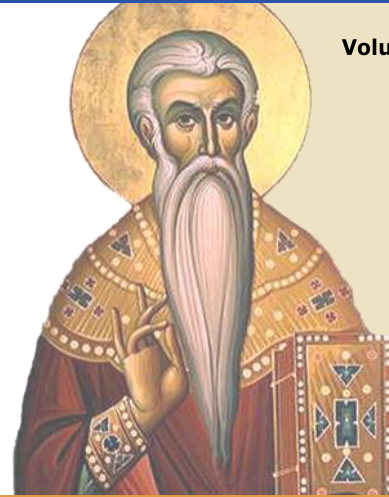


in Touch

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She Who is Quick to Hear



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

Have you Noticed?

We are making efforts to increase awareness of our church and its activities and events with the installation of a bulletin board outside the church entrance. In addition, a beautiful color banner sits next to the bulletin board, welcoming all to St. Haralambos Church.

To welcome others in our neighborhood, new street signs are being placed nearby to catch the attention of pedestrians, and those travelling by car, bus or bicycle.



Prayer in the Orthodox Christian 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)

By this did he mean 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 can hear. Prior to raising Lazarus from the dead (John 11), and before his arrest (John 17), are two examples of Jesus praying aloud for the benefit of those near him. And, finally at His crucifixion, he prays, “Father, forgive them, for they know not what they do,” (Luke 23:24) which was heard by all gathered by the cross.

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 for adults and children alike. 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 our Lord and Savior, Jesus Christ.



Office of Supplication to the Theotokos

The Office of Supplication to the Theotokos is offered Monday, Wednesday and Friday either in the afternoon or evening (see the Calendar page for exact times) from August 1 – August 14, the Office of Supplication 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.

The beautiful prayers and hymns chanted during the first half of August, which is the fasting period in the Orthodox Church in anticipation of the feastday of her Dormition (blessed repose) on Aug. 15, it is our way of acknowledging the Blessed Virgin Mary as our primary intercessor to God, the one who hears our needs, and offers her prayers to our Lord on our behalf.

The Nine Odes of the Office of Supplication, each containing four stanzas, are both 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 hymn texts 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 different expressions and experiences of prayer; one no better or more important than the other, both complementing each other in helping to strengthen our spirit and our relationship to God.

All parishioners are encouraged to attend as many of these weekday Office of Supplication services as possible. Service books will be 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 in front of the icon screen before the beginning of the service.

On Thursday, Aug. 14, all are welcome to attend the evening Vesper service at the Assumption Greek Orthodox Church in Scottsdale at 5pm. The Divine Liturgy for the Feast of the Dormition at St. Haralambos Church will begin at 9 am.

Coming together and praying the Office of Supplication was never meant to replace private prayer, but rather to help strengthen it.



**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

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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 Woldeilassie
Angie Cholas	Ray Wysmierski
Virginia Dent	Linda Zakas



St. Anna's Philoptochos Society

By Cynthia Bekiaris, President

As we prepare for our ecclesiastical church year in September, let's take a moment to celebrate an incredible 2024/2025.

I want to express my heartfelt gratitude to the Board and all the amazing women of St. Anna Philoptochos for their unwavering faith and dedication to our church. Whether they're whipping up delicious pastries or decorating the Epitaphio, they always give their time and talents, not to mention providing for so many coffee hour gatherings when there was no sponsor.

As the new chapter President, I would like to share some exciting plans for the 2025/2026 year.

First, we will be shortening our Sunday meetings by adhering to a pre-published agenda, to stay focused and on track, and using Robert's Rules of Order.

Second, we will send out meeting minutes to all members in good standing, two weeks prior to the next meeting.

Third, thanks to a fantastic meeting with Ministry Director Lindsay Vardalos, coffee hour will no longer be provided by only a few members of Philoptochos. In an effort to have multiple people sponsor, we'll include the Parish Council and our various ministries (Greeters, Book Club, Grief Share, Bible Study, Sunday School, etc.). This will lighten the burden of one person

carrying the weight each Sunday. We'll start this on Sep. 7.

Fourth, there must be time for socializing and building community. Fun socials can be planned, including weeknight pot lucks, dinner at local restaurants, Saturday community volunteering, supported by our regular meetings after church on the second Sunday of the month from September to June.

A fun way to socialize can be through interactive cooking demonstrations on recipes from our church cookbook, explore traditions that grow from our religion (i.e., memorials). And who doesn't want to learn more about what's happening in the kitchen before and after church!

Our budget to support those in need (Philoptochos = "friend of the poor") and coffee hour supplies will be posted on our bulletin board. These funds are supported by the generous donations you provide each week.

We're super excited to welcome new members with fresh ideas (both women and men), and established members will be happy to mentor and support our new friends.

Sign up for membership and coffee hour are on the kitchen bulletin board beginning with August.

Stay tuned for more details on our September Pot Luck!

Name Days

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

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

Eternal Memory

May God grant eternal rest to the soul of His servant, Pamela Addy, who fell asleep in the Lord on July 10. May our Lord Jesus Christ grant comfort to her family, and may her memory be eternal.

May God grant eternal rest to the soul of His servant, Christos Loukas, who fell

asleep in the Lord on July 13. May our Lord Jesus Christ grant comfort to his family, and may His memory be eternal.

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.

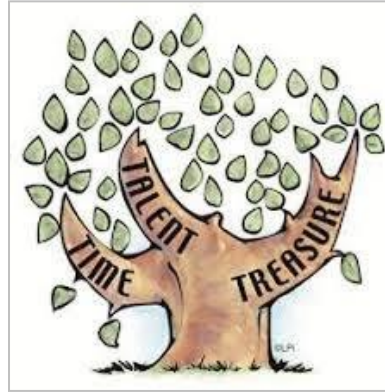
The 2025 Stewardship brochures have been mailed to all parish families. Additional brochures are available in the Narthex and the church office. Please print legibly, and enter your contributions of time, talents and donations. Completed brochures can be mailed to the office or dropped off on Sundays.

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.

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.



Birthdays



Irene Nathanson (4)
 Daniel Martin Jr. (6)
 Cynthia Bekiaris (13)
 Victoria Georgen (15)
 Alexis Tremoulis (17)
 Thalia Christian (18)
 Chryss Danielek (18)
 Fr. Michael Pallad (18)
 Kara Martin (23)
 Evanthia Vardalos (25)
 Angela Covault (27)
 Val Danos (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.

2025 Stewardship Families

Abbitt, Dimetra, Ms.
 Addy, Pamela
 Asfaha, Mogos & Almaz
 Bachanos, Evan & Jewelie
 Basha, Genti & Elda
 Bastell, Rudy & Suad
 Bekiaris, Harry & Cynthia
 Benjamin, George & Jessie
 Brightwell, Avery & Brooke
 Bruno-Doster, Jenny
 Chionchio, Deborah
 Christian, Thalia
 Conklin, Tom & Maria
 Cotton, John & Alexandria
 Danielek, Chryss
 Deinhard, Kimi
 Deming, Janet
 Dent, Virginia
 Desimone, Nilda
 Dodd, Voula
 Dorios, Sophia
 Evangelinos, Perry & Hope
 Farr, Jeff & Judy
 Finch, Dennis & Marina

Gavriilidis, Eugene & Ekaterini
 Giannias, Elaine
 Hallick-Cahlamer, Mike & Thana
 Hartsel, Barbara
 Hooper, Sophia
 Horne, Kevin & Denise
 Huth, Cynthia
 Jolly, Wallace & Judy
 Karabetsos, Angela
 Kinniburgh, Anna
 Lazzelle, Estelle
 Levendi, Mary
 Martinez, Raul & Danielle King
 Mavrides, Christos
 Milonas, Nick & Jane
 Moore, Michael & Lauren
 Nathanson, Alan & Irene
 Pagos, Stella
 Pallad, Fr. Michael & Pres.
 Kristin
 Pappas, Irene
 Payne, Alexandria
 Polston, Elizabeth and Family

Kostas
 Ratliff, Koula
 Russom, Bereket & Nardos
 Sambol, Don & Patricia
 Schepers, Duane & Nadia
 Servetas, Charlotte
 Singleton, Melanie & Brian
 Frost
 Surman, Dina
 Tesfay, Ocbai & Genet
 Teska, Daniel & Vivian
 Thieke, Dr. James & Lucy
 Trakas, Georgia
 Tucker, Marvin & Eleni
 Vardalos, Peter & Lindsay
 Woldesilazzie, Solomon & Lydia
 Wysmierski, Ray & Mary
 Yannakopoulos, George & Helen
 Zakas, Speros & Linda
 Zinkowicz, Stefanie

Discover God's Vision for Your Life

All are welcome to register for the Seminar on Spiritual Gifts beginning Monday evening, Aug. 18, at 7 pm at St. Haralambos Church. Eight evening sessions designed to help participants learn about their spiritual gifts and use

them in ways to help make for a more enjoyable and fulfilling life! The deadline to register for this seminar is Friday, Aug. 8.

ST. HARALAMBOS GREEK
ORTHODOX CHURCH

Discovering God's Vision For Your Life

Join us for a transformative journey to explore and understand the unique spiritual gifts God has given you. This 8-week class is designed to help you grow in faith, deepen your understanding, and find your place in ministry.

Monday's @ 7 pm

August 18 – October 20

There will be no class on September 1 and October 13.

For more information
or to register,
email Jewelie Bachanos at
class.spiritualgifts@gmail.com

Participation Fee of \$25
to cover materials



AUGUST 2025

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