

# ANTIOCHIAN WOMEN

☞ A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS ☞



THE MOST REVEREND  
METROPOLITAN PHILIP (SALIBA)  
FOUNDER  
358 MOUNTAIN ROAD  
ENGLEWOOD, NEW JERSEY 07631

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

## *Antiochian Women's Prayer*

*In the Name of the Father and of the Son and of the Holy Spirit.*

*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*



# 2011 Fall Newsletter



### *Inside this issue:*

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### *Special points of interest:*

- ❖ Celebrating the life of Arch. Priest Michael Lewis, past Spiritual Advisor of our Diocese
- ❖ St. Katherine's University
- ❖ 2012 Parish Life Conference
- ❖ 2011 Oratorical Winner

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## *Executive Board Roster*

**Diocesan Bishop:**

*His Grace, Bishop Joseph*



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*St. Andrew– Arlington, WA*

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*St. Nicholas – Los Angeles, CA*

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Michele Baba  
*St. Luke-Garden Grove, CA*



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*St. Andrew– Riverside, CA*

❖ **ANTIOCHIAN CHRISTIAN WOMEN OF NORTH AMERICA** ❖



**Self-Ruled**  
**Antiochian Orthodox Christian Archdiocese of North America**  
The Diocese of Los Angeles and the West

His Grace, Bishop JOSEPH  
*Diocese of Los Angeles and the West*

“It is good for a man to bear the yoke in his youth.”

Lamentations 3:27.

“Let no one despise your youth.”

1 Timothy 4:12

+

In the Name of the Father and of the Son and of the Holy Spirit.

Our holy Mother Church teaches us and nourishes us spiritual children with the food of eternal life, even the flesh and blood of the Son of God Who loved us and gave Himself for us. All of us are “children of God” and little brethren of our Lord Jesus Christ. The Father adopted us in the Son through holy Baptism and constantly feeds us with “the good things of Jerusalem,” His sweet divine Grace. As those born again from the baptismal font and who live in Christ, we know the sweetness of spiritual youth, learning and growing. Even though our bodies grow old with age, our hearts and minds within become ever young in renewed faith, hope, and love. Truly in the holy Orthodox Church, in the company with the Mother of God and all the saints, we are ever growing, ever young.

Our discussion here is about youth. The Church’s youth! Your sons and daughters who will one day—sooner than you realize!—become parents of yet another generation, God granting continuance to the race of men. But talk about our youth is meaningless unless we ourselves are also under the magnifying glass. So what can we learn, just as our youth are learning? It is easy to forget that the passage through adolescence for the child-becoming-adult is not only a challenge for the child, since he has never done it before; but it is also a challenge for the parents as well, for the same reason—they, too, have not yet done this, at least for this child, ever before. What challenges do youth have before them? In addition to all the usual things; namely, learning how to make adult decisions, governing their bodily appetites and impulses, and discerning between good and evil, there are special problems today: social websites which project an inflated sense of self-importance, texting and talking on cell phones at all times, the ever-present electronic screen (TV, computer, smart phone) instead of the living human face, worldly philosophy about sex, drugs, sports, romance, fashion, even superficial religious pietism. What a welter of confusion our young people are exposed to! What can parents do? What can the Church do? A lot!

Most importantly, when our young people leave home for college, or work, and so on, frequently they face temptations to lose restraint. Many times they stop going to church and have moral falls, sometimes of a very grievous nature. The reason for this is that we parents

have failed to prepare them for life. Parents can be too severe and place their maturing children in a pressure cooker atmosphere. They count the days until they get out of it! There is also the problem of parental laxity; in the name of love, the parents can utterly fail to offer their children much needed guidance and active, loving involvement with their challenging problems. In this latter case, the parent mistakes love for license! Children want to know the boundaries; the issue is how to guide them respectfully and lovingly in identifying those boundaries. My talk is chiefly concerned with these problems and the answers we can take to heart to deal with them.

First of all, **you parents and your young people are not alone.** You are in the Church, just as your children are. The Church offers a living atmosphere of godly, patient love, through the other faithful who are friends with much wisdom, as well as the spiritual father himself, the pastor-priest. Nothing is sweeter to young people than a community to which they belong, and a trusted spiritual father whom they call their own. It is true that all young people must of necessity learn to suffer like a Christian, bearing their crosses, just like all believers. But the encouragement of the holy Church provides the right climate for this cross-bearing which actually saves them. Everyone bears crosses; but in Christ, those crosses become transfiguring and a way to life. So, on the way with the cross, you parents can learn (if you are truly “ever young”) how to work with God in the salvation of your maturing children.

Remember, adolescent human persons are at the stage of human development in which they must face the question: “who am I?” **Identity issues are everything** for a young person! This explains why the young man or woman experiments so much with his or her physical appearance, hair, face, clothing, and so on. As parents, we are wise to allow our youth to have room to experiment, and to provide a loving perspective for them in a climate of basic respect. We may like or dislike what they try on: weird clothes, dyed hair, certain odd kinds of facial make-up, and so on. Is it worth a battle of wills as to whether your young son or daughter is going off to school with purple dye in his hair or strange looking bangles on her wrist? As loving and patient parents, it is better to help our youth to see consequences which issue from certain courses of action they may be wanting to undertake. It was said about Archbishop Christodoulos, of blessed memory, the predecessor to the current presiding hierarch of the Church of Greece, that he welcomed back so many alienated youth by getting across the message, “God does not care about your earrings; there is a place in the Church for you.” He was voted the most popular man in Greece, just before he passed from this life.

God Himself lets all of us experience consequences in the natural order of things. So it should be with our children: **guidance with choices, not power struggles** with a show-down! We parents should control our own anxieties and fears and not transfer them on to our children. Give them a little credit; the adolescent has a firm sense of fairness. If you can let him see the issues, he will usually make a good choice. Where choices are very serious, we plan ahead and help them by giving them information. For that, our young people need to benefit from a dialogue of love.

**Dialogue, not monologue.** Remember, you have been preaching to your sons and daughters for 15 years or so! Now, listen to them! If you listen carefully, you will notice what is really going on inside. To listen effectively, you must arrange for activities with your youth which

THEY enjoy, so that you can hear them open up to you. I know one father in the Pacific Northwest who wanted to listen to his son, but nothing worked. For example, after coming home from work, he said to his son, “so how are you doing?” The young man said, “I don’t know.” (You may laugh from experience, since this is so common a response among young people!) Then, he thought, “my son loves the snow; I will take him for a day of skiing with me.” The young man and his dad went skiing and later on during that day, actually on the way home, the son poured out his heart with all of his burdens. His father listened carefully and loved him; he said very little—he only communicated by his love that he cared. The son made the right choice in the problems which beset him; the father’s wisdom had been there for years. He only needed to feel his dad’s love!

Parents, **do not be afraid of your child’s questions!** Some questions may be hard for you, even embarrassing. But if you do not take them seriously, who will? Do you want your sons and daughters to learn about sexuality from the streets? Do you want your youth to face life’s heavy challenges without preparation? Listen, the time when your young people will be ready to learn varies greatly, from one person to another. You must be always ready, keeping a loving hand on the pulse of their young and precious lives.

Remember, **let young people experience consequences, not punishments.** If your daughter gets in trouble with credit-card debt, make sure she pays it back. Don’t you do it yourself! If your son gets a speeding ticket, make sure he takes the responsibility of dealing with the penalty! In this way, you allow them to truly feel adult responsibilities and you “work yourself out of a job.” Do you want to still be a parent of an irresponsible man when he hits 30? Parents need to be far more concerned with what their children are suffering than how they are behaving. If you know your sons and daughters at a deeper level, you will be less anxious about their behavior. And, in return, your children will feel your trust and love, and will desire to live up to your noble ideals. There are times when the consequence of a planned course of action could be life-changing and irreversible. If such a state of affairs is impending, bring your priest and other trusted advisors into your son’s or daughter’s life to help you to orient the adolescent to the dangers lying ahead. For example, many young people unwisely choose to get tattoos and piercings of body parts. These are disfigurements of the body and are contrary to our Orthodox faith which teaches us to treat the body in a sacred manner. It can be very difficult, if not impossible, to reverse a tattoo, and the piercing of certain body parts, like the tongue, introduce infection and cause chronic physical illness. Parents are under an obligation to teach these truths to their children before they face this and other similar temptations.

To summarize this point, try to find yourself saying in any discussion with youth, “What do you think about \_\_\_?” This invites collegial discussion and lends importance to their point of view. Adolescents are very sensitive about being rejected. Avoid saying things like, “What a dumb idea!” or, “You need to \_\_\_” These statements diminish or even take away power from youth. That is a recipe for a loss of respect—the biggest element of a young person’s self-aspect. Try to keep the power in their hands, while you subtly and lovingly guide and model the good path.

Nowadays, **young people lack a deep sense of connection with nature, the environment, and beauty, especially of quiet and solitude.** Their lives, and ours, are so noisy. Try to

provide for wholesome times together as a family in the beauty of nature and with no electronic noise. When you are together as a family, do not think only of what you like to do, but think of the developmental needs of your adolescent children. You are not done raising them yet. What and whom does your child love? What does he find humorous? What does she find troubling? It is true that troubled behavior is almost always a NORMAL process of dealing with an ABNORMAL circumstance. What pain and suffering is confronting your son or daughter? Focus on the deep stuff; forget and overlook the little stuff. Too often parents fight harsh battles with their children over things which do not matter, while they are completely ignorant of the huge issues which caused the bad behavior in the first place. How can parents expect their children to “honor” them, according to the holy commandment of Moses, if the parents do not do their part—the greater part—of raising them “in the nurture and admonition of the Lord.”

Our children must learn to bear burdens, to suffer, to work, to experience the beauty and the crosses of life with strength of character. As parents, we can greatly help them on the way, or we can trip them up. If you have painted yourself into a corner with your maturing children, be a Christian and admit it. Language like this never hurt a parent-child relationship, “dear daughter (name!), I am sorry.” Children love their parents and need them far longer than we are aware of. Make these later years of their childhood sweet and rewarding.

We can conclude with an invocation to the holy martyr Demetrios, who lived only a short time and suffered martyrdom while still a beardless youth. How fresh his holy memory is! Through his holy intercessions, may all our youths be saved, along with us!

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Dear Antiochian Women:

Over the course of my 34 years as a pastor/priest I have discovered that people frequently like to hold on to grudges and harbor feelings of resentment, which ultimately leads to unforgiveness. Our Lord is very clear in addressing this issue throughout his ministry. In Luke 6:35 Jesus tells us to *"love our enemies"* and in Matthew 6:14-15 He says: *"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."* In Matthew 18, Christ tells a parable about this same tendency to want forgiveness for our own offenses but then turning around and refusing to forgive someone who has hurt us.

The Fathers also had much to say about this topic. Abba Zeno actually begins to unfold a process for overcoming our failure to forgive when we says: "If a man want God to hear his prayer quickly, the before anything else, even his own soul, when he stand and stretches out his hands towards God he must pray with all his heart for his enemies. Through this action God will hear everything that he asks." St. Silouan, the Athonite, speaks about his own process of learning to forgive when we counsels: "The soul cannot know peace unless she prays for her enemies. The Lord taught me to love my enemies." How do we learn to forgive? He said, "... it is impossible without the grace of God. Then he makes a statement that may shock us: "If we think about them (our enemies) with hatred, we do not know God." We may adamantly profess our faith but if we do not forgive and love our enemies they are simply hollow words with no substance.

Nobody likes to have people upset with them and we often want to avoid the hard work of forgiveness. Yet, listen carefully to Elder Philotheos Zervakos of Paros: "The Holy Fathers consider any virtue that was achieved without obstacles, temptations and afflictions was not a virtue." Echoing this, St. Isaac the Syrian is even more profound: "Take away temptations and afflictions and no one will become a Saint, no one will be saved."

We will have enemies as Christians. We will have people angry and upset with us because we live in a Fallen world. What are we to do about that? We have to learn, as did St. Silouan, to forgive. We have to recognize, as did Elder Philotheos, that this forgive business in hard work. We have to embrace St. Isaac's understanding that by removing the obstacle of extending to forgiveness to someone who has hurt us deeply, we are taking away an affliction that may deprive us of our salvation.

My prayer for all of you is that God will strengthen you to work out your salvation though laying aside grudges and long-held resentments and actively extending forgiveness to those who have hurt you. Our holy father among the Saints, Silouan, intercede for us as we seek to learn to forgive.

In Christ's love,

Fr. David

❖ANTIOCHIAN CHRISTIAN WOMEN OF NORTH AMERICA❖

September 20, 2011

Dear Sisters in Christ,



It was wonderful to see many of you at the Parish Life Conference and now it is time for the Fall Gathering. I hope the time in between has been relaxing and fruitful.

For those whom I have not met, please allow me to introduce myself. I am Melinda Bentz and as the newly elected President for our Antiochian Women of our Diocese, I am honored to serve you for these next 2 years. My home parish is Holy Cross in Palmdale, CA where I also serve as the Parish secretary and co-choir director. It is through my husband Bill that I was introduced to our Holy Orthodox Church. We have 3 teenage daughters and are blessed with 7 God-children.

Our elected board is Georgette Malouf - Vice-President/Project, Michele Baba – Treasurer, Jill Benza – Recording/ Correspondence Secretary, Melody Bahu – Public Relations, Lucy Hanna – Immediate Past President/ Membership Coordinator. Our other coordinators are: Madeline Heffelfinger – Humanitarian, Allyson Gross – Religious, Elizabeth Krammes – Spring Retreat/Scholarship. Please join me in congratulating and thanking these ladies for agreeing to serve in these important positions.

My three goals are:

Serve our local communities including reaching out to the younger women of our parishes and helping them to become active in our local chapters and Diocese.

Increase our Diocesan participation in our project “The Convent of St. Thekla at Antiochian Village.”

Increase awareness of the good works of the Antiochian women in our parishes, as a Diocese and as an Archdiocese.

I look forward to hearing how chapters find ways to involve the younger women of our parishes and give focus to their energy and love of Christ and His church. Enlisting our young ladies and teens to support our project “The Convent of St. Thekla at Antiochian Village” is a way to engage their desire to serve in a tangible way. In the past two years the Antiochian Women have raised \$217,659 of which our Diocese has raised \$22,250. May God bless the Antiochian Women throughout our Diocese and Archdiocese for all their hard work and dedication in support of this worthy project. To see the approved architectural renderings and to read about all the good works performed by the Antiochian Women, please visit [www.antiochian.org/women](http://www.antiochian.org/women). In addition to the local charities, monasteries and other services which each of our chapters support; I appeal for each chapter to prioritize our service project and support building the first Antiochian Women’s monastery in North America. Our deadline for turning in this project money is May 1<sup>st</sup>, 2012.

God bless each of you in your service. I can always be reached at either my cell or via email.

Your sister in Christ,



Melinda Bentz  
President

cell: 661.435.1659 [melbentz@yahoo.com](mailto:melbentz@yahoo.com)

## A special highlight of our new President from her Parish Family...



Melinda Bentz and her family have been members of Holy Cross Palmdale, California for many many years. She is a loving wife and mother of three beautiful girls. She has consistently served in many positions at Holy Cross. She has been an example of the Antiochian Women Prayer:

In the Name of the Father and of the Son and of the Holy Spirit.  
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.

She has been a wonderful friend to others in times of need and always ready to pray and encourage others. She has reached out to many and has been an example of perseverance in tough times and has been steadfast in her faith. We have watched her go above and beyond her duties and show love and concern for all those around her. We are so blessed to have her not only in our parish, but now as our Antiochian Women President.



*A few words from our Vice President...*

*Georgette Nader Malouf*

The Orthodox Church and church community have been a part of my life since as long as I can remember. I grew up singing in the choir, teaching Church School and being very active in SOYO and eventually the Ladies. Being active in my local church, St. Nicholas in Los Angeles, led me to meet, have a wonderful friendship, and eventually marry my husband of 35 years, Ed Malouf. We have three children, Christian, Natalie, and Lauren.

I was fortunate enough to stay home with the kids as they were growing. When they started college, I began working at an elementary school office as the Special Education Coordinator.

I have held all officer positions and many coordinator positions in the Antiochian Women of the Western Diocese. I have also been active and held positions in the NAB as an officer and coordinator.



*LETTER FROM OUR LOVELY SECRETARY*

*JILL K. BENZA*

Thank you for the opportunity to serve as the secretary for the Antiochian Women for the diocese. I am looking forward to meeting new people and learning more about what we as women can do to support our churches, its members and our communities.

Here's a little info about me: married to John for 43 years; have three adult children John M., Jeffrey and Jill N. Originally from Ohio and the Orthodox Church of America; lived in Arizona for 31 years; a member of the Antiochian Orthodox Church since 1985. Attended St. George in Phoenix until being a founding member of the St. Ignatius of Antioch Antiochian Orthodox Mission Church in Mesa, Arizona in the mid 1990's; have served the church in various capacities from Teen Soyo advisor, to church school teacher to festival chair to parish council president.

Retired in 2007 from Mesa Public Schools as the assistant superintendent in charge of business and support services. Currently my time is filled with being blessed with the opportunity to care for my grandchildren (have four beautiful grandchildren, three granddogs and four grandcats), working on behalf of my parish and being active in the community by serving on the board for my home owners association and on the board of the United Food Bank, a major provider of food to over 250 community assistance agencies. Also run a women's nonpartisan political organization. Looking forward to working with the Antiochian Women's Organization.



My beloved Sisters in Christ,

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

First I would like to say what a blessing it is to have this opportunity to represent the Women of Diocese of Los Angeles and the West.

For those of you who do not know me, I have been a parishner at St. Luke in Garden Grove, Ca for the past 25 years (my entire life). I have been involved in Teen SOYO, OYO, Camp I was the Night Time Activities Director at Camp St. Nicolas, taught Sunday School, co-chairwoman to prepare meals for FOCUS and currently the Secretary our Ladies Group as well as the College Advisor.

Outside of church, after graduating from Chapman University with a degree in Public Relations/ Advertising/Marketing I have continued to be involved in my community through different nonprofit organizations and charitable events. I own an insurance agency with Farmers Insurance Group in Newport Beach, CA and help family and friends with Real Estate part time.

I am the middle child of 6 children born to Mazen and Mona Bahu. My family is my support team and because of them I believe I will be able to accomplish my goals as Public Relations chairwoman.

My goals as PR Chairwoman is to reach out to all of the Women in the Parishes in our community especially the young women just graduating from high school and college.

I am one of the youngest members in our women's group at St. Luke and I try to be involved as much as I can and find comfort from the other women. I see them as my mentors and Godmothers. In the movie "My Big Fat Greek Wedding", the mother makes a comment "The man is the head, but the woman is the neck. And she can turn the head any way she wants" That hits home with me not only with my own family but also our church communities. We as women are blessed with the gift of a gentle hand and heart, wisdom and guidance. Through this we are able to influence each other, our youth, other groups in our church and even in our own communities outside of the church.

Just like the church and our most Holy Theotokos is the support for our Lord Jesus Christ, so should we be to our families and parishes.

I ask you to please join me this year to reach out to those around us, encourage them to be involved more and maybe push yourself to becoming more active. If you do not have a women's group, then find another woman in your parish to start one and reach out to other sister parishes. "For where two or three have gathered together in My name, I am there in their midst" (Mathew 18:20).

If you ever have ideas or suggestions please feel free to contact me, I would love to hear from you. I pray that our Lord and Savior Jesus Christ continues to bless us, guide us towards His grace and speak to our hearts. I am very excited for what is yet to come.



Respectfully,

Melody Bahu

Melody@BAHUins.com

949.228.6106



## Get to know our new Treasurer

*Michele Baba was born in Altoona, PA. She grew up and spent most of her life in Anaheim, CA attending St. Luke's Orthodox Church in Garden Grove, which is where she met her husband Danny. After their marriage, they participated in the development of a new Orthodox Church, St. Mark in Irvine, becoming one of the first founding families of that parish.*



*Michele continued her deep involvement in the church life by teaching Sunday School for 15 years at both St. Mark and St. Luke and being an active parent in Teen SOYO at both parishes as well. She is also a past Ladies Club President at St. Mark and has worked on many committees. Michele was a board member on the St. Nicholas Camp Committee and has worn many hats over her last 12 years at camp including director, arts and crafts, sports, and most recently as supportive medical staff.*



*Michele received her Bachelors Degree from California State University Long Beach. Her working career has included teaching at Prince of Peace Lutheran School in Anaheim and as an account executive for Shesido Cosmetics. She is currently employed by Saddleback Valley Unified School District, working in Special Education and as an Elementary P.E. teacher, for the past 12 years. She enjoys being outside working with children, especially her own; Lauren, Michael, Daniel, and Alexander. With all her children currently in college, Michele and Danny now have more time together to enjoy their favorite pastime of listening to music and attending concerts.*



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To: Chapter Presidents or Representatives

From: Michele Baba, Diocesan Treasurer, Antiochian Women

Re: Local Chapter Dues Reminder

Dues for 2012 are due November 1st, 2010. Annual dues for each parish are \$200.00, of which \$75.00 go to the North American Board Treasury. All churches are expected to have an active Antiochian Women chapter and to contribute to the diocese by paying these dues. Dues help cover administrative costs and most importantly, fund our charitable works. Missions are not required to pay dues, but any donations by missions will be appreciated.

“Thank You“ to all of the churches and missions who have already paid your 2012 dues!

Please make your checks payable to: Antiochian Women-Diocese of Los Angeles and the West

Please complete and detach and return the form below along with your check to:

Michele Baba

23041 El Caballo

Lake Forest, CA 92630

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Parish \_\_\_\_\_ City \_\_\_\_\_

Parish Contact \_\_\_\_\_ Contact's Phone # \_\_\_\_\_

Contact's e-mail \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

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MEMBERSHIP COORDINATOR REPORT TO THE FALL GATHERING

OCTOBER 7 - 9, 2011



Dear Sisters in Christ,

I greet you in the Name of our Lord and Savior Jesus.

*“Building up a parish is one of the hardest challenges Christians can face. It involves cooperation with others, love, patience, perseverance, and sacrifice of our own desires and total commitment to God’s will”.* Bishop Joseph’s thought of the Day, September 30, 2011.

Building up an organization, whether secular or parochial, involves the same kind of cooperation, love, patience, perseverance, commitment and sacrifices.

In order to build a stronger Antiochian Women’s Organization, we must first be sincere and vigilant about committing our lives to our Lord and He will guide us in ways to serve Him. For an organization like ours to grow, we need to reach out to others especially the younger generation of women. Most of us were invited to join the Antiochian Women organization when we were younger. Here are some ideas to accomplish this:

1. Once or twice a year, invite the young women and teen girls of your parish to join your meeting. Make your meeting very short, followed by a light lunch, a tea or even a movie night.
2. As part of the meeting, invite a speaker to talk about a topic that would be interesting to them.
3. Let them see that the Antiochian Women is not all about fund-raising, cooking and boring meetings. They may not say it, but most of them look up to us and would welcome the chance to interact with us and learn from us.
4. Ask them to help you and *never, ever* criticize how they do things. Let them develop their own way of doing things with just a little guidance. Remember, they do want to learn.
5. Be creative, but most of all love and respect them.

The NAB has published an excellent membership booklet to be distributed one per parish. Some parishes of our diocese have received their copy but I still have some to be distributed. If your parish has not received a copy, please contact me and I will mail you one. You can also print a copy by going on line at:

[http://www.antiochian.org/aocwna\\_membership\\_handbook](http://www.antiochian.org/aocwna_membership_handbook)

I regret that I was not able to join you at the meetings this time. Many of you already know that my parish is having the most significant event in the life of any parish, the once-in-a-lifetime consecration of our new temple. I am very involved in the preparation for this event and was not able to get away.

Please know that I am always available to support you and answer any questions you may have. Feel free to contact me by phone or email any time.

Your sister in Christ,

Lucy Hanna, Immediate Past President and Membership Coordinator.

Home: (951) 736-9809

Cell: (951) 415-7667

Email: [lucy.hanna@sbcglobal.net](mailto:lucy.hanna@sbcglobal.net)

❖ ANTIOCHIAN CHRISTIAN WOMEN OF NORTH AMERICA ❖

## Meet our new Spring Retreat Coordinator...Beth Krammes!



My family attends St. Andrew Orthodox Church in Riverside. We sing in the parish choir and assist as needed with various activities such as the weekly bulletin, coffee hour, patronal festivities, older members' social events, and upcoming open house and consecration of our new temple. My immediate family consists of husband, Barry-an art professor, two sons and one daughter. I home schooled my children for many years. The youngest has just started college and the others are out on their own. I am now an "empty nester". In 1996, we came into the Orthodox church at St Michael, Whittier, CA, from Protestant backgrounds, through the ministry of Fr. Michael Trigg, Memory Eternal.

Originally from the midwest, we've lived in CA for the last 28 years; most of the time in Whittier, but 4 years in the mountains of Big Bear. I have a Master's degree in Intercultural Studies and taught English classes to international students part time. I hope to resume teaching or tutoring. I'm involved with student and university events through my husband's work. Lifelong learning, needs of the less fortunate, missions, reading, and music are interests of mine. Our family enjoys traveling and have been blessed to visit many places in Western and Eastern Europe as well as Turkey and China. We try to have an open home and often have guests staying with us.

Establishing ways of strengthening women's fellowship and mutual support is very important, at the parish level and beyond. Hopefully, by helping plan and organize the spring retreat I can contribute to that in a significant way for our participants. I would love to hear ideas for increasing the number of ladies coming to the spring weekend retreat. I know I myself have attended sporadically over the years but am greatly rewarded when I set aside the time to come. It is exciting to become more involved and to get to know other Antiochian women through this work. My friend, Jeanne Beyer, Memory Eternal, was so diligent and faithful in working in the church, especially with the women's activities. May I in some small way honor her memory by serving this year.

From our Humanitarian Coordinator

Madeline Heffelfinger

My husband Subdeacon Stephen and I were married in November of 1993. We have three children Daniel, Caleb, and Sarah. We have been members of Holy Cross Palmdale, CA since 2003. I have been an active member of the Antiochian Women and also have served as a Sunday School Teacher for the past several years. I enjoy spending time with my family, the outdoors, riding motorcycles and horses, kayaking, reading and spending time with friends.

# **May our past Spiritual Advisor V. Rev. Fr. Michael John Lewis Rest with the Saints in peace**



He wrote the following about himself:

“In Russian class, I met a young Orthodox Christian lady (now my wife) who invited me to her church. It was a cold Sunday in January, the feast day of St. Seraphim of Sarov to be more precise. The sermon that day was on the life of St. Seraphim and his teaching “On the acquisition of the Holy Spirit”. In all my life, I had never heard such words of spiritual illumination. And, I had never been a participant or experienced such a deep communion of worship: the people of God with God, and the people of God with one another. It turns out that previously I had just been attending protracted Bible Studies interspersed with some cool singing and guitar playing. The experience of worship in the Orthodox Church shook me to my very core. I certainly didn’t understand it at first - people kissing everything and everyone, people making the sign of the Cross, the smoke, the icons, etc. - but, I did know that everything about this experience was holy, and that I would be back for more. The Russian studies and naive aspirations went on the back burner, I found the nearest Orthodox parish, began attending regularly and reading as much about Orthodoxy as possible. The rest, as they say, is history.”

The following was added by Father Michael Tassos at Fr. Michael Lewis’ Funeral Service

Father Michael was baptized at St. Philip Antiochian Orthodox Church in early 1983. He graduated magna cum laude from Kutztown University in 1985 with a degree in Russian. In August 1986, he and Kyra were married. He received a blessing from Metropolitan PHILIP to attend St. Vladimir Seminary, from which he graduated cum laude in 1988. While still in seminary, His Eminence ordained him a deacon in February of 1987 and a priest in July of 1987.

He and Kyra are blessed with two daughters, Anastasia (Ana, born 1987) and Ekaterina (Katya, born 1989). Upon graduation from seminary, Metropolitan PHILIP sent him to be the pastor of St. Mary in West Palm Beach, where he served for nine years, until 1997, when His Eminence sent him to Garden Grove, California.

Fr. Michael was appointed as the Southeast Region Teen SOYO Spiritual Advisor for the first five years of the new region’s existence (1992-1997) and in this capacity he also served several sessions at the Antiochian Village Summer Camp. He was appointed and faithfully served as the Spiritual Advisor for the Antiochian Women of the Diocese of Los Angeles and the West for five years (1998-2003). In 1998, His Grace, Bishop JOSEPH elevated him to the rank of archpriest.

He served as the faithful and devoted spiritual leader of St. Luke’s in Garden Grove, CA from July 1997 until his repose on August 15, 2011, the Dormition of the Holy Theotokos.

**May his memory be ever eternal!**

**His Grace, Bishop JOSEPH's Remarks at the Funeral of  
Father Michael Lewis**  
August 18, 2011  
Garden Grove, California

It was on the Feast of the Holy Dormition of the Mother of God, the day on which we commemorate the passing of the Most Blessed Theotokos into eternal rest, that our Lord Jesus Christ chose to take His faithful servant, the Archpriest Michael, to his well-deserved rest from the sorrows of this life. There was no coincidence in the timing of his repose.

Fr. Michael was a faithful and spiritual man, a man who led an exemplary life. He stood as an example to his family and the parishioners of St. Luke's, and was at the same time obedient, loyal and meticulous in his ministry. He displayed these virtues of the Holy Priesthood as he cared for his flock and ministered to their needs. He brought God to the people with whom he was entrusted, and so it seems that on the Feast of the God-bearer's Dormition, he was blessed to fall asleep as a final sign of God's approval for his sacrificial life.

The priesthood calls us to live a life of self-denial – to relinquish the things of this world for the sake of the Kingdom of Heaven. This calling is a challenge for clergy and laity alike, but Father Michael was blessed with the patience and discipline necessary to accomplish this almost effortlessly.

Although Fr. Michael himself was an educated man, he often emphasized the virtue of piety and spirituality over education and knowledge. He was a wise man, loving husband, dedicated father and true priest, who chose first and foremost to be kind and gentle to all people entrusted into his care.

Sometimes I wondered if he was even capable of becoming angry, since he always seemed calm and contemplative. Rather than belittle others in the face of their failures, he received them with compassion and understanding. His goal was to help heal, to restore, to mend.

To this end, he struggled greatly. In choosing to live his life, according to the Gospel of Love, he prayed for his ministry and conscience to be guided and enlightened by God's mercy.

It is through this struggle to live in union with our Lord, Jesus Christ that a priest realizes the presence of God within himself, becoming a vessel of grace, an arc bearing the Divine. Standing in the Lord's presence, the priest is draped with the mercy of God.

It is the garment of righteousness and salvation which adorns a priest standing before the altar and which also clothed Fr. Michael throughout his ministry.

When Fr. Michael first arrived in California, we were in need of a healer to bring our Lord and Savior Jesus Christ to those who hungered for Him. Fr. Michael exuded the spirit of healing which was so desperately needed, and then found through his leadership. He was a serious participant in all activities of the diocese and built sincere and solid friendships with the brethren of the diocese.

Father Michael was indeed a blessing from the Lord, and his passing leaves many of us feeling wounded and abandoned, especially his beloved wife, Mat. Kyra and their two beautiful daughters, Anastasia and Katya. The family has bravely suffered watching their beloved Father Michael fight stoically against disease and pain. His courageous spirit and high morale will inspire us all to remain strong in our faith and to support his family and one another in order to overcome the grief which threatens to overwhelm us.

On a personal note, whenever I had the opportunity to speak with Father Michael, he would ask me to pray for him. I was always impressed and awed by his positive, hopeful and Christian attitude.

I would like to take this opportunity to thank the community of St. Luke's, the clergy and the faithful of the diocese and the archdiocese as well, for offering their fervent prayers for the strength, healing and mercy of God upon Father Michael during his illness.

On behalf of His Eminence, Metropolitan PHILIP, the hierarchs of our Archdiocese, and the clergy and the faithful of the Diocese of Los Angeles and the West, I extend our heartfelt love and sympathy to his wife, Mat. Kyra, and their lovely daughters, Anastasia and Katya, his mother and the Lewis Family, and the entire community of St. Luke Church.

May his memory be eternal.



# *May He Dwell Among the Saints and May His Memory Be Eternal!!!*



Our past and present Spiritual Advisors:  
Fr. David Hovik and Fr. Michael Lewis



Father Michael Lewis and his beautiful Family  
Khouria Kyra, Anastasia and Katya,



Past and Present priests at St. Lukes  
Fr. Michael Tassos and Fr. Michael Lewis

## A few words from ~Beth Krammes

The opportunity I had to get to know Fr. Michael was through his loving ministry to his parishioner Jeanne Beyer, from the time of her accident through the final days of her earthly life. Fr. Michael truly showed God's love and mercy through his spiritual care for Jeanne, her son, grandson and friends. Remembering the compassion and warmth he extended, even now can bring tears to my eyes. His communications were heartfelt conduits of God's grace. Abiding faith and trust in the Lord in the face of difficult trials and sufferings are an inspiration and treasure. He is a treasure and shining light through whom we all were enriched and guided. Memory Eternal!



Arch. Priest Father Michael Lewis with both our  
Past President Lucy Hanna and our new President Melinda Bentz

## St. Thais of Egypt *Commemorated on October 8*



### *Troparion (Tone 4) –*

*O God of our fathers,  
Do not take your mercy from us,  
But ever act towards us according to your kindness  
And by the prayers of your Holy Thais,  
Guide our lives in peace!*

St. Thais of Egypt led a depraved and dissolute life. She was famed for her beauty, leading many on the path to perdition.

Stories about Thais spread throughout all Egypt, eventually reaching even St. Paphnutius, a strict ascetic who had converted many to salvation. Paphnutius dressed himself in worldly attire and went to Thais, giving her money as though he wished to pay for her favors. He pretended to be afraid that someone would see them, so he asked her if there was a place where they would not be discovered. Thais said that they could lock the door and enjoy complete privacy. “But if you fear God,” she said, “there is no place where you can hide from Him.” Seeing that she knew about God and the punishment of the wicked, the Elder asked why she led a sinful life and enticed others to ruin their souls. He told her about the eternal punishment she would have to face for her own sins, and for the people who had been corrupted and destroyed by her.

The words of St. Paphnutius so affected Thais that she gathered up all her riches acquired through her shameful life and set them on fire in the city square. St. Paphnutius shut her up in a small cell, where for three years she dwelt in seclusion. Turning toward the East, Thais constantly repeated the prayer, “My Creator, have mercy on me!”

“From the moment I entered into the cell,” said Thais to Paphnutius before her death, “all my sins constantly were before my eyes, and I wept when I remembered them.” St. Paphnutius replied, “It is for your tears, and not for the austerity of your seclusion, that the Lord has granted you mercy.”

St. Thais was ill for three days, then fell asleep in the Lord. This woman, who had been a harlot and a sinner, entered the Kingdom of God. St. Paul the Simple saw in a vision the place prepared for St. Thais in Paradise.

### *Kontakion (Tone 2) –*

*Let us praise the blessed Thais,  
The truly fruitful branch from a corrupt root,  
The sweet stream from a salty source,  
The image of repentance and rule of patience!  
Once a vessel of sin, she is now the chosen vessel of grace!  
Let us cry aloud to her:  
O Venerable Thais, entreat Christ God that our souls may be saved!*

# Women of all ages in our community doing great things!!!



Winner of the 2011 Oratorical  
Contest: Madeleine Lengyel-Leahu  
of St. Luke– Garden Grove, CA

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## St. Peter the Apostle AOC Women's Group

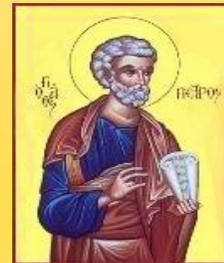
I am the new President of the St. Peter the Apostle AOC Women's Group. This is a list of our current officers.

Valeria Land - President

Ann Green - Vice President

Kim Lukins – Treasurer

Secretary- TBD



We are planning a Talent Show on November 12th, 5 to 9 p.m., The \$15 ticket includes a meal of Prime Rib, Chicken or Vegetarian Lasagna. The children's ticket for \$5.00 includes a meal of macaroni & cheese.

Thank you,

Valeria

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## Holy Cross, Palmdale, CA

This past year, in an effort to bring our younger ladies into the life of the Antiochian Women, we started a "Sunshine Committee" of our youngest members. The "Sunshine Committee" served our parish by mailing the Sunday bulletin to members not in attendance each week. Also, they sent cards to the older members of our congregation, especially those unable to attend Liturgy regularly. Our ladies continue to spearhead our Feeding of the Homeless each month and serve in many capacities of our parish. To support The Monastery of St. Thekla, we sold decorated candles for Palm Sunday and Pascha. For Ladies month in March, the young girls of our parish collected the offering, our ladies read the Epistle and gave a talk at the end of Liturgy.

Submitted on behalf of Robyn Nakonechnyj.

## A Report from St. Andrew– Riverside, CA

These are historic days in the life of St. Andrew Parish. Over the last three years we have, by God's grace and by the holy intercessions of St. Andrew the Apostle, fulfilled our dream to build our church temple to the glory of the Holy Trinity. The final result of our efforts has far surpassed what we dreamed possible when we launched this sacred endeavor.

Father Josiah and the Parish of St. Andrew invite you to tour the new church temple on the occasion of its public opening on Saturday, October 15, 8am-8pm and Sunday, October 16, noon-8pm. We will be hosting an open house for the community and would be honored if you join us for the tour and refreshments.

The crown of our holy work of church building however, is the Divine Service of Consecration. This Service is scheduled for Saturday, December 3rd, 2011. Orthros, the Church Consecration and Hierarchical Divine Liturgy will take place at 9am and will be followed by our once in a lifetime Consecration Banquet. It is the culmination of our parish's history thus far, and will be the pinnacle of all our efforts for the last twenty years.



Throughout the past several years, the Antiochian Women of the parish of St. Andrew, known as the "Myrrhbearers" have been working on raising funds for the construction of our new temple. Over the past few months, they have been working diligently and joyfully alongside the men, the youth and even the children to beautify the church by participating in the landscaping work and cleaning up following the completion of the construction. They have been working on planning the open house and the banquet. Their enthusiasm and love for their church was evident in everything they did. St. Andrew is blessed to have such wonderful and dedicated women.

We invite you all to come and share in our joy.

With love in Christ,

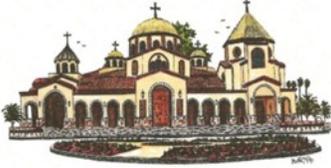
The Myrrhbearers of St. Andrew





*His Grace the Right Reverend  
**Bishop JOSEPH**  
 The Very Reverend Father Josiah Trenham  
 And the parishioners of  
**St. Andrew Orthodox Church***

*Cordially invite you to attend  
 The Divine Service of Consecration  
 Of our New Church Temple  
 4700 Canyon Crest Drive  
 Riverside, California 92507*



**Saturday, December 3, 2011**  
  
*Orthros, 9:00 a.m.  
 Consecration & Divine Liturgy, 10:00 a.m.*  
  
*Consecration Banquet will follow on-site*  
  
*Vespers & Reception of Holy Relics, Friday, 6:00 p.m.*



***The favor of your reply is requested by  
 November 1, 2011***

Name(s) \_\_\_\_\_

*Adults and Teens* \_\_\_\_\_ @ \$100 per person = \$ \_\_\_\_\_  
 *Children ages 5 - 12* \_\_\_\_\_ @ \$50 per child = \$ \_\_\_\_\_  
 *Unable to attend*      *Donation Enclosed* = \$ \_\_\_\_\_

**TOTAL ENCLOSED = \$ \_\_\_\_\_**

***Please make your tax-deductible donation to:  
 St. Andrew Orthodox Church  
 Memo: Consecration Banquet  
 Mail to: St. Andrew Orthodox Church  
 4700 Canyon Crest Drive, Riverside, CA 92507***

# St. John the Baptist in Post Falls, ID

So...a little blurb about me, Allyson Gross, since I'm President...

I am married (30 years!) and have 3 children adopted from Asia. One daughter is in college, another daughter is in Junior High, and my son is homeschooled in 5<sup>th</sup> grade. Teaching him is my major occupation right now. I also teach music lessons 3 days a week and am very involved in 4-H programs, both as a leader and a mom. My husband and I recently had our marriage blessed at St. John's (see picture). I am a chanter there and also the choir director. This is my second term as Religious Coordinator for the Diocese. I look forward to getting together with the new officers.



Our officers at St. John the Baptist in Post Falls, ID are:

President	Allyson Gross
Vice-President	Lavonne Ayoub
Secretary	Rebecca Ebert
Treasurer	Barbara Garbinski

We do not have Coordinators in our parish.

## A highlight of one of our own sisters at St. John's... Joanna Townsend...

Joanna Townsend was born in Florida to Fr. Nicholas and Khouria Malvi Neyman. She moved with her family to Camp St. Nicholas in California at age 3, where she grew up. She describes her childhood as an adventure and a blessing—she learned to work hard and had the advantage of meeting people from many races and religions. After being homeschooled during her high school years, Joanna moved to San Diego, where she lived with Bill and Geri Townsend while studying to be a Medical Assistant/Phlebotomist. Her friendship with the Townsends' son Eric blossomed into romance and they married when Joanna was 20. After their wedding, Joanna continued working in the medical field and before long their first child, Tabitha, was born. In 1998 the family moved to Spokane, Washington and began attending St. John the Baptist. In 2003 they moved to Post Falls, Idaho to be close to the parish. Their second daughter, Genevieve, was born. Joanna began chanting for the parish and Eric was tonsured a Subdeacon. Joanna began studies to become a nurse practitioner. On September 18, 2011, she became a clergy wife when Eric was elevated to the Diaconate as Fr. Deacon Mark.



## Lastly, some news about our Sisterhood...

We have been busy cooking! First the Bishop was here to elevate Deacon Mark and now we have a Mediterranean Dinner/fundraiser to get ready. We also pitch in to help the local Greek parish with their Greek Festival. And we supply food once a month for Project Safe Place, a ministry to teens. We will be hosting a talk by one of our members about the orphanage where she adopted her two Guatemalan daughters. We alternate business and social meetings about once a month.



## Virgin Mary Church West Sacramento

Our officers for this year are...Kh Jean- Pres, Sonia Marrach- V-Pres, Doreen Tannous– Secretary and Leila Yacoub-Treasurer.

Our chapter meets once a month for a dinner gathering outside of church. We open with prayer, discuss previous meeting, and collect \$5 dues from each attendee to help us pay for our annual dues.

Our main purpose for this group is to create a sisterhood bond and to share with each other about our family life and have open dialogue about ways to help each other to stay strong during difficult times. We pray together, eat together, and laugh together.

Each year we have four big events that the ladies work diligently to serve their church and our community.

We use these events to help pay our priest salary and to upkeep the church grounds.

This past summer we were able to pay for 5 of our teens to attend the PLC.

We have grown since last year from 12 to 17 ladies in our humble little chapter.

In June we held our 2nd annual campout on the church grounds. We had 10 families in tents and sleeping bags. The ladies had a bbq dinner of salmon burgers and all the fixings on Friday evening and we woke to a delicious cereal and fruit breakfast. We ended the day with our rummage sale yielding us a profit of about \$700.

I do have to recognize one lady in particular. This is a woman who puts her church and prayer life above all. She is a dedicated wife, mother, daughter, friend, and the President of our church board.

At the drop of a hat she is there for you. Even during difficult times, she holds true to her faith and perseveres.....Mona Kurt.



Your sister in Christ,

Kh Jean

## A report from The Antiochian Women of St. Ignatius in Mesa, Az

We are busy this year with fundraising, which included Lenten soup sales, bake sale, and we made and sold Pascha. We hosted luncheons for Palm Sunday and Father's Day. We had our first Great Lent Women's Retreat which was a great success. The women were also very generous in donating money toward the Convent of St. Thekla Project, Parish Life Conference ad, 3 scholarships for kids to attend Camp St. Nicholas and a general donation to our own St. Ignatius parish. The women are currently busy preparing for the Fall Gathering and working very hard. All of the Antiochian Women at St. Ignatius are very special women who give of themselves unselfishly

Milana Shelton-President

---

## Greetings from all the Ladies at St. Luke in Garden Grove, Ca

Since the Parish Life Family Conference in Irvine, our parish has suffered the great loss of our dear Father Michael Lewis, God rest his soul. Consequently, the Ladies' Club went dark during the summer and the month following his passing. However, I am pleased to report the woman came together and baked, set up and hosted two beautiful coffee hours following his services.

We have many activities planned over the next several months beginning with St Luke Day on October 16, where we will host a Country Harvest BBQ catered by a family from one of our sister churches. We have a relaxing afternoon planned and anticipate our parishioners will play cards and board games together as well as volleyball and basketball. We are delighted that Bishop Joseph plans to be with us on that day as well.

On October 23rd at 4:00pm, we have an Oktoberfest planned which will feature local talent from our own, as well as, sister parishes. We will serve Bratwurst and German Beer and look forward to dancing to the tunes of the live music. All our local churches are invited to attend!

In December we plan to raise funds by coordinating a Family Parish Christmas card where each family includes their name for a donation and the card is sent out to the entire parish for Christmas greetings.

In January, we hope to have another Bake Off after the tremendous success and feedback at our Super Bowl Chili Cook Off - this year we are thinking of having a Chocolate Chip Cookie or Brownie Bake-Off!

In February, we will have our annual Prayer Sister Luncheon and in May plan to have a Mother/Daughter Tea in our church hall. Our traditional activities of candle making for Pascha and providing Pascha breakfast for our parish is something we also look forward to this Spring.

Your sisters in Christ,

Alexis Kjos and Kristia Lengyel-Leahu

Co-Presidents, St. Luke Ladies' Club

Garden Grove, Ca

Southern California Welcomes the FIRST Independent Orthodox Christian College of Liberal Arts and Sciences in the U.S. It is co-ed, not-for-profit, privately endowed and admits students from all religious and faith backgrounds.



**Saint Katherine College** is an undergraduate college of liberal arts and sciences that focuses its integrative teaching in the core subjects of Composition, English Language and Literature, Foreign Language, American Government and History, Economics, Mathematics, and the Sciences in addition to instruction in concentration-specific degree requirements. Outstanding teaching and research—with relevance to the practical world and Christian witness as guiding principles—is our primary purpose- *inquiry seeking wisdom*. College programs encompass several academic disciplines and degree-granting programs, as well as interdisciplinary collaborations, laboratories, and programs whose work cuts across traditional departmental boundaries. We realize these aims in a singularly collegial, interdisciplinary atmosphere, while educating outstanding students to become creative members of society. Saint Katherine College is independent, coeducational, not-for-profit and privately endowed. The College admits students of *all* religious and faith backgrounds. All classes are taught by experienced faculty who have earned terminal degrees in their academic field.

**Vision** To increase knowledge to benefit humanity and advance scholarship to enhance our understanding of that knowledge.

**Mission** We accomplish this by integrating Christian discipleship in all of our educational and research programs and in our service to the community at large.

For more information, to visit or support visit St. Katherine's Website:

<http://www.stkath.org/>

# The Convent of St. Thekla at Antiochian Village

## About the Convent of St. Thekla

Founded in July 2009 on the property of Antiochian Village, the community of St. Thekla is cenobitic, which means the sisters share all things. The nuns maintain a monastic schedule of services, private discipline and prayer, and are simultaneously involved with the many ministries at the Antiochian Village Camp and Conference Center. They also accept invitations from local parishes to speak and participate in parish events. Mother Alexandra, the founding abbess, lives on site at Antiochian Village, leaving only to attend conferences and local parish events. New women considering a monastic vocation will be joining her as God sees fit. Prayers are requested for Mother and the women who are visiting and considering monastic life, as well as for the ongoing plans for construction of separate monastic quarters.



Mother Alexandra addressing the women at the 2011 Parish Life Convention in Chicago

## Finding Refreshment at the annual St Thekla Pilgrimage



From September 23-25, faithful traveled to the St Thekla Pilgrimage for the Patronal Feast of the St Thekla Monastery at the Antiochian Village for a weekend of prayer, refreshment, focus and fellowship. As pilgrims trickled in on Friday on evening after busy weeks of work and the demands of daily life, they were offered hospitality and a time to unwind and transition in prayer at Vespers and then in fellowship and discussion following a movie. Saturday was a full day that began with the Orthros and the Divine Liturgy, followed by brunch and workshops on Orthodox Family Life, Living Faithfully Though Crisis, the Sacraments, and a discussion of the book *Miles to Go*. After a break, we convened at the Shrine of St Thekla, located at the Village Camp and prayed the Supplication to St Thekla and were anointed with the miraculous oil from the lampada that burns in the Shrine of St Thekla in Ma'aloula, Syria

## HOW YOUR PARISH CAN HELP ...

Raise money at your Parish  
Visit the Antiochian Village  
Attend the Annual Pilgrimage  
Invite the nuns to come visit your Parish  
Keep the Covenant and all of those involved in your prayers

Visit: <http://www.antiochian.org/sainttheklaconvent>





*As we draw closer to the holidays and the the EXTRA spirit of giving...  
how is your parish involved in your community?*



FOCUS Centers are setup in cities/regions to provide a hands-on outreach to the poor, needy and suffering in an area. The centers are established in a neighborhood or community with great need and are run by a local director employed by FOCUS North America and staffed with volunteers from local Orthodox churches and others. They are initially centered around a feeding program but also have several life-recovery ministries.

Services at FOCUS Centers are based upon the need of an area. The services they provide may include the following: community meals, food pantry, mobile hospitality outreach, companionship ministries, counseling and case management, shelter referrals, occupational training, clothing closets and other vital life recovery services.

Reconciliation Services-FOCUS Kansas City is our pilot FOCUS Center. It offers a food pantry, clothing closet, document recovery service, counseling programs and a Friday night meal where over 200 Orthodox Christians volunteer a month.

To find out more information about FOCUS and nearby Centers or ways you can become involved visit:

[DONATE NOW](#)

FOOD OCCUPATION CLOTHING UNDERSTANDING SHELTER  
**FELLOWSHIP of ORTHODOX CHRISTIANS UNITED to SERVE**

[FOCUSNorthAmerica.org](http://FOCUSNorthAmerica.org) | 816.399.0909 | 3101 Troost Ave | Kansas City MO 64109



**Diocesan Antiochian Women's Retreat in Northern California  
Presentation Retreat Center, Los Gatos, CA  
November 11-12, 2011**

**(see attached registration form and schedule)**

.....  
March is Ladies Month throughout our Archdiocese

.....  
Spring Retreat at St. Nicolas Camp in Fraizer Park, Ca  
*March 30, 2012—April 1, 2012*

.....  
**Antiochian Orthodox Christian Diocese of Los Angeles & the West  
2012 Parish Life Conference — July 5-8, 2012  
Hosted by Church of the Redeemer, Los Altos Hills, California**

.....  
**PLEASE MAKE SURE TO SEND IN YOUR \$200 CHAPTER DUES**

**NO LATER THAN NOV 1, 2011**

**TO MICHELE BABA**

23041 El Caballo  
Lake Forest, CA 92630  
(949) 306-5455

.....

# *Southern California Diocesan Antiochian Women's Retreat*

**32nd Annual Spring Retreat  
Camp St. Nicholas, Frazier Park, CA**

**March 30 - April 1, 2012**

**THEME: TO BE ANNOUNCED**

**SPEAKER: TO BE ANNOUNCED**

**His Grace Bishop JOSEPH, Presiding**

**The Very Reverend David Hovik, Spiritual Advisor**

**DO'S:** BRING SLEEPING BAG OR SHEET & BLANKET, PILLOW, WALKING SHOES, WARM CLOTHING, TOILETRIES, TOWEL, FLASHLIGHT, BIBLE & PRAYER BOOK.

**DON'T'S (RANGER RULES):** NO ALCOHOLIC BEVERAGES, DRUGS, FLAMMABLE LIQUIDS, PETS, FOOD IN SLEEPING ROOMS, CARS IN CAMP AREA (ONLY IN PARKING LOTS), SMOKING IN BUILDINGS.

**All participants must be 18 and older.**

For those who would like to stay at the Best Rest Inn (Flying J), reservations can be made by calling: (800) 766-9009. Prices for the weekend remain the same whether you sleep at the Camp or not.

For More information contact Beth Krammes (562) 906-0902 - email: indeedandintruth@yahoo.com

**To ensure availability of space, please fill out and return the application below with your check no later than March 21, 2012.**

Make checks payable to "Antiochian Women, Diocese of the West" and write "Spring Retreat" on the Memo line

Mail to: Elizabeth Krammes  
10431 Nashville Ave.  
Whittier, CA 90604-1451

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Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name and Phone \_\_\_\_\_

Parish \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

For a lower cabin please specify need:  Senior  Medical  Other

Whole Weekend including Friday Dinner, (Early bird before March 1, 2012):  \$90

Whole Weekend including Friday Dinner, (after March 1, 2012)  \$100

Saturday Only (All Saturday Attendees must pay):  \$60

I plan to attend the Friday Dinner (included in whole weekend price):  Yes  No

Amount Enclosed \$ \_\_\_\_\_

Most Reverend  
Metropolitan PHILIP  
Founder  
358 Mountain Road  
Englewood, New Jersey 07631

# Antiochian Women

## Diocese of Los Angeles and the West



Right Reverend  
Bishop JOSEPH  
*Bishop of Los Angeles  
and the West*  
454 South Lorraine Boulevard  
Los Angeles, California 90020

## Retreat Scholarship Guidelines and Application

A limited number of scholarships are available from the Diocese of Los Angeles and the West Antiochian Women to attend the Spring Diocesan Retreat each year.

### QUALIFICATIONS:

- ◆ Applicant must be a female, at least 18 years of age the year of the retreat.
- ◆ Applicant must be a member in good standing of a parish of the Diocese of Los Angeles and the West, Antiochian Archdiocese.
- ◆ Applicant must be actively involved in her parish.
- ◆ Applicant must demonstrate financial need and submit a letter of recommendation from her parish priest.
- ◆ In order to allow more women to participate, scholarships may not be granted to the same applicant more than once every two years, unless there are not enough applicants the second year.
- ◆ Applications must be received no later than 30 days prior to the Retreat.
- ◆ Applications must be approved by the Spiritual Advisor.
- ◆ To ensure availability of funds, applications must be approved by the Diocesan President and Treasurer.

Scholarships will be awarded based on the above and *on the availability of funds*.

*Please complete, detach, and send the registration form below to the Scholarship Coordinator:*

Elizabeth Krammes  
10431 Nashville Ave.  
Whittier, CA 90604-1451

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### Diocese of Los Angeles and the West Antiochian Women Camp St. Nicholas Retreat Scholarship Application

Today's Date \_\_\_\_\_ Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Parish \_\_\_\_\_ Pastor's Name \_\_\_\_\_

Parish Address \_\_\_\_\_

Pastor's Signature \_\_\_\_\_ *(Pastor: Please attach letter of recommendation)*

*(Contents of the Pastor's letter are strictly confidential)*

\_\_\_\_\_  
Spiritual Advisor's signature

\_\_\_\_\_  
President's signature

\_\_\_\_\_  
Treasurer's signature

2011 Northern California Diocesan Women's Retreat

Keynote Speaker

**Archimandrite Meletios Webber**

**Abbot of the Monastery of St. John of San Francisco**

**Author of Bread & Water, Wine & Oil: An Orthodox Christian**

**Experience of God**

**November 11-12, 2011**

Los Gatos, CA

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

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

Parish/City \_\_\_\_\_

Suggested Roommate: \_\_\_\_\_

Roommate's Parish: \_\_\_\_\_

**Diocesan Retreat Policy**

I understand that the deposit of US\$75.00 is nonrefundable.

Enrollment might be transferred to another woman if I cannot attend the retreat. In such event, I will contact the retreat coordinator, Yaulanda Spyrou for approval of the substitution. The balances due are the responsibility of the substitute. All remaining balance is due by **Sept. 30, 2011**.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Meals (please check all meals you plan to attend at the 2011 retreat):**

Friday Dinner  Saturday Breakfast  Lunch

**! If you listed a roommate, she also must submit a registration form by Sept. 30, 2011 or until retreat coordinator's notification that registration is approaching full capacity, whichever comes first.**

**Otherwise, another roommate may be assigned to your room.**

**Retreat Schedule**

Friday, November 11, 2011

4:30pm Check-in

6:00pm Dinner

7:00pm Vespers (Assembly Room)

8:00pm Session I (Assembly Room)

9:45pm Fellowship

Saturday, November 12, 2011

7:45am Morning Prayers

8:00am Breakfast/Checkout from Rooms

9:00am Session II

10:30am Short Break

10:45am Session III

Noon Lunch

1:00pm Group Picture

1:30pm Session IV (Q & A)

2:30pm Reflection/Confession

4:45pm Departure

**Amount Enclosed:**

**Double occupancy** \$75(Deposit) \$135(Full Amtn.)

**Single occupancy** \$75(Deposit)

(Only a few are available) \$155(FullAmtn.)

Check #: \_\_\_\_\_

*(Please make all checks payable to Northern California Deanery, and write "2011Fall Retreat" in the memo section.)*

Please send completed and signed form along w/ payment to

Northern CA Diocesan Antiochian Women's Retreat

c/o Yaulanda Spyrou

65 E. Rincon Avenue

Campbell, CA 95008

?Questions Please contact Yaulanda at

[yspyrou@espyrou.com](mailto:yspyrou@espyrou.com) or 408.732.4692