

SparkLight

Enlightening Monthly Updates Saint Barbara Greek Orthodox Church November 2020

Illumination by the Spirit is the endless end of every virtue.
Saint Symeon the New Theologian

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 Presbyteria 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!

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 AHEPAs 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 raised 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 Presbyter 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 RSVP'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 a 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 on-line 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/and 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 Presbyteria 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 περικοπή για την καθημερινή μας ζωή και την συμπεριφορά μας με τους συνανθρώπους μας. Ακούμε πως ζούσαν και πως συμπεριφέροντο οι Απόστολοι. Όταν οι άπιστοι τους ενέπαιζαν και τους ύβριζαν, αυτοί τους ευλογούσαν και προσεύχοντο δι' αυτούς. Όταν τους κατεδίωκαν αυτοί έδειχναν μακροθυμίας 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 αυτοίς, ου γαρ οίδασι τι ποιούσι.»

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

Δεν υπάρχει διαφορετικός δρόμος να φθάσει ο άνθρωπος στην μίμηση του Χριστού, εκτός από την ανεξικακία προς όλους τους ανθρώπους ανεξαιρέτως.

Ο άγιος Συμεών ο νέος θεολόγος λέγει, ότι βάση της ανεξικακίας είναι «να βλέπει όλους τους πιστούς σαν ένα 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 η 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 η να ανταποδίδεις κακό στον άλλο, αυτό ισοδυναμεί με βλάβη και κακοποίηση του ιδίου του εαυτού σου.

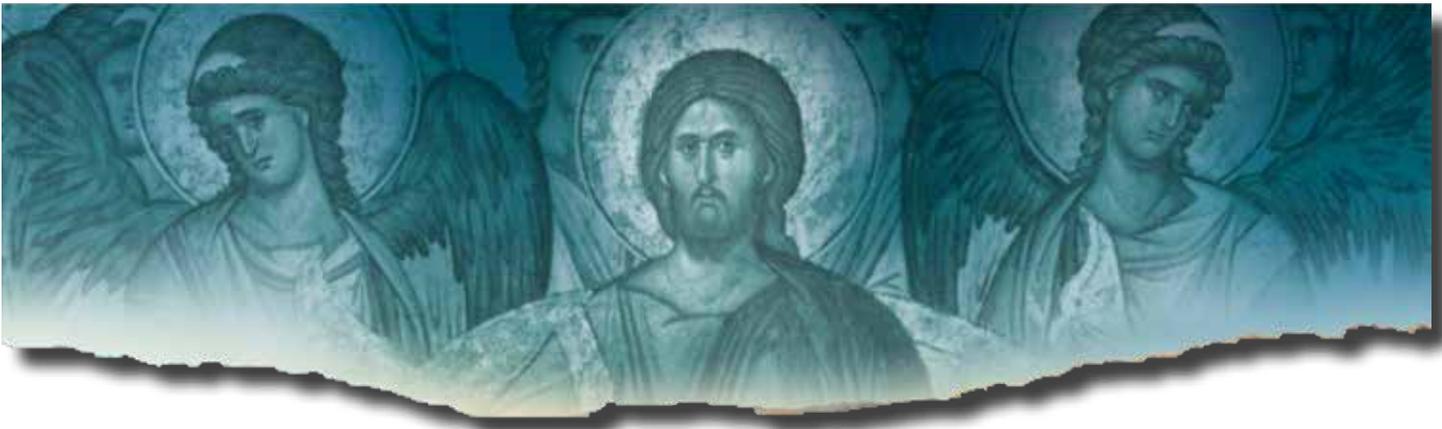
Οι άγιοι Απόστολοι, με την ανεξικακία τους, πόσους και πόσους δεν προσείλκυαν εις τον Χριστόν, με το να ευλογούν τους υβριστές τους, να ανέχονται τους διώκτες τους και να μιλούν ευγενικά στους συκοφάντες τους. Γι' αυτό και μας συμβουλεύουν «Εάν πεινά ο εχθρός σου δώσε του ψωμί, εάν διψά, πότιζε αυτόν, διότι εάν αυτά τα καλά πράττης,» είναι σαν να βάζεις σωρούς από αναμένα κάρβουνα στο κεφάλι του. Δηλαδή, θα καταληφθή από φλογερά τύψεις συνειδήσεως και θα δοκιμάση μεγάλην εντροπήν

δια το κακό, που σου έκαμε.

Να μην νικάσαι ποτέ από το κακόν, αλλά να νικάς το κακό με καλωσύνην 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.

Rev. Dr. George L. Parsenios is the Professor of New Testament at Princeton Theological Seminary. He is the author of three major books and numerous articles on New Testament themes, and is the Proistamenos of Saint Demetrios Greek Orthodox Church in Perth Amboy, New Jersey. He and Presbytera Maureen are the proud parents of three children.





Self Care: Tips & Tools

General Tips

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

Created by an IOCC Frontliner Advisory Group comprised of Orthodox clergy, licensed clinicians and counselors.

Youth Focused

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.²

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. Thanksgiving to God will in no way change God's state and being but it will change these things in a grateful person. Thanksgiving enables the thankful and nourishes good works. Thanksgiving inspires benevolence in the world and gives freshness to every virtue."³

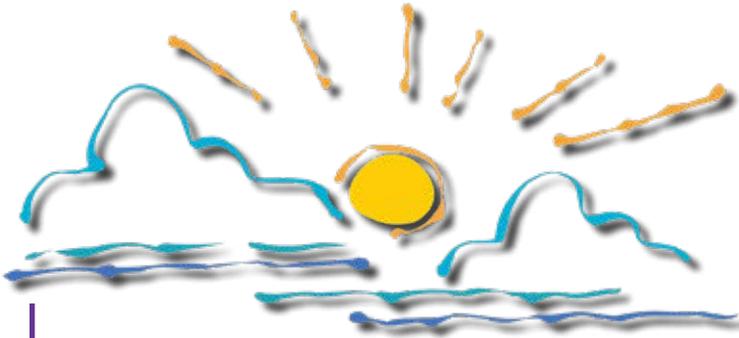
Outreach: Love of God – Love of neighbor. During the crisis, we might not be able to go to our respective Church or to the local community center to prepare packets for those in need, but if we are not sick or self quarantined or self isolated, we should check in on neighbors to see what they might need 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.

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?"

³ Velimirovik, Bishop Nikolai. Orthodox Homilies for Sundays and Feast Days (Lazarica Press, 1998). Volume 2. Page 300



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 Babara

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

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.



RED CROSS
BLOOD DRIVE

**Saint Barbara
Greek Orthodox Church
Thursday, December 10, 2020
9:00 AM to 2:00 PM**

**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 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

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

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

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

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

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

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

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

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

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

Your Name: _____

Phone Number: _____

ONE NAME PER LEAF

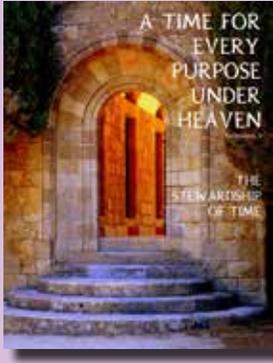
Paid by: Check Cash Credit Card

\$4.00 sponsorship for each Remembrance Leaf

\$10.00 sponsorship for 3 Remembrance Leaves

Number of Remembrance Leaves: _____

Amount Paid: _____



STEWARDSHIP 2020

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. John Agapiou
 Mrs. Bessie Agapiou
 Mr. Michael Albanis
 Mrs. Anna Albanis
 Mr. Anthony Alessio
 Mrs. Pamela Alessio
 Mr. Alexander Alexiades
 Miss Alexandra Alexiades
 Mr. Elias Alexiades
 Mrs. Jennifer Alfaro
 Mr. Antonios Amoratis
 Mrs. Vasiliki Amoratis
 Mr. Iakovos Amoratis
 Mr. Nicholas Amoratis &
 Stacey Cascone
 Mrs. Cynthia Anasson
 Miss Nina Waskiewicz
 Miss Eleni Waskiewicz
 Mr. Charles Waskiewicz
 Mrs. Maria Anastasion
 Mrs. Theona Anastasion
 Mr. Gregory Anastasiou
 Mrs. Aikaterini Anastasiou
 Mr. Anastasios Anastasopoulos
 Mr. Peter Anderson
 Mrs. Lorraine Anderson
 Mr. & Mrs. Gary P. Andrews
 Miss Christina Andriotis
 Ms. Sophia Andriotis-Pampoukidis
 Mr. & Mrs. Joseph Angeletti
 Mr. Athanasios Angelopoulos
 Mrs. Maryann Angelopoulos
 Mrs. Irene Anthis
 Mr. Nick Anthis
 Mr. James Antippas
 Mrs. Claire Antippas
 Ms. Vasiliki (Valerie) Anton
 Mr. & Mrs. Anthony Antonakis
 Mr. & Mrs. John Antonakis
 Mrs. Konstantina Antonakis
 Ms. Diamanto Antonellis
 Mr. George Antonellis
 Mrs. Donna Antonellis
 Mr. Theodore Antonellis
 Mrs. Catherine Apotria
 Mrs. Cleo Apotria

Mr. John Arabolos
 Mr. & Mrs. Peter Arabolos
 Mrs. Antonia Armetta
 Mr. & Mrs. John Athenson
 Mr. Steven Baklas
 Mrs. Debbie Baklas
 Mr. Dennis Bakousis
 Mrs. Despoina Bakousis
 Mr. James Ballas
 Mrs. Demetra Ballas
 Mrs. Lisa Ballas
 Mr. Paul Ballas
 Mrs. Mary Ballas
 Mrs. Florence Barakis
 Dr. & Mrs. Gregory Baron
 Miss Claudia Basel
 Mr. Edward Basel
 Mrs. Lillian Basel
 Mrs. Penelope Basel
 Miss Babette Basil
 Dr. Helen Bass
 Dr. Mary Bass
 Mr. Theodore Belales
 Mrs. Angela Belales
 Mr. James Benas
 Mrs. Marina Benas
 Mr. Christopher Benas
 Mr. & Mrs. John Benham
 Mr. Shaun Berner
 Mrs. Constantina Valaouras
 Mr. & Mrs. Arkadiusz Bielez
 Mrs. Mary Bitzarakis
 Mr. James Bitzonis
 Mrs. Kirsten Bitzonis
 Mrs. Zoe Bizanis
 Mr. Paul Bolovinos
 Mrs. Anastasia Bolovinos
 Mr. & Mrs. Andrew Borelli
 Mrs. Margaret Bratsenis
 Mr. Thomas Bruno, II &
 Mrs. Maria Zervos
 Ms. Paige Bullock
 Mr. Kevin Burr
 Mrs. Chrisanne Burr
 Miss Kristen Burr
 Mr. Bruce Buzelle

Mrs. Avenya Buzelle
 Mrs. Esther Cambras
 Mr. & Mrs. William Cambras
 Mr. Daniel Canevari
 Mrs. Petrina Canevari
 Mr. George Carafides
 Mrs. Alexis Carafides
 Mr. & Mrs. Dan Carbine
 Mrs. Renee Cascio
 Mr. Constantine Chagares
 Mrs. Helen Chagares
 Mr. Basil Chaltas
 Mrs. Efthalia Chaltas
 Ms. Nicole Chomiak
 Mr. James Chow
 Mrs. Theodora Dogani
 Mr. Stavros Christakos
 Mrs. Sofia Christakos
 Mrs. Ellen Coclin
 Miss Anastacia Coclin
 Miss Alexandra Coclin
 Mrs. Mary Constantinidi
 Mr. & Mrs. Joseph Corradino
 Miss Marianthe Corradino
 Mr. Joseph Corradino
 Miss Magdalene Corradino
 Mr. Emanuel Cosmas
 Mr. Edwin Cox
 Mrs. Sharon Cox
 Mr. & Mrs. Daniel Crane
 Mrs. Cathy Dabakis
 Mrs. Mary Dakis
 Ms. Nicki Dakis
 Mr. A. Paul Dalakas
 Dr. Estell Pappas
 Miss Dorothy Daniel
 Miss Jeannie Daniel
 Ms. Evdokia Daoutis
 Mr. George Daoutis
 Mrs. Pinelopi Daoutis
 Mr. John Daoutis
 Mrs. Mary Daoutis
 Mr. Elias Daskalakis
 Mr. Raymond DeAguida
 Mrs. Irene DeAguida
 Mrs. Bessie DeBassio

Mr. & Mrs. William Delcos
 Mr. Tony Delos
 Mrs. Stacey Ferrence
 Mr. & Mrs. Fred DelPercio
 Mr. Peter Demetropoulos
 Mr. Vasili Diakogeorgiou
 Mrs. Eleni Diakogeorgiou
 Mr. Fotios Diamantes
 Mrs. Antigoni Diamantes
 Mr. Ilias Diamantis
 Mrs. Maria Diamantis
 Mr. Vasilios Diamantis
 Mrs. Keira Diamantis
 Mr. & Mrs. Marc DiCiccio
 Mr. & Mrs. Al DiGrazia
 Mrs. Melissa Dinar
 Mrs. Nicole Klarides-Ditria
 Mr. & Mrs. Kevin Dolan
 A. Karen Anasson-Dooley
 Mrs. Barbara Downey
 Mr. Dan Drago
 Mrs. Monica Drago
 Dr. Andreas Drakonakis
 Mrs. Jane Drakonakis
 Mr. Haralambos Efthymiou
 Mrs. Ariel Efthymiou
 Mr. Pantelis Efthymiou
 Mrs. Renee Efthymiou
 Mr. Paul Efthymiou
 Mrs. Rachel Efthymiou
 Mr. Mark Ehrhardt
 Mrs. Maria Ehrhardt
 Dr. John Elefteriades
 Mrs. Peggy Elefteriades
 Mr. Paris Eliopoulos
 Mrs. Virginia Eliopoulos
 Mr. Kostas Eliopoulos
 Mr. James Eliopoulos
 Mr. Stylianos Emmanouil
 Mrs. Kaliope Emmanouil
 Mr. Eugene Esares
 Mrs. Sharon Esares
 Kristin Esares and Daniel Dwyer
 Mr. Stephen Esares
 Mr. & Mrs. Jesse Esquivel
 Ms. Anne Faraclas

Mr. Paul Faraclas
 Mrs. Jacqueline Faraclas
 Mrs. Sophia Ferraro
 Mrs. Maria Fifis
 Ms. Jacqueline Fish
 Mrs. Despina Galanakis
 Ms. Maria Galanakis
 Miss Pamela Ganacoplos
 Mr. & Mrs. Christopher Ganim
 Mr. Owen Gavagan
 Mrs. Chrysanthi Gavagan
 Mr. Peter Gekas
 Mrs. Ann Gekas
 Mr. & Mrs. Gregory H. Gerakelis
 Mr. Grigorios 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 Ginieres
 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 Kakalettris
 Mr. James Goodrich
 Mrs. Anastasia Goodrich
 Mrs. Betsy Gorecki
 Mr. Andreas Gotsis
 Mrs. Dionisia Gotsis
 Mr. Semere Gougsa &
 Mrs. Nadia Yohannes
 Miss Elaine Goumas
 Mrs. Stacey S. Grimaldi
 Mrs. Larisa Gromyko
 Mr. Dimitrios Groumouzas
 Mrs. Renie Groumouzas
 Mr. Nontas Groumouzas
 Mrs. Dinah Groumouzas
 Mr. Vasilios Groumouzas
 Mrs. Ioulia Groumouzas
 Mr. & Mrs. Michael Quartazaca
 Mr. George Guiliotis
 Mr. Christopher Gumkowski
 Mrs. Angelica Papastavros
 Mr. Christopher Gust
 Mrs. Maria Gust
 Mr. Christos Hadjimichael
 Mrs. Jane Hadjimichael
 Dr. Evangelos Hadjimichael
 Mrs. Olympia 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. Lizabeth Haskos
 Mrs. Wendy Hathaway
 Ms. Stavroula Hatzios
 Mr. John Heerd &
 Mrs. Lisa Stamos Heerd
 Mrs. Evelyn Heffernan
 Mr. & Mrs. Peter Henkel
 Ms. Anastacia Herbert
 Ms. 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 Ikononou
 Mrs. Helen Ikononou
 Mr. & Mrs. Paul Ikononou
 Mr. Panagiotis Iosifidis
 Mrs. Elisabet Iosifidis
 Mr. & Mrs. Theodore Iosifidis
 Mr. Zaher Jaser
 Mrs. Rozina Jaser
 Mrs. Andreeanne C. Johnson
 Mr. Stuart Johnson
 Mrs. Elaine Johnson
 Mr. James Kakalaw
 Mr. Kyriakos Kalafatis
 Mrs. Anna Kalafatis
 Mrs. Ellen Kallivrousis
 Mr. Spyro Kallivrousis
 Mrs. Roula Kallivrousis
 Mr. William Kambas
 Mrs. Ariadne Drakonakis-Kambas
 Mr. George Kaouris
 Mrs. Vasilia Kaouris
 Mr. Stelios Kapernaros
 Mrs. Kay Kapernaros
 Ms. Constantina Karageorge
 Mr. Angelo Karakolidis
 Mrs. Maria Karakolidis
 Ms. Eva Karakolidis
 Mr. Dino Karatzas
 Mrs. Robin Karatzas
 Mr. Christopher Katagis
 Mr. Manos Katevatis
 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. Sotirios 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 Koutsaplis
 Mrs. Eleni Koutsaplis
 Mr. Anastasios Kovlakas
 Mr. Paul Kovlakas
 Mrs. Lisa Kovlakas
 Mrs. Harriet Kral
 Ms. Evagelia Krauss
 Mr. George Krikris
 Mrs. Elizabeth Krikris
 Mr. & Mrs. William Kyrtopoulos
 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 Liontas
 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 Loskant
 Dr. Kristen Lott
 Mr. Bradford Lott
 Mrs. Valentine Lott
 Mrs. Helene Loucopoulos
 Dr. John Loucopoulos
 Mrs. Fotini Loucopoulos
 Mr. Athanasios Louizos
 Mrs. Julie Louizos
 Mr. & Mrs. James Loukakes
 Mr. Terry Loukides
 Mr. Evan Louros
 Mrs. Bernadette Louros
 Miss Angeliki Loussides
 Mr. George Loussides
 Mr. Nick Loussides
 Mrs. Harikleia Loussides
 Mrs. Theodora Maccone
 Mrs. Christina Macrini
 Mr. & Mrs. Sean Maher
 Mrs. Anna Makris
 Ms. 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. Argiro Mavrianos
 Miss Athena Mayor
 Dr. Rowland Mayor
 Dr. Stephanie Arlis-Mayor
 Mr. Andrew Mays
 Mrs. Evgenia Mays
 Mr. & Mrs. Brian McArdle
 Mr. & Mrs. Kevin McCaffrey
 Mrs. Evelyn McGrath
 Miss Anastasia Meehan
 Mr. Konstantinos Melanidis
 Mrs. Helen Melanidis
 Mr. Peter Melanidis
 Mrs. Sofia Melanidis
 Mr. Juan Mendoza
 Mrs. Samantha Mendoza
 Mr. Spyros Menegatos
 Mrs. Maria Menegatos
 Ms. Sophia Messore
 Mrs. Joanna Mihalakos
 Mr. & Mrs. Gino Milani
 Mr. Evangelos Milas
 Mr. Nicolaos Milas
 Mrs. Irene Milas
 Mr. Konstantinos Milas
 Mrs. Marimina Milas
 Mr. Corey Milazzo
 Mrs. Eleni Milazzo

Ms. Pauline Mitchell
Mrs. Penelope Mitchell
Mrs. Maria Modlin
Mr. & Mrs. Ralph Monaco
Mrs. Stacy Moran
Mrs. Eugenia Moriatis
Mr. George Moriatis
Ms. Maria Moriatis
Dr. Artemis Morris
Mrs. James Morris
Mr. John D. Morris
Mrs. Joy Hara Morris
Mrs. Linda Morris
Mrs. Mary Morris
Mr. & Mrs. Frank Mosca
Mr. Evans Mountzouris
Mrs. Christina Mountzouris
Mr. Gregory Mouratidis
Mrs. Elizabeth Mouratidis
Mr. & Mrs. Jeffrey Mueller
Mr. George Myzithras
Mrs. Kathy Myzithras
Mr. & Mrs. Kenneth P. Namnoum, Jr.
Mr. & Mrs. Gaspare Navarra
Mrs. Georgia Necklas
Miss Barbara Necklas
Mrs. Joanne Necklas
Mr. Michael Necklas
Mr. Socrates Necklas
Mr. & Mrs. James Newsom
Mr. Mathew Nichols
Mrs. Carole Nicholson
Mr. & Mrs. Mario Nicolaides
Mr. Emmanuel Nicolakis
Mrs. Catherine Nicolakis
Mr. Theodore Nicolakis
Mrs. Clio Nicolakis
Dr. Frank Ninivaggi
Rev. Peter J. Orfanakos
Presbytera Vangie Orfanakos
Mr. David Outhouse
Mrs. Cathy Outhouse
Mr. Michael Overbye
Mrs. Jeannie Overbye
Mr. Steven Pacholyk
Mrs. Katherine Pacholyk
Mr. John Palavra
Mrs. Penny Palavra
Dr. Antonios Panagiotakis
Mrs. Annalisa Panagiotakis
Mrs. Florence D. Pandajis
Mr. Djordje Pantelic
Mrs. Valentina Pantelic
Mr. Peter Pantelis, Jr.
Mrs. Brenda Pantelis
Mr. Konstantinos Papachristou
Mrs. Daphne Papachristou
Miss Andrianna Papadimitriou
Mr. George Papadimitriou
Mrs. Michele Papadimitriou
Mr. Nikolaos Papadis
Mr. Anthony Papadopoulos

Mrs. Marina Papadopoulos
Mr. Kosta Papadopoulos
Mrs. Helen Papadopoulos
Mr. Konstantinos Papadopoulos
Mr. Nicholas P. Papadopoulos
Mrs. E. Niki Papadopoulos
Ms. Stella Papadopoulos
Dr. Ellen Pappano
Mr. Arthur Pappas
Mrs. Kristine Pappas
Mr. George Pappas
Mrs. Sharon Pappas
Mr. Harry Pappas
Mrs. Pat Pappas
Mr. John Pappas
Mrs. Eleni Pappas
Miss Lella Pappas
Mr. Michael Pappas
Mr. Peter Pappas
Mrs. Helen Pappas
Mr. Daniel Pappas
Mr. Steve Pappas
Mr. & Mrs. Steven Parlato
Mr. & Mrs. Athanasios Partalas
Mr. Dave Patrick
Mrs. Teresa Patrick
Mr. Richard Pecka, Jr.
Mr. Sperie Perakos
Mrs. Nikki Perakos
Mr. & Mrs. Philip Perretta
Mr. & Mrs. George Pertesis
Mr. & Mrs. Christopher Peterson
Mr. Evan Petrakis
Mrs. Regina Petrakis
Miss Elizabeth Petrakis
Mr. Demetrios Petros
Mrs. Daphne Kalomiris-Petros
Ms. Nicole Pierre
Ms. Maria Porteses
Mr. John Poulmas
Mr. Nick Poulmas
Mr. Nikolaos Pozoukidis
Mrs. Eleni Pozoukidis
Dr. & Mrs. Matthew Prionas
Mr. Constantine Proestakes
Mrs. Kore Proestakes
Mrs. Helen Proestakes
Mr. John Proestakes
Mr. & Mrs. Peter C. Proestakes
Mr. & Mrs. George Proestakis
Mr. Peter G. Proestakis
Mr. & Mrs. Nicholas Rapetski
Mr. Paul Redding
Mrs. Barbara Redding
Mrs. Mary Reed
Ms. Robyn Reilly
Ms. Maria Rethis
Mrs. Kathy P. Rice
Mr. & Mrs. Michael Riggione, III
Mr. & Mrs. Chad Rogers
Mrs. Helen Russbach
Mr. & Mrs. Ralph Russo

Mr. Theodore Saoulidis
Mrs. Yota Saoulidis
Mr. James Sarigianis
Mrs. Florence Sarigianis
Rev. Steven Sarigianis
Presvytera Electra Sarigianis
Mr. & Mrs. Alexander Sarris
Mr. John Sarris
Mrs. Theodora Sarris
Mrs. Catherine Sauer
Mrs. Elizabeth Sava
Mr. & Mrs. John Scafariello
Mr. & Mrs. George Scarveles
Mr. & Mrs. Mark Sekas
Mr. & Mrs. Michael Sekas
Mr. Paul Sekas
Mr. George Sellas, Sr.
Mrs. Christine Sellas
Mrs. Bethanne Sheeley
Dr. & Mrs. Kirk Shelley
Mr. & Mrs. Peter G. Simos
Dr. & Mrs. Derek Smith
Mr. Ryan Soennichsen
Mrs. Despina Soennichsen
Mrs. Peggy Sofokleous
Dr. Paris Spanolios
Mrs. Eugenia Spanolios
Ms. Alexis Stamos
Mrs. Angelika Stamos
Mr. & Mrs. Gregory Stamos
Mr. & Mrs. Paul Stamos
Mr. Peter Stamos
Mrs. Paris Stamos Heath
Mrs. Karen Stapleton
Ms. Angela Stavrianos
Mr. Andrew Stavrides
Mrs. Joanna Stavrides
Mr. Angelo Stavrides
Mrs. Janet Stavrides
Mr. J. Michael Suffredini
Mrs. Maria Suffredini
Mr. & Mrs. Giuseppe Suppa
Dr. & Mrs. Chris Szabo
The Talnose Family
Mr. Joe Teodosio, Jr.
Mrs. Maria Teodosio
Mr. James Terzakis
Mrs. Angeliki Terzakis
Mr. & Mrs. Carl Testo
Mrs. Antonia Theodos
Mr. Spyros Togridis
Mrs. Olympia Togridis
Miss Chrisana Togridis
Mr. Frank Tomaszek
Mrs. Laurie Tomaszek
Mr. John Topalis
Mrs. Garifalia Topalis
Mrs. Helen Trellopoulos
Ms. Andriana Triantis
Mr. Dimitrios Triantis
Mrs. Alexandra Triantis
Mr. Petros Tsakonas

Mrs. Aspasia Tsakonas
Mr. Mihalis Tsoukatos
Mrs. Evangelia Tsoukatos
Mrs. Eleni Turner
Mrs. Evridiki Tzortzatou
Mr. Basile Tzovolos, Jr.
Mr. Paul Tzovolos, Sr.
Mrs. Colleen Tzovolos
Mrs. Olympia Tzovolos
Mr. George Vagenas
Mrs. Vicky Vagenas
Mr. & Mrs. Christopher Vagenas
Mr. & Mrs. James Van Allen
Mr. & Mrs. Matthew Van Dusen
Mr. & Mrs. John Vartelas
Mr. Ignatios Vasilellis
Mrs. Meni Vasilellis
Mr. & Mrs. Gregg Vautrin
Mr. & Mrs. Daniel Vega
Mrs. Marie P. Verinis
Mrs. Catherine Vincelette
Mr. Eleas Vlahos
Mrs. Efthymia Vlahos
Mr. Elias Vlandis
Mrs. Calliopi Vlandis
Mr. Gregory Wachter
Mrs. Tracy Wachter
Mr. Herbert Wachter
Mrs. Helen F. Wachter
Mr. Mark Wachter
Mr. Michael Wachter
Mrs. Helen S. Wachter
Mr. & Mrs. Robert Wagner
Mr. Joseph Welsh
Mrs. Eleni Welsh
Mr. Roger Wheeler
Mrs. Marika Wheway
Mr. & Mrs. James Winkel
Mr. Peter Xenakis
Mr. Steven Yates
Mrs. Helene Yates
Mr. Alexander Yates
Mr. Nick Yorgakaras
Mrs. Kalli Yorgakaras
Ms. Desbina Zahariades
Mr. John Zervos
Mrs. Rhoda Zervos
Mr. George Zikos
Mrs. Christina Zikos
Mrs. Fedra Zikos



Saint Barbara Greek Orthodox Church
480 Racebrook Road, Orange, CT 06477

Nonprofit Org.
U.S. POSTAGE
PAID
Permit # 119
Deep River, CT

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

Entrance 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. Babara

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