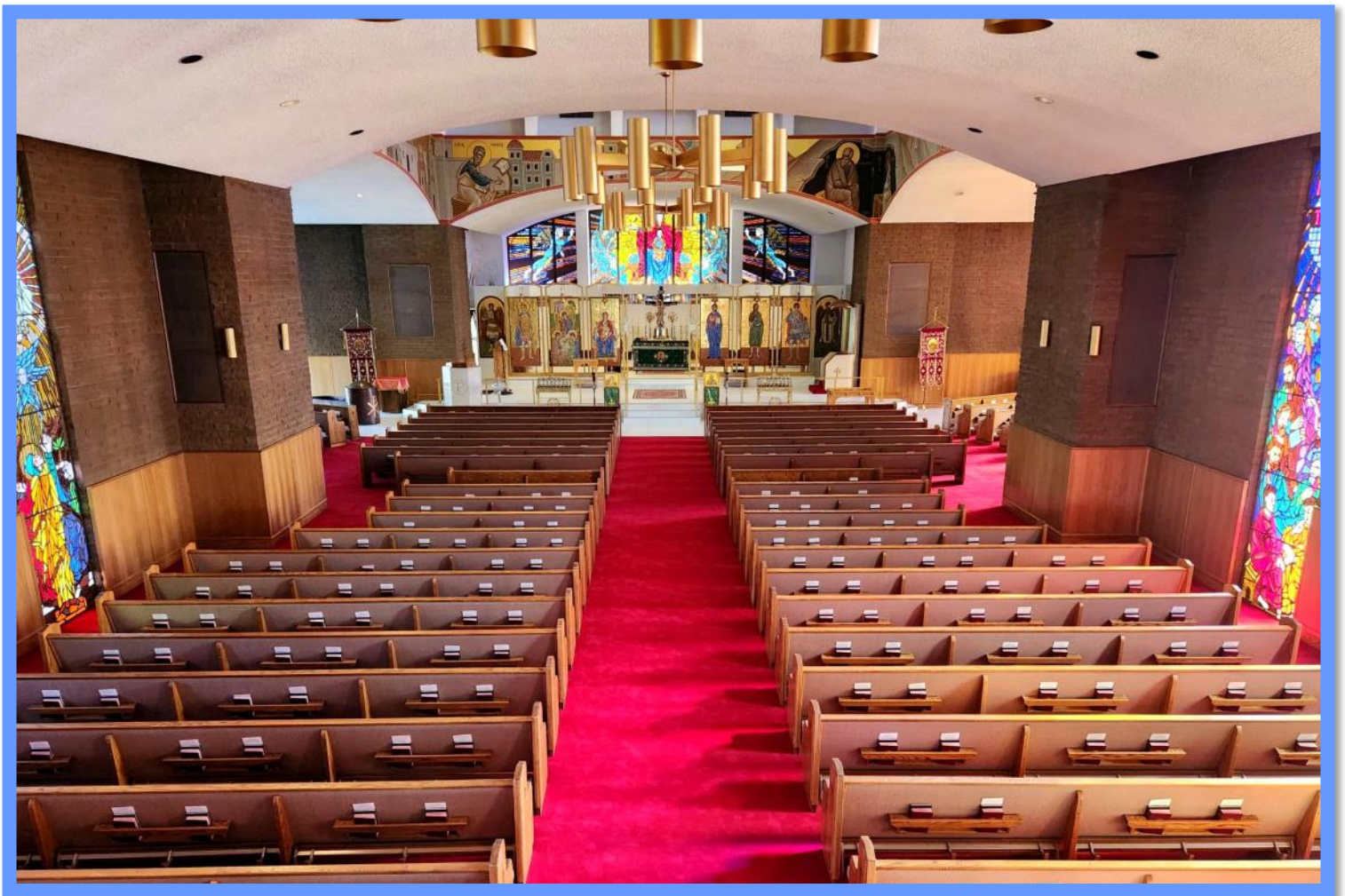


Desert Springs

February
2025
Volume 10
Issue 2



The New Carpeting Is In!

Newsletter of Holy Trinity Greek Orthodox Cathedral

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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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Connie Contes, Charlie DeMoss,
Alexander Harding, Jill Leach,
Chris Petroulakis, John Schneider

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www.holytrinityphx.org

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Attention Organizations:

Please check the listings on this page and confirm that the information is correct. Email is the default contact type, but listings can be changed to text or phone if preferred. Email any changes to both the Office at AdminAssist@holytrinityphx.org and Kristen at kristen.vasilarakos@outlook.com. **It is the organization's responsibility** to inform Heidi, Yvonne, and Kristen of any updates to your listing.

Message from Father Apostolos

Digital Asceticism



As observant Orthodox Christians begin to prepare for the Great Fast soon upon us, our thoughts turn to the ascetic disciplines that will guide our Lenten meal planning and weekly schedules. Meat-intensive meals will shortly be replaced with much healthier plant-based ones, schedules will be amended to include the weekly services without resort to which Great Lent is more a concept than a lived experience, and the pace of life will change to reflect the liturgical rhythm of this season of repentance.

Many of the discussions I have with the faithful during the Lenten period revolve around the extent to which one does or does not adequately adhere to the fasting guidelines of Holy Orthodoxy. And while fasting is an essential component of Great Lent, I suspect that fasting from digital media consumption would be of greater benefit to us than fasting from certain types of food and our ascetic disciplines must include a serious reappraisal of the influence of the digital world upon our spiritual and mental health.

Do we possess an ability to set limits to our exposure to mobile technologies or are we powerless to defend ourselves against the curated anxiety thrust upon us by these technologies? As I ask these questions I realize that I will be marked by some as a Luddite out of step with the philosophical framework that powers the untrammelled embrace of technology as inherently virtuous.

Bp. Maxim of the Serbian Orthodox Church spoke to the clergy of our Archdiocese in the 2023 Clergy Retreat about the need for a "Digital Asceticism" to protect ourselves and especially our young ones from the quantifiable damage digital media wreaks upon them and us. His Grace cited liberally from the mountains of evidence exposing the mental and spiritual health crises wrought by exposure to the digital world.

It is telling that the creators of the social media platforms strictly forbid their own children access to them. The unsuspecting find themselves caught in a web of traumatic powerlessness, unable or unwilling to walk away from the allure of social media and the news stream. Our bodies signal to us, if we pay attention, the harmful impact of prolonged exposure, elevated heart rate, spikes in blood pressure, shallow breathing, floods of adrenaline, fearful and violent ideations, and depression.

What's to be done about this? What tools and counter-measures does the Orthodox Church possess to rescue Her children from these snares? At its heart, the Christian life has ever been a counter-culture experience. Jesus cautioned His Disciples against going with the flow when He said *"to what will I Compare this adulterous and sinful generation? They are like unto children sitting in the marketplace, and calling one to another, and saying, We have piped unto you, and ye have not danced; we have mourned to you, and ye have not wept."*

The Prophet Isaiah wrote *"You will keep him in perfect peace whose mind is fixed on You because he trusts in You."* How frequently during the course of our days do our minds ascend to consider the glory of God? Is it possible for us to carve out a space of peace and assurance and a shelter from the storm of contrived media anxiety? I believe it is and here are some practical steps I recommend.

Elementary aged children ought not to be given a cell phone. At all. Their developing minds are not yet physiologically or neurologically capable of properly contextualizing the images and suggestions to which they will be exposed. Exposure to the architecture of the digital world, quite distinct even from the baleful content of it, produces measurable deficits in the brain body and neural pathways. Middle School students

Message from Father Apostolos, continued

ought to be given only dumb phones, and not pocket computers. Do we as parents remember our own horrible middle school years before the advent of smartphones? These tender years ought not be made worse by the introduction of social media streams that distort identities and present a false image of personal development.

Smartphones may be allowed within parent-controlled guidelines in the high school years if the parent is convinced that a child is capable of managing the responsibility of having one. Will our children complain about being out of step with their peers? Yes, they will. But such is the nature of responsible parenting.

What about grown-ups? We are no better capable than our children, and in some cases decidedly less so in managing our own screen time. I believe a period of detox is in order. Great Lent provides an opportunity to escape our dependencies on digital media. A hard break, going cold turkey, is recommended. In imbibing the news feed, are you made to feel more or less anxious? Do you feel more or less peaceful? Are you driven to prayer or to despair?



How many of your social media contacts have you personally met? Will your day be incomplete if you don't know what a stranger ate for dinner? Are you made more aware by reading the latest unhinged conspiracy? Are there less open platforms you could use to remain in contact with distant children, parents, and loved ones? Do we possess the personal agency required to erect and defend our own boundaries? For the sake of your soul, I implore you to step away!

The Prophet Elias did not encounter God in the whirlwind, the earthquake, or the fire, but in the still, small voice of God at the mouth of the cave. We must also silence the din of the digital world if we hope to hear the voice of God and relearn how to be content to live in three-dimensional space. And the love and care for our children compels us to protect them from the allure of the digital world until they can be taught the skills of responsible digital management.

Digital Asceticism must become a key component in the management of our souls and I pray that we include such considerations in our Lenten disciplines. Your phone came loaded with tools and filters under the "Digital Health" tab under Settings. You can filter out salacious content and set timers on the internet itself and on specific websites. We can take back control and I pray this will be the year that we choose to do so.

Project Mexico Homebuilding Trip June 24-30



For **all high school youth and young adults**, this **June 24-30**, Holy Trinity will be going to St. Innocent Orphanage to participate in Project Mexico Homebuilding! These spots are going to go quickly, so sign up now. To reserve your spot or for more information, simply email [Fr. Alexander](#). To learn more about Project Mexico's homebuilding ministry, [click here](#) and check them out online.

IF YOU ARE INTERESTED PLEASE EMAIL FATHER ASAP.

To make this homebuilding mission a reality, we also need to raise a great deal of funding to provide not only for our transportation and food costs, but also to afford the required building materials. To donate to this trip and make it possible, click [here](#). God bless you!

Stewardship

By Sandy Meris

“Your Own From Your Own”

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



WHAT’S IN STORE FOR STEWARDSHIP 2025

Stewardship 2025 is officially underway and we have record numbers of stewards completing their pledge cards and becoming stewards in good standing to start the year off right.

So what is the plan for Stewardship 2025?....

First, with our online pledge card and automated payment portal through ShelbyNext it is now easier than ever to set up your stewardship every year. For those who still need to do so, please visit the church website at: www.holytrinityphx.org, click on “stewardship” to fill out your pledge card and then sign up for automated payments through ShelbyNext.

Next, you asked for it, so the Stewardship committee is working to organize more community outreach opportunities this year. Holy Trinity parishioners are some of the most generous givers there are. When the need is there and our parishioners are asked to help, the outpouring of love and giving is amazing! Please look for our first Parish-Wide Community Outreach opportunity this spring.

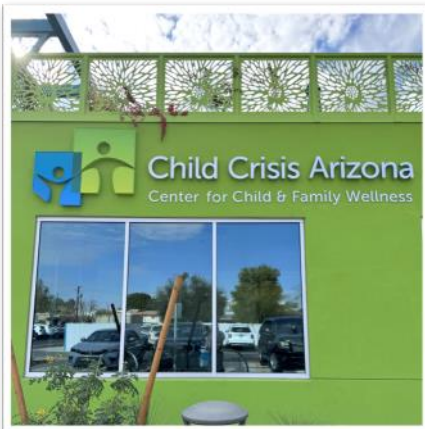
And, because our outreach projects are increasing in frequency, we would love your help! If you are interested in helping us organize a project please reach out to Sandy Meris at sandymeris@gmail.com.

In addition, plans are in the works for a Holy Trinity app through ShelbyNext. This exciting feature will enable our Cathedral to operate even more seamlessly. Our parishioners will be able to access the church calendar, services, stewardship and even sign up and register for activities or purchase tickets to events, all from your smartphone! Stay tuned for more information coming soon.

As always, thank you to every single steward for your commitment to Holy Trinity and thank you for choosing Holy Trinity as your home church. Let’s commit to making 2025 one of Holy Trinity’s best year’s ever!

THANK YOU FOR YOUR DONATIONS TO CHILD CRISIS OF ARIZONA

Thank you to all who donated money and gift cards to Child Crisis of Arizona. They were very grateful for the donation and ensured that the funds are put to good use to help some of the most vulnerable children in the



valley. Child Crisis offers emergency aid, education and training to families, assistance with clothing, housing, food and job placement. For more information about Child Crisis of Arizona visit their website.

House of Stewards

As of 02/01/2025



Zachary & Adriana Aase
Terri Alexion
Andrew & Maria Allman
Dina Anagnopoulos
Nikki Anest
John & Sandy Annos
Elaine Apostle
Argyro Apostolou
Christina Bakavelou & Chris Perry
Constantine & Eleni Balanis
Christopher Bass
Dean Bass & Liz Beckman
Sam & Heidi Bass
Joyce Baulinka
Scott & Stacey Beaty
Dan & Vicki Bichekas
Peter & Jennifer Bilitsis
Helen A Bixenman
James & Helen Bruno
Alexander Brusalis
Georgia Brusalis
Chris & Rita Bruskas
Kristen Bruskas
Kathrene Carras
Frank Carris
Chad & Amanda Carver
Pete & Kim Choukalas
Jarmeen Constantine
Jamie Contes
Jim & Connie Contes
Alexandria Contoraudis
Max Cups
Zane Cups
Stefanos & Tiffany Daniolos
Patty Davis
Hercules Dellas
Patrick & Karla Delord
Anthony & Patricia Demopoulos
Dr. Bill C DeMoss
Charles DeMoss
Chris DeMoss
John & Marjorie DeMoss
Stanley & Fran Drozd
Anthony Dunn
Caroline Economopoulos
Peter & Virginia Economopoulos
James & Lisa Elam
Fr. Alexander & Presv. Laura Eliades
Peter & Marie Eliades
Emil & Anna Ellis
Aristotelis & Dianne Euripidou
Mary Floor
Tim & Karla Floor

Anna Furlis
Athanasie & Georgia Furlis
Athanasia Furlis
Ted & Andi Furlis
Tim & Antonette Fraenkel
Chris & Celeste Francis
Georgana Frieh
George & Julie Froumis
Thomas George
Polly Ginakes
Bill & Lynn Graham
Gina Graham
Gail Grevas
David Haag
Mary Haidos
Donald Hall
Ryan Halvorsen
Alex Harding
Terry Harper
Mary & Roger Harris
Alexia Haugen
Fr. Apostolos & Presv Denise Hill
Daniel Hill
Gregory Hill
Bessie Hotis
Jeffrey & Melina Johannesmeyer
James & Linda Kalivas
Peter & Nicole Kamboukos
Jean Kantaros & William King
Basilis & Roula Kaneris
Marianna Kaneris
Nick & Dena Kantaros
Voule & Cathy Kapetanakis
Vasilios & Vasiliki Karagiannis
Chrisoualantou Karakozis
Maggie & Marko Karakozis

Tina Karalekas
George & Niki Katsaros
Thomas J Katsenes
Jim & Poppy Kavouris
Fany Kechajias
Nikolaos Kentimenos & Panagiota Kladou
Ronald & Virginia Kidd
Anastasia Kompos
Spiros & Maria Kontakis
Arthur & Carol Kostaras
Katherine Mihailidis Koster
Kostadinos & Anatoli Kostouros
Dean & Angela Koumontzis
Johnny & Elizabeth Kratsas
Tammy Kretsedemas
Greg & Deborah Caras Kunkel
John & Evangelia Lambrou
Bruce & Judith Lamond
Elias & Mary Lamos
Scott & Jill Leach
Basil Ihn & Emilia Han
Georgia Lipane
Gregory Lizanich
Daniel MacInnis
James & Stephanie Machas
Maria Maciejewski
Marika Makridis
Julie & Felix Mamani
Jim & Donna Manelis
Anna Manos
Bill & Rina Marinakos
Mary Lou Mastorakos
Stefan Matheos
Chris & Angela Mead
Stephen Mellas
Christian Meris
Katie Meris
Will & Sandy Meris
Justen & Virginia Merk
Anthony & Tania Miaoulis
William & Jean Miller
Andrew & Anastasia Mitchell
John & Eleanna Mitchell
Philip & Helen Mitchell
Oleg & Emily Moroz
James T & Irene Mourikes
Spyro & Effie Mousses
Matthew & Sophia Neumann
John & Maria Nicholas
John Nicolettos
AnnaMarie Nieblas
Jennifer Orlando
Else Paletsos
Elizabeth Palmer
Alexi & Alexia Panagiotakopoulos
Niko Panagiotakopoulos

*House of Stewards continued on page 7
Desert Springs February 2025*

House of Stewards continued from page 6

Socrates & Stephanie
Papadopoulos
Ria Papageorgiou
Mike & Stefania Papamatheakis
Betty Papas
Nick Papas
Spyros & Rita Papaspyrou
John & Andrea Pappas
Daniel & Anna Pardhe
John & Dina Pesognelli
Fotini Pestrivas
Zoe Pestrivas
Chris Petroulakis
Bill & Kathy Petsas
Michael & TeAnn Philippis
Brian & Athena Pickett
Mary Poulakidas
Tracy Poulos
Pete & Anthipe Pries
Christine & Terry Pritchard
David & Nicole Pyle
Bertha Quinn
Alexi & Sara Rentzis
Menelaos Rentzis
Voula Rentzis
Robert & Maria Rush
Stellios & Nicole Samaradellis
Les & Christine Sarantinos
Paul Sarantes
Laurel Charnas-Schiller

Angela & George Scopelianos
George & Diane Sedlacek
Chris & Terry Seretis
Traci & George Sgouros
John Siavelis
Robert & Donna Sioles
Robert Stamm & Elyse C Sioles
George & Evi Skintzis
Elias & Phyllis Skoubis
David & Alisha Solheim
Angelo & Marie Spanos
Leo & Rachel Speliopoulos
Jim & Kathryn Stamadianos
Nitsa Stamataletos
Andrew & Christine Stamatis
Jimmy & Lisa Sterio
Robert Stuart
Despina Taularides
William & Rebecca Taularides
Nick & Effie Theodore
Jim G Thomas
Deac. John & Diak. Mary
Thrasher
Andrew Touvannas
Dominic Tropea
Nathaniel G Tropea
Thaddeus & Katherine Tropea
Stacy & Gerri Tsantilas
Stella Tsantilas
Dean & Brenda Tseunis

Matthew & Eua Turgeon
Costa & Koko Tzavaras
Theodore & Georgia Tzeremas
Ray & Denise Unks
Daniel Valenzuela
Santiago Valles
Peter & Lindsay Vardalos
George & Anastasia Vassiliou
Scott & Terri Vaughn
Leah Venetis
Steve & Mary Vrahas
Ken & Angela Walker
Colin & Paula Walsh
Sofia Walsh
Zach & Mary Kladis Wilhelmi
Anne & William Wilson
Richard & Katina Wood
Christina Yarmak
Zachariah Yoon & Elizabeth
Hong
Anthony & Karen Zaman
Dimitri & Eugenia Zannis
George & Katherine Zannis
Jerry & Amanda Zannis
Evangelia Zikos
Dimitrios Zistatsis
Eleanna Zistatsis
Michael & Christina Zistatsis

Easy Stewardship Sign Up!

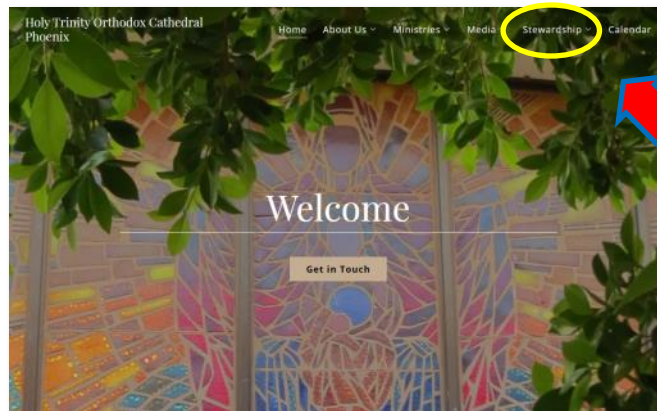
ShelbyNext is easy!

Go to

www.holytrinityphx.org

and then click on

Stewardship.

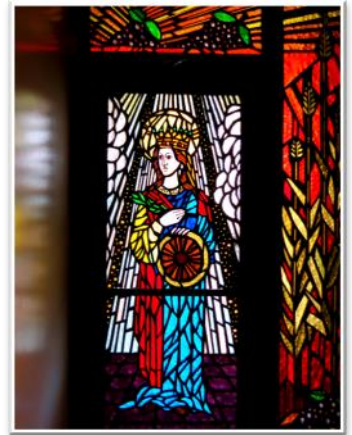


2024 PLEDGED FAMILIES

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 2024, please pick one up in the Church Narthex or [visit holytrinityphx.org](http://www.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.

Holy Trinity's St. Katherine Philoptochos

Kristen Vasilarakos, President



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

☞☞
**Next Meeting on Thursday,
February 6, 2025 at 6:30 pm
in the Lounge of the Speros Community Center**
☞☞

Below is a highlight of what our chapter supports on a quarterly and yearly basis. We work tirelessly to ensure that we offer a large *local community footprint* in addition to Metropolis and National causes.

- HTC**—Circle of Angels
- HTC**—Benevolent Fund
- HTC**—Scholarship Fund
- Holy Cross/Hellenic College
- IOCC (International Orthodox Christian Charities)
- Local**—All Saint's Camp
- Local**—Andre's House
- Local**—Arizona Free Arts for Abused Children
- Local**—Arizona Friends of Foster Children Foundation
- Local**—Arizona Women's Recovery Center
- Local**—Caring Coalition
- Local**—Circle the City
- Local**—FOCUS
- Local**—Cloud Covered Streets
- Local**—Gabriel's Angel's
- Local**—Luv of Dogz Inc.
- Local**—Maggie's Place
- Local**—St. Joseph the Worker
- Local**—Thrive
- Local**—Wheel Chair Drive
- Metropolis—Emergency Relief Fund
- Metropolis—Kids'N' Cancer
- Metropolis—Women's Wellness
- National—Autism Fund
- National—Maui Wildlife Relief Fund
- National—Retired Clergy Fund
- National—Sisterhood of Presvyteras
- National—Social Services Fund/Cancer
- National—Social Services Fund/Major Illness
- National—St. Basil's Academy
- OCF (Orthodox Christian Fellowship)
- OCCM (Orthodox Christian Mission Center)

What is Philoptochos?

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

The Metropolis of San Francisco Philoptochos has **59 parish chapters** and over **4,000 members** who are motivated by the words of the Lord, “I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me... inasmuch as you did it to one of the least of these My brethren, you did it to Me.”

Holy Trinity's St. Katherine Philoptochos

Tray and Auction Results

We wish to thank our community for their continued support!

St. Nicholas Ranch Tray: **\$458**

St. Basil Academy and the General Youth Fund Tray: **\$298**

St. Basil Academy and the General Youth Fund Vasilopita Auction: **\$1665**

You are appreciated!



Champagne & Mimosas & Light Lunch for All

Valentine's Day is approaching. Come and enjoy some champagne or mimosas and a light lunch in the Community Center on **Sunday, February 9** following Divine Liturgy.

Our Philoptochos wants to give back the support and love which our community has shown to us.



Coffee in the Conference Room

Tuesdays at 9:30 am

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. We'd love to see you!



Thank you to January's Refreshment Hostesses!

Thank you, Georgette Hasiotis and Julie Karoutas, for such lovely, tasty, and healthy refreshments at our January meeting!



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.



Holy Trinity's St. Katherine Philoptochos

New Member Drive

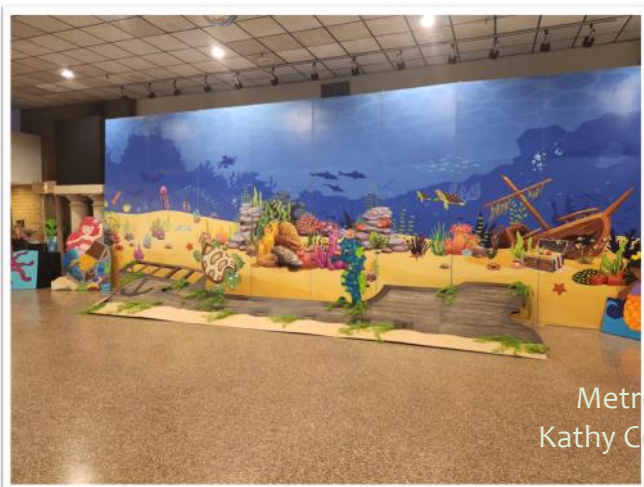
January 12, 2025

Thank you to Sandy Meris and her team for a welcoming and informative Drive!



Kids'n'Cancer Camp Agape Party

January 25, 2025



Metropolis Board Member and Arizona Liaison
Kathy Connel from St. Katherine Church in Chandler

Holy Trinity's St. Katherine Philoptochos

From Committee Chair Katina Wood:

Thank you to our wonderful church community for supporting our Philoptochos **Vasilopita Auction on January 5!** We had record breaking number of Vasilopita donated by members of our community! You all are amazing and I look forward to it next year!!!



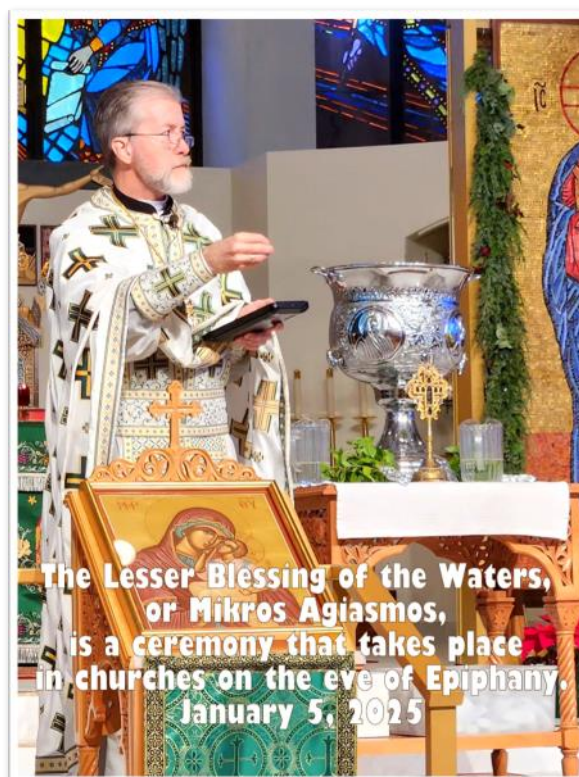
Vasilopita Cutting

January 5, 2025



Blessing of the Waters

January 5, 2025



FOCUS

The Fellowship of Orthodox Christians United to Serve

<https://focusphoenix.org>

<https://focusnorthamerica.org>



Congratulations to Christopher Lopez, the inaugural FOCUS Phoenix Director!



Parish Council Oath

January 26, 2025



2025 Officers

President—Jim Manelis

Vice President—Sandy Annos

Secretary—Andi Fourlis

Treasurer—TBD

Members at Large:

Connie Contes, Charles DeMoss,
Alexander Harding, Jill Leach,
Chris Petroulakis, John Schneider

V. Rev. Archimandrite Chrysostomos Gilbert Visit



Newcomer's Dinner

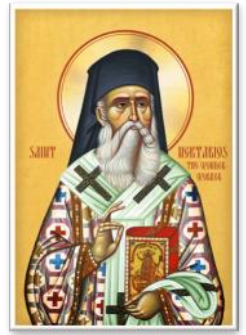
January 23, 2025



St. Nectarios Books & Beyond

Submitted by Rita Papaspyrou
stnectariosphx@gmail.com

The month of February offers us the opportunity to celebrate the Feast of the Presentation of our Lord into the Temple as well as the Feast Day of St. Haralambos the Hieromartyr.



Presentation of Christ in the Temple

Commemorated on February 2



Another name for this feast is The Meeting of our Lord.

The story of the Presentation is told in Luke 2:22-29. Mary and Joseph were faithful Jews and observed their religious customs. An important custom was for the couple to take their first-born son to the Temple. The baby was taken to the Temple forty days after his birth and was dedicated to God. In addition, if the parents were wealthy, they were to bring a lamb and a young pigeon or a turtle dove to be offered as a sacrifice at the Temple. The custom provided that if the parents were poor, they were to offer two pigeons or two turtle doves for the sacrifice.

Joseph and Mary were not wealthy, so they took two turtle doves with them to offer as a sacrifice at the Temple.

When Jesus was forty days old, Mary and Joseph took Him to the Temple in Jerusalem. They were not wealthy, so they took two turtle doves with them to offer as a sacrifice at the Temple. As they arrived at the Temple, Mary and Joseph were met by a very old man named Simeon. He was a holy man and was noted as a very intelligent scholar. Simeon spent much time studying about the prophets of Israel. It was during his studies that he learned of the coming of the Messiah. The Jewish people were waiting for the Messiah to come and deliver Israel from their conquerors. From that time on, Simeon spent his time praying for the Messiah to come. He spent many years in prayer. Finally, while Simeon was praying he heard the voice of God. God promised Simeon that he would not die until he had seen the Messiah.

When Simeon saw Jesus, he took the baby in his arms and blessed the Lord and said:

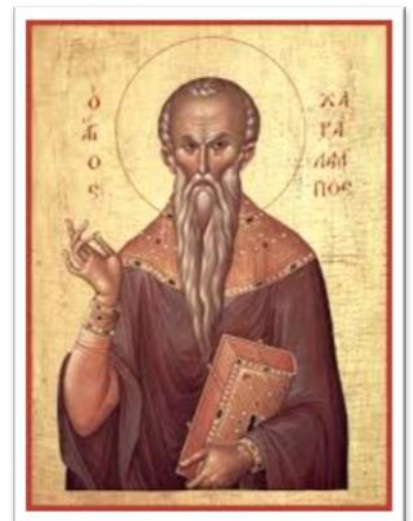
"Lord, now let Your servant go in peace according to Your promise, because my eyes have seen Your salvation which you have prepared before the face of all peoples, a light to bring revelation to the Gentiles, and the glory to your people Israel."

Haralambos (Charalampus) the Hieromartyr

Commemorated on February 10

His name Χαράλαμπος means "glowing with joy" in Greek. It is believed that at the time of his martyrdom in 202, Haralambos was 113 years old. Despite his advanced age, he was tortured mercilessly.

He was the bishop of Magnesia and spread the Gospel in that region for many years. However, when news of his preaching reached the authorities of the area, the proconsul Lucian and military commander Lucius, the Saint was arrested and brought to trial, where he confessed his faith in Christ and refused to offer sacrifice to idols. He endured atrocious tortures but held steadfast to his faith.



Sunday School Returns!

We're excited to announce Sunday School classes back in classrooms this Fall! Led by Alexia Panagiotakopoulos as our new director, we have our four "pods" which will be:



- Pre-K-K (located in the Lounge Area)
- 1-4th Grade (located in the Goya Room)
- 5-8th Grade (located in the Conference Room)
- 9-10th Grade (located in the Chapel)

All 11-12 Graders who wish to participate will be assigned a classroom to volunteer in as an assistant teacher.

Children will be dismissed after the final Amen in Liturgy and memorials and announcements will be given after the dismissal of the students. Sunday School will be dismissed at 11:30am tentatively until we confirm this is the proper amount of time needed, adjustments may come later and you will be notified.

Email Alexia at our new email:
htphxsundayschool@gmail.com

REGISTER HERE: [2024-2025 Sunday School Registration \(jotform.com\)](https://www.jotform.com)

St. Nectarios

Books & Beyond, continued

Lucius, enraged, seized the instruments of torture and began to torture Haralambos himself, but suddenly his forearms were cut off as if by a sword. The governor Lucian then spat in the face of the saint, and immediately Lucian's head was turned around so that he faced backwards. Then Lucius entreated the Saint to show mercy on him, and both torturers were healed through the prayers of Saint Haralambos. During this a multitude of witnesses came to believe in Christ. Among them also was Lucius, who fell at the feet of the holy bishop, asking to be baptized.

The Saint was brought to the emperor Septimius Severus who sentenced him to beheading with a sword. During Saint Haralambos' final prayer, the heavens opened and the saint saw the Savior and a multitude of angels. The holy martyr asked Him to grant that the place where his relics would repose would never suffer famine or disease. He also begged that there would be peace, prosperity, and an abundance of fruit, grain, and wine in that place, and that the souls of these people would be saved. The Lord promised to fulfill his request and ascended to heaven, and the soul of the hieromartyr Haralambos followed after Him. By the mercy of God, the saint died before he could be executed.

The Children's Garden

The Children's Garden at Coffee Hour

Used in conjunction with the Pre-K/K class for Sunday School, this area in the Large Hall will be available on 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 [here](#).



Celebration Committee



Let's Celebrate!

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

In January, we collaborated with Philoptochos for a special Celebration Sunday. The annual vasilopita auction took center stage with baskets of vasilopita on each table. The hall was decorated with a white, gold, and blue balloon garland; a string of 42-inch "2025" mylar balloons; and gold tablecloths. We celebrated the 40-day-blessing of Mary Coppinger (daughter of Wyatt and Emily Coppinger) along with all January birthdays.

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

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

If you would like to support future Celebration Committee events with a donation, please visit <https://bit.ly/HTphxCC> or put "Celebration Committee" on the memo line of checks made out to the Cathedral.

Communal Cooking Event

In January, the Communal Cooking crew led by Phillip Panagiotoglou served vegetable frittata, breakfast potatoes, buttermilk biscuits, and cake along with assorted spanakopita, salad, and other side dishes. If you are interested in helping out or joining us for future cooking events, please email htcphxevents@gmail.com. In addition, please feel free to bring a dish to share with the community on the first Sunday of every month!



Celebration Committee

February Birthdays

Happy Birthday

Adriana Aase
Zachary Aase
Joanna Bankson
Theo Bass
Thea Cartier
Cole Cartier
Ryan Choukalas
Michael Chronis
Austin Clarke
Dillon Clarke
Wyatt Coppinger
James DeDakis
Hercules Dellas
Charles C. DeMoss
Costa DeMoss
Maria Dennis
Sophia Doster
Reece Ehrick
Greg Fernandez
Mary Floor
Madeline Fraenkel
Niki Ganolis
Semos Gardner
Eugene Gavriilidis
Thomas Georgiou
Amanda Gillis
Lisa Glitsos-Elam
Andrew Goard
Chloe Jeffries
Jeffrey Johannismeyer
Nick Kantaros
John Katsenes
Zanetta Kleanthis
Maria Kontakis
Basil Kostaras
Marina Kretsedemas
Steven Lemere



Stephanie Machas
Esme Mallas
Felix Mamani
Nick Maydanis
Amalia Miaoulis
Philip Mitchell
Sophia Moroz
Jonathan Oxley
Phillip Panagiotoglou
Maria Papamatheakis
Sophie Pappas
George Poulos
Vasiliqi Qiro
Rose Rentzis
Sara Rentzis
Catherine Romo
Lois Sakkas
Stellios Samaradellis
Elena Samaradellis
Giorgios Sbiliris
John Schneider
Terry Seretis
Elaine Seretis
Brett Shupnik
Magdalena Sonier
Kristine Stamatis
Alex Terzis
Gus Theodoropoulos
Vajois Tsanos
Athena Tsioutsopoulos
Peter Vardalos
Scott Vaughn
Terri Vaughn
Anthony Zaman
Eugenia Zannis
Michael Zygmunt

February

Our Church Family

40 Day Blessings

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



01/19/2025

Edmonton, son of Laurel & Nick Petsas
God's Blessings be upon him.

Baptism

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



01/04/2025

Brandon Chisholm
Sponsor: Nathaniel Tropea
God's Blessings be upon him.

Wedding

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



Athena Beaty &
Brandon Chisholm
Sponsor: Nathaniel Tropea
God's Blessing be upon them.



Light a Candle

In this time more than ever we need prayer. For those not able to come to the Cathedral, we have set up this ability to light a candle virtually! Please click the link above and follow the instructions. Enter your name and the names of those you wish prayed for in the PayPal “Notes” section, and Father Apostolos or Father Alexander will light a candle and say a prayer for you.



Coffee Socials Following Sunday Liturgies

The December Coffee Socials were sponsored by **Dance**.

The January Coffee Socials are sponsored by **Celebration**

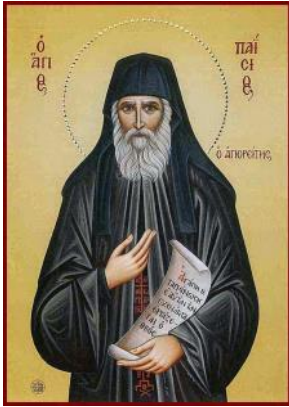


THANK YOU!

www.holytrinityphx.org



Spring Catechism Class



We will be going through Saint Paisios' book *On Prayer*.

Bible Study - Sermon on the Mount

Please join Fr. Apostolos for a new semester of Bible Study focusing on the Sermon on the Mount from St. Matthew's Gospel. The Study begins at **5:00 PM Sunday afternoons**, available only via Zoom. Please [email Fr. Apostolos](mailto:Fr. Apostolos) for login information.



TEACHING HOLY TRINITY CATHEDRAL AT CORINTH

Catechism Class

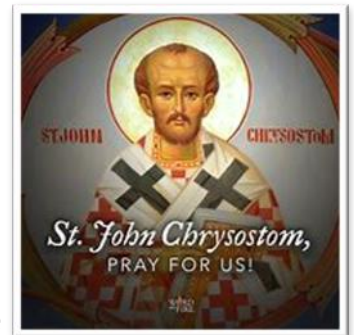
For Newcomers and Long-time Members

Wednesday Nights after 6:30pm Paraklesis
Office Conference Room and Zoom

EMAIL FR ALEXANDER FOR ZOOM INFO
 CLASS BEGINS AUGUST 21

Educator's Group at Holy Trinity

It's the end of the fall semester and for all of our current or retired teachers, and administrators, you know what that feels like!



How were finals and posting grades? Stressful? How did you feel about the first semester? What do you look forward to in the second semester?

Let's take some time to share and learn from each other.

Remember, this is for all public, private, and charter school educators. We are all one! **This invitation is also extended to our future educators. Join us.**

If you have any questions please email Chris Francis at battersbox7@yahoo.com, or call 623-523-3013.

METROPOLIS E-News

TEXT SNEWS TO **22828**

to Subscribe!

Orthodox Christian Fellowship (OCF)

The Campus Missionary from our OCF ministry is in need of new housing near the ASU Tempe Campus. If you have or know of suitable digs, please contact Aleksander at alucic@ocf.net or at 708-921-5881.



Coffee Hour Cold Brew



Every Sunday in the Hall!

House Blessings

House Blessings for the New Year will begin Jan 6 and after by appointment only. Please call the office or Fr. Apostolos or Fr. Alexander individually to make an appointment.



Greek School

Irene Dartoozos Mackos, Director
phxgreeksschool@gmail.com

Are you ready to learn Greek- Classes start in November!

To sign up or learn more, visit our website www.greeklanguagekitchen.com

Look forward to welcoming you to our Greek Language Classes and hoping you explore the beauty and richness of the Greek Language!



Holy Trinity Greek
&
Heritage School of Phoenix

What YOU Can Do to Help Visitors Feel Welcome

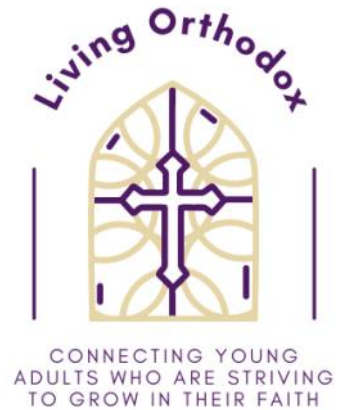
Have you noticed new faces? We've had many visitors stop by lately. Some are Orthodox and visiting from other Parishes, some are returning to Orthodoxy after a long time away, and some are coming to check out Orthodoxy for the very first time. No matter how they come to us, let's make sure we say Hello!

"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!



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!



Living Orthodox Updates

Starting from January, Living Orthodox will be hosting monthly planning meetings with three main objectives:

- coordinate events across parishes
- discuss upcoming projects
- hear from members who want to be more involved in our mission to build a pan-Orthodox community

All young adults (18-30s) are invited to attend these **virtual** meetings! Keep an eye on our newsletter/SMS channels for the details of our next meeting (<https://bit.ly/LOconnect> – link for our newsletter/SMS).

January Potluck

Young adults from multiple parishes gathered at Holy Trinity for our first pan-Orthodox potluck of 2025. Following dinner, we discussed our spiritual goals for the new year, exchanged resources, and compiled a list of topic ideas for upcoming potlucks. If you are a young adult looking for resources or additional information on a church-related topic, please email us at livingorthodoxministry@gmail.com! If we don't have the information in our compiled notes and videos from past events, we will do our best to find someone who can provide insight.

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.



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/HolyTrinityGreekOrthodoxCathedral)



AHEPA Chapter 219



AHEPA CHAPTER 219

Brothers,

It's awards season. Time to recognize our brothers who make our chapter the best in all of AHEPA. Please make every effort to be there with your wife or girlfriend. Invite family and friends. It's always a great time. Oh, don't forget. Cocktail attire. Make your reservation ASAP.

Happy Valentines!

**Costa "Chachi" Tzavaras, President
AHEPA Phoenix Chapter 219
The "Saguaro's" (est 1929)**



**AHEPA CHAPTER 219
A NIGHT OF
RECOGNITION AND
CELEBRATION**

FEBRUARY 15, 2025

**6:00PM COCKTAILS
6:30 PM DINNER
7:45 AWARDS
SOCIAL AFTER AWARDS**

**HOLY TRINITY GREEK
ORTHODOX CATHEDRAL
JAMES A SPEROS
COMMUNITY CENTER**

OPEN BAR WITH 4 COURSE - 5 STAR MEAL

**\$80 per Couple or
\$45 per person**

RSVP no later than February 11, 2025 to:
**Steve Lemere: 602.882.9990
or stevenlemere3777@gmail.com**

MAKE YOUR RESERVATIONS NOW - LIMITED SEATING

AHEPA Chapter 219



PALM SUNDAY BRUNCH

Hosted by the Brothers of
AHEPA Chapter 219

SUNDAY, APRIL 13TH
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 Cod (with Plaki or Skordalia), Greek Style Potatoes,
Green Beans, Shrimp Scampi, Pasta Marinara, Rolls, Fruit Salad, and
Dessert/Coffee/Beverage Service**

**Reservations beginning Sunday, March 16th during Coffee Hour in the
Speros Community Center**

Or Contact:

Andrew Touvannas (509) 628-6293

All Reservations Must Be Paid at Time of Purchase

New! Musical Journey

A Transformative Musical Journey of Faith

DRAW NEAR



Music has a unique way of touching the soul, transcending boundaries, and drawing us closer to the divine. It is a profound expression of faith, a universal language that bridges cultures and traditions. [The Draw Near project](#) is a testament to this power. This newly composed musical setting of The Divine Liturgy of St. John Chrysostom, crafted by the up-and-coming composer Alexander Pierce Hill, is set to inspire and captivate hearts worldwide.

With the internationally renowned British vocal ensemble APOLLO5 at its core, this project is a rare opportunity to share the beauty of Orthodox liturgical music in ways never seen before.

Why Draw Near Matters

Draw Near is not just a musical composition; it is a spiritual offering, a bridge connecting worshippers with the sacred text of the Divine Liturgy. Alexander Pierce Hill has created music that is accessible and inclusive, welcoming musicians and non-musicians alike. His emphasis on clear, memorable melodies ensures that everyone feels comfortable participating, fostering congregational singing and deepening the prayerful experience. Rooted in the traditions of Byzantine chant and Russian Orthodox choral music, this original composition honors the past while bringing fresh inspiration to the present.

The impact of this project extends far beyond its artistic value. It is an invitation for individuals around the world to engage with the prayers of the Divine Liturgy, even if they have never stepped into an Orthodox church. The potential reach of Draw Near is unparalleled, thanks to its multifaceted approach.



THE FOUR PILLARS OF DRAW NEAR

ALBUM

APOLLO5 will record an album of Draw Near. Known for their immaculate blend and captivating performances, [APOLLO5](#) brings unparalleled artistry to this project. Their global following ensures that the album will reach audiences well beyond the traditional Orthodox music sphere. Imagine the prayers of the Divine Liturgy being discovered by listeners worldwide, offering moments of spiritual reflection and connection.

PUBLISHING

A digital score of the Divine Liturgy will be published, enabling parish choirs worldwide to access this beautiful music. Choirs can download the complete Liturgy or select individual pieces, making it adaptable to their specific needs. This initiative ensures that the music becomes a living, breathing part of worship in countless communities.

INSTRUCTIONAL VIDEOS

APOLLO5 will create instructional video modules using the revolutionary [Digital Academy](#) platform. These videos will guide choirs of all sizes and abilities in learning and rehearsing the music, making the project accessible to parishes regardless of their resources or experience.

TOUR

APOLLO5 will take Draw Near on tour across the United States, performing in Orthodox churches for spiritually transformative concerts. These live events will not only showcase the music but also provide an immersive experience, allowing audiences to feel the depth and beauty of the Divine Liturgy.

HOW YOU CAN HELP

DONATE

We have a little over \$30k left to raise to hit our goal. If you or someone you know is inspired to contribute, please scan the QR code below or visit adonismposition.com to donate.

Every gift, no matter the size, makes a difference.



SHARE

Share the beauty of Draw Near with your community. Choral music has long been a profound expression of faith, and this project is a meaningful addition to our rich history. Encourage your friends, family, and fellow parishioners to promote and support this transformative endeavor.



Apokries 2025

ARIZONA HELLENIC FOUNDATION
PROUDLY PRESENTS

APOKRIES 2025

**LIVE MUSIC
BY
SYNTHESIS!**

**GREEK MARDI GRAS, DANCE, PRIZES
FOR BEST COSTUMES, 50/50 RAFFLE**

HOLY TRINITY CATHEDRAL 1973 E MARYLAND AVE
PHOENIX, AZ 85016

**SATURDAY
3/1/25**  **CASH BAR STARTS AT 6 PM
DINNER 7 PM**

TICKETS: ADULTS \$100 | 16 AND UNDER \$30
MINORS MUST BE ACCOMPANIED BY A PARENT.
PLEASE CALL TELIS EVRIPIDOU AT
(480) 332-6957.

Proceeds to benefit Arizona Hellenic Foundation's scholarship fund.
www.azhellenic.org

OPA—Orthodox Parents Association

Caroline Economopoulos, President



Are you getting the weekly
OPA Newsletter?

OPA communicates primarily through email,
via our email newsletter.

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

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

4F—February 22, 2025

Upcoming 4F Night

March 22--Lenten Day Retreat

Dance Soup & Salad

January 26, 2025



Summer Camp



FDF—Faith, Dance, Fellowship 2025

January 13-16, 2025



Summer Camp 2025

July 6-12, 2025



Summer Camp

Get excited... **SUMMER IS BACK!**

This summer, the youth of Holy Trinity Cathedral will be going to the Metropolis of San Francisco Summer Camp at St. Nicholas Ranch, in Dunlap, California! We will be attending **Session I: July 6-12**. Online registration opens on **Saturday, February 1**. Spots will go quickly, so sign up as soon as registration opens!

All that is required to hold your spot is a \$100 non-refundable deposit. A payment plan can be arranged for the remaining balance; all payments must be made in full by May 25, 2025. Metropolis Summer Camp scholarships will also be available soon through Leadership 100. [More on Scholarships here.](#)

If you have any questions please reach out to [Fr. Alexander](#). For more info on Camp check out their website [here](#).

More information will be forthcoming on transportation from Arizona to California, it will be organized by the Churches of the Valley. If you register please let Fr. Alexander know if you register.