



Newsletter

Of the Eastern Orthodox Church of the Annunciation

What Is Your Name Day?

Orthodox Christians have been given names of saints through the centuries to proclaim their connection to their spiritual family, the Church. A newborn will be named by the parents with a designated saint's name. Older children and adults will have the opportunity to either choose a saint's name which coincides with their birth date or eight days after their birth, or to choose a saint that they feel particularly close to.

Our Name Day should be an occasion to honor the memory of the saint whose name we bear and to give thanks for our saint's intercession on our behalf. We would want to pray often to our saint and have a special spiritual connection with the saint, who responds to our prayers and helps us. Of course, we should read and study the life of our saint so that we can emulate him or her.

There are many popular customs that have developed over the centuries to celebrate Name Days. Many Orthodox Christians celebrate their Name Day by inviting family and friends and, of course, their godparents to their home for a dinner or for dessert. The saint's icon is prominently displayed, adorned with candles and flowers, in the home for everyone to see and venerate.

Continued on Page 2...

Meet our Church Office Manager!

Many of you may not have had the opportunity to meet Connie Lemen, our church Office Manager. Connie has been working in that position since September 9, 2014 (the day after her birthday!). Since that time, she has organized the office and other aspects of her job so that everything flows in a streamlined manner with high efficiency. Connie says that her manner of working involves "finding the cheapest way but the highest quality," for the church. This is obvious in the many areas of her work.



When Connie found out that she was chosen to be the new Office Manager, she knew that, "It was meant to be; it felt like home to

me." She describes her job as "busy, but not stressful".

Connie has been married to her husband for 38 years. She has two children and four grandchildren (2 girls and 2 boys). Before coming to work at C.O.A., she had experience with construction, worked with the school system, and worked in other churches as a youth pastor for 19 years. She also interprets for the Deaf.

Continued on Page 2...



Name Day...continued...

Visitors wish "Happy Name Day" to the celebrant and bring or send cards or flowers. In many homes, the person whose Name Day it is gives gifts (rather than receives them), since giving is a quality that Christians practice. (The Russian Imperial family followed a tradition of giving name day gifts, such as a diamond or a pearl.) The life of the saint might be read at mealtime, and the troparion and kontakion of the saint could be read or sung. The gathering is usually finished off with the singing of "God Grant You Many Years" to the one whose name day it is.

If you don't know the date that your saint is celebrated, there are many Orthodox calendars that you can find online, such as our own OCA website or www.goarch.com (Greek Orthodox site).

God rejoices when we love the Saints and show devotion to them. And if we show devotion to the Saints, our devotion to God will, of course, be greater!
Elder Paisios of Mt. Athos, Spiritual Counsels II

Cleave to the saints, for they who cleave to them shall be made holy.
St. Clement of Rome



Meet our Office Manager...continued...

Connie is the church Bookkeeper and is the first person to call for the following areas of church use: building use scheduling, building maintenance, problems with the alarm system, nutria removal, rector's assistant for metrical records (baptisms, marriages, etc.), and records/sales for the church grave sites.

She also serves on the communications committee (putting items on the church website). Her office hours are: Tuesday and Wednesday, 1-5 pm; Thursday, 10 am - 2 pm. You can contact her at the church's phone number: 503-659-3646 or at annunciationoregon@hotmail.com.

Grace and Sanctification

Our soul is gladdened and our hearing is sweetened as we hear the hymns, and something happens within us. This pleasure brings divine enthusiasm and our soul becomes worthy to receive the grace of God and God Himself sanctifies the soul. We cannot be sanctified without divine grace, however much we try. Whereas, by meditating on the words of Scripture, we can become saints, simply and without great effort.

Wounded by Love: The Life and the Wisdom of Elder Porphyrios





Parishioner Profile

Meet Mary Roxanne Rohan!

Mary has been a part of C.O.A. since the Fall of 2012. She was baptized at Pascha 2013. She sings in the choir each Sunday and volunteers for many other tasks at the church. Mary was born in Spokane, and her family moved to the Bay Area when she was 5. As an adult, she lived up and down the Western part of California, as far North as Humboldt County, and as far South as San



Diego. In 2008, Mary moved from San Diego to the Portland area, being drawn by “the green”

and seasons. “But really,” she says, “I know that God drew me to Portland so I could find my home at C.O.A.” She is able to enjoy all the textures and shades of green “being in God’s creation and marveling at His Handiwork!”, especially while hiking and kayaking. Mary has worked as an administrative assistant to a financial advisor for the past seven years.

Twenty years ago, Mary says she became “a devout Christian and wound my way through several Evangelical churches, and was secretary for two of them, before being called to the Orthodox Church by God’s

words: ‘Come back to Me.’ ” There’s more to the story of how she specifically ended up at C.O.A. Give her a warm greeting when you see her at church and learn more!

Sacraments and Blessings

We view our church newsletter as a record of the activities of our church and our parishioners. Each issue we will provide information on all baptisms, marriages, marriage blessings, funerals, chrismations, and the newly catechized. If you participated in any sacraments since January 1, 2015 and do not see your information below, please call our church office manager/ bookkeeper, Connie Lemen, for the sacramental paperwork to fill out. If you become a catechumen, you can e-mail your name, saint’s name, and date of being catechized to the newsletter staff at islandtimezone@yahoo.com. Thank you!

Baptism

2/28/16: Tamsin Lowery (Tamsin - feminine for St. Thomas)

Godparents: Bethany Banke, Aaron Reynolds

Newly Baptized on Holy Saturday, 4/30/16!

Curt Sommer (St. Mitrophan Yang)

Godparents: Tony Charles and Matushka Theresa Tate

Kara Stout (St. Nona)

Godparents: Jeff Gunderson and Susan Judy

Emily Christensen (St. Ruth)

Godparents: Daniel Vallejos and Brigid Gerard



Gabriella Hesselink (St. Gabriella - Archangel Gabriel)
Godparents: Joe McMichael and Nektaria Fortier

Steffanie Lorentzen (St. Nektaria)
Godparents: Marc Olson and Mary Rohan

Shannon Dolan (St. Olympia)
Godparents: Ken Sabel and Mary Rohan

Patricia Hille (St. Veronica)
Godparents: Roy Aveling and Cynthia Malain

Chrismation

Dennis Hille (St. Seraphim of Sarov)
Godparents: Rod Berg and Matushka Connie Shank

- Archbishop Benjamin will be here for a visit on May 21-23 and will serve on Sunday.
- The Feast of St. George will be celebrated at St. George Antiochian Orthodox Church on Monday of Bright Week (May 2).
- Bishop David from Alaska will be here on the weekend of June 18-20 and will be serving on Sunday.
- Ss. Peter and Paul Fast, June 27, 28 and 29.

The Spirit of Our Prayer

When I was a novice in monastic life, and complained to an older nun that someone had knocked on my door during my quiet prayer time to ask for my help, she replied that the spirit of my prayer was the spirit that manifested itself when I was interrupted. She said that if I had been praying in the Spirit of Christ, I would have met that interruption with the calmness and joy with which I would want to meet Christ Himself. That really startled me. I never considered that there could be other spirits in "my" prayer, but over the years, I have certainly tested her wisdom many, many times and found it to be true.

Mother Raphaela, Growing in Christ: Shaped in His Image



Upcoming Events - May and June

- Agape Vespers and feast will be held on Sunday May 1, Pascha.
- Radonitsa (Day of Rejoicing), May 10
- Ascension of Our Lord and Savior Jesus Christ, Thursday, June 9.
- Pentecost: Feast of the Holy Trinity, Sunday, June 19.
- Nativity of St. John the Baptist, June 24.



Recipe

Lentil Casserole

In every issue we include an easy recipe that can be used for Fast Days or Fish and Oil days on the fasting calendar. This is a quick and easy main dish meal for the whole family.

Ingredients:

- 6 cups lentil soup
- 3 cups cooked brown rice
- 2 cups spaghetti sauce (or a 25.5 oz. jar of spaghetti sauce)

Directions:

Mix together all ingredients. Bake at 350 degrees in a dutch oven, uncovered, for 30 minutes.

Hospitality Schedule

15-May	Barton
22-May	Olson
29-May	Taylor
5-Jun	Gunderson/Dales/Sayre
12-Jun	Herring/Bell Rupp
19-Jun	Gerard / Shank
26-Jun	Aveling / Heineman
3-Jul	Cazel
10-Jul	Dorning/Seylon Belai
17-Jul	Larkins
24-Jul	Green, Mark & Leann
31-Jul	Sarah & Roberto Silva
7-Aug	Tadesse, Martinsen, Senge
14-Aug	Broding /Selander/Johnson
21-Aug	Seraphina Green & Judy Sherley
28-Aug	Stockett/Derugin
4-Sep	Shaw, Nash, McFadden
11-Sep	Jensen / McMichael
18-Sep	Alex & Diana Shechenko
25-Sep	Michael & Xenia McConnell
2-Oct	Walker / Boyd
9-Oct	Vallejos

If you have submissions for the newsletter, please e-mail them to
 Gail Cramer islandtimezone@yahoo.com