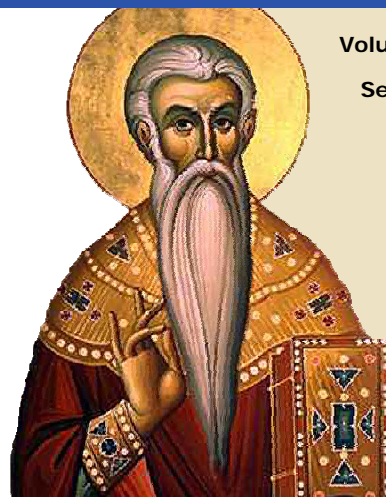


# in Touch

Volume 15, Issue 9

September 2007



The Official Publication of St. Haralambos Greek Orthodox Church

## *Exaltation of the Holy Cross*

*Friday, September 14*



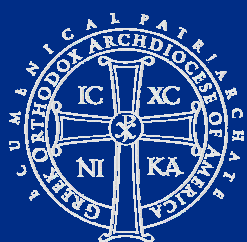
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*"Lord, You know that men  
are flesh and blood; forgive  
them their sins and pour out  
Your blessing on all."*

*St. Haralambos*

# ORTHODOX FUNDRAISERS

## IOCC Charity Fundraiser



All parishioners are invited and encouraged to attend the 4th annual Wine and Cheese Fundraiser for International Orthodox Christian Charities (IOCC), which will be held at St. George Antiochean Orthodox Church on Saturday, Sept. 29, at 6 p.m. Including donations from the Silent Auction, \$25,000 was raised from last year's event, all of which goes to support the tremendous world-wide aid supplied by the IOCC. This organization is worthy of all our support! Spend a fun night together and meet new friends from our neighboring Orthodox Church communities.



Tickets and further information can be obtained by calling Demetri Spanos, our IOCC parish representative, at 602-570-5533, or the St. George church office at 602-953-1921.



## Golf Tournament

Hosted by St. George Greek Orthodox Church in Palm Desert, California, the Metropolis of San Francisco is sponsoring a Golf Tournament on Saturday, Sept. 23, and invites all golfers to attend. Proceeds from the Tournament and Raffle (including a trip to Hawaii and many other great prizes) will benefit the Family Wellness Center and other Metropolis ministries. To register, and for more information, please call the St. George Church office at 760-568-9901.

## Zorba Night

The Greek Orthodox Mission of Flagstaff invites everyone to their 5th annual Glendi fundraiser, featuring authentic Greek cuisine, Greek dancing with a live band, Live and Silent Auction and also Door Prizes, on Saturday, Oct. 20. Location is San Francisco de Asis Catholic School in Flagstaff. Single tickets are \$50/adult or two for \$90. Call 928-774-8279 or e-mail [office@gomonona.org](mailto:office@gomonona.org) for further information.





# PASTOR'S COLUMN

FR. MICHAEL PALLAD



## Volunteer Recognition

Where would our church be without our volunteers? We rely on them to help in so many ways from Sunday School to the choir, from the Philoptochos to the Building Committee, and from our annual festival to printing our monthly newsletter. Why do they do it? What motivates our volunteers?

I recently came across a long list of nearly 50 reasons why people volunteer. Here is a sample of a few of them: to feel needed, to share skills, to make a difference, to be challenged, to make new friends, to demonstrate a commitment to a cause and to be part of a team. Now, whether or not someone would admit it or even be aware of it, those reasons fulfill needs that are common to all of us.

A common misconception is that all volunteers are retired or don't have responsibilities such as

raising a family. Not true! People from all walks of life, young and old, retired and working full-time, male and female, all find time for volunteering. And why not?

*People from all walks of life, young and old, retired and working full-time, male and female, all find time for volunteering.*

Which one of us wouldn't enjoy experiences that help make us feel needed, challenged, appreciated, like we're making a difference using our God-given skills? For some, they are able to find

those benefits in their professions, but for many others, volunteering fulfills those needs described above that money can't buy.

Some church ministries take a break during the summer months, while others continue year-round. As the Fall begins this month, together with the beginning of the church year, I'd like to take this opportunity to encourage our parishioners to look at the many volunteer opportunities available in our church community.

The first that comes to mind is our Philoptochos, which consistently provides the manpower (sorry, woman power), finances, food, materials, and time for a wide variety of parish needs. They are all angels, and are greatly appreciated. They also support an ever-growing number of charitable ministries outside our parish as well, including our Seminary, Kids-n-Cancer, Women's Health and Wellness, and St. Nicholas Ranch and Retreat Center. Even women in our parish who aren't able to make the monthly meetings are encouraged to call our Philoptochos President Charlotte Servetas (933-6647) to offer their help and support. All are welcome!

Our Sunday School is in need of additional staff: teachers, assistant and substitute teachers, volunteers for Bake Sales, Christmas program, Oratorical Festival and other events. Sunday School classes begin Sept. 9, and this year's supervisor is Olga



(Continued on page 9)



**St. Haralambos  
Greek Orthodox  
Church**

**Rev. Michael Pallad**

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

### Sunday Worship

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.

### Office

623-486-8665  
10320 N. 84th Ave., Peoria, AZ 85345  
[Office@StHaralambos.phxcoxmail.com](mailto:Office@StHaralambos.phxcoxmail.com)  
[FrMichael@StHaralambos.phxcoxmail.com](mailto:FrMichael@StHaralambos.phxcoxmail.com)

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

### Parish Council

Greg Krochta, President  
George Retsinas, Vice-President  
Stella Pagos, Treasurer  
Peter Tremoulis, Secretary  
Glen Albrant  
Tracy Albrant

George Christie  
Mary Manos  
Dean Milonas  
Peter Retsinas  
Mary Wysmierski  
Ray Wysmierski



## *The Teachings of the Orthodox Church*

This class is for anyone interested in learning about the history of Orthodox Christianity and its teachings. Six Monday evening classes beginning Monday, Oct. 8, from 7 - 8 p.m. will be held in our library. There is no charge for this class, and non-

Orthodox are especially welcome. Three classes will be devoted to the history of Orthodoxy from Byzantium to the 20th century, and three others to Orthodox Faith and Worship. Please call the church office to register for this class.

## *Pan-Orthodox Women's Retreat*

Mark your calendars for an upcoming special retreat. The Pan-Orthodox Women of Arizona will host a retreat on Nov. 9 – 10. The retreat will be held at SS. Peter and Paul Church located at 1614 E. Monte Vista Road in Phoenix. The speaker will be Rev. Fr. Dan Suci, parish priest at St. Sophia Greek Orthodox Church in San Antonio.

"The retreat will foster friendship and

promote unity among Orthodox women as we seek to grow in Christ and work together to reflect His love in our parishes and our world," said St. Haralambos parishioner Charlotte Servetas. "Additional information will be available soon and be sure to check the Social Hall bulletin board and In Touch newsletter for more information."

## **Dance Program Begins September 9**

The St. Haralambos dance program begins on Sunday, Sept. 9. For kids ages 5-12, dance session begins at 5 p.m. For children ages 13 and up, the session starts at 6 p.m. The



program is open to all members of St. Haralambos. For more information, please contact Olga Fredericksen, 623-979-0513.

## *Missions Update*



The Archdiocese Missions Team to Albania took place from July 30 –

Aug. 17. Two members of this team, Margo Kelley and Allan Boyd, are from Phoenix and Scottsdale. Thanks to a Sunday offering tray, we were able to send each of them \$250 to help with their expenses. Allan wrote, "I am so grateful for the kind support you have offered toward my mission trip to Albania... Please note that you will be in my prayers throughout this trip, as I thank God for you." Margo sent a detailed description of her training and orientation prior to leaving, and wrote, "I am very grateful that your community gave me this opportunity! I look forward to sharing this experience with you!"

May God grant them strength and good health during their trip. Be sure to look in future issues of In Touch for the date they will be sharing their missionary experiences with us!

## *Some Things You Should Know While in Church*

(continued from the August issue of *In Touch*)

### **Pew Blocking**

Never heard of pew blocking? It's that practice of sitting right next to the aisle so that no one else can get by to sit in the middle of the pew! Everyone has seen it. In fact, the best pew blockers come early so they can get their coveted aisle seats and then be sure that no one can get past them. The most effective form of pew blocking takes place when two people take their places at opposite ends of the pew, occupying both the center and aisle seats. This effectively eliminates anyone else from sitting on that row. There are two solutions to pew blocking. The first is to move towards the middle of the pew, leaving the aisle seats for those coming later. And for those of you who just can't handle sitting in the middle of the pew, take the outside aisle spot and graciously allow those coming after you to pass by (by moving out into the aisle so they can get by). Remember, pew blocking isn't hospitable - nor is it an efficient method of seating. So don't be selfish. Move on over towards the middle. Don't be a pew blocker.

### **To Cross or Not To Cross**

Anyone who has looked around on a Sunday morning will notice that different people cross themselves at different times (and sometimes in different ways). To a certain extent, when to cross oneself is according to personal piety and not an issue of dogma. But there are times when it is specifically proper to cross yourself, and times when you should not. Here is a brief list of when to cross and when not to cross:

#### **To Cross**

When you hear one of the variations of the phrase, "Father, Son, and Holy Spirit"; at the beginning and end of the liturgical service or your private prayers; entering or exiting the church, or when passing in front of the Holy Altar; before venerating an icon, the cross, or Gospel book.

#### **Not to Cross**

At the chalice before or after taking Communion (you might hit the chalice with your hand); when the priest or bishop blesses saying, "Peace be to all" - bow slightly to receive the blessing; when receiving a blessing from a bishop or a priest (kissing the right hand of the bishop or

priest is appropriate, but not making the sign of the cross).

### **Touching the Hem of Father's Garments**

Many people like to touch the hem of Father's *phelonion* (outer robe) as he goes through the congregation for the Great Entrance. This is a nice, pious custom by which you "attach" your personal prayers to the prayer of the entrance with the holy gifts. At the same time, you need to be careful neither to grab too hard and trip up the Great Entrance, nor to push people out of the way. And be sure to help your children so that they observe these guidelines as well.

### **Snacks for Children**

You can always tell where young children have been sitting in the church. The tell-tale signs are graham cracker crumbs, Cheerios, and animal crackers. Parents often bring snacks and a cup of fruit juice along for children during church. And for young children (0-2 years old), this is fine. But by the time children are 3-4 years old, they should be able to make it through Liturgy without eating anything, and by the time they reach seven (the age of their first confession), they should begin fasting on Sunday morning for Communion (or at least make an attempt at fasting by cutting back on the amount of breakfast and eating "fasting"-type foods (talk to your priest about this)). For those children who get snacks, please don't feed them while in the line for Holy Communion (this applies to holy bread as well). They need to come to Communion without food in their mouths. And one last note: try to keep the snack mess down to a minimum. The floor shouldn't be covered with Cheerios! Chewing gum during Liturgy is a No-No for everyone!

### **Handling the Holy Bread**

After receiving Holy Communion, and at the end of the liturgy, it is traditional to eat a piece of holy bread or *antidoron* - the bread that was left over after Holy Communion was prepared. While *antidoron* is not Holy Communion, it is blessed bread and as such, should be eaten carefully so that crumbs don't fall all over the place. After receiving Communion or kissing the cross at the end of the Divine Liturgy, take one piece of *antidoron* (you don't need four or five pieces) and when you return to your

(Continued on page 6)

## Parishioner Profile



Residents in the Valley generally know who provides electricity to their homes—it is APS or SRP. However, setting up Greek food festivals in the Valley requires a concerted effort to supply temporary electrical power at locations hosting annual festivals.

That's where St. Haralambos parishioner Dean Milonas comes in. As an electrical contractor, he estimates he has set up temporary electrical power supply at over 50 annual Greek food festivals in the Valley. Dean also has brought his "keep the power on" efforts to St. Haralambos.

Originally from Denver, the Glendale resident has been active during his 18 years at St. Haralambos serving on the Parish Council almost that entire time. He has served as treasurer, vice president, president and as chair of the annual festival committee.

Dean has been instrumental in numerous Church projects including improvements and

electrical repairs; building the kitchen in the Church courtyard that is used during the festival; expansion of the Social Hall; and developing the Choir room and dressing room.

Dean and his wife Reni have two daughters, Nina and Desiree, and a son, Terry. Dean enjoys fishing and camping in Northern Arizona with his favorite spot found at Hawley Lake in the White Mountains.

As St. Haralambos embarks on building its new church building, Dean explains, "I look forward to the new church building, but I also look forward to a stronger commitment to Jesus Christ and His will for myself and for all our fellow parishioners in Christ."

A strong commitment is what Dean provides and is what it takes to "keep the power on."

## Some Things You Should Know While in Church



*(Continued from page 5)*

seat or get to a place where you can stop for a moment, eat the bread trying not to drop crumbs. If you want to give a piece to someone else, go ahead and take an extra piece - don't break yours in half (it produces too many crumbs). And monitor your children as they take the *antidoron* and teach them to eat it respectfully.

### A Final Thought

North American society in the late 20th century is rather casual in its approach to life. Don't allow this prevailing attitude to enter into your Orthodox Christian piety. There are surely a lot of other areas that could be

covered here. Much of church etiquette is based on common sense and showing respect for God and others. Always remember that you are in church to worship God, the Holy Trinity. The priest says, "With the fear of God and faith and love, draw near." Let this be the way you approach all of worship. If you do, you will probably have good church etiquette.

*We hope you enjoyed this article by Father David Barr, pastor of St. Elias Antiochian Orthodox Church in Austin, Texas. Sometimes we find that common sense is not always so common, and can use a reminder, every now and then, about church etiquette.*

# ORGANIZATIONS

## *Investment Committee*



The St. Haralambos Investment Committee met on July 27. The committee discussed several items and took the following actions:

1. The St. Haralambos Treasurer will be invited to attend all Investment Committee Meetings. The Treasurer will serve as a liaison between the Committee and the Parish Council.
2. Moving forward it is imperative to communicate between the Building Committee, the Focus Groups and the Investment Committee in order to ensure funding will be available in the Church's accounts to cover any upcoming obligations and commitments.
3. The Committee decided to investigate the possibility of obtaining future CDs in the money market account in order to reduce or eliminate fees that are presently charged to the checking account.
4. Committee will research the Microsoft securities and develop a plan when to sell the 341 shares currently in Erato's Foundation account.
5. Based on the policy established by the Committee in August 2006 the position of chairman will be rotated every year. Effective Aug. 1, the chairmanship will be passed from Kimon Ayan, who remains on the Committee, to Dimitri Spanos.
6. All Committee members now have the ability to access and view the Wachovia Accounts online. This will help members obtain information and keep current on the financial status. They do not however, have the ability to make transactions. This access is an advantage to keep up to date on the accounts and issue the statements in a timely manner.

## *Greek Festival Update*

By Greg Krochta, Festival Chairman

Dear Parishioners and Friends of St. Haralambos Church,

It's time to gather sponsors for our upcoming Greek Festival, and we need YOUR help! I've written a Festival Sponsorship Letter and placed copies next to the candle stand in the Church hallway. They are available for anyone to take and hand-deliver to potential sponsors.

Additionally, there is a cover letter attached along with a self-explanatory sponsorship form. I encourage all parishioners to take as many letters as they can and distribute them to potential sponsors including family, friends, business owners, or organizations parishioners do business with.

Everyone knows people in business, (home-based, retail, commercial, etc.), who can help us get the word out to the

community about our 20th Anniversary "Taste of Greece" Food and Dance Festival. Ask business people to support us with an advertisement (full-, ½-, ¼-page ads) in the festival booklet, booth sponsorship, monetary donation (to cover food costs or toward the Building Fund), or raffle prize(s).

The sponsorship letter also contains the Church federal tax identification number for a business owner's tax purposes. Ad sponsorship is a great way to get the word out about our Church and Greek culture to the community, and it adds a great boost to festival profits. If we each are able to have just one person or organization sponsor an ad, it would make a huge difference!

Please help make this year's 20th Anniversary Festival our best yet. Thank you for all of your support!



# ORGANIZATIONS



## *Philoptochos*

By Charlotte Servetas, President

*"Faith without works, is dead." James 2:17*

St. Anna Philoptochos is looking forward to the challenges and demands of the new church year, with everyone's guidance and support, we look to rejuvenate our Society.

We have a rich faith heritage and culture of which we can be proud and worthy of passing on to future generations. Philoptochos helps maintain the values of the Orthodox Family. Help us continue this legacy.

We ask all the Orthodox women of our parish to join us. Your support can make a difference.

Next meeting Monday, Sept. 10 at 7 p.m. in the church social hall. We will be making *Tiropetas*, as our contribution to IOCC wine and cheese gala on Sept. 29. Preparation date to be announced at the meeting.

Hope you had a restful, fun summer!!

## Coffee Hour

### Thank You to Our Coffee Hour Hosts/Sponsors

Aug. 5	Philoptochos	Sept. 2	The Milonas Family
Aug. 12	Roy & Maria Christian	Sept. 9	Russ & Pam Lemons
Aug. 19	20th Anniversary Committee (BBQ Lunch)	Sept. 16	Mary Dascalos
Aug. 26	Philoptochos	Sept. 23	Greg & Michelle Krochta
		Sept. 30	John & Penny Obren

*Note: Due to publication deadlines, any modifications to coffee hour listing will be noted in next month's newsletter.*



## *Sunday School News & Notes*

The 2007-2008 Sunday School begins Sunday, Sept. 9. Please be sure to register each of your children before the school year begins.

Customarily, Sunday School students sit in the front four pews on the left side (as you approach the Solea) of the Church. Sunday School students and teachers receive Holy

Communion as a group and are then dismissed to the community center for a light snack and then go to their assigned rooms to meet with their group's teacher.

The Sunday School staff looks forward to this coming Liturgical Sunday School year and to welcoming all the students along with their moms and dads.

### Change in Sunday service times

Remember that the regular Sunday service schedule resumes this month: Matins begins at 8:45 a.m., and the Divine Liturgy begins at 10 a.m.





# ORGANIZATIONS

## *St. Christopher's Bookstore*



At The Corner of East and Now: A Modern Life in Ancient Christian Orthodoxy, by Frederica Mathewes-Green. 1999. 279 pages.

What makes this non-fiction book so pleasurable is the point of view: it's written in first person "I" narration. The author's purpose is to describe worship in her Antiochian Orthodox Church where her husband is the priest.

Chapter 1 is "7:53 a.m.: Kairon, Vesting Prayers, and Proskomedia" and the last Chapter 17, is "11:11 a.m.: Concluding Prayers and Dismissal." But preceding Chapter 1, Presbyteria Frederica explains that her book, "alternates between chapters describing times of worship and chapters describing points of encounter with ordinary life...how that ancient faith can be lived."

The author writes that taking Communion, "is the one true centering moment of my days and weeks. On the chalice I see the face of Christ...I look at him and he looks at me. He has been looking at me a long, long time—long before I would look at him." In college she explains that she selected bits from the various world religions that suited her, but during her senior year she realized that her "selections were...conditioned by [her] own tastes, prejudices, and blind spots," so she decided that she "must

submit to a faith bigger than [she] was and accept its instruction."

A momentous event occurred when she was in Europe. She entered a church and stood before a statue of Jesus and heard an "interior voice speaking" to her: "I am the foundation of everything...in your life." The experience left her "questing for him...like an addict."

Admittedly, it was disconcerting in places of the book to read about non-religious topics such as hair color, fashion styles and a bee infestation. However, 95-percent of the book is very informative and engaging. In one enjoyable part, the author describes a visit to the home of an iconographer. The interaction will most likely cause the reader to look at icons differently. The book also includes pertinent explanations about why Orthodox Christians pray for the souls of the departed, why bad things happen to good people, and more.

When comparing Orthodoxy to western religions, the writer explains that Orthodox Christians believe "that the Holy Spirit guides the whole community of believers into the truth (as Jesus promised in John 16:13)...Since there is no locus of power where the faith may be tailored to fit current fashion, it doesn't change in any significant way" from one time or place to another.

Presbyteria Frederica also includes a few quotes from her husband's (Fr. Gregory) sermons. These excerpts also make the reader want to find a book written by him.

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## Pastor's Column

*(Continued from page 3)*

Fredericksen, who can be reached at 623-979-0513.

What are the other needs and opportunities? Speak with a member of the Parish Council, or listen to Sunday coffee hour presentations, keep reading the monthly newsletter, and keep your eyes and ears open! As was mentioned above, people volunteer for a variety of reasons; as

Orthodox Christians we can certainly add another motivating factor: we glorify God by making good use of the gifts He has given us. Each individual needs to make the effort to get involved, to get active, become part of the team, and make a difference.

Our church community is blessed with awesome volunteers. Our church community is also growing,

and needs new volunteers not just to continue current ministries, but to be able to start growing into new areas. As we come to the close of our 20th anniversary year, (the big anniversary gala is coming in December!) let's all recognize and appreciate the commitment and dedication of our wonderful volunteers. Let's also recognize that there will always be room for more!

## Assisted Living, Hospitalization

The following parishioners may not be able to be with us physically, but are still loved members of our parish, and we ask you to please remember them in prayer: Orin and Mary-Jean Davis, Alice Massahos, and Effie Stathoupoulou.

## *Birthdays*



Alexander Krochta (2nd)  
Angie Cholas (4th)  
Michael Papas (5th)  
Jaxon Albrant (6th)  
Dennis Marshall (9th)  
Nicholas Tremoulis (17th)  
Penny Obren (17th)  
Sierra Albrant (18th)  
Ray Wysmierski (20th)  
Jane Milonas (22nd)  
Anna Kennedy-Bautista (24th)  
Leandros Tremoulis (30th)

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.

## Memory Eternal

May God grant eternal rest to the soul of George Poulos, who fell asleep in the Lord on Aug. 8. Our love and sympathies to his wife Thekla, and to his extended family. May his memory be eternal.

## Sacraments

We welcome Matthew Mark Schoenberger into the Holy Orthodox Faith, who was Chrismated on July 12. His sponsors are Ray and Mary Wysmierski.

Congratulations and God's blessings to Tony and Ruth Panousopoulos, on the baptism of their son Nikolas and their daughter Malia on July 29. Their godparents are Konstantine and Anatoli Kostouros.

Congratulations and God's blessings to Ryan and Misty Harris, on the baptism of their son Luke on Aug. 5. His godmother Kara Nicholas.

May God grant them and their families, many years of good health and happiness.

## *Name Days*

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

St. Symeon (1st)  
St. Anthimos (3rd)  
St. Hermione (4th)  
St. Efrosynos the Cook (11th)  
St. Gerasimos (14th)  
St. Niketas the Great Martyr (15th)  
St. Euphemia the Martyr (16th)  
Sts. Faith, Hope and Charity and their mother Sophia (17th)  
St. Gregory the Illuminator (30th)

# SEPTEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Ecclesiastical Year Begins
<b>2</b> 8:45am Matins 10:00am Div. Liturgy	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> 7:00pm Senior Choir	<b>7</b>	<b>8</b> 8:00am Matins 9:00am Div. Liturgy Nativity of the Theotokos
<b>9</b> 8:45am Matins 10:00am Div. Liturgy <b>Sunday School Classes Begin</b>	<b>10</b> 7:00pm Philoptochos	<b>11</b>	<b>12</b>	<b>13</b> 7:00pm Senior Choir	<b>14</b> 8:00am Matins 9:00am Div. Liturgy Liturgy: Exaltation of the Holy Cross	<b>15</b>
<b>16</b> 8:45am Matins 10:00am Div. Liturgy <b>Grandparents Sunday</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 7:00pm Senior Choir	<b>21</b>	<b>22</b>
<b>23</b> 8:45am Matins 10:00am Div. Liturgy	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> 7:00pm Senior Choir	<b>28</b>	<b>29</b> 6:00pm I.O.C.C. Fundraiser at St. George Antiochian Church
<b>30</b> 8:45am Matins 10:00am Div. Liturgy						