

SAINT GEORGE GREEK  
ORTHODOX CHURCH

CHURCH STAFF

- Parish Priest: Fr. Michael Constantinides
- Chanter: Deacon Paul Speed
- Caretaker: Jason Leon
- GOYA Advisors: Dr. Vickie Pyevich/Anne Kirpatrick
- HOPE/JOY Advisors: Pres. Maria Constantinides/Candace Elias
- After Church Club: Loukia Constantinides
- Outreach and Evangelism Chair: Angela Spurgetis
- Parish Council President: Mary Rankin
- Philoptochos President: Susan Coin
- Prayer Ministry: Gus Pappas
- Sunday School Director: Deacon Paul Speed
- Senior Ministry: Kay Coin

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# The Trophybearer

VOLUME 6 ISSUE 10

NOVEMBER 2017

## PASTORAL MESSAGE

We find ourselves in the winter of the year where all outside is brown, lifeless and cold. The days are shorter and the weather is more miserable. Indeed this is the time of year that brings us down both physically, with all the colds and flu that go around, and mentally, with all the dreariness and darkness.

It is at this time that we gather together and try to bring some good cheer to ourselves and our families. We have our national celebration of Thanksgiving where we do indeed offer thanks to God for all that He has done for our nation throughout our history.

While setting a day aside to thank God is actually good, is that all we do? Do we forget about God every other day of the year? Is He only in our lives when we need Him, or do we make Him an active member of our lives? These are questions that we should ask ourselves every day of our lives.

We should make a special effort to make God an active part of lives by first living the life that we are called to live. We need to come to Church and become **active** members and not simply names on lists. **Active** members are those who participate in the life of the Church. **Active** members are those who prepare themselves and approach the Chalice with the fear of God, faith and love often. **Active** members are those who respond to the call of God and His Church. In other words to be active, we must act. We cannot wait to be acted on. Our faith is verb not a noun.

So, while we are celebrating this holiday season, let us remember that we must always be thankful to God for what He has done and continues to do for us. Let us act on our faith and renew our lives in Christ our God.

## November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Fast Day</b> 10:00 a.m. Orthodox Study Forum	2  6:00 p.m. Orthodox Study Forum	3 <b>Fast Day</b>	4
5 <b>5th Sunday of Luke</b> 8:30a.m. Orthros 10:00 a.m. Divine Liturgy Sunday School Class following Holy Communion	6	7  7:00 p.m. Parish Council Seminar	8 <b>The Synaxis of the Archangel Michael and Gabriel Oil and Wine Allowed</b> 8:30 a.m. Orthros followed by the Divine Liturgy at Saint George	9  6:00 p.m. Orthodox Study Forum	10 <b>The Apostle Erastus of the Seventy</b> 9:00 a.m. Orthros followed by the Divine Liturgy at Assumption	11
12 <b>8th Sunday of Luke Fall Assembly</b> 8:30a.m. Orthros 10:00 a.m. Divine Liturgy Sunday School Class following Holy Communion	13 <b>Feast Day of Saint John Chrysostom</b> 8:30 a.m. Orthros followed by the Divine Liturgy at Saint George  7:00 p.m. Parish Council Seminar	14  7:00 p.m. Parish Council Meeting	15 <b>Fast Day Fast of the Nativity Begins</b> 10:00 a.m. Orthodox Study Forum	16 <b>Fish, Oil and Wine Allowed</b>  6:00 p.m. Orthodox Study Forum	17 <b>Fast Day</b>	18 <b>Fish, Oil and Wine Allowed</b>
19 <b>9th Sunday of Luke Fish, Oil and Wine Allowed Stewardship Sunday</b> 8:30a.m. Orthros 10:00 a.m. Divine Liturgy Sunday School Class following Holy Communion	20	21 <b>The Entrance of the Theotokos Fish, Oil and Wine Allowed</b> 9:00 a.m. Orthros followed by the Divine Liturgy at Assumption Church 1:00 p.m. Care Link Meeting Interfaith Thanksgiving Service @ Saint Pius	22 <b>Fast Day</b> No Morning Orthodox Study Forum  <b>Evening Meal</b>	23 <b>Thanksgiving Day Office Closed Fish, Oil and Wine Allowed</b>  No Evening Orthodox Study Forum	24 <b>Fast Day</b>	25
26 <b>13th Sunday of Luke Fish, Oil and Wine Allowed</b> 8:30a.m. Orthros 10:00 a.m. Divine Liturgy Family Worship only HOPE/JOY EVENT	27 <b>Fish, Oil and Wine Allowed</b>	28 <b>Fish, Oil and Wine Allowed</b>	29 10:00 a.m. Orthodox Study Forum	30 <b>Feast Day of Saint Andrew Fish, Oil and Wine Allowed</b> 9:00 a.m. Orthros followed by the Divine Liturgy at Assumption Church 6:00 p.m. Orthodox Study Forum		

## *The Council Connection*

**The Winetasting** held on October 21 was a wonderful event with splendid wines, delicious food and great fellowship! Thank you to all who made it possible and especially to the following:

**Dimitri Papageorgiou** for his expertise in both setting up the event and providing the wine.

**Jimmie Pliakos and Tom Bakeris** for their culinary magnificence in donating and preparing the food for the event.

**Elaine Burmeister and Kay Coin** for decorating the gold room.

**Kay Coin** for promoting ticket sales.

**Gus Pappas and Brad Crosson** for coordinating details of the event and logistical support.

**Mary Kay and Steve Eckert** for handling the ticket sales at the event.

**St. George Parishioners** for supporting the event and making it a delightful evening!

**Completion of the Dome Project:** A second major restoration project was tackled this year and was recently completed. Dennis Spurgetis was instrumental in overseeing the project of the restoration of the metal roof over the nave of the church. The original paint from the church's construction was wearing, and the parish faced possible leaks due to exposure of the bare metal. After a thorough cleaning and repair to corroded portions, the entire roof was repainted. When approaching the building from the back parking

lot, the fresh paint is especially visible on the roof of the apse (ask Nick Coin what an apse is if you are unsure of its location!). The cost of the project was slightly under \$10,000.00 and the parish is grateful for the generous gift in this amount from the estate of Mary Gianulis. May her memory be eternal!

Yours in Christ,

*Mary Rankin*

Mary Rankin  
Parish Council  
President

**Serving on the Council is an honor! If anyone is interested in serving please see Mary Rankin or Father Michael**

# Epistle Readers

**Sunday,  
November 5, 2017**  
5th Sunday of Luke  
Alexa Florence

**Sunday,  
November 19, 2017**  
9th Sunday of Luke  
Angela Spurgetis

**Sunday,  
November 12, 2017**  
8th Sunday of Luke  
Ethan Kirkpatrick

**Sunday,  
November 26, 2017**  
13th Sunday of Luke  
Isabella Elias



“O Lord, open my lips and my mouth shall show forth your praise!”

Anyone interested in being an epistle reader should contact the church office!

Prophora Makers for November

**November 5, 2017**  
Patti and Doug  
Kenyon

**November 12, 2017**  
Randy Smith

**November 19, 2017**  
John Stratton

**November 26, 2017**  
Adrienne Johnson

## Parish Council Sunday Duty

**Sunday,  
November 5, 2017**  
Joe Burmeister,  
Mary Kay Eckert  
Mary Rankin  
Ken Stiegel

**Sunday,  
November 19, 2017**  
John Mekus,  
Dennis Spurgetis,  
Diane Spurgetis  
Nick Coin

**Sunday,  
November 12, 2017**  
Brad Crosson,  
Mariellen Crosson  
Mike Patramanis  
Ted Pitsoulakis

**Sunday,  
November 26, 2017**  
Joe Burmeister,  
Mary Kay Eckert  
Mary Rankin  
Ken Stiegel

## PRAYERS FOR OUR SHUT-INS

Emily Caras  
Helen Corelis  
Stella  
Cudworth  
Elaine Froumis  
Pat Grevas  
Judy Pappas  
Jim Patten  
Xenia Patten  
Effie Skafidas  
Gordon Smith  
Helen Smith  
Jim Tsagaris

Evening Meal Volunteers

**November 8-**  
Dena Manta  
and Alexa Flor-  
ence

**December 4-**  
Fr. Michael,  
Presbytera  
Maria and  
family

Anyone inter-  
ested in partici-  
pating in this  
worthwhile  
ministry should  
contact Dena  
Manta at 332-  
1684.

## Coffee Hour Hosts for November 2017

**Sunday, November 5,  
2017**  
hosted by:  
Scott and Alexa Florence

**Sunday, November 19,  
2017**  
hosted by:  
John Stratton

**Sunday, November 12,  
2017**  
hosted by:  
Randy and Chris Smith

**Sunday, November 26,  
2017**  
hosted by:  
Open



**Fellowship  
and fun!**

## Community News

### FALL PARISH ASSEMBLY

On November 12, 2017 immediately following the Divine Liturgy we will be having our Fall Parish Assembly.

### PARISH COUNCIL MEETING

The Parish Council November meeting will be on Tuesday, November 14, 2017 at 7:00 p.m. in the Green room.

### PASTORAL NOTE

The Christmas Fast which begins on November 15, is not like Great and Holy Lent in that fish, wine and oil are permitted (with the exceptions of Wednesday and Friday) until December 12. After December 12, wine and oil are permitted (with the exception of Wednesday and Friday) but fish is no longer permitted. The fast ends following Divine Liturgy on Christmas Day.

### PARISH COUNCIL ELECTIONS

Parish Council elections will be held on Sunday, December

4. It is an honor and a privilege to serve on the Parish Council, but it is also a commitment to the good of our Parish. If you feel the call to support and represent our parish in this special way, please come forward. It is mandatory for all new candidates to attend one of the seminars being held. The first is on **Tuesday, November 7** at 7:00 p.m. and the second is on **Monday, November 13** at 7:00 p.m.

### STEWARDSHIP SUNDAY

Our Annual Stewardship Sunday will be held on Sunday, November 19<sup>th</sup>. We ask you all if you like to bring your pledge card with you on that Sunday and deposit it into the pledge box. May the Lord bless us with another wonderful year.

### THANKSGIVING ECUMENICAL SERVICE

Fr. Michael and our choir will be participating in this year's Thanksgiving Ecumenical service which will be held on No-

vember 21st at Saint Pius X Roman Catholic Church (2401 31st Ave. Rock Island, IL). This will be a community event celebrating this great American Holiday. Everyone who is planning on attending is asked to bring a canned food item for food pantries run through St. Pius and Second Baptist. Fellowship and refreshments will be served after the conclusion of the service. I hope to see many of our members here at St. George will be able to be in attendance to support our choir. For more information please see Fr. Michael.

### DONATION OPPORTUNITY

Have you remembered to help the needy and hungry? Please bring in a contribution of food to the church. They are still running dangerously short.



**Our Saint George Parish Community**

*...Send your treasures to the heavenly storage room.*

*Deposit your wealth in God's Bank, distributing it to the poor, the orphans and the widows, so that you can receive a million times more*

*in the Second coming of Christ...*

*Saint Joseph the Hesychast*

## Senior Citizen Ministry

We had six very enjoyable Senior Citizen events this year. I want to thank everyone who participated in our outings and hope you enjoyed them all. We'll

see you all again next spring. A special thank you to Jim Spurgetis who assisted me in planning the events and for being my back up man. If anyone has

a suggestion for next year, please let us know.

## Sunday School News

Our Sunday School is under weigh. {Yes, that is correct, as in having weighed anchor and sailing off into the Sunday School Sea. Trust the old newspaper guy.} Our teachers are working hard to inculcate in our parish's youth the essentials of our faith.

We encourage all of the parish's students to Sunday School, and welcome their friends, as well as the grandchildren and Godchildren of our parishion-

ers - the more the merrier.

Sunday, November 26th, being the Sunday after Thanksgiving, we will not hold a formal Sunday School class, but any children interested can come to the 3-5 grade classroom for a Thanksgiving lesson and craft.

Looking ahead our Christmas program is set for December 24, the Sunday before the holiday and Christmas Eve. We hope to have as much participa-

tion as possible.

I want to take this time to thank Loukia Constantinides for her After Church Club. I encourage all the young children to join her in the last classroom at the end of the hall, following Sunday School.

As always, I thank our teachers and students for their contributions. Any adults interested in helping or substitute teaching, please contact me and we will welcome your help.

## HOPE/JOY NEWS

Now that Fall is here, we hope everyone is enjoying all the changing colors around us.

In October we had a welcome back bbq after church with hot dogs, chips and s'mores. The kids all had a great and sticky time!

On November 26<sup>th</sup>, we plan on visiting the Pioneer Village Christmas Walk. Please watch for a flyer with details soon.

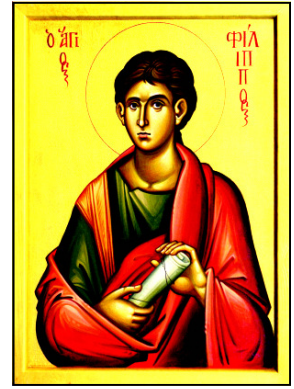
In December we plan on having an event at the church. We will be having

a Christmas store set up for the kids to buy a gift and wrap it. The gifts will then be donated to a shelter for people who are not as fortunate as we are. This is a great way for kids to help others in the community that are going through a difficult time in their lives. Please try and bring your children to this event. It is so important for them to learn to help others in need! Keep a look out for the flyer with the details for this event.

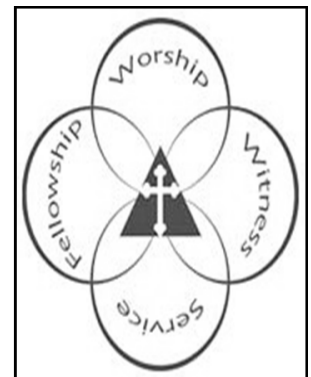
Remember, all kids be-

tween the ages of 3-12 are encouraged to join in the fun.

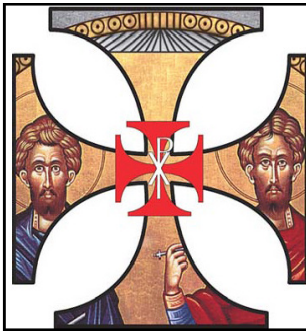
Please feel free to contact Presbytera Maria at [pres-mariazoe@aol.com](mailto:pres-mariazoe@aol.com) or Candace Elias at [elias4130@yahoo.com](mailto:elias4130@yahoo.com) with any questions.



St. Philip the Deacon is the patron saint of Religious Education. He was an inspired evangelist and teacher whose missionary work brought a multitude of new believers to Christ in Samaria and other cities. along the coast of Palestine



The Four Circles of Youth Ministry:  
 Worship  
 Witness  
 Fellowship  
 Service



**Saints Cosmas and  
Damianos the  
Patron Saints of  
Philoptochos**

**Focus on  
Philoptochos**

**Help us to  
Help Others**

The ladies of Philoptochos are bringing back the Holiday Pastitsio Luncheon on December 2. We'll need lots of volunteers to make this event a success!

Our Pastitsio baking day was Saturday, October 28 with prep days on Thursday 10/27 and Friday 10/27. We thank everyone who came out to help

**Philoptochos Corner**

We will still need many hands on deck the day of the event - Saturday, December 2, and assistance with set-up on Friday, December 1.

Please contact Chairperson Patti Kenyon at [patti.kenyon@me.com](mailto:patti.kenyon@me.com) or (563)940-1453 and sign up to help.

Philoptochos will also be

collecting donations for our annual parish Christmas card in the weeks ahead. Please watch for the sign-up form in the bulletin or at our table after liturgy and give generously. All proceeds from this year's collection will be donated to the Red Cross for hurricane relief in Texas, Florida, and Puerto Rico.

**Answers to last month's "test your Faith"**

**TRUE OR FALSE**

1. In the Orthodox Church, we feel that material things are bad and only spiritual things are good. **False**
2. The bishops acting within the church are not capable of making mistakes—they are infallible. **False**
3. The Orthodox Church believes that God is one in substance but three in persons. **True**
4. Christ was born perfect God and perfect man. **True**
5. The Orthodox Church allows only one baptism. **True**
6. The Virgin Mary is the Birth-giver of Christ the Man and not of Christ God. **False**
7. The salvation of man needs the cooperation between God and man. **True**
8. We fast because we are commanded to do so by Christ; fasting starves the body to feed the soul and brings us closer to God. **True**

**Service and Liturgical Books**

**Across**

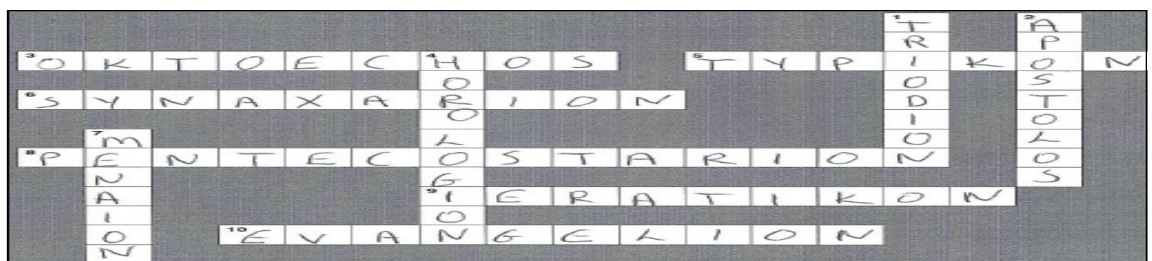
3. The service book containing the canons and hymns of the eight tones or modes of Byzantine Music is called the \_\_\_\_\_.
5. This liturgical book contains instructions about the order of the various Church services and ceremonies in the form of a perpetual calendar.
6. A brief biography of a saint read in the church on occasions of his feast day is called the \_\_\_\_\_.
8. This liturgical book contains all the prayers, hymns and services performed during the period of fifty days between Easter and Pentecost.
9. This liturgical book contains the prayers and ceremonial order of the various church ser-

VICES including the Divine Liturgy for the priest.

10. The Greek term for the Gospel Book is the \_\_\_\_\_.

**Down**

1. A liturgical book containing the hymns, prayers and services of the movable feast before Easter, beginning with the Sunday of the Publican and the Pharisee until Easter Sunday.
2. The liturgical Book containing the various Apostolic (Epistle) Readings is called the \_\_\_\_\_.
4. The Liturgical book containing the different services and prayers of the hours of the day is called \_\_\_\_\_.
7. A liturgical book containing the lives of the saints and the special hymns (Stichera) for the feast-days of the Orthodox Saints. It is divided into twelve volumes, one for each month.



*Notification of the Fall Parish Assembly on Sunday November 12, 2017*

Dear St. George Stewards,

On Sunday, November 12<sup>th</sup>, 2017, following the fellowship and coffee hour, we will be convening our Fall General Assembly in the Gold Room. Please make every effort to attend.

As a reminder, the General Assembly is a meeting of all members in good-standing. A member in good-standing is defined by the Uniform Parish Regulations of the Archdiocese as any person eighteen years of age or older who was baptized according to the rites of the Orthodox Church, or was received into the Orthodox Church by Chrismation, who lives according to the faith and canons of the Orthodox Church, who has met his or her stewardship obligation for 2016 and abides by the Uniform Parish Regulations of the Archdiocese and the by-laws of the Parish. Members in good-standing, in attendance, constitute a quorum of the General Assembly.

A new member may vote in the General Assembly provided that they have been in good-standing at least three (3) months prior to the date of the General Assembly. If you would like to vote on any of the motions made during the General Assembly, you must be present. Absentee ballots will not be counted.

Mary Rankin            Fr. Michael Constantinides  
Parish Council President      Parish Priest

## **2017 FALL GENERAL ASSEMBLY AGENDA**

**Sunday, November 12<sup>th</sup>, 2017**

- 1. CALL TO ORDER**
- 2. OPENING PRAYER**
- 3. STEWARDSHIP REPORT**
- 4. PHILOPTOCHOS REPORT**
- 5. FESTIVAL REPORT**
- 6. 2018 BUDGET**
- 7. 2017 AUDIT COMMITTEE REPORT**
- 8. AUDIT COMMITTEE APPOINTMENTS**
- 9. SET DATE FOR BOARD ELECTIONS**
- 10. OLD BUSINESS**
- 11. NEW BUSINESS**
- 12. CLOSING PRAYER**
- 13. ADJOURNMENT**



Parish News

**St. George  
Fall General Assembly  
Sunday, November 12  
Following Divine Liturgy**

**(Come for the meeting,  
stay for the Sandwich!)**



**A light lunch will be available for those who attend with  
a free will donation to offset costs.**

**Please plan to attend!**

**If you need a copy of the agenda, please contact the  
church.**

## Parish Happenings



St. George Philoptochos

# Pastitsio Lunch

Back by  
popular  
demand!

Reservation will be taken  
up to Wednesday,  
November 22, unless we  
sell out sooner.

\* The St. George Philoptochos Society is hosting a Pastitsio Lunch to benefit the many charities supported by the organization.

**Saturday, December 2nd, 12:00 p.m.**

**St. George Greek Orthodox Church**

**2930 31st Avenue, Rock Island, IL 61201**

The cost is \$20 per person and includes:

Pastitsio, Greek Salad, Bread & Butter, Coffee/Water and dessert.

Seating is limited and by RSVP only. Payment must be sent in to the church prior to the event.

Call 563-940-1453 to make your reservation. Please make checks payable to the Philoptochos Society.



Parish Happenings

**PHILOTOCHOS SOCIETY  
OF  
ST. GEORGE GREEK ORTHODOX CHURCH  
2930 31<sup>ST</sup> AVENUE  
ROCK ISLAND, IL 61201**

November 1, 2017

Dear Parishioners and Friends:

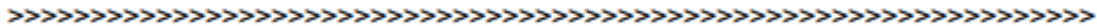
The St. George Philoptochos Society is sponsoring the 2017 Parish Christmas Card. As in previous years, every one of us has an opportunity to send our Christmas greetings to all our Church members and friends. A beautiful card with all the names of those participating is sent to everyone on our mailing list.

We hope that everyone will be included in the 2017 Christmas Card. Please send the portion below with your name, clearly printed, as you wish it to appear on the card, along with your generous donation to the Church office or return it to the table set up after Liturgy on Sundays. Completed forms and donations must be received no later than November 22. All proceeds are used for benevolent projects of the Philoptochos Society. All proceeds of this year's Christmas card will be donated to the Red Cross, specifically for Hurricane Relief.

In this season of giving, please find it in your heart to give to those less fortunate.

Sincerely,

Pat Andrews, Chairman  
Philoptochos Christmas Card Committee



**St. George Philoptochos Society  
2017 Parish Christmas Card**

NAME(S) \_\_\_\_\_  
(Please print clearly as you would like it to appear on the card)

DONATION \_\_\_\_\_ (Checks payable to St. George Philoptochos Society)

Parish Happenings

You and your Congregation are invited to the annual  
**Thanksgiving Ecumenical Service**  
on  
**Tuesday, November 21, 2017**  
at  
**St. Pius X Catholic Church**  
at  
**7:00 pm**  
**Preacher-Pastor Janet Waychoff**

Come join us in prayer and in praise of God. A reception will follow in McCarthy Hall next to the Church

## Wonderworker and Unmercenary Cosmas of Asia Minor (November 1)



The Holy Wonderworkers and Unmercenary Physicians Cosmas and Damian and their mother Saint Theodota were natives of Asia Minor (some sources say Mesopotamia). Their pagan father died while they were still quite small children. Their mother raised them in Christian piety. Through her own example, and by reading holy books to them, Saint Theodota preserved her children in purity of life according to the command of the Lord, and Cosmas and Damian grew up into righteous and virtuous men.

Trained and skilled as physicians, they received from the Holy Spirit the gift of healing people's illnesses of body and soul by the power of prayer. They even treated animals. With fervent love for both God and neighbor, they never took payment for their services. They strictly observed the command of our Lord Jesus Christ, "Freely have you received, freely give." (Mt. 10:8). The fame of Saints Cosmas and

Damian spread throughout all the surrounding region, and people called them unmercenary physicians.

Once, the saints were summoned to a grievously ill woman named Palladia, whom all the doctors had refused to treat because of her seemingly hopeless condition. Through faith and through the fervent prayer of the holy brothers, the Lord healed the deadly disease and Palladia got up from her bed perfectly healthy and giving praise to God. In gratitude for being healed and wishing to give them a small gift, Palladia went quietly to Damian. She presented him with three eggs and said, "Take this small gift in the Name of the Holy Life-Creating Trinity, the Father, Son, and Holy Spirit." Hearing the Name of the Holy Trinity, the unmercenary one did not dare to refuse.

When Saint Cosmas learned what had happened, became very sad, for he thought that his brother had broken their strict vow. On his deathbed he gave instructions that his brother should not be buried beside him. Saint Damian also died shortly afterward, and everyone wondered where Saint Damian's grave should be. But through the will of God a miracle occurred. A camel, which the

saints had treated for its wildness, spoke with a human voice saying that they should have no doubts about whether to place Damian beside Cosmas, because Damian did not accept the eggs from the woman as payment, but out of respect for the Name of God. The venerable relics of the holy brothers were buried together at Thereman (Mesopotamia).

Many miracles were worked after the death of the holy unmercenary. There lived at Thereman, near the church of Cosmas and Damian, a certain man by the name of Malchus. One day he went on a journey, leaving his wife all alone for what would be a long time. He prayerfully entrusted her to the heavenly protection of the holy brothers. But the Enemy of the race of mankind took on the appearance of one of Malchus' friends, and planned to kill the woman. A certain time went by, and this man went to her at home and said that Malchus had sent him to bring her to him. The woman believed him and went along. He led her to a solitary place intending to kill her. The woman, seeing that disaster threatened her, called upon God with deep faith.

Two fierce men then

appeared, and the devil let go of the woman and fled, falling off a cliff. The two men led the woman home. At her own home, bowing to them deeply she asked, "My rescuers, to whom I shall be grateful to the end of my days, what are your names?"

They replied, "We are the servants of Christ, Cosmas and Damian," and became invisible. The woman with trembling and with joy told everyone about what had happened to her. Glorifying God, she went up to the icon of the holy brothers and tearfully offered prayers of thanksgiving for her deliverance. And from that time the holy brothers were venerated as protectors of the holiness and inviolability of Christian marriage, and as givers of harmony to conjugal life. From ancient times, their veneration spread also to Russia.

The Unmercenary Saints Cosmas and Damian of Asia Minor should not be confused with the Unmercenary Saints Cosmas and Damian of Rome (July 1), or the Unmercenary Saints Cosmas and Damian of Arabia (October 17).

## The Holy Great Martyr Menas (November 11)

The Holy Great Martyr Menas of Egypt, an Egyptian by birth, was a military officer and served in the Kotyaeion region of Phrygia under the centurion Firmilian during the reign of the emperors Diocletian (284-305) and Maximian (305-311). When the emperors began the fiercest persecution against Christians in history, the saint refused to serve these persecutors. He removed his soldier's belt (a sign of military rank) and withdrew to a mountain, where he lived an ascetic life of fasting and prayer.

Once he happened to arrive in the city during a pagan fes-

tival. At the climax of the games the saint's accusing voice rang out, preaching faith in Christ, the Savior of the world. At his trial before the prefect Pyrrhus, the saint bravely confessed his faith, saying that he had come to denounce the impious. The prefect was angered, and had Menas arrested.

Pyrrhus offered to restore the saint's former rank if he would offer sacrifice to the pagan gods. When he refused, he was put to cruel tortures, then he was beheaded. This occurred in the year 304. Christians gathered up the martyr's relics by night

and hid them until the end of the persecution. Later, they were brought to Egypt and placed in a church dedicated to St Menas southwest of Alexandria.

The saint received grace from God to work miracles, and to help those in need. St Menas is noted for healing various illnesses, delivering people from possession by demons, and as a protector, especially during times of war. We also ask his help in finding lost objects.



**The Holy Great Martyr Menas**

## The Prophet Obadiah (November 19)

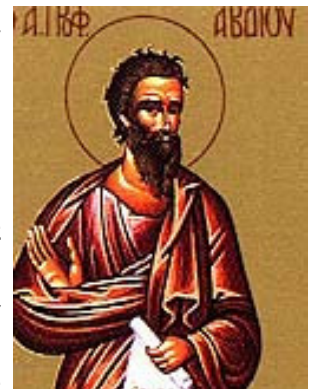
The Holy Prophet Obadiah [or Abdia] is the fourth of the Twelve Minor Prophets, and he lived during the ninth century B.C. He was from the village of Betharam, near Sichem, and he served as steward of the impious Israelite King Ahab. In those days the whole of Israel had turned away from the true God and had begun to offer sacrifice to Baal, but Obadiah faithfully served the God of Abraham, Isaac and Jacob in secret.

When Ahab's wife, the impious and dissolute Jezebel, hunted down all the prophets

of the Lord (because of her quarrel with the Prophet Elias), Obadiah gave them shelter and food (3/1 Kgs 18:3 ff). Ahab's successor King Okhoziah [Ahaziah] sent three detachments of soldiers to arrest the holy Prophet Elias (July 20). One of these detachments was headed by St Obadiah. Through the prayer of St Elias, two of the detachments were consumed by heavenly fire, but St Obadiah and his detachment were spared by the Lord 4/2 Kgs 1).

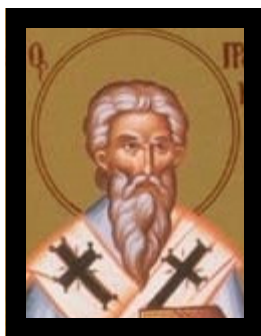
From that moment St Oba-

diah resigned from military service and became a follower of the Prophet Elias. Afterwards, he himself received the gift of prophecy. The God-inspired work of St Obadiah is the fourth of the Books of the Twelve Minor Prophets in the Bible, and contains predictions about the New Testament Church. The holy Prophet Obadiah was buried in Samaria.



**The Synaxis of the Archangels Michael and Gabriel and all the bodiless powers of heaven**

## St. Proclus the Archbishop of Constantinople (November 20)



Saint Proclus, Archbishop of Constantinople, from his early years devoted all his time to prayer and the study of Holy Scripture. The Lord granted him the great good fortune to be a disciple of Saint John Chrysostom (November 13), who at first ordained him as a deacon, and then to the holy priesthood. He witnessed the appearance of the Apostle Paul to Saint John Chrysostom. Saint Proclus received from his teacher a profound understanding of Holy Scripture, and learned to elucidate his thoughts in a polished form.

After the exile and death of Saint John Chrysostom, the holy Patriarch of Constantinople Sisinius (426-427) consecrated Saint Proclus as bishop of the city of Kyzikos, but under the influence of Nestorian heretics he was expelled by his flock there.

Saint Proclus then returned to the capital and preached the Word of God in the churches of Constantinople, strengthening listeners in the

Orthodox Faith and denouncing the impiety of the heretics. He once preached a sermon before Nestorius in which he fearlessly defended the title “Theotokos” in speaking of the holy Virgin. Upon the death of the Patriarch Saint Sisinius, Saint Proclus was chosen to take his place. Having thus been made Patriarch of Constantinople, he guided the Church over the course of twelve years (434-447). By the efforts of Saint Proclus, the relics of Saint John Chrysostom were transferred from Comana to Constantinople in the time of the holy emperor Saint Theodosius II (408-450).

When Saint Proclus was Patriarch, the Empire suffered destructive earthquakes, lasting for several months. At Bithynia, in the Hellespont, and in Phrygia cities were devastated, rivers disappeared from the face of the earth, and terrible flooding occurred in previously dry places. The people of Constantinople came out of the city with the patriarch and emperor at their head and offered prayers for an end to the unprecedented calamities.

During one prayer service, a boy from the crowd was snatched up into the air by an unseen force and carried

up to such a height that he was no longer to be seen by human eyes. Then, whole and unharmed, the child was lowered to the ground and he reported that he heard and he saw the angels glorifying God singing: “Holy God, Holy Mighty, Holy Immortal.” All the people began to sing this Trisagion Prayer, adding to it the refrain, “Have mercy on us!” Then the earthquakes stopped. The Orthodox Church sings still this prayer at divine services to this very day.

The Constantinople flock esteemed their Patriarch for his ascetic life, for his concern about the downtrodden, and for his preaching. Many works of the saint have survived to the present day. Best known are his discourses against the Nestorians, two tracts of the saint in praise of the Mother of God, and four tracts on the Nativity of Christ, setting forth the Orthodox teaching about the Incarnation of the Son of God. The activity of the holy patriarch in establishing decorum in all the church affairs gained him universal esteem. Surrounded by love and respect, Saint Proclus departed to the Lord after serving as Patriarch for twenty years.

<i>Annual Income</i>		
<i>2%</i>	<i>4%</i>	<i>6%</i>
		<i>\$20,000</i>
<i>\$400.00</i>	<i>\$800.00</i>	
		<i>\$1,200.00</i>
		<i>\$30,000</i>
<i>\$600.00</i>	<i>\$1,200.00</i>	
		<i>\$1,800.00</i>
		<i>\$40,000</i>
<i>\$800.00</i>	<i>\$1,600.00</i>	
		<i>\$2,400.00</i>
		<i>\$50,000</i>
<i>\$1,000.00</i>	<i>\$2,000.00</i>	
		<i>\$3,000.00</i>
		<i>\$75,000</i>
<i>\$1,500.00</i>	<i>\$3,000.00</i>	
		<i>\$4,500.00</i>
		<i>\$100,000</i>
<i>\$2,000.00</i>	<i>\$5,000.00</i>	
		<i>\$7,500.00</i>
<i>Many of us give less than 1% while the standard for tithing out of the Bible is 10%</i>		

# The Entrance of the Theotokos (November 21)

According to Holy Tradition, the Entry of the Most Holy Theotokos into the Temple took place in the following manner. The parents of the Virgin Mary, Sts Joachim and Anna, praying for an end to their childlessness, vowed that if a child were born to them, they would dedicate it to the service of God.

When the Most Holy Virgin reached the age of three, the holy parents decided to fulfill their vow. They gathered together their relatives and acquaintances, and dressed the All-Pure Virgin in Her finest clothes. Singing sacred songs and with lighted candles in their hands, virgins escorted Her to the Temple (Ps. 44/45:14-15). There the High Priest and several priests met the handmaiden of God. In the Temple, fifteen high steps led to the sanctuary, which only the priests and High Priest could enter. (Because they recited a Psalm on each step, Psalms 119/120-133/134 are called "Psalms of Ascent.") The child Mary, so it seemed, could not make it up this stairway. But just as they placed Her on the first step, strengthened by the power of God, She quickly went up the remaining steps and ascended to the highest one.

Then the High Priest, through inspiration from above, led the Most Holy Virgin into the Holy of Holies, where only the High Priest entered once a year to offer a purifying sacrifice of blood. Therefore, all those present in the Temple were astonished at this most unusual occurrence.

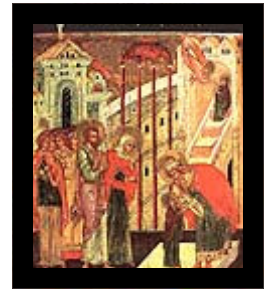
After entrusting their child to the Heavenly Father, Joachim and Anna returned home. The All-Holy Virgin remained in the quarters for virgins near the Temple. According to the testimony of Holy Scripture (Exodus 38; 1 Kings 1: 28; Luke 2: 37), and also the historian Josephus Flavius, there were many living quarters around the Temple, in which those who were dedicated to the service of God dwelt.

The earthly life of the Most Holy Theotokos from Her infancy until She was taken up to Heaven is shrouded in deep mystery. Her life at the Jerusalem Temple was also a secret. "If anyone were to ask me," said St Jerome, "how the Most Holy Virgin spent the time of Her youth, I would answer that that is known to God Himself and the Archangel Gabriel, Her constant guardian."

But there are accounts in Church Tradition, that during the All-Pure Virgin's stay at the Temple, She grew up in a community of pious virgins, diligently read the Holy Scripture, occupied Herself with handicrafts, prayed constantly, and grew in love for God. From ancient times, the Church has celebrated the Feast of the Entry of the Most Holy Theotokos into the Temple. Indications that the Feast was observed in the first centuries of Christianity are found in the traditions of Palestinian Christians, which say that the holy Empress Helen (May 21) built a church in honor of the Entry of the Most Holy Theotokos into the Temple.

St Gregory of Nyssa, in the fourth century, also mentions this Feast. In the eighth century Sts Germanus and Tarasius, Patriarchs of Constantinople, delivered sermons on the Feast of the Entry.

The Feast of the Entry of the Most Holy Theotokos into the Temple foretells God's blessing for the human race, the preaching of salvation, the promise of the coming of Christ.



**The Entrance  
of the Theoto-  
kos**



## Venerable Nikon “Metanoieite,” the Preacher of Repentance (November 26)

Saint Nikon Metanoieite (“the Preacher of Repentance”) was born at Pontus Polemoniacus at the beginning of the tenth century. He was the son of a wealthy landowner, and he was given the name Nicetas in Baptism.

Since he had no desire to take over the management of his family’s wealth and estates, Nicetas entered the monastery of Chrysopetro, where he shone forth in prayer and asceticism. When he received the monastic tonsure, he was given the new name Nikon. The new name symbolizes a new life in the Spirit (Romans 7:6), and the birth of the new man (Ephesians 4:24). A monk is expected to stop associating himself with the old personality connected to his former life in the world, and to devote himself entirely to God.

Saint Nikon had a remarkable gift for preaching. When he spoke of virtue and spiritual matters, his listeners were filled with heartfelt compunction and love for God. His words produced such spiritual fruit in those who heard him that he was asked to travel through the eastern regions to preach. He visited Armenia, Crete, Euboea, Aegina, and the Peloponnesus, proclaiming the Gospel of Christ.

“Repent, for the Kingdom of Heaven is at hand.” This was the message of Saint John the Baptist (Matthew 3:2), and of Christ Himself (Matthew 4:17). This was also the message of Saint Nikon. Wherever he went, he would begin his sermons with “Repent,” hence he was called “Nikon Metanoieite,” or “Nikon, the Preacher of Repentance.”

At first, people paid little heed to his message. Then gradually he won their hearts through his preaching, his miracles, and his gentle, loving nature. He stressed the necessity for everyone to repent, warning that those who utter a few sighs and groans and think that they have achieved true repentance have deluded themselves. Saint Nikon told the people that true sorrow for one’s sins is cultivated by prayer, self-denial, almsgiving, ascetical efforts, and by confession to one’s spiritual Father.

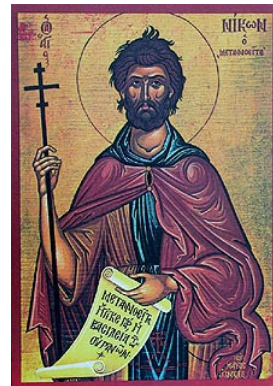
After sowing the seeds of piety, Saint Nikon began to see them bear fruit. People started to change their lives, but he urged them to strengthen their souls in virtue and good works so that they would not be overwhelmed by the cares of this world.

Eventually, Saint Nikon settled in a cave outside Sparta. Soon he moved into the city, because so many people were coming to hear him. In the center of Sparta, he built a church dedicated to Christ the Savior. In time a monastery grew up around the church.

Saint Nikon never ceased to preach the Word of God, and to lead people back to the spiritual life of the Church. He also healed the sick, and performed many other miracles.

Saint Nikon fell asleep in the Lord in 998, and his memory was honored by the people around Sparta. During the Turkish occupation of Greece, however, he was all but forgotten, except in Sparta. After the Greek Revolution in 1821, a service to Saint Nikon was composed by Father Daniel Georgopoulos, and was based on the saint’s Life, which had been written by Igumen Gregory of Saint Nikon’s Monastery in 1142.

Saint Nikon was recognized as the patron saint of the diocese of Monemvasia and Lakedaimonia in 1893 when the cathedral church in Sparta was dedicated to Saint Nikon, the Preacher of Repentance.



**Venerable Nikon  
“Metanoieite,” the  
Preacher of Repentance**

## Test Your Faith...

The book of the Acts of the Apostles tells us how the first Christians lived and worshiped God.

Mark True or False after the following sentences:

1. The first Christians “were of one heart and soul.” \_\_\_\_\_

2. They shared everything they had. \_\_\_\_\_

3. They had their worship gatherings only in the Temple of Solomon.  
\_\_\_\_\_

4. The Feast of Love (Agape) was a part of their worship. \_\_\_\_\_

5. The Feast of Love was a Jewish custom that the Christians kept.  
\_\_\_\_\_

6. They kept the Sabbath as the most important day of their public worship.  
\_\_\_\_\_

Below are some of the names of the disciples. Can you find them in this puzzle?

Andrew – James – John – Judas – Matthew – Peter – Philip – Simon – Thomas

S A M O H T

P H I L I P

W J S R E L

E P A T C J

H N E M O W

T R S H E G

T W N R Q S

A T D C R O

M N O M I S

A S A D U J

## Humor Corner

**The oldest computer can be traced back to Adam and Eve. It was an Apple but with extremely limited memory Just 1 byte. Then everything crashed.**