

# The Martyr

December 13, 2009

Volume 21

Church Office: 203.268.1986

Father Sergei's e-mail: [StGeorgeTrumbull@aol.com](mailto:StGeorgeTrumbull@aol.com)

Rectory: 203.301.0516

## Prayers in Memoriam

*40 days: Maria Taylor*

- 14 **Priest Llambi Michael** (1955)  
*Nisi Athanas* (1959)
- 15 *Caroline Theodos Kardos*
- 16 *Theodora Spiro* (1939)
- 17 *Theodora (Dhiora) M. Polena* (2003)  
*Aphrodita (Frieda) Jones* (2006)
- 18 *Elías Nikola* (1977)  
*Peter Atanas* (1970)
- 19 *Mary Albrecht* (1972)  
*Olga Theodos Peters* (2001)
- 20 *Andromaqi Kosta Theodos* (1939)



## Prayers for Blessings/Health

**Christy Adams; Joyce Athanas; Kirsten Battachio** (USMC); **Paul Betts; Thomas Buzi; Charles (Basil) Csernica; Eva, Monica Demetri; Charles** Dougiello, Sr.; **Jason** Gartsu; **Richard Hirst; Nicholas** Hotova; **Diane** Hoffmeyer; **Meni Kyriacou; Katherine LaBache; Christy** Lambert; **Elizabeth Lambro; Dhimitra Leka; Pauline** Longo; **John Louis, Sr.; Barbara** Evans Maynard; **Louise Moran; Theodore** Morrison; **Peter Naum; James Pando; Minnie** Phostole; **Pandora Plasa; Eleanor** Polena; **Mark** Sabatino; **David Schutte; Gloria** Simo; Charles **(Basil) Soter; Tessie** Sotir; **Joanne** Tallcouch; **Peter** Thanas; **Mary, Peter** Themel; **Christy, Stephen & Leonora** Thomas; **Vincent J.** Torre; **Aphrodita** (Rita) Vangel; **Galina** Voronin.

As a community of Faith our prime responsibility is to support one another – in both faith and action. Prayer combines both. Please submit the name of the person for whom you wish to pray – and remember that when the prayers have been answered, to take that name off the list as well

## Up-coming Services/Events

- Today:** 9:30 AM Church School  
10 AM Liturgy
- Dec. 19 5 PM Advent Vespers followed by Personal Confession
- Dec. 20 9:30 AM Church School  
10 AM Liturgy followed by 40<sup>th</sup> day Memorial for Maria Taylor
- Dec. 21 7PM Parish Council Meeting
- Dec. 24 5 PM Compline and Carol sing
- Dec. 25 10 AM Liturgy: **Nativity of the Lord**
- Dec. 27 10 AM Liturgy.
- Jan. 03 9:30 AM Church School  
10 AM Liturgy = Father Sergei's last day.
- Jan. 10 9:30 AM Church School  
10 AM Liturgy.
- Jan. 17 9:30 AM Church School  
10 AM Liturgy.
- Jan. 24 9:30 AM Church School  
10 AM Liturgy.
- Jan. 31 9:30 AM Church School  
10 AM Liturgy.

## Good news!

We are pleased to learn that our **Jackie Goetz** (together with mom, Jennifer) is at the national championships for American Youth Cheerleading – her team won a berth at the finals!



## Coffee Hour

- Dec. 13 ????
- Dec. 20 ????
- Dec. 27 BYO Christmas Cookies

## Community Christmas Card

As in years past we will be collecting your contribution to participate in our annual Community Christmas Card – all entries must be made **today** for the card to be printed and mailed in a timely manner. Please see/contact **Laura Denisevich**.

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For the next two months our Charity Collection is to provide financial support for the Orthodox Christian Mission Center's (OCMC) **Mission trip of Fr. Vladimir & his wife**  
More on the OCMC: <http://www.ocmc.org/>

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## Appreciation

We appreciate the stewardship of meshë baking:  
**Gloria Athanas, Zoë Michael, and Helen Tallcouch.**

## Parish Body Meeting Postponed

The Parish Council having called for the Annual Meeting for today is postponing it to January 17, 2010.

At that time, elections will take place. It is important to know the responsibilities of the Parish Council as determined by the Uniform Parish By-laws:

### ARTICLE XI

#### THE PARISH COUNCIL

A. The secular affairs of the parish shall be administered by a parish council of seven members who shall serve for a minimum of one year or for multi-year terms on a staggered basis as determined by the parish.

B. The parish council shall administer the secular affairs of the parish under the supervision of the Archdiocese.

C. The parish council shall hold a regular monthly meeting and extraordinary or special meetings whenever a majority of the council deems it necessary.

D. The parish council implements the Archdiocesan constitution, fulfills its duties toward the Archdiocese, toward members of the parish, and the community at large.

E. The parish council and/or priest shall refer all unresolved issues or concerns to the Archdiocese for interpretation or resolution.

F. The parish council, in consultation with the priest, shall appoint and dismiss all non-ecclesiastical personnel such as secretary, custodian or other laity not directly associated with religious services as deemed necessary.

G. The parish council shall appoint sub-committees from among members of the parish for special purposes. These subcommittees are directly responsible to the parish council.

H. The parish council shall monitor parish income, provide receipts, and pay by check the

personnel of the parish and all the expenses of the parish institutions as provided by the budget, as well as fees fixed by the Convention of the Archdiocese.

I. The parish council shall maintain the parish buildings in good condition.

J. The parish council shall always cooperate with the parish priest in making necessary preparations for religious services and keep order during the services.

K. The parish council, if necessary, may incur obligations on behalf of the parish beyond the amount of the budget not to exceed \$2,000.00 in any budget line item. In the event of higher amounts it shall obtain the approval of the parish membership at a general meeting or extraordinary meeting called for this purpose.

L. The Parish council shall attend the Divine Services, on a regular basis, thus setting a good example for others.

M. The parish council shall transfer to the new council, upon the installation of its members, all property and records of the parish in order and harmony.

## Our Charitable contributions for 2009

|               |   |          |
|---------------|---|----------|
| Jan-          | Merton House                                    | \$265.00 |
| Feb-          | Project Warmth                                  | \$566.00 |
| Mar-          | OCMC  | \$206.00 |
| Apr-          | Project Mexico                                  | \$196.00 |
| May-          | Focus North America                             | \$279.00 |
| Jun/Jul-      | OCA Missions                                    | \$344.00 |
| Aug/Sep-      | Archdiocesan Seminarian Fund                    | \$500.00 |
| Oct-          | Archdiocesan Christmas Stocking                 | \$450.00 |
| Nov-          | Bpt Rescue Mission                              | \$513.00 |
| December 2009 | Charity will be carried over into January 2010. |          |

This year we gave **\$3319.00**

There are many in need – our responsibility is to share from the bounty God has given us.

Our goal is to support Charities that are Orthodox – as a means of witness to our Faith.

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**Mission trip of Fr. Vladimir & his wife**

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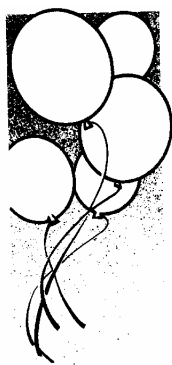
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## **Feeling too much: Holidays can be an emotionally demanding time of year.**

- Connect to God, to your church.
- Avoid being overwhelmed by taking care of yourself.
- Allow for quiet time every day – use that time to pray.



- Practice relaxation techniques.
- Look for the humor in everyday situations:
- Take time to exercise (if crunched for time, some is better than none!)
- **Remember to enjoy yourself:** fun is good for you

## **Doing too much: The holiday season can be a very busy and demanding time of year.**

- Make a list of what needs to be done
- Decide what is really important on the list and put the most important items on the top
- Check off items
- You don't have to complete every item on the list
- Most tasks take twice the amount of time as originally planned

*Make Plans*

## **Spending too much: We can often feel pressure to overspend during the holidays.**

- Know how much money you really have to spend and be clear with family and friends about how much money you can spend (this will avoid disappointment). Avoid charging as – this only delays the stress of paying the bill
- Handcrafted/homemade gifts can be less expensive and more personal



## **Eating or drinking too much: Food and drink are more readily available and can trigger signals to eat or drink without regard for hunger or thirst. Many people cope with this emotional time by overeating or over drinking.**

- Beware of automatic eating or drinking.
- Choose wisely - allow yourself the pleasure of holiday treats in moderation.



- Remember the three- **S's** - eat **small** portions: eat **slowly**, and **savor**.
- Beware of emotional eating. When the urge to eat strikes, ask: "Am I physically hungry or am I emotionally upset?"
  - If you are not really physically hungry, nourish your emotional state by engaging in a healthful, pleasant activity.

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## Women's Council Report

The chairperson of the Orthodox Women's Council's holiday collection for The Pajama Program announces that our donation for 2009 totaled 246 pairs of pajamas for children in need!

The pajamas are distributed to children in institutions, orphanages, even homeless, so they will have something new which is their very own. In the four years we have participated, our small group has sent 742 pairs of pajamas to this very worthwhile cause.

## Christmas Wishes

Addresses of our former clergy/wives

### Matoushka Fran Vansuch

3110 Allen Street  
Easton, PA 18045

### V. Rev. & Mrs. Daniel Montgomery

777 Oakland Hills Ln  
Kerrville, TX, 78028 -6429

### V. Rev. & Mrs. Stephen Siniari

9230 Old Bustleton Ave  
Philadelphia, PA, 19115

Do you have unwanted cell phones in your house?  
You can donate them and in return our soldiers will  
get free calling cards – check this site out:

<http://www.cellphonesforsoldiers.com/>

## CHRISTMAS TREE SALE

**Cut Your Own**

**\$50.00 any Tree**

**at the**

**St. Dimitrie Church**

**504 Sport Hill Rd., Easton**

**Every Saturday & Sunday**

**10 am to 4 pm**



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