



# The Herald

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

APRIL 2018

## Freedom & Joy

In the book, *The Flight of Ikaros*, the true story is told of Fr. Stavros, a priest in Greece who suffered through extreme tragedy during World War II: the German army killed his two eldest sons for their resistance; his wife died from starvation; Communists brutally murdered his pregnant daughter with her infant son; others burnt down his home. Those who committed these last crimes were actually fellow villagers whom Fr. Stavros knew only too well and whom he continued to encounter every day of his life after all the fighting stopped. "I wonder how he has not gone mad," one of them said to Kevin Andrews, the author who was writing in 1949. "I tell them to forgive," said Fr. Stavros, "and that there exists no other way." But most were not interested in anything the priest had to say. Villagers routinely made fun of him. However, the only surviving son was not laughing when he said about his father, "He is free because he forgives."

*The straight and narrow way of freedom only comes through forgiveness which is supremely poured out upon every undeserving person through the Cross.*

Holding on – to complaints, animosities, tragedies, and prejudices – actually enslaves us in bitterness, blocks the healing of our heart, and constricts our ability to become fully human. We don't realize that we walk around with invisible chains that limit our love for God, self and others.

In another true story, a small band of women one day intended to pay their final respects to an innocent man who had been executed unjustly a few days before by the government. Instead, when they reached the place of burial, they discovered something that changed their lives forever, so "they departed quickly from the tomb with fear and great joy and ran to tell his disciples" that Jesus was risen from the dead. On Easter morning, Mary Magdalene and the other Myrrhbearers bumped up against the inevitable fruit of forgiveness that Fr. Stavros so amazingly showed to his fellow villagers: *freedom through the Cross leads to the awesome joy of bodily Resurrection.*

Freedom & joy: two unmistakable signs of the living presence of our Lord upon this earth today through all who truly reflect such forgiveness – even in the face of violence, immorality and injustice – along with deep joy – even in the presence of great loss, pain and suffering.

When I was growing up, it was easy for me and my buddies to think about Christian life as something that restricts our fun – rules like "do this" or "don't do that." How much we preferred to sleep in or play on Sunday morning instead of going to church. Eat a hot dog in Lent rather than another bowl of bean soup. Gossip about other people rather than read the Gospel of Jesus Christ.

How many of us think of freedom when we enter Holy Week? That, through the suffering and death of Jesus so magnificently explored in our worship services, we are released from anything and everything that this world throws at us to stifle our development? That sharing such unconditional forgiveness with others is *the only way* to transcend our own suffering, even if we have never gone through as much as Fr. Stavros did?

How many of us think of Easter as the unexpected experience of unbounded joy that embraces all of our own experiences of loss, suffering, and death itself? That this joy can actually give new meaning to our boredom, failures, and struggles?

Freedom and joy. Two things we are about to pray, hear, and explore during Holy Week and the 40-day period of Easter.

Fr. Stavros and Mary Magdalene. Two people who powerfully reflected Christ, the Perfect God-Man who liberates and propels us forward.

You and I: now invited to experience freedom and joy once again, and then turn around and share this with everyone around us.

Blessed Holy Week! Καλη Ανασταση!

– Fr. Harry

## CHURCH OF THE ARCHANGELS CAPITAL CAMPAIGN

*"Come let us  
rebuild"*



Church of  
the Archangels  
Capital Campaign

"Come let us rebuild"

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

Mail checks to 1527 Bedford Street, Stamford, CT 06905

For more information, call 203-348-4216 or visit  
[www.archangelsgoc.org](http://www.archangelsgoc.org)

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## PARISH COUNCIL

### ***Parish Council***

The Parish Council focuses on more than just the business affairs of the church. The Council serves. At this time of year our members can be seen serving as ushers throughout Great Lent, assisting ministries with their work, plaiting palms, cleaning the church, preparing for Holy Week, assisting the children's Good Friday retreat, and offering the meal after Easter vigil. We are all volunteers, honored to serve. We wish everyone KALI ANASTASI as we head into the holiest week of the year. Contact: jason.konidaris@yale.edu

### ***New 2018 Stewards (February 17, 2018 – March 19, 2018)***

Aloupis, Christos V / Bakes, George G	Kelesidis, Evangelia / William
Athanasiadis, Pantelis	Massos, Ellie S
Constantine, Elissavet S / Muraskin,	Medow, Lea V / Eric C
Craig D	Papadopoulos, Cleopatra / Petros
Georgeou, Steven G	Sentementes, Penelope J / Aristotle /
Helms, Susan P / Theodore M	Alan
Kanos, Elaine C / Christopher	Stamatelos, Constantinos
Karlis, Vasiliki Dr. / Petrotos,	Vanech, Dena
Athanassios	Varunes, Barbara / Altamura, Denise

### ***Master Planning***

Part 2 Update - Our architect has incorporated our most recent adjustments into proposed drawings. We intend to display new large-scale renderings to the community on Palm Sunday. This is an exciting time to be able to share the updated vision with parishioners. That vision would renew all of our 1st floor interior spaces, repurpose square footage in ways more adaptive to current times, and tie in our exterior and our entrances in a very welcoming manner. We expect to move on to construction re-bidding in April, inviting up to 5 contractors to bid on this work. We are grateful for your continued support in this work; work that will serve us, our children, and our children's children. Contact: jason.konidaris@yale.edu

### ***Capital Campaign***

Responses to my letter of appeal for stage II of the campaign have begun to filter in. Since last month, eight new pledges or contributions have been received, two of them from first time donors to the Campaign. Thank you very much. At the same time, pledges outstanding for Phase I of the Campaign continue to be honored on a timely basis. The Campaign is deeply appreciative of your continued goodwill and support.

This month the Master Planning Committee will be finalizing drawings and specifications and submitting them to contractors for bids. The intention is to commence actual demolition in the 1st floor spaces in early June. In that context, the early success of Phase II of the Campaign becomes important. Please review the materials we sent you and send us back your pledge in the near future. Ideally, the Campaign would welcome pledges spread over a three-year period. No funds need be paid right away with the pledge. Alternatively, a donor could add one or two years to an existing pledge. And, of course, one-time

contributions are always appreciated. 160 families have participated in Phase I of the Campaign. That represents a little over 50% of Archangels households. It is our hope that, when all is said and done, at least 250 families in total will have contributed to the Campaign.

It will be a great help with the planning to have some idea in the near future of the potential flow of funds over the next three years. You have all been outstanding in your support for the first phase of the Campaign. I am sure you will respond equally enthusiastically in helping us attain our goals in this second phase. Thank you in anticipation for your support and help. Contact: Elias N. Kulukundis, enek@erols.com

### ***Buildings & Grounds***

A new hung ceiling has been installed outside the entry to SAC's men's locker room. This completes aesthetic and structural repairs emanating from prior water leaks. We are happy to be putting this issue to rest. We are initiating the process of steam cleaning the women's locker room carpeting. Modifications were made to the Church's boiler and domestic hot water heater, as recommended by our insurance company and Aquarian Water. We have taken measures to make our parking lot more secure, by adding lighting and video monitoring. This work is near completion and should deter undesirable situations. We have also requested that the apartment complex adjoining the eastern edge of our lot repair all gaps in their fence line. On March 14th B&G performed inspection at the SAC where the building abuts Atria's to the north. Rainwater has been penetrating Atria's courtyard, depositing water into our gym and festival storage area. We will continue exploratory work, along with Atria, to find a solution. We also reviewed various roof areas in need of replacement. Finally, we have created a new tracking list of work items to be prioritized going forward. Contact: Peter Licopantis, pglydl3@optonline.net



Master cabinet maker Dennis Koukourakis re-cycles unused wood from a pew to make a beautiful new railing in the church loft. (Mar. 6)

## MINISTRIES



His Grace Bishop Sevastianos (center), with Fr. Harry (right), Fr. Evan (left), and altar servers flanking, leads Divine Liturgy for the Feast of Annunciation at our sister parish. (Mar. 25)



Members of our choir fill the sacred church space with melodious song during the Annunciation Liturgy at Annunciation. (Mar. 25)

### ***Sacrament of Confession***

Recommended article to learn and prepare for this is “Confession, the Healing Sacrament” by Jim Forest (copies available in magazine rack outside office). The Sacrament includes a brief prayer service before the icon of Christ in Church, the actual confession while seated in the front pew facing Christ, and a final prayer of forgiveness. Fr. Harry will be available by appointment, or after certain worship services (see the calendar). Fr. George is also available. Contact: Fr. Harry [hpappas@svots.edu](mailto:hpappas@svots.edu) or 203-348-4216.

### ***Pastoral Visits to Shut-Ins***

Fr. Harry and a few members of the Philoptochos are visiting shut-ins to share God’s love and the care of our parish for them during this sacred season. They will offer prayer, fellowship, and a loaf of sweet bread (tsoureki). There currently are 40 members on the list. Feel free to contact the office to request a visit for someone you know: Ritta 203-348-4216.

### ***HOLY WEEK: April 1 – April 8***

***Our schedule of worship and ministry involves:***

- Saturday of Lazarus, March 31: Public Preparation of the Gifts at 9 am & Teaching Divine Liturgy at 9:30 am on the Solea. Afterward we welcome families and grown-ups to help clean, polish, plait palms and prepare for Palm Sunday. Lunch is provided, and Sacrament of Confession is available.
- Palm Sunday worship per the normal schedule, including children’s procession of palms
- Bridegroom Orthros at 7 pm on Sunday, Monday, and Tuesday evenings

- Holy Wednesday – Holy Unction at 4 pm (especially for all school age children), and Orthros of the Last Supper at 7 pm (includes anointing with Holy Unction)
- Holy Thursday – Liturgy of the Last Supper 6:30 am (before school and work); Orthros of the Passion 7 pm (with reading of the 12 Gospels)
- Holy Friday – Royal Hours 9 am; Children’s Retreat begins with 9th Hour worship at 10 am, followed by Stations, Activities & Decoration of Funeral Canopy (Kouvouklion) & Lunch. Children’s Retreat concludes with Vespers of Descent from the Cross at 1 pm (with children participating); Orthros of Praises before the Symbolic Tomb of Christ (Kouvouklion) 7 pm, with outdoor procession (weather permitting)
- Holy Saturday – 1st Resurrection Liturgy 9 am; Vigil for Pascha 11:30 pm; Resurrection Service 12 midnight; Orthros of Pascha 12:20 am; Liturgy of Pascha 1 am; Paschal Reception 2:15 am
- Pascha/Easter Sunday – Agape Vespers 11 am; Easter Egg Hunt for children 11:45 am

### ***Readers for Holy Week***

Adults, older altar boys and Handmaiden girls (ages 12 & up) are welcome to assist with the reading of Prayers, Psalms, Old Testament passages & New Testament epistles during Holy Week. Contact: Steve Sarigianis [steve@archangelsgoc.org](mailto:steve@archangelsgoc.org) 203-348-4216





Our GOYA gathers in a large room at the MET Cloisters (upper Manhattan) at the beginning of the annual GOYA DAD Scavenger Hunt. (Mar. 17)



Right to left: John and Marina Mirianthopoulos, Matthew Poulos, Lucas Giantomidis, Paul Poulos, Nicholas Seitaridis, Vasili Kelesidis, Christopher Otis, Peter and George Gabriel, and Alexis Morgan, stand in the Cloisters hallway. (Mar. 17)

### *Prayer of the Month*

At Holy Wednesday Orthros we remember the Mystical (or Last) Supper when our Lord was with the 12 Apostles to celebrate a sacred meal before the Jewish Passover. This includes Jesus' humility in taking the role of a slave to wash their feet, his transformation of the Passover meal into the Eucharist that we celebrate at every Liturgy, his powerful & agonizing prayer in Garden of Gethsemane, and his betrayal by Judas. Here is the dismissal hymn (Τροπάριον) of the day:

Ὅτε οἱ ἔνδοξοι Μαθηταί, ἐν τῷ νιπτῆρι τοῦ Δείπνου ἐφωτίζοντο, τότε Ἰούδας ὁ δυσσεβής, φιλαργυρίαν νοσήσας ἐσκοτίζετο, καὶ ἀνόμοις κριταῖς, σὲ τὸν δίκαιον Κριτὴν παραδίδωσι. Βλέπε χρημάτων ἐραστά, τὸν διὰ ταῦτα ἀγχόνῃ χρησάμενον, φεῦγε ἀκόρεστον ψυχὴν τὴν Διδασκάλῳ τοιαῦτα τολμήσασαν. Ὁ περὶ πάντας ἀγαθός, Κύριε δόξα σοι.

While the glorious Disciples were being illumined at the washing of the feet during the Supper, then, too, did Judas the ungodly one, succumb to darkness, being sick with avarice. And he delivered you, the righteous Judge, to lawless judges. Look here, O lover of money, and see the one who for money's sake hanged himself. Flee from the greed that made him dare commit such a deed against the Teacher. O Lord benevolent to all, glory to you! Notice how we are challenged to examine our own desires for

more than we need in this world (avarice or greed), along with our obsession with money. All we need to do is turn to Christ who loves us more than we could ever imagine to lift such temptations and bring light to our souls. Indeed, some of the hymns we will hear on Holy Thursday night at the Passion Service making a striking claim: if only Judas would have admitted his grave sin to Jesus, he would have been completely

### *Did you know?*

Reserved Holy Unction from the service on Holy Wednesday for many years was provided for anyone to take home on a Q-tip. However, Archbishop Demetrios ended this widespread practice about 8 years ago. Why? Simply put: out of reverence for the sacredness of Holy Unction. Just like any other Sacrament – most especially reserved Holy Communion – only the ordained clergy are permitted to distribute Holy Unction (or Holy Communion) to those who cannot attend worship at church, such as the elderly who are too weak, along with the sick & shut-ins. Trained and appointed bishops, priests and deacons know how to lead prayer, offer Scripture, and provide the Sacraments. Note that Holy Water, blessed at Theophany on January 6 (and at other times of the year), along with antidoron (blessed bread from Liturgy) are not considered as sacred as Holy Unction and so the faithful are permitted to extra to their home or place of work.

**SAVE THE DATE**

*Children's  
Good Friday Retreat*

**April 6th at 10am–2pm**

Worship, Stations, Activities, Lunch

*Save the Date!*

**Come join us for our next  
Family Gym & Game Night**

Saturday, April 21st, starting at 5pm  
at our Cultural Center Gym

Board games, organized gym games, coloring/craft supplies, foosball and more; Dinner also provided for a free-will donation



Kali Parea Seniors group meets in the hall for their monthly luncheon meeting (Mar. 8)



President Pam Koutroubis leads the group in singing "Happy Birthday" for all those with February birthdays. (Mar. 8)

### ***Adult Education***

- Spiritual Growth Committee, from our Leadership Retreat in January, will meet on Fri, April 20, 3 pm to strategize further short and long-term goals for adult education in the Orthodox faith.
- Bible Study on the Old Testament Prophets will resume after Easter on Monday evenings, beginning April 16, at 7:15 pm with Compline. We will continue with the Prophet Jeremiah – start reading this amazing book of Scripture to get the broader picture.
- Men's Koinonia will meet on Thu, April 19, 7 pm in the Library. Nick Chivily proposes that we read and discuss the article, "Deaconesses and the Camel's Nose," by Paul Ladouceur that was published in the blog "Public Orthodoxy" that two Greek Orthodox theologians who teach at Fordham organized recently (publicorthodoxy.org).
- Visit to Temple Sinai for Sabbath Service 7:30 pm, Friday, April 27: in response to the visit of 16 adult members of Temple Sinai with their Rabbi, Jay TelRav, to our parish in January, a group from our church will visit them as well and have a conversation with the Rabbi afterwards. This service will be evening worship that includes a Torah reading and a couple of 83-year olds who will celebrate their "2nd bar mitzvah" (the traditional Jewish rite of passage for children to begin taking responsibility for their faith). Contact: Fr. Harry
- Marriage Classes for those who wish to learn more about Christian marriage along with those who are preparing for their wedding this year: Sunday, April 29 & May 20, 3-5 pm in the Library. Contact: Fr. Harry
- Ecumenical Grief Support for seven Tuesdays, beginning April 10, from 6-7:30 pm, led by Rev. ReBecca Sala, Pastoral Supervisor for Stamford Hospital. Location: Tully Health Center, 32 Strawberry Hill Court, Conference Room A.

### ***1-Year Memorial for Jane Vorvis***

On Sunday, April 22, we will celebrate the 1-year Memorial for our beloved, ever-memorable Jane Vorvis, long time Administrator of our parish who fell asleep in the Lord during Holy Week last year. The Parish Council will host a catered lunch of Jane's favorite meal for everyone: Greek Style chicken and all the traditional trimmings. RSVP with Ritta in the office – ritta@archangelsgoc.org or 203-348-4216. Note: this day we will also commemorate Helen Demetros, whose free will stewardship in this parish spanned decades and included almost everything except leading worship.

### ***Greek Independence Day Parade***

The annual parade in New York City will take place on Sunday, April 22, at 1:30 pm, and travel up 5th Avenue. Typically, this event takes place later than March 25 in order to take advantage of fairer weather. If you are unable to attend, you can see live television coverage.

## **Mother's Day Luncheon**

**Saturday, April 28th  
12:00 Noon**

*Hosted by Ladies Philoptochos Society*

Madonia Restaurant, 1297 Long Ridge Rd., Stamford  
\$45pp includes appetizers, salad, entrée choice & dessert

RSVP by April 23 to Cindy Mixcus, 203-461-3701, or  
Pauline Galuris, 203-912-8639







Father Harry praying the "pre-confession" prayers with the Little Angels children after Liturgy the as part of the Church School Program on the Sacrament of Confession (Mar. 4).



Fr. Harry blesses older children of Church School with his 'stole' (neck worn vestment) following pre-confession prayers after Liturgy (Mar. 11)

### ***Worship After Easter***

- Feast of the Life-Giving Font (Zoodochos Peghe) on Friday, April 13: Paschal Hours 9:15 am, Liturgy 9:30 am
- Hughes Baptism – Saturday, April 14, 10 am
- Kakalettris Baptism – Sunday, April 15, 3 pm
- Feast of St. George, patronal Saint of St. George Church in Norwalk:
  - ‡ Sunday, April 22, Vespers 7 pm @ Norwalk; Reception follows
  - ‡ Monday, April 23: Orthros 8:30 am & Liturgy 10 am @ Norwalk; Reception follows

### ***Kali Parea Seniors***

The Seniors had a good showing for the first Thursday meeting of the year on March 8. We enjoyed a wonderful Lenten catered lunch from Kathy Moschos (Patio Café @ Govt Center): salad, fasolatha (white bean soup), and cheese-less spanakopita. Fr. Harry spoke about Great Lent and made a few pointed notes about the Sacrament of Confession. Afterward we celebrated the February birthdays and enjoyed a range of delicious desserts. Of course no Kali Parea meeting would be complete without an abundant amount of time for kali pareia... good company!

Come join us one and all at our next meeting on Thursday, April 12 in the church hall! Contact: Pam Koutroubis, pamelak2145@gmail.com

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

Thank you to everyone who baked and supported the annual Palm Sunday Bread and Bake sales and to Marion Vanson, who chaired and coordinated both. Proceeds will enable our Philoptochos chapter to support worthy charities. At our March 6 meeting, we were joined by representatives from the Bridgeport Rescue Mission and St. Michael's Home, two of the charities

supported by Turkey Bingo proceeds, who shared information about their services. Members also approved donations to the Hellenic Center, Holy Cross Seminary, and St. Michael's Home. Thanks to the support of members and parishioners, \$350 in gift cards was donated to a monastery on Long Island for support of women who have been trafficked and \$100 was raised on Heart Sunday to support Stamford Hospital's Cardiac Unit. The annual Mother's Day luncheon will take place on Saturday, April 28th, at Madonia's Restaurant. The cost is \$45 per person. Everyone is welcome. Bring your mothers, daughters, aunts, godmothers, nieces, grandmothers, and friends!! Be on the lookout for invitations. Reminder: Please support our Chapter, District and National Philoptochos through your Membership Dues. The cost is \$35 or \$25 for seniors. The next chapter meeting is Tuesday, April 10th at 7pm in the church hall, a week later than normal due to Holy Week. Please join us! Contact: Eugenia Zavras, etz124@yahoo.com

### ***Church School***

The Church School program is excitedly preparing for our Children's Good Friday Retreat that will be held on Friday, April 6th from 10am-2pm. This is our most anticipated event of the year with participation climbing rapidly each year! Stations for this year include: (1) The Epitaphion (2) My Body a Temple of

## **SIGN UP FOR PROJECT MEXICO 2018!**

We still have 6 spots open on our cross-cultural  
home-building mission team

**JULY 6-12, 2018**

For anyone with questions, or if you are interested  
in participating, please contact Steve, 203-623-5896



His Eminence Archbishop Demetrios (standing at left) offers introductory remarks at the 2018 DAD Clergy Laity Assembly at Archangel Michael in Port Washington, Long Island. (Mar. 10)

Christ (3) Jesus in the Garden and (4) Blood Red Eggs. Each station holds a brief mini lesson, a hands-on activity for children, as well as a small gift to remind each child of the lesson of the day. If you have yet to do so, please register your child here: <https://goo.gl/forms/rBha2UOFB5gRRzCX2> (so we can properly purchase materials and gifts.) Following the program, we will all then share in a Lenten meal together and next proceed to the beautiful service of Apokathelosis in which children will help Father Harry take Jesus' body of the cross and wrap him in white linen--a most sacred activity. Wishing all families a Blessed Holy Week and Blessed Resurrection! Contact: Dr. Evelyn Biliadis Lolis, [ebiliadis@aol.com](mailto:ebiliadis@aol.com)

### ***Greek School***

A special assembly took place with our Archangels Greek School for Greek Independence Day, a national holiday celebrated annually in Greece on March 25th which commemorates the start of the War for Greek Independence in 1821. It coincides with the Greek Orthodox Church's celebration of the Annunciation to the Theotokos, when the Archangel Gabriel appeared to Mary and announced to her that she would bear the Son of God.

Freedom or Death (Ελευθερία ή θάνατος). These are the first words that come to the mind of every Greek at the sound of this date. Our teachers had the opportunity to explain our Greek students the reason of the revolution, along with some of the most important events which took place that time, and to present the Heroes of 1821. The message of the Hellenic spirit of Freedom, Integrity and Democracy was impressed on our students, to whom we stressed the need not only to preserve these values but also to renew and refresh them in our time. A video of the Zalongo Dance legend was presented as a great example of the bravery and heroism of the Greek women who preferred to throw themselves and their children off a steep cliff rather than be captured and enslaved.

The assembly closed with a short play of the Evangelismos tis Theotokou (Annunciation) by Deena Amanatides and Antonio



The GOYA takes a group picture after successfully 'escaping' from the difficult trap rooms of the 'Deadlocked Escape Rooms' venue in Stamford. (Mar. 24)

Luongo in the roles of Virgin Mary and the Archangel Gabriel. All students applauded them with enthusiasm. Following the assembly, a wonderful reception took place with Lenten foods, a delicious Greek Flag cake and amazing crafts, courtesy of our Greek PTO. It was attended by students, teachers and families.

**«Θέλει αρετήν και τόλμην η ελευθερία» (Freedom takes boldness and virtue) (A. Kalvos)**

Contact: Anna Lempesi, [ann.lempesi@gmail.com](mailto:ann.lempesi@gmail.com)

### ***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.

#### ***Malta House Charity Drive:***

Little Angels is currently holding a Household Goods Drive to benefit Malta House in Norwalk, CT during Lent (through the end of April). A donation box is set up outside Steve's office for cleaning and kitchen supplies. See the flyer sent via email for their wish list. Please encourage your children to participate by including them in the event and explaining the purpose of donating items during the Lenten season!

#### ***Spring Craft:***

On Sunday, May 6th, Little Angels will sponsor a Spring Gardening Craft during Coffee Hour! The children will be invited to decorate a small flower pot and plant seeds. There will also be a yummy treat! We can't wait to see you!

#### ***Mom's Night Out & Planning Meeting:***

On Friday, June 1, Little Angels will host a Mom's Night Out to celebrate the end of the church school year. We will review the year's activities and discuss next year's calendar over dinner. Look for an email closer to the date with the time and location. We look forward to seeing everyone!

Contact: Vasso Spanos ([bkarachris@gmail.com](mailto:bkarachris@gmail.com)) or Rachel Jones ([racheljones.cpa@gmail.com](mailto:racheljones.cpa@gmail.com))





The children of Preschool work on their letters, utilizing myriad colors and easel space. (Mar. 19)

## HOPE/JOY

Hope & Joy will continue the annual tradition of service during Lenten season at the Lower Fairfield County Food Bank on Wednesday, April 4th at 3pm. Executive director Kate Lombardo will speak about the importance of donation and invite the children to participate and see firsthand where their food donation goes and how it is distributed. In the past, our church has been the largest contributor to the facility.

[www.foodbanklfc.org](http://www.foodbanklfc.org). Parishioners will then return to the Archangels Church for the 4PM Holy Unction service.

Holy Unction provides both physical & spiritual healing with holy oil blessed by the Holy Spirit. Contact: Ruth Diamond, [rh67@cornell.edu](mailto:rh67@cornell.edu)

## GOYA

GOYA has been very active since March began. On Sunday, March 4, the monthly meeting was held in the hall after Liturgy. Matthew Poulos (Secretary) did a fantastic job leading and working us through the agenda. It was a warm spirited gathering with over 15 in attendance. Fr. Harry and Steve led an open discussion on Lent and Confession that brought many good thoughts to the table.



Sebastian Jones and Theodora Spanos singing in the Toddler Sunday school class. (Mar. 4)



Preschool children chat with Joe, our new Sexton, during recess. (Mar. 19)

On Saturday, March 11, GOYA took a trip to the MET Cloisters in upper Manhattan to participate in the annual DAD Scavenger Hunt. For two hours our teens searched diligently for clues to difficult questions about the displays of art, architecture, and gardens of medieval Europe found at the Cloisters. The entire group of 100 teens and adults reconvened at St. Spyridon's Greek Orthodox Church nearby for a simple yet tasty Lenten meal. No first place finish for Stamford this year, but there is always next!

On Saturday, March 24, GOYA took on another mental and physical challenge when visiting "Deadlocked Escape Rooms" on Hope Street. Our two groups of 8 were tasked with 'escaping' from two respective rooms with two intriguing (fictitious) scenarios within exactly 60 minutes. The teens searched for clues, did mental math, opened chests and locks, and worked together to get out before getting 'caught'! It was a great experience enjoyed by all; and yes, everyone made it out... with minutes to spare.

Here is our April calendar at a glance:

- **Lazarus Saturday, Mar 31 – Saturday of Lazarus Cleaning,** 10:30am-2pm; also an opportunity for Confession w/ Fr. Harry



The Greek School PTO sells colorful Easter Lambathes (candles) outside the main office during Lent and Holy Week. (Mar. 19)





Following the formal program, students, teachers and families socialize and enjoy dinner and festive desert in the hall. (Mar. 19)

- **Palm Sunday, April 1** – *Presentation of Check to IOCC* (from Discount Card Fundraiser) & *Monthly Meeting* in library at coffee hour.
- **Holy Week, April 1-8** – *opportunities to read psalms during services* and *assist with Good Friday Retreat* (April 6); contact Steve
- **TBA April** – *Volunteer visit to Stamford Hospital* to work with pediatric patients; more info coming

Also, please take note of the following two summer offerings for teens:

- ✠ **Camp Saint Paul:** dynamic summer camping ministry located on Lake Bantam in nonwestern CT. Registration still open Week 4 (July 16-22) & Week 5 (July 23-29). For more info visit: [www.campsaintpaul.org/](http://www.campsaintpaul.org/)
- ✠ **Project Mexico:** home-building mission trip to Rosarito, Mexico for teens & adults. Incredible cross-cultural opportunity for teens and adults. July 6-12. Contact Steve

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

### Young Adults

On Friday, March 10, four young adults enjoyed prayers at Salutations and bite to eat at Coal House Pizza. It has been several months since this group had a rendezvous but resolved to continue monthly meetings. Current activities on the horizon are: assistance with services throughout Holy Week (April 1-8) and help with the children's Good Friday retreat (April 6). Please contact Steve if you are interested in joining us: 203-623-586 or [sjsarge@gmail.com](mailto:sjsarge@gmail.com)

### Athletics

The CEOVL season has come to a conclusion with our Varsity girls taking 2nd place over all! Congratulations to the girls and their coaches - John Skoparantzios and Hannah Pappas - for their leadership this year. God willing, next year we will take home the title!



The GOYA stops for a picture after their March meeting concludes. (Mar. 3)

The boys basketball team played against the JV Division "All-Stars" on Sunday March 18 in Bridgeport and won by 1-point. Afterward they received their 1st place trophies during the annual Awards Ceremony. (Team trophy on display in glass case in the Cultural Center lobby.)

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

### IOCC

IOCC Sunday 2018 has been scheduled for Sunday, May 6th. We look forward to hosting IOCC Development Officer Lou Zagami on that day, who will offer the homily and will be at coffee hour to interact with parishioners. The evening prior, we will look to host an informal gathering at the church with Lou in which to learn more about IOCC's work nationally and internationally, and enjoy fellowship. Stay tuned in for more info. Contact: Tim Hartch, [timhartch1@outlook.com](mailto:timhartch1@outlook.com)



### Project Mexico Mission Trip

This July 6-12 our church is hoping to send a team of 10 teens and adults on a cross-cultural mission trip to Project Mexico. For over 25 years, this Orthodox 501c3 has operated a home building program which constructs weatherproof homes for Mexican families in need, all with volunteer labor. This will be the first time parishioners from Archangels make the journey to Rosarito (just south of San Diego), joining 100 other Orthodox youth and adults from around the country for an incredible one



Players and coaches of the Stamford United varsity girls' volleyball team take a picture at the close of the season; Archangels coaches John Skoparantzios and Hannah Pappas at right. (Mar. 18)



Boys of the JV basketball team hold their 1st place trophies at the CEOBL Awards Ceremony at Holy Trinity gym in Bridgeport. (Mar. 17)

week experience. Our primary goal will be to help construct a home for a needy family, but we will also spend time with teenage orphans at the St. Innocent home, and spend time with the local people.

We still have 6 spots available on our team, but the time to register is closing fast! This is a unique opportunity to deepen faith, explore culture, serve Christ & His Church, build lasting friendships, and make a difference for a family in need. As with any Orthodox mission trip, participants are required to raise their own funds. The total cost per person for this mission trip is \$1,200: \$600 participation cost, \$500 travel expenses, and \$100 spending/misc. Would you prayerfully consider joining the group this summer, and or becoming a spiritual and financial partner with us on our mission? Thank you in advance for helping our church fulfil its part in our Lord's global mission and outreach!

You can learn more about Project Mexico by contacting Steve (team leader): 203-623-5896 or by visiting their website: [www.projectmexico.org](http://www.projectmexico.org).

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

We have so much going on at SAC, it is hard to fit all of it into this article, but we will try. Please contact us or walk over to our front desk - we would love to tell you more about the wonderful things planned for April.

We are planning a Pinot & Palette event at SAC this April. You may be familiar with these events held at Pinot & Palette's Stamford location and numerous sites throughout the country. Picture dabbling in easels, paints and canvas, while being treated to snacks and beverages. This will be a great social event and you will go home with a painting you made! Stay tuned for date and time.

Scuba classes are coming to SAC – run by a local Stamford scuba operator. A FREE scuba event is in the works for Saturday, April 14 at 5pm. This event will be open to all Church members.

Come check out the work that has been done to the basketball court. We have re-sealed the wood flooring and re-painted the athletic lines. It has a crisper look and feel to it. Due to popularity, Jhonnatan will be adding yet another group class on Friday nights. This will be a very popular class called Tabata, where you are pushed for 20 seconds of a max training exercise followed by a 10 second rest period. You can get a full and exhilarating exercise session in a short time period. It is perfect for those of us with limited time to get a great workout in.

Our Fitbit challenge that includes FREE gift certificates to various winners will conclude at SAC during April. The Grand Prize winner will be awarded a new FitBit watch! Email [markj@sacteam.com](mailto:markj@sacteam.com) for more information.

Several cooks are utilizing the SAC kitchen and we all are the beneficiaries. Chef Rafael now offers his nutritious meals to go for both SAC members and Church members. Also, Chef Gretchen posts her specials at front desk most days of the week. They may include bouillabaisse soups, fresh-made guacamole, jambalaya and more. All items are affordably offered while supplies last. A food truck business also has made the SAC kitchen its home to prep meals for the day before heading out to its various locations. It delivers breakfast and lunch items.

We continue to provide personal training, swim lessons, basketball lessons, dance lessons, specialized high-intensity Zumba classes, Mommy & Me classes and so much more. Whatever you are interested in, we will try to provide for you. Stop by today!

Contact: Jeff Kaminski, [jeff@sacteam.com](mailto:jeff@sacteam.com)



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## PARISH NEWS

### *Births*

**Hunter Teddy Landry** on March 6 –  
second child of Tom and Nicole

**Vittoria Anastasia Aivalis** on March 28 –  
second child of Dean and Stefanie Aivalis



Pam Koutroubis beautifully decorates the icon of the Virgin Mary with Christ child for the Akathist Service on the 5th Friday during Lent. (Mar. 23)



Archangels and Annunciation Greek School children wear traditional outfits and wave Greek Flags festively during the Flag Raising Ceremony outside Annunciation church. (Mar. 25)



Dr. George Melikokis, MC of the joint March 25 Program, offers a few introductory words before a crowd of over 225. (Mar. 25)

# 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.

## Phase I

Total Pledges, gifts, and other contributions	\$ 2,208,280.00
Total Cash Received	2,178,882.37
Pledge Payments received since 20 January 2018	48,533.33
Total Pledges/Contributors	160

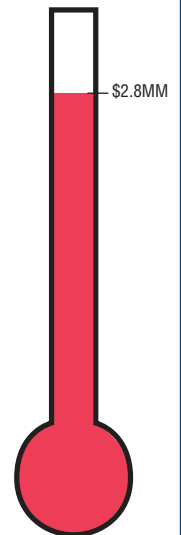
## Phase II

Total Pledges (confirmed), gifts, and other contributions	\$ 613,185.00
Total unconfirmed pledges	100,000.00
Total Cash Received	299,712.52
Total Pledges/Contributors	28
Total First Time Pledges (included above)	7

## Expenses:

Solicitation	\$ 37,534.22
Salaries	117,534.32
Furniture	12,396.67
Architects	241,100.75
Gala	34,069.99
Contractors	555,304.74

## OUR GOAL



## The Contributors (as of March 16, 2018):

### PLEDGES

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