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## Lives of the Saints

We continue with the brief biographies of the saints depicted in the new icons recently blessed and installed in our Church. This month will include saints Anna, Constantine and Helen, and Dimitrios.

# Saint Anna, Mother of the Theotokos and ever-Virgin Mary



According to tradition, Anna, grandmother of our Lord and Savior, lived for sixty-nine years, and her spouse Joachim, for eighty; according to one account, Saint Joachim died two years before Saint Anna. When the prayers of Joachim and Anna to be blessed with a child were answered, they made a vow, dedicating their child to the Lord. They brought her to the temple around the age of three, and left her in the care of the priests. The Theotokos had

been orphaned of both her parents already when she was eleven years of age, when she was living in the Temple.

Saint Anna is invoked for conceiving children, and for help in difficult childbirth. The feastday of the Dormition of Saint Anna is celebrated on Jul. 25, but the Church also remembers Anna together with her husband Joachim on Sep. 9, and on Dec. 9, the feastday of the Conception of the Theotokos.

#### Saints Constantine and Helen



Made emperor of the Roman Empire in 306AD, Constantine ruled at a time of great Christian persecution. Leading his army in battle against forces in Italy, the sign of the cross appeared in the afternoon sky with the words, "In this sign, you shall conquer." The following night, our Lord Jesus Christ appeared to him in a dream and declared to him the power

of the Cross and its significance. Under him and because of him all the persecutions against the Church ceased. Christianity triumphed and idolatry was overthrown. In 324, in the ancient city of Byzantium, he laid the foundations of the new capital of the Roman Empire, and solemnly inaugurated it on May 11, 330, naming it after himself, Constantinople. In 325 he gathered the First Ecumenical Council in the city of Nicaea, which he himself

personally addressed. (continued)

As for his holy mother Helen, after her son had made the Faith of Christ triumphant throughout the Roman Empire, she undertook a journey to Jerusalem and found the Holy Cross on which our Lord was crucified. After this, Saint Helen, in her zeal to glorify Christ, erected churches in Jerusalem at the sites of the Crucifixion and Resurrection, in Bethlehem at the cave where our Savior was born, another on the Mount of Olives where He ascended into Heaven, and many others throughout the Holy Land, Cyprus, and elsewhere. Celebrated together, the feastday of Saints Constantine and Helen is celebrated on May 21.

#### Saint Dimitrios, the Great Martyr

Saint Demetrius was born in northern Greece in the city of Salonika, a son of pious and noble parents. When Maximian first came to Thessalonica in 290, he raised the Saint to the rank of Duke. But when it was discovered that the Saint was a Christian, he was arrested and kept bound in a bath-house.

While the games were under way in the city, Maximian was a spectator there. A certain friend of his, a barbarian who was a notable wrestler, Lyaios by name, boasted in the stadium and challenged the citizens to a contest with him. All that fought with him were defeated.



Seeing this, a certain youth named Nestor, acquaintance of Demetrius', came to the Saint in the bath-house and asked his blessing to fight Lyaios single-handed. Receiving this blessing and sealing himself with the sign of the precious Cross, he presented himself in the stadium, and said, "O God of Demetrius, help me!" and engaged Lyaios in combat and defeated him with a mortal blow to the heart, leaving the former boaster lifeless upon the earth.

Maximian was furious over this humiliating loss, and when he learned who was the cause of this defeat, he commanded that Demetrius be pierced with lances while he was still in the bath-house. As for Nestor, Maximian commanded that he be slain with his own sword. The remains of Demetrios rest today in the Church that bears his name in Salonika, where sweet fragrances still exude from his grave. His feastday is Oct. 26.

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# CLERGOLUMN FR. MICHAEL PALLAD



#### Great Lent

With just one week remaining of the Lenten Journey, I encourage all parishioners to continue with fasting, prayer time (private as well as together with your church family) and works of charity! It takes a lot of effort to maintain these disciplines over seven weeks, but at this point, I hope we can all see the light at the end of the tunnel!

Holy Week services begin Palm Sunday evening, Apr. 9 at 6 pm, and just a few days later we begin the remembrance of the awesome Passion Week of Christ, culminating in our Lord's trial, crucifixion and resurrection from the dead.

The last week of our Lord's life on earth begins with his triumphal entry into the city of Jerusalem. Although we remember Palm Sunday with the tremendous welcome that Jesus received as He entered Jerusalem, his disciples were not really looking forward to going with him. Fr. Tom Hopko, in his book, The Lenten Spring, discusses this very apprehensive time for the apostles.

"When the disciples were going up to Jerusalem with Jesus, it is recorded that they were amazed and afraid. Their amazement, no doubt, was from the strange and marvelous character of what was happening. Their fear was certainly from Jesus' predictions about His fate, soon to be fulfilled, for they knew that the Lord's enemies were really seeking to kill Him." (The Lenten Spring, pg 159)

Fear and amazement; two related yet very different emotions. Do we feel the same as we approach the end of Great Lent and the celebration

of our Lord's resurrection? Is our Lenten Journey really bringing us to a place of greater understanding, and greater love for Christ, and for one another?

#### Fr. Tom continues:

"Whatever happens during the forty days of Great Lent, whether we think, according to our limited understanding, that we have done well, or whether we learn once more that bitter but most blessed lesson of our incapacity to accomplish

lesson of our incapacity to accomplish even the smallest of our good intentions, the result – if we are yet the least bit alive – will be the same every year: we go up to Jerusalem with Jesus, like His very first disciples, amazed and afraid! We are filled with wonder and awe at what the Lord brings to pass for the sake of our

We are filled with wonder and awe at what the Lord brings to pass for the sake of our salvation.

salvation. If this be so (and may the Lord grant it!), the lenten spring (journey) will not have shone forth upon us in vain." (The Lenten Spring, pg 160)

We can't expect perfection in this life, not from ourselves and not from others. We can only try, learn from the past, and pray for the strength, patience, perseverance and compassion to do better tomorrow.

May the risen Lord fill your hearts and minds with peace and joy during this sacred season.



Rev. Michael Pallad

#### Sunday Worship

Matins: 8:45 a.m. Divine Liturgy: 10 a.m.

#### Office

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Hours

Monday - Friday 10 a.m. to 3 p.m.

#### **Parish Council**

Marina Finch Dennis Georgen Nardos Russom Russ Skocypec Solomon Woldesilassie

# PARISH NEWS

# Palm Sunday Family Lunch

Make plans for you and your family to attend the annual Palm Sunday Fish Lunch on Sunday, Apr. 9, in our fellowship church office Monday-Friday, 10 am-3 pm. room. Advance ticket purchase (adults:

\$12; children: \$5) is available on Sundays during the Coffee Hour, or by calling the

## **Birthdays**



Noah Solomon (3) Paula Sallas (4) Abraham Durgam (5) Sophia Karandreas (6) Dorothy Vordos (7) Stefanos Macrides (12) Barbara Savaidis (12) Dennis Germenis (14) Almaz Berhe (15) Christina Dowling (15) Paula Farr (15) Nardos Yohannes (15) John Dicks (17) Kimon Ayan (18) Chrissy King (18) Jeff Farr (20) David Rodriguez (20) Georgia Trakas (20) Julia Houser (21) Katelyn Pritchard (22) Melanie Singleton (22) Roy Christian (28) Eve Devolites (30) Elisabeth Rodriguez (30)

If you don't see your name, or those of family members, and would like to be included on the monthly birthday listing, please send the information to the church office.

# 30th Anniversary Banquet

All are invited to join His Eminence Metropolitan Gerasimos for our 30th Anniversary Banquet at the Palmbrook Country Club on Saturday, May 6 at 5:30 pm. A delicious buffet dinner with Greek and American music by DJ Nick

Bafaloukas, along with a wonderful program is planned.

Advance ticket purchase is required and can be done Sunday's during the Coffee Hour or by calling the church office.

# Arizona Walk for Missions

Everyone is encouraged to participate in the annual Arizona Walk for Missions at Kiwanis Park in Tempe on Saturday, Apr. 29. Registration forms are available at the church or can be downloaded from the link on our website (www.stharalambos.org).

Opening prayer and announcements begin at 7:30 am, the walk starts at 8 am.

Enjoy a fun morning of good exercise and meeting friends from our sister Orthodox parishes in the valley. All proceeds benefit the Orthodox Christian Missions Center, Project Mexico and St. Innocent Orphanage.

## **Mochas for Missions**

Help fund the Missions and Evangelism ministry of our Metropolis by donating to the Mochas for Missions program. During Great Lent, and concluding on Pentecost Sunday (Jun. 4), we'll have collection cups on the tables in the Fellowship Room.

Did you know that of the six new mission parishes in our metropolis, two of them are in Arizona? They are the Orthodox parishes in Lake Havasu City and in Flagstaff.

Your donations will help support these and future Orthodox parishes.

# Summer Camp

All the youth of our parish are encouraged to register for All Saints Summer Camp, the Pan-Orthodox summer camp for Arizona Orthodox Churches from Wednesday, Jun. 21 -

Monday, Jun. 26.

Being held at Pine Summit Camp in Prescott, Arizona, the camp program will feature daily activities such as sports, arts and crafts, sessions on Orthodox Life, as well as morning and evening

prayers.

Please visit

AllSaintsCampArizona.org to register, and to find all related

information on packing and preparing for summer camp.

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# St. Anna's Philoptochos Society

By Anna Kinniburgh, President

"Blessed are those who hunger and thirst for righteousness." Matt. 5:6

March was a busy month for Philoptochos as we helped host the Wednesday Divine Pre-Sanctified Liturgy Lenten meals. Proceeds from the dinners went to Hellenic College Holy Cross. Thank you to all who contributed to this beautiful tradition of fellowship and Christian love. We also want to thank everyone who donated to and supported the Philoptochos Brunch for St. Nicholas Church and National Shrine. We raised approximately \$287 and additional contribution by Philoptochos increased our total donation to over \$600!

#### National and Metropolis Commitments

At the last Philoptochos meeting our National and Metropolitan commitments were reviewed and voted on:

- Orthodox Christian Mission Center
- Support a Mission Priest
- Emergency Relief Fund

#### **Palm Sunday Fish Luncheon**

We invite all to join us for a delicious meal after liturgy services as we celebrate Palm Sunday on Apr. 9. Adult tickets are \$12 each and children under twelve are \$6. Please make your reservations now. On that day we will also sponsor a Deli/Bake sale and plan to feature koulouria! So plan to stock up, shop for your Easter giving, and enjoy lunch and fellowship!

#### Holy Saturday, April 15

Once again, Philoptochos will offer refreshments to celebrate the Resurrection of our Lord and Savior Jesus Christ after midnight Divine Liturgy.

#### Support our 30th Anniversary Glendi

Join us on Saturday, May 6 at the Palmbrook Country Club as we celebrate the 30 Year Anniversary of our church.

#### **Next Meetings:**

Our next meeting will be Monday Apr. 3 at 6:30 pm and we will meet in May on Monday evening, May 1 at 6:30 pm. Please join us!

# HACK STORES

### **Book Chat**

To have a conversation about God is truly a privilege! Take advantage of an opportunity to do so with fellow parishioners and Father Michael and attend the next book discussion in May. The book being featured is Harold S. Kushner's famous work, When Bad Things Happen to Good People. This inspirational classic was written when Kushner's three year old son was

diagnosed with an incurable degenerative disease. The book explores the challenges faced when tragedy spurs doubts and fears, and tackles the question of suffering. Get the book and start reading now so you can participate in our group discussion in May. Look for the specific date and time in next month's In Touch. Contact Irene Nathanson with any questions.

### **New Icons**

Thank you to Ken Wrona and Bob Kinniburgh for the installation of the 12 new icons for our church interior. The 12 saints provide wonderful examples of Christian faith and witness, and help make our church interior more beautiful, filled with a new and radiant presence.

# Name Days

Many years/*Chronia Polla* to those named after the following saints:

- St. Mary (of Egypt) (1)
- St. Joseph (the Hymnographer) (3)
- St. Alexandra (21)
- St. George (23)
- St. Mark (25)
- Sts. Jason and Sosipater (29)

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# **APRIL 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 8:45am Matins 10:00am Divine Liturgy Fifth Sunday of Lent 6:00pm Pan- Orthodox Lenten Vespers	3 6:30pm Philoptochos	4 10:00am Bible Study 7:00pm Lenten Compline Service	6:00pm Divine Liturgy Pre-Sanctified Gifts (Lenten Dinner Following)	7:00pm Choir	7	8 9:00am Divine Liturgy Lazarus Saturday Lenten Breakfast Making Palm Crosses
9 8:45am Matins 10:00am Divine Liturgy Palm Sunday 6:00pm Christ the Bridegroom Service	Holy Monday  7:00pm Christ the Bridegroom Service	Holy Tuesday 7:00pm Christ the Bridegroom Service	9:00am Pre Sanctified Liturgy Holy Wednesday  4:00pm Holy Unction (children)  7:00pm Holy Unction	9:00am Divine Liturgy Holy Thursday  7:00pm 12 Passion Gospels	9:00am Royal Hours Holy Friday 3:00pm Vespers The Descent from the Cross 7:00pm The Lamentations	15 10:00am Divine Liturgy Holy Saturday  11:15pm Resurrection Service Divine Liturgy
Easter Sunday/ Holy Pascha  1:00pm Easter Agapi/Love Vespers	Bright Week (no fasting)	18	19	20	21	22
8:45am Matins 10:00am Divine Liturgy  30 8:45am Matins 10:00am Divine Liturgy	24	25	Metropolis Clergy- Laity Assembly and Clergy Retreat	<b>27</b> 7:00pm Choir	28	8:00am Arizona Walk for Missions (Kiwanis Park, Tempe)