



September 2018

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The Torch

The official publican of the Midwest Antiochian Women
Diocese of Toledo and the Midwest

The Most Reverend Metropolitan Joseph
The Right Reverend Bishop Anthony

Your Grace, Reverend Fathers, and Our Sisters in Christ,

CHRIST IS IN OUR MIDST!

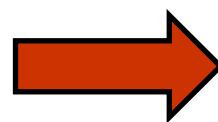
It's hard to believe I have completed my first year as the President of the Midwest Antiochian Women and still have so much to learn. I would like to thank our board for all their continuous dedication and taking on the job of trying to keep me on task.

Special thanks to Fr. Joe, our spiritual advisor, for answering my endless emails and phone calls.

Our Parish Life Conference was held at St. Elias in Sylvania, OH. I would like to thank our host parish and Father Ayman for all their hard work in providing us with this wonderful Conference. We had a very productive meeting and wonderful Luncheon that was bursting at the seams. During the meeting there was a motion on the floor to increase our annual dues to \$200 to help cover growing expenses with travel and publications. This was passed unanimously, so starting this Fall our annual dues will be \$200 per parish (\$100 goes to NAB as before and \$100 stays in the Midwest). We had over 50 members at the meeting and 80 women at the Luncheon where we presented the Metropolitan Philip Award to Nora Mike from St. Michael's parish in Louisville, KY. Congratulations for all you've done in serving the women at St. Michael's and the Midwest. A special thanks to all the women who worked very hard to make the meeting and luncheon so enjoyable.



Continue on the next page



It has been a busy year for the Antiochian Women in the Midwest. We have been working on our NAB Women's Project given to us by Metropolitan JOSEPH, which was "Strengthening the Ministries of our Church - VOCATIONS." There have been a variety of ways our sister parishes have raised money for this worthy cause and I would like to thank you for your wonderful ideas and continuous work in the Church. We were able to send \$14,000 to the NAB as the Midwest contribution. May God bless each and every one of you as you walk in His Way. Our new Project will be coming in the mail soon for 2018 -2019.

This year we also continued to collect money for **BISHOP ANTHONY'S SPEAKER FUND** in honor of his Names Day and Birthday, which he is using to help provide the speakers for our conference and various functions. Last year \$3,250 was used from this fund. Thank you to all who donated to this worthy cause in honor of our beloved Bishop.

We have worked hard to improve communication with 3 editions of "The Torch" and thanks to Rudaina Swais, we have rolled out our Facebook Page under **MIDWEST ANTIOCHIAN WOMEN**. Please find our page and like us so we can connect with as many people as possible. We hope this will attract some of our younger women to learn what is happening in our Diocese as well as the Archdiocese.

The upcoming Fall Delegates Meeting will be the weekend of October 20th—please save the date! We are also looking for a Membership Coordinator for the Midwest. If you are interested please let me know. We would love to have you.

All women belong to the Antiochian Women and we would love to have 100% participation from each of our parishes. If there is anything we can do to help encourage women to join, please don't hesitate to ask. We are here to work together for the Glory of God.

Your Servant in Christ,
Kh. Jeanette Gallaway

Father Joe Abud

A blessed New Year to all of our Midwest Antiochian Women!

On September 1st, we began the New Church Year ~ a blessed New Year to all of our Midwest Antiochian Women!

“Help us, Save us, have mercy on us, and keep us O God by Thy grace”

Sound familiar? If not, you are not listening :) ! At every service, we use this petition seeking God’s support in all aspects of our lives.



We ask for “help” knowing we cannot do anything on our own and humbling ourselves acknowledging to our heavenly Father that we can do all things only with His help.

All of God’s servants have realized from Old Testament times we cannot “save” ourselves. God promised His people, as we read the Old Testament prophets, He would send a Messiah (in Hebrew is “the Anointed One”; Greek is Christos; and English is Christ). In the New Testament (New “covenant” or “contract”), salvation only comes from God through Jesus Christ by the Holy Spirit.

As Orthodox Christians, we are constantly begging God to “have mercy on us”. What service or prayer do we have when we do not ask for His mercy? Why do we ask? Without it, there is no forgiveness; without it, we are not humbled before Him; without it, our relationship with Him is not right.

What is “grace”? For us, we can partake of the divine nature (2 Peter 1:4) when we work with God. Our church teaches it is possible and necessary for our human will to cooperate with divine grace for us to be saved, or healed from the disease of sin.

“Help us, save us, have mercy on us, and keep O God by Thy grace.” It is a short petition, but as you have seen, loaded with everything we need to begin experiencing God’s love and His Kingdom in our lives now.

“Help us,
Save us,
have
mercy on
us, and
keep us O
God by
Thy grace”

"Help us, Save us, have mercy on us, and keep us O God by Thy grace"



Our Facebook Page



Please share
this page with
all of our sisters
in Christ so that
we can spread
the good news
of what is
happening with
the Midwest
Antiochian
Women.



A Sisterhood Serving Christ through serving others

Welcome to the Midwest Antiochian Women Facebook page.

We are excited to report the launching of the new “Midwest Antiochian Women” Facebook page. We hope it will be another useful tool to improve our communications. Our goal is to get 500 likes by the end of this year, that is about 50 parishes and 10 likes each. Please remember to include all the women in your parish, not just the Antiochian Women’s group. Help us spread the word by sharing this page to your own timeline so we may reach our goal.

Please check it out, you will **LIKE** it

As of now we have 82 likes. Help us reach our goal, every “like” counts.

Thank you so much for your support.



Religious Coordinator's Corner

Beloved in the Lord Jesus Christ!

"You crown the year with Your goodness,
And Your paths drip with abundance." Psalm 65:11

I greet each of you in the name of our Savior the Lord Jesus Christ as we embark upon a new church year. The Lord grants us to see the dawn of another new year for our repentance, nothing else. It is not given carelessly or frivolously and because it is God's gift to us; we will have to give an account of how we spend the gift freely given to us.

We mark the passage of time primarily in one of two ways: 1) according to the secular calendar or 2) according to the church's cycle of fasts and feasts, the commemoration of saints, and the great feasts of the Lord. If we mark our time according to the secular calendar, we will find little time for God and the spiritual life. Our lives will pass rapidly (this in and of itself should give us pause) and our days will be passed with work responsibilities, family responsibilities, and holidays. There is nothing wrong with any of these things in and of themselves. However, when these responsibilities crowd out the spiritual life we begin to adopt a secular or worldly attitude about life and death.

The Orthodox Christian's ultimate goal is theosis, or union with God. That union with God can only be accomplished through the time-tested method of purification and illumination in which the nous becomes purified of the passions and is able to experience God's love and forgiveness. The processes of purification and illumination presuppose a life in the church. Prayer and fasting are prerequisites in the process of purification and illumination.

A life that revolves around the life of the church calendar is a good place to start. No one can expect success in overcoming the passions without a deep and intimate connection to the life of the church. This means regular attendance at the majority of church services, a daily prayer rule, frequent communication with one's spiritual father, keeping the prescribed fasts, and confession as deemed appropriate by a spiritual father.

Yours in Christ,

Rt. Rev. Bishop THOMAS (Joseph)

Auxiliary Bishop, Diocese of Oakland, Charleston, and the Mid-Atlantic



THE ANTIOCIAN WOMAN'S KITCHEN

Recipe for Making Burbara

Combine topping ingredients & set aside (anything goes).

Boil water, barley & cinnamon stick in large pot.

Simmer, on low, until grains are well done & water is thick.

Add sugar, anise powder & raisins to taste.

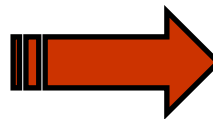
Cook 5 more minutes.

Pour into serving dishes. This can be eaten hot or cold.

Sprinkle on the topping and enjoy!



The Story behind Eid El Burbara





Let us honor
 holy Barbara,
 Destroying the
 snares of the
 enemy, she
 escaped from
 them like a
 bird with the
 help of the
 Cross as a
 weapon.

Saint Barbara's Feast Day: December 4th

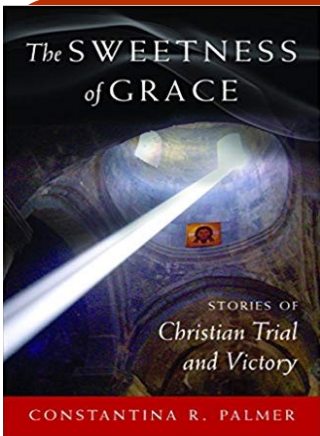
Food for the occasion: Burbara

Who is Saint Barbara?

Saint Barbara was a maiden of great beauty whose father locked her in a tower. Barbara's father was a rich merchant who had contempt for Christianity.

One day, while her father was away, she read a book about Christianity, believed in Christianity and was baptized. Barbara had three windows put in a bathhouse her father was building, as a symbol of the Holy Trinity, instead of the two originally intended, which enraged him. Barbara's father told her she must renounce her new faith or die. When she refused, he betrayed her to the Roman authorities who tortured her. They beat Saint Barbara fiercely: they struck her with rawhide, and rubbed her wounds with a hair cloth to increase her pain. By night, Saint Barbara prayed fervently to her Heavenly Bridegroom, and the Savior Himself appeared and healed her wounds. Then they subjected the saint to new, and even more frightful torments but were unable to get her to give up her beliefs. They even tried to shame her by parading her through town naked. The angels sent a convenient fog that completely hid her. In the end her own father beheaded her, and upon his return home was struck by lightning.

Life serves us with many obstacles. Holding true to what we believe is not always easy. However, we must remember to persevere and hold on to what is true as Christians, emulating Saint Barbara.



Antiochian Women Book Club

Kh. Dannie Moore

Join The Antiochian Women Book Club.

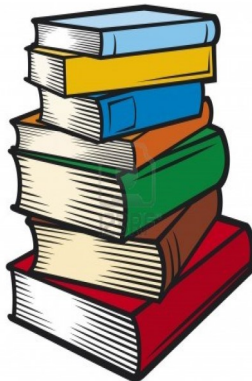
This year's book is.....

The Sweetness of Grace: By Constantina R. Palmer
Stories of Christian Trial and Victory

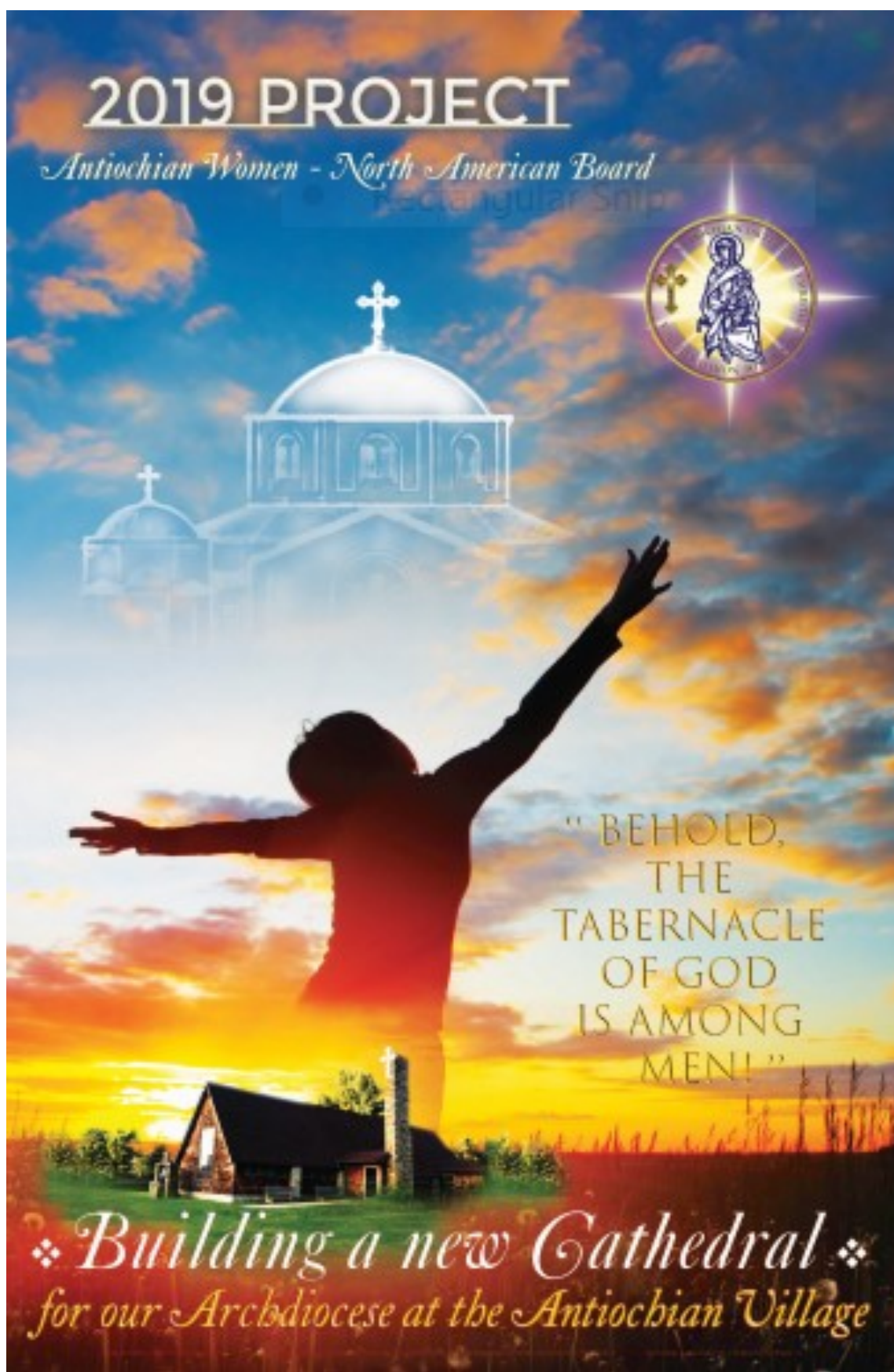
Stay posted by following us on Facebook for all updates.

"I have found
Him whom my
soul loves; I
will hold Him
and will not
let Him Go"

From the author of "The Scent of Holiness,"
The Sweetness of Grace is a collection of
stories derived from conversations with
Orthodox nuns, monks, and laypeople, along
with experiences of Orthodox life



Book clubs are the perfect way to keep reading, talk about what you're reading, and make friends with other readers. Book Clubs push you to finish the book and will give you a chance to discuss the book.



More details to follow on our Facebook page

MIDWEST ANTIOCHIAN WOMEN

2018-2019

Chapter/Church Dues, NAB Project, and Bp. Anthony Speaker Fund

Mary Polson, Treasurer

Chapter/Church's Dues (\$200) - October 1st

To be current, please submit your church's dues in the amount of **\$200** by October 1, 2018. (\$100 stays in the Midwest and \$100 will be forwarded to the NAB.) All parishes are obligated to pay dues, even if the church does not have an active Antiochian Women Chapter. Missions are not required to pay dues.

Deadline for Dues: October 1, 2018

NAB Project Donations - May 1st

Donations to the NAB Project in any amount are gratefully accepted.

Deadline for Project Money: May 1, 2019

Last year, 28 of 52 churches, along with the Midwest Antiochian Women, contributed over \$14,000.00 to the NAB Project!

Bishop Anthony Speaker Fund Donations - January 15th or Anytime

The Bishop Anthony Speaker Fund was started in 2015 to be used by His Grace to bring noted speakers throughout the Diocese, encouraging the faithful. If you or your church would like to be included on the list of donors on Sayedna's birthday card, please include a note for how you would like your name or your church's name to appear.

Deadline: Donations are accepted at any time or by January 15th for the birthday card acknowledgements.

Last year, \$3,250.00 was used to help bring speakers to the PLC, the Sacred Music Workshop, and an upcoming church's retreat.

Please see payment form on the next page



**Midwest Antiochian Women
2018-2019
Chapter/Church Dues, NAB Project, and Bp. Anthony Speaker
Fund
Payment form**

Church Name : _____

Church Address:

Chapter President: _____

Email: _____

Phone: _____

Humanitarian Coordinator Name:

Email / Phone: _____

Enclosed:

For Dues \$ _____

For NAB Project \$ _____

For Speaker Fund _____

Make checks payable to: *Midwest Antiochian Women*

**Mail to: *Mary Polson, Treasurer,*
*416 South Fork Road, Glasgow, KY 42141***

Questions? man@glasgow-ky.com 270-646-5928



Nora Mike from St. Michael in Louisville KY receives the Metropolitan Philip Award from Bishop Anthony. Congratulations Nora! — at Hilton Garden Inn



Past and present Metropolitan Philip Award winners (left to right): Sheryl VanderWagen, Barbara Thomas, Geri Farris, Esther Simbol, Dottie Malooly, Bishop ANTHONY, Nora Mike, Sue Perry, Jeanette Gallaway



Bishop
Anthony gives
the keynote
address



Spiritual
Advisor
Fr. Joe
Abud
speaks to
us



The Luncheon



Our meeting



Mary Polson
gives the
Treasurer's
report

