



The Herald

Newsletter of the Greek Orthodox Church of the Archangels • 1527 Bedford St., Stamford, CT 06905

February 2015

Transition

This past fall, Maria Scaros Mercado, a professional in elder care and grieving, made an important point when she addressed us about adapting throughout life to changes that will inevitably come our way. Even though we may have expected her to focus just on seniors, Maria compelled us to reflect on our own lives at every stage. Change will either come through our own choices – such as marriage or moving – or unwillingly – such as natural aging or an injury from an accident. I can remember thinking, “This hits close to home for each of us, no matter where we are.”

Perhaps this is why the rhythm of life for the Church has always acknowledged transitions. We bring our children to Christ in order to be born all over again as his followers and members of his family of faith. We celebrate love that grows between two adults in weddings. We take care to say good-bye to loved ones in funerals. We go on vacation to give ourselves a break from typical routines of school, work or weather.

On the one hand, every day is blessed by God and has now become the sanctified time in which Christ is at work to recreate the universe that flows its way.

On the other, we human beings, who rely on rhythms to sustain us, need planned changes on a regular basis to re-focus. Most of us sleep at night and work during the day. We look forward to time each week away from work and school. We welcome time with family, recreation, entertainment, and holidays.

So, it's quite natural that we need some time to adjust for Great Lent that starts on Feb. 23 this year. This is no ordinary transition. It is holy and invites us to acknowledge something more important than what is right in front of our nose like earning a living, pursuing education, paying bills, chauffeuring children, or serving others.

What is more important? Our deeper life in the Lord, both personally and collectively.

The evidence shows that all the great followers of Christ took advantage of whatever society permitted. When the civil law said that being Christian is illegal (as in the first

300 years), then Christians bore witness to the truth but were prepared for sacrifice, even to the point of losing life itself. When the government says it's ok (like today), then living more faithfully easily gets swept aside in the rush of daily pressures, the pleasures of this world, and the unexamined assumptions we make about God.

It takes honesty to face up to who we really are – both on a personal basis and as a community of faith. It is far easier (and often more pleasant) to continue coasting along in blissful ignorance, jaded cynicism, or carefree apathy.

Transitions are meant to help us make changes more gracefully and authentically. We check in with airlines before getting on a plane, and those in charge give us instructions after we are seated. We make appointments to see doctors, lawyers, or accountants instead of just showing up and expecting to be served. We study and study and study to get a degree or certificate to enable us to earn a living.

This year February is our time of transition to the disciplines of Great Lent. But these should be familiar by now. We celebrate with joy and gusto at Mardi Gras. We concentrate prayer within our own heart and together in worship. We move from little or no fasting toward greater self-control with lighter food & drink. We increase works of mercy to the poor and suffering. We join in seeking justice with others. We renew our care for the environment. We forgive one another, even when we think we have no real connection. We make the effort to learn. We struggle to put Christ's teaching into daily practice. We gradually curtail entertainment and dining out in order to give ourselves more to God.

Winter is just too cold and harsh to prepare me for the heat of summer. Spring serves as a critical transition. Just so, we welcome the first three weeks February to help us adjust from more common rhythms toward deeper disciplines that are bound to excite, challenge, and stimulate growth in faith and life.

Cheers!

– 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 February 23:

- Worship services (other than Sundays):
 - ~ Forgiveness Service – at the end of Liturgy the day before Lent starts (Feb. 22)
 - ~ Saturdays of Souls – final Liturgy is Mar 8, when remember our departed loved ones and bring a bowl of kolyva (boiled wheat)
 - ~ Great Compline on Mondays, 7 – 8 pm, a beautiful penitential service of psalms and prayers
 - ~ Liturgy of the Presanctified Gifts on Wednesdays at 5:45 pm, followed by a Lenten meal at 7 pm (freewill donation), and Catechism 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. I recommend that everyone pray one Psalm a day in addition to these daily readings. Consider personal prayer and Bible reading as a sacred appointment with God and put it in your daily planner. The Lord has a lot to say to us: it's just that we have to allow God to do so by listening to his voice in Scripture and the life of the Church.
- Devotional reading – stretch your mind by reading something inspirational and challenging – such as
 - ~ *Great Lent*, by Fr. Alexander Schmemmann; a modern classic that explores the meaning of the entire season; by the popular Orthodox theologian who engaged church & society so effectively.
 - ~ *When God Happens*, by Rowan Williams, wonderful insights from the Desert Fathers & Mothers for life today; he is former Archbishop of Canterbury and internationally known scholar; .
 - ~ *Wounded by Love*, the life and teachings of the Elder Porphyrios of Greece (died 1991), as told in a simple manner by himself; recently canonized, he is considered by some as the greatest Saint of the 20th century.
- Fasting:
 - ~ Spirit – reduce your dependence on entertainment (such as television, movies, athletic events, web surfing, gambling), and shopping for luxuries and non-necessities. Use your time instead 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, drink-

ing, shopping, overworking, anger, laziness, pride, lust, carelessness). Build a good habit instead (e.g., prayer, silence, meditation).

- ~ Body – 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 such as milk, cheese, butter & eggs), and boned fish; olive oil and alcoholic beverages are permitted only 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. In any case, we are not really fasting unless it challenges us and requires effort that is inconvenient. The purpose is greater self-control so that the Holy Spirit can liberate us from our compulsive drives in order to love God and others more genuinely. Note that pregnant or nursing mothers, children under the age of 7, and those weakened by sickness or old age are not required to fast physically.
- 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, visiting a shut-in at home or in a facility, helping a neighbor with an errand, providing a meal, spending time with someone who is lonely, working at Inspirica (formerly St. Luke's LifeWorks), contributing more to the Food Bank collection at church. With the money you save from spending on yourself, you could support 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.iocc.org).

Confession & Communion

We live in an age of widespread physic suffering – e.g., anxiety, depression, worries, broken relationships, trauma, addictions – not to mention the perennial temptations of pride, sloth, anger, greed, lust, jealousy, listlessness & carelessness, and gluttony. The Sacrament of Confession is God's remedy for countless burdens and weaknesses that beset us all. 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. The clergy have been trained and assigned by God to watch over the spiritual well being of everyone the parish, parallel to what doctors are trained to do with our physical well being. Even if we are not overcome by something specific, receiving Confession is an annual spiritual check-up, and invaluable way to grow in Christ, draw nearer to one another, and is the best possible preparation for Communion and Holy Week.

Annual Archangels Mardi Gras Dance

“Apokriatiko Glendi”

Friday, Feb. 20th – 6:30 to 11 p.m.

Music by *Grecian Nights*

All Ages Invited for Fun Evening

Adults: \$45; Children (5-18 years): \$20; 4 yrs & under: Free

Casual Attire – But Costumes Are Always Fun!!

Call Church Office at 203-348-4216 for Reservations!

Family Lenten Retreat

Saturday, March 1

9:30 am – 2:30 pm

Speaker: Melissa Tsongranis

Associate Director, Archdiocesan Center for Family Care

Family Friendly Worship, Fellowship, Interactive Sessions

PARISH COUNCIL

At the start of this new year, the council is thankful for the past support of the parishioners and looks forward to a new year that, with God's blessing, will see continuing increases in the level of stewardship and ministry participation, the completion of the church window installation and roof repair project, and the start of the public capital campaign and master plan project. The council voted to approve the selection of Medina Vasily as legal council to the parish council. We thank Jim Kambas who is stepping down from this role after many years of valuable service and we welcome Medina and look forward to working with her. The council voted to approve \$1,500 for the replacement of pool humidity sensors for the Stamford Athletic Club (SAC). To avoid damage to the pool roof, it is necessary to monitor the humidity and keep it below prescribed levels. The council approved \$5,000 to complete the roof repairs to the church that are taking place during the window installation project. The funding for this will come from the Foundation. Contact: George Papis

Treasurer's Report

We have great news to report! For the first time in Parish history we can report a profit! Many thanks to Steve and Margaret Fornaciari as the Festival contributed \$49,000 up from \$27,000 last year. We came very close to hitting our pledge forecast and other donations increased \$20,000 year over year. We must increase pledge donations in '15 as we can not count on good weather giving a boost to the Festival. All of you should be thanked for your generosity. You may be aware we have needed to borrow funds from the Foundation because we have had to borrow funds from the subsequent years pledges. Also summer pledges are low and our bills are fairly constant. We have arranged a 5 year revolving credit

arrangement with the Foundation to fund cash shortfalls. It is imperative that we repay this loan going forward and shall ask all to be more generous in the future. Also we must pay more of our pledges in the summer months as inflows dwindle and bills remain the same. This is an ongoing problem and we must all agree to solve it. Many thanks to all who have given so much to make our Church as wonderful as it is. Contact: George Khouri

Buildings & Grounds

All 59 replacement windows for the church have now been installed, but it was discovered that two of the dome windows were received damaged so they need to be replaced. Now the issue is whether the scaffolding will remain in place or be removed and returned later. It could take approximately four weeks for the replacement windows to arrive. Some minor work remains with the installation of moldings and staining of the same for five specific windows. The electrician took advantage of the scaffolding to the dome and replaced all the bulbs surrounding the dome with energy efficient bulbs. The side sconces, which have been inoperative, will be repaired, as well as the cantors' lighting and miscellaneous wiring at the direction of Fr. Harry. The scheduled roof tiles have been repaired/replaced; however, during the course of this work, additional damage was discovered. Further roof repairs are needed in the four quadrants of the dome. Flashing and structural connections to the main structure of this area is required. Costs for this work will be determined. It should be noted that the ceiling louvre over the narthex above the main entrance has been repaired. The carpeting in the choir loft area that is in need of repair will be replaced with matching carpeting. Contact: Peter Licopantis, Nick Aivalis or Gregg Demetros

Master Planning Committee

The Committee received completed RFP's (requests for proposals) in January from the four architectural firms vying to contract with us. We met as a group to deliberate over relevant details and proposed fees. We have selected our finalist, pending reference checks, contracts, and presentation to the full Parish Council. When those steps are complete we will announce our architectural firm of record. We will immediately begin working together to present architectural concepts to the broader parish. These concepts will be shaped by the great feedback received from parishioners over the last 24 months of master planning. Questions? Contact Jason Konidaris

Stewardship Report

Nearly everywhere you look Stewardship is alive and well in our church. Phil and Liz Costas once again prepared a wonderful pancake breakfast for Greek Letters Day. Phil works long hours at his restaurant but never says no to help us. He will also prepare our Easter Lamb Dinner on April 19. Thirty children were present recently to learn sacred music taught by Emily Skoutelas. There is a vibrancy that resonates throughout the whole Church. We are on a roll and it is evident in so many ways. For 2014, we forecast pledge & freewill revenue of \$363,000; to date we have received \$358,000 with the possibility that some more will still come in for 2014 even though we are in 2015. We have come a long way from the first year of Stewardship but

have more work to do. In short all systems are go in our parish and better days lay ahead. Thanks to who all who have participated and to those who have not, welcome aboard! Contact: George Khouri

Capital Campaign

The Capital Campaign Committee training with Jerry Minetos from the Archdiocese scheduled for Jan. 27 was postponed due to the storm and will now take place on Thu, Feb 5, at 7:15 pm, starting with Compline. The 'Quiet Phase' of the Campaign is still continuing and most of the contributions pledged for 2014 have been received. A few others have yet to be received. Contact: Elias N. Kulukundis

2015 Stewards

Mr & Mrs George Adamis	William A. Grosso	Mr & Mrs John Louizos	Mr & Mrs Stelios Petsagourakis
Mr & Mrs George Antipas	Mr & Mrs George Hasapis	Mr & Mrs John Lycouris	Mr & Mrs Zaharias Rigos
Mr & Mrs Michael Anthony	Margaritta Haralabidis	Mr & Mrs Dean Maglaris	Marge Rubirosa
George Badoyannis	Angelica Haralambides	Mr & Mrs James Marcarello	Mr & Mrs Lee Sampanis
Peter Gabriel & Mary Badoyannis	Mr & Mrs Tim Hartch	Rita Mehos	Mr & Mrs Elberto Scocimara
Mr & Mrs George Bakes	Mr & Mrs Theodore Helms	Mr & Mrs Perry Mihaleas	Mr & Mrs Pericles Sentementes
George L. Bakes	Mr & Mrs Hans-Peter Hoffmann	Peter Mihaleas	Mr & Mrs Ken Shepard
Kiki Bellos	Dr & Mrs Peter Hughes	Sophia-Louisa Michalatos	Micheline Shola
Liana Bennett	Mr & Mrs Michael Jaharis	Mr & Mrs Nicholas Moisiades	Mr & Mrs Ted Sierpina
Mr & Mrs Antonios Bouboulis	Mr & Mrs David Johnson	Dr. & Mrs. Thomas Moulketis	Mr & Mrs Agesilaos Sotire
Douglas Burchard	Mr & Mrs William Jones	Mr & Mrs Christopher A. Nanos	Mr & Mrs Nikolaos Soulios
Mr & Mrs Pericles Caminis	Mr & Mrs James Kambas	Mr & Mrs Theofilos Nikolis	Angela Spanakos
George Caratzas	Mr & Mrs Christopher Kanos	Dr & Mrs James Otis	John Spanakos
Mr & Mrs Nicholas Chivily	Stavroula Kantzas	Mr & Mrs Mark Otis	Mr & Mrs James Stanton
Mr & Mrs Peter Cholakis	Maryanne Kardaris	Mr & Mrs Michael Oris	Daphne Stavropoulos & Robert Papp
Mr & Mrs Peter Chlebogiannis	Mr & Mrs William Kelesidis	Mr & Mrs Andreas Papadatos	Mr & Mrs Ray Sutherland
Mr & Mrs Michael Chu	George Khouri	Mr & Mrs George Papparis	Mr & Mrs Stelios Theofanidis
Mr & Mrs Glenn Colarossi	Mr & Mrs Nicholas Kiratsous	Rev & Mrs Harry Pappas	Mr & Mrs Demetrios Tsapralis
Harry Condos	Mr & Mrs Charles Kirkiles	Mr & Mrs Harry Paschalidis	Mr & Mrs Basil Vanech
Mr & Mrs Nicholas Dai Fotis	Toni Kokoros	Mr & Mrs George Patsis	Mr & Mrs Dennis Vanson
Dr & Mrs James Damascus	Annie Konidaris	Mr & Mrs George Perkins	Nadine Vasil
Mr & Mrs Peter Diamond	Mr & Mrs Jason Konidaris	Mr & Mrs Kimon Passios	Jane Vorvis
Mr & Mrs Matthew Feldman	Elias Kulukundis	Rev. & Mrs. George Poulos	Mr & Mrs Paul Winn
Mr & Mrs Dennis Giannos	Maria Lambrinakos	Mr & Mrs Dean Poulos	Mr & Mrs Anthony Younes
Effie Gianos	Mr & Mrs Stew Leonard, Jr.	Mr & Mrs John Pasvankias	
Penelope Gould	Mr & Mrs Peter Licopantis	Dr & Mrs Athanasios Petrotos	

MINISTRIES

Adult Education

- Catechism continues on Mon evenings (Feb 2 & 9) until Great Lent begins when it switches to Wed evenings in conjunction with Liturgy of the Presanctified Gifts. Upcoming topics: Liturgy, Sacraments, & Calendar
- Clean Monday – to start Great Lent, as usual we will join with our sister parish of Annunciation here at Archangels on Mon, Feb 23, at 6 pm for Compline, Lenten Supper, and breakout sessions for children and adults.
- Marriage Classes – first session on Sun, Mar 15, and second session on Sun, March 22. Time: 2:30 – 5 pm. For all couples preparing for wedding; open to those who are already married. Topics: Love, Faith, Sexuality, Marriage, Lifestyle, Raising Children, & Wedding Service.

Seniors

At the Wed, Jan 14 meeting we enjoyed a delicious stuffed cabbage lunch and a lecture and discussion by Christina Crain,

the Director of Stamford Senior Center at the Government Center in Stamford. Among the activities discussed by Christina Crain were the "FITNESS" and "DANCE" programs. The Fitness Program consists of Aerobics, Strength Training, total body workout, and Yoga. The Dance Programs are Zumba Gold Choreography that focus on balance, range of motion and coordination for older adults. Health & wellness lectures that deal with the impact of stress in illnesses such as diabetes, arthritis, asthma, high blood pressure, heart or lung disease, pain, anxiety and depression.

Our next meeting will be on Wed, Feb 11 on the subject "ASK A LAWYER" with Judge Gerald Fox Jr., son of Gerald Fox Sr., a Probate Court Judge for many years in Stamford. Judge Fox Jr. will be glad to answer any questions on legal concerns for senior citizens.

On Sun, Feb 15 those who have bought tickets will see "MAN OF LA MANCHA" at the Kveskin Theater. Contact: George Hasapis at 203-966-2534



Children preparing for entrance to Christmas Program (Dec. 21)

Ladies Philoptochos Society

Save the date for our annual Mothers' Day luncheon planned for Sat, May 16 at the Norwalk Inn. The Ladies Philoptochos Society's next meeting is Tue, Feb 3 at 7 p.m. in the Church Hall. Please remember to pay your membership dues for 2015 - \$25 for seniors and \$35 for juniors. All ladies of the parish are encouraged to join our chapter! We are planning a trip to Manhattan to visit the Metropolitan Museum. We will go in by bus and have a guided tour of the stunning Greek and Roman Galleries. After the tour, there will be free time for you to visit other exhibits and have lunch in the cafeteria. If you wish to go, please RSVP by Feb 3 and contact Maryanne Kardaris at 203.

322. 6285, or mkardaris@aol.com and leave deposit of \$25 in the Philoptochos mail slot in Jane's office or mail it to Philoptochos church address. The total cost is estimated not to exceed \$50. If we do not have sufficient people to rent a bus by the very beginning of February, we will return your deposit. Friends and family welcome. Contact Marion Vanson at 914-234-9420.

Church School

The Church School program is currently preparing for the following events:

1. Parish Oratorical Festival on Sun, Mar 1. Anastasia Valassis will be visiting classrooms for grades 7-12 to discuss this wonderful opportunity for parents and their children to grow in faith together.
2. Music Ministry on Sun, Feb 22 led by Emily Skoutelas.
3. Church School staff will meet at noon on Sun, Feb 22 during Coffee Hour. Thank you for continuing to support our mission by bringing your children to Divine Liturgy and Church School on Sunday.
4. Clean Monday worship, Lenten dinner and breakout sessions on Mon, Feb 23.
5. Parish Family Lenten Retreat on Sat., Mar 1.
6. Joint program with Greek School celebrating the Annunciation & Greek Independence Day on Sun, Mar 22.

We look forward for each opportunity to grow in faith with our students and with each other, especially during the sacred period of Great Lent. Contact: Evelyn Biliaris (ebiliaris@aol.com)



Children's Christmas Program (Dec. 21)



Children at Greek Letters Program (Jan. 25)

Greek School

On Jan. 25, we celebrated the Feast of the Three Hierarchs and Greek Letters. On this day, we congratulated students, teachers and parents for their successes throughout the year. It is these types of events where the children feel the importance of their heritage and are proud to be part of such a wonderful and loving community. Children and parents are invited to the special event “Daily Life in Ancient Greece” at the Bellarmine Museum (Fairfield Museum) on Sat., Feb 7, 1-4 pm. Kathara Deftera (Clean Monday) annual joint program with Annunciation to mark the beginning of Great Lent is Mon, Feb 23, at 6 pm. Bring your favorite lenten food to contribute to the pot luck dinner that follows Compline and precedes breakout sessions for children and adults to learn about Lent. Our joint annual Greek Independence Day/Annunciation celebration with Church School will take place on Sun, Mar 22; please note: you will be



Children at Greek Letters Program (Jan. 25)

receiving the raffle tickets in the mail this month. Any contributions are appreciated and will go back to the Greek School. Next PTO Meeting is Mar 10 at 5:30 p.m. Contact: Rebecca Kelesidis Rebecca@Kelesidis.com

GOYA

All GOYAns are urged to set aside Clean Monday evening, February 23, for worship, lenten supper, and breakout sessions with our sister parish Annunciation here at Archangels. Parish Oratorical Festival is Sun, Mar 1. We encourage GOYAns in Church School to work with teachers, parents, and Fr. Harry to select a topic and work on a presentation in advance. There will be a parish wide Family Lenten Retreat on Saturday, March 7. Any GOYAn interested to join the annual mission team of Our Savior in Rye to Project Mexico on July 7-13 (<http://projectmexico.org/>) in order to build a home in 5 days for homeless family, contact Father Harry at hpappas@svots.edu.

Advisors: Bill Giantomidis at Billgiant1@yahoo.com or Diane Skoparantzios at 203-550-6824.

Hope/Joy

For our next Hope & Joy event, scheduled for Sat, Feb 7 at 11:00 a.m., we will celebrate Valentine’s Day a week early with a “Valentine Visit” to nearby Atria Senior Living Facility. We plan to make Valentine’s Day cards with many of Atria’s residents in their activity room. In addition, some of our talented members will perform poems and songs for the residents. After our visit, we will go out for lunch to Cusi. Please let us know if you can join us and what your children may like to present. We will support the Clean Monday program on Feb. 23 as well. For more information about Hope & Joy or to learn more about this event, you can contact Chris and Luisa Nanos at 203-609-0749 or cnanos@optonline.net.

IOCC

The International Orthodox Christian Charities (IOCC) is now accepting applications for 2015 summer internships in the U.S. and in Greece. The U.S. program will be based in the IOCC's field office in Minneapolis, Minnesota, with some travel to home build sites in Louisiana, Oklahoma, New Jersey, and Colorado. The Greece Program/Communications Intern will be based with IOCC representatives in Athens, Greece. Internships are open to U.S. residents, 18 years or older, who are undergraduates, advance degree students or recent college graduates. The application deadline is February 28, 2015. For more details on eligibility requirements and how to apply, please visit ioccc.org/internships. The IOCC's winter 2015 newsletter highlights the organization's work in Ethiopia, Syria, Greece, and Kosovo. In Ethiopia the IOCC has provided wheelchairs to over 1,800 disabled children and adults who did not have the funds to purchase a wheelchair. In Syria and Lebanon, the IOCC is screening refugee children for severe malnutrition and, where needed, providing emergency nutrition. In Greece, the IOCC is working with a local grocery store chain to provide over 1,000 vulnerable Greek families with prepaid grocery cards to purchase fruit, vegetables, and milk on a weekly basis. In Kosovo, the IOCC has helped villagers build greenhouses to extend the growing season and create sustainable communities. The slogan of the IOCC is "helping others help themselves." For more information, contact our IOCC representative, Tim Hartch, at timhartch1@outlook.com, or visit www.ioccc.org.

Little Angels

Happy New Year! Our ministry has recently enjoyed a successful Christmas Party, held with Joy/Hope. We hope that we continue to work together to provide a festive event for the children of our church. Thank you to everyone who brought food for the potluck! We are also grateful to all members who donated gifts for Inspirica! Vasso Spanos spearheaded the effort and dropped them off before Christmas. This month we said goodbye to the Vasquez family, who have done much in our church, but have particularly been supportive of our budding ministry. We will miss them dearly. Little Angels organized a dinner outing at Eos Restaurant in Stamford to honor Fofe and Dimitri. We were joined by several other church members, and it was a lovely evening. We are grateful to the Glekas family for helping to accommodate us. Thank you also to Ruth Diamond and Maria DeVito for helping with the send-off for the family in church on the 25th! Our ministry is ready to schedule events for the remainder of the winter and upcoming spring. We will be holding a coffee outing/planning meeting in February, to be announced on our Little Angels email list. Among our list of events will be a family bowling night. Please contact Anastasia Valassis at 1-516-582-0830 or avalassis@gmail.com if you are interested in a particular event or in joining our group. Contact: Anastasia Valassis, 1-516-582-0830, avalassis@gmail.com

Stamford Athletic Club

If Your New Year's Resolution Is to Get in Shape Make Sure You Join the Right Gym

One of the most popular New Year's resolutions is to get in better shape or improve our physical fitness. It's a great commitment to make to ourselves. Working out and getting more exercise not only improve our physical image and our health, but they can help us feel more refreshed mentally and even make us happier. One of the most important decisions is choosing the right health club for you.

We invite you to take a tour of the Center, one of our Church ministries, the Stamford Athletic Club. You will have the opportunity during our Coffee hour on Sun, Feb 8 which will take place in the gym of the Center. Stamford Athletic Club has a full range of facilities that allows you to not only work out on a fitness program, but enjoy sports, such as basketball, racquetball, table tennis and badminton. There are also group exercise classes – yoga, pilates mat, zumba, cardio and sculpting. The environment is friendly and welcoming, clean and uncrowded. Of course, as a member of the Church there are special discounted rates. For more information, contact Glenn Colarossi, glenn@sacnews.com.

Camp Saint Paul

Our popular District summer camp ministry in Litchfield, CT, for children ages 8-18 will take place this year according to the following schedule:

- Week One: June 29 – July 5
- Week Two: July 6 – July 12
- Week Three: July 13 – July 19
- Week Four: July 20 – July 26

Cost is \$660/week, with a discount of \$50/sibling. Scholarships are available to needy children either through our parish (Youth Ministry Scholarship Fund) or from Camp St. Paul. Staff applications online will open on Feb 2, and Camper Registration online will open on Mar 3. Please do not use Safari to access these. For further information: www.campsaintpaul.org/ or call 212-774-0412.

Ionian Village

Our Archdiocesan summer camp & travel program in Greece, founded by Fr. George many years ago, will offer the following sessions this year:

- For teens who have completed grades 8-12:
 - ~ Session One: June 22 – July 11
 - ~ Session Two: July 19 – August 7
- For young adults ages 19-24:
 - ~ Spiritual Odyssey: June – June 11

Regular registration will open on Feb 1 at 8 am.

For more information on this extraordinary program, visit <http://ionianvillage.org/> or call 212-570-3536 or email ionianvillage@goarch.org

Lenten Retreat @ Monastery

New Skete Monastery is offering a one-day retreat, “Lent Lite – Lent Deep: Spiritual Tools for Transformation” on Saturday, March 14, from 8 am – 6 pm at their Chapel in Cambridge, NY (3 hours north by car). Included are: worship, meals, three presentations, and spiritual direction. \$35/person for the entire day. Registration required: <https://newskete.org>

Contact: Ida Williams 518-677-3928, x 215 or idawilliams@newskete.org

Byzantine Music Classes

St. Vladimir’s Seminary will again offer continuing education classes for adults in Byzantine Music this semester on Tuesday evenings, starting February 3. Beginners Class is 6:45 – 8 pm, and Advanced Class is 8:10 – 9:25 pm. Instructor is Mr. Eleftherios Eleftheriadis, head chanter of St. Nicholas Church in Flushing, NY. These are open to the public. For more information, contact the Axion Estin Foundation (www.axionestin.org/), Dr. Nicholas Reeves 914-961-8313, x 353 or byzantine@svots.edu.



Pancake Breakfast at Greek Letters Program (Jan. 25)

AFFILIATED ORGANIZATIONS

Foundation

The Board of the Church of the Archangels Foundation met in the Church Hall on Wed evening, Jan. 21. The only matter on the agenda was a request from the Parish Council for a grant to provide working capital, especially during the summer months. The Board discussed the matter actively, considering current as well as prospective obligations of the Foundation and the performance of the investment account in the recent unsettled stock market. The grant was not approved. Instead, the Foundation proposed a five-year loan of \$50,000 to the Church to provide the necessary working capital to assist with cash flow. The loan will bear interest at whatever rate the Foundation pays to borrow money, and may be pre-paid by the Church at any time. The loan was approved unanimously. Contact: Elias Kulukundis

AHEPA

Our six-Fridays series of DVD screenings on the “Fall of the Pagans and the Origins of Medieval Christianity” by Professor Kenneth W. Harl continues on February 6 and 13. Our small but determined group has already learned a lot about this important subject. Our monthly chapter meeting will be at 7:30 pm on Wed, Feb 11, in the hall of the Church of the Archangels. Time to get serious about planning for our major fundraiser scheduled for Sat, May 2. Contact: Nick Nikas