



The Archangel Michael Church Trumpet

Jan-Feb 2023 • Issue 63 • Archangel Michael Church • Port Washington, NY

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QUICK NEWS & EVENTS

Tues., Jan. 3:
LIONs Networking Event

Sun., Jan. 8:
Diving for the Cross

Wed., Jan. 18
Women's Forum

Sun., Jan. 29
GLIPTA Glendi

Sun., Feb. 5
GO RED Sunday

Sun., Feb. 12:
Godparents Sunday

Sat., Feb. 18:
First Saturday of the Souls



**The Ordination of Fr. Ioannis Capones
to the Holy Priesthood
Axios!**

**December 25, 2022
St. Nicholas National Shrine at The World Trade Center**

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. Ioannis Capones, Presbyter
Fr. Dennis Strouzas, Retired
Protopresbyter of the Ecumenical Patriarchate

Chanter: Petros Malliaris

Office Staff: Dora Gouramanis, Christine Zeiner, Dinia Delgado

Parish Council Members

Michael Bapis, Stelios Diakoumakis, Fiffy Eliades, John Halkias, Warren Herz, George Kaparos, Nick Kokinakis, John Koumpourlis, Michele Lascarides, Helen Maropakis, Chris Neocleous, Mark Pappas, Nicholas Tzoumas, Demetrios Ziozis

Please note: At the time the Trumpet went into production, the election results for the remaining seven 2023 Parish Council members were not yet available and the election of the 2023 Executive Board had not yet taken place.

About the Trumpet

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

Production

2022 Parish Council President: John Koumpourlis
Editor: Barbara Mavro
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Direct inquiries to: trumpet@archangelmichaelchurch.org

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

Jan-Feb Sunday Worship Schedule

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

January 1, 2023

The Circumcision of our Lord, God and Savior Jesus Christ

Dear Parishioners,

"O Thou, the Fashioner of all creation, Who in Thy power hast established times and season: Do Thou bless the crown of year with Thy graciousness..." Troparion of the New Year

A Blessed New Year and Epiphany! I am most grateful for our abundant blessings, and with humility, look ahead to what I pray will be an exciting year for the Archangel Michael Church.

First and foremost, we offer great thanksgiving that the Lord has bestowed His great mercy and graciousness upon us to seek our repentance in the New Year. After His baptism, our Lord begins His public ministry reciting, *"The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."* (Mark 1:15)

Secondly and very significantly, the Archangel Michael Church will be signing a contract to purchase the adjacent 3.9 acres of land that will be part of our mission *"Spreading Our Wings and Expanding Our Ministries"*! We thank our parishioners who have generously pledged \$1,425,000 towards our fundraising goal of \$1,600,000. We are grateful for your vision and commitment to Archangel Michael Church to benefit future generations. It is not too late to make a gift! I invite you to do so by considering that the Greek word for benefactor is "Ευεργέτης": Εὖ means good and ἔργον means work. The work we are doing in His name will strengthen our foundation for years to come! Please contact the church office or visit our website to do so.

Finally, in 2023, our Archangel Michael Community will be switching to a church management system called REALM. This indispensable web-based tool will become your one-stop portal for all things AMC, including communication, links to live streams, ministry registration, and so much more. There is even an app to stay connected with AMC wherever you are! In January, you will be receiving an email from REALM inviting you to register, along with instructions on what to do. There will also be plenty of support from Archangel Michael Church to help every parishioner with this transition. Please look out for more information as Archangel Michael Church goes digital!

I am very excited at the prospects of the year ahead, and I pray that the Holy Spirit will bless and protect us all!

May we all be beloved daughters and sons of God by the good grace of the Holy Spirit, as God spoke to His Son, when the Holy Spirit descended upon His head during Jesus' baptism saying, "This is my beloved Son!"

May the grace of the Holy Spirit be with you all!

In Christ,
Rev. John K. Lardas
Protopresbyter



December 25, 2022

The Nativity of our Lord, God, and Savior Jesus Christ

Greetings in the Name of our Newborn King!

I pray that this letter finds you and your families well and with every abundant blessing from above during this very special time of year.

The Christmas season offers us so many beautiful opportunities for fellowship with one another. Many of us have been busy preparing our homes to receive loved ones and friends while trying to balance the rigorous demands of our familial, professional, and social responsibilities. This is truly a season of giving, and I know that each of you has selflessly given of yourselves to your neighbors, communities, and this beautiful parish in unique ways.

As we come together on this Holy Day of Christmas, let each of us find a moment of solace in which to prayerfully reflect on the sacred mystery that is now made manifest before our eyes and come to a fuller understanding of the true reason for this blessed season.

We give of ourselves to others during this season because Christ has freely given of Himself to each of us. We feast because it is now that God and man are able to be reconciled. We rejoice because the power of death and sin is rendered null and void through the gospel of salvation that our Incarnate Lord has come to preach to us.

Christ our Lord was begotten of the Father before all ages and has now accepted to take on flesh from the Virgin to be born into this world. Christ our Lord was seated at the right hand of the Father and has now descended from Heaven to be wrapped in swaddling clothes and lay humbly in a manger. Christ our Lord who created everything in wisdom with the Father and the Holy Spirit now becomes a creature so that He may renew creation in and through Himself upon the Holy Cross.

This Christmas season let us abound in gratitude for the blessings we have received and for the gift of redemption which our newborn King bestows upon us. Let us live our gratitude to Christ by continuing to be heralds of His Gospel in a world so desperately in need of mercy, peace, and love. Remember the poor, sick, and suffering. Pray for them. Engage with them. Love them.

It is my most fervent prayer that Christ be born and glorified in the manger of our hearts on this day and everyday of the approaching new year 2023.

May each of you enjoy a Merry Christmas and Blessed New Year!

In Christ our Lord,
Presbyter Ioannis Capones

Worship Services

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

January

Sun. 1 Feast of the Circumcision of our Lord and Savior Jesus Christ and the Feast of St. Basil the Great, Archbishop of Caesarea of Cappadocia
Orthros 9:15 a.m. Divine Liturgy 10:30 a.m.

Thur. 5 Forefeast of Epiphany;
The Royal Hours 8:30 a.m.
The Great Vespers of Epiphany and Divine Liturgy of St. Basil 10:00 a.m.
(Followed by the Blessing of the Waters)

Fri. 6 Feast of Epiphany of our Lord and Savior Jesus Christ & The Great Blessing of the Waters
Orthros 8:15 a.m., Divine Liturgy 9:30 a.m.

Sat. 7 The Synaxis of the Honorable and Glorious Forerunner John the Baptist

Sun. 8 Sunday after Epiphany celebrated by His Grace Bishop Athenagoras of Nazianzos; Blessing of the Waters at North Hempstead Beach Park following the Divine Liturgy
Orthros 8:00 a.m., Divine Liturgy 9:30 a.m.

Tue. 17 Feast of St. Anthony

Wed. 18 Feast of SS. Athanasios and Cyril

Sat. 21 Feast of St. Maximos the Confessor
Orthros 9:30 a.m.
Challenge Divine Liturgy 10:30 a.m.

Wed. 25 Feast of St. Gregory the Theologian

Sun. 29 Sunday of the Canaanite Woman
Celebration of Greek Letters Day

Great Vespers for the Three Hierarchs (Brooklyn) 7:00 p.m.

Mon. 30 Feast of the Three Hierarchs

February

Thur. 2 Presentation of Christ to the Temple

Sun. 5 Beginning of the Triodion & Fast-Free Week

Mon. 6 St. Photius

Sat. 18 1st Saturday of the Souls
Orthros 9:30 a.m.
Challenge Divine Liturgy 10:30 a.m.

Thur. 23 The Feast of St. Polycarp

Sat. 25 The 2nd Saturday of the Souls

Sun. 26 The Sunday of Forgiveness; Vespers of Forgiveness 5 p.m.

Mon. 27 The Beginning of the Great Lent
The Great Compline 7:00 p.m. & Family Lenten Gathering

Sacraments

Sat., Feb 4 12:30 p.m., Wedding, Keith Caparelli & Maria Tsiatis

Sun., Feb. 11 1:00 p.m., Baptism: Child of Anthony & Katherine Varikos

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 or Fr. Ioannis, who will bring Holy Water sanctified on the Feast of Epiphany, and bless the home and all present. Those wishing to schedule a house blessing should contact the church office at (516) 944-3180.



The Blessing of the Waters

In Honor of the Feast of
Epiphany

Sunday, January 8, 2023

North Hempstead Beach Park

175 West Shore Road, Port

Washington, NY 11050

At 1:00PM

If you are interested in diving for the
cross, please click the following link

<https://forms.gle/8HK2tqKL7u9LjGbu5>

2 Diving Categories

GOYA Females — High School

GOYA Males — High School

Participating Communities

St. Paul Greek Cathedral , Hempstead

Church of the Holy Resurrection, Brookville

The Archangel Michael Church, Port Washington

Gourmet Refreshments will be served

For more information please contact one of the churches
at: 515-671-5200; 516-433-4522; 516-483-5700;
516-944-3180



The Apolytikion of Epiphany

Ἐν Ἰορδάνῃ βαπτισομένου σου Κύριε, ἡ τῆς Τριάδος ἐφανερώθη προσκύνησις· τοῦ γὰρ Γεννήτορος ἡ φωνὴ προσεμαρτύρει σοι, ἀγαπητόν σε Υἱὸν ὀνομάζουσα· καὶ τὸ Πνεῦμα ἐν εἵδει περιστερᾶς, ἐβεβαίον τοῦ λόγου τὸ ἀσφαλές. Ὁ ἐπιφανεὶς Χριστὲ ὁ Θεός, καὶ τὸν κόσμον φωτίσας δόξα σοι.

In the Jordan River Thou was baptized, O Lord, and the worship of the Trinity was made manifest. A voice from God the Father was heard saying, “You are My Beloved Son”; and the Spirit, in the form of a dove, confirmed the spoken word. O Christ God, who reveals Himself today and enlightens the world, glory to You.

The Kontakion of Epiphany

Ἐπεφάνης σήμερον τῇ οἰκουμένῃ, καὶ τὸ φῶς σου Κύριε, ἐσημειώθη ἐφ’ ἡμᾶς,
ἐν ἐπιγνώσει ὑμνοῦντας σε. Ἦλθες ἐφάνης τὸ Φῶς τὸ ἀπρόσιτον.

You appeared today to us on earth, O Master, and Your light was signed on us who cry aloud to You and say with understanding, O Christ our God: You came and shone forth, O Light unapproachable.

ORTHROS SERIES: LORD HAVE MERCY

Upon the completion of the reading of the six psalms (hexapsalmos), the chanter and priest engage in an exchange we hear frequently in our church services; namely, calling upon our Lord for His mercy. As St. Symeon of Thessalonike (canonized 1981) wrote in his *Treatise on Prayer* in the 15th century:

“This intercession is appropriate, since we should not ask for anything except for mercy, as we have neither boldness nor access to offer anything as our own, nor to request anything as such, since everything is from God and of God, nor can we think that we have not sinned.”

“So, as sinners and condemned through sin, we cannot, nor dare not, say anything to our loving Master except ‘have mercy.’ For we have grieved him and grieve him every day so much...both priest and people together...”

“We cry that we are not worthy to be heard and pitied, because of the multitude of our faults....”

“You see then the humble wisdom and order of our Church? You see how it sets in order and offers its children to God through penitence and humility? We do not perceive this...nor do we understand these lofty meanings but only speak with our lips by habit and are in a hurry to shake off prayer as a burden. Others out of indolence do not say the ‘have mercy,’ nor do we attend with our mind when it is recited, and therefore do not receive God’s mercy. Ponder and reflect on the aim of the Church, however, and attend to this aim....”

From: St. Symeon of Thessalonike. *Treatise on Prayer: An Explanation of the Services of the Orthodox Church*. Edited by N.M. Vaporis. Translated by: H.L.N. Simmons. Brookline: Hellenic College Press, 1984.



Our Stewardship theme for 2023 is “Giving Thanks: Eucharistic Stewardship.” As true stewards of the Body of Christ, we understand the power of our Stewardship to revitalize the Church.

Stewardship is our response to God’s grace and moves us from grace to gratitude. Just as we love because God first loved us (I John 4:14), we give because God first gave to us. The question of the Psalmist, “What shall I give to the Lord in return for all His benefits towards me?” (Ps 116:12), is answered in every liturgy when we pray, “Let us offer ourselves and one another and our whole life to Christ our God.”

Our Stewardship Program is based on a calendar year. We ask that you pledge in January for the year 2023 and fulfill your pledge either on a recurring or one time basis, as you see fit.

All stewardship funds are allocated to the operating expenses of the church and its facilities, including essential items such as insurance, utilities, maintenance, and snow removal. It also includes the salaries of the clergy, the office and church staff, supplies, postage, etc. Various ministries such as Sunday School, GOYA, JOY, HOPE and Little Angels are included as part of our Stewardship program.

Stewardship should be whatever one chooses to donate based on means and conscience. It is understood that some will be able to give more, and for others, it may be less. As you consider your stewardship pledge to the Archangel Michael Church for 2023, please take into consideration that the goal of the Parish Council is to have the operating budget generated entirely from the stewardship of the faithful. The average cost to operate the church for 2022 was approximately \$1600 per family, while the average annual stewardship amount was a little less than \$1,000 per family.

We are all called to give as we can. “Treasure” is not the only aspect of stewardship; time and talent are important as well. These include volunteering to serve on church committees, helping to organize and execute church functions, singing in the choirs, teaching Sunday School, and other forms of ministry. Stewardship is engagement in the total life of the church. We invite each parishioner to join us in doing so. Your assistance will be gratefully appreciated by all!

We are brothers and sisters in Christ - a family.

PHILOPTOCHOS



Philoptochos Sponsors Archangel Michael Vespers and Name Day Celebrations

Every year it is with great pleasure that our Ladies Philoptochos hosts the Archangel Michael Vespers and Name Day celebrations. This ecclesiastical year His Eminence Archbishop Elpidophoros joined our community for our vespers service, which was followed by a reception featuring delicious mezethakia, homemade sweets, and a special chocolate cake donated by Theodore Christophorou and the French Workshop to celebrate His Eminence's recent Name Day.



The Name Day Liturgy was followed by a luncheon with pastitsio donated by Kyklades restaurant and many other foods and sweets provided by our Philoptochos ladies. We thank our chairladies Georgia Mouzakitiss, Christine Korakis, and Lisa Glavas and the many ladies on the committee that made these events possible. Many, many thanks to Dory Karahaliss, Marina Vlahos, Irene Dellis, Fifi Eliades, Toulas Kalapoutis, Vickie Desylla, Debbie Dakis-Coritsidis, Liz Tagios, Barbara Mavro, Anastasia Drallios, Michele Lascarides, Sophia Gaitanis, Maria Dedousis, Alkmini Diakoumakis, Bessie Ziozis, Eleni Raptis, Connie Manos, Kalliope Barberis, Vickie Giourakakis, Magda Gerazounis, Dora Lagos, Sandy Regas, Presbyteria Paula Strouzas, Chris Marie Tzavelis, Mary Chiros, Linda Alimaris, Tina Foukalas, Yvonne Serres, Spyros Bardis, Lisa Glavas, Mary Sole, and Eleni Germanakos. Our community and the Archangel Michael Ladies Philoptochos worked tirelessly to make this celebration special.



Philoptochos Sunday

His Eminence Archbishop Elpidophoros declared the Sunday of the Good Samaritan as National Philoptochos Sunday to celebrate the rich legacy of this important organization of the Archdiocese. This year we celebrated this special day that honors the thousands of women throughout our Archdiocese who are a part of this vibrant ministry on November 13.

The Archangel Michael Ladies Philoptochos was established in 1981, with a small group of women, and in 40 years our membership has grown to nearly 200 women. From its inception, we have promoted family values as well as provided assistance to people less fortunate, those sick or in need within our community and around the world. While fulfilling our obligations to National and Archdiocesan Philoptochos, we also meet special appeals that are requested within our community.

Each year we support many organizations, and this year we have disbursed approximately **\$50,000** to those in need. Some of the recipients that we support annually include: Holy Cross Hellenic College Scholarship, Retired Clergy Association Fund, Greek Children's Medical Fund, Ronald McDonald House, National Sisterhood of Presbyteres Fund, UNICEF, Social Services, St. Photios Shrine, Hellenic College Holy Cross, Orthodox Christian Mission Center, International Orthodox Christian Charities, 75th Anniversary Founders Fund, SAMP (Support a Mission Priest), St. Basil's Academy, Autism Assistance Fund, Ecumenical Patriarchate, National Philoptochos Emergency Fund, Orthodox Christian Fellowship, The Hellenic Cultural Center, St. Michael's Home, St. Nicholas Shrine, Cyprus Children's Fund, American Heart Association, and the Breast Cancer Foundation as well as other cancer funds and organizations.

Additionally, we have sponsored many drives during the past year which included a winter coat drive, Dress for Success Drive, Dignity Drive for undergarments, and a Ukrainian Relief Drive for medical supplies. We thank our community for their generosity and support of all that our Philoptochos chapter has accomplished.

Philoptochos Christmas Luncheon

The Philoptochos Christmas Luncheon is a tradition for the Archangel Michael community. It is the beginning of celebrating the holiday season for many families. The luncheon, held on December 11 at Leonard's Palazzo this year, is the major fundraiser for our Philoptochos chapter. We thank the many volunteers that worked diligently for months to make it a success. Many wonderful prizes were available on the children's raffle; the grand raffle was spectacular; and family raffle prizes were abundant. Children took photos with Santa and Mrs. Claus, who made the trip from the North Pole to be with us. The famous sweet shop bakery had something for every sweet tooth, and holiday shopping was included with our boutique and vendors. To entertain our children, we had a caricaturist, face painting, special children's gift bags, and a candy bar. We extend a very special thank you to our Event Chairpersons - Helen Maropakis and Eleni Germanakos, Event Treasurer - Lisa Glavas, Reservations- Debbie Dakis-Coritsidis, Grand Raffle - Diana Gardianos, Family Raffle - Fran Sotiriou and Eleni Raptis, Children's Raffle - Chris Ioannou and Chris Marie Tzavelis, Children's Gift Bags - Presbyteria Paula Strouzas, Bakery - Eleni Makris and Christine Diamantakis, Centerpieces - Christine Korakis, Program - Mary Sole, Vendors - Bessie Ziozis, Candy Bar- Barbara Thermos and Emily Kavourias.





Philotochos Cooking Club: DOLMADES With Avgolemono Sauce

On November 12, Anastasia (Tessie) Aurecchione, mom of Susan Cavounis, gave the Cooking Club a lesson on making dolmades. But these were not your ordinary dolmades! With ancestral roots from Pontos, Tessie showed us how to prepare delicious dolmades the Asia Minor way, the way her own mother taught her!

It was a wonderful afternoon filled with laughter, even though a few cooks were gently reprimanded when they were spotted not rolling the dolmades the correct way !!! Tessie is always meticulous when she cooks and that day she walked around the room picking out the onion pieces that were too large! Like with every yiayia's specialty dish, there is no set recipe but we did our best to put one together for you! If you would like a copy of the recipe, please email Susan at scavounis@yahoo.com.



Thank you to Yiayia Tessie for being part of our cooking series and giving us a truly memorable experience.

NAMEDAY GALA DINNER DANCE

The Archangel Michael Church Name Day Gala Dinner-Dance, the highlight of which was the presentation of the Hellenic Thread Award to Barbara Mavro and Harry Lascarides (of blessed memory) and the AMC Service Award to Mario Harris, was held on Friday, November 18, 2022 at The Swan Club in Roslyn Harbor.

Over 250 parishioners and their families and friends attended the event, and our community was honored by the presence of Chancellor of the Greek Orthodox Archdiocese of America the Very Reverend Archimandrite Nektarios Papazafiropoulos and Fr. John and Presvytera Tina Vlahos of St. Paraskevi Church in Greenlawn, who joined our own Fr. John and Presvytera Eleni Lardas, Fr. Dennis and Presvytera Paula Strouzas, and Dn. John and Diakonissa Eleni Capones.

The Hellenic Thread Award was established in 2010. It is intended to acknowledge the descendants of people who came to this country for their work in continuing to sew an American Tapestry with the resilient and vibrant threads of faith, hope, and love as well as the Hellenistic threads of democracy, culture, and the arts and sciences brought by their forebears. The award is presented annually in recognition of selfless service to the Archangel Michael Church community.

At the event, the V. Rev. Nektarios Papazafiropoulos gave the invocation. Parish Council President John Koumpourlis then welcomed those present. As the evening proceeded, he and Fr. John Lardas presented the Hellenic Thread and Service Awards to the honorees.

Eleni Sfiroudis, former editor of the Trumpet, spoke about and then introduced her good friend, Barbara Mavro. Barbara then related how she first came to the Archangel Michael Church and some of her experiences on the Parish Council, ending her acceptance speech by highlighting the importance of the work of the volunteers, both past and present, in the life of the Archangel Michael Church.



Harry Lascarides' daughter, Renee, spoke lovingly about her father's long-time relationship with the Archangel Michael Church. The rest of the family then joined her to accept Harry's award.



Finally, Mario Harris was honored with words of praise from Fr. John, who presented the Service Award to him highlighting his many years of organizing the highly successful Annual Watsonian Golf Outings.



Guests were then treated to a wonderful performance of dances from the island of Kos by the Archangel Michael Greek Dance Troupe under the direction of Roula Zogopoulos. Dinner and dancing followed, with music provided by Power Station Entertainment. The evening ended with our Super Raffle prize drawing.



CHRISTMAS TREE LIGHTING EVENT

The Archangel Michael Church Christmas Tree Lighting event on December 1 found children, teens, and adults enjoying a frosty evening of festivities with hot cocoa, spanakopita, yummy cookies, marshmallows by the fire and, best of all, a visit from Santa and Mrs. Claus!!



Thank you to all our Greek School children who with their beautiful voices joined Dn. John in the singing of Christmas carols as we counted down to the spectacular lighting of the Christmas tree.

None of this would have been possible without the help of our beautiful community. Thank you to parishioners Warren Herz, Nick Tagios, Chris Triantafillou, George Kaparos, Barbara Mavro (aka Mrs. Claus), Gus Rogdakis (aka Santa Claus), Dino Kostaridis, Michele Lascaridis, Demi Psyllos, Demetra Tsismenakis, Gregoria Giannou, Niki Lolis, Candy Dres, Fiffy Eliades, Liz Tagios, Chris Ioannou, Bessie Ziozis, Nia Tsismenakis, Dennis Matarangas, and as always, Chris Neocleous.

A very special thank you to co-chairs Susan Cavounis, Marietta Frangiskatos, and John Halkias. Although Advent and the Nativity Fast began in November, the lighting of our community's Christmas tree and all the merriment surrounding it really put us in the Christmas spirit!

HERITAGE LIBRARY & BOOKSTORE

The Heritage Library and Bookstore had an exciting Fall season. It started at the Festival, where Deacon John, our newest member Gabriel Turri, and others teamed up to sell books and other items at a booth near the plateia. Their efforts have enabled us to purchase new books and other merchandise which are being displayed and sold after Liturgy on many Sundays throughout the year.

On November 8, 2022, the Heritage Library and Bookstore hosted returning guest speaker, V. K. McCarty. Her talk, "In the Glow of Archangel Light" was on the very day of the Feast of the Archangel Michael. This day turned out to be doubly awesome because the Philoptochos was hosting a luncheon, catered by the restaurant Cyclades, for the feast day of the Synaxis of the Archangels on that day as well. It was a wonderful lecture with beautifully illustrated slides depicting different angels found in churches all over the world. Special thanks to Chris Neocleous for setting up the AV equipment. V.K. McCarty gave a very clear, inspiring and informative lecture. We thank her for joining us and thank all who participated.

You may have noticed the "Books that Inspire" link in the weekly email blast from our church. Members of our committee have been busy writing blurbs about books in the library and bookstore so that our church community can get acquainted with some of our collection. If you would like to review a book for this endeavor, please contact us at the email appearing at the end of this article.

Another development in the library is that Gabriel has undertaken the task of matching the library books on the shelves with the listings in our Excel catalogue in order to make it easier for patrons to find books. The color coding we have used in the past has been helpful, but this is the next and necessary step. Thank you Gabriel! We have wanted to do this for years!

Our future plans include a "Used Book Sale" in 2023 along with a lecture to be announced.

If you would like to order or review a book or are interested in joining our committee, please contact Connie Parsons at: heritagelibrarybookstore@archangelmichaelchurch.org or call (516) 551-9223.

Our next meeting is scheduled for January 9, 2023 at 10:30 a.m. in the library.



WOMEN'S FORUM

It took about six months since the fall of 2021 for Fr. John's "Women's Forum" idea to come to fruition. In the spring of 2022 our first Women's Forum took place with approximately 40 women in attendance. We began the evening in church with a Small Vespers service and then met in the Angeliades Fellowship Hall where light refreshments were served and a discussion began.

Why a Women's Forum? Fr. John wanted to create a group in which Orthodox women of all ages could come together in fellowship and discuss topics pertinent to our lives today while connecting them to experiences of women in the Bible. Although thousands of years have passed since their time, reflecting on their lives will help us understand both our faith and the strength and resolve of the women who helped shape it.

This fall, we resumed the Forum (the first of five through June, 2023) with over 30 women in attendance. At the conclusion of Vespers, Fr. John spoke about Ruth and her role as caregiver and companion of Naomi, as is told in the Old Testament. We then went into the fellowship hall to begin our discussion, led by Dr. Chrys Kasapis Papaporfiriu, on the caregiver role of women.

Chrys has been a parishioner of our parish for over 20 years. She was born and raised in Astoria, attended Bronx High School of Science, did her undergraduate studies at Barnard College, and then received her Ph.D. in Clinical Psychology from NYU. As if she's not busy enough with her career and Executive Coaching business, she just became a yiayia last year! We are super excited for her to be spearheading this group with Fr. John.

Our next Forum is scheduled for January 18, with subsequent ones following the schedule outlined in the flier below. The topic in January will center around women setting goals and the challenges they face in achieving them, using the biblical Sarah as our guide and examining the role she played in fulfilling God's promise. We are looking forward to a wonderful discussion.

Please join us; we'd love to have you.



DITCH THE NEW YEAR'S RESOLUTION!

By Linda Chondrogiannis

Welcome 2023! After eating and drinking their way through Thanksgiving and Christmas and ringing in the New Year, many people make a resolution to be healthier. Now, having goals is great, but starting off the year with a new diet to lose weight is most often short-lived and fails by February. Yes, research shows 80% of people are likely to fail their New Year's Resolution.

Instead of a resolution, let's start with some attainable health goals that become habits. Health is so much more than the number on the scale. Think about the why behind your goals, for example; to spend more time with my family, increase my endurance.

Here are some ideas for New Year goals,

- start knitting again
- go for a walk after dinner each night
- do a full push-up
- join a book club
- join in a weekly family football game instead of watching football on TV

Take care of your spiritual health through prayer and our church community, feed your body with nutrient-dense foods, and move your body to feel happy and balanced.

Most importantly, be kind to yourself. Self-acceptance comes from a place of love, which will inspire you to take care of your body, mind, and soul.



ARCHANGEL MICHAEL PRESCHOOL

The Preschool children are getting back to their classroom routine after Christmas recess. Both January and February will be busy months for them! After being welcomed back for the New Year, they will make snowmen, snowflakes, and mittens to decorate our rooms. As they celebrate Epiphany and the Feast of the Three Hierarchs, they will learn about these important holy days.

The children eagerly look forward to Groundhog Day in February. Will he see his shadow this year? They are also excited about making and sending Valentine's Day cards to "someone special."

All the classes look forward to their weekly visit with Fr. John. The children enjoy listening to the special stories he reads to them.

The Pre-K and Nursery classes are also enjoying their art class, the gym and music programs, as well as the after-school soccer class. The art and gym programs are incorporated into our curriculum during the school day. The art program introduces art and creativity to the children as they continue to learn techniques and experiment with color, form, line shape, texture, and value, while making use of different art materials. The gym program introduces the children to different athletic activities such as the balance beam, hockey, lacrosse, and the parachute.

Their creativity flourishes as they begin to show an increased interest in school. By using familiar toys, they are having fun as they continue to learn through play. The Soccer Program is an afterschool program that is offered by Soccer Shots three times a week. It is a valuable program focusing on character and development through the playing of soccer.

Toddler Class

The children are enjoying free play and learning to share with each other. They are continuing to learn to count and to recognize colors, shapes, and body parts. They look forward to Miss Linda's Greek lessons using songs and finger play.

Nursery Class

The children will begin their alphabet and number books. They will continue to learn the days of the week and months of the year through the use of songs. Fine motor skills will be reinforced through coloring, cutting, and other projects. Colors and numbers in Greek will be learned through songs and finger play with Miss Ioanna.

Pre-K

The children are learning recognition of numbers and their values by using various manipulatives as counters. Alphabet letter recognition is also being emphasized. Emphasis is placed on practical skills such as putting on their coats, jackets, hats, and scarves as well as using their fine motor skills for buttoning and zippering. We will also be focusing on different activities involving self-esteem and confidence-building.

The afternoon Greek Enrichment program is offered to the Pre-K class on Tuesdays and Thursdays from 2:00 p.m.-3:20 p.m. The children are learning the Greek alphabet and enjoy associating words with pictures. Learning their numbers and colors enables them to get a better understanding of the Greek language.

Music

All the children are enjoying music and creative movement with Miss Kim.

Dates to Remember

Monday, January 16	Martin L. King Jr. Day	School Closed
Mon.-Fri., February 20-24	Winter Recess	School Closed
Wednesday, March 9	Nursery & Pre-K: Parent -Teacher Conferences	School Closed
Thursday, March 16	Preschool Open House	School Open

Picture Day: Date to be determined

18th ANNUAL BLOOD DRIVE

SAVE THE DATE for the 18th Annual Archangel Michael Church Blood Drive on Tuesday, March 14, 2022 from 2:30 p.m. - 8:30 p.m in the Angeliades Fellowship Hall. Now, more than ever, your support is needed. The New York Blood Center reports that we have a national crisis as the blood supply across the country has reached critically low levels. Give the gift of life and donate blood! For more information, call Marina Vlahos at (516) 627-7303.

PARISH COUNCIL ELECTIONS

At the time when this issue of the Trumpet was being posted to the AMC website, the results of the Parish Council elections and the 2023 Executive Board were not yet available. The results will appear in the next issue of the Trumpet.

SUNDAY SCHOOL

The Sunday School year 2022-2023 is well underway. The School year began with some fun events for students. There was an ice cream truck in September, Pizza Sunday in October and Bagel Sunday in November. Sunday School students are filled not only with faith, but also with some delicious treats.

The Sunday School classes have been making presentations about their faith to the congregation at the conclusion of Sunday Liturgies. The Pre-K kicked off the presentations with a retelling of the story of Noah's Ark, explaining what they learned to the community. The third grade participated in the making of prosforo, learning prayers and the significance of prosforo in the church. In the ensuing weeks, the first and second graders presented on what they were thankful for and explained the crafts that they made. Finally, the sixth graders sang "God Bless America" to the congregation honoring veterans for Veterans Day.



The annual Christmas Pageant was held on the Sunday before Christmas. The Sunday School students participated in a reenactment of the birth of Baby Jesus, making the congregation feel like they truly were in Bethlehem.



We have so much to look forward to now that winter is here. Godparents Sunday will be on February 12, and we can't wait to see the godparents with their godchildren in the congregation! To conclude, there will be a breakfast offered to celebrate the godparents of Archangel Michael.

In addition, the first level of the Archdiocesan Oratorical Festival, organized at AMC by Valerie Papain, will be on March 12. All young adults in Sunday School are encouraged to participate and are offered mentorship to gain confidence in their speech.

In the time since the new school year began, we have had many fun and fulfilling experiences. We eagerly anticipate that students will experience an understanding of this year's theme, "I Believe." We can't wait to watch Sunday School students grow in their faith this year and in the years to come.

JOY hosted its 3rd **Annual Veterans Day Service Workshop** on **Friday, November 11**. The children gathered to honor the veterans of our Armed Forces. The day started with a stimulating talk by Veteran Ceasar Munoz along with Father John and Deacon John who spoke to our children about the importance of Veterans Day and keeping those in service in our prayers. The children then proceeded to write letters and assemble care packages of travel-size toiletries that were donated to our local veterans agency for distribution. It was a wonderful day and a great opportunity for our children to learn about the importance of giving back to our community



HOPE enjoyed **An Afternoon of Gratitude** Thanksgiving event this year on Saturday, November 18. Deacon John spoke to the children about what it means to be thankful, and the children brainstormed things they could be thankful for in their everyday lives. The rest of the afternoon was spent in fun fellowship, enjoying festive Thanksgiving crafts and games.

HOPE/JOY hosted its annual **Christmas Party** on Saturday, December 10. Father John warmly welcomed all the children and spoke to them about the meaning of Christmas. The celebration then proceeded to the fellowship hall, which was transformed into a Christmas Wonderland. Music, dancing, a build-a-bear craft and a visit from Rudolph brought many smiles to our children's faces and a feeling of Christmas cheer in everyone's hearts.





The month of January should bring a fun bowling event, and in February we are hoping to enjoy some ice skating. Please keep an eye out for emails with more information!

To be added to the HOPE distribution list (ages 4-7), please email: HOPE@archangelmichaelchurch.org, and JOY (ages 8-12) JOY@archangelmichaelchurch.org.

Little Angels

Our Archangel Michael LITTLE ANGELS Ministry is back! Since October, Valerie Papain and I have welcomed our Little Angels from 40 days old to 3 years old to this wonderful program. Please note that all children, until they turn 4 years old, are welcome. We would love to have them with us!



Little Angels in the womb are also welcome; just last month we were happy to have a 'mommy-to-be' join us! In doing so, she is getting to know our wonderful mommies & daddies before her little angel arrives into the world. What a great way to start that connection!

We begin each gathering with a smile and a welcome as well as toys for little ones to play with on the mat. In our special welcome song, each child is mentioned by name. From there, we sing more songs followed by an art craft; we then set our craft aside, clean up our toys, and take a walk to the church. Once we arrive in church, we light a candle (with mommy's/ daddy's help), learn to do our Cross, venerate the icons with a kiss and walk into the Main Church where our Little Angels can look around. Upon returning to the classroom each child is given a snack. Then we say goodbye till we meet again.

In October and November our art craft was centered around thankfulness since it was Thanksgiving time. In December, we spoke about and showed an icon of the Nativity, as we learned about the true meaning of Christmas. The meeting culminated with an art project related to baby Jesus and the Nativity.



We hope to arrange to have trips in the area, as that would be a nice little addition to our program in the future, especially as the weather gets warmer. Until then, please join us each month with your Little Angels! Remember, this is also a time for mommies and daddies to enjoy, as well as their little ones! We look forward to seeing you!

With much love to you all,

Presvytera Eleni Lardas

littleangels@archangelmichaelchurch.org



Girl Scouts

We are proud to announce Archangel Michael Greek Church Orthodox Church's first-ever Girl Scout troop, Troop 424!

With Mrs. Despina Matsis and Mrs. Christina Lluca leading the group, the goal is to empower our young girls to do their very best and reach their full potential in all aspects of life.

Using the strong friendships they form as well as the fun activities they work on independently or cooperatively, the girls build their leadership skills with confidence and courage while learning the importance of helping and uplifting others.



The Girl Scout program also aims to encourage girls to contribute to their communities in a positive way, and that includes an emphasis on their important roles as members of the Archangel Michael Greek Orthodox Church community.

The troop meets bi-monthly on Fridays at Archangel Michael. Our first meeting, at which we were joined by Fr. John, was held on November 18. We kicked off the troop with team-building activities and lots of smiles!

Be on the lookout for Girl Scout cookie sales which the girls hope to hold in upcoming weeks!

For information about joining our group, please contact debimatsis@gmail.com

The Archangel Michael Church GOYA began a busy holiday season on Friday, November 18, by attending the NAMEDAY Gala at the Swan Club. The GOYAns and the YAL had a great turnout with two full tables!! Everybody was smiling and had an amazing time on a fun-filled night that included great food and dancing.



The next day, thanks to the generosity of our many AMC families, we were able to deliver 150 Thanksgiving meals to families in need. It was an amazing experience to see the smiles on the faces of these families as they received their baskets of food.



On November 23, GOYA hosted its annual Musicfest, with churches from throughout the Archdiocese attending. Over 500 people danced the night away with friends. They ended the night with a sweet cookie donated by For Five Coffee Roasters.

In early December we held our traditional "Ugly Christmas Sweater Party." The night consisted of an ugly sweater contest and the decoration of the Christmas tree located in the school rotunda. We also collected an array of toys for the Sloan-Kettering toy drive. We are always so happy to see a great turnout of GOYAns at these fun-filled events!!!



Before Christmas we reached out to the St. Basil Academy and received a wish list of items for all the resident students. After fulfilling the requests, we drove the items up to St. Basil's to help make Christmas bright for everyone.

In mid-December the generosity of our families came through again with our "Wreaths Across America" endeavor. We were able to purchase and then lay down wreaths at the gravesites of our veterans at Long Island National Cemetery. It was a beautiful experience for the GOYAns.



The following day we went Christmas caroling. Members of our church signed up to have GOYA come to their homes and sing. It was a lovely night filled with the Christmas spirit and a great sense of community.

Some events that we are looking forward to in 2023 include: InterGOYA ski trip, Camp St. Paul reunion, the Midnight Run, and even more social gatherings!

Wishing everyone a very Happy and Blessed New Year!!!

Greek Dance Troupe

Happy New Year!

The Greek Dance Troupe hosted a "Designer Handbag Bingo Night" fundraiser in November that was a big hit! It was a lovely evening and was a great opportunity for all dance parents and friends to meet up and have fun! Our Tavli Tournament was also a big success. Thank you to all the parents and friends for supporting our Dance Troupe!

The Greek Dance Troupe was back performing at the Archangel Michael Nameday Gala and the Challenge Liturgy Christmas Luncheon.



We welcomed two esteemed Greek Dance master teachers from Greece this year: Yiannis Constantinou and Kyriakos Moisidis. They worked with our groups in preparation for our participation at HDF, Parathosi, & FDF. We also welcomed several local musicians who practiced with the dancers and will also be accompanying them at upcoming competitions.



Upcoming Competitions:

HDF (Hellenic Dance Festival), hosted by the Metropolis of Atlanta, January 13-16, 2023 in Atlanta, Georgia.

Parathosi, hosted by the Direct Archdiocesan District, January 21, 2023, in Uniondale, Long Island.

FDF (Faith Dance Fellowship), hosted by the Metropolis of San Francisco, February 16-19, 2023 in Phoenix, Arizona.

The dancers and their families are putting in a great deal of time and effort as they prepare for these prestigious events! A great experience for dancers and their families! Details and links to watch these performances will be made available.

A big thank you to our instructors and our volunteers!

Byzantine Youth Choir



Have a DIVINE New Year!

We wish to express our gratitude to the devoted Byzantine Youth Choir members who came to chant for the beautiful Challenge Liturgy on Saturday, December 17, the glorious Sunday School Christmas Pageant on December 18, as well as on Christmas Eve for our wonderful Community Christmas Caroling.



Our annual trip to visit the residents of St Michael's Home is being planned for January- date to be confirmed.

In addition to the Youth Choir rehearsals that are conducted on Friday evenings, we will also hold rehearsals on the second and fourth Sundays of every month immediately following the Divine Liturgy. Since we will already be in the choir loft singing for the liturgy, the rehearsals will take place in the adjoining choir loft room. Refreshments will be served.



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 full-time students of Hellenic descent enrolled in an accredited university in Fall 2022 in any of the 50 United States are eligible to apply. The deadline to apply is January 31, 2023. For additional information and to obtain an application, please go to: www.panhellenicsf.org.




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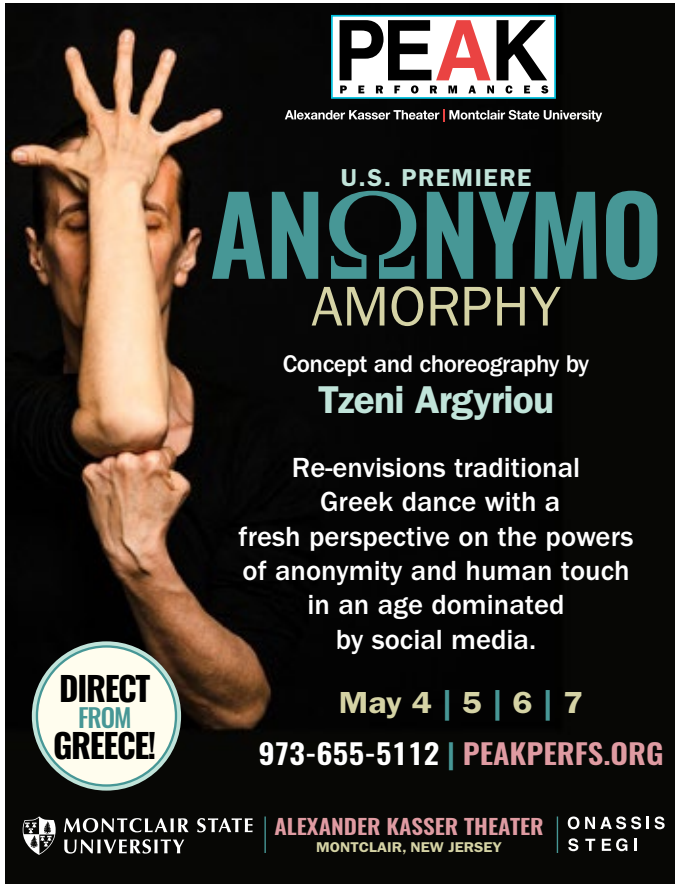
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