



Worship Schedule

Great Vespers

Saturday Evenings, 6:00 PM
Confessions after Vespers or by appt.
Note change of location for Vespers

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-

Religious Education

Sunday Church School

Sunday Mornings, 8:30 AM

Study the "Creed"

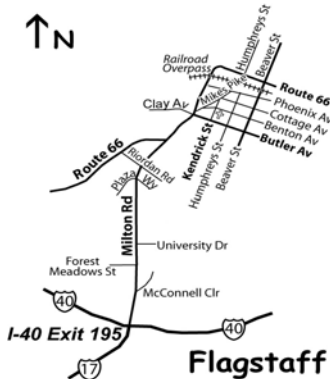
6:30 pm Wednesdays thru. Jan. – Feb.
Prayer Service followed by Bible
At St. Vincent De Paul room

Bible Study

Leaders of the Bible
12:00 pm every Friday thru Jan. – April
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. Just passed the Butler Av. Intersection, turn right onto Mike's Pike. Take the next right onto West Benton Ave. and you will face Our Lady of Guadalupe.



Quarterly Newsletter of The Holy Cross Greek Orthodox Church

P.O. Box 2164 • Flagstaff, AZ 86003-2164 • Tel. (928) 774-8279 • <http://www.holycrossgreekorthodoxchurch.org>
Fr. Nicholas Andruchow, Priest/Proestamenos

Volume 3, No. 5

Winter 2009



Pastoral Message

Fr. Nicholas Andruchow



Are We As A Country Breaking The 6th Commandment?

Let's get the facts straight.

If you are wondering what the 6th commandment is you can either look in the book of Exodus Chapter 20:13, look on the marble sculpture in the Supreme Court foyer or you can deduct what it might refer to since we are going to discuss the issue of abortion. Yes it is the Jewish / Christian law given to the chosen people commanding them not to kill. The elections have come and gone and we have a new elected president but that does not take away our responsibility of being well informed citizens of this great country. President-elect Barack Obama will have to work through the mess of our ailing economy and the complexities of being at war, and we will have the responsibility to participate in our democratic system with the goal of maintaining our country's leadership economically, militarily and most importantly morally. This article is not an exposition of Christian beliefs on the issue of abortion, I have already done that in my article titled "When does life begin?" My main intention here is to use easily attained facts in order discern through common sense what the right thing it is to do. In doing this I hope it will become acutely obvious that as a nation we are making assumptions of truths of which scientific evidence lacks substantial proof.

13,000 Children a year?

One of the largest debates is how to discern if a child in a mother's womb actually has rights. One way to look at this is by reflecting on the earliest that a child is able to live outside the womb. It is documented that majority of infants can survive after 7 months after conception outside the womb.¹ With modern medicine we now have children surviving even as young as 5 months of age.² In America there are approximately 1.2 million abortions a year and about 13,000 are performed after 21 weeks (5 months) of pregnancy.³ Therefore if these 13,000 children, could possibly have been born naturally or caesarian, then why weren't they? Would any of us ever say if a new born baby was in the ICU and the mother had second thoughts of having the child, "well lets take the baby's life." Of course not, that is ridiculous. What is the difference then of a few seconds from being in the womb to delivering the baby. Let the child take it's first breath and then it will have rights. Or does the child already have rights even though it is not breathing on it's own? Of course it does, as was seen when David Miller was sentence to life in prison earlier this year for killing not only a woman in the fatal shooting in Towson, Maryland but also for taking the life of the unborn child in her womb.⁴

¹ "When does the fetus become a viable baby?", <http://www.bmj.com/cgi/content/full/314/7074/0/c>, British Medical Journal, Jan. 11, 1997.

² "Youngest Premature Baby's Survival Called a Miracle", <http://www.nysun.com/national/youngest-premature-babys-survival-called-a-miracle/49036/>, The New York Sun, Feb. 21, 2007.

³ "Facts on Induced Abortion in the United States" Guttmacher Institute, http://www.guttmacher.org/pubs/fb_induced_abortion.html, July 2008.

⁴ "Man Gets Life For Killing Girlfriend & Fetus", <http://wjz.com/local/David.Miller.2.812428.html>, WJZ-TV Channel 13, Baltimore, MD, Sep 8, 2008.

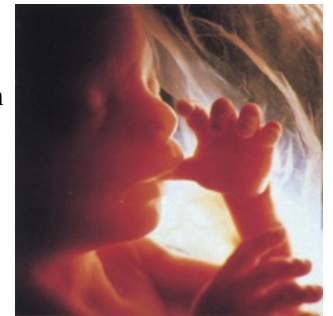
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Its only 1.1%?

You might think “well Fr. Nicholas it is only 1.1% of abortions why be so concerned” or possibly you would say, “I am sure the majority of those 13,000 abortions were done because the woman’s life was a risk”. To put things into perspective 1.1 % of 1,200,000 is triple the number of US service people who have died in the Iraq war.⁵ These are considerable loses to incur year after year. In addition it is statistically documented that only 2.8% of all abortions occur because of risk to the mother’s health,⁶ and even if that percentage is a little higher for later stage pregnancies, 2.8 % of 13,000 is at the most 1,000 abortions that occur after 21 weeks due to risk of the health of the mother. In conclusion we are left with approximately 12,000 infants who in some states would have been defended in the court of law if someone tried to take their lives. In addition, if we are concerned with the life of the mother, why not just have laws to allow women to receive abortions in case of emergencies? In response to this question we can look at the fact that previous to 1973 when the federal government mandated the legalization of abortion on demand, every state in the union had laws allowing women to receive abortions if their lives were at risk. It does not make sense that those 12,000 infants would have been defended if they had been shot with a fire arm but not when their life is taken in an abortion clinic. I understand this issue of abortion is extremely sensitive for people who have had abortions, for people who have had children, and for people who have worked with individuals effected on both sides of the fence but we must get the facts straight and realize it is not about us but about life and to whom does it belong.

Does DNA have a soul?

The next issue we should look at is the remaining 1,188,000 abortions that take place every year. Do those pre-natal children have rights? It seems clear that a child does not have to be outside the womb in order to have rights but rather only if they have the ability to survive outside the womb. But let us imagine other factors such as the child’s ability to hear, which occurs at 18 weeks, or it’s ability to make facial expressions at 16 weeks,⁷ or at 8 weeks when it possess all the neuro-anatomic structure in order to experience pain.⁸ From a Christian perspective we hold the biblical belief that the value of an individual begins at conception because it is a full human person with a soul. Much modern day literature often dismisses that a soul is created at the moment of conception. They claim that the DNA, the unique molecular building blocks of each human being, of a one celled fertilized egg has not been stabilized, therefore cannot be “ensouled”. This is because before the fertilized egg attaches to the uterine wall it can divide itself into two separate cells resulting in identical twins with two separate sets of DNA. In some rare occasions those two separate cells unite back together to form one egg with one unique set of DNA. Therefore the fertilized egg does not have uniqueness, and does not have a soul, because it’s DNA can vary. This understanding of DNA has been significantly challenged because of the case of Karen Keegan, of Boston, Massachusetts, who was documented of having two different sets of DNA in her body. It is the theory that when she was conceived, her mother’s fertilized egg separated then rejoined but kept the two distinct sets of DNA.⁹ Even though this phenomenon is very uncommon, it does affirm that we cannot use the creation of one’s DNA as the indicator for when a person receives a soul. We need to realize there is much more going on than we understand, and to proclaim that a group of cells in a mother’s womb is nothing but a blob of organic matter or a 16 week fetus who can make facial expressions does not have a soul is extremely presumptuous and from a Christian perspective, morally irresponsible. We all have the duty to educate ourselves and to speak out to prevent these injustices from occurring.



Child at 14 weeks.

Father are you nuts?

Therefore what is the path that we take as members of this great democratic system? First, we must not allow partial birth abortions! They are extremely dangerous to the mother and barbarically cruel to the child. As stated by Dr. Pamela Smith, Director of Medical Education, Dept. of Ob-Gyn at Mt. Sinai Hospital in Chicago, “there are in fact absolutely no obstetrical situations encountered in this country which require a partially delivered human fetus to be destroyed to preserve the life or health of the mother.”¹⁰ Second, we must work to reversing Roe vs. Wade.

⁵ “U.S. Casualties in Iraq”, Global Security.ORG, http://www.globalsecurity.org/military/ops/iraq_casualties.htm , Dec. 4, 2008.

⁶ “Reasons U.S. Women Have Abortions: Quantitative and Qualitative Perspective”, Perspectives on Sexual and Reproductive Health, 37(3): 110-118, September 2005.

⁷ “Fetal development: What happens during the second trimester?”, Mayo Clinic, <http://www.mayoclinic.com/health/fetal-development/PR00113>, July 25, 2007

⁸ “Why can’t we love them both”, Dr. & Mrs. J.C. Willke, Chp. 14, http://www.abortiofacts.com/online_books/love_them_both/why_cant_we_love_them_both_14.asp

⁹ http://en.wikipedia.org/wiki/Karen_Keegan

¹⁰ Dr. Pamela Smith, 1992 Senate Hearing Record, p.82: Partial Birth Abortion Ban Medical Testimony

You might say “Father you are nuts?” “It will never happen! You want to go back to the blood bath days when abortion was illegal?” I might be nuts but the facts make it very clear that we are definitely standing by while thousands infants are being killed and turning a blind eye to the millions of unborn children who are feeling the physical pain of death. It also should be mentioned that while there have been many women who felt the physical pain of the mal-practice of illegal abortion clinics, but the number of death’s incurring from these tragedies are significantly lower than one might think. The National Center of Health Statistics states that in the 1940’s the number of fatalities from illegal abortions ranged from 1,300 to 1,400 deaths. This number decreased by more than a 1,000 deaths with the discovery of penicillin. In 1972 on the eve of Roe vs. Wade that number was less than 100 deaths a year. The estimated number of illegal abortions probably ranged around 100,000 a year, though it is difficult to pin point an exact number since they were illegal therefore not recorded with any consistency. It is true that one fatality from butcher like medical practices is an injustice but I would not consider less than 1% of the entire female participants in illegal abortions a substantial enough number to qualify the illegalization of abortion as an invitation to return to the “blood bath of yesterday”. It also needs to be remembered that abortion should remain legal in case of a mother’s life is at risk, as it was in all states before 1972.

The next four years.

In the upcoming next 4 years we need to be extremely involved in the governmental process. President elect Barak Obama has verbally been very non-committal on issues related to abortion. He stated, “This (*when life begins*) is something that I have not come to a firm resolution on ... What I know is that there is something extraordinarily powerful about potential life and that has a moral weight to it.”¹¹ He also did not vote against partial birth abortions as an Illinois



senator in the 1997 bill (*SB 230*) that would have banned the practice in that state, unless the mother’s life was at risk. This gives a clear indicator how he might influence the momentum of our country that is reflected in the decisions of the Supreme Court Justice. This momentum is seen by President Bush’s signing into law the Partial-birth Abortion Ban Act of 2003. This law was challenged on the Federal Court level as being unconstitutional but in April of 2007 the Supreme Court announced its decision to uphold the ban on partial-birth abortion. It seems this was accomplished because of the moderate group of Judges on the Supreme Court who allowed themselves to be influenced by sheer science rather than

U.S. Supreme Court.

political pressures. Three out of nine of those judges will most likely be retiring in the next several years¹² and I pray that our newly elected president will appoint candidates who represent the desire of the people and uphold the un-negotiable truths that govern our country. One truth is respecting the rights of every human being even though he or she has not left their mother’s womb. I know each and every one of you will practice your freedom of speech in order that justice prevails so that not just our right to liberty and the pursuit of happiness will be maintained but also the right of life for every human being.

¹¹ 2008 Democratic Compassion Forum at Messiah College, April 3, 2008.

¹² “Election could decide fate of Roe, other big court issues”, USA Today, October 06, 2008



Fall Update

The Orthodox Christian Fellowship at NAU had a wonderful fall

semester. We had weekly meetings, each with a discussion. The discussions included grief, splitting of the church, proposal to Flagstaff City Council, being Christian in different communities, church history, and icons & veneration vs. worship. OCF also helped with the Think Jesus Potluck, enjoyed an evening at Lowell Observatory, and hiked the aspens at Snow Bowl. Next semester is even more exciting. We plan on making a special gift for our recently named church that should be ready before Pascha. A few of our

members are studying abroad next semester. We hope that they have a very safe and fun experience. I am sure that they are very excited. As we say farewell to three of our members, we welcome back one more. Adrienne will be returning this spring and I’m sure she has plenty of stories to share with us. This spring, OCF will continue to have weekly discussions, hikes, social activities, and charity events. Also, I, as your OCF vice-president, will be going on Real Break to Constantinople in March. I will take lots of pictures and give a presentation upon my return. On behalf of OCF @ NAU, I would like to wish all of you a Merry Christmas and a Happy New Year! God bless.

In Christ,
Alexander Lucas
Vice President, OCF @ NAU Glm84@hotmail.com

P.S. Be at father’s house on Monday Jan. 19th @ 4:00 pm for dinner. Let’s start the year off right.

Biblical Responses to Popular Excuses

Why Did You Miss Church Last Sunday?

1. I was tired and needed sleep!

“My help comes from the Lord, who made heaven and earth. He will not let your foot be moved, He will not let your foot be moved, He who keeps you will not sleep.” (Psalm 121:2-3)

2. I was really sick!

Is anyone among you sick? Let him call for the presbyters of the church and let them pray over him, anointing him with oil” (James 5:14)

3. I had work to do around the house!

Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord ... Remember the Sabbath and keep it holy.” (Exodus 20:8)

4. I had to take the kids to soccer/football or some other activity!

Train up a child in the way he should go, and when he is old he will not depart from it.” (Proverbs 22:6)

5. Someone ticked me off!

“If you are offering your gift at the altar, and there remember that someone has something against you, leave your gift before the altar and go, be reconciled to

him, and then come and offer your gift.” (Mt. 5:23-24)

6. It’s business; I had to work!

“For what does it profit a man to gain the whole world and lose his own soul? (Mark 8:36-37)

7. I got too lazy.

“But he who endures to the end will be saved.” (Mt 24:13)

8. It’s too far to come every week!

For the gate is narrow and the way is hard that leads to eternal life” (Mt 7:14)

9. I had too much on my plate!

“Martha, Martha, you are anxious and worried about many things; one thing is needful.” (Luke 10:41-42)

10. I always get asked to Do something!

“Every one to whom much is given, of him will much be required.” (Luke 12:48)

11. The little kids make too much noise!

Let the children come to me, and do not hinder them; for to such belongs the kingdom heaven.” (Mt 19:14)

12. I couldn’t get a ride!

“Ask and it will be given you; seek and you will find; knock and it will be opened to you” (Mt. 7:7)



Donations Needed

We are moving!

April 1st 2009 we will be moving to a new location:

The most ancient church is moving into

The Oldest Church in Flagstaff

319 S. San Francisco

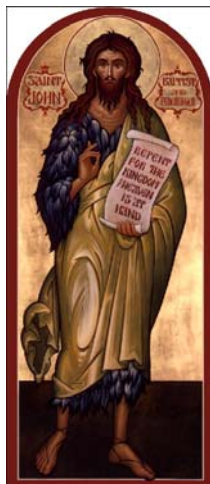
(Forthcoming work times will be announced.)

Please be prepared to help with renovations.)

Sanctuary Renovations	Total Cost	Donated	Needed
• Iconostasis Renovations	• \$300	•	• \$300
• Closet for Altar	• \$400	•	• \$400
• Power Outlet in Altar & Kitchen	• \$300	•	• \$300
• Prothesis Table	• \$100	• \$100	• \$0
• Altar Table	• \$300	• \$300	•
• Outside Signage	• \$1,500	•	• \$1,500
• Sound & Visual System for Cry Room, Security camera	• \$2,100	• \$300	• \$1,800
• Tile Sanctuary	• \$1,100	•	• \$1,100
• Icons (2 x \$550 each)	• \$1,100	•	• \$1,100
Community Hall			
• Paint supplies	• \$100	•	• \$100
• Microwave	• \$100	• \$100	• \$0

Icon Donations

St. John the Baptist 2' x 4 ½'



Exultation of the Cross 2' x 4 ½'





JUST FOR ME BAGS

Join Holy Cross Greek Orthodox Church of Flagstaff, Arizona and Arizona's Children Association to provide "Just For Me" bags for Children in Arizona's foster care system. Every day more than a dozen children enter Arizona's foster care system. Most of them with little more than the clothes on their back. At the same time more than 20% of children in

Arizona live in poverty, some extreme poverty and are unable to afford everyday necessities. Your donation will make a big difference in the lives of children who come into foster care with nothing more than the clothing they're wearing and carrying in a plastic bag. Thank you for your continued support in the "Just For Me" bags, Lisa Brollini

Items Needed:

BABY ITEMS

- Blankets
- Stuffed Animals
- Sleepers
- Onesies
- Diapers/Pull-ups
- Baby Bath Supplies
- Bottles/Toddler "Sippie Cups"
- Baby Spoons
- Socks

CHILDREN AND TEEN ITEMS

- Blankets
- Sleep Shirts
- Soap/Shower Gel
- Toothbrush/Toothpaste
- Deodorant
- Combs/Brushes
- Toys/ Stuffed Animals
- Photo Albums/Journals
- Camera & Film
- Socks

NAMING OUR CHURCH

Our Holy Cross Church family and the Parish Council would like to thank the Naming Committee for their hard work and dedication in finding a name for our Church. There is not any one who was present at the service on November 16, 2008 who will forget this monumental day in the life of our Church. It truly was a gift from God, given to us by the working of the Holy Spirit, through the blessing of our Bishop Gerasimos.

Thank you – Fr. Nicholas Andruchow, Tom Schmadel, Elaine Dillingham, Cookie Kraus, Augustine Aaron Smith, George Howington, Toulou Howington, and Tammy Kretsedemas. Your hard work and dedication will be remembered!

*Sincerely,
Lisa Brollini
Parish Council Member*

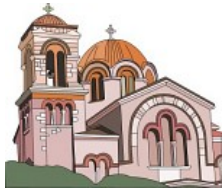
(Also see article on last page)



He Came as a Baby

He came as a baby,
Vulnerable and fair.
He grew up in stature,
Wise beyond his years.
He knew who He was and why He had come.
He knew the work that had to be done.
His love was all encompassing. His joy
unsurpassed.
His equality with God was not something He
grasped.
In humility, He walked as a man on this earth.
To live and to die to give us new birth.
So let us remember in times of great joy
That it was Jesus who came as this small little boy.

Christ is born! Glorify Him!
Lisa Brollini



Building a House of God

By the grace of God, our Capital Campaign is on a path of success. Through the generous contributions of the faithful, we have collected \$197,800 with \$71,200 in additional pledges. This puts us well on our way to establishing the first permanent Orthodox Christian place of worship in Northern Arizona.

These individuals and families who have contributed in our fundraising efforts have our sincere gratitude. Please call 928 774 8279 or visit GOMONA.ORG for further information on ways you can help.

Honorary Founder \$25,000 and greater

Paul & Sandy Boyce

Jerry & Athena Vasilatos

Janet Morin

*In memory of Roger L. Morin,
Fr. Parry, Alex Harington,
Robert Owen & Inez Virginia*

Founder \$10,000 to \$24,999

Bette D. Maniatis

In memory of Mary Alvantides

Toula Howington

*In memory of Elpitha & Peter Kyparissakou
and Katy Demitra Drake*

William & Mary Andruchow

In memory of William and Helen Andruchow

Pete & Tammy Kretsedemas

Randy & Helen Schulz

Ted & Bessie Demos

Charles & Elizabeth Beck

Gus & Maria Demeris

Anonymous Donor

Christopher & Katherine

Staten

Benefactor \$6,000 to \$9,999

Bill & Jean Miller

In memory of Peter & Georgia Georgakopoulos

Sue & Dan Neimy

David & Kathleen Park

George A. Howington

Sponsors \$1,000 to \$5,999

Abbie Lander

In memory of Maxine & Irving Feiler

Millan & Denice Knezovich

Peter Cayias

Gregory Kleiner

In memory of Mary Kleiner

Fr. Nicholas & Merilynn Andruchow

Deacon Seraphim & Mary Grove

In memory of Warren, Monica, Joseph, & Julia

Greg Adondakis

In honor of Michael Adondakis

George Kokalis, may his memory be eternal

Julie & Lew McCormick

Harris & Vicky Pappas

Anonymous Donor

Jane Nicoletti & LeLand Jones

Nick Sexton

Steven & Basiliki Papadopoulos

Supporters \$25.00 to \$999.00

Virginia Manatos

In Memory of George & Athena Manatos

Constantinos & Aspasia Germanakos

Katherine Jordan

John Saledas

Hercules Dellas

Irene Canelos

In memory of George Canelos

Kay & Stan Coin

William Wafalsky

John & Linda Dexter

Phil & Helen Mitchell

Pauline Alexander

Olga & Nicholas Flouskados

George Kostas

Mary Lambros

Dr. Andreas & Mary Poulakidas

Argie Carmichael

William & Jantina Wilson

CJ & Marion Contes

Theodore & Maria Kotsonas

Maria & Vincent Sinisalchi

Xenophon & Helene Tsouprakos

Angeline Petroulakis-Miller

Jim & Connie Contes

Georgia & Sotirios Econopouly

Mary Demas

Margaret Dellas

Pat & Louis Katsos

Angela Hapgood

William & Andrea Potaris

Andrew Mitchell

Doris & Jim Demos

Maria Boyce

Christina Tzavellas

Maria & Adrian Hreshchyshyn

Jane Nicoletti & LeLand Jones

Zella Zannis

In honor of the Kretsedemas, Pappas & Schultz Families

George & Faith Drapan

George & Angela Janetakis

Joan Janetakis

Maria Schulz

John & Julie Galvin

Theologos & Dora Themelis

Dena Kantaros

P. J. Demas

Christene Libbares

Connie Morfogen

Gregory & Melita Calpakis

George Veres

Joanne & Theodore Lakis

Connie & James Contes

Cathleen & William Gould

A. Devolies

Connie Venetis

Elizabeth Sexton

Miomir Milivojen

Stewardship 2009

STEWARDSHIP



As of January 4, 2009, 34 of our stewards have returned their pledge forms for the year 2009; pledging a total of \$50,380.00. Thank you for being committed to our Lord Jesus Christ and for seeing that His "house", our Holy Cross Church, His Church is cared through your loving offerings from His offerings to you. May our Lord open the windows of heaven and pour out on to you abundant blessings.

In Christ with love,
Toula

Thank you to our pledged stewards

Fr Nicholas and Pres. Merilynn
Andruchow
John and Nana Allen
Vicki and Brad Barber
Phil and Helen Blomendahl
Lisa Brollini
Nick and Sharon Daniolos
Elaine and Randy Dillinghan
Richard and Martha Downey
Gabriel and Estela Ene Gruionu
Mary and Serafim Grove
Angela Hapgood

Toula and James Howington
George A. Howington
Kathy Lampros and Richard Jackson
Jane Nicoletti- Jones and Lee Jones
Konstantinos and Natalya Kokalis
Dale and Elpitha Kraus
Pete and Tammy Kretsedemas
Nick and Marina Kretsedemas
Demetrios and Katherine Kretsedemas
George and Sophie Kretsedemas
Bette Maniatis
William and Jean Miller

Daniel and Susan Neimy
Georgia and Darrell Padilla
Angelo and Potoula Pappas
Fr. Timothy Pavlatos Family
Helen and Randy Schulz
Maria Schulz
Daniel and Elizabeth Sexton
Christopher and Katherine Staten
Litsa, Jacob and Savana St Amand
Theresa and Wayne Tallent
Connie and George Venetis

*** If you have returned a pledge prior to January 4th, and your name is not on this list, please call 928-774-8279 to notify us ***

Stewardship 2009 Pledge Distribution

Pledge Amount	# Stewards	Pledge Amount	# Stewards	Pledge Amount	# Stewards
\$5,001 - \$6,000.....	1	\$2,001 - \$3,000.....	5	\$501 - \$1000.....	3
\$4,001 - \$5,000.....	1	\$1,001 - \$2,000.....	8	\$1 - \$500.....	12
\$3,001 - \$4,000.....	4				

AVERAGE PLEDGE: \$1,481.76



HOLY CROSS GREEK ORTHODOX CHURCH OF FLAGSTAFF, ARIZONA

STEWARDSHIP PLEDGE: JANUARY, 2009 – DECEMBER, 2009

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.

\$ _____

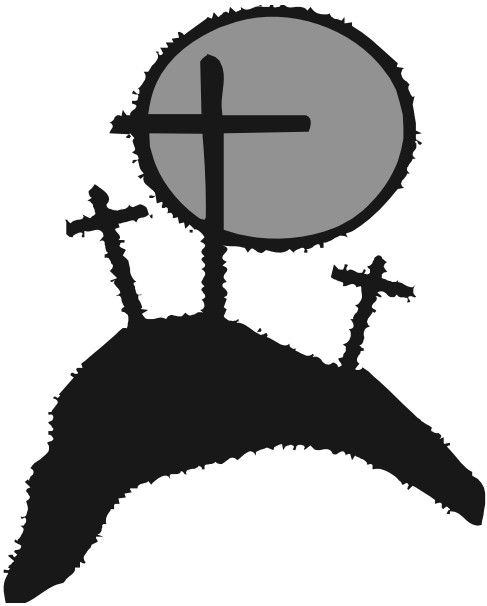
Weekly Monthly
 Quarterly Annually

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: Holy Cross Greek Orthodox Church • P.O. Box 2164 • Flagstaff, Arizona 86003-2164

*Winter Class Offered by Holy Cross
Greek Orthodox Church*



Learn about the
Orthodox Creed:
The road map
to finding God!

For nine weeks we will be looking at the
Nicene Constantinopolitan Creed in it's
original form which was formulated more
than 1,500 years ago.

Where

St. Vincent de Paul room
(across from Our Lady of Guadalupe)

When

Fridays at 12:00 pm
January 23rd thru. April 10th

To register for the class or for more information

Contact Fr. Nicholas at 774-8279 or
priest@holycrossgreekorthodoxchurch.org

(There will be a \$20 registration fee for class materials)



Marriage Enrichment

Why is it that so many couples begin marriage as soul-mates, but over time act like roommates, and even end up as cellmates?

We all began our marriages with the hopes of having a peaceful, intimate, supportive and loving marriage until the very end. Why is it that most people seem to be enduring their marriages rather than enjoying them? Did God intend us to endure our marriages, or to thrive in them? Isn't marriage about living happily ever after, or is that just a message we get from Hollywood?

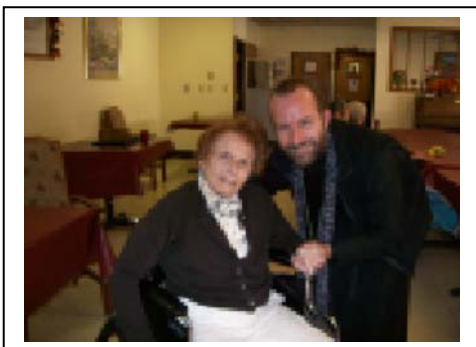
Join Dr. Philip Mamalakis, professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology, for a time of Lenten reflection and renewal. We'll explore how God wants us to live happily ever after in marriage, and how to build a marriage that you look forward to coming home to each day. He'll discuss how couples grow apart and against each other, and offer some real, faith-based strategies and perspectives on how to deepen your connection to your spouse, and to God.

This one-day marriage workshop is being sponsored by St. Haralambos Church, Holy Trinity Cathedral, Assumption Church and St. Katherine's Church, and will be held at Holy Trinity Cathedral on Saturday, March 14th at 9:00a.m. It is open to married couples from all valley Orthodox parishes. The workshop includes lunch and will finish at 3:30p.m.

For more information regarding registration contact Rev. Michael T. Pallad at St. Haralambos Greek Orthodox Church at 623-486-8665.

Nursing Home Ministry

"Once upon a long ago, very far away..." a song honoring St. Nicholas, with Josh Andruchow on the clarinet and Phil Blommendahl on the piano, began the caroling at Infinia Nursing Home on December 6th. Carolers included Helen Blommendahl, Toula and George Howington, Sue and Dan Neimy, Lisa Brollini, Marianne Poulas, Nick Sexton, Jane Nicolette-Jones, the whole Andruchow family and Mary Grove. Residents and their families joined in the caroling and also made sachet ornaments. Everyone had a good time. Thanks to all who participated and Vicki Barber for supplying the craft.



Church News

Project Mexico: July 7-14

The dates for Project Mexico are set for the week of July 7th thru 14th. We will be joining more than 200 other Orthodox Christians in order to build 10 homes in one week. If you wish to go, please contact Lisa Brollini @ lisam7315@npgcable.com to confirm a spot.



Nursing Home Ministry

More visits are planned for 2009; the first is Jan. 10th. The other dates are as followed: Feb. 28th, March 28th, April 25th, May 23rd. We meet at Our Lady of Guadalupe at 9 am to drive over together. We usually spend about one hour visiting individual rooms from 9:30-10:30; then, time permitting, go for coffee. If you have an idea for an activity, would like to visit, or just need more information, contact Mary Grove at 928-226-1882 or mfgrove@hotmail.com



The Grecian Express Basketball team

The church adult basketball team was a success. Granted it was a tough season but the guys were able to end the year with a 2 game winning streak. Thanks to everyone who play. We will not be playing a Winter season but look at the calendar and come to the monthly pick-up games. (2/1 & 3/8)

The team manager,
Fr. Nick



Church School Events

Please mark your calendars for the following events, and watch for more details to come!

- January 31** Ice Skating: 2-4 PM
- February 27:** Sleep Over & Confessions
- March 21:** Brunch Prep., 1:00 PM
- March 22:** Brunch Fundraiser
- April 17:** Holy Friday Retreat
- May 16:** Hiking or Bowling
- May 17:** End of year presentations



Think Jesus 2008

The Sunday after Christmas Dec. 28th the community fed over 300 people a hot turkey and ham dinner. It was a great success! There was also Christmas caroling (see photo below) and Father helped distribute (see above photo) hundreds of donated gifts gathered by the "Think Jesus" organization. Thanks for everyone who help out. May we will be serving again so get your spatulas ready to flip hamburgers.

In Christ,
The Philanthropy Committee



Bookstore and Library

Announcing new items in our Bookstore including baptism, chrismation and wedding candles, icons from Greece, small gift items and **our own Mission Cookbook!** Also, the long awaited translation of the Orthodox Old and New Testament Bible, Prayer books, six Akathist hymns, books for the Lenten season, music and more. I will be excited to see you come and browse, and utilize my corner!

Love, *Toula*

Men's Morning Breakfast

Our men's breakfast will continue through the Winter months. For January, February and March we will be meeting the third Thursday of each month (1/22, 2/19, 3/19). The feast begins at 7:00 am at Alvin's Mason Jar restaurant on Rt. 66. This is a great opportunity for the men of our parish to have a morning out, and to get together and have fellowship over breakfast and coffee!

Christmas in Iraq



Hello Father,

It's always hard to be away from family during Christmas. I remember as a young soldier, during the Vietnam War, spending Christmas on the high plains of Thailand across the river from Cambodia providing communications for a Special Forces team on the other side. There was two of us and it was a sad week of moving around and putting up our "repeater" so they could communicate with their headquarters in Bangkok. When your young and away from home for the first time it can be a very sad time instead of being happy for the birth of our lord. The chaplains work day and night to alleviate some of the sadness and we, the older and wiser folk, try to take the extra time to cheer up our soldiers. This is a special time for family and friends at home to communicate beyond the short computer calls, so they will often write a long letters in hopes to encourage their loved ones who are sacrificing their lives. It's especially hard for the soldiers with young families for both the family and them. So pray extra hard for them and know that some of them are imbedded at their locations and will be eating MREs (Military T.V. dinners) for Christmas. But they have each other and that's why the squad will always be close. They take care of each other. If you remember, last year I bought my MP squad a lamb dinner for Christmas from the local market and they loved it. No MREs that Christmas. It's somewhat surprising that the Iraqis will put up decorations at their stations for us knowing that is important for us. They are now celebrating this week and going on their Haj to Mecca. They are a very religious people as a whole and the police are vigorously patrolling the Christian Churches in the country to keep terrorists away during the Holiday. They weren't asked to do this, they just did it.

I love you all and will come to see you before I leave. I'm spending a week now with my family in NY. Yia Yia and Thea say hello.

Love
Nick



Collection for the Homeless

On **Sunday March 8th**, we will pass a second basket for an offering for the homeless. Please plan accordingly.



The Naming of Holy Cross Greek Orthodox Church of Flagstaff, Arizona

By Evangelista Howington-St. Amand

An overwhelming feeling of excitement was shared among the parishioners of the Greek Orthodox Mission of Northern Arizona on November 16, 2008. It was on this day His Eminence Metropolitan Gerasimos would be in attendance for the naming of

our church! What a blessing to be able to witness what so few have or will *ever* experience. There was much preparation leading to this historic event.

The first step of the naming process began with the formation of a Church Naming Committee comprised of seven of our parishioners and our Spiritual Leader, Father Nicholas Andruchow. In March 2008, a letter was sent out asking for each person (no age limits) in a GOMONA stewarding household to submit one name with a brief explanation of why this name should be the name of our church. A master list of all names submitted was compiled. Father Nicholas Andruchow presented background information on at least three names per week during Orthodoxy Class after Divine Liturgy until all names were discussed. A ballot was then sent to each voting member of our church as defined in the Unified Parish Regulations. Each voter marked their first and second choice of name and returned their signed ballot. Next, votes were tallied and a list of the top ten names was compiled. This time, committee members gave educational background for each of the top ten names. A second ballot was issued.

The second ballot contained the top ten names. Voters were asked to choose *one* name and return their signed ballot. The Church Naming Committee then tallied the votes and announced the top three names. The top three names were Holy Cross with 22 votes, Saint Sophia with 19 votes and Saint Luke with 8 votes. The name of our church was ultimately decided by the Holy Spirit.

On that historical Sunday in mid-November the children of the parish were gathered and the process that was to determine the name of our Church from this day forth was explained. The name of each child in attendance was written on a slip of paper which was then rolled as a scroll and placed in uniformly cut lengths of straw for anonymity. After Divine Liturgy the Naming Ceremony began. We prayed to God and the name of an honored child was drawn. Alexandra Kraus, a member of our GOYA and a junior at Flagstaff High School heard her name announced and joined Father Nicholas, Father Bill Clark, Deacon Seraphim and Metropolitan Gerasimos at the front of the church. Next, the three members of the naming committee that gave the background information for the top three names were called forth. They were asked to place colored beads in direct relationship to the number of votes each of the top three names received in a vessel. The parishioners held their breath with anticipation. There was an echo as the beads were counted and dropped one by one into the vessel. First, twenty-two red beads representing the number of votes for Holy Cross, followed by nineteen blue beads for Saint Sophia and eight green beads for Saint Luke. Alexandra was blessed and we prayed that the Holy Spirit would guide her hand to the name God wants His Church in Flagstaff to be called. Turning her head away, she placed her hand into the vessel, drew a single bead and handed it to Metropolitan Gerasimos.



Tears of happiness flowed as Metropolitan Gerasimos held up the single red bead announcing that we will forever be known by our God-given name: '**Holy Cross Greek Orthodox Church of Flagstaff, Arizona**'.

After over 10 years in existence as a Greek Orthodox Mission, our heartfelt prayers and dreams of a Greek Orthodox Church in Flagstaff, Arizona is one step closer.

Sayings of our Holy Fathers

The Writings of Staretz Silouan:
Adam's Lament

ON THE MOTHER OF GOD AND THE SAINTS

What could I give out most holy sovereign Lady for coming to me and bringing enlightenment, instead of turning in loathing from me in my sin? I did not see her with my eyes but the Holy Spirit gave me to know her by her words, which were filled with grace, and my spirit rejoices and my soul leaps to her in love, so that the mere invocation of her name is sweet to the heart.

One day when I was a young novice I was praying before the icon the Mother of God, and the Jesus Prayer entered into my heart and began to repeat itself there of its own accord. And another time I was listening in church to the reading from the prophet Isaiah and at the words, "wash you, make you clean" I thought: 'Maybe at some time the Mother of God sinned, of only in thought.' And, marvelous to relate, in unison with my prayer a voice sounded clear in my heart, saying: 'The Mother of God never sinned, even in thought.' Thus did the Holy Spirit bear witness in my heart to her purity.

Call with faith upon the Mother of God and the Saints, and pray to them. They hear our prayers and even know our inmost thoughts.

Marvel not at this. Heaven and all the Saints live by the Holy Spirit, and in all the world there is nought hidden from the Holy Spirit. Once upon a time I did not understand how it was the holy inhabitants of heaven could see our lives, but when the Mother of God brought my sins home to me I realized that they see us in the Holy Spirit and know our entire lives.

The Saints hear our prayers and are possessed from God of the strength to help us. The whole Christian race knows this.

Father Roman, who was Father Dosiphey's son, told me that once when he was a boy he had to cross the river Don in winter, and his horse fell through an ice-hole and was just about to sink under the ice, carrying the sledge with it. He was a little lad at the time, and he cried at the top of his voice: 'St. Nikolas, help me to pull the horse out!'. And he tugged at the bridle and pulled the horse and the sledge out from under the ice.

And when Father Matthew, who came from the same village as I do, was a little boy he used to graze his father's sheep, like the prophet David. He was no taller than a sheep himself. His elder brother was working on the other side of a large field, and suddenly he saw a pack of wolves rushing at Misha – which was Father Matthew's name in the world and little Misha cried out: 'St. Nikolas, help!' And no sooner had the words left his lips than the wolves turned back and did no harm either to him or his flock. And for many a year after that the people of the village would shake their heads and say: 'Our Misha was terribly frightened by pack of wolves, but St. Nikolas saved him all right!'

Preparing for Pascha (Easter) through Confession

March 1st begins the journey to the celebration of Pascha which is on April 19th. All should prepare for the feast of all feasts by reflecting on how we need to grow in Christ and participate in the sacrament of confession. Fr. Nicholas hears confessions on Saturday nights after Great Vespers or by appointment by contacting the church office. Let us all be prepared and not be caught spiritually asleep.

For The Record...



Chrismations and Baptisms

December 7, 2008

Athanasios Barber

Sponsors: Brad & Vickie Barber

December 21, 2008

Daniel Sexton

Sponsor: Sub-deacon George Howington

New Catechumens

December 28th

Andrew Florea

Marriage Blessing

October 26, 2008

Brad and Vickie Barber

Sponsors: Angelo Pappas, & Toula Howington

40 Day blessing

January 6, 2009

Ioannis Schulz

*Congratulations and Welcome to all!
From our Orthodox Community.*

Holy Cross Greek Orthodox Church of Flagstaff, AZ

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