My Dear Brothers and Sisters in Christ,

The year 2020 began much like most years – with the celebration of the Divine Liturgy on January 1st and a sense of optimism and excitement over the continuing ministries at the Saint Barbara Parish. We had just completed our year-long Centennial Jubilee and we were looking forward to paving a new path into the future.

We began the Lenten season in earnest – with a full church, but by March 16th, in response to the growing coronavirus pandemic (and out of a deep concern for the welfare of all the faithful) His Eminence Archbishop Elpidophoros made the difficult decision to state that only one priest and one chanter were permitted to celebrate the appointed services in the Church.

His Eminence encouraged the Faithful of each parish to pray from their homes and participate in the services through internet broadcasts. While these were certainly unusual circumstances, this wasn’t that difficult of an adjustment to make possible; as our community was blessed to have been broadcasting our liturgical services online since 2001, and we have been utilizing this unique missionary ‘vehicle’ to help keep us connected to the Church and the Good News of our Lord.

For a time, we were all separated by distance, yet harmonious in our supplication to God to keep all humanity safe and healthy. I remain so thankful to Stacey Grimaldi and Presbytera Vangie for their prayerful participation in the services as our Chanter and Reader during this time. I know how appreciative we all are for the beautiful way in which they lifted up their voices chanting and proclaiming the Hymns and Readings of the services.

Our Lenten and Holy Week Journeys were spent with our immediate families huddled around our computers, united in prayer. Many parishioners, and other Orthodox Christians from around the Country, reached out to me to express the peace they experienced, even amidst the turmoil, through the comfort, familiarity and beauty of the services that brought a sense of peace and calm in the midst of the confusion of the ‘outside world.’

It was heartwarming to hear so many parishioners exuberantly proclaim the Resurrection of Christ in our parish’s Paschal Greeting Renewal Week Project!

Illumination by the Spirit is the endless end of every virtue.
Saint Symeon the New Theologian
It brought a wonderful sense of festive delight to see and hear fellow parishioners proclaim: “Χριστὸς Ἀνέστη! Ἀληθῶς Ἀνέστη! Christ is Risen! Truly He is Risen!” I am very grateful to our Young Adults who spearheaded this project, and in particular to Andrianna Papadimitriou, for beautifully piecing together all the videos.

Our Church Staff, as well, adjusted to the new circumstances. With Lea Loussides’ assistance, I was able to reach out and call every parishioner family – checking on their well-being; to see how they were managing during the difficult ‘lock-down.’ Our Church caretakers, Bob and Ivanka, rolled up their sleeves and scrubbed, cleaned and sanitized all of the Church buildings. They continue to do their best assuring that the surfaces, pews, rooms and other contact points are being constantly disinfected. Throughout all of this, the Church never closed, but did its best to try to work within the limits of COVID Protocols to minister to all of our parishioners.

The World suffered – our country languished – and our parish family endured. Older parishioners were isolated. A number of parishioners lost their jobs or were furloughed – others were cut-off from visiting older parents and family members. Many saw their businesses closed – and are still only now partially opened.

We suffered the death of a number of parishioners due to coronavirus related complications. Unfortunately, we were unable to gather, embrace and comfort the grieving families in the manner that we are accustomed, due to safety restrictions. Yet, we improvised and we adapted. We reached out by phone and by zoom – doing what we could to share our love and support, with all who were, and are still suffering.

Many of our parishioners were called to immediate action through their work as first responders; in hospitals, police, ambulance, fire stations and grocery stores. Others worked in labs and pharmacies sharing information and research into the unknown disease, working innumerable hours, under ever-changing circumstances, doing their best to respond to the cares and needs of all.

Through “Operation Food Exchange” our parish’s Philoptochos Society made arrangements with our parishioner owned restaurants and diners, to purchase food from them and deliver it to help feed people at local soup kitchens, homeless shelters and to the residents at the Ronald McDonald House of Connecticut.

We dropped off trays of food to show our support to first responders and hospital workers throughout the area and made arrangements for home deliveries to several shut-ins. Philoptochos did not act alone, many of our parishioner-owned businesses (and parishioners) also responded to the needs of the surrounding community – and together we were able to add our collective voice of appreciation by providing healthy and well appreciated nutrition to many of the most affected.

Over the summer, Philoptochos members enthusiastically collected and assembled 85 “Baskets of Goodness” that were graciously donated to underserved youngsters throughout the greater New Haven area, through several well-run child and family agencies. They were filled with summer toys, chalk, kites, craft supplies, school supplies, snacks, toothbrush, toothpaste, toiletries, socks, sunglasses, books and games and were a welcome treat and surprise to the children who enthusiastically received them.

Trust in God with all your heart. 
Proverbs 3:5
They have also been collecting toiletry items and assembling what they call: ‘TLC Bags of Hope’ to assist men, women and children who have sought refuge in our area homeless shelters. They contain travel sizes of shampoo, toothbrushes, toothpaste, shaving cream, hand cream, and granola bars among other things. They began by assembling 100 bags and hope to continue this meaningful ministry moving forward.

Since Mid-May, our Philoptochos has also teamed with the Red Cross to sponsor three critical blood drives and they have a fourth scheduled to take place, once again in our Grand Ballroom, on December 10th. They have also collected coats for the “One Warm Coat Drive” that gives free winter jackets to all who require one.

I want to pause at this point and thank all the members of the Saint Barbara Philoptochos for the way in which they have always led our parish’s response in ‘seeing’ a need and ‘filling it.’ None of this is done in a silo. Philoptochos has been using the financial resources that they have been able to gather through their fundraisers to fulfill all of these needs and more. They held a successful “Mum’s the Word” fundraiser in October that included plant and pastry sales and are planning to host a Drive-Thru Pastry sale on November 21st and 22nd for the same purpose – to provide the financial means for the Church’s continuing philanthropic mission.

Our local AHEPA Chapter 98 continued their outreach to the Harkness House Homeless Veterans Shelter, which provides up to 90 days of services for Veterans and their families who are experiencing homelessness or are at risk of becoming homeless. The AHEPAns have been visiting the facility and providing the items listed on the shelter’s “Needs and Wish List” allowing the staff to continue to meet the needs of those being served.

They also held their annual golf tournament in September, which was sold out, and helped raise money to continue this and other philanthropic work and fund their chapter’s scholarship program.

Our younger parishioners, through GOYA, have also contributed, completing a successful Lenten clothing drive, and donating a large truck-full of nearly 1,600 lbs. of donated goods to local donation centers. They also never ceased their philanthropy at the Community Dining Room, through the driving force of Michele Papadimitriou, feeding well over one hundred people of all ages on a monthly basis.

Our beautiful choir, has also been sidelined during the pandemic. Unable to safely gather and sing in-person they meet regularly via zoom and practice behind muted screens – lifting their voices as their melodious prayers reverberate through the walls of their home. They are learning important beathing and singing techniques, practicing new music and expanding their repertoire to be prepared for the time when we are all able to hear their melodic hymns lift us heavenward and fill the interior of the Church with the sounds of praise.

We have also used this time to begin the Byzantine Music portion of the Fotizou Liturgical Reading Group. Led by new Saint Barbara parishioner, Dr. John Damianos, who moved to the area in the
late Spring, and assisted by Presbytera Vangie and myself – this group seeks to open the beauty, understanding and nuances of Byzantine Chant to participants via zoom ranging in age from 13 – 90. Through this group we have also worked on practicing proper liturgical reading skills – working on the importance of diction, cadence and phraseology – honing our skills and preparing the next generation of readers in the Church.

Our Garden Ministry team members made arrangements to work separately and keep up the beautiful flower containers that are artistically arranged throughout the Church property. They reached out to college students and young adults from the parish who also gathered “socially distanced” to help weed many of the outdoor flower beds as well as weeding along the fence line of the property.

Our parish young adults continued their work through the Telos Project and adjusted their programs and offerings to the social distanced norm of COVID. They began meeting and had events via zoom and sponsored virtual coffee hours after the Divine Liturgy on Sundays.

They hosted a well-attended physically distanced dinner party over zoom. They recognized that ordering delivery from a restaurant was a treat that many of our young adults may not have in their budget, so the group sent each participant who RVSP’d an electronic gift card to Uber Eats the morning of the event so they could plan their dinner choice – and celebrate together.

They are planning to host a Young Adult afternoon drive through Connecticut, exploring the New England foliage, stopping along the way for local concessions, and concluding with an outdoor lunch. As Christmas approaches, they will do something similar, keeping in mind social distancing measures, driving to view Christmas lighting displays throughout the State.

To everything there is a season, and a time for every matter under heaven.

Ecclesiastes 3:1
They are also planning some new and exciting initiatives including Rise & Shine with the Gospel that will seek to engage the young adults of our parish with each other and the Gospel in an innovative manner – providing morning reflections and an opportunity for discussion on the week’s readings.

Physical distancing limitations and heightened health and safety precautions also presented challenges to our typical Odyssey layout. Ever resilient, our community rallied together to create a new format, allowing us to safely serve our customers and keep our tradition alive — thru Odyssey Express. We embraced the digital world, creating a user-friendly website – through the expertise and knowledge of our Young Adults - to bridge physical distance and ensure safety.

It was a completely reinvented Greek Festival that was appreciated by parishioners and non-parishioners alike. A familiar experience in an unaccustomed manner – that was met with rave reviews and tributes!

I know how grateful we all are to everyone who came and generously offered their time and talent to the success of the event. It was so very much appreciated.

We also saw an adjustment in our Parish Communications. We published the final online only edition of ‘The Ministry’ this past Spring that contained pictures and highlights from the Centennial Weekend Celebration. We introduced a new monthly publication in February called SparkLight that we have continued to mail to each family on a monthly basis throughout the pandemic – in an effort to keep everyone informed of the happenings here at the parish.

We have expanded our list serv and e-mail communications. Sending out timely updates and notices in addition to spiritually uplifting information and programs.

Even the Orthodox Observer has transitioned to a purely on-line version and provides a wealth of information from the Archdiocese on a regular basis. I pause to remind you, if you are not receiving the weekly bulletins and other e-mails from our parish, please sign up to receive them on our newly designed web site.

Yes, that’s correct, newly designed web site.

Through all of this, we were able to work together with the Archdiocese Department of Internet Ministry and transform our website into one that is much more easily navigated. Constantly updated – it provides a wonderful vessel to keep us all informed and abreast of the parish’s latest news. Of course, managing the details of the Parish website is an ongoing process, and there is much work still to be done.

Other departments of the Archdiocese have assisted our parish and other Archdiocesan parishes as well. In addition to the department of Internet Ministry, the Departments of Religious Education, Youth and Young Adult Ministries, Outreach and Evangelism, Greek Education and the Center for Family Care have made online materials and podcasts available to help parishioners throughout the Archdiocese find comfort in their faith and provide wonderful learning opportunities for families to enjoy with each other. The International Orthodox Christian Charities (IOCC) in addition to their philanthropic work and outreach, have been producing wonderful Care Compass Modules that seek to help us weather the storm brought about by disruptive disasters, including pandemics.

We have, at present, and will continue, to communicate these opportunities through our parish listserv and hope that many of our families will make use of these wonderful and important tools.

The Saint Barbara Book and Icon Store – while technically closed – is still a wonderful resource that is available for parishioners of all ages. Arrangements to purchase items may be made by calling the Church office and scheduling an appointment, if you are looking for a specific icon or book that we have in stock; or if you are looking
for a way to edify your personal spiritual library resources.

These diverse and assorted resources provide the freedom for each family to tailor the continuing religious education discussion to their own family’s needs. It is now time for parents, grandparents, and godparents to gather and utilize the information from the plethora of on-line Orthodox resources and incorporate them in the unique ways that fit your child or children’s needs.

We continue to pursue ways to minister to all of our parishioners. This has not been an easy task and is certainly complicated by an effort to continue and maintain safe protocols. We had to make the difficult decision to suspend the beginning of our Sunday School program, although we have been encouraging our families to use the wonderful resources of the Department of Religious Education and Youth Ministries. We also had to make the difficult decision to postpone in-person classroom instruction for our Greek Language School, although we are planning to reevaluate this decision in January to see if it is possible to have in-person classes in the new year. We had planned on providing some type of supplemental worksheets and brief virtual gatherings, but this proposition proved to be a very challenging situation as the needs of each child/class varied. We debated and analyzed many scenarios and in the end we have had to make the arduous decision to put a pause on the program until we can safely meet in person.

Neither of these decisions were easy. As parents, we continue to adjust to the ever-fluctuating situation as we try to assist our children navigate the challenges we are all facing. The volunteer staff and administration of both Schools continues to remain committed to their students and the programs and looks forward to being able to gather and explore the beauty and depth of our Faith and the Greek Language as soon as possible. In the meantime, we continue to encourage parents to make use of some of the wonderful online resources that are available.

Our GOYA is planning to have a meeting and elections on November 2nd and together with Presbytera Vangie we are hosting a virtual Fall Retreat for all of the teenagers of our parish on Saturday, November 7th.

We will continue to work with the parents of our younger parishioners as well – as we strive to find innovative ways to meet the spiritual needs of our youngest members.

Throughout all this – our Parish Council and various committee chairs, saw tirelessly to the ever-changing needs of the Church. We worked closely together to read through the State and Local COVID-19 mandates and assure the safety of every member of our parish, to the best of our ability, by establishing protocols for Phase One, Two and Three. Each Phase required much planning and foresight – yet I am humbled in the manner that each Parish Council member – was able to offer their talents to help bring out the best in all of us.

Our Church attendance varies from 40 - 85 people each Sunday, based on safe capacity and it has been a joy to see familiar faces in the pews every service. We have had to make adjustments – from where we sit – to how we maneuver throughout the services. Through the pastoral leadership of His Eminence, parishioners are able to receive the Sacrament of the Holy Eucharist (Holy Communion) from an individual spoon at the current time.

We are so thankful to the Archdiocese and in particular to His Eminence Archbishop Elpidophoros for his tireless dedication and the pastoral instruction and direction that he continues to provide to all of the parishes under his care.

We are still asking that you call the Church Office by Friday Afternoon prior to Sunday’s Service and ‘reserve a spot.’ Phase 3 allows us to technically have more people present – however we must continue to maintain social distancing and mask requirements – which limit the number of people in the Church proper to 85. We have considered plans to make accommodations for parishioners to sit in the Education Center Hall and Grand Ball Room.
(participating in the service through an internal video feed) should the need arise.

Yes, this year has certainly proven to be a challenging one, as we have had to adjust our typical routines and schedules. But the current situation has shown us the value of family, friends, and the central role that the Saint Barbara community plays in our lives. Sacraments continue. There have been baptisms, weddings, funerals, and the reception of the Holy Eucharist. The Church continues. We continue.

As pastor, I also continue to respond to the spiritual health of our community, but we as a congregation, need to respond to the financial health of our church. We were able to secure a PPP loan and, with the help of many volunteers, we held a successful Odyssey Express, but we have ongoing expenses which must be met from regular donations and our stewardship contributions. Fortunately, many of our parishioners have raised their stewardship donations this year. However, because we are not able to participate in the manner that we have in the past, the Church continues to need our financial assistance.

I encourage you – if you have not made your stewardship contribution for the year – please do so. If you are able to increase the amount that you are able to offer – it is much appreciated. If you have already given – but are able to offer more – please help us to meet the needs of our Church.

We know that there are families that are unable to give – but for those families that have not fallen into hardship, please consider doing what you can do – as it says in Matthew 10:8 “Freely you have received, freely give.”

A full update on all the finances of our parish was given during the recent General Assembly, but please be aware, that we need your continuing financial support to maintain and advance all the good works that we do in the Lord’s Name.

I thank you for your prayers and for keeping your focus on our faith and trust in God during this time. I know how much we all look forward to gathering together, unencumbered by restrictions, to join our voices in glorious celebration!

I conclude with prayers for everyone’s health and safety. May our Lord continue to protect and guide us all.

In Christ,

Father Peter
“Being reviled, we bless; being persecuted, we endure; being defamed, we entreat.”
1 Corinthians 4:12-13

“Λοιδορούμενοι ευλογούμεν, διωκόμενοι ανεχόμεθα, βλασφημούμενοι παρακαλούμεν. »
α’ Κορ. 4, 12-13

Σπουδαία και μεγάλη σημασία έχει η Αποστολική περίκοπη για την καθημερινή μας ζωή και την συμπεριφορά μας με τους συνανθρώπους μας. Ακούμε πως ξύδαν και πως συμπεριφέροντο οι Απόστολοι. Όταν οι άπιστοι τους ενέπαιζαν και τους ύβριζαν, αυτοί τους ευλογούσαν και προσεύχοντο δι’ αυτούς. Όταν τους κατεδίωκαν αυτοί έδειξαν μακροθυμία και υπομονήν απέναντι τους. Όταν τους συσφημούσαν και τους διέβαλαν οι Απόστολοι, τους εφέροντο με καλωσύνη και αγάπη, δείχνοντας σε μας το παράδειγμα της χριστιανικής ζωής, της μακροθυμίας και της ανεξικακίας.

Πρώτος αυτός ο ίδιος ο Κύριος, μας έδωσε το υπόδειγμα της ανεξικακίας, ιδίως στο αποκορύφωμα της σταυρικής Του θυσίας με το «Πάτερ, άφες αυτούς, ου γαρ οίδασιν τι θα ποιούσιν.»

Ακολουθώντας το παράδειγμα του Σωτήρος, ο άγιος Στέφανος, προσευχόμενος για εκείνους που τον λιθοβολούσαν με το «Κύριε, μη στήσης αυτής την αμαρτίαν ταύτην» εγκαινίαζε έτοι την χορεία των μαρτύρων, όπου οι ίδιοι συγχωρούν και προσεύχονται γι’ αυτούς που τους τυρανούν και τους καταδίκωσαν.

Δεν υπάρχει διαφορετικός δρόμος να φθάσει ο άνθρωπος στο διάδρομο της ανεξικακίας. Ο Άγιος Συμεών ο νέος θεολόγος λέγει, ότι βάση της ανεξικακίας είναι «να βλέπει όλους τους πιστούς σαν έναν άνθρωπο και να αναλογίζεται ότι στον καθένα βρίσκεται ο Χριστός».

Ο Άγιος Κύριλλος ο Αλεξανδρείας διευκρινίζει, αγαπάμε τους εχθρούς μας όχι επειδή διέπραξα το άλφα ή το βήτα μάρτημα, αλλά επειδή είναι άνθρωποι, καλεσμένοι δηλαδή όπως κι’ εμείς για την ίδια αιωνία κοινή βασιλεία της αγάπης του ανεξικακού Κυρίου μας.

Ο Ιερός Χρυσόστομος λέει, το να κάνεις να ανταποδίδεις κακό στον άλλο, αυτό ισοδυναμεί με βλάβη και κακοποίηση του ιδίου του εαυτού σου.

Οι Άγιοι Απόστολοι, με την ανεξικακία τους, πόσους και πόσους δεν προσείλκυσαν εις τον Χριστόν, με το να ευλογούν τους υβριστές τους, να ανέχονται τους διώκτες τους και να μιλούν ευγενικά στους συσφημούς τους. Γι’ αυτό και μας συμβουλεύει «Εάν πεινά ο εχθρός σου δώσε του ψωμί, εάν διψά, πότιζε αυτόν, διότι εάν αυτά τα καλά πράττης,» είναι σαν να βάζεις σωρούς από αναμένα κάρβουνα στο κεφάλι του. Δηλαδή, θα καταληφθή από φλογερά τύψις συνείδησης και θα δοκιμάση μεγάλην εντροπίαν διά το κακό, που σου έκαμε. Να μην νικάσαι ποτέ από το κακόν, αλλά να νικάς το κακό με καλωσύνη και με τα αγαθά έργα σου. Γι’ αυτό και ο Απόστολος Παύλος μας προτρέπει: «παρακαλώ λοιπόν αδελφοί μου, μιμηταί μου γίνεσθε, καθώς έγω Χριστού!»

Υπό Πρεσβ. Ι. Ορφανάκου
“Love is Patient, Love is Kind. But the Corinthians were neither.”

by: Rev. Dr. George Parsenios

“Love is Patient; love is kind.” These are the opening phrases of the famous Hymn to Love in 1 Corinthians 13, one of the most recognizable and beloved passages from the Bible. This passage from Scripture is seen on posters and plaques – even refrigerator magnets – and is read at most Protestant and Catholic weddings in the United States. Everyone knows the verses and everyone loves them. But few people really understand them. We are right to give this part of the Bible such prominence, because 1 Corinthians 13 has a great deal to teach us about the nature of Christian relationships. But what does it teach us? This can only be known if we read the Hymn to Love in the larger context of Paul’s 1st Letter to the Corinthians.

Far from being a gentle and sweet meditation on love, 1 Corinthians 13 actually delivers a rebuke to the Corinthians – and not just one rebuke, but many. Paul writes to Corinth at a time when the community there is divided into factions, endangered by forces both within and without. Some of the Corinthians have a higher social status than their fellow believers, and expect their prominence in the body politic of Corinth to translate into greater status in the Body of Christ. Others believe that their spiritual gifts, and their greater knowledge and wisdom, elevate them above other people who have different gifts, or less impressive gifts.

Love may be patient and kind, but the Corinthians are neither. They are competitive and combative. After addressing many of their problems specifically, Paul seems to leave these issues behind when he writes chapter 13, but the struggles in the community are everywhere evident even in this chapter. Paul tells them, for instance, that “love is not jealous or boastful,” but he has already rebuked the Corinthians for their jealous striving (3:3), and for boasting over their spiritual gifts (4:7). Instead of seeing their spiritual gifts as just that – gifts – they brag about them as though these gifts are the result of human effort and not divine grace.

A similar rebuke comes in the claim that love is slow to judge (13:5), because a few chapters earlier, Paul chastises the Corinthians for taking each other to court when they have a dispute (6:1-11). Chapter 13 ends with Paul saying that love leads to full maturity, and to the abandonment of childish ways (13:11), even though he tells the Corinthians earlier that they are still infants in their faith, fit not for solid food, but only for the milk that one gives to babies (3:1-2). The message of 1 Corinthians 13 is clear. As he lists at great length all of the things that a true Christian should be, Paul is really describing everything that the Corinthians are not. The Lord has left us a pattern of Christian disciple to follow, and the Corinthians have lost their way.

In using love and friendly affection to draw his community closer together, Paul is following a long line of classical and biblical models. Aristotle, for example, says that philia is the bond that holds the state together and banishes faction (Nicomachean...
Ethics 9.6.2). Lawmakers, he says, urge friendly concord among their citizens even more than justice, because this is the best way to avoid civil war. 4 Maccabees 13:23-26, in the same way, insists that brotherly affection (philanthropia) and mutual love prevents discord from dividing the Maccabean martyrs. When Paul seeks to banish discord from his divided community, he works in precisely this longstanding tradition, and urges his readers to be bound together even more firmly by friendly affection and love, so as to heal their many divisions.

But even as he seems to follow models extending back to Aristotle, Paul is also delivering a profoundly Christian message in his teaching to the Corinthians. The love that he urges them to pursue is a profoundly Christian form of love. Two things deserve special comment. First, the love that Paul enjoins on the Corinthians is defined by the self-sacrifice of the cross. When they are taking one another to court, he asks them, “Why not rather be wronged?” (1 Cor 6:7). When he rebukes them for scandalizing each other by eating sacred food in pagan temples (8-10), he says, “If food is a cause of my brother’s falling, I will never eat meat again” (8:13). He is willing to forego his rights and privileges (9:12-18), in order that the cross of Christ might not be emptied of its power (1:17). The Corinthians are concerned only with their own well-being and status, only with their own wants and desires. Paul is urging them to think more of others than themselves, and to conform their lives to the self-sacrificial love of Christ on the Cross.

The second focus of 1 Corinthians is eschatological. The argument of the letter ends in chapter 15, when Paul discusses the resurrection from the dead, projecting the thoughts of his readers into the future. He refers to the coming resurrection, though, not only in order to explain what awaits them in the future, but to draw their attention to what surrounds them in the present. The reminder of what is to come focuses their thoughts on the here and now. Paul wants the Corinthians to remember that they should live today in a way that prepares them for the return of Christ. He mentions the last judgment throughout the letter, as in chapter 1 when he refers to Jesus as “our Lord Jesus Christ; who will sustain you to the end, guiltless in the day of our Lord Jesus Christ” (1:7-8). This “day of our Lord Jesus Christ” is the Second Coming. While the Corinthians are focused exclusively on their standing and their status in the present age, Paul turns their attention to the final judgment. They should live their lives in preparation for the return of Christ. The Corinthians strive to impress people in the present age, but the cross of Christ looks like foolishness to people in the present age. By ignoring the message of the cross, and by focusing on glory in worldly terms, the Corinthians are chasing the foolishness of the world, and ignoring the wisdom of God.

And this returns our thoughts to 1 Corinthians 13. The passage is popular at weddings, and posted in people’s houses all over America because it offers a warm and poetic reminder of how to have concord in the Christian home. But now we see that behind this comforting language lies a message of ascetical self-sacrifice and profound theological conviction. These are the cornerstones of a strong marriage, a strong friendship and any lasting relationship, where husbands and wives, brothers and sisters, friends and fellow parishioners think more of what they can do for one another than about what they can take from each other, and where they keep no record of wrongs, but they forgive in a spirit of Christian concord. 1 Corinthians 13 is not about love as a nice feeling. Love is here defined as concrete action, patterned on the cross of Christ.

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If you’re feeling overwhelmed or anxious, diaphragmatic breathing keeps stress hormones low by accessing the vagus nerve. This technique can help focus in the here and now and not in the what-ifs of future stress. It can be used throughout the day, but can be especially helpful in the morning when coupled with prayer routine and allow you to start the day feeling balanced, connected and grounded with a whole heart:

Step one → take a deep breath in
Step two → hold
Step three → exhale
Repeat 10 times

Create and maintain a daily schedule/routine. EACH DAY this should include: prayer, silence, eating, doing a good deed, sleeping, exercise and time away from all media sources (phone, TV, iPad, etc.).

Doing a good deed each day is as simple as delivering your neighbors newspaper, connecting with someone who is lonely or helping a family member unload the dishwasher. Get creative!

If you are prone to anxiety, limit or cut out caffeine (coffee, tea, energy drinks).

Set healthy boundaries with friends and family.

At the end of the day, thank God for your blessings. Celebrate what you did well that day. Do not focus on what went wrong or mistakes you made that day. Set a small goal for something you hope to accomplish the following day.

If you have done all the things listed above or can’t get motivated to do a few of them, seek professional help.1

1 Your priest may be able to recommend a therapist. If your parents are working their employer may offer an Employee Assistance Program (EAP), where you may be able to access mental health benefits. Most EAPs offer 3-10 free confidential sessions with a therapist.
Self Care: Tips & Tools Continued...

**First Responder Focused**

- **Promote Unit Cohesion:** There is a profound bond of trust that exists between first responders. Peer support is beneficial for self and unit care.

- **Learn First Aid x 2:** The first responder carries an individual first aid kit (IFAK). This includes basic life-saving tools, like a tourniquet, that in a crisis can help others or self. Equally important is Psychological First Aid (PFA), which is a proven tool to de-escalate traumatic stress in those who have been affected by it.

- **Speak Plainly:** In crisis management, communicating in plain, concise language is essential. Let silent empathy fill in the details.

- **Cultivate Light:** Pray to develop and deploy tools of insight and vigilance.

- **Wear Identification:** The badge we wear identifies us to others; the badge and cross reminds us who we are and why we are here in the first place. The cross and the signing of it re-focuses us on the moment and who is there with us.

**Faith Focused**

- **God Is With Us.** During moments of isolation when we are physically separated from others or lonely, we may have experienced some level of despair or anxiety. Remember GOD IS WITH US at all times. He is our consolation. He has not left us alone in this crisis. Our Risen Lord is the Victor, the Conqueror and our Savior.

- **Prayer and Worship:** Prayer is a conversation with God. It is nourishment for the soul. Our Lord desires for us to live in a deep inner joy which will abide within us and sustain us on our journey through life with all its struggles. In our home, we have the “little Church”, gathering at the Icon Corner to offer prayer of Praise, Worship, Petition, and Thankfulness. If we are unable to attend Church and worship corporately, participation through a live streamed service with other Orthodox Faithful is available. Reciting the Jesus Prayer can be a help.

- **Faith, Hope and Trust:** Let us on our journey and in moments of crisis enliven our faith with hope in trust in our Lord and Savior, Jesus Christ. Focus on what you can control.

- **Thankfulness:** When we are in an unexpected crisis, we can continue to nourish ourselves and to hone our skills and talents for the betterment of our communities and always for the Glory of God. Saint Nikolai (Velimirovich) writes: “The thanks of us will not make God greater, more powerful, more glorious, richer or more alive. But they will make us all of these things. Our gratitude will not add anything to God’s peace and commitment but it will add greatly to ours. Thanking God will in no way change God’s state and being but it will change these things in a grateful person. Thanking enables the thankful and nourishes good works. Thanksgiving inspires benevolence in the world and gives freshness to every virtue.”

- **Outreach: Love of God – Love of neighbor.** During the crisis, we might not be able to go to our respective Church or to the local community center to prepare packets for those in need, but if we are not sick or self quarantined or self isolated, we should check in on neighbors to see what they might need especially the elderly, the homebound, or the vulnerable. Reach out, be kind, compassionate, and help others.

- **Communication:** Maintain a relational connection through emails, texting, phone calls. Virtual meetings or gatherings (in person if allowed). Use of the IOCC Care Calls tool to check in on others!

- **New Daily Plans:** Our daily activities have been affected by a crisis. There is a need to develop a new daily plan which includes personal and family prayer, worship, remote work, eating, exercise, and a time for fun. Ensure a balanced and meaningful day. Remember that in Holy Scripture we read that our Lord and Savior Jesus Christ states: “I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life.” He is our light even in this moment of crisis. The joy of His Resurrection followed the dark days of His mocking scourging and death on the Cross.

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2 In Matthew and Luke we read “Therefore, I tell you do not be anxious about your life; and, which of you by being anxious can add a single hour to his span of life? But seek first the Kingdom of God.” And in Mark we read “Why are you afraid? Have you no faith?”

Goya Illumination
Zoom Fall Day Retreat
Saturday, November 7, 2020
Do you find yourself confused these days?
How do you balance day and night activities?
Learn the Saint Barbara Paraklesis
Strength ⚒️ Courage ⚒️ Resolve ⚒️ Peace
Join us as we discuss the breakthrough power of God in your life!
We look forward to seeing you soon!
More information to follow
TBA: Hours of Zoom Retreat Schedule and Log-in Information

Celebrating The Feast Day
Saint Barbara the Great Martyr
Thursday, December 3
7:00 pm Great Vespers of Saint Barbara
Call the Church Office by Wednesday 12/2, 5 pm to RSVP

Friday, December 4
Feast Day of Saint Barbara
9:00 am Orthros
10:00 am Divine Liturgy
Call the Church Office by Thursday 12/3, 5 pm to RSVP

Patients Still Need Your Help
And They’ll Be So Grateful!
Contact the Red Cross Directly
to make a reservation.
For the safety of our donor community and in accordance with CDC guidelines, all donors are required to wear a face covering or mask. Please bring one to your donation. If you do not have one, a mask will be provided to you.

Saint Barbara Greek Orthodox Church
Thursday, December 10, 2020
9:00 AM to 2:00 PM
Let us praise the most honorable Barbara. She thwarted the enemy’s power, and through the might and strength of the Cross, she was made free in her flight to God.
Saint Barbara Greek Orthodox Church Ladies Philoptochos Society

Holiday Drive-Thru Pastry and Spanakopita* Sale

Saturday, November 21
11 am - 3 pm

Sunday, November 22
11:30 am - 2 pm

Boxed Koulourakia - $10
Boxed Greek Pastry – $10
Tsoureki (Greek Sweet Bread) – $10
Please Place ALL Pastry Orders by Nov. 14

*Spanakopita (Small Tray) Orders Required by Nov. 6 – $35

To Place Order Call:
Mary Constantinidi 203 530-3784 / Penny Palavra 203 258-7934
Cash, Check, Credit Card

Drive-Thru at Saint Barbara Church
480 Racebrook Road - Orange, Connecticut

Proper Social Distancing & Covid-19 Safety Protocol Guidelines Followed At All Times
Leaf of Love and Remembrance
One Name Per Leaf

As the holidays are approaching, many people find it challenging to get through these special seasons as they remember, with love, their family and friends who have departed this life. We all bear witness to the falling leaves of the autumn season, and in some ways this is a reminder of the suddenness of life passing, or so it seems. Yet, God points us to Life in the birth of His Son and Life Eternal in the Resurrection of His Son. Soon the Grief Leaf will become a Leaf Of Remembrance…

Let’s see how…

In God’s Eternal Wisdom, things are apparent to Him that may not be apparent to us. We trust and hope in Him and we raise up our tribulation, sorrow, suffering and grief to the Lord on High. We raise up our hearts and with that we raise up a “Leaf Of Remembrance” on the Covenant Care Community Christmas Tree at Saint Barbara Church in Orange, Connecticut on December 16, 2020 at 7:00 pm.

God comes to earth as a babe wrapped in swaddling clothing and lying in a manger on Christmas. He brings Light to all. Let us come and adore Him in praise as we give thanks to the Savior for all the loved ones departed from this life in hope of the resurrection, as we prepare our hearts for the Nativity.

In approaching the Birth of Christ, our hopes rise up to follow the Star in the East guiding us to receive the King Of Kings this Christmas. As we do this, we will adorn the Church Christmas Tree with Remembrance Leaves. These leaves become a Leaf of Love and it is through the gift of LOVE over time, that this transition occurs mysteriously and miraculously…from grief to remembrance. Eternal love never perishes. It remains imperishable by Christ’s sacrificial love. He is our Hope and our Eternal Salvation.

We affirm: “Blessed are those who mourn: for they will be comforted.” (Matthew 5.4)

The “Leaf Of Remembrance” provides an opportunity for every person to make an offering to the church by sponsoring a leaf in memory and honor of your loved one’s departed soul. The Remembrance Leaf will be placed as an ornament, on the tree, at the Covenant Care Community Christmas Tree Prayer Service on Wednesday, December 16, 2020.

NOTE: This year, as we continue to follow COVID-19 protocols, slight variations in the way the service is celebrated will need to be followed: social distance seating; masks required. Leaves will not be held by individuals sponsoring the leaves, rather they will be kept up at the solea where they will be handed directly to the assigned people placing the leaf on the tree. Thank you for understanding the need to adjust the usual way that each person(s) leaf is presented.

If you are unable to attend in person, please log-on to our live service link and hear the name(s) of your loved ones announced, by designated readers, as the Leaf of Remembrance is added to our Covenant Care Community Christmas Tree.

Each leaf may be sponsored for $4.00 per Remembrance Leaf or 3 Leaves for $10.00 total. One name per leaf. The leaf will remain on the Christmas Tree until the Feast of Theophany. The leaf will remain in the church.

All proceeds of this fundraiser benefit the Saint Barbara Church General Fund. You may fill out a form and mail it in to the Church Office, to be received by December 15, 2020. Or, you may fill out the form electronically and pay online. Call the Church Office 203-795-1347 for more details.

All materials for this project have been graciously donated.

Leaf Of Remembrance -> Leaf of Love -> Three-In-One Leaf reminding us of The Holy Trinity
Leaf of Remembrance Order Form

Name(s) of the departed soul to be remembered:

1. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

2. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

3. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

4. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

5. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

6. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

7. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

8. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

9. _________________________________________
   - Choose one message below:
     - Eternally Loved
     - Memory Eternal
     - Everlasting Be Your Memory
     - Αιώνια αγαπημένος / η Αιωνία η Μνήμη
     - Αιώνια να είναι η μνήμη σας

Your Name: _____________________________________
Phone Number: _________________________________

<table>
<thead>
<tr>
<th>ONE NAME PER LEAF</th>
<th>Paid by: Check</th>
<th>Cash</th>
<th>Credit Card</th>
</tr>
</thead>
<tbody>
<tr>
<td>$4.00 sponsorship for each Remembrance Leaf</td>
<td>$10.00 sponsorship for 3 Remembrance Leaves</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Number of Remembrance Leaves: ________________
Amount Paid: ________________
We are thankful to the following individuals who have pledged $342,785 towards our 2020 stewardship goal of $390,000.

If you have not yet made your stewardship pledge, we ask that you please call the Church Office or simply send in your Stewardship donation. Remember to give dedicated and sacrificial attention to your Stewardship donation, keeping an eye toward helping your church reach its Stewardship goal. As always, we are grateful for your love and support of our parish. Thank you for your continued support.
Mr. Paul Farclas
Mrs. Jacqueline Farclas
Mrs. Sophia Ferraro
Mrs. Maria Fifis
Ms. Jacqueline Fish
Mrs. Despina Galanakis
Ms. Maria Galanakis
Miss Pamela Ganacopoulos
Mr. & Mrs. Christopher Ganim
Mr. Owen Gavagan
Mrs. Chrysanthi Gavagan
Mr. Peter Gekas
Mrs. Ann Gekas
Mr. & Mrs. Gregory H. Gerakelis
Mr. Grigoris H. Gerakelis
Mrs. Efstratia Gerakelis
Mr. Haralambos Gerakelis
Mr. & Mrs. Daniel Geremia
Mr. George Giambanis
Mrs. Maria Giambanis
Mrs. Efthymia Giannopoulos
Mr. & Mrs. Peter Giatrelis III
Ms. Alexandra Giniere
Ms. Panagiota Gioulos
Mr. Stavros Gioulos
Mrs. Christina Gioulos
Mr. Vasilios Gioulos
Mrs. Evangelia Gioulos
Mr. George Goga
Mrs. Maria Goga
Dr. Stephanie Golub
Mr. Carlos Gonzalez &
Mrs. Ioanna Kakeletis
Mr. James Goodrich
Mrs. Anastasia Goodrich
Mrs. Betsy Gorecki
Mr. Andreas Gotsis
Mrs. Dionisia Gotsis
Mr. Semere Gouga &
Mrs. Nadia Yoannes
Miss Elaine Goumas
Mrs. Stacey S. Grimaldi
Mrs. Larisa Gromyk
Mr. Dimitrios Grouchousas
Mrs. Renie Grouchousas
Mr. Nontas Grouchousas
Mrs. Dinah Grouchousas
Mr. Vasilios Grouchousas
Mrs. Ioula Grouchousas
Mr. & Mrs. Michael Guratzaca
Mr. George Guillotis
Mr. Christopher Gumkowski
Mrs. Angelica Papastavros
Mr. Christopher Gust
Mrs. Maria Gust
Mr. Christos Hadjimichael
Mrs. Jane Hadjimichael
Dr. Evangelos Hadjimichael
Mrs. Olympic Hadjimichael
Miss Thespina Hadjimichael
Miss Dana Hajedemos
Dr. Harry Hajedemos
Mrs. Jane Hajedemos
Mr. Peter Halepas
Ms. Stephanie Halepas
Mr. John Haskos
Mrs. Prapti Haskos
Mr. Nicholas Haskos
Mrs. Elizabeth Haskos
Mrs. Wendy Hathaway
Ms. Stavroula Hatziou
Mr. John Heerdt &
Mrs. Lisa Stamos Heerdt
Mrs. Evelyn Heffernan
Mr. & Mrs. Peter Henkel
Ms. Anastasia Herbert
Mrs. Robin M. Hoffman
Mr. Mark Hojnowski
Mrs. Eleni Hojnowski
Stephen Hojnowski
Mr. & Mrs. Frederick Hoxsie
Mr. Gregory Hrampanis
Mrs. Maria Hrampanis
Mr. & Mrs. Thomas Hubbard, Jr.
Mr. Mihail Ikonomou
Mrs. Helen Ikonomou
Mr. & Mrs. Paul Ikonomou
Mr. Panagiotis Iosifidis
Mrs. Elisabet Iosifidis
Mr. & Mrs. Theodore Iosifidis
Mr. Zaher Jaser
Mrs. Rozina Jaser
Mrs. Andreanne C. Johnson
Mr. Stuart Johnson
Mrs. Elaine Johnson
Mr. James Kakalatos
Mr. Kyriakos Kalafatos
Mrs. Anna Kalafatis
Mrs. Ellen Kallivrousis
Mr. Spyro Kallivrousis
Mrs. Roula Kallivrousis
Mr. William Kabmas
Mrs. Ariadne Drakonakis-Kambas
Mr. George Kouris
Mrs. Vasilia Kouris
Mr. Stelios Kapernaros
Mrs. Kay Kapernaros
Ms. Constantina Karageorge
Mr. Angelo Karakolidis
Ms. Maria Karakolidis
Ms. Eva Karakolidis
Mr. Dino Karatzas
Mrs. Robin Karatzas
Mr. Christopher Katagis
Mr. Manos Kavazatis
Mrs. Chrysoula Trimpalis
Mrs. Anastasia Kattis
Mr. Leonidas Kattis
Mrs. Antonia Kattis
Dr. Paula Kavathas
Mr. Nicholas Kefalas
Mrs. Beverly Kefalas
Mr. & Mrs. Joel Kelleher
Mr. Daniel Kerames
Mr. Dennis Kerames
Mrs. Karen Kerames
Mr. Charles Kittleman
Mrs. Despina Kittleman
Miss Themis Klarides
Mr. Peter Koliais
Mrs. Effie Koliais
Ms. Laina Kominos
Dr. Ignatius Komninakas
Mrs. Christina Komninakas
Mrs. Meni Komninakas
Mr. Vassilios Konstantinidis
Mrs. Kiriaki Konstantinidis
Mr. Michael Kontouris
Mrs. Melpomeni Kontouris
Mr. Haralambos Korosiotis
Mr. Nikolaos Korosiotis
Mrs. Stavroula Korosiotis
Mr. Sotiros Korosiotis
Mrs. Fotini Korosiotis
Mr. & Mrs. Demetrios Kostas
Mrs. Marietta Koukos
Dr. Kay Kourounis
Mr. Pericles Koutroulas
Mr. & Mrs. Andrew Koutroumanis
Mr. Anthony Koutroumanis
Mrs. Maria Koutroumanis
Mr. Peter Koutroumanis
Ms. Helen Koutroumanis
Mr. Valantis Koutsapis
Mrs. Eleni Koutsapis
Mr. Anastasios Koulakas
Mr. Paul Koulakas
Mrs. Lisa Koulakas
Mrs. Harriet Kral
Ms. Evagelia Krauss
Mr. George Krikris
Mrs. Elizabeth Krikris
Mr. & Mrs. William Kyrtopoulous
Mr. Nicholas Laggis
Mr. Kyle Laham
Mrs. Stephanie Laham
Mrs. Anna Lambrou
Mr. & Mrs. Panos Lapatas
Mr. & Mrs. Peter Laskos
Mr. & Mrs. Joshua Lawrence
Mr. Michael Liapakis
Dr. Ann Marie Liapakis
Mr. Antonios Lillios
Mr. Arestoteles Liantas
Mr. & Mrs. Alkiviadis Liopiros
Mr. Anthony Liopiros
Mrs. Irene Liopiros
Mr. Elias Lolis
Mrs. Elpida Lolis
Mr. Steven Loo
Mrs. Sephanie Frangenes-Loo
Mr. & Mrs. Michael Losh, Jr.
Mr. & Mrs. Michael Losh, Sr.
Mr. & Mrs. Robert Lorkant
Dr. Kristen Lott
Mr. Bradford Lott
Mrs. Valentine Lott
Mrs. Helene Locoupolous
Dr. John Locoupolous
Mrs. Fotini Locoupolous
Mr. Athanasios Louizos
Mrs. Julie Louizos
Mr. & Mrs. James Loukakos
Mr. Terry Loukides
Mr. Evan Louros
Mrs. Bernadette Louros
Miss Angeliki Loussides
Mr. George Loussides
Mr. Nick Loussides
Mrs. Hariklea Loussides
Mrs. Theodora Maccone
Mrs. Christina Macrini
Mr. & Mrs. Sean Maher
Mrs. Anna Makris
Mrs. Susan Mallory
Mr. Konstantinos Maniatis
Mrs. Anastasia Maniatis
Mr. Panagiotis Maniatis
Mrs. Zoi Maniatis
Mr. Theodore Maniatis
Mrs. Eleftheria Maniatis
Mr. Patric Marchitto
Mrs. Georgia Marchitto
Mr. & Mrs. Anastasios Marnerakis
Mr. Anthony Marnerakis
Mrs. Maria Marnerakis
Mr. George Mastromanolis
Mrs. Foula Mastromanolis
Mr. & Mrs. Matthew Matarese
Mr. Ioannis Mavrianos
Mrs. Argo Mavrianos
Miss Athena Mayor
Dr. Rowland Mayor
Dr. Stephanie Arlis-Mayor
Mr. Andrew Mays
Mrs. Evgenia Mays
Mr. & Mrs. Brian Mc Ardle
Mr. & Mrs. Kevin McCaffrey
Mrs. Evelyn McGrath
Miss Anastasia Meehan
Mr. Konstantinos Melainidis
Mrs. Helen Melanidis
Mr. Peter Melanidis
Mrs. Sofia Melanidis
Mr. Juan Mendoza
Mrs. Samantha Mendoza
Mr. Spyros Menegatos
Mrs. Maria Menegatos
Mrs. Sophia Messore
Mrs. Joanna Mihalakos
Mr. & Mrs. Gino Milani
Mr. Evangelos Milas
Mrs. Nicolaos Milas
Mrs. Irene Milas
Mr. Corey Milazzo
Mrs. Eleni Milazzo
November 2020

**Sunday, November 1**
5th Sunday of Luke
8:30 am Orthros
9:45 am Divine Liturgy
Call the Church Office by Friday 10/2, 5 pm to RSVP
11:30 am Philoptochos Baking

**Monday, November 2**
Nameday of Archbishop Elpidophoros

**Wednesday, November 4**
7:00 pm AHEPA Meeting via Zoom
7:00 pm Philoptochos Meeting via Zoom

**Thursday, November 5**
7:00 pm Fotizou Group via Zoom

**Saturday, November 7**
GOYA Fall Retreat via Zoom

**Sunday, November 8**
Synaxis of the Archangels
8:30 am Orthros
9:45 am Divine Liturgy
Call the Church Office by Friday 11/6, 5 pm to RSVP

**Monday, November 9**
Saint Nektarios
9:00 am Orthros
10:00 am Divine Liturgy
Call the Church Office by Friday 11/6, 5 pm to RSVP
7:00 pm Parish Council via Zoom

**Tuesday, November 10**
7:00 pm Endowment Meeting via Skype

**Thursday, November 12**
6:45 pm Choir Rehearsal (Zoom)

**Saturday, November 14**
9:30 am Community Dining Room

**Sunday, November 15**
8th Sunday of Luke
8:30 am Orthros
9:45 am Divine Liturgy
Call the Church Office by Friday 11/13, 5 pm to RSVP

**Saturday, November 21**
Enterance of the Theotokos into the Temple
9:00 am Orthros
10:00 am Divine Liturgy
Call the Church Office by Friday 11/20, 5 pm to RSVP
11:00 am Drive Thru Pastry Sale

**Sunday, November 22**
9th Sunday of Luke
8:30 am Orthros
9:45 am Divine Liturgy
Call the Church Office by Friday 11/20, 5 pm to RSVP
11:30 am Drive Thru Pastry Sale

**Wednesday, November 25**
Saint Katherine the Great Martyr
9:00 am Orthros
10:00 am Divine Liturgy
Call the Church Office by Tuesday 11/24, 5 pm to RSVP

**Thursday, November 26**
Thanksgiving Day
A Blessed Thanksgiving to All!

**Sunday, November 29**
13th Sunday of Luke
8:30 am Orthros
9:45 am Divine Liturgy
Call the Church Office by Tuesday 11/22, 5 pm to RSVP

**Monday, November 30**
Saint Andrew the Apostle
9:00 am Orthros
10:00 am Divine Liturgy
Call the Church Office by Tuesday 11/22, 5 pm to RSVP

**Thursday, December 3**
7:00 pm Great Vespers of St. Barbara
Call the Church Office by Wednesday 12/2, 5 pm to RSVP

**Friday, December 4**
Feast Day of Saint Barbara
9:00 am Orthros
10:00 am Divine Liturgy
Call the Church Office by Thursday 12/2, 5 pm to RSVP

**Thursday, December 10**
Red Cross Blood Drive at St. Barbara Church

I will praise the name of God with a song, and will magnify him with Thanksgiving

Psalm 68:31