

DIAKONIA



Fall 2009



Newly elected and outgoing officers of the North American Board of Antiochian Women and the Diocesan presidents got together after the general assembly at the 2009 Archdiocese Convention to plan for the 2009 - 2011 term.

Antiochian Orthodox Christian Women of North America
A Sisterhood Serving Christ Through Serving Others

The Antiochian Orthodox Christian Women Of North America

The Most Reverend
Metropolitan PHILIP
Founder

The Right Reverend
Bishop JOSEPH
Overseeing Hierarchy

North American Board
Archimandrite John Abdalah, Spiritual Advisor

Officers:

Cindy Nimey President
Violet Robbat Vice-president
Dianne O'Regan Recording Secretary
Sherry Abraham-Morrow Treasurer
Roberta Royhab Public Relations

Laila Ferris Immediate Past President

Coordinators:

Kh. Dannie Moore Humanitarian
Kh. Suzanne Murphy Membership
Jamie Isaac Religious
Kh. Helene Hajal Scholarship
Alicia Atik Constitution & Bylaws
Kh. Barbara Baz Widowed Clergy Wives Program

Antiochian Women's Prayer

*In the Name of the Father
and of the Son and of the Holy Spirit.
O Christ our God, we are all pledged to
serve Thee with our whole being.
Help us to continue to work for Thee
through our Church, without seeking praise,
without seeking personal gain,
without judging others, without a feeling that
we have worked hard enough
and now must allow ourselves rest.
Give us strength to do what is right and
help us to go on striving and to remember
that activities are not the main thing in life.
The most important thing is to have
our hearts directed and attuned to Thee.
Amen.*

DIAKONIA is a Newsletter of the North American Board of the Antiochian Women, an organization of the Antiochian Orthodox Christian Archdiocese of North America, and is published quarterly in the months of September, December, March and June.

PUBLICATION GUIDELINES:

Deadlines

- Please submit your articles by the first of the month prior to the month of publication so we can be sure they are included.

Preferred Methods of Submission

- E-mail as an attachment to Roberta Royhab at bobbie@theblade.com.
- Submit your article on a CD to Roberta Royhab at 27262 Fort Meigs Road, Perrysburg, OH 43551.
- FAX typed, double spaced articles to (419) 874-9274.

Submission Details

- Please include your name and the phone number where you can be contacted for questions.
- Attach a hard copy for reference.
- Keep a copy. Articles will not be returned. Photos will be returned if requested.

Content

- All articles must be of interest to or regarding NAB, Diocesan or local Antiochian Women.
- All articles may be edited for length and clarity.

In this issue of the DIAKONIA we highlight the
North American Board.

In each of the next seven issues, we will highlight one of the Dioceses. We encourage everyone however, to submit news and articles from all Antiochian parishes of North America for publication in every issue so we may keep in touch with each other.

What is DIAKONIA

The word **DIAKONIA** is a Greek word meaning *Service*, usually pertaining to service in the Church. The purpose of the Antiochian Women's organization is primarily spirituality and humanitarian service. In the words of our beloved Metropolitan PHILIP it is **"Theology in Action"**.

Antiochian Women

North American Board

Most Reverend
Metropolitan PHILIP
Founder
358 Mountain Road
Englewood, New Jersey
07631



Dear Sisters in Christ,

I would like to introduce myself to those who do not know me. My name is Roberta Royhab, and I am honored to be elected for a 2-year term to the office of North American Board Public Relations Director at the general assembly of the Antiochian Women at the 49th Archdiocese Convention in Palm Desert, CA, this last July. Thank you for your confidence in me. It is my job to promote the works of our Sisterhood of Charity, the Antiochian Women throughout the Archdiocese and to assist the diocesan Public Relations Directors in their efforts to do the same.

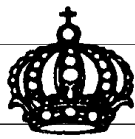
To that end, I will continue the publication “DIAKONIA” which Lucy Hanna, past NAB Public Relations Director, created. As she did, we will be introducing the boards and bringing you news and articles from each diocese and their parishes. Each issue will highlight one diocese, or in a couple of cases, two combined dioceses. We will begin however, by introducing the NAB in this issue.

I look forward to hearing from all of you. Please send me articles, news, and information from your parishes and communities for publishing in any future issue regardless of which diocese you belong to (the schedule below is only for the introduction of the boards of each diocese). To be a true sisterhood, we need to stay in touch with each other, rejoice with each other over our successes and triumphs and learn from each other’s mistakes.

	Diocese	Date of Publication	Date Due
1	NAB Board	September 2009 <input type="checkbox"/>	Done <input type="checkbox"/>
2	Diocese of Charleston, Oakland, and the Mid-Atlantic and the Diocese of New York and Washington, D.C.	December 2009	November 1, 2009
3	Diocese of Los Angeles and the West and the Diocese of Eagle River and the Northwest	March 2010	February 1, 2010
4	Diocese of Miami and the Southeast	June 2010	May 1, 2010
5	Diocese of Ottawa, Eastern Canada and Upstate NY	September 2010	August 1, 2010
6	Diocese of Toledo and the Midwest	December 2010	November 1, 2010
7	Diocese of Wichita and Mid-America	March 2011	February 1, 2011
8	Diocese of Worcester and New England	June 2011	May 1, 2011

To ensure publication in the next issue, please submit your news and articles by this date.

Sincerely,
Roberta Royhab



EACH OF US IS CALLED TO LIVE A HOLY LIFE

"If but ten among us lead a holy life, we shall kindle a fire which shall light up the entire city." -- St. John Chrysostom

The words from this author of our Divine Liturgy inspire us more than ever. St. John Chrysostom drew his inspiration from our Lord and Savior, Jesus Christ Himself: *"Let your light so shine before men, that they may see your good works, and glorify your Father Who is in Heaven"* (Matthew 5:16). Holiness in pursuit of the glory of God is best made manifest in our actions, in our service toward others, in our *Diakonia*. Christ has called every one of His servants to be examples to the whole world based on what we do for and say to others. Our real ministry comes after the meetings and all the discussions end. We cannot dismiss proper prayer and planning to ensure our ministry is most effective, but we must actually advance beyond the desks and chairs to turn all of our best intentions into reality.

I assure you, St. John's words are indeed realistic, not idealistic. Some may ask where we can find one—let alone ten—holy people to work past the conflicts, pains and struggles of the world—or even of our own neighborhoods and parishes—to illumine



just one city block. My answer is that we start with one and the others will follow. We must be that first person. Never ask who will step up to reach such-and-such a goal, because we are called to take the first step. Why us? Because Jesus calls us the salt and the light of the world (Matthew 5:13, 15): salt because we preserve Christ's covenant on earth and because we give the world its flavor when we spread the Holy Gospel through all that we do; and light because Christ has deemed us vital to present Him with clear vision and brightness in a darkened world. Remember our calling on Pascha: "Come receive the Light that is never overtaken by night."

Having this Divine Light in our lives, we

can properly begin to illumine ourselves. We all know the words of St. Seraphim of Sarov by heart: "Save yourself and you will save a whole host of others." Our own lives must first be free of distraction and bonded to Jesus Christ. Only then will our families, friends and parishes correctly recognize that it is not we who live, but Christ Who lives in us (Galatians 2:20). In other words, we live for Christ and His people, aiming to walk with them into the Eternal Kingdom. Then, by God's grace, others will follow (maybe not nine, but do not be discouraged), shedding more light to illuminate a city, or even a county.

Remember that our ministries and our service are nothing if they lack the blessing and the presence of our Lord. When Jesus and His disciples fed the 5000 people (told in all four Gospel accounts), our Savior made sure they ministered cooperatively with Him. Jesus sent the disciples out to forage for the loaves and fish not because He was lazy, but because He insisted on having them serve with Him. Then Jesus took the meal, blessed it and broke it to feed everyone. Despite our limitations, our Lord loves us so much that He honors us with a holy ministry that we can give to the world.

For all these reasons, we must always acknowledge and act like the ministry of the

Antiochian Women is not just a vital one, but a sacred one. It is not puffed up, but revealed in God's glory through our holy and humble works. As we come together in love for one another, we will draw in many other people craving the love with which we have been so richly blessed. Families around the world are stronger and closer to God because of your acts of mercy and charity throughout the decades. You may not always see this, but trust that your holy ministry lightens the world.

We can never waver, either. No matter what arguments and divisions bombard us—even in our parishes—we must carry on, repent, forgive and double our efforts in the Holy Orthodox Christian Faith. We hold steadfastly to the Church because it is the gateway to Heaven. Jesus Christ endured the Cross and death, the

Saints endured torment and martyrdom, and we endure our own daily struggles which must refine us, not weaken us. We do not flee crises; we excel in them.

I am thankful to be the Hierarchical Overseer of the Antiochian Women. I constantly pray to Almighty God that He direct His leaders and servants in this blessed organization to accomplish fruitful, illuminating ministry according to His will. I wish you another marvelous year of reaching others and each other.

SOME MAY ASK WHERE WE CAN FIND ONE—LET ALONE TEN—HOLY PEOPLE TO WORK PAST THE CONFLICTS, PAINS AND STRUGGLES OF THE WORLD—OR EVEN OF OUR OWN NEIGHBORHOODS AND PARISHES—TO ILLUMINE JUST ONE CITY BLOCK. MY ANSWER IS THAT WE START WITH ONE AND THE OTHERS WILL FOLLOW. WE MUST BE THAT FIRST PERSON. WE ARE CALLED TO TAKE THE FIRST STEP.

North American Board meets Mother Alexandra at convention; officers and coordinators provide religious, humanitarian programs

NAB Pres. Cindy Nimey challenges women to keep organization strong, start new chapters

We are all very excited about our new North American Board project—contributing to the building of St. Thekla Convent—and the arrival of Mother Alexandra to the Antiochian Village, NAB President Cindy Nimey said. “Mother Alexandra is a dynamic person and we will all learn very much from her.”

Five elected officers, the immediate past president, and six appointed coordinators comprise the NAB. “We have all been elected or appointed to positions to be leaders and provide programs and information about our projects to the seven Dioceses of our Archdiocese,” Cindy wrote in a encouraging letter to the board and to officers and coordinators of the Dioceses.

“We had a wonderful meeting this summer (at Archdiocese convention in Palm Desert, CA); thanks to the hard work and love from all the Antiochian Women chapters we were able to give Metropolitan PHILIP a check in the amount of \$112,800.00 for the support of the Al K’afaat Foundation in Lebanon.

“As we begin our new year, we turn our



***Mother Alexander and Cindy Nimey at 2009
convention in Palm Desert, CA***

attention to our new project: The Convent of St. Thekla at Antiochian Village. We will surely look forward to being with Mother Alexandra, the acting Abbess of St. Thekla at our mid-winter meeting, February 5 - 7, 2010.

“I look forward to serving you with all my heart, soul and strength the next two years; please don’t hesitate to ask if I can be of help to you as you carry out your duties to the Antiochian Women. We may be many miles from each other but we are all as close as a phone call or email.

“We have much work to do to keep our organization strong and spread our love and sisterhood to the churches and missions that don’t have Antiochian Women chapters yet. Pray for each other and all Antiochian Women as God hears all of our prayers and blesses us. Once again, many thanks to all of you for all you do,” Cindy said in the letter.



Resort in Palm Desert where convention was held

The following brief information is from the NAB vice-president/project coordinator and the religious and humanitarian coordinators. They sent the information about these programs to their respective coordinators in the seven Dioceses:

2010 NAB PROJECT

Violet Robbat, NAB Vice-President and Project Coordinator said in a letter to the diocesan and parish organizations: "For many years Metropolitan PHILIP has had a vision that one day we would have a convent at Antiochian Village. With this goal in mind he has given us a new project for 2009-2010, 'The convent of St. Thekla', which will be built on the grounds of Antiochian Village.

"We all had the pleasure of meeting Mother Alexandra, the acting Abbess of St. Thekla's Convent, at our Antiochian Women's Meeting at the Convention. Be sure to read the wonderful article, in the September issue of *The Word* magazine, entitled 'The Founding of the Convent of Saint Thekla at Antiochian Village', to learn more about this wonderful endeavor. Further information and a newly designed poster will be sent to the diocesan presidents soon."

RELIGIOUS PROGRAMS

Jaime Isaac, NAB Religious Coordinator, wrote to the diocesan and parish organizations: "Let us not forget to come together again to support the women's organization in the faith and love of our Lord. Please let me hear from you on a regular basis... We will be looking at the Holy Women of the Syrian Orient, around the beginning the of 6th century.

"The questions we will be asking are: 'With so many around us searching for God, the True Faith of the Apostles, and for right relationship with Jesus Christ, what are *we* to do as Orthodox *witnesses*?' 'Do our sacrifices pale in light of what these women did almost 2000 years ago?'

"The number one story to share is that of our Ever Virgin Mary..." She sent to the chapter presidents an article from Fr. Peter Gillquist' Book, *Facing Up*



NAB members listening at convention meeting

to Mary, for them to share with other women in the parishes. She suggests passing the information out to friends and family, discussing it at ladies' meetings, and using it as a workshop during the Nativity Lent. Jamie asks that women feel free to contact her with questions and ideas.

HUMANITARIAN PROGRAMS

Kh. Dannie Moore, NAB Humanitarian Coordinator, compiled a 2009-2010 Antiochian Women Humanitarian Handbook, titled *Acts of Mercy* which she sent to diocesan presidents. It is based on the handbook previously published for the Diocese of Miami and the Southeast.

Kh. Dannie begins with quotes from Scripture and saints on the theme of helping those in need. She then lists details for 12 humanitarian projects: projects to help priests, cards to friends in need, food pantry, meals for those in need, school supplies, homeless shelters, veterans, orphanages, pregnancy centers, nursing homes, prisons, preparations for disaster.

Included in the handbook are humanitarian ideas for Thanksgiving and Christmas; food lists for a food pantry; information for emergency preparedness offered by the International Orthodox Christian Charities (IOCC). Kh. Dannie also included in her recent mailing a story about the extraordinary life of St. Juliana of 16th century Russia. St. Juliana married and raised a family yet at the same time dedicated her life to helping the poor. The article is from the book, *Marriage as Path to Holiness* by Drs. David and Mary Ford.

Introducing the 2009 - 2011 North American Board of the Antiochian Women

THE OFFICERS:

Rt. Rev. Bishop JOSEPH - Hierarchical Overseer



Joseph G. Al-Zehlaoui was born on November 2, 1950 in Damascus, Syria to Georgi and Mathil (Baghdan) Al Zehlaoui. He received his elementary education at the St. John of Damascus and Al-Assiyeh schools in Damascus, and his secondary education at Our Lady of Balamand Monastery in Koura, Northern Lebanon. He then studied philosophy at the Lebanese University in Beirut and theology, languages and music at Salonika University in

Greece. He is fluent in Arabic, English and Greek.

His Grace was ordained to the Holy Diaconate while a student in Salonika, in December, 1976. Subsequently, he was ordained to the Holy Priesthood by His Beatitude, Patriarch IGNATIUS IV, at St. Mary Cathedral in Damascus in December, 1980. His election to the holy episcopacy was on May 5, 1991, and the consecration was on June 30, 1991 in the Holy Cathedral of the Patriarchate in Damascus with the title "Bishop of Katana, Syria". While a Deacon, he served parishes in Salonika. As a Priest, he was Dean of St. Mary Cathedral of Damascus, and overseer of the Holy Cross Church and other parishes in the suburbs of Damascus. In 1983, he pastored the Arab Orthodox faithful living in London, England, and in 1986 was sent to Cyprus to minister to the Arab Orthodox living on the island.

During his clerical ministry, he served as General Supervisor and Professor of Religious Education at the Al-Assiyeh Orthodox College and supervised the Patriarchal headquarters in Damascus. He served as the Patriarchal Assistant for several years, secretary to the Holy Synod of Antioch, Editor-in-Chief of the Patriarchal Bulletin and participated in several theological conferences in Greece, Texas and Australia.

His Grace was elected by the Holy Synod of Antioch on January 24, 1995, to be an Auxiliary Bishop for the Antiochian Orthodox Christian Archdiocese of North America. On September 12, 2004, His Grace Bishop JOSEPH was enthroned as the first Bishop of the Holy Diocese of Los Angeles and the West by His Eminence, Metropolitan PHILIP, Primate, and the Local Holy Synod of the Holy Antiochian Orthodox Christian Archdiocese of North America.

Archimandrite John Abdalah - Spiritual Advisor



Archimandrite John Abdalah is the Dean of the St. George Cathedral in Pittsburgh, Pennsylvania and the Dean of the Western Pennsylvania Clergy. He has served as a priest of the Archdiocese for thirty-one years.

He has a Masters of Divinity from St. Vladimir's Theological Seminary, a certificate of Pastoral Counseling from Pittsburgh Pastoral Institute, and a

Doctor of Ministry in Pastoral Care from Pittsburgh Theological Seminary. He teaches Priestly Formation at the Antiochian House of Studies and has taught Counseling in the Masters program at the St. John of Damascus Institute of Theology at Balamand, Lebanon. He is also editor of *The Word* magazine.

Fr. John was married to the late Joanne (Josephs) and is father to Gregory, Joseph and Maria Abdalah. He has served as Spiritual Advisor of the Antiochian Women for the past twelve years. Fr. John enjoys racquetball, gardening and Antiochian Women's meetings.

Cynthia Nimey - President



My home parish is St. George Antiochian Church in Utica, New York. It is a small parish but one that I love with all my heart and do my best to support not only for my faith but for the parish. My membership in the Antiochian Women began in my home parish where I have served numerous positions over the past thirty years, then to the Diocese level and

for the past eight years and present the NAB Antiochian women. I have made many friends from as far as the northeast corner of Canada to the southern shores of California. The friendships and sisterhood we share makes the two meetings a year and our work together so nice to look forward to.

My husband Richard and I have three sons and a daughter in law whom we thank God for everyday. In my spare time I love to bake and cook, especially for Sunday dinners when we have lots of family over after church. We are very lucky to have most of our family live near us, something not so common in today's world.

Violet Robbat - Vice President /Project Coordinator



My husband Richard and I are members of St. Mary Orthodox Church, Cambridge, MA. We have two children, Michael and Andrea, who recently became engaged. At St. Mary's, I am an active member of the Women's Club and a Teen Bible Bowl Coach, and a former Sunday School Superintendent and Teen SOYO Advisor.

I have been active in the Antiochian Women since its inception holding many positions on the Regional/Diocesan Level, including President, Vice President, Recording Secretary, Public Relations and Cultural Coordinator. I have served on the NAB level as Vice President, Treasurer, Recording Secretary and Public Relations Director. I am a Special Education Instructional Assistant working with high school students who have learning disabilities. Although not currently working in the field I am a registered Cytologist of the American Society of Clinical Pathologists. I enjoy reading, traveling, gardening, and embroidering.

This past August, my family and I traveled to Syria and, among other places, visited the Convents and Orphanages of both Maloula and Saidnaya. The little girls at Maloula sang to us with such sweet voices. We also went and prayed at the Shrine of St. Thekla (Maloula) and the Shrine of the Virgin Mary (Saidnaya). We feel truly blessed to have had this wonderful experience.

Sherry Abraham-Morrow - Treasurer



Sherry belongs to St. George Cathedral in Wichita, KS. She has served in several positions for the Antiochian Women. In her local group Sherry has served as Vice President, President, and Secretary. At the Diocesan level, she has served as Vice President (1989-1991), President (1991-1993 & 2001-2003), and Treasurer (1995-1999). On the North American Board, she has served as Treasurer (1993-1995), Secretary (1999-2001), and Humanitarian (2003-2007).

Sherry was born and raised in Woodward, OK, and graduated from Oklahoma State University with a bachelor's degree in Elementary Education. Three weeks after graduation, she married Don Abraham and moved to Wichita. They were blessed with two wonderful daughters, Candace and Ginger, and three beautiful grandchildren. Don was diagnosed with cancer in September of 1993, and passed away in February, 1995.

In November of 2003, Sherry married Mark Morrow (a member of St. Elijah Church in Oklahoma City). They are maintaining both of their homes, and spend half of their time in Wichita and half of it in Oklahoma City. Thus, Sherry has now become active at St. Elijah as well as at St. George. Sherry and Mark are blessed to have 7 grandchildren in their blended family.

Sherry has enjoyed serving the Antiochian Women very much and feels very blessed to be a part of this wonderful organization. She will always cherish the many friends she has made throughout the Diocese of Wichita and Mid-America and the Antiochian Archdiocese. She is also active with a social club, the Music Theatre of Wichita, and the Music Theatre Guild.

Dianne O'Regan - Recording Secretary



Having been raised in the Roman Catholic Church, I am a convert to Orthodoxy and have attended St. Michael the Archangel Church in Louisville, KY for almost 15 years. I graduated with my Associate of Arts in Political Science from Bellarmine University, and my Bachelor of Arts (Summa Cum Laude) from the University of Louisville in Political Science with an

emphasis in Russian Studies. Having been employed as a Legal Assistant for nearly 30 years, I have worked in the criminal prosecution, criminal defense, civil and corporate law fields. I also index and copy edit academic books for national publishing houses.

On the local level, I am a church school teacher, choir member, and proofreader for church publications, and am active with the

women's organization. On the Diocesan level, I have held the offices of President, Recording Secretary, and Public Relations Director. In the summer of 2009 at the Midwest Parish Life Conference, I was blessed to be presented the Metropolitan PHILIP Award which recognizes contributions to the Diocese.

On the NAB level, I served as Recording Secretary from 2003-2007 and Religious Coordinator from 2007-2009. During that period, I compiled and edited "Orthodox Women Saints" for the Antiochian Archdiocesan website; it is now a CD-ROM entitled "Holy Women of the Orthodox Christian Church". I also published religious programs entitled, "Sophia!"

I love to read (with a fondness towards history), I do needlepoint, and I serve on the boards of the Louisville Legal Assistants and three canine clubs in Louisville. I also help to organize the annual five-day Kentuckiana Cluster of Dog Shows.

Roberta Royhab - Public Relations Director



I grew up in a large Methodist family on a farm in eastern Ohio, received a journalism degree in college, and worked for a daily newspaper in Elyria, OH, for several years. Forty years ago I married my husband, Ron; we made nine major moves (in five states). We now live in Perrysburg, OH, and are members of St. Elias Church in Sylvania. We have two sons, two daughters-in-law, and four grandchildren (ages 3-7). I served as president of the Antiochian Women of the Diocese of Toledo and the Midwest from 2005 to 2009.

As a child I recall playing in our woods (behind the fields and pasture) with my six siblings. Our favorite place to go was to the creek in a deep ravine, and it was there that I felt closest to God. Thus, when I first visited an Orthodox monastery I was at once drawn to the serenity of the country setting. The Midwest Antiochian Women has established an annual women's retreat held in May (third weekend) at Dormition Mother of God Orthodox Monastery in Rives Junction, MI; everyone is invited!

Leila Ferris - Immediate Past President



I have held several local, regional and NAB positions in the past, including President, Vice President and Recording Secretary on the local level; President, Vice President and Cultural Coordinator on the Regional level; and on the NAB level I have held the positions of Treasurer, Vice President and President.

Along with having a great time working in the above positions, I am married to Paul Ferris. We have three children - Paul, Jr. (PJ), Christopher and Lauren. I was born and bred in El-Paso, TX and absolutely love the desert life (no humidity). My home parish is St. George, El-Paso, TX, and with my family, am very active in all events and organizations. I work in the world of education and am presently Principal at Mesita Elementary School, El-Paso Independent School District. I truly love working with children and those adults dedicated to teaching and learning.

THE COORDINATORS

Kh. Dannie Moore - Humanitarian Coordinator



In the early 1990s I began to serve with the Antiochian Women of the Diocese of Miami and the Southeast; through the kindness of Jean Sam and Ernestine Ede, it was easy to become involved with this wonderful organization. I first served as humanitarian coordinator for the Diocese, and during that time we began the ministry of sending cards to our friends in the Diocese who, for various reasons, had to stay home or were in other places where they received care. I then served as membership coordinator, vice president and president.

In our parish, St. Stephen Church in Hiram, GA, I teach in the church school and am active with the food pantry. Parishioners bring food items which we distribute to those in need in our county; most of the people who come to us are single mothers.

My husband, Fr. Andrew, serves as priest at St. Stephen. We have been married for 49 years and have six children and 13 grandchildren. Many years ago I graduated from Crawford W. Long Hospital School of Nursing in Atlanta and became a registered nurse.

I enjoy playing the piano and reading. Psalm 27:4 is a prayer I ask God to grant: *"One thing I have desired of the Lord, that will I seek: That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord and to inquire in His temple."*

Jamie Isaac - Religious Coordinator



I have been a Math Teacher for the last 38 years, 26 in the H.S. and the last 12 years at the University of Texas at El Paso, and the El Paso Community College. I am the co-host of the Community College's TV show, "Tune in For Help", Algebra tutoring show, which I have done for about 20 years, answering students questions on the Air.

I have been Orthodox since I was about 10 years old and remember going to Wednesday and Friday services and, since it was all in Arabic, wondering what the Priest and Chanters were saying. I can count on one hand the number of times my mother served us meat on Wednesday or Friday..

I thought about becoming a Nun, but since I wanted to have children I chose to get married instead. God has blessed me with three beautiful, wonderful children which I love second only to God.

Some of my activities in the church over the years include Church School Superintendent, Choir, Board member, Board Treasurer, Ladies, Fellowship of St. John, St. Ignatius, Bible Study Class.

Kh. Barbara Baz - Widowed Clergy Wives Program



I am married to Fr. Terence Baz who is originally from Sydney, Australia. I am originally from Paterson, New Jersey. In 1995 we moved to Albany, NY and in 2000 we were transferred to St. Elias Church in Syracuse, NY.

We have 2 wonderful children, Charles and Nicole. I am presently a substitute teacher. I have served as officer and coordinator on the local, regional and NAB levels including President of the Antiochian Women of the Diocese of Ottawa and Upstate New York.

Besides being involved in many of our church activities, I am very involved in our children's school; of course the one thing I love the most is taking care of my family.

Kh. Helene Makhoul Hajal - Scholarship

(No photo available) I was born and raised in the most beautiful country, Lebanon. I have been married to Archpriest Ghatas Hajal for over 43 years, and have been a Khouriyee for 32 years. We immigrated to Canada in May of 1990 to escape the vicious Lebanese war that we lived through for 16 years.

I am a proud mother of 3 children: Marlene who is a Pediatrician practicing in the United States, married to Cyril Mouaikel with 2 beautiful kids. My son Gabriel works in a financial firm and is married to Nancy Gharib; they have a son. My youngest daughter Rose-Mary is a bank manager in Ottawa, married to Peter Malouf and are the proud parents of 2 children. We are very blessed and very grateful to God for our beloved family.

I work part time and help with fund raising events for our beautiful St. Elias Cathedral, Ottawa. I am a Choir Member and I attend all ladies' meetings. I have held a few offices in the Antiochian Women including president of the CAN/AM region, as well as Scholarship and Religious Coordinator.

On the NAB level I served as Public Relations Director. I made many, many friends through the Antiochian Women of North America.

Alicia Atik - Constitution & Bylaws

(No biography or photo available.)

Kh. Suzanne Murphy - Membership

(No biography or photo available.)

The appointed positions of Parliamentary and Website Coordinator are vacant.

Message from the NAB Spiritual Advisor

Glory be to Jesus Christ!

It has been an honor and joy to serve with you over the past twelve years. We have been blessed with many wonderful projects and have accomplished much for the glory of God. No project is more exciting for me than our present project of the St. Thekla Convent at the Antiochian Village. This Convent is a concrete way for women to witness to God's mercy and love. It is a place of healing and refreshment. It is a place of refuge and spirituality. It is also a place that will witness to your own spirituality, willingness to build and sacrifice.

Mother Alexandra is a dynamic and spiritual leader. She is well grounded and well educated in the faith. I have every confidence that she will do well in establishing the St. Thekla Convent, and I am encouraged by the positive responses of the Antiochian Women throughout the Archdiocese to her and to the Convent.

I am grateful to God for your leadership and cooperation, as well as for the leadership, love and guidance of Metropolitan PHILIP our founder, Bishop JOSEPH our overseer and all of the holy hierarchs of our Archdiocese. May God grant all of you His blessings.

In Christ,

Archimandrite John Abdalah

Message from the NAB President

As President of the NAB Antiochian Women I want to thank all of the women of our archdiocese for the work that is done unselfishly for your churches, communities, the poor all over the world and so many humanitarian efforts. Your work is very important and the money you have raised in the past thirty-one years for our annual projects continues to benefit many people and organizations.

Our new project; St. Thekla Monastery at the Antiochian Village, is an exciting project for all of us. Mother Alexandra is a wonderful, spiritual person who will be such an example to our children while they are attending camp at the Antiochian Village. Most of our children don't get the opportunity to spend time with monastics, or know that there are nuns in the Orthodox Church.

Mother Alexandra's presence will be invaluable to all of us. I look forward to her being with us while we are gathered at the Village for our summer and winter meetings, as well as visiting us in our parishes.

The funds raised in the next year will be to help with the building cost of the monastery on the grounds of the Antiochian Village. As we receive more information on the building plans we will be sure to pass it on. Look for updates posted on our website at Antiochian.org, Antiochian Women.

Praying that you all have a healthy and blessed year,

Yours in Christ,

Cindy Nimey

President, NAB Antiochian Women

**Our NAB Mid-winter Meeting
will be February 5 - 7, 2010, at
the Antiochian Village .**

**The meetings begin on Friday
evening and continue through
Saturday. More information will
be forthcoming as I receive it.**

**Everyone is welcome, it will
surely be a wonderful and re-
warding weekend. Hope to see
you there!**

Cindy Nimey, NAB President



Antiochian Orthodox Christian Women of North
America

Roberta Royhab
27262 Fort Meigs Road
Perrysburg OH 43551-1230

