ASSUMPTION OF THE
BLESSED VIRGIN MARY
5761 E. Colorado St.
Long Beach, CA 90814

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Worship Services

Regular Schedule
Orthros 8:45 AM
Divine Liturgy 10:00 AM

NOTE: Sunday Divine Liturgy starts at 10:00AM year-round.

See enclosed calendar for dates and times of other services this month.

THE PANAGIA

Assumption Of the Blessed Virgin Mary
Greek Orthodox Church
Long Beach, CA

MARCH 2017

Assumption of the Blessed Virgin Mary Greek Orthodox Church
5761 East Colorado Street, Long Beach, CA 90814-1954
Phone (562) 494-8929 - Fax (562) 985-1379
Email – office@assumptionlb.org

Rev. Fr. Christos Kanakis, Proistamenos
Frchristos@assumptionlb.org

Voula Michail-Kitsios, Executive Admin. Assistant Jorge Rivera, Custodian

PARISH COUNCIL MEMBERS
Jimmy Eleopoulos, President
Nick Monios, Vice President
Jerry Polychrones, Recording Secretary
Tasos Papas, Responding Secretary
Angelo Karapoulios, Treasurer
Members
Spiros Beckas, George Demos, Chris Dolas,
George Karidakis, Athena Mantas, Ajit Shahani,
Anthony Zoolakis, Stelios Zoumberakis

AHEPA
Tasos Papas - President

Bookstore
Zoe Falley - Administrator

Bulletin Coordinator
Voula Michail - Kitsios

Choir
Jerry McMillan - Director
Costa Kourtis - Advisor

Church School
Olivia Varonos

Daughters of Penelope
Sofie Batshoun

Family Night
Sam Platis

GOYA
Eleni Dalkos & Christina Gillotti - Advisors

Greek Cultural Arts and Dance
Patty Ladas - President
Dina Lioulias - Vice President

Greek School
Tasia Triantos - Principal
Dina Triantos - President

Hope/Joy/VBS
Maria Georgakopoulos - Advisor

Panagia's Little Lambs
Elizabeth Syrengelas

PHILOPTOCHOS
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Mary Lofton - 1st Vice President
Lia Kakaris - Secretary
Sophie Batshoun - Corres. Secretary
Kathy Bastas - Treasurer
Bobbie Soupos - Advisor.

Senior Christians
Nick Monios - President

Trisagio Ministry
Max & Mary Lofton,
Vickie Hennig, Yiota Beckas

Web Site
David Derks

Welcome Ministry
Kathy Bastas (Chair),
Camille Dolas, Kay Platis,

Young Adults
YoungAdultsLB@gmail.com

GOYA Basketball Practices & Games

We will be having practices every Friday evening in the gym as we have been doing in past years from 5 pm - 10 pm all the way through to May 5 (except 4/14 - Good Friday).

Home Games
Our home games will be from 1:00 pm to 8:00 pm:

- Sunday, 3/5 vs. St. Anthony
- Sunday, 3/19 vs. St. Sophia
- **Saturday, 4/1** vs. St. Nicholas
- Sunday, 4/2 vs. St. Basil
- Sunday, 4/23 vs. St. George

Away Games
- Sunday 3/12 at St. John
- Sunday 3/26 at St. Katherine

Little Lambs

During February we celebrated our love for each other and for Christ. We learned that Christ heals us by sticking bandaids on cutouts of our hands. We made hearts trees to remind us that love is all around and we even made and traded Valentine's for each other. Now we will begin to learn and prepare for Pascha. We have great activities and songs planned for our little ones. The year is going quickly and our babies are growing. They love stickers, glue and dancing. We are so blessed to have such a fantastic ministry for the youngest members of our church!

Elizabeth Syrengelas

CONGRATULATIONS

We extend our congratulations to: Nia Matty who participated at 2017 Debutante Presentation at St. Sophia's.

March's Prosforo

Is donated by Cecilia Kourtis and Nikki Vorris. Thank you. If you would like to donate the Prosforo please call the office.

Bookstore

The bookstore will be closed temporarily for re-organization. If you have a need for any icons, gift items, charcoal and incense or books, please contact Voula at the church office at 562-494-8929, or call me at 714-366-0001 to help you.

Thank you for your patience.
Zoe Falley

Greek School

Congratulations to our Student of the Month,
Alexandra Cardenas (Level 2)

Please mark your calendars!
Sunday, March 26th

Greek Independence Day Luncheon following church services

Many new and exciting things happening with Greek School.
Follow us on Facebook (Assumption Greek School).

Philoptochos

Philoptochos would like to congratulate our fabulous Greek dancers, instructors and of course the parents for another successful FDF year!

Many of the volunteers who helped with FEEDING CHILDREN EVERYWHERE have asked, who these meals were distributed to. We are proud to tell you that the 10,008 meals were picked for those in need by**: Christian Outreach in Action, Veteran's First and Vineyard Church of Anaheim**. God has truly bless us by giving us this opportunity to share with others. Thank you all!

Thank you all who shared their favorite Lenten dish with us at the Koulouma and joined in the fellowship as we prepare ourselves for Lent. We were also able to enjoy a wonderful lentil stew prepared by the ladies of Philoptochos. (This is the same lentil stew that was packaged for our hunger project!)

Spring is just around the corner and March is full of excitement. We will have our annual membership luncheon on Sunday March 12th. It's MARDI GRAS MADNESS! Time to get your creativeness moving and host and decorate your table! If you are interested in hosting a table please contact Lia Kakaris at tlkakaris@charter.net or 562-733-1778.

It's also time to renew your membership. Philoptochos cannot do all the philanthropic work that it does, without your help. Ladies of all ages and men too! If you haven't sent in your membership renewal, now is the time to do it! Philoptochos is one of the largest women's philanthropic benevolent religious organizations in the United States. The benevolent works of Philoptochos are a continuation of Christ's ministry on Earth. If you are a current member or it's something new to you, come join us on March 12th and see what we're all about. We'd love to have you.

Our first General Meeting of 2017 will be held on Sunday March 19th in the hall after Divine Liturgy. At this meeting we will go over the 2017 budget. A lite lunch will be served. Please join us and share your ideas with us!

Tsourekia baking will take place on Saturday of Lazarus April 8th at 8:00 am. We need your hands. If you are interested in helping come on down! We will be selling the bread on Palm Sunday, April 9th after Divine Liturgy. Please be sure to place your order by contacting Voula at the church office.

April 30, 2017 Philoptochos will be holding board elections. You will be receiving a notification letter this month regarding this. If you are interested in being a part of our chapter board please contact Karen at 562-416-5565. We need your help!

SAVE THE DATE! Sunday May 7th our annual KIDS 'N CANCER reception at Big Canyon Country Club Newport Beach.

You should all have received your donation letters for Kids 'N Cancer/Camp Agape. Our Assumption community has been one of the largest donors over the years. Through your love and generosity we have sent many cancer stricken children and their families to camp. If you haven't received your letter and would like to contribute, please contact Karen @ 562-416-5565.

And we know that all things work together for good and to them that love God to them who are called according to His purpose. Romans 8:28

Your Sister in Christ,
Karen Fic, President

Greek Dance & Cultural Arts School

FDF 2017 has come and gone. Our dancers and directors with the love and support of their families and friends gave it their all and made us proud. FDF highlights include:

Ta Patriotakia performed beautifully in Division III and danced with our Metropolitan.
Mikra Asteria received second place in Advanced Primary category.
Ta Angeloudakia received first place in Advanced Junior category.
Junior Olympians amazed us with their dance suites in Advanced Intermediate category.
Nea Ellas gave outstanding dance presentations and won the Costume Award in Senior category.
Olympians received first place in Advanced Senior and won the Costume Award in Advanced Senior category.

George and Vickie Demos were the honored recipients of the Metropolitan Anthony Humanitarian Award for their years of service and philanthropy to the church and its many ministries.

Ilianna Richards received the Dean S. Phillips Memorial Scholarship among several other dancers who received scholarships.

Dancers and their families participated in a Diakonia outreach project at FDF alongside other participants, packaging 41,000 meals for hungry children.

Several members of the Assumption community are part of the FDF Board of Trustees and Management Team which helped to make FDF 2017 a success. These individuals include: Spiro Beckas, Eleni Beckas, Michael Syrengelas, Voula Contos, Tia Karapoulios, Greg Karapoulios, Christine Alexopoulos, Toni-Marie Koulos, Stelio Zoumberakis, and George and Vickie Demos. It is a ministry which requires great dedication and we are thankful to Father Gary Kyriacou, to the Board of Trustees, and to the Management Team.

Divine Liturgy was celebrated with Archbishop Demitrios and Metropolitan Gerasimos along with other clergy across the Archdiocese. Father Christos was instrumental in the coordination of a beautiful service. He led our dancers in prayer for their presentations and cheered his spiritual flock to do their best.

If you would like to watch any of the performances, you may go to YouTube and search for the FDF Live channel or you may also visit gkaridakis channel. George Karidakis took footage of Assumption performances during the weekend for all to enjoy.

Our appreciation to our Assumption community for your love and support. Glory be to God for this dance ministry!

Wishing you all a Blessed and Great Holy Lent!

Greek Column by Voula Michail

Γιατί τρώμε μπακαλιάρο την 25η Μαρτίου;

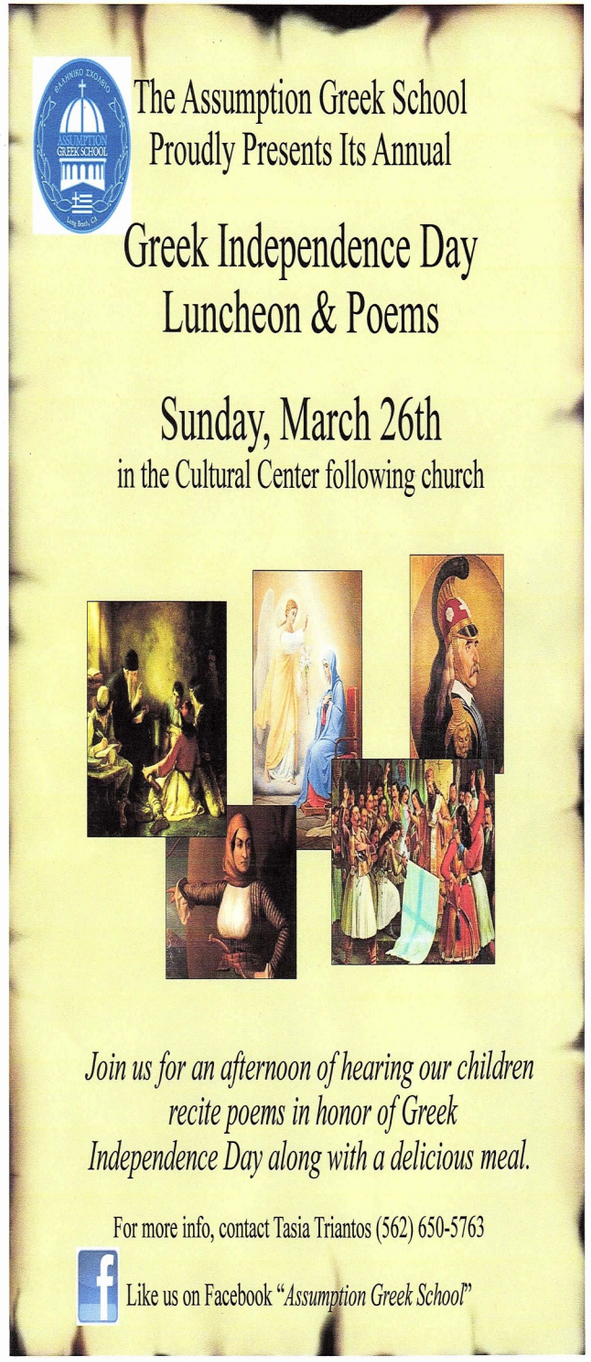
Την 25η Μαρτίου, ανήμερα της διπλής εορτής, του Ευαγγελισμού της Θεοτόκου και της επετείου της Εθνικής Εορτής, καταλύεται η νηστεία της Σαρακοστής.
Το έθιμο μάλιστα καλεί στο οικογενειακό τραπέζι την 25η Μαρτίου να προσφέρεται μπακαλιάρος συνοδεία σκορδαλιάς. Σε ποιες , όμως, άλλες περιπτώσεις καταλύεται η νηστεία της Σαρακοστής
Η Μεγάλη Τεσσαρακοστή είναι η παλαιότερη και πιο αυστηρή χρονική περίοδος νηστείας για την ορθόδοξη εκκλησία. Στην έναρξη της καθιέρωσης της, περί τον 4ο αιώνα μ.Χ., προβλεπόταν μάλιστα κατά τα μοναχικά πρότυπα ξηροφαγία, με τους πιστούς να τρώνε μόνο μια φορά την ημέρα κι αυτή μετά τις 3 το μεσημέρι.
Μέσα στην περίοδο της Τεσσαρακοστής η νηστεία καταλύεται, διαφοροποιείται δηλαδή, τρεις φορές, δίνοντας μια ευκαιρία στους πιστούς για ενδυνάμωση μιας και η νηστεία αυτή είναι η πιο αυστηρή.
Η πρώτη από αυτές τις εξαιρέσεις είναι ανήμερα της εορτής του Ευαγγελισμού της Θεοτόκου, όπως έχει καθιερωθεί η 25η Μαρτίου. Πρόκειται για μια χαρμόσυνη εορτή μέσα στην περίοδο του πένθους της Σαρακοστής και επειδή είναι θεομητορική εορτή, αφιερωμένη στην Παναγία και ως εκ τούτου ιδιαίτερα σημαντική, καταλύονται το ψάρι, το έλαιο και ο οίνος.
Όσον αφορά τη δεύτερη ημέρα διαφοροποίησης της νηστείας, αυτή είναι η Κυριακή των Βαΐων, η οποία είναι Δεσποτική εορτή, αφιερωμένη δηλαδή στον επίγειο βίο του Ιησού, οπότε οι πιστοί καταναλώνουν και πάλι ψάρι, λάδι και κρασί.
Κατάλυση του λαδιού γίνεται και τη Μεγάλη Πέμπτη, εις ανάμνηση της παραδόσεως του μυστηρίου της Θείας Ευχαριστίας από τον Ιησού Χριστό. Μάλιστα, τη Μεγάλη Πέμπτη τελείται και η Θεία Λειτουργία του Μεγάλου Βασιλείου, η οποία τελείται μόλις 10 φορές το χρόνο.

Το έθιμο του μπακαλιάρου

Παραδοσιακό έδεσμα της ημέρας του Ευαγγελισμού, η οποία έχει πια διττή σημασία για τον Ελληνισμό, καθώς συμπίπτει από το 1838 με τον εορτασμό της Επανάστασης του 1821, είναι ο μπακαλιάρος και μάλιστα συνοδεία της γνωστής σκορδαλιάς.
Η εξήγηση για τη γευστική αυτή συνήθεια είναι αρκετά απλή κι έχει να κάνει κυρίως με την αδυναμία των κατοίκων της ενδοχώρας να προμηθεύονται άμεσα και οικονομικά φρέσκο ψάρι. Παρά το ότι ο μπακαλιάρος δεν είναι ένα «ελληνικό» ψάρι, καθώς απαντάται κυρίως στις ακτές του βορειοανατολικού Ατλαντικού, το γεγονός ότι γίνεται παστός τον καθιστά ένα τρόφιμο φθηνό κι εύκολο στη συντήρηση.
Ο μπακαλιάρος έφτασε στο ελληνικό τραπέζι περί τον 15ο αιώνα και καθιερώθηκε άμεσα ως το εθνικό φαγητό της 25ης Μαρτίου, καθώς με εξαίρεση τα νησιά μας, το φρέσκο ψάρι αποτελούσε πολυτέλεια για τους φτωχούς κατοίκους της ηπειρωτικής Ελλάδας. Έτσι, ο παστός μπακαλιάρος, που δεν χρειαζόταν ιδιαίτερη συντήρηση, αποτέλεσε την εύκολη και φθηνή συνάμα λύση, έθιμο που κρατά μέχρι τις μέρες μας.

Panagia's Stewardship Family as of February 15, 2017

Ala Eli
Ala George
Ala Lisa
Alex Helen
Alexiou Demi
Alvertos Ioannis & Georgia
Amarantos Harriet
Andrews Dr. Jim & Nikki
Andrikos Ioannis & Argyro
Argyros Dionisios & Irini
Awad John & Litsa
Bacol Penny
Bacol Pete & Ria
Bacol Sina
Bastas Niko & Kathy
Beckas Spiro & Eleni
Boyce Maria
Bratkic Jure & Demetra
Brillakis Gus & Nicki
Brooks Harriet
Bussa Tom & Maria
Camaras Dean & Nicole
Cardenas Roberto & Alexia
Celentano John & Olga
Chelekis Louis & Vicki
Choullis Manolis & Sotiria
Chris & Panayota Siouris
Colazas Xenophon & Mila
Cornwell Caryle & Demetra
Coroneus John & Xanthipe
Currier Travis
Deneff Alkisti
Deralas Dean
Desalernos Stephen & Stefanie
Desalrnos Stephen & Julia
Dogris Alex & Peggy
Dolas Chris
Dollas Jim & Camille
Donlou Gordon & Maria
Edwards Nickolas & Pamela
Etchepare Anna
Exacustos Stella
Fic Karen
Georgedes Kaity
Ghillarducci Walt & Laura
Gianakopoulos Harry & Sia
Giannoulis Anastasia
Hadjimarkos Nick & Stemma
Hanches Fotini
Haririan Alka
Hatzidakis Yiannis & Christina
Hennig Vickie
Hourigan Joseph & Nickie
Jovicic Goran & Alexandria
Kakaris Telis & Lia
Kallins George & Bettina
Karapoulios Angelo & Eleni
Karapoulios Greg
Karapoulios Tia
karidakis George & Diane
Karthas Nicholas
Konstantinidis Byron & Kaite
Kontes Nick & Christina
Kontokanis Dimitrios & Maria
Koromelas John & Tina
Kostallas Anthony & Cathy
Kouris Gregory & Patricia
Kourtis Costa & Cecilia
Kyriakos Spiros & Lainie
Liarakos George & Dezi
Liarakos John & Tessy
Liarakos Voula
Loizides Goerge & Rodoula
Lovejoy Jeremy & Nectaria
Mangoutas John & Barbara
Manolas Georgia
Manolas Georgia
Manos Dr. Andy & Pamela
Mantikas Nick & Katherine
Markouizos George & Argyro
Markouizos Markella
Markouizos Nektarios & Lisa
Matty Dave & Barbara
Michel David & Vasiliki
Milonas Dina
Mitchell Peter
Monios Nick & Linda
Moreno Russ & Stephanie
Morgan Valerie
Nakai Keiichi & Saki
Papadakis Michael & Janel
Papadopoulos Evangelos & Lorraine
Papas Tasos & Georgia
Pappas Dino & Catherine
Pappas Victor & Christina
Paulos Mary
Paulos Nicholas
Phillips Crystal
Platis Jim & Kay
Politis Spiros & Assal
Polychrones Jerry & Marianna
Ragias Pete & Maria
Richmond Dan & Doris
Roumeliotis George & Pamela
Rous William & Tianna
Russos Asimina
Russos Manolis
Salsman Mel & Andria
Sehremelis Andy & Leslie
Shahani Ajit & Georgiadou Vicki
Sharkoff Dr. Donald & Anna
Shweiri Cathy & George
Siouris Chris & Yota
Sotiriou Panagiotis & Vasiliki
Soultanakis Trudie
Spiropoulos Troy & Gina
Stapakis Steve & Joanne
Stathis Robert & Josefa
Stavros Andy & Amber
Stavros Louis & Mary
Stavros Theodoros & Olga
Stavros Tom
Stevenson Gus & Leona
Sullos James & Vickie
Syrengelas A. Kon/nos
Syrengelas Soteria
Talaganis Ernest
Tavlarides Angelo & Mary
Teodosiadis Romilos & Melpomeni
Terzis Con/nos & Suzanna
Thermos Jerry & Elli
Toulios Spyros & Eleni
Toumasis Kyriaky
Tsimerekis Anna
Tsimerekis Christos & Christina
Vackrinos Catherine
Vagelatos John
Valaskantjis Nikiforos & Georgia
Varzak Darlene
Vasilomanolakis Dr. Mike & Niki
Vassiliades John
Vlachos Dino & Helen
Zarifes Angie
Zoolakis Anthony & Kari
Zoumberakis Stelios & Anastacia



Pascha Baking Goodies

PASCHA is approaching – April 16th
A time of renewal, celebration and tradition.... Tsourekia, Koulourakia, Kourabiedes, Melomakarona, Bakalva and beautiful red eggs!

Don't have enough time to bake these traditional sweets?? Leave it up to the talent ladies of Philoptochos; we will do it for you!

Pre orders are now being accepted by calling Voula at the church office (562-494-8929) or email Kathy Bastas at knbastas@aol.com

Tsourekia =$15.00
(available April 9, Palm Sunday)
Koulourakia = $8.00 – 1 dozen
Kourabiedes = $12.00 – 1 dozen
Melomakarona = $12.00 – 1 dozen
Baklava = $2.00 a piece

Remember to place your order (we sell out quickly) and prepay to avoid long lines on April 9th. Thank you for your continued support.

Assumption Philoptochos wishes all a Kalo Pascha kai Kali Anastasi.

In the year of the Lord - March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 **Little Lambs 10:30 - 11:30 am** **Greek School 5:30 pm - 7pm** **Pre-sanctified Liturgy 7 pm** **Adult Orthodoxy class & Bible Study 6pm - 7pm**	**2**	**3** ✚ Α΄ ΧΑΙΡΕΤΙΣΜΟΙ **1st Salutation 7pm** **GOYA Basketball practice 5 pm - 10 pm**	**4** ✚ Ψυχοσάββατο (Θαύμα Κολλύβων Αγ. Θεοδώρου) **3rd Saturday of the Souls** **Orthros 9:30 am** **Divine Liturgy 10:00 am**
5 ✚ Α΄ Νηστειών (Ορθοδοξίας) **Sunday of Orthodoxy** **Orthros 8:45 am** **Divine Liturgy 10:00 am** **Spring General Assembly**	**6**	**7**	**8** **Little Lambs 10:30 - 11:30 am** **Greek School 5:30 pm - 7pm** ✚ Προηγιασμένη Λειτουργία **Pre-sanctified Liturgy 10am**	**9**	**10** ✚ Β΄ ΧΑΙΡΕΤΙΣΜΟΙ **2nd Salutation 7pm** **GOYA Basketball practice 5 pm - 10 pm**	**11**
12 ✚ Β΄ Νηστειών (Γρ. Παλαμά) **Sunday of St. Gregory Palamas** **Orthros 8:45 am** **Divine Liturgy 10:00 am** **Philoptochos Annual Tea**	**13**	**14**	**15** **Little Lambs 10:30 - 11:30 am** **Greek School 5:30 pm - 7pm**	**16**	**17** ✚ Γ΄ ΧΑΙΡΕΤΙΣΜΟΙ **3rd Salutation 7pm** **GOYA Basketball practice 5 pm - 10 pm**	**18**
19 ✚ Γ΄ Νηστειών (Σταυροπροσκυνήσεως) **Sunday of Holy Cross** **Orthros 8:45 am** **Divine Liturgy 10:00 am** **Philoptochos General meeting**	**20**	**21** **Senior Christians Potluck 11:30 am** **P. C. Meeting 7:00 pm**	**22** **Little Lambs 10:30 - 11:30 am** **Greek School 5:30 pm - 7pm** ✚ Προηγιασμένη Λειτουργία **Pre-sanctified Liturgy 10am**	**23**	**24** ✚ Δ΄ ΧΑΙΡΕΤΙΣΜΟΙ **4th Salutation 7pm** **GOYA Basketball practice 5 pm - 10 pm**	**25** ✚ Ευαγγελισμός της Θεοτόκου **Annunciation of the Theotokos** **Orthros 9:30 am,** **D. Liturgy 10am**
26 ✚ Δ΄ Νηστειών (Ιωάννη Κλίμακος) **Sunday of St. John Climacus** **Orthros 8:45 am** **Divine Liturgy 10:00 am** Greek school Independence Day	**27**	**28**	**29** **Little Lambs 10:30 - 11:30 am** **Greek School 5:30 pm - 7pm** **Pre-sanctified Liturgy 7 pm** **Adult Orthodoxy class & Bible Study 6pm - 7pm**	**30**	**31** ✚ Ακάθιστος Ύμνος **Akathist Hymn 7pm** **Myrrh-Bearer Retreat 6pm** **GOYA Basketball practice 5 pm - 10 pm**	