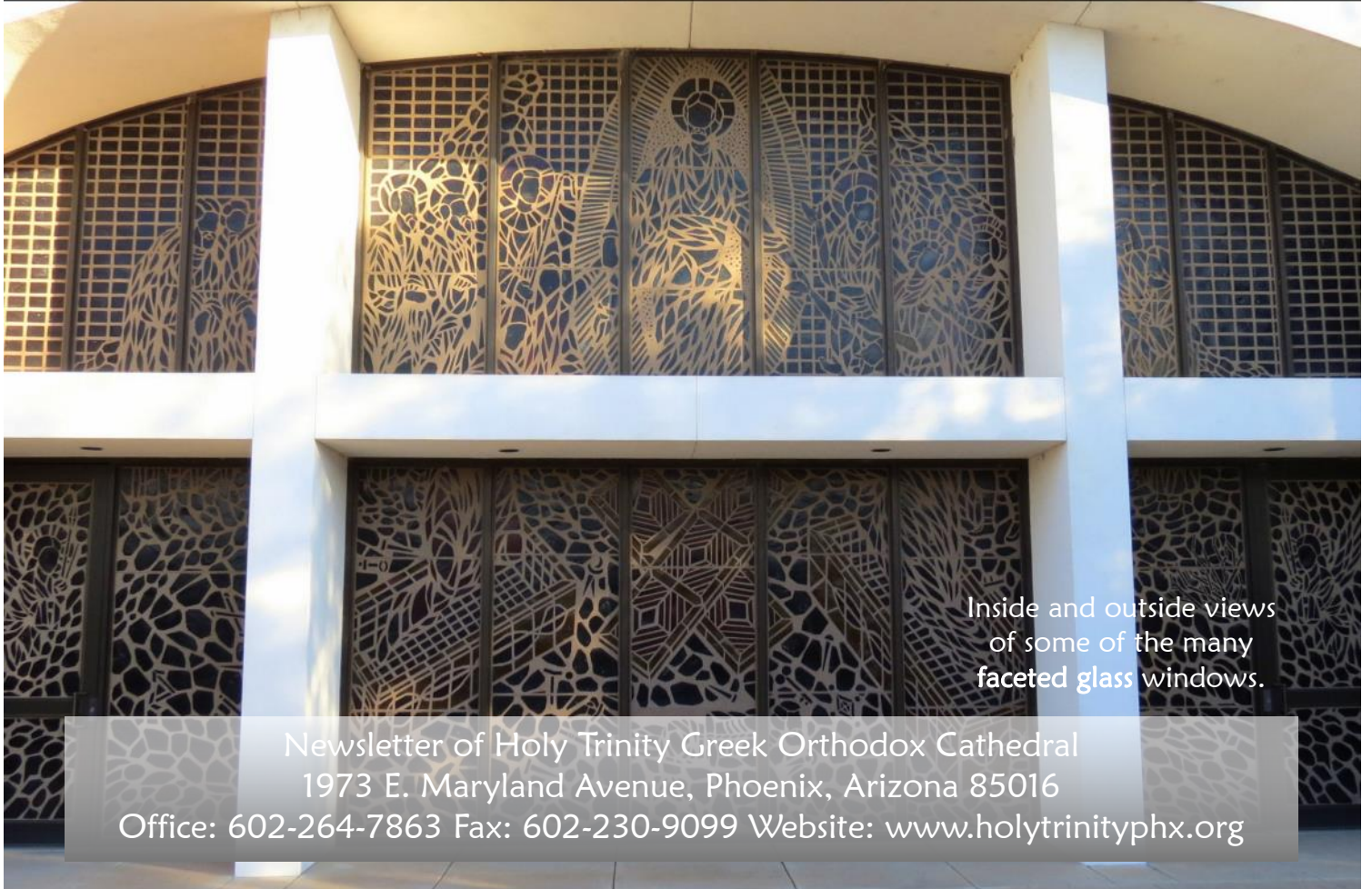




Desert Springs

June & July 2019
Volume 4 Issue 6



Inside and outside views
of some of the many
faceted glass windows.

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Cathedral
8:00am Orthros
9:30am Divine Liturgy

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www.holytrinityphx.org — NEW!

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Message from Father Apostolos

New Beginnings!



Christ is Risen! I first met Alexander Eliades at our summer All Saints Camp three years ago. He is hard not to notice at 6'4" and with a beautiful and prayerful chanting voice. Alexander is an early riser (like me) so we had a few moments each morning to chat about camp in the chapel area before the other clergy and the campers arrived for Matins.

Laura (formerly Blazev) I have not known as long, but witnessing her energetic ministry as a camp counselor at All Saints Camp certainly made an impression! Laura's tenderness and quiet piety had a soothing effect on her

campers and on all who encountered her.



Alexander & Laura Eliades

When I learned of their engagement I was overjoyed! And it was a signal honor to participate in their wedding last summer and to see the wisdom of God unfold in joining these two pure hearts together into a power-couple devoted to the Gospel and to the Kingdom of Jesus Christ. As the parish family of Holy Trinity Cathedral, we are *richly blessed* to bring Alexander on board as our Pastoral Assistant beginning in June!

For ours is a large and thriving community that sorely needs more than a single assigned priest to adequately care for the souls who call Holy Trinity their spiritual home. Our last parish directory contained 430 households and as the city grows, so too do we! But in Alexander and Laura, we aren't getting just "any" recent seminary graduate but two souls who bear the grace of God and the fragrance of sanctity in a palpable way.

Upon his arrival, Alexander will immediately "head for the hills" to work at our All Saints Camp the first week of June. Many of our older campers know and love him and Laura from camp and his gregarious and jovial nature will ensure a quick introduction to the newest Cathedral campers.

Beyond ASC, Alexander will be charged with overseeing the full range of Youth Ministry and Sunday School here at Holy Trinity. It has long been my hope and aim to expand our youth ministry and parish catechetical offerings and Alexander's presence now makes that possible.

Clearly, his stunning command of Byzantine chant will greatly enhance the work being so beautifully done by our Cathedral Protopsalti, Mr. George Duvall, and the brilliant chant of our young adult psaltis. It is our ardent hope that more young chanters will be inspired to enroll in our Byzantine Music Academy to study the Psaltic Arts which comprise the musical core of Orthodox worship.

Alexander's preaching skills are far more advanced than one might anticipate from a newly-minted seminarian. The Ministry of the Word of God through preaching is of paramount importance to our spiritual growth and it was clear to me when I first had Alexander offer a homily that, here too, God has graced him with this sacred charisma. As God directs, and I pray in decently short order, Alexander will be ordained first to the diaconate and then to the priesthood to serve our parish.

Alexander and Laura are also expecting the arrival of their first child in November, a joyous event for them and for our parish family! We must be grateful to our Lord and Master Jesus Christ who so consistently pours out His blessings upon the Holy Trinity Cathedral community in so many ways!

Please extend to them your love and support as we embrace them as new members of our family! May

God grant to them many fruitful years of parish ministry in this beautiful vineyard which He has planted here in the desert!

Stewardship 2019

By Sandy Meris



Summer Stewardship Information

We hope everyone is enjoying a relaxing summer with a slower-paced schedule.

And while Holy Trinity's ministries and organizations take a much needed and deserved break in the summer, it is important to remember that our Church still operates the same in the summer months as we do in the fall, winter and spring. Our electric, water, insurance, salaries, and maintenance bills still come due every month.

That's why it is so important for all of us to remember to continue making contributions toward those Stewardship commitments – even if we may be on vacation.

Just as you may put a hold on your mail or forward your work email, please consider sticking a check in the mail to make a Stewardship payment prior to your travels. This helps the Church immensely so that we have plenty of available funds to pay our bills.

Even better – consider joining **WeShare**, our automated, Stewardship payment system. This enables your contributions to come directly out of your account (any account you choose) on any date you select and however often you would like. Simply go to www.holytrinityphx.org, click on Stewardship, and join WeShare today! This way, whether you are traveling, get busy and just forget to make a payment, or keep forgetting to bring along that checkbook on Sundays, WeShare takes care of those Stewardship contributions for you.

Definition of Stewardship:

The responsible overseeing and protection of something considered worth caring for and preserving.

2019 Stewardship Statistics (As of 5/14/2019)

Number of Families who have filled out 2019 pledge cards: **286**

Total Amount Pledged: **\$370,312.04**

Total Number of Families Using WeShare: **64**

2019 Budgeted Goal: **\$360,000.00**

Average pledge per family: **\$1,295.00**

With 286 families who are current stewards, we are below our recent high in 2017 where 378 families pledged over \$380,000.00 Our goal is 100% participation from all Holy Trinity families.

Stewardship Facts:

Did you know that...

- * In order to be a Steward in Good Standing you must fill out a new pledge card every single year.
- * Holy Trinity's monthly expenses average about \$60,000.00.
- * Current Stewardship brings in \$30,859.33.
- * We rely on proceeds from the Festival, rentals, and the Little Big Minds lease make up the difference.

Stewardship 2019 continued

By Sandy Meris

Holy Trinity Parishioners are Generous Givers!

Our Stewardship Committee has begun implementing some outreach opportunities for our parishioners to come together and help those in need. And, as always, our Holy Trinity parishioners have acted with generosity, kindness and love. We have just wrapped up our second outreach project – this one to benefit Project Mexico and St. Innocent Orphanage.

We are so grateful to all those who donated items. In all, we collected **33 boxes of non-perishable food and 13 cases of water** that is being shipped to Tijuana. This will help stock the shelves of the orphanage for the summer.

THANK YOU FOR YOUR GENEROSITY!



“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

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



New Pastoral Assistant



Congratulations to our new Pastoral Assistant, Alexander Eliades, who graduated from Holy Cross Greek Orthodox School of Theology in Brookline, MA, on May 18, 2019 with a Master of Divinity degree, with Distinction. Alexander is also quite accomplished in Byzantine Chant, and loves to share his gift of music in the Divine Services. Prior to attending Holy Cross, Alexander attended UC Davis, graduating in 2014 with a Bachelor's degree in History with a Minor in Religious Studies.

Alexander married Laura Blazev at Assumption in Scottsdale on August 19, 2018. Laura grew up in Arizona and has been active at Saint Katherine in Chandler where her mother serves as Philoptochos President. She is a graduate of Arizona State University with a degree in Family and Human Development, and is a Certified Child Life Specialist.

We welcome Alexander and Laura to our community, and congratulate them as they await the birth of their first child in November.

Coffee Hour

Thank you to the [Parish Council](#) for sponsoring Coffee Hour in May.

The June Coffee Hours will be sponsored by [Philoptochos](#).



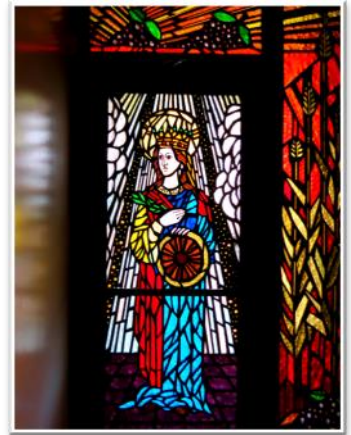
Fr. Mario Visit

May 26, 2019



Holy Trinity's St. Katherine Philoptochos

Mary Louise Theodoropoulos, President



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

“FRIENDS OF THE POOR”

An organization where membership is an honor & a privilege.

JOIN & ENRICH YOUR LIFE!

Thank you to May's Hostesses
Georgia Furlis 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 Scholarship Application

Additional forms are available in the Narthex, through the Church Office, and on the website

2019 Scholarship Application

The Holy Trinity Cathedral Philoptochos Society will be offering two, one-thousand dollar (\$1000) scholarships to Holy Trinity students attending college in the fall of 2019. Listed below are the eligibility requirements:

1. Student and/or family must be a Steward of Holy Trinity Cathedral
2. High school students must have graduated in the spring of 2019 and attending college in the fall of 2019
3. College students may also apply as continuing students or in graduate programs in the fall of 2019
4. Applicants must submit:
 - A copy of 2018-2019 transcripts
 - College acceptance letter
 - A resume including school, church & community activities

Application Deadline: June 10, 2019

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 Frieh 480-945-0800 Mary Louise Theodoropoulos 602-943-5080

Name: _____

Address: _____

City & Zip: _____

Phone: _____

High School or College presently attending:

College(s) Accepted to: _____

GPA: _____

Archbishop Elpidophoros of America



GREEK ORTHODOX ARCHDIOCESE OF AMERICA

OFFICE OF THE ARCHBISHOP

My Beloved Faithful of the Greek Orthodox Archdiocese of America:

Χριστός Ανέστη! Christ is Risen! He is truly risen!

Even though I am, as the Apostle Paul once said, “absent in the body” from you, I am very much with you in heart, in mind, and in spirit (cf. I Cor. 5:3). I wanted to take this moment to communicate with you through this marvelous tool of social media, to express how much I desire to embrace all of you as spiritual children, and to manifest to you the love with which God has graced my heart for the precious flock of the Holy Archdiocese of America.

In the coming days and weeks, we will all be learning about one another. I have already received and continue to receive warm greetings and messages of congratulations from across America, and I am heartened by them all. You will be learning about me, but what I want all of you to know most importantly, is that that I am coming to America not only to be your Archbishop, but I am coming to be your spiritual friend and brother, your servant in the Lord, your co-worker in Christ, and your fellow steward of all the gifts of God that have been bestowed upon the Greek Orthodox Faithful of America. Together we will bring the Holy Archdiocese of America to the greater understanding that we are the Body of Christ, and each of us a precious member.

To you and to all our Orthodox Christian Brethren across America, I bring the blessing of His All-Holiness Ecumenical Patriarch Bartholomew. I am coming to you as your brother in Christ. And, on June 22nd at my Enthronement, I look forward to embracing our ecumenical and interfaith friends as well, and the whole pluralistic American society that values freedom of conscience and religious liberty with such intensity.

Let this be a time of hope and positive expectation for us all. We have much to accomplish together, and by God’s grace and with His strength, we must surely be victorious.

Χριστός Ανέστη! Αληθώς Ανέστη!

In the Risen Lord,

† Archbishop Elpidophoros of America

Archbishop Elpidophoros of America

Holy Trinity Academy's A Toast to the Future

Saturday, May 18, 2019



Holy Trinity Academy wishes to thank all of the guests and sponsors who helped make this event a great success!



A Look Back

at the 1991-1992 and 1992-1993 Parish Councils. How many members can you name?



Back: Peter Karegeannes, Chris Brusalis, Andy Stamatis, Vincent Gingras
Middle: Gust Tsikalas, Sandy Annos, Helen Haritos, Chris Ganos, Charles DeMoss
Front: Stacy Hotis, Dennis DeBerry, Dr. Constantine Balanis, Father Theo, Kristen Bruskas, Greg Lizanich



Back: Michael Haggerty, Dr. Euthym Kontaxis (now Deacon Euthym Kontaxis, M.D.),
Peter Karegeannes, Vincent Gingras.
Middle: Rick Avellone, Dennis DeBerry, Sandy Annos, Barbara Cope, Charles DeMoss, Chris Ganos
Front: Helen Haritos, Father Theo, Stacy Hotis, Father Mario, Greg Lizanich

Tell Us Something Good

A huge THANK YOU to **Diana Camacho** and **Paul and Dimitri Valonis** for going above and beyond the call of duty to help with food donations for Project Mexico. They collected empty boxes and moved and organized all the food to get it ready for shipping to Tijuana. These three always go the extra mile and their assistance on this project was immensely helpful. We are so lucky to have all three of you!

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!

May Readers



Includes photos by Presvytera Denise

Spring Parish Assembly

May 19, 2019



St. John Chrysostom Oratorical Festival 2019 Speeches

Here are the five speeches entered into the Oratorical Festival from Holy Trinity Cathedral Phoenix for 2019. Congratulations to our hard-working and insightful youth!

Enjoy!

Elizabeth Pardhe:

Topic 1: Martyrs of the Church and some of the early monastics are both described as “athletes.” What does it mean to be an athlete for Christ?

Every time the Olympics comes around, my family eagerly watches as the athletes who have trained their entire lives compete against others for the gold medal. I am always amazed at the speed, endurance and strength that the contestants display as they seem to effortlessly perform their sport. All the hard work that they had put into practicing is put to the ultimate test on one day. The enormous pain and sacrifice that the athletes endured while training is astonishing.

The martyrs are very much like athletes. Their love for God was so great that they were willing even to be slain for His sake! Their reward was not an earthly temporal medal, but rather a better eternal one: life with Christ on high.

Many accounts record that the martyrs were inflamed by the love of God after watching their fellow contestants before the judges, similar to athletes being inspired by the victories of their fellow team members.

Shortly after joining the chanting choir, I observed that the term “athletes” is used frequently in our church hymns. One hymn says, “Thy martyrs O Lord were worthily awarded by you; the crowns of incorruption in that they contested for you.” This hymn tells us that the martyrs contested for the Lord and received eternal life.

Just as an athlete must train for the contest, the martyrs also had to strive and struggle to attain the Kingdom of God. They both went through rigorous discipline and training under experienced trainers. To practice in all types of weather, to forfeit some comforts of life, and to constantly prepare for the end game, are just some of the things that athletes do. But they all do it in order to receive a prize; a medal. They want to win because they love their sport so much.

Many times, martyrs’ contests were not short; but instead lasted throughout their entire lives! Some of the fathers of the church, have led lives of great suffering. St. John Chrysostom, for example, was persecuted for the greater part of his life for his defense of the faith. Monastics can also be considered as athletes. From the time they are tonsured, till the time they die, monks and nuns are faced with many trials. Through the prayers, fasting and discipline of their spiritual parent, they overcome these passions. Their final reward in heaven is eternal life with God.

All of us Orthodox Christians are called to be witnesses for Christ. The word ‘witness’ comes from the Greek word ‘martyras’ from which comes the English word martyr. This is a fitting word, as during our life, we may be faced with much opposition and ridicule for our

Continued

faith. As long as we don't give up, and not lose faith in God, we can hold fast to the hope of eternal life with Christ. We must remember that it takes a lot of perseverance and dedication to receive the prize. Few contests are simple when the prize is priceless.

As Saint Paul perfectly sums it up in 1 Corinthians, "Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown," meaning, that while athletes train to win a temporary medal, we must instead train to win the prize of eternal life.

The contest of life is not easy. That is why it is called the 'Christian struggle.' Many times, we will have to give up some of our comforts for the end goal. But we must not let earthly attachments obstruct us from the path to heaven; but at the end of our lives, on the great judgement day, may we be worthy to say like St. Paul, "I have fought the good fight, I have finished the race, I have kept the faith."

Panteli Petroulakis:

In 1 Timothy 6:10, St. Paul writes, "For the love of money is the root of all kinds of evil." How should Orthodox Christians relate to money and wealth?

Reverend Fathers, judges and fellow clergy...

What is the true measure of wealth? If I asked ten of my friends this question, I have no doubt I'd get ten different answers. Is the measure of wealth: Money? Is it Success? Free High-Speed Internet for Life?

Money and wealth are essentially an abundance of anything in **our** lives that we truly value. But sometimes money and wealth can turn from what we value into something much more sinister.

St. Paul writes, "For the love of money is the root of all kinds of evil." At first glance, this concept can be very conflicting. If money is the root of all evil, then is it wrong to have money?

I think St. Paul means that it's not wrong to have money, but it's wrong for money to have you! I must admit, I have great passion for many things. One of my passions is cars. When I was only 11 years old, I started saving money so I could someday buy a car of my own. I started thinking of ways I could earn more money to make this dream come true.

A friend of mine had an idea to open a lemonade stand on Sunday mornings. We would make a bundle and split the cash. As tempting as this was, and as crazy as I am about cars, I knew it wasn't right. Missing church to make some extra cash was out of the question. My Orthodox Christian faith helped steer me in the right direction.

If money is the root of all evil, then greed is definitely the seed. St. Paul is not being dramatic. He is reminding us that it's wrong for money to be your master.

We all know people who put money above everything, including God. These people start to love their money so extravagantly, that they are somehow enslaved by it. They eventually realize that money can buy physical things, but money can't buy love, happiness, and most importantly it can't buy salvation. It's a lesson to be content with what you have. That means being truly thankful for your blessings. Think about it, money can buy a book, but not knowledge. It can buy a bed, but not sleep. And money can't

Continued

buy faith, hope or love.

Of course, money is an undeniable necessity in life. Wealth and money have been an important commodity for ages, but it should never prioritize itself over church and God. The creation of wealth is not wrong, but love of money is what's wrong. Just as St. Paul, Mother Theresa understood this very well when she said, "Let us more and more insist on raising funds of love, of kindness, of understanding, of peace." Money will come. If we first seek the kingdom of God - the rest will be given.

Dean Papadopoulos:

Many of the Church's services employ objects from the natural world (such as wheat, wine, oil, or water) in order to confer a blessing upon the faithful. Why does the Church do this, and what does this suggest about our responsibility for the natural world?

Everyone in this church knows the basic story of Jesus. We hear it every week during Liturgy, we had it read to us in Sunday school when we were younger, and we see it through icons in our homes and in our churches. However, something that you most likely don't notice is that the use of natural objects is ubiquitous throughout the Bible. Items such as wheat, wine, oil, and water all have very important effects on the story of the Bible, so much so that we use these items to this day in our liturgies. Wheat, Wine, Oil, and Water are all used every single time a liturgy service occurs. Possibly the most important of the four are wheat, which is used to make bread, and wine. We all hear the basics of the events that took place during the Last Supper, in which Jesus tells his disciples that the bread and wine are his body and blood. The Last Supper has perhaps become the most important part of the entire Bible, as millions of people all over the world receive a form of Holy Eucharist, which consists of trans-elementation of bread and wine into the body and blood of Christ, all around the world every single Sunday, whether they are Greek Orthodox, Catholic, or Protestant. The reason that the church uses these physical things is because the best way to be like Jesus is to do as he did, and if he said actual bread and actual wine were turned into the body and blood, then there is absolutely no reason to not use bread and wine in our services.

Water is another thing that is used by the church that is of supreme importance to our faith. Water is something that our bodies cannot function without, in fact, life, in general, would not exist without it. In Matthew Chapter 3 Verses 16 and 17, it states that "Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him, And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased." This obviously shows the importance of water in our faith, as our Lord and Savior was baptized in it.

Oil has so many different references throughout both the Old and New Testaments of the Bible. Perhaps the most fitting Bible verse I came across through my research was one I found in Proverbs Chapter 21 Verse 20, which states that "There is desirable treasure, And oil in the dwelling of the wise, But a foolish man squanders it." This obviously shows the true importance of oil in our faith. This verse, to me, means that we must not use our blessings foolishly, and Oil was a blessing. Oil is also used in the Sacrament of Unction, in which we are anointed with blessed oil.

There are so many very important mentions of objects in the Bible, and though we are taught by Jesus to not be materialistic, objects can help strengthen both our faith and our connection to God. The Church uses the items that they use for deep and important reasons, and they all symbolize the fact that God gave us so many different gifts to use on Earth that we must not squander. In the world we live in today,

Continued

our environment is crumbling, and this is due to the fact that we are using the resources that God gave us too fast, and in ways that they were not meant to be used. God put everything we have on our earth for a reason, and if we are greedy with these things, we will run out. In Genesis, God made humans in his image, and he put them in charge of the Earth. We, as humans, have a duty to keep our earth clean and in good condition, however, through large amounts of CO2 emitted into our atmosphere, or through deforestation in the Amazon, we are doing the exact opposite of what God wanted to our earth. We must treat the Earth like it is a gift from God, because, it obviously is. Throughout the bible, we are told of the sanctity of our earth, but we still choose to treat it as if it is nothing.

Overall, earthly things such as water, wheat, wine, and oil, all have significant effects on our faith. The Bible's mentions of the sanctity of these items strongly infer that we have a duty to care for our earth and the natural world.

Eleni Papadopoulos:

Reverend Fathers, Honorable Judges, fellow Contestants, ladies and gentlemen, Good Afternoon. I learned about the Bible in Church and World History Class at school. The Bible is the story of Christians and God. Moses wrote the first books of the Bible. The Old Testament was written by Prophets. The Prophets told about how the world was created and God would send a Messiah to save His creation. The New Testament tells us about Jesus Christ. Jesus Christ is the Messiah. I learned about how the Catholic Church split from the Orthodox Church one thousand years ago. In the sixteenth century, there was the Protestant Reformation. Now there are lots of different Christians.

My friend Sara gave me a book called Jesus Calling which is a Christian Devotional Book when I was twelve. It had a daily reading. I read it every night, and my family would listen. I would take it on vacation with me. It made me feel happy when I read my Jesus Calling. Everyone got quiet when I read Jesus Calling. I used to talk about church while I read Jesus Calling. I used to think about God while I read Jesus Calling.

My family gets a list of the daily Bible readings every year. I go to church on Sunday. I like reading the Epistle in church. I like saying prayers at church and at home. I say prayers before I eat breakfast, lunch, and dinner. I go to vespers and Divine Liturgy Oratorical Festival 2019 at camp. I say prayers at camp. During Lent and Holy Week we don't eat meat or dairy. I receive Communion every Sunday when I go to church. I light up a candle in church every Sunday. I kiss the icons every Sunday when I go to church. We talk about church and God and jobs and evolution and icons and good choices and Jesus in Sunday School. I like going to the Lenten Retreat. I go to All Saints Camp every summer. We give out bread when we receive communion. The priest shakes the sensor in front of the altar. I do confessions with father at camp.

The daily reading goes with what is happening at church. Reading the Bible helps me understand what we do in church. There are readings about Christmas and when Jesus was Baptized and Easter.

Forgiveness Sunday is the day before Great Lent starts. The Gospel for that day tells us about Lent. It is Matthew 6:14. This Bible reading tells me how to fast, and how to forgive.

It's important for Orthodox Christians to read the Bible because it is good for them. The Bible is the story of Christians and God. The Bible tells us how to behave. The Bible is important because it tells about our faith. I learned that Jesus died on the cross. Jesus is the Only Begotten Son and Word of God the Body of Faith.

We need to understand the meaning of the Bible. We need to read the Bible every day to understand it. If we read the Bible every day, we will know why we are Orthodox Christians. If people understood the Bible better, there would only be one Christian Church.

Susie Papadopoulos:

Reverend Father, Honorable Judges, fellow Contestants, ladies and gentlemen, Good Afternoon. When many of us think of Holy Week, some may think “more church services”. This is true but the importance of some of these services and the hymns sung at them may be overlooked. When you think of Holy Week, you should think about how this is a time to get closer to God and learn more about Christ’s final week on Earth. We should take advantage of this time and the opportunity to go to more services. During Holy Week, we commemorate important events that definitely should be thought about more deeply. These events include Christ’s crucifixion, death on the cross, and resurrection, in which He abolished death forever. This is critical to our faith, so it is important that we don’t just skim over it. It is good that Holy Week services are only once a year because the more often you do something the less personal it feels and the less meaning it has. After a while, it feels like you are just going through the motions. The one time a year that these services occur makes you really think about what they mean and why the service is being held. Sometimes something might happen in that year or around a certain service that make it feel more special or meaningful or make you feel closer to God. Every year I change and the meaning of each service to me changes also. This can be because I am gaining new experiences throughout the year, I am growing up and learning new things that I can apply to church, and I am noticing new things. The hymns at certain services may speak to you differently from year to year. All of them are important in their own way, but often we don’t really listen to the words.

I am in the church choir, so I sing a lot of hymns during Holy Week and Pascha. One hymn that really stands out is *Ois Eis Christon*. This hymn translates to “All those who have been baptized into Christ have put on Oratorical Festival 2019 Christ.” Not only is it a beautiful hymn, but the meaning of the words resonates with me when I hear it. It reminds me that ever since I was baptized, I have had Christ with me every step of the way, throughout my life. He is by my side and there for me whenever I need Him, ready to help me with any challenges, problems, or obstacles I come across that are difficult to face on my own.

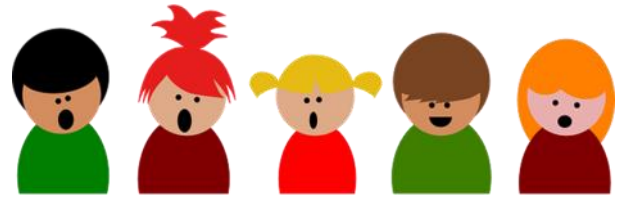
One time that God helped me face a difficult challenge was when I was diagnosed with celiac disease. Even traces of gluten can make me violently ill. This was extremely difficult for me because my entire diet had to change. I could no longer eat authentic Greek food or the hotdogs from my family’s hot dog shop that they started when they immigrated to the United States. During this time, I prayed a lot that God would give me guidance. Still, I was somewhat worried to receive Holy Communion after my diagnosis. Nevertheless, I receive Holy Communion every Sunday without worry, even knowing that it used to be bread. I always knew that God changed the gifts of bread and wine into the Body and Blood of Christ during the Consecration. Remembering this made me a lot less worried. Since we know the Gifts are changed into the Body and Blood of Christ, I am able to receive them. Even though it can’t be scientifically proven and still looks like bread in the chalice, I am confident it is the Body and Blood of Christ. Unlike when I have consumed trace amounts of gluten at restaurants for example, when I receive communion every week, I never feel sick. This has affirmed the fact that the transformation really occurs and the power of God when He is always by your side.

Another interpretation of this hymn could be when you are baptized, it means you are committing your life to being Christ-like, with the help of your parents and your Nouna and Nouno to help guide you in the faith. Being Christ-like entails that one is forgiving, loving, and humble. This hymn has so much

meaning in only 12 words.

It is important that we don't disregard the hymns sung during Holy Week, but listen to the words of the hymns as they tell us important things about our faith and have much deeper meanings and can be much more personal than we realize.

Sunday School



Last day of class 2019



Sunday School teachers and students gathered to honor Co-Director Kay Ehrick, who is retiring after **17** years of service to Holy Trinity Cathedral's Sunday School program.

An icon of St. Esther (the subject of many of this year's lessons in her classroom) is coming from Greece as a loving reminder to Kay of her years of dedication.

You will be missed!

Thank you!



Sunday School



Sunday School ASC Scholarship Winners

Congratulations to the inaugural winners of the Sunday School All Saints Camp scholarships - Alexa and Zachary Venetis! The full scholarships were earned because each had the best Sunday School attendance for the 2018-2019 Sunday School year. Congratulations!



Class Attendance Winner

Zachary also got to smooosh a whipped-cream pie into teacher Evan Alexon's face as Diakonessa Mary Thrasher cheers.

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!!!

Speech to the Graduates

By Paul Katsenes

Comments to 2019 Graduates

Father Apostolos, thank you for your Blessing.

OPA Board and Members thank you for including me in your program.

AHEPA and Family, Daughters of Penelope, Maids of Athena, Sons of Pericles, welcome.

Parish Councilmembers, good morning.

Philoptochos, thank you.

Parents and Graduates, most of all,

CONGRATULATIONS TO EACH OF YOU.

It is fitting that we are here on AHEPA Sunday to acknowledge it's 1922 founding and continuous mission of Hellenic Ideals of education, philanthropy, civic responsibility, family, and individual excellence. Graduates, you have all gone through your ceremonies in your schools providing insights and encouragements to continue your grand march to personal excellence in the Greek tradition. Today, I would like to take a few moments to offer you some practical day to day suggestions on your grand march.

TEN THINGS THAT WILL HELP YOU

1. REMEMBER WHO YOU ARE AND WHERE YOU COME FROM

Remember that you are a Greek, part of the great culture that provided so many cultural, governmental, philosophical contributions to all.

Remember what you learned from your parents, from here at Church and from your relatives and friends. All have helped create the foundation for your life.

This is a time to change – drop old habits that don't help you and trade for new helpful habits.

Use this time to make new positive statements about who you are. Bring your personal plans and goals with you while remaining open to learn anew. Remain flexible to adjust your plan and goals if necessary or convinced after proper consideration.

Being successful is a simple choice but it takes daily attention and work. You are not born successful nor are you successful thru luck. It's a choice you make and it takes work.

2. MAKE TIME YOUR FRIEND

You must find a system to organize your Class Life your Whole Life. You will not be able to remember all your assignments, deadlines, and all class projects when due. Find a System, an "app", a Planner Book, Wallboard and write everything on it. As soon as you put it there it will free up space in your brain to begin thinking about creating, learning, and studying to accomplish all these. Learn how to do 4 hours of homework in 2 hours. And by the way, your first "All Nighter" is the first sign of failure to plan. So follow your time plan. Remember the Professor's syllabus is the law in each class be sure to understand it, ask questions about it. Keep up so you don't have to catch up.

3. ASK QUESTIONS OF EVERYBODY

Asking questions and getting quality answers is the key to success. So ask your professors, teaching assistants, classmates, friends – everybody. Ask questions to clarify what you heard, to learn lesson assignments, to learn the big picture. Ask questions to create options for yourself and then put the answers in your planner.

4. CHOOSE YOUR FRIENDS CAREFULLY

Make sure they have good character and their actions are positive. If not consider if you should be friends with them. This may be the first time many of your classmates will be living, acting, and doing without supervision. So look and watch them. Remember nobody is perfect. Each of you will be making choices. See who makes good choices and the reasons for their choices. That will tell you the kind of person they are. Drama results from personal actions and choices made and taken. People with a great deal of drama made choices that put them in drama. Ask yourself if you became friends are they making the right choices to get out of the drama. Last, remember not everything you learn needs to happen to you. You can learn for yourself when things happen – Drama – to others. Choose your friends carefully and then be a good friend.

5. BE VERY CAREFUL WITH YOUR REPUTATION

It's important – how you handle social media and how others mention you on it. Because it lasts forever. Your next school or job is a much bigger place than where you are graduating from. Tomorrow may seem far off and impersonal and you think nobody will see you. But social media lasts forever – Don't Do Stupid Things – Don't Post Them. Keep your reputation clean – so you don't have to clean it up later.

6. TAKE CARE OF YOUR BODY

Exercise and eat correctly, get plenty of rest. Your brain lives in your body. If your body is fit and rested your brain will work well. If your brain isn't working well enough – look at how you are treating your body. Be kind to your body.

7. LEARN THE DIFFERENCE BETWEEN STYLE & SUBSTANCE

Substance equates to your classes, your grades, your programs. Style is how you do them – how you present yourself to the world. It's OK to work hard and make it look easy. It's OK to work hard and make it look hard. Find a style that suits you. By the way, this also includes how you live, dress, and neatness of your room. It's your choice and it says a lot about you to everybody. Choose your style and change it to suit you when you want.

8. GET TO KNOW PEOPLE

Get to know your professors, teaching assistants, counselors, alums, people in your class. Get to know those 3 years ahead of you in your program. Get to know those outside your school doing now what you want to do. Learn what today is like in the areas that you want to be in 3 to 4 years from now. Ask questions, really, lots of questions.

9. YOU ARE NOT ALONE – VERY IMPORTANT TO REMEMBER THIS

Nothing is ever truly as bad as it seems. If you have issues identify the issues/problem. Don't be overwhelmed by something and don't wait to solve it. You are NOT in this ALONE. If something isn't working find out why. Ask why am I NOT doing what I should be doing? What I want to do or need to be doing? The answers will tell you what and how to fix.

10. PRAY – First, last and always

Speak to God twice a day privately. Can be a prayer you repeat. Can be a specific prayer for that day. Ask for protection for you, your family and friends. Find a Greek church in your area – Go – meet others – Give & Get Support. Ask questions. Give thanks daily.

THAT'S IT, COME BACK AND SEE US – LET US KNOW HOW YOU ARE DOING.
CONGRATULATIONS! WE ARE PROUD OF YOU.

Vacation Bible School Summer 2019



From May 28 - June 7, 2019

Pre-K to 2nd Grade

Hosted by HTA

For more details:

Contact Juli Pritsos

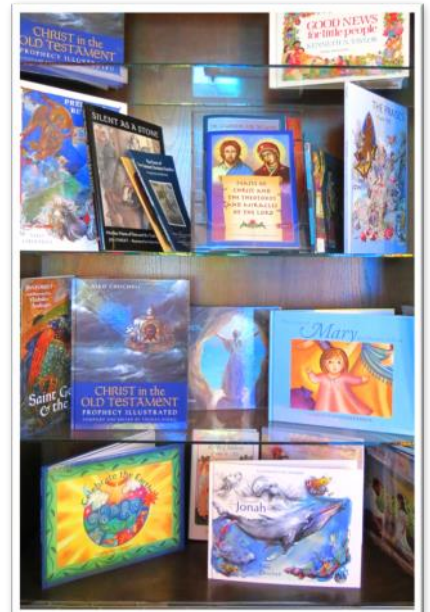
julipritsos@holytrinityacademyphx.org or 602-248-3881

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!



Music Ministry

by Terri Alexon, Director

I will sing of steadfast love and justice; to You, O Lord, I will make music.

Psalm 101:1

During the month of May, the music ministry members were not only busy reviewing music for Pentecost, but also for weddings.

Although it has been many years since the Cathedral Choir has been invited to sing at a marriage sacrament, more than half the choir pulled together to sing the responses and special Troparia composed by Tikey Zes of San José, California.

Adding his speaking voice to the wedding ceremony was choir member Peter Vardalos, who graciously read the Epistle reading from the Chanter stand. His wife, Lindsay Vardalos, also helped to coordinate some details of the ceremony. Needless to say, their team effort was much appreciated!

The Cathedral Choir is pleased to announce that it is available to offer its collective voice at future wedding ceremonies. For more information, please contact Terri Alexon by telephone at **480-233-2416** or by email, terrialexon@gmail.com.



Annual Group Photo after Divine Liturgy on Sunday, June 9, 2019

Mother's Day Brunch

May 12, 2019

Hosted by AHEPA Chapter 219



Mother's Day Brunch
hosted by AHEPA
in the Speros Center
Large Hall.

Photo by Nick Maydanis

Look for more photos by Nick Maydanis coming soon!

St. Nectarios Books & Beyond

By Patsy Harris



The summer months (especially here in the Valley!) are a time to get away, forget our cares, and relax and have fun. They are also a great time to visit other parishes and meet new Orthodox friends. It's important that we don't forget our faith during the summer, but use this unhurried time to spend some time with Our Lord, and be witnesses to Orthodoxy. Let your children, relatives, and friends know that Christ is real to you by letting them see and hear you worship Him!

If you're thinking of bringing gifts for those you visit, come to St. Nectarios Books and Beyond before you leave, and explore the many books, CDs, icons, prayer cards, key chains, plaques, thank you and birthday cards, and other items which demonstrate your belief that Christ is central in the lives of those around you, as it is to your family. There are many very beautiful items which are also easy to pack. **ST.NECTARIOS BOOKS & BEYOND WILL BE OPEN BRIEFLY AFTER EACH DIVINE LITURGY**, so please visit us on your way to Coffee Hour.

June Holy Days:

June 6: Holy Ascension – It is on this day that our Risen Christ bade an earthly farewell to us and to His Apostles, charging them (and us) to teach others what He had taught them and to maintain His Holy Church until He comes again at the end of times, but He reassures us that He is with us always even as He ascends to His throne in Heaven.

June 15: Saturday of Souls – Once again on this, the last day of the Easter season, we commemorate those who have fallen asleep before us. Thus, even they are associated with Christ's holy Resurrection. This day is also the vigil of Pentecost.

June 16: Holy Pentecost – “Behold we now celebrate the feast of Pentecost, the coming of the Spirit, the fulfilment of the promise and also of our hope.” This feast day reveals the mystery of the Trinity – Father, Son, *and* Spirit, one in essence and undivided. Pentecost is the final event in the history of our salvation, as the gift of the Holy Spirit will not be followed by any superior or new dispensation, in this world.

June 24: Nativity of St. John the Baptist and Forerunner – This day commemorates the birth of the Baptist, who jumped for joy in his mother's womb as she greeted the Theotokos. St. John is depicted in his icons as pointing to Christ, showing us the “One Who comes after me but is before me.”

June 29: Holy Apostles Peter and Paul – St. Peter was the first to recognize Jesus as the Christ, and St. Paul was called to his apostleship directly by Christ, after His Ascension. They are considered by the Church as equals, necessary and complementary to each other's ministries. (June 30 is dedicated to the other apostles collectively.)

July Holy Days:

July 11: Euphemia the Great Martyr – Her name means “fairest of the famous” or “pleasant speech.” She refused to deny Christ and was burned at the stake in 303 A.D. Happy Name's Day to all the Effies, Mias, and Phemias!

July 20: Elias the Prophet – His name means “the Lord (Jehovah) is my God.” The Book of Saints tells us that he is “the renowned prophet whose mission, almost single-handedly, to challenge the Baal worship which was brought from Tyre by King Ahab (I Kings 17, 19). In II Kings 2:11-13, Elijah (the Hebrew form of the name) is taken up in a whirlwind and his death is not mentioned; however, it was believed that he would never return. Thus, in John 1:21 we read that some questioned John the Baptist if he were Elijah, and in Matthew 16:14 others saw in him Jesus.

July 26: Hermolaos and his companions – sorry, I know nothing about these Saints. Can anyone help us out?

July 26: Paraskevi of Rome – In ancient Greek the word means “preparing” or “getting ready”; it now means “preparing for the Sabbath.” Again, I know she is called the “righteous Martyr,” but don't know her story. Anyone else know it who can share with us?

July 27: Panteleimon the Great Martyr – St. Panteleimon was a doctor and martyr, born in 275 A.D. He met the Christian Ermolaos, and was converted. Continuing his medical practice, St. Panteleimon came to the attention of the Emperor Maximilian because of the many miracles he performed in the Christ's name. Upon refusing to denounce Christ, Panteleimon was martyred on July 27, 304.

Have a very blessed summer! 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

“YAL1”

To those who have graduated high school through your 20s:

On June 9, 2019 after Divine Liturgy, let's meet for lunch at the nearby Zipp's (16th St and Bethany Home).

Goals: to get to know each other and to connect for... movies? dinners? music? hiking?

Contact Eliot Staikos at 717-682-0550 for more info or just show up. See you there!



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.



“YAL2” Event

New to our community?

Already a member, but looking to meet more people?

Join the Holy Trinity social ministry for single 30-49 year old Orthodox adults. This month's gathering will be dinner at Bobby-Q Biltmore on **Saturday, June 1st at 7pm**. Bobby-Q is located at 3154 E. Camelback Road in Phoenix. We will meet by the front entrance.

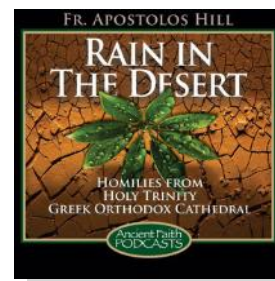
For directions, please visit their website at <https://bobbyqbbq.com/biltmore-bbq-restaurant/>

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

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.



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.

Narthex Ministry

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?

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.

Desert Diamonds

Senior Parishioners
and their guests

Look for upcoming activities for 2019-2020 coming soon!



Warm regards,
Julie Karoutas

Contact: email Julie at juliekaroutas@gmail.com or call or text her cell at 623-313-8720 or call Judith LaMond at 703-819-995



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!

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](#).

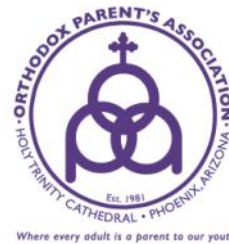


Subscribe and like us today

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

OPA—Orthodox Parents Association

Cindy Kyprianou, President



OPA held two major events in May, Youth community service at the St. Mary's food bank and the Holy Trinity graduation. We continue to collect gift cards (Fry's, Walmart or Gas station) to help our families in needs in our Holy Trinity community.

Church is our second home. On Sunday, May 19th, we celebrated our Holy Trinity graduates' achievements together after Liturgy. We're very proud of each amazing youth we've raised here in this Holy Trinity village. We're blessed with Mr. Paul Katsenes as our commencement speaker. He gave our graduates the ten pointers to success in life (speech on pages 20 and 21, with praying daily being the most important one among them.

It's absolutely an honor and such a humbling experience to serve our Holy Trinity community as the OPA president in the past two years. I thank every members of the OPA committee to make every event happen in our ministry, from Little Lambs, Hope&JOY, Jr & Sr GOYA, Family Wellness workshops, and the Dance program. It's absolutely our job as Orthodox parents to bring our children to Church. I must acknowledge these youth workers who have been such role models for our children with their love and commitment for being our Lord's humbled servants, Evan Tsagaris, Niko and Anna Panagiotakopoulos, John Schneider, Gabriella Papatzimas, Haroula and Ted Kyriacu, and more! Congratulations to our graduates and families. May God's love and guidance always be with you.

Thank you to AHEPA for the cakes in honor of AHEPA Sunday.

OPA Grad Luncheon and Ceremony



JR & SR GOYA Pool Party

THIS Friday
May 31, 2019
5:00pm

Scaccia residence
1104 W El Camino Drive,
Phoenix, AZ 85021

Please bring a dish to share &
the Scaccias will provide the
drinks.

Outgoing OPA
President



*Thank
You*

On behalf of everyone in OPA
and the Holy Trinity Community,
thank YOU
to **Cindy Kyprianou**
for her years of devotion & love
she gave to make OPA
such a wonderful ministry of our Church.

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 cwkyprianou@hotmail.com and we'll get you added to the list.



Please consider helping families in
need within our Congregation.

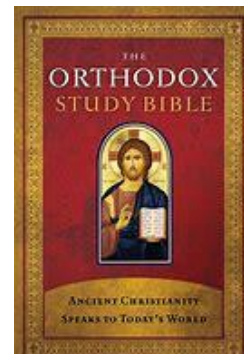
Donation of GIFT CARDS from
Fry's, Walmart, Target or Costco
would be appreciated.

Gift Cards can be dropped off in the Narthex, or
to Cindy Kyprianou.

Gifts to the Graduates

The Cathedral gifted Orthodox Study Bibles to
each of the high school and college graduates.

Graduates: if you have not received yours yet,
stop by the Bookstore.



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

PLEASE JOIN US



Little Lambs Splash Pad Play Date

Saturday, July 13th
10:00 a.m. - 12:00 p.m.

Scottsdale Quarter Splash Pad
15323 N Scottsdale Rd
Scottsdale, Arizona 85254

RSVP to Angela at angelagarozzo@gmail.com.



Our OPA Youth
assisting those in
need.

Saturday, May 11, 2019
8:00-10:00am



Activities
resume in
the Fall—
look for
info soon!



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: _____

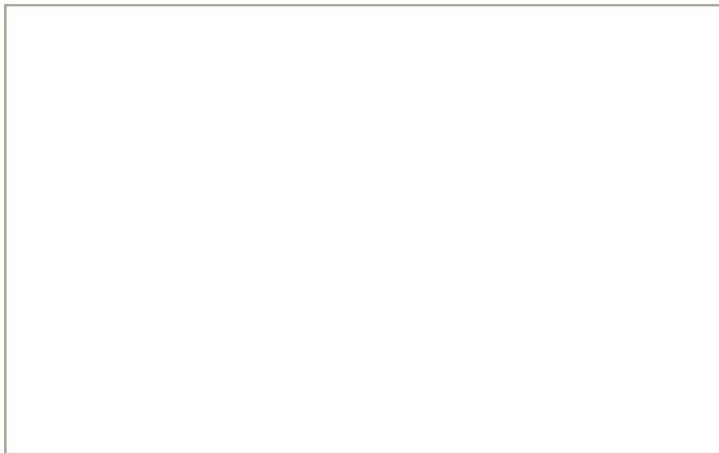
Contact Phone: _____

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: _____