

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

March 2025



HOLY TRINITY + ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND



PARISH PRIEST

Rev. Protopresbyter
Vasileios G. Apostolidis, PhD

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

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Spyro Lazaretos, 1st Vice President
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OFFICE HOURS

Monday – Friday
9:00am - 5:00pm

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 Zoumboulis, 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

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Ὁντάκιον

Ἦχος πλ. δ΄

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,
Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,
Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε.
Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον,
Ἐκ παντοίων με κινδύνων ἐλευθέρωσον,
Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Ἀπολυτίκιον

Ἦχος πλ. δ΄

Τὸ προσταχθὲν μυστικῶς λαβὼν ἐν γνώσει,
ἐν τῇ σκηνῇ τοῦ Ἰωσήφ σπουδῆ ἐπέστη,
ὁ Ἀσώματος λέγων τῇ Ἀπειρογάμῳ·
Ὁ κλίνας τῇ καταβάσει τοὺς οὐρανοῦς,
χωρεῖται ἀναλλοιωτῶς ὅλος ἐν σοί·
ὄν καὶ βλέπων ἐν μήτρᾳ σου,
λαβόντα δούλου μορφὴν,
ἐξίσταμαι κραυγάζων σοι·
Χαῖρε, Νύμφη ἀνύμφευτε!

Ὁντάκιον

Mode pl. 4

O Champion General, I your City now inscribe to you
Triumphant anthems as the tokens of my gratitude,
Being rescued from the terrors, O Theotokos.
Inasmuch as you have power unassailable,
From all kinds of perils free me, so that unto you
I may cry aloud: Rejoice, O unwedded Bride.

Ἀπολυτίκιον

Mode pl. 4

When he perceived
what had secretly been ordered,
to the abode of Joseph urgently reported
the unbodied one saying unto the Unwedded:
The Lord who has bowed
the heavens in His descent,
in you is contained completely
and without change;
and beholding Him in your womb
taking the form of a slave,
astounded I cry out to you:
Rejoice, O unwedded Bride.

«Ἐφθασε καιρός, ἡ τῶν πνευματικῶν ἀγῶνων ἀρχή»

(Δοξαστικό αἶων Τυρινῆς)

Αγία καὶ Μεγάλη Τεσσαρακοστή! Ἕνα συγλονιστικό ταξίδι ἀναζήτησης καὶ πνευματικῆς ἀναζωογόνησης. Μιὰ ὑπέροχη καὶ μοναδική περίοδος ἐσωτερίκευσης, περισυλλογῆς, προσευχῆς, νηστείας καὶ μετάνοιας γιὰ κάθε πιστὸ ποῦ συνειδητὰ καὶ ἐλεύθερα ἀποφασίζει νὰ ἀκολουθήσει. Μιὰ εὐλογημένη περίοδος ποῦ μᾶς προετοιμάζει νὰ ζήσουμε μαζὶ μὲ τὸ Χριστὸ τὸ πάθος Του καὶ νὰ χαροῦμε τὴ λαμπροφόρο ἀνάστασή Του.

Εἶναι ἀλήθεια ὅτι, καθημερινὰ ὁ καθένας μας σηκώνει στοὺς ὤμους του ἓναν σταυρό. Ἄλλος μικρότερο, κι ἄλλος μεγαλύτερο, ἀναλόγως πάντοτε μὲ τὸ πόσο βάρος του ἐπιτρέπει ὁ Θεός. Στὶς δυσκολίες ὅμως τῆς ζωῆς, ἔχουμε πολλοὺς πνευματικοὺς συμμάχους καὶ βοηθοὺς. Γιὰ ἀλάνθαστη πυξίδα κρατοῦμε τὸ Εὐαγγέλιο καὶ τὴ διδασκαλία τῶν Πατέρων τῆς Ἐκκλησίας. Ὡς τεῖχος ἄρρηκτο ὑψώνουμε τὴν πίστη μας. Καὶ τέλος νὰ μὴ ξεχνοῦμε τοὺς πολύτιμους θησαυροὺς τῆς νηστείας, τῆς προσευχῆς, τῆς ἐλεημοσύνης καὶ προπάντων τῆς ταπεινώσης. Αὐτὴ τὴν πνευματικὴ πανοπλία τῶν ἀρετῶν θὰ πρέπει νὰ φορέσουμε γιὰ νὰ θωρακίσουμε τοὺς ἑαυτοὺς μας στὸν ἀγῶνα, ἐναντία στοὺς πειρασμοὺς καὶ τὶς παγίδες τοῦ διαβόλου.

Δὲν διαφωνεῖ κανένας ὅτι πολλοὶ ἀγῶνες εἶναι ἀνωφελεῖς καὶ μάταιοι. Ἡ διαχρονικὴ ὁμως ἀλήθεια τῆς Ἐκκλησίας ἀποκαλύπτει ὅτι ὁ χριστιανικὸς ἀγῶνας, οὔτε μάταιος εἶναι, οὔτε ἀκαρπος, διότι ἔχει ἓνα μοναδικὸ καὶ ἀνεπανάληπτο ἀντίκρισμα. Ἕνα οὐράνιο ἐπαθλο περιμένει τὸν καθένα στὸ τέλος αὐτοῦ τοῦ ταξιδιοῦ.

Εἶναι γνωστὸ ὅτι ἡ χριστιανικὴ ζωὴ εἶναι συνυφασμένη μὲ ἓναν διαρκῆ πνευματικὸ ἀγῶνα. Ἕναν ἀγῶνα πραγματικὰ δύσκολο, κοπιώδη, ἀλλὰ γεμᾶτο εὐλογίας καὶ χάρις ἀπὸ τὸν ἐλεήμονα Θεό. Φυσικά, τὸν ἀγῶνα αὐτὸν δὲν τὸν ἐπιβάλλει κανεὶς. Ἡ Ἐκκλησία ἀπλᾶ προτείνει στοὺς πιστοὺς, ἰδιαίτερα τὴν περίοδο τῆς Σαρακοστῆς, νὰ τὸν ἀκολουθήσουν. Τὸ ἂν τελικὰ κάποιος θελήσει νὰ μπεῖ σὲ αὐτὴ τὴν περιπέτεια, ἐξαρτᾶται ἀποκλειστικὰ καὶ μόνο ἀπὸ τὴν ἐλεύθερη βούλησή του. Εἶναι ὅμως γεγονός, ὅτι ὅποιος θελήσει ἔστω καὶ μιὰ φορὰ νὰ γευτεῖ τοὺς καρποὺς αὐτῆς τῆς πνευματικῆς ἐμπειρίας, πολὺ δύσκολα θὰ ἀφήσει τὸν ἑαυτό του τὴν ἐπόμενη χρονίᾳ νηστικό, διψασμένο καὶ γυμνὸ πνευματικά.

Ἕνα ἀπὸ τὰ ὠραιότερα τροπάρια τῆς Ἐκκλησίας αὐτὴ τὴν περίοδο, ἀναφέρει: «Ἐφθασε καιρός, ἡ τῶν πνευματικῶν ἀγῶνων ἀρχή». Ἦρθε λοιπὸν καὶ πάλι ὁ καιρός, ἀγαπητοὶ μου ἀδελφοί, νὰ κάνουμε τὴν ἀρχή. Νὰ ζήσουμε τὴν περίοδο αὐτὴ, ὅπως σοφὰ καὶ στοργικὰ προτείνει ἡ Ἐκκλησία μας καὶ νὰ γευθοῦμε τοὺς γλυκοὺς καρποὺς τῶν ἀρετῶν. Μένει ἀπὸ ἐμᾶς μόνο νὰ τὸ ἀποφασίσουμε. Ὁ ἐν Θεσσαλονίκη μακαριστὸς ἱερέας π. Φραγκίσκος Βαμβακάρης -ποῦ δόξα τῷ Θεῷ ἀξιώθηκα ἀπὸ παιδὶ νὰ μεγαλώσω δίπλα του- ἔλεγε συχνὰ σὲ ὅσους εἶχαν ἓναν δισταγμὸ ἢ κάποιες ἀμφιβολίες: «Ἀπλᾶ δοκίμασε μιὰ χρονιά καὶ τὴν ἐπόμενη μὴ τὸ κάνεις». Εἰλικρινὰ κι ἐγὼ σήμερα -σὰν ἱερέας πλέον- σὰς λέγω ὅτι, ἂν τελικὰ τὸ ἀποφασίσετε, νὰ εἰστε βέβαιοι, ὅτι, αὐτὴ σας ἡ ἀπόφαση, θὰ εἶναι ἀπὸ τὶς ὠραιότερες τῆς ζωῆ σας!

Πρωτοπρεσβύτερος

Βασίλειος Γ. Ἀποστολίδης, Δρ.Μ
Ἱερατικὸς Προϊστάμενος

Καλὴ καὶ εὐλογημένη Τεσσαρακοστή!

«The time has come, the start of our spiritual contests»
(Doxastikon of Cheesefare Sunday)

Holy and Great Lent! An incredible journey of search and spiritual revitalization. Moreover, a wonderful and unique period of interiorization, contemplation, prayer, fasting, and repentance for every faithful Christian who consciously and freely decides to follow. A blessed period that prepares us to live with Christ, His passion, and to rejoice in His glorious resurrection.

It is true, especially nowadays, that everybody carries a cross. A little lighter or heavier always depends on how much weight God allows us. However, we have many spiritual allies and helpers in life's difficulties. As an infallible compass, we hold the Gospel and the teaching of the Fathers of the Church. As an immovable wall, we raise our faith. And finally, let us not forget the precious treasures of fasting, prayer, almsgiving, and humility. We must wear this spiritual armor of virtues to shield ourselves in the struggle against the temptations and snares of the devil.

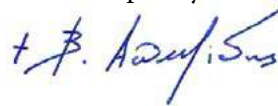
No one disputes that many struggles are useless and futile. However, the timeless truth of the Church reveals that the Christian struggle is neither in vain nor fruitless because it has a unique and unrepeatable outcome. A heavenly prize awaits everyone at the end of this journey.

It is known that the Christian life is intertwined with a continuous spiritual struggle. A struggle that is truly difficult and arduous but full of blessings and grace from the merciful God. Of course, no one imposes this struggle. The Church simply suggests to the faithful, especially during the period of Lent, that they follow it. Whether someone ultimately wants to enter this adventure depends solely and exclusively on their free will. However, it is a fact that whoever wants to taste the fruits of this spiritual experience even once will find it very difficult to leave themselves fasting, thirsty, and spiritually naked the following year.

One of the most beautiful hymns of the Church during this period states: *«The time has come, the start of our spiritual contests»*. So, the time has come again, my dear brothers, for us to make the beginning. Let us live this period, as our Church wisely and lovingly suggests, and taste the sweet fruits of virtues. It remains only for us to decide. My spiritual Father in Thessaloniki, Fr. Francis Vamvakaris - whom, thank God, I was privileged to grow up next to as a child - often said to those who had hesitations or doubts: «Just try it for a year and don't do it the next year». Honestly, today - as a priest now - I tell you that if you finally decide, be sure that this decision of yours will be one of the most beautiful decisions of your life!

Have a blessed and fruitful Great Lent!

Protopresbyter



Vasileios G. Apostolidis, PhD
Presiding Priest

LITURGICAL SCHEDULE

Sunday 2 Cheesefare Sunday
08:30am Orthros - 10:00am Divine Liturgy

Wednesday 5 **6:00pm** 9th hour and **Presanctified Liturgy** – Bible Study

Friday 7 **7:00pm** 1st Salutations to the Theotokos

Sunday 9 Sunday of Orthodoxy – Holy Forty Martyrs of Sebaste (1st of Lent)
**8:30am Orthros - 10:00am Divine Liturgy and
Procession of the Holy Icons**

Wednesday 12 **6:00pm** 9th hour and Presanctified Liturgy – Bible Study

Friday 14 **7:00pm** 2nd Salutations to the Theotokos

Sunday 16 Sunday of St. Gregory Palamas (2nd of Lent)
8:30am Orthros - 10:00am Divine Liturgy

Wednesday 19 **6:00pm** 9th hour and **Presanctified Liturgy** – Bible Study

Friday 21 **7:00pm** 3rd Salutations to the Theotokos

Sunday 23 Sunday of the Holy Cross (3rd of Lent)
8:30am Orthros and Holy Cross Ceremony – 10:00am Divine Liturgy

Tuesday 25 Annunciation of the Theotokos
9:00am Orthros - 10:00am Divine Liturgy

Wednesday 26 **6:00pm** 9th hour and **Presanctified Liturgy** – Bible Study

Friday 28 **7:00pm** 4th Salutations to the Theotokos

Sunday 30 Sunday of St. John Climacus (4th of Lent)
8:30am Orthros - 10:00am Divine Liturgy

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

Κυριακή 2 Κυριακή τῆς Τυρινῆς
8:30π.μ. Ὅρθρος - 10:00 π.μ. Θεία Λειτουργία

Τετάρτη 5 **6:00μ.μ.** 9^η ὥρα καὶ Προηγιασμένη Θεία Λειτουργία - Μελέτη Ἁγίας Γραφῆς

Παρασκευή 7 **7:00μ.μ.** Α΄ Χαιρετισμοὶ τῆς Θεοτόκου

Κυριακή 9 Α΄ Νηστειῶν. Κυριακή τῆς Ὁρθοδοξίας – Ἁγίων Τεσσαράκοντα Μαρτύρων
**8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία καὶ
Λιτάνευσις τῶν Ἱερῶν Εἰκόνων**

Τετάρτη 12 **6:00μ.μ.** 9^η ὥρα καὶ Προηγιασμένη Θεία Λειτουργία - Μελέτη Ἁγίας Γραφῆς

Παρασκευή 14 **7:00μ.μ.** Β΄ Χαιρετισμοὶ τῆς Θεοτόκου

Κυριακή 16 Β΄ Νηστειῶν. Κυριακή τοῦ Ἁγίου Γρηγορίου Παλαμᾶ
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

Τετάρτη 19 **6:00μ.μ.** 9^η ὥρα καὶ Προηγιασμένη Θεία Λειτουργία - Μελέτη Ἁγίας Γραφῆς

Friday 21 **7:00μ.μ.** Γ΄ Χαιρετισμοὶ τῆς Θεοτόκου

Sunday 23 Γ΄ Νηστειῶν. Κυριακή τῆς Σταυροπροσκυνήσεως
8:30π.μ. Ὅρθρος καὶ Τελετὴ τῆς Ὑψώσεως – 10:00π.μ. Θεία Λειτουργία

Τρίτη 25 Ὁ Εὐαγγελισμὸς τῆς Θεοτόκου
8:45π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

Τετάρτη 26 **6:00μ.μ.** 9^η ὥρα καὶ Προηγιασμένη Θεία Λειτουργία - Μελέτη Ἁγίας Γραφῆς

Παρασκευή 28 **7:00μ.μ.** Δ΄ Χαιρετισμοὶ τῆς Θεοτόκου

Κυριακή 30 Δ΄ Νηστειῶν. Κυριακή τοῦ Ἁγίου Ἰωάννου τῆς Κλίμακος
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

ΕΟΡΤΟΛΟΓΙΟΝ

- 1 Σ Ευδοκίας οσιομάρτυρος, Μαρκέλλου μάρτ.
- 2 Κ + **ΤΥΡΟΦΑΓΟΥ**. Νικολάου Πλανά οσ., Ησυχίου μάρτ., Ευθαλίας
- 3 Δ + **Καθαρά Δευτέρα. (Αρχή Τεσσαρακοστής)** Ευτροπίου
- 4 Τ Γερασίμου, Παύλου, Ιουλιανής
- 5 Τ Κόνωνος, Ευλαμπίου, Αρχελάου μαρτύρων
- 6 Π Των εν Αμορίω 42 μαρτύρων
- 7 Π + **Α΄ Χαιρετισμοί**. Ευγενίου μάρτ., Λαυρεντίου οσίου, Εφραίμ
- 8 Σ Το διά κολλύβων θαύμα του μεγαλομάρτυρος Θεοδώρου
- 9 Κ + **Α΄ ΝΗΣΤΕΙΩΝ. Της Ορθοδοξίας**, Των εν Σεβαστεία 40 μαρτύρων
- 10 Δ Κοδράτου Κορίνθου, Αναστασίας Αλεξανδρείας
- 11 Τ + **Θεοδώρας βασιλίσσης Αρτης**, Σωφρονίου Ιεροσολύμων
- 12 Τ Θεοφάνους ομολογητού, Συμεών νέου θεολόγου
- 13 Π Νικηφόρου Κων/λεως, Πουπλίου μάρτυρος
- 14 Π + **Β΄ Χαιρετισμοί**. Βενεδίκτου, Ευσχήμενος μάρτυρος
- 15 Σ Αγίου Θεοδώρου, Αγαπίου, Αριστοβούλου
- 16 Κ + **Β΄ ΝΗΣΤΕΙΩΝ. Γρηγορίου Παλαμά**, Σαββίνου, Χριστοδούλου
- 17 Δ + **Αλεξίου ανθρώπου του Θεού**, Πατρικίου
- 18 Τ Κυρίλλου Ιεροσ., Τροφίμου μάρτυρος
- 19 Τ Χρυσάνθου & Δαρείας, Δημητρίου
- 20 Π Εν τη Μονή Αγ. Σάββα αναιρ. πατέρων
- 21 Π + **Γ΄ Χαιρετισμοί**. Ιακώβου ομολογητού, Θωμά Πατρ. Κων/λεως
- 22 Σ Βασιλείου Αγκύρας, Καλλινίκης & Βασιλίσσης μάρτ.
- 23 Κ + **Γ΄ ΝΗΣΤΕΙΩΝ. Σταυροπροσκυνήσεως**, Νίκωνος, Ανατολίου
- 24 Δ Αρτέμωνος, Ζαχαρίου
- 25 Τ + **ΕΥΑΓΓΕΛΙΣΜΟΣ ΤΗΣ ΘΕΟΤΟΚΟΥ**
- 26 Τ Σύναξις Αρχ. Γαβριήλ, Γεωργίου νεομάρτυρος
- 27 Π Ματρώνης οσίας, Φιλητού και Λυδίας
- 28 Π + **Δ΄ Χαιρετισμοί**, Ιλαρίωνος οσίου, Ηρωδίωνος εκ των 70
- 29 Σ Μάρκου Επισκόπου Αρεθουσών
- 30 Κ + **Δ΄ ΝΗΣΤΕΙΩΝ. Ιωάννου της Κλίμακος**, Ζαχαρίου και Ευβούλης οσ.
- 31 Δ Υπατίου και Ακακίου ιερομαρτύρων

ΗΜ

ΑΠΟΣΤΟΛΟΣ

ΕΥΑΓΓΕΛΙΟΝ

ΗΧΟΣ - ΕΩΘΙΝΟΝ

2 Ρωμ. ιγ', 11-14; ιδ', 1-4

Μτθ. στ', 14-21

γ' / Γ'

9 Εβρ. ιβ', 1-10

Ιωάν. α', 43-51

δ' / Δ'

16 Εβρ. α', 10-14; β', 1-3

Μρκ. β', 1-12

πλ. α' / Ε'

23 Εβρ. δ', 14-16; ε', 1-6

Μρκ. η', 34-38; θ', 1

πλ. β' / ΣΤ'

25 Εβρ. β', 11-18

Λκ. α', 24-38

—

30 Εβρ. στ', 13-20

Μρκ. θ', 17-31

βαρύς / Ζ'

SAINTS OF THE MONTH

- 1 S Righteous Martyr Evdokia, Markelus
- 2 S + **CHEESEFARE SUN.** Nicholas Planas, Esyhios martyr, Euthalia
- 3 M + **Clean Monday, (Great Lent begins),** Eftropius, Vasiliskus
- 4 T Gerasimus, Paul and Juliana
- 5 W Konon, Evlambius, Archelaos the martyrs
- 6 T The Holy 42 Martyrs of Amorion
- 7 F + **1st Salutations.** Evgenios the Martyr, Laurence, Ephraim
- 8 S The commemoration of the miracle of Kollyva by St. Theodore
- 9 S + **1st SUN OF LENT. Sun. of Orthodoxy.** H. Forty Martyrs of Sebaste
- 10 M Kodratos of Corinth, Anastasia of Alexandria
- 11 T + **Theodora of Arta,** Sofronius of Jerusalem
- 12 W Theophanes the Confessor, Symeon the new Theologian
- 13 T Nikephoros of Con/ple, Pouplios the Martyr
- 14 F + **2nd Salutations.** Benedict the Righteous, Efschimon the Martyr
- 15 S St. Theodore, Agapios, Aristovoulos
- 16 S + **2nd SUN OF LENT. St Gregory Palamas,** Savvinos, Christodoulos
- 17 M + **Alexios Man of God.** Patrick
- 18 T Cyril of Jerusalem, Trophimos & Eukarpion
- 19 W Chrysanthos and Daria, Demetrios
- 20 T The Martyred Fathers of St. Savvas Monastery
- 21 F + **3rd Salutations.** James the Confessor, Thomas Patr. of Contantinople
- 22 S Basil of Ankara, Kalliniki & Vasilissa martyrs
- 23 S + **3rd SUN OF LENT. Veneration of the Holy Cross,** Nikon, Anatolios
- 24 M Artemon, Zaharias
- 25 T +**THE ANNUNCIATION OF THE THEOTOKOS**
- 26 W Synaxis of the Archangel Gabriel, George the newmartyr
- 27 T Matrona, Philetos and Lydia
- 28 F +**4th Salutations.** Ilarion, Irodion of the 70
- 29 S Mark, Bishop of Arethusia
- 30 S + **4th SUN OF LENT. St. John of the Ladder,** Zaharias, Efvouli
- 31 M Ypatios and Akakius the hieromartyrs

D	EPISTLE	GOSPEL	TONE - EOTHINON
2	Rom. 13:11-14;14:1-4	Matt. 6:14-21	3rd / 3rd
9	Heb. 12:1-10	John 1:43-51	4th / 4th
16	Heb. 1:10-14;2:1-3	Mark 2:1-12	pl.1st / 5th
23	Heb. 4:14-16;5:1-6	Mark 8:34-38; 9:1	pl.2nd / 6th
25	Heb. 2:11-18	Luke 1:24-38	—
30	Heb. 6:13-20	Mark 9:17-31	Grave / 7th

ORTHODOX STUDIES

Η Λειτουργία των Προηγιασμένων Δώρων

π. Βασίλειος Γ. Αποστολίδης

Η Λειτουργία των Προηγιασμένων Τιμίων Δώρων είναι μια αρχαιότατη Λειτουργία, που τελείται τις καθημερινές της Αγίας και Μεγάλης Τεσσαρακοστής και είναι μία από τις ωραιότερες και κατανοητότερες ακολουθίες της Εκκλησίας μας. Ταυτόχρονα είναι και μία διαρκής πρόσκληση για την συχνή κοινωνία των Θείων Μυστηρίων.



Η Λειτουργία των Προηγιασμένων Δώρων έχει πρώιμη ιστορική και πρακτική προέλευση στη λατρεία της Ορθόδοξου Εκκλησίας. Σε πρακτικό επίπεδο χρησιμεύει ως μέσο για τους πιστούς να κοινωνούν των Τιμίων Δώρων τις ημέρες που δεν μπορεί να τελεστεί τελεία Θεία Λειτουργία. Ένας από τους εκκλησιαστικούς λειτουργικούς κανόνες, που αναφέρονται στη Μεγάλη Σαρακοστή, είναι αυτός που αποκλείει την τέλεση της Θείας Λειτουργίας, κατά τη διάρκεια της Μεγάλης Σαρακοστής (εκτός Σαββάτου και Κυριακής), με μόνη εξαίρεση τη

γιορτή του Ευαγγελισμού (αν τύχει Δευτέρα μέχρι Παρασκευή). Στα πρώτα χρόνια, τουλάχιστον μέχρι τον τέταρτο αιώνα, η Κοινωνία των πιστών θεωρούνταν αναπόσπαστο μέρος της Θείας Ευχαριστίας που ήταν αδιανόητο να παρευρεθεί ο πιστός δίχως να μετέχει. Έτσι η Εκκλησία, ως φιλόστοργος μητέρα, για να διασφαλιστεί ότι οι πιστοί δεν θα χάσουν «την τροφή της αθανασίας», καθιέρωσε τη Λειτουργία των Προηγιασμένων Δώρων, σαν μια δυνατότητα πνευματικής αναζωογόνησης και συχνής μετοχής των πιστών στο μυστήριο της Θείας Μεταλήψεως.

Η Ορθόδοξη Εκκλησία, καθόρισε τις Τετάρτες και τις Παρασκευές της Μεγάλης Τεσσαρακοστής να τελείται μία άλλη Λειτουργία, η Λειτουργία των Προηγιασμένων Δώρων. Κατά τη Λειτουργία αυτή δεν τελείται Θυσία, δε γίνεται δηλαδή μεταβολή του άρτου και του οίνου σε Σώμα και Αίμα Χριστού. Τα Τιμία Δώρα, έχουν προαγιασθεί (γι' αυτό και λέγεται Λειτουργία των Προηγιασμένων Δώρων) κατά σε προηγούμενη Θεία Λειτουργία Σαββάτου ή Κυριακής, είναι πλέον Σώμα και Αίμα Χριστού, και απλώς προσφέρονται προς μετάληψη στους πιστούς.

Η Λειτουργία των Προηγιασμένων Δώρων, είναι στην ουσία η Ακολουθία του Εσπερινού που τελείται μετά την Ενάτη Ώρα, (3:00 μ.μ.) και έχει λάβει μια ιδιαίτερη ομορφιά, καθώς είναι διανθισμένη από τη «χαρμολύπη» της Σαρακοστής. Δεν έχει τον πανηγυρικό και θριαμβευτικό χαρακτήρα των Λειτουργιών της Κυριακής, αλλά δεσπόζει σε αυτή το πένθιμο και κατανοητικό

στοιχείο. Επίσης γίνεται ιδιαίτερη αναφορά στους Κατηχουμένους, εκείνους που προετοιμάζονται για να δεχθούν το Άγιο Βάπτισμα, αισθανόμενοι συνάμα μια άμεση σύνδεση με τη Χριστιανική Εκκλησία των πρώτων αιώνων.

The Liturgy of the Presanctified Gifts

by Fr. Vasileios G. Apostolidis

The Liturgy of the Presanctified Precious Gifts is an ancient Liturgy celebrated on the weekdays of Holy and Great Lent. It is one of our Church's most beautiful and devout services, and it is also a constant invitation to frequent communion with the Divine Mysteries.

The Liturgy of the Presanctified Gifts has early historical and practical origins in the worship of the Orthodox Church. On a practical level, it serves as a means for the faithful to commune of the Precious Gifts on days when a full Divine Liturgy cannot be celebrated. One of the ecclesiastical liturgical rules, which refers to Great Lent, is one that excludes the celebration of the Divine Liturgy during Great Lent (except Saturday and Sunday), with the sole exception of the feast of the Annunciation (if it falls on a Monday through Friday). In the early years, at least until the fourth century, the Communion of the faithful was considered an integral part of the Holy Eucharist that it was unthinkable for the faithful to attend without partaking. Thus, the Church, as a loving mother, to ensure that the faithful would not lose “the food of immortality,” established the Liturgy of the Presanctified Gifts as a possibility of spiritual revival and frequent participation of the faithful in the mystery of the Holy Communion.



Orthodox Church has designated another Liturgy, the Liturgy of the Presanctified Gifts, to be celebrated on Wednesdays and Fridays of Great Lent. During this Liturgy, no Sacrifice is performed, that is, the bread and wine are not changed into the Body and Blood of Christ. The Precious Gifts, the Bread and Wine, are ready, have been presanctified (which is why it is called the Liturgy of the Presanctified Gifts) during the preceding Divine Liturgy on Sunday, are now the Body and Blood of Christ, and are simply offered for communion to the faithful.

The Liturgy of the Presanctified Gifts is essentially the Vespers Service that is celebrated after the Ninth Hour (3:00 p.m.) and has taken on a special beauty, as it is imbued with the “joy-sadness” character of Lent. It does not have the solemn and triumphant tone of the Sunday Liturgies, but the mournful and devout element dominates it. Special mention is also made of the Catechumens, those who are preparing to receive Holy Baptism, and at the same time, we feel a direct connection with the Christian Church of the first Christian centuries.

LESSONS OF LIFE

A Letter to Those Who Bring Small Children to Church

There you are at church. Your baby or toddler is restless. Perhaps even a little boisterous. You try to silence them, and nothing. You try to pacify them with food or toys, and nothing. Eventually, you resort to the last thing you wanted to do: you pick them up, and before a watching audience, you make the march out of the church. All the while you're a little embarrassed, maybe a little frustrated too. You might even think to yourself, "There's no point in coming to church. I get nothing out of it because I have to constantly care for my kid."

I want you - mothers or fathers - to know just how encouraging you are to so many. The elderly woman who often feels alone beams with a smile at the sight of you wrestling with your little one. She's been there before. She knows how hard it can be, but she smiles because to hear that brings back precious memories. Seeing young parents and their small children brighten her day; she may have just received bad news about her health but seeing the vitality of young ones removes - if but for a moment - her fears. The older man who always seems to be grouchy notices you too. He's always talking about how children in this day have no respect or sense of goodness. But he sees you - a young family - in church every week. Like clockwork, he can depend on the sight of you and your young family. You give him hope that maybe the Church isn't doomed after all, because there are still young parents who love God enough to bring their restless children to church.

Bring your children to church! If we don't hear crying, the church is dying. As hard as it might be for you as a parent who's half-asleep, keep on doing what you're doing. You are an encouragement, and you're starting off your children's lives as you should.

- Author unknown



P.S.: My "kids" are 20 and 23 now. We've all been there. The little prayer book, the spill proof cup of cheerios, the impromptu singing. Our "cry room" is there for you so you don't have to leave if you need a moment. You've been blessed with the great responsibility to teach these little souls to pray and build a foundation for living a life in Christ.

WE are blessed to have you in our parish family and we look forward to teaching your "littles" in Sunday School!

In Christ,
Flora Dragazis

SALUTATIONS TO THE THEOTOKOS



The Virgin Mary holding the Christ Child. Easter Byzantine mosaic Interior Hagia Sophia in Constantinople.

The Service of the Salutations is known as one of the hymnological masterpieces of the Church. During the first four Salutation services, the Akathist Hymn is sung in parts. The Akathist Hymn is a profound, devotional poem that sings the praises of the Holy Mother and Ever-Virgin Mary. This hymn comprises twenty-four stanzas, divided into four parts. One part is sung on each Friday of Great Lent, and on the fifth Friday, the entire set is sung in commemoration of a miracle performed by the Virgin in Constantinople.

1st Salutations - March 7

2nd Salutations - March 14

3rd Salutations - March 21

4th Salutations - March 28

The Akathist Hymn - April 4

ΟΙ ΧΑΙΡΕΤΙΣΜΟΙ ΤΗΣ ΘΕΟΤΟΚΟΥ

Η Ακολουθία των Χαιρετισμών κατά την περίοδο της Μεγάλης Τεσσαρακοστής είναι γνωστή ως ένα από τα υμνολογικά αριστουργήματα της Εκκλησίας μας. Κατά τη διάρκεια της Μεγάλης Τεσσαρακοστής, τις καθημερινές τα απογεύματα τελείται το Μεγάλο Απόδειπνο. Τις Παρασκευές αντί για το Μεγάλο τελείται το Μικρό Απόδειπνο μαζί με την Ακολουθία των Χαιρετισμών της Υπεραγίας Θεοτόκου. Κατά τη διάρκεια των πρώτων τεσσάρων Χαιρετισμών, ο Ακάθιστος Ύμνος ψάλλεται τμηματικά.

Ο Ακάθιστος Ύμνος είναι ένα βαθύ, λατρευτικό ποίημα που ψάλλει τα εγκώμια της Παναγίας και της Παναγίας. Ο ύμνος αυτός περιλαμβάνει είκοσι τέσσερις στροφές, χωρισμένες σε τέσσερα μέρη. Ένα μέρος ψάλλεται κάθε Παρασκευή της Μεγάλης Τεσσαρακοστής και την πέμπτη Παρασκευή ολόκληρο το σύνολο σε ανάμνηση ενός θαύματος που έκανε η Παναγία στην Κωνσταντινούπολη.

LADIES PHILOPTOCHOS SOCIETY



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

February 1st was our Cook for Trinity Lutheran Soup Kitchen. The menu was homemade chicken soup, corned beef sandwiches, macaroni salad, green vegetable salad, and pudding. Over 120 meals were served on site along with 20 takeouts and any remainder of food went to Project Hospitality. Thank you to GOYANS Gianna Caputo and Anthony Iemmiti who joined our Philoptochos cooks and Trinity Lutheran Soup Kitchen. Their participation was heartfelt, and they enjoyed donating their time and efforts. Thank you to Lea Tsokris for making the arrangements for this very worthy cause.

February 11th was our monthly meeting and our “Valentine’s Day Project”. Thank you to all who attended and wrote out cards and messages to our homebound parishioners who are unable to join us at Sunday liturgy. These parishioners are so very humbled, grateful, and appreciative of the love they received.

Events for March:

- 3/1 Cook for Trinity Lutheran Soup Kitchen
- 3/2 Philoptochos Monthly Tray

This month monies will go towards:

Orthodox Christian Missions (Support a Mission Priest)
Hellenic College Holy Cross Lenten Event
Veneration of the Holy Cross



- 3/11 Monthly meeting 6:30 refreshments/7:00 meeting
Please come join us, as we, Philoptochos “friend of the poor” help those in need.
- 3/28 Project Hospitality
Sandwiches and salads provided through Bagel Depot
- 3/29 Walk-A-Thon
Come join us! For more information, see flyer.
- 3/30 Greek Independence Day

Please Note:

Tsoureki from Agia Skepi is available. Please see the enclosed form for more information, including the sale of Easter Baskets and Palm Crosses

Save the Date:

Thursday, May 22nd, 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 Great Lent!

Conveying the blessings and love of Fr. Vasileios,

Faithfully,
Dee Sidiropoulos, President





Ladies Philoptochos Society



Walk-a-Thon

Let's get moving!!!

Come join us for a walk on the boards at South Beach!

On Saturday, March 29, 2025 at 10:00 am

*****Meet us at the Fishing Pier*****

***We will be hosting a walk-a-thon
to help fundraise for seminarians in need***

To participate, contact Dee Sidiropoulos (917) 669-0586

or Penny Karidis (917) 626-4943

***Please don't forget to tell
your family, friends, and coworkers
to join or sponsor you.***

***If you are unable to walk, you can support us through
our Virtual Walk by buying a "SNEAKER"***

Let's make this fundraiser a success!



All donations will be collected through Ladies Philoptochos Society

OFFICE ANGELS



We have been very blessed over the years to have had a group of volunteers who come to the office and help us with our various mailings. We call these special people our "Office Angels", because that is what they are indeed!

Presvytera Elisavet Apostolidis

Mary Veros

Stephanie Griffin

Tina Fasier

Irene Joris

Denise Andolino

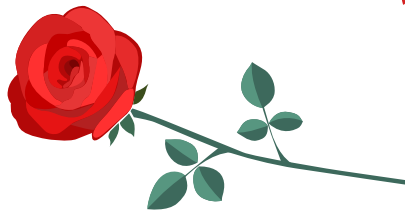
Pauline Grillos

George Veros

Bertha Kapetanakis

Carol Spithogiannis

Many thanks to all of you!





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 February, JOY kids signed up for the upcoming Olympics, and celebrated Tsiknopemhti together, with our family barbecue.



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 February our Junior GOYAns signed up for the upcoming Olympics, and celebrated Tsiknopemhti together, with our family barbecue.



GOYA

This past February was a very busy month for our GOYANS! We kicked off our first Cook and Chat with Fr. Vasileios, where the GOYANS joined him in church to discuss various parts of the church, such as the Bishop's throne, the pulpit, the nave, the narthex, and the solea. This informative session also included a Q&A.

Following the discussion, the GOYANS moved into the kitchen, where they cooked a delicious vegetable pasta dish with Father. It was a wonderful evening filled with learning and bonding.

Our next Chat and Cook will be held on Friday, February 28th, where Fr. Vasileios will talk about the Altar.

Additionally, two of our GOYANS participated in the monthly Soup Kitchen with Philoptochos at Trinity Lutheran Church.

We joined Koimisis Theotokou of Brooklyn

We also hosted our Valentine's Hot Chocolate & Bake Sale and Olympics Sign-Up event.

We had a great time joining Kimisis at their Bowling Event at Rab's Country Lanes. A special thank you to everyone who attended the Camp Saint Paul Parent Information Meeting!

Looking ahead, March also promises to be a busy month!

We will be practicing every Wednesday evening in preparation for our first Volleyball Tournament, scheduled for April 5th at Holy Cross Brooklyn.

We are also planning to attend the St. Basil's GOYAN Retreat on Saturday, March 22nd.

On Sunday, March 16th, 2025, our GOYA will be selling fresh Fasolada to take home!

Come and enjoy a delicious, homemade meal while supporting our youth group.

Thank you all for your participation and support!

Our GOYA meets every Friday at 7:30 PM. Come join us! Everyone is Welcome.



Sunday

Monday

Tuesday

Wednesday














2  Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	3 	4 	5  Presanctified Liturgy 6:00 PM Bible Study
9  Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	10 	11  Philoptochos Meeting 6:30 PM	12  Presanctified Liturgy 6:00 PM Bible Study
16  Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM General Assembly 12:30 PM	17 	18 	19  Presanctified Liturgy 6:00 PM Bible Study
23  Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	24 	25  Orthros 9:00 AM Liturgy 10:00 AM	26  Presanctified Liturgy 6:00 PM Bible Study
30  Orthros 8:30 AM Liturgy 10:00 AM GREEK PARADE 12:00 PM	31 		



Thursday

Friday

Saturday

		<div style="background-color: #f4a460; padding: 5px; display: inline-block;">1</div>  <p>Kritiki Filoxenia Dance 7:00 PM</p>
<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;">6</div>  <p>Executive Board meeting 8:00 PM</p>	<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;">7</div>  <p>JOY 6:00 PM 1st Salutations to the Theotokos 7:00 PM Jr. GOYA 7:00 PM GOYA 7:30 PM</p>	<div style="background-color: #4b0082; padding: 5px; display: inline-block;">8</div> 
<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;">13</div> 	<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;">14</div>  <p>2nd Salutations to the Theotokos 7:00 PM GOYA 7:30 PM</p>	<div style="background-color: #4b0082; padding: 5px; display: inline-block;">15</div> 
<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;">20</div>  <p>Parish Council meeting 8:00 PM</p>	<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;">21</div>  <p>JOY 6:00 PM 3rd Salutations to the Theotokos 7:00 PM Jr. GOYA 7:00 PM GOYA 7:30 PM</p>	<div style="background-color: #4b0082; padding: 5px; display: inline-block;">22</div> 
<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;">27</div> 	<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;">28</div>  <p>4th Salutations to the Theotokos 7:00 PM GOYA 7:30 PM Adult Hellenic Dancers 8:00 PM</p>	<div style="background-color: #4b0082; padding: 5px; display: inline-block;">29</div> 



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)

Η Επανάσταση του 1821

Η **Ελληνική Επανάσταση του 1821** υπήρξε ένα κορυφαίο γεγονός της Νεοελληνικής Ιστορίας με πανευρωπαϊκή σημασία και αντίκτυπο, το οποίο οδήγησε στην ανεξαρτησία του Ελληνικού Έθνους από την Οθωμανική Αυτοκρατορία και στην δημιουργία ανεξάρτητου ελληνικού κράτους το 1830. Οι Έλληνες μετά από έναν επικό αγώνα δώδεκα ετών, από το 1821 μέχρι το 1833, παύουν να αποτελούν μέλη της θρησκευτικής κοινότητας των ορθοδόξων ελληνοφώνων υπηκόων της Οθωμανικής Αυτοκρατορίας αλλά γίνονται πολίτες ενός εθνικού ελληνικού κράτους το οποίο έκλεινε μέσα στα όριά του μόνο 750.000 κατοίκους. Η ιδέα της έκρηξης μιας γενικευμένης αντίδρασης προς την οθωμανική κυριαρχία στο πρώτο μισό του 19ου αιώνα δεν υπήρξε ούτε τυχαία ούτε ανώριμη. Είχε γεννηθεί μέσα σε συνθήκες μοναδικές για την Ευρωπαϊκή και Παγκόσμια Ιστορία.



Πρωταγωνιστής αυτού του ένδοξου αγώνα ένας ολόκληρος λαός, που σηκώνει το κεφάλι απέναντι στον αιμοβόρο κατακτητή του με μοναδικό στήριγμα την πίστη στον Θεό. Ένα ολόκληρο έθνος, με την κραυγή και την απαίτηση «**ΕΛΕΥΘΕΡΙΑ ή ΘΑΝΑΤΟΣ**» να υψώνεται σαν λάβαρο σε στεριά και θάλασσα, ξεκινά τον δύσκολο αγώνα του, υπό την ηγεσία ανθρώπων σεβαστών, κληρικών και λαϊκών, με φλογερή καρδιά και πύρινο λόγο. Πολλοί είναι αυτοί που κατορθώνουν να ενσαρκώσουν τα ιδανικά στον πιο υψηλό βαθμό και να αναδειχθούν σε σύμβολα απαρράμιλλου θάρρους : ο Κολοκοτρώνης, ο Μακρυγιάννης, ο Καραϊσκάκης, ο Νικηταράς, ο Παπαφλέσσας, ο Διάκος στην Αλαμάνια και ο Ανδρούτσος στο Χάνι της Γραβιάς, ο Καραϊσκάκης στην Αράχοβα, ο Ψαριανός πυρπολητής Κανάρης, ο Μιαούλης, η Μπουμπουλίνα, η Μαντώ Μαυρογένους και τόσοι άλλοι γνωστοί και άγνωστοι αγωνιστές.

Στους τέσσερις σκοτεινούς αιώνες της δουλείας του ελληνικού έθνους που προηγήθηκαν, η Ορθόδοξη Εκκλησία, ως θεσμός και ως χώρος, στάθηκε αληθινή κιβωτός του, διασώζοντας τη γλώσσα, την εθνική και θρησκευτική συνείδηση και τις παραδόσεις του ελληνικού λαού, ενώνοντας τον υπόδουλο λαό σε σύνολο, διατηρώντας την επαφή του με το μακρινό ένδοξο παρελθόν του και τρέφοντας τον με την ελπίδα της λευτεριάς.


Σήμερα εμείς οι Έλληνες, έχουμε χρέος να διαφυλάξουμε ως κόρην οφθαλμού τα ιδανικά αυτά, να τιμήσουμε τους ήρωές μας και να φανούμε άξιοι απόγονοι, αξίων προγόνων.

Χρόνια πολλά και πάντα ελεύθεροι!

Ζήτω η 25η Μαρτίου!

GREEK PARADE

Celebrating the 204th Anniversary
of Hellenic Independence



©Dimitrios Panagos Photo

**“GREECE: The Birthplace of Democracy
& Strategic Partner of America”**

SUNDAY, MARCH 30, 2025 - 1:30 PM

FIFTH AVENUE • NEW YORK CITY • 64TH TO 79TH STREET

Our Parish will be marching in the Greek Parade on March 30th, 2025!
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 23th.

Ζήτω η Ελλάδα!!



SUNDAY SCHOOL

Our Sunday School program provides a nurturing and faith-filled environment where children, from 3 years old to 8th 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.

- **Pre-K and Kindergarten** classes have been practicing the Sign of the Cross and learning the Lord’s Prayer.
- **First Grade** students have been diligently working to recite the Lord’s Prayer in both Greek and English.
- **Second Grade** students are learning about the Seven Holy Sacraments—what they are, why they are important, and how they came about. Additionally, they are exploring the symbols found in the church, their meanings, and their significance in worship.
- **Third Grade** students are focused on learning the Creed.
- **Fourth Grade** students are developing an Orthodox Christian life, learning how to incorporate their faith into their daily lives through prayer, worship, and fasting.
- **Fifth and Sixth Grade** classes are studying the Old Testament, focusing on the covenants God made with Noah and Abraham.
- **Seventh and Eighth Grade** students are delving into the early life of Jesus, including the beginning of His ministry following His baptism.

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

We are looking forward to celebrating **The Annunciation of the Theotokos and Greek Independence Day** at our **Parish-Wide Show on Sunday, March 23rd**.

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!

GREEK SCHOOL

Οι μαθήτριες και οι μαθητές του Ελληνικού απογευματινού σχολείου μας “Αγία Τριάδα - Άγιος Νικόλαος”, σας προσκαλούν στη γιορτή για την επέτειο της Επανάστασης του 1821 και τον Ευαγγελισμό της Θεοτόκου.

Η εορταστική εκδήλωση θα πραγματοποιηθεί την Κυριακή 23 Μαρτίου στην αίθουσα εκδηλώσεων του σχολείου μας αμέσως μετά τη Θεία Λειτουργία.

Σας περιμένουμε όλους με χαρά να γιορτάσουμε μαζί αυτή τη διπλή γιορτή!

Η δασκάλα
Σταυρούλα Χαμπάκη

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.



Adult Hellenic Dancing

Come 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 8 pm. For March we will meet on **Friday, March 28th.**

Co-Directors
Stella Viris, Kevi Langis



PTO

PTO Announcements!

March 23rd - PTO Fundraising Bake Sale! Save the date and support our PTO by grabbing some delicious treats!

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!

Next PTO Meeting - March 7th at 6:30 PM

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



- The Holy Trinity St Nicholas PTO Board

ARCHDIOCESAN DISTRICT OLYMPICS

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

Friday May 23rd to Sunday May 25th

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@htsnogoc.org

Anneta Dragazis-Colon
Chairperson



RECIPE OF THE MONTH

by Presbytera Elisavet



Bakaliaros Skordalia

In our homeland, on March 25th, we have a double celebration, the Annunciation of the Virgin Mary and the anniversary of the Revolution of 1821. Although it is during Lent fasting, the custom calls for the family table on March 25th to eat fish and especially cod with garlic bread.

But what does Bakaliaros skordalia have to do with the revolution of 1821?

A legend.....says that Bakaliaros skordalia was an expression used by the revolutionaries of 1821.

In every battle that the Greeks fought and defeated the Turks, there was one slogan. **We ate them like Bakaliaros Skordalia.** An expression that is still used today when we want to talk about something that has been won easily or with difficulty.

The cod was called “mountain fish”! The Cretans call it “pour John” because it was a cheap fish, salted, and preserved unchanged for months without losing its taste and nutritional value.

Ingredients:

3 pounds cod salted, bones removed but skin on
Frying batter
2 cups self-rising flour
1-2 can of beer
Seed oil, for frying
Salt

Garlic mash:

5-6 slices of bread
Juice of 2 lemons
1/2 cup seed oil
1 cup chopped walnut
5-6 melted garlic cloves
1 soup spoon vinegar

Preparation

Desalt the cod fish

- In a bowl add the fillets of codfish. Add enough fresh cold water to completely submerge the fillets.
- Change the water every 3-4 hours for a day.
- Remove the fillets from the water and dry fillets with paper towels and prepare the frying batter.

Homemade frying batter

- In a bowl add self-rising flour and beer. Whisk to combine.

Frying cod

- Cut in to bite sized pieces.
- Add a generous amount of vegetable oil to a frying pan until the oil is hot.
- Spread a cup of purpose flour in a container.
- Dredge the pieces of fish in the flour and then dip the piece of fish in to the frying batter to coat completely.
- Carefully add the fish to the hot oil and fry until they are golden on each side. Turn them over and fry.

Garlic spread

- Soak the bread in water enough
- Drain the bread from the water.
- Place all ingredients in the mixer until smooth.

Must to know

- Cod, due to the salt, raises blood pressure quite a bit, while garlic, on the other hand, lowers it. This explains why there is a balance in this dish. As long as we don't overdo it.

Tips

Regarding the smell of garlic, we can do is chew fresh mint or parsley leaves in our mouths.

Καλή όρεξη και πάντα ελεύθεροι!!

STEWARDSHIP LIST 2025



(as of February 10, 2025)

Fr. Vasileios and Elisavet Apostolidis
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George and Niki Apostolopoulos
Panagiota Arfanis
Emanuel and Anna Belibasakis
Edna Cardinale
Carlos Colon
Anneta Colon
Michael Della Croce
Nicole Della Croce
Demetrius and Angela Dermanis
Anthony Devito
Dimitri Dimitriou
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Paraskevi Dragazis
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George Veres
Diane Vernados
Alex and Lisa Vlastakis
Evangelos and Maria Xenakis

Stewardship is a spiritual response
all that He has given us.

With much prayer, we kindly invite you
to become a Steward of our Parish
or renew your commitment.

Thank you for your consideration
and continued support!



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STEWARDSHIP 2025





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 Sfougataki
Aleko Soukas



COFFEE FELLOWSHIP

Join us every Sunday after Divine Liturgy



March 2th Parish Council
March 9th Philoptochos
March 16th GOYA
March 23th PTO
March 30th [GREEK PARADE]

Please note... all Fasting days are in bold

Σημείωση... Οι ημέρες Νηστείας είναι με έντονο χρώμα

DAUGHTERS OF PENELOPE

Thank you to all who supported our **annual Valentine's Day Fundraiser**. The event was a huge success and will allow our chapter to meet our national, District obligations and donations to local charities.



Special thanks to all the donors of the beautiful baskets which were raffled off that evening.

Hope to see everyone next February 2026!!

Our March meeting will be on **Thursday March 27, 2025, 7 pm** in the Community Center lobby. Refreshments will be served starting at 6:30 pm.

Please make sure to bring your chapter dues (**\$40**). If you have not paid 2024 dues, you can pay for both 2024 and 2025 at the meeting. Our national dues must be submitted by **April 30, 2025** and our District obligations by **March 31, 2025**.

Diana Kolaitis
Corresponding Secretary

AHEPA

Yia sas from AHEPA!

AHEPA is having their **1st annual Fasolada luncheon** on **April 6**, following liturgy.

Tickets are **\$10/ person**. Children **under 12** are free.

Come and try the best Fasolada on Staten Island.

Όποιος τρώει ξανά τρώει!!

We hope you'll join us.

Καλή Σαρακοστή!

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

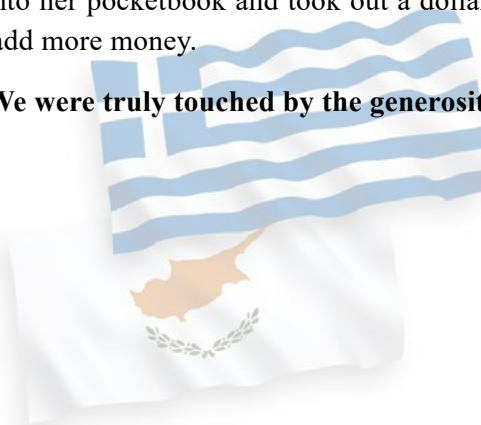
President

PANCYPRIAN ASSOCIATION



Thank you again to all who donated for the children's vests for the Oncology Unit in Cyprus. The Vests arrived in Cyprus safely and were greatly appreciated. With your help, we were able to provide **40 children** with **two vests each**. A memorable moment for us was when One child in our community reached into her pocketbook and took out a dollar for our basket and then asked her father if he could add more money.

We were truly touched by the generosity.



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«*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

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www.htsngoc.org

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March 10, 2025

Submissions can be emailed to:

info@htsngoc.org

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