Most of us have little or no contact with monks – men who decide, instead of being married, to remain celibate and live in supportive communities that are devoted to intense prayer and spiritual striving (asceticism) that includes fasting, manual labor, vigils, and reading. Not a few of us would consider this either a waste of time – what a pity they are out of touch with “reality”! — or irrelevant to life as we know it. Nevertheless, I will venture to offer some indication of how the vast majority of us Christians in the world can benefit from the minority who do not.

First, the very presence of monastics – including women, of course – is a living reminder of Christ himself who never married and who chose to devote himself entirely to honoring God the Father in all things and in all ways. No one has ever done it better, and we believers have access to resources that allow us to do it as well.

Second, prayer is absolutely critical to life. To paraphrase the monk who addressed us: every baptized Christian is called by God to become a man or woman of prayer by continually bringing the spirit and substance of prayer into who we are and what we do in daily life. This is way beyond just praying when we feel like it, need to because of an emergency, or out of a pious habit (like attending Liturgy).

Third, spiritual reading is crucial. The same monk offered a striking comparison: just as we need food and drink for the body every day, so we need spiritual food to nourish our souls. Above all, this means the Bible, but it can be supplemented by other holy writings like hymns, writings of the Church Fathers and lives of the Saints, along with modern spiritual and devotional works. When was the last time you read Scripture at home? Have you ever read spiritual literature? What are you reading now? These are not invasive questions into our private lives, but indicators of our desire to live in Christ daily. How easily we feed our stomach with food and our brain with information but neglect our spirit! Even if we do not like reading, there are many tapes, CD’s, audio-books, and internet resources to which we can listen.

Fourth, manual labor is a great teacher. With all our machines and technology, we easily lose this while we manipulate things by voice activation or screens, rely on fewer and fewer people to produce the food we need or the growing number who prepare it, and move around in cars, trains, and planes. Jesus himself built chairs and tables out of wood; Paul made tents. Perhaps our washing, cleaning, fixing; walking, jogging, biking; yards, gardens, and storage; our cooking, baking, and barbecuing all have a significance beyond the immediate benefit. Physical exertion is not just good for athletes or in gyms; it is important for all able-bodied persons.

Finally, silence truly is golden. I cannot begin to express the unnerving but liberating atmosphere when speaking is limited to just a few rooms and there is no cell phone or internet access. Without trying, we became more alert, attentive, and reverent – not just “in church” but during meals, in the hallways, and even the privacy of our own room. Words somehow became more pregnant with meaning – or perhaps I just recognized the depth more than I usually do. And if this is the case in a walled compound, just imagine how important it must be to our noisy wide-open life that constantly bombards our mind and heart! I’m convinced that we desperately need to recover the ancient practices of silence and solitude that can be so life-giving as we receive the grace of the Holy Spirit who so often comes not in what is most noticeable and spectacular but in ordinary quietness that is so easily overlooked or marginalized by our busyness or fear of being alone. Even the great Prophet Elijah (feast day July 20) had to learn this profound truth (see 1 Kings 19).

— Fr. Harry

P.S. Enjoy some photos of our Pilgrimage to the Holy Land & Constantinople (May 26-June 5).
Question: How are we supposed to mourn the loss of a loved one?

Answer: We are all unique in the ways we experience loss and how we express ourselves. As a result, there is no one single approach. At the same time, there are some general spiritual guidelines. No one knows grief better than God our Father who experienced this to the ultimate degree in the shocking, supremely unjust death of his only Son, Jesus Christ. This means, in practical terms, that we believers have an extraordinary resource of grace since God identifies with us precisely in our pain and confusion. Our loss finds new meaning since the Crucifixion & Resurrection redeem voluntary sacrifice and unjust death. Communal support is critical: just as the Liturgy cannot be celebrated without the presence of at least 2 or 3 people, so we need the love, presence, empathy and support of one another to grow through loss instead of avoiding it by becoming busy or “getting over it.”

This is why our parish is working to establish a Grief Support ministry through reading material (in the bookstore), audio resources (sermon tapes/CD’s), and a support group lead by an area professional who is actively practicing the faith. Lots of family and friends can have good intentions but give bad advice, just as some popular literature and web sites can be misleading about what constitutes real Christian hope beyond the grave.

Be aware that many customs and practices come more from culture than faith: wearing black for a period of time (from 40 days to 1 year to the rest of our life), never going out socially, forsaking all entertainment in the home – these are all examples of what we may associate with mourning, but they do not come from the Gospel which takes death with utter seriousness yet reveals the transforming power of Christ. Early Christians, while grieving the loss of loved ones, manifested a distinctly different attitude from the dominant Roman culture of their age, especially since the Apostle Paul was explicit that believers never mourn “as those who have no hope.” Depression, extraordinary anxiety, isolation: these are sample signs that we need help, certainly in terms of spiritual direction (prayer, spiritual nurture) but perhaps also in terms of psychological counseling.

Fast of August (Δεκαπενταυγούστο)
As a community of faith, we prepare for the Great Feast of the Dormition (Falling Asleep; Κοιμήσις) of the Theotokos, on August 15, by observing a 2-week fasting period that begins this year on Thursday, August 1. The “spiritual” dimension of this Fast, which virtually anyone can follow, prescribes that we intensify our personal prayer, attend weekday Suppliatory (Παρακλήσις) services along with Sunday worship, do works of mercy to help the poor, sick and suffering, reduce our entertainment, strive more consciously to fight temptation and avoid sin, and receive the Sacrament of Holy Confession. As for the “physical” dimension of the Fast, the Church invites us to restrict our diet to vegetables, beans, pasta, grains, fruits, nuts, and shellfish, and in general to eat less food and reduce our snacking. On weekends we may also consume alcoholic beverages, and, on the Great Feast of the Transfiguration (August 6) we may eat boned fish. As with all fasting in the Church, the physical standards do not apply to young children, pregnant or nursing mothers, and can be modified for those who are ill or elderly. Feel free to consult Fr. Harry or Fr. George about the specifics of your own preparation.

Paraclesis (Παρακλήσις) or Supplicatory Service
Characteristic of this holy season are the Paraclesis Services offered 7 pm on Mondays, Wednesdays & Fridays (either her or at Annunciation). This beautiful service consists of prayers, psalms, petitions, and a Gospel reading that are enveloped in magnificent poetry that glorifies Christ by honoring the Theotokos as his Mother. Please write a list of first names of the living that will be prayed for, especially the poor, sick, shut-ins and suffering, and bring this with you. Alternating churches for these services represents another effort for our two parishes to continue our cooperation as we pray and work together.
**Parish Council**
The council voted to approve an expenditure of $2,000 for a consultant to review the Stamford Athletic Center operation and provide recommendations for improvement. Contact: George Paparis

**Treasurer’s Report**
The accountants have finished working on the March first quarter results and the second quarter results should be available soon. Revenues for the first quarter were $271,089, resulting in a profit of $53,500. Results were buoyed by one $50,000 donation and pledges made in 2012 for 2013. This profit is expected to shrink as the year progresses. Remember, accounting profit does not equal cash and, in the lean summer months, we have received a $25,000 loan from the Foundation Fund that will be repaid after the GreekFest. Contact: George Khouri

**Stewardship Report**
Margaret & Steve Fornaciari have once again spent countless hours planning this year’s festival, which will run four days from September 26 to September 29. They can use everyone’s help, which is an act of stewardship and usually a lot of fun. Margaret and Steve, with their positive attitude, have made this into a fun event rather than a chore. Their can-do attitude lifts us all. So come and meet your fellow parishioners and get in the spirit. Don’t forget to buy raffle tickets. Year-to-date there are 207 pledge cards, promising $272,672. Contact: George Khouri

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**Additional 2013 Stewards (as of July 27, 2013)**

| Mr. & Mrs. Michael Anthony | Ms. Elissavet Constantine | Mr. & Mrs. Sotirios Soulis |
| Mrs. Maria Antoniades | Peter George | Eugenia Tzoannopoulos |
| Mrs. Penelope Basel | Mr. & Mrs. Panagiotis Kakouros | Dr. & Mrs. Steven Valassis |
| Mrs. Sophia Beloin | Mr. & Mrs. Savvas Kelesidis | Mr. & Mrs. Dennis Vanson |
| | Dr. & Mrs. Alan Morelli | Peter M. Vorvis |

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**MINISTRIES**

**GreekFest: September 26-29 – Everyone’s Help Wanted**
Why is our annual Greek Festival so rewarding? Because people work together for a common cause — the growth and development of our parish devoted to Jesus Christ — and they enjoy great fellowship! Who are these people? All of us: the beautiful parishioners of our parish who sell raffle tickets, set up tables and decorations, cook, bake and serve during the Festival! Here are some developments for this year:

- **FESTIVAL EXTENDED TO 4 DAYS**, with the addition of Thursday evening;
- Raffle – a new, luxurious 2014 Audi A-4 Sedan since our raffle last year was so successful; only 700 tickets will be sold, for $100 each (which can be split 2 or more ways with family and friends). An order form has been mailed to each family. Place your own order soon!

- Greek food and pastries, assisted by a new, large convection oven; a new, larger loukoumadhes maker (Greek donuts); and including the following cooking schedule:
  - Baklava: Saturday, Aug 17, 9 am – 2 pm
  - Keftedes (meat balls): Saturday, Aug 24, 9 am – 2 pm
  - Gemista (stuffed tomatoes): Fri, Sept 27, 8-11 am, & Sat, Sept 28, 8-11 am
- Greek beverages – Greek wine, beer, coffee, and frappes
- Greek music and dancing
- Vendors – again selling Greek import items, jewelry, clothing, and more;
- Sponsors Signs – an opportunity for businesses, families, and individuals who wish to contribute $100 to support our parish (order forms are in the church office). Please order by Sept 13.
• Carnival Rides – outdoors: for younger children, teens and young adults, with hot dogs available; this was a terrific addition last year and we are seeking ways to expand it this year.

• Christian bookstore – with inspiring and educational books, pamphlets, CD’s, icons and devotional items;

• Church Tours – open to the public, with an explanation not just of our splendid house of worship but of the teaching and way of life of the Orthodox Church.

As part of our Stewardship program and as a major fundraiser, this GreekFest is an excellent opportunity for teens, single young adults, married couples, seniors, even children to offer their time and talents to work together! Last year we saw a significant increase not just in net profits but in volunteers and we want to build upon this, especially since we are adding an extra day. Festival week, we will need

• 20 strong men and women on Sunday, Sept. 22 (1-6 pm) and Monday, Sept. 23 (5-9 pm) to set up tables and assemble decorations and food stands;

• Helpers on Tuesday & Wednesday evenings to prepare utensils and decorate.

During GreekFest itself – Thu-Sun, Sept 26-29, we will need:

• Cooks • Food Servers • Pastry Helpers • Take-out Helpers • Cashiers • Security Guards • Bookstore Workers • Beverage Servers • Cleaning Crew and more…

• Most shifts are for only two hours, but you are welcome and encouraged to stay longer and come back for another shift!

PLEASE SIGN UP ON THE SHEETS IN THE PARISH HALL OR CONTACT THE CHURCH OFFICE. By pitching in together, and spreading the word through our workplace and neighborhood, we can make this GreekFest even better this year – invite co-workers, clients, friends, neighbors, and relatives to stop by, eat some souvlaki (shish-kabob), sip a glass of wine, and join the dance line!

Contact: Co-chairs Steve (203-561-2833) & Margaret Fornaciari (203-249-1156; zamsfam@optonline.net)

Seniors

Our last meeting was held June 12th. We would like to thank the seniors who contributed beyond the call of duty. They are Bill Grosso, Catherine Apostolos, Joan Bolanis, Harry Sentementes, Danny Speridakos, Telly Bitzonis, Bill Jones, and Katherine Kounavelis. Without their continual help, it would be most difficult for the Archangel Seniors to function. This meeting was a social get together, with wine, cheeses, dips, meat balls, pizza and Greek salad, and with the usual pastries and soft drinks. At this meeting, we elected a new president George Hasapis. The position of vice president is open for this once a month responsibility. We look forward to George’s leadership and wish him good luck.

We had Maria Rodriques from Tours Travel Land and More make a brief presentation on trips to be considered in the fall, such as overnight trips to the Catskills’ Villa Roma, with three meals, entertainment and a variety of activities. The dates available are September 9-10 and September 22-23. On the later date, “The Four Aces” will be the entertainment. Please contact Joan Bolanis for reservations. Of course, all parishioners are welcome to join us. Once again, I made a last attempt to continue with Tai Chi. All parishioners are welcome, but we must get a minimum of 15 people to continue the program at $ 5.00 per session. A special thank you to Father George for making himself available to us. We mourn the loss of Arthur M. Verses. He was an outstanding supporter of our parish. May his memory be eternal.

Let’s support the upcoming Greek festival by buying a raffle to win the new car. Contact: Peter Licopantis
**Ladies Philoptochos Society**
The Archangels Ladies Philoptochos Society will hold its first meeting of the new year on Tuesday, Sept. 3 at 7 p.m. in the Church Hall. We welcome and encourage new members to participate. We have an exciting year planned and look forward to hearing your ideas! Last year, Philoptochos supported many local, national and international charities as they worked to meet the needs of the poor, sick, handicapped and elderly and to help those impacted by crises, such as hurricanes and tornadoes. To date, our chapter has donated or earmarked $4,000 to help those impacted by economic conditions in Greece. We hope to see you at our meeting. For more information, please contact President Marion Vanson

**Church School**
The Archangels Church School Program will begin in early September (date is TBA). For new student registrations, please contact Jane Vorvis in the Church Office at 203-348-4216. Staff will meet to plan the year. The Church School will also host its annual Open House early this fall in order to provide a formal welcome to all families. The Open House will be followed by a celebratory welcome reception in the Church Hall. Details to follow in the September Herald. We look forward to reuniting with our students and continuing our shared journey in faith. Contact: Evelyn Bilias Lolis (ebilias@aol.com)

**Greek School**
Γεία σας! Καλά Καλοκαίρι! The Greek School Committee, PTO, and faculty eagerly look forward to the start of the new academic year! Registration is open for Pre-K (ages 3-4) through Grade 8. Our mission is to teach the Greek language and culture along with the Orthodox Christian tradition and faith. Students who have completed this program have been able to get college credits by passing the New York State Regents Exam. **The registration deadline is August 15** so sign up today through the church office. In addition, we would like to thank Kyria Agathi Makrides for over 30 years of dedication to our Greek School Program and welcome our new leader, Kyria Kyriaki Bellus, who was just hired by the Parish Council after a unanimous recommendation from the Greek School Committee. Kyria Kyriaki is a certified Early Education teacher in the State of Connecticut and a seasoned Greek School teacher with over 23 years of experience teaching students in Grades Pre-K to 8. We are delighted to have her join our school and look forward to you meeting her! Contact: Evelyn Bilias Lolis or Rebecca Kelesidis

**GOYA**
Fr. Harry will be meeting with parents during August to prepare GOYA ministry for the upcoming church year (Sept – Aug). In the meantime, the GOYA regional calendar has been set, beginning with the annual GOYA Day at Holiday Hill in Prospect, CT on Saturday, September 21, from 11 am to 7 pm. Hundreds of GOYAns attend from our district for a day filled with swimming, wiffle ball, volleyball, tennis, basketball, canoeing, a variety of contests, play of food and drink and so much more. Reservations and payment must be submitted by September 10; the fee is only $20.00 per child. GOYA is for 7th to 12th grade teens. We encourage everyone to attend! For more information, contact the church office or email skoparantzosd@optonline.net. Other regional events:

- October 25 - GOYA dance in Bridgeport
- November 9 - Parathosis (Dance Fest) in NY
- December 8 - Christmas Retreat at our sister church Annunciation here in Stamford.

**GOYA is the place to make lifelong friends.**
Contact: Diane Skoparantzos (203-550-6824).

**Hope & Joy**
While we are saddened by the departure of Advisor Melanie Jordanopoulos, who moved to Georgia with her family, we are delighted that Chris & Luisa Nanos have accepted to become new co-Advisors for this year. Fr. Harry will meet with them in August to prepare for this youth ministry to children who are pre-school through grade school. Parents as helpers are always welcome. Contact: Fr. Harry
Little Angels
Contact Anastasia Valassis (avalassis@gmail.com, 203.594.1309) if you are interested in joining this newer ministry for caregivers, parents, infants & toddlers. We are developing an email list to communicate about our meetings and other pertinent topics.

Youth Camps
The four 1-week sessions of Camp St. Paul, our District Summer youth program in Litchfield, CT, were a great experience for the 600 children (ages 8-17) who participated from many parishes in CT and NY, along with another 75 staff and many clergy. Fr. Harry visited on Wednesday of the 2nd week.
Participating from our parish this year:
Counselors: Hannah Pappas & Zach Fornaciari
Most had been before, but a few attended for the first time. All really enjoyed this safe, fun, and holy environment. In particular, Ilda & Elia, recent immigrants from Albania, were able to attend due to assistance from the Youth Ministry Scholarship Fund set up a few years ago and underwritten by contributions from Philoptochos, Ahepa, and others.
Ionian Village, the summer youth program in Greece founded by Fr. George decades ago, conducted two more sessions for youth. Attending from our parish: Alex Fornaciari who returned as a counselor for all sessions.

Stamford Athletic Club @ Greek Cultural Center
With the 40,000 square foot Center approaching 40 years of age, there are always repairs to be made, many of which are beyond operational expenses. Most recently the heater for the swimming pool water reached its life expectancy and stopped working. The estimate for the replacement was $2,400. A parishioner who enjoys the Center decided to donate the entire amount, which is greatly appreciated! This is not the first time a parishioner has made a generous donation. A few years ago, the Center received an even larger amount to but batting cages for the gym, which has helped to generate significant income, and bring smiles to many young baseball players who learned to play at the Center. We hope that other parishioners will make donations like this to the Center to cover other items to help rebuild our aging facility. These show that the Center is truly enjoyed and valued by parishioners who want it to succeed, despite the challenges it faces from age and local competition. It is worthwhile to note that we have, on average, over 6,000 visits a month to the center (72,000 a year), a significant number. Many thanks again to the parishioner who made the donation! Contact: Glenn Colarossi

St. Phanourios
The feast of St. Phanourios, patron saint of lost things, is commemorated on Aug 27, the date his icon was found in the ruins of a Greek Orthodox church on the island of Rhodes in Greece. On Sunday, August 25, you are invited to bake and bring a “Bread of Phanourios” (Phanouriopita) to Liturgy for a blessing. The following recipe is from Roula Stergianis and Sophia Hartch:

Contents:
3 cups flour
2 level teaspoons cinnamon
¼ cup extra virgin olive oil
1 cup sugar
¼ cup cognac or brandy
½ cup water
1¼ cup orange juice
2 level teaspoons baking soda
2 level teaspoons baking powder
Zest from one orange
1 cup golden raisins
1 cup chopped walnuts
Powdered sugar for the top (optional)

(continued next page)
**Directions:**
Mix flour and cinnamon in a bowl. In a separate bowl, combine oil, sugar, cognac, water, orange juice, baking soda, baking powder, and orange zest. Beat for a few minutes, then add flour mixture, raisins and walnuts. Grease and flour 9 inch round pan; pour in batter and bake at 350 degrees for 45-60 (test with a toothpick). When cool, sift powdered sugar on top, if desired.

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**St. Michael’s Home for the Elderly**
The Board of Trustees have announced the execution and delivery of a contract of sale for the purchase of an 11 acre property located in Uniondale (Hempstead), New York and the kick-off of a $20,000,000 Capital Fundraising Campaign designed to facilitate the purchase ($7 million) and rehabilitation of the property (the remaining $13 million). For well over a decade, the Board has been aggressively searching for an appropriate site to expand St Michael’s Home mission and to better serve more elderly at higher levels of care, since the current facility in Yonkers cannot accommodate skilled nursing. His Grace Bishop Andonios, the Director of St. Michael’s Home, said that “With the purchase of this property, we enter the most exciting chapter in the history of this wonderful Archdiocesan institution. The need to expand our facilities and services and help even more of our elderly is a sacred mission. This is an enormous undertaking, but with blessings from above and the generous support of the community, we will achieve our vision.” The property is now under contract and the 90,000 square foot complex on completion is intended to include 27 one-bedroom independent living apartments, over 50 private assisted-living bedrooms with private baths, and a unit serving clients with dementia as well as a section with nursing care beds. Since its opening in 1958, St. Michael’s Home sustains its ministry on the boarding fees which residents are able to offer and on the generous support of the Greek American community. The facility is licensed by the New York State Department of Health. Contact: Nick Chivily

**IOCC (International Orthodox Christian Charities)**
Shortages in medical supplies are plaguing public hospitals across Greece and threatening access to quality health care that some of the most vulnerable Greeks – the elderly, chronically ill patients, and the poor – are dependent upon for their well-being. IOCC continues to respond to Greece’s deepening crisis with direct assistance and in support of Apostoli, the social service agency of the Greek Orthodox Archdiocese of Athens. To date, IOCC has distributed more than $3.5 million in medical aid to Greek hospitals in greater Athens, Thessaloniki and Crete, and to free clinics across Greece. You can help make a difference for people in need around the world, like those in Greece, by making a financial gift to the International Emergency Response Fund, which will provide immediate relief as well as long-term support through the provision of emergency aid, recovery assistance and other support to help those in need. To make a gift, please visit www.iocc.org or call toll free at 1-877-803-IOCC (4622), or mail a check or money order payable to IOCC, P.O. Box 17398, Baltimore, MD 21297. IOCC is the official humanitarian aid agency of the Assembly of Canonical Orthodox Bishops of North and Central America. Since its inception in 1992, IOCC has...
delivered $438 million in relief and development programs to families and communities in more than 50 countries. IOCC is a member of ACT Alliance, a global coalition of more than 130 churches and agencies engaged in development, humanitarian assistance and advocacy. To learn more about IOCC, visit www.iocc.org. Contact: Christine or Nick Chivily.

**Missions**

**Hogar Rafael Orphanage in Guatemala:** has a new website - http://www.friendsofthehogar.org — that showcases photos and information about the significant relocation of the Orphanage from a dangerous area of Guatemala City to the peaceful, safe and beautiful mountain-side overlooking Lake Atitlan, right next the women’s Monastery that supervises the children who are saved from grave suffering through housing, education, and spiritual formation. Check out this ministry to which Fr. Harry & Vicki Kyriakos went as missionaries a few years ago.

**Albania:** experienced short term missionary Hannah Pappas, senior at Hellenic College in Brookline, MA, went on her first trip to Albania in late May – early June as part of a special credit course on missions. Her experiences included extensive time with Archbishop Anastasios Yannoulatos, leading Orthodox missionary and theologian, and long term missionary Nathan Hoppe, lay theologian who has been to our parish on 2 occasions and is supported by us with a small monthly stipend.

**Baptisms**

- June 16 – Chloe Katerina Kavanaugh, first child of Robert & Christina Kavanaugh; sponsor was Eugenia Tzoannopoulos
- June 16 – Nicole Elizabeth Kavanaugh, second child of Robert & Christina Kavanaugh; sponsor was Sophia Beloin

**Graduation**

- Avery Anthony, daughter of Michael & Jena Anthony, from New Canaan High School

**AFFILIATED ORGANIZATIONS**

**AHEPA**

At our last meeting in June, we elected our chapter officers for the coming year: James W. Cocolis – President; John Louizos – Vice President; Dimitrios Vasquez – Secretary; James J. Cocolis – Treasurer. The president appointed Arthur Kiratsous as Director of Programs, and Nicholas Nikas as Director of Membership. There will be no meeting in August. On Sunday, August 4, the AHEPA Yankee District #7 Scholarship Dinner will be held in New Britain to honor this year’s 23 recipients of awards totaling $22,000. Our chapter was represented by two award winners: Alexandra Glenges, daughter of Dean and Paula Glenges, and Antonia Kubisek, daughter of Brett Kubisek and Maria Zorzos. Congratulations! The dinner will also serve as a fundraiser for the scholarship fund. Our attention has already turned to our “Passing the Torch” fundraiser on October 26, a dinner-dance at the Norwalk Inn for the benefit of our Greek Schools and the Greek Relief Fund. It will be similar to the very popular event we had last year. We plan to honor the Father/Son or Father/Son-in-Law pairs who are AHEPAIns in our chapter or neighboring chapters. Please save the date. Contact: Nicholas Nikas