

The Scroll



Sunday Services

Matins..... 9:00 a.m.
Church School..... 9:00 a.m.
Divine Liturgy.....10:00 a.m.

Saturday Services

Confession..... 4:30 p.m.
Great Vespers..... 5:00 p.m.

Church Contacts

Fr. Aaron Warwick, Pastor
fraaron@stmarywichita.org

Fr. John Baize
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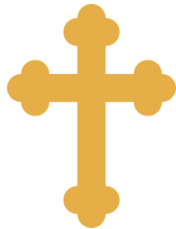
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St. Mary Orthodox Christian Church
344 S. Martinson, Wichita, KS 67213
Rev. Fr. Aaron Warwick - Deacon James Kallail
Website: www.stmarywichita.org

St. Mary Food Pantry

**You may donate items to the Food Pantry any time.
Just drop your items in the wood box in the church hall**

**ITEMS NEEDED for FOOD PANTRY:
(please only bring canned items with a pull top)**

- Ravioli or Spaghetti •
- Vienna Sausage •
- Cup - O - Soup •
- Applesauce or Fruit Cocktail •
- Granola Bars •
- Gatorade •

**You may donate money for the Food Pantry any time.
Please give it to Joan Ferris or put it in the tray.
Be sure to designate that it is for the Food Pantry,
and we'll do your shopping for you!**

Beloved in Christ,

On numerous occasions I have been asked the question: “Why do we fast before Christmas?” This question is usually followed by a statement: “I understand why we fast for Lent, but I cannot understand why we fast before Christmas.” The answer to this question helps us understand the essence of fasting.

Many of us have come to view fasting as a form of punishment. Others see fasting as a sorrowful act. If either of these mindsets dominates a person’s understanding of fasting, then I can understand why fasting during the penitential season of Great Lent makes sense to them and the fasting before Christmas is confusing.

However, from the Church’s perspective, fasting is neither punitive nor a sorrowful experience. In fact, only one who overemphasizes the importance of tasty foods (most of us in America!) would view our fasting discipline as punitive or sorrowful. But simply stating that fasting is neither punitive nor sorrowful fully answers the original question, “Why do we fast before Christmas?”

The reason we fast as Orthodox Christians is for spiritual training and preparation. These two aspects of fasting go hand-in-hand. Think about any professional athlete. Athletes prepare themselves for a big event by essentially tearing themselves down. When an athlete lifts weights he tears down his muscle fiber. The athlete does not tear down the muscle fiber to hurt himself, however; he tears it down so when the muscle heals it will be stronger and larger than it was before. When this cycle of tearing down and recovery happens many times, the athlete is able to compete at a higher level. Lifting weights, though it is difficult on the body, ultimately makes the body stronger and prepares an athlete for competition.

This analogy fits well with Orthodox Christian fasting. Just as an athlete trains for a big event by lifting weights, we train for big feasts like Christmas by fasting. Since we are inclined to eat more than our fill, we begin preparing ourselves for Christmas by eating fewer foods and less often. If we follow the fast strictly, it will surely begin to wear down our body. Like the athlete, however, we do not wear down our body to punish it, but to bring it into a proper position in our lives. As Christians, we train our body to eat only out of necessity, and not as a luxury—otherwise we make an idol of food.

I encourage each and every one of you during this Advent season, and during other fasting periods, to train your body through fasting according to the tradition of the Orthodox Church. I am more than happy to explain to you in further detail how you might implement these guidelines into your own life. When you view fasting as training and preparation, you will find it to be neither punitive nor sorrowful, but a joyful experience preparing you to receive into your heart the King who was born in Bethlehem for our salvation.

Yours in Christ,
Fr Aaron



Question of the Month

What is your favorite Christmas decoration to put out every year?



Vicki Jones – My Christmas stocking. It was made by my grandmother around 1957.

Helen Stitt – I love putting up everyone’s stockings.

Jeremy Wagner – The crèche: ours consists of china figurines inside a homemade cave.

Steven Shippy – Christmas ornaments. My dad brought back some neat ones from Germany and other countries he visited on his business trips. My mom also liked to gift each of us kids ornaments that were unique to our personalities and interests. I have ornaments from teachers, friends, co-workers, and family, and each one tells a story or reminds me of someone special. Among my favorites are the glitter and macaroni covered ones I made as a child.

Theodora Stevens – My Harry Potter Wreath.

TC Wallace – Santa in his sleigh with reindeer.

Mike Shaheen – Our favorite Christmas decoration is the tree. It has been in our family for myself and the boys to decorate the tree each year.

Tana Salome – I enjoy all the homemade Christmas decorations that the kids have made over the years (our own kids & god-children)!

Amy Minks – The 11-piece porcelain Nativity set The Belles gave my mom and me when we were co-presidents of The Belles decades ago.



5 Quotes To Make You Smile

“What do you call bears with no ears? B!”

“The squirrels must be gathering nuts. Three of my neighbors have disappeared!”

“Why did the farmer separate the turkey and the chicken? He sensed fowl play!”

“What kind of exercise do lazy people do? Diddly-squats!”

“Why do we tell actors to ‘break a leg?’ Because every play has a cast!”

From the Ministry Teams

THE SCROLL



Next Issue

Will Cover ~ January/February

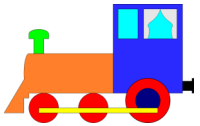
Deadline to Submit ~ February 17

On Website ~ February 24

Available in Foyer ~ February 26

Send news to: rokallail@att.net

MEAL TRAIN



The St Mary Meal Train ministry was formed in 2016 to serve the families in our parish immediately following the birth of a child. After the birth of a child, what to eat for dinner is not usually at the forefront of new parents' minds. Instead, new parents are focused on the new life they have created and finding their new normal between dirty diapers, seemingly near-constant cries, and many feedings.

Our goal is to provide the evening meal every day for a week. The meals have been a mixture of home cooked, frozen, and store-bought meals as well as restaurant gift cards. We also provide a supply of paper products such as plates, napkins, cutlery, and cups to reduce the workload of the family. Being part of this ministry does not mean that you have to be involved every time a request is sent out. Each of us has our own commitments and are sometimes unable to help. Any help at all is much appreciated by the families we are serving. If you would like to be part of this ministry, please contact Jessica Lessman (Miriam121406@live.com) to get on the mailing list.



THE LORD'S DINER

The Lord's Diner exists to combat hunger in the community. The Diner's singular mission is to serve a nutritious meal with dignity and respect to anyone who is hungry.

The Lord's Diner serves an evening meal 365 days a year. The Lord's Diner serves an

THE LORD'S DINER average of 2,500 meals nightly at two dining facilities (one in downtown Wichita and one in south Wichita) and three food trucks (one in northwest Wichita, and one in southeast Wichita, and one in northeast Wichita) to any guest who needs a nutritious meal, 60 percent of which are families. St. Mary volunteers serve at The Lord's Diner on the 3rd Tuesday of each month. We gather at the downtown location, Central and Broadway, at 5:15 p.m. We are usually finished by 8:00 p.m., so come join us. This important ministry is in need of a new Team Leader. Contact Vicki Jones, 316-650-0658, if you need information about the duties of the leader.

PARISH COUNCIL



2023 budget was approved in the annual parish meeting in November.

3 new PC members will be installed in January.

Carpet has been installed in the air lock door.

Bids are being received to install automatic doors for the front of the church.

Bids are being received to install new lights for the parking lot, dome and walkway.

New roofing and gutters have been installed eliminating previous leaks.

New plumbing has been installed to fill the Baptismal font.

From the Ministry Teams



Our Mission

Family Promise of Greater Wichita unites hearts and hands to provide compassionate hospitality and empower homeless families with children to achieve sustainable independence.

Our Uniqueness

Our customized case management allows us to walk beside families in life, partnering with them to achieve their goals. This allows high-quality, high-impact care.

There are three phases to our **Sustainable Independence Program (SIP)**:

Phase 1: Support Services

Families are assisted with urgent/crisis needs for homelessness prevention, as we have resources.

Phase 2: Hospitality/Lodging

Our Rotation Program, to work towards sustainability. Other programs revolve around this.

Phase 3: Mentoring/Aftercare

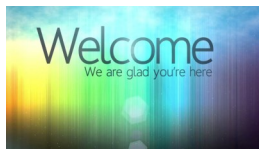
For families who have participated in/graduated from our Rotation Program.

St. Mary recently completed a week of hosting families. Two families, two adults and three children, were provided nightly shelter and food for three meals a day. Approximately thirty volunteers came together to provide food, meals, transportation, laundry, or slept over at the church.

Our hosting weeks in 2023 are February 12, June 11, and December 24.

Please contact Vicki Jones, 650-0658, if you have questions or would like more information.

GREETER MINISTRY TEAM



The primary purpose of the Greeter Ministry Team is to make all of our visitors to St. Mary feel welcome in our parish home. To welcome the stranger is not just a nice or courteous thing to do, but is in fact one of the things mentioned by our Lord by which we will be judged: *“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”* To welcome the stranger is a great blessing to them and to us; the Greeter Ministry Team strives to fulfill this scriptural command together with our parish family. One responsibility of greeters is to greet visitors before Liturgy. This includes giving them a bulletin and visitor packet, asking them to sign the visitor book, and invite them to coffee hour. After Liturgy, greeters will seek out the visitors and introduce to at least one other person in church, introduce them to Fr. Aaron and Deacon James, offer to give a tour of the facility, and show them the rack of educational pamphlets in the foyer. During the following week, the greeter will complete a New Visitor Note Card that will be mailed to the visitor. There are currently six active members of the Greeters Team. There is a need for more members of the team. If you wish more information on this Ministry Team, contact Al Busada at busadaa44@cox.net.

From the Ministry Teams

THE BELLES



In October The Belles hosted a Fall Tea. Various teas and sweets were served to a group of approximately thirty. In addition to enjoying the food and décor, the attendees enjoyed a time of fellowship.

Also in October the Belles supported the Sunday School program by providing the hot dog and chili meal at the Fall Fest.

A regular business meeting was held via zoom in November.

The annual Christmas party was in December 12 at the home of the Deacon James and Ro Kallail.

In 2023 a regular business meeting will be held on January 9th, a social gathering will be planned for February, a regular business meeting on March 13, and a possible social/service project for April. Planning for all these events and others is underway. Please contact Vicki Jones for more information.

TEEN



In October, we enjoyed time with our friends from St. George at Walter's Pumpkin Patch. The Haunted Cannery was fun as always!

On December 10, we attended the St. Lucia Festival in Lindsborg and enjoyed shopping, lunch, and learning about antique phones! We also went to Coronado Heights and enjoyed a sword fight involving Adrian and Ephraim.



Cook's Corner

Crustless Quiche Lorraine

www.lemontreedwelling.com/crustless-quiche-lorraine



CRUSTLESS QUICHE LORRAINE

Bacon
Onion
Olive oil
Eggs
Heavy cream



Flour
Swiss cheese
Salt
Pepper
Chives

Get the full printable recipe at LemonTreeDwelling.com

Ingredients

- 12 ounces bacon, cooked and crumbled
- 1/2 cup chopped onion
- 1 Tablespoon olive oil
- 5 whole eggs
- 5 egg whites
- 1 cup heavy cream
- 2 Tablespoons all purpose flour
- 1 cup shredded Swiss cheese
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 Tablespoon minced fresh chives

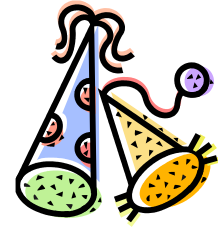
Instructions

1. Heat 1 Tablespoon olive oil in a medium skillet. Add onion and cook until tender; add cooked, crumbled bacon and heat through.
2. In a large mixing bowl, combine eggs, extra egg whites, cream, and flour and mix well.
3. Stir in salt, pepper, and cheese.
4. Add onion and bacon from skillet and stir to combine.
5. Pour into a greased 10 inch pie plate or similar sized baking dish.
6. Bake at 350 degrees for 45-55 minutes, until golden brown and puffed up.
7. Remove from oven; garnish with fresh minced chives.
8. *Quiche can be eaten warm, cold, or at room temperature.



Celebrations

BIRTHDAYS



JANUARY

2 Deanna Ferris
3 Sh. Rosemary Kallail
4 Subdeacon John Laham
6 Jessica Abdayem
6 Xochitl Hewitt
8 Robin Royale
8 Padelis Kambiotis
10 Anthony Vulgamore
11 Eric Namee
14 Ollie Kingery
15 Elisabeth Oller
16 Jonathan Hicks
18 Shawn Bourgerie
22 Olivia Oller
29 Dee Ann Bragg

FEBRUARY

2 Jerry Stitt
2 Beverly Taylor
4 Tie Groth
5 Jason Ewertt
6 Anna Jacobs
8 Linda Farha
8 Simone Warwick
8 Gabriel Hernandez
12 Laura Stanley
13 Julia Jacobs
15 Sophia Jacobs
19 James and Julia Lessman
21 Marie Patterson
21 William Ewertt
21 Luke Ewertt
28 Julia Shippy



ANNIVERSARIES

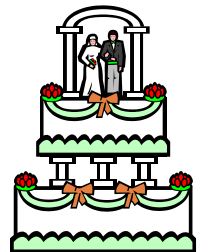


January

January 5 Fr. John and Kh. Cindy Baize

February

February 12 Tony and Micheline Abdayem
February 24 Bruce and Joan Ferris



BITS & PIECES

The St. Mary Teens hosted a Sunday Sundae Bar on October 9. All donations will be used to send them to Dallas for the 2023 Parish Life Conference.



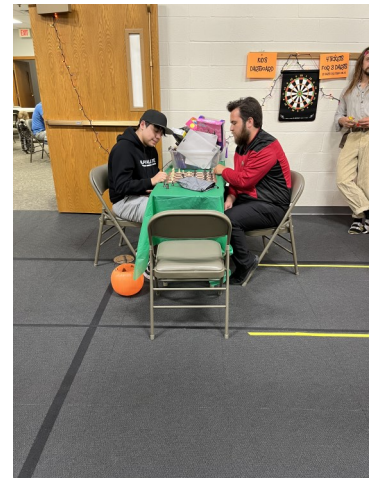
BITS & PIECES

Fall Festival October 23



BITS & PIECES

Fall Festival October 23



BITS & PIECES



Darren Minks, is a 2022 recipient of the Wichita Business Journal's Executive of the Year! Darren is CFO at United Way of the Plains and his major role is overseeing the budget and making sure that ever dollar donated has maximum impact. ***Congratulations and Many Years!***

Churching of Mabel Ann Singiresu on November 27. She is the daughter of Melissa and Dheeraj and granddaughter of Judith Shippy. ***Congratulations and Many Years!***



On December 11 the choir and the parish council honored Mike Shaheen for heading the choir for 26 years! He has now retired and Megan Taylor Gilstrap is the new choir director. ***Congratulations and Many Years!***

BITS & PIECES

Church School Program on December 11



BITS & PIECES

Church School Program on December 11



BITS & PIECES

The Belles Christmas Party on December 12



BITS & PIECES

The Belles Christmas Party on December 12



AND it came to pass in those days, that there went out a decree from Caesar Augustus, that all the world should be taxed.

AND this taxing was first made when Cyrenius was governor of Syria.

AND all went to be taxed, every one into his own city.

AND Joseph also went up from Galilee, out of the city of Nazareth, into Judea, unto the city of David, which is called Bethlehem, because he was of the house and lineage of David.

TO be taxed with Mary his espoused wife, being great with child.

AND so it was, that, while they were there, the days were accomplished that she should be delivered.

AND she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger, because there was no room for them in the inn.

AND there were in the same country shepherds abiding in the field, keeping watch over their flock by night.

AND, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them and they were sore afraid.

AND the angel said unto them, "*Fear not, for, behold, I bring you good tidings of great joy, which is Christ the Lord.*"

"AND this shall be a sign unto you. Ye shall find the babe wrapped in swaddling clothes, lying in a manger."

AND suddenly there was with the angel a multitude of the heavenly host praising God, and saying, "*Glory to God in the highest, and on earth peace, good will toward men.*"

CHRIST IS BORN! GLORIFY HIM!



The Scroll Production Schedule – 2023

Issue: January/February, 2023

Deadline: February 17

On Website – February 24

In Foyer – February 26

Issue: March/April, 2023

Deadline: April 22

On Website – April 28

In Foyer – April 30

Issue: May/June, 2023

Deadline: June 17

On Website – June 23

In Foyer – June 25

Issue: July/August, 2023

Deadline: August 19

On Website – August 25

In Foyer – August 27

Issue: September/October, 2023

Deadline: October 21

On Website – October 27

In Foyer – October 29

Issue: November/December, 2023

Deadline: December 22

On Website – December 29

In Foyer – December 31

Send news to: rokallail@att.net

About The Scroll

The Scroll is the news magazine of St. Mary Orthodox Christian Church, 344 S. Martinson, Wichita, KS, 67213. It was first published in March of 1974 as a newsletter and has evolved to its present magazine-style format. **The Scroll** includes information about our Orthodox Christian faith as well as news of our parish community. Deadline dates for publication are listed in each issue of **The Scroll** and also in the weekly church bulletins.

Inquiries and news items should be sent to: rokallail@att.net or to the above church address C/O The Scroll.

All news must be received by the announced deadline dates. Submitted material may be edited for content and space limitations. All submitted items should include the name of the person sending the material as well as identifying the original source of previously published pieces.

The Scroll Ministry Team

Claire Dannenberg
Deacon James Kallail
Ro Kallail
Amy Minks



LOOKING AHEAD

December 23

9:00 a.m.

December 24

Office Closed
Festal Matins 4:50 p.m.
Liturgy 6:00 p.m.

January 1

Happy New Year
Name Day of Bishop BASIL

January 6

Holy Theophany

January 13

Special Archdiocese Convention in
Dallas

January 15

MF Prep: Steam & Trim Cabbage

January 17

St. Anthony the Great

January 21

Roll Cabbage

January 30

Three Hierarchs

February 2

Meeting of the Lord in the Temple

February 14

Valentines Day

February 18

Saturday of the Souls

February 19

Meatfare Sunday