

# ST. NICHOLAS MONTHLY NEWSLETTER

## November 2022

ST. NICHOLAS GREEK  
ORTHODOX CHURCH  
4967 FOREST PARK AVENUE  
ST. LOUIS, MO 63108

ST. NICHOLAS FAMILY LIFE CENTER  
12550 S. FORTY DRIVE  
ST. LOUIS, MO 63141



Proistamenos: Fr. Douglas Papulis  
(314) 974-4613

Parish Priest: Fr. Michael Arbanas  
(314) 425-9641

Church/FLC Office: (314) 361-6924

Office Administrator: Lisa Danko  
Financial Secretary: Linda Nicozisin

Email: [stnicholas@sngoc.org](mailto:stnicholas@sngoc.org)  
Website: [www.sngoc.org](http://www.sngoc.org)

## The Virtues-Gratitude

Abridged from Thomas Hopko, *The Orthodox Faith*, Volume IV-Spirituality, The Virtues

The spiritual person is the one who is grateful for everything. He is the one who receives everything with thanksgiving, and who knows that he has nothing except what he has received from God (cf. Jn 3.27).

In the Old Testament, thanksgiving was central in the life of God's people. The temple liturgy offered sacrifices of thanksgiving and praise, and psalms sang continually of thanksgiving to God.

In the New Testament, thanksgiving is the very essence of the Church's life. The word eucharist means thanksgiving, and the very center of the Church's liturgical worship of God is when, in remembrance of all His saving acts in Christ, the faithful "lift up their hearts" and "give thanks unto the Lord."

The spiritual person has thanksgiving and gratitude in all circumstances, in everything and for everything. This thanksgiving is rooted in the firm conviction of God's merciful providence and care in all things, in the steadfast faith that "God works in everything for good with those who love Him" or, as the passage may also be rendered, "everything works together for good with those who love God" (Rom 8.28).

The spiritual teachers, especially Saint John Chrysostom (4th c), are very strict in this teaching. The spiritual man does not thank God only for what he considers to be good. Rather, he thanks God for everything, even for what appears to be bad, knowing that God's tender care is over all, and that the evil in this world—which is always present and inevitable (cf. Jn 17)—can itself be the vehicle for spiritual growth and salvation if rightly understood and overcome by the grace of God.

The opposite of gratitude is bitterness and complaining; it is bemoaning one's lot in life because of pride and covetousness. It is caused by the absence of humble trust in the Lord.

To thank God in everything and for everything is the result of faith and faithfulness in God. It is the result of absolute trust in the Lord who knows best what we need for our salvation and does all that He can within the evil conditions of the world to bring us to eternal life, to peace and to joy. It is the product of believing, with Isaiah, the Word of the Redeemer, who says:

- o For a brief moment I forsook you, but with great compassion I will gather you. In overflowing wrath for a moment I hid my face from you, but with everlasting love will I have compassion on you.
- o For my thoughts are not your thoughts, neither your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts . . .
- o And you shall go out in joy and be led forth in peace; the mountains and the hills before you shall break forth into singing . .
- o Keep justice and do righteousness, for soon my salvation will come . . . (Is 54.7–8, 55.8–9, 56.1).

A person is grateful to the extent that he trusts in the Lord and has love for God and man.

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 Nick Koskolos, Chairperson 636-300-0211  
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Clark Porter, Director 314-518-6747

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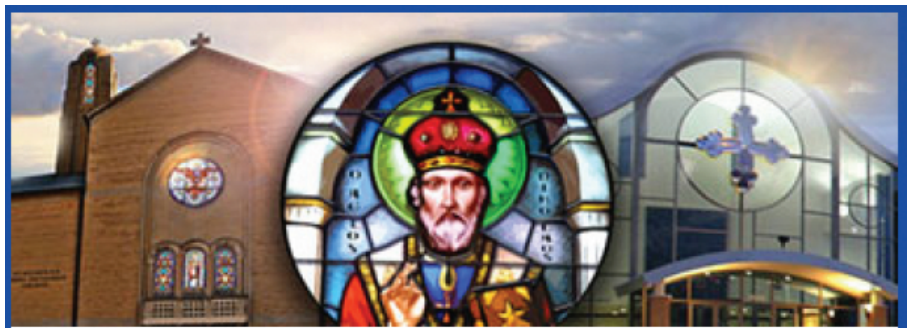
Fr. Doug Papulis  
 Fr. Michael Arbanas  
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 George Ellis, DDS  
 Teddy Hart  
 Rosie Hartley  
 Marilyn Jemas

**CHURCH SCHOOL Director**

Lexie Dendrinelis

**WEBSITE**

Christina Stamelos 314-402-4996

**"Double My Donation"**

**For every dollar donated to "Double My Donation 2022", an anonymous generous donor will match dollar for dollar - up to \$250,000 directly towards the principal of our loan.**

**No donation is too SMALL or too LARGE!  
 TOGETHER we can make a difference!**

**You Can Join The \$54/Month Program Online Like These Ladies Did!**

**Please consider contributing \$54 a month (less than \$2 a day).  
 Be a part in helping your Church pay off the FLC mortgage.  
 Visit the church website ([sngoc.org](http://sngoc.org) for info)  
 Or contact the Church Office (314-361-6924).  
 Ask about Auto Draft and other payment options.**

**College Students/Parents of College Students**

The Ladies of St. Nicholas Philoptochos would like to keep in touch with our college students this fall semester.  
 Please email Dominica Redman at:

[dominica.redman@yahoo.com](mailto:dominica.redman@yahoo.com)

the following information:

**name, address, cell phone number  
 and email of the college student.**

Even if you have sent us the information in the past, please send it again so we can keep our records up to date.

Thank you!



## **President's Notes November 2022**

**Dear St. Nicholas Family,**

**November reminds us to be “thankful” for all that we have. We all have so many blessings in our lives. I am thankful for my family, friends, and my St. Nicholas Family that comes together in good times and bad. We are fortunate to have the community that we have built, and I pray that we continue to grow and prosper.**

**Congratulation to our dear Fr. Michael who was appointed to the St. Iakovos Retreat Center Board. His hard work and talents were recognized by the Metropolis of Chicago and they bestowed this honor upon him.**

**Special thank you to Lyndia Finer and her wonderful Greeter Committee who cheerfully greet us all as we enter church, and in particular, welcome our guests. Our greeters take time to gather our guests' information and share with the Fathers, so that our guests may be welcomed in church. Lyndia takes the information and follows up with a beautiful welcome note card, depicting our church and thanks the guests for worshipping with us. Such a lovely process.**

**We have a few updates to our aging church property that I would like to share with you. We hope to have the roof over the front of our church repaired this October (we have been waiting for almost one year to have this work completed. We are updating and replacing our HVAC controls which was a very necessary repair; this will give us an estimated annual heating and cooling savings of approximately \$14,500. We are replacing the front church doors that are worn, and in some places cracked, and very weak. These doors do not lock properly and are a security concern. The new doors will look similar to the ones at the Family Life Center. These are all necessary repairs that have to be done to preserve our building. Any donation to cover these repairs is greatly appreciated.**

**The “Double My Donation” initiative is still in progress; the campaign will continue to the end of the year. Remember, no donation is too small or too large! Thank you to those that have already donated.**

**The Parish Assembly will be held on Sunday, November 13 after Divine Liturgy. We request and NEED your participation in this General Assembly. YOU ARE the St. Nicholas Parish Family!**

**As always, thank you for your continued love and support of our beloved St. Nicholas.**

**In Christ's Work,**

**Helen Yiatras Carey**





## Philoptochos Corner November 2022



### **Saturday, November 5 – Grecian Kitchen Holiday Open House at the Family Life Center**

**10:30 a.m. – 3:30 p.m.** – Please invite your family and friends for lunch and pick up your “Grecian Specialties” orders for the holidays. Jump start your Christmas shopping from our great selection local boutiques! For more details, refer to the flyer in this issue.

**Philoptochos Sunday/Woman of the Year – November 6** - We will honor the Woman of the Year, pass the second tray for families in need, and kick-off our holiday drive “Seats & Feet” to benefit The Little Bit Foundation.

### **Philoptochos Sunday commemorates the November 1**

**feast day of Saints Cosmas and Damianos** - Patron Saints of the Greek Orthodox Ladies Philoptochos Society. Saints Cosmas and Damianos represent examples of faith and love. Trained and skilled as physicians, these brothers were blessed to receive from the Holy Spirit the gift of healing people’s illnesses of body and soul. Their care extended to all God’s creatures, including animals. The Holy Spirit gave them the power and ability to do miraculous deeds. Saints Cosmas and Damianos served with fervent love for both God and neighbor, never taking payment. The saints strictly observed the command of our Lord Jesus Christ, “Freely have you received, freely give” (Matthew 10:8). The fame of Saints Cosmas and Damianos spread and people called them Unmercenary Physicians. Their example is the cornerstone of our philanthropy and ministry.



**Wednesday, November 9** – “Sips & Soups” General Meeting to review and approve the 2023 Budget, featuring charity spotlight – The Joshua Chamberlain Society. Join us for this seasonal dinner meeting at the St. Nicholas Family Life Center - 6:00 p.m. Please RSVP to Sandra Kamburis 314.952.9958 -or- skamburis@hotmail.com. Please plan to attend!

**Sunday, November 20** – Grecian Kitchen Harvest Bake Sale Luncheon – The Ladies of Philoptochos will be hosting their Annual Grecian Kitchen Harvest Bake Sale Luncheon. We are in need of “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.

**Holiday Ministry “Seats & Feet” to benefit The Little Bit Foundation – please drop off NEW socks and underwear** (sizes pre-school to 8th grade) in the collection box at Church. Donations will be accepted through December 11. Monetary donations welcomed!

#### **Calendar of Events:**

- 11/05 – Grecian Kitchen Holiday Open House (FLC)
- 11/06 – Philoptochos Sunday/Woman of the Year (St. Nicholas)
- 11/09 – General Meeting to approve 2023 budget (FLC)
- 11/20 – Harvest Bake Sale/Luncheon (St. Nicholas)
- 12/03 – Philoptochos Christmas Luncheon (Algonquin Golf Club)
- 12/04 – St. Nicholas Day Luncheon (St. Nicholas)
- 12/05 – St. Nicholas Vespers/Reception (FLC)
- 12/06 – St. Nicholas Day/Coffee Reception (St. Nicholas)



St. Nicholas Philoptochos Society's  
Holiday Ministry

"Seats & Feet"

## Socks & Underwear Drive

to benefit



THE  
little bit  
FOUNDATION



Please drop off NEW items in the collection box  
at Church or the Family Life Center

Boys' boxer underwear (sizes pre-school to 8th grade)

Girls' underwear (sizes pre-school to 8th grade)

Boys' & Girls' socks (sizes pre-school to 8th grade)

Donations will be accepted  
November 6th through December 11th

Or choose to support with monetary donations...

Please mail checks payable to:

St. Nicholas Philoptochos (memo/for: "Seats & Feet")

4967 Forest Park Ave, St. Louis, MO 63108

For more information, please call:

Helen Carey 314.750.0745 or Carol Kamburis 314.803.2451



St. Nicholas Philoptochos Society  
the Women's Auxiliary for St. Nicholas Greek Orthodox Church

# Grecian Kitchen

## *Holiday Open House*

Saturday, November 5, 2022

10:30 am to 3:30 pm

St. Nicholas Family Life Center

12550 South Forty Drive

St. Louis, Missouri

GREEK FOOD & PASTRIES

BOUTIQUE SHOPPING

Home-made "Grecian Specialties" available 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

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, 1 238 HILLCREST FIELD DR, CHESTERFIELD, MO 63005 OR CALL 636.541.0708

### Pick-up Date...

**SATURDAY, NOVEMBER 5, 2022**

10:30 AM – 3:30 PM

GRECIAN KITCHEN HOLIDAY OPEN HOUSE

ST. NICHOLAS FAMILY LIFE CENTER, 12550 SOUTH FORTY DR, ST. LOUIS, MO 63141

**Galaktoboureko** .....\$25 (12PC PAN)  
CUSTARD FILLED PASTRY (READY TO BAKE)

**Koulouria**.....\$10 PER DOZEN  
BRAIDED BUTTER COOKIES

**Paximathia**..... \$15 PER DOZEN  
CHOCOLATE DIPPED GREEK BISCOTTI

**Baklava**..... \$30 (24PC PAN)  
CLASSIC GREEK FAVORITE (READY TO BAKE)

**Vasilopita Bread\*\*** .....\$25  
TRADITIONAL NEW YEAR'S DAY BREAD WITH HIDDEN "GOOD LUCK" COIN  
\*\*FOR PICK UP 12/18 AT ST. NICHOLAS CHURCH\*\*

**Spanakopita**.....\$25 (12PC PAN)  
SAVORY SPINACH & CHEESE PIE (READY TO BAKE)

**Tiropita**.....\$25 (12PC PAN)  
SAVORY CHEESE PIE (READY TO BAKE)

**Pastitsio**.....\$50 (HALF PAN)  
GROUND BEEF, PASTA, & BECHAMEL CASSEROLE  
(READY TO BAKE)

**"OPA" Salad dressing**.....\$5

**"Hellenic Cuisine" cookbook**.....\$25

MAIL COMPLETED FORM & CHECK PAYABLE TO: **ST. NICHOLAS PHILOPTOCHOS**  
C/O DIANNE ZOTOS, 1 238 HILLCREST FIELD DR, CHESTERFIELD, MO 63005  
TO ENSURE HOLIDAY DELIVERY, PLEASE ORDER BY: NOVEMBER 1, 2022

NAME		
<hr/>		
ADDRESS		
<hr/>		
CITY	STATE	ZIP
<hr/>		
PHONE		
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EMAIL		
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ITEM	UNIT PRICE	QUANTITY	TOTAL \$
GALAKTOBOUREKO (12PC PAN)	\$25		
KOULOURIA (DOZEN)	\$10		
PAXIMATHIA (DOZEN)	\$15		
BAKLAVA (24PC PAN)	\$30		
SPANAKOPITA (12PC PAN)	\$25		
TIROPITA (12PC PAN)	\$25		
PASTITSIO (HALF PAN)	\$50		
COOKBOOK	\$25		
OPA SALAD DRESSING	\$5		
VASILOPITA BREAD	\$25		
		<b>TOTAL</b>	<b>\$</b>



THE ST. LOUIS METROPOLITAN COMMITTEE INVITES YOU TO ITS  
**20<sup>th</sup> ANNUAL IOCC BANQUET**

**Sunday, November 13, 2022**

*5:00 pm Vespers | 6:00 pm Dinner*

Holy Trinity Serbian Orthodox Church  
 1910 Serbian Drive | St. Louis, MO 63104

Tickets \$35 | 2 tickets included with all donations over \$500!

Register by Nov. 6

**[iocc.org/stlouis](http://iocc.org/stlouis)**

Or complete form below and mail checks payable to IOCC to  
 Diane Sieckmann: 1755 Des Peres Rd., Town & Country, MO 63131



Questions? Contact Diane  
 at 314-966-2255.

**20<sup>th</sup> ANNUAL IOCC BANQUET | NOVEMBER 13, 2022**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> _____ Ticket(s) (\$35 per person)                                    | <input type="checkbox"/> Grand Benefactor (\$5,000+) <i>includes 2 tickets</i> | <input type="checkbox"/> Patron (\$250)            |
| <input type="checkbox"/> I am unable to attend, but please<br>accept my contribution: \$_____ | <input type="checkbox"/> Benefactor (\$1,000) <i>includes 2 tickets</i>        | <input type="checkbox"/> Supporter (\$100 - \$249) |
|   | <input type="checkbox"/> Sponsor (\$500) <i>includes 2 tickets</i>             | <input type="checkbox"/> Friend (\$50 - \$99)      |

Name (For sponsors, as to appear in Program Book) \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_ Parish \_\_\_\_\_

Diet restrictions: ☐ Vegan ☐ Gluten-Free ☐ Other \_\_\_\_\_

STS. CONSTANTINE  
AND HELEN GREEK  
ORTHODOX CHURCH

*INVITES  
YOU!*



TO AN  
**ADVENT  
RETREAT**

NOVEMBER 18-19TH,  
2022

## LIVING AUTHENTIC CHRISTIAN LIVES

Register Online today at <https://www.signupgenius.com/go/5080b4fa8af2da7fb6-living>

Or call the Church Office: 618-277-0330 + Please RSVP by November 13th



*With Presvytera Dr. Jeannie Constantinou*

Dr. Constantinou, author of *Thinking Orthodox* and *The Crucifixion of the King of Glory: The Amazing History and Sublime Mystery of the Passion* has been teaching Biblical Studies and Early Christianity at the University of San Diego since 2002. Previously she taught New Testament at Holy Cross Greek Orthodox School of Theology from 1998-1999. She has led bible studies, taught and lectured on the Bible and Orthodoxy at parishes, conferences, retreats and seminars for over thirty years. She is married to Fr. Costa, who is a Greek Orthodox priest, and is simply "Mom" to son Christopher.

### ~~~~ RETREAT SCHEDULE ~~~~

#### FRIDAY, NOVEMBER 18TH

6 PM GREAT VESPERS

7 PM LENTEN SUPPER AND PRESENTATION:

*ACQUIRING AN ORTHODOX CHRISTIAN  
OUTLOOK (WITH Q AND A)*

#### ~~~~ SATURDAY, NOVEMBER 19TH ~~~~

9 AM: MATINS

10 AM: DIVINE LITURGY

11:30 AM: LUNCH

12 PM: *LIVING THE FULNESS OF THE FAITH*  
(WITH Q AND A UNTIL 1:30 PM)

THIS RETREAT IS MADE POSSIBLE BY THE  
GREEK ORTHODOX METROPOLIS OF CHICAGO  
MUSTARD SEED GRANT AND IS OFFERED AT  
NO COST BY OUR PARISH.

FREE-WILL OFFERINGS WILL BE ACCEPTED.

### ~~~~-LOCATION-~~~~

STS. CONSTANTINE AND HELEN

GREEK ORTHODOX CHURCH

405 HUNTWOOD RD., SWANSEA, IL 62226

WWW.SSCONSTANTINEHELEN.ORG



Please join us for the  
**St. Nicholas Day Luncheon**  
Celebrating the Feast Day of our Beloved  
St. Nicholas Greek Orthodox Church

**Sunday, December 4, 2022**  
Following Divine Liturgy

Enjoy a delicious lunch, festive dessert, and fellowship  
Special menu and entertainment for children!

Kindly respond by November 25<sup>th</sup> by mailing to:

Carol Kamburis  
1211 Bedford Falls Ct  
Ballwin, MO 63021

Guest name(s):\_\_\_\_\_

- Enclosed is my reservation for \_\_\_\_\_at \$25 per adult  
\_\_\_\_\_at \$10 per child (12 and under)
- I/we are unable to attend but would like to make a donation of \$\_\_\_\_\_
- Check enclosed payable to: Saint Nicholas Greek Orthodox Church
- Credit Card number\_\_\_\_\_ Exp:\_\_\_\_\_ CVV:\_\_\_\_\_

Name:\_\_\_\_\_

Street/City/Zip: \_\_\_\_\_

Phone number:\_\_\_\_\_



## St. Nicholas Youth Choir is BACK and looking for kids who like to sing!

**Rehearsals:** Each Sunday, after Church School for 30-45 minutes, under the direction of Diana Ott.

**Our Goal:** To bring together a group of young people who know the music of the Church and will lead the congregation during the Divine Liturgy, with responses and hymns.



**Contact:** Please contact Diana Ott ([dianaott@me.com](mailto:dianaott@me.com)) with intentions or any questions, or feel free to just stop by the Music Room in the upstairs hallway.



**\*\*All youth who can read and stay engaged during the rehearsal are encouraged to join!**

**Stewardship** talent  
commitment growing vision LOVE PLEDGE time  
blessing sharing treasure faith caring  
community

**You're 2023 Stewardship Pledge Form will be arriving in the mail soon.**

**This pledged support is vital to maintaining the necessary everyday parish life of St. Nicholas Church. Your support is the lifeblood of our church.**

**Please fill out your pledge form and send it back at your earliest convenience.**

### Customers Shop. AMAZON Gives!

Amazon donates .5% of the price to charitable organizations such as St. Nicholas Church through our regular purchases.

All you need to do is:  
Go to [smile.amazon.com](https://smile.amazon.com)

- Log-in using your regular Amazon information
- Purchase as usual
- St. Nicholas Church receives the donation



**It's just that simple!**

## Church School - November 2022



**Hello St. Nicholas Family,**

**I hope you all are enjoying Fall 2022! The crisp air, fall leaves, football and fun with family and friends makes it a special time of year.**

**This specialness is also found in our St. Nicholas Church School. Everyone is settled into their classrooms and are busy making new or renewing friendships while learning. Our teachers continue to prepare lessons, crafts and activities to bring the spiritual teachings to life. Each week I grow more grateful for their dedication and love for our children. Back in July, I mentioned it takes a village and we are truly blessed with a great village at St. Nicholas!**

**Here's some highlights and a challenge:**

- **The 2nd & 3rd grades began learning the Lord's Prayer in Greek and will be presenting this to our Parish at the Oratorical Festival.**
- **The 4th and 5th grade learned about prosforon- everything from how to make it to the symbolism in our faith...and baked their very own!**
- **A fun potluck- food, conversations and even a pick up football game- see the pictures below.**
- **The Junior Choir began practicing again!**

**The challenge- engage with a teacher or youth advisor. Whether you have a child in Church School or not, whether it is your child's teacher or not, engage with a teacher or youth advisor. Ask about why they serve, what they enjoy, how they plan a lesson or about a favorite story. Learn more about what is taking place in our Church School and with our youth- it is the future of St. Nicholas.**

**Lastly, as we move into November, just a few requests:**

- **Please continue to bring your children to Church, Church School and the fun youth activities planned. We have many opportunities for each child to find their unique connection to St. Nicholas and being an Orthodox Christain.**
- **Support our Church School fundraisers- book sale and Lynch Creek Farms sale.**
- **Bring your ideas, something you would like us to try, etc. to our team- email us at**
- **[sngocchurchschool@gmail.com](mailto:sngocchurchschool@gmail.com).**

**Sincerely,  
Lexie**



## *Blessing of the Animals*



## *Jr. GOYA Service Project*





## Prison Ministry Toy Drive

St. Nicholas Prison Ministry will sponsor the Toy Drive through our Amazon Wish List, again this year.

This drive is for low income children whose parents are on Federal Probation.

Please review the Amazon St. Nicholas Greek Orthodox Church 2022 Toy Drive Wish List at

[https://smile.amazon.com/hz/charitylist/ls/1YD8148XBHG45/ref=smi\\_cl\\_ls\\_lol\\_ls](https://smile.amazon.com/hz/charitylist/ls/1YD8148XBHG45/ref=smi_cl_ls_lol_ls)

Make your purchase using your Amazon Smile Link and have gifts delivered to St. Nicholas Family Life Center no later than

DECEMBER 5, 2022

So we may deliver to the families in time for Christmas

For additional Information, please contact Clark Porter at 314.518.6747 or [clark\\_porter@moep.uscourts.gov](mailto:clark_porter@moep.uscourts.gov)

**Thank you for your Generous Support!**



***Donations In Honor of Leon Spanos' 90th Birthday***

Helen and Dennis Carey  
Christina and Thomas Ginos

**CONGRATULATIONS & BEST WISHES**

Leon Spanos  
**ON YOUR 90TH BIRTHDAY**  
*"Na ta Ekatostis' sis"*

The Jeanne and Nick Tompras Families

**GENERAL FUND*****In Memory of Kevin Corrigan***

Georgine and Robert Sheridan

**CAPITAL CAMPAIGN*****In Memory of Mary Varvares***

Tom and Mersine Kallaos  
Elizabeth Efthim  
Mary C. Mastorakos  
John and Mary Anne Koch  
Nick Varveris and Tia Ballantine  
Craig and Christine Jones  
Bruce Hiles and Ryn Van Riper  
Georgine and Robert Sheridan  
Katherine Forsting  
Frieda G. Perkins  
Andrew Efthim  
Catherine Zotos  
Anna Zotos  
Joan and Mike Merkt  
Beth Tierney

**MEMORIAL DONATIONS****CAPITAL CAMPAIGN ( Cont.)*****In Memory of Mary Varvares (Cont.)***

Christina Anastas  
Constance Palmer  
Sharon Cohen  
Joan Fitzsimmons  
Bryan and Barbara Garcia  
Thurman and Georgia Ferree  
The Palazzo Family  
Mary Janet and Larry Ruff  
Barbara Wilkinson  
Fran Demetre

***In Memory of Joyce Mirras***

Penny Tsichlis  
Frank and Cynthia Scardino  
Mary C. Mastorakos  
Barbara Meis  
John Milonas and Robert Ramsey

**CAPITAL CAMPAIGN ( Cont.)*****In Memory of Joyce Mirras (Cont.)***

Christine Tsichlis  
Sam and Maureen Mezines  
Tom and Patti Elwood  
Dennis and Helen Carey  
Alexandra and Brennan Devers  
Mary and John Gunther

***In Memory of Cynthia Milonas***

Frank and Cynthia Scardino

**ST. NICHOLAS RENOVATION*****In Memory of Mary Varvaras***

Leo and Despina Pashos

**MEMORIALS**

- |  |                |
|--|----------------|
| + 40 day memorial for William Coleman                        | - September 25 |
| + 1 year memorial for Selamawit Gebremariam-                 | October 9      |
| + 2 year memorial for Anna Stamati                           | - October 16   |
| + 2 year memorial for Agorastos Siropilis                    | - October 16   |
| + 3 year memorial for Edward Ferretti                        | - October 2    |
| + 3 year memorial for Athan G. Mertis                        | - September 25 |
| + 4 year memorial for Demetrius Pashos                       | - October 9    |
| + 8 year memorial for Infant Gabriel Kaftantzis-             | October 9      |
| + 13 year memorial for Penelope Ferretti                     | - October 2    |
| + Memorial for the departed members of the Kytherian Society | September 25   |

**40- DAY BLESSING**

Elena Cuka, daughter of Starion and Anna Cuka was blessed and churched on Sunday, October 9, 2022. Congratulations!

**BAPTISMS:**

Penelope Leda, daughter of Alexander and Madison Kamakas, was baptized on October 2, Her Godfather is Christopher Kamakas. Congratulations!

Kalliope Ines, daughter of Alexander and Madison Kamakas, was baptized on October 2. Her Godfather is Christopher Kamakas. Congratulations!

Marshall Dimitri, son of Austin and Maria Mann, was baptized on October 15. His Godfather is John Anthon. Congratulations!

Loukas George, son of Bryan and Karen Kruger, was baptized on October 15. His Godfather is Yiannoula Anthon. Congratulations!

**WEDDINGS:**

Jeremy Mikula and Maria Massad were married on September 24, 2022. Their Orthodox Sponsor/Koumbara is Katina Massad. Congratulations!

Steven Glynias and Sarah Spitery were married on October 8, 2022. Their Sponsor is Stefanie Mott. Congratulations!

## Orthodox Young Adults

Please join us for an Orthodox Young Adults (for ages after college-30's) night of fellowship, discussion and faith on Tuesday, November 8, at 7 pm via Zoom. All young adults are welcome! We will be meeting via Zoom on the second Tuesday of every month. For the Zoom link and for any questions, please contact Gracie Livaditis at [glivaditis251@gmail.com](mailto:glivaditis251@gmail.com)



### Women's Faith Group

The Women's Faith Group meets monthly (excluding July and August) to learn about the Orthodox Christian Faith and how to live the Faith throughout one's life. Scripture and various books authored by Orthodox Christians are read and discussed for enrichment, enlightenment, and encouragement to live a Christ-like life.

**"being transformed from glory to glory" (2 Corinthians 3:18).**

***Join us Tuesdays, November 1 and 15, 10 am at the Family Life Center!***

***Currently we are studying the Epistles of St. John***

## 2022

### St. Nicholas Christmas Card

Sign up to be included on our Holiday Greeting Card to your fellow parishioners.

Free-will donations will be accepted and appreciated to benefit our Youth Programs.  
Suggested donation is \$20

**Please complete the information below and mail it to the Family Life Center office by December 5**

Names to appear on the card as follows:

Donation enclosed \_\_\_\_\_

Mail to: St. Nicholas Family Life Center  
12550 South Forty Drive  
St. Louis, MO 63141

To submit online: please visit [sngoc.org](http://sngoc.org)

Dear St. Nicholas Parish Family,

In an effort to communicate the status of our loan for the St. Nicholas Family Life Center & renovations to St. Nicholas Church, below is a condensed timeline to recap the past 20 years.

1999: Purchased 10 acres in Town & Country for \$2,500,000

2003: Retired the land loan for a total of \$3,200,000

2010: First St. Nicholas Capital Campaign raised \$4,000,000 in pledges and construction began on the St. Nicholas Family Life Center as well as the renovations at St. Nicholas at Forest Park.

Total cost to complete construction of the St. Nicholas Family Life Center and major renovations to St. Nicholas Church on Forest Park of \$8,500,000

2012: Signed loan documents for \$5,855,024

2015: Refinanced to a lower 3% interest municipal bond loan of \$5,273,184

2020: Extended our current municipal bond loan for 5 years at the same 3% interest rate and continuing the same amortization schedule.

2021: As of October 3, 2022, our current loan amount is \$ 3,260,032.17. Our monthly mortgage payment is \$25,500

We have made significant strides towards paying off our debt. Thank you for your continued love and dedication to our Parish

Sincerely,

Helen Carey, President

## Ways to Give: Qualified Charitable Distributions


A Qualified Charitable Distribution (QCD) allows individuals who are 70½ years old or older to donate up to \$100,000 total to one or more charities directly from a taxable IRA instead of taking their required minimum distributions.

- It's a smart way for individuals who don't/can't tax benefits from their charitable donations.
- QCDs are not included in taxable income.
- QCDs satisfy RMDs without increasing adjusted gross income, thus lowering or eliminating Social Security benefit taxation, Medicare premiums, alternative minimum tax, 3.8% investment surtax and medical expense deductions, or being bumped to a higher marginal tax bracket.



If you have questions or would like to donate appreciated securities, mutual funds, or make QCDs, please contact Sakis Salas at 636-866-6193. We also recommend that you consult your Financial/Tax Advisors for additional information

# November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10 am Women's Faith Group Family Life Center	<b>2</b> 7 am Men's Fellowship Family Life Center Also via Zoom 7 pm The Orthodox Faith A Way of Life via Zoom	<b>3</b> 10 am Kafencio Family Life Center	<b>4</b>	<b>5</b> 10:30 am Grecian Kitchen Holiday Open House Family Life Center
<b>6</b> <i>Seventh Sunday of Luke</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church Sunday School Fellowship Coffee Hour following Divine Liturgy <i>Philoptochos Sunday/</i> <i>Woman of the Year</i> 5 pm GOYA Meeting at FLC	<b>7</b>	<b>8</b> Synaxis of the Holy Archangels 9:30 am Divine Liturgy Family Life Center Brunch Reception to follow 7 pm Orthodox Young Adults via Zoom II	<b>9</b> 7am Men's Fellowship Family Life Center Also via Zoom 6 pm Philoptochos General Meeting Family Life Center	<b>10</b> 4 pm Men's Group BBQ and Beer Night Family Life Center	<b>11</b>	<b>12</b> /
<b>13</b> <i>Eighth Sunday of Luke</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church Sunday School Fellowship Coffee Hour <i>Parish Assembly</i> following Divine Liturgy 5 pm <i>IOCC Banquet</i> <i>Holy Trinity Serbian OC</i>	<b>14</b>	<b>15</b> II 10 am Women's Faith Group Family Life Center	<b>16</b> 7 am Men's Fellowship Family Life Center Also via Zoom	<b>17</b>	<b>18</b> 6 pm Advent Retreat SS Constantine and Helen Church	<b>19</b> 9 am Advent Retreat SS Constantine and Helen Church
<b>20</b> <i>Ninth Sunday of Luke</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church Sunday School Fellowship Coffee Hour <i>Parish Elections</i> following Divine Liturgy GK Harvest Bake Sale following Divine Liturgy	<b>21</b> <i>Entrance of the Theotokos</i> <i>into the Temple</i> 9:30 am Divine Liturgy Family Life Center	<b>22</b>	<b>23</b>	<b>24</b> 	<b>25</b>	<b>26</b>
<b>27</b> <i>Thirteenth Sunday of Luke</i> 8:15 Orthros & 9:30 am Divine Liturgy at Church Sunday School Fellowship Coffee Hour following Divine Liturgy	<b>28</b>	<b>29</b>	<b>30</b> 7 am Men's Fellowship Family Life Center/Zoom	<b>31</b>		

St. Nicholas Greek Orthodox Church  
4967 Forest Park Avenue  
St. Louis, MO 63108

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Questions? Contact Teddy Hart at [tharto126@gmail.com](mailto:tharto126@gmail.com)