



The Herald

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

MARCH 2019

Ancient Wisdom for Today

Great Lent, 2019

Not long ago I encountered a young man of less than one year of marriage. He was beaming with joy and indicated that his satisfaction in life was 10 out of 10! This may work for young couples in the throes of early romance, but it is certainly not sustainable for the rest of us who've been around the block a lot more. Life is difficult, isn't it?

How can we navigate our way through intense relationships of family, dealing with friends, handling work, managing responsibilities, paying bills, tending investments, and keeping up with current events? What could be better even than the experience of those older and more experienced than we are?

There is a rich, deep wisdom in the Church through the centuries for dealing the ordinary tasks of daily life! How many of us are aware of this, much less have invested time and energy as adults to learn from a well-spring of insight beyond our families, education, mentors and popular personalities?

Such spiritual resources are found first in the person of those who have grown in Christ and who have advanced along the way of holiness – adults who are grounded in the life of the Church, whether elders (monks) or married persons of varying walks of life. Our own parish Retreat offers an opportunity to experience this, along the annual Retreat at New Skete Monastery in upstate New York.

The written resources are available to anyone virtually anywhere, and start with what are called the Wisdom books of the Bible, such as:

- Proverbs – the primer for educating children (and adults!): what to do and what to avoid (portions of this are actually read daily during Lent)
- Ecclesiastes – a sober look at the vanity of life that calls into question so much of what we take for granted

- Job – which probes the mystery of innocent suffering, the ready-made answers of well-meaning friends that are inadequate, and the agonizing struggle with God
- Song of Solomon – an erotic love poem that explores the power of passion not just between a man and woman in marriage, but even more importantly between Christ and us
- Esther – the farcical tale of life under threat of persecution that challenges believers to remain faithful to the Lord when social circumstances are threatening.

Indeed, Proverbs begins with a classic text: “The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.” “Fear of the Lord” is a technical expression in the Bible: it means to listen carefully to what God says (contained in the Bible!) and then to respond positively by putting into practice what we hear. Anyone who disregards this traditional discipline walks the path of folly in life, no matter how smart she or he is!

A small group from our church recently joined many more from Stamford churches & synagogues in the Interfaith Bible Study of books like these. Everyone found the presentations challenging and enriching. Such sacred literature rests upon the great acts and words of salvation in God and applies these to the mystery of living well before God in the everyday circumstances that we all face.

But the Orthodox Tradition, while founded in the Bible, does not stop there. The Holy Spirit has continued to breathe in the Church long after the Old Testament sages and New Testament apostles. Great masters of Christian life like the Anthony the Great and Maximos the Confessor were spiritual athletes, or ascetics, living deep lives of prayer, fasting, contemplation, manual labor, and great spiritual struggle. Some of their rich legacy is available in accessible books such as:

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the Archangels
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“Come let us rebuild”

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

- The Sayings of the Desert Fathers – a compendium of short sayings and stories from the earliest men (and women) who fled easy life in cities and towns to live radical lives of obedience
- The Philokalia: The Bible of Orthodox Spirituality, by Fr. Anthony Coniaris (Seminary classmate of Fr. George Poulos; a few copies are in our bookstore)
- A Beginner's Introduction to the Philokalia, also by Fr. Anthony Coniaris

The Philokalia is a 5-volume collection of deep insight on developing our internal life of prayer from the 4th-15th centuries. Because these texts can be so difficult to understand, the two books by Fr. Anthony are especially valuable.

Pastoral Question & Answer

Q: Who is our new Administrator and what is she supposed to do?

A: Moira Sawch is a married woman of Irish Catholic background, married and raising three teenage children (8th, 10th & 12th grade) in Stamford public schools. In addition to substantive professional work in office administration before dedicating herself to raising a family, Moira has extensive experience serving in voluntary capacities in the school system as President of the PTO and offering herself in many ways to assist the education of children. She will generally work Monday-Friday 9am-2pm and will be responsible for:

- Greeting: answering the phone, taking messages, engaging members, visitors and vendors who come by church on weekdays, securing the building whenever children are present (by monitoring who enters)

Great Lent lasts 40 days and represents a tithe of the whole year, or 10% of special devotion to paying particular attention to Christ in our daily life, seeking him in all things, and renewing our baptismal commitment. It is a great gift to us who are consumed with busy lives and many cares that easily leads to relegating God to the margins of life rather than recognizing God in the center! Wisdom – practical, down-to-earth, inspired reflection – is a grace-filled way for us to get back on track with Jesus, the source of new life that is available to all who believe here and now!

May this Lent bring you spiritual joy as you grow in wisdom!

– Fr. Harry

- Correspondence: writing letters or cards, typing bulletins & announcements, composing & responding to emails, distributing mail, paperwork with the Archdiocese
- Managing the office: files, records, registry books, copying, scanning, coordinating tasks with other staff and ministry leaders
- Church Community Builder (our administrative software): input & modify data for persons & families, ministry groups, calendar events, stewardship (time, talents & treasures)
- Learning the customs and practices of the Greek Orthodox Church: sacraments, funerals & memorials, the particular rhythm of our parish (feasts, fasts, celebrations, festival), and basic phrases in Greek
- Working closely with Fr. Harry and Steve while under the supervision of the Parish Council.

PARISH COUNCIL

Parish Council

Our parish council has met three times thus far in 2019. On January 20 following liturgy and the induction of the new parish council, we elected our new officers for 2019. The new officers are: Tim Hartch as President, Gigi Perimenis as Vice-President, Elias Lolis as Treasurer, and Georgia Man as Secretary. On January 22 and February 26 we held our regular monthly meetings where the council reviewed and discussed important reports on pastoral activities, youth ministries, finances, master planning, our capital campaign, and the cultural center. We are blessed to have 15 talented parishioners and Fr. Harry serving on the parish council and the entire council is committed to making certain that our many ministries flourish. Our meetings always include Steve Sarigianis, our Pastoral Assistant, and a few others who want to join us, especially Elian Kulukundis, chairman of the Capital Campaign and chair of the Foundation Fund.

In late 2017 the leadership of the Church adopted a new 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." I am very hopeful that our church community can continue to live up to this mission statement. When my wife Sophia and I moved from New York City to Greenwich 18 years ago, we selected the Church of the Archangels because several parishioners and staff members welcomed us on the day we visited. I would encourage all parishioners to attend liturgy regularly and to warmly welcome parishioners and newcomers with the love of Jesus Christ.

2019 promises to be a very exciting and important year. Our pastoral theme is "The Bible" and Fr. Harry has encouraged all of us to read, listen to, and study the Bible on a regular basis. In addition, we are aiming to complete the renovation of our Church building and finish our capital campaign. We are also very pleased to be back at full strength in our Church office with a part-time administrator and part-time financial bookkeeper as we head into Lent.

Lastly, the parish council welcomes input from all parishioners.

Please feel free to email or call us with any suggestions or questions. We will try to respond promptly. Contact: Tim Hartch, timhartch1@outlook.com

Treasurer's Report

The 2019 Operating Budget for the church proper was approved unanimously at the February 3, 2019 General Assembly. In addition, the report of the 2017 Audit Committee was approved. The Council has reviewed the report's recommendations and is in the process of implementing some of the items. The Parish Council is grateful to all who stayed after Liturgy. This month we will be working on finalizing the 2018 year-end figures. Contact: Elias Lolis, elolis@aol.com

2019 Stewardship – January 1 – February 28

Pledge Cards Received: 47

Amount Pledged: \$236,465

Adamis, George/Despina
Aravides, Angelo/Dena
Bakes, George/Martha
Begetis, Demetri/Connie
Cholakakis, Peter
Dafotits, Nick/Caroline
Damasus, Dr. Jim/Debbie
DeVito, Matthew/Maria
Diamond, Peter/Ruth
Georgeou, Steven/Tina
Haralabidis, Margaritta
Hartch, Tim/Sophia
Jones, Denton/Rachel
Kailas, Sergio/Maria
Karakadas, John/Olga
Kardaris, Maryanne
Khouri, George
Konidaris, Annie
Konidaris, Jason/Janie
Kulukundis, Natalie
Licopantis, Peter/Yolanda
Lolis, Elias/Dr. Evelyn
Magiacano, Marc/Maria

Marcarello, Jim/Kyriaki
Meadow, Eric/Lea
Nanos, Chris P. and Family
Nanos, Peter C.
Nikolis, Theofilos/Friderika
Paparis, George
Pappas, Fr. Harry/Kerry
Pasvankias, John/Megan
Perimenis, Georgette
Perkins, George/Jane
Poulos, Aris/Margaret
Shekhdar, Branka
Sierpina, Diane/Ted
Sotire, Aggie/Mollie
Spanos, James/Penny
Johnson, David
Stamatelos, Diane
Stergianis, Evans/Roula
Tsiralidis, Tom/Lisa
Valassis, Haralambos/Vasiliki
Vasil, Nadine
Vasily, Medina
Yoranidis, Kiriaki

Master Planning

There is visible change everywhere. Note the bay window to the Fellowship Hall as you approach the front of the property (see picture). Inside it is striking. The Hall is awash with natural daylight and a view toward our front lawn. The foyer between the Hall and the Church is currently being framed. It is warm, welcoming, and will be accessible to folks of all abilities. Hallways, office spaces, and the conference room have been sheet-rocked (see picture). The oversized nursery school classroom will have a retractable dividing wall, providing us with flexible square footage when needed. Electrical rough-in has begun slightly ahead of schedule. We expect ductwork installation to begin next week. It is incredibly rewarding to see the new layout taking shape. But there is still plenty of work to be done. We hope you continue to check the Herald and parish-wide emails for further construction updates and pictures. Remember, this is our building. This is our home. We are renewing it for the decades ahead. Again, we thank you for your support. Contact: jason.konidaris@yale.edu



The new bay window in the Fellowship Hall takes shape, allowing abundant natural light in and a direct view out toward our front lawn. (2/26/19)



Sheet-rocking takes places in new hallways, office spaces, and the conference room. (2/26/19)

Capital Campaign

DO YOU BELIEVE IN FAIRY GODMOTHERS?

I don't...Or I thought I didn't.

Nearly five years ago we set out with a goal to raise \$2.2 million. By April 2017, thanks to the generosity and goodwill of more than 150 of our members, we had reached that goal. What seemed impossible was accomplished.

Perhaps there was a Fairy Godmother who was looking after us.

As you are all aware, the goal we set five years ago proved insufficient in the fact and in February 2018, we had to reopen the Campaign with a new goal of a further \$1.5 million to pay for the actual negotiated cost of refurbishing the Fellowship building. To help us along to close the gap between available funds and what was anticipated to be needed to pay all the bills, a very generous anonymous donor last September offered to contribute up to \$400,000 if the Community could raise a like sum in new pledges and contributions by March 1, 2019.

When you read this, that date will have come and gone. As I am writing it, there are still a few days to go. Unfortunately, only something over \$150,000 has been raised to date. We are \$250,000 short of that target. Maybe I was right in not believing in Fairy Godmothers.

There is still time. Inasmuch as the construction is not expected to be finished until early June, the anonymous donor has agreed to extend the date to complete the match and earn the grant until

April 1, 2019. This is an absolute deadline.

Come, let us all join together now to earn the match. Let us all become Fairy Godmothers and join the anonymous donor to close the gap in the financing of the refurbishments. The donor believes in the project and is backing it with his resources. Jesus exhorts us all, 'Go and do likewise!'

'Go and do likewise'.

Let us all rise to the occasion now and pledge or contribute as our means may permit so we can reach the \$250,000 that we need. Then we can put this project aside and concentrate on doing the work of God.

And at the same time, turn me into a believer in Fairy Godmothers.

Contact: Elias N. Kulukundis, enek@erols.com

Buildings and Grounds

Over the last month, buildings and grounds investigated and oversaw the maintenance and repair of ductwork feeding Father Harry's temporary office at the Stamford Athletic Club. While onsite, Trane also repaired worn belts and replaced the filters to provide better air flow in that office space. At the church, B&G has several proposals for the addition of gutters on the front façade in order to address water infiltration issues, and will request approval from the Parish Council once the weather clears to complete this exterior work. Contact: Peter Hantes, peter.hantes@gmail.com

MINISTRIES

Guidelines for Great Lent & Holy Week – (March 11 – April 27)

Here are the enduring ways that the Church offers us – as persons, couples, and families – to observe this sacred season:

- Worship services each week:
 - ‡ Mondays - Great Compline at 7pm, Sacrament of Confession 8pm
 - ‡ Wednesdays - Sacrament of Confession 5pm, Liturgy of the Presanctified Gifts at 5:45pm
 - ‡ Fridays - Compline with Salutations to the Theotokos 7pm; Sacrament of Confession 8:15pm
- Bible reading: subscribe on-line for the daily passages from the Archdiocese (<http://www.goarch.org/listserv/>), on Facebook (http://apps.facebook.com/daily_readings) or iGoogle (<http://tinyurl.com/goarchigoogle>). Of course, you could always do it the old-fashioned way with a printed Bible!
- Devotional reading – we can read something inspirational and challenging, such as the perennial classic by Fr. Alexander Schmemmann, *Great Lent*, or the books mentioned above. In addition, we will be distributing some handouts and short articles on Lent, Fasting, and Confession.
- 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, and 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

Clean Monday Program

Compline - 6pm in Church

**Catered Lenten Dinner - 6:30pm
in Cultural Center**

**Breakout sessions for adults & children
of all ages - 7:15pm**

A Joint annual Ministry of Archangels & Annunciation Churches

**Sponsored by Greek School, Church School,
Youth Ministries & Adult Education**

RSVP for the meal: 203-348-4216 or office@archangelsgoc.org

diet. The traditional prescription is to eat a vegan diet of 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. But 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. At the same time, many elderly in good 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, or participating in "Midnight Run" to feed



Father Harry, with cross and brush in hand, offers blessings to parishioners on the Great Feast of the Lord's Epiphany, Sunday Jan. 6.



Eugenia Zavras assists Fr. Harry as he cuts the New Year's "Vasilopita", or Basil's Bread, after liturgy. (1/20/2019)

the homeless in New York City. With the money we save by not spending it on ourselves, we can support missionary work (such as the Orthodox Christian Mission Center – www.ocmc.org) or philanthropic outreach (such as the International Orthodox Christian Charities – www.iocc.org - or Emmaus House in Harlem).

Sacrament of Confession

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 after Monday Compline and Friday Salutations, and before Wednesday Presanctified Liturgy. 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

- Sunday, March 24 – Great Vespers 7 pm @ Annunciation Church with area clergy and light reception afterwards
- Monday, March 25
 - ✙ Orthros 8:30 am

Parish Lenten Retreat: Akathist Hymn & Life of St. Mary of Egypt

Saturday, March 16 • 9am – 3pm

**Presenter: Dr. George Demacopoulos
of Fordham University**

**Liturgy, Reception, Presentations,
Small Group Discussions & Lunch**

Freewill donations asked to offset expenses

Reserve your place today: 203-348-4216

✙ Divine Liturgy 9:30 am

✙ Flag Raising Program 12 pm @ Government Center, with various public officials

✙ Festal Reception @ Annunciation

- Note: Annunciation/Greek Independence Day Parade in New York City usually is later in April.

Adult Education

- Marriage Class – Sun, March 3, 3pm in the Narthex for couples preparing for a wedding or who wish to learn more about marriage.
- Joint Clean Monday Program (March 11) here this year:
 - ✙ Great Compline 6pm in church
 - ✙ Lenten supper 6:30pm in Greek Cultural Center
 - ✙ Small groups for adults, teens & children 7:15pm
- Parish Lenten Retreat (March 16) – see box above. A wonderful opportunity to give ourselves to a program of worship and spiritual renewal, with theologian George Demacopoulos offering insightful reflections on two important portions of our Lenten Journey: the Akathist Hymn to the Theotokos (chanted on Friday evenings) and a different interpretation of life of St. Mary of Egypt (read in the 5th Week). Free will donation will cover coffee reception, lunch, and materials. RSVP in advance with Moira Sawch, our new Administrator, through the office: 203-348-4216 or office@archangelsgoc.org
- Bible Study on the Sermon on the Mount (Matthew chapters 5-7) on Wednesday during Lent at 7:30 pm, following the Liturgy of the Presanctified Gifts and dinner.
- Men's Koinonia – will devote its March meeting to a service project to the homeless and poor, either in New York City (through "Midnight Run") or here in Stamford.
- Lenten Retreat @ New Skete Monastery on Sat, Mar 23, 9 am – 6 pm. 3 Presentations will explore Soul Work through our Shadow Self, the Sacrament of Confession, and Prayer of the Heart. Cost: \$40/person covers food and materials. For more information and to register: <https://newsquete.org/lenten-retreat>

Prayer of the Month

It's hard to do any better for Great Lent than this most characteristic prayer from St. Ephraim of Syria (deacon, poet, hymn writer and theologian 306-373 A.D.). It is prescribed by the Church to be said at least once every day, with a prostration after each stanza:

Κύριε καὶ Δέσποτα τῆς ζωῆς μου, πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, καὶ ἀργολογίας, μὴ μοι δῶς. (μετάνοια)

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς, καὶ ἀγάπης χάρισαί μοι τῷ σῶ 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. (prostration)

Note that a prostration (μετάνοι) involves the following:

- From a standing position, make the sign of the cross
- Lean forward, bend the knees to the floor, and touch knees and hands on the floor, followed by gently touching the forehead
- 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.

Kali Parea Seniors

Our February meeting was held on Valentine's Day and all enjoyed a delicious meal of Greek chicken and lemon potatoes. We had a special guest speaker who offered a presentation about good digestive health (no pun intended!). Laughs and fun abounded! Our next meeting is Thursday, March 14, at 12 noon in the Greek Cultural Center. Join us and bring a friend! Contact: Pam Koutroubis, pamelak2145@gmail.com



Seniors at the February meeting offer happy birthday wishes and a song to those with January dates; many years to them all! (2/14/2019)



Church School children write letters of love during the January Philanthropy event held at the Cultural Center. (1/13/2019)



Preschool children enjoy a healthy snack in celebration of Valentine's Day! (2/14/2019)



During a weekly faith lesson Mr. Steve demonstrates how and explains why the church censor is used. (2/6/2019)

Ladies Philoptochos Society

At its February 6 meeting, members approved a donation to the Back to School coat, sneaker and school supply program held annually in July for eligible Stamford school children. We also approved financial gifts to assist individuals and families in need in our parish and to support a young Presbyteria with three children suffering from Lupus who lives in an under-resourced area in rural Tennessee. Our chapter also made a donation to St. Basil's Academy with contributions from a tray passed in January. Philoptochos members collected 95 pounds of clothing, shoes, blankets and other supplies, along with food items, and delivered them to the Bridgeport Rescue Mission, a nonprofit that assists the homeless. Members also approved a three-year pledge to the Capital Campaign, which will be applied to the \$400,000 challenge to our parish from an anonymous donor that has a March deadline for the match. Our chapter was pleased to host Despina Kartson, a member of Holy Trinity New Rochelle Church, in February who spoke after liturgy about that church's monthly Midnight Run dinner deliveries for the homeless in New York City over the past 11 years. Despina wrote a book about the experience and sold 20 copies to our parishioners after her inspiring talk. All proceeds were given to our Philoptochos chapter to help us support services for the hungry and homeless. Thank you, Despina. Save the date for the annual Mother's Day Luncheon, which will take place on a new date – Sunday, May 5 at 1 pm at Madonia Restaurant. More information will be forth-



Kindergarten children of Greek School bow after their song and dance during the Three Hierarchs Celebration. (2/8/2019)



Hope/Joy leaders (left to right): Christine Nanos, Ruth Diamond, and Chris A. Nanos help children write wonderful Valentine's cards for senior residents @ Atria. (2/9/2019)



Older children of Greek School have fun performing a full-scale theatre production of "The Odyssey"; this is the scene where the 3 Sirens come to tempt Odysseus. (2/8/2019)



Father Harry offers a lesson & discussion to Hope/Joy kids after their visit with Atria residents, during the annual "Valentine's Visit." (2/9/2019)

coming. Please remember to pay your annual Philoptochos stewardship. The next meeting is Wednesday, March 6 at 7 pm at the Stamford Athletic Club. Everyone, even new members, are welcome! Contact: Eugenia Zavras, etz124@yahoo.com

Church School

The Church School Program held a beautiful service-learning project last month that involved creating Valentine gift bags and cards for children in local hospitals. Stacy Valassis has also been visiting grades 7-12 to discuss the participation in our Archdiocese's Oratorical Festival – a most wonderful opportunity to grow in faith as a family this Lenten season. We are also beginning our preparation for Great Lent and our curriculum will reflect such preparations in the upcoming month. Church School Faculty will meet on Sunday, March 3 following Holy Liturgy for a planning meeting. Here are important dates to remember for the month of March:

10th – Forgiveness Sunday: Prayers & Rite of Forgiveness in Church & in Classes

11th – Clean Monday Evening Program: Worship 6pm, Catered Lenten Dinner 6:30pm, Break out groups for adults & children of all ages 7:15pm (we will conclude by 8pm)

17th – Sunday of Orthodoxy: students are to bring an icon for Great Entrance in Liturgy (10:20am)

24th – Philanthropy Sunday & Parish Oratorical Festival

31st – Confession Sunday

Please join us for all of the above opportunities to grow in faith and in fellowship. Kalh Sarakosti! Wishing families a blessed Lenten season!

Contact: Dr. Evelyn Biliadis, ebiliadis@aol.com

Greek School

A special Event for Three Hierarchs and Greek letters celebration:

How proud must we all feel, having our children perform Homer's Odyssey!? I could have never imagined that level of talent and dynamism in our students as they did their best to play out one of the most famous Greek stories throughout the world. Staff, parents, grandparents, friends, are so proud of the students not only for their hard work and excellent results but also for their spirit and hope for a better future.

Also, the pre K and K student performances were incredible. Our young Red Riding Hoods were beautiful in their red dresses, reciting all their lines to the Bad Wolves who eyed them as the most delicious food in the world. A big thanks to our PTA president, Vasso Spanos, for her support and the well-organized reception afterward. The food was terrific, and all enjoyed company and good fun!



A group of our GOYA teens and adults stop for a selfie in Times Square at the conclusion of the 2019 Scavenger Hunt. (2/9/2019)

We encourage all families to come for the Sunday of Forgiveness (Mar 10), and the Clean Monday (Kathara Deftera) Program on Monday, Mar 11, 6pm with the families from Annunciation Church. This is a long-standing tradition and joint ministry and a wonderful way to start Great Lent! Contact: Anna Lempesi, 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.

Christmas Party Raffle Proceeds – Thank you to everyone who donated and participated in our raffle at the Hope/Joy Christmas party in December! We raised \$100 for the Capital Campaign to rebuild and furnish our Sunday School classrooms.

Clean Monday Program – We encourage all families to support this event on Monday, March 11, from 6-8pm in the gym.

Parent's Dinner – On Monday, March 18, please join us at 7pm for dinner and fellowship! Look for details to be sent by email!

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

Hope/Joy

On Saturday, February 9th, Hope and Joy children, parents and grandparents joined Father Harry & the senior residents at the Atria Senior Living center for the annual Valentine's day cards workshop. They were warmly greeted by Atria's staff member Katherine Caraballo.

The children brought smiles to the faces of the residents as they designed creative, poetic cards.

Afterwards there were wonderful performances of comedy by George Nanos, dance by Isabella DeVito and song by Thalia Lolis. Father Harry gave a special treat of singing a Valentine hymn. He also led a discussion with children after cards & performances ended. All the participants were treated to a delicious lunch at the Summer Street Pizza Deli.



The GOYA enjoys some fun at the new Mill River ice-skating rink in downtown Stamford. (2/1/2019)

SAVE THE DATES

Monday, March 11, Clean Monday Program, 6-8pm (Great Lent begins)

Wednesday, April 24 – Visit to the Food bank of Lower Fairfield County, 3pm

Sunday, April 28, Agape Vespers, 11am and Easter egg hunt following (in gym)

Saturday, May 4 – Family Fun Night, 5:15pm

Sunday, June 2 – Outdoor Liturgy & Picnic @ Cove Park

Contact: Ruth Diamond, cornellrh@yahoo.com

GOYA

The start of the year was a difficult one for our GOYA. Late in January, Lena Giantomidis, beloved wife of longtime advisor Bill Giantomidis, passed away. She left behind her husband, and two boys Niko and Lucas (who is active with our group), among other family. GOYA mourned together with the family and worked to provide support and comfort in different ways through this extremely challenging period. May Lena's memory be eternal, and may Christ give peace to Bill and the boys!

February was quite an active month for our teen ministry. Here are the highlights:

On the 1st the GOYA gathered at Lucky's on Bedford for some comfort food before skating the night away at the outdoor rink in Mill River Park downtown. It was frigid out but that didn't stop the smiles or laughs from coming! To finish off the night (and warm up!), the group enjoyed some hot chocolate at Donut Delight. Then on the 3rd after Liturgy, the gang met for their monthly meeting – lead by co-President Matthew Poulos. Heavy discussion ensued about the Pancake Breakfast fundraiser coming in early March prior to Great Lent.

One week later on Saturday the 9th, a group of 6 teens and 3 adults traveled to Gulliver's Gate (Times Square) for the annual Scavenger Hunt. Everyone loved the world's largest miniatures collection found at the 2019 venue. Our group came in 3rd place overall! The day ended with a delicious lunch at Dallas BBQ, a stroll through NYC, and a relaxing train ride back to



Around 300 scholars from 40 countries in 6 continents (including our very own Fr. Harry) attend the 2019 International Orthodox Theological Association (IOTA) conference in Iasi, Romania. (2/12/2019)



The Stamford United (Archangels-Annunciation) adult men's basketball team capture a moment on camera after winning the CEOBL Men's division championship. (2/17/2019)

Stamford. Throughout the month, GOYA served at coffee hour.

Here are the upcoming events/activities for March & April:

- Sunday, March 10 – Forgiveness Sunday with Special Rite of Forgiveness; GOYA Regional Lenten Retreat 2-5pm @ St. Barbara Church in Orange
- Saturday, April 6 – (Tentative) Evening gathering for movie/hang out.
- Saturday, April 7 – Monthly Meeting in the Aerobics room, 12pm-1pm
- Sunday, April 20 – Saturday of Lazarus Teaching Liturgy & Preparing Church for Holy Week, with Sacrament of Confession 9am-2pm
- Friday, April 26 – Good Friday Retreat (we would like GOY-
Ans to help teach younger children & help overall), 10am-3pm

Contact: Maria Otis, maria.otis@yahoo.com or Dorie Poulos, dorielp@yahoo.com

Athletics

This year was a break-out year for winter athletics at the church. We had our first combined “Stamford United” Youth division basketball team under direction of coaches Steve Sarigianis and Steve Valassis (of Annunciation). The team finished the season without a win but made tremendous improvement individually and collectively; 80% of our players were first-timers! They finished out a fun year with a pizza party at Tomato Tomáto on



Coaches Steve Sarigianis (standing) and Steve Valassis (kneeling) huddle up the Youth basketball team during a home game.

Thursday, Feb 28.

The JV and Varsity teams both had strong seasons and made the playoffs (though both lost in the semi-final). The former was led by Dean Ziboulis (Archangels) and John Iatrou (Annunciation), where the latter was led by Paul Poulos (Annunciation). The senior men's team also had a strong season and won their division with a dominant championship performance. Some of the teams' young adults hadn't won a championship in their 15+ years playing with the church; this made for an extra sweet win. Congrats to the men and coach John Skoparantzios.

Lastly, our girls' volleyball team is making waves in CEOVL this season – they are undefeated this year and are poised to win it all. Painstakingly, they have lost in the championship game the last 3 years but are hopeful this will be their time to shine.

Contact: John Skoparantzios or Steve Sarigianis

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 at 203-322-9561, or call the church office 203-348-4216.

International Orthodox Christian Charities (IOCC)

As part of a 14,500-item shipment, IOCC recently delivered 3,000 sets of sewing supplies to the Social-Educational Center run by the Armenian Apostolic Church's Shirak Diocese, supporting vocational training that equips women to enter new professions. The Shirak Diocese's program serves between 250 and 300 participants yearly, providing women who are unemployed with training and experience in various sectors, including culinary arts, woodworking, and cosmetology, as well as business correspondence and accounting, among others. The recent shipment, a collaboration of IOCC and Lutheran World Relief, specifically supported the garment design and construction course, which equips participants to earn a living in clothing production and tailoring. Women in the garment course learn how to create clothing from start to finish—from design to assembly and on to alteration and repair. They train on sewing machines and study techniques for creating high-quality work by hand. Supplies delivered by IOCC provided the means for additional training as participants gained mastery. The course culminated in a fair at which participants sold their work to members of the public. Nearly all the pieces on offer sold. In addition to the sewing supplies, the delivery also contained 5,000 school kits, 6,000 hygiene kits, and 3,500 quilts for children and families in need.

Gifts in kind, or donations of goods, are a core component of IOCC's work, complementing program services. They offer access to goods that otherwise aren't readily available in a particular area, help meet immediate needs, and support development efforts like the Shirak Diocese program in the longer term. Since 2005, IOCC has provided over \$200 million in gifts in

kind in 33 countries. Contact: Tim Hartch, timhartch1@outlook.com

Stamford Athletic Club

Due to his popularity as a SAC group instructor, we have added yet another Group class taught by Jon on Thursday evenings at 6pm. The class will rotate weekly to create a varying Weekly Group Exercise Event. No matter the style of the event, the workout will be amazing. A "Glow" class was a big success in February so that class will certainly be among the classes you will find on Thursday nights. Special lights are added to the group studio to darken the room but illuminate whites and fluorescents. It is incredibly fun. A must try at SAC!!

Another addition to our group class schedule starting in March will be a heart pumping exercise class taught by one of our trainers at SAC, Jaquan Adams. The Boot Camp style class will take place on Saturdays at 10 am. Come take his class and follow it up with a personal training session! Contact Jaquan at jaquanadams04@yahoo.com for more info.

A vendor who sells fresh and freshly frozen empanadas will be utilizing the SAC kitchen. Free sampling will take place in SAC lobby on Tuesday, March 5 from 6 to 8 pm. So, in addition to kitchen vendors Steel Sharpens Steel and Eric's Bagels, the SAC kitchen has amazing things for sale most days. Come to SAC to play our version of March Madness. Events and games with prizes planned all month long. Stop by the front desk for more information.

It is always a good time to the kids up for swim lessons and to take part in High Rise Basketball camps and clinics. Stop by the front desk for more information.



Despina Kartson, parishioner of Holy Trinity New Rochelle, offers an inspiring presentation at coffee hour about the "Midnight Run" food distribution ministry to NYC homeless. (2/10/2019)



Five members of our parish attend the special presentation by Stamford Police on how to protect faith communities from an active assailant. (2/25/2019)

PARISH NEWS

Baptism

- Vittoria Anastasia Aivalis, 2nd child of Dean & Stefanie on Jan 6; sponsor is Christopher Lessard

Funerals & Memorials

- Lena Giantomidis on Jan 28
- Angelica Michalatos on Feb 1
- Aristotle Poulos on Feb 19
- Marge Cocolis on Feb 21
- Peter Karras on Feb 22

AFFILIATED ORGANIZATIONS

AHEPA

To take advantage of the availability of the author, we interrupted our DVD series on “Greece and Rome” in favor of a LIVE book presentation on Friday, March 1st at 7:15pm in the aerobic room of the Greek Cultural Center. Dr. Theodore Modis discussed his recently published book “Fortune Favors the Bold – A Woman’s Odyssey through a Turbulent Century,” a biography set amidst the dramatic events that shook Greece in the 20th century. For those not familiar with recent Greek history, this was a great opportunity to learn it and to observe how specific individuals dealt with it. There was a Q&A section following Dr. Modis’ presentation.

The following Friday, March 8, we will conclude the DVD series on “Greece and Rome” with 3 lectures by Professor Robert Garland: 1. The Decline of the West, 2. The Survival of the East, 3. The Enduring Duo. For reservations, questions or membership applications contact Nicholas Nikas, 203-554-5570 or niketes@yahoo.com.



AHEPA: Dr. Theodore Modis of Switzerland offers a book presentation on his recent publication in the Cultural Center aerobic room (hosted by AHEPA). (3/1/2019)



Can you say dance!? Dozens of children dance & parade in costume before judges at this year’s Mardi Gras party. (2/23/2019)



Dr. Steve & Stacy Valassis, Alex & Maddie – dress up as characters from Harry Potter for Mardi Gras; they are the 2019 “Best Family Costume” winners! (2/23/2019)

AFFILIATED ORGANIZATIONS

AHEPA

The Stamford AHEPA wishes everyone a Happy and Healthy New Year! Our annual winter video series on Hellenic History starts on Friday, January 4. After learning about the amazing achievements of Alexander the Great in 2018, it's time to tackle the history of what happened to the Hellenes a few generations after his death. In the 1st century B.C., Rome's matchless armies consolidated control over the entire Mediterranean world, and Greece lay vanquished along with scores of other formerly independent lands – yet the Roman poet Horace saw something special in Greece when he wrote "Greece, the captive, made her savage victor captive". On Fridays during January and February, we'll follow the DVD series "Greece and Rome, an Integrated History" by Professor Robert Garland. The relationship between the Greeks and the Romans has virtually no parallel in world history: two distinct peoples competing in some areas, sharing

in others, and sometimes creating an entirely new synthesis. This resulted in the extraordinary culture that we call Greco-Roman: a unique fusion of civilizations that encompasses statecraft, mythology, language, philosophy, fine arts, architecture, science, and much else. The term suggests there was an unbreakable tie between the two cultures, and indeed there was. What would Rome have been without the imprint of the Greeks, and what would we know about the Greeks were it not for the Romans? Learn why we call ourselves Romans (Ρωμαίοι/Ρώμιοι). Our venue this year will be the Aerobics Studio of the Stamford Athletic Club. Due to restrictions on its availability, we will start with the pizza at 7:15pm and the video at 7:30pm and plan to finish by 9:45pm. For pizza reservations, questions or membership applications contact Nicholas Nikas 203-554-5570 or niketes@yahoo.com

CHURCH OF THE ARCHANGELS CAPITAL CAMPAIGN

The Capital Campaign Committee:

Elias N. Kulukundis, Chairman. Jason Konidaris, Vice Chairman. Father Harry Pappas. Mary Badoyannis, Peter 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.

Master Planning Fees and Funding as of November 23, 2018

Expected Costs <i>(figures are rounded)</i>	2013	Now	Comments	Status
Increase to Parish Staff*	150,000	120,000	Amount of billable hours worked came in under budget	Actual - Completed (2017)
Church Facility Construction (incl. contractors fees)	150,000	650,000	\$175k in add'l improvements.** \$325k in air system deficiencies	Actual - Completed (2018)
Fellowship Facilities Construction*** (incl. contractors fees)	1,500,000	2,500,000	\$885k in scope of work expansion*** and cost inflation vs 2013	Actual (Guaranteed Max. Price)
Architects Fees	230,000	250,000	Commensurate with expanded scope of work	Actual
Engineering MEP Fees	30,000	50,000	Commensurate with expanded scope of work	Projected
Stamford Building Permits & Facilitation	20,000	35,000	Commensurate with expanded scope of work	Actual
Owner's Rep Fee	-	40,000	Too large an undertaking for Archangels volunteer to exclusively handle	Projected +/- 10%
Contingency	120,000	250,000	Commensurate with expanded scope of work	Projected
Total Costs	\$ 2,200,000	\$ 3,895,000		
Original Capital Campaign Commitments		2,200,000		
Reopened Capital Campaign Commitments		889,254		
Total Commitments		\$ 3,089,254		
Amount needed to finish our work	\$	805,746		

* 3 yr. seed funding from Capital Campaign to provide admin/finance assistance to Jane in the office
 ** Scope of work was expanded to include lavatory in Bride's Room, a Nursery Room, upgraded Narthex ceiling, and selective lighting fixture replacements. Insulation throughout.
 *** Full renovation and reallocation of space:
 Interior 1st Floor: New fellowship hall, offices, classrooms, kitchen, conference room, restrooms, corridors, swing space, and insulation. ADA compliant.
 Throughout: Fire suppression on all floors. Building management system integration.

Extended Capital Campaign Pledges/Contributions – As of February 19, 2019

PART II – PLEDGES AND NON-PLEDGE CONTRIBUTIONS	Angelo and Dena Aravides	Matt and Maria De Vito	David Johnson and Nicole Stamatelos	John Kazianis and Eugenia Littrivis	Gerrit Nijmeijer and Ismini Naos	Lee and Maria Sampanis
Estate of Fay Couyoumjian	Pantelis and Georgia Athanasiadis	Peter and Ruth Diamond	William and Bertha Jones	Veronica C. Nelson	Ken and Maria Shepard	Ken and Maria Shepard
Estate of Marge Rubirosa	George Badoyannis	Stephen and Margaret Fornaciari	James and Sylvia Kambas	Nicholas and Ruth Nikas	Ted and Diane Sierpina	Ted and Diane Sierpina
Archangels Greek School	Demetri and Connie Begetis	Peter G. George	George and Alexandra Karayiannis	Bob and Cassie MacFarlane	George and Cynthia Paparis	Louis and Anna Sioles
Archangels Ladies Philoptochos Society	Mary Louise Bennett	Stephen and Tina Georgeou	Annie Konidaris	Marc and Maria Magliacano	Father Harry and Kerry Pappas	Aggie and Molly Sotire
Anonymous (3)	Pericles and Diana Caminis	Dimitrios and Nikki Glekas	Jason and Janie Konidaris	James and Kyriaki Marcarello	Kim and Julie Passios	Dr. Steven and Stacey Valassis
Nick and Deedee Aivalis	Peter Cholakis and Teresa Cassidy	Nathaniel and Julia Gooding	Pericles and Katherine Kounavelis	Rita Mehos	Tom and Nike Passios	Dennis and Marion Vanson
Jameela Androulidakis	Helen Chagaris	Margaritta Haralabidis	Elias N. Kulukundis	Cynthia Mixcus	Thomas G. Patsis	John and Medina Vasily
Katrina Antipas	Nicholas Chivily	Timothy and Sophia Hartch	Natalie Kulukundis	Chris A. and Luisa Nanos	John Pasvankias	James and Natalie Venetos
	Panagiotis and Maria Chlebiogiannis	Michael and Elizabeth Jackson	Stew and Kimberly Leonard	George and Amy Nanos	George and Jane Perkins	
	Harry Condos	William and Mary Janocha	Peter and Yolanda Licopantis	Paul and Debbie Nanos	Dr. Athanasios Petrotos	
				Penny Nanos		