

Holy Apostles Newsletter

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ORTHODOX CHURCH IN AMERICA



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From the Holy Fathers

ON FASTING:

A life of fasting, properly understood as general self-limitation and abstinence, to the annual practice of which the Church always calls us with the Great Lent, is really that bearing of the cross and self-crucifixion which is required of us by our calling as Christians. And anyone who stubbornly resists this, wanting to live a carefree, happy, and free life, is concerned for sensual pleasures and avoids sorrow and suffering that person is not a Christian. Bearing one's cross is the natural way of every true Christian, without which there is no Christianity. Archbishop Averky of Syracuse (of Blessed Memory)

Fasting appears gloomy until one steps into its arena. But begin and you will see what light it brings after darkness, what freedom from bonds, what release after a burdensome life... Bishop Theophan the Recluse

Marriage: The Great Sacrament

H...When you see difficulties in your marriage, when you see that you're making no progress in your spiritual life, don't despair. But neither should you be content with whatever progress you may have already made. Lift up your heart to God. Imitate those who have given everything to God, and do what you can to be like them, even if all you can do is to desire in your heart to be like them. Leave the action to Christ. And when you advance in this way, you will truly sense what is the purpose of marriage. Otherwise, as a blind person wanders about, so too will you wander in life.

What then is the purpose of marriage? I will tell you three of its main aims. First of all, marriage is a path of pain. The companionship of man and wife is called a "yoking together" (syzygia), that is, the two of them labor under a shared burden. Marriage is a journeying together, a shared portion of pain, and, of course, a joy. But usually it's six chords of our life which sound a sorrowful note, and only one which is joyous. Man and wife will drink from the same cup of upheaval, sadness, and failure. During the marriage ceremony, the priest gives the newly-weds to drink from the same cup, called the "common cup" [4], because together they will bear the burdens of marriage. The cup is also called "union" [5], because they are joined together to share life's joys and sorrows.

When two people get married, it's as if they're saying: Together we will go forward, hand in hand, through good times and bad. We will have dark hours, hours of sorrow filled with burdens, monotonous hours. But in the depths of the night, we continue to believe in the sun and the light. Oh, my dear friends, who can say that his life

has not been marked by difficult moments? But it is no small thing to know that, in your difficult moments, in your worries, in your temptations, you will be holding in your hand the hand of your beloved. The New Testament says that every man will have pain, especially those who enter into marriage.

...Remember: from the moment you marry, you will have much pain, you will suffer, and your life will be a cross, but a cross blossoming with flowers. Your marriage will have its joys, its smiles, and its beautiful things. But during the days of sunshine, remember that all the lovely flowers conceal a cross, which can emerge into your sunshine Marriage, then, is a journey through sorrows and joys. When the sorrows seem overwhelming, then you should remember that God is with you. He will take up your cross. It was he who placed the crown of marriage on your head. But when we ask God about something, he doesn't always supply the solution right away. He leads us forward very slowly. Sometime he takes years. We have to experience pain, otherwise life would have no meaning. But be of good cheer, for Christ is suffering with you, and the Holy Spirit, "through your groanings is pleading on your behalf" (cf. Rom 8.26).

- Excerpt from Marriage: The Great Sacrament, a sermon by Archimandrite Aimilianos of Simonopetra, Mount Athos, 1971.

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Community Forum

TRANSITIONS PROJECT

The Transitions Project is scheduled for this Monday, November 4. Each sandwich maker should make 25 sandwiches. The bread will be in the fellowship hall by Saturday afternoon. If anyone is interested in joining the sandwich making team, let Matushka Mary know.

COAT BLANKET DRIVE

Beginning November 1 - December 14, Holy Apostles will host a barrel for the Transitions Project annual coat and blanket drive. The barrel resides in the fellowship hall and can be filled with blankets and coats of all kinds. Another great way to give alms, especially during the Advent season coming up.

40-DAY LITURGY OF NATIVITY FAST

The Holy Monastery of St. John the Baptist in Goldendale, WA will celebrate the 40-day liturgy during the Nativity fast, which for them begins Nov. 15. They kindly request that you send names of *Orthodox Christians only* for the liturgy commemorations before Nov. 15 to: St. John the Forerunner Greek Orthodox Monastery, 5 Timmer Lane, Goldendale, WA 98620. Non-orthodox names may be submitted for other special prayer.

THANKSGIVING DINNER

All of the singles of Holy Apostles parish are invited to the home of Fr. Dimitri and Matushka Mary for Thanksgiving dinner. Dinner will begin at 4:00 p.m. We had a great time last year and hope to see you again this year.

MEN'S GROUP

This month, men's group falls on Fr. Dimitri's feast day, Thursday, Nov. 8th, so to celebrate, we will go out to our usual spot after Vespers that night. It will be a nice time for the men just to hang out and fellowship.

ALMSGIVING COMMITTEE?

Are there any among you interested in heading up an almsgiving committee for the Church? It would be good for someone to be in charge of our giving alms during fasting seasons and this would include heading up the Transitions project. Talk to Fr. Dimitri if you're interested.

HOLY CROSS CHURCH CELEBRATION

Holy Cross Orthodox Church in Yakima, Washington invites all to their 20th Anniversary celebration on Sunday, November 11th at 1:30 p.m. Adults are \$15 each; Children 6-12 \$10; Children under 5 are free. For more information, call (509) 575-0145.

CATECHISM CLASSES CONTINUES

Fr. Dimitri is teaching a catechism class for inquirers and for whoever would like to learn more about the faith. See the calendar for dates and times.

KNITTING MINISTRY

And the knitting ministry continues ladies (and gents if so inclined), the second and fourth Tuesdays of the month, beginning at 6:30 p.m. up in the fellowship hall.

MARK YOUR CALENDARS

On Tuesday, December 18th, after Vespers we will have a special visitor at Holy Apostles. It is said that Saint Nicholas is coming to visit us and is bringing with him treats and special gold coins for the kids! After his visit, we will have a pizza party up in the fellowship hall, and will hear about the life of St. Nicholas and the wonder-working miracles he has performed. ♦

Kitchen Corner

MASHED SWEET POTATOES W/NUTMEG & SOURCREAM

4 large sweet potatoes
1 tbs. vegetable oil
1/2 tsp. salt; 1/4 tsp. white pepper
1/4 tsp. freshly grated nutmeg
4 tbs. sour cream
4 tbs. unsalted butter, cut into 4 pieces
Preheat oven to 350 F.

Rub the sweet potatoes with the oil & place in an ovenproof baking dish; roast potatoes until tender, about 1 hour, turning once after 30 min. When potatoes are cooked, set aside to cool for 10 min. Cut the potatoes in half and squeeze the potato pulp into a 3 quart saucepan. Set the flame to med-low and mash gently until smooth with a potato masher. Add salt, pepper, nutmeg, sour cream, & butter; fold together until thoroughly combined. Serve. ♦

Holy Apostles Schedule

DATE	COFFEE HOUR AGAPE MEAL	COFFEE HOUR CLEAN UP	CHURCH CLEANING TEAM	FLOWERS
NOVEMBER 4	Joanna Donnor & team	Harvey & Harmon		
NOVEMBER 11	Bev Aiello & team	Donnor & Goakey		
NOVEMBER 18	Thomaida Hudanish & team	Kojenov & Meinhardt		
NOVEMBER 25	Elena Kojenov & team	Hudanish & Farmer		
DECEMBER 2	Joanna Donnor & team	Perez & Phillips		

PARENT & KINDERGARTEN FAIRS

Agia Sophia Academy would like to invite all to their Metro Parent 2007 Education Fair on Thursday, Nov. 15th from 3:30-8:30 p.m. at the World Forestry Center's Miller and Cheatham Hall, near the Portland Zoo. Also, they will host a Kindergarten Fair on Wed., Dec. 12th from 3:30-5:30 p.m. at the Tiger Woods Center on Nike Campus, located across from Walker Road from the Academy.

CHRISTMAS LUNCHEON & SOCIAL

Matushka Mary and Nektaria Harvey will be hosting a Christmas luncheon for all the women of Holy Apostles at the home of Nektaria Harvey, Saturday, December 8th at Noon. More details to follow, but mark your calendars! It will be a nice time to visit and spend time together. PS - if you have any craft ideas we could do together for Christmas gifts, let Matushka Mary know.

GOD GRANT YOU MANY YEARS!

Happy Feast Day to the following people who celebrate their names day in November:

Oct. 26/Nov. 8 GM Demetrius
Fr. Dimitri
9/22 St. Nectarios of Aegina
Rdr. Nektarios Harmon, Nektaria Harvey

If you don't see your name listed, please let Joanna Donnor know, as she updates the names day list. 📧

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