# ST. JOHN THE BAPTIST GREEK ORTHODOX CHURCH "Behold I send My messenger before Your face, who will prepare Your way before You.

The voice of one crying in the wilderness; Prepare the way of the Lord; make His paths straight." Mark 1:2-3

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#### **Mission Statement:**

St. John the Baptist Greek Orthodox Church is dedicated to spreading the Gospel of Jesus Christ as

the one, holy, catholic, and apostolic church.

Vision:

The church shall seek to fulfill its mission by:

1. Embracing the Spiritual Life of the Orthodox Church through regular prayer, worship, and frequent participation in the sacraments.

- 2. Supporting the Church through stewardship of time and talent and sacrificial giving.
- 3. Providing a welcoming, caring, loving environment.
- 4. Having its members exemplify Orthodox Christian character and morals.
- 5. Supporting ministries that facilitate the overall mission of the Church.
- 6. Exemplifying commitment to community service and charitable outreach.
- 7. Creating an environment which encourages members to grow in their faith.

# Visit of His Eminence **Metropolitan Alexios of Atlanta**

His Eminence will celebrate the Divine Liturgy with us on Sunday, October 9 On the occasion of our 60<sup>th</sup> Anniversary: Orthros 8:30 a.m. Divine Liturgy 9:45 a.m.

# Father Stavros' Message The 60th Anniversary of our Parish

versary weekend that will include a dinner/dance on Oc- people sixty years ago who had the foresight and the intober 8 and the visit of His Eminence Metropolitan Alex- spiration to create our community of St. John the Baptist. ios for Divine Liturgy on Sunday, October 9. There are So much has changed in the world in sixty years. When three reasons to mark an anniversary. The first is:

## TO REMEMBER

Every time we celebrate an anniversary, we put a number on it. And with that number, we remember the interval of time between that number and now. This year, our parish dent Kennedy who hadn't been elected yet. What is today marks 60 years in existence. And as we mark this occa- Riverview and Brandon were orange groves and cow passion, we do so first in remembering the 60 years. Thank- tures. Orlando was a small town in the middle of

016 marks the 60th anniversary of our parish of St. fully, there are some among us who were here from the John the Baptist in Tampa. We will mark the occa- very beginning, who remember the founding of our sion specifically this month of October with an anni- church 60 years ago. And thankfully there were some the church was founded in 1956, there were no computers, cell phones, internet, and not even a television in every home. We were locked in a cold war with communist Russia. Man had not landed on the moon, or even flown into space. Tampa was a much smaller town. Kennedy Boulevard had a different name as it was named for Presi-

#### "nowhere."

Saint John the Baptist Greek Orthodox Church was a fledgling community of barely a hundred families. People came together and labored to build the church facilities "with their bare hands." Lack of funds didn't make up for lack of ingenuity. The top of the Bishop's throne, Have we had the perfect history? Does anyone? We've as an example, which looks like gold, is really a plastic made our share of mistakes and had our share of struggles kiddie pool, spray painted gold and mounted on the top. The original floor of the church was not carpeted—it was years, of 20% of our history, I have had the privilege of terrazzo, with a beautiful double-headed eagle in the mid- serving as the Proistamenos here. However, it doesn't dle of the solea. The solea would be built later and car- matter if you've been here sixty years, or twelve years, or peted. It you knock on the floor of the solea, you'll hear just a few weeks, I'm glad you are here, and I'm glad I'm that it is hallow.

The church owned just a thin strip of land, where the church sits. The property wasn't big enough to build the church facing east, as is the tradition of the Orthodox Church. This is why our church faces south instead. The When we celebrate something, we celebrate what IS! administration building would be added later. Kourmolis Center was built in the early 1980s, and the school building was finished in 2003. The pre-school we we? We are a growing and thriving community. We've rent out in the back of the property was once the priest's got a church that is filled every Sunday. We've got 45 house.

Believe it or not, I have a connection to the beginning of St. John. Even though I was born in 1972 and arrived in Tampa in 2004, the first priest of this parish, Fr. Nicholas Harbatis (of blessed memory), after he finished his pastorate in Tampa, moved to Detroit, Michigan, where he would marry my parents in 1968.

The icons on the icon screen were painted in the 1950s. And for nearly 20 years, these were the only icons in the church. In the 1970s, there was an effort to paint the rest of the interior of the church. Nicholas Bissias did the majority of the iconography, painting murals and icons all over the interior of the church. The carpet in the church has been green, red, blue and now maroon.

The first festival was held in the early 1980s. The first GOYA Junior Olympics came about in the mid-1980s. In the past twelve years, we've instituted a GOYA Lenten retreat, and twice-annual adult retreats.

People who were married in those early years baptized children, who got married, and who had children of their own. We are well into the third generation of people who call this parish their home.

Archbishop Michael was Archbishop when the church fellow parishioners are also their best friends. Our miniswas founded. Archbishop Iakovos, Archbishop Spyridon and Archbishop Demetrios followed, all making visits to Tampa as part of the annual Epiphany celebration in Tar- this weekend in October, we will come together to laugh, pon Springs.

Saint John was the second Greek Orthodox parish found- One of the best things about our community, in my opined in the Tampa Bay area, after the Cathedral of St. Nich- ion, is that we don't limit our celebrations to special olas in Tarpon Springs. Holy Trinity in Clearwater, St. events or anniversaries. We have a celebration every Stephanos in St. Petersburg, St. Barbara in Sarasota, St. Sunday-we have a full church, a beautiful choir, an ar-George in New Port Richey and Sts. Nicholas, Raphael my of boys in the altar, a long line for Holy Communion

and Irene in Palm Harbor would come later. Saint John would help start St. Sophia in Winter Haven. At present, we are the third largest congregation in the Tampa Bay area, after Tarpon Springs and Clearwater, though we have the highest stewardship average in the area.

but we are here and we are thriving. For the past twelve here. And it's time to do the second thing we do when we mark an anniversary. . .

#### **CELEBRATE!!!**

The When you are fifty years old, you don't celebrate your 20th birthday. You celebrate what you are. So, who are altar boys, 155 students in Sunday School, and had 40 teenagers at our most recent GOYA meeting. We've got six Bible studies, nearly thirty different ministries, an awesome choir, a consistent presence at community outreach, and new families joining every week. We are all about encouragement, growing in the faith, sharing the faith with others and supporting one another. We are a community that is growing in Christ and we're doing it together. We are not just a bunch of people and programs, we are committed Christians who are seeking to grow in faith.

Our celebration will have both spiritual and fellowship components. The centerpiece of our anniversary celebration will be the Hierarchical Divine Liturgy on Sunday, October 9. His Eminence Metropolitan Alexios will celebrate the Divine Liturgy with us on our anniversary. His Eminence has been part of our parish family for the past twenty years as our Hierarch and chief shepherd and it is an honor for us to have him visiting our parish for our anniversary.

The fellowship component includes a dinner dance on October 8 and a luncheon on October 9. Because not only does our community pray together, we enjoy fellowship. It is so gratifying that for many of our people their tries are places not only of service but of support. We come together to cry when one of us is struggling. On to dance and to celebrate.

and an uplifted congregation. And when Divine Liturgy is over, the celebration moves to the hall next door, where we gather to socialize with friends, our kids dance and play, and on most Sundays, the hall is still nearly filled over an hour after church has concluded. Every Sunday has become an occasion for celebration. Which brings us 5. to the third thing we do when we mark an anniversary. . .

#### WE LOOK AHEAD!!!

What good is a celebration that only celebrates what has passed? As we mark the 60th anniversary of our community, we should already be thinking ahead to our 70th. Where do we hope to be in ten years from now? Because the first step to those goals will be taken on October 10. Here are some goals for the next ten years that I hope we achieve:

- 1. I would love to see our church continue on its current trajectory. We are in the mode of growth and improvement in all facets of our community and I would love to see this trend continue. In the past ten years, we've had a net growth of 150 families. This accounts for families who move away. In 2006, we had about 250 families. Now that number is pushing 400. I wonder what that number will be in 2026. I wonder what it could be.
- 2. Continue development of ministries. Ten years ago we had one Bible study. Now we have six. Ten years ago there were 15 kids in GOYA and about 20 in the altar. These numbers have more than doubled. Again, it's not just the numbers of people and programs that make for a successful church. It's Christ-centered programs and Christ-centered people that do. The line for confession gets longer each year. The number of people now on the Prayer Team is nearing 800. The choir continues to grow.
- 3. Retiring of debt--I hope that we will come together as a community to retire the \$1.2M debt that the old day school left us with. That albatross hangs over our community and is a source of concern. Because of this debt, we are forced to rent out our facilities to a charter school that overwhelms our campus with 300+ students each day, including their noise and wear and tear on our buildings. Their presence also encumbers our use of the property more and more. Because they are growing and so our we and there are only so many facilities on campus. If our stewardship continues to grow, made possible by your generous giving, I hope we will finally be able to move the festival out of our budget, use the festival proceeds to pay off the debt and then enjoy an income stream from the festival and any potential tenants that can be used to fund the other critical need of our community: expansion of facilities.
- 4. Our facilities are beautiful but becoming quickly inad-

equate. We have some needed repairs needed to a lot of our campus. We need more seating in the church, more parking for Sunday services, and more activity and storage space.

. We need a plan. It is said "without a vision the people perish." We have people. Do we have a vision though? Many of us have different visions of what the church should be. We need to come together an embrace a common vision behind which we can all be unified. I hope in the near future to begin the process of a strategic plan that we can adopt as a guide for our parish. By setting down goals and working out strategies and timelines for achieving them, we will be able to make what is a vision into a reality.

I'm looking forward to October 8-9. I enjoy celebrations. I enjoy when His Eminence visits our community. A nice night out and a beautiful Divine Liturgy with our Metropolitan are two things I am looking forward to. However, more than October 8-9, I'm looking forward to October 10 and October 16. Why? Because every Sunday for me is a celebration. And I will enjoy the Divine Liturgy on October 16 as much as I will enjoy the one on October 9 and October 23 and October 26 and October 30. And because on October 10, we'll take the first steps toward our 70th Anniversary, working towards our continual growth in Christ, day by day, event by event, person by person.

Anyone who is reading this article has been a part of our parish history. Whether you have been here since day one, or if today is your day one, you are part of our parish history. Because the history of our parish isn't events or buildings. It is people, people growing in faith, and in love for God and for one another.

Everyone who is reading this article is part of our present. You are here now.

Everyone who is reading this article can be part of our future. How? Come next Sunday. Get involved in ministry. Make this church your spiritual home. Make Christ the center of your life.

So, let's remember the past, let's celebrate the present, and let's build towards the future. Happy 60th Anniversary to our community! May our Lord bless us as we remember, as we celebrate and as we move forward!

With love in the Lord, +Fr. Stavros

Clergy Meetings Tuesday, October 18 -Thursday, October 20. Father will be out of the office.

# **Liturgical Schedule for October**

Sunday, October 2 2<sup>nd</sup> Sunday of Luke Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Altar Boys: Captains and St. Mark Ushers: Mike Trimis, George Mitseas, Chris Kavouklis Welcome Committee: Greeters: Lisa Alsina, Helen Cauthorn; Ambassador: Genie Carter; Caller: Peggy Bradshaw; Get Acquainted: Vanessa Aviles, Pablo Aviles Coffee Hour: Choir Brunch

Wednesday, October 5 Paraklesis Service of Supplication to the Virgin Mary 6:00 p.m.

#### Sunday, October 9 60<sup>th</sup> Anniversary Divine Liturgy with His Eminence Metropolitan Alexios Orthros 8:45 a.m.

Divine Liturgy 10:00 a.m.

Altar Boys: Captains Only Ushers: Florin Patrasciou, Marcus Calpakis, Tammy Christou Welcome Committee: Greeters: Dwight Forde, Ewana Forde; Ambassador: Kalliope Chagaris; Caller: Martha Kapetan **Coffee Hour:** 60<sup>th</sup> Anniversary Luncheon

Sunday, October 16

#### Sunday of the 7th Ecumenical Council

Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Prayer for Medical Personnel to be offered at the end of the Divine Liturgy

Altar Boys: Captains and St. Luke Ushers: Ron Myer, Mike Kavouklis, Peter Theophanous Welcome Committee: Greeters: Carole Fotopoulos, Elaine Halkias; Ambassador: Donna Hambos; Caller: Maria Karounos **Coffee Hour:** Altar Angels

6<sup>th</sup> Sunday of Luke Sunday, October 23 Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Altar Boys: Captains and St. John Ushers: John Alexander, John Christ, George Trimikliniotis Welcome Greeters: Skip Higdon, Debbie Kavouklis; Ambassador: Edie Kavouklis; Caller: Jeanie Nenos **Coffee Hour:** The AHEPA Family

Monday, October 24 St. James - Evening Liturgy Orthros 5:00 p.m. Divine Liturgy 6:00 p.m. Wednesday, October 26 St. Demetrios Orthros 9:00 a.m. Divine Liturgy 10:00 a.m.

Sunday, October 30 5<sup>th</sup> Sunday of Luke Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Altar Boys: Captains and St. Matthew Ushers: Brett Mourer, Wayne Blankenship, Amin Hanhan Welcome Greeters: Bessie Palios, Michael Palios; Ambassador: Jenny Paloumpis; Caller: Julie Palios Coffee Hour: Community Outreach/Food Pantry

# **Liturgical Notes for October**

#### Wednesday, October 5 - Paraklesis Service

In an effort to offer an additional opportunity to worship in what is an otherwise light liturgical month, we will have a Paraklesis service on Wednesday, October 5 at 6:00 p.m. Anyone in need of prayer, or wanting to come and pray for others, is welcome to join us. Please bring a list of any names you wish to have them commemorated to church that night.

#### Sunday, October 16 - Special Prayer for Medical Personnel

St. Luke, Apostle, Evangelist and also Physician, has his feastday celebrated on October 18. In conjunction with this, as he is the patron saint of doctors, we are going to offer a prayer for everyone in the medical field on Sunday, October 16 (Sunday closest to October 18), at the conclusion of the Divine Liturgy. All doctors, nurses, dentists, researchers, students and anyone connected to the medical field is encouraged to attend.

### Monday, October 24 - Liturgy of St. James - Evening Liturgy

The Orthodox Church celebrates four different Divine Liturgies throughout the liturgical year. The most prominent is the Divine Liturgy written by St. John Chrysostom, which is celebrated almost every Sunday and on most feast days. The Divine Liturgy of St. Basil the Great is celebrated 10 times a year—on the eve of Christmas, the eve of Epiphany, on the five Sundays of Lent, Holy Thursday morning, Holy Saturday morning, and on the feast of St. Basil, which is January 1. The Divine Liturgy of the Presanctified Gifts is celebrated on Wednesday and Fridays of Great Lent and the mornings of Holy Monday, Holy Tuesday and Holy Wednesday. The Divine Liturgy of St. James is celebrated only once a year, on his feastday, which is October 23. Because the feast of St. James falls on a Sunday this year, the Liturgy is not done on Sunday because the service requires at least two priests and because with hundreds of people receiving Communion on Sunday, it would be practically very challenging to have this service on Sunday. So, we will offer this service on MONDAY, OCTOBER 24 at 6:00 p.m. (Orthros 5:00 p.m.)

The Divine Liturgy of St. James is the oldest of the Divine Liturgies and is also the longest. It was written around 70 A.D. making it the oldest Eucharistic service in the entire Christian world. Among the interesting things about this service is that by the end of the first century, the structure of the Liturgy we celebrate today was already loosely in place. The Divine Liturgy begins not in the altar, but in the Narthex of the church, as was the custom of the early church. The priest and faithful enter the church together from the narthex, and the next part of the service is conducted on the solea, with the priest facing the people. The priestly prayers, while very long in the liturgy that has become unique part of this service comes at the reception of Holy Communion. This the only Divine Liturgy that has become the custom for the faithful to receive Holy Communion in separate elements, in similar fashion with how the clergy commune. The communicants first receive the Holy Body of Christ in their hands and consume it, and then drink from the Holy Chalice. This is a special beautiful tradition which will be continued at St. John the Baptist, and it is encouraged that all who attend this service fast beforehand and prepare to receive Holy Communion at this Divine Liturgy. The Divine Liturgy of St. James will be held on Monday, October 24 at 6:00 p.m.

### Monday, October 26 - Feast of St. Demetrios

St. Demetrios was born into a wealthy and distinguished Christian family in the Greek City of Thessaloniki in the late 3rd century. Demetrios was noted for his wisdom, and was a good speaker and polished orator. St. Demetrios was also a distinguished soldier. Thessaloniki was known for popular gladiatorial games which attracted the local pagans. Travelling with the Emperor Galerius after a military victory, Demetrios stopped in Thessaloniki, where many pagans, who were jealous of his successful life, denounced him as a Christian before the emperor, who ordered Demetrios put in prison. A man named Nestor befriended Demetrios in prison. The Emperor went to the arena to see his favorite gladiator, Lyaios and offered a reward to whomever could defeat him. Nestor accepted the challenge, and through the prayers of St. Demetrios, defeated the giant. When Nestor refused to kill Lyaios, because he had been helped by the "God of Demetrios," the Emperor ordered that both be killed. This occurred in the year 306. We commemorate St. Demetrios on October 26 and St. Nestor on October 27. We will celebrate Divine Liturgy for St. Demetrios on Monday, October 26, at 10:00 a.m.



### **Collecting the Rain from Heaven in the Dry and Wet Seasons of Our Life**

By Charlie Hambos

it is raining outside, one is walking with an umbrella favor in Lot; therefore, he only spared him and his family keeping him dry, the other doesn't have an umbrella and even though his wife looked back and turned into a pillar gets soaked. Is it still raining on the person with the um- of salt. The final example of God raining down on the brella even though they don't get wet? The answer, of wicked is found in Exodus 9:18 which says, "very well, at course, is yes. The other thought could be, what in the about this time tomorrow, I shall cause so severe a hail to world is Charlie talking about. That's ok too. Let's go on fall as was never known in Egypt from the day of its founa journey and discover how God rains on us throughout dation until now (NJB)." This was the seventh plague of the Old Testament and the New Testament. By the end of Egypt. God rained hail upon Egypt because Pharaoh was our journey, we should be walking without any umbrellas not listening to Moses and would not let the Israelites go. and want to get totally soaked by God's blessings.

So what does loving our enemies have to do with rain? We think as Christians who "do good," by following the commandments etc., God will send us more blessings than those who do not "do good." Christ offers something a little bit different in the Gospel of Matthew, after the ness on earth. As the Israelites were on their journey in Sermon on the Mount, by establishing his roll as the fulfillment of the law and not the abolisher of the law. Fol- "Yahweh then said to Moses, 'Look, I shall rain down lowing this statement, which must have been startling for bread for you from the heavens. Each day the people must those in attendance, he launches into a series of state- go out and collect their ration for the day; I propose to test ments which start with a commandment from Exodus or them in this way to see whether they will follow my law Leviticus and provides a new way of following them. Our or not (NJB)." This is an extremely interesting comparifocus will deal specifically with "Love your neighbor and son to the rain that Christ speaks about in Matthew 5:45. hate your enemy." Christ, however, reconciles this state- God provides the food for them regardless of if they are ment and says that we should love our enemy and pray for following his law or not and in Matthew, Christ said that the ones that persecute us. We should do this so that we it would rain on both the upright and the wicked. The may become children of our Father in heaven. Christ then food that is provided for the Israelites in the desert is more says in Matthew 5:45 that he causes the sun to rise on the bad as well as the good and sends down rain to fall on the upright and the wicked alike. Here we are going to investigate raining on the upright and the wicked by observing times of rain as blessings and destruction in the scriptures.

There are many times in the scriptures where God rains down upon the earth in not the most pleasant ways. The first example is the Great Flood in Genesis 7:4, "For in seven days' time I shall make it rain on earth for forty days and forty nights, and I shall wipe every creature I have made off the face of the earth (NJB)." This rain was the result of the intermingling of the "sons of God" and the women on the earth, which was against the order of God's creation. Therefore God began to regret his creation and destroyed it by the flood. However, he spared the lives of Noah and his family. Not only is this an example of raining on the wicked, but it is also a blessing. It is a blessing because following the flood, God made a covenant with Noah that he would never destroy the earth again by flood and then his family was responsible for repopulating the earth. Another example of raining on the wicked is found in Genesis 19:24, "Then Yahweh rained It would be bad if it rained and we could still bear no fruit down on Sodom and Gomorrah brimstone and fire of his own sending (NJB)." In this case, we have the destruction at instances in the scriptures where it has rained on both of two cities because of their wickedness. Abraham, the wicked and the upright. However, there are also in-

Then we think of rain, do we think about loving knowing what God was about to do, tried to bargain with our enemies? Probably not. How about this: God by saying that if he found a certain amount of upright Two people are walking down the sidewalk and people God would not destroy the cities. God only found This was a destructive hail that would cause severe damage and death, but provided a step on the way to freeing the Israelites.

> Not everything that fell out of the sky, especially in the Old Testament, was a force of destruction for the wickedthe wilderness, God provided for them. In Exodus 16:4, than just sustaining their health; it is both filling their soul and their body. Moving into the New Testament but referring to the manna coming from heaven, a passage in Acts talks about the filling of soul and body. In Acts 14:17 it says, "but even then he did not leave you without evidence of himself in the good things he does for you: he sends you rain from heaven and seasons of fruitfulness; he fills you with food and your hearts with merriment (NJB)." The rain from heaven here as a result provides fruitfulness as well as evidence of the "good things" that God does for us. It is therefore a blessing and we find an example of this in Hebrews 6:7, "A field that drinks up the rain that has fallen frequently on it, and yields the crops that are wanted by the owners who grew them, receives God's blessing (NJB)." Here, it is not only the rain which is the blessing but also how the rain was used and the results of their labor. Therefore, if the rain was used properly, the blessing was an abundant harvest. We can apply this even to our life. God will shower blessings upon us but if we do not use them or realize that they are blessings from God, we will bear no fruit.

but imagine if it didn't rain at all. So far, we have looked

stances of no rain falling at all. In Amos 4:7, "I even with- ites, both the ones who observed the law and the ones held the rain from you a full three months before harvest- who did not observe the law. Of course, the Biblical refertime; I caused rain to fall in one town and caused no rain ences we found in the Old Testament and in the New Testo fall in another; one field was rained on and the next for tament do not necessarily reflect the physical act of rainwant of rain dried up (NJB)." Here we see that it is God's ing. It is really anything that falls from heaven. The most decision on where it will rain and where it will not rain. important thing that falls from heaven is the grace of God. Even in the time of need, God did not provide rain. There Salvation is for everyone. He sends only good things to is an even more metaphorical passage in Isaiah which both the just and the unjust and it depends on how we use speaks about the lack of rain. Isaiah 5:6 says, "I shall let it it. For the sinners they may see it as a punishment but for [vineyard] go to waste, unpruned, undug, overgrown by the righteous they see it as a blessing. The bottom line is brambles and thorn-bushes, and I shall command the that despite one's adherence to the law he will rain on clouds to rain no rain on it (NJB)." What is the vineyard both the just and the unjust, the righteous and the unrightin this passage? How is it related to the wicked and upright in Matthew? Here, I believe that the vineyard is referring to all of God's creation, including the wicked and to love the ones who love you? The real test is loving our the upright. The fact of the matter is that he will choose when it rains and does not rain. However, when it rains, the rain is for everyone.

We have looked at the various forms of rain that have come from the heavens in the form of actual rain, hail and fire. Some cause destruction and others are blessings depending on how they use what has fallen down from heaven. We have seen that God gives everything to everyone. We are all his children, both the upright and the wicked. God's love is not strictly for the ones that follow his commandments. We saw a good example of this is Exodus 16:4 where he rained bread upon all of the Israel-

eous and the sinner and the repentant. He treats us all the same. Then you can say just as Christ did, what good is it enemies and even praying for them because they are children of God just as we are children of God. They are receiving the same blessings that we are. The question is: Are we open to the blessings that God is bestowing on us? Do we run around intentionally hiding from the blessings in whatever form they may be? It may seem like a bad circumstance for us, but in God's ultimate plan, it could be a blessing. Are we ready to get soaked by the Grace of God? It's up to us because it is already raining on us all the time.

# **Ecumenical Service with Christ the King**

We had a beautiful Ecumenical Service with Christ the King Roman Catholic Church on Tuesday, September 13. The church was filled with people from both congregations. We came together to pray for the environment and for peace in the world. A combined choir offered hymns. Fr. Stavros and Fr. Len (priest at Christ the King) each offered a homily, and a collection was taken for Catholic Charities USA. Thanks to the Parish Council and all the ministry heads for coming together for the reception. We hope to do this exchange of services twice a year. We did one at Christ the King last February and now this one at St. John the Baptist in September. We will be planning our next one over at Christ the King for late winter/early spring of 2017.



# **Parish Council Elections**

about Parish Council Elections. On October 30, we will ✓ hold our fall Parish Assembly and open up nominations for the Parish Council. This year, there are five (5) positions coming up for election for a two-year term. According to the Parish By-laws, nominations for the Parish Council will be closed following the Parish Assembly Meeting on Sunday, October 30. If you wish to be nominated for the Parish Council, please plan to attend the meeting on Sunday, October 30 and have someone nominate you, or send a letter to Fr. Stavros prior to the commencement of the meeting, stating your wish to be nominated for the Parish Council and he will read it at the meeting and have someone nominate you. Parish Council Elections will be held on Sunday, December 11, following the Divine Liturgy. A mailing to all eligible voters will occur following the close of the nominations period which will have the names of the candidates, a picture of each candidate and a statement by each candidate.

In preparation for nominations and elections, please keep in mind the following:

Regarding eligibility to be a candidate for the Parish Council: Uniform Parish Regulations (UPR) Article 18, Section 1:

#### PARISHIONERS

Section 1: Every person who is baptized and chrismated according to the rites of the Orthodox Church is a parishioner. The religious, moral and social duties of a parishioner are to apply the tenets of the Orthodox Faith to his/her life and to: adhere to and live according to the tenets of the Orthodox faith; faithfully attend the Divine Liturgy and other worship services; participate regularly in the holy sacraments; respect all ecclesiastical authority and all governing bodies of the Church; be obedient in matters of the Faith, practice and ecclesiastical order; contribute towards the progress of the Church's sacred mission; and be an effective witness and example of the Orthodox Faith and Traditions to all people.

A parishioner in good standing practices all the religious and moral duties as described in this Section 1. At a minimum, a parishioner in good standing must: be eighteen years of age or over; be current in his or her stewardship and other financial obligations to the Parish, abide by all the regulations herein stated and the Parish Bylaws; and cooperate in every way towards the welfare and well being of the Parish. (Stewardship is recommended to be ten percent (10%) of one's annual income as stated in Holy Scripture to help meet the financial obligations of the Parish, the Metropolis and the Archdiocese.)

2. Regarding Election of Parish Council: UPR Article 25, Section Two

Section 2: A candidate for the Parish Council must be a parishioner in good standing of the Parish for at least one (1) year immediately preceding the date of the election and must live his or her life in accordance with the Faith and canons of the Church. The Priest determines whether the Parishioners are in canonical and financial good standing as specified in Article 18, Sections 1 through 3.

Section 3: Candidates for election to the Parish Council shall be nominated in accordance with the provisions of the Parish Bylaws.

All candidates shall attend a seminar conducted by the Priest prior to the election at which the Priest shall discuss and explain to the candidates the Uniform Parish Regulations, and the significance of the affirmation of office.

At the discretion of the respective Hierarch, such seminar may be

ven though it is October, it will be time to start thinking about Parish Council Elections. On October 30, we will hold our fall Parish Assembly and open up nominations he Parish Council. This year, there are five (5) positions he Parish Council. This year, there are five (5) positions

> In the event that an otherwise eligible candidate(s) cannot attend the scheduled seminar(s) for justifiable cause, the Priest shall meet privately with such individual(s) to provide the seminar.

> At the conclusion of the seminar all candidates must sign a statement acknowledging that they understand the Regulations and will abide by them and the affirmation of office. If a candidate for the Parish Council does not attend a seminar and sign the statement, his/her name shall be deleted from the list of candidates.

> $\sim$ As of this writing, there has been no regional seminar set for the Tampa Bay Area for Parish Council Candidates—there will be a two hour seminar on Tuesday, November 15, from 7:00-9:00 p.m., to be held at St. John, which each candidate will be required to attend. In the event that a regional seminar is scheduled for this year, each candidate may be required to attend that one as well.

 $\sim$  Each candidate is expected to be active in the sacramental life of the church. This is covered in Article 18, section one, above. This includes the sacrament of confession. If a candidate has not been to confession in the past year, they are not eligible to run for the Parish Council. In the event your spiritual father is serving another parish, he can send a one line email to Fr. Stavros indicating your participation in this sacrament in the past year.

~All candidates for the Parish Council will be subject to a background check. Any background check that reveals a felony conviction will make a candidate ineligible to serve for ten years. Any background check revealing a conviction for financial misconduct—embezzlement, fraud, etc., will make a candidate permanently ineligible to serve on the Parish Council.

~Each candidate is asked to write a half a page on why they want to run for the Parish Council and to supply a recent photograph that is able to be photocopied well. The statement and photo need to be to the church office no later than November 18.

Thank you for your interest in being a Parish Council candidate. If you have any questions on any of the above, please feel free to contact me at any time.

#### +FR. STAVROS

# What Kind of People Does Christ Seek for our Parish Council by Rev. John Bakas

Only committed disciples of Jesus Christ (perpetual students of Him) need apply, plain and simple. Our Lord asks for people who will lead the rest of the community by example, who will come faithfully and punctually to Church each Sunday, who will receive Communion, who will go to Confession, who will attend a Bible Study or religious retreat, who can talk with some competency about the Orthodox Christian Faith.

God is waiting on you to raise your hand and say "I'll step up. I'll do the heavy lifting and the hard work. I'll take the bullets and the criticism, but I can't take the mediocrity and irrelevance anymore. By God's grace, I can do this.

If you are this person, Christ wants you for this important role!

*Fr. John Bakas is the Dean of St. Sophia Greek Orthodox Cathedral in Los Angeles, CA.* 

# **Community News**

# **Parish Registry**

Adult Baptism - Lawrence (Lazarus) Levine was baptized on September 1. Hugh and Theodora Taylor were the Godparents. Na Sas Zisi!

Funeral - Lelia Sterescu passed away on August 13. Her funeral was held on August 25. May her memory be eternal!

# Have you seen our Welcome Video?



Through the work of parishioners Roy and Anna DeJesus, we now have a two minute welcome video on our website. You can view it at www.greekorthodoxchurchtampa/ welcomevideo. Please take two minutes and watch a video that was very well done, and share it with your friends. Thanks Roy and Anna for a job well done!

# **Order for Holy Communion**

With Sunday school classes beginning, we want to remind you of the order for Holy Communion:

- 1. Choir Members
- 2. Altar Boys (so that they can receive Holy Communion and go to their classes)
- 3. Parents with babies/small children
- 4. Sunday School Students and Teachers
- 5. Anyone sitting in the side sections of the church
- Those sitting in the main section of the church, from the front row to the back row. 6.

The ushers will also be assisting everyone so that everyone who wishes to receive Holy Communion may do so in the correct order. Thank you for your patience and your cooperation with these procedures.

# Get Acquainted Sunday, October 2

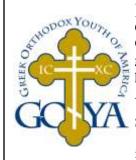
In an effort to get to know one another better, we are going to continue our "Get Acquainted Sundays" one Sunday of each month. We will have nametags and markers in the entry way of the Kourmolis Center and will ask that each person put one on during coffee hour and introduce yourself to at least one person that you do not know. This will serve to help us increase our fellowship and sense of community.



### **Community Outreach - Saturday, October 15**

St. John the Baptist's Community Outreach will be serving breakfast to the Homeless at the First Presbyterian Church in Downtown Tampa from 8:00 a.m. to 10:30 a.m. The church is located at 412 Zack Street. The entrance is on Polk Street. Grab a cup of coffee and come help us! We love to see new and old faces!





### Meeting on Sunday, October 2

Our Regular GOYA meeting for October will be Sunday, October 2, from 5:00-7:30 p.m. in the Kourmolis Center. We had FORTY GOYAns at our September meeting! So, come and be part of this awesome group. Parents are welcome. Dinner is always served. Please come on time, as we will serve dinner promptly at 5:00 p.m.

#### Volleyball Tournament October 14 -16

St. Stefanos Greek Orthodox Church in St. Petersburg is sponsoring a volleyball tournament from October 14-16. Our GOYAns will be attending. Please contact Maria Koutroumanis or Kara Katzaras for more information.



We are starting to make reservations for the annual Christmas Dinner Show at The Show Palace Dinner Theatre in Hudson, FL. This year we will be attending "A Show Palace Christmas Spectacular" on Saturday, December 3 at 11:30 a.m. Please RSVP to Ann Demas at 813-876-1608 by Saturday, October 8.

The next meeting will be Thursday, October 6 at 11:30 a.m. in the Zaharias room.

# Hope/Joy Fall Harvest Celebration



# Sunday, October 23, 2016

4:00 – 6:00 PM At the Outside Lunch Patio (between church and administration building)

All children Pre-K through 6<sup>th</sup> grade are invited to join us for an afternoon of fun, food and fellowhip!

Come in costume (please no witches or devils) Dinner will be served! Games, crafts & prizes for all!

Kindly R.S.V.P. by October 16<sup>th</sup> to Debbie at <u>Debbienicklow@hotmail.com</u> Or text 813-690-0671

Volunteers welcome: Goyans, parents, friends please sign up to help!



# 

Our Food Pantry is very active helping people near and far in the Tampa Community.

#### Here are some special requests we have:

- Pasta
- Spaghetti Sauce
- Tomato sauce/chopped tomatoes etc.
- All kinds of white flour
- Canned Tuna
- Canned Chicken
- Gluten Free Foods and Flours
- Cereal
- Whole wheat rice and pasta
- Men's and Women's razors and shaving cream (travel size)
- Toothbrushes
- Gift cards in any amount for Publix, Walmart or Save-a-lot

All food items offered are accepted. Thank you for supporting those who need it the most. For more info and questions about our Food Pantry please contact Anetta Alexander at 813-758-2689 or <u>exchange2861@yahoo.com</u>.



# **Small Group Bible Study**

Small group Bible studies are now underway. These groups gather once a week to study the Bible, discuss how to apply scripture to daily life, pray together and become small spiritual support groups. These sessions are discussion based, not lecture based. This is an opportunity to work side by side with each other to learn more about the faith. As group members get to know one another on a deeper level and as groups become more committed, you'll see that the groups will not only become a resource to help learn and live the faith, but through these groups, we'll eventually help "carry one another's burdens and so build up the body of Christ," as we are told to do in Galatians 6:2. And this is what the church is all about—helping one another through this life, on the journey to everlasting life.

#### Monday Night Bible Study (for everyone)

We will be studying Hebrews Location: St. John the Baptist Greek Orthodox Church in the Administration Building meeting room Group Leader: Charlie Hambos Charlie.hambos@gmail.com, 813-843-8471 Meeting time: Monday evenings from 6:30– 8:00 p.m. October Meeting Dates: October 3, 10, 17 and 31

Women's Group (for adult women of any age) Location: Meets at the home of Debbie Kavouklis, Debbie lives in South Tampa, a mile or so from the church. 3315 Jean Circle, Tampa, FL 33629 Group Leader: Debbie Kavouklis <u>dkavouklis1@verizon.net</u>, (813) 690-0155. Meeting time: Tuesday mornings from 10:00-11:30 a.m. (9:30 a.m. for coffee and refreshments) October Meeting Dates: October 4, 11, 18 and 25

Men's Group (for adult men of any age) Location: St. John the Baptist Greek Orthodox Church in the Administration Building in the meeting room Group Leader: Father Stavros for the first one but we are going to rotate this among group members. Please email Fr. Stavros at <u>frstav@gmail.com</u> or contact him at 813-394-1038. Meeting time: Wednesday mornings from 7:30-8:30 a.m. For this early morning group, bring your own coffee or breakfast food if you wish—we will not be providing these things. October Meeting Dates: October 5, 12, 19 and 26

South Tampa Mixed Group (for any adults) Anyone can attend this group but obviously this will be most convenient for those who live in South Tampa Location: At the Church in the Library Group Leader: Bessie Palios <u>bmp1126@yahoo.com</u>, 813-523-0347. Meeting time: Tuesday evenings from 7:00-8:30 p.m. October Meeting Dates: October 4, 11 and 18

#### North Tampa Mixed Group (for any adults)

Anyone can attend this group but obviously this will be most convenient for those who live on the north side of town. Location: Home of George and Cindy Xenick 614 Downs Ave. Temple Terrace, FL 33617 Group Leader: Cindy Xenick gatormomx@aol.com, 813-505-7657 Meeting Time: Thursday Evening at 7:00 p.m October Meetings: October 6, 13, 20 and 27

**East Tampa Mixed Group** (for any adults) Anyone can attend this group but obviously this will be most convenient to those who live on the East side of town Riverview, Brandon, Valrico, Seffner, Lakeland **Location:** Home of George and Donna Hambos 2604 Herndon Street, Valrico, FL 33596 **Group Leader:** Donna Hambos dhambos@msn.com, 813-843-8412 **Meeting Time:** Tuesday evenings from 6:30-8:00 p.m. **October Meeting Dates:** October 4, 11 and 18

### Leave the Church in Your Will

Part of our life's legacy is the inheritance we leave our children. By leaving an inheritance, a part of us lives on through them. When preparing your will, you should consider leaving money to our church—this is the church of your children and part of their future can be positively impacted by leaving some of your inheritance to the church. The ability of the church to spread the Word of God is facilitated by everyone's stewardship. By leaving a portion of your inheritance to the church in your will, you remain a steward in perpetuity, but more importantly, you help cement a solid financial future for the church for your children and your grandchildren. If you are interested in leaving the church in your will, please contact Fr. Stavros at Frstav@gmail.com. Thank you for your consideration.



# ~Save the Date~ The Annual St. John the Baptist Tampa Greek Festival is November 11, 12 & 13, 2016

We will unite as a Parish to support our Festival. Help is needed in many ways leading up to and during the festival. Everyone doing something (big, small or somewhere in between) makes our festival a success! This is our opportunity to showcase our Orthodox Faith as well as food, dancing and lots of fun!

# **4 Things to Know About Festival**

# **Raffle:**

## This year, we are raffling off a brand new car.

**GOAL:** Sell or purchase the 2 enclosed tickets by October 31<sup>st</sup>. Make checks payable to St. John the Baptist Greek Orthodox Church. If you wish to buy/sell the raffle tickets online and pay with a credit card, visit <u>tampagreekfestival.com</u>. (Great opportunity for distant relatives!!)

# Volunteer:

Sign up to volunteer at <u>TampaGreekFestival.com</u> or contact Sandra Pappas at <u>tpagreekfestival@gmail.com</u> or 813-785-3747. *GOAL: Volunteer for at least two shifts.* 

# **Entry Tickets:**

Start supporting the festival by handing out entry tickets (\$2 each). *GOAL: Try to give away or sell as many tickets as possible and reimburse the church.* Make checks payable to St. John the Baptist Greek Orthodox Church.

# **Sponsor:**

This year, we are offering exciting new ways to sponsor or advertise during the festival. Advertise your business to the South Tampa demographic or just send warm wishes to a loved one. To order or for questions, contact Theo Panopoulos at 248-867-3697 or <u>TGFads@gmail.com</u>. See our website for details at <u>TampaGreekFestival.com/Sponsor</u>. **GOAL: Sell/buy just one ad.** 

**Pastry Baking Dates Thursday, October 13** starting at 9:00 a.m. **Thursday, October 20** starting at 9:00 a.m.

# **Festival Committee**

**Overall Chair: Alkis Crassas** acrassas@gmail.com; 813-690-3867

**Purchasing: Theo Camene** tcamene@gmail.com; 727-482-1302

Advertising/Marketing/IT Theo Panopoulos tp2@me.com; 248-867-3697 Buildings & Grounds: Mike Xenick mxenick@gmail.com; 813-340-8737

Food & Beverage: Dan Bavaro dan@bavarofoods.com; 732-239-7273

Finance: Gary Ward gward2020@gmail.com; 813-846-3898

# **Area/Booth Chairs**

Public Relations: Maria Alithinos iacmaria@msn.com; 813-784-2006

**Vendor Sales: Florin Patrascoiu** florinp@gmail.com; 813-817-4070

**Volunteers: Sandra Pappas** spappas11@gmail.com; 813-785-3747

Admissions: Vickie Peckham vickiepeckham@gmail.com; 813-758-3102

**Baking PreFestival: Edith Mitchell** johnpm2@hotmail.com; 813-962-0551

**Bar/ Greek Market: Theresa Smyrnakis-Rodriguez** tsmyrnakis@southernwine.com; 813-892-3570

Bookstore: Bill Manikas Hillstpete@gmail.com; 813-960-3679

Choir: Artie Palios jpalios1@tampabay.rr.com; 813-831-1294

**Church Tours: Charlie Hambos** charlie.hambos@gmail.com; 813-876-8830

Dance Group Η XAPA MAΣ: Alex De Maio alexandra.demaio@libertymutual.com; 813-340-9668

**Dance Group H XAPA MAΣ: Maraquet Edquid** maraquet@gmail.com 813-422-8963

Dance Group Parea: Marina Choundas mchoundas@foley.com; 813-877-6136

Dance Group Parea: Anna-Maria Bavaro annamariabavaro@gmail.com; 732- 239-9085

Dance Group Pangiyri: Vanessa Aviles vanessaaviles@outlook.com; 813-417-4364

**Decorating: JoAnn Hartung** jshartung55@gmail.com; 727-432-0228

Food/Buffet: Donna Hambos dhambos@msn.com; 813-843-8412

Greek Market (Bakaliko): Tammy Christou tammychristou@gmail.com; 813-957-0835

**Gyro Grill-Outside: Byron Nenos Jr** byron@nenoslaw.com; 813-789-0729

Inside Gyros: Ari Georgiou ageo\_1967@yahoo.com; 813-841-7236

Kafenio: Chris Ferekides ferekide@gmail.com; 813-468-1442

Kids Area: Alexis Scarfogliero ascarfogliero@hotmail.com; 813-920-9085

Live Music: John Demas johndemas@verizon.net; 813-240-5199

Loukoumades: Engie Halkias 813-932-5859

MC/Announcements: George Fellios gfellios@gmail.com; 813-495-7562

Parking: Brett Mourer bamourer@gmail.com; 813-376-9315

Pastries: Lisa Alsina aalsina@tampabay.rr.com; 813-728-1094

Printing/Graphics: Maria Fentress mariafentress@hotmail.com; 732-921-1575

Salad Production: Debbie Kavouklis dkavouklis1@verizon.net; 813-690-0155

**Social Media: Charlie Hambos** charlie.hambos@gmail.com 813-876-8830

**Social Media: Deano Kastis** deano@nakedfitfoods.com; 407-719-6500

**Take-Out: Amin Hanhan** hanhanamin@aol.com; 813-846-2957

# Sunday School News

What a great start to the 2016-2017 Sunday School year. We've had record attendance in September thanks to all the teachers, parents, and children who are committed to our program.

Yeah!!!! All the class pictures have been taken and should be up on our bulletin board. Please stop by and take a look at our beautiful students. We would like to thank Maria Xenick and Olya Clifton for being our photographers. For the first time ever we also took a Group Sunday School Picture. This picture will be on our bulletin board and in the directory. We would also like to thank Mr. Thatcher for actually taking this group Sunday School picture.

September was a busy month. Our topics for the month were the SIGN OF THE CROSS and THE CREED. Charlie Hambos presented the Church Vessels to our 2nd graders and our Pre-K students. Our Fifth Graders learned about and made 15 loaves of Prosphoro for our Church. We would to thank Melissa Krinos for directing this program for our children. The congregation of St. John the Baptist is truly blessed to have such wonderful stewards in our children.

Our first YOUTH SUNDAY SERVICE of the year took place on September 11th. The students in 1st-5th grade sang the Liturgical Hymns beautifully with the choir. Ten of our older students have joined the choir and we are very proud of them. We would truly like to thank Larissa Krinos for doing a fine job reading the Epistle on this Youth Sunday.

# **October Calendar**

#### Sunday, October 2

TOPIC: Reading the Bible Charlie Hambos: Kindergarten -Church Vessels Presentation Pre-Teen Retreat GOYA 5:00 p.m.

Sunday, October 9 TOPIC: Church Hierarchy 60<sup>th</sup> Anniversary - Visit of Metropolitan Alexios YOUTH SUNDAY Sunday, October 16

3rd Grade - Learning About and Making Phosphora Charlie Hambos: 4th Grade Church Vessels Presentation

Sunday, October 23

**TOPIC: Ten Commandments** Charlie Hambos: High School -Church Vessels Presentation

### Sunday, October 30

**TOPIC: Communion/Worship** Charlie: Middle School -Church Vessels Presentation

# **YPP INFORMATION CORNER**

#### Focus on Food Allergies

What if a child experienced a severe allergic reaction in front of you? Would you know what to do first? At St. John the Baptist we are making it a priority to raise awareness of allergies caused by food, the most common of which are peanuts, tree nuts, milk, eggs, wheat, soy, fish, and shellfish, and non food allergens, including insect stings, medications, or latex. At least two students in our church have severe food allergies and require immediate medical attention when they ingest an allergen.

In both cases, they require an immediate shot of epinephrine, commonly known as an EpiPen.

In order for everyone to understand this condition better, we will post instructional posters in the kitchen and make them available to our ministry leaders.

An allergic reaction can range from mild to severe, including the potentially life-threatening condition known as anaphylaxis.

Severe anaphylaxis symptoms include: shortness of breath, wheezing, cough, pale, blue skin, dizzy, trouble swallowing, swelling of the tongue, lips, hives, redness, vomiting, diarrhea, anxiety/confusion.

If a person experiences these symptoms:

- Administer auto-injector EpiPen into the outer thigh
- Call 911, request ambulance with epinephrine
- Consider additional medication (antihistamine/inhaler)
- If the person is not stabilized, re-administer a second epinephrine injection after 5 minutes.

Anaphylaxis is a life-threatening condition; death can occur within 30 minutes. Please help keep our parishioners safe by becoming more aware of how to treat this serious condition and what we can do to avoid causing allergic reactions.

# ~ Stewardship Update ~

#### 

A father once took his little daughter to see the Statue of Liberty. She was awed by the sight and size of it. She gazed in wonder at the great arm holding up the torch. That night she was restless and couldn't sleep. Her mother asked her, "what's wrong, sweetheart?"

"I keep thinking of the lady with the torch, " she said. "Don't you think someone should help her hold it up?"

Today, the Lord Jesus holds the only light that can dispel the world's darkness. The call of Stewardship is for us to help Him keep holding up that light.

#### 

This message captures the innocence of a child and the true meaning of Stewardship.

May God continue to multiply the gifts bestowed upon you as you offer yourself to His service and to our beloved St. John the Baptist Greek Orthodox Church, supporting one another in our growing and thriving Christian Community. *The Stewardship Committee expresses sincere appreciation and thanks for the gifts of time, talent and treasure provided by our loyal Stewards.* 

#### Little of This & That .....

It is never too late to complete a Stewardship Pledge Form and we welcome new members in 2016. We now have our pledge forms available online and in the Church Narthex and Office. When you give to God, you discover what God gives to you! We also welcome you to become a 'Friend of St. John' if you live out of town.

Stewardship Summary	2016
Pledged for Year*	\$431,712. <sup>36</sup>
Collected for Year	\$328,751. <sup>18</sup>
# Parishioners/Families Pledged	342

NEW ADDITION – PayPal Donation Button for Ministry Donations! Located on the Donate Tab of our Church Website. This complements the online payment options available for Stewardship and General Donations. Many of our Stewards have taken advantage of submitting their pledge form on line and setting up systematic payments for Stewardship. And don't forget online banking as an easy and convenient option for automatic payments if you chose not to use Paypal.

We love hearing from our parishioners, If you would like to share a Testimonial regarding your calling to Stewardship, please contact Sandra Pappas (Stewardship Co-Chair) at <a href="mailto:spappas11@gmail.com">spappas11@gmail.com</a> or call 813-785-3747

\*We require a completed Pledge Form to be considered a Steward of St. John the Baptist Greek Orthodox Church.

# **Thank You To All of Our Pledged Stewards!**

This is a list of all Pledged Stewards at St. John the Baptist that have filled out at a 2016 Stewardship Form. Names on this list do not indicate a Parishioner is 'Current' in pledge payments. Please call our church office with any questions on the status of your pledge commitments.

According to the St. John the Baptist Greek Orthodox Church, Tampa FL By-Laws, one must have completed a form AND be 'current' in their pledge (for this year and last year) to vote at the General Assembly Meeting (Scheduled for October 30) and Parish Council Elections (Scheduled for December 11). If you have sent in a Stewardship Check and are not on the list, please contact the office so we can forward you a 2016 Stewardship Pledge Form. There is still time to Pledge to St. John the Baptist, please contact the church office and we will forward you a pledge package. It is hope that EVERYONE on our mailing list will be a Steward or a Friend of St. John the Baptist, for those who do not live in Tampa.

Akrotirianakis, Stavros & Lisa, Fr. & Pres. Abramis, John G & Nicky, Mr. & Mrs. Alexander, John & Anetta, Mr & Mrs. Alithinos, Ekaterini, Mrs. Alastanos, Jennifer, Ms. Alastanos, Jennifer, Ms. Alsina, Alexa, Ms. Alsina, Angel & Lisa, Dr. & Mrs. Ambrozy, Edward, Mr. Ameres, George & Zackie, Mr. & Mrs. Anagnost, Constantine, Mr. Andreadakis, Nicholas & Doris, Dr. & Mrs. Andros, George C. & Maria, Dr. & Mrs. Anthony, Steven & Julia, Mr. & Mrs. Apockotos, James & Maria, Mr. & Mrs. Apostoleres, Nicholas & Rosalie, Mr. & Mrs. Argyros, Harry & Linda, Mr. & Mrs. Armstrong, Jim & Myra, Mr. & Mrs. Assimiadis, Paul, Mr. Aviles, Pablo J. & Vanessa, Mr. & Mrs. Avros, Chris & Jennifer, Mr. & Mrs. Babich, Joe & Leslie, Mr. & Mrs. Badrane, Denise, Ms. Bakirdgi, Joan, Mrs. Balasis, Mathew & Suzy, Mr. & Mrs. Bavaro, Daniel & Anna Maria, Mr. & Mrs. Beach, Kevin, Dr. & Ms. Heidi Borgeas Bedran, Rita, Ms. Berar, Eyob, Mr. & Ms. Rezan Araya Blackburn, Robert T. & Kathryn, Mr. & Dr. Blankenbaker, James & Michelle, Mr. & Mrs. Blankenship, Wayne & Athanasia, Mr. & Mrs. Bougas, Constantine & Angela, Mr. & Mrs. Bradshaw, Harold & Pelagia, Mr. & Mrs. Brown, Chrysanthi, Ms. Burchill, George, Fr. Bush, Dorothy, Mrs. Calamunci, Alex & Sarah, Mr. & Mrs. Calamunci, Catherine, Mrs. Calamunci, Chris & Crystal, Mr. & Mrs. Camene, Theo & Eleni, Mr. & Mrs. Cantonis, George & Maria, Mr. & Mrs. Capitano, Frank & Christina, Mr. & Mrs. Caramalis, Nick & Lea, Mr. & Mrs. Cardy, Christina, Ms. & Mr. Jeffery Edwards Carratt, Pete, Mr. & Mrs. Erin Demarines Carter, John & Genie, Mr. & Mrs. Cauthorn, Ken & Helen, Mr. & Mrs. Chagaris, George & Kalliope, Mr. & Mrs. Chakonas, Ethel Athena, Mrs. Chandler, Robert & Viviana, Mr. & Mrs. Charalabakis, Terry G., Mr. Cherpelis, Basil & Alyssa, Dr. & Dr. Choundas, Marina Ms. & Mr. Greg Thatcher Choundas, Peter & Adis, Mr. & Mrs. Christ, John E., Dr. Christodoulou, Louis & Mary Ann, Mr. & Mrs. Christopher, Louis, Mr. & Dr. Penny Plakas Christou, Tammy, Ms. Chrysochoos, Jacques & Amanda, Mr. & Mrs. Circello, Tamera, Ms. Clifton, Kevin & Olya, Mr. & Mrs. Cojita, Bodan & Daniela, Mr. & Mrs. Colado, David & Alexandria, Mr. & Mrs. Colado, Hector & Mary, Mr. & Mrs. Colvin, Cameron & Christine, Mr. & Mrs. Conner, Michael & Artemis, Mr. & Mrs. Cook, Aaron & MaryAnn, Mr. & Mrs. Copulos, Vasiliki, Mrs. Costa, Christopher & Donna, Mr. & Mrs. Costello, Patricia, Ms. Costis, Mark, Mr. Cotterman, Amanda, Ms. Cotterman, Sandy, Ms. Courialis, Telly & Toula, Dr. & Mrs Crafa, Paul & Stavrula, Mr. & Mrs. Crassas, Alkis & Aime, Mr. & Mrs. Cunavelis, Frances, Ms. Cunavelis, John, Mr. Dalaklis, Joanne, Ms. De Maio, Alexandra, Ms. Demas, Anna K., Ms. Demas, John, Mr. Demetrides, Spero & Theano, Mr. & Mrs. Demetriou, Nektarios & Peggy, Dr. & Mrs. DeYoung, John & Jenna, Mr. & Mrs. Diamantakes, Georgia, Ms. Diamantides, Melpo, Mrs. Dimas, Gregory, Mr. & Ms. Evelyn Patsavos Diniaco, Peter & Rebecca, Mr. & Mrs. Dowell, Angie, Ms. Dumphy, David & Becky, Mr. & Mrs. Edquid, Marc & Maraquet, Mr. & Mrs. Eggleston, Charles & Catherine, Mr. & Mrs. Evdemon, Stanley & Mary Ellen, Mr. & Mrs. Fallieras, George, Mr. Fallieras, Nicholas & Susan, Dr. & Mrs. Fallon, Trina, Mrs. Fellios, George & Zeina, Mr. & Mrs. Fentress, Kevin & Maria, Mr. & Mrs. Ferarolis, Alexandra, Ms. Ferekides, Christos & Debbie, Dr. & Mrs. Findlay, Andrew & Karina, Mr. & Dr. Forde, Dwight & Ewana, Mr. & Mrs. Fotopoulos, Anthony & Carole, Mr. & Mrs. Frazier, Chris, Ms. Frey, Carlos, Mr. & Ms. Sophia Sorolis-Frey

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Kladis, George & Charlene, Mr. & Mrs. Kladis, Theodore & Amy, Mr. & Mrs. Koch, John & Cathie, Mr. & Mrs. Kokkas, John, Mr. Konstas, Demetrios & Mary Ann, Dr. & Mrs. Kontzamanys, Alexis, Ms. Koudouna, Anthony, Mr. Koudouna. Dora, Ms. Koutroumanis, Dean & Maria, Mr. & Mrs. Krinos, Dimitri & Melissa, Mr. & Mrs. Kyrus, Chris Dr. & Dr. Katherine Apostolakis. Labatos, Angelika, Ms. Laliotis, Stavros & Adriana, Mr. & Mrs. Lambrou, James & Michelle, Mr. & Mrs. Lambrou, Peter & Sandra, Mr. & Mrs. Langas, Dimitrios J. & Maria, Mr. & Mrs. Laskey, Fred & Coleen, Mr. & Mrs. Lavdas, Steve, Mr. Lenardos, Steven & Melissa, Mr. & Mrs. Leontsinis, Nicole, Ms. Limberopoulos, Chris, Mr. Maas, Mary, Ms. MacLaury, Kathryn, Ms. Madill, Chad & Stephanie, Mr. & Mrs. Makrdies, Amanda, Ms. Makris, Dean, Mr. Maltezos, Stephen & Helen, Mr. & Mrs. Mamero.Diana,Ms. Mangarides, Markos & Ekaterini, Mr. & Mrs. Manikas, Bill & Nancy, Dr. & Mrs. Mantzanas, Chris & Nicole, Mr. & Mrs. Markopoulos, Panagiota, Ms. Mason, Rex Garrison & Maria Nicole, Mr. & Mrs. Matassini, Nicholas G. & Christina, Mr. & Mrs. McFadden, Elena, Ms. Meadows, Alexander & Elishia, Mr. & Mrs. Mellon, Andria, Ms. Melton, Greg & Victoria, Mr. & Mrs. Melton, Jaime, Ms. Melton, Stephanie, Ms. Merrell, Dustin, Mr. & Ms. Cory Dowell Miaoulis, George & Debbra, Mr. & Mrs. Michos, Syliva, Ms. Milligan, Mary, Presbytera Milonas, Lula, Mrs. Milonas, Taso & Thay, Mr. & Mrs. Mitchell, John & Edith, Mr. & Mrs. Mitseas, George & Catherine, Mr. & Mrs. Molitor, David & Diane, Mr. & Mrs. Moran, Andrew & Stefanie Morgan, Theodora, Ms. Moshos, Doukissa., Ms. Mourer, Brett & Ana, Mr. & Mrs. Moutsatsos, Spero, Mr. Mueller, Jeffery & Melina, Mr. & Mrs. Myer, Ronald & Magdalini, Mr. & Mrs. Nakis, Emmanuel J. & Betty Ann, Mr. & Mrs. Naum, Dean & Sandra, Mr. & Mrs. Nenos, Byron & Jeanie, Mr. & Mrs. Nenos, Mary, Mrs. Nenos, Peter, Mr. Nenos, Vasilios, Mr. Neyland, Bill, Mr. Nicklow, Tom & Demetra, Mr. & Mrs. Nicolaou, Christos & Dee, Mr. & Mrs. Nolas, George S. & Cheryl, Dr. & Mrs. Nolen, Pamela, Ms. Olsen, Scott & Elphida, Mr. & Mrs. Orfanakis, Michael, Mr. Paasch, John, Mr.

Pagliuca, Anastasia, Ms. Palios, Artemis, Mrs. Palios, George & Julie, Mr. & Mrs. Palios, Michael & Bessie, Mr. & Mrs. Paloumpis, Tom & Jenny, Mr. & Mrs. Panagopoulos, George & Sari, Mr. & Mrs. Panopoulos, Theodoros & Marissa, Mr. & Mrs. Panos, Euripides & Denise, Mr. & Mrs. Papadakis, Alec & Lauren, Mr. & Mrs. Papadakis, Justin, Mr. Papadopoulos, John & Irene, Mr. & Mrs. Pappas, Paul & Georgia, Mr. & Mrs. Paras, Gus & Marina, Mr. & Mrs. Passavanti, Robert & Debbra, Mr. & Mrs. Patellis, Theophilos Dr. & Mrs. Maria Dorkfy Patrascoiu, Florin & Marenca, Mr. & Mrs. Pavlidis, Maria, Ms. Peckham, Richard & Victoria, Mr. & Mrs. Perdicas, Ernest & Nancy, Mr. & Mrs. Perry, Christian & Athnia, Mr. & Mrs. Pessemier, Tom & Christy, Mr. & Mrs. Peters, Alexandra, Ms. Pierroutsakos, Alex & Valerie, Mr. & Mrs. Pileggi, Suzanne, Ms. Politis, Peter & Erin, Mr. & Mrs. Postoll, Rick & Pam, Mr. & Mrs. Price, Bradley & Gerri, Mr. & Mrs. Quinn, Savatoula, Ms. Raffoul, Abdallah, Mr. Ricks, Georgia, Ms. Rindone, Ryan & Megan, Mr. & Mrs. Ritchie, Robert, Mr. & Ms. Debra Gavalas Rogers, II, Aris Rose, Maryann, Ms. Roussos, Archie & Eleftheria, Mr. & Mrs. Roy, Perry & Alysa, Mr. & Mrs.

Sakaris, Thomas & Barbara, Mr. & Mrs. Sakellaris, Anne, Mrs. Sakkis, John & Katherine, Mr. & Mrs. Saliba, Matthew & Julie, Mr. & Mrs. Sanchez, Alina, Ms. Sarantos, Chris & Sara, Mr. & Mrs. Scarfogliero, Gennaro & Alexis Scharbach, Michael, Mr. Scourtes, Christine, Mrs. Sengsouvanna, Say & Sarah, Mr. & Mrs. Serbanos, Michael & Patricia, Mr. & Mrs. Sermier, Eustace G & Bennette, Dr. & Mrs. Shrader, Mary, Ms. Sibley, Rusty & Despina, Mr. & Mrs. Skourellos, Dante & Lindsey, Mr. & Mrs. Skourellos, Michael & Shirley, Mr. & Mrs. Skourellos, Peter, Mr. Skoures, William & Egli, Mr. & Mrs. Smith, Thomas & Dr. Golfo Alexopoulos Smyrnakis-Rodriguez, Theresa, Ms. Sorolis, Eftihia, Ms. Sotiropoulos, Bill & Jenny, Mr. & Mrs. Sotiropoulos, Paul & Terri, Mr. & Mrs. Spanos, Peter, Mr. Speegle, Gary & Maria, Mr. & Mrs. Spencer, Wayne & Pauline, Mr. & Mrs. Spirides, Harry, Mr. Stavropoulos, Jane, Ms. Steele, Elliott & Dianne, Mr. & Mrs. Stephanides, Christos, Mr. Stephanides, Mario & Ourania, Dr. & Mrs. Stilian, Douglas & Bridget, Mr. & Mrs. Stingulescu, Julia, Ms. Stitt, William & Deborah, Mr. & Mrs. Stratigakos, Helen, Ms. Stratigakos, Louis & Georgia, Mr. & Mrs.

Taylor, Hugh & Theodora, Mr. & Mrs. Theofilos, John & Elizabeth, Mr. & Mrs. Theophanous, Peter, Mr. Thomas, Larry & Tina, Dr. & Mrs. Tingiris, Mary, Mrs. Tisdale, Greg, Mr. Touliatos, Markissa, Ms. Trakas, Andrew & Adrienne, Mr. & Mrs. Trakas, Peter & Donna, Mr. & Mrs. Trelease, Katherine, Ms. Trimis, Michael & Diane, Mr. & Mrs. Tsibris, John, Dr. Tziotis, Andreas & Michele, Mr. & Dr. Valaes, Demetrios & Lynn, Mr. & Mrs. Vallianatos, Nancy, Mrs. Voisey, Richard & Katherin, Mr. & Mrs. Vourloumis, Joanna, Mrs. Voykin, David & Amy, Mr. & Mrs. Voykin, Mary, Mrs. Wade, Deborah, Ms. Walling, Jacklyn, Ms. Ward, Gary, Mr. & Ms. Sandra Pappas White, William, Mr. Williams, William Mr. & Ms. Alexa Abbate Worley, Christene, Ms. Xenick, Emanuel & Maria, Mr. & Mrs. Xenick, George & Cindy, Mr. & Mrs. Xeroteres, Evangeline, Ms. Yohai, Eleni, Ms. Yotis, William & Eleonora, Dr. & Mrs. Zabetakis, Maria, Ms. Zaharis, Constantine & Rachel, Dr. & Dr. Zeban, Peter & Judy, Mr. & Mrs. Zelatis, John P. & Denise M., Mr. & Mrs. Zoumberos, Stavros & Kathy, Mr. & Mrs.

### Thank You to all of Our Friends!

Barbara Akrotirianakis - Whittier, CA William J Camarinos - Alexandria, VA Richard & Mickie Bass - Asheville, NC Jason & Kelly Bangos - Clearwater, FL Nicholas & Anna Karnavas - New Port Richey, FL Michael Kapetan - Ann Arbor, MI Perry & Fay Stamatiades - Asheville, NC Melvin & Violet Tamashiro - Kaneohe, HI Wesley & Melissa Thompson - Clearwater, FL Demitrius & Katherine Klimis - Boardman, OH Mary Spanos - St. Augustine, FL Bessie Bliziotes - Palm Cost, FL Suzanne Alvarez - Tampa, FL Lazarus & Maria Kavouklis - Tarpon Springs, FL William & Kane Chapman - Palmetto, FL Lillan Thomas - Highland, IN Kathleen Mendez - Ponte Vedra, FL Theodora Poletis - Baltimore, MD

**Friends of St. John the Baptist -** Some of you who receive The Messenger do not live in the Tampa Bay area or are members of other Greek Orthodox parishes. We would like to ask for your support of our parish by being a "Friend of St. John the Baptist". Your contribution as a "Friend" will help offset the cost of mailing The Messenger, among other things. Being a "friend" does not make one a steward of St. John or afford membership rights and responsibilities, but gives one who is a member elsewhere, an opportunity to make a gesture of financial support to our parish.

	vv		n the Baptist:	our parish.	
Name:					
Phone:		_ Email:			
I wish to become a F	riend of St. Joh	n the Baptist.	am enclosing a	contribution in the a	mount of:
	\$50	\$100	\$200	Other	



# AHEPA FAMILY NEWS OCTOBER 2016



#### AHEPA SCHOLARS

The AHEPA Family including AHEPA Lycurgus Chapter 12 and Daughters of Penelope Alcmaeon Chapter 167 have awarded scholarships to deserving students since 2010. The students who have received scholarships are designated as AHEPA Scholars.

### AHEPA SCHOLAR UPDATES

# We are very proud of the accomplishments of our AHEPA Scholars. The following is a representative list of just a small number of our AHEPA Scholars to illustrate there many and varied achievements.

**Arianna Krinos** is a student in the Virginia Tech College of Engineering with Virginia Tech Biological Systems Engineering as her primary department. She is Past President of the Tampa Maids of Athena Chapter 39. She has written an article published in the "Engineering Forum Magazine" about BioactiVT. Founded last school year, BioactiVT is the product of the expanding interest of both Virginia Tech and the industry of biomedical applications for engineering technologies, She wrote about the project which won BioactiVT second place in a biomedical engineering competition during its first year a Thermo Electric Modular Pulse Oximeter. We wish her continued success as she pursues her goals in college.

**Nedi Ferekides** was a participant in the AHEPAAcademy AHEPAAcademy is a small, select group of Greek-American high school students selected from throughout the country to participate in an interactive leadership and professional development program held at George Mason University outside Washington, DC. This year she was accepted at the University of Florida and is currently enrolled as a freshman. We wish her continued success as she pursues her goals in college.

**Imad Hanhan** has a strong passion for engineering, science, and research. He graduated with a Bachelor of Science in Mechanical Engineering from UCF in 2015, and was very involved with undergraduate research in aerospace structures and advanced materials. He has had the opportunity to conduct X-Ray diffraction experiments at the Canadian Light Source and Argonne National Labs, and has also published a number of conference papers, a journal paper, and an Honors in the Major Thesis in 2015. He is currently pursuing his Master's and Ph.D. degrees in Aeronautics and Astronautics from Purdue University with support from the National Science Foundation (NSF) Graduate Research Fellowship Program (GRFP). We wish him continued success as he pursues his goals in college.

**Christina Gerecke** is a senior at Stetson University majoring in business analytics and information systems. Among her many campus activities, she is an assistant coordinator in the campus FOCUS orientation program for incoming Stetson students, one of a few such FOCUS leadership positions. She is also the new member coordinator in her Pi Beta Phi sorority while serving in executive lea Price Waterhouse Coopers dership. She had a summer internship with Price Waterhouse Coopers and is looking forward to returning to that firm in Tampa next summer when she graduates from Stetson. We wish her continued success as she pursues her goals in college and in her future career.

**Vasillios Nenos** graduated from Gaither High School in Tampa, FL and from Jacksonville University in Jacksonville, Florida. He played football and was an outstanding student in high school and college. He was a founding member of the Pikes PKA fraternity in college and participated in many activities of the Pikes including the Canine Companions for Independence. He is a member of the Ahepa Family of Tampa.He is currently seeking a graduate degree and will be a Chiropractor upon graduation. We wish him continued success as he pursues his goals in college.

**Alexandra Gerecke** is a senior at University of Tampa majoring in graphic design. Putting skill sets from her major into practice, she was recognized with appointment as the editor-in-chief of the UT yearbook, the Moroccan. She is also involved with her Kappa Alpha Theta sorority. She had a summer internship with Schifino Lee, a Tampa advertising and branding agency, and is looking forward to starting work next summer in Tampa when she graduates from University of Tampa. We wish her continued success as she pursues her goals in college and in her future career.

#### YOU TOO CAN BE AN AHEPA SCHOLAR

# **APPLY FOR AN AHEPA SCHOLARSHIP THIS YEAR**

#### IF YOU ARE A HIGH SCHOOL SENIOR OR COLLEGE/GRADUATE SCHOOL STUDENT

SCHOLARSHIPS ARE AVAILABLE FROM THE LOCAL AHEPA CHAPTER, THE AHEPA AND DAUGHTERS DISTRICT SCHOLARSHIP FUND AND VARIOUS NATIONAL AHEPA AND DAUGHTERS SCHOLARSHIPS





Using this year's theme from The Ladies Philoptochos Biennial Convention in Nashville: "<u>You are the Voice of Christ in a Changing World</u>" let us be that Voice in our Annunciation Chapter here at St. John the Baptist Greek Orthodox Church in Tampa!

We are celebrating 85 years of "Philanthropy, "Fellowship", and Faith" Let's Thank all the ladies who came before us, that encouraged and inspired us to continue the message of Philoptochos! The next generation of women is now presenting us a new and ever changing "Face" for Philoptochos! Old and young working together to seek and always reach for the "Voice of Christ" for His Guidance!

#### **OCTOBER OUTREACH:** <u>Annual Diaper Drive and More.....for The Alpha House.</u> Alpha House of Tampa offers homeless pregnant women and mothers

Alpha House of Tampa offers homeless pregnant women and mothers with young children and their babies: safe housing and the tools they need to become self-sufficient and effective parents! Please support the DRIVE by donating the following items" DIAPERS OF ALL SIZES, OTHER BABY ITEMS SUCH AS: SHAMPOO, LOTION, BABY AND TODDLER FOOD, FORMULA, AND PERSONAL CARE ITEMS FOR THE MOMS.



# **Collection Sundays: Sunday, October 2 - Sunday, October 29**

A large box will be provided in the Community Center for your donations!

Thanks to everyone who baked Fanouropites and contributed other refreshments for our "Second Annual Fanouropita Event" \$351.00 was raised on Sunday, August 28!

\*\*These are the ladies who baked the delicious Fanouropites: (We apologize in advance if we inadvertently left anyone out): Lisa Alsina, Stamie Garcia, Helen Reader, Mary Nenos, Maria And Elizabeth Xenick, Bessie Palios, Artie Palios, Amy Kafantaris, Georgia Diamantakis, Myra Armstrong, Joann Hartung, Ellen Karaku, Adis Choundas, Marina Choundas, Anetta Alexander, Melissa Krinos, and Cindy Xenick.

\*\*We invite all of the women in our Parish ages 18 yrs to ???? to join Philoptochos :) See any Board Member for more information. Lisa Alsina, Jeanie Nenos, Mellisa Krinos, Elaine Halkias, Martha Kaptan, Joann Hartung, Vanessa Aviles, Arty Giallourakis, Ellen Karaku, Kathy Maculary, and Cindy Xenick, Thank you!

# St. John the Baptist Greek Orthodox Church Adult Greek School Want to Learn Modern Greek?

Teacher born, raised and educated in Greece with over 19 years of experience teaching the Greek language. Adult classes for beginners taught at St. John the Baptist Greek Orthodox Church (2418 W. Swann Ave, Tampa, FL 33609). Classes are held at 6:00 p.m.—8:30 p.m. on Thursday evenings, starting on October 6, 2016. This will be the first of three sessions.



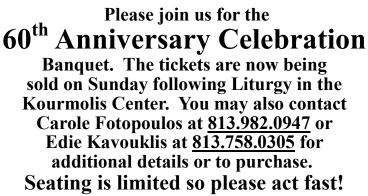
Speak Greek
Read Greek
Write Greek

Basic Grammar & More. Some Greek History BOOK INCLUDED



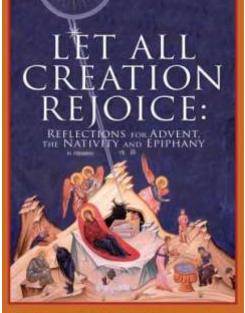
Price per session is \$100 for church members and \$125 for non-members Contact Ms. Magdalini Myer: at (813) 909-2327, aspis69@aol.com





**The Prayer Team** continues and now at 19 months it is still continually growing. The Prayer Team is a daily reflection that Fr. Stavros sends out to any one who wishes to receive it. It comes out each morning at 12:30 a.m. via Constant Contact. From Monday - Friday each week, Fa-ther writes on various topics. For September, the topic has been encouragement. In October, there will be a different subject. On Saturday-Sunday, he writes reflections on the Divine Liturgy. If you are interested in joining the prayer team, send a one-line email to either Fr. Stavros or Charlie and they will add you to the daily email list.





FR. STAVROS N. AKROTIRIANAKIS

# Fr. Stavros has had a book published!

# Let all Creation Rejoice: Reflections for Advent the Nativity and Epiphany

This book is a series of short daily reflections on the scripture readings of Advent, the Nativity and Epiphany, to be read between November 15 and January 7.

If you are interested in purchasing this book, you can find it at Xulon Press at this link: http://www.xulonpress.com/bookstore/bookdetail.php? PB\_ISBN=9781498484077&HC\_ISBN or at amazon.com.

# How Can I Forgive My Spouse?: Overcoming Unforgiveness in Marriage

By Tony Evans

Editor's Note: I read many articles each month (many of which are forwarded to me by parishioners) that discuss various aspects of church life, spirituality and relationships (like marriage, children, friendships). I try to print one article each month choosing articles that offer practical advice or discuss real-life challenges. This month's article is for married couples and talks about forgiveness. Without forgiveness, no human relationship can succeed. And this is especially true in marriage. I encourage you to read this article with your spouse and to discuss its practical application in your marriage.

motional wounds can be like physical wounds. If you had a cut on your arm but didn't clean it or care for it, the wound could become infected and you wouldn't even be able to touch it because it would hurt so much. Even if you covered that wound so that no one could see it, if someone bumped into it, you would jerk your arm back in pain and might even lash out at the person. Your reaction wouldn't be reflective of what that person did because what he or she did was simply an accident. But that person might receive the full venting of your pain because you did not treat your wound.

<u>Unforgiveness</u> is like an untreated injury of the soul. It can set in motion a cycle where small marital scuffles become large marital wars. When the wounds in our hearts are left untreated, they often produce pain in other areas of our lives. As a result, we become highly sensitive and reactive to the actions, inactions and words of our spouse. The slightest offense from our mate — even if he or she didn't mean anything harmful — evokes a harsh reaction. We may lash out, accuse, blame, cry, or say and do things we later regret. All the while, our spouse is caught off guard by our reactions. To overcome unforgiveness, we need to treat our wounds and let them heal.

# **Ejecting the offense**

Biblical <u>forgiveness</u> means you release your spouse from a debt owed to you. Forgiveness is not contingent on how you feel about your spouse. It is a choice to no longer blame your spouse for an offense. First Corinthians 13:5 details this in a most straightforward way: Biblical love "keeps no record of wrongs" (NIV). Biblical love doesn't justify wrong, nor does it ignore wrong, excuse it or pretend it doesn't exist. All of those types of responses to wrongdoing would lead to enablement. Rather, biblical love acknowledges and addresses the wrong and then forgives and releases it. I've been in counseling sessions with some couples who bring up things that were said or done not only years ago but *decades* ago. When I hear this and it happens far too often — I sigh inside because I know that the roots of bitterness and unforgiveness run deep.

One of the better analogies for forgiveness is comparing it to ejecting a DVD or Blu-ray Disc from a player. You

can't play two discs simultaneously. You must eject the first disc to play the second. Likewise in marriage, you can't experience a healthy, thriving relationship with your spouse if you keep replaying whatever he or she did to anger you. You have to eject that offense and replace it with love. You have to turn the offense over to God and replace your thoughts of anger, hurt and pain with thoughts of thanksgiving — gratitude that God has given you the faith and ability to be released from the strong-hold of unforgiveness.

# **Resolving anger**

You may be surprised at the advice I give when I encounter a lack of forgiveness. I've seen this method work in countless marriages, and I believe in its effectiveness because it addresses the unresolved anger that often feeds our failure to forgive. <u>Arguments</u> frequently become so toxic and volatile in their language and tone that they drive a deeper wedge of division into the marriage. So this is what I propose for couples who are in a marriage with unresolved anger:

Say or do something every day that expresses value to your spouse. This might be a note, an unexpected phone call, a hug or a time of cuddling. Married couples are good at doing big things on birthdays, anniversaries or Valentine's Day, but they often neglect small, consistent ways of expressing that they value each other.

**Pray daily for and with each other.** This is a specific time for you to come together — holding hands or holding each other, kneeling beside the bed or sitting on the couch — and <u>pray</u> aloud for your marriage. This is not an opportunity to hash out differences by bringing them before the Lord in prayer. It's a time to pray that God will bless your spouse and that He will bless the two of you together with His grace and mercy.

**Date regularly.** By <u>date</u>, I mean doing something fun together every other week, if not more often. It doesn't count if you're just grabbing dinner at a restaurant because neither of you feels like cooking. Too many marriages get caught up in drudgery or routine, and spouses lose the joy they once shared.

Set a weekly agreed-upon time when you allow the spouse who holds the unresolved anger to vent. Many married couples rarely give each other the freedom to voice frustration. This is a set time — one hour every week — when one spouse is allowed to vent his or her pain without the fear of being shut down. This means that the other spouse agrees not to argue, defend or tune out. Turn off the television and your phone. The other spouse must agree to give his or her undivided attention to the venting spouse. When you agree to listen, the spouse who is venting also agrees not to bring up these deposits. Otherwise, when forgiveness needs to be given, you issues during the week — unless something is time sensi- will lack the emotional depth and relational harmony for it to tive. Before long, that one hour may turn into 30 minutes be granted easily. and then 15 minutes. Then it may not be needed at all.

# Filling your spouse's "love account"

So much of what married couples harbor against each other is stuffed internally. Later, when you don't feel heard or validated by your spouse, it's easy to throw those harbored not asked for it and may have not even repented. Essenoffenses at each other in your nagging or fighting. But tially you are forgiving your mate on your own, without healing comes from a place of understanding and affirmation. When you allow your spouse the freedom to communicate what has pained him or her — and you validate that pain without becoming defensive or saying your spouse is wrong to feel it — you will be amazed at how quickly healing and forgiveness can come.

When you simultaneously implement all four of the above recommendations, you can see and experience healing in your marriage. Doing these things allows you to make more deposits than withdrawals to your spouse's "love account." Too many spouses "overdraw" their accounts. Men, in particular, have the propensity to come home after work and look for what their wife can do for them making dinner, cleaning the house, caring for the children — even if their wife is working full time outside the home, too. Men far too often want to know what their wife can do to meet their needs each day rather than looking at what they can do to meet their wife's needs. As a result, they make frequent withdrawals from their wife's love account, and the account runs empty.

Both spouses need to put more into their relationship than they take out of it. When you wake up in the morning, and as you go about your day, ask yourself what you can do to make a deposit in your spouse's love account. It doesn't have to be huge, but it does need to be consistent. Life has a way of dictating the withdrawals — they'll come whether you seek them out or not. So look for ways to make

# Forgiving an unrepentant spouse

What about those times when your spouse isn't sorry how do you forgive then? Unilateral forgiveness is when you choose to forgive your spouse even if he or she has his or her involvement.

Why would you grant forgiveness to someone who doesn't want it, has not asked for it and may not deserve it? The reason you grant unilateral forgiveness is not to set *your spouse* free but to set *yourself* free. Unilateral forgiveness keeps you from being bound by something the other person may never set right. This is what Jesus did on the Cross by "not counting [our] trespasses against [us]" (<u>2 Corinthians 5:1</u>9).

Forgiveness is crucial for any marriage to thrive. But if that forgiveness is conditional, it is not couched in the love of God. Jesus Christ died for our sins and asked His Father to forgive us while doing so himself. He didn't wait to give us His gift of mercy and grace until we got our act together or came humbly to Him with flowers or chocolates. Forgiveness is probably the greatest gift you can give your spouse, but it's also the greatest gift you can give yourself.

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# St. John the Baptist is on Social Media!

#### Sermons on Youtube Channel Each Sunday

Father's sermons each Sunday are available on our YouTube channel. Just go to YouTube and type in "St John GOC Tampa" and you'll find them. If you miss a sermon or wish to hear a sermon again, you'll find it there!

Do you Like our Facebook page? Like our page and suggest it to your friends. Announcements are posted frequently so you are up to date with everything going on at St. John the Baptist. You can find our page at StJohnGOCTampa.

Live Streaming - All of our services are being video recorded and are available on our Livestream page. To access this page

- 1. Go to our Church's website: greekorthodoxchurchtampa.com,
- 2. Scroll the mouse over the "Multimedia" tab on the menu bar,

3. Click "View Liturgy,"

4. Then click on the link where it says, "Check out our live stream of the Divine Liturgy here http://new.livestream.com/accounts/2454446.

All of the services are available to watch at anytime.



You Tub

		2	October 2016 ~			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	WBS-Women's Bible study EBS-East Bible Study MBS-Men's Bible Study	NBS-North Bible Study SBS-South Bible Study YAH-Young at Heart	** Fast Day			1
2 Orthros 8:45 a.m. Liturgy 10:00 a.m. Get Acquainted GOYA Pre-Teen Retreat Daniel Plan H XAPA ΜΑΣ	34Bible StudyWBS 10:00 a.16:30 p.m.EBS 6:30 p.m.Orthodoxy 101 Part 3SBS 7:00 p.m.6:30 p.m.Basketball 8:0	0 p.m.	7:30 a.m. <b>klesis 6:00 p.m.</b> syri Dance ice 6:30-8:30 p.m.	6 YAH 11:30 a.m. Adult Greek School 6:00 p.m. NBS 7:00 p.m.	7**	<b>8</b> 60 <sup>th</sup> Anniversary Celebration at The Floridan Palace Cocktails 7:00 p.m. Dinner 8:00 p.m.
9 Orthros 8:30 a.m.	<b>10</b> Bible Study	11 WBS 10:00 a.m.	12** MBS 7:30 a.m.	13 Adult Greek School	14**	15 St. Pete Vollevhall
Liturgy 9:45 a.m. 60 <sup>th</sup> Anniversary- Visit Alexios Η XAPA ΜΑΣ	6:30 p.m.	o.m.	Panigyri Dance Practice 6:30-8:30 p.m. Parish Council Meeting	6:00 p.m. Baking 9:00 a.m. NBS 7:00 p.m.		Community Outreach AHEPA Meeting
<b>16</b> Orthros 8:45 a.m. Liturgy 10:00 a.m. Youth Sunday Daniel Plan AHEPA DOP mtg. H XAPA MAΣ	17 Bible Study 6:30 p.m.	3S 10:00 a.m. S 6:30 p.m. S 7:00 p.m. sketball 8:00 p.m. Stavros at Clergy etings 10/18-10/20	7:30 a.m. yri Dance ice 6:30-8:30 p.m.	ult Greek School 00 p.m. king 9:00 a.m. 38 7:00 p.m.	21**	22
23 Orthros 8:45 a.m. Liturgy 10:00 a.m. Daniel Plan Fall Festival Η XAPA ΜΑΣ	<b>24</b> St. James Orthros 5:00 p.m. Liturgy 6:00 p.m.	<b>25</b> WBS 10:00 a.m. EBS 6:30 p.m. SBS 7:00 p.m. Basketball 8:00 p.m.	26** MBS 7:30 a.m. St. Demetrios Orthros 9:00 a.m. Liturgy 10:00 a.m. Panigyri Dance Practice 6:30-8:30 p.m.	<b>27</b> Adult Greek School 6:00 p.m. NBS 7:00 p.m.	28**	29
<b>30</b> Orthros 8:45 a.m. Liturgy 10:00 a.m. Η XAPA ΜΑΣ Parish Assembly	<b>31</b> Bible Study 6:30 p.m.					

#### St. John the Baptist Greek Orthodox Church

2418 W. Swann Avenue Tampa, FL 33609-4712 Office: (813) 876-8830 Fax: (813) 443-4899 officestjohngoctampa@gmail.com www.greekorthodoxchurchtampa.com

# St. John the Baptist Greek Orthodox Church

		Timetable of	Services		
		Sundays: Orthros 8:45 a.m.	Divine Liturgy:	10:00 a.m.	
		Weekdays: Orthros 9:00 a.m.	Divine Liturgy:	10:00 a.m.	
Parish Priest Rev. Fr. Stavros 813-876-8830 (Office) frstav@gmail.com	Akrotirianakis 813-394-1038 (Cell)	<u>Chanter</u> Nick Andreadakis Choir	813-516-6081	OCF Charlie Hambos	813-843-8471
Pastoral Assistant Charlie Har 813-876-8830 (Office) Charlie.hambos@gmail.com	nbos 813-843-8471 (Cell)	Artie Palios, Director Ruth Losovitz, Organist	813-831-1294 727-688-2782	<u>Oratorical Festival</u> Peggy Bradshaw	727-244-1374
Parish Council Alkis Crassas, President Mike Xenick, Vice President	813-690-3867 813-340-8737	<u>Community Outreach</u> Betty Katherine Katsamakis	813-468-1596	Philoptochos Lisa Alsina	813-728-1094
Sandra Pappas, Secretary Ed Gerecke, Treasurer George Chagaris Carole Fotopoulos Skip Higdon Catherine Mitseas	813-785-3747 813-229-4306 727-420-1920 813-982-0947 813-831-9021 813-571-0658	Dance Group Η XAPA ΜΑΣ, Alexandra De Maio Bessie Palios, Maraquet Edquid Parea, Marina Choundas Anna Maria Bavaro	813-340-9668 813-523-0347 813-422-8963 813-877-6136 732-239-9085	<u>Small Group Bible Study</u> East, Donna Hambos Men, Fr. Stavros North, Cindy Xenick South, Bessie Palios Women, Debbie Kavouklis	813-843-8412 813-394-1038 813-505-7657 813-523-0347 813-258-5571
Byron Nenos Despina Sibley Dante Skourellos	813-789-0729 813-758-0520 813-765-9534	Panigyri, Vanessa Aviles <u>Daughters of Penelope</u> Edie Kavouklis, President	813-221-2194 813-758-0305	<u>Stewardship</u> Sandra Pappas Pete Trakas	813-785-3747 813-505-2193
Office Staff Monica Gjerde, Office Manage officestjohngoctampa@gmail.c		<u>Finance Committee</u> Gary Ward	813-846-3898	Sunday School Vickie Peckham	813-406-5626
Debbie Bowe, Bookkeeper debstjohntpa@gmail.com fa	x:813-443-4899	Food Pantry Anetta Alexander	813-758-2689	<u>Usher</u> Tom Georgas	813-985-0236
<u>Adult Greek School</u> Magda Myer	813-909-2327	<u>Gasparilla Parking</u> John Kokkas	727-992-4615	<u>Visitation Committee</u> Charlie Hambos	813-843-8471
AHEPA Ron Myer, President	813-523-5583	<u>GOYA</u> Maria Koutroumanis	813-245-3854	Welcome Committee Maria Xenick	813-765-3587
<u>Altar Angels</u> Engie Halkias Sia Blankenship	813-932-5859 813-968-8855	Kara Katzaras Hope/Joy	772-643-5634	<u>Young at Heart</u> Carole Fotopoulos Mary Nenos	813-982-0947 813-935-2096
<u>Basketball</u> Perry Katsamakis Jimmy Konstas	516-403-3118 813-220-7352	Amy Kafantaris Debbie Nicklow Junior Olympics	727-743-1297 813-690-0671		
<u>Bible Study</u> Charlie Hambos	813-843-8471	Bryon Nenos MOMS	813-789-0729	The Messenger of St. John the Dantist Co	and Orthodox Church is su

The Messenger of St. John the Baptist Greek Orthodox Church is published on a monthly basis. Publication is the first of each month. Deadline for notices and announcements for The Messenger is the 10th of each month. You may send announcements to the church office through email.

"May the Grace of our Lord Jesus Christ, and the love of God the Father and the Communion of the Holy Spirit, be with you all." From the Divine Liturgy of St. John Chrysostom.

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