



The Herald

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

March 2017

Encyclical for Great Lent

Your grace has shone forth, O Lord, it has shone forth and given light to our souls.

Hymn of Vespers – Sunday of Forgiveness

Beloved Brothers and Sisters in Christ,

As we begin this sacred journey through Holy and Great Lent, through a time of earnest prayer and sincere reflection, we are guided by the presence of our Lord and the hymns and prayers of this season to experience the power of God's grace. In preparation for this time, we have witnessed His grace in the forgiveness of the publican. We have seen the depth of His love in the father's loving embrace of the prodigal son. We have heard the words of our Lord concerning the Last Judgement, when He will come in His glory and welcome into the kingdom His servants who have shown mercy to those in need.

In the days and weeks that will come, our worship and prayers will have a somber and reflective tone. We will be called to examine our lives, to purify ourselves through fasting, and to follow the way of the Cross. We will be asked to consider the condition of our souls and affirm our need for God and His great mercy. As we hear on the eve of Great Lent, and we will experience in this journey, our needs will be met by His abundant grace: "Your grace has shone forth, O Lord, it has shone forth and given light to our souls. Behold, now is the acceptable time; behold, now is the season of repentance. Let us cast off the works of darkness and put on the armor of light..."

Our true repentance will be blessed with God's forgiveness in grace. Our return to Him in hope will be met with His compassionate embrace. Our service in His name will lead us to our spiritual inheritance of life in His glorious

presence. At the beginning of Lent, we can affirm that our path to abundant joy and celebration will be illuminated by the light of His grace.

With this light that shines in our hearts we will also offer a witness through our observance of Lent and through our lives. As we know and experience God's grace, others will see His offering of forgiveness. They will see the power of grace to transform life and bring healing and restoration. They will find salvation in Christ as the grace of God works in and through us to show all His redeeming love.

May the blessings of God's grace be with you during this holy season as we gather in His presence. As His great love embraces you, may your hope and faith be strengthened for the journey to Cross and to the light and life we have in the Risen Christ.

With paternal love in Him,

†DEMETRIOS

Archbishop of America

Note: an Encyclical is an official letter sent by bishops to the communities and faithful under their supervision and care on important occasions during the year or for certain specific reasons. It fits our parish theme this year ("Turn Up the Light") which refers to making a conscious and deliberate effort as adults to renew our upward calling to Christ through specific practices so that he can live more fully through us for the life of the world.

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

ADMINISTRATION

Parish Council

We welcomed the first of many Ministry presenters to our monthly meeting – Stacy Valassis on behalf of Little Angels. This new initiative is designed to get to know our ministries better in order to help them reach their goals. Helping our ministries begins with understanding them. Stacy gave us a much better understanding of Little Angels with written background and then talked us through her ministry's aims, strengths, weaknesses, opportunities, and challenges. That was followed by Q&A. It is up to the Council now to synthesize the information and report back to Little Angels on ways to help advance the cause. We will look to engage at least one ministry per month like this throughout the year. Contact: Jason Konidaris, jason.konidaris@yale.edu

Treasurer's Report

The 2016 year-end report should be ready for the next issue of the Herald as we are finishing up our internal reconciliation. Currently the audit committee is finishing up their review of 2015 financials for the church and the SAC. Once completed, findings will be presented at a General Assembly. Contact: Elias Lolis, Parish Council Treasurer, elolis@aol.com

Online Donations

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 – archangels.ccbchurch.com – with your personal identity (typically your email) and password
- On the left column of the 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

Stewardship Report

We have received 89 Stewardship pledge cards for 2017. If you have not already done so, please fill out and return a card to the office. This is an opportunity to volunteer to help one of our parish's ministries and to make a financial pledge for 2017. The Greek Orthodox Archdiocese's stewardship theme for 2017 is “You are the Voice of Christ in the Modern World” and this year's bible verse is “As the Father has sent me, so I send you” (John 20:21). One of the best ways we can be the voice of Christ in today's world is by strengthening our parish and welcoming those into our parish who are searching for a spiritual home. Contact: Tim Hartch, at timhartch1@outlook.com

Additional 2017 Stewards

Mr. & Mrs. Michael Anthony
Mrs. Helen Chochos
Mr. Harry Condos
Dr. James Damascus
Mr. & Mrs. Matthew DeVito
Mrs. Anna Halynski
Mrs. Evangelia Hleboyiannis
Mr. & Mrs. William Jones
Mr. & Mrs. Sergio Kailas
Mr. & Mrs. Christopher Kanos
Mr. & Mrs. Jason Konidaris
Mr. & Mrs. Nick Kounavelis
Ms. Natalie Kulukundis
Mr. & Mrs. Jack Louizos
Mr. & Mrs. John Lycouris
Mrs. Athina Mashas
and Mrs. Daphne Downer

Mrs. Cynthia Mixcus
Mr. & Mrs. Thomas Moulketis
Mrs. Elissavet Constantine
Mr. & Mrs. George Nanos
Mr. Gerrit Nijmeijer
and Mrs. Ismini Naos
Mr. & Mrs. Michael Oris
Mrs. Toula Pappas
Mr. & Mrs. George Patsis
Dr. & Mrs. Peter Perimenis
Mrs. Maria Poulos
Mr. Steven Sarigianis
Mr. & Mrs. Eriberto Scocimara
Ms. Micheline Shola
Ms. Nadine Vasil
Mr. & Mrs. Peter Zavras

Master Planning

Part 1 (the church) was to have already begun. We ran into an environmental issue requiring more asbestos testing in order to plan for its removal. Although this is common in older buildings, the delay was frustrating. We were then faced with a question – do we proceed now, which would have us working through Easter? Or do we wait and begin right after Easter? It would be nice to have use of our church. We intend to begin the church work right after Easter. In the meantime the committee has gathered several times to review materials samples including tile, carpeting, and light fixtures. We plan to begin Part 2 (the rest of the building) at the end of the ecclesiastic year in late May. We're doing that intentionally in order for the Greek School, Church School, and Nursery to finish out this academic year uninterrupted. It also lets us undertake the most disruptive work (demolition) during the quieter summer months. The work would carry on through winter. Expect no part of the administrative building to be available to us during that time. Of course the church itself would be available to us, and beautifully redone. We are provisioning for alternative class space during construction. Our aim is to keep everyone on campus rather than displacing ministries throughout town. We plan for it to

include: 1.) A large modular classroom rental (portable classroom put up on our property) to accommodate some of our children. It would serve the nursery during the first half of the day, some of the Greek School during the back half of the day, and some of the Church School on weekends. It could also serve the adult ministries for meetings. It would have all the necessary amenities - furniture, light, heating/cooling, water, bathroom. These structures are used all the time as alternative space when schools and other institutions undergo construction. They are not dumpy trailers. 2.) Available space at the SAC for class and creative ideas about class, for any students not accommodated by the modular classroom space. We are also inquiring about available classroom space at neighboring communities of faith if it becomes a necessity.

This is all exciting news. It also entails inconvenience. We would all be wise to appreciate that small inconveniences will lead to a large reward. Our campus will be beautifully refreshed and more welcoming to all of us. Contact: Jason Konidaris, jason.konidaris@yale.edu

Capital Campaign

February has been a very slow month for the Capital Campaign. We continue to receive payments on account of existing pledges, and we are very grateful to all of you for being so punctual in honouring your undertakings. During the month, we have received a total of \$18,270, of which payments on account of existing pledges are \$15,250, payments on two new pledges (one of which is a repeat pledge) are \$1,800, and non-pledge payments are \$1,400. We would like to acknowledge the kindness of Sonia Sotire Malloy and Splurge Gifts Inc. for their gracious contribution to the Capital Campaign following a special event for the ladies of the Philoptochos before Christmas, and to thank all the ladies who participated in that special event.

Otherwise, things have been progressing very slowly and the total of pledges and other funds received remains just above \$2 million at \$2,009,144, of which \$1,795,209 has already been received. Total families who have made a pledge or other contribution is 141. Construction on the Church is expected to start just after Easter, to be followed upon completion of the work in the Church by demolition in the Hall, now anticipated to commence in June. I sincerely hope that we will have reached or even surpassed our goal in pledges by that time. Whether or not we get there is up to all of you members of the Church. There are no rabbits to pull out of the hat. Come, let us rebuild all together to ensure that our Community is properly equipped to meet the challenges of the twenty-first century. Contact: Elian Kulukundis, 203-569-3784.



This plaque, which sits in the lobby of the Greek Cultural Center, is dedicated to the benefactors Captain Nicholas E. and Michael E. Kulukundis.

Buildings & Grounds

From the plaque shown above you can see that much gratitude is due to our benefactors Captain Nicholas E. & Michael E. Kulukundis for the establishment of the Greek Cultural Center. This outstanding facility was completed in the early seventies. Its primary function at the time was to promote camaraderie in the Greek community. The Spartan Club was an area where good times were had. Through the years it was not cost effective to maintain the facility which led to the establishment of the Stamford Athletic Club. I am proud to say that I know of no other parish in the country that can provide a complete fitness center which contains an Olympic size swimming pool, full basketball court, racquet ball, badminton and group fitness programs to name a few. Today there is a total membership of 775 of which 106 represent the Archangels members. Now some forty years later, we are faced with ongoing needed repairs. In recent years, we have replaced heating & air-conditioning systems, roofs, skylights, lighting, domestic hot water systems, etc. Currently the four skylights in the gym are in the process of being replaced (at no costs to the SAC). The inner frames will be modified to allow condensation to be drained away and not into the gym. These have been extremely expensive projects that have been undertaken. Recently the women's sauna room was reactivated. The security system has been overhauled and tied into 24/7 monitoring system. Plans are underway for additional upgrades in 2017 and 2018. The management team is taking proactive measures with in-house personnel as well as outsourcing vital services to assure a healthy and safe environment. These costs must be planned carefully in order to have a trouble-free facility. We look forward to Part I of the church renovations that will start soon after Easter. If you have not made a pledge to the Capital Campaign, is not too late. No amount is too small. Respectfully, Building & Grounds. Contact: Peter Licopantis, pglydl3@optonline.net

Guidelines for Great Lent

(February 27 – April 7)

Let's take advantage of the various ways that the Church offers us – as persons, couples, and families – to observe this sacred season:

- **Worship services each week:**

- ‡ Mondays - Great Compline at 6:30 pm

- ‡ Wednesdays - Sacrament of Confession (w/o appointment) at 4:45 pm, followed by Liturgy of the Presanctified Gifts at 5:45 pm

- ‡ Fridays - Compline with Salutations to the Theotokos 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: a printed Bible.

- **Devotional reading** – we can read something inspirational and challenging, such as *Great Lent*, by Fr. Alexander Schmemmann. This is a modern classic that explores the meaning of the entire season. Another great read is *Beginning to Pray*, by (Metropolitan) Anthony Bloom, another contemporary classic that is widely read.

- **Fasting:**

- ‡ Spirit – We can identify one bad habit and battle it (e.g., smoking, drinking, overworking, anger, laziness, pride, lust, carelessness) and build a good habit instead (e.g., compassion, self-control, sensitivity to loved ones). We can reduce our dependence on entertainment (such as television, movies, athletic events, web surfing, gambling), and shopping for luxuries and non-necessities. Then we can use this time instead to attend worship, pray at home, read something devotional, or help someone in need.

- ‡ Food – we can reduce the amount we eat every day (e.g., smaller portions, fewer snacks), and simplify and lighten our diet. The traditional prescription is to eat vegetables, beans, fruit, nuts and grains, and to eliminate all meat and meat by-products (red & white meat, along with milk, cheese, butter & eggs) and boned fish. Olive oil and wine are allowed on weekends. If this seems too demanding or impractical, we can consider abstaining from meat but eating some dairy. Bottom line: we are not really fasting unless we change our diet in a way that challenges and inconveniences us! The purpose is greater self-control so that the Holy Spirit can liberate us from our compulsive drives and lighten ourselves physically to love God and others more fully. Note: pregnant or nursing mothers, children under the age of 7, and those who are already very weak due to sickness or old age are not required to fast.

- **Give alms:** we are called to 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 or someone in a Nursing Home, helping a neighbor with an errand, providing a meal, spending time with someone who is lonely, working at a local charity such as Domus or Inspirica (formerly St. Luke's LifeWorks). With the money we save by not spending it on ourselves, we can support missionary work (such as the Orthodox Christian Mission Center – www.ocmc.org) or philanthropic outreach (such as the International Orthodox Christian Charities – www.iocc.org - or Emmaus House in Harlem).

Sacrament of Confession

Holy Confession is the most neglected and misunderstood Sacrament. What a tragedy and missed opportunity! An excellent article by best-selling author and theologian Jim Forest can help inform and inspire us, "Confession: The Healing Sacrament" (available at church and through our web site). Both Fr. Harry and Fr. George are available by appointment; as well, Fr. Harry will be available without an appointment on Wednesdays during Lent at 4:45 pm. Even if we are not burdened by something specific, receiving Confession is an annual spiritual check-up, an invaluable way to grow in Christ, draw nearer to one another, and is the best preparation by far for receiving Holy Communion. This is far more important in preparing to receive Communion than what we eat.

Pastoral Question & Answer

Q: Why is the exchange of mutual forgiveness so crucial for starting Great Lent? How did we lose sight of this?

A: Because life in Christ involves profound forgiveness from what the Lord has done for us, culminating with his Crucifixion and Resurrection from the dead. Consider Jesus' parable about the unforgiving servant in Matthew 18:23-35. A king calls his servants to account with their debts. One servant cannot repay the fantastic sum of 10,000 talents (worth about 160,000 years of earnings), but begs the king, who is compassionate, to forgive him to avoid being sold as slave, along with his family and possessions. The king immediately forgives him everything. This same servant then goes out and demands repayment from someone else who only owes him 100 denarii (worth only 4 months' wages). When this person begs forgiveness, the first servant angrily refuses and throws him into prison! The king learns what has happened from others, and pronounces a harsh sentence on the first servant who did not share the king's amazing mercy with his fellow man. Jesus concludes, "So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart." All of us have either been hurt by others or hurt them, either through something deliberate or accidental, by doing something wrong or failing to do something right. The best way to enter Lent, and observe Clean Week (the first week of Lent) is to seize the initiative, approach others, ask for forgiveness, and let go of our grudges and wounds.

Observing Great Lent in our Homes

As we begin Great Lent, let us consider how to observe this most important season of the church calendar in our homes. This is the precious time the church gives us to prepare for our Lord's Cross and the celebration of His glorious Resurrection, Pascha. Below you will find links to many resources that may help as you seek to observe Great Lent in ways that are appropriate for families with children of all ages. Often, when we think of Great Lent, what primarily comes to mind is fasting from food. Though the food fast is an integral part of our observance, if not coupled with the other two pillars of Great Lent – prayer/worship and almsgiving – our fasting from food is of little to no value.

Simple Tips for Keeping Lent in our Families (article):
<http://www.antiochian.org/content/simple-tips-keeping-lent-our-families#undefined.gbpl>

Preparing Your Family for Great Lent (webinar):
https://www.youtube.com/watch?v=8606ry4HY_4

Materials for Lent for children, like a Pascha Passport for the Lenten journey for children and icon stickers to go with it:
<https://lenten-embassy.myshopify.com/collections/all>

The Great Lent: A Week-by-Week Meaning:
<http://www.goarch.org/ourfaith/ourfaith8126>

Family Activities for the Lenten Journey:
<http://www.antiochian.org/content/family-activities-lenten-journey>

Ways to Share Great Lent and Pascha with your Child (article):
<http://www.antiochian.org/node/25635>

Great Lent, Holy Week and Pascha in the Eastern Orthodox Church – lots of articles on every aspect of the observance of Great Lent:
<http://lent.goarch.org/articles/index.asp>

The Lenten Journey: Ways to Involve Children in Great Lent (Orthodox Mama, blog):
<http://www.orthodoxmotherhood.com/the-lenten-journey-ways-to-involve-children-in-great-lent/>

MINISTRIES

Philoptochos Easter Bread Sale

Every Sunday in March

Church Hall, \$17 each

Prepayment Appreciated

Contact Maryanne Kardaris:
mkardaris@aol.com, or 203-322-6285

SAVE THE DATE *Philoptochos Mother's Day/ Spring Luncheon*

SATURDAY, APRIL 29TH

Long Ridge Tavern, Stamford

Tickets: \$45

Adult Education

- Orthodoxy 101 on Wednesdays after Liturgy & Lenten Supper – Fr. Harry teaches the basics of the Christian way of life in the dynamic Tradition of the Orthodox Church; open to long time members who wish to learn, those who want to join the Orthodox Church, and seekers who simply want to know more about who we are. Basic texts: Introducing the Orthodox Church, and Sacred Symbols that Speak, both by Fr. Anthony Coniaris.
- “On Parenting Today” – on Sat, Mar 4, 7 pm at home of Dr. Steven & Stacy Valassis. An open conversation for all parents, grandparents and caretakers raising children, facilitated by Fr. Harry & Presvytera Kerry. Refreshments will be offered.
- Lenten Retreat on Saturday, March 11, 9am – 3pm. Theme:

“Building Our Home in Christ” with two interactive presentations by Mr. Paul Karos of Minneapolis, and break out groups. Schedule:

- ✙ 9:00 am - Coffee Reception
- ✙ 9:30 am - 3rd Hour Worship
- ✙ 10:00 am - 1st Presentation: “Building our Home in Christ”
- ✙ 11:00 am - Breakout session
- ✙ 12:00 pm - Lunch, Free Time, Parish Bookstore
- ✙ 1:00 pm - 2nd Presentation: “Storms of Life & Personal Inventory”
- ✙ 2:00 pm - Breakout session
- ✙ 2:50 pm - Closing Prayer

Contact Fr. Harry for more info (frharry@archangelsgoc.org); RSVP with Jane Vorvis (203) 348-4216. Freewill donations are encouraged to offset costs. Childcare available for an hourly fee by prior arrangement (Afrodite Karayiannis & Glykeria Athanasiou) – contact Jane.

• **Lenten Retreat @ New Skete Monastery** on Sat, Mar 18, 8 am – 6 pm. “Finding Peace in Troubled Time - Moving from fear to Inner Transformation.” Begins with Matins and concludes with Vespers. Presentations include: “Befriending our shadow: emotions of anger, shame & fear, and how to all these to point us toward inward transformation,” “Forgiveness,” and “Peace that Passes Understanding: The Anchor of Lectio Divina.” Cost: \$40/person for full day. Contact Fr. Harry for further information. Registration required: <https://www.newskete.org/retreat-registration-form.html>.

Prayer of the Month

The single most characteristic prayer of Great Lent is the classic prayer of the St. Ephraim of Syria (Deacon, poet, hymn writer and theologian 306-373 A.D.). It is prescribed by the Church to be said at least once every day, with a prostration after each stanza:

Κύριε καὶ Δέσποτα τῆς ζωῆς μου, πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, καὶ ἀργολογίας, μή μοι δῶς. (μετάνοια)
 Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς, καὶ ἀγάπης χάρισαί μοι τῷ σῶ δούλῳ. (μετάνοια)
 Ναὶ, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ ὄρθν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου, ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.
 (μετάνοια)

O Lord and Master of my life, give me not a spirit of laziness, sinful curiosity, lust for power, or idle talk. (prostration)

But give rather to me, your servant, a spirit of self-control, humility, patience, and love. (prostration)

Yes, Lord and King, grant me to see my own faults and not to judge my brother or sister, for you are blessed to the ages of ages. Amen.



President Pam Koutroubis and Steve Sarigianis stand with Paul and Susan Doyle, Senior Living Advisors and special speakers at the Feb. Seniors meeting (2/15).

A prostration (μετάνοια) involves the following:

- From a standing position, make the sign of the cross
- Lean forward, bending the knees, and touch knees and hands on the floor
- Gently bow and touch your head to the floor as well
- Resume standing position.

Such a practice allows us to pray physically (not just mentally), and expresses more completely our surrender to Christ who loves us.



**STAMFORD
ATHLETIC CLUB**

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Consider SAC For Your Upcoming Birthday Party or Celebration

Celebrate your event at our convenient location. Let **Nikki Glekas Events** transform the space into your dream event. Birthday Parties includes use of the pool and event space. For more information, please contact Paul Bruni paul@bilanciomanagement.com.



Fr. Harry reads names of the departed during the Saturday of Souls memorial service (2/25) while Chris Nanos stands at attention with torch.

Did You Know?

Great Lent originally started as a 2-day total fast during the days of the Apostles to prepare for Easter. By the 3rd century, it was extended to 1 full week. Then in the 4th century Great Lent grew to 40 days so that adults, who had been preparing for 2-3 years to become Christians (called “catechumens”), could receive intensive training through daily instruction, special worship services, and fasting for the Sacrament of Baptism at Easter. Those already Christian were encouraged to join them in doing so, and thereby renew their own Baptism in Christ. Great Lent begins on Clean Monday and concludes on Friday of the 6th week. We continue fasting from the Saturday of Lazarus until Easter Sunday; thus Holy Week is distinct from Great Lent.

Head Chanter During Holy Week

Mr. Haralampos Kourgiantakis, Professor of Religion and Head Chanter (Protopsalti) on the island of Kerkyra (Corfu), will return with his wife, Christofora, to lead chanting during Holy Week. Travel & stipend are covered by our Operating Budget. They will stay at the home of Fr. Harry and Kerry.

Annunciation and Greek Independence

Here are the area events surrounding these twin observances:

- Friday, March 24 – Great Vespers 7pm @ Annunciation Church with area clergy and festive reception afterwards
- Saturday, March 25
 - ✠ Orthros 8:30am, Liturgy 9:30am @ Annunciation Church
 - ✠ Flag Raising Program 12 noon at Government Center
 - ✠ Reception follows
- Sunday, March 26 – Greek Independence Day Parade in NYC; Greek School program, followed by reception



What would a Seniors meeting be without birthday wishes? Happy Birthday to Evans Stergiannis, Katina Marianthopoulos, Pam Koutroubis and Kathleen Maskaleris!

Wish List for 2017 Greek Fest

- 3 rolling food racks @ \$170 each

Seniors

The Kali Parea Seniors met on Wed. February 15, 2017. The guest speakers were Paul and Susan Doyle from Oasis Senior Advisors. They explained to us the services that are available to seniors and their families. Of course, we celebrated a few birthdays as well (see picture). Our deepest condolences to the families of Kosta Vouthounis, and the family of George Antipas. May their memory be eternal! The next Kali Parea meeting is Wednesday, March 8, 2017. Looking forward to seeing all of you. Please remember to bring your dues. Contact: Pam Koutroubis, pamelak2145@gmail.com.

Ladies Philoptochos Society

Plans are underway for the annual Palm Sunday Bread and Bake Sale. A baking schedule will be posted later in March on the Philoptochos bulletin board near the Church Hall. More information will be provided in the April Herald. At our Feb. 7th meeting, members approved donations to the IOCC to support the Apostoli soup kitchen in Athens; to Kivitos, a children's relief organization in Greece; to IICONN, a Bridgeport-based organization that assists refugees to begin new lives in Connecticut; and to the Hope Project NY, the effort by the nuns at All Saints Monastery in Calverton, NY to assemble duffle bags of personal items, gift cards, and clothing for victims of sex trafficking. Additional donations will be discussed at our March 7th meeting. Please bring your suggestions. A successful Gold and Silver sale took place on Saturday, Feb. 10th. Elections for the new Archangels Philoptochos board will take place at our June meeting. The slate will be announced at our May meeting. Please let Nike Passios or Kiki Verses know if you are interested in a position on the board. Our next meeting will be held on Tuesday, March 7th at 7pm in the church hall. Please join us.



On Saturday Feb. 11th, children, parents, grandparents and friends of Hope & Joy made festive Valentine's Day cards with the residents of Atria senior living facility.



Sophia and Isabella DeVito make meaningful and loving cards for two Atria residents with the help of their mother Maria (2/11).

New members are welcome. Please also remember to pay your dues – \$25 for seniors and \$35 for juniors. See Pauline Galuris for membership information. Contact: Marion Vanson, 914-234-9420.

Church School

The families and faculty of our church school program entered into this period of Holy Lent by participating in the Clean Monday Program hosted by our Parish. What an overwhelming turnout this year! The Church School will be spending a large part of the month of March focusing on curricular activities that support reflection, prayer, fast, and almsgiving. We will be hosting an exhibit of student work in conjunction with the celebration of the Great Feast of the Annunciation and Greek Independence Day on Sunday, March 26th. This display will include projects highlighting the Great Feast of the Annunciation from grades PreK-2 as well as an exhibit of products from the St. John Chrysostom Oratorical Festival for Grs. 3-12. Music Ministry resumes on Sunday, March 26th. The Lenten journey is such an intimate and special time. Thank you, in advance, for letting us share in it with your children. A blessed Lent to all! Contact: Dr. Evelyn Biliadis (ebiliadis@aol.com).

Greek School

March madness has begun for the Greek School. Great Lent began with a service and reception and small break-out sessions at our church. On March 25th the Greek Community of Stamford will unite and sing the Greek National Anthem as the flag is being raised at the Government Center. Children are encouraged to come dressed in traditional Greek costumes. The annual Greek Independence Day/Annunciation Performance will be on Sunday, March 26th immediately following the Divine Liturgy. The children will be putting on a small play and sing songs that go along with the event, followed by a lunch. The GID Parade in NYC is also on March 26th this year at 1:30 pm, from 64th street to 79th street. The next PTO Meeting is on March 7, 5:30 p.m. Contact: Rebecca Kelesidis, PTO Board,

rebecca@Kelesidis.com; Anna Lempesi, Interim Director, ann.lempesi@gmail.com.

Little Angels

We are very, very grateful to everyone who spent time baking for us in preparation for the February 12th Bake Sale which had to be canceled on account of the weather- Vasso Spanos, Megan Pasvankias, Lexi Demascus, Stamatia Balabanis, Ismini Naos, and any others we are unaware of! We are looking for an ideal Sunday to reschedule it. We hope the experience of cooking (and then eating!) goodies with your children was intrinsically enjoyable! We look forward to our long anticipated parenting discussion led by Father Harry and Presvytera Kerry Pappas this Saturday, March 4th at 7 pm at 767 Cheese Spring Road, New Canaan. All parents are welcome; parents of young children and parents of older children alike may benefit. Please RSVP if possible to Anastasia Valassis, avalassis@gmail.com.

Hope/Joy

Children, parents, grandparents and friends of Hope & Joy went to Atria senior living facility on Saturday, February 11th for our annual "Valentine Visit." Everyone made festive Valentine's Day cards for each other. After the craft, some children performed acts of their own choosing for the group including a piano performance, a vocal performance, and a magic show. Following the visit, many of us met for lunch at Cusi Restaurant on High Ridge Rd. This opportunity for the children to interact with the seniors was a joyful and uplifting experience for all present. We sincerely thank everyone who participated. Please be sure to save the following dates for our upcoming events. Friday, March 17th at 6:00 p.m. is our next joint Hope & Joy meeting with our sister Parish, Church of the Annunciation. Wednesday, April 12th at 3:00 p.m. is our annual Food Bank community service visit. If you are not already on our e-mail list and would like to participate in our ministry, please contact us at cnanos@optonline.net or 203-249-7403. Chris and Luisa Nanos



GOYAns zip down the "extreme tubing" lanes at Powder Ridge Mountain on Saturday Feb. 4th, where they enjoyed an evening of fast fun.



After tubing all night, the teens and parents stopped for a Greek bite to eat at the Athenian II Diner in North Haven (2/4). "Selfie" credit to John Skoparantzios.

GOYA

In February, the GOYA enjoyed a fast and fun evening of snow tubing at Powder Ridge Mountain in Middletown. The teens got up to speeds of 25mph and faster in the 'extreme tubing' lanes. We finished off the night with a scrumptious meal at the Athenian Diner II in North Haven. Sadly, our other February event – a Sunday trip to NYC for Liturgy and a visit to the 9/11 Museum & Memorial (2/12) – was postponed due to a winter storm. The reschedule date isn't established but will come in April or May, so stay tuned; parents are welcome to join us as chaperones!

Now in March, the GOYA has a few events on the calendar. This Sunday, Feb. 5th, at coffee hour, we will have our monthly meeting in the library. We are excitedly awaiting Sat. March 18th and our trip to NYC for the annual Scavenger Hunt, a regional NY/CT event. This year the Hunt is being held at Madame Tussauds Wax Museum in Times Square and looks to be a blast! RSVP asap if interested. Finally, on Sun. Apr. 2nd,

the fifth Sunday of Lent, there will be a regional CT Lenten Retreat at Holy Trinity in Waterbury. The theme is: Hearing God in a Noisy World: The Power of Silence. On that note, we wish you a blessed start to Great and Holy Lent! Kali Tessarakosti! Contact: Diane (skoparantziosd@optonline.net) or Steve (steve@archangelsgoc.org).

AYA (Young Adults)

The Archangels Young Adults had a fantastic month in February! Six twenty-somethings came together at Dinosaur BBQ in Shippan on Tsiknopempti (Thursday before Meatfare Sunday, 2/16) for mouth-watering beef brisket sandwiches, good pareia, and hearty conversation. One sign of a good party is when the crowd is slow to leave – and that was the case that Thursday, as we conversed late into evening. The following Wednesday, 2/22, in preparation for Cheesefare, we gathered once again at Elm Street Diner to enjoy a few of their renowned signature milkshakes; they were outstanding (and recommended!... unless of course, you are concerned about high blood sugar levels). In general the AYA looks to offer young adults a place to find a sense of belonging within the church, deepen relationships, their faith in Christ, and enrich our lives.

In February the Young Adult Koinonia group got off the ground with their first meeting on Monday the 20th at the apartment of one of our newest young adults. The group met for prayer, fellowship, study, discussion, and support; it's primary goal is to offer spiritual substance to young adults. We will be reading from a popular Orthodox book called, "Our Thoughts Determine Our Lives," about the modern day enlightened monastic: Elder Thaddeus of Vitnovica Monastery in Serbia. Meetings will be every other Monday at 7:30pm, at various locations. Next meeting is this Monday, Mar. 6 @ 7:30pm at the house of Hannah Pappas (131 Silver Hill Rd). Stay tuned for more. Blessed Lenten Journey! Contact: Steve, at steve@archangelsgoc.org or 203-623-5896



The AYA gathers for pareia & conversation at Dinosaur BBQ on Tsiknopempti (Thurs. before Meatfare, 2/16)! From bottom left: Alexis Nanos, Steve Sarigianis, Dean Ziboulis, Hannah Pappas, Stavro Begetis, and Jason Ioannides.



Young adults of the AYA enjoy sweet desserts & towering milkshake creations at Elm Street Diner on Wednesday Feb. 22.

Athletics

Both the boys CEOBL and girls CEOVL seasons are coming to a close. Our Senior Men's team has had a tough month, falling to 3-7; with two games left, playoff hopes are slim. On the other hand, the girls Varsity volleyball team, led by Amalia Skoparantzios, finished 2nd overall (6-2) in the regular season, and will have their first playoff game this Sunday at 5pm at Annunciation.

All of our home games are placed on the church calendar and in the Sunday Announcements; come support our teams! Contact: John Skoparantzios (203-550-6894,) or Steve Sarigianis (steve@archangelsgoc.org).



The annual Archangels-Annunciation Clean Monday Retreat (Tues, Feb. 27th) attracted over 100 parents, grandparents and youth together for prayer, a lenten meal, and break out sessions; this was largest turnout in a long time.

Greek Language Classes for Adults - Dr. Eugenia Zavras

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

The IOCC is celebrating its 25th anniversary this year with a reception on Saturday May 13th from 6:30-9:00pm at the Archdiocesan Cathedral of the Holy Trinity, 337 East 74th Street, New York, NY. To register go to: www.iocc.org/events/25th-anniversary-celebration-new-york-ny. It would be great if we could have a strong contingent from the Church of the Archangels attend this fundraiser. Contact: Tim Hartch, timhartch1@outlook.com.

Stamford Athletic Club @ The Greek Cultural Center

March is "Family Fun Month" at the SAC. Many exciting events are planned. We have added Zumba for Kids to the group fitness schedule on Sundays at 1PM beginning March 5th, taught by Tristan. Mark will lead a Family Yoga class on Wednesday evenings at 6PM beginning March 8th. Jeff's Family SAC Attack will be added to the calendar soon. It will include parents, kids and toys; bring a niece or nephew too for some fun. All of our program professionals will participate in events during March. Look for basketball, soccer, badminton, swimming, personal training and more, to engage families. SAC will waive its regular \$5 child guest fee during March - so come out and enjoy Family Fun Month at SAC! Contact: Jeff Kaminski, 203-357-7555, or jeff@sacteam.com



Pres. Kerry and Fr. Harry lead a break out session for adults and parents about fasting and ways to prepare for Pascha, or Easter.

Reflection on Camp Saint Paul

The decision to go to Camp Saint Paul this summer will be one of the best decisions you will ever make. Yes, I'm sure you've heard about this camp before and about how great it is, but take it from me, someone who went to camp there for multiple weeks per summer over the past 5 years. At first I was nervous to go, as any first time camper would be, because I didn't know what to expect of the experience. From the minute I stepped into the cabin, everyone was so welcoming and warm towards me, even though they barely knew my first name. The friends I have made at Camp Saint Paul are the people that I would say are my best friends in the world. We truly become a big family at CSP. Going summer after summer, I really grew in my faith and got to know myself so much better. Every summer, camp provided me with a stronger and stronger spiritual foundation. I would come back from camp and really have a new outlook on everything that was going on in my life, and that really caused me to grow as a person.

Now, the hardest part about going to camp isn't for the campers; it's for the parents. Parents, if this is your first time being apart from your child for this long of a time, there are obviously a lot of thoughts, nerves, and emotions running through your minds. Luckily CSP has a remedy for these! Every day they update the parents with photo albums of what is happening at camp that morning, afternoon, and night; so you'll be able to rest assured and see the big smiles on your kids' faces when scrolling through the pictures. I honestly could go on for pages about how amazing my camp experience was, but I'll leave you with this: I honestly don't know where I would be without Camp Saint Paul. I know for a fact that I wouldn't be the person I am today if I didn't take that chance back in 2012 to go for one week. Now go take that chance just like I did, and get ready to have the best summer of your life! - *Katie*

Katie Charcalis is a high school senior from Stamford who attends the Church of Our Savior in Rye, NY with her family.

PARISH NEWS

Funerals

Constantinos Vouthounis, on Feb. 17, who fell asleep in the Lord on Feb. 13 at 86 years old.

George S. Antipas, on Feb. 25, who fell asleep in the Lord on Feb. 21 at 86 years old.



**STAMFORD
ATHLETIC CLUB**

@ THE GREEK CULTURAL CENTER

**Come in as our guest for a
Free 1-Week Membership**

Church members always receive a 50% discount on individual and family memberships. To schedule a free 1-week membership for you and your family, call Tristan Mongollon at 357-7555 or email tristan@sacteam.com.

CHURCH OF THE ARCHANGELS CAPITAL CAMPAIGN

The Capital Campaign Committee:

Elias N. Kulukundis, Chairman. Jason Konidaris, Vice Chairman. Father Harry Pappas. Mary Badoyannis, Peter Cholakakis, 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 February 24, 2017):

Total Commitments \$2,009,144
Total Commitments Paid \$1,795,209
Total Number of Households 141

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
\$2,200,000
\$2,009,144



The Contributors (as of February 24, 2017):

Anonymous (6)
Evangeline Adams
Nicholas and Deedee Aivalis
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 Cholakakis and Teresa Cassidy
Helen Chochois
James W. and Margaret Cocolis
Glenn and Angie Colarossi
Harry Condos
Savet Constantine
Nicholas Daifotis
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Paul and Debbie Nanos
Penny Nanos
Peter C. Nanos

Theodore and Ann Nanos
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Evangelos and Denise Venturas
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Joanne Verses
Helene and Manoucher Yekta

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Sharon Fornaciari
George and Larissa Gentekos
Christos and Demetra Halkias
William and Mary Janocha
Margot Kalaitzes
Annie Konidaris
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