

# Desert Springs

March 2019  
Volume 5 Issue 3

The journey  
towards Pascha.

Newsletter of Holy Trinity Greek Orthodox Cathedral  
1973 E. Maryland Avenue, Phoenix, Arizona 85016  
Office: 602-264-7863 Fax: 602-230-9099 Website: [www.holytrinityphx.org](http://www.holytrinityphx.org)

Rev. Economos Apostolos Hill  
Pastoral Assistant Alexander Eliades  
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](mailto: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@holytrinityphx.org](mailto:htpriest@holytrinityphx.org)  
[papoulihill@gmail.com](mailto:papoulihill@gmail.com)

Pastoral Assistant Alexander Eliades  
[aelides@holytrinityphx.org](mailto:aelides@holytrinityphx.org)

Diana Camacho, Office Manager  
[AdminAssist@holytrinityphx.org](mailto:AdminAssist@holytrinityphx.org)

Church Front Desk  
[htfrontoffice@holytrinityphx.org](mailto:htfrontoffice@holytrinityphx.org)

Church Caretakers  
Terry, Paul, and Dimitri Valonis

Holy Trinity Bookstore  
[info@stnecariosphx.org](mailto:info@stnecariosphx.org)

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

Holy Trinity Cathedral Website  
[www.holytrinityphx.org](http://www.holytrinityphx.org) — NEW!

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

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

## Organization Contacts

- **AHEPA** — Costa Tzavaras: [tbirdchachi@gmail.com](mailto:tbirdchachi@gmail.com)
- **All Saints Camp** — Evan Tsagaris: [etsagaris89@gmail.com](mailto:etsagaris89@gmail.com)
- **Altar Servers** — Deacon John Thrasher, David Haag, Chris Francis: [thrasheraz@cox.net](mailto:thrasheraz@cox.net), [davidmhaag@yahoo.com](mailto:davidmhaag@yahoo.com), [battersbox7@yahoo.com](mailto:battersbox7@yahoo.com)
- **Bible Study** — Father Apostolos Hill: [papoulihill@gmail.com](mailto:papoulihill@gmail.com)
- **Bookstore** — Rita Papaspyrou: [rzakher@gmail.com](mailto:rzakher@gmail.com)
- **Byzantine Choir** — George Duvall: [phxchantor@cox.net](mailto:phxchantor@cox.net)
- **Choir** — Terri Alexon: [htphxmusicdirector@gmail.com](mailto:htphxmusicdirector@gmail.com)
- **Dance** — Niko Panagiotakopoulos: [npanos01@yahoo.com](mailto:npanos01@yahoo.com)
- **Daughters of Penelope** — Angie Lambrou: [angie.lambrou@cox.net](mailto:angie.lambrou@cox.net)
- **Desert Diamonds (50+)** — Julie Karoutas: [juliekaroutas@gmail.com](mailto:juliekaroutas@gmail.com)
- **Epistle Readers** — Presvytera Denise Hill: [denkevhill83@gmail.com](mailto:denkevhill83@gmail.com)
- **Family Wellness** — Lindsay Vardalos, Leah Venetis
- **Feed Those in Need** — Christine Stamatis: [cstamatis@cox.net](mailto:cstamatis@cox.net)
- **Greek Festival** — Nick Kretsedemas, Angelo Pestrivas: [niko.37@cox.net](mailto:niko.37@cox.net)
- **Greek School** — Irene Mackos: [irinie@gmail.com](mailto:irinie@gmail.com)
- **Hellenic Museum** — Bessie Hotis: call 602-953-1913
- **Holy Trinity Academy Parochial School** — Juli Pritsos: [julipritsos@holytrinityacademyphx.org](mailto:julipritsos@holytrinityacademyphx.org)
- **HOPE & JOY** — Nikki Forman: [ntheo426@hotmail.com](mailto:ntheo426@hotmail.com)
- **Little Lambs** — Angela Scopelianos: [angelagarozzo@gmail.com](mailto:angelagarozzo@gmail.com)
- **Maintenance** — Peter Bilitsis, Ted Fourlis: [htcmaintenance1973@gmail.com](mailto:htcmaintenance1973@gmail.com)
- **Myrrhbearers** — Stacey Beaty, Kathy Choukalas Tropea: [tropea5@q.com](mailto:tropea5@q.com)
- **Narthex Outreach** — Kristen Vasilarakos: [kvasilarakos@cox.net](mailto:kvasilarakos@cox.net)
- **OPA** — Paulina Watson, Dianna Scaccia: [paulinawatson25@gmail.com](mailto:paulinawatson25@gmail.com), [discaccia@gmail.com](mailto:discaccia@gmail.com)
- **Parish Council** — Jim Manelis: [jmanelis@aol.com](mailto:jmanelis@aol.com)
- **Philoptochos** — Alex Anagnopoulos: [aanagnopoulos2@msn.com](mailto:aanagnopoulos2@msn.com)
- **Safety & Security** — Paul Katsenes, Socrates Papadopoulos: [pkatsenes@cox.net](mailto:pkatsenes@cox.net)
- **Sons of Pericles** — Greg Vassiliou, Ted Fourlis: [sonsofpericles283@gmail.com](mailto:sonsofpericles283@gmail.com)
- **Jr. & Sr. GOYA** — Karla DeLord, Jacque Petroulakis: [kpdelord@msn.com](mailto:kpdelord@msn.com), [jacquepetro@icloud.com](mailto:jacquepetro@icloud.com)
- **Stewardship** — Sandy Meris: [sandymeris@yahoo.com](mailto:sandymeris@yahoo.com)
- **Sunday School** — Kalli Schneider: [kalliopischneider@gmail.com](mailto:kalliopischneider@gmail.com)
- **Wedding Coordinator** — Terri Alexon: [terrialexon@gmail.com](mailto:terrialexon@gmail.com)
- **YAL 19-29** — Elliot Staikos: text 717-682-0550
- **YAL 30-49** — Nick Papas: [npapas@yahoo.com](mailto:npapas@yahoo.com)

# Message from Father Apostolos

## The Race



Though I was a long-distance runner for 30 years as a younger man, I was never particularly gifted at it. Running was a slog for me for a long time and it wasn't until my mid-30's that I found my stride, by then piling up 10-mile jaunts and half-marathon recreational runs on weekends.

Running was my way of fighting back against the debilitating bronchial asthma that nearly claimed me several times in my boyhood. And after I made my high school soccer team my freshman year and realized that I could fight back, running became my weapon.

Every spring in central Indiana as the pollen counts spiked I had to start over to recapture whatever progress I had made before, running with my inhaler in hand, sometimes walking, but doggedly determined to gain the upper hand on this disease and to not be bullied by it. Within a few weeks I would be back to my daily 5-mile route, each

completed run a victory of sorts.

Some of my most memorable experiences were runs undertaken in harsh conditions, snowstorms, searing heat, bitter cold, and torrential rains. One race stands out as particularly arduous; the Zayante Pancake Breakfast 10K of 1989 in Felton, CA, a 10K race up Mt. Hermon in the deep sand of the horse trail! This after I had worked my midnight shift schedule.

Much of the time, the thrill wasn't so much in running but in *having* run. It was the feeling of accomplishment in having surmounted the challenges and prevailed that fed my passion. Most of my running friends were faster than I was, some obnoxiously so! But I was always racing against myself and so long as I laced up my Asics and hit the door, I would succeed.

We are embarking on another type of run this month, a seven-week scramble through Great Lent and Holy Week to Pascha. This annual trek will again test our mettle as we apply ourselves to the hard work of salvation. St. Paul wrote to the Hebrews;

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off every encumbrance and the sin that so easily entangles, and let us run with endurance the race set out for us."*

It is the middle distances that are the toughest, the loneliest. The starting line of a race is filled with excitement as the crowd cheers before the starter's pistol cracks. And as the finish line comes into view, we hear the encouraging shouts of friends. But in the middle miles, it is just the runner and the pavement and the will to keep running.

And like my annual struggle against asthma and my stubborn resistance to the limitations it sought to force upon me, our annual Lenten struggle is against another disease, the disease of sin which, left unchallenged, likewise imposes limitations on our souls' yearning for God.

St. Paul also wrote to the Galatians; *"You were running so well, who obstructed you?" (5:17)* We will have hindrances and obstructions to overcome in the race ahead. Fatigue, boredom, despair, stubbornness. In the middle distances we may ask "Why am I doing this?" or "What does this matter?" But as we near the finish line just a few weeks hence, as we hear the "cloud of witnesses" cheering us on, we will experience a surge of spiritual adrenalin in our quest to finish our race well, to break the tape at full stride.

The best way to cover the distance on any run is to run with friends who can offer encouragement along the route. I learned the hard way the folly of running past the water stations without hydrating. Once depleted, the run only became more difficult. Preparation was key to a successful run.

Our Lenten journey provides us with such "aid stations" in the many prayer services offered, in the sacrament of confession, in the weekly themes and in many other ways. But the course is ours to run and we must cover the distance as best we may with God's assistance. *"Let us throw off every encumbrance and the sin that so easily entangles, and let us run with endurance the race that is set before us!"*

# Stewardship

By Sandy Meris



## STEWARDSHIP 2020 IS OFF TO A GREAT START!

Our Stewardship 2020 campaign is underway and off to a great start!

Just over two months and we are making good progress toward our budgeted goal. So far, we have 206 families that have pledged a total of \$292,023.04.

At the December budget meeting, the Parish voted to approve the budget with a projected goal of \$400,000 for stewardship pledges. This is an increase of \$40,000 over our 2019 goal. What an incredible display of faith and positivity toward growing our Stewardship Program. Stewardship is and should be the backbone of our income and how we pay our own bills. As pledges increase, we can begin to rely less on the Festival proceeds to close the gap.

Currently, Holy Trinity's monthly expenses total about \$60,000. Stewardship brings in roughly half of that. That means, we rely on the Festival, rental income, and other donations to make up the shortfall. Ideally, stewardship should cover all of our monthly expenses so that we can use the Festival proceeds to make campus improvements, make repairs, and create programs for our parishioners. Raising the bar to \$400,000 inches us closer to making that a reality.

**So, if you have yet to become a 2020 Steward, now is the time!** There are two easy ways to become a 2020 steward:

- ◆ Simply fill out a Pledge Card (which can be found in the Narthex) and drop it in the offering basket.
- ◆ Or, even easier, go to our website at: [www.holytrinityphx.org](http://www.holytrinityphx.org), click on "Stewardship" (in the upper right corner). Then click on "Pledge Card." Once you fill out all the information, at the bottom you can opt to pay your Stewardship by cash or check or you can select WeShare and pay electronically, monthly, weekly or however and whenever you choose.

Not sure if you've filled out a 2020 card? Check the "House of Stewards" list below.

Either way you do it, we encourage you to become a Holy Trinity Steward today and join us in this effort to increase our stewardship and grow our beloved Cathedral. We thank all of our Stewards, past and present, who have given with such love and generosity. We are truly grateful!

---

## STEWARDSHIP FACTS:

*Did you know?...*

- ◆ In order to be a member in good standing, you must fill out a new Pledge Card every year and make a contribution toward that pledge.
  - ◆ In order to participate or vote in the upcoming Spring Parish Assembly meeting, you must be a current Steward.
  - ◆ Currently, stewardship only covers about half of Holy Trinity's monthly expenses. The shortfall is made up from Festival proceeds and rental income.
  - ◆ In 2019 the average pledge per family was more than \$1,200 per year.
-

# Stewards

Through 2/24/2020

Panagiota Agelakos  
Dorothy Ainslie  
Evan & Terri Alexon  
Nikki C. Anest  
Bettina Angelos  
John Antoniadis  
Elaine Apostle  
Sheila Asala  
Chris & Angie Athens  
Helen & Constantine Balanis  
Diana Balos  
Alexandra Bates  
Scott & Stacey Beaty  
George & Stacy Benetos  
Vicki & Dan Bichekas  
Peter & Jennifer Bilitis  
Helen A. Bixenman  
Anthony Boyd  
Helen & James Bruno  
Chris & Georgia Brusalis  
Chris & Rita Bruskas  
Kristen Bruskas  
Kathrene Carras  
Frank & Alice Carris  
Dawn & Casey Cartier  
Harriet Chotras  
Jim Chotras  
Athena Choukalas  
Kim & Pete Choukalas  
Katherine & Jeffrey Clark  
Connie & James Contes  
Jean & John Dal Pan  
Patty Davis  
Hercules Alexander Dellas  
Patrick & Karla Delord  
Tom & Irene Demas  
Bill C. DeMoss  
Charles C. DeMoss  
Chris DeMoss  
John & Marjorie DeMoss  
Michael & Maureen DeMoss  
Ruth & Basil Denaxas  
Stanley & Fran Drozd  
Dena & Christos Economopoulos  
James Elam & Lisa Glitsos Elam  
Alexander & Laura Eliades  
Ed & Katherine Fancher  
Jeff & Judy Farr  
Athanasios & Georgia Fournalis  
Ted & Andi Fournalis  
Tim & Antonette Fraenkel  
Georgana Friehe  
George & Julie Froumis  
Niki Ganolis  
Demetra Georgelos  
Diana Georgelos  
Pamela Georgelos  
Christina & Thomas Georgiou  
John Giannopoulos  
Eva Goodman  
Bill & Lynn Graham  
Gina Graham  
Mary Haidos  
Donald Hall  
Terry G. Harper  
Stephanie & Gregory Heckel  
Rev. Fr. Apostolos & Presv. Denise  
Bessie Hotis  
Pavlos Kairis

Linda & James Kalivas  
Pete & Nicole Kamboukos  
Roula & Basilis Kaneris  
Dena & Nick Kantaros  
Jean Kantaros & William King  
William & Harriet Kapolas  
Virginia S. Karegeannes  
Julie Karoutas  
James & Joann Karros  
Leonidas & Fotini Katrakis  
Christos & Kelley Katsaros  
Niki & George Katsaros  
Mary & John Katsenes  
Lori & Paul Katsenes  
Poppy & Jim Kavouris  
Fanny Kechajias  
Virginia & Ronald Kidd  
Emily Kimmell  
Maria Kompos  
Spiros & Maria Kontakis  
Kostadinos & Anatoli Kostouros  
Angela & Dean Koumontzis  
Nikolas Koziris  
Elizabeth & Johnny Kratsas  
Nick & Marina Kretsedemas  
Tammy Kretsedemas  
Andreas & Cindy Kyprianou  
Tassie Ladas  
Anastasia Laitsas  
John & Angie Lambrou  
Judith Lamond  
Mary & Elias Lampos  
Mary Levendi  
Lea & Mike Linaris  
Gregory Lizanich  
Efterpi Lourias  
Stephanie & James Machas  
Maria & Martin Maciejewski  
Aristotle & Evelyne Macrodimitris  
Marika Makridis  
Margarita Makris  
Julie & Felix Mamani  
Donna & Jim Manelis  
Bette Maniatis  
Maria Maniatis  
Rina & William Marinakos  
Douglas & Anna Markakis  
Leonard & Mary Lou Mastorakos  
Pamela Maydanis  
Angela & Chris Mead  
Joanne Meris  
Sandy & Will Meris  
Angie Miller  
Jean & William Miller  
Paul N. Miller  
Andrew Mitchell  
Helen & Philip Mitchell  
William & Hannah Neal  
Edna Nicely & Peter Michas  
John & Maria Nicholas  
Evelyn Nickalew  
Anthony Nicoluzakis  
AnnaMarie Nieblas  
Angelo & Marta Ntatsos  
Jeremy & Anastasia Oxley  
Else Paletsos  
Elizabeth Palmer  
Alexander & Alexia Panagiotakopoulos  
Christo & Connie Panagiotakopoulos  
Bill & Soula Papadopoulos  
Chrysoula & George Papadopoulos  
Stephanie & Socrates Papadopoulos  
Anastasia Papaioannou  
Alex & Olga Papamatheakis

Betty Papas  
Nicholas J. Papas  
Rita & Spyros Paspapourou  
Nicholas & Stacy Papatzimas  
Vassilia Papatzimas  
Irene Pappas  
John J. & Andrea M. Pappas  
Daniel & Anna Pardhe  
Athena Parmenter  
Amy Paul  
Katherine & Kai-Henning Pedersen  
Dina & John Pesognelli  
Fotini & Dean Pestrivas  
Zoe Pestrivas  
Kathy & Bill Petsas  
Michael & TeAnn Philippis  
Brian & Athena Pickett  
Mary & Andreas Poulakidas  
Kay & George Poulos  
Nicole & David Pyle  
Bertha Quinn  
Lydia Rabbitt  
Milton & Voula Rentzis  
Maria & Curt Ruttle  
Lois Sakkas  
Dimitra & James Sampson  
Paul Sarantes  
Diane Sedlacek  
George & Traci Sgouros  
John Siavelis  
Robert & Donna Sioles  
Evi & George Skintzis  
John Jr. & Toni Smirniotis  
Constantin Solomon  
Pam & Jim Solomon  
Carol Sowers  
Angelo & Marie Spanos  
Rachel & Leo Speliopoulos  
James & Christina Speros  
Elias & Theodora Staikos  
Kathryn & Jim Stamadianos  
Nitsa & Gerry Stamatelatos  
Christine & Andrew Stamatis  
Mihai Sutu  
William & Rebecca Tavlarides  
Jim G. Thomas  
Dcn. John & Diak. Mary Thrasher  
Kathy & Thad Tropea  
Stella & Constantine Tsantilas  
Katherine & Constantine Tzavaras  
Peter & Lindsay Vardalos  
Argyro Vasquez  
Adam & Lea Venetis  
Connie & George Venetis  
Andrew & Sandy Vlahoulis  
Steve & Mary Vrahas  
Nicole Wakamatsu  
Catherine Wallerich  
Paula & Colin Walsh  
Paulina & Doug Watson  
Garrett Widner  
Christina & Michael Wombacher  
Richard & Katina Wood  
Niki & George Zafiraki  
Eugenia & Dimitrios Zannis  
Katherine & George Zannis  
Zella Zannis  
Evangelia Zikos  
Kostas & Margarita Zistas  
Christina & Michael Zistatsis  
Eleanna Zistatsis  
Dimitrios Zistatsis  
Ann Zoukis

# Pascha Flowers

## Pascha Flower Donation

Remember beloved family and friends and beautify the Cathedral with plants this Pascha.

**Donations of \$20.00 per remembered individual or married couple are appreciated.**

Complete this form and return with your donation to the Church office or enclose in an offering envelope, to place in a collection tray.

**Please provide your order by April 15, 2020.**

Donor name: \_\_\_\_\_

Donor phone #: (\_\_\_\_) \_\_\_\_\_

Name (s) of those honored and the relationship to donor:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Total donation: \$ \_\_\_\_\_

Questions? Please call the Cathedral office: 602-264-7863



# Salutation Icon Flowers



## Salutation Icon Flowers

Decorating the Annunciation Icon each week of Lent is an Orthodox tradition, and a lovely way to memorialize loved ones by supporting our Cathedral.

**Suggested donation of \$50.**

Complete this form and return with your donation to the Cathedral Office, or enclose in an offering envelope and place in collection tray.

Donor name: \_\_\_\_\_

Donor phone #: (\_\_\_\_) \_\_\_\_\_

Name(s) of those honored and the relationship to donor:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please provide your order by April 8, 2020.**

Questions? Please call the Cathedral office: 602-264-7863

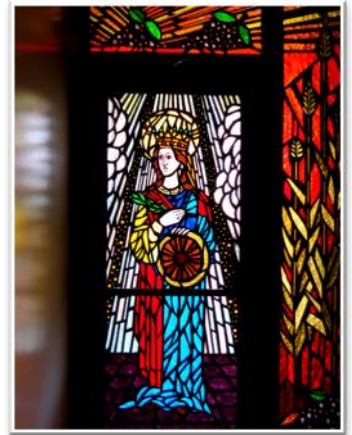


# Holy Trinity's St. Katherine Philoptochos

## "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.

## March Philoptochos Meeting Day and Time

To accommodate our many parishioners, the Philoptochos chapter here at Holy Trinity is trying something NEW! We will occasionally meet on a SUNDAY instead of the usual 7:00pm on the first Thursday of the month. For the March meeting, Philoptochos will be gathering on SUNDAY, March 8, in the Lounge area of the Speros Center following Divine Liturgy. Please grab your coffee and something to eat from the usual Coffee Hour and then make your way in for an informative, interesting meeting beginning at 11:45am.

March Meeting  
Sunday, March 8, 2020  
11:45am  
Speros Community Center Lounge

There will be a guest speaker at the March 8, 2020 meeting on the topic of **Human Trafficking**.

Thank you to February's Hostesses  
Julie Karoutas & Lois Sakkas



## JOIN PHILOPTOCHOS 2020

**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



# St. Nectarios Books & Beyond

By Rita Papaspyrou

## The Five Sundays of Great Lent

### First Sunday of Lent: Sunday of Orthodoxy

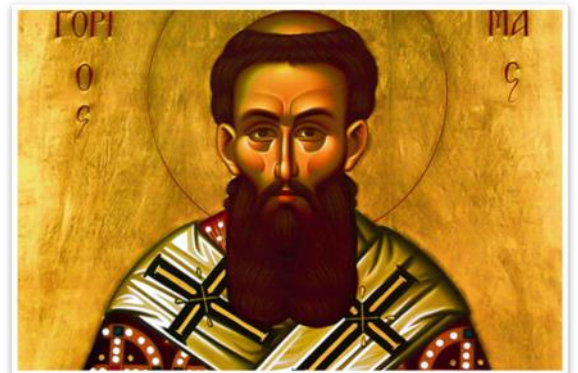


The dominant theme of this Sunday since 843 has been that of the victory of the icons. In that year the iconoclastic controversy, which had raged on and off since 726, was finally laid to rest, and icons and their veneration were restored on the first Sunday in Lent. Ever since, this Sunday has been commemorated as the "Triumph of Orthodoxy." The Council decided on a doctrine by which icons should be venerated but not worshipped, the last befitting only God. The decree of the Council for restoring icons to churches added an important clause which still stands at the foundation of the rationale for using and venerating icons in the Orthodox Church to this very day: "We define that the holy icons, whether in color, mosaic, or some other material, should be exhibited in the holy churches of God, on the sacred vessels and liturgical vestments, on the walls, furnishings, and in houses and along the roads, namely the icons of our Lord God and Saviour Jesus Christ, that of our Lady the Theotokos, those of the venerable angels and those of all

saintly people. Whenever these representations are contemplated, they will cause those who look at them to commemorate and love their prototype. We define also that they should be kissed and that they are an object of veneration and honour (timitiki proskynisis), but not of real worship (latreia), which is reserved for Him Who is the subject of our faith and is proper for the divine nature. The veneration accorded to an icon is in effect transmitted to the prototype; he who venerates the icon, venerated in it the reality for which it stands".

### Second Sunday of Lent: Sunday of St. Gregory Palamas

On the Second Sunday of Lent the Orthodox Church commemorates our Holy Father Gregory Palamas, Archbishop of Thessalonica, the Wonderworker. The feast day of Saint Gregory Palamas is November 14, however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teachings by the Church in the 14th century was acclaimed as a second triumph of Orthodoxy.



### Third Sunday of Lent: Sunday of the Veneration of the Holy Cross

On the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week.

The commemoration and ceremonies of the Third Sunday of Lent are closely parallel to the feasts of the Veneration of the Cross (September 14) and the Procession of the Cross (August 1). Not only does the Sunday of the Holy Cross prepare us for commemoration of the Crucifixion, but it also reminds us that the whole of Lent is a period when we are crucified with Christ.

*St. Nectarios Bookstore Message continued on page 12  
Desert Springs March 2020*



As we have “crucified the flesh with its passions and desires” (Galatians 5:24), and will have mortified ourselves during these forty days of the Fast, the precious and life-giving Cross is now placed before us to refresh our souls and encourage us who may be filled with a sense of bitterness, resentment, and depression. The Cross reminds us of the Passion of our Lord, and by presenting to us His example, it encourages us to follow Him in struggle and sacrifice, being refreshed, assured, and comforted. In other words, we must experience what the Lord experienced during His Passion - being humiliated in a shameful manner. The Cross teaches us that through pain and suffering we shall see the fulfillment of our hopes: the heavenly inheritance and eternal glory.

As they who walk on a long and hard way and are bowed down by fatigue find great relief and strengthening under the cool shade of a leafy tree, so do we find comfort, refreshment, and rejuvenation under the Life-giving Cross, which our Fathers “planted” on this

Sunday. Thus, we are fortified and enabled to continue our Lenten journey with a light step, rested and encouraged.

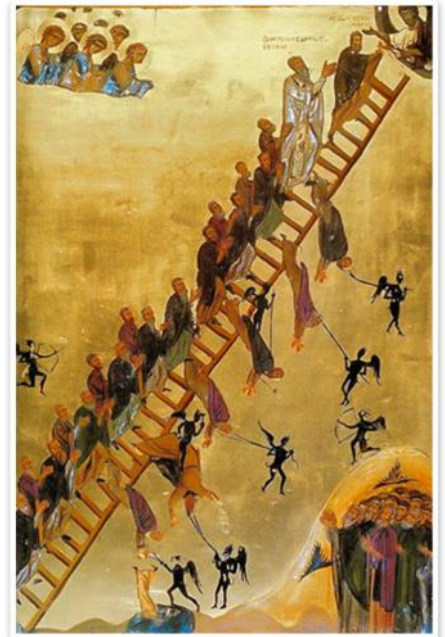
Or, as before the arrival of the king, his royal standards, trophies, and emblems of victory come in procession and then the king himself appears in a triumphant parade, jubilant and rejoicing in his victory and filling those under him with joy, so does the Feast of the Cross precede the coming of our King, Jesus Christ. It warns us that He is about to proclaim His victory over death and appear to us in the glory of the Resurrection. His Life-Giving Cross is His royal scepter, and by venerating it we are filled with joy, rendering Him glory. Therefore, we become ready to welcome our King, who shall manifestly triumph over the powers of darkness.

The present feast has been placed in the middle of Great Lent for another reason. The Fast can be likened to the spring of Marah whose waters the children of Israel encountered in the wilderness. This water was undrinkable due to its bitterness but became sweet when the Holy Prophet Moses dipped the wood into its depth. Likewise, the wood of the Cross sweetens the days of the Fast, which are bitter and often grievous because of our tears. Yet Christ comforts us during our course through the desert of the Fast, guiding and leading us by His hand to the spiritual Jerusalem on high by the power of His Resurrection.

Moreover, as the Holy Cross is called the Tree of Life, it is placed in the middle of the Fast, as the ancient tree of life was placed in the middle of the Garden of Eden. By this, our Holy Fathers wished to remind us of Adam’s gluttony as well as the fact that through this Tree has condemnation been abolished. Therefore, if we bind ourselves to the Holy Cross, we shall never encounter death but shall inherit life eternal.

#### Fourth Sunday of Lent: Sunday of St. John Climacus

On March 30 and on the Fourth Sunday of Holy Lent the Orthodox Church commemorates our Righteous Father John Climacus. He is called Climacus due to his authorship of the great spiritual work *The Ladder of Divine Ascent*. His commemoration is designated by



the Church on one of the Sundays of Lent as his life and writings affirm him as a supreme bearer and proponent of Christian asceticism. The ascetic example of this great Saint of the Church inspires us in our Lenten journey.

### Fifth Sunday of Lent: Sunday of Mary of Egypt

Our holy mother Mary was born in Egypt. She had left her parents at the age of twelve to go to Alexandria, where she spent the next seventeen years in debauchery and the greatest profligacy. Living on charity and linen-weaving, she nevertheless offered her body to any man, not being forced to it by dire necessity as were so many poor women, but as though she were consumed by the fire of a desire that nothing was able to appease.



One day, seeing a crowd of Lybians and Egyptians moving towards the port, she followed them and set sail with them for Jerusalem,

offering her body to pay her fare. When they arrived in the Holy City, she followed the crowd that was thronging towards the Church of the Resurrection, it being the day of the Exaltation of the Cross. But, when she reached the threshold of the church, an invisible force prevented her entering in spite of repeated efforts on her part, although the other pilgrims were able to go in without hindrance. Left alone in a corner of the narthex, she began to realize that it was the impurity of her life that was preventing her approaching the holy Wood. She burst into tears and smote her breast and, seeing an icon of the Mother of God, made this prayer to her: "O Sovereign Lady, who didst bear God in the flesh, I know that I should not dare to look upon thine icon, thou who are pure in soul and body, because, debauched as I am, I must fill thee with disgust. But, as the God born of thee became man in order to call sinners to repentance, come to my aid! Allow me to go into the church and prostrate before His Cross. And, as soon as I have seen the Cross, I promise that I will renounce the world and all pleasures, and follow the path of salvation that thou willest to show me."

She felt herself suddenly freed from the power that had held her and was able to enter the church. There she fervently venerated the Holy Cross and then, returning to the icon of the Mother of God, declared herself ready to follow the path that the Virgin would show her. A voice replied to her from on high: "If you cross the Jordan, you will find rest."

She lived forty-seven years without ever encountering either another human being or any animal. Protected by God, who desires nothing but that the sinner should turn to Him and live, she uprooted all the passions from her heart by means of this extraordinary asceticism, and was able to turn the fire of carnal desire into a flame of divine love that made it possible for her to endure the implacable desert with joy, as though she were not in the flesh.



# Holy Trinity Academy

By Juli Pritsos

## Parents Sing Praises for HTA!

Many parents know that HTA is a hidden gem and once discovered has allowed them to bask in the delight of this treasure trove for their children. That's not surprising since we have worked very hard to build a complete and challenging curriculum to encompass academics and Orthodoxy in everything we do. Don't take my word for it – HTA's own family treasures can express themselves way better than me on how HTA has impacted their children and sometimes entire families.



*"Holy Trinity Academy is a great school! I recommend this school to all my friends and family who are looking for a small classroom, family ambience and great learning atmosphere.*

*My son started school when he was 2 1/2 and was a little nervous. But with the small classroom size and great teachers, he got the attention he needed. And you can see social skills and motor skills grow every day, as well as his vocabulary. We love the teachers! Learning Greek is also a great plus. And going to church every week is fabulous. I can't believe he knows Our Father prayer! I would definitely recommend this school."*

*-Christina and Dejan Knezevic, Preschool Parents*

*"We had already picked out a preschool and submitted our deposit when I remembered that Holy Trinity had a preschool program. Since Holy Trinity was closer to my home, I gave them a call.*



*I am so glad I did. What I found at Holy Trinity Academy was a level of love and care unlike any I had seen elsewhere. My older children had gone to two different preschools and I had no problems with those - they were lovely places. But HTA has managed to create a space with both the feel of a close-knit family and a challenging academic environment with an emphasis on play.*

*The children are at times grouped by age, at times by ability, and often in the full, multi-age group. This gives them the opportunity to nurture those younger than themselves and learn from older children as well.*

*The teachers have been such a blessing. They love each little one so dearly and keep the children focusing on*

*play and learning that builds on both strengths and weaknesses.*

*Holy Trinity Academy has been a gentle encouragement in Faith and prayer for our little one. She has experienced the Liturgy in a gentle and age-appropriate way along with prayers and stories from scripture and the Saints. Having this woven through her day has increased her awareness of God in her whole life.*

*Lastly, the safety and organization of the school are top-notch. The staff is careful to always follow protocol, and parents are kept aware of any events, illnesses or changes that might occur.*

*I am so incredibly grateful that HTA has been a part of our family for the last two years."*

*-Jenni and Jay Groft, Preschool Parents*



*"As working parents we prayed for God to find us the perfect place for Abigail to attend school. After much searching, God led us to HTA. The school is affordable and close to home. The*

*teachers are awesome, loving, and friendly. We trust them without hesitation because they care for Abigail as they would their own child. They have helped Abigail tremendously grow and learn in a safe environment and we couldn't be more pleased. Thank you HTA! We love you!"*

*-Andrew and Maria Fritsch, Kindergarten Parents*

*"Finn has attended preschool at Holy Trinity Academy since he was three-years-old. Since starting HTA, his handwriting has greatly improved, and he is now starting to read on*



*his own. We have seen a noticeable growth in his maturity – not only in his interactions with his peers but also at home. We are so proud of how well Finn is developing and all that he has learned over the past two years. We are excited to see his continued mental, physical, and spiritual growth (in kindergarten) at Holy Trinity Academy. HTA has made a significant difference in our lives and the life of our son."*

*-Adriana and Patrick Fanning*

Contact me at [julipritsos@holytrinityacademyphx.org](mailto:julipritsos@holytrinityacademyphx.org) if you are interested in discovering your own early childhood education treasure trove at HTA. HTA is now enrolling for the 2020-21 school year. 602-248-3881

# Sunday School

Kalli Schneider, Director



The Sunday of Orthodoxy is March 8. All children please bring an icon from home and join us for the Procession of the Icons. There will be NO SUNDAY SCHOOL ON MARCH 8 as we will all be in the Cathedral for this special liturgy.




Do you enjoy children? Do you enjoy bringing your children to Sunday school? Sunday school loves seeing our youth every week! It is such a blessing to see their smiles and teach them about our rich Orthodox faith. We are currently seeking teachers and/or assistant teachers and a new Sunday School Director for next year. Our most dire need is for 3rd/4th grade. Mary Thrasher has agreed to stay through May to mentor 2 new teachers for that class. We need teachers or assistant teachers for all grade levels. If interested to be a part of this fulfilling ministry or if you have questions, please contact Kalli Schneider at 602-568-3139 or Alexander Eliades at aeliades@holyltrinityphx.org as soon as possible so you can mentor with our current teachers/director this year in preparation for next year.

The youth of our community are asked to  
bring an icon from home for the  
Sunday of Orthodoxy Procession of the Icons  
March 8, 2020

## St. John Chrysostom Oratorical Festival

Ask your Sunday School teacher or Director about participating!

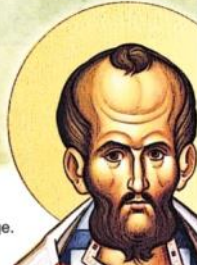
Join thousands of teens across the nation &  
**#ShareOrthodoxy!**  
2020 ORATORICAL FESTIVAL



**EXPLORE** a deeper knowledge of your Orthodox faith  
**THINK** critically about current issues  
**SPEAK** to a gentle and loving audience

Share Your  
**FAITH** Junior Division for Grades 7-9  
Senior Division for Grades 10-12

**AWARDS** - The Chrysostom Scholarship for Hellenic College  
The 2020 finalists are eligible to receive a Chrysostom Scholarship to Hellenic College.  
This scholarship provides awards ranging from \$2,500 up to \$30,000 per year.



# Pan-Orthodox Schedule

## 2020 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 8, 2020

SS. Peter & Paul OCA  
1614 E. Monte Vista Rd.  
Phoenix, AZ 85006  
602-253-9515

Homilist: Archbishop Benjamin

The Second Sunday of Lent  
March 15, 2020

St. Katherine GOC  
2716 N. Dobson Rd.  
Chandler, AZ 85224  
480-899-3330

Homilist: Fr. Jacob Saylor



Sunday of the Veneration of the Holy Cross  
March 22, 2020

St. Sava Serbian Orthodox Church  
4436 E. McKinley.  
Phoenix, AZ 85008  
602-275-7360

Homilist: Alexander Eliades

The Fourth Sunday of Lent  
March 29, 2020

St. Ignatius of Antioch Orthodox Church  
2402 N. Usury Pass Rd.  
Mesa, AZ 85207  
480-892-6224  
Homilist: TBD



The Fifth Sunday of Lent  
April 5, 2020

St. Haralambos GOC  
7950 W. Pinnacle Peak Rd.  
Peoria, AZ 85383  
623-486-8665

Homilist: Fr. Jeffrey Frate



# PALM SUNDAY BRUNCH

Hosted by the Brothers of  
AHEPA Chapter 219

---

**APRIL 12TH**

**FOLLOWING CHURCH SERVICES**

**HOLY TRINITY**

**GREEK ORTHODOX CATHEDRAL  
1973 E. MARYLAND AVE - PHOENIX**

**\$25 ADULTS**

**\$12 AGES 6-12**

**5 AND UNDER FREE**

Sales beginning Sunday, March 15th during  
Coffee Hour in the Church Community Center

OR

Contact Dan Bichekas

480-423-0424 or [DanBichekas@cox.net](mailto:DanBichekas@cox.net)

Open Seating for 300+

Reserved Tables of 10 must be pre-paid in advance.

All other reservations will be open seating.

# Mark Your Calendars

## BIBLE STUDY RESUMES

Please mark your calendars for our weekly parish Bible Study, to be held in the Speros Center from 10:00am to 11:00am on Tuesday, March 3 through Tuesday, April 7.



## ORTHODOX COLLEGE MINISTRY

Our Orthodox Christian Fellowship (OCF) ministry on the ASU campus meets every Tuesday evening at 6:00pm at the Christian Center on 19th & Mill. Contact Fr. Apostolos or Alexander for more info.



## SUNDAY OF ORTHODOXY—Bring an icon from home

The Sunday of Orthodoxy is March 8. All children please bring an icon from home and join us for the Procession of the Icons. There will be NO SUNDAY SCHOOL ON MARCH 8 as we will all be in the Cathedral for this special Divine Liturgy.

## SECURITY DISCUSSIONS -- two are scheduled in March.

"Response Options for Cathedral Situations" Tuesday, March 17 at 6:30pm.

"Narthex Team/Greeter Options for Dealing with Suspicious Persons" on Tuesday, March 24 at 6:30pm.

Discussions will be led by Jim Wasson, Director of Security, Ina Levine Jewish Community and retired Scottsdale Police Department. Both are open to all -- especially Narthex Team members. We will meet in the office conference room. Please RSVP to Paul Katsenes at [pkatsenes@cox.net](mailto:pkatsenes@cox.net) or call church office.

## PHOTO SESSION VOLUNTEERS NEEDED

Can you volunteer to help with the Lifetouch/Directory Photo Sessions? No experience needed. Please contact Donna Manelis at 602-315-2408 if you can do a shift on any of the session days March 6, 7, 13 and 14.

## PICK UP BASKETBALL

Mondays on the HTC basketball court at 8:00pm.





# Music Ministry

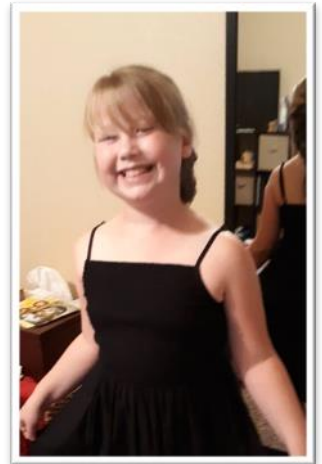
by Terri Alexon, Director



*But let all who take refuge in You be glad, Let them ever sing for joy; And may You shelter them, that those who love Your name may exult in You. Psalm 5:1*

In preparation for Great and Holy Lent, the Cathedral Choir has begun its review of the myriad of beautiful hymns that will be sung in anticipation of our Lord's resurrection.

Even though Holy Trinity Cathedral will not be hosting a Lenten Vesper service this year, there is still plenty of music to review! The Sunday School children in the 3rd and 4th grade have renewed their practice of Liturgical music last Sunday. Our meeting place has moved from Speros Hall to Mrs. Thrasher's classroom in the Education building, 11:30-11:45 am. Refreshments are provided.



On the **Sunday of Orthodoxy-March 8th**, the plan is to have this group of children venture back up to loft to sing as a group. In the past, some of the children like 9-year-old Tessa have chosen to stay and sing EVERY Sunday! Tessa loves the view of church from the choir loft: "I think EVERYONE should have the chance to watch the church service from so high up."

So, do you or your child like sing? Do you want to deepen your understanding of our hymns? Would you like learn how to sing properly? Consider adding your voice to the Cathedral Choir! Singing rehearsals are most **Wednesday** evenings from **7:00-8:30pm** up in the Cathedral loft. Email Terri Alexon at [htphxmusicdirector@gmail.com](mailto:htphxmusicdirector@gmail.com) or call /text **480-233-2416**, if interested.



---

## Contact the Church Office Today!



### It's not too late!

there are still photography sessions available. Be included in the new Holy Trinity Orthodox Cathedral directory.

---

Photography dates

March 6, 7, 13, 14

Reserve your photography session today!

**Lifetouch.**



**Love to Sing?  
Meet new friends from the Arizona Orthodox Churches?  
Register for the next “One Day” music event!  
Saturday, March 14, 2020; 10am – 3pm  
St. George Antiochian Orthodox Church, Phoenix**



**Enjoy a fun day of fellowship and singing; Lunch included!  
Video recording of final performance!  
See videos of previous “One Day” events at [www.occfellowship.org](http://www.occfellowship.org).**

**Online Registration opens Monday, February 3, 2020  
Ages 8 – 108!**



***Sponsored by Orthodox Christian Choral Fellowship, an Arizona non-profit 501(c)(3) corporation***

***Follow us on Facebook and Instagram***

# 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 Epistle Readers



Not pictured:  
Ryan Choukalas

Includes photos by Presvytera Denise

# Save the Date—Greek School Lunch & Program

**March 22, 2020**

Greek School Luncheon and Greek School Independence Day Program will follow after the Liturgy in the Speros Center.

# Coffee Hour

Thank you to **HTA** for sponsoring Coffee Hours in February.

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



# Altar Service

Interested in learning more about serving on the altar?

Contact:

Chris Francis at [battersbox7@yahoo.com](mailto:battersbox7@yahoo.com),  
David Haag at [davidmhaag@yahoo.com](mailto:davidmhaag@yahoo.com) or  
Deacon John Thrasher at [thrasheraz@cox.net](mailto:thrasheraz@cox.net)



# Greek School

Irene Dartoozos Mackos, Director  
Gabiella Papatzimas, Teacher



Holy Trinity Greek  
&  
Heritage School of Phoenix

**Congratulations** to Holy Child Greek School for placing 3rd in the Annual Greek School Archdiocesan Competition. Their submission was "The Three Hierarchs". All the students participated. Great job!!!!

## February 29th! 29 Φεβρουαρίου!

Friday 29/2, was a special day since 2020 is a "leap year"! This is not really everyday language and we guess you will not use this word a lot, but in Greek, we call this year a: **δίσεκτο έτος**.

## March 1st! 1η Μαρτίου!

On Sunday 1/3, you can wish everybody a "beautiful month of March", or "Kalo Mina", "Καλό Μήνα". **March 1st** is again a special day, in Greece at least. This day indicates the beginning of Spring in Greece, and the hope for warm days and a lot of sun. On March 1st, it is a tradition, especially for children, to wear a bracelet made of twisted white and red thread. It is called the "**Marti bracelet**". The white symbolizes purity, and the red color stands for life and passion. Therefore, wearing the Marti bracelet also means you are protected from the burning sun.

## Monday, March 2nd, Clean Monday! Δευτέρα 2 Μαρτίου, Καθαρά Δευτέρα!

This day has a lot of traditions, special food and is also a national holiday.

## MARK YOUR CALENDARS for MARCH 22, 2020!

Is our annual Greek School Luncheon and Greek School Independence Day Program will follow after Liturgy in the Speros Center. Our Greek School students have been working really hard for the past few months.



# AHEPA Chapter 219

## AHEPA Chapter 219 Awards Banquet

AHEPA “Saguaro” Chapter 219 does it in style. Lights on for the Annual Awards Recognition Banquet. The “White and Blue” setting took place on February 13th at the Holy Trinity Cathedral James Speros Hall in Phoenix Arizona. A cocktail hour of socializing preceded a wonderful Greek-style plated dinner of “Stifado” blessed in prayer by our own Father Apostolos Hill, a devote AHEPAN.

With a total of 85 present, 39 members were recognized for their continuous contributions. From philanthropic outreach such as St. Innocent Orphanage, UMOM, All Saints Camp, community outreach to scholarship awards. In 2019, AHEPA Chapter 219 contributed over \$50,000 to these and other fine causes.

Notable recognition was given to:



Father Apostolos Hill – Ecclesiastic Award – Outstanding Spiritual Leader and AHEPA Supporter



Ted Fourlis – AHEPAN of the YEAR – Outstanding Community Leader and Participant. Leader of Sons of Pericles. A Captain of the Phoenix Fire Department soon to be Battalion Chief.

There you have it... another Awards Banquet in the books – a truly memorable night – better than the Oscars!!

I sign off as your Chairman of the Board – AHEPA “Saguaro” Chapter 219.

Fraternally yours,

John Kostaras

Chairman of the Board – AHEPA “Saguaro” Chapter 219

# AHEPA Chapter 219



## AHEPA Chapter 219

Ted Fournalis, 219 AHEPAN of the Year  
Nick Maydanis Photographer



### March Meeting Information

Our Next Meeting is:

Thursday, March 19, 2020  
6:30pm

Holy Trinity Greek  
Orthodox Cathedral  
Community Center

Interested in Becoming a Member?  
Contact Pete Marudas  
602-284-1638

## Maintenance Corner

Submitted by Ted Fournalis



We are currently working on a plan to repair the concrete pad issues in the courtyard in front of the Church office and Educational Building.

We are also in the process of installing new LED lighting around the basketball and sand courts. This will brighten the area for our youth who use it weekly.

The committee has been busy with maintenance items around the campus. We are asking for monetary donations to assist us in building out our maintenance room with equipment and tools necessary to keep working on our campus.

You can donate to the church via check and memo Maintenance, call Diana at the office at 602-264-7863, call Ted Fournalis at 602-625-8835, or use the NEW PayPal option on our website and add "Maintenance" to the memo.

Special thanks to Costa Tzavaras and Chris Johnson for their recent donations to support our committee and campus.

# Desert Diamonds

Senior Parishioners  
and their guests



Greetings Desert Diamonds & Friends,

Dear Desert Diamonds & Friends,

I hope that you are enjoying this glorious weather, Spring has Sprung!!!!

Please join us for our

**Spring Potluck on Tuesday, March 10th, 2020 at 11:30am.**

We'll have a special guest speaker:

**Dr. Jeffrey Frost at 1:00pm on:**

**“What’s Happening Now in Medicine”**

- Regenerative Stem Cell Therapy
- Alternative Elimination of Pain without Drugs
- Alternative to Invasive Surgery
- Hormone Replacement Therapy
- Chiropractic Decompression Therapy
- Chiropractic Care
- Medically Supervised Weight Loss



Please note:

If you have questions about the above issues, please write them down and bring with you when you come. Dr. Frost will ask for the questions before he begins the presentation and will try and give his answers during the presentation. He wants to focus on what our needs are.

Warm regards,

Julie Karoutas

email: [juliekaroutas@gmail.com](mailto:juliekaroutas@gmail.com)

cell: 623-313-8720 call or text

# Message from Pastoral Assistant Alexander Eliades

## PFDFD (Post-FDF Depression)

One of the most common things you hear when leaving FDF (Folk Dance Festival, or Faith Dance Fellowship held every year as a festival for our youth to showcase and compete in Greek folk dancing) is “I wish I could be at FDF all year long!” Our kids lament not being able to be with their friends all the time who are “more like them” and who “understand them better” (If you do not/did not go to FDF, do not skip this article but see further down!). The phrase “PFDFD” arises because they no longer are surrounded by those like them 24/7. Many will point to the Greek aspect that draws them together, but this can’t truly be the case because not all those who dance are fully (or even partially) Greek. What truly binds them together, even completely subconsciously, is Christ. However, after FDF ends there can tend to be a falling off in church attendance because there is no more dance practice to keep them “engaged.”

As I posited above, it is not truly the dance and culture that draws them together so tightly (although it definitely helps)! It is because we are one body in Christ, because they do spend more time together, and because they know they can be more open with one another here at church than anywhere else. At church they will (or should) not be judged. At church they will be loved and accepted. This year we have re-upped our Youth Ministries this Lenten and Spring season because it is such an important time in the year and it most certainly is not a time to “take a break from church!” Our youth already have a connection with one another, now we can open up their friend circles even more to those who perhaps do not dance or come to different events than they do. Most importantly, we *need* to teach them about Christ.



Instructors Athanasia Fourlis, Director Niko Panagiotakopoulos, Anna Panagiotakopoulos, Tasso Annos, and Gabriella Papatzimas



Nothing will bring our kids together like Christ. Nothing will support them in their life like Christ. Nothing can ever be as important in their life as Christ. As of now this may sound foreign to you and to them but as I told the dancers at FDF, if they put in 1/5th the time and effort they do to dance into the Church and learning about Christ, their lives will be improved exponentially. A relationship with Christ and all those in His Body is the only true way to fulfillment. Let’s bring our youth to these events, to the services, pray with them at home, and watch them flourish even more. Give it one year. Go the extra mile, go to the extra service, go to the youth events, fast and pray even a little at home. Give it until next FDF (or President’s Day weekend for those who do not dance) and I promise you, yes there will be sadness at leaving their FDF friends, but there will also be a realization that they have all the love, support, and friendship they need here at Holy Trinity and in Christ.



**PHOENIX  
LENTEN  
GOYA  
LOCK-IN**

---

**"WE HAVE A  
GREAT HIGH  
PRIEST"**

**MARCH 20-21  
HOLY TRINITY  
CATHEDRAL**

---

Grades 6-12  
Arrival Friday @ 5pm  
Departure Saturday 11am  
<http://holytrinityphx.org/upcoming-events>  
Follow us on Instagram @holytrinityphx

## Clean Week

### CLEAN WEEK WORSHIP SCHEDULE

S	FORGIVENESS VESPERS 7PM
M	COMPLINE 6PM
T	COMPLINE 6PM
W	PRE-SANCTIFIED LITURGY 5:30PM
TH	COMPLINE 6PM
F	1ST AKATHIST 7PM
SATURDAY OF SOULS 8/9AM	

## Your 2020 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](mailto:kvasilarakos@cox.net) for more information.

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

## Myrrhbearer Photo Project

We are calling for Myrrhbearer photos from over the years, with the goal to collect each year and present them chronologically in one big photo album.

There will be a table during Coffee Hour on these dates:

**March 15 and  
March 22, 2020**

Bring any printed group photos you have of Myrrhbearers. There we be a list of years so that we can assure each year is represented.



HOLY TRINITY CATHEDRAL

# LENTEN FRIDAY MEETINGS

Every Friday during Lent we will hold a meeting for one of our ministries before or after Salutations at 7pm

MARCH 6: YOUNG ADULT 8PM  
MARCH 13: SR. GOYA 8PM  
MARCH 20: GOYA LOCK-IN  
MARCH 27: HOPE/JOY & JR GOYA 6PM

For more info email:  
[aeliades@holytrinityphx.org](mailto:aeliades@holytrinityphx.org)

## 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](mailto:AdminAssist@holytrinityphx.org) and Kristen at [kvasilarakos@cox.net](mailto:kvasilarakos@cox.net).

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

*Thank you!*



## Tell Us Something Good

Orthodox man seeks apartment-mate for a two bedroom apartment across from Paradise Valley Mall. You'd have your own bedroom.

Park and pool views.

\$550.00 per month includes utilities.

Call Michael (Ayman) at  
480-840-4710

for more information.

## 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.



## Service Live-Streams

Are viewed between 150-300 times each service by locals and by those around the world!



## 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 and Live-Streaming!

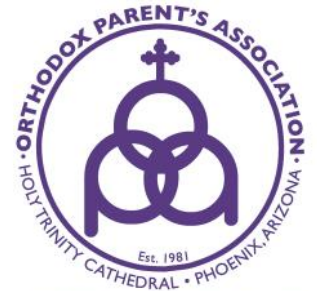
There are weekly video tapings of the Matins, Liturgy and special services posted by Daniel and Joshua Pardhe on [YouTube](#) and [Facebook](#) and through the links on the [website](#).



Subscribe and like us today <https://www.facebook.com/holytrinityphx.org/>; <https://youtu.be/h-6GLW3udVo>

# OPA—Orthodox Parents Association

Dianna Scaccia, Co-President  
Paulina Watson, Co-President



Where every adult is a parent to our youth.

Paulina Watson  
602-740-9350

[Paulinawatson25@gmail.com](mailto:Paulinawatson25@gmail.com)

Dianna Scaccia  
602-323-4615

[discaccia@gmail.com](mailto:discaccia@gmail.com)



Thank you for attending Youth Day!



## 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 [Paulinawatson25@gmail.com](mailto:Paulinawatson25@gmail.com) or [discaccia@gmail.com](mailto:discaccia@gmail.com) and we'll get you added to the list.

## Meet your Board!

Co-President	Paulina Watson
Co-President	Dianna Scaccia
Secretary	Donna Manelis
Treasurer	Stephanie Papadopoulos
Wellness Ministry	Lindsay Vardalos & Leah Venetis
Correspondence	Caroline Economopoulos

# All Saints Camp



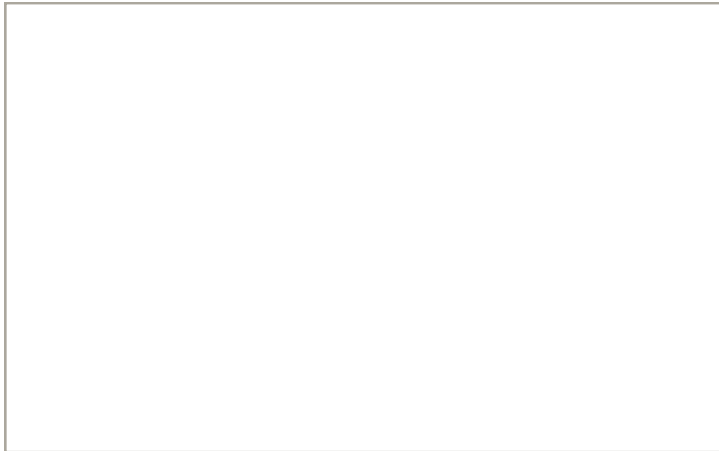
## FDF 2020

Congratulations to our dancers and instructors for another successful year at FDF 2020!



# 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](mailto:kvasilarakos@cox.net) for more information.

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



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

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

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

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

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

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

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

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