

in Touch

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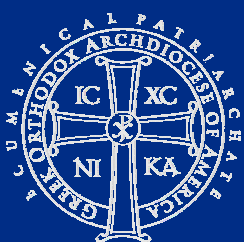
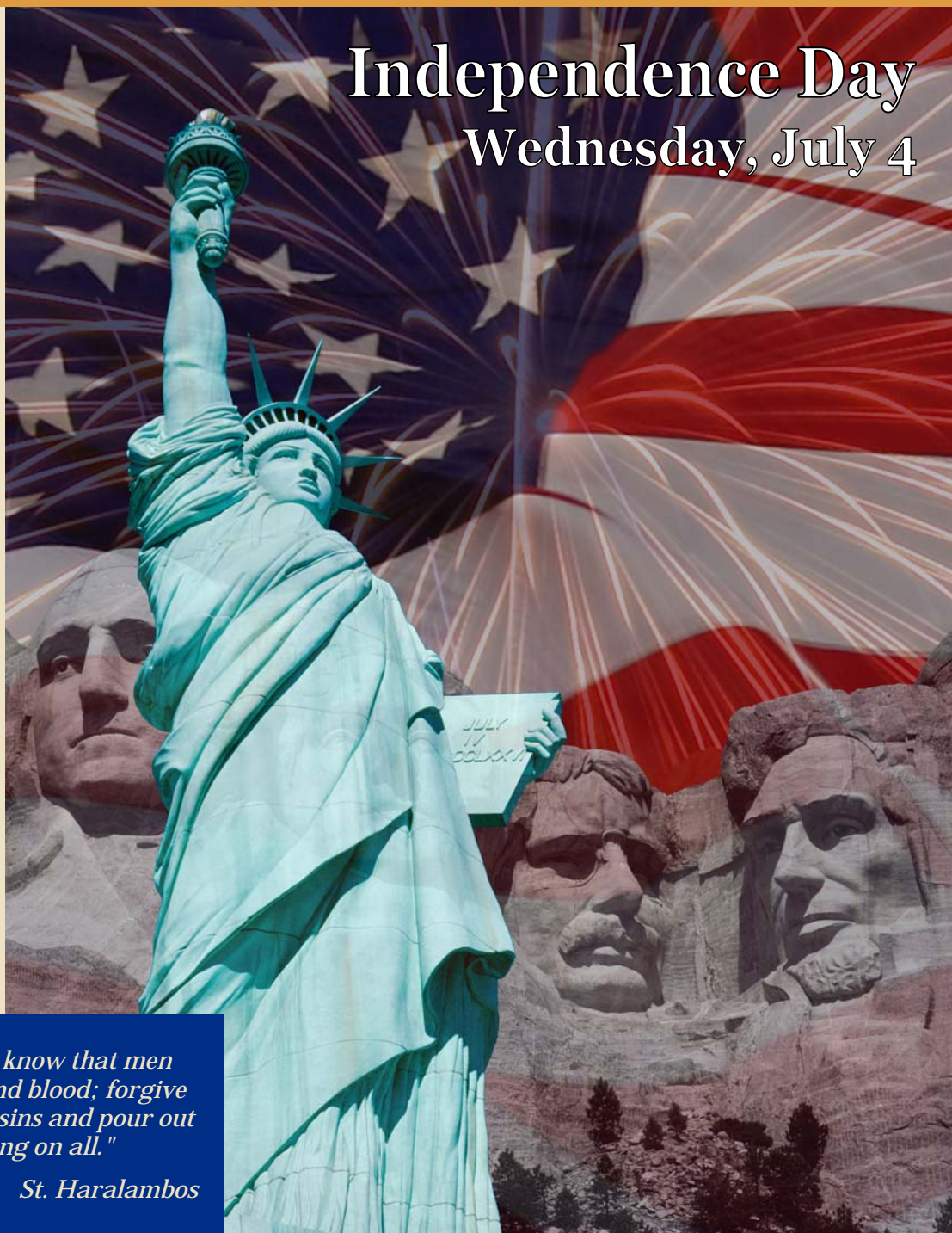
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Independence Day Wednesday, July 4



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

St. Haralambos



Maintain an Attitude of Joy and Thanksgiving

Have you ever noticed someone who does a job with a smile on their face; a smile that exudes peace, contentment and calm? Does seeing such a person make you stop and wonder what planet they're from?

We see so many images today of unhappy people, of conniving, manipulative people, jealous, angry, stressed-out people, of exhausted and hopeless people. We may work with them and they may be members of our family. It's not difficult to find them on TV and in movies. They're everywhere; in fact, at times, we, ourselves, may even be one of them!

This continual bombardment of unhappiness, anger and despair affects all of us to the extent that the sight of someone at

peace, truly enjoying what they're doing, can seem quite extraordinary, even abnormal. But before making any such diagnosis, we should take a moment and listen to our heart. Besides doing an amazing job of

continuously pumping blood throughout our bodies, our hearts can also tell us things that our brain can not. In the case of peaceful and happy people, our hearts are likely telling us that this really should be the norm, and these are the kind of people we'd all like to be!

I hope it comes as no surprise to learn that the Christian faith shows us the path that leads to real

happiness, fulfillment and peace. The Church and Holy Scripture both offer valuable tools to help keep us on this path. The more we read from the bible and the more we participate in the life of the Church (services, sacraments, ministries, fasting and feast-days), the more we learn about the Christian life as designed by God, and taught by our Lord and Savior, Jesus Christ.

"These things I have spoken unto you, that in me you might have peace. In the world you shall have tribulation: but be of good cheer; I have overcome the world." (John 16:33) Jesus taught that we should never confuse the Christian life with an easy life, or a life without stress or conflict. Still, He counsels us to "be

of good cheer," not in some phony, patronizing way, but in a way that expresses the true joy of living as servants of a good and loving God.

Jesus spoke about the love of God continuously, about his unconditional love for

all humankind, and about his desire for people to inherit his heavenly kingdom, to spend eternity with him in paradise. "And do not seek what you should eat or what you should drink, nor have an anxious mind. For all these things the nations of the world seek after, and your Father knows that you need these things. But seek the kingdom of God, and all these things shall be added to you.

This is the ultimate goal of the Christian life, something so wonderful that we can scarcely imagine its beauty.

Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom." (Luke 12:29-32) This is the ultimate goal of the Christian life, something so wonderful that we can scarcely imagine its beauty. This is one reason Jesus encourages to "be of good cheer."

St. Paul was one who understood that message. While in prison, he wrote the following words in his letter to the Philippians, "Rejoice in the Lord always, and again I say, rejoice!" This great Christian Missionary to the Gentiles understood what it meant to suffer, physically and emotionally, but never to the point where he could no longer continue his missionary work. He was committed to preaching the gospel, and would not let temporary hardships get the better of him. "Be anxious for nothing," he later writes, "but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God, and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." The peace of God is something that kept St. Paul from feeling defeated, overwhelmed and depressed. He kept ultimate goal, the kingdom of God, in mind, and was able to rejoice in all circumstances, even while languishing unjustly in prison.

(Continued on page 4)

Some Things You Should Know While in Church

by Father David Barr

Standing vs. Sitting

The traditional posture for prayer and worship in the Orthodox Church has been to stand. In the Orthodox "old countries", there are usually no pews in the churches. Chairs or benches on the side walls are usually reserved for the elderly and infirm. In North America, we have tended to build our churches with pews, and since we have them, we need to figure out when we may sit and when we should stand. First of all, it is fully acceptable (even preferable) to stand for the entire service. If you prefer this, it would be better to find a place closer to the back or side of the church so as not to stand out or block someone's view. When should you definitely stand? Always during the Gospel reading, the Little and Great Entrances, the Anaphora, the distribution of Holy Communion, whenever the priest gives a blessing, and the Dismissal. In many parishes, the Divine Liturgy books in the pew have suggested times when sitting is acceptable. Follow those instructions (it's probably safer than to follow what the people are doing in the first couple of rows). When in doubt, stand. It is never wrong to stand in church.

Lighting Candles

Lighting candles is an important part of Orthodox worship. We light them as we pray, making an offering to accompany our prayers. Orthodox typically light candles when coming into the church - and that is usually the best time to light them, but there are times when candles should not be lit. It is not proper to light candles during the Epistle or Gospel readings, during the Little or Great Entrances, the sermon, and most of the times when the faithful are standing. If you find yourself arriving to church after the Liturgy has begun, a good rule of thumb to remember is - if everyone is standing, wait until they are sitting to light a candle (unless they are sitting for the sermon, of course). Other than that it is probably all right to light a candle.

Entering the Church (Late)

The time to arrive at church is before the service starts, but for some unknown reason, it has become the custom - or rather the bad habit - for some to come to church late. If you arrive after the Divine Liturgy begins, try to enter the church quietly - and observe what is happening. If the Epistle or Gospel is

being read or the Little or Great Entrance is taking place, wait until it is finished to quickly find a seat. If Father is giving the sermon, stay in the back until he has concluded. If in doubt, check with one of the ushers to see if it is a good time to seat yourself. Try not to interrupt the Liturgy with your entrance. By the way, the best way to avoid this problem is to arrive on time - then you don't have to wonder if it's okay to come in or not. People who come late to the Liturgy should not partake of the Eucharist!

Crossing those Legs?

In some Orthodox cultures, crossing one's legs is taboo and considered to be very disrespectful. In our North American culture, while there are no real taboos concerning crossing one's legs, we tend to cross our legs to get comfortable while sitting. Should we cross our legs in church? No. Not because it is "wrong" to ever cross legs, but rather because it is too casual - and too relaxed - for being in church. Just think about it, when you get settled in your favorite chair at home, you lean back, cross your legs, and then your mind can wander anywhere it wants to. Remember that sitting in church is a concession, not the normative way of prayer. You surely don't want to get too relaxed and let your mind wander off too much. In fact, when you do sit in church, you should sit attentively - and not too comfortably. When sitting in church, keep those feet on the floor, ready to stand at attention (which is what "Let us attend" means). Cross yourself with your fingers and hand - but don't cross your legs!

In and Out

In and out? It's a hamburger place in LA, but shouldn't be the traffic pattern by the back door during services. On some Sundays, it almost seems like we have a revolving door in the back of the church - and it is used by both children and adults. Use the restroom before coming to church. You shouldn't need to get a drink of water during the service (especially if you are taking Communion!). Don't come to church to go to the fellowship hall - come to pray.

Father David Barr is pastor of St. Elias Antiochian Orthodox Church in Austin, Texas. The remainder of this article, which first appeared in The Word (January 1997, pp. 4-7) will be reprinted in future issues of In Touch.



**St. Haralambos
Greek Orthodox
Church**

Rev. Michael Pallad

www.stharalambos.org

Sunday Worship

September - May
Matins: 8:45 a.m.
Divine Liturgy: 10 a.m.

June - August
Matins: 8:30 a.m.
Divine Liturgy: 9:30 a.m.

Office

623-486-8665
10320 N. 84th Ave., Peoria, AZ 85345
Office@StHaralambos.phxcoxmail.com
FrMichael@StHaralambos.phxcoxmail.com

Hours

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

Parish Council

Greg Krochta, President
George Retsinas, Vice-President
Stella Pagos, Treasurer
Peter Tremoulis, Secretary
Glen Albrant
Tracy Albrant

George Christie
Mary Manos
Dean Milonas
Peter Retsinas
Mary Wysmierski
Ray Wysmierski

Parishioner Profile



John Ioannou of Phoenix is used to keeping the pathways clear. After all he worked for the City of Phoenix for 35 years where he operated a street sweeper for the city and on the runways of the ever-busy Sky Harbor International Airport. At St. Haralambos, he also kept the pathways clear by serving as a liaison for the church's first permanent priest Fr. George Patides.

He helped Fr. George in the altar, assisted altar boys with their preparation and escorted Father to visit shut-ins and parishioners in nursing homes. John also served in the Parish Council, provided assistance to the Philoptochos and worked in the kitchen at the annual festival. In fact, he once represented the festival and showed KTVK Channel 3 TV's weatherman Brad Perry how to dance Greek during a live remote broadcast.

A native Phoenician, his father emigrated from Cyprus and his mother is originally from Bisbee, Ariz.

An avid fan of history, he remains active with several organizations that serve this interest and his military background. He can be found involved in activities at Luke Air Force Base, the Japanese-American Citizen's Club or the Non-commissioned Officer's Association where he is a life member. He

also is a former Lion's Club member and enjoyed racing sports cars at Phoenix International Raceway and participating in road rallies in the Valley.

John is amazed at the growth that has occurred in the Valley during the last 50 years.

"I remember the days when my family and relatives helped found and support Holy Trinity at its original location on Virginia Avenue in central Phoenix. They also opened and operated a shopping center at Central and Camelback," he said. "The growth in the Valley has been both unbelievable and tremendous."

However, the growth has allowed him to interact with priests and parishioners from the Valley's other Greek Orthodox parishes.

"I enjoyed supporting the other Churches when they first started in the Valley, working with the parish priests and interacting with the other Greeks from those communities," he explained. "For the future of St. Haralambos, I hope we can maintain that tie to the other Greek Orthodox churches in the Valley for all the parishioners and parishes, regardless of size, so that we can interact and support each other."

Pastors' Column

(Continued from page 2)

There have always been people that go through life complaining about everything: the weather, hard work, low pay, expectations from others, stress over having too much to do, bored by not having enough to do, along with a myriad of physical aches and pains. What good does the complaining accomplish?

Then there are other people who, while experiencing the same struggles of life, still manage to maintain an attitude of joy and thanksgiving. These are the ones that may seem a little strange at first glance, but are also people that have found an answer, that so many of us are looking

for, to the question of joyful, happy and peaceful living.

Next month I'll be discussing further how the church can help all of us on this path of joyful, Christian living. (I also suggest reading this month's book review, which just happens to be on the same topic. If there is one subject about which Fr. Coniaris writes so beautifully, it is the subject of joyful living.) In the meantime, when you come across someone whose words and actions seem to reflect the peace of Christ, instead of shooting them a strange look, go up and politely ask if they'll tell you their secret!

ORGANIZATIONS



Philoptochos

New officers and Board members for September 2007 thru September 2009.

President:	Charlotte Servetas	Board Members:	
Vice-President:	Anna Yachysyn	Voula Dodd	Connie Scouffas
Secretary:	Chyrss Danielek	Mary Manos	Catherine Pallad
Treasurer:	Alice Hecht	Stella Pagos	

The next meeting will be on Monday, September 10, 2007 @ 7 p.m. in our Social Hall.

St. Christopher's Bookstore

Holy Joy: The Heartbeat of Faith

Fr. Anthony Coniaris, 126 pages, 2003.

What is the one thing everyone wants? Joy! "Joy is the chief business not only of heaven but of earth as well," says Fr. Coniaris. It's the reason Jesus lived and died, to restore the joy we had lost.

Then why is it that many Christians look as though, "they had been baptized in vinegar? God had to have a sense of humor to have created...us," Erma Bombeck once said.

Nevertheless, there are those who complain about the evil and suffering in the world. How can we rejoice? "The answer is that we believe in the One who has overcome evil and suffering. He has appointed us to spread this joy to the world," writes Fr. Coniaris.

According to the author, God allows us to suffer to teach us that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. We should rejoice with others and also share their burdens.

What is joy and where do we obtain it? JOY IS THE PRESENCE OF GOD IN OUR LIVES. Joy enters our lives at Chrismation and dwells in our hearts through "faith, prayer and the Eucharist which triumphantly unfolds the victory of Christ." We can do this no matter what the conditions of our lives. If we are despondent about health problems, for example, prayer is the antidote. If we have lost Christian joy, we need to repent and commit our lives

to Christ because sin is the only evil and will be forgiven through repentance and God's abundant mercy.

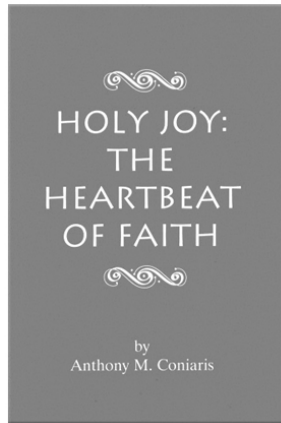
Why should we be joyful? We should be joyous because of what God has done, is doing and will be doing for us to all eternity; because God gave us this life and His only begotten Son so that we can share in the peace and joy of Eternal Life; because God loves us, cares for us and has a purpose for our lives; because He is near and answers our

prayers. If we are grateful enough, we will praise God and focus on all our blessings. God is not the enemy of joy and pleasure, but the Creator...of every good gift (James1:17). St. Paul and others were even able to rejoice though they were imprisoned and tortured.

The New Testament is full of joy. In fact, the Greek noun "chara" means "joy" and it appears 58 times in the Book. The verb "chairen," which means "to rejoice" appears 73 times. And the most joyful name is Charalampos (Haralambos) that means "one who shines with joy." Fr. Coniaris asks, "Shouldn't

'Charalampos' be the middle name of every Christian?" He writes, "Together with love, joy should be the distinguishing mark of a true Christian. A smile is the shortest distance between two people. It means the same in all languages...every smile is a hymn of praise to God!"

The Lord said, "These things I have spoken to you that my joy may be in you and that your joy may be full" (John 15:11). I highly recommend this book. It was a JOY to read.



Assisted Living, Hospitalization

The following parishioners may not be able to be with us physically, but are still loved members of our parish, and we ask you to please remember them in prayer: Marianthy Bravos, Orin and Mary-Jean Davis, Alice Massahos, Dema Jean Milonas and George Poulos.

Birthdays



Jan Morin (5th)
Stavros Theoharatos (7th)
Catherine Pallad (9th)
Nicholas Genes (9th)
Artemis Helmle (10th)
Pamela Marshall (10th)
Lisa Theoharatos (11th)
Elijah Gross (12th)
Bill Winn (17th)
Mike Hansford (21st)
Tom Stamas (22nd)
Mikhala Krochta (25th)
David Fredericksen (25th)
Desiree Milonas (27th)

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.

Coffee Hour

Thank You to Our Coffee Hour Hosts/Sponsors

Jun. 3 Michael & Chryss Danielek, Thalia Zorbas, and Charlotte Servetas
Jun. 10 Sue Charbel, and Barbara Hernandez
Jun. 17 Kim & Dorothy Ayan, and Jean Sgouros
Jun. 24 Gale & Paula Farr, and Lola Durand

July 1 Marius & Stella Pagos
July 8 Available
July 15 Available
July 22 Available
July 29 Available

The Coffee Hour Sponsor program will take a short summer break and return in September.

If you would like to host a Sunday during the months of July or August, please contact the Church office at 623-486-8665 or Stella Pagos at 623-975-0027.



Change in Sunday Service Times

For the hot summer months of June, July and August, the Sunday service times will be moved a half-hour ahead: Matins will start at 8:30 a.m. and the Divine Liturgy at 9:30 a.m.

Name Days

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

St. Kyriaki (7th)	St. Mary Magdalene (22nd)
SS. Cyril and Methodios (7th)	St. Paraskevi (26th)
St. Euphemia (11th)	St. Panteleimon (The All-Merciful) (27th)
St. Nikodemos of the Holy Mountain (14th)	St. Irene (Chrysovalantou) (28th)
St. Vladimir (Basil) of Russia (15th)	St. Joseph of Arimathea (31st)
St. Macrina (Sister of St. Basil) (19th)	

JULY 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am Matins 9:30am Div. Liturgy	2	3	4 Independence Day (Office closed)	5	6	7 10:00a.m. Altar Boys Meeting
8 8:30am Matins 9:30am Div. Liturgy	9	10 7:00pm Parish Council	11	12	13	14
15 8:30am Matins 9:30am Div. Liturgy	16	17	18	19	20	21
22 8:30am Matins 9:30am Div. Liturgy	23	24	25	26	27	28
29 8:30am Matins 9:30am Div. Liturgy	30	31				