



The Herald

Newsletter of the Greek Orthodox Church of the Archangels • 1527 Bedford St., Stamford, CT 06905 **November 2016**

Christian Disciplines

Our parish theme is “Turn Up the Light,” which refers to increasing our cooperation with Jesus Christ in our hearts, homes, church and world. And this begins on a very personal level.

How many of us really believe in Jesus Christ as our Lord, Savior and God?

How many of us realize that, ever since we were baptized, Christ claimed our entire life for his exclusive and exalted purposes – our body & soul, talents & gifts, material assets and accomplishments?

How many of us have ever taken the time and made the effort to learn the actual content of the Orthodox Christian way of life – the basic story of the Bible & its purpose, how the sacred deposit of faith was developed by the Apostles, Church Fathers & Saints of every generation?

Let’s at least admit something. Becoming mature as a follower of Jesus is not automatic, and certainly does not happen because we are well intentioned, decent people who work for the Church. It can only happen when the following occurs:

1. We sincerely accept Christ as our Lord and are willing to see through the consequences of devoting our life to pleasing him;
2. We are willing to be taught how to live in a holy manner by those who have succeeded the Apostles as trained and tested leaders of the faith;
3. We surrender to the Holy Spirit who alone can change us from the inside out.

Although we have long sight of it, these basic elements involve what are called classic Christian spiritual disciplines. Yep: every disciple (which means follower or student) of Christ must be taught by someone else the disciplines that allow the Spirit to work on us and through us for sake of the world around us.

What are a few of these?

- Prayer – if breathing air is critical for simply living, then prayer is critical for living fully. Learning how to pray beyond our childish habits – saying “Thank you” or “Help!” or “Awesome” comes easily

to anybody, as does a mindless repetition of the Lord’s Prayer. For St. Athanasios the Great (died 373), we only begin to learn how to pray through the Psalms, a book in our Bible that is almost completely unknown! Far from being a religious habit at certain times, we only grow in faith as we become people full of prayer, an ever-increasing attentiveness and sensitivity to Christ in all things.

- Bible: regular – even daily – slow and attentive meditation on a passage in Scripture. The most important person is Christ. How many of us actually listen to the authorized story of his life, words and deeds in the Gospels of Matthew, Mark, Luke & John? Jesus never spoke to educated audiences during his brief life on earth, so anyone today can hear him and understand enough to grow spiritually. A sincere believer will want to spend time with God through careful listening to his Word.
- Spiritual reading – making the time each week to learn about the richness and depth of the Orthodox Christian way of life. We have a small bookstore at church, a well-stocked pamphlet rack outside the offices, and now a treasure trove of articles that we can copy for distribution. Our church archives audio digital recordings of Sunday sermons, Bible Studies, and Orthodoxy 101 lectures. The internet has amazing free resources through the Orthodox Christian Network (www.myocn.net) or Ancient Faith Radio (www.ancientfaith.com), as well as short, informative and inspirational programs like “Be the Bee” from our national Youth Office (good for adults, too), and popular videos like “Coffee with Sister Vassa.”

Here in America there are many people who have a deep identity as members of the Greek Orthodox Church. We share in an extraordinary Christian Tradition. We are blessed with deep and rich cultures that start with Hellenism and extend to many others in the Middle East, Africa, Asia and Eastern Europe.

How many of us are willing to make the conscious decision to invest time and effort to know Jesus Christ as our Savior, to let him guide our life, and seek him in all things? Isn’t it high time we seized the opportunity to grow as adults in faith?

– Fr. Harry

CHURCH OF THE ARCHANGELS CAPITAL CAMPAIGN

*“Come let us
rebuild”*



Church of
the Archangels
Capital Campaign

“Come let us rebuild”

**Please pledge or donate today
to help reach our goal!**

Mail checks to 1527 Bedford Street, Stamford, CT 06905

For more information, call 203-348-4216 or visit
www.archangelsgoc.org

PASTORAL QUESTION & ANSWER

Q: Why do some parish clergy offer their time and energy What does our new ½ time Secretary, Patricia Psychopedas, actually do?

A: Working under the supervision of Fr. Harry, and alongside Jane, Steve & Basil, Patricia is responsible for general emails,

all non-financial data input for CCB (personal & family profiles, ministries groups, communication, and calendar), Sunday & monthly bulletins, records and files, hard copy letters, and a variety of office related tasks. She is learning more every day.

PARISH COUNCIL

Parish Council

This month the 2017 budget process kicks off. It begins at the finance committee level before expanding to the council as a whole. That budget, when completed, will be presented to the parish for approval at a general assembly on Sunday, January 22, 2017. Thank you to those who showed an interest in our mid-year financial update at October's General Assembly. You should care to know how parish funds are spent. Parish Council elections have been set for Sunday, December 11th at coffee hour. Five positions come available - 4 that are at the end of their three year term and up for reelection, and one vacant seat. We encourage you to consider running! Contact: Jason Konidaris jason.konidaris@yale.edu

Parish Council Elections – Sunday, December 11

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 prior to the election; 3) attendance at a seminar conducted by area clergy (closest one is Thu, Nov. 10, 6:30 pm here at Archangels); 4) signed statements – to abide by the Uniform Parish Regulations of the Archdiocese, and Conflict Disclosure. 5 positions on the Parish Council will be elected to a 3-year term. Current terms due to expire: George Paparis, Aggie Sotire, George Khouri & Chris P. Nanos. For more info, contact the Board of Elections chair: George Perkins geoperka1@aol.com

Master Planning

We expect to put Part I (the church portion) of the project out to bid in November. We are involved in due diligence on contractors and have reengaged with the city of Stamford regarding permitting. This is a very exciting time for the parish. We are close to breaking ground; bringing year's worth of work to fruition. Thank you so much to everyone involved - donors, committee members, and staff. Your ongoing support is vital. Contact: Jason Konidaris jason.konidaris@yale.edu

Buildings & Grounds

Open items for the Stamford Athletic Club are a result of the Fire Marshal's inspection prior to our festival. These items include adding hallway lighting leading to the boxing area as well as emergency exit signs. We have scheduled the Trane

Company for their annual maintenance to include resolving erratic temperatures in the pool area. Jeff Kaminski has contacted an Energy Conservation Company that will survey the entire facility for energy savings in the areas of lighting and mechanical equipment. We await a proposal for the possible replacement of the lower roof of the gym. That roof has exceeded its normal life cycle, is not pitched properly and pools water after a reasonable amount of rain. That and a faulty skylight result in roof leaks and interior ceiling staining. Mega Mechanical has completed our semi-annual maintenance of the church's HVAC system. This work included changing filters and preparing the system for the upcoming heating season. Contact: Peter Licopantis pglydl3@optonline.net

Treasurer's Report

With 90% of invoices in, net profit for the 2016 Festival is projected to be \$45,000. That is a meaningful increase over 2015's net profit of \$29,500. Sunny weather only accounts for so much. Other key items contributing to this year's successful results include the following: Food & beverage revenue +9 % vs. 2015. Ride/games revenue +285% vs. 2015. Raffle revenue +57% vs. 2015. During the 2016 budget process, we had budgeted for a Festival profit of \$36,750. The \$45,000 result obviously exceeds that amount. We are grateful to Margaret and Steve Fornaciari and the tireless work of the entire Festival Committee and workers in putting on such a great event. Contact Elias Lolis 203-569-3784

Online Donations

As previously reported, online donations can be made through our church website www.archangelsgoc.org, where you are able to make one-time or recurring contributions. Please make sure to include a note in the "special instructions" field if you would like to direct your donation for a specific purpose or ministry. Donations can be made by bank account or credit card and are processed securely via PayPal, one of the largest and most trusted online payment processors. However, you do not need to have a PayPal account to make online donations. You can expect to see improvements and refinements to this capability over time, including the ability to more easily direct your donation to a particular ministry and provide online payment options for ministry programming (e.g. Greek School) and social gatherings (e.g. Mardi Gras, GreekFest). Contact: George Nanos nanos203@gmail.com

Stewardship Report

We are now pleased to announce that stewardship pledges and other donations can be made through our CCB system. Please follow the steps below to make your contribution:

- Log in to your profile on CCB – www.archangels.ccbchurch.com –with your personal identity (typically your email) and password
- On the left column of your home page (dark background) click “\$”
- Select file tab marked ‘give’ or ‘donate’
- Select ‘one time gift’ or ‘repeating gift’
- Select ‘designation’ from the drop down arrow
- Select ‘giving amount’ using decimals
- CLICK ‘CONTINUE’ tab
- Visually verify ‘designation’ and ‘gift amount’
- Select payment type from drop down arrow (checking account OR debit / credit card)
- Visually verify donor/personal information
- Select ‘Update profile with this contact information’ if necessary
- Enter checking account or debit / credit card information as needed
- Select ‘Save payment information for future use’ if desired
- CLICK ‘CONTINUE’ tab
- CLICK ‘CONFIRM’ if all information is correct
- TRANSACTION IS COMPLETE – RETRIEVE RECEIPT FROM PERSONAL EMAIL

Contact: Tim Hartch, at timhartch1@outlook.com

Additional 2016 Stewards

Mr. & Mrs. Nicholas Aivalis	Mr. & Mrs. Michael Oris
Mr. & Mrs. Michael Blanc	Mr. & Mrs. Peter Psychopaidas
Mr. & Mrs. William Jones	Mr. Steven J. Sarigianis
Mr. & Mrs. Louis Kakalettris	Mr. & Mrs. Thomas Tsiralidis

Capital Campaign

200: That is the number of families in our Community that we hope will make pledges to the Capital Campaign. 119: That is the number that has made a pledge or a contribution up to this

date. We have a long way to go to reach our goal. Over the past month, three further families sent in pledges or contributions and one parishioner made a repeat donation. Total pledges and other contributions to 19 October are \$ 1,918,154, and total cash received from all sources is \$ 1,465,344. Financially we are inching toward our goal of \$ 2,200,000. But for us to realize our goal of 200 families contributing to the Campaign, we are going to need the co-operation of all of you who are members of the Community. I have heard directly or indirectly of a reasonable number of families who are seriously considering contributing to the Campaign. I hope that all of you—and others with whom we may not yet have spoken—will confirm your good intentions and make a formal pledge in the near future. We need to attain our goal soon so that the Master Planning Committee can be guided in their discussions with the architects and potential contractors. Pledges can be for one year or, preferably, spread over three years. They can, but need not be accompanied by an initial donation. We hope that every family will join us in this undertaking: each in accordance with his or her ability. No contribution or pledge is too small. Please join in this undertaking. We all will benefit when it comes to fruition and our buildings have been renovated.

I would like to acknowledge one special contribution received this past month: a most generous gift from the Greek School P.T.O. We appreciate very much the good will and generosity of the Board and members of the P.T.O. Thank you very much.

Please do not forget about the upcoming Comedy Night featuring Basile on November 12. It is just a few days away. We hope you all will join us at the Greek Center/Stamford Athletic Club, transformed into a stunning evening venue. The Event Committee has been hard at work to prepare an exciting evening of good food, drinks, live auction, and entertainment. Reservations can be made and tickets purchased at <http://www.tinyurl.com/capitalcampaigncomedyntnight-com>, at the table in the Hall during coffee hour on Sundays after the liturgy, or by emailing Chris A. Nanos, cnanos@optonline.net. The Committee and I look forward to seeing you there. Elias N. Kulukundis

MINISTRIES

Election Day = Parish Feast Day

First, every eligible voter is urged first to become educated on the issues at stake, various policies supported by different candidates, and then vote your conscience to elect officials at the federal, state, and local levels. Second, since the elections this year are on our parish feast day, also make time to attend Liturgy at 9:30 am in order to thank God for all things, receive Jesus Christ, and support our community!

† Parish Feast Day †

Monday, November 7

Great Vespers at 7 pm

Area Clergy to lead; Visiting Protopsalti
Reception to follow, offered by Philoptochos

Tuesday, November 8

Orthros at 8:30 am

Divine Liturgy at 9:30 am

Feast Day Lunch • RSVP with Jane (203-348-4216)

Prayer of the Month

Another beautiful prayer from Metropolitan Philaret of Moscow (died 1867), one of the most influential churchmen of the modern Russian Orthodox Church:

Lord, I know not what to ask of You.
You alone know what my true needs are.
You love me more than I myself know how to love.
Help me to see my real needs which may be hidden from me.
I dare not ask for either a cross or a consolation.
I can only wait upon You; my heart is open to You.
Visit and help me in Your steadfast love.
Strike me and heal me; cast me down and raise me up.
I worship in silence Your holy will.
I offer myself to You as a living sacrifice.
I put all my trust in You.
I have no other desire than to fulfill Your will.
Teach me to pray. Pray Yourself in me. Amen.

- from *My Orthodox Prayer Book*, by Fr. Ted Stylianopoulos

Did You Know?

Orthodox Christians take special care to prepare for Christmas, beginning as early as November 15 when we start a 40-day fast period that is similar to Great Lent. This involves two different dimensions:

• Spiritual –

- § a deliberate increase in practices like prayer, such as attending public worship more often; investing more in personal prayer, such as slow, meditative reading of Scripture
- § committing to at least one work of mercy to the poor, hungry, suffering, sick – such as visiting a shut-in, volunteering at a nursing home, serving a meal to those who cannot afford it
- § making time for devotional study of the faith – reading a pamphlet from church or a book (from our bookstore); listening to recorded sermons, Bible Studies, or Orthodoxy 101 classes on line
- § receiving the Sacrament of Confession



Seniors gather for a lively monthly meeting on Wed. Oct. 5 in the hall, including a pastisio luncheon and a presentation.

SAVE THE DATE

**Saturday,
November 12, 2016**

***Church of the Archangels
Capital Campaign Comedy Night***
with Basile the Comedian

**COCKTAILS ~ DINNER
MUSIC ~ AUCTION ~ FUN!**

Tickets must be purchased in advance:
www.tinyurl.com/capitalcampaigncomedyntnight-com

§ reducing entertainment and dining out in order to give this money instead to missions (through the Orthodox Christian Mission Center – www.ocmc.org), to world relief (through International Orthodox Christian Charities – www.iocc.org), or to a local charity of choice (such as New Covenant Center – www.newcovenantcenter.org)

• Physical –

- § reducing consumption of heavier, more expensive food such as meats, dairy, and alcohol
- § eating less - cutting out snacks in-between meals, not taking a second helping at meal time, skipping a meal in order to give the food or money to the poor
- § eating lighter foods instead – such as more vegetables, beans, grains, fruits, nuts - in order to lighten the body, reduce sleepiness, and contribute to greater alertness.

Feel free to consult Fr. Harry for the Church's ancient wisdom to help establish a realistic rhythm for you and your loved ones.

SAVE THE DATE Turkey Bingo

Saturday, Nov. 19th

Doors open 5:00 pm

Sponsored by Philoptochos
Families and Friends Welcome!

Worship Schedule – Feast Days & Special Events

- Monday & Tuesday, Nov. 7-8: PATRONAL FEAST OF ARCHANGELS – Mon Vespers 7 pm; Tue Orthros 8:30 am & Liturgy 9:30 am
- Tuesday & Wednesday, Nov 8-9: St. Nektarios @ Annunciation: Tue eve Vespers 7 pm; Wed Orthros 8:30 am, Liturgy 9:30 am
- **Sunday, Nov 20 – 1 hour earlier due to Stamford Thanksgiving Parade: Orthros 7:45 am & Liturgy 9 am**
- Monday, Nov. 21 – Entrance of Theotokos into the Temple: Orthros 8:30 am & Liturgy 9:30 am @ Annunciation
- Friday, Nov. 25 – St. Catherine & St. Nikon “Repent” the Patron Saint of Sparta: Orthros 9 am & Liturgy 9:30 am
- Wednesday, Nov. 30 – St. Andrew, First-Called Apostle: Orthros 9 am & Liturgy 9:30 am @ Annunciation

2016 GreekFest is a Great Success Thanks to Parish Fellowship

Our annual GreekFest was a brilliant show of fellowship and collaboration and the end result was a celebration enjoyed by all. We welcomed the warm weather, which brought out many families to enjoy the carnival rides, fabulous food and lively Greek music over the four-day event. It was exciting to see so many parishioners and their families, as well as to welcome first-timers, many with young children. The commitment of our festival committee and all the volunteers who came out to help was so wonderful. More than 140 people offered their time and talents to work. Thank you to everyone who helped out with their time and donations! Please see Treasurer’s Report section of the Herald for GreekFest financial results.

Congratulations to the winners of the raffle:

1st prize: John Kantzas - 2016 BMW X1 28i

2nd prize: Jason Konidaris – Travel Voucher from Cloud Tours. (donated back to the church)

3rd prize: Evans Stergianiis - Weekend Getaway at The Norwalk Inn

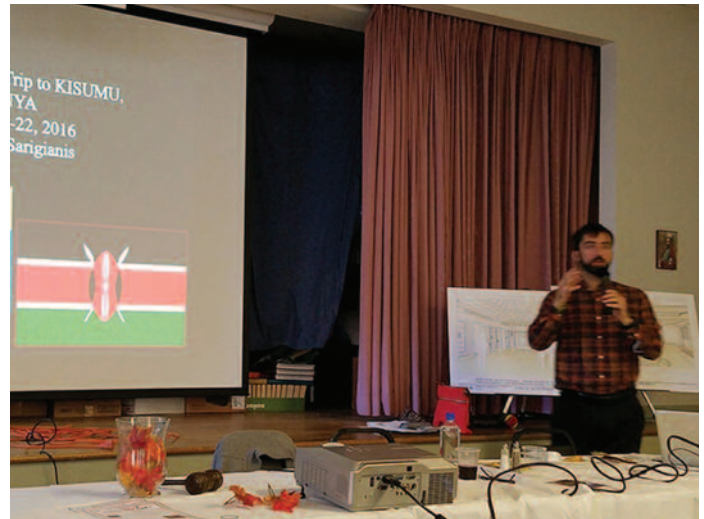
4th prize: Theodore & Ann Nanos – 43" LG LED television

5th prize: George Danielczuk – 7" LG electronic tablet

We welcome your feedback and new ideas and let’s continue this wonderful tradition. We look forward to everyone joining our 2016 festival team! Contact: Margaret & Steve Fornaciari

Adult Education

- Orthodoxy 101 – Monday evenings: Compline 7:15 pm, Class 7:30 – 9:00 pm. Schedule of topics this month:
- Special Event: during the Orthodoxy 101 class on Mon, Nov 14, Dr. Aristotle Papanikolaou, Professor of Theology at Fordham University, will be our special guest. His topic: “Preparing to Encounter Christ at Christmas.” Usual time period: Compline 7:15 pm, and the class at 7:30 pm. Light refreshments offered. Open to the public.



Steve offers a presentation on his OCMC mission trip to Kenya at the October Seniors meeting.

- Koinonia Groups for more intimate sharing:

§ Women’s Group has gathered for weekly meetings the past few weeks. Topics explored have been on Spiritual Reading and Prayer generating good questions, dialogue and discussion in a supportive environment. Using the book *Soul Feast: An Invitation to the Christian Spiritual Life*, future topics include: Worship, Fasting, Sabbath and Hospitality. Feel free to join our conversations on Tuesday mornings in the church library. Contact Natalie Kulukundis for more information at natakulu@hotmail.com.

§ Marriage Enrichment Group will meet for the first time on Thursday evening, November 17, at the home of Fr. Harry and Kerry, 131 Silver Hill Lane, Stamford. This group is for young and old, as all who are married are called to be moving toward “oneness,” and that movement is never completed. Please RSVP if you will be attending: pappaskk@msn.com.

- Parish Council Seminar – Thu. Nov. 10, with refreshments 6:30 pm, and presentation by Fr. Al Demos at 7 pm for all prospective candidates (from area parishes) for election to the Parish Council. Topics covered: nature of the Church and Christian leadership; Uniform Parish Regulations of the Archdiocese; specific role and responsibility of the Parish Council in relation to the Archbishop, Presiding Priest, and General Assembly. All candidates must attend one of these seminars (full list of seminars in our District is posted at church). Next closest workshop will be on Tuesday, Nov. 15 at St. Barbara in Orange, CT; refreshments at 6:30pm, and seminar from 7pm-9pm.



Archangels (as well as Annunciation) HOPE/JOY gather at the Stamford Nature Center on Sat. Oct. 1 for the Nature Outing.



Sophia & Isabella DeVito, and Julia Nanos look for the final clue in the scavenger hunt along the wooded trail.

Kali Parea Senior News

The Kali Parea Seniors met on Wednesday, October 12, 2016 for our monthly meeting. Steve Sarigianis gave us a presentation of his mission trip to Kenya; it was very informative and interesting. Thank you to Steve! Please note the next Kali Parea Seniors will meet on Wednesday, November 16th. Please make every effort to attend and bring a friend! Contact: Pam Koutroubis, (203) 348-7402

Ladies Philoptochos Society

We would like to thank the students and families of our Church School and Greek School for participating in our Make a Difference Day community service project. The children contributed clothing and food to benefit the poor served by local charities. This service project was a part of an initiative by National Philoptochos. At our meeting Oct. 4th, our chapter approved donations to the monastery in Calverton, NY for Hope Project, the nuns' effort to provide housing for four to seven women who are victims of human trafficking. We also approved a donation to support St. Michael's name day gala. Philoptochos members are making plans for two major events in November – our parish's Feast Day reception on Monday, Nov. 7th and the popular Turkey Bingo event on Saturday, Nov. 19th. Volunteers are needed for setup, cleanup and during the events. Please contact Penny or Debbie Nanos regarding the reception or Lara Paschalidis regarding the Bingo. Proceeds from this year's bingo will go to Home for the Brave (housing and other services for the homeless, veterans and others), Friends of Karen (children's cancer support services), Open Door (soup kitchen and shelter in Norwalk), AmeriCares and Silver Source (formerly Senior Services of Stamford). To help make Turkey Bingo a great success, we are in need of gift cards (Amex, restaurants, grocery stores, iTunes, etc.), wine, sports or theater tickets, etc. for the raffle baskets. Save the date for the Philoptochos Christmas brunch, which will take place at 11 a.m. on Saturday, Dec.



The children's craft was a "fall Cross" which highlighted things they were thankful for.

3rd. Co-chairs are Annie Konidaris and Natalie Kulukundis. Our next meeting is Sunday, Dec. 6th at 7 p.m. Hope to see you there. May God Bless all of you for your support. Contact: Marion Vanson, (914) 234-9420

Weekly Food Drive

Philoptochos encourages everyone to bring non-perishable food every week for the Lower Fairfield County Food Bank. There are 4 collections bins in the narthex, entry from back parking lot, and outside the offices. Items include: canned meat, tuna, chili, beans, vegetables & fruit; rice, pasta & tomato sauce; peanut butter & jelly; cereal & parmalat milk; pancake mix & syrup; coffee & tea. Our parish continues to be one of the leading contributors and the Food Bank is very grateful for our generosity to the working class who are unemployed and underemployed. Contact: Penny or Debbie Nanos.

Church School

Our Church School students continue to engage in activities that deepen their knowledge of our faith, Church life, and philanthropy. We participated in our Philoptochos' "Make a Difference Day" effort by collecting gently used children's clothing to donate to local shelters in need. We also held our first successful school-wide Philanthropy Sunday for this year on October 30, 2016. Lastly, our program welcomed Cassandra Garibaldi, Resources and Training Coordinator for Y2AM (the Department of Youth and Young Adult Ministries) of the Greek Orthodox Archdiocese of America as the new teacher for our Sacred Music Ministry. A classroom that was filled to capacity in attendance, cheer, and smiles greeted Cassandra last month. Cassandra led our students through liturgical hymns in both English and Greek. Our next Music Ministry Sunday is scheduled for November 20, 2016. We look forward to starting to plan and prepare for our annual Christmas Program—details forthcoming. Contact: Evelyn Biliias Lolis ebiliias@aol.com



"Mr. Steve" sits down with Preschoolers for one of their weekly faith lessons; what good listeners they are!



Children from our Preschool program, run by Kyriaki Yoranidis, have some fun together on the playground bench.

Greek School

The Greek school open house took place on Oct 16th with a detailed presentation of 2016- 2017 Greek school strategic plan. The interim director, Anna Lempesi presented the school's goals for the new year and some very important curriculum initiatives, including an increased focus on conversational Greek, new on-line language applications to be launched soon by the publisher of our Greek school textbooks, the introduction of weekly teacher updates by e-mail so parents can better monitor their children's lessons and reinforce them at home and the roll-out of testing at the end of each half year to better motivate and assess student learning.

The school curriculum this year will also be enriched with periodic religion lessons. With the support and help of Father Harry and Steve, our teachers will introduce in simple Greek, once per month, some of the most important stories from Jesus' life. This will be a wonderful way to bring our students closer to our Orthodox Church while also practicing the Greek language.

The Greek School also has a number of special events and activities planned for the school year, including instructional sessions in Church hall about the Olympic games, Pericles and the Golden Age of Athens. Parents and grandparents will also be invited during the year to visit our classrooms to read to the children in Greek, tell stories from Greece or describe a Greek custom. By introducing more Greek culture and history into the classroom, the Greek school hopes to instill a strong connection to Greece in our students and better inspire our students' learning of the language and our Greek heritage.

The Greek school and PTO also held an Oxi day celebration on Oct. 25th that included presentations by our Greek school students in all grade levels followed by a dinner reception which was attended by more than 75 people. The dinner, catered by EOS Restaurant, and the deserts brought in by parents and teachers were delicious. A great time was had by all.



Fr. Harry blesses several dogs & a bird at the annual Blessing of the Animals service on Sun. Oct 16th.

Little Angels

Our Family Fitness Event on Saturday, October 22nd, provided a fun, active afternoon of sporting activities for our children. They warmed up, played catch, sunk basket balls, navigated obstacle courses, and enjoyed soccer & volleyball! In conclusion, we had a wonderful, informative presentation by nutritionist John Pantel about healthy eating, and an inspiring talk by Steve Sarigianis about “food” for healthy souls. Many thanks to Joy/Hope advisors Chris & Luisa Nanos, and other parents who ran stations: Peter Cholakakis, Steve Valassis & Denton Jones! This event was an example of a truly cooperative spirit among our young families.

Please join us for our Gratitude Event on Saturday morning, November 19th, at 10 am in the church hall. Children are invited to paint pumpkins, to hear a book about being “thankful,” and to offer up a leaf on our Gratitude Tree. We will enjoy festive music and fall-themed refreshments & snacks. There will also be a beautiful area set up for cute pictures with your little pumpkins!! Goodwill donations are encouraged. Please RSVP! Contact: Anastasia Valassis, avalassis@gmail.com.

Hope/Joy

We've had a busy and meaningful October, beginning with our Bible Scavenger Hunt at the Stamford Museum and Nature Center on October 1st. Then, on October 14th, we attended our second meeting at our sister Parish, Church of the Annunciation, with the theme of "prayer." We enjoyed learning about how prayer was the original "wireless communication." On Saturday, October 22nd, members of Hope & Joy and Little Angels participated in a joint ministry "Family Fun Fitness Day." Children were led through fitness stations that included basketball, soccer, balloon volleyball, an obstacle course, jump roping/hula



Archangels & Annunciation teens came together to serve hot meals to those in need at New Covenant House soup kitchen on Saturday, Oct. 29.

hooping, stretching, and catching. Afterwards, the group was treated to two special talks. One from nutritionist John Pantel about healthy eating and another from Steve Sarigianis about the importance of spiritual exercise for our soul. It was a fun-filled day and a fabulous turn out! On November 18th, we will have our third meeting of the new year at the Church of the Annunciation at 6:00 p.m. There will be another Church lesson, craft, meal, and dessert. Please save the date for our Church Christmas Party that will be held at the Norwalk Inn on December 10th at 12:00 noon. Lastly, please continue to bring food to Church each week to support the Lower Fairfield County Food Bank. If you have any questions or ideas, please feel free to contact us by e-mail at cnanos@optonline.net or by phone at 203-249-7403. Chris & Luisa Nanos

GOYA

At our October GOYA meeting, elections were held for several leadership positions; our new President is Amalia Skoparantzis; Vice President is Niko Giantomidis; Treasurer is Nick Otis, and Secretary is James Pease. Congratulations to our new teen leaders! Towards the end of the meeting, Steve gave a presentation on Project Mexico, the pan-Orthodox organization that hosts hundreds of youth teams every year from around the country to build homes local Mexican families in Tijuana, Mex. Our church is excited to send a team of 6-8 people this summer. The Lock-In was rescheduled for January 20th, 2017. This past Saturday, Oct. 29th, GOYA resumed service to those need at New Covenant House (with Annunciation GOYA), as we had starting back in fall of 2016. The teens continue to display their open heartedness and willingness to participate in such acts of mercy. November will be a busy month for our group; keep the following dates in mind:



Amalia Skoparantzis (far right) and Nickea Muraskin (far left) represent the Archangels GOYA at New Covenant House.



Parents attend the Greek School Open House after Liturgy on Sun. Oct. 16.

- Friday, Nov. 4th: Monthly Meeting & Hang-out, 7pm-9pm in church hall.
- Saturday, Nov. 12th: Hellenic History Tournament, 11am at St. Barbara in Orange
- Sunday, Nov. 19th: Turkey Bingo at SAC gym, 6pm-10pm; table for GOYA reserved
- Sunday, Nov. 20th: GOYA Advent Retreat, 1:30pm at Holy Trinity in Bridgeport
- Wednesday, Nov. 23rd: Christmas Wreath Prep, 6pm in church hall

Contact: Diane Skoparantzios (skoparantziosd@optonline.net), Bill Giantomidis (billgiant1@yahoo.com) or Steve Sarigianis (steve@archangelsgoc.org)

AYA

On Wednesday Nov. 23rd the young adults will have a “Kafé Gathering” at EOS Restaurant on Summer Street. Enjoy time with friends for Greek coffee, good company, and substantive conversation. Our main topic of discussion will be staying focused in a world of distraction. To get connected, reach out to Steve: steve@archangelsgoc.org or 203-623-5896.

Athletics

The Connecticut Eastern Orthodox Basketball League (CEOBL) is being organized for the 2016-17 season. This year we are fielding two teams in cooperation with Annunciation: Junior Varsity (boys ages 11-14 and girls ages 11- 15), and Senior (boys and girls 18 and under). JV practices for November will be held at Annunciation gym from 6:30pm-7:30pm on Wednesday evening.

CEOVL (girls’ volleyball) is also being organized for the new season. We hope to form another championship winning team like we had in 2014-15. Practices will start in November.

If you or your children are interested in playing on the church teams, please sign up with John Skoparantzios (203-550-6894) or Steve Sarigianis (steve@archangelsgoc.org). Come join the fun!



Interim Director Anna Lempesi gives a presentation to current and prospective parents at the Greek School Open House.

Family Movie Night

The first Family Movie Night of year will be this Saturday, Nov. 5th at 5:30pm in the church hall. The feature film will be “Star Wars IV: A New Hope”, (PG, Lucasfilms, 1977), the one that started it all! There will be pizza & salad dinner provided for free will offering.

Join us for a fun evening of fellowship, pizza & salad dinner, the movie, and a short group discussion to follow. Please RSVP online: <http://evite.me/7Grb6qWuWT> OR, with Jane in the office.



Greek Language Classes for Adults

The world is shrinking with globalization and the internet! Now is a great time for adults to learn modern Greek. We are blessed to have an excellent instructor in Dr. Eugenia Zavras, a biology Professor at Fairfield University and past teacher and director of the Greek School. For information and registration, contact her directly at 203-322-9561 or call Jane in the church office 203-348-4216.

IOCC

Contact our IOCC representative, Tim Hartch, at timhartch1@outlook.com.

Thanksgiving in Stamford

- Sunday, November 20: Stamford Holiday Parade (12 noon – 2 pm): To accommodate many in our parish who will be attending, we will start Liturgy 1 hour earlier that day – at 9 am – instead 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. Keep in mind that more than 100,000 people are expected this year.
- Community Thanksgiving Dinner on Thu, Nov. 24 @ First 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.



Nutritionist Jon Pantel and Steve Sarigianis offer teachings on physical and spiritual fitness for youth at the Family Fitness Day.



Steven Valassis coaches Little Angels Penny Spanos, Thea Kazianis, Sophia Pasvankias and Maddie Valassis.



Little Angels and HOPE/JOY children have a blast at SAC gym during the Family Fitness Day on Sat. Oct. 22.

Stamford Athletic Club @ The Greek Cultural Center



**STAMFORD
ATHLETIC CLUB**

@ THE GREEK CULTURAL CENTER

The club is a significant ministry of the Archangels parish. Make it a part of your daily regimen of mind, body, and soul. Have its welcoming staff show you around. See the tools available to you. Experience the gift of taking care of your health. Church members always receive a 50% rate discount.

If you would like to schedule a free 1-week membership for you and your family, call Diane Caruso at 357-7555 or email diane@sacteam.com.

Pilgrimage to Russia

Fr. Harry and Fr. Steve Tsichlis, presiding priest of St. Paul's Greek Orthodox Church in Irvine, CA, will co-lead a Pilgrimage to Russia from Mon, May 22, to Sat, June 3, 2017. Fr. Ilya Gotlinsky, a native Russian Orthodox priest serving a parish in Binghamton, NY, will be our tour guide. Walking will be much easier on this trip, with no difficult climbs, steep stairs, or lengthy walks. The itinerary includes all major holy sites, significant cultural centers, and periods of relaxation:

- St. Petersburg: Cathedrals – Our Lady of Kazan, St. Isaac, St. Nicholas; Monasteries – St. Alexander Nevsky, St. John of Rila (relics of St. John of Kronstadt, modern Orthodox Saint), Nvodevichiy Convent; Museums – Russian Museum and The Hermitage (Icons, Rembrandt paintings – especially the Prodigal Son); Smolensk Cemetery (relics of St. Xenia); Boat Tour through some canals of the city; Apartment of Fyodor Dostoyevsky & his grave (one of greatest modern writers)

- Moscow (5 full days): The Kremlin – Cathedrals (Dormition, Annunciation, Archangel Michael), Tomb of Lenin; Cathedrals – St. Basil's (Red Square), Kazan, Christ the Savior; Monasteries – Donskoy (grave of Alexander Solzhenitsyn, and relics of St. Tikhon of America), Mary & Martha Convent (founded by St. Elizabeth, modern Saint), Holy Trinity Lavra (relics of St. Sergius of Radonezh & St. Innocent of America); Museum – Tretyakov Gallery (with world famous icon of Trinity by St. Andrei Rublev, along with Russian art through the centuries); Memorial prayers at Butovo, where thousands were executed under Communism, including many now considered as Martyrs.

Members of both parishes are invited to participate, but space is limited to a total of 30. Already a number have indicated interest. Preliminary price of \$3,000-\$3,300/person includes everything, except airfare (which, from JFK airport right now is \$775 on Delta). Contact Fr. Harry for further information and to reserve a space now.

PARISH NEWS

Baptism

Liam Greco - (1st child of Christopher and Kara {Psichopaidas} Greco) on Oct 2nd with sponsor Nicole Psichopaidas

Blake Smith - (2nd child of Shane and Stacey {Psichopaidas} Smith}, with sponsor Dena Burke.

Chrisonia Katerina Kapasouris - (2nd child of Alexandros Kapasouris and Reischea Canidate-Kapasouris) on Oct 8th, with sponsor Stavros Nikolakakos.

Marina Kallista Aivalis - [1st child of Dean and Stefanie (Franco) Aivalis] Oct 30th, with sponsor Elizabeth Stanton.

Funerals

Peter Edward Sakkas, on Oct. 19th, who fell asleep in the Lord on October 17th at 87 years old.

Helen Papis, (mother of George Papis) on Oct. 3rd, who fell asleep in the Lord on Friday, Sept. 30th at 99½ years old.

Georgia (Zaferiou) Spadaro, on Oct. 15th, who fell asleep in the Lord on Oct. 10th at 59 years old.

Catherine Kirkiles, on Oct. 28th, who fell asleep in the Lord on Oct 24th at 87 years old.

George Vlandis, scheduled for Sat. Nov. 5th, who fell asleep in the Lord on Oct. 29th at 87 years old.

AFFILIATED ORGANIZATIONS

AHEPA

The joint 90th Anniversary Celebration for the Stamford and New Haven chapters was a great success. Over 150 people attended and had to opportunity to see and hear Supreme President Andrew Zachariades. The food and music were excellent and the comedienne entertained us all. Looking forward to the next AHEPA dinner-dance fundraiser. Thanks for your help. Contact: Nick Nikas, niketes@yahoo.com



Nathan Hoppe, long term missionary to Albania, presents during Coffee Hour (Oct 30)

CHURCH OF THE ARCHANGELS CAPITAL CAMPAIGN

The Capital Campaign Committee:

Elias N. Kulukundis, Chairman. Jason Konidaris, Vice Chairman. Father Harry Pappas. Mary Badoyannis, Peter Cholakis, William Grosso, Timothy Hartch, James W. Kambas, George Khouri, Peter Licopantis, Penny Nanos, Chris A. Nanos, Chris P. Nanos, George Paparis, Thomas Passios, Gigi Perimenis, Katie Perimenis, Jane Dragonas Perkins, R. J. Vassiliou, Basil N. Vanech

The Capital Campaign:

The goal is to raise \$2,200,000 over a three-year period from 2014 to 2017, now extended to 2018. The purpose of the Campaign is to fund upgrading and renewal of the church campus and ministry with specific emphasis on the Church Hall and offices, and minor cosmetic improvements in the Church itself, bringing our campus into the 21st Century. In addition, the amount includes the sum of \$150,000 to fund the salary and benefits of an Administrative Assistant for the Church for three years, after which the Church will take over funding that cost from stewardship. There are no plans to utilize any of these funds for repairs or improvements to the Greek Cultural Center.

The Data (as of October 19, 2016):

Total Commitments\$1,918,154
Total Commitments Paid\$1,465,344
Total Number of Households119

The Requirements:

The General Assembly of May 4, 2015 set the following hurdles to be reached before the commencement of construction:

Total Commitments Hurdle\$1,500,000
Cash in Hand Hurdle\$ 726,000
Both hurdle requirements have been met.

Donors should ideally spread pledges over a three-year period. For new pledges, that would be between 2016 and 2018. Pledges may be accompanied by an initial donation toward the first year's pledge, though remitting the entire first year's pledge amount can be done later in the course of 2016 if preferred.

The Expenses:

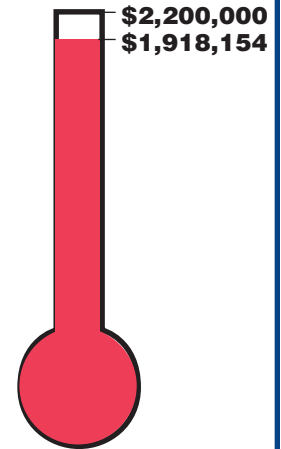
The Campaign's expenses to date include: Assistance from the Archdiocese Development Office, architectural fees, production of solicitation materials, and event planning. These are in addition to salary & benefits for parish office support hired on in September 2014. The Campaign's responsibility for seeding this office support expense terminates on October 1, 2017.

Inasmuch as funds are likely to be required on a regular basis once construction commences, the General Assembly gave the Campaign Committee the right to go to a bank and discount any unpaid pledge amounts in order to have funds available to meet expenses. Preliminary plans for the remodel are on display in the Hall.

The Matching Grant:

We achieved the \$250,000 Matching Grant hurdle and the donor has delivered the matching funds. We are ever grateful for this creative and impactful gesture on the part of the donor.

OUR GOAL



The Contributors (as of October 19, 2016):

PLEDGES

Anonymous (6)
Evangeline Adams
Michael and Jena Anthony
George and Katina Antipas
Angelo and Dena Aravides
Archangels Seniors
George Badoyannis
Demetri and Constance Begetis
Michael and Mimika Blanc
Theodore Burt Jr. and Sophia Gevas
Sophie Caloutas
Nitsa Chagaris
Peter Cholakis and Teresa Cassidy
Helen Chochos
James W. and Margaret Cocolis
Glenn and Angie Colarossi
Harry Condos
Savet Constantine
Nicholas Dafotis
Gregg and Mary Beth Demetros
Matthew and Maria De Vito
Elias and Anna Diamantis
Peter and Ruth Diamond
Stephen and Margaret Fornaciari
Peter Gabriel and Mary Badoyannis

Stephen and Tina Georgeou
Effie Gianos
William Grosso
Rita Haralambidis
Timothy and Sophia Hartch
Brian Irizarry and Gigi Perimenis
William and Bertha Jones
James and Sylvia Kambas
Chris and Elaine Kanos
John Kantzas
George Khouri
Arthur and Elaine Kiratsous
Annie Konidaris
Jason and Janie Konidaris
Nick and Pauline Kounovelis
Pam Koutroubis
Elias N. Kulukundis
Stewart and Kim Leonard
Peter and Yolanda Licopantis
Elias and Evelyn Lolis
J. Andrew MacEntire Family
Charitable Fund
Bob and Cassie MacFarlane
Marc and Maria Magliacano
James and Kyriaki Marcarello
Eric and Lea Medow
Rita Mehos

Nicholas Moisiades
Dr. Alan and Marietta Morelli
Tom and Melissa Moulketis
Chris A. and Luisa Nanos
Chris P. and Pam Nanos
Christopher P. and Christine Nanos
George and Amy Nanos
Paul and Debbie Nanos
Penny Nanos
Peter C. Nanos
Theodore and Ann Nanos
Theophilos and Friderika Nicolis
Nicholas Nikas
Mark and Maria Otis
George and Cindy Paparis
Father Harry and Presbyteria Pappas
Peter and Joan Paspalis
Kimon and Julie Passios
Tom and Nike Passios
John Pasvankias
George and Jane Perkins
Katie Perimenis
Dr. Peter and Carmen Perimenis
Stefanos and Stamatia Petsas
Maria Poulos
Peter and Geri Poulos
Stephen and Susan Root

Lee and Maria Sampanis
Joseph and Rebecca Samra
Pericles and Erika Sentementes
Robert and Branislava Shekhdar
Ken and Maria Shepard
Theodore and Diane Sierpina
Louis and Anna Sioles
Catherine Sofronas
Agasilas and Molly Sotire
Sotiris and Nicoletta Soulios
Demosthenes and Anthea Speridakos
Konstantinos and Bonnie Spetsaris
Evan and Roula Stergiannis
Dr. Stelios Theofanides and Dr. Elizabeth Siderides
Demetrios and Leda Tsapralis
Katina and Margaret Tsirantonakis
Alkiviadis and Matoula Valassis
Soulafrada Valassis
Dr. Steve and Anastasia Valassis
Steven and Antonia Valassis
Basil and Terri Vanech
Nadine Vasilacopoulos
John and Medina Vasily
Argyris and Ann Vassiliou
Angelica Verses

Jane Vorvis
Peter M. Vorvis
Paul and Goldie Winn
Nicholas and Kyriaki Yoranidis
Nicole Yoranidis

NON-PLEDGE CONTRIBUTIONS

Ladies Philoptochos Society, Church of the Archangels
Archangels Greek School P. T. O.
Evangelos Aposporis and Victoria De Melo Paz
Mary Louise Bennett
George, Pauline and Peter Galuris
Dr. Stephen and Dr. Maria Pavlis Glasser
Steve Katsetos
Miles and Joan Kulukundis
Natalie Kulukundis
Michelle Marmarinos
Mr. and Mrs. Jerry Minetos
Penny Nanos
Nicholas Nikas
Phil and Frederika Nikolis
Scott and Helen Santoro
Aristotle Sentementes

Nestor Sgourous
Dennis and Marion Vanson
Joanne Verses
Helene and Manoucher Yekta

MEMORIAL CONTRIBUTIONS

James W. and Margaret Cocolis
Sharon Fornaciari
George and Larissa Gentekos
Christos and Demetra Halkias
William and Mary Janocha
Margot Kalaizes
Annie Konidaris
Elias N. Kulukundis
John and Stacy Louizos
William and Diana Mihaltes
Nicholas Nikas
Timothy and Maria Scanlon
Diane Sierpina
Mihai and Cristina Smina