

# The Heavenly Host

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Volume 1, Issue 1

April 2001

## Special Reminders:

- Newsletter deadline is the third Sunday of each month. Please direct all submissions to the church office.
- Christmas Festival: Look for more information in our May 2001 issue.



## Inside this issue:

<i>Upcoming Camp Activities</i>	2
<i>Food for the Hungry</i>	
<i>Parishioner's Passage</i>	
<i>Church Calendar</i>	3
<i>Pledge Card</i>	4
<i>Stewardship News</i>	
<i>Other Announcements</i>	
<i>Teen News</i>	5
<i>Parishioner's (cont.)</i>	
<i>Ladies Guild</i>	
<i>Easter Greetings!</i>	6
<i>Recipe of the Month</i>	

## Pastor's Message Welcome Catechumens!

Prayer, fasting and almsgiving are commonly identified among the spiritual disciplines of Great Lent. However, the season of Great Lent in the early period of the Church also served as a time for schooling inquirers and students of the Christian Faith ("catechumens") who were preparing to be Baptized, Confirmed and united to the Body of Christ in the Holy Eucharist.

We are delighted to welcome new families to our parish who are among our inquirers and catechumens. They include: **Ayisha Kalloway** and her daughter **Maia**; **Ruta & Britton McLinn**, and their daughter, **Bria**; **Suzan Haddad** and her children: **Hilalah, Shibi** and **Waleed**; **Linda** and **Laura Erickson**; also **Robin Ibrahim**, who has been a member of our parish for a number of years and is soon to be confirmed in Orthodoxy since enrolling as a catechumen last year.

Learning about the Orthodox Faith is not only the task of inquirers and catechumens. It is something that all of us are committed to doing as Christ's disciples. Moreover, learning about the Orthodox Faith is not only an intellectual exercise. It is a life-style which includes faithful church attendance, participation in parish life activities and growing as a member within the community of the faithful. I encourage everyone to get to know our new families and to join me in welcoming them to our parish.

Within the past year, we have also welcomed **Tiffany & Tom Akoury** to St. Michael. Tiffany currently serves as our Church School Superintendent. **John E. Andrews**, Editor of this Newsletter, is also among our new members.

I want to express our sincere thanks to John for piloting our monthly Newsletter. John joined our parish last year and now serves as Chairman of our Stewardship Committee. It is our hope that this Newsletter will serve as another vehicle in building relationships within our community in addition to being an informative periodical.

May this season of Great Lent be truly spiritually rewarding for all of us as we strive to learn more about our Faith and practice, and deepen our commitment to love one another as co-laborers and servants of Christ our Lord.

## President's Column by Emile Skaff

**A**s I enter my second year as Council Chairperson, I would like to take this opportunity to thank the excellent board for last year. It appears we have an equally hard working board this year.

Looking ahead in addition to the Golf Tournament this year, we are going to have our first annual Christmas Festival. We have

several major maintenance projects like re-roofing the flat section of the church building, replacing the air conditioning unit and completion of automating the sprinkler system.

It is encouraging to see all the younger generation taking part on the Parish Council, baking days and other projects.

# Upcoming Camp Activities

The Antiochian Women's Retreat will be held at Camp St. Nicholas the weekend of March 30 to April 1, 2001. Bishop Joseph will be in attendance.

Summer Camp is approaching. Make your plans now and submit your applications by May 1st for the "early bird discount." Pledging members also receive a discount, so if you haven't filled out your cards for the year, look for the card on page four of this newsletter and submit it to the church office.



The sessions are divided into weeks and will be held as follows: Week I: July 8-14, Week II: July 15-21, Week III: July 29-August 4 and Week IV: August 5-11, 2001. *No sessions will be held during the week of the Archdiocese Convention held in Los Angeles from July 22-29, 2001.* Also, scholarships are available through the funding of the Order of St. Ignatius of Antioch for young people with the recommendation from Father Timothy. Application forms are available at the church office for campers and staff members.

# Got Pledge?

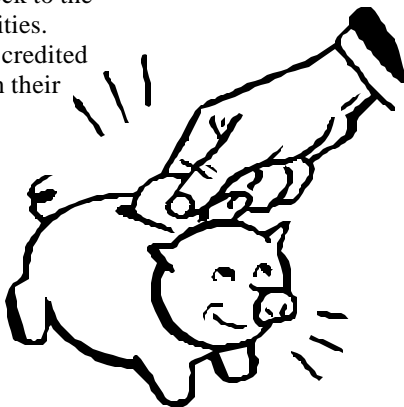
## Food for the Hungry

**E**ach family should have received a Food for the Hungry box. If you need one, please contact the church office.

All boxes are due during Holy Week from April 8-14, 2001. Please contact Sondra Love for more information.

St. Michael Church will collect all boxes from each family and send one check to the Department of Charities. Each family will be credited for their donation on their Parish Contribution Statement.

Please be sure to write your name on the outside of the box before handing it over to the Church.



## Parishioner's Passage

"Go Ahead, Make My Dough"

by Jay Coury

**A**nother Saturday morning, time to make the dough. Years ago I was taught to make the dough for spinach and meat pies by Mark Nassief. Mark was taught by the king of all dough, his father Phil.

Today I work hand in hand with my new dough partner, Mark "three-yeast" Nasser. As I hurry to quarter a pan of freshly risen dough for Phil to role out, Mark scurries over to the faucet to fill the container with luke warm water. "Make sure you turn off the faucet, tight, sweetie," whispers Sharon Rowihab. I run back to meet Mark at dough central headquarters (aka, the middle table) where we mix three scoops of yeast in with the container of water. I have, of course, already filled the oil cup in anticipation of Mark's return. And then the dance takes place. Mark performs the patented, two-handed, simultaneous pour, where he pours both the water and the oil into the mixing bowl (yes, I have already placed 7½ lbs. of flour with 2 tablespoons of salt into the bowl) at the same time. So graceful is he, that he has been compared

(Continued on page 5)

# April 2001

May 2001

April 2001

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>April 1</p> <p>Western Region Women's Retreat</p> <p>12:00pm Ladies Guild Meeting (R 5-6)</p> <p>6:00pm Vespers Services (St. Matthew)</p>	<p>4:00pm Parents United (R 1-6)</p> <p>7:00pm Great Compline (Chapel)</p>	<p>7:00pm Parents United (R 1-6)</p> <p>6:30pm Presanctified Gifts (C)</p> <p>7:30pm Lenten Meal (K&amp;B)</p>	<p>6:30pm Presanctified Gifts (C)</p> <p>7:30pm Lenten Meal (K&amp;B)</p>	<p>10:00am Lazaraus Saturday Liturgy (CBK)</p>	<p>6</p>	<p>14</p>
<p>Palm Sunday (Church)</p> <p>6:30pm Bridegroom Orthros &amp; Procession (C)</p>	<p>Great &amp; Holy Monday</p> <p>6:30pm Bridegroom Orthros &amp; Confessions (C)</p>	<p>Great &amp; Holy Tuesday</p> <p>6:30pm Bridegroom Orthros &amp; Confessions (C)</p>	<p>Great &amp; Holy Wednesday</p> <p>6:30pm The Sacrament of Holy Unction (C)</p>	<p>Great &amp; Holy Thursday</p> <p>9:30am Vespers of St. Basil (C)</p> <p>6:30pm Orthros of the Twelve Passion Gospels (C)</p>	<p>Great &amp; Holy Friday</p> <p>3:00pm Great Vespers of Descent from the Cross (C)</p> <p>6:30pm Orthros of Lamentations &amp; Procession (C)</p>	<p>Great &amp; Holy Saturday</p> <p>8:30am Service of Preparing the Holy Gifts (C)</p> <p>9:00am Ressurrection Liturgy (C)</p> <p>11:30pm HOLY PASCHA Rush Procession</p>
<p>Holy Pascha</p> <p>12:00am Divine Liturgy &amp; "Agape" Breakfast (C)</p> <p>12:00pm "Agape" Vespers &amp; Church School Easter Egg Hunt (C)</p>	<p>4:00pm Parents United (R 1-6)</p> <p>6:30pm Parish Council Dinner Meeting (K&amp;B)</p>	<p>10:00am No. County Regional Center (R 1-4)</p> <p>7:00pm Parents United (R 1-6)</p>	<p>B=Banquet Room C=Church K=Kitchen R=Classroom</p>	<p>7:30am LAUSD (R 1-6)</p>	<p>19</p>	<p>21</p>
<p>22</p>	<p>4:00pm Parents United (R 1-6)</p>	<p>7:00pm Parents United (R 1-6)</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>29</p> <p>6:00pm A Night In Italy (St. Nicholas Cathedral)</p>	<p>4:00pm Parents United (R 1-6)</p>	<p>7:00pm Parents United (R 1-6)</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>30</p>	<p>4:00pm Parents United (R 1-6)</p>	<p>7:00pm Parents United (R 1-6)</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>31</p>	<p>4:00pm Parents United (R 1-6)</p>	<p>7:00pm Parents United (R 1-6)</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

ENVELOPE # \_\_\_\_\_ 2001 PLEDGE FORM



**St. Michael Antiochian Orthodox Church**  
of the San Fernando Valley

16643 Vanowen Street, Van Nuys, California 91406-4622

**O = Orthodox / N = Non-Orthodox (Please circle one)**

Name \_\_\_\_\_ O N

Spouse \_\_\_\_\_ O N

Address \_\_\_\_\_  
\_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Signature \_\_\_\_\_

**LIST ALL OTHER FAMILY MEMBERS IN YOUR HOUSEHOLD**

1. \_\_\_\_\_ O N

2. \_\_\_\_\_ O N

3. \_\_\_\_\_ O N

4. \_\_\_\_\_ O N



**As a Steward of the Lord,  
in the coming year,  
I intend to give my Church:**

\$ \_\_\_\_\_ per week

**Total Annual Pledge Amount**

\$ \_\_\_\_\_

**ARCHDIOCESE ASSESSMENT**  
**This is different from your Pledged Amount.**  
**(\$25.00 Per Baptized Person)**  
**PLEASE PAY BY FEB. 29, 2001**

**Number of Baptized Persons:** \_\_\_\_\_

**Total Archdiocese Assessment:** \_\_\_\_\_  
**(\$25.00 times # of Baptized Persons)**

You may use a credit card to pay your pledge.

Circle: **Master Card** **Visa** **American Express**

Acct. # \_\_\_\_\_

Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

## Stewardship News

**Bake Days:** Friday, March 9, 2001, sixteen people gathered to prepare for Saturday's Bake Day as we prepared spinach pies and zathar bread. Special thanks are extended to Phil & Katie for their leadership as well as a big THANK YOU to all those who helped, namely: Mae, Esmá, Adele, Tiffany, Emile, Margaret, Nicholas, Carrie, Neda, Jim, Sondra, Louis, Jeanette, Phil & Katie, Leslie, Evelyn, Don & Lillian, Linda, Al, Mark, Souad, Sharon, Farmer John, Fr. Timothy, Lailah, Jennifer, Paula, Lisa, Helen, Rima, Ruta, Don, Jay and Charlotte. We missed you Wardih.

**Membership:** The "Got Pledge?" campaign seems to be working. Over 76% of the pledge cards have been submitted compared to 65% last month, but our goal remains at 100%. As good stewards, we must leave the church in better shape than we found it. In addition, we encourage all parishioners to increase the amount of their pledge or tithe as the needs of the church continue to increase. Our hope is that enough funding would come in to cover the expenses of the church and anything over would be used to pay down the mortgage on the Community Center.

## Other Announcements

**T**he bookstore is open after Liturgy each Sunday. Please see Andy or Bobbie Monsue for gift ideas for any occasion.

**J**eannette Aboud, Carrie & Emile Skaff and Sondra Love along with Sarah George and Judith Aboud will be enjoying 17 days in China, Thailand and Singapore.

**P**hil & Katie Nassief as well as Margaret & Nicholas Soffa are packing for twenty-one days in Canada.

**A**ltar Servers training workshop will be held on Saturday, May 26th from 11:15 am. To 12:45 pm. at the Parish Life Conference in Long Beach.

**T**he new information sheet is in the mail. Please fill in as much as you can and return the form to the church office.

**A**dvertise in our newsletter to help defray our costs. Business card sized ads are available and will be placed in every issue at \$15 per ad.

## Teen News

**B**ecome part of and participate in a discussion on current issues from an Orthodox point of view, written by teens for teens. Visit the following site online at [www.antiochian.org/christianeducation/cq](http://www.antiochian.org/christianeducation/cq) for more information.

**T**he Pasta Luncheon held on March 25, 2001 was a huge success with about 65 people attending and \$370 raised. Thanks to everyone who supported us.



### Holy Friday Night Vigil

It has been a tradition at St. Michael's to hold an evening of prayer and reflection on Holy Friday night through to Holy Saturday morning Liturgy for our Teen SOYO and young adults.

We would encourage you to attend this special event as we read the Psalms, the four Gospels and hold a special discussion on what perils an Orthodox Christian youth experiences in today's world. We hope to see you on April 13, Holy Friday, following the Service of the Lamentations.

## Parishioner's Passage, continued by Jay Coury

*(Continued from page 2)*

to gazelles running wild in game reserves of East Africa.

Then the moment of truth; we both look to see if Phil is watching as we nervously peer into the bottom of the water container. Coast is clear as Mark looks at me confidently with the "no yeast clump" smile. I look back at him and say "go ahead, make my dough."



With so much going on in our lives, it's a wonder how we find time to spend five hours on a Saturday baking meat and spinach pies or zathar and sugar bread. For me, it's the people I am with and stories and laughter I hear that make this quite an enjoyable morning. I wouldn't miss it for the world.

## From the Ladies Guild

Gift certificates are available each Sunday in the Community Center. Use the certificates to treat yourself, buy groceries, clothing or a gift for a friend. A percentage of each dollar will go to the Church. Don't forget to ask about the new golden envelopes. Buy your scrip today!

**SAVE THE DATE:** Please join us for a round of golf as we host the Twelfth Annual Golf Classic on Monday, June 4, 2001 at the Calabasas Country Club in Calabasas. The day will conclude with a banquet and auction. Watch your mail for an invitation or contact the church office for more details.

Laguna Pageant of the Masters in on August 11. Extra tickets are available. Please contact Carrie Skaff.

You're all invited to sign up for Holy Bread & to host a coffee hour. Please call Leila Abu-Ghazaleh for more information at (805) 522-4797.

Agape Meal: Please join us Easter morning, Sunday, April 15, to share a meal in fellowship right after Easter Liturgy at 1:30 am. This is a wonderful pot luck event and you're welcome to sign up to bring food. Please contact Leslie Klimowych at (818) 346-9764 for more information.

Spiritual Bouquets: Donations are offered in memory of the deceased in lieu of flowers. If you wish to participate, please see Jeannette Aboud.



ST. MICHAEL ANTIOCHIAN  
ORTHODOX CHURCH  
OF THE SAN FERNANDO VALLEY

V. Rev. Fr. Timothy Baclig, Pastor

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HAPPY EASTER

Express yourself in any language!

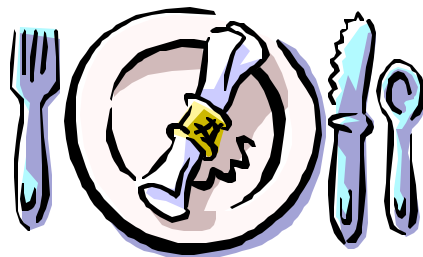
**ENGLISH** Christ is Risen. Truly He is Risen;  
**GREEK** Christos Aneste. Alithos Aneste;  
**RUSSIAN** Christos Voskrese. Voistinu Voskrese;  
**ROMANIAN** Hristos a Inviat. Adverat a Inviat;  
**ARABIC** Al-Mashih Qam. Haqam Qam; **JAPANESE** Haristos Fukkatsu. Jitsu Ni Fukkatsu;  
**SPANISH** Cristo Ha Resucitado. Verdaderamente Resucitado; **SWAHLI** Kristo Amafufuka. Quaylee Amafufuka.

## Recipe of the Month

Adhering to the Lenten traditions, this month's recipe will not include any meat or dairy.

### Vegetable Cassoulet

1 cup dry beans or peas + water to rinse  
8 cups water  
1 medium onion, chopped  
4 or more garlic cloves, chopped  
1 1/2 teaspoons salt  
2 cups rice (1 1/2 cups brown + 1/2 cup white works best)  
2 teaspoons dried herbs (rosemary tastes great)  
2 or more teaspoons other spices (Tabasco, chilies)  
2 cups frozen vegetables (peas and corn blend well together)



Rinse beans with water, then soak overnight (8 hours). Rinse beans again. In a large pot, combine 8 cups water, onion, garlic, beans, and salt. Bring mixture to a boil over high heat, then simmer on low heat for 1 hour.

Stir in rice, herbs, and seasonings. Continue to simmer for another 20 minutes. Add frozen vegetables and cook an additional 10 minutes. Stir and serve as an entree or side dish.

Variations:

Replace 2 cups water with whole tomatoes and tomato sauce.

Add chicken or other meats for a non-vegetarian meal.

Beans and pea mixture used: Pinto, Lentil, Black, Red Kidney, Pink, Green Split Peas, Small Reds, Black Eyed Peas, Great Northern White.

Serves 12.