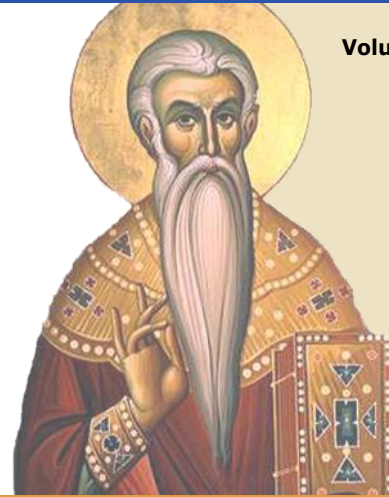


in Touch

Volume 25, Issue 8
August 2017



The Official Publication of St. Haralambos Greek Orthodox Church

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Prayer in the Orthodox Church



Lord, You know that men are flesh and blood; forgive them their sins and pour out Your blessing on all. — St. Haralambos

Office of Supplication

Offered Monday, Wednesday and Friday evenings Aug. 1 through Aug. 14, the Office of Supplication is the Orthodox Church's response to our need for special prayers for any number of situations: health, depression, anxiety, and other spiritual and physical needs. Known in Greek as the Paraklesis, various hymn-writers in the Orthodox Church have also composed the Paraklesis or Office of Supplication for our Lord Jesus Christ, and for several saints.

Chanted to the Theotokos during the first half of August, during the fasting period in anticipation of the feastday of her Dormition (blessed repose) on Aug. 15, it is our way of acknowledging the Blessed Virgin Mary as our primary intercessor to God, the one who hears our needs, and prays on our behalf.

The nine odes of the Office of Supplication, each containing four stanzas, are magnificent poetry and inspirational prayer. The English translation maintains the same poetic meter as the original Greek, so the melodies are unchanged and easily learned.

As an example, the First Stanza of Ode 1, begins, "By hosts of temptation sorely oppressed, in you I seek refuge

in my eagerness to be saved. O Virgin and mother of the Word, from trouble and danger deliver me." The hymns bring to mind our own weaknesses – physical and spiritual – and also entreat the Blessed Virgin Mary's help and prayers.



The Fourth Stanza continues, "Afflicted in body and in my soul, count me as deserving of divine love and of your care. You alone as birth-giver of God, in your goodness gave birth to the source of good."

Coming together and praying the Office of Supplication was never meant to replace private prayer, but rather to help strengthen it. They are two very different expressions and experiences of prayer; one no better than the other, both complementing each other in helping to strengthen our spirit and our relationship to God.

All parishioners are encouraged to choose one or more weeknight services, and begin participating in the Office of Supplication.

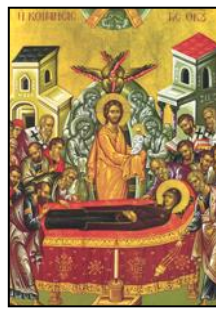
Service books are available in the Narthex. To include the names of family or friends in the prayer list, simply print the names on a slip of paper and place it on the memorial table on the solea before the beginning of the service.

Major Feasts in the month of August



In anticipation of the beginning of the Church year next month, there are two major feast-days celebrated during the month of August. These are the Transfiguration of Christ on Aug. 6, and the Dormition of the Theotokos celebrated on Aug. 15.

The Transfiguration of Christ is recounted in the gospel of St. Matthew, chapter 17, while the feast of the Dormition of the Theotokos is not found in the New Testament but in



another early writing of the Church known as the Proto-Evangelium of Saint James, which describes more of the life of the Virgin Mother.

In preparation of these two feastdays, the Orthodox Church calls us to Fast prior to the feast on the 15th. Divine liturgies will be celebrated on the morning of both feastdays, and Great Vespers will be celebrated at the Assumption Church in Scottsdale on Monday evening, Aug. 14 at 6 pm.

Bible Study

In our Orthodox tradition, good things come in threes (*you probably can guess what these are*).

So we are offering CLASSES, CLASSES and CLASSES.

You may have noticed that in June we began offering visitors a time for Q&A every other week following the Divine Liturgy. This time is not for visitors only however,

but open to all who have questions. It's short, informal, no weekly commitment. Feel free to drop by the library and "check it out".

In addition to the weekly morning Bible study class, we will also be offering an evening Bible study class. Tentatively, these will both be offered on Tuesday, beginning early September.



Prayer in the Orthodox Christian Tradition

From the Sermon on the Mount, our Lord Jesus Christ instructed, “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.” (Matt 6:6)

By this did he mean that all prayers should be said by ourselves in private? By being aware of the context in which he spoke, we learn that this was not the case. Earlier in the same chapter, Jesus tells us not to pray just for the purpose of drawing attention to ourselves. Go rather to a private place, and make your prayers between you and God alone.

Conversely, the New Testament also records several examples of Jesus praying out in the open, so others can hear. Prior to raising Lazarus from the dead (John 11), and before his arrest (John 17), are two examples of Jesus praying out loud for the benefit of those near him. And, finally, his prayer, “Father, forgive them, for they know not what they do,” (Luke 23:24) was heard by all gathered by the cross at his crucifixion.

Jesus prayed alone and he prayed together with others. He taught us how to pray: from the heart, believing and trusting that God hears our prayers. And for those of us who sometimes do not know what words to use, he also gave us a beautiful example, the Lord’s Prayer, which is found in virtually every prayer service of the Orthodox Church.

Christians of all traditions acknowledge the importance and the benefits of prayer. There are prayers unique to the Orthodox Church, to the

Catholic Church, and to many other Christian traditions. We can offer prayers before meals, before meetings, before taking a trip and before beginning our day; we can also offer prayers after meals, after meetings, after taking a trip, and at the end of our day. The timing and content of prayers is not as important as our attitude toward prayer.

When we speak of prayer in the Orthodox Christian tradition, we refer to prayers originating from, and practiced in, the eastern Christian tradition: prayers written by eastern Fathers of the Church such as St. Basil, St. John Chrysostom, St. Ephraim the Syrian and St. John of Damascus among many others; prayers practiced privately and corporately; those that have been set at certain times throughout the day and those appropriate for any time of day or night; those that have been written down, as well as with those said from the heart.

The reason that prayer in the Orthodox tradition is so incredibly rich and inspirational is because it has never ceased to be a primary function of the Church and of individual Orthodox Christians seeking to increase their personal devotion and strengthen their relationship with Christ our Lord and Savior.

This month’s article on prayer is simply to reiterate the concept of prayer in our Orthodox Christian tradition. Next month will offer examples on the unique prayers found in our rich prayer tradition.

The timing and content of prayers is not as important as our attitude toward prayer.



**St. Haralambos
Greek Orthodox
Church**

www.stharalambos.org

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 Nardos Russom
Dennis Georgen Solomon Woldesilassie

Birthdays



Gianna Selles (2)
Irene Nathanson (4)
Dorothy Ayan (5)
Olga Fredericksen (6)
Daniel Martin, Jr. (6)
Phillip Bell (7)
Georgia Savaidis (7)
Brylee Kauble (9)
Pierce Retsinas (11)
Aphrodite Devolites (14)
Tania Ballas (15)
Sue Charbel (17)
Jean Dal Pan (17)
Alexis Tremoulis (17)
Thalia Christian (18)
Fr. Michael Pallad (18)
John Dal Pan (22)
Michael Fulghum (22)
Anna Yacyshyn (22)
Brianna Kauble (23)
Kara Martin (23)
Nancy Birk (24)
Parker Rosekrans (24)
Edmund Wood (24)
Evanthia Vardalos (25)
Val Danos (27)
Angela Sperakas (27)
Keegan Kelly (30)
Elizabeth Mancini (30)
Zewdi Asfaha (31)
Yvette Nicholas (31)

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.

Caring Friends Ministry

The Calling for Care

Caring Friends Ministry is a wonderful way to use your talents of compassion and caring for our fellow parishioners who are homebound or ill. You can offer as little as one phone call a month, one 20 minute visit a month, or more if you choose—and you will make a huge difference in a person's life. Your commitment can even be periodic or temporary as we have regular members who often leave for the summer and we need coverage.

Caring Friends Ministry was originally created to support our fellow parishioners who were ill or homebound by staying in touch through visits, phone calls, or cards. Today some have extended their care to offer additional duties even though they are not obligated to! This speaks to the devotion of our present volunteers.

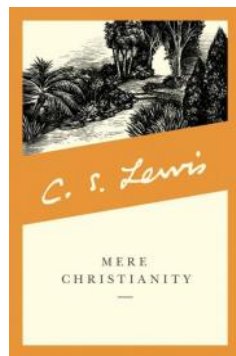
As a volunteer you choose your own schedule and level of involvement and that

involvement can change as your needs change. Here is an opportunity to offer companionship to the homebound and keep them connected to our faith and our church.

At this time Caring Friends is seeking to expand its volunteer base and will be hosting Sunday's coffee hour after liturgy services on Aug. 6. Please join us to find out more about our Ministry or to talk with one of our representatives who can answer questions. If you would like to help but cannot become a volunteer, we welcome any donation of handmade crafts. No craft is insignificant.

Contact Robyn Pappas at 623-202-7714 or rpinphx@cox.net if you would like to join our group or have questions. If you know of someone who is homebound and would benefit from this Ministry please inform Father Michael or contact the office.

Book Chat in October



At the last discussion meeting, the Book Chat group selected the next novel for discussion to be *Mere Christianity* by C.S. Lewis. "Lewis was one of the most influential writers of the 20th century who wrote more than thirty books...among which *Mere Christianity* confirms his reputation as one of the leading writers and thinkers of his

age." From a New York Times review: "Lewis is the ideal persuader for the half convinced, for the good man who would like to be a Christian but finds his intellect getting in the way."

If you are interested in joining the discussion, please contact Irene Nathanson to get a copy of the book now and begin reading. Look for the specific meeting date to be published in an upcoming church bulletin. Contact Irene at IreneOrRena@cox.net with any questions.

Memory Eternal

May God grant eternal rest to the soul of his servant, Russell Skocypec, who fell asleep in the Lord on Tuesday, Jun. 13. Our heartfelt condolences go out to his children Russ, Natalie and Diane. May his memory be eternal.

May God grant eternal rest to the soul of his servant, Catherine Pallad, mother of Father Michael, who fell asleep in the Lord on Thursday, Jun. 22. May her memory be eternal.

AUGUST 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beginning of 14 day Fast	2 7:00pm Office of Supplication	3	4 7:00pm Office of Supplication	5
6 8:45am Matins 10:00am Divine Liturgy The Transfiguration of Christ	7 7:00pm Office of Supplication	8	9 7:00pm Office of Supplication	10	11 7:00pm Office of Supplication	12
13 8:45am Matins 10:00am Divine Liturgy	14 6:00pm Vespers at Assumption Church, Scottsdale	15 9:00am Divine Liturgy Dormition of the Theotokos	16	17	18	19
20 8:45am Matins 10:00am Divine Liturgy	21	22	23	24	25	26
27 8:45am Matins 10:00am Divine Liturgy	28	29 9:00am Divine Liturgy Beheading of John the Baptist	30	31		