



# The Herald

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

MARCH 2018

## *Clean & Alert* Great Lent, 2018

Imagine a man who has had too much to drink on St. Patrick's Day. He has been enjoying himself with good friends but had one too many, as many others at a popular pub in New York City. Finally, the man stumbles out to find his way back home. Did he come by car or take the train? Where is his smartphone? Does he have to go to work tomorrow? Recollection of reality does not come easily. Sense of direction slips. Important things may be missing. Waking up the next day, he can't really recall everything that happened the night before, except for a whopping headache.

This is an image of anyone – including just about all of us – when we allow ourselves to be dominated by unrecognized and unchecked habits over years of unreflective living. What are the impulses that become deeply entrenched inside our consciousness? Just like too much alcohol is poisonous to our system, so pride and vanity, anger and resentment, laziness and slothfulness, insensitivity and carelessness, judging others and self-righteousness, stubbornness, lust, gluttony, jealousy, despondency and complaining can be toxic, altering our very ability to think clearly.

The great spiritual masters of our Church knew this only too well. That is why they have left a treasure trove of their experience and wisdom that can help us immensely during Great Lent. It is a multi-volume work called the *Philokalia*, a compound Greek word that means “love of the beautiful.” And who or what was beautiful to them? God! Not because of something physical, as what our minds move towards, but of something spiritual – the Person of unconditional love, amazing grace, complete forgiveness, inscrutable justice, uncompromising truth, and total integrity.

Let me offer a way into their holy example by noting two key words in Hellenistic Greek: *νῦψις* and *νηψις*. Both look almost

the same and sound identical but have different meanings.

The first, *νῦψις*, means “washing” - plain, ordinary physical cleanliness. The kind that I hated as a child but have come to revere as an adult. By extension, it refers to something spiritual - washing the insides of our life by cleaning out the invisible junk that so easily poisons (such as pride, anger, laziness, etc mentioned above). There is a very famous sentence from the courtyard of Haghia Sophia Cathedral in Constantinople during the Byzantine Empire that perfectly captures these dual senses “Wash your sins not only your face.”

The second, *νηψις*, originally meant “to drink no wine,” and referred to someone who was sober or healthy. Gradually, it came to mean someone who is alert, vigilant, and watchful. Great spiritual masters such as St. Anthony the Great and St. Arsenius were acutely aware, through observing their own struggles to grow up in Christ as well as everyone around them, that all humans are addicts in one way or another by falling victim to spiritual illnesses that cause us to stumble through life, forgetting what is most important, losing our way, and avoiding meaningful change. Further, as Fr. Anthony Coniaris (a school-mate of Fr. George Poulos) expresses in his book, *Philokalia: The Bible of Orthodox Spirituality*:

Nepsis [ *νηψις* ] means to be completely present to where we are just as a mother has an attentive ear to the least sound of her baby in the crib even as she talks on the phone or vacuums the rug. Love is attentive and watchful. Bishop Kallistos Ware tells us that ‘watchfulness means, among other things, to be present where we are – at this specific point in space, at this particular moment in time. All too often we are scattered and dispersed, we are living, not with alertness in the present, but with nostalgia in the past, or with misgiving and wishful thinking in the future. . . The neptic man, then, is gathered into the here and

### CHURCH OF THE ARCHANGELS CAPITAL CAMPAIGN

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rebuild”*



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now. He is the one who seizes ‘kairos’, the decisive moment of opportunity.”

Spiritual sobriety leads to the increased ability to appreciate every moment: waking from sleep, washing, eating, going to work or school, household chores, guiding children, serving the elderly, engaging society, participating in community, waiting in line, surfing the net, reflecting on our lives.

To me, these two Greek words bring together the entire meaning of Great Lent:

- νηψις = Spiritual cleansing of the heart from all illnesses of thought, memory, emotion, fantasy and self-delusion
- νηψις = Spiritual wakefulness of the heart that allows us to be more aware of God’s presence in others, Christ’s action our own

hearts and community of faith, and the Spirit’s prompting inwardly and outwardly in the everyday circumstances of life.

Clean & Alert: that’s what the Lord wants us to become during Great Lent through our time-honored, ancient, and Biblically based practices of increased prayer, encountering Christ through Scripture, marvelous worship, the Sacraments of Confession & Communion, fasting, acts of mercy to those in need, seeking justice in society, and taking responsibility for our environment.

Clean & Alert: What a great way to prepare for meeting Jesus during Holy Week & Easter!

– Fr. Harry

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## PASTORAL QUESTION & ANSWER

**Q: Why do we not have a trained head chanter (protopsalti)? Why do we bring someone from Greece every year for Holy Week?**

**A:** When Christos Stratigakis fell asleep in the Lord during my first year here (2009-2010), we lost our main chanter (psalti), sexton (neokoro) & handyman who faithfully served for decades. Ever since, I have been searching for someone who is fully trained to lead but have not been successful. Why? Years ago, Fr. Nick Dasouras, a native of Athens, Greece, who has been presiding priest of St. George in Norwalk for about 20 years, told me: “Fr. Harry, there is a severe shortage of head chanters in Greece itself!” If that is the case in Greece, imagine what it must be like in America. Most learn to chant at Holy Cross in Boston, our Seminary, though by far they become priests and only a minority are truly capable of being head chanters. Some chant schools have developed in major metropolitan areas – such as Chicago (the oldest) and Pittsburgh – but, at least with the newer school in Queens, New York, most are simply not interested in coming up to Connecticut. Every year I let Holy Cross Seminary know about our desire for

someone to chant Holy Week. While the pool varies from year to year (this year there were few capable of doing this), we have simply not been able to secure someone. That is why, like Fr. Nick Dasouras himself who has been bringing trained head chanters from Greece for many years for Holy Week (even though he, too, has help from someone like George Kathrakis in his parish), we are fortunate that Haralampos Kourgiantakis is both very capable and willing to help. At the same time, you will have noticed that I’ve been encouraging members of our own parish to learn and improve: Demetri Makrides & George Paparis both attended formal chant lessons for more than 2 years. Steve and Presvytera Kerry both learned at Seminary. Whenever I notice children with a good voice, I suggest to learning chant to their parents. And I also enjoy chanting myself, something that not all priests like to do. So, while I continue to keep my eyes and ears open for possibilities here and abroad, let us give thanks to God for those who are willing to carry out this important ministry that actually provides for the majority of our worship services that occur outside Sunday morning Liturgy!



Children of Hope & Joy make heartfelt Valentine's Day cards with and for senior residents at Atria Senior Living (next to the church) during the annual "Valentine's Visit." Feb 10



Atria residents were moved in body and spirit by the warmth and generosity of our children who hand-delivered Valentine's cards and performed songs & jokes. Feb 10

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## PARISH COUNCIL

### ***Parish Council***

The Council welcomed the sixth of many Ministry presenters to our most recent meeting - Peter Licopantis on behalf of Building & Grounds. These presentations are designed to get to know our own ministries better in order to better support them. Helping our ministries begins with understanding them. Peter gave the Council a better understanding of B&G and talked us through his ministry's strengths, weaknesses, opportunities, and challenges. He also took the opportunity to introduce his two newest committee members, Michael Jackson and Peter Hantes. That was followed by Q&A with Council members. We look to engage one ministry per month like this throughout the year. This was followed by regular monthly reports from our Pastor, Treasurer, and Pastoral Assistant/Youth Director.

We ratified the hire of Joseph dos Santos as Sexton/handyman, replacing John Cocolis's hours. John is heavily involved in work at our athletic club. He will pitch in at the church going forward, as needed. We voted to approve funding for various repairs around campus including plumbing and pool motor items, the men's locker room vestibule ceiling, and miscellaneous pool deck tile. We discussed improving visibility and security in our parking lot following two recent car break-ins. We have approached the neighboring apartment complex to rectify a gap in their fence seemingly used by pedestrians as shortcut through our parking lot to Third Street. We are also in the process of installing outdoor cameras to monitor and record parking lot activity along with supporting lighting. Parishioners and athletic club members deserve security and peace of mind. George Nanos and Rob Spanos introduced a new effort to revamp the look and feel of our Archangels website. Stay tuned for updates. Contact: Jason Konidaris [jason.konidaris@yale.edu](mailto:jason.konidaris@yale.edu)

### ***Stewardship Report***

The Stewardship Committee would like to thank the 214 individuals and families who made Stewardship financial contributions to the Church of the Archangels in 2017. The total amount given was \$417,274, a 10.1% increase from 2016 despite the ongoing capital campaign. Stewardship is by far the largest source of revenue for the Church's many ministries. We will be sending out final 2017 tax statements to all stewards in February.

A key goal for 2018 is to continue increasing participation. We are encouraging all individuals and families to complete the blue Stewardship Commitment cards and to embrace the idea of proportional giving of time, talents, and treasures. Lastly, we want to highlight that Stewardship is primarily about helping parishioners grow in faith. As believers, we are called to center our lives on Jesus Christ and the Gospel. We should do so joyfully and with love and humility. Contact: Tim Hartch, [timhartch1@outlook.com](mailto:timhartch1@outlook.com)

### ***Additional 2017 Stewards***

***(January 25, 2017 – February 16, 2018)***

Shepard, Maria G

Varunes, Barbara / Altamura, Denise

### ***New 2018 Stewards***

***(January 25, 2017 – February 16, 2018)***

Androulidakis, Jameela

Mihaleas, Perry S / Kim

Antipas, Katina

Moulketis, Thomas C / Melissa A

Begetis, Eleni

Muniz, Angel / Athina

Chochos, Helen

Nanos, Christopher Paul / Christine M

Haralabidis, Margarita Bartzis

Nikolis, Theofilos / Fredrika T

Hartch, Timothy E / Sophia

Rigos, Dimitra / Zacharias

Hleboiannis, Evangelia

Scocimara, Eriberto Ruggero /

Johnson, David Paul /

Marguerite Sophie

Stamatelos Nicole M

Sidiropoulos, Avraam /

Jones, Bertha P / William H

Papadopoulou, Garyfalia

Kailas, Maria / Sergio

Vanech, Terri S / Basil N

Kardaris, Maryanne / Dennis

Vasil, Nadine

Konandreas, Lukas / Georgia

Vasily, John / Medina

Konidaris, Annie

Vassiliou, Argyris / Ann P

Licopantis, Peter G / Yolanda

Zavras, Peter G / Eugenia T

Marcarello, Allison P / Michael V

### ***Master Planning***

All that remains of Part 1 (church renovation) is the punch list. It includes door hardware changes and varnishing, paint touchups, tile caulk, and other minor items. The Committee met in January to discuss design alterations to Part 2 and followed up again in early February. Our architect is incorporating these into proposed drawings with alternatives for us to choose from. We expect that process to be nearly complete by the time the Herald goes to print. Next steps will include putting a final plan out for re-bid. We have laid out a proposed construction timeline with our architect and have been encouraged by the response. Our intention, to begin physical work this summer when our campus goes into its seasonal lull, is a viable one. Updated large-scale drawings of the proposed layout and elevations will be posted in the Fellowship Hall within a few weeks. We are grateful for your continued support in this complex but rewarding work; work that will serve our Archangels community for generations to come. Contact: [jason.konidaris@yale.edu](mailto:jason.konidaris@yale.edu)

### ***Capital Campaign***

By the time you read this, you should all have received a packet from the Campaign officially kicking off its second stage. This will include a letter of explanation, a new pledge card, and a montage of photos of the refurbished church, the latter both for your enjoyment and to show what your generosity can accomplish.

It is our hope in this second stage of the Campaign to be able to raise whatever funds may be needed for the Master Planning Committee to refurbish and renew the rest of our building in a similar manner and with materials of similar quality. And to create community space that will not only be functional and responsive to the needs of the twenty-first century, but also an attractive and appealing environment.



To accomplish this, we need the help of every one of you. A two or three-year pledge would be ideal. Alternatively, a one-year gift, or an added year or two on an existing, uncompleted pledge. On longer term-pledges, the first year's gift (2018) need not accompany the pledge but be donated whenever may be most convenient during the year. To assist the Master Planning Committee in their work finalizing the plans, we would welcome and appreciate a response at your early convenience.

We have come a long way since we started out four years ago. We owe this entirely to your generosity and support. For that, we are extremely grateful. I hope you will all respond with the same enthusiasm as you have done these past four years so that we can finish the task we undertook in 2014 and create an end result that you and we all can be proud of. Contact: Elias N. Kulukundis, [enek@erols.com](mailto:enek@erols.com)

## Buildings & Grounds

The recent month was less active than prior. Our largest project was a re-tile of the areas surrounding the women's showers. We made necessary repairs to a unit providing heat to the basketball court and are now considering a preventive maintenance contract for that unit. A new heating coil for the pool's air unit has been delivered and should be installed soon. Under consideration are the various areas of tile work surrounding the pool deck. We are contemplating installing additional lighting through-out our parking areas, and other means to assure a more secure and safe environment. We are pursuing some required plumbing work under Aquarion's punch list. Future major work under consideration includes replacement of the athletic club's roof membrane. That is in the early due diligence stages. We must comment, with the completion of Part I renovations in the church, how much improved the comfort levels (heating) in the church are. We expect similar results as we approach the cooling season. Contact: Peter Licopantis, [pglydl3@optonline.net](mailto:pglydl3@optonline.net)



Coaches Steve Sarigianis (center) and Peter Diamond (right) huddle with the Archangels basketball "Farm Team" after their final practice of the season. (Feb 23)



Re-tiling of the areas surrounding the woman's showers in the Stamford Athletic Club (SAC). Feb 15



Mardi Gras photos

## MINISTRIES

### SAVE THE DATE *Palm Sunday Bake Sale*

**Sunday, April 1**

*Contributions of baked goods appreciated!*

### SAVE THE DATE *Annual Mother's Day Luncheon*

**Saturday, April 28**

More details to follow

#### ***Guidelines for Great Lent (February 19 – March 31)***

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 7 pm, Sacrament of Confession 8 pm

§ Wednesdays - Sacrament of Confession 4:45 pm, Liturgy of the Presanctified Gifts at 5:45 pm

§ Fridays - Compline with Salutations to the Theotokos 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](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. Two specific, short articles this year: "Lent and the Consumer Society," by Bishop (now Metropolitan) Kallistos Ware, and "Building Your Life" PowerPoint by Paul Karos, our Lenten Retreat leader this year. Both have been sent out digitally and are available in printed form in the office. In particular, "Building Your Life" contains a wonderful Inventory that helps us to reflect on our life as it actually is, rather than how we might wish it to be.

##### • **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), to 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. But often the growing number of elderly members who still enjoy stable health can 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, Pacific House 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](http://www.ocmc.org)) or philanthropic outreach (such as the International Orthodox Christian Charities – [www.iocc.org](http://www.iocc.org) - or Emmaus House in Harlem).





Mr. Paul Karos of Minneapolis, MN, makes a presentation to the 30+ faithful gathered at the parish Lenten Retreat, providing a powerful Christian witness and keen insight for our lives. Feb 24



The Ladies Philoptochos, led by President Eugenia Zavras, meets in the hall to discuss business and enjoy fellowship. Feb 6

## ***Sacrament of Confession***

This is easily the most neglected, misunderstood, and dismissed Sacrament! 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; Fr. Harry is available without an appointment on Mondays at 8 pm and Wednesdays 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.

## ***Annunciation & Greek Independence – March 25***

- Saturday, March 24 – Great Vespers 7 pm @ Annunciation Church with area clergy and light reception afterwards
- Sunday, March 25 – ***We will all go to Annunciation to join them for this Great Feast.*** Bishop Sevastianos, Secretary to the Eparchial Synod and Spiritual Advisor of Philoptochos, will lead our celebration that day, according to the following schedule:
  - § Orthros 8:45 am
  - § Hierarchical Divine Liturgy 10 am
  - § Flag Raising Program 12:30 pm on the grounds of Annunciation (rather than at Government Center downtown)
  - § Festal Luncheon in the gym at Annunciation

We are inviting many government officials to join us – U.S. Senators Blumenthal & Murphy, U.S. Representative Himes, Governor Malloy, State Senator Leone, State Representative Simmons, Police Chief Fontneau & Fire Chief Spaulding.

- *Note:* Annunciation/Greek Independence Day Parade in New York City is not until April 22

## ***Adult Education***

- Joint Clean Monday Program (Feb 19) @ Annunciation went well, with increasing devotion by adults and children to starting Lent together. I presented to the adults, Fr. Evan to the teens, and Steve to the children. I recommend that you read the article "Lent in the Consumer Society" that was circulated by this week's email.
- Parish Lenten Retreat (Feb 24) was attended by about 35 people: grandparents, parents, young adults and one teen. Paul Karos' PowerPoint presentation was exceptional in sharing his own life (starting to go blind at age 8; becoming wildly successful on Wall Street by age 29; then crashing in his personal life that required great healing) and helping us reflect on our own lives through the image of a building. We will continue to use some of the material in ministry since the personal Inventories – one for adults and one for teens – are so appropriate, especially during Lent, the premier period of self-reflection. Printed copies are available at the office; digital copies (with adult inventory only) have been distributed.
- Bible Study on the Old Testament Prophets resumes on Wednesday during Lent at 7:30 pm, following the Liturgy of the Presanctified Gifts and dinner. Schedule: book of Isaiah, the greatest prophet after King David himself, since the week-day readings in Lent include key portions of this book.
- Interfaith Bible Study on the Prophets – as a result of our experience with this, along with the group from Temple Sinai that visited in January, we are planning to gather a group to visit Temple Sinai for a Sabbath service and to dialogue with their pastor, Rabbi Jay TelRav. Fr. Harry will make contact to coordinate a suitable day and time.
- Men's Koinonia – will hold its next meeting this Thu 7 pm in the library. We will review the PowerPoint of Paul Karos, take the Inventory, and discuss.
- Lenten Retreat @ New Skete Monastery on Sat, Mar 17, 8 am – 6 pm. "Transforming our Lent." Begins with Matins and concludes with Vespers. Presentations include: "Lent –



We warmly welcome our new Sexton, Joe Do Santos, who stands in front of the altar in which he now serves regularly. Feb 20

journey into the desert", "From Humdrum to Spiritual Enrichment", and "Mary: Model of Discipleship." Cost: \$40/person for full day. Registration required by March 10: <https://news-kete.org/lenten-retreat>

### ***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, περὶ ἐργίας, φιλαρχίας, καὶ ἀργολογίας, μὴ μοι δῶς. (*μετάνοια*)

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς, καὶ ἀγάπης χάρισαί μοι τῷ σὺ δούλῳ. (*μετάνοια*)

Ναὶ, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ ὄραν 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.

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 express more completely our submission to Christ who loves us.



Left to right: Sexton Joe Dos Santos, altar assistant Niko Chingas, and Steve Sarigianis take a 'selfie' after the final Liturgy of Niko's service to the community. Thank you for your service Niko! Feb 25

### ***Kali Pareia Seniors***

The Seniors met in the church hall for their monthly luncheon (now 2nd Thursdays). Reports were made and Fr. Harry offered insight for upcoming Great Lent. All enjoyed a wonderful meal of Greek salad, chicken and vegetables followed by a host of sweet treats for dessert. Steve and Theophani offered a slideshow presentation of the full 8 month church renovation (Phase I Capital Campaign) and Fr. Harry offered a physical tour of the church afterward. It was a lovely gathering with over 40 parishioners from both churches.

This month's meeting is scheduled for Thursday, March 8 in the hall. If you haven't joined us before – now is the time! Have a blessed Lent! Contact: Pam Koutroubis, [pamelak2145@gmail.com](mailto:pamelak2145@gmail.com)

### ***Ladies Philoptochos Society***

Thank you to all who supported the Vasilopita bread sale and our trays to support St. Basil's Academy in January and the Stamford Hospital cardiac care department on Heart Healthy Sunday, Feb. 11. At our Feb. 6th meeting, our members approved contributions from our Memorial Fund to support two families faced with serious health and funeral costs. We are very pleased that the shawls made by our members for homebound parishioners are being enjoyed so well. Our knitters will continue to make them. Please let us know of anyone who would welcome such a gift. Philoptochos members attended the Feb. 24th retreat in the Bronx for our District. The topic was "Slavery in the 21st Century" and focused on human trafficking. Thank you to everyone who donated gift cards that will be given to women rescued from trafficking. The annual Palm Sunday bake sale will take place on Sunday, April 1st, led by Chair Marion Vanson. We welcome contributions of Greek pastries or other baked goods for the \$1 table. Co-chairs Pauline Galuris and Cindy Mixcus announced that the annual Mother's Day Lunch will take place on Saturday, April 28th. Save the date!! Lara Paschalidis announced that the biannual Tag Sale will take place on June 1st and 2nd. Please save your gently used house-





Children of the Church School, with icons in hand, process with altar servers to the solea as part of the Sunday of Orthodoxy observance. Feb 25



Left to right: GOYA advisor Dorie Poulos, and GOYAns Lauren Georgiou, Matthew Poulos, and Alexis Morgan discover the simple joy of serving others coffee at Coffee Hour. Feb 25

hold items for this fundraiser. Our next meeting is March 6th. All ladies of the parish are welcome! Please join us. Contact: Eugenia Zavras, (203) 322-9561 or etz124@yahoo.com

### ***Church School***

The faculty and families of the Church School program joined the other Youth Ministry children families in a joyful and festive Mardi Gras Costume Party on February 2nd. We are so grateful to families for embracing this event and contributing to an evening where we all gathered to celebrate our children, our Greek culture, and engage in new fellowship. Our focus for the next six weeks is on preparing our children for Holy Pascha as we journey through Great Lent together. We will offer lessons on Confession and the opportunity for classes to participate in the sacrament with Fr. Harry after Sunday Liturgy. Our Children's Good Friday Retreat is scheduled for Friday, April 6, 2018. We are in the process of planning its content, activities, and program of events. Please save the date. Formal registration will follow. Likewise, older children are encouraged to participate in the Saturday of Lazarus Program on Saturday, March 31st which will include helping to get the church ready for Holy Week, plaiting palms for Palm Sunday, and the opportunity to receive the sacrament of Holy Confession. We look forward to continuing to worship in our newly renovated Church this Lenten period and eagerly anticipate celebrating our first Easter in our beautifully restored home. Wishing families a Blessed Lent. Contact: Dr. Evelyn Biliadis, ebiliadis@aol.com

### ***Greek School***

Now that winter break vacations are over, the Greek School program is back to its usual schedule. As Great Lent has already started, Steve Sarigianis is going to visit the Greek school classes for half an hour to inform students about the spiritual meaning of fasting.

During the first weeks of March we are going to prepare our internal (no audience) celebration for Greek Independence Day

with students singing the Greek and American National Anthems, watching a historic video on Independence Day and dancing Kalamatiano. The Independence Day Celebration will take place on Thursday, March 22nd from 5:15 pm to 6:15 pm. Contact: Anna Lempesi, ann.lempesi@gmail.com

### ***Young Adults***

The young adults of our community are planning a rendezvous this Friday evening at Athens Restaurant following the Salutations service (8pm). This group of "20 and 30 somethings" looks to gather monthly for faith enrichment, discussion, and fellowship. Please contact Steve if you are interested in joining us: Steve, 203-623-586 or sjsarge@gmail.com

### ***GOYA***

Despite a slow start to the year, GOYA activity in February really accelerated. The teens played an integral part in the set-up and food serving operations at the smash-hit Mardi Gras party early in the month; there were over 200 in attendance that night. Steve S. began efforts to develop the leadership skills of our 4 Cabinet members by challenging each of them lead one of the next 4 monthly meetings and develop each respective agenda. (Cabinet positions are: President - Niko Giantomidis, Vice President - James Pease, Treasurer - Nick Otis, Secretary - Matthew Poulos). At the monthly meeting on February 4, Nick Otis did an excellent job leading; in March Matthew Otis will rise to the occasion to lead our group.

GOYA also enjoyed serving coffee and drinks at coffee hour throughout the month. We had 8 teens and several parents involved in this effort, many of which discovered for the first time that there is a particular joy in offering themselves in the service of others. Locally, the teens want to make a difference in this way by volunteering at Stamford hospital with children. (Still being researched). Broadening the scope even further, our church and teens will be going to Project Mexico (PM) this summer. PM is the home of an all-boys Orphanage and the





A group hug for Mr. Steve by the preschool children at the end of their weekly faith lesson (February 9)



Mrs. Ruth Diamond talking with the preschool children about the Chinese New Year (February 15)

center for home-building mission trips that attract hundreds of Orthodox teens & adults each summer from across the country. All of these are safe, and beautiful opportunities to grow together in faith and love. Contact Steve for more info.

Please mark your calendars with our upcoming events:

- **Sunday, March 4 – *Monthly Meeting*** in Library (following coffee hour)
- **Saturday, Feb 10 – *DAD Scavenger Hunt*** @ the MET Cloisters in NYC; carpool with Annunciation GOYA from 8:30am; RSVP to Dorie ASAP
- **Saturday, March 31 – *Saturday of Lazarus Cleaning***, 10:30am-2pm

Contact: Dorie Poulos, [dorielp@yahoo.com](mailto:dorielp@yahoo.com)

## ***HOPE/JOY***

On Saturday, February 10th, approximately 30 kids and parents from the church joined the residing seniors at the Atria Senior Living center (next to church) to make Valentine's day cards and showcase their talents. This event, called the "Valentine's Visit" is an annual tradition serving our Stamford community during the winter season. The kids handed out handwritten prepared cards to residents as they lounged and dined. Some of the children sang songs, recited poetry and told jokes in addition. Afterwards, everyone enjoyed lunch at the Summer Street Deli. It was a beautiful day together with Hope & Joy.

The next Hope and Joy event will take place on Wednesday, April 6th at 3pm at the Food Bank of Lower Fairfield County before Holy Unction service at 4pm. We encourage everyone to contribute food items and join us for this outing! Contact: Ruth Diamond, [rh67@cornell.edu](mailto:rh67@cornell.edu)

## ***Little Angels***

Little Angels is the church ministry group representing young families including infants, toddlers and preschoolers (ages 0-5 years). Our purpose is to bring together parents and little ones for fun and fellowship, support, and to strengthen our faith and church family friendships and relationships.

Sunday, February 11th was the Little Angels Valentine's Day Party during coffee hour. The children enjoyed fun treats and created Valentine's Day themed cards and photo frames. Afterward, Steve Sarigianis taught a lesson on God's love for us. Thank you to everyone who came – we had a great time!

### ***Coming Up:***

During March, we will have our annual moms planning meeting to review the year's activities and discuss next year's calendar. This meeting is for all mothers of children 0-5 who would like to be involved in our planning process! Details will be sent via email. We look forward to seeing everyone!

After Easter, the Little Angels will host a parenting workshop with Dr. Evelyn Biliadis. Look for details to be provided in April. Contact: Vasso Spanos ([bkarachris@gmail.com](mailto:bkarachris@gmail.com)) or Rachel Jones ([racheljones.cpa@gmail.com](mailto:racheljones.cpa@gmail.com))

## ***Athletics***

The CEOBL season came to a close this past Sunday on our home court, as we hosted the 3 championship games (one for each division). For our JV boys, it was a thrilling conclusion as they came away with a victory over Waterbury to win the title! It was a back-and-forth battle, but our team took the lead with 5 minutes to go and never let up. Congratulations to all the boys, coaches John Skoparantzios and Paul Poulos for their accomplishment! Earlier that day at coffee hour we held a special Banner Unveiling in the gym to recognize and honor the achievements of past youth sports teams, from the 2000's and forward. With Sunday's victory another team and year will make it up to our "wall of fame".



**Children making crafts at the Little Angels Valentine's Day Party and listening to a lesson from Steve Sarigianis**

The Archangels "farm team" ended their season with a final practice on Friday, Feb 23. The eight 6-8 year old teammates developed new basketball skills and friendships throughout the season and brought a contagious positive energy to one of our newest groups. Coaches Steve Sarigianis and Pete Diamond thank the players and parents for their commitment and are already looking forward to our next fun filled season in the fall!

The CEOVL season continues to unfold positively for the Varsity team. The girls are now 6-0 commanding the 1st place in the division. They practice on Wednesdays from 6:30pm to 8:30pm in the Cultural Center. There are no further home games, but the playoff weekend games on Saturday and Sunday March 17 & 18 will be held at Annunciation. Separate messages will be sent about any playoff games.

Contact: John Skoparantzios (203- 550-6894) or Steve Sarigianis (steve@archangelsgoc.org).

### ***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.

### ***Stamford Athletic Club***

SAC is always looking to develop more programming and get more people involved. If anyone is interested in playing pick-up basketball, or need a partner of racquetball, or want to try Pickleball or badminton, please let us know. info@sacteam.com

Would you be interested in having your business being the center of attention? SAC is looking in to purchasing a new scoreboard – one that would include advertising. We are now taking



**A special get well card for Steve from Sophia Pasvankias!**

requests from businesses that desire advertisement space. With numerous sports programs, group fitness, and cultural events, the SAC basketball court gets lots exposure. Advertising on or around the scoreboard would certainly be worth the investment. Please contact jeff@sacteam.com immediately if you are interested or know of a business that would be interested.

It's not Festival time but there's a lot of activity going on in the SAC kitchen...

Don't know what to do for dinner? Come see what Chef Rafael is cooking. Chef conveniently packages his healthy and delicious meals "to go" at an extremely reasonable price.

Chef Gretchen will be using the kitchen for her wholesale food prep business. In addition, a food truck service will be using the SAC kitchen to prep its meals for the day.

Two new group classes have been getting tremendous participation. Feedback has been phenomenal from its participants. Jon teaches a High Intensity Interval Training (HIIT) class on Tuesday nights and Jacquan adds his expertise on Thursday nights for training and toning. Both class start at 6pm.

Not a member yet? Come and take a tour to see all that SAC has to offer and the amazing updates that have taken place.

Already a member? Did you know you could earn a FREE month simply by referring a prospective new member to us? If that prospect joins, you get a FREE month of membership. No limit to FREE months! Contact: Jeff Kaminski, jeff@sacteam.com





Vasilli Kelesidis looks to move the ball up-court during the thrilling championship game of our JV boys basketball team. Feb 25



Congrats to the Champs! The JV boys team with coaches John Skoparantz (right) and Paul Poulos (left) gather for a picture after their victory at home on Sunday, Feb 25

## PARISH NEWS

### *Special Acknowledgement*

Congratulations to James Pease and his teammates from Stamford High for being selected for NASA's Student Spaceflight Experiment Program! The competition allowed high school students across the country to propose experiments, which they designed, to be conducted aboard the International Space Station(ISS). Out of hundreds of submissions from high schools and universities alike, Stamford High's submission was selected as a winning proposal and is destined to travel beyond Earth. James is a part of the 13-person team of Juniors and Seniors. Now they are raising funds with the hopes to travel to the Smithsonian National Air and Space Museum in Washington, DC this July to present their findings to a conference of in addition to traveling to see the launch of the SpaceX Falcon 9 rocket at Cape Canaveral. (<https://www.gofundme.com/NasaStudents>)



# 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, 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.

## Original Phase

|   |                 |
|---|-----------------|
| Total Pledges, gifts, and other contributions   | \$ 2,208,280.00 |
| Total Cash Received                             | 2,132,219.06    |
| Pledge Payments received since 20 December 2017 | 33,865.00       |
| Total Pledges/Contributors                      | 160             |

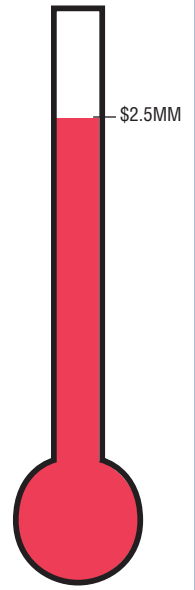
## Reopened Phase

|   |               |
|---|---------------|
| Total Pledges (confirmed), gifts, and other contributions | \$ 546,185.00 |
| Total unconfirmed pledges                                 | 150,000.00    |
| Total Cash Received                                       | 292,437.52    |
| Total Pledges/Contributors                                | 20            |
| Total First Time Pledges (included above)                 | 5             |

## Expenses:

|              |              |
|--------------|--------------|
| Solicitation | \$ 36,234.22 |
| Salaries     | 117,534.32   |
| Furniture    | 12,396.67    |
| Architects   | 238,520.26   |
| Gala         | 34,069.99    |
| Contractors  | 340,813.08   |

## OUR GOAL



## The Contributors (as of February 20, 2018):

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