

in Touch

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The Official Publication of St. Haralambos Greek Orthodox Church

7-Week Spiritual Journey of Great Lent

Begins Monday, March 3

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Let's take the Journey Together

See Inside for: Calendar of Services, Discussions, Presentations and Events

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

FOREVER YOUNG

St. Anthony's Monastery in Florence

Dear fellow seniors, yes that means anyone 50 or older, we are planning a beautiful trip to St. Anthony's Monastery in Florence, Arizona on Saturday, Mar. 15.

We will meet at church and together go to St. Anthony's for our tour of the monastery. We have been invited to have lunch at the Monastery, and afterwards take the tour at our leisure; we will have some personal quiet time in order to revisit some of the chapels or grounds, the bookstore & gift shop or simply to meditate. It has also been arranged, to visit the Windmill Winery in Florence for an afternoon tour and wine-tasting. The cost of the wine-tasting will be \$10, payable at the winery.

We will be leaving from St. Haralambos at 8 a.m. and returning early evening.

Cost for bus trip: To be determined. We will be renting a 15 passenger van for the day, and if need be we can also car pool, depending on how many sign up. We will share the cost of the rental and the gas. I will notify all once cost is determined.

Please make your reservations ASAP; space will be limited; do not be left behind, contact Julie at 623-972-2382 or juliekaroutas@gmail.com. Julie will also be available at church following the service.

Please note: first consideration will be given to those who had signed up for the November trip, but had to be cancelled. Instructions for proper dress will follow.

Please plan to join us for this spiritual journey; you will not be disappointed!

Saturday March 15, 2014



YOUTH GROUP



The kids in the youth group had a great time on our family hike! Thank you to all who came!

The Youth Group will be participating in a service project on Saturday, Mar. 8 from 9-11 at Valley View Food Bank. Please meet at 9

a.m. in front of the food bank so we can go in together. The address is 10615 W. Peoria Ave, Sun City. Everyone in our parish is invited to participate with us.

2014 Pan-Orthodox LENTEN VESPERS

All Vesper Services Begin at 6 p.m.

The Sunday of Orthodoxy | March 9, 2014
Holy Trinity Cathedral
1973 E. Maryland Ave., Phoenix 602-264-7863

The Second Sunday of Lent | March 16, 2014
Assumption Church
8202 E. Cactus Rd., Scottsdale 480-991-3009

The Third Sunday of Lent | March 23, 2014
St. Sava Church
4436 E. McKinley St., Phoenix 602-275-7360

The Fourth Sunday of Lent | March 30, 2014
Ss. Peter & Paul Church
1614 E. Monte Vista Rd., Phoenix 602-253-9515

The Fifth Sunday of Lent | April 6, 2014
Exaltation of the Holy Cross Church
10030 N. 32nd St., Phoenix 623-693-4639

More Information at: www.azorthodox.org



The Journey of Great Lent

The Guide to the Spiritual Journey of Great Lent is hopefully in the hands of all parish families. The Guide can be useful as a handy reference to all parish Lenten activities, services and studies. Additional copies may be requested from the church office.

This year, the Lenten journey begins on Sunday evening, Mar. 2, at 6 p.m. with the Vespers of Forgiveness. (Please see the Community Calendar for additional Lent events.) Both Eastern and Western Easter fall on the same date this year, celebrated on Apr. 20.

Of course, the Journey of Great Lent is not limited to fasting! It is a multi-faceted spiritual journey designed to help us grow in our faith and practice as Christians, and involves the practice of Fasting, Works of Charity and Prayer. Families are encouraged to discuss their Lenten plans together. Family support is very helpful.

Our focus should be on spiritual growth, which is a positive experience, even in the midst of spiritual discipline such as fasting and more frequent prayer. Read how Fr. Alexander Schmemman, noted Orthodox theologian and author of blessed memory, uses the term “Bright Sadness” to describe the Lenten journey:

“The general impression, I said, is that of “bright sadness.” Even a man having only a limited knowledge of worship who enters a church during a lenten service would understand almost immediately, I am sure, what is meant by this somewhat contradictory expression. On the one hand, a certain quiet sadness permeates the service: vestments are dark, the services are longer than usual and more monotonous, there is almost no movement. Readings and chants alternate yet nothing seems to “happen.” At regular intervals the priest comes out of the sanctuary and reads always the same short prayer, and the whole congregation punctuates every petition of that prayer with prostrations. Thus, for a long time we stand in this monotony – in this quiet sadness.

But then we begin to realize that this very length and monotony are needed if we are to experience the secret and at first unnoticeable “action” of the service in us. Little by little we begin to understand, or rather to feel, that this sadness is indeed “bright,” that a mysterious transformation is about to take place in us. It is as if we were reaching a place to which the noises and the fuss of life, of the street, of all that which usually fills our days and even nights, have no access – a

place where they have no power. All that which seemed so tremendously important to us as to fill our mind, that state of anxiety which has virtually become our second nature, disappear somewhere and we begin to feel free, light and happy. It is not the noisy and superficial happiness which comes and goes twenty times a day and is so fragile and fugitive; it is a deep happiness which comes not from a single and particular reason but from our soul having, in the words of Dostoevsky, touch “another world.”

Spiritual growth can't be hurried, beautifully packaged in a 15-minute home study course; at least, not according to the 2,000 year-old tradition of

Orthodox Christianity. It takes our full attention, and progresses slowly and steadily.

No one can rightly call the Lenten Journey a quick and easy one. It does take effort like most worthwhile endeavors. May your 2014 Lenten Journey be an inspirational experience of spiritual growth.

No one can rightly call the Lenten Journey a quick and easy one.



**St. Haralambos
Greek Orthodox
Church**

www.stharalambos.org

Rev. Michael Pallad

Sunday Worship

Matins: 8:45 a.m.
Divine Liturgy: 10 a.m.

Office

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Office@StHaralambosAZ.com
FrMichael@StHaralambosAZ.com

Hours

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

Parish Council

David Durgham
Dennis Georgen
Timothy Harvey
Lali Mekvabishbili
Russel Skocypec

Dorothy Vordos
Lee Vordos
Russell Zook

Sunday Coffee Hour

Thank you to our coffee hour hosts/sponsors.

February

- 2: Sue Charbel – Barbara Hartsel – Thalia Zorbas
- 9: Helen & George Yannakopoulos – Mary Manos
- 16: Anna & Bob Kinniburgh – Georgia & George Trakas – Ababei Family
- 23: Emil Sprintz

March

- 2: Penny Obren
- 9: Available
- 16: Nardos Russom – Lydia Soloman
- 23: Available
- 30: Ted and Donna Manos

April

- 6: Paula & Gale Farr
- 13: Philoptochos Fish Luncheon
- 20: Pascha
- 27: Julie Karoutas

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



Lent Studies and Classes

Everyone is invited and encouraged to attend two Lenten study/discussion groups beginning this month. On Tuesday evenings following the 7 p.m. Compline service, a 30-minute video on the lives of the saints of the Church will be shown in the Church. Refreshments and discussion will follow. The first video will be on the life of St. Haralambos, and a different saint will be featured each week. The final

Tuesday evening, Apr. 8, will be on the Monks of Mt. Athos, 60-minutes TV profile.

On Wednesday mornings at 10:30 a.m., a Lenten bible study will take place in the conference room. The themes of this study are Reflections on Living the Christian Life, and will be based on the bible readings from the Sacrament of Holy Unction.

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.

To prepare to hear the Sunday Gospel Readings in church this month, families can read the following bible verses together and click on links to the archdiocese website for articles explaining the commemorations of each Sunday in Lent:

- **4th Sunday of Triodion** (Cheesefare)/Forgiveness Sunday (Matthew 6:14-21)
Archdiocese website: lent.goarch.org/forgiveness/learn/

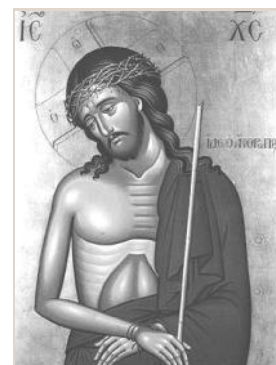
Sundays of Lent

- **1st Sunday of Lent** - Sunday of Orthodoxy (John 1:43-51)
Archdiocese website: lent.goarch.org/sunday_of_orthodoxy/learn/

- **2nd Sunday of Lent** – Sunday of St. Gregory of Palamas (Mark 2:1-12)
Archdiocese website: lent.goarch.org/saint_gregory_palamas/learn/
- **3rd Sunday of Lent** – Veneration of the Holy Cross (Mark 8:34-9:1)
Archdiocese website: lent.goarch.org/sunday_of_the_cross/learn/
- **4th Sunday of Lent** – Sunday of the Ladder of Divine Ascent (Mark 9:17-31)
Archdiocese website: lent.goarch.org/saint_john_climacus/learn/

Sunday School Monetary Donations

Request: The Sunday School is requesting monetary donations to fulfill a Wish List of teacher requested items for our classrooms and students. Any monetary donation to Sunday School would be greatly appreciated and may be tax deductible.



St. Anna's Philoptochos Society

By Valla Wrona, President

"Draw near to God and He will draw near to you." (James 4:7)

We had a small meeting on Feb. 3, but we were very happy to welcome a new member, Donna Manos!

Even with the small meeting, we were able to cover our first two weeks for the Lenten dinners following the Pre-sanctified Liturgy on Mar. 5 and Mar. 12. Mar. 5 is being covered by Jeannette

Hollander and Lindsay Vardalos and Mar. 12 by Edna Nicely and Anna Kinniburgh. We still have the next four weeks open. Please contact Valla Wrona to sign up. Donations will be accepted at each meal and all proceeds will benefit Holy Cross Seminary.

Please check the In Touch and Sunday bulletins for the Lenten service schedule.

Enjoy your spiritual Lenten journey!

Caring Friends

Resource Presentation

The Caring Friends Ministry will be sponsoring a resource education opportunity to all parishioners on Mar. 16 after liturgy, during coffee hour. A speaker from MD 24 will talk about their in-home health related services to seniors.

These house call services are geared to the elderly and those with transportation challenges who need primary care, urgent care, psychiatric care, wound care, or optometry and podiatry care. Medicare, Medicaid, and insurance is accepted at no additional cost.

Orthodox Study Group

Because of multiple activities and services during lent, bible study will not be held for most of March and April. Father Michael will be doing educational

services on Tuesday evenings and Wednesday mornings during lent. We will resume Orthodox Bible study again in early May.

Sacraments

Congratulations to Jeff and Kelly Sokol on the baptism of their son, Emmitt James, on Saturday, Feb 22. The

godfather is Tyler Savoy. Many years of good health and happiness to the newly-baptized Emmitt!

Name Days

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

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

Birthdays



- Dina Surman (1)
- Costa Androulakis (2)
- Mike Papamatheakis (3)
- Demetrius Hibner (6)
- Kathryn Macrides (7)
- Alice Hecht (8)
- Rana Nahhas Samawi (9)
- Russell Skocypec (9)
- Mary Davis (11)
- Peter Batalis (13)
- Peter Gavrilidis (13)
- 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)
- Eleni Haidopoulos (30)
- Shawna Tremoulis (30)

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.

MARCH 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:45am Matins 10:00am Divine Liturgy Cheesefare Sunday Parish Oratorical Festival 6:00pm Vespers of Forgiveness	3 Beginning of Lent (Clean Monday) 7:00pm Philoptochos	4 7:00pm Compline Service Video and Discussion	5 10:30am Lenten Bible Study 6:00pm Pre-Sanctified Divine Liturgy	6 7:00pm Choir	7 7:00pm Akathist Hymn (1st stanza)	1 9:00am Divine Liturgy 2nd Saturday of Soul
9 8:45am Matins 10:00am Divine Liturgy 1st Sunday of Lent Sunday of Orthodoxy 6:00pm Lenten Vespers	10 7:00pm Parish Council	11 7:00pm Compline Service Video and Discussion	12 10:30am Lenten Bible Study 6:00pm Pre-Sanctified Divine Liturgy	13 7:00pm Choir	14 7:00pm Akathist Hymn (2nd stanza)	8 9:00am Divine Liturgy 3rd Saturday of Souls 10:30am Festival Meeting
16 8:45am Matins 10:00am Divine Liturgy 2nd Sunday of Lent IOCC Offering Tray Resource Presentation 6:00pm Lenten Vespers	17	18 7:00pm Compline Service Video and Discussion	19 10:30am Lenten Bible Study 6:00pm Pre-Sanctified Divine Liturgy	20 7:00pm Choir	21 7:00pm Akathist Hymn (3rd stanza)	22
23 8:45am Matins 10:00am Divine Liturgy 3rd Sunday of Lent 6:00pm Lenten Vespers	24 7:00pm Executive Council	25 9:00am Divine Liturgy Annunciation to the Theotokos 7:00pm Compline Service Video and Discussion	26 10:30am Lenten Bible Study 6:00pm Pre-Sanctified Divine Liturgy	27 7:00pm Choir	28 7:00pm Akathist Hymn (4th stanza)	29
30 8:45am Matins 10:00am Divine Liturgy 4th Sunday of Lent 6:00pm Lenten Vespers	31					