

Most Reverend
Metropolitan PHILIP
Founder
358 Mountain Road
Englewood, New Jersey
07631

Right Reverend
Bishop JOSEPH
*Bishop of Los Angeles
and the West*
454 South Lorraine
Boulevard
Los Angeles, California
90020

Antiochian Women

Diocese of Los Angeles and the West

Fall Newsletter 2009



Antiochian Women's 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

*Please copy and distribute or otherwise make this
newsletter available to the women in your parish.*

Executive Board Roster

DIOCESAN BISHOP

His Grace, Bishop JOSEPH

SPIRITUAL ADVISOR

Very Rev. Fr. David Hovik
St. Andrew – Arlington, WA

PRESIDENT

Lucy Hanna
St. Andrew - Riverside CA

VICE PRESIDENT

Melinda Bentz
Holy Cross – Palmdale, CA

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St. Michael - Whittier, CA

TREASURER

Judy Pappoff
St. Luke – Garden Grove, CA

PUBLIC RELATIONS DIRECTOR

Kim Lukins
St. Peter - San Dimas, CA

COORDINATORS

MEMBERSHIP

Mirna Shomali
St. James Mission – Anaheim, CA

CORRESPONDING SECRETARY

Mary Patty Holley
St. Michael – Whittier, CA

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Georgette Malouf
St. Nicholas – Los Angeles, CA

RELIGIOUS

Joy Corey
St. John the Baptist – Post Falls, ID

NAB PROJECT

Melinda Bentz
Holy Cross – Palmdale, CA

SPRING RETREAT

Isabel Elac
St. Nicholas – Los Angeles, CA

IMMEDIATE PAST PRESIDENT

Samia Habib
St. Nicholas – Los Angeles, CA

"If you are making something, you must call to mind the Creator of all things; if you see the light, remember the Giver of it. If you put on your clothes, recall whose gift they are and thank Him who provides for your life. In short, let every action be a cause of your remembering and praising God, and lo! you will be praying without ceasing and therein your soul will always rejoice." -- St. Peter of Damascus

A message from our Spiritual Advisor

Fr. David Hovik

There is point of emphasis in the October 4 Gospel Reading (Luke 6:31-36) that is very easy to miss. Jesus says: "If you love those who love you what credit is that to you? ... If you do good to those who do good to you, what credit is that to you? ... And if you lend to those from whom you hope to receive back, what credit is that to you?"

People often imagine what an ideal Christian life would be like. It goes something like this: If I did everything according to God's will then He would reward me with a blissful, peaceful co-existence with all those around me. However, if you look at Jesus' words carefully, it's clear that such an idea is anything but Christian. Our Lord is telling us how we must live in the face of what WILL BE our reality in this life:

You will have people in your life who won't love you. You say: "What have I done to bring this about?" Perhaps nothing at all but they WILL BE a part of your life. You will have people in your life that will treat you cruelly, belittle you, gossip about you, undermine you and it may be worse than that. Pardon the pun, but you can take this to the bank: You will also encounter people in this life who will NOT PAY YOU BACK when you lend them money or items.

This group is truly a great gift to each of us. That parent, child, co-worker, parishioner or even perfect stranger that test the limits of our love & mercy are the ones who help us determine if our faith is real. Everybody does nice things to those who reciprocate, Jesus reminds us. That doesn't prove anything.

If we want a great reward; if we want to be true children of God (Sons of the Most High – vs. 35 says) we have to actively love and extend kindness to the very people who are unloving and unkind and ungrateful to us. Why? Because that is who God is by nature (according to vss. 35-36) and if we claim that we are, in fact, united to Him in Baptism and Partake of His Divine Nature in receiving His Holy Body & Blood- Then His life (this kind, merciful, unselfish life) needs to be reflected in our treatment of people.

Which is why Matthew Mark & Luke all note Jesus telling His disciples to: not only love God with all your heart, soul, mind and strength but to also "...love your neighbor as yourself." How we treat (and respond to) others is, perhaps, the clearest measure of our spiritual health.

St. John of Kronstadt (who certainly suffered his share of criticism from those who were envious of him) called "the people who hate us and slander us: physicians." What did he mean by that? He saw them as being sent by God to instruct us and teach us humility... Therefore, he said: "Thank God for outward dishonor." That is really the point I want you to grasp about this passage. These encounters (in marriage, family, work, church) are inescapable gifts from God to help us assess ourselves and opportunities to touch someone (that God has brought into our life) with the LIVING Gospel.

Recently, I was reading an issue of Death to the World magazine that contained a remarkable story about St. Nicholas (the enlightener of Japan). This young priest-monk from Russia encountered much resistance to Christianity from the government and the people but he developed a great love for the Japanese people. In his early years a Samurai confronted St. Nicholas, threatening his life if he did not stop corrupting the people with Christianity. Japan had had a very bad experience with non-Orthodox missionaries.

St. Nicholas actually agreed to die, but only if the man would first listen to him preach. The Samurai consented, and Fr. Nicholas began to tell him about the Orthodox faith and how Christ came for man's salvation. The Samurai was so taken with the truth of St. Nicholas' words (delivered with great kindness and grace) that his would-be murderer actually became the first man to be baptized by Fr. Nicholas. Fourteen years later, this Samurai was ordained the first Japanese Orthodox Priest, Fr. Paul Sawabe.

"Be merciful, even as your Heavenly Father is merciful." And you may be surprised at how God is able to use that kindness in YOUR life and in the lives of OTHERS.

In Christ,

Unworthy Priest, Fr. David



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Hierarchical Overseer
454 South Lorraine Boulevard
Los Angeles, California 90020

Your Grace Bishop JOSEPH, V. Rev. David Hovik, and my dear Sisters in Christ,

I greet you in the Name of our Lord and Savior Jesus Christ. Most of you are receiving this newsletter by email from our very able Public Relations Director, Kim Lukins. At the upcoming Fall Gathering, hosted by St. Matthew Orthodox Church of Torrance, California, October 9 – 11, 2009, we will have a very limited number of hard copy newsletters for those who do not have email. Please see me after the meeting if you wish to receive one.

By the grace of God, the Antiochian Women have completed the 2008 – 2009 Project, raising \$112,800 for “Children with Special Needs”. On behalf of the North American Board of Antiochian Women and all the young children who have benefited from these funds, I wish to thank you and congratulate you on your hard work and dedication to those in need.

At the Archdiocese Convention this past July in Palm Desert, California, Metropolitan PHILIP has given us a new project for 2009 – 2010. For many years he has had a vision that one day we would have an Orthodox Convent at the Antiochian Village. The newly established Convent of Saint Thekla is the realization of this vision. The Convent will be built on the grounds of the Antiochian Village. Mother Alexandra, the acting Abess, is already living on site. Please read more about “The Founding of the Convent of Saint Thekla at Antiochian Village” on page 12 of the September WORD Magazine, written by Mother Alexandra herself.

A flyer with more information will be emailed to everyone as soon as it becomes available, and a poster will be sent to every parish for posting on their bulletin boards.

I appeal to every Antiochian Women chapter in the Diocese of Los Angeles and the West to hold a fund raising event to raise funds for this wonderful project. You can plan something during the month of March which is Antiochian Women Month in our Archdiocese, or any other time you choose. The deadline for the Project Money to the Diocesan Treasurer is May 15, 2009. Please make you check out to “Antiochian Women, Diocese of the West” and send it to our treasurer, Judy Pappoff: 16627 Sequoia Street, Fountain Valley, CA 92708.

For those of you who were not at the Parish Life Conference this year, I would like to introduce to you the new officers and coordinators for 2009 – 2011 term of office, and thank every one of them for her willingness to serve. Please see the roster on the next page.

I look forward to seeing as many of you as possible at the Fall Gathering, October 9 – 11, 2009. Please know that I am always available to support you and answer any questions you may have. Feel free to contact me by phone or email any time.

Your sister in Christ,

Lucy Hanna, President
Antiochian Women, Diocese of the Los Angeles and the West

Home: (951) 736-9809

Cell: (951) 415-7667

Email: lucy.hanna@sbcglobal.net

ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA
DIOCESE OF LOS ANGELES AND THE WEST
DIOCESE OF EAGLE RIVER AND THE NORTHWEST
2009 – 2011

President

Lucy Hanna
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Home Parish: St. Luke Church
Garden Grove, CA

Immediate Past President

Samia Habib
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Home Parish: St. Nicholas Cathedral
Los Angeles, CA

Membership Coordinator

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Home Parish: St. James Mission
Anaheim, CA

Vice President/Project

Melinda Bentz
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Home Parish: Holy Cross Church
Palmdale, CA

Public Relations Director

Kimberlee Lukins
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Email: outhseprose@verizon.net

Home Parish: St. Peter Church
San Dimas, CA

Humanitarian Coordinator

Georgette Malouf
1021 N. Orchard Drive
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(310) 923-4347 (Cell)
Email: gette0324@yahoo.com

Home Parish: St. Nicholas Cathedral
Los Angeles, CA

Religious Coordinator

Joy Corey
760 Chisholm Court
Post Falls, ID 83854
(208) 777-2863 (Home)
(208) 660-0538 (Cell)
Email: joyinidaho@gmail.com

Home Parish: St. John the Baptist Ch.
Post Falls, ID

Recording/Corresponding Secretary

Kh. Joy Herney
1608-C South Mayflower Ave.
Monrovia, CA 91016
(626) 374-6490 (Cell)
Email: joyfulkhouria@adelphia.net

Home Parish: St. Michael Church
Whittier, CA

Spiritual Advisor

V. Rev. David Hovik
230 East Burke Avenue
Arlington, WA 98223
(360) 435-9769 (Parish)
(360) 435-6331 (Home)
(425) 232-7716 (Cell)
Email: frdhovik@comcast.net

Home Parish: St. Andrew Church
Arlington, WA

Spring Retreat/Scholarship Coordinator

Isabel Elac
1325 Valley View Road, Unit 301
Glendale, CA 91202-1737
(818) 956-3756 (Home)
Email: Lalattia23@aol.com

Home Parish: St. Nicholas Cathedral
Los Angeles, CA

Diocesan Web Site Liaison

Michael Habib
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(818) 219-2720 (Cell)
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Home Parish: St. Nicholas Cathedral
Los Angeles, CA



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Vice President / Project Coordinator Report

Dear Sisters in Christ,

Christ is in our Midst!

Thank you for allowing me to serve you through this office of Vice-President / Project Coordinator. It was my pleasure and blessing to serve you as your Public Relations Director. God Bless our new Public Relations Director Kim Lukins as she begins this service.

God bless all of you, through the efforts of the Antiochian Women across the ArchDiocese we were able to raise \$112,800.00 for the 2008-2009 project, "Children with Special Needs."

I am very excited to announce our new Project for 2009-2010! Metropolitan Phillip has for years envisioned a convent at Antiochian Village and with this goal in mind, he has given us this new project: "The Convent of St. Thekla". You may read in the September issue of The Word magazine "The Founding of the Convent of Saint Thekla at Antiochian Village" to learn more about this blessed endeavor. Further information and the poster are being finalized and will be emailed or mailed to you as soon as they are ready.

God bless you as we enter another year of service to Him through our families, parishes and this Diocese.

Your Sister in Christ,

Melinda Bentz

Melinda Bentz
Holy Cross, Palmdale

Antiochian Orthodox Christian Women of North America
A Sisterhood Serving Christ Through Serving Others

**"The soul of a humble man is like the sea: throw a stone into the sea -- for a moment it will ruffle the surface a little, and then sink to the bottom. Thus do afflictions disappear down into the heart of the humble man, because the strength of the Lord is with him." --
St. Silouan of Mount Athos**

Diocese of Los Angeles and the West Antiochian Women's

31st Annual Spring Retreat

**“REDISCOVERING THE JOYFUL PATH: BUILDING AN
ORTHODOX PERSONAL LIFE, HOME AND PARISH”**

By: V. Rev. Fr. David Hovik
Spiritual Advisor

His Grace, Bishop JOSEPH, Presiding

April 23-25, 2010

Prices: Weekend (includes Friday Dinner)
Early bird (before April 5, 2010) \$85.00
Regular (after April 5, 2010) \$100.00
Saturday Only: (All attendees must pay) \$60.00

**For More information call:
Isabel Elac – (818) 956-3756**

BRING WITH YOU: Sleeping bag/pillow, towels, and walking shoes, warm clothing/jacket, slacks, toiletries, flashlight, Bible, prayer book

DON'TS (RANGER RULES): alcoholic beverages, drugs, flammable liquids, pets, food in sleeping rooms, cars in camp area (only in parking lots), smoking in buildings.

For those who would like to stay at the Best Rest Inn (Flying J), reservations can be made by calling: 800-766-9009. Prices for the weekend remain the same whether you sleep at the Camp or not.

Please return the application below with your check payable to: **“Antiochian Women, Diocese of the West”**

Mail to: Isabel Elac
1325 Valley View Road #301
Glendale, CA 91202-1737

Registration Deadline: April 16, 2010

All participants must be 18 and older.

Name _____

Address _____

Telephone _____ Email _____

Emergency Contact and Phone _____

Parish _____ City _____ State _____

For a lower cabin please specify need: Senior Medical Other

Whole Weekend, Early bird (before April 5, 2010) \$85 _____ Friday Dinner? Yes No

Whole Weekend, Regular (after April 5, 2010) \$100 _____

Saturday Only \$60 _____

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Retreat Scholarship

Guidelines and Application

A limited number of scholarships are available from the Diocese of Los Angeles and the West Antiochian Women to attend the Spring Diocesan Retreat. Please see your parish priest.

QUALIFICATIONS:

Applicant must be a female, at least 18 years of age the year of the retreat.

Applicant must be a member in good standing of a parish of the Diocese of Los Angeles and the West of the Antiochian Archdiocese.

Applicant must be actively involved in her parish.

Applicant must demonstrate financial need and be recommended by her parish priest.

In order to allow more women to participate, scholarships will not be granted to the same applicant more than once every two years.

Applications must be received no later than 30 days prior to the Retreat.

Applications must be approved by the Spiritual Advisor, President and the Treasurer (to confirm availability of Funds).

Scholarships will be awarded based on the above and *on the availability of funds*.

Please complete, detach, and send the registration form below to the Scholarship Coordinator:

Isabel Elac
1325 Valley View Road #301
Glendale, CA 91202-1737
(818) 956-3756

-----"
Diocese of Los Angeles and the West Antiochian Women
Camp St. Nicholas Retreat Scholarship Application

Today's Date _____ Name _____ Date of Birth _____

Address _____

Telephone _____ E-mail _____

Parish _____ Pastor's Name _____

Parish Address _____

Pastor's Signature _____ (Pastor: Please attach letter of recommendation)

(Contents of Pastor's letter are strictly confidential and will be reviewed by the Diocesan Spiritual advisor only)

Spiritual Advisor's signature

President's signature

Treasurer's signature

Antiochian Diocese of Los Angeles and the West
Northern California Diocesan Women's Retreat
November 6 -8, 2009
At *Vallambrosa Center, Menlo Park, California*

Retreat Speaker: **The Very Reverend Fr. David Hovik**
St. Andrew Church, Arlington, Washington
Diocesan Spiritual Advisor of Antiochian Women
**Theme: Rediscovering the Joyful Path: Building an
Orthodox Personal Life, Home and Parish.**

-----CUT HERE & RETURN-----
2009 Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

Parish/City _____

Suggested Roommate¹: _____

Roommate's Parish: _____

Meals (please check all meals you plan to attend at the 2009 retreat):

Friday Dinner
Saturday Breakfast Lunch
 Dinner
Sunday Lunch (following Divine
 Liturgy)

¹ If you listed a roommate, she also must submit a registration form by Oct. 19, 2009. Otherwise, another roommate may be assigned to your room.

Diocesan Retreat Policy

I understand that the deposit of US\$115.00 is non-refundable. Enrollment might be transferred to another woman if I cannot attend the retreat. In such event, I will contact the retreat coordinator, Yaulanda Spyrou for approval of the substitution. The balances due are the responsibility of the substitute. **All remaining balance must be received by October 19,2009.**

Signature: _____

Date: _____

Amount Enclosed: \$115 \$230

Check #: _____

(Please make all checks payable to Northern California Deanery, and write "2009 Fall Retreat" in the memo section.)

Please send completed and signed form along with your payment to
Northern CA Diocesan Antiochian Women's Retreat
c/o Yaulanda Spyrou
65 E. Rincon Avenue
Campbell, CA 95008

?Questions

Please contact Yaulanda at
yspyrou@e-spyrou.com or 408.732.4692

A TRIBUTE TO JEANNE BEYER ON HER 90TH BIRTHDAY

Our dear friend, Jeanne Beyer, turned 90 years old on Wednesday, September 23, 2009. Born one year after WWI ended, Jeanne grew up in Oshkosh, Wisconsin as an Episcopalian. After graduating from Nursing School, she married and mostly stayed home to raise her family of four boys.

In 1950, Jeanne moved with her family to California where she renewed her nurse's training, passed the California Board and went to work. In 1974 she was widowed and it became her sole responsibility to provide for her youngest son, David, who was still 14 years old and living at home. In the Spring of 1981, after a year of studying Orthodoxy, she was received into the Orthodox Church and felt at home immediately, immersing herself in many ministries including the Antiochian Women.

Jeanne served on the local and diocesan levels in one capacity or another for more than 27 years. She held several offices on the executive board of the Diocese of the West, including President, Vice President and Treasurer as well as several coordinator positions.

In the Fall of 2008, Jeanne was hit by a car as she was getting out of her car. She suffered numerous broken bones, had several surgeries and was shuffled between hospitals and care facilities for months. To make things worse, she suffered a stroke while in one of the facilities and was in and out of consciousness for a while. Now she is mostly in a vegetative condition and is being fed through intravenous tubes. She hardly ever opens her eyes and looks like she is sleeping all the time.

Jeanne had lost one of her sons to cancer a year before her accident. The other three live out of state and two of them are not in good health. Her youngest son, David, and grandson, Sean, come to visit as much as they can. Jeanne has basically raised Sean and he has provided much leadership in taking care of her affairs.

I would like to thank the many women who visit her from time to time, especially Judy Pappoff and Elizabeth Forrest, both from St. Luke Church, who visit her on a weekly basis, even though she may not even realize they were there. Her pastor, Fr. Micheal Lewis, visits and anoints her regularly as well.

On the day of her 90th birthday, Fr. Michael and a few of us went to see her (see pictures below). Fr. anointed her and prayed the special prayers for the sick and we all sang the responses. To our surprise, she opened her eyes and every time she heard us sing the responses, she jerked her right leg at the knee several times. I held her hand and squeezed it gently and she tried to squeeze mine. Following the prayers, Fr. Michael called her son David and put him on speaker and we sang "happy birthday" to her and then Father put the phone to her ear and David talked to her. She reacted with a faint smile. We believe she recognized his voice and was very happy. David was very pleased as well and wants to thank everyone who has been visiting and praying for her. Several women, who could not go to see her on her birthday, went either the day before or the following weekend. Thank you all.

Please continue to keep Jeanne in your prayers that God may grant her healing and peace.

Your Sister in Christ,
Lucy Hanna



Antiochian Women of St. Andrew

Reviewing the events of the past year is a beautiful blessing allowing us to see how God has led us. This is certainly true for the Antiochian women of St. Andrew Orthodox Church in Riverside. One year ago we were honored to host the Fall Gathering for the first time at our parish. The high point of that week-end came when Bishop Joseph blessed the ground where, God willing, a new temple will be built. Now, a year later, the foundations for the new temple are being poured, even as I write this. As I reflect on this year, I am truly grateful for the unstinting efforts of every woman in the parish to help with the many tasks involved with supporting the church including gifts of time, of talents – culinary, artistic, organizational, to name just a few – and of prayer.

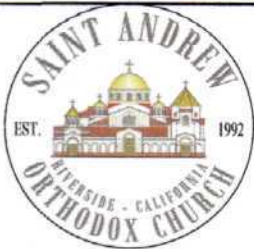
The Antiochian women of St. Andrew have assisted with fund raising activities to support the building project including our Patronal Feast in November, an International Dance & Dinner Night in the spring and the sale of the “Holy Women of the Orthodox Church” CD which is produced by the Antiochian Women of North America, and also Orthodox Bracelets. We have improved our candle decorating skills so that we have been able to sell special candles at Pascha. It seems that no matter how many we make, it is not quite enough! We have been able to raise funds for new purple altar server robes to be used during Lent.

With great joy we recently received the hand written icon of the Myrrhbearers that the women had commissioned from iconographer, Janet Jaime. How precious it is to be able to beautify the church and to help in our devotional life! Because we call our St. Andrew group of women “the Myrrhbearers”, this icon will have special meaning for each of us, helping us focus on our desire to serve our church.

We also want to serve our local community. To this end we continue to offer a meal for the homeless of Riverside at an established shelter on a quarterly basis. This time of financial challenge has resulted in overall decreased support for the needy and has certainly challenged us all to reevaluate our priorities.

It is easy to make a list of activities in the past year and to feel some surprise (we really did all that in spite of busy schedules, geographic distances in our parish, the financial times?!) and also some satisfaction, yes, even pride. However, I am reminded of the words of St. Isaac the Syrian: “Virtue does not consist in many different visible bodily activities, but in a heart that is wise in what it hopes for and whose actions are accompanied by a right intention.” As we look ahead to a time of new opportunities and challenges, may we seek God’s wisdom in what we hope for and to guide our intentions that all may be done to His glory alone.

Marquelle Anderson
Chapter President



Adults : \$60.00
Children 4-12: \$25.00
Under 4 years: Free

Please RSVP to:
Leigh Cordery (951) 369-6297
Regina Roum (714) 904-3028
by Sunday, Nov. 22, 2009

For further information, call the
Church office at: 951-369-0309

**ALL PROCEEDS BENEFIT THE
ST. ANDREW BUILDING FUND**

St. Andrew Church PATRONAL FEAST Celebration

V. Rev. Josiah Trenham and the Parishioners of
St. Andrew Orthodox Church

4700 Canyon Crest Drive, Riverside, California

invite you to join them in the celebration of their Patronal Feast

On Monday, November 30, 2009

4:00 p.m. Vespers and Blessing of the Domes and Foundation

6:00 p.m. Social Hour

7:00 p.m. Banquet

His Grace Bishop JOSEPH, Presiding

His Grace Bishop BENJAMIN of San Francisco (OCA), Honored Guest

Dr. David Bentley Hart, Keynote Speaker

Theme: “Post Modern Life and Traditional Christian Faith.”



The Women of Saint Peters

464 E. Bonita Ave
San Dimas, Ca 91773
www.saintpeterantiochian.org

The women of St Peter's have had a busy year. We sponsored a booth at the Western Days in San Dimas last fall and were able to give away several gifts to children and share our presence in the community with many people.

We sponsored a church women's retreat to St Barbara's monastery in Santa Paula in October of '08. Most of us had not been to the monastery before so we took in the sights, sounds and smells and appreciated the peace and serenity. The prayers were sweet and they fed us well. Mother Melania's quiet spirit, knowledge of the fathers and practical applications are always helpful. Then all too quickly it was time to go home.

We were able to provide Fr Duane Pederson's Lancaster Homeless Project at Christmas with nearly 200 personal hygiene kits and hope to be able to participate again this year.

We sponsored a visit to St Peters from Fr Peter Gilquist in January of '09 on the anniversary of our church that was well received by our college age members as well as the rest of us.



Our main fundraising event this year was on May 17, when we had a dinner prepared by Cyndee and Barry Hanna and served by our young people followed by a church Talent Show. Father Patrick likes to say when things are going great, "It just doesn't get any better than this!" That quip sums up the Saint Peter's dinner and Talent Show that took place at St. Nektarios Greek Orthodox Church in Covina. It certainly was a night to remember. The food and wine were absolutely delicious and the talent

was entertaining and inspiring. The silent auction baskets added to the fun and the quilt that we raffled off was beautiful. There are not many events where our senior citizens down to our youngest children can spend three or four hours together and all have a wonderful time. This was a great night for our families and for our church community.



With the money earned at the Dinner and Talent Show, we were able to contribute \$300.00 to the Antiochian Women's fund raiser for Retired clergy. We were also able send 9 junior and senior high hand maidens and four of our women to St. Paisius Monastery for a five day Spiritual Pilgrimage.



Recently we decided as a group to contribute \$1000.00 from our garage sale of 2 years ago to be used as seed money for a church book store. We look forward to the fruit of this investment and plan to reimburse our account with our upcoming fall garage sale.

We are having a special meeting after Liturgy on Sunday. That is when our entire community will get together to vote on whether we should accept the counter offer on a piece of property in Pomona. This coming year promises to be an exciting one for our Parish. I can't wait to share our decision with you in the Spring Newsletter!

Your Sister in Christ
Kim Lukins

**His Grace, Bishop JOSEPH Blesses the Community in
Fort Saskatchewan, Alberta with the Name**

"PROTECTION OF THE HOLY THEOTOKOS"

10/03/09

Fort Saskatchewan, Alberta, Canada



Troparion

Most holy Mother of God, today we Orthodox joyfully celebrate thy coming among us. As we gaze at thy icon we cry with compunction: Shelter us under thy protection, deliver us from evil, and pray thy Son Christ our God to save our souls.

On October 1, 911, at 4 AM, the Mother of God appeared above the people in the crowded Blachernae Church of the Mother of God in Constantinople, during an all night vigil. She had in her outstretched hands a long veil. St. Andrew the Fool for Christ was standing in the back. He said to his disciple Epiphanius, "Do you see how the Queen and Lady of all is praying for the whole world?" Epiphanius replied, "Yes, Father; I see it and stand in dread." They are depicted in the lower right of the icon 'Protection of the Holy Theotokos'.

OCTOBER

BREAST CANCER AWARENESS MONTH



Breast Lumps: 7 Myths and Facts

Breast lumps are common. Can you separate myth from fact?

By Kathleen Doheny
WebMD Feature

Reviewed by Louise Chang, MD

About 40% of women will discover a breast lump at some point in their lives. Although a lump doesn't necessarily mean cancer, what women do immediately after that discovery can mean the difference between survival or not.

So what do you need to know if you find a breast lump? Four experts interviewed by WebMD help separate myths from facts.

1. A Breast Lump Is Almost Always Cancer

This is a myth, thankfully, but a widespread one, says Stephen Sener, MD, past president of the American Cancer Society and professor of surgery at the University of Southern California's Keck School of Medicine in Los Angeles.

"Every woman [with a breast lump] thinks it's cancer until proven otherwise," Sener says. "The older a woman is, the more petrified she is that she is the one in seven or eight to get breast cancer," says Sener, referring to a woman's lifetime risk of the cancer.

But some women shift to denial, says Laura Kruper, MD, a breast cancer surgeon at the City of Hope Comprehensive Cancer Center in Duarte, Calif. They will think cancer can't possibly be happening to them, she says. "Or they will think they are too young."

The lump is more likely to be cancerous in older women who have gone through menopause than in younger women, says Susan Love, MD, president of the Susan Love Foundation, clinical professor of surgery at the University of California Los Angeles David Geffen School of Medicine, and author of *Dr. Susan Love's Breast Book*.

When a lump turns out not to be cancer, what else might it be? It could be a cyst (a fluid-filled sac that can be drained), an abnormal noncancerous growth such as a fibroadenoma or, much less often, a blood clot that causes lumpiness. It could also be a "pseudo lump," caused by hormonal changes that isn't a lump at all, says Love.

Whatever the cause, it's important to get any lump evaluated. Sener recommends a physical examination, a mammogram, and perhaps an ultrasound. "Most of the time you have a reasonable idea what is happening after that," he says. Some women will need to get a biopsy.

2. Breast Cancer Is Always Accompanied by a Lump You Can Feel

Not necessarily, says Jennifer Eng-Wong, MD, a medical oncologist at Georgetown University's Lombardi Comprehensive Cancer Center in Washington, D.C.

"Sometimes you pick up a cancer on a mammogram before you can feel [the lump] she says. That's the norm. "Most cancers are picked up on screening mammograms."

3. A Cancerous Lump Feels Different From a Benign Lump

Not always, says Eng-Wong. Cancerous lumps and noncancerous, or benign, lumps, can overlap. When a lump is cancer, she says, women often assume it will be a single lesion that feels hard and doesn't move around. That could be, she says, but a cancerous breast lump could also feel smooth and be mobile, she says. "You can't always tell by how it feels," says Love. "Cysts, if they are deep, will feel scary. If they are near the surface, they often feel round and smooth. But if they are deep, they can push the breast tissue forward. Something that feels fairly benign and smooth and movable can be a cancer. Something that feels very scary can be benign."

The best advice? "Anything that feels different to you should get checked out," Love says.

These days, Love says, checking out breast lumps is easier for several reasons. Breast surgeons and breast clinics are common and ultrasound is often available right in the office.

4. A Small Lump Is Typically Nothing to Worry About

This is definitely not so, says Kruper. "Cancer can be very small when it first presents," she says. "Size is never a good way to decide whether a lump is something to worry about."

Kruper says she has seen women whose breast lumps have ranged in size from a pea to a grapefruit. The lumps found on mammograms, she says, can be extremely small. "When women actually feel a mass, it's usually less than an inch in diameter, the size of a small cherry," she says.

5. It's OK to Watch a Lump and Call the Doctor Later

It's not OK, and the older you are, the more this advice applies, doctors say. "You should always be evaluated by a health care practitioner," Eng-Wong says. "Sometimes they will recommend watching it for a couple months in women who are still menstruating," she says. "You can have cysts [that feel like lumps], and they can change with the menses."

Older women who have gone through menopause aren't likely to have lumps change from hormonal influence, so watchful waiting isn't typically considered an option.

Bottom line for older and younger women: "Get evaluated," Eng-Wong says.

How soon should you seek medical help? Doctors vary somewhat in their answers. Eng-Wong advises: "Take care of it within two to four weeks," whatever your age.

Sener prefers a faster timeline. "Call a physician within a day or two of identifying the lump and get advice about what to do," he says. A doctor may decide watchful waiting is acceptable, but a woman should not decide that on her own, Sener says.

The worst approach? To go into denial and wish away the lump. "I still see women who have had a lump for two, three months," Sener says. "They think that because physicians tell patients that cysts come and go," it may go away on its own. "If it turns out to be a cancer, two or three months can make a difference, especially in a younger person."

6. A Lump Can Be Cancer Even in a Woman With No Family History

Absolutely, says Love. "Only 5% or 10% of breast cancer is hereditary. The majority of women who get breast cancer have no risk factors. But women often believe otherwise, Kruper says. They tell her: "If I don't have a family history of cancer, a lump is not likely to be cancer."

7. A Lump Can't Be Cancer in Women with a History of Cysts

Not so, but some women are lulled into this false sense of security. Women who have been told for years they have cysts often assume a new lump is nothing to worry about, Kruper says. She tells women: "Whenever something new appears, we [physicians] need to know about it." She cautions them not to assume that just because previous lumps turned out to be cysts -- or nothing at all to worry about -- that the new lump is the same story.



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A Note from the Public Relations Director

Hi! My name is Kimberlee Lukins and I would like to Thank You for the confidence you have shown by electing me as the public relations director for the Antiochian Women, Diocese of Los Angeles and the West. Please pray for me that I may be worthy of your confidence.

The Fall Newsletter has been both a joy and an eye opener for me. I will try to do a better job this spring with your help and guidance. As I understand it, the Newsletter is a way for us all to share our successes and failures over the past year so that others can learn from them and use that knowledge in their philanthropic endeavors. I also would like to think that through stories and pictures, we can all get to know each other a little better and build a strong sisterhood in Christ.

I hope to start the appeal for your stories, pictures, and ideas in plenty of time so that every chapter of The Antiochian Women who wants to share will be able to do so. Please send me any address or email changes so that I can contact you.

If you have any questions, ideas, or suggestions please feel free to contact me at:

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I am sorry I cannot attend the Fall Gathering this year, but I look forward to seeing you all at the 31st Annual Spring Retreat.

Your sister in Christ

Kim Lukins