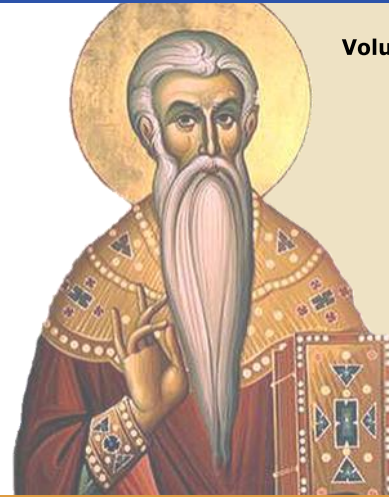


in Touch

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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

Fr. Michael Receives Archdiocese Music Award

At the Archdiocese Clergy-Laity Congress held last month in Cleveland, Ohio, Fr. Michael received the St. Romanos Medallion from the National Forum of Greek Orthodox Church Musicians. Presented by His Eminence Archbishop Elpidophoros of America, the medallion “is awarded to church musicians who have made exemplary national contributions to church music in the Greek Orthodox Archdiocese of America.” Fr. Michael was nominated to receive the award for his choral compositions and arrangements of hymns of the Orthodox Church in English. Fr. Michael also co-founded the Orthodox Christian Choral Fellowship, a nonprofit organization whose mission is “to foster fellowship among the members of Orthodox Christian parishes through participation in choral ensemble singing.”



Video recordings of his choral compositions can be heard at www.occfellowship.org.

Family Prayer Time

Offered Monday, Wednesday and Friday evenings Aug. 1 – Aug. 14, the Office of Supplication to the Theotokos is the Orthodox Church’s response to our need for special prayers for any number of situations: health, depression, anxiety, and other spiritual and physical needs. Known in Greek as the Paraklesis, prayers are offered to the Blessed Virgin Mary as our primary intercessor to God, the one who hears our needs, and prays on our behalf to her Son, and our Lord.

The nine odes of the Office of Supplication, each containing four stanzas containing magnificent poetry and inspirational prayer. The English translation maintains the same poetic meter as the original Greek, so the melodies are unchanged and easily learned.

As an example, the First Stanza of Ode 1, begins, “By hosts of temptation sorely oppressed, in you I seek refuge in my eagerness to be saved. O Virgin and mother of the Word, from trouble and danger deliver me.” The hymns bring to mind our own weaknesses – physical and spiritual

– and also entreat the Blessed Virgin Mary’s help and prayers.

The Fourth Stanza continues, “Afflicted in body and in my soul, count me as deserving of divine love and of your care. You alone as birth-giver of God, in your goodness gave birth to the source of good.”

Coming together and praying the Office of Supplication was never meant to replace private prayer, but rather to help strengthen it. They are two very different expressions and experiences of prayer; one no better than the other, both complementing each other in helping to strengthen our spirit and our relationship to God.

Everyone is encouraged to join together as often as possible for these weeknight services. Service books are available in the Narthex. To include the names of family or friends in the prayer list, simply print the names on a slip of paper and place it on the memorial table on the solea before the beginning of the service.

Welcome Eleanor



Fr. Michael and Presv. Kristin welcomed their first grandchild, Eleanor, born last month on the 4th of July. They are joined by their daughter, Alexandra, and son-in-law, Philip. May our Lord grant Eleanor many years!



Prayer in the Orthodox Tradition

(Continued from July)

To begin with, there is not enough room in this (or any other) newsletter, to give adequate space for examples of the many prayers found in the Orthodox Christian tradition. The prayers primarily are found in the various corporate worship services (Divine Liturgy, Vespers, Matins, Compline, etc.) but there are many others that have been written for personal devotion as well.

In addition to prayers for good health, it is not unusual for Orthodox priests to get requests to bless new cars, homes and businesses, vineyards and fields, requests for prayers before and after surgery, before and after travel, at the start of the school year, among many others. (This “list” by the way, is found in the Orthodox Priest’s Prayer Book, so we are always ready for nearly any occasion.)

And why not? Is asking help or blessings from God, or thanking God, ever going to be burdensome or inappropriate? Let’s hope not!

From where does prayer originate? When we read through Holy Scriptures we find many examples. Beginning with the Old Testament book, Genesis, did Adam and Eve pray in the Garden of Eden? They conversed with God, in a very real and intimate dialogue that many of us today would like to experience; but since Adam and Eve had everything needed in their life, did they need to pray as we pray today?

God was an active presence in the lives of Adam and Eve, but even that wasn’t enough to ensure their obedience to God’s will. Could they have been praying for the strength to follow God’s commandment not to eat of the fruit of the tree of

Good and Evil? There is no evidence found in Genesis, but one can only imagine how life might have been different if they had!

The first time we see the word “pray” in the bible is in Genesis Chapter 20, long after the Fall of Adam and Eve, in a dialogue between the Patriarch Abraham and King Abimelech, who asked Abraham to pray to God for him. Prayer had become a means for man to communicate with God, primarily to ask for help and reconciliation after sinning against God.

Fast-forward to the New Testament, and in the many prayers of our Lord Jesus, we find something new and remarkable. In Chapter 14 of Saint John’s gospel, Jesus says, “*Whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.*” (John 14:13)

From this prayer and other New Testament examples, saying prayers “In Jesus’ name” is common in many Christian traditions.

In the 4th and 5th centuries, as the doctrine of the Holy Trinity was being defined and explained, prayers as well as worship services such as the Divine Liturgy began with “In the name of the Father, the Son and the Holy Spirit.” Rather than contradicting praying in the Lord’s name, it further reinforced the doctrine of belief in one God in Three Persons, of which our Lord Jesus Christ is the Second Person, God the Son.

(Continued on page 4)

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**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

We are excited to announce our annual Membership Drive! As St. Anna Philoptochos Society, our members are the foundation of everything we do as the philanthropic arm of every Orthodox Church. Your membership helps us expand our programs, strengthen our impact, and continue serving our community.

By becoming a member or renewing your membership, you are investing in our mission and helping us create positive change. Membership also provides opportunities to stay informed, participate in special events, connect with like-minded supporters, and have a voice in shaping our future.

We encourage you to invite friends, family, colleagues, and community members to join us during this

Membership Drive. Together, we can grow our network of supporters and increase the reach of our work.

This next year we will hold demonstrations of our traditional dishes, like memorial wheat, various cookies, stews and Lenten soups right in our church kitchen. Helping you transform your kitchen into a Kouzina!

Thank you for your continued support and commitment to our mission each Sunday. We look forward to welcoming new members and celebrating the collective impact we can make together.

Look for our Membership Form in the Fellowship Hall. Join today and help us build a stronger community!

Clergy Column

(Continued from page 3)

This is why prayers in the Orthodox tradition, whether directed to the Lord, the Holy Spirit or God the Father, typically begin with "In the name of the Father, the Son and the Holy Spirit," or "Blessed is the name of the Father, the Son and the Holy Spirit," and end with the same, with the addition of "now and ever, and to the ages of ages. Amen."

The month of August brings us a wonderful example of prayers unique to the Orthodox Christian tradition. Please see the article "Family Prayer Time" on page 2 as well as the Community Calendar for service dates and times.

Name Days

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

St. Teodosios of Argos (7th)	St. Theophanes of Mt. Athos (19th)
St. Laurentios (Laurence) (10th)	St. Irenaios (23rd)
Dormition of the Blessed Virgin Mary (15th)	St. Moses the Ethiopian (28th)
St. Stamatios (16th)	

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.

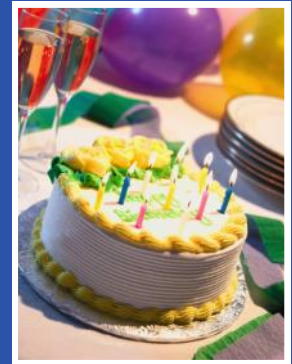
When we recognize that everything we have: health, wealth, time and talents, are all gifts from God, there should be no

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

2026 Stewardship Families

Abitt, Dimetra	Foondle, Jeff and Rebecca	Raiciof, Catilina
Abbott, Paula	Georgen, Dennis & Victoria	Russom, Bereket & Nardos
Anest, James & Vaso	Ghattas, Edward & Nada	Sambol, Patricia
Asfaha, Mogos & Almaz	Giannias, Elaine	Schepers, Duane & Nadia
Bachanos, Evangelos & Jewelene	Govis, William	Selles, Argiroula & Brianna
Basha, Genti & Elda	Hartsel, Barbara	Servetas, Charlotte
Bastell Rudenio & Suad	Hooper, Sophia	Singleton, Melanie
Bekiaris, Harry & Cynthia	Horne, Kevin & Denise	Surman, Dina
Brightwell, Avery & Brook	Huth, Cynthia	Swagerty, Keith & Janet
Cahlamer-Hallick, Michael & Athanasia	Jolly, Judith L.	Tesfay, Ocbai & Genet
Chambers, Michael	Kinniburgh, Anna	Teska, Daniel & Vivian
Christian, Thalia	Kondiles, Stellos & Anastasia	Thieke, James & Lucy
Conklin, Tom & Maria	Laios, Efthimios (Tim)	Trakas, Georgia
Cornetta, Alexander	Lazzelle, Estelle	Tripsas, Basil & Ann
Danielek, Chryss	Levendi, Mary	Tucker, Eleni
Deinhard, Kimi	Mavridis, Christos	Vardalos, Peter & Lindsay
Deming, Janet	Milonas, Nick & Jane	Woldesilassie, Solomon & Lydia
Dent, Virginia	Moore, Michael & Lauren	Wysmierski, Ray & Mary
Evangelinos, Paraskevas & Elpida	Nathanson, Irene	Yannakopoulos, George & Helen
Farr, Jeff & Judy	Pagos, Stella	Zakas, Speros & Linda
Finch, Dennis & Marina	Pallad, Fr. Michael & Pres. Kristen	Zaruba, Estelle
	Pappas, Irene	

Birthdays



Irene Nathanson (4)
Cynthia Bekiaris (13)
Victoria Georgen (15)
Thalia Christian (18)
Chryss Danielek (18)
Fr. Michael Pallad (18)
Evanthia Vardalos (25)
Angela Covault (27)
Zewdi Asfaha (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.

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**

STATE-WIDE PAN-ORTHODOX

FALL WOMEN'S RETREAT

Featuring Guest Speaker: Dr. Jeannie Constantinou

Professor, Author, Speaker, and Podcaster on the New Testament and early Church

THE THEOTOKOS AND THE LIVES OF REAL WOMEN:
A SCRIPTURAL, THEOLOGICAL AND ICONOGRAPHIC REFLECTION

9:00 AM - 3:00 PM

SATURDAY, SEPTEMBER 26, 2026

SPONSORED BY ST. BARBARA PHILOPTOCHOS
ASSUMPTION GREEK ORTHODOX CHURCH | 8202 E. CACTUS ROAD, SCOTTSDALE 85260



REGISTRATION LINK



FOR MORE INFORMATION CONTACT

TINA KANELOS JONES - TKANELOS@GMAIL.COM

Annual Women's Retreat at Assumption Church, Scottsdale

AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 8:45am Matins 10:00am Divine Liturgy	3 7:00pm Office of Supplication to the Theotokos	4	5 7:00pm Great Vespers Transfiguration of Christ	6 9:00am Divine Liturgy Transfiguration of Christ	7 7:00pm Office of Supplication to the Theotokos	8
9 8:45am Matins 10:00am Divine Liturgy	10 7:00pm Office of Supplication to the Theotokos	11	12 7:00pm Office of Supplication to the Theotokos	13	14 5:00pm Great Vespers Dormition of the Theotokos (Assumption Church, Scottsdale)	15 9:00am Divine Liturgy Dormition of the Theotokos
16 8:45am Matins 10:00am Divine Liturgy	17	18	19	20	21	22
23 8:45am Matins 10:00am Divine Liturgy	24	25	26	27	28	29 9:00am Divine Liturgy Beheading of John the Baptist
30 8:45am Matins 10:00am Divine Liturgy	31					