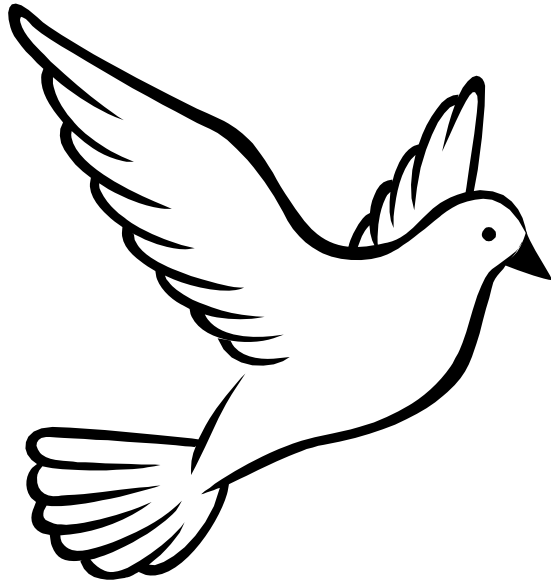


ASSUMPTION OF THE
BLESSED VIRGIN MARY
5761 E. Colorado St.
Long Beach, CA 90814

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PERMIT NO. 344

THE PANAYIA

Assumption Of the Blessed Virgin Mary
Greek Orthodox Church
Long Beach, CA



Worship Services

Regular Schedule

Orthros 8:45 AM

Divine Liturgy 10:00 AM

**NOTE: Sunday Divine
Liturgy starts at
10:00AM year-round.**

*See enclosed calendar for
dates and times of other ser-
vices this month.*



FEBRUARY 2016

Assumption of the Blessed Virgin Mary Greek Orthodox Church

5761 East Colorado Street, Long Beach, CA 90814-1954

Phone (562) 494-8929 - Fax (562) 985-1379

Email – office@assumptionlb.org

Rev. Fr. Christos Kanakis, Proistamenos

Evangelos Karantonis, Pastoral Assistant

Voula Michail - Kitsios, Office Administrator

Jorge Rivera, Custodian

PARISH COUNCIL MEMBERS

Jimmy Eleopoulos - President

Nick Monios - Vice President

Savvas Roubanis - Recording Secretary

Sam Platis - Corresponding Secretary

Athena Mantas - Treasurer

Board members

George Demos, Chris Dolas, Angelo Karapoulos,

George Karidakis, Max Lofton, Tasos Papas,

Jerry Polychrones, George Stavros,

AHEPA

Tasos Papas - President

Bookstore

Zoe Falley - Administrator

Bulletin Coordinator

Voula Michail - Kitsios

Choir

Costa Kourtis

Karen Fic

Church School

Yota Batsaras - Principal

Daughters of Penelope

Sofie Batshoun

Family Night

Sam Platis

GOYA

Presidents - George Sehremelis & Thanasi Dalkos

Vice President - Penny Bacol

Eleni Dalkos & Christina Gillotti - Advisors

Greek Cultural Arts and Dance

Patty Ladas - President

Dina Lioulias - Vice President

Greek School

Kathryn Condaras - Principal

Hope/Joy/VBS

Maria Georgakopoulos - Advisor

Panagia's Little Lambs

Elizabeth Syrengelas

PHILOTOCHOS

Karen Fic - President

Mary Lofton - 1st Vice President

Lia Kakaris - Secretary

Sophie Batshoun - Corres. Secretary

Angela Watkins - Treasurer

Bobbie Soupos - Advisor.

Public Relations

Jimmy Eleopoulos

Senior Christians

Nick Monios - President

Stewardship Ministry

Kathy Bastas (Chair)

Max & Mary Lofton,

Trisagio Ministry

Max & Mary Lofton,

Vickie Hennig, Yiota Beckas

Web Site

Evan Karantonis

Welcome Ministry

Kathy Bastas (Chair),

Camille Dolas, Kay Platis,

Young Adults

Eleni Demos, Olivia Varonos

Τι είναι το Τριώδιο

Greek Column by Voula Michail

Τριώδιο ονομάζεται το Λειτουργικό Βιβλίο της Ορθόδοξης Εκκλησίας το οποίο περιλαμβάνει τους Ύμνους δέκα Κυριακών πριν από το Πάσχα, δηλαδή από την Κυριακή του Τελώνου και του Φαρισαίου μέχρι και το Μεγάλο Σάββατο πριν την Τελετή της Αναστάσεως. Ονομάζεται έτσι διότι οι περισσότεροι Κανόνες του Όρθρου (πρωινή Ακολουθία) περιέχουν τρεις Ωδές ενώ συνήθως περιέχουν εννέα Ωδές.

Η περίοδος του Τριωδίου διαιρείται σε τρεις μικρότερες:

1 - Κυριακή Τελώνου και Φαρισαίου μέχρι Κυριακή της Τυροφάγου.

2 - Καθαρά Δευτέρα μέχρι το Σάββατο Του Λαζάρου (Μεγάλη Τεσσαρακοστή).

3 - Κυριακή των Βαΐων το βράδυ μέχρι το Μεγάλο Σάββατο πριν την Ανάσταση (Μεγάλη Εβδομάδα).

Οι Κυριακές του Τριωδίου είναι οι εξής:

1. Τελώνου και Φαρισαίου

2. Ασώτου

3. Απόκρεω

4. Τυροφάγου

ΑΓΙΑ ΚΑΙ ΜΕΓΑΛΗ ΤΕΣΣΑΡΑΚΟΣΤΗ

5. Ορθοδοξίας (Α' Νηστειών)

6. Β' Νηστειών (Αγ. Γρηγορίου του Παλαμά)

7. Σταυροπροσκυνησεως (Γ' Νηστειών)

8. Δ' Νηστειών (Οσ. Ιωάννου της Κλίμακος)

9. Ε' Νηστειών (Οσ. Μαρίας της Αιγυπτίας) και

10. Κυριακή των Βαΐων.

Τις τρεις πρώτες εβδομάδες του, οι χριστιανοί ετοιμάζονται για τη μεγάλη νηστεία της Σαρακοστής. Κάθε Κυριακή αυτών των εβδομάδων έχει τη δική της σημειολογία .

Η πρώτη, η Κυριακή του Τελώνη και Φαρισαίου προτρέπει τους Χριστιανούς να είναι ταπεινοί όπως ο Τελώνης και όχι υπερήφανοι όπως ο Φαρισαίος.

Η δεύτερη, η Κυριακή του Ασώτου διδάσκει την αξία της μετάνοιας και το μεγαλείο της συγχωρέσεως.

Η τρίτη, η Κυριακή της Απόκρεω, αναφέρεται στη Δευτέρα Παρουσία, στην κρίση που θα λάβει χώρα τότε, καθώς και στη χριστιανική αγάπη. Ονομάζεται έτσι επειδή είναι η τελευταία ημέρα που οι Χριστιανοί επιτρέπεται να φάνε κρέας. Η εβδομάδα που ξεκινά ονομάζεται και εβδομάδα της Τυρινής ή Τυροφάγου. Εβδομάδα που επιτρέπεται η βρώση τυροκομικών, αυγών και ψαριών.

Η τέταρτη, η Κυριακή της Τυροφάγου, αναφέρεται στην εξορία των πρωτόπλαστων από τον Παράδεισο.

Ακολουθεί η Καθαρά Δευτέρα, όπου με αυτήν ξεκινά η περίοδος της Μεγάλης Τεσσαρακοστής. Περίοδος νηστείας, προσευχής, περισυλλογής που μας προετοιμάζει για τη μεγάλη Εβδομάδα και την Ανάσταση του Κυρίου. Ονομάζεται Τεσσαρακοστή γιατί μιμείται τη σαρανταήμερη νηστεία που έκανε ο Χριστός. Επίσης λέγεται Μεγάλη για να ξεχωρίζει από τη νηστεία των Χριστουγέννων.

Announcements

BAPTISM/CHRISMATIONS

01/23/24

Luke George Ticknor

Proud Parents: Chris & Crystal Ticknor

Godparents: Amalia & Kirk Niatsikas
Congratulations.

01/24/16

Angela Marie Simon

Sponsor: Nicolette Silva
Congratulations

WITH SYMPATHY

To Catherine Lambrakis & family for the loss of Spiro Lambrakis on 12/30/15.

May his memory be eternal.

To Zarkos family for the loss of Dean Zarkos on 01/01/16.

May his memory be eternal.

To Missios family for the loss of Eftihia Missios on 01/11/16.

May her memory be eternal.

February's Prosforo

Is donated by Kay Platis. Thank you. If you would like to donate the Prosforo please call the office.

Bookstore

Happy New Year to all.

Due to my recent injury of my ankle, I will be out of commission for awhile. If you need anything from the bookstore please contact Voula at the church office.

Thank you, Zoe Falley.

PHILOPTOCHOS ANNUAL MEMBERSHIP TEA

SUNDAY, FEBRUARY 28, 2016

FOLLOWING CHURCH SERVICES IN OUR CULTURAL CENTER

THIS YEAR'S THEME IS: "THROUGH THE DECADES"

HOST A TABLE AND DECORATE IT ACCORDING TO THE DECADE YOU DESIRE.

HAVE YOUR FAMILY AND FRIENDS BE PART OF YOUR TABLE AND HAVE GOOD TIME!

RESERVATIONS AND/OR HOST A TABLE PLEASE CONTACT KAREN FIC (562) 416-5565 & LIA KAKARIS (562) 773-1778

ORTHODOXY 101

BRINGING OTHERS CLOSER TO THE ORTHODOX FAITH

6 Week Course

- ★ INTRODUCTION TO THE TEACHINGS OF THE CHURCH
- ★ A GREAT REVIEW FOR ANYONE
- ★ REQUIRED FOR THOSE PREPARING TO BE BAPTIZED

2016 CLASS DATES

February

Saturday 6- Dr. John Coroneus, PhD, M.Div 10am
Saturday 20- Dr. John Coroneus, PhD, M.Div 10am

March

Saturday 5- Fr. Christos Kanakis, M.Div 1pm
Saturday 19- Mr. Evan Karantonis, M.Div 1pm

April

Saturday 2- Fr. Christos Kanakis, M.Div 11am
Saturday 16- Mr. Evan Karantonis, M.Div 11am

Philoptochos

With the start of 2016 Philoptochos would like to inform you all of a few changes. Our board has grown. We have added Kathy Bastas, treasurer, Angela Watkins is now assistant treasurer and new board members are Ellia Karantonis and Jody Rubanis. Welcome ladies! Thank you for becoming a part of the best Philoptochos in Southern California. We are looking forward to sharing many years with you.

"Thank you" to all the ladies who helped making our Epiphany celebration a beautiful event. Your "extra touches" were admired by all those who were there!

"Thank you" to all those who shared Vasilopita and donated to St. Basil's Academy.

February may be a short month, but it is a very busy Philoptochos month!

Sunday February 7th is GO RED SUNDAY. Philoptochos members across the nation will be sporting their red dresses, scarves, hats and jewelry to support woman's heart health. We want to increase awareness of heart disease and women. **HEART DISEASE IS THE #1 KILLER OF AMERICAN WOMEN.** In women, heart disease is more deadly than all forms of cancer.

It's not just a man's disease. Heart disease and stroke kill 1 in 3 women, yet it is 80% preventable. Help us raise awareness to end this killer of women. Wear Red to show your support for saving women's lives.

Remember to support our Long Beach Greek dancers at this years FDF February 12-14. GO LONG BEACH!

It's membership time again and time for tea! By now you should have gotten an email notice with this years theme. This is our biggest time of the year to gather BOTH OLD AND NEW PHILOPTOCHOS MEMBERS. Philoptochos is a wonderful philanthropic organization that strives to help all those in need. Join in for a fantastic and fun afternoon and renew your membership or become a first time member. If you are interested in decorating a special table please contact Lia Kakaris @ 562-773-1778 or look for your email with information. Gentlemen we love having you with us too, so get your guys together, set up a table or two and come have fun with Philoptochos.

Dates to remember:

March 14 Clean Monday—Koulouma

MARCH 13 GENERAL PHILOPTOCHOS MEETING

April—Kids n Cancer

Tsourekia baking.

Karen Fic, President

Go Long Beach!



The Assumption Greek Dance & Cultural Arts School

FDF Preview Luncheon

Sunday, February 7th

A showcase of our dance groups!

General admission: \$12

***Delicious chicken served with all
the trimmings***

Children 12 and under \$8

Chicken strips plate

Amarantos, Harriet	Manos, Dr. Andrew & Pam
Argyros, Dionisios & Irene	Markouizos, Markella
Awad, Hohn & Litsa	Markouizos, Nektarios & Lisa
Bastas, Nikolaos & Kathy	Matty, Thelxe
Berovinos, Tony & Bonnie	Mentas, Ann
Beres, Zena	Milonas, Dina
Briliakis, Gus & Nicki	Missios, Demetrios & Nelly
Chelekis, Louis & Vicki	Monios, Nick & Linda
Chenes, Charles	Morgan, Valerie
Colazas, Xenophon & Mila	Nicolaou, Alexander & Reese
Confrey, John & Katina	Papadakis, Christine
Contos, Vasilis & Voula	Papadakis, Michael & Janel
Cornwell, Caryle & Demetra	Papadopoulos, Vangelis & Lorraine
Cyprus, Brandon	Pappas, Mark & Shari
Cyprus, Brett & Jane	Pappas, Victor & Christina
Cyprus, Kayla	Paulos, Mary
Deneff, Alkisti	Philips, Mark & Crystal
Deralas, Dean	Reed, Richard & Kyriaki
Desalernos, Stephen & Stefanie	Rembuskas, Panayiotis & Valerie
Dimas, Michael & Maria	Roumeliotis, George & Pamela
Dolas, Chris	Silva, Robert & Nicolette
Dolas, Jim & Camille	Simitian, Richard & Anna
Edwards, Nickolas & Pamela	Siouris, Chris & Panayota
Exacoustos, Stella	Skourtas, Tony & Angelique
Falley, Zoe	Sotiriou, Panagiotis & Vasiliki
Fattaleh, Raja	Soultanakis, Trudith
Ghilarducci, Walt & Laura	Spiropoulos, Troy & Gina
Giannoulis, Anastasia	Stathis, Robert & Josefa
Hadjimarkos, Nicholas & Stemma	Stavros, Andy & Amber
Hatziris, Anna	Stavros, George & Donna
Hennig, Vickie	Sullos, James & Vickie
Jordanides, Tim & Ria	Talaganis, Ernest
Kallins, George & Bettina	Talaganis, Nick & Amy
Kanakis, Fr. Christos & Pres. Jessica	Tavlarides, Angelo & Mary
Kanakis, Peter & Evangelia	Terzis, Constantinos & Suzanna
Kastanas Bill & Paris	Thermos, Jerry & Ellie
Korakis, Michael	Ticknor, Chris & Crystal
Kostallas, Tony & Cathy	Toumasis, Gerasimos & Kyriaki
Kourtis, Costa & Cesilia	Tsakoumakis, Stan & Debora
Lofton, Max & Mary	Vasilomanolakis, Dr. Mike & Niki
Lovejoy, Jeremy & Nectarina	Xeros, Nick & Anna
Mangoutas, John & Barbara	Zoumberakis, Stelio & Stacy

Greek School is in full swing. This month we won't have class on Wednesday, February 10, 2016, since most of the students are participating in the FDF dance competition. We wish everyone good luck. Classes will resume on Wednesday the 17th. Greek School will be celebrating 25th of March Greek Independence Day, on Sunday March 20th. Students will be reciting poems and performing in plays. Please come and join us for this special day.

Katerina Condaras, Principal

Little Lambs

We continue to build members in our fun filled class! The kids love requesting fun and familiar songs and dancing along. Moms and yiayias love watching the kids interact and grow with each other.

Other exciting news is that we've had two siblings born this year! The connections made through this moms n tots program will last a lifetime! Please join us every Wednesday 10:30-11:30.

GOYA Basket Ball

Basketball Practices & Games

We will be having practices every Friday evening in the gym as we have been doing in past years from 5:00 pm - 10:00 pm all the way through to April 1 (except 2/12 - FDF).

Home Games

Our home games are :

- Sunday 2/28 vs. St. John
- Saturday 4/2 vs. St. George
- Sunday 4/3 vs. St. Katherine

Away Games

- Sunday 3/6 at St. Sophia
- Sunday 3/13 at St. Nicholas
- Sunday 3/20 at St. Anthony
- Sunday 3/27 at St. Basil

In the year of the Lord - February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 + Υπαπαντή Ιησού Χριστού The Presentation of Our Lord Orthros 9:00 am Divine Liturgy 10:00 am	4 Panagia's Little Lambs 10:30 am - 11:30 am Greek School 5:30 pm - 7:00 pm	5	6 GOYA Basketball practice 5 pm - 10 pm	7 <i>Orthodoxy 101</i> 10:00 am - 11:00 am
7 + 16th Sunday of Matthew Orthros 8:45 am Divine Liturgy 10:00 am Go Red Sunday Gr. Dance: Costume Performance	8	9	10 No Panagia's Little Lambs No Greek School	11 FDF - Anaheim Marriot	12 FDF - Anaheim Marriot	13 FDF - Anaheim Marriot
14 + Sunday of the Canaanite Divine Liturgy at FDF Anaheim Marriot FDF - Anaheim Marriot	15 Office closed (President's Day)	16 Senior Christians Potluck 11:30 am P. C. Meeting 7:00 pm	17 Panagia's Little Lambs 10:30 am - 11:30 am Greek School 5:30 pm - 7:00 pm	18	19 GOYA Basketball practice 5 pm - 10 pm	20 <i>Orthodoxy 101</i> 10:00 am - 11:00 am
21 + Sunday of the Publican & Pharisee (Triodion begins) Orthros 8:45 am Divine Liturgy 10:00 am FDF Recognition	22	23	24 Panagia's Little Lambs 10:30 am - 11:30 am Greek School 5:30 pm - 7:00 pm	25	26 GOYA Basketball practice 5 pm - 10 pm	27
28 + Sunday of the Prodigal Son Orthros 8:45 am Divine Liturgy 10:00 am Philoptochos Annual Tea Goya B-ball: Assumption vs St. John	29					