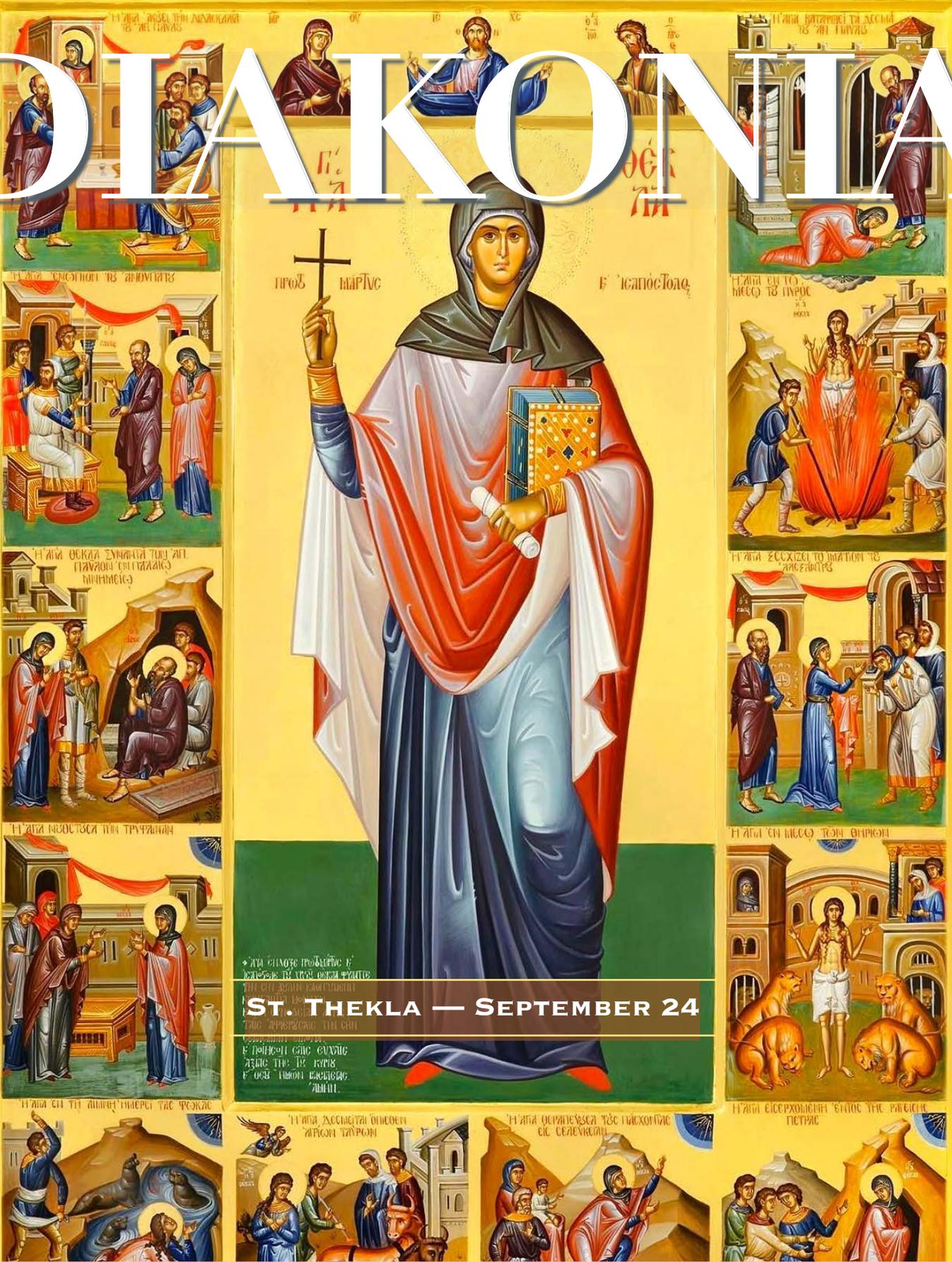


ΔΙΑΚΟΝΙΑ



ST. THEKLA — SEPTEMBER 24

A QUARTERLY NEWSLETTER ❖ AUTUMN 2019

THE ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA

THE ANTIOCHIAN WOMEN

THE ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA

“A Sisterhood Serving Christ Through Serving Others”

THE ANTIOCHIAN WOMEN is an Organization of the
ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA
His Eminence, the Most Reverend JOSEPH, Archbishop of New York & Metropolitan of All North America
and Hierarchical Overseer for The Antiochian Women

THE NORTH AMERICAN BOARD
His Grace Bishop JOHN, Spiritual Advisor

Officers of the Board (as of the NAB summer meeting of 2019):

PRESIDENT	Kh. Suzanne Murphy
VICE-PRESIDENT/PROJECT	Sheryl VanderWagen
RECORDING SECRETARY	Dorothy Tampary
TREASURER	Laila Ferris
PUBLIC RELATIONS	Kh. Kelleylynn Barberg
IMMEDIATE PAST-PRESIDENT	Dianne O'Regan

Coordinators:

CONSTITUTION & BYLAWS	Anne Bourjaily-Thomas
HUMANITARIAN	Lauren Ferris
MEMBERSHIP	Dawn Evancho
PARLIAMENTARIAN	Laila Ferris
RELIGIOUS	Fadia Juzdan
SCHOLARSHIP	Dianne O'Regan
FINANCE	Violet Robbat
WIDOWED CLERGY-WIVES PROGRAM	Julia Kalyoussef

What is DIAKONIA?

In translation, the Greek word “*diakonia*” means “service” — usually pertaining to service in the Church. The purpose of our organization is to help the women of our Archdiocese increase our spiritual growth and involvement in the Church, thereby learning how to better serve our Lord Jesus Christ. Our love for God leads us to love for our neighbor, and to undertake acts of charitable and humanitarian service in the Name of Christ.

In the words of our Founder, Metropolitan PHILIP of thrice-blessed memory: “*Diakonia is theology in action.*”

To read the DIAKONIA online, or for general information regarding the Antiochian Women, please go to the Antiochian Women website at: <http://ww1.antiochian.org/women>

To read past issues of DIAKONIA, go to: <http://ww1.antiochian.org/women/diakonia>
“Like” and “follow” us on Facebook: Antiochian Women of North America

DIAKONIA is a newsletter of the North American Board of the Antiochian Women, an organization of the Antiochian Orthodox Christian Archdiocese of North America, and is published quarterly as an online journal in the months of September, December, March and June.

PUBLICATION GUIDELINES

Deadlines: Please submit your articles by the first of the month prior to the month of publication so we can be sure they are included.

To submit articles/photographs: e-mail your article as an MSWord attachment; send your photograph as a PDF, PNG, or JPEG to the Editor, Kh. Kelleylynn Barberg, at the following address: KhKelleylynn@gmail.com

Submission Details: Please include your name and a phone number where you can be contacted for questions/follow-up.

Content: All articles or photographs that you submit should be about events or activities of the North American Board, or about your local parish chapter, or about the Antiochian Women at the deanery or diocesan level. All submissions may be edited for length, clarity, or accuracy. If your article or photograph is chosen for inclusion in the DIAKONIA, you agree to give full copyright permissions to the Editor and her staff.

Through the prayers of the Theotokos, O Saviour, save us!

In this edition:

- **Letter from Dianne O'Regan**, Immediate Past-President [p.4]
- **Letter from His Eminence Metropolitan JOSEPH** [p.5]
- **Biographies of our NAB officers & Coordinators (2019-2021)** [p.6]
- **The Holy Myrrhbearers** — “Who were the Myrrhbearing Women?” [p.18]
- **Archdiocesan Convention** — Antiochian Women Luncheon [p.19]
- **Letter from Sheryl VanderWagen**, NAB VP & Project Coordinator [p.30]
- **AW-NAB PROJECT for 2020** — poster and description [p.32]
- **Public Relations Coordinator Letter** — publication reminders [p.34]
- **News & Notes:** retreat announcements [p.36]
- **“Men & Church”** — article by Kh. Frederica Matthews-Green [p.39]
- **Antiochian Women Book Club** — Religious Coordinator message [p.41]
- **ACTS OF MERCY program** — Humanitarian Coordinator message [p.42]
- **A Special Message from Us to You** — “Why I Serve” by Kh. Suzanne [p.43]
- **Antiochian Women’s Prayer** [p.46]
- **Life of St. Thekla**, Equal to the Apostles (Feastday: September 24) [p.47]



Dear Sisters in Christ,

Happy New Year! (The Liturgical new year begins September 1st)

I am honored and humbled to address you as the newly-elected President of the Antiochian Women North American Board. As we begin our journey through this Liturgical Year, let us pray that Christ our God gives us the strength to fulfill our tasks and duties — and that we may accomplish them with love and joy.

“O Word of the Father from before the ages, Who, being in the form of God, broughtest creation into being out of nothing; Thou Who hast put the times and seasons in Thine own power: Bless the crown of the year with Thy goodness; give peace unto Thy churches, victory unto Thy faithful hierarchs, fruitfulness unto the earth, and Great Mercy unto us.”

— Orthros of the Feast, Tone 3

With love,
your sister and servant in Christ,
Kh. Suzanne Murphy

© The Antiochian Orthodox Christian Archdiocese of North America

THE ANTIOCHIAN WOMEN

“A Sisterhood Serving Christ Through Serving Others”

“Diakonia”

is produced by the Public Relations Coordinator of the Antiochian Women’s North American Board

Editor: Kh. Kelleylynn Barberg

e-mail your comments, corrections, suggestions to: khkelleylynn@gmail.com

This Edition: **AUTUMN 2019**

Cover Photograph: Icon of St. Thekla — source:

<http://full-of-grace-and-truth.blogspot.com/2009/09/st-thekla-protomartyr-and-equal-to.html>



ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP -- FOUNDER
A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS



THE MOST REVEREND
METROPOLITAN JOSEPH
358 MOUNTAIN ROAD
ENGLEWOOD, NEW JERSEY 07631

NORTH AMERICAN BOARD

❖ IMMEDIATE PAST-PRESIDENT ❖

Your Eminence Metropolitan JOSEPH, Esteemed Hierarchs, Reverend Clergy, Brothers and Sisters in Christ:

Christ is in our midst!

As the saying goes, *“all good things must come to an end,”* and so I bid you *adieu* with this letter. On July 27, at the Archdiocesan Convention in Grand Rapids, Michigan, my term as your NAB President came to an end after serving four years. I never imagined, upon joining the Orthodox Faith in the 1990s, that I would be saying those words – or, in fact, that I would serve in a number of other positions on the NAB, as well as at the Diocesan level.

These last four years have been incredible, and I have been surrounded by exceptional women who have given 110% of their time and talents to make this organization the “veins of the Archdiocese” (quoting from His Eminence!). And that doesn’t begin to recognize the thousands of women in every corner of the continent that have given their heart and soul to our ministry.

Over the past four years, YOUR Antiochian Women have accomplished the following:

- Establishing an on-line donation site for the Antiochian Women on the Antiochian Archdiocese website
- Establishing a “social media” presence on BOTH Facebook and – recently – Instagram
- Continuing our Antiochian Women’s Book Club, plus distributing monthly religious materials
- Partnering with both IOCC and FOCUS for our Humanitarian “Acts of Mercy”
- Urging young women turning 18 years of age to be “pinned” and welcomed as an Antiochian Woman
- Gifting each chapter with an icon of St. Macrina, with prayers for those suffering from breast cancer
- Continuing to honor our Widowed Clergy Wives with cards and gifts and phone calls

During this period, we also continued to make the following annual contributions:

- Nativity gifts to each of our Married Seminarians in the amount of \$500
- Scholarship awards of \$500 to deserving women 26 years of age or older wishing to continue their education
- Gifting the Clergy Wives Retreat with \$1,000 to offset travel expenses for attendees
- Humanitarian “Acts of Mercy” partnerships with IOCC and FOCUS, which raised over \$30,000
- Gift cards of \$30 each to our Widowed Clergy Wives

And, of course, our annual NAB Projects, as tasked to us by the Metropolitan, towards “Hungry Children at Home and Abroad (2016); Strengthening the Ministries of our Church (2017); Vocations: Encouraging, Supporting, Funding (2018); and Building a New Cathedral at the Antiochian Village (2019).

All the above activities helped YOUR Antiochian Women – on just the NAB level (and not even beginning to recognize the beautiful work done on the Diocesan and Local levels) to raise over half a million dollars!!

Thank you to His Eminence Metropolitan JOSEPH as our Hierarchical Overseer, His Grace Bishop JOHN as our Spiritual Advisor, and the NAB Officers and Coordinators who made my job so easy and kept me fighting the “good fight!” Also thanks to the faithful at my parish of St. Michael’s in Louisville, Kentucky -- and to my beloved spiritual father and guide, the Very Rev. Fr. Alexis Kouri, and his precious, Kh. Anna, who always encouraged me to do more.

In this edition of DIAKONIA, we welcome a new set of NAB Officers and Coordinators who will do magnificent things for our Archdiocese and our beloved Holy Orthodox Church. The Antiochian Women are in good hands!

God bless you all!
Dianne O’Regan

Immediate Past President
North American Board of the Antiochian Women



A Word from His Eminence

His Eminence
The Most Reverend
Metropolitan JOSEPH



ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

September 20, 2019

To Our Beloved Antiochian Women:

Greetings and blessings to you and your families in the Name of Our Great God and Savior, Jesus Christ!

As we begin this new ecclesiastical year, I offer my sincere gratitude to the Antiochian Women for another year of serving Christ through serving others. We recently celebrated the Nativity of your heavenly patroness, the All-Holy Theotokos, and you continue to model her love and generosity, courage and steadfastness in your ministry to this Archdiocese. May her holy example continue to guide you and her prayers continue to strengthen you!

During our convention in Grand Rapids, we celebrated the founding of the Antiochian Village forty years ago. Our holy mountain in western Pennsylvania has nurtured the spiritual growth of thousands of our children, inspired the vocations of many of our clergy and lay leaders, and nourished the spiritual lives of countless pilgrims. The Antiochian Women have always been the driving force of charitable giving when it comes to the spiritual formation of the members of our Archdiocese, and I know that we can count on you to realize the dreams we have to expand the all-important ministries of our Holy Mountain.

With fervent prayers and best wishes for a grace-filled and blessed ecclesiastical year, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style with a long horizontal stroke at the end.

+JOSEPH
Archbishop of New York and Metropolitan of all North America

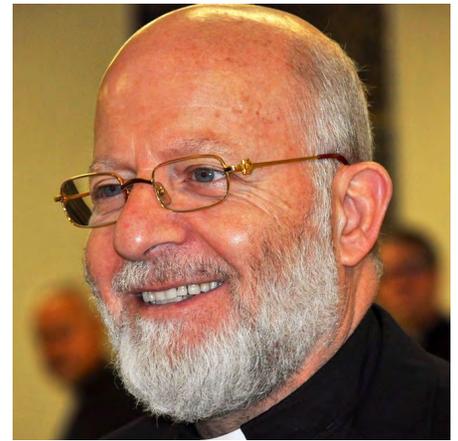
"The disciples were first called Christians in Antioch" (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

The Biography of His Eminence Metropolitan JOSEPH

HIERARCHICAL OVERSEER OF THE ANTIOCHIAN WOMEN

His Eminence Metropolitan JOSEPH was consecrated to the Holy Episcopacy on June 30, 1991 at St. Mary Cathedral in Damascus, after many years of serving as a deacon and priest. His Eminence was born in Damascus, Syria, in 1950. He completed his basic schooling at the St. John of Damascus and al-Assiyeh schools in Damascus and then at Our Lady of Balamand Monastery in Koura, Lebanon. He completed his undergraduate studies at the Lebanese University in Beirut and then earned his Master of Theology (M.Th.) with special studies in music and languages from Aristotle University in Thessaloniki, Greece. He was awarded an honorary Doctor of Divinity degree from St. Tikhon Orthodox Seminary in South Canaan, Pennsylvania in May, 2010.



With the blessing of Patriarch ELIAS IV of blessed memory, Metropolitan PANTELEIMON (Rodopoulos) ordained him to be a deacon on December 4, 1976 in Thessaloniki, Greece, and Patriarch IGNATIUS IV, of blessed memory ordained him a priest on December 10, 1980 in Damascus, Syria. The priest Joseph served as dean of St. Mary Cathedral in Damascus and as overseer of Holy Cross Church and other parishes in the suburbs of Damascus. He served as superintendent of the secondary school in Damascus from 1980 until 1983. He then went abroad to pastor the Antiochian Orthodox Church in London, England, from 1983 to 1986 and the Antiochian Orthodox Church in Cyprus from 1986 until 1991, when he was elected to be a bishop.

Bishop JOSEPH was consecrated with the title Bishop of Katana in Syria, and served as Patriarchal Assistant and Secretary of the Holy Synod of Antioch. In 1995, he was sent by Patriarch IGNATIUS to America. Here in our Archdiocese Bishop JOSEPH was assigned to the West Coast Chancery by Metropolitan PHILIP of blessed memory. Bishop JOSEPH was enthroned at St. Nicholas Cathedral in Los Angeles, California by Metropolitan PHILIP as the first Bishop of the Diocese of Los Angeles and the West on September 12, 2004.

On December 11, 2011, at the Church of the Dormition of the Theotokos in the Patriarchal Monastery of Our Lady of Balamand in Lebanon, Patriarch IGNATIUS IV elevated Bishop JOSEPH to the rank of Archbishop, in honor of his many years of service as a bishop both in our Archdiocese and in the Patriarchate of Antioch.

On July 3, 2014, Archbishop JOSEPH was elected to become the Archbishop of New York and Metropolitan of all North America by the Holy Synod of Antioch.

Metropolitan JOSEPH'S achievements in apostolic ministry over the course of almost 20 years of diakonia as Bishop of the Diocese of Los Angeles & the West, as well as the locum tenens of the Diocese of Eagle River & the Northwest, form a solid testimony to his spiritual, ethical, and personal leadership qualifications. Over this vast expanse of the western United States and Canada, including Alaska, Metropolitan JOSEPH has tirelessly and unrelentingly maintained a personal apostolic presence in the more than 60 parishes under his care. His Eminence has maintained a personal culture of contact, by direct phone, with all his clergy. Many of the clergy and laity testify that Sayidna always remembers and acts on any important issue placed before him. This unique combination of traits, sobriety and blameless familiarity form the bedrock for his personal effectiveness with all.

Based upon his solid spiritual, ascetical, intellectual, and cultural formation and education, His Eminence has effectively established solid and meaningful Annual Clergy Seminars, and deepened the spiritual and educational experience of both clergy and laity at the annual Parish Life Conferences. He has brought in many and diverse Orthodox authors, leaders, and teachers to enrich the clergy and the laity of his two western dioceses. This has served to promote a strong sense of clergy brotherhood, inter-parochial exchanges, and has become the envy of other Orthodox jurisdictions everywhere. Guest speakers and visitors constantly remark that Metropolitan JOSEPH'S clergy are outstanding in their consistent and active involvement in such events. His Eminence has labored intensely to deepen the spiritual life of his clergy, by encouraging frequent confession, personal prayer, continual education, and a heightened sense of the fullness of our Orthodox Christian tradition of interior and ascetical transfiguration in Christ.

His Eminence has demonstrated episcopal hospitality in his way of life and has led the way in cultivating an active pan-Orthodox community in the western United States and Canada. All of the canonical Orthodox hierarchs of the West relate to Metropolitan JOSEPH in a personal way as an episcopal concelebrant. This episcopal brotherhood has increasingly been reflected in the inter-parochial interaction of the priests and laity of all the parishes, across the western states and provinces.

Metropolitan JOSEPH has taken care in establishing a strong, clear, and straightforward liturgical guidance for all his parishes. He pioneered the use of the internet in publishing the entire text of all the Sunday and festal services of the Church throughout the year. His love for the divine services inspires him to improve the liturgical praxis of all the clergy, through constant interactions and special teachings. In addition, he constantly promotes the spiritual climate of the dioceses under his care with such things as "The Thought of the Day."

Sayidna JOSEPH is fluent in English, Arabic and Greek and is conversant in other European languages. ❖

Metropolitan JOSEPH'S Name Day is the second Sunday after Pascha (**the Holy Myrrbearer, Joseph of Arimathea**).



SPIRITUAL ADVISOR

HIS GRACE, THE RIGHT REVEREND BISHOP JOHN (ABDALAH)

His Grace Bishop JOHN has served as the Spiritual Advisor for the North American Board of the Antiochian Women since 1997. He says that he has been enriched by his work with the inspirational women of the Archdiocese. The dedicated and hard working ladies genuinely care for each other and are examples of Christian leadership through service.

Bishop JOHN is a native of Boston, Massachusetts where he grew up and studied. A widower, His Grace was married to former NAB President, Joanne (Josephs) Abdalah, and he is the father of Gregory (Phoenix, AZ), Joseph (Tulsa, OK) and Maria (Westborough, MA). Bishop JOHN serves as Bishop of Worcester and New England, as well as the Episcopal Overseer for the Western Rite Vicariate. He also is the editor of The WORD magazine.

Bishop JOHN studied Business Administration at Suffolk University, earned a Master of Divinity degree at St. Vladimir's Seminary, and a Doctor of Divinity in Pastoral Care at Pittsburgh Pastoral Institute. Bishop JOHN teaches "Priestly Formation" at the Antiochian House of Studies and is the mentor of the Seminarian Program of the Antiochian House of Studies.

On Sunday, December 11, 2011, Bishop JOHN was consecrated as Auxiliary Bishop of the Diocese of Worcester and New England, for the Self-Ruled Antiochian Orthodox Christian Archdiocese of North America. The consecration took place at the Church of the Dormition of the Theotokos in the Patriarchal Monastery of Our Lady of Balamand, Balamand, Lebanon.

Bishop JOHN's Namesday is September 26 (St. John the Theologian). ❖





PRESIDENT

KHOURIEH SUZANNE MURPHY is the wife of Fr. Gregory-Lazarus Murphy. They serve as the clergy family of St. Michael's Parish in Geneva, in the Finger Lakes area of Upstate New York. They came to Geneva in 2002 from St. Mary's Parish in Cambridge, MA, where Fr. Gregory had been serving as a Deacon. Eight years earlier they had become Orthodox Christians at St. Mary's Cathedral (OCA) in Minneapolis, MN. Fr. Gregory had been an Episcopal Priest in a nearby parish when they made the decision to embrace the Holy Orthodox Faith. They then relocated back to the New England area, and became members of St. Mary's Cambridge. Suzanne and Fr. Gregory have been blessed with four children: David, his wife Ani, and their daughters, Ekaterina Marina, and Alexandra Pokrova; Aaron, his wife Claire, and their son, Benjamin; and Adam, and Moriah. As adults, their children have all continued to be very active in the life of their local Orthodox parishes, which is an inspiration and joy to their parents.

Fr. Gregory and Kh. Suzanne have a true "team ministry" at St. Michael's parish — she is the director of the choir and the head chanter of the parish, so she is at every service, either chanting or leading the choir (or both). She also serves as his liaison with the Choir and with the Antiochian Women. She looks forward to accompanying Father when he visits the elderly and homebound, especially when he brings the Holy Mysteries, as he values her help in singing the service with him, and the parishioners value her loving presence. Kh. Suzanne also serves as the Sacred Music Coordinator for the Diocese of Ottawa, Eastern Canada, and Upstate NY. They are both members of the Order of St. Ignatius of Antioch. They have a particular heart for mission work in Kenya and Alaska, and for Al-Kafaát in Lebanon (<http://al-kafaat.org>).

In the secular world, Kh. Suzanne received a Bachelor of Music (summa cum laude) from Ithaca College, and a Master of Music (Vocal Performance) from Yale University. Kh. Suzanne is a full-time music teacher in the Geneva Public Schools, teaching chorus and general music to Middle School students. She has also taught in the Academic Intervention/Reading Recovery Program of the Geneva school system, where she helped "at risk" children to keep pace with grade-level reading. When they lived in the Boston area before coming to Geneva, Suzanne was named a "Teacher of Distinction" as one of the faculty members of a "National Blue Ribbon School of Excellence." She was also named as one of the "40 Outstanding Teachers in the Arts" by the Boston Symphony Orchestra Education Outreach Committee, and the Massachusetts State Department of Education's Massachusetts Cultural Council. She has trained in and professionally taught the Kodály and Suzuki music techniques, and the Music Together early-childhood methodology.

Since moving to Geneva, Suzanne has been an Adjunct Faculty member in the Music Department of Hobart & William Smith Colleges, where she teaches voice. Additionally, she is a faculty member of the St. Peter's Arts Academy, which is a private arts school serving the greater Finger Lakes area. Suzanne also sings in local and regional ensembles, including the Hobart and William Smith Colleges Chorale, the Syracuse Vocal Ensemble, and as the alto soloist in several productions sponsored by The American Landmarks Concerts Series. She recently sang the role of "The Second Lady" in Mozart's *The Magic Flute* with the Geneva Light Opera Company. Suzanne has also been a long-time member of the Boston Byzantine Choir, and has led vocal workshops for our Antiochian Summer Music Institute.

She has held numerous positions with the Antiochian Women, at the local, diocesan, and NAB levels. She looks forward to working with all of the chapters across our beautiful Archdiocese. ❖



IMMEDIATE PAST-PRESIDENT & SCHOLARSHIP COORDINATOR

DIANNE O'REGAN

I am a convert to Orthodoxy, having been raised in the Roman Catholic Church. I have been a member of St. Michael the Archangel Orthodox Church in Louisville, Kentucky for over 20 years.

In the early 1990s, I graduated with my Associate of Arts in Political Science from Bellarmine University, and my Bachelor of Arts (summa cum laude) in Political Science with an Emphasis in Russian/Soviet Area Studies from the University of Louisville. I had hoped

to continue my education towards a PhD in Soviet Studies at the University of Illinois at Champagne-Urbana, but with the fall of the USSR in 1991, my field of study disappeared!

I have been employed as a Legal Assistant for 35 years, having worked in the fields of criminal prosecution, criminal defense, and civil and corporate law. Since 1996, I have been employed at the offices of Stites & Harbison, one of the preeminent law firms in Kentucky and the Southeast.

On the local parish level, I currently sing in our choir, but have also served as a church school teacher, library assistant, proofreader, editor of our monthly newsletter, member of our adult Bible Bowl Team, and, of course, serving the Antiochian Women in various capacities.

On the Diocesan level, I have held the offices of President, Vice President/NAB Project Coordinator, Recording Secretary, Public Relations Coordinator, and Archivist/Historian. I was also honored with the Metropolitan PHILIP Award for the Diocese of Toledo and the Midwest.

On the NAB level, I have served as Recording Secretary (from 2003-2007 and 2009-2011) and Religious Coordinator (2007-2009), for which I compiled and edited "Orthodox Women Saints" for the Antiochian Archdiocese website and a CD-ROM entitled, "Holy Women of the Orthodox Church" in honor of the Antiochian Women's 35th Anniversary.

More recently, I served as Vice President/NAB Project Coordinator (from 2012-2015) and NAB President (2015-2019). I now serve as Immediate Past-President and as the Scholarship Coordinator.

In my spare time, I love to read (with a fondness towards history and true crime), and serve on the Board of Directors of the Kentuckiana Shetland Sheepdog Club and the Kentuckiana Cluster of Dog Shows, which puts on the largest five-day dog show in North America. I'm also a lifetime member of the Louisville Kennel Club, and a recipient of the American Kennel Club's Good Sportsmanship Award.

I'm honored to continue to be of service to the Antiochian Women of this blessed Archdiocese. ❖





VICE PRESIDENT & PROJECT COORDINATOR

SHERYL VANDERWAGEN

I am a member of St. George Antiochian Orthodox Church in Grand Rapids, Michigan. I am active in our parish's Antiochian Women chapter, where I am currently serving as Vice-President for our local parish chapter. I have served as the Superintendent of the Sunday School, and I sing in our choir.

Along with my husband, Guy, and two daughters, Abby and Emily, we have been members of St. George for 23 years. Guy and I will soon celebrate our 34th wedding anniversary. This past July, we celebrated our daughter Abby's wedding, welcoming our new son-in-law, Mike, into the family.

Guy and I were both raised in and attended various Protestant churches before becoming Orthodox 23 years ago. I enjoy reading, cooking, and baking. Several years ago a very dear friend (may her memory be eternal) taught me how to bake the Holy Bread for Divine Liturgy. I bake almost every week. It is always an honor to be a participant in the remembrances of our parish's loved ones.

In my daily life, I am the ILS (Integrated Library System) Manager for the Lakeland Library Cooperative, based in Grand Rapids, a position I've held for 17 years. Before that I served as the public library director for 18 years in Jenison, Michigan. We live in Lamont, Michigan, a small town located midway between Grand Rapids and Muskegon. I graduated from Hope College in Holland, Michigan and earned my Master's Degree in Library Science from Western Michigan University in Kalamazoo, Michigan.

I have been so privileged and blessed to have been a part of the Antiochian Women for so long, first as Midwest Secretary for four years; then Midwest President for six; and NAB Secretary for the past four years. I am privileged to be able to serve in my new role as Vice-President. I have met so many women from all over the Archdiocese who have had an impact on my life. In a very real sense I have gone from being the only daughter of my parents to having a host of sisters all over North America. I am so very grateful to be part of this sisterhood, the Antiochian Women.

I encourage you all to consider taking an active role in the Antiochian Women in your local chapters and your dioceses by either volunteering to serve as a coordinator, run for an office or simply to help on a project. You won't be sorry and you will gain so many beloved sisters and friends.

I look forward to serving you as your Vice-President. ❖





RECORDING SECRETARY

DOROTHY TAMPARY

To serve on the Antiochian Women North American Board is an honor and a great responsibility. I am humbled by the commitment, dedication and energy of my sisters in Christ who also serve on our North American Board, as well as of those who serve on the respective Diocesan Boards. I am thankful for the leadership of Metropolitan JOSEPH and our Diocesan Bishops.

My new duties as Recording Secretary will be interesting and, I am sure, challenging at times. I will be looking to my sister board members for guidance, camaraderie, dedication and example. Do not be alarmed however, as I am not completely without experience. In the past twelve years, my diocesan commitment has provided me with the opportunities to serve in various capacities: Vice-President for four years, President for the next

four and currently the out-going Treasurer and Past President. During that time, I also gave of my energies as Humanitarian Coordinator for NAB.

My beloved husband of 50 years, Anthony, (known affectionately as “Bubba” to many) fell asleep in the Lord on October 26, 2017. He is the one who introduced me to the blessings and fullness of the Orthodox Christian Faith. Our parish priest, Father David Blead, and family of St. Andrew Antiochian Orthodox Church in Pensacola, Florida, continue to provide caring love to me in this difficult time of adjustment. We have two married children and four grandchildren who bring me great joy: Tony, Stacy, Mason (18) and Marina (17) reside in Pensacola FL, while Mary Alex, David, Ella (15) and Lena (12) live in Colorado Springs.

My youth was spent in Starkville, Mississippi, home of Mississippi State University, and where I met Bubba. I attended Millsaps College in Jackson MS, graduating in 1967 with a B. S. in Biology. I joined Bubba as a resident of his hometown of Pensacola, Florida, upon marriage. Our children grew up with the white sand beaches of Perdido Key, FL, and Orange Beach, AL, and the beautiful waters of the Gulf of Mexico as their playground!

Vocationally, I taught biology, anatomy & physiology, science research, and other science classes for thirty-one years to high school students. Upon retirement from teaching in 1998, I switched to full-time work as a resort real estate sales and condo rental agent, retiring in 2015.

Bubba introduced me to the Orthodox Christian faith. As I learned and experienced more and more within the Orthodox Church, I felt as though a beautiful flower was opening its petals for me to see, touch, smell, feel. I am committed to spreading the Gospel to build the Body of Christ, from the framework of my home parish of St. Andrew, through our diocese and archdiocese, and beyond.

You are all a blessing to me, for which I thank God. ❖





PUBLIC RELATIONS COORDINATOR

KH. KELLEYLYNN BARBERG

Christ is in our Midst!

It is with great enthusiasm that I find myself to be among such a faithful and God-loving Sisterhood — and to serve as Public Relations Coordinator for the NAB. While I may be “new” to the NAB, I am not to the life in the church...Nearly a year after our marriage in 1995, my husband, Fr. Raphael and I, converted together to the One True Faith; we haven’t looked back since. Soon after entering the Church, we greeted our first-born son and fast forward a few years, my husband was ordained to the Diaconate; fast forward ten years later, he retired his Lieutenant’s badge from the Buffalo, NY Police Department, and we sold and packed-up our large home to live in a small apartment on the grounds at St Vladimir’s Seminary in Crestwood, NY. Three years later, he graduated with a Masters in Divinity, was ordained to the Holy Priesthood; and we welcomed our fifth child. I like to joke and say that I helped with all this along the way (am I right?!).

During those years I worked various jobs, mostly administrative, while also home schooling our children. We now have two young adults, a recent graduate of Hellenic College Holy Cross, and another working in the Hotel and restaurant hospitality industry. Two more are in high school and one sweet fourth grader still being instructed at home with me. Life is full, messy and beautiful.

Before ordination, before children, and before marriage, both my husband and I were raised and grew up in the Western New York area around Buffalo, NY. We have gathered a ton of pride for our hometown and the people. We are grateful to be back “in the 716” after spending exactly a decade away, moving to and fro from SVS to Maryland to Oklahoma City and in 2018, back to serve the Faithful of St George in Niagara Falls, NY — our home parish.

God is so good in all His ways! While my husband was pursuing *his* vocation, *my* vocation found me, and for close to 10 years I have managed to build my own private photography business. I still have plenty to learn, but with each client that I encounter, I’m given opportunities to make connections with humanity. I honestly love my job — and the other ones, too: being a full-time wife, and mom, and a Priest’s wife. In the life of the Church, I am an Orthodox Christian woman who is also a wife, a mother, daughter, teacher, a sister, confidant and friend, and a parishioner. Each day, I lay all my earthly cares aside asking for God’s saving grace. I have no role but “a path” and with each new season in my life - past and present - I managed, with God’s help, to walk these paths within the Church in our local Antiochian Women’s chapter serving as Secretary, Vice President, and President; from Christian education teacher, to organizing Vacation Bible School and Christmas pageants; hosting a Book club, to decorating a Festal Icon, to singing in the choir, and wiping down a table after coffee hour. I am, with my husband, raising five beautiful faithful God-loving church-goers, all while their Dad (a Father to many) diligently serves the Church community.

“She is clothed with strength and dignity; she can laugh at the days to come” (Psalm 31: 25) I come to you seasoned (and slightly undercooked) by some of the best-of-the-bests that hailed via NAB. From my earliest bewildered days, when Eleanor Kinan took me under her wing and taught me all about the Antiochian Women and what the Sisterhood was about (she knew those bi-laws, ladies); to Cindy Nimey who truly lives the Sisterhood from her inexhaustible devotion not only to her family, but within the parish and the work she did for the Antiochian Women; She is exemplary and one to emulate indeed. And also that of Kh. Laila Elias: a Lighthouse, a beacon of light for so many of us navigating the shorelines and changing tides of life as a Priest’s wife. And to our current NAB President, Kh. Suzanne Murphy: her radiance, enthusiasm, and gentle song-like instruction inspires and encourages. How can I *not* thank them? This is what the Sisterhood is all about, am I right?!

I am grateful to so many, many, many more and the highest honor is not this position, but that I get to be among amazing Handmaidens of the Lord. May it all be blessed, according to God’s Holy will. ❖



HUMANITARIAN COORDINATOR

LAUREN FERRIS

I am appreciative of the opportunity to continue serving as your NAB Humanitarian Coordinator for my second term.

As a little introduction about myself, I live in El Paso, Texas and attend St. George Antiochian Orthodox Christian Church. I am the sole attorney at Ferris Law Office. Throughout my life, I have volunteered and worked with non-profit organizations or causes. It started when I was young and would go to various Lion's Club events with my grandparents, volunteer at our annual senior citizens dinner, stuff stockings for Christmas for those less fortunate, visit, with Teen SOYO, local homeless shelters, and raise funds for various organizations or projects in need.

During my time in law school, I volunteered hundreds of hours in community service work (earning the Dean's Certificate of Distinguished Service) as well as being the Chairperson of the Community Opportunity Outreach League (C.O.O.L) committee, in which I oversaw and initiated numerous volunteer activities for all of the law students in the community.

During my time working with the City of El Paso's Community and Human Development Department, I engaged and interacted with various local, non-profit agencies and completed grant and contract documents for the organizations to provide resources for those in need in the area. It has always been a passion of mine to aid and serve others, as this is how I was raised.

As part of my role as the NAB Humanitarian Coordinator, I have recommended and led a "Common Act of Mercy" for all of our Antiochian Women chapters, so that, we, as a Sisterhood in Christ, have a common thread that ties us in the service of others. The "Acts of Mercy" included FOCUS on Love and Educational Support of School Children through FOCUS North America. Both of these Acts have been very successful and provided aid to many less fortunate individuals. There may be more than one Act of Mercy as the needs of the organization and communities may change throughout the year.

It is my goal to have multiple campaigns or activities throughout the year to encourage more women to participate, in and through their chapters, with the Acts of Mercy. I would like us all to become more involved with "hands-on" activities, in addition to the collection of funds for the Acts of Mercy. For example, chapters are encouraged to participate by sending cards and/or visiting shut-ins and the sick, visiting nursing homes and those individuals that may have no one else, participating in a local charity event such as Habitat for Humanity, and any other local Acts of Mercy as the individual chapters determine is needed.

I greatly appreciate this wonderful opportunity and look forward to serving with you over the next two years. Please let me know if you have any other suggestions, comments, or questions. ❖





TREASURER

LAILA FERRIS

My foundation in serving my Lord and faith was established by my late parents, Peter and Skee Rizk. This love has grown as I moved from childhood to adulthood. Presently, I have the honor of serving as Treasurer of the NAB. I have also had the privilege to serve the Antiochian Women in various positions at the local, diocesan, and NAB levels: Recording Secretary at St. George in El Paso, Texas; President, Vice President, and Cultural Coordinator for the Diocese of Wichita and Mid-America; and President, Vice President, Treasurer, and Finance

Coordinator of the NAB. I also serve as my parish's Church School Director and am a member of the Parish Council. I have been married to my husband, Paul Ferris, for 39 wonderful years. We have been blessed with our children – Paul, Jr. (PJ) and his wife, Jaclyn, Christopher, and Lauren – who also serve their Lord, faith and Church, in a variety of ways. I presently serve as the dual roles in the El Paso Independent School District. I serve as Principal of the Mesita Early Childhood Development Center and Mesita Elementary School, as well as the Interim Chief of the Division of Connecting Languages and Dual Language. I am truly blessed to serve others through this pathway in my life, as well.

I also believe that serving the Antiochian Women is a privilege and a blessing that my Lord has bestowed upon me. I have had the opportunity to meet and work with some of the most amazing, caring, and talented women who consistently prove, that with strong faith and love of our Lord, along with the love and support we give to each other, as a Sisterhood serving Christ through serving others, this Sisterhood can accomplish all that is given to them. ❖



WIDOWED CLERGY-WIVES PROGRAM COORDINATOR

JULIA KALYOUSSEF

My name is Julia Kalyoussef, and I am honored to be serving as the new Widowed Clergy Wives Coordinator for the North American Board of the Antiochian Women. I am happy serving this organization with these amazing women, at the same time we are all serving God. I was previously the Ladies Society Vice President for two terms, and the Vice President of the Eastern Diocese Antiochian Women for two terms, as well. This year I joined the church choir. I was born and raised in the beautiful city of Aleppo, Syria, and I was a very active member in my church there. I am an undergraduate from law school and taught for eleven years in Aleppo's public school system. I moved to the United States in 1988 and married my husband, Joseph Kalyoussef of Little Falls, New Jersey. I am a proud mother of two sons, Jack and Spero, and a

proud grandmother to Rose and Sebastian. I am an active member of St. George Antiochian Orthodox Church in Little Falls. In my spare time, I like to help out with the church functions. I like sewing, knitting, reading, and gardening. Currently, I work with special needs children as a personal aide in the Paterson Public School system. ❖



CONSTITUTION & BYLAWS COORDINATOR

ANNE BOURJAILY-THOMAS

I am Anne Bourjaily Thomas. My home parish growing up was St. George Church in Cleveland, Ohio . Many of you know my mother, Elinor, past President of the NAB and the Midwest Diocese and a friend to many all over the Archdiocese and “Aunt” Elinor to the Antiochian Village campers.

Over the years I was very active in the church, Teen SOYO, and served on the Parish Council for many, many years. In 1986 I was a founder of St. Matthew Orthodox Church in North Royalton and in 2002 a founder of St. Luke Orthodox Church in Chagrin Falls, Ohio. During this time I worked with Fr. Peter Gillquest with Missions and Evangelism and later became active on the Archdiocese level as both a committee chair and officer of the Governing Council of the Order of St. Ignatius. At St. Luke, I am Parish Council Treasurer and served as Chair of Parish Council a number of times.

In my non-church life, I am an educator by trade and taught at the Jr. and Sr. High School levels in Cleveland Public Schools. After attaining a Ph.D. in Secondary and Higher Education Administration, I left teaching to become a community college administrator. I finished my law degree and passed the bar in 1994 just three days after the birth of my son.

In 1993 I married George Thomas, D.O. and we have two beautiful children together, Michael, a 4th year Osteopathic Medical Student, and Katherine, a 1st year law student at American University in Washington, D.C. I also have two wonderful step-daughters, Farrah, a clinical psychologist, and Tiffany, a veterinary technician, (married to Casey) and two grandsons. We do at least one family vacation together each year usually to the beach which gives all of us time to have fun together.

I was a member of my local school Board of Education for ten years, serving as president twice. I currently work for the Ohio Education Association/National Education Association (NEA), the largest professional union in the country where I represent educational professionals. It is very rewarding and needed work.

I am happy to serve on the Board of NAB. In the past I have served as the Parliamentarian and Treasurer. Presently, I am serving as the Constitution and By-Laws Chair. I look forward to working with all of you over the next two years. ❖





RELIGIOUS COORDINATOR

FADIA JUZDAN

My name is Fadia Juzdan and I live in Woodland Park, New Jersey. I belong to Saint George Church in Little Falls, New Jersey. I have been married to my wonderful husband Ziad for 32 years, and we have four amazing children: Paul, George, Nicholas, and Janine. We have two wonderful daughters-in-law, Mary and Sheena. George and Sheena are expecting a baby in February 2020.

I was born in Yaffa, Palestine and moved to this country in 1987; I have been a member of Saint George Church ever since. I have been very active at my local parish and have held several different positions in the church. I have had the honor of becoming the first woman Parish Council chairperson at St. George. My family is very involved in church activities; my husband is the Parish Council Vice President and my children are all active members of Young Adult Ministry. I work as a Senior Financial Analyst at AdvanSix.

I enjoy cooking Arabic food and reading novels with a good cup of coffee by my side. My patron Saint is the Theotokos. I have held a variety of positions on the Diocesan and Archdiocesan level of the Antiochian Women. I am currently the Religious Coordinator of NAB and I am very excited to be a part of this organization that promotes the Orthodox Faith in America. ❖



FINANCE COMMITTEE

VIOLET ROBBAT

I was born in Boston, MA and am a former member of St. John of Damascus Church, Dedham, MA, where I was active as a Church School teacher, Teen SOYO Advisor and President of Senior SOYO. I graduated from Northeastern University with a Degree in Cytology, and became a member of the Massachusetts Cytology Society and the American Society of Clinical Pathologists. Cytology is the study of cells, and entails diagnosing Cancer. I am married to my husband Richard (45 years), and we are members of St. Mary Orthodox Church, Cambridge, MA. Our children are son Michael, daughter Andrea, and son-in-law, Steve Plasko.

At St. Mary's, I am active in our Women's Club, Bible Bowl and Oratorical Festival Coach, and have been a Church School Superintendent and Teen SOYO Advisor. I have been active in the Antiochian Women since its inception holding many positions on the Regional/Diocesan Level, including President, Vice President, Recording Secretary, Public Relations, Cultural Coordinator, Humanitarian Coordinator, and currently the Religious Coordinator. On the NAB Level, I have been honored to serve as Public Relations Director, Recording Secretary, Treasurer, Vice President and President, Immediate Past President and am currently Finance Coordinator.

I recently retired after eighteen years of working with high school students who have learning disabilities, as a Special Education Instructional Assistant and as a Teaching Assistant in Biology. I am a member of the Lexington Education Association, the Massachusetts Teachers Association and the National Education Association. I enjoy traveling, reading, cooking, gardening, and embroidery, among many other interests. ❖



MEMBERSHIP COORDINATOR

DAWN EVANCHO

My name is Dawn Evancho, and I have been a member of All Saints Orthodox Church in Raleigh, NC for the past 21 years. I was Chrismated into Holy Orthodoxy when I was engaged to my wonderful husband Ron, 28 years ago. I learned almost everything I now know about Orthodoxy from Father Nicholas, Kh Barbara and my All Saints family. Through the years, I have taught Sunday School, mentored the teens, and led the Antiochian Women. I have 14 Godchildren; most of whom attend All Saints with me.

In the last few years, I have been blessed to serve as the Humanitarian Coordinator and the Diocesan President of the DOMSE. I love going to meetings, both Diocesan and NAB, and getting to know all the wonderful Antiochian Women of the US and Canada. In my spare time, I work as a Family Practice Physician Assistant and help guide my two loving daughters, Sarah, a 3rd year medical student, and Lauren, my feisty 11th grader and talented musician. ❖

**TEN YEARS AGO, IN PALM DESERT, CALIFORNIA,
AT THE 49TH CONVENTION OF OUR GOD-PROTECTED ARCHDIOCESE,
HIS GRACE BISHOP (NOW, METROPOLITAN) JOSEPH
ADDRESSED THE GENERAL ASSEMBLY OF THE ANTIOCHIAN WOMEN.
HE WANTED TO IMPRESS UPON US JUST HOW VITAL OUR WORK IS
TO THE LIFE OF THE CHURCH.
HE SPOKE DIRECTLY TO US –
THE WOMEN OF OUR ANTIOCHIAN ARCHDIOCESE –
AND SAID:**

**“When everyone left
our Lord Jesus Christ
alone
on the cross,
the women were there.
Can you see how important
the women are?**



You are the myrrh-bearing women.”

WHO ARE THE HOLY MYRRH-BEARING WOMEN?

The Sunday of Myrrhbearing Women falls on the second Sunday following Pascha. The myrrhbearers had brought funeral spices and ointments to finish committing Christ's body to the grave. They were the first to see the empty tomb and were instructed by the risen Lord to bring the joyful news to the apostles. Ss. Joseph of Arimathea and Nicodemus are also commemorated on this day.

There are eight women who are generally identified as the myrrh-bearers. Each of the four Gospels gives a different aspect of the roles of these eight women at the cross and at the tomb on Easter morning, perhaps since the eight women arrived in different groups and at different times. The eight are:

- | | | | |
|---|------------------|--|-----------------------------|
| 1) Mary, the Theotokos (the Virgin Mary) | 3) Joanna | 5) Mary the wife of Cleopas (or Alphaeus) | 7) Mary of Bethany |
| 2) Mary Magdalene | 4) Salome | 6) Susanna | 8) Martha of Bethany |

Of the eight, the first five are the more prominent and outspoken. The last three are included according to tradition. Five of these women were also very wealthy; the women of means were Mary Magdalene, Joanna, Susanna, and Mary and Martha of Bethany.

A confusing aspect in Gospel references to these women that two of the Marys had a son named James. Mary, the wife of Alphaeus, was the mother of James, one of the Twelve Apostles; the Virgin Mary was the step-mother of James, the Lord's brother (Matthew 13:55, Galatians 1:19).

In Western tradition, James, the son of Alphaeus, and James, the Lord's brother, have sometimes been identified as the same person. In Eastern tradition, James, the Lord's brother was Bishop of Jerusalem from 30-62 AD and never left the vicinity of Jerusalem. He is the James who rendered the decision of the council of Jerusalem in 48 AD (Acts 15:13-19). Eastern Tradition links James, the son of Alphaeus, with evangelism abroad, especially in Egypt where he was martyred.

One helpful tip that can clear up the confusion between these two Marys is the passage that refers to the Virgin Mary as the mother of James and Joseph (Matthew 13:55). This Joseph is also called Barsabas, Justus, and Judas (Acts 1:23 and 15:22). Therefore, in Matthew 27:56, the women looking on from afar at the cross were Mary Magdalene, the Virgin Mary (that is, Mary the mother of James and Joseph), and Salome (the wife of Zebedee and the Virgin Mary's step-daughter).

Matthew refers to Mary Magdalene and "the other Mary," who is probably the Virgin Mary also from the context (Matthew 27:61 and 28:1). Such Church Fathers as St. Gregory of Nyssa and St. Gregory Palamas support this interpretation. Similarly, St. Gregory of Nyssa identifies "Mary, the mother of James" (Mark 16:1 and Luke 24:10) as the Virgin Mary also.

These eight women had been together a lot during Jesus' three-year public ministry. Mary Magdalene, Joanna, Susanna, and others (Luke 8:3) are described as providing for Jesus out of their possessions (that is, acting as deaconesses). These same women had faithfully followed him from Galilee and had come up with him to Jerusalem (Matthew 27:55, Mark 15:40-41, and Luke 23:55).

St Joseph of Arimathea — Troparion (Tone 2)

The noble Joseph, taking down thy most pure Body from the Tree,
Wrapped it in clean linen and sweet spices and laid it in a new tomb.
But on the third day thou didst rise,
O Lord, granting the world great mercy.

Myrrhbearing Women — Troparion (Tone 2)

Verily, the angel came to the tomb and
said to the ointment-bearing women,
"the ointment is meet for the dead,
but Christ is shown to be remote from corruption.
But cry ye, "The Lord is risen, granting the world the Great Mercy;"

Myrrhbearing Women — Kontakion (Tone 2)

You did command the myrrh-bearers to rejoice, O Christ!
By Your Resurrection, You did stop the lamentation of Eve, O God!
You did command Your apostles to preach: The Savior is Risen!

source: https://orthodoxwiki.org/Sunday_of_Myrrh-bearing_Women



ARCHDIOCESAN CONVENTION - ANTIOCHIAN WOMEN LUNCHEON



July 21-28, 2019

in cool city
GRAND RAPIDS, MICHIGAN
you'll love it here!

AN UNCONVENTIONAL CONVENTION YOU WON'T FORGET

- **Workshops:** Relationships, Parenting, Christianity in Society
- **Keynote Speaker:** Paul Karos, *Living the Faith*
- **Faith:** Worship, Bible Study, Chats with Sayidna
- **Entertainment:** Family Fair, Broadway Music, Hafti, Dinner Dance
- **Reunions:** 50th NAC SOYO, 40th Village

NOT TO MENTION...

Experience Grand Rapids' breweries, cafes, gardens and museums and nearby Lake Michigan. You don't want to miss out!

BOOK YOUR HOTEL NOW & BUY YOUR EVENT PACKAGE

for more information and to **REGISTER NOW** visit www.ac2019gr.org



ANTIOCHIAN WOMEN
1973-2019

LUNCHEON
Wednesday, July 24, 2019

NORTH AMERICAN BOARD
54TH ANTIOCHIAN ORTHODOX
ARCHDIOCESE CONVENTION

NORTH AMERICAN BOARD PRESIDENTS

Pauline Malcoff*	1974 - 1976
Eište Kaleci*	1976 - 1978
Gladys Laham	1978 - 1980
Esther Samara*	1980 - 1983
Mary Dibs	1983 - 1985
Nadia Habid Zed	1985 - 1987
Isabel Elac	1987 - 1989
Elinor Bourjaily*	1989 - 1991
Laraine Mashie	1991 - 1993
Marlene Mamary	1993 - 1995
Eleanor Kinan*	1995 - 1997
Kh. Joanne Abdalah*	1997 - 1999
Susu Morrow*	1999 - 2001
Marilyn T. Robbat	2001 - 2003
Laila Rizk Ferris	2003 - 2007
Cindy Nimey	2007 - 2011
Violet Robbat	2011 - 2015
Dianne O'Regan	2015 - 2019

*Memory Eternal

PROGRAM

INVOCATION
His Eminence Metropolitan **JOSEPH**
Archbishop of New York and Metropolitan of All
North America

WELCOME
Julie Karris, Chairman

MEAL
Baby iceberg with tomatoes, cucumbers,
carrots and pickled onion served with
herb vinaigrette or raspberry vinaigrette dressing
(GF+DF)

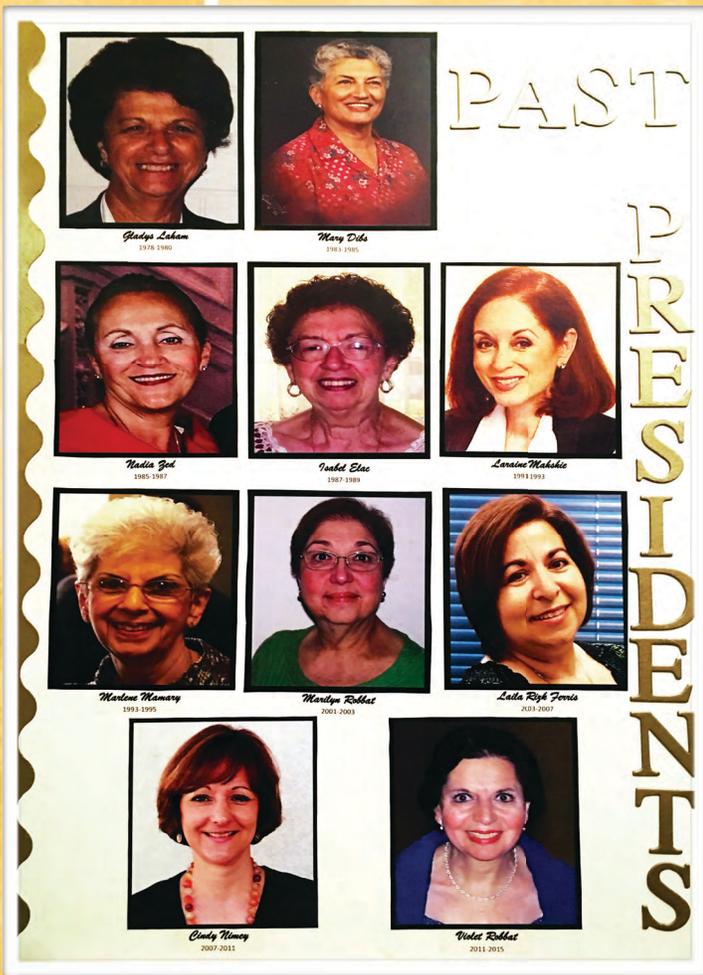
Dairy-free Sourdough Roll
Pretzel Crusted Whitefish
Roasted Redskin Potatoes
Tomato Garnish

Dairy-free Chocolate Dessert

INTRODUCTIONS
Dianne O'Regan, NAB President

KEYNOTE ADDRESS
His Eminence Metropolitan **JOSEPH**
Archbishop of New York and Metropolitan of All
North America

BENEDICTION



"A Sisterhood Serving Christ,
Through Serving Others"



















Photos courtesy of: Julie Karrip, Rula Khoury, Charmaine Darmour, Violet Robbat, & Fr. Gregory-Lazarus Murphy

DELEGATES NORTH AMERICAN BOARD

Bishop JOHN Abdalah, Spiritual Advisor
Dianne O'Regan, President
Kh. Suzanne Murphy, Vice-President
Sheryl VanderWagen, Recording Secretary
Fadia Juzdan, Treasurer
Violet Robbat, Immediate Past President
Anne Thomas, Constitution & Bylaws
Lauren Ferris, Humanitarian Coordinator
Laila Ferris, Scholarship & Finance Committees

DIOCESE OF MIAMI & THE SOUTHEAST

Shell Keim, President/Delegate
Deborah Abdo-Dambrosio, Delegate
Kh. Nancy Aaraj
Carol Larson
Barbara Habeka
Beatrice Catafano
Charlene Diemous

DIOCESE OF OTTAWA, EASTERN CANADA & UPSTATE NEW YORK

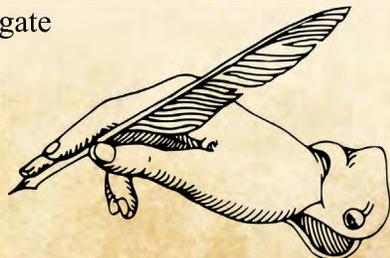
Suzanne Zeidan, President/Delegate
Kh. Helene Hajal, Delegate
Kh. Kim Rigden-Briscall, Scholarship/Delegate
Kh. Kelleylynn Barberg

DIOCESE OF WICHITA & MID-AMERICA

Jamie Isaac, Treasurer/Delegate
De Bottei, Membership Coordinator/Delegate
Jameehi H Dayoub, Delegate
Joan Katrib, Delegate
Kh. Raghad Shawareb

DIOCESE OF LOS ANGELES & THE WEST

Charmaine E. Darmour, President/Delegate
Jan Speier, Delegate
Joan Nasser, Delegate
Kh. Eman Baalbaki, Delegate
Kh. Barbara Christianson, Delegate
Kh. Eva Najim, Delegate



DIOCESE OF WORCESTER & NEW ENGLAND

Valerie Irving, Treasurer/Delegate
Kh. Carol Hughes, Delegate
Gladys Laham, Delegate
Cindy Hayes, Delegate
Deborah Laham

DIOCESE OF TOLEDO & THE MIDWEST

Kh. Jeanette Gallaway, President/Delegate
Kh. Michelle C. Dresdow, Humanitarian/Delegate
Janet Abueita, Vice-President/Delegate
Patricia Elian, Delegate
Barbara Thomas, Finance/Delegate
Lynn Simon, Delegate
Manal Abuaita
Hiam Bathish
Ramona Darmour
Reem Sweiss
Sarah Mitri
Debbie Zogaib
Kh. Vicky Nasser
Paula Henig
Anna R. Simon
Kh. Eileen Simon
Kh. Cynthia Hogg
Delores Khoury
Dottie Malooley

DIOCESE OF CHARLESTON, OAKLAND & THE MID-ATLANTIC and DIOCESE OF NEW YORK & WASHINGTON D.C.

V. Rev. Fr. Don Shadid, Spiritual Advisor
Rula Osama Khoury, President/Delegate
Angela Saliby, Vice-President/Delegate
Nancy Tentzeras, Delegate
Kh. Louria Dixon, Delegate
Kh. Rima Zafaran, Delegate
Leslie Deeb Canter, Delegate
Kh. Carol Alberts
Maryann Skaff
Kh. Mageda Al-Dehneh
Carol Laham
Hayar Noshewait
Sharon Adda
Evelyn Koury
Kweilin Nassar

ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP -- FOUNDER
A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS



THE MOST REVEREND
METROPOLITAN JOSEPH
358 MOUNTAIN ROAD
ENGLEWOOD, NEW JERSEY 07631

NORTH AMERICAN BOARD

❖ VICE PRESIDENT ❖

September 20, 2019
Eustathius the Great Martyr

Your Eminence Metropolitan JOSEPH,
Venerable Hierarchs, Reverend Clergy and Sisters in Christ:

Christ is in our midst! He is and ever shall be!

I am honored to be able to serve the women of this blessed Archdiocese as the newly-elected Vice-President/NAB Project Coordinator. Many of you know me through my former position as NAB Recording Secretary from the past four years. I have also served in various offices in the Antiochian Women, Diocese of Toledo and the Midwest including President, Secretary, and currently Religious Coordinator.

For those of you who are new to our organization or who I have not yet met, let me introduce myself. I live in Lamont, Michigan near Grand Rapids. I have been married to Guy VanderWagen for 34 years and we have two daughters, ages 28 and 23. This past summer, we gained a son-in-law when we celebrated the marriage of our eldest daughter. We are members of St. George Orthodox Church, Grand Rapids, Michigan, and our parish these last 23 years since coming to Orthodoxy in 1996. I sing in the choir, am Vice-President of our local Antiochian Women chapter and am a former Church School Director (retired). I am a librarian and my day job is serving as the ILS (Integrated Library System) Manager for the Lakeland Library Cooperative in Grand Rapids, Michigan; a position I have held since 2002.

Those of you who attended the Antiochian Women Luncheon at the Archdiocese Convention in Grand Rapids this past July witnessed the presentation of a check in the amount of \$125,336.05 to His Eminence Metropolitan JOSEPH as our contribution to the 2019 NAB Project: Building a New Cathedral at the Antiochian Village. We are encouraged by your support for our beloved Antiochian Village.

In addition, over the past year the Antiochian Women received additional contributions to our 2018 NAB Project: Vocations for \$6,165.03 which was added to the previous total of \$109,908.99. This brings the total for the 2018 NAB Project: Vocations to \$116,062.02. This shows your deep concern, support and encouragement for those who have or will choose a vocation or career in service to our Orthodox Church and its ministries.

Since 1975, the Antiochian Women have raised nearly \$4-million in support of the major charitable projects that were given to us by Metropolitan PHILIP of thrice-blessed memory and Metropolitan JOSEPH. Thank you for your hard work and for taking seriously our obligation to "serve Christ by serving others." Your devotion and generosity are truly remarkable and a blessing to many.

We now prepare to undertake our latest Project as tasked to us by His Eminence Metropolitan JOSEPH, the 2020 NAB Project: Fulfilling the Vision. The 2020 NAB Project is an enhancement of the 2019 NAB Project which started with a cathedral at the Antiochian Village. The fundraising will continue this year with a new vision beautifully articulated to the Antiochian Women during the Archdiocese Convention this past July. The enhanced vision encompasses the new cathedral along with a monastery, a home for our Hierarchs after they have retired and a crypt in the cathedral where our Hierarchs will repose including St. Raphael of Brooklyn.

SHERYL VANDERWAGEN ❖ VICE PRESIDENT OF THE NORTH AMERICAN BOARD

5164 Leonard, Coopersville, Michigan 49404 ♦ (h) 616-677-5242 (m) 616-560-3483 ♦ svanderwagen5164@gmail.com

❖ ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA ❖

Each parish in the Archdiocese will receive a packet of information that will include more details along with the 2020 Project poster. Please urge your local chapters to begin planning events for the 2020 NAB Project as soon as possible. They should not wait until March to fundraise for this worthy cause. Everyone in our churches should be made aware of the Project and the vision for our beloved holy mountain, the Antiochian Village.

Once again, thank you for allowing me to serve you and the women of our Archdiocese as your Vice-President/NAB Project Coordinator. I look forward to hearing from you if you have questions or comments. My contact information is at the bottom of this letter.

Yours in our Lord Jesus Christ,
Sincerely,



Sheryl VanderWagen



DISTRIBUTION LIST:

- His Eminence Metropolitan JOSEPH
- His Grace Bishop BASIL
- His Grace Bishop THOMAS
- His Grace Bishop ALEXANDER
- His Grace Bishop JOHN (NAB Spiritual Advisor)
- His Grace Bishop ANTHONY
- His Grace Bishop NICHOLAS
- NAB President
- NAB Officers and Coordinators
- Diocesan Spiritual Advisors
- Diocesan Presidents
- Diocesan Vice-Presidents/NAB Project Coordinators



“Fulfilling the Vision”

“Even them will I bring to my holy mountain, and make them joyful in my house of prayer: their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine house shall be called a house of prayer for all people.”

[Isaiah 56:7]

NAB PROJECT 2020 — *Fulfilling the Vision*

Metropolitan JOSEPH has tasked the Antiochian Women with continuing to raise funds in support of his vision for the Antiochian Village. The 40-year old vision of Metropolitan PHILIP, of thrice-blessed memory, for the Antiochian Village has been enhanced by the vision set forth by Metropolitan JOSEPH at our Archdiocesan Convention. There is still much that needs to be done at the Antiochian Village and the new cathedral is only the beginning.

We would like to thank the Antiochian Women throughout North America for their generous support of the 2019 NAB PROJECT, which totaled more than \$125,000 and which was presented to Metropolitan JOSEPH during the Antiochian Women Luncheon at this summer’s Archdiocesan Convention in Grand Rapids, Michigan. In His Eminence’s address to the women, he presented his enhanced vision for the Antiochian Village, building on Metropolitan PHILIP’s original vision.

His Eminence envisions a new cathedral large enough to host all the campers, clergy, and other large gatherings; a monastery; a place for our Bishops to retire so they can spend their final years in prayer for the faithful of the Archdiocese; and finally, a crypt, a place of repose beneath the cathedral for our Hierarchs, including St. Raphael.

This is our NAB PROJECT 2020: to raise funds “Fulfilling the Vision” begun with Metropolitan PHILIP and continuing with Metropolitan JOSEPH for our “holy mountain”, our beloved Antiochian Village.

Thank you for your generous support for the 2020 NAB PROJECT.



Sheryl VanderWagen

NAB Vice-President & Project Coordinator

Fulfilling the Vision



ANTIOCHIAN WOMEN 2020 PROJECT
NORTH AMERICAN BOARD - ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA

Background © Shutterstock - Simon Blazek Cathedral Design Sketch & Architecture for St Luke Orthodox Christian Church of Erie Colorado by CJK DESIGN - Christ J Kamages FAIA architect Poster design, graphic elements, photo mod. © Gregory-Lazarus Murphy

ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP -- FOUNDER
A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS



THE MOST REVEREND
METROPOLITAN JOSEPH
358 MOUNTAIN ROAD
ENGLEWOOD, NEW JERSEY 07631

NORTH AMERICAN BOARD

❖ PUBLIC RELATIONS COORDINATOR ❖



August 27, 2019

Hello Sisterhood!

Some of you know me already and for those who do not, I am Khouria Kelleylynn Barberg from St. George in Niagara Falls, NY under His Grace Bishop Alexander. Last summer, my husband Fr. Raphael and I, returned to our hometown parish to serve the faithful; and now that we're settled back home, I'm incredibly excited (and humbled) to work on your behalf in Public Relations for the North American Board.

FACEBOOK: If you haven't done so already, please go and "Like"; encourage all Antiochian Orthodox women in your Diocese and in the local parishes, to follow our **Facebook page** (if on social media) **@Antiochian Women North America**. Feel free to post (*) events and pictures of any Antiochian Women church gatherings, prayer services, women serving in the church, bible studies or book clubs, or any happenings within our Antiochian Orthodox Archdiocese. (Please avoid politics and gossip!)

Also, encourage the same women to "Follow and Like"; share our brand new **Instagram page @AntiochianXsisterhood** and use some of the hashtags listed below when posting pictures on your own Instagram page so that we're ALL connected to the Instagram-Antiochian Orthodox-Sisterhood (via social media).

[#antiochianwomen](#) [#aocwsisterhood](#) [#antiochianxsisterhood](#) [#aocwnab](#) [#antiochianarchdiocese](#)
[#sisterhoodinchrist](#) [#orthodoxwomenofnorthamerica](#)

Perhaps all this social media hub-bub isn't "your thing". No need to worry, you can still submit content that I'd be happy to share on your Diocese and/or Parishes' behalf; you can send all that directly to my email: KhKelleylynn@gmail.com (don't forget that "E" in my name). And, if need be, I can also be reached by mail: 345 Riverview Dr., Youngstown, NY 14174

Along with sharing on social media, part of my PR responsibilities is to continue the *Diakonia* newsletters. Take note of when your Diocesan deadline is (page 2); send content to: KhKelleylynn@gmail.com.

I am looking for poetry, artwork and/or iconography work, portraits, writings, etc. submissions (upon approval).* Should any women in the Antiochian Orthodox Archdiocese parishes have a talent to share, that are within the church's teachings, please let me know so that I may add to the *Diakonia*.

Diocese of New York and the Archdiocese District (His Eminence Metropolitan JOSEPH)
Diocese of Charleston, Oakland, and Mid-Atlantic (His Grace Bishop THOMAS)
due November 1, 2019

Diocese of Los Angeles and the West (His Eminence Metropolitan JOSEPH)
due February 1, 2020

Diocese of Miami and the Southeast
due May 1, 2020

Diocese of Ottawa, Eastern Canada and Upstate NY (His Grace Bishop ALEXANDER)
due August 1, 2020

Diocese of Toledo and the Midwest (His Grace Bishop ANTHONY)
due November 1, 2020

Diocese of Wichita and Mid-America (His Grace Bishop BASIL)
due February 1, 2021

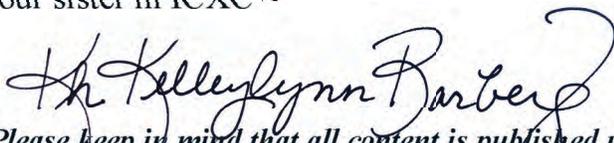
Diocese of Worcester and New England (His Grace Bishop JOHN)
due May 1, 2021

PLEASE KEEP IN MIND that Social Media can be used for the good or can be abusive; that, like in all things, we are to be mindful and intentional with what goes in and out of our mouths, in this case, on our social media pages. May we encourage one another to represent ourselves as Handmaidens of the Lord and in everything to be Christ-like by the very example given to us in the Theotokos. Take a pause when posting anything; and ask: *Is it True? Is it Kind? Is it Necessary?*

*"Set a guard, O Lord, over my mouth;
Keep watch over the door of my lips."
Psalm 141:3*

Thank you for this opportunity to further unite our Antiochian Orthodox Sisterhood into future generations via social media and the Diakonia newsletters. Please pray for the officers on the NAB, in your Diocesan levels, and in your local parish chapters; and especially for all women in the church.

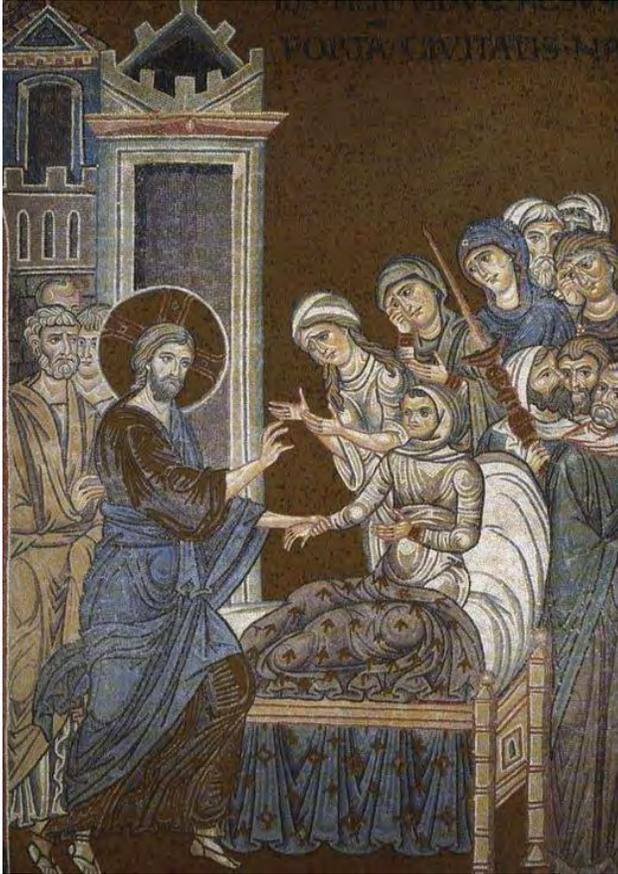
Your sister in ICXC ~



**Please keep in mind that all content is published under the discretion of the Public Relations Coordinator, with the NAB President, and NAB Spiritual Advisor. Their editorial decisions are final. Submissions must not advocate for secular political policies, must not contain gossip or speculation, must uphold the traditional canons and practice of the Holy Orthodox Faith, and must support the policies of our Metropolitan Archbishop and the Antiochian Orthodox Christian Archdiocese of North American and the AOCWNA. We have the right to report any wrong use to the respective Social Media platform, and to delete from Facebook and/or Instagram. Submissions (print, photo, illustrations, media) may be edited for accuracy, content, or space considerations. All submissions become property of the Antiochian Women. Thank you; God bless!*

ORTHODOX CLERGY WIVES WEEKEND 2019

“The Gift of Compassion: God, Self, Others”



During this weekend, we will explore the biblical understanding of compassion, how it relates to our personal lives and our lives as clergy wives. We will look particularly to the life of Jesus and the many and varied ways in which He showed compassion, and how His compassion serves as a model for us — both when compassion comes naturally and when it is difficult. Additionally, we will consider appropriate, healthy, holy compassion for the self and how it contributes to a wholeness from which God’s compassion can more fully flow from us to others.

Presented by

Presvytera Kerry Pappas, MA, MA, LMFT

**OCTOBER 25-27, 2019
ANTIOCHIAN VILLAGE**

**INFO: Kh. Laila Ellias
lailaellias@gmail.com**

AW-NAB MID-WINTER MEETING DATE:

Mark your calendar and plan to join us at the Antiochian Village
for the Mid-Winter Meetings:

FEBRUARY 14-16, 2020

*This meeting is for all members of the North American Board,
all Diocesan Presidents and officers, and for Diocesan Delegates.*

Please join us!

Antiochian Women of the East- *join us*
 for a **One day Fall Retreat and Gathering** near you at
 Holy Protection Monastery on **October 12, 2019**

Resisting Temptation in the Modern World

Come meet your Sisters in Christ from other parishes for a day full of meditating in the beauty of the monastery and a spiritual discussion with **Fr. Don Shadid** as our Keynote Speaker.



Holy Protection Monastery includes the main building with the monastic cells; the main church dedicated to the Holy Apostles Peter & Paul; and two chapels dedicated to St. Neftarios and St. Paraskevi. Other buildings include: a bakery, a workshop with an icon-painting studio, a woodworking shop, a candle making shop and a questhouse. The Sisters maintain their own gardens, greenhouse and fruit orchards.

For Registration email us at AWEOrthodox1973@gmail.com by October 2, 2019 or call Angela Saliby at 703-582-4232

Liturgy: 7:30 am - 9:30 am Retreat : 10 am - 4 pm Vespers at 4pm

Donations to the monastery of a minimum of \$10 from each lady which will cover breakfast and lunch. (to be paid at the door)



- 1 ½ hours from Little Falls, NJ
- 2 hours from Brooklyn, NY
- 2 hours from Levittown, NY
- 2 hours from Yonkers, NY
- 2 hours from Danbury, CT
- 2 hours from Altoona, PA
- 3 hours from Pittsburgh, PA
- 3 hours from Washington, DC



Diocese of Ottawa, Eastern Canada, and Upstate New York's



OCTOBER 25-27, 2019

With our Guest Speaker

Father Josiah Trenham

Hosted by St. George Church, Montréal



Please ensure to make your hotel reservation

before **September 20th, 2019** at the

Ruby Foos Hotel

7655 Boul Décarie, Montréal QC, H4P 2H2 Tel : 514 731-7707

Ask for your discounted rate under the block **FALL RETREAT** (\$139 for double occupancy + taxes + \$10 per additional person up to four per room)

<https://doecunyretreat.weebly.com/>

And to register for the Retreat prior to **October 11th, 2019** at:

<https://bit.ly/2GyXuNn>

(The registration fee of \$20 is payable upon arrival)

✠

We must try to always be in good spirits, always joyful, because the spirits of evil want us to be sad all the time.

Elder Thaddeus of Vitovnica



November 1st & 2nd

*Antiochian Women of St. George Cathedral
Host*

Midwest Orthodox Women's Retreat

Featuring

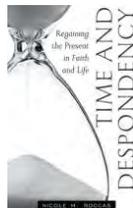
Nicole Roccas

Presenting on her book

Time & Despondency: Regaining the Present in Faith and Life

Idleness. Apathy. Restlessness. Procrastination. These are symptoms of what early Christian theologians called despondency (*acedia*), a spiritual sickness rooted in a lack of care or effort. A condition as old as the ancients, despondency thrives in today's culture of leisure, anxiety, and digital distraction. *Time and Despondency* is a penetrating synthesis of ancient theology, spiritual memoir, and self-help practicality. It envisions despondency as the extension of a broken relationship with the experience of time. Driven by the fear of death and the anxiety of living, despondency drives us to abandon the present moment, forsaking the only temporal realm in which we have true fellowship with Christ.

The remedies offered by time-honored Christian thinkers for this predicament constitute not only an antidote to despondency but also stepping stones back to the present moment. In regaining the sacredness of time, we re-encounter the Resurrection of Christ in the dark and restless moments of our lives.



Lodging:

Ramada Hotel & Convention Center Downtown Topeka
420 SE 6th Ave, Topeka, KS 66607
(785) 234-5400 or (800) 432-2424

Please call Ramada Hotel as soon as possible to reserve your room. The room price is \$79 plus tax for either one king bed or two queen beds and includes the continental breakfast buffet. You can split a room to lower costs. Please let them know you are with the "Women's Retreat" to get this negotiated rate. After October 18th, rooms cannot be guaranteed available so please book early.

Retreat begins with dinner at 6 pm. Saturday's sessions will end by 4 pm.

Registration fee: \$90/person includes conference, Friday dinner and Saturday lunch and snacks.

Registration form

Name: _____ Phone number: _____
Address: _____ Email: _____
Home Parish: _____ Amount Paid: _____

Please send registration form and \$90 payment to:
St. George Orthodox Christian Cathedral
7515 E. 13th St N
Wichita, KS 67206
(316) 636-4676

“MEN & CHURCH”

by Kh. Frederica Mathewes-Green

I'm in the car today driving down I-95, going south (as usual) toward Washington, this time toward northern Virginia, where I'm going to a reunion of my seminary class at Virginia Episcopal Theological Seminary. It's our 30th anniversary so I'm going back on campus to hear some speakers today and to attempt to give the seminary library a stack of my books; we'll see if they will accept these, we'll see what happens. I expect so; they're actually very gracious people at Virginia Seminary.



I'm thinking about a conversation I've been having, an email conversation, with a lot of people in the last couple of weeks, that has led up to an article just published on Beliefnet.com. "Beliefnet" was doing an interview with John Eldridge. Now if you don't know that

name, he's become a very significant name among evangelical Protestants. He's written a book called *Wild at Heart* that attempts to restore a sense of masculinity to evangelical Protestantism. As you may know, virtually all Christian churches, except for Orthodox churches, are unbalanced in terms of gender. That is, they attract many more women than men. This is true even in churches like the Catholic Church, where there's an all-male leadership. Nevertheless, the people who sit in the pews and actually run the day-to-day church tend to be women. So this is kind of mysterious: why do men stay away from so many western Christian churches?

Well, Eldridge proposes some things that each man has to do, each man needs a quest and each man needs to feel noble and each man needs to save a princess, and things like that, I think; you know, I haven't read the book, but I've seen these points enumerated.

So they interviewed him, and they asked me to chime in with anything I wanted to say about men and women and church, and I thought I wanted to talk about, well, why is Orthodoxy more attractive to men? You know, we really don't have this problem, that men don't want to come to church. In fact, often enough we see that if there's a couple that's an inquirer couple, they're investigating Orthodoxy, one of them wants to be Orthodox and one doesn't, generally it's going to be the husband that's most excited about Orthodoxy, the wife who's reluctant. I've had so many women tell me, 'My husband had to drag me kicking and screaming.' And I was one of them. I think I didn't *get* Orthodoxy, because it was focused on God, it wasn't focused on me. I was used to a soft evangelicalism that mostly was about inspiring me, uplifting me, and making me feel the presence of God, and making me feel emotionally moved. And Orthodoxy is just real objective.

So instead of just writing out my theory of why Orthodoxy was attractive to men, I picked out about 100 guys from my address book, most of them converts to Orthodoxy, and asked them why they thought this is. I got fascinating replies; I ended up with a piece that was over 3000 words long, mostly made of quotes, from these respondents, sorted into categories.

For example, they said men like the clarity of Orthodoxy. That you know what you're supposed to

do. You know what the Fast is supposed to be like. You know what the liturgy is going to be like. There's not vagueness about it. And you feel assured that if you keep doing this, it's going to have an effect; it's not just vague. The sole effect is not that you feel emotional; that it is having an actual transformative effect.

So there were things like that: the objectivity, the discovery that the words of the Christian vocabulary are not mere empty emotionally charged words, that they actually correspond to spiritual noetic reality. Some terrific quotes in there. One of the priests wrote and said, 'We have to keep in mind the dangerousness of Orthodoxy, the danger of attempting to live in humility, the danger of trying to love your enemies, the unknown frontiers that this will call you to.' And he said that if we lose that dash of danger, we will become 'the JoAnn Fabric Store of churches: very nice colors and very subdued clientele.' I thought that was a terrific line.

Anyway, I sent this out to my email list and posted it on my website just a couple of days ago. Today I got two emails pointing out something I hadn't thought about yet, which was that the kind of masculinity that John Eldridge proposes is sort of a stereotyped Marlboro Man, macho guy, masculinity, and that is not really something we find in Orthodoxy. In fact, fascinatingly, in Orthodoxy we don't find an emphasis on the difference between men and women, or what masculinity is characterized by, as opposed to what characterizes femininity.

I heard a tape from Bishop Kallistos where he pointed out something I'd never thought of: you know, western Christians who oppose women's ordination often say, well, Jesus was male so therefore the priest has to be male. Bp. Kallistos said that in all his reading in the Fathers, there's just no reference, no interest in, the fact of the maleness of Christ. It's all about his humanity. The fact that he was male is not isolated or held up as something different or contrary to the female. And I love that about Orthodoxy, that the transformation has to do with making us into individuals, not conforming us to male and female stereotypes.

So I thought that was a fascinating, a very liberating idea, that we don't have to have in mind these categories of, 'What are men like? What do men want?', and then you kind of aspire to that. There's something competitive and artificial and self-centered about it. I just think if you're not naturally the Marlboro Man, it's so pathetic and phony to try to approximate it.

So these were some interesting and new ideas, and I'll wrap up with that, with one of the emails I got today that was from a priest. He said it doesn't conform to these macho stereotypes, and for example, what about the whole fact of tears, of spiritual weeping? That we don't think a saint is unmanly because he had this gift of tears. It breaks those stereotypes. There is something that where both men and women stand side by side in Orthodoxy, not shoved off into opposite corners just for the sake of being opposite.

And he concluded with this really lovely thought, he said, on Holy and Great Friday evening at the service of the burial of Christ, if you look around, it's those men who are the most strong and manly and filled with fortitude and the most prayerful, those are the ones that you'll see that have tears in their eyes.

Well, that's a lovely thought. That's the church I want to be part of. ❖

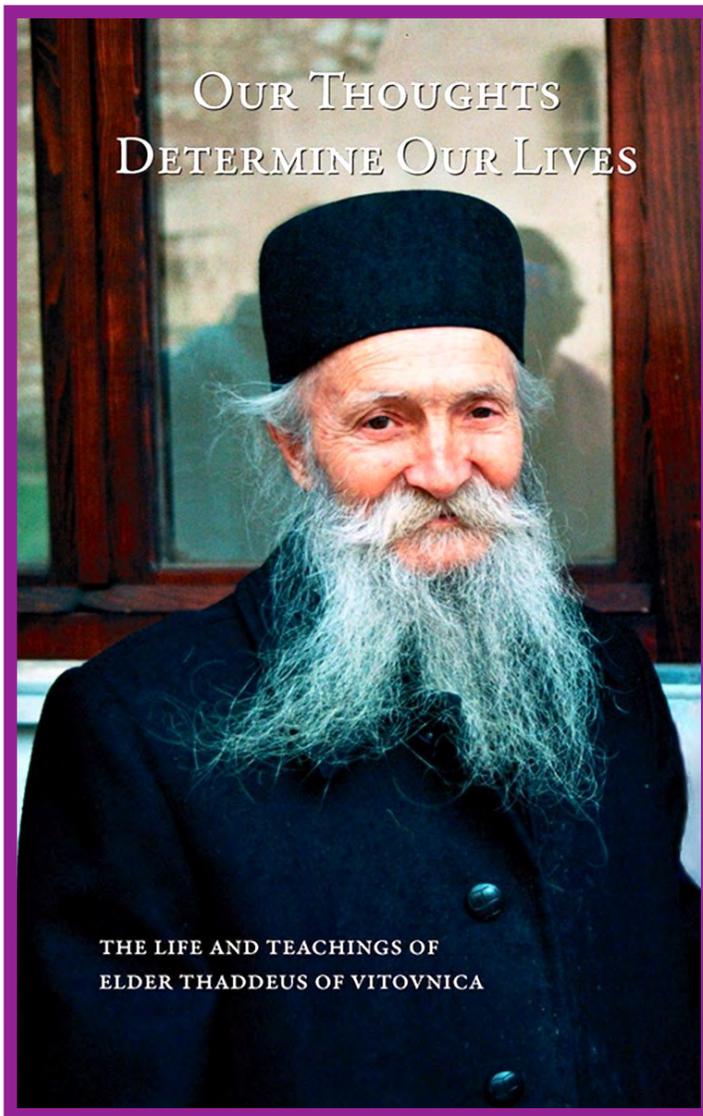
WITH THE BLESSING OF BISHOP JOHN, WE ARE RECOMMENDING THE FOLLOWING
FOR OUR ANTIOCHIAN WOMEN BOOK CLUB SELECTION:



OUR THOUGHTS DETERMINE OUR LIVES, by Elder Thaddeus of Vitovnica

"Love little things, and strive for that which is modest and simple. The Lord watches over us, and He is pleased that you long for His peace. Until the soul is ready, He will only sometimes allow us to see that He is present everywhere and fills all things. At these moments the soul feels such joy!... But then the Lord conceals Himself from us again, in order that we might long for Him and seek Him with our hearts!"

— Elder Thaddeus of Vitovnica



THE ELDER THADDEUS OF VITOVNICA was one of the most renowned spiritual guides of Serbia in the twentieth century. As a novice he lived in obedience to Elder Ambrose of Miljkovo Monastery, a disciple of the Optina Elders. From him Fr. Thaddeus learned the Prayer of the Heart and the selfless love that came to characterize his whole ministry to the suffering Serbian people.

Born in 1914, Elder Thaddeus lived through all the suffering endured by Serbia in the twentieth century. Over the course of two World Wars, during the Communist takeover, and through the NATO bombings of 1999, he co-suffered with his people. He taught, counseled, and prayed for all who came to him in pain and sorrow. His words

of love and hope provided spiritual balm for people from all classes of society.

In 2002 Elder Thaddeus reposed, leaving behind a large collection of his teachings, preserved by his faithful spiritual children. His life, teachings, and spiritual conversations are here presented for the first time in English. ❖

**NORTH AMERICAN BOARD
ANTIOCHIAN WOMEN**

**ANTIOCHIAN WOMEN NORTH AMERICAN BOARD
HUMANITARIAN PROJECTS COORDINATOR**

*As we seek to serve one another in the Holy Church,
and those who are sent to us by God,
let us remember the words of Christ:*

“YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND... AND YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.” (Matthew 22:37-39)

“COME, YOU BLESSED OF MY FATHER, INHERIT THE KINGDOM PREPARED FOR YOU FROM THE FOUNDATION OF THE WORLD: FOR I WAS HUNGRY AND YOU GAVE ME FOOD; I WAS THIRSTY AND YOU GAVE ME DRINK; I WAS A STRANGER AND YOU TOOK ME IN; I WAS NAKED AND YOU CLOTHED ME; I WAS SICK AND YOU VISITED ME; I WAS IN PRISON AND YOU CAME TO ME.” (Matthew 25: 34-36)

“FOR WHOEVER GIVES A CUP OF WATER TO DRINK IN MY NAME, BECAUSE YOU BELONG TO CHRIST, ASSUREDLY, I SAY TO YOU, HE WILL BY NO MEANS LOSE HIS REWARD.” (Mark 9:41)

Acts of Mercy

*"A Sisterhood
Serving Christ
through
Serving Others"*

Acts of Mercy

Dear Sisters-in-Christ:

Every year, the NAB selects a "Common Act of Mercy" for our Chapters to participate in. In addition to this Act of Mercy, I encourage all Chapters and local parishes to pursue humanitarian acts of mercy, not only raising funds, but physical acts as well.

A few ideas would be visiting shut-ins, providing hygienic kits to the homeless, having a blanket or coat drive as the winter season approaches, provide/serve meals to the less fortunate in your community, partner with Habitat for Humanity etc.

Please refer to the NAB "Acts of Mercy" Booklet for additional suggestions. Thank you for your continued support and spreading the love of Christ.

Lauren Ferris

WHY I SERVE

by Kh. Suzanne Victurine Murphy

President of the Antiochian Women North American Board

I guess if you grew up in a large Italian family in the 60's and 70's, as I did, you really don't have to ask why you served... you did, because that's what was expected of you. When your aunts and uncles came for coffee, you made sure that they had everything they needed. Did they need more coffee? You poured... Oh, another piece of my mother's famous cake? -- you dished it out. Service was a big cultural part of my life. So was God...at least for a while. I often felt God had something in mind for me...little did I know.

I attended church faithfully as a child... well at least until age 13, then I drifted away, attending only to get more proficient in the language that I was studying in school... Portuguese (my father's family is from the Azores, and our parish priests all came from the Old Country). By the time I went off to college, regular church attendance was not a priority.

As I moved out of my family's home, out of church, and into my own life, the trend was about what did I need, not what others needed. As I floundered about through college, I could hear God's quiet voice telling me "I am still here." However, like Jonah fleeing from Nineveh, I ran the other way. "I don't need that," I told myself.

Well, yes I did. Things came crashing down during my Sophomore year in college. I needed something. But what? A friend of mine invited me to her church...however, I wasn't ready. It took me another full year of wandering around aimlessly...searching. Finally, in my senior year, that same friend who had invited me to church, handed me a Bible and said "read this." Well, I did; and then I started going to church with her.

After graduation from college, I returned to my family home for the summer before starting Grad school. Most Sundays I went "church shopping" hoping to find a good fit.

Summer ended and I started a new adventure... and a new search for the right place to worship. How was I going to find the right fit? I decided to attend a Campus Crusade activity and found a church where many of the members of the group attended. A long story short... sparing you the details... that's how I met my Seminarian future-husband.

I had planned to go to D.C and do more study after I received my Master's degree. God had other plans. I married, we started a family, and moved to our first church assignment.



Well, after 7 years, 4 children, 3 churches in different parts of the country, and discovering THE TRUE FAITH, we realized that the Orthodox Church was where we belonged. We were Chrismated as a family, notified the church we were serving that we were leaving, and headed back East.

We actually had no place to go, no employment, no place to live... just a step in Faith. But God is always faithful! With help from family and friends, we had gas for the car, a roof over our heads (albeit, my parent's roof) and storage for our belongings (my Dad's barn).

Now, to find work and our own place to live.

We started combing the papers for all kinds of jobs. Since, I had a teaching certificate (kind of), I looked for teaching jobs. Within, a week, I had two interviews. At my very first interview, I was offered a job... and given service credit for "life experience," which gave me a salary that was two pay-tiers above what I was qualified for on paper. When does this ever happen? -- Oh yeah, when you serve God and put your life in His hands.

I must admit, I went to the job kicking and screaming. We had four children by then, and two of them were still at home under the age of four. I wasn't ready to be a "Working Mom." Thankfully, my husband had found a night job, and could watch the children until I got home.

As soon as I started my teaching job (50 miles from my parent's house), I asked around to see if anyone knew of someone who was renting an apartment in town. By this time, we had drastically overstayed our welcome at my parent's house. I wasn't having much luck. So, one evening, my husband and I and our four children were saying our evening prayers. We ended the prayers with a heartfelt plea to the Theotokos: "Please help us find a place to live." The next day at work, a co-worker told me that her brother had an apartment for rent, however, he believed it would be much too small for our family. We ended up living there for eight years.

Within nine months of leaving the Episcopal Church and moving back to Massachusetts, we had found a church home at St. Mary's parish (Antiochian) in Cambridge, MA. We had been Chrismated at St. Mary's Cathedral in Minneapolis (OCA), but St. Mary's Cambridge felt like home. Still a lay family, my husband and our two oldest boys volunteered as Altar servers. Within a year, I was a member of the choir, and we were both teaching Sunday School. My husband went back to school and got a second Master's degree (in Education), while working several jobs. But the Church was the focus of our life.

When our children were old enough, each participated in Bible Bowl at Diocesan and N.A. levels, and all of our children became "professional campers" at the Antiochian Village – never missing a year from age nine through college (as Campers, Counselors, Camp Staff, and Volunteers).



Their love of the Village inspired me ... so what did I do? I went with them and served as a Volunteer at the Village. I did this for many years. These were truly some of my most memorable summers...helping out in any way I could, and breathing in the Holiness that is in the air at the Antiochian Village! I loved to see all the children who attended camp. I made lifelong friends with other Volunteers and Counselors. The Antiochian Village teaches everyone who attends how to SERVE. The “Holy Mountain” of Metropolitan PHILIP’s vision is truly that.

Eight years after we began attending St. Mary’s, my husband was ordained by Metropolitan PHILIP as a Deacon and then a Priest. He sent us to St. Michael’s Parish in Geneva, NY. We are now entering our 18th year here in the Finger Lakes Region. Our children are all grown up and have lives of their own. They are all very active and dedicated members of the Orthodox Church. They learned the lesson of service very well. We are humbly joyful for God’s Holy Presence in their lives.

Why do I serve?

God has given me His abundant love.

God has never abandoned me and my family.

God has given us exactly what we needed when we needed it.

God continually blesses me and my family.

What does the Bible tell us about service?

“Serve the Lord with fear and rejoice trembling” (Ps 2:11)

“Serve the Lord with gladness; come before His Presence with singing” (Ps 100:2)

“If anyone serves Me, let him follow Me; and where I am, My servant shall be also. If anyone serves Me, him My Father will honor.” (John 12:26)

Now that my children are all adults and I am a grandmother, God has opened another way for me to serve Him and His Holy Church. He has blessed me to be the chief servant of the “Servants of God” – the modern day “Myrrhbearers” – the Antiochian Women of North America. I am humbled and grateful to have been entrusted with such an important task of serving the Servants. May God grant me the strength and wisdom to complete this task according to His Will.

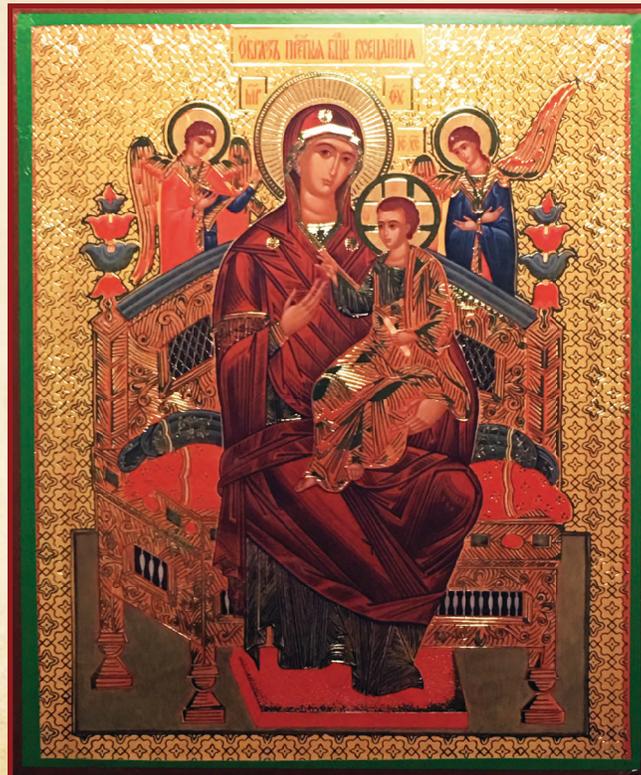
My chief goal for my time in office as President of the North American Board is to engage the young women of our Archdiocese, and help them to remember that SERVICE to God and to each other is the highest virtue...it is the only thing that gives life meaning. Our young people are being taught by society that they should seek ways to satisfy their own desires, to get what they want, and to get it now. But our Lord God Jesus Christ has granted the Antiochian Women the great gift of being role models for SERVICE...like His service to us by obedience to the Father, and death on the Cross. We must call our young women back to SERVICE, to remind them that we are the Myrrhbearers, the first witnesses of the Resurrection. We are the Antiochian Women: A Sisterhood Serving Christ through Serving Others. ❖

ANTIOCHIAN WOMEN'S PRAYER

IN THE NAME OF THE FATHER,
AND OF THE SON, AND OF THE HOLY SPIRIT:
O CHRIST OUR GOD, WE ARE ALL PLEDGED TO
SERVE THEE WITH OUR WHOLE BEING.

HELP US TO CONTINUE TO WORK FOR THEE
THROUGH OUR CHURCH,
WITHOUT SEEKING PRAISE,
WITHOUT SEEKING PERSONAL GAIN,
WITHOUT JUDGING OTHERS,
WITHOUT A FEELING THAT
WE HAVE WORKED HARD ENOUGH
AND NOW CAN ALLOW OURSELVES TO REST.

GIVE US STRENGTH TO DO WHAT IS RIGHT
AND HELP US TO GO ON STRIVING
AND TO REMEMBER THAT ACTIVITIES ARE NOT THE MAIN THING IN LIFE.
THE MOST IMPORTANT THING IS TO HAVE
OUR HEARTS DIRECTED AND ATTUNED TO THEE.
AMEN.



ST. THEKLA: PROTOMARTYR & EQUAL TO THE APOSTLES

Commemorated on September 24

Thekla was born in Iconium (modern Konya, Turkey) to wealthy parents. After having heard St. Paul speak when she was eighteen years of age, she decided she must follow Christ and abandon her plans to marry. Her mother and her fiancé were opposed to this decision, and their accusations to the governor landed St. Paul in prison. St. Thekla slipped away from her house to visit St. Paul, having bribed the guards with her gold jewelry to gain entrance.

At his trial, St. Paul was banished from the city, and Thekla refused to change her mind against the threats from her mother and the governor. She was firm in her conviction to devote herself to Jesus Christ the Bridegroom. Her mother, enraged, persuaded the judge to sentence Thekla to burn to death. Emboldened by her love for Christ, she made the sign of the Cross over the flames and was surrounded by a light, untouched by the flames. Rain, and hail extinguished the fire, and, with thunder, helped to drive away those who wished to put her to death.

She sought out St. Paul and his companions, including St. Barnabas, who were hiding in a cave near the city, and proceeded to spread the Gospel of Christ with them in Antioch. Throughout her life, she performed many miraculous feats and suffered many tortures to give glory to God. Having retired to a desolate region of Isaurian Seleucia with the blessing of St. Paul, Thekla continued to preach God's word.

When St. Thekla had reached the age of 90, pagans appeared with the purpose of killing her. St. Thekla called on Christ, and a large rock split open, covering her. Thereafter, she offered up her soul to the Lord.

TROPARION (Tone 4) –

*You were enlightened by the words of Paul, O Bride of God, Thekla,
And your faith was confirmed by Peter; O Chosen One of God.
You became the first sufferer and martyr among women,
By entering into the flames as into a place of gladness.
For when you accepted the Cross of Christ,
The demonic powers were frightened away.
O all-praised One, intercede before Christ God that our souls may be saved.*

KONTAKION (Tone 8) -

*O glorious Thekla, virginity was your splendor;
The crown of martyrdom your adornment and the faith you trust!
You turned a burning fire into refreshing dew,
And with your prayers appeased pagan fury, O First Woman Martyr!*

This text is from "Holy Women of the Orthodox Christian Church" (compiled and edited by Dianne O'Regan):

<http://ww1.antiochian.org/women/orthodox-women-saints>

Used with permission of Orthodox Church in America (www.oca.org) and www.orthodox.wiki.org

A QUARTERLY NEWSLETTER ❖ AUTUMN 2019

DIAKONIA

THE ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA

This Issue: *North American Board Officers & Coordinators*

NEXT ISSUE: The Diocese of New York and the Archdiocesan District (His Eminence Metropolitan JOSEPH)
AND The Diocese of Charleston, Oakland, and the Mid-Atlantic (His Grace Bishop THOMAS)
— DUE: November 1st, 2019 — *send to Kh. Kelleylynn ASAP. Thank you* —

THE ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA
ANTIOCHIAN WOMEN — NORTH AMERICAN BOARD
358 Mountain Road
Post Office Box 5238
Englewood, New Jersey 07631-5238

Return Service Requested

TO:

