



The Torch



The official Publication of the Midwest Antiochian Women
Diocese of Toledo and the Midwest
The Most Reverend Metropolitan Joseph
The Right Reverend Bishop Anthony

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President: Kh. Jeanette Gallaway
Spiritual Advisor: Fr. Joseph Abud
Vice-President: Janet Abueita
Recording Secretary: Cynthia O'Connor
Treasurer: Liza Nahas
PR Coordinator: Rudaina Swais
Humanitarian: Kh. Michelle Dresdow
Religious Coordinator: Sheryl VanderWagen
Finance Coordinator: Barbara Thomas
Archives/Historian: Dianne O'Regan

Your Grace, Reverend Fathers, and Our Sisters in Christ,
CHRIST IS IN OUR MIDST!

It's hard to believe that summer has pasted and Fall is up-on us. I don't know what the weather has been for you, but in Kentucky we have just completed our 90 + temperatures yesterday and for the first time are enjoying temperatures in the 70s. We have had no rain for 37 days and God willing will get some on Sunday and Monday.



This summer was filled with much activity including our Parish Life Conference in Urbana, ILL hosted by St. Nicholas Parish and Fr. James Ellison' who went outside of the box, and gave us a wonderful conference at the University of Illinois. For those who missed it, it was full of fellowship, education, worship, and wonderful food all at an amazing price. I would like to thank Fr. James and his parishioners for all their hard work and dedication.

Usually, at the PLC, we present the Metropolitan Philip Award during the Antiochian Women's Luncheon. Unfortunately, the recipient was unable to attend the PLC. I had the honor of jointing our sister mission parish of Holy Apostles in Bowling Green to award Mary Polson with this award during the parish's 10 Anniversary Celebration . Mary is very active in her parish as well as having been the Treasurer for the Midwest. Congratulations for all you've done in serving the women at Holy Apostles and the Midwest.

During our PLC we did elect new officers and I would like to welcome and thank them for accepting this 2 year commitment to the Midwest Antiochian Women. They are: myself Kh. Jeanette Gallaway; President; Janet Abueit, Vice-President; Cynthia O'Connor; Recording Secretary; Liza Nahas, Treasurer; and Rudaina Swais, Public Relations. We are still in need of a Membership/ Missions Coordinator, if you are interested please let me know.

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As many of you know, our Spiritual Advisor, Fr. Joe Abud, was unable to attend due to back surgery. Our thoughts and prayers are with you as you continue to recover and gain back your strength. WE MISS YOU FR. JOE!!!! Get well soon.

Our projects this year have kept everyone busy. Cynthia O'Connor, VP and NAB Project Coordinator, reported that this year -Building a Cathedral at Antiochian Village, raised \$14,000. GREAT JOB! Bishop Anthony's Speaker Fund raised over \$3000, and the Virtual House Warming for our new Chancery received over \$3500 in donated items. God bless you for all your hard work.

Communication continues to be our main goal for the Midwest. We will continue to publish the Torch, as well as our Facebook page under MIDWEST ANTIOCHIAN WOMEN. If you have not visited our page, please "like" it so we can connect with as many people as possible.

Our Fall Gathering Meeting will be Saturday, October 26th, St. George in Akron, OH at 10 AM. Looking forward to seeing you there. Remember, 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

***WE MISS
YOU FR.
JOE!!!! Get
well soon.***

YOU ARE INVITED ...

Beloved Reverend Fathers of our Midwest Diocese.

Your blessings...

I pray that all is well with you, your families and your parish community; praying that your summer was most enjoyable, and that the fall and the changing of the seasons will bring you good health as you fulfill your holy ministry.

The official publication of our Antiochian Women group, the Torch, is intended to not only connect the members together through news and local events, but also to educate, inspire, and to connect us more deeply with our rich and beautiful Orthodox Faith.

With that in mind, we'd like to invite all of our dear Spiritual Fathers to consider writing an article for the Torch newsletter covering topics that would address events on the Church calendar, our Orthodox perspective on social trends and current world or national events, as well as other topics that would be of value to our members. We, the Antiochian Women, strive to continuously strengthen our faith, so that we are better equipped to share it with our own families, fellow parishioners, and everyone whom God sends our way. The articles are typically one page or less.

We realize the heavy workload that you all have, and we are truly grateful for all that you do and all the sacrifices that you make.

Thank you for your consideration. If you are interested, please contact me directly, so I can provide you with the timeline of our newsletter, deadlines, and other details.

With love in Christ,

Rudaina Swais

Public Relations Coordinator.

Call 708-596-9442

MAKING THE MOST OF HALLOWEEN.

BY FR. MALEK RIHANI

As a newly arrived child immigrant to this country, I thought Halloween was God's greatest gift to children. I would go around knocking at neighbors' doors, utter some nonsense about trick or treat, and the nice neighbors will give me candy. "What a country!" I thought to myself. Here I am over 50 years later giving candy to children and bringing back memories of my own childhood.

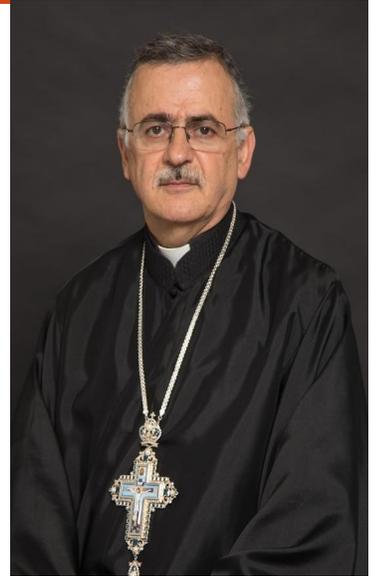
This time however, I'm giving candy, but with a different twist. As a child I had no clue as to the meaning of Halloween. To this day, I suspect that most people likewise know very little about this celebration. It is often perceived with an artificial, materialistic view, simply equating it to costume parties, haunted houses, and lots of candy.

Although Halloween is not an Orthodox tradition, it still touches our soul deeper than we'd like to admit. The very essence of the word 'Halloween' is 'holiness' (that's what 'hallow' means, as in the Lord's Prayer). Although the actual origin of Halloween is shrouded with mystery, historians believe that it was originally a pagan celebration on the eve of November 1st (which happens to be All Saints Day in the Western Church, and begins at sunset on October 31st), where people would visit the graves of the recently deceased, and they would leave money or sweets, basically to pacify the evil forces.

We Orthodox Christians have always honored our dead, especially those who have so selflessly committed their life for God's glory. These holy men and women are known as "Saints" – or 'hallowed' people, who have proven throughout their life – and in many cases, even in their death – that they have impacted humanity and brought people closer to God.

This celebration of 'All Saints' or 'Halloween' was originally celebrated by Christians in May; but it is believed that in the 8th century, Pope Gregory III moved it to November 1st in an effort to neutralize the pagan celebration, and use that opportunity to remind people that when it comes to issues of death, the focus should be pleasing God while alive, rather than appeasing the devil after death.

As usual society tries to remove from our life anything that's good and beneficial for our souls, and replace it with short term materialistic pleasures. In fact, the trend has gone beyond simply candy and parties and into a dangerous domain, where many groups use Halloween season to promote satanic worship, and even carry out violent acts.



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If Halloween were to remain part of our culture, it first must re-capture its lost meaning. Halloween is a time for America to honor the saints, and more importantly for us to make a commitment to live a saintly life ourselves. So here I am 50 years later, giving candy to children on Halloween. But this time I'm doing my part to restore the holiness of this event and the impact it has on children. In our household, our process is as follows: We invest in fine candy bars that we know children will keep. We place each in a clear plastic bag with a note inside it which reads:

“Dear child of God.

With this candy bar, we also offer you our prayers that you receive the best gift of all: God’s abundant blessings.

Halloween is a feast that honors all the saints who have sacrificed their life in the service of God and His people. (The word ‘Halloween’ means the ‘eve of the All Holy’). Tomorrow, November 1st, is “All Saints Day.” Please remember to pray that God will give you the courage, wisdom, patience and compassion to live your life in a manner pleasing to Him, whether in school, at home, or in the playground. Use the gifts that God has given you to serve others. Work hard. Love. Forgive. And may He bless you and be with you on your journey to sainthood, Amen.”

It is our hope that the children and their parents will read this, and use it as a reminder to pursue holiness in everything that they do. It's a 'soft sell'. We're not pushing anything on the kids. They're coming to our door, we're not going to theirs. I suspect many kids and parents will ignore the note and throw it away. But if it brings even one child or one parent closer to God, it is so well worth it.

Please note that the Orthodox Church celebrates All Saints Day on the first Sunday after Pentecost. The Church considers Halloween a secular event, and thus there is no spiritual or historical connection to our Orthodox traditions.

But this is not about celebrating – or even believing in – Halloween. This is about taking what the world has to offer, and offer it back to the world in a divine message of inspiration. No different than taking our precious cross, at one time a tool of torture and death, and transforming it into a most sacred life-creating symbol.

May God bless us all, guiding and directing our steps so that we may be a light to this darkened world. Through the prayers of the Theotokos and all the Saints, Amen.

Fr. Malek Rihani serves as an Assistant Pastor at St. Mary Orthodox Church in Palos Heights, Illinois.

He may be reached at myrihani@hotmail.com

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 our “Midwest Antiochian Women” Facebook page has 200 likes. 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. 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



Butter Cookies (Ghorayeba) Recipe - Fundraising Idea

Its almost that time of year again. Many of our Antiochian Women's groups start their planning early for the Christmas Cookies Sale. Here is one recipe that is a favorite of many people. It is easy to make and can be prepared a few weeks in advance.

Ingredients

1 cup butter, soften
½ cup powdered sugar
2 cup flour
1/8 teaspoon baking soda
½ teaspoon vanilla or rose water
Mixed nuts to decorate



Method

Preheat oven to 325 degrees.
Cream butter with electric mixer until light and fluffy.
Add sugar and continue beating.
Mix flour, baking soda and vanilla.
Gradually add flour to butter mixture, knead to form a soft dough.
Shape into small robe, then into circle. Or shape like small balls or S shape.
Arrange the balls in a cookie sheet.
Top each one with a piece of nuts (hazelnut, Pistachio, almond, pine-nut)

Bake for about 15 minutes.
Cool completely on a wire rack.

Box and sell!!! Enjoy



FULFILLING THE VISION

NAB Project 2020

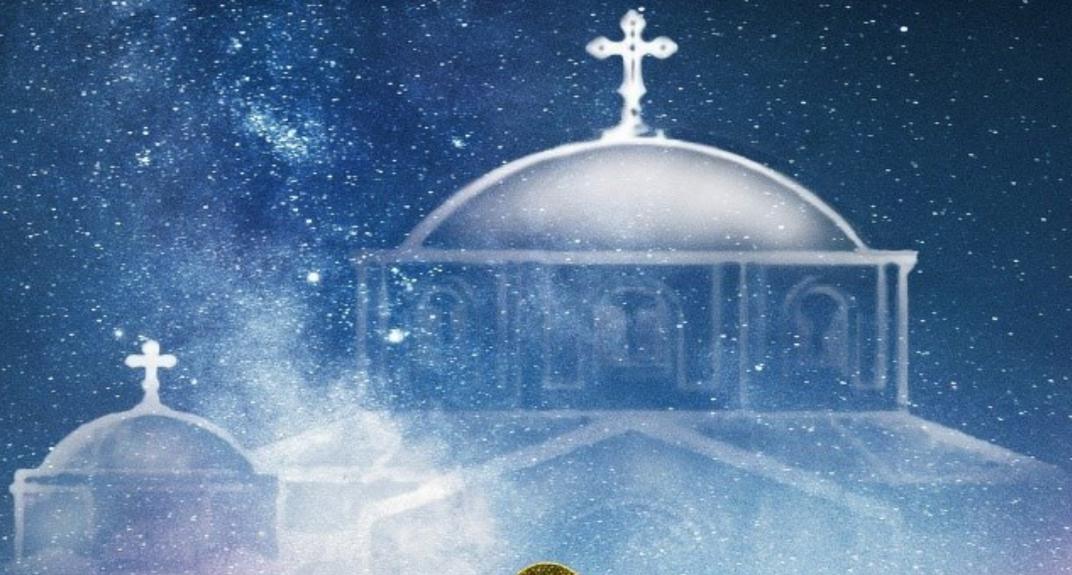
Metropolitan JOSEPH has tasked the Antiochian Women with continuing to raise funds for his vision for the Antiochian Village. The 40-year old vision of Metropolitan PHILIP of thrice-blessed memory for the Antiochian Village has been enhanced by the vision set forth by Metropolitan JOSEPH at the Archdiocese Convention. There is still much that needs to be done at the Antiochian Village and the new cathedral is only the beginning. We would like to thank the Antiochian Women throughout North America for their generous support for the 2019 NAB Project which totaled more than \$125,000 and which was presented to Metropolitan JOSEPH during the Antiochian Women Luncheon at this summer's Archdiocese Convention in Grand Rapids, Michigan. In His Eminence's address to the women, he presented his enhanced vision for the Antiochian Village, building on Metropolitan PHILIP's original vision. His Eminence envisions a new cathedral large enough to host all the campers, clergy and other large gatherings; a monastery; a place for our Bishops to retire so they can spend their final years in prayer for the faithful of the Archdiocese; and finally, a crypt, a place of repose beneath the cathedral for our Hierarchs, including St. Raphael. This is our NAB Project 2020, to raise funds "Fulfilling the Vision" begun with Metropolitan PHILIP and continuing with Metropolitan JOSEPH for our "holy mountain", our beloved Antiochian Village.

Thank you for your generous support for the NAB Project.

Sheryl VanderWagen

NAB Vice-President & Project Coordinator

Fulfilling the Vision



ANTIOCHIAN WOMEN 2020 PROJECT
NORTH AMERICAN BOARD - ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA

IDEAS WORTH SHARING

PAN ORTHODOX TEA

For many years, a Tea was held at our church and a handful of women came each year. We socialized, had tea and treats. A lovely affair yet not enough interest. So an idea came to mind to include the Pan Orthodox Church's in the Twin Cities to include more ladies. It was very easy if you are an organizer. It started by asking an Orthodox Church to host the Pan Orthodox Tea, organize a speaker, send a Pan Orthodox Tea flyer that listed all the information about the tea to the Pan Orthodox churches in our community and ask the ladies to bring an appetizer/dessert if able.

To this day we have grown and now include an out reach Project at the Tea. November 9th, at St. Mary's OCA we will make sandwiches for FOCUS. Talent is all around us and the speakers were mostly from their own churches. The topics were on Women Saints which a Priest did a slide show presentation when he took a trip to the Holy Land and that Tea was at St. George Greek. Iconography was another topic at St. Mary's Greek. Prison Ministry was a topic at St. George Antiochian, another Tea Mother Alexandra spoke at St. Mary's Coptic Church, at the Holy Trinity Church a talk was about making feminine kits for Third World Countries, at another tea the presentation was about FOCUS and learning about the homeless who protect their territory

and how they live. Human trafficking was presented by a women who was a victim at St. Mary's Greek. Her mission was to spread the word and educate all. The tenth tea was at St. Michaels Ukrainian Church and taught us how to decorate eggs. We have up to 40 to 70 ladies attend at the variety of teas over the years. Love fills the room because we know how blessed we are to have one another. Glory be to God! Try something new and reach out to your Pan Orthodox Community. We are sisters in Christ who serve those in need which we are called to do.

See our flyer on the next page.

Sue Perry



The Eleventh
Twin Cities Pan Orthodox Tea



A Bi-Annual Gathering For The Orthodox Christian Women of Minnesota

Saturday November 9th, 2019
3:00 – 5:00 pm

St. Mary's Orthodox Cathedral
Parish Center
1701 5th Street N.E.
Minneapolis, MN 55413



Please Bring a Dessert or
Appetizer to Share

Plan to Attend Vespers at 5 pm

For More Information
Contact Karen Schwebach
Email: schh99@msn.com

St. George Church – Akron, Ohio cordially invites the
 Diocese of Toledo and the Midwest
2019 CLERGY RETREAT AND FALL GATHERING

An inspiring blending of worship, service, and fellowship!
October 24-27, 2019

With His Grace Bishop ANTHONY Presiding



Accommodations:

Double Tree Hilton Hotel
 3150 W. Market St., Fairlawn, OH 44333
 Special room rate: \$100 daily plus food vouchers
 Make your reservations: 300-869-9000
 Mention *St. George Fall Gathering* for discount

Weekend Registration: \$40

Thursday (at St. George Church):

Registration: 6-8 PM
 Great Vespers: 5 PM
 Clergy Dinner: 6:30 PM
 Clergy Retreat: following dinner

Friday (at Hilton Hotel):

Clergy Retreat: 9-11 AM
 Clergy Lunch: 12 Noon
 Clergy Retreat: 1-3 PM
 Registration: 6-8 PM
 Welcome/Ask Sayedna: 8PM
 Pizza/Snacks provided
 Evening Prayers: 10 PM

Saturday (at St. George Church):

Matins 9-10 AM
 Meetings 10:15-Noon
 SOYO
 Young Adult Ministry
 Antiochian Women
 Christian Education
 Lunch: 12-1 PM
 SOYO Project: 1-4 PM
 Young Adult Gathering: 1-4 PM
 Great Vespers: 5 PM
 Dinner ♦ Events ♦ Music: 6:30 PM

Sunday (at St. George Church):

Matins: 9:00 AM
 Hierarchal Divine Liturgy: 10 AM
 Officiated by His Grace Bishop ANTHONY
 Followed by Farewell Brunch

Thank you and God bless you

Fall Gathering Coordinators:

Julia Shaheen 330-495-1776
 Bob Snyder 330-285-3688

St. George Antiochian Orthodox Church
 3204 Ridgewood Road - Akron, OH 44333
 330-666-7116 - mail@stgeorgeakron.com
 Web: www.stgeorgeakron.com
 The Very Rev. Fr. John Alassaf, Pastor

DUES
SPEAKER FUND
NAB PROJECT

MIDWEST ANTIOCHIAN WOMEN 2019-2020

Chapter/Church Dues: \$200 December 1st

To be current, please submit your church's dues in the amount of \$200 by December 1, 2019. (\$100 stays in the Midwest, \$100 will be forwarded to the NAB.) A parish's obligation is to pay dues, even if the church does not have an active Antiochian Women Chapter. *Exception: missions are not required to pay dues.*

Bishop Anthony Speaker Fund Donations: \$ January 15th or earlier

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 your Chapter/Parish would like to be included on the list of donors on Sayedna's birthday card, please include a note for how you would like the name to appear. In order to be included on the card, please have your donation submitted prior to 1/15/20.

NAB Project Donations: \$ May 1st

Donations to the NAB Project, in any amount, are gratefully accepted. The 2020 project is *Fulfilling the Vision*, in which we will joyously be fulfilling the vision that was originally proposed by Metropolitan Philip, of thrice blessed memory, and is now being enhanced and continued by Metropolitan Joseph, for the Antiochian Village. Exciting more information will be forthcoming. As reported at the PLC, 22 churches had contributed a total of \$12,921.00 LY.


 Payment form

Midwest Antiochian Women Payment Form 2019-2020

DATE: _____

Church Name: _____

Church Email:

Church Address:

Chapter President: _____

Email/Phone: _____

Treasurer: _____

Email/Phone: _____

Humanitarian Coordinator: _____

Email/Phone: _____

Enclosed:

Dues: \$ _____

Speaker Fund: \$ _____

NAB Project: \$ _____

Make **checks** payable to: **MIDWEST ANTIOCHIAN WOMEN**

Mail to: LIZA NAHAS (*your treasurer*) 13407 Creektree Lane, Fishers,
IN 46038

Feel free to contact me: lizanahas@yahoo.com 317-797-2966

THE METROPOLITAN PHILIP AWARD FOR 2019

Congratulations to Mary Polson

It was an honor to announce at the 10 Anniversary Celebration of the Holy Apostles Mission in Bowling Green, KY that Mary Polson received the Metropolitan Philip Award for 2019.

This award is given to someone who has served in their home parish as well as on the Diocesan Level. Mary is an example to all who know her through her dedication and love for her church. She has been very active in their mission serving as Secretary for their local chapter, Sunday school teacher and Director, Youth Director, Parish Council Member and chair, and also as the Treasurer on the Midwest Antiochian Women for 4 years. Well done, good and faithful servant

Kh. Jeanette



The Antiochian Women at the Convention



The Antiochian Orthodox Christian Women of North America is an organization of the Antiochian Orthodox Christian Archdiocese of North America, founded in 1973 through the vision of His Eminence Metropolitan Philip (Saliba).

Join Us



Participation in the Antiochian Women can truly include every woman in the Archdiocese in that we are all called to be members by our personal acceptance of the charge “take heed to the ministry which you have received in the Lord, that you may fulfill it” (Col 4:17).

There is a local chapter of the Antiochian Women near you. To participate in the ministry, renewal and programs of the Antiochian Women, join the women’s organization of your local Antiochian Orthodox parish. Through the programs of the Antiochian Women, as expressed in the setting of your parish and local community, participate with other women from all across North America in the ministry of women in the Church.

The Church of Jesus Christ consists of every person in it, clergy and lay people pulling together and working together. The Community of Christians is described in the Scriptures as “a priesthood of all believers”. We are all ministers of Jesus Christ, whether men or women, ordained or lay, we are called to be ambassadors for Christ. Without exception, each and every one of us is called to serve our Lord and our church in ways that allow God’s love to shine through us, for the benefit of others.