

Newsletter of Holy Trinity Greek Orthodox Cathedral

1973 E. Maryland Avenue, Phoenix, Arizona 85016

Office: 602-264-7863 Fax: 602-230-9099 Website: www.holytrinityphx.org

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

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

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

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Desert Springs DeadlineThe 25th of each month

Sunday Bulletin Deadline Wednesdays, 12 noon

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Connie Contes—Vice President
Jim Manelis—Treasurer
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Archdiocese Website www.goarch.org

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- Feed Those in Need Christine Stamatis: cstamatis@cox.net
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- Wedding Coordinator Terri Alexon: terrialexon@gmail.com
- YAL 19-29 Elliot Staikos: text 717-682-0550
- YAL 30-49 Nick Papas: npapas@yahoo.com

Message from Father Apostolos

Restoration

In March of the year 587 BC, King Nebuchadnezzar destroyed Jerusalem and marched the surviving citizens back to Babylon and exile by the thousands. The first Temple built by Solomon was razed to the ground and the pride of Judah was demolished. The exiles would spend seven decades in a strange country, adrift from their homeland.



The Altar Boys have returned to Liturgical services!

Remembrance of this tragedy is kept at the beginning of Great Lent as the 137th Psalm is chanted in the Matins service which begins "By the rivers of Babylon we sat down and wept when we remembered Zion. Upon the willows in the midst of it we hung our harps, for there the captors demanded of us songs and our tormentors demanded mirth, saying; 'Sing us one of the songs of Zion.' How can we sing the Lord's song in a strange land?"

In reply to this sad Psalm of lament, the 126th Psalm is heard every week of Lent in the Presanctified Divine Liturgy which begins; "When the Lord brought back the captives of Zion, we were like men who dreamed, our mouths were filled with laughter and our tongues with songs of joy." But why does this ancient event in the annals of the Hebrew nation appear so prominently in our Lenten services?

Exile in the strange land of Babylon and the return of the captives to their homeland serves as a poignant image of the Lenten experience. Just as we heard in the Sunday of the Prodigal Son before Lent began, we are reminded of the inner exile we suffer when our hearts are cast adrift from God through sin, neglect, and apathy for salvation.

These accounts serve as a spur to our efforts to take seriously the opportunity to return to God through repentance and prayer in the brief Lenten season. And the joy of this return is also depicted for us in the 126th Psalm; "Restore our captivity, O Lord, as the streams in the south. Those who sow in tears shall reap with songs of Joy." Great Lent holds out to us the promise and opportunity of restoration.

Sadly, the long-neglected yet essential sacrament of Holy Confession is often misunderstood as a place of judgment and retribution because so maligned and misrepresented in American culture. Many are the victims of this misunderstanding who never experience the healing grace of confession, though they may spend their entire life in an Orthodox parish.

But repentance and confession are about restoration and not judgment, as evidenced by the Loving Father who swept the Prodigal Son into His arms and who placed a new robe upon his back and the ring of sonship back onto his finger. Sin is a ravager. It consumes the life and vitality of its prey, stripping away the dignity of salvation and impoverishing its victims.

God, on the other hand, restores that which was stolen from us or even that which we ourselves squandered. We need not remain "by the rivers of Babylon," weeping. We may, through repentance and the Holy Mystery of Confession, return to Zion with songs of joy! May we take full advantage of this blessed Lenten Spring and find restoration in Jesus Christ.

Stewardship

By Sandy Meris

Final 2020 Stewardship Numbers

It is important for us to know what our complete stewardship picture looks like as a community. Below are the final 2020 stewardship financials.



Total Pledged Families or Individuals - 298 Total Amount Pledged - \$403,956.64

286 Stewards contributed \$349,914.67 toward their pledge 88 Stewards increased their giving over their original 2020 pledge by \$21,780.61 Total amount paid toward pledges - \$371,695.28

Number of Stewards Giving:

\$5,000 & over = 14

\$3,000 - \$4,999.99 = 23

\$2,000 - \$2,999.99 = 28

\$1,000 - \$1,999.99 = 70

\$800 - 999.99 = 11

\$500 - \$799.99 = 67

\$300 - \$499.99 = 26

Less than \$300 = 59

Stewardship Testimonials

This is the first in a series of Stewardship Testimonials that will be offered throughout the year. As we hear from our fellow parishioners and what stewardship means to them and how it has impacted their lives, I hope it will encourage each of us to reflect on our own calling for sacrificial giving.

For the first in our series, Koko and Costa Tzavaras share their thoughts and experiences on stewardship. Koko is a lifetime member of Holy Trinity and she and her husband Costa are active and involved parishioners, with generous hearts. Please enjoy their stories.

Stewardship is "utilizing and managing all resources God provides for the glory of God and the betterment of His creation".

Every blessing is a gift that is "on loan" to us, and our Lord watches how we recognize our responsibility to share those blessings with others. When we acknowledge that nothing we have or achieve is without God's Grace, it is impossible not to want to thank Him. One of the most significant ways of doing so is by ensuring our church is provided for financially.

Holy Trinity is our home. We worship together on Sundays, we celebrate Christmas, Easter, and a myriad of beautiful services as a church family. This is where we celebrate joyous occasions such as baptisms and weddings, as well as mourn together when loved ones pass.

Steward takes discipline. It requires commitment...to our past as well as our future. Many of us remember the glorious day when we opened the cathedral doors and received Holy Communion for the very first time! Much has happened since then.

As we watch ourselves and other parishioners age, so does our very church. Candles must be available in the Narthex, weekly

Stewardship continued on page 5

Stewardship continued from page 4

bulletins must be printed, stained glass must be replaced, air-conditioners wear out, roofs need repair, parking lots need paving, trees and shrubs require water...the list is endless.

As much as 9 love our annual Greater Phoenix Greek Festival, Greater Phoenix is not responsible for paying the bills of Holy Trinity. We stewards are.

Payment to our beloved Holy Trinity should be offered with a happy heart, full of commitment and a desire to put God first. How we must sadden Him when a lack of priorities result in Stewardship pledges not being kept.

Blessings abound when stewardship is given! Where we focus our hearts, attention, and efforts, there we will find great abundance!

Bless our church as you are blessed. Love and cherish it as you long to be loved and cherished. Trust that your money is going to a most worthy cause as you walk the path that God has for you, until He calls you home.

Faithfully, Koko Tzavaras

Stewardship is something I never really thought about until I realized that I took my church and my faith for granted. As many of you know, I am a retired veteran, and once you've traveled the world and lived in austere locations for months, or even a year, you really miss more than a Gyro at the festival. You begin to miss more than home. You miss the opportunity to worship in a free country and you'll do anything to get back there. I began to actually have a conversation with God.

Sure, I'm a veteran. But first and foremost, I am an Orthodox Christian. On that note, I didn't ask God to get me home. No promises of living better if I made it out of the desert. No deals. Just a few simple questions: Did I live my life worthy enough if today is my last day on earth? Did I make a difference to my community? My church? My family? Above all, is my SOUL ready to go? Other than that, I also prayed that I wouldn't screw up the mission as other's lives depended on me. Where is a good Greek Orthodox Chaplain when you need one? Just my luck, I found out the Air Force only had two, and they weren't in the Middle East.

So please, I invite any one of you to take a vacation to the Middle East and not Dubai. Sub Saharan Africa, but not a safari. Go ahead and visit the Far East, and I don't mean South Korea. Instead, take a peek at Iran and see if North Korea has a good hotel. See what oppression is really like around the world. You'll pray a lot harder and thank your lucky stars you live where you can worship freely. Maybe you'll even give more in stewardship and get your priorities in line when you return. I certainly did.

Don't wait until it's too late and you think your scorecard is enough to get you into Heaven. Trust me, it isn't. While stewardship is between you, God, and your church, we all know deep down that we don't want any regrets when we meet our maker. That's not the time to wish a life lived differently. Let's take care of our church, our souls, and He will ensure that we live life abundantly. I certainly know that we all try to live by FAITH, FAMILY, FRIENDS, FOOD, and FUN, (and for me, FLYING!). It's who we are here at Holy Trinity! But we can do better. God's Holy Trinity home is falling apart and He needs us to repair it. I'm all in!

It will be wonderful to see you all around campus again soon! Costa "Chachi" Tzavaras

Alex Anagnopoulos, President

"FRIENDS OF THE POOR"

An organization where membership is an honor & a privilege. **IOIN & ENRICH YOUR LIFE!**



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

Membership Drive going on now!

Next Meeting on
Thursday, April 1, 2021
6:00pm
IN PERSON and by ZOOM
Speros Community Center

JOIN PHILOPTOCHOS 2021

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 2021, 1973 E. Maryland Avenue, Phoenix, AZ 85016

Philoptochos Pascha Bake Sale

Good News! The Philoptochos Easter Bake Sale is back! All sales are pre-order only and will be available for pick-up on Sunday, April 25. An order form is included below and forms will also be available every Sunday in the Narthex. If you have any questions, please contact Patty Davis at 480-703-4713.



ST. KATHERINE PHILOPTOCHOS EASTER BAKE SALE PRE-ORDER FORM

NAME		
PHONE #	_EMAIL	
ITEMS AVAILABLE:		
TSOUREKI \$10 each (please specify quantity & type): TOTAL \$: PLAIN ALMO	ND SESAME
KOULOURAKIA \$7 dozen (how many?)7	ΓΟΤΑL \$	
PAYMENT:		
CHECK NOAMOUNT (Please make check payable to: PHILOPTOCHOS)	\$	
CREDIT CARD #CVV	EXPIRATION	ZIP
PLEASE MAIL COMPLETED FORM AND CHEC	CK (IF APPLICABLE) TO:	
4022 E H	OPTOCHOS HAMBLIN DR NIX, AZ 85050	

DEADLINE FOR ORDERS IS SUNDAY, APRIL 18, 20201

ALL ORDERS WILL BE AVAILABLE FOR PICK UP ON SUNDAY, APRIL 25 ONLY. QUESTIONS? PLEASE CALL PATTY @ 480-703-4713.

One of Holy Trinity Cathedral St. Katherine Chapter's continuing missions is support of a local public elementary school. Kennedy at Loma Linda's student population is often in need of the basics. In the past, our chapter has worked to assist these families by donating classroom supplies. Most recently, we "stocked up" the school's nurse's station with personal care hygiene items, allowing Nurse Kevin to distribute as needed. Thank you, as always, to our community, who help us help them.







Upcoming Trays

Next up:

Palm Sunday "Passing of the Tray" in support of the Epitaphio Flowers April 25, 2021

and

Holy Friday "Passing of the Tray" in support of the Chapter April 30, 2021

If you'd like to contribute, but are not able to in person, click here: https://checkout.square.site/merchant/MLFJWSZT32HBA/checkout/GOEWRJIZ7OBTXBKNDWYJ7L26



2021 Scholarship Application

The Holy Trinity Cathedral Philoptochos Society will be offering two, one-thousand dollar (\$1000) scholarships to Holy Trinity students attending college in the fall of 2021. Listed below are the eligibility requirements:

- Student and/or family must be a Steward of Holy Trinity Cathedral
- 2. High school students must have graduated in the spring of 2021 and attending college in the fall of 2021
- College students may also apply as continuing students or in graduate programs in the Fall of 2021
- 4. Applicants must submit:
 - A copy of 2020-2021 transcripts
 - College acceptance letter
 - A resume including school, church & community activities

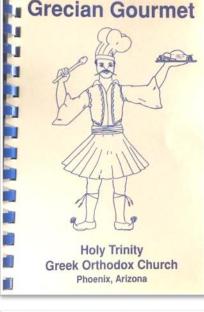
APPLICATION DEADLINE: JUNE 5, 2021

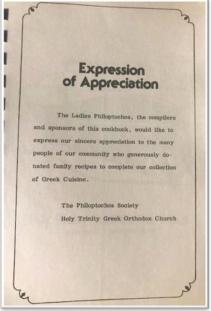
If you have any questions or would like to contribute to the Scholarship Fund, please contact a member of the Scholarship Committee or Philoptochos.

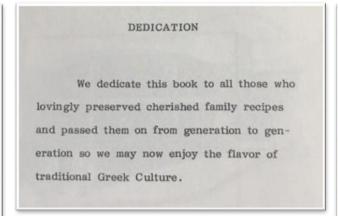
Georgana Frieh 480-945-0800 Mary Louise Theodoropoulos 602-943-5080 *Mail to: Philoptochos Scholarship, 1973 E. Maryland, Phoenix, AZ 85016*

Name:	
Address:	
City & Zip:	
Phone:	
High School	or College presently attending:
College(s) A	ccepted to:
GPA:	



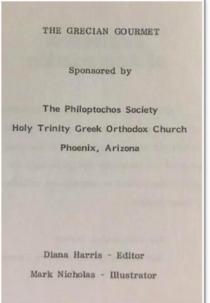


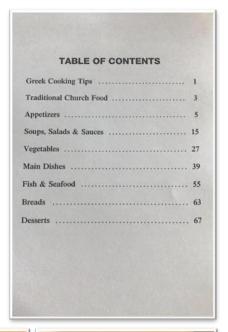


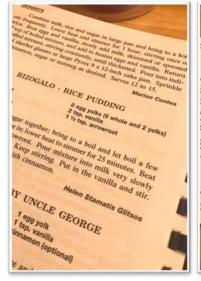


Originally created and published in 1984, the Grecian Gourmet is in its third printing!

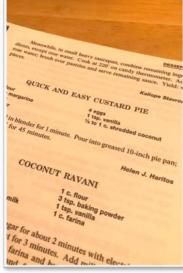
This popular cookbook is still sold at the Original Phoenix Greek Festival and through the Philoptochos Chapter. Get yours by contacting Eva Goodman at 602-565-3936.

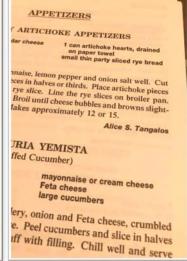














As you may be aware, Arizona Governor Doug Ducey issued an Executive Order that rescinded COVID-19 related restrictions on Thursday, March 25th. However, His Grace Bishop Ioannis, the Metropolis Chancellor advises that all Metropolis Covid guidelines will remain in place until lifted by the Metropolis. Therefore, wearing masks, 6-foot distancing and hand sanitizing upon entering the Cathedral are still required. We appreciate your continued cooperation on working together to keep all of our parishioners and clergy safe and healthy.

In addition, as our Covid numbers continue to decline and more citizens are getting vaccinated, we are working hard to return to a sense of normalcy, in a safe and responsible manner.

Starting Sunday, March 28th...

Holy Communion will be offered at it's usual time during the Liturgy. Antidoron will be passed out by the priests at at the conclusion of the Liturgy.

Beginning Sunday, April 4th...

Bibles and Liturgy books will be returned to the pews.

Paper bulletins will be available again in the Narthex.

The St. Nectarios Bookstore will be open for 30 minutes at the conclusion of Liturgy.

Sunday School will continue being offered to our youth, as well as coffee hour outside.

We appreciate the cooperation and support from all of our parishioners. We are grateful to you all and we pray for a beautiful and blessed Lent and Pascha.

With Love in Christ,
Fathers Apostolos and Alexander
and Your Parish Council

Self Sign In!

As Covid-19 vaccinations continue and the metrics surrounding the virus trend in a positive direction, we are returning to our previous "Sign-In for Liturgy" instead of the "Sign-Up for Liturgy Online" model.

Sign in under the day of the week sign-in sheet located in the purple binder on the podium in the Narthex.



House of Stewards

Through 03/29/2021

Dorothy Ainslie Evan & Terri Alexon Dena Anagnopoulos Mike & Alex Anagnopoulos

Nikki Anest Bettina Angelos John & Sandy Annos Elaine Apostle

Sheila Asala

Chris & Angie Athens Christina Bakavelou Constantine & Eleni Balanis Ted & Rebecca Barabatis Scott & Stacev Beaty George & Stacy Benetos Dan & Vicki Bichekas Peter & Jennifer Bilitsis Helen Bixenman James & Helen Bruno

Chris & Georgia Brusalis Chris & Rita Bruskas Kristen Bruskas Elias Carras Kathy Carras Frank & Alice Carris

Laurel Charnas-Schiller Harriet Chotras

Pete & Kim Choukalas Kathy Clarke

Andy & Mara Contes Jim & Connie Contes

Ed Cooper & Angie Valerou-Cooper

Patty Davis Len & Elaine Debickero Hercules Dellas Patrick & Karla Delord Tom & Irene Demas

Bill DeMoss Charles DeMoss Chris DeMoss

John & Marjorie DeMoss

Basil Denaxas Stan & Fran Drozdz Denise Dye Kathryn Dye

Christos & Dena Economopoulos Kostas & Caroline Economopoulos Fr. Alexander & Presv. Laura Eliades

Zach & Nikki Forman

Athanase & Georgia Fourlis Athanasia Fourlis Ted & Andi Fourlis Tim Fraenkel Chris & Celeste Francis

Georgi Frieh

George & Julie Froumis

Semos Gardner Demetra Georgelos Diana Georgelos Pamela Georgelos Andreanna Georgiou

Thomas & Christina Georgiou

John Giannopoulos Stella Glitsos Eva Goodman Bill & Lynn Graham Gina Graham David Haag Mary Haidos Donald Hall Alexander Harding

Terry Harper

George Hasiotis Stephanie Heckel Greg Hill

Rev. Fr. Apostolos & Presv. Denise Hill

Bessie Hotis

Jason & Ekaterini Jaynes

Pavlos Kairis

James & Linda Kalivas Pete & Nicole Kamboukos Vasilios & Angela Kamboukos

Basile & Roula Kaneris Nick & Dena Kantaros William & Harriet Kapolas Christina Karalekas

Pete & Tina Karegeannes Virginia Karegeannes Julie Karoutas Leon & Fayi Katrakis Christos & Kelley Katsanos

George Katsaros John & Mary Katsenes Paul and Lori Katsenes Helen Katsufrakis Jim & Poppy Kavouris Fanny Kechajias Cathy Keyser Ronald & Virginia Kidd

Emily Kimmell

Spiros & Maria Kontakis Nickolas Koziris

Nick & Marina Kretsedemas Andreas & Cindy Kyprianou

Ted Kyriacou John & Angie Lambrou Elias & Mary Lampos

Scott & Jill Leach Elizabeth Linos Angiolo & Patricia Livi Gregory Lizanich Efterpi Lourias

Jim & Stephanie Machas Maria Maciejewski Joanna Mackos Marika Makridis Margarita Makris

Julie & Felix Mamani Jim & Donna Manelis Bette Maniatis

Maria Maniatis

Anna Manos Bill & Rina Marinakos Nicholas Marino Douglas Markakis Mary Lou Mastorakos Peter & Christina Maydanis

Stacie McKenzie Angela Mead Joanne Meris Will & Sandy Meris Angeline Miller Bill & Jean Miller Paul Miller

Anthony Miologos

Andrew & Anastasia Mitchell Phillip & Helen Mitchell Matthew & Sophie Neumann Jerry & Kathy New

John & Maria Nicholas Evelyn Nickalew Anthony Nicoluzakis Annamarie Nieblas

Marta Ntatsos Else Paletsos Elizabeth Palmer Anna Panagiotakopoulos

Thanasi & Melissa Panagiotakopoulos George & Chrysoula Papadopoulos Socrates & Stephanie Papadopoulos

Betty Papas Nick Papas

Spyros & Rita Papaspyrou

Irene Pappas

John & Andrea Pappas Daniel & Anna Pardhe Athena Parmenter Kai & Katherine Pedersen Dean & Fotini Pestrivas Zoe Pestrivas

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Andreas & Mary Poulakidas George & Kay Poulos Panagiotes & Anthipe Pries Chris & Juli Pritsos

Nicole Pyle Bertha Quinn Lyda Rabbitt Greg Sackos Lois Sakkas

Jim & Donna Sampanes

Paul Sarantes John Schneider

George & Angela Scopelianos

Diane Sedlacek Chris & Terry Seretis George & Traci Sgouros

Risa Shaver John Siavelis George & Evi Skintzis Elias & Phyllis Skoubis Carol Sowers

Angelo & Marie Spanos Leo & Rachel Speliopoulos

James Speros

Jim & Kathryn Stamadianos Gerry & Nitsa Stamatelatos Andy & Christine Stamatis Despina Tavlarides Billy & Becky Tavlarides

Gus & Mary Louise Theodoropoulos

Jim G. Thomas John & Teresa Thomas

Rev. Fr. John & Diak. Mary Thrasher

Dominic Tropea Thad & Kathy Tropea Dean & Stella Tsantilas Dimitri Tsioutsiopoulos

Sotiros & Nicki Tsioutsiopoulos Costa & Koko Tzavaras

Peter & Lindsay Vardalos Kristen Vasilarakos Argyro Vasquez Scott & Terri Vaughn John & Jean VDalPan Andrew & Sandy Vlahoulis

Paula Walsh

Michael & Christina Wombacher Richard & Katina Wood

David Worrell & Stephanie Willard

Dimitri & Eugenia Zannis George & Tina Zannis Zella Zannis Evangeline Zikos

Michael & Christina Zistatsis

Sunday of Orthodoxy

March



Greek Bicentennial Doxology

Sunday, 03/28/2021







March Coffee Socials

Taking advantage of the beautiful weather, parishioners socialized outside the Cathedral and Chapel after Sunday Divine Liturgies. Part 1



March Coffee Socials

Taking advantage of the beautiful weather, parishioners socialized outside the Cathedral and Chapel after Sunday Divine Liturgies.

Part 2



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

New! 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-andbeyond efforts to bring clear and timely video to all!



Desert Springs Issues Available to Our Seniors

or the computer-challenged!

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

Desert Springs Subscription	
Enjoy color copies of Holy Trinity Cathedral's <i>Desert Springs</i> 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	

Endowment Fund

We are extremely grateful to those who have come forward and made gifts to Holy Trinity Cathedral that will remain in perpetuity. The income from these gifts is used to benefit the Church ministries.

+ ENDOWMENT GIFTS OVER \$10,000.00 +

Gabriel & Helen Papagallos	Faye Boukas	George & Ann Souvall
The DeMoss Families	Dennis & Anastasia DeBerry	IMO+ Tasia Pritchard
IMO+ Mary Montague	George & Koula Cheros	John George Thomas
IMO+ John G. Zannaras	IMO+ Dina Sakellarakis	Steve & Joan Vrahas
Steve & Judith Vrahas	Dr. Nicholas Baziotes	James & Connie Coin Contes
Ange & Alex J. Pappas	John & Mary Katsenes	

GENERAL ENDOWMENT FUND DONATIONS OVER \$1,000.00

Dr. Christopher J. DeMoss,

IN MEMORY GIFTS: IMO+ Stacy Hotis, IMO+ Danny Speros, IMO+ Mark Sprintz,

IMO+ Chris Gabriel, 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

+REMEMBER THE CHURCH IN YOUR WILL+

Easy Stewardship Sign Up!



Bible Study

Fr. Apostolos Bible Study!

Join Fr. Apostolos in his Bible Study on ZOOM every **Saturday at 9am!**

The study is titled "Experiencing the Psalms" and will provide an in-depth survey of how the Psalter came to be over 1,000 years by multiple authors, how the Psalms were used in worship in the Old Testament, and how they are used in Orthodox Worship today.

We will examine how to incorporate the Psalms into our Rules of Daily Prayer and how to navigate them as our personal prayer book.

Zoom ID is 84203179482 and the Password is 026451

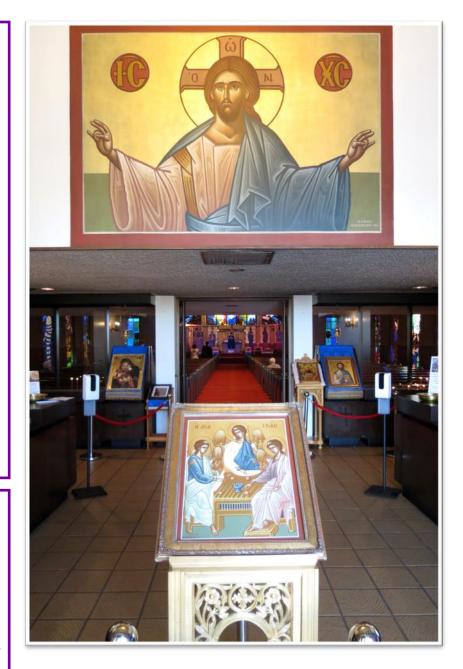
Divine Liturgy Class

Fr. Alexander Class on the Divine Liturgy

Join us on Mondays at 7pm on ZOOM as we begin to dissect the Divine Liturgy. We will see the development and history of the Liturgy as well as doing a "prayer-by-prayer" of the center of our life as Orthodox Christians.

Zoom ID is 360 179 3722 and the password is HTPhoenix

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.

Palm Sunday Brunch

04/25/2021



Sales beginning Sunday, March 28th during Coffee Hour in the Church Community Center

OR CONTACT:

Natalie, Holy Trinity Office, (602) 264-7863

Dan Bichekas, (480) 423-0424, DanBichekas@cox.net

Pete Marudas, (602) 284-1638

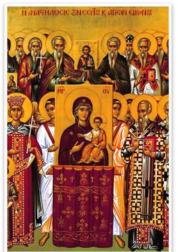
Open Seating for 240 (tables of 8)
Reserved Tables of 8 must be prepaid in advance.
All other reservations will be open seating.

St. Nectarios Books & Beyond

By Rita Papaspyrou

The Five Sundays of Great Lent

First Sunday of Lent: Sunday of Orthodoxy



The dominant theme of this Sunday since 843 has been that of the victory of the icons. In that year the iconoclastic controversy, which had raged on and off since 726, was

finally laid to rest, and icons and their veneration were restored on the first Sunday in Lent. Ever since, this Sunday has been commemorated as the "Triumph of Orthodoxy."

The Council decided on a doctrine by which icons should be venerated but not worshipped, the last befitting only God.

The decree of the Council for restoring icons to churches added an important clause which still stands at the foundation of the rationale for using and venerating icons in the Orthodox Church to this very day: "We define that the holy icons, whether in color, mosaic, or some other material, should be

exhibited in the holy churches of God, on the sacred vessels and liturgical vestments, on the walls, furnishings, and in houses and along the roads, namely the icons of our Lord God and Saviour Jesus Christ, that of our Lady the Theotokos, those of the venerable angels and those of all saintly people. Whenever these representations are contemplated, they will cause those who look at them to commemorate and love their prototype. We define also that they should be kissed and that they are an object of veneration and honour (timitiki proskynisis), but not of real worship (latreia), which is reserved for Him Who is the subject of our faith and is proper for the divine nature. The veneration accorded to an icon is in effect transmitted to the prototype; he who venerates the icon, venerated in it the reality for which it stands".

Second Sunday of Lent: Sunday of St. Gregory Palamas

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



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

On the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life -Giving Cross of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week. The commemoration and ceremonies of the Third Sunday of Lent are closely parallel to the feasts of the Veneration of the Cross (September 14) and the Procession of the Cross (August 1). Not only does the Sunday of the Holy Cross prepare us for

commemoration of the Crucifixion, but it also reminds us that the whole of Lent is a period when we are crucified with Christ.

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



As they who walk on a long and hard way and are bowed down by fatigue find great relief and strengthening under the cool shade of a leafy tree, so do we find comfort, refreshment, and rejuvenation under the Life-giving Cross, which our Fathers "planted" on this Sunday. Thus, we are fortified and enabled to continue our Lenten journey with a light step, rested and encouraged.

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

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

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



Fourth Sunday of Lent: Sunday of St. John Climacus

On March 30 and on the Fourth Sunday of Holy Lent the Orthodox Church commemorates our Righteous Father John Climacus. He is called Climacus due to his authorship of the great spiritual work The Ladder of Divine Ascent. His commemoration is designated by the Church on one of the Sundays of Lent as his life and writings affirm him as a supreme bearer and proponent of Christian asceticism. The ascetic example of this great Saint of the Church inspires us in our Lenten journey.

Fifth Sunday of Lent: Sunday of Mary of Egypt



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

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

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

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

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

Sunday School

Calling Parents & Young Adults

Please consider joining to help re-forming Sunday School

We have begun the process of brainstorming and thinking of ways to re-energize our Sunday School program.

Are you a parent or young adult who wants to help form our children in their faith?

Please consider helping with Sunday School in the Fall in any capacity that you can.

Reach out to Andi at alfourlis@mpsaz.org





2021 St John Chrysostom Oratorical Festival

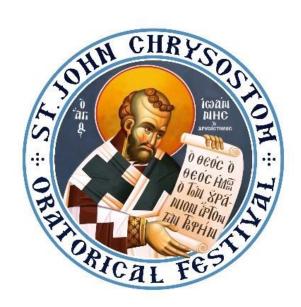
We invite all our youth from 7-12 Grade to join in the

St. John Chrysostom Oratorical Festival.

This process is one of the most beneficial in our Church as it invites our young people to research into their faith and stand up and speak about it!

Please encourage your child to join.

Email Chris Francis: <u>battersbox7@yahoo.com</u> to learn more.

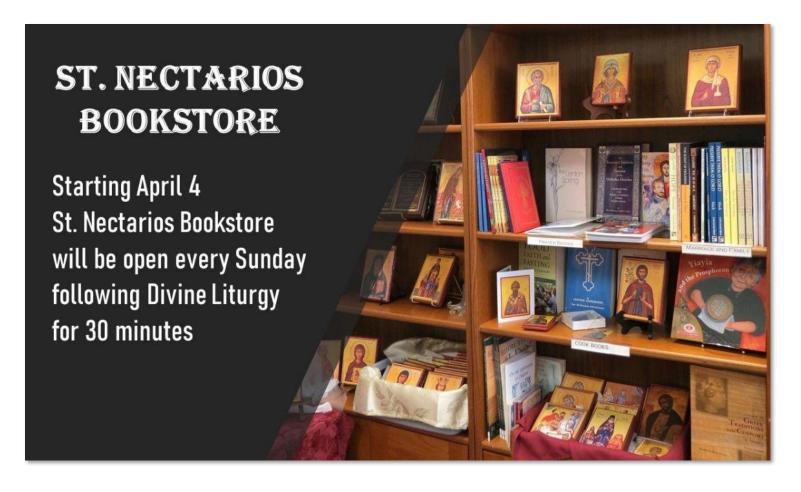


Parish Directory

There are three ways for YOU to be included in the **2021 Holy** Trinity Parish Directory.

- 1. If you or your family had their picture taken last spring by Life Touch photography at the church and there are NO CHANGES to your personal information, then NO FURTHER action is need from you. You will be included in the directory.
- directory 2. If your family had their picture taken last spring by Life Touch photography at the church, but you wish to use a DIFFERENT PICTURE or UPDATE personal information, please send the new picture and/or updated information to mara.contes18@gmail.com.
- 3. If you did NOT have a Life Touch picture taken last spring, please send a highresolution JPEG as well as your contact information, including all names of your family members along with address, phone number, and email address to mara.contes18@gmail.com.

Need a photo taken of yourself or your family? On Sunday, April 11, 2021, following Divine Liturgy, snapshots will be taken outside the Cathedral during Coffee Social.



Church

Desert Diamonds

Senior Parishioners and their guests

Dear Desert Diamonds & Friends.



A bus trip to **St. Anthony's Monastery** in Florence is being planned. Information will be announced shortly to reserve your spot.

I would like to hear from you if you have any suggestions for activities or to submit additions or corrections to our contact list.

God's blessings to one and All.

Yours in Christ,

Julie Karoutas

email: juliekaroutas@gmail.com cell: 623-313-8720 call or text

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!



Maintenance Corner

By Ted Fourlis



The maintenance team has continued to focus on needed projects. The conversion to LED lighting at the basketball court is nearing completion. Special thanks to Jerry Zannis for the use of their boom truck! Lighting repairs are in process in the





ramps leading up the Educational Building as well. The Valonis Bros patched and painted the walls for Father Alexander's office and the wall looks great! We will continue to keep you posted on our progress of current and upcoming projects.

Salutation Icon Flowers



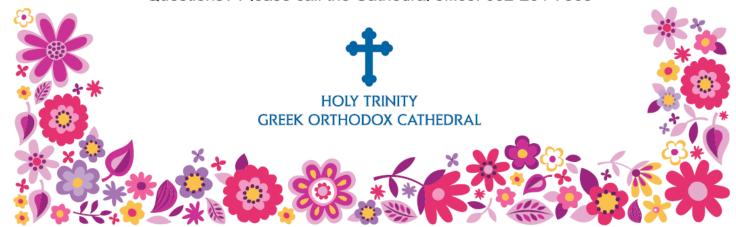
Decorating the Annunciation Icon each week of Lent is an Orthodox tradition, and a lovely way to memorialize loved ones by supporting our Cathedral.

Suggested donation of \$50.

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

Please provide your order by April 21, 2021.

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



Pascha Flowers

Pascha Flower Donation

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

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

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

Please provide your order by April 23, 2021.

Donor name:	

Donor phone #: (____)_

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

1._____

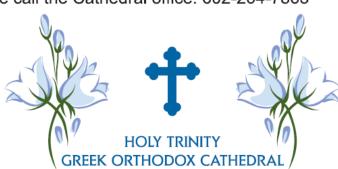
2.

3._____

4.

Total donation: \$_____

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





PRAY GIVE GO VIRTUAL BENEFIT

Sunday, April 11, 2021 | 7PM MT



GUEST SPEAKER

Fr. Christopher Rowe

OCMC Development Officer

Connecting with Christ, Connecting with Others

Join us for Phoenix's first ever OCMC virtual event! Be part of the movement that began with Christ's last command to His disciples to "make disciples of all nations" and continues with YOU! Hear from OCMC's Development Officer as he shares his experience of how a life in Christ brings us closer to each other.

This FREE Stay-At-Home event is a new way to bring our communities together at the comfort of your own home. Register TODAY to get your Zoom link. We look forward to seeing you!

Questions? Contact events@ocmc.org
Register by scanning the QR code with your phone camera or visit: https://www.ocmc.org/serve-from-home/host-or-join-event.



Myrrhbearers

Good Friday and Pascha

Calling for girls 5th grade to 9th grade to serve as Myrrhbearers for Good Friday and Pascha.

The role as Myrrhbearers is a blessed opportunity for young girls of our community to serve the church and participate in the services during Good Friday and Pascha.

Our first Myrrhbearers meeting to go through all information and dates for practice **this** Sunday, April 4, 2021 **after church in the Narthex.**

If you are interested please contact Stacey Beaty by phone or text at 623-826-9970 or email staceybeaty@live.com.



Palms Needed

before Saturday, April 24th for Palm Sunday and Palm Crosses.

We need Palm Fronds to decorate the altar, and make crosses for distribution on Palm Sunday.

Please contact Natalie in the Cathedral Office



What YOU Can Do to Make Visitors Feel Welcome

Have you noticed new faces? We've had many visitors stop by lately. Some are Orthodox and visiting from other Parishes, some are returning to Orthodoxy after a long time away, and some are coming to check out Orthodoxy for the very first time. No matter how they come to us, let's make sure we say Hello!

"Welcome! I don't believe we've met yet. My name is (your name)" is a great start. Offer to socially distance walk with them to Coffee Hour. A personal connection goes far!



AHEPA Chapter 219

MEETING INFORMATION



AHEPA Chapter 219 will hold their next monthly meeting on Thursday April 8, 2021 at Holy Trinity Greek Orthodox Cathedral (HTGOC) starting at 6:30 PM for a night of fellowship and camaraderie. The meal will be in accordance with Lenten guidelines. Please come out and support the brothers as all social distancing and mask guidelines will be in effect and the meal will take place outdoors.

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

Greek School

Irene Dartoozos Mackos, Director Gabriella Papatzimas, Teacher

Greek School missed their annual March 25 program in the Church Hall, but our Greek School didn't forget our heritage. Instead, of a live program we made a video to remember our ancestors. Zńtw n Eλλάδα!

Thank you to all our Greek School students who participated:

Dimitri Tsontakis 6, Margaret Scopelianos 7, Sophia Panagiotakopoulos 6, Themelis Miaoulis 6, Charlie Carver 7, Leonithas Mackos 8, Nikoleta Mackos 10, Daniele Perkovich 14, Alexa Perkovich 11, Giorgio Cooper 10, Mihali Papamathakis 10, Stavro Papamathakis 4, Katerina Papamathakis 13





Watch here:

https://youtu.be/-cVgwRmfpk4

200 year of Independence from the Ottoman rule! We, as Greeks, would not be here today without our heroes who fought for our freedom.

Theodoros Kolokotronis (April 3, 1770–February 4, 1843) Kolokotronis was a Greek general and the pre-eminent leader of the Greek War of Independence (1821–1829) against the Ottoman Empire. Kolokotronis' greatest success was the defeat of the Ottoman army under Mahmud Dramali Pasha at the Battle of Dervenakia in 1822. In 1825, he was appointed commander-in-chief of the Greek forces in the Peloponnese. Today, Kolokotronis ranks among the most revered of the protagonists of Greece's War of Independence.

Georgios Karaiskakis Born Georgios Iskos (January 23, 1780 or January 23, 1782–April 23, 1827) was a famous Greek klepht, armatolos, military commander and a hero of the Greek War of Independence.

General Yannis Makriyannis (1797–1864) Born Ioannis Triantaphyllou, was a Greek merchant, military officer, politician and author, best known today for his Memoirs. From humble beginnings, he joined the Greek struggle for independence, achieving the rank of general and leading his men to notable victories. Following the Greek independence, he had a tumultuous public career, playing a prominent part in granting the first Constitution to the Kingdom of Greece and was later sentenced to death but pardoned.

Athanasios Diakos (1788–April 24, 1821) Diakos was a Greek military commander during the Greek War of Independence, considered a venerable national hero in Greece.

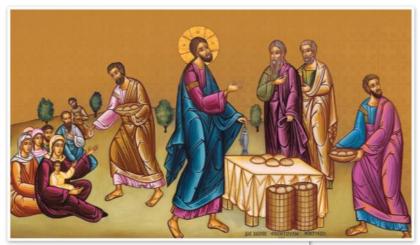
Rigas Feraios or Rigas Velestinlis (1757–June 24, 1798) Feraios was a Greek writer, political thinker and revolutionary, active in the Modern Greek Enlightenment, remembered as a Greek national hero, a victim of the Balkan uprising against the Ottoman Empire and a pioneer of the Greek War of Independence.

Papaflessas (1788–1825) Born Georgios Dimitrios Flessas, he was a Greek patriot, priest, and government official of the old Flessas Family. The prefix papa- in the name "Papaflessas" indicates his status as a cleric since the word means "priest" in Greek. He was ordained to the highest position of priesthood, Archimandrites, in 1819.

Laskarina Bouboulina (11 May 1771–22 May 1825) was a Greek naval commander, heroine of the Greek War of Independence in 1821, and an Admiral of the Imperial Russian Navy. Bouboulina was born in a prison in Constantinople; she originated from the Arvanite community of the island of Hydra. She was the daughter of Stavrianos Pinotsis, a captain from Hydra island, and his wife Skevo. She married twice, first Dimitrios Yiannouzas and later the wealthy shipowner and captain Dimitrios Bouboulis, taking his surname.

Churchwide Fundraiser

Let us come together as a church family during this Lenten period and help those in need. St. Mary's Food Bank has been hit especially hard as they have helped more local families than ever during the pandemic. They need our help to feed struggling families.





Holy Trinity Community Outreach Lenten Project

We will be collecting non-perishable food items from Sunday, March 14 - Pascha on May 2

Please leave your items in the designated boxes in the Narthex.

We are also accepting monetary donations.

Send your checks to the church office, and mark "St. Mary's Food Bank" on the memo line of your check.

Food items most needed are:

Soups and Stews • Rice • Pasta • Beans • Tuna Peanut Butter • Canned Vegetables • Canned Fruit

"I was hungry, and you gave me something to eat. I was thirsty and you gave me something to drink...I can guarantee this truth: Whatever you did for one of my brothers or sisters, you did for me." Matthew 25:34-40

OPA—Orthodox Parents Association

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

Paulina Watson 602-740-3950

Paulinawatson25@gmail.com

Dianna Scaccia 602-323-4615

discaccia@gmail.com



Are you getting the weekly OPA Newsletter?

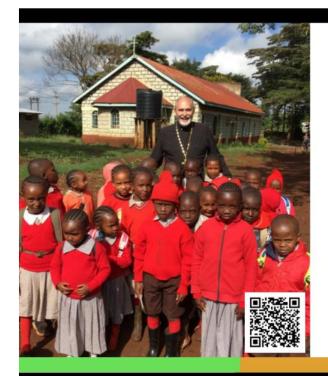
OPA communicates primarily through email, via our email newsletter.

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 cjecomom@gmail.com, and we'll get you added to list!

Metropolis Series for High Schoolers

Join other High Schoolers from across the Metropolis on Thursday evenings at 6:30pm PST during Lent for weekly presentations and discussions by different priests from across the Metropolis! REGISTER HERE: gosfyouth.org/goya#/orthotalks





PRAY GIVE GO VIRTUAL BENEFIT

SUNDAY, APRIL 11, 2021 | 7PM MT

Join us for first ever OCMC virtual event in the Phoenix area! Be part of the movement that began with Christ's last command to His disciples to "make disciples of all nations" and continues with YOU!

Come hear from Fr. Chris Rowe, OCMC Development Officer, as he shares his experience on how a life in Christ brings us closer together.

Questions? Contact events@ocmc.org

Youth Night March 13, 2021



Photos by Father Alexander and Caroline Economopoulos

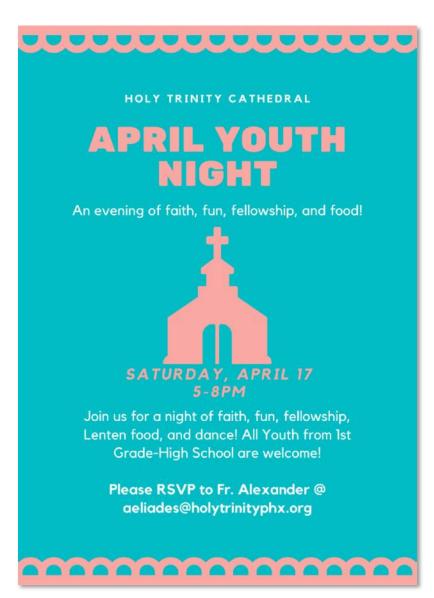
Next Youth Night



Save the Date Youth Night:

Saturday, April 17, 2021

For all youth
1st Grade-High School
5:00 pm Vespers
followed by a night of faith, fun, food, and fellowship!



Little Lambs



Little Lambs Playground Play Sunday, March 21, 2021



ORTHOTALKS FOR LENT

ALL HIGH SCHOOL STUDENTS

Join us on Thursday evenings at 6:30 p.m. PST during Lent for weekly presentations and discussions.



Cultivating Why am I here? What is the purpose of life? a Purposeful Life

Cultivating an Enquiring Life

Cultivating a Determined Life

Cultivating a Committed Life

Cultivating a Confident Life

Cultivating a Servant Life

Cultivating an Authentic Life



Rev. Father
Peter
Dogias
March 18



Rev. Father Chris Retelas March 25



Rev. Father Nicholas Mueller April 1



Rev. Father Panagiotis Sotiras April 8



Rev. Father Christos Kanakis April 15



Rev. Father Jacob Saylor April 22



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



YOUTH & YOUNG ADULT MINISTRIES

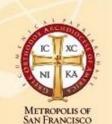
Click here to register or visit www.gosfyouth.org so you can receive the Zoom link to participate.

A Lenten Journey

Volunteer Opportunity for High School and College Students

Are you looking for a volunteer opportunity that connects you to your faith? Become a volunteer today!

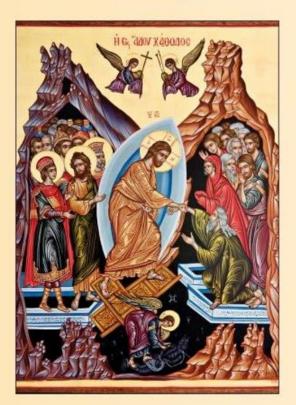
A Lenten Journey



TO GREAT AND

HOLY PASCHA

Metropolis-wide Youth Religious Education Program



- 11-week virtual youth Religious Education program
- · Pre-Kindergarten through 8th Grade
- Lessons will include key themes of the liturgical cycle beginning with the Triodion, continuing into Great Lent, through Holy Week and concluding with Holy Pascha.
- Classes will be held on Zoom every Sunday beginning February 21 from 12:30 p.m. – 1:30 p.m. PST. The last session will be held on Good Friday, April 30.
- Sponsored by the Greek Orthodox Metropolis
 of San Francisco Christian Education Ministry, in
 collaboration with the Orthodox Youth Mentorship
 Program of Saint Demetrios Greek Orthodox
 Church in Camarillo, CA.
- A team of volunteer teachers will engage students with lessons, activities, and service projects. High school and college students will participate as mentors and activity leaders.
- Register Today! There is no cost to attend, but registration is required, prior to Friday, February 5, 2021.

"This is a wonderful opportunity for our youth to participate in insightful lessons, activities and service projects, all designed to enrich their Lenten journey and prepare them for the celebration of the Lord's Resurrection," stated His Eminence Metropolitan Gerasimos of San Francisco. "Our children deserve the best opportunities to be empowered with knowledge on their faith, and especially during these times of ongoing physical separation, this program creates an opportunity to enhance fellowship and friendships from across our Metropolis."







For more information visit:

www.religioused.sanfran.goarch.org

or contact Program Coordinator Maria Tangalos at mariatangalos@gmail.com.