



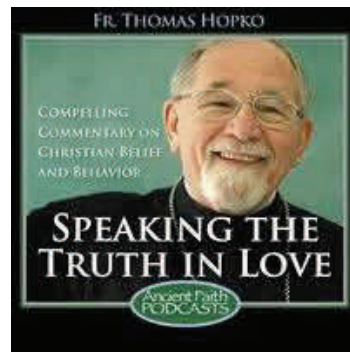
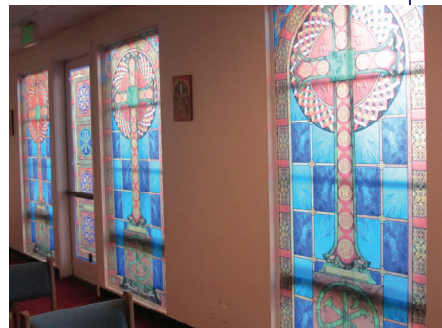
### Living the Spiritual Life



Fr. Thomas Hopko of blessed memory, who recently passed away (March 28, 1939 - March 18, 2015), was an Orthodox priest and theologian in the Orthodox Church of America. He was the Dean of St. Vladimir's Orthodox Theological Seminary from 1992 until 2002, having also taught there from 1968 until 2002. His memory be eternal.

*He was asked in his lifetime, to come up with a simple and concise list of the essence of our Life in Christ as we struggle on the path towards salvation. He came up with this wonderful list. We would all benefit by posting them somewhere where we can see them often.*

1. Be always with Christ and trust God in everything. 2. Pray as you can, not as you think you must. 3. Have a keepable rule of prayer done by discipline. 4. Say the Lord's Prayer several times each day. 5. Repeat a short prayer when your mind is not occupied. 6. Make some prostrations when you pray. 7. Eat good foods in moderation and fast on fasting days. 8. Practice silence, inner and outer. 9. Sit in silence 20 to 30 minutes each day. 10. Do acts of mercy in secret. 11. Go to liturgical services regularly. 12. Go to confession and holy communion regularly. 13. Do not engage intrusive thoughts and feelings. 14. Reveal all your thoughts and feelings to a trusted person regularly. 15. Read the scriptures regularly. 16. Read good books, a little at a time. 17. Cultivate communion with the saints. 18. Be an ordinary person, one of the human race. 19. Be polite with everyone, first of all family members. 20. Maintain cleanliness and order in your home. 21. Have a healthy, wholesome hobby. 22. Exercise regularly. 23. Live a day, even a part of a day, at a time. 24. Be totally honest, first of all with yourself. 25. Be faithful in little things. 26. Do your work, then forget it. 27. Do the most difficult and painful things first. 28. Face reality. 29. Be grateful. 30. Be cheerful. 31. Be simple, hidden, quiet and small. 32. Never bring attention to yourself. 33. Listen when people talk to you. 34. Be awake and attentive, fully present where you are. 35. Think and talk about things no more than necessary. 36. Speak simply, clearly, firmly, directly. 37. Flee carnal, sexual things at their first appearance. 38. Don't complain, grumble, murmur or whine. 39. Don't seek or expect pity or praise. 40. Don't compare yourself with anyone. 41. Don't judge anyone for anything. 42. Don't try to convince anyone of anything. 43. Don't defend or justify yourself. 44. Be defined and bound by God, not people. 45. Accept criticism gracefully and test it carefully. 46. Give advice only when asked or when it is your duty. 47. Do nothing for people that they can and should do for themselves. 48. Have a daily schedule of activities, avoiding whim and caprice. 49. Be merciful with yourself and others. 50. Have no expectations except to be fiercely tempted to your last breath. 51. Focus exclusively on God and light, and never on darkness, temptation and sin. 52. Endure the trial of yourself and your faults serenely, under God's mercy. 53. When you fall, get up immediately and start over. 54. Get help when you need it, without fear or shame.



## Saturday of Lazarus ~ April 4<sup>th</sup>

Divine Liturgy 9:30 - 10:30 am. Breakfast & Palm-tying begins at 10:30 a.m. Following Church, we will serve a breakfast to everyone present and then begin palm tying and decorating the Church for Palm Sunday. We need parent volunteers for this event. To volunteer for that morning, please contact Fr. Bill.

### Holy Friday Retreat ~ April 10<sup>th</sup> 12:00 noon – 3:00 pm

Grades K – 12<sup>th</sup> are invited for a day of education, prayer, activities, games and lunch. Fr. Bill will provide a letter for parents to give to the schools. Hosted by our Sunday School. We need parent volunteers for that day. Please RSVP to Anna Nicole so we can plan for lunch and crafts projects at: [annanicole777@gmail.com](mailto:annanicole777@gmail.com)

### Goya Lock-in / Holy Fri ~ April 10

#### *Goya only 7th - 12th grade (no exceptions).*

Our lock-in begins immediately after services on Friday night. We will have a Lenten dinner, discussion on the faith and activities. Kids & parents must sign a contract agreement about conduct and what is expected of them. Two rooms will be for girls and two other rooms for boys sleeping. The Church hall will be our neutral area for those who want to stay up.

Kids should bring pillow, sleeping bag, conservative pajamas, & clothes for Church the next morning.

Snacks and drinks will be available throughout the night. We need at least two men and two women parents for volunteers during the lock-in. The event will be cancelled if we do not get chaperons to take shifts. RSVP to Fr. Bill: [frbill@stbasiloc.org](mailto:frbill@stbasiloc.org)

#### MINISTRY CONTACTS

- Parish Council:** Denny Pailion: [dennis.pailion@urs.com](mailto:dennis.pailion@urs.com)  
**Sunday School:** Anna-Nicole: [annanicole777@gmail.com](mailto:annanicole777@gmail.com)  
**Greek School:** Tessy: [tessyjoy7@gmail.com](mailto:tessyjoy7@gmail.com)  
**GOYA:** Kelly Parissis: [kparissis@gmail.com](mailto:kparissis@gmail.com)  
**Greek Dance:** Irene B: [LawyerIrene@hotmail.com](mailto:LawyerIrene@hotmail.com)  
**Altar Boys:** Fr. Bill: [frbill@stbasiloc.org](mailto:frbill@stbasiloc.org)  
**Stewardship:** Maynard: [maynard.rains@gmail.com](mailto:maynard.rains@gmail.com)  
**Ladies' Aux:** Fran Karnazes: [yiayiafran@icloud.com](mailto:yiayiafran@icloud.com)  
**AHEPA:** Mike: [mpa@centerpointinsurance.com](mailto:mpa@centerpointinsurance.com)  
**Prime Timers:** Jim Constantine (949) 218—7262  
**Chanting:** Fr. Bill: [frbill@stbasiloc.org](mailto:frbill@stbasiloc.org)  
**Vacation Ch. Sch:** Pres. Mia: [presmia@yahoo.com](mailto:presmia@yahoo.com)  
**4th of July:** Sam K.: [sam.konugres@sbcglobal.net](mailto:sam.konugres@sbcglobal.net)  
**Parish Directory:** [office@stbasiloc.org](mailto:office@stbasiloc.org)  
**Basketball:** Sam K.: [sam.konugres@sbcglobal.net](mailto:sam.konugres@sbcglobal.net)

**Decorate The Epitaphios:** Everyone is welcome to help decorate the tomb of Christ for Holy Friday evening. If you can help, please contact Fran Karnazes at: [yiayiafran@icloud.com](mailto:yiayiafran@icloud.com) or call her at (949) 633 – 0270

**Prime Timers ~ Thur. May** Join us for lunch at Tastes of Greece in Laguna Niguel at 1:00 p.m. RSVP to Jim Constantine at (949) 218—7262.

### Stewardship Message

**Our offerings:** stewardship is composed of our personal offering of time, talent and treasure. Stewardship is not dues. Time and talent offerings are difficult to measure. Treasure, is much more black and white. As a Parish, it costs us approximately \$27,000 per month to run our church. When the stewardship program was implemented, our goal was to have 130 stewards with an average pledge of \$2,500 per pledged household. This would allow us to meet all of our Parish obligations and support our thriving ministries. Year to date, we have 84 pledged stewards for a total of \$152,300. This is an average of \$1,831 per pledged household. While this is the best pledged stewardship position we have been in for a long time, there is still much to do. Our Parish is 46 pledged stewards short of our goal. I invite everyone to encourage others of our family and friends to attend our parish. By increasing our pledged membership, we can accomplish our goals. With more members, the finances will come in line. I ask that each of you invite someone new to church this Lenten season, and together, let's get them involved in our church. I have faith and belief in our community and with all of us working together, we can continue to grow a thriving, growing Orthodox community in South Orange County. Thank you for your love, your labor and your treasure in support of our Parish, and Our Lord Jesus Christ. *Maynard Rains, Stewardship Chairman*

Greek School singing for Greek Ind. Day



# *Palm Sunday Luncheon*

*April 5, 2015*

*12:00 Noon*

*Please join us for lunch &  
fellowship immediately following  
Divine Liturgy in our courtyard*

*\$20 per Adult  
\$8.00 for all Children  
Check, Cash or Credit Card*

*Lunch organized by:*

*St. Basil's  
Parish Council*

## Menu

*Baked Salmon, sautéed green beans  
with Shallots, Rice*

*Xoriatiki Salad (no feta), Bread &  
Fruit, Dessert*

*Soda, beer, wine & water  
will be sold at the bar*

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*Kids meal will be Pasta,  
Fruit, Bread & Dessert*

**Please Join Us !! - Everyone is Welcome !!**

Contact us at the Church 949-542-3445, [office@stbasiloc.org](mailto:office@stbasiloc.org)

[stbasiloc.org](http://stbasiloc.org) 27129 Calle Arroyo #1803. San Juan Capistrano, 92675



# April 2015 ~ Holy Week

| Sun                                                                                                                               | Mon                                                                                                          | Tue                                                                | Wed                                                                                                     | Thu                                                                                                     | Fri                                                                                                                                                                                                                     | Sat                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                   |                                                                                                              |                                                                    | 1<br>Pre-Sanctified<br>7:15 p.m.                                                                        | 2                                                                                                       | 3                                                                                                                                                                                                                       | 4<br><a href="#">Lazarus Saturday<br/>Liturgy 9:030 am</a><br><br>10:30 Youth Breakfast<br>& Palm making                                                                                |
| 5<br><br><a href="#">Palm Sunday</a><br>10:00 Divine Liturgy<br><br>Palm Sunday<br>Luncheon 12:00 pm<br><br>Bridegroom<br>7:30 pm | 6<br><br><a href="#">HOLY MONDAY</a><br><br>Pre-Sanctified<br>Liturgy 9:30 a.m.<br><br>Bridegroom<br>7:30 pm | 7<br><br><a href="#">HOLY TUESDAY</a><br><br>Bridegroom<br>7:30 pm | 8<br><br><a href="#">HOLY WEDNESDAY</a><br><br>1st Holy Unction<br>3:30<br><br>2nd Holy Unction<br>7:30 | 9<br><br><a href="#">HOLY THURSDAY</a><br><br>Liturgy of St. Basil<br>9:30 am<br><br>12 Gospels 7:00 pm | 10<br><br><a href="#">Holy Friday</a><br><br><a href="#">Retreat 12:15 - 3:15</a><br>K - 12th grade<br><br><a href="#">Descent frm Cross 3:30</a><br><br><a href="#">Epitaphios 7:30 pm</a><br><br>Goya Lock-In 9:30 pm | 11<br><br><a href="#">Holy Saturday</a><br><br>Liturgy St. Basil 9:30 am<br><br>Anastasi ~ Resurrection<br>Service / Liturgy 11:30 pm<br><br>Dinner Pot-Luck<br>1:15 a.m. Upstairs Hall |
| 12<br><br><a href="#">Holy Pascha / Easter</a><br><br>Agape Service<br>10:15 am                                                   | 13                                                                                                           | 14<br><br>Board meeting<br>7:10 p.m.                               | 15                                                                                                      | 16                                                                                                      | 17                                                                                                                                                                                                                      | 18<br><br>Basketball at Northridge<br>2:00 p.m.                                                                                                                                         |
| 19<br><br>Sun. of Thomas<br>10:00 Divine Liturgy<br><br>Basketball at Downey<br>2:00 p.m.                                         | 20                                                                                                           | 21                                                                 | 22                                                                                                      | 23                                                                                                      | 24                                                                                                                                                                                                                      | 25<br><br>Basketball 1/4 Finals<br>at Northridge                                                                                                                                        |
| 26<br><br>Sun of Myrrh<br>Bearers<br><br>10:00 Divine Liturgy<br><br>Semi Finals Long Beach                                       | 27                                                                                                           | 28                                                                 | 29                                                                                                      | 30                                                                                                      |                                                                                                                                                                                                                         |                                                                                                                                                                                         |