

# PHILO STRONG

## Saint George Ladies Philoptochos June Newsletter

**No Zoom General Members Meetings for June, July, & August!**

**Philoptochos General Meeting schedule will resume in September :**

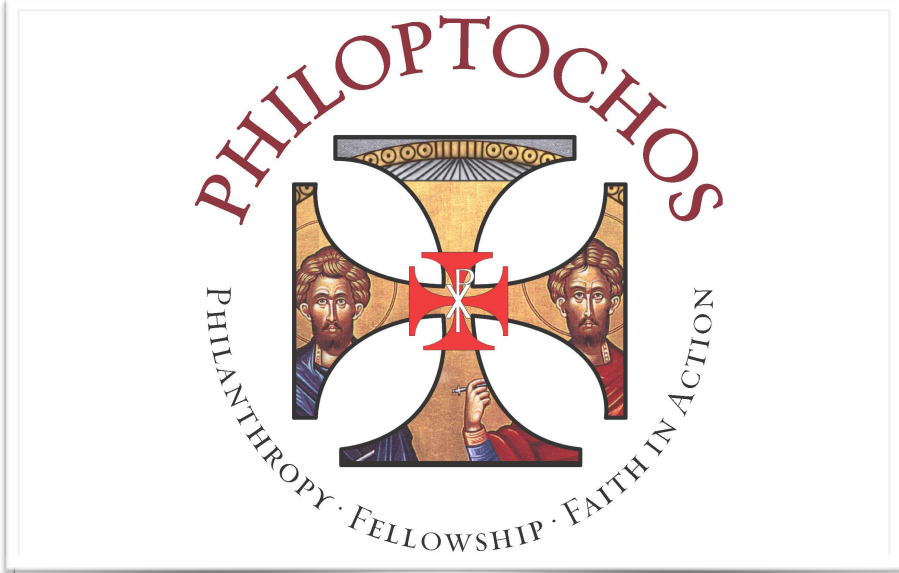
*Monday, September 21st, 2020*

*at 11:30 AM*

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**This is the third installment of our *"Philo Strong"* newsletter. We will be temporarily stopping publication during the summer months and will resume in August/September.**

***Wishing everyone a great summer vacation!***



### Practicing Patience

By Rev. Father Nicholas Mueller, Ass't Priest, Oakland, CA

We're all waiting. We're waiting for this threat to pass. As Orthodox Christians we know that all the trials of life are under God's care - - and that there is a purpose behind our endurance in trials. As Saint Paul writes to the Corinthians, **"We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies."** (II Corinthians 4:8-10) Our endurance bears witness to our neighbors, our coworkers, our friends, and our enemies about the Truth of our Faith. Our faith is made complete by our endurance. (James 1:4; James 2:14) Yes throughout our lives, perhaps more particularly now, we find ourselves contending with the disquiet within us. Perhaps we are



**THANK YOU. They are two words that have the power to make a difference.**

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Calling all Philoptochos stewards and friends of Philoptochos across the nation! Gratitude is the simplest, most powerful way to acknowledge another person’s value and humanity. Take the time to write thank you notes to “heroes”; healthcare personnel, grocery staff, building managers, and delivery workers.

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**Please Pray for the following Philoptochos and Saint George Members.**

**For Health, Healing & Salvation:**

**Eve Meek; Spiro Canakis; the family of Vera Hellman (sister of Tim & Nadia Hector).**

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(Practicing Patience Cont. from Page 1)

asking ourselves, like the Psalmist, **“Why are you cast down, O my soul, and why are you disquieted within me?”** (Psalm 42:11)

The disquiet that many of us are experiencing now may be because, for the first time, we are experiencing quiet. Our schedules have been quieted, the streets are a little less busy, and work, activities, school are all less pressing. We aren’t doing the things we did, including those things which often contribute to our sense of identity. We often introduce ourselves through our profession or by what we do so that we can be known, and because our professions or vocations often determine the terms of how we relate to those around us. Our success and proficiency in these fields not only reinforce our self-conception, but give us a sense of self-worth. But what we do in our daily routines can also distract us from aspects of ourselves that require attention. As the busyness of our daily lives decrease, we are being invited to remember ourselves, and how we relate to Christ.

In this process of recovering a memory of who we are underneath our professions and activities, patience is important. As the Catholic theologian Henri Nouwen writes, *“The word patience means the willingness to stay where we are and live the situation out to the full in the belief that something hidden there will manifest itself to us.”*

This is the invitation of this time: to understand what is manifested in this disquiet and to come to a better understanding of one another as family members, coworkers, and communities and set ourselves to a more firm and urgent purpose in life. *“This lesson of patience is not something God does to torture us, but is something He does to bring us back into line with our humanity.”* (Fr. Stephen Freeman, “The Slow Work of Grace”.)

Although we may not know the timeline, we know that this period and the threat of pandemic will pass. In the meantime, let us make the most of the time we have been given, however challenging it may be, to joyfully examine our hearts and our lives. If we do so honestly and courageously we will push forward on our journey towards completion in Christ.



**Meet Melissa Hawkins, Our April Philoptochos Zoom Meeting Special Guest Presenter ! She is a Philoptochos member of our Saint George chapter. Melissa has a B.S in Child Development with a minor in Psychology; an M.S in Counseling with a Specialization in Marriage and Family Therapy and is a Licensed Marriage and Family Therapist. She currently is employed at the Betty Ford Center.**

Melissa spoke to our group about managing mental health, anxiety, and depression during the shelter in place directions due to the Coronavirus pandemic. The following is a summary of her presentation.

#### 1. Avoid Excessive Watching of the News

a. Try to limit how much news you are watching and your exposure time to social media. Although it is important to be informed as to what is happening in our community, sometimes too much exposure to news reports either on the television or social media can increase one's anxiety and or depression,

#### 2. Complete Gratitude Exercises

a. Gratitude has been shown to improve physical and psychological health.

b. Increase mental strength and resiliency.

c. Reduce aggression and increase empathy.

d. Complete a gratitude journal- Everyday write down 3-5 things you are grateful for to help you focus on the positive aspects of your life and what you appreciate about your life.

e. Make a gratitude jar- Everyday write down 3-5 things on small strips of paper and put in an empty jar and then on days where you feel more anxious or depressed, take the slips of paper out of the jar and read them to help you focus on the positive things in your life.

f. Complete a gratitude letter/text/email/phone call- Reach out to someone you are grateful for and let them know that you appreciate them. This can help you focus on the positive aspects of your life and decrease any negative feelings you may be experiencing.

#### 3. Practice Grounding

a. When feeling anxious, sit in a comfortable position with both feet flat on the floor and arms and hands rested at your side and activate your 5 senses. Notice what you hear, taste, smell and see. You can also practice tension and release exercises for example, where you tense up your

(Melissa Cont. from Page 3)

hands and hold the tension for 5-10 seconds and then release. In times of feeling anxious, activating your senses, practicing grounding and engaging in the physical activity of activating and releasing tension can help refocus your mind in that moment, away from the anxiety you are feeling.

#### 4. Establish a Routine to Your Day and Maintain it as Much as Possible

- a. Get up at the same time everyday and go to sleep at the same time as much as possible.
- b. Get dressed and maintain your personal self-care. This is very important in managing feelings of depression specifically.
- c. Try to establish a routine for your day that you follow to try and have some structure to your day. This can help with feelings of productivity which can help manage feelings of depression specifically.

#### 5. Practice Meditation

a. To help manage both anxiety and depression, take some time to sit quietly, close your eyes and engage in deep breathing and develop a mantra that you can repeat to yourself that promotes kindness and compassion toward yourself and others. For example, the mantra might be “May I be healthy, May I be strong, May I be at peace” and try repeating this three times either out loud or in your mind. It can also be helpful to play some relaxing music in the background while you meditate to help your mind and body relax as well. If possible, I recommend listening to music that is either instrumental and or incorporates nature sounds to help create a more relaxing environment for your meditation practice. If able, try to practice the meditation exercise for at least 2 minutes.

#### 6. For additional mental health support, access local counseling resources

- a. All Desert Wellness Centers
  - i. [alldesertwellness.org](http://alldesertwellness.org)
  - ii. (760) 797-5151
- b. Desert Marriage and Family Counseling
  - i. [desertmarriagefamily.com](http://desertmarriagefamily.com)
  - ii. (760) 777-7720

**\*Please note that mental health counseling services are also available through the National Philoptochos Society. Contact Rhonda Latkovic or visit the National Philoptochos website.**

## *National Philoptochos Responds to the COVID-19 Crisis*

In addition to \$50,000 donated to **Feeding America** and **Meals on Wheels America** a COVID-19 Drive was established to provide funding for social service requests resulting from the economic crisis. The drive has received overwhelming support from Philoptochos metropolises, chapters, and stewards. To date \$93,515 has been contributed to the drive. One-third of these funds reflect convention sponsorship, which the sponsors quickly agreed to transfer to the COVID-19 Emergency Drive. Thanks go to Arlene Siavelis Kehl, Chair of the 2020 Convention Sponsorship Committee, for contacting the sponsors and securing the transfer of these funds.

National Philoptochos Director of Social Services, Paulette Geanacopoulos immediately streamlined the social services application to facilitate a faster approval of requests. Mental health resources were posted on the website to provide support and assistance for individuals struggling with anxiety. A plea went out over all Philoptochos platforms to support the drive in order to enable Philoptochos to assist Orthodox individuals and families financially impacted by the crisis.

Our chapter informed our members of this assistance in our April and May newsletters. Referrals for either financial or mental health assistance will be kept strictly confidential. If you are in need of assistance, please contact Frt. Ted Pantels or Chapter President Rhonda Latkovic. ***You're not alone!***

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**As we near the month of June, COVID-19 regulations are being lifted by the state, county, and local authorities. Our church will be reopening soon, with some restrictions in place to protect our members. We ask that all adhere to these new rules for the health and well-being of all our Saint George brothers and sisters in Christ.**

## **2020 Philoptochos Membership List**

**(updated May 26, 2020)**

***Thank you for supporting our philanthropy and outreach to those in need. Additional members, including associate and junior, are always welcome! New Memorial Memberships now available. (see page 7)***

Becky Allen	Melissa Hawkins	Presvytera Petula Pantels
Nick Andros (Assoc.)	Bess Heinrich	Father Ted Pantels (Assoc.)
Stacy Argyros	Ken Hoffman (Assoc.)	Linda Petalas
Terry Ayanopolis	Linda Kallis	Olympia Pilafidis
Kay Bell	Penny Karagianis	Debbie Pousen
Ann Boukidis-Michas	Mary Ellen Kassotakis	Anna Prineas
Linda Bozigian	Eva Kripner	Jeannie Ranglas
Nancy Breighner	Christine Kundanis	Victoria Reed
Paulette Carkonen	Annette Laskaris	Tasia Richards
Nicole Castrale	Elaine Latkovic	Bernice Shaheen
Eleni Castrale (Junior)	Pauline Latkovic	Athena Snarskis
Penny Chiotis	Nick Latkovic (Assoc.)	Carol Speliopoulos
Susan Clark	Rhonda Latkovic	Irene Stambolos
Pat Dalkas	Mary Lee	Ginnie Stocker
Josie Desjoyners	Gloria Lehman	Mary Tatomir
Ann Dixson	Annette Lewis	Emily Tcharos
Louise Dobbs-Barringer	Debbie Loukatos	Tina Veroulis
Alexandra Dymond	Carol Lyons	Angie Wysup
Joan Fakinos	Bess Manesis	Kalitsa Xitco
Adele Gallade	Tomasine Maverick	Diane Young
Athena Harrigan	Eve Meek	Nelly Zambrano
Eleni Hawkins Junior	Margarita Pagoulatos	Gabriella Zaharia
Melina Hawkins (Junior)		Pam Zaverdas

# PHILOPTOCHOS MEANS "LOVE FOR THE POOR"



**St. George Greek Orthodox Church  
Philoptochos**

## MEMBERSHIP FORM



2020 Philoptochos Membership  
(\$45 minimum) \*incl. men or children



2020 Memorial Membership  
(\$30 minimum)

FULL NAME:

\_\_\_\_\_  
*Last First M.I.*

ADDRESS:

\_\_\_\_\_  
*Street Address Apartment / Unit #*

\_\_\_\_\_  
*City State Zip*

HOME PHONE:

CELL PHONE:

\_\_\_\_\_

EMAIL ADDRESS:

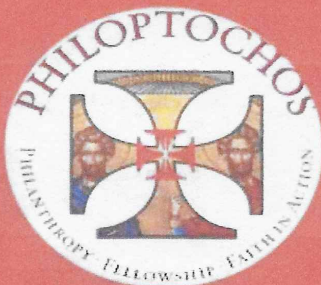
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✓ St. George Philoptochos Membership Donation. Select Amount below:  
\_\_\_\_\_ \$15.00 \_\_\_\_\_ \$30.00 \_\_\_\_\_ \$50.00 \_\_\_\_\_ \$70.00 \_\_\_\_\_ other \$ \_\_\_\_\_

✓ National \$15.00 & Metropolis \$15 Per Capita Required \$ 30.00

**2020 TOTAL STEWARDSHIP \$ \_\_\_\_\_**

### 2020 PHILOPTOCHOS MEMBERSHIP DRIVE



Your continued generosity allows Philoptochos to provide financial assistance and outreach to those in need. We invite you to **renew your membership or become a new member** as we endeavor to do our philanthropic work. Join us as we strive to fulfill the words of Christ:

**"...whatever you did for one of these, the least of my brethren, you did for me."  
~ Matthew 25:30**

The first **\$30.00** of your stewardship is sent to our National and Metropolis Philoptochos to support regional, national and international philanthropy. **THANK YOU!**