

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

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LONG BEACH, CA  
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.*



**MARCH 2014**

**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**

Voula Michail - Kitsios, Office Administrator  
Penny Benetatos, Choir Director

Jorge Rivera, Sexton

**PARISH COUNCIL MEMBERS**

Chris Dolas - President  
David Matty - Vice President  
Jimmy Mentas - Recording Secretary  
Jimmy Eleopoulos - Corresponding Secretary  
George Demos - Treasurer

**PHILOPTOCHOS**  
Bobbie Soupos - President  
Karen Fic - 1st Vice President  
Amelia Ladas - 2nd Vice President  
Mary Lofton- Correspond. Secretary  
Lia Kakaris - Recording Secretary  
Nikki Andrews - Treasurer  
Marilyn Coats - Assistant Treasurer  
Kathy Bastas - Advisor

**Board Members**  
Kathy Bastas, Dino Syrengelas, Olympia Stapakis,  
George Stavros, Nick Monios, Sam Platis,  
Tasos Papas, Nick Zamvakellis

**Board Members**  
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Matoula Batshoun, Zoe Falley, Vickie Hennig,  
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**AHEPA**

Tasos Papas - President

**Bulletin Coordinator**

Voula Michail - Kitsios

**Bookstore**

Zoe Falley - Administrator

**Choir**

Pinió Benetatos - Director & Organist  
Karen Fic - President

**Church School**

Juliana Augoustatos - Superintendent

**Daughters of Penelope**

Catherine Vackrinos  
Sofie Batshoun

**Family Night**

Sam Platis

**Junior Choir**

Pinió Benetatos - Director  
Karen Fic - Assistant Director

**Greek School**

Kathryn Condaras - Principal  
Donna Stavros - P.T.A

**Hope/Joy**

Maria Georgakopoulos - Advisor  
Dusty Hanson - Advisor

**Junior GOYA**

Georgi Spirtos Francis - Advisor  
Tia Kanavos, Vasso Conley

**GOYA**  
President - Christina Karidakis  
Vice President - Sina Bacol  
Treasurer - Margo Papacalos  
Corres. Secretary - Dena Bussa  
Rec. Secretary - Tasia Matty  
Historian - Christa Demos, Lexi Varonos  
Advisors - Lucia Papacalos,  
Vickie Demos, Maria Bussa  
Athletic Director: David Matty  
Email: goyalb.events@gmail.com  
**Greek Cultural Arts and Dance**  
Dina Lioulis - President  
Maria Georgakopoulos - Vice President  
Georgia Alvertos - Corresponding Secretary  
Dusty Hanson - Recording Secretary  
Elene Dalkos - Treasurer

**Senior Christians**

Nick Monios - President

**Sons of Pericles**

Christo Beckas - President

**Stewardship Ministry**

Kathy Bastas (Chair)  
Camille Dolas, Max & Mary Lofton,  
Kay Platis, Cathy Shweiri

**Trisagio Ministry**

Max & Mary Lofton, Vickie Hennig, Yiota Beckas

**Welcome Ministry**

Kathy Bastas (Chair), Camille Dolas, Max & Mary  
Lofton, Kay Platis, Cathy Shweiri

**The Gifts of the Magi  
and the Spirit of Giving**

*The Gifts of the Magi* icon presents the Wise Men offering gifts of gold, frankincense and myrrh to the Christ Child. These wealthy scholars and priests of the East endured numerous dangers, and traveled a great distance to offer their treasures to Christ, the newborn king. What a beautiful and meaningful example they set for all future generations, helping us to understand the blessing of giving.

The Story of the Magi is not simply a cute part of the Christmas Story. It represents central characters who model a path of faith we are called to imitate: 1) A sincere search for God and an authentic desire to listen to Him; 2) A willingness to overcome any obstacles or challenging inconvenience in their journey towards God; and 3) An offering of the best they had in humble worship to their Creator.

As we reflect on this beautiful stewardship icon, let us take to heart the words of St. John Chrysostom: *“The rich man is not the one who has much, but the one who gives much. For what he gives away remains his forever.”*

*Please enter your pledged amount (for your record): \$ \_\_\_\_\_. Then Detach the Stewardship card to your right and deliver/ mail it to Assumption Church.*

**Before Determining Your 2014 Pledge  
Please Consider . . . . .**

Whoever sows sparingly will also reap sparingly, and whoever sows generously, will also reap generously. Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. 2 Cor 9:6-7.

**And . . . .**

A pledge in the ranges noted below is equal to the amounts shown on the right. What are you willing to pay per day in recognition of His blessings to you, your parents, your children, and/or the Assumption Greek Orthodox Church and community of Long Beach?

- \$700 -- \$899 (\$1.92 -- \$2.46 per day)
- \$900 -- \$1,299 (\$2.46 -- \$3.56 per day)
- \$1,300 -- \$1,799 (\$3.56 -- \$4.93 per day)
- \$1,800 -- \$2,699 (\$4.93 -- \$7.37 per day)
- \$2,700 -- \$5,999 (\$7.39 -- \$16.44 per day)
- \$6,000 -- \$12,000 (\$16.43 -- \$32.88 per day)

**Your Participation in Ministries**

We have many Ministries at Assumption Greek Orthodox Church of Long Beach and we always need additional help. Please see the Sunday Bulletin for a list of Ministries and their leaders and consider becoming part of one or more ministries. Your participation is essential to the growth and success of our Church and your personal satisfaction. We look forward to hearing from you soon.

**2014 STEWARDSHIP CARD  
Family Information**

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

Name of Spouse (If Married): \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Email Address of Spouse (If Married): \_\_\_\_\_

Children's (under 18 yrs) Names and Birthdates: \_\_\_\_\_

**My / Our 2014 Pledge (Cash / Check)**  
*(For Credit Card See Opposite Side)*

In gratitude for God's blessings, I/We commit to Christ and His Church the following amount for 2014:

\$ \_\_\_\_\_

to be paid as follows:

- \$ \_\_\_\_\_ Weekly
- \$ \_\_\_\_\_ Monthly
- \$ \_\_\_\_\_ Quarterly
- \$ \_\_\_\_\_ Annually

Note: Please remit the total amount pledged by December 1, 2014. Your data is confidential and will remain protected. See reverse side to pay by Credit Card.

**Panagia's Stewardship Family as of February 20, 2014**

Alexiou, Archimedes	Futris, William & Mary	Pappas, Mark & Shari
Alexiou, Demi	Gabriel, Sam & Kathy	Pappas, Victor & Christina
Alexopoulos, Andrew	Galanis, Jerry & Marian	Paulos, Mary
Alexopoulos, Christine	Georgakopoulos, Mike & Maria	Paulos, Nicholas
Alexopoulos, Dimitri & Maria	Georges, Louie & Penny	Paxos, Joanne
Alexopoulos, Elias	Georgiadou, Vicki	Phillips, Crystal & Mark
Alvertos, Yiannis & Georgia	Georgoulis, George & Anna	Platis, Jim & Kay
Amarantos, Harriet	Ghilarducci, Walt & Laura	Pliaconis, Alexander & Nicole
Andrikos, Ioannis & Argyro	Hadjimarkos, Nicholas & Stemma	Roubanis, Savvas & Jodi
Antoniou, Konstantinos & Maria	Hanches Roll, Fotini	Russos, Asimina
Bacol, Pete & Rea	Hanson, Richard	Santamarina, Jose & Ronnea
Bastas, Nikolaos & Kathy	Hennig, Fred & Vickie	Sharkoff, James & Katherine
Benetatos, Harry & Penny	Jordanides, Timothy & Ria	Shill, Peter & Ami
Berovinos, Michael & Kimberly	Kallins, George & Bettina	Shweiri, George & Cathy
Berovinos, Tony & Bonnie	Karapoulios, Evangelos & Eleni	Sirigos, George & Eliodora
Bettios, Christos & Lorraine	Karidakis, George & Diane	Skandalakis, Melia
Bouras, Peter	Karthas, Nicholas	Skourtas, Tony & Angelique
Boyce, Maria	Kastanas, Vassilios & Paris	Smyrniotis, Alexandra
Bozigian, Linda	Konstantinidis, Byron & Kaite	Sotiriou, Panagiotis & Vasiliki
Bratkic, Jure & Demetra	Kostallas, Tony & Cathy	Soultanakis, Paul & Trudith
Brillakis, Gus & Nicki	Koulos, Peter & Emily	Soupos, Tom & Bobbie
Bussa, Tom & Maria	Kourtis, Costa & Cecilia	Spiropoulos, James & Marina
Chelekis, Louis & Vicki	Krebenios, Anastasia	Stathis, Robert & Josefa
Choullis, Manolis & Sotiria	Ladas, Amelia	Stavros, Andy & Amber
Colazas, Xenophon & Mila	Ladas, Charlie & Patty	Stavros, Andy & Amber
Cornwell, Carlyle & Demetra	Liarakos, George & Dezi	Stavros, George & Donna
Coromelas, Acrivi	Liarakos, John & Athanasia	Sullos, James & Vickie
Demos, Eleni	Lofton, Max & Mary	Syrengeles, Sotiria
Deneff, Alkisti	Lozides, George & Rodou	Tavlarides, Angelo & Mary
Deneff, Peter & Diane	Lopez, Jeff & Georgia	Tener, Theresa
Deralas, Dean	Lovejoy, Jeremy & Nectaria	Terzis, Constantinos & Suzanna
Diacoumako,s Marya	Manos, Andrew & Pamela	Thermos, Gerry & Elli
Dimitropoulos, Thanasi & Eleni	Marangopoulos, Jake & Tammy	Toumasis, Gerasimos & Koula
Dolas, Chris	Matty, David & Barbara	Tsalikis, Maria
Dolas, Jim & Camille	Mavrovitis, Michail & Monica	Tsimerekis, Christos & Christina
Donlou, Gorgon & Maria	Medenas, Ted & Fotoula	Vackrinos, Catherine
Dukelis, Evangeline J.	Mentas, Ann	Vasilomanolakis, Dr. Mike & Niki
Edwards, Nickolas & Pamela	Mentas, James & Patricia	Vasilomanolakis, Francine
Etchepare, Anna	Milonas, Dina	Vlachos, Dino & Helen
Exacoustos, Stella	Missios, Basil & Eftihia	Vlahakis, Mary
Falley, Zoe	Monios, Nick & Linda	Watkins, Evangelia
Fattaleh, Raja	Nakai, Keiichi & Saki	Woo-Sam, Maria
Fattaleh, Sabba & Diana	Nezis, Alice	Zambos, Angie
Fiamengo, Alexandria	Papacalos, George & Lucia	Zarifis, Angie
Foutris, Gus & Christine	Papas, Tasos & Georgia	Zimmerman, Roseann (Rikki)

**Freedom**

A common question that I am asked is “What is the Annunciation? And how is it connected with Greek Independence Day?”

On March 25<sup>th</sup> we celebrate and commemorate the day which the Archangel Gabriel announced to the Virgin Mary that out of all the women in the world, she was entrusted and chosen by God to give birth to Christ. Although she was chosen by God, she freely accepted what God planned for her and faced all obstacles with faith in Him and courage.

One thousand eight hundred and twenty one years later, during the month of March, Greece rose up against the Ottoman Occupation, which occurred for four hundred years, with faith in God and courage, shouting “Freedom or Death!”.

The common theme of both events in the history of mankind is FREEDOM. The paradox of our faith is that we are *servants* of God, but we are FREE. Our duty is to put Christ and others before ourselves and we are FREE. When we are Self-Less we are FREE.

God calls all of us to a special task in our lives and knows of the great things when can accomplish with Him by our side. Although God may have a plan for each and every one of us, we have the Free Will to accept what God calls us to do. **Freedom is a Gift from God;** a gift that we must always thank him for and use *selflessly*.

In the Epistle of the Baptism Service, Saint Paul uses the language of Life in following Christ, and Death and Slavery in following sin. (Romans 6:3-11)

When we are not free, as the brave Greeks of 1821 exclaimed, we are not alive.

The Annunciation of the Theotokos and Greek Independence Day celebrate Freedom, Spiritual and Physical, as Christ liberates all of Humanity. When we are FREE and Follow Christ, we are truly **alive**.

Amen.

Fr. Christo

Greetings Panagia Parishioners!

### *President's Message*

I would just like to say how honored I am to have been selected for a second term among so many qualified candidates for the Parish Council President position. The Panagia Parish has always and continues to be a very special and loving Greek Orthodox Church and I look forward to serving this wonderful community as Parish Council President once again. I am really excited to embark on this continued journey with all of you. We are also blessed to have a great Executive Board as well as a well rounded and experienced Parish Council.

Congratulations to all of our fantastic Greek Dancers. Each and all of our dance groups from our Greek Cultural Arts and Dance Ministry did just an excellent and fabulous job. Congratulations to all of the award winning groups.

Congratulations to our Philoptochos Society and everyone who wore RED on Sunday, February 9<sup>th</sup> to show and express support to Philoptochos in their way of showing love and support to our fellow parishioners and be aware and appreciating your heart!

Further congratulations for a job well done to our Philoptochos Society for hosting their annual Tea!

Congratulations to our Tasos Papas, President of our AHEPA, the AHEPA and Daughters of Penelope for hosting a very successful District Convention.

As we all know and remember, March 25<sup>th</sup> is the "Greek Independence Day"! Please come and show your support to our Greek School Ministry by attending the luncheon and hear the beautiful Greek poems and stories from our children on Sunday, March 30<sup>th</sup>.

GOYA Basket Ball season has arrived!! Please come out on Sundays to support and cheer on our GOYA Basket Ball Players.

If you have not received your 2014 Stewardship Package, please ask Voula at our church office, to mail you one, or pick up your Stewardship Package on any Sunday at the church. Please complete the card and send it back to the church office as soon as possible!

Please look both in our Panagia Bulletin and our weekly Sunday Bulletins for other events!

Our Parish Council is here to serve you and our Panagia Parish. Please do not hesitate to call or ask any of your parish council members or myself with any questions! We will provide you with the answers we know and get back to you with the answers we don't know.

Thanks for all of your continued support!  
In Christ's Love,  
Chris Dolas

### Οι Χαιρετισμοί της Θεοτόκου

### *Greek Column by Voula Michail*

Οι Χαιρετισμοί της Παναγίας, είναι ένα αριστούργημα της Βυζαντινής Υμνογραφίας. Είναι ένα Κοντάκιο, σύνολο ύμνων με 24 μέρη, που έχουν αλφαβητική διάταξη. Αναφέρονται ανά ένα στην Παναγία και καταλήγουν με το χαιρε Νύμφη ανύμφευτε και ανά ένα στο Χριστό, που τελειώνουν με το Αλληλούϊα, που θα πει: Αινείτε τον Θεό, τον Κύριο.

Συγγραφέας του Ύμνου αυτού είναι ο άγιος Ρωμανός ο μελωδός, ο ποιητής των κοντακίων, ο πρίγκηπας των Βυζαντινών υμνογράφων. Λέγεται δε Ακάθιστος ο Ύμνος, γιατί τον έψαλλαν ακάθιστοι, όρθιοι σε ολονύκτια αγρυπνία, στον Ναό της Παναγίας των Βλαχερνών, στην Κωνσταντινούπολη, για να ευχαριστήσουν την Παναγία, που έσωσε την Βασιλεύουσα από βέβαιη καταστροφή.

Το 626 μ.Χ. ο αυτοκράτορας Ηράκλειος με τον κύριο όγκο του στρατού πολεμούσε τους Πέρσες στα βόρεια της Μ. Ασίας. Έκανε ιερό πόλεμο εναντίον των Περσών, για να ελευθερώσει και να φέρει πίσω τον Τίμιο Σταυρό, που άρπαξαν οι βάρβαροι από τα Ιεροσόλυμα. Ο Χαγάνος, ο αρχηγός των Σκυθών και Μουσών, ήρθε σε συνεννόηση με τους Πέρσες και πολιορκήσαν την Κωνσταντινούπολη. Η πόλη βρέθηκε σε πολύ δύσκολη θέση. Οι εχθροί γύρω πολλοί, ενώ μέσα ο στρατός ελάχιστος με τον φρούραρχο Βώνο.

Ο λαός τρομοκρατείται και απελπίζεται. Ο Πιστός και γενναίος Πατριάρχης Σέργιος είπε: Εμπιστεύθηκα την τύχη της Πόλεως στα χέρια της Παναγίας.

Τα λόγια αυτά, είναι πάρα πολύ σπουδαία. Γιατί στις δυσκολίες κάνουμε σαν να μη υπάρχει Θεός; Που θα καταφύγουμε στα δύσκολα; Στην Παναγία. Εξ άλλου και ο Μ. Κωνσταντίνος, όταν έχτισε την Πόλη, στην Παναγία την αφιέρωσε. Γιαυτό στο "τη Υπερμάχω" ψάλλουμε, αναγράφω σοι η πόλις σου, Θεοτόκε. Η Κωνσταντινούπολις είναι η πόλις της Θεοτόκου.

Με τα λόγια του Πατριάρχη ο λαός εμψυχώθηκε. Ο Πατριάρχης άκαμπτος κρατώντας στα χέρια την εικόνα της Παναγίας έδινε δύναμη και θάρρος. Από τα στόματα όλων έβγαιναν κραυγές ικεσίας: Πρόφθασε, Παναγία μου, μη μας εγκαταλίπεις τώρα, που χανόμαστε. Σώσε τον λαό σου και την πόλη σου. Ευλόγησε την κληρονομία σου.

Τότε συνέβη ένα από τα μεγαλύτερα θαύματα και υπερφυσικά γεγονότα της Πίστewς. Τρομαγμένοι οι επιτιθέμενοι εχθροί άκουγαν θόρυβο, σαν χιλιάδες στρατός να επιτέθηκε εναντίον τους, που έφερνε όλεθρο και καταστροφή στις τάξεις τους. Έτσι ξαφνικά και απροσδόκητα από διώκτες έγιναν διωκόμενοι. Χιλιάδες πτώματα στρώθηκαν στη γη. Πανικόβλητοι, όσοι είχαν απομείνει, τράπηκαν σε φυγή, για να σωθούν, φωνάζοντας απεγνωσμένα μεταξύ τους: Που βρέθηκε, που ήταν κρυμμένος τόσος στρατός; Στρατός όμως δεν υπήρχε. Ήταν ο Θεός και η Παναγία που τους κυνηγούσαν.

Οι ιστορικοί ομιλούν για έναν ανεμοστρόβιλο, που σηκώθηκε και έφερε πανικό και καταστροφή. Αγρίεψε η θάλασσα και σήκωσε τεράστια κύματα. Συντρίμια έγιναν τα πλοία του εχθρού. Εκτός από τα πτώματα γύρω από τα τείχη, γέμισε και η παραλία με νεκρά κορμιά, που ξέβρασε η θάλασσα τους πνιγμένους.

Τα μάτια των χριστιανών έτρεχαν δάκρυα, τώρα όχι πόνου και αγωνίας, αλλά δάκρυα χαράς και ευγνωμοσύνης. Με αλαλαγμούς και ζητωκραυγές κατευθύνθηκαν τα πλήθη στην Παναγία των Βλαχερνών, για να ευχαριστήσουν και δοξολογήσουν τον Θεό και την Παναγία. Ήταν η νύχτα της 7ης προς την 8η Αυγούστου. Πρώτος ο Πατριάρχης για πρώτη φορά έψαλε το "τη Υπερμάχω Στρατηγώ τα νικητήρια..." και στη συνέχεια όλη την νύκτα εκείνη " ορθοστάδην τον ύμνον τη του Θεού Μητρί γηθοσύνως έμελψαν".

Αυτός ο ύμνος, ο λυτρωτικός και νικητήριος, έγινε λαοφιλής. Έγινε κάτι σαν Εθνικός Ύμνος της Εκκλησίας και του Γένους μας. Στον Ύμνο αυτό βλέπουμε τον Ορθόδοξο Ελληνισμό. Την εκκλησιαστική παράδοση και την εθνική ζωή. Την Πίστη και την Πατρίδα, που συσφίγγονται αρμονικά γύρω από αυτόν τον Ύμνο. Τα λόγια του μας αφυπνίζουν το πατριωτικό και θρησκευτικό αίσθημα. Μας υπενθυμίζουν τον μεγάλο και γενναίο αυτοκράτορα Ηράκλειο, που καθιέρωσε την ελληνική γλώσσα ως την επίσημη της Βυζαντινής Αυτοκρατορίας.

Η Ορθόδοξη Εκκλησία ψάλλει τους Χαιρετισμούς κάθε Παρασκευ'η βράδυ, τις πρώτες 5 εβδομάδες της Μεγάλης Σαρακοστής. Για την ακρίβεια, κόβουμε τους Χαιρετισμούς σε 4 κομμάτια (λέγονται "4 στάσεις" και λέμε από ένα κομμάτι κάθε Παρασκευή, ενώ την 5η Παρασκευή λέγεται ολόκληρο το έργο).

## Greek Dance & Cultural Arts School

FDF 2014 was another successful year for our Panagia community. Please see below the results of FDF.

**Kim Efstathiou Directors Award** given to Dina and Tasia Triantos

**Dean Phillips Memorial Scholarship** given to Dena Bussa

**Mikra Asteria** directed by Christa Demos, Christina Karidakis, and Tasia Triantos won 3rd place in the primary category

**Junior Olympians** directed by Dina and Tasia Triantos and Eleni Demos won 1st place in the advanced junior category.

**Nea Ellas** directed by Anastasia Zoumberakis and Dina Triantos won 2nd place in the advanced intermediate category.

**Olympians** directed by Vasili Contos won 2nd place in the advanced senior category.

All of our dancers were remarkable and we are extremely proud of all of them. Ke tou xronou. The FDF recognition will be on Sunday, 3/2/14

## Greek School

Congratulation to all the children and directors who participated this year at FDF. We are proud of all of you. The Greek School students are progressing very well with their studies. We are now getting ready for our 25th of March "Greek Independence Day" celebration. All students will be either reciting poems or have a part in a play. Please come and join us for this special day on Sunday, March 30, 2014 after church services in our hall. A lent lunch will be served, the poems and play will follow.

Thank you,  
Kathryn Condaras, Greek School Principal

## March's Prosforo

Prosforo for the month of March is donated by Costa and Cecilia Kourtis. Thank you. If you would like to donate our Sunday prosforo please call the church office a 562-494-8929.

## Announcements

### GREEK INDEPENDENCE DAY Sunday, March 30, 2014



**Come celebrate with the,  
Greek School of the  
Assumption of the Blessed  
Virgin Mary Greek Orthodox  
Church!**

The Greek School Students will be reciting poems and performing plays and dance. Please join us, a luncheon will be served right after church service.

#### WEDDING

2/9/14

**Manolis Choullis & Sotiria Contos**

Koumbaroi: Tom & Eleni Dimitropoulos

Na zisete

#### CHRISMATION

2/23/14

**Brett Alexander Miner**

Proud Parents : Andrew & Taylor Miner

Nonos: George Benetatos

Na sas zisei!

#### WITH SYMPATHY

To Katina Siames and family for the loss of her mother Faye Siames on 2/11/14. May her memory be eternal.

## Philoptochos

FDF is over! Long Beach was well represented. What a beautiful and organized event it was! Congratulations to all those who worked so many tireless hours to make it happen. There were 2,400 people in attendance for the Awards Presentation/s and dinner. Congrats to all our winners.

Congrats to our San Francisco Metropolis Philoptochos President; Jeannie Ranglas and her Husband Gerry Ranglas who were awarded the "Metropolitan Anthony Humanitarian Award". Such a pleasant surprise and a very deserving couple!

**Monday March 3<sup>rd</sup>, 6:00 PM** - We will celebrate Compline Service at our church along with St. George Church of Downey. This is always a special time in our spiritual lives as we prepare for a Blessed and Holy Lenten Season. This is a time WE ask for forgiveness from one another. Please plan on joining the Assumption Family along with St. George Family for a Spiritual evening. Philoptochos will coordinate the Koulouma Dinner after services with the help of those of you who would like to contribute your favorite Lenten dish. We are asking if possible, to please bring your favorite Lenten dish to share with other parishioners as well as our guests from St. George. Remember, as you prepare your dish, keep in mind that we will have guests.

WE will be taking on the task of baking soon & will let you know the schedule. WE so appreciate all your help. If you can give a day or two of your time it would be greatly appreciated. Long Beach has the reputation for making the best sweets. And, it's true! Shut-Ins - WE will be doing visitations soon. If interested in joining us give me a call.

**Mark your Calendars: (Plan on attending all events)**

**General Philoptochos Meeting – April 6, 2014**

**Kids & Cancer May 4, 2014. (More Information to follow)**

**General Philoptochos Meeting - October 12, 2014**

**Light the Path – December 6<sup>th</sup>, 2014 - (Held in our church hall)**

**Lady Vet's Christmas Party – December 10, 2014**

**Philoptochos Christmas Party – December 14, 2014**

**Trinity Homes Christmas Party – December 17, 2014**

At this writing the Philoptochos Tea had not taken place. I'm sure it turned out to be every bit as nice as it usually is. I'd like to thank all of you who decorated a table and/or attended the event. It's always such a fun happening for Philoptochos. Put your thinking caps on, think of a theme, and let's do it again next year. WE encourage all of you to become a member of Philoptochos. Men are more than welcome also! If you are not a member, please consider joining us. WE accomplish so much, but could accomplish so much more, if you were a part of us.

Hugs to all  
Bobbie Soupos, President

## In the year of the Lord - March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>GENERAL ASSEMBLY</b> <b>SUNDAY, MARCH 23RD, 2014</b> <b>AFTER CHURCH SERVICES</b>					<b>1</b> + Ψυχοσάββατο 2nd Saturday of Souls Orthros 9:30 am Divine Liturgy 10:00 am
<b>2</b> FDF Recognition + Τυρινής Forgiveness Sunday (Cheesefare) Orthros 8:45 am Divine Liturgy 10:00 am 7 pm Great Vespers of Forgiveness at St George in Downey	<b>3</b> + ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ Philoptochos Koulouma, Compline Service 6:00 pm Lenten Supper 6:30 pm	<b>4</b>	<b>5</b> Greek School 5:30 pm - 7:00 pm + Προηγιασμένη Λειτουργία Pre-sanctified Liturgy 6:00 pm	<b>6</b>	<b>7</b> GOYA Basketball practice 6 pm Orthodox Christian Catechism 6:00 pm + Α' ΧΑΙΠΕΤΙΣΜΟΙ 1st Salutation 7pm	<b>8</b> + Ψυχοσάββατο (Θάμα Κολλύβων Αγ. Θεοδώρου) 3rd Saturday of the Souls Divine Liturgy 10:00 am at Rose Hills Chapel in Whittier
<b>9</b> + Α' Νηστειών (Ορθοδοξίας) Sunday of Orthodoxy Orthros 8:45 am Divine Liturgy 10:00 am Pan-Orthodox Great Vespers at 6 pm at St. Paul's in Irvine.	<b>10</b>	<b>11</b>	<b>12</b> Greek School 5:30 pm - 7:00 pm + Προηγιασμένη Λειτουργία Pre-sanctified Liturgy 6:00 pm	<b>13</b>	<b>14</b> Joy - Hope 5pm GOYA Basketball practice 6 pm Orthodox Christian Catechism 6:00 pm + Β' ΧΑΙΠΕΤΙΣΜΟΙ 2nd Salutation 7pm	<b>15</b>
<b>16</b> + Β' Νηστειών (Γρ. Παλαμά) Sunday of St. Gregory Palamas Orthros 8:45 am Divine Liturgy 10:00 am	<b>17</b>	<b>18</b> Senior Christians Christmas Potluck 11:30 am P. C. Meeting 7:00 pm	<b>19</b> Greek School 5:30 pm - 7:00 pm + Προηγιασμένη Λειτουργία Pre-sanctified Liturgy 6:00 pm	<b>20</b>	<b>21</b> GOYA Basketball practice 6 pm Orthodox Christian Catechism 6:00 pm + Γ' ΧΑΙΠΕΤΙΣΜΟΙ 3rd Salutation 7pm	<b>22</b>
<b>23</b> General Assembly + Sunday of the Holy Cross Orthros 8:45 am Divine Liturgy 10:00am	<b>24</b>	<b>25</b>	<b>26</b> Greek School 5:30 pm - 7:00 pm + Προηγιασμένη Λειτουργία Pre-sanctified Liturgy 6:00 pm	<b>27</b>	<b>28</b> GOYA Basketball practice 6 pm Orthodox Christian Catechism 6:00 pm + Δ' ΧΑΙΠΕΤΙΣΜΟΙ 4th Salutation 7pm	
Greek Independence Day Luncheon <b>30</b> + Sunday of St. John Climacus Orthros 8:45 am Divine Liturgy 10:00am	<b>31</b>	+ Ευαγγελισμός της Θεοτόκου Annunciation of the Theotokos Orthros 9:30 am Divine Liturgy 10:00 am				