

in Touch

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March 2008



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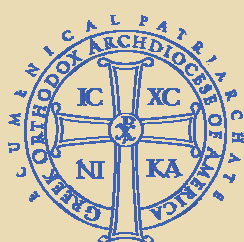
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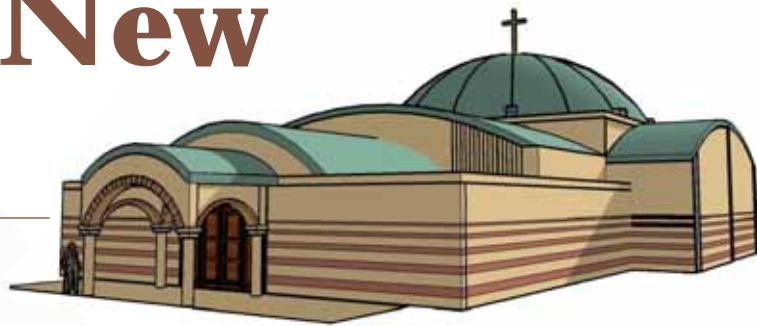


GREAT LENT

Begins March 10th

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

For Everything a Season: **Building a New Church**



Welcome to a new *In Touch* newsletter feature. The column aims to provide insight and news on the history and progress that everyone at St.

Haralambos is making as we move forward with the design, development, fundraising, construction, Consecration and Dedication of our new Church. This first column provides a historical timeline capturing the hard work and dedicated efforts currently completed in our journey.

1998-2000

- ◆ Members of the Strategic Planning Committee procure land at 75th Avenue and Greenway in Peoria.

2000-2005

- ◆ In an amazing effort, St. Haralambos parishioners “burn the mortgage” and pay the property off early.

2006

- ◆ **October.** An Architectural Selection Team solicits architectural firms to develop a Master Plan for the 75th Avenue and Greenway Road property.

2007

- ◆ **January – March.** Letters are sent to seven architectural firms soliciting design services. The selection team reviews proposals and holds interviews with four architectural firms. CALLAHANstudios is selected for architectural services.
- ◆ **May.** Invitation letters are sent to **ALL** parishioners to participate in the initial design session on May 12, 2007. We started with a 3-1/2 hour morning session and then enjoyed lunch. We reconvened into specific design focus groups in the afternoon launching the preliminary master plan for our new Church campus.
- ◆ **June.** CALLAHANstudios unveils our preliminary master plan. Focus groups provided valuable critiques, additions and design inputs. Architect Kevin Callahan takes sketches, revises the plan and presents the master plan to the design focus groups for review and subsequent approval.
- ◆ **November.** A parish General Assembly meeting votes 51 to 8 for the acceptance of three proposals presented by the Parish Council. The proposals state:
 1. proceed to the design process for the Church and modular buildings in the amount of \$3.3 million;
 2. proceed with a fundraising capital campaign; and
 3. proceed to sell our current Church property on 84th Avenue in Peoria.
- ◆ **November – December.** The building team solicits four General Contractors, interviews three of them and selects HANSEN CMG to provide cost modeling (estimates), pre-design services and coordination of constructability reviews with the architect and his team of consultants (mechanical, plumbing, electrical, structural, site, landscaping, etc.).

2008

- ◆ **January – February.** The design focus group reconvenes to work with Architect Kevin Callahan and Construction Manager Randy Hansen in the final design of the modular buildings and Church. The Worship Design Focus Group sessions invite all parishioners to attend for review and input.
- ◆ **March.** Sometime this month, it is anticipated that the building team will provide the first submittal for site approval to the City of Peoria.



A Lenten Journey for the Entire Family

This month we - and every Orthodox Christian parish throughout the world - begin a season of physical and spiritual preparation. Beginning on Monday the 10th, it continues for 40 days, becoming even more intense the week of Apr. 20, and finally concluding on Sunday, Apr. 27 at about 2 a.m. To help ease into this season, there are additional weeks (including Meatfare and Cheesefare Sunday - Mar. 2 and 9) that call us to gradually eliminate certain foods from our regular diet.

This preparation, or Lenten Journey, that the Orthodox Church follows today is not found in any other Christian tradition. It has not been condensed, new-and-improved, focus-group tested or made more "user-friendly." It is what it has been for centuries of Orthodox Christians before us: a season both challenging and humbling, giving each of us - adults and children alike - opportunities for self-examination, spiritual and physical discipline. The goal

of this preparation, of our Lenten Journey? A deeply moving and joyful celebration of the holy resurrection of our Lord and Savior Jesus Christ.

If we simply sang an Easter hymn or two on Easter Sunday, it would not have nearly the impact that our seven week (40 days of Lent, Lazarus Saturday, Palm Sunday and Holy Week) Lenten Journey gives us. When Easter Sunday (Gr: *Pascha*) finally arrives, we are ready - more than ready - we are longing for it!

So let's begin!

First, I invite everyone to three enjoyable pre-Lenten events:

1. the Mardi Gras celebration on Saturday Mar. 1 at 6 p.m.
2. the "final burger" at Carl's Junior (75th and Cactus) on Meatfare Sunday, Mar. 2 following the Coffee hour
3. the "final Ice Cream Sundae" at Cold Stone Creamery (83rd and Bell) on Cheesefare Sunday, Mar. 9, following the Coffee hour

The Orthodox Church calls us to begin Great Lent with forgiveness in our hearts, not holding any grudges as we begin our Journey to the Resurrection. Everyone is also invited to the Sunday of Forgiveness Vesper Service on Mar. 9 at 6 p.m. which concludes with everyone asking forgiveness of one another.

Please look through the Lenten Journey page later in this month's newsletter for the many ways you and your family can participate. Parents can help and encourage children, friends can help and encourage friends

- it is a journey we all take together. Let's make the most of it, and reap the benefits of a life-changing Easter celebration, and leading a life that is pleasing to God.

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**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

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FrMichael@StHaralambos.phxcoxmail.com

Hours

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

Parish Council

George Retsinas, President
Ray Wysmierski, Vice-President
Roberta Szklarsk, Secretary
Stella Pagos, Treasurer
George Christie
Mike Danielek

Olga Fredericksen
Mary Manos
Peter Retsinas
Katherine Tally
Peter Tremoulis
Mary Wysmierski



2008 Lenten Vespers Services

All Vespers Services Begin at 6 p.m.

✠ **The Sunday of Orthodoxy**

Mar. 16

Assumption Greek Orthodox Church, 8202 E. Cactus Rd., Scottsdale

✠ **The Second Sunday of Lent**

Mar. 23

SS. Peter & Paul Orthodox Church, 1614 E. Monte Vista Rd., Phoenix

✠ **The Third Sunday of Lent**

Mar. 30

St. Sava Church, 4436 E. McKinley, Phoenix

✠ **The Fourth Sunday of Lent**

Apr. 6

Holy Trinity Greek Orthodox Cathedral, 1973 E. Maryland Ave., Phoenix

✠ **The Fifth Sunday of Lent**

Apr. 13

St. John Romanian Orthodox Church, 3749 W. Behrend Dr., Glendale

Please join our Brothers & Sisters at the host parishes for these Sunday Evening Lenten Vespers Services

Sponsored by the Arizona Council of Eastern Orthodox Churches



Our Lenten Journey

Although the Lenten Journey is a personal one, we are all taking this journey together, so friends and family members should feel free to help one another along the way. The journey officially begins Monday, March 10, so take some time beforehand and make a plan for your journey!

Let's begin with some Frequently Asked Questions:

1. *Why is Great Lent referred to as a journey?*
Because it is a spiritual path Orthodox Christians take before celebrating Easter: the Resurrection of Christ.
2. *What do we do on this journey?*
A variety of things to help us grow as Christians; things like praying, fasting,

helping others, attending special church services, and making an appointment for Confession.

3. *How long does this journey take?*
Seven weeks, until Easter Sunday, April 27.
 4. *How do we get started?*
Always with prayer, asking for our Lord's help on our journey. It's not going to be easy, but it is worth the effort! You're going to be doing things that are pleasing to God, which will help you grow stronger emotionally, physically and spiritually.
- Here is more detailed information on the Lenten Journey.

(Continued on page 5)

Our Lenten Journey

(Continued from page 4)

Fasting

Let's begin with some basic teachings:

1. Fasting is a tool for spiritual growth.
2. It is not meant to injure our health.
3. It is not just a change of diet.

Since Great Lent is a time of spiritual and physical discipline, taking a close look at the food we eat is a good place to begin. The main idea behind fasting is to be more disciplined about what we eat and how much we eat. God has created us with strong and healthy bodies, and wants us to keep them that way. A periodic fast helps us feel lighter and more alert, and also makes us realize that we can survive with less food than most of us typically eat. "Man does not live by bread alone," as Jesus taught, "but by every word that proceeds from the mouth of God."

To help us decide which foods to fast from, the Orthodox Church has created four categories of foods. They are 1) Meat and meat products (including beef, pork, chicken as well as items which have beef gelatin and lard); 2) Dairy products (including butter, milk, cheese and yogurt as well as eggs); 3) Fish (including sardines, tuna, trout, bass, shark, but not shellfish such as shrimp, crab, lobster, oysters and clams); and 4) Olive oil and alcohol.

The Lenten journey includes fasting from certain foods (choose from one or more of the categories) as well as limiting the quantity of foods at each meal. School-aged children can also begin to understand fasting by asking them to decide to give up eating or drinking certain foods: soda, candy, etc. that will make an impact on them. If seven weeks seems too severe, try it for the first week and see how easy or difficult it was; then see about continuing for the second week. Everyone should make an attempt, and the most strict week should be Holy Week, the week before Easter.

Many of the saints of the church also teach that the fast should include disciplining our behavior as well, such as being judgmental. We can easily become judgmental during Lent when we see others not fasting in the same way that we are fasting. There is no such thing as the "Fasting Police;" no one is going to be turned in to the authorities for not fasting properly! So we should not even consider how or what others are fasting from, to avoid the temptation to become judgmental. Read what Jesus had to say about fasting (Matt.6:16-18).

Prayer

Every day is an opportunity for us to learn to pray. During Lent, there are many opportunities for our church family to get together during the week and pray the Lenten services together. (See the calendar section of the newsletter for dates and times.)

Personal prayer is just as important. Many people struggle with not knowing how to start with prayer, or wonder if they will be using the right words. Prayer is your personal time with God, use your own words and just find uninterrupted time to be alone with God. Read what Jesus taught about prayer (Matt. 6:5-13).

Charitable Works

This is simply practicing what we preach. If we just talk about being good but never do anything good for someone else, we become hypocrites, phonies. Jesus practiced what He preached, and taught us to do the same.

Start with your own family. Do something special for your brother and sister, for your mother and father, for your children. The Lenten journey is an ideal opportunity for more family time, to connect or re-connect with each other. Discuss how good it feels to do something unexpected and kind for someone else.

(Continued on page 8)



ORGANIZATIONS

Coffee Hour

Thank You to Our Coffee Hour Hosts/Sponsors

Feb. 3	Kalliope Nelson and Christina Harris
Feb. 10	Feast Day of St. Haralambos Luncheon
Feb. 17	Michael & Voula Dodd and Steve & Sophia Mallos and Angie Cholas
Feb. 24	Russ & Pam Lemons
Mar. 2	Roberta Szklarski
Mar. 9	Available
Mar. 16	Available
Mar. 23	Peter & Lee Retsinas
Mar. 30	Available

Note: Due to publication printing deadlines, any modifications or changes to coffee hour listing will be noted in next month's newsletter.



Philoptochos

"Faith without works is dead." James 2:17.

For your information: the donation to St. Basil's Academy from the Vasilopita Sunday auction was \$400.

Pre-Sanctified Liturgy will be held each Wednesday during Lent. There will be two morning services and four evening services. Please check your church calendar or the Sunday bulletins. Donations will be accepted at each meal and proceeds will benefit Holy Cross Seminary.

Hosts for meals:

- Mar. 12—Evening—Voula Dodd and Stella Pagos
- Mar. 19—Morning—Charlotte Servetas
- Mar. 26—Evening—Anna Yacyshyn and Alice Hecht
- Apr. 2—Evening—Available
- Apr. 9—Morning—Penny Obren
- Apr. 16—Evening—Available



Remember to check the weekly Sunday bulletin for any changes or additions to the Philoptochos Calendar.

Enjoy your spiritual Lenten Journey.

Treasurer's Summary Report Jan. to Dec. 2007

Income

Ordinary Income

Stewardship	108,055
Candle & Tray Collection	15,671
Pascha	3,900
Christmas	3,350
Rental Property	5,400
Miscellaneous	1,986

Other Income

Investment Income	46,265
Fund Raiser Event	7,880
Festival	64,887

Specified Donations

Bldg Fund	168,827
Memorials	4,620
Choir	2,890
Misc	4,911

\$438,642

Expense

Salaries & Benefits	97,999
Diocese Assessments	9,900
Capital Improvements	923
New Bldg Expense	33,801
Charity	3,931

Operating Expense

Utilities	18,191
Facility Maintenance	8,570
Office	10,375
Candles	720
Bookstore	1,458
Holiday Expense	1,097
Insurance	3,142
Religious	2,676
Festival	30,380
Fund Raiser	7,894

\$231,057

Net Income

\$207,585

St. Christopher's Bookstore

The Meaning of Suffering and Strife & Reconciliation by Archimandrite Seraphaim Aleksiev, 1994, 112 pages. This is actually two books in one. With compassion and simplicity, the author discusses two compelling topics.

The Meaning of Suffering

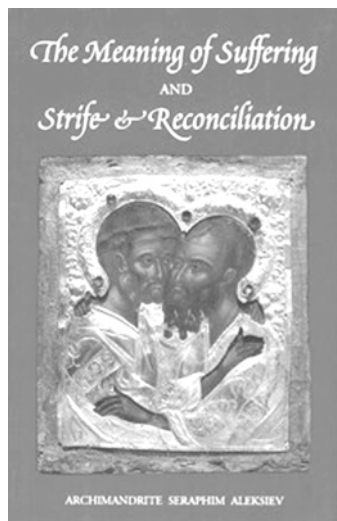
He answers many common questions about suffering:

- ♦ Why does a loving God allow suffering from diseases, natural disasters, poverty, etc.?
- ♦ Is suffering God's punishment for our sins?
- ♦ If so, why do some evil people prosper while innocent children and charitable people suffer?
- ♦ How were the saints and martyrs able to be happy even when suffering?
- ♦ Is it possible for **us** to find peace and happiness at times of suffering? If so, how?
- ♦ In answering, the author emphasizes two points:

1. When we have no pain, sorrow or tribulations in our lives, we tend to become proud and ungrateful, thinking we don't need the Lord in our lives; so He brings us suffering to deliver us from the sins of pride and complacency.

For whom the Lord loveth, He chastens... Heb 12:6-8.

2. God isn't abandoning us in difficult times; He loves us most when he causes us to suffer and wants us to turn toward Him. ***I will be with him in affliction,... and glorify him.*** Ps: 91:14-15.



Strife & Reconciliation

The author says that strife among people is "one of the great evils" and that Satan is the origin of it. Again he raises some thought-provoking questions:

- ♦ Shouldn't we concentrate on fighting our "one dedicated enemy—the devil," instead of fighting among ourselves?
- ♦ Will destroying our enemies bring us peace or merely lead us to more sorrow and "moral exhaustion?"
- ♦ Isn't it our pride that causes us to think that we are right and our neighbor is wrong?
- ♦ Doesn't the sin of strife "ruin both this life and the life beyond?" "How will He forgive us when we do not forgive?"
- ♦ Should we forgive someone who is not willing to forgive us?

It seems appropriate that these two books are under the same cover, because the author relates the two topics. If we can endure our suffering without complaining or losing faith, and can humble ourselves to forgive and ask forgiveness of our enemies, then God will grant us the Kingdom of Heaven.

Our Lord suffered **without** guilt and asked, "**Father, forgive them...**" Luke

23:34. Therefore, those of us whose souls are full of sin should willingly follow the "road of suffering" which He "sanctified" with His own feet. Jesus Himself left us an example, ***that ye should follow His steps.*** 1 Pet: 2:21.

Moving Ahead Through the Next Year...

By George Retsinas, Parish Council President

Many of us live out each year moving from one event or season to another—the Super Bowl, March Madness, taxes, hiding from the heat, the good (and bad) new shows on TV, the World Series, and more. Some events get us up while others bring us down. But each year brings a new set of experiences and the fun starts all over again!

This year however, much will be different. We are moving towards a goal of a new church. This is an event that for many will only be experienced once or twice in a lifetime. Building a church is not the same as our team winning the world championship. It's so much more.

In a few short years from now, we will see baptisms and Chrismations, marriages, and our Divine Liturgy celebrated in a church that truly represents Orthodoxy. Our children will attend Sunday School, serve in the altar and someday, they too will marry and raise a family at St. Haralambos. Others will be drawn to the beauty of our faith and join our family as well.

The journey towards our new church is a blessing from God and definitely a gift that will keep on giving. Thank you for all that you are doing to make our new home a reality. It's our legacy and history in the making and I look forward to seeing it with all of you.

Birthdays



George Retsinas (5th)
 Alice Hecht (8th)
 Pete Tremoulis (10th)
 Kevin Marshall (12th)
 Mike Milonas (16th)
 Patti Christie (17th)
 Bill Retsinas (17th)
 Danny Kostas (22nd)
 Darren Waters (22nd)
 Sharon Crews (23rd)
 Nick Milonas (23rd)
 Kiera (Klabis) Sneed (28th)
 Shawna Tremoulis (30th)

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.

Name Days

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

St. Theodotos of Kyrenia (2nd)
 St. Mark the Athenian (5th)
 St. Theophylaktos (8th)
 St. Anastasia (10th)
 St. Symeon the New Theologian (12th)
 St. Alexios (17th)
 St. Panharios (19th)
 St. Myron of Crete (20th)
 St. Euthymios (22nd)
 St. Parthenios (24th)
 St. John of the Ladder (Climacos) (30th)

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: Orin and Mary-Jean Davis, Fannie Huzinec, Alice Massahos, Nellie Poleschuk, Nikita and Josette Reisler and Effie Stathopoulou.



2008 Festival

The buzz is starting...
 mark your calendar...
 spread the word...

worker bees are needed for our 2008 Festival on Oct. 24, 25 and 26.

If you have suggestions or want to help with the Festival, contact Pam Lemons or Stella Pagos, 2008 Festival Co-Chairmen.

Simple Fund-raising Opportunity

By participating in Bashas' "Thanks A Million" program, a percentage of each purchase can be directed to St. Haralambos Church. Just sign up at Bashas for a "Thank You" card and have your card programmed with Group ID number 23212. This program will run through Mar. 31, 2008. For further information, go to www.bashas.com/charity.



Our Lenten Journey

(Continued from page 5)

When buying lunch at the drive-thru window, how about giving a little extra to pay for the person behind you? (By the time they realize what you've done, you'll be long gone.) This is the citrus harvesting season. How about asking a neighbor if you can pick the fruit from their trees, juice the fruit and give some to your neighbor, and some to the Food Bank? Those of us who go Christmas caroling see the happy faces of those listening, whether in homes, care facilities or hospitals. How about getting a group together to sing popular songs, or from musicals, and visit a local hospital or care facility?

Those were just three ideas to spur the imagination. Get creative and think of other ways of doing unexpected acts of kindness. It is very rewarding, and helps us grow as Christians.

Finally, whatever you do, make it count. Make some kind of a commitment to your Lenten Journey. Everyone can participate in some way. It's worth the time and effort. Great Lent is a time for us to stretch ourselves, spiritually and physically. It does our souls and bodies a world of good.

We take this journey because we are Orthodox Christians, growing in faith, in love for one another, and in our love for Christ.

MARCH 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00am Divine Liturgy Saturday of Souls 6:00pm Mardi Gras
2 8:45am Matins 10:00am Divine Liturgy Meatfare Sunday	3 7:00pm Philoptochos	4	5	6 7:00pm Choir	7	8 9:00am Divine Liturgy Saturday of Souls
9 8:45am Matins 10:00am Divine Liturgy Cheese-fare Sunday 6:00pm Vespers of Forgiveness	10 Beginning of Great Lent	11 7:00pm Compline Service 7:30pm Parish Council	12 6:00pm Pre-Sanctified Liturgy (Lenten Dinner following)	13 7:00pm Choir	14 7:00pm Akathist Hymn (1st stanza)	15 9:00am Divine Liturgy Saturday of Souls
16 8:45am Matins 10:00am Divine Liturgy 1st Sunday of Lent Sunday of Orthodoxy 6:00pm Lenten Vespers (Assumption Church)	17	18 7:00pm Compline Service	19 9:00am Pre-Sanctified Liturgy (Lenten Breakfast following)	20 5:00pm-8:00pm Parish Fellowship Dinner at Sweet Tomatoes 7:00pm Choir	21 7:00pm Akathist Hymn (2nd stanza)	22
23 8:45am Matins 10:00am Divine Liturgy 2nd Sunday of Lent 6:00pm Lenten Vespers (Sts. Peter and Paul Church)	24	25 9:00am Divine Liturgy The Annunciation 7:00pm Compline Service	26 6:00pm Pre-Sanctified Liturgy (Lenten Dinner following)	27 7:00pm Choir	28 7:00pm Akathist Hymn (3rd stanza)	29
30 8:45am Matins 10:00am Divine Liturgy 3rd Sunday of Lent 6:00pm Lenten Vespers (St. Sava Church)	31					