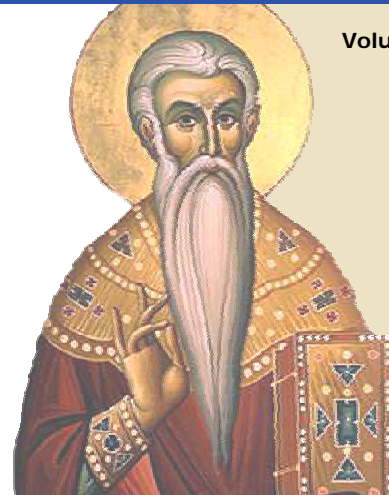


# in Touch

Volume 21, Issue 3

March 2013



The Official Publication of St. Haralambos Greek Orthodox Church

## SUNDAY OF ORTHODOXY FIRST SUNDAY OF LENT

**Arizona Walk  
for Missions • 2**

**Great  
Lent • 3**

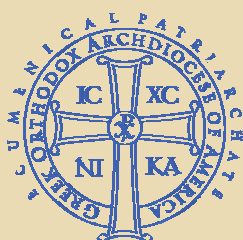
**Weeknight  
Lent Services • 5**

**Family  
Fellowship • 8**

**Youth  
Group • 10-11**



SUNDAY, MARCH 24



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



**ARIZONA WALK  
FOR MISSIONS**



**Please Join Us in 2013!**

**March 30, 2013**

**Kiwanis Park, Tempe, Arizona**



**Walker registration forms available in the church office.**

**FAMILY  
PICNIC**

**Saturday, March 2, 2013**

**10am -2pm**

**Encanto Park**  
**1202 W. Encanto Blvd.**  
(15th Ave. 1 block south of Thomas Rd.)

*Bring Your Own Lunch*  
*Soft Drinks Provided*

Sponsored by the Arizona Council of  
Eastern Orthodox Churches

*Family Games and Activities*





## Great Lent

This month we - and every Orthodox Christian parish throughout the world - begin a season of physical and spiritual discipline and preparation known as Great Lent. Beginning on Monday, Mar. 18, it continues for 40 days, becoming even more intense the week of Apr. 28, and finally concluding very early in the morning on Sunday, May 5.

To help ease into this season, there are additional weeks (including Meatfare and Cheesefare Sundays (Mar. 10 and 17) that call us to gradually eliminate certain foods from our regular diet. This season of preparation, the 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 rewarding 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!

Everyone is invited, on the day before Lent begins, to a delicious pancake breakfast sponsored by our Youth Group. This will take place on Sunday, Mar. 17. There will be a variety of toppings for a variety of different tastes. Proceeds from the breakfast will be put towards the Holy Friday Youth Retreat next month.

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 (and encouraged to attend) the Sunday of Forgiveness Vesper Service on Mar. 17 at 6pm,

which concludes with everyone asking forgiveness from one another.

Please look over the Community Calendar 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 lead a life that is both beneficial to our souls, and pleasing to God.

*Kali sarakosti!* A Greek expression that means may you have a good Lent!

***Parents can help  
and encourage  
children, friends  
can help and  
encourage friends.***



**St. Haralambos  
Greek Orthodox  
Church**

**Rev. Michael Pallad**

[www.stharalambos.org](http://www.stharalambos.org)

### 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

Roy Christian  
David Durgam  
Dennis Georgen  
Timothy Harvey  
Dean Milonas  
Tony Panousopoulos

Peter Vardalos  
Dorothy Vordos  
Lee Vordos  
Ken Wrona  
Russell Zook



## Lay Aside Your Worldly Cares

By Dennis Georgen,  
Parish Council President

Can someone tell me why I should come to Church? I can read the Bible at home and pray whenever and wherever I am. I don't need to come to Church.

I suppose we can't argue with that logic. In fact, we should pray often, wherever we are, as well as read the Bible at home. So why should we come to Church?

Father Michael often reminds us why it is important, not the least of which is the sacramental aspects of participating in the Divine Liturgy as one Church family. And deep down inside, we know we should; that it is the right thing to do, if we believe that there is a God, that is.

Unfortunately, life gets in the way. We get busy with work. We get distracted by other interests. We get involved in a variety of activities. There is a Parable in Chapter 22 of Matthew, where a King gave a wedding banquet for his son and sent his servants to summon the invited guests, but they refused to come. Too busy! And, then, there is so much bad stuff that happens and reported on by the news 24/7 that we might even begin to question.

The text of the Cherubic Hymn asks us to "lay aside all the cares of this life, that we may receive the King of All."

Personally, I look forward to coming to Church on Sunday mornings. It really is a highlight of my week. If for no other reason, coming to Church gives me the opportunity to do just that. I can set aside my worldly cares. I can come find peace

from this crazy world and all of its zaniness. I can recharge my batteries, be renewed and enabled to go back out into the world for another week and deal with the challenges I find every day at work, the issues in my family's life and the noise of living in our world.

Maybe it's because, as Choir director, the hymnography of our Church resonates with me. I would like to believe that the prayers and hymns of the Divine Liturgy move everyone.

For our Parish to become what we state in our Mission Statement; to be "a living presence to those around us," the starting point is for us to prioritize regular attendance at Divine Liturgy. To be here, now; present and accounted for!

It begins with coming early. Until the last few years, I never appreciated the beauty of Matins. In fact, for most of my life I made it a point to avoid coming to Church too early. But I'll let you in on a secret. Some of the most meaningful and beautiful hymns and prayers occur Sunday mornings before most anyone arrives. Come and see.

And it begins with all of us prioritizing regular attendance at weekday services as well. I hate to admit it, but again, for years I avoided attending weekday services. I was too busy. Then, last August I made it a point to attend every one of the Salutation services over two weeks. It was a most uplifting experience for me. Come and see what you might be missing.

As we move into the Triodion period and towards Great Lent, make it a point to prioritize coming to Church more often. Re-charge your batteries every week. Life is easier as a result. Try it. You will see!

## Morning Lent Discussion Group

A weekday lent discussion group will be meeting on Thursday mornings beginning Mar. 21 at 10:30am in the library. The class will be looking through a variety of resources to learn about the rich tradition of prayer, hymns and spiritual readings all with Lenten themes of repentance and spiritual growth as Christians. All are welcome.

## Weeknight Lent Services

Many opportunities to pray together as a church family are available once Lent begins. They begin with the **Vespers of Forgiveness** on Sunday, Mar. 17, 6pm. This service provides an opportunity, at the end of the service, to ask for forgiveness from everyone present. This starts our Lenten journey with a clean heart, which is why the first day of Lent is called Clean Monday.

On Tuesday evenings, we will celebrate **Great Compline** at 7pm. This service will be followed by a 30-minute film on the lives of the saints (Mar. 19: St. Nektarios; Mar. 26: St. Constantine; Apr. 2: St. Paul; Apr. 9: St. Nicholas; Apr. 16: St. Athanasios; Apr. 23: St. John Chrysostom).

On Wednesday evenings, we will celebrate the **Liturgy of the Pre-Sanctified Gifts** at 6pm., followed by a Lenten dinner (no charge), prepared by members of our Philoptochos. Those preparing to receive communion at this

service should not have any food after noon.

On Friday evenings, we celebrate the **Akathist Hymn** at 7pm., also known as the Salutations to the Theotokos. The text is inspirational poetry in honor of the Mother of God and her special role as intercessor on our behalf.

**Saturday of Souls**, three special Divine Liturgies after which Memorial Services are prayed for the repose of the souls of our departed brothers and sisters in Christ, begin on Saturday, Mar. 9 at 9am, as well as Mar. 16 and 23. If you would like the names of departed family members to be included in the memorial prayers, please print them clearly on paper, and place them on the memorial table on the solea at the start of the liturgy.

Everyone should try to attend at least one of each Lenten weeknight service. The weeknight lent service schedule is found in the community calendar.

## Young Adult Lent Group Study

A Lenten study group for young adults will be held on Sunday afternoons beginning Mar. 17 at 2pm in the church library. "Walk in the Light" by Fr. Michael Courey is the text which includes daily readings and exercises for everyone as well as weekly group meetings, held on Sundays at 2pm. The final meeting will be Sunday, Apr. 21.

## Lenten Vespers Services

### The Sunday of Orthodoxy and Annunciation Vespers

March 24th, 2013  
St. George Antiochian Orthodox Church  
4530 E Gold Dust Ave., Phoenix  
602-953-1921

### The Second Sunday of Lent

March 31st, 2013  
St. Katherine Greek Orthodox Church  
2716 N Dobson Rd., Chandler  
480-899-3330

### The Third Sunday of Lent

April 7th, 2013  
St. Sava Serbian Orthodox Church  
4436 E. McKinley St., Phoenix  
602-275-7360

### The Fourth Sunday of Lent

April 14th, 2013  
Ss. Peter & Paul Orthodox Church  
1614 E. Monte Vista Rd., Phoenix  
602-253-9515

### The Fifth Sunday of Lent

April 21st, 2013  
Holy Trinity Greek Orthodox Cathedral  
1973 E Maryland Ave., Phoenix  
602-264-7863

All Vespers Services Begin at 6pm

More Info: [www.arizonaorthodox.org](http://www.arizonaorthodox.org)



## Birthdays



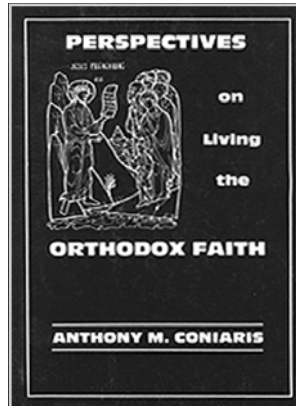
Christina Harris (1)  
Dina Surman (1)  
Costa Androulakis (2)  
Mike Papamatheakis (3)  
Demetrius Hibner (6)  
Kathryn Macrides (7)  
Alice Hecht (8)  
Russell Skocypec (9)  
Mary Davis (11)  
James Constant (12)  
Christopher King (13)  
Dorothy Masley (14)  
Patricia Christie (17)  
Luke Harris (17)  
William Retsinas (17)  
Malia Panousopoulos (19)  
Nick Milonas (23)  
Frank Johnson (24)  
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.

## St. Christopher's Bookstore

### **Perspectives on Living the Orthodox Faith** by Anthony M. Coniaris

A positive outlook or attitude about life is difficult to maintain when one has pain and suffering all around them. But Anthony Coniaris reminds us that we have the ability to live life with purpose and turn our difficulties into gains. Living life with purpose is how we use our God-given talents and help others. In **Perspectives on Living the Orthodox Faith** the author uses parables, short stories, quotes, Biblical verses and poetry to draw us into a spiritual definition of leading an Orthodox Christian life.



The author writes of his concerns with our culture and youth...that our senses are exposed to violence on a daily basis, either directly through crime or war, or indirectly through television and the media. As a result many are desensitized to the world's pain and suffering. Still others live with a huge emptiness. This is the hole that we try to fill with aimless activity, addictions and materialism. But only God can fill our emptiness. Coniaris writes, "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, with simplicity and with peace of mind. Ways to cope with stress 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, and not tackling multiple problems but identifying small steps to solve one problem at a time.

Remembering our temporary existence on this Earth can give us perspective and keeps us 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."

Coniaris' book is the featured novel for March for the Book Club meeting. Join the group and Father Michael in discussion and reflection on Thursday Mar. 21 at 7pm. The Book Club will not meet during the Lent and summer months but look for future In Touch announcements for upcoming meetings.

## Church Library

By Mary Harrington

There seems to be some confusion about the process of checking out library books. I hope I can clarify the process for you.

If you read the instructions at the very top of the form, you will see that:

1. At the very back of the book you will

find an envelope with a check-out card. Fill out the card and put it in the holder on the desk.

2. When you return the book, place it in the box labeled RETURN, etc., etc.

3. I check the library every week, so please follow the instructions.

## Philoptochos

*"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*

This month, we as Orthodox Christians will begin our Lenten journey. After every Wednesday pre-sanctified liturgy the Philoptochos will provide a Lenten meal. If you are interested in hosting a Lenten meal, please contact Valla Wrona. We are taking donations for paper products and plastic ware to serve these additional meals.

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.

Next meeting is Mar. 4 at 7 pm.

### Philoptochos Membership is Due

- National dues: \$15
- Metropolis dues: \$10

- St. Anna's dues: \$10  
(Dues are payable in one check written to the St. Anna's Philoptochos.)

### National Commitments

- Orthodox Christian Mission Center - (Amount determined by chapter.)
- Support a Mission Priest (Amount determined by chapter.) *Provides financial support to missionary priests and teams.*
- Hellenic College Holy Cross Lenten Event (Amount: Proceeds from Lenten Event)
- Veneration of the Holy Cross (Amount determined by chapter.) *Proceeds provide for Hellenic College Holy Cross operational expenses.*

### Metropolis Commitment

- Social Welfare/Emergency Fund (Amount: \$350 or more) *This benevolent fund provides financial aid to anyone in our Orthodox Community.*



## Sunday School

By Martha Stithem, Sunday School Director & Teacher

Great Lent will soon be upon us and we parents must take care to guide our children in this spiritual journey. Throughout the Lenten period, there will be several opportunities besides Sundays for parents to bring their children to church with them. To help families with their religious education at home, the Greek Orthodox Archdiocese offers a variety of resources at [www.lent.goarch.org](http://www.lent.goarch.org). To prepare to hear the Sunday Gospel Readings in church, families can read the following bible verses together in March:

### Sundays of Triodion

- Sunday of the Publican and the Pharisee (Luke 18:10-14)
- Sunday of the Prodigal Son (Luke 15:11-32)
- Meatfare / Judgment Sunday (Matthew 25:31-46)
- Cheesefare / Forgiveness Sunday (Matthew 6:14-21)

### Sundays of Lent

- 1st Sunday of Lent - Sunday of Orthodoxy (John 1:44-52)
- 2nd Sunday of Lent - Sunday of St. Gregory of Palamas (Mark 2:1-12)

## 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)

# ORGANIZATIONS

## Parking Lot Improvements

It is hard to believe that already we have been in our new Church home for three years. Time does pass quickly! Over that time we have improved our property by equipping the kitchen, installing the cooler and freezer, adding trees in front of the building, and installing lighting at the east entrance and over parking areas.



While our Church was new to us, let's not forget that the building was here for a number of years before we took ownership. It is now time for us to seriously consider the required upkeep and maintenance of our beautiful property.

Your Parish Council has developed a general maintenance schedule, as well as identified a list of longer term maintenance priorities. In the near future, we will announce days when routine maintenance work will be

scheduled, and anyone interested in assisting will be invited to help.

This year's priority for longer term maintenance is the re-sealing of our parking areas. It is important that this work is done in the near future. Unlike concrete, asphalt deteriorates over time. If not periodically re-sealed, spidering begins and cracks develop, which, if not addressed, result in pocketing and crumbling of the surface. Where re-sealing is a fairly minor expense, repairing, repaving, and/or replacing large asphalt surfaces becomes quite expensive.

In order to reseal and re-stripe our parking lot, we must raise a minimum of \$5,000 before proceeding with the work. Please see one of your Parish Council Members or speak with Fr. Michael if you wish to make a specified contribution.

## Family Fellowship Dinner

Everyone is invited on Saturday, Mar. 16 at 6pm to the Family Fellowship Dinner. This is a family fun night that includes dinner (Soup and Salad, roll, beverage and dessert), music, games and prizes! Advance ticket sales only,

no tickets sold at the door! Adults: \$10; Children 12 and under: \$5. Deadline to purchase tickets is Sunday, Mar. 10. Tickets available during Coffee Hour on Sundays or by returning the form below (must be received by Sunday, Mar. 10)

### Family Fellowship Dinner Saturday, March 16, 6pm

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

Number Attending:

\_\_\_\_\_ Adults: \$10      \_\_\_\_\_ Children 12 and under: \$5


\_\_\_\_\_ Total Amount Enclosed (Please make checks payable to St. Haralambos Church)

Choice of Soup:      \_\_\_\_\_ Fire Roasted Tomato      \_\_\_\_\_ Chicken Noodle

**Must be received by Sunday, March 10, 2013**



# MARCH 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b> 10:00am Pan-Orthodox Family Picnic Encanto Park
<b>3</b> 8:45am Matins 10:00am Divine Liturgy	<b>4</b>  7:00pm Philoptochos	<b>5</b>  7:00pm Men's Choir	<b>6</b> 	<b>7</b>  7:00pm Bible Study 7:00pm Choir	<b>8</b>	<b>9</b> 9:00am Divine Liturgy 1st Saturday of the Souls 4:00pm Youth Group Italian Potluck
<b>10</b> 8:45am Matins 10:00am Divine Liturgy Meatfare Sunday	<b>11</b>  7:00pm Parish Council	<b>12</b>  7:00pm Men's Choir	<b>13</b>	<b>14</b>  7:00pm Bible Study 7:00pm Choir	<b>15</b>	<b>16</b> 9:00am Divine Liturgy 2nd Saturday of the Souls
<b>17</b> 8:45am Matins 10:00am Divine Liturgy Cheesefare Sunday IOCC Offering Tray 6:00pm Lenten Vespers of Forgiveness	<b>18</b>  Beginning of Lent	<b>19</b>  7:00pm Compline Service 7:30pm Men's Choir	<b>20</b>  6:00pm Pre-Sanctified Divine Liturgy	<b>21</b>  7:00pm Book Club 7:00pm Choir	<b>22</b>  7:00pm Akathist Hymn (1st stanza)	<b>23</b> 9:00am Divine Liturgy 3rd Saturday of the Souls
<b>24</b> 8:45am Matins 10:00am Divine Liturgy 1st Sunday of Lent Sunday of Orthodoxy 6:00pm Lenten Vespers	<b>25</b> 9:00am Divine Liturgy Annunciation to the Theotokos  7:00pm Executive Council	<b>26</b>  7:00pm Compline Service 7:30pm Men's Choir	<b>27</b>  6:00pm Pre-Sanctified Divine Liturgy	<b>28</b>  7:00pm Choir	<b>29</b>  7:00pm Akathist Hymn (2nd stanza)	<b>30</b>
<b>31</b> 8:45am Matins 10:00am Divine Liturgy 2nd Sunday of Lent 6:00pm Lenten Vespers						

# YOUTH GROUP

## Holy Friday Youth Retreat

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

**Games, Lessons, Activities and Lunch**

Please fill out the following registration form and return it to the church office by April 28.

Letters excusing students from school for this religious holiday are available at the church office.

### Holy Friday Youth Retreat Registration Form

Child's Name	Age	Food Allergies
		yes no
		yes no
		yes no
		yes no

Are you able to help at the retreat? Yes \_\_\_\_ No \_\_\_\_

## Community Pascha Card

The time has come again for our annual Youth Group Community Pascha Card.

The proceeds of the card will go to benefit our Youth Group Holy Friday Retreat, which will be held on May 3 from 10:30pm to 2:30pm.

If you would like to add your name to the card and support the youth group, please fill out the form below and return it to the church office no later than Apr. 15.

The cost is \$10 per family.



### Community Pascha Card

Please include my family's name in this year's Community Pascha Card.

Enclosed is my \$10.00 payment.

\_\_\_\_\_  
name as you would like it to appear on the card

The Youth Group THANKS YOU for your support!