

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

May 2025



HOLY TRINITY + ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND



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Vasileios G. Apostolidis, PhD

STAFF

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Pastoral Assistant - Master Chanter: Achilleas Gantzoz
Building Maintenance: Zisis Bellos

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OFFICE HOURS

Monday – Friday
10:00am - 3:00pm


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Pto – Julia Balasis Maring, President
Goya – John Doyle, Priscilla Panteleakis, Directors
Chrisoula Kournidakis, Anna Zeakis-Lyons, Assistants
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Joy – Kevi Langis, Director
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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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Ἀπολυτίκιον τῆς Ἑορτῆς

Ἦχος δ΄

Ἀνελήφθης ἐν δόξῃ, Χριστέ ὁ Θεὸς ἡμῶν,
χαροποιήσας τοὺς Μαθητάς,
τῇ ἐπαγγελίᾳ τοῦ ἁγίου Πνεύματος,
βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας,
ὅτι σὺ εἶ ὁ Υἱὸς τοῦ Θεοῦ,
ὁ Λυτρωτὴς τοῦ κόσμου.

Apolytikion of the Feast

Mode 4

You ascended in glory, O Christ our God,
after You filled the Disciples with joy,
by promising to send them the Holy Spirit,
and You blessed them and established their faith,
that You are the Son of God,
the Redeemer of the world.

Κυοντάκιον

Ἦχος πλ. β΄

Τὴν ὑπὲρ ἡμῶν πληρώσας οἰκονομίαν,
καὶ τὰ ἐπὶ γῆς ἐνώσας τοῖς οὐρανόις,
ἀνελήφθης ἐν δόξῃ, Χριστέ ὁ Θεὸς ἡμῶν,
οὐδαμῶθεν χωριζόμενος, ἀλλὰ μένων
ἀδιάστατος, καὶ βοῶν τοῖς ἀγαπῶσί σε·
Ἐγὼ εἰμι μεθ' ὑμῶν, καὶ οὐδεὶς καθ' ὑμῶν.

Kyontakion

Mode pl. 4

When You had fulfilled the dispensation for our sake,
and united things on earth with the things in heaven,
You were taken up thither in glory,
O Christ our God, going not away from any place,
but continuing inseparable,
and to them that love You crying out:
“I am with you, and there is,
therefore, none against you.”

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

Διαμυροφόρος ἡμέρα τῆς Ἀναστάσεως τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ δὲν ἀποτελεῖ μόνο τὸ κορυφαῖο γεγονός τῆς θείας οικονομίας, ἀλλὰ τὴν πεμπτοσύνη τῆς χριστιανικῆς ζωῆς. Μέσα ἀπὸ τὴν Ἀνάσταση, ἡ ἁμαρτία 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 ἁμαρτία 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 μία διαρκῆ μετοχὴ στὸ μυστήριό τῆς θείας χάριτος. Δὲν εἶναι ἀπλῶς μία ἠθικὴ ἀναγέννηση, ἀλλὰ ἡ μετάβαση «*ἐκ τοῦ θανάτου εἰς τὴν ζωὴν*», ἡ πορεία ἀπὸ τὴ δουλεία τῆς ἁμαρτίας πρὸς τὴν ἐλευθερία τῶν παιδιῶν τοῦ Θεοῦ. Ὁ ἅγιος Γρηγόριος ὁ Θεολόγος μᾶς προτρέπει: «*Πᾶσχα ἐστὶν ἡ μετάβασις ἐκ τοῦ φθαρτοῦ πρὸς τὸ ἀφθαρτόν*». 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, προσευχὴ, 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 βρῶση τῆς ἀληθινῆς ζωῆς, διότι «*ὁ τρώγων μὲ τὴν σάρκα καὶ πίνων μὲ τὸ αἷμα, ἔχει ζωὴν αἰώνιον*» (Ἰω. 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. «*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 καρδίες μας, καὶ νὰ φωτίζει τὴν ὁδὸ τῆς σωτηρίας μας. Ἀμήν!

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 crowning event of the divine economy but also the quintessence of the Christian life. Through the Resurrection, sin is defeated, death is trampled upon, and new life is revealed ***"in the light of divine glory."***

The Holy Apostle Paul preaches: ***"And if Christ is not risen, your faith is futile"***. The Resurrection of Christ is the confirmation of our salvation, the declaration that sin and death no longer have the last word in human history. Man is no longer subject to corruption but is called to the newness of life in Christ.

Every Christian's personal resurrection is a permanent participation in the mystery of divine grace. It is not simply 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 pass from the darkness of the old man to the light of divine life.

However, how can we experience this personal resurrection? The Lord gives us the way: repentance, prayer, love, and divine communion. Repentance is the door through which we return to the life of grace. Prayer is the breath of the soul, the Methexis-communication with God. Love is the visible resurrection, and the voluntary sacrifice for our brothers is a copy of the sacrifice of Christ. Divine communion is the food of true life, because ***"he who eats my flesh and drinks my blood has eternal life."***

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. ***"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 permanently established in our hearts, illuminating the path of our salvation. Amen!

Protopresbyter



Vasileios G. Apostolidis, PhD
Presiding Priest

LITURGICAL SCHEDULE

Sunday 4 **Sunday of the Myrrh-bearing Women**
8:45am **Orthros** - 10:00am **Divine Liturgy**

Monday 5 **Saint Irene the Great Martyr**
9:00am **Orthros** - 10:00am **Divine Liturgy**

Wednesday 7 6:00pm **Small Paraklesis to the Most Holy Theotokos-Bible Study**

Sunday 11 **Sunday of the Paralytic**
8:45am **Orthros** - 10:00am **Divine Liturgy**

Wednesday 14 6:00pm **Small Paraklesis to the Most Holy Theotokos-Bible Study**

Sunday 18 **Sunday of the Samaritan Woman**
8:45am **Orthros** - 10:00am **Divine Liturgy**

Wednesday 21 **Saints Constantine and Helen**
9:00am **Orthros** - 10:00am **Divine Liturgy**
6:00pm **Small Paraklesis to the Most Holy Theotokos-Bible Study**

Sunday 25 **Sunday of the Blind Man**
8:45am **Orthros** - 10:00am **Divine Liturgy**

Wednesday 28 6:00pm **Small Paraklesis to the Most Holy Theotokos-Bible Study**

Thursday 29 **HOLY ASCENSION**
9:00am **Orthros** - 10:00am **Divine Liturgy**

ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

Κυριακή 4 Τῶν Μυροφόρων
8:45π.μ. Ὅρθρος - 10:00 π.μ. Θεία Λειτουργία

Δευτέρα 5 Εἰρήνης Μεγαλομάρτυρος
9:00π.μ. Ὅρθρος - 10:00 π.μ. Θεία Λειτουργία

Τετάρτη 7 6:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Ἁγίας Γραφῆς

Κυριακή 11 Τοῦ Παραλύτου
8:45π.μ. Ὅρθρος - 10:00 π.μ. Θεία Λειτουργία

Τετάρτη 14 6:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Ἁγίας Γραφῆς

Κυριακή 18 Τῆς Σαμαρείτιδος
8:45π.μ. Ὅρθρος - 10:00 π.μ. Θεία Λειτουργία

Τετάρτη 21 Ἁγίων Κωνσταντίνου και Ελένης
9:00π.μ. Ὅρθρος - 10:00 π.μ. Θεία Λειτουργία
6:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Ἁγίας Γραφῆς

Κυριακή 25 Τοῦ Τυφλοῦ
8:45π.μ. Ὅρθρος - 10:00 π.μ. Θεία Λειτουργία

Τετάρτη 28 6:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Ἁγίας Γραφῆς

Πέμπτη 29 Η ΑΝΑΛΗΨΙΣ ΤΟΥ ΚΥΡΙΟΥ
9:00π.μ. Ὅρθρος - 10:00 π.μ. Θεία Λειτουργία

ΕΟΡΤΟΛΟΓΙΟΝ

- 1 Π Ιερεμίου προφ. Ευθυμίου εκ Δημητσάνης
 2 Π Ανακομιδή Λειψάνων Μεγ. Αθανασίου
 3 Σ Τιμοθέου και Μαύρας, Διοδώρου, μαρτύρων
 4 **Κ** **+ΤΩΝ ΜΥΡΟΦΟΡΩΝ.** Πελαγίας μάρτυρος, Ιλαρίου ιερομάρτυρος
 5 Δ **+ Ειρήνης μεγαλομάρτυρος,** Νεοφύτου, Κλαυδίου μ.
 6 Τ Ιώβ Δικαίου, Σεραφεΐμ οσίου
 7 Τ Του εν ουρανά φανέντος τιμίου Σταυρού
 8 Π **+ Ιωάννου του Θεολόγου,** Αρσενίου του Μεγάλου
 9 Π **+ Χριστοφόρου μάρτ.,** Ησαΐου προφήτου
 10 Σ Σίμωνος Αποστόλου του Ζηλωτού
 11 **Κ** **+ΤΟΥ ΠΑΡΑΛΥΤΟΥ.** Κυρίλλου και Μεδοθίου **ισαποστόλων**
 12 Δ Επιφανίου Επ. Κύπρου, Γερμανού
 13 Τ Γλυκερίας μάρτ. Σεργίου ομολογητού
 14 Τ **+ Μεσοπεντηκοστής,** Ισιδώρου, Θεράποντος, Λεοντίου
 15 Π Αχιλλείου Αρχιεπισκόπου Λαρίσης, Παχωμίου του Μεγάλου
 16 Π Θεοδώρου ηγιασμένου, Γεωργίου ομολογητού
 17 Σ Ανδρονίκου και Ιουνίας, Νικολάου νεομάρτυρος
 18 **Κ** **+ ΤΗΣ ΣΑΜΑΡΕΙΤΙΔΟΣ.** Πέτρου, Διονυσίου, Ηρακλείου μάρτ.
 19 Δ Πατρικίου, Μενάνδρου, Πολυαίνου μαρτύρων
 20 Τ Θαλλελαίου, Νικήτα μαρτύρων, Λυδίας Φιλιππησίας
 21 Τ **+ Κωνσταντίνου και Ελένης, ισαποστόλων**
 22 Π Βασιλίσκου μάρτυρος, Δημητρίου και Παύλου μαρτ.
 23 Π Μιχαήλ επισκόπου Συνάδων, Συνεσίου επισκόπου Καρπασίας
 24 Σ Συμεών Στυλίου, Μελετίου μάρτυρος
 25 **Κ** **+ ΤΟΥ ΤΥΦΛΟΥ.** Γ' Εύρεσις Κεφ. Τιμ. Προδρόμου, Κελεστίνου μάρτ.
 26 Δ Κάρπου κ' Αλφαίου εκ των 70, Αβερκίου μαρτ.
 27 Τ Ελλαδίου ιερομάρτυρος, Ιωάννου Ρώσου ομολογητού
 28 Τ **+ Απόδοσις του Πάσχα** Ανδρέου διά Χριστόν Σαλού, Ευτυχίου επ. Μελιτινής
 29 Π **+ ΤΗΣ ΑΝΑΛΗΨΕΩΣ,** Θεοδοσίας μάρτ., Θεοδοσίας παρθενομάρτ.
 30 Π Ισαακίου Μονής Δαλμάτων, Βαρλαάμ, Μακρίνα
 31 Σ Ερμείου, Ευσεβίου και Χαραλάμπους μαρτ.

ΗΜ	ΑΠΟΣΤΟΛΟΣ	ΕΥΑΓΓΕΛΙΟΝ	ΗΧΟΣ - ΕΩΘΙΝΟΝ
4	Πράξ. στ',1-7	Μρκ. ιε',43-47; ιστ',1-8	β' / Δ'
6	Πράξ. η',5-17	Ιωάν. στ',27-33	—
8	Α' Ιωάν. α',1-7	Ιωάν. ιθ',25-28, κα',24-25	—
10	Α' Κορ. δ',9-16	Λκ. στ',12-19	—
11	Πράξ. θ',32-42	Ιωάν. ε',1-15	γ' / Ε'
18	Πράξ. ια',19-30	Ιωάν. δ',5-42	δ' / Ζ'
21	Πράξ. κστ',1,12-20	Ιωάν. ι',1-9	—
25	Β' Κορ. δ',6-15	Ιωάν. θ',1-38	πλ. α' / Η'
29	Πράξ. α',1-12	Λκ. κδ',36-53	—

SAINTS OF THE MONTH

1	T	Prophet Jeremiah, Efthymios
2	F	Transfer of the Relics of St. Athanasios
3	S	Timothy and Mavra, Diodorus the Martyrs
4	S	+ SUN. OF THE MYRRHBEARERS , Pelagia the martyr, Hilarion the hierom.
5	M	+ Irene the Great Martyr
6	T	Job the Righteous, Seraphim the Struggler
7	W	Appearance of the sign of the Cross
8	T	+ John the Theologian , Arsenius the Great
9	F	+ Christopher the Martyr , Isaiah the Prophet
10	S	Apostle Simon the Zealot
11	S	+ SUN. OF THE PARALYTIC . Cyril and Methodius
12	M	Epiphanius of Cyprus, Germanos
13	T	Glykeria the Martyr, Sergius the Conf.
14	W	+ Mid-Pentecost , Isidore, Therapontus, Leontius
15	T	Achillios Archbishop, Pachomios the Great
16	F	Theodore the Sanctified, George the Confessor
17	S	Andronikos and Junia of the 70, Nicholas the newmartyr
18	S	+ SUN. OF THE SAMARITAN . Peter, Dionysios, Heraklios
19	M	Patrick, Menander, Polyainos the martyrs
20	T	Thalelaeus, Niketas the Martyrs, Lydia the Phillipician
21	W	+ Sts. Constantine & Helen, Equal-to-the-Apostles
22	T	Vasiliskos, Demetrios and Paul the martyrs
23	F	Michael of Synnada, Synesios the Bishop
24	S	Symeon the Stylite, Meletios the Martyr
25	S	+ SUN. OF THE BLIND MAN . 3rd Discovery of the Head of the Forerunner
26	M	Karpos and Alphaios of the 70, Averkios, martyr
27	T	Elladios the Hierom., John the Confessor
28	W	+ Apodosis of Pascha , Andrew the Fool-for-Christ, Eutychios
29	T	+ ASCENSION DAY , Martyr Theodosia, Theodosia Virgin-Martyr
30	F	Isaakios, Barlaam, Makrina
31	S	Ermeios, Eusevios & Charalambos the Martyr

D	EPISTLE	GOSPEL	TONE - EOTHINON
4	Acts 6:1-7	Mark 15:43-47; 16:1-8	2nd / 4th
6	Acts 8:5-17	John 6:27-33	—
8	1 John 1:1-7	John 19:25-28, 21:24-25	—
10	1 Cor. 4:9-16	Luke 6:12-19	—
11	Acts 9:32-42	John 5:1-15	3rd / 5th
18	Acts 11:19-30	John 4:5-42	4th / 7th
21	Acts 26:1,12-20	John 10:1-9	—
25	II Cor. 4:6-15	John 9:1-38	pl.1st / 8th
29	Acts 1:1-12	Luke 24:36-53	—

ORTHODOX STUDIES

ΕΙΣ ΤΗΝ ΑΝΑΛΗΨΙΝ

(Patrologia Graeca 52:801-2)

(ἀποδίδεται στὸν Ἁγ. Ἰωάννη Χρυσόστομο)

Ἐπέστη τῆς Δεσποτικῆς ἀναλήψεως ἡ ἡμέρα· καὶ προσοδοιορησάντων πολλῶν ὄν καὶ τὴν ἡμετέραν βραχύτητα πρὸς λόγους ὁ πατὴρ προετρέψατο. Καὶ δίκαιον ἡμῖν κατεφαίνετο, κάλυμμα τῆς βραχυλογίας τὴν σιωπὴν ἐπιφέρεισθαι, καὶ κρύπτειν τῆς ἀπαιδευσίας τὸ μέγεθος· ἐπειδὴ δὲ μετὰ τοῦ πατρὸς καὶ τῶν ἄνω δυνάμεων πρὸς λόγους τὸ πλήθος προτρέπετε, καὶ λαλεῖν μετ' αὐτῶν ἐγκελεύετε ἄπερ πάλαι καὶ Δαυὶδ περὶ τῆς ἀναλήψεως τῆς Δεσποτικῆς ἀνεβόησεν· Ἄρατε πύλας, οἱ ἄρχοντες, ὑμῶν, καὶ ἐπάρθητε, πύλαι αἰώνιοι, καὶ εἰσελεύσεται ὁ Βασιλεὺς τῆς δόξης· δεῦρο, σήμερον τὰ πρόσφορα τῆς ἡμέρας καὶ ἡμεῖς κελαδήσωμεν.

Σήμερον γὰρ ὁ Δεσπότης ἡμῶν Χριστὸς πρὸς τὸν πατρῶον θρόνον ἀνέρχεται· σήμερον ὁ σωματωθεὶς τῷ Πατρὶ συγκαθέζεται, οὔτε πρότερον χωρισθεὶς, οὔτε νῦν ἐν πρώτοις αὐτῷ συγκαθήμενος· αἶε γὰρ ἐν τοῖς κόλποις τοῦ Πατρὸς ἀναπαύεται· μόνος τὸν Πατέρα χωρῶν, καὶ ὑπὸ τοῦ Πατρὸς μόνος χωρούμενος· Ἐγὼ γὰρ, φησὶν, ἐν τῷ Πατρὶ, καὶ ὁ Πατὴρ ἐν ἐμοί· καὶ ὁ Λόγος ἐν τῷ Πατρὶ, καὶ ὁ Λόγος ἐν τῇ γῆ. Οὔτε δὲ κατελθὼν ὡς οὐδὲν τὸν πατρῶον κόλπον ἐκένωσεν· οὔτε εἰς οὐρανοὺς ἀνελθὼν, ἔρημον τὴν γῆν τῆς αὐτοῦ παρουσίας κατέλειπεν· ἀλλὰ καὶ τοῖς ἀνθρώποις συναναστρεφόμενος, τῷ Πατρὶ συνεκάθητο, καὶ τῷ Πατρὶ συγκαθήμενος, ὑπάρχει τῶν ἀνθρώπων ἀχώριστος· Ἰδοὺ γὰρ ἐγὼ, φησὶ, μεθ' ὑμῶν εἰμι πάσας τὰς ἡμέρας ἕως τῆς συντελείας τοῦ αἰῶνος. Σήμερον ὁ Δεσπότης Χριστὸς ἐκ τῶν ἀνθρώπων εἰς οὐρανοὺς ἀναφέρεται, οὐ κατὰ τὸν Ἐνῶχ μεθιστάμενος, οὐ κατὰ τὸν Ἥλιαν ἄρματι πυρὸς πρὸς οὐρανὸν ἀνερχόμενος· ἀλλ' ἀναλαμβάνεται, ἵνα πέμψη τοῖς μαθηταῖς τὴν τοῦ ἁγίου Πνεύματος δύναμιν.

Ταύτης τῆς ἀναλήψεως τὴν χαρὰν πρὸ πολλῶν γενεῶν Δαυὶδ θεασάμενος, προανεφώνησε λέγων· Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τὸν Ἀδὰμ διαπλάσας ἐκ κόνεως, ὁ τὸν Ἄβελ δικαιοῦσας, καὶ τὸν Ἐνῶχ μεταθέμενος. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τὸν Νῶε κυβερνήσας, καὶ πιστὸν τὸν Ἀβραὰμ ἐκλεξάμενος. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τὸν Ἰσαὰκ ἄθυτον θυσίαν δεξάμενος, καὶ τὸν Ἰακώβ πληρώσας εὐλογιῶν. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τὸν Ἰωσήφ ὀδηγήσας πλανώμενον, καὶ τὴν ὑπομονὴν τοῦ Ἰῶβ προσδεξάμενος. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ δοξάσας τὸν Μωϋσῆν, καὶ τὴν ἀρχιερωσύνην τῷ Ἀαρὼν χαρισάμενος. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τὸν Ἰησοῦν τὸν Ναυῆ ἐνισχύσας, καὶ τὸν προφήτην τῷ Σαμουὴλ δωρησάμενος. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τὸν Δαυὶδ δυναμώσας, καὶ τὸν Σολομῶντα σοφίσας. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τοὺς προφήτας ἐμπνεύσας, καὶ τοῖς ἀποστόλοις τὰς τῶν ἱαμάτων δωρεὰς χαρισάμενος. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ ἄνω ἀμήτωρ, καὶ κάτω ἀπάτωρ. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, τὸ τοῦ Πατρὸς προαιώνιον γέννημα, καὶ τῆς Παρθένου μητρὸς τὸ ἀφύτευτον βλάστημα. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τῆς ζωῆς χορηγός, καὶ τῶν παραδόξων διανομεύς. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, ὁ τῷ θανάτῳ θανατώσας τὸν θάνατον, καὶ τῷ γένει τῶν ἀνθρώπων ζῶην χαρισάμενος. Ἀνέβη ὁ Θεὸς ἐν ἀλαλαγμῷ, Κύριος ἐν φωνῇ σάλπιγγος. Αὐτῷ ἡ δόξα εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.



ON THE ASCENSION

(attributed to St. John Chrysostom)

The day of the Master's ascension is upon us. Many have travelled here, and the Father has encouraged even him, who is ill-equipped to preach. Indeed, we were thinking it would be right to cover our ineloquence with a veil of silence and hide the magnitude of our ignorance. But because you, along with the Father and the powers above, have been urging us to address you who have assembled here in such numbers, and with them, you request that we speak about that which David long ago exclaimed concerning the ascension of the Master—"Lift up your gates, O princes, and be lifted up, O eternal gates: and the King of Glory shall enter in"—Come then, let us also celebrate the things pertaining to this day.

For today our Master Christ goes up to his father's throne; today, he who was incarnated sits down with the Father; not that he was first separated from him, nor that he now sits with him for the first time, for he has always rested in the bosom of the Father, alone containing the Father, and alone contained by the Father. For "I", he said, "am in the Father, and the Father in me"; and the Word is in the Father and the Word is on the earth. Not descending and leaving the Father's bosom empty, nor ascending into heaven and leaving the earth empty of his presence; but both living together with men and sitting together with the Father; and both sitting together with the Father, and not separated from men. For "be sure of this", he says, "I am with you always, to the very the end of the age." Today the Master Christ is taking himself away from men and into heaven; not being taken like Enoch, nor going up towards heaven in a fiery chariot like Elijah, but ascending by his own power, so that he may send the power of the Holy Spirit to his disciples.

Having seen this joyous ascension many generations ago, David prophesied, saying: God has gone up with a joyous shout, he who fashioned Adam from dust, who justified Abel, and took Enoch. God has gone up with a joyous shout, he who steered Noah, and elected Abraham faithful. God has gone up with a joyous shout, he who accepted the sacrificeless sacrifice of Isaac, and blessed Jacob abundantly. God has gone up with a joyous shout, he who lead Joseph to wander, and expected Job's patient endurance. God has gone up with a joyous shout, he who glorified Moses, and bestowed the high priesthood on Aaron. God has gone up with a joyous shout, he who strengthened Jesus the son of Nun, and gave the gift of prophecy to Samuel. God has gone up with a joyous shout, he who fortified David, and gave wisdom to Solomon. God has gone up with a joyous shout, he who inspired the prophets, and gave gifts of healing to the apostles. God has gone up with a joyous shout, he who is without mother above, and without father below. God has gone up with a joyous shout, the eternal offspring of the Father, and the unfathered descendant of the Virgin mother. God has gone up with a joyous shout, the giver of life, and the distributor of wonders. God has gone up with a joyous shout; he who by dying put death to death and freely gave life to mankind. "God has gone up with a joyous shout; the Lord, with the sound of a trumpet!"

To Him be glory forever and ever. Amen.

PARISH COUNCIL

Christos Anesti!

Happy Easter to All! Thank you Father Vasileios for a beautiful Holy Week and the wonderful Chanting lead by our own Achillea and our special guest chanters from Thessaloniki. It made for a very special Holy week and Pascha.

The busy season continues with some beautiful events. Come out and support these upcoming events...

May 2nd **Cigar night** at 7:30 pm at La Iguana Azul, 8 Giffords lane, Staten Island.

May 22nd **Ladies Philoptochos** Mothers Day dinner at the Li Greci's Staaten 697 Forest Ave.

The Festival is steadily approaching. As always we need volunteers! more importantl we need section heads. For instance, we need people to run a booth. Which includes; staffing, inventory taking, provide ordering lists on items needed and to coordinate with Festival chairpersons. Please contact the Church office with your interest.

Also,

We need Fireguards for the Festival. If your 18 y/o and want to help the church this is a very easy way to help and it looks great on your resume! Please see Steve Stark for details or call the office and leave your name and Steve will be in touch.

Sincerely,
Andrew Economos
Parish Council President





HOLY TRINITY + ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND

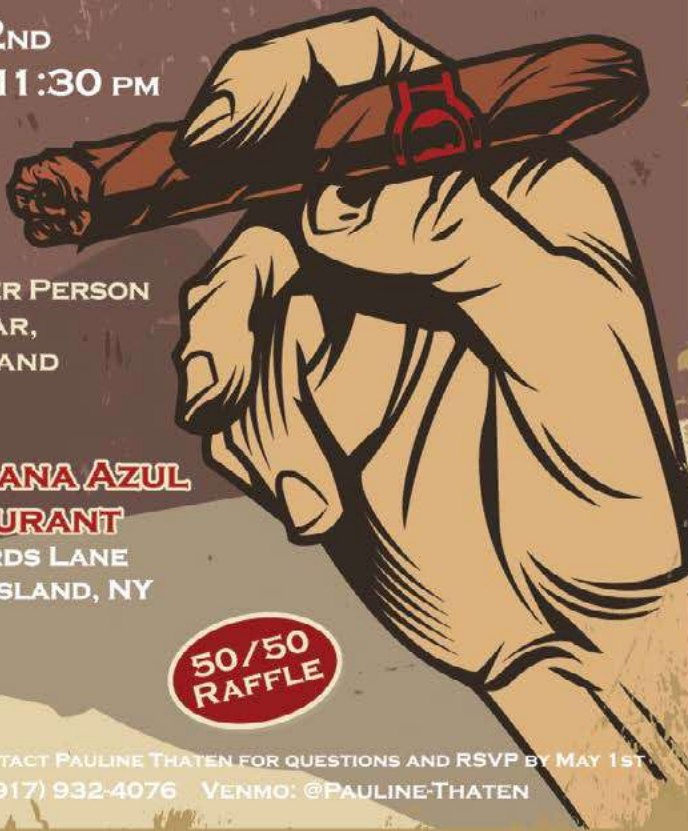
Cigar Night

FUNDRAISER

TO SUPPORT OUR YOUTH MINISTRIES

MAY 2ND

7:30 - 11:30 PM



\$95 PER PERSON
OPEN BAR,
BUFFET AND
CIGARS

LA IGUANA AZUL
RESTAURANT
8 GIFFORDS LANE
STATEN ISLAND, NY

50/50
RAFFLE

PLEASE CONTACT PAULINE THATEN FOR QUESTIONS AND RSVP BY MAY 1ST
(917) 932-4076 VENMO: @PAULINE-THATEN

LADIES PHILOPTOCHOS SOCIETY



Χριστός Ανέστη!

We hope everyone had a Blessed and joyous Pascha. As we continue to celebrate the resurrection of our Lord and Savior, we would like to extend our sincerest gratitude for all those who contributed to our Sisterhood of Saint Basil Academy and our International Orthodox Christian Charities commitments through our monthly tray. Thank you all.

Our March 29th Walk-A-Thon was a huge success. The weather was perfect and everyone enjoyed each other's company as we walked to raise funds for our seminarian at Holy Cross. Thank you all who attended and donated!

March 30th our Philoptochos members marched together with our fellow parishioners up 5th Avenue, carrying our banners proudly, celebrating the 204th Anniversary of Hellenic Independence. The sun may not have been shining but everyone's face was lit up with pride and happiness!

April 5th was our Cook for Trinity Lutheran Soup Kitchen. Our Soup Kitchen crew were able to serve fish, Greek style, even when the ovens were down! 120 meals were cooked on top of a small grill, and served with rice, and spinach. Bravo! A heartfelt thank you to the Soup Kitchen crew for their time and efforts in this very worthy cause. Project Hospitality was successfully completed with sandwiches and salads to the needy through Bagel Depot.



Events for May:

- 5/3 Cook for Trinity Lutheran Soup Kitchen
- 5/4 Philoptochos Monthly Tray

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

- 75th Anniversary Founders
- Orthodox Christian Fellowship Fund (OCF)
- 5/11 Mother's Day
- **5/22 Ladies Philoptochos Annual Spring Dinner**
"A Nite at the Oscars"
 - For more info see flyer
- 5/23 Project Hospitality
- 5/27 Monthly Meeting/Elections
 6:30 pm refreshments/7:00 pm meeting

Save the Date:

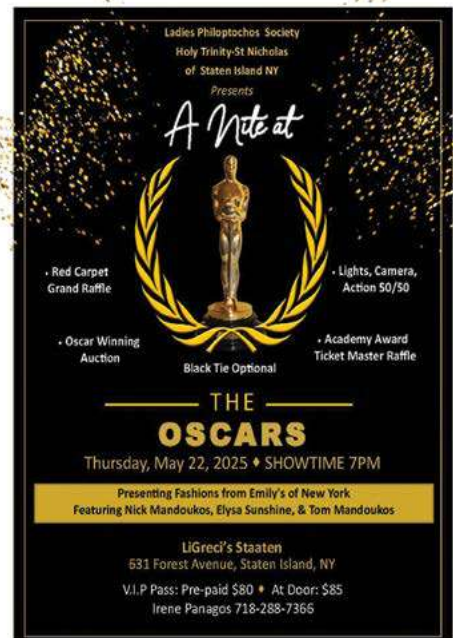
Thursday, June 18th **Ladies Night Out**

More Information to follow.

Conveying the blessings and love of Fr. Vasileios,

Faithfully,

Dee Sidiropoulos, President



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 April, JOY kids made a special Anastasi egg. Our JOY girls participated in the Holy Friday services as Myrofores. **Χριστός Ανέστη!** Practices for the Olympics have begun. The Olympics are May 23, 24, and 25.

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 April, our Junior GOYAnS donated money to an animal shelter. Many of our Junior GOYAnS were also the readers of the “Aspile” and “Dos Imin” prayers during the Salutation, Heretismoi, Friday services. Our Junior GOYA girls participated in the Holy Friday services as Myrofores. Practices for the Olympics have begun. The Olympics are May 23, 24, and 25.



GOYA

Christ Is Risen! Truly He Is Risen!

We hope everyone had a joyous and blessed Easter filled with light and love.



Exciting News!

Our GOYA has officially begun practices for the upcoming **Archdiocese Olympics!**

If you're interested in joining or would like more information, please feel free to email us - we'd love to have you be a part of it!

Don't Forget- our GOYA meets every Friday at 7:30pm

Contact us at: goya@htsngoc.org

In Christ's love,
The GOYA



Sunday

Monday

Tuesday

Wednesday

4

Orthros 8:45 AM
Liturgy 10:00 AM
Hellenic Dancers 12:00 PM

5

Orthros 9:00 AM
Liturgy 10:00 AM

6

7



Paraklesis to
The Theotokos 6:00 PM
Orthodox Study

11

Orthros 8:45 AM
Liturgy 10:00 AM
Hellenic Dancers 12:00 PM

12

13

Philoptochos Meeting
6:30 PM

14



Paraklesis to
The Theotokos 6:00 PM
Orthodox Study

18

Orthros 8:45 AM
Liturgy 10:00 AM
Hellenic Dancers 12:00 PM

19

20

21



Orthros 9:00 AM
Liturgy 10:00 AM
Paraklesis to
The Theotokos 6:00 PM
Orthodox Study

25

Orthros 8:45 AM
Liturgy 10:00 AM
Hellenic Dancers 12:00 PM

26

27

28








Paraklesis to
The Theotokos 6:00 PM
Orthodox Study

Thursday

Friday

Saturday

<p>1</p> <p>Executive Board Meeting 8:00 PM</p>	<p>2 </p> <p>Kickball Olympic Practice 6:00 PM Basketball and Track Olympic Practice 7:00 PM Cigar Night 7:30 PM Basketball Olympic Practice 8:30 PM</p>	<p>3</p>
<p>8</p> <p>Volleyball Olympic Practice 8:00 PM</p>	<p>9 </p> <p>Kickball Olympic Practice 6:00 PM Basketball and Track Olympic Practice 7:00 PM Basketball Olympic Practice 8:30 PM</p>	<p>10</p>
<p>15</p> <p>Volleyball Olympic Practice 8:00 PM Parish Council meeting 8:00 PM</p>	<p>16 </p> <p>Kickball Olympic Practice 6:00 PM Basketball and Track Olympic Practice 7:00 PM Basketball Olympic Practice 8:30 PM</p>	<p>17</p>
<p>22</p> <p>Philoptochos Annual Spring Dinner 7:00pm Volleyball Olympic Practice 8:00 PM</p>	<p>23 </p>	<p>24</p>
<p>29</p> <p>Orthros 9:00 AM Liturgy 10:00 AM</p>	<p>30 </p> <p>JOY 6:00 PM Jr. GOYA 7:00 PM GOYA 7:30 PM</p>	<p>31</p> <p>PanCyprian BBQ 5:30 PM</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)



SUNDAY SCHOOL

Christ Is Risen! Truly He Is Risen!

We hope everyone had a joyous and blessed Easter filled with light and love.

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

GREEK SCHOOL

Η αντίστροφη μέτρηση για το τέλος της σχολικής χρονιάς έχει ξεκινήσει.

Ο Μάιος είναι ο μήνας όπου όλοι οι μαθητές μας θα επικαλεστούν την μνήμη τους σε όλα όσα διδάχτηκαν μέσα στο σχολικό έτος 2024-2025. Είναι ο μήνας των διαγωνισμάτων και της ανακεφαλαίωσης.

1. Kindergarten Test: Γραπτώς τα σύμβολα της Ελληνικής αλφαβήτου. Προφορικά τα χρώματα, τα σχήματα και οι αριθμοί.

2. 1st Grade Test: Γραπτώς τα αρθρα ο-η-το και ο διαχωρισμός τους, λεξιλόγιο και χρήση των συλλαβών. Προφορικά ανταλλάσσουμε πληροφορίες για τον εαυτό μας, την οικογένειά μας, τους φίλους μας.

3. 3rd Grade Test: Γραπτώς τα τρία γένη των ουσιαστικών στον ενικό και στον πληθυντικό αριθμό, κλίση των ρημάτων και η χρήση τους μέσα σε προτάσεις. Προφορικά συστηνόμαστε και απαντάμε σε ερωτήσεις που αφορούν προσωπικά στοιχεία όπως και για δραστηριότητες μέσα και έξω από το σπίτι.

4. 5th Grade Test: Γραπτώς τις πτώσεις της Ελληνικής γλώσσας, την σωστή χρήση των επιθέτων, των επιρρημάτων, και τα επιφωνήματα στον γραπτό και προφορικό λόγο. Προφορικά ανακεφαλαίωση του αορίστου χρόνου και τους βαθμούς του επιθέτου (Θετικός-Συγκριτικός-Υπερθετικός).

5. 7th Grade Test: Γραπτώς την προστακτική των ρημάτων, κλίση των επιθέτων, χρήση συνώνυμων και αντίθετων λέξεων, μετατροπή ενεργητικής φωνής σε παθητική σύνταξη και το αντίθετο. Προφορικά αναπτύσσουμε το θέμα “Καλοκαιρινές διακοπές”.

6. 8th Grade Test: Γραπτώς την σωστή χρήση των κτητικών και αόριστων αντωνυμιών, παρατακτική και υποτακτική σύνδεση των προτάσεων και την δημιουργία ρημάτων και ουσιαστικών με προθέσεις. Προφορικά αναπτύσσουμε το θέμα “Ελληνικές κοινότητες της Αμερικής”.

Εύχομαι καλή επιτυχία σε όλους τους μαθητές μου!

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.

Calling all youth!

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

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

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



Adult Hellenic Dancing

Have you ever been to a dance or wedding and wish you knew how to dance all those dances that are not kalamatiano? Come and learn them!

Join us to learn traditional folk dances from all parts of Greece. New members of all skill levels are always welcomed and encouraged to attend. Our goal is to bring our community together through dance and music as we express our love of Greek dancing and our Greek heritage.

Practices: Last Friday of each month at 8 pm

For May we will meet on **Friday, May 30th**

Co-Directors

Stella Viris, Kevi Langis



PTO

Χριστός Ανέστη!

Unfortunately our Radio Bingo Night on Saturday, May 3rd has been cancelled. Thank you to all who purchased tickets and made donations.

We are thankful for your continued support.

Thank you and many blessings,
The PTO

email: PTO@htsnogc.org

RECIPE OF THE MONTH

by *Presbytera Elisavet*



SWEET ROSE

Ingredients:

- 2 cups of cleaned rose petals
- 2 cups of sugar
- 2 cups of water
- 1/4 cup of lemon

May 8 is not referred to as “St. John the Theologian’s Day”, but as “St. John the Theologian’s Day when the roses bloom”. And the roses do indeed bloom, a little before or a little after. The May roses of that old variety (hundred-leaf or lilac-purple) with the exquisite aroma that are used in liqueurs and sweets and rose water. For this reason, the sweet Rose is also called Mayatikó, but Saint John the Theologian is also addressed as “Rose of the Rose”

I will close the tribute to the Sweet Rose with three characteristic references that show how high in their consciousness our people have placed it from antiquity to the present day.

- In the Christian religion, the address “Rose of Amaranth” refers to the Theotokos.
- In everyday relationships, the phrase “Rose past never seeks again” (the rose that has withered, do not seek it again) is used, it is said to those who regret something, but also the phrase: “rose of me spoke sweetly” (you spoke sweetly to me) by Aristophanes.
- And finally, the lyric poet Teios (from Teos in Ionia - 6th century BC) has the following verses.
“What would happen without a rose?”

Preparation:

In the morning, no later than 10:00 a.m., we collect the roses. After 10:00 a.m., the rose bush releases its essential oil and thus our dessert loses its aroma.

We pluck the roses carefully so as not to get any stamens (they are bitter). With scissors, we cut off the white part of the rose petals, the one at their base (also bitter).

We bring the sugar and water to a boil and once it has dissolved, we add the rose petals and boil at medium temperature for 25 to 30 minutes, until it sets. We test the setting. Just before the end, we add the lemon juice.

The syrup is ready when we pour two or three drops on a plate and see that the amount we poured does not change shape easily.

OUR DELICIOUSNESS IS READY!

Sweet dreams

STEWARDSHIP LIST 2025



(as of April 10, 2025)

Rev. Vasileios and Presvytera Elisavet Apostolidis	Anthony Devito Dimitri Dimitriou	Peter and Gloria Kanakos Theodore Kanellis
Rev. Nicholas and Presvytera Patricia Petropoulakos	Christopher and Stephanie Dontis	Bertha Kapetanakis Andreas Kapsalis
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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!





ΓΝΩΡΙΖΕΣ ΟΤΙ...? DID YOU KNOW...?

Η Ελληνική φυλή, γεννήθηκε.. ευνοημένη με μια γλώσσα εύηχη, γεμάτη μουσικότητα. (Οράτιος)
Η αγγλική γλώσσα, έχει 490.000 λέξεις, εκ των οποίων, 41.615 είναι.. ελληνικές (βιβλίο Γκίνες)
Η Ελληνική και η Κινεζική είναι οι μόνες γλώσσες με συνεχή, ζώσα παρουσία, απ' τους ίδιους λαούς και στον.. ίδιο τόπο, εδώ και 4000 χρόνια.

Η γλώσσα μου, έχει λέξεις που.. δεν μπορούν να... μεταφραστούν σ' άλλες, όπως... άμιλλα, θαλπωρή... φιλότιμο.

Στην γλώσσα μου, ξεχωρίζει η ζωή από τον βίο, η αγάπη απ τον έρωτα, το ατύχημα απ' το δυστύχημα, το συμφέρον απ το ενδιαφέρον.

Η ίδια η γλώσσα μου, με οδηγεί.. πως να γράφω σωστά, να μιλώ σωστά, να διακρίνω τις διαφορές, να.. γίνομαι... σωστός... αν(ω) θρω(σκω) πος!

Ίσως γι αυτό, σταμάτησαν να.. διδάσκονται οι νέοι την ελληνική τους... κληρονομιά!

Γιατί... είναι.. το Φως!

Είναι η γλώσσα που... έδωσε στον άνθρωπο την δύναμη να...ΣΤΑΘΕΙ ΣΤΑ ΠΟΔΙΑ ΤΟΥ!

Αυτή είναι η γλώσσα μου, η τιμή μου, η περιουσία μου και η κληρονομιά των παιδιών μου!

The Greek race was born... favored with a language that is resonant, full of musicality. (Horace)

The English language has 490,000 words, of which 41,615 are.. Greek (Guinness Book)

Greek and Chinese are the only languages with a continuous, living presence, from the same people and in the... same place, for 4000 years.

My language has words that.. cannot.. be translated into others, such as.. emilia, warmth... philotimo. In my language, life is distinguished from life, love from love, accident from accident, interest from interest.

My own language guides me.. how to write correctly, to speak correctly, to distinguish differences, to... become... correct... if(o) I eat!

Maybe that's why young people stopped being... taught their Greek... heritage!

Because... it is... the Light!

It is the language that... gave man the power to... STAND ON HIS FEET!

This is my language, my honor, my property and the heritage of my children!

DAUGHTERS OF PENELOPE

The Mission of the Daughters of Penelope is to promote Hellenism, Education, Philanthropy, Civic Responsibility, Family and Individual Excellence.

Our next meeting will be on **May 27, 2025** at **7 pm**, with refreshments at 6:30 pm. We will be holding **elections** for officers for **2025-2026**. Meeting will be in the lobby of the community center.



COFFEE FELLOWSHIP



Join us every Sunday after Divine Liturgy



- | | |
|----------------------|----------------|
| May 4 th | Parish Council |
| May 11 th | Philoptochos |
| May 18 th | PTO |
| May 25 th | AHEPA |

Please note... all Fasting days are in bold

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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
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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.

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