

# in Touch

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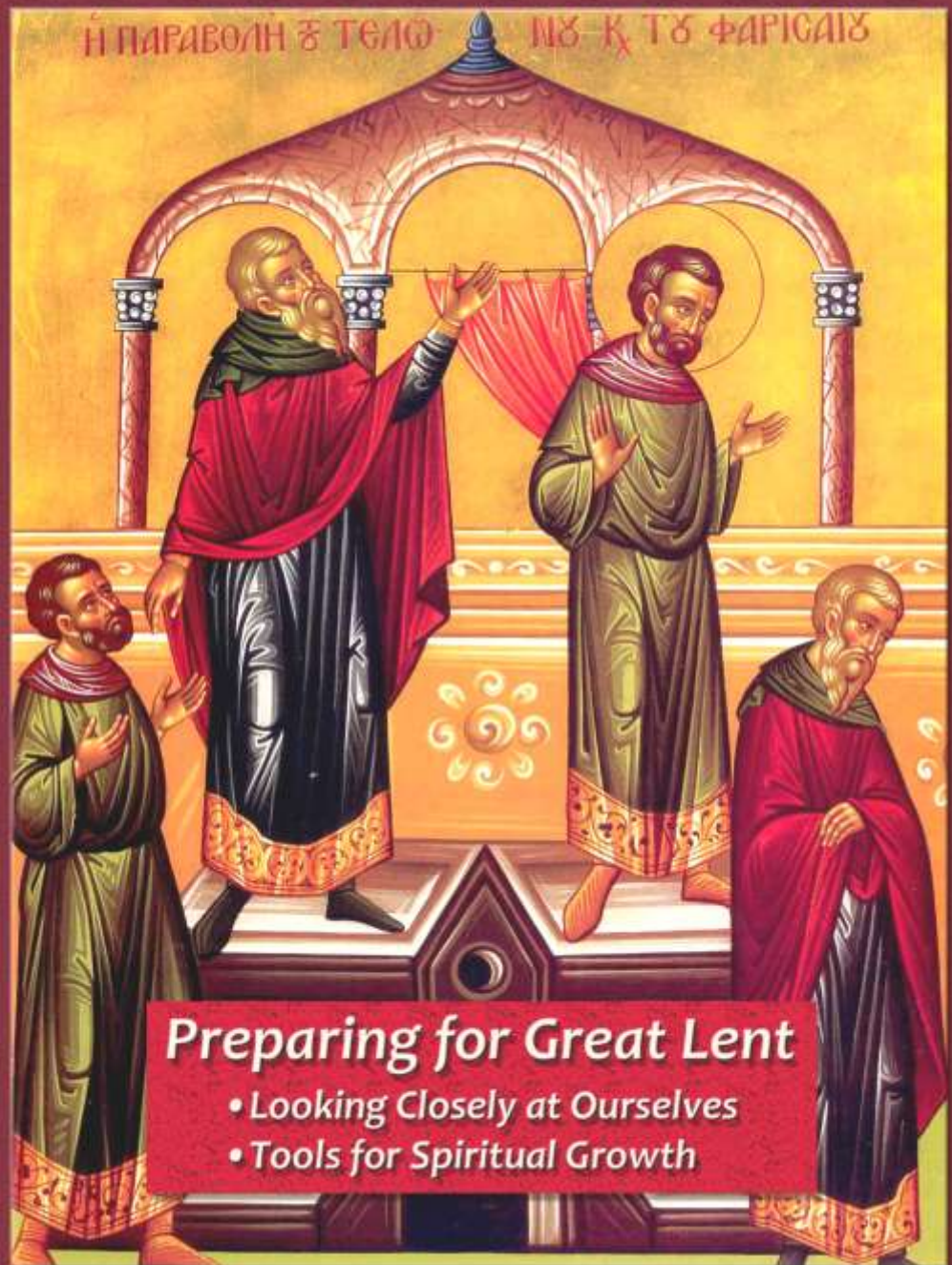
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## Preparing for Great Lent

- Looking Closely at Ourselves
- Tools for Spiritual Growth



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

# FOREVER YOUNG

## St. Haralambos "Forever Young" Club

By Julie Karoutas, Chairman

On Wednesday, Jan. 8, those attending enjoyed a Pot Luck Luncheon and Fellowship. A good time was had by All. We have planned some events through April thus far; more events will be planned. Events and dates:

- Sunday, Feb. 9: Following the Devine Liturgy, we will drive to **Edna Nicely's home (directions**

will be available) for Brunch after which we will leave for The Arizona Winds concert at Mountain Ridge High School, 22800 N. 67th Ave., Glendale, 85310. The free concert starts at 3:00 p.m. Because these concerts are very popular, we need to get there by 2:15 in order to get a good seat. Please call or email Julie Karoutas to respond at

623-972-2382 or juliekaroutas@gmail.com.

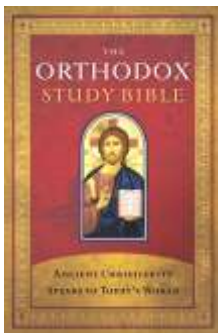
- March: We will be going to St. **Anthony's Monastery in Florence**, after which we will go to a nearby winery called The Windmill Winery for a wine-tasting. The date will be announced after the reservations are made and confirmed.
- Thursday, Apr. 3: We will go to **Anthem for lunch at "Two Brothers Kitchen"**, we plan on being there at 1:00 p.m. The restaurant belongs to the Alexopoulos family.

Please plan to join us; we have many more good ideas to share; we hope that our group grows. Our first gathering produced 10 ladies and gentlemen. Let us keep up the momentum of growth and fellowship. Thank you to those who participated.



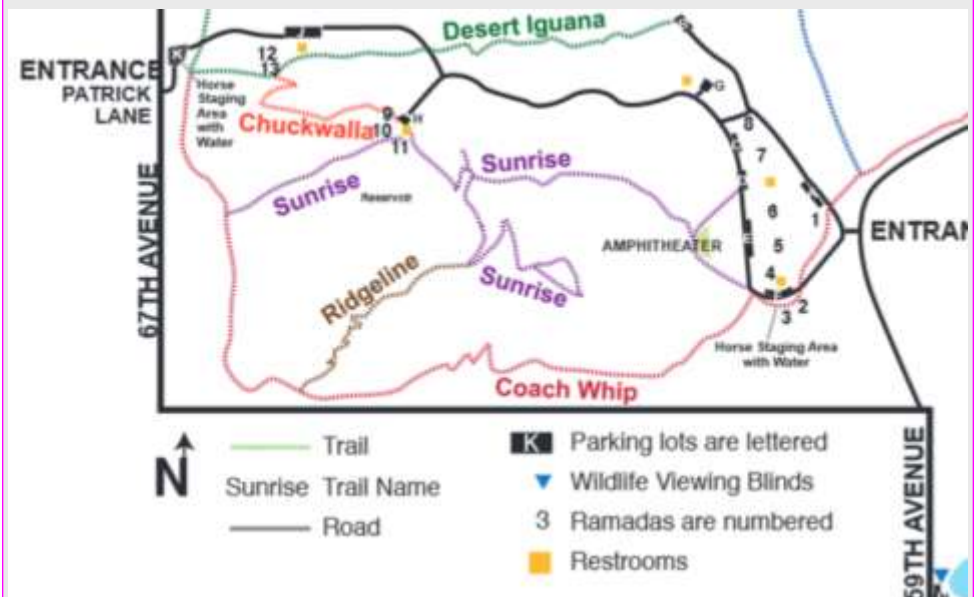
## Orthodox Study Group

The Orthodox study group will be meeting this month on Feb. 6, Feb. 20, and Feb. 27. Meetings are held in the Church hall between 7 p.m. and 8:30 p.m. All are encouraged to attend, bring interested parties, and questions and issues for discussion. If you have any questions, contact Ted Manos 928-501-6666.



## Youth Group

The Youth Group will be meeting on Saturday, Feb. 8 at 3:00 p.m. at Thunderbird Conservation Park. Please meet at Ramada 1 off of 59th Ave. **Don't forget to bring water and to wear sunscreen.**





## Preparing for the Journey

Although Great Lent does not begin until next month, it is a spiritual journey that is much more beneficial and enjoyable when we begin with a plan. If you fail to plan, as the saying goes, then you plan to fail. So this **month, we're going to talk about** the plan.

Spiritual growth is not **something you just talk about, it's** something you do. For example, you can read or listen to hundreds of prayers, but until you are on your knees invoking the Holy Trinity, and begin to speak the prayer that comes from your **heart, you can't truly experience** prayer. You can read many moving stories of people doing random acts of kindness, but until you actually take the time to approach someone in need and hand them a hot lunch or a pair of **shoes (just as examples), you can't** experience the good feeling of being kind and generous.

The Lenten Journey is a time of **"doing."** **There is plenty to do,** and on Sunday, February 23rd, **you'll be able to see and hear what I'm talking about. For now, read on...**

The purpose of Great Lent, we should all understand, is not just

to be kind and charitable to others, not just to pray, and not just to fast. Those are all tools for the real purpose which is to grow as Christians. We act kindly and charitably towards our neighbor because this is how Christ has taught us to act. We learn to pray because it brings us closer to God, as our Lord taught. We fast from certain foods so we can truly understand what it means to rely on God for our daily sustenance, again, as Christ taught. The purpose of Great Lent is to grow as Christians.

Praying, fasting and works of charity can all be done as individuals. But as an Orthodox Christian community, we are also provided with many opportunities to grow as Christians together as a Church family. During Great Lent there are many additional services, opportunities for fellowship and prayer that also help us grow closer to Christ, and closer to each other. A Christian is always part of a church community; to practice our faith as Christians apart from the church community is like walking on one leg – it can be done, but **it's easier, and you get much** better results, with the help of the other.

There will be films on lives of the saints, fellowship breakfasts and dinners, bible classes, palm cross-making and flower decorating. Yes, even decorating our church and icons with flowers is an opportunity for spiritual growth. The more you put into your Lenten journey, the more **you're going to get out of it.**

Finally, the end of the Lenten Journey is the celebration of the **Lord's resurrection from the dead.**

In the tradition of the Orthodox Church, this celebration takes place very early on Easter Sunday morning; in fact, it begins late Saturday evening, April 19th. Young and old together, our entire parish family should be together in Church, more than any other evening of **the year, to celebrate our Lord's** resurrection, the greatest holy day of the year for Christians.

I said at the beginning, if you **fail to plan, you're planning to fail.** What does it mean to fail during Great Lent? This greatest of all spiritual journeys only has

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*The more you put into your Lenten journey, the more you're going to get out of it.*

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St. Haralambos  
Greek Orthodox  
Church

www.stharalambos.org

Rev. Michael Pallad

### Sunday Worship

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

### Office

623-486-8665  
7950 W. Pinnacle Peak Rd., Peoria, AZ 85383  
Office@StHaralambosAZ.com  
FrMichael@StHaralambosAZ.com

### Hours

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

### Parish Council

David Durgham  
Dennis Georgen  
Timothy Harvey  
Lali Mekvabishbili  
Russel Skocypec

Dorothy Vordos  
Lee Vordos  
Russell Zook

## Parish Feastday

This month we welcome Fr. Apostolos Koufallakis, Chancellor of the Metropolis of San Francisco, who will be joining us for Divine Liturgy on Sunday, Feb. 9, in celebration of our parish feastday.

Great Vespers will be celebrated on Sunday evening at 6 p.m., and Divine Liturgy on Monday morning, Feb. 10, at 9 a.m.



## Name Days

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

- St. Agathi (5th)
- St. Theodore Stratelates (8th)
- St. Haralambos (10th)
- St. Theodora the Empress (11th)
- St. Zacharias (11th)
- St. Christos the Gardener (12th)
- St. Meletios (12th)
- SS. Aquila and Priscilla (13th)
- St. Theodore (17th)
- St. Agapetos (18th)
- St. Evstathios (21st)
- St. Photini (26th)
- St. Kyranna (29th)

## Taste of Greece

By Jeannette Hollander  
Oli Mazi – All Together

Mark your calendar now for the 27th Annual Taste of Greece Festival scheduled for Friday – Sunday October 24, 25 and 26.

Please start thinking of ways in which you might be able to contribute your time, energy and ideas to ensure that our Annual Festival is another spectacular event.

EVERYONE in our community is invited to participate on Sunday Feb. 2 in the brainstorming/planning session for the 2014 Greek Festival. The objective is to collect your contributions to be able to answer three important questions.

- What should we retire/eliminate or

discontinue from our current festival program?

- What are your suggestions to improve or grow a festival feature we already offer?
- What are your new ideas/suggestions for the committee to incorporate in the festival in the year 2014 or beyond?

THINK BIG/THINK BOLD  
THINK INNOVATIVE

Committee chairs and anyone wishing to learn about committee chair opportunities are welcome to join the monthly Festival Planning Meetings. Our next meeting is scheduled for Saturday Feb. 8 at 10:30 a.m. The meeting will be devoted to the review of the community brainstorming ideas.

## Great Lent & Holy Week Readers

A meeting for anyone interested in offering and reading prayers during Great Lent and Holy Week will meet in the library after Divine Liturgy on Sunday, Feb. 9. Please stop by for a brief 10 minute

presentation. If you have any questions, please see Fr. Michael or Lindsay Vardalos. See you there!

## Preparing for the Journey

*(Continued from page 3)*

meaning by participating, not by watching others participate. The failure comes in not personally taking the journey. I can talk all day about the benefits of Great Lent, but until you take the journey **yourself, you can't experience what it has** to offer.

Every Orthodox Church community in the valley will be going through this same spiritual journey, and there are also opportunities to meet our brothers and sisters at Pan-Orthodox vesper services each Sunday evening during Lent.

This is also the appropriate time of year to make your Confession, as part of your spiritual growth. Confessions are made by appointment by calling the office or by email.

Full explanations, hand-outs and sign-ups will be available on Sunday, February 23rd, during Coffee Hour. Your own preparation together with your desire to grow closer to Christ will reap many benefits during the Lenten season and beyond.

## St. Anna's Philoptochos Society

By Valla Wrona, President

*"This is My commandment, that you love one another as I have loved you."*

(John 15:12)

Please take notice of the basket just outside the door to the Fellowship Hall as you go in from the food line at coffee hour. This is for our annual diaper drive for Homeward Bound. Homeward Bound serves families with children who are victims of domestic violence and/or homelessness and provides them with transitional housing and social services.

**This is a wonderful charity that St. Anna's** has sought to help for many years.

**Don't forget to wear red on Feb. 7** (the official day) and Feb. 9 (the Sunday following) to show support for the **American Heart Association's Go Red for Women Movement®**. Heart disease claims more lives than all forms of cancer combined. For more information, you can visit [www.goredforwomen.org](http://www.goredforwomen.org).

Philoptochos membership is due this month:

- National dues: \$15
- Metropolis dues: \$15

Please see me for a membership form. You may pay your dues in one check.

## Sunday School

By Martha Stithem, Sunday School Director & Teacher

This month, our Sunday School students in grades 7th-12th, continue to prepare for the upcoming St. John Chrysostom Oratorical Festival in the spring. Also, our 4th-6th graders are encouraged to participate at the parish level. Participation at either one of these grade levels is a wonderful opportunity for our students to grow in their Orthodox faith.

On Feb. 2, we celebrate the Feast of the Presentation of Christ in the Temple. Our

parish families can learn more about the biblical story and icon of this feast by visiting the website, [www.goarch.org/special/listen\\_learn\\_share/presentation](http://www.goarch.org/special/listen_learn_share/presentation)

In preparation for Lent this year, the Triodion Period begins on Sunday, February 9. Here is a link to the archdiocese website for resources about the Sunday of the Publican and the Pharisee: [www.lent.goarch.org/publicanpharisee/learn](http://www.lent.goarch.org/publicanpharisee/learn). This article includes an introduction to the Triodion, a biblical story, an icon with explanations, hymns, and prayers.

## Sunday Coffee Hour

Thank you to our coffee hour hosts/sponsors.

### January

- 5: Sophia & David Rodriguez
- 12: Kathie & Tim Harvey
- 19: Philoptochos "Communi-Tea"**
- 26: Pam Lemons - Andriana Henson

### February

- 2: Sue Charbel – Barbara Hartsel – Thalia Zorbas
- 9: Helen & George Yannakopoulos
- 16: Anna & Bob Kinniburgh – Georgia & George Trakas
- 23: Emil Sprintz

### March

- 2: Pancake Breakfast hosted by the Youth Group
- 9: Penny Obren
- 16: Available
- 23: Available
- 30: Ted and Donna Manos

Note: due to publication printing deadlines, any changes to the coffee hour listings will **be noted in next month's newsletter.**

## Birthdays



- Christina Harris (1)
- Kalliope Chafoulias (4)
- Koula Ratliff (5)
- George Tremoulis (7)
- Kenneth Wrona (9)
- Kerri Stamas (11)
- Peter Vardalos (11)
- David Solomon (13)
- Chris Birtsas (14)
- Giorgio Thomas (14)
- Emil Sprintz (17)
- Dennis Georgen (24)
- Solomon Tesfay (24)
- Timothy Harvey (25)
- Robert Kinniburgh (25)
- Evanne Cuccorelli (26)
- Mary Manos (26)
- Elizabeth Baxter (28)
- Stephanie Baxter (28)

**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.**

# FEBRUARY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 8:45am Matins 10:00am Divine Liturgy Presentation of Christ Festival Brainstorming After Service	3 7:00pm Philoptochos	4	5 9:00am Divine Liturgy St. Photios (Holy Trinity) 7:00pm Bible Study 7:00pm Choir	6 9:00am Divine Liturgy St. Photios (Holy Trinity) 7:00pm Bible Study 7:00pm Choir	7	8 10:30am Festival Meeting 3:00pm Youth Group Hike
9 8:45am Matins 10:00am Divine Liturgy Parish Feastday 6:00pm Great Vespers Parish Feastday	10 9:00am Divine Liturgy St Haralambos the Holy Priest-Martyr No Fasting Week 7:00pm Parish Council	11	12	13 7:00pm Choir	14	15
16 8:45am Matins 10:00am Divine Liturgy Sunday of the Prodigal Son IOCC Offering Tray	17	18	19	20 7:00pm Choir	21	22 9:00am Divine Liturgy 1st Saturday of Souls
23 8:45am Matins 10:00am Divine Liturgy Meatfare Sunday	24 7:00pm Executive Council	25	26	27 7:00pm Bible Study 7:00pm Choir	28	