

The Epistle

November 2014

Saint Barbara Greek Orthodox Church

Rev. Father Simon Thomas, Pastor

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The Mystical Supper

In the Holy Eucharist we offer to God the substance of our life and receive it back as the Body and Blood of Christ for the sanctification of our souls and bodies and as the mystery of the Church's unity in Christ.

St. Paul once addressed the philosophers of Athens, introducing them to the one true God. During his sermon on Mars' Hill, quoting a Greek poet, he said of God, "*in Him we live, and move, and have our being*" (Acts 17:28). St. Nicholas Cabasilas interpreted this in terms of the Mysteries of Baptism, Chrismation, and the Eucharist:

"Baptism confers being and in short, existence according to Christ ... The anointing with Chrism perfects him who has received birth by infusing into him the energy that befits such a life. The Holy Eucharist preserves and continues this life and health, since the Bread of Life enables us to preserve that which has been acquired and to continue in life ... In this way we live in God. We remove our life from this visible world to that world which is not seen by exchanging, not the place, but the very life itself and its mode" (The Life in Christ).

This is, perhaps, the most succinct exposition of the mysteries ever written. The mysteries are not merely "sacred rites"; they are nothing less than our participation in the life of the Holy Trinity. Having been united with Christ in Baptism and empowered by the Holy Spirit, we are led to the Holy Table and partake of the Bread of heaven.

The Holy Eucharist begins with the offering of bread and wine, which the people of God bring to the Church. Bread and wine are the substance of life – that by which we live in this world. It is important to note that we do not bring grain and grapes, but the fruits of the earth that have been harvested and made by human intellect and effort into bread and wine.

God gave the world to Adam and Eve as a means of communion with Himself. However, they refused this gift and instead made the world into an end in and of itself. By offering the substance of our life to God in love and thanksgiving, we recover the original Eucharistic vocation of the human race. This offering is possible, however, only because Christ – God made flesh – offered Himself upon the Cross for the life of the world. There is one and only one sacrifice. The Eucharist is nothing else than that one sacrifice.

The night He was betrayed, Christ ate His Last Supper with His Disciples. He broke the bread and blessed the wine, instructing the Apostles, "This do in remembrance of Me" (1 Corinthians 11:24-25). The Eucharist is, therefore, an act of remembrance; it orients our life toward the Cross.

The New Testament word for remembrance, however, means more than mere psychological recollection. *Anamnesis* literally means to re-present or make present. In the Holy Eucharist we do not remember the sacrifice of Christ on the Cross in the same way we recollect a past event in our own lives; rather, that sacrifice is made present to us. We *participate* in that sacrifice.

There is no doubt that the early Christians understood the Eucharist as a sacrifice. In the first-century Syrian church manual called the *Didache* we read, "*On the Lord's Day assemble together and break bread and give thanks, first making public confession of your faults, that your sacrifice may be pure ... For this is the sacrifice spoken of by the Lord: In every place and time offer me a pure sacrifice*" (Malachi 1:11,14).

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	JACKSON KWIATKOWSKI
RANDY LANGEL – TREASURER	GEORGE PAPADOR
TAYLOR CANFIELD	MARY PAPADOR MENDOZA
ALEX CHUCHAS	PAUL TZIOUVARAS

PARISH MINISTRIES

CHANTERS	ALEX TRIGONIS & RANDY LANGEL
CHOIR DIRECTOR	ANDRIANA KOLENDRIANOS
GREEK FESTIVAL	TBD
GREEK SCHOOL TEACHER	TBD
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	JACKSON KWIATKOWSKI
DANCE GROUP DIRECTOR	FATHER SIMON THOMAS
YOUTH CHOIR DIRECTOR	SOPHIA KENRICK
SUNDAY SCHOOL DIRECTOR	ANGELA CANFIELD
ORTHODOX CHRISTIAN FELLOWSHIP	ANNA CROSSMAN

COMMUNITY PROGRAMS

AHEPA PRESIDENT	JIM ARGER
DAUGHTERS OF PENELOPE PRESIDENT	CAROL ARGER

OFFICE PERSONNEL

VALERIE KATSIKIS

CHURCH OFFICE HOURS

MONDAY – FRIDAY * 9 A.M. – 5 P.M.

GREEK ORTHODOX ARCHDIOCESE OF AMERICA * METROPOLIS OF SAN FRANCISCO

We do not offer a new sacrifice, however, but the sacrifice that Christ offered once and for all: *“For it is You, O Christ our God, Who offers and is offered”* (Liturgy of St. John Chrysostom).

God the Father receives this offering at our hands precisely because it is the offering of His Son. From all eternity the Son receives His being from the Father and, in return, offers Himself to His Father in love. On the Cross, Christ offered Himself to His Father as man, thereby introducing humanity into this dynamic movement of Trinitarian love. In the Eucharist our life is offered to the Father in and through Christ, and we receive eternal life in return by partaking of the life-giving Body and Blood of the Lord.

“Verily, verily, I say unto you, unless you eat the Flesh of the Son of Man, and drink His Blood, you have no life in you” (John 6:53). When Christ spoke these words, many ceased to follow Him (John 6:66). Those who remained, however, became partakers of His Body and Blood: *“Take, eat: this is My Body ... This is My Blood of the New Testament, which is shed for many for the remission of sins”* (Mark 26:26, 28).

In the early years of the Christian era, a problem arose in the Corinthian Church concerning the Eucharist. Many treated it shamefully, using it as an excuse for selfishness and division, rather than as a sacrifice of love and unity. St. Paul warned them of the consequences of their actions:

“Wherefore whosoever shall eat this Bread, and drink this Cup of the Lord, unworthily, shall be guilty of the Body and Blood of the Lord. But let a man examine himself, and so let him eat of that Bread, and drink of that Cup. For he that eats and drinks unworthily, eats and drinks damnation to himself, not discerning the Lord’s Body. For this cause many are weak and sickly among you, and many sleep” (1 Corinthians 11:27-30). Thus, according to St. Paul, many have physically died from partaking of the Lord’s Table unworthily.

The reason for this is clear, as St. Paul explained: *“The Cup of Blessing which we bless, is it not the communion of the Body of Christ”* (1 Corinthians 10:16)? In partaking of the Eucharist, we are literally partaking of the Body and Blood of our Lord Jesus Christ.

Early in the second century, St. Ignatius wrote of a sect in the Church that did not believe that Christ had come in the flesh. He noted that they did not attend the Eucharistic gathering of the Church. Why? *“They abstain from Eucharist and prayer, because they do not confess that the Eucharist is the Flesh of our Savior Jesus Christ”* (Epistle to the Smyrnaeans). To deny the reality of Christ’s humanity is to deny the reality of His presence in the Eucharist and vice versa.

Around the year A.D. 150, St. Justin the Philosopher wrote to the Roman Emperor, explaining to him the Gospel of Christ and petitioning for an end to persecution. Concerning the Eucharist he wrote:

“We do not receive these Gifts as ordinary food or ordinary drink. But as Jesus Christ our Savior was made flesh through the Word of God, and took flesh and blood for our salvation; in the same way the food over which thanksgiving has been offered through the prayer of the Word which we have from Him – the food by which our blood and flesh are nourished through its transformation – is, we are taught, the Flesh and Blood of Jesus Who was made flesh” (First Apology).

The Mystery of the Eucharist is, therefore, truly awesome. By it we receive into our soul and body the Body and Blood of Christ Himself, Who infuses His divine life into our life. All of this is accomplished through our sacramental participation in His Cross...

St. Paul writes, *“For we being many are one Bread, and one Body: for we are all partakers of that one Bread”* (1 Corinthians 10:17). In the early Church, all Christians in a given area met together to celebrate the Eucharist at the same place and same time. In this gathering, social, racial, and political barriers were overcome as all participated in one Liturgy, offering one prayer and partaking of one Bread.

This principle is expressed in canon law today by the fact that a priest may celebrate only one Liturgy during a day. If circumstances necessitate that a second Liturgy be celebrated in a Church, it must be celebrated by a different priest and on a different altar. This may seem to be a somewhat “round-about” approach, but it serves to underscore the principle that the community partakes of *one* Eucharist.

Every Sunday and great feastday the Church in a given location gathers together to celebrate the Eucharist – to offer and be offered to God in love and to receive from Him the *“Medicine of Immortality.”*

President's Report

SAINT BARBARA "CHALLENGES"

On Sunday, November 16, 2014 following Liturgy, we will have our Fall Parish General Assembly. The primary topics for presentation and discussion concern the year to date financial status, the proposed 2015 Budget, and nominations for four (4) open positions for the Parish Council.

CHALLENGE #1: ASSEMBLY ATTENDANCE. Will you attend this important meeting? I hope your answer is a resounding YES. Your Parish Council sincerely requests your input as we collectively confront the ever increasing challenges that we face each year.

CHALLENGE #2: EXPENSES. Our expenses can usually be anticipated except for an occasional infrastructure emergency (i.e. roofing, plumbing, electrical). The scope of expenses includes salaries and benefits mandated by the Archdiocese, insurance on our church campus and parish home, monthly maintenance (buildings & grounds), utilities (water, gas, electric), taxes, outreach ministries - both local and national, supplies (office, kitchen, restrooms, grounds). Our monthly financial obligations are approximately \$30,000. Yes, you read that correctly ... \$30,000! I expect your response is ... Wow! Unbelievable! Are you serious? You now have insight into the formidable challenges that your Parish Council faces every year. How do we assure the necessary monthly income flow? The answer is ... St. Barbara counts on each of us, the faithful Stewards, for our time, talents, and generous financial donations.

CHALLENGE #3: INCOME. Our collective income is derived primarily from four sources:

- #1. Stewardship
- #2. Orthodox Center Rentals
- #3. Parish Home Rental
- #4. Greek Festival

Of the four income sources, the Parish Home Rental is fixed and predictable. Orthodox Center Rentals vary widely from year to year, depending on the economy, and site competition. Greek Festival revenues have reached a plateau the last few years, but expenses for rentals and food costs continue to increase. Booth sponsorships this year greatly assisted our bottom line. A robust Stewardship program makes it possible to meet our financial obligations and ideally, allows building a reasonable reserve/emergency account for the unexpected. This year our parish stewards have increased their contributions significantly and we are profoundly grateful. Thank you! For our 2015 pledge, if we all contribute an additional \$250 dollars, our bottom line would be increased by \$30,000, or one month's expenses. What a boost that would be for our income flow!

CHALLENGE #4: SPIRITUAL APATHY. Membership, Church, Sunday School attendance, and Acolyte service have declined, while less support for parish and organizational activities has developed over the recent past. Our Spiritual Development Survey from 98 parishioners indicated they wanted more emphasis on spiritual activities. Your Parish Council asks you to take advantage of the opportunities, for you and your children, of the spiritual activities that St. Barbara offers.

CHALLENGE #5: VOLUNTEERISM. Everyone has busy schedules and obligations. The family unit has been significantly impacted with the necessity often of both parents working and children actively engaged in sports and extracurricular activities, both during the week and weekends. We are grateful for those faithful individuals who are able to "carve out" time for church needs.

CHALLENGE #6: TRANSITION OF RESPONSIBILITY. St. Barbara needs individuals with vigor and enthusiasm to take on chairmanships and programs that are now run by Seniors who have proudly chaired for many years. We applaud the outstanding accomplishments of these devoted individuals ... but now, they need to be replaced by the next generation if we are to continue the success that we have come to know and expect.

CHALLENGE# 7: COMMUNICATION. Our communication is primarily via email, US Mail, telephone, and word of mouth. Please inform the Church Office at 683-4492, if you or someone you know, are not "in the loop" of church information.

SOLUTIONS: We can overcome all the above “CHALLENGES” with the following:

... Increased membership and especially family participation. Children learn by adult examples.

... Accept volunteer opportunities as a joyful expression of our time and talents from God.

... Prayerfully examine our annual commitment. As Stewards, we affirm that every aspect of our lives comes as a gift from Him. Stewardship calls on the faithful to cheerfully offer back to God a portion of the gifts with which they have been blessed. With our continued and hopefully increased support, we can attain the vision of people being reached and God’s purpose being accomplished in the life of the Church and its ministry.

Once again, please make every effort to join our **November 16 Parish General Assembly**. Your participation and valuable input is important and greatly appreciated. Thank you!

In His Service,

Ernest Kolendrianos, President, Parish Council, 2014

SAINT BARBARA PARISH ASSEMBLY

Sunday, November 16, 2014

Orthodox Center, 12 NOON – 1 P.M.

Following Luncheon Provided by Daughters of Penelope

AGENDA

- I. Call to Order..... Ernest Kolendrianos
- II. Opening Prayer..... Father Simon Thomas
- III. Election of Assembly Chair and Secretary
- IV. Minutes of Spring Parish Assembly, April 27, 2014..... Ruth Angelos
- V. Quorum Determination
- VI. Clergy Report..... Father Simon Thomas
- VII. President Report..... Ernest Kolendrianos
- VIII. Stewardship Report..... Ruth Angelos
- IX. Treasurer Report..... Randy Langel
- X. Old Business
 - A. Audit Committee 2013 Report..... Chair
- XI. New Business
 - A. Recommendation of Parish Council to No Longer Allocate Festival Raffle Proceeds to Scholarship Fund
 - B. Proposed 2015 Parish Budget Randy Langel
 - C. Election of 2014 Audit Committee
 - D. Election Committee Nominations (3)
 - E. 2015 Parish Council Nominations (4) for a 3 Year Term..... EC Chair
 - a. Positions Open for Election (4): Ruth Angelos, Taylor Canfield, Alex Chuchas, Bessie Condos
- XII. For the Good of the Parish..... Open to All
- XIII. Closing Prayer..... Father Simon Thomas

Thank you in advance for your attendance and participation in our General Assembly which honors the sincere efforts of the many dedicated volunteers who strive to enhance the spiritual development of our Saint Barbara Orthodox family of faithful. We are all “In His Service.”

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
Angelique Chuchas (health)
Michael Domagala (health)
Bill & Helen Gekis (health)
Sorel (Sophia) Kolendrianos (Rett Syndrome)
Jim Peters (health)
Jheri E. Redding (Lyme disease)
Michael (health)

Liturgical Calendar

Sunday, November 2nd
5th Sunday of Saint Luke
Orthros – 9:00 am
Divine Liturgy – 10:00 am

Saturday, November 8th
Feast of the Synaxis of the Archangels
Orthros – 8:00 am
Divine Liturgy – 9:00 am

Sunday, November 9th
Feast of Saint Nektarios
Orthros – 9:00 am
Divine Liturgy – 10:00 am

Thursday, November 13th
Feast of Saint John Chrysostom
Orthros – 8:00 am
Divine Liturgy – 9:00 am

Sunday, November 16th
Feast of Saint Matthew
Orthros – 9:00 am
Divine Liturgy – 10:00 am

Thursday, November 21st
Feast of the Entrance of the Theotokos
Orthros – 8:00 am
Divine Liturgy – 9:00 am

Sunday, November 23rd
9th Sunday of Saint Luke
Orthros – 9:00 am
Divine Liturgy – 10:00 am

Tuesday, November 25th
Feast of Saint Katherine
Orthros – 8:00 am
Divine Liturgy – 9:00 am

Saturday, November 29th
Great Vespers for Saint Andrew – 6:30 pm
(at St. Andrew in SLO)

Sunday, November 30th
Feast of Saint Andrew
Orthros – 9:00 am
Divine Liturgy – 10:00 am

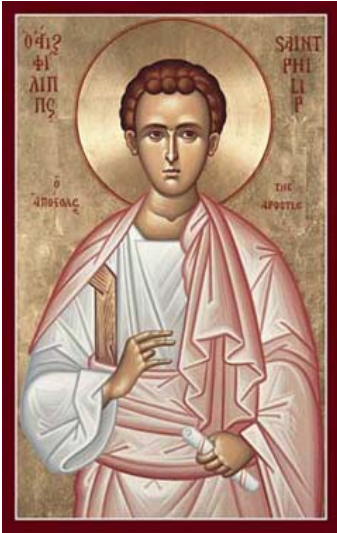
Happy Name Day!

- 8th** **Synaxis of the Archangels** – Angela Canfield, Matina Demourkas, Michael Earl, Michael Gatti, Mike Pahos, Angie Redding, Angel Sugleris, Michael Weeks, Michael Zozos
- 14th** **Saint Philip** – Philip Hadji
- 16th** **Apostle Matthew** – Connor Blake, Matt Kourakis
- 25th** **Saint Catherine** – Catherine Anderson, Catherine Cora, Katina Demourkas, Katina Fictum, Catherine Hillman, Katerina Kingsbury, Catherine McDavid Smith
- 26th** **Saint Stylianos** – Stan Nicolaides
- 30th** **Saint Andrew** – Andrew Hanges, Andriana Hohlbauch, Andrea Holland, Andriana Kolendrianos, Randy Langel, Andrew Roen, Andrea Spanos, Andrea Tsitsilianos, Andriana Tziouvaras

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.

The Holy Apostle Philip

November 14th



The Holy and All-praised Apostle Philip, was a native of the city of Bethsaida in Galilee. He had a profound depth of knowledge of the Holy Scripture, and rightly discerning the meaning of the Old Testament prophecies, he awaited the coming of the Messiah. Through the call of the Savior (John 1:43), Philip followed Him. The Apostle Philip is spoken about several times in the Holy Gospel: he brought to Christ the Apostle Nathaniel (See John 1:46); the Lord asks him where to buy bread for five thousand men (John 6: 5-7); he brought certain of the Hellenized Jews wanting to see Jesus (John 12:21-22); and finally, at the Last Supper he asked Christ to show them the Father (John 14:8).

After the Ascension of the Lord, the Apostle Philip preached the Word of God in Galilee, accompanying his preaching with miracles. Thus, he restored to life a dead infant in the arms of its mother. From Galilee he went to Greece, and preached among the Jews that had settled there. Some of them reported the preaching of the Apostle to Jerusalem. In response, some scribes arrived in Greece from Jerusalem,

with one of the Jewish chief priests at their head, to interrogate the Apostle Philip.

The Apostle Philip exposed the lie of the chief priest, who said that the disciples of Christ had stolen away and hidden the body of Christ. Philip told instead how the Pharisees had bribed the soldiers on watch, to deliberately spread this rumor. When the Jewish chief priest and his companions began to insult the Lord and lunged at the Apostle Philip, they suddenly were struck blind. By his prayer the Apostle restored everyone's sight. Seeing this miracle, many believed in Christ. The Apostle Philip provided a bishop for them, by the name of Narcissus, one of the Seventy Apostles.

From Greece the Apostle Philip went to Parthia, and then to the city of Azotus, where he healed an eye affliction of the daughter of a local resident named Nikoklides, who had received him into his home, and then baptized his whole family. From Azotus the Apostle Philip set out to Syrian Hieropolis (there were several cities of this name) where, stirred up by the Pharisees, the Jews burned the house of Heros, who had taken in the Apostle Philip, and they wanted to kill the apostle. The apostle performed several miracles: the healing of the hand of the city official Aristarchus, withered when he attempted to strike the apostle; and restoring a dead child to life. When they saw these marvels, they repented and many accepted holy Baptism. After making Heros the bishop at Hieropolis, the Apostle Philip went on to Syria, Asia Minor, Lydia, Emessa, and everywhere preaching the Gospel and undergoing sufferings. Both he and his sister Mariamne were pelted with stones, locked up in prison, and thrown out of villages.

Then the Apostle Philip arrived in the city of Phrygian Hieropolis, where there were many pagan temples. There was also a pagan temple where people worshiped an enormous serpent as a god. The Apostle Philip by the power of prayer killed the serpent and healed many bitten by snakes. Among those healed was the wife of the city prefect, Amphipatos. Having learned that his wife had accepted Christianity, the prefect Amphipatos gave orders to arrest St Philip, his sister, and the Apostle Bartholomew traveling with them. At the urging of the pagan priests of the temple of the serpent, Amphipatos ordered the holy Apostles Philip and Bartholomew to be crucified.

Suddenly, an earthquake struck, and it knocked down all those present at the place of judgment. Hanging upon the cross by the pagan temple of the serpent, the Apostle Philip prayed for those who had crucified him, asking God to save them from the ravages of the earthquake. Seeing this happen, the people believed in Christ and began to demand that the apostles be taken down from the crosses. The Apostle Bartholomew was still alive when he was taken down, and he baptized all those believing and established a bishop for them.

But the Apostle Philip died on the cross. Mariamne, his sister, buried his body and went with the Apostle Bartholomew to preach in Armenia, where the Apostle Bartholomew was crucified; Mariamne herself then preached until her own death at Lykaonia.

Studies in the Faith: Worship & Sacrifice

Have you ever wondered how the Divine Liturgy came to be? How did St. John Chrysostom know what to include, or did he leave anything out? How about Holy Communion? Why is it important? How do I prepare? And why is there so much emphasis on sin? Wasn't Christ's message about love? This class provides you with an opportunity to find answers to these questions.

This class is intended for those who would like to learn more about Christianity, for those who wish to become Orthodox, and for those who are already Orthodox but would like to broaden and deepen their faith. Please join us at the:

Saint Barbara Orthodox Center

with Rev. Father Simon Thomas

Tuesday, November 4th at 6:30 p.m.

The House of God – We will discuss the architecture of the Orthodox Church and the connection to the Temple in Jerusalem. We will look at why we have icons, what they mean, and where they are placed in the church. We will talk about incense, prosphora (holy bread), water, and wine – and what these all have to do with worship.

Tuesday, December 2nd at 6:30 p.m. – Sacrifice in the Old & New Testament

Tuesday, January 6th at 6:30 p.m. – An Explanation of the Divine Liturgy

Tuesday, February 3rd 6:30 p.m. – Holy Communion: Meaning, Preparation, & Frequency

Tuesday, March 3rd at 6:30 p.m. – Confession: Sin and Repentance

Tuesday, April 7th at 6:30 p.m. – Holy Tuesday/No Class

Tuesday, May 5th at 6:30 p.m. – Conclusion

Bible Study: The Book of Revelation (Apocalypse)

No book of the Bible has captured the imagination more than the book of Revelation, also known as the Apocalypse. The imagery and symbolism of the last book of the Bible has made common knowledge many words used in today's time: Armageddon, Antichrist, Babylon, the Beast, the Dragon, 666, and the New Jerusalem. We also hear that the prophecies of this book are coming true today, and that we can expect anytime the Rapture and the End of Days.

But what if our understanding of this is all wrong? What if pop culture and Hollywood have created an understanding of the Book of Revelation that has nothing to do with the vision Saint John had on the island of Patmos? What does the Book of Revelation actually say?

Saint John, the writer of the Gospel of the same name, was imprisoned on the island of Patmos for his Christian beliefs. He received a revelation one Sunday, and was commanded to "write in a book what you see" (Revelation 1:10). This vision is what we will study on the **3rd Tuesday of every month**. The early Church understood the important message found in the words of the book of Revelation. Unfortunately, due shady theology from previous centuries, and attempts at entertainment in modern times, that message has been lost. Join us, as we rediscover the Book of Revelation!



Philoptochos Chapter #4019

The Philoptochos Mission Statement is to aid the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, and the victims of disasters. To promote the charitable benevolent, and philanthropic purpose of the Greek Orthodox Archdiocese of America, through instructional programs, presentations, lectures, seminars and other educational resources.

Our Philoptochos chapter participated in a walk to support Domestic Violence Solutions. This is a special program supporting abused women and children. Did you know that 1 in 3 females in Santa Barbara County and 1 in 4 in the U. S. are subject to abuse? This is the one program that helps prevent such abuse and securely shelters and protects victims of such abuse. We thank Catherine McDavid Smith and Presvytera Stephanie for ordering the t-shirts and making all the arrangements.

It is time for the backpack project that we support every year for Domestic Violence Solutions. A list of supplies will be available soon to fill the backpacks. You can support the backpack project either by a monetary donation or donating items from the list that will be provided. For more information contact Presvytera Stephanie.

This next month, Philoptochos will be focusing on preparations for St. Barbara's Feast Day, to be celebrated December 3rd with Great Vespers, and December 4th with Divine Liturgy. Your assistance in participating with the preparations will be appreciated. Please contact any Philoptochos member or the Church Office.

Plans are on their way for the Crab Feed fundraising event coming up February 2015. Stay tuned for more information soon.

Support Philoptochos by becoming a member. There are plans for interesting and very informative speakers in the New Year. Come and join us at our next meeting! For a membership application or information, contact Georgia Gastouniotis, Philoptochos President, at her new email address, ginagaston1@gmail.com, or by phone, 805-455-6725. You can also speak to any Philoptochos member.

The next Philoptochos meeting will be held Sunday, November 9th, at the Education Center after Liturgy.

Spotlight on the Bookstore

Vitamins are supposed to be good for you, right? May I present to you a vitamin you might not be aware of: *Daily Vitamins for Spiritual Growth*, by Fr. Anthony Coniaris. The bookstore has all four volumes. If your time is short, I think you could consume your spiritual vitamins quicker than the daily vitamins you take for your health. The daily readings are one page long and each page is divided into three sections. The first one is the listing of the Saint of the day with a sentence or two about the saint. The second section tells how the topic of the day relates to your life. For example: one psychologist asked three thousand people, "What are you living for?" He was surprised to learn that most people were simply enduring, while they waited for something better in the future. There was the actor waiting for a big part, the husband waiting to retire, and the mother waiting until the kids grow up and have houses of their own. As Fr. Coniaris points out, "How often we miss the joy and happiness that is to be found in the present because we keep thinking how much better it will be tomorrow? Our time on earth is limited, every moment is unique and unrepeatably. Tomorrow is not ours; today is." The third part of the page is a short passage about what the Holy Fathers advise us on the topic of the day. The bookstore has vitamins for you to consider.

Let us Celebrate Saint Barbara

Wednesday, December 3rd - Great Vespers at 6 pm, followed by a Lenten Meal at 7 pm

Thursday, December 4th - Orthros at 9 am; Divine Liturgy at 10 am

For information on all events contact the Church Office at 805-683-4492 or e-mail @ office@saintbarbara.net



Join Team Saint Barbara

November 1, 2014
For the 5K Walk/Run for Love

Supporting Domestic Violence Solutions

For details about signing up, our training schedule, and other logistics, contact:

Catherine McDavid Smith: catherine.mcdavid@icloud.com

Or

Presvytera Stephanie Thomas: s_c_thomas@yahoo.com

Have Fun!
Make a Difference!

Race Day Schedule: 8:00 am – Registration; 9:00 am – Walk/Run

Parish Youth & Young Adult Ministries

Sunday School

The Holidays are upon us. In November, Sunday school students will be joining together to do some Thanksgiving Outreach. Details to follow.

Also in November, the students will be working together during Sunday school on this year's Christmas pageant. The Christmas pageant is a fun and educational program reminding our youth of the true meaning and importance of Christmas and why we celebrate.

The Christmas Program this year will be on December 14th. To participate in both programs, please attend Sunday school.

If you have any question contact Director, Angela Canfield 805-448-1727 or angmilo@hotmail.com

Youth Choir

We have begun learning several new pieces of liturgical music this fall! Each child has his or her very own packet of music to use in Sunday school, and each household should have received a CD with the liturgical music we will be learning this Fall. We've also started practicing for our Christmas concert, which will be on Sunday, December 14. Please contact Sophia Kenrick at louloudaki@gmail.com if you would like an additional digital copy of the music or paper copy of the sheet music.

VIP Seniors

The VIP's got together on October 9, 2014 at Mulligans Café for lunch, fellowship, and planning. The next and last meeting for 2014 will be for a **Thanksgiving "Candlelight Dinner" scheduled for November 15, 2014.** Further information regarding the Thanksgiving dinner will be available soon.

Missions

We are happy to report that we have reached our support a mission priest goal of \$1,200 again this year. This will cover the annual salary of the priest at our sister church in Kazinga, Tanzania. Thank you to everyone who contributed. We greatly appreciate your support in helping to do God's work.

St. John Chrysostom Oratorical Festival

The topics have been released! Students may pick only one category of speech, poetry, or essay. The Speeches will have 3 Divisions: Elementary, Junior, and Senior. The Poetry and the Essay will have 2 Divisions: Junior and Senior.

Dates to remember:

Saint Barbara Parish Festival ~ March 15, 2015

District Festival ~ April 2015

Metropolis Festival ~ Saturday, May 9, 2015
at Saint Nicholas Ranch

National Festival ~ Saturday, June 6, 2015
at Saint Anthony's in Pasadena

All participants must register no later than March 8, 2015 with Presvytera Stephanie, Festival Chairman. Final form essays and poems along with speech draft texts must be submitted no later than March 8, 2015 to Presvytera Stephanie. This is a firm deadline!

The 2015 National Oratorical Festival will be hosted by the Metropolis of San Francisco! More information to come, please see additional fliers.

Toumba & Zoi Dancers

Practices will be held after Divine Liturgy directly following Sunday School in November and December. We want your child's participation! Anna Crossman will be Co-Directing with Presvytera Stephanie, so both groups can be practicing separately at the same time for 15-30 min.

Toumba ~ Ages 2 – 8

Zoi ~ Ages 9 – 15

OSN Gathering

The Orthodox Social Network is for young adults who gather together for fellowship and support regarding their relationships, occupations, and children. All are welcome - singles, couples, or just friends!

Please mark your calendar to join us for the **AHEPA Glendi ~ Saturday, November 1st, 6 pm** in our Saint Barbara Orthodox Center! *See the AHEPA Glendi flier for RSVP information. OPA!*

Community Organizations

Order of AHEPA, Santa Barbara Chapter 243

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

The mission of the AHEPA family, 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.

On September 15th, AHEPA sponsored UCSB Professor Alice Condodina (a member of our church). Professor Condodina gave a very informative lecture for our members and church community regarding the art of dance.

On November 1st, AHEPA will present our annual dinner dance in order to raise funds for assisting our college students with their tuitions at our church community hall.

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.

If you are interested in joining AHEPA, or attending a meeting to learn more about AHEPA contact President Jim Arger at 310-903-2688.

Daughters of Penelope, Santa Barbara Chapter Delos 103

www.daughtersofpenelope.org; www.dopdistrict20.org

The objective of the Daughters of Penelope is to promote the social, ethical and intellectual interests of its members; to encourage Hellenic study; to cultivate citizenship and patriotism for the USA, Canada, Greece, Cyprus and all countries in which Chapters exist; and to promote and preserve the dissemination of Hellenic culture and ideals as a contribution to the global civilization.

Get your orders in for The Daughters of Penelope **Holiday Pastry Bake Sale**. See the enclosed order form and submit your order by the November 12th.

This year marks the 85th Anniversary of the establishment of the Daughters of Penelope on November 16, 1929 with a celebration in the founding city of San Francisco on Saturday, November 15th. In honor of this, the Santa Barbara chapter of the Daughters will host coffee hour in recognition of our Founders' Day on Sunday, November 16th.

Meetings are the third Monday of each month. **Our next meeting is November 17th.**

For more information about the Daughters of Penelope you can visit the national website at www.daughtersofpenelope.org, as well as our district website at www.dopdistrict20.org. If you are interested in becoming a Daughter, please call Helen McGillivray at 965-6727.

2014 PARISH CHRISTMAS CARD

This year we will once again offer the opportunity to send out a Community Christmas Card. With this card, you have the opportunity to exchange Christmas and New Year greetings with the entire parish. This card is professionally done and inscribed with greetings along with the names of all the contributors. **You can be included by donating \$25.00** to the St. Barbara Community Christmas Card. The deadline to return this form with your check to the church office is **Monday, December 8th**. Please **print your name** below just as you want it to appear on the card.

Please make your check payable to **St. Barbara Greek Orthodox Church** in the amount of \$25.00

The Santa Barbara **AHEPA** Proudly Presents

Glendi

Join us for a very special evening of Dancing,
Dining, Merrymaking, and a few Surprises!

Saturday, November 1, 2014, 6:00 pm

The Orthodox Center • Saint Barbara Greek Orthodox Church
1205 San Antonio Creek Road • Santa Barbara, California 93111

Greek Food • Greek Entertainment • Greek Kefi

Greek and American Music Performed by **Synthesi**

*Greek Appetizers * Traditional Greek Barbecued Lamb Dinner * Desserts*
Don't Miss It. This will be a fun & memorable evening. Seating is Limited.

PLEASE MAKE YOUR RESERVATIONS by calling either
Bill Poulis, 805 682-4733, Jim Arger 310 903-2688 or Greg Pantages 805 452-0121

A GOOD WILL DONATION IS REQUESTED
Proceeds from this event will go to AHEPA HELLENIC EDUCATION PROGRAMS

NEW
YEA
R'S
EVE

2015!



Make your plans to be with your St. Barbara family as we welcome in the New Year. Our evening will include delicious prime rib dinner, American and Greek dancing, and a midnight (or 9 pm) toast with Champagne & sparkling cider. Watch the ball drop on our big screen TV.

PARTY!

**RSVP before November 30th
Adults: \$30 / Children: \$20*
Event Limited to 120 Guests
No Tickets Sold at Door!**

***Childcare and a pizza dinner will be provided for children 10 years of age and under in the Education Center. Please bring PJ's, a pillow and sleeping bag for each child. Children 17 and under that prefer the pizza dinner are also included.**

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

WEDNESDAY, DECEMBER 31, 2014

**4 PM, Orthros; 5 PM Divine Liturgy of Saint Basil
6:30 PM Hors d'oeuvres and cocktails
7 PM Dinner & Dancing**

Name: _____ Phone: _____

Adults _____ x \$30 = \$ _____

Children _____ x \$20 = \$ _____

Children requiring childcare _____

Total (to Saint Barbara GOC) \$ _____

If you would like to be seated next to or near another family, please make that notation below.
**PLEASE ENCLOSE PAYMENT AND SEND TO:
SAINT BARBARA GREEK ORTHODOX CHURCH
1205 SAN ANTONIO CREEK ROAD
SANTA BARBARA, CA 93111
Reservations without payment will not be recorded**

NEWS & NOTES

40 Day Blessing...

Briseis Alexi, daughter of Ergi & Elaina Sugleris Thanasko, October 19th

Baptisms...

Brooklyn Alexa Bingham, daughter of Alexis & Michael Bingham, the Godparents are Evan & Nina Papadakis, October 25th

Memorials...

Adelphi Seraphima (40 days), October 12th, mother of Theokritos Demetrius

Virginia Fanos (1 year), October 26th

In Memory of...

Virginia Fanos, by Ernest & Andriana Kolendrianos to the VIP Seniors Ministries

Gordon Campbell, by Alex Haimanis to Mission Tanzania

Volunteers for November

Epistle Readers:

2	Greek: Alex Trigonis	English: Randy Langel
9	Greek: Angelique Chuchas	English: Ruth Angelos
16	Greek: Voula Aldrich	English: Jackson Kwiatkowski
23	Greek: Nick Pappas	English: Theophilos Lasswell
30	Greek: Alex Trigonis	English: Ruth Angelos

Acolytes:

Connor Blake, Cainan Iorio, Dean Richardson, Dimitri Richardson

Ushers:

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

Prophoro Bakers:

2 Bessie Condos
9 Connie Pappas Hillman
16 Sophia Kenrick
23 Valerie Katsikis
30 Anna Petronakis

Altar Flowers:

2 Olya Benbow
9 Available
16 Available
23 Available
30 Available

Coffee Fellowship Hosts:

2 Host Needed
9 Mike Thrift and Elizabeth Singeorzan
16 Daughters of Penelope
23 Host Needed
30 Host Needed

Advent Seminar

Join us for an Advent Seminar as we prepare for the Incarnation of our Lord, God, and Savior, Jesus Christ. On **Friday, November 14th at 7 p.m. at St. Athanasius Orthodox Church**, Father Simon will give a presentation on the Advent theme. All are encouraged to participate!

2014 Stewardship

November reminds us to give thanks for all of our blessings—our family and friends, those who have fought for our freedom, our homes and hearths, and all God's blessings. Let us also remember to give back from the

cornucopia of abundance which we have been given. For example, bring your time and talent to come help us clean up the church in preparation for our feast day. As always throughout the year, please give prayerful consideration to your commitment of treasure and ensure you are up to date.

<u>As of October 31st</u>	<u>2014</u>	<u>2014 Goal</u>	<u>2013</u>	<u>2012</u>
Stewards	120	125	123	143
Amount Pledged	\$140,045	\$140,000	\$132,047	\$134,050
Amount Received	\$129,568	\$140,000	\$103,219	\$101,426

2014 List of Stewards

Aldrich, Voula	Gastouniotis, Dean & Georgia	*Pahos, Mike & Vivian
Alexander, Pam	Gekis, William & Helen	Pantages, Chrysanthé
Alexander, Sophie	Geoghiou, Diana	Pantages, Greg & Rea Goumas
Anderson, John & Catherine	*Goumas, Helen	Papademetriou, Adelphi Seraphima
*Angelos, Dr. James & Ruth	*Haimanis, Alex	Papador, George & Tracy
Anthes, George & Stacie	Hanges, Andrew & Georgia	Papador, Georgia
Anthimiades, Dorothy	Hillman, Catherine	Papazacharioudakis, George
Anton, Alice	*Hillman, Chris & Connie	Pappas, Carolyn
Arger, Jim & Carol	Holland, Andrea	*Penoff, Dana
Argyropoulos, Symeon & Antoinette	Hroundas, George	Pertsulakes, Bill
Ballas, Gus	*Hunt, Barbara	*Petronakis, Sam & Anna
Barth, Charles & Pam	Iorio, Brian & Alexandra	Phillips, Emanuel
Baskous, Jeanette	Jordan, James & Tatiana	Pollalis, Gikas & Stella
Benbow, Peter & Olya	Kallas, Agnes & Anthony	Poulakos, Jennifer
*Berrett, Sam & Julie	*Kapernekas, Tom & Sasha	*Poulis, William
Bingham, Alexis	Katsikis, Valerie	Poulos, Steve
*Blake, Tom & Krista	Katsioularis, Bob & Vivi	Poulos, Tom & Isabel
*Canfield, Taylor & Angela	*Kenrick, Sophia	Ramirez, Michael & Alexandra
Carlton, Karen & Gary	Keramaris, Terry	Rishwain, Jeff & Connie
Carroll, John & Lexy	Khoury, Cherif	*Ritsema, Glenn
Casserly, Terry & Eugenia	*Kingsbury, John & Katerina	Roan, Curtis & Georgina
Chachakos, Bill	Kolendrianos, Chris & Megan	Scarvelis, George & Alexandra
Chachakos, Jim	*Kolendrianos, Ernest & Andriana	Smith, Catherine McDavid
*Chuchas, Alex & Angelique	*Kwiatkowski, Jackson & Margo	Solomon, Karen
Cocores, Ted & Christine	Lamb, Glory	Spanos, Andrea & Luigi Ottieri
Compogiannis, Chris	Landry, Frank & Kalliroi	*Stathis, Silas & Helen
Condodina, Alice	*Langel, Randy & Patti Stathis	Stathopoulos, Peter
*Condos, Bessie	Laspitis-Balboa, Stella	Swider, Bob & Christy
Daphne, Laurel	Lasswell, Theophilos & Dorothea	Theofanous, Theo & Danae
*Day, Derrick & Darcy	Laury, Helen Compogiannis	*Thomas, Fr. Simon & Pres. Stephanie
Demourkas, John P. & Dana	Magoulias, Yianni	Towle, James & Rose Marie
Demourkas, Katina	Mamalakis, George & Mary	Trigonis, Alex & Alexandra
Domagala, Terilee & Michal	Martin, Nick	*Tullis, Bud & Barbara
Dovas, George & Pat	*Martin, Ted	Tziouvaras, Paul & Vivi
Edmonds, Brian & Paula	Matiosian, Mace & Phyllis	Velliotes, Louie
Fakinos, George & Barbara	McGillivray, Helen	Vogel, Marina
Fell, Ryan & Stacey	Mendoza, Richard & Mary Papador	*Walther, Marianne
Fenger, Ellen	*Moreno, Paul & Lindsey	Weeks, Michael & Jean Costopoulos
Fictum, Jeff & Mary	*Nedic, Sofija	Winford, Gerald & Stamatina
Galanoplis, Beatrice "Peg"	Nicolaou, Soteris & Jaime	Zettas, Paul & Jennie

**Denotes at least 2% Stewardship*

NOVEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 5k Walk/Run to Support DVS, 8 am AHEPA Glendi, 6 pm
2 5th Sunday of St. Luke Orthros, 9 am Divine Liturgy, 10 am Sunday School Youth Choir	3	4 Philoptochos Board Meeting, 6 pm Studies in the Faith, 6:30 pm	5	6	7	8 Synaxis of the Archangels Michael & Gabriel Orthros, 8 am Liturgy, 9 am
9 Feast of St. Nektarios Orthros, 9 am Divine Liturgy, 10 am Sunday School Philoptochos Meeting	10 Parish Council Meeting, 7 pm	11 Veterans' Day Office Closed	12	13 Feast of St. John Chrysostom Orthros, 8 am Liturgy, 9 am	14 Advent Seminar, 7 pm (at St. Athanasius)	15 Church Cleaning, 9 am VIP Thanksgiving Dinner, 5 pm
16 Feast of St. Matthew Orthros, 9 am Divine Liturgy, 10 am Sunday School Youth Choir Parish General Assembly DOP Founders Day	17 DOP/AHPEA Meetings, 6:15/6:30 pm	18 Bible Study, 6:30 pm	19	20	21 Feast of the Entrance of the Theotokos to the Temple Orthros, 8 am Liturgy, 9 am	22
23 9th Sunday of St. Luke Orthros, 9 am Divine Liturgy, 10 am Sunday School	24	25 Feast of St. Catherine Orthros, 8 am Liturgy, 9 am	26 Office Closes, 12 noon	27 Thanksgiving Office Closed	28 Office Closed	29 Great Vespers, 7 pm (at St. Andrews's in SLO)
31 Feast of St. Andrew Orthros, 8 am Liturgy, 9 am Sunday School Youth Choir						