



## Worship Schedule

### Great Vespers

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

### Matins

Sunday Mornings, 8:00 AM

### Divine Liturgy

Sunday Mornings, 9:00 AM  
followed by a 15 minute  
Adult Orthodoxy Lesson

~See calendar for feast day services~

### Dormition of Theotokos

Aug 2-9, Aug 13-14:

Paraklesis 6:30 PM

August 15:

Matins 9:00 AM

Divine Liturgy 10:00 AM

## Religious Education

### Sunday Church School

Starting September 10, 2006  
Sunday Mornings, 8:30 AM

### Chant Class

Mondays at 5:30 PM

### Bible Study Starting September

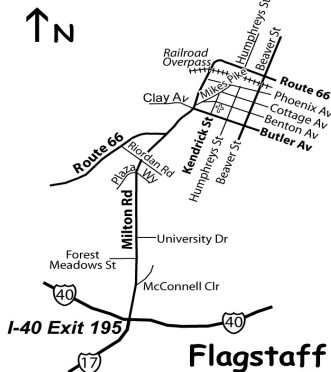
6:30 pm Wednesdays

Prayer Service followed by Bible Study of  
"The Book of Acts"

At St. Vincent De Paul room

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. Turn right at the entrance to Our Lady of Guadalupe between Kendrick St and Humpreys St. (Left turns are no longer allowed onto Kendrick Street)



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. 40

Summer 2006



# A Christian Death

Fr. Nicholas Andruchow



How long will we all live for? We know the average life expectancy is 76. We know that if a person has some type of terminal disease his or her chances of dying sooner than later are increased tremendously, but still the exact moment of our death is unforeseeable. Only God knows the exact time of us leaving this world to enter into the next. But as Christians we hope that whenever we do pass from this life it will be peaceful. In light of all this I am going to share with you my experience of my uncle's recent death, whose timing and manner was quite surprising.

This past April my uncle at the age of 83 was diagnosed with lung cancer. He had been born during the depression, fought in WWII and outlived all of his siblings (some by more than 70 years) but what took his life in the end was the side effects of smoking for 5 decades. No one was surprised by the diagnosis, but no one was looking forward to the painful passing that often results from such an infirmity. Almost immediately after his diagnosis, he began receiving constant oxygen supplement treatments. As time went on his breathing became more and more difficult, he became weaker, disorientated and perplexed why the Lord was allowing him to die such a terrible death. It was not all dismal though, during the last two months of his life he would have spells of serenity and joy at which time he often took advantage to plan his own death and the details of his funeral. But still no one knew when he would pass away, so when I received a phone call on May 24<sup>th</sup> informing me that he only had 2 days to live I was somewhat skeptical. Nevertheless I decided to travel and be with him, his daughter and his niece in this time of suffering.

## Reconciliation with God

When I arrived I saw what was a once vibrant, boastful, strong man subjected to become an exhausted, disorientated, and debilitated human who could barely open his eyes. His breathing was impeded by the filling of his lungs with fluid which sounded like constant gargling of mouth wash. At this time I had no idea how long he would live for so I did not waste any time and we prepared to give him Holy Communion. We prepared incense, chanted the Paschal Troparion and the 9<sup>th</sup> ode to the Theotokos and administered the gifts to Walter (my uncle) for his last time. After this his breathing started to get worse and worse, almost sounding like the bubbling of thick molasses. The hospice nurse came in several times and commented on the quick deterioration of his condition and it would not be long before he was gone. Despite the obvious signs I still did not expect for him to pass away any time soon. As my wife so accurately said "I was in denial", but my uncle was not. He was preparing and ready to go. His wife had died five years earlier and he had enough of this world and wanted to get the fastest transfer he could to the one to come. Walter did not waste time, just minutes after receiving the flesh and blood of God he was proclaiming his desire to be reconciled with his creator by saying "Forgive me God" ... "Have mercy on me Lord". What he was asking forgiveness for we do not know. Maybe for the unwarranted guilt of his brother drowning when he was 8, or for the years he spent fighting in WWII, or maybe the death of his sister who died from complications from childbirth at the age of 35. Much of what human beings carry as sin has very little to do with their own actions, but the pain is still there and God has the power to take that pain away. In this sense forgiveness is not so much the pardon of what we have done wrong but the peace given to us when the Lord takes the burdens and sadness off our souls. This is what

(continued next page...)

happened to Walter. Within minutes he started to proclaim "It is alright." We wondered what was exactly alright when his daughter ask "Is everything all right now?" and he said "Yes!" This was the red flag signaling that he was prepared to leave this world.

### **Forgive and you will be forgiven**

I was still in denial. I have seen a lot of dead people. I have seen people dying but I have never seen a person die, and I really never imagined I ever would so this would be no exception. I did know that my uncle had a hard life and much hurt and anguish filled his soul. In his last moments (though I did not know it was his last moments) we spoke about a person whom he held much resentment toward. I could see him get very agitated when we began to speak about this person. Not wanting to open a can of worms I approached the issue cautiously though I made it clear to Walter that if he wanted to be forgiven by God he needs to forgive those who have hurt him. And an incredible thing happen. He got it! I could see the tension leave his body and face and I saw as sign of relief which said "Oh that is how it works, it makes sense." If God was to forgive him he had to forgive those who had hurt him.

### **Continuing the journey**

At this time the nurses came in to make Walter feel more comfortable by

moving him to a better position. Me, Walter's daughter and his niece went out side of the room while the nurses aided Walter. At that time we took advantage of the opportunity to talk about what exactly was going on, but within seconds our conversation was interrupted by the nurse who said that Walter is taking his last breath. I said to myself, that can not be true I was just speaking to him, but as we re-entered the room all my doubts left as I saw Walter's breath and spirit leave his body. I saw a man vibrant, alter and fixated to the heavens with his eyes now wide open (they had been almost shut for my entire visit). Myself, Marcie (Walter's daughter) and Pauline (Walter's niece) stood there comforting him by holding his hand and stroking his hair, and witnessing Walter looking up to what only he could see. There was no hesitation or concern in his expression only a steadfastness and certainty that it was his time to go and continue what began for him some 83 years earlier. That expression and that eye piercing resoluteness lasted for what seemed for an eternity and then his soul slowly was no longer.

### **Life changing**

Walter died on May 25<sup>th</sup> 2006 and I know that he is alive in Christ. His death affirmed for me once again that there is so much more that goes on than we ever see. His death gave me

inspiration and hope of how we all should leave this world, clinging to God, being at peace with those in our life, our loved ones and our enemies, and as our spirit leaves our body we need to look to heaven knowing that the most important thing in the world is to always turn to the Lord. This experience profoundly made an impression on me, on Walter's daughter and also on his niece who said "through Walter's death I have once again found purpose in life." As Christians we all hope for this, death not to be an end but a transformational opportunity to life. May we all be strengthened from Walter's passing so to prepare for our own death when ever that may be.

I would like to thank Marchia Kilpatrick (Walter's daughter) who allowed me to be a part of this sacred time and record it so to witness to others. Also I would like to thank Pauline Clifford for allowing the experience to penetrate her own life so to have it transform her and also permitting me to be part of that process. Most of all I give gratitude to Walter who despite of the scars of this world he never stopped looking to the Lord for salvation and has encouraged my faith in the awesome power of Christ. May his memory be eternal. Amen



## **4th Annual "Nights of Greece" Glendi**

**Greek Dinner • Silent Auction • Greek Dancing • Live Band**

Please join us for our 4th annual "Nights of Greece" Greek Glendi on Saturday, September 30<sup>th</sup> at St. Mary's School in Flagstaff. This event features a Silent Auction, a sit down dinner with a huge (of course!) plate of homemade Greek food, dinner salad and Greek pastries...and let's not forget Greek Dancing for all!

*Thank you for supporting the largest fundraiser of our Orthodox Mission.*



**Saturday, September 30th, 2006**  
**St. Mary's School – Flagstaff, AZ**  
**6:00 p.m. Social Hour and Silent Auction**  
**7:30 p.m. Dinner and Dancing!**  
**Tickets are \$35.00.**

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For questions regarding tickets or donations, please contact Jessica at  
(928) 774-8279 –or– email [office@gomona.org](mailto:office@gomona.org) –or– write to:  
GOMONA, Attn: Glendi, P.O. Box 2164, Flagstaff, AZ 86003



# Stewardship 2006 Status Report

As of June 12<sup>th</sup>, 2006, 45 of our stewards have returned their pledges. Unselfishly giving back to God from His blessings, the blessings which He has bestow on each of us!

The pledged amount is \$62,594.00. It is heart warming to see that we follow our written responsibility to God, to His Church, to His Heaven here on earth! We thank Him, we praise Him, we glorify Him! If for some reason you have not returned your pledge, please take few moments to do so. *It is never is too late to pledge.*

May our Lord always be with you and guide you in all your endeavors.

In Christ with love

Fr Nicholas Andruchow and Toula Howington



## Thank you to our pledged stewards

Fr. Nicholas and Pres. Merilynn Andruchow	Bob & Kathlene Hunt	Daniel & Susan Neimy
Phil & Helen Blommendahl	Karen and Mike Jankowski	Angelo & Potoula Pappas
Paul & Sandy Boyce	Kathy Lampros & Richard Jackson	David & Kathleen Park
Anastasia Konomos & Paul Brinkmann	Debra Kamzelski	Rev. Fr. Timothy & Pres. Vicki Pavlatos
Lisa Brollini	Dale & Elpitha Kraus	Tom & Pam Schmadel
Kristen Coor & Warren Sanford	Demetrios & Katherine Kretsedemas	Randy & Helen Schulz
Margaret Dellas	Nick & Marina Kretsedemas	Maria Schulz
Constantine & Ellen Dillon	Pete & Tammy Kretsedemas	Jessica & Joe Sorren
Richard & Martha Downey	Harry and Mara Lampros	Litsa St. Amand
Deacon Seraphim & Mary Grove	Jonn & Abbie Lander	Frederic Dow & Jennifer Stevens
Angela Hapgood	Alex Lucas	Teri & Wayne Tallent
Tasia Holder	Laurie Margaritis	Dean & Nickoletta Tavlarides
Toula & James Howington	Lewis & Julie McCormick	Erika & Ted Tsouras
George A. Howington	William & Jean Miller	Alex & Diane Tkatchov
Jody Gilson & James Howington	Jan Morin	John & Betty Wilson

**\*\* If you have returned a pledge prior to June 12<sup>th</sup>, and your name is not on this list, please call 928-774-8279 to notify us \*\***

## Stewardship 2006 Pledge Distribution

Pledge Amount	# Stewards	Pledge Amount	# Stewards	Pledge Amount	# Stewards
\$6,000 - \$6,999.....	1	\$2,000 - \$2,999.....	5	\$400 - \$499.....	2
\$5,000 - \$5,999.....	1	\$1,000 - \$1,999.....	13	\$300 - \$399.....	3
\$4,000 - \$4,999.....	1	\$800 - \$900.....	3	\$299 & Below.....	11
\$3,000 - \$3,999.....	3	\$500 - \$599.....	2		



## GREEK ORTHODOX MISSION OF NORTHERN ARIZONA STEWARDSHIP PLEDGE: JANUARY, 2006 – DECEMBER, 2006

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

# Mission News



## Collection for the Homeless

On **Sunday July 16<sup>th</sup>**, we will pass a second basket for an offering for the homeless. Please plan accordingly.



## Nursing Home Ministry

Pony Boy, Lillian, Vera, Gertrude...these are a few of the people you will have a chance to meet if you join our monthly visits to visit Infinia Nursing. You don't have to become a regular, although you might, after meeting some of the people and discovering you have a talent for being there for them (listening to their stories, praying with them, or sharing something about your life).

**Visits are on Saturdays, and dates for the rest of 2006 are July 15<sup>th</sup>, August 12<sup>th</sup>, September 9<sup>th</sup>, October 7<sup>th</sup>, November 4<sup>th</sup>, and December 16<sup>th</sup>.** We meet at the church around 9AM and from there go to Infinia for about an hour. Afterwards, if everyone has time, we go for coffee and some of the best donuts in town. This is a much-needed ministry for those who may be forgotten and lonely. You have a chance to make a difference in someone's life. Please join us. For more information, contact Mary Grove at 928-226-1882 or [mfgrove@hotmail.com](mailto:mfgrove@hotmail.com)



## Project Mexico July 7-13

The Project Mexico team is preparing to leave for their mission trip very soon. They wish to include all of us in preparing for this journey. So, they have decided to prepare and serve a delicious Mexican lunch to everyone after divine liturgy on July 2nd.

*Please keep all the missionaries in your prayers!*

- Fr. Nicholas Andruchow
- Paul Brinkman
- Vasili Brinkman
- Brian Berry
- Molly Dodd
- Kate Gariano
- Jessica Sorren



## National Biennial Clergy/Laity Conference July 17-21

This year's meeting is going to be attended by Fr Nicholas, our parish council president Sandy Boyce, and laity representatives Abbie Lander and Toula Howington. This conference is an important event for our mission and recommended for everyone. However, it is also a self funded event costing about \$1200 for each delegate except Father, which covers the registration fee, airfare and hotel accommodations. With this in mind, please express your desires to attend future meetings. *And many thanks to this year's attendees representing our mission.*



## 4<sup>th</sup> Annual Family Campout August 10-12

The dates for our 4th annual camping trip is August 10<sup>th</sup> through the 12<sup>th</sup>. We will camp Thursday and Friday nights and head back to Flagstaff on Saturday. If your wondering how much fun we have, just ask Joshua Andruchow who wrote a story about last years camping trip. Please contact Julie McCormick @ 774-7582 or Jessica Sorren @ 226-0036 for more information.



## Church Picnic August 27 At Fox Glenn Part

Our seventh annual picnic will be Sunday, August 27<sup>th</sup> at Fox Glenn Park, following Divine Liturgy. Please look to the flyer in this newsletter for details!



## Church School Enrollment By August 27<sup>th</sup>

Please find the Church School Enrollment form in this newsletter and enroll your child(ren) for the 2006-2007 Church School year by August 27, 2006. *Thanks!*



## Bookstore and Library

Do you want to enrich your Spirituality? Your knowledge on Orthodoxy? To read a Saint's Biography? To give a book to a child? An Icon? Music? If so, come and visit me. I'm here for you!

Love,  
Toula



## 3rd Annual Rummage/Bake Sale (2006) Summary

Our 3rd annual Rummage Sale was held May 5<sup>th</sup> and 6<sup>th</sup> in the basement of Our Lady of Guadalupe Church. Our little Mission is becoming known in the Flagstaff community, and the people are anticipating our rummage sale each spring, as well as the Glendi and Baklava in the fall. Once again, sales figures topped the previous year's.

Many thanks to all who donated sale items, baked goods and their time to make this fundraiser a success. One of God's greatest blessings is the time we share together and this event was no exception.



## Mission Events... Mark your Calendar!

- |                      |   |
|----------------------|---|
| July 7 – 13          | Project Mexico  |
| July 17 – 21         | National Clergy/Laity   |
| August 27            | Summer Picnic   |
| <b>SEPTEMBER 15</b>  | Newsletter deadline   |
| <b>September</b>     | Begin baking Baklava  |
| <b>September 30:</b> | Glendi: Nights of Greece  |
| <b>October 8:</b>    | Fall General Assembly (Announce Parish Council Vacancies & 2007 Budget) |
| <b>October 23:</b>   | Greek Festival at Holy Trinity  |
| <b>November 5:</b>   | Stewardship Sunday (Parish Council Nominations)                         |
| <b>December 3:</b>   | Parish Council Elections  |

## New Divine Liturgy Books Starting September



After much research and consultation the Mission will be adopting a new Divine Liturgy book in September. Through the input of many professional Byzantine Chanters and coral directors we have chosen to transfer from the blue spiral bound liturgical books to a maroon hard covered book published by Kevin Lawrence out of Scottsdale Arizona. The text will be much more complete and the music will flow smoother than our current version, while still maintaining the Byzantine ethos. It will take several months for the congregation to become accustomed to some of the new music, even though much of the notation is the same as our current version, so we need all to be patient. Much of the new music will be accessible on our web site as audio files and the books will be available through our bookstore to borrow for those would like get a head start on learning the music. Special thanks needs to be given to the Metropolis of San Francisco's Commission Of Mission and Evangelism (C.O.M.E.) for donating the funds to purchase all the books. If you have any question contact Fr. Nicholas.

### Holy Week Flowers



Epitaphios! Saying Epitaphios is not a word. It is emotional. It is the crucifixion, the entombment and the resurrection of our Lord Jesus Christ!

It is tears and exultation! It is Angels in heaven, and it is Angels with flowers here on earth! Thank you to Angela Hapgood, Ted and Besie Demos, Lou and Julie McCormick, Pete and Tammy Kretsedemas, Deacon Serafim and Mary Grove! The flowers were plentiful and so beautiful!

One behalf of all of us at GOMONA, Thank you!  
*Toula*



### Holy Week Books!

Talking about Angels! This Easter was our best. It was the best because everyone had a Holy Week Book to participate in the worship, surrounded with our Savior's love and the love of His thoughtful, wonderful and loving angels: Hieromonk Gabriel Nicholas and his parish of St. Constantine and Helen of Cheyenne W.O., Fr. Michael Eaccarino, the Assumption Metropolis parish in Denver CO., and Reverend James Kordaris of St. George Tropoforos Church in New York. We are deeply touched for their present of the Holy Books to our mission, their effort, their valuable time and the shipping gift!!

We thank them for thinking of us and giving us their best gift...their love. And we pray that our Lord to keep everyone and their families in good health and happy.

## Sayings of our Holy Fathers

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

Old age has come upon me, my body is grown feeble with the years and I would fain lie on my pallet, but my spirit rests not: my spirit reaches out with longing to her God, her heavenly Father. He has made us kin through His body and most pure blood and the Holy Spirit. He has given us to know what is eternal life. We know in part: the Holy Spirit is eternal life. The soul lives in the love of God, in the humility and meekness of the Holy Spirit; but we must give the Holy Spirit the freedom of our souls, that He may dwell therein, that the soul may be sensible of His presence.

He who on earth through the Holy Spirit dwells in the love of God will be with the Lord in the other world too, for love cannot melt away. But lest by reasoning we fall into error let us humble ourselves according to the word of the Lord:

'Become as little children, for of such is the Kingdom of Heaven.'

The Lord loves us more dearly than we can love ourselves; but the soul in her distress supposes that the Lord is forgetful of her, that He even has no wish to look upon her, and she suffers and pines.

But it is not so, brethren. The Lord loves us without end, and gives us the grace of the Holy Spirit, and comforts us. It is not the Lord's desire that the soul should be despondent and in doubt concerning her salvation. Believe and be sure that we continue in suffering only until we have humbled ourselves; but so soon as we humble ourselves there is an end to affliction, for the Spirit of God discloses to the soul, because of her humility, that she is saved.

Great glory be to the Lord that He loveth us so dearly, and this love is made known in the Holy Spirit.

O brethren, I beg and pray you in the name of God's compassion, believe in the Gospels and in the witness of the Holy Church, and you will, while still here on earth, savour the blessedness of paradise. For the Kingdom of God is within us; with the love of God the soul knows paradise.

*Staretz Silouan*

(Material from Wisdom From Mount Athos: The Writings of Staretz Silouan 1866-1838, by Archimandrite Sophrony.)



### For The Record...

#### **Welcome Newly Born**

Ariana Nicole Kretsedemas  
Born March 28th, 2006  
Time: 4:31 a.m.  
Weight: 6 lb 13 oz  
Length: 20 inches  
Blessed parents:  
Marina & Nick Kretsedemas

#### **Chrismation**

April 22, 2006  
Fernando C. Fierro  
Sponsor: Thomas Schmadel

#### **Wedding**

June 18, 2006  
Bride: Erika Meredith  
Groom: Theodore Tsouras  
Sponsors: Peter R. Tsouras  
& Cathryn H. Tsouras

*We Welcome Fernando to our  
Orthodox Family  
&  
Congratulate the Kretsedemas  
and Meredith / Tsouras families!*





# Greek Orthodox Mission of Northern Arizona Church School 2006-2007 Enrollment

*Please enroll your child(ren) by August 27, 2006*

Church School is more than coming to class. We schedule service and fellowship activities throughout the year, such as assembling Lenten help packets, going bowling, hiking and more. For our high school students, we are developing alternative curriculums. Last year our older students did an 'independent' Bible Study using *Come Receive the Light, Bible Studies*. This year we are considering reading *The Chronicles of Narnia* and discussing the biblical parallels. For all other grades, we follow age appropriate curriculum with ready-made lesson plans from the Greek Orthodox Archdiocese...sprinkled with supplemental 'fun learning' activities.

Please remember that we are always looking for Church School Teachers. So if you would like to teach, or serve as a substitute teacher, please let us know when you fill out the form below. *It is truly a blessing to serve God by teaching His children.*

## Church School Schedule:

- ❖ The 2006-2007 Church School will begin Sunday, September 10<sup>th</sup>.
- ❖ The Preschool through 8<sup>th</sup> grade students will meet at 8:30 AM
- ❖ High school students may have slightly different meeting times, to be determined.
- ❖ All classes meet at Our Lady of Guadalupe in the hall downstairs.
- ❖ *We also request that students under age 4 be accompanied by a parent during lessons.*

## Enrollment Information:

To enroll your child(ren), and/or if you would like to teach or assist with Church School, please return the following information on or before **August 27, 2006**. This form can be brought to church services, or mailed to: Greek Orthodox Mission of Northern Arizona, Attn: Church School, P.O. Box 2164, Flagstaff, AZ. 86003-2164.

*We are also seeking a contribution of \$10 per child or \$20 per family to help cover the cost of the materials. Please put a notation on your check that the money is for Church School. Thank you.*

Your name: \_\_\_\_\_

Would you be interested in teaching or assisting or substituting? \_\_\_\_\_

Child(ren) Name(s)	Age	Grade entering this fall

