

# ANTIOCHIAN WOMEN

Diocese of Worcester & New England

A Sisterhood Serving Christ Through Serving Others

~~ March 2021 ~~



*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 to 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*

## PRESIDENT'S MESSAGE *Cindy Hayes*

Bishop JOHN, Fr. Ed, Reverend Fathers and My Dear Sisters. Christ is in our Midst!

As we begin Ladies Month this year we are still looking at continued limited church attendance and social distancing. Many of our parishes are offering all services, Bible Studies, Church School and Meetings remotely. Our ability to get back to some state of normalcy is only to be determined by the distribution of the Vaccines. I pray that we are all able to get vaccinated and are able to be back in our pews for our journey through Great Lent, Holy Week and Pascha.

Our Annual Lenten Retreat is scheduled for March 27, 2021. You can attend the Retreat sponsored by the Diocese of Worcester & New England Antiochian Women either in-person or on-line. We are very excited to welcome Dr. Gregory Abdalah, Pastoral Assistant at St. George Orthodox Church in Phoenix, AZ, as the Keynote Speaker for 2021! The topic for the retreat is "Don't Stop Believin': A Journey to the Kingdom of Heaven." For more details and to register for free, please go to <http://downe2021.eventbrite.com>

I have included a synopsis of the NAB Mid-Winter meeting and in that you will see that the DIAKONIA has been retired but the Antiochian Women are now being included in each issue of the WORD magazine. Our Diocese will be highlighted in the summer issue. Please consider writing an article on the Good Works of your Ladies group/Parish for our Diocese submission to the WORD. Articles can be sent by May 1, 2021 to either to me ([hayescindylee@gmail.com](mailto:hayescindylee@gmail.com)) or Pam Samara ([pms@townisp.com](mailto:pms@townisp.com)).

Lastly our Parish Life Conference in June will also be held as a virtual Hybrid conference with online services and our meeting being held via ZOOM. The conference will be held at St George Cathedral in Worcester with Bishop ANTHONY as our Keynote Speaker. More information to follow.

Please enjoy this newsletter and remember that March is Antiochian Women's Ladies Month and that every woman in our parishes is an Antiochian Woman. We are the Moms, the Taitas, Sittos, the aunts, the sisters, the daughters, the Godmothers, the teachers, the friends and the nurturers who are ever present in the life of our churches by serving and ministering to everyone. Let us continue to be generous, hospitable, charitable and nurturing to all we meet and remember the example we share with the world is the reflection of Christ in our Hearts!

~ NAB MID-WINTER MEETING ~

The NAB Antiochian Women Mid-Winter Meeting was held on Saturday February 6, 2021. We were blessed to have Metropolitan JOSEPH with us who led us in prayer and gave his address. He noted his two recent messages; the first in his daily reflections from the Antiochian.org website and the second from his letter for Ladies Month in which he reminds us that we have to endure pain without losing focus or hope. Our Spiritual Life is the Truth; above Death, above life, above money or job; those who endure to the end will be saved. And that through this all we have not lost our faith, our spiritual life has bloomed. Pan-time (as he referenced the time during the pandemic) We are looking for peace and through prayer we find peace.

With regard to our ongoing project, "Fulfilling the Vision, Building a Cathedral at the Antiochian Village", we need to come up with new ways to support our project, to keep this vision alive and help us realize this vision. And lastly he said we need to start educating ourselves and our families to go back to church safely. We have to be leaders and embrace our time in the church.

Other Highlights of the meeting included the approval of the budget for the 2021-2022 year. *Project* - It was decided to hold back on the distribution of the Window Clings for Ladies Month until the regulations for limited church attendance are lifted. Project posters and literature will still be sent out to all parishes prior to Ladies Month. *Public Relations* - The Diakonia has been retired and the Antiochian Women will now have a section in every issue of the WORD magazine for News from each Diocese. *Humanitarian* - The Humanitarian coordinator, Lauren Ferris, has noted that we are being asked to promote or consider participation in the Orthodox Christian Prison Ministry this year. She recommended the book "Good News for Captives" on Amazon.

*Scholarship* - the NAB will be awarding 4 Scholarships for women of the Archdiocese again this year. Information/application forms will be included in the packets we receive for Ladies Month.

*Religious* - Emily Bradley noted she has been sending out the questions for the Book club selection "Holy Angels" by Mother Alexandra. The book is available from Ancient Faith or Amazon. If you have not read the book, you should!

Under *New Business*, the NAB Summer Meeting will be held on Saturday July 24, 2021. This meeting will be held via ZOOM since we are forgoing the National Convention this year.

*Elections* - Because of Covid and the lack of a physical meeting it was decided to forgo formal elections and allow the current slate of officers to continue with their subsequent two year term. The *Diocese Chapter Reports* were read and the meeting ended with a prayer from Bishop JOHN.

~ **PLANNING AHEAD** ~

March 15

Lent Begins

March 27

Diocese Lenten Retreat

April 25

Palm Sunday

May 2

Pascha

June 4-5

DIOCESSE PLC

St George Cathedral Worcester  
Hybrid—remote/onsite  
Speaker Bishop ANTHONY

**St George Church, Norwood**

originally planned a May 22  
Gala Centennial Celebration.

They are working on a  
new date when everyone  
can be together for this  
joyous occasion.

~ **DIOCESE NEWS** ~

On the 12th of every month,  
our Diocese Monthly Email  
Update is sent out.

To sign up to receive this via  
email, send a note to  
[info@worcesterdiocese.net](mailto:info@worcesterdiocese.net)

~ **Diocese Webinar Series** ~

Our Diocese has hosted  
three webinars over the past  
few months on the topics  
Parish Health,  
Watchfulness & Contempla-  
tion, and Godly Parenting,

Recordings of these  
webinars are archived on  
our Diocese YouTube  
channel at

[https://youtu.be/  
drSV37kzSdM](https://youtu.be/drSV37kzSdM)

## St Michael Cotuit



Vicki Abodeely and Natalie Leva were busy thru the winter knitting scarves. Why? In January, a legion of St Michael Angels went to Main St Hyannis and left 31 scarves and 31 care packages for anyone who needs them. The care packages included basics like socks, gloves, toiletries and treats for those struggling. It was a cold day but the warmth in our hearts made it oh so special to be there.



In February, the Angels, with the leadership of our Kh Alyssa Kjendal, continued with their service to homeless families by providing meals during A assistance program on the Cape for families in transition out of homelessness.



We will continue our outreach program in March by offering Fish Feast takeout menu to support Zoe For Life in Parma, OH, a program for women in crisis pregnancies that offers medical and emotional support services.

The blessings of our parish family are shared every month! Stay tuned to see what the rest of the year will bring and where our Angels end up !!!

A blessed Lenten journey to you all!



## St Mary Pawtucket

The Ladies of St Mary Church are expanding their listing of online Lenten Recipes. Keep an eye out for some new recipes that will be coming soon. Here are some helpful hints for you.

### Egg Replacements:

~1 tsp Baking Soda & 1 Tbsp White Vinegar

~1 Tbsp Ground Flax seed & 3 Tbsp Water – Allow to sit for 5 minutes before using. Can easily be doubled

~1/2 to 1 whole Mashed Banana

~1/2 cup Chick Pea Liquid – Save drained liquid from canned chick peas that you are using

### Non-Dairy Milks:

~Soy Milk has been around for many years and there are many butters and yogurt available.

~The Nut milks (Almond, Pecan, cashew) available are wonderful to use in recipes and to be used in coffee and cereals.

~New to the market is Oat Beverage. There is an Extra Creamy that I used for a Cream soup and it worked very well.

~Coconut Milk is also a great product and has been transformed into many different products.

We have special news from our Ladies at **St Michael Cotuit**. They have been working very hard on their new Cookbook 'THE FOODS THAT UNITE US ... A Collection of Recipes from Our Kitchens, Our Heritage and Our Traditions.'

*"It is an extraordinary compilation of recipes, memories and traditions... the very fabric of who we are at St Michael!"*

The book will be available by Summer 2021. Cost is \$30 or \$25 each for 5 or more.

Orders for the book (cash or check) may be sent to St Michael Women's Group 62 Main Street Cotuit MA 02635.

Following are some of the recipes that will be in the Cookbook.

### SVEKOLNIK - Chilled Russian Beet-root Soup by Yury Klokov



*"This soup is very good for the summer time when it's hot and you do not want to eat anything heavy."*

#### INGREDIENTS

- 3 beets

#### INSTRUCTIONS

Peel the beets and grate them.

### FINIKIA GREEK COOKIES by Pauline Rassias

#### INGREDIENTS

- For the Syrup*
- 3 C sugar
  - 2 1/2 C water
  - 1 cinnamon stick
  - Juice of half lemon
  - 1 large TBSP honey
- For the Cookies*
- 1 cup Mazola
  - 1 cup Crisco
  - 1 cup butter



#### INSTRUCTIONS

### NORWEGIAN WAFFLES by Alyssa Kjendal



*"This is a family recipe that comes from Fr. Ben's Norwegian grandmother, Bessemor. As Bessemor kept the recipe in her head, Kh. Alyssa had to watch her make these delicious waffles several times in an attempt to preserve this tradition in the form of a written recipe for generations to come."*

*Erika & Bessemor celebrating their birthdays (They share the same birth date) on Thanksgiving 2015*  
*Nicholas celebrating his 10th birthday (2020) with Norwegian waffles for breakfast*  
*Lucy enjoying Norwegian waffles February 2020*

#### INGREDIENTS

#### INSTRUCTIONS

### CAPE COD SCALLOP CHOWDER by Mary Rahal



#### INGREDIENTS

Serves 12-15

#### INSTRUCTIONS

Melt butter. Add leeks and chopped peppers and sauté for 10-15 minutes until tender. Cook

### SUNDAY ROAST LAMB by Anna Lemanis



#### INGREDIENTS

- 3.3 lb leg of lamb

#### INSTRUCTIONS

Finely chop the fresh herbs and mash with the garlic to

## 2021 Lenten Retreat

Sponsored by the Diocese of Worcester & New England Antiochian Women and the Diocese Council

# DON'T STOP BELIEVIN'

## A JOURNEY

To The Kingdom of Heaven



Presented by **DR. GREGORY ABDALAH**,  
Pastoral Assistant, Phoenix, Arizona

**Safely Attend!**  
Online via YouTube  
or at  
Saint George Norwood

**SATURDAY, MARCH 27**  
**1:00 pm**

There are 2 Options for attending this year:  
in-person at Saint George Orthodox Church  
6 Atwood Avenue | Norwood, MA

OR from the comfort of your home via YouTube

## RETREAT SCHEDULE

1:00 pm Session 1  
Break  
2:00 pm Session 2 + Q&A  
Concludes with Great Vespers

EVERYONE is required to pre-register -- online AND in-person attendees. In-person attendance, if allowable at the time of the retreat (per Archdiocesan and State directives) will be "first come first served" based on the date of your registration. You will be notified the week of the retreat regarding (1) if you have made the in-person cut-off number and (2) the up-to-date protocols required for attendance. Everyone will receive an email with instructions as to how to view online.

Name(s) of ALL attendees \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
# of adults wishing to attend via YouTube \_\_\_\_\_ # of teens (ages 13-18) wishing to attend via YouTube  
# of adults wishing to attend in person \_\_\_\_\_ # of teens (ages 13-18) wishing to attend in person

**ATTENDANCE FEE WAIVED for 2021 Retreat**

Mail completed registration form to Erin Kimmett, 17 Austin Street, Norwood, MA 02062

OR RSVP online again this year at <https://downe2021.eventbrite.com>



RSVP by March 20, 2021. Questions? Contact Erin at 781.775.0789 OR [ErinMaryK@aol.com](mailto:ErinMaryK@aol.com)