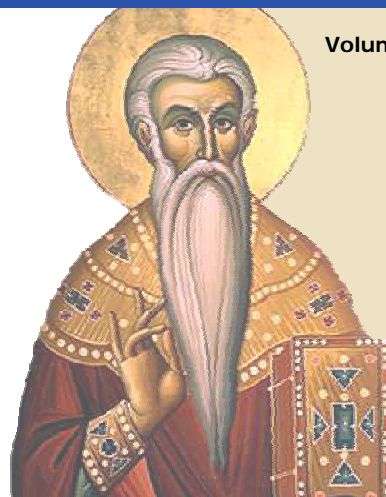


# in Touch

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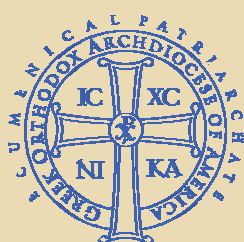
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## Taste of Greece



# 25 Years



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

# 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 **Olga Fredericksen**.

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

**Answer:** 22 years.

**Q: Are you a native Arizonan?**

**A:** I'm originally from San Jose, California and I met my husband Dave at St. Nicholas Ranch in California when we were both camp counselors there. Dave, of course, was from Phoenix. After we got married, we moved here to Phoenix. At first we went to Holy Trinity for about two years before we started coming to St. Haralambos. We both liked the fact that St. H was much closer to our house. After visiting the Church and getting to know a few of the parishioners, we really enjoyed the Church family at St. Haralambos and became stewards here.

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

**A:** I've been involved with many of the groups here at Church. I have been the dance director teaching the youth of our parish Greek folk dances. I have also served as a member of the Parish Council, taught Sunday School, have been

part of the youth group and served as summer camp director for several camps that the Church has organized.



**Q: What are some of your memories of the founding of the parish 25 years ago?**

**A:** We came to this Church several years after it was established, but one of my favorite memories is when we took the youth group and parents, which was about half of the members of the Church, and we all went camping. It gave us an opportunity to go out as a group and we hiked, fished, swam, did crafts, played cards, sat around camp fires and used the time to get to know everyone. This really brought it home to me as the best part of St. Haralambos and that was that we are a family and it shines through from the first time we came together to the present with everyone looking out for each other.

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

**A:** I would like to see a youth group get organized for our junior and senior high school students as well as a group for young adults. These groups would have activities, functions and special programs for each group. We need to take these steps to help retain the youth in our Church so we don't lose them. I would also like to see our Church establish and have an Orthodox school both for our parishioners as well as kids from around the Valley. I would also like to see a more extensive dance program that would be able to use our talented, experienced and older dancers as instructors for the next generation.

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

**A:** I would like to see our Church continue to have a strategic planning committee that is continuously looking for ways to grow and improve our Church with the idea that we would grow in faith as well as quantity and quality.

**Q: Anything else we didn't cover that you would like to add or provide?**

**A:** My love and faith is to see our Church family continue to always act as Christ would in every aspect of our lives.



## Sunday ETA of 9:45am

In support of my weekly Sunday morning announcements, I thought it might be helpful and try to reach others who may not have heard my heartfelt encouragement to adopt a new Sunday morning plan: namely, arriving at Church at 9:45am.

Although the Divine Liturgy does not begin until 10am, arriving those 15 minutes early offers many benefits: they provide extra time for a leisurely walk to the church entrance, entering the Narthex and exchanging greetings with friends, picking up the Sunday bulletin, lighting a candle, venerating the icons, and finding a comfortable seat.

Now, if you are seated by 9:55am, you might hear an unfamiliar hymn being sung by our choir. This is called the Doxology, and is sung every Sunday right before the start of the liturgy. If you'd like to follow along, please pick up the colorful brochure in the seat pocket that contains the text of the Doxology.

You might also want to take a few minutes to look through the Sunday bulletin to see the hymns and readings for the day.

The goal of arriving at 9:45am, of course, is so that you and your family will be seated and ready for the start of the Divine Liturgy at 10am. If, for some reason, you are late to church, don't get discouraged, but continue on your way. Early or late, you will always be warmly welcomed by our friendly greeters when you arrive.

We've all had Sunday mornings that don't go as planned. The children are moving like molasses, spouses are moving like molasses, the car needs gas, "Where's my other shoe!?" etc. Hopefully, those Sundays are the exception; but on the bright side, they are also wonderful lessons in patience.

The Divine Liturgy begins with the exclamation by the priest: "Blessed is the Kingdom of the Father, and the Son and the Holy Spirit, now and always, and forever and ever." It is only said once, never to be repeated, and the people respond with "Amen!" I'd like as many as possible, children and adults, to respond with this first "Amen." It's your opportunity to voice your agreement with that opening exclamation.

I realize that this plea is to form a new and good habit: getting to church at 9:45am. One good way to start? Try it out for a month, and see how it goes.

Here we are at the start of October, typically a pleasant month in the Valley of the Sun. There are four Sundays this month, and the last Sunday is the final day of our annual Greek Festival. An added benefit? If you arrive early to church, you won't have to deal with finding a place to park for the festival, and the rest of the day will go much smoother.

*Give it your best effort, and join with your church family for that first "Amen."*

See if you can arrive at 9:45am each Sunday in October. Plan on it with your family on Saturday evening. Get up a little earlier on Sunday, get to bed a little earlier Saturday night. Calmly help each other and your children on Sunday morning. Give it your best effort, and join with your church family for that first "Amen." You'll be glad you did!



**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  
Dimitri Gryparis  
George Miller  
Dean Milonas

Tony Panousopoulos  
Chris Theotocatos  
Peter Vardalos  
Dorothy Vordos  
Lee Vordos  
Ken Wrona

## Old Friends

Kay Brown and Angie Pappas, formerly of Bloomington, MN, and Sun City, AZ, have recently moved to Florida to be near their daughters.

They would love to hear from their friends at St. Haralambos Church.

You may reach them at:

850-837-1385

2400 Crystal Cove Lane,  
#307

Destin, FL 32550

## What Progress Looks Like

By Dennis Georgen, Parish Council President

By now you likely have heard the news that the sale of our 75th & Greenway property has been completed and the proceeds of just over \$360,000 have been received. As we discussed at our April Special General Assembly, we will, in the next few weeks, apply these and other proceeds towards paying down the current mortgage on our building to \$700,000 and re-finance.

At their September meeting your Parish Council voted to apply for a 20-year fixed loan as opposed to a 10-year. Both have a 5-year term and the same interest rate. We also voted to proceed only with the proviso that we budget for and pay an amount equal to the 10-year amortization schedule. The additional amount we plan to apply towards the principle above the required payments will still be approximately \$620/month less than the \$7,790 we are currently paying.

Moving forward in this way provides our Parish with added cash flow flexibility should we encounter unforeseen financial difficulties, while we focus on erasing our mortgage on an accelerated timeline. This will save us thousands of dollars. Additionally, the Parish Council can vote to pay down the mortgage even more rapidly as additional funds become available in the future.

That we can look forward to burning the mortgage before our Parish's 35th anniversary, or even sooner, is remarkable. Let's not forget, however, that our vision was not to worship in our present building, nice as it is. Our vision, our Leap of Faith, was to erect a Byzantine-style structure for our active and growing Parish family to worship in.

For some years now our Parish has had a website, [StHaralambos.org](http://StHaralambos.org). While the

message of the Gospel is ageless, the ways in which we can reach out continue to evolve. Over the next few months we will be updating our website so that it is more dynamic with current news and more information for you. For example, you can look forward to improved communication from your Church. Each week you will be able to access the Sunday bulletin in advance so that you will know what is happening! There will also be much more information on our redesigned website for those who are curious about the Orthodox Church and want to learn more.

If you are interested in helping us manage our updated and expanded website, or if you have any ideas on how we can leverage today's technology in new, different, and more effective ways, please make it a point to let me know!

Our Parish Mission Statement states that we "*keep, practice and proclaim our Orthodox Christian Faith as a living presence to those around us.*" Our upcoming Taste of Greece festival provides a great opportunity for us to reach out to our neighbors and to let them know who we are. Along with the festival program and menu, this year we will be distributing an insert inviting each of our guests to come back and visit us in worship. The insert, published by the Archdiocese, provides some basic information about Orthodoxy and will be imprinted with the link to our redesigned Parish website where our guests will be able to go for more information.

These are some of the latest examples of the progress we are making at St. Haralambos! I look forward to sharing even more news with you in the coming months.



## Philoptochos

By Reni Milonas, President

*Whoever has a bountiful eye will be blessed, for he shares his bread with the poor. Proverbs 22:9*

We had an excellent turn out at our Philoptochos meeting. Everyone brought something delicious for the potluck and it was so nice to visit and catch up on everyone's summer adventures.

The Sacred Sewing Circle has made and delivered 24 Heart Huggy pillows for the Vascular ICU at Boswell Hospital, and we have made an additional 41 pillows for various other hospitals as well. Our next project is to make lapghans and quilts for our shut-ins. We will meet on Tuesdays at 10:00 a.m. in the library to work on the lapghans and quilts. If you are interested in this new ministry, please come and

enjoy the productive fellowship. The Sacred Sewing Circle would gladly accept any donations for the purchase of yarn or material.

### Commitments Due for October

- National Philoptochos Emergency Fund (*Enables Philoptochos to respond immediately to national or international disasters.*)
- Women's Health and Wellness (*This benevolent fund provides financial aid to anyone in our Orthodox Community.*)

Due to the festival preparations and the festival itself, our next meeting will be Nov. 12 at 7 pm, Bunco will follow the meeting. Please provide a white elephant gift if you plan to play.



## Youth Group

By Lindsay Vardalos

We had a great turnout on our first Youth Night, which was held on Saturday, Sep. 8. The kids first heard a story about the life of the Theotokos and then created an icon to take home which they were able to "bling." The kids had a great time crafting! We then went into the church and Father Michael discussed the different names for the Theotokos with the kids and explained why John the Baptist is shown with wings on the iconostasis (because of St. John's role as the "Forerunner," the one who had a message from God, as all angels have, and who announced the presence of the Messiah when Jesus came to be baptized at the Jordan River). The kids then participated in a small service where they took turns doing the readings in church, followed by a delicious salad bar

dinner. Thank you to all who helped make our first Youth Night this year a success!

Our next meeting will be on Saturday, Oct. 13 from 4 to 7 pm in the social hall at church. Kids of all ages are invited as we continue learning about the Theotokos. Our potluck theme will be Mexican food and we will be having ice cream for dessert. We hope to continue having a great turnout!

Mark your calendar for these next few dates:

- Oct. 13 from 4-7
- Nov. 10 from 4-7
- Dec. 8 - time and service project will be announced in the November in Touch newsletter

## St. Christopher's Bookstore

By Irene Nathanson

### **The Screwtape Letters** by C.S. Lewis

*"Fallen man is not simply an imperfect creature who needs improvement: he is a rebel who must lay down his arms." C.S. Lewis*

If you're looking for provocative wit, dark comedy, or a wildly different read, this novel by C.S. Lewis has them all. It is a collection of letters from Screwtape, the devil's assistant, to his nephew, Wormwood, who is learning how to tempt and attain human souls for "Our Father Below."

At times light and hilarious and other times deep, sarcastic, and serious, this correspondence delves into the nature of evil. Lewis keeps you on edge as a wise and worldly

Screwtape counsels his novice nephew on demonic strategies and mind games to win "patients" from the "Enemy." Recommended tools to use on "the humans" are fear, hate, confusion and anxiety. Screwtape often refers to obedience as a "terrible habit," and encourages Wormwood to promote the "historical Jesus."

Ingeniously written, C.S. Lewis deals with the delicate and complex topic of evil in an engaging and thought-provoking way.

### **St. Haralambos Book Club**

Starting in October, St. Haralambos will be starting a book discussion group that will meet monthly to discuss a featured novel. The first meeting will be held Oct. 17 in the church library room at 6:30 pm

to discuss C.S. Lewis' book The Screwtape Letters. We look forward to sharing reactions, thoughts, and impressions as well as having fun fellowship. The book for discussion at November's meeting will be We Came, We Saw, We Converted: The Lighter Side of Orthodoxy in America by Joseph David Huneycutt. For more information about the Book Club you can email Lali at [lali.mekvabishvili@gmail.com](mailto:lali.mekvabishvili@gmail.com).

### **St. Christopher's Gift Shop**

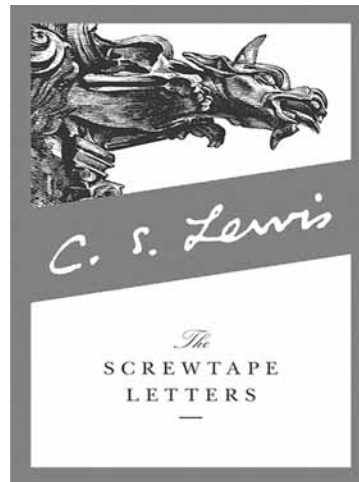
The next time you pass the bookstore come in and see the amazing selection of items we offer for sale from nightlights, to books, to prayer cards, jewelry and much more. We have recently replenished our supply of icons and have a beautiful and inspiring array of these "windows

into Heaven." Icons are pictorial representations of Jesus Christ, the Virgin Mary and the Holy Saints. Icons can also depict biblical scenes and parables. Not only are icons the visual theology of the church but they offer comfort and religious symbolism for the Christian home.

If there is an item you'd like but cannot find, contact Lali.

### **Soul Food**

"As disobedience was the cause of man's fall, so obedience will be the cause of man's rising to his former state. That is why Jesus was completely obedient to the Father." From The Great I Came's of Jesus by Anthony M. Coniaris



## ***Name Days***

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

St. Ananias (1st)  
 Sts. Cyprian and Justina (2nd)  
 St. James (9th)  
 St. Philip (11th)  
 St. Lazaros (17th)  
 St. Luke (18th)  
 St. Gerasimos (20th)  
 St. James (Iakovos) (23rd)  
 St. Sebastiane (24th)  
 St. Demetrios (26th)

## Sunday School

By Martha Stithem, Sunday School  
Director & Teacher

### Ministry Involvement

It is a blessing to have new and returning volunteers contribute their Time, Talent, and Treasure to the Sunday School Ministry. Involvement from parents and parish members is very important to the ongoing religious education of our children. To all who have been willing and able to participate in one way or another, thanks so much for your contribution.

Although we had a good start in September, we still have a need for volunteers in these areas: 7th-12th Grade Monthly Teacher Pool; 4th-6th Grade Teacher Assistant, Substitute (any grade); Snack Volunteer Coordinator; Christmas Pageant Director & Volunteers.

Planning for the Christmas Pageant will begin soon, so if anyone is willing and able to coordinate this program or offer help in any way, please notify Martha Stithem at [mjstithem@cox.net](mailto:mjstithem@cox.net).

## Bible Study and Book Club

Please note that the Orthodox Bible Study Group will start for the first time this season on Wednesday Oct. 31 at 7 pm at the church

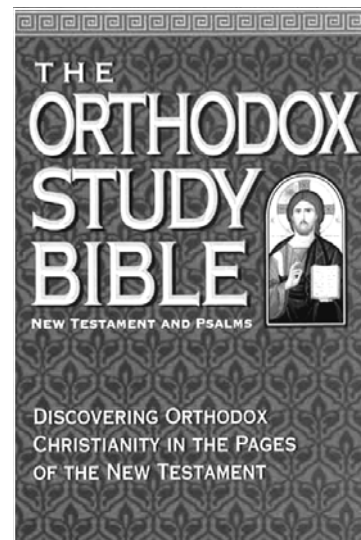
All members and ages are invited to attend. We will be continuing to review and study the gospel of John. People who have not previously participated can easily start up with us at that time.

The schedule for the bible study group and book club is as follows:

- Wed, 10/17, first book club

- Wed, 10/31, first bible study
- Wed, 11/07, bible study
- Wed, 11/14, bible study
- Thurs, 11/29, book club
- Thurs, 12/06, bible study
- Thurs, 12/13, bible study
- Thurs, 12/20, book club

If anyone has any questions please do not hesitate to call or email Ted Manos: [tedmanos@zona.net](mailto:tedmanos@zona.net), 623-698-6078.



## Prosfora Baking Lessons

By Christina Harris

Hear ye, hear ye, Ladies and Gentlemen also! This is an invitation to sign up for prosfora bread baking lessons here in our kitchen. This is a blessing for a family to offer the bread (prosfora), which will be used to prepare for Holy Eucharist. Please sign up at church; I will have a sign-up sheet for you. At this time, my thanks to those who prepared the prosfora while I was on vacation. Thank you, Ethel, Anna, and Edna in Christian love.

### Prosforo Prayer

This bread that we have baked represents each one of us in this family and in our congregation. We are offering ourselves to You, our very life in humble obedience and total commitment to You.

We place ourselves on Your holy altar through this bread to be used by You in any way You feel will help enlarge Your kingdom!

Accept our gift and make us worthy to receive the greater gift that You will give us when You consecrate this bread and give it back to us as Your Precious Body. Amen.

# ORGANIZATIONS

## *Birthdays*



Jackie Michas (2)  
Aristi Ballas Baroutas (4)  
Sandra Dutton (5)  
Banna Tesfay (5)  
Athena Papamatheakis (11)  
Dutch Rosenberg (13)  
Arleen Pappas (14)  
Theodore Manos (15)  
Ammiel Desta (18)  
Joseph Durgam (21)  
Carl Surman (23)  
Stavroula Papamatheakis (26)  
Gus Macrides (27)  
Nikita Reisler (31)  
Lindsay Vardalos (31)

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.

## Taste of Greece Festival

October 26, 27, 28

By Pam Lemons, Chairman

In just a few short weeks, the 25th Anniversary "Taste of Greece" Festival will be underway and our focus will shift from planning and preparation to sharing our culture, hospitality and faith to the community.

However, there are still many areas in which volunteers are needed - pre-Festival baking and food preparation, flyer distribution, set-up, etc. If you are planning to work in one of the food booths and have not yet obtained a food handler's card, information on how to obtain your card can be found on the following

website: <http://www.maricopa.gov/EnvSvc/EnvHealth/SpecProg/FoodWorker/FoodWorker.aspx>

As in previous years, the north parking lot will be designated for volunteer workers during the Festival and the general public will park in the south/east lot. Handicapped volunteer parking will be available on the west side of the Church building.

Share the Festival dates with your friends and family. And when the Festival gate opens on Friday, October 26th, let's show our guests the best Taste of Greece ever! OPA!



## Festival Imports/Deli

We are the only Greek Orthodox church in the West Valley and we want this year's festival to be bigger and better than ever. As you know, we will order merchandise to sell at our Imports/Deli booth, but to defray costs we are appealing to you to donate your handmade items for us to market to the public. Remember, all net proceeds from this booth go directly into the church's coffers.

### **Needed**

- Handmade items such as aprons, purses, blankets, etc. Let your artistic abilities flow!

- Any diverse items you think will sell and show our community in a good light.
- Two clothing racks to display gauze clothing items.

Contact any committee member:

Dorothy Ayan 623-584-4691

Lourdes Kotsobeis 623-594-8251

Lee Retsinas 623-935-1120

Maria Maniatis 480-946-9252

Elaine Yaghooti 480-314-3402



# OCTOBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>		<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> 8:45am Matins 10:00am Divine Liturgy  National Church Music Sunday	<b>8</b>  7:00pm Parish Council	<b>9</b>  7:00pm Men's Choir	<b>10</b>  7:00pm Men's Choir	<b>11</b> 7:00pm Know the Faith Adult Education Class 7:00pm Choir	<b>12</b>	<b>13</b>  4:00pm Youth Group
<b>14</b> 8:45am Matins 10:00am Divine Liturgy	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> 9:00am Divine Liturgy St. Luke 7:00pm Know the Faith Adult Education Class 7:00pm Choir	<b>19</b>	<b>20</b>
<b>21</b> 8:45am Matins 10:00am Divine Liturgy IOCC Offering Tray	<b>22</b>  7:00pm Executive Council	<b>23</b> 9:00am Divine Liturgy St. Iakovos  7:00pm Men's Choir	<b>24</b>	<b>25</b>	<b>26</b> 9:00am Divine Liturgy St. Demetrios  5:00pm Greek Festival	<b>27</b>  11:00am Greek Festival
<b>28</b> 8:45am Matins 10:00am Divine Liturgy 12:00pm Greek Festival	<b>29</b>	<b>30</b>  7:00pm Men's Choir	<b>31</b>  7:00pm Bible Study			

# FESTIVAL BAKING AND FOOD PREP SCHEDULE OCTOBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> 8:30am <b>Tsourekia</b> Our Kitchen
<b>7</b>	<b>8</b> 9:00am <b>Tiropites &amp; Spanakopites</b> *CCV	<b>9</b> 9:00am <b>Dolmades</b> *CCV	<b>10</b>	<b>11</b>	<b>12</b> 9:00am <b>Koulouria</b> Our Kitchen	<b>13</b> 9:00am <b>Koulouria</b> Our Kitchen
<b>14</b>	<b>15</b> 9:00am <b>Mousaka</b> *CCV	<b>16</b> 9:00am <b>Pastitsio</b> *CCV	<b>17</b> 9:00am <b>Kourabiedes</b> Our Kitchen	<b>18</b>	<b>19</b> 9:00am <b>Melomakarouna</b> Our Kitchen	<b>20</b> 9:00am <b>Paximadia</b> Our Kitchen
<b>21</b>	<b>22</b> 9:00am <b>Baklava</b> *CCV	<b>23</b> 9:00am *CCV	<b>24</b> 9:00am <b>Melo Dipping</b> Pastry Room	<b>25</b> 9:00am <b>Pastry Packing</b> Pastry Room	<b>26</b> <b>OPA!</b>	<b>27</b> <b>OPA!</b>
<b>28</b> <b>OPA!</b>	<b>29</b>	<b>30</b>	<b>31</b>			

\*CCV (Christ's Church of the Valley) enter from Happy Valley Rd West of 67th Ave.

**SIGN UP WITH PENNY OBREN: 623-214-1289**