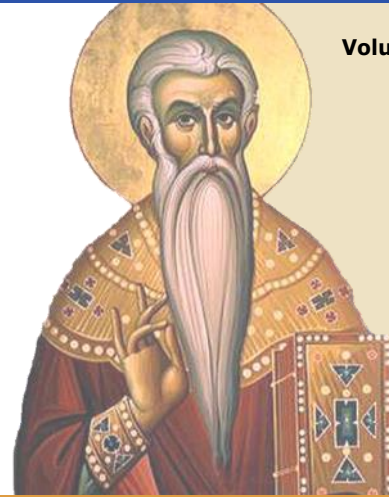


in Touch

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The Spiritual Journey of Great Lent



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

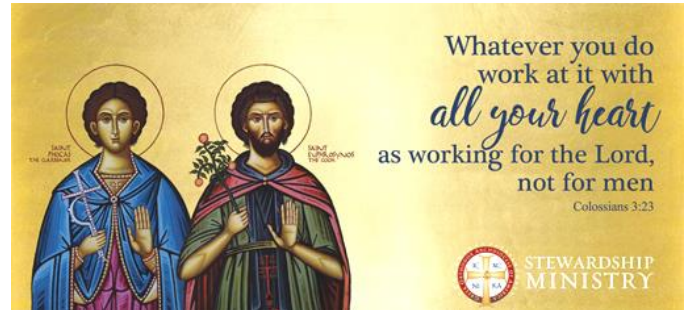
Stewardship

The goal for 2018 is to have all parish families become Good Stewards of Saint Haralambos Church. This means carefully completing the 2018 Stewardship brochure, making sure your family information is correct, making a financial pledge for the year, and becoming involved in parish ministries.

When we recognize that everything we have: health, wealth, time and talents, are all gifts from God, there should be no hesitation in using those gifts to build up His Church and to glorify His name. To exercise good stewardship is to use God's gifts in ways that glorify Him and build up His Church. This means using our gifts for the benefit of others, giving a portion of our time and treasure for the strengthening of the Church. When a person realizes his dependency on God's blessings, sharing

them with others and through His Church is a very natural and joyful response.

If needed, new/blank Stewardship brochures are available on Sundays.



Adult Education: Journey to Fullness

All are invited and welcome to attend the final four sessions of the Journey to Fullness classes on Tuesday evenings following the compline service at 7 pm. The video presentations and discussions will take place in the Fellowship Room.

The remaining topics are: Salvation as Participation; Orthodox Worship; A Beautiful Rhythm; and The Journey Continues.

Missions Possible

The annual appeal to raise funds for the Missions Department of our Metropolis runs from the beginning of Lent through Pentecost Sunday. The "Missions Possible" campaign (formerly "Mochas for Missions") helps to grow Orthodoxy in America and everyone is encouraged to help

by offering what they can each Sunday in the collection cups on the tables in the Fellowship Room.

May God bless and strengthen your Lenten Journey!



Greek Festival

Many thanks to all our volunteers for helping with our 31st annual Greek Festival! With the wonderful weather, great crowds, and the best Greek food and pastry available anywhere, this was one of our most successful festivals ever.

Thank you to all the booth chairmen, set-up and tear-down volunteers, and, above all, to Alvin and Jeannette Hollander as co-chairs for this year's festival.

A "Job-Well-Done" to all!



The Lenten Discipline

Great Lent in the Orthodox Church calls us to focus on three primary spiritual disciplines: Prayer, Fasting and Works of Charity. Here are some thoughts for practical applications of each.

Prayer

Before meals, at the start of the day, for the health of others, in times of sorrow or for expressing thanks, prayer is our time with God. Either with the aid of printed prayers or in our own words, the first discipline of the Lenten Journey is prayer. Try to establish a daily Rule of Prayer. This means praying at the same time each day or each evening. It might be difficult at first, but stick with it, make it a priority, and you'll find it becomes more fulfilling as time goes on.

The questions about prayer that many ask usually have to do with wondering whether or not God is really listening, and whether or not we will hear an answer. The answer the Church offers has always been that God hears and answers prayers; but if you don't make the time for prayer, you might never know. Make your Lenten Journey a time to grow closer to God with regular, heartfelt, prayer.

Fasting

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their

fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you." (Matt.6:16-18)

The Orthodox Church has continually taught the benefits of fasting especially during Great Lent. It

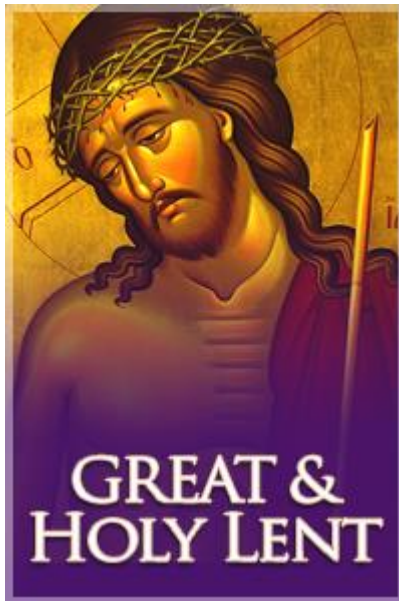
is not meant as a weight-loss system, and shouldn't be seen in a negative light as not being able to eat this or that type of food.

The Orthodox Church calls us to fast during Lent as a form of personal discipline, to move from a desire to please our bodies to nourishing our spirit. Comfort foods, consumed without any self-control, can quickly result in unhealthy weight gain and can lead to a variety of other health-related concerns.

Orthodox Christianity also teaches that fasting is not just about food, but behavior as well. From the writings of St. John Chrysostom: *"...for the honor of fasting consists not in abstinence from food, but in withdrawing from sinful practices; since he who limits his fasting only to an abstinence from meats, is one who especially disparages it. Do you fast? Give me proof of it by your works!"*

(Continued on page 5)

The Orthodox Church has continually taught the benefits of fasting especially during Great Lent.



**St. Haralambos
Greek Orthodox
Church**
www.stharalambos.org
Rev. Michael Pallad

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

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

Parish Council
Vaughn Bachanos
Olga Carlson
Anna Kinniburgh
Elizabeth Martell
Paul McGinn
Nardos Russom
Solomon Woldesilassie

St. Anna's Philoptochos Society

By Stella Pagos, President

The Easter Lenten season is upon us and I would like to thank the ladies listed below for hosting the Wednesday Pre-Sanctified Dinners we are enjoying. It is very gratifying to come together as a family and share a meal. All donations collected are for the benefit of Holy Cross Seminary which is one of our annual commitments. You are welcome to join us on the following dates.

- Wed. Feb. 21: Anna Kinniburgh and Thalia Christian
- Wed. Feb. 28: Charlotte Servetas and Valla Wrona
- Wed. Mar. 7: Estelle Zaruba and Mary -Elaine McGinn
- Wed. Mar. 14: Angie Cholas and Voula Dodd
- Wed. Mar. 21: Nardos Russom and Andrianna Henson
- Wed. Mar. 28: Elizabeth Martell and Vickie Bowen

We will again be celebrating Palm Sunday with a delicious Fish Luncheon on Sunday Apr. 1. Adult tickets are \$12 each and children under twelve are \$6. Please make your reservations now. On that day we will also be sponsoring a Deli/Bake Sale, so plan to shop for your Easter giving, and enjoy lunch and fellowship!

How You Can Help

- Become a Philoptochos member. Please see Stella or Reni for a form.
- Host a Sunday Coffee Hour. Please see Anna Kinniburgh to sign up.
- Make a free-will donation into the Coffee Hour donation basket.
- Shop at the Deli/Bake Sales.
- Join us at our annual Palm Sunday Fish Luncheon, Apr. 1
- Link your Fry's card to the Fry's Community Rewards Program. (See or call Stella Pagos, 623-975-0027, for more information on how to participate.)

Our next meeting is scheduled for Sunday, Mar. 4 at 12:00 pm.

Sunday Coffee Hour

Thank you to our coffee hour hosts/sponsors.

January

- 4: Genet Tesfay, Almaz Asfaha, Fiori Desta
- 11: FESTIVAL
- 18: Appreciation Luncheon
- 25: Philoptochos

March

- 4: Anna Kinniburgh
- 11: Available
- 18: Obren Family
- 25: Forever Young Group

March

- 1: Palm Sunday Fish Lunch
- 8: Easter
- 15: Available
- 22: Available
- 29: Available



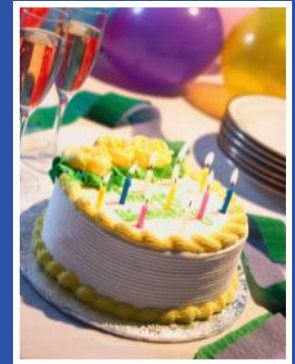
Note: Due to publication printing deadlines, any changes to the coffee hour listings will be noted in next month's newsletter.

Memory Eternal

May God grant everlasting rest to the soul of His servant, Penny Obren, who fell asleep in the Lord on Jan. 31. Funeral services were held at St. Haralambos Church on Feb. 7 with interment at

Sunland Mortuary in Sun City. May our Lord Jesus Christ grant comfort to her family during their time of sorrow, and may her memory be eternal.

Birthdays



- Dina Surman (1)
- Costa Androulakis (2)
- Joselyn Braddock (2)
- Andreas Macrides (3)
- Bayol Balog (5)
- Kathryn Macrides (7)
- Harry Calivas (8)
- Alice Hecht (8)
- Mary Davis (11)
- Sandra Amoroso (13)
- Peter Batalis (13)
- Peter Gavrillidis (13)
- Christopher King (13)
- Dorothy Masley (14)
- Patricia Christie (17)
- William Retsinas (17)
- Malia Panousopoulos (19)
- Estelle Zaruba (19)
- Nick Milonas (23)
- Maria Papamatheakis (25)
- Eleni Haidopoulos (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.

The Lenten Discipline

(Continued from page 3)

So, although fasting is limiting both the amount and types of food we eat during Great Lent, if we still keep anger, hatred and envy in our heart we have missed the point. Why? Because proper fasting teaches us to be more concerned with our spiritual growth, and becoming more like Christ. If our behavior - towards God and one another - does not change as a result of our fasting, all we've done is change our diet.

Fasting is not meant to make us sick, but it should teach us at least two things: 1) we don't need as much food as we're used to eating; and 2) we should pay more attention to our spirit, the type of people we are on the inside.

When the Church calls us to fast, it does so with the intent of changing our focus from the physical to the spiritual, from being self-centered to Christ-centered. The Orthodox Church calls us to embrace fasting as a positive, rather than negative, form of discipline; to see the benefits of filling our soul with Christ through increased reading from the bible, increased time spent in prayer, and increased time spent giving to the needs of others. These are the positive aspects of fasting.

Start your Lenten Fast with prayer, asking God to strengthen your discipline during Lent. Enjoy, in moderation, fast-free foods such as fruits, vegetables, shellfish, grains, legumes and nuts. Remember that your Fast is between you

and God; there is no benefit either to comparing yourself with anyone else or judging the fasting of another.

Works of Charity

"Truly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me." (Matt. 25:40)

The third of the three primary disciplines of the Lenten Journey is Works of Charity, also referred to as Almsgiving. This is what puts our belief and faith into action.

The following are practical, real-life examples all of us can do to show love for our neighbors near and far. Feel free to

participate in these or others of your own choosing.

- Located in Sun City, the Valley View Community Food Bank is always looking for volunteers to help sort and package food boxes.

- Visit www.projectmexico.org and see the many

volunteer and donation opportunities to help support St. Innocent Orthodox Christian Orphanage in Tijuana, Mexico.

- On the international level, become familiar with and support the work of International Orthodox Christian Charities. Visit www.IOCC.org.

(Click on the "[2018 Great Lent](#)" link on our parish website www.sthalarambos.org for more information on Lent services and activities.)



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 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				7:00pm Choir	7:00pm Akathist Hymn (2nd Stanza)	
4 8:45am Matins 10:00am Divine Liturgy Second Sunday of Lent 6:00pm Pan-Orthodox Vespers (Sts. Peter and Paul Church)	5 6:30pm Philoptochos	6 7:00pm Lenten Compline Service 7:30pm Journey to Fullness Class "Salvation as Participation"	7 6:00pm Divine Liturgy Pre-Sanctified Gifts (Lenten dinner following)	8 7:00pm Choir	9 7:00pm Akathist Hymn (3rd Stanza)	10
11 8:45am Matins 10:00am Divine Liturgy Third Sunday of Lent 6:00pm Pan-Orthodox Vespers (St. Sava Orthodox Church)	12	13 7:00pm Lenten Compline Service 7:30pm Journey to Fullness Class "Orthodox Worship"	14 6:00pm Divine Liturgy Pre-Sanctified Gifts (Lenten dinner following)	15 7:00pm Choir	16 7:00pm Akathist Hymn (4th Stanza)	17
18 8:45am Matins 10:00am Divine Liturgy Fourth Sunday of Lent 6:00pm Pan-Orthodox Vespers (Holy Trinity Cathedral)	19	20 7:00pm Lenten Compline Service 7:30pm Journey to Fullness Class "A Beautiful Rhythm"	21 6:00pm Divine Liturgy Pre-Sanctified Gifts (Lenten dinner following)	22 7:00pm Choir	23 7:00pm Akathist Hymn (complete)	24
25 8:45am Matins 10:00am Divine Liturgy Annunciation of the Theotokos 11:00am Parish Oratorical Festival 6:00pm Pan-Orthodox Vespers (St. John the Baptist Church)	26	27 7:00pm Lenten Compline Service 7:30pm Journey to Fullness Class "The Journey Continues"	28 6:00pm Divine Liturgy Pre-Sanctified Gifts (Lenten dinner following)	29 7:00pm Choir	30	31 9:00am Divine Liturgy Lazarus Saturday Lenten Breakfast Palm Crosses