



Saint Barbara Greek Orthodox Church
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News & Announcements
December 9, 2018

Tenth Sunday of Luke
Κυριακή 10η του Λουκα



- The Conception by St. Anna of the Most Holy Theotokos **12/9/2018**
- Hannah the Righteous, mother of Samuel the Prophet **12/9/2018**
 - Narses the Martyr of Persia **12/9/2018**
- The Consecration of the Church of the Resurrection (Holy Sepulchre) in the Holy City of Jerusalem **12/9/2018**

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

The righteous shall rejoice in the Lord.

Verse: Oh God, hear my cry.

The reading is from St. Paul's Letter to the Galatians (4:22-27)



Brethren, Abraham had two sons, one by a slave and one by a free woman. But the son of the slave was born according to the flesh, the son of the free woman through promise. Now this is an allegory: these women are two covenants. One is from Mount Sinai, bearing children for slavery; she is Hagar. Now Hagar is Mount Sinai in Arabia; she corresponds to the present Jerusalem, for she is in slavery with her children. But the Jerusalem above is free, and she is our mother. For it is written, "Rejoice, O barren one who does not bear; break forth and shout, you who are not in travail; for the children of the desolate one are many more than the children of her that is married."

Εὐφρανθήσεται δίκαιος ἐν Κυρίῳ.

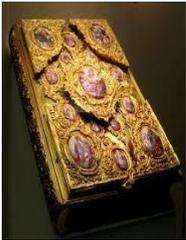
Στίχ. Εἰσάκουσον, ὁ Θεός, τῆς φωνῆς μου.

Πρὸς Γαλάτας Επιστολῆς Παυλοῦ τὸ ἀνάγνωσμα (4:22-27)

Ἀδελφοί, Ἀβραὰμ δύο υἱοὺς ἔσχεν· ἓνα ἐκ τῆς παιδίσκες, καὶ ἓνα ἐκ τῆς ἐλευθέρας. Ἄλλ' ὁ μὲν ἐκ τῆς παιδίσκες κατὰ σάρκα γεγέννηται, ὁ δὲ ἐκ τῆς ἐλευθέρας διὰ τῆς ἐπαγγελίας. Ἄτινά ἐστιν ἀλληγορούμενα· αὗται γάρ εἰσιν δύο διαθήκαι· μία μὲν ἀπὸ ὄρους Σινᾶ, εἰς δουλείαν γεννῶσα, ἣτις ἐστὶν Ἄγαρ. Τὸ γὰρ Ἄγαρ Σινᾶ ὄρος ἐστὶν ἐν τῇ Ἀραβίᾳ, συστοιχεῖ δὲ τῇ νῦν Ἱερουσαλήμ, δουλεύει δὲ μετὰ τῶν τέκνων αὐτῆς. Ἡ δὲ ἄνω Ἱερουσαλήμ ἐλευθέρα ἐστίν, ἣτις ἐστὶν μήτηρ πάντων ἡμῶν· γέγραπται γάρ, Εὐφράνθητι, στείρα, ἢ οὐ τίκτουσα· ῥῆξον καὶ βόησον, ἢ οὐκ ὠδίνουσα· ὅτι πολλὰ τὰ τέκνα τῆς ἐρήμου μᾶλλον ἢ τῆς ἐχούσης τὸν ἄνδρα.

The Sunday Gospel Reading

The Gospel According to Luke 13:10-17



At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

Ἐκ τοῦ Κατὰ Λουκᾶν Εὐαγγελίου τὸ Ἀνάγνωσμα 13:10-17

Τῷ καιρῷ ἐκείνῳ, Ἦν δὲ διδάσκων ἐν μιᾷ τῶν συναγωγῶν ἐν τοῖς σάββασι. καὶ ἰδοὺ γυνὴ ἦν πνεῦμα ἔχουσα ἀσθενείας ἔτη δέκα καὶ ὀκτώ, καὶ ἦν συγκύπτουσα καὶ μὴ δυναμένη ἀνακῦσαι εἰς τὸ παντελές. ἰδὼν δὲ αὐτὴν ὁ Ἰησοῦς προσεφώνησε καὶ εἶπεν αὐτῇ· γύναι, ἀπολέλυσαι τῆς ἀσθενείας σου· καὶ ἐπέθηκεν αὐτῇ τὰς χεῖρας· καὶ παρακρῆμα ἀνωρθώθη καὶ ἐδόξαζε τὸν Θεόν. ἀποκριθεὶς δὲ ὁ ἀρχισυνάγωγος, ἀγανακτῶν ὅτι τῷ σαββάτῳ ἐθεράπευσεν ὁ Ἰησοῦς, ἔλεγε τῷ ὄχλῳ· ἕξ ἡμέραι εἰσὶν ἐν αἷς δεῖ ἐργάζεσθαι· ἐν ταύταις οὖν ἐρχόμενοι θεραπεύεσθε, καὶ μὴ τῇ ἡμέρᾳ τοῦ σαββάτου. ἀπεκρίθη οὖν αὐτῷ ὁ Κύριος καὶ εἶπεν· ὑποκριτά, ἕκαστος ὑμῶν τῷ σαββάτῳ οὐ λύει τὸν βοῦν αὐτοῦ ἢ τὸν ὄνον ἀπὸ τῆς φάτνης καὶ ἀπαγαγὼν ποτίζει; ταύτην δέ, θυγατέρα Ἀβραὰμ οὖσαν, ἣν ἔδησεν ὁ σατανᾶς ἰδοὺ δέκα καὶ ὀκτὼ ἔτη, οὐκ ἔδει λυθῆναι ἀπὸ τοῦ δεσμοῦ τούτου τῇ ἡμέρᾳ τοῦ σαββάτου; καὶ ταῦτα λέγοντος αὐτοῦ κατησχύνοντο πάντες οἱ ἀντικείμενοι αὐτῷ, καὶ πᾶς ὁ ὄχλος ἔχαιρεν ἐπὶ πᾶσι τοῖς ἐνδόξοις τοῖς γινομένοις ὑπ' αὐτοῦ.

Today, December 9 The Conception of St. Anne

Reading

According to the ancient tradition of the Church, since Saint Anna, the Ancestor of God, was barren, she and her husband Joachim remained without children until old age. Therefore, sorrowing over their childlessness, they besought God with a promise that, if He were to grant them the fruit of the womb, they would offer their offspring to Him as a gift. And God, hearkening to their supplication, informed them through an Angel concerning the birth of the Virgin. And thus, through God's promise, Anna conceived according to the laws of nature, and was deemed worthy to become the mother of the Mother of our Lord (see also Sept. 8).

SAINT BARBARA LUNCHEON & CHILDREN'S CHRISTMAS PRESENTATION NEXT SUNDAY DECEMBER 16TH

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



December Religious Calendar

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

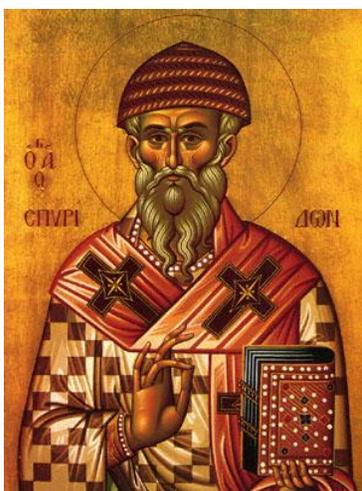
16 – 11th *Sunday of Luke* – 9 am

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



Wednesday December 12 – Feast of St. Spyridon – Matins & Divine Liturgy 9:00 am

Spyridon, the God-bearing Father of the Church, the great defender of Corfu and the boast of all the Orthodox, had Cyprus as his homeland. He was simple in manner and humble of heart, and was a shepherd of sheep. When he was joined to a wife, he begat of her a daughter whom they named Irene. After his wife's departure from this life, he was appointed Bishop of Trimythus, and thus he became also a shepherd of rational sheep. When the First Ecumenical Council was assembled in Nicaea, he also was present, and by means of his most simple words stopped the mouths of the Arians who were wise in their own conceit. By the divine grace which dwelt in him, he wrought such great wonders that he received the surname "Wonderworker." So it is that, having tended his flock piously and in a manner pleasing to God, he reposed in the Lord about the year 350, leaving to his country his sacred relics as a consolation and source of healing for the faithful.

About the middle of the seventh century, because of the incursions made by the barbarians at that time, his sacred relics were taken to Constantinople, where they remained, being honoured by the emperors themselves. But before the fall of Constantinople, which took place on May 29, 1453, a certain priest named George Kalokhairetes, the parish priest of the church where the Saint's sacred relics, as well as those of Saint Theodora the Empress, were kept, took them away on account of the impending peril. Travelling by way of Serbia, he came as far as Arta in Epirus, a region in Western Greece opposite to the isle of Corfu. From there, while the misfortunes of the Christian people were increasing with every day, he passed over to Corfu about the year 1460. The relics of Saint Theodora were given to the people of Corfu; but those of Saint Spyridon remain to this day, according to the rights of inheritance, the most precious treasure of the priest's own descendants, and they continue to be a staff for the faithful in Orthodoxy, and a supernatural wonder for those that behold him; for even after the passage of 1,500 years, they have remained incorrupt, and even the flexibility of his flesh has been preserved. Truly wondrous is God in His Saints! (Ps. 67:3 5)



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

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?

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)
Abstain.	Abstain.	Permitted only on Saturdays and Sundays before December 20. (some permit fish Tuesdays and Thursdays also)	Permitted only on Tuesdays, Thursdays, Saturdays, & Sundays before December 20.	Permitted 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.



Holiday Pastries Available

We have a limited number of Greek Pastry items for your Holiday Entertaining. Contact Joan Marinos to order your pastries for the Holidays. Pastries will be packaged as ordered. You may Pick up and pay for your order on Sunday, December, 2, 2018 or Sunday, December 9, 2018.

Phone 919-641-5599 or email joanmarinos@yahoo.com.

Baklava - 6 pieces for \$18.00

Assortment Boxes - Large - \$14.00

Small - \$10.00

Spanakopita \$20.00

Spinach Triangles \$20.00

Cheese Triangles \$20.00

Tsoureki - Holiday Bread \$12.00

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. \$20,000 /yr to support the Archdiocese



\$1,100

Average amount we need per steward



\$800

Average stewardship contribution

As you can see, our average stewardship contribution falls about



\$300 short

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.

IF THERE IS SNOW ON THE GROUND ON SUNDAY MORNING – SERVICES WILL BE CANCELLED



The National Weather Service has issued a winter storm watch for the western portions of the Triangle, including Durham and Orange counties. A developing winter storm is expected to spread precipitation across central North Carolina Saturday night through Monday with accumulating snow, sleet, and freezing rain. Potential shifts in the storm's track will impact the type and amount of accumulation. Currently, forecasts project several inches of snow accumulations in the Triangle combined with some ice accumulations. Gusty winds of 25-30 mph with snow/ice accumulation could also result in downed trees and power outages in the surrounding area.

we are projected to receive some snow and icy conditions within the next 24-48 hours.

To keep you and your homes safely secure from the plunging temps, we've included some tips below:

Take Care of Your Family

- In general, take extra care when walking or driving in the community – some areas may ice over quicker than others.
- Crank up the heat, pull out the blankets, stock up on water and food, and stay inside if at all possible.
- Make sure your phone and electronics are all charged up in case the power goes out.*
- If you need to step out, pile on the layers, and don't forget to bring along a hat, gloves, and winter-worthy shoes to help keep you from slipping on any icy spots.
- Keep pets cozy inside or consider bundling them up when taking them outside.
- Stay away from any frozen ponds or lakes, and please do not walk on any water surface that looks frozen.

Take Care of Your Home

- Let your faucets drip lightly to prevent pipes from freezing.**
- Open up cabinets below the kitchen and bathroom sinks to allow warm air to circulate around the water pipes.
- Make sure all windows and entry doors are shut tightly.
- Don't forget that space heaters and grills are fire hazards and should not be used inside your home.
- If you're planning to be away over the next few days, please keep us in the loop. Please leave your faucet dripping, and be sure to set your thermostat to at least 60 degrees. If you're already gone or know a neighbor is out of town, please let us know.
- If a pipe does break in your home or if water begins to seep inside, please call the service hotline at 864.263.2059.

Stay safe and warm – and reach out if you have any questions!

*If the power goes out, please reach out to Duke Energy: 1-800-777-9898.

**Once temps re-enter the non-freezing zone, make sure to turn faucets back off so we can save water!

