

PHILOPTOCHOS CORNER

St. Nicholas Greek Orthodox Church
3109 Scio Church Road
Ann Arbor, Michigan 48103

September 2018



SEPTEMBER NEWS BRIEFS

From Vangie . . .

Dear Ladies

As summer draws to a close, I hope you had an enjoyable summer. Okay, Ladies, I hope you are recharged and ready to begin another year of fellowship and events. Looking forward to seeing all of you at our first general meeting on September 12 at 6:30 p.m.

WE'RE STARTING UP AGAIN!

Bedpad Sewing Project

Come for good conversation and snacks while we sew these much-needed and much-appreciated colorful bedpads for the patients at Arbor Hospice.

We hope that you are able to join us on the third Tuesday of each month at 9:30 a.m. starting September 18 to resume our Bedpad Sewing project. All ladies of our parish are welcome!



MARK YOUR CALENDARS

- **Wednesday, September 12**
6:30 p.m.
Monthly Meeting and Dinner
A great evening is planned. Please join us!

- **Friday, September 14**

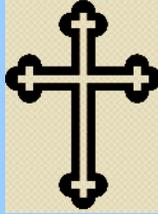
Elevation of the Venerable and Life-Giving Cross



- **Sunday, September 16**
Philoptochos Sunday
Coffee Hour
- **Tuesday, September 18**
9:30 a.m.
Bedpad sewing
- **Sunday, October 7**
Coffee Hour
Cancer Awareness Month

THE EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS

September 14



The Feast of the Universal Exaltation of the Precious and Life-Giving Cross is celebrated each year on September 14. The Feast commemorates the finding of the True Cross of our Lord and Savior Jesus Christ by Saint Helen, the mother of the Emperor Constantine.

BACKGROUND

In the twentieth year of his reign (326) the Emperor Constantine sent his mother Saint Helen to Jerusalem to venerate the holy places and to find the site of the Holy Sepulchre and of the Cross. Relying upon the oral tradition of the faithful, Saint Helen found the precious Cross together with the crosses of the two thieves crucified with our Lord. However, Saint Helen had no way of determining which was the Cross of Christ.

With the healing of a dying woman who touched one of the crosses, Patriarch Macarius of Jerusalem identified the True Cross of Christ. Saint Helen and her court venerated the Precious and Life-Giving Cross along with many others who came to see this great instrument of Redemption.

The Feast is an opportunity outside of the observances of Holy Week to celebrate the full significance of the victory of the Cross over the powers of the world and the triumph of the wisdom of God through the Cross over the wisdom of this world.

This Feast also gives the Church an opportunity to relish the full glory of the Cross as a source of light, hope, and victory for Christ's people. It is also a time to celebrate the universality of the work of redemption accomplished through the Cross: the entire universe is seen through the light of the Cross, the new Tree of Life which processes nourishment for those who have been redeemed in Christ.

RECIPE OF THE MONTH



CRISPY PARMESAN GARLIC CHICKEN

- 2 chicken breasts, sliced in half, or 4 thin chicken breasts
 - 8 tablespoons butter or olive oil, divided
 - 1/4 cup Italian bread crumbs
 - 1/2 cup plus 1 tbsp. grated parmesan, divided
 - 1/4 cup flour
 - 2 medium zucchini, sliced
 - 2 garlic cloves, minced
- Heat 4 tbsp. olive oil/butter in large skillet over medium heat
- Place 2 tablespoons olive oil/butter in a shallow dish
- In small bowl combine bread crumbs, parmesan cheese, and flour
- Dip chicken in the butter/oleo and the coat in the bread crumb mixture; place in skillet
- Cook each side until outside is crispy and is cooked throughout. Set aside on plate
- Add 2 tbsp. olive oil/butter to the skillet and saute minced garlic for a minute
- Add the zucchini and saute until tender
- Salt and pepper to taste and add 1 tbsp. parmesan
- Add the chicken and heat for a minute or so and serve while still hot to maintain crispiness

Seven Days of INSPIRATION!



DAY 1

Something wonderful happens every day

DAY 2

Today always counts more than yesterday

DAY 3

One of life's greatest gifts is you!

DAY 4

There is always good to focus on

DAY 5

*You have buried treasure within you
Look inside and see it sparkle*

DAY 6

A grateful heart holds happiness

DAY 7

Positivity! It's the real superpower!





HOMEMADE CLEANERS

These cleaners use simple ingredients from your pantry. Homemade cleaners are healthier for your family and for the environment. You'll save \$\$, too!

DIY Drain Cleaner

This is a tried-and-true drain cleaner that is eco-friendly—and it really works!

1/4 cup baking soda
1/4 cup salt
1/4 cup cream of tartar
2 cups boiling water

- Mix dry ingredients; pour down clogged drain
- Pour boiling water and let sit for 1 hour
- Rinse with cool water
- Still clogged? Repeat and then plunge if needed

Why does it work? The salt and baking soda work together to help scour pipes and break up buildup; cream of tartar naturally cleans metals

CLEANING WINDOWS

Mix 50% vinegar and 50% water in spray bottle

SHOWERHEAD DEPOSITS

Pour white vinegar into a plastic bag and tape to the shower head. Leave overnight. Brush the showerhead to remove remaining deposits

CUTTING BOARDS

Rub lemon juice onto the stains and let it work until the stains are gone. The lemon will also disinfect the board at the same time

--diynetwork.com

FOCUSING ON YOU!

Sometimes we get so wrapped up in our daily lives that we tend to forget about taking care of ourselves. Here are a few tips that will help you to de-stress and relax:

TAKE A TECH TIME-OUT!

Spend 15 minutes alone daily doing anything that doesn't involve a cell phone, tablet, or computer. If you feel stressed out, take a quiet, tech-free break each day to daydream, for example, to pray, or to catch up on reading.



These activities have been found to lead to more contentment and relaxation. It works because unplugging electronics and enjoying some peaceful alone time "deactivates" negativity by reducing activity in emotion-regulating areas of the brain.

CHIT-CHATTING!



Continually challenging your brain with puzzles or by taking classes is one way to keep your memory sharp. But there's another even easier way: Just join friends for coffee, shopping, or walking—or simply chat with them over the phone—as often as you can.

Socializing exercises your brain, keeping your neurons biologically younger than your actual age.

--*Personality and Social Psychology Bulletin*

FIVE-MINUTE WORKOUT!

If you can't fit in 30 minutes of aerobic exercise each day, try fitting in half that amount. No time for even 15 minutes? Try three 5-minute sessions.

Even small amounts of exercise boost the nervous system and blood vessel function while reducing inflammation—factors that preserve all-over health.