



# The Herald

Newsletter of the Greek Orthodox Church of the Archangels • 1527 Bedford St., Stamford, CT 06905 **November 2013**

## *What? Spirituality?*

Spirituality is a big word that does not usually come up in daily conversation.

It may be reserved for particular occasions, like a conference or a special television program. We might associate it with Eastern religions, like Buddhism, or with something like the “New Age Movement.”

But have we ever considered that the Eastern Christian Tradition has a rich and deep spirituality? Do we know that it has existed for thousands of years and has been tested and expressed in many different cultures, languages, and lands – Greece, Israel, Syria, Egypt, India, Turkey, Italy, just to name a few? Are we aware that Orthodox spirituality has been best exemplified by holy men, women and children who come from all walks of life – not just monks and clergy, but housewives, grandfathers, preschool children, teachers, businessmen, lawyers, doctors, the well-educated and those without education, the wealthy and the poor? Do we realize that the miraculous deeds of Christ, his awesome wisdom and teaching, his unprecedented way of life are still available to us here and now?

In the midst of the rush of daily life and work for those still employed and/or raising a family, in the varied circumstances of those retired but still active in various ways or finally enjoying the leisure they have earned, comes an opportunity to make time and learn about the richness, depth, and life-changing nature of life in the Holy Spirit that was unleashed forever through our Lord.

I grew up in a fairly typical Greek Orthodox family home in the 60’s and early 70’s. Dad worked every day and was not really interested in worship. Mom was devoted and brought us to church every Sunday. We celebrated Christmas and Easter with great joy. We observed fasting during Great Lent & Holy Week. We went to Sunday school. We participated in youth groups. We observed adults fighting over big decisions at assemblies. We all went away to college and stopped attending Liturgy on a regular basis.

But it was not until I visited Mt. Athos in 1979 that, as a young adult, I encountered a holy person.

That ended when I saw, at first from a distance, the Elder Aimilianos, abbot of the Monastery of the Rock of St. Simon (Simonopetra in Greek). He was sitting in a boat, alongside others, waiting to leave. But there was something different about him – visible especially on his face, in his eyes. I could not articulate this at the time. But I sensed it internally, without anyone explaining it. There was simply something qualitatively different about him that I have never seen in anyone before, even though I had met a lot of good people.

I was blessed to spend half that summer on Mt. Athos, mostly at Simonopetra, including numerous opportunities to see Aimilianos at worship, teaching his community, eating meals, giving out candy from his travels, and interacting with the brotherhood and various guests. I was also privileged to spend time in private conversation. These are memories that shaped me in ways I’m still coming to understand.

This month we will have the opportunity to come very close to the deep spirituality of Orthodoxy through the presence of a very gifted writer, scholar, and believer: Dr. Kyriacos Markides, professor of Sociology and Religion at the University of Maine. He is a native Cypriot who grew up in the Church, took it for granted, fell away as an educated adult, roamed the world in search of true spirituality, and then rediscovered its depth in his own Tradition. Kyriacos writes of his own genuine encounters with ascetical spirituality in the persons of gifted Elders and holy people whom he has encountered in Greece, Cyprus, and right here in America.

Read his books. Listen to him speak. See his photos and videos. Your own life will certainly be enriched. And maybe your life will change for the better. That, after all, is what the Holy Spirit likes to do most.

*— Fr. Harry*

## PASTORAL Q & A

**Question:** How do pastoral visits work – to the hospital or to a residence?

**Answer:** Fr. George visits Stamford Hospital nearly every day around noon, Mon-Fri, and will see anyone who is listed as “Greek Orthodox” in the clergy file. Fr. Harry usually visits once a week, on Wed or Thu, but will visit any area hospital as long as he knows

where someone is. It is important that, when registering at a hospital, you identify yourself as “Greek Orthodox” and that you or a family member contact the office to alert where you are. As for shut-ins, Fr. Harry visits them seasonally, and keeps a list on file. He welcomes any updates to shut-ins: change of status or location. Contact: Jane Vorvis or Fr. Harry

### ***Parish Council***

The council voted to approve an expenditure not-to-exceed \$3,000 to repair/upgrade the emergency lighting system at the Greek Cultural Center/SAC. This is to correct a safety hazard. The council approved the following charitable contributions: \$500 for the Hogar Rafael Orthodox Orphanage in Guatemala, \$250 for the Interfaith Council of Southwestern CT, \$250 for the International Orthodox Peace Fellowship, and \$750 for the new property of St. Michael’s Home for the Aged in Long Island. Contact: George Papis

### ***Treasurer’s Report***

The accountants are preparing the nine month results which are expected shortly. Contact: George Khouri

### ***Stewardship***

*by Michael Anthony, Stewardship Committee member*

**Stewardship Sunday is December 8th. Come join us for a pancake breakfast.** It’s time to celebrate stewardship! The sharing of time, talent and treasure has been accelerating. The enthusiastic involvement in our extended festival is a great testament to this. A pancake breakfast will be held on December 8th to celebrate 2013 and kick off 2014 stewardship. Now that the new year is starting up, it is time to think about stewardship for 2014. Pledge cards will be coming out. Please check your mail. Some thoughts on stewardship from the Archdiocese follow.

- “Orthodox Christian Stewardship is a way of life, which acknowledges accountability, reverence, and responsibility before God. A primary goal of Stewardship is to promote spiritual growth and strengthen faith.”
- Our icon for 2014 is “The Gifts of the Magi.” and our theme is a quote from St. John Chrysostom “A

### **Parish Retreat – MYSTICAL SPIRITUALITY**

Dr. Kyriacos Markides

**Saturday, November 16**

Coffee Reception 9 am

3rd Hour Prayer 9:30 am; 1st Presentation 10 am;

Lunch 12 noon

2nd Presentation 1 pm; 9th Hour Prayer 3 pm

Contact Church office to reserve a place: 203-348-4216

*Freewill Donations welcome*

Rich Man is not one who has much but one who gives much. For what he gives away remains his forever.”

- The Gifts of the Magi icon presents the Wise Men offering gifts of gold, frankincense and myrrh to the Christ Child. These wealthy scholars and priests of the East endured numerous dangers, and traveled a great distance to offer their treasures to Christ, the newborn king. What a beautiful and meaningful example they set for all future generations, helping us to understand the blessing of giving. As we reflect on this beautiful stewardship icon, let us take to heart the words of St. John Chrysostom: “The rich man is not the one who has much, but the one who gives much. For what one gives away, he keeps for all eternity.”

We will be collecting the pledge cards on the way into the pancake breakfast. We are looking forward to using our positive momentum to get a great start on the new year! For the current year 2013 we have received 236 pledge cards totaling financial pledges of \$288,700. Contact: George Khouri

## *Additional 2012 Stewards*

Mr & Mrs Peter Athanasiadis  
Demetra Bartis  
Sophie Caloutas  
Helen Chagaris  
Mr & Mrs Constantine Chalikis

Sophia Gevas  
Mr & Mrs Vasilios Giantomidis  
Mr & Mrs Jack Louizos  
Peter Mihaleas  
Diana Mihaltse

Mr & Mrs George Nanos  
Mr & Mrs Michael Oris  
Mr & Mrs Lambros Papaeconomou  
Mr & Mrs Peter Paspalis  
Dr & Mrs Steven Valassis

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### ***Special General Assembly***

On Sunday, November 10, we will conduct a brief assembly to hear the Audit Committee's report on the 2012 Operating Finances for the parish – encompassing both the Church itself and Stamford Athletic Club. The Committee, comprised of Sophia Hartch & Argyris Vassiliou, spent an extensive amount of time and energy examining details of all income and expenses. Contact: George Khouri

### ***Parish Council Elections (December 8)***

Members in good standing in the Orthodox Church (18 years of age & older) may submit their name for election if they meet the following criteria: 1) regular attendance at worship services, acceptable moral lifestyle, and up-to-date stewardship; 2) membership at our parish for at least one year; 3) attendance at a seminar conducted by area clergy (closest one is Thu, Nov. 14, 6:30 pm here at Archangels; also Tue, Nov. 19 6:30 pm @ Orange); 4) signed statements – to abide by the Uniform Parish Regulations of the Archdiocese, and Conflict Disclosure. Four positions on the Parish Council will be elected to a 3-year term. Current terms due to expire: George Papis, Aggie Sotire, George Khouri and Peter Nanos. For more info, contact George Papis or Fr. Harry.

### ***Maintenance Crew***

Lights were replaced in church, and 2 more white boards installed in 2nd floor classrooms. Contact: Gregg Demetros

### ***Master Planning***

On Sunday, Oct 27 after Liturgy, over 100 people attended our Town Hall meeting to hear the 30-minute presentation by Jerry Minetos, Archdiocesan Development Officer, of the results from confidential

interviews and surveys to our initial "Statement of Need." Jerry and Jason Konidaris, chair of the Master Planning Committee, then fielded questions and comments for 40 minutes. The results: There is broad support to move forward with a project of renewal. It should be reduced from the proposed scope in order to bring it into line with conservative estimates of a capital campaign (over 3-5 years) and should incorporate parish feedback on priorities. The parish feedback also helped frame our strengths, weaknesses, opportunities, and challenges we need to understand in order to move forward. The Master Planning Committee is charged with this on-going work in the coming months. We will present our revised plan and overall business case to the Parish Council before bringing it to a future General Assembly for a vote. Thank you everyone involved for your participation, especially all the members who remained, and the GOYAnS who provided free child care! Bag lunches were donated for all the kids and the teens who supervised them, so that parents could remain and focus on the meeting. Contact: Jason Konidaris

### ***Direct Archdiocesan District Clergy-Laity Assembly***

On Sat, Nov 23, Holy Cross Church in Whitestone, NY, will host representatives from throughout our District for the annual general assembly (9 am – 3 pm) that will be led by Archbishop Demetrios. Fr. Harry, George Papis (Parish Council President) and 2 others will represent our parish. This is the annual General Assembly of our District.

## MINISTRIES

### Seniors

The Seniors enjoyed a delicious luncheon on Wed, Oct. 9. Fr. Harry led us in prayer, but had to leave early on. Meeting was convened by President George Hasapis. Secretary Catherine Apostolos read the minutes from the previous meeting, and Treasurer Bill Grosso gave his report. There are now 90 members. On Nov. 17, we are planning to see the play "Fiddler on the Roof" and then have dinner at the Royal Green Restaurant. After the raffle drawing, we recognized birthdays for October. Special speaker Dan Katz spoke about Medicare and the Affordable Care Act (Obama Care). Anyone already on Medicare need not worry about the new Affordable Care Act. At our next meeting on Nov. 13, Dr. Marvin Schweintzer will speak about the power of the human body to heal itself. Contact: George Hasapis at 203-966-2534

### Ladies Philoptochos Society

November is a busy month for Philoptochos. We are hosting our church's Name Day Vespers on Nov 7. Chairpersons are Debbie and Penny Nanos. Help is needed to set up, serve and clean up for this event. Our annual Turkey Bingo will take place on Sat, Nov 23. Please bring your families and friends to this fun event. Proceeds will benefit Homes for the Troops, the Food Bank of Lower Fairfield County, Visiting Nurse and Hospice and two new charities – Family ReEntry and Alzheimer's Association. The chairperson of the Turkey Bingo is Lara Paschalidis. Philoptochos members and parishioners can be of great help if they can solicit gifts and gift cards as prizes for the bingo. Solicitation letters and forms are available in the Philoptochos' mailbox in the

## † PARISH FEAST DAY †

**Thursday, November 7**

Great Vespers at 7 pm

Bishop, Area Clergy & Chanters

Reception to follow, offered by Philoptochos

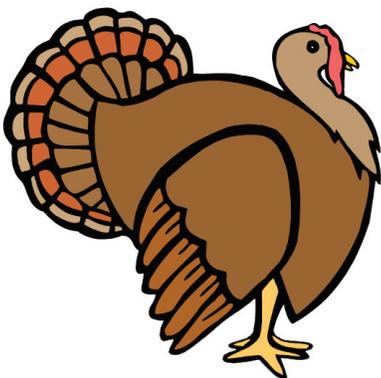
**Friday, November 8**

Orthros at 8:30 am

Divine Liturgy at 9:30 am

Reception by Philoptochos to follow –  
please RSVP with the office

church office. We are very grateful to Mary Sakabinos' daughter Stacey, who generously donated some contents of her parent's house to Philoptochos. A Tag Sale of these items was organized by Vicki Kyriakos and held on Oct 11 & 12. Mary also made a generous donation to Philoptochos in her will. The Vasilopita bread sale will be held Dec. 20-22. We will have order form available in the church hall and on our bulletin board in November. Orders for bread will not be accepted by the church office, and will not be freely available in the church hall. Breads will be sold only during hours on Dec. 20, 21 and 22. We urge you to order early. Members approved a \$200 donation to purchase food for needy Stamford students and \$300 for Stamford Hospital's breast cancer program in recognition of October's Breast Cancer Awareness Month. We welcome all ladies of the parish to join Philoptochos. Contact: Marion Vanson



## Annual Turkey Bingo

*Sponsored by Ladies Philoptochos Society*

**Saturday, November 23**

**Doors open 5 pm • Games start 6 pm • Entry donation \$2**

Bring your Families and Friends • Great Prizes • Food Available

Proceeds Support Local Charities • Volunteers and Raffle Prizes Needed

Please bring a single-serving non-perishable meal for needy school children

## ***Food Drive***

Philoptochos encourages everyone to bring non-perishable food every Sunday to one of 4 new collections bins in the narthex, entry from back parking lot, and outside the offices – especially peanut butter & jelly; canned meats, vegetables & beans; condensed milk; cereal; rice; pasta. Contact: Penny or Debbie Nanos.

## ***Adult Education***

Bible Study on Monday evenings as we continue study of the book of Genesis, the origins of our life in Christ. Compline at 7:15 pm, and Study at 7:30 pm.

Parish Retreat “Mystical Spirituality” on Sat, Nov 3, featuring Dr. Kyriacos Markides of the University of Maine, author of the books *Inner River*, *Gifts of the Desert*, and *The Mountain of Silence*. He has become a well known writer and speaker on Orthodox prayer and monastic spirituality. Schedule is box above. 1st Presentation will be “A Personal Journey of the Mystical Spirituality of Eastern Orthodoxy;” 2nd Presentation involved video on “Sacred Sites of Eastern Christianity.” Open to the public, bring a friend. Please make sure you contact Jane (203-348-4216) or Fr. Harry (hpappas@svots.edu) to register so we have a head count for food. Freewill donations accepted to offset costs.

Both a Baptism Class and a Marriage Class will be scheduled on Sunday afternoons sometime between early November and mid December. TBA. Contact: Fr. Harry

## ***Church School***

The Church School year is off to a vibrant start as students and teachers begin to prepare for our first Christmas Pageant to be held on Dec 22 following Liturgy in church. This pageant is the product of cross-ministry collaborative efforts among the Church School, Greek School, JOY/HOPE, and GOYA programs. Emily Skoutelas has been working with our students to rehearse Christmas carols that they will be singing during the Christmas Pageant. Emily will be joining our children for our monthly Music Ministry on Nov 17. In addition, right after the Program in church, there will be a Christmas lunch with Santa in the parish hall. Please reserve your calendars for Dec 22! Contact: Evelyn Biliadis Lolis



**Honoring Agathi Makrides, for her 27+ years of devoted service as Supervisor of the Greek School (Oct 20)**

## ***Greek School***

Greek School hosted a wonderful evening on Oct. 8 with Kiria Nikki demonstrating how to make spanakopita. At the same time, the parents met the teachers at Open House and saw all the wonderful work the children have done thus far. We also commemorated Kiria Agathi for her 30 years of service; all the Greek School children sang “Yialo Yialo” (“Sea Foam”) to her and presented her with a book full of thank you cards. Thanks to all who contributed to our first fundraiser of the year, the L&T Coupons. Don’t forget to use them on Tuesday, November 5. On behalf of the Greek school, ***Happy Thanksgiving!*** Next PTO Meeting: Nov 12, 5:30 PM. Contacts: Evelyn Biliadis Lolis, Chair of GS Committee, Kiki Bellos, Lead Teacher, or Rebecca Kelesidis, President of GS PTO.

## ***GOYA***

GOYA Parents are invited to the 2nd dinner and informal conversation on Sun, Nov 3, 6:00 pm at the home of Argyris & Ann Vassiliou. Please RSVP in advance with Ann Vassiliou (203-358-8371 or [annvassiliou@yahoo.com](mailto:annvassiliou@yahoo.com)). Our GOYans attended the Regional GOYA dance at Holy Trinity Church in Bridgeport on Friday night, October 25th. The GOYA dances are an opportunity to catch up with old friends, make new ones and dance the night away with both American and Greek dancing. GOYans are preparing for the holiday season. Starting the Sunday after Thanksgiving, GOYans will be making and selling Christmas wreaths for \$20 after liturgy. GOYans are also preparing a schedule to offer

evening/weekend babysitting services at the church for those parents wanting to do their Christmas shopping solo. A church-wide email will be distributed to announce that schedule. GOYA welcomes all teens between the grades of 7th and 12th. If you know of anyone interested in participating, please feel free to contact Bill Giantomidis at [billgiant1@yahoo.com](mailto:billgiant1@yahoo.com), Diane Skoparantzios at [skoparantziosd@optonline.net](mailto:skoparantziosd@optonline.net) or the church office at 203-348-4216. Happy Thanksgiving to all!

### ***Hope/Joy***

Hope & Joy, (for pre-school children through 6th grade), held its first event of the year on Sat, Oct 5. The outing included a beautiful picnic and a nature hike as we renewed our ministry and celebrated God's creations at the Stamford Museum and Nature Center. Children enjoyed a meal and snacks with each other, participated in a group activity, hiked along a nature trail, and shared their experiences with others at the end. Our next event will be a Christmas Party to be held at the Church Hall in December. If you know anyone with children who are age appropriate and not already receiving e-mails from our group, please contact Chris and Luisa Nanos at [cnanos@optonline.net](mailto:cnanos@optonline.net) or 203-609-0749. We are looking forward to our next event.

### ***Little Angels***

Contact Anastasia Valassis ([avalassis@gmail.com](mailto:avalassis@gmail.com), 203.594.1309) if you are interested in joining us; we are developing an email list to communicate about our meetings and other pertinent topics.



Parents & children at HOPE/JOY Field Trip to Stamford Museum & Nature Center (Oct 5)



Preschool group hug at the end of a Pastoral visit on Wednesday mornings.

### ***Youth Athletics***

The Connecticut Eastern Orthodox Basketball League (CEOBL) begins soon after Thanksgiving; the Volleyball league will begin in early Dec. Please note the following:

League Names and Qualifications:

Youth — boys & girls 10 years old or younger as of 8/1/13. Head coach – TBA.

Junior Varsity — boys 13 years or younger as of 8/1/13; girls 14 years or younger as of 8/1/13. Head coach – John Skoparantzios ([atozjohn@aol.com](mailto:atozjohn@aol.com); 203-550-6894)

Senior Men – 20+ years. Head coach – Dean Aivalis ([onekosta@aol.com](mailto:onekosta@aol.com))

Girl's Volleyball — girls 19 years or younger as of 8/1/13. Head coach – Sofia Tsiralidis ([ttsirali@optonline.net](mailto:ttsirali@optonline.net))

All players must provide a copy of their Baptismal Certificate once during their career.

Basketball Rosters are due by Nov. 15, and Volleyball Rosters by Nov. 29.

The Athletic Director, John Skoparantzios, is considering combining players from our parish with others from Annunciation and possibly St. George in Norwalk if we do not have enough players. Contact: John or one of the coaches.



Parents teach children how to make spanakopita (spinach pie) during Greek School Open House (Oct 8)

**Sacred Music Concert**

Choirs from St. Joseph Roman Catholic Seminary and St. Vladimir Orthodox Theological Seminary will present an evening of Sacred Song entitled Magnificat, hymns to the Mother of God from East & West. Includes selections from our Orthodox Church Feasts of the Mother of God (Annunciation, Dormition, etc), and Roman Catholic hymns such as “O Sanctissima” by Beethoven (died 1827) and “Ave Maria” by Biebl (died 2001). Location: St. Jean Baptiste Church, 184 East 76th Street, New York City. Time: Mon, Nov. 25, 7:30 pm. Tickets: \$25. Order online at [www.svots.edu](http://www.svots.edu). Limited tickets available at the door. Don’t miss this ecumenical Catholic-Orthodox program!

**Public Lecture @ Fordham**

Dr. Aristotle Papanikolaou will give a public lecture on “Violence & Virtue” at his installation as the first ever holder of the Archbishop Demetrios Chari in Orthodox Theology and Culture at Fordham University on Mon, Nov 18, at 5:30 pm in Keating Hall, 1st Floor Auditorium, on the Rose Hill Campus of Fordham University. Reception will follow the lecture. Register by Tue, Nov 12, on line at:

<http://www.alumni.fordham.edu/calendar/detail.aspx?ID=3397>

Contact: Office of Special Events 212-930-8898

**Neighbors Link – Day Job Help For Those in Need**

Neighbors Link Stamford, an ecumenical, non-profit organization, is a wonderful resource if you need help with yard work, fall clean up, carpentry, landscaping, moving, and many other things. Neighbors Link Stamford connects individuals with workers who can provide help for a few hours or for a few days. Contact: Cecilia Rios-Nino at 203-674-8585 ext. 117 [Cecilia.Rios-Nino@NeighborsLinkStamford.org](mailto:Cecilia.Rios-Nino@NeighborsLinkStamford.org) or visit their web site at

[www.tinyurl.com/nlsworkers](http://www.tinyurl.com/nlsworkers).



Greek School 1st graders hold signs “Long Live Greece!” at Oxi Day celebration (Oct 29)

## ***Thanksgiving in Stamford***

### **Sunday, November 24: Stamford Holiday Parade**

**(12 noon – 2 pm):** To accommodate many in our parish who will be attending, we will probably start Liturgy 1 hour earlier that day – at 9 am – instead of the usual time of 10 am. This would make it easier to enter and exit the church before the downtown area becomes more crowded (for those who do not want to stay for the parade), and would allow families with children the opportunity to worship, attend Church School, and go to the Parade.

Sunday, November 24: Interfaith Event 7 pm @ Temple Sinai (458 Lakeside Drive, Stamford), an evening of music, prayer and celebration led by the “New World Chorus” of Stamford. Sponsored by the Interfaith Council of Southwestern CT. Admission free, but please make reservations in advance at [new-worldchorus.com](http://new-worldchorus.com)

Community Thanksgiving Dinner on Thu, Nov. 28 @ 1st Congregational Church (Walton Place, Stamford): Interfaith worship 12 noon, Reception 12:30 pm,

Dinner (& take out meals) 1 pm. Offered free of charge to those who cannot afford it as well as those who simply wish to share with others. Contact: Office at 203-323-0200 for reservations, directions, rides, shut-in meal delivery, or to volunteer your time or make a donation.



**Jerry Minetos presents at Town Hall Meeting on Master Plan (Oct 27)**

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## **PARISH NEWS**

### ***Births***

- September 30 – George Nicholas, 1st son of Nicholas & Tatiana Karayiannis
- October 6 – Liam Raymond, son of Stanley & Nicole Esposito

### ***Wedding***

- October 19 – Christine Denise Riehl and Peter Ryan Hughes. Sponsor: Timothy Hughes

### ***Graduation***

- June 6 – Anthony Zorzos, son of Rev. Dr. Steve & Presvytera Pauline Zorzos, received his Ph.D. in Neuro-engineering and Philosophy from M.I.T. He is currently continuing his research in Neuro-engineering, and lives in the Boston area with his wife, Kate.

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## **AFFILIATED ORGANIZATIONS**

### ***AHEPA***

The annual AHEPA fundraiser on Oct 26 was another great success and will allow us to make significant contributions to our Greek schools and to the National AHEPA Greek Relief fund. Our November meeting will take place at 7:30 pm on Wed, Nov 13, at the Church of the Archangels. Our annual Yankee District Hellenic History Tournament will be at 11:30 am on Sat, Nov 16, at Saint Barbara’s Church in Orange. Seventeen teams of three students each,

51 students in all, will compete for the \$4,500 in prizes based on how well they know their history of the Greek people. Our Stamford chapter is represented by two teams. One consists of Nikki Boutsikoudis, Alexi Nikolopoulos and George Rassias from Annunciation. The other consists of Aphrodite Haralabidis, Konstantina Haralabidis and Michael Kubisek from Archangels. Good luck to our young history scholars! Contact: Nicholas Nikas