

Message from
Metropolitan
Joseph

PAGE 2

A Reflection
on Stillness

PAGE 11

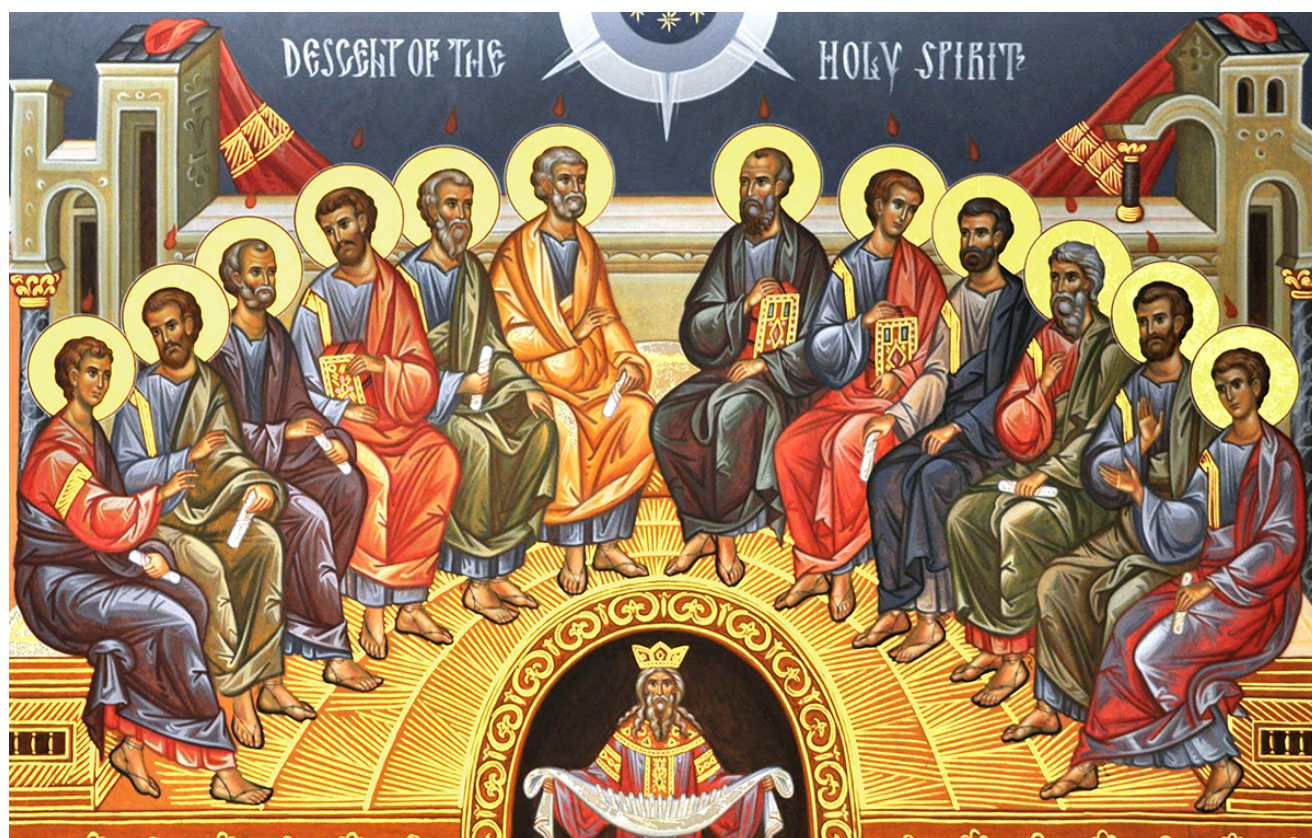
Thoughts on
“Keeping the
Sabbath Holy”

PAGE 27

...AND MUCH
MUCH
MORE,
INSIDE!

The Diocese of Los Angeles and the West

ANTIOCHIAN WOMEN'S SUMMER NEWSLETTER





ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

June 15, 2022

Beloved Sisters of the Diocese of Los Angeles and the West,

Blessings to you and your families in the name of our Lord, God, and Savior Jesus Christ.

Over the past several months, we have again celebrated and liturgically relived the great mystery of our salvation—from the Savior’s Nativity and Baptism, through His Crucifixion and Resurrection, up to His Ascension and the Descent of the Holy Spirit at Pentecost. As this series of feasts came to a close, the blessing at the end of Kneeling Vespers on Pentecost beautifully summed up what Christ has done for us: “May He who did empty Himself from the paternal and divine bosom and came down from heaven upon the earth and took upon Himself all our nature and made it divine and, after these things, again ascended into heaven and sitteth at the right hand of God the Father and did send down the divine and Holy Spirit—one in essence, equal in power, equal in glory, and ever-existing with Him—upon His holy disciples and apostles and through Him did enlighten them and through them [did enlighten] the whole world, Christ our true God, ... have mercy on us and save us!”

In the Gospels, the Lord describes this glorious work of salvation using the humble image of a shepherd searching for a lost sheep and carrying it back to safety. In a sense, the entire human race is that lost sheep, which was rescued by Christ after it had strayed far from the safety of God’s care. In another sense, however, each individual soul that wanders far from the spiritual safety of the Church is a lost sheep. Unfortunately, there are many such wanderers today. Perhaps they have been lured away by the attractiveness of the world, or perhaps they have simply forgotten their need for God. Certainly, we in the Church must also share some of the blame—for not being good examples or for neglecting to love and care for them. Regardless of why these sheep are lost, it is our collective duty now to seek and find them in the name of Christ, to welcome them back into the sheepfold, to bind up their spiritual wounds, and to nurture them in the Faith.

We have already seen many lost sheep returning as this pandemic has abated, but we must not slacken our efforts to gather more of them—both those who have wandered off from their Orthodox Faith and those who are wandering because they have not yet found the Faith. We can contribute to this goal in any number of ways: fundraisers to build and beautify our facilities, efforts to support and encourage our clergy, volunteering for charitable and educational ministries, and especially our personal outreach to friends and family. Although summer is vacation time for many, we should never take a break from our zeal and concern for bringing others to the spiritual healing and safety found in the Church.

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

Just as wives and mothers are the heart of households, so the Antiochian Women have always been at the heart of our archdiocese. Your work blesses so many and leaves a lasting legacy. Although this work can sometimes feel like a burden, don't be discouraged! Your loving and devoted ministry is a precious gift to God. May He bless you in return!

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style with a large, stylized initial "J" that loops around the first part of the name.

+JOSEPH

Archbishop of New York and Metropolitan of all North America

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

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Forming Saints

A message from our Spiritual Father, Fr. David Hovik



We talk a lot about Saints in the Orthodox Church but who are Saints? The word itself, in Greek, is “Agios” and it translates into English as “Holy.”

In one sense, a Saint is a person who has attained a great degree of Holiness. What does that mean? “Agios” is non-Earthy (not tied down or attached to this world). What does that look like? Saints lived in this world and interacted with it to varying degrees, but they were *not* attached to it (they weren’t driven by or controlled by the world). In what sense can this attachment to the world be a problem? St. Paul compares our Life in Christ (drawing close to Christ) with a race. There are things, he says, that weigh us down. That prevent us from running efficiently.

What is the solution? He counsels us to lay those hindrances aside. What does that look like? At some level, we must stop and seriously contemplate the driving forces in our life! The weapons of Spiritual Warfare are not a cell phone, an X-box, Twitter, porn, gummies, booze, pills, and an acquiescence to the non-Christian

Culture. Yet, if we are being driven by this, we must stop and ask why? Why is a very important question to contemplate.

Perhaps you're driven by the fear of your current life or your future life. You may be living in the past: somewhat paralyzed with regret over previous decisions or your family history! Did the Saints ever battle these issues? Did they fill their earlier lives with distractions and poor choices? Of course, in many cases, they did. They are human beings! But, at some point, they encountered Christ and they stopped and they contemplated: Why am I living this way? What things are preventing me from running this Christian Race? What things do I have to lay aside to make progress?

How important is it to do this kind of inventory? St Makarios of Egypt has something very valuable to say to us:

"...while you are neglecting... and hardly taking stock of yourself, the evil spirits enter... and destroy and lay barren your mind, dissipating your thoughts on things of this world."

At some point, all the Saints had to make some difficult decisions about their life. Not ridiculously impossible decisions but difficult ones.

St Paisios of Mt Athos encouraged people to read the Church Fathers once or twice every day because they are vitamins that strengthen the soul. We honestly may not know what we must curtail, or even eliminate, in our life but reading the Scriptures and the Fathers help us figure it out. You may worry about what your friends will say if you make changes that they don't understand. Yet, listen to this guidance from St John Chrysostom: "Is it not excessively ridiculous to seek the good opinion of those whom you would never wish to be like?"

Jesus says there cannot be anyone more important in our life than Him. We need to stop and examine every relationship we have in light of that criteria: Are we putting anyone or anything ahead of Christ?

Worry is frequently the weight that slows people down in running this Christian Race! Is there advice from the Fathers in overcoming worry? Our beloved St Porphyrios wrote:

"When a bad or gloomy thought, fear or temptation threatens to afflict you, don't fight it or try and get rid of it. Open your arms to Christ's love and He will embrace you, then it will vanish by itself."

St Seraphim of Vyritsa counsels us: "Even in the most difficult times, he who will occupy himself diligently with the Jesus Prayer will be able to be easily saved!" Jesus counsels us to consider His care for the birds when we are prone to anxiety and worry. Fr. Justin Parvu, and many of the Fathers who suffered in the Communist Prison Camps, in Romania, called them their "Spiritual Academies." They learned what to lay aside, that is, what was hindering them in the Race.

People visit Monasteries and can feel that they somehow don't measure up. Listen to how St Ephraim of Katounakia helps us find balance:

"If I [as a monk] read a hundred prayers in the silence of Mt Athos a day, and you, in the noise of the city, with work and family responsibilities, read three prayers, then we are in the same position."

Pride is also a huge weight. How do we overcome it, and can it be overcome quickly? St. Joseph the Hesychast wrote:

“For one to realize his weak nature, he must encounter many great temptations. And then, through many trials, he is humbled and learns true humility. But it takes time.”

I am sharing all these examples because I want you to understand that the Saints did not make up their own path. They read, prayed, studied, and conversed with those who were currently on or Saints who had previously walked this well-worn path! Saints are not born, they are made – they are formed! Every one of you reading this reflection has the potential to become a Saint. The purpose of our parishes is to produce saints!

We are blessed to enter into and celebrate the Divine Liturgy with them. Knowing they are surrounding us, praying for us, & encouraging us (like a Great Cloud of Witnesses) to lay aside anything that would hinder us in our pursuit of Christ.



ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP -- FOUNDER
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NORTH AMERICAN BOARD

❖ DIOCESE OF LOS ANGELES & THE WEST ❖



Reverend Fathers & Beloved Sisters in Christ,

Glory to Jesus Christ! Glory Forever!

When I reflect back on the last seven years I've served as our Diocese President, I am a bit overwhelmed & overjoyed simultaneously! I'm overjoyed at the blessing of meeting so many of you, my dear Sisters in Christ – from all over our geographically challenged Diocese. I'm overwhelmed at all the amazing, good works I've had the privilege of learning are occurring all over the awesome Diocese of Los Angeles & the West.

Earlier this month, I had the opportunity to attend the PLC of the Diocese of Toledo & the Midwest. I was able to attend & participate in their Antiochian Women's Meeting & Luncheon. It was a wonderful reminder of the far-reaching impact of our Antiochian Women's Ministry – a Sisterhood in Christ that spans our entire Antiochian Archdiocese of North America. What a joyous blessing indeed!

However, the blessing of this ministry cannot happen without participation by all of us, working together. It takes each and every one of us working together in our parishes & on a Diocese level. As we are taught in Romans 12:6 "Having then gifts differing according to the grace that is given to us, let us use them"

My request is that each of you exam your gifts and then through prayer & counsel with your Spiritual Father, give thought to how you best can serve this ministry. Please consider serving on a Diocesan level. Those of us currently serving are ready to help with answering questions & training on what is involved for any of our Diocese Board positions. Please just reach out & ask.

Serving as President with the wonderful women on our Board has been an incredible & rewarding blessing. It's a blessing I'd like each of you to consider experiencing.

Keeping you & all my Sisters in Christ in my prayers.

With Love in Christ,

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

Women Supporting Women

By Charmaine Darmour of St. Michael Orthodox Church in Van Nuys, CA



During Antiochian Women's Month, our St Michael of Van Nuys Antiochian Women's Group decided to offer support to women in our local community who are truly in need. After some research, we ended up working with the LA Domestic Violence Project. They offer a variety of services to women fleeing domestic violence, oftentimes with their children.

They have three shelters, in confidential locations, in our community. They offer the women and their children a safe place to stay, and the support needed to heal and move forward. These women frequently arrive with the clothes on their backs or only a few personal belongings.



Throughout March we collected personal hygiene items such as shampoo, toothbrushes and toothpaste, lotion, hairbrushes and combs, lip balm and feminine hygiene items. At the end of the month, we assembled individual personal hygiene kits in gallon storage bags. Glory to God, our parish family was so generous that we were able to fill several large boxes with kits. We created so many kits that when our ladies delivered the boxes to the administrative office, it took three trips with their carts to unload all the donations! Our donations were gratefully received, and we were blessed by this opportunity to support women in our local community who are served by this organization.



The National Domestic Violence

HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

Be Still and Know That I am God

By Kh. Kara Vollman of St. Paul Orthodox Church in Brier, WA

I was recently visiting a monastery and one morning, after breakfast, I went into the kitchen to help wash dishes alongside a novice and her mother. They were both repeating the Jesus Prayer under their breath, and I was praying in my head along with them. I quickly realized that we were working in each other's presence without the weighty expectation to fill the silence with chatter, as I am often compelled to do. There was simply silence - and in that silence was a static stillness where the cares that are constant, rattling companions in my mind, were gone and in their place was now space to dedicate wholly to prayer. Shortly thereafter, my seven-year-old walked in and announced that there was a kitten outside that could climb trees - and the moment was gone - but its poignancy remained, and it really did feel like God had taught me a lesson. That in this small simple moment, I had discovered something profound. It is in such silence that we free ourselves to draw nearer to God. A simple lesson but one that I had never truly considered.

We live in a society that is rich with distractions and it is both easy and normative to fill every moment of our time with something. It is unusual to see someone entirely unengaged in any activity whatsoever. I remember visiting my parents and grandmother (or Nana as we call her) in Florida a few years ago. One morning I walked into the kitchen to find Nana sitting by the window with her hands in her lap. She was very still, and my immediate thought was, "What's wrong with Nana?" Of course, I soon discovered that she was simply using all her focus to spy on the neighbors but the very visual of her sitting in a chair, seemingly unoccupied, immediately drove me to the conclusion that Nana might very well be in the middle of some sort of medical crisis. In my mind, it was jarring to see her doing nothing at all.

This is how many of us have been conditioned, I think, to find it strange when we see a person engaged in the act of simply sitting in silence with no discernible

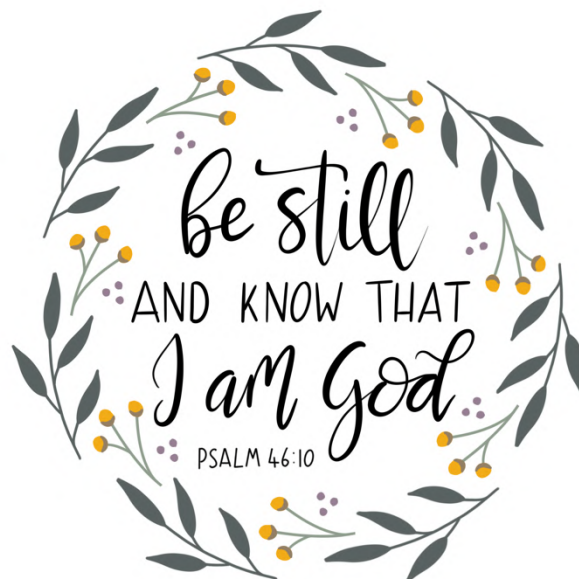
activity before them. But silence and stillness can serve as a means by which we reorient ourselves to God in the midst of the chaos in this world that swirls around us like a storm and pummels the mind with its debris. As St. John Climacus wrote,

“The first stage of this tranquility consists in silencing the lips when the heart is excited. The second, in silencing the mind when the soul is still excited. The goal is a perfect peacefulness even in the middle of the raging storm...”

(The Ladder of Divine Ascent, 8.4)

At night, when I can't sleep because I am worried about all the things I have to do or things that I forgot to do, one Bible verse always breaks through the surface of the sea of thoughts. “Be still and know that I am God” (Psalms 45/46) and I am reminded that He is with me always.

So, this season, I have begun the discipline of making time to still myself and allow moments of silence where I can have the space to pause - to lay aside the cares of this world and in doing so, draw nearer to God.



Antiochian Women D1AW Lenten Retreat

Reprinted from the
AW NAB May E-Bulletin



Our 43rd Annual Lenten Retreat is going strong at Camp St Nicholas! Thank you to our Diocese Retreat Coordinator, Kh Jean Baba for all her work preparing such a wonderful weekend! With over 80 attendees, representing 18 parishes from as far away as St George, Portland, OR ~ our theme, presented by Fr. John Valadez, couldn't have been more appropriate: "May it be Blessed!" No doubt countless memories were made!

If you missed out, mark your calendars NOW and plan to join us next year, March 31- April 2, 2023



**Learning to
make
Memorial
Wheat with
Kh Jean Baba**

**Holy Bread
Making Class
with Kh Lina
Mahfouz**







ANTIOCHIAN WOMEN – DIOCESE OF LOS ANGELES AND THE WEST, SUNSHINE MINISTRY



"Let Us Pray Without Ceasing"
Devote yourselves to prayer, being watchful and thankful. Colossians 4:2

Dear Sisters in Christ,

We are humbled and honored to be part of this ministry of prayer. Our goal is to establish a women's prayer list for those who are experiencing challenging struggles in life whether medical, emotional or spiritual.

We all value the power of prayer and there are seasons in our lives where we welcome additional prayer. Let us pray together for strength, recovery, comfort and guidance, as a sisterhood in Christ. As part of this ministry, we would like to reach out to those in need with a card such as Get Well, Thinking of You and Memory Eternal to remind us that we are all connected through our extended church family.

Submit prayer requests and addresses for cards to: awdlawsunshine@gmail.com

All names submitted to the prayer list will be added to the Antiochian Women DLAW blog on: <https://antiochianwomenblog.wordpress.com>. Please remember those on this prayer list as you start your ladies meetings, retreats, prayer circles, book club meetings, etc.

In His service,

Sisters in Christ,
Connie and Diana

New Acolyte Robes For Two Missions



The Diocese of Los Angeles and the West's Antiochian Women is thankful that we were able to meet all our charitable commitments this year. This was due to our very successful fundraiser, which was selling face masks with an Orthodox cross. This fundraiser left us in the wonderful and blessed situation of having surplus funds.

With this in mind, at our Fall Gathering Meeting, hosted by St John the Evangelist in Orinda, CA, our delegates voted to donate funds that would be designated for the purchase of acolyte robes for two of the newest Missions in our Diocese. The recipients, St Paisios in Yuma, AZ and St George in St George, UT, would each be allotted \$750 towards the purchase of acolyte robes. We were very excited about the opportunity to support these Missions.

When the Missions were contacted, both priests were overjoyed! Fr Thomas Hernandez, at St George in Utah advised that his current altar boys were wearing adult robes that his Khouria had pinned up with safety pins!

Then something very exciting happened! Our very own, Anna Younathan, from St James in Modesto, CA offered her talents as a professional seamstress, to make the acolyte robes! What a blessing! This gracious offer allowed us to save money, the balance of which we sent to the missions, thereby providing both robes and a donation. Glory to God! Anna took charge of ordering the fabric and communicating with the priests to obtain measurements and then she got busy sewing. The beautiful results of Anna's time and talent can be seen in these photos.



Fr Thomas Hernandez requested his “gratitude be sent to the Antiochian Women for this gift.” Fr Ambrose Liston expressed his thanks for the “generous gesture and financial boost.” It’s really a wonderful blessing to be able to have supported these missions in this way!

Joining the “Walk For Life”

by Helen Chade Mashi of St. Mark Orthodox Church in Irvine, CA



On May 21, five women, a toddler, and one man from St. Mark’s Orthodox Church in Irvine participated in the Walk For Life for Pregnancy Resource Center (PRC) in San Clemente, California. The mission of Pregnancy Resource Center, a medical clinic, is “to share the love of Jesus Christ to women, men, and families faced with unplanned pregnancies, empowering them to make life-affirming choices, to offer compassionate support to those who have experienced abortion, and to promote abstinence as a valuable lifestyle for unmarried persons regardless of age.”

Pregnancy Resource Center (PRC) offers its clients medical-grade pregnancy tests, limited ultrasounds, and earn while you learn parenting classes where participants earn “baby bucks” that go towards practical items such as diapers, baby furniture, clothing and other needed items. PRC partners with community organizations and many churches to support its clients. They also refer to several adoption agencies.

Helen Chade Mahshi of St. Mark’s has been a Client Advocate volunteer for two years at PRC. “I felt called into this ministry,” said Mrs. Mahshi. “I love being a mom, so it felt natural to support and assist women and girls in unplanned

pregnancies. I enjoy sharing God’s love with them and connecting them to resources that can support them on this journey,” she added.

Mrs. Mahshi shared her involvement in the ministry work at Pregnancy Resource Center with St. Mark’s Priest Father Michael Laffoon and the Antiochian Women. The Antiochian Women of St. Mark’s donated \$100 towards the Walk For Life Fundraiser, various members of St. Mark’s made personal donations, and five women: Afifa Artoul, Michelle Baba, Carol Tierney, Justine Welch and her young daughter, Helen Mahshi and her husband Ziad, all participated in the walk around the beautiful Dana Point Harbor. Hundreds of people walked in the Walk For Life, which raised \$107,809. Chick Fil-A and local coffeehouse, Zebra Coffee House, donated coffee and chicken sandwiches for all the walkers.



“We live in a society that says a fetus is just a clump of cells,” shared Mrs. Mahshi. “But a baby’s heartbeat can be detected on an ultrasound at about 6 weeks,”

she said. “This is often before a woman even realizes she’s pregnant. Clients that come to see us are often astonished at how rapidly the baby develops in the first trimester.”



“It’s very rewarding to see the transformation that evolves in a woman or couple that initially may come into PRC feeling nervous or unprepared about a pregnancy. Over time, as they embrace the pregnancy, become involved in the “earn while you learn” parenting classes, and utilize the support offered, they emerge as confident young parents,” says Mrs. Mahshi. For more information about Pregnancy Resource Center’s Walk For Life Fundraiser, please visit <https://friendsofprcsc.com>.

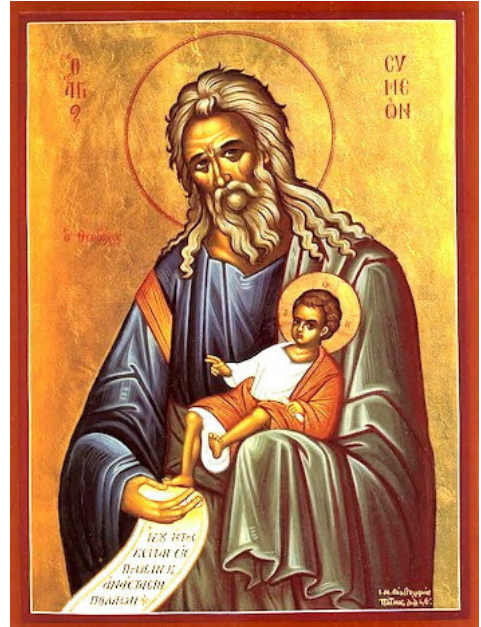


An Update on St. Simeon's Women's Fellowship

by Kristy Maloof of St. Simeon Orthodox Church in Santa Clarita, CA

During March our women participated in Antiochian Women's Month by reading the Epistle during the month. Some of our ladies attended the Antiochian Women's Retreat at Camp St. Nicholas.

For our Antiochian Women's Project, we dedicated our proceeds from the Breakfast of Love (Paschal Meal) to His Eminence Metropolitan Joseph Project "Reflecting on the Past Building for the Future." All donations were sent on behalf of St. Simeon Women's Fellowship. We had a nice turn



out for the Breakfast of Love followed by an Easter Egg Hunt for the children. As we begin the summer months we hope to gather at the Monastery for an afternoon with Vespers.

After Summer we will start on our College Care Package. We send out a College Care Package to all our College Students. This has been a successful project. The College students love getting this care package. These packages include a special note from Fr. George Ajalat, a note from the Women's Fellowship along with a special note from the Sunday School Kids, some small school supplies (pens, pencils, etc.), a flash drive with the church cross, name, address, and phone number. We also include a small cross or religious card from our bookstore along with a gift card from Amazon. We collected donations for this project. I hope that all the churches can do something like this. This keeps the college kids in the loop and lets them know that we are all thinking about them and praying for their success. We have been sending our College Care Packages towards the end of October. We also have included candy and homemade treats.

Celebrating Antiochian Women's Month Across the Diocese



**St Ignatius Twin
Falls, ID**



**St John the Evangelist
Orinda, CA**



**St Herman
Wasilla, AK**



**Church of the
Annunciation
Calgary**





**St Nicholas
Cathedral
Los Angeles, CA**



**St George
Portland, OR**



St George - Upland, CA



**St Mark
Irvine, CA**

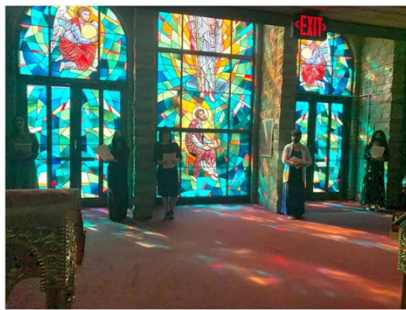




**St Luke
Garden Grove, CA**



San Diego, CA



St George



**St Nicholas
San Francisco**



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

**St Michael
Van Nuys, CA**

An Update on the Sisterhood of St. Timothy

by Johanna Cates of St. Timothy Orthodox Church in Fairfield, CA



The Sisterhood of St. Timothy's hosted a baby shower on Saturday to support Alpha Clinic. Alpha Clinic supports women who are in need of pregnancy support). It was great fun and well-coordinated by our January Al-Zouhbi. We also just sent \$200.00 checks to our Seminarians! With our retreat "Behind the Iconostasis", it was a wonderful Lent and Pascha at St. Timothy's!



Keeping the Sabbath

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

Many moons ago (it feels like a lifetime ago but was really about twenty-three years) my husband and I had a discussion about keeping the Sabbath.

Specifically, we, as an engaged couple (without children), tried to imagine what it would mean to keep the Sabbath as restful and holy while raising kids. Not surprisingly, what we imagined was nothing close to what the reality would actually be. But it is still a good question: how does one rest, and honor God in that restful time, when life is full of unavoidable demands?

I don't actually have any solid, clear answers- I only have what I tried to do with varying levels of satisfaction.

In those early years, it was extremely hard to keep any sort of Sabbath! Sundays - up with the alarm, chivvy the kids out of bed (so much chivvyng!), iron the clothes, settle the bickering (so much bickering!), force them to eat so they won't be hangry halfway through liturgy, try to get them in the car but one can't find shoes and one can't find socks and one is still eating breakfast ever so... slowly.... This is the picture of "Sabbath" as a mom of young-ish kids.

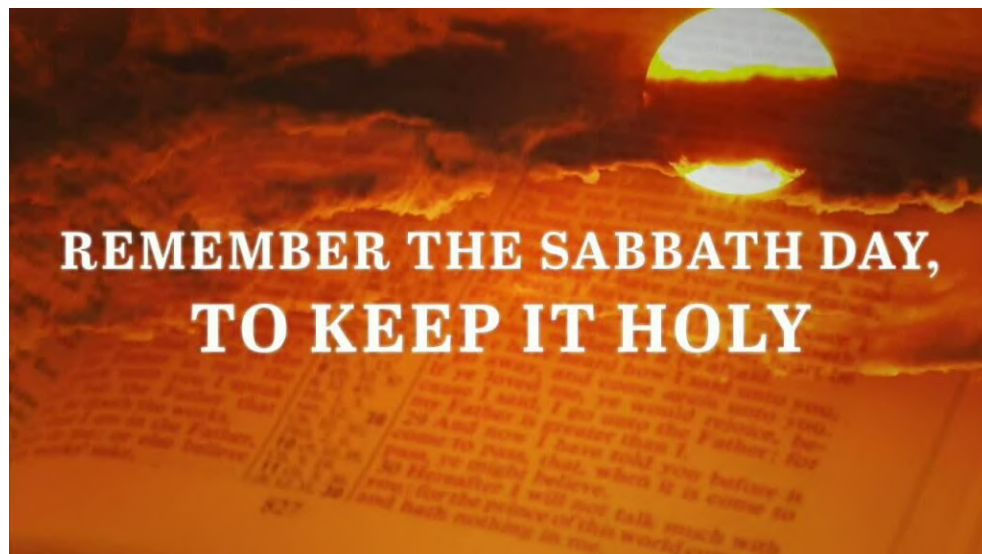
How does one find rest in this? I learned to take my time after church, after the craziness of the morning, when we were home. So, it was more like a few hours of Sabbath before the dinner/bath/bedtime routine. It seemed laughable that we had imagined we could have a "day of rest" when, in truth, we had to fight hard to even get an hour of rest. But life has many seasons, right?

The kids are older now (teens) and while getting them out of bed is just as hard as it used to be, the rest of the day is much easier. Sabbath for me can finally include actually *paying attention* to the service since I don't have fidgeting boys poking one another. I can read the prayers to prepare for communion and actually absorb the words as I do. Sunday finally feels more purposefully restful, and I can finally see and feel the difference as we take more of the day to slow our pace down. This is especially

important during the school year because my days can be long and intense (I teach junior high English).

A friend of mine (a Protestant pastor) is actually taking a sabbatical this summer. Both the words *Sabbath* and *sabbatical* come from the Hebrew word *sabat*, which means “to rest.” The idea of an extended sabbatical both intrigues me and confuses me a bit. How does one take rest for many months? What does one *do* during that time? How does one identify what to rest from? I mean, life is work, right? There are dishes to be washed and there is laundry to fold and, of course, kids to... chivvy. Even during a sabbatical, some work still must be done.

My takeaway is this: in all things and at all times, our hearts and minds must rest on Christ. We must take rest as He did. But it’s going to look different depending on your stage in life. We can’t all be so lucky as to take a months-long sabbatical, but most of us can take a few hours on Sunday to sit and reflect on God’s goodness.



Events Across the Diocese



St. Andrew in Riverside, CA



Cheesefare Luncheon



Annunciation Tea



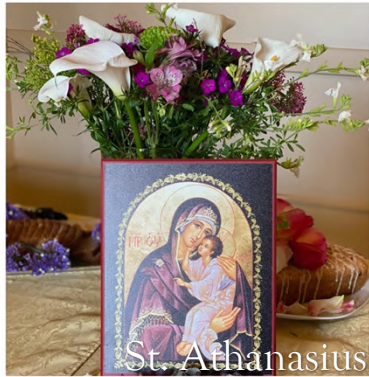
St George San Diego





St Nicholas San Francisco Lenten Lunch





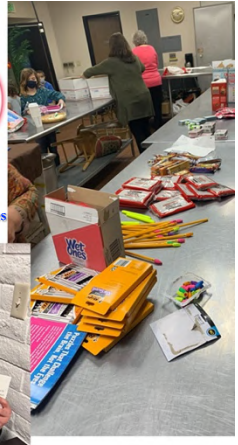
St. Athanasius in Goleta, CA



Annunciation Tea



St. Michael in
Van Nuys, CA
**Sent
With
Love**
College Care Packages



St. Luke in Garden Grove, CA
Blanket Collection



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& the West**

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Antiochian Women North America

Religious Organization · 845 like this

✓ Liked ▼

We are a Sisterhood Serving Christ Through Serving Others. Our members are all [Antiochian Orthodox women](#) over the age of 18 in t...



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Archdiocese of North America**

Eastern Orthodox Church
Religious Organization
7,549 like this

✓ Liked ▼

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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.



