

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 2026



HOLY TRINITY * ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND



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Δοξαστικόν

Ἦχος πλ. α΄

Ἀναστάσεως ἡμέρα, καὶ λαμπρυνθῶμεν τῇ πανηγύρει,
καὶ ἀλλήλους περιπτυξώμεθα.

Εἴπωμεν ἀδελφοί, καὶ τοῖς μισοῦσιν ἡμᾶς·
Συγχωρήσωμεν πάντα τῇ Ἀναστάσει,
καὶ οὕτω βοήσωμεν·

*Χριστὸς 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 ἀγίαν 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 ἀγίαν 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.

Ἀναστάς ὁ Ἰησοῦς ἀπὸ τοῦ τάφου, καθὼς προεἶπεν,
ἔδωκεν ἡμῖν τὴν αἰώνιον ζωὴν, καὶ μέγα ἔλεος.

Doxastikon

Mode pl. 1

It is the day of the Resurrection.
Let us shine brightly for the festival,
and also embrace one another.
Brethren, let us say even to those who hate us,
“Let us forgive everything for the Resurrection.”
And thus let us cry aloud,
***Christ 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.

«Εἰ δὲ Χριστὸς οὐκ ἐγήγερται, ματαία ἡ πίστις ὑμῶν»
(Α' Κορ. 15,17)

Η λαμπροφόρος ἡμέρα τῆς Ἀναστάσεως τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ δὲν ἀποτελεῖ μόνο τὸ κορυφαῖο γεγονός τῆς θείας οικονομίας, ἀλλὰ τὴν πεμπτουσία τῆς χριστιανικῆς ζωῆς. Μέσα ἀπὸ τὴν Ἀνάσταση, ἡ ἀμαρτία νικᾶται, ὁ θάνατος καταπατεῖται, καὶ ἡ νέα ζωὴ ἀναφαίνεται **«ἐν τῷ φωτὶ τῆς θείας δόξης»**.

Ὁ Ἅγιος Ἀπόστολος Παῦλος κηρύσσει: **«Εἰ δὲ Χριστὸς οὐκ ἐγήγερται, ματαία ἡ πίστις ὑμῶν»** (Α' Κορ. 15,17). Ἡ Ἀνάσταση τοῦ Χριστοῦ εἶναι ἡ βεβαίωση τῆς σωτηρίας μας, ἡ διακήρυξη ὅτι ἡ ἀμαρτία καὶ ὁ θάνατος δὲν ἔχουν πλέον τὴν τελευταία λέξη στὴν ἀνθρώπινη ἱστορία. Ὁ ἄνθρωπος δὲν εἶναι πλέον ὑποχείριος τῆς φθορᾶς, ἀλλὰ καλεῖται εἰς τὴν καινότητα τῆς ἐν Χριστῷ ζωῆς.

Ἡ προσωπικὴ ἀνάσταση κάθε χριστιανοῦ ἀποτελεῖ μιὰ διαρκῆ μετοχὴ στὸ μυστήριό τῆς θείας χάριτος. Δὲν εἶναι ἀπλῶς μιὰ ἠθικὴ ἀναγέννηση, ἀλλὰ ἡ μετάβαση **«ἐκ τοῦ θανάτου εἰς τὴν ζωὴν»**, ἡ πορεία ἀπὸ τὴ δουλειὰ τῆς ἀμαρτίας πρὸς τὴν ἐλευθερία τῶν παιδιῶν τοῦ Θεοῦ. Ὁ ἅγιος Γρηγόριος ὁ Θεολόγος μᾶς προτρέπει: **«Πᾶσχα ἐστὶν ἡ μετάβασις ἐκ τοῦ φθαρτοῦ πρὸς τὸ ἀφθαρτον»**. Καλεῖται, λοιπὸν, ὁ κάθε πιστὸς νὰ μεταβῇ ἀπὸ τὸ σκότος τοῦ παλαιοῦ ἀνθρώπου πρὸς τὸ φῶς τῆς θείας ζωῆς.

Ὅμως, πῶς μπορούμε νὰ ζήσουμε αὐτὴ τὴν προσωπικὴ ἀνάσταση; Ὁ Κύριος μᾶς παραδίδει τὴν ὁδὸ. Μετάνοια, προσευχή, ἀγάπη, Θεία Κοινωνία. Ἡ μετάνοια εἶναι ἡ θύρα μέσα ἀπὸ τὴν ὁποία ἐπανερχόμαστε στὴ ζωὴ τῆς χάριτος. Ἡ προσευχὴ εἶναι ἡ πνοὴ τῆς ψυχῆς, ἡ διαρκὴ μέθεξις, ἐπικοινωνία μὲ τὸν Θεό. Ἡ ἀγάπη εἶναι ἡ ἐμπράκτικη ὁρατὴ ἀνάσταση, ἡ ἐκούσια δηλαδὴ θυσία γιὰ τοὺς ἀδελφοὺς μᾶς ἀποτελεῖ ἀντίτυπο τῆς θυσίας τοῦ Χριστοῦ. Ἡ Θεία Κοινωνία εἶναι ἡ βρώση τῆς ἀληθινῆς ζωῆς, διότι **«ὁ τρώγων μοῦ τὴν σάρκα καὶ πίνων μοῦ τὸ αἷμα, ἔχει ζωὴν αἰώνιον»** (Ἰωάν. 6,54).

Ἀδελφοί μου ἀγαπητοί, ἡ Ἀνάσταση τοῦ Κυρίου μᾶς καλεῖ νὰ ζήσουμε ὡς ἀναστημένοι ἄνθρωποι, ἀναγεννημένοι ἐν Χριστῷ, ἔχοντας τὰ βλέμματά μας πρὸς τὴν ἐπουράνιο Βασιλεία. Ἡ ζωὴ μας πρέπει νὰ εἶναι μαρτυρία φωτός, νὰ ἀντικατοπτρίζει τὸν θρίαμβο τῆς ζωῆς ἐπὶ τοῦ θανάτου. Ὁ ἀναστάσιμος παιᾶνας **«Χριστὸς ἀνέστη»** σημαίνει ὅτι δὲν ζοῦμε πλέον ὡς δοῦλοι τοῦ παλαιοῦ ἀνθρώπου, ἀλλὰ ὡς πολῖτες τῆς οὐρανόου Βασιλείας.

Μακάρι τὸ φῶς τῆς Ἀναστάσεως νὰ ἐγκατασταθῇ μόνιμα στὶς καρδιές μας, καὶ νὰ φωτίζει τὴν ὁδὸ τῆς σωτηρίας μας.

Χριστὸς ἀνέστη! Ἀληθῶς ἀνέστη!

Πρωτοπρεσβύτερος



Βασίλειος Γ. Ἀποστολίδης, Δρ.Μ
Ἱερατικὸς Προϊστάμενος

«*And if Christ is not risen, your faith is futile*»

(1 Cor. 15:17)

The glorious day of our Lord Jesus Christ's Resurrection is not only the highlight of the divine plan but also the essence of the Christian life. Through the Resurrection, sin is conquered, death is overcome, and new life is revealed "*in the light of divine glory.*"

The Holy Apostle Paul proclaims: "*And if Christ is not risen, your faith is futile*" (1 Cor. 15:17). The Resurrection of Christ confirms our salvation, showing that sin and death no longer dominate human history. Man is no longer subject to corruption but is called to experience the newness of life in Christ.

Every Christian's personal resurrection is a lasting involvement in the mystery of divine grace. It is not just a moral rebirth but the transition "*from death to life,*" the journey from the slavery of sin to the freedom of the children of God. Saint Gregory the Theologian exhorts us: "*Easter is the transition from the perishable to the imperishable.*" Therefore, every believer is called to move from the darkness of the old self to the illumination of divine life.

However, how can we experience this personal resurrection? The Lord guides us: repentance, prayer, love, and Holy Communion. Repentance is the door through which we return to a life of grace. Prayer is the breath of the soul, the Metexis, communication with God. Love is the visible sign of resurrection, and voluntary sacrifice for our brothers reflects Christ's sacrifice. Holy Communion is the nourishment of true life, because "*he who eats My flesh and drinks My blood has eternal life*" (John 6:54).

My beloved brothers and sisters, the Resurrection of the Lord calls us to live as resurrected people, reborn in Christ, with our gaze fixed on the heavenly Kingdom. Our life must be a testimony of light, reflecting the triumph of life over death. The resurrection paean "*Christ is Risen*" means that we no longer live as slaves of the old man, but as citizens of the heavenly Kingdom.

May the light of the Resurrection be forever rooted in our hearts, shining upon the path to our salvation.

Christ Is Risen! Truly He Is Risen!

Reverend Protopresbyter



Vasileios G. Apostolidis, PhD
Presiding Priest

LITURGICAL SCHEDULE

Wednesday 1	4:00pm 9th Hour and Presanctified Liturgy
Saturday 4	THE RESURRECTION OF LAZARUS 8:30am Orthros - 09:30am Hierarchical Divine Liturgy presided by His Grace Bishop Nektarios of Diokleia
Sunday 5	PALM SUNDAY 8:30am Orthros - 10:00am Divine Liturgy 7:00pm Bridegroom Service (Orthros of Holy Monday)
Monday 6	HOLY MONDAY 7:00pm Bridegroom Service (Orthros of Holy Tuesday)
Tuesday 7	HOLY TUESDAY 7:00pm Bridegroom Service (Orthros of Holy Wednesday)
Wednesday 8	HOLY WEDNESDAY 5:00pm Holy Unction 7:00pm Nipter Service (Orthros of Holy Thursday)
Thursday 9	HOLY THURSDAY 8:00am Vespers & Divine Liturgy of St. Basil the Great 7:00pm The Holy Passion of Christ (Orthros of Holy Friday)
Friday 10	HOLY FRIDAY 1:00pm The Great & Royal Hours 3:00pm Unnailing from the Cross (Holy Saturday Vespers) 7:00pm Epitaphios Service (Orthros of Holy Saturday) 9:00pm Epitaphios procession
Saturday 11	HOLY SATURDAY 8:00am Vespers & Divine Liturgy of St. Basil the Great 11:00pm Pannychis & Anastasis Ceremony Easter Orthros & Divine Liturgy
Sunday 12	EASTER SUNDAY 11:00am Agape Vespers
Sunday 19	Thomas Sunday 8:30am Orthros - 10:00am Divine Liturgy
Thursday 23	St. George the Great Martyr 9:00am Orthros - 10:00am Divine Liturgy
Sunday 26	Sunday of the Myrrh-bearing women 8:00am Orthros - 09:30am Divine Liturgy

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

Τετάρτη 1	4:00μ.μ. 9 ^η Ώρα και Προηγιασμένη Θεία Λειτουργία
Σάββατο 4	Η ΑΝΑΣΤΑΣΙΣ ΤΟΥ ΛΑΖΑΡΟΥ 8:30π.μ. Όρθρος - 9:30π.μ. Αρχιερατική Θεία Λειτουργία προεξάρχοντος του Θεοφ. Επισκόπου Διοκλείας κ. Νεκταρίου
Κυριακή 5	ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΪΩΝ 8:30π.μ. Όρθρος - 10:00π.μ. Θεία Λειτουργία 7:00μ.μ. Άκολουθία του Νυμφίου (Όρθρος Μ. Δευτέρας)
Δευτέρα 6	ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ 7:00μ.μ. Άκολουθία του Νυμφίου (Όρθρος Μ. Τρίτης)
Τρίτη 7	ΜΕΓΑΛΗ ΤΡΙΤΗ 7:00μ.μ. Άκολουθία του Νυμφίου (Όρθρος Μ. Τετάρτης)
Τετάρτη 8	ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ 5:00μ.μ. Ίερὸν Εὐχέλαιον 7:00μ.μ. Άκολουθία του Νιπτήρος (Όρθρος Μ. Πέμπτης)
Πέμπτη 9	ΜΕΓΑΛΗ ΠΕΜΠΤΗ 8:00π.μ. Ἑσπερινὸς καὶ Θεία Λειτουργία τοῦ Μεγάλου Βασιλείου 7:00μ.μ. Τὰ Ἅγια Πάθη (Όρθρος Μ. Παρασκευῆς)
Παρασκευή 10	ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ 1:00μ.μ. Μεγάλες καὶ Βασιλικές Ὁρες 3:00μ.μ. Ἀποκαθίλωσις (Ἑσπερινὸς Μ. Σαββάτου) 7:00μ.μ. Άκολουθία Ἐπιταφίου Θρήνου (Όρθρος Μ. Σαββάτου) 9:00μ.μ. Ἑξοδὸς Ἐπιταφίου
Σάββατο 11	ΜΕΓΑΛΟ ΣΑΒΒΑΤΟ 8:00π.μ. Ἑσπερινὸς καὶ Θεία Λειτουργία τοῦ Μεγάλου Βασιλείου 11:00μ.μ. Παννυχίδα καὶ Τελετὴ Ἀναστάσεως Ἀναστάσιμος Όρθρος καὶ Θεία Λειτουργία
Κυριακή 12	ΑΓΙΟΝ ΠΑΣΧΑ 11:00π.μ. Ἑσπερινὸς Ἀγάπης
Κυριακή 19	Κυριακὴ του Θωμά (Ἀντίπασχα) 8:30π.μ. Όρθρος - 10:00π.μ. Θεία Λειτουργία
Πέμπτη 23	Ἁγίου Γεωργίου τοῦ Μεγαλομάρτυρος 9:00π.μ. Όρθρος - 10:00π.μ. Θεία Λειτουργία
Κυριακή 26	Κυριακὴ των Μυροφόρων 8:00π.μ. Όρθρος - 9:30π.μ. Θεία Λειτουργία

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^{ου} 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 πολλαῖς άμαρτιαῖς περιπεσοῦσα γυνή...*» 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 | ε) τα κτυπήματα |
| β) τα μαστιγώματα | ς) το αγκάθινο στεφάνι, και |
| γ) τις κοροϊδίες | ζ) κυρίως την Σταύρωση και |
| δ) τους εξευτιλισμούς | 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 τους νεκρούς.

Τη Μεγάλη Παρασκευή το μεσημέρι (ημερολογιακά), τελούνται οι εξής ακολουθίες: η Ακολουθία των Μεγάλων Ωρών και ο Εσπερινός της Αποκαθηλώσεως, 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, θανάτῳ θάνατον πατήσας, και τοῖς ἐν τοῖς μνήμασι, ζῶν ἁριστάμενος.»

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 11th 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.

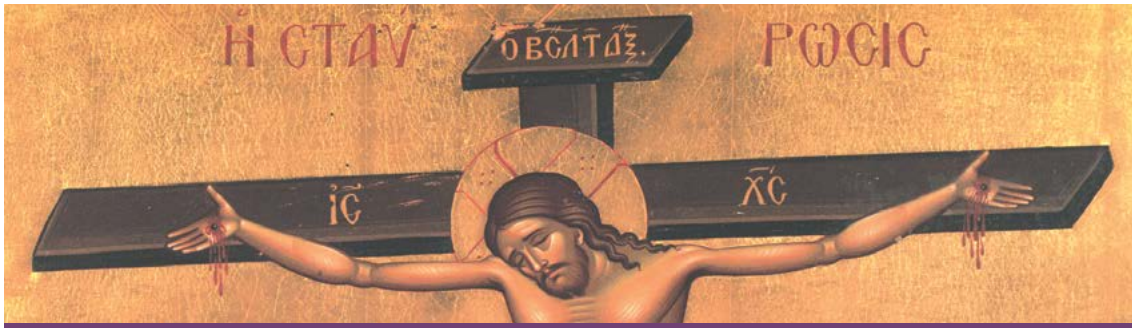
HOLY TUESDAY

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 | e) the flogging |
| b) The blows | f) the crown of thorns, and |
| c) The mockery | g) the Crucifixion and |
| d) the reviling | 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.



ΜΑΘΕ ΚΑΙ ΑΥΤΟ

Σύμφωνα με την παράδοση πρώτη από όλους ξυπνούσε η Πασχαλιά, προτού σηκωθούν από το λήθαργο του χειμώνα τα υπόλοιπα βοτάνια, για να απολαύσει το θαυμασμό των ανθρώπων και να αναγγείλει το ερχομό της Άνοιξης.

Γιατί τα λουλούδια της Πασχαλιάς είναι μωβ;

Μια μέρα όμως, σαν ο ήλιος ξύπνησε κρυμμένος πίσω από μαύρα σύννεφα, η πασχαλιά στολισμένη περιμενε το θαυμασμό και την παρέα των άλλων φυτών, αλλά μάταια. Μια γενική κατήφεια επικρατούσε και τα υπόλοιπα φυτά ήταν βουβά και μαραμένα. Γύρευε εξηγήσεις και τότε έμαθε το θλιβερό μαντάτο, πως ο Ιησούς πέθανε πάνω στο σταυρό του μαρτυρίου. Όλη η φύση μοιρολογούσε κι αυτή καμάρωνε χωρίς ντροπή; Αμέσως ντύθηκε πενθιμα κι από λευκά που ήταν τα άνθη της έγιναν μωβ.

Από τότε πρώτη θυμίζει στους ανθρώπους πως πλησιάζει το Πάσχα!



According to tradition, the lilac was the first of all plants to awaken from the sleep of winter, even before the other herbs and flowers. It would blossom early, as if to delight in the admiration of people and to announce the coming of spring.

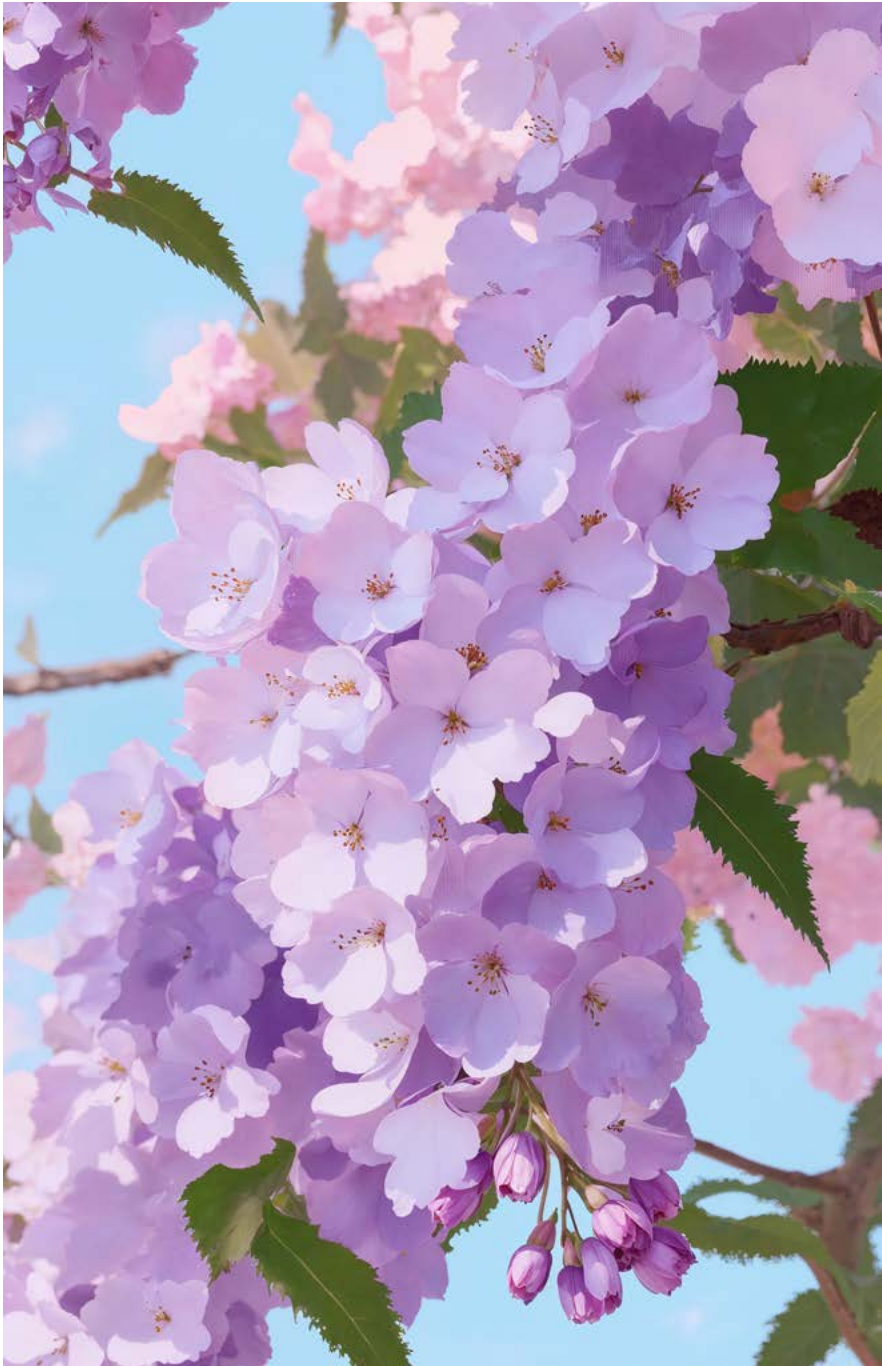
Why Are the Lilac Blossoms Purple at Pascha?

But one day, as the sun rose hidden behind dark clouds, the lilac stood adorned in its beauty, waiting for the joy and companionship of the other plants. Yet everything was silent. A deep sadness had fallen over all creation, and the plants stood still and withered in grief.

Wondering what had happened, the lilac learned the sorrowful news. That Jesus Christ had died upon the Cross.

All of nature was mourning, how could it remain joyful and radiant without shame?
At once, it clothed itself in mourning. Its blossoms, once white, turned purple.

And ever since then, the lilac is the first to remind us that Pascha is near, calling us to enter into both the sorrow of the Cross and the hope of the Resurrection!



SAINT OF THE MONTH

SAINT GEORGE THE GREAT MARTYR

April 23



Saint George was born between the years 280–285 A.D., most likely in the region of Armenia, during the reign of Emperor Diocletian. There, in a monastery of the area, the Saint received the Sacrament of Baptism and became a member of the Church.

His father, Gerontius, was a senator and held the rank of a military commander. He came from a wealthy and distinguished family of Cappadocia. An old manuscript records that Saint George was born in Sebastoupolis of Lesser Armenia and that he was initially a pagan before later becoming a Christian. His mother, Polychronia, was a Christian and came from the well-known city of Lydda (Diospolis) in Palestine.

According to the sources, when the Saint was still young, his family moved to Lydda following the death of his father.

At a young age, George enlisted in the Roman army. He distinguished himself through his courage and heroism and attained the rank of Tribune. Soon after, Diocletian appointed him Duke (commander) with the title of Count in the elite unit of the imperial guard known as the Anicii.

In early 303 A.D., the Saint was arrested and endured martyrdom. His faith led to the baptism into Christianity of the soldiers Anatolius and Protoleon, Victor and Akindynos, Zotikos and Zenon, Christopher and Severian, Theonas, Caesarius, and Anthony—whose memory the Church commemorates on April 20—as well as Queen Alexandra, the wife of Diocletian, together with her servants Apollo, Isaac, and Codratus, whose memory is honored on April 21.

After many tortures, Saint George was martyred by beheading on Friday, April 23, in the year 303 A.D. According to the calculations of the historian Eusebius and the Macedonian calendar, this day corresponded to Bright Friday of Pascha. Christians secretly took his precious relics and buried them along with those of his holy mother, who was martyred the same day or the following day.

The Saint's faithful servant, Pasikrates, fulfilling the Saint's wish, received the sacred relics of the Martyr together with those of his mother and transferred them to Lydda in Palestine. From there, as sources attest, the Crusaders later took the holy relics of Saint Polychronia and brought them to the West.

After the martyrdom of Saint George, his fellow prisoners Eusebius, Neon, Leontius, Longinus, and four others were also martyred. The Church commemorates them on April 24.

Ο ΑΓΙΟΣ ΤΟΥ ΜΗΝΑ

ΑΓΙΟΣ ΓΕΩΡΓΙΟΣ Ο ΤΡΟΠΑΙΟΦΟΡΟΣ

23 Απριλίου

Ο Άγιος Γεώργιος γεννήθηκε μεταξύ των ετών 280 – 285 μ.Χ., πιθανότατα στην περιοχή της Αρμενίας, κατά τους χρόνους του αυτοκράτορος Διοκλητιανού. Εκεί, σε ένα μοναστήρι της περιοχής, ο Άγιος δέχθηκε το μυστήριο του Βαπτίσματος και έγινε μέλος της Εκκλησίας. Ο πατέρας του Αγίου ονομαζόταν Γερόντιος, ήταν Συγκλητικός – στρατηλάτης στο αξίωμα – και καταγόταν από πλούσια και επίσημη γενιά της Καππαδοκίας. Σε παλαιό χειρόγραφο αναφέρεται ότι γεννήθηκε στη Σεβαστούπολη της Μικράς Αρμενίας και ότι αρχικά ήταν ειδωλολάτρης, ενώ αργότερα έγινε Χριστιανός. Η σύζυγός του ονομαζόταν Πολυχρονία, ήταν Χριστιανή και καταγόταν από τη γνωστή Λύδδα (Διδόσπολη) της Παλαιστίνης. Όπως αναφέρουν οι πηγές, η οικογένεια του Αγίου, όταν εκείνος ήταν σε μικρή ηλικία, μετοίκησε στη Λύδδα, λόγω του θανάτου του πατρός του.

Σε νεαρή ηλικία ο Γεώργιος κατατάχθηκε στο Ρωμαϊκό στρατό. Διακρίθηκε για την τόλμη και τον ηρωισμό του και έλαβε το αξίωμα του Τριβούνου. Λίγο αργότερα ο Διοκλητιανός τον έκανε Δούκα (διοικητή) με τον τίτλο του Κόμητος στο τάγμα των Ανικίωνων της αυτοκρατορικής φρουράς.

Στις αρχές του 303 μ.Χ. ο Άγιος συλλαμβάνεται και ακολουθεί το μαρτύριο. Η πίστη του Αγίου γίνεται αφορμή να βαπτισθούν Χριστιανοί οι στρατιωτικοί Ανατόλιος και Πρωτολέων, Βίκτωρ και Ακίνδυνος, Ζωτικός και Ζήνωνας, Χριστόφορος και Σεβηριανός, Θεωνάς, Καισάριος και Αντώνιος, των οποίων τη μνήμη εορτάζει η Εκκλησία στις 20 Απριλίου και η βασίλισσα Αλεξάνδρα, σύζυγος του Διοκλητιανού, μαζί με τους δούλους της Απολλώ, Ισαάκιο και Κοδράτο, των οποίων η μνήμη τιμάται στις 21 Απριλίου.



Ο Άγιος μαρτύρησε, «απετημήθη την κεφαλήν», μετά από πλήθος βασανιστηρίων, την Παρασκευή 23 Απριλίου του έτους 303 μ.Χ. Κατά δε τον υπολογισμό του ιστορικού Ευσεβίου και σύμφωνα με το Μακεδονικό ημερολόγιο, η ημέρα αυτή αντιστοιχούσε στην Παρασκευή της Διακαινησίμου, του Πάσχα. Κρυφά σήκωσαν οι Χριστιανοί το πάντιμο λείψανό του και το έθαψαν μαζί με αυτό της Αγίας μητρός του, η οποία μαρτύρησε την ίδια η την επόμενη ημέρα. Ο πιστός υπηρέτης του Αγίου, Πασικράτης, εκτελώντας την επιθυμία του Αγίου, παρέλαβε το Άγιο λείψανο του Μάρτυρα μαζί με αυτό της μητέρας του και το μετέφερε στη Λύδδα της Παλαιστίνης. Από εκεί, όπως βεβαιώνουν οι πηγές, οι Σταυροφόροι πήραν τα ιερά λείψανα της Αγίας Πολυχρονίας και τα μετέφεραν στη Δύση.

Μετά το μαρτυρικό θάνατο του Αγίου, μαρτύρησαν και οι συνδέσμοί του Ευσέβιος, Νέων, Λεόντιος, Λογγίνος και άλλοι τέσσερις μαζί. Την μνήμη τους τιμά η Εκκλησία στις 24 Απριλίου.

PARISH COUNCIL

Dear Beloved Parish Family,

The **Great Feast of Pascha** is upon us, and our hearts are filled with joy and anticipation as we prepare to celebrate the Resurrection of our Lord and Savior, Jesus Christ. This sacred season is a time of renewal, reflection, and unity within our faith and community.

We are especially honored and excited to welcome **His Grace, Bishop Nektarios**, who will preside over the Divine Liturgy of Lazarus Saturday. His presence is a true blessing for our parish as we begin our journey into Holy Week.

In addition, we look forward with great enthusiasm to our Pascha services, which will once again feature the beautiful and reverent **Byzantine chanting** procession, a cherished tradition that enriches our worship experience and brings us closer to the solemn joy of the Resurrection.

We would also like to extend our heartfelt gratitude to **His Eminence Archbishop Elpidophoros** for gracing our parish with his presence and blessing on March 20th during the Salutations to the Theotokos. His visit was truly uplifting and memorable for all who attended.

As we move forward, we are excited to participate in the **Greek Independence Day Parade**, which will be held on Sunday, April 26th. We encourage all members of our community to come out and show their pride and support with a strong parish presence.

Looking ahead, please mark your calendars for our annual **Greek Festival**, scheduled for September 11th, 12th, and 13th. This beloved event is a cornerstone of our community life, but it cannot succeed without your help. We are in dire need of volunteers and kindly ask anyone interested to contact the Parish Council. Your time and talents are greatly appreciated.

Finally, we are thrilled to announce our **Traditional Greek Night** in our Katsoris Center on May 2nd, featuring our talented Hellenic Dancers and the lively music of the band Anemos. It promises to be a wonderful evening of culture, fellowship, and celebration.

On behalf of the Parish Council, I wish each and every one of you a joyous and blessed Pascha. May the light of the Resurrection fill your hearts and homes with peace, love, and hope.

With love in Christ,

Spyro Lazaretos
Parish Council President



HOLY TRINITY + ST. NICHOLAS
GREEK ORTHODOX CHURCH OF STATEN ISLAND

Traditional Greek night

May 2nd

7:00pm

LIVE ENTERTAINMENT

by the

Finemos Music

50/50 Raffle

\$75 (16 & OVER) \$35 (7 - 15 yrs old) FREE (6 yrs & YOUNGER)

BUFFET, CASH BAR (BEER & WINE)

KATORSIS HELLENIC CENTER

1641 RICHMOND AVE, STATEN ISLAND, NY

PLEASE CONTACT PAULINE THATEN FOR QUESTIONS AND RSVP BY APR 27th (917) 932-4076

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 7th was our Cook for Trinity Lutheran Soup Kitchen. The Soup Kitchen Crew served 130 meals on site with another ten takeouts. The menu was meatball hero sandwiches, peas, corn, salad, and pudding. A heartfelt thank you for your time and efforts.

Project Hospitality was completed successfully on the 27th with sandwiches and salads served to the needy through Bagel Hut in Grant City. Thank you to Panagiota Karidis for making the arrangements for this very worthy cause.

Events for April:

- 4/4 Cook for Trinity Lutheran Soup Kitchen
- 4/5 Palm Sunday

Please Note:

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

Philoptochos Monthly Tray

This month's monies will go towards the following ministries:

- Sisterhood of Saint Basil Academy
- Internation Orthodox Christian Charities (IOCC)
- **4/12 Pascha**
- 4/14 Monthly meeting 6:30 refreshments/7:00 meeting
Please come join us, as we, Philoptochos "friend of the poor" help those in need.
- 4/24 Project Hospitality





Save the Date:

Thursday, May 14th, 2026

Ladies Philoptochos Annual Spring Dinner,

“Mamma Mia! Greek Dreams/Dancing Queens” ABBA! OPA!

For more info see flyer

Wishing everyone a Blessed and Peaceful Pascha!

Conveying the blessings and love of Fr. Vasileios,

Contact us at: philoptochos@htsngoc.org

Faithfully,
Dee Sidiropoulos, President









Sunday

Monday

Tuesday

Wednesday

			1 Mary of Egypt  Presanctified Liturgy 4:00 PM GOBL Basketball Practice 6:00 PM
5 Palm Sunday 	6 Holy Monday 	7 Holy Tuesday 	8 Holy Wednesday 
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM Bridegroom Service 7:00 PM	Bridegroom Service 7:00 PM	Bridegroom Service 7:00 PM	Holy Unction 5:00 PM Nipter Service 7:00 PM
12 Great and Holy Pascha	13 Renewal Monday	14 Renewal Tuesday	15 Renewal Wednesday
Agape Vespers 11:00 AM		GOBL Basketball Practice 6:00 PM	GOBL Basketball Practice 6:00 PM
19 Thomas Sunday	20 2nd Monday after Pascha	21 2nd Tuesday after Pascha	22 2nd Wednesday after Pascha 
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM Basketball Awards 1:00 PM			
26 Sunday of the Myrrh-Bearing Women	27 3rd Monday after Pascha	28 3rd Tuesday after Pascha	29 3rd Wednesday after Pascha 
Orthros 8:30 AM Liturgy 9:30 AM GREEK PARADE 12:00 PM			

Thursday

Friday

Saturday

2 Titus the Wonderworker 	3 Nicetas, Abbot of the Monastery of Medicum 	4 Lazarus Saturday 
GOBL Basketball Practice 6:00 PM Executive Board Meeting 8:00 PM	JOY 6:00 PM Jr GOYA 7:00 PM GOYA 7:30 PM	Orthros 8:30 AM Liturgy 9:30 AM presided by His Grace Bishop Nektarios of Diokleia
9 Holy Thursday 	10 Holy Friday 	11 Holy Saturday 
Vespers & Divine Liturgy of St. Basil the Great 8:00 AM The Holy Passion of Christ 7:00 PM	The Great & Royal Hours 1:00 PM Unnailing from the Cross 3:00 PM Epitaphios Service 7:00 PM Epitaphios procession 9:00 PM	Vespers & Divine Liturgy of St. Basil the Great 8:00 AM Pannychis & Anastasis Ceremony Easter Orthros & Divine Liturgy 11:00 PM
16 Renewal Thursday	17 Renewal Friday: Theotokos of the Life-giving Spring	18 Renewal Saturday
GOBL Basketball Practice 6:00 PM Parish Council Meeting 8:00 PM	JOY 6:00 PM Jr GOYA 7:00 PM GOYA 7:30 PM	
23 George the Great Martyr and Triumphant	24 2nd Friday after Pascha 	25 Mark the Apostle and Evangelist
Orthros 9:00 AM Liturgy 10:00 AM	GOYA 7:30 PM Adult Hellenic Dancers 8:00 PM	
30 James the Apostle and brother of St. John the Theologian		



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: **Κατάλυσις εις πάντα:** Επιτρέπονται όλα τα τρόφιμα (Yellow)



YOUTH MINISTRY



JOY



All 3rd to 5th graders are invited to join JOY, as we build friendships through the activities that strengthen our Greek Orthodox identity. We meet every first and third Friday of the month, 6-7pm. During the Lenten month of March, JOY kids learned about the Ladder of the Divine Ascent and St. John Climacus. They made their own “Lenten Ladders” marking the “good” qualities that bring us closer to Jesus, and the “bad” ones that throw us off the ladder.



On Friday, April 3rd, our JOY kids will come together to learn about and bake Lazarakia breads to give out in church on the Saturday of Lazarus.

Kali Anastasi to all!

Contact us at: joy@htsngoc.org

GOYA

All 8th to 12th graders are invited to join GOYA. Our teenagers plan activities that strengthen their Greek Orthodox identity as well as their friendships. They meet every Friday, 7-8 pm. We are proud of our GOY-Ans that read the “Aspile” and “Kai Dos Imin Despota” prayers during the Salutation services. We look forward to their participation in the annual Greek Parade on April 26, and annual Archdiocesan District Olympics, on Memorial Day weekend. *Kali Anastasi!*

Contact us at: goya@htsngoc.org



JUNIOR GOYA



All 6th and 7th 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. We meet every first and third Friday of the month, 7-8 pm. In the Lenten month of March, Junior GOYAnS continued to read the “Aspile” and “Kai Dos Imin Despota” prayers during the Salutation services, including during the Archbishop’s

visit. We are very proud of our children who have continued this beautiful tradition.

In March, the Junior GOYAnS had a blast at the Trampoline Park, jumping, bonding, and spending quality time with one another.

On Friday, April 3rd, they will learn about, and bake, Lazarakia breads, which they will give out during the Saturday of Lazarus service, April 4th. *Kali Anastasi to all!*

Contact us at: jr.goya@htsngoc.org



HELLENIC DANCERS



Calling all youth!

Please join us every Sunday, after church for dance practice. Learn traditional folk dances from all parts of Greece. Our robust program, consisting of three youth groups, aims to pass on our rich cultural legacy of music and dance to our children. Through traditional Greek folk dancing, our children learn the language, history, and cultural traditions of all regions of Greece. It is important to us that they enjoy it, and we hope their love of Greek dancing becomes a part of who they are, so they can pass it on to their children.

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.

For **April** we will meet on **Friday, April 24th**.

Co-Directors
Stella Viris, Kevi Langis

GREEK SCHOOL

Η Ελληνική παράδοση είναι γεμάτη με όμορφα έθιμα τα οποία περνάνε από γενιά σε γενιά. Με την Ανάσταση και το Πάσχα, οι μαθητές μας έχουν την ευκαιρία να συνδεθούν με την ιστορία και τις αξίες του λαού μας κατανοώντας έτσι τις ρίζες τους και τη σημασία των παραδόσεων. Εξηγούμε στους μαθητές μας την ομορφιά των εθίμων της Ελληνικής παράδοσης, από το ψήσιμο του αρνιού μέχρι την Ανάσταση καθώς και την αξία αυτών των παραδόσεων στην καθημερινή τους ζωή.

Αναλυτικότερα:

Το ψήσιμο του αρνιού που συμβολίζει την αθωότητα, τη θυσία και την αναγέννηση.
Η λαμπάδα του νονού/νονάς που συνδέεται άμεσα με το φώς που φέρνει η Ανάσταση του Χριστού.
Το μήνυμα της Ανάστασης του Χριστού που νίκησε τον θάνατο και έφερε το φώς της ζωής.
Η σημασία των παραδόσεων όπου οι μαθητές μας μαθαίνουν για τις ρίζες τους και την πολιτιστική τους κληρονομιά. Συμμετέχουν στα πασχαλινά μας έθιμα με τις δημιουργίες συμβολικών δώρων που τους παρέχουν όχι μόνο γνώσεις αλλά και συναισθηματική ικανοποίηση.
Η Ανάσταση του Θεανθρώπου ας φέρει γαλήνη και αγάπη στις καρδιές όλων μας, αισιοδοξία, ειρήνη και αλληλεγγύη σε όλο τον κόσμο.

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*Επισημάνει το Άγιον Πνεύμα
 διαφωτιστικῶς καὶ ἡμῶν τὸν ἄνθρωπον
 ἵνα ἀποκαταστήσῃ αὐτὸν εἰς τὴν ἀληθινὴν
 εὐχέλῃ καὶ ἀγαθὴν ἐπιθυμίαν
 ἡμῶν καὶ ἀποκαταστήσῃ αὐτὸν
 εἰς τὴν ἀληθινὴν εὐχέλῃ καὶ ἀγαθὴν
 ἐπιθυμίαν ἡμῶν καὶ ἀποκαταστήσῃ
 αὐτὸν εἰς τὴν ἀληθινὴν εὐχέλῃ
 καὶ ἀγαθὴν ἐπιθυμίαν ἡμῶν*

To Ἅγιον Πνεύμα



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 4-19).

Palm Cross Making

Palm cross making will take place on Lazarus Saturday, April 4th 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.

RECIPE OF THE MONTH

by *Presbytera Elisavet*



Lamb with Avgolemono

Preparation:

In a wide pot, heat the olive oil and sauté the lamb pieces with salt and pepper until well browned. Deglaze with the white wine and let the alcohol evaporate. Add the water, bring to a boil, then reduce heat and simmer. Meanwhile, prepare the vegetables: slice the spring onions and coarsely chop the lettuce (so it retains texture in the dish). Once the meat is tender (about 1 hour), add the spring onions, lettuce, and dill. Let the dish simmer gently for 15–20 minutes, until the liquids are slightly reduced. Do not stir with a spoon—simply shake the pot gently.

Avgolemono Sauce

In a bowl, whisk the eggs and lemon juice together. Gradually add 3–5 spoonfuls of the hot broth from the pot into the mixture, whisking continuously to temper it. Remove the pot from the heat, pour in the avgolemono, and stir gently and continuously until combined.

Serving

Serve warm, sprinkled with fresh dill and a slice of lemon.

Ingredients:

3 lb lamb (preferably from the shoulder or rib/kidney area), cut into portions
1/2 cup olive oil
3 cups water
1/3 cup white wine
10–12 spring onions, sliced
3 large sprigs dill (or 1/2 bunch), chopped
1–2 large heads of lettuce, coarsely chopped
Salt & pepper

For the Avgolemono Sauce:

2–3 eggs
Juice of 1–2 lemons

Cultural Note

While lamb may be roasted on the spit in the countryside at Pascha, lamb fricassee beautifully embodies the spirit and freshness of **Greek spring**. This dish instantly brings to mind the comforting flavors of a grandmother's kitchen. The term fricassee comes from the French cuisine, referring to a method of cooking meat with vegetables in a light-colored sauce. In the Greek tradition, this evolved into the beloved avgolemono sauce, giving the dish its distinct character. Interestingly, Abraham Lincoln was known to enjoy chicken fricassee as one of his favorite meals.

Καλή όρεξη! Bon Appetit!

STEWARDSHIP LIST 2026



(as of March 12, 2026)

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Spiro and Cheryl Antypas
Nikolaos Apostolidis
George and Nikoletta
Apostolopoulos
Panagiota Arfanis
Konstantinos and Susan Arvanites
Michael Arvanites
Emanuel and Anna Belibasakis
Hazis and Zhanetta Bello
Dimitrios Bentevis
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Andrew Brennan
Melissa Brennan
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Demetra Christofilakes
Annetta Colon
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ARCHDIOCESAN DISTRICT OLYMPICS

It's that time of the year again! **Greek Orthodox Archdiocesan District Olympics!**

Friday May 22nd to Sunday May 24th

at the Suffolk County Community College in Brentwood, New York.

Parents will need to upload the child's Birth Certificate and Baptismal Certificate when registration opens.

Volunteer coaches will be needed for the events.

JOY (7 - 12) Events: track (50m dash, 4x50m shuttle, 4x100m shuttle), softball throw, standing long jump, basketball (free throws, around the world, 3v3), board games (chess, checkers, backgammon, nok-hockey, table tennis), swimming (25m freestyle, 4x25m relay), kickball, soccer

GOYA (13-18) Events: swim (50m freestyle, 100m freestyle, 100m relay), soccer, softball, volleyball, track (50m dash, 200m dash, 400m dash, 800m run, 1500m run, 4x200m relay, 5k), field (shot put, softball throw, long jump, high jump), board games (chess, checkers, table tennis, backgammon), basketball (free throws, 3v3)

For more information, please visit the website at www.goado.com

Please reach out to me if you would like to volunteer via email at: olympics@htsngoc.org

Anneta Dragazis-Colon
Chairperson

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FEBRUARY 28TH 2026 12 PM

We are excited to share that registration for Camp Saint Paul 2026 is now open! This beloved summer camp offers a joyful, faith - filled experience for our youth, and we encourage you to consider enrolling your child.

Scholarship Opportunity

Our Parish is pleased to offer Scholarships for Camp St. Paul tuition. If you are interested in applying, please contact as soon as possible to the Church office or via email to: parishcouncil@htsngoc.org.

To be eligible for the scholarship:

- ◆ Camper must be an active member in our youth ministries.
- ◆ Family stewardship must be fulfilled for 2025.



COFFEE FELLOWSHIP



Join us every Sunday after Divine Liturgy



- April 5th PANCYPRIANS
- April 12th — (EASTER SUNDAY)
- April 19th PARISH COUNCIL
- April 26th AHEPA

Please note... all Fasting days are in bold

Σημείωση... Οι ημέρες Νηστείας είναι με έντονα γράμματα

DAUGHTERS OF PENELOPE

To all our Daughters of Penelope and extended community

We wish everyone a **blessed Easter**. We prepare during Holy Week to arrive at our Anastasi service and chant “Christos Anesti”, “Christ is Risen”.

Our April meeting is scheduled for **Thursday April 30 at 7 pm** with refreshments at 6:30 pm. Location is the community center lobby.

Diana Kolaitis
Corresponding Secretary

PANCYPRIAN ASSOCIATION



Pancyprian Annual BBQ at **Sunday May 31**

Tickets on sale soon.

For more info contact Penny Phytides.

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[@FederationNY](https://www.instagram.com/FederationNY) [@NYGreekParade](https://www.instagram.com/NYGreekParade) **REGISTER ONLINE**

Our Parish will be marching in the Greek Parade on **April 26th, 2026!**

We will be hiring a bus to take us to the parade from church after Liturgy 12:00 pm and back to the church after the Parade.

Kindly secure your seats by calling the office at: (718) 494-0658 by March 21th.

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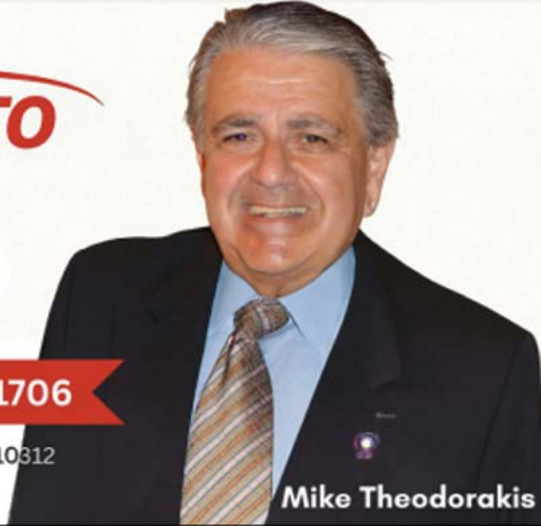


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METHEXIS[©]

«*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

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

April 10, 2026

Submissions can be emailed to:

info@htsngoc.org

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GREEK ORTHODOX
ARCHDIOCESE OF AMERICA

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