Children in the Church Today: An Orthodox Perspective

Children in our church are full members of the Body of Christ. We do not have special children’s services, because we realize that our experience of the services of the Church is not merely rational. Even if a child cannot yet understand all that is happening, he can see, hear, smell, taste, and touch for himself, and experience the presence of the Holy Spirit. We must not deprive our children of this experience. We must prepare them to appreciate it, to look forward to it, and to participate in it by prayer and in as many ways as possible.

It’s very clear that children should be at the services in general, particularly the Liturgy. A great many children left the Orthodox Church as soon as they came of age, in part because they felt alienated from the services. Some of them - now middle-aged adults - have spoken to me about this. They did not understand the services or the Faith. They may have been at the services, but not as participants. Efforts were not made to make them feel welcome. The Liturgy was an adult activity, whose meaning was foreign to them. They had to attend and stand “rigidly still, but it was an unpleasant obligation in which they felt no real involvement. Now we have a good group of very little children who come to Liturgy. But, of course, they come as VERY LITTLE CHILDREN. They’re sometimes nervous, squirmy, noisy, and fussy. They fall down and hurt themselves and cry. To a large extent, we have to accept them as they are. We can’t be surprised, vexatious, and critical toward them or their parents. Not if we really want to WELCOME THEM. Not if they really do BELONG AT CHURCH. Their presence at church will call for a large measure of adult tolerance, and an increased effort to concentrate on inner prayer in spite of distraction.

At the same time, parents of very little children must understand that they cannot push their children’s endurance too far. The Liturgy is long. Too long for many very young children to stand or sit still the whole time. They aren’t ready to attend and participate with adult endurance, discipline, concentration. Gradually, they must learn these virtues. But it takes a long time. Meanwhile, they need breaks from the quiet atmosphere of the services which so restricts personal movement. When a child has reached a limit of such stillness, a parent should take him or her out for a little walk in the hall or outside. Preferably BEFORE bad behavior erupts; thus the temporary exit from the service won’t be seen as a reward for acting out. What we need here is certain finely tuned moderate approach, which recognizes the absolute right of children’s presence, but also is sensitive to the needs of others at the service.

-Orthodox Witness Bulletin
Milwaukee, Wisconsin
Announcements

St. Nicholas Servants

2017 PARISH BOARD
Andrew Galakatos, MD, President  314-922-4457
Carol Kamburis, Vice-President
Jonathan Hartley, Secretary
Peter Takes PhD, Treasurer
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Roxana Couteranis
Peter Lemakis
Janet Papageorge

CEMETARY COMMITTEE
William Karides, Chairperson  636-281-0727
Pat Johnson
Irene Schildroch

CHURCH SCHOOL Co-Directors
Bess Fitzmaurice  636-343-3849
Despina Hartley  618-447-6548

DANCE TROUPE
George Johnson  314-832-0061

ELECTION COMMITTEE
Tina Paradowski, Chairperson  314-781-0781
Paul Larea
Pat Lekich
Demii NicOzzin
Mark Vleisides

GREETERS COMMITTEE
Roxana Couteranis, Director  314-752-0252

INFORMATION TECHNOLOGY (IT)
DEMETRIOS Tsikalas (Co-chair)  314-323-2838
Jonathan Hartley (Co-chair)  618-520-9569

LIBRARY COMMITTEE
Elaine Couton, Chairperson
Michael Doran
Brandon Redmann

MINISTRY, PRISON
Clark Porter, Director  314-518-6747

PHILOPTOCHOS
Carol Kamburis, President  314-803-2451

PHYSICAL FACILITIES - CHURCH
Dino Pappas, Chairperson  314-701-8118
Bill Coulson
Pat Johnson

PHYSICAL FACILITIES - FAMILY LIFE
Nick Thareno, Chairperson  314-576-7011
Mike Kamburis
Nick Koskolos
Robert Meyer
Sam Mezines

PLANNED GIVING
John Koch, Chairperson  636-922-7732
Sam Mezines

SCHOLARSHIP COMMITTEE
Denise Karras, Chairperson  314-368-4205
Barbara Corrigan
Yemane Habtu
Peter Takes

St. Irenaeus Orthodox Theological Institute
Michael G. Tsichlis, PhD  314-361-6924 x330

STEWARDSHIP COMMITTEE
Stefan Glynias, Chairperson  314-644-1875
Ted Anastas
Abrahamzax Habtu
Yemane Habtu
Marilynn Jemas
Mary Ann Mastorakos
Steve Ott
John Russon

WEBSITE
Rosie Hartley, Director  618-239-9359

St. Nicholas Book Group

The St. Nicholas Book Group will meet Monday, October 2nd at 7:00pm to discuss The Art of Fielding by Chad Haarbach. This novel, which follows the personal growth of a college baseball prodigy, was greeted by strong reviews. We will meet at 7:00pm at the Family Life Center.

Please JOIN US!!!
EVERYONE is Welcome

Feast Day of St. Demetrios

Thursday, October 26

Divine Liturgy at 10:00
at the Family Life Center

Luncheon to follow.

Everyone is invited
RSVP to the church
Office: 314-361-6924

Please submit all articles by the 10th of month
Email: jennifer.english5674@gmail.com
Thank You Jennifer English, Editor

Spiritual Counsel

“Freedom and power to do good will be given to us in proportion to our spiritual growth.”

-St. Cyprian of Carthage
MAGNIFICENT 2017 CHURCH FESTIVAL
A MEGA (MEGALO) THANK YOU
What a phenomenal FESTIVAL that resulted from the extended labored efforts of our parishioners and other volunteers. It was so heartening to observe the team work especially seen for food preparation week after week, month after month, long before this fabulous St Louis Metro event. It is impossible, in this NOTE, to identify each and every one worthy of mention, however, special identification is being given to the primary leadership … CAROL KAMBURIS, BEN MURPHY, JONATHAN HARTLEY, HELEN CAREY, CHRISTINA GINOS & MICHAEL FERRETTI. More FESTIVAL details, recognitions and acknowledgements are forthcoming.

CONSIDER RUNNING FOR CHURCH BOARD OR A STANDING COMMITTEE
A LETTER with an application FORM has already been mailed, with information regarding mandatory attendance for more information at hcarey@careydanis.com or 314.750.0745. JENNIFER ENGLISH will continue with the EDITING & the PUBLISHING of the NEWSLETTER and is praised for the considerable time & effort she puts into each & every publication.

AGAPEHMEOS FESTIVAL EKKAHSEIΩS 2017 ... MEGALO) SÀS EΥXHARIOΣTOUME
Τι φαινομενικό Φεστιβάλ που προέκυψε από τις εκτεταμένες προσπάθειες των ευφόρων μας και άλλων εθελόντων. Ήταν τόσο ενθαρρυντικό να παρατηρήσατε την ομαδική δουλεία που εμφανίζεται ειδικά για προετοιμασία φαγητού την εβδομάδα μετά την εβδομάδα, μήνυ μετά το μήνυ, πολύ πριν από αυτό το υπέρχον γεγονός του μετρού του Σαιντ Λουίς. Είναι αδύνατο, σε αυτό το ΣΗΜΕΙΩΜΑ, να εντοπίσουμε κάθε ένα που αξίζει να αναφερθεί, ωστόσο, δίνεται ιδιαίτερη αναγνώριση στην πρωταρχική ηγεσία ... CAROL KAMBURIS, BEN MURPHY, JONATHAN HARTLEY, HELEN CAREY, CHRISTINA GINOS & MICHAEL FERRETTI. Περισσότερες λεπτομέρειες, αναγνώρισες και αναγνώρισης του FESTIVAL είναι επεξεργασμένες.

ΘΕΟΡΕΙΣΤΕ ΒΑΣΙΚΑ ΤΗΝ ΕΚΚΛΗΣΙΑ ΤΗΣ ΕΚΚΛΗΣΙΑΣΗΣ Η ΜΙΑ ΜΟΝΙΜΗ ΕΠΙΤΡΟΠΗ
Έχει ήδη ταχυδρομημένη επιστολή με έντυπη αίτηση ... με πληροφορίες σχετικά με την υποχρεωτική συμμετοχή σε συνεδρίαση SEMINAR πριν από την υποβολή της ολοκληρωμένης αίτησης. Σχεδιάστε την τιμή και το πρόγραμμα που θα χρειαστεί για να οργανώσετε και να εξυπηρετήσετε την Ενορία σας. Εάν επιθυμείτε πιο συγκεκριμένες πληροφορίες, επικοινωνήστε με την TINA PARADOWSKI (Πρόεδρο, Επιτροπή Εκλογών) @ 314.781.0781 ή chrisparadowski@sbcglobal.net. Οι Εκλογές της Εκκλησίας θα πραγματοποιηθούν ΚΥΡΙΑΚΗ 19 Νοεμβρίου.

ΕΞΟΔΟΣ ΚΑΙ ΔΗΜΟΣΙΕΥΣΗ ΤΗΣ ΕΚΚΛΗΣΙΑΣΗΣ Η ΚΕΦΑΛΑΙΑ ΚΑΜΠΑΝΙΑ 314.781.0781 ή chrisparadowski@sbcglobal.net. Οι Εκλογές της Εκκλησίας θα πραγματοποιηθούν ΚΥΡΙΑΚΗ 19 Νοεμβρίου.

ΕΠΙΚΟΙΝΩΝΗΣΤΕ ΜΕ την ΕΚΚΛΗΣΙΑ ΤΗΣ ΕΚΚΛΗΣΙΑΣΗΣ Η ΚΕΦΑΛΑΙΑ ΚΑΜΠΑΝΙΑ 314.781.0781 ή chrisparadowski@sbcglobal.net. Οι Εκλογές της Εκκλησίας θα πραγματοποιηθούν ΚΥΡΙΑΚΗ 19 Νοεμβρίου.

THE NEXT 100” (A 2nd CAPITAL CAMPAIGN)
A Letter from our Priests has been mailed to our entire Parish to help explain the important mission of our Church ... that is an opportunity to carry on the legacy of our forefathers who established our St Louis Church 100 years ago.

VOLUNTEER HELP FOR OUR MONTHLY NEWSLETTER
The Church Board is asking for volunteer assistance to help with the ADVERTISING & the DISTRIBUTION of the monthly NEWSLETTER. Please contact HELEN CAREY for more information at hcarey@careydanis.com or 314.750.0745. JENNIFER ENGLISH will continue with the EDITING & the PUBLISHING of the NEWSLETTER and is praised for the considerable time & effort she puts into each & every publication.

“Parents often talk about the younger generation as if they didn’t have anything to do with it.”
—FUNNY FUNNY WORLD
Ministry to Senior Citizens: A Growing Opportunity

As we all know, the number of people over sixty years of age in our society is growing quickly. The Baby Boomers are reaching what our society has traditionally called old age, but with their better health and increased longevity, now sixty or seventy; and sometimes even eighty, is hardly an “old.” Ministry to the elderly is a growing opportunity for the Church in the next generation.

The great psychologist Erik Erikson theorized that a key challenge of growing old is reflecting on one’s past and making sense of it all. The challenge is creating a sense of integrity, that is, integrating the pieces, connecting the dots and putting the pieces together so that a life has a sense of wholeness and fulfillment. Clearly the Church and the resources of our Orthodox Faith have an important role in that process. Our Faith is filled with wisdom about life, from its approach to forgiveness and reconciliation, its understanding of illness and death, and its powerful message of thanksgiving, hope and salvation.

Given the demographics of the aging Baby Boomers, the Church will include many more aging parishioners for the next twenty-five or thirty years, many with new needs and differing capabilities than earlier generations. The Church must be ready to meet the challenges and needs the Baby Boomers present.

Anton C. Vrame, PhD
Thank you, thank you, thank you to all of our Philoptochos ladies that worked so tirelessly and contributed to the success of the Greek Festival - pre, during, and post. It was an amazing weekend with lots of positive feedback. Kai tou chronou!

Stavrou Luncheon (Elevation of the Cross) September 14th
Thank you to Mary Argyros and Cleo Kekeris for preparing and sponsoring the Stavrou Luncheon in loving memory of their mother, Margaret Hatzes. Proceeds benefitted Holy Cross Seminary.

General Membership Brunch September 16th
We kicked off our calendar year at the annual Membership Mimosa Brunch, with a special presentation to one of our charity spotlights – Sherwood Forest, a year-round youth development organization with its programs anchored in a month-long summer camp experience. Their belief that education and opportunity are rights fundamental to all children guides their mission: transforming the lives of children in need through powerful programs that allow them to discover their self-worth, realize their potential, and become productive citizens. Sherwood Forest serves children from low-income families and underserved communities in Missouri and Illinois, who live at or below the federal poverty line.

Grecian Kitchen Holiday Open House At the Family Life Center—November 4th
Please mark your calendars, invite your family and friends, and place your orders for home-made “Grecian Specialties” for the Holidays. Shop from a wide assortment of local vendors – The Normal Brand, Rack + Clutch, Cleos, Just Jewelry, This ’n That Embroidery, Launch Clothing & Accessories, Olea Estates, Prayer Shawl, St. Nicholas Philoptochos, and much more. We are looking forward to a festive event to kick-off the holiday season!

Grecian Kitchen Harvest Bake Sale/Luncheon at St. Nicholas, November 19th
The Ladies of Philoptochos will be hosting their Annual Grecian Kitchen Holiday Harvest Bake Sale/Luncheon. Please help us by bringing your “home-made” items: breads, cakes, pies, etc. for the bake sale. If you are interested in baking an item, please contact Georgia Ferretti 636-675-0329 or georgiaferretti1215@gmail.com.

Calendar of Events:
11/04 – Grecian Kitchen Holiday Open House
11/05 – Philoptochos Sunday/Woman of the Year
11/19 – Grecian Kitchen Harvest Bake Sale/Luncheon

Parents of College Students

The Ladies of St. Nicholas Philoptochos would like to keep in touch with our college students!

Please provide addresses for your college students to Dominica Redman via email to: dominica.redman@yahoo.com
Dear Festival Kitchen Prep Team Leaders, Kitchen Prep Volunteers & Lunch Volunteers:

There are no words to express my deepest appreciation to the following volunteers who have given their time and continued efforts in making our 100th Anniversary Festival a huge success!

Festival Kitchen Prep Team Leaders - Many thanks to the Festival Team Leaders who volunteered their services in overseeing the items made for our Annual Labor Day Festival: Christina Anastas, Mary Angelides, Sarah Angelides, Nicky Antoniou*, Lexi Dendrinelis, Georgia Ferretti, Michael Ferretti, Paula Exarhou, Christina Ginos, Elizabeth Glynias, Teddy Hart, Maria Kamburis, Michael Kamburis, Helen Koskoles, Sue Lampos, Dean Millonas, Jenny Pappas, Mike Pappas, Pete Papadopoulos, Haroula Souris, Becky Tharenos, Demetrios Tsikalas, Dianne Zotos and George Zotos. *Deceased

Kitchen Prep Volunteers - A very special thank you to the ladies and gents who show up week after week volunteering their services to ensure “thousands” of items are made for our Festival. Without you this would not be possible!

Lunch Volunteers - In order for us to get through the day we thank our lunch volunteers who provide a delicious lunch for our volunteers: Christina Anastas, Fr. Michael & Pres. Caroline Arbanas, Kathy Ellis, Georgia & Michael Ferretti, Festival Steering Committee, Christina Ginos, Teddy Hart, Carol Kamburis, Sue Lampos, Stephanie Demos McPherron, Gina Nakis, Debbie and Joe Palazzola, St. Nicholas Philoptochos, Anna Siromas, Katherine Rutter, Andrea Tarlas and Kim Tarlas.

We hope this encourages others within our St. Nicholas Community in joining us in 2018 with volunteering their services. Please feel free to contact me if you are interested in joining a team, 314.647.4636 or haca1001@aol.com.

Thanks,
Chris Anastas

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<th>Sun 1</th>
<th>Acts 9:10-19</th>
<th>Lk 6:31-36</th>
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<td>1 Tim 1:12-17</td>
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<td>Col 4:5-11,14-18</td>
<td>Lk 10:16-21</td>
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<td>Acts 2:14-21</td>
<td>Lk 9:49-56</td>
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<td>31</td>
<td>Rom 16:1-16</td>
<td>Lk 11:34-41</td>
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Orthodox Christian Mission Center (OCMC) Corner:
"The Orthodox Mission Team of St. Louis works to nurture an awareness within our local churches of the need to evangelize, catechize, and support missionary efforts and programs globally."

Your Prayers and Support Are Making Many Projects Around the World Possible - Thank You!
by Markella Balasis

Your faithful contributions to the OCMC help fund projects around the world that serve people in need. Thank you for your prayerful support! Each year the Mission Center sends thousands of dollars contributed by individuals and organizations to underwrite projects that help the Church offer a loving witness to the Faith through outreach, education, healthcare, and more. We wanted to share with you some of the work you are making possible in 2017. Thank you for your prayers and your commitment to sharing the Orthodox Faith through some of these incredible ministries. Each one impacts the lives of dozens of people who urgently need your help.

ALBANIA
Stewardship - $400: This is the final year of a four-year program that Missionary Nathan Hoppe organized for the office staff. The funds are used for outreach to poor and needy. Each year, the staff has been expected to contribute a portion to add to the grant, increasing their own portion each subsequent year.

Protagonist School Spiritual Journey program - $1,000: This is a voluntary after-school catechism program in which about 150 of the students at the Protagonist School participate, organized by Missionary Georgia Gilman-Bendo. The grant helped with costs of activities and field trips for the remainder of the 2016-2017 school year and carrying over to the 2017-2018 school year.

Protagonist School summer camp - $2,000: This was a week-long day camp in June organized by Missionary Georgia Gilman-Bendo for students at the Protagonist School. The grant covered most of the costs of the camp.

Beekeeping - $5,000: The project will assist 30 women farmers in developing beekeeping businesses to support their families. It is overseen by Diakonia Agapes, the philanthropic agency of the Church in Albania. They plan to increase the number of hives and provide training on technique, marketing, and business management. IOCC has also provided some funding this year.

GUATEMALA
Healthcare team - $5,500: Two short-term mission teams will be providing healthcare at the clinic in AguaCate this year. The grants ($2,650 per team) will be used to purchase medicines.

INDONESIA
Youth team - $1,000: The grant was sent in June for the short-term mission team in Medan. The team offered retreats and presentations at several schools.

Healthcare team - $2,500: As in Guatemala, the grant will be used to purchase medicines for the short-term mission team in September providing healthcare at the RSU Theotokos hospital in Medan.

St. Thomas House - $4,000: The St. Thomas House is a children’s group home in Bali overseen by SAMP priest Fr. Stephanos Boik Nino. The grant went towards the day-to-day expenses for the children.

Water purifying business - $7,280: This grant covered the start-up costs for a water purifying business run by SAMP priest Fr. Stephanos Boik Nino. The business will provide employment opportunities for local Orthodox youth, and income will assist the community. This will be a revolving loan fund; once paid back, a second project will be awarded a loan.

KENYA
Kisumu women’s retreat team - $1,000: The grant helped with the costs for the short-term mission team in April. The team participated in a women’s retreat in the Kisumu diocese under His Grace Bishop Athanasios.

Nairobi youth team - $500: A short-term mission team will serve at St. Clement Orthodox School in the Nairobi metropolis under His Eminence Archbishop Makarios in December.

Nyeri youth team - $1,000: This short-term mission team will offer a camp program at the Makarios Children’s Home in the Nyeri diocese under His Grace Bishop Neofitos in October.

St. Nicholas Pre-school - $300: This is a school for children 3-4 years old from Lokichaar (Turkana) and surrounding nomadic communities, overseen by SAMP priest Fr. Zachariah Echeme. The children would otherwise not have any access to early education.

ROMANIA
St. Dimitrie program – $2,500: Missionary Floyd Frantz oversees the St. Dimitrie program which provides addiction recovery and counseling services. Many of those in the program are currently or have recently been homeless or disenfranchised from family and society.

Protection of the Theotokos Family Center – $2,500: The Center aids young mothers and their children, ages 3 months to 6 years, managed by Missionary Ancuta Frantz. Most of the women are under 21 years old, with an average income of less than $150/month. They receive counseling, help with finding employment opportunities, and material assistance.

UGANDA
Construction team - $12,000: This grant helped with the construction costs for a school for the short-term mission team in June.

As always, please feel free to contact Rosie Hartley, 618-447-9688, if you have any questions, would like to be part of the Mission Team St. Louis, or if you would like to help our missionaries. Thank you for your continued support!
MEMORIAL DONATIONS
August 10th thru September 10th

CHURCH FUND
In Memory of Boris Prstojevich
Cynthia & Andrew Orf
In Memory of John P. Carnasiotis
Mary Tsichlis
Cynthia & Andrew Orf
Katherine Siromas Rutter
In Memory of
Nickoletta “Nicky” Antoniou
Bess Zotos
Liz Dendrinelis
John & Chrisoula Siampos
In Memory of Dena Scoular
Sara Epstein
Thimios & Mary Zanetos
In Memory of James P. Mirras
Scot & Christie Akins
In Memory of Helen Coukoulis
Mrs. Mary Pulos
In Memory of John Varazo
Mrs. Mary Pulos
In Memory of Bessie Conis
Mrs. Mary Pulos

FAMILY LIFE CENTER
In Memory of
Nickoletta “Nicky” Antoniou
Father Doug & Christina Papulis
Mary C. Mastorakos
Leon & Johanna Spanos
M. Hashemi
Tomas Zotos & Family
Katherine Zotos
Ann Zotos
Helen & Chris Christ
The Sebastianos Family
Cindi & Mike Zanetos
Marilyn, Everett & Robin Gray & Family
Corrington Enterprises L.L.C
In Memory of Dena Scoular
Dorothea & Achilles Karakas
Hazel & John Cattlett
Mrs. Mildred Peat
In Memory of
Judge Ellis Gregory, Jr.
John & Mary Anne Koch
Katherine Ellis
Jean & Hugh Boemer
In Memory of James P. Mirras
Cynthia Milonas
Maria S. Brockhagen
Bess Millionas
Katherine Ellis & Family
Gus & Angie Demos
Frank & Cindy Scardino
Rob & Ingrid Sardino
Carolyn & Byron Golfin
Christine Tsichlis
Maralin Fredericks

ST. NICHOLAS SCHOLARSHIP FUND
In Memory of
Nickoletta “Nicky” Antoniou
The Hartley Family

PARISH LIFE
FUNERALS
“Where the Righteous Rest”
August 24th Dena Scoular
August 22nd James P. Mirras
September 2nd Gregory Degerinis

MEMORIALS
October 1st 3 Year Kyriaki Patakas
12 Year Tharinos Patakas
October 8th 10 Year Eleni Zaman
44 Year Nicholas Zaman

Sunday’s Second Tray for our Cemetery

We have observed a problem at our St. Matthews Cemetery.

Older headstones are in need of care as a result of the passage of time. Some are leaning severely and some have fallen over completely. We have attempted to contact the families connected to those headstones to correct the problems, however in some cases, there are no family members remaining.

As our community has reached its centennial, with headstones that approach 100 years of age, we have to expect that there may be more such cases, so we must plan for a continuing expense of headstone maintenance. Without this maintenance, we will have a cemetery that will decline in appearance and fail to provide the dignified atmosphere that we all expect and deserve.

Therefore our Parish will pay for the expense of repairing the headstones in need, and has established a policy to pass a second tray on certain Sundays to provide the funds necessary for the proper maintenance of our cemetery.

Please help us keep the dignity of our cemetery by donating to this second tray on Sunday.
Our first day of Sunday School this year was such a happy day. The Sunday School and classrooms were all sparkly clean and decorated so cheerfully, ready to come alive again with the joyful noise of happy children. And what a sight it was to see these little cherubs with their crosses processing through the Sunday School into and church as we observed the feast of the Elevation of the Cross. Then after Sunday School, everyone was treated to ice cream sundaes at our Annual Ice Cream Social.

We wish thank the many volunteers who helped with the Ice Cream Social or with decorating our bulletin boards for our first day of Sunday School. Those volunteers include Demi Holt, Claire Martin, Julia Wickes, Dorothea Karakas, Cynthia Pappas, Georgiana Grant, Candice Hoffman, Cathy Nipper, Nikki Gertken, and Tom Thavorides (many of the volunteers had some assistance from their children). I also wish to thank Jim English, who not only helped with the clean up of this event, but is always so helpful and generous with his time, efforts and talents whenever he’s asked. And I don’t want to forget Carol Kamburis and the Gyro Luncheon Team on duty that day who so dutifully tidied up some loose ends with clean up, washing and putting away dishes. There were probably more people that helped and we extend our gratitude and appreciation to all of you.

In addition, we wish to thank Harry and Christine Lemakis for their generous donation to our Sunday School to help sponsor the Ice Cream Social. They have done this for many years now and we are so grateful.

Above all, we wish to thank our Co-Sunday School Director, Despina Hartley for all her preparations in getting registrations organized and rosters prepared, and our Sunday School teachers who not only worked hard in preparation for the school year by attending a teacher’s meeting, getting their classrooms ready, preparing Sunday School lessons, but for their continued efforts, time and talents all year long as they teach our children about Christ’s love and our Orthodox faith. I hope they will be rewarded with full classes each Sunday.

So far, we have around 180 students registered including some new students with most of them in attendance for our first day. We had a packed house for Divine Liturgy which is a welcome sight to say the least. Again, we encourage families to come to Divine Liturgy in time to hear the Epistle and Gospel readings. Students arriving to church before the Epistle Reading receive a little tile to hand into their teacher which counts as an extra mark towards earning their gold coin. Last year, Mike Pappas, our middle school Sunday School teacher, expressed the importance of regular and timely church attendance so well, I thought I’d print it again:

The reason for this encouragement to attend church in a timely manner is that it is important for the kids to come to know Scripture, and to be able to understand the need for prayer together with everyone else who is there for ostensibly the same reason. We are an ekklesia, a gathering of people or a congregation gathered for a common purpose. Communion, which they take before going to class, ought to be a culmination of prayer with others. If we just time it to come five minutes before, it doesn’t “sort of” defeat the purpose, it rather does demean the purpose. Make no mistake, everyone is welcomed at whatever time they come. However, just as we wouldn’t show up at the baseball game in the 3rd inning and expect to play, we want to condition the kids to appreciate the entire process that is the Divine Liturgy. We are also thankful for Fr. Michael and Fr. Doug for their continued spiritual guidance and support and to our Parish Council for their support.

And finally, we thank you, the parents, for bringing your kids to Sunday School. We look forward to seeing all of you and your families in church and in Sunday School.

In His Spirit,

Your Co-Sunday School Directors
Bess Fitzmaurice
Despina Hartley

Sunday School News

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The Timeless Value of Bread

A Reflection On Its Multiple Uses In The Church Community

Bread is the basic food for human life. Every country, culture, and tradition has its own specialty. Bread, called the staff of life, feeds the body. In the Eastern Orthodox Church there are many breads, some complex and some simple. Traditional Eastern Orthodox breads can be traced back hundreds of years. Each is unique, and full of tradition, not only because they feed the body, but also the soul.

Simple breads are those made of basic ingredients—nothing fancy is added. Usually the method of making such bread is simple too, by way of using the hands and not machination. The old adage that what is made from the hands comes from the heart is especially true in this case.

PROSFORA—THE BREAD OF HOLY COMMUNION

Of the most commonly known breads is the (church) bread called by many names, such as Holy Bread, prosforo, or antidoron. The antidoron begins as prosforo, made by the parishioners as an offering to God and the church. During its preparation, it is mixed not only with baking ingredients, but also with prayer. After the simple prosforo dough is made, it is stamped with a “seal.” The seal is specially made to reveal the symbols of Jesus. The first part of the seal imprints the letters “IC,” and “XC” on the top row of the center, which represents Jesus Christ. Under those letters, making a second row, is “NiKA,” which means in Greek, “He conquers.” Together the letters are formed into a cross, centered in a round loaf of bread. While the prosforo loaves are being prepared, the dough is divided into two parts, one is superimposed onto the other depicting Christ’s two natures, divine and human.

Then the bread is baked. After baking the bread, it is brought to church early and the priest takes it to the altar during the matins or orthros service. (This is a prayer service held just prior to the Divine Liturgy) There may be one loaf, three loaves, or five loaves depending upon the custom, tradition, and size of the church community.

To prepare the Eucharist, the priest cuts a square section or the seal on top of the loaf and sets it on a small tray mounted on a pedestal leg (paten) of the altar table. He then takes the specially designed spear (knife) and pierces the bread, which represents Jesus being pierced in his side by the soldier while on the cross. He then takes a triangular piece for Mary, the Mother of God. Another piece is taken for the Archangels Michael and Gabriel. Then a piece is taken for the glorious Prophet, Fore-runner and Baptist John. Saying the names aloud, the priest removes a piece for the Apostles Peter and Paul. The Hierarchs, including St. Basil, St. Gregory, and St. John Chrysostom, are named as another piece is taken. Thereafter, a piece is taken out of the bread for the martyrs, then one piece for the holy ascetics. In remembrance of Saints Joachim and Anna, who are Mary’s parents, another piece is then taken. The next piece taken is for the living; the last in remembrance of the departed.

After the prosforo is blessed by the clergy during the Divine Liturgy, it is called antidoron. During the church service, the priest and the congregation offer God their minds and hearts, soul and body. This is the real offering, the gift of love.

The bread is broken and added to the Communion wine, allowing the Eucharist to stand within its tradition. As the Gospel has revealed to us, Christ is “the Bread of Life,” the same consecrated bread that Orthodox Christians receive and they become concrete members of Christ’s body. Because the loaf represents the family of Christ, communicants are requested to bring names of the living and the departed of their family to be remembered in prayer by the priest. In the context of the Divine Liturgy, the priest recites these words:

- the Lord Jesus the same night in which he was betrayed took Bread: and when he had given thanks, he broke it, and said, “Take eat: this is my body, which is broken for you: this do in remembrance of me.”

This is a re-enactment of the Last Supper. Then the bread and wine together is distributed to all those who come to the chalice for Holy Communion. At the end of each liturgy, the blessed bread (the bread not used within the Eucharist) is distributed to the entire community who have come to worship, Orthodox and non-Orthodox alike.

- by Vicki Cassis

THE NEXT 100

As we celebrate the 100th anniversary of our beloved parish, we are embarking upon an effort to ensure that St. Nicholas will continue to thrive as the religious center of our lives. We are calling this effort THE NEXT 100.

This anniversary is an opportunity to recognize, honor and carry on the legacy of our forefathers- who established this parish for us 100 years ago – and to pave the way for future generations of parishioners.

Our objective is to help sustain and grow our ongoing programs, expand our ministries and provide for the maintenance of our beautiful St. Nicholas Church and our Family Life Center.

Look for more detailed insights over the coming weeks and months as we look ahead to THE NEXT 100!
Saint Nicholas Greek Orthodox Church
100th Anniversary Commemorative Album
Album Reservation Form

Name ____________________________________________________________
Address _______________________________________________________
City ___________________________ State _______________ Zip __________
Home Phone _____________________ Cell Phone ______________________

1. Please indicate the number of Commemorative Albums you would like to purchase.

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2. Submit this form with your payment and make checks payable to:

St. Nicholas Anniversary Album OR You may pay by Credit Card Below.

3. Mail to: Teddy Hart
1715 Featherwood
Saint Louis, MO 63146

Questions, call: Teddy Hart
314-997-4826
314-914-7711

Credit Card Information

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Signature ___________________________ Date ________________

DEADLINE is October 15
Dear St. Nicholas Family,

We want to offer our heartfelt thanks to everyone who worked so hard to make our St. Nicholas Greek Festival a tremendous success.

What better way to celebrate our 100th anniversary than welcoming thousands of people from throughout the St. Louis area to share in the life of our parish!

Of course, the beautiful weather helps bring the crowds for the delicious food, joyful dancing and first-rate live music. But the spirit of welcome that you show our guests is the "secret" ingredient that brings them back year after year. In our fractured times, many people long for a sense of community, and the fellowship that they see at our Festival gives them hope.

Congratulations and many thanks to each one of our 400 volunteers who worked over the Labor Day weekend and those who gather all summer to plan for the festival and to prepare the food. All your hard work certainly bore fruit for our parish this weekend.

With love in Christ,
Father Doug and Father Michael

NEW DATE!

Ninth Annual
Blessing of the Pets

Saturday, October 14
10:00am
Family Life Center
12550 South Outer Forty

Please bring your pets for a service of prayer and blessing. Kids without pets are welcome to bring stuffed animals.

Treats will be provided for pets and their owners who RSVP.

Please RSVP with names and types of pets (and number of humans attending) to frmarbanas@sngoc.org or call 314-361-6924
St. Nicholas Philoptochos Society's Holiday Ministry

“PJ's for a Cause”

Share the coziness this holiday season with “PJ's for a Cause”!

Pajama Drive

(NEW PJ's for sizes newborn through teens)

Donations will be accepted

November 1st through December 10th

Please drop off NEW pajamas in the collection box at Church

“PJ's for a Cause” will be distributed to those in need:
Cardinal Glennon Children's Foundation
The Little Bit Foundation
Nurses for Newborns

Monetary donations will be accepted
Please make checks payable to:
St. Nicholas Philoptochos (memo/for: “PJ's for a Cause”)

For more information, please call:
Chris Anastas 314.697.4636 or Carol Kamburis 314.803.2451
Please join us on Sunday, October 22, 5:00 p.m. at Holy Trinity Serbian Orthodox Church

1910 Serbian Drive, St. Louis

for

A Concert to Benefit F.O.C.U.S. Gateway City. This concert is being presented by the choirs of the Orthodox Churches of the St. Louis Region.

There is no charge but a free-will offering will be accepted.

A dessert reception will follow.

For Information Contact 314-993-0990.

Don’t miss the fun of Halloween night. Come one, come all in the threads of the season; If you miss this trunk or treat bash, ’tis an act of treason.

Saturday, October 21, 2017
6 pm – Family Life Center
Everyone is Invited!!
Contact Stephanie Glioumas for more info ggpainting@aol.com or 314-324-6367
$8.00 per person in advance (includes chili, hot dog, chips and dessert) $10.00 at the door

Look forward to a World Class Juggler.
St. Nicholas Philoptochos Society

Invites you to join us for our...

Grecian Kitchen

Holiday Open House

Saturday, November 4, 2017
10:30 a.m. - 3:00 p.m.
St. Nicholas Family Life Center
Lunch, Greek Pastries, & Boutique Shopping
Open to the Public!

Grecian Kitchen

Harvest Bake Sale Luncheon

Sunday, November 19, 2017
After Divine Liturgy
St. Nicholas Church Auditorium
Lunch, Greek Pastries, Home-Made Baked Goods, & Specialty Items

Please come and place your orders for home-made “Grecian Specialties” for the holidays. For advanced orders, please contact Dianne Zotos 636.541.0708

Proceeds will help fund the work of local & national charities supported by St. Nicholas Philoptochos
St. Nicholas Philoptochos Society
Grecian Kitchen/Harvest Bake Sale

Treat your Family & Friends to
Home-made Grecian Specialties
for the Holidays!

**To Place Your Order**...
MAIL THE COMPLETED ORDER FORM BELOW WITH CHECK PAYABLE TO: ST. NICHOLAS PHILOPTOCHOS
c/o DIANNE ZOTOS, 1238 HILLCREST FIELD DR, CHESTERFIELD, MO 63005 OR CALL 636.541.0708

**Pick-up Dates**...
SATURDAY, NOVEMBER 4, 2017
10:30 AM — 3:00 PM
GRECIAN KITCHEN HOLIDAY OPEN HOUSE
ST. NICHOLAS FAMILY LIFE CENTER
12550 SOUTH FORTY DR
TOWN & COUNTRY, MO 63141

SUNDAY, NOVEMBER 19, 2017
AFTER DIVINE LITURGY
ST. NICHOLAS CHURCH
4967 FOREST PARK AVE
ST. LOUIS, MO 63108

**Menu**...
- **Galaktoboureko** $22 (12PC PAN)
  Custard Filled Pastry (ready to bake)
- **Spanakopita** $22 (12PC PAN)
  Savory Spinach & Cheese Pie (ready to bake)
- **Koulouria** $8 per dozen
  Braided Butter Cookies
- **Tiropita** $22 (12PC PAN)
  Savory Cheese Pie (ready to bake)
- **Paximathia** $12 per dozen
  Chocolate Dipped Greek Biscotti
- **Pastitsio** $45 (Half Pan)
  Ground Beef, Pasta, & Bechamel Casserole (ready to bake)
- **Vasilopita Bread** $20
  Traditional New Year’s Day Bread with hidden “good luck” coin
- **“OPA” Salad dressing** $4
- **“Hellenic Cuisine” cookbook** $25

MAIL COMPLETED FORM & CHECK PAYABLE TO: ST. NICHOLAS PHILOPTOCHOS
C/O DIANNE ZOTOS, 1238 HILLCREST FIELD DR, CHESTERFIELD, MO 63005
TO ENSURE HOLIDAY DELIVERY, PLEASE ORDER BY: NOVEMBER 1, 2017

**Order Form**...

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**Please circle one of the following pick-up dates:**
11/4 11/19
THE ST. LOUIS METROPOLITAN COMMITTEE INVITES YOU TO ITS

IOCC 25TH ANNIVERSARY CELEBRATION

Sunday, November 12, 2017
5:00 p.m. Vespers | 6:00 p.m. Dinner
Assumption Greek Orthodox Church
1755 Des Peres Rd. | St. Louis, MO 63131

Join in an evening of philanthropy and gratitude for 25 years of service to those in need, made possible by your generosity.

Tickets $35 | Sponsorships available.

To register, mail checks payable to IOCC to
Diane Sieckmann
1755 Des Peres Rd., Town & Country, MO 63131
or visit iocc.org/stlouis

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES
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Philoctechos Philanthropy

PHILANTHROPY REPORT October 2017

“Whoever is generous to the poor lends to the Lord and He will repay him for his deed” Proverbs 19:17

We are pleased to report that we continue to assist people in our Confidential Program and thank you for your support when we need your help.

We hope that you will continue to keep us in your prayers. These are difficult times for many people and your donations of clothing, furniture and financial assistance have allowed us to help our own parishioners & those in outreach programs.

We are currently in need of furniture for a woman with many needs. A bed and bedding would be very helpful at this time, but need also other items (small appliances would be good). We are in need of women’s clothing: shoes: size 9, pants: size 20, shirts: size 20-24—please contact Jeanne if you have any of these items.

If you are donating clothing or small appliances (microwave ovens, kitchen utensils, etc.), PLEASE DO NOT DELIVER UNTIL AFTER THE FESTIVAL. -- kindly notify us of your donation so we can accommodate those in emergency situations. Our space is limited during the Festival.

If you are donating furniture, please contact us first, if possible send an email giving us a description of the furniture and how soon they need to be picked up. We will place your items with our charities and notify you if, or when, we can pick them up. We will be pleased to send you a tax form for your records.

Please continue to fill your food bags, our need for this ministry has grown and is very much appreciated by our charity organizations and our outreach projects. Thank you. Please see the suggested menu next to our message.

If you have any questions, please do not hesitate to contact Johanna Spanos (314) 966-5176 or Jeanne Tompras (314)994-7667, or Kim Tarlas (314)740-0955 If you cannot reach us, please contact Kathy Ellis at church who will put you in touch with a person who will handle your donation. We are grateful for your support. Thank you.