

GREAT LENT The 7-Week Journey

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1st Sunday Sunday of Orthodoxy

4th Sunday

Ladder of Divine Ascent



3rd Sunday The Precious and Life-Giving Cross



2nd Sunday Saint Gregory Palamas



5th Sunday Saint Mary of Egypt



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

25th Anniversary

Celebration Kicks Off with St. Haralambos Feastday and Family BBQ



On the same weekend that the state of Arizona launched events for the state's centennial celebration, likewise our parish launched the first of 2012 events commemorating the parish's 25th anniversary.

The weekend celebration started Thursday, Feb. 9 with Vespers for the feastday of our church's patron saint, St. Haralambos. Lending their services and voices of prayer were visiting clergy Fr. Phillip Armstrong from St. Katherine's in Chandler and Fr. Haralambos (Bob) Fox from Sts. Constantine and Helen's Greek Orthodox Church in Lancaster, Calif.

Friday, Feb. 10, the feastday of St. Haralambos, had morning Divine Liturgy attended by many faithful from throughout the valley. Fr. Michael and Fr. Haralambos were joined by a familiar face, Fr. John Angelis who was a part of St. Haralambos early parish life when the church first started.

Receptions were held after services on Thursday night and Friday morning giving everyone an opportunity to visit and enjoy fellowship.

Parishioners celebrated the 25th Anniversary on Saturday, Feb. 11 with a well-attended family BBQ event that featured stories about the church's founding, present-day state of the Church and outlooks for the future including the next 25 years. Sharing stories at the event were speakers Steve Miller, Parish Council President Dennis Georgen and Fr. Michael Pallad.

The family-fun event featured delicious food catered by Famous Dave's BBQ while children also enjoyed the fun of an inflatable bounce house.

The weekend's events wrapped-up with Sunday, Feb. 12 Divine Liturgy followed by coffer hour hosted by the members of Philoptochos.











CLERCOLUMN FR. MICHAEL PALLAD

The Lenten Journey

The commemoration of the **Resurrection of our Lord Jesus** Christ, in the tradition of the Orthodox Church, is a feast worth preparing for. Celebrated this year on April 15 (which, by the way, prompted the IRS to move the annual deadline for tax returns to Monday, April 16), the Orthodox Church gives us time, seven weeks in all, to prepare ourselves for this awesome celebration. Each Sunday during Lent has a special commemoration of a saint or event in church history, included to help strengthen us during our spiritual journey.

But our Lenten preparation is not just attending services, and it's not just about fasting from certain foods, either. No one should be fooled into thinking that some special prize awaits the one who is able to fast more strictly than another; not in this life, nor in the heavenly Kingdom.

Why, then, does Orthodox Christianity still promote and teach the benefits of fasting during Lent? To help us learn self control and the importance of putting our spiritual growth ahead of physical needs and pleasures. Spiritual growth is the good fruit produced from the Lenten journey.

How else do we attend to our spiritual growth during Lent? By expanding our concept of fasting to include refraining from destructive/harmful behaviors, such as fasting from bad language, gossiping, telling lies, feeling envious or jealous, seeking revenge and withholding forgiveness.

Just as we hopefully learn the value of a balanced diet (throughout the year, not only during Lent), which fasting helps teach us, we also benefit from practicing goodness such as speech that uplifts and encourages, being honest with others, appreciating our own blessings, and forgiving those who have hurt us.

The bible gives another beautiful list of behaviors to pursue. Found in Chapter 5 of the Letter to the Ephesians, in a larger section on "Walking in the Spirit," St. Paul writes, "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, selfcontrol." Does this type of behavior require practice? Always!

None of us can escape the temptation to want to hurt someone who has hurt us. It's

Office

usually the first impulse we feel, and most of the time, it feels right. We either have to count to ten before responding, or have someone else remind us that seeking revenge is falling to temptation.

It takes time, practice and patience to re-orient our minds and hearts to behaving as Christ teaches. Do good to those who have hurt us? Pray for our enemies? How easy does that sound? The farther away from "normal" behavior those teachings of Christ might appear, is the surest sign of our need to continue practicing the Fruits of the Spirit, which is what the Seven Week Journey of Lent provides.

Lent is a journey worth taking, not disregarding. Spiritual growth doesn't just happen; it takes work! I encourage everyone to give it a try this year; make a special effort to fast, to pray and do works of charity. It will never be easy; nothing worthwhile is. But this is good work on our spirits that help form us into the type of people Christ desires we become; actually, the type of people we were created to be.



Spiritual growth doesn't just happen; it takes work!

St. Haralambos Greek Orthodox Church

> Rev. Michael Pallad www.stharalambos.org

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.

Sunday Worship

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

Roy Christian David Durgam Dennis Georgen Dimitri Gryparis George Miller Dean Milonas Tony Panousopoulos Chris Theotocatos Peter Vardalos Dorothy Vordos Lee Vordos Ken Wrona

25th Anniversary Parishioner Profile

Each month of 2012 we'll spend some time with a member of our parish to get their memories, views and insights about the history, development and future of our parish as part of this year's 25th Anniversary celebration.

This month's interview is with **Mary Harrington**.

Question: How many years have you been a steward at St. Haralambos?

Answer: Since we moved to Arizona in 1993.

Q: Where were you born and raised and what brought you to Arizona?

A: I was born in Baltimore and we moved to San Diego when I was about 1-1/2 years old. After my husband and I retired, we moved to Arizona. I worked for 26 years at Pacific Telephone.

Q: What activities and groups have you been involved in at St. Haralambos?

A: First, while we were in San Diego we were involved in starting and building the parish of Sts. Constantine and Helen's in Cardiff by the Sea in California. So we were lucky to also be a part of the building and launching of St. Haralambos in Peoria. At the downtown Peoria location, I built our first library from scratch by getting books donated and having the shelves installed. I was the first chair that developed the program for readers during Great Lent and Holy Week. Currently, I develop and maintain the schedule for Epistle

readers, bake prosforo, work closely with Charlotte Servetas to help prepare memorials when needed and help out wherever I can.



Q: Weren't you also awarded the Medal of St. Paul?

A: Yes I was both fortunate and blessed to receive this medal (at the parish's 20th Anniversary Dinner Gala). I was overwhelmed, very surprised and speechless when I received the Medal of St. Paul. Thank you to everyone for their support for this special medal. I have it at home and a framed certificate awarding the medal from the Archdiocese is hung near my icon stand at home.

Q: What are some of your memories of the founding of the parish?

A: Some of my fondest memories are about the people and the events we had. One time we had an arts and craft fair with the sale proceeds benefiting Philoptochos. I also taught weekly arts and crafts classes at the Church. We also had a babysitting group at the Church where would watch the kids when moms needed a babysitter.

Q: What would you like to see happen in the next 5-10 years of our parish?

A: I like everything about our Church we have now and how we work well together and help each other. I like the love Fr. Michael has for our Church and parishioners. I would like to see these things continue for our Church and our parish. As we grow and get new parishioners, it will be more important than ever to make sure we communicate where we are and where we are going to all parishioners.

Q: What legacy would you like today's parishioners to develop and leave for future generations during the next 25 years?

A: To keep Fr. Michael as our parish priest. Also, I would like to see our Choir get bigger with more members. I love to sing and when the choir sings, they bring great peace and happiness to all of us.

Q: Anything else you would like to share?

A: We have lost many beautiful people over the years as they have passed on but they are still in our hearts. I urge all of us to be there for each other, care for one another from our hearts and pray as often as you can.

PARISH NEWS

St. John Chrysostom Oratorical Festival

Parish Oratorical Festival: Sunday, March 11 District Oratorical Festival: Saturday, March 31 With His Eminence Metropolitan Gerasimos

- 3 pm Speeches Begin
- 5 pm Vespers
- 6 pm Dinner

2012 Lenten Vespers Services

The Sunday of Orthodoxy

March 4, 2012 Holy Trinity Cathedral 1973 E. Maryland Ave. Phoenix 602-264-7863

The Second Sunday of Lent

March 11, 2012 Assumption Greek Orthodox Church 8202 E. Cactus Rd., Scottsdale 480-991-3009

The Third Sunday of Lent

March 18, 2012 St. Sava Serbian Orthodox Church 4436 E. McKinley Street, Phoenix 602-275-7360

St. Nohn Chrysostom St. Nohn Chrysostom On are the state of the state

The Fourth Sunday of Lent

March 25, 2012 Sts. Peter & Paul Orthodox Church 1614 E. Monte Vista Road, Phoenix 602-253-9515

The Fifth Sunday of Lent

April 1, 2012 St. Haralambos Church 7950 W. Pinnacle Peak Rd. Peoria 623-486-8665

All Vespers Services Begin at 6pm

More Information: www.arizonaorthodox.org

Stewardship

How do you fit in to the St. Haralambos Church Family? What does it mean to be a Steward of this parish? Are you worshipping on Sunday mornings and other feast days? Are you involved with parish organizations or ministries? Have you volunteered for any parish events or needs that come up every now and then?

Church membership is not just filling out a form – a form is nothing more than a piece of paper. Being part of a Church family is much more. Like every family, its members share certain responsibilities, while other tasks are handled by certain family members. In this way, St. Haralambos Church functions like a family – everyone is involved (or should be involved) in some way, and everyone does their share. At the same time, being a member of the Church is not just about doing a variety of needed tasks. The Church, which is the Body of Christ, is also a worshipping family, coming together to celebrate the Divine Liturgy, and many other services throughout the year. The Church also exists to sanctify its members, a crucial part of our Mission Statement.

At St. Haralambos Church, members are also stewards, caretakers of this parish, and of one another. Using the gifts and talents God has given us, our responsibility is to use them to glorify God and benefit others.

There is a place for everyone at St. Haralambos Church. Have you found yours?

Lenten Services

The Community Calendar lists dates and times for the weeknight Lenten services. It's a full schedule, but we hope everyone will make an effort to attend as often as possible.

The Tuesday evening Compline service, which finishes at 7:30 pm, will be followed this year by a series of 30-minute films on the lives of the saints. These enjoyable films will be shown in the church, and really help give a more indepth look into the lives of these Heroes of the Faith.

The schedule of films is as follows:

Tuesday, February 28: Life of St. Anthony

Tuesday, March 6: Life of St. Demetrios

Tuesday, March 13: Life of St. Katherine

Tuesday, March 20: Life of St. Basil

Tuesday, March 27: Life of St. Helen

Tuesday, April 3: Life of St. George

ORGANIZATIONS



Philoptochos

By Reni Milonas, President

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' Matthew 25:40

What a busy month we had! We prepared appetizers and desserts for Vespers and Divine Liturgy in honor of St. Haralambos' Name Day, we decorated the social hall for the 25th Anniversary of our church, we collected and delivered diapers for the Homeward Bound Diaper Drive, we donated business attire to the Dress for Success program and delivered them to Homeward Bound as well, and we collected \$102 for the Military Family Support Group! This month, the Philoptochos will be hosting the Oratorical Festival dinner on Mar. 31 and there will be a Lenten meal after every Wednesday Pre-Sanctified Liturgy.

If you are interested in helping the poor, sick, and elderly, we would love to have you join us. Remember, there is strength in numbers, and it's a great way to use your spiritual gifts of time, talent, and treasure.

March National Commitments

Orthodox Christian Mission Center

Amount determined by chapter

Support a Mission Priest

- Provides financial support to missionary priests and teams
- Amount determined by chapter

Hellenic College Holy Cross Lenten Event

• Proceeds from Lenten Event

Veneration of the Holy Cross

• Proceeds provide for Hellenic College Holy Cross operational expenses

March Metropolis Commitment

Social Welfare/Emergency Fund

- \$350 or more
- This benevolent fund provides financial aid to anyone in our Orthodox Community

Next meeting is Mar. 5 at 7 pm



Sunday School

By Martha Stithem

Great Lent is upon us now and we parents must take care to include our children and guide them during this spiritual journey. Throughout the Lenten period, there will be several opportunities besides Sundays for parents to bring their children to church with them. It is hoped that more parents will strive to improve their attendance this year. Of course, we Sunday School teachers want to see all of our students in the Sunday School classrooms, too! To help families with their religious education at home, the Greek Orthodox Archdiocese offers a variety of resources at www.lent.goarch.org . There's even a blog for young people to use for their own personal Lenten journey, www.youth.goarch.org . Also, the Antiochian Orthodox website offers many enlightening resources as well, www.antiochian.org . If we parents can be personally motivated and inspired to grow in Christ, then we will be better religious educators for our children.

ORGANIZATIONS

St. Christopher's Bookstore

<u>Perspectives on Living the</u> <u>Orthodox Faith</u> by Anthony M. Coniaris, 1984

"Thank you, Lord, for our faith and the perspective it gives us to look at life always through Your eyes."

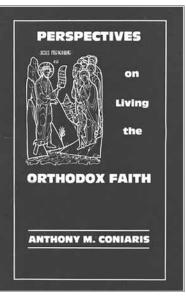
We can view life helplessly as a series of events that happen to us or we can find opportunity and meaning by choosing how to react and think about events. A positive perspective, outlook, or attitude about life allows a person to turn pain and suffering into gain and gratitude. This book presents timely messages about leading a meaningful Orthodox life. The author uses various formats through parables, short stories, quotes, Biblical verses and poetry to write inspiring perspectives toward living.

There are many perils in our society and too many of us have lost our capacity to be shocked by them. Our senses have become dulled by accepting what was once not normal as commonplace. We are exposed to violence on a daily basis, on TV, in sports, in our homes, in games our children play. So violence has now become familiar and comfortable. As a result, we are often desensitized to the world's pain and suffering; we see millions of people starving to death on the news, animals being abused, children being lost and neglected, yet we often go on as if we cannot make a difference. "Our Father in Heaven, keep us from the peril of the familiar...Keep us from getting so used to Your love for us in Christ Jesus that we are no longer moved to live and love, and obey, and serve You with all our mind, heart, soul and strength."

But an even bigger danger than violence in our lives is emptiness in ourselves. "We have a hole in (us). It is deep. It gapes. It is grim. It is the aching void of man's loneliness and emptiness." This is the hole that we try to fill with aimless activity, addictions and materialism. But only God can fill our emptiness. "When Christ comes to dwell within, He frees us from a terrible preoccupation, i.e., that of trying to fill our inner emptiness with boasting and arrogance, or with other people's praise, or by our power. Our emptiness is filled for us by Him!"

The author encourages us to lead life mindfully and with peace of mind. Having a proper perspective is paramount. Ways to do this are explored, some of which include: focusing on ourselves rather than trying to change others; throwing our fears, obsessions, hurts, and regrets into a "spiritual wastebasket;" instead of collecting material things, collecting kindness, love and discipline for these are fruits of the Holy Spirit in us; not tackling multiple problems but identifying one small step in solving one problem at a time, and trying to simplify our lives.

Remembering our temporary existence on this Earth can keep us all sensitive to God's miracles. "Treat each day as the unique gift of God that it is." Live each day as if it were your last. "Now is the day of salvation," says God's word, "Not tomorrow. Live as if Christ were crucified yesterday, is risen today, and is coming tomorrow." If we all followed this, how different would our choices be?



FAMILYNEWS

Sacraments

Congratulations to Jeff Sokol and Kelly Savoy on their wedding held on Saturday, Feb. 18. May God grant them many years of good health and happiness.

Birthdays



Dina Surman (1) Costa Androulakis (2) Mike Papamatheakis (3) Kathryn Macrides (7) Alice Hecht (8) Russell Skocypec (9) Mary Davis (11) James Constant (12) Christopher King (13) Dorothy Masley (14) Martha Stithem (14) Patricia Christie (17) Luke Harris (17) Malia Panousopoulos (19) Nick Milonas (23) Frank Johnson (24) Catalin Munteanu (25) Maria Papamatheakis (25) Argiro Selles (25)

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.

Soul Food Fasting

During this Lenten period, let us all keep in mind the purpose of fasting. The goal is not to see if you can go 40 days without meat or dairy products; it is to get closer to God. Fasting is a tool which aids us in our spiritual growth. Through denying our selves, we draw closer to Christ. Therefore, we should not over indulge in anything. Eating small amounts or nothing helps us fight against our own demons, (pride, anger, gluttony, lust, greed, and etc). These are the things we should focus on eradicating from our lives, decreasing them as much as possible during this Lenten season. Through fasting and prayer, God can change our lives.

The Prayer of Saint Ephraim

O Lord and Master of my life, deliver me from the spirit of laziness, meddling, vain glory, and idle talk. Grant to me, Your servant, the spirit or prudence, humility, patience, and love. Yea, Lord and King; grant me, that I may see my own faults, and to not judge my brother, for You are blessed to the Ages of Ages. Amen.

Greek Festival

There will be a Festival Committee meeting on Saturday, Mar. 17 from 9 to 10:30 am. If you are interested in being a part of the 25th Anniversary Festival and have creative ideas that you think will improve our event, please mark your calendar and join us. Hope to see you there!



OPA! Pam Lemons

Name Days

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

- St. Theodotos (2nd)
- St. Mark (5th)
- St. Theophylaktos (8th)
- St. Symeon the New
- Theologian (12th)
- St. Aristobulos (15th)
- St. Panharios (19th)
- St. Myron (20th)
- St. Euthymios (22nd)
- St. Parthenios (24th)
- St. John of the Ladder
 - (Climacos) (30th)

MARCH 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6	1 7:00pm Choir	2 7:00pm Akathist Hymn (1st stanza)	 3 9:00am Divine Liturgy 3rd Saturday of the Souls 12:00 Missions Pressentation at Holy Trinity
4	2	9	7	00	6	10
8:45am Matins 10:00am Divine Liturgy 1st Sunday of Lent			000			
Sunday of Orthodoxy 6:00pm Lenten Vespers	7:00pm Philoptochos	7:00pm Compline Service	6:00pm Pre-Sanctified Divine Liturgy	7:00pm Choir	7:00pm Akathist Hymn (2nd stanza)	
11 8:45am Matins 10:00am Divine Liturgy 2nd Sunday of Lent	12	13	14	15	16	9:00am Festival meeting
Parish Oratorical Festival 6:00pm Lenten Vespers	7:00 Parish Council	7:00pm Compline Service	6:00pm Pre-Sanctified Divine Liturgy	7:00pm Choir	7:00pm Akathist Hymn (3rd stanza)	
18	19	20	21	22	23	24
8:45am Matins 10:00am Divine Liturgy						
3rd Sunday of Lent IOCC Tray			6:00pm Pre-Sanctified			
6:00pm Lenten Vespers		7:00pm Compline Service	DIVINE LINUGY	7:00pm Chair	7:00pm Akathist Hymn (4th stanza)	
8:45am Matins	26	27	28	29 20 20	30	31
Annunciation to the Theotokos						3:00pm District Oratorical
4th Sunday of Lent 6:00pm Lenten Vespers	6:00pm Youth Night 7:00pm Executive Council	7:00pm Compline Service	6:00pm Pre-Sanctined Divine Liturgy	7:00pm Choir	7:00pm Akathist Hymn (complete)	IESIIVAI

Stewardship



Parish Families Making a 2012 Stewardship Pledge

2012 Pledge Update

Number of Pledges: 135 Amount Pledged: \$100,778 Average Pledge: \$747

Costa Androulakis Kimon & Dorothy Ayan **Christine Batalis** Peter & Lois Batalis Jean Baxter Chris Birtsas John Callas and Alice Zeng Kalliope Chafoulias Sue Charbel Maria Christian **Roy Christian** George & Patricia Christie James Constant *Marc & Zondra Cooper **Florence Curran** Michael & Chryss Danielek Val Danos Mary Dascalos **Charles & Mary Davis** Bill DeMoss Charles DeMoss Chris DeMoss John & Marjorie DeMoss Arliss Dennison Aphrodite Devolites Zoee Dress Lola Durand David & Luta Durgam **Ron & Sandra Dutton** Gale & Paula Farr Jeff & Judy Farr **Olga Fredericksen** Michael & Kay Fulghum Dennis & Victoria Georgen **Dennis & Shirley Germenis** William & Elaine Winn Anna Giles **Demetrios & Magda Gryparis** *Helen Haidopoulos **Evelyn Hansen** Angela Hapgood Steve Hargan Mary Harrington Christina Harris *Timothy & Kathleen Harvey Alice Hecht Don & Andriana Henson Alvin & Jeannette Hollander Melani Ioannou Judy Jolly June Joynson James & Alice Kambanos Dimitri & Angeliki Kapolas Leon & Sophia Karandreas John & Mary Karavaras *Annette Karones Julie Karoutas **Christopher & Chrissy King** Laine Kinney Robert & Anna Kinniburgh Chris & Lourdes Kotsobeis Esther Lampropoulos **Tom Langas** Estelle Lazzelle Pam Lemons Larry & Sharon Magnani Maria Maniatis Arthur & Mary Manos **Theodore Manos Dorothy Masley**

Despina Medina Peter & Jackie Michas George Miller Dan Milonas Dean & Reni Milonas Ann Morley Irene Nathanson and Christine Gerou Toula New Gary & Yvette Nicholas, Sr. Ethel Nicholas Penny Obren Marius & Stella Pagos Spero & Michele Pagos **Catherine Pallad** Fr. Michael & Kristin Pallad **Tony & Ruth Panousopoulos** *Stavros Papadakis Ioannis & Erini Papamatheakis Maria Papamatheakis Mike & Stefania Papamatheakis Louis & Arleen Pappas Georgia Pikoula **Terry & Chrissy Pritchard** *Ted Quintas **Ronnie & Koula Ratliff** Nikita & Josette Reisler Peter & Lauren Retsinas William & Brittany Retsinas Mary Robbins **Dutch & Eve Rosenberg** Bereket & Nardos Russom **Duane & Nadia Schepers Connie Scouffas**

William McBride

Charlotte Servetas John & Jean Sgouros John & Catherine Simmons Melanie Singleton Russell Skocypec *Bryan & Kathryn Smith *Robert & Morgan Smith *Jeff & Kelly Sokol George & Sharon Speros Emil Sprintz Michael & Jackie Stakias Paul & Martha Stithem George & Irene Stratos Carl & Dina Surman Katherine Tally George & Lisa Theoharatos **Stravros Theoharatos** George & Georgia Trakas Elaine Tsialafos Peter & Lindsay Vardalos Argyro Vasquez Lee & Dorothy Vordos Joseph & Maria Wardzinski Raymond & Emily Wirsing Kenneth & Valla Wrona Raymond & Mary Wysmierski Anna Yacyshyn Alireza & Elaine Yaghooti George & Helen Yannakopoulos Thalia Zorbas

*Indicates new steward family. Updated: 2/26/2012

YOUTH GROUP

Holy Friday Youth Retreat

Friday, April 13 - 10:30 am to 3 pm

Please fill out the following registration form and return it to the church office by April 6.

Holy Friday Youth Retreat Registration Form						
Child's Name	Age	Child's Name	_Age			
Child's Name	Age	Child's Name	_Age			
Parent's Name		Phone Number				
Are you able to help at the retreat? Yes	No	Is your child allergic to nuts? Yes	_ No			

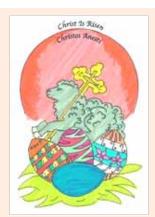
Community Pascha Card

Our Youth Group has been working hard to color this year's Pascha Card. All of the participants did a fantastic job. This year's winners:

1st Place: Catherine Baxter 2nd Place: Christine Hollander

3rd Place: Irene Antonatos

If you would like to add your name to the community Pascha card, please fill out the following form and turn it in to the church office. The cost is \$10 per family and the deadline for returning the form is April 2.



Community Pascha Card

Please include my family's name in this year's Community Pascha Card. Enclosed is my check for \$10.

Names (please print clearly)

Names (please print clearly)

Our next youth group meeting will be held on Mar. 26 at 6 pm. Come early for dinner at 5 pm.



St. Haralambos Greek Orthodox Church 7950 W. Pinnacle Peak Rd. Peoria, AZ 85383 NONPRFT ORG U.S. POSTAGE PAID Permit #209 Peoria, AZ

