



**Saint Barbara Greek Orthodox Church**

8306 NC HWY 751

Durham NC 27713 919-484-1600

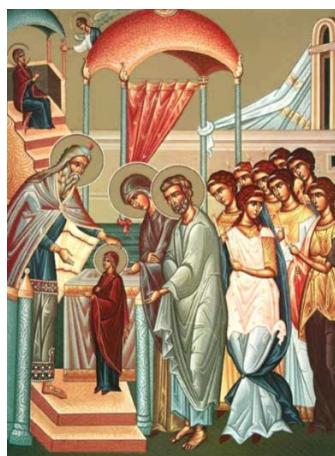
[fatherstavroforos2012@gmail.com](mailto:fatherstavroforos2012@gmail.com)

[www.stbarbarachurchnc.org](http://www.stbarbarachurchnc.org)

**News & Announcements**

**November 25, 2018**

*Thirteenth Sunday of Luke  
Κυριακη 13η του Λουκα*



- Catherine the Great Martyr of Alexandria **11/25/2018**
- Mercurius the Great Martyr of Caesarea in Cappadocia **11/25/2018**
- Apodosis of the Presentation of the Theotokos into the Temple **11/25/2018**

**NEWCOMERS AND VISITORS ARE ALWAYS WELCOME**

***Sunday Worship Schedule: Matins 9:00 am & Divine Liturgy at 10:00 a.m.***

**To Our Visitors and Guests**

We welcome you to worship with us today, whether you are an Orthodox Christian or this is your first visit to an Orthodox Church, we are pleased to have you with us. Although Holy Communion and other Sacraments are offered only to baptized and chrismated (confirmed) Orthodox Christians in good standing with the Church, all are invited to receive the Antidoron (blessed bread) from the priest at the conclusion of the Divine Liturgy. The Antidoron is not a sacrament, but it is reminiscent of the agape feast that followed worship in the ancient Christian Church. After the Divine Liturgy this morning please join us in the Church Hall for fellowship and refreshments. Please complete a Visitor's Card before you leave today and drop it in the offering tray, or give it to one of the parishioners after the service, or mail it to the Church Office.

# The Sunday Epistle Reading

God is wonderful among his saints.

Verse: Bless God in the congregations

The reading is from St. Paul's Letter to the Galatians (3:23-29; 4:1-5)



Brethren, before faith came, we were confined under the law, kept under restraint until faith should be revealed. So that the law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

Θαυμαστὸς ὁ Θεὸς ἐν τοῖς Ἅγίοις αὐτῷ.

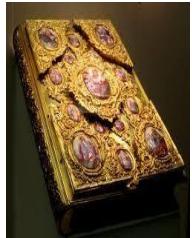
Στίχ. Ἐν Ἑκκλησίαις εὐλογεῖτε τὸν Θεὸν.

Πρὸς Γαλάτας Ἔπιστολης Παυλοῦ τὸ ἀνάγνωσμα (3:23-29, 4:1-5)

Ἄδελφοί, πρὸ τοῦ δὲ ἐλθεῖν τὴν πίστιν, ὑπὸ νόμου ἐφρουρούμεθα, συγκεκλεισμένοι εἰς τὴν μέλλουσαν πίστιν ἀποκαλυφθῆναι. Ὡστε ὁ νόμος παιδαγωγὸς ἡμῶν γέγονεν εἰς Χριστόν, ἵνα ἐκ πίστεως δικαιωθῶμεν. Ἐλθούσης δὲ τῆς πίστεως, οὐκέτι ὑπὸ παιδαγωγόν ἔσμεν. Πάντες γὰρ νιὸι θεοῦ ἐστε διὰ τῆς πίστεως ἐν Χριστῷ Ἰησοῦ. Ὄσοι γὰρ εἰς Χριστὸν ἐβαπτίσθητε, Χριστὸν ἐνεδύσασθε. Οὐκ ἔνι Ιουδαῖος οὐδὲ Ἑλλην, οὐκ ἔνι δοῦλος οὐδὲ ἐλεύθερος, οὐκ ἔνι ἄρσεν καὶ θῆλυ· πάντες γὰρ ὑμεῖς εἰς ἐστε ἐν Χριστῷ Ἰησοῦ. Εἰ δὲ ὑμεῖς Χριστοῦ, ἄρα τοῦ Ἀβραὰμ σπέρμα ἐστέ, καὶ κατ' ἐπαγγελίαν κληρονόμοι. Λέγω δέ, ἐφ' ὅσον χρόνον ὁ κληρονόμος νήπιός ἐστιν, οὐδὲν διαφέρει δούλου, κύριος πάντων ὅν· ἀλλὰ ὑπὸ ἐπιτρόπους ἐστὶν καὶ οἰκονόμους, ἀχρι τῆς προθεσμίας τοῦ πατρός. Οὕτως καὶ ἡμεῖς, ὅτε ἥμεν νήπιοι, ὑπὸ τὰ στοιχεῖα τοῦ κόσμου ἥμεν δεδουλωμένοι· ὅτε δὲ ἥλθεν τὸ πλήρωμα τοῦ χρόνου, ἐξαπέστειλεν ὁ θεὸς τὸν νιὸν αὐτοῦ, γενόμενον ἐκ γυναικός, γενόμενον ὑπὸ νόμου, ἵνα τοὺς ὑπὸ νόμου ἐξαγοράσῃ, ἵνα τὴν νιοθεσίαν ἀπολάβωμεν.

# The Sunday Gospel Reading

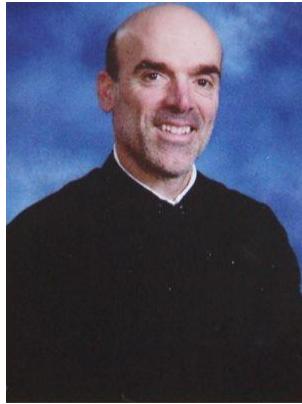
## The Gospel According to Luke 18:18-27



*At that time, a ruler came to Jesus and asked him, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honor your father and mother.' " And he said, "All these I have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute it to the poor, and you will have treasure in heaven; and come, follow me." But when he heard this he became sad, for he was very rich. Jesus looking at him said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" But he said, "What is impossible with men is possible with God."*

## Ἐκ τοῦ Κατὰ Λουκᾶν Εὐαγγελίου τὸ Ἀνάγνωσμα 18:18-27

Τῷ καιρῷ ἐκείνῳ, ἄρχων λέγων· διδάσκαλε ἀγαθέ, τί ποιήσας ζωὴν αἰώνιον κληρονομήσω; εἶπε δὲ αὐτῷ ὁ Ἰησοῦς· τί με λέγεις ἀγαθόν; οὐδεὶς ἀγαθὸς εἰ μὴ εἰς ὁ Θεός. τὰς ἐντολὰς οἴδας· μὴ μοιχεύσῃς, μὴ φονεύσῃς, μὴ κλέψῃς, μὴ ψευδομαρτυρήσῃς, τίμα τὸν πατέρα σου καὶ τὴν μητέρα σου. ὁ δὲ εἶπε· ταῦτα πάντα ἐφυλαξάμην ἐκ νεότητός μου. ἀκούσας δὲ ταῦτα ὁ Ἰησοῦς εἶπεν αὐτῷ· ἔτι ἐν σοι λείπει· πάντα ὅσα ἔχεις πώλησον καὶ διάδος πτωχοῖς, καὶ ἔξεις θησαυρὸν ἐν οὐρανῷ, καὶ δεῦρο ἀκολούθει μοι. ὁ δὲ ἀκούσας ταῦτα περίλυπος ἐγένετο· ἦν γὰρ πλούσιος σφόδρα. ἴδων δὲ αὐτὸν ὁ Ἰησοῦς περίλυπον γενόμενον εἶπε· πῶς δυσκόλως οἱ τὰ χρήματα ἔχοντες εἰσελεύσονται εἰς τὴν βασιλείαν τοῦ Θεοῦ! εὐκοπώτερον γάρ ἐστι κάμηλον διὰ τρυμαλιᾶς ῥαφίδος εἰσελθεῖν ἢ πλούσιον εἰς τὴν βασιλείαν τοῦ Θεοῦ εἰσελθεῖν. εἶπον δὲ οἱ ἀκούσαντες· καὶ τίς δύναται σωθῆναι; ὁ δὲ εἶπε· τὰ ἀδύνατα παρὰ ἀνθρώποις δυνατὰ παρὰ τῷ Θεῷ ἐστιν.

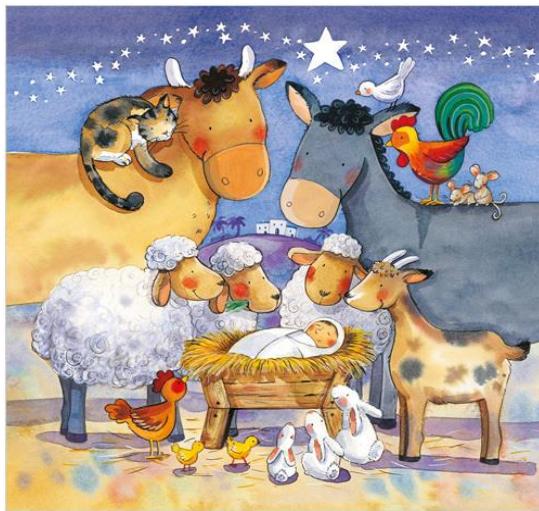


## Welcome **Fr. Gregory Georgiou**

### **Rev. +Fr. Gregory Georgiou, M.Div., MA, LCP, Asst. Dir. of Pre-Marital Programming**

Father Gregory Georgiou is a priest in the Metropolis of Atlanta. He is a Ph.D candidate in Counselor Education and Supervision at the University of North Carolina at Charlotte. He holds a Master of Divinity from Holy Cross Greek Orthodox School of Theology and a Master of Arts in Community Mental Health Counseling from the University of North Carolina at Charlotte. He is a Licensed Professional Counselor (LPC) in the State of North Carolina and a Nationally Certified Counselor (NCC). As Director of Pre-marital programming, Father Georgiou plans and implements the training of clergy and lay facilitators for the Archdiocesan Journey of Marriage program. He also travels throughout the Metropolis conducting the Journey of Marriage seminar in parishes.

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**Joy/Hope Christmas Gathering  
December 7<sup>th</sup> – Save the Date**

### Parish Financial Summary

	October		Year to Date		2018 Budget
	Income	Expenses	Income	Expenses	Revenue
Operations Fund	\$19,971	\$17,854	\$151,331	\$199,217	\$204,000
Building Fund	\$7,640	\$12,717	\$141,784	\$138,524	\$174,369

Note: The Operations Fund income above is the total of Sunday offering and Stewardship; it excludes the Greek Festival. The Operations Fund pays all Church expenses except for the mortgage payment. The Building Fund includes all Building Fund donations and fundraisers (e.g., Taste of Greece, Gyro Feast). The Building Fund pays our mortgage which is \$12,713.36/month.

#### **WHAT IF?**

- ❖ Everyone increased their giving by half of a percent of income?
  - Stewardship would increase to \$210,000 meeting our goal and taking pressure off of our Festival.
- ❖ Everyone increased their giving by one percent of income?
  - Stewardship would increase to \$262,604 covering our entire Operations budget and allow us to use the Festival for the mortgage.
- ❖ Everyone increased their giving by one and a half of a percent?
  - Stewardship would increase to \$315,125 covering our entire Operations budget, allow us to use the Festival for the mortgage and make some very needed repairs.

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### Stewardship 2018

Dear Parishioners and Stewards,

As we turn to end of the year planning, please continue to keep our Church in your thoughts and prayers. Now is a good time to check the status of your Stewardship pledge and be sure you are on track to meet your pledge. Have you made a pledge, is it current?

Please remember, in order to vote at the General Assembly Meeting on November 4, 2018 and the December Election for Parish Council Members, you need to be a Steward in good standing.

Thank you for your continued support of St. Barbara's everyday expenses and Ministries.

**THANK YOU FROM THE STEWARDSHIP COMMITTEE**



## Learn to make Prosforo!

If you are interested in learning how to make prosforo using The Gifted Pan, please consider attending the class on December 8 at 10:00 AM. You will be learning how to make the large and small loaves that Father Stavroforos needs for Sunday as well as other services. Please contact Maria Frangakis at [Enarxis@aol.com](mailto:Enarxis@aol.com) or by phone at 908-229-1262

### *November 15 – December 24 Nativity Fast*



*30 - Friday - Feast of St. Andrew - 9 am*

#### *December*

*2 – 14<sup>th</sup> Sunday of Luke – 9 am*

*3 - Monday - Great Vespers for St. Barbara - 6:30 pm*

*4 – Tuesday - Feast of Saint Barbara - 9 am*

*6 – Thursday - St. Nicholas - 9 am*

*9 – 10<sup>th</sup> Sunday of St. Luke - 9 am*

*12 – Wednesday - Spyridon the Wonderworker - 9 am*

*16 – 11<sup>th</sup> Sunday of Luke – 9 am*

*23 - Sunday Before Christmas - 9 am*

*24- Monday - Christmas Eve Worship Service- 6:30 pm*

*27 – Thursday - Feast of St. Stephen - 9 am*

*30 – Sunday after the Nativity – 9 am*



## ORTHODOX CATECHISM PROJECT



### ORTHODOXY 101 – Wednesday Evening Classes

*Instructor: Fr. Stavroforos Time: 6:30 pm*

*Location: Saint Barbara Church Conference Room*

#### Introduction to Orthodoxy 7: The Holy Sacraments – Nov. 14

The sacraments are a means by which we come into contact with the Risen Jesus Christ. Baptism, Chrismation, Eucharist, confession, marriage, unction, and ordination are discussed.

[Read More About Introduction to Orthodoxy 7: The Holy Sacraments »](#)

#### Introduction to Orthodoxy 8: Prayer – Nov. 28

The development of prayer, the Jesus Prayer, connecting our hearts to prayer, and the ascetic are discussed.

[Read More About Introduction to Orthodoxy 8: Prayer »](#)

#### Introduction to Orthodoxy 9: Scripture - Dec. 5

In this lesson students will discuss the history of scripture, whose interpretation to use, and what the bible is and is not.

[Read More About Introduction to Orthodoxy 9: Scripture »](#)

#### Introduction to Orthodoxy 10: Orthodox Spirituality – Dec. 12

For the purposes of this lesson, spirituality is spoken of as a specific way of living that can bring us closer to God, that can lead to communion, that is ultimately transformational...

[Read More About Introduction to Orthodoxy 10: Orthodox Spirituality »](#)

#### Introduction to Orthodoxy 11: Becoming Orthodox – Dec. 19

Becoming Orthodox is a journey, and not a destination. This brief lesson offers comparison to reaching the summit of Mount Everest. [Read More About Introduction to Orthodoxy 11: Becoming Orthodox »](#)

**Send Fr. Stavroforos an Email to Join the Class**

[fatherstavroforos2012@gmail.com](mailto:fatherstavroforos2012@gmail.com)

# Why fast before the Nativity?

## Question

I was wondering why do we fast before Nativity. The fast for Great Lent seems more obvious. Also, from what foods should we abstain during the Nativity fast?

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## Answer

We fast before the Great Feast of the Nativity in order to prepare ourselves for the celebration of Our Lord's birth. As in the case of Great Lent, the Nativity Fast is one of preparation, during which we focus on the coming of the Savior by fasting, prayer, and almsgiving.

By fasting, we "shift our focus" from ourselves to others, spending less time worrying about what to eat, when to eat, how much to eat, and so on in order to use our time in increased prayer and caring for the poor. We learn through fasting that we can gain control over things which we sometimes allow to control us—and for many people, food is a controlling factor.

[We live in the only society in which an entire TV network is devoted to food!] While fasting from food, however, we are also challenged to fast from sin, from gossip, from jealousy, from anger, and from those other things which, while well within our control, we all too often allow to control us.

Just as we would refrain from eating a lot before going to an expensive restaurant for dinner—if we "ruin our appetite" we will enjoy the restaurant less—so too we fast before the Nativity in order to more fully feast and celebrate on the Nativity itself.

During the Nativity Fast, we are called upon to refrain from meat, dairy, fish, wine, and olive oil. At the same time, we are challenged, within this framework, to fast to the best of our ability, and to do so consistently.

If we must modify the extent to which we fast within this framework, it is of course possible, but in every instance our fasting should be consistent and regular, for Christ does not see fasting as an option, but as a "must."

In Matthew Christ says, "WHEN you fast, do not be like the hypocrites," not "IF you fast" or "IF YOU CHOOSE to fast."

Finally, it seems quite odd that in our society—a society in which people gladly and freely spend huge sums of money for diets, most of which recommend that one refrain from red meats and dairy products—fasting is not more widely embraced. How odd that a Jenny Craig consultant or diet guru or physician will tell us to refrain from eating meat or cheese or butter and we will gladly embrace—and pay large sums of money for—his or her advice, while when the Church offers the same advice [at "no cost"] we tend to balk, as if we were being asked to do the impossible.

# Guidelines for the Nativity Fast

## The Nativity Fast

(November 15 through December 24)

The Nativity Fast is one of the four Canonical Fasting Seasons in the Church year. This is a *joyous* fast in anticipation of the Nativity of Christ. That is the reason it is less strict than other fasting periods. The fast is divided into two periods. The 1st period is November 15th through December 19th when the traditional fasting discipline (no meat, dairy, fish, wine, and oil) is observed. There is dispensation given for wine and oil on Tuesdays and Thursdays. Similarly, fish, wine, and oil are permitted on Saturdays and Sundays. The 2nd period is December 20th through 24th when the traditional fasting discipline (no meat, dairy, fish, wine, and oil) is observed. There is dispensation given for wine and oil only on Saturday and Sunday during this period. Here are the guidelines:

Meat	Dairy	Fish	Wine	Oil
beef, chicken, pork, turkey, elk, veal, lamb, deer, rabbit, buffalo, and so forth	milk, eggs, cheese, butter, yogurt, cream, and so forth	fish with a backbone (not including shrimp, octopus, shellfish, squid, or other seafood.)	(some include all types of alcohol in this category)	(some include all types of oil in this category)
<b>Abstain.</b>	<b>Abstain.</b>	<b>Permitted</b> only on Saturdays and Sundays before December 20. (some permit fish Tuesdays and Thursdays also)	<b>Permitted</b> only on Tuesdays, Thursdays, Saturdays, & Sundays before December 20.	<b>Permitted</b> only on Tuesdays, Thursdays, Saturdays, & Sundays before December 20.

Abstinence includes refraining from the food and drink mentioned above, as well as from smoking. The Eucharistic Fast means abstaining from at least the previous midnight for communing at a morning Liturgy.

## The Purpose of Fasting

The purpose of fasting is to focus on the things that are above, the Kingdom of God. It is a means of putting on virtue in reality, here and now. Through it we are freed from dependence on worldly things. We fast faithfully and in secret, not judging others, and not holding ourselves up as an example.

Fasting in itself is not a means of pleasing God. Fasting is not a punishment for our sins. Nor is fasting a means of suffering and pain to be undertaken as some kind of atonement. Christ already redeemed us on His Cross. Salvation is a gift from God that is not bought by our hunger or thirst.

We fast to be delivered from carnal passions so that God's gift of Salvation may bear fruit in us.

We fast and turn our eyes toward God in His Holy Church. Fasting and prayer go together.

Fasting is not irrelevant. Fasting is not obsolete, and it is not something for someone else. Fasting is from God, for us, right here and right now.

Most of all, we should not devour each other. We ask God to "set a watch and keep the door of our lips."

## Do Not Fast

between December 25 and January 5 (even on Wednesdays and Fridays);

if you are pregnant or nursing a newborn;

during serious illness;

without prayer;

without alms-giving;

according to your own will without guidance from your spiritual father.



## **Philoptochos Poinsettia Order Form**

### **To Decorate Our Church**

Deadline for Orders: **Sunday, Nov 25th**

**\$15.00 x \_\_\_\_\_ = \_\_\_\_\_**

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

**Phone #:** \_\_\_\_\_

Please return forms to Lia Christakos

Make payment to: Saint Barbara Philoptochos Society

***Please Print Names***

**In Memory of:**

**For the Health of:**

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# Saint Barbara Greek Orthodox Church

## V. Rev. Archimandrite D. Stavroforos Mamaies

November 2018



*"Let us honor the Holy Martyr Barbara,  
for as a bird she escaped the snares of the enemy  
and destroyed them through the help and defense of the Cross."*

### Dear Reverend Fathers and Parishioners of our Neighboring Orthodox Parishes,

Just want to heighten your awareness that the Vespers and Divine Liturgy for Saint Barbara will be the first services officiated by Bishop Sebastianos as assistant to Metropolitan Alexios. Your help is needed to make the Bishop feel that his first encounter with our Northeast Conference of our Metropolis was successful. He needs to feel encouraged by our love and support. The way to do this is to have the church filled by all those who want to show that our new Bishop is welcomed to our Metropolis with open arms of well-wishers. Your presence will make him feel the excitement by this initial Hierarchical Encounter with the people, the faithful of our vicarship who with the great numbers in attendance proclaim their support of Him and His Ministry to us. Your presence will give our Bishop the gift of having his initial encounter with our Metropolis be one of memorable great joy and fulfillment. This initial meeting will help to formulate the foundation of this new relationship. Our love can only be expressed by our loving presence for one another. Let's show our bishop that he is going to be loved and will be valued and will be cherished and appreciated. Make your presence and love known by making every effort to attend the following services;

**Monday, December 3, 2018**  
**Hierarchical Great Vespers of Saint Barbara 7:00 pm**

**Tuesday, December 4, 2018**  
**Hierarchical Matins and Divine Liturgy for the Feast of Saint Barbara 9:00 am**

**"BE PART OF THE MIRACULOUS FIRST ENCOUNTER"**



Be Part of the History of our Atlanta Metropolis

*You are Invited to be at Bishop Sebastianos*

*First Hierarchical Service as Assistant to Metropolitan Alexios*

We Want You to Be with Us for these Historic Services:

**First Hierarchical Great Vespers for Bishop Sebastianos at Saint Barbara**

**Monday December 3<sup>rd</sup> at 7:00 pm**

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**First Hierarchical Feast Day Matins and**

**Divine Liturgy for Bishop Sebastianos**

**at Saint Barbara December 4<sup>th</sup> at 9:00 am**

*These Services Mark a New Beginning*

*For Bishop Sebastianos, our faithful, our Metropolis.*

*Be Part of the Miracle of the Encounter.*

## Stewardship Considerations for St. Barbara

Father Stavroforos has set a goal of 160 stewardship families for Calendar Year 2018. As of now, we have 152 stewards. That's only 8 families short of our goal! Can you help us reach our goal of 160 families? (Note: Stewardship operates on a calendar year not a rolling 12-month cycle)

### Important Facts About Stewardship



**\$860**

Cost to operate St. Barbara per day

St. Barbara gets no money from the Archdiocese or Metropolis. In fact, we've assessed approx. \$20,0000 /yr to support the Archdiocese



**\$1,100**

Average amount we need per steward



**\$800**

Average stewardship contribution



**\$300 short**

As you can see, our average stewardship contribution falls about

of what we need. Obviously, not everyone is in a position to give \$1,100 per year, so if you are able to give more, we encourage you to do so to help make St. Barbara more financially solvent.



The 2018 Angel Tree is in Place just outside our Bookstore.

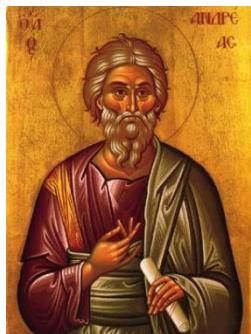
Please Sponsor a child by taking an Angel tag from the tree

And fill out the accompanying form on the Poster Board.

Please return the unwrapped gifts with the angel tag to the tree by Thursday December 6<sup>th</sup>.

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*Friday November 30 – Feast of Saint Andrew  
Matins & Divine Liturgy starting at 9:00 am*



*This Saint was from Bethsaida of Galilee; he was the son of Jonas and the brother of Peter, the chief of the Apostles. He had first been a disciple of John the Baptist; afterwards, on hearing the Baptist's witness concerning Jesus, when he pointed Him out with his finger and said, "Behold the Lamb of God, Which taketh away the sin of the world" (John 1.29,36), he straightway followed Christ, and became His first disciple; wherefore he is called the First-called of the Apostles. After the Ascension of the Saviour, he preached in various lands; and having suffered many things for His Name's sake, he died in Patras of Achaia, where he was crucified on a cross in the shape of an "X," the first letter of "Christ" in Greek; this cross is also the symbol of Saint Andrew.*

