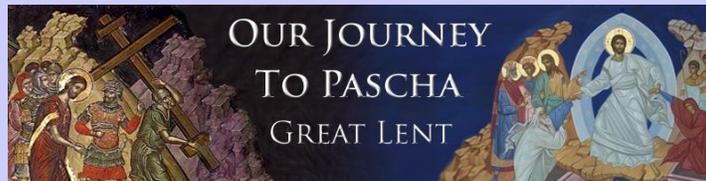


PHILOPTOCHOS CORNER

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

March 2018



Μεγάλη Σαρακοστή Great Lent

MARCH NEWS BRIEFS

Let us remember the meaning of Great Lent as we move closer to Holy Easter on April 8.

Vangie's Challenge

Our Lenten Challenge this year is to collect clothing that will be donated to the Ann Arbor Thrift Shop. They do accept used items for ladies, men, and children. The clothing is then distributed to the homeless by the Thrift Shop.

Select one item of clothing from your closet for each of the 40 days, and bring your items to our April 11 meeting. Many families in our area are in need so please do what you can to help them. Thank you!

Membership Reminder!

Your 2018 Philoptochos membership is due soon. If you aren't certain that you have paid, please contact Joy.

DATES TO REMEMBER

WEDNESDAY, MARCH 7

Orthodox Student Dinner—6:30 p.m.
following Presanctified Liturgy



THURSDAY, MARCH 15

Meeting at 7:00 p.m.

SATURDAY, MARCH 17

"Zoe for Life"

Think Tank Retreat—11 a.m.-2 p.m.
here at St. Nicholas
Lenten lunch provided

SATURDAY, MAY 5

Women's Expo and Spring Flower Pickup
10 a.m.-3 p.m.



THE SUNDAYS OF GREAT LENT

The Sunday of Orthodoxy is the First Sunday of Great Lent. The dominant theme of this Sunday since 843 has been that of the victory of the icons. In that year, the iconoclastic controversy, which had raged on and off since 726, was finally laid to rest, and icons and their veneration were restored on the first Sunday in Lent. Ever since, this Sunday has been commemorated as the “Triumph of Orthodoxy.”

Sunday of Saint Gregory Palamas. On the Second Sunday of Lent, the Orthodox Church commemorates our Holy Father Gregory Palamas, Archbishop of Thessalonica, the Wonderworker. The feast day of Saint Gregory Palamas is November 14; however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teachings by the Church in the 14th century was acclaimed as a second triumph of Orthodoxy.

Sunday of the Veneration of the Holy Cross. On the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross which prepares the faithful for the commemoration of the Crucifixion during Holy Week.

Sunday of St. John Climacus. On the Fourth Sunday of Holy Lent, the Orthodox Church commemorates our Righteous Father John Climacus. He is called Climacus due to his authorship of the great spiritual work, “The Ladder of Divine Ascent.” His commemoration is designated by the Church on one of the Sundays of Lent as his life and writings affirm

him as a supreme bearer and proponent of Christian asceticism. The ascetic example of this great Saint of the Church inspires us in our Lenten journey.

Saint Mary of Egypt. Saint Mary has, for a great many souls crushed under the burden of sin, become a source of hope and conversion. This is why the Holy Fathers have placed the celebration of her memory at the end of the Great Fast as an encouragement for all who have neglected their salvation, proclaiming that repentance can bring them back to God even at the eleventh hour.

* * *

The Akathist Hymn. The Akathist Hymn is a profound, devotional poem which sings the praises of the Holy Mother and Ever-Virgin Mary. It is one of the most beloved services in the Orthodox Church. It was composed in the imperial city of Constantinople by St. Romanos the Melodist, who reposed in the year 556. The Akathist Hymn has proven so popular in the liturgical life of the Church that many other hymns have been written following its format including Akathists to Our Lord and Savior Jesus Christ.

--www.goarch.org

“O Lord and Master of my life! Take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. But give, rather, the spirit of chastity, humility, patience, and love to Thy servant. Yes, O Lord and King! Grant me to see my own errors and not to judge my brother for Thou art blessed unto ages of ages. Amen.”

*--Prayer of St. Ephrem of Syria
A prayer read during the weekdays of the Great Fast*

LENTEN RECIPES

LENTEN KOULOURAKIA



1/2 C oil—vegetable or canola
1/2 C sugar
1/2 C orange juice
1 tsp. baking powder
1/2 tsp. cinnamon
Pinch of clove
2- 2 ½ C flour

- Sift flour, baking powder, spices and set aside
- Beat sugar and oil
- Add orange juice a little at a time
- Gradually add flour mixture

Shape and bake at 350 for 20 minutes
Makes 2 dozen



“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face so that it will not be obvious to others that you are fasting but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

--Matthew 6: 16-34

FASOLADA



1/2 lb. dried white beans (Great Northern/ Navy)
5 cups water
1/4 C olive oil
1 small onion, diced
1/2 C chopped celery
1 bay leaf
1 8-oz. can diced plum tomatoes, undrained
1 tbsp. tomato paste
Salt, pepper to taste

- Soak beans overnight
- Rinse and bring beans to boil, turn off heat, cover, and soak for 1 hour
- Drain and rinse beans in cold water
- Saute onion and celery in olive oil
- Add to water and bring to a boil
- Reduce heat, cover and simmer until beans are tender, about 1 hour
- Add tomatoes, tomato paste, and bay leaf
- Simmer uncovered for 30-45 minutes so soup will thicken a bit. Makes 3-4 servings

Καλή Σαρακοστή



*May your troubles be less
and your blessings be more
and nothing but happiness
come through your door*

Fellowship Hour

Our ladies hosted the February 18 coffee hour following The Divine Liturgy in recognition of American Heart Month.

Many thanks to Stacey Garris for chairing the coffee hour and to those who donated and contributed to its success.



Women's Expo 2018

This year's Women's Expo is the result of an overwhelming success during our first year in 2017.

Many visitors who attended asked if we would be hosting another one this year . . . so here we are!

Co-chairs Elaine Karam and Cerene Boudrie have arranged for many returning vendors and some new ones including *clothing, jewelry, children's books, accessories, cooking and bakeware items, doll clothes, Greek olive oils and olives, arts and crafts, cosmetics and skin care, essential oils, baked goods and much more* just in time for your Mother's Day shopping! Our own Jennifer Patselas, professional photographer, will be participating for the day.

Proceeds will go to our Chapter Challenge, "Creating Brighter Futures", a family-based autism clinic in Ann Arbor to help create an outdoor play space.

Spring Flower Sale!

Before we know it, spring will be here so please keep our Spring Flower Sale in mind.

We had many rave reviews last year regarding the outstanding quality of the flowers, and we will be purchasing from the same supplier this year so please let your friends, family, and neighbors know about our sale.

Forms are available on the information racks in the hallway and are due on April 29 with delivery on May 5 during the Women's Expo—one week before Mother's Day so order from our Flower Sale and avoid the stress of shopping for Mother's Day!

Questions? Contact Carolyn Roopas at ccroopas@gmail.com or 734-395-8216.



"SPRING IN TOWN"

The country ever has a lagging Spring waiting for May to call its violets forth and June its roses—showers and sunshine bring slowly, the deepening verdure o'er the earth to put their foliage out, the woods are slack and one by one the singing birds come back

Within the city's bounds the time of flowers comes earlier. Let a mild and sunny day such as full often for a few bright hours breathes through the sky of March, the airs of May shine on the roofs and chase the wintry gloom and lo! Our borders glow with sudden bloom

--William Cullen Bryant