

HOLY TRINITY + ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND

# METHEXIS



The Monthly Bulletin of Holy Trinity - St. Nicholas  
Greek Orthodox Church of Staten Island

April 2025



# HOLY TRINITY \* ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND



## PARISH PRIEST

Rev. Protopresbyter  
Vasileios G. Apostolidis, PhD

## STAFF

**Parish Administrative Assistant:** Vicky Dontis  
**Pastoral Assistant - Master Chanter:** Achilleas Gantzos  
**Building Maintenance:** Zisis Bellos

## PARISH COUNCIL

### Executive Board

Andrew Economos, President  
Spyro Lazaretos, 1st Vice President  
Thomas Vlastakis, 2nd Vice President  
Petros Gregoriou, Treasurer  
Spiro Antypas, Assistant Treasurer  
Florendia Dragazis, Esq., Secretary

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Peter Kanakos  
John Licciardello  
Steven Mirones  
Leah Platis  
Andrew Sfougatakis, Esq.  
Stephen Stark  
Pauline Thaten  
George Veres  
Alex Vlastakis  
Nestor Makarigakis  
Frank Iemmiti

## OFFICE HOURS

Monday – Friday  
10:00am - 3:00pm





## PARISH MINISTRIES

**Ladies Philoptochos Society** – Dee Sidiropoulos, President  
**Pto** – Julia Balasis Maring, President  
**Goya** – John Doyle, Priscilla Panteleakis, Directors  
Chrisoula Kournidakis, Anna Zeakis-Lyons, Assistants  
**Jr. Goya** – Kevi Langis, Maria Baggs, Directors  
**Joy** – Kevi Langis, Director  
Irene Zouboulis, Assistant  
**Hellenic Dancers** – Stella Viris, Kevi Langis  
**Greek School** – Stavroula Champaki, Teacher  
**Sunday School** – Priscilla Panteleakis, Julia  
Balasis Maring, Directors

## ORGANIZATIONS

**Ahepa** – Socrates Dapias  
**Daughters of Penelope** – Elena Morakis  
**Kritiki Filoxenia** – Nikos Yasparakis  
**Pancyprians** – Philip Phytides

## INFO

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**Χ**ριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας,  
καὶ τοῖς ἐν τοῖς μνήμασι, ζωὴν χαρισάμενος.

**Ἀνάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν,  
τὸν μόνον ἀναμάρτητον.**

**Τὸν Σταυρὸν σου, Χριστέ, προσκυνοῦμεν  
καὶ τὴν ἁγίαν σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν·  
σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν.  
Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν ἀνάστασιν·  
ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὄλῳ τῷ κόσμῳ.  
Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ·  
Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.**

**Ἀναστὰς ὁ Ἰησοῦς ἀπὸ τοῦ τάφου, καθὼς προεῖπεν,  
ἔδωκεν ἡμῖν τὴν αἰώνιον ζωὴν, καὶ μέγα ἔλεος.**

**G**hrist is risen from the dead,  
by death trampling down upon death,  
and to those in the tombs He has granted life.

**Having beheld the Resurrection of Christ, let us worship  
the holy Lord Jesus, the only sinless one.**

**Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify.**

**For You are our God; apart from You we know no other; we call upon Your name.**

**Come, all faithful, let us venerate the holy Resurrection of Christ;  
for behold, through the Cross, joy has come to the whole world.**

**Ever blessing the Lord, let us praise His Resurrection;  
for having endured the Cross for us, He destroyed death by death.**

**Jesus, having risen from the grave as He foretold,  
has granted us eternal life and great mercy.**

**«Νῦν πάντα πεπλήρωται φωτός, οὐρανός τε καὶ γῆ καὶ τὰ καταχθόνια»**

(Τροπάριον γ' ᾠδῆς κανόνος Πάσχα)

**Σ**ὲ κάθε γωνιά τῆς γῆς, ὅλος ὁ χριστιανικὸς κόσμος ἐτοιμάζεται νὰ ἐορτάσει καὶ νὰ πανηγυρίσει τὴ λαμπροφόρο Ἀνάσταση τοῦ Κυρίου μας. Τὸ συγκλονιστικὸ αὐτὸ γεγονός ὀλοκληρώνει τὸ σχέδιο τῆς Θείας Οἰκονομίας γιὰ τὴ σωτηρία τῶν ἀνθρώπων. Ὁ Κύριος, μὲ τὴ σταυρικὴ Τοῦ θυσία, προσέφερε τὸ τίμιο αἷμα Τοῦ **«λύτρον ἀντί πολλῶν»** καὶ ἐξαγόρασε τὶς ψυχὰς τῶν ἀνθρώπων, ποὺ ἦταν δέσμιες τοῦ θανάτου καὶ τοῦ Ἄδου. Μὲ τὴν Ἀνάστασή Του, ἔσπασε τὶς πύλες τοῦ Ἄδου καὶ κατήργησε τὸν θάνατο, λυτρώνοντας μιά γιὰ πάντα τὸ ἀνθρώπινο γένος ἀπὸ τὶς ὀλέθριες συνέπειες τοῦ προπατορικοῦ ἁμαρτήματος, χαρίζοντάς του τὴν αἰώνια ζωὴ. Ὁ ἅγιος Γρηγόριος ὁ Παλαμᾶς ὑπογραμμίζει πῶς, ὅσα ἔπαθε ὁ Χριστός, τὰ ἔπαθε γιὰ τὸν ἄνθρωπο, καὶ τονίζει ὅτι ἡ Ἀνάσταση τοῦ Κυρίου ἀνήκει σὲ ὅλη τὴν ἀνθρωπότητα, καθὼς προαναγγέλλει τὴν ἀνάσταση κάθε ἀνθρώπινης ὑπαρξης.

Δικαίως, λοιπόν, σήμερα **«πᾶσα κτίσις ἀγάλλεται καὶ χαίρει»** μὲ τὴν Ἀνάσταση τοῦ Χριστοῦ, ἀφοῦ μαζί μὲ τὸν ἄνθρωπο ἀνακαινίζεται καὶ αὐτὴ. Τὸ ἀνέσπερο φῶς τῆς Αναστάσεως τοῦ Κυρίου, ποὺ ξεχύθηκε ἀπὸ τὸ κενὸ μνημεῖο Του, λάμπει καὶ πλημμυρίζει ὀλόκληρη τὴν κτίση, τὴν ὄρατὴ καὶ τὴν ἀόρατὴ, φθάνοντας μέχρι τὰ καταχθόνια τοῦ Ἄδου. Ὁ Χριστός, ποὺ εἶναι **«τὸ φῶς τοῦ κόσμου»**, διαλύει τὸ πυκνὸ σκοτάδι τῆς ἁμαρτίας, τῆς φθορᾶς καὶ τοῦ θανάτου, φωτίζοντας καὶ ἀνακαινίζοντας τὰ πάντα, ὅπως χαρακτηριστικὰ ψάλλουμε στὴν ἀναστάσιμη ἀκολουθία, **«νῦν πάντα πεπλήρωται φωτός, οὐρανός τε καὶ γῆ καὶ τὰ καταχθόνια»**.

Ὁ ἐορτασμὸς ὅμως τῆς Αναστάσεως τοῦ Κυρίου δὲν θὰ πρέπει νὰ ἐξαντλεῖται στὴν ἐτήσια ἀνάμνηση αὐτοῦ τοῦ γεγονότος, ἀλλὰ νὰ ἐκδηλώνεται στὴν καθημερινότητα κάθε πιστοῦ χριστιανοῦ, ὡς βίωμα. Κάποιες φορές παρασυρόμαστε ἀπὸ τὴν ταχύτητα τῆς ἡμέρας, τῶν ὑποχρεώσεων, τῆς ἐπιβίωσης καὶ λησμονοῦμε τί ἀξία ἔχει γιὰ τὴν πνευματικὴ μας ὑπόσταση τὸ **«Θεῖον Φῶς»**. Αὐτὸ το Φῶς ἂν δὲν τὸ δεχτοῦμε, ἐὰν δὲν τὸ εἰσάγουμε στὸ νοῦ καὶ στὴν καρδιά μας, ὥστε νὰ φωτιστοῦμε ὀλόκληροι καὶ νὰ μεταμορφωθεῖ ἡ ζωὴ μας, τότε πραγματικὰ δὲν θὰ μπορέσουμε νὰ καταλάβουμε τίποτα ἀπὸ αὐτὰ ποὺ δίδαξε καὶ μᾶς κληροδότησε ὁ Χριστός.

Γι' αὐτὸ τὸ λόγο ἡ Ἐκκλησία κάθε Κυριακὴ μᾶς ὑπενθυμίζει τὴ σπουδαιότητα τῆς Ἀναστάσεως. Κάθε Θεία Λειτουργία ἀποτελεῖ μυστηριακὴ βίωση αὐτοῦ τοῦ γεγονότος καὶ συνάντηση μὲ τὸν ἴδιο τὸν Χριστό, ποὺ εἶναι **«ἡ ζωὴ καὶ ἡ Ἀνάστασις»**. Ὁ Ἀναστὰς Κύριος μᾶς προσκαλεῖ κάθε Κυριακὴ καὶ κατ' ἐπέκταση σὲ κάθε Θεία Λειτουργία νὰ Τὸν ἀκολουθήσουμε μὲ ἐμπιστοσύνη, νὰ στηρίξουμε σὲ Αὐτὸν ὅλες μας τὶς ἐλπίδες καὶ νὰ νοιώσουμε τὸ φῶς Του, μέσα ἀπὸ τὴ συμμετοχὴ μας στὸ μυστήριο τῆς Θείας Εὐχαριστίας, καλλιεργώντας μὲ τὸν τρόπο αὐτὸ τὴν προσωπικὴ μας σχέση μαζί Του.

Μέσα ἀπὸ τὴν καρδιά μου εὐχομαι ὀλόθερμα τὸ ἀνέσπερο φῶς τῆς Αναστάσεώς Του νὰ φωτίζει ἐσᾶς προσωπικά, τὶς οἰκογενεῖς σας, τοὺς φίλους καὶ συγγενεῖς σας καὶ νὰ καταναγάζει κάθε σας σκέψη καὶ πράξη. Οἱ ζωογόνες ἀκτίνες τοῦ θείου φωτός ἄς θερμάνουν τὶς καρδιὲς ὅλων μας, γεμίζοντάς τες μὲ τὴν ἐλπίδα τῆς αἰωνίου ζωῆς, τὴ χαρὰ τῆς Αναστάσεως, τὴν ἀγάπη πρὸς ὅλους, τὴ συγχωρητικότητα, τὴ συγκατάβαση καὶ τὴ μακροθυμία, ὥστε νὰ προγευόμαστε ἀπὸ τὴν Βασιλεία τοῦ Θεοῦ.

**Χριστὸς ἀνέστη! Ἀληθῶς ἀνέστη!**

Πρωτοπρεσβύτερος

Βασίλειος Γ. Ἀποστολίδης, Δρ.Μ  
Τερατικὸς Προϊστάμενος

✠

**«Now everything, heaven and the earth and the nethermost regions,  
have all been filled with light»** (Hymn of 3<sup>rd</sup> Ode, Canon of Pascha)

In every place of the earth, the entire Christian world is preparing to celebrate the glorious Resurrection of our Lord Jesus Christ. This shocking event completes the plan of the Divine Economy for the salvation of people. The Lord, with His sacrifice on the cross, offered His precious blood, **“a ransom for many,”** and redeemed the souls of people who were prisoners of death and Hades. With His Resurrection, He broke the gates of Hades and abolished death, redeeming the human race once and for all from the disastrous consequences of original sin, granting it eternal life. Saint Gregory Palamas emphasizes that everything Christ suffered, He suffered for man and emphasizes that the Resurrection of the Lord belongs to all humanity, as it foretells the resurrection of every human existence.

Rightly, then, today **“creation all is exultant and rejoices”** in the Resurrection of Christ, since together with man, it is also renewed. The unfading light of the Lord’s Resurrection, which poured out from His empty tomb, shines and floods the entire creation, visible and invisible, reaching even to the depths of Hades. Christ, who is **“the light of the world,”** dispels the dense darkness of sin, corruption, and death, illuminating and renewing everything, as we characteristically sing in the resurrection service, **“Now everything, heaven and the earth and the nethermost regions, have all been filled with light.”**

However, the celebration of the Resurrection of the Lord should not be limited to the annual commemoration of this event but should be manifested in the daily life of every faithful Christian as an experience. Sometimes, we get carried away by the speed of the day, by obligations, by survival, and we forget what value the **“Divine Light”** has for our spiritual existence. If we do not accept this Light, if we do not introduce it into our mind and heart so that we may be completely illuminated and our lives may be transformed, then we will truly be unable to understand anything that Christ taught and bequeathed to us.

For this reason, the Church reminds us every Sunday of the importance of the Resurrection. Every Divine Liturgy is a mystical experience of this event and an encounter with Christ himself, who is **“the life and the Resurrection.”** The Risen Lord invites us every Sunday and, by extension, at every Divine Liturgy to follow Him with trust, to place all our hopes in Him, and to feel His light through our participation in the mystery of the Divine Eucharist, thus cultivating our personal relationship with Him.

From the bottom of my heart, I fervently pray that the unfailing light of His Resurrection will illuminate you personally, your families, your friends and relatives, and illuminate your every thought and deed. May the life-giving rays of divine light warm the hearts of all of us, filling them with the hope of eternal life, the joy of the Resurrection, love for all, forgiveness, condescension, and long-suffering, so that we may already foretaste the Kingdom of Heaven.

**Christ Is Risen! Truly He Is Risen!**

Reverend Protopresbyter



Vasileios G. Apostolidis, PhD  
Presiding Priest

# LITURGICAL SCHEDULE

<b>Wednesday 2</b>	<b>6:00pm Presanctified Liturgy – Bible Study</b>
<b>Friday 4</b>	<b>7:00pm The Akathist Hymn</b>
<b>Sunday 6</b>	<b>Sunday of St. Mary of Egypt (5<sup>th</sup> of Lent) 8:30am Orthros - 10:00am Divine Liturgy</b>
<b>Wednesday 9</b>	<b>6:00pm Presanctified Liturgy – Bible Study</b>
<b>Saturday 12</b>	<b>The Resurrection of Lazarus 9:00am Orthros - 10:00am Divine Liturgy</b>
<b>Sunday 13</b>	<b>Palm Sunday 9:00am Orthros - 10:00am Divine Liturgy 7:00pm Bridegroom Service (Orthros of Holy Monday)</b>
<b>Monday 14</b>	<b>HOLY MONDAY 7:00pm Bridegroom Service (Orthros of Holy Tuesday)</b>
<b>Tuesday 15</b>	<b>HOLY TUESDAY 9:00am Presanctified Liturgy 7:00pm Bridegroom Service (Orthros of Holy Wednesday)</b>
<b>Wednesday 16</b>	<b>HOLY WEDNESDAY 5:00pm Holy Unction 7:00pm Nipter Service (Orthros of Holy Thursday)</b>
<b>Thursday 17</b>	<b>HOLY THURSDAY 8:00am Vespers &amp; Divine Liturgy of St. Basil the Great 7:00pm The Holy Passion of Christ (Orthros of Holy Friday)</b>
<b>Friday 18</b>	<b>HOLY FRIDAY 12:00pm The Great &amp; Royal Hours 2:00pm Unnailing from the Cross (Holy Saturday Vespers) 7:00pm Epitaphios Service – Egkonia (Orthros of Holy Saturday) 9:00pm Epitaphios procession</b>
<b>Saturday 19</b>	<b>HOLY SATURDAY 8:00am Vespers &amp; Divine Liturgy of St. Basil the Great 11:00pm Pannychis &amp; Anastasis Ceremony</b>
<b>Sunday 20</b>	<b>EASTER SUNDAY 12:00am Easter Orthros &amp; Divine Liturgy 11:00am Agape Vespers</b>
<b>Wednesday 23</b>	<b>St. George the Great Martyr 9:00am Orthros - 10:00am Divine Liturgy</b>
<b>Sunday 27</b>	<b>Thomas Sunday 8:45am Orthros - 10:00am Divine Liturgy</b>

# ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

<b>Τετάρτη 2</b>	6:00μ.μ. Προηγιασμένη Θεία Λειτουργία - Μελέτη Αγίας Γραφής
<b>Παρασκευή 4</b>	7:00μ.μ. Ακάθιστος Ύμνος
<b>Κυριακή 6</b>	Ε΄ Νηστειών. Κυριακή τῆς Αγίας Μαρίας τῆς Αἰγυπτίας 8:30π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία
<b>Τετάρτη 9</b>	6:00μ.μ. Προηγιασμένη Θεία Λειτουργία - Μελέτη Αγίας Γραφής
<b>Σάββατο 12</b>	Ἡ Ἀνάστασις τοῦ Λαζάρου 9:00π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία
<b>Κυριακή 13</b>	Κυριακή τῶν Βαΐων 9:00π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία 7:00μ.μ. Ἀκολουθία τοῦ Νυμφίου (Ὁρθρος Μ. Δευτέρας)
<b>Δευτέρα 14</b>	<b>ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ</b> 7:00μ.μ. Ἀκολουθία τοῦ Νυμφίου (Ὁρθρος Μ. Τρίτης)
<b>Τρίτη 15</b>	<b>ΜΕΓΑΛΗ ΤΡΙΤΗ</b> 9:00π.μ. Προηγιασμένη Θεία Λειτουργία 7:00μ.μ. Ἀκολουθία τοῦ Νυμφίου (Ὁρθρος Μ. Τετάρτης)
<b>Τετάρτη 16</b>	<b>ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ</b> 5:00μ.μ. Ἰερὸν Εὐχέλαιον 7:00μ.μ. Ἀκολουθία τοῦ Νιπτήρος (Ὁρθρος Μ. Πέμπτης)
<b>Πέμπτη 17</b>	<b>ΜΕΓΑΛΗ ΠΕΜΠΤΗ</b> 8:00π.μ. Ἐσπερινὸς καὶ Θεία Λειτουργία τοῦ Μεγάλου Βασιλείου 7:00μ.μ. Τὰ Ἅγια Πάθη (Ὁρθρος Μ. Παρασκευῆς)
<b>Παρασκευή 18</b>	<b>ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ</b> 12:00μ.μ. Μεγάλες καὶ Βασιλικές Ὁρεε 2:00μ.μ. Ἀποκαθίλωσις (Ἐσπερινὸς Μ. Σαββάτου) 7:00μ.μ. Ἀκολουθία Ἐπιταφίου Θρήνου (Ὁρθρος Μ. Σαββάτου) 9:00μ.μ. Ἐξοδος Ἐπιταφίου
<b>Σάββατο 19</b>	<b>ΜΕΓΑΛΟ ΣΑΒΒΑΤΟ</b> 8:00π.μ. Ἐσπερινὸς καὶ Θεία Λειτουργία τοῦ Μεγάλου Βασιλείου 11:00μ.μ. Παννυχίδα καὶ Τελετὴ Ἀναστάσεως
<b>Κυριακή 20</b>	<b>ΑΓΙΟΝ ΠΑΣΧΑ</b> 12:00π.μ. Ἀναστάσιμος Ὁρθρος καὶ Θεία Λειτουργία 11:00π.μ. Ἐσπερινὸς Ἀγάπης
<b>Τετάρτη 23</b>	Ἁγίου Γεωργίου τοῦ Μεγαλομάρτυρος 9:00π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία
<b>Κυριακή 27</b>	Κυριακή τοῦ Θωμᾶ (Ἀντίπασχα) 8:45π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

# ΕΟΡΤΟΛΟΓΙΟΝ

1	Τ	Γεροντίου, Βασιλείδου μαρτύρων, Μαρίας της Αιγυπτίας
2	Τ	Τίτου, Θεοδώρας παρθενομάρτυρος
3	Π	+ <b>Μέγας Κανών</b> , Νικήτα οσίου, Ιωσήφ υμνογράφου
4	Π	+ <b>Ακάθιστος Ύμνος</b> , Γεωργίου εν Μαλεώ, Πλάτωνος Στουδίτου
5	Σ	Κλαυδίου, Διοδώρου, Διδύμου μαρτύρων
<b>6</b>	<b>Κ</b>	<b>Ε' ΝΗΣΤΕΙΩΝ. Μαρίας Αιγυπτίας</b> , Ευτυχίου Κων/λεως, Μεθοδίου
7	Δ	Καλλιοπίου, Ρουφίνου & Ακυλίνης μάρτυρος
8	Τ	Ηρωδίωνος, Αγάβου, Ρούφου
9	Τ	Ευψυχίου επισκόπου, Πλατωνίδος
10	Π	Γρηγορίου Ε' ιερομάρτυρος
11	Π	Αντύπα Περγάμου, Φαρμουθίου μάρτυρος
12	Σ	+ <b>Του Λαζάρου</b> , Βασιλείου ομολογητού και μητρός Ανθούσης
<b>13</b>	<b>Κ</b>	+ <b>ΤΩΝ ΒΑΪΩΝ</b> . Μαρτίνου ομολ., Μαξιμου μ., Ιωσήφ Παγκάλου
14	Δ	+ <b>Μ. Δευτέρα, Ιωσήφ Παγκάλου</b>
15	Τ	+ <b>Μ. Τρίτη, Των 10 Παρθένων</b>
16	Τ	+ <b>Μ. Τετάρτη, Της αλειψάσης τον Κύριον μύρω</b>
17	Π	+ <b>Μ. Πέμπτη, Ο Μυστικός Δείπνος</b>
18	Π	+ <b>Μ. Παρασκευή, Τα Άγια και Σωτήρια Πάθη του Κυρίου</b>
19	Σ	+ <b>Μ. Σάββατο, Η εις Άδου Κάθοδος του Κυρίου</b>
<b>20</b>	<b>Κ</b>	+ <b>ΤΟ ΑΓΙΟΝ ΠΑΣΧΑ, Η ΑΝΑΣΤΑΣΙΣ ΤΟΥ ΚΥΡΙΟΥ</b>
21	Δ	+ <b>Δευτέρα Διακαινησίμου</b> , Ιανουαρίου ιερ., Μαξιμιανού Πατρ.
22	Τ	+ <b>Τρίτη Διακαινησίμου, Ραφαήλ, Νικολάου και Ειρήνης</b>
23	Τ	+ <b>Αγ. Γεωργίου του Τροπαιοφόρου</b> , Αρσενίου του Μεγάλου
24	Π	+ Ελισάβετ θαυματουργού, Νικολάου νεομάρτυρος
25	Π	+ <b>Ζωοδόχου Πηγής, Μάρκου Αποστόλου και Ευαγγελιστού</b>
26	Σ	Βασιλείου Αμασειάς ιερομάρτυρος
<b>27</b>	<b>Κ</b>	+ <b>ΤΟΥ ΘΩΜΑ</b> . Συμεών Επισκ. Ιεροσολύμων, Ευλογίου
28	Δ	Των εν Κυζίκω 9 μαρτύρων, Ρούφου οσίου, Θεοχάρους
29	Τ	Ιάσωνος και Σωσιπέτρου εκ των 70
30	Τ	+ <b>Ιακώβου Αποστόλου</b> , Αργυρής νεομάρτυρος

ΗΜ	ΑΠΟΣΤΟΛΟΣ	ΕΥΑΓΓΕΛΙΟΝ	ΗΧΟΣ - ΕΩΘΙΝΟΝ
6	Εβρ. θ', 11-14	Μρκ. ι', 32-45	πλ. δ' / Η'
13	Φιλπ. δ', 4-9	Ιωάν. ιβ', 1-18	-
20	Πράξ. α', 1-8	Ιωάν. α', 1-17	- / Β'
25	Πράξ. γ', 1-8	Λκ. ι', 16-21	-
27	Πράξ. ε', 12-20	Ιωάν. κ', 19-31	- / Α'
28	Πράξ. γ', 19-26	Ιωάν. β', 1-11	-

# SAINTS OF THE MONTH

1	T	Gerontios & Vasilios, Mary of Egypt
2	W	Titus, Theodora the Virgin-martyr of Palestine
3	T	<b>+The Great Canon</b> , Nikitas the Confess., Joseph Hymnographer
4	F	<b>+The Akathist Hymn</b> , George of Maleon, Plato the Studite
5	S	Claudius, Diodorus, Didymus the martyrs
<b>6</b>	<b>S</b>	<b>+ 5th SUN OF LENT. St. Mary of Egypt, Eutychius, Methodius</b>
7	M	Kaliopios, Roufinos and Akylina the martyr
8	T	Herodion, Agabus, Rufus
9	W	Bishop Efspsychios, Platonis
10	T	Hieromartyr Gregory V of Constantinople
11	F	Antypas of Pergamos, Pharmouthios the martyr
12	S	<b>+ Raising of Lazarus</b> , Basil the Confessor and his mother Anthousa
<b>13</b>	<b>S</b>	<b>+ PALM SUNDAY. Martinos the Conf., Maximus, Joseph Pangaios</b>
14	M	<b>+ Great and Holy Monday, Joseph Pangalos</b>
15	T	<b>+ Great and Holy Tuesday, 10 Virgins</b>
16	W	<b>+ Great and Holy Wednesday, Holy Unction</b>
17	T	<b>+ Great and Holy Thursday, The Last and Mystical Supper</b>
18	F	<b>+ Great and Holy Friday, The Passion of our Lord</b>
19	S	<b>+ Great and Holy Saturday, The Descent into Hades</b>
<b>20</b>	<b>S</b>	<b>+ HOLY PASCHA, THE RESURRECTION OF OUR LORD</b>
21	M	<b>+ Renewal Monday</b> , Hieromartyr Ianouarios, Patr. Maximian
22	T	<b>+ Renewal Tuesday, Raphael, Nicholas, Irene</b>
23	W	<b>+ Great Martyr George the Trophy-Bearer</b> , Arsenios
24	T	+ Elizabeth the wonderworker, Nicholas the new martyr
25	F	<b>+ Life-Giving Font, Apostle and Evangelist Mark</b>
26	S	Hieromartyr Basil of Amaseia
<b>27</b>	<b>S</b>	<b>+ THOMAS SUNDAY. Symeon Bishop of Jerusalem, Eulogios</b>
28	M	9 Martyrs of Kyzikos, Roufos, Theocharus
29	T	Jason and Sosipater of the 70's
30	W	<b>+ Apostle James</b> , Argyre the Newmartyr

D	EPISTLE	GOSPEL	TONE - EOTHINON
6	Heb. 9:11-14	Mark 10:32-45	pl.4th / 8th
13	Phil. 4:4-9	John 12:1-18	--
20	Acts 1:1-8	John 1:1-17	-- / 2nd
25	Acts 3:1-8	Luke 10:16-21	-
27	Acts 5:12-20	John 20:19-31	-- / 1st
28	Acts 3:19-26	John 2:1-11	-

# ORTHODOX STUDIES

## ΜΕΓΑΛΗ ΕΒΔΟΜΑΔΑ

Η Μεγάλη Εβδομάδα είναι η περίοδος των επτά ημερών πριν το Πάσχα (από την Κυριακή των Βαΐων το βράδυ μέχρι την Κυριακή του Πάσχα) και ονομάζεται «Μεγάλη» διότι τα γεγονότα όπου τελούνται και βιώνονται στους Ιερούς Ναούς είναι σπουδαία, κοσμοϊστορικά και κοσμοσωτήρια για την ανθρωπότητα!

### Πώς βιώνεται ο λειτουργικός χρόνος η Μεγάλη εβδομάδα;

Η Εκκλησία κατά τους τελευταίους αιώνες από την μεγάλη της φιλανθρωπία, για να μπορέσουν όσο είναι δυνατόν περισσότεροι πιστοί να συμμετέχουν στις Ακολουθίες, επέτρεψε από την αρχή της Μ. Εβδομάδας να πραγματοποιείται ο Όρθρος της επόμενης ημέρας. (π.χ. την Κυριακή των Βαΐων το βράδυ ψάλλεται ο Όρθρος της Μεγάλης Δευτέρας. Την Μεγάλη Δευτέρα το βράδυ ψάλλεται ο Όρθρος της Μεγάλης Τρίτης κ.ο.κ.).

Οι τρεις πρώτες ημέρες μας προετοιμάζουν πνευματικά για το θείο δράμα με τις Ακολουθίες του Όρθρου που ονομάζονται «Ακολουθίες του Νυμφίου».

## ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ

Στον Όρθρο της Μεγάλης Δευτέρας ενθυμούμαστε δύο γεγονότα ένα από την Παλαιά και ένα από την Καινή Διαθήκη:

**α)** Τη ζωή του Ιωσήφ του 11<sup>ου</sup> γιού του Πατριάρχη Ιακώβ, του ονομαζόμενου Παγκάλου, δηλαδή του ωραίου στο σώμα και τη ψυχή. Ο Ιωσήφ προεικονίζει με την περιπέτειά του (που πουλήθηκε σκλάβος στην Αίγυπτο) τον ίδιο τον Χριστό και το πάθος Του.

**β)** Το περιστατικό της άκαρπης συκιάς (*Ματθ. 21, 18-22*) που ξέρανε ο Χριστός: Η συκιά συμβολίζει την Συναγωγή των Εβραίων και γενικά την ζωή του Ισραηλιτικού λαού που ήταν άκαρποι από καλά έργα. Συμβολίζει ακόμη και την ψυχή του κάθε ανθρώπου που παραμένει άκαρπη από αρετές.

## ΜΕΓΑΛΗ ΤΡΙΤΗ

Στον Όρθρο της Μεγάλης Τρίτης θυμόμαστε τις εξής δύο παραβολές:

**α)** Των δέκα παρθένων (*Ματθ. 25, 1-13*) που μας διδάσκει να είμαστε γεμάτοι από πίστη και φιλανθρωπία καθώς και να είμαστε πάντοτε έτοιμοι, για να υποδεχθούμε τον Νυμφίο Χριστό, γιατί κανείς δεν γνωρίζει πότε θα “φύγει” από την φθαρτή προς την αιώνια ζωή.

**β)** Των Ταλάντων (*Ματθ. 25, 14-30*), που μας διδάσκει να είμαστε εργατικοί και ότι πρέπει να καλλιεργούμε και να αυξήσουμε τα πνευματικά μας χαρίσματα.

## ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ

Ολόκληρη η Μεγάλη Τετάρτη είναι αφιερωμένη στην αμαρτωλή γυναίκα (Λουκ. 7, 47), που μετανιωμένη άλειψε τα πόδια του Κυρίου με μύρο και συγχωρέθηκε για τα αμαρτήματά της, γιατί έδειξε μεγάλη αγάπη και πίστη στον Κύριο. Στην ακολουθία του Όρθρου αυτής της ημέρας ψάλλεται το περίφημο τροπάριο (δοξαστικό) «*Κύριε, ή έν πολλαίς άμαρτίαις περιπεσουσα γυνη...*» της Υμνογράφου Μοναχής Κασσιανής.

## ΜΕΓΑΛΗ ΠΕΜΠΤΗ

Το απόγευμα της Μεγάλης Τετάρτης, στις ορθόδοξες ενορίες τελείται το Μυστήριο του Ιερού Ευχέλαιου. Το Ευχέλαιου προσφέρεται για τη θεραπεία της ψυχής και του σώματος και για τη συγχώρεση των αμαρτιών, χωρίς ωστόσο να υποκαθιστά το Μυστήριο της Εξομολογήσεως.

Στη συνέχεια, στον Όρθρο της Μεγάλης Πέμπτης γιορτάζουμε 4 γεγονότα :

- α) Τον Ιερό Νιπτήρα, το πλύσιμο δηλαδή των ποδιών των μαθητών από τον Κύριο, δείχνοντας για το ποια πρέπει να είναι η διακονία των πιστών στην Εκκλησία.
- β) Τον Μυστικό Δείπνο, δηλαδή την παράδοση του Μυστηρίου της Θείας Ευχαριστίας.
- γ) Την Προσευχή του Κυρίου, στο Όρος των Ελαιών και
- δ) την Προδοσία του Ιούδα, δηλαδή την αρχή του Πάθους του Κυρίου.

## ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ

Την Μεγάλη Παρασκευή έχουμε την Κορύφωση του θείου δράματος όπου τελείται η «Ακολουθία των Παθών» και θυμόμαστε και βιώνουμε τα Σωτήρια και φρικτά Πάθη του Κυρίου και Θεού μας. Δηλαδή:

- α) Τα πτυσίματα
- β) τα μαστιγώματα
- γ) τις κοροϊδίες
- δ) τους εξευτιλισμούς
- ε) τα κτυπήματα
- ς) το αγκάθινο στεφάνι, και
- ζ) κυρίως την Σταύρωση και
- η) τον θάνατο του Χριστού μας

## ΜΕΓΑ ΣΑΒΒΑΤΟ

Το Μεγάλο Σάββατο γιορτάζουμε:

- α) την Ταφή Του Κυρίου και
- β) την Κάθοδο Του στον Άδη, όπου κήρυξε σε όλους νεκρούς.

Τη Μεγάλη Παρασκευή το μεσημέρι (ημερολογιακά), τελούνται οι εξής ακολουθίες: η Ακολουθία των Μεγάλων Ωρών και ο Εσπερινός της Αποκαθλώσεως, δηλαδή της Ταφής Του Κυρίου από τον Ιωσήφ τον Αριμαθαίας και το Νικόδημο τον Φαρισαίο, μέλος του Μεγάλου Συμβουλίου και κρυφό μαθητή του Κυρίου.

Την Μεγάλη Παρασκευή το βράδυ (ημερολογιακά) έχουμε τον Επιτάφιο Θρήνο όπου ψάλλονται τα Εγκώμια και έχουμε την περιφορά του Επιταφίου.

## ΚΥΡΙΑΚΗ ΤΟΥ ΠΑΣΧΑ

Το Μεγάλο Σάββατο το πρωί (ημερολογιακά), έχουμε τον Εσπερινό της Αναστάσεως, την καλούμενη «1η Ανάσταση», δηλαδή το προανάκρουσμα της Αναστάσεως που μεταδίδουν οι ύμνοι και της προσμονής της λυτρώσεως όλης της κτίσης από την φθορά και τον θάνατο!

**(ΠΡΟΣΟΧΗ!** Επειδή πολλοί δεν γνωρίζουν και συγχέουν τα πράγματα και όταν ακούν για «1η Ανάσταση», νομίζουν ότι ήδη Αναστήθηκε ο Χριστός και σπεύδουν να πουν το «ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ» και να καταλύσουν τη νηστεία, πρέπει να διευκρινίσουμε το εξής: ΜΙΑ είναι η Ανάσταση του Χριστού, η οποία εορτάζεται αργά το βράδυ με τον Αναστάσιμο Όρθρο και τη Θεία Λειτουργία.

Το Μεγάλο Σάββατο τα μεσάνυχτα (δηλαδή ουσιαστικά την Κυριακή του Πάσχα), πανηγυρίζουμε την ζωφόρο Ανάσταση του Κυρίου μας, το θρίαμβο της ζωής επί του θανάτου. Ολόκληρο το χαρμόσυνο μήνυμα της Αναστάσεως συμπυκνώνεται στον επινίκιο ύμνο

**«Χριστός ανέστη εκ νεκρών, θανάτω θάνατον πατήσας, και τοῖς ἐν τοῖς μνήμασι, ζωὴν χαρισάμενος.»**

Την Κυριακή του Πάσχα το πρωί τελείται ο «Εσπερινός της Αγάπης», όπου σε πολλές γλώσσες διαβάζεται το Ιερό Ευαγγέλιο και διατρανώνεται παγκοσμίως η νίκη του θανάτου και η εποχή της Καινούριας Διαθήκης, της χαράς και της Αναστάσιμης ελπίδας.



## HOLY WEEK

Holy and Great Week is the period of seven days before Easter (from the evening of Palm Sunday to Easter Sunday) and is called “Great” because the events that the Church commemorates are great, world-changing and world-saving!

### How is the liturgical time of Holy Week experienced?

In recent centuries, the Church, out of her great philanthropy, in order to enable as many faithful as possible to participate in the services, has permitted the Orthros service to be celebrated on the preceding day during Holy Week (*e.g. in the evening of Palm Sunday the Orthros of Holy Monday is celebrated. In the evening of Holy Monday the Orthros of Holy Tuesday is celebrated, and so on*).

The first three days prepare us spiritually for the divine drama with the Orthros Services called the “**Bridegroom Services**”.

## HOLY MONDAY

In the Orthros of Holy Monday we remember two events, one from the Old Testament and one from the New Testament:

- a) The life of Joseph the 11<sup>th</sup> son of Patriarch Jacob, called “the all-comely” (*Pankalos*), that is, beautiful in body and soul. Joseph prefigures in his life (sold as a slave in Egypt) Christ Himself and His passion.
- b) The fruitless fig tree (*Mt 21:18-22*) that Christ cursed. The fig tree symbolizes the synagogue of the Jews and the life of the Israelite people who had become barren of good works. It also symbolizes the soul of every man that lacks virtue.

## HOLY TUESDAY

In the Orthros of Holy Tuesday we remember the following two parables:

- a) The Ten Virgins (*Mt 25:1-13*) teaches us to be full of faith and charity as well as to be always ready to welcome the Bridegroom Christ, for no one knows when we will be transformed from perishable to imperishable life.
- b) The Talents (*Mt 25:14-30*), which teaches us to be industrious and to cultivate and increase our spiritual gifts.

## HOLY WEDNESDAY

All services of Holy Wednesday are dedicated to the sinful woman (Luke 7:47), who repentantly anointed the Lord’s feet with ointment and was forgiven for her sins because she showed great humility and faithfulness to the Lord. In the Orthros service of this day, we chant the famous troparion (doxastikon) “*Lord, when the woman who had fallen into many sins perceived Your divinity....*” by the famous hymnist nun Kassiani.



### HOLY THURSDAY

In the afternoon of Holy Wednesday, the Sacrament of Holy Unction usually takes place in Orthodox parishes. Unction is offered for the healing of the soul and body and for the forgiveness of sins, without, however, replacing the Sacrament of Confession.

On the Matins of Holy Thursday we celebrate 4 events:

- a) The Holy Nipter, that is, the washing of the disciples' feet by the Lord, showing what the ministry of the faithful in the Church should be.
- b) The Last Supper, i.e. the institution of the Sacrament of the Holy Eucharist.
- c) The Lord's Prayer, on the Mount of Olives.
- d) The Betrayal of Judas, i.e. the beginning of the Lord's Passion.

### HOLY FRIDAY

On Holy Friday we have the culmination of the divine drama with the "Holy Passion Service" and we remember the sufferings of our Lord and God. That is:

- a) The spitting
- b) The blows
- c) The mockery
- d) the reviling
- e) the flogging
- f) the crown of thorns, and
- g) the Crucifixion and
- h) the death of our Lord Jesus Christ

### HOLY SATURDAY

On Holy Saturday we celebrate:

- a) the burial of the Lord and
- b) His descent into Hades, where He preached to all the dead.

On Holy Friday at noon, the following services take place: the Service of the Great and Royal Hours and the Vespers of the Unnailing from the Cross and the Burial of the Lord by Joseph of Arimathea and Nicodemus the Pharisee, a member of the Great Council and secret disciple of the Lord.

On Holy Friday evening we have the Holy Saturday Orthros of the "Threnody at the Tomb" where we chant the Lamentations (Enkomia) and we have the procession of the Epitaphios.

## EASTER SUNDAY

On Holy Saturday morning, we have the Vespers of the Resurrection, the so-called “1st Resurrection,” that is, the foreshadowing of the Resurrection conveyed in the hymns and the anticipation of the redemption of all creation from corruption and death!

*(ATTENTION! Because many are unaware and confused and when they hear of the “1st Resurrection”, they think that Christ has already risen and rush to say, “CHRIST IS RISEN” and break the fast, we must clarify the following: the Resurrection of Christ is ONE, which is celebrated late at night with the Resurrection Orthros and the Divine Liturgy.)*

On the Holy Saturday at midnight (which is in fact Easter Sunday), we celebrate the life-giving Resurrection of our Lord, the triumph of life over death. The whole joyful message of the Resurrection is encapsulated in the epic hymn

***“Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life.”***

On Easter Sunday, the “Agape Vespers” is celebrated, where the Holy Gospel is read in many languages and the victory over death and the New Covenant era of joy and Resurrection hope are proclaimed worldwide.



# ANNOUNCEMENTS

## Holy Week Participation Guidelines

**Everyone** is invited to attend the services of our Orthodox Church, especially during Holy Week. However, **ONLY** Orthodox Christians in good standing can participate in the Holy Sacraments and receive Holy Communion and Holy Unction. If you are Orthodox but married outside the Orthodox Church or if you are divorced civilly but not ecclesiastically you **MAY NOT** be able to participate in the Sacraments. You should contact Fr. Vasileios to discuss this in person.

## Blessing of the Palms

It is the liturgical custom of the Orthodox Church to bless the palms just before the “Ainous” (*Lauds*) of the Palm Sunday Orthros service so that everyone who is in Church at that time will receive their palm crosses. This allows the congregation to have their palms in their hands during the Gospel reading, which commemorates the people of Jerusalem who welcomed Jesus by holding palms and placing them on the road for Him to pass over. Anyone coming into the Church after this time will receive their palm crosses at the end of the Liturgy with the Antidoron.

## Memorials

Memorial services with kollyva are **NOT** allowed from Lazarus Saturday THROUGH Thomas Sunday (April 12-27).

## Palm Cross Making

Palm cross making will take place on Lazarus Saturday, April 12<sup>th</sup> following the Divine Liturgy. Refreshments will be served. Remember we have to make over 2000 palm crosses, the more hands we have, the quicker we finish.

## Myrofores

All 3rd-8th grade girls are invited to participate in the Epitaphios service on Holy Friday evening. Please reserve your place by texting Kevi Langis at 917-453-2649 or Maria Baggs at 646-327-0759.

## Red eggs

Each year our parishioners have been very kind in donating the red eggs that we distribute after the Resurrection Liturgy. We need approximately 30 dozen eggs. If you would like to donate red eggs, please bring them to the church no later than the evening of Holy Thursday. We will be wrapping the eggs on Good Friday morning at 9:30am and your help is needed. *The eggs are wrapped in memory of Helen Genack and Christina Chukalas.*

# PARISH COUNCIL

Happy Easter to All,

The Great Pascha season is in full bloom and we are all very excited. We have big plans for Easter here at Holy Trinity/St Nicholas Greek Orthodox Church. Our family and friends will enjoy a Holy week filled with Byzantine chanting, awesome processions and a Glorious Anastasis!

\* My continued thanks to all of our Organizations working together in keeping our community a cohesive unit and always striving to getting better day by day.

\* I thank and welcome all the new families to our parish and their Stewardship. And a friendly reminder to pledge this year's stewardship for 2025.

## Save the date!

**May 2<sup>nd</sup>** our third Annual **Cigar night!** Location - La Iguana Azul, 8 Giffords Lane in Great Kills, Staten Island. All are welcome Men and Women!

\* The Parish Council has voted to help to secure the "Katsoris Hellenic Center" during Sunday school, as well as ushering the children to church to receive Communion. Just being proactive in protecting our children. If anyone is interested in helping in this effort, please contact Steven Stark. Thank you in advance.

\* We are starting to plan for this year's festival. If you can help in any capacity, it is greatly appreciated. You can contact the church office and give them your name and number and we will get in touch with you. Many hands make light work.

Thank You and Happy April!

Andrew Economos  
Parish Council President



# LADIES PHILOPTOCHOS SOCIETY

Our sincere gratitude and appreciation for all those who contributed to our monthly tray last month. Your donations assisted with our March obligations, and we value your support. Thank you.

March 1st was our Cook for Trinity Lutheran Soup Kitchen. The menu was homemade poached chicken, parmesan peas, rice, tossed green salad, Italian bread/butter, and pineapple chunks. We had three (3) newcomers join our regular crew: Anna Christakos, Mike Noto, and John Licciardello. A heartfelt thank you for your time and efforts.



## Events for April:

- 4/5 Cook for Trinity Lutheran Soup Kitchen
  - 4/6 Philoptochos Monthly Tray
- This month's monies will go towards the following ministries:
- Sisterhood of Saint Basil Academy
  - Internation Orthodox Christian Charities (IOCC)
- 4/8 Monthly meeting 6:30 refreshments/7:00 meeting
- Please come join us, as we, Philoptochos "friend of the poor" help those in need.
- 4/13 Palm Sunday





**Please Note:**

Pick up for prepaid/pre-ordered Tsoureki will be after liturgy in the Katsoris Hellenic Center until 1:00 pm. The sale of Easter Baskets and Palm Crosses will be available also. All proceeds will be donated to Hellenic College/Holy Cross. Thank you for your support & donations.

- 4/20 Pascha
- 4/25 Project Hospitality

**Save the Date:**

Thursday, May 22<sup>nd</sup>, 2025

**Ladies Philoptochos Annual Spring Dinner,**

**“A Night at the Oscars”**

at the Staaten, starting at 7:00 pm

*Wishing everyone a Blessed and Peaceful Pascha!*

Conveying the blessings and love of Fr. Vasileios,

Contact us at: [philoptochos@htsngoc.org](mailto:philoptochos@htsngoc.org)



Faithfully,  
Dee Sidiropoulos, President

# Sunday

# Monday

# Tuesday

# Wednesday

		<b>1</b> 	<b>2</b>  Presanctified Liturgy - Bible Study 6:00 PM
<b>6</b>  Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	<b>7</b> 	<b>8</b>  Philotochos Meeting 6:30 PM	<b>9</b>  Presanctified Liturgy - Bible Study 6:00 PM
<b>13</b>  Orthros 8:45 AM Liturgy 10:00 AM Bridegroom Service (Orthros of Holy Monday) 7:00 PM	<b>14</b>  Bridegroom Service (Orthros of Holy Tuesday) 7:00 PM	<b>15</b>  Presanctified Liturgy 9:00 AM Bridegroom Service (Orthros of Holy Wednesday) 7:00 PM	<b>16</b>  Holy Unction 5:00 PM Nipter Service (Orthros of Holy Thursday) 7:00 PM
<b>20</b> Paschal Orthros & Divine Liturgy 12:00 AM Agape Vespers 11:00 AM	<b>21</b>	<b>22</b>	<b>23</b> Orthros 9:00 AM Divine Liturgy 10:00 AM
<b>27</b> Orthros 8:30 AM Divine Liturgy 10:00 AM Hellenic Dancers 12:00 PM	<b>28</b>	<b>29</b>	<b>30</b> 



# Thursday

# Friday

# Saturday

<p><b>3</b> </p> <p>Executive Board meeting 8:00 PM</p>	<p><b>4</b> </p> <p>JOY 6:00 PM <b>Akathist Hymn to The Theotokos</b> 7:00 PM Jr. GOYA 7:00 PM GOYA 7:30 PM</p>	<p><b>5</b> </p>
<p><b>10</b> </p>	<p><b>11</b> </p> <p>GOYA 7:30 PM</p>	<p><b>12</b> </p> <p>Orthros 9:00 AM Liturgy 10:00 AM</p>
<p><b>17</b> </p> <p>Vespers &amp; Divine Liturgy of St. Basil the Great 7:00 AM The Holy Passion of Christ (Orthros of Holy Friday) 7:00 PM</p>	<p><b>18</b> </p> <p>The Great &amp; Royal Hours 12:00 AM Unnailing from the Cross 2:00 PM Epitaphios Service 7:00 PM</p>	<p><b>19</b> </p> <p>Anastasis Vespers &amp; Divine Liturgy of St. Basil the Great 8:00 AM Pannychis &amp; Anastasis 11:00 PM</p>
<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>



**Strict Fast:** Refrain from meat, fish, oil, wine, dairy, and eggs.  
**Αυστηρή νηστεία:** Αποφύγετε το κρέας, τα ψάρια, το λάδι, το κρασί, τα γαλακτοκομικά προϊόντα και τα αυγά. (Red)



**Wine & Oil:** Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.

**Κρασί & Λάδι:** Το κρασί και το λάδι επιτρέπονται. Αποφύγετε το κρέας, τα ψάρια, τα γαλακτοκομικά προϊόντα και τα αυγά. (Purple)



**Fish, oil and wine are allowed:** Refrain from meat, dairy and eggs. **Τα ψάρια, το λάδι και το κρασί επιτρέπονται:** Αποφύγετε το κρέας, τα αυγά και τα γαλακτοκομικά προϊόντα. (Blue)



**Dairy Allowed:** Dairy, fish, eggs, oil and wine are allowed. Refrain from meat.

**Επιτρέπονται γαλακτοκομικά:** Επιτρέπονται τα γαλακτοκομικά, τα αυγά, τα ψάρια, το λάδι και το κρασί. Αποφύγετε το κρέας. (Orange)

**No Symbol Fast Free:** All Foods Allowed.

Χωρίς σύμβολο **Γρήγορα δωρεάν:** Επιτρέπονται όλα τα τρόφιμα (Yellow)



# YOUTH MINISTRY



## JOY

**Every first and third Friday of the month, 6-7pm.** All 3rd to 5th graders are invited to join us as we build friendships through the activities that strengthen our Greek Orthodox identity. In March, JOY kids made Jesus bracelets to mark the beginning of Lent, and keychains to mark the double holiday of March 25th.

Contact us at: [joy@htsngoc.org](mailto:joy@htsngoc.org)

## JUNIOR GOYA

**Every first and third Friday of the month, 7-8 pm.** All 6th to 8th graders are invited to join our group that trains young adults to lead their own meetings as they plan activities that strengthen their Greek Orthodox identity. In March our Junior GOYAnS made memories as they enjoyed themselves on their trip to Rock n Air, in NJ. During this month of Lent, they voted on a charity to give back to. Many of our junior GOYAnS were also the readers of the “Aspile” and “Kai dos imin” prayers during the Salutation, Heretismoi, Friday services.



Contact us at: [jr.goya@htsngoc.org](mailto:jr.goya@htsngoc.org)

# GOYA



## **March was an exciting month for our GOYANS!**

We hosted our second **Cook and Chat** with **Fr. Vasileios**, where our GOYANS gathered in church to learn about different parts of the altar. We wrapped up the evening with some delicious pizza!

Additionally, our GOYANS took part in the **St. Basil's GOYAN Retreat** and competed in the very first **Girls Volleyball Tournament** at Holy Cross.

A big **thank you** to everyone who participated and supported these events!

Don't forget—our **GOYA meets every Friday at 7:30pm**. Come join us—all are welcome!

Contact us at: [goya@htsngoc.org](mailto:goya@htsngoc.org)

# HELLENIC DANCERS

## Calling all youth!

**Little Dancers** – Kindergarten to 3rd Grade  
Sunday Practice 12pm – 12:30pm

**Junior Hellenic Dancers** – 4th – 8th Grade  
Sunday Practice 12pm – 12:30pm

**Hellenic Dancers** – High School  
Sunday Practice 12:30pm – 1:30pm

## Adult Hellenic Dancing

Have you ever been to a dance or wedding and wish you knew how to dance all those dances that are not kalamatiano? Come and learn them! Join us to learn traditional folk dances from all parts of Greece. New members of all skill levels are always welcomed and encouraged to attend. Our goal is to bring our community together through dance and music as we express our love of Greek dancing and our Greek heritage. **Practices:** Last Friday of **each month at 8pm**. For April we will meet on **Friday, April 25<sup>th</sup>**.

Contact us at: [hellenicdancers@htsngoc.org](mailto:hellenicdancers@htsngoc.org)

Co-Directors  
Stella Viris, Kevi Langis



## PTO

### PTO Announcements!

**April 12 - Saturday of Lazarus/ Palm Cross Making.**

**Save the Date - Bingo Night May 3rd Coming Soon!**  
Stay tuned for more details!

**We're Looking for Board Members!**

Interested in making a difference? Join our PTO team!

Contact us at: [pto@htsngoc.org](mailto:pto@htsngoc.org)

**Next PTO Meeting - April 4th at 6:30pm**

**We meet the first Friday of every month!!**



- The Holy Trinity St Nicholas PTO Board



# SUNDAY SCHOOL

Our Sunday School program provides a nurturing and faith-filled environment where children, from 3 years old to 8<sup>th</sup> grade, can grow in their understanding and love of God. Through engaging lessons, activities, and fellowship, we guide our students to live out their faith and build a strong spiritual foundation.

Our dedicated teachers and students have been working together to achieve this mission.

We celebrated The Annunciation of the **Theotokos** and **Greek Independence Day** at our Parish -Wide Show on Sunday, **March 23<sup>rd</sup>**.

Thank you to all the families, parents and children who supported this wonderful celebration.

As we continue on this journey of faith, we are reminded of Christ's words:

**“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.”** — 2 Peter 3:18

If you are interested in registering your child for our Sunday School program, please contact the main office for more information.

We look forward to seeing you and your children as we continue to grow in faith together!

Contact us at: [sundayschool@htsngoc.org](mailto:sundayschool@htsngoc.org)

# GREEK SCHOOL

Το Ελληνικό απογευματινό σχολείο μας “Αγία Τριάδα - Αγ.Νικόλαος”, προσκαλεί όλους τους γονείς των μαθητών μας στη συγκέντρωση γονέων που θα γίνει στις **18 Μαρτίου** ημέρα Τρίτη και ώρα προσέλευσης **7:00μ.μ.** στον χώρο του σχολείου μας.

Πρόκειται για ανοιχτή συνάντηση με στόχο τη συζήτηση θεμάτων ως προς την πρόοδο των μαθητών μας, την ανταλλαγή προβληματισμών και σκέψεων, το μοίρασμα και την υποστήριξη.

Με πνεύμα συνεργασίας και κατανόησης η πρόοδος των μαθητών μας θα είναι “διπλή”.

Contact us at: [greekschool@htsngoc.org](mailto:greekschool@htsngoc.org)

Η δασκάλα  
Σταυρούλα Χαμπάκη

# ΜΑΘΕ ΚΑΙ ΑΥΤΟ

## Τσουρέκι Ιστορία και Συμβολισμός

Το τσουρέκι είναι κάτι περισσότερο από ένα ψωμί: αποτελεί μέρος της πολιτιστικής εικόνας της Ελλάδας, ενσωματώνοντας αιώνες ιστορίας και παραδόσεων.

Η προέλευση του τσουρεκιού εντοπίζεται στην αρχαία Ελλάδα και τη βυζαντινή εποχή, όπου το ψωμί ήταν γνωστό ως «άρτος». Αυτό το γλυκό ψωμί ήταν συνήθως φτιαγμένο για ειδικές περιστάσεις και γιορτές, όπως γάμους και θρησκευτικές εορτές.

Σήμερα, το τσουρέκι παραμένει ένα ουσιαστικό κομμάτι της ελληνικής γαστρονομικής παράδοσης, ιδιαίτερα κατά τη διάρκεια του Πάσχα, όπου συχνά παίρνει ένα σχήμα πλεξούδας, συμβολίζοντας την Αγία Τριάδα.

Επιπλέον, τα κόκκινα βαμμένα αυγά που τοποθετούνται συχνά πάνω στο Πασχαλινό τσουρέκι, αποτελούν σύμβολο αναγέννησης και ανανέωσης, αντιπροσωπεύοντας την Ανάσταση του Ιησού Χριστού. Η χρήση αρωματικών μπαχαρικών, όπως το μαχλέπι, το κακουλέ και η μαστίχα, έχει, επίσης, συμβολική σημασία, καθώς πιστεύεται ότι αντικατοπτρίζουν τα δώρα που έφεραν οι Μάγοι στο βρέφος Ιησού.

Τέλος, η διαδικασία του ψησίματος και του μοιράσματος του τσουρεκιού θεωρείται ως ένας τρόπος να φέρει τους ανθρώπους κοντά και να ενισχύσει τους δεσμούς της οικογένειας και της κοινότητας, καθιστώντας το ως σύμβολο ενότητας και κοινής πολιτιστικής κληρονομιάς.



## Η ιστορία της Πασχαλιάς

Η πασχαλιά λέγεται πως ήταν το δένδρο που πρόσφερε την δροσιά και τον ίσκιο του στην Παναγία και τον Ιωσήφ, όταν εκείνοι όδευαν προς την Αίγυπτο στην προσπάθειά τους να σώσουν τον νεογέννητο Ιησού από τη δολοφονική manía του Ηρώδη.

Τότε η Παναγία το ευλόγησε να είναι πάντα φορτωμένο με πανέμορφα, ευωδιαστά άνθη. Σύμφωνα με το μύθο όμως το όνομα του το πήρε λίγο καιρό αργότερα, όταν οι Ιουδαίοι σταύρωσαν τον Χριστό.



Είχε φυτρώσει κοντά στο Γολγοθά και βλέποντας τον Κύριο να σταυρώνεται μαράθηκε, από τον καημό του. Όταν τρεις μέρες μετά ο Ιησούς αναστήθηκε, το δεντράκι ζωντάνεψε για να πάρει κι αυτό μέρος στη μεγάλη χαρά της Ανάστασης.

# RECIPE OF THE MONTH

by Presbytera Elisavet



## Tsoureki

*Greek sweet bread*

### Ingredients:

#### For the Sourdough Starter

- 1 cup milk
- 3 soup spoon sugar
- 4 soup spoon yeast
- 2 soup spoon hard flour

#### For the Dough

- 8 cups hard flour
- 1 cup sugar
- 1 cup butter
- 1 tea spoon Chios mastic powder
- 1 tea spoon mahlep ground
- 1/2 tea spoon cardamon ground
- Orange zest from 1/2 orange

#### To assemble

- 1 egg yolk, diluted with 2 soup spoon of water
- 1/4 cup almond slivers

### Preparation:

Melt the butter, add the sugar and let it cool to room temperature. Beat the eggs with a hand whisk and add aromatics (mastic, mahlep, cardamon) and orange zest.

### Prepare the Sourdough Starter

Heat the milk, add the sugar, yeast and flour and mix lightly with a hand whisk.

**ATTENTION:** You don't want the milk to be very hot as it will burn the yeast. Place the flour in the mixing bowl and slowly add the yeast with milk, beating on low speed. And then continue kneading at low speed, alternately adding the butter with the sugar and the eggs with aromatics. In a large bowl, pour 1-2 tablespoons of flour, place the dough and cover it with a blanket, placing it in a warm place. Wait 30-60 minutes for the dough to rise and to be almost double in volume.

### Prepare "Tsourekia"

Divide the dough into 3-4 pieces to make "tsourekia". Cut each piece into 3 smaller dough pieces. We form each piece into a ball and then into medium-thick cords, joining all the ends of the strips to make a braid. Then attach the 2 ends of the braid together to make a wreath and place an egg in the middle.

### Baking "Tsourekia"

Line a baking pan with parchment paper. Transfer "Tsourekia" to the baking pan. Brush "Tsourekia" with the egg wash and sprinkle them with the almond slivers. Preheat the oven to 310°F set to fan. When the oven is hot, put the pan in the oven and bake "Tsourekia" for 50-60 minutes. Remove "Tsourekia" from the oven, let them cool, and serve.





# ALTAR BOYS

Altar Boys (Acolytes) have the responsibility to assist clergy in celebrating services. The Holy Altar is the most sacred part of the Church and serving as an Altar Boy is a great honor and privilege. If you would like to serve as an Altar Boy, please contact Fr. Vasileios.

We are very proud of the Altar Boys of our Church!

Anthony Iemmiti, *Captain*  
Panagiotis N. Roussis, *Co-Captain*  
Constantine Colon  
Alex Diamantopoulos  
Ian Fotiou  
Carter Francese  
Christ Guirguis  
Anastasios Krokos

Stefanos Kournidakis  
Dennis Lyons  
Matthew Lyons  
Michael Noto  
Michael Roussis  
Panagiotis G. Roussis  
Michael Sfougatakis  
Aleko Soukas



## COFFEE FELLOWSHIP



Join us every Sunday after Divine Liturgy



**April 6<sup>th</sup>**            AHEPA  
**April 13<sup>th</sup>**          KRITIKI FILOXENIA  
April 20<sup>th</sup>            ----- [EASTER SUNDAY]  
April 27<sup>th</sup>            PANCYPRIANS

*Please note... all Fasting days are in **bold***

*Σημείωση... Οι ημέρες Νηστείας είναι με **έντονα γράμματα***

# STEWARDSHIP LIST 2025



*(as of March 11, 2025)*

Rev. Vasileios and Presvytera Elisavet Apostolidis	John and Florendia Dragazis Doyle Paraskevi Dragazis	John and Maria Lago Toula Lellos
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Alexandra Doyle John Doyle Jr.	Nataliya Kuchinka Mary N. Kusas	

# DAUGHTERS OF PENELOPE

Welcome Spring 2025!

We wish everyone a **Blessed Easter!**

The daughters will be attending the show at the Staaten, “Red Hot Mamas” on **April 22, 2025**. Our event is sold out.

We will not have an April meeting. See you again in May.



Diana Kolaitis  
Corresponding Secretary

## AHEPA



Greetings from AHEPA!

We invite everyone to our **Fasolada lunch** on **April 6th** after liturgy in the Katsoris center. **Suggested donation is \$10**. All the proceeds go to the AHEPA Scholarship Fund.

*Όποιος τρώει ξανά τρώει!*

We look forward to seeing you!

Socrates Dapias – President,  
Harry Monioudis – V. Pres.  
George Roussis – Secretary,  
Petros Gregoriou - Treasurer

# KRITIKI FILOXENIA



Please join us for **dance practice every Sunday** if you are interested, please join us and please see the times.

Group 1 **ages 3-5** 1:30pm - 2:15pm

Group 2 **ages 6-9** 2:15pm - 3:00pm

Group 3 **ages 10-12** 3pm - 3:45pm

Group 4 **ages 13 or older** 3:45pm - 4:30pm



Thank you,

Nikolaos Yasparakis

President

# PANCYPRIAN ASSOCIATION



Pancyprian Association Aphrodite

Mark your calendars for this year's **annual BBQ** to be held on **Saturday, May 31<sup>st</sup>** at **4pm** on the Church grounds! Ticket information to follow soon. Hope to see you all there for some great authentic Cypriot Food!

We are in the beginning stages of planning our Pediatric Cancer Fundraiser Evening. Please mark your calendars for **Saturday, November 8th**. We would appreciate everyone's support to help the children in need.

Our next meeting is **Friday, May 9** at **7:30pm**. We will be presenting our Andreas Stylianos College Scholarship Award on this evening.

Blessed Lenten period to all!

Penny

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# METHEXIS<sup>©</sup>

«*Methexis*» /mé.tʰek.sis/, (*méthexis*):

Mental, spiritual participation, meeting, contact and communication

The Monthly Bilingual Bulletin of Holy Trinity-St Nicholas  
Greek Orthodox Church of Staten Island.

Our mission is to reach out to all members of the Community by providing useful information  
about the ecclesiastical, spiritual, and cultural life of the entire Parish.

**Editorial Director**

Rev. Protoperbyter Vasileios G. Apostolidis, PhD

**Layout Design**

*GREEN Studio*

**METHEXIS** is also available online at:

[www.htsngoc.org](http://www.htsngoc.org)

The next deadline for submitting news to **METHEXIS** is

**April 10, 2025**

Submissions can be emailed to:

[info@htsngoc.org](mailto:info@htsngoc.org)

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