A True Family Christmas?

As we prepare for Christmas this month, I wonder about the nature and quality of our family rhythms and gatherings. Most of us will expend a great deal of energy, time, and money on buying gifts, preparing meals, cleaning and decorating the house, joining holiday parties, mailing cards, attending school events, working a lot and then enjoying some time off from work. I should know as a husband and father of three: been there, done that.

How much will we focus our attention on preparing our hearts and homes to encounter Christ ever anew at one of the Great Feasts of the Church? To what degree will we seize the opportunity to pray, to fast, to listen, to love, to give thanks, to believe, to show mercy, to be patient, to truly celebrate the 12 days of Christmas (Dec. 25 – Jan. 5)?

Just as American society will sweep us up into a tornado of activity in working, shopping, stressing, and partying before Christmas ever arrives, the Church, by contrast, will invite and encourage us into a period of learning, meditation, prayer, fasting, and works of mercy (see below for details). We call the 40 days before Christmas the “Nativity Fast.” Christians of other traditions refer to it as “Advent,” in recognition of the Latin word for Christ coming to us through his birth from the Virgin Mary. Whatever language we use, the purpose remains the same: the more important the Feast, the greater our preparation to honor it. All we need to do is think of Easter and the 7 weeks of Great Lent & Holy Week.

Originally, both Christmas and Epiphany were one single feast, and Christians were greatly aided by ancient Byzantine society to observe the Fast because the government, law courts, business, and education all honored the sacred rhythm of the Church (e.g., meat markets closed). That’s clearly not the case here in America which developed from traditions other than the Orthodox Church, and where many Christians themselves do not follow much (if any) spiritual preparation. Too bad. For without proper preparation, we become lost in the “ways of this world” and drift away from the Giver of Life.

How are we do pull this off when our own habits may have hardly paid attention for years? How are we to behave in public when everyone else seems to not care at all (or even believe in Christ)?

Here are some practical thoughts for us to consider:

Make worship a priority for the family; set a goal to attend at least one Liturgy every week (you will note from the December calendar that there are many weekday Liturgies in addition to each Sunday). Commit to attend one of the two Christmas Liturgies together. When others, including children, ask: why? The best answer is: because Jesus Christ wants us to do so.

While decorating a home, offer prayer to God for the blessing of being able to decorate at all; most of the world does not have a home worth decorating, even if they had the extra money to afford it. Listen to sacred music such as hymns of the Church or sacred Christmas carols.

When purchasing gifts, give serious thought and prayer to what is really needed, rather than what is merely wanted; operate from a spirit of generosity when buying something for others in order to express, in some way, God’s extravagant love for us in giving us his only-begotten Son, Jesus Christ. Consider alternate gifts for those who have everything – such as a contribution in their honor to the International Orthodox Christian Charities (iocc.org) for world relief, the Orthodox Christian Mission Center (ocmc.org) for spreading the Gospel, or their favorite charity.

In preparing meals, remember the hungry and set aside non-perishable food for the Fairfield County Food Bank, and bring these to Church as part of your Christmas observance. Feast day celebrations have always involved lots of great food and generous giving to the poor, hungry and homeless.

Plan a visit with family members to a shut-in in their own home or apartment, or to someone in the hospital or nursing home, or to a ministry in town that serves the poor in order to assist their ministry (such as New Covenant House, to which some of our own GOYAns recently went). This is especially important for children from the youngest age to realize how many people are in need right around us, and how God wants us to serve them.

During the family celebration on Christmas itself, include a devotion of prayer, a Psalm, a reading from the Bible about Christ’s birth, a spontaneous prayer of thanksgiving, and a hymn as everyone gathers before an Icon; this is best done before the meal (since everyone will become sluggish from eating so much rich food). Take the Nativity Fast to heart and learn self-control and moderation of habits during the time leading up to Christmas – reduce mindless entertainment and choose to watch a spiritual video or read a devotional book instead; go without meat and eat simpler foods that are easier to digest (e.g., vegetables, beans, fruits, grains & nuts); go to those holiday parties but exercise caution (i.e., choose the cocktail shrimp instead of the chicken wings; eat sparingly instead of filling up; and do all of this in secret so that only God knows what you are doing).

Truly celebrating Christmas as a family has long since stopped being automatic in America (if it ever was). This has a whole lot more to do with our own faith and life than with anything that happens around us. It could not be any other way. Centering our hearts and families on Christ will always be going “against the grain”, no matter what season it is.

— Fr. Harry
Question: What is involved in the Nativity Fast as we prepare spiritually for Christmas?

Answer: The age-old wisdom of the Church recognizes that we all too easily drift from one day to the next, mindlessly repeating our tasks and habitual practices. In order to stimulate our spiritual growth and prepare to meet Christ ever anew at Liturgy on Christmas, here is what is highly recommended:

Prayer – increase our daily prayer, starting with the Lord’s Prayer as we greet the day. Most useful in developing a habit of prayer is to by using a prayer book to learn how to pray (I recommend My Orthodox Prayer Book in our bookstore), and to read or listen to the Bible carefully in order to hear what God is trying to say to us. Throughout the day we can use the most famous “walking stick” prayer called the “Jesus Prayer” (“Lord Jesus Christ, have mercy on me”). Prayer is really the way we respond in faithful obedience to allow God to change us through Christ who loves us.

Fasting – more is involved here than a mere change of diet (although this is a good place to begin since so much of life revolves around food & drink), such as curbing our unrestrained compulsions to consume more than we need, spend too much time and money on entertainment, dine out, and waste time selfishly (just to name a few). The traditional fast is to abstain from meat, dairy, and eggs through Dec. 11; then, from Dec. 12 – 24, we fast just like Great Lent – no meat, fish, dairy, eggs, or alcoholic beverages. This also involves reducing how much we eat – eliminating snacks, skipping a meal – in order to provide for others in need. Aside from this, everyone can fast spiritually by checking our desire to criticize others behind their back or changing one bad habit. Fasting is really about saying “No” to all that the world offers, in order to say “Yes” more deeply to the Lord.

Almsgiving – Through deeper prayer and genuine fasting, as we expand our inner life we discover how our time and energy can be freed up in new ways to serve those in need around us. We can contact the office to get the names of shut-ins who would welcome a card, prayer, phone call or visit. We can bring non-perishable foodstuffs every Sunday for the Food Bank of Lower Fairfield County. We can volunteer at a hospital or nursing home. We can take our children or grandchildren to the Food Bank or Inspirica to help out. Almsgiving is really about works of mercy to those in need, in which we meet Christ in the person of the suffering, poor and sick: we receive as much from them as we give to them.

PARISH COUNCIL

Mr. & Mrs. Nicholas Aivalis
Demetra Bartis
Mr. & Mrs. Michael Blanc
Irene Chalikis
Mrs. Elissabet Constantine
Mr. & Mrs. George Coplit
Mr. & Mrs. Elias Lolis
Zoe Loter
Mr. & Mrs. John Nault
Buildings & Grounds
This month starts the installation of the new Church windows. The windows have arrived and, although we will be slightly inconvenienced as they are stored in the hall, over the next six to eight weeks, you will see a wonderful transformation take place in our church. Marvin Windows has asked to film a short documentary and will be interviewing Father George as he relates the history of the church and its classic Byzantine architecture. Throughout the installation process, we will repair and replace many of the lights in the dome and ceiling areas of the church. Another area that we are working on is the replacement of the carpeting in the balcony. We are currently gathering estimates and will have options for the Parish Council to choose from in the next few weeks. We have revisited the need for a permanent sign on the front lawn (we have never had one!). Nick Aivalis will work with Fr. Harry and the Parish Council to finalize details. Any questions, please contact Peter Licopantis or Nick Aivalis.

Master Planning
The Committee completed screening local architects. The goal is to hire an architectural firm that can work with our members, our Statement of Needs, and elements of our earlier renderings to produce a current vision and to see it through. Via a dozen phone interviews, we were able to screen four firms for personal interviews on campus. Those interviews have all taken place. We are now issuing RFP’s (request for proposals) to those firms, outlining the scope of work we would look to pursue. They will provide us with their proposed approach, alternative solutions, and estimated cost for their architectural services. Questions? Contact Jason Konidaris

Parish Council Elections
Elections are Sun, Dec. 7, from 12:00 noon – 1:30 pm. Absentee ballots must be returned by noon this Sunday, or they will be disqualified. Eligible voters include: all baptized or chrismated members of the Orthodox Church who are 18 years or older, worship regularly, are currently stewards in good standing (if you have not yet made a financial offering this year, you may do so on Election Day), and have been members in our parish at least since Sept 7 of this year. We will elect 4 of the following 6 candidates: James Cocolis, Steve Fornaciari, Bill Grosso, Rita Mehos, Georgette Perimenis, and Evans Stergianis. Contact: Board of Elections - George Perkins, Connie Begetis, or Louie Blanco.

Philoctochos Bread Sale
Pre-Order by December 10
Order Forms on Philoptochos Bulletin Board
$15

Gregg Demetros, Peter Licopantis and Nick Aivalis in front of church replacement windows (Nov 20)

Tony & Richie installing replacement window as Nick Aivalis looks on (Dec 1)
Worship Services (on days other than Sundays)

• Wed, Dec. 3 – Great Vespers for Feast of St. Barbara at St. Barbara Church in Orange

• Thu, Dec. 4 – Feast of St. Barbara: Orthros 9 am & Liturgy 9:30 am @ Annunciation Church

• Sat, Dec. 6 – Feast of St. Nicholas: 3rd Hour 9:15 am & Liturgy 9:30 am here, with Procession and Veneration of the Relic of St. Nicholas at 10:30 am

• Tue, Dec. 9 – Feast of Conception of St. Anna, mother of the Theotokos: Orthros 9 am & Liturgy 9:30 am @ Annunciation Church

• Fri, Dec. 12 – Feast of St. Spyridon: Orthros 9 am & Liturgy 9:30 am @ Annunciation Church

Note: Due to the weekday installation of replacement windows in our church, all worship Monday – Friday must take place at our sister parish, Annunciation, until the project is completed. We appreciate your understanding during this time.

Visits to Shut-Ins

Along with Zoe Loter and a few Seniors who just started making visits, Fr. Harry will be visiting shut-ins before Christmas. We currently have a list of about 20 people in need; feel free to contact the office (203-348-4216) to indicate a good day and time for the Seniors or Fr. Harry to visit your loved one(s).

Seniors

At the Wed, Nov 12 luncheon, Officer Paul Driu of the Stamford Police Department lectured on the various fraudulent schemes used to steal money from senior citizens. Some of the scams used are:

• Telephone calls from someone who claims to be from either the U.S. Internal Revenue Service (IRS) or the Connecticut IRS and say you owe money on income tax (False claim) you must send the money to them.

• Someone calls and says they are from the Police Department and you have not paid a fine (which you actually never were issued) and you must pay them the fine. COMPLETE FRAUD!

• A call from someone who claims to be your grandson and is in jail for some trouble and needs money from you to get out.

• A call from someone claiming to collecting money for some phony Charity and asks your donation.

• A stock tip advising you to invest money through someone you don’t know in some new company.

• Check all your credit activity to make sure all the transactions were made by you and not by someone who stole your credit card information.

Immediately call your credit card issuer and inform them of the fraud. They will close your existing card and issue a new card with a new identification number. The best way to handle all these calls is to hang up as soon as you don’t know who’s calling or when asked for money! The next meeting is Wed, Dec 10 and is our free Christmas Luncheon featuring wine, sodas, hors d’oeuvres and Christmas carols and music by the “MATINEE” a group of singers from Brookfield, CT. Contact: George Hasapis at 203-966-2534

Ladies Philoptochos Society

The Annual Turkey Bingo held on Nov. 22 in the Stamford Athletic Club for the first time was a great success, thanks to the efforts of Co-Chairs Lara Paschalidis and Maryanne Kardaris and their committee. Thanks to all who helped and those who attended. We had a full house of parishioners and friends of all ages. The Ladies Philoptochos Society is taking orders for Vasilopita breads until December 10. After that, they will be sold on first-come, first-serve basis. Order forms are available on the Philoptochos bulletin board or contact Marion Vanson. Delivery is expected Dec 19, weather permitting. At our Nov meeting, Philoptochos was pleased to donate $500 to each of the following charities: Priest’s Discretionary Fund, Marine Memorial Scholarship Fund, St. Joseph’s Parenting, Stamford EMS, Arts for Healing, Project Music helping Stamford children, Rays of Hope Homeless Shelter for Men, and Stamford Senior Center of Stamford. We are most grateful to God and our community, which allow us to help so many in need. Contact: Marion Vanson

Weekly Food Drive

Philoptochos encourages everyone to bring non-perishable food every Sunday to one of 4 collections bins in the narthex, entry from back parking lot, and outside the offices – especially canned meat, tuna, chili, beans, vegetables & fruit; rice, pasta & tomato sauce; peanut butter & jelly; cereal & parmalat milk; pancake mix & syrup; coffee & tea. All proceeds go to the Lower Fairfield County Food Bank here in Stamford for distribution. Contact: Penny or Debbie Nanos.
Church School

The Church School and Greek School programs will host their 2nd Annual Christmas Program on Sunday, December 21 following Liturgy. Children of both ministries will be dressed in holiday attire and will perform several religious hymns and Christmas carols. Emily Skoutelas has been working with the Church School children to prepare them for this event and will lead our children in song. Likewise, the teachers and children of the Church School program will be working to prepare a Christmas Exhibition of student work that will be displayed in the fellowship hall following the Christmas performance. We encourage and invite families to join us for this celebration. We further encourage families to worship for the Feast of the Nativity of Christ on Christmas eve or Christmas morning. Let our hearts rejoice in the majesty of our Lord’s birth! Wishing all families a safe December and sacred and blessed Christmas! Contact: Evelyn Bilias Lolis

Greek School

Καλά Χριστουγέννα! Και Ευτυχισμένος ο καινούργιος χρόνος! Open House was a success for all those who attended. The teachers reviewed the new leveling system and the curriculum for their classes. This month, the children are focusing on learning the Greek Kalanda and coming home to spread the joy of Christmas. Please come and see them participate in the Christmas Program on Sun, Dec. 21. We are now accepting donations from any local businesses that would like to be included in our March Raffle. Contact: Rebecca Kelesidis

GOYA

GOYA had a fun-filled month. We enjoyed serving our fellow parishioners coffee after liturgy during the month of November. We had a lock-in at the church where GOYAns had a heartfelt discussion about our faith, with questions from the GOYAns that Fr. Harry answered. We participated with the youth group of St. Leo’s Catholic Church preparing New Covenant House (homeless shelter of Stamford) for Thanksgiving. We have also prepared Christmas wreaths for our annual fundraiser. We are selling them for $20 after liturgy every Sunday until we sell out. GOYAns, SAVE the DATE: On Dec 7, the district Christmas retreat will be hosted at our parish at 2 pm. We will need GOYAn and parent support for this event. Merry Christmas to all! Contact: Diane Skoparantzos or Bill Giantomidis. GOYA welcomes teens in 7th to 12th grade.

Hope/Joy

Hope & Joy and Little Angels ministries will host a joint Children’s Christmas Party on Dec 13 from 4:00 pm to 6:30 pm in the Church Hall. It will feature a magician, puppet show, crafts, and a visitor from the North Pole! A potluck dinner and dessert will be served. Please R.S.V.P. by Dec 5 to Stacy Valassis at avalassis@gmail.com or Chris and Luisa Nanos at cnanos@optonline.net. For more information about Hope & Joy, for children in preschool through sixth grade, or to get on our mailing list, please contact Chris and Luisa Nanos at 203-609-0749 or cnanos@optonline.net. Please remember to bring non-perishable food items to our Christmas party and to church each week to support the Lower Fairfield County Food Bank. We look forward to celebrating Christmas with you!

Little Angels

We invite you to our Children’s Christmas Party, held in conjunction with Hope & Joy, on Saturday, Dec 13, from 4-6:30 pm at the Church Hall. The party will feature holiday music, children’s entertainment, crafts, plentiful food, and a visit from Santa! Please do not miss this opportunity to enjoy the beauty of the holiday season among friends. RSVP to Anastasia Valassis at 516-582-0830 or avalassis@gmail.com) and let us know what dish you can offer for the potluck meal!

Children’s Christmas Party

Potluck!

December 13, 4 – 6 pm

Church Hall

RSVP by December 5
Youth Athletics
The Connecticut Eastern Orthodox Basketball League (CEOBL) is under way, with games scheduled for most Sunday afternoons, either home or away, through February. Here are details:

• Varsity Team (boys & girls 14-18 years of age) practice every Thursday from 5:45 – 7 pm in the gym at SAC. Coaches are Gary Morgan & Peter Candito

• Girls Volleyball Team will begin practicing on Thursdays from 7 – 8 pm, even though games do not begin until January. Our girls with join players from Annunciation and St. George in Norwalk to form a team. Coaches are Larry Karipides and John Skoparantzos

• Senior Men’s Team (19+ years of age) practice every Thursday from 8 – 9:30 pm. Coach: Dean Aivalis

Contact: John Skoparantzos, Athletic Director (atozjohn@aol.com)

College/Graduate Students
College and graduate students: welcome home for the holidays! Fr. Harry invites you to informal conversation over dinner on Monday evening, Dec. 29, at 6 pm. He will pay for pizza and drinks. Place is TBA (either Coalhouse Pizza on High Ridge Road, or at church). Let’s gather to catch up and celebrate Christmas! RSVP in advance with Jane in the office (203-348-4216) or Fr. Harry (hpappas@svots.edu).

IOCC
The International Orthodox Christian Charities (IOCC) continues to bring love and hope to children around the world. The IOCC is currently building a new 240-student high school in Uganda, a country where over 2.7 million children have been orphaned due to civil war and an AIDS epidemic. This will be the fourth school that the IOCC and the St. Nektarios Education Fund have built in Uganda. Similarly, the IOCC is refurbishing over 50 schools in Lebanon that had fallen in to disrepair so that over 7,500 Lebanese children and 5,000 Syrian refugee children can learn in a positive environment. The IOCC has also provided school uniforms to over 30,000 Syrian refugee children living in Jordan. By helping children learn, the IOCC is preparing the next generation of men and women to think and act with greater purpose and compassion. For additional information on the IOCC’s programs and for opportunities to give see www.iocc.org. Contact: Tim Hartch

Parenting Workshop
On Sat, Nov 15, an intimate group met at the church to take part in the first ever Parenting Workshop. Following morning coffee and donuts and breakfast chat among the attending parents, Father Harry led the group in prayer. Dr. Evelyn Bilias Lolis, educational psychologist and professor at Fairfield University, delivered the initial presentation, speaking to the particular stressors surrounding families and parents in today’s culture. She eloquently discussed findings from peer-reviewed academic journals that cite the negative effects of over-scheduling and other forms of hyper-parenting. She posed the question to the audience, “What do we want for our children?” asking that the answers be simplified to a word or two. Presvytera Kerry Pappas, a marriage and family therapist, cited interesting research indicating that contrary to our idea of the dominance of the mother in the lives of her children, it is the level of the father’s involvement in the religious life of his child that has the biggest effect on the child’s later church-going and participation in the traditions of the church. This was one eye-opening point. She spoke beautifully about how to cultivate mutual respect between parent and child by activities like asking for forgiveness from one another. She spoke about the home as an important locus for meditation and prayer, where icons should abound. Father Harry Pappas returned all the concerns arising from discussion to the example and model of Jesus Christ and the Holy Family. He discussed the importance of maintaining composure during the most difficult moments, when children behave badly and try our patience. For even the most banal parenting questions, he offered the stories of the Bible as guides. Lively discussion took place throughout the workshop, and the presentations were very interactive. Parent concerns ranged from issues related to dressing children, to differing parental
approaches among spouses, to what parents have the right to insist on. It was a fruitful and inspiring morning, and we hope to post the 3 presentations on-line soon through our parish web site. Contact Anastasia Valassis (avalassis@gmail.com, 203-594-1309).

Pilgrimage to Northern Greece
Fr. Harry has been working regularly with Cloud Tours to finalize plans for the 2-week pilgrimage that is now scheduled to begin on Monday, April 20, 2015, and end on Monday, May 4. Itinerary includes: Thessalonica (including feast of St. George), Philippi, Annunciation Monastery in Ormylia (for women) and Mt. Athos (for men), Beroea, Meteora, Kalambaka, and Kerkyra (Corfu). Price forthcoming as Cloud confirms final details.

Old Church Windows Available
Due to the replacement windows in Church, some of the smaller, old windows being removed (starting Dec. 1) will be set aside for those who wish to make a donation. Please keep in mind that this may involve extra costs for us (our original contract with the installer does not provide for this). Nick Aivalis, chairman of the Building & Grounds Committee, thinks that an additional donation of $50-75 would be appropriate. Anyone interested needs to pick up the window promptly. Contact: Nick Aivalis at narch@optonline.net or (203) 359-4441.

Area Events
• Mon, Dec. 1, 7 pm: Ecumenical Aids worship service @ First United Methodist Church of Stamford (on Long Ridge Road)
• Thu, Dec. 4, 7 pm: “Journeys to Mt. Athos”, a presentation by Dr. Scott Cairns of the University of Missouri. He is a noted author and poet, and a practicing Orthodox Christian who has been visiting Mt. Athos every summer for years. Place: Stamford Church of Christ, 1264 High Ridge Road (300 yards north of the Merritt Parkway). Free and open to the public. Of great interest for those who wish to learn more about this worldwide center of Orthodox spirituality.
• Fri, Dec. 5, 9 am – 6 pm: Conference entitled “Healing, Reconciliation & Forgiveness: Perspectives of the Orthodox Church,” with many scholars and theologians offering short presentations. Sponsored by the Sophia Institute and held at Union Theological Seminary (3041 Broadway & 121st Street, New York). Registration required: $55 by cash or check only. Contact: Fr. John McGuckin at jam401@columbia.edu
• Sat, Dec. 6, 9 am – 5:30 pm: Conference entitled “Women & Diaconal Ministry in the Orthodox Church: Past, Present & Future” featuring theologians and scholars addressing the history, ministry, and prospect for reviving the ministry of women deacons. Sponsored by the St. Phoebe Center. Registration required: $60 by PayPal or check. Place: Union Theological Seminary (3041 Broadway & 121st Street, New York). For more info: http://orthodoxdeaconess.org/women-diaconal-ministry-conference/
• Sun, Dec. 7, 7:30 pm: “Faith, Myth & Song”, performed by the Metropolitan Greek Chorale @ Annunciation Church (302 West 91st Street, NYC). $20 admission or $10 for students. For more info: 212-475-3394 or www.metgreekchorale.org

Wish List
• New desk top computer for Jane in the office, along with Microsoft Office software
• Paper folding machine
PARISH REGISTRY

Births
Oct 30 – Emilia Anne, second child of John & Megan
Nov 28 – Demetrios Argyrios Makrides, first child of John & Georgia Makrides

AHEPA
A random Internet search for a summary of the story of Chanukah resulted in the following fragment: “During the time of the 2nd Temple in Jerusalem, the Holy Land was ruled by cruel Greeks. They robbed the Jews of their property, and set up idols in the Holy Temple in Jerusalem.” How accurate is this claim? On the occasion of the upcoming celebration of Chanukah (December 16), we invite you to examine its true historical background as reported by two eminently qualified scholars, so you can judge for yourself.

On Friday, December 5, the Stamford AHEPA will present a DVD screening on “Hellenistic Judea – Historical background to Chanukah,” featuring Dr. Jeremy McInerney and Ambassador Abba Eban. Pizza and refreshments will be available at 6:30 pm, and the screening will start at 7:00 pm. Contact Nicholas Nikas. Our monthly meeting will be on Wednesday, December 10, at 7:30 pm at the Church of the Archangels.