



The Archangel Michael Church Trumpet

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QUICK NEWS & EVENTS

Mon., Nov. 7:
Great Vespers:
Synaxis of the Archangels

Tue., Nov. 8:
Synaxis of the Archangels

Wed., Nov. 11
Parish Council Nominations Close

Fri., Nov. 18:
Annual Nameday Gala

Thur. Dec. 1:
AMC Christmas Tree Lighting

Sun., Dec. 4:
Parish Council Elections

Sun., Dec. 11:
Christmas Family Luncheon

Sat., Dec. 18:
Challenge Liturgy & Christmas Party

Sun., Dec. 19:
Sunday School Christmas Pageant

Nov-Dec 2022 • Issue 62 • Archangel Michael Church • Port Washington, NY



Greek Festival on the Harbor 2022

The Archangel Michael Church Trumpet

About the Parish

Archangel Michael Greek Orthodox Church
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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, Retired
Protopresbyter of the Ecumenical Patriarchate

Seminarian: John Capones
Chanter: Petros Malliaris

Office Staff: Dora Gouramanis, Catherine Papagianakis
Christine Zeiner

Parish Council Members

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2nd Vice President: Nicholas Papain
Secretary: Helen Maropakis
Treasurer: Nicholas Tzoumas
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About the Trumpet

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

Production

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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.

VISION STATEMENT



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

Nov-Dec Sunday Worship Schedule

Sunday Services: 8:00 a.m. Orthros, 9:30 a.m. Divine Liturgy

Do You Believe? I Believe!

Throughout the months of November and December, leading up to Christmas, many of the Sunday Gospel's lessons are oriented around the stewardship of wealth! On the 5th Sunday of Luke, one will hear the story of the rich man, who dies and goes to hell because he never once thought about helping Lazarus, the beggar at his gate. On the 8th Sunday of Luke, worshipers will hear the story of "The Good Samaritan" in which two priests had the chance to help the person lying on the road half-dead; too preoccupied to help, they passed him by. The Gospel for the 9th Sunday of Luke talks about a rich man who had so much excess and no room for it that he knocked all his buildings down to make bigger ones for it, only to have his soul asked of him. On the 13th Sunday of Luke, we hear of a rich man asking Jesus what he must do to inherit eternal life. Jesus responds, "....Sell all that you have and distribute it to the poor, and you will have treasure in heaven; and come, follow me."

These parables have a purpose. They are strategically placed in the lectionary during the time period of the advent of Christmas to prepare a person's soul for the ultimate gift of giving, the self-emptying (θεία κένωση) of the only-begotten Son, the Second Person of the Holy Trinity, the Creator of the universe and of all things visible and invisible, into the womb of the Virgin Mother. This continual sense of giving does not stop with the most holy conception of Christ but moves from one glory to the next, like a bee foraging for nectar from one flower to the next. The theological concept of self-emptying is witnessed in every aspect of Jesus' life on earth: His birth; His teachings; His miracles; His death on the Cross; His burial in the tomb; His resurrection from the dead. **If the Lord gives in such a way, each person, as an image and likeness of God, is profoundly and innately called to reflect this self-emptying of oneself into relationships with God and with others.**

At the center of the person's relationship that determines one's disposition with wealth and the ways of the world and with God is **FAITH!** Faith in God as Caretaker and Benefactor, faith that all material and earthly blessings that one attains through work, business, inheritance, and other means is from God, and



faith that, in giving of what God has given us, we will gain treasure in heaven.

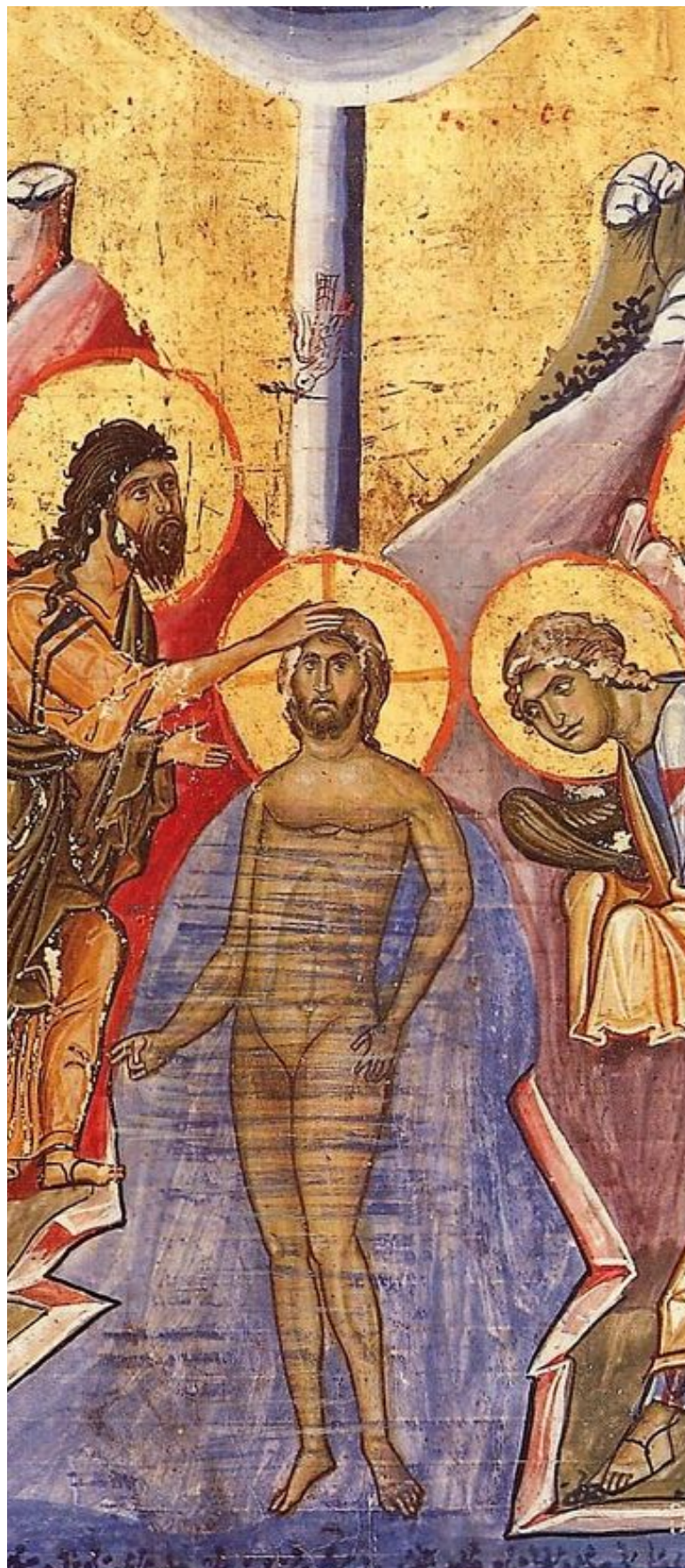
One person who lived by such faith is St. Philaret, who is celebrated on December 1. He was a man, a husband, and a father of means, but his constant practice of almsgiving left him desti-

tute. He paid no attention to the disapproval of his wife and children. St. Philaret's spirit of giving and "self-emptying" is clearly seen when, while plowing his field with his ox, a neighbor came to him to tell of the death of his own ox while plowing. St. Philaret, detached his ox from the plow and gave it to the man. He gave away his remaining horse to a man that was called to battle. He also gave away the calf from his remaining cow; and when the calf would not leave its mother, St. Philaret also gave away the cow.

After he totally emptied himself of his possessions, the story changes. St. Philaret's daughter is married to the Empress Irene's son, Constantine. As emperor, Constantine brought the whole family to the city and showered them with wealth. Unaltered by his change of fortune, St. Philaret continued his almsgiving within the city. It is said that at his death, his face shone like the sun and a sweet fragrance arose from his body.

St. Paul says in his letter to Timothy, "For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness and pierced themselves through with many sorrows." (1Timothy 6:10). As Jesus' birth, the great event of God's gift to the world, approaches and one reflects on His "self-emptying" (θεία κένωση), and as the Lord teaches us through these powerful parables, here are a few points to ponder. Does wealth own the person or does the person own wealth? Does one's relationship with God and others change in a negative or positive way because of wealth? Does wealth increase the passion of greed or the virtue of charity? It is not wealth that is evil but greed. "Happiness can only be achieved by looking inward and learning to enjoy whatever life has, and this requires transforming greed into gratitude" (St. John Chrysostom).

Rev. John K. Lardas
Protopresbyter



LIVING THE MYSTERIES

*Brief Reflections on the Sacramental Life
of the Orthodox Church*

By John Capones

WHAT IS BAPTISM?

Baptism is a Mystery of the Orthodox Church. The Mysteries, also known as Sacraments, are the means through which we participate in God's divine grace. Through baptism, we renounce the devil, accept Christ as our Lord and Savior, and give our entire lives to God. We are baptized by a priest in the name of the Father, and of the Son, and of the Holy Spirit through three full-body immersions in blessed water. Baptism is a biblical practice: Jesus was baptized (Matthew 3:13-17, Mark 1:9-13, & Luke 3:21-22) and also commands His disciples to go and make disciples of all nations through baptism (Matthew 28:19).

WHY DOES BAPTISM MATTER?

Baptism proclaims our decision to follow Jesus Christ. To follow Jesus means to walk the way of the Cross. Jesus calls us to die to ourselves and this fallen world so that we can rise with Him and have new life. Our submersion in the baptismal waters is our spiritual death to sin; being lifted from the waters is our resurrection to new life in Christ. Our baptism also unites us to other people who have chosen to accept Christ. The Church, also known as the Body of Christ, is the community of baptized Christians; baptism is an integral component of the connective tissue that keeps this body together, alive, and thriving.

I'M BAPTIZED: NOW WHAT?

Our baptism, while having taken place at a specific date and time, must be a continuously lived experience for us as Orthodox Christians. Living our baptism means carrying out our decision to deny ourselves, pick up our crosses, and follow Jesus Christ. While we, via our godparents, have proclaimed this decision on the day of our baptism, we are called to reaffirm our decision each and every day of our lives. We live our baptism by being people of humility, mercy, and peace. We accomplish this task by drawing strength from the Holy Scriptures, knowing the teachings of the Church, and cultivating an intimate relationship with God through prayer.

Worship Services

Orthros 8:30 a.m. & Divine Liturgy 9:30 a.m. unless otherwise indicated

November

		Mon. 5	Great Vespers of St. Nicholas (Flushing, Babylon, Ground Zero, 7 p.m.)
Tue. 1	Sts. Cosmas and Damianos	Tue. 6	St. Nicholas
Mon. 7	Synaxis of the Archangels Michael and Gabriel & the Bodiless Powers: Great Vespers 6:00 p.m.	Fri. 9	The Conception of St. Anna
Tue. 8	Feast of the Archangel Michael & the Bodiless Powers	Sun. 11	The Great Vespers of St. Spyridon (Manhattan, 7:00 p.m.)
Wed. 9	St. Nektarios	Mon. 12	St. Spyridon
Tue. 15	Start of the Christmas Fast	Tue. 13	The Martyr Eustratios (Chapel)
Wed. 16	St. Matthew the Apostle (Chapel)	Wed. 14	St. Thyros (Chapel) The Great Vespers
Sat. 19	Challenge Divine Liturgy 10:30 a.m. (Orthros 9:30)	Thur. 15	St. Eleftherios (Chapel)
Mon. 21	The Entrance of the Theotokos	Fri. 16	Haggai the Prophet (Chapel)
Thur. 24	Great Vespers of St. Katherine 7:00 p.m. (Chapel)	Sat. 17	St. Dionysios (Name Day of Fr. Dennis) Challenge Divine Liturgy 10:30 a.m. (Orthros 9:30)
Fri. 25	St. Katherine & St. Merkourios (Chapel)	Mon. 19	St. Boniface (Chapel)
Wed. 30	St. Andrew (Chapel)	Tue. 20	St. Ignatios (Chapel)

December

Thur. 1	The Prophet Naoum & Filaret the Merciful (Small Blessing of the Water, Chapel)	Thur. 22	St. Anastasia (Chapel)
Fri. 2	St. Porphyrios (Chapel)	Fri. 23	Royal Hours of Christmas, 9:30 a.m.
Sat. 3	Great Vespers of St. Barbara (Manhattan 7:00 p.m.)	Sat. 24	Forefeast of Christmas & St. Eugenia (Chapel) Feast of Christmas, Orthros 6:30 p.m., Divine Liturgy of St. Basil 8:00 p.m.

Sacraments

Fri., Nov. 25	1:30 p.m., Wedding of James Priftakis & Sarah Dubinsky	Sun., Dec. 11	1:00 p.m., Wedding of Nicholas Tsouklidis & Yinabeth Tallaj
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Long Island Orthodox Networking (LIONS)

Save the Date: Tuesday, January 3, 2023
(Snow date Thursday, January 5.)
for the "6th Annual LIONS Event."
More details to come.

Calendars

The calendars will no longer appear in the Trumpet.
They can be accessed by going to
archangelmichaelchurch.org and clicking on Calendars

Please join the Heritage Library and Bookstore for a lecture

In the Glow of Archangel Light

BY V.K. MC CARTY



*Tuesday, November 8, 2022
(Please note new date)*

After the Divine Liturgy

*Archangel Michael Church
Angeliades Fellowship Hall
100 Fairway Drive
Port Washington, NY*

*Lunch provided by the
Philoptochos and CYCLADES*

*All donations to Heritage Library
and Philoptochos are welcome.
Thank you!*

Any questions call 516 551-9223

V.K. McCarty, Author and Theologian, lectures at the General Theological Seminary and the St. Gregory the Theologian Orthodox Mission in NYC. We are delighted she is returning to our church to lecture during our Patronal Feast.

ORTHROS:THE SIX PSALMS

The Six Psalms (Psalms 3, 37, 62, 87, 102, and 142) are a regular part of nearly every Orthros (Matins) service in the Church. Taken as a single unit, they are never omitted, except during Paschaltide (the 39 days after Pascha). The Six Psalms (in Greek, Hexapsalmos) is one of the most important parts of Orthros. It is "a time when all should put aside other thoughts, stand quietly, and concentrate on these penitential prayers." Truly, it is one of the holiest moments in the Orthros service. These Psalms are a summary of the Christian life, highlighting the sorrow that we so often meet along the way to our eternal joy. In some traditions, all the candles or lights in the church are extinguished while these Psalms are read. This, along with the phrase "Glory to God in the highest," calls to mind the dark night when Christ was born. It also affords us concentration on the Psalms' words. According to Archbishop Benjamin of Nizhegorod and Arzamas:

"This is done so that we, able to see nothing with our eyes, might listen to the Six Psalms attentively and with fear [of God] and so that everyone standing in the dark might shed a tear and release a tender sigh. For at night, and if there is no lighted candle nearby, it is difficult for people to see one another. It is for this reason that the rubric directs: thus we pronounce the Six Psalms with all attentiveness and fear of God, as conversing with our invisible Christ God Himself, and praying over our sins."

During the reading of the most bitter of the Psalms, Psalm 87, the priest leaves the altar to read his twelve morning prayers, which include intercessions for those standing in the church and for the forgiveness of their sins. This act symbolizes Christ, who heard the mourning of mankind and left his heavenly throne to rescue us, and ultimately shared in the suffering that Psalm 87 describes:

"Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbour, and mine acquaintances because of my misery."

There is also a tradition in the Church which says the Six Psalms will be read to each of us by our guardian angels at the Last Judgment, and during the time of the reading the whole world will be judged.

St. Paisios the Athonite on the Six Psalms

Once, we were housing a priest at Stavronikita Monastery, and at the Six Psalms he lowered the stasidi (stall) seat and sat down!

"Father," I told him, "They are saying the Six Psalms."

"This way I will enjoy them better!" he replied.

What I told him seemed strange about the Six Psalms. And there were other Fathers who were old that were standing. They were holding onto the stasidi and didn't rock at all.

It is one thing to be tired, to be sick, for your feet to shake and for you to sit--Christ will not condemn you--but it is another thing to think that it is better to say: "I enjoy it better sitting." How will he justify this? The spiritual life is not enjoyment. If you feel pain, sit, Christ is not a tyrant. And Abba Isaac says: "If you can't stand, sit." He doesn't say: "If you can, sit!"

-Elder, why don't we sit at the Six Psalms?

-Because it symbolizes the Judgment.

Because of this, when the Six Psalms are read, it is good for our nous to go to the hour of Judgment.

The Six Psalms last 6-7 minutes. In the first stasis we don't even do our cross, because Christ will not come to be crucified, but He will come as Judge.

While it is a lengthy part of the Orthros service..., we should try our best to stand and listen "with compunction and complete silence," meditating on the words of these Psalms which can be found here:

<https://dcs.goarch.org/goa/dcs/h/b/matinsordinary/normal/gr-en/index.html>

Source:

<http://full-of-grace-and-truth.blogspot.com/2015/02/the-significance-of-six-psalms-of.html?m=1>

We are Stewards of the gift of the time that God gives us every day.

BIBLE STUDY: GENESIS

Wednesday Bible Study Submitted by: Sophia Niarchos

Do you know who wrote the Book of Genesis? Do you know the three classifications of Old Testament books? Those who attended the first two weeks of Archangel Michael's Wednesday morning Bible Study classes with Fr. John, have learned this and much more.

In our first two September sessions, we compared the books of the Bible used in the Orthodox, Roman Catholic, and Protestant traditions; and Fr. John pointed out that none is more historical when it comes to Scripture than the Orthodox Church. He explained that the Septuagint is the translation of the Old Testament from ancient Hebrew and Aramaic into Greek. According to tradition, it is the result of 70 elders who separately wrote their translations, which all matched.

One of those 70 elders was Symeon, who, while translating, came upon the passage in Isaiah (Isaiah 7:14) that foretold of a virgin giving birth to Christ and was perplexed by it. He thought that "virgin" was inaccurate, and he wanted to correct the text to read "woman." At that moment an angel appeared to him and held back his hand saying, "You shall see these words fulfilled. You shall not die until you behold Christ the Lord born of a pure and spotless Virgin." St. Symeon is the saint to whom Joseph and the Virgin Mary brought the 40-day-old Jesus, leading to our continuing the Jewish tradition of bringing newborns to the church for their 40-day blessing (Luke 2:29-32).

Having the Septuagint in Greek is important for authentication, Fr. John explained, because of the Romans' destruction of the Temple, where the Scriptures were kept.

We also learned about omissions in the Bible that are found in the Latin Vulgate translated from the Greek by Jerome, that "Canon" refers to the compilation of the Books of the Bible that form both the Old and New Testaments, that the Jewish Canon was put together after the Christian one, that the two Testaments complement each other and can't be separated, and that "a lot of academia doesn't want to give credence to the Old Testament."

Genesis was written by Moses, to whom God, through the Holy Spirit, revealed what had happened before he arrived in the world (documented in the Old Testament book of Numbers 12: 6-8), thereby making Moses a prophet, not of the future, but of the past. It was also revealed to Moses that there would be a prophet greater than him: Jesus.

In the coming year, we will explore Genesis through the lens of Fr. Patrick Henry Reardon's *Creation and the Patriarchal Histories*, covering the topics of Creation, the Fall, Noah, Abraham, Isaac, and Jacob. We will see Christ in the story of Creation. As Fr. John ended our first session, "Let there be Light!"

Submitted by: Sophia Niarchos



Thursday Bible Study

Through the first two sessions of Bible study on Thursday nights, John Capones has led us in a wonderful discussion of how the Bible, as we know it, came to be and how Genesis fits into the Holy Scriptures.

Scripture is God's direct revelation to us and Genesis is the foundational text of that revelation in which Moses gives us a synthesis of his vision on Mt. Sinai in a way that we can understand. This revelation and synthesis continues throughout the Old Testament as a preparation for mankind to receive Christ.

We discussed the progression of covenants from the Old Testament into the New Testament. First, covenants were a pledge between men, nations, and families. Then the Covenant with God was sealed with the blood of bulls and goats (prefiguring the Crucifixion by describing the animals on their backs with their limbs stretched out). However, this all leads to the New Covenant which is sealed by the blood of our Lord and Savior, Jesus Christ. We no longer need to sacrifice as before to please God.

This begs the question, what are we to do if there is no blood sacrifice to offer to God? John led us in a discussion of this question by asking us a question: "What is our vocation as human beings?" Part of the answer discussed was "stewardship" of God's creation, which John defined as seeing the goodness of everything created by God. That is, we were given dominion. What are we to do with it?

In order to help answer this, John asked another question: "What are we doing to lift creation back up to God?" It is easy to venerate Holy and blessed things—icons, the chalice, priests' vestments. But what are we doing to venerate the icons of Christ in ourselves and others? If we learn to see each other as icons of Christ and truly part of God's creation, then we are lifting creation back up to God--lifting ourselves up as Christ lifted Himself up for us. With these insights, we can be relieved of any need to debate anyone about whether or not God created everything in, literally, 7 days. We are relieved of any pressure to prove anything. We don't have to ponder how it could happen since we will never be able to comprehend such events. It is only important that we believe that God created the world and everything in it. As Father John asks us each Sunday, "Do You Believe?"

Submitted by Gabriel Turri

STEWARDSHIP

On behalf of the Archangel Michael Church, we thank each devoted parishioner for responding with such tremendous generosity and support throughout the year. This has been a year of things coming back to normal. We have all our ministries operating with full programs; our church is filling up on Sundays; our youth programs are thriving; and our community is engaged and doing all the things we enjoyed doing before the pandemic. Please note that stewardship includes Youth Ministries and Sunday School. There are no separate fees for these programs. We are grateful to all our dedicated parishioners for the self-sacrifice and love shown to the church by offering the best of your time, talents, and treasure!

As we approach the end of the year, we ask that if you have not had the opportunity to complete your 2022 stewardship, that you please do so before the year ends. OUR church and community need our continued support through stewardship. With things back to normal, we have seen a dip in participation in stewardship and we need our families to show their support with what they can and are willing to give.

As of August 31, 2022, a total of approximately \$440,000 has been collected from our active Stewards. For the same period in 2021, a total of \$477,400 had been collected. Our expenses as of September 30, 2022, were \$917,000. As you can see, we are significantly lower in our collection this year than we were in the previous year. We still need your HELP and SUPPORT this year to meet our goal of having our operating budget totally generated from the stewardship of the faithful.

Please take the time to submit your stewardship this month for 2022. As always, we ask that you only do what circumstances allow. The community is always here to help and we in turn are humbly asking for your help.

May the blessings of the Lord Jesus Christ, the love of God the Father, and the communion of the Holy Spirit be with you all.

PHILOPTOCHOS



Young at Heart Luncheon

On Tuesday October 11, The Archangel Michael Ladies Philoptochos held its first Young at Heart Luncheon of the new ecclesiastical year. This is our second year of bringing together people in our community that are truly YOUNG AT HEART, to share a delicious meal catered by a popular restaurant in our community. Entertainment was provided by Kostantinos Fotiadis who shared popular bouzouki songs with us. Lively conversation, laughter, smiles, and hugs filled our fellowship hall. The Young at Heart Ministry is supported by families and donors of the AMC community. Thank you to the Parish Council, Nick Papain, Paul Stylianou, Georgia Kaufman, Mary Sole, Fr. Dennis Strouzas, Presbytera Paula Strouzas, Tom Gardianos, Chris Neocleous, Alex Pappas, and Steve Diakoumakis for their generous support of this important ministry. If you would like to support this ministry, please send your donation to Philoptochos with “Young at Heart Luncheon” in the memo section. We welcome all seniors of our community to join us at our monthly Young at Heart luncheons!



Holy Protection (Agia Skepi) Pilgrimage

On October 1, the feast day of the Holy Protection, the Agia Skepi, of the Theotokos, the Archangel Michael Ladies Philoptochos hosted a pilgrimage to the Holy Protection Monastery in White Haven, PA. This special day began with the Divine Liturgy followed by a wonderful luncheon provided by the nuns of the monastery. Their bakery was opened with all that the nuns had prepared for this special day. The smells of their delicious tsourekia, pites, prosphora, baklava, galatobouriko, and so much more wafted through the air. Beautiful icons, books, and a variety of religious items filled their bookstore for guests to purchase. We were blessed to share in this very

special day. We thank our new seminarian, John Capones, for driving the van to Holy Protection and joining us for this beautiful day.



Literacy Initiative

Each year the Archangel Michael Ladies Philoptochos has partnered with different literacy organizations to promote literacy with children and adults. In 2019 we partnered with the Book Fairies, in 2020 we partnered with Operation Paperback, and in the spring of 2022 we partnered with “If You Give A Kid A Book.” These initiatives have been very successful and brought the gift of literacy to many. We are very proud of this work and thus in the Fall season of 2022 we continued this initiative by partnering with two groups: “If You Give A Kid A Book,” a literacy program focusing on under-served children from pre-K to 3rd grade in the Daly School of Port Washington and “Book Fairies,” an organization that distributes books to disadvantaged children throughout Nassau County. Research proves that children who do not read at grade level by third grade are four times less likely to graduate from high school, and these numbers triple for children who experience poverty. The best way to curb these numbers is to make reading fun for children. In partnering with the Port Washington Pre-K program, Philoptochos purchased 76 copies of the book that was selected by the teacher. The books were then distributed to the children to read, enjoy, and take home to start their own home library. Our Book Fairies collection began October 1 and continued through November 1. We collected children’s new and gently-used books, and thank all those who contributed for their generous donations to this program.

August 30, 2022

Dear Fr. John, Fr. Michael, Fr. Dennis, Philoptochos, Parish Council, and AMC Family,

Thank you very much for my new fully electric hospital bed. The bed has improved my quality of life immensely. It allows me to transfer to and from the bed safely; it has reduced the severe edema and pain in my legs; and it enables me to get a restful night’s sleep. Your caring, kindness, and generosity has truly touched my heart. I would like to give a special thank you to Glorene Siarres for her tireless effort, support, and friendship.

Your sister-in-Christ,
Angela Tsakales

Matthew 5:16

Let your light so shine before men, that they may see your good works, and glorify your father which is in heaven.

1 Thessalonians 5:18

Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

HEALTHY HABITS THROUGH THE HOLIDAYS

By Linda Chondrogiannis

The holidays are a very busy time of the year, packed with family commitments, festivities, and a whole lot of eating! It starts with the Halloween candy we say we won't eat and rolls into Thanksgiving, holiday parties, Christmas, and then New Year's festivities. Following are a few healthy habit tips to help you during the holiday season.

Don't skip meals, especially breakfast.* This can lead to dropping of blood sugar levels, overeating later in the day, and making unhealthy food choices.

Prioritize sleep. Being tired can increase stress, which in turn affects your sleep. When we are stressed, we typically make unhealthy food and beverage choices. Try to stick to a regular bedtime each night.

Watch the alcohol. Be mindful of how much and how often you are drinking alcohol.** When you are consuming alcohol, don't do it on an empty stomach. Try alternating with glasses of water in between. This will keep you hydrated, and you will be thankful the next morning.

Ten-minute break. Before you go for seconds, give yourself some time to allow your stomach to get the "I'm full" message from your brain. Drink a glass of water and then see if you are still really hungry for more.

Support your immune system. No one wants to be sick over the holidays; but the excess consumption of sugar, stress, and winter weather is the perfect invitation for a cold and the flu. Eat nutrient-dense foods, including a rainbow of fruits and vegetables. Keep up with your supplements and try to limit your sugar intake.

Move your body. With the hectic schedule of the holiday season, exercising may seem hard to fit in. Daily movement is important not just for our physical well being, but also for our mental health. One of the best forms of exercise for everyone is walking, especially after a meal.

It's not all or nothing. Don't feel guilty if you don't stick to your health plans perfectly. A healthy mindset focuses on long-term sustainable goals, not perfection. It's about making adjustments when needed, especially over the holidays.

Family, Friends and Faith. The holidays are typically overrun with material gifts and overindulgence. Switching our focus to what really matters: our family, friends, and faith; having gratitude for those who are with us; remembering those who have passed; and leaning into our faith during this time brings us the true meaning of the holidays.

Note from Fr. John:

*Before taking Holy Communion, unless there are health concerns to take into consideration, no food or drink should be consumed. Parents should guide their children, depending on their age, as to when they should

not eat in the morning before receiving Holy Communion.

**During the Christmas Fast (a less-strict fast than that of the Great Lent as fish is allowed through December 12 and there's an exception for the Thanksgiving holiday) from November 15 through December 24, the only alcoholic beverage allowed is wine and only on weekends.



SPECIAL NEEDS 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. Please mark your calendars and join us at 7:30 p.m. for meetings on the following dates: November 29, December 20, January 31, February 28, March 28, and April 25.

Our mission is to educate, inform, share resources, and advocate for our children. We look forward to seeing our existing members and to opening our doors to new members.

This year the annual Greek Festival on the Harbor opened early to the special needs community. All rides were complimentary by our church and by owner/operator, Mr. Newton. Rides were made available to the families. Afterwards, our church invited the families to a reserved area where a complimentary meal and dessert were provided for all to enjoy.



We want to personally thank Parish Council President John Koumpourlis as well as Festival Co-Chairs Eleni Germanakos and Nick Tzoumas for their kindness and generosity.

A STUDENT'S GUIDE TO THE COLLEGE APPLICATION PROCESS

By Seva Karonis

Here's a confession: I've been wanting to go to college since the fifth grade. Yep, I was that nerd who discovered what higher education was and yearned for it desperately. I can't say that feeling has gone away—I'm still excited at the prospect of college—however the college application process is something entirely different. Despite learning all the unfamiliar terms (like what the FAFSA is) and meeting every deadline, at times I still feel totally unprepared and overwhelmed. It's a miracle any high schooler completes this grueling process, let alone goes through it.

I understand that this can be a stressful time for all the seniors out there—I can attest to that—and that some students may need more guidance than others. Yet I find the more you learn about the process, the more prepared you feel. So, to my fellow seniors out there who are looking for some tips, I've got you covered.

Since this article's going over the college application process, I'm going to assume you've already narrowed down your college choices. That being said, one thing that's hard to determine (and not many people consider too deeply) is the cost of attendance.

Worried about that? If that's the case, your best friend is going to be your net price calculator (NPC), a tool on each school's website used to calculate how much federal aid you could get from that college. Each NPC is different for each school, so if you're wondering what the financial packages at your dream colleges may look like, I

suggest starting there. Remember, this is not the FAFSA, or a way to qualify for aid; it's just a rough estimate of what your financial package could look like.

This can help you eliminate some colleges based on price—in my mind, no school is worth pulling out loans that will follow you into your adulthood. After that's calculated, your next step is to connect with the colleges you're dead set on applying to. This is especially applicable to prestigious universities who get thousands of applicants every year.

Taking the extra step to connect with these colleges proves demonstrated interest. Applying for a workshop, emailing an admissions officer to inquire about a program, or taking a campus tour may be tedious work, but ultimately benefits you by showing your dedication. Plus, it's a great way to gain more information beyond the college's website!

A great resource for this is the website CollegeVine. Though it's mainly known for giving accurate predictions of your chances of getting into a certain college, it offers much more that can help connect you to colleges. There are virtual workshops and ways to contact admissions officers from various schools; overall, it's a great place to start networking and getting your name out there.

Learning more about colleges may lead you to find one that's a perfect fit, one that you'd do anything to attend. If that's the case, you may want to consider applying Early Decision. This means that you apply early to only one college, and thus discover whether or not you've been admitted much sooner. Plus, your chances of admittance increase, since this college will see your commitment to their school. Be careful though; this is a binding agreement, meaning that you have to attend if you're accepted.

A much safer route (with the same concept) is applying Early Action. It's the same thing as Early Decision, only it's non-binding (meaning you aren't forced to go if you're accepted) and you can apply to multiple schools. However, you still want to prepare your applications for Regular Decision in case none of these schools accept you.

Once you've narrowed down your top choices, it all comes down to the essays. Some say that this is the most daunting part of the application process, since it requires you to reflect on yourself and gives colleges an insight into who you are. I personally believe that it's the most important part of an application—grades and extracurriculars can speak for themselves, but nothing can truly capture your personality the way an essay can.

A common thing I hear from a lot of people is that they don't have a "tragic backstory" or life-altering experience to use in their personal statement. But you don't need one! Sometimes the best lessons come to us from the smallest of moments. Taking this approach to writing your essay not only makes you more relatable to an admissions officer, but also distinguishes you from other applicants. Being able to tell a story about a topic that may seem frivolous and turn it into something bigger makes you a creative, out-of-the-box thinker.

I wrote my college essay about driving a car, and I don't even have my permit yet! I'd encourage you to take a unique concept and expand upon it, connecting it back to yourself and your characteristics. Personal statements are all about discussing your past, present, and future and how the qualities exemplified in your experiences will make you a great fit for certain colleges.

In addition to the personal statement, many competitive schools require prospective students to write supplemental essays answering specific prompts. Usually, the question asks why you want to attend this school or makes you elaborate about a specific program. Students often get so burnt out by their personal statements that they don't put enough energy into their supplemental essays, but that's a detrimental mistake. These essays are arguably more important, since they're what show your passion for attending this college and can sway an admissions officer's opinion of you in an instant.

If you're not comfortable sharing your essays with a college counselor or other school faculty, Story2 (www.story2.com) is a great resource for those who need additional feedback. It's a website where you can submit your college essay and get some tips from a legitimate professional on how to improve it. The best part is, this service is totally free!

By the time this issue is out, I'm hoping to have filled out all my applications and have a rough idea of where I'm

headed. Knowing that I'll be finished by December is relieving and allows me to go into the rest of my senior year much calmer than when I started it. To those in the midst of this process, I hope these tips are helpful and ease any worries you may have. By the time your final application is sent out, remember to take a breather and take it easy; you still have so much of your senior year to enjoy.

Seva Karonis, a member of GOYA and BYC, is journalism major at Francis Lewis H.S.



Congratulations Graduates!



The following names were inadvertently omitted from the Congratulations Graduates page of the September/October issue of the Trumpet.

Gabrielle Pappas

Manhasset HS

Binghamton University

Sophia Stefanakis

Manhasset HS

University of Chicago

Calliopi Triantafyllou

Manhasset HS

University of Michigan

SUNDAY SCHOOL

The Archangel Michael Sunday School had a wonderful start to the school year with an Agiasmos blessing service offered by Fr. John followed by a visit from the ice cream truck! Our teachers and students equally enjoyed the first day back and being together again.



This year, we have begun a new monthly calendar where we share the group activities and projects we will be working on. Please see the weekly bulletin for more details on our calendar and up-to-date Sunday School information.

We are already busy with preparations for the annual Christmas Pageant, which will be held on December 18. More information on student sign-ups and parent volunteering to come.

We would like to extend a warm welcome to our new teacher, Alaina Graziano, who will be teaching our 9th/10th grade Young Adult Class. Thank you, Alaina, for your time and dedication to our youth!

And new this year, we will be interviewing a few of our Sunday School students each month to share with the community why they love coming to Sunday School.



Nicholas Papain: 1st Grade

I like coming to Sunday School to do fun crafts and art about Jesus.

Favorite Saint: Saint Nicholas because he was kind and generous, and because I am named after him.

Katherine Gianoukakis: 4th Grade

I like coming to Sunday School because I want to learn more about God and Jesus. Sunday School is always fun and I get to see my friends.

Favorite Saint: Saint Katherine because she always protects me.

As always, if you have any questions or are interested in joining our amazing Sunday School team, please reach out to Sunday School Director, Sara Savva, at: sundayschool@archangelmichaelchurch.org.

ARCHANGEL MICHAEL PRESCHOOL

All the children have happily settled into their Preschool classes. Our October Halloween costume parade was a huge success. The children enjoyed marching to the music and showing off their costumes to their families and friends.

In November we will be celebrating and learning about our Patron Saint, the Archangel Michael. Fr. John and Seminarian/Chanter, John Capones, will speak to the children about the holiday. Also, in November, all the classes will be making their own butter and cornbread for our Thanksgiving celebration. The Pre-K will present a Thanksgiving play and read their Thanksgiving books, which they created. We look forward to having Fr. John, Seminarian John, and the office staff as our audience!

December is going to be a very exciting month for the children. We will be celebrating St. Barbara and St. Nicholas. Our rooms will be decorated with Christmas theme projects made by the children. They will also learn 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.

During Greek classes all are learning their colors and numbers through various songs and finger play. The Toddler Class continues to form bonds with their new friends. They will soon be making Christmas presents and crafts. The toddlers are counting in Greek and English and learning their colors and the alphabet.



School will be closed on the following days:

Tuesday, November 8	Archangel Michael/Election Day
Friday, November 11	Veterans Day
Thurs. & Fri., November 24 & 25	Thanksgiving Recess
Wednesday, December 7	Parent-Teacher Conferences (Pre-K & Nursery Classes)
Thursday, December 22	Christmas Sing-a-Long (Fellowship Hall)
Thurs. Dec 24-Fri. Jan 1	Christmas Recess

Please note that school will resume on Tuesday, January 3.

If you are interested in visiting the school, please call [516-944-3184](tel:516-944-3184).

Everyone at the Preschool would like to wish you all a
“Merry Christmas and a Happy and Healthy New Year!”

GREEK LANGUAGE INSTITUTE

Our Greek Language Institute began successfully on September 14 with much enthusiasm and energy by our students, teachers, and Principal Giannou. Following an outstanding in-person registration led by our treasurer, Dina Petrakis, students were guided into their classes for a new year of learning. In-person registration allowed for families to get comfortably acquainted with others and also attend Agiasmo with Fr. John in our beautiful church. In addition, the teachers provided a meaningful “Meet and Greet,” where parents were welcomed by our excellent staff.



Students displayed their talents in our October OXI Day Celebration. OXI Day, also referred to as the “Day of No,” took place when Greek Prime Minister Ioannis Metaxas refused an ultimatum handed to him on October 28, 1940 by the Italian dictator Benito Mussolini. Students learned of the courage and resilience of the Greeks who had the strength and determination to say “OXI!”. The day was celebrated through songs, poetry, dance, and theater.

We are all looking forward to December which has traditionally been filled with the joy of the Christmas celebration and Kalanda singing.

Please note that the Greek School PTA and GLI will be hosting a Glendi at the New Hyde Park Inn on Sunday, January 29, 2023. Come celebrate with us and enjoy the special features such as music, dancing, raffles, and much more! Thank you for supporting our Greek Language Institute and PTA here at Archangel Michael Church.

What a great start to the new school year!

It was so nice to see returning students and meet with new families. Upon completion of the first day of classes, GLI PTA treated the students to ice cream.



On Sept 28, we held our first GLI PTA meeting. What a great turnout! We reviewed the calendar of events for the year and discussed our two fundraisers. For the Chocolate Fundraiser, boxes of chocolate to be sold were sent home in mid-October. We are also very excited to announce that our Glendi fundraiser is scheduled for January 29, 2023 at the New Hyde Park Inn. Be sure to mark your calendars! We look forward to seeing you all there.

We are so thankful for good friends like you and hope you will join us at our Friendsgiving celebration!

Thank you to the parents who volunteered as Class Moms or who have assisted with events throughout the year. All of the volunteer work is greatly appreciated. If you would like to sign up to volunteer or if you would like additional information, please contact:

gspta@archangelmichaelchurch.org or

Co-Presidents, Vickie Geleris
and Cally Moliviatis
Treasurer, Tina Mannino
Secretary, Anna Mihalos



let's GATHER

PLEASE JOIN US FOR A

Friendsgiving Ladies Night

NOVEMBER

10

7 P.M.

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Archangel Michael Church

ANNUAL NAMEDAY GALA

Honoring

HARRY LASCARIDES *Posthumously*
AND BARBARA MAVRO

HELLENIC THREAD AWARD RECIPIENTS

MARIO HARRIS
SERVICE AWARD RECIPIENT

FRIDAY, NOVEMBER 18TH

The Swan Club

90 GLENWOOD ROAD, ROSLYN, NY 11576

7:00 PM COCKTAIL HOUR • 8:00 PM DINNER
LIVE MUSIC BY POWER STATION
\$150 PER GUEST • \$50 PER GOYAN

TICKETS MAY BE PURCHASED AT
WWW.SHOWTIX4U.COM/EVENT-DETAILS/67906



*The Ladies Philoptochos Society
of the Archangel Michael
Greek Orthodox Church invites you to*

The Annual Christmas Family Luncheon

"A New York Christmas"

Sunday, December 11, 2022

12pm - 4pm

**Luncheon and festivities at
Leonard's Palazzo**

555 Northern Blvd, Great Neck NY 11021



***Featuring Grand Raffle 1st prize
\$1500 Visa Gift Card***

- *The Famous Sweet Shop Bakery*
- *The Traditional Children's Raffle*
 - *Fabulous Chinese Raffles*
- *Photos with Santa and Mrs Claus*
 - *Caricature Artist for kids*



***Get a jump start on your holiday
shopping with unique gift ideas
brought to you by our vendors.***



***\$65 adults ~ \$50 Goyans ~ \$30 children under 12
~ children under age 2 complimentary***

Please RSVP by Dec. 4, 2022 to: dakis828@gmail.com



Athletics

AMC BASKETBALL INSTRUCTIONAL

Our highly popular AMC Basketball Instructional started on September 17, 2022, and once again it is a “hit” with our young parishioners who are anxious to hone their fundamentals. The instructional is held at the AMC gym most every Saturday, at 9:00 a.m. – 10:25 a.m. for players ages 9 to 12, and 10:30 a.m. – 11:45 a.m. for ages 5 to 8. The time slots are set up so that there are no conflicts with the AMC Dance Troupe, which is run on Saturday morning.

GOBL JOY/GOYA BASKETBALL SEASON

We continue to be one of the largest GOBL Basketball communities in New York State! Registrations are complete, and our 20 teams will be ready to play as of November 1, 2022. We wish to express our ongoing gratitude to the parents and players who support our program and commit to attending practices and playing games every week, as well as to the coaches who dedicate endless hours away from their families to guide our young players in an attempt to have a fun, successful, and athletically educational season.

VOLLEYBALL PROGRAM

This year interest in our Archangel Michael Volleyball program has expanded exponentially, with registrations for both the boys and girls teams doubling in size. The boys team is Coached by Nick Tagios who is assisted by Constantine Lascarides. The girls team is coached by Angelo Pappas. The advisor of the program is Sara Savva, who is assisted by the GOYA advisors and it all operates under the umbrella of the AMC Athletics Ministry.



Our Annual AMC Harry Lascarides Volleyball Tournament is scheduled to be played on November 5, 2022, and we are anticipating participation by quite a few communities.

HOPE/JOY

The HOPE/JOY program started off the year with a Meet and Greet event for an Open Gym Night. The children all got together after the long summer break for some fun crafts, basketball games, and to enjoy each other's company!



The JOY group in conjunction with HOPE kicked off another great year with their annual Halloween Party. Children gathered in their favorite costumes for a fun day of games, activities, festive fall crafts and, of course, candy!

We are also preparing for our Veteran's Day Service Workshop event taking place on November 11. Be sure to save the date for our much-anticipated Christmas Party scheduled for December 10. More details to follow over the next couple of weeks.

Hellenic Orthodox Primary Enrichment (HOPE) for ages 4-7 and Junior Orthodox Youth (JOY) for ages 8-12 were created with the goal of gathering children and families in activities which promote Orthodox Christian fellowship. Through HOPE and JOY, our youth are enriched with religious and social activities, community service, and Orthodox outreach trips in concert with other church organizations. For more information, please contact:

HOPE advisors: Gianna Aprilakis and Maria Vlachos hope@archangelmichaelchurch.org

JOY advisors: Georgia Mourounas and Tina Paralemos joy@archangelmichaelchurch.org

Byzantine Youth Choir

We are looking forward to sharing an afternoon of singing and playing musical games with our friends at Hellenos House in December. It is always a wonderful experience for all!



The Archdiocesan District Federation's 37th Annual Church Music Conference was held Friday through Sunday, October 28-30 at the Archdiocesan Cathedral of the Holy Trinity in New York City, commemorating the Centennial of the Archdiocese. Kristen Bruskas directed the Conference Choir featuring the Divine Liturgy by Dr. Theodore Bogdanos and the Doxology by Dawn Helene. A Church Music Institute (CMI) was conducted by Grammy-nominated conductor and composer Benedict Sheehan.

In honor of veterans who have bravely served our country, the Youth Choir will be presenting a musical tribute on Sunday, November 13, immediately following the liturgy.

The Youth Choir is busy preparing the glorious Christmas hymns *I Genesis Sou Christe O Theos*, *Litrosin* and *I Parthenos Simeron* for upcoming liturgical services and for the Sunday School Christmas Pageant.

*Wishing Everyone a Blessed Thanksgiving
and Joyous Christmas!*
† With Faith & With Love ♥,

GOYA

GOYA is very excited for this new year with 150+ GOY-Ans registered and ready for all of the great events to come!!

We quickly got into our festival prep, with over 50 GOY-Ans filling tzatziki cups for this annual event. During the festival we had over 100 volunteers in the Bakery, Taverna, and Ring Toss tents. They could be seen selling candy and doing so much more to help! We are so proud and thankful for all our GOY-Ans who came out to support our community.

October was busy with GOYA nights, where our GOY-Ans came together to the church for nights full of fun, games, and pizza! We also had an InterGOYA dance at St. Paul's Cathedral where we enjoyed an evening of fellowship and dancing.



Our GOYANS are looking forward to serving our church community at our Annual Pancake Breakfast on Sunday, November 6! We hope you will join us!

We will soon be kicking off our annual Thanksgiving Food Drive which always starts off the GOYA holiday season in a great way. Our November will be busy with our food drive as we deliver packages to the less fortunate. Be sure to save the date for our annual Thanksgiving Eve Dance scheduled for Wednesday, November 23.

It's never too late to join GOYA!!! Come and join us for fellowship all year long. Please send an email to goya@archangelmichaelchurch.org indicating your interest in joining.

Wishing everyone a Merry Christmas and a Happy Healthy New year.

Greek Dance Troupe

The Greek Dance Troupe is off to a great start after kicking off 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! A great time for all! Thank you to Manny and Marina Katsoulis for including the children of the Greek Dance Troupe!

We have some wonderful plans for the upcoming year. The Greek Dance Troupe is looking forward to participating once again at Parathosi—a Celebration of Hellenic Heritage & Dance to be hosted in January by the Direct Archdiocesan District. Many communities from the tri-state area and beyond will come to show their dance knowledge and beautiful costumes representing various areas of Greece. Come support our dancers!

Also in January, our groups will be heading down to Atlanta, Georgia, to participate in the Hellenic Dance Festival (HDF) of the Atlanta Diocese. Good luck to all our groups!!!

Come February, our Neolea and Hara groups will be heading out to Phoenix, Arizona, for the annual Faith Dance Fellowship (FDF), Greek Orthodox Folk Dance & Choral Festival! Both groups placed in last year's competition.

The Greek Dance Troupe meets on Saturdays throughout the school year and welcomes children from Kindergarten and up.

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

YMC at AMC

YOUNG MARRIED COUPLES
MINISTRY OF ARCHANGEL MICHAEL
GREEK ORTHODOX CHURCH



COMING NOVEMBER 2022

Join us in growing our newly married couples community at AMC!
Our mission is to build an organization for networking via social & religious events amongst those newly married!

email Stacia Maillis
to sign up with your spouse today
stacia.tm@gmail.com



The Archangel Michael Church
Please join us in the Fellowship Hall

November 2 @7:30pm

**The Women's
Forum**

Topic: Women in the role of caretakers

Refreshments will be served

Save the Dates... Topics TBA

January 8 March 15 May 17



Please join us for the
**Archangel Michael Church
 Christmas Tree Lighting**
Thursday, December 1, 2022
at 5:30 p.m.
 on the Plateia of our church
 followed by Greek & English caroling,
 a visit from Santa & Mrs. Claus, and
 complimentary hot chocolate and
 Christmas cookies!



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COMMUNITY PHOTOS



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