

All Saints
Orthodox Church
Raleigh, NC
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Visit us at
allsaintsnc.org

Rejoice

Volume 3, Issue 1

Spring 2014

Lenten Schedule for All Saints

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Feel free to cut out this calendar for your family to see all of the beautiful opportunities to celebrate together.

This year, our journey through the Lenten fast to Pascha begins at Forgiveness Vespers on Sunday, March 2. The Church, in her wisdom, begins preparing us for this most-holy time in the weeks that precede the fast.

All during Great Lent we will be fasting from meat and dairy unless you have special health concerns that prevent you from participating in the fast. For more information on the fast please see : <http://www.allsaintsnc.org/fasting-guidelines-great-lent-2014>

This post will provide you with the fasting guidelines for the pre-Lenten period of preparation, Great Lent, and Holy Week, according to the general practice of All Saints parish and as approved for distribution by Fr. Nicholas Sorensen.

The guidelines in this post are general. Fasting is a spiritual discipline that should be practiced with the oversight and direction of your spiritual father. If you have any specific questions about how the fasting

discipline applies to you, you should consult your spiritual father. In the case of All Saints parishioners, your spiritual father is Fr. Nicholas.

Please join your All Saints Family throughout Lent for our Wednesday Presanctified liturgies as well the Lenten potluck soup suppers. All services begin at 6:30 p.m. Come and pray with your brothers and sisters and enjoy fellowship and a meal with your family. We will also be coming together each Friday for the Akathist service at 6:30p.

Immediately before Holy Week, Lazarus Saturday (10a Liturgy and 12n Church school lunch and children's confessions) and Palm Sunday give us a glimpse of the victory and joy of Pascha. But first we must go through Holy Week and follow our Lord to the Cross and to His glorious Resurrection. Our schedule will be as follows:

Holy Week Schedule

Sunday April 13

5:30p Bridegroom service

Monday April 14

8:00a Presanctified Lit.

6:30p Bridegroom service

Tuesday April 15

8:00a Presanctified Lit.

6:30p Bridegroom service

Wednesday April 16

8:00a Presanctified Lit.

6:30p Holy Unction

Thursday April 17

8:00a Vesp. Div. Lit. w/write of foot washing

6:30p 12 Passion Gospels

Good and Holy Friday April 18

10:00a Royal Hours

3:00p Vespers

4:15p Holy Friday Teen Vigil

6:30p Lamentation

9:00p All night vigil

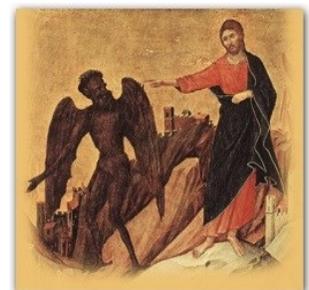
Saturday April 19

10:00a Vesperal Divine Liturgy

11:45p Pascha Services

Easter Sunday April 20

3:00p Agape Vespers & Pascha Picnic



News Around All Saints

Annual Voter' Meeting (December 15, 2013)

Here are some of the highlights from our meeting:

We were asked to no longer separate donations to the mortgage fund and the regular operating fund. From now on, all parishioners are being asked to write one check for the operating fund from which the mortgage will be paid as a expense line item in the approved 2014 budget. If you have any questions, please see Mihai Ibanescu.

We also elected Scirak Maascio and Steve Macut as our new parish council members for the 2014.

The full parish council for 2014 is as follows:

- *Ron Evancho, Chairman*
- *Cheryl Christopoulos, Vice Chairman*

- *David Hooten, Secretary*
- *Mihai Ibanescu, Treasurer*
- *Mary Kliewer*
- *Scirak Maascio*
- *Steve Macut*
- *Sharon Ware*

In addition, we decided as a parish to move forward with a request for an assistant priest at All Saints since we had Bishop Antoun's advice and approval. It was noted that if we are given an assistant priest, each parishioner would need to increase their offerings by at least 10% in order to cover the additional expense. If you have any questions, please see any parish council member for more information.

If you would like to see a copy of the Annual Voters' Meeting

minutes, please see Father Nicholas and he can provide you with a copy.

Bishop Antoun's Archpastoral Visit (October 2013)



During his visit Bishop Antoun elevated both Jesse Pelican and John Jubinski to Reader and John Pelikan to Subdeacon status.

Axios!

(photo by Paul Hydock)

Epiphany 2014



Father Nicholas blessing the waters for 2014.

(photo by Paul Hydock)

Church School at All Saints, please join us!

If you have a child that is of school age K-12 and would like to know more about our Children's Church School program, please contact Shell

Keim at ShellKeim@gmail.com for more information. Feel free to visit a class before you sign up—all visitors are welcome. Classes are held Sundays from

9:00 a.m.—9:45 a.m. (before Divine Liturgy).

The adult class meets in the Nave at the same time.



St. Thekla Women's Group

Every woman who attends All Saints Church is a member of the St. Thekla group. The group meets six times a year, for sharing Christian fellowship and conducting the business of the group. This year we held meetings in some of our members homes and at times in the parish hall of our church.

What do the women of All Saints do?

- Keep the kitchen and coffee hour supplies stocked.
- Write to shut-ins in our region.
- Make and sell baklava to raise money for our projects.
- Buy Christmas gifts for a needy family in the area.
- Give meals or monetary support to people in times of need.
- Visit and bring food to new mothers or to people recovering after surgery.

- Plan wedding and baby showers.
- Supply flowers for the nave and special occasions.
- Read the Epistle and serve as ushers during Sunday liturgies in the month of March.



- Contribute to the All Saints mortgage fund.
- Participate in Bible studies and retreats.
- Run the Pascha egg hunt.
- Host meetings at their homes.
- Organize Wednesday evening soup dinners

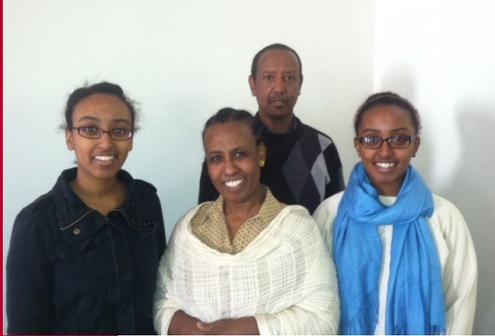
- during Lent.
- Organize potluck dinners after evening liturgies for the major feasts all year long.
- Make and sell Lenten soup during Lent and Advent to raise money for the projects.
- Organize Artisan Faire as a fundraising project.
- Recognize the fathers at All Saints with gifts on Father's Day.
- Participate in the activities of the Southeast regional and national chapters of Antiochian Women.
- Raise funds for orphanages and other special projects proposed by the Metropolitan.

"Every woman who attends All Saints Church is a member of the St. Thekla group."

Then and Now...

By Laurie Hooten

With this issue we are highlighting an old and a new family and welcoming them to the parish. It will help us all get to know the families better.



The Yohanis family

OLD

The Yohanis Family

All Saints is blessed with people from many places, and the Yohanis family is among them. Michel and Tsega were both born in Eritrea and went to Sudan to avoid the war that occurred when they were teens. Tsega's mother brought her to Sudan and Michel walked for days to get there himself. When they met they didn't date . . . according to Tsega, they 'studied each other' instead. This might appeal to parents of our teens . . . ask Tsega for advice on this!

When they married, Tsega took Michel's last name, but many Eritrean women keep their own name after marriage (children have their father's last name). Tsega's sister sponsored them and allowed their move to Arlington, VA. They left VA for Charlotte and then Cary, where they have lived since 1995. Tsega previously worked at a cookie factory (during the night shift when their girls were small) and Michel worked at the Post Office. Currently, Tsega is a Teaching Assistant and a Nursing Assistant for Alzheimer's patients; Michel works at Eton Company. They are very hard-working and help support family that still lives in Eritrea.

Tsega and Michel have two daughters, Sarah (19, currently at ECU) and Samrawit (17). I asked Tsega how they raise children in a 'foreign' culture, and she summed up several points that would be great for anyone:

- Go to Church and keep God first in everything you do
- Read the Bible
- Work hard at school
- Have what you need, not what you want
- Don't be ashamed of your family's origin

Something that the Yohanis family values is their Eritrean community. This group gets together about 6 times a year and celebrates Eritrean Independence, visits the beach, observes Woman's Day, and other events. They also support each other in life's events—birth, marriage, death, through thick and thin. Another thing that the Yohanises value is the equality that America offers—and All Saints. So between two cultures, the Yohanises are thriving and grateful for the many blessings God has given them.

We are grateful to have them as examples, smiling faces and warm hearts at All Saints!

NEW

Welcome to the Davis family!

If you have been at All Saints lately, you may have noticed a petite brunette with a tall gentleman and an adorable little son . . . if so, you may have noticed the Davis family. They are our newest members to date. Carolyn bravely agreed to represent her family for this issue, so here is a brief bio of the Davises:

Rich and Carolyn met at a former employer (Lulu.com). Rich, an English major who also studied the Philosophy of Religion, was the CPO (he still enjoys reading Philosophy and keeping current on code). Rich now works for another company, still as the CPO, but I bet that Lulu.com remains near and dear to his heart,

since that's where he found Carolyn. He also found out about Orthodoxy a while ago, and was the impetus for their family trying All Saints. Yay, Rich!

Carolyn started her professional career as an Intern and worked her way to becoming a Project Manager before becoming a full-time mom to Harry. Carolyn got to spend a year and a half in London during her working days, but prefers taking care of Harry to Trafalgar Square. It's easy to believe when you see Harry. Carolyn has a very unusual, interesting hobby which she usually pursues about once a month (unless Rich's travels to India make it too crazy)...you should ask her what it is.

Rich has four children besides Harry—they are Soren, Gretchen, Frey and Helgi. All seven of the Davises enjoy doing things together—outside things, museum things, family-related things in general. (That's one of the reasons they enjoy living in the Triangle . . . there are so many opportunities for family pursuits). If Rich and Carolyn get the chance to go on a date, they also enjoy theater and opera.



The Davis family

There is a lot more to this fun family, so please take the chance to chat and ask some of your own questions. You will be glad that you did.

We are grateful for our young and old families at All Saints

Camp St. Thekla is Here!

It is time again for
Camp 2014.

Many of our children
from All Saints have
participated in the
camp in the past years.
Please see Fr. Nicholas
if your child has an
interest in going to the
camp or would like to
be considered for one
of our scholarships.

The camp does have a
wish list for you to make
either monetary or
supply donations for the
coming year.
Please go to:

[www.campstthekla.org/
donate.html](http://www.campstthekla.org/donate.html)

for more information.

Camp dates are as
follows:

**Session 1 is
June 22-28.**

**Session 2 is
June 29-July 5.**



An Outstanding Lenten Recipe

Crab Spaghetti

4 tablespoons olive or canola oil

1/4 lb. of margarine

2 cloves minced garlic

2 tablespoon oregano

2 tablespoons parsley

1/4 teaspoon salt

1/4 teaspoon Tabasco sauce

1/8 teaspoon pepper

Crab or crab substitute to taste

**In skillet add oil, margarine, and garlic. Sauté
til flavor is released and add your favorite spa-
ghetti sauce or your own. Add the parsley., salt, Tabasco and pepper. Cook until
the sauce is ready then add the crab. Stir well until heated. Pour over your fa-
vorite pasta and enjoy!**



un-

Look Up!

by Nadine Ham

All Saints Iconography...do you know your icons?

All the fine print:

1. Answers can be submitted on a hard copy left at the greeter's stand, or by using the following link: <https://www.surveymonkey.com/s/VTDCXBR>
2. Deadline for completion is Saturday March 29.
3. Please complete the quiz without reference to the icons, or pictures thereof.
4. Use of the internet is strictly prohibited.
5. Quizzing of the alter servers is verboten.
6. Each participant will receive a small prize. Grand prize winner will receive a special little something for their Pascha Basket.
7. Please direct questions to Nadine Ham at diniham@nc.rr.com

All Saints Icon Quiz

1. What is your name?
2. On the bottom row of icons on the iconostasis, from left to right, who is depicted in each of the 8 full size icons?
3. On the four icons on the Royal Doors, starting at the top left, in a clockwise direction, who is depicted?
 - A.) Matthew, John, Luke, Mark
 - B.) Matthew, Mark, Luke, John
 - C.) John, Paul, George, Ringo
 - D.) John, Matthew, Mark, Luke
4. The inscription circling the icon in the dome of the church reads:
 - A.) In the beginning was the Word, and the Word was with God and the Word was God...
 - B.) I am the alpha and the omega ...
 - C.) And the Word was made flesh and dwelt among us...
 - D.) John and his merry men
5. In the apse, the large icon of Mary and Christ represents ...
 - A.) The Theotokos with Christ in her womb
 - B.) The Church with Christ in our midst
 - C.) The Annunciation
 - D.) All of the above
6. The icon in the dome of the church, is of a type of icon called:
 - A.) Pantatera
 - B.) Pantocrater
 - C.) Platytera
 - D.) Pentecost
7. How does Christ's nimbus (halo) differ from those of the saints?
8. Who built the wood frame of the All Saints Iconostasis?
 - A.) The Brotherhood of the Iconostasis
 - B.) Bunch of guys from the church
 - C.) All of the above
9. In the icon "More Spacious than the Heavens", what is more spacious than the heavens?
 - A.) And the lifting up my hands as an evening sacrifice
 - B.) Let my prayer be set forth as incense before thee
 - C.) And the Angel of the Lord said to her
10. In the icon, behind the left side candle stand, what is written on the banner held by the two angels?

Each Participant will receive a small prize and the Grand Prize winner will receive something for their Pascha basket!

Young Adults Group



There is some exciting energy at All Saints and we are so excited to be introducing this group to the community. Our Young Adults Group (ages 18-35) is for those that want to give back to the community and at the same time experience some fellowship. As of printing, we have dates to volunteer at the NC Food Bank on April 5 and May 31, with two sessions each day, 9:00–12:00 and 1:00–4:00. We have also set-up a

facebook group to help consolidate planning and communications, so folks can leave a message for, Nate Alvarez, or Rhett Baily and be added to the group. With the help of Shell Keim, we had a very successful volunteer opportunity at the Helen Wright Center for Homeless Women on January 20th, where we provided lunch and other snacks. We hope to make that a recurring volunteer opportunity. If you are interested in the group and how to become involved, please contact **Paul Rogers** at progers88@gmail.com or **Nate Alvarez** at blanktank@gmail.com.

Newly Baptized (Oct. 2013–Jan. 2014)

Children:

Jobab Antipas Irenaeus Jones
 Nathan George Webster
 Juliana Marie Jubinski
 Adrian Michael Oara
 Harold Francis Davis

Adults:

Richard Lamar Davis

Newly Chrismated (Oct. 2013–Jan. 2014)

Carolyn Marie Davis

Newly Married (Feb. 2013–Feb. 2014)

David and Georgianne Young
 Walter and Nadezda Serrano
 Nahed and Randa Sory
 Donald and Sarah Martin
 Paul and Alice Rogers

Lots of Great Photos to Share!



Gabriella Labrozzi reads the Epistle



Youth Q&A with Bishop Antoun



John Pelikan
Tonsured
Sub Deacon

Announcements

Please continue to look at the All Saints website (www.allsaintsnc.org) for updated schedules as well as any info you might need for our upcoming Lenten season.

Parents: Please remember to keep your children from playing near Buck Jones Rd. and make sure they are supervised at all times when outside of the Parish Hall.

Remember to send in your own family announcements and any suggestions for our newsletter to Jennifer Baker at:
bakergrp1@gmail.com

“Rejoice” is published quarterly