If you no longer wish to be on our mailing list, just let the office know by phone, fax, mail, or email.

**Future Announcements**

Don’t wait until the last minute to share your news! If there are any announcements that you would like to see in the December bulletin, be sure to let the office know by the deadline, November 15th. This allows for enough time for approval, editing, printing, and mailing out the bulletin to be received by the 1st of the month.

You can send an email (SaintsConstantine-HelenHon@mail.goarch.org), call the office (521-7220), or drop by with a hard copy of your requested announcement.

**GOING ELECTRONIC**

In an effort to keep everyone better informed, our Office is now offering the monthly bulletin “Shorelines” electronically. The format and contents will be the same, and subscribers can choose to read online, download and save, or print a hard copy. Further, we hope to use this service in the future to make notification of upcoming events at Ss. Constantine & Helen and to share important news items.

To begin receiving your bulletin electronically, simply send an e-mail to Lisa in the Church Office, at: saintsconstantine-helenhon@mail.goarch.org, with “Bulletin Electronic Subscription” in the subject line.

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**Reflecting on our 50th Anniversary Celebrations**

My Dear Spiritual Ohana,

I send my “congratulations” to all of you for a wonderful 50th Anniversary Celebration the weekend of October 2nd thru October 4th! This weekend was most memorable and very special. I was honored to have been part of these historical moments in the life of our beloved Cathedral Community. That particular weekend was one of the greatest highlights of the entire year. We successfully celebrated our uniqueness among the Orthodox Churches worldwide as being one of the most diverse parishes in the world. At the International Night, it was very moving to have so many of you greet His Grace Bishop Apostolos in various languages. There was a plentiful amount of ethnic fasting foods for all to enjoy. That was a great tribute to who we are as a community! Saturday’s Grand Luncheon Banquet was incredible! We had the blessing to listen our first assigned priest, Fr. Dean Gigicos, give a touching personal account of his earlier days. He presented us with very meaningful memorabilia. Mrs. Regina Mass offered us a complete and thoughtful historical perspective on our roots and on who our founding members were/are. She included in her talk quite many treasured memories and moments. His Grace Bishop Apostolos also offered heart-felt congratulatory and inspirational words to all of us and gave us, on (Continued on page 2)
(Continued from page 1)

behalf of His Eminence Metropolitan Gerasimos, a beautiful Proclamation in Commemoration of our Major Milestone.

At Greek Night, Saturday Evening, in a more casual and relaxed atmosphere, we enjoyed Greek Cuisine and wonderful performances by our Nisiotes and Nisiotopoula Dancers.

Sunday, we experienced a Most Glorious Hierarchical Divine Liturgy. After services, we honored a number of our wise, dedicated senior members who have always offered so much of themselves over the years for our community to the Glory of God. Also, we said our tearful farewells and offered a lei to our dear Mary Book who has moved to the Mainland to be with her family. We enjoyed a Luau with extraordinary performances of traditional Hawaiian music with our own Vicki Shirona who is part of an adult musical ensemble and were especially moved by the unforgettable and most excellent performances of our Aloha Youth Choir.

My dear people, history has been made as is still in the making, as we come to the close of all our 50th Anniversary Celebrations. Let us continue with great fervor the Legacy of our Faith in our community of Saints Constantine and Helen Greek Orthodox Cathedral of the Pacific. This requires us to reach to the community. It is a social gathering of family and friends.

We teach Greek dance to those that want to learn and we practice the dances throughout the evening. We encourage families with children to bring them and before the children have to go home, we do the Hokie Pokie or the Electric Slide for the more mature dancers.

Everyone must leave at 10:00 p.m. that is when the event ends. Unless, of course, you are helping to clean up the Social Hall for the next day’s Sunday Coffee Hour.

WHY: For those folks who are new to the parish and those that need a reminder of what a “HAWAII” GLENDI is.

WHEN: Saturday, January 23, 2016 (a fundraiser for Nisiotes Dancers going to FDF in February). Time: 6 p.m. - 10 p.m. Entertainment includes Bouzouki Player-

DANCE GROUP NEWS

1. What is a Glendi?

WHAT: Hawaii Glendi is an outreach and in-reach to the community. It is a social gathering of family and friends.

2. RECYCLE: continual fundraiser for dance group, HI 5 plastic, glass, and aluminum. Please see Dianna or Barry to transfer recycle from your car trunk to ours.

3. Hygiene Kits are due on Sunday, November 29, 2015. Help dancers with their DIAKONIA for the FDF. Please see needed materials outside of the hall upstairs on the bulletin board and help yourselves to a flyer....

4. Instructions/tips for sponsoring a coffee hour can be found in a new 3-ring binder in the Social Hall (in overhead cupboard).

5. The Ladies of Philoptochos appreciate any donations of coffee supplies, including paper supplies to help defray some of the coffee hour expenses.

6. If you are hesitant to prepare and serve a coffee hour yourself, consider making a monetary donation.

7. Friendly Reminder: Please do not bring non-Lenten food including cake & ice cream during fasting periods.

Thank you to our October Sunday Coffee Hour sponsors!

The Scordilis Family
The Parish Council
Mr. & Mrs. Andrew & Lucy Tujios

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The Parish Council
Mr. & Mrs. Andrew & Lucy Tujios

Mahalo for Your Support, Dianna Graves
Dance Group Ministry Director

COFFEE HOUR

1. Welcome to our October Sunday Coffee Hour sponsors!

The Scordilis Family
The Parish Council
Mr. & Mrs. Andrew & Lucy Tujios

2. Each individual/family is requested to sponsor a coffee hour one Sunday per year. Please sign up on the 2015 Coffee Hour calendar that is posted outside of the Social Hall.

3. You may sign up directly on the calendar or contact Suzanne Akiona or Frances Rizzo.

4. Instructions/tips for sponsoring a coffee hour can be found in a new 3-ring binder in the Social Hall (in overhead cupboard).

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Greek Language Class
In addition to our classes being held on Sundays after Sunday School, we will be having the following classes on Monday Evenings:
- Elementary classes at 5 p.m.
- Advanced Youth—Adults 6 to 8 p.m.

The Parish Council provides the following classes on Monday evenings:
- Sunday, November 1: Michael Dimitriou
- Sunday, November 8: Regina Mass
- Sunday, November 15: Roni Katsikas
- Sunday, November 22: Shota Mkheidze
- Sunday, November 29: Tina Dimitriou

Thank you to Harriet Medes for arranging to get the beautiful orchid centerpieces that graced the tables at our 50th Anniversary luncheon. Also, to Harriet, Lucy Tijios, Valentina Yarowaya and Suzanne Akiona for preparing all the food for Mary Book’s farewell luncheon. Thank you to the Parish Council for donating the chicken and rice and to Anita Akel-Soleaie for picking up the cake.

There were several bake days—thanks to all the volunteers who came out to make Spanakopita, Baklava and Kouourakia. Anita Akel-Soleaie showed a moving video to the parish about the St. Nicholas Memorial Shrine in New York City and Philoptochos collected monies for donation.

For Make a Difference Day on October 24 and in honor of Archbishop Demetrios’ nayaday on October 26, Philoptochos collected gently used icons and Sunday School materials that will be donated to the Holy Trinity Greek Orthodox Church in the Philippines.

Koliva will be made in honor of Sts. Cosmas and Damianos, Patron Saints of Philoptochos on November 1.

Please keep in your prayers: Alice Malick, Helen Anastasopoulos, Georgia Manos, David Chrysostomos, Alexandra Helene, Julie Licina, Despina Shive, Despina (Despo) White, Mary Book, Susan Perman and all those serving in Afghanistan and elsewhere overseas.

Upcoming Opportunities for Worship & Learning
Orthodox Book Club
Due to very low response for our featured book: Making God Real in the Orthodox Christian Home by Fr. Anthony Coniaris (updated edition), Fr. Alexander will attempt to choose a different book for us to fellowship and share. Also we will rethink the day and time of planned Book Clubs to better accommodate and encourage optimum response. A few of the suggested days and times are as follows: Tuesdays, 10:30 a.m. to Noon; Fridays, 10:30 a.m. to Noon. Please stay tuned for updates!

Byzantine Chant
Fr. Alex is willing to teach Byzantine Chant in small groups or one-on-one. Rather than teaching this rich tradition of the music’s theory and the notation (neumes), Father will teach some of the more utilized hymns, responses and model hymns (prosoma).

Please call or see Fr. Alex if you are interested and set up dates and times to learn. You may also set up an appointment to meet with him in his office or at your home.

Adult Religious Education
Sundays Noon to 12:45 p.m., following coffee hour (See weekly bulletin for updates)
Fr. Alexander is offering classes and discussions on alternating Sundays surrounding a recently published booklet, Ten Point Program for Orthodox Life: Translating Orthodox Christian Ideals Into Daily Life, by Fr. Deacon Charles Joiner of St. George Cathedral in Greenville, South Carolina. The purpose of this class is to practically implement this program into our daily lives as Orthodox Christians.

We are very happy to announce that Dr. Robert Arakaki is offering a Biblical Basis for Orthodoxy Series every other Sunday thru December 6th. The schedule for November is as follows: Sunday, November 8th: “Biblical Basis for the Trinity”; Sunday November 22nd: “Biblical Basis for the Liturgy”
Why fast before the Nativity?
Excerpt from OCA.org

Question

I was wondering why we fast before Nativity. The Lenten fast seems more obvious. Also, from what foods do we normally fast from during the Nativity fast?

Answer

We fast before the Great Feast of the Nativity in order to prepare ourselves for the celebration of Our Lord’s birth. As in the case of Great Lent, the Nativity Fast is one of preparation, during which we focus on the coming of the Savior by fasting, prayer, and almsgiving.

By fasting, we “shift our focus” from ourselves to others, spending less time worrying about what to eat, when to eat, how much to eat, and so on in order to use our time in increased prayer and caring for the poor. We learn through fasting that we can gain control over things which we sometimes allow to control us—and for many people, food is a controlling factor.

[We live in the only society in which an entire TV network is devoted to food!] While fasting from food, however, we are also challenged to fast from sin, from gossip, from jealousy, from anger, and from those other things which, while well within our control, we all too often allow to control us.

Just as we would refrain from eating a lot before going to an expensive restaurant for dinner—if we “ruin our appetite” we will enjoy the restaurant less—so too we fast before the Nativity in order to more fully feast and celebrate on the Nativity itself.

During the Nativity Fast, we are called upon to refrain from meat, dairy, fish, wine, and olive oil. At the same time, we are challenged, within this framework, to fast to the best of our ability, and to do so consistently.

If we must modify the extent to which we fast within this framework, it is of course possible, but in every instance our fasting should be consistent and regular, for Christ does not see fasting as an option, but as a “must.”

In Matthew Christ says, “WHEN you fast, do not be like the hypocrites,” not “IF you fast” or “IF YOU CHOOSE to fast.”

Finally, it seems quite odd that in our society—a society in which people gladly and freely spend huge sums of money for diets, most of which recommend that one refrain from red meats and dairy products—fasting is not more widely embraced. How odd that a Jenny Craig consultant or diet guru or physician will tell us to refrain from eating meat or cheese or butter and we will gladly embrace—and pay large sums of money for—his or her advice, while when the Church offers the same advice [at “no cost”] we tend to balk, as if we were being asked to do the impossible.

Nativity Fast: November 15th To December 24th

PARISH CHRISTMAS CARD
For all Parishioners wishing to be listed on our Parish Christmas Card, please fill out your NAME below and return it to the Church office by December 6th. Please consider including a donation to offset the cost of printing and postage for the card. MAHALO!

Please PRINT legibly—Your name will appear as written here.