

Desert Springs

March 2024
Volume 9 Issue 3



Newsletter of Holy Trinity Greek Orthodox Cathedral
1973 E. Maryland Avenue, Phoenix, Arizona 85016

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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

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Desert Springs Deadline

The 25th of each month

Sunday Bulletin Deadline

Wednesdays, 12 noon

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Vice President: Connie Contes
Treasurer: Jim Manelis
Secretary: Andi Fourlis
Sandy Annos, Charlie DeMoss,
Alexander Harding, Jill Leach,
Chris Petroulakis, John Schneider

Holy Trinity Cathedral
www.holytrinityphx.org

Metropolis of San Francisco
www.SanFran.goarch.org

Archdiocese Website
www.goarch.org

Organization Contacts

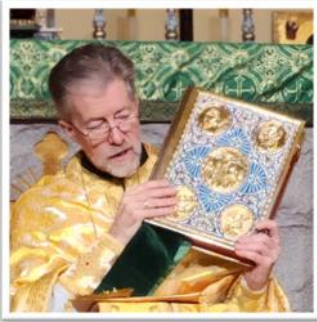
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- All Saints Camp — George Miller: info@allsaintscamparizona.org
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- Choir — Terri Alexon: htphxmusicdirector@gmail.com or terrialexon@gmail.com
- Celebration Committee — Terri Alexon and Mary Pardhe: htcphxevents@gmail.com
- Dance — Niko Panagiotakopoulos: npanos01@yahoo.com
- Daughters of Penelope — Julie Karoutas: juliekaroutas@gmail.com
- Desert Diamonds (50+) — Julie Karoutas: juliekaroutas@gmail.com
- Epistle Readers — Connie Contes: connie.contes@gmail.com
- Greek Festival — Nick Kretsedemas: nick.kretsedemas@chilis.com, Angelo Pestrivas: angelopestrivas@msn.com, Ted Fourlis: fourlisted@gmail.com
- Greek School — Irene Mackos: eirinie@gmail.com
- Hellenic Museum — Bessie Hotis: call 602-953-1913
- Little Lambs — Deborah Harrison: 14dharrison@gmail.com
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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 kristen.vasilarakos@outlook.com. *It is the organization's responsibility* to inform Heidi, Yvonne, and Kristen of any updates to your listing.

Message from Father Apostolos

Soul Care



Americans spent a combined total of \$4.9 Trillion in 2022 on healthcare, fitness and beauty products and services, and vitamins and supplements. One might assume that we would be among the healthiest humans in recorded history with 17.8% of the US GDP allocated to healthcare, but such an assumption would be incorrect. According to a report published by The Commonwealth Fund, America has the lowest life expectancy at birth, the highest death rates for avoidable or treatable conditions, the highest maternal and infant mortality, and among the highest suicide rates.

Mental healthcare in the US reflects similar trends, with 50 Million Americans experiencing some form of diagnosed mental health disorders in 2022, but only 15.35% receiving care for them. Over 1 in 10 youth in the U.S. are experiencing depression that is severely impairing their ability to function at school or work, at home, with family, or in their social life, while 6.34% of youth in the U.S. reported a substance use disorder in the past year. That is equivalent to over 1.5 million youth in the U.S. who meet the criteria for an illicit drug or alcohol use disorder. (Source: Mental Health America)

America has the highest rate of people with multiple chronic conditions and an obesity rate nearly twice the OECD (Organisation for Economic Co-operation and Development) average. Preventable diseases such as heart disease, diabetes, stroke, and high blood pressure continue to grow year-to-year due to the poor quality of affordable and readily available foods and the sedentary lifestyle now the norm. Pharmaceutical commercials, meanwhile, promise renewed vigor and a solution to every ailment. Yet, for all the resources poured into US health outcomes, our health continues to worsen. Could it be we are treating only part of the patient?

Holy Orthodox teaches that the human person is comprised of Body (σώμα,) Soul (ψυχή,) and Mind/Will (νοῦς,) reflecting the Trinitarian basis of our creation, e.g., "Let us make man in Our Image." (Gen. 1:26-28) And in order for the whole of the human person to be healthy, all aspects of the human person must be cared for and not only the body. In this tripartite composition of mankind, it is the soul that has pre-eminence as Holy Scripture affirms; "And He (God) breathed into his nostrils the breath of life and he (Adam) became of living soul." (ψυχὴν ζώσαν.)



Holy Scripture provides a framework for understanding the soul and how it must, along with our minds and bodies, be properly cared for. Our souls, as much as our minds and bodies belong to God as the Prophet Ezekiel states; "Behold, all souls are mine; the soul of the father as well as the soul of the son is mine," and further attests; "the soul who sins shall die." We take great care to protect our bodies from deadly toxins and bacteria but evince little care for the lethality of sin in our soul, though Jesus cautioned His Disciples against such short sightedness; "And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell."

Fr. Apostolos' Message continued on page 4

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Conspicuous consumption and the accumulation of wealth and resources are foremost concerns for a profit-driven society, and yet Jesus again warns us; "For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?" Clearly, care of the soul cannot be neglected without disastrous and eternal consequences. A neglected and emaciated soul in a perfectly healthy body begets an unhealthy human person. One need not look long to espy the chaos that ensues in a nation comprised of neglected and empty souls.

If we accept the premises that (a) we have a soul, that (b) it enjoys a place of pre-eminence in the composition of mankind, and that (c) it requires the same level of attention and care as the body and mind, how do we care for our souls? This is a question which has long troubled humanity, as reflected in the appeal of Psalm 43; "Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God."

Care of the soul requires avoidance of stimuli and influences which disturb its tranquility. The mind/voûç is described in Orthodox thought as the lens of the soul. Hence, to subject our senses to harmful, violent, sinful, essentially pornographic content, is to damage the soul. The salacious content of today's "Breaking News" cycle is transparently pornographic in this respect, curated to provoke maximum fear. Neglect of the soul that is estranged from the God who bequeathed the soul as a gift to each human person weakens the soul in the same way that withholding food from an infant weakens its precious little body. What, then, is to be done?

In Her ancient love and wisdom, the Holy Church of Christ, our collective spiritual Mother, cares for Her children in and through the ministration of the Grace of God in the sacramental life She alone possesses and bestows on Her children. As a Eucharistic body, the Church alone - comprised and constituted whenever the faithful gather in the Name of the Lord - has the capacity to nourish our souls with the Body and Blood of Jesus Christ. The Holy Church of Christ soothes our frayed nerves, grants peace to troubled hearts, calms our weary minds, allays our many anxieties, dissolves our fears.

These benefits accrue to those who regularly (read: weekly) not only attend as a passive observer, but who actively participate in the sacramental life of the Church. No osmotic benefit ensues to those whose GPS registers them at 1973 E. Maryland Ave. It is what energy and intention we bring to the opportunity to place ourselves in the presence of God, anticipating that His Divine Grace will be poured into our thirsty hearts, that determines the benefit we derive. The holy season of Great Lent, soon arriving, offers numerous tools and opportunities to care for our soul. The spiritual medicine of Holy Confession provides for a diagnosis of the temptations, sins, and passions that assail us and damage our souls. The quietness and reverence of the lengthened and potent services of Great Lent restore our equilibrium, perspective, and clarity so easily disrupted in the frenzied pace of post-modern life.

As with all such opportunities, this one is not self-realizing but must be grasped by us. The dawning of Lent typically takes our thoughts to the keeping of the great fast. And while this essential aspect of the Church's ascetical praxis must not be discounted, fasting without prayer is merely dieting. Only when joined with prayer, specifically the corporate prayer of the People of God in the Divine Services of the Church, can the potency of fasting be unveiled as the dynamic spiritual tool it is. Beloved, let us eagerly grasp this God-given opportunity to care for our souls in the weeks ahead, not allowing the medicine of the sacraments to pass unaccessed. Let us trust that our merciful and compassionate Savior, Jesus Christ, will heal and "restore our soul" as the Great Shepherd He is.

Stewardship

STEWARDSHIP 2023.... HOW DID WE DO?



With Stewardship 2024 in full swing and our 2023 campaign in the rear view mirror, it is important to take stock of where we are, celebrate our growth and examine what our goals are for the future.

With the knowledge that Stewardship is a Biblical principle and our responsibility to take care of our Beloved Cathedral, our Stewardship continues to grow. We now know that the Lord calls us to give 10% of our earnings or, our first fruits, to the church. And based on our overall giving, we are each getting closer to that goal.

Thank you to every single Steward for your generosity and commitment to Holy Trinity. Let's all remain focused on growth and progress moving forward.

STEWARDSHIP TOTAL NUMBERS FOR 2023

Total Number of Pledged Families/Individuals: **361**

Total Amount Pledged: **\$565,103**

Total Amount Collected: **\$520,695 (92% have fulfilled 2023 pledge)**

Total Amount Overpaid: **\$28,907**

Number of Stewards Giving:

\$20,000 + = 1

\$10,000 + = 5

\$5,000 - \$9,999 = 19

\$3,000 - \$4,999 = 18

\$1,000 - \$2,999 = 150

\$500 - \$999 = 76

\$1 - \$499 = 92

Lowest Pledge = \$5

Highest Pledge = \$24,700

Median Pledge = \$1,000

PARISH-WIDE LENTEN COMMUNITY OUTREACH PROJECT

JOIN US TO MAKE 500 MEALS FOR ANDRE HOUSE

Saturday, April 13th

10:00 a.m.

Community Center Large Hall

Coffee and bagels will be served

Last year during Lent our parishioners came together and made 225 sack lunches for the homeless community of Andre House in Phoenix. The response and outpouring of generosity was amazing! We had more volunteers than we knew what to do with! It's clear, our parishioners are hungry to roll up their sleeves and help those in need. So this year, let's surpass last year's numbers. **Our goal this year is to make 500 meals!**

How can you help?

First, just show up on Saturday, April 13th at 10 am ready to go!

Or, are you willing and able to help do some of the shopping and prep work that morning?

Are you willing to help us be a table manager that morning?

If so, please reach out to: sandymeris@gmail.com or 602-525-0345

2024 Parish Council

February 5, 2024

Father Apostolos and Father Alexander administered the Oath of Office to the elected and returning board members. Following the Oath, the board members adjourned to the Chapel to elect the officers.

Our 2024 Parish Council Officers & Members:

Officers:

Paul Katsenes, President

Connie Contes, Vice President

Jim Manelis, Treasurer

Andi Fourlis, Secretary

Council Members:

Sandy Annos

Charles DeMoss

Alexander Harding

Jill Leach

Chris Petroulakis

John Schneider

Thank you for your service and time for making Holy Trinity Cathedral a wonderful place to worship. Glory to God for all things!



And congratulations to **Tristan Stoutenburg**, who since has been appointed to the Parish Council!



Parish Assembly

February 25, 2024



House of Stewards

As of 02/29/2024



Dina Anagnopoulos
Nikki Anest
John & Sandy Annos
Carla Antypas
Elaine Apostle
Argyro Apostolou
Chris Athens
Constantine & Eleni Balanis
Joanna Bankson
Crisanne & Scott Bansner
Christopher Bass
Sam & Heidi Bass
Joyce Baulinka
Athena Beaty
Scott & Stacey Beaty
George & Stacy Benetos
Stamatios Benetos
Dan & Vicki Bichakas
Peter & Jennifer Bilitsis
James & Helen Bruno
Georgia Brusalis
Chris & Rita Bruskas
Kristen Bruskas
Kathy Carras
Dawn & Casey Cartier
Chad & Amanda Carver
Laurel Charnas-Schiller & Todd Schiller
Harriet Chotras
Jim Chotras
Pete & Kim Choukalas
Katherine & Jeffrey Clarke
Andy & Mara Contes
James & Connie Contes
Patty Davis
Hercules Dellas
Patrick & Karla Delord
Tom & Irene Demas
John & Mary Demetropoulos
Anthony & Patricia Demopoulos
Bill DeMoss
Charles DeMoss
Chris DeMoss
John & Marjorie DeMoss
Michael & Maureen DeMoss
Basil & Ruth Denaxas
Alexandros & Erika Dimitriadis
Stanley & Fran Drozd
Caroline Economopoulos
Christos & Dena Economopoulos
Fr. Alexander & Presv. Laura Eliades
Emil Ellis
Ed & Katherine Fancher

Keith & Ashley Fightmaster
Anna Furlis
Athanas & Georgia Furlis
Athanasia Furlis
Ted & Andi Furlis
Tim & Antonette Fraenkel
Chris & Celeste Francis
Georgana Frieh
Demetra Georgelos
Diana Georgelos
Pamela Georgelos
John Giannopoulos
Stella Glitsos
Eva Goodman
Bill & Lynn Graham
Gina Graham
Gail Grevas
David Haag
Mary Haidos
Donald Hall
Terry Harper
Mary & Roger Harris
Patsy Harris
George & Georgette Hasiotis
Alexia Haugen
Stephanie & Gregory Heckel
Diane Herman
Fr. Apostolos & Presv Denise Hill
Greg Hill
Bessie Hotis
Steven & Candace Huff
Jeffrey & Melina Johannesmeyer
James & Linda Kalivas
Marianna Kaneris
Jean Kantaros
Nick & Dena Kantaros
William & Harriet Kapolas
John & Tressa Karagiannis
Vasilios & Vasiliqi Karagiannis
Maggie & Marko Karakozis
Virginia Karegeannes
Julie Karoutas
Joann Karros
Fotini Katrakis
John & Mary Katsenes
Paul & Lori Katsenes
Helen Katsufrakis
Jim & Poppy Kavouris
Fanny Kechajias

Nikolaos Kentimenos & Panagiota Kladou
Ronald & Virginia Kidd
Emily Kimmell
Anastasia Kompos
Maria Kompos
Spiros & Maria Kontakis
Arthur & Carol Kostaras
Kostadinos & Anatoli Kostouros
Tammy Kretsedemas
Deborah Caras & Gregory Kunkel
John & Evangelia Lambrou
Elias & Mary Lamos
Steven & Constance Lemere
Georgia Lipane
Luke & Maria Lipnos
Gregory Lizanich
James & Stephanie Machas
Maria Maciejewski
Margo Makris
Marika Madridis
Julie & Felix Mamani
Jim & Donna Manelis
Anna Manos
Mary Lou Mastorakos
Pamela Maydanis
Peter & Christina Maydanis
Angela & Chris Mead
Christian Meris
Joanne Meris
William & Sandy Meris
Anthony & Tania Miaoulis
Anastasia Miigias
Philip & Helen Mitchell
Paul & Linda Miller
William & Jean Miller
Oleg & Emily Moroz
Spyro & Effie Mouses
John & Maria Nicholas
Evelyn Nickalew
John Nicolettos
AnnaMarie Nieblas
Else Paletsos
Elizabeth Palmer
Anna Panagiotakopoulos
Christo & Connie Panagiotakopoulos
Niko Panagiotakopoulos
Socrates & Stephanie Papadopoulos
Chrysoula Papadopoulos
Ria Papageorgiou
Betty Papas
Nick Papas
Gabriella Papatzimas
Nicholas & Stacy Papatzimas
Andrew & Emily Pappas
Harry & Fannie Pappas

*House of Stewards continued on page 9
Desert Springs March 2024*

House of Stewards continued from page 8

Daniel & Anna Pardhe
Athena Parmenter
Amy Paul
Christine & Peter Pearce
John & Dina Pesognelli
Fotini Pestrivas
Zoe Pestrivas
Peter & Gayle Petkas
Chris Petroulakis
Jacque Petroulakis
Bill & Kathy Petsas
Brian & Athena Pickett
Mary Poulakidas
Alex Rentzis
Alexi & Sara Rentzis
Jenn Rentzis
Menelaos Rentzis
Voula Rentzis
Pete & Anthipe Pries
Nicole & David Pyle
George Rouman
Lois Sakkas
Stellios & Nicole Samaradellis
Dimitra Sampson
Paul Sarantes
Les & Christine Sarantinos
John Schneider
Peter Schneider
Warren & Kalliopi Schneider

Diane & George Sedlacek
Nicole Senerius
Terry & Chris Seretis
George & Stacy Sgouros
John Siavelis
Elyse Sioles & Robert Stamm
Robert & Donna Sioles
George & Eui Skintzis
Elias & Phyllis Skoubis
David & Alisha Solheim
Constantin Solomon
Angelo & Marie Spanos
Leo & Rachel Speliopoulos
James L & Karen Speros
Vasilios & Diana Speros
Jim & Kathryn Stamadianos
Nitsa Stamatelatos
Andrew & Christine Stamatis
Jonathan Stamatis
Jimmy & Lisa Sterio
Tristan & Alana Stoutenburg
Robert Stuart
Steven & Jean Talkington
Despina Taularides
William & Rebecca Taularides
Nick & Effie Theodore
Jim Thomas
Deac. John & Diak. Mary Thrasher
Andrew Touvanas

Thaddeus & Katherine Tropea
Stacy & Gerri Tsantilas
Stella Tsantilas
Dean & Brenda Tseunis
Dimitrios Tsioutsopoulos
Matthew & Eva Turgeon
Costa & Koko Tzavaras
Daniel Valenzuela
Kristen Vasilarakos
Michael Vaughn & Audrey Lewter
Scott & Terri Vaughn
Leah Venetis
Steve & Mary Vrahas
Colin & Paula Walsh
Paulina Watson
Zach & Mary Kladis Wilhelmi
Dan Williams
Anne & William Wilson
Richard & Katina Wood
Zachariah Yoon & Elizabeth Hong
George & Katherine Zannis
Jerry & Amanda Zannis
Dimitrios & Eugenia Zannis
Zella Zannis
Evangelia Zikos
Dimitrios Zistatsis
Eleanna Zistatsis
Michael & Christina Zistatsis

If you have filled out a 2024 pledge card but your name does not appear on this list, please know any omissions are unintentional. Please call the church office immediately and we will resolve the situation

Fr. Apostolos Birthday Celebration

Please come and join us after Divine Liturgy on
Sunday, March 10th,
for a luncheon in honor of Father's 60th Birthday.

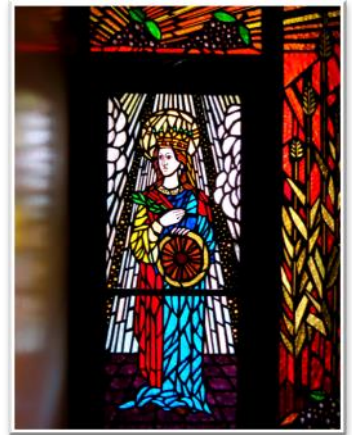


St. John Chrysostom Oratorical Festival

Our Parish Festival is tentatively scheduled for March 24. All participants will receive \$50 and those who move onto the District Level will receive \$100 for their efforts. This program allows our youth to learn more about their faith and express it in their own words while giving them confidence in public speaking! You will be coached by Chris Francis, Nick Petsas, and Fr. Alexander! If your child is interested (Grades 7-12), email Fr. Alexander for more info on the Festival and topics the speakers can choose from!

Holy Trinity's St. Katherine Philoptochos

Kristen Vasilarakos, President



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

☪☪
**Next Meeting on Sunday,
March 3, 2024
at 12:00 pm
in the Lounge of the Speros Community Center**
☪☪



Thank you to February refreshment hostesses Dianna, Kathy, Katina, and Eva!



What is Philoptochos?
The translation is
Philo = Friend
and Ptochos = Poor.
It is literally
“Friend of the Poor”.

JOIN PHILOPTOCHOS 2024

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 2023, 1973 E. Maryland Avenue, Phoenix, AZ 85016

Holy Trinity's St. Katherine Philoptochos

Count Your Blessings

Commit to your community by participating and joining Philoptochos. Over the years we've listed our outreach programs & commitments. In addition, we are considered the Right Hand of the Church. As a Cathedral, we set an example. PLEASE SHOW YOUR SUPPORT & JOIN NOW. Forms are located in the Narthex and the previous page of the Desert Springs Looking forward to your friendship and consideration in this new year!



Complimentary Super Coffee Social

February 11, 2024



Thank you to Co-Chairs Alex Anagnopoulos, Georgana Friehe, and Cathy Keyser for the successful event! We offered a complimentary buffet to our guests and had the opportunity to showcase the many causes and events Philoptochos supports.

And the **mimosa bartenders** were a hit!

We thank and honor the Linaris family for providing sandwiches for the one-year memorial of Mike Linaris and for sharing the memorial with our event. May his memory be eternal.



Holy Trinity's St. Katherine Philoptochos

Love Notes to Loved Ones

Thank you to Paulina Watson and her team for leading the Love Notes to Loved Ones - Hearts Project!

What a joy to see the hearts with loving messages and photos hanging in the Narthex!



Coffee in the Conference Room

Tuesdays at 9:30 am
All are welcome!



February Meeting



Guest Speaker Kim Searles (above) from the **Arizona Friends of Foster Children Foundation** spoke at the February meeting. Missy Myers is the Program Support Coordinator for **St. Joseph the Wonderworker** and will be speaking at our March meeting.

Celebration Committee



Let's Celebrate!

On the first Sunday of each month, the Celebration Committee organizes a potluck during coffee hour to celebrate all the special events in parishioners' lives and birthdays that take place in that month. Please join us every month to celebrate!

On February 4th, the Celebration Committee celebrated the 40-day-blessing of Colton Mead (son of Chris and Angela Mead), Phillip Panagiotoglou's 60th birthday, and all February birthdays! The hall was decorated with pink, red, gold, and white balloons; red table overlays; and silk rose arrangements.

If you or someone you know from the parish is celebrating a baby, a birthday, an anniversary milestone, or any other special event, please let the Church Office or the parish Celebration Committee know so that we can celebrate as a community! You can send an email with suggestions and details to: htcphxevents@gmail.com.

If you are interested in volunteering or supporting the Celebration Committee efforts, please email htcphxevents@gmail.com and/or talk to Terri Alexon or Mary Pardhe!

Communal Cooking Event

In February, the Communal Cooking crew led by Phillip Panagiotoglou served a delicious meal of frittata with roasted vegetables and feta cheese, breakfast potatoes, sausage/bacon, bread, fruit salad, and cake! If you are interested in helping out or joining us for future cooking events, please email htcphxevents@gmail.com. In addition, please feel free to bring a dish to share with the community on the first Sunday of every month.



Celebration Committee

March Birthdays

HAPPY Birthday

John Antoniadis
Seraphina Bates
Ani Bracamonte
Heidi Bracamonte
Henry Carver
Patricia Christie
Mara Contes
Stacia Counelis
Sharon Daniolos
Stefanos Daniolos
Basil Davis
Ellen Deligiannis
Basil Denaxas
Mary Fisher
Antonette Fraenkel
Catherine Frye
Thaddeus Frye
Kristen Ginakes
Mary Haidos
Rev. Fr. Apostolos Hill
William Kapolas
Nikolaos Kentimenos
Virginia Kidd
Arthur Kostaras
Demetrios Koumontzis
Anastasia Kratsas
Ariana Kretsedemas
James Kruljac
Anastasia Lambrou
Bruce Lamond
Georgia Lipane
Christopher Lopez
Maria Lourias
Katerina Matheos
Pam Maydanis
Christian Meris
Katherine Meris
Will Meris

Constance Miologos
Alexandra Nolen
James Oxley
Melissa Panagiotakopoulos
Dean Papadopoulos
Eleni Papadopoulos
Susie Papadopoulos
Katerina Papamatheakis
Mike Papamatheakis
Stacy Papatzimas
Chris Perry
Dina Pesognelli
Christina Petsas
Demetrios Pickett
Kay Poulos
Paul Prato
Anna Pries
Hazel Rentzis
Milissa Sackos
Nicole Samaradellis
Anastasia Sampson
Peter Schneider
George Scopelianos
George Sebastian
Chris Seretis
Elias Skoubis
Sophie Solheim
William Spell
Genevieve Speros
Jonathan Stamatis
Nathaniel Tropea
Thad Tropea
Mary Ann Tsakiris
Michael Vaughn
Zachary Venetis
Adam Wilson
Isaac Wilson
Richard Wood
Evangelia Zikos

March

Rainbow

Taken February 8, 2025,
after the Makaria for
Mary Louise Theodoropoulos



Stories from the Bible

We are continuing to lead our children through a journey of Bible stories from Genesis



to Revelation beginning August 20 after Divine Liturgy. This 32 week syllabus begins in Eden with the Creation and ends on Patmos with St. John. If you wish to assist with treats, please speak with Presvytera Denise or to assist with crafts, please speak with Debra Harrison.

Coffee Socials Following Sunday Liturgies

Thank you to the [Celebration Committee](#) for sponsoring Coffee Socials in February.



Thank you



The March Coffee Socials are sponsored by [Greek School](#).

Our Church Family

Funeral

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

Psalm 23:6

02/08/2024

Mary Louise Theodoropoulos

May her memory be eternal.



Light a Candle

In this time more than ever we need prayer.

For those not able to come to the Cathedral, 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.

Catechism and Bible Study



Fr. Apostolos is offering a two semester catechism on The Kingdom of God and How to Attain it. Classes will be held on Saturdays at 3:30 in person and via Zoom. Please contact the office or Fr. Apostolos to request registration details.

Fr. Alexander's Bible Study is after 6:30pm Paraklesis in the Conference Room and on Zoom. Class will be offered every Wednesday at that time.

Church Website

Have you checked out the website lately?

www.holytrinityphx.org

Events · Services · Photos · Calendar · Stewardship



Did you know?

We had **39,025** site visitors in the last 12 months?

Donations

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

Thank you all!



2024 Folk Dance Festival/Faith Dance Fellowship

February 25, 2024



Congratulations on a Successful FDF! We are so proud of all our dancers, directors, and volunteers who made FDF 2024 happen for our Cathedral! Congratulations to **Ta Patriotakia** placing 1st Place in the Junior Category and to **Marko Papamatheakis** for winning the Instrumental Award in the Division II category. And congratulations to **Aleena Haugen** for being awarded an FDF Scholarship! Thank you to our director, instructors, costume coordinators and to all those who make the dance program possible and for representing Holy Trinity with such grace. Additional photos on page 33.

Greek Heritage Night at the Diamondbacks!

For everyone!

The Arizona Diamondbacks are excited to invite YOU to our annual Greek Heritage Celebration at Chase Field on **Friday, May 24, 2024**. Your Special Event package includes a ticket to the Friday, May 24 game vs. the Miami Marlins (first pitch at 6:40PM) and a limited-edition Greek Heritage hat.

The event page to purchase tickets is live:

<https://www.mlb.com/dbacks/tickets/promotions/themes/greek-heritage-celebration>

Please contact Tatum Barstad for groups of 10+ or with any questions:

Tatum: tbarstad@dbacks.com or 602.462.4287.

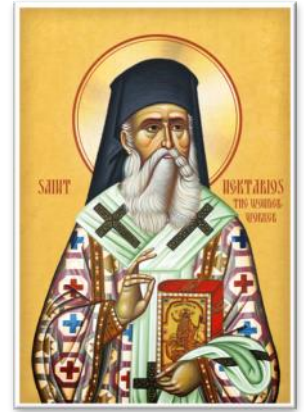


St. Nectarios Books & Beyond

Submitted by Rita Papaspyrou
stnectariosphx@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.

Desert Diamonds

Julie Karoutas

for senior parishioners and their guests:



Dear Desert Diamonds and Friends,

Please save the date, **Tuesday, March 26, 2024, at 10.00am**. Plan to attend "**Tuesday Morning Music & Tea**" performance of "Studio Viola Recital".

I have secured 12 tickets, to be given to the first 11 to RSVP. If we have more wishing to attend, I can check availability, and may be able to receive more tickets.

Briefly, the ASU School of Music joins ASU Kerr in presenting free entertaining concerts that feature faculty & graduate students. A **\$5.00 donation is encouraged & bring a can of food or sealed personal item** to be donated to Vista del Camino Food Bank. **Coffee service begins at 9:30 a.m.** Performance at 10:30a.m. ASU Kerr Cultural Center, 6110 N. Scottsdale Rd., Scottsdale, AZ 85253

Please note: The center is located on **Rose Lane**, between Lincoln & McDonald Drive on Scottsdale Rd., Head West on Rose Lane, drive 175 yds.; turn Left onto first unmarked street in the spacious parking lot.

After the performance we can plan on going to lunch in the area. A new Mediterranean restaurant has opened up nearby, if we choose to go. Details to follow.

Sincerely, Yours in Christ,

Julie Karoutas

email: juliekaroutas@gmail.com

Julie Karoutas, email: juliekaroutas@gmail.com

Cell# 623.313.8720



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 the Coffee Social. A personal connection goes far!

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



Living Orthodox Young Adult Ministry

Living Orthodox is a national, pan-Orthodox ministry that is building a community of young adults (18-30s) who are striving to grow in and connect with their faith. Sign up for our email newsletter at <http://eepurl.com/ixBiEk> to be informed about upcoming events!



Living Orthodox February Community Potluck

On February 25, we hosted a potluck and discussion with Ms. Ludmila Demich on the topic “Theology in Color: Iconography in the Orthodox Church”. Several parishes were represented at the event. Following the presentation, we had an excellent Q&A discussion on the history of icons and the development of different iconography styles. Due to copyrighted material in the presentation, the full-length recording will **not** be available on our YouTube channel; however, we plan to publish an article on the presentation in the next issue of the Desert Springs.

FOCUS Update

Weekly meetings with Steve Christoforou to plan the establishment of a homeless shelter in Phoenix have started! If you or someone you know is interested in being involved in this effort, please email Steve at Schristoforou@focusna.org.

If you would like to support the project financially, please use [this link \(https://interland3.donorperfect.net/weblink/weblink.aspx?name=E334599&id=275\)](https://interland3.donorperfect.net/weblink/weblink.aspx?name=E334599&id=275) or the QR code in the below flyer. A foundation is willing to match up to \$100,000.00 in donations raised by August of 2024. Please help us spread the word by sharing the attached flyer (email us for the PDF version)!



Living Orthodox Young Adult Ministry

March Lenten Retreat

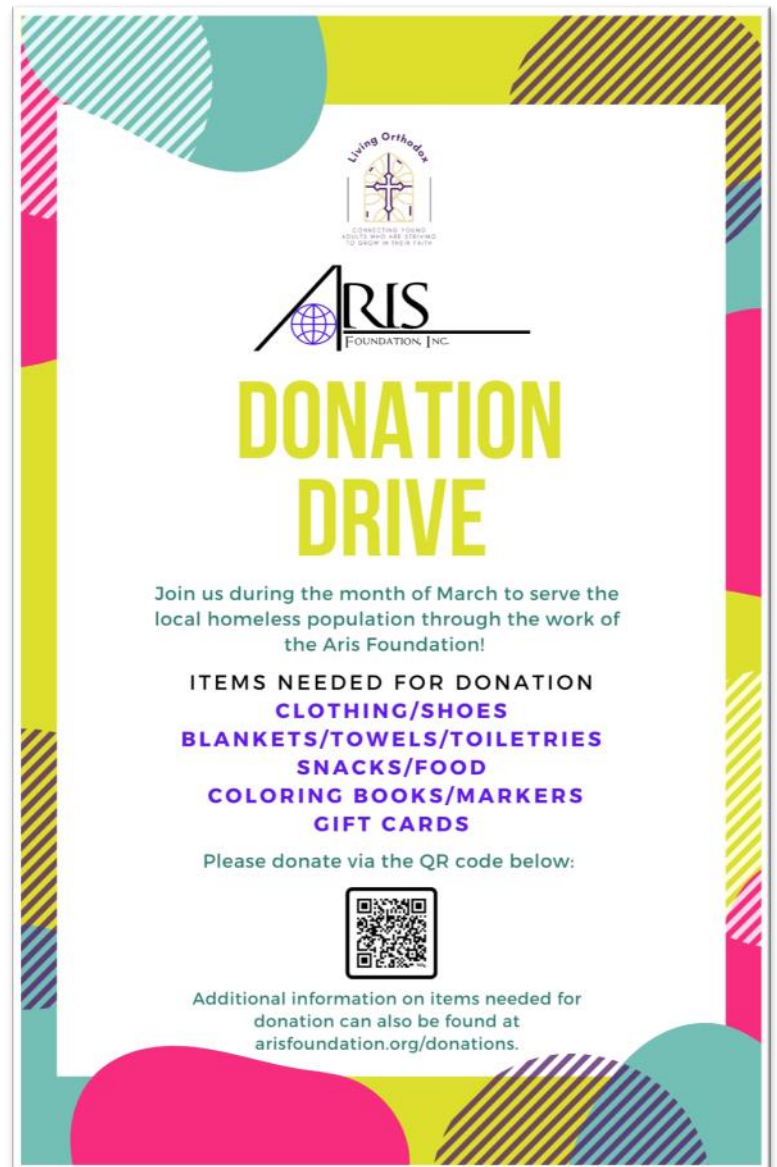
Don't forget to register for the upcoming Lenten Retreat on March 30th from 8am - 4pm! All young adults (18-30s) are invited to this special pan-Orthodox opportunity. The event includes breakfast and lunch, a keynote presentation, small group discussions, a service project, and complimentary childcare. Our keynote speaker, Fr. Nicholas Metrakos, is the assistant priest at Holy Trinity Greek Orthodox Church in San Francisco, CA. He is involved in translating the lives of modern Orthodox saints and has been a past speaker at several metropolis retreats, FDF workshops, and other events. Register at <https://tinyurl.com/LO-eventreg> and invite your friends! Registration is \$45 but please use code "20Reg" before 3/15 for 20% off the registration cost.

March Service Project

This month, the Living Orthodox group is conducting a Valley-wide drive to support the Aris Foundation! The Aris Foundation is a 100% volunteer organization that serves the homeless population in Tempe and surrounding areas. Since 2016, the Aris Foundation has supported thousands of homeless individuals, housed nearly 300 people, and helped them in their journey away from homelessness. Join them every Tuesday at 4:00 pm at Mountain Park Health Center (1840 E. Broadway Road, Tempe, AZ). To contribute, please consider donating essential items (see flyer), time and/or contribute at <http://bit.ly/ArisDonation>. All donations will be used to support the Aris Foundation. We have a goal of raising **\$5,000 by March 30th**. Donations can be dropped off in the Narthex.

Join a Living Orthodox Committee!

We are looking for members to contribute their talents as we build a pan-Orthodox community that encourages young adults to grow in their faith and serve God with our gifts! Our events committee is focused on increasing the number of opportunities for young adults to connect; our community service committee is actively organizing regular projects to serve those in need; while our communications/outreach Committee is working on creating an effective way to connect the parishes in our Living Orthodox network and reach more young adults. If you are interested in joining one or more of these committees, please email livingorthodoxministry@gmail.com.



If you or someone you know is interested in learning more about Living Orthodox, please email us at livingorthodoxministry@gmail.com! You can also visit <https://linktr.ee/livingorthodox> for links to our Instagram channel and Discord server.

Living Orthodox Young Adult Ministry



LIVING ORTHODOX - LENTEN RETREAT



MARCH 30, 2024

HOLY TRINITY GREEK ORTHODOX CATHEDRAL, PHOENIX, AZ

Repentance: Redirecting Our Lives Towards God

All young adults (college - 30s) are invited for a Lenten retreat on March 30th from 8am - 4pm!

The event includes breakfast and lunch, a keynote presentation by Fr. Nicholas Metrakos, small group discussions, a service project, and complimentary childcare. Hotel room discounts are available on request.



Keynote Speaker

Fr. Nicholas Metrakos is the assistant priest at Holy Trinity Greek Orthodox Church in San Francisco, CA. He is involved in translating the lives of modern Orthodox saints and has been a past speaker at several metropolis retreats, FDF workshops, and other events.

Scan or visit
<https://tinyurl.com/LO-eventreg>
to register!



Registration - \$45

40% off with code "EarlyReg" (before 2/10)

20% off with code "20Reg" (before 3/15)

FOLLOW LIVING ORTHODOX ON SOCIAL MEDIA!



livingorthodoxministry@gmail.com



@living_orthodox_ministry



@livingorthodoxministry39



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

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



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

HTC on Facebook

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

[Holy Trinity Greek Orthodox Cathedral—Phoenix, AZ](https://www.facebook.com/holytrinityphx)



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 **\$654,340.00**.

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.

Endowment Gifts

Platinum Donors: \$100,000+

Faye Boukas
George & Ann Souvall
John George Thomas

Gold Donors: \$50,000+

Dr. Nicholas Baziotes
Silver Donors: \$25,000+
The DeMoss Families
IMO+ Tasia Pritchard

Bronze Donors: \$10,000+

Gabriel & Helen Papagallos, IMO+ Mary Montague, John & Mary Katsenes, George & Koula Cheros, IMO+ Dina Sakellarakis, Steve & Joan Vrahas, Ange & Alex J. Pappas, James & Connie Contes, Dennis & Anastasia DeBerry, IMO+ John G. Zannaras, Steve & Judith Vrahas, Irene Pilafas Pappas

General Endowment Fund donations over \$1,000.00

Dr. Christopher J. DeMoss, the Lambrou Family

In Memory Of Gifts:

IMO+ Stacy Hotis, IMO+ Danny Speros, IMO+ Mark Sprintz, IMO+ Chris Gabriel, IMO+ Fr. James & Presb. Katherine Tavlarides, IMO+ Fr. Anthony & Mary Coniaris, 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+ James H. Karros, IMO Bette Maniatis, IMO Dan Lester Hill



✦ CONSIDER GIFTING HIGHLY APPRECIATED STOCK. ✦
72 AND OLDER, SAVE TAXES BY GIVING FROM YOUR IRA. ✦

Endowment Fund

+ GIFT FORM +

Please list my/our endowment gift as follows: _____

Here is my/our one time General Endowment gift, which I/we may add to, of: \$ _____

I/we wish to make a gift of \$ 10,000.00 or more payable, now _____, or over a three year period.

With this form \$ _____

Year Two \$ _____

Year Three \$ _____

By: _____

Dated: _____ 20 _____

Donor, please sign and keep a copy for your records.

All gifts will be preserved in the archives of Holy Trinity Greek Orthodox Cathedral, 1973 E. Maryland Avenue, Phoenix, AZ 85016

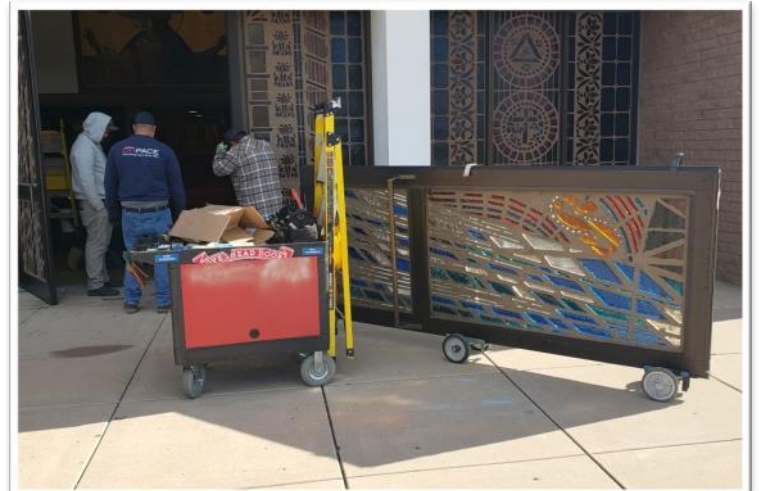
+ We Thank You and may God Bless You for your generosity. +

Maintenance Corner

By Ted Furlis

htcmaintenance1973@gmail.com

Your Maintenance Committee meets every Wednesday morning to discuss repairs, maintenance, and needed items to maintain our campus in proper working order. Here are some of the recent projects completed: all the lights in the kitchen were re-wired and converted over to LED lighting; Fire Department lock boxes and signs were installed around the property to bring us up to code and compliance; the Speros Community Center fire riser valve and drain pipe were replaced as they were leaking due to age; additional fire sprinklers were installed in the Community Center outside of the Museum; the dishwasher was not working properly so it was dismantled and cleaned thoroughly and is now working the way it should; several locks and door handles were installed and replaced to enhance the security of those areas; the main kitchen door from the patio was replaced with a new door due to the original door finding its lifespan; the altar cabinet doors were repaired; the main doors into the Cathedral were repaired and serviced as they were leaking oil; the mop station in the kitchen was remodeled and a new mop station was installed; and we are currently working on replacing all damaged ceiling tiles in the Community Center. Thank you to John Giannopoulos, Peter Bilitsis, Paul & Dimitri Valonis, and Ted Furlis for their efforts in these projects. If you would like to join our Maintenance Committee or you find time for upcoming projects we need completed, please email us at htcmaintenance1973@gmail.com.



AHEPA Chapter 219



PALM SUNDAY BRUNCH

Hosted by the Brothers of
AHEPA Chapter 219

SUNDAY, APRIL 28TH

FOLLOWING CHURCH SERVICES

HOLY TRINITY

GREEK ORTHODOX CATHEDRAL

1973 E. MARYLAND AVE - PHOENIX

\$30 Adults

\$20 Ages 6-17

5 and under free

**Menu: Greek Style Cod (with Plaki or Skordalia), Greek Style Potatoes,
Green Beans, Shrimp Scampi, Pasta Marinara, Rolls, Fruit Salad, and
Dessert/Coffee/Beverage Service**

**Reservations beginning Sunday, March 31st during Coffee Hour in the
Speros Community Center**

Or Contact:

Andrew Touvannas (509) 628-6293

John Kostaras (602) 318-1935

Pete Marudas (602) 284-1638

All Reservations Must Be Paid In Advance

AHEPA CHAPTER 219



Congrats to Our Award Recipients

AHEPAN of the Year - William King
Ecclesiastic Award - Scott Leach
Unsung Hero 1 - Phill Panagiotoglou
Unsung Hero 2 - Gary Nicolaou
Rookie of the Year - Alex Harding

Our Next Chapter Meeting

Thursday, March 14 - 6pm
Holy Trinity Greek
Orthodox Cathedral
James A Speros
Community Center

Daughters of Penelope

Helenos Chapter 432



1. Helenos chapter group pic.
2. "Never forget the difference you make".
3. Mid Winter conference, Jan.2024, with D20 DG, Carol Stathopoulos and GG of Zone IV, Linda Belba.
4. Attended by Helenos President, Julie Karoutas and member Georgia Lipane.
5. Group picture of 5 of 6 officers of Helenos at February 25th wine tasting event. Thank you Deedee & Cynthia.
6. Pic with DG Carol Stathopoulos drawing a winning ticket for Helenos officer, Toni Pandi!
7. Group pic of Helenos and Aegina attendees last night of the conference.
8. Selfie from our January 31st meeting. Thank you, Cynthia, love your enthusiasm. Tx Joan for the selfie.

2024 Greek Festival Dates

The 63rd Original Phoenix Greek Festival will be on
October 11, 12, & 13, 2024.

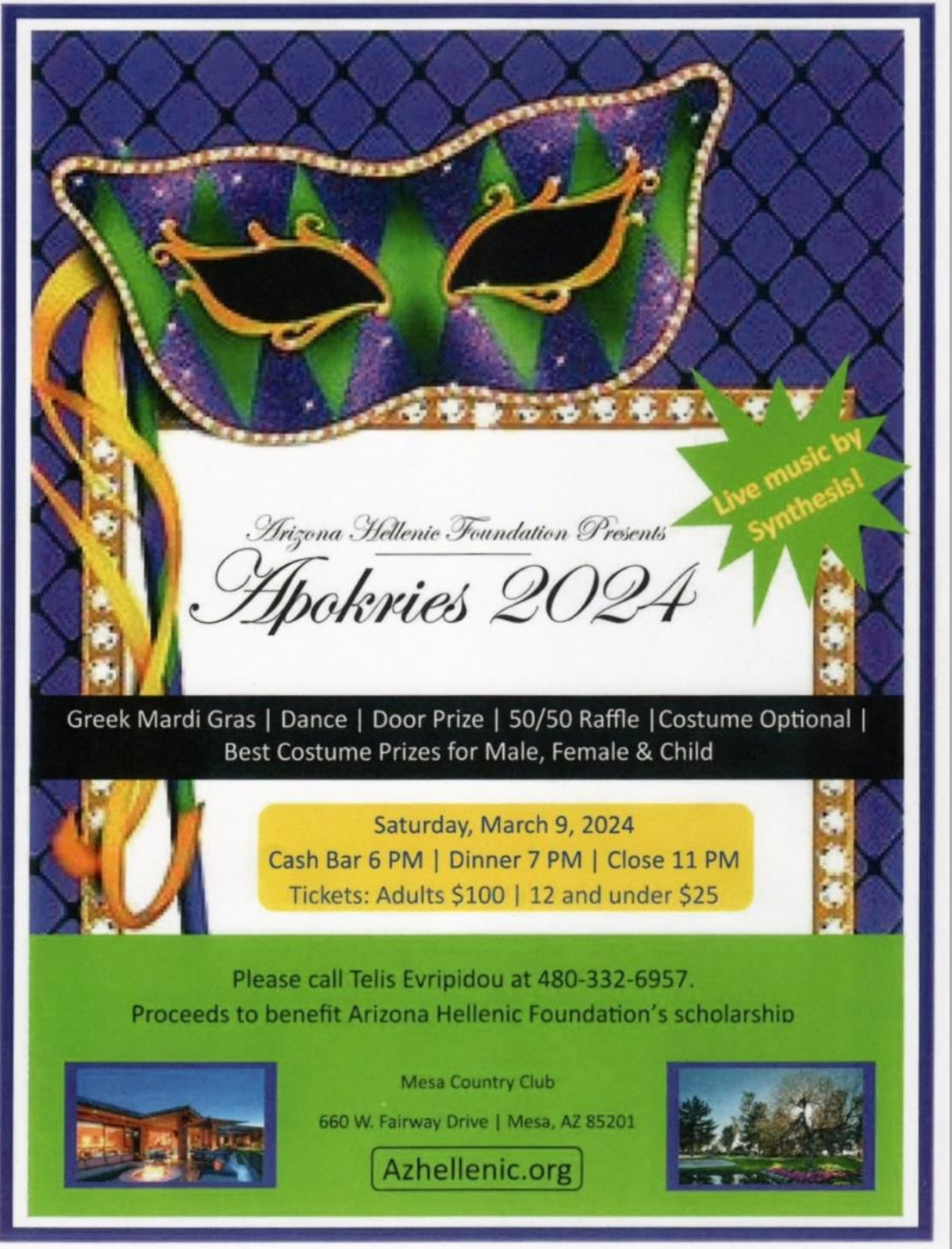
Mark your calendars!
phoenixgreekfestival.org



Arizona Hellenic Foundation

Proceeds from the event go to the
Arizona Hellenic Foundation **scholarship fund**.

The Arizona Hellenic Foundation has several scholarships available to eligible students. For eligibility requirements and applications please visit the Foundation's website "Azhellenic.org".



Arizona Hellenic Foundation Presents
Apokries 2024

Live music by
Synthesis!

Greek Mardi Gras | Dance | Door Prize | 50/50 Raffle | Costume Optional |
Best Costume Prizes for Male, Female & Child

Saturday, March 9, 2024
Cash Bar 6 PM | Dinner 7 PM | Close 11 PM
Tickets: Adults \$100 | 12 and under \$25

Please call Telis Evripidou at 480-332-6957.
Proceeds to benefit Arizona Hellenic Foundation's scholarship

Mesa Country Club
660 W. Fairway Drive | Mesa, AZ 85201

Azhellenic.org

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!

Youth Ministry Overview

Youth 4F Night: Join us Saturday, March 16 at 4:30 pm for an evening of Faith, Fellowship, Fun and Food. All of our youth from Grades 1-12 are invited to join us for this great night. Keep an eye out for registration!

Sunday School - after the Divine Liturgy on the Solea. Our 2nd semester continues with the survey of the New Testament. The New Testament is the record of the Covenant relationship we have been granted in Jesus Christ. As we begin the semester, we are in need of volunteers to provide treats for the students. If you would like to assist in this effort, please contact Presbyteria Denise at 720-560-5327.

All Saints Camp 2024 - Join us May 26 - June 1 at Camp Shadow Pines! Register at allsaintscamparizona.org

**HOLY TRINITY 4F
2023/24**

DATES:	WORKSHEET ASSIGNMENTS DUE AT
SEPTEMBER 16	FOLLOWING 4F, AFTER COMPLETING
OCTOBER 21	3: ICON
NOVEMBER 5 GODPARENTS SUNDAY	5: PRAYER BOOK
NOVEMBER 18	10: BIBLE
DECEMBER 16	
JANUARY 20	
FEBRUARY 24	
MARCH 16	
APRIL 6 - LENTEN RETREAT	
APRIL 27 LAZARUS SATURDAY RETREAT	
MAY 11	

RESOURCES

- Weekly Bulletin attachments/narthex handouts
- DailyReadings App
- Weekly Sunday School Questions
- Catechism and Bible Study classes
- Fr. Apostolos and Fr. Alexander



Youth Ministries at Holy Trinity Cathedral 2022/23

House Meetings

If you are interested in heading up some outings or hosting your child's age group at your house, or simply learning more about OPA, please email Caroline Economopoulos [here](#).

Other Opportunities

Reach out to Fr. Alexander [here](#) if you'd like to learn how your children can be involved such as

- serving as an Altar Boy
- singing in the Choir
- learning Byzantine Chant
- joining our Greek School
- or any other ministry of interest.

Of course you and your children are welcome to join for both Bible Study and Catechism Class throughout the year. More information will be forthcoming on this soon as well.

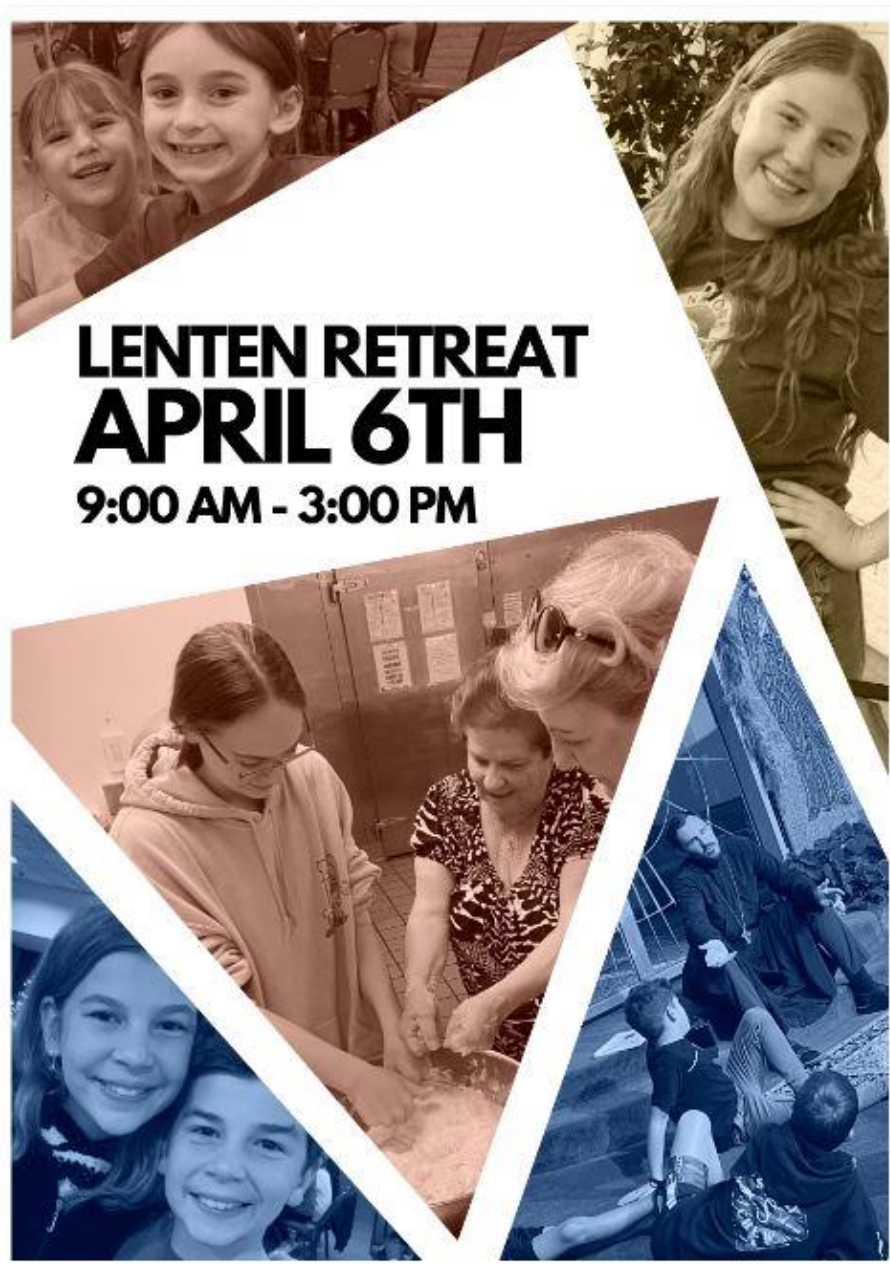
Our children have been entrusted to us by God to return them to Him as much like Him as they can be. Whether your child will prioritize God and the Church when they grow up is dependent on you prioritizing it when they are home with you. If other events and activities take precedent now, they will take precedent later.

We are all on a journey to Christ together as a Cathedral family; join us this year as we march forward towards Him.

Fr. Apostolos Hill
Fr. Alexander Eliades

Annual Lenten Retreat

Grades 1-12 from all over the Valley are welcome to join us for our Annual Lenten Retreat on Saturday, April 6 from 9am-3pm! Lunch will be provided and it promises to be a day full of reflection and meaning with quite a bit of fun sprinkled in! See you then!



All Saints Camp 2024



ASC 2024 | Apply to Be a Summer Camp Counselor Today!

All Saints Summer Camp will be hosted at Camp Shadow Pines in Heber, Arizona, May 26 - June 1!

The mission of ASC is to bring Orthodox youth and staff closer to Christ and to one another through a safe, fun, and prayerful environment. We are only able to accomplish this because of our highly trained and dedicated staff!

For those interested in being summer camp counselors, medical staff, or support staff, we will be accepting applications until March 15. Click [HERE](#) to apply! With questions, please contact us at info@allsaintscamparizona.org.

God bless you!



ALL SAINTS CAMP 2024!

CAMP SHADOW PINES | HEBER, AZ
MAY 26 - JUNE 1

Registration is open!

www.allsaintscamparizona.org



Greek Dance

Niko Panagiotakopoulos, Director

Email: npanos01@yahoo.com

Call/text: (602) 469-2039



We are so proud of all our dancers, directors, and volunteers who worked so hard for a successful FDF 2024! Everyone enjoyed a great weekend of fellowship and dance together.




you
=are=
awesome

More photos:



All our groups danced their best and represented our Cathedral well with these results:

Ta Patriotakia (Grades 5-9): 1st Place

Division II Musician Award: **Marko Papamatheakis**

Archbishop Demetrios Scholarship: **Aleena Haugen**

A big thank you to our Program Director **Niko Panagiotakopoulos** who also directed our youngest group, Astrapi in Division 3 (Non-competitive) with **Gabriella Papatzimas** as well as to our other directors: **Anna Panagiotakopoulos, Athena Kretsedemas, Tasso Annos, Athanasia Fourlis, Emil Ellis, and Staci Vaughn.**

