

Northern Lights

Quarterly Newsletter of the Greek Orthodox Mission of Northern Arizona
 P.O. Box 2164 • Flagstaff, AZ 86003-2164 • Tel. (928) 774-8279 • <http://www.gomona.org>
 Fr. Nicholas Andruchow, Priest

Volume 1, No. 35

Spring 2005

✠ Worship Schedule

Great Vespers Saturday Evenings, 6:00 PM,
Confessions after Vespers or by appt.

Matins Sunday Mornings, 8:45 AM

Divine Liturgy Sunday Mornings, 10:00 AM,
 followed by 15 minute Adult Orthodoxy Lesson

Religious Education

Sunday Church School: 9:30 AM

Chant Class: 5:00 pm Tuesdays

Christian Church History: Tuesday mornings, now thru Apr 19, 11:30 AM to 12:30 PM

Understanding Orthodoxy: Wednesday evenings, now thru Apr 20. Class begins at 8:00 PM, preceded by a Presanctified Divine Liturgy at 6:30 PM

Wednesday Vespers & Bible

Study: 6:30 PM, May 11 thru June 22, See calendar for location



*Unless noted
 Services and Classes are held at:
 Our Lady of Guadalupe Church
 224 S. Kendrick Street*

Directions from Interstate Highways: From I-17N proceed into Flagstaff. From I-40, take Exit 195 into Flagstaff. Once in Flagstaff, continue north on Milton Rd. Pass through five lights. The sixth light will be at Butler Av. Turn right onto Butler Av. Go one (short) block and turn left onto Kendrick Street. Our Lady of Guadalupe will be on your right.



Great Lent, Holy Week, Pascha and Feast Day Services & Events

- April 4, 11, 18.....**8:00 PM: Great Compline
- April 6, 13, 20.....**6:30 PM: Presanctified Liturgy (followed by Understanding Orthodoxy Class)
- April 23...**Lazarus Saturday: Matins 8:45 AM, Divine Liturgy 10:00 AM followed by Pancake Breakfast and Palm Cross Making
- April 24...**Palm Sunday: Matins 8:45 AM, Divine Liturgy 10:00 AM
 6:30 PM: Bridegroom Matins
- April 25...**6:30 PM: Bridegroom Matins
- April 26...**6:30 PM: Bridegroom Matins
- April 27...**6:30 PM: Holy Unction Service
- April 28...**10:00 AM: Vespers of St. Basil
 6:30 PM: 12 Passion Gospels
- April 29...**8:00 AM: Royal Hours
 11:00 AM: Holy Friday Retreat *for all ages*
 2:00 PM: Entombment Service
 6:30 PM: Lamentation Service
 9:00 PM to 9:00 AM: All Night Vigil
- April 30...**10:30 AM: Holy Saturday Liturgy
 11:30 PM: Pascha Liturgy
- May 1.....**12:00 noon: Agape Vespers followed by Pascha Picnic at Bush Master Park (weather permitting)
- June 9.....**Ascension of our Lord: Matins 8:45 AM, Divine Liturgy 10:00 AM

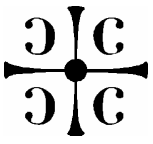
Flower Donations Needed

For Holy Week flowers need to be donated for the different services please. If you are interested in helping, please contact Father or Toula Howington.



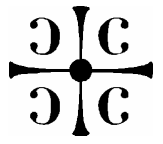
GOMONA Calendar of Events

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| <ul style="list-style-type: none"> April 8 & 9: Altar boy campout April 10: Spring General Assembly May 7: Youth Plant Flowers at OLG May 13 & 14: Retreat with Mother Ines May 22: Year End Youth Assembly June 17 & 18: Rummage Sale | <ul style="list-style-type: none"> July 13-19: Project Mexico July 29 & 30: Campout at Blue Ridge August 21: Summer Picnic TBD: Glendi October 9: Fall General Assembly November 6: Stewardship Sunday December 4: Parish Council Elections |
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Holding Fast

Fr. Nicholas Andruchow



As we approach the great and holy Pascha (Easter), we are called to prepare appropriately through fasting, helping others, praying and participating in the sacrament of holy confession. It is essential to remember that all our efforts are useless unless it is fortified and centered on the Lord as stated in the book of psalms “Unless the LORD builds the house, they labor in vain who build it;” (Psalm 127:1).

Therefore it is our responsibility to find the balance between zealously adhering to the piety of the Church and having the Lords commandments as our focus so not to ignore the needy as did the rich man in the presence of Lazarus (Luke 16:20-31). The Orthodox Church is full of Apostolic traditions passed down through the centuries which should be respected and embraced but not seen as ends in themselves. We are ultimately called to hold fast to the commandments of the law in order to “LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND and LOVE YOUR NEIGHBOR AS YOURSELF.”(Matt. 22:37, 39). Therefore this month’s pastoral message calls us to be conscious of the benefits of one of the many traditions of the church, fasting, but never losing sight of the true fast which emulates the sacrificial love of God.

In the bible it is very clear that fasting means to eat no food for a certain amount of time. Therefore biblically fasting does not mean that Christ or Moses ate tofu for 40 days but rather they abstained totally from anything edible. The reasons for fasting have varied throughout the history of our faith. We see Moses fasting for 40 days in order to prepare to meet with the Lord and receive the tablets of the ten commandments. (Deut. 9:9) The nation of Israel fasted for an entire day before discerning God’s will for them to battle against the tribe which harbored the wicked men responsible for the death and pillage of one of their virgins. (Judges 20:26) King David mourned the death of Saul and his close friend

Jonathan through the effort of fasting. (2 Samuel 1:12) Christ fasted for 40 days before he was tempted by Satan and began His ministry in Galilee. (Matt. 4:2) So it is clear that the bible teaches that through fasting we can prepare to encounter the Lord, discern His will, cultivate the process of grieving and strengthen ourselves against the temptations of adversity and demonic forces.

Much modern research professes to the health benefits to fasting. By eating no food for a time span for more than 24 hours has been shown to encourage detoxification of the body, allow for a stronger immune system, promote the healing of damaged organs, and increase life-span of a person. For this reason it is quite understandable why the church has prescribed a strict fast for the days belonging to Great Lent with the embracement of only one meal per day which should consist of no meat or dairy product and the abstinence from wine and olive oil. In practice not all of the faithful are able to adhere to the strict fast therefore each person should reflect on their own physical and spiritual condition and, with consultation with their priest, determine what level of fasting would be healthiest for their soul and body.

As mentioned earlier, ultimately we need to realize that fasting is not an end in itself. It does not matter how well a person can fast, but what is most important is if we are lovingly concerned with our neighbor. St. John Chrysostom comments on this succinctly by stating: “For what does it profit if we abstain from birds and fishes; and yet bite and devour our brethren?”ⁱ The prophet Isaiah also reflects on this when he criticizes the nation of Israel for their misguided fasting. Isaiah chastises Israel for abstaining from food but having fits of wickedness and not observing the fast of the Lord which is to “share your bread with the hungry, bring to your house the poor who are cast out; and cover the naked when you see him”. (Isaiah 58:7) The prophet

Isaiah did not abolish the need for fasting but rather calls us to fully embrace the true fast which results in reaching out to the needy. This can result in “our light dawning in the darkness ... and the Lord satisfying our soul in drought and strengthening our bones”. (Isaiah 58:10) So our fast should be transformational so to concretely reach out to those in need.

In this Lenten season we are called to do this on various levels. First we need to respond lovingly to those who are closest to us, whether it be our children, parents, friends or extended family, it is important to not overlook the one in need who might be literally under your nose. It would be extremely ironic to continuously minister to those in the street and destitute but overlook our own children or friends who are crying out for help by being patient, compassionate and giving. Assuming we are meeting the needs of our closest loved ones, we need to reach out of our community and cultural comfort zone and touch the sick, the hungry and orphaned. That means go to the local nursing home and visit some one who is unable to perform the basic life skill techniques and has not had a visitor in months, or open your eyes and heart to the reality of the 1,000s of orphans who live in what we consider secondary quality when compare to the shed in our back yard, or accomplish the basic act of mercy and speak to someone who is alone and sitting by themselves. This is what it means to hold fast to the commandments of the Lord. Yes, during Great Lent we abstain from certain foods and from eating all together when prescribed and we use the God given tools to purify us, to help us discern the will of God and to give us the strength to be truly the soldiers holding fast to His commandments to love the Lord and concretely let that love manifest itself through our own lives.

ⁱ St. John Chrysostom, Homilies Concerning the Statues., Homily 3, Sect 12



Holy Friday Retreat

April 29 • 11:00 AM

RSVP by Sunday April 19

We are holding our third annual Holy Friday Retreat at Our Lady of Guadalupe Church starting at 11:00 AM. Please make all attempts to attend, and RSVP to any of our Church School teachers by Sunday April 19th, either by letting them know at church, or call Cookie at (928) 774-2883.

This retreat will have a different format from previous years. We will follow a *Pascha Lesson Cookie Recipe* where each step of the recipe illustrates something of Christ's Passion and His Resurrection, and is accompanied with Bible readings. While making the cookie dough, participants will be actively involved, but the cookies won't be ready until Pascha! We will break for a lenten potluck lunch, and time permitting, we will end the retreat by practicing the Lamentation Hymns. We should be done in time for the Entombment service at 2:00 pm.

Private Confession



Great Lent is the time of year when we reflect upon our short comings, repent, and try to lead a more righteous life. Therefore it is important for all Orthodox Christians to have a private confession with their priest during this season. Fr. Nicholas is available to hear your confession on Saturday nights after Vespers. Or you can call and schedule an appointment.

Collection for the Homeless



On Sunday April 17, we will pass a second basket for an offering for the homeless. Please plan accordingly. Upcoming collections are scheduled for July 31 and October 30.

Our Little Lenten Cookbook



Our Little Lenten Cookbook is now available for all to enjoy. Twenty delicious Lenten recipes contributed by our own congregation. Call Julie at 928-774-7582 to reserve your copy today!

Healing Through the Orthodox Church



Mother Ines, the founder and Abbess of the "Hogar Raphael" Orthodox Orphanage in Guatamala will be offering a 2 day retreat on healing through perspective of the Orthodox Church. She will draw on her own personal experience of caring for hundreds of abused and neglected orphans from Latin America.

When: May 13 & 14, 2005

Where: Flagstaff, Arizona

Info.: Contact Fr. Nicholas at 928-774-8279 or

Priest @ GOMONA.ORG

Sponsored by the Greek Orthodox Mission of Northern Arizona &
St. Haralambos Greek Orthodox Church

Stewardship 2005 Status Report

As of March 1, we have 40 stewards pledging a total of \$47,164.40 for the year 2005! Thank you to our stewards for their response! Thank you for caring and loving our mission! May God's love and blessings be upon you and yours forever!

If for some reason you have not returned your pledge, PLEASE cut out the form at the bottom of this page and mail it in. Or when you are at church, fill out one of the pledge forms located on the entry table with the prayer books. *Please remember it is never too late to become a steward.*



With God's Love,
Fr. Nicholas and Toula Howington

Thank you to our stewards

Fr. Nicholas and Pres. Merilynn Andruchow
Phil & Helen Blommendahl
Paul & Sandy Boyce
Tess Konomos & Paul Brinkmann
Lisa Brollini
Gary & Althea Conrad
Kristen Coor & Warren Sanford
Margaret Dellas
Deacon Seraphim & Mary Grove
Angela Hapgood
Toula & James Howington
Jody Gilson & James Howington
George A. Howington
Karen and Mike Jankowski

Kathy Lampros & Richard Jackson
Pauline Kefalas
Dale & Elpitha Kraus
Pete & Tammy Kretsedemas
Nick & Marina Kretsedemas
Demetrios & Katherine Kretsedemas
John & Abbie Lander
Lewis & Julie McCormick
William & Jean Miller
Jan Morin
Daniel & Susan Neimy
Rev. Fr. Timothy & Pres. Vicki Pavlatos
Angelo & Potoula Pappas

David & Kathleen Park
Panos & Dionysia Paramithas
Maria Schulz
Randy & Helen Schulz
Jessica & Joe Sorren
Maria & Pete Stathopoulos
Litsa St. Amand
Teri & Wayne Talent
Dean & Nickoleta Tavlarides
Deacon John & Mary Thrasher
Alex & Diane Tkatchov
Bill Wilson
John & Betty Wilson

**** If you have returned a pledge prior to Mar. 1, and your name is not on this list, please call 928-774-8279 to correct our records ****

Stewardship 2005 Pledge Distribution

Pledge Amount	# Stewards	Pledge Amount	# Stewards	Pledge Amount	# Stewards
\$4,000+	2	\$2,000 - \$2,999	6	\$500 - \$999	10
\$3,000 - \$3999	1	\$1000 - \$1,999	8	\$300 - \$499	9
				\$299 & Below	4



GREEK ORTHODOX MISSION OF NORTHERN ARIZONA STEWARDSHIP PLEDGE: JANUARY, 2005 – DECEMBER, 2005

Name _____ Spouse _____
Children, names and ages _____
Address _____
City _____ State _____ Zip _____
Phone Home _____ Work _____
Signature _____ Date _____

Treasure

I/We joyfully pledge this amount to support the needs of the Greek Orthodox Mission of Northern Arizona.

\$ _____

Weekly Monthly
 Quarterly Annually

Time and Talent: I/We pledge to volunteer my time and talent to the Greek Orthodox Mission of Northern Arizona in the following areas:

Outreach Construction Coffee Hour Baking Greeters Parish Council Fund raising
 Sunday School Philanthropy Divine Liturgy/Vespers, set up and take down Other _____

Please mail to: Greek Orthodox Mission of Northern Arizona • P.O. Box 2164 • Flagstaff, Arizona 86003-2164

SPRING CLEANING!



The 2nd annual Rummage Sale is set for June 17 & 18. Plus we are going to add a Bake sale with this to expose our Greek heritage! Get those clothes,

toys, tools, couches, plants, appliances etc. ready to sell! Just like last year, we will have the opportunity to raise some money for our church! To ease the time it takes to set up, please have all clothing on hangers, with the hanger in the form of a question mark (?) as the garment is facing you. Thanks a lot. Childrens clothes don't have to be on hangers, but if they are sorted by girls/boys, that would help too. Any questions? Call Elena at 526-1104 or eeeetheros@msn.com. Thanks!

Book Store and Library



Hello!! This greeting comes from our book store and library, located next to the coffee table during coffee hour.

Come and Visit! You will find books for CATICHUMENS, for KIDS, BIBLES, PRAYER BOOKS, books for LENT, SPIRITUAL, SPIRITUALITY, CHURCH HISTORY, BIOGRAPHYS, Icons, Music and more!

Please stop by and see me. I do not like to feel lonesome! You know I like to talk and do business with you!

Love you, Toulia

Save the Date: Annual Family Campout July 29 & 30 And RSVP in May



A family campout to Blue Ridge Reservoir is being planned for this summer. Please RSVP during the month of May if you would like to go. Just let any of the Church School teachers know. Thanks!

PROJECT MEXICO JULY 13-19

The following seven individuals from our community will be going to Project Mexico to build a home for the young adults living at St. Innocent's Orphanage from July 13th thru 19th.

- Fr. Nicholas
- George Howington
- Tom Schmadel
- Julie McCormick
- Randy Schulz and Son
- Sandy Boyce

Please keep them in your prayers as they prepare for their mission trip.



Sayings of our Holy Fathers

The Writings of Staretz Silouan:
The Soul's Yearning for God

The Lord bids us love Him with all our hearts and all our souls - but how is it possible to love Him Whom we have never seen, and how may we learn this love? The Lord is made known by His effect on the soul. When the Lord has visited her, the soul knows that a dear Guest has come and gone, and she yearns for Him and seeks Him with tears: 'Where art Thou, my Light, were art Thou, my Joy? Thy trace is fragrant in my soul but Thou art not there and my soul yearns for Thee, and my heart aches and is sad, and nothing rejoices me because I have grieved my Lord and He hath hidden Himself from my sight.

Were we like simple children, the Lord would show us His paradise and we should see Him in the glory of the Cherubim and Seraphim, and of all the heavenly hosts and the Saints; but we are not humble and therefore we torment ourselves and those we live among.

Staretz Silouan



For The Record...

Chrismations

February 2, 2005

Michael & Catherine

Donovan

Sponsors:

James & Toulia Howington

Baptism

February 20, 2005

Chloe Catherine Brollini:

Katherine

Daughter of:

Anthony & Nigelynn Brollini

Godmother (and

Grandmother):

Elizabeth Brollini

We welcome Chloe, Michael and Catherine to our Orthodox Family!

Community News

To all of our friends of GOMONA:

THANK YOU ever so much for your generous gift at Christmas time! It made our Christmas a lot more enjoyable and lot less stressful! God has shown us how wonderful His works are through your willingness to give. We hope the Lenten and Paschal Seasons are full of Gods gifts and mercies for all of you.

The Sierra Family

