



TRANSFIGURATION OF OUR LORD GREEK ORTHODOX CHURCH NEWSLETTER

Volume 14, Issue 5

August 2011

The Feast of our Parish—
the Transfiguration of Our
Lord, God and Savior Jesus
Christ

August 6

This year, THE feast of Our parish, the Feast of the Transfiguration of Our Lord, God and Savior Jesus Christ is celebrated on a Saturday (Saturday, August 6), affording us an even greater opportunity to come together as one large community to rejoice in this most luminous and holy event in our Church. Our Lord reveals to us His glorious divinity, shining His uncreated light and energies before his beloved three disciples—Peter, John and James.



himself as he is pure.” (1 John 2:27-3:3) And again, “We beheld his glory, the glory as of the only begotten of the Father.” (John 1:14).

All the parishes with their clergy have been invited to behold His glory with us, in worship. Vespers begin, Friday evening at 6:00 pm, followed by heavy hors d'oeuvres and fellowship in Tabor Hall. On Saturday, the 6th, we begin Orthros at 9:00 am, followed by the Divine Liturgy at 10:00 am. There will be face painting, balloons, and a magic show for the kids, while we enjoy a delicious fish luncheon. Many thanks to the Spiropoulos family for their generosity and for organizing this event with the help of the Philoptochos!

Moses and the Prophet Elias also miraculously appear, on either side of the Lord, worshiping Him as the fulfillment of what they preached, and the Messiah, to Whom they pointed. He is the fulfillment of the Law (given through Moses) and the Prophets (epitomized in St. Elias.) He is not only the fulfillment of all righteousness, but the Very God, Himself, the God of the living (shown again, through the witness of the Prophet Elias) and the dead (as witnessed by the presence of Moses).

He reveals not only His glory, but for all who wish to follow Him, up the mountain of life with prayer, fasting, and good works, He reveals to us in Himself, our destiny, our own resurrected glory, in Him. Hear what the Beloved Disciple and Apostle, John speaks to us: *“See what love the Father has given us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him. Beloved, we are God's children now; it does not yet appear what we shall be, but we know that when he appears we shall be like him, for we shall see him as he is. And every one who thus hopes in him purifies*

Biblical Story

Little did the disciples imagine that our Lord's statement that some of them should not taste of death until they had seen the Son of Man coming in glory, in his Kingdom, would be fulfilled within six days to Peter, James and John on the Mount of Transfiguration, Mount Tabor. Yet so it was, and evidently it produced a great and designed effect upon the witnesses, St. Peter of whom, respecting it, says in 2 Pet. 1:16-18, *“We have not followed cunningly devised fables, when we made known unto you the power and coming of our Lord Jesus Christ, but were eyewitnesses of his majesty. For he received from God, the Father, honor and glory, when there came such a voice to him from the excellent glory, This is my beloved Son, in whom I am well pleased. And this voice which came from heaven we heard, when we were with him in the holy mount.”*

The event of the Transfiguration is recorded in three of the four Gospels: Matthew 17:1-9, Mark 9:2-8, and Luke 9:28-36. Jesus took the Apostles Peter, James, and John with Him up upon a mountain, to pray. While ascending the mountain in prayer, Jesus is transfigured before

(continued on page 8)

Transfiguration of Our Lord Greek Orthodox Church

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Fr. Vasileios Flegas, Parish Priest- frvasileios@transfiguration.org; (512) 574-1972

Parish Council

Brandon Suehs - Pres.

Peter Kangos - V.P.

Sophia Khan - Sec.

John Chronis- Treas.

Marko Bjeletich

Shelley Ebeling

Elizabeth George

Michael Glaros

Nick Spiropoulos

Stuart Yoder

ΠΡΟΦΗΤΑΙ
ΜΟΡΦΩΣΙΣ

PLEASE JOIN US FOR OUR
FEAST DAY CELEBRATIONS



FRIDAY, AUGUST 5

6:00 PM GREAT VESPERS AND ARTOCLASIA
HEAVY HORS D'OEUVRES AND FELLOWSHIP TO FOLLOW

SATURDAY, AUGUST 6

9:00 AM ORTHROS
10:00 AM DIVINE LITURGY
DELICIOUS FISH LUNCHEON TO FOLLOW
WITH FAMILY-FRIENDLY ENTERTAINMENT

RSVP BY AUGUST 1ST

Our heartfelt sympathies and prayers go to Mrs. Maria Nikas, Costa Nikas and his family, and Jimmy Nikas and his family on the passing of Xenophon Nikas, husband and father.

Xenophon fell asleep in the Lord suddenly on Sunday, July 24th.

May his memory be eternal.



Fellow parishioners,

I want to use this space this month to let you know about all the exciting activities we have coming up over the next few months at TGOC. It is going to be a very busy time as we end the summer and head into the fall. Please mark these events in your calendar and makes plans to attend.

Right around the corner is the feastday of our church, the *Holy Transfiguration*. This year our feastday will fall on a Saturday. Parish activities will start on Friday evening at 6PM with Vespers following by a coffee reception. The liturgy will start at 10AM on Saturday, after which we will have a special luncheon and family-friendly activities. Please make every effort to attend and celebrate with your Transfiguration family. During the week leading up to our feastday, Vacation Church Camp will be taking place, if you have not already signed up your children, please contact the office immediately to register. In addition to our feastday and VCC, there are special events planned for August 12th and August 13th. We welcome Cynthia Kostas, from Houston, who will lead us in Friday evening's presentation *The Power of one "Yes"* as well as Saturday's teacher and youth leader retreat *To Master Teaching, Teach Like the Master*. Please contact the office if you have any questions or would like to attend.

As we enter the fall season, Greek Golf Day is right around the corner. The tournament is scheduled for October, 10th. To register for the event or to sponsor a hole, please visit the tournament website at www.greekgolfdays.com or contact Bill Colovas, Cassie Ford, or any of the other Golf Committee members. Please also thank them all for their hard work organizing what continues to be a very successful fundraiser for TGOC.

Last, but definitely not least, I want to mention our Anniversary Gala which is scheduled for November 5th. This year we welcome His Eminence Metropolitan Isaiah who will join us for our 26th anniversary celebration. More information will be coming out as we move closer to November, but please save the date in your calendar and plan to join us for a great evening of fellowship and celebration. On Sunday, November 6th, Metropolitan Isaiah and Fr. Vasileios will celebrate a Hierarchical Divine Liturgy, which will be followed by a special luncheon.

There are a number of other events that will be taking place as we move throughout the rest of the year. Philoptochos is sponsoring a Cake Walk on October 2nd to support our Sunday School, and they will have the Philoptochos annual Holiday Bazaar on November 12th. Please keep a close watch on the parish calendar, newsletters, and bulletins for updates. You can also always go to www.transfiguration.org to get the most up-to-date information and to view the parish calendar.

In Christ,

Brandon Suehs
Parish Council President

NOTICE:

Transfiguration Greek Orthodox Church Parish Assembly
Sunday, September 11th, 2011
at 12:30PM in the Mt. Tabor Hall

Please note: The Bylaws Committee will propose revisions to the Parish Bylaws at the Parish Assembly.

The Assembly Agenda is on page 7



The Power of One "Yes"

How "Yes" Can Change the Universe

**Friday, August 12, 2011
6:00 Paraklesis & Presentation**

"Let it be to me as you have spoken". She said Yes!! With this one "yes", Mary changed the way that all creation is restored, or saved. Her one "yes" transforms our relationship to God, to nature, and to one another. One person. One Yes to Life.

Each of us has the potential to say "yes" to life, to respond to the promptings of the Holy Spirit. Each of us could develop our soul to be aware of God's intent and hear His promptings to our spirit. By our response, we may become more of what God calls us to be. What we say "yes" to in our lives not only defines us, but impacts the world around us. How do we tune our souls into God's voice? How do we have the courage to say "yes"? How do we discern the urgings of the Spirit from cultural influences, or just our own desires?

Come explore how Mary's "yes" impacts us and how we can develop the 'yes' potential within us. Perhaps we, too, can act out a "yes" that is heard throughout generations.

To Master Teaching, Teach Like The Master

A Retreat for Teachers & Youth Ministers

Saturday, August 13, 2011

10:00 Orthros, Presentations, Luncheon & Paraklesis

Our Orthodox faith is a matter of vital life experience, not only knowledge, nor mindless adherence to regulations. Those who respond to our Lord's prompting to teach know that Christian teaching is more than an emphasis on content or even practice. We are called to transform lives. Jesus taught, and men's attitudes were changed; their habits were changed; their lives were changed and brought in line with the will of God. This was religious education at its best. This is what we as Christian teachers seek today.

Jesus' matchless message and dynamic teaching cracked the hard crust of the religious traditionalism that had surrounded the Jewish people and fanned the smoldering ember of their faith into a living fire. How did He do it? This retreat, designed for Orthodox teachers and youth workers, will both inspire you and equip you for effectiveness. With Jesus as our Teacher and our example, we will explore how to teach to transform lives.

RSVP today to Transfiguration: office@transfiguration.org

Cynthia Kostas graduated from Holy Cross Greek Orthodox School of Theology in Brookline with a Masters of Theological Studies degree. She has lectured and led lay seminars at SMU's Perkins School of Theology, the Cathedral Center in Boston, Holy Archangels Church in Boston, as well as various Lutheran, Episcopal, and Methodist Churches regarding aspects of Orthodox spirituality. Cynthia has offered the Introduction to Orthodoxy classes at St. Basil's Greek Orthodox Church and has taught adult catechism classes and bible study for over a decade at Annunciation Greek Orthodox Cathedral in Houston, Texas, where she was baptized and raised. She earned her M.B.A. at the University of Texas at Austin, and has practiced for over 18 years as a financial and estate planner, helping families fulfill their financial and philanthropic intent. Cynthia leads retreats, seminars and workshops for audiences of varied beliefs on a wide range of topics pertaining to nurturing one's spirit and enhancing one's character.





The Dormition of our All Holy Lady the Theotokos and Ever Virgin Mary is celebrated on August 15.

The Dormition fast begins on Saturday, August 1st and ends on the 15th. We will have a **special Vespers and Lamentations Service** for the Dormition of the Holy Theotokos on **Sunday, August 14th at 7:00pm**

What is the Service of Paraklesis?

The Paraklesis is a beautiful service that sings the praises of the Theotokos. Its composition is attributed to the monk Theophilos. In its essence, this service seeks the protection, guidance and comfort (Paraklesis) of the Mother of God. We call upon the Panayia for intercession because she is the greatest of all the Saints. Having dedicated her entire life to the pursuit of holiness and by being the Mother of Jesus Christ, she has acquired the favor of God. She now continually stands in vigilant prayer asking her son and our God to grant us Salvation.

Her constant prayer is quite effective for our Salvation because Christ is quick to listen to His mother's appeal (see the Wedding in Cana, John 2:1-12) The Panayia seeks to help those who have found misfortune by directing them towards Christ. "Do whatever **He** tells you," she told the servants at the wedding. Having run out of wine, a symbol of joy, the Theotokos brought the servants to Christ - the One Who gives joy. The Lord said to His mother, "my time has not yet come," teaching us that the fullness of God's revelation would not come until after His Resurrection. The Theotokos, however, was eager for the attendants of this wedding banquet-who represent all people- to share in the joy that God had brought to her. By interceding to her son, thirty stone jars of water were turned into wine. Her plea was the catalyst that set into motion Christ's first miracle. Her supplication, thus, inaugurated all of Christ's subsequent miracles, which He performed in order to bring us to Salvation. This scene from the life of the Theotokos as recorded in Holy Scripture teaches us to approach the Panayia as a great intercessor before our Lord. We thus abide by Holy Scripture when we approach the Theotokos seeking her favor. The Paraklesis Service as found in the Orthodox Church continues this profound and ancient tradition of asking the Theotokos for health, peace and salvation which is found in Jesus Christ.

Please list the names of the living Orthodox Christians for whom you wish the Panayia to intercede. Return this form to Father Vasileios to have those names mentioned during the Paraklesis Services on:

Monday, August 1st and 8th at 6:00pm

Tuesday, August 2nd and 9th at 6:00pm

Wednesday, August 3rd and 10th at 6:00pm

Thursday, August 4th and 11th at 6:00pm

Friday, August 12th at 6:00pm

Sunday, August 7th at 6:00pm

MOST HOLY THEOTOKOS, SAVE US



Service of Paraklesis to the Theotokos

Please intercede for the health and healing of the servants of God

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Please submit this form, with the names of the living, to Father Vasileios to be read during the Paraklesis Services.



WHEN

Monday, October 10th, 2011

TIME

12:30 pm Shotgun Start

WHERE

Spicewood Golf Course

11210 Spicewood Club Dr., Austin, TX 78750

512-258-6763

PRESENTED BY THE TRANSFIGURATION GREEK ORTHODOX CHURCH

The Transfiguration Greek Church of Austin is a registered 501(c)3 organization.



\$130 PER PLAYER INCLUDES

Lunch by Arby's

Dinner by Carino's Italian

Greek Desserts/Pastries

Full Round of Golf - Scramble Format

Range Balls before Round

Prizes for Every Golfer

**REGISTER & PAY AT
GREEKGOLFDAY.COM**

GOLF COMMITTEE

**Marko Bjeletich • 394-9661 Bill Colovas • 261-8251
Creed Ford IV • 565-9923 Cassie Ford • 947-2553
Myron Klement • 656-8578 Stuart Yoder • 733-5640
Nick Spiropoulos • 261-8746 John Chronis • 306-7916**

WANNA HELP MORE?

Sponsor a Hole or get a friend to sponsor a hole.

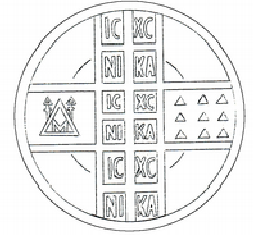
Sponsorships begin at \$200

Email INFO@GREEKGOLFDAY.COM for More Info

Or Call Cassie Ford at 512.947.2553

TGOC | 414 St. Stephens School Road | Austin, TX 78746 | <http://transfiguration.org>

Prospora Ministry



Holy Transfiguration has many dedicated bakers who help to prepare Prospora or Holy Bread for the Divine Liturgies. During this year, our bakers have taken on the task of preparing the bread in a timely manner so that we can provide fresh loaves of Prospora at as many Liturgies as possible.

The more volunteers we have to prepare the Prospora the fewer times we need to bake, and it is planned to have more classes to teach those who have shown an interest in learning. A list with the schedule of all the Services is sent every two months so that our bakers can decide for which dates they may be available to bake. Many like to offer the bread for birthdays, Feast Days, Name Days, memorials and special occasions, and this allows them the perfect opportunity to do this.

Father Vasileios needs the Prospora prior to the beginning of Orthros, and there are several opportunities for you to bring the bread to church.....Vespers on Saturday evening; fifteen minutes before the start of Orthros; or Friday before 4 pm, when Liz Strong leaves the church office. For special weekday Services, Prospora can be brought the day before, or again prior to Orthros.

It is difficult for some of our parishioners to bring the Prospora early before services since they live great distances from the church. If this is your situation and you are able to bake, we always need a reserve for the freezer. If something should arise and you need to change a date, then you can switch with someone else, and notify us of the change.

This is such an important ministry that you can help to provide. If you are interested, please contact, Diana Angelo.

Transfiguration Greek Orthodox Church

Parish Assembly Agenda

September 11th, 2011 - 12:30 PM

| Time | Item | Owner |
|--------------------|--|---------------------------|
| 12:30 | Call to order | |
| 12:30-12:35 | Opening prayer | Fr. Flegas |
| 12:35-12:40 | Election of Assembly Chairperson Appointment of Assembly Secretary | |
| 12:40-12:50 | Approval of meeting agenda | |
| 12:50-1:00 | Approval of minutes from March 2011 Assembly | |
| 1:00-1:15 | Proistamenos' Report | Fr. Flegas |
| 1:15-1:45 | President's Report | Suehs |
| 1:45-2:00 | Treasurer's Report | Chronis |
| 2:00-2:15 | Stewardship Report | Bjeletich |
| 2:15-2:30 | Ministry and Committee Reports | |
| 2:30-2:45 | New Business Election of Nominations Committee Revision of Parish Bylaws | Suehs Bylaws Committee |
| 2:45 | Prayer and Adjournment | Fr. Flegas |

Please note: The Bylaws Committee will propose revisions to the Parish Bylaws at the Parish Assembly, and these revisions will be voted on by the Parish Assembly.

them. His face shone brighter than the sun, and His garments became all glistening white. His divinity shown through. The Fathers reflect: the miracle is not that His divinity shown through in this moment of prayer, but how His luminous divinity was not showing through, continuously. Truly our Lord exhibits to us utter humility in His kenosis, becoming like one of us, in every way. He took upon Himself our lowliness, so that by His love, we may come to know and experience His beauty and greatness, freely and without coercion--freely with our own growth and knowledge, coming from within.

Moses and Elijah appeared with Christ, talking to Him. Peter declared how good it was for them to be there and expressed the desire to build three booths for Moses, Elijah, and Christ. This reference to the booths could imply that this occurred during the time of the Feast of Tabernacles when the Jews would be camping out in the fields for the grape harvest; for this Feast had acquired other associations in the course of its history, including the memory of the wanderings in the wilderness recorded in the Old Testament book of Exodus. Just as the Lord did not leave his people abandoned in the wilderness, but appeared again and again in fantastical ways, to feed them the manna from heaven, and to direct them either as a cloud by day or a pillar of fire at night, so the Lord, does not leave us alone. And if we are able to see Him, with the eyes of our hearts, we will see that He comes to us again and again, transfiguring Himself and us in light, as we climb the mountains of our lives with prayer. In prayer, we too can experience the joy of Peter's words: *"It is beautiful for us to be here."*

While Peter was speaking, a bright cloud overshadowed them. A voice came from the cloud saying, *"This is my beloved Son, with whom I am well pleased; listen to Him."* When the disciples heard this they fell on their faces filled with awe. Jesus came to them and told them to not be afraid. When the three looked up they saw only Jesus. Do we see only Jesus?

As Jesus and His disciples came down the mountain, He told them not to speak of what they had seen until He had risen from the dead. As Orthodox Christians, through our liturgical calendar, we show obedience to our Lord, and historical evangelical accuracy, in placing the announcement and celebration of this feast, AFTER, the resurrection of the Lord. In addition, we allow all the events of our Lord--His glorious ascension into the heavens on the 40th day, the descent of the Holy Spirit on the 50th, Pentecost, and the sending out of the apostles into the world--to be celebrated first and to have its proper blessed effect upon the Church and the world. It is not until, we approach the very end of our liturgical year, the culmination of our Lord's salvific work, as exemplified in His Mother, the Theotokos, that we announce this feast. The Transfiguration foreshadows the glory that will be offered to the Mother of God, and by extension to us, according to the proportion to the holiness of our lives in the Lord. The Transfiguration, also, comes to us exactly 40 days, before the Exaltation of the Holy Cross, September 14, also fulfilling the timeline of Scripture and Holy Tradition—that our Lord revealed Himself to the three disciples, 40 days before His crucifixion, to offer them hope and encouragement, that He willingly goes to the Cross. The Church celebrates this same feast, to offer us hope and encouragement in our own lives, as we pick up our crosses to follow Him. By accepting His loving life and sacrifice for us, allowing it to become our very personal source of life and love within us, we are comforted in the hope that one day, we too may become, *"like Him"* victorious, shining like the sun. Such are the marvels, truly worthy of God, celebrated in this present feast, which is an image and prefiguring of the future state of the righteous, whose splendor the Lord spoke of, saying: *"Then shall the righteous shine forth as the sun"* (Matt. 13:43) By the intercessions of the Theotokos, may we come together as one family, celebrating the hope and blessings offered to us in this, OUR FEAST!

In the Loving Service of Our Transfigured Lord,



Fr. Vasileios

Liturgical Items for the Completion of our Sanctuary and our Offering of Worship

As we continue to complete our Holy Sanctuary with our current iconography project--the dome--there are still other liturgical items and holy vessels of equal importance and vital purpose that we need to secure, for the proper worshiping of our Lord in "Spirit and in Truth". Please review the list below, and prayerfully consider where you are able to assist in the completion of our Holy Church building and worship.



Holy Tabernacle--We are still in need of donations towards the purchase of the new Holy Tabernacle, the Holy Artophorion, which continuously stands on the Holy Altar Table, containing the Body and Blood of our Lord and Savior Jesus Christ, always allowing for His Presence to be with us in His Sacrament, and for the purpose of continuously having a reserve for those who are sick, in the hospital, or are homebound. This is one of the holiest and most necessary vessels, needed to complete our Sanctuary.

Six Altar Candlesticks--The Holy Tabernacle is usually surrounded by seven lights, reflecting the seven lampstands before the throne of God, mentioned in Revelation. The seven lampstands are represented by the one vigil in front of the Holy Tabernacle (already purchased and on the Holy Altar) and six Altar Candlesticks, three each flanking on either side of the Holy Tabernacle. These six Altar Candlesticks are still needed. Please consider donating one or all of these candlesticks.



Altar Table Coverings--New Altar Coverings for the Holy Altar Table and for the icon stands in the narthex and nave, rounding out the different colors and seasons of our Church calendar are still in need. We still need at least two full sets--white and gold.



Epitaphios for the Dormition of the Mother of God--This year we are blessed to be able to use the epitaphios for the Mother of God, during her feast day, at the Vespers service, Sunday, August 14, in the evening at 6:00 pm. Similar to Holy and Great Friday, the Holy Epitaphios of the Mother of God will be placed in the Kouvouklion or tomb, that will be beautifully decorated with flowers for all to take home. We will chant the Enkomia (Lamentations Service) of the Mother of God, a rite brought to us from Jerusalem, that is done every year at the very tomb of the Virgin Mary. The Enkomia will be chanted in the same melody we sing them to the Lord on Holy Friday, however, we do not take the Kouvouklion outside, in the service for the Mother of God. This is reserved only for the Lord, as we know that He, alone, goes down into Hades, as Lord and Savior, to conquer death, bind Satan, and to lift Adam and Eve and all souls into the heavenly Kingdom, who are able to follow Him. Instead, we know by holy tradition, that the Mother of God's tomb is found empty, because she is taken immediately into the heavens. Literally, the Lord's Holy Tabernacle, her body never sees corruption, but is assumed into the heavens (hence the other term, Assumption) by the Lord Himself, to be united with her soul. I pray to see all of you at this beautiful service. We need donations to complete the payment for the epitaphios as well.

Icon Stands

Special Icon Frame Holder and Icon Set to complete the saints and feasts



Our GOYANS Trip to Lady Bird Lake!



Chapter One

Selfishness (Self-Centeredness, Self-Love), the Mother of the Passions

Whoever has selfishness (self-centeredness, self-love) is not able to have rest, spiritual peace, because he is not free within himself."

From selfishness (self-centeredness, self-love) all of the passions are born.

--Geronda, what is selfishness (self-centeredness, self-love)?

--To do what pleases your sinful self, the man of old, the former self, (the self which has not become a new creation in Christ), that is to say, to love the man of old within yourself. And gluttony and egotism and spite (obstinance) and envy have self-centeredness as the agency (which drives them). And you see, one from self-centeredness demands his own accommodation, his own comfort, and he does not consider anyone else. Another is very particular in taking care of what food he will eat, making sure he gets enough sleep, less something happen to his health. Another demands that others consider his needs, that they appreciate him. If they do not do as he wishes, or if they do not pay attention to him, he reacts. He says to you, "Why do they not consider me? I'll show them!" My! My! What a fearsome thing is this self-centeredness!

--Geronda, how can someone say, "We are slain for you all day long?" (Psalm 43:23)

--If one sacrifices his desires (will) for the good of another. Our self-will has our self within it, it has self-centeredness, self-love. He who does not ask himself if that which is accommodating to himself accommodates another and begins to demand, "I want this, I want that," and, "Why did you do that to me, why did you not give me this?" will eventually (be governed by the devil, sing the devil's song).

--There are some, Geronda, who are not able to settle down when that which they want does not occur.

--How can they calm down when they have themselves inside that which they want? If one has himself inside that which he wants, how can he also have Christ? However, when he doesn't have himself, but he has above all the One, that is to say, Christ, then he has everything. When he does not have Christ, then he has nothing. If man throws away his "self," then God gives him everything in a miraculous manner.

--Geronda, whenever you speak to us about throwing down our "selves," I feel fear. Perhaps I cannot withstand (endure)?

--Ah, what has happened to us?! It is as if you say, "If I throw away my passions, what will I have left?" When I say to throw away our "selves," I mean to throw away the passions, to throw away our former selves. It is a bit heavy for you to say, "I am not able to throw away my self." If someone tells you to take a sledgehammer and to tear down a wall, and you do not have the strength, it is justified to say, "I am not able." But to throw away the former man (the sinful self) does not require bodily strength. Humility is required.

From That Which Has No Flavor (Taste), May You Taste Christ

--Self-centeredness is the desire to eat and to rest above that which is necessary. Normally we must give the body only that which for which it has a need. One thing is the desire, and another is the need. It is one thing to want to please my body and another to give my body that which it needs. Let us say that I have before me different foods with the same amount of vitamins, but one is tastier than the other. If I prefer the more flavorful food, this is self-centeredness. If, however, I have anorexia, and therefore I am weak, and I prefer the more flavorful food in order to be able to eat, this is discretion.

The body, the "bad publican," as Abba Makarios says, can demand beyond (what it needs) because the organism (functions) in the manner to which it has grown accustomed. Whenever someone has limited (what goes into the stomach), then he is able to practice temperance more easily. It is different when someone becomes a slave to the stomach because it then has a need to be filled up. Take someone who is stocky, such a storehouse he has made (of his stomach). He wants to put at least a half of a calf inside the stomach to be full, and then he drinks two (gallons) of water!

--In days of old, Geronda, people had stronger bodies and they forced (pushed) themselves?

--They physically had a little bit stronger bodies, but they also pushed themselves. Hatzi-Georgis in his monasticism ate (only) a little honey and almonds. And there were children (only) fifteen years old during their (physical) development, but they also had spiritual development! Today there is a worldly logic which says, "The children should not fast so that they will not become ill, so that they will lack nothing, so that nothing will be difficult for them," and they eventually live in a wretched manner and want only steak to eat, but that, again, helps in no way.

If someone rejoices if he does not eat out of love for Christ, then he is nourished, and from the unsavory he tastes Christ.

(Continued on page 14)

Back to School!

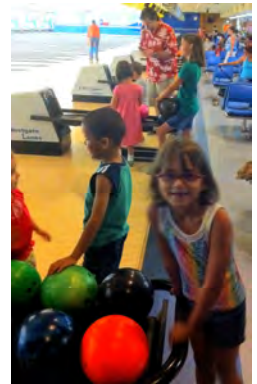
Summer is almost over! It's time to get ready to go back to school...
Please register your students for Sunday School at transfiguration.org!

Sunday School classes resume on September 11, 2011.

Please plan to join your students in their classrooms
after Divine Liturgy, for our
First Annual Sunday School Open House!
Meet the teachers, see the classroom, and get ready for another great year!

Mark your calendars so that you don't miss the
Annual Back-to-School Roller Skating Party!
Playland Skate Center, 5:30-7:30pm on Sunday, September 11

Our Community's Summertime Fun!



Bowling and Pizza for HOPE / JOY



Camp fun for our GOYAns



Our trip to St. Paraskevi and the Blue Bell Creamery

Philoptochos News

- ◆ This month Philoptochos will be starting our Membership Drive. Don't wait for the last meeting to join us. Sign up now! Our calendar of up-coming events will be at the Philoptochos table. We have much planned! See how you can help!
- ◆ Our prayers go out to Maria Nikas for the loss of her husband, Xenophon. May his memory be eternal.
- ◆ Please help Philoptochos help the needy.....purchase scrip cards! There are many store and restaurant cards available, including SPROUTS! Stop by our table and pick some up.

Happy Birthday to our August Birthday girls!

| | | | | | |
|-----------------------|------------------------------------|-------------------------------------|---------------------------|------------------------|--------------------------|
| Pat Gatlin Aug. 11 | Gwen Elizabeth Jerome - Aug. 22 | Mary Katherine Bakiris - Aug. 25 | Anastasia Read Aug. 25 | Sophia Khan Aug. 26 | Koula DeRossi Aug. 29 |
|-----------------------|------------------------------------|-------------------------------------|---------------------------|------------------------|--------------------------|

Baby Boomers!

You are invited to an evening of fellowship with your Church friends:

When: Sunday, August 21 at 6:00 P.M.
Where: Bill & Linda Robertson's.

Main Course & Drinks Provided.

Bring a side dish, Salad, Fruit or Dessert.

Bring your ideas about Events, Restaurants and Entertainment for regular outings and activities.

*RSVP: Christine Suehs tsuehs@sbcglobal.net
Phone# 236-1920
or Linda Robertson dwr300@hotmail.com.
Phone# 261-3934*

AGAPE CHOIR

Agape Choir rehearsals will begin in September.

Please Contact Lainie Horwedel to be added to her email distribution list if you are not already receiving them and your child is interested in participating.

Youth of ALL AGES are welcome!

GOLF (Greek Orthodox Ladies Fellowship)

All women are invited to attend the Bible and book studies led by Fr. Vasileios. We will meet on Thursday mornings, August 4th, 11th and 18th at 10:00am in the fellowship hall.

Babysitting is available.

Contact Whitney Papadatos for more information
wpapadatos@hotmail.com

Men's Fellowship

Put August and September dates on your calendar today!

Join us for our next monthly fellowship lunch:

Date: August 18 (John & George, Patriarchs of Constantinople)

Time: 11:45

Location: Fire Bowl Café (Arboretum) 9828 Great Hills Trl # 100

In September, Transfiguration Men's Fellowship lunch will meet on September 15 (Righteous Father Symeon, Archbishop of Thessalonica) at 11:45 at Mighty Fine Burgers at Arborwalk

(at the corner of Capitol of Texas Highway and Mopac Blvd)

Additional notes:

As a general rule, we'll try to meet on the third Thursday of each month.

Notes: This is not a Bible study group, you don't need to bring your OSB.

If I've missed one of the men from church that you wouldn't mind having lunch with once a month, please forward this note to him.

Future dining options include:

- * Chuy's on 183 (near Duval) or N. Lamar
- * Catfish Parlor on 183
- * Madras Pavilion
- * Reale's on 183 & Anderson Mill Road (next to Tuesday Morning - Italian)
- * El Mercado 7414 Burnet Rd
- * Mighty Fine Burgers
- * Torchy's
- * Rudy's on 183
- * Joe's Crab Shack on 183
- * El Greco
- * Fresh Choice in the Arboretum
- * Fire Bowl Cafe
- * Taco Deli

Suggestions?...

SAVE THE DATE

Please put Saturday, November 5 on your calendars as a very important date!

Our 26th Annual Anniversary Gala will be held at the Hyatt Regency.

Our special guest and keynote speaker will be His Eminence, Metropolitan Isaiah!

2011 Gala Silent Auction

We are starting to plan for our Silent Auction to be held during this year's Gala scheduled for November 5, 2011.

We are in need of volunteers to help organize and run the auction.

If you are interested, please contact Eleni Ackerman

eleni_ackerman@yahoo.com;
or you can call her at 560.2063

Orthodox Young Adults

OYA will meet on the following Tuesdays in August:
The 2nd, 9th and 16th at Transfiguration for our continued study of I Corinthians with Father Vasileios. We will begin with Paraklesis at 6:00pm immediately followed by dinner and the Bible study.

More events to follow via email.

Please contact Maria Miller or Nikolas Haidamous at austin.oya@gmail.com for further information.

Mobile Loaves & Fishes (MLF)

A large basket has been placed in the church hall to collect clothing and travel size toiletry donations for MLF. In addition to donations, volunteers are needed for the first Saturday of every month to help prepare and delivery meals to the less fortunate. If you are interested in volunteering, there is a sign-up sheet in Tabor Hall or you can contact John Esper.

Your donations and time are greatly appreciated.


*"Inasmuch as you did it to the least of these my brethren, you did it to Me."
-Matthew 25:40*

A Letter from the University of Texas at Austin Orthodox Christian Fellowship

In the next few months, the families and young adults of your parish may be preparing for the beginning of a new, important chapter in their lives: college. There are many important considerations to be made, such as what size sheets one needs for the dormitory beds, what classes to register for, what will the incoming students eat, and how best to prepare for life on their own. However, it is also important to consider in what ways they will socialize, meet people and make new friends at their respective universities. The officers of Orthodox Christian Fellowship at the University of Texas at Austin (UT OCF) hope to help in this respect.

The national Orthodox Christian Fellowship was established nearly fifty years ago in an effort to coordinate the development of Orthodox youth organizations at American universities. As an organization, we welcome all individuals irrespective of jurisdiction, affiliation or cultural background. Our purpose is to provide a community in which Orthodox Christians, or simply people interested in the Church, may gather and celebrate the ministry of Christ in this world.

The UT OCF chapter currently meets biweekly throughout the semester on Tuesdays at 6:30 pm. We have dinner together and then Compline at the Episcopal Student Center, located on the corner of 27th and Whitis Street just north of UT's main campus. During off-weeks, we will have study groups in which we will read and discuss the Bible and Church Fathers such the Cappadocian Fathers, Maximus the Confessor, and Gregory Palamas, for example. There will also be opportunities for



ORTHODOX CHRISTIAN FELLOWSHIP

The official campus ministry for peoples of all jurisdictions and communities as well as for those interested in learning more about the Orthodox Church.

+ + + + + + + +

Biweekly meetings during the Fall and Spring semesters Tuesdays at 6:30 pm in addition to bible studies, service projects, retreats and monastery trips.

+ + + + + + + +

Find us on Facebook at [University of Texas OCF](https://www.facebook.com/UniversityofTexasOCF) or our Google group - universityoftexas_ocf@googlegroups.com

community service with the group at several locations in Austin. In addition, we will take several day and weekend trips throughout the semester. In the past, destinations have included some of the many camping grounds just outside of Austin, nearby monasteries, as well as the regional OCF Retreat hosted by a fellow OCF chapter. We have traveled as far as Oklahoma City as a group and have hosted our own retreats in the past couple of years. Several of our group members have participated in the OCF program "Real Break," where students raise funds to travel and spend their spring break doing work for the Church in various countries around the world. So far members of our group have been to Mexico, the Dominican Republic, and Constantinople (Istanbul, if you must).

We are fortunate enough to have Father David Lewis present with us at meetings as well as the frequent visitations of Fathers Vasileios Flegas and David Barr. There are two Orthodox churches near UT's campus, Transfiguration Greek Orthodox Church and St. Elias Antiochian Orthodox Church, as well as the All-Merciful Savior Russian Orthodox Mission. We usually carpool on Sundays and are more than happy to provide transportation to whomever may need a ride.

I hope that this letter has been informative for you and that the young adults of your parish are interested in getting involved in the OCF community at their respective universities. I cannot emphasize enough how much of a blessing OCF has been for me during these past few years at UT. If your students' university does not have an active OCF group it would be a great opportunity for your parishioners to start one. I urge you to encourage your UT-bound young adults to take the first steps in getting involved by joining both our mailing list and our facebook group. Please see the contact information below. If you have any questions about our OCF, please feel free to email me personally at bzdjordje@gmail.com.

Yours Faithfully,

OCF President, UT Austin Chapter
Blagoje Djordjevic

(continuation from page 10)

Self-Love Vanquishes Love Toward Our Neighbor

--Geronda, today an elderly man was having difficulty climbing the stairs to the church, and even though many passed by, no one stopped to help him.

--“And a priest saw him and passed by on the other side of the road. And a Levite saw him and passed by.” (Luke 10:31-33). They were right....they did not know....they have not heard the Parable of the Good Samaritan....What can I say?! We love ourselves. We do not love one another. Love for ourselves conquers love for our neighbor, and for this reason, we act this way. However, whoever loves himself more than he loves others does not live in accordance with the spirit of the Gospel. And Christ, if He thought of Himself, He would have remained in Heaven. He would not have come to the earth to suffer, to be crucified, to save us.

Today, to some degree, most people are self-centered. The spirit of sacrifice does not exist. The following spirit has entered: “May nothing bad happen to me.” Do you know how pained I am when I see what is happening in the world?! Recently when I was in the hospital, one day a sick, bed-ridden patient needed to be lifted to be taken to another room. There was a male nurse who, even though it was his job, did not go to help at all. “I am not able. My back hurts,” he said with disinterest. My, my! Do you see this human cruelty?! And you see, one female nurse, who had two children and was awaiting a third one, forced herself, along with another, and they lifted him. She didn’t think of herself at all. She forgot that she was in this state (expecting a baby), and she ran to help the sick person! Whenever I see a man who is having a difficult time, who does not have strength, and yet sacrifices himself to serve others, do you know what happiness this brings me?! Oh, what great joy! My heart leaps! I sense myself as having a relationship with this person because he has a relationship with God.

May the Others Become Cement!

--Geronda, today I saw many people waiting to see you, and a young person did not wait his turn. He passed in front of everyone else.

--Yes, he came and told me, “I have a need to see you. I went to the Holy Mountain and I didn’t find you so I came here.” “Fine,” I tell him, “don’t you see how many people are waiting? Should all of them stop so that I can occupy myself with you?” “Yes, Father,” he tells me. Do you hear that?! And for others to be standing on the stairs, crowded, elderly, sick, women with small children..., and for him to still insist. And he didn’t speak of any serious matter. He only wanted to tell me insignificant things. Do you understand? May the others become cement!

Think about this: some come to me and say, “Father, today pray for me and for no one else.” What a request! It is as if they are saying, “Only I will travel on this train. No one else can enter.” Since the train is going and going, why can no one else enter?

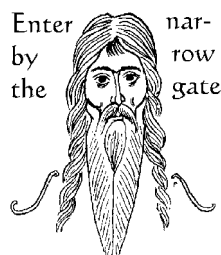
--Geronda, what does it mean when Christ said, “For whoever would save his life will lose it” (Matthew 16:25)?

--It means to “lose” his life in a good sense. He should not consider his life, but sacrifice his life for others. “Let no one seek his own good, but the good of his neighbor,” says the Apostle Paul (1 Cor. 10:24). All the basis of the spiritual life is here: forget ourselves, in the good sense, and think of others, participate in the pain, in the difficulties of others. Do not look at how I will escape difficulty, but think about how I will help the other, how I will comfort him.

--How will I understand, Geronda, what will comfort the other, so that I may do it?

--If you put yourself in the place of the other, then you will understand what will comfort him. If, however, you remain closed up in your shell, how will you understand what will comfort the other?

In our times, most people look at how they will take the place of the other, and not how they will put themselves in the place of the other so that they can understand him. I notice from time to time that even when people go to receive Holy Communion, they do not wait their turn. They think, “I have to work so I am in a hurry,” instead of, “I wonder if I am worthy to commune,” or, “What if the other person is in more of a hurry than I am?” Nothing! They commune and then they leave. And here, to be deprived of Holy Communion for the good of the other, you should rejoice. And if the priest has one Portion, only one Pearl, and there is someone ill who is near death, and he has need of Holy Communion, then you should rejoice that you are not going to receive so that the person who is ill can commune. That is what Christ wants. This is how Christ enters into the heart and makes one overflow with joy.



The final part of this chapter will continue next month.

2011 STEWARDSHIP *(Updated as of 06/26/2011)*



Fr. Vasileios & Prsv. Stella Flegas

Mr. & Mrs. Dennis Ackerman
 Mr. & Mrs. James Alfaro
 Mr. & Mrs. Rod Ambrose
 Dr. & Mrs. Jacob Angelo
 Dr. & Mrs. Louis Apostolakis
 Mr. & Mrs. Dan Appling
 Mr. & Mrs. Michael Bakiris
 Ms. Tsambika Bakiris
 Mr. & Mrs. Harry Benas
 Ms. Kristie Benner
 Mrs. Kiki Benson
 Dcn. George & Prsv. Ria Bithos
 Mr. & Mrs. Marko Bjeletich
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 Mr. & Mrs. Brian Crenshaw
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 Mr. & Mrs. Anthony George
 Ms. Bess George
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 Mr. Nikolaos Tides
 Ms. Debbie Tindle
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 Mr. & Mrs. Joshua Trevino
 Mr. & Mrs. Stephen Tsihlias
 Mr. & Mrs. Judd Willmann
 Mr. & Mrs. Allen Wynn
 Mr. & Mrs. Stuart Yoder
 Mr. & Mrs. Elias Zachos
 Mr. & Mrs. Efstathios Zotis

Many ask the question, "Why is it necessary to pray to God in Church? Why cannot I just pray by myself?"

St. John of Kronstadt offers:

Here in church is the one thing needful; here is a refuge from vanity and the storms of life; here is the calm harbor for souls seeking salvation; here is incorrupt food and drink for souls; here is the light, which enlightens every man who comes into the world; here is pure spiritual air; here is the well of living water springing up into everlasting life (John 4:14); here the gifts of the Holy Spirit are distributed; here is the cleansing of souls. The reading and singing in church are performed in a sacred language; all Orthodox Christians must learn it, in order to comprehend the sweet sayings of their mother, who is preparing her children for heaven, for eternal life.... Here in church, a man will come to know the true nobility of his soul, the value of life and its aim or his assigned path; here he dispels the fascination of worldly vanity and worldly passions by acquiring sobriety in his soul; here he comes to know his destiny, both temporal and eternal; here he comes to know his bitter, profound fall and seduction by sin; here the Savior is to be found, particularly in His holy and life, creating Mysteries, and His salvation; here a man comes to know his true relationship with God and his neighbor or with his family and the society in which he lives. The church is an earthly heaven, the place where the closest union with the Divinity occurs; it is a heavenly school which prepares Christians for heavenly citizenship, teaching them about the ways of heaven, about the dwellings of heaven; it is the threshold of heaven; it is the place for common prayer, for thanksgiving, for glorifying the Triune God, Who created and preserves everything; it is unity with the angels. What is more precious and more honorable than the church? Nothing. During the divine service, as on a chart, the whole destiny of the human race is depicted, from beginning to end. The divine service is the alpha and omega of the destiny of the world and of men.

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GREEK ORTHODOX CHURCH
414 ST. STEPHENS SCHOOL ROAD
AUSTIN, TEXAS 78746

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Transfiguration Greek Orthodox Church August Newsletter

Schedule of Services

SUMMER SUNDAY SERVICES:

ORTHROS - 8:15 AM

LITURGY - 9:30 AM

SACRAMENT OF CONFESSION

Call to schedule

MEMORIAL SERVICES & 40 DAY BLESSINGS

Please call the church office to schedule all memorial services and 40 day baby blessings.

The memorial services are normally read at the conclusion of the Divine Liturgy.

The 40 day blessings are read after Orthros and before the Liturgy begins.

Feast Days & Fast Days

Paraklesis Services will be held at 6:00pm on the following evenings:

Monday, Aug 1, Tuesday, Aug. 2, Wednesday, Aug. 3, Thursday, Aug. 4, Sunday, Aug. 7, Monday, Aug. 8, Tuesday, Aug. 9, Wednesday, Aug. 10, and Thursday, Aug. 11.

Vespers for the Feast of the Transfiguration

Friday, August 5 at 6:00pm

*Feast of the Transfiguration of our Lord and Savior, Jesus Christ
Saturday, August 6- Orthros at 9:00am; Liturgy at 10:00am*

Great Vespers- Saturday, August 6 at 2:00pm

Paraklesis - Friday, August 12 at 6:00pm

Great Vespers - Saturday, August 13 at 3:00pm

Vespers and Lamentations to the Theotokos

Sunday, August 14 at 6:00pm

Dormition of the All Holy Theotokos- Monday, August 15

Orthros at 8:30am; Divine Liturgy at 9:30am