

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

June 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

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## 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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# Ἀπολυτίκιον τῆς Πεντηκοστῆς

Ἦχος πλ. δ΄

Εὐλογητὸς εἶ, Χριστέ ὁ Θεὸς ἡμῶν,  
ὁ πανσόφους τοὺς ἀλειτουργοὺς ἀναδείξας,  
καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον,  
καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, Φιλάνθρωπε,  
δόξα σοι.

# Apolytikion of Pentecost

Mode pl. 4

Blessed are You, O Christ our God.

You sent down the Holy Spirit into the fishermen,  
and You gave them knowledge and wisdom in everything;  
and through them, as in a net You caught the whole world.

O Lord who loves humanity,  
glory to You!

# ἑκοντάκιον τῆς Ἑορτῆς

Ἦχος πλ. δ΄

Ὅτε καταβάς τὰς γλώσσας συνέχεε,  
διεμέριζεν ἔθνη ὁ Ὑψιστος·  
ὅτε τοῦ πυρὸς τὰς γλώσσας διένειμεν,  
εἰς ἐνότητα πάντας ἐκάλεσε·  
καὶ συμφώνως δοξάζομεν  
τὸ Πανάγιον Πνεῦμα.

# ἑκοντάκιον τῆς Ἑορτῆς

Mode pl. 4

When the Most High God came down  
and confused the tongues, He divided the nations.

When He distributed the tongues of fire,

He called all to unity.

And with one voice

we glorify the all-holy Spirit.

# Ὁ Οἶκος

Ταχεῖαν καὶ σταθερὰν δίδου παραμυθίαν τοῖς δούλοις σου,

Ἰησοῦ, ἐν τῷ ἀκηδιάσει τὰ πνεύματα ἡμῶν·

μὴ χωρίζου τῶν ψυχῶν ἡμῶν ἐν θλίψεσι,

μὴ μακρύνου τῶν φρενῶν ἡμῶν ἐν περιστάσεσιν,

ἀλλὰ ἀεὶ ἡμᾶς πρόφθασον.

Ἐγγισον ἡμῖν, ἔγγισον ὁ πανταχοῦ·

ὡς περ καὶ τοῖς Ἀποστόλοις σου πάντοτε συνῆς,

οὕτω καὶ τοῖς σὲ ποθοῦσιν ἔνωσον σαυτὸν Οἰκτίρμον,

ἵνα συνημμένοι σοι ὑμῶμεν,

καὶ δοξολογῶμεν τὸ πανάγιόν σου Πνεῦμα.

# Oikos

Speedy and constant consolation give us, Your servants,

O Jesus, when our spirits become despondent.

Do not part from our souls when we are in trouble,

nor be far from our minds when we are in peril.

But draw near to us, draw near,

O You who are everywhere.

And as You are always with Your Apostles,

so also unite yourself to us

who long for You the Compassionate;

so that united to You we may extol

and glorify Your all-holy Spirit.

*«Βασιλεῦ οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας»  
(Δοξαστικό αἰώνων Πεντηκοστῆς)*

**Ἡ** Πεντηκοστή ἀποτελεῖ μία ἀπὸ τὶς κορυφαῖες Δεσποτικὲς ἑορτὲς τῆς Ὁρθόδοξου Ἐκκλησίας μας, κατὰ τὴν ὁποία ἐορτάζουμε τὴν κάθοδο τοῦ Παναγίου Πνεύματος στοὺς Ἁγίους Μαθητὰς καὶ Ἀποστόλους. Εἶναι ἡ ἑορτὴ τῆς Θείας δωρεᾶς, ἡ σφραγιδα τοῦ ἀπολυτρωτικοῦ ἔργου τοῦ Χριστοῦ καὶ ἡ γενέθλιος ἡμέρα τῆς Ἐκκλησίας. Κατὰ τὸν Ἅγιο Ἰωάννη τὸν Χρυσόστομο, ὁ Παράκλητος κατῆλθε ὄχι ἀπλῶς νὰ ἐπισκεφθεῖ, ἀλλὰ νὰ μείνει στοὺς ἀνθρώπους. Ἡ Πεντηκοστή ἀποτελεῖ τὴν ἐκπλήρωση τῆς ἐπαγγελίας τοῦ Κυρίου: *«ἐγὼ ἐρωτήσω τὸν Πατέρα, καὶ ἄλλον Παράκλητον δώσει ὑμῖν»* (Ἰω. 14,16). Τὸ Ἅγιο Πνεῦμα κατέρχεται στὸ ὑπερῶο τῆς Ἱερουσαλήμ, καὶ μεταμορφώνει τοὺς μαθητὲς ἀπὸ φοβισμένους ἀνθρώπους σὲ τολμηροὺς κήρυκες τῆς Ἀναστάσεως.

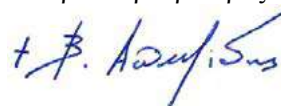
Ἡ ὕμνολογία τῆς ἑορτῆς ἀποτυπώνει μὲ μοναδικὴ ποίηση τὸ θαῦμα τῆς Πεντηκοστῆς. Στὴν περίφημη εὐχή τοῦ Ἑσπερινοῦ τῆς Γονυκλισίας, ἀναφέρεται: *«Ἐπὶ πάντας τοὺς λαοὺς ἐξέχεας, Κύριε, τοῦ Πνεύματός σου τὸ Πανάγιον...»* καὶ τονίζεται ἡ καθολικότητα τῆς χάριτος, πού δὲν περιορίζεται, ἀλλὰ προσφέρεται ἀπλόχερα σὲ ὅλους. Ἡ Ἐκκλησία βλέπει στὴν Πεντηκοστή τὴν ἀντιστροφή τῆς Βαβέλ. Ἐκεῖ πού οἱ γλῶσσες ἔγιναν αἰτία διαιρέσεως, τώρα γίνονται ὄργανα ἐνώσεως. Ἐκεῖ πού οἱ ἄνθρωποι σκορπίστηκαν, τώρα συγκεντρώνονται στὴν *«ἐν Χριστῷ»* κοινωνία.

Ἡ ἑορτὴ τῆς Πεντηκοστῆς δὲν εἶναι ἀπλῶς ἱστορικὴ ἀνάμνηση, ἀλλὰ βίωμα τῆς ζωντανῆς παρουσίας τοῦ Τριαδικοῦ Θεοῦ. Κάθε Θεία Λειτουργία, κάθε Μυστήριο, κάθε προσευχὴ τελεῖται *«ἐν Πνεύματι Ἁγίῳ»*. Χωρὶς Αὐτό, ἡ Ἐκκλησία καθίσταται ἕνας ἀπλὸς ἀνθρώπινος ὀργανισμός. Μὲ τὴ χάρη τοῦ Ἁγίου Πνεύματος, εἶναι *«στῦλος καὶ ἐδραῖωμα τῆς ἀληθείας»* (Α' Τιμ. 3,15). Στὴν Ὁρθόδοξη παράδοση, ἡ Κυριακὴ τῆς Πεντηκοστῆς εἶναι ἀχώριστα συνδεδεμένη μὲ τὴν Δευτέρα τοῦ Ἁγίου Πνεύματος. Ἡ Ἐκκλησία ἀφιερώνει τὴν ἐπομένη ἡμέρα ἀποκλειστικὰ στὴ λατρεία καὶ δοξολογία τοῦ Τρίτου Προσώπου τῆς Ἁγίας Τριάδος, ὑπογραμμίζοντας τὴ θεία Τοῦ ὑπόστασι καὶ τὴν ἐνεργὸ Τοῦ παρουσία στὴ ζωὴ τοῦ κάθε πιστοῦ.

Ἡ ἑορτὴ αὐτὴ δὲν ἀφορᾷ μόνο τοὺς Ἀποστόλους ἢ μία παρελθοντικὴ στιγμή. Εἶναι ἡ ζωντανὴ ἐμπειρία κάθε πιστοῦ. Μέσα στὰ Μυστήρια τῆς Ἐκκλησίας – ἰδιαίτερος στὴ Θεία Λειτουργία, στὴ Βάπτισι, στὸ Χρῖσμα, στὴν Ἐξομολόγησι – λαμβάνουμε τὸ Πνεῦμα τὸ Ἅγιον, πού καθαρίζει, φωτίζει, ἐνδυναμώνει καὶ καθιστᾷ τὸν ἄνθρωπο *«νάδὸν τοῦ Θεοῦ»*. Ἡ Πεντηκοστὴ ἐπαναλαμβάνεται κάθε φορὰ πού ὁ χριστιανὸς ἀνοίγει τὴν καρδιά του στὴν παρουσία τοῦ Θεοῦ.

Ἄς προσέλθουμε, λοιπόν, στὴν Πεντηκοστὴ ὄχι ἀπλῶς ὡς θεατὲς, ἀλλὰ ὡς μέτοχοι τοῦ μυστηρίου. Καὶ νὰ τὸν παρακαλέσουμε: *«Βασιλεῦ οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας... ἐλθέ καὶ σκήνωσον ἐν ἡμῖν»*, ὥστε τὸ Πνεῦμα τὸ Ἅγιον νὰ ἀνακαινίζει τὶς καρδιές μας, νὰ ζωοποιεῖ τὴν πίστη μας, νὰ μᾶς φωτίζει, καὶ νὰ μᾶς ἐνώνει *«ἐν ἐνὶ στόματι καὶ μιᾷ καρδίᾳ»* ὥστε νὰ δοξολογοῦμε τὸν Τριαδικὸ Θεὸ κάθε ἡμέρα τῆς ζωῆς μας. Ἀμήν!

Πρωτοπρεσβύτερος



Βασίλειος Γ. Ἀποστολίδης, Δρ.Μ  
Ἱερατικός Προϊστάμενος

«*Heavenly King, Comforter, Spirit of Truth*»

(Doxastikon of Pentecost)

**P**entecost is one of the principal Feasts of our Orthodox Church, during which we celebrate the descent of the Holy Spirit upon the Holy Disciples and Apostles. It is the feast of the Divine Gift, the seal of Christ's redemptive work, and the birthday of the Church. According to Saint John Chrysostom, the Paraclete came not simply to visit, but to abide among men. Pentecost is the fulfillment of the Lord's promise: "***And I will pray the Father, and He will give you another Comforter, that He may abide with you forever***" (John 14:16). The Holy Spirit descends on the roof of Jerusalem and transforms the disciples from fearful people into bold preachers of the Resurrection.

The hymnology of the feast captures the miracle of Pentecost in unique and poetic language. In the famous prayer of Kneeling Vespers, it is mentioned: "***You have poured out, O Lord, your Holy Spirit upon all peoples...***" and the universality of grace is emphasized, which is not limited, but is offered generously to all. The Church sees in Pentecost the reversal of the Tower of Babel. Where tongues became a cause of division, now they become instruments of unity. Where people were scattered, they are now gathered in "***in Christ***" communion.

The feast of Pentecost is not merely a historical commemoration; it is an experience of the living presence of the Triune God. Every Divine Liturgy, every Sacrament, every prayer is celebrated "***in the Holy Spirit.***" Without Him, the Church becomes merely a human organism. By the grace of the Holy Spirit, it is "***the pillar and ground of the truth***" (1 Tim. 3:15). In the Orthodox tradition, Pentecost Sunday is inseparably linked to Holy Spirit Monday. The Church dedicates the following day exclusively to the worship and glorification of the Third Person of the Holy Trinity, emphasizing His divine essence and active presence in the life of every believer.

This feast concerns not only the Apostles or a past moment, but is the living experience of every believer. In the Mysteries of the Church – especially in the Divine Liturgy, Baptism, Chrismation, and Confession – we receive the Holy Spirit, who cleanses, illuminates, strengthens, and makes man a "***temple of God.***" Pentecost is repeated every time a Christian opens his heart to the presence of God.

Let us come to Pentecost not simply as spectators, but as participants in the mystery. And let us implore him: "***Heavenly King, Comforter, Spirit of Truth...come; take Your abode in us,***" so that the Holy Spirit may renew our hearts, animate our faith, enlighten us, and unite us "***with one voice and one heart***" so that we may glorify the Triune God every day of our lives. Amen!

Reverend Protopresbyter



Vasileios G. Apostolidis, PhD  
Presiding Priest

# LITURGICAL SCHEDULE

**Sunday 1**     **Sunday of the Fathers of the 1<sup>st</sup> Ecumenical Council**  
8:30am Orthros - 10:00am Divine Liturgy

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**Wednesday 4**     6:00pm Small Paraklesis to the Most Holy Theotokos – Bible Study

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**Saturday 7**     **Saturday of Souls**  
9:00am Orthros - 10:00am Divine Liturgy and  
**Memorial Service for the Departed**  
7:00pm Great Vespers with Artoklasia

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**Sunday 8**     **HOLY PENTECOST**  
8:30am Orthros - 10:00am Divine Liturgy  
and the Kneeling Vespers  
celebrated by His Grace Bishop Nektarios of Diokleia

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**Monday 9**     **Monday of the Holy Spirit**  
9:00am Orthros - 10:00am Divine Liturgy

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**Sunday 15**     **1<sup>st</sup> Sunday of Matthew - All Saints' Day**  
8:30am Orthros - 10:00am Divine Liturgy

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**Sunday 22**     **2<sup>nd</sup> Sunday of Matthew**  
8:30am Orthros - 10:00am Divine Liturgy

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**Sunday 29**     **3<sup>rd</sup> Sunday of Matthew – The Holy Apostles Peter and Paul**  
8:30am Orthros - 10:00am Divine Liturgy

# ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

- Κυριακή 1** Τῶν Ἁγίων Πατέρων τῆς Ἀ' Οἰκουμενικῆς Συνόδου  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Τετάρτη 4** 6:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Ἁγίας Γραφῆς
- 
- Σάββατο 7** Ψυχασάββατον  
9:00π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία καὶ  
Τρισάγιο Κεκοιμημένων  
7:00μ.μ. Μέγας Ἑσπερινὸς μεθ' Ἀρτοκλασίας
- 
- Κυριακή 8** ΠΕΝΤΗΚΟΣΤΗ  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία καὶ  
Ἑσπερινὸς τῆς Γονυκλισίας  
προεξάρχοντος τοῦ Θεοφ. Ἐπισκόπου Διοκλείας κ. Νεκταρίου
- 
- Δευτέρα 9** Τοῦ Ἁγίου Πνεύματος  
9:00π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Κυριακή 15** 1<sup>η</sup> Κυριακή Ματθαίου – Τῶν Ἁγίων Πάντων  
8:30π.μ Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Κυριακή 22** 2<sup>η</sup> Κυριακή Ματθαίου  
8:30π.μ Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Κυριακή 29** 2<sup>η</sup> Κυριακή Ματθαίου – Τῶν Ἁγίων Ἀποστόλων Πέτρου καὶ Παύλου  
8:30π.μ Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

# ΕΟΡΤΟΛΟΓΙΟΝ

1	<b>Κ</b>	+ <b>ΑΓ. ΠΑΤΕΡΩΝ Α΄ Οικ. Συνόδου.</b> Ιουστίνου φιλοσ., Πύρρου οσίου
2	Δ	Νικηφόρου Πατρ. Κων/λεως, Εράσμου
3	Τ	Λουκιλιανού, Παύλου, Παύλης μάρτυρος
4	Τ	Μητροφάνους Πατρ. Κωνσ., Μάρθας, Μαρίας
5	Π	Δωροθέου επισκόπου Τύρου
6	Π	Γλαρίωνος Δαλμάτων, Αττάλου θαυματουργού
7	Σ	+ <b>Ψυχοσάββατο.</b> Θεοδότου Αγκύρας, Ζηναΐδος
8	<b>Κ</b>	+ <b>ΤΗΣ ΠΕΝΤΗΚΟΣΤΗΣ.</b> Ανακ. Λειψ. Θεοδώρου στρατ., Μαρκιανού
9	Δ	+ <b>ΑΓ. ΠΝΕΥΜΑΤΟΣ,</b> Κυρίλλου Πατριάρχου Αλεξανδρείας
10	Τ	+ <b>Ανακομιδή Λειψάνων Αγίου Κοσμά του Αιτωλού</b>
11	Τ	+ <b>Βαρθολομαίου και Βαρνάβα Αποστόλων</b>
12	Π	Ονουφρίου οσίου, Πέτρου του εν Άθω
13	Π	Ακυλίνης μάρτυρος, Διοδώρου μ.
14	Σ	Μεθοδίου και Κυρίλλου, Ελισσαίου προφήτου
15	<b>Κ</b>	+ <b>ΑΓ. ΠΑΝΤΩΝ. Παναγίας Τοροντόεσσας,</b> Αμώς προφ., Αχαϊκού
16	Δ	Τύχωνος & 40 μαρτύρων, Μάρκου
17	Τ	Ισαύρου, Μανουήλ, Σαβήλ, Ισμαήλ μαρτ.
18	Τ	Λεοντίου εξ Αιγίνης, Υπατίου
19	Π	Ιούδα Θαδδαίου αποστ., Ζωσιμά, Παΐσιου
20	Π	Μεδοθίου Πατάρων, Νικολάου Καβάσιλα
21	Σ	Αφροδισίου, Ιουλιανού μάρτ. Ταρσού, Τερεντίου
22	<b>Κ</b>	+ <b>Β΄ ΜΑΤΘΑΙΟΥ.</b> Ευσεβίου, Ζήνωνος και Ζηνά μαρτύρων
23	Δ	Αριστοκλέους μάρτ., Αγριππίνης μάρτ.
24	Τ	Γενέθλιον Τιμ. Προδρόμου, Αθανασίου
25	Τ	Φεβρωνίας, Ορεντίου, Προκοπίου νεομάρτυρος
26	Π	Δαβίδ εν Θεσ/νίκη, Ιωάννου επ. Γοθτίας
27	Π	Σαμψών ξενοδόχου, Ιωάννας, Μαρίας, Μυροφόρων
28	Σ	Ανακομιδή λειψάνων Κύρου και Ιωάννου Αναργύρων
29	<b>Κ</b>	+ <b>Πέτρου και Παύλου των πρωτοκορυφαίων Αποστόλων</b>
30	Δ	+ <b>Σύναξις των Αγ. Ενδόξων 12 Αποστόλων</b>

ΗΜ	ΑΠΟΣΤΟΛΟΣ	ΕΥΑΓΓΕΛΙΟΝ	ΗΧΟΣ - ΕΩΘΙΝΟΝ
1	Πράξ. κ', 16-18, 28-36	Ιωάν. ιζ', 1-13	πλ. β' / Γ'
8	Πράξ. β', 1-11	Ιωάν. ζ', 37-52; η', 12	—
12	Ρωμ. α', 28-32; β', 1-9	Μτθ. ε', 27-32	—
13	Ρωμ. β', 14-28	Μτθ. ε', 33-41	—
15	Εβρ. ια', 33-40; ιβ', 1-2	Μτθ. ι', 32-33; 37-38; ιθ', 27-30	πλ. δ' / Α'
22	Ρωμ. β', 10-16	Μτθ. δ', 18-23	α' / Β'
24	Ρωμ. ιγ', 11-14; ιδ', 1-4	Λκ. α', 1-25, 57-68, 76, 80	—
29	Β' Κορ. ια', 21-33; ιβ', 1-9	Μτθ. ιστ', 13-19	β' / Γ'

# SAINTS OF THE MONTH

1	S	+ <b>HOLY FATHERS of the 1st Ec. Synod.</b> Justin, Pyrrhos the Righteous
2	M	Nikephoros Patr. of Const., Erasmus
3	T	Loukiannos, Paul, Paulis the Martyr
4	W	Metrophanes of Con/pole, Martha, Mary
5	T	Dorotheos of Tyre
6	F	Hilarion of Dalmata, Attalos
7	S	+ <b>Saturday of the Souls.</b> Hieromartyr Theodotos, Zenaes
8	S	+ <b>PENTECOST.</b> Trans. of the Rel. of Theodore Stratelates, Markianos
9	M	+ <b>MON OF THE HOLY SPIRIT,</b> Cyril Patriarch of Alexandria
10	T	+ <b>Transfer of the Relics of St. Kosmas the Aitolos</b>
11	W	+ <b>Bartholomew and Barnabas the Apostles</b>
12	T	Onoufrios the Righteous, Peter of Athos
13	F	Akylina Martyr, Martyr Diodoros
14	S	Methodius and Cyril of Con/nople, Prophet Elisha
15	S	+ <b>ALL SAINTS. Panagia Torontoessa,</b> Prophet Amos, Ahaikos
16	M	Tychon and the 40 Martyrs, Markus
17	T	Isauros, Manouel, Sabil, Ishmael ther Martyrs
18	W	Leontios of Aegina, Ipatios
19	T	Thaddaeus the Apostle, Zosimas, Paisios
20	F	Methodios of Patara, Nicholas Kavasilas
21	S	Afrodisios the Martyr, Julian the Martyr, Terentius
22	S	+ <b>2nd SUN OF MATTHEW.</b> Eusebius, Zino and Zina
23	M	Aristokles and Agrippina the Martyrs
24	T	Birth of St. John the Baptist
25	W	Febronia, Orentios, Prokopios the Newmartyr
26	T	David of Thessalonica, John of Gothias
27	F	Sampson the Innkeeper, Joanna and Mary
28	S	Transfer of the Relics of Cyrus & John
29	S	+ <b>Peter and Paul the First-of-the-Apostles</b>
30	M	+ <b>Synaxis of the Holy 12 Apostles</b>

D	EPISTLE	GOSPEL	TONE - EOTHINON
1	Acts 20:16-18,28-36	John 17:1-13	pl.2nd / 10th
8	Acts 2:1-11	John 7:37-52; 8:12	—
12	Rom. 1:28-32;2:1-9	Matt. 5:27-32	—
13	Rom. 2:14-28	Matt. 5:33-41	—
15	Heb. 11:33-40;12:1-2	Matt. 10:32-33; 37-38; 19:27-30	pl.4th / 1st
22	Rom.2:10-16	Matt. 4:18-23	1st / 2nd
24	Rom. 13:11-14;14:1-4	Luke 1:1-25, 57-68, 76, 80	—
29	II Cor. 11:21-33;12:1-9	Matt. 16:13-19	2nd / 3rd

## Πορεία προς την Πεντηκοστή

*Αρχιμ. Ιάκωβος Κανάκης*

Η περίοδος μετά το Πάσχα λέγεται «Πεντηκοστάριο». Μετά την μεγάλη νίκη επί του θανάτου, που επέφερε η Ανάσταση του Χριστού, πηγαίνουμε για την μεγάλη εορτή της Πεντηκοστής. Πενήντα μέρες μετά το Πάσχα εορτάζουμε την κάθοδο του Αγίου Πνεύματος στους μαθητές του Χριστού και μέσω αυτών σε όλους τους ανθρώπους. Αυτήν την «κάθοδο» την είχε προαναγγείλει ο Χριστός ευρισκόμενος στην γη.



Έχουμε μια εξέλιξη στο θέμα της εορτής. Ήταν αρχικά αγροτική, αργότερα «μνημόνευε» το ιστορικό γεγονός της Διαθήκης και τελικά κατέστη η εορτή της δωρεάς του Πνεύματος, που εγκαινιάζει στην γη την νέα Διαθήκη.

Ήταν εκτός από την εορτή του Πάσχα και της Σκηνοπηγίας, η Τρίτη σημαντική εορτή των Ιουδαίων, στην οποία έπρεπε ο κάθε πιστός να ταξιδέψει στα Ιεροσόλυμα και να μετάσχει των «ακολουθιών» εκεί. Όπως προείπαμε ήταν αρχικά εορτή αγροτική και πιο συγκεκριμένα η εορτή του θερισμού (Εξ.23,16). Έτσι, τότε, προσφέρονταν οι «απαρχές» των προϊόντων της γης που καλλιεργούσαν (Εξ.34,22).

Μετά η εορτή έγινε επέτειος. Η Διαθήκη είχε συναφθεί πενήντα μέρες μετά την έξοδο των Ισραηλιτών από την Αίγυπτο (Εξ. 19, 1-6), που εορταζόταν το Πάσχα. Ως επέτειος η εορτή θεσπίστηκε από τον 2ο αιώνα π.Χ. όπως φαίνεται από τα κείμενα-πηγές που ανακαλύφθηκαν στο Κουμράν, αλλά και όσα αναφέρουν οι ραββίνοι.

Ο προφήτης Ιωήλ μας παρουσιάζει την έκχυση του αγίου Πνεύματος σε όλον τον κόσμο. Το άγιο Πνεύμα εικονίζεται ως άνεμος και φωτιά και τοποθετείται ως προέκταση των θεοφανειών της Παλαιάς Διαθήκης.

Στην Καινή Διαθήκη έχουμε σαφή αναφορά περί της ελεύσεως του αγίου Πνεύματος στους Αποστόλους και μάλιστα με την μορφή πυρήνων γλωσσών (Πραξ.2,4). Οι μαθητές μίλησαν ξένες γλώσσες και διακηρύσσοντας έτσι την παγκόσμια προοπτική εξάπλωσης του Ευαγγελίου και τόν οικουμενικό του προορισμό. Η διαίρεση των εθνών που έγινε στην Βαβέλ (Γεν.11, 1-9) βρίσκεται τώρα «θεραπεία» με την ενότητα της Πεντηκοστής. Ο Χριστός δια του αγίου Πνεύματος δίνει δύναμη, χαριτώνει και ενισχύει τους Αποστόλους και τους διαδόχους τους, ώστε να μιλήσουν για όσα είδαν και άκουσαν και όσα με τα χέρια τους ψηλάφησαν: *«λήψεσθε δύναμιν ἐπελθόντος τοῦ Ἁγίου Πνεύματος ἐφ’ ὑμᾶς, καὶ ἔσεσθέ μοι μάρτυρες ἐν τε Ἱερουσαλήμ καὶ ἐν πάσῃ τῇ Ἰουδαίᾳ καὶ Σαμαρεία καὶ ἕως ἐσχάτου τῆς γῆς»*.

Οι Πατέρες της Εκκλησίας όταν γίνεται αναφορά στην έκφραση «βάπτισμα ἐν Πνεύματι» μιλούν για την ανάθεση της ιεραποστολικής εξουσίας στην Εκκλησία. Η Πεντηκοστή υποστηρίζουν ότι είναι ο νέος Νόμος. Είναι η δυνατότητα αναδημιουργίας ολόκληρου του κόσμου. Η δωρεά του αγίου Πνεύματος είναι αυτή, που αν ο άνθρωπος είναι δεκτικός, μπορεί να τον ανακαινίσει, όπως μπορεί να ανακαινίσει συλλογικά ολόκληρο τον κόσμο. Το άγιο Πνεύμα είναι «αποταμιευμένο» στην Εκκλησία. Εκεί το «βρίσκουμε». Εκεί το λαμβάνει ο πιστός ως δωρεά, μέσω των ιερών Μυστηρίων, όταν φυσικά είναι δεκτικός σε μία τέτοια εμπειρία.

Τέλος, η δωρεά του αγίου Πνεύματος χαρακτηρίζει «τα ἑσχάτα», μια περίοδο που αρχίζει με την Ανάληψη του Χριστού και θα ολοκληρωθεί με την «εσχάτη» ημέρα, τότε που ο Χριστός θα ξανάρθει με την Δεύτερή του παρουσία.

## The Path towards Pentecost

*Archim. Iakovos Kanakis*

**The season after Easter is called ‘Pentikostario’. After the victory over death which was ushered in by Christ’s Resurrection, we go on to the great feast of Pentecost. Fifty days after Easter, we celebrate the descent of the Holy Spirit onto Christ’s disciples and, through them, onto all of us. This ‘descent’ had been foretold by Christ while he was yet on earth.**

The feast developed over time. Initially, it was agricultural; later it ‘commemorated’ the historical event of the Testament; then it finally became the feast of the gift of the Holy Spirit, which inaugurated the new Testament on earth.

Along with the Passover and Tabernacles, it was the third great feast of the Jews, at which every believer was obliged to travel to Jerusalem and take part in the services there. As we’ve already said, it was originally an agricultural feast, that of the harvest (Ex. 23, 16). It was when the first-fruits of the produce of the earth were offered (Ex. 34, 22).

Thereafter, the feast became an anniversary. The Testament was drawn up fifty days after the exodus of the Israelites from Egypt. (Ex. 19, 1-6), which was when the Passover was celebrated. It appears from documents discovered at Qumran and from what the rabbis recorded that the feast was established in the second century B.C.

The Prophet Joel describes the outpouring of the Holy Spirit over the whole world. The Spirit is depicted as wind and fire and is given a place as an extension of the theophanies of the Old Testament.

In the New Testament we have a clear reference to the coming of the Holy Spirit to the Apostles, in the form of tongues of fire (Acts 2, 4). The disciples spoke in foreign tongues and thus proclaimed the prospect of the Gospel spreading throughout the world and its universal mission. The division of nations which occurred at Babel (Gen. 11, 1-9) now found its 'cure' through the unity of Pentecost. Through the Holy Spirit, Christ gave strength to his disciples and their successors, invested them with gifts and fortified them, so that they could speak of what they'd seen and heard and what their hands had felt: 'But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to me in Jerusalem, and in all Judea and Samaria, and to the end of the earth'.

When there's a reference to the expression 'baptism in the Spirit', the Fathers of the Church speak of the assignment of missionary authority to the Church. They claim that Pentecost is the new Law. It's an opportunity for the whole world to be recreated. Provided we're receptive, the gift of the Holy Spirit can renew us just as it can renew the world as a whole. The Holy Spirit is banked away in the Church's coffers. That's where we find him. That's where the faithful receive him as a gift, through the holy sacraments, provided, of course, we're open to such an experience.

Finally, the gift of the Holy Spirit characterizes the last times, a period which begins with the Lord's Ascension and will be completed on the 'last day', when Christ will return at his second coming.





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



# HOLY PENTECOST

## Feast Day

ON SUNDAY **JUNE 8<sup>TH</sup>** WE CELEBRATE  
HOLY PENTECOST AND THE FEAST DAY  
OF OUR PARISH

THE LITURGICAL SERVICES WILL BE AS FOLLOWS

### Saturday June 7<sup>TH</sup>

**7:00PM** GREAT VESPERS WITH ARTOKLASIA AND SERMON

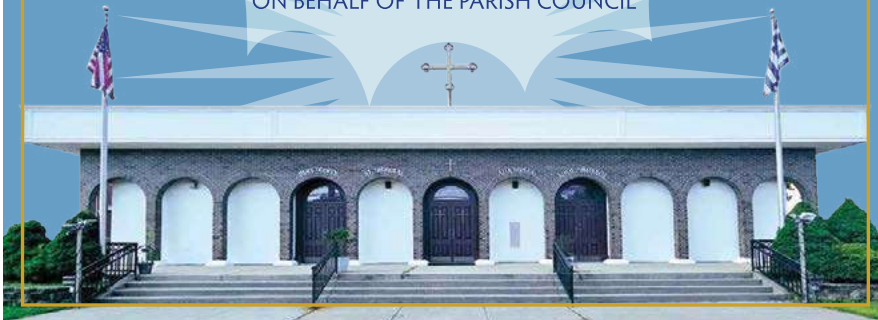
### Sunday 8<sup>TH</sup>

**08:30AM** ORTHROS OF THE FEAST

**09:30AM** DIVINE LITURGY & KNEELING VESPERS

CELEBRATED BY HIS GRACE BISHOP  
**NEKTARIOS OF DIOKLEIA**

ON BEHALF OF THE PARISH COUNCIL



# SATURDAY OF SOULS - ΨΥΧΟΣΑΒΒΑΤΟ



The **Saturday of souls will be June 7th**. Orthros will be at 09:00 am followed by Divine Liturgy. This day is devoted to prayer for departed relatives and others among the faithful. Please leave your names at the Pangari to be read in Liturgy or bring them to the office during the week.

Το **Ψυχοσάββατο της Πεντηκοστής είναι στις 7 Ιουνίου**. Ο Όρθρος θα γίνει στις 09:00 το πρωί και θα ακολουθήσει η Θεία Λειτουργία. Η ημέρα αυτή είναι αφιερωμένη στους κεκοιμημένους αδελφούς μας. Παρακαλούμε να αφήσετε τα ονόματά σας στο Παγκάρι για να διαβαστούν στη Θεία Λειτουργία ή στο Γραφείο κατά τη διάρκεια της εβδομάδας.

## ANNOUNCEMENTS

### THANK YOU!

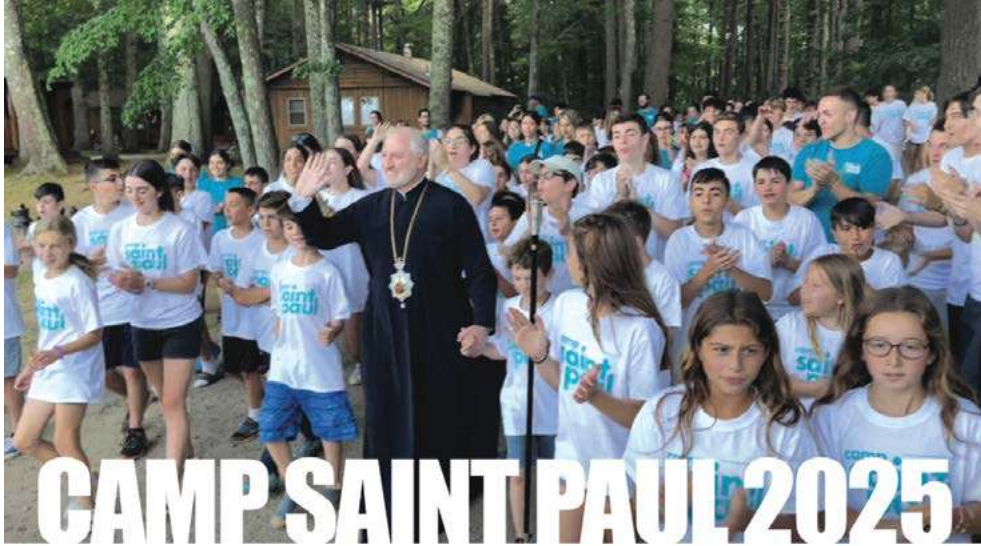
We would like to take this time to thank our staff of volunteers who have taken on leading our ministries this past year. We appreciate your dedication and your passion!

We are truly blessed to have such a committed group of supportive individuals who give their time and their hearts to making our Parish shine. Thank you!



### OFFICE ANNOUNCEMENTS

Please note that our office will be closed on Tuesdays and Thursdays during the month of July. In case of an emergency, we can be reached at: [info@htsngoc.org](mailto:info@htsngoc.org).



Week 1  
**June 22-28**

Week 3  
**July 6-12**

Week 5  
**July 20-26**

Week 2  
**June 29-July 5**

Week 4  
**July 13-19**

We are excited to share that registration for Camp Saint Paul 2025 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.



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](mailto: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 2024.

# PARISH COUNCIL

Dear Parishioners,

I would like to thank all of you that supported the **Cigar Night Fundraiser**. It was an amazing success, raising a lot of money for our Youth Ministries. **All the uniforms will be purchased for this year's Olympics!** A big shoutout to Pauline Thaten for helping to organize and coordinate the event, and to Anneta Colon who sold many raffles for us! Well done!

I would like to congratulate all of this year's Graduates – May the wind be at your back as you strive to be the best you can!

As we wind down the Ecclesiastical Year, we begin planning for the second half of the Calendar Year which includes preparation for our annual Festival in the fall. ***Please understand that the Festival can only happen if we have volunteers months before, not just the weekend of.*** As of now, we need a few section heads and servers, kitchen help and food runners. If you can help in any way, please call the office and leave your name and phone number. Our church Festival will be in jeopardy without your help.

In the midst of all our events, we are saddened by the loss of two very notable Stewards of our church. George Karidis and Evon Sotiriou gave decades of service and were instrumental in the progress of Holy Trinity-St. Nicholas over the years. We thank them and honor them. May their Memory Be Eternal.

Thank you,  
Andrew Economos  
President





HOLY TRINITY \* ST. NICHOLAS  
GREEK ORTHODOX CHURCH OF STATEN ISLAND

# GREEK FESTIVAL

SEPTEMBER

19<sup>TH</sup> 6-11 PM

20<sup>TH</sup> 2-11 PM

21<sup>ST</sup> 2-9 PM

GREEK FOOD & PASTRIES



GREEK LIVE MUSIC  
HELLENIC DANCERS

KIDDIE RIDES

1641 RICHMOND AVE  
STATEN ISLAND, NY

Admission \$2.00 \* Children under 5 ADMITTED FREE \* ATM on site

# LADIES PHILOPTOCHOS SOCIETY

Dear Philoptochos Sisters and fellow parishioners,

As we approach Pentecost, may the Holy Spirit guide us as we continue to fulfill our ministry. Thank you all who contribute to our monthly tray for our commitments. Your support is appreciated.

May 3rd was our Cook for Trinity Lutheran Soup Kitchen. Our Soup Kitchen crew prepared and served meatball hero sandwiches, corn, coleslaw, salad, and pudding to all those in need. Our newest members to our Soup Kitchen crew are Alayna Rao, Maria Morales, and Anna Christakos. A heartfelt thank you to the Soup Kitchen crew for their time and efforts in this very worthy cause. Project Hospitality was completed successfully with sandwiches and salads for the needy through Bagel Depot.



## The following are our events for the month of June:

- 6/1 Monthly Tray
- Our monthly trays go towards our National Philoptochos Ministry Commitments/ Programs. This month's monies will accompany our May/June Commitment:
  - 1) 75th Anniversary Founders Fund – Provides assistance to Greek Orthodox older adults and their families, continuing care facilities and special projects.
  - 2) Orthodox Christian Fellowship (OCF) – Provides Orthodox Christian support to college students on campuses in the US.
- 6/7 Cook for Trinity Lutheran Soup Kitchen
- 6/8 High School Graduation
- 6/15 Father's Day



- Wishing all the fathers in our community a very happy, fun-filled day!!
- God Bless!
- 6/19 Ladies Night Out

***Save the Date:***

Thursday, June 19th, ***Ladies Night Out.***

DeLuca's Italian Restaurant

7324 Amboy Road starting

7:00 pm. - Ticket \$65.00.

Reservations: Irene Panagos (718)288-7366.

- 6/27 Project Hospitality

***Wishing everyone a sunsational summer of good health and happiness!!***

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

1

Orthros 8:30 AM  
Liturgy 10:00 AM  
Hellenic Dancers 12:00 PM

2

3

4



Paraklesis to  
The Theotokos 6:00 PM  
Orthodox Study

8

Orthros 8:30 AM  
Liturgy 9:30 AM  
**Graduate Sunday and  
Graduations**

9

10

Philoptochos Meeting  
6:30 PM

11

15

Orthros 8:30 AM  
Liturgy 10:00 AM

16



17



18



**Ladies Philoptochos  
Night Out 7:00 PM**

22



Orthros 8:30 AM  
Liturgy 10:00 AM

23



24



25



29

Orthros 8:30 AM  
Divine Liturgy 10:00 AM

30



## Thursday

## Friday

## Saturday

<p><b>5</b></p> <p>Executive Board meeting 8:00 PM</p> <p>GOYA 7:30 PM</p>	<p><b>6</b> </p>	<p><b>7</b> </p> <p>Orthros 9:00 AM Liturgy 10:00 AM Senior Luncheon 12:00 PM Great Vespers 7:00 PM</p>
<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b> </p> <p>Kritiki Filoxenia Picnic 4:00 PM</p>
<p><b>19</b> </p> <p>Parish Council Meeting 8:00 PM</p>	<p><b>20</b> </p>	<p><b>21</b> </p>
<p><b>26</b> </p>	<p><b>27</b> </p>	<p><b>28</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: Κατάλυσις εις πάντα:** 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. Throughout May, JOY kids attended Olympics practices for kickball, basketball, track, and soccer. Thank you to our parent coaches Andreas Koutsoudakis, Nick Kournidakis, and Chris Sfougatakis for their dedication. The kids participated in the Archdiocese Olympics on Memorial Day weekend.

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. Throughout May, JOY kids attended Olympics practices for kickball, basketball, track, and soccer. Thank you to our parent coaches Andreas Koutsoudakis, Nick Kournidakis, and Chris Sfougatakis for their dedication. The kids participated in the Archdiocese Olympics on Memorial Day weekend.

The Junior GOYAns invite our church community members 65 and over, to a luncheon honoring them, on June 7 at 12pm. They look forward to spending time with you!

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





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THE JUNIOR GOYANS INVITE  
**ALL THE SENIORS**  
OF OUR PARISH TO A



# LUNCHEON

**SATURDAY JUNE 7**  
12 pm - 2 pm  
KATSORIS HELLENIC CULTURAL CENTER  
**FREE ENTRANCE**

Please RSVP by May 23 by texting  
Kevi: 646-327-0759  
Maria: 917-453-2649

# 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.



## COFFEE FELLOWSHIP



### Join us every Sunday after Divine Liturgy



June 1 <sup>st</sup>	Youth Ministry
June 8 <sup>th</sup>	Daughters of Penelope
June 15 <sup>th</sup>	Kritiki Filoxenia
<b>June 22<sup>th</sup></b>	<b>Pancyprians</b>
June 29 <sup>th</sup>	Parish Council

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

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

# GREEK SCHOOL

Άλλη μια σχολική χρονιά φτάνει στο τέλος της. Μια χρονιά αποδοτική, δημιουργική. Μια χρονιά που μελετήσαμε, μάθαμε, γελάσαμε, τραγουδήσαμε και μεγαλώσαμε μαζί. Δημιουργήσαμε μια σφιχτοδεμένη οικογενειακή τάξη που έγινε γρήγορα το δεύτερο σπίτι μας και που πάντα θα κουβαλάμε μέσα μας.

Θα ήθελα να εκφράσω τις θερμές μου ευχαριστίες σε όλους τους μαθητές μου που έδωσαν τον καλύτερό τους εαυτό, στους γονείς που μου εμπιστεύτηκαν τα παιδιά τους, στον πάτερ Βασίλειο Αποστολίδη και όλα τα μέλη του Ενοριακού Συμβουλίου που με στήριξαν και με βοήθησαν στο έργο μου ως δασκάλα του Ελληνικού Απογευματινού σχολείου μας. Μέσα από το πρόγραμμα διδασκαλίας της Ελληνικής γλώσσας προσπάθησα στο μέτρο των δυνατοτήτων μου να ενισχύσω τη σύνδεση των μαθητών μου με την πλούσια Ελληνική πολιτισμική κληρονομιά όπως και την κατανόηση της Ελληνικής κουλτούρας.

Αγαπητοί γονείς, ελάτε όλοι μαζί να καμαρώσουμε τα παιδιά μας σε μια εκδήλωση που θα είναι αφιερωμένη για αυτά. Την **Κυριακή 8 Ιουνίου** με χαρά μεγάλη αλλά και συγκίνηση θα συγχαρούμε όλους τους μαθητές μας και θα αποχαιρετήσουμε τους απόφοιτους του σχολείου μας.

Ήταν χαρά και προνόμιό μου να γνωρίσω τον χαρακτήρα τους, την προσωπικότητά τους και την διάνοιά τους και όλα αυτά να εξελίσσονται μέρα με τη μέρα καθώς μαθαίναμε νέα πράγματα μαζί.

Εύχομαι σε όλους τους μαθητές μου να έχουν πάντοτε υγεία, να είναι ευτυχισμένοι, καλότυχοι και καλή πρόοδο στην ζωή τους. Ευχαριστώ και πάλι όλους τους γονείς που μοιράστηκαν το παιδί τους μαζί μας.

*Εύχομαι σε όλους ένα αξέχαστο καλοκαίρι!!!*



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

Η δασκάλα  
Σταυρούλα Χαμπάκη

# STEWARDSHIP LIST 2025



(as of May 10, 2025)

Rev. Vasilios and Presvytera Elisavet Apostolidis	James Demetriades Philip Denis	Virginia Itsines Irene Joris
Rev. Nicholas and Presvytera Patricia Petropoulakos	Demetrius and Angela Dermanis Anthony Devito	Elias and Cathy Kalaizes George Kalaizes
Cathy Alicakos Ken and Denise Andolino	Dimitri Dimitriou Christopher and Stephanie Dontis	Barbara Kallinikos Marina Kanakos Peter and Gloria Kanakos
Nestor and Lori Andrianos Greg and Maria Angelides	Nicholas and Vicky Dontis Alexandra Doyle	Theodore Kanellis Bertha Kapetanakis Andreas Kapsalis
John and Emily Antonopoulos Spiro and Cheryl Antypas	John Doyle Jr. John and Florendia Dragazis	Nicholas Kapsalis Lori Karelas George and Penny Karidis
George and Niki Apostolopoulos Panagiota Arfanis	Doyle Paraskevi Dragazis	Michael Kasidonis Alexios and Susan Katsanos Christina Kenwood
Konstantinos and Susan Arvanites Michael Arvanites	Edward and Julia Dunphy Vernon and Maria Dutton	Diana Kolaitis Argeta Komninos Kyriaki Kosmidou
Emanuel and Anna Belibasakis Hazis and Zhanetta Bello	Andrew and Stacey Economos Dyala Sophia Eid	Paulina Koudellou Vasili and Koula Koukounis Dimitrios and Vivian Koulouris
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Our Stewardship Campaign for 2025 continues. We humbly ask that every family member, 18 years of age or older, submit a separate pledge. This support will enable us to move our Parish closer to an inspirational budget, in which we hope and pray that 100% of the church's operational expenses will be supported by Stewardship giving. Please fill out your pledge card and send it in today!

*We thank you for your consideration  
and continued support!*

# RECIPE OF THE MONTH

by *Presbytera Elisavet*

Moussaka is the symbol of Greek cuisine and is our national dish and it came to Greece with the inhabitants of Constantinople.

Moussaka did not have a cream topping. It was a popular stovetop pot dish containing eggplant, zucchini, onion, minced meat and butter. The white thick cream, the French béchamel, was added by the master chef from Sifnos of modern Greek cuisine, Nikolaos Tselemente, in 1910, who wanted to remove the oriental influence and Europeanize Greek cuisine, especially Asia Minor. After all, the cuisine of the city and Asia Minor grafted on the Greek one.

Moussaka consists of 3 layers: Vegetables, minced meat and cream, and success lies in balance. The 3 layers in equal doses without too much cream.

The Economist has addressed the “phenomenon” of moussaka – one of the most popular Greek dishes among foreign visitors to our country – in an article.

“In 1821, the Greeks rose up against the Ottomans, beginning years of bloodshed that culminated in the creation of a free state in 1829.

On March 25 of each year, Greeks celebrate Independence Day with parades and lavish feasts, with cod with garlic, delicate cod with garlic,” the article begins.

“And yet, it is moussaka – messy squares of richly flavored minced meat, potatoes, eggplant and a delicious béchamel sauce – that many consider to be the national dish of Greece. Its entry into the pantheon of Greek gastronomy came about a century after Greek independence. The country’s embrace of the dish is a lesson in how traditions are forged and how a nation’s cuisine evolves



## Moussaka

### Ingredients:

#### For the ground beef

- 2 pounds ground beef
- 1 large dry onion, chopped
- 6-7 sprigs of parsley, chopped
- 1/2 cup dry white wine
- 1 teaspoon tomato paste
- 1 cup tomato sauce
- 1 cinnamon stick

- 1/2 cup breadcrumbs

- 1/4 cup olive oil

- Salt

- Pepper

#### For the vegetables

- 5-6 eggplants
- 4-5 zucchini (optional)
- 4 large potatoes
- Sunflower oil for frying
- Salt

#### For the cream

- 3/4 cup flour
- 1 cup butter
- 3 cups milk
- 2 egg yolks
- 1/4 cup grated cheese

#### For the final process

- 1-2 soup spoons margarine
- 1-2 soup spoons flour
- 1/2 cup grated cheese

## COOKING

### Vegetables

- Peel the potatoes, cut them into rings and salt them.
- Cut the eggplants and zucchinis (if using) into rings and salt them.
- Heat plenty of oil in a large frying pan and fry the potato slices in batches until soft.
- Drain them on kitchen paper.
- Then fry the zucchinis first and then the eggplants.
- Remove them and leave them in a colander.
- Let all the vegetables drain well, while we prepare the minced meat and cream.

### Minced Meat

- In a large deep frying pan, heat the oil over high heat and sauté the minced meat for 3-4 minutes, until it changes color.
- Add the onions and parsley and sauté for another 4-5 minutes.
- Deglaze with the wine, stir for 1-2 minutes to evaporate the alcohol and add the diluted paste, tomatoes, salt and pepper.
- Stir, reduce the heat and simmer for 25 minutes with the pan covered.
- When the minced meat has absorbed most of the liquid, add the breadcrumbs and stir.
- Remove from the heat and remove the cinnamon.

### Cream

- In a saucepan, heat the butter over medium heat until it melts.
- Slowly add the flour, stirring constantly with a wire

whisk for 2-3 minutes, until a thick cream is formed.

Add the hot milk and stir constantly until it thickens and forms a thick, but slightly runny cream.

Remove from heat, add the 2 egg yolks, cheese, salt, pepper and stir.

### Standing

- Grease the baking pan with butter and sprinkle lightly with breadcrumbs.
- In the baking pan, make a layer of potatoes.
- On top, put a layer of zucchini.
- Make a layer of half the eggplants.
- Sprinkle with a little grated kefalotyri.
- On top of this layer, pour the minced meat, spread it over the entire surface and sprinkle with cheese.
- On top of the minced meat, place the remaining eggplants and potatoes.
- Finally, spread the béchamel evenly and sprinkle with the remaining grated cheese.

### Baking

- Preheat the oven to 200°C (310°F) set to fan.
- Bake in the oven for 45-50 minutes until golden brown.
- Remove from the oven the baking pan and let cool thoroughly for 1 hour.
- Cut into pieces and serve.

The Greek summer has the scent of saltiness and moussaka!

*Have a nice summer with Greek sun in your hearts to keep you warm in the winter of America!*

*Good luck and bon appetit!!!*





# DAUGHTERS OF PENELOPE

Daughters of Penelope program recently held in Athens Greece :

ΑΚΑΔΗΜΙΑ



ΑΘΗΝΑΝ



The "Daughters of Penelope," in collaboration with the Academy of Athens, is proud to present a conference organized by the Daughters of Penelope and hosted by the Academy. This scholarly event themed, *"The Role of Penelope from Homer's Odyssey to Today,"* will take place on Saturday, April 12, 2025, from 09:30 to 15:00 in the Eastern Hall of the Academy of Athens, 28 Panepistimiou Street, Athens.

This type of event highlights the work of the Daughters on an international level. The Daughters maintain a close relationship with our chapters in Greece and work to support philanthropic projects in Greece.

After the conference, Grand President Margaret Dritsas, Region Governor of Greece and Cyprus Maria Sofianou and Executive Director Elena Saviolakis visited the Open Door Cerebral Palsy Headquarters in Athens to tour the facility and present a check for the funds raised during a recent event held in collaboration with Christian Dior Couture America. The funds raised totaled \$35,358.52.

Cerebral Palsy Greece/Open Door -is a voluntary national project by the Daughters of Penelope. - The goals of Cerebral Palsy Greece/Open Door were and are the development and systematic provision of diverse services, programs and activities aimed at addressing needs, improving situations and promoting the interests of people with cerebral palsy in Greece. Over 4,000 families have been served over the years and at least 240 people of all ages attend the programs offered by the Open Door Model Education and Rehabilitation Center every day. With education in its broadest form, with medical monitoring and therapeutic, social and recreational support, with vocational training and rehabilitation, creative activities and temporary and permanent accommodation, an approach is achieved that touches every aspect of the life of the person with cerebral palsy.

Our local chapter, Callicolone 247, winds up our 2024-2025 activities. We will be developing our 2025-2026 calendar over the summer to begin our programs again starting in September 2025.

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