



The Archangel Michael Church Trumpet

INSIDE THIS ISSUE

- 2 Mission & Vision Statement
- 3 Fr. John's Pastoral Message
- 4 Fr. Ioannis' Pastoral Message
- 5 Worship Services & Sacraments
- 6 Orthros Series
- 7 Pilgrimage to the Celtic Isles
- 9 Philoptochos
- 10 Christmas Family Luncheon
- 12 Young At Heart
- 15 Health and Wellness
- 16 Young Adult League
- 17 Preschool
- 18 Heritage Library & Bookstore
- 19 Tim Tebow: Night to Shine
- 20 Sunday School
- 21 GLIPTA
- 22 Byzantine Youth Choir
- 23 HOPE
- 24 JOY
- 25 GOYA
- 26 Greek Dance Troupe

Nov-Dec 2023 • Issue 67 • Archangel Michael Church • Port Washington, NY



SUNDAY SCHOOL AT THE ARCHANGEL MICHAEL CHURCH

But Jesus said, "Let the little children come to me, and do not forbid them; for of such is the kingdom of heaven." Matthew 19:14



QUICK NEWS & EVENTS

- Mon., Nov. 6:
Parish Council Nominations Close
- Sun., Dec. 3:
Parish Council Elections
- Wed., Dec. 6:
AMC Christmas Tree Lighting
- Sun., Dec. 10:
Christmas Family Luncheon
- Sat., Dec. 16:
Challenge Liturgy & Christmas Party

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: Susan Cavounis, Christine Zeiner, Dinia Delgado

Parish Council Members

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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

Money Management and Faith

Should God, faith, and the life of the Church have any bearing on how one manages one's wealth? The Holy Scriptures through stories and teachings have a lot to say on this topic.

At the end of the story of Creation, God tells humankind that He has given everything to them. To any great benefactor, one will always express and show thankfulness for the great gifts imparted to them. Thus, humanity, by nature, desires to express thanksgiving to God for being the Creator and the one who bestows all gifts and life itself to all. "Many entreat the favor of the nobility, And every man is a friend to one who gives gifts." (Proverbs 19:6)

In the story of Cain and Abel, Cain's offering of his crops to God was a second thought and not of his best. Abel, a shepherd, offered God the finest and first of his sheep. This was pleasing unto God. God did not accept the gifts of Cain. As a result, Cain out of jealousy murdered Abel.

In the Book of Leviticus, a tithe is introduced, which is meant to be a holy offering unto God. A tithe is 1/10 of a person's possessions.

As one moves into the New Testament, the Lord Jesus has a lot to say about the management of one's treasures. In the story of a widow and her mite, Jesus sat down opposite the treasury, watching what people gave. Many wealthy worshippers gave in great abundance. Then a poor widow draws near and donates a mite, which was a very small amount of money. Jesus teaches his disciples, "Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance, but she out of her poverty has put in everything she had, all she had to live on." (Mark 12:43-44)

In another parable, found in the Gospel of Luke, Chapter 12, a man asks Jesus to speak with his brother about sharing an inheritance. Jesus' response was, "Who made Me a judge over you...beware of greediness." He then tells them the parable of the rich fool. A man yielded a crop of great plenty. Not knowing what to do with the abundance, he knocked down his barns and then built bigger ones, so he might sit back and relax, drink, and eat plenty. That night his soul was required of him. The Lord concluded the parable with this saying, "So is he who lays up treasure for himself and is not rich toward



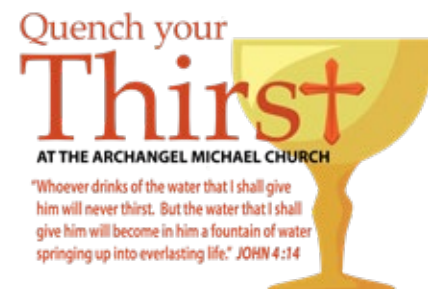
God." (Luke 12:12-21)

In another parable, a virtuous wealthy young man approaches the Lord and asks Him, "What must I do to inherit eternal life?" After telling him to follow God's commandments, which the man asserts he has always done, Jesus adds, "You still lack one thing. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me."

In one final parable, Zacchaeus, a wealthy tax accountant, who earned much of his wealth from fraudulence, seeks to see Jesus. Because Zacchaeus was short and there was a crowd, he climbed into a Sycamore tree to see the Lord. Zacchaeus' heart is opened when the Lord calls him by name and wishes to visit him at his home. To the mercy and love Jesus shows him, Zacchaeus proclaims the following: "Look, Lord, I give half of my goods to the poor; and if I have taken anything from anyone by false accusation, I restore fourfold." (Luke 19:8)

Is the management of one's wealth, gifted to them by God, an expression of faith? By the above examples, one may conclude, unambiguously, YES! How Christians manage their wealth does have an impact on salvation. At the heart of the matter is the heart! It is not so much about wealth and poverty as it is the disposition of one's soul. If wealth is used for self-centeredness, this will lead to greed and often a downward spiral into vices such as hedonism and hubris.

Going back to the beginning, seeing and believing that everything one possesses is not a possession but a gift from God is an opportunity to show thanksgiving, charity, and accountability. Abel saw this and offered his best unto God. Let each of us ask the question, from our heart, what is the best that we want to offer unto God? Rejoice and be glad with the splendid words of the Lord and the apostles on this incredible opportunity to gain eternal life: "He who has a generous eye will be blessed, for he gives of his bread to the poor." (Proverbs 22:9) "So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver." (2 Corinthians 9:7)



By The Rev. John K. Lardas
Protoperbyter

Dear Friends,

Greetings in the name of our Lord, God, and Savior Jesus Christ!

I pray this letter finds you well and with every good gift that is from above.

It is no surprise that fall is in full swing. A glance around our neighborhood puts the natural change in season on a beautiful display for all to enjoy. The leaves are changing color and falling; the days are becoming shorter and colder; the calendar draws closer and closer to cherished times for fellowship with family and friends. Indeed, this is a time of change and preparation.

I believe there is no more profound a change to be undertaken during this fall season than that which must take place within our hearts. The festive days of this season invite us to prayerfully count our God-given blessings as we prepare to encounter God Himself in the flesh. However, we cannot fully meet the God Man in His glorious advent upon earth if we fail to see His image and likeness in the face of our fellow man.

War, civil unrest, and other adverse circumstances are the dark and pressing externalizations of this failure to see our neighbor for who he truly is: an icon of the Living God. It is this same God Who now seeks to once again approach us mortals and call us back to Himself by shining the light of His forgiveness, love, and mercy into our hearts and upon the world; just as He appointed the star above the manger to call forward all nations to encounter Him as the Prince of Peace.

During this season, take care to tend to the garden of your hearts with prayer, fasting, and almsgiving. These are the works of mercy which will best prepare us to receive the Christ Child into our lives together with all those who wish to draw near unto us in fellowship and good faith.

Christ is born; glorify Him!

Christ has come from Heaven; receive Him!

In His Service,

Presbyter Ioannis Capones

Worship Services

**** Denotes Chapel. All other services are in the Church.
Orthros 8:30 a.m. & Divine Liturgy 9:30 a.m. unless otherwise indicated.**

November

Wed. 1 The Feast of the Unmercenary Saints and Small Blessing of the Waters

Tue. 7 Synaxis of the Archangels Michael & Gabriel, & of all the Bodiless Powers: Great Vespers 7:30 p.m.

Wed. 8 The Feast of the Archangel Michael & all the Bodiless Powers: Orthros 8:30 a.m.; Divine Liturgy 9:30 a.m.

Thur. 9 Vigil for the Feast of St. Nektarios 7:30 p.m.

Mon. 13 The Feast of St. John Chrysostom

Wed. 15 **Beginning of 40-Day Divine Liturgies in honor of Christmas Advent: Nov. 15-Dec. 25 (Divine Liturgy each day until Christmas)**

Sat. 18 Challenge Divine Liturgy 10:30 a.m. (Orthros 9:30)

Tue. 21 The Entrance of the Theotokos

Fri. 24 The Great Vespers of St. Katherine 7:30 p.m.

Sat. 25 The Feast of St. Katherine

Thur. 30 The Feast of St. Andrew

December

Mon. 4 The Feast of St. Barbara

Tue. 5 The Great Vespers of St. Nicholas (West Babylon, Flushing)

Wed. 6 The Feast of St. Nicholas

Sat. 9 The Conception of the Theotokos by St. Anna

Tue. 12 The Feast of St. Spyridon

Sat. 16 Challenge Divine Liturgy 10:30 a.m. (Orthros 9:30)

Fri. 22 Royal Hours

Sun. 24 Sunday Before Christmas and the Feast of St. Eugenia
Vesperal Divine Liturgy of Christmas 7 p.m.

Mon. 25 The Feast of Christmas

Wed. 27 The Feast of St. Stephen

Sacraments

Sat., Nov 4	11:30 a.m. Baptism: Child of Chrystalla & Billy Diakogeorgios	Sun., Nov. 12	1 p.m., Wedding of John Keffas & Mary Giouroukakis
	2 p.m., Baptism: Child of Evangelos & Adina Katehis	Sat., Nov. 25	11 a.m., Baptism: Child of Christina & Derek Jones
Sat., Nov. 11	11:30 a.m., Baptism: Child of Cascia & Theodosia Neocli	Sun., Dec. 3	1 p.m., Wedding of John Siokas & Nicole Kousoulas
	3 p.m., Baptism: Child of Stephania Pashalidis & Theodore Kashioulis	Sat., Dec. 16	3 p.m., Baptism: Child of Diana & Peter Tulumba

ORTHROS SERIES: KATAVASIA TO THE THEOTOKOS

By Sophia A. Niarchos

Depending on the beginning of the pre-Lenten period known as Triodion, the Katavasia of the Theotokos is chanted from the day after the Apodosis (Leave-Taking) of the Meeting of the Lord to Cheesefare Saturday; again on All Saints Sunday until July 27; and from September 22 to November 20, the day before the entry of the Theotokos into the Temple on November 21. Here is one translation of this beautiful series of odes¹:

Ode 1: I shall open my mouth, and the Spirit will inspire it,
and I shall utter the words of my song to the Queen and Mother:
I shall be seen radiantly keeping feast and joyfully praising her wonders.

Ode 3: O Mother of God, thou living and plentiful fount,
give strength to those united in spiritual fellowship,
who sing hymns of praise to thee:
and in thy divine glory vouchsafe unto them crowns of glory.

Ode 4: He who sitteth in glory upon the throne of the Godhead,
Jesus the true God, is come in a swift cloud
and with His sinless hands he hath saved those who cry:
Glory to Thy power, O Christ.

Ode 5: The whole world was amazed at thy divine glory:
for thou, O Virgin who hast not known wedlock,
hast held in thy womb the God of all
and hast given birth to an eternal Son,
who rewards with salvation all who sing thy praises.

Ode 6: As we celebrate this sacred and solemn feast of the Mother of God,
let us come, clapping our hands, O people of the Lord,
and give glory to God who was born of her.

Ode 7: The holy children bravely trampled upon the threatening fire
refusing to worship created things in place of the Creator,
and they sang in joy:
'Blessed art Thou and praised above all, O Lord God of our Fathers.'

Ode 8: The Offspring of the Theotokos saved the holy children in the furnace.
He who was then prefigured hath since been born on earth,
and he gathers all the creation to sing:

¹St. Jonah Orthodox Church. <http://www.saintjonah.org/services/kattheot.htm> . Accessed September 30, 2023.

O all ye works of the Lord,
praise ye the Lord and exalt Him above all for ever.

Ode 9: Let every mortal born on earth, radiant with light, in spirit leap for joy;
and let the host of the angelic powers
celebrate and honor the holy feast of the Mother of God,
and let them cry:
Rejoice! Pure and blessed Ever-Virgin, who gavest birth to God.

Please note that Ode 2 is typically omitted due to its extremely penitential nature.

A PILGRIMAGE TO THE CELTIC ISLES *by Mary Xanthos*

In the spring of 2020, I happened upon a disarmingly humble hieromonk in Scotland on a YouTube channel called Mull Monastery (properly known as the Orthodox Monastery of All Celtic Saints). As I listened to this monk's grace-filled words, I pondered, "Are there Orthodox monastics in Scotland?" and "Are there Orthodox Celtic Saints?" All I knew at the time was the unfortunate caricature of the great Saint Patrick from the secularized holiday of Saint Patrick's Day. I had a lot to learn about these Celtic saints.



This holy priest monk's weekly 2+ hour videos spiritually nourished me during the Covid lockdown. His name was Father Seraphim Aldea. Fr. Seraphim was tonsured and ordained in Romania, yet his mission since 2010 was to bring Orthodox Christianity back to the Hebrides of Scotland where it had begun in the 4th century. Many had come before him to try to establish a monastic presence there, but all had failed.

By the grace of God, Fr. Seraphim is currently the spiritual father of two English-speaking Romanian Orthodox monasteries in the Hebrides of Scotland, a men's monastery on the Isle of Iona (where he is the abbot) and a women's monastery on the Isle of Mull. The monastics originate from Romania, Canada, and the United States.

In the summer of 2023, I was invited by Fr. Seraphim on a pilgrimage to both monasteries. I spent the first part of my pilgrimage with the fathers on the Isle of Iona, the second part with the mothers on the Isle of Mull. To say that the highlands of Scotland are remote is an understatement. I took two planes, a bus, a three-hour train ride, a ferry, a 2 ½-hour car ride, and yet another ferry ride before I was finally on the Isle of Iona 17 hours after leaving New York. This small sacrifice (although it didn't feel so small at the time of traveling) would soon be accompanied by an unspeakable abundance of grace.



My time with the monastics was filled with much prayer, fellowship, and all-day adventures walking in the steps of the Celtic saints surrounded by breathtaking scenery. Among the many places we visited was the beautiful uninhabited St. Brendan's Isle, where the remnants of St. Brendan's monastic cell still stand from the 6th century. We said prayers and sang hymns. Fr. Seraphim performed a Trisagion for my mother on what is known on the island as the Hill of Fire (where St. Columba's mother is buried). It was so beautiful on the top of the hill overlooking the Atlantic Ocean; and as I watched the incense from the censer rise, my heart could not discern where earth ended and heaven began.

Even more remote was the Island of St. Kenneth, which required four hours of sailing in the middle of the Atlantic Ocean. On the trip to the island, we were surrounded by beautiful dolphins, whales, seals, and puffins. However, on the way back, we had to endure a storm with rain and huge waves crashing onto the boat. As I clung to the boat praying for God's mercy, I couldn't help but think the Apostle Peter's experience in the Sea of Galilee paled compared to mine on the open Atlantic. The Lord is good!

Less treacherous adventures included hiking to St. Columba's Bay where the saint arrived in the year 563, praying at the hallowed White Strand of the Monks Beach where the last of the Orthodox monks were willingly martyred by the Vikings, celebrating the Divine Liturgy at the church of St. Ninian from the 4th century, and drinking from St. Ninian's miraculous well.

The Abbey of Iona is a popular tourist destination. Unfortunately, it is maintained by a Protestant denomination whose mission statement sounds much more like a social justice movement than that of a church. In fact, their mission statement never once mentions Christ. The Chapel of St. Oran, whose altar is built over the relics of St. Oran, is maintained by the Abbey. However, the monastics have permission to use the chapel on certain days when they have to carry everything there from the monastery to perform the Divine Liturgy. One morning, we celebrated the Divine Liturgy there; and people started to peek in, out of curiosity, during the service. Much to my surprise, many of them decided to stay. While they were disappointed that they could not receive communion, they were so grateful for our presence; and one rather large, tough-looking Scotsman with tears in his eyes proceeded to give Fr. Seraphim a huge hug and a donation at the end of the Liturgy.



This short account cannot begin to convey all that I experienced on this pilgrimage. The amount of grace that I received from the Lord was almost too much for my heart to bear at the time; I have continued to ponder and store these things away quietly in my heart, and I am forever grateful. During this pilgrimage, I came to know a group of Orthodox saints that were previously unknown to me. I learned about them by visiting where they walked on earth while hearing about their lives from the monastics. I could feel their presence. They are alive and want to intercede for us if we call on them. I now love them and pray to them for their intercessions. They are our saints.

There is a thirst for the truth and love of the Gospel and the salvific womb of the Church from people who do not have the benefit of coming from Orthodox countries. Each day, I witnessed people knocking on the monastery doors asking about Orthodoxy and the life of the monastics and expressing a longing to join the church services. It was amazing to see how God is using these two small, humble monasteries to bring His gift of salvation to this spiritually starving part of Europe. As Orthodox Christians we have a treasure that is greatly needed to be shared with all people including those outside of our ethnic background. May we do this joyfully in Christ's love.

-St. Patrick's Breastplate -

“Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of every one who thinks of me, Christ in the mouth of every one who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.”

PHILOPTOCHOS



As a direct result of the generosity of our Philoptochos members, during the months of September and October, our chapter disbursed funds in support of the following causes:

• **Hellenic College/Holy Cross School of Theology Scholarship Fund**

The Holy Cross School of Theology was established in 1937 in Connecticut and was then moved to Brookline, Massachusetts in the 1960s. Philoptochos is deeply committed to the school. Hellenic College/Holy Cross is the only fully accredited Orthodox Christian college, seminary, and graduate school of theology in the Western Hemisphere. Financial support is provided through scholarships awarded to worthy and dedicated students, both men and women at Hellenic College and seminarians at Holy Cross, to assist with tuition expenses.

• **Retired Clergy/Widowed Presbyteres Benevolent Fund**

Through this commitment, Philoptochos provides support for the Retired Clergy and widowed Presbyteres of the Greek Orthodox Archdiocese of America. This was established in 1988 to provide support for retired clergy who face financial challenges.

• **Floods & Fires Relief Fund for Greece**

These catastrophic events have caused immense suffering and loss in Greece. After the initial emergency funding of \$25,000 to assist with relief efforts in Greece following the devastating fires and floods, National Philoptochos is working directly with the IOCC to ensure that those, as well as future funds, are effectively allocated to provide essential support to those affected in Greece.

Philoptochos Happenings

- October is not only **Breast Cancer Awareness Month**, but it is also **National Domestic Violence Awareness Month**. AMC Ladies Philoptochos is holding a Domestic Violence Shelter Drive; we are collecting and will be donating diapers, wipes, toiletries, etc. to the Safe Center of Long Island in Bethpage. This drive will run until December 15. Please look out for the flyer and drop off your donations outside of the church office. Thank you to all for helping to make this a successful drive!
- **Cooking Club** in October featured Executive Chef and cookbook author Chef George Gkouveris and his delicious takes on Moussaka and Soutzoukakia.



- On October 22, the first **AMC Philoptochos General Meeting** for the ecclesiastical year featured an informative discussion led by guest speaker, Dr. Ellen Krimitsos Haddad, D.O., M.S. Given her expertise in Clinical Neurophysiology, Dr. Krimitsos Haddad educated the attendees about dementia, migraine headaches, stroke, and vertigo among the range of neurological conditions affecting the brain. Be sure to stay on the lookout for future general meetings and be in the know about your health and wealth!



- **Operation Classroom** is one of our new initiatives! Our Chapter has partnered with the Daly School in Port Washington and P.S. 70 in Queens to assist and offer support to teachers and students in underserved or underfunded schools and provide resources that would not have been available through the local school district. The U.S. Department of Education has announced that over 94% of public school teachers provide school supplies for their classrooms out of their own resources without any expectation of reimbursements. Our support can affect the next generation of scientists, artists, religious leaders, teachers, and perhaps even a president!

• **Challenge Liturgies** in September and October were well-attended. Our parishioners with Special Needs and their loved ones enjoyed the opportunity to attend church and enjoy the welcoming and embracing fellowship provided.



* Please look for our **Angel Tree for St. Mary's Kids Hospital for Children** in Bayside, and consider kindly supporting this meaningful event by purchasing supplies needed for the children of St. Mary's. The Angel Tree will be set up in December in the church foyer.

Upcoming Dates & Events

NOVEMBER

Wednesday, 11/1: Sts. Cosmas & Damianos are the Patron Saints of Philoptochos. Our chapter will sponsor the artoklasia.

Tuesday, 11/7: Archangel Michael Name Day Vespers--Reception hosted by AMC Ladies Philoptochos

Wednesday, 11/8: Archangel Michael Name Day Service; Reception hosted by AMC Ladies Philoptochos

Sunday, 11/12: Philoptochos sponsors the artoklasia for Veteran's Day.

Saturday, 11/18: Challenge Liturgy followed by Fellowship

Sunday, 11/19: General Meeting/Lecture - Guest speaker from St. Michael's Home.

DECEMBER

Sunday, 12/10: Annual Christmas Luncheon at the Swan Club

“Magical Christmas” with Mr. & Mrs. Claus

Please join us for this wonderful community Christmas tradition. More information and reservation details can be found in the flyer on pages 12 & 13.

Saturday, 12/16: Philoptochos Hosts the Challenge Liturgy Christmas Party

Sunday, 12/24: Philoptochos hosts Christmas Eve Eggnog Reception

Please contact philoptochos@archangelmichaelchurch.org regarding membership or with any questions/comments.



It's that time of the year!



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

The Annual Christmas Family Luncheon

"Magical Christmas"

Sunday, December 10, 2023

12pm - 4pm

Luncheon and festivities at
Swan Club on the Harbor
90 Glenwood Road, Roslyn, New York



- ~ Featuring Magician ~ Photos with Mr. and Mrs. Claus
- ~ Christmas Carols performed by the Archangel Michael Byzantine Youth Choir
- ~ Children's Candy Bar ~ Exciting Children & Adult Raffles
- ~ Fun Vendors & the Sweet Shop Bakery



\$75 adults ~ \$30 children under 12 ~ 2 and under, complimentary
Please RSVP by December 1st to: Philoptochos@ArchangelMichaelChurch.org
Co-Chairs: Diana Gardianos and Bessie Ziozis

Please fill out and drop off or mail to Archangel Michael Church



The Annual Christmas Family Luncheon

Come celebrate an afternoon of family, friendship, philanthropy and lots & lots of holiday cheer!

Kindly Reserve by December 1, 2023

Name: _____

Please hold _____ Adult reservation @ \$75.00 each _____ Child(ren) (12 and under) reservation @ \$30.00 each

Please seat me with: _____

\$ _____ for reservations | \$ _____ for Sponsorship.

I cannot attend, but I am enclosing a check for \$ _____ as a contribution.

Please make payment
by check, Venmo, cash
or credit card.



venmo

over



The Annual Family Christmas Luncheon, hosted each year by our Philoptochos, is the major fundraiser for our chapter. Each year we support many organizations; in 2022 alone, we disbursed approximately \$50,000 in philanthropic aid. Some recipients we support include: St. Basil's Academy, IOCC, Hellenic College/Holy Cross, Ronald McDonald House, St. Michael's Home, and so many others. This would not be possible without your generous support.

We extend our heartfelt gratitude to you and your family for supporting our mission:

"To aid the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, to undertake the burial of impoverished persons and to offer assistance to anyone who may need the help of the Church through fundraising efforts..." within our community, the United States and abroad with discretion, courtesy and kindness throughout the year.



Please fill out and drop off or mail to Archangel Michael Church



Please consider supporting The Annual Christmas Family Luncheon by becoming a Program Sponsor.

THE LADIES PHILOPTOCHOS SOCIETY - JOURNAL 2023

Please consider becoming a supporter of this vital fundraising endeavor during this most wonderful time of the year!

_____ \$1,000 and above--Santa's Helpers _____ \$250 and above--Snowmen _____ \$50 and above--Mistletoe
 _____ \$500 and above--Angels _____ \$100 and above--Reindeer _____ \$25 and above--Elves

Name as you would like it to appear in the journal: _____

If your donation is in memory of a loved one, please provide us with his/her name: _____

*** Checks or credit card information must accompany reservations.**

Type of credit card: _____ Card number: _____ Security code: _____ Expiration: _____

Name as it appears on credit card: _____

Billing address: _____

Please Mail Reservation Form to:
 Debbie Dakis-Coritsidis, Archangel Michael Church Ladies Philoptochos, 100 Fairway Drive, Port Washington, NY 11050
 or you may RSVP via email to: Dakis828@gmail.com

YOUNG AT HEART

Young at Heart Luncheon

The Young at Heart Luncheon ministry has been in existence for two years and continues to grow to be a vital part of our Archangel Michael community. We began our third year, with a kickoff luncheon on October 10, welcoming back many friends and newcomers to our program. A delicious Greek menu was served, featuring Moussaka and Pastitsio, among other Greek foods. In addition to sharing a meal, seniors had the opportunity to connect with friends, old and new. Our mission is to help seniors stay socially involved, which can shield them from the emotional stress of isolation and loneliness. Building new relationships and new ways of becoming engaged can take place at any time of life! Please join us for our next luncheon on November 14.



Beyond socializing, the Young at Heart ministry will be expanding, to include other forms of senior community outreach. Should you or someone you love need assistance please know we are here to help. Call or text Diana Gardianos at (516) 859-6272.

***Annual Blood Drive:
Save the Date and Save Lives!***

***The 19th Annual Archangel Michael Blood Drive will be held on
Tuesday, March 12, 2024.***

Please note our new time: 1:45 p.m.- 7:45 p.m.

***For more information,
call or text Marina Vlahos at:
(516) 528-4791***

**HEALTH AND WELLNESS: COLD AND FLU SEASON:
SUPPORT YOUR IMMUNE SYSTEM FROM YOUR KITCHEN**



“This article is for informational purposes only. It is not to be used to cure, treat or diagnose any ailment or to take the place of your healthcare provider. Please see your healthcare provider about any health concerns.”

Using natural ingredients from your kitchen as a home remedy for cold and flu symptoms can be a valuable approach to support your immune system and alleviate discomfort. Here are some common kitchen ingredients that are known for their antibacterial and immune-boosting properties:

Garlic: Garlic contains allicin, a compound known for its antibacterial and antiviral properties. It can help boost the immune system and may provide relief from cold and flu symptoms.

***Honey:** Honey has natural antimicrobial properties and can soothe a sore throat. Mixing honey with warm water and lemon is a common remedy for cold and flu symptoms.

Ginger: Ginger has anti-inflammatory and immune-boosting properties. Ginger tea can help relieve nausea and soothe a sore throat.

Oregano Oil: Oregano oil contains compounds that have antimicrobial effects. Oregano oil can help to alleviate respiratory symptoms, such as colds and bronchitis.

Citrus Fruits: Oranges, lemons, and grapefruits are rich in vitamin C, which supports the immune system. Drinking fresh citrus juice or eating these fruits can help prevent and alleviate cold and flu symptoms.

Chicken Soup: Chicken soup is a classic home remedy for colds. It can help hydrate you, provide essential nutrients, and soothe a sore throat.

Peppermint and Eucalyptus Essential Oils: These essential oils can be used in steam inhalation to relieve congestion and ease breathing difficulties.

***Fermented Garlic-Honey**

Garlic is known for its antibacterial and antimicrobial properties due to compounds like allicin. Honey also has natural antimicrobial properties, making it a potent combination to fight off infections. Fermenting the garlic honey enhances these properties.

Ingredients

- 2 large heads of Garlic
- 1.5 cups raw organic honey (more may be needed)
- 8 oz. sterilized Mason jar

Directions

1. Peel and mince or loosely chop the garlic cloves.
2. Add them to the mason jar.
3. Pour honey over the garlic until it is fully submerged, and stir.
4. Seal the jar and leave in a dark place at room temperature.
5. Every 3 days, unscrew the lid to release pressure and then reseal making sure the garlic is submerged in the honey.
6. Ferment for 1-3 weeks before using, then store in the refrigerator.
7. At the first sign of illness, eat 1 teaspoon as needed

**Babies under 1 year of age should not be given honey or honey containing foods due to the risk of Infant botulism*

YOUNG ADULT LEAGUE

The Archangel Michael Young Adult League (YAL), has been enjoying another beautiful start this September under the leadership of our new Executive Board:

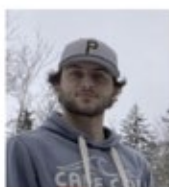
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President:	Marika Reynolds	Kemon Lardas
Vice President:	Alexia Tsouros	Demetrios Kaparos
Secretary:	Niki Maropakis	Mia Kaparos
Treasurer:	Constantine Lascarides	Maria Doulis
Public Relations:	Christina Efstathiadis	Erika Kitsantas

Young Adult Representative:

Steven Gerazounis

The AMC YAL meets over Zoom on the second Sunday of each month with the purpose of keeping the young adults of the church connected throughout college and post-grad years. At the meetings, we engage in meaningful discussions about how we can stay in touch with our faith as well as each other and how we can help to make a positive impact in our community.

This past September, many of our young adults came home from college to volunteer at our annual Greek Festival on the Harbor. Despite the rain, our young adults could be found grilling in the back of the Taverna, handing out frappes at the Bakery, and cheering on our Dance Troupe each night. When they were not volunteering, they were catching up with each other over delicious gyros from our Taverna.



Kemon Lardas



Marika Reynolds



Alexia Tsouros



Demetri Kaparos



Con Lascarides



Maria Doulis



Niki Maropakis



Mia Kaparos



Steven Gerazounis



Christina Efstathiadis



Erika Kitsantas

**AMC
Young
Adult
League**

In October, we were blessed to host a networking event during a Happy Hour at Kyma. This was a great opportunity for our young professionals to get to know one another and to expand their network among both those from the



Archangel Michael Church as well as other young adults from area churches.

Look out for our holiday food drive which we will be organizing for November, as well as our annual NYC ice skating trip in December. With many of our college students returning home during winter break, we are eager to reunite everyone to celebrate the holidays! We are looking forward to a fruitful year filled with faith, friendship, and lots of engaging events as we head into 2024!



The Preschool Halloween Costume Parade was a huge success. The children enjoyed marching to the music and showing off their costumes to their parents.

November will be a busy month for the Preschool! We will be celebrating and learning about our Patron Saint, the Archangel Michael. Fr. John and Fr. Ioannis will speak to the children about this important holiday. 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 the Thanksgiving books they created. We look forward to having Fr. John, Fr. Ioannis, and the office staff in our audience!

December is going to be a very exciting month for the children. We will be celebrating the feast days of St. Barbara and St. Nicholas. Our rooms will be decorated with Christmas-themed projects made by the children. They will also learn Greek and American Christmas Carols for our "Sing-a-Long," scheduled for Thursday, December 21. The story of the Nativity will be read by Fr. John as the children perform it on stage.

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

Please note that the Preschool will be closed on the following days:

Wednesday, November 8	Archangel Michael Feast Day
Friday, November 10	Veterans Day
Thursday/Friday, November 23/24	Thanksgiving Recess
Wednesday, December 6	Parent-Teacher Conf.
Friday-Friday, Dec 25-Jan 1	Christmas Recess

School Resumes on Monday, January 2

If you are interested in visiting the school, please call 516-944-3184.

*Everyone at the preschool would like to wish you all a
"Merry Christmas and a Happy and Healthy New Year!"*

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By Nick Katsoris

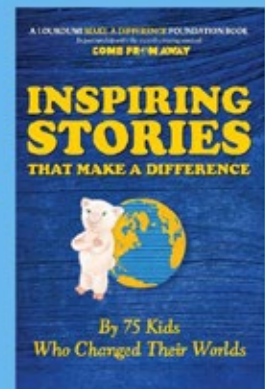
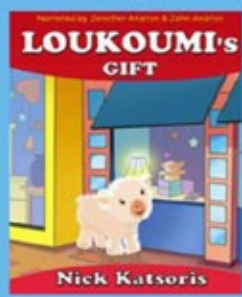
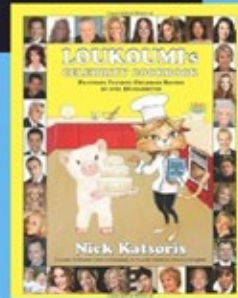
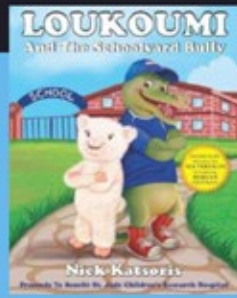


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Bible Study

The Book of Exodus

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Book Club

Orthodoxy: Faith & Life, Christ in the Gospels

Meets the 3rd & 4th Thursdays of each month

Morning session: 11 a.m. preceded by Paraklesis at 10 a.m.

Evening session: 7:30 p.m. preceded by Vespers at 7 p.m.

SUNDAY SCHOOL



The Archangel Michael Sunday School commenced its classes on Sunday, September 10. Approximately 160 students registered with our program this year. Our school piloted a new online registration program through Realm that enabled us to have a more efficient process. We welcomed students with a special ice cream treat provided by an on-site ice cream truck.

Our new Spiritual Director of our Sunday School is Fr. Ioannis, and we look forward to advancing the religious education of our students. The Chapel Service has resumed and the children have been participating in the Divine Liturgy. They have been able to spend time learning more about our Orthodox faith directly from both Fr. John and Fr. Ioannis.

This year we look forward to some special programs in Sunday School including a visit to Agia Skepi and Open House Sunday.



Our Sunday School is staffed by the following dedicated volunteers:

Director: Sevasmia (Sara) Savva

Assistant Directors: Libby Doumanis & Valerie Papain

Assistant Staff: Vanessa Gardianos & Katina Kostaridis

Teachers

- Nursery:** Effie Batis & Angela Panousopoulos
- Pre-Kindergarten:** Millie Gianoukakis and Alexander Gianoukakis
- Kindergarten:** Kally DiPreta & Sophia Xenophontos
- 1st Grade:** Kathy Drenis & Stacia
- 2nd Grade:** Niki Maropakis, Kathy Pappas & Alexandra Tiliakos
- 3rd & 4th Grades:** Anna Theodosopoulos & Androula Xenophontos
- 5th & 6th Grades:** Chris Ioannou & Michele Lascarides
- 7th & 8th Grades:** Constantine (Dean) Pourakis
- 9th and 10th Grades:** Alaina Graziano & Presbyteria Eleni Capones
- 11th and 12th Grades:** Eleni Raptis & Valerie Papain

- Christmas Pageant:** Ellie Tulumba
- Crafts Program:** Paula Pourakis

Please do not hesitate to contact us if you have any questions. We look forward to a blessed and productive year ahead!

GLIPTA



Back to Greek School has never been sweeter! Thanks to the Greek Language Institute Parent-Teacher Association (GLIPTA), students were treated to a delicious welcome surprise. Ice cream cups were handed out to excited students as they arrived, bringing smiles and a touch of summertime delight to the back-to-school season.

We had a wonderful turnout at our first general meeting where we went over all major calendar events and came up with very creative fundraising ideas such as the funding of the first Greek library at Archangel Michael Church and providing access to Greek interactive learning apps for our students.

But that’s not all! The PTA also successfully carried out its annual chocolate fundraiser and announced and shared save-the-dates for a lineup of exciting future events, providing opportunities for everyone to make the most of their Greek School experience.

On that note, kindly join us for our annual Friendsgiving get-together on November 9 hosted at Publicans in Manhasset (check your inbox for the rsvp link), and stay tuned for news and updates on our “Glendi” celebration which is set to take place on January 28, 2024. From academic enhancements to fun-filled fundraisers and get-together events, the PTA has set the stage for a memorable year ahead.

Last, but certainly not least, we would like to thank all the amazing people in our Greek School commu-

let's
GATHER

PLEASE JOIN US FOR A

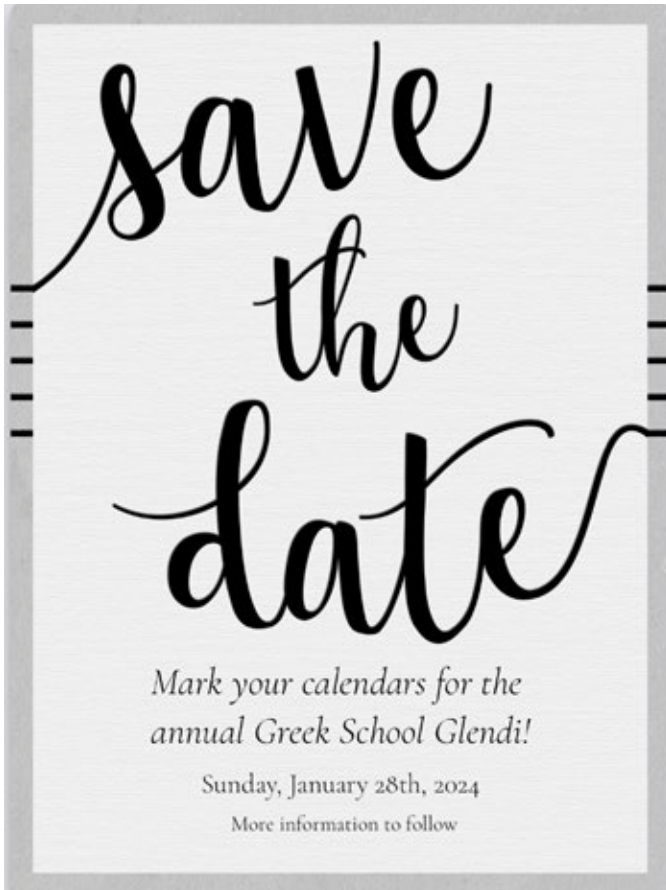
Friendsgiving Ladies Night

NOVEMBER 9 7 P.M.

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\$75 per person Advance RSVP Needed

**to request the RSVP link, please email:
gspta@archangelmichaelchurch.org**



nity who have tirelessly volunteered their time, energy, and resources to make the Greek School experience an amazing one for our children. We greatly appreciate all you do. If you would like to sign up to volunteer or if you would like additional information, please contact: gspta@archangelmichaelchurch.org

President: Margarita Loukas

Vice President: Stephanie Christodoulou

Treasurer: Rita Karampahtsis

Byzantine Youth Choir

The Music Ministry is essential to our faith, and church musicians play a vital role in the liturgical life of the Church. Each year, National Church Music Sunday is celebrated on the Sunday of or immediately following the Feast Day of St. Romanos, patron saint of church musicians, which is October 1. During the month of October, choir members, choir directors, psaltis, and organists were honored across the Archdiocese. We want to express our sincere gratitude to our teen and youth choir members for their dedicated service to our church and for gracing our choir with their melodious voices.



MAY GOD BLESS ALL CHURCH MUSICIANS OF THE ARCHANGEL MICHAEL CHURCH!

Bless us, O Lord, Your servants, who minister in Your Church; Grant that what we sing with our lips we may believe in our hearts, and what we believe in our hearts we may practice and show forth in our lives. For unto You we offer glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

In addition to Youth Choir singing for the Divine Liturgy on the 2nd and 4th Sundays of every month, December brings our members many additional joyous occasions. The Youth Choir is thrilled to have been invited to serenade at the Philoptochos Christmas Family Luncheon on Sunday, December 10, and to celebrate the Challenge Liturgy with our wonderful friends on Saturday, December 16. We are also preparing the Christmas hymns, H Genesis Sou Christe O Theos, H Parthenos Simeron, and Litrosin for the Sunday School Christmas Pageant to be held on Sunday, December 17.

*Wishing our Archangel Michael Church Family
A Happy Thanksgiving and a
Blessed Christouyenna †*

Cub Scouts at AMC

***We are pleased to announce the formation of our very first
Cub Scouts at AMC!***

***We are looking for boys, ages 4-8 (pre-k - 3rd grade) for scouts,
and for ADULT volunteers that can assist us in this endeavor.***

***Information will be forthcoming for full registration.
Our anticipated start date for Cub Scout events will be in January 2024.
For more information please email scouts@archangelmichaelchurch.org***

HOPE

HOPE and JOY joined together on October 27 to enjoy a fun and festive **"Trunk or Treat"** event. Children gathered in their favorite costumes for an afternoon of crafts, trunk-or-treating and, of course, candy! We are currently preparing for our Thanksgiving event scheduled for mid-November. Stay tuned for our flyer and more information!

Please also save the date for our trip to the New York Botanical Gardens to visit the Holiday Train show, scheduled for December 16! More details to follow over the next couple of weeks.

Hellenic Orthodox Primary Enrichment (HOPE), for ages 4-6, was created with the goal of gathering children and families in activities which promote Orthodox Christian fellowship. Through HOPE, 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 one of our HOPE advisors: Gianna Aprilakis or Maria Vlachos at HOPE@archangelmichaelchurch.org.

It was an exciting September and October for JOY! We hosted a kick-off open gym where the JOY families were blessed by Fr. John and Fr. Ioannis and enjoyed an evening of sports, games, music, fellowship, and making their own ices at the Kona Ice Truck. More than 80 children participated! A second open gym was held on Columbus Day where children ages 7-12 spent a day off from school at the church enjoying pizza with their friends.



As this issue of the Trumpet was being readied for publication, the children were eagerly anticipating the JOY Trunk or Treat event scheduled for October 27. Families were planning to decorate their trunks and set up trunk or treat stations. Everyone was looking forward to cotton candy, a pumpkin patch with decorating, and a Halloween Bounce House!

November and December are JOY-packed with events! On Veterans' Day, the children will compete in obstacle courses and basic training activities. To honor our veterans, they will assemble active duty care packages with items donated by JOY families. Fr. John and the Joy Advisors will then lead a discussion with the children on service and duty, followed by pizza and ice cream for all! This event will be offsite at the Grit Ninja in Roslyn.

Following Thanksgiving, JOY will host "Tacos and a Movie Friendsgiving," where a Christmas movie will be shown and the children will be treated to tacos courtesy of Tulum Taco in Mineola.

On December 2, the first annual JOY Trip to the Radio City Christmas Spectacular will be held. Coach bus transportation will be provided and there will be a luncheon following the show in the Angeliades Fellowship Hall. Fr. John will expand upon the finale of the Radio City Show and discuss the Nativity and the true meaning of Christmas.

Also in December, the JOY children will come together to celebrate the season at our Gingerbread House-Making event. They are also eagerly anticipating the Ugly Sweater Christmas Movie Night and an Open Gym during Christmas break. We can't get enough of each other at JOY!

We wish you a Thanksgiving filled with gratitude and loved ones and a blessed Christmas.

Fall has been a busy time for our GOYANS! Although we did not have the greatest weather for the Festival, we enjoyed prepping, working the tents, and dancing, as well as assisting during the cleanup, which was much appreciated.

On the Monday after the festival GOYANS had the opportunity to kick back and have fun at the **"Annual Bowling Night at Bowlero."** Food, bowling, and games were enjoyed by all. Fr. John and Fr. Ioannis joined in the bowling fun as well. For the first time, GOYA hosted a **Bunco Game Night!** This game got our members socializing and meeting new friends...a great ice-breaker! Everyone is looking forward to attending the Inter GOYA **White-Out Party** at St. Paul's in Hempstead and catching up with friends from the area.



We are all gearing up for the Annual **Harry Lascarides Memorial Volleyball Tournament** at the AMC gym. Churches from the New York area will compete for the cup! This is the first volleyball event of the 2023-2024 school year. In conjunction with the volleyball tournament, the **Annual Pancake Breakfast Fundraiser** will take place the same weekend. GOYANS will host parishioners in the Angeliades Fellowship Hall for pancakes, bacon, eggs, and more! Raffle prizes will also be drawn. All proceeds benefit the AMC GOYA and their activities. Thank you to all who have supported us!

Many of our GOYANS are looking forward to attending and celebrating at the Annual Nameday Gala. This will be a very special evening as we are honoring Fr. Dennis for his many years of dedication and service to his beloved Archangel Michael Church community.

We are all looking forward to additional events that have been planned for November and December... Thanksgiving Food Drive, AMC GOYA Music Fest Dance, Christmas Spectacular, Christmas Caroling!

If you are interested in meeting new friends and joining GOYA, please contact us at:

goya@archangelmichaelchurch.org

Greek Dance Troupe

The Archangel Michael Church Greek Dance Troupe is off to a great start after kicking off the year with our festival performances! Despite the weather, our groups performed two days at the festival to everyone's delight!



Our Neolea dancers were featured performers at Greek Heritage Night at the Mets game on September 29. They were proud to showcase their heritage at CitiField!

The Dance Troupe is looking forward to their annual performance at the Challenge Liturgy Christmas Luncheon, which is always a wonderful event. The guests dance and socialize with each other and have the opportunity to visit and have photos taken with Santa and Mrs. Claus. Thank you to Manny and Marina Katsoulis for including the children of the Greek Dance Troupe!

Coming up! The Greek Dance Troupe will once again be participants at Parathosi—a Celebration of Hellenic Heritage & Dance hosted by the Archdiocesan District in January. Many communities from the tri-state area and beyond come to showcase their dance knowledge while wearing the beautiful costumes representing various areas of Greece. Come support our dancers!

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

Come February, our Neolea and Hara groups will be heading out to Anaheim, California for the annual Faith Dance Fellowship (FDF) Greek Orthodox Folk Dance & Choral Festival!

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



COMMUNITY PHOTOS



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