



Antiochian Women

Fall 2014 Newsletter

Diocese of Los Angeles & the West

HIGHLIGHTS OF THIS ISSUE...

Advent Message of Metropolitan JOSEPH	2
Spiritual Advisors Message - V. Rev. David Hovik	4
President's Message	6
Recent Diocese Happenings	7
Antiochian Women Project	8
Spring Lenten Retreat	10
Ministry of Love - Presbytera Catherine Trenham	11
The Gift of a Simple Truth	12
Diocese Religious Coordinator Update	13
Station of Women in the Church	14
Message On the Heart – Membership Coordinator	15
Diocese Humanitarian Coordinator Update	16
Shared Personal Experiences	18
Personal Reflection	19
Chapters Around the Diocese	20
AW Diocese Board Directory	24
Dues Reminder	25

Editors Note: Sisters in Christ – Thank you for sharing your most inspired & beautiful writings. They touched my heart as I'm sure they will to all who read them. Glory to God!

In HIS Service, Charmaine Darmour, AW Diocese Public Relations Officer

Antiochian Orthodox Christian Women, of North America

A Sisterhood Serving Christ Through Serving Others

His Eminence the Most Reverend, Metropolitan PHILIP, Of Blessed Memory

Founder - 1973



The Self-Ruled Antiochian Orthodox Christian Archdiocese
OF NORTH AMERICA

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
Telephone (201) 871-1355 * Fax (201) 871-7954
Website: www.antiochian.org * Email: archdiocese@antiochian.org

The Season of Advent – How are We Called to Respond?
By His Eminence, Metropolitan JOSEPH
Advent 2014

Greetings and Blessings to the Members of the Antiochian Women, The Order of St. Ignatius of Antioch, The Fellowship of St. John the Divine, Teen SOYO, and all of the beloved faithful of this archdiocese.

“The voice of one crying in the wilderness, Prepare ye the way of the LORD, make straight the paths of our God” (Isaiah 40:3).

The Merriam-Webster online dictionary offers the following as one of the definitions for the word “prepare”: *“to make yourself ready for something that you will be doing or something that you expect to happen”*

How appropriate it is to focus on the word “prepare” as it relates to the goal of the Advent Season. We are called to prepare ourselves to meet Jesus Christ Himself, the Incarnate God. We are called to remove ourselves from the distractions and unhealthy lifestyles which characterize our material existence. We are called, during a season when our culture calls for indulgence in material things, to reject this indulgence, and focus on our spiritual health.

The quote given above from the Book of Isaiah is of course the prophecy of the ministry of John The Forerunner, who came to prepare the way for the presence of our Lord Jesus Christ. On another level, it is a call to each of us to prepare ourselves for the “way of the Lord”. What is this “way of the Lord”? The quote above gives us a strong clue in the text “make straight the paths of our God”. The implication is that we have caused our path to become “crooked”, and not straight. Something that is “crooked” can be said to be dishonest, or tainted, and this is exactly what we wish to avoid in our lives. The Advent Season is a time for taking that which has been tainted, and reaching out to the Lord to make it straight and pure.

The entire message of the bible is a message of the call by God to his children to be reconciled to Him, and to be united to Him in love. This effort passes through the judges, kings and prophets of the Old Testament where God, through these holy people reaches out to His children. The ultimate outreach from God to His people is the Incarnation of God as man, embodied in the nativity of our Lord and God and Savior Jesus Christ in the Flesh. God chooses to come into this world in partnership with His creation. He chooses to come as a humble babe in the cave, born to the Theotokos, so that human kind could

Metropolitan JOSEPH's Message (continued)

share as intimately as possible in His coming. The question for us is this: Will there be room in the "inn of our hearts" for Him to lay His head, or will the "inn of our hearts" be filled with carnal things and clogged with passions so that there is no room for the Lord?

It is clear then, that there is only one appropriate response for us to the incarnation of God in the flesh, and that is a response of a loving child who returns their loving Father. A response which offers up to God the only thing that we can offer, and the only thing that He asks of us. That is the offering of ourselves, which requires a change in heart, a radical departure from all of the things of this world which separate us from God. A departure from all of the things which prevent us from fulfilling our ultimate destiny, that is to strive to *"be perfect just as your Father in Heaven is perfect"*. (Matthew 5:48)

Therefore my beloved in Christ, I ask you to join me in this Advent journey which will culminate in the Nativity of Christ. I ask you to join me in resisting the ways of our secular culture and to utilize this season to cleanse, renew and restore our souls and our hearts. I ask you to join me in waiting patiently for the time of this season when we will indeed leap for joy at the coming of the Lord. I ask you to simply open your hearts to God so that He may fill them with the peace, love, and joy that can never be taken away, and that we may worthily exclaim "Christ is Born! Glorify Him!"

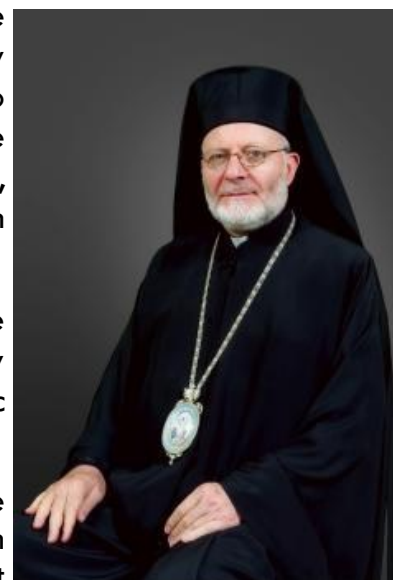


HIS EMINENCE, METROPOLITAN JOSEPH'S WEST COAST ENTHRONEMENT GALA - SATURDAY, JANUARY 31, 2015

By the grace of the Holy Spirit, we are prayerfully anticipating the upcoming Enthronement of His Eminence Metropolitan Joseph. Since many will not be able to attend the event in New York, we are blessed to announce an official West Coast Diocese event celebrating the Enthronement on **Saturday, January 31, 2015** in Los Angeles, California, with the proceeds to benefit Camp St. Nicholas and Youth Education Programs.

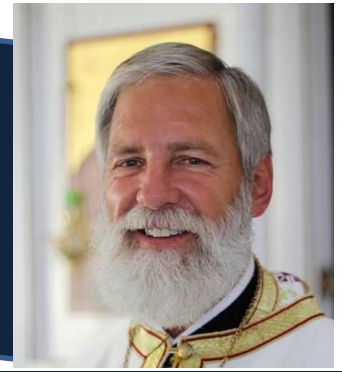
We are praying for enthusiastic participation by all churches in the Diocese to honor our beloved Metropolitan Joseph. This is the only celebration taking place on the West Coast - do not miss this historic celebration in the life of our Archdiocese.

There will be a Commemorative Program Book that will include memorable images from the actual enthronement. Ticket and program book information will be available shortly. For further information, contact co-chairs: Rose Samore: rosesamore@gmail.com or Jasminka Gabrie: jgabrie@earthlink.net



Spiritual Advisor's Message

Very Reverend David Hovik
St. Andrew - Arlington, WA



The blessing of the Lord and His mercy!

Dear Ladies:

I recently drove from San Jose to Modesto, on Friday night, in rush-hour traffic. A trip to the Fall Gathering that should have taken an hour and a half took us almost 4 hours.

The positive side of this is that I was able to take in a part of California (from Livermore to Modesto) that I have never visited. I knew that they were in a drought but to see the even dry grass withering away was a bit of a shock. A fellow told us the last drop of water they'd seen in Modesto was last February. Yikes!

We recently read the Gospel passage about Christ as the sower, and the four types of soil. Archbishop Anthony Bloom has something very interesting to say about the earth in his book: Beginning to Pray.

“The word ‘humility’ comes from the Latin word ‘humus’ which means fertile ground.”

The Archbishop, in a conversation with a woman, said: To me, humility is not what we often make of it: the sheepish way of trying to imagine that we are the worst of all and trying to convince others that our artificial ways of behaving show that we are aware of that.

Humility is the situation of the earth.

The earth is always there, always taken for granted, never remembered, always trodden on by everyone, somewhere we cast & pour out all the refuse, all we don't need.

The earth is there, silent and accepting everything in a miraculous way making out of all the refuse new richness in spite of corruption, transforming corruption itself into a power of life and a new possibility of creativeness, open to the sunshine [Modesto, CA], open to the rain [Seattle, WA], ready to receive any seed we sow and capable of bringing thirtyfold, sixtyfold, a hundredfold out of every seed.

I said to this woman “Learn to be like this before God; abandoned! Surrendered! Ready to receive anything from people & anything from God.”

As I contemplated the metropolitan's words, I was reminded that living life along those lines doesn't make much sense to those outside the Church. But, I wonder, does it make much sense to those within the Church?

Does that make sense to you?

Spiritual Advisor's Message (continued)

Yet, is our pursuit of God simply about doing those things with “make sense to us” and ignoring those things that “don't make sense?” I don't believe the Apostles would have lasted long under that mindset.

Someone once noted how we do things counterclockwise in the Church. We come out the Deacon Doors counter-clockwise! When we make processions with icons & the Gospel it is Counter-clockwise! The first steps, a newlywed couple take in the church, are Counter-clockwise around the table. A newly baptized person goes Counter-clockwise around the Font.

Much of what our Lord lays out for us (in establishing a deepening relationship with Him) is counter-intuitive. It goes against what naturally makes sense. Our life in Christ, in many ways, is counter-clockwise from how we might choose to live.

And this is so very true in having the soil of our heart prepared to receive the Word that God has for us.

Jesus shows us that there are four human reactions to God's word. We receive it and then its growth within us depends on the condition of the soil of our heart. We can look at it this way: God's word can land on four different places and only thrive in one of them.

Every time God speaks to us, through the Scriptures, through people, through his Holy Spirit dealing with us internally- we discover that only a heart that is prepared in a certain way, will allow that seed to turn into a healthy plant and allow our heart to become a Garden of Paradise.

I am quite sure you have experienced this in your own life. You come to a place where your heart is absolutely open God and you respond to His guidance.

How is it that we can stay there (at least most of the time) and have our heart be in a perpetual state of humus?

I believe Metropolitan Anthony Bloom's word to that woman (about the true understanding of humility) is also his word to us: “Learn to be like [the earth] before God; abandoned! Surrendered! Ready to receive anything from people & anything from God.”

God, if this is what you are allowing in my life- I am not going to argue with You about it. I am not going to allow myself to be in despair over it.

I am going to be like the earth and accept it because this is the very situation... these are the very people... that you have brought into my life to enable me to work out my salvation.

Elder Porphyrios says those who acquire the grace of God become possessed by God and can say, along with the Apostle Paul, It is no longer I who live; Christ lives in Me. If one abandons themselves to the grace of God, all is overturned; all is transformed into the life in Christ. Anger, resentment, jealousy, ingratitude, depression will become love, joy, longing, divine rapture, Paradise.

Lord, help us to cultivate Hearts that are like the earth.

In Christ,
Fr. David



THE MOST REVEREND
METROPOLITAN JOSEPH
358 MOUNTAIN ROAD
ENGLEWOOD, NEW JERSEY 07631

ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP – FOUNDER

☞ A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS ☞

❖ DIOCESE OF LOS ANGELES & THE WEST ❖
❖ DIOCESE OF EAGLE RIVER & THE NORTHWEST ❖



President's Letter

Rev. Clergy, Sisters in Christ,

Christ is in our midst! He is and ever shall be.

First I would like to thank the parish of St. James, Modesto for hosting a beautiful Fall Gathering. Their hospitality was heart-warming. Also, thank you to all the ladies who were able to attend. We were blessed to have Fr. David speak to us and again challenge us in our spiritual walk. The highlight of the weekend for me was the time we spent sharing ideas for increasing participation in our chapters, ways to minister to the youth of our parish and fundraising ideas. It is always a joy to join together and encourage each other in our ministry. We also announced that all board positions will be up for election this coming PLC. If you are interested in running for an office, please reach out to me via email so that a form can be sent to you.

Prior to the Fall Gathering the board was blessed to have lunch with Sayidna JOSEPH at the chancery. He shared with us his vision for our NAB fundraiser. From the time he was a boy he was impressed with the need for monasteries in North America and as Bishop he saw the need to develop Orthodox camps across North America. He shared that we, as Antiochian Women, would be setting the foundation for the development of both monasteries and camps through our NAB project. His goal is through planting of both that we, as Orthodox Christians, will grow in our faith across this Archdiocese.

Finally, as we come into the Nativity Fast we are again drawn to separate from this world. Despite the parties and secular celebrations surrounding this time of year we are called to be sober minded and contemplate the mystery of Christ, the only son of God, being born of the Virgin Mary. Unlike other fasting periods, this fast seems more difficult being surrounded by those celebrating with "Season's Greetings" and parties instead of "Christ is Born" preceded by 40 days of fasting and prayer. This fast puts us as Orthodox Christians in stark contrast to those around us who don't understand that our feasting starts after our period of prayer and fasting in anticipation of Christ's birth. Yet, like with all our fast and feast cycles, this is for our salvation. I doubt the Church Fathers anticipated the gluttony and overspending most of North America participates in under the guise of "season's greetings" however the wisdom to call us to come into this season with awareness and prayerful anticipation is a reminder to focus on the greatest gift our heavenly Father could give – the gift of His Son and the hope of eternal salvation.

Thank you to each of you and especially to my board for their love, work and prayers.

I look forward to seeing you all at the PLC this coming July!

In Christ,

Melinda Bentz
President 661.435.1659 melbentz@yahoo.com

Recent Diocese Happenings

In September, several members of our Antiochian Women Diocese Board were blessed to have a luncheon visit with Metropolitan JOSEPH at the West Coast Chancery. It was truly a wonderful opportunity to spend time enjoying conversation with Sayidna. Those who were able to attend heard of his dream, and now Antiochian Women project to raise funds to "Nurture the Seeds of Orthodoxy" here in North America with camps in all the regions and to build monastic communities in this country under the Antiochian auspices.



**MANY YEARS
TO YOU
MASTER!!**



Most Sincere Thanks



Thank you to the parish family of St. James-Modesto for their most kind and gracious hospitality during the recent Fall Gathering!!



Antiochian Women's Project 2014-15

Submitted by Georgette Nader Malouf - Project Coordinator

CHRIST IS IN OUR MIDST!

Before we all begin our effort for the new Project this year, I want to update you on last year's Project, The Orphan Children of Syria.

At the Summer Meetings in July, at the Antiochian Village, the Antiochian Women presented to His Eminence Metropolitan JOSEPH a check for \$283, 055.55. This amount is to date the total monies raised to "Help the Orphans of War in Syria". This is the largest figure ever raised in the history of the Antiochian Women in just one year!! The monies continue to be received. 100% of these funds are going directly to the Antiochian Patriarchate to be used for the orphans.

We now look forward to a new Project, and a new vision as given to us by His Eminence Metropolitan JOSEPH. For 2014/2015, the Antiochian Women will work towards "Nurturing the Seeds of Orthodoxy Across North America".

Our Project is divided into two parts. The first is toward the establishment of "Regional Camping and Learning Centers". Sayidna JOSEPH's vision is to offer programs throughout all of North America that focus on Orthodoxy: our way of life, our worship, and our faith. We must reach out to children and adults of all ages. Our goal is to promote, inspire and develop our Faith.

The second part of Project is the establishment of "Monastic Communities". Monasteries are where the Gospel is lived on a daily basis. The monks and nuns pray for us and the world unceasingly. Monasteries are where we can go for spiritual nourishment, refreshment and to a place of beauty and holiness. Overseas, Antiochian Orthodox monasteries are plentiful, but in North America, they are lacking. The goal is to make Antiochian Orthodox monastic communities prevalent across our continent.

****Metropolitan JOSEPH's vision is to encourage and inspire us to plant the seeds for this Project!!****

Begin your fundraising ideas for this Project in your chapters and parishes as soon as possible. Also, remember that March is Antiochian Women's Month. We can use this time for fundraising but also to let everyone (men, women and children) in our Parishes know about our Project.

As in the past, all monies collected should be sent to our Diocesan Treasurer, Michele Baba by May 1, 2015. PLEASE DO NOT SEND YOUR FUNDS TO THE NAB. If you have any questions, suggestions, or ideas, please contact me by email or cell phone.

Your Sister in Christ,

Georgette Nader Malouf — Western Diocese Vice President and Project Coordinator
Email: gette0324@yahoo.com phone: 818-391-6217

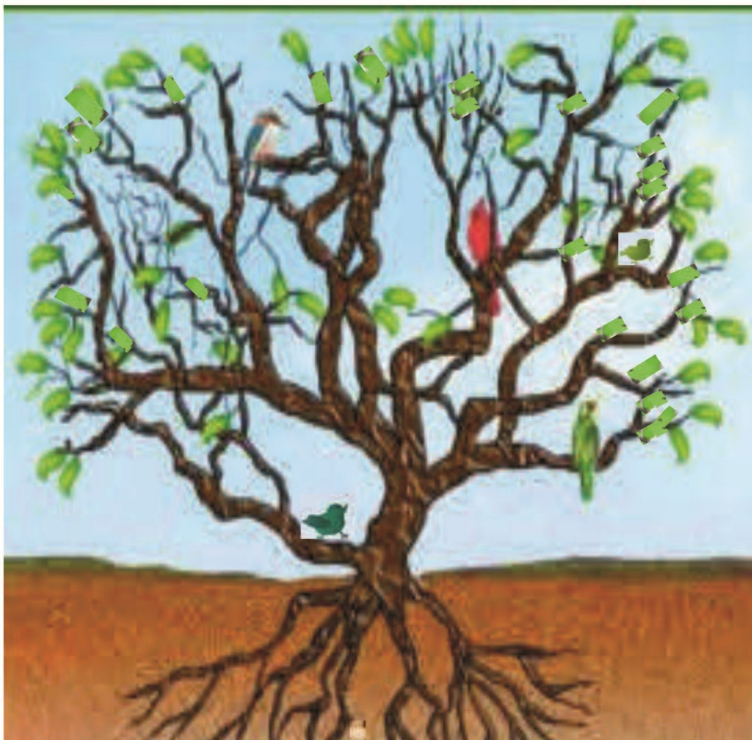
*Antiochian Orthodox Christian Women of
North America*



Project 2014-2015 Nurturing the Seeds of Orthodoxy



*Regional Camping
& Learning
Centers*



*Monastic
Communities*



Across North America

***“To what shall we liken the kingdom of God?
It is like a mustard seed which ... when it is sown, it grows up
and becomes greater than all herbs, and shoots out large
branches, so that the birds of the air may
nest under its shade.” (Mark 4:30-32)***

A Sisterhood Serving Christ Through Serving Others

*****Please Submit Project Money to our Diocese Treasurer *****

SAVE THE DATE!! ANNUAL SPRING RETREAT

Going Back Home

MARCH 27-29, 2015

Southern California Diocesan Antiochian Women's Retreat

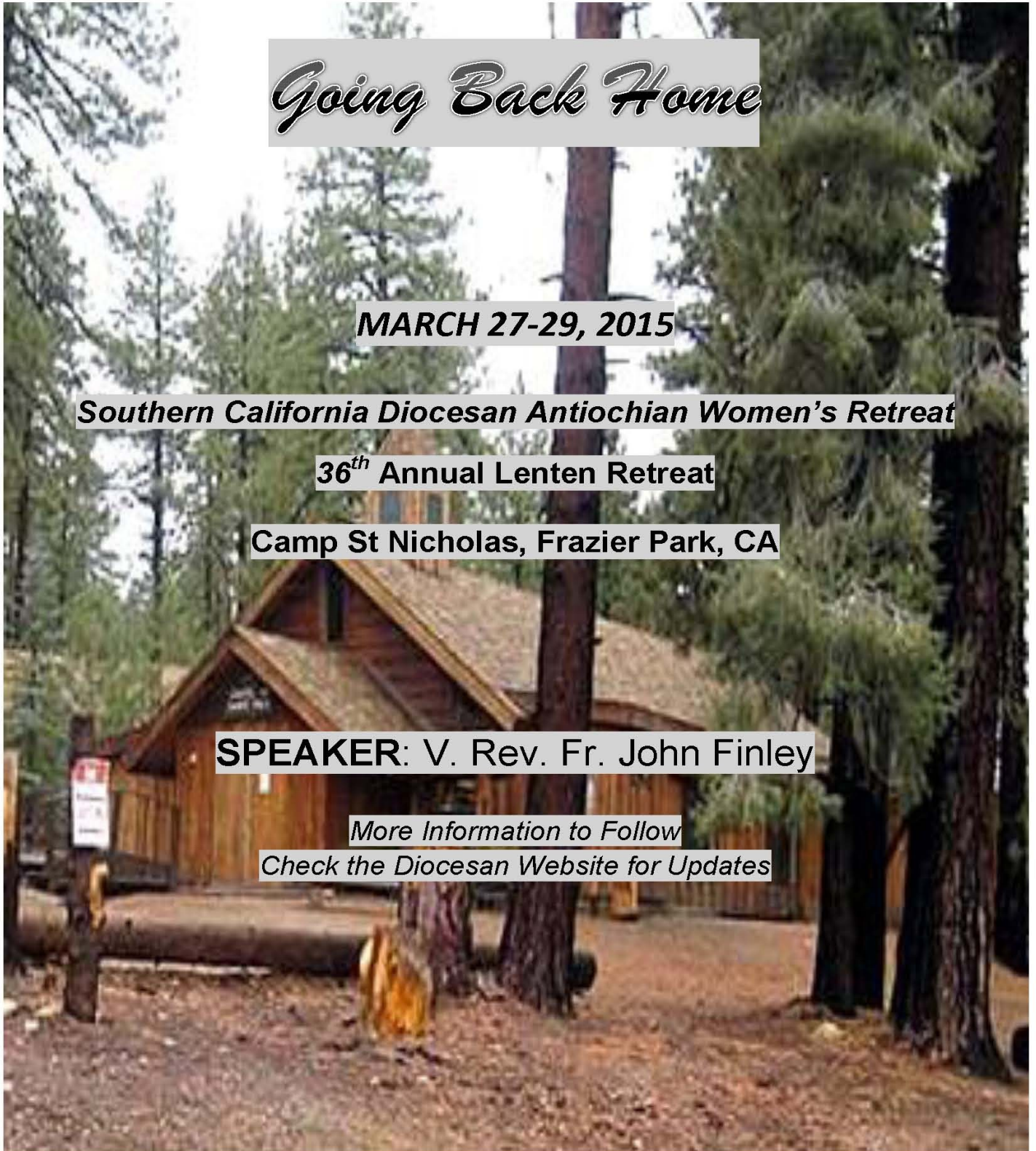
36th Annual Lenten Retreat

Camp St Nicholas, Frazier Park, CA

SPEAKER: V. Rev. Fr. John Finley

More Information to Follow

Check the Diocesan Website for Updates



A Ministry of Love

Submitted by Presbytera Catherine Trenham
St. Andrew—Riverside, CA



Dearest Ladies,

Greetings to each of you and much love! Christ is in our midst!

Last summer at our PLC, I was asked to consider writing reflections about the experience our ladies of St. Andrew in Riverside, CA, had in caring for our sister, Presbytera Katherine Hartung during her battle with cancer, her departure from this life and our participation with our St. Andrew Burial Society in preparing her body for her funeral and burial...I responded with joy. I say "joy" because, though it was one of the hardest things any of us had ever done, it also brought each of us who had a part in her life, renewed faith, unexpected joys, stronger bonds with our fellow sisters and Pres. Katherine, and soberness as we experienced the brevity of life on earth.

With the blessing of Bishop MAXIM + of the Serbian Diocese and our Metropolitan JOSEPH+, Fr. Luke, Presbytera Katherine and their 4 beautiful children moved to Riverside, California in July of 2012 from a mission they were serving in the Northwest. At this point, they came to be near family and to be part of an established parish as Presbytera recovered from a long, hard year of treatment for peritoneal cancer. At this point everything was looking very positive for her...her cancer markers were low, she was gaining strength and renewed hope and the doctors were feeling positive about her fight. She jumped right in the thick of things at our parish. Our people enveloped all 6 of them with tremendous love...as they did us—their new parish family with their whole hearts. Presbytera had so many amazing gifts: cooking, sewing, natural medicine and tips for health remedies, gardening and so much more....our ladies learned many things from her during those first few months.

In December of that year, however, there were signs that the cancer had returned. This was confirmed in January by a test showing that her cancer markers had shot through the roof. Our ladies group, "The Myrrhbearers", gathered to discuss how we could be of assistance, knowing that treatment was to begin with a very serious surgery within a month's time. This is what is amazing....every heart opened up and without hesitation, love freely flowed. It flowed in every way imaginable in the difficult and sorrowful 10 months to come: tri-weekly meals, a full-time nanny, money to cover expenses, taxi drivers to and from the City of Hope (1 hour away), sleepover partners at home and at the City of Hope (so Presbytera wouldn't be alone in her darkest hours), a full service of Holy Unction, the arrangement of a visit from a miraculous icon, countless visitors and hand holders, prayer warriors, house cleaners, furniture movers, an angelic bedside nurse/caregiver, the making of a quilt banner to hang across her room (with parish wide notes of love and encouragement inscribed on each square) to help her remember in her final days...that she was not alone, and the innumerable acts of love that no one, but God, will ever know. I am honest in saying...I have never seen such an outpouring of Christian love in one place as that which I was witness to and partook of in the months we had with the Hartung family! Wondrous is God in those who love Him!

A Ministry of Love (continued)

In early fall, it was clear that borrowing a miracle of healing, Presbyteria was not going to get better. Her cancer had permeated her body and her days on this earth were coming to a close. Those last days were precious to those of us who were near her. She confessed, communed every day by the hands of her husband, Fr. Luke and Fr. Josiah, said her final goodbyes and looked for the resurrection from the dead and the life of the world to come! On November 21st....just minutes before midnight, with the blessing of our Panagia on her feast of the Presentation in the temple....Presbyteria Katherine fell asleep in the Lord. +

The days that followed were again full of love and God's peace. The Burial Society of St. Andrew helped to arrange getting a death certificate, a casket from the Monastery of St. Barbara, a team of ladies to prepare her body with love and prayer to "return to the earth" until the second coming of Christ. We had people reading the Psalter over her body in our funeral chapel dedicated to St. John Chrysostom until the day of her funeral. After the funeral, she was taken to the monastery of St. Anthony in Arizona to be laid to rest with the prayers of the monks assisting her until the resurrection of the dead.

This experience was something that will never be forgotten by any of us at St. Andrew, most especially the Myrrh Bearers Society...those days were filled with the grace of serving one who could no longer serve us. What a blessing we had to be part of this sister's life....we are different people because of it.

**May your memory be eternal, blessed sister and Presbyteria,
and may you rest with the saints in paradise! +**

The Gift of a Simple Truth

Submitted by Clarissa Webster—St. Barnabas - Costa Mesa, CA

As a Protestant for my entire life prior to our conversion, the topic of saints was barely touched upon. Now, being exposed to the beauty of the faith of the saints, I was somewhat indignant that such riches had been withheld from me. Being the intense, all-or-nothing type that I am, I began to immerse myself in the saints and their stories...and thus, to measure my life against theirs. I was completely dazzled. Perhaps it was a worthy cause, but inevitably I became downcast about my many failings. It was as if my efforts as a wife, a mother, and a Christian were small and feeble now that I had such beautiful examples to compare myself with.

I eventually took my concerns to Confession. I admitted that I was failing miserably. I acknowledged that I was doing a terrible job following the example of the saints. I was sure that my priest would give me instructions on how to incorporate a more saintly attitude into my life, and I was ready to be reprimanded. Instead, in his gentle kindness, he offered me a simple reassurance that has stuck with me ever since. He said, "The saints are not saints because they never messed up or made mistakes. In fact, they are saints *because* they made mistakes and yet still, they chose to follow God."

What a gift that simple truth has been to me. Now, when I find myself at the end of a very trying day in which I yelled too much at my kids and didn't extend grace to my hard-working husband, I remember that I have only to choose God, again and again and again. I am not disqualified because I have messed up. I am imperfect, yes; but through the precious sacrament of Confession, and a truly repentant heart, I can keep moving forward.



THE MOST REVEREND
METROPOLITAN JOSEPH
358 MOUNTAIN ROAD
ENGLEWOOD, NEW JERSEY 07631

ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP -- FOUNDER

☞ A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS ☞

❖ NORTH AMERICAN BOARD ❖

RELIGIOUS COORDINATOR



September 30, 2014

Gregory the Illuminator, Bishop of Armenia

Christ is in Our midst!
He is and ever shall be!

Dear Reverend Clergy and Sisters in Christ,

I pray that your summer was filled with the warmth of the Holy Spirit, bringing you an abundance of spiritual fruit in this season of harvest.

It is hard to believe that the Liturgical New Year has come and gone and October is upon us. We should begin to order our lives with an increased awareness of the upcoming Advent Season. I would like us all to take a few moments to assess the balance between the secular and spiritual content of our life. A scale is balanced when each side contains an equal measure of material. Can we say that we give equal weight to our spiritual duties as we do to our secular activities? Do we try to infuse our secular activities with spiritual elements? Our Antiochian Women meetings must, of course, be a time of planning activities and fundraising efforts; but do we give equal time in our meetings for discussing our spiritual lives, for prayer and Scripture study? The Antiochian Women hold a highly visible position in our churches. If we ensure that our meetings contain a proper balance of spiritual and practical aspects, then this will be a great example for the other organizations in our parishes.

This past July, at our summer meetings, the subject of women's prayer groups was discussed. We were glad to discover that many of the women in attendance were part of AW chapters that have organized prayer and book discussion groups. Our NAB President, Violet Robbat, has asked me to send this letter as a survey to find out how many of our chapters actually have ongoing and vital spiritual activities. Can you please canvass your chapters and send me the data so that we can see where we stand in this very important aspect of our Antiochian Women organization?

It is important that I hear from all of you about your local chapters. It will be even more helpful if you were to include specific information. Part of our goal will be to compile actual services (e.g., an Akathist to St. Xenia, etc.), Bible studies, and book discussion material (leader's questions and study material), so that we can place them on the Antiochian Women website [no copyrighted material, please]. This way, all of our local chapters can have access to the rich resources that are being utilized by our sisters across the Archdiocese. Hopefully, this will encourage chapters to include spiritual activities by using these proven resources. As you are canvassing your diocesan chapters, please ask them to send any material they have to me (either by e-mail or USPS). Thank you!

In the love of our Lord Jesus Christ,

Do the ladies of your Parish or Mission have a Prayer Group, Bible Study or Services such as an Akathist??

Please share this information with our Diocese Religious Coordinator, Khouria Christina Reimann via email at: jcreimann@att.net

The Station of Women in the Life of the Orthodox Church

Submitted by Katherine Hefner

St. Ignatius— Twin Falls, Idaho

Several years ago before entering the Orthodox Faith, I read an article that was published in the diocesan newspaper of my former church. The woman who wrote it, whose name has left me, made a very keen observation concerning women in the church. Her perspective is one that has never left me because even though she was not Orthodox, her view I found, was one of sound Orthodox Christian reasoning. It went something like this.

Due to the influence of the secular world that we live in, females are very often looked upon as not being as important as males or rather their roles in society are very often played down by those who do not wish to understand God's creation and the divine order that He has given to it. This insightful author saw something that as we get caught up in the secular view of female and male, is too often overlooked entirely. She referred to God's creation of woman and man as one of "compliment." What men cannot do, women can and vice versa, so to say. Rather than lamenting what as women we are not called to do that men are called to, she chose to look upon women as the flip side of man, or two sides of the same coin. God gave to us by virtue of our gender a particular place in the life of the church. We all play various roles in God's creation and while not every male is called to a particular station nor is every female called.

One of the greatest roles, ever given to human beings, we are reminded, is that of creating life. While "man" does not create life for only God can do this, God has bestowed upon us the act of participating in the creation of life. Males play an intricate part whenever a new life comes into being, but only females are given the gift of carrying new life within them. Only females, by virtue of their gender alone, are given an opportunity to cooperate with the Creator in such a remarkable act as He creates.

When I think upon the role of the Theotokos and her station in the life of the church and our salvation, I am reminded that it was first due to her pure heart that she became for us the vessel by which God entered into His creation, but also by virtue of her gender and that of her being female that her role increased the station of every woman. When I think about the secular view of women in society I am reminded that the greatest human being that ever lived was a woman. God became man, and men since then have been given their role in the life of the church due to their gender. In "compliment," however, He gives to us His female mother who has also defined for women our role. Is a woman's calling as Khouryee, chanter, reader, leader of the women's group, church office secretary, chairman of the fundraising dinner, cook or parishioner less worthy than any role given to men? If we think it so, it is only because we have let the secular world fill our minds and hearts with its version of gender related positions and not God's version of what it means to "compliment" one another.

It is often difficult as an Orthodox Christian to not take on the secular mindset that pervades our society regarding what is truly important. Secular society too often does the defining and "plays-up" what suits the time. Unfortunately, because of the prevailing mindset of the time that we are born into, it has become all too easy to look at women's roles as not being "equal." If we choose to look at who we are as women through only secular eyes, we miss the importance of our place in the kingdom of God. Most importantly, we miss how God has defined us.

Message On the Heart

By our Diocese Membership Coordinator—Melody Bahu

"I don't know where I belong or where my place is in our parish. How do I learn? Where do I start?". Wow! This question could not have come at a better time. I was approached by a beautiful young woman at my parish at St. Luke in Garden Grove, literally a week after the Fall Gathering, where there was so much camaraderie and discussion on how to encourage other women to participate in our mission. As the Membership Coordinator for our diocese, I was a bit taken back because as much as I expected these questions to come flooding in to me when I accepted this position, sadly they haven't come, and in a way, I accepted that they may never. So when this happened, you could imagine my surprise and joy. What a blessing! I had just recently confessed my struggle of a battle of mine with this pressure to always do more, to go beyond, to reach the masses.

It wasn't until a month ago, that during one of Father Michael Tassos's homilies that he shared a quote by Saint Seraphim of Sarov, "Acquire a peaceful spirit, and around you thousands will be saved", that I was able to come to terms with the meaning of my journey. I also brought this struggling question to Sayidna and my sister's in Christ at our board meeting/luncheon with our most reverend Metropolitan JOSEPH not too long ago. How do we reach all of the women at our parishes and in our diocese? The answer was simple, it's not how many we gather, it's how we connect and with whom we connect. Even if we are able to connect or inspire just one other women in our parish, young or old, we will be forging forward.

So I write to you with this *message on my heart*, and challenge you to be uncomfortable and go beyond your usual routines starting next Sunday after Liturgy. Introduce yourself to one person you have never spoken to before or seen at your parish. Even if it is for one minute to say hi, say your name, learn their name and wish them a blessed week. You will be amazed with yourself and feel so blessed to have connected with one other human being. You might never know what affect you might have on that other person or where that conversation might go, but I promise you this, God works in mysterious ways, if you open your heart to others, you will experience a taste of His wonder.

I believe that one of the most effective ways to grow and learn is to go beyond what we know, what we are comfortable with and always try to be the best versions of ourselves. When we are able to look beyond our own thoughts and our own biases and judgments and have compassion on others, we begin to see that our journey and struggle as Orthodox Christian Women is not as lonely as we think.

Our salvation is through forgiveness and love. I ask you all for your forgiveness if I have failed you in any way as your Membership Coordinator and I thank you for your love, kindness and support. Please do not hesitate to contact me for anything. I pray that you have a peaceful Nativity Season and that the New Year brings blessings and good health upon you all and your loved ones. God willing, I look forward to seeing you all at the Spring Retreat, if not sooner!



THE MOST REVEREND
METROPOLITAN JOSEPH
358 MOUNTAIN ROAD
ENGLEWOOD, NEW JERSEY 07631

ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP — FOUNDER

✠ A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS ✠

❖ DIOCESE OF LOS ANGELES & THE WEST ❖

❖ DIOCESE OF EAGLE RIVER & THE NORTHWEST ❖



Christ is in our Midst!

Thank you to those who participated in the Act of Mercy IOCC (International Orthodox Christian Charities) kits this past year. With Bishop JOHN'S blessing and Violet's encouragement, we will continue to collect, assemble and send the much needed kits to those suffering. It was reported that although many Antiochian Women chapters did not participate, those that did were very generous with their giving. Let us strive and work together in sending as many kits possible for the children and adults displaced by the war in Syria. It was brought to our attention that there was concern over the cost of shipping the kits. The school and health kits cost less to assemble and may help offset the cost of shipping. If the cost of shipping is above your means, please send what you are able to afford.

Since its inception in 1992, IOCC has delivered \$483 million in relief and development programs to families and communities in more than 50 countries. Please continue to encourage your parish in participating in this vital ministry. Enclosed are the instructions from IOCC who is the official humanitarian aid agency of the Assembly of Bishops of North and Central America.

Please be sure to follow the instructions of assembly and place kits in a box and secure with packing tape. Clearly mark the outside of the box with the type of kit ("Health Kit-IOCC") and number of kits enclosed. Be sure to also include the name of the parish **and** the name of the Antiochian Women Chapter sending the kits on the box and mail to the following address:

IOCC/Church World Service
Brethren Service Center Annex
601 Main St., P.O. Box 188
New Windsor, MD 21776-0188

I pray that you have a blessed Nativity and look forward to hearing from you. Feel free to contact me with any questions or concerns.

Your sister in Christ,

Toy Ma'ae
Humanitarian Coordinator
Antiochian Women Diocese of Los Angeles & the West and Eagle River & the Northwest
(562)714-9482
tmaae@icloud.com

❖ ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA ❖

EMERGENCY KITS

SCHOOL KITS

1. Buy a 12" by 14" to 14" x 17" cotton or lightweight canvas bag with cloth handles (please, no reusable shopping bags or backpacks) and fill it with the following items:

- One pair of blunt metal scissors (rounded tip)
- Three 70-count spiral or tape-bound notebooks of 8" x 10-1/2" ruled paper totaling 200-210 sheets. Please do not provide loose-leaf or filler paper.
- One 30-centimeter ruler (12")
- One hand-held pencil sharpener
- Six new pencils with erasers
- One large eraser, 2-1/2"
- One box of 24 crayons (only 24)

2. Secure the bag and pack it in a box. Secure the box with packing tape.

3. Clearly mark the outside of the box with the words "school kit", apply the correct amount of postage and mail the box to the following address:

IOCC / Church World Service
Brethren Service Center Annex
601 Main St. • P.O. Box 188
New Windsor, Md. 21776-0188

Be sure to include the name of the parish, group or individual sending the kits on the box.



HEALTH KITS

1. Buy a one-gallon plastic bag with a zipper closure and fill it with the following items:

- One hand towel
- One washcloth
- One comb
- One metal nail file or nail clipper
- One bar of soap (bath size, new and wrapped in original packaging)
- One toothbrush
- Six Band-Aids

2. Secure the bag and pack it in a box. Secure the box with packing tape.

3. Clearly mark the outside of the box with the words "Health Kit", apply the correct amount of postage and mail the box to the following address:

IOCC / Church World Service
Brethren Service Center Annex
601 Main St. • P.O. Box 188
New Windsor, Md. 21776-0188

Be sure to include the name of the parish, group or individual sending the kits on the box.

BABY CARE KITS

Assemble the following items:

- 2 shirts
- 2 gowns or sleepers
- 2 receiving blankets
- 6 cloth diapers
- 2 diaper pins
- 1 sweater or sweatshirt
- 2 washcloths

Wrap items inside one of the receiving blankets and secure with diaper pins.

Secure the items and pack them in a box. Secure the box with packing tape.

Clearly mark the outside of the box with the words "Baby Kit," apply the correct amount of postage and mail the box to the following address:

IOCC / Church World Service
Brethren Service Center Annex
601 Main St. • P.O. Box 188
New Windsor, Md. 21776-0188

Be sure to include the name of the parish, group or individual sending the kits on the box.

CLEAN-UP BUCKETS

Assemble the following items:

- One 5 gallon bucket with resealable lid
- Five scouring pads
- Seven sponges, assorted sizes
- One scrub brush
- Eighteen cleaning towels (reusable, like Easy Wipes®)
- One 50-78 oz. box dry laundry detergent
- One 12 oz. bottle of liquid concentrated household cleaner (like Lysol®)
- One 25 oz. bottle liquid disinfectant dish soap (like Dawn®)
- Fifty clothes pins
- Clothesline, two 50 ft. or one 100 ft.
- Five dust masks
- Two pairs latex gloves
- One pair work gloves
- One 22-27 count box heavy-duty trash bags (33-45 gallon)
- One 6-14 oz. bottle of insect repellent (drops or lotion, not aerosol)

Please purchase all liquids in plastic bottles. Be sure to send all new, unopened materials. Put all items in the plastic bucket, making sure they are packed securely and seal lid with packing tape. Place each bucket in a separate box and include the name and address of the church, group, or individual sending the bucket. Close and secure the box with packing tape. Buckets should be shipped prepaid directly to:

IOCC / Church World Service
Brethren Service Center Annex
601 Main St. • P.O. Box 188
New Windsor, Md. 21776-0188



Shared Personal Experiences

Anonymously Shared from St. Anthony the Great, San Diego, CA

Sometimes we can transform the things around us. But what happens when we are transformed by our surroundings, and by the presence of the Holy Spirit? The Life Giving Spring in Dunlap California was my first visit to a monastery and certainly the most blessed trip that my family has ever made. The Sisters at the monastery immediately took us under their wings and loved us like we were their family. There was no still silence, but the fluttering of birds' wings and the branches of the carefully placed trees in the courtyard gently moving in the wind. Inside the naturally lit main temple was the quiet worship of our Lord and Savior Jesus Christ. The voices of the sisters transformed the stillness into vibrantly hushed songs of praise. And my heart was moved in a way that it never has. Despite the heaviness of the August heat, the sights and sounds melted away all earthly cares, and a sense of love, calmness, and anticipation took over. The voices of the sisters dug deep into my soul, crushing every secular thought in my mind. The earthly tones of the incense filled my lungs with the spirit of Christ. At last I was fully alive; alive in the Holy Spirit. It has transformed my life in indescribable ways and I am truly blessed by Christ, the Virgin Mary, and all those who care for the sweet Life Giving Spring Monastery.



A Recent Personal Experience

Submitted by Ibtisam Kreitem of Church of the Redeemer, Los Altos, CA

I would like to share with you a recent event that deeply moved me. A few days ago, I went to a rosary of a young friend of mine. I was very touched and inspired by what I saw and heard about what he had completed and accomplished throughout his life in the short amount of time he was allotted on this earth. Many people have lived longer than him and have accomplished nothing even close to all the amazing things he did. As I sat there looking at the hundreds of people attending the rosary and listening to how involved he was in the church, all of the volunteering work he did, how many lives he touched and how many people he helped, something came to me. Some of us will live our lives thinking that going to church, praying, never hurting anyone, and not doing anything wrong, are all sufficient enough to please God. Personally, I stay home and take care of my family. I am always kind and welcoming with others,. I am always to willing help others whether they ask for it or not, but is this enough? Like so many people in the world, I used to think that it was enough. It was enough to proclaim my love for God and go through the motions of showing it through common interactions with others. It was enough to just try my best and complete tasks to help others. But after that day, I knew that it was not enough. It is not enough to just speak from our hearts, instead we need to act from our hearts, as well. It is not enough to just try our best, but we need to do our best. We have to go out of our comfort zone and push ourselves to our full potential, not just what is easy and achievable. We have to aspire to be better and greater with each passing day, and hope that one day we will able to utilize all of our inner strength and power. We are here on this earth to represent God, and we all have a mission that we have been sent here to complete. With God's guidance we will be able to recognize that mission, believe in it, proclaim it, and most importantly, act on it in order to actively make our world a better place. God Bless

Personal Reflection

The Struggle For Peace In Our Life

Submitted by Ruth Rutledge—St. Barnabas - Costa Mesa, CA

I think it's safe to say that most of us have struggles to find peace in our hearts on a daily basis. There is so much struggle and strife in this life. There is a lot to worry about, whether it is personal struggles, family strife, disagreements in the church or at work, or the myriad of troubles in the world. In my youth, I labored countless hours to try to solve so many problems, with no fruit to show for my worry. Often, my problems were resolved in a way I never expected. In the month of August, I was at a service that gave me some perspective on this life and perhaps a big clue to how we can find peace of heart.

I was attending the evening Vespereal Liturgy for the Beheading of St. John the Baptist. We were listening to the Old Testament readings for that night. The passage that struck me was an Old Testament reading that prophesied the life of St. John. Honestly, I had never really realized his life was prophesied. I started contemplating the fact that there was so much prophecy fulfilled in the New Testament....the life of Christ, His Death and resurrection, the life of the Theotokos, etc. These prophecies were not necessarily understood until they were fulfilled by the coming of Christ.

Then it struck me: The God of the Old and New Testament is still God! You may say....ya, duh! Well, I had never really realized the implications of this basic fact. Oftentimes, I think I have so much control over my life. It's such a false presumption! If God could arrange all that, apparently He can help us in our chaos! It was also pretty cool to realize that St. John was a prophet, and on his feast I got to learn a little bit about what prophecy means in our life.

Well, about a week after this basic revelation, I was attending a discussion group with my father and a bunch of Philosophers called "Dialogue." Most of the night's discussion flew right over my head, but at the end, my dad, Fr. Paul Waisanen, said "This life prophesies the Kingdom." Whoah! He said as in Corinthians 13: 12-13 "For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known. So now faith, hope, and love abide, these three; but the greatest of these is love." He added, in the kingdom, we will not need faith and hope because everything will be fulfilled, but love will remain. Wow....blown away.

God is sovereign and I can rely on him in all things. I can find humility and comfort and peace of heart because I know I do not fully understand. I can endeavor to love in all things and make that my anchor of strength. Living a life of obedience and repentance in the community of the faithful can finally bring peace to my life. Having the gift of our services and yearly church calendar of celebrations is such a gift to treasure. I hope I remember that.

Chapters Around the Diocese

St. Luke – Garden Grove, CA

Submitted by Karen George, Chapter President

The Ladies of St. Luke had their first meeting after the summer in September. Together with the Men's Club we made plans for our St. Luke Feast Day in October. Annually, it is a wonderful afternoon of fellowship.

We are preparing for the Christmas season and will be selling See's candy and our annual Christmas Angel ornaments. The money raised from these two items will go towards our designated charities. This year we have added a charities coordinator, Judy Pappoff.

Additionally, we have begun our Christmas card sales. The proceeds of which are put into the Scholarship fund established in memory of our beloved Archpriest Fr. Michael Lewis - Memory Eternal. This Scholarship fund is designated to benefit any Orthodox Christian interested in attending an Orthodox Seminary.

St. Mark – Irvine, CA

Submitted by Lydia Wakileh, Chapter Secretary



St. Mark Church, Irvine Ladies Guild had several activities in the Fall. On Sunday, August 31, our Ladies attended the Meeting of Friends of St. Barbara Monastery, where our own Fr. Michael Laffoon was the guest speaker.

Our Annual Friendship Tea is held on the third Sunday of September. The ladies meet after church at one of the member's home for a potluck lunch and fellowship. This year it was held at the home of Dr. Samir and Mayssa Azzam, and was attended by 50 ladies.



The Ladies also had our annual Breast Cancer Awareness Walk on Saturday, October 28th, which was attended by 11 ladies. Also, a pizza and salad luncheon was held the next day after church and profits of both of these events were donated to Living Beyond Breast Cancer.

On November 9th, we hosted a Pre-Thanksgiving Luncheon. We serve turkey, ham and all the trimmings right after church. This year we started a Secret Sister program, where the ladies trade names and send notes or small gifts to one another throughout the year.

The ladies had their elections for new Officers for the coming term 2014-2015. The new Ladies Officers include: President, Julie Bahbah; Vice-President, Barbara Khamis; Treasurers, Giselle Awayjan and Theresa Joubran; Secretaries, Lydia Wakileh and Wisam Farraj. Our October meeting took place in the Church Hall on October 16th. A potluck dinner and a Bunco game were enjoyed by all the ladies.



St. Andrew – Riverside, CA

Submitted by Barbara Ball, Myrrhbearers Secretary

The Antiochian Women of St. Andrew Orthodox Church, called *Myrrhbearers*, in Riverside, California have been very busy providing service to our church and our community. The women of St. Andrew continue to lead and participate in many ministries in the church, as well as help develop ministries to accommodate our growing number of parishioners.

On Sundays the women coordinate the provision of food for our Agape Coffee Hour. We maintain a schedule of service where each Sunday five to eight families are assigned to bring food, serve and clean up. The coordinator works with families to make sure we have a full, well balanced meal for all.

Our women are in charge of the Decorating ministry where we make sure to bring beauty to the seasons and feasts of the Church by adorning its interior through floral arrangements, color and other aesthetic touches. Women help lead and serve in our Homeless Ministry which entails preparing a meal, transferring it to the Riverside Hulen Shelter and serving food to the residents twice a month.

The monthly parish Newsletter, The Bugle, is created and published by one of the women of St. Andrew. The Bugle, keeps the parish informed of activities and events and includes spiritual messages from our Pastor as well as spiritually inspiring articles and writings.

Our Prayer Ministry, coordinated by one of St. Andrew's Myrrhbearers, provides an immediate means of communication to inform the prayer chain of prayer requests. Our lady prosphora bakers ensure we have fresh prosphora every Liturgy throughout the Liturgical year. We also offer classes to learn how to make prosphora.

One of the St. Andrew women founded our Visitor Welcoming Committee. Visitors are welcomed as they enter our church, invited to our Agape Meal where we have a special table devoted to serving and fellowshiping with them, and we send a follow-up letter to give them more information on classes and activities so they easily learn more about our church and participate.

A Myrrhbearer coordinates our Ushers, and many of our women serve in this capacity. Our Sunday School Director and Assistant are women, and many of our ladies teach Sunday School. St. Andrew women have also founded and teach in our Friday School.

Our Adult, Teen and Children's Choirs are led by women of St. Andrew. The Children and Teens, together, sing following Holy Eucharist each Sunday and at our Palm Sunday Liturgy. The St. Andrew Myrrhbearers have answered the request from IOCC and sent Emergency Kits for Syria.

The Myrrhbearers hold several major fundraisers throughout the year to help raise funds for church ministries, missions and special projects. Some of these include an Annunciation Tea, a Fish Fry and Chili and Hot Dog Cook Off.

Our ladies helped to make our 2nd annual Riverside Greek Fest a success through leadership in key roles, and many hours promoting, baking, food preparation, setting up, working in booths, accounting cleanup and more.

A woman of St. Andrew has organized an Angel Tree ministry where gifts are given to children of prisoners. The ladies of St. Andrew contribute service in many other areas of ministry including the upkeep and tending of our rose gardens, chanting during services and holding office in the Parish Council.

St. Vincent of Lerins, Saskatoon, Saskatchewan

Submitted by, Lois Machnee

For the past number of years I have had the privilege of serving our parish, St. Vincent of Lerins Orthodox Church, as the Alms coordinator. We have tried to present various charitable needs to the parish, particularly during the four fasting periods of the church year. Our parishioners' generous spirit makes this job a true joy. We do a wide variety of alms, usually collecting money for an Orthodox Mission such as Project Mexico, St. Nicholas Uganda Children's Fund or St. John the Compassionate Mission in Toronto, Ontario. As well, we have collected food items for various local food banks or soup kitchens, and clothing/baby items for a pregnancy crisis center. We have made "shoe-box" gifts for Samaritan's purse, which are distributed to needy children in distress such as poverty and war crisis, and have made relief kits, health kits, school kits and others similar to those requested by IOCC but delivered around the world through a local organization.

This past Lent there was an interest in doing a more "face-to-face" service to the needy in our community. This has developed into a pan-orthodox effort to do musical programs in seniors' residences, serve ice cream sundaes at a local shelter & support facility in our city, etc. We have not yet become an arm of FOCUS (Fellowship of Orthodox Christians United to Serve), but have chosen the name as we are beginning to function this way with some representation from 4 of our local Orthodox churches.

As Mother Theresa often said, we are trying to serve Jesus in His distressing disguise. Poverty in Canada and America may be different than in the third world. People here may have physical needs, but more often they are just hungry for love. And that is what our parish attempts to do with the help of God -- spread His love to all who need it.

St. James — Modesto, California

Submitted by Cathi Korelin, President Antiochian Women Chapter

At St. James in Modesto we have a St. Thekkla Women's Ministry. This is some of what our ministry does. We open each meeting with the prayer of the Antiochian Women. We actually have it framed and all meetings are opened with it. After the prayer, I, or someone else, will bring and read about one of the female saints. Initially, this began by having one person each meeting bring their patron saint info. Now I try to find a female saint celebrated that day or week. It is after this time of prayer and learning that business can then proceed.

We also have a dedicated page in our church newsletter. On that page I include a female saint. First I try to use female saints of parishioners with celebrations that month. Each newsletter I choose one set of versus from the bookmarks sent out by the national Antiochian Women. We strive to include them and try to have it mirror a subject of the month. Something appropriate for Pascha, etc. Space permitting a verse is chosen to be printed out completely. We realize that the purpose of the Antiochian Women is supposed to include worship and sometimes, prior to our meetings, we will celebrate the Akathist for Children.

Prayer of the Antiochian Women

O Christ our God, we are all pledged to serve Thee with our whole being. Help us to continue to work for Thee through our Church without seeking praise, without seeking personal gain, without judging others, without a feeling that we have worked hard enough and now must allow ourselves rest. Give us strength to do what is right and help us to go on striving and to remember that activities are not the main thing in life. The most important thing is to have our hearts directed and attuned to Thee. Amen.

St. Michael – Van Nuys, CA

Submitted by Charmaine Darmour, Chapter President



The Church year at St. Michael in Van Nuys began with the joy of a pastoral visit from Metropolitan JOSEPH. After Divine Liturgy the Antiochian Women hosted a beautiful reception in honor of Sayidna JOSEPH's 1st visit since the announcement of becoming our Metropolitan.



Just last week our ladies planned our annual Family Friendly Feast Day Luncheon as our community celebrated the feast day of our

Patron - St. Michael. We were blessed to have Mother Victoria & the Sisters of St. Barbara join us. Our festive luncheon features a taco cart vendor with all the trimmings and is supplemented by our ladies with salads, fruit, and desserts.

We continue to support a child in Lebanon and the Sisters at St. Barbara Monastery with love. As the Thanksgiving & Christmas season is upon us, one of our women coordinates the collections for a local food pantry.

In early December our Antiochian Women join together in fellowship at the home of one of our ladies to break bread. Led by Fr. Timothy and accompanied beautifully on the piano by one of our ladies, we also join together in singing Christmas carols.

As we look to the new year, we look forward to the return of our Chili Cook-Off just before Great Lent. Stay tuned for information on supporting our building fund through a raffle to be held that day.



A Delicious Memory From the Fall Gathering

Kindly Shared by Shannon Hartley of St. James—Modesto, CA

Artichoke Frittata

- | | |
|--|-----------------------|
| 1 onion, chopped | 1/4 tsp salt |
| 1 clove garlic, chopped | 1/8 tsp pepper |
| 4 eggs beaten | 1/8 tsp oregano |
| 1/4c. panko bread crumbs | 2 cups grated cheddar |
| 1 dash of tobacco sauce | 2 tsp minced parsley |
| 2 small jars marinated artichoke hearts, chopped - liquid reserved | |

Preheat oven 325. Grease 9" square pan.

Sauté artichoke hearts, onion and garlic in the marinating liquid.

Combine the remaining ingredients and add to the artichoke mixture. Bake for 30 min.

Can all be mixed, put in baking pan & chilled the day before - allow 5-10 minutes extra time

ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA

DIOCESE OF LOS ANGELES & THE WEST

DIOCESE OF EAGLE RIVER & THE NORTHWEST – 2013-2015

President

Melinda Bentz

(661) 435-1659 (Cell)
melbentz@yahoo.com

Vice President/NAB Project

Georgette Malouf

(818) 563-2838 (Home)
(818) 391-6217 (Cell)
gette0324@yahoo.com

Recording/Corresponding Secretary

Jill K. Benza

(480) 357-9797 (Home)
(480) 388-0378 (Cell)
jill.benza@yahoo.com

Treasurer

Michele Baba

(949) 306-5455 (Cell)
michele_baba@yahoo.com

Public Relations

Charmaine E. Darmour

(714) 287-1266 (Cell)
cdarmour@sbcglobal.net

Spiritual Advisor

Very Rev. Fr. David Hovik

(360) 435-9769 (Parish)
(425) 345-7536 (Cell)
frdhovik@comcast.net

Immediate Past President

Lucy Hanna

(951) 736-9809 (Home)
(951) 415-7667 (Cell)
lucy.hanna@sbcglobal.net

Humanitarian

Toy Ma'ae

(562) 714-9482
tmaae@icloud.com

Religious

Kh. Christina Reimann

(760) 744-2553 home
jcreimann@att.net

Membership

Melody Bahu

949-228-6105
melody@bahuins.com

Spring Retreat/Scholarship Co-chair

Elizabeth Krammes

(562) 906-0902 (Home)
indeedandintruth@yahoo.com

Spring Retreat/Scholarship Co-chair

Ramona Blanski

661-433-9561 (cell)
blanskiir@yahoo.com



THE MOST REVEREND
 METROPOLITAN JOSEPH
 358 MOUNTAIN ROAD
 ENGLEWOOD, NEW JERSEY 07631

ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP – FOUNDER

☞ A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS ☞

❖ DIOCESE OF LOS ANGELES & THE WEST ❖

❖ DIOCESE OF EAGLE RIVER & THE NORTHWEST ❖



October 2, 2014

RE: Chapter Dues and Invoice

Rev. Fathers and Sisters in Christ,

Christ is in our midst! He is and ever shall be!

With the blessing of Met. JOSEPH, and on behalf of our Diocesan Board of the Antiochian Women, we send greetings to you and your parishes. This letter is to give background to the work we do as an organization and how the annual dues are put to work each year in service to our diocese.

In 1973 Met. Phillip, of thrice blessed memory, founded the Antiochian Women as a philanthropic organization to serve within the life of the church from the parish level up to the Archdiocese level. We have been called upon year after year to raise funds for worthy causes such as the Retired Clergy Fund, the Seminarian fund, and the Orphans of War in Syria to name just a few of the many projects we have undertaken throughout the years. Annually the NAB also gives out scholarships to women returning to trade school or college in order to support their family.

On the diocesan level, through the guidance of Met. JOSEPH, we support our mission priests and seminarians with annual financial gifts, we donate scholarships to the Youth Music Ministry, annually we give scholarships for ladies to attend the annual spring retreat, and send remembrances to our widowed khourias to mention just a few of the many ways in which the dues are used to be a blessing around the diocese. Your chapter dues also serves to support the work of the diocesan board.

None of these charitable works are possible without each parish supporting the work of the Antiochian Women through paying annual dues. Due to continued increase of costs, this year at the PLC, the Antiochian Women voted unanimously to raise the dues to \$250, of which \$100 is sent to the North American Board for their duties and good works. While missions are not required to pay dues, they are encouraged to contribute what they are able. Please send your check in the amount of \$250 by November 1st to Michele Baba using the following form.

Thank you beloved clergy and the women of your parish who work so diligently to support our churches and missions. Our work is only possible through your support and prayers.

Serving through Christ,

Melinda Bentz, President
 661-435-1659

Michele Baba, Treasurer

**Antiochian Women
Diocese of Los Angeles & the West
Diocese of Eagle River & the Northwest**

Dues in the amount of \$250 is due by Nov. 1, 2014.

Missions, while not required to pay dues, are requested to send what they are able.

Please make checks payable to: **Antiochian Women Diocese of Los Angeles**

Send check to:
Michele Baba, Treasurer
23041 El Caballo
Lake Forest, CA 92630

Antiochian Women of: _____
Your parish name here

Parish Address: _____

Parish Contact: _____

Contact e-mail: _____

Contact Phone: _____

Amount Enclosed: \$ _____