

ANTIOCHIAN WOMEN

∞ A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS ∞

❖ DIOCESE OF LOS ANGELES & THE WEST ❖  
❖ DIOCESE OF EAGLE RIVER & THE NORTHWEST ❖



THE MOST REVEREND  
METROPOLITAN PHILIP (SALIBA)  
FOUNDER  
358 MOUNTAIN ROAD  
ENGLEWOOD, NEW JERSEY 07631



S P R I N G 2 0 1 2 N E W S L E T T E R

CHRIST IS RISEN!  
TRULY HE IS RISEN!



SPECIAL  
POINTS OF  
INTEREST:

- Be sure to friend request our Facebook Page
- Let us know how the recipes turned out for you or any you would like to share.
- Keep the new/expecting mothers and new/soon -to-be brides in your prayers

*Spring is a time of renewal, a time of new life and a time to rejoice.*

Spring tends to resonate with new life and new birth. The trees grow leaves, flowers bloom and babies are born

Let us continue to support one another with encouragement and love but let us not forget our dear brothers and sisters in Christ who are sick, imprisoned and at war.

This issue is filled with many things to celebrate from the elevation of our beloved Bishop Joseph to Archbishop this past December in Lebanon (see p 3).

I pray that the Lord continues to guide, bless and love you all.

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Hovick

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## Antiochian Women's Prayer

*In the Name of the Father and of the Son and of the Holy Spirit.  
O Christ our God, we are all pledged to serve Thee with our whole being.  
Help us to continue to work for Thee through our Church, without seeking praise,  
without seeking personal gain, without judging others, without a feeling that  
we have worked hard enough and now must allow ourselves rest.  
Give us strength to do what is right and help us to go on striving and to remember  
that activities are not the main thing in life.*

*The most important thing is to have our hearts directed and attuned to Thee.*

*Amen*

**ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA**  
**DIOCESE OF LOS ANGELES AND THE WEST**  
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**2011-2013**

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**May God Grant you Many  
More Years Sayidna on your  
elevation to Archbishop!**

## L E N T E N   M E S S A G E   F R O M   H I S E M I N I N C E

Beloved in Christ, the Right Reverend, Very Reverend and Reverend Fathers, Reverend Deacons, and all the faithful of the Holy Diocese of Los Angeles and the West:

Greetings and blessings in the Name of our Lord.

Great Lent approaches, the “springtime of the Fast” (idiomelon of Vespers, Wednesday of Cheesefare). Here is our holy “tithe of the whole year” (sessional hymn of Orthros, Monday of Cheesefare), in which we cast ourselves upon the divine Mercy. Now is the season for each of us, and for our holy parish and monastic communities, to plow the untilled fields of our souls and no longer to sow among the thorns of our passions and sinful habits (Jer 4:3). Rather, through intense and heart-felt prayer, with prostrations, with fasting and tears, let us “break up the fallow ground” of our souls. Then, we shall be prepared to receive the “latter rain” (Joel 2:23) of the Holy Spirit in “the liturgy of the Master in Sion” at Holy Pascha. But what is fasting and tears without mercy and love? What is prayer without flight from destructive desires? “Before Christ’s death upon the saving Cross, sin ruled supreme... Men were counted happy because of sensual pleasures, and only a few despised the appetites of the flesh... But now fasting is held in honour, abstinence is glorified, and prayer is offered up...” (idiomelon, aposticha of praises, Orthros, Friday of Cheesefare).

But even more important than all of this, rich and therapeutic for souls and communities as these ascetical endeavors are, we must conclude with soul-saving and life-promoting Forgiveness! We begin the Great Fast under the echo of the holy words of our Savior, “if ye forgive men their trespasses, your heavenly Father will also forgive you” (Gospel of the Liturgy, Forgiveness Sunday). My brethren, dear to God, decide today to let go of the offense of your neighbor. Let us bow one to the other and say from the heart, with all purity of intention, “Forgive me, the sinner!” and let us blame ourselves and take full responsibility for our faults, not blaming others any longer. Remember the thief on the Cross who had no opportunity for fasting, alms, or any further action. He repented in humility and “stole paradise with a word.”

I bow before you and I am the first among you to say, “forgive me!” May this holy Lent be truly a “joyful sorrow” (haralipi) leading you to full participation in the Paschal Victory!

Yours in Christ,

**+ ARCHBISHOP JOSEPH**

Diocese of Los Angeles and the West

Antiochian Orthodox Christian Archdiocese of North America

## B I S H O P   J O S E P H   I S   E L E V A T E D   T O A R C H B I S H O P



On Sunday, December 11, 2011 in North Lebanon, His Beatitude, IGNATIUS IV, Patriarch of the Great City of God, Antioch and all the East, presided at the liturgy where Their Graces, JOHN, ANTHONY and NICHOLAS were consecrated as bishops of Worcester, Toledo, and Brooklyn. At the same time, the Patriarch also made a surprise announcement elevating Bishop JOSEPH to the rank of Archbishop in honor of his many years of service as a bishop both in the archdiocese and in the patriarchate. May God grant him many years!



### Nativity Gift- Thank you Letter

Christ is in our midst!

Kh. and I were very humbled and grateful to receive the gift of \$500 from the Antiochian Women of the Diocese of Los Angeles and The West. When Sayidna JOSEPH told me to expect a check just over a week ago, it was quite unexpected. We thank God for your generosity.

Your gift comes at just the right time for us and we had been praying to the Lord for an answer to some of our financial needs, and had resolved to trust that God would provide. Your gift is more than just a \$500 debit in your account ledger, and more than just a check written to a priest you don't personally know - it is an answer to prayer and a means by which God has acted in our lives.

I pray that God will richly bless you and strengthen you to continue the work the women of this God-protected Diocese have willingly accepted and graciously fulfill.

May God grant all of your petitions that are unto salvation and eternal life.



## FROM OUR BELOVED FATHER DAVID HOVIK



As we make our way through the final days of Lent, I want to draw your attention to a familiar portion of the New Testament. The **Sermon on the Mount** is not the first time Jesus spoke publicly. Our Lord had already been preaching that the Kingdom of Heaven was at hand and He was calling for people to repent (to change the direction of their life). However, it is His first recorded formal teaching and it is the longest teaching in any of the Gospels.

The **Beatitudes** (Matt. 5:3-12), you might say, constitute the introduction to His entire sermon. So, we need to begin with a basic question: What is a **Beatitude**?

It comes from the Latin word *Beatus* which means to be *Happy* or *Blessed*. The Greek word that Jesus uses to begin each of these Beatitudes is *Makarios* – and it is usually translated *Happy*. Thus, St. Makarios could be said to be the Happy One. The Greeks refer to *Cyprussas Makarios* (The Happy Isle).

However, if we think of happiness in modern terms (a *superficial happiness*, of sorts) we have missed the point. Our Lord is addressing inner joy & peace that comes from being on the right path. It is a by-product, you might say, of having our *Nous* (the part of our soul that gives spiritual understanding & knowledge of God) healed. This is crucial because in the Beatitudes Jesus begins to expound a simple, yet profound, formula that sets us on this path of healing and produces an internal state of happiness that transcends what's going on around us.

Launching into the Beatitudes, you will soon discover that they are a great paradox. In other words, these statements that Jesus makes seem absurd & seem to defy logic, at least on the surface. Which is exactly how the Apostle Paul explains Jesus' death on the Cross to the Corinthians: "*It is foolishness to those who are perishing but to those of us who are being saved it is God's power.*"

We can make the same case for the Beatitudes. Try to explain to a CEO and employee or a husband and wife, in the midst of an argument, that "*the meek*" are the ones who are blessed/internally happy. The person who eats for comfort needs to understand that the thing which produces internal comfort (which is what they are searching for) is "*hungering and thirst for Righteousness.*" Tell a person who is persecuted or falsely accused that they should "*rejoice and be exceedingly glad*" and they will think you have flipped. Yet, in each case, this is what Jesus proposes in the Beatitudes.

This teaching is also the first indication that Jesus, as the Messiah (the Savior), had come to establish a very different Kingdom than His audience was anticipating. They were looking for an earthly kingdom, where they would have power, but Jesus had come to establish a Heavenly Kingdom in their hearts.

Even today, people seem to be hoping for a little bit of "worldly kingdom" in their life and in many cases they are not to be blamed. I am sorry to say that many non-Orthodox Churches have spun a *distorted version of the Gospel* in the direction of trying to convince their followers that the blessings of the Christian life are external and material.

Jesus has come to establish a Kingdom that is very different, it seems, than most people, even in our day, are anticipating. In a very real sense, Jesus is rocking the world of those listening to Him by undermining their preconceived ideas from the very beginning of His public ministry. Yet, if we begin to read the Fathers, and gain a Patristic understanding of what our Lord is truly saying, we'll need to prepare to have our world rocked, as well.

I am inviting you, in this Lenten season, to begin a serious study of the Beatitudes. As you read this passage and the Father's comments, open your heart and ask God to show you how these simple introductory verses, to this marvelous sermon, can bring about healing in your *Heart* and enlighten your *Nous* to receive His Grace.

I ask God's blessing on each one of you and your families and I count it a great blessing, from our Lord, to have each of you in my life. Please keep this most unworthy spiritual adviser in your prayers and may we all celebrate a glorious Pascha.

In Christ's love,

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March 29, 2012

Your Eminence, Archbishop JOSEPH, Fr. David and Sisters in Christ,

My sincere prayers for a blessed Lenten journey looking forward to the joyful proclamation of Pascha "Christ is Risen! Truly HE is Risen!"

Our Spring Retreat this the weekend we remember St. Mary of Egypt and this is our opportunity for a respite and time to rejuvenate before going into Holy Week. We are blessed to have His Eminence Archbishop JOSEPH sharing his wisdom and Mother Victoria teaching us this weekend on "The First Days of Christianity." We are also grateful to Fr. David Hovik, our spiritual advisor, for being available to us and hearing our confessions and offering his guidance. A very big thank you and acknowledgment of all you very hard work to Beth Krammes our retreat coordinator. You faced the last minute challenge of moving the retreat from Camp St. Nicholas to St. Nicholas Cathedral with grace and with the help of Lucy, Isabel, and the ladies of St. Nicholas we are blessed to have this special day of spiritual nourishment.

The gift you have given me to serve you is an awesome responsibility and I thank you. That being said, the entire board is here to serve you and your chapters in any way we are able. At the Mid-Winter meeting, the North American Board (NAB) reminded us to use the 7 minute DVD "Yes We Do The Antiochian Orthodox Christian Women of North America" in our Parishes to vividly demonstrate the many faces and services of the Antiochian Women. The NAB also worked diligently to rework our brochure and will be sending us both a beautiful printed version an e-version to share. I encourage you, if you have not shared this video or seen the video, please take the time to do so.

As we continue in our Lenten journey let us recall the Prayer of the Antiochian Women and be diligent in doing God's work, not for our glory but for His. This is a most appropriate time of year for offering extra kindnesses to those in our parishes who would be blessed by a call, a card or a visit. It is also a time of cleaning our soul through prayer and fasting while cleaning our temples and our homes to receive our Risen Lord.

I pray for a peaceful and blessed final weeks of Lent leading us all to a most joyous feast of Great and Holy Pascha where together we can proclaim Christ is Risen!

Your servant and sister in Christ,

Melinda Bentz  
President  
661.435.1659 cell  
[melbentz@yahoo.com](mailto:melbentz@yahoo.com)

## HUMANITARIAN UPDATE

Dear Clergy and Sisters in Christ,

As we begin our Lenten fast I pray you are all well. Let us all continue to pray and give alms knowing this grows our faith and helps guide us toward salvation. Thank you all for your diligent efforts and faithfulness to those in need and the humanitarian projects of "The Treehouse" and St. Thekla Monastery.

As an effort to keep The Treehouse in mind, those of you who will be attending the Spring Ladies Retreat please consider bringing a gift of either baby sleepers or baby toys that will be collected. We will have a collection box available for those who would like to participate in helping this wonderful ministry.

God not only provides us with what we need to live, He also expects us to use these means wisely and compassionately, to His greater glory. So it is that the giving and receiving of our wealth affects our relationship with our Creator.

Some of St. John Chrysostom's words on giving:

"We must learn to be discerning Christians and to honor Christ in the way in which he wants to be honored. It is only right that honour given to anyone should take the form most acceptable to the recipient not to the giver. Peter thought he was honouring the Lord when he tried to stop him washing his feet, but this was far from being genuine homage. So give God the honour he asks for, that is give your money generously to the poor. God has no need of golden vessels but of golden hearts.

I am not saying you should not give golden altar vessels and so on, but I am insisting that nothing can take the place of almsgiving. The Lord will not refuse to accept the first kind of gift but he prefers the second, and quite naturally, because in the first case only the donor benefits, in the second case the poor gets the benefit. The gift of a chalice may be ostentatious; almsgiving is pure benevolence.

What is the use of loading Christ's table with gold cups while he himself is starving? Feed the hungry and then if you have any money left over, spend it on the altar table. Will you make a cup of gold and without a cup of water? What use is it to adorn the altar with cloth of gold hangings and deny Christ a coat for his back! What would that profit you? Tell me: if you saw someone starving and refused to give him any food but instead spent your money on adorning the altar with gold, would he thank you? Would he not rather be outraged? Or if you saw someone in rags and stiff with cold and then did not give him clothing but set up golden columns in his honour, would he not say that he was being made a fool of and insulted? Consider that Christ is that tramp who comes in need of a night's lodging. You turn him away and then start laying rugs on the floor, draping the walls, hanging lamps on silver chains on the columns. Meanwhile the tramp is locked up in prison and you never give him a glance. Well again I am not condemning munificence in these matters.

Make your house beautiful by all means but also look after the poor, or rather look after the poor first. No one was ever condemned for not adorning his house, but those who neglect the poor were threatened with hellfire for all eternity and a life of torment with devils. Adorn your house if you will, but do not forget your brother in distress. He is a temple of infinitely greater value."

So I urge you all to continue in the faith and in prayer and giving.

Please pray for me a sinner.

Madeline Heffelfinger  
Antiochian Women Humanitarian Coordinator



## MID-WINTER MEETING RECAP

BY: JILL BENZA



During the weekend of February 17 to 19, President Melinda Bentz and Jill K. Benza, secretary, attended the North American Board Mid-Winter Meeting in Naples, Florida. The Antiochian Women led by NAB President Violet Robbat met on Friday evening and Saturday. The Fellowship of St. John the Divine and the Order of St. Ignatius also met as did various archdiocesan task force groups. All dioceses within North America were represented in the women's meetings. Our diocese is the largest with 56 parishes on our roster. Coordinators and committee chairs provided reports on their areas as did the president of each diocese. Delegates were asked to approve the expense to print a new marketing brochure for use in attracting more women to participate in the Antiochian Women Organization. The new pamphlet should be ready summer 2012.

His Grace Bishop JOHN Abdalah is the spiritual advisor for the NAB Women and his message to us was to pray the Creed rather than profess it. By praying the Creed, you are stating your belief and praying the Creed enables you to find God inside yourself. He asked us to think about the words we are saying and what those words and their definitions mean to us.

The Antiochian Women were blessed to have a special visit from His Eminence Metropolitan PHILIP Saliba. He spoke regarding the future of Orthodoxy in America, of "transcending ethnicity" and the need to "discover our new day, our new dawn." He said we needed to put "flesh on our Christianity" and to be proud to be an Orthodox Christian. He said that the church in America must have its own image. Metropolitan PHILIP shared that he has been criticized for not having a beard. With a huge smile to the other bishops and priests gathered with us, he said there is no theology about beards in our church and that he will never have a long beard. This short humorous exchange showed his fatherly love for his priests and gave us some insight to the personal side of the leader of the Antiochian Church in North America. What a treat to be able to have this special time with him!

Saturday evening and Sunday were dedicated to services and festivities to celebrate the consecration of the new church for St. Paul in Naples, Florida. Melinda and Jill were very happy to represent our diocese and to share with others the work being done in our parishes.

## 2012 SPRING RETREAT



Traditionally the Women's Spring Retreat is set in the beautiful mountains of Fraizer Park at Camp St. Nicolas, surrounded by the beauty of nature and sometimes it is white with snow. This year, there was a scheduling conflict and once again our women were able to overcome this minor detail. Beth Krammes from St. Andrews in Riverside, Ca, our Spring Retreat Coordinator, did an amazing job of combining a 3 day weekend into one successful day.

Over 80 women attended to hear the beautiful words of Mother Victoria from St. Barbara's Monastery. The topics were: Forgiveness, Repentance and the First Christians.



All the women were able to participate in this discussion, we were separated into ten groups and came together to discuss our findings and share our thoughts



There were beautiful icons, jewelry and books for sale in the hall and amazing food was served for breakfast, lunch and dinner. God bless the hands who prepared it!

Our Spiritual Advisor Father David Hovik was also in attendance and received our confessions throughout the day. Archbishop Joseph blessed us with his presence and spiritual guidance.

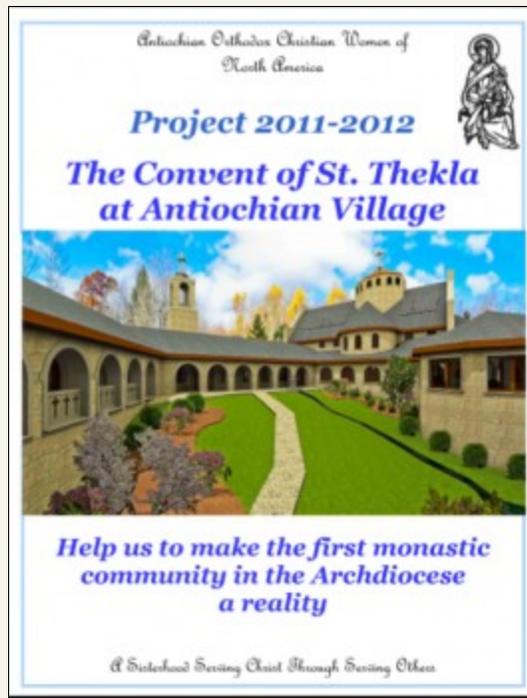
We concluded our day with Vespers, Trisagion Prayers for our dearly beloved Archpriest Fr. Michael Lewis. May his memory be eternal.



*We look forward to next year seeing familiar faces and welcoming new ones.*



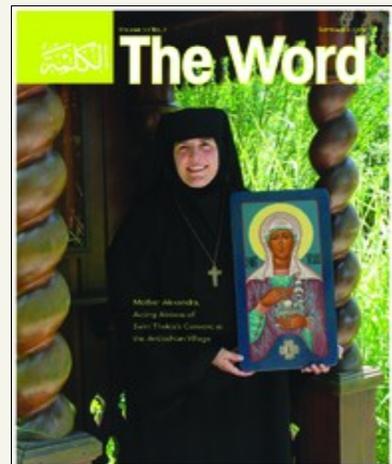
# THE CONVENT OF ST. THEKLA ANTIOCHIAN VILLAGE



PLEASE CONTINUE TO RAISE FUNDS FOR THE PROJECT DURING MARCH AND APRIL. PLEASE SEND CHECKS AND PROJECT ACTIVITY NO LATER THAN MAY 1<sup>ST</sup> TO: GEORGETTE MALOUF, 1021 N. ORCHARD DR. BURBANK, CA 91506. IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL AT [GETTE0324@YAHOO.COM](mailto:GETTE0324@YAHOO.COM) OR CALL AT 818-563-2838.



Metropolitan Philip and Mother Alexandra



# ST. ATHANASIUS ORTHODOX CHURCH OF SACRAMENTO



*Jillian Whitcomb (right) mother to be, Stacey Nootenboom (middle) and Terry Anderson, Stacey's mom (left).*

St. Athanasius Orthodox Church of Sacramento is celebrating our 25th anniversary of being received into the Antiochian Patriarchate of the Orthodox Church and the feast of our Patron Saint, St. Athanasius the Great. Please come to our "Open House" event on Saturday, May 5th from 3:00 to 7:30 p.m. and enjoy food and games. All who attend are welcome to join us for Vespers at 6:30 p.m. His Eminence, Archbishop Joseph, will be celebrating Divine Liturgy with us on Sunday, May 6th, beginning with Orthros at 9:00 a.m.

Please contact the church at (916) 689-7987 for more information.

The women of St. Athanasius Orthodox Church of Sacramento recently held a baby shower for Jillian Whitcomb (right) at the home of Stacey Nootenboom (center). Jillian is the wife of Joshua, son of our priest, Fr. Polycarp. This baby will be Fr. Polycarp and Khouria Lisa's first grandchild and is due April 10.

## ST. ELIJAH THE PROPHET MISSION IN ELLENSBURG, WA



My name is Jennifer Obeid-Campbell and I am currently a member of St. Elijah the Prophet mission in Ellensburg, WA. I have been trying to form an AOCWNA chapter for years, but did not have the blessing of Fr. Copeland from Yakima. Now, with our new priest, Fr. Paul Jaroslaw, we have his full blessing to celebrate women's month in March. It is truly a joyous occasion and one that I am now scrambling to organize! I highly doubt that we will be able to raise dues this year, but after Lent, I intend to organize a fundraiser and we'll see where that gets us. I am also organizing a women's tea at the end of the month and will be trying to determine which saints to highlight during that event. Charmaine Darmour is a dear friend of mine and she is helping me reconnect with my service to the Church, something I have found difficult to establish since I moved to WA from PA, by forwarding your email to me. Please add my contact info to the mailing list until we establish officers and a formal chapter and feel free to offer any advice, etc. as I proceed with this endeavor. Blessings during the joyous sorrow of Lent!

Yours in Christ,  
Jennifer

## ST. LUKE— GARDEN GROVE, CA

Greeting to each of you from the ladies of St Luke!

The Ladies of St Luke are pleased to report that we continue to invite new women to our thriving organization and our meetings continue to be well attended. Our ladies work very hard to provide Pascha Breakfast, Pascha Candles, Pentecost Raffle, Coffee Hours, Christmas Cards, Christmas Angels and Special Family Events.



Many of our parishioners have joined the ladies and enjoyed the special evening family events we held such as the Super Bowl and our Harvest Family Night. Both of these events were well attended and provided our church family with much fellowship and terrific entertainment from some of our own parishioners, especially our own Fr Michael Tassos and choir director, Dr. Michael Malouf.

Our Annual Holiday Luncheon, now celebrated in February, was well attended and many women enjoyed revealing their secret sisters as well as visiting with each other.

We plan to carpool again this year to the Ladies Retreat in Frazier Park. And as always, it is worth taking the time out of any busy woman's schedule, to attend this meaningful weekend.

After hosting our first Super Bowl Party last February, we were encouraged by several families to plan our second! We provided a delicious dinner at half time and hot fudge sundaes during the fourth quarter... a good time was had by all!



We continue with "Chicks with Sticks" - experienced women as well as women learning how to knit and crochet are making hand-made caps for men, woman and children experiencing the effects of cancer and other life-threatening illnesses. These same woman have also made caps for our military personal to keep them warm and remind them our our gratitude for their service.

We are looking forward to hosting an International "Baby Shower" benefiting the Martha and Mary House on May 20th. Our ladies will bring suggested gift items to donate as well as an International dish to share with an optional recipe (if they had time to make it!). We are also inviting ladies from our sister parishes.

Our end of the year event this year is something new for us. We are hosting a boutique in our church hall combined with a lunch. If any of you are interested in a "booth/table", please contact Karen Hanna at [KarenHanna18@yahoo.com](mailto:KarenHanna18@yahoo.com)

Plans are being made for more Family Fun Events this summer as well...

Sincerely,

Alexis Kjos and Kristia Lengyel-Leahu

Co-Presidents

# ST. GEORGE –PHOENIX, AZ



**W**e Orthodox women here at St. George in Phoenix, Arizona, try to always stay busy; I know you'll understand when I say that that is not difficult!

The Antiochian Women of St. George get together the first Thursday of each month for a potluck luncheon and our meeting.

Now, let me introduce you to our officers. They are Sandy Hasbany, our President; Alisa Jones, our Vice-President; Donna Beauchamp, our Secretary; Beverly Showah, our Treasurer; Rima Iacovelli, our Assistant Treasurer; and Enaam Hweimel, our SunShine Lady, who sends the perfect card for any occasion. Also, Margaret Maas runs our large, well-stocked book store. We work hard, and we work together, but we couldn't work at all if not for each and every woman within St. George.

I'd like to share some of the events that we women have "thrown together" over the last few months.

In October, we held a fun-filled Bunko/Whist night. This annual event is always well-received. We set out ice-cream and all the nuts, sprinkles, etc, one could think of to go with it. Everyone wins at least one small prize.

November is the month when Yulanda Harmanian oversees our annual bake sale. She has an eye for setting up a lovely presentation, and we women have been blessed with hands and hearts to bake. This is a profitable fund-raiser for us, and – since we hold it the Sunday before Thanksgiving – gives the families a chance to purchase extra desserts for that big day!

We have an annual Christmas Tea in early December, complete with professional Dickens Carolers. This Saturday morning respite offers us a chance to take a break from the often hectic and stressful holiday season, and allows us a chance to sit back and relax with each as we enjoy a variety of teas and scones.

Of course, we collect all the makings for several Thanksgiving and Christmas baskets, which our beloved Priest, the V. Rev. Fr. Christopher Salamy, delivers to those within our Parish (or elsewhere) who are in need. (Father Christopher lets us know how many baskets are needed; we never know who the recipients will be.)

We hold a Bakeless Bake Sale in March as our AOCWNA project; and, since March is ladies month, we greet, read, and usher each Sunday.

In May, we will be having our annual Fashion Show. As with the Christmas Tea, this is a nice opportunity to get together with each other in our beautiful Legacy Ballroom as we are introduced to some of the fashions that are new from our local boutiques.

Finally, over the summer we will be taking donations for a Kitchen Shower. After years and years of much use, we are hoping to raise enough donations to replace all our worn out towels, aprons, pots, pans, etc.

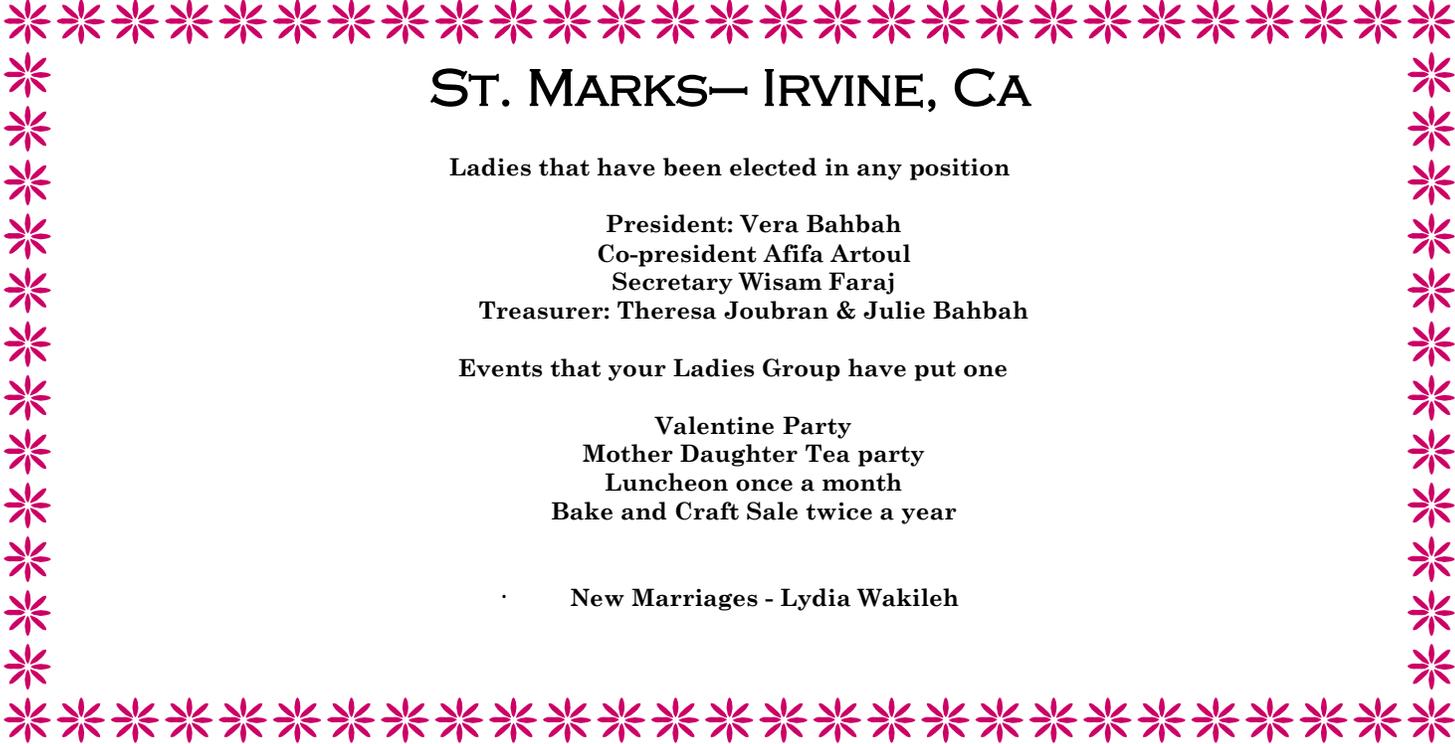
The women at St. George provide Memorial Wheat and Holy Bread. We prepare Meals of Mercy. We support two children at an orphanage in Lebanon, as well as the children of Project Mexico. We collect food for the hungry and food for a local food bank (last year we collected over 1,000 pounds of food!). We visit shut-ins and those who are hospitalized or sick at home. We make and take food to those who are unable to do so. We look after each other's children – and always, after each other. We are there for one another, the backbone of our church, and it is always a blessing to us.

Ultimately, what we do cannot be done without God first and foremost in our lives – and I suppose that's why we "work".

Blessings to all our Orthodox Christian sisters!

With Love and in Christ,

Donna Beauchamp



**ST. MARKS— IRVINE, CA**

**Ladies that have been elected in any position**

**President: Vera Bahbah**

**Co-president Afifa Artoul**

**Secretary Wisam Faraj**

**Treasurer: Theresa Joubran & Julie Bahbah**

**Events that your Ladies Group have put one**

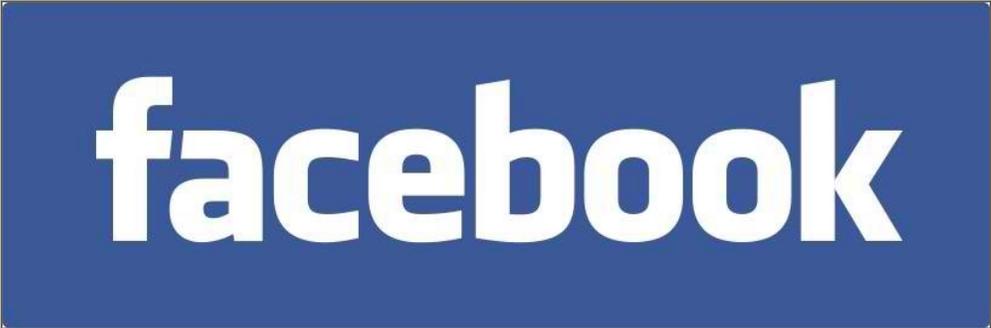
**Valentine Party**

**Mother Daughter Tea party**

**Luncheon once a month**

**Bake and Craft Sale twice a year**

**New Marriages - Lydia Wakileh**

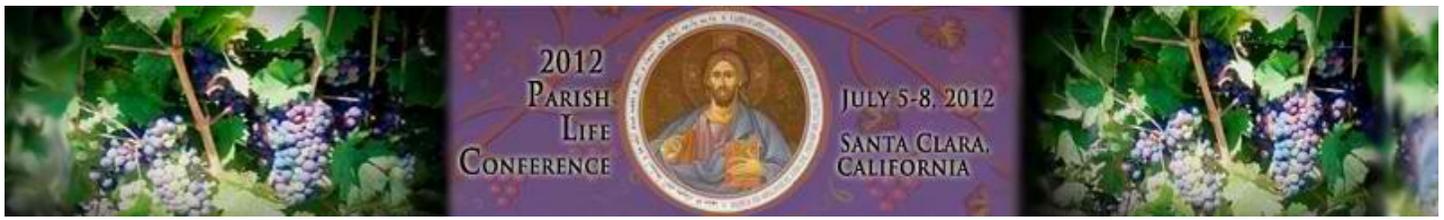


**facebook**

**BE SURE TO ADD US ON  
FACEBOOK  
AND INVITE OTHER LADIES TO JOIN.**

**[WWW.FACEBOOK.COM/ANTIOCHIAN ORTHODOXWOMEN](http://WWW.FACEBOOK.COM/ANTIOCHIAN ORTHODOXWOMEN)**

**(NO SPACE BETWEEN ORTHODOX AND WOMEN)**



**The Orthodox Church of the Redeemer invites you to join us at the 60th Annual Diocese of Los Angeles and the West Parish Life Conference in Santa Clara, California on July 5 - 8, 2012**

***Conference activities include:***

- Keynote Speaker: Bishop Anthony Michaels
- Exciting program and activities for teens and children
- Special Events for everyone to gather for fellowship, fun and great food
- Sunday Awards Luncheon recognizing the winners of the Oratical Festival, Bible Bowl, Creative Arts, Photography, Writing, and Poetry categories.

***New! Wednesday, July 4th:***

Join us on a trip to San Francisco to visit the Holy Virgin Cathedral to venerate the relics of St. John of Shanghai (Maximovitch)

[Register Today!](#)

*\*Early Bird Ticket Books are available through June 01, 2012*



**Place an ad in the Souvenir Journal!**

Visit the [PLC 2012](#) website and the [Diocese of LA and West](#) website for additional information. <http://plc2012.org/>

**Hotel Information**

Santa Clara Marriott Hotel  
2700 Mission College Boulevard  
Santa Clara, CA 95054  
Phone: (408) 988-1500

***\*Conference Special Rate is \$109 per night***

[Reserve your room online](#)

If you are making your room reservation by phone, please request the conference special rate and mention the Group code: **PLC** or **Parish Life Conference**.

***We look forward to welcoming you to the Bay Area!***

# 1 IN 3

HOMELESS CHILDREN LIVING IN MOTELS WILL BE SERVED BY FOCUS ORANGE COUNTY



Working together to restore lives of children, one at a time

## 28,091

HOMELESS CHILDREN IN ORANGE COUNTY PUBLIC SCHOOLS

## 1 IN 17

CHILDREN IN ORANGE COUNTY ARE HOMELESS



## 973

HOMELSS CHILDREN LIVE IN ORANGE COUNTY MOTELS

In 2011  
**FOCUS**  
ORANGE COUNTY  
delivered

## 16,505

hot meals served



## 16,657

Pieces of clothing & personal items



## 91,815

Fresh, canned & dry food



## Homeless

Motel Children Need School and Basic Living Supplies Now!

- Backpacks
- School Supplies
- Can Openers
- Toilet Paper
- Crock Pots

- Dish Sets
- Personal Care Items
- Laundry Products
- Canned Food
- New Shoes

I would like to help continue the work of FOCUS Orange County

\$15  \$25  \$50  \$75  \$100  \$

I would like to sign-up for monthly support in the amount of: \_\_\_\_\_

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

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Please Charge my Credit Card:  Once  Monthly



Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 digit security code off back of card \_\_\_\_\_

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

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Your gift is tax deductible to the fullest extent of the law. We will send you a receipt for your records. No person is denied services based on race, creed, sex, disability or national origin. We never sell, rent or exchange our supporters names.

ORANGE COUNTY



Make checks payable to FOCUS Orange County. Complete and mail this form to 7216 Garden Grove Blvd. Westminster, Ca 92683. FOCUS Orange County is part of FOCUS North America a 501C3 Non-profit

## RECIPES

Try these delicious recipes of fellow ladies  
share your own on our Facebook page and/or  
send pictures and comments of the recipes you try.

### APPLE SAUCE CAKE (*Lenten*)

*Betty Kurjian-St. Luke, Garden Grove*

Stir together:

4 cups FLOUR

2 Tablespoons CORN STARCH,

4 Tablespoons GROUND CHOCOLATE (cocoa)

4 teaspoons BAKING SODA,

2 cups SUGAR,

1/2 teaspoon of each: CINNAMON, NUTMEG, ALLSPICE AND CLOVES

Mix in:

2 cups CHOPPED NUTS,

2 cups RAISINS

1/2 teaspoon SALT

Add :

3 cups COOL APPLE SAUCE and 1 cup SALAD OIL. Mix well.

Use large flat Pyrex, greased pan. Pre heat oven to 350° and bake for 45-50 minutes (or until wooden tooth pick comes out clean. Cool. Dust with powdered sugar before serving.

# LENTEN CHOCOLATE CAKE

*Vera Bahbah-St. Marks, Irvine*

## **Ingredients:**

1. 3 cups flour
2. 3/4 cup salad oil
3. 2 cups cold water
4. 3/4 cup sugar
5. 2 tsp baking soda
6. 6 tbsp cocoa
7. 3 tbsp vinegar
8. 1 tsp salt
9. 2 tsp vanilla

## **Directions:**

Mix all of the dry ingredient together ( 1, 4, 5,6 and 8)

Mix liquid ingredient ( 2,3,7 and 9 )

Add the liquid mixture to the dry mixture. Beat well

Pour in a grease baking pan

Bake in a 350 Degree, 25 to 30 minutes

When cool., sprinkle with powdered sugar

## **POOR MAN'S COOKIES**

*Mutushka Natalie Breyan-Holy Resurrection, Tucson*

### **Ingredients:**

2 cups Rolled Oats  
1 cup Brown Sugar  
1/2 cup Granulated Sugar  
1 cup Flour  
1/4 teaspoon Salt  
1 tsp Baking Soda  
1/4 cup Hot Water  
1/2 cup Shortening  
1 tsp Vanilla

### **Directions:**

In a large mixing bowl combine the oats, sugars, flour and salt.

In another bowl combine baking soda, water shortening and vanilla and mix well

Combine everything together

Roll out into balls, using a number 40 scoop and place on a greased or paper lined baking sheet (about 12 per sheet)

Bake at 350° for 10 minutes or until golden brown. Remove to a cooling rack for at least 3 minutes before removing from the pan.