

Desert Springs

March 2022
Volume 7 Issue 3

HOLY TRINITY CATHEDRAL, PHOENIX, AZ
SERVICES OF GREAT & HOLY LENT 2022 MARCH 7 – APRIL 16, 2022

MONDAY, MARCH 7 ----- *CLEAN MONDAY - 6pm Great Compline with Canon of St. Andrew*
TUESDAY, MARCH 8 ----- *6pm - Great Compline with Canon of St. Andrew*
WEDNESDAY, MARCH 9 ----- *5:30pm - 9th Hour and Pre-Sanctified Liturgy *Potluck to follow*
THURSDAY, MARCH 10 ----- *6pm - Great Compline with Canon of St. Andrew*
FRIDAY, MARCH 11 ----- *8am - Presanctified Liturgy*
FRIDAY, MARCH 11 ----- *6:30pm - 1st Salutations to the Theotokos -- Young Adult Discussion*
SATURDAY, MARCH 12 ----- *8am - Miracle of Kolyva Orthros and Divine Liturgy*
MONDAY, MARCH 14 ----- *6pm - Great Compline - Bible Study to follow*
WEDNESDAY, MARCH 16 ----- *5:30pm - 9th Hour and Pre-Sanctified Liturgy *Potluck to follow*
FRIDAY, MARCH 18 ----- *8am - Presanctified Liturgy*
FRIDAY, MARCH 18 ----- *6:30pm - 2nd Salutations to the Theotokos Grades 1-3 Discussion*
MONDAY, MARCH 21 ----- *6pm Great Compline - Bible Study to follow*
WEDNESDAY, MARCH 23 ----- *5:30pm 9th Hour and Pre-Sanctified Liturgy *Potluck to follow*
THURSDAY, MARCH 24 ----- *6pm - Vespers for Annunciation*
FRIDAY, MARCH 25 ----- *8am - Feast of the Annunciation - Orthros and Divine Liturgy*
FRIDAY, MARCH 25 ----- *6:30pm - 3rd Salutations to the Theotokos*
SATURDAY, MARCH 26 ----- *12-6pm GOYA Lenten Retreat*
MONDAY, MARCH 28 ----- *6pm Great Compline - Bible Study to follow*
WEDNESDAY, MARCH 30 ----- *5:30pm - 9th Hour and Pre-Sanctified Liturgy *Potluck to follow*
FRIDAY, APRIL 1 ----- *8am - Presanctified Liturgy*
FRIDAY, APRIL 1 ----- *6:30pm - 4th Salutations to the Theotokos Grades 4-6 Discussion*
MONDAY, APRIL 4 ----- *6pm Great Compline - Bible Study to follow*
WEDNESDAY, APRIL 6 ----- *5:30pm - 9th Hour and Pre-Sanctified Liturgy *Potluck to follow*
FRIDAY, APRIL 8 ----- *8am - Presanctified Liturgy*
FRIDAY, APRIL 8 ----- *6:30pm - The Akathist Hymn*
SATURDAY, APRIL 9 ----- *1-6pm Parish-wide Lenten Retreat on Holy Week*
MONDAY, APRIL 11 ----- *6pm Great Compline*
WEDNESDAY, APRIL 13 ----- *5:30pm - 9th Hour and Pre-Sanctified Liturgy *Potluck to follow*
FRIDAY, APRIL 15 ----- *8am - Presanctified Liturgy*
SATURDAY, APRIL 16 ----- *8am - Saturday of Lazarus – Orthros and Divine Liturgy*
APRIL 17-APRIL 24 ----- *Palm Sunday, Holy Week, Pascha (separate schedule)*

On Wednesday evenings of Great Lent, following Pre-Sanctified Liturgy, we will have a Potluck Lenten meal and refreshments, along with a brief theological reflection. Bring your favorite Lenten dish and join us for an opportunity for fellowship and learning!

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-Friday, 9:00am-3:00pm

Sunday Worship

8:00am Orthros
9:30am Divine Liturgy

Desert Springs Staff

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Desert Springs Deadline

The 25th of each month

Sunday Bulletin Deadline

Wednesdays, 12 noon

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info@stnectariosphx.org

2022 Parish Council Members

President: Paul Katsenes
Vice President: Connie Contes
Treasurer: Jim Manelis
Ass't. Treasurer: Dina Anagnopoulos
Secretary: Andi Furlis
Sandy Annos, Charlie DeMoss,
Alexander Harding, Jill Leach,
Sandy Meris, Elias Moussa,
Socrates Papadopoulos

Holy Trinity Cathedral
www.holytrinityphx.org

Metropolis of San Francisco
www.SanFran.goarch.org

Archdiocese Website
www.goarch.org

Organization Contacts

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davidmhaag@yahoo.com, battersbox7@yahoo.com
- **Bible Study** — Father Apostolos Hill: papoulihill@gmail.com
- **Bookstore** — Rita Papaspyrou: stnectariosphx@gmail.com
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keyserc53@gmail.com
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- **Greek Festival** — Nick Kretsedemas, Angelo Pestrivas:
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- **Hellenic Museum** — Bessie Hotis: call 602-953-1913
- **Little Lambs** — Angela Scopelianos:
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htcmaintenance1973@gmail.com
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- **Narthex Outreach** — Kristen Vasilarakos:
kvasilarakos@cox.net
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- **Sons of Pericles** — Ted Furlis: text or call: 602-625-8835
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angie.lambrou@cox.net
- **Stewardship** — Sandy Meris: sandymeris@gmail.com
- **Sunday School** — Kathy New: kkatsalis@msn.com
- **Wedding Coordinator** — Lindsay Vardalos
- **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@holytrinityphx.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

“When You Fast...”



One of the defining characteristics of an Orthodox Christian should be the ascetical life that is lived in their daily struggle for God. This may be a difficult first sentence to tackle but it is nonetheless a true one and one that requires us to understand it and attempt to execute it. We have arrived at the “stadium of the virtues” that is Great Lent, the time where we are called to fast, pray, and give alms more ardently than we are called to do in the rest of the year. This isn't an optional exercise, the one who fasts in Lent is not the “one who takes his faith seriously” but the one who does not attempt to fast (health issues obviously being an exception) is one who cannot be called an Orthodox Christian.

We know the words of Christ and read them the day before Lent begins, “when you fast...your Father who sees in secret will reward you openly.” This reward is not money, probably not a new car, or house or the things of this world, but the virtues. Our virtue will shine forth if we fast and pray and devote ourselves to God, if we

train (asceticism) our soul to be oriented to God. We can take great inspiration from the hymns we sing in the Orthros on the Sunday of Cheesefare (the day before Lent!). “The arena of the virtues has been opened, let all who wish to struggle for the prize now enter, girding themselves for the noble contest of the Fast; for those who strive lawfully are justly crowned...Let us have as our invincible rampart our Faith, prayer as our breastplate, and as our helmet almsgiving; and as our sword let us use fasting that cuts away all evil from our heart.”

We will receive nothing from God if we do not compete for Him, if we do not strive for Him and we have entered the time to put ourselves to the test. We do all this to cleanse ourselves from food that owns us, and money that drives us. Someone who is fasting will have more discipline on their actions, their words, and their heart. Further we sing in Orthros the Sunday before Lent, “Adam was evicted from Paradise as one disobedient, after partaking of its luxury. Moses saw God, after cleansing the eyes of his soul by fasting. Hence if we desire to become residents of Paradise, let us divorce ourselves from earthly delights, and desiring to see God, as did Moses let us fast the Four Times Ten.”

Brothers and sisters, we *must* fast. This is what it means to be an Orthodox Christian. If you want to know to what extent and rigor you should fast, contact me or Fr. Apostolos but there *must* be an effort made. You must take a step to purify your life by ridding it of its reliance of the comforts of the flesh and come to realize it's true thirst for God. Come enter the arena of the virtues and take up your weapons and struggle for the only prize that is eternal and will not decay!



Stewardship

By Sandy Meris



STEWARDSHIP 2021 AT A GLANCE

In order to have a plan moving forward, it's important to know where we've been. Here is a snapshot of the final 2021 stewardship statistics. Thank you to all of our Holy Trinity stewards who realize the importance of stewardship and how it can propel us forward in our faith.

Total number of 2021 pledges/stewards: 248

Total amount pledged: \$382,405.84

Total amount collected: \$432,229.28

Families who pledged...

\$20,000+ = 1

\$10,000+ = 1

\$5,000 - \$10,000 = 12

\$3,000 - \$4,999 = 20

\$1,000 - \$2,999 = 85

\$500 - \$999 = 61

\$1 - \$500 = 68

Lowest pledge = \$1

Highest pledge = \$22,000

Median pledge = \$850

We are off to a good start for 2022 but we want every single parishioner to become a steward in good standing. Being a steward in good standing enables you to vote on important items in our parish assembly meetings and elect our parish council members.

Total numbers of 2022 pledged stewards (to date): 214

Total amount pledged for 2022 (to date): \$337,732.86

House of Stewards

Through 02/24/2022

Panagiota Agelakos
Catherine Agra
Evan & Terri Alexon
Constance Anagnopoulos
Mike & Alex Anagnopoulos
Christi Anagnostopoulos
John & Sandy Annos
Elaine Apostle
Chris & Angie Athens
Christina Bakavelou
Ted & Rebecca Barabatis
Constantine & Eleni Balanis
Elise & Shannon Bard
Alexandra Bates

Joyce Bavlinka
Scott & Stacey Beaty
George & Stacy Benetos
Stamatios Benetos
Dan & Vicki Bichekas
James & Helen Bruno
Chris & Georgia Brusalis
Chris & Rita Bruskas
Constance Burkhart
Kristen Bruskas
Joanne Carras
Kathy Carras
Frank Carris
Chad & Amanda Carver

Laurel Charnas-Schiller
Thanos & Anna Chimonas
Harriet Chotras
Pete & Kim Choukalas
Katherine & Jeffrey Clarke
Jim & Connie Contes
Kathy & Eleni Contes
Ed Cooper & Angie Valerou-Cooper
Nick & Sharon Daniolos
Stefanos & Tiffany Daniolos
Patty Davis
Len & Elaine Debickero
Hercules Dellas

*House of Stewards continued on page 5
Desert Springs March 2022*

House of Stewards continued from page 4

Patrick & Karla Delord	Julie Karoutas	Angeline Pappas
Joanne Demangus	Joanne Karros	John & Andrea Pappas
Tom & Irene Demas	Stavros & Olga Kasimatis	Harry & Fannie Pappas
John & Mary Demetropoulos	Paul & Lori Katsenes	George & Chrysoula Papadopoulos
Bill DeMoss	Thomas J. Katsenes	Daniel & Anna Pardhe
Charles DeMoss	John & Mary Katsenes	Athena Parmenter
Chris DeMoss	George Katsaros	Zoe Pestrivas
John & Mary Demetropoulos	Helen Katsufraakis	Chris Petroulakis
Bill DeMoss	James & Joann Karros	William & Kathryn Petsas
Charles DeMoss	Jim & Poppy Kavouris	Brian & Athena Pickett
Chris DeMoss	Fanny Kechajias	Georgia Pikoula
John & Marjorie DeMoss	Ronald & Virginia Kidd	David & Nicole Pyle
Basil & Ruth Denaxas	Emily Kimmell	Lyda Rabbitt
Diane Dion	George & Zanelta Kleanthis	Alex & Rose Rentzis
Denise Dye	Maria Kompos	Dimitra Hotis Sampson
Kathryn Dye	Anastasia Kompos	Paul Sarantes
Stan & Fran Drozd	Elizabeth Kratsas	Leslie Sarantinos
Caroline Economopoulos	Deborah Kunkel	John Schneider
Christos & Dena Economopoulos	Ted Kyriacou	Warren & Kalliope Schneider
Fr. Alexander & Presv. Laura Eliades	John & Angie Lambrou	Diane Sedlacek
Greg Fernandez	Judith & Bruce Lamond	Chris & Terry Seretis
Helen Fernandez	Elias & Mary Lampos	John Siavelis
Tim & Karla Floor	Mark Lefebvre	Elias & Phyllis Skoubis
Mary Floor	Gregory Lizanich	Constantin Solomon
Athanasia Fourlis	Efterpi Lourias	Angelo & Marie Spanos
Athanase & Georgia Fourlis	Jim & Stephanie Machas	Leo & Rachel Speliopoulos
Ted & Andi Fourlis	Melina Machas	Jim & Kathryn Stamadianos
Tim Fraenkel	Marika Makridis	Andy & Christine Stamatis
Chris & Celeste Francis	Daniel Maclnnis	Tristan Stoutenberg
Georgi Friehe	Bette Maniatis	Chris Tapas
Tim & Antonette Fraenkel	Maria Maniatis	Despina Tavlarides
George & Julie Froumis	Anna Manos	William & Rebecca Tavlarides
Chris & Anne Gavras	Bill & Rina Marinakos	Gus & Mary Louise Theodoropoulos
Andreanna Georgiou	Nicholas Marino	Jim Thomas
Thomas & Christina Georgiou	Mary Lou Mastorakos	Deacon John & Diak. Mary Thrasher
John Giannopoulos	Chris & Angela Mead	Andrew Touvannas
Polly Ginakes	Joanne Meris	Dominic Tropea
Stella Glitsos	Will & Sandy Meris	Thad & Kathy Tropea
Eva Goodman	Anthony & Tania Miaoulis	Constantine & Stella Tsantillas
Bill & Lynn Graham	Andrew & Anastasia Mitchell	Costa & Koko Tzavaras
Gina Graham	Philip & Helen Mitchell	Peter & Lindsay Vardalos
David Haag	William & Jean Miller	Kristen Vasilarakos
Mary Haidos	Dino Moschovitis	Argyro Vasquez
Donald Hall	Elias Mousa	Scott & Terri Vaughn
Alexander Harding	Spyro & Effie Mousses	George & Connie Venetis
Terry Harper	Matthew & Sophia Neumann	Andrew & Sandy Vlahoulis
Patsy Harris	John & Maria Nicholas	Angela & Ken Walker
Alexia Haugen	Annamarie Nieblas	Catherine Wallerich
Stephanie Heckel	Pamela & Jeffrey Nolen	Douglas & Paulina Watson
Veronica Hill	Marta Ntatsos	Paula & Colin Walsh
Rev. Fr. Apostolos & Presv. Denise Hill	Jeremy & Anastasia Oxley	Richard & Katina Wood
Bessie Hotis	Else Paletsos	Dimitrios & Eugenia Zannis
Jeff Johannesmeyer	Elizabeth Palmer	George & Katherine Zannis
James & Linda Kalivas	Anna Panagiotakopoulos	Zella Zannis
Basile & Roula Kaneris	Phillip & Eleni Panagiotoglou	Michael & Christina Zistasis
Nick & Dena Kantaros	Sofia Panagiotoglou	Eva Zikos
William & Harriet Kapolis	Alexander & Olga Papamatheakis	
Vasilios & Vasiliqi Karagiannis	Socrates & Stephanie Papadopoulos	
Christina Karalekas	Nick Papas	
Mia Karandreas	Betty Papas	
	Irene Pappas	

STEWARDSHIP FAIR

Have you made your 2022 Stewardship commitment? If not, please join us for our Stewardship Fair on **Sunday, March 13th**. Please come by the Stewardship table during Coffee Hour and fill out your 2022 Pledge Card.



Community Picnic

Saturday, February 26, 2022

Thank you to OPA and the team for this wonderful event!



Parish Council Swearing In and Anointing

Sunday, February 6, 2022

The 2022 Parish Council, recognizing the need for even more hands to help in the work of moving our Cathedral forward, appointed the three members who also offered their services to the Cathedral and ran for Parish Council earlier this year. On Sunday, 02/06/2022 we swore in and anointed these three members who were appointed for this year:

Alexander Harding

Jill Leach

Elias Mousa

Congratulations to all and we ask your prayers for their work in steering our Cathedral to it's bright future!



Trisagion for Ukraine and Prayers for Peace

February 27, 2022



Holy God, Holy Mighty, Holy Immortal, have mercy on us,
Holy God, Holy Mighty, Holy Immortal, have mercy on us,
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

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 \$594,140.

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 Baziotis
John & Mary Katsenes

George & Ann Souvall
MO+ 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, IMO+ James H. Karros

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

IRA Tax Savings

TAX SAVINGS FOR HOLY TRINITY MEMBERS WITH IRA'S

Seniors are **required** to take withdrawals from their IRA's when they reach 72 years old.

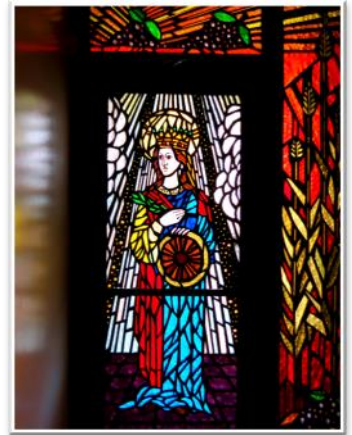
Those withdrawals are fully taxable at ordinary income rates. There is a simple way to avoid that tax, and help Holy Trinity. When you have funds sent **directly** from your IRA to Holy Trinity, **the tax is avoided**. You do not get an additional deduction for this donation, because you have already saved the tax by your direct gift from your IRA.

You can make this process very simple by asking your IRA manager to issue a checkbook to you, then you simply write checks directly from Your IRA to Holy Trinity and any other charitable gifts you wish to make.

+ REMEMBER HOLY TRINITY IN YOUR WILL +

Holy Trinity's St. Katherine Philoptochos

Alex Anagnopoulos, President



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

☪

**Next Meeting on Sunday, March 6, 2022
at 12:00pm
Speros Community Center**

☪

Philoptochos Helping the Homeless

Philoptochos is collecting the following items for the homeless. The following items we consider essential for our families: bar soap, washcloths, shampoo and conditioner, toothbrushes, comb, hair brush and socks (tube socks). We will also accept financial assistance and we will purchase them if you do not have time to shop.

Thank you for your continued support. It is very much appreciated.



“FRIENDS OF THE POOR”

An organization where membership is an honor & a privilege.

JOIN & ENRICH YOUR LIFE!

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

Happiness Hour—Membership Drive & Raffle

February 26, 2022

Thank you to the Membership Committee of Patty Davis, Georiana Friehe, Cathy Keyser, and Connie Venetis for chairing the entertaining event!



Holy Trinity's St. Katherine Philoptochos

Give Your Heart to a Child & Their Family Kids 'n' Cancer Camp Agape Online Auction Fundraiser

Kids 'n' Cancer program provides support for children afflicted with cancer and other life-threatening diseases. Camp Agape offers a life-changing, all-expense paid experience for children and their families.

It provides opportunities for enjoyment, learning and building self-esteem and confidence in a safe setting. The kindness and caring that surrounds them offers an ideal environment for therapy and healing. Since our first camp in Dunlap, California in 1989, Camp Agape has expanded to camps in Portland, OR, San Diego, CA and Mayer, AZ. We opened the Arizona camp in July of 2008. June 2022 will mark our 15th year serving Arizona families.



Arizona Camp Agape, 2019



The Arizona Philoptochos Chapters are reaching out to the community to support the Kids 'n' Cancer Camp Agape Online Auction. Besides bidding on auction items, you can provide monetary donations/sponsorships.

ANY AMOUNT WILL HELP MAKE A DIFFERENCE IN THE LIFE OF A CHILD. Please visit the website below to donate.

32auctions.com/KidsnCancerAgapeAuction
facebook.com/Kids-n-Cancer-Camp-Agape

Please call Kathy Connell at 602-524-1959 for more information.



[Auction](#)

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](#)

February's Chosen Charities:

[Phoenix Soroptimist](#)
[Jam Pack](#)

Click on the links to learn more.

Pascha 2022

OUR JOURNEY TO PASCHA! 2022

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 13th		TRIODION WEEKS Publican and the Pharisee Epistle: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 20th		The Prodigal Son Returns! Epistle: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 27th FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8: 8-9:2 Gospel: Matthew 25: 31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 6th FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13: 11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 13th	 GREAT LENT BEGINS WITH FORGIVENESS VESPERS. SUNDAY OF ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 20th		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 27th		VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4: 14-5:6 Gospel: Mark 8: 34-9:1	Wear your cross to church and kiss the cross each morning with a bowl
4th Sunday of Lent APRIL 3rd		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 10th		ST MARY of EGYPT Epistle: Hebrews 9: 11-14 Gospel: Mark 10: 32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 17th GREAT WEEK BEGINS	 GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Phillipians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 22nd		GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 24th NO FASTING!	 BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: Jan 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Palm Sunday Brunch

April 17, 2022



PALM SUNDAY BRUNCH

Hosted by the Brothers of
AHEPA Chapter 219

SUNDAY, APRIL 17TH
FOLLOWING CHURCH SERVICES

HOLY TRINITY
GREEK ORTHODOX CATHEDRAL
1973 E. MARYLAND AVE - PHOENIX

\$25 ADULTS

\$15 AGES 6-17

5 AND UNDER FREE

Reservations beginning Sunday, March 20th during
Coffee Hour in the Church Community Center

OR CONTACT:

Natalie, Holy Trinity Office, (602) 264-7863
Pete Marudas, rosemar2@msn.com (602) 284-1638

Reserved Tables of 8 or 10
must be prepaid in advance.
All other reservations will be open seating.

St. Nicodemus the Hagiorite Book Discussion Club Arizona Chapter




Are you interested in reading and discussing Orthodox books with young adults across the Valley? If so, join us for the new St. Nicodemus Book Discussion club! Just pick a book from our library (located in the Narthex on the left as you enter) and read at your own pace. We meet virtually twice a month with occasional

in-person gatherings and events. For more information about the club and registration, please email yalazbookclub@gmail.com or contact Mary Pardhe at mdpardhe@gmail.com!

Link to books available to borrow:

[Book Availability Tracker](#)

Discord server: <https://discord.gg/vCecfncws7>



ST. NICODEMUS BOOK DISCUSSION CLUB

Are you interested in discussing Orthodox books with young adults across the Valley? If so, join us for the new book discussion club at Holy Trinity Greek Orthodox Cathedral! Just borrow a book from our library and read at your own pace.

Meetings are held virtually with occasional in-person events. For more information about the club and registration, please email yalazbookclub@gmail.com!

Arizona Hellenic Foundation Scholarship

The Arizona Hellenic Foundation has several scholarships available. For eligibility requirements and application please visit the Foundation's website: Azhellenic.org.

Application deadline: April 1, 2022.



Coffee Hours

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

The March Coffee Hours are sponsored by **Greek School**.



Music Ministry "Notes"

By Terri Alexon, Choir Director



Choir hosted Coffee Socials in February.



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

L et us who _____ ?
Let us who _____
mys - - - - -

The image shows three lines of Byzantine chant notation. Each line starts with a large, ornate initial letter 'L' in red. The notation consists of black lines with various symbols (dots, crosses, etc.) indicating pitch and rhythm. The lyrics 'et us who', 'Let us who', and 'mys' are written below the lines.

Youth Meetings!

HOLY TRINITY CATHEDRAL

**LENTEN
FRIDAY
MEETINGS**

On Fridays during Lent we will meet with one of our ministries in the Conference Room after Salutations at 6:30pm for discussion!

MARCH 11: YOUNG ADULTS
MARCH 18: 1ST-4TH GRADE
APRIL 1: 5TH-8TH GRADE
APRIL 8: HIGH SCHOOL

For more info email:
fraeliades@holytrinityphx.org

The poster has a purple background with a vertical strip on the left side featuring colorful, abstract, scribbled lines in yellow, pink, and white.

AHEPA Chapter 219

AHEPA CHAPTER 219



March Events:

Our next AHEPA 219 Meeting is scheduled for Thursday March 17, 2022 at 6:00pm at Holy Trinity Greek Orthodox Cathedral.

Reservations for the Palm Sunday Luncheon begin March 20, 2022.

INTERESTED IN MEMBERSHIP?

CONTACT STEVE LEMERE

770-990-6825

Desert Diamonds

Senior Parishioners and their guests
Julie Karoutas
email: juliekaroutas@gmail.com
cell: 623-313-8720 call or text



Dear Desert Diamonds & Friends,

On March 21, 2022, at 7:00pm there will be a special, one time showing of the movie "A Man of God" at select Valley AMC & Harkins theaters. I will be booking at the **AMC Desert Ridge Dine In theatre**, call to make your reservation at **480.606.0806**. Please feel free to go to the theater closest to you.

The cost per ticket is **\$13.58** inclusive. Refreshments are separately priced.

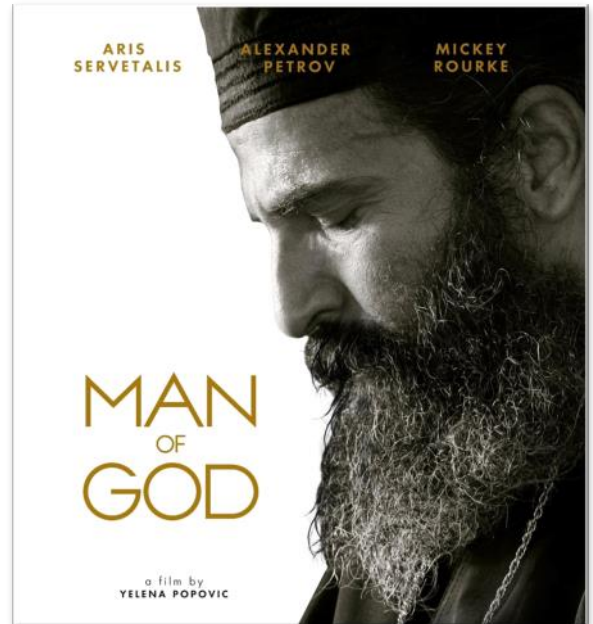
Be sure to make your reservations ASAP as the theaters are filling up fast.

Love in Christ,
Julie Karoutas

Please alert your friends that do not have email addresses.

Email: juliekaroutas@gmail.com
Cell: 623.313.8720

See YOU there!!!



THE KAY-GRANT GROUP
LUXURY REAL ESTATE

Hey Neighbor come
SHRED
with us for fun!

April 30, 2022 • 12:00 - 3:00 pm
Holy Trinity
1973 E Maryland Ave.
Phoenix, AZ 85016

RON PACIONI
602-574-9587
ron@kay-grant.com
www.kay-grant.com

homegroup
MLS

Donations

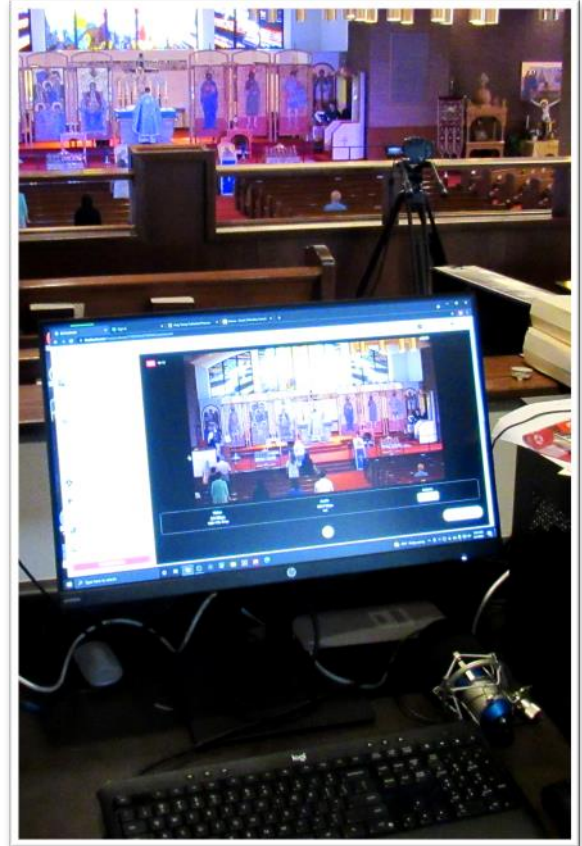
We greatly value all your donations! Please remember, when you write us a check, to include your **intention for the donation and your envelope number in the memo line**. i.e. stewardship, candles, etc.
Thank you all!



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 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: _____

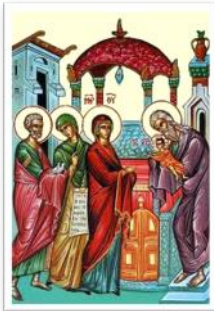
Contact Phone: _____

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

Our Church Family

40 Day Blessing

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



1/1/2017

Angelo, son of Angela & George Scopelianos
God's Blessings be upon him.

Baptisms and Chrismations

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



2/6/22

Alana & Tristan Stoutenburg,
Godparents Celeste & Chris Francis
God's Blessings be upon them.

2/12/22

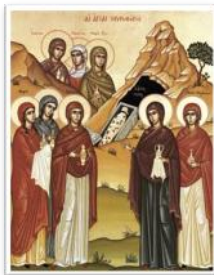
Charles Carver II & Henry Carver,
Godparents Cara & Tristan Moody
Amanda Carver, Charles Carver III, & George Carver,
Godparents Jill & Scott Leach
God's Blessings be upon them.

2/26/22

Briana & Christopher Lopez, Hendrix & Santana,
Godparent Catherine Agra
God's Blessings be upon them.

Funerals

“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



02/16/2022

Leonidas Katrakis
May his memory be eternal.



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.

What YOU Can Do to Help 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
stnectoriosphx@gmail.com



Annunciation of the Theotokos Commemorated on March 25



The Feast commemorates the announcement by the Archangel Gabriel to the Virgin Mary that our Lord and Savior Jesus Christ, the Son of God, would become incarnate and enter into this world through her womb.

The Archangel Gabriel appeared to the Virgin Mary, who was living in Nazareth, and said to her, “Hail, O favored one, the Lord is with you.” Mary was perplexed and wondered what kind of greeting this was.

The angel told her not to be afraid, for she had found favor with God. He said, “You will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob forever; and of his kingdom there will be no end.”

Mary responded to the angel by asking how this could happen since she had no husband. The angel told her that the Holy Spirit and the power of God would come upon her, and that the child to be born of her would be called holy, the “Son of God.”

In faith and obedience to the will of God, Mary replied to the angel, “Behold, I am the handmaid of the Lord; let it be according to your word.” Upon her response, the angel departed.

It is on the Feast of the Annunciation, that Orthodox Christians commemorate both the divine initiative of God, whereby He took on flesh from the Virgin for our salvation, and the human response, whereby Mary freely accepted the vocation offered to her. He elected to become man, and He desired to do this with the willing agreement of her whom He chose as His mother. Mary could have refused, for she was not a passive instrument, but an active participant with a free and positive part to play in God’s plan for our salvation. Thus, when on this and other feasts the Orthodox Church honors the Theotokos, the Mother of God, it is not just because God chose her but also because she herself chose to follow His will.

May Their Memory Be Eternal



All Saints Camp

Get excited... *SUMMER IS BACK!*

This summer, All Saints Camp is going to the Metropolis of San Francisco Summer Camp at St. Nicholas Ranch! We will be taking up our group of campers for Session I: July 10-16. [Online registration will open on this Tuesday, March 1, 9 am PST at: https://gosfyouth.org/summer-camp.](https://gosfyouth.org/summer-camp) Please register ASAP, as spots will fill up very quickly.

Concerning transportation, we will be flying into Fresno, California as a group. PLEASE DO NOT BOOK YOUR OWN FLIGHT. Once you have registered as a camper, please notify us at: info@allsaintscamparizona.org.

If you have any questions please email Fr Alexander: fraeliades@holyltrinityphx.org



Welcome!



Daughters of Penelope

**Chapter 432
Phoenix AZ**

Daughters Chapter meeting on 02/27/2022, wearing sunflower pins in honor of the Ukrainian people.

Officers:

- Cathy Keyser, *President*
- Angie Lambrou, *Vice President*
- Deedee Staikos, *Recording Secretary*
- Connie Panagiotakopoulos, *Corresponding Secretary*
- Anastasia Mitchell, *Treasurer*
- Jennifer Bilitsis, *Marshal*
- Julie Karoutas, *Officer at Large, AHEPA Liaison*

If you are interested in joining, please contact Angie Lambrou (Vice President) by email: angie.lambrou@cox.net or by phone at (480) 473-4906.



Tell Us Something Good



Holy Trinity Cathedral is truly blessed by the many in our community that have come forward, volunteering time and talent for the benefit of our Church.

One of our members has devoted a great deal of time and energy for Holy Trinity. Pete Choukalas—and his family—for years has always stepped forward, not only in helping, but also in dedicated attendance every Sunday.

Again, we are blessed to have Pete and his family, and others like them, who put Holy Trinity in the forefront of their lives.

Parish Celebration Committee



Join us in a brand-new ministry dedicated to bringing our community together by celebrating milestones in our parish members' lives! The Celebration Committee will organize baby showers and celebrations for 40-day blessings, major anniversary landmarks, and chrismations/baptisms. If you would like to be a part of the committee or know of an upcoming special event, please let us know! You can contact Terri Alexon [here](#) or Mary Pardhe [here](#).

Altar Service

Interested in learning more about serving on the altar?

Contact:
Chris Francis at battersbox7@yahoo.com,
David Haag at davidmhaag@yahoo.com



Wednesday Evening Potlucks

Join us **every Wednesday of Lent at 5:30pm** for Presanctified Liturgy followed immediately by a potluck in the Office Conference Room! Bring your *Lenten* dish before Presanctified and drop it off in the Conference Room, attend Liturgy, then join everyone in the Conference Room for a Potluck and small spiritual reflection by a rotating series of presenters.

Stewardship

If you have not filled out a pledge card for 2022, please pick one up in the Church Narthex or visit holytrinityphx.org. We offer you our thanks for

Delay on Stewardship Donation Envelopes

The Stewardship weekly donation envelopes have not yet arrived from our printer. They have informed us that they are delayed and will ship them as soon as possible. If you are waiting for those envelopes in order to contribute toward your Stewardship, there is no need to wait! Simply put your check in the offering tray, use a blank envelope from home or grab an envelope from the Narthex. **Be**



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

All Saints Camp

Summer Camp 2022

This summer, All Saints Camp is going to the Metropolis of San Francisco Summer Camp at St. Nicholas Ranch!

We will be taking up our group of campers for
Session I: July 10-16, 2022.

Registration opens March 1
please register ASAP, as spots will fill up very quickly.

Transportation will be provided at NO COST!

We will be flying into Fresno, California as a group.
PLEASE **DO NOT** BOOK YOUR OWN FLIGHT.

Once you have registered as a camper, please email Fr. Alexander
at aeliades@holytrinityphx.org

To register click [HERE](#).

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!

High School Juniors and Seniors!

A purple rectangular advertisement for the CrossRoad Summer Institute. At the top center is a white logo of a cross with four rounded ends, resembling a crosshair or a stylized cross. Below the logo, the text "CROSSROAD" is written in white, with "WWW.CROSSROADINSTITUTE.ORG" in smaller white text underneath. Below the text are two overlapping photographs of diverse groups of young people, likely students, smiling and posing. The background of the advertisement features a blurred image of the Golden Gate Bridge in San Francisco. In the center, the text "THE CROSSROAD SUMMER INSTITUTE is coming to San Francisco!" is written in white, with "San Francisco!" in a larger font. At the bottom right, there is a blue button with the text "Apply Now!". At the bottom left, the text "July 2–July 12, 2022—San Francisco State University, San Francisco, CA" is written in white. Below that, in smaller white text, it says "Additional sessions in Brookline, MA and Chicago, IL. Visit www.crossroadinstitute.org to apply today!"

Soup & Salad Luncheon

February 6, 2022



Greek Dance

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



FAITH. DANCE. FELLOWSHIP.

congratulations



Ta Patriotakia

in the Primary Category, Division II
Won Category Costume Award
Won Category Choral Award
Placed 2nd in their category

Greek Dance



Vrondi

in the Advanced Junior Category, Division II
Won Category Costume Award
Won Category Choral Award
Placed 2nd in their category

Exhibition Group

Great work, girls!



Greek Dance



Thiela

in the Senior Category, Division I
Won Category Choral Award
Placed 4th in their category

ADDITIONAL

congratulations

Assumption & St. Katherine's Thymosofi
in the Advanced Junior Category
Placed 1st in their category
Won Division II Choral Special Achievement Award

Assumption's Aristofori
in the Advanced Senior Category, Division I
Placed 3rd in their category
Won Category Founder's Special Achievement Award