

# Desert Springs

June & July 2020  
Volume 5 Issue 6

Re-Opening of the  
Cathedral Building!  
Details inside.

Newsletter of Holy Trinity Greek Orthodox Cathedral  
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Sunday Worship  
Cathedral  
8:00am Orthros  
9:30am Divine Liturgy

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Socrates Papadopoulos,  
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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)

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# Message from Father Apostolos

## Holy Communion and Intimacy



For years I kept in my desk, as a bit of comic relief, a postcard advertisement for "Do-It-Yourself Communion" which featured grape juice in a small plastic coffee creamer container with an oyster cracker sealed under a cellophane top. I often joked with my brother clergy about vending machines in the narthex stocked with "DIY Communion," little realizing how near the truth this joke would one day become.

As the shadow of the COVID-19 Virus fell across the world, Orthodox communities in every land scrambled to protect their faithful members. Ultimately, Patriarchs, Hierarchs, and Holy Synods decided that to preserve the lives of Orthodox Christians public worship in our parishes must be temporarily suspended.

Many 'creative' ideas were advanced regarding how to offer Holy Communion to the faithful until our Holy Eparchial Synod spoke more declaratively against such innovations. "Drive-through communion" and long forgotten modes of distribution were seriously discussed and grave concern was expressed about *"getting communion,"* or even *"getting MY communion."*

And though I, too, briefly explored such options, I could not bring myself to inflict such damage on Holy Orthodoxy's hard-won Eucharistic theology as expressed in our understanding of *Holy Communion as a shared expression of sacred intimacy in the Body of Christ* and not as a commodity or a "thing" one "gets."

On Holy Wednesday evening of Holy Week, remembrance is made of the Mystical Supper and of the inauguration of the Divine Office of the Eucharist. St. Luke records that Jesus *"reclined at the table and the apostles with Him. And He said to them, 'I have earnestly desired to eat this Passover with you before I suffer, for I say to you, I shall never again eat it until it is fulfilled in the Kingdom of God.'" (Lk. 22:14-16)*

He continues; *"And when He had taken a cup and given thanks ("evxaristia," hence, "Eucharist") He said; 'Take this and share it among yourselves; for I say to you I will not drink of the vine from now on until the Kingdom of God comes.'" (v.17-18)* The intimacy of this moment of sharing the Passover meal defines the context for the offering of the Holy Gifts and the "institution" of the Mystical Supper. Here, we witness fellowship among brothers and friends, a fulfilled longing to share the Passover Seder together, and a promise by Jesus Christ to fast from any future feast until it could again be shared together.

This theme of Holy Communion as an expression of intimacy appears in the prayers we offer before approaching the Common Cup; *"You have beguiled me with yearning O Christ..." to which Jesus replies; "I have earnestly desired to eat this Passover with you before I suffer," ... "and by Your divine love You have changed me. But do burn away my sins in ethereal flame and let me be filled with sheer delight in You..."*

In the closing words of the New Testament, the intimacy of the wedding feast between Christ the Bridegroom and The Church as His Bride is invoked. *"Let us rejoice and be glad and give glory to Him, for the marriage of the Lamb has come and His bride has made herself ready. And it was given to her to clothe herself in fine linen, bright and clean, for the fine linen is the righteous acts of the saints." (Rev. 19:7-9)*

Correctly understood, and reinforced in numerous ways in Holy Scripture, in hymns, in sacred writings, expressed in the holy canons that regulate public worship, and in the

*Message continued on page 4  
Desert Springs June & July 2020*

overall context and liturgical structure of the Holy Eucharist, we perceive the immutable truth that the reception of the Holy Gifts cannot be isolated from the true act of "communion" which makes their offering possible.

Simply stated, just as human intimacy finds its proper context in the vessel of sacramental wedded union, so too does the reception of the Body and Blood of Christ find its proper context in the sacred assembly of the Church. The experience of Holy Communion begins with the invocation "*Blessed is the Kingdom...*" and is 'suspended' with the final blessing "*Through the prayers of our Holy Fathers...*" I say 'suspended' because we merely step into the ceaseless worship of the Heavens when we celebrate the Eucharist.



This sacred intimacy which is expressed on two planes, the material and the mystical, must be shared in purity and in a manner that embraces and strengthens the underlying bond. Physical intimacy in marriage becomes nourishing only when the bond is healthy and true *eros* and *agape* are present. In the absence of love, physical intimacy becomes destructive.

The spiritual intimacy that is shared in the Eucharistic Chalice must reflect the beauty and integrity of the New Covenant relationship that brought it into being. Communicants must never approach the cup on their own terms, that is to say, diminishing the Body and Blood of Christ to a commodity to which they are "entitled." To do so is to invite grave danger.

St. Paul was forced to address the abuses present in the Eucharistic Assembly of the Corinthian Church where drunkenness and disorderly conduct was disrupting the Agape Feast. After rebuking their particular misdeeds and recalling the words of Institution uttered by Christ at the Mystical Supper, he writes;

*"Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner shall be guilty of the body and the blood of the Lord. But let a man examine himself and let him eat of the bread and drink of the cup. For he who eats and drinks, eats and drinks judgment to himself if he does not judge the body rightly. For this reason, many among you are sick and a number sleep (or have died). But if we judge ourselves rightly, we should not be judged." (1 Cor. 11:27-31)*

These passages inform the Church's application of canonical correction to penitents in removing them from the Chalice for a period of time, not to punish them but to protect them from harming themselves by partaking unworthily as we are reminded in the prayer; "*Beholding the deifying blood, O man, be awe-stricken for it is a fire that burns the unworthy,*" and "*How shall I who am unworthy dare to enter the bridal chamber since my garment is not a wedding garment and being bound up I shall be cast out by the angels.*"?

The reception of the Holy Gifts in the context of the sacred assembly which - alone - confers "communion" in the context of *koinonia* must always reflect the communicants' fealty to the New Covenant relationship with God. The Holy Gifts are not magical but mystical. They reflect the consummation of a wedding bond lived out between the communicant and Christ. They do not confer it.

Likewise, the celebration of the Sacred Mysteries of Christ, for which we deeply yearn after so long a time away, are not magical incantations. Excessive attention to the rubrics and translations advanced by "specialists" unveil a rationalistic misunderstanding of the rite itself. The Divine Liturgy isn't an incantation that must be correctly recited and invoked for the "spell" to work.

Beloved, we will have been away from one another for nearly three months when we at long last reassemble to celebrate our reunion and our common bond in Christ. Who among us could have imagined such a lengthy period of exile was possible? And who can seriously doubt that such a worldwide disruption has God's fingerprints on it, granted to humanity as a challenge to unify us and to cure the many wicked tendencies which afflict us?

The path toward healing, toward reclaiming what we have surrendered in obedience and out of compassion to the suffering, will be marked by humility, gentleness, and compassion. We must be slow to speak, quick to embrace, (from a safe distance) considerate of others before ourselves, and content to leave the political contentiousness and endless conspiracies of those who yet walk in darkness behind us.

And we will experience true Communion in that moment, not as a 'thing' to which we are entitled, not as an expression of individual pietism, but as an expression of mutual love in the fellowship of the redeemed who gather for the Heavenly Banquet to receive the Bread of Heaven. For this we greatly long! Each of us can echo the sentiment "I have earnestly longed to share this Paschal meal with you!"

May our reunion be marked by a spirit of gratitude, meekness, and peace.

Rev. Father Apostolos Hill | Dean

## Holy Trinity Sunday School

is looking for parents and young adults to teach our youth in the 2020-21 year. This is a great opportunity to ensure our youth grow up knowing their Orthodox faith.

If interested, please contact  
Kalli Schneider:

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



## 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!*

# Stewardship

By Sandy Meris

## WHAT DOES STEWARDSHIP LOOK LIKE DURING A GLOBAL PANDEMIC?

Right now, everything is different. Businesses, schools and churches have been closed. Airports are empty. People are staying in their homes and when we do venture out to the grocery store, most people are wearing face coverings. We have never experienced anything like this in our lifetime.

It has been more than two months since we have come together as a church family for Sunday worship, coffee hour, a ministry meeting or gathering or even one of our parish luncheons. Although we have been physically distant, hopefully this hasn't stopped us from still connecting with one another.

Father Apostolos and Alexander Eliades quickly made the transition to live stream Divine Liturgy. Dozens of our parishioners have been watching, participating from a distance through Facebook. Certainly, it's not the same, but somehow, we still feel a connection to one another through social media.

Hopefully we have all remained in close connection with family and friends. Helping one another with grocery shopping, picking up supplies, perhaps delivering a meal. This has forced us to think differently about our connection to one another. And hopefully, it has made us better appreciate our relationships, our health and our church. And it has created yet another aspect of what stewardship is and what it can be. Not only taking care of our church, but also taking care of one another.

Slowly the restrictions are beginning to loosen and soon we will be able to be back together again. And when that happens, hopefully we will no longer take the simple things for granted like attending church on a Sunday morning and catching up with our friends during coffee hour. We look forward to the day, very soon, when our Holy Trinity family will reunite!



### 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.
- ◆ 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.

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Through 05/02/2020

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Continued from page 6

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# Welcome Back!

## Welcome Back to Holy Trinity Cathedral!

It is with great pleasure that we announce the reopening our beloved Cathedral! We do so, using an abundance of caution and copious preparations to keep everyone safe and healthy. Fully reopening the parish will occur utilizing a “phased-in” approach. We will begin at Phase 1 allowing for no greater than 100 participants. The phases of reopening are being conducted in accordance with guidelines from our Metropolis as well as the CDC, Arizona Department of Health, and the Arizona Governor’s Office.

**Divine Liturgy services will resume at 9:30 a.m. on Sunday, June 14, 2020.**

(There will not be Orthros services during Phase 1)

A second Divine Liturgy will be held on Fridays beginning **Friday, June 19th at 9:00 a.m.** **This service is reserved for our parishioners who are age 65 or older, are immune compromised, or have underlying health conditions.** All attendees will be asked to sign-in in the Narthex. This is required by the Metropolis so that we may contact people should there be an outbreak.

### Here is What to Expect...

#### Prior to Your Arrival:

- **Registration is Required** – We can only allow **100 people inside the church** per service. Therefore, each family must make a reservation to secure a seat by going to: <https://tinyurl.com/HTLiturgy> and filling out the required information. Each family member’s name who will be attending church must be included on the list.

We have reserved a few spots **only** for our parishioners who are not comfortable with technology. Those people may call the church office at 602-264-7863 and speak with Diana Camacho or leave a message on the machine to secure their reservation. Please include first and last name, how many people from your household will be attending, the date of the church service, and a return phone number.

**For the Sunday services registrations must be made no later than noon on the Friday preceding each Sunday. Reservations may be made for only one Sunday at a time. Only family members residing in the same household will be seated together.**

- **Stay Home if Ill** – If you or a family member is feeling ill, please stay home. Also, please stay at home if you or a family member in your household has been exposed to someone diagnosed with Covid19 within the past 2 weeks.
- **Take Your Temperature** – Please take your temperature at home before coming to church. Epidemiologists recommend anyone with a temperature of 100.4 degrees or higher stay home.

*Welcome Back! continued on page 10  
Desert Springs June & July 2020*

- **Bring a Face Covering or Mask** – We ask each person to arrive with your own face covering or mask and it must be worn upon entering the church and the entire duration of being inside the Cathedral.
- **Download the Divine Liturgy** – All service books, prayers and bulletins have been removed from the pews. For those who wish to follow along, please download the Liturgy [www.goarch.org/chapel](http://www.goarch.org/chapel). The Liturgy can be downloaded in either Greek or English.



### **Upon Your Arrival:**

- **Social Distance Greetings** – Please remain at least 6’ away from others at all times. This includes 6’ to the front, back, left, and right. Please refrain from embracing or touching other parishioners. Remember, this is not just for your safety but for the safety of your fellow parishioners.
- **Please use Hand Sanitizer** – Please use hand sanitizer prior to entering the Cathedral. Hand sanitizer stations will be available for use outside the Cathedral.
- **Follow the Signs** – Signage will direct you once you arrive. Please follow the signs and arrows placed on the ground and throughout the Cathedral.
- **Let us Guide You** – Your Parish Council members will be on duty to seat, guide, and direct you. Please follow directions and instructions from your Parish Council members. Remember to please be patient as we will be seating families together using social distancing measures.
- **Candles and Donations** – You can still light a candle in the Narthex and leave a donation, however, candles will be distributed to parishioners by the Parish Council members. Other donations or stewardship contributions can be placed in these baskets as well.
- **Venerating Icons** – Upon entering the Narthex, please refrain from using physical contact when venerating the icons.

### **During Liturgy:**

- **No Trays Will be Passed** – We will not pass the offering trays during the service. We ask parishioners who wish to make their regular stewardship contribution or wish to make a donation, to please do so in the candle offering trays in the Narthex.
- **Communion** – Communion will be offered **at the very end of Liturgy** for those who are prepared to and wish to receive. As always, rows will be released by Parish Council members. Parishioners are asked to stay a minimum of 6’ apart from one another while waiting in line to receive communion. Please remain on the lines that are placed on the carpet down the center aisle. As you approach the chalice, place your hands over your chest, tilt your head back and Father will distribute communion in your mouth. Do not touch the spoon or cloth. Once you receive communion you will be directed by the Parish Council to one of the side doors to exit the church and proceed to your car. Please be prepared to not return to your pew once you receive communion. Antidoran will not be distributed during Phase 1. Parishioners who do not receive communion will be instructed to leave following communion through the side doors.

- **Using the Restrooms** – Please use caution when using the restrooms in the Cathedral as they are small and have tight quarters. Please thoroughly wash hands and keep 6’ apart from others.
- **Paperless Worship** – All Liturgical books and prayers have been removed from the pews. Please feel free to follow along with the Liturgy on your cell phone.

**Upon Your Departure:**

- **Limit Gathering** – Upon the completion of Liturgy, please refrain from gathering in the Narthex or outside the Cathedral.
- **No Coffee Hour** – Coffee Hour will not be held during Phase 1.

**Please remember that this is temporary!** We understand that it is difficult and feels strange conducting Liturgy in this manner. Let us remember that this too shall pass and hopefully soon we will all return to our church without any restrictions. Until then we ask for your patience and compliance. And we encourage you to find ways to have fellowship with family and friends in a safe and healthy manner.

**May God Keep and Protect Us All!**

*Liturgical Services will continue to be live streamed  
by Father Apostolos and Alexander until further notice.*

**LIVE-STREAMING PLATFORM INSTRUCTIONS**

**If you have a Facebook account:**

Like our Facebook page:

[Holy Trinity Greek Orthodox Cathedral - Phoenix, AZ](#)

You will receive updates when we are live.

**If you DO NOT have a Facebook account:**

1. Go to [holytrinityphx.org](http://holytrinityphx.org)
2. Below the picture of Father Apostolos, find the link for accessing our Facebook where the streaming takes place.
3. Click the link
4. Scroll down until you come upon the video of the live service
5. If Facebook asks you to log in, simply click "Not Now"

If you have any questions or still cannot access our streams, please seek out help from someone you know who is already able to get them, or if you do not know of anyone who can help, email Alexander Eliades: [aeliades@holytrinityphx.org](mailto:aeliades@holytrinityphx.org)

*"So humble yourselves under the mighty power of God,  
and at the right time He will lift you up in honor.  
Give all your worries and cares to God, for He cares about you!"  
(1 Pet. 5:6,7)*

# Cleaning Regimen

## **HOLY TRINITY CATHEDRAL IS PREPARED FOR YOUR RETURN**

We have been hard at work preparing for Holy Trinity's reopening. Father Apostolos, Alexander Eliades, the Parish Council, and our caretakers together have implemented a cleaning regimen to keep our parishioners as safe as possible as we begin Phase 1 of reopening the Cathedral.

Below are the steps we are taking to thoroughly and continuously clean and sanitize the Cathedral following the Centers for Disease Control guidelines and using Environmental Protection Agency approved disinfectants.

### **Prior to and after each service the following items are sanitized:**

- Doorknobs and door handles
- Countertops
- Light switches
- Wood surfaces on the pews
- Kneelers in the pews
- Cathedral bathrooms
- Drinking fountains
- Floors in Narthex
- Altar

### **We have taken the following additional steps to ensure your safety:**

- Change HVAC air filters more frequently
- Removed all Liturgy books, Bibles, and laminated prayers from the pews
- Removed all paper bulletins, Stewardship cards, and other brochures from the Narthex
- Placed blue tape down the aisles of the Cathedral in 6' intervals to keep the appropriate distance during Communion
- Put HEPA filters in vacuum cleaners
- Obtained surgical masks as back-ups for those who show up without a mask
- Obtained hand sanitizer station

***We emphasize that parishioners who are at a higher risk for severe illness from COVID-19 (65 years or older, have underlying medical conditions, been exposed to the virus, or are experiencing symptoms) are strongly encouraged to refrain from attending services.***

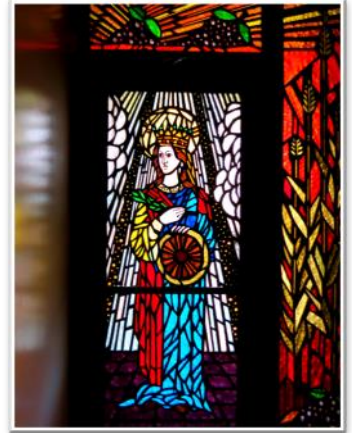
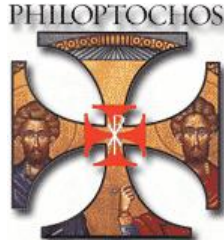
# Holy Trinity's St. Katherine Philoptochos

Alex Anagnopoulos, President

## "FRIENDS OF THE POOR"

An organization where membership is an honor & a privilege.

**JOIN & ENRICH YOUR LIFE!**



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

## ATTENTION HOLY TRINITY GRADUATES:

Due to the COVID-19 shut down, Philoptochos has decided to extend the deadline for the scholarship application. The new deadline is Sunday, June 14th. Please ignore the May 31 deadline that was written on previous application forms. The updated form is on page 14.



*Thank you and good luck!*

## 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

# Holy Trinity's St. Katherine Philoptochos

Alex Anagnopoulos, President

## *2020 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 2020. 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 2020 and attending college in the fall of 2020
3. College students may also apply as continuing students or in graduate programs in the Fall of 2020
4. Applicants must submit:
  - A copy of 2019-2020 transcripts
  - College acceptance letter
  - A resume including school, church & community activities

### **APPLICATION DEADLINE: June 14, 2020**

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

*Mail to: Philoptochos Scholarship, 1973 E. Maryland, Phoenix, AZ 85016*

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

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

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

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

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

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

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

# Light a Virtual Candle

[Light a Candle](#)



In this time more than ever we need prayer.  
As we unfortunately cannot come light our own candles,  
we have set up this ability to do so virtually!

Please click the link above and follow the instructions.  
Enter your name and the names of those you wish prayed for  
in the PayPal “Notes” section,  
and Father Apostolos or Alexander  
will light a candle and say a prayer for you.

## Bible Study

From Father:

I will begin offering our weekly Bible Study on Saturday mornings at 10:00am on **Zoom**. Zoom is a video conferencing website that allows for large gatherings to hold meetings on line. The details are provided below.

Trust me! If I can figure this out, ANYONE can! All you need to do is to go to this website <https://www.zoom.us/>

Once there, you will notice at the top of the screen and to the right the Join a meeting option. Click the option and enter the Meeting ID **360-179-3722** and Password **HTPhoenix**

Zoom allows us up to 100 participants. If we actually have 100 participants I will probably faint and be unable to conduct the study! :)

We will be examining the Magnificat of the Virgin Mary as recorded in St. Luke's Gospel and comparing it with the very similar canticle of praise offered by Hannah in the first book of Samuel. It should be informative and fun!

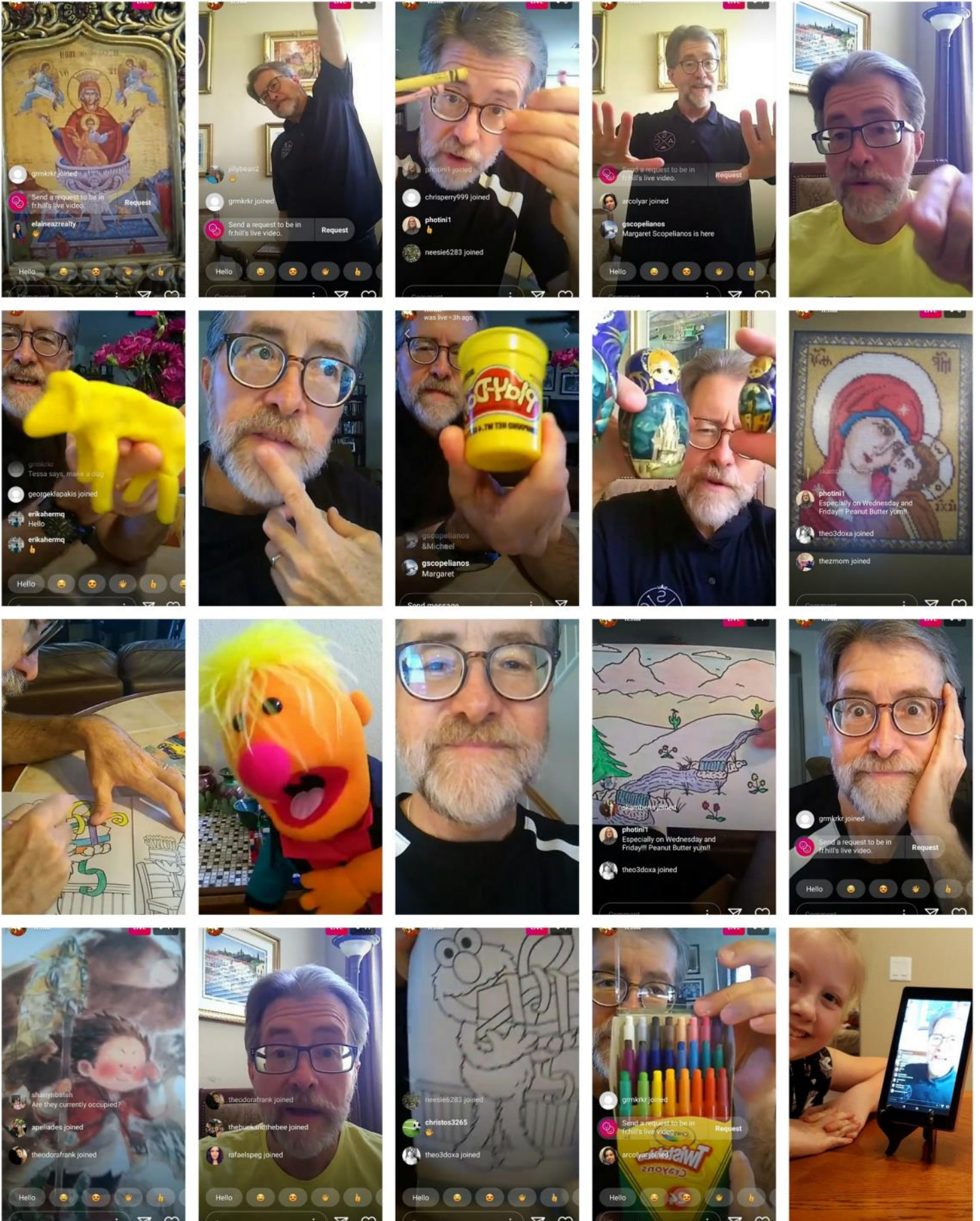
God bless and keep you all well, protected under the shelter of His wings, and filled with the peace that comes with knowing that He watches over us!

In Christ,

Rev. Father **Apostolos Hill** | Dean



# Father on Instagram





# St. Nectarios Books & Beyond

By Rita Papaspyrou



During the month of June we celebrate the Feast of Holy Pentecost.



The Feast of Holy Pentecost is celebrated each year on the fiftieth day after the Great and Holy Feast of Pascha (Easter) and ten days after the Feast of the Ascension of Christ. The Feast is always celebrated on a Sunday.

The Feast commemorates the descent of the Holy Spirit upon the Apostles on the day of Pentecost, a feast of the Jewish tradition. It also celebrates the establishment of the Church through the preaching of the Apostles and the baptism of the thousands who on that day believed in the Gospel message of salvation through Jesus Christ. The Feast is also seen as the culmination of the revelation of the Holy Trinity.

The Apostles of our Lord were gathered together in one place. Suddenly, a sound came from heaven like a rushing wind, filling the entire house where they were sitting. Then, tongues of fire appeared, and one sat upon each one of Apostles. They were all filled with the Holy Spirit and began to speak in other languages as directed by the Spirit (Acts 2:1-4).

The Bible records that on that day about three thousand were baptized. Following, the book of Acts states that the newly baptized continued daily to hear the teaching of the Apostles, as the early Christians met together for fellowship, the breaking of bread, and for prayer. Many wonderful signs and miracles were done through the Apostles, and the Lord added to the Church daily those who were being saved (Acts 2:42-47).

In the icon of Pentecost we see the fulfillment of the promise of the Holy Spirit, sent down upon the Apostles who will teach the nations and baptize them in the name of the Holy Trinity. Here we see that the Church is brought together and sustained in unity through the presence and work of the Holy Spirit, that the Spirit guides the Church in the missionary endeavor throughout the world, and that the Spirit nurtures the Body of Christ, the Church, in truth and love.



# Music Ministry

by Terri Alexon, Director



*Sing to God, sing praises to His name;  
Lift up a song for Him who rides through the deserts.*  
**Psalm 68:4**

As summer approaches, the Music Ministry is usually looking forward to vacations and a break from weekly rehearsals, but this year is quite different! Now, the Cathedral and Byzantine Choirs are looking forward to getting clearance to gear up to sing once again as a group.

One such choir member missing singing in church is Marianna Kaneris. Music has been a large part of Marianna's life ever since the age of six when she began playing piano. "I have fond memories of listening to the choir sing during services, especially during Holy Week and Easter when I was growing up," she said.

Singing first soprano, Marianna has participated in several different choirs throughout the years and enjoys singing in the Holy Trinity Cathedral Choir, contributing her vocal experience for others now as an adult.

Marianna commented that she feels fortunate to be part of the Holy Trinity community and for the opportunity to have grown up participating in youth choir, dance, Sunday School and Greek School. "It's nice to be able to give back to my parish community in the ways I can," she added.

Currently, Marianna is a graduate student at Arizona State University studying psychology. Aside from music, her hobbies include drawing, painting, and cooking. She also loves being outdoors and spending time with friends and family. "My Orthodox faith, culture and Greek heritage are very important to me," she said. "I treasure the opportunities I've had to travel back to Greece and maintain my roots and connection."



Would you or your child like to create wonderful memories and join in the choral fellowship like Marianna? If so, please venture up to the loft when the church is open for worship or send an email to [htphxmusicdirector@gmail.com](mailto:htphxmusicdirector@gmail.com).

And by the way, did you know singing is **praying TWICE?**



# Parishioners at Home



Nick Maydanis shares this cross he received from his sweet cousin Georgene Poulakidas at her wedding in 2015.



Icon given to Anna Mary Kouis from the Philoptochos Sisters of St. John the Baptist, Myrtle Beach, submitted in loving memory by her daughter Julie Mamani on Anna Mary's 1-year memorial, May 4, 2020.



Icon From Greece.



A dear friend gifted us this icon from St. Anthony's Monastery.



Eva is shown with godchildren Michael, wearing his cross and Tessa, holding her Saint icon.



*With my first gifted icon*

*Chrismated in 2003*



Icon from Greece



FROM THE HOME OF GEORGE & JULIE FROUMAS



Icon of St. Loukas, from Hosios Loukas, a walled monastery near my papou's village of Distimo, in Boeotia, Greece.

# Parishioners at Home



The cross holds a special place in Bessie's heart since it belonged to her grandfather.



This icon was given by a client to Julie when she lived in Florida and it holds a special place on her wall here in Arizona.



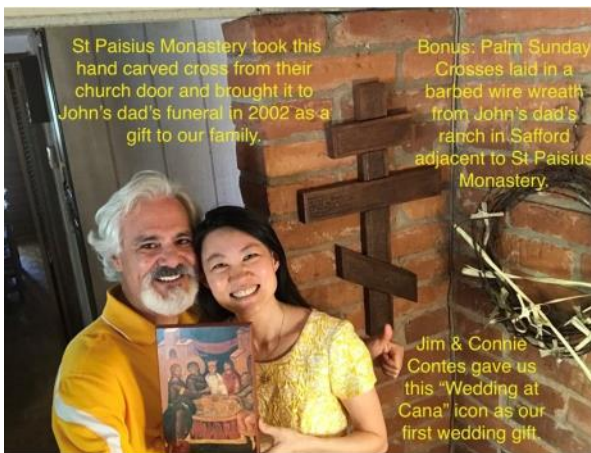
Icons received as gifts from our visit to Greece in 2000



Julie Froumas shares this cross hanging high up on their wall.



Icon with all five patron saints given to the Pardhes by their Godfather Gregory



St Paisius Monastery took this hand carved cross from their church door and brought it to John's dad's funeral in 2002 as a gift to our family.

Bonus: Palm Sunday Crosses laid in a barbed wire wreath from John's dad's ranch in Safford adjacent to St Paisius Monastery.

Jim & Connie Contes gave us this "Wedding at Cana" icon as our first wedding gift.



Holding up palm crosses made on Lazarus Saturday for Pascha 2020



Icon brought from Greece.

# Holy Trinity Academy

By Juli Pritsos

Contact me at

[julipritsos@holytrinityacademyphx.org](mailto:julipritsos@holytrinityacademyphx.org)

for more information. HTA is enrolling now for preschool and kindergarten for the upcoming 2020-2021 school year. Call now for a tour at 602-248-3881.



**HTA's Rich Curriculum Emphasizes a Strong Academic Foundation Developing Curiosity & a Love of Learning.**

**Now Enrolling  
602.248.3881**

|                           |                                      |
|---------------------------|--------------------------------------|
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| Full Day Kindergarten     | Affordable Before & After Care       |
| Safe & Caring Environment |                                      |



1973 E. Maryland Ave. Phoenix, AZ 85016  
[htaphx.org](http://htaphx.org)

## Our Church Family

### Funeral

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

Psalm 23:6



05/18/2020

Harriet Sioles

*May her memory be eternal.*

## 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.

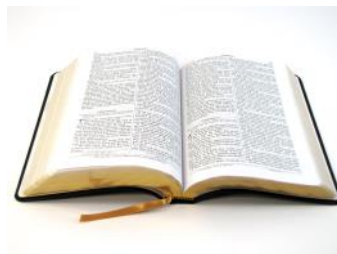
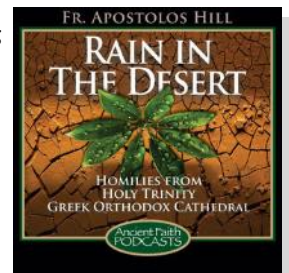


## Rain In The Desert

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

[www.ancientfaith.com/podcasts/rain](http://www.ancientfaith.com/podcasts/rain)

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



# Sunday School

Submitted by Kalli Schneider

Hello from all of us here at  
Holy Trinity Sunday School ministry!



First of all, we would like to say to all of our wonderful Holy Trinity families and children that we miss you so much. We miss seeing all of your children's smiles and laughs. We miss seeing them walking (or running!) down the hallways. We miss sneaking a wave to your children during Liturgy as we pass by each other. We miss their questions and comments as we talk with them and teach them about our Orthodox faith. And we look forward to doing that all again when we reconvene and it is safe to return to our classrooms and be together!!!

With this strange and unprecedented situation that we are in, we have been given many gifts as well. We have been given the time to pause and reflect. We have been given the time to pray about our past, present and future. We have been given the gift to reset and re-energize.

Our Sunday School ministry is taking advantage of those gifts with both the help of our Lord and our clergy and administration. Our parish is so blessed to have Father Apostolos and Pastoral Assistant Alexander Eliades reach out to us and to our children in our homes with the many Facebook, Zoom and Instagram lessons and liturgical services. Father will be continuing Summer Sunday School through Zoom every Sunday. Hope and Joy will meet on ZOOM at 1pm and Jr/Sr GOYA will meet at 2pm. (Meeting ID: 360 179 3722, password is HTPhoenix) Alexander will continue his wonderful reflections about Orthodoxy and our Saints every Tuesday and Thursday on Facebook.

During this shutdown, Holy Trinity has continued to communicate and come together on ideas about your children's Sunday School ministry. There are many ideas on what can we do better, what works, what doesn't work, what will help your children grow in our Orthodox faith in the love and light of Christ.

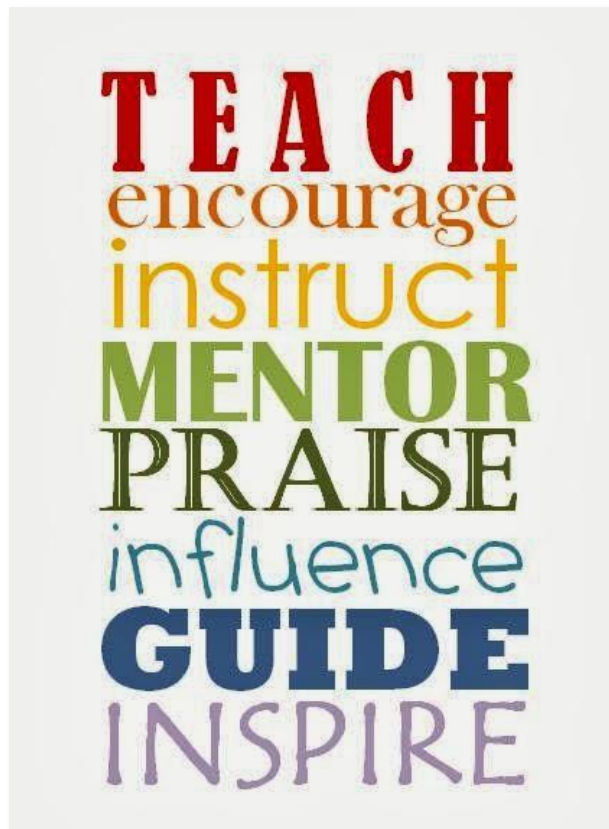
I also have had time to reflect and pray about the past. I have been involved with Sunday School since our oldest child, John was 3 years old. He is now 24 years old and our 5th & 6th grade Sunday School teacher. I have to say that I have received many more gifts from being involved in this ministry, our church and our faith than I have given. I have loved seeing the children in our parish, in our community grow into young adults that are now involved in our church. It truly is a rewarding ministry to be involved in. Our youth are our future. We hear it all the time. But as a parent of young adults, I SEE it! You will see it! Your children are our future Sunday School teachers, our future parish council members, our future choir, future chanters, ...I could go on and on. I remember a sermon years ago that rings true every day. Instead of saying or thinking "I have to teach Sunday School this Sunday" or "I have to prepare for the Christmas pageant", we replace one phrase "have to" with "GET TO". "I GET to teach Sunday School this Sunday" and "I GET to prepare for the Christmas pageant". I feel so blessed that I was given this gift to be a part of Holy Trinity's youth through Sunday School. So as I pray and think about the future, it is time for someone else to receive these beautiful gifts of "getting" to work with our youth. We are seeking out new Sunday School director/co-directors and teachers. I along with Father Apostolos and Pastoral Assistant Alexander will be working with our new directors and all of our Sunday School teachers, old and new. We will be working to enhance our curriculum and strengthen our ministry, allowing our children to grow even more in our Orthodox faith.

*Sunday School Message continued on page 23*

Sunday School is resetting and re-energizing and you can be a part of this Holy Trinity youth ministry. Sunday School currently has 7 teacher openings and 2 co-director openings! What an exciting time to get involved! Be a part of making Sunday School fresh and new for our most precious part of our parish, our community, our church family, our children! Father Apostolos and Alexander are working on refreshing our curriculum and we will all work together to make our Sunday School, your children's Sunday School inspiring. WE want to hear your kids say "I GET to go to Sunday School today!" Here are our opportunities for Sunday School for the 2020-2021 school year:

| <u>Classroom</u>  | <u>Teacher</u>                  | <u>Assistant</u> |
|---|---------------------------------|------------------|
| PreK/Kindergarten                                       | Pamela Maydanis/Sharon Daniolos | OPEN             |
| 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> Grade | Katie Meris                     | OPEN             |
| 4 <sup>th</sup> /5 <sup>th</sup> /6 <sup>th</sup> Grade | John Schneider                  | OPEN             |
| 7 <sup>th</sup> /8 <sup>th</sup> Grade                  | Kathy (Katsalis) New            | OPEN             |
| Youth Forum   | OPEN                            | OPEN             |
| Co-Director   | OPEN                            | OPEN             |
| Co-Director   | OPEN                            | OPEN             |

So, as you can see, there are so many wonderful opportunities for you to be involved. If you have any questions, please reach out to Father Apostolos at [papoulihill@gmail.com](mailto:papoulihill@gmail.com), Pastoral Assistant Alexander Eliades at [aeliades@holyltrinityphx.org](mailto:aeliades@holyltrinityphx.org) or Kalli Schneider @ 602-568-3139 or at [kalliopischneider@gmail.com](mailto:kalliopischneider@gmail.com)



# Congratulations to Our Grads!

8th Grade, High School, and College



Athena Beaty-HS



Anastasia Bracamonte-8th



Costa DeMoss-8th



Anna Ehrick-HS



Athanasia Fourtis-college



Madeline Fraenkel-HS



Aleena Haugen-8th



Panayiotis Koulouros-HS



Ariana Kretsedemas-8th



Athena Kretsedemas-HS



Harris Manelis-HS



Dean Papadopoulos-HS



Eleni Papadopoulos-HS



Susan Papadopoulos-HS



Gianna Pesognelli-college



Pantelis Petroulakis-8th



Demetrios Pickett-HS



Stacey Sampson-8th



Peter Schneider-college



Costa Theodore-college



Staci Vaughn-college

Class of  
2020

Composition by Caroline Economopoulos



# 8th Grade



**Anastasia “Ani” Bracamonte** will be graduating 8<sup>th</sup> grade from Maie Bartlett Heard Elementary School. In school, she participated in art, band and student council. Ani’s art was featured in the State Capitol; she played the oboe at the Greater Phoenix Music Festival; and, she was the Student Council President. At Holy Trinity, Ani is part of the Sunday School and dance programs. In the fall, Ani will be attending Washington High School. Her future goals are to learn as much as possible, and obtain a scholarship to a university.

Ani’s favorite quote is, “It is our choices... that show what we truly are, far more than our abilities.” – Albus Dumbledore



**Costa DeMoss** will be graduating 8<sup>th</sup> grade from Copper Ridge School. Costa likes to play hockey, baseball, football, and go fishing. In school, Costa was part of National Junior Honor Society. He is active in the Holy Trinity Sunday school and All-Saints camp. In the fall, Costa will attend Notre Dame Prep.

Costa’s favorite quote is, “You miss 100% of the shots you don’t take.” – Wayne Gretzky



**Aleena Haugen** will be graduating 8<sup>th</sup> grade from Cocopah Middle School. In school, Aleena was awarded the Student of Positive Character, and was on the Principal’s List. Aleena loves to play volleyball and Greek dance. At Holy Trinity, Aleena has been active in Sunday school, the dance program, the youth groups, and All-Saints Camps. In the fall, Aleena plans to attend Chaparral High School. In the future, she hopes to attend law school.

“The most important thing I have learned at this point in my life is that God will help you get through anything, and a little sense of humor goes a long way.”



# 8th Grade



**Ariana Kretsedemas** is graduating 8<sup>th</sup> grade from Desert Shadows Middle School. In school, Ariana made the Principal's List; was part of National Junior Honor Society (NJHS); and, was part of the Desert Shadows Show Choir. At Holy Trinity, Ariana participates in Sunday school, youth groups, and the Greek dance program & FDF Competitions. In her free time, Ariana pursues her love of dancing, and is part of the Dance Motion Performing Company. In the fall, Ariana will attend Horizon High School, where she plans to earn an academic scholarship for college.

"My proudest accomplishment is taking all honors classes in middle school and receiving all A's."



**Pantelis Petroulakis** will be graduating 8<sup>th</sup> grade from Cocopah Middle School. In school, Pantelis was on the Principal's List; participated in the Cocopah Honors Orchestra (concert master/first chair); and, awarded the Students of Positive Character Award (an award selected by teachers for student who do the right thing when no one is looking). Pantelis was a PGA Jr League tournament finalist, and member of the Phoenix Youth Symphony. At Holy Trinity, Pantelis is part of Altar Boys, Sunday school, the dance program and the youth groups. In his free time, Pantelis likes to golf, go mountain biking, work with tools, fix things, and spend time with his Yiayias and Papous. In the fall, Patenlis will be attending Chaparral High School. Pantelis' hopes in the future to obtain a job working for an American car company, a tool manufacturing company, or work in law enforcement.

"Spending quality time with people is important to me. I have found that I have gained more knowledge from my experiences with people of all walks of life, than I have from most books. I have learned so much from people who were more than 75 years older than me, and what I've learned I will be able to benefit from and pass along to others for the rest of my life. I'm very proud of my Greek heritage, and enjoy everything about it – from the language, to the music, to the dancing, and of course, the food! I also value my faith and believe it will always help me in life."



**Stacey Sampson** is graduating 8<sup>th</sup> grade from Frontier Elementary School. In school, Stacey was part of the softball team. At Holy Trinity, Stacey is part of Sunday school, the dance program and FDF competitions, and the youth groups. On her free time, Stacey plays club softball. In the fall, Stacey will attend Sunrise High School. Her future goals are to become a lawyer.

"My proudest accomplishment was hitting a home run!"



# High School



**Athena Beaty** will be graduating the 12<sup>th</sup> grade from Sunrise Mountain High School. Athena was involved in her high school Crime Scene Investigation (CSI) team, Special Olympics, and the Best Buddies Club (a club that fosters friendships and inclusion for students with intellectual disabilities and their peers). She received a Gold medal from Special Olympics Soccer, and a Gold medal in the CSI Regional Competition. At Holy Trinity, Athena volunteered with the Greek festival, and participated as a Myrrbear. In the fall, Athena plans to attend Glendale Community College. Her goals are to go to college, study criminology and/or forensics, and become a crime scene or criminal investigator.

Athena's favorite quote is, "Your peace is more important than driving yourself crazy trying to understand why something happened the way it did." - Unknown



**Anna Ehrick** will be graduating 12<sup>th</sup> grade from Pinnacle High School. In school, Anna maintained a 4.0 GPA, was on the Honor Roll, played basketball, and was listed in the PV District for great attendance. Anna has received many awards throughout high school, but is most proud of her love of writing, and a book she is currently completing. At Holy Trinity, Anna participated in Sunday school, the dance programs, and the youth group programs. Anna has played the violin for the past five years; and, is currently teaching herself to play the guitar. In the fall, Anna plans to attend Paradise Valley Community College, then move to a university to complete her education. Her goal is to become a Physician Assistant (PA), and work in an emergency room. Besides a career, Anna's future goals are to make more memories with the people she loves.

Anna's favorite Bible verse: "Many are the plans in a man's heart, but it is the Lord's purpose that prevails." – (Proverbs 19:21)



# High School



**Madeline Fraenkel** will be graduating 12<sup>th</sup> grade with honors in the top 5% of her class from Sandra Day O'Connor High School. Madeline has been awarded the Certificate of Advanced Academics. In High School, she has been active in National Honors Society (NHS), and the HOSA club. [HOSA is an international student organization recognized by the U.S. Department of Education and the Health Science Education Division which provides an instructional program that prepares students for a health care career.] At Holy Trinity, Madeline has been actively involved in Sunday School, the dance program, and the youth programs. In the fall, Madeline will be attending the University of Arizona, where she plans to study towards a career in the medical field as a doctor. Madeline's future goals are to have a successful career, a big family, and travel the world.

"The most important life lesson I have learned is to be the reason someone still believes in good people."



**Panayiotis "Pano" Kostouros** will be graduating 12<sup>th</sup> grade from Cactus Shadows High School. Pano is the recipient of the University of Arizona Wildcat Tuition and the Dean's Exemplary Scholarships. In school, Pano played bass guitar for the Honors Jazz Ensemble. At Holy Trinity, he was part of the Greek School program, Sunday school program, and the dance program. In the fall, Pano plans to attend the University of Arizona. He plans to study Physiology and wants to pursue a career in the aerospace medical field.



# High School



**Athena Kretsedemas** will be graduating 12<sup>th</sup> grade in the top 8% of her class from Horizon High School. In school, Athena was part of Horizon Choirs Ensemble, National Honor Society, Spanish Honorary Society, Key Club, Tri-M Music Honor Society, Society of Women's Scholars, Medical Society Club, President of Bring Change to Mind, and Dawgpound (school spirit) Leader. Athena is the recipient of the Biliteracy Seal in Spanish, Seal of Arts Proficiency, and ASU President's Scholarship. At Holy Trinity, Athena has been part of the Sunday school; the dance and FDF programs as a participant and instructor; and, participated in the youth group programs. In her free time, Athena is part of the Dance Motion Performing Company, and volunteers with Fiesta Bowl Charities. In the fall, Athena plans to attend Arizona State University, in which she earned Direct Admission into ASU's College of Nursing. Her goals are to receive her Bachelor of Science in nursing, become a registered nurse, then attend graduate school to acquire a Masters of Science in Nursing with a specialization as either a Neonatal or Women's Health Nurse Practitioner. Athena's proudest accomplishments are obtaining a 4.5 GPA all four years of high school, competitively dancing for 10 years, and receiving a full-tuition scholarship to ASU.

Athena's favorite quote is, "Great things come from hard work and perseverance. No excuses." – Kobe Bryant



**Harris Manelis** will be graduating 12<sup>th</sup> grade from Arcadia High School. In school, Harris was a member of the National Honor Society, and played Lacrosse both Freshman & Sophomore years. At Holy Trinity, Harris has participated in Sunday school, Altar Boys, the dance program and the youth groups. In his free time, he was a member of Boys Team Charity in the Camelback League. In the fall, Harris will attend Loyola Marymount University in Los Angeles.

"I would say, the most important thing in life is to value those around me at all points in my life. You should always try to remain happy. Whenever I am happy, the people around me usually are put in better states of minds because of it."

Harris' favorite quote is, "Live as if you'll die tomorrow, dream as if you'll live forever." – James Dean



# High School



**Dean Papadopoulos** will be graduating 12<sup>th</sup> grade from Brophy College Preparatory. In school, Dean was part of Key Club for all four years; was selected for the Brophy Big Brothers Program; was part of the Summer Honors Enrichment Program (SHEP); and, participated in the Peru Immersion Trip. In his free time, Dean was active in the Eagle Scouts program, Boys Team Charity, and the Southwest Autism Research & Resource Center (SARRC) peer mentoring program. At Holy Trinity, he was involved in the Sunday school program, Altar Boys, and the St. John Chrysostom Oratorical Festival. Dean's proudest achievement would be completing his Eagle Scout Award. In the fall, Dean will be attending the University of Arizona. He plans to study finance and accounting, with a goal of a career in sports management.



**Eleni Papadopoulos** will be graduating 12<sup>th</sup> grade from Sunnyslope High School. In school, Eleni was part of Honor Cord for Community Service, Young Life Club, Photo Club, the Cross-Country team, and the Track and Field team. In the community, Eleni has participated in the National Charity League (NCL) since 7<sup>th</sup> grade. At Holy Trinity, Eleni has participated in Sunday school, the dance programs, the youth groups, the annual Greek Festival, and competed in the St. John Chrysostom Oratorical Festival. Eleni has earned numerous awards over the years for her participation in NCL. One of the greatest accomplishments through NCL earned her the green rope/tassel for completing over 300 hours of volunteer work throughout high school. In the fall, Eleni will be attending Gateway Community College, and wants to pursue a career working with animals.

Eleni has a passion for running and has completed 3 half marathons with her mother and sister.



# High School



**Susan "Susie" Papadopoulos** will be graduating 12<sup>th</sup> grade from Sunnyslope High School. In school, Susie was part of the Sunnyslope Concert Choir, Young Life Club, Spanish Honor Society, National Honor Society, Future Business Leaders of America, the Cross-Country team, and the Track and Field team. In the community, Susie has been involved with Southwest Autism Research & Resource Center since 5<sup>th</sup> grade; and, National Charity League (NCL) since 7<sup>th</sup> grade. At Holy Trinity, Susie has participated in Sunday school, the choir, the dance program, the youth groups, the annual Greek Festivals, and competed in the St. John Chrysostom Oratorical Festival. Susie was awarded third place in the 12<sup>th</sup> grade Future Business Leaders of America Regional Competition; made the Arizona Regional Choir; advanced to the district level of the St. John Chrysostom Oratorical Festival; and, has earned numerous awards over the years for her participation in NCL. One of the greatest accomplishments through NCL earned her the green rope/tassel for completing over 300 hours of volunteer work throughout high school. In the fall, Susie will be attending Creighton University, where she plans to study medicine.

A huge part of Susie's life is about her church, singing and her love of Greek dancing. Susie loves to run and has completed 3 half marathons with her mother and sister.



**Demetrios "Demetri" Pickett** will be graduating Summa Cum Laude from Hamilton High School. In school, Demetri received the 4.0 Honor Award each year; was an AP Scholar; and, received the ASP Superior Honors at the state level for 12 years graduating at the highest level. He was on the Varsity Swim and Dive Team all four years; was a member of the Future Business Leaders of America (FBLA); and, was a member of the National Honor Society. Demetri was the recipient of the Wildcat Distinction Award; the Dean's Exemplary Award; the Outstanding Leadership Award; and, the New American University Scholar Provost's Award at Arizona State University. In the community, Demetri was a member of the Chandler Center of Arts Youth Advisory Council; a We the People officer and regional championship team member; and, participated in competitive Club Swimming programs. At Holy Trinity, Demetri was part of Altar Boys, Sunday school, the Greek dance program, GOYA youth group, the Sons of Pericles, and volunteered at the Greek Festivals. He was also selected as an Arizona delegate of the International Orthodox Christian Charities. In the fall, Demetri will be attending the University of Arizona where he has been awarded acceptance into the Eller Elite Program. His goals are to complete an undergraduate degree in finance, and then complete a masters and law degree. Demetri's goal is to pursue a career in corporate law.

Demetri's favorite Bible verse: "Create in me a pure heart, O God, and renew a steadfast spirit within me." (Psalms 51:10)



# College



**Athanasia Furlis** is graduating with a Bachelor of Science Nursing from Arizona State University. Athanasia was a recipient of an academic scholarship and remained on the Dean's List in college. At Holy Trinity, Athanasia is still involved in the dance program, and has become a dance instructor. After graduation, Athanasia plans to become a registered nurse at a hospital in the Phoenix area. Her longtime goals are to become a Pediatric Trauma Nurse; and, go back to school for an advanced degree.

"I am proud of myself for going through an accelerated nursing program while staying connected to my community and church. I have learned that having a positive attitude is an important factor in success."



**Gianna Pesognelli** is graduating Cum Laude from Holy Family University with a Bachelor of Science in Nursing. In college, Gianna played NCAA DII Women's Volleyball for Holy Family; participated in the Student Nursing Association at Holy Family; and was on the Student Athlete Advisory Committee. She was part of the Sigma Theta Tau International Honor Society of Nursing, and the Chi Alpha Sigma National College Athlete Honor Society. Gianna was the recipient of the Gibson Student-Athlete Nursing Scholarship; was part of the CACC All-Academic Team (2017-2019); and, received the Division 2 Athletic Director Association Academic Achievement Award (2017-2019). In Athletics, Gianna was the All-CACC Honoree (2016-2019); received AVCA All-East Region Honorable Mention (2018 & 2019); was part of the CACC All-Academic Team (2017-2019); was part of the CACC All-Tournament Team (2017 & 2018); and, awarded Highest GPA in Championship Field. In June, Gianna will be starting as a full-time nurse in the Nurse Residency Program at Temple University Hospital. Her future goals are to work for a while as a bedside nurse, then go back to school to get her DNP to be a nurse practitioner.

Gianna's favorite Bible Verse: "Trust in the Lord with all your heart and don't lean on your own understanding." – (Proverbs 3:5)





# College



**Peter Gregory Schneider** will be graduating Magna Cum Laude with a Bachelor of Science in Business Administration from the University of Arizona Eller College of Management. In college, Peter was on the Dean's List from 2016-2020. Peter was the recipient of the Certified Financial Analyst Society Level 1 Scholarship. Peter was an analyst for University of Arizona Endowment Fund and interned at RMH Investment Management. In his free time, Peter was active in the Greek Life as a Pledge Educator and House Manager; participated in intramural sports; and, was shift lead at Insomnia Cookies. After graduation, Peter will be employed at Redwood Investment Management as an analyst and preparing to take his Certified Financial Analyst Level 1 exams in December. His future goals are to obtain his Certified Financial Analyst (CFA) credentials and become a fund/portfolio manager of Redwood Investment Management.

Peter's favorite quote is, "It's not the will to win that matters – everyone has that. It's the will to prepare to win that matters." – Bear Bryant



**Costa Theodore** is graduating with a double major from Cornell University with a Bachelor of Arts in government and history. In school, Costa was on the varsity heavyweight rowing team. In 2018, Costa was selected to participate in the National Hellenic Society Heritage American Program in Washington, D.C. After graduation, Costa will be teaching at Brophy College Preparatory for a year, and then plans to attend law school. His goals are to become a lawyer and continue embracing and promoting his Greek heritage. Costa was selected to participate in the 2018 National Hellenic Society heritage American Program in Washington, D.C.

"The most important thing I've learned thus far is not to take anything for granted and to live life to the fullest. With the outbreak of COVID-19, my senior rowing season cancelled, and that showed me how important it is to be thankful for what you have, because you never know when life will throw you a curveball."



# College



**Staci Vaughn** is graduating Summa Cum Laude from the University of Arizona with a Bachelor of Science Degree in Criminal Justice with a Minor in Spanish Language. Staci finished college in three years, with a 3.9+ GPA. Staci received the School of Government and Public Policy Distinguished Scholar Award, and Special Academic Achievement Award of the University of Arizona. While in college, she held an internship with the United States Attorney's Office. Staci plans to take a gap year to study and take the LSAT, apply to law school, and hopefully start law school next fall. Staci's future goals are to develop a successful career in criminal justice and continue her involvement with the Greek Orthodox Church.

"I have learned that the most important things in life are being around good energy, connecting with others, and having a strong faith. Life is what you make it, so why not make it fun!"

Staci's favorite quote is, "Work hard in silence and let your success make the noise." – Frank Ocean



# Desert Diamonds

Senior Parishioners  
and their guests



Dear Desert Diamonds and Friends,

*See you in September!*

With Christ's love,  
Julie Karoutas  
email: [juliekaroutas@gmail.com](mailto:juliekaroutas@gmail.com)  
cell: 623-313-8720 call or text

# Greek School

Irene Dartoozos Mackos, Director  
Gabriella Papatzimas, Teacher



Holy Trinity Greek  
&  
Heritage School of Phoenix

*See you in September!*

# Your 2020 Desert Springs Subscription

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# OPA—Orthodox Parents Association

Dianna Scaccia, Co-President

Paulina Watson, Co-President



Are you getting the weekly  
OPA Newsletter?

OPA communicates primarily through email,  
via our email newsletter.

To stay informed on all of the  
youth, parent, and family happenings at Holy Trinity,  
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and we'll get you added to list!

Paulina Watson

602-740-9350

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

Dianna Scaccia

602-323-4615

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

## From Pastoral Assistant Alexander Eliades

Hello Beloved Parishioners,

I hope this email finds you well and I know you're yearning to be back with your Church family. Father and I miss you all deeply and along with your Parish Council, are working constantly to reach the guidelines to bring us all together again.

As we head into these Summer months, we're switching our Youth Zoom calls to Sundays! We'll be meeting with Hope/Joy at 1pm and Jr. and Sr. Goya at 2pm (Meeting ID: 360 179 3722 and the Password is HTPhoenix). A reminder that watching Father's reflections as well as mine on Instagram and Facebook respectively is a great way to stay connected to your Church and Faith at this time. Please take the time to do so and afterwards talk about them with your family!

We know that this has been a difficult time and that watching the Live Stream is NO replacement for worshipping together in Church so we cannot wait to be reunited with you all.

Love in Christ,

Alexander Eliades

Pastoral Assistant, Holy Trinity Cathedral

# Little Lambs



Want to get involved?  
The Little Lambs Youth Group  
is looking for an energetic parent or young adult  
that would like to assist for the 2020-21 Activity Year.

Little Lambs Group = newborns to Kindergarten

If interested, please contact Angela Scopelianos  
[angelagarozzo@gmail.com](mailto:angelagarozzo@gmail.com) or (913) 638-5991

# Youth Online

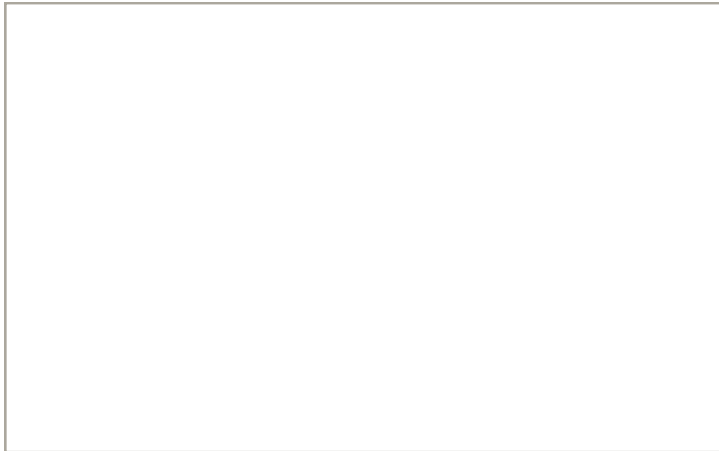
A graphic for Zoom Meetings. On the left, a hand in a white shirt and yellow tie holds a laptop displaying the Zoom logo and the text "Holy Trinity Youth Groups" and "MEETINGS". On the right, text provides details for "Summer Sunday School Zoom": "EVERY SUNDAY", "Hope & Joy 1:00 pm", "JR & SR GOYA 2:00 pm", "Zoom ID: 360-179-3722", and "Password: HTPhoenix". At the bottom right, it says "Stay connected to your Church community and Christ!".

Thank you  
to those who have been joining  
our weekly youth Zoom calls!

In an effort to make meetings more accessible,  
we're moving the zoom calls to  
Sundays.....starting this week!  
(No, God does not take Summer vacation!)

# 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: \_\_\_\_\_