

Desert Springs

June/July 2025
Volume 10 Issue 6



*Give rest, O God, to Your servants, and place them in
Paradise where the choirs of the Saints and the righteous,
O Lord, will shine as the stars of heaven. To Your departed
servants give rest, O Lord, overlooking all their offenses.*

Newsletter of Holy Trinity Greek Orthodox Cathedral
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Rev. Protopresbyter Apostolos Hill
Rev. Alexander Eliades
Rev. Deacon John Thrasher

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Monday–Friday, 9:00am–3:00pm

Sunday Worship

8:00am Orthros
9:30am Divine Liturgy

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The 25th of each month

Sunday Bulletin Deadline

Wednesdays, 12 noon

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Connie Contes, Charlie DeMoss,
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Jill Leach, Niko Panagiotakopoulos,
Chris Petroulakis, John Schneider

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- **Greek School** — Irene Mackos: eirinie@gmail.com
- **Hellenic Museum** — Bessie Hotis: call 602-953-1913
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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 manager@holytrinityphx.org and Kristen at kristen.vasilarakos@outlook.com. **It is the organization's responsibility** to inform Heidi or Kristen of any updates to your listing.

Father Apostolos Shares Jack Choukalas' Speech



Jack placed first in the Junior Division at the Metropolis competition in San Francisco and proceeded to Nationals. The participants competed on May 31, 2025, at Saint Nicholas Greek Orthodox Cathedral- Pittsburgh, Pennsylvania.

Topic 2

In Psalm 4, we are told to "be angry, but sin not." Why would we be encouraged to be angry? How does anger fit into the life of an Orthodox Christian?



Anger, like steam in a pressure cooker, builds silently beneath the surface. If the pressure isn't managed and the valve is blocked or ignored the system can become dangerous, forcing steam to escape in sudden, damaging bursts. Our emotions work the same way. Left unaddressed, anger can erupt in ways that harm ourselves and those around us. But anger itself isn't inherently wrong. In fact, it's a powerful emotion that appears over 350 times in Scripture. The Bible doesn't ignore anger, it confronts it head on. Moses shattered the stone tablets in fury when he saw Israel's idol worship. The prophets Amos and Nathan boldly voiced God's righteous indignation against hypocrisy and sin. Even Christ Himself displayed holy anger in the temple. These moments reveal that anger, when aligned with truth and justice, can serve a godly purpose. So the real issue isn't whether we feel anger, it's how we express it. How can we, as Orthodox Christians, channel this intense emotion in a way that honors God? If shameful, destructive anger is condemned, then how do we harness our anger as a tool for righteousness, guided by Scripture, grounded in humility, and shaped by the example of Christ?

"Be angry, but sin not". This bold statement, introduced in Psalm 4:4, shows us that we must recognize anger itself is not evil only when we use it with a self cleanse in the absence of sin. It's a natural human emotion, often arising when we see injustice, experience pain, or are convicted by guilt. The danger is not in the feeling of anger—but in allowing it to control our words and actions is. We must stay still as it reflects the orthodox call to inner watchfulness.

The Orthodox Church gives us tools to confront anger through prayer, confession, silence, and the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner." This prayer isn't just for times of peace, it's for those very moments when we feel frustration rising, when we are tempted to lash out. It teaches us to pause, turn inward, and ask Christ to sanctify our emotions.

Jack's speech continued from page 3

To see this applied perfectly, let's reflect on Jesus Christ. In the Gospel, Jesus displayed righteous anger when He saw money changers defiling the temple. He declared, "My house shall be called a house of prayer, but ye have made it a den of thieves." Jesus did not sin in His anger. His reaction wasn't rooted in ego or vengeance—it was rooted in love for His Father and the sacredness of worship. His anger was righteous, leading Him to act justly.

"St. Paisios of Mount Athos taught that when we feel angry, it's a chance to offer our pain to God as a sacrifice. He said, 'Don't let anger dominate you—it's like giving the devil a microphone.' That reminds us: anger doesn't just reveal what's wrong outside—it shows us where we need healing inside."

Saint John Chrysostom once said: "The angry man is like a man who takes a fire in his hands to burn his enemies, but ends up burning himself." Fire, when used properly, gives warmth and light. But in the wrong hands, it destroys. In most passages, fire is an entity for good, but here Chrysostom uses it as a warning against self-destructive emotions. Uncontrolled anger harms us more than anyone else.

In closing, anger is not the enemy but letting it master us is. As Orthodox Christians, we are not called to suppress anger, but to sanctify it. St. Paisios reminds us that anger can reveal wounds needing healing. The Jesus Prayer gives us peace in the storm. Scripture gives us clarity. And Christ gives us the perfect example. So the next time we feel that anger building, like a pressure cooker, let's not let it explode. Let's offer it to God. Let Him refine it. And let our anger become a force not of destruction, but of righteous love, bold truth, and holy fire



Honorable Mention recipients were each awarded \$2,250:

- **Jack Choukalas** from the Metropolis of San Francisco, Holy Trinity Cathedral in Phoenix, Arizona.

Congratulations, Jack!



Stewardship

By Sandy Meris



2025 THEME:
“Your Own From Your Own”

Holy Trinity Cathedral “Why Statement”:

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

**LET’S FEED HUNGRY KIDS
AND FAMILIES!!**

**STEWARDSHIP SUMMER
2025
COMMUNITY OUTREACH
PROJECT**

**Non-Perishable Food and
Bottled Water Drive**

**June 1-29
to benefit
St. Vincent de Paul**



With schools on summer break many families in need struggle to feed their children. The public school system provides free breakfast and lunch to underprivileged students. Families rely on those free meals to help make sure their kids are fed. So when school breaks for the summer it becomes extremely difficult for those families to put a meal on their tables.

Let’s help ensure no child goes to bed hungry this summer! Help us supply St. Vincent de Paul with non-perishable food items and bottled water.

Simply donate your items in the Narthex or on the stage in the large hall of the community center between Sunday, June 1st and Sunday, June 29th.

Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as soon.

Isaiah 58:10

House of Stewards

As of 06/12/2025

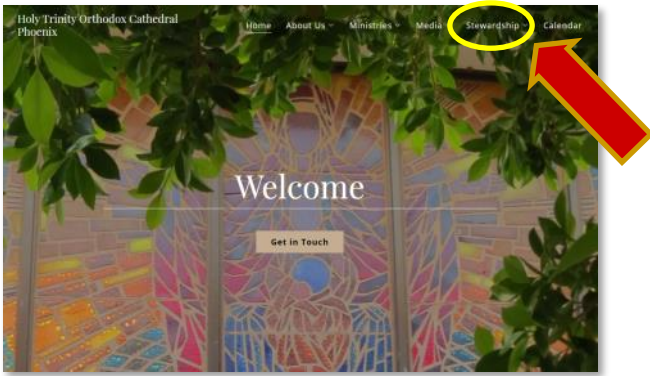


Zachary & Adriana Aase
Terri Alexon
Andrew & Maria Allman
Calli Allman
Alexandra Anagnopoulos
Dina Anagnopoulos
Noah Andersen
Nikki Anest
John & Sandy Annos
Elaine Apostle
Argyro Apostolou
Christina Bakavelou & Chris Perry
Georgia Bakintas
Constantine & Eleni Balanis
Scott & Crisanne Bansner
Christopher Bass
Dean Bass & Liz Beckman
Sam & Heidi Bass
Joyce Baulinka
Scott & Stacey Beaty
George & Stacy Benetos
Stamatios Benetos
Dan & Vicki Bichekas
Peter & Jennifer Bilitsis
Helen A Bixenman
Nikos Bountas
James & Helen Bruno
Alexander Brusalis
Georgia Brusalis
Chris & Rita Bruskas
Kristen Bruskas
Kathrene Carras
Frank Carris
Chad & Amanda Carver
Harriet Chotras
Jim Chotras
Pete & Kim Choukalas
Jeff & Kathy Clarke
Jarmeen Constantine
Andy & Mara Contes
Jamie Contes
Jim & Connie Contes
Alexandria Contoraudis
Ed & Angie Cooper
Max Cups
Zane Cups
Ethan & Talia Curtis
Nick & Sharon Daniolos
Stefanos & Tiffany Daniolos
Patty Davis
Anastasia Dellas
Hercules Dellas
Patrick & Karla Delord
Tom & Irene Demas
Anthony & Patricia Demopoulos
Dr. Bill C DeMoss
Charles DeMoss
Chris DeMoss
John & Marjorie DeMoss
Reed & Fallon Deusterman
Jimmy Drakos
Stanley & Fran Drozd
Anthony Dunn
Caroline Economopoulos
Christo & Dena Economopoulos
Peter & Virginia Economopoulos
James & Lisa Elam
Fr. Alexander & Presv. Laura Eliades

Peter & Marie Eliades
Emil & Anna Ellis
Aristotelis & Dianne Euripidou
William Ezo
Greg Fernandez
Helen Fernandez
Mary Floor
Tim & Karla Floor
Zackary & Nikki Forman
Anna Furlis
Demetra Georgelos
Diana Georgelos
Pamela Georgelos
Dinos & Koula Georges
Athanase & Georgia Furlis
Athanasia Furlis
Ted & Andi Furlis
Tim & Antonette Fraenkel
Chris & Celeste Francis
Georgana Friehe
George & Julie Froumis
Joshua & Kayla Gabrielsen
Semos Gardner
Thomas George
Dinos & Koula Georges
John Giannopoulos
Polly Ginakes
Stella Glitsos
Eva Goodman
Bill & Lynn Graham
Gina Graham
Gail Grevas
David Haag
Mary Haidos
Donald Hall
Ryan Halvorsen
Alex Harding
Terry Harper
Mary & Roger Harris
Michael Harris & Liana Chaiarenza
Debra & Ian Harrison
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Diane Herman
Fr. Apostolos & Presv Denise Hill
Daniel Hill
Gregory Hill
Veronica Hill
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Voule & Cathy Kapetanakis
Vasilios & Vasiliqi Karagiannis

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Maggie & Marks Karakozis
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Mia Karandreas
Peter & Tina Karegeannes
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Joshua & Nyla Karoutas
Julie Karoutas
George & Niki Katsaros
Lori Katsenes
Mary Katsenes
Thomas J Katsenes
Thomas M Katsenes
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Fany Kechajias
Nikolaos Kentimenos & Panagiota Kladou
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Ronald & Virginia Kidd
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Maria Kompos
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John & Maria Kostaras
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Dean & Angela Koumontzis
Johnny & Elizabeth Kratsas
Nick & Marina Kretsedemas
Tammy Kretsedemas
James & JoAnne Koukouvetakis-Kruljac
Greg & Deborah Caras Kunkel
John & Evangelia Lambrou
Bruce & Judith Lamond
Elias & Mary Lampos
Scott & Jill Leach
Steve & Constance Lemere
Basil Ihn & Emilia Han
Georgia Lipane
Luke & Maria Lipnos
Gregory Lizanich
Daniel MacInnis
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Margarita Makris
Julie & Felix Mamani
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Mary Lou Mastorakos
Steve & Mari Mastorakos
Stefan Matheos
Pamela Maydanis
Chris & Angela Mead
Stephen Mellas
Christian Meris
Joanne Meris
Katie Meris
Will & Sandy Meris
Justen & Virginia Merk
Anthony & Tania Miaoulis
Anastasia Migias
Paul & Linda Miller
William & Jean Miller
Andrew & Anastasia Mitchell
John & Eleanna Mitchell
Philip & Helen Mitchell
Oleg & Emily Moroz

Easy Stewardship Sign Up!



ShelbyNext is easy!

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

2025 PLEDGED FAMILIES

We offer you our thanks for your dedication to our parish and your participation in Christ's work of salvation. If you have not filled out a Pledge Card for 2025, please pick one up in the Church Narthex or visit holytrinityphx.org.

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.

House of Stewards continued from page 6

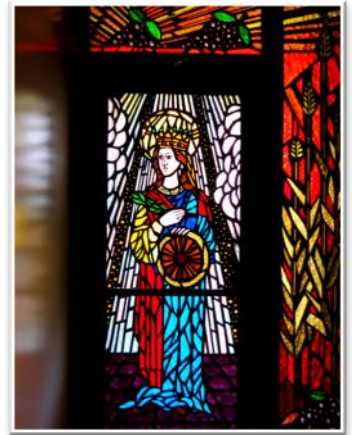
Dino Moschovitis
James T & Irene Mourikes
Spyro & Effie Mousses
Matthew & Sophia Neumann
Jerry & Kahy New
John & Maria Nicholas
John Nicolettos
AnnaMarie Nieblas
Jennifer Orlando
Irene Pagoudis
Elsa Paletsos
Elizabeth Palmer
Alexi & Alexia Panagiotakopoulos
Christos & Connie Panagiotakopoulos
Niko Panagiotakopoulos
Thanasi & Melissa Panagiotakopoulos
Phillip & Eleni Panagiotoglou
Sofia Panagiotoglou
Chrysoula Papadopoulos
Socrates & Stephanie Papadopoulos
Ria Papageorgiou
Mike & Stefania Papamatheakis
Betty Papas
Nick Papas
Spyros & Rita Papaspyrou
Nicholas & Stacy Papatzimas
Ari Pappas
Andrew & Emily Pappas
Fannie Pappas
John & Andrea Pappas
Daniel & Anna Pardhe
Athena Parmenter
John & Dina Pesognelli
Angelo Pestriuas
Fotini Pestriuas
Zoe Pestriuas
Peter & Gayle Petkas
Chris Petroulakis
Jacquelyn Petroulakis
Bill & Kathy Petsas
Christina Petsas
Michael & TeAnn Philippis
Brian & Athena Pickett
Mary Poulakidas
Tracy Poulos

Pete & Anthipe Pries
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Chris & Juli Pritsos
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Bertha Quinn
Lydia Rabbitt
Alexi & Sara Rentzis
Menelaos Rentzis
Voula Rentzis
Peter & Lauren Retsinas
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Brandon Salazar
Stellios & Nicole Samaradellis
Les & Christine Sarantinos
Paul Sarantes
Eleftheria Scalise
Todd Schiller & Laurel Charnas-Schiller
John Schneider
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Steve & Stephanie Sedor
George & Diane Sedlacek
Chris & Terry Seretis
Traci & George Sgouros
John Siavelis
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Robert Stamm & Elyse C Sioles
George & Evi Skintzis
Elias & Phyllis Skoubis
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Nathaniel G Tropea
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Stella Tsantilas
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Santiago Valles
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Leah Venetis
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Dimitri & Eugenia Zannis
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Jerry & Amanda Zannis
Zella Zannis
Evangelia Zikos
Kostas & Margarita Zistas
Dimitrios Zistatsis
Eleanna Zistatsis
Michael & Christina Zistatsis

Holy Trinity's St. Katherine Philoptochos

Kristen Vasilarakos, President



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



Next meeting will be Thursday,
September 10, 2025 at 6:30pm
in the Lounge of the Speros Community Center



Check in on a Parishioner—Circle of Angels

Do you have a family member or friend who has not been able to come to church lately? Please let us know! Call or Text Julie at 850-225-4978.



2025-2027 Chapter Board



Holy Trinity's St. Katherine Philoptochos

Kids'N'Cancer Fundraiser

\$25,801.84 raised in AZ!

The Arizona chapters came together to raise over \$25,000 for families of children with cancer. The funds were presented to the Metropolis by Arizona Liaison Kathy Connell at the Agape luncheon and added to the total raised to benefit the families in need.



Coffee in the Conference Room

We will resume on
September 2nd!

For those with a flexible schedule:
Join us for coffee and talk. Included within the social are activities related to Philoptochos' **Circle of Angels**, other chapter support, sometimes church office support, and just plain hanging out with friends.

Come hang out if you can!



Philoptochos Prayer

O Lord Jesus Christ, we bow our heads before You, and with humble hearts we give thanks to You for the abundant blessings, which You have poured forth upon us. We praise You for gathering us together as members of the Ladies Philoptochos Society in the service to Your Holy Church. We bless You for the selfless sacrifice of countless generations of women who have faithfully fulfilled the philanthropic mission entrusted to them. Through Your ineffable wisdom and Your Divine power, You have enabled us to minister to those who are in need of Your love, Your comfort, and Your care. Make us instruments of Your peace and of Your hope, O Lord. Where there is pain and suffering, may we bring Your healing and comfort. Where there is loneliness and isolation, may we bring the fellowship of Your Holy Church. Where there is despair and discouragement, may we inspire hope and faith in You. Where there is hatred and strife, may we be peacemakers producing the fruits of love and reconciliation. We also ask You, O Lord, to guide our deliberations, our decisions, our fellowship, and all our labors, so that in all we do, or say, we may bring glory to Your Holy Name, of the Father and of the Son, and of the Holy Spirit. Amen.

Fall Retreat



Joshua Pardhe Recognition

Congratulations to our own Joshua Pardhe!

Congratulations to Bill Orfanon and Joshua Pardhe who were honored this evening by His Eminence Archbishop Elpidophoros at the 3rd Annual Archdiocesan District Servant Leadership Awards Banquet! **ΑΕΙΟΙ!!**



Also pictured are Joshua's parents Anna & Daniel Pardhe and V. Rev. Archimandrite Chrysostomos Gilbert, Archdiocesan Cathedral Dean, whose grandparents, Rita & Chris Bruskas, and aunt Kristen Bruskas, are members of our Cathedral.

Feast Day and More Celebration!

Sunday, June 8

Please join us at coffee hour as we celebrate our church's **feast day**; the elevation of Fr. Apostolos to the rank of proto-presbyter; the baptisms of Mary Coppinger and Ignatius Stoutenburg; the wedding of Katherine Koster and Juan Weaver; and Jack Choukalas' achievements as Metropolis finalist and national honorable mention in the St. John Chrysostom Oratorical Festival! If you have an upcoming celebration, please email htcphxevents@gmail.com.

Cold Brew & Presvytera Laura

Our cold brew coffee bar caught the attention of OYM, a national Orthodox publication!



THEOYM.ORG

What's Your Ministry? | Grounds of Fellowship

How One Presbyteria's Simple Coffee Stand Became a Sacred Space

Read the article [here](#).

Celebrating Mother's Day



Choir 2025

June 1, 2025



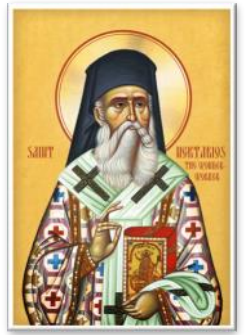
Parish Assembly

June 1, 2025



St. Nectarios Books & Beyond

Submitted by Rita Papaspyrou
stnectariosphx@gmail.com



Holy Pentecost

Commemorated fifty days after Pascha



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

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

The Apostles of our Lord were gathered together in one place. Suddenly, a sound came from heaven like a rushing wind, filling the entire house where they were sitting. Then, tongues of fire appeared, and one sat upon each one of Apostles. They were all filled with the Holy Spirit and began to speak in other

languages as directed by the Spirit (Acts 2:1-4).

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

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

Summer Series Returns

We return for another year of the Summer Series of classes, one-off learning opportunities open for all to learn more about the faith! Classes will be after Paraklesis:

July 9 - Our Modern Saints: St. Sophrony and St. Paisios, and

August 6 - TBD If you have a topic or book of the Bible you'd like to learn about for the Aug 6 class, please let Fr. Alexander know. Mark your calendars, and join us.



We will begin after Paraklesis that evening in the Conference Room, previous topics have been the book of Judith, discussing Orthros and Vespers, Loving our Enemies, and other topics of interest to you! Please let me know if there is a small book of the Bible or some other topic about that faith you'd like to learn about! Email me [here](#) to let me know.

Diamondbacks Greek Heritage Celebration Pre-Sale Offer!

OPA! The Arizona Diamondbacks are excited to invite fans to our Annual Greek Heritage Celebration at Chase Field on Saturday, September 6 against the Boston Red Sox. Purchase your tickets at: <https://fevo-enterprise.com/event/Greekheritage7441>!



This Special Event ticket package includes a ticket to the September 6 game vs. the Boston Red Sox (first pitch at 6:40PM) and a Greek inspired D-Backs jersey (limited sizing available, first come first serve). All sales are final, no exchanges, returns, or refunds. Tickets based on availability. This offer can't be combined with other offers.

For groups of 10+ or for any questions, please contact Tatum Barstad at tbarstad@dbacks.com or 602.462.4287.



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!



Celebration Committee



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

In May, we hosted our Celebration Sunday on the 11th. In honor of Mother's Day and all May birthdays, we decorated the hall with pastel colors, especially pink, white and gold. Flower centerpieces were assembled for each table.



Please join us as we celebrate Pentecost, our church's Feastday on June 8th.

If you want to support the ministry, either through funding or time, please let us know! For donations, please visit <https://bit.ly/HTphxCC> or put "Celebration Committee" on the memo line of checks made out to the Cathedral. To volunteer, email htcphxevents@gmail.com and/or talk to Terri Alexon or Mary Pardhe!

Communal Cooking Event

For the May Celebration Sunday, the Communal Cooking crew led by Phillip Panagiotoglou served Greek beef stew with penne pasta, Greek salad, cookies, cake, and ice cream. 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!

Celebration Committee

June Birthdays



Our Church Family

Baptisms

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

Galatians 3:27



05/17/2025

Mary, daughter of Emily & Wyatt Copping

Sponsor: Mary Pardhe

God's Blessings be upon her.

05/31/2025

Ignatius, son of Alana & Tristan Stoutenburg

Sponsor: Alisha & David Solheim

God's Blessings be upon him.

Weddings

"Oh Lord our God, crown them with glory and honour."



05/03/2025

Abbigail & Peter Schneider

Sponsor: John Schneider

God's Blessings be upon them.

05/24/2025


Elizabeth & Constantine (Dean) Bass

Sponsors: Angie & John Lambrou

God's Blessings be upon them.



Saturday
June 21 at 10am,
potluck to
follow



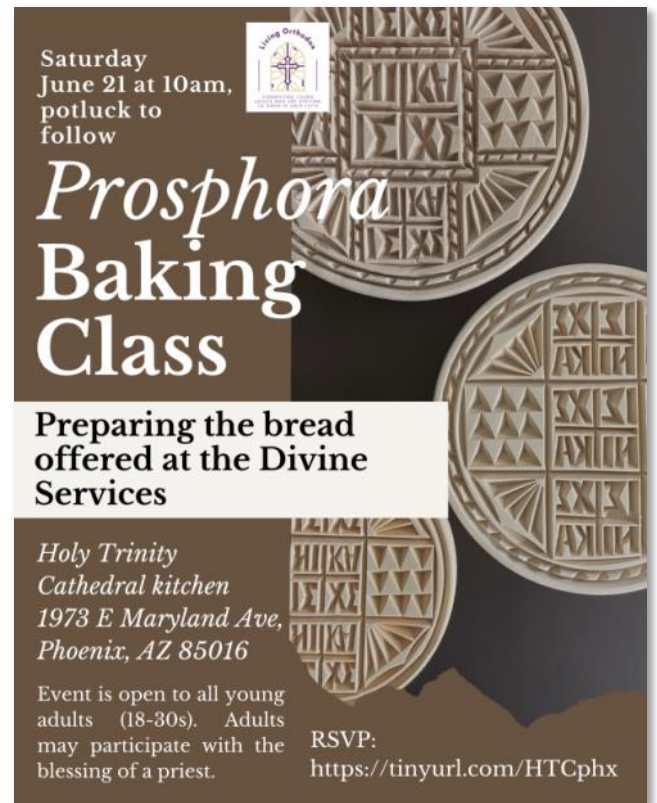
Prospora Baking Class

Preparing the bread
offered at the Divine
Services

Holy Trinity
Cathedral kitchen
1973 E Maryland Ave,
Phoenix, AZ 85016

Event is open to all young
adults (18-30s). Adults
may participate with the
blessing of a priest.

RSVP:
<https://tinyurl.com/HTCphx>



Youth Ministry

God's Corner at Coffee Hour: Used in conjunction with the Pre-K/K class for Sunday School, this corner is available most Sundays for our little ones to play in and learn together. For any questions or if you're interested in helping, please contact Mara Contes at mara.contes18@gmail.com.



New! Retired Men's Coffee Group

Calling all retired gentlemen! Join us for a weekly coffee group beginning Thursday, June 12th at 10:00 am in the church office conference room. Meet us each Thursday morning for a cup of coffee and some fellowship. No agenda, just an opportunity for some fellowship and good conversation. Hope to see you there!



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 at <https://bit.ly/LOconnect> for our email/SMS lists!



May Events

In May, we organized a fun sunset hike to Hole in the Rock! With the summer swiftly approaching, we're looking for more church-related activities and community-building events. If you have ideas to share, please email us at livingorthodoxevents@gmail.com!

June Events

In June, we have two major events.

On **June 9th** at 7pm, we will be hosting a Ministry Leadership workshop at Assumption Church in Scottsdale. The event will be led by Fr. Jacob Saylor and is open to all young adults who currently hold ministry positions or want to serve their parishes in ministry leadership positions. To RSVP, please email livingorthodoxevents@gmail.com!

On **June 21st** at 10am, we will be hosting a prosphora baking session at Holy Trinity Cathedral! Diane Sedlacek will be walking us through the whole process – from mixing the dough to the final, baked loaf. If you've ever been curious about this special ministry of preparing the bread used in the Divine Liturgy, please join us!

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 social media.

Coffee Socials Following Sunday Liturgies

The May Coffee Socials were sponsored by **OPA and the Maydanis Family**.

The June Coffee Socials are sponsored by **Philoptochos**.

THANK YOU!



July Coffee Hours

We are in need of sponsors for the four Sundays in July. Please consider hosting a coffee hour, perhaps in memory of a loved one. Kindly call the office (602-264-7863) once you've decided on your Sunday. Thank you so much!

July 6th, July 13th, July 20th, July 27th

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/HolyTrinityGreekOrthodoxCathedralPhoenixAZ)



Metropolis Survey



HELP US IMPROVE!

TELL US WHAT YOU THINK ABOUT
OUR METROPOLIS MINISTRIES



Scan to
Complete

The ministries of our Metropolis exist to serve you—the faithful of our parishes. But how do we know what’s working and what needs to improve? With your help.

We’re inviting all parishioners across the Metropolis of San Francisco to complete a short Ministry Survey to help guide and strengthen the work we do together in Christ’s name. Your feedback will help us better support our youth, families, seniors, clergy, and parish leaders—now and for the future.

- Takes just 10 minutes
- Please complete it before **June 15, 2025**

[Take the Survey Online Now](#)
or scan QR code above.

Every voice matters!

YA Ministry Leadership Workshop

If you're a young adult (18–30s) currently involved in church ministry—or feel called to use your talents by serving in a ministry—join us for an evening Living Orthodox workshop on Monday, June 9th at 7pm Assumption Church! Fr. Jacob will be leading a discussion on equipping current and aspiring young adult leaders in young adult ministry. Young adults serving in youth, music, or other ministries are also welcome.

RSVP to livingorthodoxministry@gmail.com




Ministry Leadership Workshop

Serving the church with our time and talents

Monday
9 June 2025

7pm

Assumption Church,
Scottsdale, AZ



Please join us if you are a current young adult leader or want to learn more about serving in a ministry position!

Virtual attendance options are available upon request.

Presentation and discussion moderated by
Fr. Jacob Saylor (Assumption Church, Scottsdale)

Email livingorthodoxministry@gmail.com or text Amanda at 623-225-6390



METROPOLIS
E-News

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AHEPA Chapter 219



AHEPA Chapter 219
Wishes You a Great Summer!



AHEPA Chapter 219



Desert Diamonds

Julie Karoutas
for senior parishioners and their guests:



Dear Desert Diamonds and Friends,

On **Sunday, June 29, 2025** we will be attending an Independence Day Concert at the Scottsdale Philharmonic, a magnificent concert, to be held at La Casa de Cristo Lutheran Church at 6300 Bell Road, Scottsdale 85254. Enjoy beautiful music glorifying our beloved United States of America.

For those who wish we can go for Brunch beforehand. The concert begins at 4:00 p.m. but it is suggested to get there a bit early, and get settled in your seat.

Sincerely, Yours in Christ,
Julie Karoutas
Email: juliekaroutas@gmail.com
Cell: 623.313.8720

Please RSVP as soon as you can to let me know if you are going. Don't miss out on this wonderful concert. Hoping to see you there.

Independence Day Celebration


Sunday, June 29, 2025 ~ 4:00 PM

PROGRAM FEATURING

Principal Conductor: Vanja Gjumar Nikolovski

National Anthem
Armed Services Medley
Eternal Father Strong to Save
Sousa: Washington Post March
Samuel Ward: America the Beautiful
Scott: Final Countdown
Anderson: Fiddle Faddle
God Bless America
Bernstein: West Side Story Medley
Carmen Dragon Arrangement
Gould: American Salute
Sousa: Stars and Stripes

Tickets Starting at \$20
*Free tickets available to:
Students and
Active Services/Veterans



Concert Location
La Casa de Cristo Lutheran Church
6300 E Bell Rd. Scottsdale, AZ 85254
(Located Near Scottsdale Rd.)

Student and Armed Services/Veterans tickets available for free while supplies last. Scan the QR code or visit www.scottsdalephilharmonic.com to get your tickets today!

Church Website



Have you checked out the website **lately**?
www.holytrinityphx.org

Events • Services • Photos •
Calendar • Stewardship



24,329 site visitors in the first five months of 2025!

OPA—Orthodox Parents Association

Caroline Economopoulos, President



Are you getting the weekly
OPA Newsletter?

OPA communicates primarily through email,
via our email newsletter.

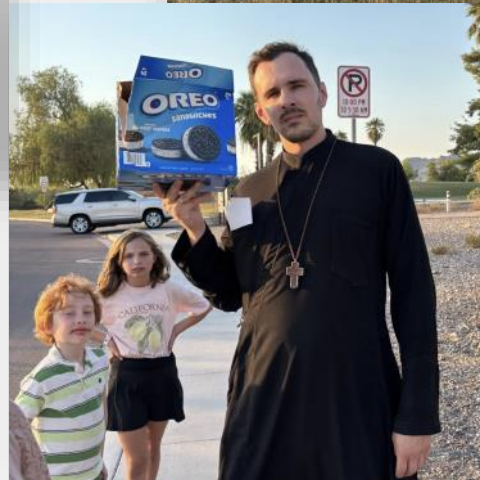
To stay informed on all of the
youth, parent, and family happenings at Holy Trinity,
sign up today.

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

4F

May 10, 2025

It was a peaceful summer evening to finish off our 4Fs for the year, we already can't wait til August!



Graduates & Sunday School Teachers

May 18, 2025

Graduates
8th Grade



Graduates
High School



Graduates & Sunday School Teachers & Grad Lunch

May 18, 2025



Graduates

8th GRADE



Juliza Cervantes will be graduating 8th grade from Great Hearts. In school and in her free time, Juliza enjoys playing volleyball, softball, and participating in track. At Holy Trinity, Juliza has been part of the Greek Dance and FDF Competition Programs, Sunday School, youth groups, and 4F events. Juliza also participated in the St. John Chrysostom Oratorical Festival and won 3rd place. In the fall, Juliza will continue at Great Hearts for her high school education. Juliza hopes to do well in high school.

Juliza loves dancing with her church peers at the Greek festival and FDF.

"The most important thing I have learned is the importance of forgiveness. Forgiveness for yourself and others."



Maia Dimitriadis will be graduating 8th grade from Chandler Prep(CPA) Great Hearts. In school, Maia achieved all her reading book goals by reading all her books for the year. In her free time, Maia participates in swimming, art, dance and piano, and has been the recipient of piano awards. At Holy Trinity, Maia is involved with the Greek Dance and FDF Competition Programs, and participates in Sunday School and youth programs. In the fall, Maia will continue her education at Chandler Prep Great Hearts. In the future, Maia would love to become a teacher.

"Do better in life spiritually and everyday."

The Lord has granted life and has cleanse us. –
(John 1:9)



Petros Economopoulos will be graduating 8th grade from Madison Meadows Middle School. In middle school, Petros was a member of National Junior Honors Society, the Varsity Volleyball team, and the Varsity Basketball team. Petros' volleyball team was the State Champions, and Petros was voted most valuable player for three years in a row. In his yearbook, Petros was voted Most Athletic. At Holy Trinity, Petros has been active in the Greek Dance and FDF Competition Programs, Sunday School, and the youth groups. In the fall, Petros plans to attend Sunnyslope High School. In the future, Petros wants to continue to play sports, get good grades, and go to college to become a civil engineer.

"You work towards a goal. It's not a failure, it's steps to success." - Giannis Antetokounmpo



Genevieve Oxley will be graduating 8th grade from Tri-City College Prep. In school Genevieve is on the Mountain Bike Team and the Volleyball Team. Genevieve is also a member of her school's Chinese Club and Yearbook. At church, Genevieve is a part of Sunday School and attends All Saints Camp. In the fall, Genevieve will be returning to Tri-City College Prep to start her high school education. In the future, Genevieve would like to have a career in film production and design.

"I am the one thing in life that I can control."
- Lin-Manuel Miranda (Hamilton)



Elena Samaradellis will be graduating 8th grade from Mountain View Middle School. In her free time, Elena enjoys playing the flute and the saxophone. At Holy Trinity, Elena participates in Greek School, the Greek Dance and FDF Competition Programs, and Sunday School. In the fall, Elena will be attending Shadow Ridge High School. In the future, Elena would like to be a teacher.

God is within her, she will not fall. – (Psalm 46:5)



Graduates

HIGH SCHOOL



Andrew Delord will be graduating Summa Cum Laude honors from Arcadia High School. In school, Andrew played Varsity Football, and was on the Arcadia Track Team. At Holy Trinity, Andrew participated in the Greek Dance and FDF Competition Programs, Sunday School, church youth programs, and volunteered at the annual Greek Festival. In the fall, Andrew will be attending Arizona State University's Barrett Honors College, and plans to study engineering.

"The most important thing I've learned at this point in my life is the importance of perseverance."

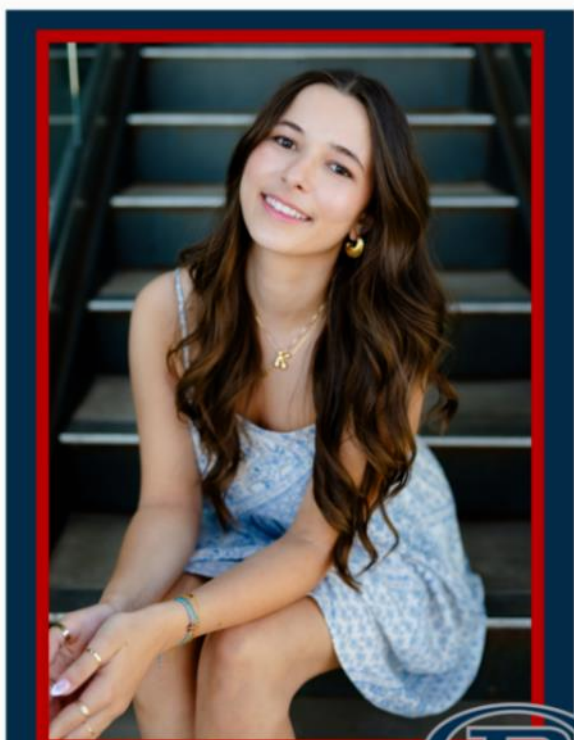
Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your Heavenly Father feeds them. Are you not of more value than they? – (Matthew 6:25-26)





Eleni Economopoulos will be graduating from Sunnyslope High School. Eleni has been awarded the Forner Athletic Scholarship, the AHEPA Scholarship, the FDF Sia and Dimitri Dalacas Scholarship, and Arizona Hellenic Scholarship. In school, Eleni played Varsity Badminton, was the team captain, won the 1st doubles GUHSD tournament, and was voted by AIA as the best badminton doubles team in Arizona. Eleni also played tennis and was her school's tennis team captain. In addition to sports, Eleni was a member of National Honors Society, National Honors Society of Dance, Involved in student council, and was the Founder and President of her school's Greek Club. At Holy Trinity, Eleni participated in the Greek Dance and FDF Competition Programs, Sunday School, youth programs, and was a Sunday School Pre-K teacher's aid. In the fall, Eleni will attend Arizona State University's Barrett Honors College. In the future, Eleni hopes to work in the business and marketing industry advertising for products and working closely with brands.

But as for you, be strong and do not give up, for your work will be rewarded. – (Chronicles 15:7)



Katherine "Katie" Economopoulos will be graduating from Pinnacle High School. Katie has earned the Arizona State Seal of Biliteracy in Spanish, was awarded the New American University Scholarship, was a recipient of the AHEPA 219 Educational & Cultural Foundation Scholarship, and every semester made the Superintendent's Honor Roll. In school, Katie was a member of National Honor Society, the Society of Women Scholars (SOWS), the school's guidance Mentors Club, the school's spirit "Crazies" club, and on the board of the Photography Club. Katie also played for the Pinnacle Badminton team for three years and received her varsity letter. Outside of school, Katie was a member of the National Charity League Cactus Wren Chapter and completed over 250 hours of philanthropy service earning two Presidential Service Awards and multiple Chapter Awards. At Holy Trinity, Katie participated in the Greek Dance and FDF Competition Programs, Sunday School, youth groups, volunteered at the Greek Festival, and was a teachers aid for the Pre-K Sunday School class. In the fall, Katie will be attending Arizona State University's Barrett Honors College and studying aerospace engineering through the Ira A. Fulton Schools of Engineering.

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day. – (Matthew 6:34)



Daniel Fraenkel will be graduating from Sandra Day O'Connor High School. Daniel was awarded the NAU Lumberjack Scholarship earning a full ride for college. In school, Daniel was part of National Honors Society. In the fall, Daniel will be attending Northern Arizona University. Daniel plans to study marketing and hopes to become a successful sports marketer.

"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway."

– Earl Nightingale



Jackson Meyers will be graduating from Chaparral High School. In school, Jackson was on the Honor Roll, and was a Student Ambassador. Jackson played tackle football and 7s Football for four years, and earned his Varsity Letter in Football. Outside of school, Jackson was involved in Boys Team Charity, and interned for three years as a writer and message board writer for On3 Sports. At church, Jackson participated in youth group events. In the fall, Jackson will be attending the University of Mississippi (Ole Miss). Jackson plans on majoring in sports journalism and sports management. Jackson's goal is to work with a large college football program in recruiting and executing NIL (Name, Image, and Likeness) contracts.

"Jesus, remember me when I come into your kingdom." And Jesus answers him, "Truly I tell you, today you will be with me in paradise." – (Luke 23:42-43)

These verses, where the criminal crucified next to Jesus says this, have taught me that only through God's grace and forgiveness are we granted eternal life with Him.



Lexi Nolen will be graduating from Horizon High School. In school, Lexi was involved in National Honor Society and sports. Lexi played Varsity Softball all four years of high school, and committed to play Division 1 (D1) softball in college. In addition to softball, Lexi also played two years of Varsity Golf. In the fall, Lexi will be attending Bowling Green State University in Bowling Green, OH, on an athletic scholarship. Besides playing D1 Softball, Lexi plans to study business in college.

"Hard work and perseverance pays off. I am very excited and proud to be playing D1 softball on a scholarship at Bowling Green State University."



Zoe Sgouros will be graduating Cum Laude honors from Chaparral High School. Zoe earned the Arizona State Seal of Biliteracy for Japanese and the Arizona State Seal of Fine Arts. In school, Zoe was part of the Swim Team, Badminton Team, and a member of Thespian Troupe 203. Through church, Zoe participated in the Youth Folk Dance Program. In the fall, Zoe will be attending Belmont University. Zoe plans to complete college and fulfill a career in the music/entertainment industry.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. – (1 Thessalonians 5:16-18)



Ben Stamatis will be graduating from Arcadia High School. In addition to completing all his required coursework at Arcadia, Ben graduated from EVIT (East Valley Institute of Technology) with most of the certifications to become a firefighter. In school, Ben played football for 3 seasons until he was injured. At Holy Trinity, Ben has been volunteering yearly at the Loukoumades Booth ever since he could walk! In the summer, Ben will be attending Paradise Valley Community College (PVCC) to complete his Emergency Medical Training (EMT). Ben's future goal is to become a firefighter.

"Hard work and a good attitude will get you where you want to go."



Teddy Theodoropoulos will be graduating from Metro Tech High School. In school, Teddy was on the Varsity Basketball team. In addition to sports, Teddy was a member of the International Key Club. Through the church, Teddy has participated in the youth groups and volunteered at the annual Greek Festival. In the fall, Teddy will be attending Phoenix College. Teddy hopes to one day have a successful future in the field of construction management, and wants to do something he can be proud of and enjoy.

I can do all things through Christ who strengthens me. –
(Philippians 4:13)



Kalliopi Tzeremas will be graduating from Perry High School. Kalliopi earned the Arizona Seal of Biliteracy and the Fine Arts Seal for dance. In school, Kalliopi was part of the Dance Honors Society, Spanish Honors Society, and National Honors Society. In addition, Kalliopi participated in competitive dance and the Link Crew. Through the church, Kalliopi has participated in the Greek Dance program and the youth programs. In the fall, Kalliopi will be attending the University of Arizona. Kalliopi plans to work somewhere in the medical field and hopefully with either kids or athletes.

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
– (Isaiah 41:10)

Graduates COLLEGE



Theo Annos is graduating Arizona State University with a Bachelor of Science degree in Computer Science (Software Engineering). Theo was the recipient of the New American Scholar and the Sun Devil Award. In school, Theo was a Teacher Aide, played intramural sports, and was part of the national award-winning social entrepreneurship program Engineering Projects in Community Service Program, known as EPICS. At Holy Trinity, Theo has stayed active during college by participating in the Greek Dance and FDF Competition Programs, volunteering at the Greek Festival, and being a youth leader for the Holy Trinity 4F Program. After graduation, Theo will begin working an entry level software development position. Theo hopes to have a career in User Interface/User Experience (UI/UX) development, continue to grow in his faith, and travel.

"I've learned how rewarding it can be to branch out into different endeavors and fully commit to them. I went into college with very little knowledge on computer science, worked hard these past four years to learn about it and get my degree. Now I have acquired some great skills and met some great people. I'm excited to see where everything leads."

Rejoice in hope, be patient in tribulation, be constant in prayer.
– (Romans 12:12)



Alexa DeMoss is graduating Magna Cum Laude honors with a Bachelor of Business Administration degree majoring in Finance and with a minor in Accounting from Texas Christian University's John V. Roach Honors College. At school, Alexa earned Dean's Scholar all 4 years, and was awarded the Outstanding Leader Award within the BNSF Neeley Leadership Program. In addition to her academics, Alexa was her school's Kappa Alpha Theta Sorority Vice President of Finance (2024); Kappa Alpha Theta Sorority Finance Assistant (2023); part of the BNSF Neeley Leadership Program; a Frog Camp Facilitator; an intern at the Arizona Cancer Foundation for Children; and, a spin instructor at the TCU Recreation Center. Moving forward, Alexa will be working as an analyst for J.P. Morgan Private Bank in Fort Worth, TX. Alexa is excited to start working, meeting new people, traveling, giving back to her community, and growing in her faith.

Trust in the Lord with all your heart and lean not on your own understanding. – (Proverbs 3:5)



Lucas Haugen is graduating Cum Laude honors with a Bachelor of Science in Finance from the W.P. Carey School of Business at Arizona State University's Barrett Honors College. At Holy Trinity, Lucas has been active by volunteering at the annual Greek Festival. After graduation, Lucas will be working at Morgan Stanley.

"I hope to stay involved in my community and I want to travel."

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

– Reinhold Niebuhr



Susan "Susie" Papadopoulos is graduating with a Bachelor degree in Public Health and a minor in Health Administration and Policy from Creighton University. All four years of college, Susie was awarded the Creighton Academic Scholarship and Shaffel Award. During college, Susie was part of Delta Delta Delta Sorority; the President of the Creighton University Hellenic Society; the Director of Media and Outreach; part of Alpha Phi Omega (service fraternity); Involved with Medlife and Best Buddies; and, worked with the Student Health Office. With the church, Susie was part of Omaha Greek Festival Anemos Dance Group, St. John the Baptist Young Adult League, and Heritage Greece. In the future, Susie hopes to find employment in governmental public health.

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. – Proverbs 3:5-6



Madelyn Grace Pritchard is graduating Summa Cum Laude honors with a Bachelors of Science in Criminology & Criminal Justice and with a Minor in Communication from Arizona State University's Barrett Honors College. In school, Madelyn was an Undergraduate Student Government Senator from 2022-2024; the Undergraduate Student Government Senate President from 2024-2025; on the Dean's List; a recipient of the President's Scholarship and 2025 Moeur Award; and, completed a two-year internship with the Arizona Attorney General Special Investigations Section from 2023-2025. In her free time, Madelyn was a CommLabASU Mentor, and a City of Surprise Judicial Selection Advisory Commissioner. Through college, Madelyn continued to volunteer at the Greek Festival. In the future, Madelyn would like to go to law school and become an attorney.

All things work together for good for those who love God. – (Romans 8:28)



Aja Romano is graduating with a Bachelors of Science in Physiology from the University of Arizona's W.A. Frankie Honors College. In college, Aja made the Dean's List Honorable Mention; was part of the Pre-Physician Executive Board and Honorary; held the Gamma Phi Beta Health Advocate Position; was the recipient of University of Arizona Wildcat Distinction Award Scholarship; and, received the University of Arizona Department of Physiology Honors Award. In school, Aja was an intern with the Mayo Clinic Education Program; was part of the Women In Stem Mentee; participated in the Global Med-Cat Study Abroad Program; completed a K-8 Health Connectors Internship; was an intern with Save The Cord Foundation; and, shadowed at Phoenix Children's Hospital Pathology Department. In the fall, Aja will be attending Physician Assistant (PA) school. Aja's hope is to become an OBGYN-PA.

"I'm passionate about women's health and want to make a real impact by providing compassionate care."

Praise the Lord, my soul, and forget not all his benefits who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. – (Psalm 103:2-5)

Graduates

UPPER LEVEL



Nicholas "Nick" Brockelman is graduating with the highest of honors, as the number one in his program and the 2025 Dean's Medalist recipient, with a Masters of Accountancy and Data Analytics from the W.P. Carey School of Business at Arizona State University. Nick earned degrees in Finance and Urban Planning from ASU in 2011. He worked in real estate sales, property management, and accounting /bookkeeping after completing college. He and Julie Akerly married in September 2019. In 2021, they relocated to Washington, D.C. for Julie's career; returning to Phoenix in 2023. Last summer, Nick began his nine-month program to receive his Masters of Accounting degree. He served as the Teaching Assistant for the Accounting Boot Camp classes, and is graduating with a 4.0 GPA. Nick grew up and was involved in the Holy Trinity community, and looks forward to participating in the church now that he is back in Arizona. This fall after completing the CPA exams, Nick will begin working for Price Waterhouse Cooper concentrating in auditing.

"As an older student returning to school, I was nervous about making this big change in my life. Being a Dean's Medalist at the end of this process is, in a way, validation that I made the right decision. It is also a recognition of the hard work and commitment to the journey of this past year."



Demetrios Pickett is graduating from the Eller College of Business Management at the University of Arizona with a Masters in Accounting degree. Demetri has continued to maintain his 4.0 GPA, and has passed two of the four CPA certification exams. At Holy Trinity, Demetri has continued volunteering at the Greek Festival, and participated in the Young Adult League (YAL). In September, Demetri will begin working for Deloitte as an analyst.

"My goal is to give back to those who made me into who I am today."

The greatest lesson is to let go and walk down the Lord's path. – (Psalm 150)

congratulations
2025 GRADUATES