

JANUARY 26, 2020

ST. GEORGE GREEK ORTHODOX CHURCH OF THE DESERT

74-109 Larrea Street
Palm Desert, California 92260

Website: www.go-stgeorge.org

Email: stgeorgepd@aol.com

THE LADDER

SUNDAY OF ZACCHAEUS

DESIRE

The word in the neighborhood today is: *desire*. Zacchaeus had the *desire* to see who Jesus was. His desire was not simply to see what Jesus looked like. Climbing up a sycamore tree gave him a "bird's eye" view of Jesus' movements, to *observe* Jesus. It so happened that he personally *encountered* Him.

Indeed, people *observe* in order to learn—and they learn by observing those who serve as examples, usually for the purpose of becoming examples themselves. This is how parents raise their children. Not only in today's passage from St. Paul's First Epistle to

Timothy do we note his appeal to the power of one serving as an example for others to follow, but in his other Epistles, as well.

Let us trace the events that took place between the time when Zacchaeus *desired* to know Jesus to the time when he himself became an example of repentance for all of us to follow.

Our Savior had been preaching the Kingdom of God with prophetic authority, while at the same time, curing the wounds and illnesses of people throughout various regions. He had become famous for these reasons. The

Continued on page 2

THE IMPORTANCE OF PARENTAL INVOLVEMENT IN SUNDAY SCHOOL AND THE LIFE OF THE PARISH

"Sunday School and occasional participation in the Divine Liturgy are not enough. We must teach our children the stories of the heroes and heroines of the Church: the men and women whose spirituality has shone brightly in the darkness; the holy martyrs whose desire to be forever with the Lord made all earthly joys dry and tasteless; the venerable bishops whose commitment to the true faith preserved Orthodox theology whole and entire. The holy story which is the life of the Orthodox Church must be made ours and our children's, so that some new story, some novel doctrine and way of life may have no appeal." ("Preface" written by Fr. Jack Sparks for the article by Fr. George Papademetriou, entitled, "Cults in America").

Passing our Orthodox Christian Faith on to our children begins with Sunday School, but the lessons must be re-enforced at home. Since the very words and acts of the Divine Liturgy come from the Bible, we can make the Liturgy "come alive" for them by sharing with them the people and events of the Bible, through family discussions and by consulting our clergy. +FR. THEODORE



Mailing Address:

P.O. Box 4755

Palm Desert, CA.92261

Tel: (760) 568-9901

or: (760) 880-5869

— Fr. Theodore Pantels,
Proistamenos (Pastor)

— Deacon Euthym Kontaxis,
M.D.

Holy Communion Order

1. Please remain standing while following the directions of our ushers.
2. Ladies, kindly remove lipstick before receiving.
3. When receiving Holy Communion, make the Sign of the Cross, state your name (baptismal name), and naturally receive as if being fed.
4. Non-Orthodox Christians may not receive Holy Communion, but they may receive the Holy Bread at the end of the service.
5. All Orthodox Christians must be spiritually prepared to receive the Sacrament of Holy Communion. Please see the priest if you have any questions.

Η λέξη <της γειτονιάς μας> σήμ-
ερα είναι: <η επιθυμία.> Ο Ζακ-
χαίος είχε την επιθυμίαν να δει
ποιός ήταν ο Ιησούς. Η επιθυμία
του δεν ήταν απλώς να δει την
φυσιογνωμίαν Του. Η αναρρίχησης
ενός δένδρου συκάρα του έδωσε
μιά <ματιά των πτηνών> στα κιν-
ήματα του Ιησού, γιά να Τον γνω-
ρήσει πίο καλά. Στο τέλος, Τον εγ-
νώρησε προσωπικώς.

Οι άνθρωποι παρατηρούν τα πρό-
σωπά γύρω των γιά να μάθουν -
και μαθαίνουν παρατηρώντας αυ-
τούς που τους χρησιμεύουν γιά
παραδείγματα, συνήθως με σκοπόν
να γίνουν και αυτοί παραδείγματα
για άλλους. Κατά αυτόν τον τρόπον
οι γονείς μεγαλώνουν τα παιδιά
των. Οχι μόνον στην σημερινήν
περικοπήν του Απ. Παύλου προς
τον Τιμόθεον, αλλά σε άλλες Επι-
στολές του σημειώνεται η διδακ-
τική δύναμις του παραδείγματος
περί της εν Χριστώ ζωής. Ας εν-
τοπίσουμεν τα γεγονότα που εσύμ-
βαιναν από την στιγμήν που ο
Ζακχαίος ηθέλησε να γνωρίσει τον
Χριστόν μεχρι την στιγμήν που ο
ίδιος έγινε παράδειγμα μετανοίας
γιά όλους μας.

Εγινε ένας πνευματικός δεσμός
μεταξύ Ιησού και Ζακχαίου, έτσι
ώστε η αγιότητά του Χριστού να
επηρεάζει τον Ζακχαίο. Διά μέσου
της αγάπης του γιά τον Χριστόν,
εξομολογήθηκε, λέγοντας, κι' όλας,
ότι θα αποκαταστήσει όλους
όσους εξαπάτησε με τέσσερες φο-
ρές πίο πολλά χρήματα από όσα
έκλεψε. Αυτό ήταν ο κανόνας του.
Που έδωσε στους πτωχούς και
ακολούθησε τον Χριστόν ήταν η
μετάνοιά του. Μάλιστα, σύμφωνα
με τα αρχεία της Αποστολικής Εκ-
κλησίας, ο Ζακχαίος, με το πέρα-
σμα του χρόνου, έγινε επίσκοπος
της Καισαρείας.

+ Ο ΠΑΤΗΡ ΘΕΟΔΩΡΟΣ

people who followed our Lord were the same people who Zacchaeus knew, but who had been "ripped off" by him. We know this, because people knew Zacchaeus to be "a sinner." Regardless of what was going on in Zacchaeus' soul, it would appear that he *desired* to be *restored* to the company of those who were following Christ. By analogy, he is like one who, after committing sins, *desires* to be *restored* to the life of the Church.

Desire leads to action. Zacchaeus *climbed* up to a place from where he could know our Lord. By analogy, he is one who exerts spiritual effort in prayer and Bible Study in order to know the Person of Christ. The experience of Christ's Divine Love changes human beings. This is a fact verified by the lives of many whose personalities changed from being sinners into being saints. This is the case with Zacchaeus, and certainly it is possible for any one of us to become saints also, if we so *desire*. The Elder Porphyrios explains, "*Our lives depend on what our desires are. It is a fact that whatever we want and however we want it, we are able to live it...We can live according to the love of Christ.*" (Anthology of Spiritual Advice: Elder Porphyrios "Katsokalyvitou," Pub. in Gr. by Holy Convent of the Transfiguration of the Savior, pg. 94).

As in the case of Zacchaeus, with our desire to be a follower of Christ God, comes the reality that He always finds us. This is consistent with our Lord's own words, telling us to seek and we shall find. This is because God is always present, ready to be our guest, as is evident from the incident involving Zacchaeus.

On a final note, we notice the dynamics of Holy Confession as Christ entered the life of Zacchaeus. The relationship that formed between Zacchaeus and our Lord prompted Zacchaeus' confession of sins, as well as his repentance, and his penance. Our Savior found innate worth in the person of Zacchaeus. It is because of His Love that our Savior finds each of us to have precious worth. Showered in the Divine Love of Christ, Zacchaeus confessed that he defrauded many, and said that if any of them so needed, he would restore their losses four times more. This is the vision of penance. The vision of repentance is known from Zacchaeus' statement that he will give to the poor in order to follow our Lord -- and in fact, early Church records have him serving as the bishop of Caesarea.

+FR. THEODORE

HYMNS FOR THIS SUNDAY'S CELEBRATION OF THE DIVINE LITURGY:

ANTIPHON I: "Tes presvies tis Theotokou..." (By the prayers of the Theotokos...)

Verse 1-- Bless the Lord, O my soul, and everything within me, bless His holy name.

Refrain: "Tes presvies tis Theotokou, Soter, soson imas."

Verse 2- Bless the Lord, O my soul, and forget not all His rewards.

Refrain: "Tes presvies tis Theotokou, Soter, soson imas."

Verse 3- The Lord prepared His throne in heaven, and His Kingdom rules over all.

Refrain: "By the prayers of the Theotokos, Savior, save us."

Chanter(s): Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

Refrain: " Tes presvies tis Theotokou, Soter, soson

ANTIPHON II: "Soson imas Ie Theou..." (Save us, O Son of God...)

Verse 1- Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.

Refrain: "Soson imas Ie Theou, O Anastas ek nekron, psallontas si alleluia."

Verse 2 - Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.

Refrain: "Save us, O Son of God, Who Arose from the dead; we sing to You, Alleluia."

Verse 3 - The Lord shall reign forever; your God, O Zion, to all generations.

Refrain: "Soson imas Ie Theou, O Anastas ek nekron, psallontas si alleluia."

Doxa Patri ke Yio ke Aghio Pnevmati ke nin ke aei... "O Monogenis Yios ke Logos tou Theou..."

ANTIPHON III- This is the day the Lord made; let us greatly rejoice and be glad therein.

Sunday Resurrection Hymn: Katelisas to Stavro Sou ton thanaton (Tone 7)... (O Lord by Your sacred Cross You abolished death and granted unto the thief blessed paradise. The Myrrh-bearers ceased lamenting and turned to joy. The Apostles did preach the good news at Your command that You had risen from the dead, O Christ our God, bestowing Your mercy upon the world evermore.)

Hymn for St. George : Os ton ehmaloton eleftherotis... (As the one who sets the captives free and the protector of the poor; as physician to the sick and the champion defender of kings, bearer of trophies are you, O Great Martyr George, intercede with Christ our God that He may save our souls.)

Kontakion Hymn for this Sunday : O Mitran Parthenikin... (You sanctified the virginal womb by Your birth, O Lord, and blessed the hands of Symeon fittingly, O Christ God; and even now You came and saved us. Now, give peace to our Nation in time of war, and empower our Leaders, so loved by You, the only one who loves humanity.)

Axion Estin - page 52 in the Divine Liturgy books

Communion Hymn- Enite (Praise the Lord from the heavens; praise Him in the highest.)



ANNOUNCEMENTS

WELCOME FR. DIONYSIE MARIAN
who is gracious to celebrate the Divine Liturgy for
our St. George parishioners today!

PHILOPTOCHOS -- Our Ladies Philoptochos is supporting the American Heart Association's national movement "Go Red for Women" in the month of February to help end heart disease and stroke in women. We have designated **Sunday, February 9th, 2020 as our "St. George Go Red Day"**. We are asking everyone to wear the color red this Sunday in support of all the special women in your lives. We will provide health tips from the AMA on ways to improve your heart health. In addition, the Philoptochos ladies will provide heart healthy snacks during the coffee hour for all.

TRIP TO GREECE -Our teacher of Modern Greek for Adults ("Survival Greek"), **Margarita Pagoulatos**, will be leading two group excursions to Greece: "**The Spring Experience**" -- from May 8th to May 26th and "**The Fall Experience**" -- from September 18th to October 6th. All who are interested in participating in these excursions are encouraged to speak with **Margarita Pagoulatos** at: **714-308-0266** or **Jose Alfredo Garcia** at: **310-988-3531** and see the "Spring Experience" fliers in our parish hall.

FESTIVAL - We are now signing up **volunteers to help with baking, set-up and manning of Festival stations**. Review the enclosed "**Volunteer for the Festival Form**" and see **Jim Christopoulos** in our parish hall to **sign up**.

FESTIVAL YIAYIA'S ATTIC -- We need your items for Yiayia's Attic. We take all sorts of household things. This year we have added Papoo's Garage. We want tools, golf clubs and anything of value. **Donations should be in good condition, clean and/or polished**. You may drop off items near classroom 1 in the parish hall. Also, please get a **tax-deductible form from Chris Delegans**, to deduct your donation value for tax purposes. If you have any questions, call chairperson **Chris Delegans** at 650-207-5254.

AHEPA SUPER BOWL PARTY -- Join the "**Super Bowl " Squares**". At the end of each quarter of the big game, prizes will be awarded to those who have taken a "square" showing the most accurate score. Join for **\$10 per square**. See the AHEPA table in our parish hall.

WEEKDAY CALENDAR

Mon., Jan. 27th-Tues., Jan. 28th & Thurs., Jan. 30th-Fri., Jan. 31st....Festival Preparations (pastries)- 9:00 a.m. each day....Tuesday, January 28th -- Bible Study-10:00 a.m. (video in Greek and English on Orthodox spiritual life). Tuesday, January 28th -- Adult Greek School class-6:00 p.m., Thursday, January 30th -- Choir Practice- 1:00 p.m.

EPISTLE- 1 Tim. 4:9-15

Timothy, my son, the saying is sure and worthy of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all men, especially of those who believe. Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Till I come, attend to the public reading of scripture, to preaching, to teaching. Do not neglect the gift you have, which was given you by prophetic utterance when the council of elders laid their hands upon you. Practice these duties, devote yourself to them, so that all may see your progress.

GOSPEL- Luke. 19:1-10

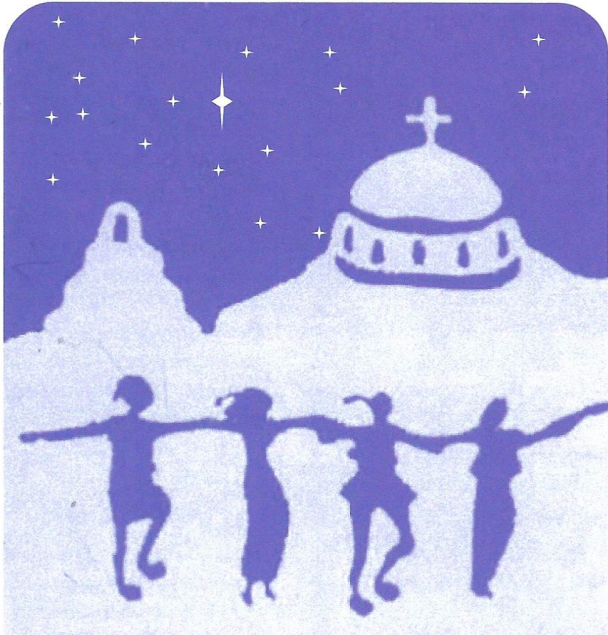
At that time, Jesus entered Jericho and was passing through. And

there was a man named Zacchaeus; he was a chief collector, and rich. And he sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way. And when Jesus came to the place, he looked up and said to him, "Zacchaeus, make haste and come down; for I must stay at your house today." So he made haste and came down, and received him joyfully. And when they saw it they all murmured, "He has gone in to be the guest of a man who is a sinner." And Zacchaeus stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor; and if I have defrauded any one of anything, I restore it fourfold." And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham. For the Son of man came to seek and to save the lost."

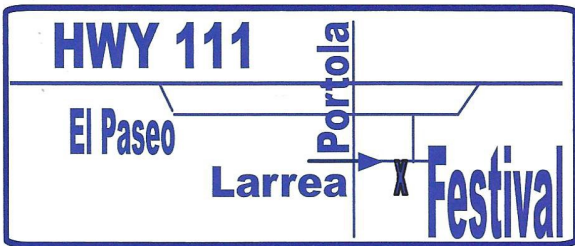
GYROS · GREEK LAMB · BAKLAVA · LOUKOUMADES ·

GREEK CHICKEN · MOUSAKA · SPANAKOPITA · DOLMADE · PASTICHIO · GYROS · GREEK LAMB · BAKLAVA · DOLMADES

GREEK CHICKEN · MOUSAKA · SPANAKOPITA · DOLMADE · PASTICHIO · SOULYAKI · BAKLAVA · DOLMADES · GYROS



- AUTHENTIC GREEK FOOD
- HEAVENLY PASTRIES
- GREEK FOLK DANCERS
- OUZO · RETSINA · METAXA
- ART & SOUVENIRS
- RELIGIOUS ITEMS
- CHURCH TOURS
- KIDZ ZONE
- FUN FOR THE ENTIRE FAMILY



EL PASEO COURTESY CARTS available for festival attendee pick up & drop off. Route along El Paseo from San Pablo to Portola & church festival entrance.
ADDITIONAL PARKING AVAILABLE at Washington Charter School, and Hope Luthern Church & Spiritual Center.
SHUTTLE SERVICE PROVIDED.



We are pleased to provide assistance to anyone requesting it. If you need help, please ask.

**Saint George
Greek Orthodox Church**

Proudly presents the

**24TH ANNUAL
GREEK
FESTIVAL**

in Palm Desert, CA

Saturday & Sunday

February 22nd & 23rd 2020

11am to 8pm

on the Church Grounds

74-109 Larrea, Palm Desert, CA

(760) 568-9901

*Experience Authentic Greek Food
Devour Heavenly Pastries
Dance to live Greek music, and
Be Greek for a Day!*

ADMISSION \$3

(Children 12 & under free)
Active Duty Military, Police,
Fire & EMT Free w/ ID

www.PDGreekFest.org
 PDGreekFest



GYROS · GREEK LAMB · BAKLAVA · LOUKOUMADES ·

GRECIAN PLATTERS

GREEK STYLE ROASTED CHICKEN Fresh half a chicken marinated in olive oil, lemon juice, herbs & spices then oven roasted & served with Greek style green beans, rice pilaf & bread \$14.00

PASTITSIO PLATE Layers of pasta & ground beef topped with creamy béchamel sauce & served with rice pilaf, Greek style green beans & bread \$15.00

MOUSAKA PLATE Layered eggplant & ground beef topped with creamy béchamel sauce & served with Greek style green beans, rice pilaf & bread \$15.00

GEMISTA Bell peppers stuffed with rice ground beef, herbs and spices, served with Greek style green beans, & bread \$15.00



DOLMATHES PLATE Five grape leaves stuffed with ground meat rice herbs & spices & served with Greek style green beans, rice pilaf & bread \$14.00

VEGETARIAN PLATE One spanakopita, one tiropita, Greek style green beans, rice pilaf, & bread \$14.00

LEG OF LAMB Marinated leg of lamb cooked on a spit over open flame & served with Greek style green beans, rice pilaf & bread \$17.00

GRECIAN COMBO PLATE Two dolmathes, one spanakopita, one tiropita, Greek style green beans, rice pilaf & bread \$15.00

GREEK SALAD Fresh Mixed greens, tomatoes, cucumbers, bell pepper, red onions, Greek olives, feta cheese & Greek dressing \$5.00

SPANAKOPITA \$3.50

TYROPITA \$3.50

DOLMATHES \$1.25

BAKLAVA \$3.50

SOFT DRINKS 20 oz. plastic bottle \$3.50

BOTTLED WATER \$3.00

GYROS | GRECIAN GRILL | SALADS



GYROS Savory meat served atop warm, fluffy pita bread with onions tomatoes & tzatziki sauce \$9.00

CHICKEN SOUVLAKI Marinated all white meat on a skewer with bell peppers & onions, cooked to perfection on an open flame & served with, warm pita bread, feta cheese, cucumbers, tomato slices & Greek olives \$12.00

PORK SOUVLAKI Marinated pork on a skewer with bell peppers & onions cooked to perfection over open flame & served with feta cheese, pita bread, cucumbers tomato slices & Greek olives \$12.00

DOLMATHES PLATE Five dolmathes, feta cheese, cucumbers, Greek olives & pita bread \$12.00



SPANAKOPITA PLATE Two spanakopita (fillo dough stuffed with chopped spinach, variety of cheese bergs & spices), fresh tomato slices, sliced cucumbers, Greek olives, & pita bread \$12.00

LOUKANICO Grilled Greek sausage served with pita bread, feta cheese, cucumbers & Greek olives \$8.50

LAMB CHOPS Four grilled lamb chops served with Greek fries \$16.00

CALAMARI Deep fried calamari \$8.00

MEZES PLATE Two lamb chops, one spanakopita, two dolmathes, pita bread, cucumbers, tomato slices & Greek olives \$16.00

LARGE GREEK SALAD Fresh mixed greens, tomatoes, cucumbers, bell peppers, red onions, Greek olives, feta cheese & Greek dressing \$7.50

SMALL GREEK SALAD \$5.00

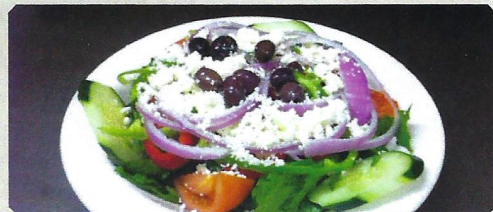
LARGE GREEK SALAD TOPPED WITH GYROS MEAT \$12.00

GREEK SALAD & LAMB CHOPS COMBO Greek salad, four lamb chops, & pita bread \$16.00

GREEK SALAD & SPANAKOPITA COMBO Greek salad & two spanakopita \$12.00

GREEK SALAD & DOLMATHES COMBO Greek salad & five dolmathes, & pita bread \$12.00

GREEK SALAD & SOUVLAKI COMBO Greek salad, chicken or pork souvlaki, & pita \$12.00



SPANAKOPITA \$3.50

TYROPITA \$3.50

DOLMATHES \$1.25

BAKLAVA \$3.50

SOFT DRINKS 20 oz. plastic bottle \$3.50

BOTTLED WATER \$3.00

All prices subject to change without prior notice.

Pastries

Top off your meal with one of the many homemade pastries baked by the members of our community who have worked for weeks using time-honored recipes. We offer a variety of pastries including the most popular baklava and galatobouriko. Pastries are sold individually or packaged in an assortment box. **If you like sweets, this festival will be your paradise!**



Kafenion

Here you can sip Greek and American coffee as well as an iced Frappe as you enjoy the **mouth watering loukoumathes—a must try—prepared right in front of you.**



Bakaliko

This store has it all . . . Imported Greek specialty food items to take home & enjoy including Greek olive oil & cheese, pastas, packaged pastries & more. You will also find Greek novelties like icon bracelets, incense, flags, aprons, cookbooks, etc. And don't forget your Festival T-shirt and hat!



Bar

To add further enjoyment to your dining experience, we offer a variety of Greek and

American wines, Greek and domestic beers, Ouzo, Metaxa as well as soft drinks and bottled water.



Appetizers

Homemade spanakopita, tiropita and dolmathes.

Volunteer for the Festival

February 22nd & 23rd 2020

What Kind of Person Are You?

In this world there are four kinds of people: Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was asked to do it. Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did.

Somebody got angry about it because it was Everybody's job. Everybody thought Somebody would do it, but Nobody realized it wouldn't get done by Anybody. It ended up that not only was the job not done, but Everybody accused Somebody, and Nobody accepted the responsibility.

Moral: Everybody's job is Anybody's. Nobody can be Somebody unless they are willing to do Anybody's work.



Please sign up to volunteer in the church hall after liturgy on any Sunday. You may also complete the information on the back and leave it with Jim Christopoulos or Father Ted. Finally, you may email or call Jim at goofy_328@yahoo.com (note “_” between goofy and 328) or 760-902-8460. God bless!

For those of you who are unable to volunteer, but want to help support the festival, you may want to consider “sponsoring” a shift. For a donation of \$60, you can sponsor a paid worker. If interested, please see Jim or Father Ted.



Festival Volunteer Form

Saturday & Sunday, February 22nd & 23rd 2020

»Name: _____

»Phone Number: _____ »Email Address: _____

1. Availability (Please check all that apply):

a. Set Up the Week Prior to Festival _____

b. Saturday 2/22 _____ 10:30-3:30 _____ 3:15-8:15

c. Sunday 2/23: _____ 10:30-3:30 _____ 3:15-8:15

d. Tear Down the Week Following Festival _____

2. Please check off all areas that you would like to volunteer (we will try to place you in one of these areas, if possible).

Area	Chairperson(s)	Check if Interested
Set-up/Tear down	Doug Lyons	
Front Gate	Lou & Penny Karagianis	
Back Gate	Jim Christopoulos	
Greek Store	Rhonda Latkovic	
Kafenio	Margarita Pagoulatos	
Kids Area	Melissa Hawkins	
Loukoumathes	Krisann & Euthym Kontaxis	
Parking Lot Bar	Nick Krespis	
Courtyard Bar	tbd	
Dinner Line	Athena & Pete Snarskis	
Gyros	George Argyros & John Petalas	
Cooking	George Argyros & John Petalas	
Appetizers	Jim Christopoulos	
Yiayia's Attic	Chris Deleganis	
Accounting/\$ Run	Nick Kaperonis	
Kitchen/Food Run	George & Stacy Argyros	
Pastries	Ladies of Philoptochos	
Parking Lot Carts	Jim Christopoulos	

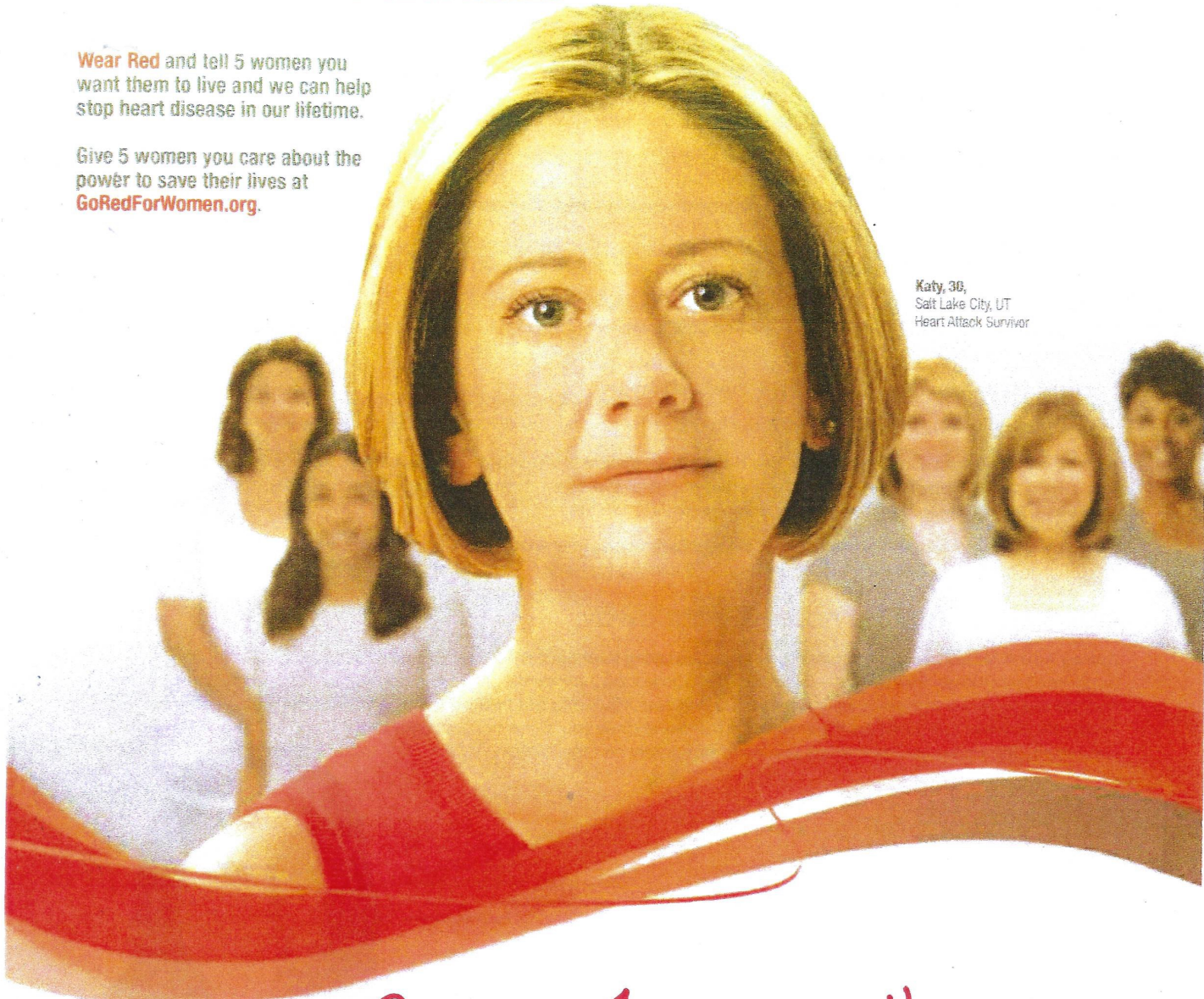
MAKE IT YOUR MISSION

TO FIGHT HEART DISEASE IN WOMEN



Wear Red and tell 5 women you want them to live and we can help stop heart disease in our lifetime.

Give 5 women you care about the power to save their lives at GoRedForWomen.org.



Katy, 30,
Salt Lake City, UT
Heart Attack Survivor

Join us on *Sunday, February 9th*
as we Make It Our Mission to stop women's No. 1 killer.

Give 5 women you care about the power to save their lives at GoRedForWomen.org.



St. George Philoptochos

Know the Warning Signs for Heart Disease and Stroke



American Heart Association 

nationally sponsored by



Every year heart disease claims the lives of close to half a million women in our country. In fact, it's the No. 1 killer of American women. Since most of those deaths are from coronary heart disease — about 500,000 each year — it's important to learn all you can about heart attacks. Don't ignore heart problems. It's a matter of life and death! For example, you should know the warning signs so you can get help right away, either for yourself or someone close to you. Acting quickly can save many, many lives!

Some heart attacks are sudden and intense, and no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than 5) before calling for help.

Call 9-1-1... Get to a hospital right away.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. You'll also get treated faster in the hospital if you come by ambulance. If you can't access the EMS, have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

Myrna Aguilar, 34
South Gate, CA
Family History of Heart Disease
Go Red Por Tu Corazón
Spokesperson

GoRedForWomen.org

