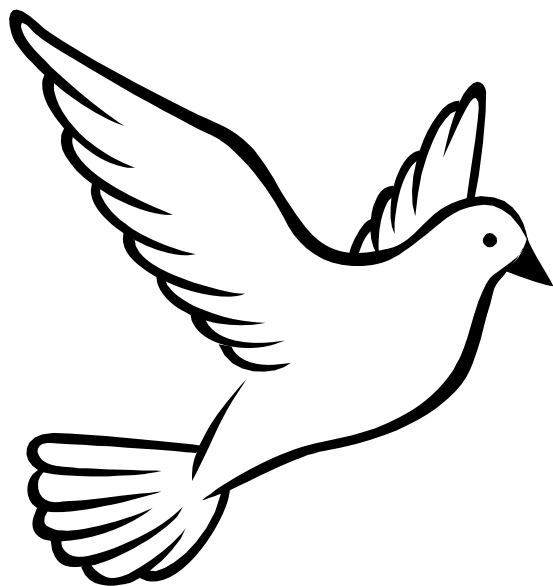


ASSUMPTION OF THE  
BLESSED VIRGIN MARY  
5761 E. Colorado St.  
Long Beach, CA 90814

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LONG BEACH, CA  
PERMIT NO. 344

# THE PANAYIA

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



MARCH 2015



## **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.*

**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

Jorge Rivera, Sexton

**PARISH COUNCIL MEMBERS**

Dave Matty - President  
Jimmy Eleopoulos - Vice President  
Jimmy Mentas - Recording Secretary  
Chris Dolas - Corresponding Secretary  
Athena Mantas - Treasurer

**Board Members**

George Demos, Dino Syrengelas, Max Lofton,  
George Stavros, Nick Monios, Sam Platis,  
Tasos Papas, Savvas Roubanis

**AHEPA**

Tasos Papas - President

**Bulletin Coordinator**

Voula Michail - Kitsios

**Bookstore**

Zoe Falley - Administrator

**Choir**

Pinió Benetatos - Director & Organist  
Cecilia Kourtis - President

**Church School**

Jim & Patricia Mentas - Principals

**Daughters of Penelope**

Catherine Vackrinou  
Sofie Batshoun

**Family Night**

Sam Platis

**Greek School**

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

**Hope/Joy/VBS**

Maria Georgakopoulos - Advisor

**Junior Choir**

Pinió Benetatos - Director  
Karen Fic - Assistant Director

**Welcome Ministry**

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

**Public Relations**

Jimmy Eleopoulos

**PHILOPTOCHOS**

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

**Board Members**

Eftihia Missios, Olympia Stapakis, Andria Salsman,  
Matoula Batshoun, Zoe Falley, Vickie Hennig,  
Paris Kastanas, Kay Platis

**GOYA**

President - George Sehremelis & Thanasi Dalkos  
Vice President - Penny Bacol  
Treasurer - Jack Koulos  
Corres. Secretary - Tasia Matty  
Rec. Secretary - Ashely Eleopoulos  
Historian - Olga Alvertos & Vasiliki Liouliias  
Sports Coordinators - Alex Alvertos & Eleni Medenas  
Activities Coordinator: Niko Karidakis & Nicolette Simitian  
Chaplains - Philip Alanouf & Voula Dalkos  
Diakonia - Nia Matty & Bobbie Dalkos

**Greek Cultural Arts and Dance**

Dina Lioulias - President  
Maria Georgakopoulos - Vice President  
Georgia Alvertos - Corresponding Secretary  
Dusty Hanson - Recording Secretary  
Elene Dalkos - Treasurer

**Senior Christians**

Nick Monios - President

**Stewardship Ministry**

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

**Trisagio Ministry**

Max & Mary Lofton, Vickie Hennig, Yiota Beckas

**Web Site**

George Shweiri

**Assumption  
Greek Orthodox Church  
of  
Long Beach, CA.**



**Stewardship . . .  
A Way Of Life**

**Before Determining Your 2015 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.

**Family Information:**

2 CORINTHIANS 9:6-7.

Last Name: \_\_\_\_\_ First Names: \_\_\_\_\_ & \_\_\_\_\_  
Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Home Phone No.: \_\_\_\_\_ Mobile Phone No.: \_\_\_\_\_  
Email Address: \_\_\_\_\_

Children under 18 years (Children over 18 must have their own Stewardship cards):

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_

**My / Our 2015 Pledge will be paid by Cash or Check:**

I/We commit to Christ and His Church the following amount for 2015: \$ \_\_\_\_\_ to be paid by  
by **December 1, 2015** as follows:

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

**My / Our 2015 Pledge will be paid by Credit Card:**

I/We commit to Christ and His Church the following amount for 2015: \$ \_\_\_\_\_ to be paid by  
Credit Card by **December 1, 2015** as follows:

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

Name as it appears on card: \_\_\_\_\_

Credit Card Type: \_\_\_\_\_, Card Number: \_\_\_\_\_, Expiration Date: \_\_\_\_\_

I hereby authorize Assumption Greek Orthodox Church of Long Beach to charge the above Credit Card as specified above.

Signature: \_\_\_\_\_

**Please return this form directly to the Assumption Church in the envelope provided.**

**Your data is confidential and will remain protected.**

**Practices**

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 May 1 (except 4/10 - Good Friday).

**Home Games**

Our home games are all on Sunday afternoons. They will all start with a Jr. Girls game at 2:00 pm, followed by Jr. Boys at 3:00 pm, Sr. Girls at 4:00 pm, Sr. Boys at 5:00 pm and finally Young Adults at 6:00 pm.

- 3/1 Assumption vs. St. Anthony
- 3/8 Assumption vs. St. Sophia
- 3/15 Assumption vs. St. Nicholas
- 3/29 Assumption vs. St. Basil
- 4/26 Playoff Semi-Finals at Assumption

**Away Games**

- 3/22 Assumption at St. John
- 4/18 Assumption at St. George
- 4/19 Assumption at St. Katherine
- 4/25 Playoff Quarter-Finals at St. Nicholas
- 5/2 Playoff Finals at St. Sophia



**Camp program in Greece for children of Greeks abroad**

The General Secretariat for Greeks Abroad, Ministry of Foreign Affairs of Greece, is offering again the Hospitality Program for Children of Greek descent, at camps in Epanomi and in Malesina, Greece, this summer.

In Epanomi, the camp program will take place from July 14 till July 28, 2015. In Malesina, it will take place from August 8 till August 21, 2015.

Deadline for application submission is March 17, 2015 for the camp in Epanomi, and March 19, 2015 for the camp in Malesina. Those interested can submit their application at the Consulate General of Greece in Los Angeles. Please call (310) 826-5555, ext. 100.

*“Open to me the gates of repentance, O Giver of Life:  
for early in the morning my spirit seeks Your Holy Temple...”*

Dearly Beloved,

As we commence our annual journey through the Great Fast, the words of this hymn should resound within us. We began chanting them at the first Sunday of the Triodion and we will continue to hear them throughout our Lenten journey as a continual reminder of the purpose of this holy season: repentance or *metanoia*. During the Lenten season our Orthodox Faith places the tools of repentance in our hands, inviting us to use them to deepen our relationship with God. The hymn tells us that repentance is found in the holy temple of the Most High God. Naturally when we hear “temple” we think of our church and the many Lenten services and programs that are set before us. We can find repentance when we partake of the spiritual banquet of Lenten services and educational opportunities offered in our parishes and participate in them, listen to them, and heed their counsel.

During Great Lent, the banquet of holy services replaces, or is intended to replace, the banquets and parties that dominate the rest of the year. Our diets will change so that we may focus on the other changes that are needed in our lives. A hymn from Clean Monday (*Kathara Deftera*) says it best, “*May this first day of the fast, be for you, my soul, a time of abstinence from sin, of turning towards God and drawing near to Him.*” Turning toward God also happens in the temple, to be sure, but when we hear “temple”, we can also understand it to mean the Body of Christ, our fellow parishioners, and our neighbors.

Turning toward God and turning away from sin involves turning toward our world and increasing our acts of philanthropy and charity. As we hear on the Sunday of the Last Judgment, “*Knowing the commandments of the Lord, let this be our way of life: let us feed the hungry, let us give the thirsty drink, let us clothe the naked, let us welcome strangers, let us visit those in prison and the sick.*”

Increasing our philanthropic and charitable activity as individuals, parishes, and as a Metropolis, are just as important during Great Lent as observing the fast. How does replacing a hamburger with shrimp in our diets brings us closer to God or inaugurate His Kingdom when we observe hunger and poverty in our communities? Financial donations, but more importantly, person-to-person, face-to-face support, care, and assistance is the command of the Lord. Our Metropolis Strategic Plan calls for an increase in our works of philanthropy and charity. Great Lent places this challenge before us – on a daily basis. And whom shall we assist? Our prayers during Lent place no limits on our philanthropic acts and concerns. The Anaphora of the Liturgy of Saint Basil, which we will hear for the next five Sundays, offers the gifts for all humanity and concludes with the phrase, “*and unite us all to one another....*” The prayer connects us and invites us to identify with all the people that have been named. The prayer is a prayer of catholicity and solidarity for all, no matter their status in life, and with no conditions upon their worthiness for such mention or for our solidarity with them.

During the Great Fast we are thus given two interrelated commands: to look inward through the services and ascetic disciplines, and to look outward through acts of philanthropy and charity to our neighbor. Our inward Lenten journey is meant to be an outward Lenten reach to all in need, restoring our proper relationship to all.

May these Holy Days of the Great fast which are upon us, be filled with the understanding of God’s precepts provided for us during this period, for the salvation of our souls as we prepare to navigate the great ocean of the fast and reach the joy of His Holy Resurrection.

With Love in Christ,  
G E R A S I M O S  
Metropolitan of San Francisco

What a great start we've had to 2015!

## *President's Message*

First, we had an exciting Epiphany Weekend Event, which started with a GOYA Retreat and Lock-in Saturday attended by youth as far away as Las Vegas, then an inspiring Liturgy and Epiphany Service led by His Eminence Metropolitan Gerasimos, our 'Throwing of the Cross' with almost 20 youth divers, and then capped by a wonderful Luncheon. Thanks again to Fr Christos, our GOYA Advisors Vickie, Lucia, and Maria, and Event Chairman Sam Platis!

And then on to FDF in Anaheim, where incredibly *ALL OF OUR DANCE GROUPS* won medals! As always, our Parish owes our dance instructors and FDF Board a sincere thank you for their passion and time in teaching our Youth how to strive for excellence with hard work and practice, while also being mindful of our goals of teamwork, fellowship and faith. With such full participation across our Panagia Parish, it is hard to overstate the importance of this program to our Youth, their families, but also to our Panagia. I think of it as an Assumption Family Group Vacation where not only we all reconnect with many of our friends from other Parishes, but also serves as an invaluable annual 'bonding experience' between adults within our own Parish.

So what is next? GOYA basketball of course. And this year, we will have record participation once again. Yes, our teams are full and overflowing - this is a wonderful, visible sign not only of our continued growth, but also of our complete and enthusiastic participation of this important youth program. Our new Athletic Director George Karidakis and our talented Basketball coaches have been working with our players since early January. Keep checking for game schedules in our Panagia bulletin and also our Assumption website event calendar. If you didn't watch any of our games last year, then make it a point to come and cheer our teams and feel the excitement and Assumption spirit after Sunday service on a home game.

Each month, I will highlight a focus area which I believe is important to either (1) change, (2) accelerate, or (3) raise its visibility within our community. So here it is for March - **General Assembly Meetings**. Yes we will have our first one of the year Sunday, March 15. But more importantly, how many, if any, did you attend last year? The last couple of years it's been the same, very small number of devoted 60 or so stewards. So how can we change our lightly attended General Assembly Meetings into 'Family Day at Assumption' that we don't want to miss? I already discussed this with Fr. Christos and our Parish Council members in our first meeting of 2015. We will change the format to have multiple family-oriented activities during each General Assembly day, so that we can start with worshipping together, having a short informative General Assembly Meeting for our stewards running concurrently with youth activities on the grounds and in the gym, and then having lunch in the form of pot lucks, bake-offs, or BBQ's. Please make it a personal goal to attend at least two of these in 2015 with your entire family!

Lastly, I want to thank our three outgoing Parish Council Members from 2014 for their years of important contribution to Assumption: Olympia Stapakis for her multiple terms as Parish Council President and a driving force in building of our Assumption Center, Kathy Bastas for leading our Stewardship Committee and her efforts in growing our Panagia, and Nick Zamvakellis with his tireless efforts on our 3<sup>rd</sup> Building Committee and multiple terms as Parish Council Treasurer. I'd also like to congratulate two first time members to our Parish Council - Athena Mantas who was elected Treasurer, Savvas Roubanis, and returning member Max Lofton. Other elected officers include Jim Eleopoulos as Vice President, Jim Mentas as Recording Secretary, and Chris Dolas as Corresponding Secretary. Chris, as you know, just completed two terms as President and presided over an exciting and very important transition when we welcomed and supported Fr. Christos in his first two years here at Assumption and when we also opened our Assumption Center. Thank you Chris for your leadership, which was a real key factor in our Panagia having great momentum at the end of 2014!

GO ASSUMPTION!  
Dave Matty, P. C. President

Stavros, Tom  
Stavroudis, Toula  
Stevenson, Gus & Leona  
Sullos, James & Vickie  
Syrengelas, Dino & Dora  
Syrengelas, Michael & Elizabeth  
Syrengelas, Soteria  
Talaganis, Ernest  
Talaganis, Nick & Amy  
Tavlarides, Angelo & Mary  
Terzis, Constantinos & Suzanna  
Thermos, Jerry & Ellie  
Thibault, Irene  
Trigonis, Tula  
Tzortzakis, Georgis  
Vackrinis, Catherine  
Varzak, Darlene  
Vasilomanolakis, Dr. Mike & Niki  
Vasilomanolakis, Francine  
Vassiliades, John  
Vlachos, Dino & Helen  
Vorris, Athansios & Niki  
Xagorarakis, Alexandros & Denise  
Zarifes, Angie  
Zoolakis, Anthony & Kari  
Zoumberakis, Stelio & Stacy



**As we count our blessings and evaluate our priorities, please help us reach our 2015 stewardship goal of \$260,000 by responding to the needs of our/your Church with a kind and generous heart. Please complete your stewardship pledge and mail in as soon as possible. Unable to locate your 2015 pledge form or you never received one? Contact Voula (562-494-8929) or pick one up on Sunday from the Narthex. Thank you for your participation in the Stewardship Ministry!**



Alexiou, Demi	Falley, Zoe	Matty, Thelxe
Alex, Helen	Fattaleh, Raja	Mentas, Ann
Alexopoulos, Christina & Smith, Emmanuel	Fenn, Brad & Anna	Michel, David & Vasiliki
Amarantos, Harriet	Fic, Karen	Milonas, Dina
Andrikos, Ioannis & Argyro	Flynn, Matthew	Missios, Basil & Eftihia
Andros, Nick	Futris, William & Mary	Monios, Nick & Linda
Apostle, Kostantina	Galanis, Jerry & Marian	Morgan, Valerie
Argyros, Dionisios & Ireni	Georgeiadou, Vicki	Nakai, Keiichi & Saki
Bacol, Pete & Ria	Georges, Louie & Penny	Panou, Paraskevi
Bastas, Nikolaos & Kathy	Ghilarducci, Mitchell & Laura	Papas, Tasos & Georgia
Batshoun, Emil & Matoula	Hadjimarkos, Nicholas & Stemma	Pappas, Mark & Shari
Beckas, Spiro & Eleni	Hanches, Fotini	Pappas, Victor & Christina
Beckas, Yiota	Hanson, Chris & Dusty	Paralapanides, Charles & Elenie
Beerovinos, Tony & Bonnie	Hardaway, Herman & Pamela	Paulos, Mary
Benetatos, Pinio	Haririan, Alka	Paulos, Nicholas
Bisbikis, Angel & Diana	Harrison, Danielle	Paxos, Joanne
Boosalis, Aphrodite	Hennig, Vickie	Pelonis, Petros & Agatha
Boyce, Maria	Hoatua, Evy Dukelis	Philips, Mark & Crystal
Bratkic, Jure & Demetra	Jordanides, Tim & Ria	Phoutrides, Neilos & Patricia
Briliakis, Gus & Nicki	Jovicic, Goran & Alexandria	Platis, Jim & Kay
Brogolias, Nick	Kakaris, Tellis & Lia	Politis, Spiros & Assal
Brooks, Harriet	Kallins, James & Virginia	Polychrones, Speros & Dora
Bussa, Tom & Maria	Kanakis, Fr. Christos & Pres. Jessica	Roubanis, Savvas & Jody
Chelekis, Louis & Vicki	Kanakis, Peter & Evangelia	Salsman, Mel & Andria
Choullis, Manolis & Sotiria	Karapoulios, Evangelos & Eleni	Sehremelis, Andy & Leslie
Colazas, Xenophon & Mila	Karidakis, George & Diane	Sharkoff, Dr. James & Katherine
Contos, Angeliki	Karthas Nicholas	Shweiri, Cathy & George
Contos, Vasilis & Voula	Kiousis, Spiro & Katerina	Shweiri, Gabriel & Nicole
Cornwell, Caryle & Demetra	Kootsikis, Coula	Silva, Robert & Nicolette
Coroneus, John & Xanthipe	Kostalla, Tony & Cathy	Simitian, Richard & Anna
Cyprus, Brandon	Koulos, Peter & Emily	Siouris, Chris & Panayota
Cyprus, Brett & Jane	Kourtis, Costa & Cesilia	Skandalakis, Melia
Cyprus, Kayla	Lafkas, Peter & Ada	Skourtas, Tony & Angelique
Demopulos, Michael & Patricia	Lambros, Mary	Smyrniotis, Chris & Mary
Deneff, Alkisti	Lofton, Max & Mary	Sotiriou, Elias
Deneff, Peter & Diane	Loizdes, George & Rodoula	Sotiriou, Panagiotis & Vasiliki
Deralas, Dean	Lovejoy, Jeremy & Nectaria	Soultanakis, Trudith
Dimitropoulos, Thanasi & Eleni	Mangoutas, John & Barbara	Soupos, Tom & Bobbie
Dolas, Chris	Manos, Dr. Andrew & Pam	Spiropoulos, James & Marina
Dolas, Jim & Camille	Mantikas, Nick & Katherine	Spiropoulos, Troy & Gina
Dolas, Jonh & Theodora	Marangopoulos, Jake & Tammy	Stathis, Robert & Josefa
Dolas, Peter	Markouizos, Karlos & Georgia	Stavros, Andy & Amber
Donlou, Gordon & Maria	Markouizos, Markella	Stavros, George & Donna
Dukelis, Evangelia	Markouizos, Nectarios & Gina	Stavros, Louis & Mary
Etchepare, Anna	Matty, David & Barbara	Stavros, Ted & Olga

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 23, 2014 after church services in our hall. A lent lunch will be served, the poems and play will follow.

Thank you,  
Kathryn Condaras, Principal

### GREEK INDEPENDENCE DAY Sunday, March 22, 2015



**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.



Another Folk Dance Festival has come and gone, and it has left us with many cherished memories plus a few medals.

Mikra Asteria directed by Tasia Triantos, Christ Demos, and Christina Karidakis placed second in the primary Category.

Ta Angeloudakia directed by Olivia Varonos and Nicholas Varonos placed second in the Junior category.



Jr. Olympians directed by Tasia Triantos, Dina Triantos, and Eleni Demos won Sweepstakes for Division 2.

Nea Ellas directed by Stacy Zoumberakis and Dina Triantos won costume award for Kalymnos and second place for Senior category.

Olympian Dancers directed by Vasili Contos won first place in the Advanced Senior Category.

George Sehremelis won the Dean Philips memorial Scholarship.

Congratulations.....**We love to watch you dance!**

**If you missed the dancers please watch their performances at <https://www.youtube.com/channel/>**

Wow! It's March already!

## Philoptochos

March means it's time to clean house. Cleanse our heart and soul; free ourselves from our frustrations and grievances. What a perfect way to celebrate Easter.

March also means; "Tea Time" with Philoptochos. WE encourage ALL of you to attend our "Tea" and find out for yourselves what WE are all about. This year the Theme is "Your Choice". Anything goes! See enclosed flyer for more info. Save the Date: March 8<sup>th</sup>!

If you are not a member of Philoptochos won't you consider becoming a member? If you are an existing member we appreciate your membership. The dues (\$40.00) are due for 2015. Men are welcome to join as well, and WE do have quite a few men. Philoptochos is one of the largest organizations within the United States. We are a big movement within the Orthodox Faith. WE need everyone's involvement to stay as strong as we are! We accomplish much and our achievements are many. So if you are not a member already, please consider joining us.

We will be baking for Easter and throughout the year from here on out at least once a month if not more. WE need your helping hands if we are going to accomplish this. The same few ladies cannot continue to do it alone. So, we will set a date/s and inform everyone. WE are in hopes WE will have a good turnout. It will either be a Tuesday or Thursday (maybe both days) during the middle of each month. Nicky Vooris has offered to lead the way with the help of ALL of you reading this today. The date/s will be set at our next meeting. WE would appreciate knowing we can count on all of your working hands, We will inform you when the date/s are set.

Also, May 3<sup>rd</sup> is: "Kids and Cancer" at Big Canyon Country Club in Newport Beach, CA. Please save the date. Philoptochos will be accepting donations again this year for this event. Long Beach Assumption Philoptochos has been one of the largest donors throughout the years. We are in hopes that once again WE can depend on your generous donations. If you would like to make a donation please see Bobbie.

In closing; WE hope to see all of you at the "TEA" March 8<sup>th</sup> and are also in hopes that you will all show up and help with the baking. WE want you to know that all your generosity and support means a lot to Philoptochos and to the many outreach programs WE provide for. We couldn't do it without you. Your continued support is very much appreciated.....You're the Best!

From all of us to all of you "Thank You". Should you have any questions, please ask!  
"It is amazing how the habit of searching out the best in others, enlarges our own souls"

Bobbie Soupos, President

## Οι Μούσες στην Ελληνική παράδοση (συνέχεια)

## Greek Column by Voula Michail

2. Η Μούσα **Ευτέρπη** ανακάλυψε διάφορα μουσικά όργανα, τα μαθήματα, και τη διαλεκτική. Τα μαθήματα τέρπουν τους ανθρώπους, αλλά και..«είναι εύτερπεις οι λόγοι των πεπαιδευμένων». Γιος της Ευτέρπης ήταν ο Ρήσος. Τη ζωγράφιζαν δαφνοστεφανωμένη να παίζει αυλό ή να τον κρατά. Δίπλα της βρισκόταν όργανα μουσικά και κείμενα.

3. Η Μούσα **Θάλεια** ήταν Έφορος της Κωμωδίας. Ανακάλυψε την κωμωδία, τη γεωμετρία, την αρχιτεκτονική και τη γεωργία. Ήταν προστάτιδα και των Συμποσίων, Το όνομα Θάλεια = θάλλειν τα φυτά, ή από του Θάλεια στα (συμπόσια) ή... επειδή θάλλουσιν εις πολλούς αιώνας οι έπαινούμενοι δια των ποιημάτων... Έλεγαν πως ο Παλαίφατος ήταν γιος της. Τη ζωγράφιζαν στεφανωμένη με κισσό, νέα και χαμογελαστή, να κρατά κωμική μάσκα. Άλλες φορές δαφνοστεφανωμένη με πράσινο πανωφόρι και την επιγραφή Θάλεια Κωμωδία.

4. Η Μούσα **Μελπομένη** ήταν προστάτιδα της Τραγωδίας, επειδή αυτή την επινόησε, της ρητορικής και της μουσικής μελωδίας (μολτιήν). Ονομάστηκε Μελπομένη από την λέξη μολτιήν ... επειδή δι αυτής μέλπουσιν οι άνθρωποι όλοι τους αγαθούς. Η Μελπομένη κατά μία παράδοση, γέννησε τις Σειρήνες. Τη ζωγράφιζαν να φορά μάσκα τραγωδίας, θυμωμένη, δαφνοστεφανωμένη με σκήπτρο, ρόπαλο στα χέρια και την επιγραφή Μελπομένη Τραγωδία.

5. Η Μούσα **Τερψιχόρη** επινόησε το χορό, την άρπα και την παιδεία. Ονομάστηκε Τερψιχόρη, επειδή ετέρπετο, ευχαριστιόταν με το χορό. Ίσως και από τη μάθηση (που τέρπει τους ακροατές). Στην παράδοση αναφέρεται πως γέννησε το Βίσιωνα. Την Τερψιχόρη την ζωγράφιζαν δαφνοστεφανωμένη και με προμετωπίδιο να κρατά άρπα και να χορεύει χαρούμενη, ενώ τα πόδια της μόλις να ακουμπούν τη γη και με την επιγραφή Τερψιχόρη λύρα.

6. Η Μούσα **Ερατώ** είναι η ευρέτρια των ερωτικών ποιημάτων, του γάμου, (και της ποιήσεως, της μουσικής και της διαλεκτικής). Το όνομα Ερατώ προέρχεται από το έρεσθαι ή και από τη λέξη έρωσ. Τη ζωγράφιζαν καθιστή, να φορά ροδοστέφανο (στεφάνι από τριαντάφυλλα), με τη λύρα και το τόξο του έρωτος στα χέρια και την επιγραφή « Έρατώ Ψάλτρια. Ο Απολλώνιος ο Ρόδιος ξεκινά το τρίτο κεφάλαιο του τέταρτου μέρους στα Αργοναυτικά με: ...«Και τώρα Μούσα Ερατώ, έλα κοντά μας και πες μας πώς ο Ιάσοντας ... έφερε το χρυσόμαλλο Δέρας... από τον ερωτά του στη Μήδεια ... γιατί έχεις τις χάρες της Κύπριας Αφροδίτης και φέρνεις τη μαγεία στα ανύπαντρα κορίτσια».

7. Η Μούσα **Πολυμνία** (ή Πολυάμνια). Το όνομα Πολυμνία από το πολύς και ύμνος, επειδή υμνεί πολλούς ανθρώπους ή από το πολλών και μνήμη, επειδή μνημονεύει πολλούς στην ιστορία. Ήταν προστάτιδα των θεϊκών ύμνων αλλά και της υποκριτικής μίμησης, της γεωμετρίας, της ιστορίας, της γραμματικής κ.ά. Τη ζωγράφιζαν να κοιτά προς τον Ουρανό με στεφάνι από δάφνη και μαργαριτάρια στο κεφάλι, λευκό φόρεμα, με τη λύρα στα χέρια της και την επιγραφή Πολυ-μνία Μύθους.

8. Η Μούσα **Ουρανία** ήταν προστάτιδα των Ουράνιων Σωμάτων και γενικά της αστρονομίας που ανακάλυψε. Σύμφωνα με την παράδοση, γέννησε τον Υμέναιο και το Λίνο. Ζωγράφιζαν την Ουρανία στεφανωμένη με αστέρια και προμετωπίδιο, μπλε φόρεμα, μπροστά της τρίποδα που επάνω είχε την ουρανία σφαίρα και διαβήτη.

9. Η Μούσα **Καλλιόπη** ήταν η ανώτερη και επισημότερη από τις άλλες αδελφές της Μούσες. Συνόδευε τους βασιλείς και τους ανώτατους άρχοντες για να επιβάλλει με τα λόγια της υποταγή και δικαιοσύνη. Η Καλλιόπη ήταν προστάτιδα των ηρωικών ποιημάτων και της ρητορικής. Ονομάστηκε Καλλιόπη, επειδή είχε ωραία όψη, πρόσωπο. Την ονόμαζαν και Καλλιπέιαν, επειδή ήταν ευρέτρια της ποίησης. Σύμφωνα με την παράδοση η Καλλιόπη γέννησε τον Ορφέα, τον Κυμόθεο κ.ά. Ζωγράφιζαν την Καλλιόπη νέα και ωραία, με άνθη στο κεφάλι ή κισσό, στο δεξί χέρι να κρατά δάφνες και στο αριστερό δύο βιβλία, πολλές φορές την Ιλιάδα και την Οδύσσεια.

## Announcements

### **BEST WISHES**

#### **BAPTISM**

**2/21/15**

**Archer Lynn Atwater Xagorarakis**

Proud Parents: Alexandros & Denise Xagorarakis

Sponsor/Nonos: Constantin Bounas  
Congratulations!

#### **WITH SYMPATHY**

To Tina Apostle and family for the loss of her mother Katina Kanavaros on 1/28/15. May her memory be eternal.

To Nicolle and Stephanie Liakos for the loss of their mother Joanne Liakos on 2/13/15. May her memory be eternal.

To Petsas family for the loss of George Pet-sas on 2/15/15. May his memory be eternal.

### **HOLY WEEK AND EASTER FLOWERS**

With your help, Katy Georgedes will adorn our church. Flowers needed for Palm Sunday, Nymphios, Crucifixion, and Resurrection icons. Also, for the Epitaphios (Christ's tomb), and Easter lilies to decorate the Church for Easter. Thank you for your generosity.

### **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.

### **From The Choir Loft**

**TALENT! TALENT! TALENT!** Remember the date? MAY 16<sup>TH</sup> and the choir is on a talent hunt for anyone who wants to participate in an evening of fun, fun, fun. Don't hide your talent "under a bushel." We would like to hear your idea or ideas by March. 15<sup>th</sup>. Watch the Sunday Bulletin for reminders. Hope to hear from you soon.

Cecilia, Zoe, or Karen

### **CONGRATULATIONS**

We extend our congratulations to: Anastasia Thelxiope Matty who participated at 2015 Debutante Presentation at St. Sophia's.

### **Bookstore**

The bookstore schedule for 2015 will be as follows:

**March 1, March 15, March 22**

**April 3, April 5**

**May 3, May 17, May 31**

**June 14, June 21**

**July 12, July 26**

**Aug. 9, Aug. 14 & 15 & 16, Aug. 23**

**Sept 5, 6, 7-Festival, Sept. 20, Sept. 27**

**Oct. 11, Oct. 25**

**Nov. 8, Nov. 22, Nov. 29**

**Dec. 6, Dec. 13, Dec. 20**

Don't miss out the new arrivals for Pascha including the red egg dye from Greece.

Zoe Falley, Bookstore Administrator

# Assumption Philoptochos

Won't You Join Us For a



Cup of Tea in  
Honor of Our Members?

March 8, 2015

12:30pm

Betty Reckas Hall

RSVP no later than March 1, 2015  
Seating is limited -- \$30.00 donation

Kindly RSVP to Kay Platis  
562-430-0070

Checks payable to Assumption Philoptochos  
11591 Harrisburg Dr. -- Los Alamitos, CA 90720

Interested in hosting a table? Contact Bobbie Soupos @714-220-0730

**In the year of the Lord - March 2015**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b> + Α' Νηστειών (Ορθοδοξίας) Sunday of Orthodoxy Orthros 8:45 am Divine Liturgy 10:00 am	<b>2</b>	<b>3</b>	<b>4</b> Moms n Tots 10:30 - 11:30 am Greek School 5:30 pm - 7pm + Προηγιασμένη Λειτουργία Pre-sanctified Liturgy 6 pm	<b>5</b>	<b>6</b> + Β' ΧΑΙΠΕΤΙΣΜΟΙ 2nd Salutation 7pm GOYA Basketball practice 5 pm - 10 pm	<b>7</b>
<b>8</b> + Β' Νηστειών (Γρ. Παλαμά) Sunday of St. Gregory Palamas Orthros 8:45 am Divine Liturgy 10:00 am Philoptochos Annual Tea	<b>9</b>	<b>10</b>	<b>11</b> Moms n Tots 10:30 - 11:30 am Greek School 5:30 pm - 7pm + Προηγιασμένη Λειτουργία Pre-sanctified Liturgy 6 pm	<b>12</b>	<b>13</b> + Γ' ΧΑΙΠΕΤΙΣΜΟΙ 3rd Salutation 7pm GOYA Basketball practice 5 pm - 10 pm	<b>14</b>
<b>15</b> + Γ' Νηστειών (Σταυροπροσκυνήσεως) Sunday of the Holy Cross Orthros 8:45 am Divine Liturgy 10:00 am General Assembly	<b>16</b>	<b>17</b> Senior Christians Christmas Potluck 11:30 am P. C. Meeting 7:00 pm	<b>18</b> Moms n Tots 10:30 - 11:30 am Greek School 5:30 pm - 7pm + Προηγιασμένη Λειτουργία Pre-sanctified Liturgy 10 am	<b>19</b>	<b>20</b> + Δ' ΧΑΙΠΕΤΙΣΜΟΙ 4th Salutation 7pm GOYA Basketball practice 5 pm - 10 pm	<b>21</b>
<b>22</b> + Δ' Νηστειών (Ιωάν. Κλίμακος) Sunday of St. John Climacus Orthros 8:45 am Divine Liturgy 10:00 am Greek school Independence Day	<b>23</b>	<b>24</b>	<b>25</b> + Ευαγγελισμός της Θεοτόκου Annunciation of the Theotokos Orthros 9:30 am Divine Liturgy 10:00 am Moms n Tots 10:30 - 11:30 am Greek School 5:30 pm - 7 pm	<b>26</b>	<b>27</b> + ΑΚΑΘΙΣΤΟΣ ΥΜΝΟΣ Akathist Hymn 7pm GOYA Basketball practice 5 pm - 10 pm	<b>28</b>
<b>29</b> + Ε' Νηστειών (Μαρίας Αιγυπτίας) Sunday of St. Mary Of Egypt Orthros 8:45 am Divine Liturgy 10:00 am	<b>30</b>	<b>31</b>				