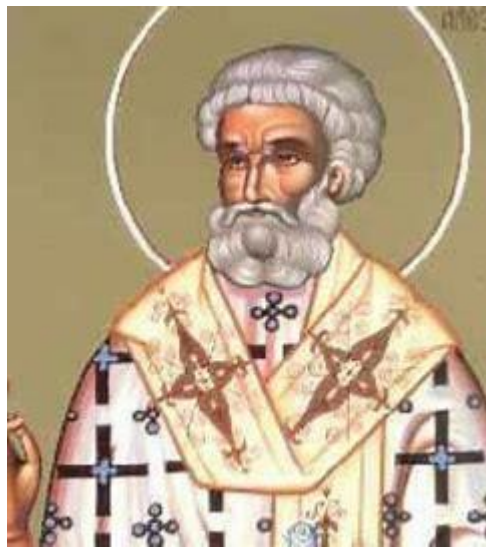




Saint Barbara Greek Orthodox Church
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Durham NC 27713 919-484-1600
fatherstavroforos2012@gmail.com
www.stbarbarachurchdurhamnc.com
News & Announcements
November 24, 2024

13th Sunday of Luke
Κυριακή 13η Λουκά



WISHING YOU A BLESSED THANKSGIVING

Our Holy Father Clement, Pope of Rome 11/24/2024

Peter, Archbishop of Alexandria 11/24/2024

Hermogenes, the Martyr 11/24/2024

Afterfeast of the Entry of the Theotokos into the Temple 11/24/2024

Philoumenos and Christopher the Martyrs 11/24/2024

Morning Matins 9:00 am
Morning Great Doxology starts at 9:45 am
Morning Divine Liturgy 10:00 a.m.

The Sunday Epistle Reading

You, O Lord, shall keep us and preserve us.
Verse: Save me, O Lord, for the godly man has failed.

The reading is from St. Paul's Letter to the Galatians 6:11-18

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.
Στίχ. Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὁσῖος.

Πρὸς Γαλάτας 6:11-18 τὸ ἀνάγνωσμα

Ἀδελφοί, ἴδετε πηλικοῖς ὑμῖν γράμμασιν ἔγραψα τῇ ἐμῇ χειρὶ. Ὅσοι θέλουσιν εὐπροσωπῆσαι ἐν σαρκί, οὗτοι ἀναγκάζουσιν ὑμᾶς περιτέμνεσθαι, μόνον ἵνα μὴ τῷ σταυρῷ τοῦ Χριστοῦ διώκωνται. Οὐδὲ γὰρ οἱ περιτετμημένοι αὐτοὶ νόμον φυλάσσουσιν, ἀλλὰ θέλουσιν ὑμᾶς περιτέμνεσθαι, ἵνα ἐν τῇ ὑμετέρᾳ σαρκὶ καυχῶνται. Ἐμοὶ δὲ μὴ γένοιτο καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ· δι' οὗ ἐμοὶ κόσμος ἐσταύρωται, καγὼ τῷ κόσμῳ. Ἐν γὰρ Χριστῷ Ἰησοῦ οὔτε περιτομὴ τι ἰσχύει, οὔτε ἀκροβυστία, ἀλλὰ καινὴ κτίσις. Καὶ ὅσοι τῷ κανόνι τούτῳ στοιχήσουσιν, εἰρήνη ἐπ' αὐτούς, καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ τοῦ θεοῦ. Τοῦ λοιποῦ, κόπους μοι μηδεὶς παρεχέτω· ἐγὼ γὰρ τὰ στίγματα τοῦ κυρίου Ἰησοῦ ἐν τῷ σώματί μου βαστάζω. Ἡ χάρις τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μετὰ τοῦ πνεύματος ὑμῶν, ἀδελφοί. Ἀμήν.

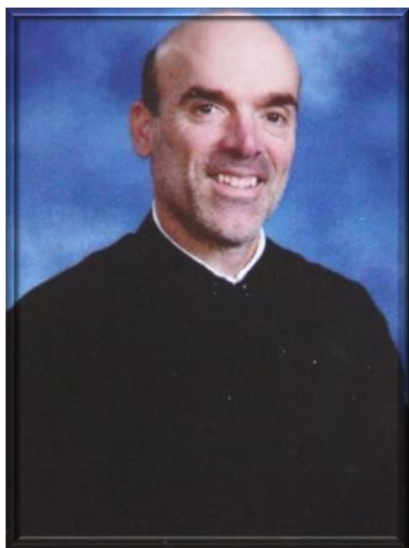
The Sunday Gospel Reading

The Gospel According to Luke 18:18-27

At that time, a ruler came to Jesus and asked him, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honor your father and mother.' " And he said, "All these I have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute it to the poor, and you will have treasure in heaven; and come, follow me." But when he heard this he became sad, for he was very rich. Jesus looking at him said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" But he said, "What is impossible with men is possible with God."

Ἐκ τοῦ Κατὰ Λουκᾶν 18:18-27 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἄρχων λέγων· διδάσκαλε ἀγαθέ, τί ποιήσας ζωὴν αἰώνιον κληρονομήσω; εἶπε δὲ αὐτῷ ὁ Ἰησοῦς· τί με λέγεις ἀγαθόν; οὐδεὶς ἀγαθὸς εἰ μὴ εἷς ὁ Θεός. τὰς ἐντολὰς οἶδας· μὴ μοιχεύσης, μὴ φονεύσης, μὴ κλέψης, μὴ ψευδομαρτυρήσης, τίμα τὸν πατέρα σου καὶ τὴν μητέρα σου. ὁ δὲ εἶπε· ταῦτα πάντα ἐφυλαξάμην ἐκ νεότητός μου. ἀκούσας δὲ ταῦτα ὁ Ἰησοῦς εἶπεν αὐτῷ· ἔτι ἓν σοι λείπει· πάντα ὅσα ἔχεις πώλησον καὶ διάδος πτωχοῖς, καὶ ἔξεις θησαυρὸν ἐν οὐρανῷ, καὶ δεῦρο ἀκολούθει μοι. ὁ δὲ ἀκούσας ταῦτα περίλυπος ἐγένετο· ἦν γὰρ πλούσιος σφόδρα. ἰδὼν δὲ αὐτὸν ὁ Ἰησοῦς περίλυπον γενόμενον εἶπε· πῶς δυσκόλως οἱ τὰ χρήματα ἔχοντες εἰσελεύσονται εἰς τὴν βασιλείαν τοῦ Θεοῦ! εὐκοπώτερον γάρ ἐστι κάμηλον διὰ τρυμαλῖας ῥαφίδος εἰσελθεῖν ἢ πλούσιον εἰς τὴν βασιλείαν τοῦ Θεοῦ εἰσελθεῖν. εἶπον δὲ οἱ ἀκούσαντες· καὶ τίς δύναται σωθῆναι; ὁ δὲ εἶπε· τὰ ἀδύνατα παρὰ ἀνθρώποις δυνατὰ παρὰ τῷ Θεῷ ἐστίν.



Welcome Fr. Gregory

Director of Pre-Marital Programming

Father Gregory Georgiou is a priest in the Metropolis of Atlanta. He holds a Ph.D in Counselor Education and Supervision from the University of North Carolina at Charlotte. He holds a Master of Divinity from Holy Cross Greek Orthodox School of Theology and a Master of Arts in Community Mental Health Counseling from the University of North Carolina at Charlotte. He is a Licensed Professional

Counselor (LPC) in the State of North Carolina and a Nationally Certified Counselor (NCC).

As Director of Pre-marital programming, Father Georgiou plans and implements the training of clergy and lay facilitators for the Archdiocesan Journey of Marriage program. He also travels throughout the Metropolis conducting the Journey of Marriage seminar in parishes. gregorygeorgiou@yahoo.com

Virtues of gratitude:

1. **Allows us to celebrate the present and magnifies positive emotions¹.**
2. **Blocks toxic, negative emotions like envy and resentment¹.**
3. **Makes people more stress resistant¹.**
4. **Enhances self-worth¹.**
5. **Described as "social glue" that fortifies relationships²**

Guidelines for the Nativity Fast

The Nativity Fast (November 15 through December 24)

The Nativity Fast is one of the four Canonical Fasting Seasons in the Church year. This is a *joyous* fast in anticipation of the Nativity of Christ. That is the reason it is less strict than other fasting periods. The fast is divided into two periods. The 1st period is November 15th through December 19th when the traditional fasting discipline (no meat, dairy, fish, wine, and oil) is observed. There is dispensation given for wine and oil on Tuesdays and Thursdays. Similarly, fish, wine, and oil are permitted on Saturdays and Sundays. The 2nd period is December 20th through 24th when the traditional fasting discipline (no meat, dairy, fish, wine, and oil) is observed. There is dispensation given for wine and oil only on Saturday and Sunday during this period. Here are the guidelines:

Meat	Dairy	Fish	Wine	Oil
beef, chicken, pork, turkey, elk, veal, lamb, deer, rabbit, buffalo, and so forth	milk, eggs, cheese, butter, yogurt, cream, and so forth	fish with a backbone (not including shrimp, octopus, shellfish, squid, or other seafood.)	(some include all types of alcohol in this category)	(some include all types of oil in this category)
Abstain.	Abstain.	Permitted only on Saturdays and Sundays before December 20. (some permit fish Tuesdays and Thursdays also)	Permitted only on Tuesdays, Thursdays, Saturdays, & Sundays before December 20.	Permitted only on Tuesdays, Thursdays, Saturdays, & Sundays before December 20.

Abstinence includes refraining from the food and drink mentioned above, as well as from smoking. The Eucharistic Fast means abstaining from at least the previous midnight for communing at a morning Liturgy.

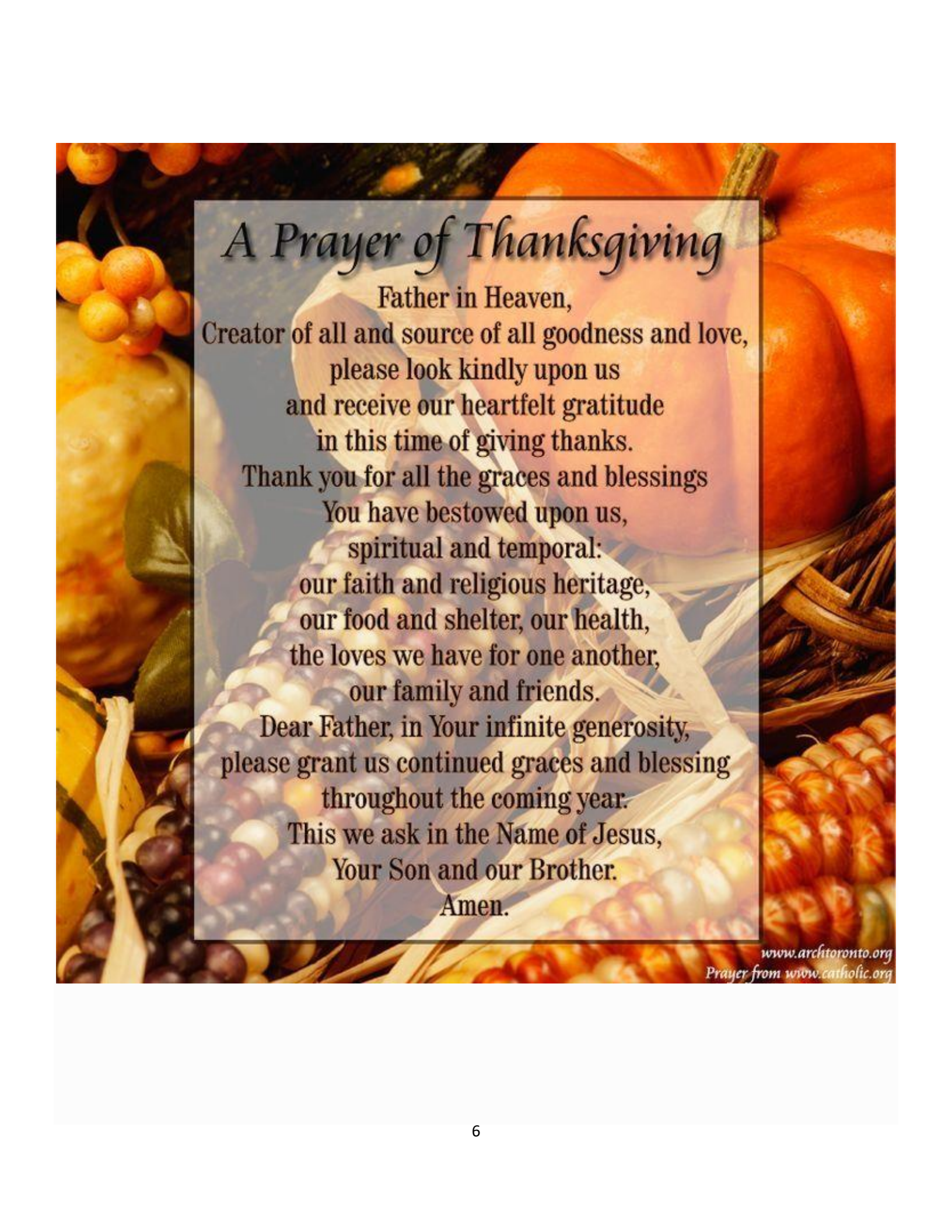
The Purpose of Fasting

The purpose of fasting is to focus on the things that are above, the Kingdom of God. It is a means of putting on virtue in reality, here and now. Through it we are freed from dependence on worldly things. We fast faithfully and in secret, not judging others, and not holding ourselves up as an example.

- Fasting in itself is not a means of pleasing God. Fasting is not a punishment for our sins. Nor is fasting a means of suffering and pain to be undertaken as some kind of atonement. Christ already redeemed us on His Cross. Salvation is a gift from God that is not bought by our hunger or thirst.
- We fast to be delivered from carnal passions so that God's gift of Salvation may bear fruit in us.
- We fast and turn our eyes toward God in His Holy Church. Fasting and prayer go together.
- Fasting is not irrelevant. Fasting is not obsolete, and it is not something for someone else. Fasting is from God, for us, right here and right now.
- Most of all, we should not devour each other. We ask God to "set a watch and keep the door of our lips."

Do Not Fast

- between December 25 and January 5 (even on Wednesdays and Fridays);
- if you are pregnant or nursing a newborn;
- during serious illness;
- without prayer;
- without alms-giving;
- according to your own will without guidance from your spiritual father.



A Prayer of Thanksgiving

Father in Heaven,
Creator of all and source of all goodness and love,
please look kindly upon us
and receive our heartfelt gratitude
in this time of giving thanks.

Thank you for all the graces and blessings
You have bestowed upon us,
spiritual and temporal:
our faith and religious heritage,
our food and shelter, our health,
the loves we have for one another,
our family and friends.

Dear Father, in Your infinite generosity,
please grant us continued graces and blessing
throughout the coming year.

This we ask in the Name of Jesus,
Your Son and our Brother.

Amen.

www.archtoronto.org
Prayer from www.catholic.org



Today's Scheduled Coffee Hour Hosts 11/24

Youth Parents

Today's Scheduled Narthex Greeters for 11/24

George Glekas

Kerri Zaferatos

Our Volunteer Chantors

Nicholas Georgiou

Pete Marinos

Our Volunteer Choir Directors

Panos Messis

Costa Constantinou

Our Volunteer Organist

Eleni Christakos

.



St. Barbara Greek Orthodox Church

**Scan to share
stewardship
information**



Nativity Fast Begins November 15th – December 24th

24- 13th Sunday of Luke – 9:00 am

December 2024

1 – 14th Sunday of Luke – 9:00 am

3 – Tuesday – Great Vespers for St. Barbara – 6:30 pm

4- Wednesday - Feast of St. Barbara – 9:00 am

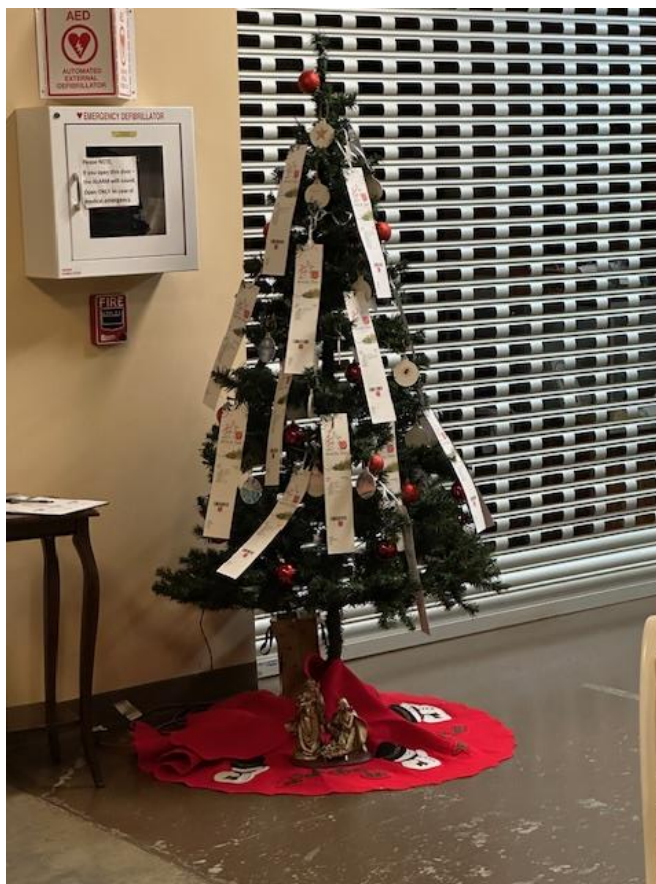
6 – Friday – Nicholas the Wonderworker – 9:00 am

8 - 10th Sunday of Luke – 9:00 am

12 – Thursday – Spyridon the Wonderworker – 9:00 am

15 – 11th Sunday of Luke – 9:00 am

22 – Sunday before Nativity – 9:00 am



It is that time of year!

Christmas Angel Tree for Salvation Army -
**Sponsored by St. Barbara Youth
and Philoptochos**

If you are so inclined to take an Angel; please...

PRINT YOUR NAME AND BEST PHONE
NUMBER on the clip board on the
CORRESPONDING ANGEL.

Christmas Angels are
due Sunday, December 8TH.

PLEASE FOLLOW INSTRUCTIONS on the card

DO NOT WRAP THE GIFT AND
TIE THE ANGEL TAG TO THE BAG OR ATTACH
TO THE BOX

Please place the gifts under the
tree with the Angel tag affixed to
the bag.

Thank you for your generosity this season! Merry
Christmas!



**UNC-OCF FELLOWSHIP & MEETING
MONDAY NOVEMBER 25TH
AT 7:00 PM**

**Panera Bread
213 Franklin Street
Chapel Hill, NC 27516
1-919-929-9189**

O U R W H Y

OCF offers college students rich community in Christ, inspiring a life-long love of God and neighbor.

O U R M I S S I O N

OCF transforms the lives of college students by guiding them along the path to Jesus Christ through His Church, cultivating a campus community of worship, witness, service, fellowship, and education.

O U R V I S I O N

- to be the loving presence of Christ and the Orthodox Christian Church on college campuses
- to be an integral part of students’ spiritual formation by challenging them to explore the Faith
- to inspire students to commit to living an Orthodox Christian way of life daily

Connecting College Students to their Faith

Our goal is to *actualize* the Orthodox Christian life in the hearts, minds, and souls of college students by facilitating unified campus ministry efforts—reaching Orthodox college students on campuses throughout North America. OCF’s programs and partnerships offer an environment for students interested in deeper spiritual experiences. Most importantly, OCF continues to provide a home for students on college campuses across the continent



**ADULT ORTHODOX DISCUSSION NIGHTS
WILL RESUME ON THURSDAY DEC. 5TH AT 6:30 PM**

Saint Barbara Greek Orthodox Church

8306 NC HWY 751

Durham, NC 27713

919-484-1600

For information Contact

Father Stavroforos by Email

fatherstavroforos2012@gmail.com



TUESDAY, DECEMBER 3RD

- Great Vespers for the Feast of Saint Barbara 6:30 pm
- Preston & Catherine Wilson will offer the Artoclasia (5 Loaves)
- Philoptochos will provide Lenten refreshments afterwards

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WEDNESDAY, DECEMBER 4TH

- Saint Barbara Feast Day Matins 9:00 am
 - Divine Liturgy 10:00 am

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FRIDAY, DECEMBER 6TH

- Saint Nicholas Feast Day Matins 9:00 am
 - Divine Liturgy 10:00 am

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SUNDAY, DECEMBER 8TH

- 10th Sunday of Luke
- Saint Barbara Luncheon

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THURSDAY, DECEMBER 12TH

- Saint Spyridon Feast Day Matins
- Saint Spyridon Feast Day Divine Liturgy

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SUNDAY, DECEMBER 15TH

- 11th Sunday of Luke
- Christmas Pageant
 - Election Day

Saint Barbara General Meeting Schedule

Philoptochos General Meetings

4th Sunday of Month after Church in the Conference Room

Philoptochos Board Meetings

Sunday prior to the Last Sunday of the Month after Church
at a TBA offsite location

Parish Council General Meetings

Second Monday of the Month by Zoom
or in the Conference Room 6:30 pm

UNC-OCF

Monday Nights

7:00 pm – Panera Bread in Chapel Hill

Adult Religious Discussion Nights

Thursday Nights in the Conference Room 6:30 pm

AHEPA Chapter # 277

General Meetings Third Sunday of the Month after Church
in the Conference Room

Greek School & Greek Dance

Saturdays – Classrooms at Church