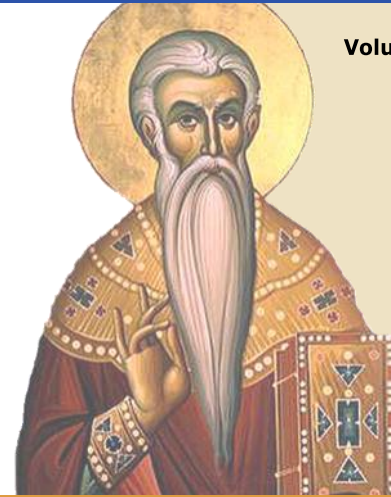


in Touch

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**Community
Nights • 2**

**Prayer in the
Orthodox Tradition • 3**

**St. Anna's
Philoptochos • 4**



Prayer in the Orthodox Christian Tradition



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

ST. HARALAMBOS

SECOND SATURDAY

Community Nights

VESPERS | POTLUCK | KIDS ACTIVITY | ADULT CATECHISM

WHERE WORSHIP MEETS COMMUNITY

STARTING SEPT. 12
5:00 – 7:30 PM

SAVE THE DATES

SEPT 12 OCT 10 NOV 14 DEC 12
JAN 9 FEB 13 MAR 13 APRIL 10 MAY 8

✦ OPEN TO ALL

✦ MORE DETAILS TO COME



Prayer in the Orthodox Tradition

From the Sermon on the Mount, our Lord Jesus Christ instructed, *“But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”* (Matt 6:6)

With those words, was Jesus saying that all prayers should be said by ourselves in private? By being aware of the context in which he spoke, we learn that this was not the case. Earlier in the same chapter, Jesus tells us not to pray just for the purpose of drawing attention to ourselves. Go rather to a private place, and make your prayers between you and God alone.

Conversely, the New Testament also records several examples of Jesus praying out in the open, so others could hear. Prior to raising Lazarus from the dead (John 11), and before his arrest (John 17), are two examples of Jesus praying out loud for the benefit of those near him. And, finally, his prayer, *“Father, forgive them, for they know not what they do,”* (Luke 23:24) was heard by all gathered by the cross at his crucifixion.

Jesus prayed alone and he prayed together with others. He taught us how to pray: from the heart, believing and trusting that God hears our prayers. And for those of us who sometimes do not know what words to use, he also gave us a beautiful example, the Lord’s Prayer, which is found in virtually every prayer service of the Orthodox Church.

Christians of all traditions acknowledge the importance and the benefits of prayer. There are prayers unique to the Orthodox Church, to the

Catholic Church, and to many other Christian traditions. We can offer prayers before meals, before meetings, before taking a trip and before beginning our day; we can also offer prayers after meals, after meetings, after taking a trip, and at the end of our day. The timing and content of prayers is not as important as our attitude toward prayer.

When we speak of prayer in the Orthodox Christian tradition, we refer to prayers originating from, and practiced in, the eastern Christian tradition: prayers written by eastern Fathers of the Church such as St. Basil, St. John Chrysostom, St. Ephraim the Syrian and St. John of Damascus among many others; prayers practiced privately and corporately; those that have been set at certain times throughout the day and those appropriate for any time of day or night; those that have been written down, as well as with those said from the heart.

The reason that prayer in the Orthodox tradition is so incredibly rich and inspirational is because it has never ceased to be a primary function of the Church and of individual Orthodox Christians seeking to increase their personal devotion and strengthen their relationship with Christ our Lord and Savior.

This month’s article on prayer is simply to reiterate the concept of prayer in our Orthodox Christian tradition. Next month will offer examples on the unique prayers found in our rich prayer tradition.

The timing and content of prayers is not as important as our attitude toward prayer.



**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](#)

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Hours

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

Parish Council

Evan Bachanos	Daniel Teska
Avery Brightwell	Vivian Teska
Angie Cholas	Basil Tripsas
Virginia Dent	Eleni Tucker
Stella Pagos	Solomon Woldesilassie
Catalina Raicioff	Linda Zakas

St. Anna's Philoptochos Society

By Cynthia Bekiaris, President

St. Anna's Philoptochos is St. Haralambos' chapter of The Philoptochos Society of the Archdiocese of America. Considered the "right hand of the church," Philoptochos is the philanthropic arm that provides support for the poor, the destitute, the hungry, and all those in need of assistance. Philoptochos around the US is made up of women of all ages who come together to work in fellowship to raise money and improve the lives of others. Meetings are held the second Sunday of the month and include social, spiritual and philanthropic and educational gatherings. The



2025 Impact graphic will show where your Sunday Fellowship Donations make an impact.

We begin our new ecclesiastical year in September and all are welcome to join.

We look forward to proving hands on demonstrations with traditional foods and get back to baking in our restored kitchen!

Do you have ideas for the next year? Please contact President Cynthia at cynb1308@gmail.com.

HOW PHILOPTOCHOS RESPONDS: 2025 BY THE NUMBERS



In 2025, Philoptochos raised \$2,086,435 and allocated \$1,876,193* in funding to national and international organizations through our programs and ministry commitments. Among our major donations are the following:

PHILOPTOCHOS SOCIAL SERVICES	\$175,160
HELLENIC COLLEGE HOLY CROSS	\$120,000
ECUMENICAL PATRIARCHATE	\$120,000
MISSIONS: METROPOLIS OF SWEDEN	\$73,301
SAINT PHOTIOS SHRINE	\$60,707
DEIRDRE'S HOUSE FOR CHILD VICTIMS OF ABUSE	\$60,000
ORTHODOX CHRISTIAN FELLOWSHIP	\$35,398
GOA GIRL DELEGATE PROGRAM TO THE UNITED NATIONS	\$30,000
UNITED NATIONS INTERNATIONAL CHILDREN'S EMERGENCY FUND	\$30,000
SENIOR CITIZENS NURSING HOME AT IMVROS	\$25,000
ARCHDIOCESAN CAMPING MINISTRY	\$25,000
ST. MICHAEL'S HOME	\$22,000
THE ORTHODOX CHRISTIAN STUDIES CENTER AT FORDHAM UNIVERSITY	\$18,000
ECUMENICAL FEDERATION OF CONSTANTINOPOLITANS, ATHENS, GR	\$16,000
ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL	\$15,000
AMERICAN FRIENDS OF THE BLIND IN GREECE	\$15,000

"I never thought that as a girl from Oklahoma I would go this far. This was one of the most fun, informative, and inspiring weeks of my life."

*- Zoe
Participant, GOA Girl
Delegate Program
thanking Philoptochos
for its support*

The GOA Girl Delegate Program empowers young women by providing leadership development, civic engagement, and mentorship opportunities through participation in national and international forums, including representation at the United Nations. The program fosters confidence, advocacy skills, and a commitment to service, preparing participants to become thoughtful leaders who amplify the voices of women and girls within their communities and beyond.

*Funds are distributed through grant applications and request for proposals (RFP's). See www.philoptochos.org/grant-application-form/

Stewardship

One of our parish goals for 2026 is to have all parish families become Good Stewards of Saint Haralambos Church. This means carefully completing the 2026 Stewardship brochure, making sure your family information is correct, becoming involved in parish ministries, and making a financial pledge for the year.



hesitation in thanking God by 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 one is aware of their God-given

blessings, then sharing them with others and through His Church is a very natural and joyful response.

When we recognize that everything we have: health, wealth, time and talents, are all gifts from God, there should be no

[Stewardship brochures](#) are available at the Narthex candle stand.

2026 Stewardship Families

Abitt, Dimetra
 Abbott, Paula
 Anest, James & Vaso
 Asfaha, Mogos & Almaz
 Bachanos, Evangelos & Jewelene
 Basha, Genti & Elda
 Bastell Rudenio & Suad
 Bekiaris, Harry & Cynthia
 Brightwell, Avery & Brook
 Cahlamer-Hallick, Michael & Athanasia
 Chambers, Michael
 Christian, Thalia
 Conklin, Tom & Maria
 Cornetta, Alexander
 Danielek, Chrissy
 Deinhard, Kimi
 Deming, Janet
 Dent, Virginia
 Evangelinos, Paraskevas & Elpida
 Farr, Jeff & Judy
 Finch, Dennis & Marina

Foondle, Jeff & Rebecca
 Georgen, Dennis & Victoria
 Ghattas, Edward & Nada
 Giannias, Elaine
 Govis, William
 Hartsel, Barbara
 Hooper, Sophia
 Horne, Kevin & Denise
 Huth, Cynthia
 Jolly, Judith L.
 Kinniburgh, Anna
 Kondiles, Stellos & Anastasia
 Laios, Efthimios (Tim)
 Lazzelle, Estelle
 Levendi, Mary
 Mavridis, Christos
 Milonas, Nick & Jane
 Moore, Michael & Lauren
 Nathanson, Irene
 Pagos, Stella
 Pallad, Fr. Michael & Pres. Kristen
 Pappas, Irene
 Raiciof, Catilina

Russom, Bereket & Nardos
 Sambol, Patricia
 Schepers, Duane & Nadia
 Selles, Argiroula & Brianna
 Servetas, Charlotte
 Singleton, Melanie
 Surman, Dina
 Swagerty, Keith & Janet
 Tesfay, Ocbai & Genet
 Teska, Daniel & Vivian
 Thieke, James & Lucy
 Trakas, Georgia
 Tripsas, Basil & Ann
 Tucker, Eleni
 Vardalos, Peter & Lindsay
 Woldesilassie, Solomon & Lydia
 Wysmierski, Ray & Mary
 Yannakopoulos, George & Helen
 Zakas, Speros & Linda
 Zaruba, Estelle

Birthdays



Stelios Kondiles (3)
 Mary Levendi (4)
 Alexander King (11)
 Lisa Theoharatos (11)
 Patricia Martin (14)
 Alaina Perreault (14)
 Christos Mavridis (17)
 Anastasia Kondiles (18)
 Linda Zakas (22)
 Angela Karabetos (27)
 Sharon Bolas (29)
 Noah Chambers (31)
 Magda Gryparis (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.

Name Days

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

St. Kyriaki (7th)	St. Mary Magdalene (22nd)	St. Irene (28th)
SS. Cyril and Methodios (7th)	St. Paraskevi (26th)	St. Julietta (30th)
St. Euphemia (11th)	St. Panteleimon (27th)	St. Joseph of Arimathea (31st)

JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Archdiocese Clergy-Laity Congress	2 Archdiocese Clergy-Laity Congress	3	4 Independence Day
5 8:45am Matins 10:00am Divine Liturgy	6	7	8	9	10	11
12 8:45am Matins 10:00am Divine Liturgy	13	14	15	16	17	18
19 8:45am Matins 10:00am Divine Liturgy Fathers of the 4th Ecumenical Council	20 9:00am Divine Liturgy Prophet Elijah	21	22	23	24	25 9:00am Divine Liturgy Repose of St. Anna, mother of the Theotokos
26 8:45am Matins 10:00am Divine Liturgy	27 9:00am Divine Liturgy Great Martyr and Healer Panteleimon	28	29	30	31	