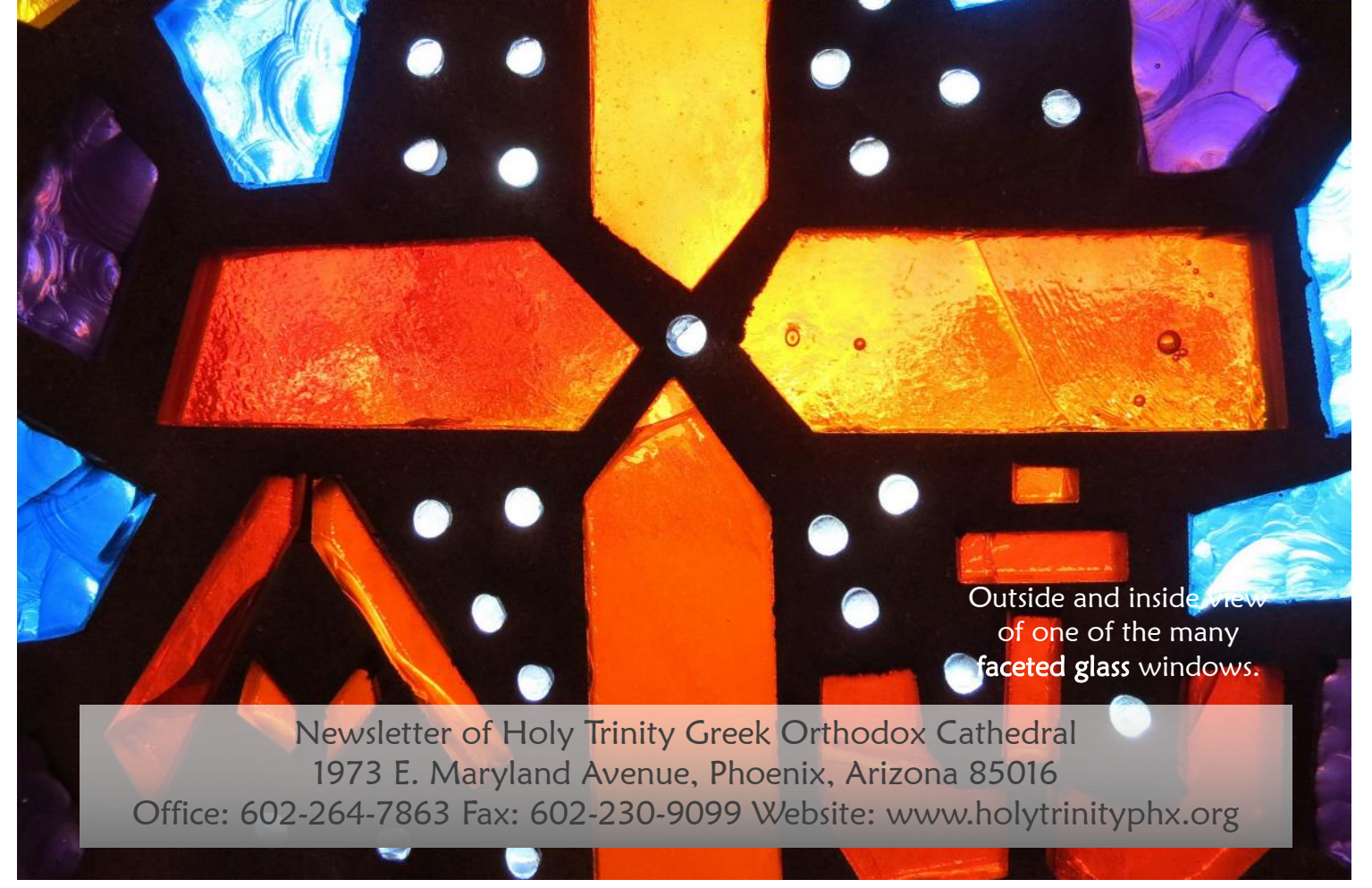




Desert Springs

March 2019
Volume 4 Issue 3



Outside and inside view
of one of the many
faceted glass windows.

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

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

Desert Springs Staff
Rev. Apostolos Hill,
Theological Advisor/Editor-In-Chief
Kristen Vasilarakos, Layout/Composition
602-332-8809, kvasilarakos@cox.net

Desert Springs Deadline
The 25th of each month

Sunday Bulletin Deadline
Wednesdays, 12 noon

Church Office Email Addresses
Rev. Apostolos Hill
htpriest@holyltrinityphx.org
papoulihill@gmail.com

Diana Camacho, Office Manager
AdminAssist@holyltrinityphx.org

Church Front Desk
htfrontoffice@holyltrinityphx.org

Church Caretakers
Terry, Paul, and Dimitri Valonis

Holy Trinity Bookstore
info@stnectoriosphx.org

2019 Parish Council Members
Jim Manelis—President
Paul Katsenes—Vice President
Dina Anagnopoulos—Treasurer
Connie Contes—Assistant Treasurer
Andy Fourlis—Secretary
Charlie De Moss, Sandy Meris,
Socrates Papadopoulos,
Adam Venetis

Holy Trinity Cathedral Website
www.holytrinityphx.org — NEW!

Metropolis of San Francisco Website
www.SanFran.goarch.org

Archdiocese Website
www.goarch.org

Organization Contacts

AHEPA — Costa Tzavaras: tbirdchachi@gmail.com
(PC Liaison:)

All Saints Camp — Evan Tsagaris: etsagaris89@gmail.com
(PC Liaison: All OPA — Sandy Meris)

Altar Servers — Deacon John Thrasher, David Haag, Chris Francis:
thrasheraz@cox.net, davidmhaag@yahoo.com, battersbox7@yahoo.com
(PC Liaison: Jim Manelis)

Bible Study — Father Apostolos Hill: papoulihill@gmail.com
(PC Liaison: Andi Fourlis)

Bookstore — Patsy Harris: patsy@stnectoriosphx.org
(PC Liaison: Adam Venetis)

Byzantine Choir — George Duvall: phxchantor@cox.net
(PC Liaison:)

Choir — Terri Alexon: htphxmusicdirector@gmail.com
(PC Liaison: Dina Anagnopoulos)

Dance — Niko Panagiotakopoulos: npanos01@yahoo.com
(PC Liaison: All OPA — Sandy Meris)

Daughters of Penelope — Angie Lambrou: angie.lambrou@cox.net
(PC Liaison: Andi Fourlis)

Desert Diamonds (50+) — Julie Karoutas: juliekaroutas@gmail.com
(PC Liaison:)

Epistle Readers — Presvytera Denise Hill: denkevhill83@gmail.com
(PC Liaison:)

Family Wellness — Andi Fourlis, Nikki Forman: andif@cox.net,
ntheo426@hotmail.com
(PC Liaison: All OPA — Sandy Meris)

Feed Those in Need — Christine Stamatis: cstamatis@cox.net
(PC Liaison:)

Greek Festival — Nick Kretsedemas, Angelo Pestrivas: niko.37@cox.net
(PC Liaison: Dina Anagnopoulos)

Greek School — Irene Mackos: airinie@gmail.com
(PC Liaison: Socrates Papadopoulos)

Hellenic Museum — Bessie Hotis: call 602-953-1913
(PC Liaison:)

Holy Trinity Academy Parochial School — Juli Pritsos:
julipritsos@holyltrinityacademyphx.org
(PC Liaison: Andi Fourlis)

HOPE & JOY — Karla DeLord, Evan Tsagaris: kpdelord@msn.com
(PC Liaison: All OPA — Sandy Meris)

Little Lambs — Angela Scopelianos: angelagarozzo@gmail.com
(PC Liaison: All OPA — Sandy Meris)

Maids of Athena — Gabriella Papatzimas: gabriellapapatzimas@gmail.com
(PC Liaison: Andi Fourlis)

Maintenance — Peter Bilitsis, Ted Fourlis: htcmaintenance1973@gmail.com
(PC Liaison: Paul Katsenes)

Myrrhbearers — Stacey Beaty, Kathy Choukalas Tropea: tropea5@q.com
(PC Liaison: Jim Manelis)

Narthex Outreach — Kristen Vasilarakos: kvasilarakos@cox.net
(PC Liaison:)

OPA — Cindy Kyprianou: cwkyprianou@hotmail.com
(PC Liaison: All OPA — Sandy Meris)

One Spirit+One Vision — Charlie DeMoss: charles.demoss@wellsfargoadvisors.com
(PC Liaisons: Charlie DeMoss and Jim Manelis)

Parish Council — Jim Manelis: jmanelis@aol.com
(PC Liaison:)

Philoptochos — Mary Louise Theodoropoulos: aanagnopoulos2@msn.com (Alex)
(PC Liaison:)

Safety & Security — Paul Katsenes, Socrates Papadopoulos: pkatsenes@cox.net
(PC Liaison: Socrates Papadopoulos)

Sons of Pericles — Greg Vassiliou, Ted Fourlis: sonsofpericles283@gmail.com
(PC Liaison:)

Jr. & Sr. GOYA — Jacque Petroulakis, Sandy Annos, Paulina Watson:
cpetroulakis@cox.net, sannos@cox.net, watsonapoulos@yahoo.com
(PC Liaison: All OPA — Sandy Meris)

Stewardship — Sandy Meris: sandymeris@yahoo.com
(PC Liaison: Sandy Meris)

Sunday School — Kalli Schneider, Kay Ehrick: kalliopischneider@gmail.com
(PC Liaison: Andi Fourlis)

Wedding Coordinator — Terri Alexon: terrialexon@gmail.com
(PC Liaison:)

YAL 19-29 — Elliot Staikos: text 717-682-0550

YAL 30-49 — Nick Papas: npapas@yahoo.com
(PC Liaison: Adam Venetis)

Message from Father Apostolos

Diet and Exercise



The very phrase can send a shudder along our spines; "diet and exercise." Cue the feelings of guilt as we hurriedly stash the bag of Cheetos out of sight! The nightly news regularly features "new studies" which sound the alarm of America's obesity epidemic while one new fad diet follows another, each promising zero percent body fat and ripped abs!

If only maintaining fitness and optimal health were that easy. The truth is that only a disciplined approach to the quantity and quality of food consumed and to keeping our bodies moving can balance the scales for us. A sedentary lifestyle cannot be overcome by any fad diet no matter how stringent. Exercise is a necessary component of healthy living!

And it is useful to remember this as we begin the Great Fast of the Lenten Season commencing this month. Too easily our focus drifts toward keeping the Fast as we obsess about menu options and meal replacements. At the time we should be less consumed with feeding our bellies we find ourselves consumed by such mundane considerations. *"Wait, is there whey in those crackers!?"*

But just as dieting without exercise cannot beget sound physical health, our Lenten fasting without prayer cannot enhance our spiritual well-being either. This is readily apparent in the liturgical structure of prayer the Lenten Season provides. When the Disciples asked Jesus why they could not cast a demon out of a small boy, Jesus replied *"This kind cometh not out but by prayer and fasting."* (Matt. 17:21)

How might we wed these two complimentary disciplines together as we begin Great Lent? There are several ways; in our daily Rule of Prayer* we add the Lenten Prayer of St. Ephraim;

O Lord and Master of my Life
Take from me the Spirit of Sloth, Despair
Lust for Power and Idle Talk
(Prostration)
But Give rather the spirit of Chastity
Humility, Patience, and Love to Your Servant
(Prostration)
Yes, my Lord and King
Help me to see my own faults
And not to judge my brother
For You are blessed to the Ages. Amen.
(Prostration)

This prayer should begin every new day during Great Lent. And the midweek Lenten services of Monday Great Compline, Wednesday Pre-Sanctified Divine Liturgy, and Friday Salutations provide a "health spa" of like-minded spiritual fitness devotees working together. And the Sundays of Great Lent offer the Divine Liturgy of St. Basil the Great with special hymns to encourage us toward achieving spiritual wellness.

Woven together with the Lenten Scripture readings and Holy Confession, a regimen of wellness can be found which will revitalize our flagging spirits and weary hearts. But no diet and exercise plan is easy! We'd much rather sit idly on the sofa munching those Cheetos and zoning out! Far easier to ignore the Fast, stay away from Church, and sleepwalk through Lent. (We are human, after all!)

But another opportunity will have been squandered to dissolve the flabby excess baggage of un-confessed sins and to revive our unused muscles of faith and devotion to Christ. I intend to give this opportunity my best effort, knowing that I won't get it perfectly right. I will make mistakes and "hit the wall" somewhere in early April, dreaming of double cheeseburgers at In-N-Out! But with the help of God and as we encourage each other along the way, I am confident that I, and we, can make real progress along the path of salvation in the Diet and Exercise of Great Lent!

A handwritten signature in black ink that reads "Fr. Apostolos Neil".

Stewardship 2019

Educate - Participate - Elevate

STEWARDS OF THE FAITH: *All Things are Possible to the One Who Believes in Christ*

STEWARDSHIP COMMITTEE'S LENTEN CHALLENGE

Sunday, March 10th – Pascha, April 28th

Project Mexico & St. Innocent Orphanage

PANTRY PARTNERS

Let's come together as a Cathedral community and support Project Mexico and St. Innocent Orphanage during Lent. Help us fill **30 BOXES** with items sorely needed to stock the pantry shelves of the orphanage.

The boys living at St. Innocent Orphanage are considered orphans because they have been removed from their homes by social services, escaped an abusive home, or their parents are deceased or imprisoned. St. Innocent provides much more than basic needs for the boys who reside there. They receive spiritual direction in the Orthodox faith, an education, private tutoring, athletics, extra-curricular activities, and a lasting sense of family and belonging fostered by unconditional love and support from the staff and volunteers. When the boys are accepted onto the ranch, it is with the knowledge that they will be there until they are grown men.

Beginning on March 10th, boxes will be placed in the Narthex, Church office, and Speros Community Center. Simply place the items from the list below in the boxes. The deadline to fill 30 boxes is Pascha on April 28th

- ✓ Bottled water (for the boy's school lunches)
- ✓ Brown sugar
- ✓ Canned chicken
- ✓ Canned fruit
- ✓ Canned mushrooms
- ✓ Canned salmon
- ✓ Cream of Wheat
- ✓ Granola bars
- ✓ Granulated coffee
- ✓ Jam
- ✓ Ketchup
- ✓ Low sugar cereal
- ✓ Maple syrup
- ✓ Natural honey
- ✓ Olive oil
- ✓ Pinto beans, dry
- ✓ Ragu sauce
- ✓ Rice
- ✓ Salt
- ✓ Tea
- ✓ Tomato purée

STEWARDSHIP UPDATE

Have you filled out your 2019 Stewardship Card yet? We are getting closer to our goal of \$360,000 and 100% participation from our parishioners.

To date, we have 194 families who have pledged \$259,129.72. We are off to a great start, but need to close the gap. Become a current Steward today by going to www.holytrinityphx.org, clicking on the "Stewardship" button on the upper right hand corner, and fill out your Pledge Card.



Thank you for being part of our Holy Trinity Cathedral family!

- † There are over 30 ministries and organizations to serve the needs of our congregation, with eight of them offering programs for our youth.
- † Over 150 Liturgical services have been offered over the past 12 months just at our parish, providing many opportunities for prayer and spiritual fulfillment.
- † Our Sunday School students are actively engaged in the Divine Liturgy by reading the Epistle and singing in the Youth Choir.
- † Our Greek Language and Cultural School offers the Certificate of Attainment in Greek in cooperation with the Greek Ministry of Education. This allows students to receive academic credit for their proficiency in the Greek language.
- † Philoptochos has made over 500 sleeping mats and donated them to homeless shelters.
- † A group of dedicated volunteers feed the homeless every month at UMOM.

There are many more exciting things happening at Holy Trinity Cathedral, and even more opportunities for you to be involved and make a difference.

..... ***We hope to see you soon!***



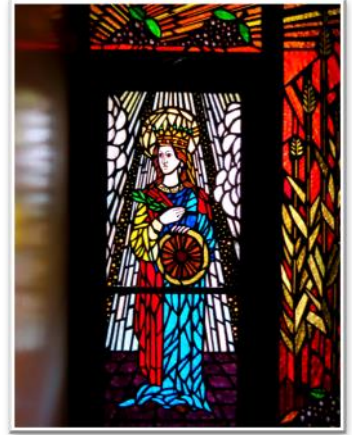
Holy Trinity's St. Katherine Philoptochos

Mary Louise Theodoropoulos, President

"FRIENDS OF THE POOR"

An organization where membership is an honor & a privilege.

JOIN & ENRICH YOUR LIFE!



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

Thank you to February's Hostesses
Georgi Friehe, Connie Venetis,
and Patty Davis



Circle of Angels

Please let Philoptochos' **Circle of Angels** know of any parishioners who are ill, recovering, scheduled for surgery, recently moved to assisted living, or are homebound.

Contact Mary Poulakidas at 602-349-6466 or Lois Sakkas at 602-717-9097.



JOIN PHILOPTOCHOS 2019

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 Metropolis.

Invitation to Philoptochos:

NAME: _____

ADDRESS: _____

PHONE: (____) _____ CHECK # _____ AMOUNT: _____

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

Mail your membership to:

St. Katherine's Philoptochos of HTC Membership 2019, 1973 E. Maryland Avenue, Phoenix, AZ 85016

Philoptochos Champagne Brunch

Sunday, February 10, 2019

In addition to the numerous dedicated Philoptochos women who work hard to bring about this annual event, the St. Katherine Chapter would like to acknowledge benefactor **George Johnson**. George donates to the Philoptochos Champagne Brunch each year in memory of his beloved mother Paraskevi, who was a long-time member of the chapter. May her memory be eternal.

Philoptochos would also like to thank **Pamela Maydanis**. For many years, Pamela has provided the champagne for the mimosas and set up the enticing presentation. This year her helpers included her nieces, Sofia and Katherine.



Bible Study

Our weekly Parish Bible Study will resume after Clean Week in Great Lent. Please join us Monday evenings at 6:00pm for Great Compline and for the Bible Study at 7:00pm, both in the Chapel. This five-week topical study will focus on the Commandments of Christ found in the Holy Gospels and how we apply them to our daily lives.



Chant Classes

The 2019 session of our Byzantine Chant class will begin on Thursday, February 28, 2019 at 6:00pm in the Choir Library at the Cathedral and will tentatively extend from February 28th until May 30th. Cantor George Duvall will teach this intensive course, which will entail the elements of chant in both theory and practice: the notation, modes, hymns and services. Classes are a prerequisite to membership in the Byzantine Choir. All interested members are welcome to attend for the experience of learning our traditional church music and enhancing their personal prayer life through the addition of chant. Please contact George Duvall at george.d@cox.net or through the Church office.

Sunday School

SUNDAY SCHOOL TEACHERS NEEDED

Looking for a new and rewarding opportunity to be involved in our parish? Here is your chance! Sunday School is looking for new teachers and assistant teachers for next year. We would love for you to start THIS YEAR to learn about the curriculum, the teachers, and most importantly, the children. Sunday School has openings for an assistant for preschool/Kindergarten, 1st/2nd grade, and 7th/8th grade. We will be needing a 7th/8th grade teacher next year, so the sooner the better to begin mentoring with Ms. Kay Ehrick. She has been such a blessing to our 7th/8th graders and our Sunday School ministry. We will miss her, and the kids will miss her!

If you have interest in this wonderful ministry to work with our youth and/or questions, please contact Kalli Schneider @ 602-568-3139 or Kay Ehrick @ 602-628-8962. We would love to hear from you!!!

Lenten Retreat and Workshop



Lenten Retreat | Saturday, March 23, 2019

Holy Trinity Cathedral | 1973 E. Maryland Ave. Phoenix, AZ 85106

Check-In: 8:45am | Check-Out: 3pm

Join us for a day of fellowship and learning, open to third-graders through high-schoolers, with a separate session for parents! Session leaders include Fr. Apostolos Hill and Fr. Jacob Saylor for the youth, and Fr. Timothy Pavlatos for the parents.

- Third through Sixth grade
- Seventh through Twelfth grade
- Parent Workshop

For more information, contact holytrinityphoenixOPA@gmail.com or 480-993-6437

Grant Writer Needed

We might have an opportunity for a grant for Cathedral improvements. If you have grant writing experience we would enjoy discussing this with you. Contact Diana in the Church office at 602-264-7863 or Paul Katsenes at pkatsenes@cox.net or cell 602-421-7200.

2019 Pan-Orthodox Vespers

2019 Pan-Orthodox Lenten Vespers

Please join our Brothers & Sisters at the host parishes for these Sunday Evening Lenten Vespers services

All Vesper Services Begin at 6:00pm



The Sunday of Orthodoxy March 17, 2019

Holy Trinity Greek Orthodox Cathedral
1973 E. Maryland Ave
Phoenix, AZ 85016
602-264-4863
Homilist: TBD



The Second Sunday of Lent March 24, 2019

Saints Peter & Paul OCA
1614 E. Monte Vista Rd.
Phoenix, AZ 85006
602-253-9515
Homilist: TBD



Sunday of the Veneration of the Holy Cross March 31, 2019

St. Nikolas Serbian Orthodox Church
11640 N. 16th Pl.
Phoenix, AZ 85020
602-943-0941
Homilist: TBD



The Fourth Sunday of Lent April 7, 2019

St. Ignatius of Antioch Orthodox Church
5515 E. Redmont Circle
Mesa, AZ 85215
480-892-6224
Homilist: TBD

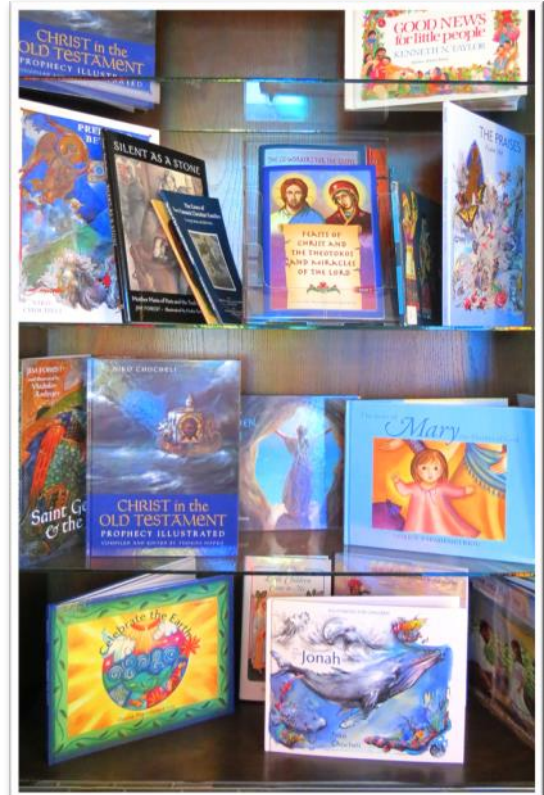


The Fifth Sunday of Lent April 14, 2019

St. John the Baptist Romanian Orthodox Church
3749 W. Behrend Dr.
Glendale, AZ 85308
623-582-3150
Homilist: TBD

Narthex Library

Pictured below is one of four display cases of books that are available to check out for *free* in the Narthex. Just follow the posted directions and enjoy. Happy reading!



Attention Organizations:

Please check the Organization Contacts listings on page 2 of this issue and confirm that the information is correct. Email is the default contact type, but can be changed to texting or telephoning if preferred.

Email any changes to both Diana at AdminAssist@holytrinityphx.org and Kristen at kvasilarakos@cox.net.

It is the organization's responsibility to inform Diana and Kristen of any updates to their listing.

Thank you!



Save the Date



AHEPA Chapter 219

**Mother's Day Brunch
Sunday, May 12, 2019**

Immediately Following Divine Liturgy

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

1973 E. Maryland Avenue ~ Phoenix

**Adult: \$30 (18+)
Student: \$20 (13-17)
Child: \$10 (8 - 12)
7 & Under Free**

Contact
Pete Marudas
602.284.1638
George Venetis
602.516.0599



Desert Springs March 2019

Holy Trinity Academy

By Juli Pritsos

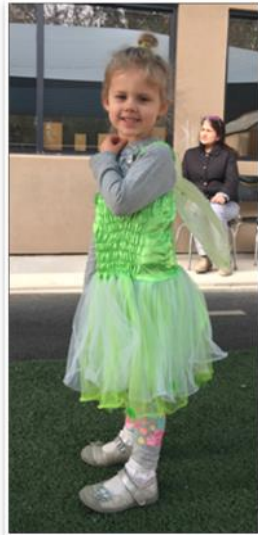
HTA Spirit Week Highlights!



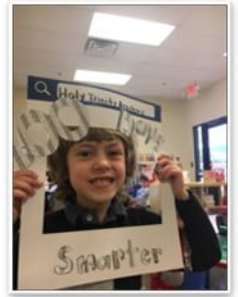
**I LOVE MY JOB!
I LOVE MY JOB!
I LOVE MY JOB!**

February came and went with a flurry of wonderful activities and sentiment, most notably was HTA Spirit Week! With daily themes from crazy hair and socks to our 100th day of school HTA students and staff celebrated each day with zest and fervor!

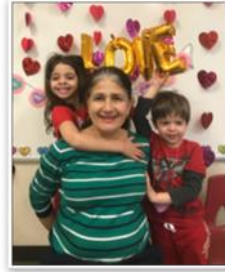
Here some highlights of the week for you to giggle at and enjoy.



Above are our two Elsas from "Frozen"; Tinkerbell; and to the left is our own Mrs. Yvette with her two "Minnie" me's!

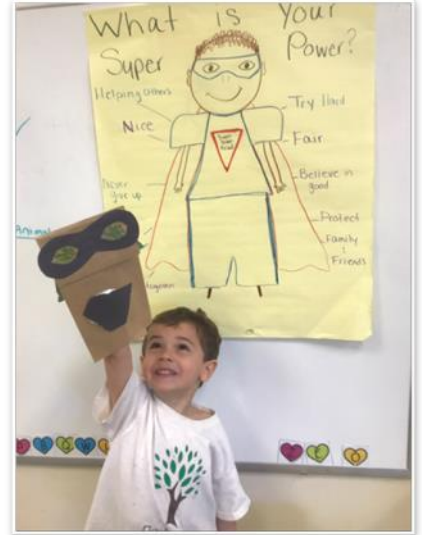


And how about these smarty-pants celebrating the 100th day of school? One hundred days smarter and one hundred days cuter for sure!



Finishing off the week we had a Valentine's Day party to celebrate all of the love and friendship we have each day at HTA. It was full of Super Heroes, Super Fun, and Super Great!

Who wouldn't love their job when each day is filled with faith, hope and tons of love!



SAVE THE DATE!

A Toast to the Future will be held on Saturday, May 18, from 6:30pm to 10pm. Save the date as we continue to raise money to further HTA programs. In addition, we are choosing to give back by sharing a portion of our proceeds with the Cathedral's building fund ministry, One Spirit+One Vision.



For more information call 602-248-3881 or email julipritsos@holytrinityacademyphx.org.

Music Ministry

by Terri Alexon, Director



Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.
James 5:13

The music ministry is pleased to announce its chanting classes will resume on **February 28th (6-8pm)** in the newly renovated Music Ministry Library.

Continuing the Byzantine chanting tradition is vital to the life of our parish! Protopsaltis George Duvall invites potential candidates to meet with him at the chanter stand or with Fr. Apostolos following Liturgy to understand what to expect during the training.

Besides being an expert chanter, George plays the organ, composes music, and paints! Three pieces of George's artwork now adorn the Music Ministry Library. In the center is an expanded replication of one page from the Gilt Gospel, originally written in 970 AD. As explained by George: "Among its former owners were Emperors Alexius and Emmanuel Comnenus. What I have reproduced is the first page, i.e. the Gospel reading for the Pascha Service (John 1:1-17)."



Flanking the Gilt Gospel are two pages George reproduced of late Byzantine musical notation, for "Lord, I have cried" in Mode 1. At the bottom of the page is an illumination of St. John of Damascus, the composer of the hymn.



(above) William Neal, George Duvall, Daniel Valenzuela,
and Joshua Pardhe
(right) Mary and Elizabeth Pardhe

George is originally from Pennsylvania and is a convert to Orthodoxy. He attended Elizabethtown College where he earned a degree in modern languages/linguistics with a minor in music. In 1975, George attended Holy Cross Theological School in Brookline, Massachusetts, receiving a Master of Divinity degree. After serving as a cantor in both Bethlehem and Boston, George moved to Phoenix in the 1990s where he has lived ever since.



We are blessed to have such a multi-talented individual in our music ministry. May the Lord grant him many years with us!

St. Nectarios Books & Beyond

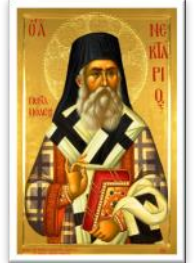
By Patsy Harris

Kali Saracosti! “The time has come – the start of our spiritual contests, the victory over demons, the full armor of self-control, the angels’ dignity, the confidence before God.” (Sunday Matins 2/26/17) Great Lent begins March 11th! St. Nectarios Books and Beyond will make every effort to be available to you at the many services scheduled for this holy season. I am again including a list of Lenten offerings available in the Bookstore:

[Great Lent Journey to Pascha](#) is a highly recommended book for the entire family, [Journey Through Great Lent](#), [Meditations for Great Lent](#), [The Lenten Spring](#), [The Lenten Triodion](#)

And for the children, we have the following:

[Feasts of Christ and the Theotokos](#), [Coloring book- Journey to Pascha](#), [Miracle of the Red Egg](#) (in Greek or English), [My Book of Holy Week/Great Lent](#), [Path to Confession](#), [Rejoice, Panagia: offering Children the Akathist Hymn](#), [The Legend of the Cross](#), [To Plant a Cross](#), [Twelve Great Feasts of the Orthodox Church](#)



March Holy Days:

March 2nd—1st Saturday of Souls: there are 4 “Saturday of Souls”—two before Great Lent, the 1st Saturday of Great Lent, and the Saturday before Pentecost. Orthodox believe that the living have a duty to remember and to pray for the deceased, so at these services a general prayer is offered for specific individuals and for all unknown souls who have no one to pray for them. We are all encouraged to prepare and a small dish of Koliva and to submit a list of first names of our deceased loved ones to our Priest.

March 3rd—Judgement Sunday/Meat-fare Sunday: this is the last authorized day for eating meat before Great and Holy Pascha, and fasting is a secondary theme in the Divine Liturgy this day. The gospel reading describes the last judgement.

March 10th—Forgiveness Sunday/Cheesefare Sunday: this Sunday ends the preparation period for Great Lent, which begins Monday. As we are reminding in both the Gospel and the Lord’s Prayer, we Orthodox know that God alone judges us, and “as we judge others, so shall we be judged.” Hence the Church reminds this last day before Great Lent to forgive one another, lest we ourselves be not forgiven. This is the last day of authorized consumption of dairy products.

March 17th—Sunday of Orthodoxy: first instituted in 842, this marked the defeat of iconoclasm and proclaimed the legitimacy of the veneration of icons. It is very important to remember that “venerate” does NOT mean “worship.” Icons are visual reminders of Our Lord and Savior Jesus Christ our God, and of His life, and of His Saints. It is what is depicted within an icon that is holy, Not the actual wood, paint, etc. of the object itself.

March 24th—Sunday of St. Gregory of Palamas: this Saint expounded and defended the theological doctrine of “divine light.” While we honor this saint in the Matins for the day, the main theme of this second Sunday is that healing and forgiveness of sins cannot be separated.

March 25th—Annunciation: “Today is revealed the mystery that is from all eternity. The Son of God becomes the Son of Man...” The quote is from the matins on this feast, celebrating the announcement of the Archangel Gabriel to the most holy Virgin Mary, telling her of her impending motherhood. The greeting “Hail, Mary, full of grace, the Lord is with thee” is a declaration and reminder of the glory God has given to Mary and of our devotion to her. A second aspect of this feast is that we ourselves will be given revelations and moments when god will let us know His will. Jesus can be ‘born’ in us in the sense that our Savior takes spiritual and very real possession of our being.

March 31st—Sunday of Adoration of the Holy Cross: This mid-point in Great Lent sets the Cross of Christ before us to remind us of our faith and reverence for the Cross in the history of salvation while it focuses us on the Cross to come of Holy Friday. The Cross is carried on a tray with flowers around the Church to the middle of the Church, where it is on display for all to see and venerate during the service.

If St. Nectarios Books and Beyond can assist in any way, please contact us at:

www.stnectariosbooksandbeyond.org or patsy@stnectariosphx.org Patsy Harris – 480-239-5270

Upcoming Movie Event

Beloved in Christ,

It is rare for the Orthodox Christian Faith to get a fair hearing in the cinema. We have seen many bad caricatures and mean-spirited misrepresentations of faithful people held up for ridicule as simpletons. So it was my pleasure to attend a screening of the movie "Faith, Hope & Love" by our own Robert Krantz while at FDF last week.

You may recall Bob's name from the excellent book he authored titled "Understanding the Divine Liturgy," a magnificent primer on the hidden spiritual treasures of Orthodox worship.

The film is a faith- and life-affirming depiction of a widowed Greek Orthodox father who is struggling with the unexpected loss of his wife. It is a story of grief overcome, of a child's innocent faith, of genuine conversion to the Gospel, and of the healing power of God's love.

If this were just "a film" by a Greek director it would pass unremarked. But having glimpsed its potent message I am commending it to your consideration. Bob has arranged a limited release of the film (details below) in select cities. *If the film hits certain benchmarks it can be released more broadly across the nation.*

My hope is that we may choose to support this worthwhile endeavor. Parents, please note the assigned movie rating. If you wish, tickets can be found here [Faith Hope & Love tickets](#) Please also note the movie flyer. The movie trailer can be found here [Movie Trailer](#)

Rev. Father Apostolos Hill
Dean

Movie Opens in Arizona on March 29th-31st at



1. **Scottsdale**
(Shea 14 theaters)
2. **Chandler**
(Harkins Fashion 20 theaters)

Along with
Robert Krantz
(shortened from
Karountzos),
the movie also stars:

Peta Murgatroyd
(Dancing with the Stars)

Ed Asner
(Mary Tyler Moore show)

Michael Richards (Kramer
– Jerry Seinfeld show),

Corbin Bernsen
(LA Law)

Maks Chmerkovskiy
(Dancing with the Stars)



storyline

Jimmy Hope's wife passed away a couple years ago and he is struggling to raise his two daughters, as a single parent.

Faith Turley is recently divorced and her dance studio is in jeopardy of being shut down.

Needing to raise funds to save her studio, Faith enters a "Pro and a Schmo" dance contest and now

must find a partner. Demetra, one of Jimmy's daughters, prays every night that her dad will partner with Faith in the dance contest. **God heard her prayers.**

Jimmy and Faith become dance partners and over the next few months, on and off the dance floor, Faith teaches Jimmy to have hope again, he helps her to have faith once more, and together they learn how to love again.

Watch the movie trailer - type in bit.ly/FHL_Trailer_G

www.FHLMovie.com

Narthex Ministry

What YOU Can Do to Make Visitors Feel Welcome

Have you noticed new faces in our Narthex, Sanctuary, and Speros Center? We've had many visitors stop by lately. Some are Orthodox and visiting from other Parishes, some are returning to Orthodoxy after a long time away, and some are coming to check out Orthodoxy for the very first time. No matter how they come to us, let's make sure we say Hello!

"Welcome! I don't believe we've met yet. My name is (your name)" is a great start. Offer to walk with them down to Coffee Hour. Ask them to sit with you. A personal connection goes far!

Narthex Ministry Expansion

We are looking to expand our Narthex Ministry on Sundays.

Currently, between 5-8 people are in the various spots in the Narthex on any given Sunday. We want to expand the number of monthly volunteers to ***12*** each Sunday.

All twelve will not be in the Narthex—we are hoping to place parishioners in various spots in the Sanctuary and outside. **Do you have law enforcement or security experience? Let us know if you can help!**

Interested in joining one of the teams? We need *you!*

Also, if you are a **medical professional** and willing to step forward in an emergency, we ask that you let a Narthex Ministry team member know that you are in attendance and where you are sitting.

Text Kristen Vasilarakos at 602-332-8809 or email at kvasilarakos@cox.net for more information.



"The direction in which education starts a man will determine his future life."
-Plato

HIA
HOLY TRINITY ACADEMY
Accelerated learning in a nurturing environment
www.HTAphx.org

Now Enrolling

We believe that a positive and successful learning experience during the early years of education forms a solid foundation for future achievement. For most children, preschool and kindergarten are the first steps into the world beyond the family; therefore, we strive to create a nurturing and supportive environment for the optimal growth of our students.

Call Today
Scholarships Available
602.248.3881

Upcoming Safety & Security Event

Safety & Security Session!

You are invited — Narthex Team members and Parishioners.

We are having a special Safety & Security Information Session on March 12 at 7:00pm in our Speros Community Center. We will discuss what safety and security issues we should be aware of. We will also review our Defibrillators and where they are located. For questions, you can contact Socrates Papadopoulos or Paul Katsenes (email pkatsenes@cox.net, cell 602-421-7200)

Coffee Hour



Thank you to **Holy Trinity Academy** for sponsoring Coffee Hour in February.

The March Coffee Hours will be sponsored by **Greek School**.

Stewardship—WeShare

Look for this image on the updated www.holytrinityphx.org website to create your online Stewardship profile.



Follow Holy Trinity Cathedral on Facebook

The page offers news of our Parish Community, in addition to offering links to podcasts and videos of many of our services.



Are you a young family in the church looking to get involved?

PLEASE JOIN US



Little Lambs

Railroad Park Play Date

Saturday, March 30th
10:00 a.m. - 12:00 p.m.

McCormick-Stillman Railroad Park
7301 E Indian Bend Rd
Scottsdale, AZ 85250

RSVP to Angela at angelagarozzo@gmail.com.

Maintenance

Do you have a specific skill or do you work in an industry that would assist our Church with maintenance needs?
We'd like to hear from you!



Desert Diamonds

Senior Parishioners
and their guests



Greetings to All of our Desert Diamonds & Friends;

Dear Friends,

As we begin with March, we have two events to enjoy.

The first is an Invitation from our AHEPA #219 Brothers to attend their 2nd Annual AHEPA Family picnic on Saturday, March 9th at the McCormick-Stillman Ranch Park in Scottsdale that is open to all of the Holy Trinity Cathedral parishioners. There is no charge but they will need a count for the food and beverages they will be providing. Much is being planned for all to enjoy. Please see the flyer on page 21 for all information and the person to RSVP to.

Some of us attended last year and enjoyed good fellowship, great food, and fun. The Railroad building will be open to review. Ride the train—fun for the children. It's all there. Don't miss out on this event. Reservations must be made by the 1st of March.

Secondly, we will be having a Lenten Potluck on Thursday, March 28th, 2019 at the Speros Center from 11:00am to 2:00pm. Be ready to play some games and put your thinking caps on! Everyone is encouraged to bring a dish enough to feed at least 6-8 people. If you don't cook, bring a beverage or perhaps a bottle of wine that we can raffle off.

Please remember that you can bring a friend to our Desert Diamond events that we sponsor.

Please call or text, Julie Karoutas at 623-313-8720 or
Judith Lamond at 703-819-9957 to make your reservation ASAP;

You can also email: juliekaroutas@gmail.com

Please leave your name & number of guests.

Warm regards, with Christ's love,
Julie

Altar Service

Interested in learning more about
serving on the altar?

Contact:

Chris Francis at battersbox7@yahoo.com,

David Haag at davidmhaag@yahoo.com or

Deacon John Thrasher at thrasheraz@cox.net



Our Church Family

40 Day Blessing

“One thing I ask of the Lord, this is what I seek; that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple.” Psalm 27:4



2/10/2019

George P. Agnos, son of Sarah & Peter Agnos
God's Blessings be upon him.

Baptisms

“For as many of you as were baptized into Christ have put on Christ.” Galatians 3:27



2/17/2019

Nariya Kylie Kidd, daughter of Asya Logan & Timothy Kidd, Godmother is Athena Beaty
God's Blessings be upon her.

2/24/2019

Leonidas Theodore Tsaninos, son of Wendy Frushon Tsaninos & Sophocles Laki Tsaninos, Godparents are Peter & Christina Kanelos
God's Blessings be upon him.

Wedding

“Oh Lord our God, crown them with glory and honour.”



2/23/2019

Laurel K. Coil & Nicholas W. Petsas
God's Blessings be upon them.



Holy Trinity Greek
&
Heritage School of Phoenix

March 25th Program

Look for information soon!

Exciting New Ministries!

Holy Trinity has two reinvigorated social ministries ready for a big jump in 2019: YAL (Young Adult League) for ages 19-29 and “YAL2” (as yet unnamed) for ages 30-49

YAL Event

Looking to socialize with other Orthodox young adults?

YAL is open to all aged 19-29.

Sunday, March 17, 2019 after Divine Liturgy

Zipp's Sports Grill
1515 E. Bethany Home Road
Phoenix, AZ 85014



Text Eliot Staikos at 717-682-0550 for more information.

“YAL2” Event

New to our community? Already a member, but looking to meet more people?

Holy Trinity is starting a NEW social ministry for single Orthodox adults 30-49. This month's gathering will be dinner and drinks at Lou Malnati's Pizzeria (Uptown Plaza) on **Thursday, March 7th at 7pm**. Lou Malnati's is located at 100 E. Camelback Road in Phoenix. We will meet by the main entrance. For directions, please visit their website at loumalnatis.com/arizona-phoenix

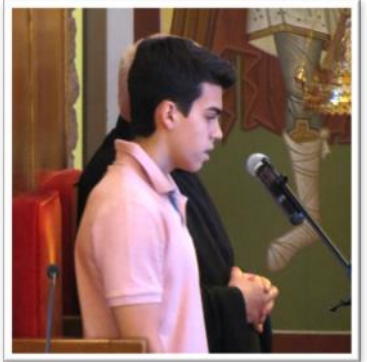


For questions or additional details text Nick Papas at [313-657-0176](tel:313-657-0176) or email at npapas@yahoo.com. We look forward to seeing you there!

Epistle Readers

To all youth and young adults: we continue our rotation of readers of 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!

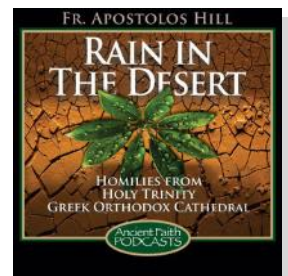
February Readers



Includes Photos by Presvytera Denise

Rain In The Desert

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.



Videos of Services

There are weekly video tapings of the Matins, Liturgy and special services posted by Daniel and Joshua Pardhe on [YouTube](#) and [Facebook](#) and through the links on the [website](#).

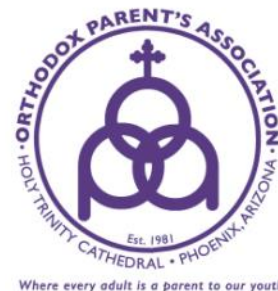
Subscribe and like us today

<https://www.facebook.com/holytrinityphx.org/>; <https://youtu.be/h-6GLW3udVo>



OPA—Orthodox Parents Association

Cindy Kyprianou, President



Our youth had a wonderful discussion with Fr A and a fun evening at 'Let It Roll Bowling' on February 8th. At FDF in Ontario, CA our oldest team of FDF dancers took home the 4th Place in the Senior Division and one of our Sr GOYAnS, Anna Furlis, received the inaugural Dr. Bobby & Mrs. Nikki Papoulias Scholarship Award. Congratulations to our dancers and to Anna!

In March, we're hosting the Valley-wide Lenten retreat on Saturday, March 23rd, with the theme of 'Is It Possible to KNOW God?' for our youth and parents. Please follow our OPA newsletter for details.

Little Lambs Railroad Park Playdate

Saturday, March 30th
10am-12pm
McCormick-Stillman Railroad Park

RSVP to Angela at
angelagarozzo@gmail.com

ALL YOUTH

Friday
March 8, 2019
6:00pm-8:00pm

Come learn to make Koliva,
and learn about
Saturday of the Souls

All Saints Camp: 2019 Staff Applications Now Open!

Calling all youth workers!
ASC online staff applications must be
submitted by
March 1, 2019.

[Click HERE to join the team!](#)

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 Cjecomom@gmail.com or cwkypranou@hotmail.com and we'll get you added to the list.

Saturday March 23, 2019

ALL Valley's Lenten Retreat
"Is it possible to KNOW God?"

Youth workshops
by Fr. Apostolos & Fr. Jacob
and

Family Wellness Seminar
for parents
by Fr. Timothy

Registration starts at 8:30am
and will conclude with Vespers at 2:30pm

Lunch, snacks, and child care
will be provided by OPA.

FDF 2019

By Peter Vardalos

Holy Trinity's Omilos and Thiela at This Year's FDF In Ontario

Holy Trinity sent two folk dance groups to this year's Metropolis of San Francisco Folk Dance and Choral Festival known as FDF. The event was held in Ontario, California during President's Day weekend Feb. 14 – 17. More than 100 dance groups performed, a dozen choral groups competed and more than 3,000 attendees viewed, cheered and provided encouragement to all the participants.

The Omilos (elementary and middle school aged kids) group represented us very well in their two performances in the Junior Category. Thiela (high school and college aged young adults) also danced very well in the competitive Senior Category. Attendees also enjoyed a special performance by the members of the Musical School of Larissa from Greece.



Dancing under the theme of "Stand", the competitive dance weekend saw Thiela capture fourth place in the Senior Category. Also receiving recognition was Anna Fourlis who received a Dr. Bobby & Mrs. Nikki Papoulis FDF Scholarship. She is the daughter of Ted and Andi Fourlis.



Attendees also enjoyed Sunday Hierarchical Divine Liturgy with His Eminence Archbishop Demetrios, Geron of America. Sunday evening concluded with the well-attended awards banquet featuring remarks from Archbishop Demetrios and His Eminence Metropolitan Gerasimos of San Francisco.

Congratulations to this year's FDF participants for their hard work and dedication to learning and performing these traditional folk dance tributes to our Hellenic heritage.

Includes Photos by Lindsay & Peter Vardalos



AHEPA Picnic



Chapter 219 Family Picnic

Saturday March 9, 2019 - 11am to 3pm

McCormick Stillman Park:

7301 E. Indian Bend Rd., Scottsdale, AZ 85250

BBQ Buffet and Drinks Provided

Cost is FREE!



Activities Include: Miniature and Ridable Railway, Charro Carousel - Merry-go-Round, Park Pavilions (Prentice, Paradise, & Pacific), Railroad Museum and Pullman Car Exhibit, Machine Shop, and Xeriscape Arboretum.

Special Tours of the 3,000sf Miniature Railroad Exhibit constructed by our own Mike Salzetti and the Scottsdale Model Railroad Society.

**RSVP by March 1, 2019 for food count purposes to
Art Boujotas - 480-586-0511, aboujotas@gmail.com**

AHEPA Chapter 219



AHEPA Chapter 219

AHEPA Photo

Nick Maydanis Photographer



March Event Information

Awards Night:

Saturday, March 2, 2019

6pm - 10pm

HTGOC - Phoenix

AHEPA Family Picnic:

Saturday, March 9, 2019

11am - 3pm

McCormick-Stillman Park

Our next meeting is:

Thursday, March 21, 2019

6:30pm - 10:00pm

AGOC - Scottsdale

Your 2019 Desert Springs Subscription

Desert Springs Subscription

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

\$3 per issue

There are 11 issues (June and July is one combined issue) for \$33

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 for more information.

Office use: Payment received on (date) ___ / ___ / ___

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).



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.

Sample Size

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 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: _____

March 2019

SUN 24	MON 25	TUE 26	WED 27	THU 28	FRI Mar 1	SAT 2
SUNDAY OF THE PRODIGS <ul style="list-style-type: none"> 8am Matins 8am Matins 8am Matins 9:30am Divine Liturgy 9:30am Divine Liturgy 10:30am Sunday School 2 more			<ul style="list-style-type: none"> 9am busy 7pm Choir Practice 		<ul style="list-style-type: none"> 1pm Rental Meeting 3pm busy 	1st Saturday of the Soul <ul style="list-style-type: none"> 8am Matins 9am Divine Liturgy 11am busy 1pm busy 6pm AHEPA Awards N
3 Judgement Sunday (Me) <ul style="list-style-type: none"> 8am Matins 8am Matins 8am Matins 9:30am Divine Liturgy 9:30am Divine Liturgy 10:30am Sunday School 11:45am Youth Choir R 	4	5 <ul style="list-style-type: none"> 10am busy 10:45am busy 11am busy 2:30pm Waterman/Ma 	6 <ul style="list-style-type: none"> 9am busy 9:30am Fire Drill 7pm Choir Practice 	7 <ul style="list-style-type: none"> 7pm Philoptochos Mee 7pm YAL 2 at Lou Malr 	8	9 2nd Saturday of the Soul <ul style="list-style-type: none"> 8am Matins 9am Divine Liturgy 3pm busy
10 Forgiveness Sunday (Ch) <ul style="list-style-type: none"> 8am Matins 8am Matins 8am Matins 9:30am Divine Liturgy 9:30am Divine Liturgy 10:30am Sunday School 3 more	11 Bible Study <ul style="list-style-type: none"> 6pm Compline (Chapel) 	12 <ul style="list-style-type: none"> 6pm Compline (Chapel) 	13 <ul style="list-style-type: none"> 5:30pm 9th Hour & Pre 7pm No Choir Practice 	14 <ul style="list-style-type: none"> 6pm Compline (Chapel) 6:30pm Parish Council 	15 <ul style="list-style-type: none"> 10am 1st Akathist 	16 3rd Saturday of the Soul <ul style="list-style-type: none"> 8am Matins 9am Divine Liturgy 5pm Pan-Orthodox Ves
17 Sunday of Orthodoxy <ul style="list-style-type: none"> 8am Matins 8am Matins 8am Matins 9:30am Divine Liturgy 9:30am Divine Liturgy 10:30am Sunday School 4 more	18 <ul style="list-style-type: none"> 6pm Compline (Chapel) 	19 <ul style="list-style-type: none"> 6pm Compline (Chapel) 	20 <ul style="list-style-type: none"> 5:30pm 9th Hour & Pre 7pm Choir Practice 	21 <ul style="list-style-type: none"> 6pm Compline (Chapel) 	22 <ul style="list-style-type: none"> 7pm 2nd Akathist 	23 All Valley Lenten Retreat
24 Sunday of St. Gregory P. <ul style="list-style-type: none"> 8am Matins 8am Matins 8am Matins 9:30am Divine Liturgy 9:30am Divine Liturgy 10:30am Sunday School 3 more	25 Annunciation <ul style="list-style-type: none"> 8am Matins 9am Divine Liturgy 6pm Compline (Chapel) 	26 <ul style="list-style-type: none"> 6pm Compline (Chapel) 	27 <ul style="list-style-type: none"> 9am busy 5:30pm 9th Hour & Pre 7pm Choir Practice 	28 <ul style="list-style-type: none"> 10am Desert Diamond: 6pm Compline (Chapel) 	29 <ul style="list-style-type: none"> 5pm busy 7pm 3rd Akathist 	30 <ul style="list-style-type: none"> 9am Holy Confessions
31 Sunday of the Samaritan <ul style="list-style-type: none"> 8am Parish Council Na 8am Matins 8am Matins 8am Matins 9:30am Divine Liturgy 9:30am Divine Liturgy 4 more	Apr 1 <ul style="list-style-type: none"> 6pm Compline (Chapel) 	2 <ul style="list-style-type: none"> 6pm Compline (Chapel) 	3 <ul style="list-style-type: none"> 9am busy 5:30pm 9th Hour & Pre 7pm Choir Practice 	4 <ul style="list-style-type: none"> 6pm Compline (Chapel) 7pm Philoptochos Mee 	5 <ul style="list-style-type: none"> 7pm 4th Akathist 	6 <ul style="list-style-type: none"> 9am Holy Confessions