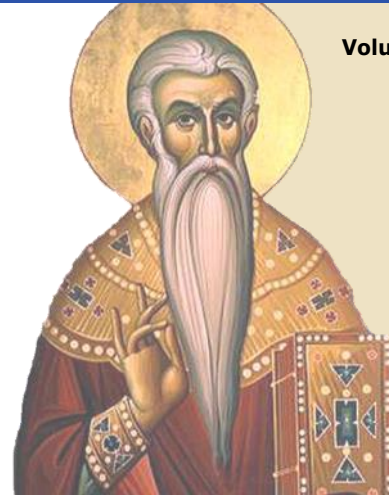


in Touch

Volume 27, Issue 3

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Great Lent begins Monday, March 11
How long has it been since your last Confession?



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

Pan-Orthodox Choral Event

All who love singing are encouraged to register for "One Day, One Hymn, One Church" on Saturday, Mar. 23 at Sts. Peter and Paul Orthodox Church in Phoenix. Parishioners 8-98 from the Arizona Orthodox parishes will be spending a day of choral fellowship, beginning at 10 am and finishing at 3 pm.

We'll be learning a new choral arrangement of "O Pure Virgin," a 20th century hymn by St. Nektarios of Aegina. A

video recording of the group will be made and posted to social media.

Register at www.occfellowship.org. The first 100 to register will be entered in a drawing for a \$50 California Pizza Kitchen gift card. Registration deadline is Wednesday, Mar. 20.

ORTHODOX CHRISTIAN CHORAL FELLOWSHIP

ONE DAY. ONE HYMN. ONE CHURCH.

STS. PETER AND PAUL ORTHODOX CHURCH - PHOENIX, AZ


WHAT IS IT?


- A day of Choral Fellowship
- Open to parishioners from all AZ Orthodox parishes
- "O Pure Virgin" by Saint Nektarios
- Video recording to be posted on social media
- Ages 8 to 98!

DETAILS

- Saturday, March 23, 2019
- 10:00am-3:00pm
- Lunch included
- Adults \$15
- Students \$10
- Registration begins Monday, February 4, 2019, at occfellowship.org

*No choral experience necessary.
If you love to sing, you will love this event!*




<https://www.facebook.com/occfellowship>





Our Lenten Journey

The beginning of Great Lent (Monday, Mar. 11) in the Orthodox Church always begins with forgiveness, so we can start our Lenten Journey with a “clean heart,” which is why the first day of Lent is known as “Clean Monday.” At the conclusion of the Vesper service the previous evening (Sunday, Mar. 10), we approach one another individually, and ask forgiveness. If you have never taken the opportunity, I strongly encourage you to do so this year.

An important part of the Lenten Journey is participating in the Sacrament of Confession. Confessing our sins helps us grow spiritually and emotionally by acknowledging our weaknesses, repenting and asking forgiveness for the sins we have committed.

If it has been at least a year since your last Confession, consider making an appointment sometime during Lent, either at the conclusion of one of the weeknight Lenten services, or by appointment. It does take an amount of courage and humility, but the benefits are rewarding. Through the Sacrament of Confession, God forgives us for all that we have done, wipes away our sins and gives us a new start with a clean slate.

There is no set age for children to see their priest for Confession. Parents usually know when their children are able to feel remorse, and have learned to say “I’m sorry.” Whenever possible, families should try to schedule their Confession together.

Prepare for your Confession by honest self-examination; it is a time for repentance, and not excuses. The Sacrament of Confession is a beneficial spiritual practice for Orthodox Christians, particularly during the Lenten Journey.

Orthodox Christianity has continually taught the benefits of fasting, especially during Great Lent. It is not meant as a weight-loss system, and shouldn’t be seen in a negative light as not being able to eat this or that type of food. We are called to fast during Lent as a form of personal discipline, helping us move from the desire to only look after our bodies, to nourishing and caring for our spirit.

Although fasting is limiting both the amount and types of food we eat during Great Lent, if we still keep anger, hatred and envy in heart, the fasting is of no use. Why? Because proper fasting teaches us to be more concerned with our spiritual growth, and becoming more like Christ. If our behavior - towards God and one another - does not change as a result of our fasting, all we’ve done is change our diet.

Finally, fasting is not meant to make us sick, but it should teach us at least two things: 1) we don’t need as much food as we’re used to eating; and 2) the goal is not to see how well we can fast, but how well we cultivate the fruits of the spirit: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. (Gal 5:23)

Great Lent is the time of year to push yourself spiritually, become fully involved in the life of the Church, and experience the spiritual joy of celebrating Christ’s Resurrection at the conclusion of the journey.

May your Lenten Journey set you on a path that leads to greater love for our Lord and Savior Jesus Christ, and for one another.

It is not meant as a weight-loss system, and shouldn’t be seen in a negative light as not being able to eat this or that type of food.



**St. Haralambos
Greek Orthodox
Church**

www.stharalambos.org

Rev. Michael Pallad

Sunday Worship

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

Office

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FrMichael@StHaralambosAZ.com

Hours

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

Parish Council

Jean Baxter
Olga Carlson
John Hrapchak
Anna Kinniburgh
Ted Manos
Paul McGinn
Dean Milonas

Birthdays



- Dina Surman (1)
- Costa Androulakis (2)
- Joselyn Braddock (2)
- Andreas Macrides (3)
- Kathryn Macrides (7)
- Greyson Bingham (8)
- Alice Hecht (8)
- Mary Davis (11)
- Gabriel Zarate (11)
- Bill Christakos (12)
- Dorothy Masley (14)
- Miss Sophie Bowen (17)
- Patricia Christie (17)
- William Retsinas (17)
- Malia Panousopoulos (19)
- Estelle Zaruba (19)
- Zoe Dress (23)
- Panteleimon Levendi (23)
- Nick Milonas (23)
- Amy Singley (24)
- Maria Papamatheakis (25)
- Argiro Selles (25)
- Katerina Levendi (28)
- Eleni Haidopoulos (30)

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.

Special General Assembly

The parish council has called for the convening of a Special General Assembly on Sunday, Mar. 3, in our Fellowship Room following services.

There will only be one agenda item at this meeting, which is to review Article V, Section 12 of our parish bylaws which states, "The Parish Council will follow the Payment and Purchasing Procedures written for the parish use. Non-budgeted

items to be purchased for the parish with a value in excess of \$5,000 requires the approval of a parish General Assembly." The council is requesting an increase to the \$5,000 spending limit.

As a reminder, all are welcome to attend the General assembly, but only those Members in Good Standing, current in their Stewardship pledge, are allowed to vote at a General Assembly.

Lenten Food Drive

We continue to support the Valley View Community Food Bank in El Mirage. Started in 2007, the Food Bank now serves 300,000 people per year. During Lent, please bring your canned or boxed (non-

perishable) foods to the church and place them in the collection bin in the Observation Area (where Sunday refreshments are served).

Pan-Orthodox Lenten Vespers

Please join our Brothers & Sisters at the host parishes for these Sunday Evening Lenten Vespers services. **All Vesper Services Begin at 6:00pm**

The Sunday of Orthodoxy

March 17, 2019
Holy Trinity Greek Orthodox Cathedral
1973 E. Maryland Ave
Phoenix, AZ 85016
602-264-4863
Homilist: TBD

The Second Sunday of Lent

March 24, 2019
Saints Peter & Paul OCA
1614 E. Monte Vista Rd.
Phoenix, AZ 85006
602-253-9515
Homilist: TBD

Sunday of the Veneration of the Holy Cross

March 31, 2019
St. Nikolas Serbian Orthodox Church
11640 N. 16th Pl.
Phoenix, AZ 85020
602-943-0941
Homilist: TBD

The Fourth Sunday of Lent

April 7, 2019
St. Ignatius of Antioch Orthodox Church
5515 E. Redmont Circle
Mesa, AZ 85215
480-892-6224
Homilist: TBD

The Fifth Sunday of Lent

April 14, 2019
St. John the Baptist Romanian Orthodox Church
3749 W. Behrend Dr.
Glendale, AZ 85308
623-582-3150
Homilist: TBD

St. Anna's Philoptochos Society

By Stella Pagos, President

The Easter Lenten season will soon be upon us and I would like to thank the ladies listed below for volunteering to host the Wednesday Pre-Sanctified Dinners we will be enjoying. It is very gratifying to come together as a family and share a meal. All donations collected are for the benefit of Holy Cross Seminary which is one of our annual commitments. Please join us on the following dates.

- Wed. Mar. 13: Estelle Zaruba and Thalia Christian
- Wed. Mar. 20: Anna Kinniburgh and Irene Nathanson
- Wed. Mar. 27: Elaine Argiris and Mary-Elaine McGinn
- Wed. Apr. 3: Angie Cholas, Voula Dodd and Linda Zakas
- Wed. Apr. 10: Available
- Wed. Apr. 17: Valla Wrona and Charlotte Servetas

We will again be celebrating Palm Sunday with a delicious Fish Luncheon on Sunday Apr. 21. Adult tickets are \$12 each and children under twelve are \$6. Please make your reservations now. On that day we will also be sponsoring a Deli/Bake Sale, so plan to shop for your Easter giving, and enjoy lunch and fellowship!

How you can help:

- Become a Philoptochos member.
- Host a Sunday Coffee Hour. Please see Anna Kinniburgh to sign up.
- Make a free-will donation into the Coffee Hour donation basket.
- Shop at the Deli/Bake Sales.
- Join us at our annual Palm Sunday Fish Luncheon.
- Link your Fry's card to the Fry's Community Rewards Program. (Enter the St. Haralambos Church Account # VJ497 when enrolling.)

Our next meeting is scheduled for Sunday, Mar. 10 at 12:00 pm.



Sunday Coffee Hour

Thank you to our coffee hour hosts.

February

- 3: Forever Young
- 10: Festival
- 17: Festival Volunteer Appreciation
- 24: Maria Obren & Steve Boudousquie

March

- 3: Anna Kinniburgh & Kathie Harvey
- 10: Available (Cheese Fare Sunday)
- 17: Available
- 24: Available
- 31: Available

April

- 7: Available
- 14: Available
- 21: Palm Sunday Luncheon
- 28: Easter Sunday

Note: due to publication printing deadlines, any changes to the coffee hour listings will be noted in next month's newsletter.



New at the Movies

If you love **great music, dance, AND your Christian faith**, then you won't want to miss the Arizona premier, of the terrific new romantic comedy, **Faith, Hope & Love**, opening Mar. 29-31 at :

- **Harkins Shea 14** (Scottsdale)
<https://www.harkins.com/locations/she-14?date=2019-03-29>
- **Harkins Chandler Fashion 20** (Chandler)
<https://www.harkins.com/locations/chandler-fashion-20?date=2019-03-29>

Written, produced and co-directed by Robert Krantz, this movie also stars:

- Peta Murgatroyd, *Dancing with the Stars*
- Ed Asner, *Mary Tyler Moore Show*
- Michael Richards, *Kramer – Seinfeld*
- Corbin Bernsen, *LA Law*

Tickets also available on FaceBook:

- <http://bit.ly/FHLArizona> Scottsdale
- <http://bit.ly/FHLChandlerAZ> Chandler



MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9:00am Divine Liturgy Saturday of Souls
3 8:45am Matins 10:00am Divine Liturgy Meatfare Sunday 12:00pm Special General Assembly	4 1:00pm Metropolis Clergy-Laity Assembly (St. Nicholas Ranch)	5 10:00am Bible Study 1:00pm Metropolis Clergy-Laity Assembly (St. Nicholas Ranch)	6 10:00am Metropolis Clergy Retreat (St. Nicholas Ranch)	7	8	9 9:00am Divine Liturgy Saturday of Souls
10 8:45am Matins 10:00am Divine Liturgy Cheesefare Sunday 12:00pm Philoptochos Meeting 6:00pm Eve of Lent Vespers	11 Beginning of Great Lent	12 10:00am Bible Study 7:00pm Lenten Compline Service	13 6:00pm Liturgy of the Pre-Sanctified Gifts	14	15 7:00pm Akathist Hymn, 1st Stanza	16 9:00am Divine Liturgy Saturday of Souls
17 8:45am Matins 10:00am Divine Liturgy 1st Sunday of Lent 6:00pm Pan-Orthodox Vespers (Holy Trinity, Phoenix)	18	19 10:00am Bible Study 7:00pm Lenten Compline Service	20 6:00pm Liturgy of the Pre-Sanctified Gifts	21	22 7:00pm Akathist Hymn, 2nd Stanza	23
24 8:45am Matins 10:00am Divine Liturgy 2nd Sunday of Lent 6:00pm Pan-Orthodox Vespers (Sts. Peter & Paul, Phx)	25	26 10:00am Bible Study 7:00pm Lenten Compline Service	27 6:00pm Liturgy of the Pre-Sanctified Gifts	28	29 7:00pm Akathist Hymn, 3rd Stanza	30
31 8:45am Matins 10:00am Divine Liturgy 3rd Sunday of Lent 6:00pm Pan-Orthodox Vespers (St. Nikolas, Phx)						