

THE GUARDIAN

St. Michael Antiochian Orthodox Church of the San Fernando Valley
See of the Rt. Rev. JOSEPH, Bishop of Los Angeles and the West



Pastoral Message from Fr. Timothy "Preparing for Holy Days or the Holidays"

"My, how time flies." Yes, we are all saying it. It's nearly Thanksgiving, then Christmas! Why is it that we are always out of time? With so many "time saving devices" and all of the great technology in our lives, why do we find ourselves with less time on our hands?

Well, our life is not what it was. You and I have made choices, bought all of the "state of the art" materials and have actually remained the same people in many ways. We are still very human, still need to make good confessions, and while we might consider ourselves as more intelligent, you and I are still very limited in our temporal abilities. Oh, and don't forget: we are all getting older!

Yes, you and I still have only 24 hours a day in which to do what we "have to" do, and you and I still need rest, exercise, and a good diet (or our doctor's medical prescriptions). Many things about our lives have really not changed while we would like to think that they have.

Well, then, what needs to change? A lot! All of which takes time. Yes, precious time! All of the choices we have made, whether they be: going to school, getting married, having children, getting a new job, buying a home,

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charging our purchases, paying our bills, or taking that vacation, takes a lot out of us and very often we find that we have very little to give. That is because we easily enjoy feeding our passions and chasing after our dreams. We all have an insatiable appetite with what we believe we need or must have, want to, or have to do. And what does God think about all of this?

Well, with Him nothing has really changed at all. He is "the Alpha and the Omega, the Beginning and the End", (Revelation 21:6) "the same yesterday, today and forever" (Hebrews 3:8) and with Him "a day is as a thousand years and a thousand years as a day" (2 Peter 3:8). Can you imagine? Can you even believe it? Whether you or I do or don't, it is a fact. We live in the frame of time and space and with God everything is an instantaneous now! Wow!

"Life is too short," we say, and it's true. However, our life can be lived with much

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CHURCH SCHOOL

Church School has begun once again...is your child enrolled?

Do you know who your child's Church School teacher is ?

This years dedicated teachers are:

Pre-School/Kindergarten: Rima Hage & DeAnne Abraham

1st & 2nd Grade: Bobbie Monsue

3rd & 4th Grade: Charlotte Murr

5th—7th Grade: Don Meena

Teens/High School: Fr. Timothy

"Raise up a child in the way he should go; even when he is old he will not depart from it"
Proverbs 22:6

WHILE IN CHURCH (a continuing series)

Submitted by Ramez Hage

Often members of our congregation and visitors inquire about certain etiquettes and traditions in the Orthodox Church. Although certain standards differ from church to church, many of those behaviors are universal in Orthodoxy.

*In an article published by Father David Barr in **The Word**, on January 1997, pages 4-7, titled "Some Things You Should Know While in Church", he answers many of our questions regarding appropriate behavior in church.*

*Our newsletter, **The Guardian**, is publishing excerpts from his article. They have been edited by Father Timothy and will include some of his own comments. We hope this will help us all attend our liturgical services with full reverence. Your questions are welcome and may be sent directly to Father Timothy at: pastor@stmichaelvannuys.org*

"God is Spirit, & those who worship Him must worship in spirit & truth."

John 4:24

Standing vs Sitting

The traditional posture for prayer and worship in the Orthodox Church has been to stand. In the Orthodox "old countries", there are usually no pews in the churches. Chairs or benches on the side walls are usually reserved for the elderly and infirm.

In North America, we have tended to build our churches with pews, and since we have them, we need to figure out when we may sit and when we should stand. First of all, it is fully acceptable (even preferable) to stand for the entire service. If you prefer this, it would be better to find a place closer to the back or side of the church so as not to stand out or block someone's view.

When should you definitely stand? Always during the Gospel reading, the Little and Great Entrances, the Anaphora, the distribution of Holy Communion, whenever the priest gives a blessing, and the Dismissal.

In many parishes, the Divine Liturgy books in the pew have suggested times when sitting is acceptable. Follow those instructions (it's probably safer than to follow what the people are doing in the first couple of rows). When in doubt, stand. It is *never* wrong to stand in church.

(Pastoral Message continued from page 1)

more, if we give a little more thought about what God has in mind and seek to know just that (and a little less about what we think). And that will also require another choice; a very important choice that leads to making better choices that are based upon who we really are in God's sight and less upon who we think we are or who we are perceived to be in the sight of others. For we are created in His image and likeness, born to be His sons and daughters, "a royal priesthood", "a holy nation." (1 Peter 2:9) We must think more about God's personal calling on our lives, and less upon what we want or think that we need for ourselves.

Now is time and today is the day that you and I must begin to make God a priority, and our real preparation and participation in the Sacraments of His Kingdom a regular part of our lives. This year, let's make the holiday season more meaningful. Plan to buy that gift that someone really needs, or perhaps invest the time in doing those things that really matter to those we love. Let's begin with where and Who it all began with in order that we may experience the fullness of His love and great mercy.

May Christ's presence fill our lives that we may experience the true joy of being sons and daughters of His Kingdom.

Saint of the Month

Holy Righteous Artemius — October 20th

Artemius was born in 1532, the son of Russian peasants Cosmas and Apollinaria, from the village of Verkola in the region of Dvina. Even at the age of five, he differed from other children by his rare piety and meekness.

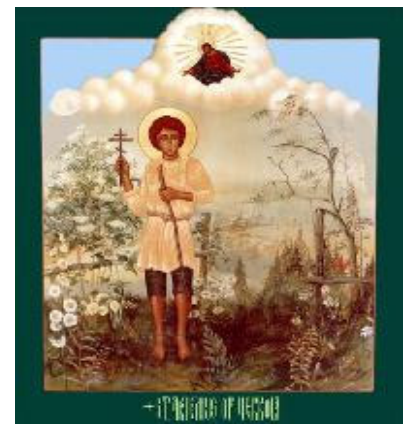
When he was thirteen, the child walked with his father through a great forest in severe weather and reposed there. Unable to dig a grave, his grieving father covered his body with branches and departed.

Twenty-eight years later, a man saw an unearthly light in the forest. Upon approaching the light, he found the body of Artemius intact and incorrupt. Many of the sick were healed of illnesses as soon as they touched the body of St. Artemius. His holy relics repose in a monastery near Pinega, in the Province of Archangelsk.

At the Antiochian Village Camp, with the blessing of Fr. John Namie, (the founding Director of the Antiochian Village) a site was selected on which to build a rock shrine to house

an icon of St. Artemius the Wonderworking child saint.

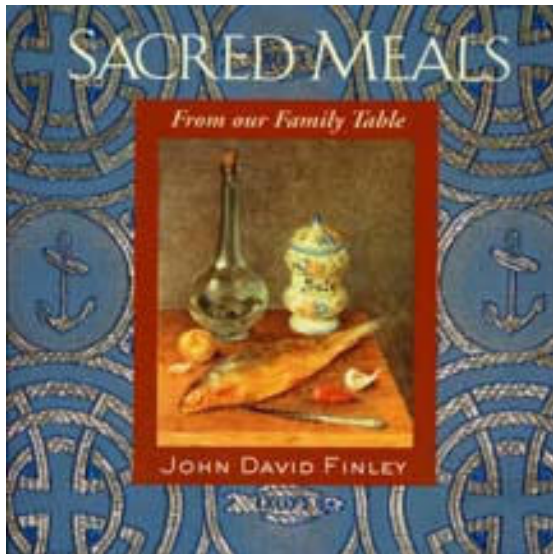
The shrine stands to the right of the entrance to the St. Ignatius Chapel. During the summer camping season, a supplication service to St. Artemius is celebrated every Thursday night by the campers at the Antiochian Village.



FROM THE BOOKSTORE...

SACRED MEALS (book review by Khouriye Gretchen Baclig)

Our parish bookstore has just received copies of a new (and surprising) book written by Father John Finley from St. Athanasius in Goleta, CA. Why surprising? Because it is a cookbook! But not *just* a cookbook.



Sacred Meals ***From Our Family Table***

A celebration of faith, family, and food. In its pages, Father John leads the reader through childhood memories of his family and upbringing and the special recipes that were part of their family traditions.

This is one of those special cookbooks that you want to read from cover to cover instead of just checking the index for a recipe.

Available for \$18.95
Makes a GREAT gift item!

Highly recommended:

"It contains not only a lot of wonderful recipes, but a lot of good information about our faith." **Metropolitan PHILIP**, Primate Antiochian Orthodox Christian Archdiocese of North America

"Sacred Meals takes the experience of family dining out of the recipe-card box & returns it to the broader context in which it belongs: the loving circle of a lively home." **Kh. Frederica Matthews-Green**, Author and Lecturer

ORTHODOX CHILDREN'S MUSIC

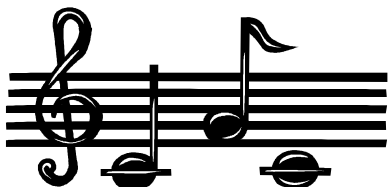
Have you ever wondered why there is not much Orthodox music out there for our kids?

While Christian music is plentiful, there is a great need for music that is written *especially* for our Orthodox youth. We all know that one of the most effective teachers is **MUSIC** and that is the main purpose of this CD, to teach.

Khouriye Gigi Shadid's **mission** in producing this CD is to teach children and to help them grow in their faith in Christ and their love for His holy Church.

The songs in this CD can be used to sing along to in the family car, enhance Sunday School lessons, taught at Vacation Bible School, Family Nights, sung at campfires, or simply enjoyed at your leisure.

However you choose to use this CD, your kids will learn more about their faith as a result.



****Available at a special Introductory Price, during the month of October, in our Parish Bookstore for \$15.00 ****

These songs have been "kid-tested" in several church programs and at our Orthodox camps -- and are enjoyed by both our young people and those who are "young at heart!"

Polynesian Evening at St. Michael

SATURDAY, OCTOBER 22, 2005

DELICIOUS ISLAND CUISINE !!

**Polynesian Evening
At 5:30 P.M.**



**Adults \$65
Children (Age 10 & Under) \$30**

Kindly RSVP by October 14, 2005

Enjoy two hours of

LIVE Entertainment

Featuring:

Na Hoaloha O Polynesia Group

and

**Gay & Randy Hongo
Singers from Hawaii**

**DRAWING TO WIN A
CRUISE AROUND THE
HAWAIIAN ISLANDS
Plus \$1,000.00!!**

2006 Parish Life Conference

Plan from now to pack up the family and attend the 2006 Parish Life Conference!

Hosted by St. George, San Diego it's an easy drive !

Mark the dates: May 24—28, 2006

Hotel: Sheraton Hotel & Marina—Harbor Room Rates: \$125
Reserve early by calling: 877-734-2726



Bible Bowl: The Acts of The Apostles

The Conference theme is from the Old Testament Book of Joel 2:28
"And it shall come to pass afterward that I will pour out my spirit on all flesh:
Your sons & daughters shall prophesy, your old men shall dream dreams, and
your young men shall see visions."

DISASTER PLANNING—Is Your Family Prepared?

On Sunday, September 18th, our fellow parishioner, Robin Ibrahim provided an excellent presentation during coffee hour on the topic of Disaster Planning & Emergency Preparedness. Robin is trained in Advance First Aid and CPR and is a Battalion 14 CERT Coordinator for the Los Angeles Fire Dept. - Disaster Preparedness Unit.

The following is a summary provided by Robin of her presentation:

The next time a disaster strikes, you may not have much time to act. Prepare now for a sudden emergency. Discuss preparedness and plans with your family. Have an out-of-state contact, and make sure all family members have that name and telephone number with them at all times. Think about emergency communications, and consider alternatives to the normal methods of communication. You may need to evacuate your home, so assemble supplies you might need to take with you.

Part of being ready is having necessary supplies to be able to survive for at least 72 hours after an earthquake or other type of disaster. Your supplies should include non-perishable foods, water, lighting, sanitation supplies, cooking supplies, tools, and other essentials. Don't forget your pets. Store at least 1 gallon per person- per day of water. Food items and water should be rotated every 6 months. Don't forget emergency lighting. Flashlights and batteries should be stored as basics. There are checklists available to assist you in what supplies to consider.

Review your individual and family readiness, home preparedness, school emergency plans, and community preparedness. Everyone should know the location of utility valves and electrical panels in your home, and learn how to turn them off if absolutely necessary. Secure heavy items and furnishings in your home and workplace.

You can take advantage of free training offered by the Los Angeles Fire Department in "Community Emergency Response Team Training". CERT training and CERT programs are nationwide. This 17 1/2 hour training covers: Earthquake Awareness, Disaster Fire Suppression, Disaster Medical Operations, Light Search and Rescue Operations, Team Organization and Management, and Terrorism Awareness.

Planning and being prepared will help you and your family to cope with disasters.

Some contact numbers for your convenience, and web pages with information and preparedness planning lists:

Disaster Preparedness Unit - LAFD - 818-756-9674

CERT-LA - <http://www.cert-la.com>

American Red Cross - <http://www.redcross.org>

FEMA - <http://www.fema.gov>

U.S. Dept. of Homeland Security - <http://www.ready.gov>

Governor's Office of Emergency Services - <http://www.oes.ca.gov>

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www.stmichaelvanuys.org

www.antiochiandiocese.org

Bishop JOSEPH's Schedule

- November 4-5 St. Raphael Mission
Palm Springs, CA
- November 11-13 Northern CA Antiochian Women's
Retreat in Danville, CA
- November 17-20 Episcopal Visits to:
St. Nicholas-Spokane, WA
Christ The Saviour Mission - Spokane Valley, WA
St. John the Baptist - Post Falls, ID
- November 26-27 St. George, San Diego
- December 4 St. Nicholas, Los Angeles
- December 22-28 Episcopal Visits to Alaska:
St. John the Evangelist, Eagle River
St. Herman Mission, Wasilla
All Saints of America, Homer

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