

Desert Springs

November 2021
Volume 6 Issue 10

Blessing the 60th Original Phoenix Greek Festival

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

Rev. Economos Apostolos Hill
Rev. Alexander Eliades
Rev. Deacon John Thrasher

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

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

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Desert Springs Deadline
The 25th of each month

Sunday Bulletin Deadline
Wednesdays, 12 noon

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Terry, Paul, and Dimitri Valonis

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2021 Parish Council Members
Paul Katsenes—President
Connie Contes—Vice President
Jim Manelis—Treasurer
Dina Anagnopoulos—Assistant Treasurer
Andi Furlis—Secretary
Charlie DeMoss, Sandy Meris,
Socrates Papadopoulos

Holy Trinity Cathedral Website
www.holytrinityphx.org

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

Archdiocese Website
www.goarch.org

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- **Altar Servers** — David Haag, Chris Francis:
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- **Bible Study** — Father Apostolos Hill: papoulihill@gmail.com
- **Bookstore** — Rita Papaspyrou: rzakher@gmail.com
- **Byzantine Choir** — George Duvall: phxchantor@cox.net
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- **Daughters of Penelope** — Angie Lambrou:
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- **Desert Diamonds (50+)** — Julie Karoutas:
juliekaroutas@gmail.com
- **Epistle Readers** — Presvytera Denise Hill:
denkevhill83@gmail.com
- **Feed Those in Need** — Christine Stamatis: cstamatis@cox.net
- **Greek Festival** — Nick Kretsedemas, Angelo Pestrivas:
niko.37@cox.net
- **Greek School** — Irene Mackos: eirinie@gmail.com
- **Hellenic Museum** — Bessie Hotis: call 602-953-1913
- **Little Lambs** — Angela Scopelianos: angelagarozzo@gmail.com
- **Maintenance** — Peter Bilitsis, Ted Furlis:
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- **Myrrhbearers** — Stacey Beaty: staceybeaty@live.com
- **Narthex Outreach** — Kristen Vasilarakos: kvasilarakos@cox.net
- **OPA** — Caroline Economopoulos: cjecomom@gmail.com
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- **Philoptochos** — Alex Anagnopoulos:
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pkatsenes@cox.net
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- **Stewardship** — Sandy Meris: sandymeris@gmail.com
- **Sunday School** — Kathy New: kkatsalis@msn.com
- **Wedding Coordinator** — Terri Alexon: terrialexon@gmail.com
- **YAL** — Alexander Harding: text 480-626-3149

Attention Organizations:

Please check the listings on this page and confirm that the information is correct. Email is the default contact type, but listings can be changed to text or phone if preferred. Email any changes to both the Office at AdminAssist@holyltrinityphx.org and Kristen at kvasilarakos@cox.net. *It is the organization's responsibility* to inform Natalie and Kristen of any updates to your listing.

Message from Father Alexander

The Forgotten Fast



As we enter November and the smell of pumpkin spice, football, and warm food engulfs us, we cannot help but look towards Christmas. Our Church even does the same! Beginning November 15 we start a 40 day fast to prepare for Christmas. Wait.....you say, we have to fast to prepare for Christmas? Yes! One of the more forgotten fasts of our faith, we do indeed fast from November 15-December 12 with fish being allowed and from December 12-Christmas with a strict fast (no meat, dairy, fish, wine, or oil).

Before you turn the page and we begin our litany of excuses as to why this is not feasible, let's stop, breathe, and think about how it *could* be feasible in your life. Seek advice from Fr. Apostolos, your spiritual father, or if you're really scraping around for advice, you can ask me about how to begin to implement this vital aspect of our faith into your life. If you're a Young Adult, newly-wed, just started a family, or a more seasoned member of our parish, I cannot encourage you enough to try it. An Orthodox Christian who has no regard for the fasts is one in name only, the only question is how we can execute it in our lives with the help of a spiritual father (not making up our own rules!).

We've spoken before of why we fast in general: for self-control (if you can't stop from eating that steak, how can you stop yourself from gossiping?), for preparation of something important (if I'm full of food I often don't think about much else except myself, think Thanksgiving post-Turkey time), and finally because Christ Himself did command it ("...and WHEN you fast..."). So we should fast, this is unquestionable.

But why now? Why before Christmas, isn't it a joyful thing?! Yes, and this is why we should fast. When we pig out on all the delicious food before Christmas, we begin to slip into this idea that that's the purpose of Christmas. The gatherings, the food, the joy are byproducts only of the Birth of Jesus Christ, God Incarnate into the world. Our God became flesh and took on all the things we suffer from, including hunger, to save us. We should be able to abstain from meat for a month in remembrance of the love our God has for us.

We know that in every other aspect of our life improvement takes effort, takes going out of our comfort zone to see results and often we're very pleased with them! Let's try that this year in our fast for Christmas? Never fasted before? Try to a little and ask us how! You will see results in your spiritual life if you also pray and join in on the feast with the Church. Try it, come and see the power that your faith offers you in its medicine to heal your soul and body and truly celebrate Christmas as it is meant to be celebrated!

*****Notice***Notice***Notice*****

Parish Assembly Meeting Official Notice

If you see your name on the [House of Stewards](#) list on pages 30 & 31, you are a member in good standing and eligible to participate in our upcoming Parish Assembly meeting on **Sunday, December 12th** at the Speros Community Center, immediately following Divine Liturgy. Agenda and more information to follow.

Stewardship

By Sandy Meris



*To be a welcoming community sharing Christ's love
through faith and service*

STEWARDSHIP SUNDAY DECEMBER 5, 2021

Please Plan to Attend Liturgy With Your
Completed 2022 Pledge Card.
Then Join Us For Our Annual Complimentary
“Gratitude Luncheon” In the Large Hall.

*“To be a welcoming community sharing
Christ's love through faith and service.”*

OUR CHURCH. OUR SPIRITUAL HOME. STEWARDSHIP 2022

Home is safe and familiar. It is where we belong. The church is our spiritual home. It is a place of prayer, worship, comfort, spiritual healing and celebration. Hopefully, when we walk into the church we are surrounded by familiar faces, aromas, sights and sounds that make us feel like we are home again.

And when we come together as brothers and sisters in Christ to worship together in our spiritual home, we become a spiritual family.

Stewardship 2022 is just around the corner and soon it will be time to make our commitments for the upcoming year. So, how can we possibly put a price on the care and keeping of our spiritual home? Rather, we request a commitment to “fair share” giving and, at a minimum, round up your pledge over last year.

For those who have been blessed with more financial means, we ask that you consider giving more. For those who have less, to contribute what you are able. But with “fair share” giving, if we each truly give what we are able, we are all doing our part to take care of our spiritual home. We are grateful to all of our stewards for your ongoing commitment to Holy Trinity.

Endowment Fund

+ THE HOLY TRINITY CATHEDRAL ENDOWMENT FUND +

The Holy Trinity Endowment Fund was established in 1992 with an initial deposit of \$2,000. The goal was to build the Endowment Fund whereby the interest and appreciation would one day provide sufficient income so Holy Trinity would no longer be totally dependent on an annual Festival to supplement stewardship income.

The Endowment Fund is obligated to preserve the donor's contributions such that the principal will remain inviolable and be held in perpetuity by the Church. The funds are prudently managed by the investment committee, which reports to the Parish Council. The investment committee only approves withdrawals from the earnings and appreciation, over and above the donor's contributions, and are used only to benefit Holy Trinity and its ministries.

Over the course of the past twenty-nine years the committee has held steadfast to this mission, and as a result, generous donors from our Church, desiring to leave a legacy in perpetuity for their family, have made contributions totaling \$593,140.

This is your opportunity to put your lifetime thumbprint in the history of Holy Trinity Cathedral.

We have been blessed by the generosity and foresight of the individuals and families listed on the next page. We benefit today from their kindness and vision. If your circumstances allow you to give a gift above and beyond your annual stewardship commitment, then please take this occasion to join the others in creating a legacy by pledging your gift to Holy Trinity Cathedral's perpetual Endowment Fund. Gifts of \$10,000 or more will be separately listed along with others who have reached that level.

Your gift, no matter the amount will be combined into the general endowment fund, and will be greatly appreciated.

We are extremely grateful to those who have made sacrificial donations for the perpetual benefit of Holy Trinity Cathedral

+ ENDOWMENT GIFTS OVER \$10,000.00 +

Gabriel & Helen Papagallos
The DeMoss Families
IMO+ Mary Montague
IMO+ John G. Zannaras
Steve & Judith Vrahas
Ange & Alex J, Pappas

Faye Boukas
Dennis & Anastasia DeBerry
George & Koula Cheros
IMO+ Dina Sakellarakis
Dr. Nicholas Baziotes
John & Mary Katsenes

George & Ann Souvall
IMO+ Tasia Pritchard
John George Thomas
Steve & Joan Vrahas
James & Connie Coin Contes

GENERAL ENDOWMENT FUND DONATIONS OVER \$1,000.00

Dr. Christopher J. DeMoss, the Lambrou Family

IN MEMORY GIFTS: IMO+ Stacy Hotis, IMO+ Danny Speros, IMO+ Mark Sprintz, IMO+ Chris Gabriel, IMO+ Milton Sioles, IMO+ Fr. James & Presb. Katherine Tavlarides, IMO+ Tom Contes, IMO+ Leonard Mastorakos, IMO+ John Sgouros, IMO+ Chris Gabriel, IMO+ Athena & Dan Choukalas, IMO+ Milton & Harriet Sioles, IMO+ Koula & Pete Triantafyllou, IMO+ Fr. Anthony Coniaris

Endowment Fund

GIFT DONATION FORM

Please list my endowment gift as follows: _____

Here is my Endowment gift, which I may add to, of \$ _____

I plan to include the Holy Trinity Endowment fund in my Will ____, my Living Trust ____, or TOD* ____

Signed: _____

Dated: _____

Donor, please sign and keep a copy for your records

*TOD = transfer on death

All gifts will be preserved in the archives of Holy Trinity Cathedral

Gifts of \$10,000 or more may be made over a three year period.

Thank You, and + God Bless You + for your generosity.

Holy Trinity Greek Orthodox Cathedral + 1973 E Maryland Phoenix AZ 85016

Parish Council

October 31, 2021




(Back row) Socrates Papadopoulos, Paul Katsenes, Dina Anagnopoulos
(Front row) Sandy Meris, Charlie DeMoss, Father Alexander, Father Apostolos,
Connie Contes, Jim Manelis, Andi Fourlis

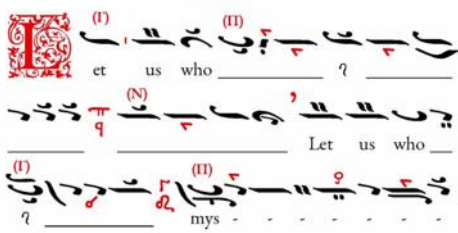
Parish Council Upcoming Elections

If you are a pledged and actively contributing steward of Holy Trinity, you are eligible to run in this year's elections. Application deadline is **November 15th by 3:00pm** to the office. Voting is **December 12th** in the Community Center after Divine Liturgy. Paper copies are available in the Office and in the Narthex on Sundays. If you have any questions or would like an application sent to you, please call Natalie in the office or email [here](#). The application can also be found on pages 8 & 9.

Byzantine Chant

Our Byzantine Chant Class will begin soon! The course is open to all Holy Trinity parishioners, and will cover the notation, the eight Modes of Byzantine Music, as well as participation in and learning about the divine services. Anyone interested in attending should contact [Cantor George Duvall](#) for more information.

THE CHERUBIC HYMN
AT THE DIVINE LITURGY
Mode  Ga 2



et us who ?
Let us who
mys - - - - -

Bible Study and Parish-wide Catechism!

We welcome all to join Fr. Apostolos in his Parish-wide catechism Class **Saturdays at 9 am** all on Zoom. Fr. Apostolos is leading any and all who wish to learn more about Orthodoxy, from newcomers to cradle Orthodox, through an enlightening class on Holy Orthodoxy!

Meanwhile, Fr. Alexander is leading Bible Study on **Mondays at 7pm** in a hybrid model (both in person in the Office Conference Room and on Zoom). For more information on either class, email either Fr. Alexander or Fr. Apostolos.

[Click here](#) to join Fr. Apostolos's class at 9am on Saturdays

[Click here](#) to join Fr. Alexander's class at 7pm on Mondays

Find recordings of Fr. Apostolos's class on YouTube [here](#).

Contact Info Updates

With the end of the year coming up, the office will be sending out Stewardship statements again! If you have moved, changed your phone number, email, or have any other updates to your personal information, please make sure to [contact the office](#) by **November 17**. Thank you!



Upcoming Election

HOLY TRINITY GREEK ORTHODOX CATHEDRAL

“To be a welcoming community sharing Christ’s love through faith and service.”

PARISH COUNCIL ELECTIONS

Information We All Need To Know

Each and every baptized Orthodox Christian must make some effort of active commitment to his or her Church. Some serve by participating in the Choir, teaching Sunday school, joining the Philoptochos Society, and volunteering in other capacities, while others assist the Church by serving as members of the Parish Council.

Being a member of the Parish Council is ministry and all those who serve are called to represent Christ and the Orthodox Faith to those they encounter in all aspects of life. This ministry work is a truly responsible task that must be served by an individual committed to our Lord and Savior Jesus Christ. The role of a Parish Council member is a holy and spiritual one. In assisting in the administrative responsibilities of the Church, a Parish Council member acknowledges the importance of strengthening the earthly ministry of Christ through God’s Church. Membership on Parish Council should not be for social reasons nor status in the Community but rather as an act of humility and conviction to Christ our Lord.

In accordance with the 2019 Regulations of the Greek Orthodox Archdiocese of America, all candidates seeking election to serve on the Parish Council must attend a **PARISH COUNCIL SEMINAR** organized by the local Parish Council and under the leadership of the Parish Priest. The purpose of the Seminar is to prepare candidates for the Parish Council as well as to increase awareness of the sacred responsibilities expected of a Council member.

SEMINAR ANNOUNCEMENT

HOLY TRINITY GREEK ORTHODOX CATHEDRAL will hold a **PARISH COUNCIL SEMINAR** on **Saturday, November 20, 2021 at 4:00 P.M.** in the Cathedral before the Vespers service at 5:00 P.M. and again on **Sunday, November 21, 2021 after the Divine Liturgy** in the Cathedral. All potential Parish Council members, including those seeking re-election, must attend at least one of these Seminar dates. In order to be placed on the ballot, one must complete the Application for candidacy form and return it to the Cathedral Office by no later than **Monday, November 15, 2021 at 3:00 P.M.** If an Application has not been turned in by the designated date and time, the person will be ineligible as a candidate.

Upcoming Election

APPLICATION FOR CANDIDACY FOR ELECTION TO THE PARISH COUNCIL

I, _____
First Name *Last Name*

Address *City* *State* *Zip*

(_____) _____ (_____) _____
Home Phone *Mobile Phone*

desire to serve as a member of the Parish Council of Holy Trinity Greek Orthodox Cathedral,
Phoenix, Arizona for a term of three (3) years beginning in January 2022.

I certify that I am a parishioner in good standing as stated in Article 18 of the 2019 Regulations of the Greek Orthodox Archdiocese of America and that my parish stewardship commitment is current. Further I certify that I will attend the Parish Council Seminar which is scheduled prior to the elections and, if elected, I will take the affirmation of office as stated in Article 26 of the Regulations. Finally, I certify that I am ecclesiastically in order and that:

- A. I have been Baptized in the name of the Holy Trinity.
- B. I have been Chrismated into the Orthodox Christian Tradition.
- C. I have had my Marriage blessed in the Orthodox Church.
- D. I participate in the Sacramental life of the Orthodox Church.
- E. I regularly attend Divine Services.

Signature of Candidate

Date

FOR OFFICE USE ONLY:

Candidacy Application Received:

Date: _____ Time: _____ By: _____

Note: All of the above must be completed and returned to the Cathedral Office
by 3:00 p.m. on **Monday, November 15, 2021.**

Holy Trinity's St. Katherine Philoptochos

Alex Anagnopoulos, President

“FRIENDS OF THE POOR”

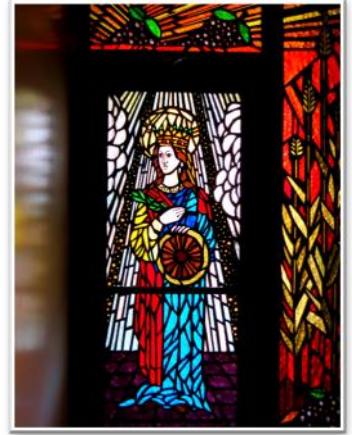
An organization where membership is an honor & a privilege.

JOIN & ENRICH YOUR LIFE!

What is Philoptochos?

The translation is Philo = Friend and Ptochos = Poor.

It is literally “Friend of the Poor”.



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



**Next Meeting on
Sunday,**

November 14, 2021

12:00pm

Speros Community Center



The 2021-2023 Board:

PRESIDENT - Alex Anagnopoulos

1ST VICE-PRESIDENT - Kristen Vasilarakos

2ND VICE-PRESIDENT - Cathy Keyser

CORRESPONDING SECRETARY - Lois Sakkas

RECORDING SECRETARY - Georgi Friehe

TREASURER - Patty Davis

ASSISTANT TREASURER - Georgia Furlis

ADVISOR - Mary Louise Theodoropoulos

Bessie Hotis, Julie Karoutas,

Julie Mamani, Zoe Pestrivas,

Connie Venetis

JOIN PHILOPTOCHOS 2022

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: _____

EMAIL: _____

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.**

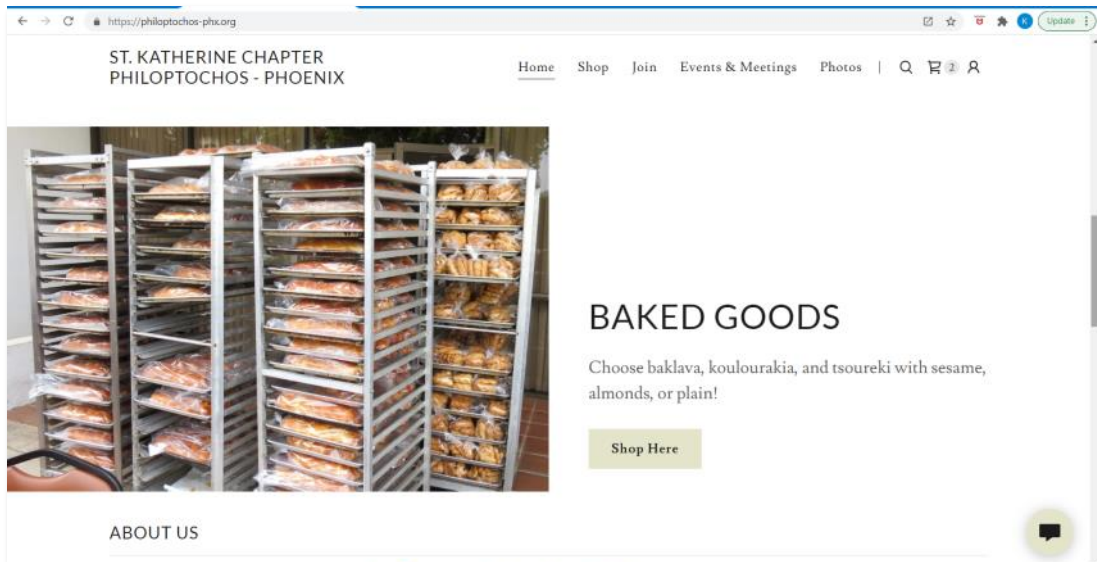
Mail your membership to:

St. Katherine's Philoptochos of HTC Membership 2022, 1973 E. Maryland Avenue, Phoenix, AZ 85016

Holy Trinity's St. Katherine Philoptochos

NEW! Philoptochos is offering ONLINE ordering for the Christmas Bake Sale!
Beginning November 8, 2021.

philoptochos-phx.org



Thank you to
October
hostesses
Margie Porter,
Kalli Schneider,
& Lois Sakkas!

**Philoptochos Tray Passing
Sunday, November 7th**

Philoptochos will be passing a tray for the
Patriarch. Please look for the tray!

Chapter Focus on Local Charities

In an effort to engage our membership in the Philoptochos mission to 'Help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, those with disabilities and the victims of disaster', and to expand involvement locally, we include, as a new part of our monthly program, **the opportunity for members to formally nominate and select charity recipients.**

Bill Marianes, who assisted with the Cathedral's "Why Statement", reminds us that **the more money extended out into our community, the more we will realize from the community back into our church.**

The Chapter will accept nominations at each monthly meeting.

Philoptochos Members: [Click HERE for the Nomination Form](#)

October's Chosen Charity:

Water With Blessings

<https://waterwithblessings.org/>



Holy Trinity's St. Katherine Philoptochos Bake Sale Order Form



ST. KATHERINE PHILOPTOCHOS CHRISTMAS BAKE SALE PRE-ORDER FORM

NAME _____

PHONE # _____ EMAIL _____

ITEMS AVAILABLE:

TSOUREKI \$10 each (please specify quantity & type): _____ plain _____ almond _____ sesame
TOTAL \$ _____

KOULOURLAKIA \$8 dozen (how many?) _____ TOTAL \$ _____

BAKLAVA \$25 per 8" x 8" tray (how many?) _____ TOTAL \$ _____

PAYMENT:

CHECK NO. _____ AMOUNT \$ _____

(Please make check payable to: PHILOPTOCHOS)

CREDIT CARD # _____ CVV _____ EXP _____ ZIP _____

PLEASE MAIL COMPLETED FORM AND CHECK (IF APPLICABLE) TO:

PHILOPTOCHOS
4022 E HAMBLIN DR
PHOENIX, AZ 85050

DEADLINE FOR ORDERS IS SUNDAY, DECEMBER 5, 2021

ALL ORDERS WILL BE AVAILABLE FOR PICK UP ON SUNDAY, DECEMBER 12, 2021 ONLY.
QUESTIONS? PLEASE CALL PATTY @ 480-703-4713.

Festival Thank You



THANK YOU!

Thank you to all of our booth leaders and volunteers for making our 60th Anniversary festival one of the best ever! It is shaping up to be one of our most well attended, efficiently run and successful festivals.

A special thanks to our festival co-chairs, Ted Furlis, Nick Kretsedemas and Angelo Pestrivas for their dedication and leadership. To see the camaraderie amongst our parishioners was beautiful. A true example of Oikonomia!

CONGRATULATIONS TO ALL AND WE LOOK FORWARD TO NEXT YEAR!



THE LONGEST-RUNNING AND LARGEST ORIGINAL GREEK FESTIVAL IN THE VALLEY.

Parish Assembly

Sunday, October 31, 2021



Thank you, Festival Chairs!

Poinsettias—Order by 11/07/2021

Hello Cathedral Family,

The busy holiday season is fast approaching and that means it's time to put your orders in for 2021 Poinsettia flowers! Below is the order form for this year. The flowers will be 3 Bloom Poinsettia in a 6" pot. Please fill out and email to **the office** or turn in at Sunday's service. Forms will also be available to fill out in person in the Narthex this Sunday **ONLY**. **Please note that due to current unprecedented supply chain issues, our order deadline for this season is no later than Sunday, November 7.**

POINSETTIA REMEMBRANCE DONATION

Please join us in remembering our beloved family and friends while decorating the Cathedral this Christmas.

Donations of \$20 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 no later than Sunday, November 7, 2021.

Donor name: _____ Donor phone #: (____) _____

In Memory of:

1. _____
2. _____
3. _____

Total donation: \$ _____

Questions? Please call the Cathedral office: 602-264-7863 | 1973 E. Maryland, Phoenix, AZ 85016



Sale In Support of the Monastery of St. Macarius the Great of Egypt

October 31, 2021



Original Phoenix Greek Festival

THANK YOU TO ALL OF OUR "FRIENDS OF THE FESTIVAL" FOR MAKING THIS A RECORD YEAR!

We are proud and excited to announce that the 2021 Friends of the Festival campaign was the biggest and most successful in its history. In total, **\$32,780** was collected to help offset festival costs. We are grateful and humbled by the generosity of our parishioners. It is truly amazing what we can accomplish when we all work together. May the Lord continue to provide for and bless our beloved Cathedral.



PLATINUM

Hon. Connie Contes (Ret.) & Hon. Hercules Alexander Dellas
Pete & Kim Choukalas Family
CivTech Inc.
Charles DeMoss (IMO Kai Henning Pedersen)
Marjorie, John, Alexa & Costa Demoss (IMO Alexandra Sampson)
The Kyprianou Family
John & Angie Lambrou (IMO Angela Hapgood)
The Manelis Family
The Meris Family (IMO Alexandra Sampson)
Southwest Windows & Doors LLC
Leo & Rachel Speliopoulos
Costa & Koko Tzavaras
Andrea M. & John J. Pappas
Alexander & Olga Papamatheakis
Papamatheakis Chiropractic PLLC
Socrates & Stephanie Papadopoulos
Tracy Poulos (IMO James Poulos)

GOLD

Ted & Andi Furlis
Bill & Lynn Graham
John & Mary Katsenes
Nepsis Psychology and Counseling Services
The Petsas Family
Robert & Donna Sioles
William & Rebecca Tavlarides
Celebrating Vasili & Vinnie
Wood Family (IMO Bill & Pauline Kontsiotis)
George & Tina Zannis

SILVER

Anonymous
Karen Barabatis
Dean Dandelles
Zach & Nikki Forman
The Georgelos Family
Ginakes, Philipps, & Atkins Families (IMO John Ginakes)
Joe Goard
Demetri Harris IMO Nicholas G. Harris
Terry Harper
Peter Kamboukos
Kimmell & Friehe Families (IMO Bill & Karen Kimmell)
Kredit Automation & Controls
Elias & Mary Lampos
James & Stephanie Machas

Maria Maniatis
Lori McClelland
Joanne Meris IMO Nicholas Meris
Bill & Jean Miller
Paul Sarantes (IMO George & Catherine Sarantes)
Myron Schiller
Gus & Mary Louise Theodoropoulos
Daniel Valenzuela
Catherine Wallerich

BRONZE

Anonymous
Elaine Apostle
Kathrene Carras IMO George T. Joufflas
Holy Trinity Cathedral Choir
Harriet Chotras
John A & Jean Volikas DalPan
The Delord Family (IMO Ruth A. Hotis)
George & Julie Froumis
Patty Harris IMO George P. Harris & James Karros
IMO Brian Haugen
Helen Katsufrakis
Jim & Poppy Kavouris
Ronald & Virginia Kidd
Tammy P. Kretsedemas
Chris Kyriakopoulos
Gregory Lizanich
Anna T. Manos
Edward & Andrea McNamara
Maniatis Family
Andrew & Anastasia Mitchell
Philip & Helen Mitchell
Elias Mousa
Elaine Nichols IMO Florian Nichols
Nick & Rennie Nicholson
Evelyn Nickalew (IMO Harry Nickalew)
Mary Ann Pikulas
Nicole & David Pyle
Lyda Rabbitt
Constantin Solomon
James & Christina Speros
John Siavelis
Thad & Kathy Tropea (IMO Athena & Dan Choukalas)
Dimitri Tsioutsopoulos
Andrew Touvannas & Family
Mrs. Argyro Vasquez
Anne & Bill Wilson - Camelback Coaching

Desert Diamonds

Senior Parishioners
and their guests



Dear Desert Diamonds and Friends,

Praying that all is well with you and yours.

Many thanks to our members that attended our October Potluck! It was wonderful seeing you and celebrating "OXI DAY"!

Photos on page 18.

Please mark your calendars for November 20th, 2021. I am planning a trip to St. Anthony's Monastery in Florence, AZ. I hope to be able to take us down by bus. I am waiting for approval of that date by the Monastery and the bus company. I have been told that getting a bus may not be simple with the lack of drivers. If that's the case we may have to carpool or figure something else out. More details will follow ASAP.

It is important to respond & let me know if you wish to attend, please let your friends know if they do not have email.

With Christ's love,

Julie Karoutas

email: juliekaroutas@gmail.com

cell: 623-313-8720 call or text

PS: Please be sure to invite your friends



Altar Service

Interested in learning more about
serving on the altar?

Contact:

Chris Francis at battersbox7@yahoo.com,

David Haag at davidmhaag@yahoo.com



HTC on Facebook

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

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



Desert Diamonds

October 28, 2021



Sunday School

Kathy New, Director



Sunday Schools is Back!

Sunday School has returned! Please register your children by clicking [here!](#)

Sunday School is off to a great start! What a joy it is to see all the young smiling faces on Sunday mornings!

We are so excited about this year and have an amazing group of dedicated teachers. Your child's teachers are implementing meaningful lessons and engaging activities to help foster the development of our Orthodox faith.

Prayer Buddies/ Prayer Rocks: Our first all class project! Each child decorated their own rock/ "buddy". They place their rock/ "buddy" on their pillow to remind them to pray at night before they go to bed and when they wake up in the morning. Each Prayer Buddy went home in a box with a poem (directions), morning and evening prayers, and an icon of Jesus.

Things to look forward to!

Hymns! Get your voices ready to sing along with your child as they learn various hymns of the church.

Faith in Action! Starting soon.....What can we do each day to live/practice/ put our faith into action? Children will learn what it means and what they can do each day to put their Faith in Action!

Upcoming Event: **November 7th - Godparent Sunday!** Gather the family and Join us for lunch on the patio. Teachers will be preparing for the luncheon so there will be **NO Sunday School** on this day. \$5 per person donation.

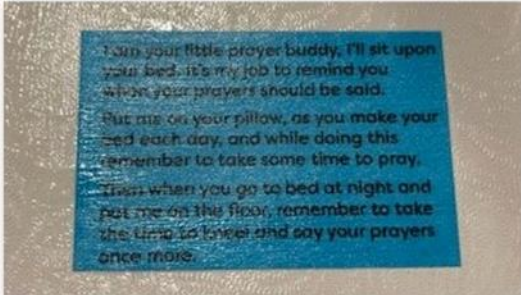
Volunteers Welcome! Are you crafty, creative? Would you like to help distribute snacks? Teach or substitute? Contact Kathy New to volunteer.

Registration: There is still time to register. Register your PreK-12th grade child today!

kkatsalis@msn.com/ 602-318-0611



Sunday School Prayer Rock Project



Sunday School Prayer Rock Project



Maintenance Corner

By Ted Furlis



After a most successful Festival here are some Maintenance Committee updates:

- A new concrete pad was laid behind the back patio extending the patio. This new concrete pad creates a safer and cleaner environment for our festival booths back there. It also extends the use of the patio to more usable space.
- Paul & Dimitri Valonis have changes out an additional 20 light fixtures to LED lighting. These new fixtures will give more light at a fraction of the electrical costs.
- Peter Bilitsis is currently working on a solution to repair/replace the faulty lights up the educational building stairs and ramps.
- We are working to repair the broken chain link fence holes by the basketball courts further securing our campus.
- The Valonis brothers also repaired the broken hinge on one of the bathroom stalls in the community center female bathroom.
- Much of our time was spent preparing for our festival so we have many new projects coming.



If you would like to donate to the Maintenance Committee please memo your donation Maintenance Committee. To reach us please call Ted Furlis at 602-625-8835 or Peter Bilitsis at (602) 317-7780, or email us at htcmaintenance1973@gmail.com

Ted Furlis
Holy Trinity Greek Orthodox Cathedral
602-625-8835
htcmaintenance1973@gmail.com



Photos by Dimitri and Paul Valonis

After-Festival Recap Meeting



Photos by Dimitri and Paul Valonis

Small Group Ministry Meetings

"Where two or three are gathered in my name, there I am in their midst."
Matthew 18:20



Home-base Small Group Ministry has been a part of the Christian experience from the very beginning. St. Luke writes the the first Christians *"met together in the Temple day by day and shared their meals together in different homes, sharing their food happily and freely."* Personal relationships are the cornerstone of Christian life as we seek to imitate the love Christ has for us to the entire world.

Do you ever feel like the Cathedral is a bit large and you don't even know who the fellow parishioner is that that has sat in the pew across from you for 4 years and at this point you're too afraid to ask? Simply new to the parish and want to get to know others better?

Our Holy Trinity Cathedral is pleased to launch our own Home-based Small Group Ministry this fall to better facilitate these relationships in our parish family! Fellowship and relationship-building is the aim of this ministry as we share our love for and faith in Jesus Christ as Orthodox Christians.

We have a wonderful blueprint for our meetings that will make our times together wonderfully fruitful. Thank God, we already have four host families to get us started! Each group is free to establish its own meeting schedule and format as we get to know our newer parish members or expand our circle of friends. If you are interested in being a host or participating let us know! Training will be provided for leaders so have no fear to take on the task!

Email Fr. Apostolos by [clicking here](#) to join a group or lead!

METROPOLIS
E-News

TEXT SFNEWS TO
22828
to Subscribe!

Music Ministry “Notes”

By Terri Alexon, Choir Director



Two of the four Sunday Coffee Socials hosted by the Choir in October.

Coffee Hours

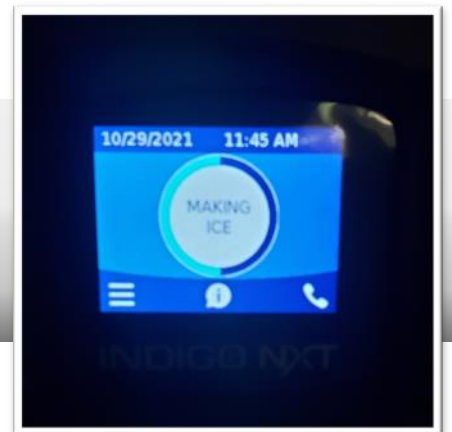
Thank you to [Choir and the Music Ministry](#) for sponsoring Coffee Hours in October.

The November Coffee Hours will be sponsored by [Dance](#).



New Ice Machine Donated by AHEPA

Thank you!



NOVEMBER EVENTS



AHEPA Saguaro Chapter 219 will hold a presentation of the Congressionally approved AHEPA Veterans Medal to its brother veterans on 11 November, 2021 (Veterans Day) at HTGOC starting at 6:30 PM. This presentation will include dinner and the showing of the movie, "The 11th Day", a docudrama of the Greek resistance on the Island of Crete against invading NAZI forces during World War II.

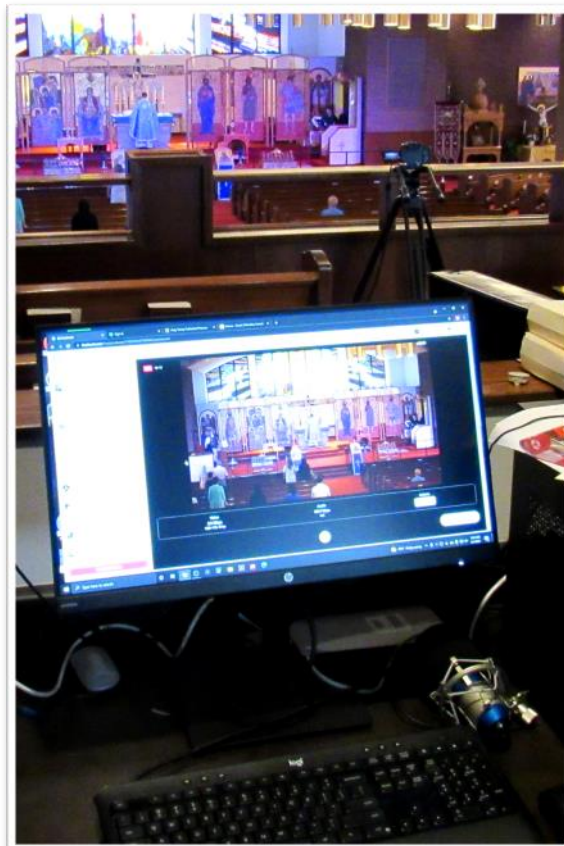
Our next chapter meeting will take place on 18 November, 2021 at HTGOC starting at 6:30 PM and will include the annual Thanksgiving Dinner. Come and join the brothers for a night of fellowship and thanksgiving.

INTERESTED IN MEMBERSHIP? CONTACT
STEVE LEMERE
770-990-6825

Liturgical Services will continue to be
live streamed
by Father Apostolos
and Father Alexander.

All services can now be found on the
Home Page of the
Cathedral's website
www.holytrinityphx.org,
in addition to the continued postings
on our Facebook page.

Thank you to Tom Giatron and Joshua Pardhe for their
above-and-beyond efforts to bring
clear and timely video to all!



Desert Springs Issues Available to Our Seniors

or the computer-challenged!

In an effort to reach our whole Parish Community with Cathedral news, issues of the *Desert Springs* will be available for FREE to those in our community who do not own or use a computer, tablet, or smart phone or would prefer to read the news in hard-copy print. Submit names to the Church Office or call or text Kristen at 602-332-8809.

Desert Springs Subscription

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

Name: _____

Street Address: _____

City, ST, Zip: _____

Contact Phone: _____

Return this form to the Church Office or
contact Kristen at 602-332-8809

Our Church Family

Baptism

“For as many of you as were baptized into Christ have put on Christ.”

Galatians 3:27



10/24/2021

Sofia & Zoe Tzakiris

Sofia’s godparent: Maria Lipnos

Zoe’s godparent: Stefania Papamatheaki

God’s Blessings Be Upon Them

10/30/2021

Hazel Rentzis

Godparent Jennifer Rentzis

God’s Blessings Be Upon Her



Light a Candle

In this time more than ever we need prayer. For those not able to come to the Cathedral yet, we have set up this ability to light a candle 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 Father Alexander will light a candle and say a prayer for you.



Donations

We greatly value all your donations! Please remember, when you write us a check, to include your **intention for the donation and your envelope number in the memo line.**

i.e. stewardship, candles, etc.

Thank you all!



What YOU Can Do to Make Visitors Feel Welcome

Have you noticed new faces? 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 to Coffee Hour. A personal connection goes far!

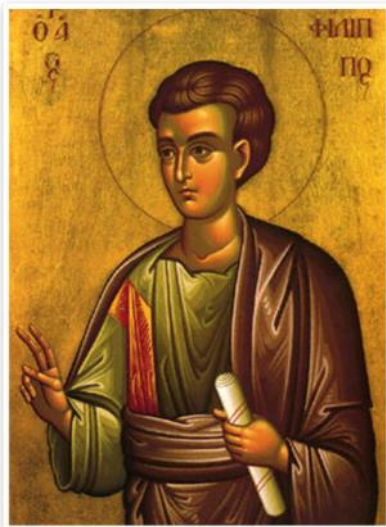


St. Nectarios Books & Beyond

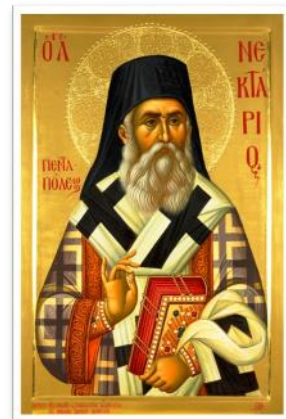
Submitted by Rita Papaspyrou

Holy Apostle Philip

Commemorated November 14



The Holy and All-praised Apostle Philip, was a native of the city of Bethsaida in Galilee. He had a profound depth of knowledge of the Holy Scripture, and rightly discerning the meaning of the Old Testament prophecies, he awaited the coming of the Messiah. Through the call of the Savior (John 1:43), Philip followed Him.



After the Ascension of the Lord, the Apostle Philip preached the Word of God in Galilee, accompanying his preaching with miracles. Thus, he restored to life a dead infant in the arms of its mother. From Galilee he went to Greece, and preached among the Jews that had settled there. Some of them reported the preaching of the Apostle to Jerusalem. In response, some scribes arrived in Greece from Jerusalem, with one of the Jewish chief priests at their head, to interrogate the Apostle Philip.

The Apostle Philip exposed the lie of the chief priest, who said that the disciples of Christ had stolen away and hidden the body of Christ. Philip told instead how the Pharisees had bribed the soldiers on watch, to deliberately spread this rumor. When the Jewish chief priest and his companions began to insult the Lord and lunged at the Apostle Philip, they suddenly were struck blind. By his prayer the Apostle restored everyone's sight. Seeing this miracle, many believed in Christ.

When the Apostle Philip arrived in the city of Phrygian Hieropolis, he saw that there were many pagan temples. There was also a pagan temple where people worshiped an enormous serpent as a god. The Apostle Philip by the power of prayer killed the serpent and healed many bitten by snakes.

Among those healed was the wife of the city prefect, Amphipatos. Having learned that his wife had accepted Christianity, the prefect Amphipatos gave orders to arrest Saint Philip, his sister, and the Apostle Bartholomew traveling with them. At the urging of the pagan priests of the temple of the serpent, Amphipatos ordered the holy Apostles Philip and Bartholomew to be crucified.

Suddenly, an earthquake struck, and it knocked down all those present at the place of judgment. Hanging upon the cross by the pagan temple of the serpent, the Apostle Philip prayed for those who had crucified him, asking God to save them from the ravages of the earthquake. Seeing this happen, the people believed in Christ and began to demand that the apostles be taken down from the crosses. The Apostle Bartholomew was still alive when he was taken down, and he baptized all those believing and established a bishop for them.

But the Apostle Philip, through whose prayers everyone remained alive, except for Amphipatos and the pagan priests, died on the cross.

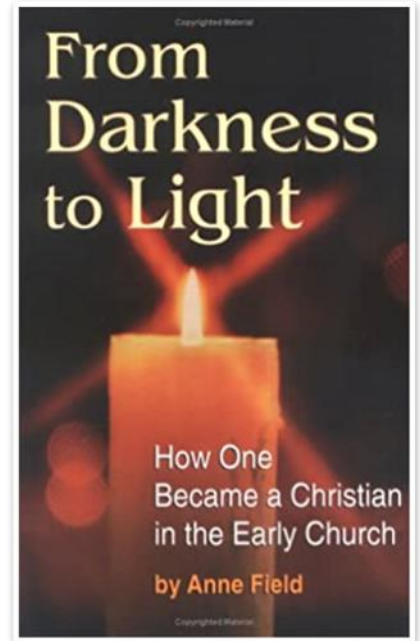


Parish-wide Catechism

From Darkness to Light

How did one become a Christian in the Early Church? How did Church Fathers such as St. John Chrysostom, St. Cyril of Alexandria, and St. Ambrose of Milan teach the Orthodox Faith to new converts? What did the process of embracing Jesus Christ entail in the Apostolic Age and what were new converts expected to learn?

Anne Field has compiled these early Christian texts from the Holy Fathers into a single volume we will begin examining in September in our Parish-wide Catechism Ministry. The book can be found [here](#) or from other online sources. Fr. Apostolos will teach this weekly one-hour Zoom class Saturdays at 9:00am for 10 weeks starting in September.



Parish-wide Catechism is provided for our entire parish family, catechumens and seekers and for everyone eager to continually explore the Holy Orthodox Faith and to deepen their love for and knowledge of God! If you are interested, [email Fr. Apostolos here!](#)

Bible Study: Paul's Pastoral Letters to Timothy and Titus

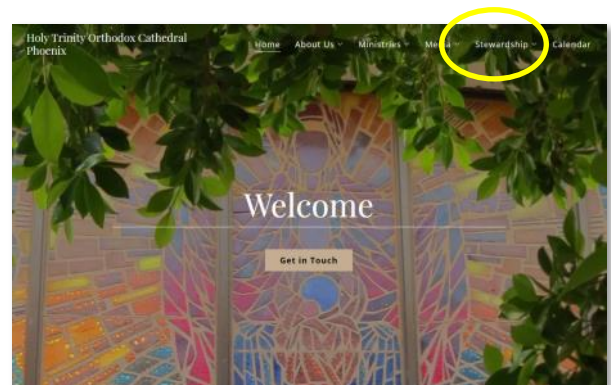
When we list off the books of the New Testament we tend to fall off after we finish all the names of the cities that Paul wrote to: Corinthians, Thessalonians, Colossians, etc. but we do ourselves a great disservice to stop here. In the 3 "Pastoral Epistles" of Paul written to his disciples Timothy and Titus, we read unique and powerful letters about the Church, doctrine, and praxis. Paul's letters to two of his disciples who he loved so deeply grant us a different approach to understanding our faith than his other letters.



Join Fr. Alexander as we journey through these letters and learn what it means to, "preach the Word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching" (2 Tim. 4:2). Bible Study will take place every **Monday evening at 7pm starting September 13** in a hybrid format. Fr. Alexander will be in the Church Office Conference Room while also offering a log-in on Zoom for those unable to join in person. If you are interested, [email Fr. Alexander by clicking here!](#)

Easy Stewardship Sign Up!

Go to www.holytrinityphx.org and then click on **Stewardship**



House of Stewards

Through 10/28/2021

Dorothy Ainslie
Peter & Sarah Agnos
Evan & Terri Alexon
Dina Anagnopoulos
Mike & Alex Anagnopoulos
Nikki Anest
Bettina Angelos
John & Sandy Annos
Elaine Apostle
Sheila Asala
Chris & Angie Athens
Christina Bakavelou
Diana Balos
Constantine & Eleni Balanis
Ted & Rebecca Barabatis
Dr. Nicholas Baziotis
Scott & Stacey Beaty
George & Stacy Benetos
Dan & Vicki Bichekas
Peter & Jennifer Bilitsis
Helen Bixenman
James & Helen Bruno
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Kristen Bruskas
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Katie Chames
Laurel Charnas-Schiller
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Kathy Contes
Andy & Mara Contes
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Ed Cooper & Angie
Valerou-Cooper
Stefanos & Tiffany Daniolos
Patty Davis
Len & Elaine Debickero
Hercules Dellas
Patrick & Karla Delord
Tom & Irene Demas
Joanne Demangus
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Bill DeMoss
Charles DeMoss
Chris DeMoss
John & Marjorie DeMoss

Basil Denaxas
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Kathryn Dye
Christos & Dena
Economopoulos
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Fr. Alexander &
Presv. Laura Eliades
Greg & Helen Fernandez
Zach & Nikki Forman
Athanas & Georgia Fournalis
Athanasia Fournalis
Ted & Andi Fournalis
Tim Fraenkel
Chris & Celeste Francis
Georgi Friehe
George & Julie Froumis
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Semos Gardner
Andreanna Georgiou
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Diana Georgelos
Pamela Georgelos
John Giannopoulos
Polly Ginakes
Stella Glitsos
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Terry Harper
George & Georgette Hasiotis
Stephanie Heckel
Greg Hill
Rev. Fr. Apostolos &
Presv. Denise Hill
Bessie Hotis
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Markos & Maggie Karakozis
Pavlos Kairis
James & Linda Kalivas
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Vasilios & Angela Kamboukos
Basile & Roula Kaneris
Nick & Dena Kantaros
William & Harriet Kapolas

Vasilios & Vasiliqi Karagiannis
Christina Karalekas
Pete & Tina Karegeannes
Virginia Karegeannes
Julie Karoutas
Leon & Fayi Katrakis
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Fanny Kechajias
Cathy Keyser
Ronald & Virginia Kidd
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Anastasia Kompos
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Maria Maniatis
Anna Manos
Bill & Rina Marinakos
Nicholas Marino
Douglas Markakis
D.L. Marudas & R.C. Caroll
Mary Lou Mastorakos

House of Stewards Continued on page 32

Desert Springs November 2021

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Peter & Christina Maydanis
Stacie McKenzie
Angela Mead
Joanne Meris
Will & Sandy Meris
Angeline Miller
Paul Miller
Bill & Jean Miller
Anthony Miosoqos
Andrew & Anastasia Mitchell
Phillip & Helen Mitchell
Dino Moschovitis
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Jerry & Kathy New
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Evelyn Nickalew
Anthony Nicoluzakis
Annamarie Nieblas
Marta Ntatsos
Pamela & Jeffrey Nolen
Else Paletsos
Elizabeth Palmer
Anna Panagiotakopoulos
Thanasi & Melissa
Panagiotakopoulos
Phillip & Eleni Panagiotoglou
Sofia Panagiotoglou
George & Chrysoula
Papadopoulos
Socrates & Stephanie
Papadopoulos
Betty Pappas
Nick Pappas
Spyros & Rita Pappaspyrou
Angeline Pappas
Irene Pappas
John & Andrea Pappas
Harry & Fannie Pappas
Gabriella Papatzimas

Alexander and Olga
Papamatheakis
Daniel & Anna Pardhe
Athena Parmenter
Kai & Katherine Pedersen
John & Dina Pesognelli
Dean & Fotini Pestrivas
Zoe Pestrivas
Chris Petroulakis
Jacque Petroulakis
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Brian & Athena Pickett
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Georgia Pikoula
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Chris & Juli Pritsos
David & Nicole Pyle
Bertha Quinn
Lyda Rabbitt
Greg Sackos
Lois Sakkas
Jim & Donna Sampanes
Dimitra Hotis Sampson
Paul Sarantes
John Schneider
George & Angela Scopelianos
Diane Sedlacek
Chris & Terry Seretis
George & Traci Sgouros
Jeff & Risa Shaver
John Siavelis
Elyse Sioles
Robert & Donna Sioles
George & Evi Skintzis
Elias & Phyllis Skoubis
Elias & Theodora Staikos
Carol Sowers
Angelo & Marie Spanos
Leo & Rachel Speliopoulos

James & Christina Speros
Jim & Kathryn Stamadianos
Gerry & Nitsa Stamatelatos
Andy & Christine Stamatis
Chris Tapas
Despina Tavlarides
Billy & Becky Tavlarides
Nicholas & Effie Theodore
Gus & Mary Louise
Theodoropoulos
Jim G. Thomas
John & Teresa Thomas
Rev. Fr. John &
Diak. Mary Thrasher
Dominic Tropea
Thad & Kathy Tropea
Dean & Stella Tsantilas
Dimitri Tsioutsopoulos
Sotiros & Nicki Tsioutsopoulos
Costa & Koko Tzavaras
George & Connie Venetis
Teresa Valonis
Peter & Lindsay Vardalos
Kristen Vasilarakos
Argyro Vasquez
Scott & Terri Vaughn
John & Jean VDalPan
Andrew & Sandy Vlahoulis
Peter and Maria Vlahos
Steve & Mary Vrahas
Catherine Wallerich
Colin and Paula Walsh
Michael & Christina Wombacher
Richard & Katina Wood
David Worrell &
Stephanie Willard
Dimitri & Eugenia Zannis
George & Tina Zannis
Zella Zannis
Evangeline Zikos
Michael & Christina Zistatsis

STEWARDSHIP SUNDAY DECEMBER 5, 2021

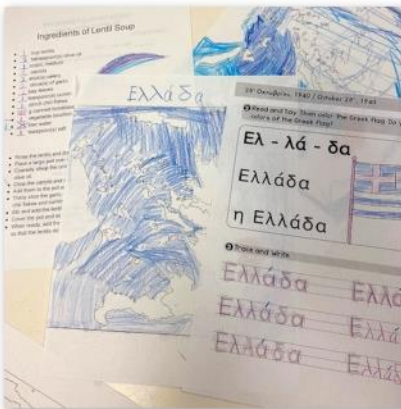
Please Plan to Attend Liturgy With Your
Completed 2022 Pledge Card.
Then Join Us For Our Annual Complimentary
“Gratitude Luncheon” In the Large Hall.

Greek School

Irene Dartozos Mackos, Director
Gabriella Papatzimas, Teacher
phxgreeksschool@gmail.com



Holy Trinity Greek
&
Heritage School of Phoenix



Greek School

Irene Dartoozos Mackos, Director
Gabriella Papatzimas, Teacher
phxgreeksschool@gmail.com



It's Autumn - φθινόπωρο

Greek School is in full swing. Our Greek School children are busy learning their alphabet, songs, words, phrases and even conjugating verbs.

Greece has two national holidays which are linked with major historical events and celebrated all over the country: March 25 and October 28.

The October 28th celebration is also called the "Oxi day" (oxi meaning 'no'), reminding that in 1940 prime minister Ioannis Metaxas refused the Italian forces to enter Greece. As a result, Greece entered World War II and the Greek-Italian war of 1940-1941 began.

What happened in Greece on October 28, 1940?

At dawn of October 28, 1940, the Italian ambassador, Emanuele Grazi, presented the Greek Prime Minister Ioannis Metaxas the ultimatum of Italian Dictator Benito Mussolini. This required the Italian army to cross the border with Albania and to occupy Greece. Metaxas replied in French "Alors, c'est la guerre" ['So this is war']. In a few hours the Italian army entered northeastern Greece. Greek soldiers successfully fought the Italian-Albanian forces and pushed them back into Albania. Because of that, Hitler's German army had to step in and it invaded Greece in April 1941. The occupation lasted until October 1944.

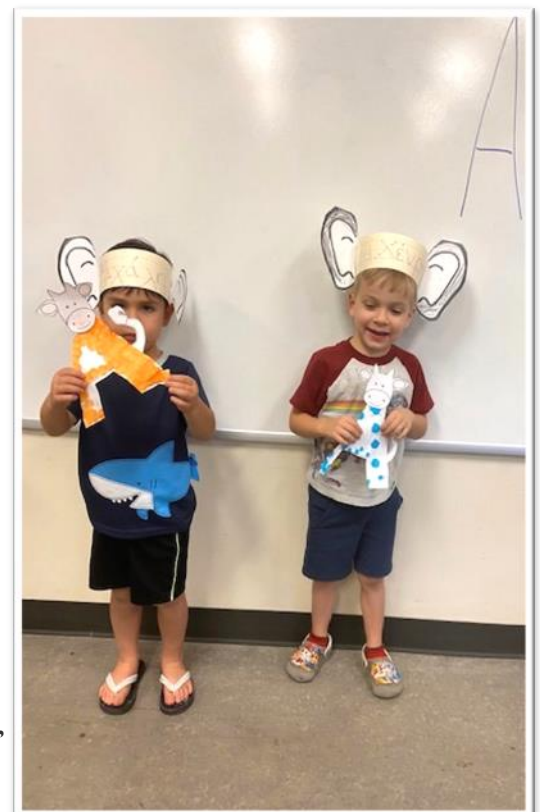
How do Greeks celebrate their national anniversary?

Some weeks prior to October 28th Greeks start decorating streets and balconies with Greek flags. Greek TV broadcasts movies about the war of 1940. On the state radio you will hear heroic songs of the time.

In Greek School, the children learn about the importance of the war, students recite poems, sing songs and play scenes from the Greek-Italian war. The school teachers talk about Greeks' heroism at the war and the students and teacher had lentil soup.



[November brings Greek School Koulourakia Bake Sale for Thanksgiving.](#)
[More information in church bulletin or email](#)
Phxgreeksschool@gmail.com



Introducing our Preschool Class

Ο Μιχάλης και ο Χενρης
Our 3-5 year old class learn about their letters, numbers, vocabulary, weather, sing songs and do fun art activities.

Each lesson consist of a letter, number and color of the week. This week we learned the letter alpha, Αα.

Color - Άσπρο

Vocabulary - Άλογο αγελάδα αέρα αυτιά

All Saints Camp

5TH ANNUAL ASC INVITATIONAL
SATURDAY | November 20, 2021
Stonecreek Golf Club

**SAVE
THE
DATE**



SPONSOR OPPORTUNITIES AVAILABLE!
Fundraiser to benefit Orthodox Youth attending All Saints Camp



8:00 AM SHOT-GUN SCRAMBLE

7:00 AM Check-In

Course located at 4435 E. Paradise Village Pkwy S, Phoenix, AZ 85032

\$150 PER GOLFER

(If paid by Nov 5th | \$175 after deadline)

Bring a full foursome or we can add you to one!

AWARD LUNCHEON FOLLOWING TOURNAMENT

Assumption Community Center | 8202 E. Cactus Road, Scottsdale

(Non-golfers encouraged to attend @ \$25/person)

For information regarding registration, making a contribution or opportunities to sponsor a portion of the event, please contact Janis Demetrulias, 480-560-5833.



ALL SAINTS CAMP

Parish Charity Project

Final day for donations Sunday,
November 14, 2021

Arizona Helping Hands

Holy Trinity is sponsoring a community-wide outreach project for AZ Helping Hands, an amazing organization that supports children in foster care. AZ Helping Hands provides essential needs for over 4000 children in foster care per year, which includes over 150,000 diapers per year. We are collecting diapers/pull-ups (all sizes) and wipes as well as new and gently used children's clothing (sizes infant to 16 youth). We will also accept monetary donations which will assist the organization in purchasing supplies. (Checks made out to Arizona Helping Hands). You can place your donations in collection boxes which are set up in the Narthex, Church office, and James A. Speros Community Center.



Help make a difference for children in foster care!



DIAPER DRIVE

In an average week, Arizona Helping Hands provides 3,000+ diapers and 2,500+ wipes to children in foster care.

 COLLECT Diapers, pull-ups, and wipes (all sizes)	 DONATE A \$100 donation provides diapers and wipes for four children in foster care.	 SHOP View our Amazon Wish List available at azhelpinghands.org/wishlist .
--	---	---

DROP OFF YOUR DONATION IN ONE OF OUR COLLECTION BOXES

FOLLOW US @azhelpinghands 3110 East Thunderbird Road, Suite 100 azhelpinghands.org
f t i n Phoenix, AZ 85032 480.889.0604

Qualifying Foster Care Charitable Organization (QFCO #10003)

For any questions, contact Dina Anagnopoulos at dina.aggie@yahoo.com.
Additional information on AZ Helping Hands can be found at www.azhelpinghands.org.

After-Festival Sale

October 17, 2021



Masks Appreciated

In accordance with current CDC guidance, the Holy Trinity community strongly recommends that everyone (vaccinated and unvaccinated) wear face masks inside the Church. As a reminder, my mask is for you and yours is for me. In this time of high transmission of a highly infectious strain, we have the opportunity to show our Christianity and wear masks to make the community as safe as it can be. This is a time for the parishioners of Holy Trinity to practice empathy and compassion for our most vulnerable members—our youth, those not vaccinated, and those who are vaccinated but immune compromised (and therefore at elevated risk levels). Thank you!

Fr. Apostolos & Fr. Alexander



OrthoTalks for Jr. High/Middle School Students and Parents

Join Father Gary Kyriacou along with members of the Metropolis Family Wellness Ministry team for an in-depth Zoom gathering on the Orthodox Christian response to bullying, how to deal with someone that is mean, and understanding brokenness. This series will aid the student's social development by reinforcing the teachings of our Lord and His Church. If you are a Middle/Junior High School Student, we invite *you and your parents* to join us!

This is a two-part series being held on **Tuesday, October 19 and 26 at 6:30 p.m.** For more information and to register for this free workshop, visit [here!](#)



ORTHO TALKS

ALL MIDDLE/JR. HIGH SCHOOL STUDENTS & PARENTS



Dealing with **Difficult People**

EXTENDED FOR ALL TEENS!

Tuesday, November 16 AND Tuesday, November 30 • 6:30 - 7:30 p.m. PST



Register Now

www.sanfran.goarch.org/orthotalks

Join Father Gary Kyriacou, Metropolis Pastor of Youth and Young Adult Ministries, and members of the Greek Orthodox Metropolis of San Francisco Family Wellness team for an in-depth discussion on ZOOM! The gathering will focus on the Orthodox Christian response to bullying and how to deal with someone that is mean.

This series will aid the student's social development by reinforcing the teachings of our Lord and our Orthodox Christian Church. All High School, Jr. High and Middle School Students are encouraged to attend.

Join the discussion to gain tools and ways to understand our human brokenness. We will take a look at ourselves too, and do a little self-awareness.

DATES

SESSION ONE: Tuesday, November 16 • 6:30 p.m. (PST) **AND**
SESSION TWO: Tuesday, November 30 • 6:30 p.m. (PST)

For more information, please contact program facilitator Rev. Father Gary Kyriacou Metropolis Pastor of Youth and Young Adult Ministries (frgary@sanfran.goarch.org)



YOUTH & YOUNG ADULT
MINISTRIES



Family Wellness Ministry
Greek Orthodox Metropolis of San Francisco

OPA—Orthodox Parents Association

Caroline Economopoulos, 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,
sign up today.

It's easy, just email your information
ciecomom@gmail.com,
and we'll get you added to list!

A decorative graphic with a dark blue background. It features stylized floral and foliage elements in shades of yellow, orange, and brown. The elements include clusters of small yellow berries, larger yellow and orange flowers, and brown leaves and stems. The design is symmetrical and frames the central text.

Holy Trinity Cathedral

NOVEMBER YOUTH NIGHT

Saturday, November 13
5-8PM
Grades 1-12

A Fall evening of faith,
fellowship, fun, and food!

RSVP TO FR. ALEXANDER
(AELIADES@HOLYTRINITYPHX.ORG)
BY NOVEMBER 10

Greek Dance

The Holy Trinity Dance Program is back & practices are underway!

Niko Panagiotakopoulos:
call/text: (602) 469-2039
npanos01@yahoo.com



[Click Here to Link to the Festival Website for Photos!](#)

Next up—FDF in February!



FDF Parent Meeting,
October 24, 2021

First dance practice is on November 7, 2021.

