



The Herald

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

APRIL 2019

Dying & Rising

Someone will ask, "How are the dead raised?
With what kind of body do they come?" Fool!
What you sow does not come to life unless it dies.
And as for what you sow, you do not sow the body that
is to be, but a bare seed, perhaps of wheat or of some
other grain. But God gives it a body as he has chosen,
and to each kind of seed its own body.... So it is with
the resurrection of the dead. What is sown is perish-
able, what is raised is imperishable. It is sown in dis-
honor, it is raised in glory. It is sown in weakness, it
is raised in power. It is sown a physical body, it is raised
a spiritual body. If there is a physical body, there is
also a spiritual body. – 1 Corinthians 15:35-38, 42-44

The recurring cycle of death and birth is woven into nature, as noticed by many cultures throughout history. Seeds must break apart in soil to produce plants. Forests are preserved better through periodic fires that clear away overgrowth and permit regeneration of trees. As we mourn the loss of loved ones, we rejoice in the birth of an infant.

Last fall we lost a new Administrator after only 3 days on the job but then we gained Moira who has helped restore operations. We have had to deal with the closing of the Stamford Athletic Club, while keeping the Greek Cultural Center open for ministry and renting space for some athletic activity. A special Committee will continue to research how we can repurpose this valuable property into something more sustainable, an anticipation of a kind of rebirth.

There are many different forms of dying and rising in our world, and no shortage of different understandings of what is involved with each.

To deal with the wrong ideas about the most important event that involves dying and rising in history, the Apostle Paul

probed a familiar image and drew out its implications (see 1 Corinthians 15). Just as a seed must literally die in the ground by breaking apart before it can grow into a plant, so the body of Christ had to die before he rose from the dead. But when our Lord arose, it was with a new kind of physical body that, while it had continuity with the body that died on the Cross, was also different, just like a plant is not the same as the seed from which it comes. This new flesh became the prototype for the resurrected body we will all inherit someday: similar to what we now have, yet better. Although we may still bear the scars of our suffering in this life, just like Jesus' new body still had the marks of the nails in his arms and the sword in his side, this new body will never grow old, never again get sick, and will last forever.

This is a major change from the image of a seed that gives birth to a plant, since that plant will one day have to die and disintegrate, yielding the ground to new growth. Our resurrected body will never die and will live continually in the glory of God as we praise, worship and serve the Trinity forever.

So, the recurring cycle of dying and rising in fact is not really repeated through the Cross and Resurrection. Rather, it comes to an end since the goal of Creation and Salvation is reached! The back and forth of repetition is transcended by Christ whose unconditional love, uncompromising truth, undeserving forgiveness, and amazing grace is victorious over all patterns that we take for granted.

This means, moreover, that uncritical interpretations of "You reap what you sow," or "What goes around, comes around" are not adequate to understand Holy Week. In what Christ does for us, we in fact do not receive what we deserve because of our weakness, limits and sinfulness. We really get something much better – complete forgiveness, reconciliation with God the Father, and eternal life in a material cosmos that will be so fully

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transformed that roses never smelled so sweet, a sunset never looked so beautiful, wild animals never were so tame, and human beings never lived together so well!

This month we will complete the 2nd half of our journey through Great Lent to Holy Week when we will join Christ in his profound suffering and then his joyous triumph that literally

changes everything since it is the most unique form of dying and rising that is not reflected anywhere else!

Blessed Holy Week! Καλή Ανάσταση!

– Fr. Harry

PARISH COUNCIL

Parish Council

At a townhall-style meeting for all parishioners on Sunday March 17th, the Parish Council announced that it had voted unanimously to close the Stamford Athletic Club (“SAC”) at the Greek Cultural Center effective April 30th. SAC has played an important role in our Church for 25+ years and we are very grateful to the many employees and club members who made SAC such a friendly community for so many years. The Church will continue to use the gym, kitchen, and offices in the Cultural Center for its ministries and to rent out the gym, kitchen, and yoga studio to certain vendors. Closing SAC should significantly reduce the cash operating losses from the Cultural Center and give the Church time to determine the best long-term options for continued use. The Cultural Center Committee that the Parish Council formed last year to study SAC’s operations will now focus on making sure that the closing goes smoothly and then begin studying options for repurposing and/or redeveloping the Cultural Center building for the benefit of the Church. The Parish Council’s monthly meeting on March 19th was primarily devoted to reviewing and discussing the actions being taken regarding SAC, as well as preparations for Lent and Holy Week. Contact: Tim Hartch, timhartch1@outlook.com

New Stewards – March 1 – March 31, 2019

Androulidakis, Jameela	Mentavlos, Dena
Clifton, Helen	Mihaleas, Perry
Cocolis, James	Nanos, George
Crawford, Christopher	Nanos, Theodore
DeVito, Maria	Otis, James
George, Peter	Petrotos, Dr. Athanassios
Halynski, Anna	Rigos, Demetra
Kambas, James	Sentementes, Aristotle
Kanos, Chris	Siderides, Elliot
Kelesidis, William	Valassis, Steven A.
Kouparousou, Anastasia	Zavras, Dr. Eugenia

Master Planning

Construction is on pace. Our construction management team continues to provide us with a very hands-on level of service and communication. Note the new front entryway framing the next time you drive by Archangels (see adjacent picture). From the outside it brings our two buildings (Church and Fellowship) together thematically. From the inside it creates an open and inviting foyer joining the two. Above the center of that foyer is

the cutout for a very large skylight to be installed in early April. As you transition between the Church or the Fellowship Hall the shared space will be awash in natural light. Looking past the sky lit foyer there is a clear path all the way through to the rear wing of the building. That path meets a smaller rear foyer just outside the office and a clear line of sight to our rear entrance. HVAC ductwork installation is well underway (see adjacent picture). One particular section has slowed us down but is now being rerouted. Sheetrocking and tile work are ahead of schedule. Tile is being laid in the kitchen and restrooms.

We hope you continue to check the Herald and parish-wide emails for further construction updates and pictures. As always, thank you for your support. Contact: jason.konidaris@yale.edu

Buildings and Grounds

Over the last month, Building & Grounds was able to investigate and get a temporary patch in place for a roof condition over the classroom building. B&G will solicit proposals from roofing contractors to do a more permanent repair and determine if it is more cost effective to do separately or as part of the larger construction project. B&G will also continue to support the SAC and whatever needs the building has as it goes through its changes of use. Contact: Peter Hantes, peter.hantes@gmail.com

Capital Campaign

As I write this, the bell is about to toll for the end of the Matching Grant. We have commitments in hand for \$ 210,000, only a bit more than half of the challenge issued by the Matching Grant, and a bit less than half what is needed to ensure we have all the funds needed to pay for the refurbishment of the Fellowship Building.

I have been speaking with the anonymous donors and they have agreed not only to match the funds we have managed to raise but also to contribute the entire amount that they had originally offered. As I write this, the funds are already in hand.

We are still about \$ 300,000 short of what we will require. Members of the Capital Campaign Committee have been talking with potential donors in the hope of raising the needed funds and so avoiding having to finance anything other than the amount of unpaid pledges for which approval by the General Assembly has already been received. I am extremely confident

that we will cross that bridge successfully and no other financing will be needed to complete the task. I expect that I will be able to announce we have completed dotting all the i's and crossing all the t's and successfully reached this goal within the week. In the meantime, the Parish Council has already begun discussions with banks with a view to discounting pledges payable in future years.

I would like to take this opportunity to thank all of you who undertook to make a pledge or contribution toward the Matching Grant and to the reopened phase of the Capital Campaign overall. And, of course, to the anonymous donors who made it possible by offering the Matching Grant or stepping forward to avoid the necessity of any additional financing. Without your help, your love for the community, and your continuous support, we would not have managed to get where we are.

In retrospect, while it may be a bad habit to get into, perhaps I now do believe there are such things as fairy godmothers. Contact: Elias N. Kulukundis, enek@erols.com



New front entry framing takes shape with help from a Wernert construction truck. (March 27)



HVAC ductwork installation is well underway in the new rear entrance. (March 27)



Mayor David Martin (right) happily assists children raise the Greek Flag outside Government Center on March 25th.



Fr. Harry speaks to Annunciation and Archangels parishioners who have come together for the annual Flag Raising program on March 25th.

MINISTRIES

Sacrament of Confession

Recommended article to learn and prepare for this is “Confession, the Healing Sacrament” by Jim Forest (copies available in Coffee Hour, the office, and on-line). 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) - hpappas@svots.edu or 203-348-4216.

Pastoral Visits to Shut-ins

Fr. Harry welcomes others to reach out and visit shut-ins to share God’s love and the care of our parish for them during this sacred season. There are now about 50 members on the list. Please contact Moira at 203-348-4216 or office@archangels-goc.org

Holy Week: April 20 – April 28

Our schedule of worship and ministry involves:

- **Saturday of Lazarus, April 20:** 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 for teens and adults.
- **Palm Sunday** – morning worship per the normal schedule. Bridegroom Orthros at 7pm
- **Holy Monday and Tuesday:** Bridegroom Orthros at 7 pm
- **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

Ladies Philoptochos Society Annual Palm Sunday Bake Sale

Sunday, April 21 after liturgy

Donations of baked goods appreciated!

Readers & Servers for Holy Week

Adults and older altar boys and girls (ages 12 & up) are welcome to assist with the reading of Prayers, Psalms, Old Testament passages & New Testament epistles during Holy Week. We also call upon all girls (ages 8+) to serve as Myrrh-bearers at our services. Contact: Steve Sarigianis: steve@archangelsgoc.org, or 203-348-4216.

Prayer of the Month

Although the Lenten worship service of Great Compline which we celebrate every Monday evening is not well known, it contains a short, moving hymn that is sung many times in a manner that expresses deep emotion:

Κύριε τῶν Δυνάμεων, μεθ' ἡμῶν γενοῦ ἄλλον γὰρ ἐκτός σου βοηθόν, ἐν θλίψεσιν οὐκ ἔχομεν, Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

Lord of the Powers, be with us; for in times of distress, we have no other helper but you. Lord of the Powers, have mercy on us!

How often we can experience something difficult and painful in life that cannot be solved by an argument, clarified by reason, treated by a doctor, or discussed with a counselor. And the true picture of such a Lord of “the Powers” is actually Jesus Christ himself through his utter powerlessness on the Cross, which will be so vividly portrayed through Scripture, hymn and prayer in Holy Week. It is short and easily memorized as another treasure of the rich Orthodox Tradition available at our fingertips for incorporation into our own personal and family devotions.

Did You Know?

During the 1,000-year history of the Byzantine Empire, in which the government was so closely connected to the Church, there were strong social supports for living a Christian lifestyle. Meat markets actually closed during Great Lent, encouraging everyone to fast. Most people lived within walking distance of a church so that they could easily attend weekday worship in the morning or evening. All businesses and government offices

Children's Good Friday Retreat

April 26 • 10am–2pm

Worship, Learning Stations, Activities, Lunch

Contact Steve if interested in assisting

were closed for 2 whole weeks so that everyone could attend worship services not just during Holy Week, but also during the Week of Easter (called “Renewal Week”) when there were daily Liturgies to continue celebrating after Great Lent. Both the struggle and difficulty of Lent was shared widely, as well as the joy Pascha. What a different society we live in now! But while we may enjoy very few social supports, we are totally free to structure our lives as we wish. Some will choose to take a week vacation from work to participate in Holy Week or to observe Good Friday. Others simply make the effort to come to evening worship as often as possible. Such practices do involve some personal sacrifice, but the benefits are rewarding as we are energized by the substance of our magnificent, centuries old traditions of prayer, worship, fasting, almsgiving, and wonderful celebration.

Adult Education

- Articles for spiritual nourishment during Great Lent: “Preparing for Joy,” “On Fasting,” and “Confession in an Age of Self-Esteem.” All are available on-line or printed copies at church.
- Bible Study: the Sermon on the Mount, Matthew chapter 6 continues throughout Lent on Wednesday evenings after the Liturgy of the Presanctified Gifts.
- Young Adult Retreat: Saturday, April 6, 2:30-7:30pm, with a group from St. Spyridon in New York City, to join those from our area and others throughout Connecticut.
- Men’s Koinonia on Thu, April 18, is committed to serving the homeless in New York City by participating in a “Midnight Run.” Anyone is welcome to join us by gathering first at Holy Trinity Church in New Rochelle at 6:30 pm to load food and clothing. After we carpool across from Madison Square Garden and serve those who come, we will return by around 9:30 pm.
- Morning Bible Study on Wed, May 1, 10 am (one week later due to Holy Week): Parable of the Lost Coin and the Prodigal Son in Luke, chapter 15.
- Ecumenical Grief Support for seven Tuesdays, beginning April 2, from 6-7:30 pm, led by Rev. ReBecca Sala, Pastoral Supervisor for Stamford Hospital. Location: Tully Health



Fr. Harry and Fr. Andrew Awad stand behind the altar of the newly purchased church of the Coptic Orthodox community of Saints Peter & Andrew. (March 16)



Fr. Harry leads Bible study in the Narthex on Wednesday night after Pre-Sanctified liturgy and an evening meal. (March 27)

Center, 32 Strawberry Hill Court, Conference Room A. For more info and to register: 203-276-7445 or rsala@stamhealth.org

Worship after Easter

- Feast of St. George, patronal Saint of St. George Church in Norwalk:
 - ‡ Sunday, April 28, Vespers 7 pm @ Norwalk; Reception follows
 - ‡ Monday, April 29: Orthros 8:30 am & Liturgy 10 am @ Norwalk; Reception follows
- Feast of the Life-Giving Font (Zoodochos Peghe) on Friday, May 3: Paschal Hours 9:15 am, Liturgy 9:30 am

Save the Date!

SATURDAY, MAY 4 • 5:00PM
Family Gym & Game Night

Vespers (in church), and board games,
organized gym games, coloring/craft supplies,
foosball and more!

Pizza & salad dinner for a free-will donation



Our cheery group of seniors stands for the monthly birthday wishes and song! (March 24)

Kali Parea Seniors

At the monthly meeting in March we held to our usual schedule of events: announcements and welcome, a delicious lunch (grilled Mediterranean shrimp & potatoes), raffle, birthday song for those who celebrated in February, and a fabulous dessert spread. In addition, we had a speaker from Stamford Health Center talk about Medicare and different types of insurance for seniors. We had a turnout of over 40 from both parishes; it made for great company! We hope you will join us for our next Kali Parea meeting on Thursday, April 11 @ 12 noon when Fr. Harry will speak about Great Lent & Holy Week. Contact: Pam Koutroubis, pamelak2154@gmail.com

Ladies Philoptochos Society

Philoptochos' annual Palm Sunday bread and bake sale will take place on April 21st. We welcome contributions of Greek pastries for the sale and thank parishioners for baking for this event every year! Please place your bread orders by April 12. Breads again will be \$17, and prepayment is required. Please see Marion Vanson for more information. The Philoptochos Lenten Retreat took place on March 23rd at St. Basil's Academy. The focus was stress and anxiety. Several of our members attended. Philoptochos ladies passed a tray on March 31 during Liturgy to support our Holy Cross Lenten Obligation. A special tray will be passed on Palm Sunday to support the cost of Easter flowers and another on Good Friday to support Philoptochos' charitable work throughout the year.

Philoptochos stewardship forms are being distributed every Sunday after church. A mailing to those not reached will take place in a few weeks. Please support our chapter's work with your stewardship contribution. \$23 of your stewardship goes to National and Regional Philoptochos offices. Our chapter also is getting ready for elections in May. If you are interested in a board position, please contact Connie Begetis. We hope to see all the ladies of the church and their friends at the annual Mother's Day Spring Luncheon, which will take place on Sunday, May 5th at 1 p.m. at Madonia Restaurant. Price is \$45. Invitations will be mailed but reservations also can be made during coffee hour after church. Save the date! Last year's event was a great success! The next Philoptochos meeting will take place on Wed., April 3 at 7 p.m. at the Stamford Athletic Club. Please join us. Contact: Eugenia Zavras, etz124@yahoo.com

Mother's Day Luncheon

**Sunday, May 5
1:00 pm**

Madonia Restaurant

1297 Long Ridge Rd., Stamford

\$45 per person – open to all – RSVP during coffee hour



Maria Otis (right) & Theophani Sarigianis (center) assist teens mix bowl upon bowl of pancake batter in preparation for the big Breakfast. (March 2)



Left to right: Christopher Otis, Lucas Giantomidis, Chris and Niko Seitaridis serve piping hot breakfast foods during the Pancake Breakfast. (March 3)



Left to right: Alex Muniz, Vasili Kelesides, George and Peter Gabriel serve coffee & drinks to parishioners during the GOYA breakfast fundraiser. (March 3)



The preschool children made masks for Hickory, dickory, dock, the mouse ran up the clock. (March 4)



"Mr. Steve" teaches the preschool children about the symbolic meaning of the Holy Cross. (March 26)

Preschool

Our preschool still has some available space for the 2018-2019 school year. And we look forward to being back in our own, totally new space! Contact Kiriaki: 203-329-2353 or email knyrus@aol.com

Church School

Last Month the children of the Church School engaged in a Philanthropy service-learning lesson which centered on the 'Fruits of the Spirit' and helped to collect \$100 in donations for the Ronald McDonald's House-Greek Division. Congratulations, children! The activities of this month will focus on preparing for Holy Pascha as Sundays in April will provide children by class to receive the sacrament of Holy Confession following Holy Liturgy. The faculty of our program are beginning to prepare for our annual Good Friday Children's Retreat which will be held on Friday, 4/26 from 10am-2pm. We are again exploring new stations and learning activities for this year's retreat! Stay tuned for more information, as this is our most popular and sacred event of the year! Contact: Dr. Evelyn Biliadis, ebiliadis@aol.com

Greek School

Congratulations to all Greek School students for the fantastic performance of the Greek Independence Day/Annunciation! Our Greek school put on a wonderfully creative Pageant for



Children enthusiastically hold their final product, a "Fruits of the Spirit" poster, based upon St. Paul's teaching about the measures of growth in faith. (March 17)



Church School children work together in the gym on a common Philanthropy project. (March 17)

Annunciation / Greek Independence Day on March 29. We enjoyed watching our students perform poems and short plays for Kryfo Scholio (Secret School), the Greek Heroes, the Thourios song and Zalongo Dance as well as to dance Kalamatiano. A play of Zalongo Dance legend was watched, as a great example to understand the bravery and heroism of the Greek women who preferred to throw themselves and their children off a cliff rather than be subjected to capture and enslavement.

It was a beautiful experience to listen to our students reciting their poems in excellent Greek, singing the Thourios with such pride, dancing, and playing instruments. Finally, the audience enthusiastically applauded our little Thalia who, with her angelic voice, sang the song "Milo mou Kokkino" as a genuine Greek, made our hearts fit to burst with pride! After the performance, a reception took place with lenten foods, courtesy of the Greek PTO. «Θέλει αρετήν και τόλμην η ελευθερία» (Freedom takes boldness and virtue). – A. Kalvalos. Contact: Anna Lempesi, ann.lempesi@gmail.com

GOYA

GOYA kicked off the month of March with a new fundraiser: The Pancake Breakfast, on Sunday March 3. [They actually met the night before for a brief meeting and prep work in the kitchen/gym; our group certainly has a knack for 'whistling while they work' because the time flew by, and was, dare we say, enjoyable.] The teens cooked and served up a delicious



Students sing chorally during the Greek School's Greek Independence Day/Annunciation program at St. Basil's Seminary auditorium. (March 29)



Teachers and students lead the crowd in a patriotic singing of the Greek National Anthem at the end of the Program. (March 29)

brunch meal of pancakes, eggs, bacon, hash browns, muffins, etc. and enjoyed doing so. Thank God for our teens' readiness and willingness to serve – whether it be for charity or for fundraiser – they are always ready to offer themselves.

Then on Saturday, March 11, the regional GOYA Lenten Retreat took place at St. Barbara church in Orange. Around 60 teens and 20+ parents from across the state attended. The theme was Forgiveness and its role in preparing for Great Lent and, ultimately, Pascha/Easter.

Looking ahead to April, GOYA will begin its (now annual) lenten gift drive for children of Stamford Hospital Pediatrics. Donations need not exceed \$25 in cost. Look for collection bins in both the Narthex and the Cultural Center lobby. The ministry would like to encourage your participation! The drive will finish before Easter, with a delivery date set for the week directly following our major most feast.

Upcoming events in April:

- Sunday, April 6 – Monthly Meeting in the aerobics room after liturgy.
- Sunday, April 20 – Saturday of Lazarus Cleaning (@ church) 10:30am-1pm; confession available for those interested.
- Mon-Sun April 21-28 – Holy Week: readers & servers needed! Contact Steve.
- Friday, April 26 – Good Friday Retreat (assisting with program), 9:30am-3pm

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



Greek School PTO President Vasso Spanos and Director Anna Lempesi offer conclusory words after the School's festal performance. (March 29)

HOPE/JOY

To continue the annual tradition of service during Lenten season, please join us on Wednesday, April 24th at 3pm at the Lower Fairfield County Food Bank, 461 Glenbrook Road, Stamford (www.foodbanklfc.org). Executive director Kate Lombardo will speak about the importance of food donation and invite us to participate to stocking shelves. We will see firsthand where and how food donation goes is distributed. Please bring a food item to donate on Wednesday. Afterwards, we will 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. Thank you for your support and participation in this important event! Contact: Ruth Diamond, cornellrh@yahoo.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.

Mother's Day Craft: On Sunday, May 19th, during coffee hour, Little Angels will host a special craft during the Greek School's Mother's Day Tea. Look out for our table and more details to follow! Contact: Vasso Spanos (bkarachris@gmail.com) or Rachel Jones (racheljones.cpa@gmail.com)



Little Angels and parents take a picture after Church School class. (March 17)



Coaches Patty Vlahakis (center) & Hannah Pappas (right) and girls volleyball team are nothing but smiles after winning the championship game. Congrats! (March 30)

Athletics

Congratulations are in order for our Varsity Girls Volleyball team for winning the league championship at Annunciation on Saturday, March 30! They were undefeated in the regular season and playoffs to claim the 1st place prize. Coaches John Skoparantzios and Hannah Pappas (in addition to Annunciation coach Pattie Vlahakis) are to be applauded for leading the team to victory.

This was a successful year on many fronts for our Stamford United athletics program. Two championship teams (adult men basketball, and girls' volleyball), two other playoff teams (Varsity and JV basketball), and the re-formed (and newly combined Archangels-Annunciation) Youth team. Thanks to all our coaches and players for a great season!

Contact, Director John Skoparantzios: atoz@aol.com

Young Adults

Archangels is hosting a Lenten retreat for young adults on Saturday, April 6 with Fr. Harry as the keynote. Entitled, "Who Are We Really?" the keynote (by Fr. Harry) will address personhood; various subthemes being addressed in breakout groups will be: Orthodoxy in a multi-cultural world, spiritual identity, and the Akathist hymn. A group of 12 Young Adults from St. Spyridon, along with their priest Fr. Nicolas Kazarian, will be coming up to join us, and this retreat is open to the public. Start time is 2:30pm with icebreakers, keynote and breakout sessions, then 5pm vespers and fellowship dinner to follow at our Cultural Center. Please contact Steve if interested: steve@archangelsgoc.org or 203-623-5896.

Greek Language Classes for Adults

The world is shrinking with globalization and the internet! Now is a great time for adults to learn modern Greek. We are blessed to have an excellent instructor in Dr. Eugenia Zavras, a biology Professor at Fairfield University and past teacher and director of the Greek School. For information and registration, contact her directly at 203-322-9561, or call the church office 203-348-4216.

International Orthodox Christian Charities (IOCC)

IOCC's history in Greece began in 1993 with a regional field office in Athens. Since 2012, IOCC has worked closely with "Apostoli," the philanthropic organization of the Archdiocese of Athens under the Church of Greece, responding to the extensive financial crisis with more than \$37 million in monetary and in-kind support. The diverse contributions of IOCC to Greece include securing access to food through development of agriculture and farming, supporting education, providing emergency relief (including the devastation from fires in Attica last year), job creation, and equipping hospitals.

IOCC is also responding in Nebraska after the devastating floods. Response begins with assessment and coordinating with partners and Orthodox parishes in affected states. Here's what to expect in the coming days:

- **Muck Out and Clean Up:** IOCC is organizing volunteer Emergency Action Teams in the Omaha area of Nebraska, where they have begun muck-out and clean-up operations.
- **IOCC Frontliners:** Specially trained to serve those affected by disaster and trauma, Frontliners deployed 3/26 to Omaha, Nebraska, to offer emotional and spiritual care and to conduct needs assessments for additional emergency-response activities.
- **Local Church Partners:** IOCC's team is working with Orthodox parishes in affected areas. Local Orthodox volunteers are assisting with assessments and clean up; IOCC is coordinating with ecumenical and other partners for maximum effectiveness.

Support these efforts today, and help our neighbors in need get back on their feet: <https://iocc.org/ways-to-give>.

Contact: Fr. Harry hpappas@svots.edu

Long Term Mission Work

(as originally presented on March 17 during announcements)

Good morning!

As you know we are observing Missions Sunday in our parish today, which coincides nicely with the commemoration of St. Patrick, the first missionary to Ireland. As such Theophani and I, with Father Harry's blessing, thought it appropriate to announce that we ourselves have begun the process of becoming long-term cross-cultural missionaries, following in the steps of St. Patrick, St. Paul, St. Herman of Alaska and so many others. We are doing this through the Orthodox Christian Mission Center (OCMC), which is our missions' agency in America.

We are very excited to share the news about our future as we feel this is the right time in our lives to fulfill a calling to missions. This decision did not come overnight. Rather the seed to serve Christ and His Church in this way was planted in each of us years ago, even before we met each other. It has continued to grow over time, even while we have been here at Archangels Church. Experiences like Midnight Run with GOYA this past fall, have helped inspire our call to serve. We don't know exactly which part of the world we will be serving in, of which we ask you for your prayers, but we look forward to sharing this information when a decision has been made.

As some of you may know, I will complete my time as Pastoral Assistant for the parish at the end of July. Leaving the position is somewhat bittersweet because it has provided me with such a great experience. I have so many warm memories and friendships from my time here.

The good news is that we will not actually be leaving the parish. We will simply be developing a different relationship because any missionary who goes out into the field needs to have a team of partners supporting them. Our hope, then, is that you will consider becoming one of our partners in the near future. This will allow us to maintain a regular connection, and represent you in the world, where ever we serve.

As our future plans develop and become clearer with the help of OCMC, we will let you know how you can join us! We look forward to talking with all of you on an individual basis to share our plans in more detail.

Finally, we will still be living in Connecticut for at least another year making preparations and growing a national network of partners and supporters. We look forward to continuing our friendships and relationships with all of you who are our spiritual family.

— Steve & Theophani Sarigianis



Fr. Harry and Presvytera Kerry (not pictured) attend the NY District's Clergy Couple Retreat in New Rochelle. (March 23)

Russian Passion Concert

Stamford Symphony and the Interfaith Council of SW CT invite us to a concert of two great Russian Orthodox composers: Tchaikovsky's Piano Concerto No. 1 and Rachmaninoff's Symphony No. 2 on Sunday, April 14, 3pm at the Palace Theater (61 Atlantic Street, Stamford). Conductor is Vladimir Kulenovic; pianist is Federico Colli. Since our church is a member of the Interfaith Council, we are entitled to a 20% discount on tickets through 203-325-4466 or www.stamfordsymphony.org and are invited to the donor lounge for refreshments at intermission. Use offer code: FAITH19 online or via box office by April 10. For more info: rjones@stamfordsymphony.org



Over 50 parishioners stay after liturgy on March 17 to attend the Town Hall meeting to discuss the future of the Stamford Athletic Club.

Stamford Athletic Club (SAC)

Yes, we will be closing our doors to gym membership May 1, 2019. But there is still plenty going on at SAC during its last public month.

Plans are in the works for some exciting and fun days in April, including "Wear a Hawaiian shirt day" and staff vs. members in several contests of will and skill. More details will be posted at SAC as these events hit the calendar.

Tina, a veteran SAC instructor, has offered to teach a dynamic new class on Mondays at 6 pm at no cost to SAC as a Thank You for allowing her to instruct here over the years.

Jon, one of our most popular instructors, will add a class on Wednesday nights at 6 pm to his already busy SAC group schedule. Check out these and more group classes in April.

We will be fully open and operating for the month of April. That includes the pool, racquetball, classes, and all amenities. Our great personal training team continues to offer one-on-one attention. Stop by the front desk to ask about private training.

The wonderful cooking aromas from the SAC kitchen continue. In addition to our resident Chef who provides meals to-go, we host a bagel vendor, an empanada vendor, and Hapa who serve a

unique blend of American street food with Asian Pacific flare. They all rent the SAC kitchen space and can cook a meal for anyone. Just stop by front desk at SAC for more info.

The basketball court will continue to be available to rent for events and special occasions even after the gym membership program is terminated. Book those dates now.

SAC will close early on Friday, April 26, in order to allow space for Good Friday services and events.

SAC has aligned with The Sarner Institute at Tully Center to offer SAC members a smooth transition to an alternative exercise site. The Sarner Institute is very similar to SAC. It has indoor pools, group classes, ample parking and is located just up the street from SAC. Email Judy Klein at jklein@stamhealth.org for more details.

Special "Bravo" goes out to all of Archangels parishioners and staff who allowed me not only to manage SAC, but to become part of the Archangels family community. Particular thanks go to Father Harry and Jason Konidaris as well for their hard work and support throughout my tenure. I invite everyone to please stop by SAC so that I may express these sentiments to each and every one of you in person. Contact: Jeff Kaminski 203-357-7555 or JeffKaminski@sacnews.com

SAVE THE DATES!

ANNUAL ARCHANGELS GREEK FESTIVAL!

THUR., SEPTEMBER 26 – SUN., SEPTEMBER 29

OPA!



His Eminence Archbishop Demetrios (left) stands with 11 local area clergy at Annunciation Church during the Annunciation Vespers service. (March 24)

CHURCH OF THE ARCHANGELS CAPITAL CAMPAIGN

The Capital Campaign Committee:

Elias N. Kulukundis, Chairman. Jason Konidaris, Vice Chairman. Father Harry Pappas. Mary Badoyannis, Peter Cholakakis, 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 March 31, 2019

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		1,387,375		
Total Commitments		\$ 3,587,375		
Amount needed to finish our work	\$	307,625		

* 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 March 31, 2019

PART II – PLEDGES AND NON-PLEDGE CONTRIBUTIONS

Estate of Fay Couyoumjian
 Estate of Marge Rubirosa
 Archangels Greek School
 Archangels Greek School PTO
 Archangels Ladies Philotochos Society
 Anonymous (3)
 Nick and Deedee Aivalis
 Lambros and Katie Amanatides
 Jameela Androulidakis
 Katina Antipas

Angelo and Dena Aravides
 Pantelis and Georgia Athanasiadis
 George Badoyannis
 Demetri and Connie Begetis
 Mary Louise Bennett
 Pericles and Diana Caminis
 Peter Cholakakis and Teresa Cassidy
 Helen Chagaris
 Nicholas Chivily
 Panagiotis and Maria Chlebiogiannis
 Harry Condos
 Elisavet Constantine
 Matt and Maria De Vito

Peter and Ruth Diamond
 Stephen and Margaret Fornaciari
 Peter G. George
 Stephen and Tina Georgeou
 Dimitrios and Nikki Glekas
 Nathaniel and Julia Gooding
 Margaritta Haralambidis
 Timothy and Sophia Hartch
 Theodore and Susan Helms
 Michael and Elizabeth Jackson
 William and Mary Janocha
 Thomas and Harriet Joannou
 David Johnson and Nicole Stamatelos

William and Bertha Jones
 James and Sylvia Kambas
 John and Olga Karakadas
 George and Alexandra Karayiannis
 Nicholas Karayiannis
 Nicholas and Mary Karukas
 George Khouri
 Annie Konidaris
 Jason and Janie Konidaris
 Pericles and Katherine Kounavelis
 Elias N. Kulukundis
 Natalie Kulukundis
 Stew and Kimberly Leonard

Peter and Yolanda Licopantis
 John Kazianis and Eugenia Littrivis
 Bob and Cassie MacFarlane
 Marc and Maria Magliacano
 Jonathan and Georgia Man
 James and Kyriaki Marcarello
 Rita Mehos
 Cynthia Mixcus
 Dr. Alan and Marietta Morelli
 Thomas G. Patsis
 Chris A. and Luisa Nanos
 George and Amy Nanos
 Paul and Debbie Nanos
 Penny Nanos

Gerrit Nijmeijer and Ismini Naos
 Veronica C. Nelson
 Nicholas and Ruth Nikas
 Mark and Maria Otis
 George and Cynthia Paparis
 Father Harry and Kerry Pappas
 Kimon and Julie Passios
 Tom and Nike Passios
 Thomas G. Patsis
 John Pasvankias
 George and Jane Perkins
 Dr. Athanasios Petrotos
 Michael and Pam Poulos

Lee and Maria Sampanis
 Steve and Theophani Sarigianis
 Ken and Maria Shepard
 Ted and Diane Sierpina
 Louis and Anna Sioles
 Aggie and Molly Sotire
 Robert and Vasso Spanos
 Dr. Steven and Stacey Valassis
 Dennis and Marion Vanson
 John and Medina Vasily
 James and Natalie Venetos
 Peter and Dr. Eugenia Zavras