Palm Sunday (\$50 each) - \$100
- Flowers for Icon of the Triumphant Entry into Jerusalem - \$100

### **Bridegroom Services:**

- Flowers for Nymphios Icon - \$100

### **Holy Wednesday Unction Service:**

- Aromatic Scent for Holy Unction - \$25
- 7 Beeswax Candles (\$10 each) - \$70

### **Holy Thursday Crucifixion Service:**

- 3 Candles for the Cross of Christ (\$25 each) - \$75
- 12 Candles for Gospel Readings (\$10 each) - \$120
- Flowers for the Icon of the Crucifixion - \$100
- Wreath for the Cross of Christ - \$150

### **Holy Friday Apokathelosis Service:**

- New White Linen Sheet for the Body of Christ - \$40
- Rose Petals - \$50

### **Holy Friday Lamentation Service:**

- Rose Petals - \$50
- Rose Water - \$25
- Flowers for the Epitaphion - \$600
- Orchid for the Gospel - \$50

### **Holy Saturday Divine Liturgy:**

- Rose Petals - **Donated**

### **Holy and Great Pascha:**

- 3 Beeswax Candles for the Resurrection (\$10 each) - \$30
- Flowers for the Resurrection Icon - \$100
- 12 Easter Lilies (\$25 each) - \$300
- 8 Orchids for Resurrection (\$40 each) - \$320

*May you have a blessed Lent!*



## *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 Jeronymos of Mwanza  
Father Simon & Presvytera Stephanie and children  
Parishioners of Saint Barbara Greek Orthodox Church  
Parishioners of Saint Barbara's in Kazinga, Tanzania  
Metropolitan Paul (Yazge) of Aleppo  
Archbishop Youhanna Ibrahim (Syriac) of Aleppo  
Nuns of St. Thekla Monastery in Maaloula, Syria

Presvytera Krissy Flesoras (health)  
Angelique Chuchas  
Michael Domagala (health)  
Vasili Economidou (cancer)  
Bill & Helen Gekis (health)  
Sorel (Sophia) Kolendrianos (Rett Syndrome)  
Brooke McGillivray (surgery)  
Jim Peters (health)  
Bill Poulis (surgery)  
Jheri E. Redding (Lyme disease)

## *Pascha Flower and Icon Decorating*

Holy Pascha is on April 20<sup>th</sup> this year. As part of the activities associated with this most important event, we will be decorating icons and Christ's tomb on the following dates:

1. On **Sunday, March 23<sup>rd</sup>** following the Liturgy, we will decorate the icon of the Theotokos in commemoration of the Annunciation of the Theotokos on Tuesday, March 25th
2. On **Friday, April 11<sup>th</sup>** at 10:00, we will decorate three icons (Lazarus, Nymphios, and Entry into Jerusalem) in preparation for Lazarus Saturday on April 12 and Palm Sunday on April 13th
3. On **Thursday, April 17<sup>th</sup>** at 10:00 am, we will fashion the floral wreath to place on the Christ icon and we will decorate the crucifixion icon.
4. On **Friday, April 18<sup>th</sup>** beginning at 8:30, we will decorate Christ's tomb, prepare rose petals, and decorate two icons.

Your help is urgently needed to ensure that these floral projects are completed on time! Please contact Catherine McDavid at your earliest convenience at [catherine.mcdavid@icloud.com](mailto:catherine.mcdavid@icloud.com) to let her know if you can assist on any of these dates.

## *Missions Luncheon*

*"BE THE CHANGE YOU WANT TO SEE IN THE WORLD" -Mahatma Gandhi*

*GIVE LOVE SHARE*

*Dear Brothers and Sisters in Christ,*

Thank you for sharing your blessings and supporting the orphanages of India, Guatemala and Albania. Your generosity and love for God will make a difference to the orphans. The nuns who operate the orphanage are dedicated to helping children shunned by society. They take the uneducated, sick children from the urban slums and provide nourishment, medicine, shelter, clothing, and school. We collected over \$6000 so far this year. It is not too late to make a donation if you missed the Mission Awareness Luncheon. Over the last 38 years they wait each year for our help. A few years back they called me from Guatemala for help. They did not have diapers for the infants they take in who are abandoned on the streets. I asked some of you to help and you responded. I collected \$800 to buy the diapers in Florida and send them to Guatemala. By the grace of God you open your hearts and help us help them. Thank you for standing by me the last 38 years and helping to send over \$160,000 to the orphans. Special thanks to Bill Poulis for providing and cooking the food, and to Brian and Alexandra Iorio for all their hard work in the kitchen, AHEPA for their \$400 donation, Philotochos for their \$500 donation, and Ellen Fenger and Pam Alexander for their help out front. May God Bless you with his love and good health.

Kali Sarakosti, Alex Haimanis

## *Saint Barbara Philoptochos Chapter #4019*

Philoptochos is moving along very strong. Dr. Dan Brennan spoke at our meeting February 16th and I want to thank everyone that joined into the conversation. We could have stayed an extra hour.

Connie Hillman is **collecting items for the Santa Barbara basket that goes every year to Kids "n" Cancer fundraising luncheon that will be held May 4th.** The items are: Santa Barbara Olives (3 jars), Santa Barbara Olive Oil (3 bottles), Santa Barbara Salsa (2 jars), Santa Barbara Biscotti (1 tin), Merv Corning Note Cards of Greece, Italian Hand painted Ceramic Platter, Saint Barbara Apron, Saint Barbara Ornament, Pierre La Fond Wine (2 bottles). Please contact Connie for your donation. If anyone is interesting in attending the Kids "n" Cancer event please let me know.

We have only 6 icon calendars 2014 available. If you want to purchase one contact the Church office. I do want to thank Alex and Alexandra Trigonis for personally delivering the calendars to us. Dana Penoff did an incredible job in following up with this project.

**SAVE THE DATE!!!!** the second annual "**Essence of the Mediterranean**" to be held **September 20th, 2014** at the St. Barbara Orthodox Event Center from 2:00pm to 5:00pm. More information will be coming your way soon.

To become a Philoptochos member, join us at one of our meetings. More interesting topics with speakers will be coming up in the future. If you want a specific topic, let's talk about it. The **next meeting will be held March 9th after Liturgy.** Wishing you all a Healthy Lent starting March 3rd "Καλή Σαρακοστή".

## *Festival Pastry Workshops*

**SAVE THE DATES & MARK YOUR CALENDARS!!!!**

Saturday, April 26, 9 am - Melomacarona  
Saturday, May 17, 9 am - Koulourakia  
Saturday, June 7, 9 am - Kourabiedes  
Friday, July 18, 1 pm - Karithopita (Walnut Cake)  
Saturday, July 19, 1 pm - Yogurt Cake

Friday, July 25, 9 am - Prepare gift packs  
**SATURDAY, JULY 26, FESTIVAL OAK PARK**  
**SUNDAY, JULY 27, FESTIVAL OAK PARK**

## *St. John Chrysostom Oratorical Festival*

On Sunday, February 23<sup>rd</sup> following the Divine Liturgy, our Parish held the St. John Chrysostom Oratorical Festival. Five of our young people participated by reading essays and poems they had written about the Orthodox Faith. We congratulate Olivia Benbow, Elsa Fryer, Andriana Tziouvaras, Natalia Tziouvaras, and Elena Velliotes for their inspiring words and moving presentations.

Olivia, Elsa, and Natalia were in the Exhibition Category. Andriana and Elena were in the Junior Category, and both will be representing our Parish at the District Level, to be held at Sts. Constantine & Helen Greek Orthodox Church in Cardiff by the Sea.

***Congratulations!***



# Parish, Youth & Young Adult Ministries

## **Choir**

CHURCH MUSIC INSTITUTE

**Saturday, March 15, 2014 from 9:30 am to 3 pm.**

St. Nicholas Greek Orthodox Church, 9501 Balboa Boulevard, Northridge, CA.

Enjoy a day of fellowship and music with Church Musicians from throughout SO CAL at this **FREE** Church Music Institute. The day will begin at 9 am with Continental breakfast. The workshop will begin promptly at 9:30 a.m. *Lunch is included and all pre-registered participants will be entered into a special prize drawing!*

**The facilitator is our own Director, Andriana Kolendrianos!**

After Clergy presentation of the Divine Liturgy Structure and Theology, Andriana will present vocal and choral sessions and using the tips and techniques learned, she will incorporate it all in a sampling of Liturgical hymns in Greek and English. It will be a wonderful day filled with beautiful singing and music!

Registration is FREE!!! However, in order for the host parish to adequately prepare materials and meals, please send message to [marilyne.coats@gmail.com](mailto:marilyne.coats@gmail.com) or [costakourtis@verizon.net](mailto:costakourtis@verizon.net) to register.

*Sponsored by the Greek Orthodox Metropolis of San Francisco Church Music Federation and the National Forum of Greek Orthodox Church Musicians.*

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

The V.I.P. Seniors had their February meeting/lunch on February 13, 2014 at Cody's Café with 15 members attending. In addition to planning of the future meetings, Seniors also celebrated Helen Goumas's 89<sup>th</sup> birthday. Helen is one of the oldest members of our parish. God Bless her and may she live for many more years.

**V.I.P. Seniors will conduct their next meeting on March 13, 2014 at the Santa Barbara Yacht Club at the Harbor.**

## **Sunday School**

It is hard to believe that there are only four more months left in the Sunday school year. The students have been learning various hymns, aspects of the Liturgy and studying the Bible. Students are learning and understanding how God is real and with us daily.

Each Sunday is an opportunity for teachers and parents to strengthen our children's understanding of living a Christian life. It is a blessing that the children have each other to strengthen their faith together.

March 2 ~ Sunday School and Youth Choir

March 9 ~ **Early Sunday School**

*(Sunday of Orthodoxy)*

March 16 ~ Sunday School and Youth Choir

March 23 ~ Sunday School

March 30 ~ Sunday School and Youth Choir

## **Youth Choir**

The new semester of Youth Choir is off to an amazing start! We will be practicing some pieces for graduation. Please take the words home, and raise a hymn in the car, before dinner, getting ready for bed, or whenever you need a pick-me-up. Practice will continue during Sunday School on March 2, 16, and 30.

## **Greek School**

Students from the Greek Class and members of our community have joined together to perform a play for the **Greek Independence Day Celebration to be held March 22<sup>nd</sup> at the Orthodox Center at 6:00 pm.** The play will be "TO KRIFO SCHOLIO (THE SECRET SCHOOL)" and the children are working hard memorizing their lines. Dinner will be served followed with the Toumba dancers and music and dancing for all will follow. Please plan to join us on this day to celebrate our Independence. A flier is included with this Epistle and more fliers are posted at the Orthodox Center bulletin table.

Due to Lent with pre-sanctified Liturgy on Wednesdays, first level classes will be held Tuesday evening. Please contact Georgia for the schedule for first level classes. We are learning to read and the class is always full of excitement and enthusiasm to learn more. For information on first level contact Georgia at [ginagaston@verizon.net](mailto:ginagaston@verizon.net).

# Community Organizations

## **SB-Patras Sister Cities Group**

The Santa Barbara-Patras Sister Cities Group is making plans for the future of the organization. We will be joining AHEPA and Daughters of Penelope to celebrate the March 25<sup>th</sup> Greek Independence Day to be held March 22<sup>nd</sup> at the Orthodox Center. Proceeds will go towards various ministries. You don't have to be Greek to be a member. Our membership fee is only \$35.00 per calendar year and we are taking applications for new members. If you are interested in joining our group please contact Georgia Gastouniotis at ginagaston@verizon.net, George Papazacharioudakis at gpapazach@msn.com, Vivi Tziouvaras at v.tzaxan@gmail.com or Debbie Merlo Ruccioni at debbie@debbiemerlo.com. Our meetings held every other month and the **next meeting will be held April 3<sup>rd</sup>, 2014.**

## **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.

All meetings with a guest speaker are open to members of the community and we invite you to join us, have dinner, and listen to an inspiring and informational speaker.

In an upcoming event, to be scheduled after Easter, UCSB Professor Alice Condodina, (both she and her husband, Bob, are members of our church) will speak on the Art of Dance. More details will be announced as to the exact location and time.

Ahepa, The Daughters of Penelope and The Patras Sister City are hosting a Greek Independence Day celebration on 3-22-14 at the Church hall. Please see the flyer for details.

If you are interested in joining Ahepa, or attending a meeting to learn more about Ahepa, call President 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)

Our annual **Garage Sale in February 1<sup>st</sup>** was very successful! Thank you to Terry Keramaris for letting us use her home and for storing all the items these past months and for all the ladies who helped at the sale.

**We are taking orders for our annual Easter Koulourakia sale.** Please submit your orders by March 30<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.

# Volunteers for March 2014

## Epistle Readers:

2	Greek: Voula Aldrich	English: Ruth Angelos
9	Greek: Alex Trigonis	English: Yianni Magoulias
16	Greek: Terry Keramaris	English: Dean Papazacharioudakis
23	Greek: Angelique Chuchas	English: Randy Langel
30	Greek: Voula Aldrich	English: Mike Pahos

## Acolytes:

Connor Blake, Cainan Iorio, Dean Richardson, Dimitri Richardson

## Ushers:

2	George Mamalakis, Mary Mamalakis
9	Bessie Condos, Art Markos
16	Paul Tziouvaras, Brian Iorio
23	William Poulis, Alex Haimanis
30	Paul Tziouvaras, George Papazacharioudakis

## Prosporo Bakers:

2	Valerie Katsikis
9	Sophia Kenrick
16	Angelique Chuchas
23	Connie Pappas Hillman
30	Valerie Katsikis

## Altar Flowers:

2	Available
9	Available
16	Available
23	Available
30	Available

## Coffee Fellowship Hosts:

2	Available
9	Available
16	Philoptochos
23	Available
30	Available

## NEWS & NOTES

### *Baptisms...*

**Pearson "Joseph" Moreno**, February 22<sup>nd</sup>, son of Lindsey & Paul Moreno, Sponsors are Anna Antoniou & Angelica Sedgwick

**George Tyler**, February 22<sup>nd</sup>, son of Marisa & Max Tyler, Sponsors are Andriana Antoniou & Anona Antoniou

**Alexander "Frederick" Jordan**, February 27<sup>th</sup>, son of James & Tatiana Jordan, Sponsor is Valeria Eggers

### *Deaths...*

**Anastasios "Tom" Pappas**, February 11<sup>th</sup>, husband of Carolyn, father of Anastasia, Agaitha, Christina, Eugenia and Alex

### *Memorials...*

**Lisa Christine Stathopoulos (1 year)**, February 2<sup>nd</sup>, wife of Peter Stathopoulos, mother of Nicholas, sister in-law to Carol, Bill and Lou, and daughter of Grady and MaryEllen Kimbrell.

### *In Memory of...*

**Anastasios "Tom" Pappas**, by Mr. & Mrs. Ray Connell, Patricia & Jerome Seckler, Christine Hannemann, Felicitas Lorenzo, Ellen Fenger, Sophia Kenrick, Eugenia & Terry Casserly, Mike & Vivian Pahos, Vivi & Paul Tziouvaras, Chris & Connie Hillman, Jim & Linda Peters, William Poulis, Carol & Ronald Sferra, Oliver & Rosella Weber, Demetroula Pappas, Sat Tapa Kaur Charbel; to Mission Tanzania by Alex Haimanis, Sophie Alexander

**Lisa Christine Stathopoulos**, by Mary Stathopoulos

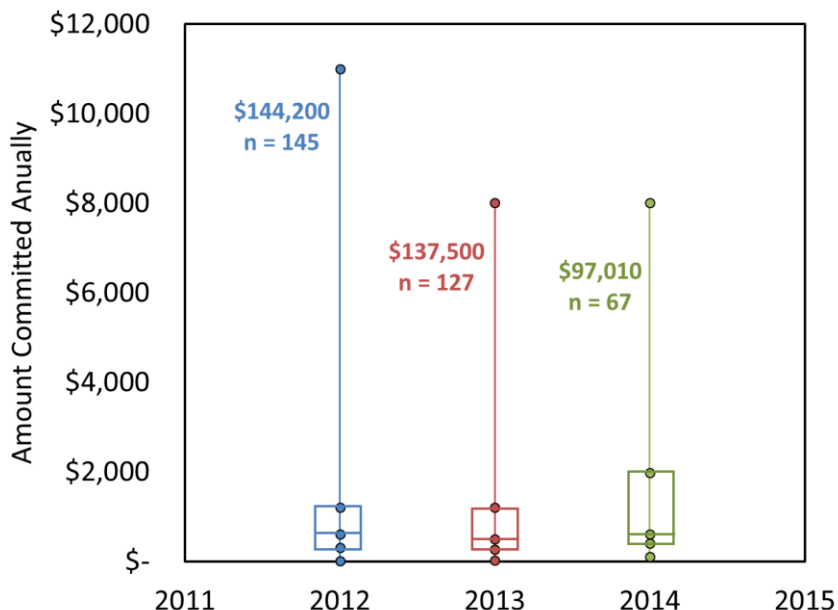


# Stewardship 2014

A huge "Thank You!" to all who have returned their 2014 Stewardship Commitment cards. After our follow-up coffee hour, 67 families have committed \$97,010.

As we begin our Lenten journey, the committee will be sorting through the Time and Talent forms and make sure to match everyone with the ministries in which they are interested. Please also make your voice heard during this beautiful Lenten season and find a place where your talents can shine. Read an Epistle or Old Testament passage. Make your favorite *νηστίσιμο* dish for a Lenten dialog. Lend your hands and gloves and toothbrushes to cleaning the church for Pascha.

## Comparison of Annual Stewardship Commitments



### 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

## 2014 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 Jan–Dec 2014, 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.  
*For Authorized Saint Barbara Greek Orthodox Church Personnel Only*

## Stewardship 2014

Aldrich, Voula  
Alexander, Pam  
Alexander, Sophie  
Anderson, John & Catherine  
Angelos, Dr. James & Ruth  
Anthes, George & Stacie  
Anthimiades, Dorothy  
Ballas, Gus  
Carlton, Karen & Gary  
Carroll, John & Lexy  
Casserly, Terry & Eugenia  
Chuchas, Alex & Angelique  
Cocores, Ted & Christine  
Condodina, Alice  
Condos, Bessie  
Day, Derrick & Darcy  
Domagala, Terilee & Michal  
Fakinos, George & Barbara  
Fell, Ryan & Stacey  
Fenger, Ellen  
Gastouniotis, Dean & Georgia  
Geoghiou, Diana  
Hanges, Andrew & Georgia  
Haimanis, Alex  
Hillman, Catherine  
Hillman, Chris & Connie  
Hroundas, George  
Hunt, Barbara  
Jordan, James & Tatiana  
Kallas, Agnes & Anthony  
Katsikis, Valerie  
Kenrick, Sophia  
Keramaris, Terry  
Khoury, Cheri  
Kolendrianos, Chris & Megan  
Kolendrianos, Ernest & Andriana  
Kwiatkowski, Jackson  
Lamb, Glory

Landry, Frank & Kalliroi  
Langel, Randy & Patti Stathis  
Lasptis-Balboa, Stella  
Lasswell, Theophilos & Dorothea  
Mamalakis, George & Mary  
Martin, Nick  
Martin, Ted  
Matiosian, Mace & Phyllis  
Moreno, Paul & Lindsey  
Nedic, Sofija  
Nicolaou, Soteris & Jaime  
Pahos, Mike & Vivian  
Papador, George & Tracy  
Papador, Georgia  
Papazacharioudakis, George  
Penoff, Dana  
Phillips, Emanuel  
Pollalis, Gikas & Stella  
Poulakos, Jennifer  
Poulis, William  
Poulos, Steve  
Rishwain, Jeff & Connie  
Roan, Curtis & Georgina  
Smith, Catherine McDavid  
Solomon, Karen  
Stathis, Cy & Helen  
Swider, Bob & Christy  
Theofanous, Theo & Danae  
Thomas, Fr. Simon & Pres. Stephanie  
Trigonis, Alex & Alexandra  
Tullis, Bud & Barbara  
Tziouvaras, Ahileas & Polyxeni  
Velliotes, Louie  
Vogel, Marina  
Winford, Gerald & Stamatina  
Zettas, Paul & Jennie

*Daughters of Penelope*  
***Easter Koulourakia Sale***

*Saint Barbara Greek Orthodox Center*

*Lazarus Saturday*  
*April 12, 2014*

*Palm Sunday*  
*April 13, 2014*

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Koulourakia with Sesame Seed - \$8.50 per dozen                      Quantity \_\_\_\_\_ Dz.

Koulourakia without Sesame Seed - \$8.50 per dozen                      Quantity \_\_\_\_\_ Dz.

Total \$ \_\_\_\_\_                      Total Quantity \_\_\_\_\_ Dz.

Mail form and a check payable to:

Daughters of Penelope  
c/o Helen McGillivray  
736 Chiquita Road  
Santa Barbara, CA 93103

**Orders due by March 30<sup>th</sup>**



# MARCH 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1 Saturday of Souls Orthros, 8 am Liturgy, 9 am</b>
<b>2 Forgiveness Sunday Orthros, 9 am Liturgy, 10 am</b> Sunday School Youth Choir <b>Forgiveness Service, 6:00 pm</b>	<b>3 Great Lent Begins!</b>  <b>Great Compline, 6:00 pm</b>	<b>4</b>  Greek Class, 5:30 pm	<b>5</b>  <b>Presanctified Liturgy, 6:00 pm</b> Lenten Dialogue	<b>6</b>	<b>7</b>  <b>1<sup>st</sup> Salutation to the Virgin Mary, 6:00 pm</b>	<b>8 Saturday of Souls Orthros, 8 am Liturgy, 9 am</b>
<b>9 Sunday of Orthodoxy Orthros, 9 am Liturgy, 10 am</b> Sunday school Philoptochos Mtg <b>Vespers, 6:00 pm</b>	<b>10</b>  <b>Great Compline, 6:00 pm</b> Parish Council Meeting, 7:00 pm	<b>11</b>  Greek Class, 5:30 pm	<b>12</b>  <b>Presanctified Liturgy, 6:00 pm</b> Lenten Dialogue	<b>13</b> VIP Luncheon & Meeting, 12 noon	<b>14</b>  <b>2<sup>nd</sup> Salutation to the Virgin Mary, 6:00 pm</b>	<b>15</b> Church Music Institute, 9:30 am (at Northridge)
<b>16 Sunday of St. Gregory of Palamas Orthros, 9 am Liturgy, 10 am</b> Sunday School Youth Choir	<b>17</b>  <b>Great Compline, 6:00 pm</b> AHEPA/DOP Meetings, 6:00 pm	<b>18</b>  Greek Class, 5:30 pm	<b>19</b>  <b>Presanctified Liturgy, 6:00 pm</b> Lenten Dialogue	<b>20</b>	<b>21</b>  <b>3<sup>rd</sup> Salutation to the Virgin Mary, 6 pm</b>	<b>22</b>  Greek Independence Day program & Dinner, 6 pm
<b>23 Sunday of The Holy Cross Orthros, 9 am Liturgy, 10 am</b> Sunday school Icon Decorating	<b>24</b>  <b>Great Vespers, 6:00 pm</b>	<b>25 Feast of the Annunciation Orthros, 8 am Liturgy, 9 am</b> Greek Class, 5:30 pm	<b>26</b>  <b>Presanctified Liturgy, 6:00 pm</b> Lenten Dialogue	<b>27</b>	<b>28</b>  <b>4<sup>th</sup> Salutation to the Virgin Mary, 6 pm</b>	<b>29</b>
<b>30 Sunday of St. John of Climacus Orthros, 9 am Liturgy, 10 am</b> Sunday School Youth Choir	<b>31</b>  <b>Great Compline, 6:00 pm</b>					