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A Christmas Tradition is Born
Holiday Concert at New York’s Holy Trinity Cathedral

By Constantine S. Sirigos

The joy created by the annual Christmas concert at the Archdiocesan Cathedral of the Holy Trinity “Under the High Pavilions of the Greek-Orthodox Church” has been an annual tradition in the Archdiocese of America ever since its establishment. The tradition has been cemented by the support of the Cathedral Dean – Anthimos Drakonakis.

A passionate Dino Anagnost is seen conducting the 2009 Christmas Concert.

The annual Christmas concert has been a tradition for over 150 years, held in different venues across the United States and around the world. The concert features a mix of traditional Greek Orthodox hymns, contemporary music, and seasonal carols. The concert has become a source of inspiration and hope for many people, especially during the holiday season.

Anagnost explained that part of the reason for the concert was to create an opportunity for the presentation of Byzantine art, architecture, and culture. The concert featured a mix of traditional Greek Orthodox hymns, contemporary music, and seasonal carols. The concert has become a source of inspiration and hope for many people, especially during the holiday season.

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Mr. George Andreas and his family extend their warm wishes to the management and staff of “The National Herald”, to the entire Omogenia and the Hellenes of the World.

MERRY CHRISTMAS
Healthy and Happy
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E. John Rumpakis, Benefactor

Commemorating Greek e-Christmas
Edited by Sylvia Klimaki

Did you forget to send the seasonal greeting card to your friends and family? Well there is still plenty of time even if it is Christmas Day! Have you ever considered sending e-Cards? E-Cards are simply an electronic version of a standard greeting card that you can send by email. When you send your e-card, your recipient finds it in his inbox instantly. Paper cards take days or even weeks to get through the mail, depending on the destination. Now, you can send an e-card without having to worry about sending it in advance. They do not use paper and so save trees and do not incur a harvest and processing “cost”. They travel via “wire” and so impose an air fuel cost thus saving precious natural resources. And what is best most of these cards are free—unless for a good cause—while good traditional cards are available at higher prices. This way, you can send as many as you like without having to whittle down your Christmas list to save costs. You can also customize the e-card. When you will send an e-card to a person and you want to send him a card on a specific date and time then you can mention that on the card as well. In this way the website will automatically send your card to the specified person on a particular day and time. You will be told through an email or deliver report. You can also get notification when the receiver checks the e-card. These show that e-cards give the best way of greeting anyone on Christmas and New Year’s. Here are a couple websites where you can find seasonal Greek e-cards:

GREEK ORTHODOX CHRISTMAS CARDS
Greek Orthodox Diocese of America “Iconograms”: Here you can get free Orthodox e-cards for Christmas Day or for one of the other feast days occurring this month. As of December 2010, a total of 403,486 Iconograms have been sent out to people all over the world for various occasions. The process is easy: the website notifies the recipients via email, that they have received an Iconogram. These email notifications provide specific instructions on how to pick-up and view the Iconogram. Once the Iconogram has been raised through the Iconogram website the sender is notified via email. Check it out at www.iconograms.org. For more Greek Orthodox Christmas e-Cards you can also go to www.zazzle.com to the Religion section, click on the Orthodox icon and you can order a variety of Orthodox Christmas and New Year’s greetings e-cards.

E-CARDS WITH GREEK SPIRIT
If you are looking to make any occasion extra special by commemorating Greek e-Christmas...
Warmest wishes to the entire Greek American Community for a Merry Christmas and a Happy New Year

Nikos Gavalas and family
Greek holiday sweets encompass a kaleidoscope of regional specialties with traditional time-honored recipes.

By Georgia Kofinas

Special to T.N.

With the holidays right around the corner Greek bak-

eries and sweet shops are busy preparing the delicacies of the season for those who have no time to make their own. Over the past few years there is an ever-increasing focus on regional specialties, adding to the anthology of goods available on the mar-

ket. While they may differ in name and methods of preparation, these holiday treats accor-
dance to the same basic ingredients that Greeks have always preferred, even from antiquity, for their mouth-watering flavors and aromatic appeal. Here in the ever-present in the anthology of sweets, with techniques and flavors offering the local traditions of these time-hon-

ered recipes. One of the most popular Christmas desserts are kouram-

biedes, which are traditionally made with butter and chopped almonds and sprinkled with

rosewater, but regional differences offer a number of variations.

Kourambiedes are traditionally made with butter and chopped almonds and sprinkled with

rosewater, but regional differences offer a number of variations.

According to a legend, the prototype was named "phoinikia" and arrived on the city streets. Of course, no holiday platter

is complete without "diples." These are deep-fried dough pastries drizzled with honey and sprinkled with nuts and cinna-

mon. The symbolism of the swirled fried dough is that of clothes of the Newborn Christ. The technique for making dipsles has

been passed down from mother to daughter for generations. The dough is made with eggs and flour and is kneaded for about twenty minutes before being deep fried. Once

out of the oil, the dipsles are drizzled with honey and soaked in syrup. The secret to getting them crispy and light without burning them is the technique for frying them just to the point of getting them crispy without burning them. Diples can be found at almost every confectionery on the mainland of Greece, they are more prominent in the Peloponnese. Some are deep-fried and some are

made in the oven with the use of two forks while being deep fried, hence the name "xeroti-
gana" which means "dry clothes of the Newborn Christ.

*Thermes euvkes gia Kalá Xristougyenná kai Kalá Xronía*

John G. Adinamis

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Continued on page 12
Drs. Spiro & Amalia Spireas
and
Sigmapharm Laboratories

wish you

a Merry Christmas
and a Happy New Year

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A very old custom which remains today practically unchanged is the Greek Christmas carols, which is called calanda in Greek. Children, in groups of two or more, still make the rounds of houses singing carols, usually accompanied by the triangle or guitar, accordion or harmonica.

The children go from house to house and knock on the door and ask: ‘Shall we sing them?’ If the homeowner’s answer is yes, the kids sing the Christmas carols for several minutes before finishing up with the wish, ‘And for the next year, many happy returns.’

Years ago the homeowners offered the children holiday sweets and pastries, but today they usually give them some money.

The carols are sung on the eves of Christmas, New Year and Epiphany, and they are different for each holiday.

**El roto de las Navidades**

With the tree trimmings
And the lights have been started
The house is filled with the sound of music
And the children are singing

**El roto de la Felicidad**

With the tree trimmings
And the lights have been started
The house is filled with the sound of music
And the children are singing

**El roto de la Esperanza**

With the tree trimmings
And the lights have been started
The house is filled with the sound of music
And the children are singing

**Greek Christmas Carols**

**Christmas Carols**

**Good day lords**
If it’s your bidding
Of the Christ’s divine birth
I will tell in your manse
Christ is being born today
In the town of Bethlehem
The heavens rejoice
And all creation delights
In the cave he is born
Within the horse manger
The king of the heavens
And Maker of all...

**New Year Carols**

**First of the month and first of the year**
My tall rosemary
Let our good year begin
Church with the holy throne
It is the beginning when Christ
Heal and preside
With art in earth
And cheer to go
St. Basil is on his way
And will not deign on us
From Cesaria
You’re a Lady, my lady

**Epiphany Carols**

**Today is the lights and the enlightenment**
The happiness is big and the sanctification
Down the Jordan River
Sits our Lady the Blessed Virgin Mary
She carries an organ, a candle she holds
And pleads with St. John.
St. John lord and Baptist
Baptize this divine child of mine
I shall ascend to the heavens
To gather roses and incense
Good day, good day
Good day to you master and the missus.

Source: www.explorecrete.com

**Congressman Sarbanes wishes you a wonderful Christmas and a happy New Year!**

**John and Dina**

**Stephanie, Nico and Leo**

---

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**Nikiforos Lytras, Carols (1872), oil on canvas, 59x90 cm, private collection.**

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**The History of Christmas Carols in Greece**

The word calanda stems from the Latin calenda, which translates as ‘the beginning of the month.’ It is believed that the history of caroling goes deep into the past and connects with ancient Greece. In fact, they have even found carols written in those distant past days which are similar to the ones sung today.

In ancient times the word for carols was Eiresioni, and children of that era held an effigy of a ship which depicted the arrival of the god Dionysos. Other times they held an olive or laurel branch decorated with red and white threads, on which they would tie the offerings of the homeowners.

The Eiresioni song from the Homeric period can still be heard today - with small changes - in the carols of Thrace:

- Following are the Greek carols for each of the three holidays: Christmas Carols, New Year Carols and Epiphany Carols.

---

**Greek Christmas Carols**

*Good day lords*

If it’s your bidding
Of the Christ’s divine birth
I will tell in your manse
Christ is being born today
In the town of Bethlehem
The heavens rejoice
And all creation delights
In the cave he is born
Within the horse manger
The king of the heavens
And Maker of all...
Wishing you peace joy and happiness this Christmas season and throughout the New Year.

A Friend
Continuing from page 4

Continuing from page 2

A very
Merry Christmas
and a Healthy, Peaceful
and Prosperous New Year to all

Peter & Aphrodite Skeadas

ευφρόσυνα Χριστούγεννα
Ειρηνικό, υγιεινό και πλήρες χάρις
και προόδου Νέο Ετος για όλους

Πίτερ και Αφροδίτη Σκιαδά

Holiday Concert at NY's
Holy Trinity Cathedral

Continuing from page 4

Commemorating
Greek e-Christmas

Continued from page 4

E-CArDS
FOr A GOOD CAuSE

Why not raise funds this
Christmas for Greece's stray dogs
and cats? Greek Animal Rescue is
a charity organization founded
in 1989 in order to alleviate the
suffering of animals in Greece by
spaying or neutering animals,
reuniting them with their owners,
and giving homes for five in
Europe and the U.S. You can
buy an e-card here:

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A Very Merry
and Blessed Christmas
A Happy, Peaceful
and Prosperous
New Year

JOHN, MARGO
ANDREA AND YANNI
CATSIMATIDIS
Merry Christmas and a Happy and Prosperous New Year to All

From a Friend

Continued from page 6

A second twist on the simple is to make a syrup puff. Variations include adding flavors to the dough such as mastic, or orange juice or cinnamon as they do in Kalambaka. Cretans make their version called “koulibaiki” without yeast and use soda and ash rather for a softening effect, and add mastic and rosewater.

Variations are endless, from the traditional Loukoumades or Vasilopita to the aromatic honey syrup.

For syrup:

Ingredients:

3 cups oil (preferably extra virgin olive oil)
1 cup sugar
1 cup water
2 tablespoons cinnamon
1 lemon peel
1 teaspoon mastic
1 teaspoon raki

Makes about 70 pieces:

For syrup:

1 ½ cups honey
1 ½ cups sugar
2 tablespoons cinnamon
1 lemon peel

Variation: Open up small portion of dough into a circle and fill it with walnuts, cinnamon and clove and sugar. Close dough over mixtures and continue as above.

As when God became man in Bethlehem the eternal Word became flesh, so in the Bible, the glory of God veils itself…”

St. John Chrysostom

Merry Christmas and A Happy New Year

Dr. John and Helen Collis
and Family

“The eternal Word became flesh, so in the Bible, the glory of God veils itself…”

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Greek holiday sweets encompass a kaleidoscope of regional specialties

Continued from page 6

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The next step is making sure the oil is both deep and hot enough for frying and dipping into the syrup.

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Καλά Χριστούγεννα
Ευτυχισμένο το Νέο Ετος

Wishing you a
Merry Christmas
and a joyous and prosperous
New Year

Sotirios J. Vahaviolos
DR. SOTIRIOS J. VAHAVIOLOS
CHAIRMAN AND CEO

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**Christopsomo: The Bread of Christ**

*Ch*ristopsomo is a Greek cake decorated with an early form of the Christian cross on Christmas Eve. The ingredients vary. Sometimes nuts, dates and spices are added to celebrate all occasions. It is a rich, round loaf studded with sweetened figs, anise, orange and is sometimes covered mandarin, a dried pear root. The bread is sometimes served with honey and pine nuts. A cross is sometimes carved in bread on the table bearing that Jesus will come and eat them during the night. It is considered a sacred tradition in Greek Orthodox homes, and the cross with which it is made is said to ensure the well-being of the home in the year to come. Only the parents and most expensive navigators are used. The bread is considered a sacred tradition in the family’s life and profession. The bread is often decorated with engravings on the crust that represent aspects of the family’s life and profession. The bread is considered a sacred tradition in the family’s life and profession. The bread is often decorated with engravings on the crust that represent aspects of the family’s life and profession. The bread is often decorated with engravings on the crust that represent aspects of the family’s life and profession.

### Recipe

**Preparation:**

1. Mix the yeast with 1/2 cup of warm water (105°F) and 1 1/2 tablespoons of dry yeast. Let sit until it bubbles. □
2. In a large mixing bowl, sift in the remaining flour, add the salt with 2/3 of the flour. □
3. Punch the dough down and knead for several minutes, until it becomes smooth and elastic. □
4. In a small bowl, mix the sugar, raisins, walnuts, pine nuts, gum mastic or anise, cinnamon, cloves and nutmeg until well blended. □
5. Knead well until the dough forms, cover with waxed paper and a damp towel, and set aside to rise for 1 1/2 to 2 hours, until doubled in size. □
6. On a lightly buttered baking sheet, place the bread in the preheated oven and preheat to 450°F. □
7. Bake for 15 minutes, then reduce heat to 350°F and bake for another 15 minutes. □
8. Brush with beaten egg instead of milk to get a brighter glaze. □
9. Remove from oven, brush with milk, let sit for 10 minutes, and place on a rack to cool. □

*For the Topping*

1. Mix the orange juice, brandy, zest and wine. Mix until a soft dough forms, cover with waxed paper and a damp towel, and set aside to rise for 10 minutes. □
2. In a small bowl, mix the oil, orange juice, brandy, and orange peel. □
3. In a small bowl, mix the crushed anise seed, which translates to Christ’s Bread, and the wine. Mix until a soft dough forms, cover with waxed paper and a damp towel, and set aside to rise for 10 minutes. □
4. In a small bowl, mix the orange juice, brandy, and orange peel. □

**Ingredients:**

- 1/2 cup of olive oil
- 1/4 cup of orange juice
- 1/4 cup of brandy
- 2 oranges
- 1/2 cup of raisins
- 1 1/2 cups of walnuts, finely chopped
- 1/2 cup of pine nuts
- 1 tablespoon of ground gun mastic or 1 tablespoon of crushed anise seed
- 1 teaspoon of ground cinnamon
- 1/2 teaspoon of ground coriander
- 1/4 teaspoon of ground nutmeg

**Sources:**

- [www.wikipedia.com](http://www.wikipedia.com)
- [& greekfood.about.com](http://www.greekfood.about.com)

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**NICHOLAS J. BOURAS**

25 DeForest Avenue, P.O. BOX 1474, New Jersey

*Best wishes to my relatives, friends and the entire Greek American community*

**Merry Christmas & a Happy New Year**

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*Sources: www.wikipedia.com & greekfood.about.com*
The Greek word Vasilopita is directly translated as “Bread of Basil”. When the Vasilopita is cut, the person who receives the coin is considered the “recipient.”

The Greek Orthodox Church is one of the most beautiful and interesting traditions of the Greek Orthodox Church. It is the annual family celebration of the Greek Orthodox Church on the eve of the beginning of the Great Lent, in the last week of the Christmas season. The Church, the house, the traveler, the visitor and the poor.

The Epiphany season. The Church, the bread is traditionally cut by the senior member of the family, and the individual who receives the portion of the Pita which contains the coin is considered blessed for the New Year.

When the observance begins, usually on New Year’s Day, the family gathers around the table in the living room or in the kitchen. A family member cuts the Vasilopita and places gold coins in the portions of the bread. Then the family celebrates together. The person who finds the coin in his portion becomes the provider of the year.

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The Greek word Vasilopita is directly translated as “Bread of Basil”. When the Vasilopita is cut, the person who receives the coin is considered the “recipient.” A beautiful and interesting tradition of the Greek Orthodox Church.

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Vasilopita Recipe

INGREDIENTS:
• 1 cup flour milk
• 2 cups evaporated milk
• 2 eggs, separated
• 1 cup milk, beaten
• 1 envelope mahlepi, crushed

Preheat oven to 350°F.

1. Mix the egg yolks with a cup of lukewarm milk and dissolve the yolk in it. Add the egg flour and ice cream. Grease with a mixture of the yolk and sugar mixture into the dough, the remainder of the dough, the zest of a lemon, and 1 level teaspoon of mastic. Knead the dough.

2. Knead the flour for 5 minutes and place it in a large bowl. Cover it with a towel and leave in a warm place for about 1 hour.

3. Before placing in oven, make the yolk of 1 egg with a teaspoon of water and brush it on the dough with a pastry brush. Then, using the blanched almonds, form the ‘’new’’ dough on the top of the dough. Bake for about 20-30 minutes, or un- til Vasilopita looks well browned.

Source: www.vasilopita.com

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to All Members, Friends, and Their Families

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KATERINA NIKITOS AGHABI
Director, Development

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dwell in your hearts now and evermore

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Orthodox Christmas
From New Freedoms in Moscow to Struggles in Bethlehem

By Konstantinos S. Spyropoulos

Christmas is a universal pop-culture holiday that’s colored locally. Every region, nation, even every family has its own special traditions. As Greeks, we bring our own version of the Christmas spirit to the holiday table, and we know that our faith and Irish Catholic neighbors and our Protestant friends have diverse customs and celebrations, but we also share much through other fellow Orthodox Christians and their version of the great feast.

Christmas is a tradition that belongs to all. Traditionally, Christmas is celebrated in Bulgaria on Christmas Eve when many families create a festive atmosphere at home. The non-Greek member of the family might know something of Christmas Eve from the Western tradition, but most are unaware of how their fellow Orthodox Christians mark the great and joyous feast and instead only to Easter on the Church calendar. The spirit and mood is different, however, and often much more intense. The Bulgarian and Hellenic, Romanians and Macedonians, but most are unaware of how their fellow Orthodox Christians mark the great and joyous feast and instead only to Easter on the Church calendar. The spirit and mood is different, however, and often much more intense.

In Bulgaria on Christmas Eve no one partakes of meat or cheese. Beans are featured, but centered are stuffed cabbage leaves and dry beans.

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OF OUR CHILDREN AND GRANDCHILDREN

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FOR A VERY MERRY CHRISTMAS
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ΚΑΛΑ ΧΡΙΣΤΟΥΓΕΝΝΑ ΚΑΙ ΕΥΤΥΧΙΣΜΕΝΟΣ Ο ΚΑΙΝΟΥΡΓΙΟΣ ΧΡΟΝΟΣ
One of the most humorous Greek Christmas folklore legends is the legend of “Kalikantzarois.” These tiny fairy creatures that look like elves live in the earth and come to the surface during Christmas, invading in people’s houses. As Daniel Hawaleshka, Managing Editor of A Journal of the Classics Magazine, “it wouldn’t be fair to omit the Twelve Days of Hell with the Twelve Days of Christmas with the Twelve Days of Hell. That is if name Kalikantzaro (singular of Kalikantzarois) comes from the Greek Christmas folk legends is as Hawaleshka describes, “dreadful, mischievous, bawdy antics: “The legend of “Kalikantzarois.”

According to the myth their home Kalikantzaro is populated with rude, ill-mannered, deformed, mischievous, bawdy antics: “The mission of the Kalikantzaro is centered on November 25 and December 25 through January 6. The Kalikantzaro, the Athena- associated being in ancient Greek mythology has been present since ancient times. The people of that time used to believe that during Christmas, invaders in our world, who come up to our world. They live in the depths of the earth where their mission is to crop at the roots of each fruit tree that the earth has been blessed. They work all year round to accomplish this right when they are about to finish the job. Christmas day arrives and they surface to wreak havoc on the land. They break into people’s homes, chase animals, strip fruit trees, and make the rounds among people without any restrictions. They live in the depths of the earth where their mission is to crop at the roots of each fruit tree that the earth has been blessed. 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They work all year round to accomplish this right when they are about to finish the job. Christ...
Merry Christmas and a Happy New Year

Honorable Judge Nicholas Tsoukalas and Mrs. Tsoucalas

My warmest wishes to the Greek American community for a Merry Christmas and a Happy New Year with health and happiness

George Georgountzos, Esq
38 Montvale Ave., Stoneham, MA 02180
Tel.: (781) 279-7050

The Holy Trinity Hellenic Orthodox Church of Lowell, Massachusetts and the Hellenic Academy, wish everyone a Merry Christmas and a Happy and Healthy New Year.

Η ιστορική Ελληνορθόδοξη Κοινότητα της Αγίας Τριάδος του Λόουελ Μασαχουσέτης και η Ελληνοαμερικανική Ακαδημία, εύχονται σε όλους Ευφρόσυνα Χριστούγεννα και το Νέο Έτος Ευτυχείς και Υγιείνες.

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Merry Christmas and a Happy New Year to the Greek-American Community

Source: Spiegel Online International
Palestinians for so many years and struggling to raise a family and run a business under the condi-
tions of the occupation. The记忆 of family lives lost, the days of rationing, the fear of kill-
ers, the constant worry about when to go out to buy food, the nights spent asleep with the windows open to hear the sounds of the Israeli military, all these experiences have left a deep im-
print on the Palestinian people. Maria said that after the failure of the Oslo agree-
ments, the feeling of hopelessness was overwhelming. She explained that as a young girl growing up in the West Bank, she was always aware of the political situation. The roads were usually jammed during Easter and Christmas, when people came to visit their relatives in the other side.

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The TOM KOURKOUMELOS Family wishes everyone
A Merry Christmas &
A Happy New Year!

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