

Message from
Metropolitan
Joseph

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on
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Beautiful
photos from
Women's
Month and
Pascha!

...AND MUCH
MUCH
MORE,
INSIDE!

The Diocese of Los Angeles and the West

ANTIOCHIAN WOMEN'S SUMMER NEWSLETTER



His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

June 16, 2021

Beloved sisters in Christ,

Blessings and much love to you in the name of our Lord Jesus Christ!

I greet you during this joyful time of reopening, as our country emerges from a season of danger, fear, and isolation. We pray that this pandemic is behind us for good, so that we can reinvigorate all our ministries in this archdiocese.

As we have discovered through this dark year, the world needs the grace of God. Our human race is so spiritually weak that one little virus can profoundly shake our social fabric. Brother turned against brother, sister against sister, parent against child. Depression and anxiety skyrocketed. Many lost hope. Coronavirus thus revealed not just the weakness of our bodies but (more importantly) our lack of spiritual resilience. We Christians know that such resilience only comes through faith in the God who is love (1 John 4:8), who “meets all [our] needs according to His glorious riches in Christ Jesus” (Philippians 4:19).

Let us, then, rediscover our faith, by increasing our prayer life, reading the wisdom of our Orthodox tradition, and immersing ourselves in the worship of the Church. And let us share this faith with our friends and families, encouraging one another to seek that foundation in Christ which cannot be shaken. It has outlasted persecutions, heresies, famine, plague, and war, and it can carry us through whatever lies ahead.

Assuring you of my prayers, and asking your prayers for our archdiocese, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style and is underlined with a blue line.

+JOSEPH

Archbishop of New York and Metropolitan of all North America

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

A Pentecostal Message

A message from our Spiritual Father, Fr. David Hovik



The Feast of Pentecost is a celebration of the Descent of the Holy Spirit and the Beginning of the Church. Not the beginning of *a* church! Rather, the beginning of **THE** Church that Christ came to establish.

*“On this Rock I will build **MY** Church & the Gates of Hell shall not prevail.”*

Today, we are celebrating the Birth of **that** Church. The birth of that one Holy Catholic and Apostolic Church that has been preserved as the ORTHODOX CHURCH!

Pentecost means “50th” and the Outpouring of the Holy Spirit upon the Apostles and Disciples occurs on the 50th day after the Resurrection of Christ. Pentecost is the fulfillment of God’s promise to Israel to pour out His Spirit on all flesh. The Divine Energies of God being poured out in the Upper Room and in the Icon are manifested as those tongues (little flames) of **fire** that you see resting on each of their heads.

Salvation **shifts** from Pentecost on. No longer will it be exclusively the gift of the Jews; through the work of the Holy Spirit, the Gentiles (non-Jews) will respond to 3

the Gospel message of New Life in Christ. Before His Crucifixion, the Lord spoke to His Disciples about the gift of the Holy Spirit, which they were to receive after the Ascension. John 14:16 reads, “*I will ask the Father to send you another Helper (the Holy Spirit) who will abide with you forever.*” Jesus explains, in John 16:7, “*that (the Holy Spirit) cannot come to you until I go away (at the Ascension) but after I am gone, I will send Him to you.*”

It is significant that three of the Apostles depicted in the icon were not among the original twelve Apostles. Why are the Apostles Paul, Luke and Mark included? Because this is not a historical depiction of the event – it is a **THEOLOGICAL** statement about what the Feast means. The Apostles Paul, Luke and Mark were ALL involved in preaching the Gospel to the **Gentiles!** The Gospel is for everybody. The Church is for **everybody.** Am I saying that everybody should become Orthodox? YES! This is the **Church!** This is the **Ark of Salvation!** Jesus said, “*I will build My Church.*” St. Peter wrote, “*The Lord is not willing that any should perish!*” St Paul echoes that when he writes, “*God desires ALL men to be saved and to come to the Knowledge of the Truth.*”

After His Resurrection, the Lord appeared to the Disciples (in the Upper Room) and He said to them, “*Receive the Holy Spirit.*” They received a foretaste of the Full Outpouring of the Spirit they would experience on Pentecost Sunday. This is a very important part of our Faith as Orthodox Christians. We are not simply to **think** about God, we are to **experience** Him. At your Baptism and Chrismation, the Holy Spirit comes upon you and **indwells** you. In the Old Testament, the Spirit of God rested upon people. Now, He indwells us. That’s why your body is a Temple of the Holy Spirit. That is why we don’t cremate bodies! That is why you have to be careful about what you put into your body! What you **do** with your body! Your body is a **temple (a dwelling place)** of the Holy Spirit.

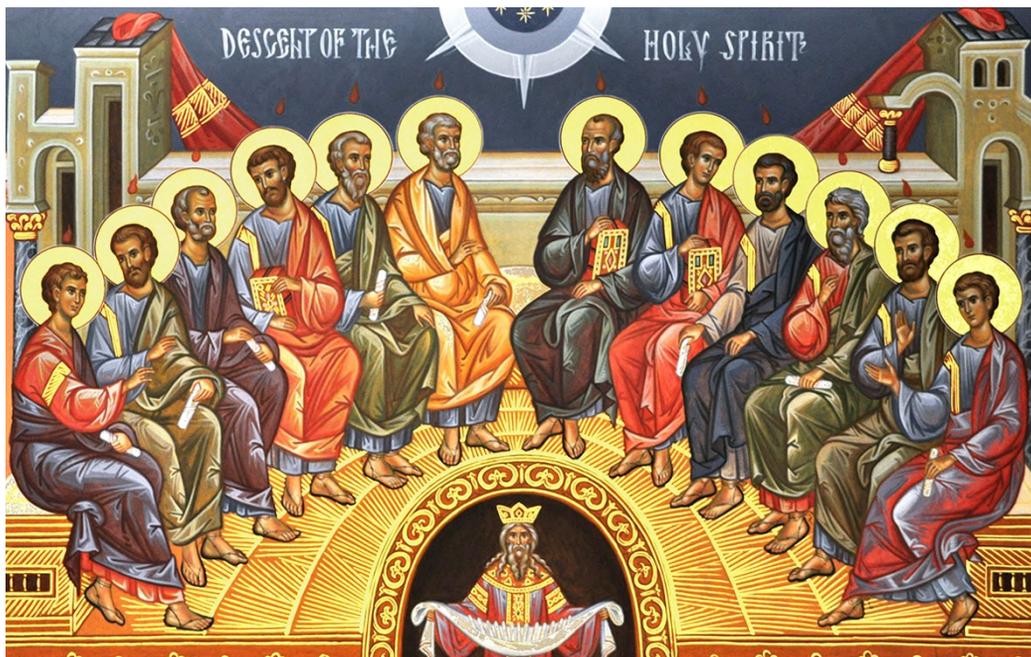
On the bottom of the icon is an elderly king inside a black background. The King symbolizes the world (or the Cosmos) and the Black Background symbolizes that Darkness of Sin and the Shadow of Death that surrounds those who are apart from

Christ! You'll notice that he has 12 scrolls on the white cloth on his lap. Those 12 Scrolls represent the 12 Apostles who bring the **Light Of The World** through their teaching and preaching. St. Athanasius the Great states, "The ultimate goal of the Descent of the Holy Spirit is the Sanctification of Creation!"

O Heavenly King, the Comforter, the Spirit of Truth, who art in all places and filleth all things, treasury of good things and giver of life, come and abide in us; cleanse us from every impurity and save our souls O Good One.

Pentecost marks the beginning of this active process of the Holy Spirit abiding in us and cleansing us from every impurity: from the Passions!

Anger? More cleansing is needed! Love of Money? More cleansing needed! Sexual Passion? Arrogance? Gluttony? Fear? The desire for human glory? Envy? Lust for Power? Pentecost is the moment when the Holy Spirit began to actively indwell Christians and initiated the process of cleansing **them** and **us** from these Passions. Transforming the Passions of those who are **cooperative** with Him - into virtues! In other words: Healing us!



ANTIOCHIAN WOMEN

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



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

NORTH AMERICAN BOARD

❖ DIOCESE OF LOS ANGELES & THE WEST ❖



July 2021

Reverend Fathers & Beloved Sisters in Christ,

Glory to Jesus Christ! Glory forever!

It's Summer of 2021 & what a great time to **RENEW!** We have endured the storm of the pandemic and now is the time to look forward with thanksgiving, joy & the determination to RENEW our commitment to God's holy house.

In our parish families & communities, Thank God, we are returning to a new normal. Hopefully, we are reaching out to those who have not yet returned to extend our love and encouragement to help them feel it is indeed time to **RENEW.**

But what about the ministry teams/organizations of your parish? Some managed to maintain some level of activity by using technology or other assorted methods. Your DLA AW Board did our best to provide as much interaction as possible to keep you feeling connected. But now, as we emerge from this strange time in our history, it is the perfect time to give thanks for the countless blessings God has bestowed on us and to dedicate & commit ourselves once again to service in HIS holy house. As we do so, let us **RENEW** ourselves in our life in Christ.

How can WE – the Antiochian Women help our fellow sisters in Christ to **RENEW** their commitment & involvement to our parishes? We need to take the time to reach out personally. Perhaps set up a phone team to call those you haven't seen & let them know they are missed. Consider some events that are intended purely for fellowship to help build & strengthen your ties to each other. That personal touch often makes such a big difference.

As we are taught in Isaiah 40:31 – “but those who hope in the LORD will **RENEW** their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

The most important component as we aspire to **RENEW** is to pray – pray for your Sisters in Christ that they will join in the joy of Christian fellowship & service through our Antiochian Women's ministry. Please know you are all in my prayers.

With Love in Christ,

Charmaine E. Darmour

Charmaine E. Darmour, AW President
Diocese of Los Angeles & the West

On Parenting and A Humanity “Full of Teenagers”

By Heidi Blair of St. Luke Orthodox Church in Garden Grove, CA

When I was a newlywed and not yet a mother, a very wise woman told me that parenting was equal parts pride and shame.

Now, when she told me this, we were on a retreat together, and she had brought three of her five children. I remember thinking to myself, “Five children! Why would you do that?” I couldn’t even fathom having one child, let alone five.

And, of course, I had no idea what she meant by her phrase “equal parts pride and shame” because not only could I not imagine having a child, but I also had no idea the roller coaster ride motherhood was going to be.

Of course, many years later, God saw fit to bless us with three sons (not all at once)! From almost the moment my first infant turned into a normal strong-willed human being, I certainly understood what she meant. My little son would share a toy with a friend – so much pride in my sweet child! My child would then turn around and smack the same friend a moment later – oh, the heavy shame!

These feelings came lightning fast, usually one right on top of the other – so many years of constant pride and shame. Of course, every time, I would think of that wise woman with her five children. She definitely knew what she was talking about!

Now, I have two teenagers and a tween. With this comes more independence and less time where I am actually with my children. Less moments feeling pride and shame. They spend long amounts of time at school away from me, with their friends away from me, and at rehearsals and practice away from me.

This is how it should be! They are growing and developing and figuring out who they are and what their interests are. They are learning how to make decisions on their own and weigh the consequences.

But, with those choices come consequences that, many times, they must deal with on their own. Those of you with teenagers know exactly what I’m talking about. At this point in parenthood, it’s even harder because we are no longer by their sides

encouraging them to go apologize to the friend they hurt or whatever the issue is. We have to give them advice and hope they remember our guidance from the earlier years. We can talk and talk and talk and give guidance and commiseration, but, in the end, they are the ones who choose how they handle these situations.

I often wonder if God feels like he is surrounded by a humanity full of teenagers. We – who He created and gave life to – all want to do our own things and follow our own wills. We all want to take the easy path, even though we know it will be more difficult later (because the easy path is just smoke and mirrors, isn't it?).

God has given us a book full of wisdom, full of Jesus's words, full of examples and parables and guidance. Yet we, like teenagers, think we know exactly what we're talking about – we can take care of everything, just fine on our own, thank you very much.

To make things worse, we live in a world where the guiding advice is to do whatever makes you feel “happy.” Happy? This is incredibly different from the walk that Christ calls us to. He promises us salvation and guidance from the Holy Spirit and contentment in the Lord. He does not promise we will always be happy! Walking with Christ is difficult – but the rewards are immeasurable.

I can just imagine God the Father watching His rebellious teens try to figure it all out. In my sillier moments, I imagine Him shouting advice at us the way we do at characters in a movie (“No! Don't go that way! Aggg, why don't they listen??”).

Luckily, that's just my silliness because we know God is infinitely patient with us, His creation. It's definitely an example I need to keep emulating as I continue on this pride/shame parenting rollercoaster!



A Humanitarian Project in Garden Grove



Our Sisters in Christ of St. Luke Orthodox Church in Garden Grove, CA have been busy with yet another humanitarian project! Their latest project was making “Adult Bibs” for patients at St. Joseph Hospital Home Hospice. They have made several dozen bibs and counting! Using several styles of fabric and designs, these Adult Bibs were created “assembly line” style; one cuts, one sews, one turns and presses, and one finishes depending on which style is being made. This allows those who do not sew to still serve in this ministry! What a beautiful Lenten project to help those going through such a difficult time!



A ZOOM Retreat

By Kh. Jean Baba of
Holy Virgin Mary Orthodox Church in West Sacramento, CA

2020; A pandemic; A world shut down... Fast forward to 2021 and with all that behind us, the pandemic did not stop us from holding the Antiochian Women Spiritual Retreat. Although we were not together in person, we gathered on screen and had a most wonderful and blessed retreat. Our Chief Shepherd and Metropolitan JOSEPH was in attendance and opened our gathering with a prayer and encouraging words of wisdom.

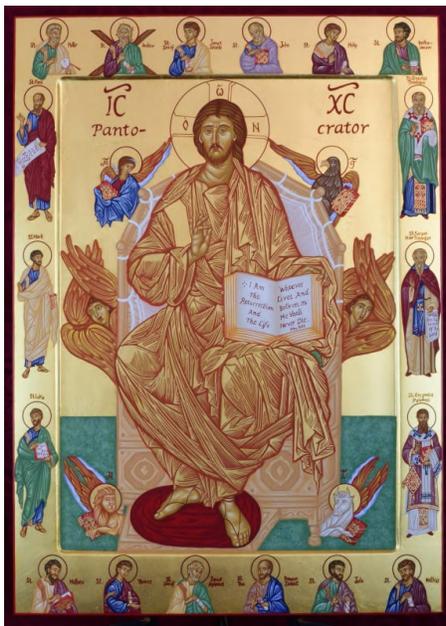


The Retreat was held by ZOOM beginning with a coffee/social hour and over 130 Antiochian women, our beloved Spiritual Advisor, Very Rev Father David Hovik, Very Rev Father Paul Baba, Rev Father Mansour Azar, the esteemed Board Members of the DLAW Antiochian Women and our Guest speaker Khourieh Randa Khoury Azar were in attendance.



There were 12 states represented ranging from Hawaii, Alaska, California, more states in between and all the way to Florida and Washington DC. Our sisters in Christ from Uruguay, Canada and Germany represented their parishes at the retreat as well.

Khourieh Randa Azar, our guest speaker, spoke on "Icons as a Sacred Liturgical art of high Theology and Spiritual service, and the Iconographer as a messenger; not just an artist who abides to a language routed in the tradition through symbols and colors." It was a great teaching and well presented.



Icons written by Kh. Randa Azar



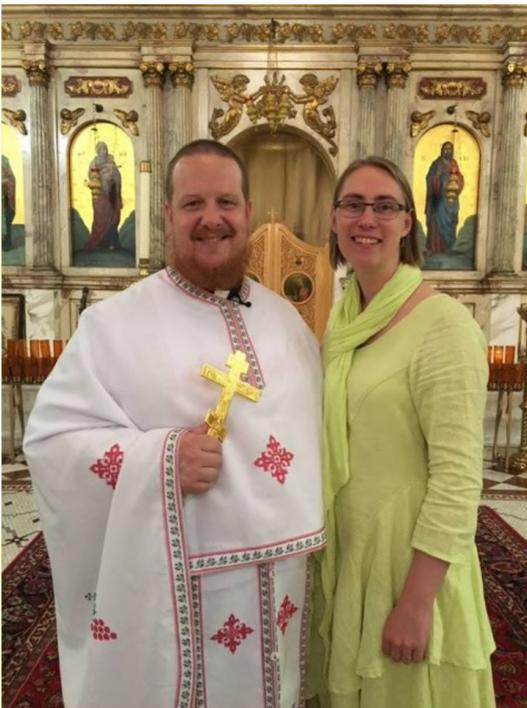
We had a few guest appearances by Isabel Elac, our longest retreat attendee, The Bahu girls, Marilyn Habeeb, Lucy Hanna and Georgette Malouf along with Father David. They shared their past experience at the retreat and brought back many memories to us all. The videography and photo slide show put together by Nicholas Baba sure was a treat!

As the retreat coordinator, reflecting back on our Virtual Retreat, I wish to thank all who attended on ZOOM and all who donated for us to continue with our ministry and outreach programs. While our morning opened with a coffee hour and meet and greet, the day flowed with Spiritual enrichment, a walk down memory lane and concluded in gratitude for what we learned. May St Mary of Egypt intercede for us all, for our soul's salvation!

Khouria of the Diocese of Los Angeles and the West

For full biographies and interviews, please check out our Antiochian Women's Facebook Page

Kh. Anna Fields of
St. Vincent of Lerins Orthodox Church in Saskatoon, Saskatchewan, Canada
PRARIE DEANERY



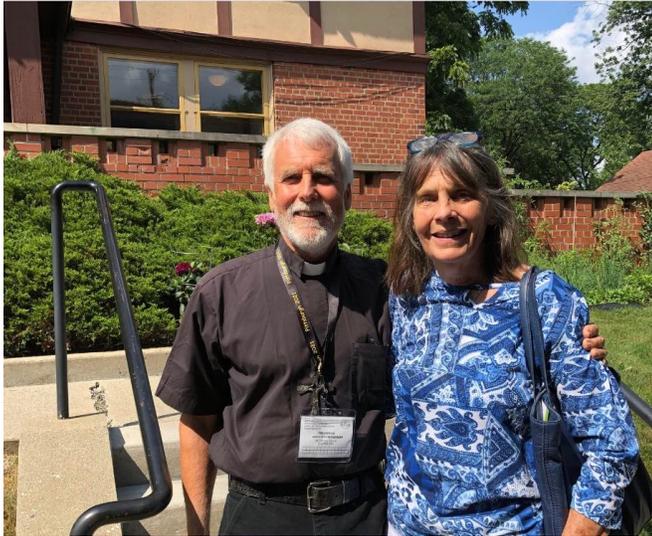
“My favorite part about being a priest wife is being able to support my husband in his ministry to people and helping people by helping him; and praying for my husband and the parish. The hardest part is not always knowing if I am supporting my husband the way he needs me to support him. It is also hard to find that balance for family time and “us” time as a couple. We are still very much learning about this.

Even though the past 5 years have sometimes been really hard for us as a family for various reasons, I do not regret that we chose to follow what we felt was

God’s calling and pursue this path in life. In hindsight I can now see how so many doors opened for us along the way and the blessings of all the wonderful people we met along that same path.

I hope I can look back at this past year of the pandemic and point out all the doors that opened and how God was working things out for the best (like He always does) even though I couldn’t see it, and still sometimes feel like I can’t see it right at this moment.”

Kh. Barbara Christianson of St Timothy Orthodox Church in Fairfield, CA
NORTHERN CALIFORNIA DEANERY



“My favorite part of being a Khouria is meeting new people and making connections to other Orthodox Christians, especially through travel to conferences. I get to see myself as a part of the larger Orthodox world. I had hoped to go to Kenya this past year to visit their missions, but due to Covid, the trip was cancelled. I hope to have the opportunity to go next year, God willing. The hardest part of being a Khouria is feeling the agony of the families that have suffered from the past. Seeing their suffering and trying to continue to pray for their healing.”

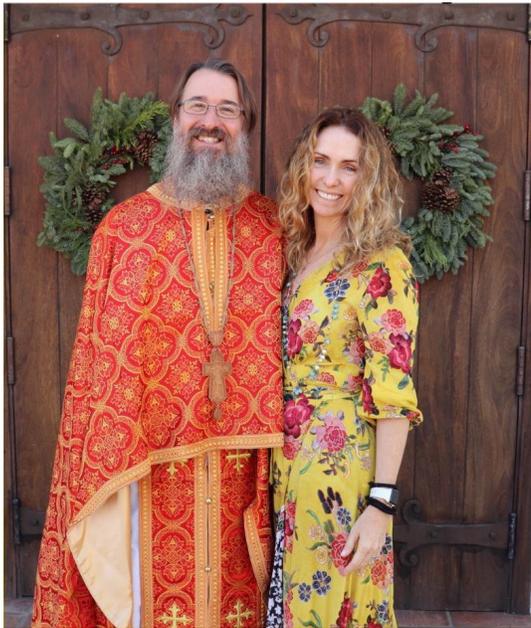
Kh. Maria Habib of St. Ignatius Orthodox Church in Twin Falls, ID
PACIFIC NORTHWEST DEANERY



“My favorite part of being a Khouria is being a mother to the parish, a shoulder to cry on, or lend a listening ear whenever it is needed. Being in a position to be of help is a blessing sometimes. The hardest part is that it can be very lonely and isolating. There aren't a whole lot of people who understand what the Khouria goes through while juggling her many roles. At the end of the day, we each stand alone, sometimes struggling to stand straight under the weight of the many issues we face. God is merciful though, and even in the toughest moments His grace always shines through.”

Kh. Karen Coles of St. Ignatius Orthodox Church in Mesa, AZ

DESERT DEANERY



“I would tell my younger self to relax and be yourself. Enjoy the small things, the laughter, the tears along with the big things. To a new Khouria - I would tell you that you cannot ignore your own spiritual life. Like Fr. Tom Hopko said in his maxims “Pray as you cannot as you think you must” and pray as much as you can. You will not get it by osmosis, because your husband is praying. The spiritual life is like exercise, no one else can do it for you. Don’t be too hard on your kids but stay strong and keep bringing them to church. Even when you show up late or have to spend half the service waking with a fussy baby, keep bringing them to church. This was and is not negotiable in our house. They will thank you. Eat dinner as a family as much as you can.”

Kh. Caryn Kruse of

St. Raphael of Brooklyn Orthodox Church in Thousand Palms, CA

SOUTHERN CALIFORNIA DEANERY



"Being a Khouria is a fulfilling and a beautiful struggle. My life has been, and remains, the Church. I have had the honor of meeting pious and beautiful clergy and laity, each of them leaving their imprint on my heart and mind. Times have been both overwhelmingly joyous and lonely and isolating. 23 years ago, we were placed at St. Raphael, a small mission: my son was the altar boy and all the girls and myself chanted the services. For many years we were a “church in the box” and our family set up and took down the altar and iconostas for every service. We were at every service, every season. I may have missed 1 or 2 Sundays due to illness in the last 20 years. Last year, Fr David, my youngest daughter and I served all the Lenten services and Holy Pascha- just the 3 of us. While many churches had to close due to Covid-19, we were able to continue services since we were already in contact with each other each day. Though it had its challenges, it was truly an honor to serve in this way. What unspeakable joy this year, to know we have the opportunity to repent and then celebrate in person as a parish. What a privilege.”

Getting “Back to Normal” at the Cathedral

By Lauren Malouf of
St. Nicholas Orthodox Cathedral in Los Angeles, CA

After a difficult year in 2020, our Antiochian Women’s Group (affectionately known as the “Ladies’ Society”) sought to find a way to “get back to business” in 2021!

Every year, we typically hold a Hamburger Luncheon on Meatfare Sunday. The proceeds of this event and all subsequent donations go to the NAB Antiochian Women’s Project for that year. While this wasn’t possible this year due to the restrictions in Los Angeles County, we put our heads together to find a way to support this important ministry and serve those of us that were able to attend Sunday Liturgy services. We decided to host a distanced, pre-order “Bake Sale” before and during Lent. On Meatfare Sunday and Cheesefare Sunday, we sold meat pies and cheese fatayer, respectively. Then, throughout Lent, we sold zaatar loaves and spinach pies! During the week, we received orders, made purchases on Saturdays, and safely distributed them on Sundays after Liturgy. Even though we were unable to have official “Coffee Hours,” being able to spread joy through food during this difficult time, was such a blessing. So many of our parishioners were generous with their donations and their time!



Our Ladies' Society was also blessed to be able to hold our first ever Book Club this Spring! We read The Holy Angels by Mother Alexandria, which was the official Book Club selection of the NAB Antiochian Women this past year. We met three times over ZOOM in order to discuss this fantastic and awe-inspiring book. Due to our virtual meetings, we were able to reconnect with our sisters in Christ, some of whom we had not seen in over a year! It was such a blessing, and we were truly grateful! We were blessed to have the new Dean of our Cathedral, V. Rev. Fr. Nabil Hanna present during some of these sessions to give us clarity and guide us through the book! While we enjoyed reading the book and learning more about the ranks of the Angels, our biggest takeaway from these sessions was how important it was for our women to meet and discuss our spiritual lives and journeys. We are looking forward to hosting another Book Club in the fall!

Our Cathedral family was finally able to meet and break bread together on the Feast of Pentecost! To celebrate this glorious feast and the reuniting of our Church family, our Parish Council hosted a lovely luncheon after Liturgy! Our Ladies Society was eager to roll up our sleeves and with the help of our Teen SOYO, we helped to plate and serve this meal to the over 300 parishioners who attended!

Our Antiochian Women are looking forward to continuing our service to the Cathedral and to continue developing our spirituality as a Sisterhood!

“Grant me, Thy servant, O Saviour, worthily to sing a song and to praise the fleshless Angel, my Guide and Guardian. Holy Angel, my Guardian, pray for me. I lay alone in folly and idleness, O my Guide and Guardian; forsake not me who am perishing. Glory to the Father, and to the Son, and to the Holy Spirit: Guide my mind by thy prayer to fulfil the commandments of God, and to receive from God remission of sins, and teach me to hate all wickedness, I pray thee. Now and ever, and to the ages of ages. Amen.”

- From the Canon to the Guardian Angel

Celebrating Antiochian Women's Month
Across the Diocese



**St John Cathedral
Eagle River, AK**



**St Anthony the Great
San Diego, CA**



**St Michael
Van Nuys, CA**



**St Nicholas Cathedral
Los Angeles, CA**



**Sts Peter & Paul
Ben Lomond, CA**



**St John the Baptist
Post Falls, ID**



St Mark - Irvine, CA

St George Portland, OR





**Holy Virgin Mary
West Sacramento, CA**



**St Herman of Alaska
Wasilla, AK**



St Luke Garden Grove, CA





St Nicholas - San Francisco



**St George
San Diego, CA**



**St James
Modesto, CA**

A Reflection on Saint Christina

By Kh. Christina Shaheen Reimann,
of St. Anthony the Great Orthodox Church in San Diego, CA



I always thought my parents named me after my grandmothers. Being especially fond of them both, I told everyone with no small amount of joy and pride that I was named after both my father's and my mother's mother: Christina Marie. Yet my family rarely called me Christina when I was growing up. They all thought it was "too big a name for such a tiny person" and nicknamed me Tina. This was fine by me; I never liked my name until I got to college and learned that Christina means "one who is of or follows Christ." It was at this time that I took my name seriously and strove to live up to it. I felt very blessed to have a special name. It brought back happy memories from my childhood name day celebrations. How could I have ever thought that Christina was not a suitable name for my parents to give me? The life of this great martyr is one of courage, beauty, and love.

The details of the life of St. Christina vary depending on which account of her life you read. However, the core text of these accounts is the same. We are told that she was born in the coastal city of Tyre (in modern day Lebanon) in the third century. With no mention of a mother or siblings, the focus of her early life is centered on her father, Urban. A wealthy man who sought to protect his daughter from any knowledge of Christianity, he used his ample means to have a huge tower constructed, and St. Christina was "reared within the confines of the tower without restricting her activities, yet assuring that she could never encounter a Christian or even hear of Christianity."

Although she had the best education possible in these circumstances and lacked nothing material, she soon grew weary of the tower. She derived her only comfort from her walks around the tower terrace, which enabled her to contemplate the wonders of creation and their beginnings.

“God in His great mercy, seeing her yearning for the truth, sent His angel to her...and instructed her fully in the things of God.”

Zealous in her newfound faith, she sold everything she had and gave it to the poor, and she began to evangelize the pagans around her. She suffered many tortures because of her faith – even having her breasts cut off and her tongue cut out. According to her *Life*, when her tongue was cut out she threw it in the face of the governor and he was blinded instantly! When she finally died in the year 234, she was laid to rest in a chapel erected by an uncle in her memory.

There are many valuable lessons that can be derived from this moving story of the life and death of St. Christina. However, I wish to focus on only two points: (1) she overcame the difficulties of her upbringing and (2) she fulfilled the call of discipleship.

It is very interesting that Urban so carefully constructed St. Christina’s upbringing. He put so much energy into his fears rather than into his relationship with his daughter. He tried – with drastic measures – to control what was beyond his power to control. As a result, Christina was raised in an atmosphere of fear and with a false understanding of reality. She herself had the potential to be a fearful, self-indulgent, and narcissistic person, imprisoned by the circumstances of her life. But when Christ made Himself known to her and broke all her chains of enslavement, she chose to receive this freedom with joy and enthusiasm. By God’s grace she was able to discern the True God. She chose not to worship the gods of power, prestige, and materiality.

Her example gives us encouragement in our own struggles to become more like Christ. It shows us that we do not need to wallow in our past brokenness or to blame our present circumstances, whether personal or societal. But, as St. Paul said (Hebrews 12:1-2) and as St. Christina shows us, “Since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us

run with perseverance the race that is set before us, looking to Jesus the pioneer and perfection of our faith.”

In Christ Jesus we can overcome any obstacle that keeps us from our true selves.

When she received the gift of new life, St. Christina was able to tear down the tower that has enslaved her and went out to preach Christ to others. She did not become complacent or self-serving in her knowledge of God. Rather, she fulfilled the call of discipleship that is asked of each of us who are baptized in Christ.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

(Matthew 5:14-16)

These words are exemplified in the life of St. Christina, who actively set out to evangelize those around her. We must be like her and strive for God’s glory in order to give light to all the world. No one should ever have to guess whether or not we are Christians, nor should our words or actions embarrass or cause them to stumble. Rather, our witness should feed their souls and stir up in them the desire to know Him Who grants us such joy and hope in our earthly struggle.



By the way, I discovered that my parents gave me the name Christina Marie because my mother loved the way it sounds in French. A lovely name, Christina Marie, causes me to focus on our Lord Jesus Christ and His Blessed Mother the Virgin Mary. After all, by virtue of my baptism, I was named after someone – Jesus Christ. To Him be glory and thanksgiving always and through the prayers and intercessions of St. Christina, may each of us be emboldened with the courage to shine for Him.

“I was in prison, and you visited me.”

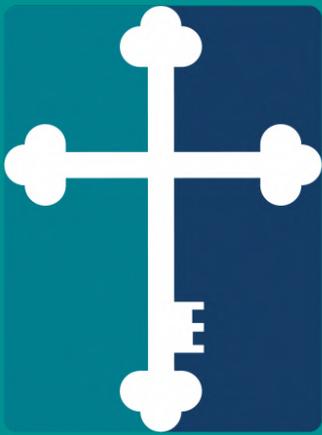
- Matthew 25:36

Each year the Antiochian Women North American Board (NAB) Humanitarian Coordinator identifies a charitable Act of Mercy that we, as Sisters in Christ, can participate in together on behalf of our ministry.

This year, we are being called to serve the Orthodox Christian Prison Ministry (OCPM). OCPM and the Antiochian Women of our Archdiocese have entered into an official partnership.

Please visit this dedicated webpage to find out the ways in which the women of your parish family can participate in this vital ministry.

<https://theocpm.org/Antiochian-Women/>



Orthodox Christian
PRISON MINISTRY

Christ is Risen! Truly He is Risen!

This year, our parishes across the Diocese celebrated our Risen Lord together! This year, perhaps more than ever, we were truly blessed with Christ's Holy Third Day Resurrection and the gift of being with our Church Families!

St George Portland, Oregon



Three Hierarchs Orthodox Church



Wenatchee, Washington



St Luke



Garden Grove, CA





**St Mary Mission
Murrieta, CA**



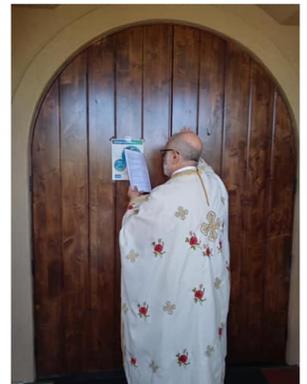
**St Herman
Wasilla, Alaska**



**Holy Virgin Mary
West Sacramento, CA**



**Holy Nativity of the
Theotokos - Mission**



**Seattle
Washington**





**St Athanasius
Sacramento, CA**



**St Michael
Van Nuys, CA**



**St Athanasius
Santa Barbara, CA**



**St John Cathedral
Eagle River, AK**





Sts Peter & Paul - Ben Lomond, CA



**Saints Peter and Paul Orthodox Church
Payson Campus - Salt Lake City, UT**



**St. Raphael of Brooklyn
Thousand Palms, CA**



O Death, where is your sting? O Hell, where is your victory? Christ is risen, and you are overthrown. Christ is risen, and the demons are fallen. Christ is risen, and the angels rejoice. Christ is risen, and life reigns. Christ is risen, and not one dead remains in the grave. For Christ, being risen from the dead, is become the first fruits of those who have fallen asleep. To Him be glory and dominion unto ages of ages. Amen.”

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Antiochian Women Prayer

In the Name of the Father and of the Son and of the Holy Spirit.
O Christ our God, we are all pledged to serve Thee with our whole being. Help us to continue to work for Thee through our Church without seeking praise, without seeking personal gain, without judging others, without a feeling that we have worked hard enough and now must allow ourselves rest. Give us strength to do what is right and help us to go on striving and to remember that activities are not the main thing in life. The most important thing is to have our hearts directed and attuned to Thee.

Amen.

