

THE CROSS+ROADS

INSIDE THIS ISSUE:

<i>Dec & Jan Sundays</i>	2-3
<i>Acolyte Schedule</i>	2
<i>Epistle Readers</i>	
<i>Through the Bible A—Z</i>	3
<i>Registry / Announcements</i>	4
<i>Church, Club & Community News</i>	5-6
<i>GOYA Basketball</i>	7
<i>Centurion Campaign</i>	9
<i>PC Minutes</i>	10
<i>Calendar</i>	11

Hi-Lites

- Saint Barbara—
December 4
- Saint Nicholas—
December 6
- Saint Basil—
January 1
- Theophany—
January 6
- Pick Up
Vasilopita Bread—
Dec 11
- AHEPA Super
Bowl Party—Feb
5

† FROM FATHER GEORGE

BLESSED IS THE NATION WHOSE GOD IS THE LORD

We all took history classes during our scholastic years. Many are not too crazy about the study of history, I for one love to study history. Reading about historical events, feeling and imagining what took place in the early days wondering what conversations were held, what people thought just to name a few, makes you feel the passion that was had by many and unfortunately the hardness of heart of others.

The events of the past few weeks show a divided nation. Our Country is in transition, but did any of us think that there would not be a period of transition following the results of November 8th? As citizens of this great Country and the people across the world, we all knew that there would be a President-Elect, members of the House of Representatives and the Senate would be elected and that the functioning of our Nation and World would go on.

In the Book of Psalms, Psalm 33:12 says the following "Blessed is the Nation whose God is the Lord". Applying the practice of exegesis, we see in these words that our Creator is also the Lord of historical events. As Orthodox Christians, we pray for the President of our Country and all those in public service during the celebration of the Divine services. Party affiliation has no barrier in the offering of these prayers.

Let each one of us continue to pray for our leaders and the leaders of other countries as well, praying that the chosen will embark on their duties with compassion for all people and let us ask God to continue to look down from the heavens with love, interest and offer us His most high and powerful protection.

May the New Year of 2017 be one of happiness for all of us, a healthy physical and spiritual year focused on Jesus Christ and His Holy Church.

THE NATIVITY OF OUR LORD



The incomprehensible and inexplicable Nativity of Christ came to pass when Herod the Great was reigning in Judea; the latter was an Ascalonite on his father's side and an Idumean on his mother's. He was in every way foreign to the royal line of David; rather, he had received his authority from the Roman emperors, and had ruled tyrannically over the Jewish people for some thirty-three years. The tribe of Judah, which had reigned of old, was deprived of its rights and stripped of all rule and authority. Such was the condition of the Jews when the awaited Messiah was born, and truly thus was fulfilled the prophecy which the Patriarch Jacob had spoken 1,807 years before: "A ruler shall not fail from Judah, nor a prince from his loins, until there come the things stored up for him; and he is the expectation of the nations" (Gen.49:10).

(Continued on page 7)



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

Glory Be To God

**Saints Constantine & Helen
Greek Orthodox Church
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Parish Council

Barry Hendricks, President

Barbara France, V.P.

Joanna Vallas, Treasurer

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John Siokis

Harry Fotiou

Alex Constantine

John Williams

Church Secretary

Sylvia Marcin

Archdiocese on the web
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DECEMBER & JANUARY SUNDAYS

Apolytikion for Saints Constantine & Helen, Equal-to-the Apostles in the Plagal of the Fourth Tone

Having seen the image of Thy Cross in Heaven, and like Paul, having received the call not from men, Thine apostle among kings entrusted the commonwealth to Thy hand, O Lord. Keep us always in peace, by the intercessions of the Theotokos, O only Friend of man.

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλήσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεύσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσαν πόλιν τῆ χειρὶ σου παρέθετο ἦν περιῶζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβειῆς τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

DECEMBER 4 EPISTLE READING St. Paul's Letter to the Galatians 3:23-29; 4:1-5

GOSPEL READING Luke 13:10-17

WISDOM OF THE FATHERS

So great an evil is envy. For not against strangers only, but even against our own, is it ever warring. St. John Chrysostom, Homily 40 on Matthew 12, 4th Century

HYMNS OF THE DAY

Resurrectional Apolytikion in the Grave Mode

Thou didst abolish death by Thy Cross; Thou didst open Paradise to the thief; Thou didst transform the myrrh-bearers' lamentation, and didst bid Thine Apostles to preach that Thou art risen, O Christ God, granting great mercy to the world.

Apolytikion for Great Martyr Barbara in the Fourth Mode

Let us honour Saint Barbara, for she hath broken the snares of the enemy; and like a sparrow, she, the all-modest maiden, was delivered out of them by the help and weapon of the Cross.

Seasonal Kontakion in the Third Mode

On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the glad-some tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.

SAINTS AND FEASTS COMMEMORATED 10th Sunday of Luke

ACOLYTES

DEC 4 & 25; JAN 15

Team A

Jorgie Polyzos

Yianni Tsimplekis

James St. Martin

Dean Peri

DEC 11; JAN 1 & 22

Team B

Ethan Detweiler

Anthony Capobianco

Cris Campbell

Soterios Tofalli

Kyprianos Tofalli

DEC 18; JAN 8 & 29

Team C

Hayden Hendricks

Georgios Haramis

Christos Konstantinou

Christopher Myers

EPISTLE READERS

December 4:

Nelson Towns

December 11:

George Haramis (GOYA)

December 18:

Sylvia Marcin

December 25:

Open

Please contact

Barry Hendricks if you are interested in reading the Epistle during the Sunday Divine Liturgy.

bhendricks@cox.net

PARISH MINISTRIES & ORGANIZATIONS

Philoptochos

Trish Demson, President

Religious Education

Viola Nicholls Allen, Director

Greek School

Paula Tofalli, Aphrodite Christopoulos

Youth Ministry

Stephanie Peri and Kent Paumier, Advisors

Acolytes

Barry Hendricks, Director

JOY/HOPE

Helen Micha, Director

Greek Orthodox Youth Association (GOYA)

Fofi Gouletas, President

Kent Paumier, Advisor

Young Adult League (YAL)

Anastasia Theodorogiannis, President

Golden Hearts

Helen George, President

Order of AHEPA

Nick Matthews, President

Daughters of Penelope

Joanna Vallas, President

Hellenic Womens Penelope Society

Marika Anthony, President

Hellenic Youth Dancers

Bobby Garofalis, Director

Barbara the Great Martyr

Saint Barbara was from Heliopolis of Phoenicia and lived during the reign of Maximian.

She was the daughter of a certain idolater named Dioscorus. When Barbara came of age, she was enlightened in her pure heart and secretly believed in the Holy Trinity. About this time Dioscorus began building a bath-house; before it was finished he was required to go away to attend to certain matters, and in his absence Barbara directed the workmen to build a third window in addition to the two her Father had commanded. She also inscribed the sign of the Cross with her finger upon the marble of the bath-house, leaving the saving sign cut as deeply into the marble as if it had been done with an iron too. (When the Synaxarion of Saint Barbara was written, the marble of the bath-house and the cross inscribed by Saint Barbara were still preserved, and many healings were worked there.) When Dioscorus returned, he asked why the third window had been added; Barbara began to declare to him the mystery of the Trinity. Because she refused to renounce her faith, Dioscorus tortured Barbara inhumanely, and after subjecting her to many sufferings he beheaded her with his own

hands, in the year 290.

John the Righteous of Damascus
Alexander Hotovitzky, New Hieromartyr of Russia, Missionary to America

DECEMBER 11**EPISTLE READING**

St. Paul's Letter to the Colossians 3:4-11

GOSPEL READING

Luke 14:16-24

WISDOM OF THE FATHERS

This parable ... proclaims beforehand both the casting out of the Jews, and the calling of the Gentiles; and it indicates together with this also the strictness of the life required, and how great the punishment appointed for the careless St. John Chrysostom, Homily 69 on Matthew 22, 4th Century

HYMNS OF THE DAY

Resurrectional Apolytikion in the Plagal Fourth Mode

From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

Apolytikion for 11th Sun. of Luke in the Second Mode

By faith didst Thou justify the Forefathers, when through them Thou didst betroth Thyself aforetime to the Church from among the nations. The Saints boast in glory that from their seed there is a glorious fruit, even she that bare Thee seedlessly. By their prayers, O Christ God, save our souls.

Seasonal Kontakion in the Third Mode

SAINTS AND FEASTS COMMEMORATED

11th Sunday of Luke

Leontios the Righteous of Monemvasia

Daniel the Stylite of Con-

stantinople

Luke the New Stylite of Chalcedon

Holy Martyrs Ascepsia and Aethal

DECEMBER 18**EPISTLE READING**

St. Paul's Letter to the Hebrews 11:9-10; 32-40

GOSPEL READING

Matthew 1:1-25

WISDOM OF THE FATHERS

Great indeed was the faith of Abraham. . . It was necessary to go beyond human reasoning. . . to manifest also something more. St. John Chrysostom, Homily XXV on Hebrews XI, 1,2. translation found in The Bible and the Holy Fathers for Orthodox, Monastery Books, St. Vladimir's Seminary Press, Crestwood, NY 2003, p. 955., 4th Century

HYMNS OF THE DAY

Resurrectional Apolytikion in the First Mode

When the stone had been sealed by the Jews and the soldiers were guarding Thine immaculate Body, Thou didst arise on the third day, O Saviour, granting life unto the world. Wherefore, the powers of the Heavens cried out to Thee, O Lifegiver: Glory to Thy Resurrection, O Christ. Glory to Thy Kingdom. Glory to Thy dispensation, O only Friend of man.

Apolytikion for Sun. before Nativity in the Second Mode

Great are the achievements of faith! In the fountain of flame, as by the water of rest, the Three Holy Children rejoiced. And the Prophet Daniel proved a shepherd of lions as of sheep. By their prayers, O Christ our God, save our souls.

Seasonal Kontakion in the Third Mode.

THROUGH THE BIBLE A—Z

You are to go forth to your work and labor until evening – Psalm 104:23

You are to speak what He tells you to speak – Jeremiah 1:7

You are without excuse since you clearly see God's invisible attributes – Romans 1:20

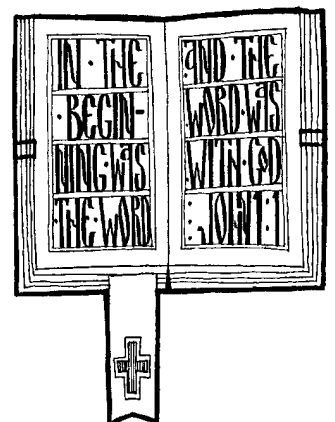
You can do all things through Jesus who strengthens you – Philippians 4:13

You cannot partake of the table of the Lord & of the table of demons – 1 Cor.10: 21

You did not choose Jesus first but He chose you – John 15:16

You do not have authority over your body but your spouse does – 1 Cor. 7:4

You exist for Him, one Lord Jesus Christ, by whom all things are and you exist through Him – 1 Cor. 8:6



(Continued on page 7)

CHURCH REGISTRY / ANNOUNCEMENTS

40-DAY BLESSING:

The infant daughter of **Michael and Ioanna Lapenna** received her 40-day blessing in our Church, November 22. May the blessings of our Church be with the newly-churched infant, her parents, grandparents and her entire family.

BIRTHS:

Our sincere congratulations and best wishes to **Danna & Voula Carrier** on the birth of their daughter, October 19. Maternal grandparents **Elias & Zoe Doulg-erakis**.

Our sincere congratulations to **Alex & Christina Constantine** on the birth of their daughter, November 9. **NA SAS ZISOUN!!!!!!!**

BAPTISMS:

The infant son of **George & Amy Jango** was baptized in our Church, October 19 and given the name **Noah** by his godparent **Marin Jango**. Our best wishes to the newly-baptized infant and our sincere congratulations to his parents, grandparents, godparents and his entire family.

The infant daughter of **Mike & Kia Korkorelis** was baptized in our Church, November 19 and given the name **Suzanna Maria** by her godparents, **George & Colette Garofalis**. Our best wishes to the newly-baptized infant, and our sincere congratulations to her parents, grandparents, great-grandparents, godparents and her entire family.

The infant son of **Robert & Diane Pearce** was baptized in our Church, November 19 and given the name **William Michael** by his godparents, **George & Colette Garofalis**. Our best wishes to the newly-baptized infant, his parents, grandparents, great-grandparents and his family. **NA SAS ZISOUN!!!!!!!**

WEDDING:

Our sincere congratulations and best wishes to **Vasilios & Maria Ringas** whose marriage was solemnized in our Church, November 27. **Ms. Maria Poullmenos** served as the koumbara. **NA ZISETE!!!!!!**

ILL AND NEEDING OUR PRAYERS:

We continue to pray for the quick and complete recovery for our friends and fellow parishioners who have been ill and/or recently hospitalized. **Arthur Gemenis, Angie Karatsikis, Cynthia & Brian Kilough, Sylvia Matthews, and Angie Stasinios**.

PERASTIKA SAS!!!!!!!

DEATHS:

Our sincere condolences to the family of **Evelyn May Krisik** who died October 21. The late **Evelyn May Krisik** was the mother of our parishioner **Jay Krisik**.

MAY HER MEMORY BE ETERNAL!!!!!!! THANK YOU

Sylvia Matthews and family thank all who prayed, sent cards, flowers, their visits while she was at MCV. Sylvia is now recovering back at the Masonic Home of VA, 500 Masonic Lane # 74 Richmond, VA 23223. Her phone # is 804 652-1906.—**Nick & Kathy Matthews**.

We send best wishes to **Matina Mimikos** who has moved to St. Michael's Home. Her address is: St. Michael's Home, 3 Lehman Terrace, Yonkers, NY 10705-3630, (914) 476-3374.

It's not normal for me to write a letter of appreciation to our church organization, but what I experienced on Sunday during the ceremony leaves me feeling compelled to do so. On behalf of my family, I want to express our sincerest appreciation for the assistance offered to my sister in her time of need. It's been said that it's often darkest before the dawn, and we thank God for each of you and your willingness to shine your light of assistance. God's love and peace was offered through each of you that morning, and for that my family and I are thankful. I am pleased and proud to have such a wonderful church full of God's love. Kindness pays most when you aren't required to pay for it.—**Sam Khoshaba**.

ATTENDANCE

November 6	172
November 13	114
November 20	118
November 27	138
Nov 2016 Ave	135
Nov 2015 Ave	139
YTD 2016 Ave	138
YTD 2015 Ave	145

REMINDER

Pick up Vasilopita Bread Orders at the Hellenic Center on Sunday, December 11th

Koliva

If you would like to purchase Koliva for memorials, you may contact:

Helen George 251-6155
Anastasia Savrides 595-1581
Athena Savvas 599-8455

Cross+Roads

CHURCH EMAIL LIST

Subscribe to the church email list for monthly links to the Cross+Roads and important church announcements at:

www.schgochurch.va.goarch.org

DEADLINE

Please email information no later than the 20th day of the month to Nick Viattas nvlattas@hewv.com

CHURCH, CLUB AND COMMUNITY NEWS

PHILOPTOCHOS:

Our **Vasilopita Baking** time is upon us, ladies. **REMEMBER**, this is our biggest and most profitable project, so do make every effort to be available to help. We need everyone's time and talent, and we know we have many talented and hard-working members. Baking dates are: **December 5, 6 and 7**. See you there and many, many thanks for you devotion and hard work for **Philoptochos**. Our **Vasilopita Luncheon**

is **January 8**. Once again we need and ask for your time and talent. Mark this date on your calendar.

Our **AOK** project is progressing beautifully. Many of our members are involved in this project, and, along with several people both from within and without our Parish Community, visit the patients receiving chemotherapy infusions at **Virginia Oncology** every Monday of every month bringing to them a light lunch and much appreciated cheer. As mentioned before, if you wish to become part of this worthwhile project, please, do contact **Ellie Costulis, 833-8181 (C383-3080)** and let her know you wish to help.

Our commitments to the **National Ministry** for December and January are: A contribution to the **United Nations International Children's Emergency Fund (UNICEF)** which benefits the **United Nations Children's Emergency Fund: A** contribution to **General Medical Fund** which provides financial resources for individuals in need of assistance not specifically covered by other restricted National Fund Programs. Contributing to the **Vasilopita Project**, the proceeds of which benefit **Saint Basil Academy**; a contribution to the **Social Services (Cancer**

& other Major Illnesses Fund) which provide outreach, support and financial assistance to those in need.

Our December meeting will be **Monday, December 12**. **Place and time to be announced.**

PHILOPTOCHOS WISHES A MERRY CHRISTMAS AND A BLESSED NEW YEAR TO OUR MEMBERS, OUR FELLOW PARISHIONERS AND TO EVERYONE EVERYWHERE.

DAUGHTERS OF PENELOPE:

On Sunday, November 20, the **Daughters** observed **Founders Day** by enjoying a lunch and being in each other's company at **Schooners**. **The Daughters of Penelope** was founded **November 16, 1929** by **Alexandra Apostolides Sonnenfeld**.

December 3 is the date for our **Ellie Kai Fashion and Champagne Brunch**. Please, mark your calendar and join us **Saturday, December 3 at 10:00 am in the AHEPA FAMILY HOME**. Fashions will be presented by **Ms. Alexis Galoozis**, representing the **Ellie Kai Label**. Tickets are \$25.00 a person and can be purchased on Sundays, during the coffee hour or by contacting any member of the **Daughters**.

Sister Kathy Matthews continues to take items of personal grooming, cleaning and baby-needs to various shelters throughout the area. Do remember to be bringing these items to our regular meeting so that **Kathy** may take them to the shelters that need them.

Zoe Marcopoulos, Athena Markos, Joanna Vallas along with other members of the

Daughters are making **spanakopites and tyropites**, which sell for **\$25.00 a pan of spanakopita and \$20.00 a**

pan of Tyropita. They would be an excellent and delicious addition to your Holiday fare. Contact any of the above-mentioned ladies or any member of the **Daughters** to purchase any of these items.

The second mandatory project set by the National and to which we are committed to contribute is the **Penelope's Place Family Violence Center** which is a collaboration between the **Daughters of Penelope** and **Health Imperatives**. It is a 24/7 emergency residence in the city of Brockton, MA for women and children fleeing domestic violence. **Penelope's Place** provides a safe place for healing from the trauma of domestic violence.

Each resident is assigned to a primary staff person who works with the resident and her family to develop goals to achieve self-sufficiency upon leaving **Penelope's Place**. Services provided include counseling, housing, legal and medical advocacy, life skills, parenting skills and job coaching. In addition, children receive services from a specialized child therapist. **Penelope's Place** can accommodate up to five families at any time.

Our December meeting will be **Thursday, December 8 at the AHEPA FAMILY HOME, starting at 6:30 pm**. Remember, this is our Christmas meeting. We're looking forward to the delicious desserts that our sisters will be bringing.

MERRY CHRISTMAS AND A HAPPY AND HEALTHY NEW YEAR TO ALL OF YOU FROM ALL OF US, DAUGHTERS OF PENELOPE.

ORDER OF AHEPA

On Thursday, December 8, 2016, our monthly meeting will be preceded by a 6:30pm

dinner with the **Daughters of Penelope**. Instead of the normal dinner fee, a donation to our church's **Port Project (Homeless Program)** will be appreciated. The meeting will be followed by the **AHEPA FAMILY Christmas Party**.

In the Christmas spirit, our chapter will be donating \$500 to the **Daily Press Holiday Fund** as well as participating in the **G.O.Y.A. Giving Tree Program**.

On Sunday, February 5, 2017, the entire community is invited to the **Super Bowl Party** at our **AHEPA FAMILY CENTER**. Come and watch the Super Bowl on our wide-screen TV. Refreshments will include heavy hors d'oeuvres, an assortment of snacks, soft drinks and adult beverages. Obtain your tickets in advance from an AHEPAN for only \$10 per person!

The **AHEPA'S AGORA MARKET** continues to offer a variety of Greek pantry items for your family. Please come to the **AHEPA FAMILY CENTER** and stock up for all of your holiday needs! Items include feta, kasseri, olive oil, Kalamata olives, dolmades, tarama, filo, Greek coffee, etc. Hours of operation are Monday, Wednesday and Friday from 10am to 1pm and on Sundays immediately following the Divine Liturgy. All proceeds benefit AHEPA's general and philanthropic programs.

Our chapter will once again award **college scholarships** during the Spring of 2017. Applicants for scholarships must be either a son or daughter of a member of the AHEPA Chapter #241 or the **DAUGHTERS OF PENELOPE** Chapter #337. Furthermore, each applicant must be a high

(Continued on page 6)

CHURCH, CLUB AND COMMUNITY NEWS

(Continued from page 5)

school graduating senior or a college freshman, sophomore, or junior. Applications will be available at the AHEPA FAMILY CENTER located at 62 Traverse Road on Monday through Saturday and on Sundays immediately following the Divine Liturgy. Applications will become available beginning January 2, 2017. **Each submitted application must be postmarked on or before April 1, 2017.**

Our entire membership extends best wishes to everyone in the Hellenic community, wishing you the blessings of **Peace, Love and Joy** this Christmas and a **Healthy New Year!**

HELLENIC WOMAN'S PENELOPE SOCIETY

The Hellenic Woman's Penelope Society (HWPS) will hold its **Christmas Celebration** on **Thursday, December 1st at 6:00 pm** at the Hellenic Center. Mesdames **Marika Anthony, Ifigenia Ikononou, Helen Siokis and Helen Vaughn** will serve as hostesses.

After an enjoyable social hour, we will welcome the Christmas season with a **Christmas rendition** by the

Hampton Roads Academy Vocal Ensemble under the direction of **Musical Director Mrs. Robin Steinberger.**

We will also share the Christmas spirit with a representative from the **Menchville House**, who will be our guest to receive our Christmas gifts for the residents of the shelter for abusive women and their families. **Each member is kindly asked to bring a toiletry item to be placed in the large Christmas decorated box(es), which we will present to the Menchville House** for distribution to its members. **More specific information and a wish list will be sent to all our members via e-mail or telephone.**

Our annual **Fall Bake Sale**, which was held in the Hellenic Center, was a great success. **The proceeds from this bake sale will go toward the final purchase of 50 banquet chairs, thus bringing the total of 400 elegant banquet chairs, which we gifted to the Hellenic Center, to be rented for additional income.** Our sincerest appreciation to our **core members and friends who came forward and made the delicious Greek pastries for which we are famous for.**

The 2013 Revised Edition

of our cookbook, **Culinary Gifts from the Greeks**, makes a beautiful gift for Christmas. **The Christmas-wrapped books will be on sale in the Hellenic Center during the social hour every Sunday until Christmas.** Please call **Marika Anthony or Tessie Dakis** for additional information.

Our wonderful anonymous donor, who a year and a half ago loaned us \$3,000, which we paid off in due time, to purchase the previous order of 50 chairs, has once again come forward in a most gracious manner and offered to loan us the balance we need to pay off the last payment. Words cannot adequately express our gratitude and appreciation for her abundant love of our society. **We love her and pray to the Lord for His blessings upon her and her family. We hope to be able to pay off this loan as expeditiously as possible.**

Our January, 2017 meeting will be held on **Thursday, January 12, 2017 (Second Thursday) at 6:00 pm** at the Hellenic Center. **Tasia Savrides** will serve as hostess.

We wish a MERRY CHRISTMAS and a HAPPY, HEALTHY and PROSPEROUS NEW YEAR TO ALL OUR PARISHIONERS!

REFRESHMENTS

We thank all those parishioners who served as hosts for the month of November. Following are the hosts for **December and January:**

DEC. 4: Ms. Anastasia Savrides, Ms. Athena Savvas, Ms. Pauline Schlim, Ms. Helen Siokis

DEC. 11: M/M Phil Siokis, M/M Themios Roumeliotis, M/M Mircea Stirbet

DEC. 18: M/M Paul Summa, M/M Pete Sun, M/M John Thomas

JAN. 1: M/M Angelo Theodorogiannis, Ms. Anastasia Theodorogiannis, Mr. Constantine Theodorogiannis, M/M Mark Thompson

JAN 15: M/M Chris Tofalli, M/M Sotos Tofalli, Ms. Angela Kritikos

JAN 22: M/M Mike Tsimplekis, Ms. Stavroula Valentin, Ms. Joanna Valas, M/M Nick Vlattas

JAN 29: Mr. NikPerjola/Ms. Maria Vaughn, M/M Timothy Vaughn, M/M Nick Vretakis

SUPER BOWL PARTY 2017

The Community is invited to **WATCH the GAME with US!**

Sunday, February 5th, 2017, 6:00 PM

AHEPA Family Center

BIG SCREEN HD TV

**HEAVY HORS D'OEUVRES, SNACKS, BEER & WINE
FOOTBALL POOL-\$20.00 SQUARES- \$1,000.00 PAY-OUT
TABLE GAMES & FELLOWSHIP**

Only \$10.00



THE NATIVITY

(Continued from page 1)

Thus, our Saviour was born in Bethlehem, a city of Judea, whither Joseph had come from Nazareth of Galilee, taking Mary his betrothed, who was great with child, that, according to the decree issued in those days by the Emperor Augustus, they might be registered in the census of those subject to Rome. Therefore, when the time came for the Virgin to give birth, and since because of the great multitude there was no place in the inn, the Virgin's circumstance constrained them to enter a cave which was near Bethlehem. Having as shelter a stable of irrational beasts, she gave birth there, and swaddled the Infant and laid Him in the manger (Luke 2:1-7). From this, the tradition has come down to us that when Christ was born He lay between two animals, an ox and an ass, that the words of the Prophets might be fulfilled: "Between two living creatures shalt Thou be

known" (Abbacum 3:2), and "The ox knoweth his owner and the ass his master's crib" (Esaias 1: 3).

But while the earth gave the new-born Saviour such a humble reception, Heaven on high celebrated majestically His world-saving coming. A wondrous star, shining with uncommon brightness and following a strange course, led Magi from the East to Bethlehem to worship the new-born King. Certain shepherds who were in the area of Bethlehem, who kept watch while tending their sheep, were suddenly surrounded by an extraordinary light, and they saw before them an Angel who proclaimed to them the good tidings of the Lord's joyous Nativity. And straightway, together with this Angel, they beheld and heard a whole host of the Heavenly Powers praising God and saying: "Glory to God in the highest, and on earth peace, good will towards men" (Luke 2:8-14).



On the weekend of Nov 12-13, Sts. Constantine and Helen Greek Orthodox GOYA in Norfolk's Annual GOYA Basketball Tournament. Pictured below are (from left to right): Chris Konstantinou, Dean Peri, Yanni Tsimplekis, Coach Peter Johns, James St. Martin, Cono Capobianco and Father George. Christina Meyers (not pictured) also played as member of the Norfolk Girls team. Fofi Gouletas, GOYA President was present as well to represent the Newport News GOYA. They enjoyed a weekend of good sportsmanship and fellowship with other GOYAn from across Virginia, Maryland and North Carolina.

DEC & JAN SUNDAYS

(Continued from page 3)

SAINTS AND FEASTS COMMEMORATED

**Sebastian the Martyr & his
Companions**

**Sunday before Nativity
Our Righteous Father Mi-
chael Syngellon the Confes-
sor**

DECEMBER 25

EPISTLE READING

**St. Paul's Letter to the Gala-
tians 4:4-7**

GOSPEL READING

Matthew 2:1-12

Now when Jesus was born in Bethlehem of Judea in the days of Herod the king, behold, wise men from the East came to Jerusalem, saying, "Where is he who has been born king of the Jews? For we have seen his star in the East, and have come to worship him." When Herod the king heard this, he was troubled, and all Jerusalem with him; and assembling all the chief priests and scribes of the people, he inquired of them where the Christ was to be born. They told him, "In Bethlehem of Judea; for so it is written by the prophet: 'And you, O Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who will govern my people Israel.'" Then Herod summoned the wise men secretly and ascertained from them what time the star appeared; and he sent them to Bethlehem, saying, "Go and search diligently for the child, and when you have found him bring me word, that I too may come and worship him." When they had heard the king they went their way; and lo the star which they had seen in the East went before them, till it came to rest over the place

where the child was. When they saw the star, they rejoiced exceedingly with great joy; and going into the house they saw the child with Mary his mother, and they fell down and worshiped him. Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh. And being warned in a dream not to return to Herod, they departed to their own country by another way.

WISDOM OF THE FATHERS

What do the wise men learn from the star? ... That He was King of the Jews? And yet He was not king of this kingdom, even as He also said to Pilate, 'My kingdom is not of this world' ... St. John Chrysostom, Homily VI on Matthew II, 1,4., 4th Century

HYMNS OF THE DAY

**Apolytikion for Holy Nativity
in the Fourth Mode**

Thy Nativity, O Christ our God, hath shined the light of knowledge upon the world; for thereby they that worshipped the stars were instructed by a star to worship Thee, the Sun of Righteousness, and to know Thee, the Dayspring from on high. O Lord, glory be to Thee.

Ἡ γέννησίς σου Χριστέ ὁ Θεὸς ἡμῶν, ἀνέτειλε τῷ κόσμῳ, τὸ φῶς τῆς γνώσεως, ἐν αὐτῇ γὰρ οἱ τοῖς ἄστροις λατρεύοντες, ὑπὸ ἀστέρος ἐδιδάσκοντο, σὲ προσκυεῖν, τὸν Ἥλιον τῆς δικαιοσύνης, καὶ σὲ γινώσκειν ἐξ ὕψους ἀνατολήν, Κύριε δόξα σοί.

**Seasonal Kontakion in the
Third Mode**

On this day the Virgin beareth the Transcendent in essence; * to the Unapproachable, * the earth doth

(Continued on page 8)

DECEMBER AND JANUARY SUNDAYS

(Continued from page 7)

offer a small cave; * Angels join in choir with shepherds * in giving glory; * with a star the Magi travel upon their journey; * for our sakes is born a young Child, * He that existed * before the ages as God.

SAINTS AND FEASTS COMMEMORATED

The Commemoration of the Shepherds in Bethlehem who were watching their flocks and came to see the Lord

The Adoration of the Magi:
Melchior, Gaspar, & Balthasar
The Nativity of Our Lord and Savior, Jesus Christ

JANUARY 1

EPISTLE READING

St. Paul's Letter to the Colossians 2:8-12

GOSPEL READING

Luke 2:20-21, 40-52

WISDOM OF THE FATHERS

The Ancient of Days, who in times past gave Moses the Law on Sinai, appears this day as a babe. As Maker of the Law He fulfills the Law, and according to the Law He is brought into the temple and given over to the Elder. Anatolios, Festal Menaion. Great Vespers.

HYMNS OF THE DAY

Resurrectional Apolytikion in the Third Mode

Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

Apolytikion for Circumcision of Jesus Christ in the First Mode

Our human form hast Thou taken on Thyself without

change, O greatly-compassionate Master, though being God by nature; fulfilling the Law, Thou willingly receivest circumcision in the flesh, that Thou mightest end the shadow and roll away the veil of our sinful passions. Glory be to Thy goodness unto us. Glory be to Thy compassion. Glory, O Word, to Thine inexpressible condescension.

Apolytikion for Basil the Great in the First Mode

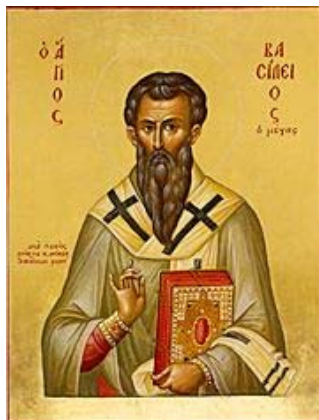
Thy sound hath gone forth into all the earth, which hath received thy word. Thereby thou hast divinely taught the Faith; thou hast made manifest the nature of all things that be; thou hast adorned the ways of man. O name-sake of the royal priesthood, our righteous Father Basil, intercede with Christ God that our souls be saved.

Seasonal Kontakion in the Third Mode

Now the Lord of all that is doth undergo circumcision, in His goodness cutting off the sins and failings of mortals. He this day doth give salvation unto the whole world; and the hierarch and bright daystar of the Creator now rejoiceth in the highest, Basil the wise and divine initiate of Christ.

SAINTS AND FEASTS COMMEMORATED

Basil the Great, Archbishop of Caesarea in Cappadocia



Theodotos the Martyr
Circumcision of Our Lord and Savior Jesus Christ
Gregory, Bishop of Nazianzos, Father of Gregory the Theologian

Righteous Theodosios of Triglia

JANUARY 8

EPISTLE READING

St. Paul's Letter to the Ephesians 4:7-13

GOSPEL READING

Matthew 4:12-17

WISDOM OF THE FATHERS

Take heed, then, often to come together to give thanks to God, and show forth His praise. For when ye assemble frequently in the same place, the powers of Satan are destroyed, and the destruction at which he aims is prevented by the unity of your faith. St. Ignatius of Antioch, Epistle to the Ephesians Ch. 13, 2nd century

HYMNS OF THE DAY

Resurrectional Apolytikion in the Fourth Mode

Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

Apolytikion for Afterfeast of the Theophany in the First Mode

When Thou wast baptized in the Jordan, O Lord, the worship of the Trinity was made manifest; for the voice of the Father bare witness to Thee, calling Thee His beloved Son. And the Spirit in the form of a dove confirmed the certainty of the word. O Christ our God, Who hast appeared and hast enlightened the world, glory

be to Thee.

Seasonal Kontakion in the Fourth Mode

You appeared to the world today, and Your light, O Lord, has left its mark upon us. With fuller understanding we sing to You: "You came, You were made manifest, the unapproachable light."

SAINTS AND FEASTS COMMEMORATED

Sunday after Epiphany
George of Hozeva
Domnica the Righteous of Constantinople

Atticus and Cyrus, Holy Patriarchs of Constantinople
Afterfeast of the Theophany of Our Lord and Saviour Jesus Christ

JANUARY 15

EPISTLE READING

St. Paul's Letter to the Colossians 3:4-11

GOSPEL READING

Luke 17:12-19

WISDOM OF THE FATHERS

Having met the Savior, therefore, the lepers earnestly besought Him to free them from their misery, and called Him Master, that is. Teacher. No one pitied them when suffering this malady, but He Who had appeared on earth for this very reason, and had become man that He might show pity to all, He was moved with compassion for them, and had mercy on them. St. Cyril of Alexandria, Commentary on the Gospel of St. Luke, Homilies 113-116. B#42, pp. 465-466, 4th Century

HYMNS OF THE DAY

Resurrectional Apolytikion in the Plagal First Mode

Let us worship the Word, O ye faithful, praising Him that with the Father and the Spirit is co-beginningless God, Who was born of a pure Virgin that

we all be saved; for He was pleased to mount the Cross in the flesh that He assumed, accepting thus to endure death. And by His glorious rising, He also willed to resurrect the dead.

Seasonal Kontakion in the First Mode

Your birth sanctified a Virgin's womb and properly blessed the hands of Symeon. Having now come and saved us O Christ our God, give peace to Your commonwealth in troubled times and strengthen those in authority, whom You love, as only the loving One.

SAINTS AND FEASTS COMMEMORATED

12th Sunday of Luke
Paul of Thebes

Pansophios the Martyr of Alexandria

John the Hut-Dweller
Veneration of Apostle Peter's Precious Chains

JANUARY 22

EPISTLE READING

St. Paul's First Letter to Tim-

othy 4:9-15

GOSPEL READING

Luke 19:1-10

WISDOM OF THE FATHERS

For Christ's presence is like that of some life-giving, scented balsam which restores health, enriches life and gives savor to the soul, the thoughts, the words of a man. In brief, distance from Christ means corruption and death, and closeness to Him means salvation and life. Bishop Nikolai Velimirovic, Prolog, 4

HYMNS OF THE DAY

Resurrectional Apolytikion in the Plagal Second Mode

Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

Seasonal Kontakion in the First Mode

SAINTS AND FEASTS COMMEMORATED

The Righteous Martyr Anastasius of Persia

15th Sunday of Luke

Joseph the Sanctified

Timothy the Apostle of the 70

Righteous Father Dionysius of Olympus

JANUARY 29

EPISTLE READING

St. Paul's Second Letter to the Corinthians 6:16-18; 7:1

GOSPEL READING

Matthew 15:21-28

WISDOM OF THE FATHERS

He kept her waiting for an answer in order to declare that the minds of His disciples should also be merciful. As human beings they were ashamed of the clamor of the woman as she pursued them publicly, but He Himself knew the character of His mercy. St. Bede, Hom. I. 22, In Lent,

Homilies on the Gospels, Bk. One, 216

HYMNS OF THE DAY

Resurrectional Apolytikion in the Grave Mode

Thou didst abolish death by Thy Cross; Thou didst open Paradise to the thief; Thou didst transform the myrrh-bearers' lamentation, and didst bid Thine Apostles to preach that Thou art risen, O Christ God, granting great mercy to the world.

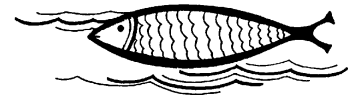
Seasonal Kontakion in the First Mode

SAINTS AND FEASTS COMMEMORATED

Laurence the Recluse of the Kiev Caves

Sunday of the Canaanite
Ignatius and Nicandrus of Sinai

Gildas the Wise
Removal of the Relics of Ignatius the God-bearer



Centurion Campaign Commitment

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

I / We wish to make a commitment to the Centurion Campaign in the amount of:

- \$1,200
- \$1,000
- Other \$ _____

Please return to the Church Office or place in the collection tray during Liturgy.

Centurion Campaign Goals		
Donation Category	Number of Donations	Donation Goal Totals
\$1,800	20	\$36,000
\$1,350	30	\$40,500
\$1,000	50	\$50,000
TOTAL	100	\$126,500
\$126,500 will support:		
Renovation / Reserve (90%)		\$113,900
Saint Nicholas (10%)		\$12,600

CAMPAIGN GOAL \$126,500 by 12/1/2017: 1) Pay off our remaining financial obligations on the Sacalis Hall renovation; 2) Establish an emergency capital expense reserve; and 3) 10% of funds raised for parish donation to the Saint Nicholas Orthodox Church and Shrine.

PARISH COUNCIL MINUTES – NOVEMBER 21, 2016

I: Call to Order

Opening Prayer:

The meeting convened at 1902 with an opening prayer by Father George. The following items were discussed:

Present: Father George

Chioros, Barry Hendricks, Bob Demson, Joanna Vallas, Peter Johns, Zena Mageras, Tom Grepitotis, Gus Fotiadis

Absent: Bobby Garofalis, Jason Holbrook, Barbara France, Howard Mandeville

Guest: Elias Doulgerakis, Nick Matthews, Greg, Stavrola

Religious Education Topic:

Barry Hendricks discussed the fasting period ahead of the Nativity that symbolizes the period of time Moses fasted before he received the 10 Commandments just as we are fasting before the Nativity that delivered our Lord to the world.

II: Minutes:

Peter Johns made a motion to approve the October 2016 meeting minutes; seconded by Zena Mageras, passed unanimously

III: Correspondence:

Maintenance Agreement from Advanced Comfort for air conditioning units (sent as attachment).

Letter dated 16 Nov 2016 Clergy Benefit on credit card and will part of the budget

Letter 2 Nov 2016 Metropolis of New Jersey for Ministry Allocations \$6100 per month. Increase by 6.2%

Proposal from Jack Kanakaros to replace cameras in Church, Brides Room. Cost \$5610

IV: Treasurer's Report:

Reviewed Summary Financial Report, Statement of Financial Position, dated October 2016 (see attached).

Joanna Vallas requested Elias Doulgerakis to submit invoices in order to process payment to him of remaining funds owed.

Parish Council will review and compare banks between the current Wells Fargo accounts to Towne Bank where for potential moving accounts to a new bank.

V: Visitor's Comments:

Nick and Elias are looking forward to providing their time and

talent on the Parish Council

VI: Committee Reports:

Youth Ministry:

GOYA
Richmond Tournament
Giving Tree in Narthex for St Basil's Academy

Thank you to the AHEPA donation for the Centurion Fund and contributed to the Giving Tree, and will attend PORT

GOYA singing Christmas Carols PORT

Virginia District Lock-in Dec 2-3
JOY and HOPE had annual fall festival

Sunday Dec 18; practice Dec 17 ...will stuff bags for PORT on 17

OCF for CNU and William and Mary; 9 attendees.

Annual Retreat Feb 10-11 at W&M

House Committee:

Youth Challenge dinner was successful

4 pans of cobbler left for PORT
Wedding on Nov 26 for 400 people. Arrangements confirmed for Police to provide security have been made.

Need "Paint Codes" so that touch ups can be applied to the walls.

Need to consider new paint. Price proposal is being requested.

Review roof and cleaning required to remove leaves and debris.

Festival Committee – Barry Hendricks

Final numbers not available yet, but it appears we did well and were 10% over on revenue. Numerous comments on how good the food was and how pleasant the whole event was.

Maintenance Committee

Insurance claim for the water damage was not approved by Nationwide. Interior water damage was caused by pre-existing wear and tear and lack of maintenance.

Peter Johns made a motion to have a contractor review the current Engineering Report, survey the roof and damage and provide a recommendation to pursue action for a claim or proceed with an estimate for repairs

paid by the Church. Zena seconded. Unanimously approved.

Gus Fotiadis made motion to have a contractor clean the roof immediately. Gus and Joanna will seek quotes for the work to proceed as soon as possible. Seconded by Tom Grepitotis. Unanimously approved.

Scuppers and downspouts are missing or stolen. Elias found a scupper replacement.

Centurion Campaign – Barry Hendricks

Information in Cross/Roads provided by Barry Hendricks. Pay for remaining commitment, capital requirements and 10% goes to St Nicholas.

Stewardship Committee

Nothing to report

Other Committees

Nothing to report

VII: Priest's and Youth Report

Election results will be submitted
Father George column in Daily Press

Father asked to deliver convection at City Council

Area Orthodox Clergy for Veterans

Veterans service at Sts C&H
Chalice sets need replacement.

Order 5 replacements and will receive after Thanksgiving

Door on salad shed was open and moving in the wind. Offered to place a lock and provide the keys.

2 cars stolen out of the Holiday Inn parking lot.

Father was thanked by Youth Challenge

Dec 14-21 will host PORT Project

St Nicholas commitment.

\$4691 towards \$10000 commitment. Goal is 12600. Father asked to consider paying remainder of 10,000 commitment (\$5309) before the end of the year. By the Dec PC meeting a final decision will be made

Father offered Happy Thanksgiving to all.

Thank you to Joanna for all the volunteer work in managing the Hall and reservations.

VIII: Unfinished Business:

Zena reported that the safe deposit box inventory is com-

plete. Appraisals on items are pending and will be reported.

IX: New Business:

Peter mentioned our website is outdated and content needs to be updated. Peter offered to lead the effort to rebuild our website and make it more modern.

Bulletin Builder is stepping stone to update the Church's whole internet presence. George Petrakos and Peter will look into recommendations to update our internet content and presence.

Security cameras ordered. Peter will follow progress.

Closed circuit camera system for the Nursery needed for families with small children. Onyx Audio and Visual Proposal for Choir Loft, 2 Monitors and Speakers in Nursery and Brides Room. Expense is in wiring. Revised Est 2: \$5610. Motion made by Bob Demson to accept the revised proposal for the Closed Circuit Camera System for \$5,610 and proceed with installation. Seconded by Peter Johns. Unanimously accepted.

During one of the Church's Catering event rentals, our sound system did not work. This is a reoccurring problem that affects our hall event rentals and the Church's income. A quote was received for \$1642.99 to replace and update the PA/sound system with a portable PA sound system. Joanna made a motion to purchase the system and seconded by Tom. 6 yay and 1 opposed. Motion Passed.

Budget Committee asked Mike Chalkias to assist on preparing the 2017 Budget

X: Adjournment:

Fr. George offered the closing prayer at 2027. Next meeting is on Tuesday Dec 6, 2016 in AHEPA Hall.

XI: Certification:

Respectfully Submitted
Robert V Demson
Secretary



December 2016

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER

1 Thursday

6:30pm HWPS

2 Friday

GOYA Lock-In

3 Saturday

DOP Fashion Show

4 Sunday

10th Sunday of Luke

8:45am Orthros

10:00 am Divine Liturgy

40-Day & 2-Year Memorial for Chris and Kalliope Zervos

5 Monday

Vasilopita Baking

6:00pm GOYA Basketball

6:30pm

Vespers at Saint Nicholas

In Va. Beach for the Feast of St. Nicholas

6 Tuesday

St. Nicholas

9:00am Orthros

10:00am Divine Liturgy

Vasilopita Baking

5:00/8:00pm Greek School

7 Wednesday

Vasilopita Baking

5:45pm Paraclesis

6:30pm Adult Education

7:00pm Goya

7:15pm Choir

8 Thursday

6:30pm Ahepa & Daughters

Christmas Party

9 Friday

Wedding Rehearsal

10 Saturday

3:30pm Wedding

11 Sunday

11th Sunday of Luke

9:00am Orthros

10:00am Divine Liturgy

12 Monday

Saint Spyridon

9:00am Orthros

10:00am Divine Liturgy

6:00pm GOYA Basketball

6:30pm Philoptochos at Schooler's

14 Wednesday

In-House Port Project

15 Thursday

In-House Port Project

16 Friday

In-House Port Project

17 Saturday

10:00am Christmas Pageant

Rehearsal

In-House Port Project

18 Sunday

Sunday before Nativity

8:45am Orthros

10:00 am Divine Liturgy

Sunday School Christmas Program

In-House Port Project

Choir Party at Garrison's

Choir Party at Garrison's

19 Monday

In-House Port Project

20 Tuesday

In-House Port Project

21 Wednesday

In-House Port Project

7:15pm Choir

23 Friday

10:00am Royal Hours

24 Christmas Eve

Nativity Eve

7:30pm Orthros & Divine Liturgy

25 Holy Nativity

9:00am Orthros

10:00am Divine Liturgy

31 Saturday

NYE Dance at Annunciation in

Norfolk

JANUARY

1 Sunday

New Year's Day

Saint Basil the Great

Circumcision of Christ

8:45am Orthros

10:00am Divine Liturgy

3 Tuesday

6:00pm/8:00pm Greek School

4 Wednesday

5:45pm Paraclesis

6:30pm Adult Education

7:15pm Choir

5 Thursday

Eve of Theophany

Lesser Blessing of Water

10:00am Divine Liturgy

6 Friday

Holy Theophany

Great Blessing of Water

9:00am Orthros

10:00am Divine Liturgy

7 Saturday

Saint John the Baptist

9:00am Orthros

10:00am Divine Liturgy

8 Sunday

Sunday after Theophany

8:45am Orthros

10:00am Divine Liturgy

Vasilopita Luncheon

9 Monday

6:00pm GOYA Basketball

6:30pm Philoptochos

10 Tuesday

6:00pm/8:00pm Greek School

11 Wednesday

5:45pm Paraclesis

6:30pm Adult Education

7:15pm Choir

15 Sunday

8:45am Orthros

10:00am Divine Liturgy

17 Tuesday

St. Anthony

9:00am Orthros

10:00am Divine Liturgy

18 Wednesday

St. Athanasios

9:00am Orthros

10:00am Divine Liturgy

22 Sunday

Saint Timothy

8:45 am Orthros

10:00am Divine Liturgy

24 Tuesday

6:00pm/8:00pm Greek School

25 Wednesday

St. Gregory the Theologian

9:00am Orthros

10:00am Divine Liturgy

26 Thursday

6:30pm Ahepa

28 Saturday

11:00am Baptism

29 Sunday

8:45am Orthros

10:00am Divine Liturgy

Greek School Three Hierarchs Program

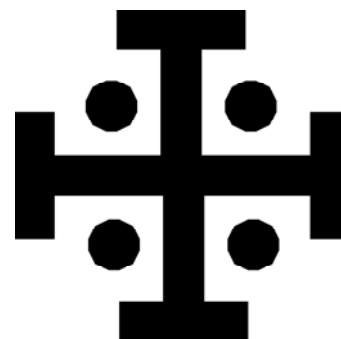
Program

30 Monday

Three Hierarchs

9:00am Orthros

10:00am Divine Liturgy



**Saints Constantine & Helen
Greek Orthodox Church
60 Traverse Road
Newport News VA 23606**

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COME WORSHIP THE GLORY OF GOD



Sunday Services

8:45 a.m. Matins
10:00 a.m. Divine Liturgy
11:30 a.m. Religious Education (Sep-May)
12:00 a.m. Christian Fellowship (Hellenic Center)

Mission Statement

The mission of Saints Constantine & Helen Greek Orthodox Church in Newport News, Virginia is to keep, practice, and proclaim the Orthodox Christian Faith. The work and ministry of our Parish will include proclaiming the Gospel, sanctifying the faithful through God's grace in worship, the Divine Liturgy and the Sacraments, and enhancing their spiritual life. We will fulfill the great commission of our Lord and Savior Jesus Christ by inviting others into the Church through Baptism and/or Chrismation, educating them in the Orthodox Faith through the establishment of programs, schools and philanthropic activities, and implementing Christian ministries.

M E R R Y C H R I S T M A S | Κ α λ α Χ ρ ι σ τ ο υ γ ε ν ν α