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#### QUICK NEWS & EVENTS

Thurs., Nov. 7th: Vespers: Synaxis of the Archangels

Fri., Nov. 8th: Synaxis of the Archangels

Fri., Nov. 8th: Nameday Gala Dinner Dance

Wed., Nov. 20th: Parish Council Nominations Close

Sat., Dec. 7th: Marriage Enrichment Retreat

Sun., Dec. 8th: Philoptochos Christmas Luncheon

Sun., Dec. 15th: Parish Council Elections

Sat., Dec. 21st: Challenge Liturgy & Christmas Party

Sun., Dec. 22nd: Sunday School Christmas Pageant



Nov-Dec 2019 • Issue 48 • Archangel Michael Church • Port Washington, NY



GOYA and JOY Retreat to St. Basil Academy

# The Archangel Michael Church

#### About the Parish

Archangel Michael Greek Orthodox Church 100 Fairway Drive Port Washington, New York 11050 Phone: 516-944-3180 Fax: 516-944-3185 Website: ArchangelMichaelChurch.org Email: info@archangelmichaelchurch.org

Archangel Michael Church is a parish of the Direct Archdiocesan District and Greek Orthodox Archdiocese of America (www.goarch.org, 212-570-3500) under the spiritual jurisdiction of the Ecumenical Patriarchate of Constantinople.





Archbishop Elpidophoros

Ecumenical Patriarch Bartholomew

#### Clergy

Fr. John K. Lardas, Protopresbyter Fr. Dennis Strouzas, Protopresbyter of the Ecumenical Patriarchate

Chanter: Petros Malliaris Office Staff: Dora Gouramanis, Christine Zeiner Accounting Services Contractor: Catherine Papagianakis

#### Parish Council Members

#### **Executive Board**

President: Michael Bapis 1st Vice President: John Halkias 2nd Vice President: Harry Lascarides Treasurer: Michael Cavounis 1st Assistant Treasurer: Chris Neocleous 2nd Assistant Treasurer: Andreas Tsalikis Secretary: Nick Kokinakis

Stelios Diakoumakis, Fiffy Eliades, Eleni Germanakos, Adam Karras, John Koumpourlis, Spiro Maliagros, Helen Maropakis, Barbara Mavro, Oscar Michelen, Mark Pappas, Gus Rogdakis, Peter Stavrinos, Nicholas Tzoumas, Demetrios Ziozis

#### About the Trumpet

The Trumpet is the newsletter of Archangel Michael Greek Orthodox Church.

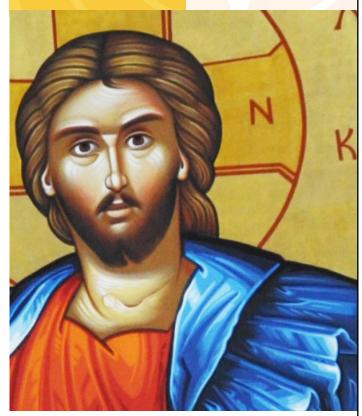
#### Production

2019 Parish Council President: Michael Bapis Editors: Barbara Mavro, Eleni Sfiroudis Copy Editor: Steve Diakoumakis Direct inquiries to: trumpet@archangelmichaelchurch.org Calendar Editor: Christine Zeiner The Archangel Michael Greek Orthodox Church is dedicated to the continuation of our Lord and Savior Jesus Christ's ministry of salvation through the proclamation and teaching of the Gospel. We are a community of individuals and families who share the traditions and ageless beliefs of our Holy Orthodox Christian Faith.

## MISSION Statement



Our vision is to provide a loving, caring and welcoming environment where all belong and grow in the faith through worship, service, witness and fellowship.



The Trumpet welcomes news and events from our community and organizations.

Please submit information as follows:

Articles: trumpet@archangelmichaelchurch.org Advertising information and sales: trumpet@archangelmichaelchurch.org Calendar events: christine@archangelmichaelchurch.org

<u>Nov/Dec Worship Schedule</u> Sunday Services: 8:15am Orthros, 9:30am Liturgy

#### "The kingdom of heaven suffers violence, and the violent take it by force." (Matthew 11:12)

Sandy Hook 2012, Las Vegas 2017, Parkland 2018, Pittsburgh 2018, Dayton, Ohio 2019, El Paso, Texas 2019, and so many more. Over the decades, the American people over and over, have been heartbroken with the scourge of violence that afflicts society. The mass shootings perpetrated by mentally ill or demonically influenced individuals with army style assault weapons catch the attention of the media. However, most gun violence that takes place is with hand guns.



Each and every time an act of violence (mostly with guns) takes place, a political call to action echoes forth again and again. Being inundated with such stimulus of violence constantly seems to make society numb to this horrible epidemic. Most rhetoric stresses political action. It is the responsibility of all leaders to come forth from hiding behind ideologies, and find reasonable solutions that fall within basic guidelines of the Constitution of the United States. The common defense of the United States also entails protecting citizens from being killed.

Beyond a political statement about violence, there is a spiritual violence that is a paradox. This violence stirs the soul to fight for entrance into God's kingdom. The paradox here is that this violence does not destroy a person or

another person but builds up the human being. The weapons in these acts of violence only destroy evil itself and powerfully uplift those affected by such assaults. St. Paul emphasizing that the battle is not against flesh and blood but against the very principalities of darkness displays what the weapons of the Christian are: "Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit." (Ephesians 6:14-18) Thus truth, righteousness, peace of Christ, faith and salvations are Christian weapons that do not harm a person but uplift a person from the harm of evil and the devil.





There is a story of St. Thais, which exemplifies the spiritual weapons of Christ and how they uplifted a woman beset with violence against her. Beset on a path of violence through prostitution, a great elder Paphnutius the Sindonite heard of her plight. Dressed in layman's clothes, he found Thais and gave her a gold coin. She thinking the man had an evil intent brought him up to her room. Upon entering the room, the elder Paphnutius began to denounce her sins and called her to repentance. The violence of the world was defeated by the violence of the kingdom of God. Thais was not destroyed but uplifted, so much so, that she became a saint in the life of the church. "The kingdom of heaven suffers violence, and the violent take it by force." (Matthew 11:12)

Unless the true reasons for violence are addressed, whether it is with a gun, a knife, hands, or words, policies can help manage the epidemic but they do not have the power to heal the problem. Jesus during His sermon on the mount says the following, "But I say to you that if you are angry with a brother or sister, you will be liable to judgment." (Matthew 5:22) The Lord is directing our insight to where the true venue of violence is taking place, in a person's soul. Love, patience, endurance, forgiveness, prayer, mercy, fasting, philanthropy and many other virtues are tremendous spiritual weapons that attack and destroy violence against the soul and simultaneously uplift life and bring about salvation.

Fr. John K. Lardas

## WORSHIP SERVICES

Orthros 8:30am & Divine Liturgy 9:30am unless otherwise indicated. \*indicates chapel

	November	Fri. 6	St. Nicholas		
		Mon. 9*	Conception of the Theotokos		
Fri. 1*	The Feast of the Unmercenary Saints		by St. Anna		
Thur.7-Fri.8	The Synaxis of the Archangels Michael and Gabriel and of all the Bodiless	Wed. 11	Great Vespers of St. Spyridon		
	Powers: Great Vespers - 7:00pm;		(Manhattan)		
	Orthros; 8:30am;	Thur.12*	St. Spyridon		
	Divine Liturgy- 9:30am	Fri. 13*	St. Eustratios and his companions		
Sat. 9	St. Nektarios	Sat. 14	Great Vespers of St. Eleftherios		
Wed. 13*	St. John Chrysostom		(Manhattan)		
Thur.15	Start of the Christmas Fast	Mon. 16*	Haggai the Prophet		
	(No Services)	Tue. 17*	St. Dionysios (Name Day of Fr. Dennis)		
Sat. 16	Challenge Liturgy & Feast of	Wed. 18*	St. Sevastianos and his companions		
Thur 04*	St. Matthew (Orthros 9:30, Liturgy 10:30) The Entrance of the Theotokos	Thur. 19*	St. Boniface		
Thur. 21* Sun. 24*	Great Vespers of St. Katherine -	Fri. 20*	St. Ignatios		
Juli. 24	7:00pm	Sat. 21	Challenge Divine Liturgy & St. Julia		
Mon. 25*	St. Katherine	Jat. ZT	с с <i>і</i>		
Tues. 26*	St. Stylianos	Mon. 23*	(Orthros 9:30, Liturgy 10:30)		
Sat. 30*	St. Andrew		The Ten Martyrs of Crete		
	Description	Tue. 24	Royal Hours of Christmas & Divine		
	December	<b>T</b> 0.4	Liturgy of St. Basil the Great (Morning)		
Mon. 2*	St. Porphyrios	Tue. 24	The Feast of Christmas		
Tue. 3	Great Vespers of St. Barbara		Great Vespers 5:00pm:		
	(Manhattan, Orange CT)		Orthros 6:15pm,		
Wed. 4	St. Barbara		Divine Liturgy 7:30pm		
Thur. 5*	St. Sava	Wed. 25	The Feast of Christmas		
	Great Vespers of St. Nicholas (West Babylon, Flushing)	Fri. 27	St. Stephen		
		MENTS			
Sat., Nov. 2 <sup>nd</sup>	11:00am, Baptism: Child of Peter & Sofia Cocolaras	Sat., Nov. 23 <sup>rd</sup>	11:00am, Baptism: Child of Sophie & Robert Seibert		
Cat Nav Oth	11.20pm Partiana Child of	Sat., Nov. 30 <sup>th</sup>	, I		
Sat., Nov. 9 <sup>th</sup>	11:30am, Baptism: Child of Margaret & Vasilios Siklas		Natalia & James Maglaras		
	margaree a vasities sittas	Sat., Dec. 7th	3:30pm Baptism: Child of		
	5:00pm, Baptism: Child of		Michael & Julia McIntyre		
	Tony & Isabel Matsias				
		Sat., Dec. 14 <sup>th</sup>	•		
Sat., Nov. 16 <sup>th</sup>	1:30pm, Baptism: Child of		Bill & Valerie Papain		
540., 100. 10	Elias & Jaime Lambros	Sun., Dec. 15 <sup>th</sup>	1:30pm, Baptism: Child of		
			Pete & Diana Tulumba		
	4:00pm, Wedding of Zacharias				
	Zachariadis & Kristina Likitsakos	Sat., Dec. 28 <sup>th</sup>			
Sup Nev 17th	2.20pm Pontism. Child of		Christo & Christina Pappas		
Sun., Nov. 17 <sup>th</sup>	2:30pm, Baptism: Child of Matthew & Joanna Kelly				
	matcherr a boarna netty				

#### PRESIDENT'S MESSAGE

Dear fellow parishioners,

As we enter the final months of 2019, it is exciting to see how our Archangel Michael community continues to grow:

- We welcomed many new families this year.
- Stewardship contributions have increased almost 15% this year as compared to the same time period last year.
- We have record numbers of youth enrolled for Greek School, Sunday School, HOPE/JOY, GOYA, Youth Choir, Dance Troupe, Altar Boys, Preschool and Athletics.
- In some of these organizations, over 250 children and young adults have registered to participate in each!

The safety of our youth is one of our primary concerns with any and all activities. The Parish Council unanimously agreed to implement, as quickly as possible, the Archdiocesan Youth Protection Program which will continue to ensure their safety. Further information about this important program will be forthcoming.

Father John and Presvytera Eleni continue to lead our community with their ongoing and tireless dedication to our Archangel Michael Church through faith, fellowship, ministry and most importantly their presence. Again this year, we are offering Book Club and Bible Study each week, with morning and evening gatherings. All are welcome and encouraged to attend and continue to learn more about our Orthodox faith through small group discussion and conversation.

In October, we bade farewell to Father Joshua and Presvytera Joanna. On September 22nd, following the Divine Liturgy, the Philoptochos hosted a beautiful reception where the leadership of many organizations spoke with deep affection. Father began his ministry at our Archangel Michael Church, first as a deacon, and then being ordained to the holy priesthood. His impact was felt in many ministries and on many levels, most importantly with our youth. Members of the Parish Council will deeply miss Father Joshua for many reasons, and perhaps most importantly for his presence on the P.C./Clergy basketball team! Presvytera Joanna began the AMC Little Angels program. This program has been overwhelmingly successful and has been of great benefit to new families, connecting and welcoming them to our community. We wish Father Joshua, Presvytera Joanna, and their two children, Aimilianie and Chrysostomos, all the best! May God bless them always.

On November 7th in honor of the Feast of the Archangels, we look forward to hosting His Eminence Archbishop Elpidophoros for Vespers-please make every effort to attend. We also invite all parishioners and friends to attend our annual Nameday Dinner Dance on November 8th at Leonard's Palazzo in Great Neck, NY, featuring the band Power Station and a special performance by our very own Greek Dance Troupe. In addition, we will be honoring some members of our community who have made a significant impact over the years.

I would like to personally thank the clergy, all of the parishioners and volunteers who work so tirelessly to make our Archangel Michael Church community such a special place. I would also like to thank my fellow Parish Council members and organization heads for their dedication and commitment. It has been my privilege to serve with you.

Kalo fthinoporo!

Michael Bapis Parish Council President

#### SAINT SAVA THE SANCTIFIED - DECEMBER 5TH



Saint Sava the Sanctified was born in the fifth century at Cappadocia of pious Christian parents, John and Sophia. His father was a military commander. Journeying to Alexandria on military matters, John and Sophia left their fiveyear-old son Sava in the care of an uncle. When the boy reached eight years of age, he entered the monastery of Saint Flavian located nearby. The gifted child quickly learned to read and became an expert on the Holy Scriptures. In vain did his parents urge St. Sava to return to the world and enter into marriage.

When he was seventeen years old he received monastic tonsure, and attained such perfection in fasting and prayer that he was given the gift of wonderworking. After spending ten years at the monastery of St. Flavian, he went to Jerusalem, and from there to the monastery of St. Euthymius the Great (January 20). But St. Euthymius sent St. Sava to Abba Theoctistus, the head of a nearby monastery with a strict cenobitic, or community, rule. St. Sava lived in obedience at this monastery until the age of thirty.

After the death of the Elder Theoctistus, his successor blessed St. Sava to seclude himself in a cave. On Saturdays, however, he left his hermitage and came to the monastery, where he participated in divine services and ate with the brethren. After a certain time St. Sava received permission not to leave his hermitage at all, and he struggled in the cave for five years.

St. Euthymius attentively directed the life of the young monk, and seeing his spiritual maturity, he began to take him to the Rouba wilderness with him. They set out on January 14, and remained there until Palm Sunday. St. Euthymius called St. Sava a child-elder, and encouraged him to grow in the monastic virtues.

When St. Euthymius fell asleep in the Lord (+ 473), St. Sava withdrew from the Lavra and moved to a cave near the monastery of Saint Gerasimus of Jordan (March 4). After several years, disciples began to gather around St. Sava, seeking the monastic life. As the number of monks increased, a lavra (a type of monastery consisting of a cluster of cells or caves for hermits) sprang up. When a pillar of fire appeared before St. Sava as he was walking, he found a spacious cave in the form of a church.

St. Sava founded several more monasteries. Many miracles took place through the prayers of St. Sava: at the Lavra, a spring of water welled up; during a time of drought, there was abundant rain; and there were also healings of the sick and the demoniacs. St. Sava composed the first monastic Rule of church services, the so-called "Jerusalem Typikon", accepted by all the Palestine monasteries. St. Sava surrendered his soul to God in the year 532.

#### HELEN TOMARAS ASTIN 11/03/41 - 10/29/17

Presbytera Paula and I first met Helen (Eleni) Astin many years ago when we were still at the church in Roslyn Heights. She introduced herself and wanted very much to help our church. We were in the midst of purchasing property to build and she offered to help in any way possible. Along with her brother Chris, of blessed memory, they became benefactors on many levels. Thanks to their generosity and that of the many families of this church, the dream became a reality. She was so proud of being a part of this church. She joined Philoptochos and was a tireless worker and ardent supporter of the Sisterhood and its mission to help those in need. Even when her health diminished, Helen made every effort to attend and support our Archangel Michael Church and community. In her final years, Helen wanted to make sure that the church, she loved and supported, would receive a donation in her memory. The Archangel Michael Church recently received a donation from her estate, in the amount of \$100,000+, as an expression of love and financial support to the church she loved so very much. She "fought the good fight, she finished the race, she kept the faith, O good and faithful servant!" Everlasting be her memory!

Fr. Dennis Strouzas

#### FATHER JOSHUA AND FAMILY

How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!" Isaiah 52:7

Father Joshua Pappas was appointed Proistamenos at Holy Trinity Church in Grand Rapids, Michigan effective October 1, 2019. Our prayers are with Fr. Joshua, Presvytera Joanna, Aimilianie and Chrysostomos as they embark upon their new journey. The Archangel Michael Church community has been blessed by their presence in our lives.



#### **PHILOPTOCHOS**



Philoptochos held its first meeting of the new Ecclesiastical year on Monday, September 9th. The evening began with a champagne toast welcoming everyone back and all enjoyed some time to chat and catch up. The Philoptochos Board is enthusiastic for the coming year and the philanthropic initiatives that we will be undertaking.



#### Literacy Initiative

One of our new initiatives is to supply underprivileged children with books. We plan to do this through a notfor-profit organization called The Book Fairies. They collect reading materials for people in need throughout

metropolitan New York. The reading materials foster literacy and academic success, provide a respite from personal struggles, and nurture a love of reading across age groups. Since this initiative is for the benefit of children we are asking our community to donate only their gently used children's books and we will deliver them to The Book Fairies. Further details will be forthcoming.

#### Blessings in a Backpack

Please help us by supporting our monthly outreach "Blessings in a Backpack", the weekend food program for children in need in the greater Port Washington community. Periodically, after Liturgy all are welcome to take home a backpack along with a list of food, fill the backpack with the non-perishable items on the list, and bring it back to AMC by the following Sunday (drop off outside the church office). We will deliver it to those in need. This outreach serves approximately 45 children who may not otherwise have sufficient food at their homes over the weekend. This initiative will begin in November. Please look for announcements of collection dates each month or contact Xenia Theodoropoulos at 917-327-7579 or xeniat99@yahoo.com.

#### Philoptochos Feed the Hungry

Our Philoptochos chapter is continuing our Feed the Hungry campaign through Help Feeding America. Your generous gift will help us share meals with Americans struggling with hunger through a nationwide network of member food banks and engage our country in the fight to end hunger. If you would like to participate please visit: http://help.feedingamerica.org/site/TR?px=4475896&fr\_id=1391&pg=personal

#### **Cooking Club**

The popular monthly Cooking Club started up again this fall! As this issue was going to print we were looking forward to our first Cooking Class of the season with Dina Petrakis directing us making delicious baklava. The next class will be on Saturday, November 23 where Nick Tsismenakis and Anna Giouroukakis will teach us how to make Cretan Delicacies. These classes are a great way to carry on our culture, learn tasty recipes and meet new people within our community. Please join us!

#### Greek Zumba

Greek Zumba with instructor Maria Mavrikou also started up again this fall. Classes resumed on October 1 and meet every Tuesday morning from 9:30 - 10:30. You can pay \$250 for the entire session of 15 classes or pay as you go for \$20 per class.

#### Festival on The Harbor

Our Loukoumada Mamas worked hard in preparing for and serving this favorite delicacy at our annual Greek Festival on the Harbor!

Did you know that to make the loukoumades and syrup for our Festival, they used:

- 1,200 pounds of flour
- 400 pounds of sugar
- 50 pounds of powdered sugar
- 10 pounds of cinnamon
- 60 cinnamon sticks
- 30 lemons

It takes 5 hours to make each batch of syrup that is done in shifts by 28 volunteers.

They do a great job and once again the line for the Loukoumades stretched as far as the eye can see!

### Upcoming **Philoptochos Meetings:**

Mondays: November 4 and December 2 at 7:30pm.

All are welcome.



#### SUNDAY SCHOOL

We would like to welcome everyone to the 2019-2020 Sunday School program at our beloved Archangel Michael Church! We are excited to embark upon another year of learning more about our precious Greek Orthodox faith. On the first day of Sunday school, there were lots of smiles as students enjoyed delicious ice cream and making their own sundaes.

Our priests will rotate through the classrooms this year to spend time with our youth and highlight special aspects of our religion. This year's theme for our school will be "Heroes of the Holy Bible" and children will learn about special men and women of the old and new testaments. Our Crafts Program will once again provide creative and artistic ways for our students to express their love for our faith through original crafts projects. Finally, mark your calendars for our Christmas Pageant performed by our students on Sunday, December 22nd, after liturgy. The story of Christ's Nativity performed by



In addition to our regular Sunday School classes we will our students is a treat for the entire church community also be continuing with our Chapel Services. Chapel and not to be missed! services will begin at 9:30 a.m. sharp and will alternate between grades 2 through 5 and grades 6 through young adults.

Members of our dedicated Sunday School Staff volunteer their time and have been busy preparing meaningful lessons so that your children can grow spiritually.

#### PARISH COUNCIL ELECTIONS

Nominations for Parish Council opened at the October 20th General Assembly and will close on Wednesday, November 20th.

Elections will be held on Sunday, December 15th.

Director	Anna Vrettos		
Assistant Director	Sevasmia (Sara) Savva		
Office Staff	Demetra Psyllos & Karen Zaffos		
Adviser	Presvytera Eleni Lardas		
Teachers			
Nursery	Effie Batis Assistants - Gabrielle Pappas & Callie Triantafillou		
Pre-Kindergarten	Millie Gianoukakis		
Kindergarten	Kally DiPreta & Alexandra Kapetanos Assistant - Spyrithoula Xenophontos		
1 <sup>st</sup> Grade	Kathy Drenis & Helen Pappas		
2 <sup>nd</sup> Grade	Kathy Pappas & Alexandra Papageorge		
3 <sup>rd</sup> Grade	Stella Tsimisiris		
	Assistant - Venetia Papageorge		
4 <sup>th</sup> Grade	Anna Theodosopoulos & Androula Xenophontos		
5 <sup>th</sup> Grade	Maria Dimopoulos & Katina Brountzas Kostaridis		
6 <sup>th</sup> Grade	Chris Ioannou & Michele Lascarides		
7 <sup>th</sup> Grade	Constantine Pourakis Assistant - Evan Gianoukakis		
8 <sup>th</sup> Grade	Louis Germanakos Assistant - Harry Harris		
Young Adults	Eleni Raptis		
Music Program	Zoe Zollo & Georgia Kaufman		
Crafts Program	Paula Pourakis		
Christmas Pageant	Georgia Katsoulis & Libby Doumanis		

For your reference, the following is a list of our Sunday School Staff:

We encourage parents to introduce themselves to our teachers and engage with your children about what they are learning in class. Our program awards children with exceptional attendance during our Moving Up Ceremony in the Spring, so be sure to bring your children regularly to Sunday School!

As our school grows, we need your assistance more than ever so please reach out to our teachers or directors to find out how you can help! We can work together to provide our children with a strong spiritual foundation that can help guide them throughout their lives.

*It is never too late to register your child for Sunday School!* Simply come with your child to our office on any Sunday morning and we will be happy to help you.

#### PRESCHOOL

The Preschool Halloween Fundraiser was a great success! We would like to thank everyone who supported this event for the preschool. A special thank you to Mr. & Mrs. Mamais once again, for their generous donation of cupcakes and Mrs. Barberis for her baked goods. Also, we would like to recognize all the families that continue to support our preschool.

Once again the preschool is offering Soccer Shots, an after school program. Abrakadoodle Art and Snapology a Science, are programs which are incorporated into our academic curriculum.

In October, the children went on their first trip to the "Pumpkin Patch" where they enjoyed a hayride, feeding the animals and picking their pumpkins. In November, the children will be learning about Archangel Michael and St. Catherine. Our rooms will be decorated with Thanksgiving crafts and everyone is waiting for our "Thanksgiving Feast." The children will learn to make cornbread and churn their own butter.

December is going to be a very exciting month for the children. In the beginning of the month they will be learning about St. Barbara and St. Nicholas. Our rooms will be decorated with Christmas theme projects that the children will make. They will also be learning Greek and American Christmas Carols for our "Sing-a-long." The story of the Nativity will be read by Fr. John as the children perform the story on stage.

#### Pre-K Class

In November, the children will continue with letter recognition and will be busy working on their Thanksgiving books which they will read to Father John and the Nursery class. In December, the children will be hard at work making their "Christmas Books" which they will read to Father John, and the Nursery and Toddler Classes.



#### **Nursery Class**

In November the children will continue working on their family books as well as their "Alphabet Art Books." Story time will continue with the Fall Season theme and Fall colors will be used in their art work. They will also be learning about giving thanks for the things they have. In December, the students will focus on recognizing their names as well as the letters in their names, counting from 1-10 and learning the days of the week through songs and finger play. They are looking forward to the excitement as Christmas approaches and sharing in the Christmas spirit.



#### **Toddler Class**

The children will continue to make new friends and bond with them. They enjoy exploring their environment in many different ways. Their November crafts will center on fall themes while in December they will be making Christmas presents and crafts.

During Greek all the classes are learning their colors and numbers through various songs and finger play. The Toddlers are counting in Greek and English, learning their colors and the alphabet.

Please note the following:

Santa Trip: TBA

Wednesday, Dec.4th: Parent Teacher Conferences. School Closed.

Thursday, Dec. 19th: Pre-K & Nursery Classes Christmas Sing-a-long

Please be sure to check the calendar for school closures.

The Archangel Michael Preschool welcomes new students and families. If you would like more information or to schedule a tour, please contact Mrs. Linda Alimaris at 516-944-3184 or preschool@archangelmichaelchurch.org

Everyone at the Archangel Michael Preschool would like to wish you all a Merry Christmas and a Happy, Healthy New Year!

#### GREEK SCHOOL BOARD

We are pleased to report that the teachers and students have settled in nicely so far. The new school year began with a beautiful Agiasmo Service. Students seem to really be enjoying their classes and have expressed their excitement at seeing their friends from last year, and greeting the new students in our community. We welcomed several fantastic new Greek teachers to our staff. They are very enthusiastic and looking forward to fostering a love of learning of the Greek language and culture. Our dynamic and rigorous curriculum ensures that all students in our program, those in Pre-K through seventh grade, are studying language, grammar, culture, history, mythology, religion, and dance.



The eighth-grade class is diligently working towards the Comprehensive Examination in Modern Greek. All the children who took the exam in June scored amazingly well! The Archdiocese commended us on being the best performing group from an Afternoon Greek School. Congratulations to our students for working hard at it, to the parents who supported their children and made the effort to get them to Greek School all these years, and most of all to our teachers and staff who have prepared our students throughout their years at the Archangel Michael Greek Language Institute.

The children's classwork and homework projects may be viewed on our bulletin boards in the hallways and in the classrooms. Picture day will be on the following days:

November 13 (Wednesday session students) November 14 (Tuesday/Thursday session students) November 15 (Friday session students ) Please check the calendar for all events and school closures.

We look forward to welcoming you all to see our children perform at our Christmas assemblies.

December 18 (Wednesday session students) December 19 (Tuesday/Thursday session students) December 20 (Friday session students)

## Wishing everyone a Merry Christmas and a Blessed New Year!

#### **GREEK SCHOOL PTA**

After a fantastic start to the new school year with an Agiasmo service celebrated by Father John and a yummy AMC themed treat, our students were completely immersed in the Greek School experience.



By October, they were learning about OXI day, a national holiday celebrated on October 28th commemorating Greece's entry into World War II. Our teachers taught the students about Prime Minister Metaxas' courageous one word response of "OXI" to Mussolini's demand for the unconditional surrender of Greece in 1940. Our bulletin boards were decorated with our students' writing and art pieces expressing pride in their Hellenic heritage and commemorating the bravery of our ancestors.

In November our Greek Language Institute will once again participate in our Annual "PJs and Pies" Spirit Day to collect pies for families in need during the Thanksgiving season, showing our children the meaning of "philotimo" and following Jesus' Word, to love thy neighbor as thyself.

The students are feverishly preparing for our Annual Christmas show and learning the traditional "Kalanda" as well as putting on the finishing touches for their Christmas themed plays.

As always, the PTA is already keeping busy with preparations for our Annual Glendi Fundraiser held in January. Please keep an eye out for details and come show your support!! We hope that everyone will join us and help make this another successful fun filled Greek School family event.

If you haven't already done so, please join our PTA and get involved with all that we do! We strongly encourage parents to come to our meetings to meet fellow parents, share ideas and find out about volunteer opportunities. We look forward to partnering with our parents, teachers, staff, and community on many levels to bring fun and educational programs, events, services, and opportunities to our children. With your support, we can continue to make the Archangel Michael Greek Language Institute a wonderful part of your child's and your family's life.

If you have any questions or would like to share some of your ideas and thoughts, please feel free to contact us at GSPTA@archangelmichaelchurch.org.

## **Greek Dance Troupe**

The Greek Dance Troupe is off to a great start after kicking of the year with our Festival performances!

We are looking forward to our annual performance at the Challenge Liturgy Christmas Luncheon which is always a wonderful event. The children dance, socialize and sit with Santa and Mrs. Claus! Thank you to Manny and Marina Katsoulis for including the children of the Greek Dance Troupe!

Coming up! The Greek Dance Troupe looks forward to participating once again at Parathosi–a Celebration of Hellenic Heritage & Dance hosted by the Direct Archdiocesan District on Saturday, January 11th. Our GOY-ANs were First Place winners in their division last year and our JOY Group Placed Second in their division. Many communities from the tri-state area and beyond come to show their dance knowledge and beautiful costumes representing various areas of Greece. Save the date and come support our dancers!

The Greek Dance Troupe meets on Saturdays throughout the school year and welcomes children from Kindergarten to 12th Grades.

Class times are as follows: HOPE Group (Grades K-3) 9:30-10:30 JOY Group (Grades 4-6) 10:30-11:30 GOYA Group (Grades 8 & Up) 11:30-12:30

We proudly perform at various church and community functions throughout the year culminating with our Annual Dance Recital at the June Community BBQ. For more information please contact: greekdance@archangelmichaelchurch.org



## **Byzantine Youth Choir**

Heartfelt appreciation to student conductor Spyrithoula Xenophontos and the Youth Choir Members who chanted so beautifully for Miss Eleni's wedding. It was a joyous day made even more special because you were a part of the marriage service!

The Youth Choir sings the Divine Liturgy in church on the first and third Sunday of every month. Rehearsals are conducted on Wednesday evenings at 7:30pm and are scheduled for November 13th, 20th and December 4th, 11th. New members are always welcome to join!



The 35th Anniversary Church Music Conference -

#### "O Lord, You shall open my lips, and my mouth will declare Your praise."

will be held on the weekend of November 22nd, 23rd and 24th at the Holy Trinity Greek Orthodox Church in New Rochelle, NY. If you would like to join us for a wonderful learning experience, fun and fellowship with other church musicians from across the Archdiocesan District or to sing at the Divine Liturgy on November 24th, please contact Miss Georgia or Miss Eleni for details via e-mail or at choir rehearsal.

Every year, the hearts of Youth Choir members are filled with Christmas joy singing for the Challenge Liturgy. It will be offered to our challenged community and their families on Saturday December 14th.

#### WISHING EVERYONE A BLESSED CHRISTMAS!

## GOYA

We kicked off the 2019-2020 GOYA year on September 6th with our annual ice cream social and registration. It was a super fun night full of sweets and games where old GOYAns connected, while welcoming our new members with open arms. We're so excited for this new year with 150+ GOYAns, ready for all of the great events to come



We quickly got into festival prep, with over 50 GOYAns helping to fill tzatziki cups for our Festival. During the Festival on the Harbor, over 100 GOYAns volunteered in the bakery, taverna, ring toss, selling candy, and so much more! We're so proud and thankful to all the GOYAns who came out to help their community!



October was filled with GOYA nights! On Fridays, our GOYAns came together at the church for a night full of fun, games, and pizza! They love to gather at the end of a busy week for some fun times with their friends.

As this issue of the Trumpet was going to print we were looking forward to a number of late October activities, in-



cluding the annual Tom Zangas 5K Run where many GOY-Ans always help out and participate, the annual Pancake Breakfast following the Divine Liturgy where GOYAns serve in the church as the parish council, and the Thanksgiving food drive, scheduled to start on October 27th. That's always a great way to begin the holiday season.

On November 2nd we will have an all day volleyball tournament. Go AMC!! We are also hosting a GOYA dance on Wednesday November 27th for all to dance their socks off. It is never too late to join GOYA!!! Come and join us for fun and fellowship all year long! Please send an email to: goya@archangelmichaelchurch.org

#### Wishing everyone a Merry Christmas and a Happy, Healthy New Year!!

#### **APPEAL FOR PARISHIONER**

Vivian Jepp, a member of our Archangel Michael Church Community, devoted mother of eight year old triplet boys, loving wife, daughter, sister, and friend needs help. Vivian needs a kidney transplant. She was diagnosed with Lupus at twenty which resulted in kidney failure and a kidney transplant twenty years ago. She became a mother of triplet boys and continued to work as an elementary school teacher for the NYC Board of Ed until her kidney failed again and she was forced to give up her teaching job and go on dialysis. Three times a week, four hours a day, Vivian is hooked up to a dialysis machine. Dialysis has saved her life but it is wearing her body down.



Nothing holds Vivian back. She lives each day for her family and community and her three boys keep her busy. You might have seen her bringing them to Sunday School, Greek School or to the basketball clinics at AMC. Vivian patiently waits on the transplant list. A private person, she does not like sharing her problem with others or bothering anyone or asking for help. Last year was a difficult one for her and her family. She was in and out of the hospital many times. It is unlikely that she will survive the 4+ years waiting for a deceased donor. The answer is a LIVING KIDNEY DONATION.

Living donation is a voluntary gift of one kidney (we need only one) by a person who is able. The benefit of a living donation is that it can be done immediately and can save Vivian's life. It is a safe, successfully proven laparoscopic procedure. Donors are tested thoroughly to ensure a healthy outcome for both the donor and the recipient. All medical expenses, travel, lodging and time lost at work by the donor are covered. A living donor is someone who is willing and able to donate one of their kidneys to save the life of another person.

Kidney donation is not right for everyone. Many cannot donate or choose not to. It is however, important that this word is spread. Learning about Living Kidney Donation will save Vivian's life and the lives of others with kidney disease.

Learn more about Vivian: Facebook.com/TripletMom-NeedsKidney; Learn about Living Donation: WWW.LKDN. ORG (Living Donors)

Learn about donating to Vivian: NYP/COR-NELL (212) 746-392 www.Cornell.donorscreen.org Email:TripletMomNeedsKidney@ aol.com

# HOPE/JOY

All of our HOPE/JOY children had a wonderful time at our Welcome Back Open Gym Night. They were able to reconnect with old friends, meet new ones, and it was a great way to kick off what is sure to be a great year ahead! The children played games, shot some hoops, had some snacks, and were even able to have one last service in the chapel with Father Joshua, before we said our goodbyes, showing that our HOPE/JOY organization provides a safe, fun, and spiritual experience for our children.



After having just celebrated its 75th year this summer, we were honored to pay a visit to one of the oldest institutions of the Greek Orthodox Archdiocese of America, St. Basil Academy in Garrison, NY, on October 9th. Our JOY members were invited to spend the day at St.

Basil to experience what an amazing place it is, as a safe haven for children within a nurturing and spiritual environment. They were able to tour the grounds, hike the falls, go swimming with the children from St. Basil's, and attend a chapel service with Father John. It was truly a remarkable and inspirational day, which we hope will empower their young minds about the importance of our faith and philanthropy.



Superheroes, princesses, dinosaurs – oh my! Whether they wanted to be scary, cute, silly, or unique, all of the children found a way to show their creative side at our annual Halloween Party. The children enjoyed taking pictures in our photo booth, showing us their moves on the dance floor, and getting crafty with some Halloween activities and pumpkin decorating. We never tire of seeing them in their costumes, while they create lasting memories with family and friends.

The children are eagerly awaiting our annual Christmas party scheduled for December 15th in our very own Christmas village. They are looking forward to celebrating the birth of Jesus Christ and are hoping for a visit from Santa and Mrs. Claus and their elves.

All of our HOPE/JOY information and events are sent via email. You can also look on our bulletin boards in the hallways by the classrooms for current information and pictures of the children. We look forward to seeing you all at our upcoming events!

#### FESTIVAL ON THE HARBOR

A huge THANK YOU to all of our parishioners, friends, and volunteers for helping to make our 2019 Festival on the Harbor such a great success! Special thanks to our Co-chairs: Peter Stavrinos, Chris Neocleous, Michael Psyllos, John Halkias and to our Vice-chairs: Oscar Michelin, Eleni Germanakos, Michael Cavounis, Helen Maropakis and Peter Tsekouras. Look for more photos, a list of sponsors, and other Festival information in our next issue!

## **Camp Saint Paul**

Camp St. Paul: My Home Away From Home By Demi Kostaridis

I'm a teenager and I have two homes. The first I've known since birth and it is filled with bedrooms, bathrooms and littered with electronics. And then I have my second home which has none of the "necessities". We sleep in wooden cabins on bunk beds, the bathrooms are inconvenient and electronics are banned. Things I thought I couldn't live without don't even cross my mind when I am at Camp Saint Paul (often called CSP).

At my home away from home I confirm who I am and how to be myself. Through the course of only a week, my cabinmates become siblings and we bond forever. And the bonding only grows deeper with fun activities like tubing on the lake, playing carpet ball, the Olympics, the dance, campfire, making bracelets, and so much more. I have yet to be bored.

The bond with myself gets only better as CSP allows campers to grow spiritually and get closer to God. A special moment at camp for me is *Alone With God*. After chapel every morning, we spend 10 minutes in silence, praying or reading the Bible. We discover that our religious beliefs are a path we all take in our own way and many of us continue these lessons when we go back home. CSP keeps God as the focus while you are having your best life, and we all wish that focus will be with us when we go back to our school year routines. We proudly (and tiredly) attend chapel twice a day, pray when we wake up, pray before each meal, and end our day remembering God. Camp has strengthened my bond with Jesus and has allowed me to figure out who He is.

Camp Saint Paul has been my home away from home for me and for so many other kids. From the day we leave CSP, the countdown begins until we return. All with the knowledge that Christ is in our Midst!

#### **HEALTH AND WELLNESS**

What's In Season? November/December Produce Guide By Stefani Sassos

Seasonal produce includes fruits and vegetables that are consumed around the time that they are harvested. Eating seasonally allows you to enjoy fresher foods that are at their peak nutritional value and flavor. Most out-ofseason produce is harvested early in order to be shipped and distributed to your grocery store. Fruits and vegetables grown on local farms do not have to travel such long distances for transport. Plus, crops picked at their peak ripeness and nutritional value are better tasting and have a ton of flavor. Below are a few key foods to stock up on that are seasonal during the months of November/ December in the New York area.

**APPLES:** This delicious fruit is rich in antioxidants and dietary fiber. The phytonutrients in apples can help reduce the risk of heart disease, diabetes, and even cancer. An apple a day really can keep the doctor away! The Fall is the perfect time to go apple picking with family members, spend some time bonding together and also stock up on this delicious seasonal fruit. Enjoy apples raw or add to your morning oatmeal. Try baking an apple with cinnamon, nutmeg, and a pinch of brown sugar for a yummy sweet treat.



**BEETS:** This immune-boosting vegetable hits its peak nutritional value in November. Packed with vitamin C and essential minerals like potassium, beets are known to assist in natural detoxification and promote optimal health. Try roasting beets in the oven or eating them raw on a beautiful Fall salad.

**BROCCOLI:** This cancer-fighting cruciferous vegetable is a great source of Vitamins K, C, and folate. This anti-inflammatory vegetable can also promote healthy digestion due to its nutritious fiber. Enjoy steamed or roasted broccoli with dinner, or try broccoli slaw instead of regular lettuce with your salad. **MUSHROOMS:** This fungi allows you to add a ton of flavor to your meals, without added salt or sugar. Mushrooms are known to have several health benefits, including helping to fight free radicals that cause conditions such as heart disease and cancer. Mushrooms also have quite a few immune-boosting properties. Add mushrooms to your morning omelet or with dinner for an antioxidant boost.

**PARSNIPS:** This vegetable is in season during both November and December. Parsnips have a beautiful rich flavor and are loaded with antioxidants. If you are tired of eating carrots, parsnips are a great switch and do well when roasted. A perfect autumn side dish is roasted sweet potato and parsnips- delish!

If you enjoy eating out-of-season fruits and vegetables, consider buying frozen produce. Frozen items are picked at their peak ripeness and then flash frozen to maintain the nutritional benefits and flavor. You can enjoy things like berries and mango all year round at their peak nutrition by purchasing them in the frozen foods section.

Stefani Sassos, MS, RDN, CSO, CDN, CPT, is a Clinical Dietitian and Certified Personal Trainer. She also provides private nutrition counseling at her office in Great Neck, NY. Visit her website www.StefHealthTips.com for more information or call 516-216-9909 to schedule an appointment.

#### SPECIAL NEEDS SUPPORT MINISTRY

The Archangel Michael Special Needs Ministry was created by moms who have children of special needs. This group is an open forum to discuss, share and learn from one another. Parents come here to give and receive support.

## Archangel Michael Special Needs Family Support Ministry



As this issue was going to print we were looking forward to our first meeting on October 22nd. We hope to see you all at our next meeting scheduled for Tuesday, November 19th at 7:30pm in the Fellowship Hall!

#### COMMUNITY PHOTOS





















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#### COMMUNITY PHOTOS



www.archangelmichaelchurch.org



# ARCHANGEL MICHAEL GREEK ORTHODOX CHURCH November Calendar 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1	2
					The Feast of the Unmercenary Saints**	Volleyball Tournament
					Orthros 8:30a Divine Liturgy 9:30a	
					Little Angels 10:30a	
3	4	5	6	7	8	9
Orthros 8:15a Divine Liturgy 9:30a	Philoptochos Meeting 7:30p	Election Day Pre-School Closed	Paraklesis 10:00a Book Club 11:00a Parish Council Meeting 8:00p	Synaxis of the Archangels Great Vespers 7:00p	Synaxis of the Archangels Orthros 8:30a Divine Liturgy 9:30a Nameday Gala @ Leonards 7p	St. Nektarios Orthros 8:30a Divine Liturgy 9:30a Raindate for 5K Run
10	11	12	13	14	15	16
Orthros 8:15a Divine Liturgy 9:30a	Veterans Day HOPE/JOY Veterans Day Service Project 11:00a	Zumba 9:30a	St. John Chrysostom Orthros 8:30a Divine Liturgy 9:30a	Small Vespers 7:00p Bible Study 7:30p	Start of the Christmas Fast (No Services) Little Angels 10:30a	Challenge Divine Liturgy & St. Matthew Orthros 9:30a Divine Liturgy 10:30a
	Preschool Closed		Bible Study 11:00a Youth Choir Rehearsal 7:30p			
17	18	19	20	21	22	23
Orthros 8:15a Divine Liturgy 9:30a	Greek School Board Mtg 7:00p	Zumba 9:30a Special Needs Support Ministry 7:30p	Paraklesis 10:00a Book Club 11:00a Youth Choir Rehearsal 7:30p	The Entrance of the Theotokos Orthros 8:30a Divine Liturgy-9:30a GOYA - Assembling Thanksgiving Baskets		GOYA Thanksgiving Basket Delivery & Dinner Philoptochos
			Parish Council Nominations Close	7:00p Small Vespers 7:00p Book Club 7:30p		Cooking Club 9:30a
24	25	26	27	28	29	30
Orthros 8:15a Divine Liturgy 9:30a Great Vespers of St. Katherine** 7:00p	St. Katherine** Orthros; 8:30a Divine Liturgy-9:30a	St. Stylianos** Orthros 8:30a Divine Liturgy 9:30a Zumba 9:30a PC Seminar 6:00p		Happy Thanksgiving!	Office, Pre-School & Greek School Closed	St. Andrew** Orthros; 8:30a Divine Liturgy-9:30a



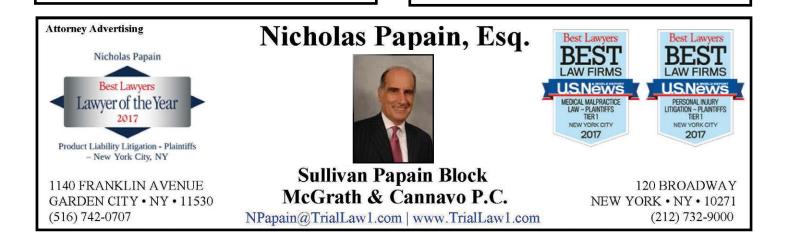
# ARCHANGEL MICHAEL GREEK ORTHODOX CHURCH December Calendar 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Orthros 8:15am Divine Liturgy 9:30am Family Worship No Sunday School	St. Porphyrios** Orthros; 8:30a Divine Liturgy 9:30a Philoptochos Meeting 7:30pm	Great Vespers of St. Barbara (Manhattan, Orange CT)	St. Barbara Orthros 8:30a Divine Liturgy 9:30a Bible Study 11:00a Pre-School Closed Parent-Teacher Conference Youth Choir Rehearsal 7:30p	St. Savva** Orthros 8:30a Divine Liturgy 9:30a Great Vespers of St. Nicholas (West Babylon, Flushing) Parish Council Meeting &p Small Vespers 7:00p, Bible Study 7:30p	St. Nicholas Orthros 8:30a Divine Liturgy 9:30a Little Angels 10:30a GOYA Tree-Trimming & Ugly Sweater Party 7:30p	Marriage Enrichment Retrea 9:00a GOYA Ice Skating Event
8	9	10	11	12	13	14
Orthros 8:15am Divine Liturgy 9:30am Philoptochos Family Christmas Luncheon 12-4p	The Conception of the Theotokos by St. Anna** Orthros 8:30a Divine Liturgy 9:30a	Ronald McDonald Fundraiser (NYC) 6:00p	Paraklesis 10:00a Book Club 11:00a Great Vespers of St. Spyridon (Manhattan) Youth Choir Rehearsal 7:30p	St. Spyridon** Orthros; 8:30a Divine Liturgy-9:30a Small Vespers 7:00p Bible Study 7:30p	St. Eustratios and His Companions** Orthros 8:30a Divine Liturgy 9:30a GOYA Christmas Movie Night	Philoptochos Cooking Club 9:00a Great Vespers of St. Eleftherios (Manhattan)
15	16	17	18	19	20	21
St. Eleftherios Orthros 8:15am Divine Liturgy 9:30am Parish Council Elections HOPE/JOY Christmas Party 4:00p	Haggai the Prophet** Orthros 8:30a Divine Liturgy 9:30a	St. Dionysios (Name Day of Fr. Dennis) Orthros 8:30a Divine Liturgy 9:30a Zumba 9:30a	St. Sevastianos and His Companions** Orthros 8:30a Divine Liturgy 9:30a Book Club 11:00 a	St. Boniface** Orthros 8:30a Divine Liturgy 9:30a Preschool Sing-A-Long Small Vespers 7:00p Book Club 7:30p	St. Ignatios** Orthros 8:30a Divine Liturgy 9:30a Little Angels 10:30a GOYA Mid-Night Run (To be confirmed)	St. Julia Challenge Liturgy & Christmas Party Orthros 9:30a Divine Liturgy 10:30a
22	23	24	25	26	27	28
Sunday Before the Birth of Christ &		Christmas Recess	s: Pre-School & Gree	k School Closed (Classes	resume Jan. 7)	
St. Anastasia Orthros 8:15am Divine Liturgy 9:30am Sunday School Christmas Pageant	The Ten Martyrs of Crete** Orthros 8:30a Divine Liturgy 9:30a	Royal Hours of Christmas 8:00a Divine Liturgy of St. Basil the Great 9:30 a Feast of Christmas Great Vespers 5:00pm Orthros 6:15pm Divine Liturgy 7:30pm	Feast of Christmas Orthros 8:30a Divine Liturgy 9:30a	GOYA Central Christmas Party	The Feast of St. Stephen** Orthros 8:30a Divine Liturgy 9:30a	
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Ch Sunday After Christmas Orthros 8:15am Divine Liturgy 9:30am	ristmas Recess					
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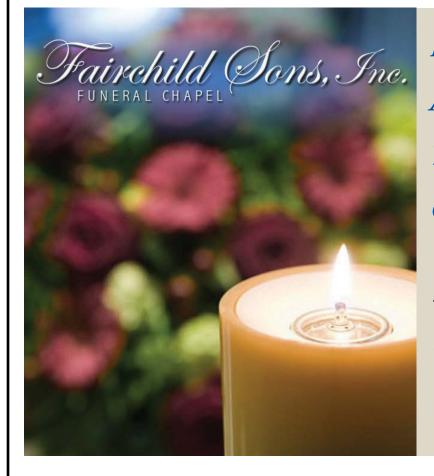


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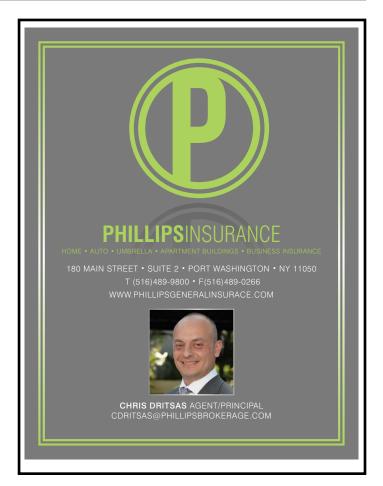
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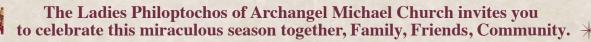
770 Port Washington Blvd, Port Washington, NY 11050 190 Glen Cove Avenue, Glen Cove, NY 11542 90 Horace Harding Blvd, Great Neck, NY 11020 330 East Jericho Turnpike, Mineola, NY 11501 40 Vanderbilt Parkway, Commack, NY 11725 2820 Jerusalem Ave, North Bellmore, NY 11710 1235 Vets Highway, Hauppauge, NY 11788 153-01 10<sup>th</sup> Avenue, Whitestone, NY 11357 <u>www.NorthShoreFarms.com</u>





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For to us a child is born, to us a SON is given... And he will be called Wonderful Counselor, \* Mighty GOd, Everlasting Father, Prince of Peace. \*

FAMILY LUNCHEON SUNDAY, DECEMBER 8th, 2019

ANNUAL CHRISTMAS

12pm - 4pm | Swan Club Roslyn, NY

Featuring Entertainment Photos with Santa & Mrs. Claus, Santa's Workshop ...and much more for a Festive Afternoon!

\$65 adults \* Goyans \$50 \* children under 12 \$30 \* Children 2 and under, complimentary

Please RSVP by December 2nd to: Michele Lascarides e-mail: michelelascarides@gmail.com