

# in Touch

Volume 22, Issue 1

January 2014



The Official Publication of St. Haralambos Greek Orthodox Church

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*“Behold the Lamb of God,  
who takes away the sin of the world!”*

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

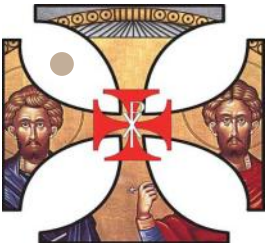
# Communi-Tea

You are cordially invited to attend the  
St. Anna Philoptochos Membership Tea.  
A short informational program about  
Philoptochos will be presented.  
All are invited.

**SUNDAY, JAN. 19, 2014**

**Time: 12:00pm**

**St. Haralambos Church  
Social Hall**



*Greek Orthodox Ladies'  
Philoptochos Society of  
St. Haralambos Greek Orthodox Church  
Peoria, Arizona 85383*



For more information please contact: Valla Wrona, President or Stella Pagos, Chairman



## The Joy of Spiritual Renewal

With the start of a new year, there is the hope of beginning anew. Everyone needs a fresh start at some point, and the first day of the New Year provides such an opportunity. Clichés like “Out with the old and in with the New” can help with a sense of beginning again. If we’re aware of old habits, particularly negative or destructive, that we’d like to change, the first day of the New Year is a good day to begin.

As Christians we know that every day given to us by God is an opportunity to straighten ourselves out, to get back on track with a life that is pleasing to God. Too often we get stuck in old bad habits, believing such myths as we’re “too old to change,” or it “won’t do any good to change at this point.”

The Christian gospel is about continual renewal in Christ, a process that begins at birth and continues to our last breath. There is always the possibility of change for the better, of spiritual renewal that begins with an

awareness of our sins and failings. This awareness should be followed up with spiritual cleansing, the Sacrament of Confession. This beneficial spiritual tool brings us before Christ to get our sins out and receive the blessing of God’s forgiveness and a clean, new start.

No one is ever too old for a new start, and it will always do good for the soul to experience this spiritual renewal.

With the celebration this month of our Lord’s baptism on January 6, it is a good time to remember that Orthodox Christianity teaches that although we have been baptized, we still must work at continual spiritual renewal throughout life. There is a continual spiritual battle being waged on our soul. The spirit of evil, of deceit and deception are always working against us, with the intent of keeping us from praying, from attending Church services, from reading scripture, from fasting and from loving God; in other words, to keep us from living a Christian way of life.

Some habits are much more difficult to change than others, but nothing will ever change until we make the decision that we want and need to change. Prayer to God is always a source of strength when making changes in our behavior. It’s easy to fall back into old and comfortable behaviors and attitudes. It takes work and commitment to continue to fight old attitudes and leave them behind.

It’s worth the effort! No one need be stuck in the same spiritual state for the rest of their life. With God’s help, with prayer and with our own desire, spiritual growth can happen.

May the New Year be an opportunity for each of us to desire spiritual renewal and growth.

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***With God’s help,  
with prayer and  
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**St. Haralambos  
Greek Orthodox  
Church**

[www.stharalambos.org](http://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](mailto:Office@StHaralambosAZ.com)  
[FrMichael@StHaralambosAZ.com](mailto:FrMichael@StHaralambosAZ.com)

### **Hours**

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

### **Parish Council**

David Durgam  
Dennis Georgen  
Timothy Harvey  
Lali Mekvabishbili  
Russell Skocypec

Dorothy Vordos  
Lee Vordos  
Russell Zook

## Prosfora

All those interested in becoming a part of our Prosfora baking group, please call Christina Harris, 623-972-1413, to sign up for a date to bake.



## Youth Group

The Youth Group will meet next on Saturday, Jan. 11 from 4-7 in the church social hall. Bring something to share for a potluck.

## Taste of Greece

We are beginning the planning for our 2014 Greek Festival in January. All past committee chairs are invited to participate in a debriefing meeting to be held at 10:30 Saturday, Jan. 11 at the church. You will receive an email explaining the agenda and the information to share about last year's festival.

EVERYONE in our community is invited to participate on Sunday, Jan. 19 in the brainstorming/planning session the 2014 Greek Festival. The objective is to collect your contributions to be able to answer to 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/suggestion for the committee to incorporate in the festival in the year 2014 or beyond?

THINK BIG—THINK BOLD  
THINK INNOVATIVE

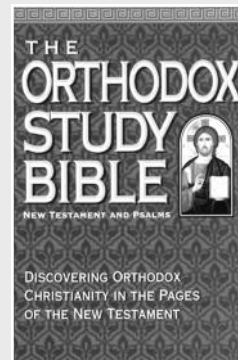
## St. John Chrysostom Oratorical Festival

**Students**, have you made your New Year resolutions for 2014? Hope your resolution includes participating in the 2014 St. John Chrysostom Oratorical Festival. January is the time to complete your registration and submit the registration to Jeannette Hollander. Remember, this year you can choose to complete a speech, essay or poem.

**Everyone in our community.** This important youth based ministry needs mentors to work with the students in preparing and rehearsing their speeches. Our goal is to assign each participant a mentor. If you have interest in volunteering your time and talents after church on Sundays, please contact either Fr. Michael or Jeannette Hollander.

## Orthodox Study Group

The Orthodox study group will not be meeting after the New years on Jan. 2 or Jan. 9. The group will resume weekly actively on Jan. 16, continuing in Luke. 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.



## Health Event in January

St. Haralambos Church is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on Friday, Jan. 10.

Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes four vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).

Some Frequently Asked Questions regarding these tests.

### Which screenings are offered in a community-based setting?

**Typically, the following screenings will be offered in a community-based setting as they are non-invasive and easy to do in a non-hospital setting.**

#### Screenings test for:

1. Carotid Artery Blockage, which can constrict or stop blood flow to the brain and lead to stroke. The stroke screening visualizes fatty plaque buildup and measures the velocity of blood flow to the brain.
2. Peripheral Artery Disease (PAD), or hardening of the arteries. The Ankle Brachial Index screening checks for PAD, a condition in which the arteries that carry blood to the arms or legs become narrowed or clogged, slowing or stopping the flow of blood. PAD is closely linked to coronary artery disease. Identifying individuals with PAD can help prevent heart attack and stroke.
3. High Blood pressure (hypertension) which is when the pressure in your arteries is too high and puts stress on them and on your heart.
4. Abdominal Aortic Aneurysms, which can lead to a ruptured

abdominal aorta that generally causes death. This screening scans for enlargements or weak areas in the main blood vessel that carries blood from the heart to the rest of the body.

5. Osteoporosis, a bone weakening disease that afflicts both women and men and often leads to broken bones and disability. The screening is performed with a quantitative ultrasound bone densitometer, using the heel as a measurement site. This test compares the participant's bone density to World Health Organization guidelines.
6. Blood testing: Life Line Screening offers blood testing to screen Americans for risk factors associated with coronary heart disease, stroke and diabetes. The laboratory-accurate lipid panel, which can include total cholesterol, LDL, HDL and triglycerides; blood glucose; and high sensitivity C-reactive protein, is available in most states.
7. Atrial Fibrillation, which is an abnormal heart beat (arrhythmia) that affects the atria - the upper chambers of the heart - and is the most common form of sustained

*(Continued on page 6)*



# ORGANIZATIONS

## Health Event in January

*(Continued from page 5)*

arrhythmia. 2.5 million Americans have been diagnosed with atrial fibrillation, and the condition is more common in adults over the age of 60.

8. Biometrics such as height, weight, waist circumference and body-mass index.



### **Is it okay to trust a “for-profit” screening company?**

Most doctors, hospitals and pharmacies are “for-profit.” The key is finding a service provider that can do a quality screening at a reasonable price at a location, date and time that is convenient to you.

### **If I needed this wouldn’t my doctor order the tests?**

Possibly, but typically these screenings are not covered by insurance, and therefore not offered by your doctor, if you are not symptomatic. It is a good idea to be checked when you have risk factors but are not yet sick.

### **Can my physician do this type of preventive health screening as part of my routine physical?**

No. There is a gap in the healthcare system: If you are asymptomatic,

meaning you are not yet sick and feel well, but have risk factors such as age, family history of disease or certain health conditions, our nation’s system is not well designed to help you keep from becoming sick. We are quite good at treating illness once symptoms occur; but for many diseases like stroke, the first symptom is a stroke. Four out of five stroke victims have no apparent symptoms or warning signs.

Likewise, osteoporosis is painless in early stages and most people are completely unaware of the condition until a fracture occurs. That’s why we offer simple, low-cost screenings to help you identify a problem as early as possible. Once you have our screenings, your doctor can use our results to determine next steps, including ordering insurance-covered diagnostic testing and treatment if necessary.

## The Feastday of Theophany

On the 12th Day of Christmas in the Orthodox Tradition, we celebrate the feastday of Theophany or Epiphany, which commemorates not just the baptism of our Lord Jesus Christ, but the revelation of the Holy Trinity. A look at the icon of the feast, reminds us of this by showing John the Baptist next to Jesus, the dove appearing over Jesus’ head representing the Holy Spirit, and the words of God the Father declaring Jesus as His Beloved Son.

In the Orthodox tradition, the Church sanctifies holy water following the Divine Liturgy on the eve of the feast as well as on the feastday itself, Jan. 6. See the calendar for service times, and be sure to bring a small container with you if you’d like to take some of the holy water with you.



## St. Anna's Philoptochos Society

By Valla Wrona, President

*"For my eyes have seen Your salvation."* (Luke 2:30)

The sisters of St. Anna's Philoptochos Society thank you all for your support through our Christmas bake sale as well as all the year through. As a way to thank you all for your continued support throughout the year, the ladies of Philoptochos will be sponsoring a Communi-tea on Jan. 19. Please mark your calendars and come join us for some English tea goodies.

Also don't forget to mark your calendars for the Agape Ball on Jan. 25. Please either contact me or the church office if

you would like to purchase tickets. We will also accept donations toward our baskets for the silent auctions or any other donations for the raffle. This Ball benefits such a worthy cause, which is Camp Agape, and we hope you are able to help in some way. These families with children suffering from cancer are given a week away from hospitals, needles, tests, etc., and are instead given a week of fun, fellowship, gifts, and other wonderful escapes from the realities of cancer. The parents are also provided with ways to relax and have fun, such as a day at the spa for women or fishing for the men. This year's theme is Stranded on a Tropical Island.



## Sunday School Ministry

By Martha Stithem, Sunday School Director & Teacher

### Welcome Back to Sunday School

Following a two week break for Christmas and New Year's, Sunday School classes will resume on Sunday, Jan. 5, the Eve of the Feast of the Holy Theophany (Epiphany) of our Lord God and Savior Jesus Christ. As you may recall from the Sunday School presentation of "The 12 Days of Christmas - 12 Hidden Meanings", this is the 11th day of Christmas! The 12th day of Christmas is celebrated on Jan. 6, the Feast of the Holy Theophany (Epiphany) of our Lord God and Savior Jesus Christ.

Here are some resources for our parish families to use as we prepare to celebrate the Feast of Theophany:

ARTICLE – Feast of Theophany:  
[http://www.goarch.org/special/listen\\_learn\\_share/epiphany](http://www.goarch.org/special/listen_learn_share/epiphany)

SERMON – Baptism: A Pre-Theophany Homily: <http://www.myocn.net/index.php/200901031323/MyBlog/Baptism-A-Brief-Pre-Theophany-Homily.html>

This month, Sunday School students in grades 7th-12th will begin to prepare for the upcoming St. John Chrysostom Oratorical Festival in the spring. Students in 4th-6th grades can participate in the elementary division by preparing short talks as well. Participation in the Oratorical Festival is a wonderful opportunity for our students to grow in their Orthodox faith.

## Name Days

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

St. Basil (1st)  
Epiphany (6th)  
St. Gregory (10th)  
St. Tatiani (12th)  
St. Anthony (17th)  
St. Athanasios (18th )  
St. Mark (19th)  
St. Euthymios (20th)  
St. Timothy (22nd)  
St. Xenia (24th)  
St. Gregory (25th)  
St. Ephraim (28th)

# ORGANIZATIONS

## *Birthdays*



Christine Hollander (2)  
Gary Nicholas, Sr. (3)  
Constantine Danos (4)  
Spero Pagos (5)  
Ruth Panousopoulos (5)  
Ron Dutton (7)  
Billy Cushing (8)  
Bella Danos (11)  
Peter Stamas (11)  
Judy Farr (12)  
Tony Papamatheakis (13)  
Philemon Russom (13)  
Zondra Cooper (14)  
Elaine Giannias (14)  
Athanasius Romero (19)  
Athena Barber (20)  
Georgia Pikoula (20)  
Scott Farr (27)  
James Kambanos (27)  
Ocbai Tesfay (27)  
Catherine Baxter (28)  
Frosene Bravos (31)  
Reni Milonas (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.

## Senior Group

St. Haralambos Senior Group has a new name: "For Ever Young"

We will start the New Year off with a Pot Luck Luncheon followed by a meeting to plan the rest of the year before taking a Summer break. Please plan on attending on Wednesday, Jan. 8, at 11:30 a.m. at St. Haralambos Social Hall. Those of you who were not able to attend the Desert Winds Holiday concert missed a beautiful experience. The name of our Senior group

was chosen at that time. The winner of the name our Senior group contest is Georgia Pikoula. Congratulations Georgia, there is a delicious bottle of wine waiting for you. I hope that those of you who are able will attend the "Kids with Cancer, Camp Agape" Ball on Saturday, Jan. 25, that our joint Philoptochos is planning. It will be held at Holy Trinity Greek Orthodox Church in Phoenix.

## Memory Eternal

May God grant eternal rest to the souls of our beloved parishioners who recently fell asleep in the Lord.

Esther Lampropoulos who fell asleep in the Lord on Nov. 23;

James Constant, who fell asleep in the Lord on Nov. 27;

Michael Stakias, who fell asleep in the Lord on Dec. 6.

May God grant comfort to their families, and may there memory be eternal.

## Sunday Coffee Hour

Thank you to our coffee hour hosts/sponsors.

### December

1: Ethel Nicholas  
8: Aphrodite Devolites  
15: Munteanu Family  
22: Valla & Ken Wrona – Flo Curran  
29: Russ Skocypec – Lampropoulos Family

### January

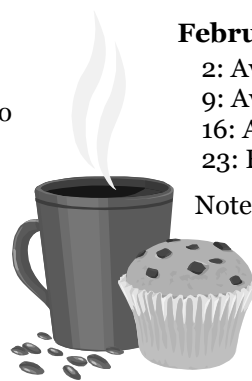
5: Sophia & David Rodriguez

12: Kathie & Tim Harvey  
19: Philoptochos "Communi-Tea"  
26: Available

### February

2: Available  
9: Available  
16: Available  
23: Emil Sprintz

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



# JANUARY 2014

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|---|--|--|---|--|---|---|
|   |  |  | <b>1</b><br>9:00am Divine Liturgy<br><b>St. Basil</b><br>Circumcision of the Lord<br><br>New Year's Day<br>(Church office closed) | <b>2</b><br><br>7:00pm Choir   | <b>3</b><br>9:00am Royal Hours<br>of Epiphany                   | <b>4</b>  |
| <b>5</b><br>8:45am Matins<br>10:00am Divine Liturgy<br><b>Blessing of the Waters</b><br><br>6:00pm Epiphany Vespers | <b>6</b><br>9:00am Divine Liturgy<br><b>Epiphany</b><br><b>Blessing of the Waters</b><br><br>7:00pm Philoptochos | <b>7</b><br>9:00am Divine Liturgy<br><b>St. John the Baptist</b> | <b>8</b>  | <b>9</b><br><br>7:00pm Choir   | <b>10</b><br>8:00am to 5:00pm<br>Preventive<br>Health Screening | <b>11</b><br>9:00am CMI at Holy<br>Trinity (w/Tikey Zes)<br>10:30am Festival<br>Wrap-up Meeting<br>4:00pm Youth Night |
| <b>12</b><br>8:45am Matins<br>10:00am Divine Liturgy<br><b>Vasilopita Sunday</b>                                    | <b>13</b><br><br>7:00pm Parish Council   | <b>14</b>  | <b>15</b>   | <b>16</b><br><br>7:00pm Bible Study<br>7:00pm Choir  | <b>17</b><br>9:00am Divine Liturgy<br><b>St. Anthony</b>        | <b>18</b><br>9:00am Divine Liturgy<br><b>Sts. Athanasios<br/>and Cyril</b>  |
| <b>19</b><br>8:45am Matins<br>10:00am Divine Liturgy<br>IOCC Offering Tray<br>1:00pm Philoptochos Tea               | <b>20</b>  | <b>21</b>  | <b>22</b>   | <b>23</b><br><br>7:00pm Bible Study<br>7:00pm Choir  | <b>24</b>   | <b>25</b><br>9:00am Divine Liturgy<br><b>St. Gregory the<br/>Theologian</b>   |
| <b>26</b><br>8:45am Matins<br>10:00am Divine Liturgy  | <b>27</b><br><br>7:00pm Executive Council  | <b>28</b>  | <b>29</b>   | <b>30</b><br>9:00am Divine Liturgy<br><b>The Three Hierarchs</b><br><br>7:00pm Bible Study<br>7:00pm Choir | <b>31</b>   |   |

# House Blessings

Start the New Year with a special family event, according to the traditions of the Holy Orthodox Church, asking God's blessings for your home and your family!

Please complete the form below to indicate your preferred date and schedule your house blessing. Mail the form to the church office, or bring it with you to church on Sunday. You will be contacted by our secretary to confirm your day and time.



## House Blessing Request Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

PLEASE INDICATE YOUR PREFERENCE

**Zone 1: North of Bell Road and West of 99th Ave/Lake Pleasant Pkwy**

\_\_\_\_\_ Tuesday, January 7                      \_\_\_\_\_ Monday, January 13  
\_\_\_\_\_ Saturday, January 18                      \_\_\_\_\_ Thursday, January 23

**Zone 2: North of bell Road and East of 99th Ave/Lake Pleasant Pkwy**

\_\_\_\_\_ Wednesday, January 8                      \_\_\_\_\_ Tuesday, January 14  
\_\_\_\_\_ Sunday, January 19                      \_\_\_\_\_ Saturday, January 25

**Zone 3: South of Bell Road and West of 99th Ave./Lake Pleasant Pkwy**

\_\_\_\_\_ Thursday, January 9                      \_\_\_\_\_ Wednesday, January 15  
\_\_\_\_\_ Tuesday, January 21                      \_\_\_\_\_ Sunday, January 26

**Zone 4: South of Bell Road and East of 99th Ave./Lake Pleasant Pkwy**

\_\_\_\_\_ Sunday, January 12                      \_\_\_\_\_ Thursday, January 16  
\_\_\_\_\_ Wednesday, January 22                      \_\_\_\_\_ Monday, January 27