



Generations

The Greek Orthodox Shrine of Saint Anna
"dedicated to the sanctity of marriage & family"

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www.saintanna.org

The Culture of the Cross

FR. CHRISTOPHER FLESORAS

"When I hear the faithful recite the Lord's Prayer in the Divine Liturgy in a variety of languages, it seems to me like a little vision of Heaven; each culture offer praise to God in their native tongue but worshipping Him as one Christian family."

It was but a week or so ago that one of our stewards offered these thoughts, albeit in far more eloquent terms than I've written. I must admit that her words continue to resonate with me as the image of Heaven that she offered me was beautiful, but also to a degree challenging. Allow me to explain.

When I've reflected upon the Kingdom of Heaven or have attempted to communicate its splendor and quality to others, I return to the words of the Prophet Isaiah. Bishop Augustinos Kantiotes of blessed memory offers a concise summary in a sermon preached on "the Triumphant Hymn":

If we open the Book of Isaiah, we will see that the sixth chapter describes a vision. The Prophet saw the house of God and the glory which covered it. He saw a high throne, not like one of earthly kings, but one suspended in the air, and around this throne he saw angels. The angels were so amazed at the divine majesty that they covered their faces and their legs with their wings, and with two other wings they flew, chanting "Holy, Holy, Holy Lord of Sabaoth; the whole earth is full of His glory." The intensity of their voices was so great that

the door of the temple opened and it filled with the smoke of incense; and the Prophet, seeing this astonishing spectacle, trembled.

What a beautiful revelation given to us through the Prophet and what a blessing for us to unite our voices with the angels in praise as we approach the Bloodless Sacrifice of Christ in the Divine Liturgy.

The aforementioned comment though made me wonder, "In what language are the angels praising God?" As a son of the Golden State, even with roots dug deep into the mainland of Greece and the island of Crete, I had always envisioned the angels singing in English. Although, if Isaiah was Jewish, wouldn't the angels be singing in Hebrew? But if the language of the New Testament Church was Greek, wouldn't the angels use this vernacular? "Sanctum, Sanctum, Sanctum" does also have a nice ring. But what of those whose native tongue is Arabic, Russian, Serbian, Romanian, French, Spanish, Japanese, Chinese, etc., would the praise of the angels simply be unintelligible?

The inherent beauty and risk of imaging the Kingdom of Heaven is being ethnocentric – we see it and understand it as we are. This image is then reflected onto our worship, making it comfortable to us, but potentially exclusive and inaccessible to others.

In reality, one shouldn't have to do a Rosetta Stone course to worship God or for that mat-

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INFORMATION

St. Anna Greek Orthodox Shrine

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www.saintanna.org

CHURCH OFFICE INFORMATION

HOURS: Tuesday--Friday from 10AM to 3PM.

Morfoula Lenakakis, our Church Secretary, may be reached from 10AM to 3PM at (916) 772-9372 or via email at secretary@saintanna.org.

Fr. Christopher may also be reached through the Church Office at the aforementioned times at (916) 772-9372 or via email at frchris@saintanna.org.

PASTORAL EMERGENCIES

In case of an emergency, Fr. Christopher may be reached at home (916) 780-4549 or on his mobile phone at (916) 276-3308. Deacon Joseph may be reached at home (530) 268-4657 or on his mobile phone at (530) 368-2716.

PARISH LISTSERV

Stewards and friends of our Shrine may receive timely information via the internet. To be included in our parish LISTSERV, please email office@saintanna.org noting "LISTSERV" in your memo.

PARISH CONTACTS

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Dee Johnson, Greg Kyritsis, Tony Ruocco-Brown, Sandy Sacoolas, Connie Keriotis, David Lawrence, Mary Kay Vangelos Young, Joshua Trevino, and Christy Moustris

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Fr. Christopher or Deacon Joseph.....916.772.9372
Young Adults; Missy Ruocco-Brown.....530.268.4657

ST ANNA PRE-SCHOOL & DAYCARE

HOURS: Monday - Friday, from 6AM-6PM

E-MAIL: lilygallagher@earthlink.net

or contact Lily @ 916.772.9304

Presidents Report

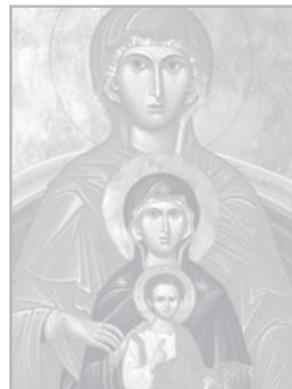
TOM KELLY

As, I looked back on the article I wrote last year, we spoke of paying down our loan and our goal was to be at 1.4 million. If we could have seen the economic conditions that we have all faced in the last few months, we may have had different thoughts. We have paid down to about 1.875 million and hopefully by the time this reaches you we will have completed our permanent loan. This will allow us to pay an interest and principal each month rather than interest only. This is a ten-year loan, and will adjust in five years; it is based on a 5-year Treasury note plus 3.25%. It has a floor rate of 6% and as it stands now, that will be our rate for the next five years. We will still be able to make principal payments, but will not have an effect on our payment until our loan adjusts in five years. I want to thank Anastasia Estathiu for her help in putting our financial information in a user-friendly format, without her effort this process would have been able to move so quickly.

As we face a difficult year we have a number of fund raising events scheduled this year to help meet our financial commitments. Our first will be on the Valentines Day at the Historic Roseville Opera House. An evening with Frank Sinatra, music, food and great fellowship. What a great way to spend your Valentines Day and help your church at the same time. Make sure you get your tickets for a great evening. We are close to setting our date for this year food festival. Look for our event to be in the spring and a little cooler weather.

I encourage to fill out your 2009 stewardship commitment, as I said I know it is a difficult year and we know that money is tight, but remember our operating budget is based on stewardship contributions. We will continue to need support with your time and your talents. It is critical this year to have as much of the work done on the property by volunteers to help keep our expenses in line. We are still in need of someone with a tractor or grader to level the land next to the building and to do some work on the other side of the play yard. If you have this equipment available to you please contact the church office.

Thank you again for your continued support. May God bless you and your families.



Again we pray for health, salvation, and fertility for the servants of God:

Rev. Peter &	Thalia & Andrew
Presyberta Victoria	Polyxeni & Demetrios
Joshua & Michelle	Anthony & Alexis
Kyriakos & Virginia	Irene & Hector
Vasiliki & Scott	Theodora & John
Georgine & Jeff	Stephen & Fotini
Dianne & Peter	Patti & Peter
John & Lisa	Lindsay & Rick
George & Donna	George & Androniki
Sukjit and Jamie	Anthony & Karena
Alexander & Arete	Christine & Guilhem
Robert & Andrea	Carleen & James
Georgia & Timothy	Alexander & Alexandra
Nicholas & Nicoletta	Bill & Evie
Alex & Georgianna	Vicki
Constantine & Irene	Lori
Jim & Stephanie	Robin
Sue & Suong	Fifi
Spiro & Alyssa	Sara
Nicholas & Anna	Kristine & Gerry
Maria	Vicki & John
Sara & Patrick	Lemonia & John
Paraskevi & Michael	Kristine
Nicoletta	Jason & Lorie
Spiros & Anssa	Aristidis & Theophany
William & Anna	Elias & Evelyln
Michael	Laurie & Jason
Kolimira & Vasilios	Dan & Mary Beth
Louis & Toulia	Andreas & Tabatha
Gregory & Sarah	Brett & Athina
Dimitri & Helen	Effie
Fredick & Sarah	Jason & Laurie
Georgia & Phillip	Stephanie & Nicholas

A Blessed Feast

In February we wish a blessed feast to the following stewards:

.....

February 1st – Great Martyr Tryphon

Tim Chapralis

February 10th - Great Martyr Haralmbos

Robert Morgan, Bob Perry, Monty(Lambros) Gilmore,
Bobby Gallagher & Robert Trotter

February 11th - Theodora the Empress

Lisa Augostatos



Again we pray for mercy, life, peace, health, safekeeping, protection, pardon and remission of sins of all pious Christians, for the servants of God (names):

Cynthia, Presbyteria	Katherine	Janet	Nicollete
Fotini	Catherine	Christos	Nicholas
Despina	Catherine	Angelo	Anastasia
Constadina	Barbara	Eleni	Antonia
Constantine	Eleni	Gabrielle	Fotini
George	Eleni	Olga	Anthony
Angeline	Sophia	Gennady	Shirley
Daniel	Joanna	John	Venetia
Panagiota	Sheri	Antonia	Constantine
Panagioti	Pari	Anthony	Timothy
Pauline	Anastasios	Photini	Maxine

ARCHANGEL GABRIEL BOOKSTORE

“Spread the Good News!”

As we approach the Lenten Season this month we’re reminded that this is a time for spiritual renewal and growth. Meatfare or Judgement Sunday begins February 22. The following “good reads” are recommended:

First Fruits of Prayer: A Forty-Day Journey Through the Canon of St. Andrew by Fredrica Mathewes-Green:

The Canon of St Andrew is read during the first week of Lent. The Great Canon is one of the great works, if not the great work, of the Church’s hymnography of repentance. It is steeped in biblical imagery, yet it is not simply a condensation of biblical themes. In the Canon, all the human events of scripture—creation, fall, exile, return, longing, redemption—all are made personal. They become my events: my creation, my fall, my redemption. Their story is my story, and I am made intensely aware of all its depth. The Canon begins:

*‘Where shall I begin to weep
over the cursed deeds of my life?’*

*‘What foundation shall I lay,
O Christ, for this lamentation?’*

*The Canon thus brings each of us into the
story of scripture; stirs us with moving
imagery to realize the depths of our sin.
We begin to see our exile, our distance
from Christ; and from that distance, we
begin to repent.*

Fredrica Mathewes-Green (Facing East, The Open Door), a Beliefnet.com columnist and a commentator for National Public Radio, turns her capable pen to the Canon of St. Andrew in First Fruits of Prayer: A Forty-Day Journey Through the Canon of St. Andrew. This text, I discovered in the introduction, is a “prayerful hymn of epic length” offered during Lent each year in the Eastern Orthodox Church.

“Let this hymn soak into your bones,” urges Mathewes-Green compellingly. After a lengthy introduction to the Canon of St. Andrew that includes practical ideas for usage and historical context (very helpful for non-Orthodox readers like myself), Mathewes-Green presents it divided into 40 readings.

For more information about the Canon visit: http://www.monachos.net/library/Andrew_of_Crete,_Great_Canon_of_Repentance

Preparing for Confession by Letendre:

Confession is an important, yet neglected sacrament of our Church. This thin little paperback provides a concise and practical guide for Christian growth. It concludes that basically laziness and fear prevent us from taking the time and making the effort to prepare well, and helps us to prepare by examining our conscience. A must read for all ages!

Great Lent Unplugged by Jean Hoefling:

Scores of smart, spiritual people have written brilliant and meaningful material about Great Lent. At last, some counterpoint to all that brilliance in Great Lent Unplugged, an off-beat, non-scholastic look at Lent.

Great Lent Unplugged is an antidote to the human propensity to overdo personal spiritual loftiness. It is a book to put the Lenten journey in perspective, a check against taking oneself so seriously in the self-stirred cauldron of nit-picking legalism that Lent can become toxic and counterproductive.

This is Lent with a twist, Lent with a sense of self-deprecating humor. Whether you’re an old hand, or spelling out the word L-E-N-T for the first time, everything is here to spice up your next round.

Don’t resign yourself to seven weeks of celery sticks. Eat meat-free but satisfied with tasty Air Tacos and That Semi-Festive Bean Thing: The Ultimate Spiritual Battlefield. And learn about Lent in an entertaining way.

Great Lent Unplugged is perfect for Lenten study groups, and will appeal to young adults too because it is funny. It will be left up to the reader to figure out where the author’s imagination ends and facts begin, and in doing so readers will be surprised by the fact that they may just stumble on the true meaning of Lent.

**THAT YOUR JOY MAY BE FULL
~ Learning from the Authentic
Orthodox Theology of the Spirit**

by FR. STEVEN E. RITTER: “It has been said that to be a Christian is to be a thankful person, a Eucharistic person, a person who does indeed ‘give thanks in all things’ (I Thess 5:18). It is no coincidence, then, that to be a Christian also means to be a person who frequently participates in/partakes of the Holy Eucharist for ‘Except ye eat the flesh of the Son of man, and drink His blood, ye have no life in you.’ By keeping and being obedient to His words we confess our love for Him who said, ‘If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him’ (John 14:23). Nothing gives the Bridegroom greater joy than being with his Bride, just as nothing gives the Bride greater joy than being with her Bridegroom: ‘These things have I (the Bridegroom) spoken unto you (My Bride), that My joy might remain in you, and that your joy may be full’ (John 15:11). May this work be to the glory of our Triune God, the up building of the Holy Church and salvation of souls.”

-Very Rev. Bishop Basil Antiochian Bishop of Wichita and the Diocese of Mid-America

(I just finished reading this book and will look forward to talking about it in Bookclub some day. It is beautifully insightful and interesting. Cynthia)

The Faith We Hold by Archbishop Paul of Finland: This unpretentious little book was written “to describe Orthodoxy from the inside to those outside.” At the same time, as its author suggests, it may serve as “an Episcopal pastoral letter” for the Orthodox themselves, for it deals with Orthodox faith in its most basic elements, revealing with remarkable simplicity and directness its messages of salvation for all mankind.

The Author: Archbishop Paul of Finland was head of the Orthodox Church of Finland from 1960 to 1988. The spiritual vitality and growth which he brought to his church made him a nationally respected religious leader and a respected voice throughout the Orthodox world.

The Orthodox Book Club

Thank you to Father Chris for leading us through a thoughtful discussion to better understand of about Symeon, The New Theologian and the monastic lifestyle as it applies to those of us in the material world.

Our next meeting will be Thursday, February 19th, 7pm at the home of Dr Tatiana Fromlick to view a very inspirational movie about Russian Orthodoxy.

In the meantime, we're reading The Gurus, The Young man, and Elder Paisios by Dionysios Farasiotis: It's a powerful memoir of a persons struggle to find the one true faith as he fell victim to the false religions of the east. This book declares the spiritual gifts in authentic spiritual fathers of Mt Athos and how the prayers of ones gifted by God can help us out of serious spiritual trouble.

After The Gurus, in consideration of the Lenten season we will be reading a selection that focuses this prayerful time of year, the title to be announced soon.

For more information about the Bookstore or Book Club, contact Cynthia Sheffer at bookstore@saintanna.org or 916 508.3896.

Welcome

Welcoming Our New Parish Council Members:

- Mary Kaye Vangelos-Young
- Christy Moustiris-Weller
- Joshua Trevino
- David Lawrence

Thank You's

A Note Of Thanks From Deacon Jason Roll & Family

Fr. Chris, Dn. Joseph, and the wonderful stewards of St. Anna's,

Please accept this card as a sign of my deep appreciation for the "Raso" and the financial generosity. My family and I are always so thankful for your thoughts and ongoing support. We are blessed to be considered by you all, and you are forever in our prayers. May you have a Merry Christmas and Fruitful New Year.

+Dn. Jason & Family

Save the Date!!!

Saturday, March 21, 2009

Saint Anna Parish will be hosting a Stewardship Seminar for the clergy and the lay leadership of our parishes in the Northern California and Central Valley Vicariates on Saturday, March 21, 2009.

Leading this Seminar will be Bill Marianes, George Matthews and George Vourvoulis, who are members of the Archdiocesan Stewardship Committee.

The seminar will begin at 11AM and will conclude with Great Vespers commemorating the Feast of the holy Cross the mid-point of the Great Lenten Season.

Although more detailed information is forthcoming we request that you put this date on your calendar.

ALL ARE INVITED!

Philoptochos News

Philoptochos was very busy during the Christmas holidays. Thank you to all those who helped with the Christmas food baskets either in donations or hands-on distribution. We were able to provide for 50 families! Our vasilopita sales also brought in over \$240, and this money has been donated to St. Basil's Academy. In addition to these efforts, Philoptochos has also donated \$150 to the orphanage in Guatemala.

In other news, we would like to acknowledge and thank Paula Peters and her husband, Kenneth for attending the annual Holiday Brunch for the "Bishop Anthony Philoptochos Student Aid Endowment Fund". This year, the brunch was held at St. Nicholas Church in San Jose. Paula and Kenneth attended this event December 13, 2008 on behalf of the St. Anna Philoptochos chapter.

New Officers - Philoptochos met on Tuesday, January 13th, and new officers were nominated, approved, and elected that night. Before introducing the new officers, we would sincerely like to thank Baciliki Halikas for her outstanding contributions as President these last two years. She has provided great leadership for the group, and has been very dedicated in her work for Philoptochos. Luckily, Baciliki will still be very involved. As past President, she will automatically remain as advisor to the new president. A couple of our other out going officers won't be going too far either. Both Angie Tinios and Lilly Gallagher have agreed to accept the nomination for other officer positions! Finally, we would like extend our appreciation to the nominating committee (Ellen Moustiris, Katie Cameron, and Lilly Gallagher) for their excellent work in recruiting new officers.

Now on to the new slate of officers. A big congratulations to the incoming officers for 2008/2009! President: Darla Mabery; First Vice President: Angeliki Rosenberg; Second Vice President: Lily Gallagher; Corresponding Secretary: Angie Tinios; Recording Secretary: Jana Perry; Treasurer: Stella Sideris; Assistant Treasurer: Tess Kelly. Thank you to everyone who has taken on this new commitment!

Memberships - So far, we have collected just over 15 memberships. Just remember to keep in mind that it is through our own parish memberships that we can support both local efforts to help the poor and other endeavors at the National level. Let's try and work toward full participation so that Philoptochos may continue to provide help to those who need it most. The donation is \$33.00. You can either give it directly to a Philoptochos member, or you can mail it to the church. Just be sure to include in the address: Attention: Philoptochos Membership.

Monthly Philoptochos Meeting - Due to conflicting events, we have changed the meeting time back to the first Tuesday of the month. The next meeting is scheduled for Tuesday, February 3rd at 6:30 PM. Please come!

Calling all Friends of the Poor !!

DCN. JOSEPH RUOCCO-BROWN

...continued from front

When you read this heading, I know you're thinking what is this guy talking about? Well let me ask us some questions and I will start off with the most obvious one, are we a friend of the poor? If so what kind of friend are we? Fr. Christopher in December has assigned me to assist with the St. Anna' Philoptochos Society- Friends of the Poor. Below is the first bullet from the Mission statement from the National Philoptochos Society and when you really read it and reflect on it, something begins to emerge. This is the Gospel of Jesus Christ in action; this is not a ministry for a select few, but for all of us here!! And I mean all of us ! do you hear this MEN!!

Psalms 94:5 describes it well;

"For He is our God and we are the people of His pasture and the sheep of His hand"

- To aid the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, to undertake the burial of impoverished persons and to offer assistance to anyone who may need the help of the Church through fund raising efforts.

When we engage ourselves into this arena of the service of love, we will see the face of Jesus Christ with whom all we minister to. We can experience the gospel in a tangible way that will lead others to the action of love. Not an ordinary love but the love of Jesus Christ Himself. By experiencing the gospel of love we become an evangelist in the pure sense of the word.

St. Gregory (Nazianzus) the Theologian's Oration 14, "On the Love of the Poor" begins with a review of various Christian virtues and concludes that of all the virtues,

Following Paul and Christ himself, we must regard charity (agapê) as the first and greatest of the Commandments, since it is the sum of the Law and the prophets; and its most vital (kratiston) part I find is love of the poor (philoptôchia), along with compassion and sympathy for our fellow man. (sec. 5)[15]

There is no doubt that the economic times that we are experiencing are tough, yet as people of faith we are to stay on the royal path and as the book of Hebrews states

"But we are not of those who draw back to perdition, but of those who believe to the saving of the soul" Heb 10:39

It is during these difficult times that significant impacts to those souls who suffer can be made, a kind face, a caring heart and healing touch, relief from the storms of life's struggle; a friend in the darkness, who will show them light- The light of Christ.

All you friends of the Poor!! Please come!! we meet on the 1st Tuesdays of each month at 6:30 at the church.

Orthodox evangelism is giving to the poor without regard for "how the money will be used". Orthodox evangelism is visiting the sick in hospitals and praying for them. Orthodox evangelism is going the prisons (contact your local prison chaplain regarding how this might be done) and offering comfort and kindness to the imprisoned. Orthodox evangelism is loving your enemies Orthodox Evangelism is loving your neighbor as yourself. If we all did these things (and I am a wretched sinner and fall short of all that I have just said) then our Churches would be open and filled with light and glory drawing all who see her by the grace and action of the Holy Spirit in their hearts. We don't have to preach on street corners, we don't have to have "events" or revivals or seminars as evangelistic tools - we simply have to be Orthodox Christians "to the max" without reservation or compromise. That is Orthodox evangelism.

Stigmatization raises a host of existential and spiritual issues not just about the poor but about those who stigmatize them. Although not labeled as such, the discussion of this stigma is central to St. Gregory (Nazianzus) the Theologian's Oration 14, "On the Love of the Poor." [13] It also plays a central role in St. Gregory of Nyssa's sermon, "On the Saying, 'Whoever Has Done It to One of These Has Done It to Me.'" [14]

The oration "On the Love of the Poor" begins with a review of various Christian virtues and concludes that of all the virtues, following Paul and Christ himself, we must regard charity (agapê) as the first and greatest of the Commandments, since it is the sum of the Law and the prophets; and its most vital (kratiston) part I find is love of the poor (philoptôchia), along with compassion and sympathy for our fellow man. (sec. 5)[15]

St. Gregory then delineates various forms of poverty (ptôcheia) with leprosy specified as its most extreme form. In delineating the suffering that accompanies these various forms of poverty, he notes the worst is experienced by the lepers, a condition such "that most people cannot stand to be near them, or even to look at them, but avoid them, are nauseated by them, and regard them as abominations so to speak. This is heavier for them to bear than their ailment when they perceive that they are hated because of their misfortune (sec. 9)." The 'poverty' to which the lepers are subjected is not simply 'economic.' It is constituted by a radical disaffiliation and marginalization from their social world that is grounded in their denigration and stigmatization. [16]

ter to understand the prayers of the Church. It might sound silly to put it in these terms, but if the Lord did come to redeem all of His Creation, then we must be cognizant of how we offer the Faith to any people and in turn worship God. Ultimately, salvation is wrought in every vineyard throughout the world in the language of the people, which does offer us a beautiful image of our common, yet unique prayers. Moreover, the Faith that we embrace in whatever language is a culture in and of itself.

The culture is of the Holy Cross. We heed the Lord's command that is communicated to us in varied tongues, transcending the trappings of this world, denying ourselves, taking up our crosses and following Christ. We then in common prayer, if at least for our recitation of the Lord's Prayer, in a host of languages within the context of our worship, give thanks to God.

In the end, I can't imagine that the praise of the angels will be limited to a single language. Their praise of God will be loving and grand, accessible to all peoples. Let us pray that our worship of our Lord continues to reflect the glory of His Kingdom! And, what a truly beautiful vision of Heaven this remains.

St. Haralambos the Martyr and Miracle-Worker

"As pillar unshaken of Christ's Holy Church and lamp ever-burning to all the world, you emerged, O wise Haralambos. In all the world you shined with the martyrdom you suffered. You dispelled the dark night of the idols O blessed. Thence with daring do intercede to Christ that we may be saved." (Tone 4)

"You therefore, my son, be strong in the grace that is in Christ Jesus. And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also. You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier. And also if anyone competes in athletics, he is not crowned unless he competes according to the rules. The hardworking farmer must be first to partake of the crops. Consider what I say, and may the Lord give you understanding in all things..." (2Timothy 2:1-7)



In the early Church, the term "martyr" was originally used when characterizing the Apostles as witnesses of Christ's life and resurrection [Acts 1:8, 22]. Due to the persecutions that the early Christians endured, however, the term was applied to those who gave their lives for the Christian Orthodox Faith. In Greek, the word martyr means "witness" and, the verb form, martyred, means to "bear witness" or "give evidence."

Though martyrdom was not a constant experience for the early Church, it was a possibility with which the early Christians had to reckon. It was the consummate act of faith for as the Lord said: "Greater love has no one than

this, than to lay down one's life for his friends" (John 15:13). Before actually being executed, however, the martyr usually endured extreme physical and moral sufferings.

One of the saints recorded to have endured the greatest suffering of any martyr was the presbyter, Haralambos. As a second century priest in Magnesia, Asia Minor, he served his people with great faith and love. His reputation as a man of God had spread throughout the area and many people came to the Faith through his preaching the Good News of Jesus Christ. During a period of extreme persecu-

tion, Haralambos did not hide, but openly and boldly preached the Christian Orthodox Faith! When Haralambos was finally arrested for having the courage to preach the Gospel, his persecutors devised a plan of persecution for everyone to witness. Although he was tortured repeatedly, he never denounced his faith in Jesus Christ. For several months this persecu-

tion went on and not once did Haralambos weaken in his faith. Forced to suffer extreme pain and degradation, Haralambos continued to preach and many miracles and conversions took place among the people. When the soldiers thrashed the skin from his body Haralambos said: "Thank you, my brethren, for scraping off the old body and renewing my soul for new and eternal life." In the final moments of his life, moments before he was to be beheaded, Haralambos lifted his hands to heaven and prayed for all humankind: "Lord, You know that men are flesh and blood; forgive them their sins and pour out Your blessing on all." Following this prayer the saint gave up his soul to God and died without the sword being laid to his neck.

Parish Profile

ABOUT OUR PARISH FAMILY

Each Sunday, we welcome new individuals and families to our Orthodox Church in Roseville. As we grow in number, it's critical that we continue to grow together...as a parish family, especially as we are a Shrine dedicated to the Sanctity of Marriage and Family! Each month, we will therefore "introduce" a member(s) of our parish family.

Although stewards will be "introduced" at random, we will begin with the members of our Parish Council as they stand as exemplarily stewards who faithfully assist the clergy with the local ministry of the Church. This month, we "introduce" a member of our Parish Council:

Name: Margaret (McFadden) Mueller

Baptismal/Chrismated

Name & Feast Day: September 1

Place of Birth: Travis Air Force Base

If relocated to our area, when and from where: I've lived in the Sacramento metropolitan area most of my life. Before age 10, however; I lived in Great Falls, Montana; Charleston, South Carolina; Lajes AFB, the Azores; and Savannah, Georgia.

Vocation: When I first understood the words, "We dedicate ourselves and our whole lives to Christ our God" in the Liturgy, I pondered the implications of making that dedication with my whole heart. God has given me a wide variety of talents. I prayed, "You know what talents I have, what would best glorify You? I will dedicate myself according to Your will, not my own."

God always surprises and humbles us with His decisions. A few months later Fr. Chris asked me to teach the Survey of the Early Church class. The first thing that came to mind was that the teachers will be judged the most severely, and the second was, do you really think I can handle it? It takes a lot of study, prayer and faith in God to teach about our Orthodoxy.

My own ambition is to go to graduate school, God willing, and publish.

About myself/our family: Bill and I have three wonderful sons: Nick 20, Daniel 15 and Brian 13. Each is as different as they can possibly be from one another. Having all boys is a special gift because it means a life of camping, super-heros, action movies and unexpected adventures, dirt, abrasions, torn clothing and

trips to the emergency room. I have learned that to grow strong, confident men, boys need the opportunity to test themselves in competition, imaginary combat, and agility against other males and themselves. If they are not provided opportunities to do this, young men will eventually take risks without wisdom or limits -- when they have the horsepower to do serious damage to themselves and/or others. Failure, struggle, improvement, cuts, welts from paintballs, broken bones, and even their score on an Xbox game allow boys to internalize life-lessons and form an experiential basis for good judgment. Boys are most damaged when they are not given the opportunity to make decisions of increasing consequence and some risk; when the decisions they are allowed to make are second-guessed, questioned, ridiculed or blocked; and when they are reminded, lectured, or humiliated for their mistakes. Mistakes can be their very best learning opportunities when parents never say a word of criticism, but wait for their sons to resolve the issue or ask for help. Mothers may think they can playfully tease or question their sons, but a mother's challenge is often interpreted as an indicator of their incompetence as men. Boys need time, approval, and reinforcement from their fathers; they need validation that they are successfully developing as males.

Boys also need strong leadership in establishing a consistent rule of prayer, attendance at Church, a life of service and stewardship to the Church, and a comprehensive knowledge of their Orthodox faith. By example, parents encourage their sons to become good husbands, fathers, and faithful Orthodox Christians.

Hobbies/interests: Besides reading, I love the internet because I can research anything I can think of! I like to spend time where there is a body of water and few people with my guys camping and hiking. I get a lot of satisfaction from working with fabric, cross stitch, quilt making, and cooking a great meal. I celebrate when I can beat Bill at cards.

How I came to the Orthodox Church: I was baptized at six weeks, right after my Papou's (Demetrios Karabetsos) funeral at Constantine and Helen Greek Orthodox Church in Great Falls, Montana. However, our family only attended church for two years out of our entire childhood. I attribute my return to church after graduating from college to my Baptism and Chrismation, the short exposure I had to the Liturgy, and God eternally reaching toward me.

A ministry that I enjoy/would enjoy at the parish: I wish we had the facilities to feed the poor, and wish we could have a ministry to the elderly that delivers meals. I'd like help develop a couples ministry for weddings, where the husband would assist the groom and his ushers, and the wife the bride and her attendants. I'm also very interested in helping prepare programs for young adults, and couples engaged to be married, so I hope I may contribute to that ministry, eventually.

Favorite passage from Scripture: Matthew 25: 31-46 concerning Judgment and the commandment to love your neighbor as yourself. Here Jesus unambiguously tells us what loving ones' neighbor means to Him. It is a powerful reminder that we must see Christ in absolutely everyone, and respond accordingly.



Greek Language Program at Saint Anna's

The Greek Language Program at Saint Anna's is a collaborative program that is being sponsored by the three Greek Orthodox Parishes in our area—Annunciation (Sacramento), Saint Anna (Roseville) and Saint Katherine (Elk Grove). The program is funded by the Greek Government and the Ministry of Education and Religious Affairs of Greece provides a teacher for the program. The teacher for the Level 1, Level 2, and Adult Class at Saint Anna's for this first year of the program is Dr. Ioanna Lekkakou. I am teaching the Kindergarten class for our parish.

There is a nominal registration fee for the year long program and those fees are utilized to purchase supplies needed for the program. Classes began at the end of September and will end at the end of May 2009. The schedule is:

Monday

Kindergarten 6:00-7:00 p.m.
Level 1..... 6:00-7:00 p.m.
Level 2..... 7:00-8:00 p.m.
Adult Level 1 8:00-9:00 p.m.

Wednesday

Level 1..... 6:00-7:00 p.m.
Level 2..... 7:00-8:00 p.m.
Adult Level 1 8:00-9:00 p.m.

This program provides a wonderful opportunity for adults and children to learn the Greek Language and to maintain Hellenic Culture. Currently there are 28 students enrolled in the program in our parish.

Bessie Condos

New York Life May Owe You Money

Did Your Greek Relatives die between 1915 and 1923?

New York Life, an insurance company which wrote many policies for Greeks in the years before 1915, is looking for heirs who may be able to claim on life insurance policies.

Unpaid Claims to Greeks May Exist

New York Life believes that while many claims were properly paid, other persons who disappeared or died between 1915 and 1923 under the Ottoman Empire may have left life insurance policies that should be paid to surviving heirs. Some of these policies may have been issued as early as 1882 and maintained until that time.

If you think you may have lost a relative during 1915 and 1923, and that they may have had an active life insurance policy with New York Life, you can check the list at GreekInsuranceClaims.com or phone 888-922-2973

In addition to paying claims, New York Life will contribute \$1 million to the Greek Orthodox Archdiocese of America. With these funds the Archdiocese plans to establish an endowed chair for the study of Hellenism in Pontus and Asia Minor at its Holy Cross Theological School.

There is a deadline of February 28th, 2009 to file your claim.

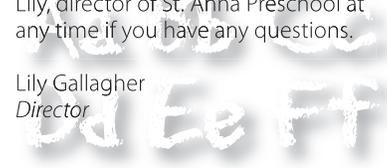
Should you have additional questions please contact Michelle Ksidakis at 916-202-8457

Preschool News

January is a fresh start for new ideas and activities for many of us. St. Anna Preschool has two new developments which we are very excited about. First of all, we have just acquired a new School Age license which allows us to have 12 children, ages 5 to 9 years old for after school care and full-time care during the summer. Also, Miss Jamie our two year old teacher, who teaches dance professionally outside of St. Anna Preschool, has begun dance lessons with us on Wed afternoons from 4:30...5:30p.m. Classes are once a week and the cost of the lessons are \$40 per month. You do not need to be enrolled at St. Anna Preschool to participate and you do not need to be a girl. We have one boy enrolled and we encourage more males to join us! Please contact me at 772-9304 for more information and details about the two programs. Of course, we still take the children to gymnastics on Monday mornings. All of our extracurricular activities keep our children stimulated and very busy.

During the month of January the children have explored lots of arctic animals such as the polar bear and whale. There has also been a lot of talk about snow and animals that hibernate during the winter. Next month we will be discussing friendship and love towards one another as we approach Valentines Day. We just started back up with Church Time with Father Chris on Tuesday mornings and are learning a new hymn Father is teaching us. The next time you take a walk down our hallway it will be filled with hearts and projects surrounding Valentines Day and Chinese New Year. I think it is important for the children to be exposed to different cultures and the way people celebrate holidays. During one of our activity hours we will be making fried rice with the children and teaching them how to use chopsticks! We had a little sunshine this week and cannot wait till warmer weather is here so that we can take the children out more often. We have just ordered a great outside piece of equipment in anticipation of the nice weather. Please contact Lily, director of St. Anna Preschool at any time if you have any questions.

Lily Gallagher
Director



Dance Classes at St. Anna Preschool with Miss. Jamie

Wednesdays at 4:30-5:30pm

45 min. of Instruction and 15 min. for gathering and returning children

3-4 yrs Boys and Girls

Beginning Dance and Creative Movement

\$40.00 a month

Checks to payable to St. Anna Preschool
Begins January 7th

1001 Stone Canyon Drive | Roseville, CA 95661

2009 Saint Anna Pledged Stewards

Alexander, Nicholas & Shari
 Aronis, Sam and Helen
 Asselanis, George & Peggy
 Athanasopoulos, Peter
 Augustatos, Dennis & Lisa
 Bakis, Michael & Elizabeth
 Bakis, Michael & Joanne
 Bateman, Richard & Katherine
 Bennisson, Elizabeth
 Blaylock, Martha
 Bobolis, Bill & Evelyn
 Bobolis, Stephanie
 Booros, Greg & Vicki
 Bravos, Alexa
 Bravos, Peter & Athena
 Buschman, Martin & Maria
 Cambra, Paul & Zaferia
 Cameron, Allan & Katherine
 Changaris, Pete & Penny
 Condon, Martin & Susan
 Condos, Bessie
 Demiris, Tony & Roxanne
 Dermitzakis, Jacqueline
 Dindio, Michael & Phyliss
 Dison, Timmie & Stephanie
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 Efstathiou, Peter & Anastasia
 Fancher, Joseph & Margo
 Flesoras, Coste
 Flesoras, Fr. Christo-
 pher & Pres. Krissy
 Francher, Stephanie
 Gallagher, Bobby & Lily
 Giusti, Kirk & Cynthia
 Glafkides, Georgene & Bacon, Jeff
 Halikas, Spiros & Baciliki
 Harb, George & Niveen
 Hasapis, Peter & Evangelina

Hionis, Anastasios & Stefanie
 Johnson, Edward & Demetra
 Johnson, Gus & Patricia
 Johnson, Jan
 Kalfakis, Mike & Aggie
 Kalogero, Angelo & Kay
 Kantargis, Andrew
 Karnoookh, Dimitri & Luba
 Karren, George & Roula
 Kelly, Thomas & Anastacia Mavrias
 Kerhoulas, Bess
 Kerhoulas, Peter & Barbara
 Keriotis, Connie
 Knoblich, Chet & Sotiria
 Knoblich, Peter & Mabery, Darla
 Koulos, George
 Kountanis, Pete and Stella
 Ksidakis, Michelle
 Kyritsis, Greg & Vassie
 Lambrose, Gus & Frances
 Lawrence, David & Serena
 Lenakakis, Stelio & Morfoula
 Loudaros, Jimmy & Denise
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 Weller, Danelle
 Wolf, Patrick & Virginia
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St. Anna Preschool After School Care

- **Van transportation before & after school**
- **Help with Homework**
- **Morning and Afternoon Snack**
- **Field Trips**

School Year Cost:
 \$350.00 per month

Summer Cost:
 \$650.00 (with lunch)

Hours of Operation:
 6:45 a.m. - 6:00p.m.

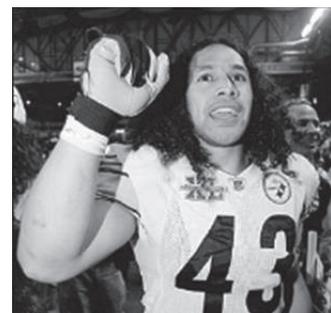
For more information please call:
 (916) 772-9304
 1001 Stone Canyon Drive
 Roseville, Ca. 95661



If your name does not appear on this list, and you want to be a Steward of St. Anna, please fill out a 2008 yellow Commitment card found either in the Narthex or in the Church Office.

(What a blessing for the Orthodox Church to have such a dedicated and professed Christian as well as a distinguished athlete play in this year's Super Bowl)

A Conversation with Troy Polamalu of the Pittsburgh Steelers



**BY JASON COLE,
YAHOO! SPORTS**

PITTSBURGH - Strong safety Troy Polamalu has become known around the Pittsburgh Steelers as the last guy out of the locker room on Sundays after home games. All of his teammates are long gone and even most of the equipment guys have cleared out by the time he emerges. Polamalu goes through a detailed process, including a dip in a cold tub and a lengthy shower to relax after a hard-hitting afternoon. However, for a guy who doesn't seem to be in a hurry to leave, Polamalu does put a serious priority on his time away from the field with his wife, Theodora, the sister of Polamalu's former USC teammate Alex Holmes. Polamalu took some after Sunday's win over the San Francisco 49ers to engage in a Q&A with Yahoo! Sports.

Cole: Do you have a routine you follow on your day off?

Polamalu: We work out together because that's our only day off together. It's a pretty decent workout. She does a lot of running and I do a lot of stretching. Tuesday is also our only opportunity to go to church together, so we do that. Cole: When and where do you go?

Polamalu: It starts at 8:30 (a.m.). ... It's the Nativity of the Theotokos monastery (in Saxonburg, Pa.).

Cole: I know you're devoutly Christian (Polamalu has a carefully arranged series of religious items in his locker at Heinz Field), but exactly which denomination?

Polamalu: Greek Orthodox. Theotokos literally means the Mother of God.

Cole: How long are you in services?

Polamalu: They usually go to about 12:30.

Cole: That's a four-hour service. Is that a normal service?

Polamalu: Pretty much, especially at a monastery.

Cole: Can you describe it?

Polamalu: What's really neat about the Orthodox Church is that it's like walking back in time 2,000 years to the time of the Apostles, when they created these services. You walk into that and it's really like ... living it. They have maintained the truth ever since the beginning.

Cole: You're Polynesian. How did you end up at a Greek Orthodox church?

Polamalu: There are different ethnicities, like Russian Orthodox. My wife is Greek. I was a non-denomination Christian before we got married. So we sit around there and meet with our spiritual mother and then we go home, maybe take a nap, work out and then go home and have dinner.

Cole: Who's making dinner?

Polamalu: My wife; I cannot cook at all. I've tried. I'm terrible. When I cook, it's something nobody else would enjoy.

Cole: You only cook specialty things for yourself?

Polamalu: No, it's not that nobody else will make it for me, it's that I'm the only one who is going to enjoy it. I'll look at the other people and say, "Did you like it?" They say, "Nooooooo."

Cole: Do you have any other hobbies or things you do away from the field? Maybe bowling?

Polamalu: No, not really. The single guys go bowl. The guys who are married go home, mostly. I really focus on spending time with my wife.

Cole: How hard is it to get time at home during the season? I know guys like (Miami Dolphins linebacker) Zach Thomas stay at the facility until very late studying film and (Indianapolis Colts quarterback) Peyton Manning is watching film at home.

Polamalu: First of all, I'm a Christian so my prayer life really comes first. Second of all, I'm a husband so my wife comes before anything else. If I have time to do anything else after that, I do it, but I don't sacrifice any time with her.

Cole: A lot of guys do it the other way around. Football comes first. They say family and faith come first, but they really do the football first. How do you reconcile it?

Polamalu: It's really easy for me. I love my faith and I know that's first. I really think I know what's important in my life and that's my faith and my wife.

Cole: So football is a really focused activity. There's no wasted time, right?

Polamalu: Actually, it's a lot of fun and it's something I enjoy. It's not like when I'm here it's business time and then there's family time. Football is, for me, it's something I do. It's like for you, you're a reporter. It's what you do, not who you are. Football does not define me. How I am with my faith and how I treat my wife is what truly defines you as a man. That is my

goal in life to live that way and believe in it. It would be cowardly of me to say that I enjoy my time with my faith and my wife if I really didn't spend that time with them.

Cole: How long have you been married?

Polamalu: Two years now.

Cole: Kids?

Polamalu: God willing, someday. But three dogs counts for one kid, I think.

Cole: Um, no.

Polamalu: Three English bulldogs count for one kid.

Cole: No.

Polamalu: No?

Cole: I have two kids. No.

Polamalu: Come on, it has to count for one kid.

Cole: I respect and admire your beliefs and your stands on many things, but I'm not buying the three dogs-to-one kid ratio.

Polamalu: OK, you win this one.

Cole: Wait till you have a child waking up at 3 a.m., hungry and then he's got colic and he's screaming and you have no idea why.

Polamalu: (laughing) Yeah, it's probably like, "Talk to me, tell me what's wrong. Oh, that's right, you can't talk to me." Yeah, with the dogs it's if they pee in the house you say, "Go to the kennel."

Jason Cole is a national NFL writer for Yahoo! Sports.

ST. ANNA GREEK ORTHODOX SHRINE PRESENTS
an evening of dancing and entertainment


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SATURDAY, FEBRUARY 14, 2009
6:30 - 10:30 PM

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**PAN-ORTHODOX
VESPERS FOR THE SUNDAY OF ORTHODOXY
AND
FUNDRAISING FELLOWSHIP DINNER**

March 8, 2009

for

**The Monastery of St. John
of Shanghai & San Francisco**

MANTON, CALIFORNIA

Greek Orthodox Church of the Annunciation

600 Alhambra Blvd. | Sacramento CA 95816

- **VESPERS, 6 PM.** The Monastery Choir will sing. Homily by Archimandrite Meletios Webber.
- **LENTEN DINNER, 7:30 PM.** Hellenic Center, next to the church. Requested donation: only \$5 for adults; 12 and under are free. There will be a presentation on the ministry of St. John Monastery. An offering for the monastery will be taken. (All contributions to St. John Monastery are tax deductible. Monastery Website: www.monasteryofstjohn.org.)

Please RSVP to the Church at 916.443.2033 before March 1!

"Support your local monastery!"

A SPECIAL PRESENTATION INTO THE IWORLD

Jr. High and High School Students
Invited to participate in

**The iCon of Christ in me:
"Holding Fast To The iCon of The Savior,
We Shall Not Go Astray"**

Saturday, February 28, 2009

Greek Orthodox Church of the Annunciation
313 Tokay Avenue | Modesto, CA

1:00 pm.....Registration
1:15 pm..... Welcome
1:30 pm.....Presentation 1
3:00 pm Break
3:15 pmPresentation 2
4:45 pm..... Break
5:00 pm Great Vespers
6:00 pm Meal

PRESENTER: Theo Nicolakis

Director of Information and Technologies
Greek Orthodox Archdiocese of America

For further information and reservations please contact:

Church Office.....209-522-7694
Emailannunciationoffice@yahoo.com

Saint Anna Greek Orthodox Shrine

1001 Stone Canyon Drive — Roseville, CA 95661
 Phone 916.772.9372 / Fax 916.773.9310
 office@saintanna.org
 Daycare & Preschool - 916.772.9304

February 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sunday of the Canaanite Woman Orthros, 9AM Liturgy, 10AM Young Adult Meeting Paraclesis Service to Sts. Joachim & Anna, 6:30PM	2 Presentation of our Lord Orthros, 9AM Liturgy, 10AM Greek School, 6-9PM	3 Philoptochos Mtg. 6:30PM OCF Fellowship, 6:30PM	4 Greek School, 6-9PM	5 Auburn / Grass Valley Bible Study, 7PM	6 13	7 14
8 Sunday of the Publican and Pharisee Orthros, 9AM Liturgy, 10AM Tridion Begins	9 Office Closed Greek School, 6-9PM	10 All Youth Groups, 6:30PM	11 Greek School, 6-9PM	12 Auburn / Grass Valley Bible Study 7PM	13 20	14 17
15 Sunday of the Prodigal Son Orthros, 9AM Liturgy, 10AM	16 Office Closed Greek School, 6-9PM	17 Old Testament Study, 10:30AM JOY, 6:30PM	18 Greek School, 6-9PM New Testament Bible Study 7PM	19 Auburn / Grass Valley Bible Study 7PM	20 21	21 Saturday of Souls Orthros, 9AM Liturgy, 10AM
22 Judgment Sunday Meatfare Orthros 9AM Liturgy, 10AM	23 Office Closed Greek School, 6-9PM	24 Old Testament Study, 10:30AM GOYA, 6:30PM	25 Greek School, 6-9PM New Testament Bible Study 7PM	26 Food Prep/Service @ St Vincent de Paul Parish Council Mtg. 6:30PM	27 28	28 Saturday of Souls Orthros, 8AM Liturgy 9AM Parish Council Retreat Great Vespers, 5PM Chanting Practice, 5-45PM
March 1 Forgiveness Sunday Cheesefare Orthros, 9AM Liturgy, 10AM Service of Forgiveness, 6PM	2 Office Closed Great Lent Begins Greek School, 6-9PM	3 Old Testament Study, 10:30AM Philoptochos Mtg. 6:30PM OCF Fellowship, 6:30PM	4 Greek School, 6-9PM 9th Hour, 6:15PM Pre-Sanctified Liturgy, 6:30PM	5 Auburn / Grass Valley Bible Study 7PM	6 9th Hour, 8:45AM Pre-Sanctified Liturgy, 9AM Salutations to Theotokos, 6:30PM Lenten Potluck	7 Saturday of Souls Orthros, 9AM Liturgy, 10AM Great Vespers, 5PM Chanting Practice, 5-45PM



St. Anna Greek Orthodox Shrine

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