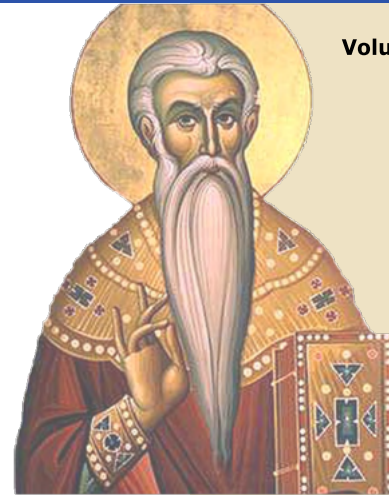


# *in* Touch

Volume 33, Issue 3

March 2025



The Official Publication of St. Haralambos Greek Orthodox Church

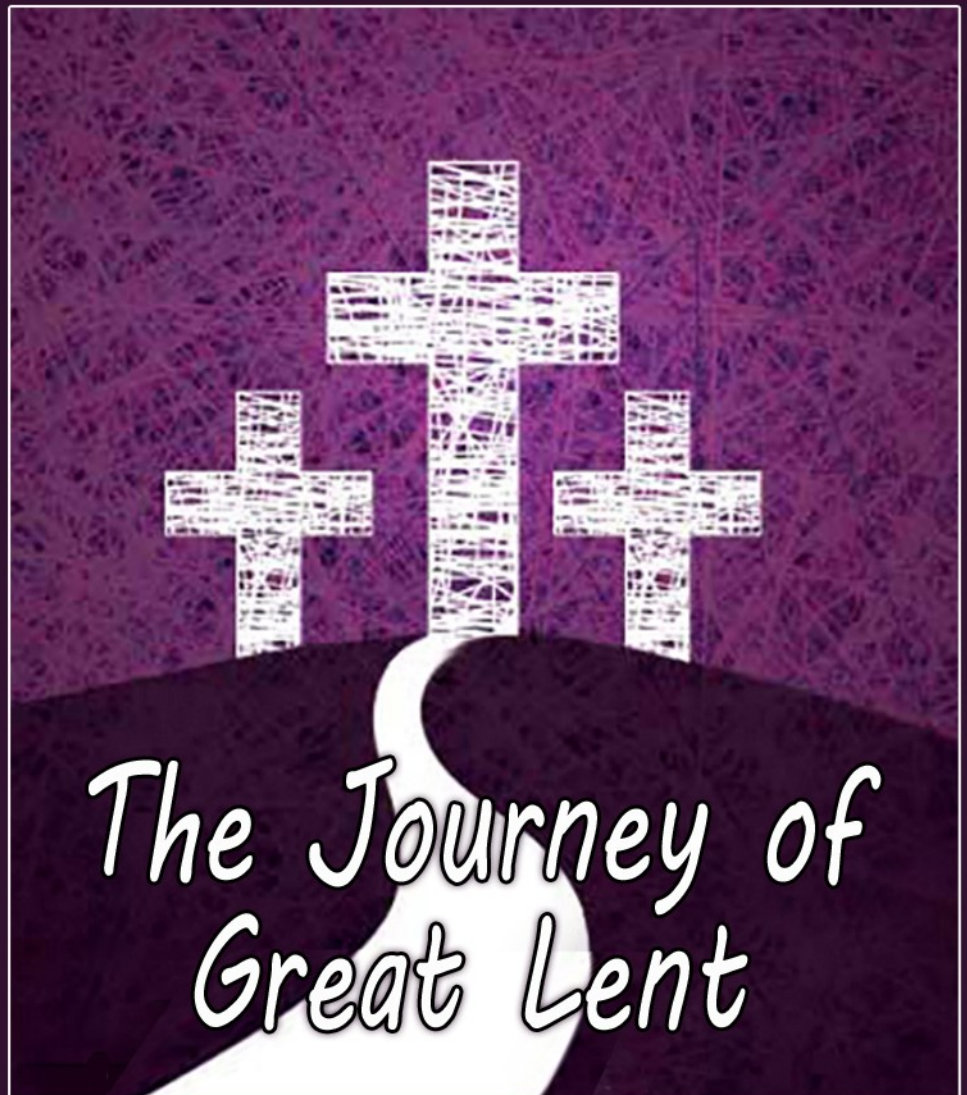
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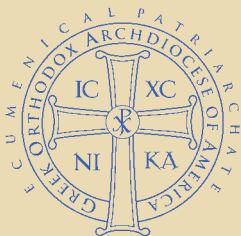
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*The Journey of  
Great Lent*

**Begins Monday March 3**

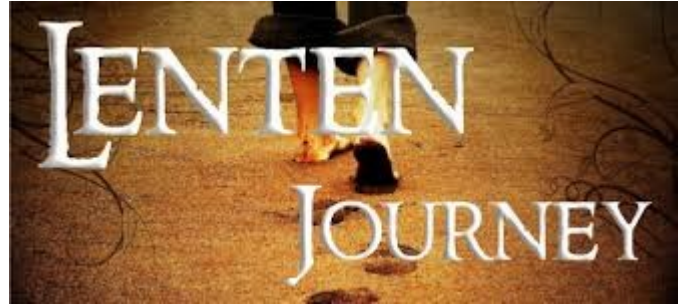


*Lord, You know that men are flesh and blood; forgive them their sins and pour out Your blessing on all. — St. Haralambos*

# Lenten Guidebook

In addition to the Community Calendar listing of services, the 2025 Lenten Guidebook is available via email, and printed copies are available on Sundays at church.

The Lenten Journey is not meant to be taken alone, but together with our church family. Make the effort to join in corporate prayers services during the week in addition to Sunday mornings. Sunday evening vespers are being hosted at various Orthodox Church communities as well. See the Community Calendar for days, times and places.



# New Office Computers



We are in process of upgrading the church office computer system. This is a necessary upgrade to keep the office running efficiently. All donations to assist this important upgrade are appreciated. Please designate any donations specifically for the church office computer system.

# Portico Commemorative Tiles

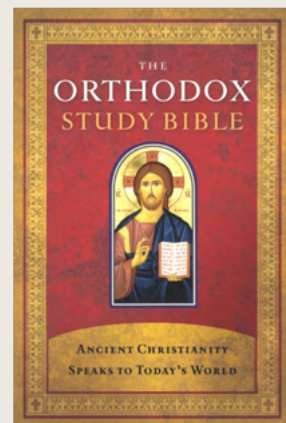
With the completion of our beautiful Entry Portico, making the entry way of our church more traditional for an Orthodox temple, we are now offering parishioners an opportunity to create commemorative tiles that will be placed on the two columns, facing the church. The eastern column is the Wall of Remembrance, with tiles made in memory of beloved family members who have fallen asleep in the Lord. Donations may also be offered to create tiles for living family members to be placed on the western column, the Wall of Honor. Tiles may be ordered using the Order Form found on page 7.



# Bible Study

## Gospel of Saint Mark

All are welcome to join the lively discussions in the Tuesday morning Bible study group, meeting at 10am in the church library. The current study is on the Gospel of Saint Mark. We read, ask questions, discuss and learn from the Scriptures, and from one another! Personal Prayer Requests close each meeting.





## Great Lent, a Spiritual Journey

Comfort foods: Ice cream, chocolate, cookies and chips. Sometimes it just hits the spot for a mid-day snack or as a sweet treat following a good meal; but, not so good at the end of a rough day, when feeling exhausted or angry or lonely, hurt or depressed. It's during those times when dessert can suddenly become the main course.

A pint of Ben & Jerry's Chocolate Therapy, a plate of brownies, an entire bag of cookies - gone before you know it! Following a nice sugar rush and a heavy dose of "I can't believe I ate the whole thing," comes the realization that those feelings of anger or depression haven't really gone away. They've just been temporarily sugarcoated. It doesn't take a degree in nutrition to know that people can't survive solely on comfort food.

Many have tried, of course, but our bodies remind us – typically with an old-fashioned tummy ache – that we need a balanced diet to remain healthy. Precisely what that diet should consist of is an on-going debate. It is also a topic about which Orthodox Christianity has consistently taught for centuries, and as we are beginning Great Lent this month, seems timely to mention.

*"Food is meant for the stomach, and the stomach for food,"* St. Paul writes in First Corinthians. What type of food? The Old Testament spelled out many dietary requirements for the Israelite nation which included the concept of (ritually) clean and unclean foods. So strong were these laws that St. Peter, in his vision recorded in Acts 10, at first refused to accept the message of the angel directing him to kill and eat animals deemed by the Old Testament Law as ritually unclean.

Patristic interpretation of St. Peter's vision was that the clean and unclean animals represented

Jews and Gentiles, and that the Christian gospel was to be taught even to Gentiles, whom the Jews considered unclean. This breaking down of the distinction between nations included abolishing the laws of clean and unclean food, which is why there are no religious prohibitions against eating meat for Christians.

Jesus made a similar point to His disciples. *"There is nothing outside a person that by going in can defile, but the things that come out are what defile."* (Mark 7:15) The disciples, like St. Peter in his vision, were surprised to hear this. But Jesus continued, *"Do you not see that whatever goes into a person from outside cannot defile, since it enters, not the heart but the stomach, and goes out into the sewer? (Thus he declared all foods clean.) And he said, "It is what comes out of a person that defiles."* (Mark 7:18-20)

Of course, we find no mention of comfort food or junk food in the bible, but the point is that food, what goes into our bodies, is not as important as our behavior, what is expressed from the depth of our heart. So bring on the apple fritters and M&M cookies? Not just yet. The other element to the equation is personal discipline, will power, and self-control.

Enter Great Lent, a spiritual journey designed to put those personal characteristics to the test – not only with certain foods, but with our entire attitude towards our Christian faith and one-another. The goal of fasting is not simply to see how many foods you can do without, but to test your willingness to put your love of Christ ahead of your love of food and other personal desires.

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*...but the point is that food, what goes into our bodies, is not as important as our behavior,*

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*(Continued on page 5)*



**St. Haralambos  
Greek Orthodox  
Church**

www.stharalambos.org

**Rev. Michael Pallad**

### Sunday Worship

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

[Services live online](#)

### Office

623-486-8665  
7950 W. Pinnacle Peak Rd., Peoria, AZ 85383  
Office@StHaralambosAZ.com  
FrMichael@StHaralambosAZ.com

### Hours

Monday - Friday 10 a.m. to 2 p.m.

### Parish Council

Evan Bachanos	Catalina Raiciof
Harry Bekiaris	Vivian Teska
Avery Brightwell	Demetria Themistocles
Deborah Chionchio	Solomon Woldesilassie
Angie Cholas	Ray Wysmierski
Virginia Dent	Linda Zakas



## Parish Council News

By Ray Wysmierski, President

The new year brings us many blessings, opportunities and some more needed items for the church.

I first want to welcome back Debbie Chionchio to the council and thank Evan Bachanos for volunteering to become a council member! We now have 12 members, which in fact its been a long time since we have had that many members. The council voted to approve both as new members to round out the appropriate number for a church council. They have a one year term on the council.

Our next meeting will have voting for the officers for this year. We are also looking into in adding a new sign, that is larger than what we have, in front of the church and meeting the regulations with the city for the size.

Fr. Michael would also like to place a bulletin board on the large open area on the side of the church, which will include a welcome, our phone number, and our website that we can change according to the season.

Fr. Michael would also like to replace the altar Gospel book, as the one we have has many years of use and is showing signs of wear. We would also need to have a better camera system for streaming services, as the IPAD limits use through Facebook and isn't affording us the video and sound quality for those that watch us for services.

And finally, our office computer too has many years of wear, lacks capacity for memory, and up to date software to operate the church's' business side.

That being said we would like to see if anyone would like to make donations to any of the items, as our stewardship commitments to date will not bear that cost, given our budget. Our current obligations could not be met with stewardship alone, and we are blessed to have the daycare income.

Also, Vivian Teska is our liaison with the daycare, any communications are to be communicated through her. The daycare lease is up this August, we will inquire if the daycare will continue at our location, and will attempt to secure another 3-year lease agreement. We will need to begin the negotiations soon.

Don't forget our special assembly on Mar. 2 to see who from the parish would like to attend the Clergy-Laity conference at St. Nicholas ranch in Dunlap, CA on May 5 and 6. The ask of the Metropolis is for each parish to be represented by the priest, parish council president, and two other members of the parish, approved at the General Assembly. It is a great experience and time to meet other members from around our metropolis. There is a guest speaker on topics pertaining to our orthodox faith, the business and operations of the metropolis. You will also have an opportunity to attend services at the monastery that is on the ranch. All your meals are included, and they do have some Greek cuisine.

Also finally, Evan Bachanos has assembled 10 members for the strategic planning committee for the next 5-year plan and vision. Great job!



## St. Anna's Philoptochos Society

By Anna Kinniburgh, President

We are entering the Great Lent, along with prayers, special Church Services and works of Charity.

Philoptochos along with our other Ministries are support a program for Kids suffering with cancer. The program is called Kids N' Cancer.

Every summer kids and their families go to a camp in Northern Arizona for a week of fun and to try and forget, for a little while, what they are going through.

In order to accomplish this work we need to raise funds for all that entails.

100% of proceeds from Agape will go to support the camp.

Individual and Business donations will be acknowledged on our Live Auction. Donations can be made with items or gift cards etc. We have fliers with information located at our Social Hall in our Church

Donations can be made at:

[32Auctions.com/campagape2025](https://32Auctions.com/campagape2025) or: [Facebook.com/KidsnCancerCampAgape](https://Facebook.com/KidsnCancerCampAgape). Any amount donated will make a big difference in a child's life.



## Clergy Column

*(Continued from page 3)*

One of the most well-known and often-quoted bible passages is, "Man does not live by bread alone, but by every word that proceeds from the mouth of God." (Duet 8; Matt 4:4) That is a phrase worth considering during Lent. Following the disciplines of Great Lent helps us to see how much more we need Christ in our lives than bread/food.

A poem titled, "*The Difference*" by Grace Naessens makes a good point:

"I got up early one morning and rushed right into the day;  
I had so much to accomplish,  
I didn't have time to pray.  
Problems just tumbled about me and grew heavier with each task;  
Why doesn't God help me, I wondered;  
He answered, "You didn't ask."  
I wanted to see joy and beauty,  
but the day toiled on, gray and bleak;  
I wondered why God didn't show me –  
He said, "But you didn't seek."  
I tried to come into God's presence;  
I used all my keys at the lock;  
God gently and lovingly chided,

"My child, you didn't knock."

I woke up early this morning and paused before entering the day;  
I had so much to accomplish that I had to take time to pray."

The discipline of self-denial through fasting from foods and behaviors that harm ourselves and others is to help turn our minds and hearts towards Christ. Hopefully the Lenten disciplines will carry over into the rest of the year, during those times when we're faced with an overwhelming desire to consume the most sugar-coated, cream-filled, chocolate-covered treats we can find. The comfort they provide is short-term!

The real comfort we seek and need comes not from food, but from our Lord, Jesus Christ. He knows our needs, and is able to satisfy them in ways that comfort food, and so many other vices, cannot. Self-control builds strong character; and will help us when confronted with a multitude of temptations we face every day.

Enjoy the challenge, and experience the benefits that Great Lent has to offer!

## 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)

## Stewardship

We remind all that there are no Membership Dues in the Orthodox Church. To become a Member in Good Standing, all parishioners must complete and return the Stewardship brochure pledging offerings of our time, talents and treasure in support of our Church, recognizing that all we have, including life itself, are gifts from God.

The 2025 Stewardship brochures have been mailed to all parish families. Additional brochures are available in the Narthex and the church office. Please print legibly, and enter your contributions of time, talents and donations. Completed brochures can be mailed to the office or dropped off on Sundays.

The teaching on Christian Stewardship remains consistent to help us learn to be

good stewards: we give back to God from what He has given us. We come into this world with nothing, and we leave it with nothing. All that we have in this life comes from God's blessings. Returning back a portion to God through His Church, is our way of acknowledging the source of our blessings.



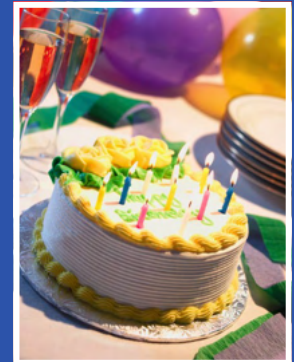
Our financial contributions should be a percentage of our financial resources. This continues the biblical teaching of tithing or percentage giving rather than setting a fixed amount applicable to all families. Above all, our offerings should be cheerfully given, recognizing our desire - not simply obligation - to give back to God a portion of our blessings we receive from Him.

## 2025 Stewardship Families

Bastell, Rudy & Suad  
 Benjamin, George  
 Bruno-Doster, Jenny  
 Christian,Thalia  
 Danielek, Chryss  
 Deming, Janet  
 Dent, Virginia  
 Evangelinos, Perry & Hope  
 Finch, Dennis & Marina  
 Gavriilidis, Eugene & Ekaterini  
 Giannias,Elaine  
 Hooper, Sophia  
 Huth,Cynthia  
 Jolly, Judy  
 Kinniburgh, Anna  
 Lazzelle, Estelle  
 Martinez, Raul & Danielle King  
 Mavrides, Christos

Nathanson, Alan & Irene  
 Pallad, Fr. Michael & Pres. Kristin  
 Ratliff,Koula  
 Sambol,Patricia  
 Servetas,Charlotte  
 Singleton,Melanie  
 Teska, Daniel & Vivian  
 Thieke,Dr.James & Lucy  
 Trakas, Georgia  
 Tucker, Eleni  
 Vardalos,Lindsay  
 Vasquez, Argyro, Giota Kostas and Family, and Elizabeth Kostas-Polston and Family  
 Woldesilazzie, Solomon  
 Wysmierski, Ray & Mary  
 Yannakopoulos, Helen  
 Zakas, Speros & Linda

## Birthdays



Dina Surman (1)  
 Joselyn Braddock (2)  
 Paraskevi Tsioutsopoulos (4)  
 Kathryn Macrides (7)  
 Mary Davis (11)  
 Christina Gardner (16)  
 Carly Macrides (16)  
 Malia Panousopoulos (19)  
 Estelle Zaruba (19)  
 Nick Milonas (23)  
 Adeline Braddock (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.

# PORTICO COMMEMORATIVE TILES

## ORDER FORM



### WALL OF HONOR



### WALL OF REMEMBRANCE



### Personalize your Commemorative Tile

Tiles are 6" square

Maximum four lines, 13 characters per line (including spaces)


Name \_\_\_\_\_

Donation: \$100, payable by cash, check (payable to St. Haralambos Church) or credit/debit card

Please return orders to Mary Undiano in the church office:  
 St. Haralambos Church  
 7950 W. Pinnacle Peak Road  
 Peoria, AZ 85383



# MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 9:00am Divine Liturgy <b>Saturday of Souls</b> 10:00am GriefShare
<b>2</b> 8:45am Matins 10:00am Divine Liturgy <b>Cheesefare Sunday</b> 5:00pm Vespers of Forgiveness	<b>3</b> <b>Great Lent Begins</b>	<b>4</b> 10:00am Bible Study  7:00pm Lenten Compline	<b>5</b> 9:00am Divine Liturgy of the Pre-Sanctified Gifts	<b>6</b> 10:00am Bible Study	<b>7</b>  7:00pm Akathist Hymn: First Stanza	<b>8</b> 9:00am Divine Liturgy <b>Saturday of Souls</b> 10:00am GriefShare
<b>9</b> 8:45am Matins 10:00am Divine Liturgy <b>1st Sunday of Lent</b> 6:00pm Pan-Orthodox Lent Vespers (Assumption Church)	<b>10</b>	<b>11</b>  7:00pm Lenten Compline	<b>12</b>  5:00pm Divine Liturgy of the Pre-Sanctified Gifts	<b>13</b>  10:00am Bible Study	<b>14</b>  7:00pm Akathist Hymn: Second Stanza	<b>15</b>  10:00am GriefShare 6:30pm Orthodox Christian Missions Center presentation (Holy Trinity)
<b>16</b> 8:45am Matins 10:00am Divine Liturgy <b>2nd Sunday of Lent</b> 6:00pm Pan-Orthodox Lent Vespers (St. John Romanian Church )	<b>17</b>	<b>18</b>  7:00pm Lenten Compline	<b>19</b> 9:00am Divine Liturgy of the Pre-Sanctified Gifts	<b>20</b>  10:00am Bible Study	<b>21</b>  7:00pm Akathist Hymn: Third Stanza	<b>22</b>  10:00am GriefShare
<b>23</b> 8:45am Matins 10:00am Divine Liturgy <b>3rd Sunday of Lent</b> 6:00pm Pan-Orthodox Lent Vespers (St. Sava Serbian Church )	<b>24</b>	<b>25</b> 9:00am Divine Liturgy <b>Annunciation of the Theotokos</b> 6:30pm Parish Oratorical Festival 7:00pm Lenten Compline	<b>26</b>  5:00pm Divine Liturgy of the Pre-Sanctified Gifts	<b>27</b>  10:00am Bible Study	<b>28</b>  7:00pm Akathist Hymn: Fourth Stanza	<b>29</b>  10:00am GriefShare
<b>30</b> 8:45am Matins 10:00am Divine Liturgy <b>4th Sunday of Lent</b> 6:00pm Pan-Orthodox Lent Vespers (St. Ignatius Antiochian)	<b>31</b>					