**Season of Change**

“Change” can be a very threatening word. Does it mean that we are going to throw out everything that is considered old and disregard the past? Focus only on keeping up with fashions and fads that come and go? Change for the sake of change?

Poor Jesus. He shows up as Messiah and Savior, and lots of people get nervous. Scholars are perplexed about his interpretation of the Bible. Devout believers are disturbed by his way of life. Civil authorities are more than concerned about his movement.

And what was his opening line in public? “Time to change! God’s rule is arriving through me.” Perhaps you may have heard this in another translation, “Repent, for the Kingdom of God has drawn near.” Either way, it was as jarring then as now.

As I write this, a special book is being opened in the Church for the first time since Holy Week last year: The Triodion. We will increasingly use it until it dominates Holy Week. The Triodion is packed with songs, prayers and Bible passages that explore a simple but profound theme – Repentance – that sums up our Savior’s preaching. All too often, repentance is given lip service: sounds nice but who really cares. Or it has a negative connotation: now we have to focus on what we did wrong and feel sorry about it.

Too bad. Because the word is basically positive: both the Hebrew and the Greek refer to a change in how we think and live together. Consider how much is determined by what’s happening inside our mind – our outlook, spirit, memories, feelings and decisions – that make up the nearly non-stop conversation going on without anyone else listening. Maybe it’s not too late to reclaim a rightful place for this great Biblical word. Maybe we can learn not to connect it automatically with something negative. Maybe we can pause, take a deep breath, and learn not to feel threatened as though someone were about to assault our sensibilities.

Jesus, though, is clearly not interested in keeping things static. The only people who can’t change are dead. And if there’s anything Christ wants for us, it’s life and abundant life at that.

I consider it no coincidence that, just as we enter upon the period of the Triodion that will propel us into the season of repentance (Great Lent), our parish has been inexorably moving in the direction of a season of change. Every leadership body, led by the Parish Council itself, has been heading toward positive, beautiful, wonderful change that will build upon all the positive, beautiful, wonderful changes that were made years and decades ago and from which we are all beneficiaries. Renewed leadership in staff, administration, and ministry has produced tangible renewal – from worship to fellowship to education to mission to service to communication to programs to record keeping to buildings & grounds.

Now we are on the threshold of an invitation to come together, spurred on by the Master Planning Committee, roll up our sleeves and engage in a deeper conversation that looks at a bigger picture: how is God calling us to respond to the needs not just of the present but of the future? How will we continue to renew our sacred spaces to fit with the generations growing up now and those not yet born? What kind of staff and ministry will match who we are and who we are meant to become?

I don’t know the answers to these questions. And I doubt any other single person does, either. Good thing we have each other to work it out. Good thing we have skilled, outside professionals to guide and keep us honest. Good thing we have the Holy Spirit breathing through us.

Hmm, maybe this business about change is really good news for all.

— Fr. Harry
Guidelines for Great Lent

Take advantage of the various ways that the Church offers us – as persons, couples, and families – to observe this sacred season that starts on March 17:

**Worship services (other than Sundays):**

Forgiveness Service – at the end of Liturgy the day before Lent starts;

Saturdays of Souls – Liturgy on 3 Saturdays in a row that invite us to remember our departed loved ones and bring a bowl of kollyva (boiled wheat);

Great Compline on Clean Monday or before certain ministry meetings;

Liturgy of the Presanctified Gifts on Wednesdays at 5:45 pm, followed by a Lenten meal at 7 pm (freewill donation), and Adult Education from 7:30 – 8:30 pm

Compline with Salutations to the Theotokos on Fridays at 7 pm.

Bible reading: subscribe on-line for the daily passages from the Archdiocese (http://www.goarch.org/listserv/), on Facebook (http://apps.facebook.com/daily_readings) or iGoogle (http://tinyurl.com/goarchigoogle). Of course, you could always do it the old fashioned way: open your own Bible. Don’t forget to pray at least one Psalm a day. Consider personal prayer and Bible reading a sacred appointment with God and put it in your planner! The Lord has a lot to say to us through the Scriptures. Are we willing to let him have a say, or do we want to dominate the conversation?

Devotional reading – stretch your mind by reading something inspirational and challenging – like *Great Lent* (by Fr. Alexander Schmemann; a modern classic), *A Long Obedience in the Same Direction* (by Eugene Peterson; meditations on the Psalms of Ascent, which we pray at the Liturgy of the Presanctified Gifts), or *Mountain of Silence* (by Kyriacos Markides, who will be speaking here in November).

**Fasting:**

Spirit – reduce your dependence on entertainment (such as television, movies, athletic events, web surfing, gambling), and shopping for luxuries and non-necessities. Use this freed up time to attend worship, pray at home, read something devotional, or help someone in need. Identify one bad habit and battle it through self-denial (e.g., smoking, drinking, greed, overworking, anger, sloth, pride, lust). Build a good habit instead (e.g., prayer, silence, meditation).

Food – reduce the amount you eat every day (e.g., smaller portions, fewer snacks), and simplify and lighten your diet. The traditional prescription is to eliminate all meat and meat by-products (red & white meat, along with animal by-products — milk, cheese, butter, eggs), boned fish (except for Feasts of Annunciation & Palm Sunday), olive oil and alcoholic beverages (except on weekends). If this seems too demanding or impractical (e.g., you are the only one in the family who wants to fast strictly; others do not or cannot), consider abstaining from all meat but eating some dairy. Bottom line: we are not really fasting unless it challenges us and requires effort that may not be convenient. The purpose is greater self-control in the Holy Spirit that liberates us to serve God and others. Note that the following people are not required to fast for health reasons – pregnant or nursing mothers, children under the age of 7, those weakened by sickness or old age.

**Give alms:**

Become personally involved in at least one practical, hands on ministry that serves the poor and needy – such as volunteering at Stamford Hospital, delivering Meals-on-Wheels, visiting a shut-in or someone in a Nursing Home, helping a neighbor with an errand, spending time with someone who is lonely, working at Inspirica (formerly St. Luke’s LifeWorks).

Send financial support for missionary work (such as the Orthodox Christian Mission Center – www.ocmc.org) or philanthropic outreach (such as Emmaus House in Harlem, or the International Orthodox Christian Charities – www.ioccc.org).
The Herald

Mr & Mrs George Adamis
Mrs Jameela Androulidakis
Mr & Mrs George Antipas
Mr & Mrs Angelo Aravidis
George Badoyiannis
Mr & Mrs William Grosso
Mr & Mrs Scott Gross
Mr & Mrs Mathew DeBartolo
Mrs Alexandra Davatzes
Dr & Mrs James Damascus
Mr & Mrs Peter Demetros
Mr & Mrs Matthew DeVito
Mr & Mrs Louis Greco
Mr & Mrs Scott Gross
Mr & Mrs William Grosso
Mrs Penelope Gould
Ms. Margarita Haralabidis

Benefit of giving of their time and talents. I encourage those of you who have not given of your talents to do so. I do this so you might experience the joy that others have felt when they volunteered. On the treasures side, we have received 152 pledge cards with $234,072 pledged, an excellent start for the new year. We appreciate your support and ask those who haven’t pledged to send in their cards. Remember that the card need not be accompanied by payment: a check can be sent at a later date. Contact: George Khouri
**Master Planning**

The Committee finalized the first version of our Statement of Need. This is the document emailed and/or hard-mailed to all members of our parish by Feb. 23. It highlights our preliminary suggestions for the renewal of our buildings & grounds, staff, and ministry. On Sunday, Feb. 24, we met with our renderings architect, Peter Polites, to view more of his preliminary drawings. They will be on display Sunday, March 3rd, at the Town Hall Meeting. This meeting invites ALL parishioners to come and discuss aspects of the master plan. There will be Q & A on the plan. We will introduce Jerry Minetos, Parish Development officer of the Archdiocese, who is guiding us through a potential capital campaign and who will conduct confidential interviews with church members and ministry groups. Every parishioner will be asked to respond to confidential questionnaires in conjunction with this process. This is your chance to be heard and considered. Your feedback will help craft the final Statement of Need and the next decades of our parish life. Please attend the Town Hall Meeting - Sunday, March 3rd right after church. A light lunch will be served. If you have questions, please contact Jason Konidaris.

**Buildings & Grounds; Maintenance Committee**

We are in the process of working on several initiatives that were approved by the Parish Council and will be paid for by the Foundation Fund. The first is an upgrade of the Pool Heating & Ventilating system at the Center, consisting of a new exhaust fan, automatic temperature controls and new dampers that will help control heating and cooling costs. Nick Aivalis and the Committee are working with several key vendors on the bids for the replacement and installation of the church’s windows that have deteriorated beyond the point of repair. After the recent storm, we had to fix a roof leak above the second floor classrooms. Fortunately, no serious damage was done. We are working with the Center to replace the steam generator for the women’s locker room. Some ongoing maintenance items are evaluation and reinforcement of the pews in church. We will reinforce the middle support beams to ensure long term safety and comfort. **We would like to reach out to the community as we have about 75 school desks that we currently do not need and would truly like to donate to anyone who can utilize them.** If you have any ideas or know of an organization that can utilize them, please contact Jane in the Church Office.

Contact: Gregg Demetros

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**MINISTRIES**

**Confession & Communion**

Tragically, Holy Confession is the most neglected and misunderstood Sacrament. Many dismiss it as unnecessary or irrelevant. Most have never been. There are various ways to learn the truth, however: ask a priest; read the small booklet “If We Confess Our Sins” in our parish bookstore; talk to someone who has experienced it; investigate it on-line through “OrthodoxWiki” the Orthodox version of Wikipedia (http://orthodoxwiki.org/Confession). Both Fr. Harry and Fr. George are available by appointment; as well, Fr. Harry will be available Wednesdays during Lent at 5 pm to hear Confessions without an appointment before the evening Liturgy. The clergy are trained and assigned by God to watch over the spiritual well being of everyone the parish, similar to what doctors are trained to do with our physical well being. Even if we are not burdened by something specific, receiving Confession is like an annual spiritual check-up. It is invaluable way to grow in Christ, draw nearer to one another, and is outstanding preparation for Communion. Forgiveness is too precious a gift to deprive ourselves of receiving it!

**Adult Catechism**

Bible Study schedule this month: March 4 – Psalms 121 & 137; March 11 – Psalms 141, 148 & 150. In Great Lent, Fr. Harry will offer an open-ended series of shorter sessions on different topics every Wednesday evening, following the Liturgy and a light Lenten meal, from 7:30 – 8:30 pm. You are welcome to suggest topics.
Volunteers Needed
The Archdiocese seeks experienced or novice workers to help with renovation of New York area homes damaged by Hurricane Sandy, usually for just one day (a Saturday). Sign up to help with flooring, drywall, painting, etc, through www.philanthropy.goarch.org or contact the Department of Philanthropy via 212-774-0283 or e-mail Constantine Ursache at cursache@goarch.org for more information.

Seniors
Our February 13th luncheon was well attended considering the weather that we have been having. We were served a variety of Pizzas, a Greek Salad, and the usual desserts and drinks. Diane Caruso from the Stamford Athletic Club was our speaker and introduced “Tai Chi” to us. Tai Chi is an Asian program of exercise and is very beneficial physically as well as to our well being, especially for Seniors with limited mobility. Diane received a good response from our seniors and has scheduled the first class for Monday, March 11 at 11 am. Those interested should contact Diane at the Stamford Athletic Club. On February 17 a group attended the play “Something Funny Happened on the way to the Forum” at Sterling Farms, with dinner at Madonia restaurant afterwards. A wonderful day was had by all. Peter Demetros thanked all the attendees for their continued desire for fellowship. Our next meeting will be on March 13th. Arrangements are being made for a speaker. Contact: Peter Licopantis

Ladies Philoptochos Society
Our chapter did not have a meeting in February. We hosted Heart Sunday on Feb. 10. Many thanks to our parishioners who made donations totaling $205 during coffee hour, which we hosted. The donations will be given to Stamford Hospital’s Vascular and Heart Institute. The next meeting will be Tuesday, March 5th at 7 p.m. in the Hall. We will discuss plans for the annual Palm Sunday Bake Sale on April 28th and the Mothers’ Day event where we will honor our members with 50 years or more of service. Please let us know of any parish members with this length of service. We are also looking for volunteers to help at the District-wide St. John’s Chrysostom Oratorical Festival, which will be hosted again by our parish on Saturday, April 6th. Our Angels of Cheers would like to visit any parish member who is hospitalized or convalescing. The annual membership drive is underway. Please renew your membership or join us for the first time. All ladies of the parish are welcome! Dues are $25 for seniors and $35 for all others. Contact: Maryanne Kardaris or Diane Sierpina

Lenten Retreat
New Skete Monastery is offering a one day retreat, “Lent and the Experience of Sin, Forgiveness, and Gratitude” on Saturday March 16, from 8 am – 6 pm at their Chapel in Cambridge, NY. Included are: worship, meals, discussion groups, and spiritual direction. $35/person or $15/student. Contact for registration or info: Karen Gladstone 518-677-3928, x 214 or karengladstone@newskete.org

Pilgrimage
There are still a few places left for those who wish to join the pilgrimage led by Fr. Harry to the Holy Land & Constantinople May 26 – June 6. See the parish website for details – www.archangelsgoc.org. Note that $300/person is necessary to reserve a place, and that a $50/person late fee may apply. An extension to Cappadocia and/or travel elsewhere afterwards (such as Greece) is also available for an additional fee. As preparation, Fr. Harry recommends that all pilgrims borrw a DVD in the parish library, “Where Jesus Walked.” Contact: Fr. Harry

Sacramental Fees
The Parish Council has revised our policy about fees for Sacraments and Services in order to bring them up to date and provide for a part time sexton (neokoro) that we are in the process of hiring: Baptisms $250, Weddings $575, Funerals – freewill donation. Contact: George Paparis or Fr. Harry

Church School
There are several important events that aim to make March an exciting month for our Church School students, families, and faculty. On Saturday, March 2nd, Church School teachers and Youth Ministry workers from parishes in the CT and NY district will attend a regional workshop sponsored by the Direct Archdiocesan District of our Archdiocese. Dr Evelyn Bilias Lolis is the invited keynote speaker and will present a lecture titled, “Re-Imagining Christian Education at a Critical Social Junction”. The workshop will be held from 10-2pm (registration at
9:30am) at the Church of the Annunciation in Stamford. All youth ministry educators are welcomed and strongly encouraged to attend. Our Music Ministry resumes on **Sunday, March 10th.** Emily Skoutelas will continue to work with PreK-Grade 6 on learning the hymn “Christ is Risen” in preparation for Easter. Our own Parish Oratorical Festival will be held on **Sunday, March 17th.** Students in Grades 7-9 continue to work on developing speeches for this event. The Church School will also join the Greek School in hosting a Clean Monday program on **Monday, March 18th.** We will begin with worship, then a light Lenten meal will be provided, and Father Harry will conduct a brief workshop for parents about Great Lent, while Staff host activities for children upstairs. Finally, the Church School will join the Greek School in providing a Greek Independence Day & Annunciation program following Liturgy on **Sunday, March 24th.** This program will provide a blended celebration of our Hellenic heritage, as well as the sacred Feast of the Annunciation. Please make every effort to attend, support our youth programs, and help us cultivate a strong sense of community for our children. Contact: Evelyn Bilias Lolis (ebilias@aol.com).

**St. John Chrysostom Oratorical Festival**

We plan to hold our first parish Oratorical Festival on Sunday, March 17th, immediately after Liturgy. Students in grades 7-12 are encouraged to consider writing a speech for the festival if they have not already begun a project. Topics and information about the festival are available online at: http://www.goarch.org/archdiocese/departments/religious/sjcof. We are very thankful for the efforts of Church School teachers Evelyn Bilias Lolis, Elias Lolis, George Paparis, and Medina Vasily for encouraging their students to participate and for working with them on speeches. On Saturday, April 6th, we will again have the honor of hosting the District level Oratorical Festival for churches in both the CT and upstate NY areas. We hope our own students will also participate in this event! We solicit help from the parish to donate food or help to serve a light breakfast and a concluding lunch after the event. We also try to award participants money prizes and gifts for their efforts. Any donations to defray these costs would be welcome. If you’d like to help with the event or are interested in making a donation, please contact Anastasia Valassis at avalassis@gmail.com or 203-594-1309. Thank you!!

**Fire Safety Program for Parish Families**

Parish Council Member and Stamford Fire Marshal Ted Panagiotopoulos will discuss fire safety in our home during Coffee Hour on Sunday, March 31st. Ted will cover basic home fire and life safety issues and inform everyone about Stamford’s new city ordinance requiring all homes to be equipped with carbon monoxide and smoke detection. Bring your own snacks and drinks to that event.

**Greek School**

On March 18th, Kathari Deftera, which marks the beginning of Great Lent, will be celebrated at our parish with our sister Church of the Annunciation, starting with worship at 5:30 pm, followed by a Lenten Meal, and then workshops for adults (led by Fr. Harry) and children (led by teachers). This year, the annual Annunciation/Greek Independence Day program will include Church School on Sunday, March 24th immediately following Liturgy. There will be a short performance, followed by a luncheon. Please RSVP with the office or email jordothe-greek@hotmail.com with any questions. All raffle tickets have been mailed out; additional tickets can be picked up in the church office. We ask for your support as this is our biggest fundraiser for the year. Please make all checks payable to the “Archangels Greek School”. On March 25th, the Greek Orthodox Community of Stamford unites for Liturgy at Annunciation Church (9:30 am) and then sings the Greek National Anthem as the flag is being raised at the Government Center (noon). Children are encouraged to come dressed in traditional Greek costumes. Next PTO Meeting is March 12th at 5:30 p.m. Contact: Rebecca Kelesidis at Rebecca@Kelesidis.com.

**GOYA**

GOYA has a lot going on in March and welcome any new members to participate in any of the following events: March 1st- GOYA dance at St. Barbara’s in Orange starting at 7pm; March 2nd – Mardi Gras Dinner Dance 7 pm; March 10th-GOYA Bake Sale with raffle (Please see our items up for raffle in the church hall. Purchase a ticket of a $1 and select the prize you wish to win); March 16th-Annual District Scavenger Hunt in NYC...drivers/chaperones needed; March 18th-Annual Clean Monday worship, Lenten dinner, and workshop together with our sister parish, Annunciation Church here at Archangels; March 29th-Lock in-an overnight event at the church with...
fellow GOYAns. Topic to be announced. In February, our GOYAns got together to make teddy bears for patients of the Ronald McDonald House in NYC. Thank you to Catherine Vanech and Hailey Holbrook for delivering our Bears from the Heart to the Ronald McDonald House. Next GOYA meeting is April 14th. Any questions about GOYA, please feel free to inquire with either Father Harry or Diane Skoparantzos at skoparantzosd@optonline.net. We will also be happy to add you to our email distribution list. Kali Sarakosti/Happy Lent!

**Camp St. Paul Registration**

Registration for Camp St. Paul begins Monday, March 4, 6 am for all JOY (grades 3-6) and GOYA (grades 7-12) children. 4 1-week sessions will be offered during the month of July. Please note that some sessions fill up quickly on a first come, first served basis. Financial assistance is available for qualified children (contact Fr. Harry). The program, on the shore of Lake Bantam near Litchfield, CT, includes worship, fellowship, activities, education, meals, and tons of fun, memorable experiences, growing in faith, and deepening relationships. Past counselors from our parish include Alex Fornaciari and Hannah Pappas; past campers include Zach Fornaciari, Elizabeth & Stephen Stanton, Nicole Pease, and Dena Glekas. For further information or to register, go to the website www.campsaintpaul.org.

Contact: District Youth Office (212-774-0267)

**Ionian Village Registration**

Registration is now open for the following 2013 programs of Ionian Village, the Summer Camping Ministry of our Archdiocese in Greece that was founded under the inspired vision and leadership of Fr. George:

“Summer Travel Camp” (June 23-July 11) and “Byzantine Venture” (July 20-August 8) for youth who have completed grades 8-12. Based at the Ionian Village in Bartholomeo, side trips include Zakynthos, Olympia, Patras, Kefallonia, Kalavrita, Athens, Kerkrya, Aegina, Mystra, and Epidaurus.


Visit the website for further information or to register: www.ionianvillage.org Contact: Fr. Evagoras Constantinides at the Ionian Village Office (ionianvillage@goarch.org or 212-570-3536).

**Hope/Joy**

Unfortunately, due to a personal commitment, I need to cancel the March Greek Dance Event. I will reschedule after Easter. To all of you who sent in a RSVP, I thank you. If anyone feels that they would like to run this event in my place, I would be happy to help with the set up and guide you through. Looking forward to a Happy and Healthy Spring.

Contact: Melanie Jordanopoulos jordothegreek@hotmail.com

**Little Angels**

We had a lovely Valentine’s party with our little ones, enjoying food, playtime, and crafts (see photo above). We are thankful that Fr. Harry was able to join us as well. Many thanks to Fofe Vasquez and Ruth Diamond for contributing snacks and toys for our meeting. We look forward in the near future to being able to use an empty classroom that we can tailor to the needs of the children. We will be soliciting donations of toys, books, play mats, and small furniture to make this room comfortable. This should provide a better environment than the church hall for future meetings. This March, we hope to enjoy a Mom’s Night Out to relax and talk about parenting with fewer interruptions from our little angels! Please email Anastasia Valassis (avalassis@gmail.com) for details.
IOCC (International Orthodox Christian Charities)

With generous support from AHEPA, IOCC is directing its latest relief to Greece’s ailing healthcare system with a shipment of more than $650,000 in medical supplies destined for northern Greece’s largest regional hospital. Government austerity and a failing economy have propelled Greece’s public healthcare system towards the brink of collapse, jeopardizing the well-being of patients in hospitals that are severely lacking basic but necessary medical supplies. IOCC and its Greek relief partners will help replenish desperately needed patient care supplies to the University General Hospital of Thessaloniki. IOCC also continues to respond to Greece’s deepening healthcare crisis by reaching out to the country’s medical community with direct assistance and in support of local relief partners, Apostoli, the social service agency of the Greek Orthodox Archdiocese of Athens, and Doctors of the World-Greece. With the latest shipment, IOCC has distributed more than $2.2 million to Greek hospitals on the island of Crete, children’s hospitals in Athens, and to free clinics across Greece serving thousands of children, families and elderly without an income or access to Greece’s national health system.

How you can help: You can help the victims of poverty and conflicts 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 help for those in need. To make a gift, please visit www.iocc.org or call toll free at 1-877-803-Iocc begin_of_the_skype_highlighting (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 more than $400 million in relief and development programs to families and communities in 50 countries. Contact: Nick or Christine Chivily

March 24th - Mark your Calendar!

Annunciation/Greek Independence Day Program

by the Greek School & Church School

Luncheon $20 by March 10; At door: $25
$5 children under 12

Greek School & Church School Children under 3 eat for free!

RSVP: Church office with Jane at 203-348-4216
or Email: Rebecca Kelesidis at Rebecca@Kelesidis.com

AFFILIATED ORGANIZATIONS

AHEPA

Our next meeting will take place at 7:30 p.m. on Wednesday, March 20, in the hall of the Church of the Archangels. We will discuss our plans for several upcoming events, including: 1. A presentation in the spring by the Supreme President of AHEPA, Dr. John Grossomanides on “You and Your Medications”, as well as on “Why AHEPA?”; 2. The showing of a video on the August 15, 2012 Koimisis Tis Theotokou celebrations on the island of Tinos by Alex Morelli, a young member of our community; and 3. The details of “Passing the Torch”, our major fundraiser in the fall, during which we will honor the Father/Son or Father/Son-in-Law pairs who are members of our chapter or neighboring chapters. Please join us. Contact: Nicholas Nikas

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