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QUICK NEWS & EVENTS

Wed., Jan. 8th
LIONs Networking Event
(Snow date: Jan. 9th)

Sat., Jan 11th
Parathosi

Sun., Jan. 12th:
Diving for the Cross

Sun., Jan. 26th:
Greek School PTA Glendi

Sun., Feb. 9th:
Godparent Sunday

Sat., Feb. 22nd:
First Saturday of the Souls

Sat., Feb. 29th:
Second Saturday of the Souls

A Blessed Epiphany 2020
The 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.

Clergy
- Fr. John K. Lardas, Protopresbyter
- Fr. Dennis Strouzas, Protopresbyter of the Ecumenical Patriarchate
- Chanter: Petros Malliaris
- Office Staff: Dora Gouramanis, Catherine Papagianakis
- Parish Council Members: Stelios Dikalomenos, Fifty Elidas, Nick Kolinas, John Koumaralis, Harry Lascarides, Helen Maropakis, Barbara Moros, Harry Woodruff, Nick Popas, Gus Ragkakis, Peter Savvopoulos, Andreas Tsaliki, Nicholas Travis, Dimitris Zivas

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

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.

Mission Statement
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.
“These forty years the Lord your God has been with you; you have lacked nothing.”
(Deuteronomy 2:7)

The year 2020, will mark the fortieth anniversary of the establishment of the Archangel Michael Community. In 1980, forty families offered the first fruits of their labor to purchase a quaint 60-year old, brown shingled Methodist church on Warner Avenue in Roslyn during the Fall of 1980. The following March of 1981, the Charter was granted by the Greek Orthodox Archdiocese of America. From these initial forty families, and with so many Greek Orthodox families over the decades moving to Manhasset, Roslyn, Port Washington and many of the other surrounding neighborhoods, towns and villages of the North Shore, the community began to grow and is still growing.

At the old church, due to an overwhelming increase of stewards and not enough room in the church, the leadership of the community, along with the spiritual guidance of Fr. Dennis Strouzas and his many assistant priests, made the decision to begin holding two services on Sunday. Through God’s divine providence and with the protection and assistance of the Archangel Michael, the property where the new church of the Archangel Michael sits on 100 Fairway Drive was purchased in 2004. Fast forward to 2020, there are over 700 stewardship families that make up the persona of the Archangel Michael Greek Orthodox Church of Port Washington, New York.

Anniversaries always give the opportunity for people to reflect on the history of their story. Anniversaries help for families to take a better look at the bigger picture. Through this process, one may see God’s supportive hand through all the obstacles, tribulations and challenges that people went through as a community and personally. Anniversaries give the opportunity to rejoice in celebrating all the successes: graduations; baptisms; weddings; groundbreaking; opening up of a church; basketball championships and the formation of good relationships and so many other things. Anniversaries bring forth the chance to say thank you to all who sacrificed time, talent and economic resources to see the incredible complex of the Archangel Michael Church to be built.

Moving forward, as the church prepares to celebrate her 40th Anniversary, there is still much to do, spiritually and physically. Spiritually, in a very secularized society, where the pious practices of old seem to no longer have meaning, there is a great amount of investment that needs to take place to bring about sincere, real and authentic spiritual growth. Physically, the Archangel Michael complex was never fully completed. The fellowship hall that was the church for many years was never completed according to architectural plans. The iconography in the church and the chapel need to be further developed. The missing piece of property that once was part of the original parcel owned by the Town of North Hempstead, who sold the property on which the church now stands, is available for purchase and development. With the forthcoming contract and through the correct channels of approval, the next generation of leaders will put their minds, faith and hard work to the test to contribute to what their parents and grandparents did. Plus, with the size of the Archangel Michael campus, there is always ongoing work and maintenance that needs to take place.

As God stood by Israel through her toughest times in the desert for over forty years, so God is with this community. Jesus fed 5,000 men, plus women and children, from five loaves of bread. With the faith of the size of a mustard seed, Jesus says you can tell this mountain to move and it will. The key ingredient to the continuing success of the Archangel Michael Church is faith. Believe like the woman who had a flow of blood! Believe like the blind men, who received their sight! Believe like the paralyzed man, who walked again! Believe! Believe! Believe!
My New Normal: I Grew Up With A Special Needs Sister and It Was a gift

By Marissa Eliades

At 2 years old, when asked if I wanted a brother or a sister, my response was always consistent: “I want french fries.” Nine months later, my little French Fry was born: Samantha. Little did I know she would shape my life tremendously. Samantha was born with Prader-Willi Syndrome (PWS), a complex, lifelong genetic disorder affecting appetite, growth, metabolism, cognitive function and behavior. The hallmark characteristics are involuntary, and uncontrollable, chronic feelings of hunger and a slowed metabolism that can lead to excessive eating and life-threatening obesity. Those with PWS need intervention and strict external control to maintain normal weight and to help save their lives. So yes, it’s fair to assume my only sibling, my little French Fry, was born with special needs. When going on dates, speaking with a colleague, or making a new friend, many people get uncomfortable when they hear I have a special-needs sister. They often don’t know what the appropriate reaction is.

I grew up on Long Island. I drove a nice car, followed the latest trends and was fortunate enough to be taught by expensive tutors in order to prepare for my future. To many, I was the “Typical Long Island Girl”: jaded by materialistic desires, superficial relationships and a need to fit in.

Little did people know I grew up in a Greek household with a special-needs sister, and I was as far from the “Typical Long Island Girl” label as could be. My amazing parents went out of their way to make sure I had a “normal” childhood, so they signed me up for sports teams, dance classes, and they even hid stashes of Oreos and Dunkaroos so I could “eat like a [normal] kid.” They made sure I was always surrounded by loving family and lots of friends. They always worried I would be “neglected”, missing the experiences they got to enjoy growing up “normal.”

I am forever grateful for the support and protection they’ve afforded me, but, to be honest, growing up with my French Fry was my normal. Locking the refrigerator, witnessing temper tantrums on holidays, making up songs together, playing with the dogs, needing constant supervision in the kitchen, my sister’s public wardrobe malfunctions, breaking into dance wherever we heard a good beat, sharing an inappropriate thought at a loud volume while sitting at a fancy restaurant -- these became my new normal. And sure, it’s not exactly conventional, but this was what we had.

Of course with the good came the very bad days, like the time she tried to jump out of a moving car on the Long Island Expressway as I held back all 275 lbs. of her -- and the time she left the house for a residential school, where, years later, we discovered she’d been abused by the staff, causing her to suffer from even more PTSD.

Watching my sister go through each high and low, sometimes by the day, often by the minute, was heartbreaking. But Samantha never gave me a reason to be sad. And with the help and love of a supportive family, a wealth of resources, and an inspirational amount of resilience, Samantha lost more than 130 lbs., worked through her PTSD and is in control of the behaviors that once controlled her.

So many articles focus on the difficulties stemming from life with this syndrome -- and how “hard it is” for a family to deal -- but as a young adult who’s had friends lose family members tragically, seen young girls enter rehab for substance abuse and addiction and mourned family friends who’ve lost battles to cancer, to say growing up with a special-needs sister is a “hard thing” seems naïve.

Special needs doesn’t mean constant pain, but for these individuals, it does mean their youth lasts forever. I envy the innocence my sister possesses, sheltered from the horrors and tragedies this world faces day in and day out. For her, life is simple... She cares only about her meals and her loved ones. If only we were all so lucky to have such a healthy perspective on life.

So when you meet people with special needs, be sensitive and understand they’re “special” because they know what their “needs” truly are -- they’re not distracted by the things that so often dictate our own behaviors and desires. I can only hope to one day be so special and so unfazed by wants and desires. To me, that is normality, and a life well-lived.
## Worship Services

<table>
<thead>
<tr>
<th>Date</th>
<th>Services</th>
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<tbody>
<tr>
<td>Wed. 1</td>
<td>The Feast of the Circumcision of our Lord and Savior Jesus Christ, and the Feast of St. Basil the Great, Orthros 9:30 am, Divine Liturgy 10:30 am</td>
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<tr>
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<td>The Feast of Epiphany of our Lord and Savior Jesus Christ and the Great Blessings of the Water</td>
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<tr>
<td>Tue. 7</td>
<td>The Gathering of the Honorable and Glorious Forerunner John the Baptist,</td>
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<tr>
<td>*Fri. 17</td>
<td>The Feast of St. Anthony</td>
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<tr>
<td>*Sat. 18</td>
<td>Challenge Liturgy &amp; The Feast of Saints Athanasios and Cyril, Orthros 9:30 am, Divine Liturgy 10:30 am</td>
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<tr>
<td>Wed. 29</td>
<td>Great Vespers for the Three Hierarchs (Brooklyn) 7:00 pm</td>
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<tr>
<td>*Thur. 30</td>
<td>The Feast of the Three Hierarchs</td>
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## January

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## February

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<tr>
<td>*Sat. 15</td>
<td>Challenge Liturgy, Orthros 9:30 am, Divine Liturgy 10:30 am</td>
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<tr>
<td>Sat. 22</td>
<td>The 1st Saturday of the Souls</td>
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<tr>
<td>Sat. 29</td>
<td>The 2nd Saturday of the Souls</td>
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## Sacraments

<table>
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<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Sun., 19</td>
<td>3:00 pm, Baptism: Child of Areti &amp; Michael Argenzio</td>
</tr>
<tr>
<td>Thurs., 30</td>
<td>4:00 pm Wedding of Peter Korahais &amp; Tina Posillico</td>
</tr>
<tr>
<td>Sat., 22</td>
<td>2:00 pm, Baptism: Child of Tony &amp; Erin Zachariadis</td>
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## Annual Blood Drive

**Save the Date** for the 15th Annual Archangel Michael Church Blood Drive on Tuesday, March 17th, from 2:30pm - 8:30pm. Give the gift of life and donate blood!

For more information, call Marina Vlahos at (516) 627-7303.

## Panhellenic Scholarship Awards

The PanHellenic Scholarship Foundation is pleased to offer 20 awards of $10,000 each based on academic merit and financial need and an additional 20 Awards of $2,500 each based solely on academic achievement.

Undergraduate students of Hellenic descent who are enrolled in an accredited university in any of the 50 United States are eligible to apply. The deadline to apply is January 31, 2020. For more information and to obtain an application, please go to www.panhellenicsf.org
A Time for Every Purpose Under Heaven: The Stewardship of Time

“Teach us to number our days that we may gain a heart of wisdom.” Psalm 90:12

The first long-term Orthodox Christian missionary priest from America to East Africa was sent by Archbishop Iakovos in the mid-1980s. As he gradually assimilated into the local culture, he found the local concept of time to be a most difficult adjustment, and upon his return to America, liked to quote the Kenyans who loved to tell him, “White men have watches. We have time.”

Our brief time on earth is God’s gift. As faithful Christians, we are accountable for our stewardship of this precious gift. The American scientist, Thomas Edison said, “Time is not a commodity that can be stored for future use. It must be invested hour by hour or else it is gone forever.”

“Man is like a breath; his days are like a fleeting shadow.” Psalm 144:4

Our lifetime is a small bit of eternity - “...a fleeting shadow....” (Psalm 144) which we receive as stewards. Time is a precious gift that we dare not waste. Like the three stewards in the Parable of the Talents, one day God will call each one of us to give account of how we have used the time entrusted to us.

“...a time for every purpose under heaven.” Ecclesiastes 3:1

There is “a time for every purpose,” as the verse from Ecclesiastes instructs us: “...a time to plant, a time to reap....” the challenge is to appropriately allocate our time to the various purposes that make claims on it. The passage teaches us to make the most of God’s great gift of time.

The Gift of Time

“The greatest gift I ever received,” said a young attorney, “was a gift I got one Christmas from my dad. He gave me a small box with a note inside that said, “Son, this year I will give you 365 hours, one hour every day after dinner. We’ll talk about what you want to talk about, go where you want to go, play what you want to play.”

The young attorney continued, “My dad not only kept the promise of his gift, but he renewed it every year - and it’s the greatest gift I ever had in my life. I am the result of his time.”

The most personal, most appreciated and most unique gift that you can give is the gift of time – Your time. That valuable 24 hours a day that only you can spend. Depending on your profession, your time may be worth hundreds of dollars an hour. But the time you give to another person and the Church is priceless.

Our children need our time, helping shape their lives by word and by example. The time we give to our children is an investment in their lives that is not wasted.

Spending Time with God

As Christians it is also important to value the time we spend at church, in worship, service and activities. Every member of the Body of Christ plays a role, according to their gifts, in the life of the local church. The church is not a social club, but rather a place where people of faith gather for worship, fellowship and service.

Most importantly, we gather together in worship, praising and thanking God for the blessings in our lives and hearing His Word. Of the 168 hours in every week with which we have been blessed, we offer back the short time we spend in church on Sunday morning, gathered together as the Body of Christ. We are united in prayer and united in Holy Communion. We become His hands and feet carrying out His work in the world. As we offer ourselves and our time as His Church, we are part of something much bigger than we can imagine - much bigger than the project we support, the service we provide, the prayer we offer.

The Great Feast (Luke 14)

In the Gospel of Luke we read of the man who planned a great feast and invited many people. When it was time to serve the dinner, they were all too busy - one with his farm, one with his bride, another with his oxen. We can become so busy making a living that we forget to make a life. God gets crowded out of our lives over the most unimportant things.

At the first Christmas when Jesus was born, there was no room at the inn. And today we still have no room for Jesus. We crowd Him out with so many things.

In The Screwtape Letters, C.S. Lewis shows how the devil captures us, not by preventing encounters with God, but by whispering in our ear that we are “Just too busy right now. We’ll get to that soon. But just not right now.”

Resetting Our Priorities

Just as we budget our financial resources to reflect our priorities, we can reset our allocation of time. We are all busy, but not all of that busy time is well-spent. We may need to say no to certain demands on our time, opening our schedule to God’s prompting. We can live each day anticipating the opportunities he places in our path to offer our gift of time.
Venerable Xenia of Rome, and Her Two Female Servants - Commemorated on January 24

Saint Xenia of Rome, in the world Eusebia, was the only daughter of an eminent Roman senator. From her youth she loved God, and wished to avoid the marriage arranged for her. She secretly left her parental home with two servants devoted to her, and set sail upon a ship. Through the Providence of God she met the head of the monastery of the holy Apostle Andrew in Milassa, a town of Caria (Asia Minor). She besought him to take her and her companions to Milassa. She also changed her name, calling herself Xenia [which means “stranger” or “foreigner” in Greek].

At Milassa she bought land, built a church dedicated to Saint Stephen, and founded a women’s monastery. Soon after this, Bishop Paul of Milassa made Xenia a deaconess, because of her virtuous life. The saint helped everyone: for the destitute, she was a benefactress; for the grief-stricken, a comforter; for sinners, a guide to repentance. She possessed a deep humility, accounting herself the worst and most sinful of all.

In her ascetic deeds she was guided by the counsels of the Palestinian ascetic, Saint Euthymius. The sublime life of Saint Xenia drew many souls to Christ. The holy virgin died in 450 while she was praying. During her funeral, a luminous wreath of stars surrounding a radiant cross appeared over the monastery in the heavens. This sign accompanied the body of the saint when it was carried into the city, and remained until the saint’s burial. Many of the sick received healing after touching the relics of the saint. Following the death of Saint Xenia, first one of her former servants died, then the other. They were buried at the Saint’s feet.

**BLESSING OF THE HOMES**

According to an age-old tradition, during the days and weeks following the Epiphany of our Lord, the homes of the faithful are blessed. The blessing involves the visitation by Fr. John who will bring Holy Water sanctified on the Feast of Epiphany, and will bless the home and all present. Those wishing to schedule a house blessing should contact the church office at 516-944-3180.

**DIVING FOR THE CROSS**

In celebration of the Feast of Epiphany, and in conjunction with the Church of the Resurrection, we are looking for parishioners to Dive for the Cross at North Hempstead Beach Park, on Sunday, January 12th, following the Divine Liturgy. Please call the church office at (516) 944-3180 if you are interested.
Pilgrimage to St. George Orthodox Church and Agia Skepi Monastery

On October 11th the Ladies Philoptochos were joined by parishioners for a one day Pilgrimage to St. George Orthodox Church and Agia Skepi Monastery. At St. George Church we had the amazing opportunity to visit and pray with Kardiotisa “The Tender Heart” myrrh-flowing, miraculous icon of the Virgin Mary. Fr. Mark Leisure shared many stories of the miracles of the icon and we each approached the icon to be anointed. With a sense of awe, we continued our journey to Agia Skepi for lunch, some shopping and Vesper services. Those who attended enjoyed the day.

Archangel Michael Vesper Services

On the evening of November 7th we celebrated Vespers and on the morning of November 8th Liturgy services for the Archangel Michael. A special thank you to Georgia Mouzakitis, Christina Korakis, Dori Karahalis, Magda Gerazounis and Sophia Gaitanas for organizing the wonderful reception after Vesper services and the luncheon offered after the feast day. All the homemade pastries and food were delicious and generously donated from our wonderful parishioners. Thank you to all who attended and to those who cooked and baked for everyone to enjoy.

Veterans Day

On Sunday, November 10th our community gathered to honor and recognize our veterans. The drive up to our church was lined with American flags fluttering in the wind. Our veterans along with guest veterans from the Port Washington American Legion were seated in the front pews and honored with Artoclasia. In the fellowship hall the presentation began with the Boy Scouts Color Guard from Manhasset Troop 97, the Pledge of Allegiance and our National Anthem. Zoe Zollo led the Senior Choir in singing God Bless America and many patriotic songs. Mr. Tony Arlis introduced the veterans at the dais and read the names of those who have passed away. The Philoptochos served all American Heros for our heroes and apple pie. Thank you to Chris-Marie Tzavelis, Irene Dellis and Diana Gardianos for putting together this wonderful event and a special thank you to our brave Veterans who have served our country.
Decorate for Christmas
The Philoptochos ladies gathered on November 29th and 30th to decorate our church for the Christmas season. This is a wonderful tradition that creates a warm and festive atmosphere for our beautiful church home. Thank you to all those who participated and added their creative touch!

Philoptochos Christmas Luncheon
On December 8th the Ladies Philoptochos held its Annual Christmas Luncheon at the beautifully renovated Swan Club. All who came enjoyed the festive atmosphere filled with shopping at our Christmas Boutique and with our vendors, crafts and magic show entertainment for the children, raffle prizes and more. This is our major fundraiser of the year and all proceeds go to support the many philanthropic initiatives of the Philoptochos. We extend our heartfelt appreciation to all those who supported this wonderful event and a special thank you to Diana Gardianos & Lisa Glavas, who chaired this event! A special thank you to the committees and their chairpersons, Grand Raffle - Penny Zangas; Chinese Raffle - Eleni Germanakos, Fifty Eliades, Fran Sotiriou; Vendors - Bessie Ziozis; Bakery - Demi Psyllos, Eleni Raptis; Reservations - Michelle Lascarides; Centerpieces - Karen Zaffos, Liz Rogdakis; Journal - Mary Sole; Children’s Raffle - Liz Tagios, Eleni Koutsouftas; Children’s Activities - Nikki Lolli; Christmas Boutique - Chris Ioannou, Chris Marie Tzavelis, Presvetera Paula Strouzas, Debbie Dakis; Candy Shop - Barbara Thermos, Emily Kavourias; Invitations, Flyers and Posters - Chris Ioannou; Santa and Mrs. Claus - Gus Rogdakis and Barbara Mavro.

Blessings in a Backpack
The Philoptochos continues to support the “Blessings in a Backpack” outreach program, which is a national nonprofit organization that provides food on the weekends for students who might otherwise go hungry. One in six children struggle with access to food for the 65 hours they are not in school. As most people look forward to the weekend, many young children are hoping for it to end. Every month Philoptochos is coordinating with various groups of the Archangel Michael Church to fill 55 backpacks with non-perishable foods that are then delivered to children in need in our local community. We thank the Bible Studies Group - November, the Parish Council - December and HOPE/JOY - January for their kind and generous support. For additional information please contact Xenia at 917-327-7579 or xeniat99@yahoo.com. Thank you for your support!

Upcoming Events

<table>
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<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Philoptochos Meetings</td>
<td>March 2, April 6, May 4</td>
</tr>
<tr>
<td>Greek Zumba</td>
<td>Tuesday mornings from 9:30 - 10:30</td>
</tr>
<tr>
<td>Feed the Hungry at Penn Station</td>
<td>April 28th</td>
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GODPARENT MONTH

February has been designated as Godparent Month. Throughout the month, Godparents are encouraged to attend the Divine Liturgy with their Godchildren to worship and receive Holy Communion together. In addition, February 9th has the special distinction of being Godparent Sunday. Afterwards please join us for the Philoptochos Godparent’s Reception.
“Heroes for Heroes” was the theme on Sunday, November 10th as the Archangel Michael Church community celebrated Veterans Day. Flags lined the driveway and patriotic balloons and banners adorned the Fellowship hall.

The Divine Liturgy was celebrated by Fr. John, Fr. Dennis, Dn. Michael and our guest priest for the day, Archimandrite Chrysostom Onyekakeyah who is a Missionary Priest from Nigeria and a student at St. Vladimir’s Seminary. In his sermon he spoke about the day’s Gospel and its relationship to our daily lives and educated us about the Orthodox Church in Nigeria and all of Africa.

Within our church, a group of AMC veterans from various branches of the US Armed Forces stood before their families and fellow parishioners receiving words of honor, gratitude, blessings and a special Artoclasia. The Sunday school children from the 5th and 7th grades held flags by the pews as the parishioners applauded the veterans while they exited the church escorted by scouts. Although some of the veterans were not in attendance all of the honorees’ names appeared in the Sunday Bulletin.


The AMC Veterans were seated at the dais and Veterans from the Manhasset American Legion were present as well. Mr. Anthony Arlis read the names of AMC’s deceased Veterans:

Peter Cardassis, Dino Carr, George Christie, Andrew Cyprus, Alkiviadis Diakoumakis, George Kanakaris, Gus Kee, Stan Neamontis and Anthony Vasilas. The choir sang Αιωνια η Μνημη and Taps was soulfully played in their honor by Scouts from Troop 97 and Michael Butler.

A wonderful morning was had by all. Special thanks to Chris-Marie Tzavelis, Irene Dellis and Diana Gardianos who organized the festivities. May God Bless our Veterans, the Archangel Michael Church and the United States of America!
News & Events

Blessings In A Backpack

A few years ago, the Philoptochos embarked on a journey to ‘Feed the Hungry’. Two Port Washington women had been involved with the national organization, Blessings in a Backpack, a 501(c)(3) charity, for several years. We at Archangel Michael Church decided to do our part by helping with this outreach program on a monthly basis and are currently in our fourth year! This year we are again making an impact on the lives of 55 preschoolers. Below is additional information to help each of us understand the program a little better. We appreciate each of you that has filled a backpack, donated food, donated money and given your time to help out. Please give with your hearts as we call upon the various organizations within the AMC community from now through the month of June!

Our Vision

Every school-aged child in America needs proper nourishment to learn and grow. As a leader in the movement to end childhood hunger, Blessings in a Backpack strives to ensure that children do not go hungry on the weekends by mobilizing communities and individuals to provide food on the weekends for elementary school children across America who might otherwise go hungry.

Our Impact

Our chapter currently serves 55 students. Each week we fill backpacks with nutritious food and send them home with children who are considered “food-insecure”, meaning they may not otherwise have enough food to sustain them through the weekend. This food keeps hunger pangs at bay until children return to school on Monday morning, but the impact goes beyond that. Student survey results show that children fed by Blessings in a Backpack experience the following impact on their lives:

- 78% feel cared for by their community
- 71% feel they are helping their family
- 60% get into less trouble
- 59% find it is easier to learn at school

For information regarding AMC’s Blessings in a Backpack schedule, or to become involved, please contact Xenia Theodoropoulos at xeniat99@yahoo.com.

Nameday Gala

The Archangel Michael Nameday Gala was held on Friday, November 8, 2019, at Leonard’s Palazzo in Great Neck. We were honored to have Archbishop Elpidophros among the many guests who gathered together in fellowship to celebrate our church’s Nameday and to honor this year’s award recipients.

Michael Bapis, president of the Parish Council served as master of ceremonies. The Hellenic Thread Award was established in 2010 to serve as a reminder to us of the sacrifices made by previous generations. The threads that weave the fabric of our unity in faith and purpose are strong, vibrant and unequivocally challenging. Norman and Lisa Glavas, George and Rita (posthumously) Scandalios and Dr. Jack and Ethel Soterakis were this year’s recipients of this prestigious award. Each couple has served our community for many years in various roles. The award is presented annually in recognition of selfless service to the Archangel Michael Church and community.

The Archangel Michael Service Award was presented for the first time to Helen Bapis, Susan Cavounis, Vickie Geleris, Mariann Matarangas and Toula Reynolds in recognition of their many years of faithful service to the youth of our community.

Following the award presentations, the GOYA members of the Greek Dance Troupe entertained those in attendance with beautiful dances from various parts of Greece. The athleticism displayed drew cheers and applause from everyone.

The evening’s entertainment was provided by Power Station and the dance floor was filled with both adults and GOYAns throughout the evening.

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The Greek School Board extends its warmest wishes to our students, our teachers, our parents and all the members of our wonderful Archangel Michael Family for a Happy 2020! Καλή χρονιά! Here’s to a brilliant year for all our children! May 2020 bring us all health, happiness, prosperity, and an abundance of blessings!

The Archangel Michael Greek Language Institute was blessed with a beautiful Christmas program performed by grades kindergarten through six. We will commemorate the Feast Day of the Three Hierarchs and Greek Letters Day in January by celebrating the success of those students who took the Comprehensive Examination in Modern Greek. This exam is the foreign language achievement test that assesses student proficiency in listening, speaking, reading, and writing Modern Greek.

The Three Hierarchs’ long association with the Greek letters accentuates the emphasis these holy Fathers gave to learning, intellectual ability and discipline, and to their use of the Greek language. Combining their love of language and knowledge, with faithful service to others and the church, they provided an example of the beautiful ministry in our church. May all our students emulate the Three Hierarchs’ love of learning and love of kindness and compassion for one another.

Midterms will take place on the Week of January 20th. All students will be well prepared, provided they make good use of the study materials provided by their teachers. Parent Teacher Conferences will take place on February 5, 6, & 7, respectively.

This year the annual Glendi is scheduled for Sunday, January 26th. We ask that our community support the Greek School at our Glendi. It is always a fun family event and our children will be entertaining everyone with traditional Greek dances.

Our Greek School will be closed the Week of February 17-21 in observance of President’s Week. We’re looking forward to a magical winter season filled with αγάπη!

The children of the Greek Language Institute were already in the spirit of giving in November, when the PTA hosted school spirit week with a “PJs and PIES” drive to support our Archangel Michael GOYA in their effort to feed 100 families for Thanksgiving. The children brought in pies and as a reward came to class in their comfy PJs!

The children and teachers were practicing their holiday songs and diligently preparing for our school’s annual Christmas show for weeks and their hard work paid off! The Fellowship Hall was full of joyful singing and Christmas spirit as the children sang their hearts out, recited their poems and took part in their class plays while parents, grandparents, friends and family enjoyed the wonderful show.

Lastly, the PTA has been preparing for the Annual GLENDI Luncheon under the leadership of chairwomen, Christina Pefanis and Nicole Zottasand. The children have been enthusiastic about rehearsing traditional Greek dances taught by our school’s new dance teacher Mr. Nick Mavromichalis. We hope you will join us at the Swan Club on January 26th. Please see the ad on the back cover for further details.
The children had a wonderful time in November celebrating Thanksgiving and on their trip to see Disney on Ice. The December outing to see Santa was very exciting and all enjoyed visiting with him and seeing the decorations. The activities were topped off with cookies, apple juice, and hot cider.

Both January and February will be busy months for the children. After being welcomed back for the New Year, they will make snowmen, snowflakes, and mittens to decorate our rooms. As they celebrate the Epiphany and the Feast of the Three Hierarchs, they will learn about these important holy days. In February, the children eagerly look forward to Groundhog Day. Will he see his shadow this year? In addition, they are excited about making and sending Valentine’s Day cards to “someone special”. All the classes enjoy their weekly visit with Fr. John and attentively listen to the special stories read to them. They also delight in music and creative movement with Miss Roula.

The Pre-K and Nursery classes are enjoying the art and science programs which are incorporated into our curriculum during the school day. The students continue to learn art techniques and creatively experiment with color, form, line shape and texture as they make use of different art materials. The science program engages the children in interactive, hands-on learning activities. Their creativity continues to flourish as they begin to show an increased interest in school.

Snapology engages children 3 and 4 years of age using LEGO® to create animals they have just learned about. As they have fun with familiar toys, they learn through play. Soccer Shots is an after-school program offered twice a week and helps the children focus on character and development through the sport of soccer.

The Toddler Class enjoys free play and are learning to share with each other. They are continuing to learn to count, recognize colors, shapes and body parts. The Nursery Class will begin their alphabet and number books and focus on learning the days of the week and months of the year through songs. Fine motor skills will be reinforced through coloring, cutting and projects. Both classes enjoy their Greek lessons with Miss Linda through songs and finger play.

The Pre-K class is focusing on recognition of numbers and their values using various manipulatives as counters. Their alphabet letter recognition continues to develop as are their fine motor skills through age appropriate activities. Confidence building and self-esteem are an important aspect of the curriculum.

A new afterschool Greek Enrichment program was added on Tuesdays and Thursdays from 2:00PM-3:20PM. The children are learning the Greek alphabet, numbers and colors, and are associating words with pictures, all enabling them to better understand the Greek Language.

Are you new to the area? Looking for a preschool? Would you like to learn more about what we offer? Please contact Mrs. Linda Alimaris, Preschool Director, at (516) 944-3184 or preschool@archangelmichaelchurch.org

Enrollment is ongoing.

Dates to remember:
February 28: Picture Day
March 11: Parent Teacher Conferences for Nursery and Pre-K
March 12: Preschool Open House

Please check the Trumpet calendar for school closures.

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 & learn from one another where parents come to give and receive support. Our first two meetings were informative and well attended. We look forward to seeing our existing members, and to opening our doors to new ones.

Please join us in the library at 7:30pm on Tuesday, January 21st and Tuesday, February 25th.
News & Events

Greek Dance Troupe

The Greek Dance Troupe performed at the Nameday Gala and at the Challenge Liturgy Christmas Luncheon, which is an annual tradition! Thank you to Manny & Marina Katsoulis for inviting us!

The GOYAns have been putting in a lot of time, long and extra practices, to prepare for competition. The Archdiocesan Parathosi Dance Competition will take place in January and then for the first time we are heading out to Los Angeles, California to compete at the Greek Orthodox Folk Dance & Choral Festival, FDF (Faith Dance Fellowship). Both great experiences! Our JOY Group will be participating in Parathosi as well. Thank you to all the parents and students for their time and effort.

A big thank you to our instructors Miss Roula Zogdopoulos and Miss Georgia Fiotodimitrakis who are with us all the way!

The Greek Dance Troupe held a wonderful fundraising Paint and Sip Party on November 14th in the Fellowship Hall. Light refreshments were served as over 70 women tapped into their creative sides and created Christmas-themed paintings. A great time was had by all! Thank you to all those who supported and donated!

The Archangel Michael Greek Dance Troupe has classes on Saturday mornings for ages 5 and up! For more information please contact: greekdance@archangelmichaelchurch.org

Goya

GOYA was very busy this holiday season. First our GOYAns came together to attend The Archangel Michael Nameday Gala, where the Dance Troupe performed for his Eminence Archbishop Elpidophoros. Everybody was smiling, dancing up a storm and having an amazing time.

That same week we kicked off our Thanksgiving Food Drive. Many parishioners and families donated food and supplies for this worthy cause. We packed up the dinner baskets and delivered them on Saturday November 23rd to families who live in shelters or are below the poverty line. It’s an amazing experience to see the smiles on the faces of these families.

On November 27th we held our first AMC GOYA Music Fest where GOYAns from all communities gathered to dance the night away. It was a fun time for all.

The month of December was filled with activities. On December 7th we went to Wollman Rink for a day of ice skating. Holy Trinity Cathedral joined us and hosted a dinner for us. It was such a great time to hang out with our friends and make new ones.

A week later we got together to go to Target for our Toys for Tots drive. It was a great turnout. We purchased toys for needy children for this holiday season and ended the night in fellowship at Old Westbury Diner.

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The GOYAns also participated in their 4th Midnight Run on December 22nd. We distributed clothing, warm food and drinks and simply bonded with the homeless. It was a rewarding, humbling and memorable experience for our GOYAns.

Some events that we are looking forward to in 2020: Parathosi, InterGOYA Ski Trip, Lenten Lock-In, Baltimore Trip and more of our Friday night gatherings.

GOYAns, please look out for more emails which outline specific details about upcoming events. If you are not receiving emails, send an email to: goya@archangelmichaelchurch.org with your name and email address.

**HOPE/JOY**

The HOPE/JOY Ministry of the Archangel Michael Church hosted its first ever Veteran’s Day Service Workshop on Monday, November 11th. The children spent the day assembling “Care Bags” for troops stationed in Iraq. There is no doubt that they all understood and took notice of the sacrifices that soldiers and veterans alike make when they put their lives on the line to protect our freedoms. The workshop allowed them all to experience the true spirit of giving, doing for others without any expectation of gain or benefit. Bravo to all of our amazing HOPE/JOY children!

The children showed some of their appreciation by writing letters to the troops, spending time in the chapel saying a special prayer for all those who served and those who are currently serving in our Armed Forces, and creating a poppy flower craft, in remembrance of those who lost their lives. They can use this poppy flower cross as a reminder to always pray for the men and women serving our country.

Perhaps the most significant and touching part of the day, was having WWII hero Tony Arlis, a member of our parish, speak to the children at the workshop. He shared personal stories about his experiences, the importance of always honoring and remembering our Veterans, and how special they feel when we find simple ways to show them that we care. We must never forget that whether in times of war or peace, Veterans and their families devote their lives to the service of our country and the ideals we hold dear.

With over 65 participants, the workshop was a huge success and shows just how eager our children are to make a difference. We are always looking for ways to give back and spread kindness, and this was a perfect example of that! A simple letter and care package show that we are all capable of making a difference, and that every act of kindness, no matter how small, is never wasted!

In keeping with the spirit of giving, we moved right into the amazing Christmas season. Our Christmas party got everyone into the Christmas mood, as the children celebrated in our very own Christmas village. Following the Divine Liturgy, we celebrated the importance of the Birth of Christ and what it means to us all. The children then attended a Holiday party, complete with elves and Mr. and Mrs. Claus, and there is no denying that the holiday spirit filled the air and was felt by all! The children made crafts, took pictures, decorated gingerbread cookies, and just had a blast!
News & Events

Byzantine Youth Choir

“O Lord, You shall open my lips, and my mouth will declare Your praise.”

The Direct Archdiocesan District Federation of Church Musicians held a successful Conference and Hierarchical Liturgy at Holy Trinity Church in New Rochelle, New York. The angelic voices of the youth choir proudly represented Archangel Michael Church singing the Divine Liturgy composed by Nicholas Roubanis. It was an enriching experience for our youth to sing the Liturgy alongside church musicians from across the Archdiocesan District.

Each year when the Youth Choir sings for the Challenge Liturgy at Christmas time, it adds a special meaning to the season for our choristers. Sharing this service together with our challenged friends creates joyful memories for everyone. May God Bless our Challenge Community!

After the Divine Liturgy on February 2nd, we will be going to visit the residents of Hellenos House. Please join us for this wonderful trip.

The Youth Choir sings the Divine Liturgy in Church on the first and third Sunday of every month. We will also be chanting the Divine Liturgy in Chapel on January 12th and February 9th.

Wishing the Archangel Michael Church Family a Very Blessed New Year!
Members of the Byzantine Youth Choir, Miss Eleni & Miss Georgia

Long Island Orthodox Networking

This past November 11th, after our youth group celebrated our Veterans and made baskets for our soldiers, the LIONs club held its first College Admissions Workshop in our Fellowship Hall with over 30 participants.

This workshop was geared to help parents and teens navigate the very stressful admissions process to better understand what is expected of the students, what the various schools require and seek in a student, the difference between SAT vs ACT for admission purposes, how these tests and their impact are changing and so much more.

It was an excellent opportunity to ask the professionals, with years of experience, the low down on a critical part of our teenagers’ lives. Thank you to Molloy College, Hofstra University and New York Institute of Technology for participating and answering all our questions.

We appreciate the assistance of Demi Psyllos, Presvytera Eleni, Susan Cavounis, Helen Maropakis and Corin Tagios.

Our next LIONs event scheduled for January 8th will feature presentations made by a panel of professionals from AMC and neighboring communities followed by a breakout session where AMC youth and young professionals can meet with the panelists.
On October 26th, a beautiful and sunny Saturday morning, over 100 runners and walkers, friends and families with their young and infant children in strollers, participated in our 12th Annual AMC Tom Zangas Memorial Lung Cancer Foundation 5K Run/Walk! With a slight wind at everyone’s back, they traversed through the scenic Bar Beach Park overlooking Long Island Sound.

Medals were awarded to all first place finishers as well as to all of our young marathoners. Congratulations to our race winner Thomas Theofilators in a time of 20:55 and second place runner Erica Kinloch of Manhasset just behind in 20:57. This was the closest finish in race history and the highest finish for a woman!

Once again, both the Archangel Michael Church and Thomas’ Foundation were able to raise significant funds for their respective causes.

We are extremely grateful to our numerous sponsors for their generous donations. Their names have all been prominently displayed on the Sponsorship poster displayed outside the Fellowship Hall. We are also very appreciative to Bargain Printing/Ioannou Family and Apple Tree Market/Mamais Family for their endless support once again. Thank you to the many young volunteers from Port Washington/Schreiber and Manhasset High Schools as well as our GOYAns who directed traffic along the course. The 5K Committee acknowledges and appreciates the dedication and hard work of our church office staff, Dora, Christine and Catherine. Their efforts behind the scenes are crucial to the success of the event. Special thanks to Danielle Harris-Traynor our photographer. Finally, to all of our parishioners, and the families and friends of the Foundation who participated in this worthy event, we give you our heartfelt thanks. Your continued support is an inspiration to us all and to the memory and legacy of Tom Zangas who sent the rays of the sun and hope upon us.

The 5K Committee: Rebecca Keen, Cathy Harris, Penny Zangas, Judd Cohen, Manny Kalamaras, Mario Harris, Lenny Zangas & Peter Takvorian

The Library/Bookstore Committee has been meeting on Monday mornings and is making progress in the genrefication of our library. Genrefication divides the library collection into different topics so that books will be more accessible to everyone and easier to find, read, and borrow. We have a wonderful collection of books on the following topics:

- Art and Iconography
- History, Literature and Philosophy
- Early Christianity, Biblical Studies, Faith and Spirituality
- Orthodoxy, Worship, Saints and Church Fathers,
- Contemporary Issues,
- World Religions, Greek Authors and Travel.

If you would like to join this dedicated group, we will meet on January 13 and 27th, February 10th and 24th at 10am. Future discussions will include library lectures, book summaries, and library scholarships.

Parishioners are encouraged to borrow and read any books that interest them...simply sign them out in the catalog located in the Library!

In addition, the Bookstore is looking for volunteers to sell books during the coffee hour after church. For more information, or if you would like us to purchase any books for you, please call Connie Parsons at (516) 551-9223 or Elena Vases at (917) 658-0668.
To our fellow Archangel Michael parishioners and friends,

The 2019 Festival on the Harbor co-chairs would like to offer a heartfelt thank you to all who worked so hard to make this year’s festival the best ever! Over the last 9 years, and thanks to all of our community’s hard work, we have raised more than $2.2 million. These funds have allowed us to complete the church and facilities construction, as well as pay down a substantial amount of the church’s debt.

Consider these facts:
- We had over 450 volunteers that helped serve, greet and work over 3 days.
- We welcomed over 15,000 visitors to our Festival.
- They devoured over 10,000 skewers of souvlaki, 200 cases of “Greek” fries, and over 1,800 pounds of gyros.
- We sold over 300 total cases of wine, beer and soda.
- We produced over 10,000 home-baked Greek cookies and hundreds of frappes.

Our loukoumades are the best! We used over 1,000 pounds of flour and 400 pounds of sugar to serve people who waited over 30 minutes in line for them!

As you all know by now, our Festival entails setting up a temporary mini city. Setting up the festival is a weeklong project. We would not have been able to accomplish this without the help of many of our parishioners. As much as we’d like to list them all here, we can’t for lack of space and also for fear of inadvertently leaving someone out. BUT,

To all of the electricians and IT installers that worked on getting us set up and then dismantled-THANK YOU!

To all of the new volunteers who showed up and spent days putting up signs, poles, erecting the counters and moving everything for us- THANK YOU!

To all the bakers who showed up and baked our delicious cookies that we sold-THANK YOU!

To all of you who manned the registers or cooked over a hot grill or sliced gyros for hours- THANK YOU!

To the Loukoumades committee—another year to add to our reputation of having the “Best Loukoumades anywhere”- THANK YOU!

And a special THANK YOU to the GOYANS of our church who not only helped during the Festival but came on Monday to help us clean up the site.

We couldn’t accomplish any of this without you—and we need your continued help! We welcome all of our parishioners and friends to consider becoming involved with the planning of our Festival and take a leadership role in doing so. We need your new ideas to keep our Festival as popular and as successful as it has become. Once again, we offer a sincere thank you to each and every donor, and every volunteer for your time, energy, hard work, donations and prayers. See you again next year!!

With sincere gratitude, the 2019 Festival Co-Chairs:
Chris Neocleous, Michael Psyllos, Eleni Germanankos, Oscar Michelen, Peter Stavrinos, Helen Maropakis, John Halkias, Michael Cavounis and Peter Tsekouras.

P.S.—Want to get more involved? We would love to speak with you! Please email: festival@archangelmichaelchurch.org.
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Ms. Callie Tserpelis
The Vases Family
Nikos & Vicky Voyias
Adonios & Erin Zachariadis

Please accept our sincere apologies for any errors or omissions. We have taken great effort to prepare this list accurately.
# January Calendar 2020

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<td>Circumcision of Christ, and St. Basil the Great 9:30 am, Divine Liturgy 10:30 am, <strong>New Year's Day</strong> Church Office Closed</td>
<td>Small Vespers 7:00pm, AMC Bible Study 7:30 pm</td>
<td>Forefeast of Epiphany - The Royal Hours 8:30 am, Little Angels 10:00 am</td>
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<td>Sunday Before Epiphany &amp; Great Blessing of the Waters - Orthros 8:15am, Divine Liturgy 9:30am, <strong>HOPE/JOY Vasilopita Cutting</strong></td>
<td>The Epiphany of Christ, Great Blessings of the Water, Orthros 8:30 am, Divine Liturgy 9:30 am, Preschool Closed, Philoptochos meeting - 7:30 pm</td>
<td>Synaxis of John the Baptist, Orthros 8:30 am, Divine Liturgy 9:30 am, Zumbas 9:30am Preschool &amp; Greek School Resume, Paraklesis to the Virgin Mary - 10:00 am, Bible Study 11:00 am, LIONS Networking Event - 7:00 pm, Snow date for LIONS Event Small Vespers 7:00 pm, Bible Study 7:30 pm, GOYA Night - Vasilopita Cutting, PARATHOSI - Uniondale Marriott</td>
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<td>Orthros 8:15am, Divine Liturgy 9:30am, Throwing of the Cross - Bar Beach</td>
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<td>Paraklesis 10:00 am, Book Club 11:00 am, Youth Choir Rehearsal 7:30 pm</td>
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** Indicates Chapel
# February Calendar 2020

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<td><strong>Presentation of Christ to the Temple.</strong> Orthros 8:15 am, Divine Liturgy 9:30am</td>
<td><strong>Philoptochos Meeting 7:30 pm</strong></td>
<td><strong>Paraklesis 10:00 am, Bible Study 11:00 am</strong></td>
<td><strong>Greek School Closed – Parent Teacher Conferences – School Closed</strong></td>
<td><strong>Little Angels 10:00 am</strong></td>
<td><strong>SOUPEBOWL Event</strong></td>
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<td><strong>Paraklesis 10:00 am, Bible Study 11:00 am</strong></td>
<td><strong>Youth Choir Rehearsal 7:30pm</strong></td>
<td><strong>Small Vespers 7:00 pm, Bible Study 7:30 pm</strong></td>
<td><strong>Challenge Liturgy, Orthros 9:30 am, Divine Liturgy 10:30 am</strong></td>
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<td><strong>The Publican and the Pharisee (Triodion begins / Fast-Free Week)</strong> Orthros 8:15am, Divine Liturgy 9:30 am <strong>Godparents Sunday</strong></td>
<td><strong>Paraklesis 10:00 am, Bible Study 11:00 am</strong></td>
<td><strong>Small Vespers 7:00 pm, Bible Study 7:30 pm</strong></td>
<td><strong>Little Angels 10:00 am</strong></td>
<td><strong>ZP Valentine's GOYA Dance</strong></td>
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<tr>
<td><strong>The Prodigal Son, Orthros 8:15am, Divine Liturgy 9:30am</strong></td>
<td><strong>Presidents Day – Church Office Closed</strong></td>
<td><strong>Paraklesis 10:00 am, Book Club 11:00 am</strong></td>
<td><strong>Small Vespers 7:00 pm, Book Club 7:30 pm</strong></td>
<td><strong>Little Angels 10:00 am</strong></td>
<td><strong>1st Saturday of the Souls, Orthros 8:30 am, Divine Liturgy 9:30 am</strong></td>
<td><strong>HOPE/JOY Ice Skating Event</strong></td>
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<td><strong>The Last Judgement &amp; St. Polycarp, Orthros 8:15am, Divine Liturgy 9:30 am</strong></td>
<td><strong>Preschool Resumes</strong></td>
<td><strong>Greek School Resumes</strong></td>
<td><strong>Paraklesis 10:00 am, Book Club 11:00 am</strong></td>
<td><strong>Small Vespers 7:00 pm, Book Club 7:30 pm</strong></td>
<td><strong>Inter Goya Apokriatiko Glendi Pre-School Picture Day</strong></td>
<td><strong>2nd Saturday of the Souls, Orthros 8:30 am, Divine Liturgy 9:30 am</strong></td>
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**Winter Recess - School & Preschool Closed**

**2nd Saturday of the Souls**

**2nd Saturday of the Souls, Orthros 8:30 am, Divine Liturgy 9:30 am**

**HOPE/JOY Ice Skating Event**

**Indicates Chapel**

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Archangel Michael | Jan/Feb 2020 | 21
Here for you
during your time of need

Attention
to all the details

Your comfort
when you need it most

Caring
is our priority

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2820 Jerusalem Ave, North Bellmore, NY 11710
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Sweet Celebration
at this year’s Glendi
Sunday, January 26, 2020
at 12:30 pm
Swan Club
90 Glenwood Road
Roslyn, New York

PRIZES!
ADULTS $85
CHILDREN $40

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