

SAINT E PREMTE



# St. E Premte Albanian Orthodox Church

10716 Jasper Ave, Cleveland, OH 44111

[stepremte.org](http://stepremte.org)

Victor Thomas, Council President  
216-941-1508 or [office@stepremte.org](mailto:office@stepremte.org)

V. Rev. Fr. Yves Babich, Rector  
216-524-6832 or [ybabich@yahoo.com](mailto:ybabich@yahoo.com)

Sunday Liturgy 10:00 Am

## NOVEMBER

### Schedule of Services

Divine Liturgy at 10:00am  
Post-Easter Sundays

November 5th – 2<sup>nd</sup> Sunday of Luke

November 12th – 8<sup>th</sup> Sunday of Luke

November 19th – 9<sup>th</sup> Sunday of Luke

November 26th – 13<sup>th</sup> Sunday of Luke  
Albania Independence Day

### Save the Date: November 26th

#### Albania's 111th Independence Day

Come and celebrate Albania's 111th Independence Day or Dita e Pavarësisë in Albanian after the service on Sunday 26th.

On this day in 1912, the Albanian congress gathered in the city of Vlora and voted to declare independence from Ottoman rule.

Bring your children, family, relatives and friends and share your favorite dish and canned goods and non-perishable items to support St. Mary of Egypt.

### Have you been baptized?

There is every reason for you to be obedient and follow God's command for all believers to be baptized. By doing so, you'll be identified with the Body of Christ, the church and you'll be identified with the Father, the Son, and the Holy Spirit and you'll also be baptized (or identified) into His death, burial, and resurrection,

The purpose of Holy Baptism is to remove the consequences of the 'original sin'. It washes away all sins committed before the time of Baptism if the person is beyond the age of infancy.

Jesus said, Whoever believes and is baptized will be saved, but whoever does not believe will be condemned (Mark 16:16.)

Our Father Yves Babich reminds us about the importance of getting baptized at any age knowing that it was a common practice to be baptized as an adult during ancient times. If you have any questions how to start planning on getting baptized, please feel free to ask our Father Yves Babich.

### For the Health & Well-being of

**Please remember them in your prayers. May God give them strength to endure and get well.**

NAME - To add the name to the prayer list, leave a voicemail 216-941-1508 or email Victor at [office@stepremte.org](mailto:office@stepremte.org)

### Departed

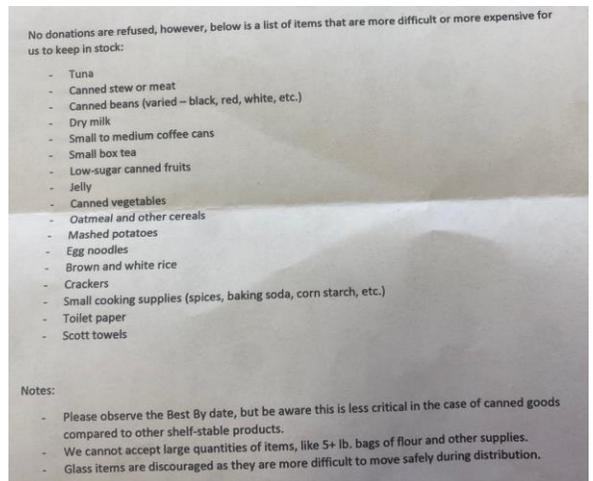
**May their memory be eternal!**

To add the name leave a voicemail 216-941-1508 or email Victor at [office@stepremte.org](mailto:office@stepremte.org)

### St. Mary of Egypt Orthodox Mission and Chapel

#### Food Donations

Our church is supporting St. Mary of Egypt on food collection to help people in need. No donations are refused. Below is the list and please, pay attention to expiration dates; no expired food is collected.



## **Popadija's Corner**

### **Advent Preparation**

On November 15 we will be entering the important season of Advent, or if you like, the Christmas 40 day fast. Advent is defined as “coming”. Therefore, Advent is a time of preparing for the coming of the Messiah. Each one of us, if we desire to grow as faithful Orthodox Christians, will make preparations during this season by examining our lives. Each one of us should ask: “What is required of me, personally in order to be prepared for the “Messiah’s coming”?”

Some obvious responses might be:

“Keep the Advent Fast”.

“Attend all services provided by the parish”.

These and other responses pertaining to our physical preparations are certainly important; but the essence of Advent preparation is how we prepare our hearts for Christ’s coming.

How do we prepare our hearts? We prepare through our fasting, our personal prayer life, and regular attendance to the liturgies and the Sacraments of the church. By attending these, we prepare our hearts to receive Christ and the transformational work. He wants to do in us, in our hearts. Also, we must want to receive and be willing to receive a change in our hearts and in our habits. If we earnestly do our work during Advent, Christ will help us to drop old destructive habits and reform us, as new people with new and holy habits. Then our lives will be filled with joy and peace! We will be a great blessing to others and at peace with ourselves!

If we just go through the season as secular people, we will have missed the real Christmas entirely. That would be tragic! The joy of Christ and being transformed in Him is something not to be missed! Our lives depend on it! God bless us all as we faithfully prepare for the coming of Christ on Christmas into our hearts and our lives!

May God help us through this Advent season!

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### **(Advent Stuffed Cabbage)**

2 Onions, chopped  
3 carrots, chopped  
2 stalks celery, chopped  
2 cups rice  
½-cup oil

1 head cabbage  
3 cloves garlic, crushed

Salt and pepper to taste

Soak rice in water overnight or at least for a few hours. Clean and cut up vegetables fine. Heat oil in pan, add onions, and simmer until caramelized. Add celery and carrots and let simmer for a few minutes. Add presoaked rice, salt and pepper to taste; simmer for about 5 minutes. Set aside to cool off and add garlic. Precook cabbage and spoon in rice mixture and roll. Place shredded cabbage on bottom of roasting pan and then place cabbage rolls on top. Top with more shredded cabbage. Make mixture of tomato sauce and tomato soup and pour on top of everything. Bake at 350 or 375 until done. About 2 hours at least.

I have experimented and made different variations of this recipe. I have used presoaked barley with the rice; I have added sliced Shitake or Portobello mushrooms. When putting in mushrooms, sauté in frying pan separately, then add to rice mixture. Instead of rolling cabbage rolls, I have layered the ingredients, cut up cabbage, rice mixture, cut up cabbage, rice mixture, and cut up cabbage. Some people put in grated potatoes. You can use your imagination!  
\*\*I also use pickled cabbage and regular cabbage together. \*\*

### **St. Cosmas of Aitolia**

Teacher of the Greek Nation,

Apostle to the Albanians

August 24

The New Hieromartyr Cosmas was a native of Aitolia. He studied at first under the guidance of the archdeacon Ananias Dervisanos, and afterwards continued his education on Mount Athos, at the Vatopedi School for teachers

St Cosmas Remained on Athos at the Philotheou monastery to devote himself to spiritual labors, he was tonsured a monk with the name Cosmas, and later was ordained hieromonk. Saint Cosmas had a great desire to benefit his fellow Christians, to guide them upon the way of salvation and strengthen their faith. With the blessing of his spiritual fathers he went to Constantinople to learn the art of rhetoric. Later he received a written permit by Patriarch Seraphim II to preach the Holy Gospel.

So the saint began to proclaim the Gospel at first in the churches of Constantinople and the surrounding

villages, then in the Danube regions, in Thessalonica, in Verroia, in Macedonia, Chimaera, Akarnania, Aitolia, on the islands of Saint Maura, Kephalaria, and other places.

His preaching, filled with the grace of the Holy Spirit, was simple, calm, and gentle. It brought Christians great spiritual benefit. The Lord Himself assisted him and confirmed his words with signs and miracles, just as He had confirmed the preaching of the Apostles.

Preaching in the remote areas of Albania, where Christian piety had almost disappeared among many of the coarse people entrenched in sin; Saint Cosmas led them to sincere repentance and improvement with the Word of God.

Under his guidance, church schools were opened in the towns and villages. The rich offered their money for the improvement of the churches, for the purchase of Holy Books (which the saint distributed), veils (which he gave women, telling them to come to church with covered heads), for prayer ropes and crosses (which he distributed to the common folk), and for baptismal fonts so that children could be baptized in the proper manner.

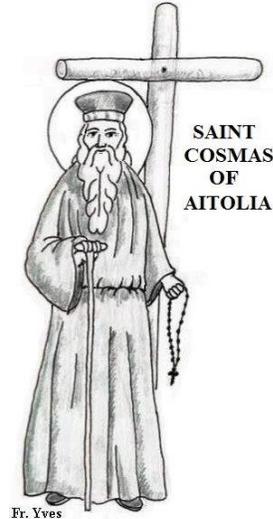
Since the churches could not accommodate everyone wanting to hear the wise preacher, Saint Cosmas with forty or fifty priests served the Vigil in the fields, and in city squares, where thousands of people prayed for the living and for the dead and were educated by his preaching. Everywhere that Saint Cosmas preached, the grateful listeners set up a large wooden cross, which remained thereafter in memory of this.

St. Cosmas' preaching was often followed by miraculous signs. The Saint was admired and even feared by many Turks. They spread false accusations against him and slandered him to Kurt Pasha, and offered money if he would put St. Cosmas to death. Kurt Pasha conspired with the Hodja of the village of Kolikontasi in Albania that a trap would be set for St. Cosmas. On the excuse that the Pasha wished to see him, they took the Saint to a remote spot and hung him on August 24th, 1779. He was 65 years old.

His murderers stripped the body of the Saint, tied a stone to it, and threw it into the river. The local Christians looked for his corpse, but could not find it. In a miraculous manner it rose to the surface and was pulled out by Papa Markos, the priest of the All-Holy Theotokos of the Presentation Monastery, which is near Kolikontasi, Albania and buried it at the back of

the sanctuary. Afterwards, part of his relics were transferred to various places as a blessing. Many miracles followed the martyr's death of the Saint, and he was quickly established in the mind of the people not only as a martyr but as a true apostle.

He was glorified as a Saint by the Ecumenical Patriarchate in 1961.



#### **Note from the Chairman**

A donation fund will be started for the purchase of a riding lawnmower. For many years volunteers have used push mowers to maintain the church lawn. A goal of \$2,000 dollars would enable the purchase of a mower that also fits into the storage room. This purchase would enable the lawn to be maintained more efficiently and allow additional time for enhancing the overall beauty of the church landscaping. If you would like to make a donation please designate that you are donating towards the purchase of a riding lawnmower