

THE WORD ... FROM SOYO

What is NAC? | Deep Dive with the Dioceses | Lenten Recipes | Spiritual Reflection

The Word . . . From SOYO is a newsletter written and published by the members of the NAC Teen SOYO Board. The newsletter is meant to spread Orthodoxy, catch up with the six dioceses, and update Orthodox Christians on what's happening in the arch-diocese. To the right is an Introduction to NAC SOYO.

Intro to NAC SOYO

Blessed Hierarchs, reverend clergy, and beloved teens,

Welcome! Welcome to the first ever NAC Teen SOYO newsletter! Filled with tales of adventures from our sister parishes, words of wisdom from the priests that we know and love, and little knickknacks that we all find enjoyable, we are delighted to bring you this little bit of calm in a tumultuous world. So, come on in! Grab your phone, computer, or literal copy of this newsletter and settle in! Let us brighten your day, your week, and, by the grace of God, illumine your whole life! As we so often love to say, "Come and see."

In the love of Christ, NAC Teen SOYO



NAC SOYO

Raising a Generation of Leaders and Disciples
Est.1969

Deep Dive with the Dioceses

Diocese Recap's

DOWNE

January was a great start to the year for the arch-diocese. The Diocese of Worcester and New England was blessed with His Eminence Metropolitan Saba visiting three churches. He attended Saint George Norwood on Saturday night for Vespers, followed by liturgy on Sunday at Saint George Cathedral in Worcester, wrapping up the visit for a Vespers service Sunday night at Saint George in West Roxbury. .

DOWAMA

. The Diocese of Wichita and Mid America kept busy with their winter retreat over Martin Luther King Jr. weekend. This retreat, commonly known as "WAMP", is something Orthodox teens from DOWAMA look forward to every year. This year, campers got to dress up as their favorite celebrities. Dr. Mark Mosely also donated his time to come speak with the Orthodox youth.

DOECUNY

The Diocese of Ottawa, Eastern Canada, and Upstate New York put their effort into selling their famous ICXC NIKA hats. Every year, their diocese board sells them to their local parishes, even selling them at the Christmas Market hosted by Saint Elias Cathedral in Ottawa.

DOMSE

The Diocese of Miami and the Southeast really stepped up their social media game. The diocese posted weekly lives of the Saints videos on Instagram, while also reaching out to Orthodox parents and teens across their diocese, encouraging them to engage in teen SOYO.

DOTAM

Lastly the Diocese of Toledo and the Midwest, found new ways to connect teens across their region. Starting all the way back in October, DOTAM began weekly evening prayers in hopes to unite their teens spiritually, They also had monthly parish "check in" zoom calls to discuss the status of the teen SOYO across all the parishes of the Midwest. DOTAM, hosted a very successful Fall Gathering, where they held service projects and "Ask Abouna's" In November, Saint George in Canton Ohio hosted their 25th annual basketball tournament.

Deep Dive with the Dioceses

Parish SOYO of the Month

Drum Roll Please . . .

For the month of January, the “Parish SOYO of the Month” goes to Saint George in Cleveland Ohio. This parish truly exemplifies the four pillars of SOYO: Worship, Witness, Service, and Fellowship. Their parish president, Paulene Zakaib, organized a multitude of social events in efforts to keep the youth of the church involved. The teens of this parish volunteer their time and energy at Saint Herman’s homeless shelter monthly. Saint George in Cleveland also works with Saint George in Akron, planning and participating in monthly vespers led by the teens of their parish. The parish also arranged a “Secret Santa” gift exchange, where the youth could engage in fellowship and the gift of giving. This Parish has accomplished so much this month, displaying the four pillars of SOYO and exemplifying what it means to be an Orthodox Christian in the world today.



Deep Dive with the Dioceses

Diocese Highlights

- ◆ The Diocese of Worcester and New England recently had three members elevated in their Church. At Saint George Cathedral in Worcester, the following three men took the next step in their faith: Elias Houssan (Reader), Jayden Wehbe (Subdeacon), and Ethan Haddad (Subdeacon).
- ◆ In the Diocese of Wichita and Mid America, Saint Constantine and Helen arranged a pan-orthodox event of the blessing of the waters to celebrate the Theophany.
- ◆ Lastly, the Diocese of Ottawa, Eastern Canada and Upstate New York hosted online leadership training for all the parishes' teen SOYO boards.



Deep Dive with the Dioceses

Upcoming Events

- ◆ The Diocese of Worcester and New England will have their annual winter gathering which includes, service projects, ice-skating, and Vespers.
- ◆ The Diocese of Miami and the Southeast is planning their annual Lenten Retreat in the Spring.
- ◆ The Diocese of Toledo and the Midwest are planning their monthly check-in on February 29th, along with planning more evening prayers. They also have their Spring Retreat and Parish Life Conference coming up in the next few months, but definite dates have not been decided yet.



Lenten Recipes

Trying to find foods to eat during Lent can often get tricky. That's why every month, NAC is giving you new recipes appropriate for the Lenten fast. This month one of our own NAC board members, Marina Zafaran, shares how to make her famous Lenten chocolate cake!



Ingredients

- 3 cups all-purpose flour
- 2 cup white sugar
- ½ cup cocoa powder
- 2 teaspoon baking soda
- 1 teaspoon salt
- 1 cup water
- 1 cup almond milk
- 2/3 cup vegetable oil
- 2 teaspoon vanilla extract
- 2 teaspoon distilled white vinegar
- (optional) 1 tablespoon of powdered sugar for topping

Directions

Step 1: The most important step, make the sign of the cross right before you start, have a positive mindset, and bake this with LOVE.

Step 2: Measure all your ingredients, and have them prepared.

Step 3: Preheat oven to 350 degrees F (175 degrees C) Grease your Bundt cake pan.

Step 4: Sift flour, sugar, cocoa, baking soda, and salt together in a large bowl.

Step 5: Add water, almond milk, oil, vanilla, and vinegar; mix together until smooth.

Step 6: Pour mixture into the prepared pan.

Step 7: Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes.

Step 8: Allow to cool. Finally, sift powdered sugar on top, and share with your loved ones!!

Enjoy!!

Spiritual Reflection

NAC encourages Orthodox Christians around the world to engage in Spiritual reflection. This month, Fr Phillip Rogers, shares his reflection on the Presentation of Christ in the Temple.



“For my eyes have seen Your salvation!” (Luke 2:30). These words were said by Simeon, the “just and devout” old man who had spent years “waiting for the Consolation Israel” (Luke 2:25), when he held the forty day old Jesus in his arms. Simeon had been prompted by the Holy Spirit to be in the temple on the day that Mary and Joseph brought the infant Jesus to the temple. By following the Spirit, Simeon was able to meet God face to face in the person of the 40-day old infant, Jesus Christ.

In the example of Simeon, we have an image for our own lives as we live with the hope of ourselves meeting God. Simeon is called “just and devout” because he was faithful and committed to God over and above anything else. His first priority was to unite himself to the God who he knew loved him. He lived this out with great patience! He is described as “waiting.” And boy did he wait! The tradition is that Simeon was over 300 years old when he was able to hold Christ in his arms in fulfillment of the promise that “he would not see death before he had seen the Lord’s Christ” (Luke 2:26). His patient devotion was finally rewarded when he followed the prompting of the Spirit and went to the Temple at just the right time.

We too can be like Simeon.

When we follow the prompting of the Spirit with patience and devotion, we too can meet God face to face. We will begin by meeting Him in the person that is next to us, whether that be our family or the beggar on the street who is created in the image and likeness of God. We will meet Him in the Church, particularly in the Great Mysteries like confession, unction and most especially in the reception of the Body and Blood of Christ in the Eucharist. And after a patient devoted life filled with meeting God in those places, we too will meet Him fully face to face, just like Simeon and declare, “For my eyes have seen Your salvation.”

“Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is!” (1 John 3:2)

Presentation of Christ in the Temple



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