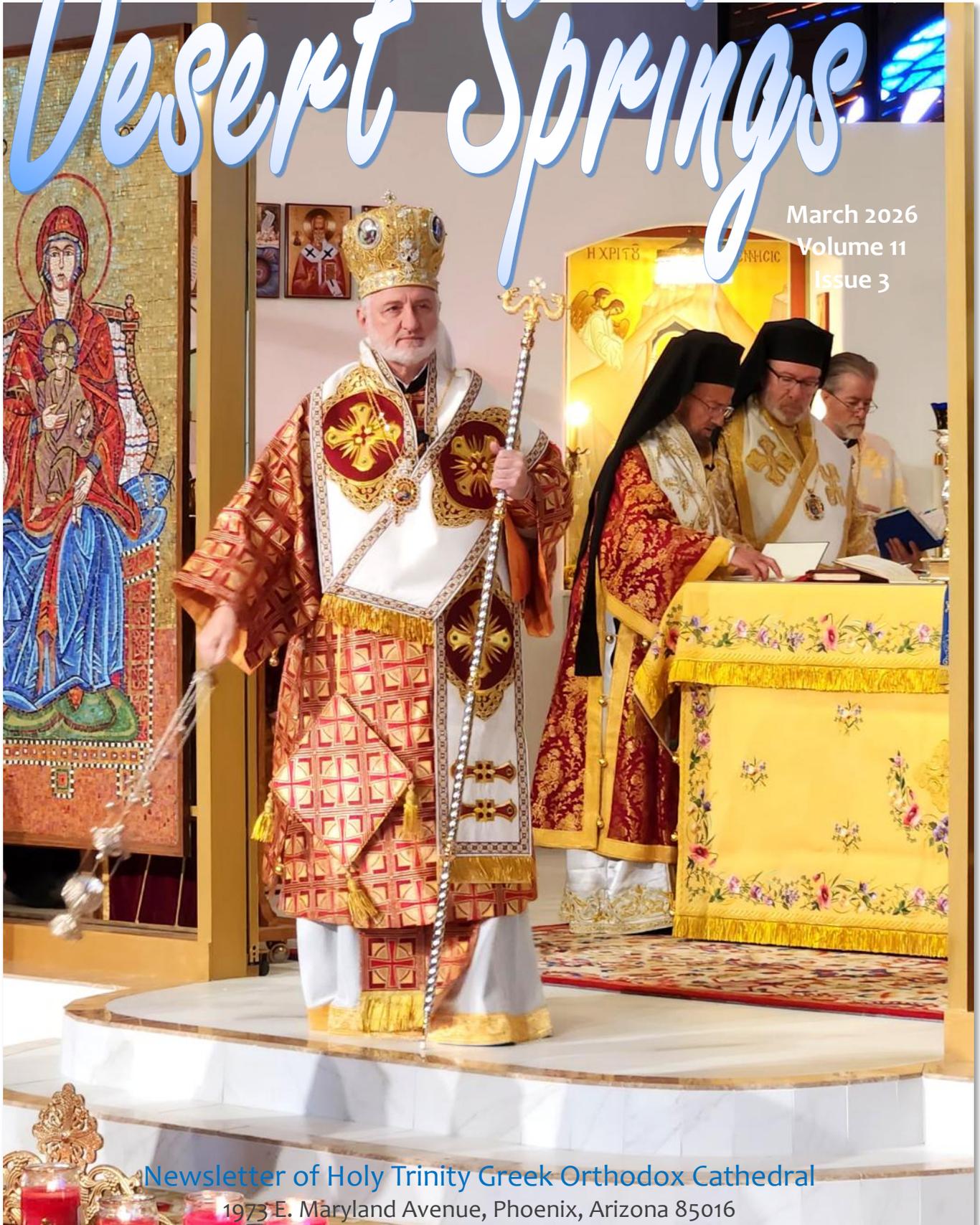


Desert Springs

March 2026
Volume 11
Issue 3



Newsletter of Holy Trinity Greek Orthodox Cathedral

1973 E. Maryland Avenue, Phoenix, Arizona 85016

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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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Desert Springs Deadline

The 25th of each month

Sunday Bulletin Deadline

Wednesdays, 12 noon

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Vice President: Sandy Annos
Treasurer: Emil Ellis
Secretary: Andi Fourlis
Connie Contes, Charlie DeMoss,
Alexander Harding, Art Kostaras,
Jill Leach, Niko Panagiotakopoulos,
Chris Petroulakis, John Schneider

Holy Trinity Cathedral
www.holytrinityphx.org

Metropolis of San Francisco
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Archdiocese Website
www.goarch.org

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- **AHEPA** — Andrew Touvannas: andrewtouvannas@hotmail.com
- **All Saints Camp** — Fr. Jacob/George Miller: info@allsaintscamparizona.org
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- **Bible Study** — Father Apostolos Hill: papoulihill@gmail.com
- **Bookstore** — Rita Papaspyrou: stnectoriosphx@gmail.com
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- **Daughters of Penelope** — Cynthia Bekiaris: cynb1308@gmail.com
- **Desert Diamonds (50+)** — Julie Karoutas: juliekaroutas@gmail.com
- **Epistle Readers** — Jill Leach: jill.leach@hotmail.com
- **FOCUS Phoenix Ministry Project** — Chris Lopez: lop62@gmail.com, Georgia Lipane: glipane@gmail.com
- **Greek Festival** — Nick Kretsedemas: nick.kretsedemas@chilis.com, Angelo Pestrivas: angelopestrivas@msn.com, Ted Fourlis: htcmaintenance1973@gmail.com, Peter Schneider: petephxgreekfest@gmail.com, Reed Deusterman: reedphxgreekfest@gmail.com
- **Greek School** — Christina Bakavelou: christina@bakavelou.com
- **Hellenic Museum** — Bessie Hotis: call 602-953-1913
- **Little Lambs** — Deborah Harrison: 14dharrison@gmail.com
- **Living Orthodox** — Mary Pardhe: livingorthodoxministry@gmail.com
- **Maintenance** — Peter Bilitsis, Ted Fourlis: htcmaintenance1973@gmail.com, pkbilitsis@gmail.com
- **Myrrhbearers** — Stacey Beaty: staceybeaty@live.com
- **Narthex Intake** — Kristen Vasilarakos: kristen.vasilarakos@outlook.com, Presvytera Denise Hill: denkevhill83@gmail.com
- **OPA** — Anthony Miaoulis: anthony.miaoulis@gmail.com
- **Oratorical Festival** — Chris Francis: battersbox7@yahoo.com, Nick Petsas: npetsas@outlook.com
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- **Parish Council** — Jim Manelis: jmanelis@aol.com
- **Philoptochos** — Kristen Vasilarakos: kristen.vasilarakos@outlook.com
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- **Stewardship** — Sandy Meris: sandymeris@gmail.com
- **Sunday School** — Alexia Panagiotakopoulos: htphxsundayschool@gmail.com
- **Wedding Coordinator** — Patty Ladas: pattyladas@gmail.com

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.

A Message from Father Apostolos

Great Lent: The Hammer of the Passions

Lust and Anger... now that I have your attention, let's talk about Great Lent. The two most commonly confessed spiritual ailments that afflict the souls of men and women today are lust and anger. From these twin serpents emerge many other manifestations; impatience, irritability, the need to dominate, smug self-centeredness, a feeling of entitlement, an overweening concern with one's self-interest, and the commodification of the human form. And while to the Orthodox mind these states of being are seen as evidence of mankind's desperate need for salvation, society greets them with a shrug as the order of the day.



Along comes Great Lent with the cure for these ailments that few seek or dare to apply. Asceticism, or *ἄσκησις*, which means "training" or "exercise," is and has ever been an indispensable aspect of Orthodox living. Asceticism involves the taming of our bodily urges and of the

unconditioned mind and heart. In much the same way as a young colt must be "broken in," our unruly selves must be brought under submission to the hand of the God.

This training is embraced by denying our self-will in the Lenten season by rearranging our schedules to include participation in the many Lenten services, reading along with the faithful the Holy Scriptures assigned to each day, by offering alms to many poor churned out by our corrupt economic models, and, chiefly, by keeping the Lenten Fasts to the very best of our ability.

The purpose of fasting is in the Orthodox Church is simply to weaken our bodies. The passions which

sorely afflict us, lust and anger and the many faces they wear, can only be tamed by re-balancing the soul/body construct of the self. Left untamed, we quickly fall captive to the demands of our flesh, seeking comfort, entertainment, full bellies, sexual desires and escapades and such like. Unwilling to suffer any inconvenience or discomfort, those enslaved to their passions slip ever deeper into a chasm of bondage to bodily demands and at the expense of the soul.

And in the same way that weak and flabby muscles cannot overcome physical obstacles, a weak and flabby soul is no match when the fire of passions erupt within us. But this pitiable state can be corrected! Great Lent provides the faithful a regimen of spiritual health and renewed spiritual vitality. Submitting to the rigor of the Lenten services, we are trained to calm our raging flesh and to bring it under the power of our will. Putting on our "big boy britches," we hold to the Lenten fasts to our best ability to reclaim our neglected agency to rule our bodies and not to be ruled by them.

From the application of these Lenten regimens, balance is restored, patience emerges, our ability to withstand the assaults of temptation and to master ourselves is restored. The flames of anger, irritability, impatience are cooled, as are the white-hot stirrings of lust and carnality. We can become less easily triggered by petty annoyances and fleeting temptations.

Holy Orthodoxy is not for the faint of heart or for those seeking an easy path. Ours is the crucified life and the narrow path. The Orthodox experience of Great Lent and its attending rigors sets us apart. And our Mother, the Church, patiently and effectively schools her children, as every mother does, in how to grow up into responsible adulthood. I pray for myself and for us all, that we will embrace the ascetic way and its exertions in the bright hope of spiritual growth and restoration!

Walk well.

Let's Meet Our Parishioner Neighbors!

The Harris Family

My name is Michael Harris, and my wife Liana, daughters Salvina (10), Milena (9), and Elisah (5), and son Matteo (2) and I have been back in the Orthodox Church at Holy Trinity Greek Orthodox Cathedral about two years now. I was born into the Orthodox faith and attended Holy Trinity and Saint John the Baptist Romanian Orthodox Church as a child, but when my family became busy, we started going less and less and eventually just went on holidays and then not even that. I didn't know my faith well enough and took it for granted when I was younger. At the time though, I believed in the importance of getting married in the Orthodox Church and Liana and I were married at Holy Trinity by beloved Father Apostolos. I only recently learned that my wife and I were his *first* wedding at Holy Trinity after he had just moved from another parish!

After my marriage, my plan was to return to the church. But soon after, some friends pulled me away to the evangelical faith by telling me that the Orthodox faith was more about a religion than a relationship. I am ashamed to admit I was deceived because I didn't know my faith well enough and these friends offered me a community I was in need of at the time. I had for sometime been sensing something wrong in the evangelical churches I had attended but chalked it up more to personal flaws, which I have had many of, and just went along trying to get closer to God by praying and trying to understand the scriptures as best as I could.

One day I had attended a Bible study with people from various denominations and I sat next to two guys who had recently converted to Orthodoxy. I was very curious as to why they had converted and



what had brought them in and it was as if God was using them to speak to my soul. That next weekend I came back to Holy Trinity and have permanently been glued to the Church since. I brought my wife and kids and called my parents back along with my brothers and some friends. I have seen it change them and offer healing they desperately needed. Since being back, all my children have been baptized and my wife Chrismated into the Orthodox Church. It has brought me and my family to a life abundantly deep in faith, meaning and a community that is nothing short of a family. It has been one of the greatest joys of my life watching this Church change my family and I and the whole world.

When you see us, please say hello!

What YOU Can Do to Help Visitors Feel Welcome

There are so many new faces! 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. *We currently have over 40 catechumens!* No matter how they come to us, let's make sure we say hello! One way is to say, "I've seen you before, but have not had a chance to meet you yet. Hi, my name is _____."



Stewardship

By Sandy Meris

2026 Theme:
"Rise Up and Build"
Building the Body of Christ
- Nehemiah 2:18



Holy Trinity Cathedral "Why Statement":

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

STEWARDSHIP 2025 YEAR END NUMBERS

Number of Pledged Stewards:

352

Amount Pledged:

\$549,087

Pledged Goal:

\$550,000

Total Amount Collected:

\$599,968.28

Contributed to Pledge:

\$535,026

% Given to Pledge:

97%

Number of NEW Stewards:

45

Stewards using ShelbyNext:

153

Pledged but \$0 contributed:

21

Levels of Annual Giving:

\$20 - \$100	28
\$101 - \$500	97
\$501 - \$1,000	58
\$1,000 - \$5,000	126
\$5,001 - \$8,000	13
\$8,001 - \$10,000	4
\$10,001 - \$20,000	4
\$20,000 plus	1
Total	352

Stewardship Parish-Wide Lenten Community Outreach Project

SACK LUNCH & HYGIENE KITS PROJECT

Saturday, March 28th | 10:00 am | Large Hall



This year we are excited to announce that we have joined forces with **FOCUS** Phoenix and will support

- Andre House
- Foster Children for Arizona
- Vista Colina shelter for families

In addition to making sack lunches we will also be putting together 50-100 hygiene kits. Let's join together to help those in need during Lent by making **500 sack lunches** and **100 hygiene kits** for Andre House, Arizonans for Children and Vista Colina shelter for families.

All ages are welcome to help us assemble, pack and deliver meals to these very worthy, local organizations. Located in downtown Phoenix, **Andre House** serves the homeless and poor population of Phoenix while **Arizonans for Children** serves abused, abandoned and neglected children in the Arizona foster care system and **Vista Colina** offers emergency and transitional housing for families.

HERE IS HOW YOU CAN HELP:

1. Help us do the shopping for the sack lunches - we will provide you with exactly what you need to purchase and from where. Give us your receipt and you will be reimbursed. (we need several people to assist with the shopping)
2. We need everyone to please bring the following TRAVEL SIZE hygiene items (body wash, shampoo, conditioner, toothbrush, toothpaste, hand sanitizer wipes - not Clorox wipes)
3. Help us by being a table manager on March 28th.
4. Help us by loading your car and delivering some of the meals that day. (we will need several cars to assist with delivery)
5. Simply show up on Saturday, March 28th and we will direct you and put you to work, making sandwiches and assembling the sack lunches and hygiene kits.

If you are able to help us with the shopping for the sack lunches please reach out to: sandymaris@gmail.com or text or call: 602-525-0345.

Jesus calls us to almsgiving during Lent. Let's come together as a Cathedral family to fulfill this important part of our Lenten journey.



"One who is gracious to a poor man lends to the Lord, and He will repay him for his good deed."

- PROVERBS 19:17



Easy Stewardship
Sign Up!

holyltrinityphx.org

Read the above 'HERE IS HOW YOU CAN HELP'.

Contact Sandy at sandymaris@gmail.com
or 602-525-0345 for more information.

2026 Lenten Schedule

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
2nd Sunday of Lent MARCH 8th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 15th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 22nd	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 29th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 5th GREAT WEEK BEGINS	 GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 10th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 12th NO FASTING!	 BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Wednesday Evening Potlucks

Join us every **Wednesday of Lent at 5:30pm** for Presanctified Liturgy followed immediately by a potluck in the Small Hall. Bring your Lenten dish before Presanctified and drop it off in the Small Hall, attend Liturgy, then join everyone for a Potluck and some spiritual reflection.

HOLY TRINITY CATHEDRAL, PHOENIX, AZ	
SERVICES OF GREAT & HOLY LENT 2026 FEBRUARY 22 – APRIL 4, 2026	
FRIDAY, MARCH 6	8AM - PRESANCTIFIED LITURGY
FRIDAY, MARCH 6	6:00PM - 2ND SALUTATIONS TO THE THEOTOKOS (LENTEN RETREAT BEGINS)
MONDAY, MARCH 9	6PM GREAT COMPLINE
WEDNESDAY, MARCH 11	5:30PM 9TH HOUR AND PRE-SANCTIFIED LITURGY *
FRIDAY, MARCH 13	8AM - PRESANCTIFIED LITURGY AT ASSUMPTION IN SCOTTSDALE
FRIDAY, MARCH 13	6PM - 3RD SALUTATIONS TO THE THEOTOKOS
SATURDAY, MARCH 14	9AM-3PM LENTEN 4F RETREAT
MONDAY, MARCH 16	6PM - GREAT COMPLINE
WEDNESDAY, MARCH 18	5:30PM - 9TH HOUR AND PRE-SANCTIFIED LITURGY *
FRIDAY, MARCH 20	8AM PRESANCTIFIED LITURGY
FRIDAY, MARCH 20	6PM - GREAT VESPERS WITH THE 4 TH STANZA OF THE SALUTATIONS
MONDAY, MARCH 23	6PM GREAT COMPLINE
TUESDAY, MARCH 24	6PM GREAT VESPERS FOR THE ANNUNCIATION
WEDNESDAY, MARCH 25	8/9AM ORTHROS AND DIVINE LITURGY FOR THE ANNUNCIATION
FRIDAY, MARCH 27	8AM - PRESANCTIFIED LITURGY
FRIDAY, MARCH 27	6PM - THE AKATHIST HYMN AND ANOINTING
MONDAY, MARCH 30	6PM GREAT COMPLINE
WEDNESDAY, APRIL 1	5:30PM - 9TH HOUR AND PRE-SANCTIFIED LITURGY *
FRIDAY, APRIL 3	8AM - PRESANCTIFIED LITURGY
SATURDAY, APRIL 4	8/9AM - SATURDAY OF LAZARUS - ORTHROS AND DIVINE LITURGY
SATURDAY, APRIL 4	HOLY WEEK 4F RETREAT FOLLOWING PALM CROSS FOLDING UNTIL 2PM
APRIL 5-APRIL 12	PALM SUNDAY, HOLY WEEK, PASCHA (SCHEDULE COMING SOON)

*ON WEDNESDAY EVENINGS OF GREAT LENT FOLLOWING PRE-SANCTIFIED LITURGY, WE WILL HAVE A POTLUCK LENTEN MEAL AND REFRESHMENTS, ALONG WITH A BRIEF REFLECTION. BRING YOUR FAVORITE LENTEN DISH AND JOIN US AN OPPORTUNITY FOR FELLOWSHIP AND LEARNING!

ΚΑΛΗ ΔΥΝΑΜΙΣ! GOOD STRENGTH! BLESSED FAST TO ALL!
HOLY WEEK SCHEDULE TO FOLLOW

Holy Trinity's St. Katherine Philoptochos

Kristen Vasilarakos, President



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



**Next Meeting: Thursday, April 2, 2026, 6:30 pm
Community Center Lounge**



Camp Agape/ Kids'n'Cancer

[Kids'n'Cancer Auction Link](#)



The auction is now live!

We are actively asking our friends and parishioners to help with donations for the online Auction from which we make money to fund our project. Please call Chairman Julie Karoutas at **623-313-8720**.

Copies of the donation letter are in the Narthex.

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.



Tuesday Coffee

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

February Meeting



**PHILOPTOCHOS MEETING HOSTESSES
FEBRUARY 5, 2026**



Philoptochos

Super Sunday Social

February 8, 2026

[Click for More Photos](#)



Thank you to Cathy and Kathy and to the team and to all of you who pitched in!



We pulled off with aplomb a wonderful lunch for 275 ***AND*** a personalized lunch for His Eminence Archbishop Elpidophoros, His Eminence Metropolitan Gerasimos, His Grace Bishop Anthony, His Grace Bishop Nektarios, Reverend Fathers, and esteemed Members of Leadership 100!



New Member Coffee

February 22, 2026



Eight new members joined the women of Philoptochos for our New Member Coffee and continental breakfast on **Sunday, February 22** following Liturgy in the Small Hall of the Community Center!

Diakonia Project at FDF

February 12, 2026



Every year, **Philoptochos partners with FDF** on their Diakonia Project. This year, FDF attendees will package a breakfast meal with the goal of packaging **35,000 meals**. All the meals will be distributed within the greater Phoenix area.

March Meeting

March 1, 2026



Female

- Toothbrush/Toothpaste/Floss
- Deodorant/Antiperspirant
- Body wash
- Shampoo and Conditioner (include 30% for ethnic hair)
- Shaving cream/gel
- Body lotion
- CeraVe Foaming Facial Cleanser
- Hairbrush/Comb (include 30% for ethnic hair)
- Hair styling products (gel, mousse, hairspray)
- Leave-in conditioner/hair oil (include 30% for ethnic hair care)
- Nail clippers/nail file
- Tweezers

Change the story for youth aging out of foster care in Arizona!

We are still collecting. Bin is in the Narthex. The goal is to fill 40 complete tote bags! Contact Kristen at 602-332-8809 for more information.

Male

- Toothbrush/Toothpaste/Floss
- Deodorant/Antiperspirant
- Body wash
- Shampoo and Conditioner (include 30% for ethnic hair)
- Shaving cream/gel
- Aftershave

- Body lotion
- CeraVe Foaming Facial Cleanser
- Hairbrush/Comb (include 30% for ethnic hair)
- Hair styling products (gel or pomade and 30% for ethnic hair)
- Nail clippers
- Tweezers



Forgiveness Vespers

Pan-Orthodox
February 22, 2026



Forgiveness Meal

Pan-Orthodox
February 22, 2026



Phillip Panagiotoglou and his team made the food; Mary Pardhe and the Celebration team decorated, served, and cleaned; and the Philoptochos provided the desserts for 220 guests, including His Eminence Metropolitan Gerasimos.

[Click for More Photos](#)

Hierarchs Visit

February 8, 2026



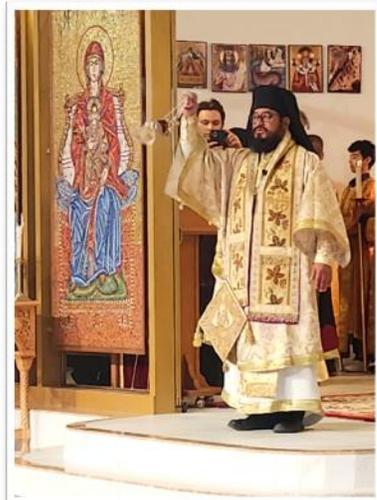
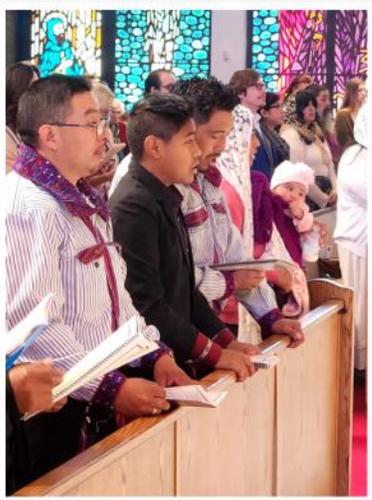
In town for Leadership 100, His Eminence Archbishop Elpidophoros, His Eminence Metropolitan Gerasimos, His Grace Bishop Anthony, His Grace Bishop Nektarios, and Reverend Fathers served Divine Liturgy.

[Click for More Photos](#)

Guatemalan Visit

February 8, 2026

His Grace, Bishop Osios de Sasima, along with Father Alexio, traveled from Guatemala to celebrate the Divine Liturgy at the Holy Trinity Greek Orthodox Cathedral, accompanied by the fathers of the Cathedral.



[Click for More Photos](#)

Photos in the slideshow provided by His Grace's photographer.

Sunday of Orthodoxy

March 1, 2026



[Click for More Photos](#)

100 Years Gala—Foundation for the Future

We need YOUR photos!



100 years
FOUNDATION FOR THE FUTURE
A Centennial Celebration

Please share your photos to help us honor our past and celebrate our future!"

Help us tell the story of Holy Trinity! As we celebrate our centennial, we want to feature every single family in a special photo montage at this November's Gala. Whether it's a family portrait from last week or a vintage snapshot of a 1930's event, ministry meeting, parish gathering, etc. your memories are part of our history. We are looking for photos of social gatherings, meetings, and parish events spanning the last 100 years. In addition, we want a family portrait from every Holy Trinity parishioner.

How to Submit Your Photos

EMAIL SUBMISSIONS:
You can send digital copies of your family and historical photos directly to the Gala Committee at: donnalmanelis@gmail.com

ONLINE UPLOAD (Preferred Method):
Contact Donna Manelis at donnalmanelis@gmail.com or 602-315-2408 to receive the Google link.

There are 2 separate submissions on our Google link, please be sure to follow the prompts.

IN-PERSON & MAIL:
If you have physical copies that need scanning or would like to donate materials for print recognition, you can contact Donna Manelis at donnalmanelis@gmail.com or call at 602-315-2408.

We are not only collecting photos of social gatherings, meetings, and parish events, but a family portrait of EVERY Holy Trinity parishioner!

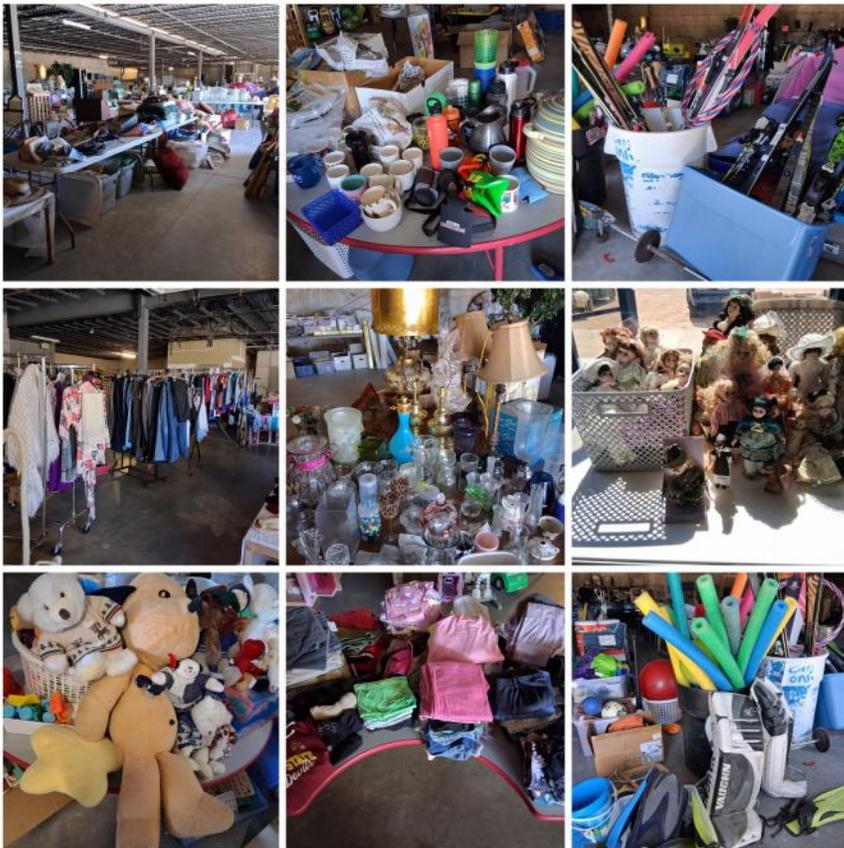
Contact Donna Manelis at donnalmanelis@gmail.com to submit photos or for more information.



Many kids in this 1982 camp photo are active in our church today. Can you name any?
Answers on page 17.

Church-Wide Rummage Sale!

February 28, 2026



God's Corner at Coffee Hour

This corner is available every Sunday for our little ones to play in and learn together. If you're interested in helping, please contact Mara Contes at mara.contes18@gmail.com.



Youth Ministry Sunday School

If you have a child age 3 (by 9/1 of current school year) through grade 10, please send him/her to Sunday School!

If you have an 11th or 12th grader who would like to help in the classroom, text 602.705.3172.

Submitting a [Student Information Form](#) for each student helps our team better support your student and family. We are always looking for additional teachers and substitute teachers to grow our program. Please contact our director, Alexia, at 602.705.3172 if you are interested in joining the team or have general questions.

Students meet in the following areas when dismissed from Liturgy by Father. **Our youngest two groups are walked down from the Cathedral by their teachers.** We aim to dismiss no earlier than 11:30 a.m. and no later than 11:45 a.m. from the classrooms.

- Age 3 (by 9/1 of current school year) and 4 (must be potty trained): God's Garden (in the Community Center)
- PreK/Kinder: Classroom across from Small Hall
- Grades 1-4: GOYA room
- Grades 5-8: OPA room
- Grades 9-10: Conference Room

If you are interested in being a part of the Sunday School ministry, please email hphxsundayschool@gmail.com or text 602-705-3172 to see how you can help.

Parish Council Confirmation

February 22, 2026



Myrrhbearers 2026

Calling Young Girls MYRRHBEARERS

Myrrhbearers are the women followers of Jesus, who anointed him after his crucifixion, and were the first witnesses to his Resurrection.

Any young girl, grade 4th-7th, interested in being a Myrrhbearer for this year's Pascha services please meet after church:

INFO MEETING - Sun, 3/8

1st PRACTICE - Sun, 3/15

2nd PRACTICE - Sun 3/22

FINAL PRACTICE will be:
Lazarus Saturday, 4/4 at 9 AM



If interested, contact Stacey Beaty: (623) 826-9970

Kouvouklion Team

February 22, 2026



Sunday Coffee Socials

The February Coffee Socials were sponsored by the Celebration Committee, Philoptochos, Mary & Steve Vrahas, and Grand Canyon University Students.



THANK YOU!

Project Mexico Group

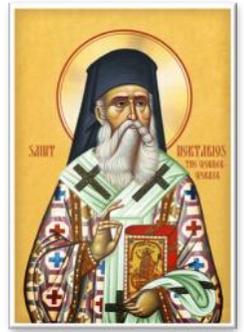
June 11-17, 2026

We're excited again to offer a group to go down to Project Mexico to build a house for those in need, stationed out of St. Innocent Orphanage. Please let Fr. Alexander know if you're interested! Open to High School and above who are able to do manual labor.

St. Nectarios Books & Beyond

Submitted by Rita Papaspyrou

stnectoriosphx@gmail.com



Annunciation of the Theotokos

Commemorated on March 25



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

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

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

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

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

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

Hardscape Work Has Begun

Work on the exterior hardscape has begun! This is an exciting step to beautify our Cathedral which will require patience and flexibility while in process. Keep an eye out for emails about entry/exit points during construction.



Our Church Family

Baptism & Chrismations

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



2/12/2026

Jonathan James,
son of Katerina & Dakota Lonati
Sponsors: Julie & George Froumis
God's Blessings be upon him.

02/22/2026

Yolanda Fernandez
Adriana Perez
Terry Pritchard
Micah Thomas
God's Blessings be upon them.

Wedding

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



02/21/26

Christina Petsas &
John Larson
Sponsor: Andrea Pappas
God's Blessings be upon them.

Retired Men's Coffee

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!



FOCUS

The Fellowship of Orthodox
Christians United to Serve



+ PHOENIX +

<https://focusphoenix.org>

<https://focusnorthamerica.org>

Link to Nativity article.

FOCUS Phoenix will be serving our neighbors in need at Maricopa StandDown 2026, a large community outreach providing vital support to veterans and individuals experiencing homelessness. We are asking parishes across our community to help us prepare by donating essential items that will be distributed directly from the FOCUS Phoenix table.

Please contact a local parish FOCUS representative to facilitate donation drop offs/pick ups, or simply bring items to the FOCUS Phoenix office at Holy Trinity Greek Orthodox Cathedral: 1973 E Maryland Ave, Phoenix, AZ 85016 (Mon.- Fri. 9am-3pm)

Requested Donation Items:

- P-38 can openers
- Men's boots (sizes 8-12)
- New socks and undergarments
- Boonie hats
- Sleeping bags
- Blankets
- Deodorant sticks
- Protein or granola bars
- Gatorade or Powerade



Or scan to make a financial gift to support our work

Bible Study

Join us **Wednesdays** after Paraklesis for Bible Study on the Book of Romans with Fr. Alexander in the Chapel and on Zoom. Open to all.

Learning to Live an Orthodox Life

The Spring semester of catechism is held on **Saturdays from 3:30-4:30pm**. This year's theme is "Learning to live an Orthodox life" with an emphasis on the practical application of the Orthodox faith to our daily lives. Class is open to all Cathedral members. Contact Fr. Apostolos to register.

Celebration Committee



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

In February, the Celebration Committee celebrated the baptism of Markella Eliades, the 95th birthday of Charles Demoss, and all February birthdays! The hall was decorated with Valentine's Day pink and white balloons with rose table centerpieces.

The Celebration Committee also provided Lenten décor and event support for the dinner following the Forgiveness Sunday Vespers. We were honored to welcome His Eminence Metropolitan Gerasimos, His Grace Bishop Osias, and clergy from across the Valley. Over 200 people joined us for a beautiful pan-Orthodox meal as we started the Lenten fast.

If you want to join the committee, please email htcphxevents@gmail.com and/or talk to Terri Alexon or Mary Pardhe!



Monthly Communal Cooking Event

[Click for More Photos](#)

For the January Celebration Sunday, the Communal Cooking crew led by Phillip Panagiotoglou served roasted chicken, lemon potatoes, Greek salad, various appetizers, and cake. If you are interested in helping out or joining us for future cooking events, please email htcphxevents@gmail.com.

March Birthdays

Wish them a Happy Birthday!

Noah Andersen
John Antoniadis
Stratis Baker
Seraphina Bates
Kenneth Bender
Heidi Bracamonte
Ani Bracamonte
Jonathan Brook
Henry Carver
Patricia Christie
Jamie Contes
Mara Contes
Stacia Counelis
Max Cups
Sharon Daniolos
Stefanos Daniolos
Basil Davis
Ellen Deligiannis
Basil Denaxas
Mary Denooyer
Mary Fisher
Antoinette Fraenkel
Catherine Frye
Thaddeus Frye
Christina Gardner
Kristen Ginakes
Mary Haidos
Rev. Fr. Apostolos Hill
Rebekah Ihn
Gabriel Isfanut
Melina Johannesmeyer
William Kapolas
Nikolaos Kentimenos
Virginia Kidd
Arthur Kostaras
Anastasia Kratsas
Aniana Kretsedemas
James Kruljac
Anastasia Lambrou
Bruce Lamond
Georgia Lipane
Christopher Lopez
Gabriel Lopez
Maria Lourias
Harris Manelis
Katerina Matheos
Pamela Maydanis
William Meris
Katherine Meris
Christian Meris

Happy Birthday!



Noah Merk
Constance Miologos
Alexandra Nolen
Jennifer Orlando
James Oxley
Melissa Panagiotakopoulos
Constantine Papadopoulos
Susie Papadopoulos
Eleni Papadopoulos
Katerina Papamatheakis
Mike Papamatheakis
Stacy Papatzimas
Ari Pappas
Carolyn Perez
Chris Perry
Eleonora Pervolarakis
Dina Pesognelli
Christina Petsas
Demetrios Pickett
Kay Poulos
Paul Prato
Anna Pries
Hazel Rentzis
Robert Rush
Milissa Sackos
Nicole Samaradellis
Anastasia Sampson
Jana Schloesser
Peter Schneider
George Scopelianos
George Sebastian
Chris Seretis
Elias Skoubis
Sophie Solheim
Christopher Schier
William Spell
Genevieve Speros
Jonathan Stamatis
Ignatius Stoutenburg
Thaddeus Tropea
Nathaniel Tropea
Mary Ann Tsakris
Michael Vaughn
Zachary Venetis
Mary Vranas
Paula Walsh
Adam Wilson
Isaac Wilson
Richard Wood
Evangelia Zikos

March

St. John Chrysostom Oratorical Festival

Our parish Oratorical Festival is scheduled for **March 8**. **All participants will receive \$50** and those who move onto the District Level will receive \$100 for their efforts. This program allows our youth to learn more about their faith and express it in their own words while giving them confidence in public speaking! You will be coached by Chris Francis, Dan Valenzuela, Nick Petsas, and Fr. Alexander! If your child is interested (Grades 7-12), email Fr. Alexander for more info and topics the speakers can choose from!



Living Orthodox

March 6 and 7, 2026

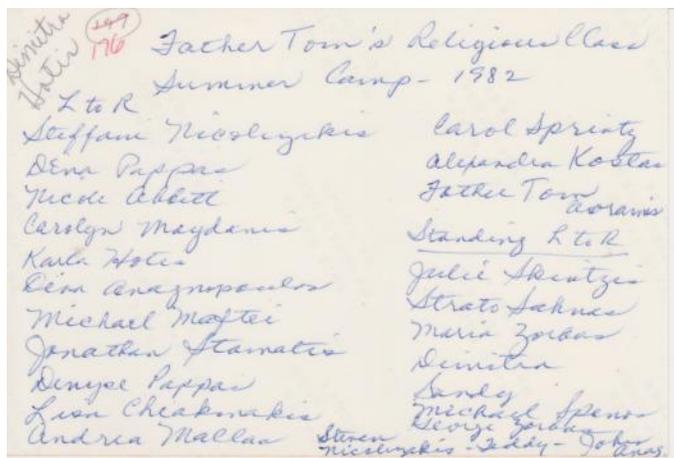
“Rediscovering an Orthodox View of Reality” Retreat: March 6-7

The registration for the upcoming retreat with Fr. Andrew Stephen Damick is open! Visit <https://bit.ly/LOretreat26> to sign up for this special series of talks. Part of the event will be open to the public, with the rest of the event reserved for those in our young adult (18-29) and adult (30-45) ministry.

Living Orthodox is seeking 5-6 volunteers to assist with providing rides for Fr. Damick and event support. Registration will be covered for volunteers!

Email livingorthodoxministry@gmail.com if you're interested.

1982 Camp Names

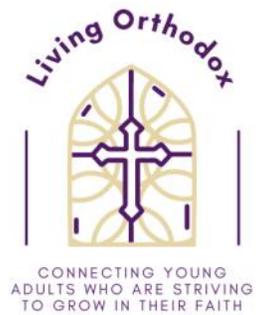


Ensuring a Safe Worship Environment

To help keep our parish community safe and at peace during worship, you will notice we have a uniformed police officer on duty each Sunday. This presence is new for our church. It is simply one more way we care for one another and ensure that all who come to pray, serve, and gather here may do so in a secure environment.

Living Orthodox Young Adult Ministry

Living Orthodox is a national, pan-Orthodox ministry that is building a community of young adults (18-29) and adults (30-45) who are striving to grow in and connect with their faith. Sign up at <https://bit.ly/LOconnect> for our email/SMS lists!



Living Orthodox Retreat

We are excited to welcome Fr. Andrew Stephen Damick, Chief Content Officer at Ancient Faith Radio, to Phoenix for our upcoming retreat! The retreat will be held on March 6-7 at Holy Trinity Cathedral. Three talks will be presented around the theme: "Rediscovering an Orthodox View of Reality". Please register at <https://bit.ly/LOretreat26> to sign up for this special event.

Schedule

Friday, March 6 - dinner and talk on "A Sacred Cosmology" (7:00 pm) - **Open to all ages (\$10)**

A Sacred Cosmology: What is the true shape of the world? Did ancient people really believe in a flat earth? Orthodox Christianity has a cosmological tradition, and it both makes sense of the world and is the framework for our salvation.

Saturday, March 7 - Living Orthodox Retreat (9:00 am - 2:30 pm) - **Open to those 18 - 45 years old (\$15)**

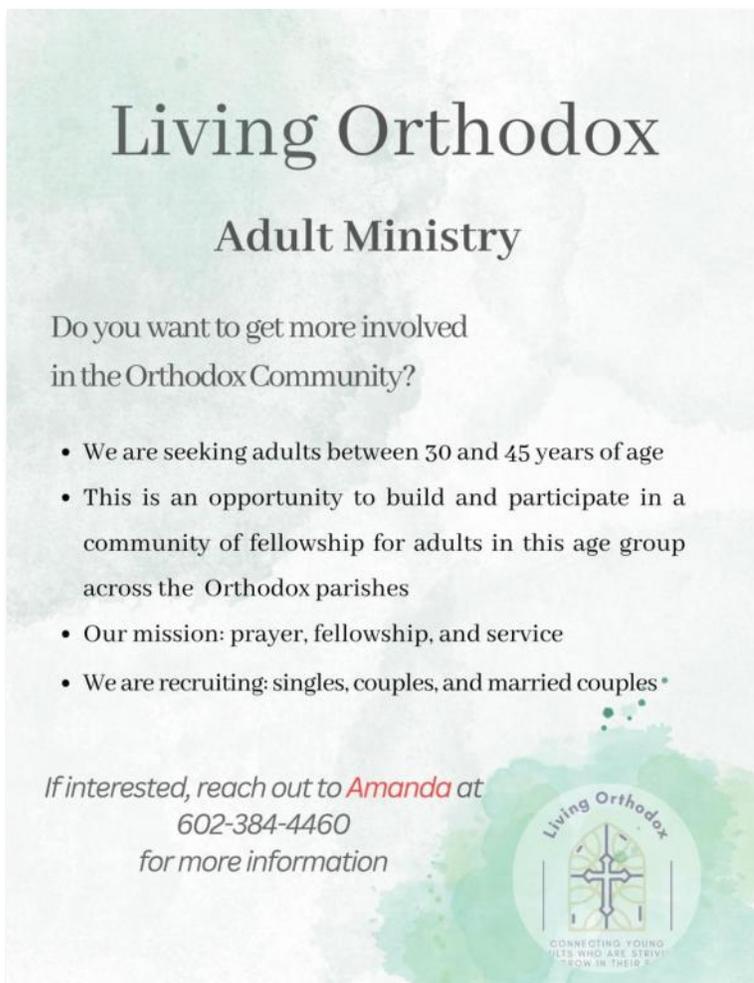
Orthodox Christian Worship: Origins, Purpose & Character: What actually is worship? What is it supposed to accomplish? How does it compare with non-Christian worship? What does it do to the worshiper?

Saturday, March 7 - talk on "Re-Enchanting a Disenchanted World" (3:00 pm - 5:00 pm) - **Open to all ages (free)**

Most people feel they have no perceptible connection to the unseen world. How can we regain a sense of the numinous in a flat, 'secularized' space? What exactly is enchantment? Is this even a Christian thing

Register at <https://bit.ly/LOretreat26> and share with your friends! Please contact us at livingorthodoxministry@gmail.com with any questions or comments.

To be informed of upcoming events in the young adult or adult ministries, please follow us on Instagram (https://www.instagram.com/living_orthodox_ministry/) or sign up for our email newsletter (<https://bit.ly/LOconnect>). You can also visit <https://linktr.ee/livingorthodox> for other links to our social media.



Youth Activities

Caroline Economopoulos



ARIZONA YOUTH Lenten Retreat

ALL ARIZONA YOUTH ARE INVITED!
OPPORTUNITY TO KICK-OFF THE LENTEN
SEASON WITH PRAYER, LEARNING, AND FUN.

Grades 1 - 12

SAT. MARCH 14 | Questions?
9 am - 3 pm | Lunch Provided
fraeliades@
holytrinityphx.org

4F Events SPRING 2026

- 10 JAN** | GENERAL 4F | 4:30 - 8:00 PM
- 21 FEB** | GENERAL 4F | 4:30 - 8:00 PM
- 14 MAR** | LENTEN RETREAT | 4:30 - 8:00 PM
- 18 APR** | GENERAL 4F | 4:30 - 8:00 PM
- 9 MAY** | END OF YEAR | 4:30 - 8:00 PM

HOPE, JOY, Jr GOYA & GOYA
(1st - 12th Grade)

BOWLING EVENT

**FRIDAY, MARCH 20
2:00 PM**

BOWLERO - Via Linda & 101

Limited spots - don't wait to RSVP
Questions contact: Stacy Benetos 602-574-3254

Youth Glendi

MUSIC, DANCING, FAITH, FOOD, & FUN!
All families welcome!

APRIL 25 2026

Immediately following Paraklesis Services
in the Holy Trinity Community Center

Questions please contact
Andy & Alexia Ruboyanes - (520) 241-0176

PARISH WIDE TALENT Show!

FRIDAY | MAY 1 | 7-9 PM

ADULTS, KIDS, FAMILIES, AND FRIEND GROUPS
ARE ALL WELCOME TO PERFORM.

LIMITED NOMINATIONS PER PERFORMANCE
CATEGORY - SECURE YOUR SPOT NOW!
AT HOLY TRINITY LARGE HALL

ENTRY COST:
\$20 PER ADULT
\$10 PER CHILD (AGES 5-17)
NO COST FOR PERFORMERS

CONCESSIONS WILL BE SOLD
DURING THE EVENT

CONTACT JERRY 602-717-0672 TO REGISTER

Calling All
LITTLE LAMBS
AGES Babies - Kindergarten

Come Celebrate National
BUBBLES

Sunday, March 15th

Meet at the green
grass area near the
community center
during coffee hour.

Questions ask:
Tia (623) 734-0534

LITTLE LAMBS'

EASTER Egg Hunt

APRIL 11th
OUTSIDE
BY THE CHURCH

AFTER
HOLY SATURDAY
SERVICES

TO HELP HIDE EGGS
THE DAY OF THE EVENT
CONTACT:
TIA LEAHY (623) 734-0534

Join us for the
**LITTLE
LAMBS**

CROSS DECORATING

April 18th
at 4F

Dance



FDF Dancers with His Eminence Archbishop Elpidophoros, February 8, 2026



FDF Dancers with their ribbons! February 22, 2026

AHEPA Chapter 219

AHEPA Chapter 219

AHEPAN of the Year



Congratulations to Brian Pickett becoming Chapter 219's AHEPAN of the Year. Well deserved Brian!

Other Award winners are:
Fr. Alexander Ellades - Ecclesiastical Award
Anthony Dunn - Rookie of the Year
Mike Harris - Rookie of the Year
Steve Apostolides - Unsung Hero

Next Meeting
Thursday, March 19, 2026
Joint meeting with Daughters of Penelope
Holy Trinity Greek Orthodox Cathedral
James A Speros Community Center
6:00pm - Social Hour
7:00pm - Dinner

Interested in Becoming a Member?
Contact Pete Marudas 602-284-1638

Palm Sunday Brunch - April 5
Ticket Sales Begin March 8th

**Chapter 219 wins the District 20
CHAPTER OF THE YEAR**



PALM SUNDAY BRUNCH

Hosted by the Brothers of
AHEPA Chapter 219

SUNDAY, APRIL 5th
FOLLOWING CHURCH SERVICES
HOLY TRINITY
GREEK ORTHODOX CATHEDRAL
1973 E. MARYLAND AVE - PHOENIX

\$35 Adults
\$25 Ages 6-17
5 and under free

Menu: Greek Style Branzino, Greek Style Potatoes, Green Beans, Shrimp Scampi, Pasta Marinara, Rolls, Fruit Salad, and Dessert/Coffee/Beverage Service

Reservations beginning Sunday, March 8th during Coffee Hour in the Speros Community Center

Or Contact:
Andrew Touvannas (509) 628-6293

All Reservations Must Be Paid at Time of Purchase



*See You
There*

100 Years—Foundation for the Future

SAVE *the* DATE

100
years

FOUNDATION FOR THE FUTURE

A Centennial Celebration

Please join us for this momentous occasion as we celebrate 100 years of our beloved Holy Trinity Greek Orthodox Cathedral.



SATURDAY, NOVEMBER 7, 2026

FORMAL ATTIRE

NO-HOST COCKTAILS

DINNER

PROGRAM/PRESENTATIONS

Tickets \$150 per person

FOR TICKETS CONTACT:

Caroline Economopoulos - cjecomom@gmail.com

FOR SPONSORSHIPS:

Anna Ellis - anna@lifemanaged.com


HOLY TRINITY
GREEK ORTHODOX CATHEDRAL