

# Desert Springs

April 2017  
Volume 2 Issue 4



Newsletter of Holy Trinity Greek Orthodox Cathedral  
1973 E. Maryland Avenue, Phoenix, Arizona 85016

Office: 602-264-7863 💧 Fax: 602-230-9099 💧 Website: [www.holytrinityphx.org](http://www.holytrinityphx.org)



**Rev. Economos Apostolos Hill**  
**Rev. Deacon John Thrasher**

**Office Hours:**  
Monday–Thursday, 9:00am–3:00pm

**Sunday Worship**  
Cathedral  
8:00am Orthros  
9:30am Divine Liturgy

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**Desert Springs Deadline**  
The 25th of each month

**Sunday Bulletin Deadline**  
Wednesdays, 12 noon

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Connie Contes—Vice President  
Dina Anagnopoulos—Treasurer  
Tiffani Bichakas—Assistant Treasurer  
Angela Raup—Secretary  
Charles DeMoss, Andi Fourlis,  
Sandy Meris, Tony Nicoluzakis,  
Alexi Panagiotakopoulos

**Holy Trinity Cathedral Website**  
[www.holytrinityphx.org](http://www.holytrinityphx.org)

**Metropolis of San Francisco Website**  
[www.SanFran.goarch.org](http://www.SanFran.goarch.org)

**Archdiocese Website**  
[www.goarch.org](http://www.goarch.org)

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All Saints Camp — Evan Tsagaris  
Altar Servers — Deacon John Thrasher, David Haag, Chris Francis  
Bible Study — Anthony Arger  
Bookstore — Patsy Harris  
Choir — Terri Alexon  
Dance — Niko Panagiotakopoulos  
Daughters of Penelope — Connie Panagiotakopoulos  
Desert Diamonds (50+) — Doree Drakos, Diana Harris, Nikolette Tavlarides  
Feed the Homeless — Christine Stamatis  
Greek Festival — Nick Kretsedemas, Angelo Pestrivas, Kristen Vasilarakos  
Greek School — Irene Mackos  
Holy Trinity Academy Parochial School — TeAnn Philippis, Juli Pritsos  
HOPE & JOY — Karla DeLord, Alexia Haugen  
Jr. GOYA — Sandy Annos, Donna Manelis  
Little Lambs — Jennifer Kourouglos  
Maids of Athena — Gabriella Papatzimas  
Museum — Bessie Hotis  
Myrrhbearers — Diakonissa Mary Thrasher  
OPA — Sandy Meris  
One Spirit+One Vision — Charlie DeMoss  
Parish Council — Pete Choukalas  
Philoptochos — Alex Anagnopoulos  
Sons of Pericles — Nick Petsas, Ted Fourlis  
Sr. GOYA — Evan Tsagaris, Chris Fredericksen, Paulina Watson  
Sunday School — Kalli Schneider, Kay Ehrick  
Wedding Coordinator — Georgia Kanelos  
YAL — Stephanie Venetis

If you are reading this publication electronically (on your computer or on your phone), click on the

**More Photos**

button within an article to link to an album in Google Photos to see more pictures of the events profiled on the page.

Email links, website links, Facebook links, and document links will work too, directly from this publication.

Check them out!

# Message from Father Apostolos

"... the beauty of Your House..."



Near the conclusion of the Divine Liturgy the Celebrant offers the prayer before the icon of Christ which includes the following request; "Sanctify those who love the beauty of Your house and glorify them in return by Your divine power and do not forsake us who have set our hope in you."

And while many may "love the beauty" of God's house as it refers to the architecture, the music, or the "pageantry" of the services, far fewer demonstrate the adoration singled out for blessing in this prayer. Such was the case with our now departed sister in Christ Barbara Cope who went home to be with the Lord on the morning of Sunday, March 19th.

Barbara was a familiar face at Holy Trinity and in the narthex over the 40+ plus years she served our parish family with such tirelessness, a fixture in the Cathedral office where she once served as secretary and more recently volunteered her time to help out as requested, on numerous parish councils over the years, and in the narthex where she sorted, greeted, tidied up, and locked the doors after all had exited.

The Psalmist writes *"Better is a day in your courts than a thousand outside; I would rather stand at the threshold of the house of my God than dwell in the tents of wickedness."* (84:10) But in our hectic and frenzied work-a-day life the potency of this yearning to be *in the house of my God* can be easily overlooked. Those faithful souls like Barb can be seen by many as those "who have nothing better to do."

She often remarked to me what joy she felt in living in her little apartment across the street from the Cathedral. Seeing which one of us would arrive first to unlock the doors to the Cathedral on Sunday mornings became a kind of game with us and I knew her years were catching up with her when I started "winning" consistently.

And when the gravity of her 90+ years settled upon her and she could no longer live on her own her demise, predictably, unfolded quickly. We were blessed to celebrate Barb's 93rd birthday at the little nursing home nearby the Cathedral just two days before she reposed. It was clear that the end of her earthly sojourn was at hand but Barb perked up in the company of her Holy Trinity family. She even made short work of her piece of birthday cake!



As we were saying our goodbyes and getting last hugs and kisses from her, I told her that I looked forward to seeing her in the Sunday services, confident that Barb would be there if humanly possible. And she of course replied that she would see me there!

In the end, our beloved Barbara kept her promise though in a way so much better than even she imagined, slipping into the arms of Christ at about 6:30 Sunday morning when she would normally have been crossing the street to unlock the door.



Heaven is Church, and the role of the local parish is to acclimate Orthodox believers to the atmosphere of heaven. For those who do not love the beauty of God's house this is terrifying. But for Barb and those numerous pious and humble saints in our midst who open doors, greet visitors, and who serve their parishes in countless ways there can be no greater glory.

Because of her great love for the beauty of God's house, Barbara Cope is now being glorified through God's divine power and is truly home in the place she loved the most. She will be missed and her passing marks the end of an era in the life of Holy Trinity Cathedral. But she has left an indelible mark on our community and we can only hope to muster the same unflinching devotion to the Holy Church of Christ which is her lasting legacy.

May your memory be eternal, sweetheart, we love you very much...

*F. Apostolos*

# Stewardship 2017

By Sandy Meris

*Educate - Participate - Elevate*

*As the Father has sent me, so I send you.*

John 20:21

We are just over the half way point of Lent – an excellent time for prayer and reflection.

So, where do we find ourselves three months into the 2017 Stewardship year? As of March 24th, we have 249 families who have filled out their pledge cards with a total of \$282,809 pledged so far. This is wonderful to see, and hopefully more to come in the near future.

We have a budgeted goal of \$360,000 which leaves us \$77,191 short of our goal. This is achievable and I have faith in the Holy Trinity community that we will reach that goal and perhaps even surpass it!

If you have yet to fill out your pledge card, Lent is the perfect time to take a moment to consider your financial giving to your church.

Simply go on line to: [www.holytrinityphx.org](http://www.holytrinityphx.org). Fill out the “Stewardship 2017” blue button on the right and become a Steward today. We encourage you to consider **Parish Pay**. This is an easy, paperless, online giving method. You choose the monthly amount and even the exact day the money will be drawn from your account. No more check writing, no more envelopes. You can select this option when you fill out your on line stewardship card.

Either way you become a Steward, we are grateful for your generosity, dedication, and loyalty to Holy Trinity Cathedral.

Online giving is now available. Simply go to the Cathedral’s website at [www.holytrinityphx.org](http://www.holytrinityphx.org), click on the **Stewardship 2017** button on the right, and fill out your **Stewardship Pledge Card**. Then, if you so choose, you can automate your payments by selecting **Parish Pay**. In a few easy steps you can become a Steward and keep current on your contributions.

**+REMEMBER THE CHURCH IN YOUR WILL+**

## Altar Service

Interested in learning more about serving on the altar? Contact Chris Francis [battersbox7@yahoo.com](mailto:battersbox7@yahoo.com), David Haag [davidmhaag@yahoo.com](mailto:davidmhaag@yahoo.com) or Deacon John Thrasher [thrasheraz@cox.net](mailto:thrasheraz@cox.net)



# Sunday of Orthodoxy 2017



## Rain In The Desert

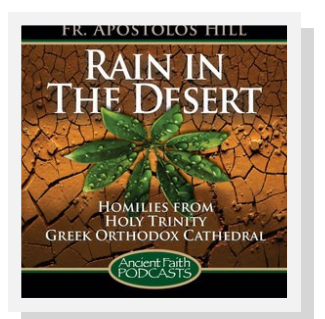
Recordings of Father's homilies from Holy Trinity Greek Orthodox Cathedral

From the link:

“Fr. Apostolos Hill, Dean of Holy Trinity Greek Orthodox Cathedral in Phoenix, AZ, delivers a timely message in a humorous and straightforward preaching style as he draws from his various life adventures to underscore the power of the Gospel of Jesus Christ to save and to heal broken humanity. Sprinkled liberally throughout with passages from Holy Scripture, Fr. Apostolos’ homilies challenge the spiritual ethos of postmodernity that seeks to limit the transforming impact of the life in Christ and convince us that “being a good person” is good enough.”

Link to recordings of Father's sermons: <http://www.ancientfaith.com/podcasts/rain>

Sermons can also be found on the Cathedral website at [www.holytrinityphx.org](http://www.holytrinityphx.org).

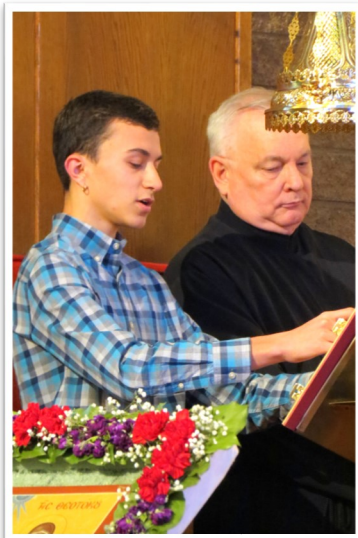




# Sunday of the Holy Cross 2017



## Epistle Readers



Reader Costa Pritsos

To all youth and young adults – we continue our rotation of readers for the epistle each Sunday Liturgy! Please contact Fr. Apostolos if you would like to get involved. Even if you might be uncomfortable reading, Father and others have offered to help you prepare. This is a beautiful ministry and way to participate

in the life of the Church, so please consider taking part!

## Our Church Family

### Funeral

“Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the House of the Lord forever.”

Psalm 23:6



3/19/2017  
Barbara Cope  
*May her memory be eternal.*



# Holy Trinity's St. Katherine Philoptochos

By Alex Anagnopoulos

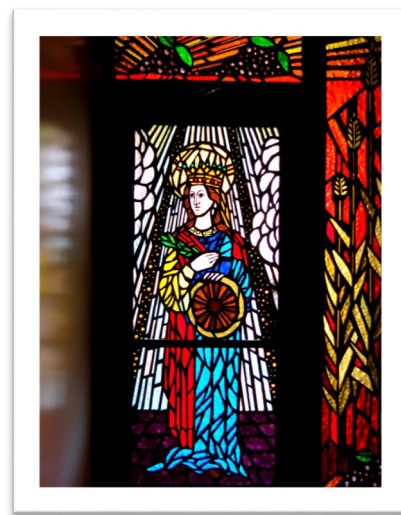
What is Philoptochos?

The translation is Philo = Friend and Ptochos = Poor.

It is literally "Friend of the Poor."

"In a full heart there is room for everything, and in an empty heart there is room

for nothing." - Antonio Porchia



St. Katherine faceted glass icon in the south wing of the Narthex.

## Make A New Friend!

What can \$30 do? Well, it can aid kids with cancer, support the Priest's benevolent fund, provide scholarships for our HTC students going to college, help the sick, hospitalized and homebound, support autism, adorn the Epitaphio with flowers during Pascha, and many other charitable acts of kindness. The mission statement of Philoptochos says: "To promote charitable, benevolent and philanthropic outreach to preserve the sanctity of life and family and to perpetuate and promote our Orthodox faith and traditions." Become a steward today by picking up a form in the narthex and giving it to anyone in Philoptochos or mailing it to the Church Office. Make a new friend!

## JOIN PHILOPTOCHOS 2017

### We are the right hand of the Church!

We would like you to know that membership to Philoptochos *IS IMPORTANT* for our community, the Archdiocese and Diocese.

### *Invitation to Philoptochos below.*

YOUR INVITATION TO PHILOPTOCHOS MEMBERSHIP FOR 2017

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_

CHECK # \_\_\_\_\_ AMOUNT: \_\_\_\_\_

\$15 will be sent to the Archdiocese and \$15 to the Diocese. **Any amount over \$30 will be retained for our chapter charities and obligations.**

Mail your membership to:  
St. Katherine's Philoptochos of HTC  
Membership 2015  
1973 E. Maryland Avenue  
Phoenix, AZ 85016

# Mochas for Missions

**MOCHAS** for **MISSIONS** has begun!  
Be a **STAR** this Great Lent and offer your **BUCKS** to Missions!

The **Mochas for Missions** campaign, formerly known as Pennies and Prayers, funds **C.O.M.E.**, our Metropolis' Missions & Evangelism ministry.

Curb your coffee purchases during Lent and give that extra cash to support Mission & Evangelism efforts in our Metropolis. We are challenging all families to give a minimum of \$20 towards this wonderful program. If coffee is not your thing, then choose something else to give up out of love for God.

**Save** money you would normally use on coffee purchases or another treat.

**Place** checks and cash in the canister every Sunday!

**Watch** as our parish advances each week towards our \$2,000 goal.

Together we can easily reach our goal by Pentecost Sunday, June 4, 2017!

C.O.M.E. = Commission for Orthodox Missions & Evangelism [www.come-sf.org](http://www.come-sf.org)



## Red Eggs

By Kristen Vasilarakos

2017 will be the **fifteenth year** that the red eggs given at the Anastasi service will be made by a group of women that originally got together as part of a Little Lambs activity.

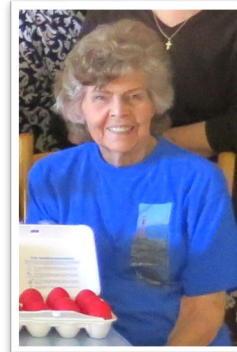
After learning that we were dyeing eggs red each year at **Joann Karros'** home, **Ruth Hotis** came to me in 2002 and asked that if Philoptochos supplied the additional eggs, dye, and tulle, would we dye ALL the eggs needed for the Cathedral? We agreed and have been working together since then.

In those early years, Ruth was an active participant—ensuring the eggs were hard-boiled in the Speros Community Center kitchen and brought to the Karros home. As the years passed, **Georgia Kanelos** has increased her involvement and now covers the duties Ruth once held.

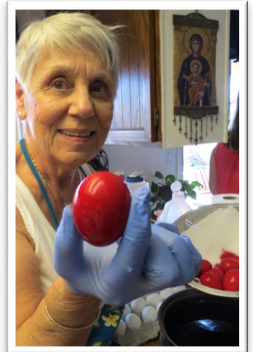
Joann has generously opened her home and has hosted a Lenten lunch *every year!*



**2005** Four sets of mother/daughter pose with the finished red eggs.



**2014**  
Ruth Hotis



**2016**  
Georgia Kanelos

What started as an activity for parents and young children has grown into invaluable times with these women.

The event is open to all. If you are interested in joining in, please contact Joann Karros at 602-485-4031.



**2013**



**2016**



# St. Katherine's Philoptochos of HTC 2017 Scholarship Application

The Holy Trinity Cathedral Philoptochos Society will be offering **two** one thousand dollar (\$1000) scholarships to Holy Trinity Cathedral students attending college in the Fall of 2017. Listed below are the eligibility requirements:

- Student and/or family must be a Steward of Holy Trinity Cathedral
- High School students must have graduated in the spring of 2017 and attending college in the fall of 2017

College students may also apply as continuing students or in graduate programs in the Fall of 2017.

Applicants must submit:

- A copy of 2016-2017 transcripts
- College acceptance letter
- A resume including school, church and community activities

**APPLICATION DEADLINE:** May 27, 2017

If you have any questions or would like to contribute to the Scholarship Fund, please contact a member of the Scholarship Committee or Philoptochos.

Georgana Friehe 480-945-0800 or Mary Louise Theodoropoulos 602-943-5080

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

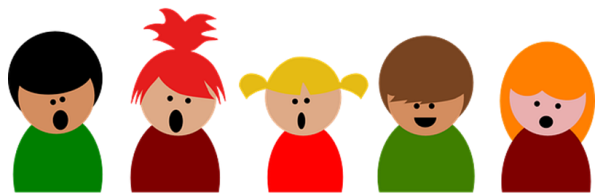
Phone: \_\_\_\_\_

High School or College presently attending:  
\_\_\_\_\_

College(s) Accepted to: \_\_\_\_\_

GPA: \_\_\_\_\_

# Music Ministry



## Music Ministry “Notes”

*Sing to Him, sing praises to Him; tell all of his wondrous works!*  
Psalm 105:2



Time is running out to reserve your table and purchase your tickets for the annual Palm Sunday luncheon on April 9th, 2017 hosted by the Holy Trinity Cathedral Choir. This year’s Lenten meal is catered by Alexi’s Grill and Christo’s Ristorante. The delicious menu will include grilled Atlantic salmon with lemon-dill sauce, pasta marinara, Italian green beans, tossed salad, Italian roll, and beverages—including wine—plus an assortment of Lenten cakes and fruit.

Please plan to join us for this beautiful event! Adult tickets are \$25.00 and \$12.00 for children 6-12 years. Children under 6 years old eat FREE! Tickets are available for purchase immediately after services in the Speros Community Center—the last Sunday to purchase tickets is **April 2nd**. Tables only reserved for parties of 10 people. For reservations, contact Tina Zannis at **602-996-9297**.

# Sunday School

2017  
St. John Chrysostom  
Oratorical Festival



**Sunday School Directors:**  
**Kalli Schneider** at 602.568.3139  
or at [kpsgeeks@yahoo.com](mailto:kpsgeeks@yahoo.com) or  
**Kay Ehrick** at 602.628.8962  
or at [kehrick@yahoo.com](mailto:kehrick@yahoo.com)



Congratulations to participants  
(l to r)  
Joshua Pardhe, Peter Fraenkel,  
Katerina Kostouros, and Nikki  
Kyprianou

Photo by Kay Ehrick



## Senior Parishioners

50+ and their guests

### Pan-Orthodox Picnic

Thursday, March 16th



McCormick-Stillman Railroad Park

Our Next Activity:

### Trolley Ride and Restaurant Lunch

DESERT DIAMONDS ACTIVITY FOR APRIL

Thursday, April 27th

meet at Holy Trinity Cathedral at 9:30am to car pool to Scottsdale Waterfront

Meet at Olive & Ivy Restaurant, Scottsdale Waterfront, 7135 E. Camelback Road, Scottsdale, AZ 85251 and park so we can HOP the Trolley there for a free tour and return to same Olive & Ivy Restaurant for our Lunch Reservation.

PLEASE R.S.V.P. to: Diana Harris at 602-996-0113 or Doree Drakos at 602-993-0659

Photos by Sheila Asala

## Volunteer Opportunity

### Outreach Ministry at UMOM

Fr. Apostolos is seeking four volunteers to join him on Monday, April 3rd and Tuesday, May 2nd from 10:30am to 1:15pm at the UMOM New Day Center as he helps prepare and serve lunch to the residents of the family shelter. The group will leave from the Cathedral at 9:45am. Please contact Christine Stamatis at [gstamatis@cox.net](mailto:gstamatis@cox.net) to join Father's team for these excursions.

## Stewardship Envelopes

Stewardship envelopes are available for pick up after services in the Narthex or from the Church Office.



# Palm Sunday

## Annual Luncheon April 9, 2017

Speros Community Center  
Hosted by the Holy Trinity Cathedral Choir

*immediately following Church Services*

**Lenten buffet includes:**  
Grilled salmon with lemon-dill sauce,  
pasta with marinara sauce,  
green beans, salad, roll, dessert, and wine  
*Catered by Alexi's Grill and Christo's Ristorante*

~Tables reservations require parties of 10~

**Adults—\$25.00**  
**Children ages 6-12—\$12.00**

**For reservations, contact  
Tina Zannis at 602-996-9297**





# Shrimp Fest For The Fast and The Spring Parish Assembly

March 26, 2017



(left) Christina Tzavellas and Denise Dye pose with their trays.



(top) Father Apostolos and Parish Council President Pete Choukalas speak at the Parish Assembly

(bottom l to r) Nick Kretsedemas, John Mitchell, Alexei Panagiotakopoulos, Martha Xamos, Tony Nicoluzakis, Connie Contes, and Zoe Pestrivas assist with preparation of the Shrimp Fest.



Bottom Photos by Sandy Meris

## Join us for our 6<sup>th</sup> Annual AZ Walk for Missions to benefit OCMC & Project Mexico



Join us fundraising for OCMC & Project Mexico:  
Sixth Annual Arizona Walk for Missions

Saturday, April 29, 2017  
Kiwanis Park Tempe, AZ  
8:00 a.m. Opening Prayer & Walk

SPONSORED BY:  
Arizona OCMC & Project Mexico Missions Alumni  
SUPPORTED BY:  
The Arizona Council of Eastern Orthodox Clergy

### Arizona Walk for Missions: Saturday, April 29th

Registration Opens 7:30 a.m.

Opening Prayer & Walk at 8:00 a.m.

Directions to Kiwanis Park, Tempe, AZ

**Direction from I-10:** exit Baseline East.

Turn South (right) on Mill. Turn right onto All American Way. Take the first Right into the (first) Parking Area. Proceed to the water: Ramadas #11 & #12 by the bathrooms.

**Directions from 101:** exit Baseline West.

Turn South (left) on Mill. Turn right onto All American Way. Take the first Right into the (first) Parking Area. Proceed to the water: Ramadas #11 & #12 by the bathrooms.

**2017 Checks payable to OCMC**

# St. Nectarios Books & Beyond

By Patsy Harris

## Kali Anastasi!

Holy Week, beginning with Lazarus Saturday, and Holy and Great Pascha is the holiest time of the year for Orthodox Christians. How wonderful that this year ALL Christians are celebrating at the same time!

**April 8th – Lazarus Saturday:** This day is not included with Great Lent, nor with Holy Week. It and Palm Sunday are set apart as a joyous prelude to the days of grief to come. The resurrection of His friend Lazarus in Bethany shows us Christ's power over Death and is a precursor of Christ's own triumph over it. Also, when Jesus weeps for His friend, we see His human nature while, being God, He commands Lazarus to rise. This also shows us that, even though we sin, Christ's Love for us can renew our spirit just as Lazarus's body was renewed after being dead for four days.

**April 9th – Palm Sunday:** "Behold, thy King cometh!"

**April 10-12th – Holy Week** begins with three days of preparation for the Passion of Christ. Each of the services on these days is rich in meaning. Be sure to use your Holy Week book to follow along and to ponder on these wonders! Listen closely on Holy Tuesday to the Choir sing the Hymn of Kassiani, "the woman who has fallen into many sins recognizes Thy godhead, O Lord. She takes upon herself the duties of a myrrh-bearer and makes ready the myrrh of mourning before Thy entombment. ...deign to bend down Thyself to me and the lamentations of my heart, O Thou who spread out the Heavens. I will fervently embrace Thy sacred feet and wipe them with the tresses of hair of my head. ...do not disregard me Thy servant, O Thou Whose mercy is boundless!" (from the Troparion of Kassiani)

**April 13 – Holy Thursday:** this remembers the Mystery of the Upper Room, where at the Mystical Supper the Lord gave us the Holy Eucharist.

**April 14 – Holy Friday:** This is the mystery of Golgotha, Christ's Crucifixion, whereby He pays for our Salvation. As you join in the singing of the Lamentations, pay attention to the meaning of the words!

**April 15 – Holy Saturday:** While Jesus rests in His tomb, the Church anticipates His Resurrection in the service this day, ending the sorrow of His Passion and celebrating the joy of His Resurrection.

**April 16 – Great and Holy Pascha:** Christ is Risen! Truly He is Risen! Christos Anesti! Alithos Anesti!

If I have offended or inconvenienced anyone, please forgive me, so that I may enter this Holiest of Times with a clean slate. Thank you.

## Kali Anastasi!

Have a very blessed month! If St. Nectarios Books and Beyond can assist in any way, please contact us at: [www.stnectariosbooksandbeyond.org](http://www.stnectariosbooksandbeyond.org) or [patsy@stnectariosphx.org](mailto:patsy@stnectariosphx.org)

Patsy Harris – 480-239-5270





# Holy Trinity Academy

Celebrating Holy Trinity Academy's  
Proud Past. Promising Future.



Saturday, May 6, 7:00-10:00pm  
Campus of Holy Trinity Greek Orthodox Cathedral  
1973 E. Maryland Ave., Phoenix, AZ 85016

RSVP by Saturday, April 21, 2017 | [htaphx.org](http://htaphx.org)

\$50 Donation Per Person

Please join us as we celebrate HTA's past, present, and future and raise a glass to Orthodox education! You will enjoy an evening of wine and micro-brew samplings paired with a specialty tasting dish and musical entertainment, as well as the opportunity to be lucky recipients of exquisite raffle items.

**Raffle Tickets: \$20 each or 6 for \$100.** To purchase event and raffle tickets, or to become a sponsor of this event, please contact the school office at 602-248-3881 or e-mail [julipritsos@holytrinityacademyphx.org](mailto:julipritsos@holytrinityacademyphx.org). Proceeds benefit HTA's Children's Garden and the continued growth of HTA's Preschool and Kindergarten programs.





# Greek School

By Irene Dartoozos-Mackos  
[airinie@gmail.com](mailto:airinie@gmail.com)

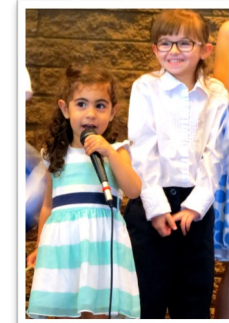


## Holy Trinity Greek & Heritage School of Phoenix



### ΖΗΤΟ Η ΕΛΛΑΣ

From the Greek and  
Heritage School of  
Holy Trinity Cathedral



### Xronia Polla!

Anastasia and Anastasios celebrate their Name Day on Easter.  
Saint Thomas Name Day is celebrated the Sunday after Easter.



# Greek School Labathes

## Easter Candles/Labathes

Special candles made for Easter are called Labatha and are often given as gifts to children from their parents or Godparents.



Contact Irene today for you special candle  
[eirinie@gmail.com](mailto:eirinie@gmail.com)  
301-437-9246

# Palm Crosses

Lazarus Saturday

**Pancake Breakfast  
and Palm Cross-Making**  
Sponsored by Sunday School



# Your Desert Springs Subscription—Time to Renew!

## *Desert Springs* Subscription

Enjoy color copies of Holy Trinity Cathedral's *Desert Springs* delivered to you!

\$3 per issue

There are 11 issues for 2017 (June and July is one combined issue)

\_\_\_\_\_ \$24 for 8 remaining issues

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, ST, Zip: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Return this form to the Church Office or contact Kristen at 602-332-8809 or [kvasilarakos@cox.net](mailto:kvasilarakos@cox.net) for more information.

Office use: Payment received on (date) \_\_\_ / \_\_\_ / \_\_\_

# OPA—Orthodox Parents Association

By Sandy Meris, President



Where every adult is a parent to our youth.

## GOYA Lenten Retreat

### “New Self, True Self” Colossians 3

Friday, March 31 – Saturday, April 1

The topic of this Lenten journey allows us to “shed off” all those things that are not truly us, allowing us to discover who we truly are.

The weekend will include a “lock-in” for the Jr. & Sr. GOYAnS, a mini-retreat for the Hope & Joy kids, and a Parent Workshop. Something the entire family can come together for, in fellowship and worship.

#### Schedule:

Friday, March 31, 6pm

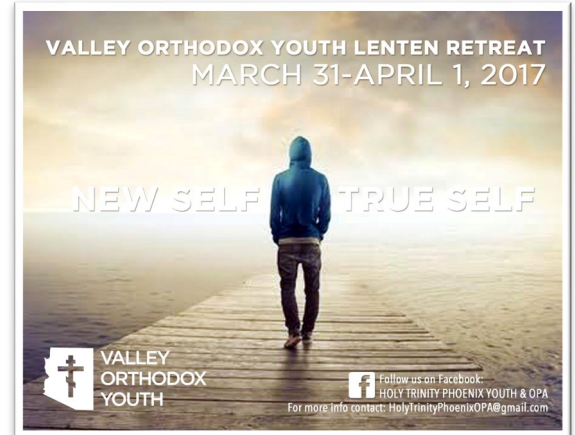
Dinner, Vespers, Retreat Intro,  
Overnight Lock-In in the Cathedral

Saturday, April 1

Breakfast, Matins, Session I  
Lunch, Session II

Friday, March 31, 6-9pm

Parent Retreat



George Papageorge, a licensed Marriage and Family Therapist with the San Francisco Diocesan Family Wellness Ministry, will join us for a parent workshop.

#### Raising Kids with Emotional Intelligence

George Papageorge M.A., MFT

*“We are facing a generation of youth that manage to accomplish their goals but are left feeling empty and anxious. Many are high performing but low coping. With their inner life in question, they are vulnerable to developing addictive personalities and attracted to toxic relationships. Research shows that parents operate in one of two broad categories: Those who guide their children in the world of emotion and those who don’t. This parent education workshop offers insights into the emotional needs of children and the parenting styles that most effectively help us connect with our kids, cultivating closeness and confidence. Communication tools will also be discussed.”*

## Hope & Joy Mini-Retreat

Saturday, April 1, 10am-1pm

Activities include: Lenten lessons, games, activities & lunch

*Registration is required for the GOYA Retreat, Parent Retreat, and Hope & Joy Mini-Retreat. Watch for details and registration information in the OPA emails and church bulletins.*

For questions or to help facilitate please contact:

Sandy Meris – [sandymeris@yahoo.com](mailto:sandymeris@yahoo.com) or 602-525-0345

Evan Tsagaris – [etsagaris@gmail.com](mailto:etsagaris@gmail.com) or 650-333-4057



# End of the Year OPA & Youth Celebrations

Please join us for a night of family fun at our

## End of the Year Celebration

Friday, May 19th

6-9pm

Pot Luck Dinner

Speros Community Center Hall and Patio

Fun for the whole family! Games & Activities for all groups including the *Little Lambs, Hope & Joy, and Jr. & Sr. GOYA*

Each age group will be separated to do their own youth group activities. Watch for more details to come in our OPA emails and the Church bulletin.

## Graduation Celebration

Please join us as we honor our graduates!

Sunday, May 21st

Luncheon and Ceremony to follow Divine Liturgy

If you have a child graduating from 8th grade, high school, college, or even graduate school, OPA wants to honor your student! Please fill out the form below and email to: [sandymeris@yahoo.com](mailto:sandymeris@yahoo.com) no later than Monday, May 15th.

### 2017 Graduate Recognition Form

If you or your child is graduating from 8th grade, high school, college, or graduate school, please fill out the form below to be recognized at OPA's Graduation Celebration. Please scan & email this form to Sandy Meris by **Monday, May 15th**. Email to [sandymeris@yahoo.com](mailto:sandymeris@yahoo.com). *Please note that forms received after May 16th may not be included in the written program.*

Name:

Grade graduating from:

School you are graduating from:

What are your school colors and mascot:

List any special awards, achievements or accolades:

List extra-curricular activities:

What school will you be attending in the fall?

If graduating from college/graduate school, what are your job/career plans?

What are your future goals?

Please tell us a little bit about yourself. For example:

What is the most important thing you have learned at this point in your life? What are your proudest accomplishments? Or, you may give your favorite famous quote or Bible verse.

# MADE ALIVE



## JUNE 21-26

### Registration Open

Early (April 1): \$400 • Regular (May 15):  
\$425 • Late (June 15): \$450

### Grades 3-12

Pine Summit, Prescott, AZ

[allsaintscamparizona.org](http://allsaintscamparizona.org)



## All Saints Orthodox Summer Camp

ASC is pleased to announce that  
**REGISTRATION FOR 2017 IS OPEN!**

For those who have participated in the past—you know what a beautiful, fun, and transformative experience this can be. For those who haven't—ask someone who has been to see what you've been missing out on! Also, the first five campers to register will receive a discount!

*For more information about registration and staff applications, please visit our website:*

[AllSaintsCampArizona.org](http://AllSaintsCampArizona.org).

See you this summer!



## OPA Email List

### Do you get OPA emails?

OPA communicates primarily through email via our e-newsletter. To stay informed of all of the youth, parent, and family happenings at Holy Trinity, make sure you are receiving these emailed newsletters. It's easy, just email your information to [sandymeris@yahoo.com](mailto:sandymeris@yahoo.com) and we'll get you added to the list.

## OPA Board

### OPA is looking for new board members!

Elections will be held soon, and we need new fresh faces who are ready to get involved. The board consists of president, vice president, recording secretary, corresponding secretary, and treasurer.

If you are interested in running for any of these positions, please contact:

Sandy Meris at [sandymeris@yahoo.com](mailto:sandymeris@yahoo.com)

## 2017 Campers



(l to r)

Gabriella Ward, Eleanna Zistatsis, Katie Dedakis, Alex Sampson, and Eva Vardalos are attending Orthodox camps this summer.

Want to go too?

Contact Evan Tsagaris at [etsagaris@gmail.com](mailto:etsagaris@gmail.com) or 650-333-4057 for more information.

## Lost & Found

Please check the Lost & Found in the Church Office for items that might be yours.



# Dance Program

By Niko Panagiotakopoulos

We want to give one final thanks to all dancers, parents, and supporters for a successful FDF 2017! Forty-five kids danced their hearts out on stage after months of hard work and we couldn't be more proud!



Every year, I'm fortunate enough to speak with new members of our dance community and get some insight to the younger children in the community. The comment I tend to hear most from newer members is how much fun they had, and how much they regretted waiting as long as they did to get involved.

As a ministry of over 100 ranging from Kindergarten to Post College Grads, we really strive to achieve a sense of community that reaches far beyond our weekly dance practices. We have a great team of teachers and supporters making everyone feel welcome and involved. Whether you are new to the community or just haven't quite found your niche, dance is a great place to start. Almost all our dancers and parents are also members of the Altar Boys, Choir, Sunday School, Goya, and Greek School which really helps add another great activity to join friends of the same faith and cultural background. Throughout time in the program, everyone really gets to see a large side of the Greek Culture which is often forgotten ranging from traditions, to costumes, dances, and traditional songs and we are always looking for fresh faces! As for parents looking to get involved, there is no better place. We are always looking for help with activities, costumes, logistics for performances, and getting kids ready for the festival. We encourage everyone old and new to join us as we get ready to kick off our next Greek Dance Season!

For those of you jealous of all the fun we've been having, we are starting up again very soon! Our program continues to grow from the ground up with a large number of new members in our youngest ranks. At the Festival, we have formal groups starting in Kindergarten and going all the way through our committed young adults who just can't get enough! For all those younger than Kindergarten looking to get some stage time, we also offer our Little Lambs Parade which is always one of the more fun performances!

Registration for the 2017 Dance Program begins next week! Please email Niko Panagiotakopoulos at [holytrinityphoenixdance@gmail.com](mailto:holytrinityphoenixdance@gmail.com) for a registration form and any questions, or stop by the Dance table at coffee hour! Practices will begin after Pascha and continue until Memorial Day Weekend before breaking for summer. We will resume in August when school starts and prepare for the Festival in October! We look forward to seeing all new and returning faces soon!

## Little Lambs

If you have a baby or toddler, please join us for our Little Lambs coffee on **Sunday, May 7th**. We will meet in the Small Hall of the Speros Center immediately following Divine Liturgy. Refreshments are provided or feel free to bring along something to share. We will all catch up and let our little ones run together and play! This is a great way to get to know one another and make some summer playdates!



Questions? Please contact: Angela Scopelianos at 913-638-5991



# Daughters of Penelope

## Panigiri, March 4



Chapter President Connie Panagiotakopoulos holds the bucket while one of the younger guests draws a winner for the 50/50 raffle.



Chapter Daughters



Chapter Daughters and guests

## Festival 2017

### Are You Good At Searching Out A Bargain?

Baklava Sundaes sold at the Kafeneo are a popular item. A sundae consists of soft-serve vanilla ice cream, chunks of baklava, chocolate syrup, and a cherry—yum!

But did you know that we *rent* the soft-serve machine each year for about \$650? *Every year for many years* now. That's a lot of renting when NEW machines are about \$2,400 to \$3,200.

We are looking for a **used machine in very good condition** (or a new machine at a reduced price.) If you enjoy searching through sites such as EBay, Craig's List, Amazon, PennySaver, PhoenixUsedRestaurantEquipment.com, etc., please consider searching for a bargain soft-serve machine to benefit the Original Phoenix Greek Festival and our Parish community. We're willing to spend up to \$1,800—but hoping to spend less.

If you have a line on a good value, contact Angelo at 480-206-7693 or [angeloestrivas@msn.com](mailto:angeloestrivas@msn.com).

We know there are good shoppers out there that can search for us! Thank you!



An example of a single flavor soft-serve machine.





# **AHEPA Chapter 219**

## **9th Annual**

# **Mother's Day Brunch**

## **Sunday, May 14, 2017**

**Immediately Following Divine Liturgy**

**Holy Trinity Greek Orthodox Cathedral**  
**James A. Speros Community Center**

1973 E. Maryland Avenue ~ Phoenix

**Adult: \$30 (21+)**  
**Student: \$20 (14-20)**  
**Child: \$10 (8 - 13)**  
**7 & Under Free**

### **Contact**

**Pete Marudas**  
**602.284.1638**

**John Kostaras**  
**480.318.1935**

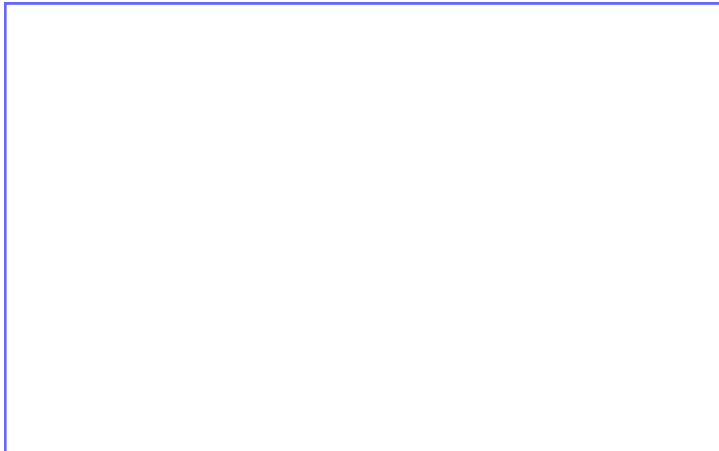
***Limited Seating Event!***

**Purchase Your Tickets Today!**



# Congratulatory and Happy Ads!

In each issue, Desert Springs will offer the opportunity for our community to share good news with others! Ads will be a standard 1/8" of a page (horizontal).



Sample Size

This is the place to recognize your family, friends and fellow parishioners for anniversaries, birthdays, graduations, get wells, awards, special accomplishments, good deeds, above-and-beyond volunteering—anything that is positive, endearing and thoughtful.

Cost is \$20 per ad for one issue. Photos are acceptable.

Fill out the form and include an optional photo and full payment (cash or check) and drop in the boxes in the Narthex and Church Office or mail to Kristen Vasilarakos c/o Holy Trinity Cathedral, 1973 E. Maryland Avenue, Phoenix, 85016. Checks payable to Holy Trinity Cathedral. Or contact Kristen at [kvasilarakos@cox.net](mailto:kvasilarakos@cox.net) for more information.

Ads will be designed by the Desert Springs staff. Submitter will be contacted prior to publishing if editing of the content of the wording is needed.



Congratulatory and Happy Ads for the *Desert Springs* monthly publication:

Wording: \_\_\_\_\_  
\_\_\_\_\_

I understand the staff will design the ad at their discretion and will contact me if content changes are needed. \_\_\_\_ (initial)

I need the included photo returned to me.  Yes  No \_\_\_\_ (initial)

I am including \$20 by cash or check (checks payable to Holy Trinity Cathedral). \_\_\_\_ (initial)

I wish to remain anonymous.  Yes  No \_\_\_\_ (initial)

Submitter's Name: \_\_\_\_\_

Submitter's Contact Phone: \_\_\_\_\_ Contact Email: \_\_\_\_\_

~ April 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Coffee Hour – HTA	1 10am-1pm – Hope & Joy (Lenten Retreat)
2 <b>SUNDAY OF ST. MARY OF EGYPT</b> 8am – Matins 9:30am – Liturgy  6pm - Pan-Orthodox Vespers Exaltation of the Holy Cross (Romanian) Tray = ACEOC	3	4	5 10am – Bible Study (Ed Bldg. Café) 5pm-7pm – Greek School (Ed Bldg) 5:30pm - 9 <sup>th</sup> Hour & Presanctified Liturgy 7pm – HTA Board meeting 7pm-8:30pm – Choir practice 8pm-OCF (ASU)	6 6pm – PC meeting (Conference Room) 7pm – Philoptochos meeting (Lounge)	7	8 <b>LAZARUS SATURDAY</b> 8am – Matins 9am – Liturgy Sunday School Pancake Breakfast/ Palm Crosses
9 <b>PALM SUNDAY</b> 8am – Matins 9:30am – Liturgy Palm Sunday Luncheon Philoptochos Tray Philoptochos Bake Sale 7pm - Bridegroom Matins service	10 <b>HOLY MONDAY</b> 9am - Presanctified Liturgy  7pm - Bridegroom Matins service	11 <b>HOLY TUESDAY</b> 9am - Presanctified Liturgy  7pm - Bridegroom Matins service	12 <b>HOLY WEDNESDAY</b> 9am - Presanctified Liturgy 4pm - Holy Unction service  7pm - Bridegroom Matins service	13 <b>HOLY THURSDAY</b> 9am - Vesperal Liturgy of St. Basil  7pm - Passion Gospels service	14 <b>HOLY FRIDAY</b> No HTA 7am – Kouvouklion decorating 9am - Royal Hours 3pm - Un-nailing or Apokathelosis 7pm - Lamentation service Philoptochos tray	15 <b>HOLY SATURDAY</b> 9am - Proti-Anastasi Liturgy  11pm - Matins of Pascha
16 <b>GREAT &amp; HOLY PASCHA</b> 12am – Paschal Liturgy Mayeritsa Meal No Sunday School 1pm – Agape Vespers	17 <b>BRIGHT MONDAY</b> No HTA	18 <b>BRIGHT TUESDAY</b>	19 <b>BRIGHT WEDNESDAY</b> 10am – Bible Study (Ed Bldg. Café) 5pm-7pm – Greek School (Ed Bldg) 7pm-8:30pm – Choir practice 8pm-OCF (ASU)	20 <b>BRIGHT THURSDAY</b>	21 <b>BRIGHT FRIDAY LIFE-GIVING FONT</b> 8am – Matins 9am – Liturgy	22
23 <b>SUNDAY OF THOMAS</b> 8am – Matins 9:30am – Liturgy 12:30pm – Panagiotakopoulos Baptism	24	25	26 10am – Bible Study (Ed Bldg. Café) 5pm-7pm – Greek School (Ed Bldg) 7pm-8:30pm – Choir practice 8pm-OCF (ASU)	27 9:30am – Desert Diamonds Trolley Ride & Lunch (Meet at H.T. Cathedral to car pool to Scottsdale Mall)	28	29
30 <b>MYRRHBEARER SUNDAY</b> 8am – Matins 9:30am – Liturgy Kimmell Memorial						

Calendar is subject to change.