

The Herald

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

NOV/DEC 2017

Bottoms Up!

This month may well involve the most consumption of alcoholic beverages of the entire year. “Bottoms up!” as we down a Winter Lager, some Chardonnay, or Scotch Whiskey. December has become a period of company parties and social events filled with lots of food and drink. Quite different in tone from previous eras where we Christians focused more on curbing our appetites rather than indulging them, in order to prepare personally and communally to encounter Christ ever anew at the Great Feast of his Nativity on December 25. Such preparation we call the Nativity Fast or Advent (see the article below).

Curious that our parish this fall has been undergoing a noticeable transition. One way to label this is a “Bottoms Up” change for the better. Not the drinkable kind so fashionable this time of year. More like a spiritual kind.

Let me explain.

All Christian ministry goes through cycles – periods of ups and downs. One year seems rather off-beat and sluggish, when even “the best laid plans of mice and men” just don’t materialize. Some lose heart. Others complain. A few just walk away. Another year catches fire, energy is released, and suddenly, before everyone is really aware of it, there is forward motion that begins to affect more people in a positive way.

The latter is what has been happening this fall, in almost every area of Youth Ministry, from infants through teenagers, together with their parents and including young adults who get married but have yet to start their family. This is Parish Renewal from the “Bottom Up” to distinguish it from the “Top Down”: vigor that may start from pure demographics (more babies born and brought to church for nurture in Christ) but includes concerned adults of various types who want more for such children, their own and others.

While I simply cannot be everywhere present at all times, above

all in our parish whose Stewardship of time & talents continues to engage more people in Christian ministry, I certainly benefit from the presence and activity of our full time Pastoral Assistant, Steven Sarigianis, who is now in his third year with us. He’s fully established, deepening his relationship with many, settling into his own marriage, and working with a new slate of Youth Ministry Advisors who are bringing their own distinct contributions to the table. With his guidance, there is a lot happening that already sets this ecclesiastical year (Sept 2017 – Aug 2018) apart from the previous one.

- More GOYAns are participating in events, along with parents
- HOPE/JOY is increasing its level of activity
- Little Angels is bursting at the seams with increased households and preschoolers
- Church School, Preschool & Greek School continue their stable and sound ministry
- A first-ever “Family Gym Night” recently attracted 90 people for prayer, dinner, games, activities & fellowship
- Rising cooperation across these levels of ministry are yielding positive results, such as the interest to host the annual Mardi Gras dinner-dance before Great Lent
- There are more “joint ventures” with youth groups at Annunciation Church

Funny this would be happening now. In the Leadership Retreat facilitated by outside professionals in late October, members of our Staff, Parish Council, and Ministry Leaders identified the following as the top-rated area in our new Vision Statement: “Increase the engagement and faith development of youth and young adults by enhancing the quality of current youth ministries and by creating new age-appropriate programs.”

Bingo!

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
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www.archangelsgoc.org

Without perhaps even realizing it, some of the adults involved in this exercise were just the ones who introduced, collaborated, or organized what has been happening.

You may have noticed that I have not mentioned young adults. For good reason. Single young adults in America are usually nowhere to be found in communities of any faith tradition (whether Orthodox, Catholic, Protestant, Jewish, etc.), even when they have been brought up in that faith tradition with positive experiences. This is the toughest level of youth ministry to tackle. Both Steve and I are making quiet but deliberate efforts at reaching out to this generation who are much less likely than their forebears to be loyal to a particular religious “brand” but are still open spiritually.

At the same time, young adults who get married are connecting with our parish in small but noticeable ways. Just the other day, a newly married couple from Greece showed up on our doorstep and met with me to share their story that includes a sincere desire to live and work here in America. But they are not just looking for help. The young man who exhibited spiritual desire, immediately responded with interest when I informed him of our Men’s Koinonia, yet another new ministry offering that has been met with a core of devoted members.

Naturally, it’s too early to tell where all this is going. Numbers and activities are only one indicator. Spiritual growth in Jesus Christ as Lord, God and Savior is the deeper indicator. This never happens automatically in any church. It cannot take place because of well-meaning adults & kids. It will not result when we rely on our own assumptions and ideas about God, Church, and life. Real growth, which involves pain, errors and struggle not just joy and success, only comes about when we cooperate with the Holy Spirit by placing ourselves in the path of least resistance to the amazing grace that Christ has poured out. We do this through conscious and deliberate conviction that Jesus has claimed our entire life for his glorious purposes, submit ourselves to Christians practices and disciplines (such as personal prayer, listening to God speak to us through the Bible, and attending worship and receiving the Sacraments), seek spiritual guidance and recognize our accountability. All components of our annual Stewardship Drive for 2018.

As Youth Ministry shifts gears to another level, let’s see how well grow as adults to nurture the younger generation.

So, beloved members of Archangels: Bottoms Up & Merry Christmas!

— Fr. Harry

PARISH COUNCIL

We hope all Archangels families had a nice Thanksgiving. In the spirit of giving thanks, we experienced something recently that deserves special mention. The estate of Fay Dawes Couyoumjan recently made a bequest to the parish in the amount of \$87,332. We were taken aback by the generosity but more so by the fact that Fay was not a parishioner of ours. Neither was her husband who predeceased her. She had no heirs when she passed. One must assume that somewhere along the way the Couyoumjans were touched by Orthodoxy or perhaps by “Greekness.” In any event we are grateful. The Parish Council voted to direct 100% of this bequest to the Archangels Capital Campaign where it will help fund our renovation and perpetuate our presence for generations to come.

Following a decision by the Direct Archdiocese District to freeze all parish assessments at prior 2017 dollar levels, we suspended deliberations on the matter and tabled our appeal meeting with District Finance representatives. It is good news for us locally from an operating budget perspective.

Stamford Athletic Club presented at our October meeting. Management reported on our club’s current status, proposed athletic programming, financial picture year-to-date through September, and membership metrics. The club is outperforming in terms of infrastructure and operational improvements, athletic offering innovation, and rental revenue. The club is underperforming in terms of membership revenue. Although membership headcount is up year-to-date, membership revenue is down. That margin

erosion is primarily due to three factors - 1. Contracts - Members continuing to shift toward month-to-month membership/payment rather than full year. That is an industry-wide trend. 2. Churn - New member sign-ups in discounted rate categories (Corporate Membership and Church Membership) outnumbered by membership cancellations in the full-rate category this year. 3. Partial year drag - Legacy full-year cancellations from mid 2016 that straddle into 2017. This year the club is averaging a disappointing \$7,200 loss per month. To put this in perspective, the club lost \$68,491 in 2015, the final year of its prior structure. It lost \$14,095 in 2016, its first year following restructuring. Management has presented a plan to us to modify Membership sales and address overall profitability. It includes personnel changes and repurposing existing budgetary dollars toward marketing. Our aim is to reach break-even and beyond. We are working closely with management to track these changes and to measure progress.

Parish Council elections are December 10th. Five seats are up for election. Please be sure to consider the candidates and vote. Note, Parish Council meetings are open to all, and committee participation is encouraged for Council and non-Council members alike. We would like to extend a special thanks to the Building & Grounds Committee for its follow through on several large projects this fall including the Church’s boiler replacement most recently (picture attached). Contact: Jason Konidaris, jason.konidaris@yale.edu

Parish Council Elections

Elections are Sun, Dec. 10, for about 1½ hours following the Liturgy (approximately 11:45 am – 1:15 pm). Absentee ballots (available Sun, Dec. 3) must be returned by Friday, Dec 8, in order to be valid; any ballot returned after this date will be declared invalid (per our own Parish By-Laws). Eligible Voters: all baptized or chrismated members of the Orthodox Church who are 18 years or older, worship regularly, are currently stewards in good standing (if you have not yet made a financial offering this year, you may do so on Election Day), & have been members in our parish at least since Sept 10 of this year. We will elect 5 of the 7 candidates listed below. Contact: Board of Elections – George Perkins, Penny Nanos & Louie Blanco.

Meet the Candidates

James W. Cocolis

Parish Involvement

- Lifelong Church Member
- Parish Council Member
- Former Member of Stewardship Committee
- Bible Study
- Festival Volunteer



Reason for Running: As a Parish Council member, I feel it necessary to attend Church and Parish Council regularly. I have an excellent attendance record. The Church is confronted with many important issues. My background and experience qualify me to confront these important issues. It is an honor and privilege to serve my Church as a member of the Parish Council. I humbly request your support in seeking this responsible position.

Stephen J. Fornaciari

Parish Involvement

- Co-chair of our annual festival for the last 12 years
- Co-chaired annual Mardi Gras
- Member of the Parish Council
- Member of the Building and Grounds Committee



Reason for Running: I wish to remain on the Parish Council to continue the work we have started to get our Church on a clear and healthy path for the future.

Steven Georgeou

Parish Involvement

- 2015 Internal Audit
- 2016 Internal Audit (current)

Reason for Running: I expect to use my “time, talents and treasure” to help fulfill the Mission of The Church of the Archangels. My professional experience in finance and marketing should help to ensure that the finances will continue to be viable and the activities of the church are communicated to Parishioners and the larger Community. During the three years that I and my family have been members of Archangels, I have served on the Internal Audit Ministry. Using my experience in the banking industry, I am also working to reduce costs incurred by the Church and the Stamford Athletic Center related to the acceptance of credit and debit cards. It would be a pleasure to add to these efforts, service to the Church, Community and Fr. Harry as a Member of the Parish Council.



Natalie Kulukundis

Parish Involvement

- Bible Study
- Women’s Koinonia Coordinator
- Member, Festival Committee (Sponsorships and Raffle)
- Member, Stewardship Committee
- Vacation Church School Assistant
- Member, Philoptochos



Reason for Running: I would like to serve and give back to the Church of the Archangels where I grew up since childhood. As a member of the Parish Council, I look forward to sharing my skills as a coordinator, organizer and administrator to further the ministries of the church.

Georgette (Gigi) Perimenis

Parish Involvement

- Vice President of the Parish Council
- Epistle Reading
- Committee Chairperson for the annual Greek Festival
- Member of the Capital Campaign Committee



Reason for Running: I have been a life-long member of our Parish and I have seen many positive changes and much growth over the last few years. Working alongside Father Harry and the Parish Council members is spiritually gratifying and I welcome the ability to be of service in giving of my skills and talents. I love working with people and would be honored to continue to serve on the Parish Council. I am dedicated to serving and growing with our community.

Robert Spanos

Parish Involvement

- Lifelong Church Member

Reason for Running: I have been a life-long member of the Church of the Archangels and feel very connected to this community of faith. I would enjoy the opportunity to serve on the Parish Council by promoting meaningful change that will benefit all parishioners. Specifically, being able to take part in shaping the future of the Church would be particularly enjoyable as it would have positive impacts on the upcoming generations so that the community can continue to flourish moving forward.



Argyris (RJ) Vassiliou

Parish Involvement

- Current Parish Council Member
- Former Audit Committee Member
- Current Vice Chairman, Archbishop Iakovos Leadership 100 Endowment
- Former Treasurer St. Michael’s Home for the Aged



Reason for Running: I currently serve on the Parish Council and I would like to continue to help my local parish during our renovation period.

Treasurer's Report

For 2017 year to date (through October 2017), revenues were \$725,000 with expenses of \$619,000. Approximately 50% of revenues have come from Stewardship donations and 20% have come from Other Donations which includes a bequest gift recently received. Please be sure to follow through on your 2017 Stewardship pledge. Again, thank you! Contact: Elias Lolis, 203-569-3784

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 – 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

Stewardship Report

Stewardship Sunday this year will be December 3rd. All are invited that day for a complimentary lunch in the Greek Cultural Center after liturgy. The purpose of Stewardship Sunday is to celebrate the enormous blessings we have received from God and to commit to sharing these generously with the Church and our fellow parishioners. Just as God sent his Son to save us, so Jesus asks us to use our time, talents, and financial resources to serve him in the world today. Packets with materials for the 2018 campaign have been mailed. We ask that all church members complete both sides of their pledge card (Time & Talents on one side; Treasures or Finances on the other) and return this by December 3rd.

In November, we sent out 3rd Quarter financial statements to everyone: those who have made a financial contribution in 2017 and those who have yet to do so. These statements reflect our

record of your offering through October 31, 2017. Second, the statements were addressed to one individual for each family. We thank everyone for giving very generously to our parish! Contact: Tim Hartch, timhartch1@outlook.com

Recent Stewards (October 1 – November 22)

| | |
|-------------------------------------|--------------------------------------|
| Alexander Amarilios | Chris & Pam Nanos |
| John Amarilios | Peter Nanos |
| Mary Blanco | John & Evanthea Panulas |
| Louis Blanco | Georgette Perimenis & Brian Irizarry |
| Nikolas Davatzes | Branka & Robert Shekhdar |
| Louis & Cindy Kakaletis | Maria & Ken Shepard |
| Chris Kaoutzanis & Jocelyn Courtney | Louis & Anna Sioles |
| Irene Kapsimalis | Nick & Janine Soulios |
| Charles Kirkiles | James & Penelope Spanos |
| Elias Lolis & Evelyn Biliias | Robert & Vasso Spanos |
| Jonathan & Georgia Man | Diane & Chris Stevenson |
| William & Kay Marcarello | |

Master Planning

Our new Church ductwork is complete. During the month of October channels were saw-cut into the concrete floor and wall sections were peeled away to expose portions of our legacy ductwork. BlueDuct was installed below the concrete floor surface, run to plenum in the walls, connected to new diffusers throughout the Nave, Sacristy, and Vestry. The ductwork passed successful inspection after which the floors were closed up with poured concrete and are back to original condition. Air handlers and ducts for the new split system serving the Narthex, Cry Room, Bride's Room/Restroom, and Loft were installed in November. The rest of the ductwork has been insulated. That particular insulation was part of the proposed scope of work and cost attributed at the start of the ductwork process. Along the way we confirmed that our church walls and ceilings were never insulated during construction in the 1950's. Given the current state of our open walls and general construction, we sought multiple insulation proposals in order to contemplate improving thermal comfort levels and operational costs for the church. After careful deliberation, the Master Planning Committee voted to go ahead with this additional work, at an incremental cost of approximately \$17,000. The open walls have since been insulated and closed up. Insulation is being blown into remaining closed wall spaces and ceilings via spray gun.

Framing in the Nave is complete and new wainscoting is being installed. Framers are finishing up sheetrock in the Narthex; the sheetrock ceiling detail is beautiful. Acoustical ceiling grid in the Cry Room and the Bride's Room/Restroom has started to go up. LED lighting strips have been laid in all the high perimeter channels. The emitted light looks great. We will look to re-bulb all remaining fixtures in the worship space with LED (just new bulbs not new fixtures), reducing electricity usage and improving light quality. More importantly, it will reduce the frequency of bulb changes in our high hard-to-reach ceiling fixtures. Cry Room sheet-rock is nearly complete. A low bench is being framed along the wall beneath the window that now peers into the Nave. This will provide extra seating space and allow for children to stand and peer through the one-way glass into the Nave. Our contractor has finally located suitable replacements

for the closers and pivots on the church's main doors. Our aim is to make it easier for parishioners to open and enter the church. Next steps in December include new Narthex light fixtures and fresh paint throughout the church. Thank you to all who have contributed or continue to contribute to the Capital Campaign to make these good works possible. Contact: Jason Konidaris, jason.konidaris@yale.edu

Capital Campaign

Since we last reported to you at the beginning of October, the Capital Campaign has received a further \$44,375, almost the entire amount being payments on account of existing pledges. We continue to be impressed with your promptness in making payments on your outstanding pledges and appreciate your consideration very much. A few pledges for 2017 are still outstanding. We hope that those of you concerned will keep this in mind as you plan out your year-end giving. During this period, we also received one new pledge. We thank the pledgers for their offer of support for the Campaign.

As the installation of new ductwork in the Church concludes, major payments are coming due. During the period, we have paid a further \$56,248.13 to architects and contractors. As the various aspects presently in progress get closer to completion, much more substantial amounts will be coming due. Funds are available to meet these expenses.

The Master Planning Committee presently estimates that work in the Church will be completed and the Sanctuary reopened for worship in late January. This will complete a big step in the plans for renovation of our Church campus. The next step will be finalization of the plans for the renovation of the Community Hall and surrounding spaces, and re-submitting those plans to contractors for bids. We have been suggesting to you for some months that there will be a need for additional funding beyond what has presently been pledged. But until a firm bid for the Hall project has been accepted, the Master Planning Committee cannot tell how much additional in pledges and funding will be required. The best guesstimate is that it will be a substantial amount. At that time, we will come to you and ask you again for your help—donations and/or pledges over a three-year period—to bring the entire project to a successful conclusion. I hope—indeed I am sure—that you will respond as favorably to the extended Campaign as you have in this first phase.

Lately, there has been a great deal of talk about reform of the tax laws in the coming year. Indeed, it is hoped that a bill will be passed before the end of this year, though when the changes would take effect is not presently clear. This tax reform is likely to have some impact on all of us, some favorably and others less so as long-existing deductions are eliminated. It is still not entirely clear to what extent the bill will impact the existing deduction for charitable contributions. It is our hope that the impact will be minimal. Notwithstanding, I suspect it will become more difficult across the board for charitable institutions such as our church to raise all the funds it may need. This will make your dedication and support for our efforts to meet the remaining financial needs of our project all the more relevant. I know that we can count on you all, and that with your continu-

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ing help we will manage to reach our financial goal. Contact: Elias Kulukundis, enek@erols.com

Buildings & Grounds

During this period we continued to concentrate on the Stamford Athletic Club. Water leakage persists from the woman's shower area, penetrating to the men's locker room below. Various plumbers have finally helped pinpoint the culprit. A steel beam between the two locker rooms has been compromised over the years. We are in the process of replacing it. Upon completion, we will re-tile the area outside the woman's showers and the adjoining bathroom. Certain roof areas of the gym continue to be a concern. Simple inexpensive repairs will last us into the next calendar year, at which point we will reassess replacement in 2018. One particular roof area - the roof above the club entrance - will be addressed now. The concrete caps or "coping" on its upper roof walls or "parapets" are absorbing rain water resulting in concrete block wall deterioration below. We are in the process of waterproofing these areas with streamline metal panels while addressing the coping. Security cameras have been installed at various locations throughout the complex and can now be monitored from the front desk and remotely. In the church we replaced our decades old boiler, installing a high efficiency boiler (pictures attached) which will now serve the church, hall, first and ultimately second floor classrooms. We are very hopeful of securing efficiency rebates from the utility company, which will ease some of the cost. Contact: Peter Licopantis, pglyd13@optonline.net



Above is our newly installed high efficiency boiler that now serves the church, hall and 1st & 2nd floor classrooms. (Nov. 10)



In the Cultural Center gym, we are honored to use a wooden flag constructed by our Bill Jones, a Marine and a WW II veteran, which is permanently mounted on a wall at the center. Thank you Bill for all you do. (Nov. 3)

MINISTRIES

Children's Christmas Program

Including

**Church School, Greek School, GOYA,
Hope/Joy, Little Angels**

Following Liturgy on Sun., Dec. 17

Special Complimentary Reception in the Gym
Everyone Welcome!

RSVP with the Office 203-348-4216 or
office@archangelsgoc.org

Please bring non-perishable food for
Food Bank of Lower Fairfield County

Worship for Christmas

Friday, December 22

Royal Hours – 9:00 am

Sunday, December 24

Vespers – 6:00 pm

Followed by Liturgy & Christmas Carols

Monday, December 25

Orthros – 8:45 am • Divine Liturgy – 9:30 am

Leadership Retreat (Oct 20-21)

Here are the final products of the collaborative, creative, and challenging two-day meeting that was facilitated by Dr. Anthony Bashir & Mr. Richard Robbat, Boston area professionals who donated their time and expertise in Orthodox Christian leadership development:

Mission Statement

The Church of the Archangels is an Orthodox Christian community that welcomes everyone. We experience the love of Jesus Christ and we proclaim and celebrate the Good News of salvation for all God's people through prayer, worship, fellowship, education, compassion, service, and outreach.

Vision Statement

The parish of the Orthodox Church of the Archangels is committed to:

- increase the engagement and faith development of youth and young adults by enhancing the quality of current youth ministries and by creating new age-appropriate programs;
- significantly strengthen financial resources of the church through communication, education, and outreach;
- deepen and enhance the spiritual growth of the church community
- build a welcoming church community and strengthen current ministries to engage all segments of the parish.

At least 20-25 Staff, Parish Council members, and Ministry Leaders were present throughout, representing almost all of the ministries of our parish. The second, and final part of our work will take place on Saturday, January 20, 2018, 9:30 am – 3:30 pm to work on specific, measurable Actions Plans for the near future (3-5 years) to which we will hold ourselves accountable. Many expressed their delight at the hard work we did, the engaging style of our facilitators, and the end product. We are all most grateful for the gracious hospitality that the Handrinos family (of Maria DeVito) showed us at the Norwalk Inn where we will again meet. Contact: Jason Konidaris or Fr. Harry

Nativity Fast Guidelines

The fast for Christmas this year began on Nov. 15 and lasts 40 days, ending with a Christmas Liturgy on Dec 24 (eve) or Dec 25 (morning). In its ancient wisdom, the Church invites us to prepare for meeting the Lord by increasing our prayer, fasting, and almsgiving (acts of mercy to the poor, sick, and suffering).

For the *physical* fast, there are two stages: 1) from Nov. 15 to Dec. 11, we fast from meat and meat by-products and consume boned fish, beans, pasta, rice, vegetables, grains and fruits; then 2) from Dec. 12-24, we are urged to abstain from boned fish as well. On weekdays, we are also asked to refrain from alcoholic



Sub-concrete ductwork – before and after

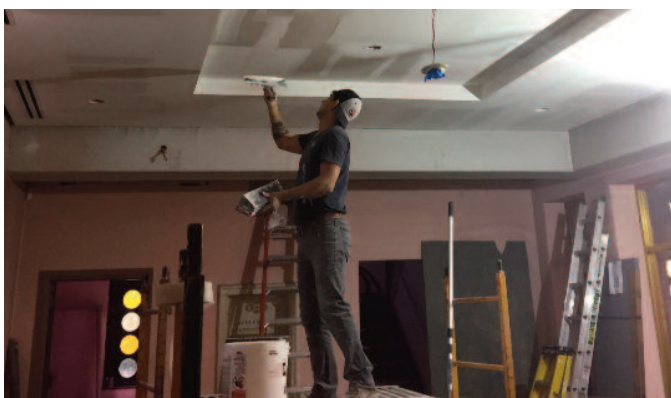




Gravel fills the channels where new BlueDuct air vents have been installed. (Oct 21)



Cement is laid in the nave floor, concluding work on the sub-subterranean portion of the duct replacement. (Oct. 21)



Framers continue to put up sheetrock and tape in the Narthex. (Nov. 17)



Framing out the nave walls for the wainscoting (wooden side panels) began mid-November. (Nov. 17)

beverages and olive oil. Such a vegetarian diet is actually quite healthy and nutritious, and cleanses our bodies of heavier foods and toxins. Along with restricting the *kinds* of foods we eat, the Church also recommends that we reduce the *amount* – by eating less often and by reducing (or even eliminating) snacks and dining out. The food and money we save can be used to feed the poor and disadvantaged. If you have never really fasted before, start with something doable for you (and your family), such as simply abstaining from meat, or skipping a meal in the middle of the day, or eliminating snacks at night. The purpose is for us to learn greater self-control over one of our biggest needs – eating & drinking – in order to grow in holiness and receptivity to God's grace.

By the way, since there are many parties before Christmas, we can still observe the spirit of the fast by eating in moderation or selecting lighter foods, *without drawing attention to ourselves*. Any time we have to explain ourselves to someone else, we violate the teaching of Christ to fast *in secret*!

As with all physical fasting in the Church, these guidelines are moderated (or even eliminated) for the sick, the elderly who are too weak, children under 7 years of age, and pregnant or nursing mothers. Children 7 & older are encouraged to fast by reducing the amount of meat, going without dairy on Wednesdays and Fridays, and reducing snacks. Parents can exercise wisdom in deciding what is best for each child, depending not only on age but temperament.

Further, the Church encourages us to modify other activities that, however good in themselves, often consume our attention: to reduce our dependence on entertainment (e.g., watching television, going out to movies, listening to music, playing games on the computer), and to abstain from sexual relations with our spouse for a brief period of time that is mutually agreed upon. The purpose of all this is to grow in self-control and to free up time and energy for prayer, meditation, reading Scripture, observing silence, and serving others, especially the less fortunate.

However, everyone, regardless of age and temperament, can fast spiritually by reducing sin (e.g., gossip, laziness, indifference, greed, anger, lust, gluttony, jealousy, pride, apathy, judging others), and by coming to the Sacrament of Confession to receive the great gift of forgiveness. A good rule of thumb is this: identify one bad habit that you have and focus on battling it. An example: if I struggle with driving too fast, I will aim to drive the speed limit. To help my "heavy foot" I can set the cruise control to 30 mph, 40, or 55 to help me overcome this. Or: if I all too easily talk about people behind their back, I will seek not to gossip and avoid such loose talk.

Feel free to direct your questions and concerns to the clergy who are here to help you grow in faith, hope and love as we prepare to encounter our Lord anew this Christmas!



More than 10 local area clergy lead the congregation in prayer during the Vespers for our feast day, for the Archangels (Nov. 7).

Prayer of the Month

Here is a beautiful hymn that we sing during December as we prepare for Christmas. It is called the Pre-Christmas Kontakion, and beautifully captures, in a concise manner, the wonder and mystery of the Word (or Son) of God who becomes human through the Virgin Mary (the Theotokos):

Ἡ παρθένος σήμερον, τὸν προαιώνιον Λόγον, ἐν σπηλαίῳ ἔρχεται, ἀποτεκεῖν ἀπορρήτως. Χόρευε ἡ οἰκουμένη ἀκουτισθεῖσα· δόξασον μετὰ Ἀγγέλων καὶ τῶν Ποιμένων, βουληθέντα ἐποφθῆναι, παιδίον νέον, τὸν πρὸ αἰώνων Θεόν.

Today the Virgin comes to the cave to give birth ineffably to the pre-eternal Word. Hearing this, rejoice O inhabited earth, and glorify with the angels and the shepherds him whose will it was to become a young child, the pre-eternal God!

Philoptochos Vasilopita Bread Sale

**Orders Accepted Until Dec. 17th
\$17 each – Prepayment Required**

No extra Breads will be available that have not been pre-ordered and pre-paid!

Contact: Marion Vanson, 914-234-9420

Did You Know?

December 25 is not the actual day that Jesus Christ was born. This day was picked centuries later because the Church wanted to counteract the elaborate and attractive pagan celebrations of the winter solstice on Dec 20/21 by establishing a Feast Day for Christians. In fact, not only does no one know the birth date of Christ, but no one in the ancient Church really cared! The four Gospels in our New Testament show far more interest in the end of his life – the fact and meaning of Jesus' Crucifixion and Resurrection. Further, the Nativity of Christ was originally celebrated together with his Baptism (what we call Epiphany on Jan 6) and only later was separated. Still, as much as we emphasize Christmas in America, it does not compare with Easter or Pascha, the "Feast of Feasts" which is preceded by Holy Week and another 6-weeks of Great Lent.



The preschool children expressed what they are thankful for, sang songs and dressed as Pilgrims for their Thanksgiving Feast. (Nov. 22)



The Preschool, led by Kyriaki Yoranides (front right), holds their annual Thanksgiving Feast with parents and grandparents present. (Nov. 24)



Evelyn Lolis (far right) teaches children of the Church School during the second Philanthropy Sunday of the fall. (Nov. 19)

Weekday Worship

We continue our common worship with Annunciation Church on the following weekdays this month, with Orthros at 9 am and Liturgy 9:30 am:

- Wed, Dec 6 - St. Nicholas the Wonder-worker here, with Procession & Veneration of the Relic of St. Nicholas
- Sat, Dec 9 - Conception by St. Anna of the Theotokos @ Annunciation
- Tue, Dec 12 – St. Spyridon here
- Mon, Jan 1 – St. Basil the Great/Circumcision of Christ @ Annunciation

Adult Education

- Bible Study of the Old Testament Prophets continues on Monday evenings according to the following (revised) schedule:
 - o Nov 27 – Micah
 - o Dec 4 – Jeremiah 1-6
 - o Dec 11 – Jeremiah 1-6
 - o Dec 18 – Jeremiah 7, 12, 16, 20, 25 & 31

The weekly study guide with introduction to each book, questions and comments has produced increased dialogue and interaction.



Children of Little Angels have the time of their lives playing parachute at the Family Fun Night on Oct. 7.



Theresa Cholakis (left) and Janie Konidaris (right) assist children in wrapping scarves and writing notes to those who will need them the most. (Nov. 19)

No previous knowledge of the Bible is necessary, just an open and thirsty heart for God. Contact: Fr. Harry hpappas@svots.edu

- Baptism Class – Sunday, Dec 3, 3-5:30 pm, for all parents & godparents. Instruction the purpose, Biblical & ecclesial foundations for Baptism, Chrismation & Eucharist (Communion) and how to raise children in Christ today. *Please provide your own childcare to devote full attention.* Contact: Fr. Harry
- Koinonia – Small Group Prayer, Study, Fellowship & Mutual Support
 - o Men – next session is Wed, Dec 13, 7 pm; Aggie Sotire will bring treats to share. Contact: Fr. Harry, hpappas@svots.edu
 - o Married Couples – Presvytera Kerry is forming this for all interested couples, both younger and older. First meeting is Sunday Dec. 3, at 7pm at her home: 131 Silver Hill Lane, Stamford. Contact: kpappas@goarch.org
 - o Women – Natalie Kulukundis is planning to resume the group she started last year. Contact her at natakulu@hotmail.com
 - o Young Adults – Steve Sarigianis is willing to offer this again. Contact: steve@archangelsgoc.org
- Marriage Preparation – group classes and couple counseling will be available to those preparing for marriage. Contact: Fr. Harry, hpappas@svots.edu



Parents help children make beautiful festive crafts as part of Family Fun Night. (Oct. 7)



"Kali Parea" Seniors show they can have a good time while posing for a group shot during their November meeting. (Nov. 8)

Kali Parea Seniors

The November meeting was once again held in the Cultural Center gym and it was great! If you didn't attend, you missed out on a wonderful Thanksgiving-inspired meal of turkey, stuffing, gravy, sweet potatoes and delicious desserts. We thoroughly enjoyed a video of the sights and sounds of Greece. The next Seniors luncheon will be on Wednesday, December 13th in the gym. The lunch will start promptly at 12:00 noon; we will have an exciting time with some surprises and prizes. So, come and join us – we will have a fun time! Hope to see you all there! Contact: Pam Koutroubis, pamalak2145@gmail.com.

Ladies Philoptochos Society

Our annual Turkey Bingo held on Nov. 11th, Veterans' Day, was a great success! Thank you to co-chairs Lara Paschalidis and Maryanne Kardaris, our members, and Goyans for their help and contributions and to parishioners and friends who supported this fundraiser. In recognition of their service to our country, veterans attending the bingo were given an admissions discount. Proceeds from the event will help us support five charities: the IOCC, Bridgeport Rescue Mission, AmeriCares Free Clinics, Hour Children (serving incarcerated mothers and their children), and St. Michael's (home for the aged). Representatives from these charities have been invited to our December 5th meeting to share information about their services and accept our donations. Thank you to Debbie and Penny Nanos and their



Seniors president Pam Koutroubis runs through agenda items at the October Meeting. (Oct. 11)



Pam leads the group in singing happy birthday to Mary Blanco. (Oct. 11)



A record attendance of over 275 people were present at this year's Turkey Bingo, hosted by our Ladies Philoptochos on Saturday, Nov. 11.

team for hosting the Archangels Feast Day reception on Nov. 7th. Our Christmas bread sale is underway. Please place your orders before December 17th. Pre-orders and pre-payment are required. The breads, which cost \$17, will be delivered to our church on Dec. 21st and be available until Dec. 23rd. No extras will be available for sale. On Sunday, Nov. 5th, a tray was passed to support the Patriarchate in Turkey. Thank you to all who contributed. At our Nov. 6th meeting, our members approved a donation to support a home for the aged on the island of Samos, Greece. For Make a Difference Day, Oct. 22nd, our chapter collected coats, boots, scarves, and gloves for children and adults served by the Children's Learning Centers in Stamford, a nonprofit early education and care center. We also made Sunshine Cards for the residents of the Sunrise Assisted Living Center in Stamford to cheer up their day. Philoptochos members, led by Cindy Mixcus and Marion Vanson, have already knitted a dozen shawls for the ill and homebound. If you are interested in participating in this knitting project, please contact Cindy or Marion. Our holiday meeting will take place on Tuesday, Dec. 5th, beginning at 6 p.m. Please join us! Merry Christmas. Contact: Eugenia Zavras, (203)322-9561



There were over 50 prizes raffled off after bingo had ended – so many to choose from!



Everyone gathers for a group picture under the picnic canopy at the Stamford Museum and Nature Center. (Oct. 28)

Shut-in Visits

Fr. Harry and members of the Philoptochos will visit shut-ins with some treats, such as tsourekia (sweet bread) or koulourakia (butter cookies). We currently have a list of over 40 people. Contact the church office to ensure someone you know is visited: 203-348-4216 or office@archangels.org

Church School

We are extremely grateful to all families for helping our Church School program to maintain such tremendous attendance! Student attendance has been consistently strong and growing throughout the month of September. Nearly 50 students participated in our first Philanthropy Sunday in which the program engaged in a school-wide project assembling relief buckets to assist with the cleanup of the recent hurricanes across the nation. An additional 30+ students and 12 adults attended our second Philanthropy Sunday last month that consisted of a lesson on merciful giving and a do-it-yourself children's scarf project. We created, assembled, and adorned 40 children's scarves for donation to Person to Person, a nonprofit agency for needy and displaced families. Our Sacred Music Ministry Contact is in full swing and we are currently rehearsing for our annual Christmas Pageant to be held on Sunday, December 17th with reception to follow. We are currently casting silent and speaking parts and looking forward to highlighting a wide array of our students! Rehearsal dates include December 10th during Parish Council elections and again on Saturday, December 16th. Wishing everyone a blessed holiday season as we prepare for the great feast of our Lord's Nativity. Contact: Dr. Evelyn Bilias Lolis, ebilias@aol.com

Greek School

Our school has completed our first quarter and we are well into our second. All the classes have made a significant progress up to this point and our students enjoy the Greek school more than ever. Now we are getting prepared for our Christmas celebration and students are learning the Greek Christmas carols. Also, we welcome our new PTA with co presidents Mrs. Anna Diamantis



HOPE & JOY ministry has a tremendous first event – the Nature Outing – in which they learned about creation and nature in Genesis from Mr. Steve. (Oct. 28)

and Mrs. Vasso Spanos. In cooperation with Mary Badoyiannis the new PTA promises a very active school year with events that will have two goals. First, to bring our children and Greek school families closer and second, to raise money for our Greek school needs. We wish them success in everything they plan and we promise to have the support and help of all families. Contact: Anna Lempesi, ann.lempesi@gmail.com

Little Angels

Little Angels is the church ministry group representing young families including infants, toddlers and preschoolers. We strive to bring our children close to the faith.

Little Angels held a "Family Fun Night" on October 7th. The theme of the event was "families". Steve Sarigianis spoke to the children and parents on the importance of family and how it relates to Jesus Christ and our faith. The children played games, watched a movie, made crafts and decorated their own home-made cupcakes! The event ended with a piñata filled with candy and toys for the children! Special thanks to all the families who helped with hosting the event.

On November 5, we held the annual Thanksgiving Gratitude Event directly after Church during coffee hour. Children painted pumpkins, made Thanksgiving themed crafts and enjoyed cupcakes, pumpkin muffins and juice! The children also decorated a gratitude tree with paper leaves of what they are grateful for.

We look forward to seeing everyone at the kids Christmas Party that will be held on Saturday, December 9th from 12:00 pm – 3:00 pm at the Norwalk Inn (99 East Avenue, Norwalk, CT 06851).

Save the date: Little Angels will host a "Mom's Night Out" on Friday, January 19th! Details for the event will be finalized as we get closer to the date with a location and time. Contact: Vasso Spanos, bkarachris@gmail.com or Rachel Jones, racheljones.cpa@gmail.com



Little Angels hosts their annual Thanksgiving Gratitude event in the gym following Divine Liturgy. (Nov. 5)



(Left to right) Sophia DeVito, Tommy Nanos, Isabella DeVito, and Penny Spanos display their painted pumpkins for the camera. (Nov. 5)

HOPE/JOY

On Saturday, October 28th, Hope & Joy hosted their first 2017 autumn event at the Stamford Museum / Nature Center. Ten church families came out on a sunny day to enjoy a spiritual lesson about the seven days of creation by Steve Sarigianis, scavenger hunt and craft on the same theme. The kids also participated in a raffle and playground activities.

Please join us at the Norwalk Inn on Saturday, December 9th from 12pm to 3pm for our annual children's Christmas Party featuring lunch, entertainment, crafts, singing carols and a special visitor from the North Pole! The cost will be \$20/adult and \$15/child (please pay cash at the door). The next Annunciation Church HOPE/JOY Friday evening workshop will be December 15th, with the theme of patience featuring St Sarah (from the Old Testament). If you have any questions, please contact: Ruth Diamond, rh67@cornell.edu or Chris Nanos, cnanos203@yahoo.com



Kids line up with great excitement and anticipation as coach (and event organizer) Pete Cholakakis instructs them during a game of "Ship to Shore." (Nov. 18)



The first ever Family Gym Night held in the Cultural Center was a huge success with parents and kids alike – drawing over 90 people for games, activities and fellowship.



Fr. Harry leads advisors, and parents in praying the short Compline Service during the Lock-In on Nov. 3 in the Cultural Center aerobics room.

GOYA

Our teen ministry has had a very active fall season! Our desire to interact more with our sister parish led to the GOYA Meet-n-Greet at Annunciation on Oct 28. A mixed group of over 17 kids met for a relaxed hang-out evening: food, ice breakers, games and warm company (even for parents). It was a hit with the teens. The following weekend was the annual Lock-In on Dec. 3, which brought together 10 of our teens for a well-rounded overnight experience of prayer, discussion, monthly meeting & dinner, outdoor fire-pit, games and activities in the gym, and breakfast to finish off on Saturday morning – everyone had a blast! Then the boys and fathers of GOYA spent half a day in upstate NY on Saturday Nov. 18 to play paintball; it was the first time for many, but whether experienced or not, everyone

thoroughly enjoyed themselves across a variety of outdoor terrains & maps. The Tuesday before Thanksgiving, GOYA had the best crowd yet this fall come together for a bit of fun in preparing Christmas Wreaths for our annual Wreath Sale. They also prepared the DOMUS Giving Tree with its 40 wish cards (gifts for at-risk & less-fortunate children). Please keep in mind the GOYA has two fundraisers on-going this fall & winter. The first is our Greek Restaurant Discount Card sale: 10% or more at 20+ local area establishments for one year, starting 12/1/17; half of proceeds go to Hurricane relief through IOCC. The second is our Christmas wreath sale; all wreaths are hand-made and fantastically fresh. Get your \$20 card or \$25 wreath today!



Teens enjoy some quiet time roasting marshmallows and discussing life by the fire (Nov. 3) with Steve.



Teens, advisors and Steve pose for a picture on the Tuesday before Thanksgiving holding freshly prepared Christmas wreaths that will be sold in December. (Nov. 21)



(Center right) Hannah Pappas, Steve Sarigianis, and Fr. Evan Evangelides lead several 'ice-breakers' for the teens from both parishes during the GOYA Meet 'n Greet. (Oct 28)



The teens hang out and fun on the court, playing volleyball and basketball until late (Oct. 28).

Please mark your calendars for these upcoming events:

- **Saturday, Dec. 3:** *Monthly Meeting* in the library, 12pm-1pm
- **Sunday, Dec. 17:** *Drop-off Christmas Gifts @ DOMUS Inc.* in Shippan, 6pm
- **Saturday, Nov. 23:** *Holiday Mall @ DOMUS* in Shippan, 9am-12pm: parents of DOMUS students & others 'shop' for holiday presents – we will help facilitate this event with staff and other volunteers.
- **Friday, Dec. 29:** *GOYA Winter Dance* in Waterbury, 7:30pm-11pm.
- **Saturday, Dec 30:** *Soup Kitchen service @ New Covenant*, 4:30pm-6pm

Contact: Dorie Poulos, dorielp@yahoo.com

Athletics

The Connecticut Eastern Orthodox Basketball League (CEOBL) and volley league (CEOVL) are both getting underway. Basketball games have already begun, and girls' volleyball practices are starting the first week of the month. Youth & JV basketball practices will be at the Cultural Center on Fridays from 5:15pm-7:00pm, girls' volleyball is on Wednesdays from 6:30pm to 8:30pm, and senior men (ages 18+) from 8:30pm-10pm. The girls will have a Senior team this year (ages 15-19), but any girl age 8 and older can come to practice! Games will begin after the new year. If you or your children are interested in playing with the church teams, please sign up with John Skoparantzios (203- 550-6894) or Steve Sarigianis (steve@archangelsgoc.org). Come get in on the fun!

Family Gym and Game Night

A big thank you to everyone who made our first Family Gym and Game Night on November 18th a great evening out. We had more than 90 people of all ages (55+ children) who gathered for a night of fun and fellowship at our Cultural Center gym. It was wonderful to see so many families together! We had parents, grandparents and children of all ages playing board games; pre-schoolers coloring and making Christmas cards and the bigger kids playing organized gym games led by volunteer parent coaches. Games in the beginning of the night included relay races, volleyball, soccer penalty kicks, and tug of war (the kids' favorite). A wonderful dinner of pizza and salad from Hope Street Pizza was also provided by Archangels for a free-will donation. The night capped off with a spirited game of whiffle ball after dinner. Some of the best "plays" of the night are recapped below.

Game Highlights: "Best Play" definitely goes to Thanasi Tzavaras. He hit a monster blast to right center field for the first home run ever at our new whiffle ball field at the Cultural Center Gym. The "I got robbed!!! Award" goes to Vangeli Kelesidis. He hit a moon shot, too, but unfortunately the basketball backboard in center field got in the way, knocking his hit back to earth (and in play, according to our very official rule book). Vangeli wound up with a double... not too shabby, but he still got robbed in our book. "Best Adult Play" has to go to Tim Hartch. He made a leaping, fully extended catch in right field to rob someone of an extra base hit. Very impressive. The "Toughest Kid Award" is a no-brainer and goes to Katerina Gianakopoulos. An errant soccer ball kick knocked her down but only for a minute. After she yelled at the culprit (her brother), she was right back on the field. Last but not least, the "Best Board Game Performance" goes to a father-son duo both named George Nanos. Let's just say they are extremely tough competition at the game "Head Bands."



Parish Council members, ministry leaders, and staff participate in a two-day Leadership Retreat at the The Norwalk Inn. (Nov. 20)

Save the Date! Our next Family Gym and Game Night is scheduled for Saturday, January 6th, starting promptly at 5pm at our Cultural Center gym. So mark it on your calendars and if you didn't make the first one, come on out and give this one a try. The night will follow the same format as the last one: board games for adults and children of all ages; organized gym games for children ages 6-12 led by volunteer parent coaches; coloring and craft supplies for ages 5 and under; ping pong and foosball reserved for our teenagers and a free-will donation to cover pizza, salad, beverages and cookies. Families are encouraged to bring their favorite board game and a dessert, if they like. And we would love to see more Yiayia's and Pappou's in the crowd for some card playing or anything else.

GOYA Discount Card Sale

**10% or more at 20+ local area
Greek Establishments**

\$20 each, and effective until 11/30/18

**Half of all proceeds to benefit
IOCC Hurricane relief**

GOYA Christmas Wreath Sale

**Sold after Sunday Liturgy until
Dec. 24th**

Only \$25 each

AYA (Archangels Young Adults)

The AYA would like to have a meeting right after the New Year to plan events for 2018. To get involved, contact Steve: steve@archangelsgoc.org, or 203-623-5896.

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 Ritta in the church office 203-348-4216.

Pilgrimage to Holy Land & Jordan: May 6-19, 2018

As previously announced, Fr. Harry will lead a pilgrimage to the Holy Land next spring that is open to members of our church as well as all other interested persons, and will include some different sites in Israel, as well as Jordan for the first time. Itinerary includes:

- Departure Sunday evening, May 6
- Sea of Galilee – Magdala, Tabgha, Capernaum
- Nazareth, Mt. Tabor, Burquin, Nablus
- Bethlehem, Shepherd's Field, Hebron, Judean Desert
- Monasteries: St. Sabbas, St. Theodosios, St. Gerasimos, St. Simeon, Ascension & the Holy Cross
- Jerusalem – National Museum of Israel, Mount of Olives, Tomb of the Prophets, Kedron Valley, Garden of Gethsemane, Golgotha, Holy Sepulcher, Bethesda, Tomb of the Theotokos, Temple Mount, Pool of Siloam, Tunnel of Hezekiah, Upper Room, Russian Ecclesiastical School
- Midnight Liturgy at the Holy Sepulcher
- Jericho, Dead Sea, Bethany, Tombs of King David & Lazarus
- Taybeh, a Palestinian Christian village
- Jordan: Bethany beyond Jordan, Mt. Nebo, Madaba, Petra, Little Petra, Jerash
- Return Saturday morning, May 19

Cost: very reasonable price of \$2,760/person based upon double occupancy; for single occupancy, add \$750/person. This includes: tourist class hotels, air-conditioned coach bus, all transfers, tour guides, breakfast & dinner daily (and some lunches), all entry fees for sites. Not included: airfare. Currently our professional coordinator, Fr. Ilya Gotlinsky, the Orthodox Priest who organized the Pilgrimage to Russia, is working on round trip tickets that are less than \$1,000 from New York. Reservations are due by January 30, 2018 with a \$500/person deposit. For further details, contact Fr. Harry who can send out a detailed, color brochure.

Area Christmas Concerts

- Sat, Dec 2, 7:00 pm @ Merkin Concert Hall, Kaufman Music Center (129 West 67th Street, New York): Archdiocesan Youth Choir and the Byzantine Choir honor the 50th Anniversary of the episcopal ministry of Archbishop Demetrios. For tickets, call, 631- 439-5603
- Sun, Dec. 3, 4:00 pm @ St. Spyridon Church (124 Wadsworth Avenue, New York): String Quartet from the Julliard School. General seating: \$25; children under 18 free. Complimentary valet parking. Contact: St. Spyridon Church, 212-975-5870



GOYs and parents from both Stamford churches get outdoors for a fun and exhilarating (and safe) day of paintball in upstate New York. (Oct. 18)

Stamford Athletic Club

Things are getting into full swing at Stamford Athletic Club. Basketball, volleyball, cricket and much more are scheduled to rent the wonderful SAC gymnasium for practices and other events. Call (203) 357-7555 to book your event before the winter schedule is full. We are excited to announce a NEW class that will begin taking place 6:30 AM on Mondays - Cardio Boxing with Jon. It promises to be a fantastic class that will get your heart pumping in the early mornings and get you kick started for the rest of the week. SAC members should bring a friend!! Do you want to keep your kids active during the winter months even though the temperatures are dropping and daylight hours are shrinking? Take Me to the Water is about to begin its next series of swim lessons. For more information, contact matt@takemetothewater.com. Or take Rachel's Dance with Me, Baby class with your child to keep you both moving. Email Rachel at rachelsupin@gmail.com or call her at (240) 277-8482. SAC has added another personal trainer, Jaquan Adams. Please sign-up for some terrific training sessions with Jaquan or any of our fabulous trainers today. Get ahead of the holiday season and let our personal trainers come up with a program designed specifically for you! Interested in Dancing? Vuk Ste-

fanovic brings his talents to teach you the art of Latin dancing. Inquire at vukstefanovic@gmail.com or call him at (413) 331-9477 to schedule a FREE Latin Dance Class. Stamford Massage & Fitness has started a new program that combines exercise, stretching, and massage all in one package! Email Gustavo and Carmen at stamfordfitness@gmail.com for more details. Santa's SAC Attack will be back in December. SAC general manager, Jeff, will lead a group fitness class of high intensity training to shed a few pounds right before the holidays. Date of the event will be announced in near future so please inquire at front desk soon. It was a very popular class last year. Thanks to all who came to the SAC Happy Hour at Del Frisco's of Stamford in November. We will look to schedule another social at Del Frisco's again in the near future. Do you know about SAC's referral program? It's simple. If you are already a SAC member, bring a friend with you. If that person joins, you get a FREE month. It really couldn't be any easier. Bring a friend today! Note the club operational update in the Parish Council section of this month's Herald. Coming in January: Fitbit Challenge. Members will compete to win a brand new Fitbit monitor. More details to come. Contact: Jeff Kaminski, jeff@sacteam.com



**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, email **anthony@sacteam.com**.

PARISH NEWS

40 Day Churching

- Madison Efthemia-Ioanna, Oct. 22, daughter of Christina Nanos and Jordan Dostaler
- Hunter Dimitrios, Nov. 5, first child of Jill Flood and Dionisios Efkarpidis
- Anastasia Carolyn, Nov. 5 second child of Christina and Ryan Hughes
- Olivia Sofia, on Nov. 26, first child of George and Svetlana Kakaletis

Baptism

- Eva Christina Kazianis, Nov. 4, 2nd child of John Kazianis & Evgenia Littrivis, @ St. Paul's Church (Hempstead, NY); sponsor was John Littrivis

Funeral

- Demetre Mentavlos, Oct. 21; he reposed on Oct. 17
- George Hasapis, Oct. 25; he reposed on Oct. 22
- Chris Brous, Nov 29 @ St. George Cathedral in Hartford; he reposed on Nov. 22



AHEPA 2017 HHT Champions - Nicholas Nikas, Lukas Koutsoukos, Alexander Koutsoukos, Vagos Hadjimichael (President of hosting chapter New Haven), Phoebe Hartch, Jack Isaac.

AFFILIATED ORGANIZATIONS

AHEPA

9th Annual Yankee District 7 & Neighbors Hellenic History Tournament

On October 28, the AHEPA Yankee District 7 held its 9th Annual Hellenic History Tournament hosted by the New Haven chapter A098 at the beautiful facilities of St Barbara's Church in Orange. Eleven teams sponsored by ten chapters from across the Northeast participated.

It's important to point out that 5 of the 10 sponsoring chapters were from outside the Yankee district. Only 5 of our 15 chapters sponsored at least one team, while 5 chapters from districts 5, 6 & 8 took advantage of the tournament that our 10 chapters did not think deserved their attention and participation. The lack of participation from 10 of our chapters had been hard to understand before. But it's even harder now that two other regions have HHTs, one more is planning one in 2018, and national AHEPA has fully embraced the concept and has instituted a national tournament for the top 2 teams of each region during the Supreme Convention.

Back to our 2017 tournament. There were 14 matches in 5 rounds. At the end of the first 3 rounds, each team had played exactly 2 matches. The top 4 point getters were promoted to the semifinals, and the tournament turned to a single elimination or sudden death bracket. For the second year in a row, the Stamford team, The Hellenes, made up of Alexander Koutsoukos, Phoebe Hartch, and Lukas Koutsoukos, won the championship. Each was awarded a Hellenic History Trophy and a check of \$1,000. The Boston team, The Olympians, consisting of Alkinoos Armoundas, Phevos Paschalidis, and John Zavras, won second place and each received \$500.

Congratulations to both teams, as well as to the other nine teams and to all the chapters that sponsored them. We are grateful to the New Haven chapter and the St Barbara community for hosting the event free of charge and to the many volunteers who gave of their time and talent to make it a success. And above all, thanks to all the chapters whose contributions make the HHT possible. Contact: Nicholas Nikas, 203-554-5570

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 initial goal was to raise \$2,200,000 over a three year period 2014-2017. The Campaign now remains open to cover heavy additional work and associated cost. 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 November 20, 2017):

| | |
|----------------------------|----------------|
| Total Commitments | \$2,216,600.00 |
| Total Commitments Paid | \$2,090,648.00 |
| New Commitments this Month | \$1,000.00 |
| Total Number of Households | 157 |

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.

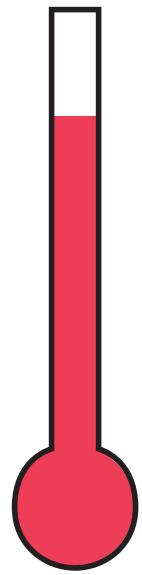
| | |
|--|-----------|
| Architects | \$232,089 |
| Contractors | \$145,870 |
| Salaries (Archangels office, non-construction related) | \$117,534 |
| Solicitation | \$36,234 |
| Gala | \$34,069 |
| Furniture | \$12,185 |

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 November 20, 2017):

PLEDGES

Anonymous (7)
 Evangeline Adams
 Nicholas and Deedee Aivalis
 Michael and Jena Anthony
 George and Katina Antipas
 James and Aria Antonopoulos
 Angelo and Dena Aravides
 Archangels Seniors
 George Badoyannis
 Demetri and Constance Begetis
 Michael and Mimika Blanc
 Theodore Burr 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 Dailiotis
 Dr. James and Deborah Damascus
 Gregg and Mary Beth Demetrios
 Matthew and Maria DeVito
 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 Haralabidis
 Timothy and Sophia Hartch
 Brian Izzary and Gigi Perimenis
 William and Mary Janocha
 David Johnson and Nicole Stamatelos
 Denton and Rachel Jones
 William and Bertha Jones
 James and Sylvia Kambas
 Chris and Elaine Kanos
 John Kantzas
 Maryanne Kardaris
 Dr. Anna Karidas
 Sophia Karidas
 Nicholas and Mary Karukas
 John Kazianis and Evgenia Litivis
 George Khouri
 Arthur and Elaine Kirsoutsos

Annie Konidaris
 Jason and Janie Konidaris
 Nick and Pauline Kounavelis
 Pam Koutroubis
 Elias N. Kulukundis
 Stewart and Kim Leonard
 Peter and Yolanda Licopantis
 George and Angie Lines
 Elias and Evelyn Lolis
 Bob and Cassie MacFarlane
 Marc and Maria Magliacano
 James and Kyriaki Marcarello
 J. Andrew McEntire Family Charitable Fund
 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 Frederika Nikolis
 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 and Megan Pasvankias
 George and Panagioti Patsis
 George and Jane Perkins
 Katie Perimenis
 Dr. Peter and Carmen Perimenis
 Stefanos and Stamatia Petsas
 Father George and Presbyteria Poulos
 Maria Poulos
 Peter and Geri Poulos
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