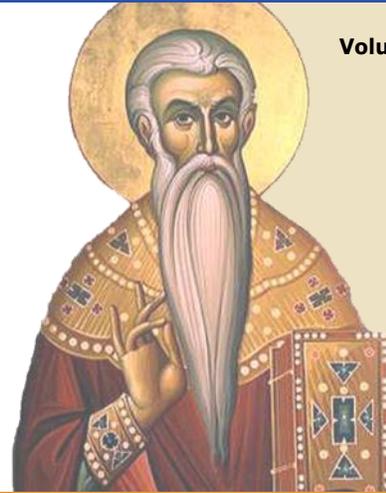


# *in* Touch

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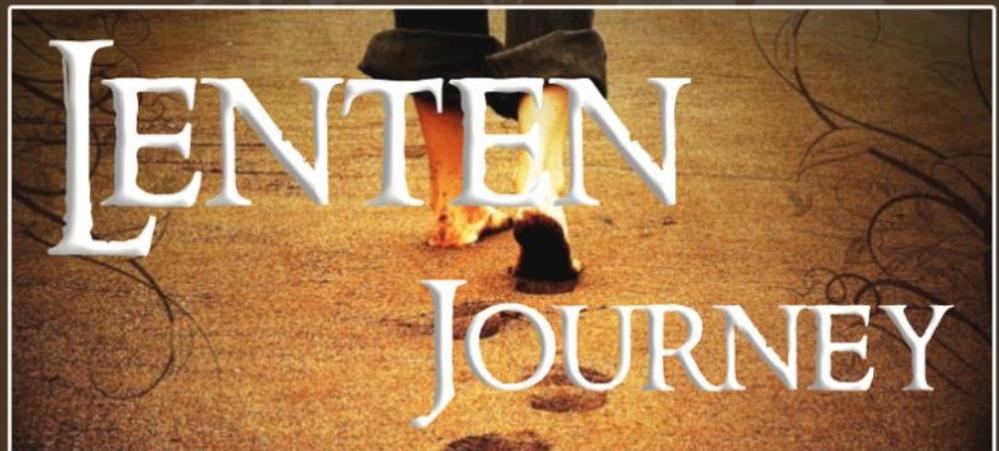
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Great Lent Begins Monday, March 2

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

# Lenten Services

In addition to the Community Calendar listing of services, the 2020 Lenten Guidebook is available on our parish website, and printed copies are available at the 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 as well as on Sunday mornings. Sunday evening vespers are being hosted at various Orthodox Church communities as well, please join our Brothers & Sisters at the following host parishes for these Lenten services

## 2020 Pan-Orthodox Lenten Vespers

All Vespers Services Begin at 6 pm

### ✝ The Sunday of Orthodoxy

**March 8**

SS. Peter & Paul OCA, 1614 E. Monte Vista Rd., Phoenix  
Homilist: Archbishop Benjamin

### ✝ The Second Sunday of Lent

**March 15**

St. Katherine GOC, 2716 N. Dobson Rd., Chandler  
Homilist: Fr. Jacob Saylor

### ✝ Sunday of the Veneration of the Holy Cross

**March 22**

St. St. Sava Serbian Orthodox Church, 4436 E. McKinley, Phoenix  
Homilist: Alexander Eliades

### ✝ The Fourth Sunday of Lent

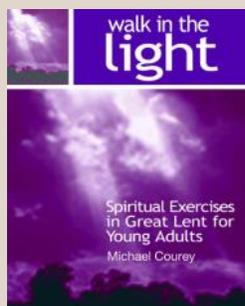
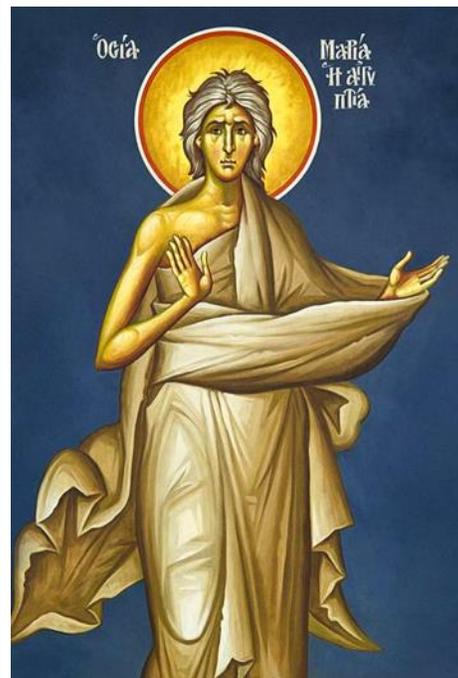
**March 29**

St. Ignatius of Antioch Orthodox Church, 2402 N. Usury Pass Rd., Mesa  
Homilist: TBD

### ✝ The Fifth Sunday of Lent

**April 5**

St. Haralambos GOC, 7950 W. Pinnacle Peak Rd., Peoria  
Homilist: Fr. Jeffrey Frate



## Young Adults

Starting on Sunday, Mar. 1, and continuing for each of the Sundays of Lent, the Young Adults will be meeting after liturgy to discuss Walk in the Light, a series of spiritual exercises in Great Lent, written for young adults.

More fun events and interesting discussions are planned in the months ahead. Contact James Seletos at [jseletos09@gmail.com](mailto:jseletos09@gmail.com), or Alexandra Pallad at [apallad@asu.edu](mailto:apallad@asu.edu) for more information.



## Great Lent; a spiritual journey

Comfort food: 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.

Exactly 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)

*"It is what comes out of a person that defiles."*

Of course there is no mention of comfort 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 revealed 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. The goal of fasting is not 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.

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.

*(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.

### 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 3 p.m.

### Parish Council

Philip Bell	Ted Manos
Angie Cholas	Dean Milonas
Roy Christian	Ken Wrona
John Hrapchak	Valla Wrona
Anna Kinniburgh	

## St. Anna's Philoptochos Society

By Reni Milonas, President

*Whoever has a bountiful eye will be blessed, for he shares his bread with the poor.* Proverbs 22:9

Thank you to all the fantastic festival volunteers for all of your hard work and dedication! Without your generosity of time and talents, it would not be possible to host our Greek Festival. May God bless you for your labor of love!!

Now, we move on to our Lenten journey. We will need hosts for the Wednesday Pre-Sanctified Dinners. 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.

Our parish is hosting The Pan-Orthodox Lenten Vesper service on Sunday evening, Apr. 5. The service starts at 6 pm. The Philoptochos will host the reception in our fellowship room afterwards.

We will again be celebrating Palm Sunday with a delicious Fish Luncheon on Sunday Apr. 12. 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!

March's commitments are – NATIONAL: Orthodox Christian Missions & Hellenic College Holy Cross Lenten Event. METROPOLIS: Membership Dues \$40. & Social Services.

Our scheduled commitments for various charities for the year 2019-2020 total \$4,728. This is why your continued support is so vital to help us achieve our goals.

### How you can help

- Become a Philoptochos member.
- Host a Sunday Coffee Hour.
- 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.)

April's Philoptochos meeting is Monday the 6th at 6 pm. We invite you to join us!



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## Parish Council

Members: Phillip Bell, Roy Christian, Angie Cholas, John Hrapchak, Anna Kinniburgh, Ted Manos, Dean Milonas, Ken Wrona, and Valla Wrona

At the meeting on Feb. 18, the new Parish Council Officers were elected: President Anna Kinniburgh, Vice President Ken Wrona, Treasurer Dean Milonas, and Secretary Valla Wrona.

We have scheduled an after festival meeting following coffee hour on Mar. 15. Please come to provide your opinions or suggestions, whether you were a volunteer, chairman, or participant!

The next parish council meeting is scheduled for Mar. 12 at 6:30 pm.

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## Memory Eternal

May God grant eternal rest to the soul of his servant, George Semancik, who fell asleep in the Lord on Sunday, Feb. 23.

May our Lord Jesus Christ grant comfort to his family, and may his memory be eternal.

## Stewardship

By Butch and Maria Lafayette,  
Stewardship Committee

The Stewardship theme for this year, selected by the Archdiocese, is Time. Our parish has many ministries that require our personal time, talent and yes, our treasures to remain viable. Have you ever stopped to consider how many diverse ministries we collectively support? When I asked Father Michael to provide a comprehensive list of all the “active” ministries, I was surprised as well as impressed to see them collectively together. In total, there are over thirty ministries we support, with many of us participating in multiple ministries. Additionally, some ministries require several parishioners to accomplish the ministry goals. The amount of time collectively expended in support of all our ministries numbers in the thousands of hours on an annual basis. This is impressive when you consider we only

have one hundred forty-two stewards in the parish.

We all can appreciate the difficulties of managing our personal time, the demands placed on us by work, family, home, and the many other unexpected issues that occur on a daily basis. All have one thing in common; they all require time. When we add in church commitments, it is almost impossible to stretch our time to complete everything we think we need to accomplish. However, we have been taught, “With men this is impossible, but with God all things are possible.” Matthew 19:26.

Thank you to all who have dedicated time to support our parish and its many ministries with your most precious gift of all, YOUR TIME. This year, time is of the essence and your continued support is appreciated!

## Clergy Column

*(Continued from page 3)*

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 behavior that harm ourselves and others is to help turn our minds and hearts towards Christ. Hopefully 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 treat we can find. The comfort it provides is short-term!

The real comfort we seek and need comes not from food, but from Christ. He knows our needs, and is able to satisfy them in a way 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!

## Birthdays



Dina Surman (1)  
Costa Androulakis (2)  
Joselyn Braddock (2)  
Andreas Macrides (3)  
Demetrius Bolas (6)  
Kathryn Macrides (7)  
Greyson Bingham (8)  
Madden Duhe (9)  
Mary Davis (11)  
Gabriel Zarate (11)  
Bill Christakos (12)  
Dorothy Masley (14)  
Carly Macrides (16)  
Patricia Christie (17)  
William Retsinas (17)  
Malia Panousopoulos (19)  
Estelle Zaruba (19)  
Ms Zoee Dress (23)  
Nick Milonas (23)  
Amy Singley (24)  
Maria Papamatheakis (25)  
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.



**Love to Sing?  
Meet new friends from the Arizona Orthodox Churches?  
Register for the next “One Day” music event!  
Saturday, March 14, 2020; 10am – 3pm  
St. George Antiochian Orthodox Church, Phoenix**



**Enjoy a fun day of fellowship and singing; Lunch included!  
Video recording of final performance!  
See videos of previous “One Day” events at [www.occfellowship.org](http://www.occfellowship.org).**

**Online Registration opens Monday, February 3, 2020  
Ages 8 – 108!**



*Sponsored by Orthodox Christian Choral Fellowship, an Arizona non-profit 501(c)(3) corporation*

*Follow us on Facebook and Instagram*

# MARCH 2020

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>1</b> 8:45am Matins 10:00am Divine Liturgy <b>Cheesefare/ Forgiveness Sunday</b> 11:30am Parish Oratorical Festival 6:00pm Forgiveness Vespers	<b>2</b> <b>Great Lent Begins</b>	<b>3</b> 10:00am Bible Study  7:00pm Lenten Compline Service	<b>4</b>  6:00pm Divine Liturgy (Lenten dinner following)	<b>5</b>	<b>6</b>  7:00pm Akathist Hymn (1st Stanza)	<b>7</b> 9:00am Divine Liturgy <b>Saturday of Souls</b>
<b>8</b> 8:45am Matins 10:00am Divine Liturgy <b>1st Sunday of Lent</b> 12:00pm Philoptochos Meeting 6:00pm Lenten Vespers	<b>9</b>	<b>10</b> 10:00am Bible Study  7:00pm Lenten Compline Service	<b>11</b>  6:00pm Divine Liturgy (Lenten dinner following)	<b>12</b>	<b>13</b>  7:00pm Akathist Hymn (2nd Stanza)	<b>14</b>
<b>15</b> 7:45am Matins 9:00am Divine Liturgy <b>2nd Sunday of Lent</b>  6:00pm Lenten Vespers	<b>16</b>	<b>17</b> 10:00am Bible Study  7:00pm Lenten Compline Service	<b>18</b>  6:00pm Divine Liturgy (Lenten dinner following)	<b>19</b>	<b>20</b>  7:00pm Akathist Hymn (3rd Stanza)	<b>21</b>
<b>22</b> 8:45am Matins 10:00am Divine Liturgy <b>3rd Sunday of Lent</b>  6:00pm Lenten Vespers	<b>23</b>	<b>24</b> 10:00am Bible Study  7:00pm Vespers <b>Annunciation of the Theotokos</b>	<b>25</b> 9:00am Divine Liturgy <b>Annunciation of the Theotokos</b>	<b>26</b>	<b>27</b>  7:00pm Akathist Hymn (4th Stanza)	<b>28</b>
<b>29</b> 8:45am Matins 10:00am Divine Liturgy <b>4th Sunday of Lent</b>  6:00pm Lenten Vespers	<b>30</b>	<b>31</b> 10:00am Bible Study  7:00pm Lenten Compline Service				