

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

November 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 Bello

## PARISH COUNCIL

### Executive Board

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

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

## OFFICE HOURS

Monday – Friday  
10:00am - 3:00pm

## PARISH MINISTRIES

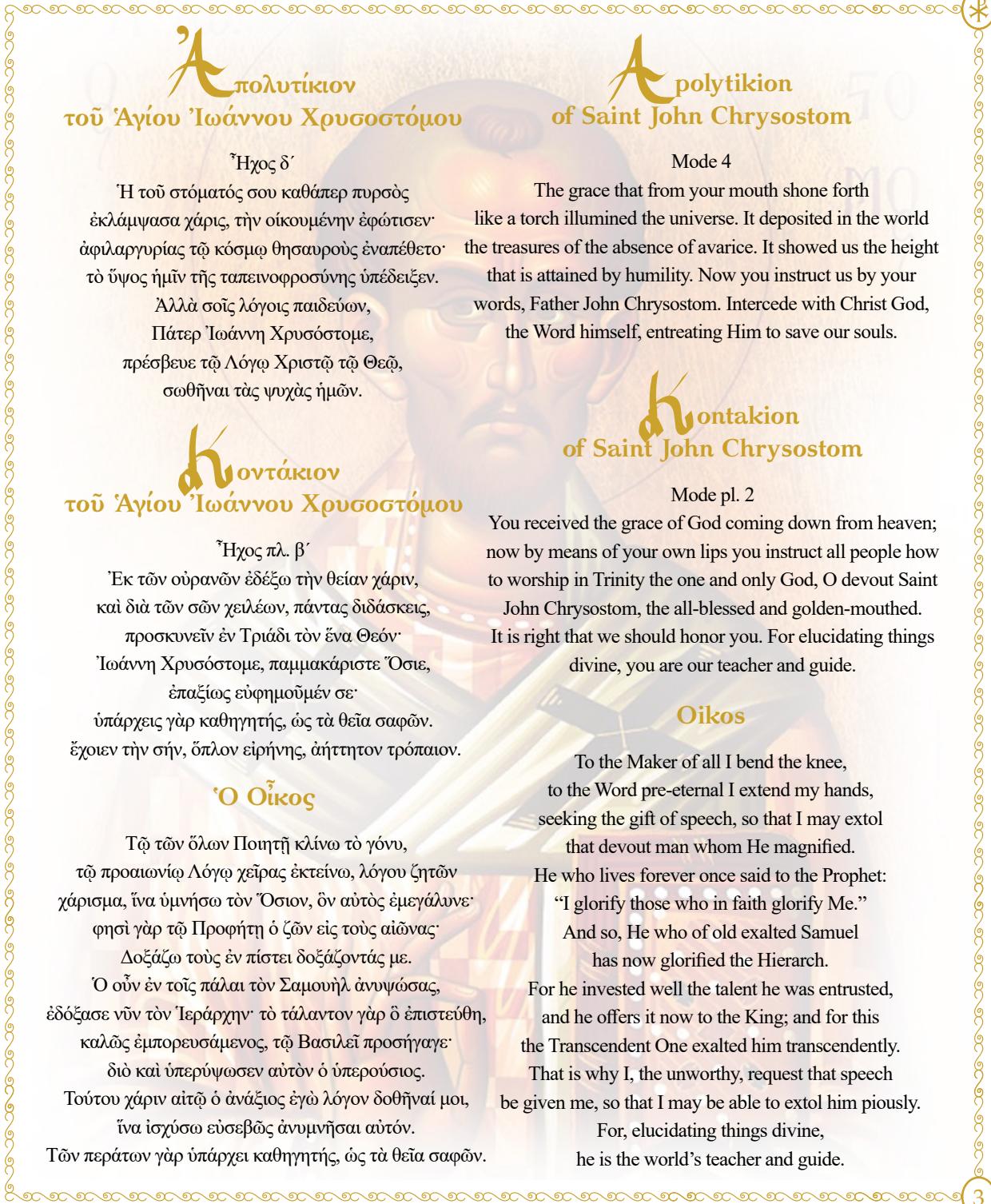
**Ladies Philoptochos Society** – Dee Sidiropoulos, President  
**Pto** – Julia Balasis Maring, President  
**Goya** – Chrissy Kournidakis, Anna Zeakis-Lyons, Directors  
Gina Roussis, Assistant  
**Jr. Goya** – Kevi Langis, Maria Baggs, Directors  
**Joy** – Kevi Langis, Director  
Irene Zoumboulis, 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

## INFO

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# Ἄπολυτικιον τοῦ Ἅγιου Ἰωάννου Χρυσοστόμου

## Ὕχος δ'

Ἡ τοῦ στόματός σου καθάπερ πυρσὸς  
ἐκλάμψασα χάρις, τὴν οἰκουμένην ἐφότισεν  
ἀφιλαργυρίας τῷ κόσμῳ θησαυροὺς ἐναπέθετο  
τὸ ὑψος ἡμῖν τῆς ταπεινοφροσύνης ὑπέδειξεν.

Ἄλλὰ σοῖς λόγοις παιδεύων,  
Πάτερ Ἰωάννη Χρυσόστομε,  
πρέσβευε τῷ Λόγῳ Χριστῷ τῷ Θεῷ,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

# Ἄποντάκιον τοῦ Ἅγιου Ἰωάννου Χρυσοστόμου

## Ὕχος πλ. β'

Ἐκ τῶν οὐρανῶν ἐδέξω τὴν θείαν χάριν,  
καὶ διὰ τῶν σῶν χειλέων, πάντας διδάσκεις,  
προσκυνεῖν ἐν Τριάδι τὸν ἐνα Θεόν·  
Ἰωάννη Χρυσόστομε, παμμακάριστε Ὁσιε,  
ἐπαξίως εὐφημοῦμέν σε·  
ὑπάρχεις γάρ καθηγητής, ὡς τὰ θεῖα σαφῶν.  
ἔχοιεν τὴν σήν, ὅπλον εἰρήνης, ἀλήτητον τρόπαιον.

## ‘Ο Οἶκος

Τῷ τῶν ὄλων Ποιητῇ κλίνω τὸ γόνυ,  
τῷ προαιωνίῳ Λόγῳ χεῖρας ἐκτείνω, λόγου ζητῶν  
χάρισμα, ἵνα ὑμήσου τὸν Ὁσιον, ὃν αὐτὸς ἐμεγάλυνε·  
φησὶ γάρ τῷ Προφήτῃ ὁ ζῶν εἰς τοὺς αἰώνας·  
Δοξάζω τοὺς ἐν πίστει δοξάζοντάς με.  
‘Ο οὖν ἐν τοῖς πάλαι τὸν Σαμουὴλ ἀνυψώσας,  
ἐδόξασεν τοῦ τὸν Ιεράρχην τὸ τάλαντον γάρ ὃ ἐπιστεύθη,  
καλῶς ἐμπορευεσάμενος, τῷ Βασιλεῖ προσήγαγε·  
διὸ καὶ ὑπερύψωσεν αὐτὸν ὁ ὑπερούσιος.  
Τούτου χάριν αἰτῷ ὁ ἀνάξιος ἐγὼ λόγον δοθῆναι μοι,  
ἵνα ισχύσω εὐσεβῶς ἀνυμήσαι αὐτόν.  
Τῶν περάτων γάρ ὑπάρχει καθηγητής, ὡς τὰ θεῖα σαφῶν.

# A polytikion of Saint John Chrysostom

## Mode 4

The grace that from your mouth shone forth  
like a torch illumined the universe. It deposited in the world  
the treasures of the absence of avarice. It showed us the height  
that is attained by humility. Now you instruct us by your  
words, Father John Chrysostom. Intercede with Christ God,  
the Word himself, entreating Him to save our souls.

# Ἄποντάκιον of Saint John Chrysostom

## Mode pl. 2

You received the grace of God coming down from heaven;  
now by means of your own lips you instruct all people how  
to worship in Trinity the one and only God, O devout Saint  
John Chrysostom, the all-blessed and golden-mouthed.  
It is right that we should honor you. For elucidating things  
divine, you are our teacher and guide.

## Oikos

To the Maker of all I bend the knee,  
to the Word pre-eternal I extend my hands,  
seeking the gift of speech, so that I may extol  
that devout man whom He magnified.  
He who lives forever once said to the Prophet:  
“I glorify those who in faith glorify Me.”  
And so, He who of old exalted Samuel  
has now glorified the Hierarch.

For he invested well the talent he was entrusted,  
and he offers it now to the King; and for this  
the Transcendent One exalted him transcendently.  
That is why I, the unworthy, request that speech  
be given me, so that I may be able to extol him piously.  
For, elucidating things divine,  
he is the world’s teacher and guide.

«Σήμερον τής εύδοκίας Θεοῦ τὸ προοίμιον»  
(Απολυτίκιον)

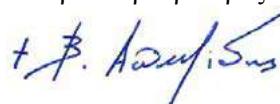
Καὶ «Εἰσόδια τῆς Ὑπεραγίας Θεοτόκου» γράφουν τὴν πρώτη σελίδα στὴν ιστορία τῆς ἐνανθρωπήσεως τοῦ Κυρίου. Ή πρόνοια τοῦ Θεοῦ, ἐπιλέγει τὴν Παρθένο Μαρία «τὴν μόνην ἀμωμον ἐν γυναιξὶ εὐλογημένη ἀγνῆ», τῆς ὁποίας τὴν Εἴσοδο στὸ Ναὸ ἐορτάζουμε κάθε χρόνο τὴν 21η Νοεμβρίου. Οἱ γονεῖς τῆς Παναγίας, οἱ δίκαιοι Θεοπάτορες Ἰωακεὶμ καὶ Ἀννα, βρίσκονταν καὶ οἱ δύο σὲ προχωρημένη ἡλικία δὲν εἶχαν καταφέρει νὰ ἀποκτήσουν σὲ ὅλη τῇ διάρκεια τῆς ζωῆς τους ἑνα παιδί. Ἡταν ἀνθρωποι πιστοὶ καὶ περίμεναν ἀγόγγυστα, προσευχόμενοι καθημερινὰ στὸ Θεὸν νὰ τοὺς χαρίσει ἑνα παιδί. Γνώριζαν πολὺ καλά, ὅτι ἀνθρωπίνως, ἥταν ἀδύνατο νὰ συλλάβει ἡ Ἀννα παιδὶ σὲ αὐτὴ τὴν ἡλικία, ὅμως μὲ δυνατὴ πίστη θυμότανε τῇ Σάρρα, τὴν γυναῖκα τοῦ Αβραάμ -ή ὁποία γένησε τὸν Ἰσαὰκ σὲ προχωρημένη ἡλικία- συνέχιζε τὶς προσευχές της μὲ κατάνυξη καὶ ἐνθερμο ζῆλο.

Οταν πέρασαν τρία χρόνια θυμήθηκαν τὴν ύπόσχεση ποὺ εἶχαν δώσει στὸ Θεὸν νὰ ἀφιερώσουν τὸ παιδὶ καὶ ἔτσι χορὸς νεαρῶν κοριτσιῶν μὲ λαμπάδες συνόδευσε τὴ μικρὴ Μαριὰμ στὸ ναὸ τῶν Ιεροσολύμων. Ἐκεῖ τὴν ύποδέχτηκε ὁ Προφήτης Ζαχαρίας, ὁ πατέρας τοῦ Ἰωάννου τοῦ Προδρόμου, ποὺ ἥταν Ἀρχιερέας στὸ ναὸ προσφωνίζοντας τὴν μὲ ἐγκωμιαστικοὺς ὕμνους. «Χαῖρε Βασίλισσα τοῦ κόσμου καὶ τῶν ἀνθρώπων, χαῖρε Παναγία Θεοτόκε». «Χαίρετε καὶ ἐσεῖς εὐλογημένοι γονεῖς ποὺ ἀξιωθήκατε νὰ γίνεται γονεῖς αὐτῆς τῆς θυγατρός». Αὐτὰ καὶ πολλὰ ἄλλα εἶπε ὁ Ζαχαρίας πρὸς τὴ Θεοτόκο καὶ τοὺς γονεῖς της καὶ ὅταν ἀκουσε ἀπὸ τὸν Ἰωακεὶμ ὅτι τὴν εἶχαν ἀφιερωμένη στὸ ναὸ τὴν ἔβαλε ἐκεῖ ὅπου φυλάσσονταν ἡ στάμνα μὲ τὸ Μάννα, ἡ ράβδος του Ααρὼν, τὸ χρυσὸ Θυμιατήριο καὶ οἱ Πλάκες τοῦ Νόμου. Ἐμεινε ἡ Θεοτόκος στὸ Ιερὸ Βῆμα «εἰς τὰ Ἅγια τῶν Ἅγιων» γιὰ δώδεκα ὄλόκληρα χρόνια καὶ Ἀγγελοι τὴν προσέφεραν οὐράνιο τροφὴ καὶ συνομιλοῦσαν μαζί της.

Νὰ θυμόμαστε πάντα τὸ παράδειγμα τῶν γονέων αὐτῶν. Συχνὰ ἐμεῖς οἱ ιερεῖς γινόμαστε μάρτυρες δυσάρεστων καταστάσεων ποὺ συμβαίνουν ἀνάμεσα στὰ παιδιὰ καὶ τοὺς γονεῖς. Εἶναι ἀλήθεια ὅτι μειώθηκε ὁ χρόνος ἐπικοινωνίας μὲ τὰ παιδιὰ καὶ περίσσευσε ὁ ἀγῶνας γιὰ τὴν ἐπιβίωση καὶ τὴν ἔξασφαλισή τους. Ἄς ἔχουμε ὅμως ἐμπιστούνη στὸ θέλημα τοῦ Θεοῦ. Μόνον ἀπὸ ἐμᾶς τοὺς γονεῖς θὰ μάθουν τὰ παιδιά μας τὸ δρόμο τῆς χάριτος τοῦ Θεοῦ.

Ἡ προσευχὴ μας στὸ Χριστὸ καὶ τὴν Παναγία Μητέρα θὰ τὰ κρατήσει ζωντανὰ ἀπὸ τὶς παγίδες τῆς ἐποχῆς. Τὸ παράδειγμά μας θὰ γίνει φωτεινὸς φάρος γιὰ νὰ ὁδηγηθοῦν στὸ λιμάνι ποὺ λέγεται Ἐκκλησία. Τότε μόνο θὰ μάθουν νὰ ἀναπνέουν τὸν καθαρὸ ἀέρα τῆς χάριτος τῶν Μυστηρίων τοῦ Θεοῦ. Ἄς προσπαθήσουμε λοιπὸν νὰ προσφέρουμε στὰ παιδιά μας πνευματικὰ ἐφόδια καὶ Ἀγγελος Κυρίου θὰ τὰ φροντίζει, ὅπως φρόντιζε τὴν Παναγία στὸ Ιερὸ Θυσιαστήριο.

Πρωτοπρεσβύτερος



Βασίλειος Γ. Αποστολίδης, Δρ.Μ  
Τερατικός Προϊστάμενος



**Τ**he «The Entry of the Most Holy Theotokos» is the first page in the history of the incarnation of the Lord. God’s providence chooses the Virgin Mary, «the only immaculate among women, blessed and pure,» whose Entry into the Temple we celebrate every year on November 21st. The parents of Panagia, the righteous ancestors Joachim and Anna, were both advanced in age and had not managed to have a child throughout their lives. They were faithful people and waited patiently, praying daily to God to give them a child. They knew very well that it was humanly impossible for Anna to conceive at that age, but with strong faith, she remembered Sarah, Abraham’s wife, who gave birth to Isaac at an advanced age, and she continued her prayers with fervor and zeal.

When three years had passed, they remembered the promise they had made to God to dedicate the child. So, a dance of young girls with candles accompanied little Mariam to the Jerusalem temple. There, she was welcomed by the Prophet Zacharias, the father of John the Forerunner, who was High Priest in the temple, and he addressed her with hymns of praise. «Hail Queen of the world and men, hail Virgin Mary.» «Rejoice, you blessed parents who deserved to be the parents of this daughter.» These and many other things Zacharias said to the Mother of God and her parents. When he heard from Joachim that they had consecrated her in the temple, he placed her where the jar of Manna, Aaron’s rod, the golden censer, and the Tablets of the Law were kept. The Virgin remained at the Holy Altar, «in the Holy Altar,» for twelve full years, and Angels offered her heavenly food and conversed with her.

Let us always remember the example set by these parents. Often, we priests witness unpleasant situations that occur between children and their parents. The time spent communicating with children has indeed decreased, and the struggle for their survival and security has increased. But let us trust in God’s will. Only through us, the parents, will our children learn the way of God’s grace.

Our prayers to Christ and the Virgin Mother will keep them safe from the snares of the age. Our example will become a bright beacon guiding them to the harbor called the Church. Only then will they learn to breathe the pure air of God’s Mysteries. So, let us try to offer our children spiritual nourishment, and the Angel of the Lord will take care of them, just as he cared for the Virgin Mary at the Holy Altar.

Reverend Protopresbyter



Vasileios G. Apostolidis, PhD  
Presiding Priest



# LITURGICAL SCHEDULE

**Sunday 2** **5<sup>th</sup> Sunday of Luke**

8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 5** **5:00pm Small Paraklesis to the Most Holy Theotokos – Bible Study**

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**Sunday 9** **7<sup>th</sup> Sunday of Luke – St. Nektarios the Wonderworker**

8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 12** **5:00pm Vespers – Bible Study**

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**Thursday 13** **St. John Chrysostom**

9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 16** **8<sup>th</sup> Sunday of Luke – St. Matthew the Apostle & Evangelist**

8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 19** **5:00pm Small Paraklesis to the Most Holy Theotokos – Bible Study**

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**Friday 21** **THE ENTRANCE OF THE THEOTOKOS INTO THE TEMPLE**

9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 23** **9<sup>th</sup> Sunday of Luke**

8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Thursday 25** **St. Catherine the Great Martyr**

9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 30** **13<sup>th</sup> Sunday of Luke – St. Andrew the First-Called Apostle**

8:30am **Orthros** - 10:00am **Divine Liturgy**

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# ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

**Κυριακή 2** 5<sup>η</sup> Κυριακή Λουκᾶ

8:30π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

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**Τετάρτη 5** 5:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Αγίας Γραφῆς

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**Κυριακή 9** 7<sup>th</sup> Sunday of Luke – St. Nektarios the Wonderworker

8:30π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

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**Τετάρτη 12** 5:00μ.μ. Έσπερινός - Μελέτη Αγίας Γραφῆς

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**Πέμπτη 13** Αγίου Ιωάννου Χρυσοστόμου

9:00π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 16** 8<sup>η</sup> Κυριακή Λουκᾶ - Ματθαίου Ἀποστόλου καὶ Εὐαγγελιστοῦ

8:30π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

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**Τετάρτη 19** 5:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Αγίας Γραφῆς

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**Παρασκευή 21** ΤΑ ΕΙΣΟΔΙΑ ΤΗΣ ΥΠΕΡΑΓΙΑΣ ΘΕΟΤΟΚΟΥ

9:00π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 23** 9<sup>η</sup> Κυριακή Λουκᾶ

8:30π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

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**Πέμπτη 25** Αγίας Μεγαλομάρτυρος Αἰκατερίνης

9:00π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 30** 13<sup>η</sup> Κυριακή Λουκᾶ - Ἀποστόλου Ἀνδρέου τοῦ Πρωτοκλήτου

8:30π.μ. Ὁρθρος - 10:00π.μ. Θεία Λειτουργία

# ΕΟΡΤΟΛΟΓΙΟΝ

1 Σ + Κοσμά και Δαμιανού των Αναργύρων

2 Κ + Ε΄ ΛΟΥΚΑ. Ακινδύνου, Πηγασίου, Ελπιδοφόρου μαρτύρων

3 Δ Ακεψιμά, Αειθαλά, Ιωσήφ μ., Γεωργίου Νεαπολίτου

4 Τ Ιωαννικίου οσίου, Ερμαίου ιερομ. Νικάνδρου

5 Τ Γαλακτίωνος & Επιστήμης μαρτύρων, Ερμά Αποστ.

6 Π Παύλου Αρχιεπ. Κον/λεως, Λουκά οσίου

7 Π Των εν Μελιτινή 33 μαρτύρων, Λαζάρου

8 Σ + Παμμεγίστων Ταξιαρχών Μιχαήλ & Γαβριήλ

9 Κ + Ζ΄ ΛΟΥΚΑ. Νεκταρίου Αιγίνης, Ονησιφόρου μάρτ.

10 Δ Ολυμπά, Ροδίωνος, Εράστου εκ των 70, Αρσενίου

11 Τ + Μηνά μεγαλομάρτυρος, Βίκτωρος και Βικεντίου

12 Τ Ιωάννου Ελεήμονος, Νεύλου ασκητού

13 Π Ιωάννου του Χρυσοστόμου, Δαμασκηνού

14 Π + Φιλίππου Αποστόλου, Κον/νου νεομάρτυρος

15 Σ Γουρία, Σαμωνά, Παΐσιου οσίων (Αρχή νηστείας)

16 Κ + Η΄ ΛΟΥΚΑ. Ματθαίου Αποστ. και Ευαγγελιστού, Ιφιγένειας

17 Δ Γρηγορίου Νεοκαισαρείας, Γενναδίου και Μαξίμου

18 Τ Πλάτωνος μεγαλομ., Ρωμανού μάρτυρος

19 Τ Αβδιού προφήτου, Βαρλαάμ μάρτυρος, Ηλιοδώρου

20 Π Γρηγορίου Δεκαπολίτου, Πρόκλου

21 Π + Τα Εισόδια της Υπεραγίας Θεοτόκου

22 Σ Αρχίππου, Φιλήμονος και Ονησίμου αποστόλων

23 Κ + Θ΄ ΛΟΥΚΑ. Αμφιλοχίου επ. Ικονίου, Σισινίου ομοιογητού

24 Δ Κλήμεντος Ρώμης, Πέτρου Αλεξανδρείας, Ερμογένους

25 Τ + Αικατερίνης Μεγαλομάρτυρος, Μερκουρίου μεγαλομ.

26 Τ + Στυλιανού οσίου, Νίκωνος του “Μετανοείτε”

27 Π Ιακώβου του Πέρσου, Θεοδοσίου, Ναθαναήλ

28 Π Στεφάνου νέου ομοιογητού, Ειρηνάρχου

29 Σ Παραμόνου και 370 μαρτύρων, Φαίδρου μάρτυρος

30 Κ + Ανδρέου αποστόλου του Πρωτοκλήτου

| ΗΜ | ΑΠΟΣΤΟΛΟΣ              | ΕΥΑΓΓΕΛΙΟΝ              | ΗΧΟΣ - ΕΩΘΙΝΟΝ |
|----|------------------------|-------------------------|----------------|
| 2  | Γαλ. β',16-20          | Λκ. ιστ',19-31          | δ' / Ι'        |
| 9  | Γαλ. στ',11-18         | Λκ. η',41-56            | πλ. α' / ΙΑ'   |
| 10 | Α' Κορ. δ',9-16        | Λκ. ιβ',13-15, 22-31    | —              |
| 13 | Εβρ. ζ',26-28; η',1-2  | Ιωάν. ι',9-16           | —              |
| 14 | Α' Κορ. δ',9-16        | Ιωάν. α',43-51          | —              |
| 16 | Ρωμ. ι',11-21; ια',1-2 | Μτθ. θ',9-13            | πλ. β' / Α'    |
| 21 | Εβρ. θ',1-7            | Λκ. ι',38-42, ια',27-28 | —              |
| 23 | Εφρ. β',14-22          | Λκ. ιβ',16-21           | βαρύνς / Β'    |
| 25 | Γαλ. γ',23-29; δ',1-5  | Μρκ. ε',24-34           | —              |
| 30 | Α' Κορ. δ',9-16        | Ιωάν. α',35-51          | πλ. δ' / Γ'    |

# SAINTS OF THE MONTH

1 S + Cosmas & Damian the Unmercenaries

2 S +5th SUN OF LUKE. Akyndinos, Pegasus, Elpidophoros

3 M Akepsimas, Aeithalas and Joseph the Martyrs

4 T Ioannikios the Righteous, Hermaios, Nikandros

5 W Galaktion & Episteme Martyrs, Hermas the apostle

6 T Paul Archbishop of Constantinople, Luke the Righteous

7 F 33 Martyrs of Meletini, Lazarus

8 S + Synaxis of the Archangels Michael & Gabriel

9 S + 7th SUN OF LUKE. Nektarios of Aegina, Onesiphoros

10 M Olympas, Rodion, Erastos of the 70

11 T + Mina the Great Martyr, Victor and Vincent

12 W John the Merciful, Nilus the Ascetic

13 T John Chrysostom, Damascenus

14 F + Phillip the Apostle, Constantine the Newmartyr

15 S Gourias, Samonas, Paisios (Fast Begins)

16 S + Matthew the Apostle and Evangelist, Iphigenia

17 M Gregory of Neocaesaria, Gennadios & Maximus

18 T Plato the Great Martyr, Romanos the Martyr

19 W Prophet Abdios, Barlaam the Martyr, Heliodorus

20 T Gregory of Decapolis, Proculos

21 F + The Entrance of the Theotokos in the temple

22 S Archippus, Philemon and Onesimos the apostles

23 S +9th SUN OF LUKE. Amphilochius Bishop of Ikonio, Sisinios

24 M Clement of Rome, Peter of Alexandria

25 T + Catherine the Great Martyr, Mercurius

26 W + Stylianos the Righteous, Nikon the "Repentant"

27 T James the Persian, Theodosius, Nathaniel

28 F Stephen the New Confessor, Irenarchus

29 S Paramonos and 370 Martyrs, Phaidros the Martyr

30 S + Andrew the First-Called Apostle

| D  | EPISTLE             | GOSPEL                 | TONE - EOTHINON |
|----|---------------------|------------------------|-----------------|
| 2  | Gal. 2:16-20        | Luke 16:19-31          | 4th / 10th      |
| 9  | Gal. 6:11-18        | Luke 8:41-56           | pl.1st / 11th   |
| 10 | I Cor. 4:9-16       | Luke 12:13-15, 22-31   | —               |
| 13 | Heb. 7:26-28;8:1-2  | John 10:9-16           | —               |
| 14 | I Cor. 4:9-16       | John 1:43-51           | —               |
| 16 | Rom.10:11-21;11:1-2 | Matt. 9:9-13           | pl.2nd / 1st    |
| 21 | Heb. 9:1-7          | Luke 10:38-42,11:27-28 | —               |
| 23 | Eph. 2:14-22        | Luke 12:16-21          | grave / 2nd     |
| 25 | Gal. 3:23-29;4:1-5  | Mark 5:24-34           | —               |
| 30 | I Cor. 4:9-16       | John 1:35-51           | pl.4th / 3r     |

# ORTHODOX STUDIES

## Στη Σύναξη των Αρχαγγέλων Μιχαήλ, Γαβριήλ και Ραφαήλ και όλων των Επουράνιων Δυνάμεων

Παντελεήμονος Μητροπολίτου Αντινόης

Η αγάπη του Παντοδυνάμου Θεού είναι μία ιδιότητα που εξωτερικεύεται με τη δημιουργία από την ανυπαρξία τόσον του αιράτου κόσμου ή του κόσμου των αγγέλων, όσον με την δημιουργία του υλικού και ορατού σύμπαντος. Η αποκορύφωση της όλης δημιουργικής αγάπης του Θεού εκδηλώνεται με την πλάση του ανθρώπου και τελικά με την εν Χριστώ σωτηρία του ανθρωπίνου γένους.

Ο κόσμος των Αγγέλων ήταν η πρώτη δημιουργική πράξη του Θεού. Οι άγιοι Άγγελοι είναι νοητά κτίσματα, άνλα πνεύματα και αεικίνητα. Οι Άγγελοι είναι ελεύθερα και αυτεξόνυστα πνεύματα είχαν την απόλυτη ελεύθερία, εάν ήθελαν, να μείνουν σταθεροί στην αγιότητα, ή να στραφούν προς το κακό, όπως συνέβη με τον Εωσφόρο, που επινόησε το κακό, και όλους τους αγγέλους που τον ακολούθησαν και ἐπεσαν. Οι Άγγελοι είναι ασώματοι και υπηρετούν τον Θεό δοξολογώντας ακατάπαυστα την αγιότητα και την ἀπειρή Του δύναμη. Ο Θεός δημιούργησε τους αγγέλους από την αρχή αθανάτους και ξένους προς την φθορά και τον θάνατο. Είναι όμως τρεπτοί ως προς την φύση και τη γνώμη τους, δηλαδή έχουν την δυνατότητα να αλλάξουν την φύση τους και από το καλό να μεταπλήσσουν στο κακό. Την δόξα και λαμπρότητά τους την λαμβάνουν από τον Θεό. Οι Άγγελοι είναι περιγραπτοί, δεν παρευρίσκονται παντού, όπως συμβαίνει μες τον Θεό.

Σύμφωνα με την Ιερά Παράδοση της Εκκλησίας μας, οι Άγγελοι διαιρούνται σε τρεις Τάξεις και εννέα ουράνια Τάγματα. Η πρώτη Τάξη περιλαμβάνει: τα εξαπτέρυγα Σεραφείμ, τα πολυόμματα Χερουβείμ και τους Θρόνους η δεύτερη Τάξη έχει: τις Κυριότητες, τις Δυνάμεις και τις Εξουσίες και η τρίτη Τάξη: τις Αρχές, τους Αρχαγγέλους και τους Αγγέλους.

Σήμερα, η Εκκλησία εορτάζει τη Σύναξη των Αρχαγγέλων. Σύναξη σημαίνει συνάθροιση – συγκέντρωση. Γιατί γιορτάζουμε τη Σύναξη των Αρχαγγέλων και όλων των επουρανίων Αγγελικών Ταγμάτων;

Ο Θεός, όταν δημιούργησε τους Αγγέλους, τους έδωσε να έχουν την απόλυτη ελεύθερα γνώμη. Έπρεπε όμως να αποδείξουν ότι ήταν άξιοι της τιμής με την οποία τους κόσμησε. Γι' αυτό δοκιμάστηκε η πίστη τους. Ένας απ' αυτούς, ο Εωσφόρος, που ήταν ο πρώτος όλων των αγγελικών Ταγμάτων, αντός που ήταν ο ωραιότερος, δυνατότερος και λαμπρότερος, υπερηφανεύθηκε και πίστεψε ότι μπορεί να αντικαταστήσει τον Θεό και να στήσει τον θρόνου του υπεράνω του Θεού. Αυτό ήταν το αιμάρτημά του. Υπερηφανεύθηκε! Επαναστάτησε εναντίον του Θεού και μαζί του παρέσυρε μεγάλο αριθμό αγγέλων, που με την πτώση τους μετατράπηκαν από φωτεινούς αγγέλους σε σκοτεινούς και από αγίους σε πονηρούς. Όταν ἐπεσαν οι πονηροί άγγελοι, που ονομάζονται δαίμονες, συγκεντρώθηκαν όλα

τα επουράνια Τάγματα και ο Αρχάγγελος Μιχαήλ στάθηκε στο κέντρο και αναφώνησε: «Στώμεν καλώς, στώμεν μετά φόβου Θεού» και αμέσως οι άγιοι Άγγελοι στάθηκαν πιστοί προς τον Θεό και δεν ακολούθησαν την πονηρά σκέψη του Εωσφόρου. Αυτό, λοιπόν, το γεγονός εορτάζουμε σήμερα. Δεν γιορτάζομε την πτώση του Εωσφόρου και των πονηρών του πνευμάτων, αλλά γιορτάζομε τη συνάθροιση των αγίων Αγγέλων που έδειξαν πίστη ορθή και ακλόνητη στον Ένα Αληθινό Θεό και Δημιουργό των όλων. Συναθροίστηκαν οι άγιοι Άγγελοι για να εκφράσουν την πίστη τους στο Δημιουργό τους και από τότε παρέμειναν σταθεροί στην αγιότητα και στο καλό.

Η σημερινή γιορτή των Αρχαγγέλων έχει να μας υπενθυμίσει δύο πράγματα: Πρώτον, εάν οι άγγελοι που έπεσαν στην υπερηφάνεια, έχασαν την αξία τους και τη λαμπρότητά τους εξ αιτίας της αμαρτίας, πόσο μάλλον θα συμβεί σε μας τους Ορθοδόξους Χριστιανούς, εάν δεν στεκόμαστε στο ύψος των αρετών; Εάν στον Εωσφόρο συνέβηκε τόσο ανεπανόρθωτο κακό, επειδή δεν πρόσεξε και στράφηκε στο κακό, πόσο μάλλον θα συμβεί σ' εκείνους που θεληματικά μένουν προσκολλημένοι στην αμαρτία; Δεύτερον, πρέπει να παραδειγματιστούμε από την πιστότητα των αγίων Αγγέλων.

Σήμερα, η κοινωνία μας προκαλεί συνεχώς και πρέπει καθημερινά να ομολογούμε πίστη ορθή στο Χριστό. Όταν η αμαρτία, με οποιαδήποτε μορφή κι αν εμφανίζεται, υψώσει τα ελκυστικά της δίχτυα για να μας αιχμαλωτίσει, τότε θα πρέπει να φανούμε σταθεροί στις αρετές. Πρέπει να βροντοφωνήσουμε με πίστη: «Στώμεν καλώς, στώμεν μετά φόβου», για να μη συμβεί και σε μας αυτό που συνέβη στον Εωσφόρο.

Καθημερινά πρέπει να αντιστεκόμαστε κατά του κακού, γιατί η πάλη μας δεν είναι προς αίμα και σάρκα, αλλά εναντίον των αρχών και τις εξουσίες του σκότους του αιώνος αυτού. Σ' αυτό τον αγώνα εναντίον του κακού θα έχουμε συμπαραστάτες τους αγίους Αγγέλους, οι οποίοι θα πρεσβεύουν συνεχώς στον Κύριο για τη σωτηρία μας. Αμήν.





# ORTHODOX STUDIES

## The Synaxis of the Archangels Michael and Gabriel and Raphael and all the Heavenly Powers

*Metropolitan Panteleimon of Antinoes*

The love of Almighty God is a quality which is externalized through the creation, from non-being, of both the invisible world, or that of the angels, and the creation of the material and visible universe. The culmination of the whole creative love of God was expressed with the formation of human beings and finally with the salvation of our race in Christ.

The world of the angels was the first creative act of God. The holy angels are noetic creations, immaterial spirits which are forever in motion. Angels are free and independent spirits: they had the choice to remain firmly in their holiness or to turn to wickedness, as was the case with Lucifer, who conceived evil, and with all those angels who followed him and fell. The angels are bodiless and serve God, ceaselessly praising His sanctity and limitless power. God created angels in the beginning to be immortal and strangers to both corruption and death. They are, however, capable of change, as regards their nature and their outlook, that is they have the ability to alter their nature and to make the leap from good to evil. They take their glory and brightness from God. Angels are circumscribed, they aren't able to be everywhere at once, as is the case with God.

According to the sacred Tradition of the Church, angels are separated into three

classes and nine celestial orders. The first class contains: the seven-winged seraphs, the many-eyed cherubs and the thrones; the second has the dominions, strongholds and powers, while the third consists of the principalities, archangels and angels. Today, the Church celebrates the Synaxis of the Archangels. Synaxis means 'assembly' or 'conclave'. Why do we celebrate the assembly of the Archangels and all the Heavenly Angelic Powers?

When God created the angels, He gave them complete freedom over their thinking. They had to show, however, that they were worthy of the honor with which they'd been invested. This is why their faith was tested. One of them, Lucifer, the first in all the ranks of the angels, the most splendid, most powerful and brilliant, succumbed to overweening pride and thought he could supplant God and place his own throne above that of God. That was his sin: his great pride. He revolted against God and took with him a large number of angels who, with their fall, were transformed from lambent angels into dark ones, from holy to wicked. When the evil angels, the demons, fell, all the ranks of the heavenly powers assembled and the Archangel Michael stood in the middle and cried aloud: 'Let us stand aright. Let us stand in fear of God'. Immediately all the holy angels proved



their loyalty to God and refused to follow the wicked thinking of Lucifer. This is the event we celebrate today. We don't celebrate the fall of the evil angels, but the convocation of the holy ones who demonstrated their true and unshakable loyalty to the one True God and Creator of all things. The holy angels came together to express their loyalty to the Creator, and since then they've remained firm in holiness and goodness.

Today's feast of the Archangels reminds us of two things. First, if the angels who fell into pride lost their merit and brightness through sin, how much more true is this of us Orthodox Christians, if we don't meet the requirements of virtue? If such an irreparable calamity could befall Lucifer, because he wasn't watchful and turned to wickedness, how much more will some such catastrophe occur to those who of their own volition remain bound to sin?

Secondly, we should learn from the example of the angels. Society today is a constant challenge and every day we have to confess our loyalty to Christ. When sin, however it presents itself, casts its enticing snares to trap us, then we have to be firm in the virtues. We have to cry aloud in faith: 'Let us stand aright, let us stand in fear of God', so that what happened to Lucifer doesn't happen to us as well.

We have to resist evil every day, because our struggle isn't against flesh and blood but against the authorities and powers of darkness of this age. In this engagement, we have the holy angels on our side, continuously praying to the Lord for our salvation. Amen.



# BYZANTINE MUSIC

## The Byzantine Music Tradition of the Orthodox Church

Prot. Vasileios G. Apostolidis, PhD

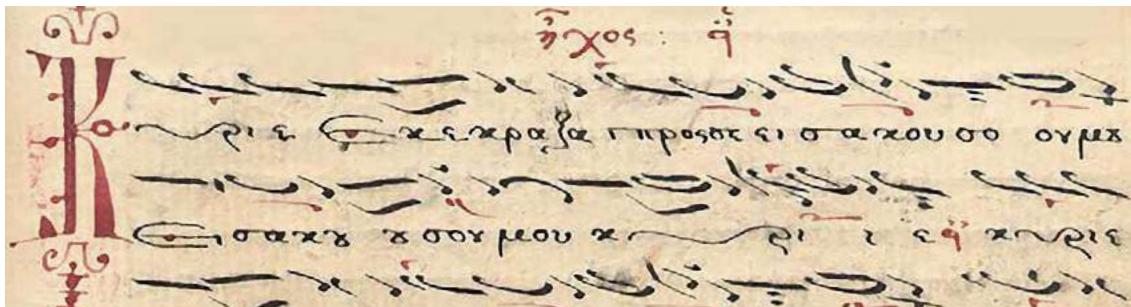
Byzantine music, as an evolution of ancient Greek music, flourished in Byzantium and represents a unique musicological and theological phenomenon that is closely connected to the liturgical life, spiritual experience, and theological tradition of Orthodoxy. Its origins can be traced back to the early days of Christianity, when the art of chanting began to develop within the context of common worship.

Byzantine music is monophonic, meaning it features a single melodic line, which gives it both simplicity and depth. The chant system is based on eight modes, each with its own melodic, rhythmic, and interpretative identity. Unlike Western music, which relies on chords and harmonic development, Byzantine music's system is centered around modality.

Byzantine music is more than just an art form. It is primarily a form of prayer. The chanter is not merely a performer but a liturgical minister. The purpose of church music is not aesthetic enjoyment but to facilitate the believer's encounter with God. As Saint John Chrysostom stated, "psalmody is a divine gift, which elevates the mind to God."

Byzantine music is more than just a historical relic or cultural heritage. It is living prayer, theological discourse, and liturgical breath. It represents the voice of the Orthodox Church throughout the centuries. Its simplicity conveys depth, and its monophony reveals spiritual fullness, highlighting the beauty of the Divine.

Therefore, we are beginning Byzantine Music Lessons at our Parish this year to preserve, honor, and pass on this treasure to future generations—not just as a tradition, but as an experience, a way of life, and a path to salvation.





HOLY TRINITY & ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND

# BYZANTINE MUSIC LESSONS

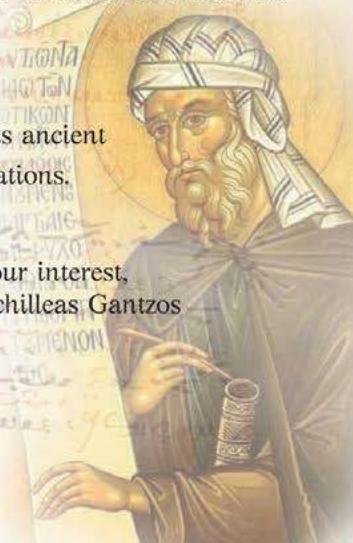
*“Sing praises to God; sing praises.”* (Psalm 46,7)

Come and discover the beauty of Byzantine chant!

Our Parish is offering lessons in Byzantine music  
so that parishioners can experience this sacred art firsthand.

Come and learn how to chant,  
how to read Byzantine notation,  
but more importantly to keep this ancient  
sacred art alive for future generations.

For information or to express your interest,  
please email our Chanter Mr. Achilleas Gantzos  
at: [agantzos@htsngoc.org](mailto:agantzos@htsngoc.org)





# PARISH COUNCIL

**Dear Parish Family,**

On behalf of the Parish Council, I want to extend my heartfelt thanks to all of our incredible volunteers who gave their time, talent, and energy to make this year's Greek Festival such a success.

Thanks to your hard work and dedication, we had a truly fun, productive, and memorable Festival. From cooking and baking to organizing, setting up, and welcoming guests, every contribution made a difference and helped us share our culture and faith with the broader Community.

We would like to offer special thanks to **Andrew Economos** for his many years of dedicated service to our Church and Community, and for the outstanding job he did organizing and leading this year's festival. His commitment and leadership played a vital role in its success. We wish Andrew all the best, as he has recently resigned due to personal reasons, and we are deeply grateful for all he has done over the years.

## **Exciting News from our Youth Ministry!**

We are thrilled to announce the formation of **three new Basketball Teams**, two boys' teams and one girls' team that will proudly represent our Parish in the **Greek Orthodox Archdiocese Basketball League**. This marks a historic first for our Community, and we couldn't be more excited to see our Youth come together in faith, fellowship, and friendly competition.

We extend our heartfelt gratitude to **Priscilla Panteleakis** for her vision, dedication, and leadership in spearheading this wonderful initiative. Her efforts have opened new doors for our Youth to grow both spiritually and athletically.

We also want to inform you that our **General Assembly** will be held on **Monday, November 10<sup>th</sup>**, at 7 PM. We encourage all parishioners to attend and take part in the important work and decisions that shape the future of our Parish.

Conveying the blessings of **Father Vasileios**, and with deepest appreciation,

In Christ,  
Spyro Lazaretos  
1st Vice President

# HAPPY THANKSGIVING

The “Season of Giving” is now upon us.

Let us remember those less fortunate by donating to those in need through various charities and acts of kindness. Once again we will be collecting non-perishable food items over the next few weeks.

Please bring your donated items in a bag and they will be distributed to our local food banks.  
May you and your families always be blessed.





# LADIES PHILOPTOCHOS SOCIETY

Dear Philoptochos Members and fellow parishioners,

As we begin the month of “Thanksgiving”, I would like to thank and congratulate our incoming Board Members for their support and devotion to our Ladies Philoptochos Society. The Board Members are as follows: Dee Sidiropoulos (President), Irene Panagos (1st Vice President), Panagiota Karidis (2nd Vice President), Sophia Mirones (Treasurer), Julia Dunphy (Asst. Treasurer), Susan Bacas (Recording Secretary), Diana Kolaitis (Corresponding Secretary), Diane Vernados (Advisor), Flora Dragazis, Maria Dutton, Linda Gerecitano, Cathy Kalaizes, Georgiana Telegadis DelBusto, Maria Thomas, and Christine Tountos. May God grant us many Blessings this ecclesiastical year.



***Please note the following are our events for the month of November:***

### **11/1 – Cook for Trinity Lutheran Soup Kitchen**

Thank you to our Soup Kitchen crew for their devotion on October 4th. The meal consisted of Baked Tilapia, Buttered Peas, Rice, Bread and Butter, Green Salad, Canned Fruit. 120 lunches were served. Special thanks to our volunteers: Cathy Alikakos, Christine Charitis, Pete Christofilakes and Chris Moscoso.

Kimisis Luncheon at Russo's on the Bay at 12:30 pm

St. George Luncheon at the Grand Marquis 11:00 am – 3:30 pm

*For reservations, please contact Irene Panagos (718) 288-7366*

### **11/11 – Monthly meeting (6:30 pm refreshments/7:00 pm meeting)**

***Come and continue the kindness and make a difference in the world.***

**11/16 - “Philoptochos Sunday”**, on which day we read the Parable of the Good Samaritan. As the Second and Great Commandment states: “You shall love your neighbor as you love yourself” (Leviticus 19:18). For decades, the Philoptochos has answered the question “And who is my neighbor?” “Everyone!” Please join us for a special luncheon after liturgy.



**11/22 – Baking Circle (10 am Katsoris Community Center)**

**11/23 – Philoptochos Preorder/Prepaid Bake Sale for St. Michael’s Home.**

Please see the enclosed form in the October Methexis or visit the “Philoptochos Table” every Sunday after liturgy to place an order or contact Dee Sidiropoulos (917)669-0586.

**11/24 - Thanksgiving Food Giveaway at PS 20**

**11/27 - Thanksgiving**

**11/28 - Project Hospitality**

*Save the date:*

**Wednesday, December 10, 2025 (6:30-10 pm)**

**DeLuca’s Italian Restaurant Amboy Road**

**\$65/pp**

Please note the enclosed flyer to preorder and prepay Vasilopita Bread for the New Year. If you are interested, order no later than December 6th. Agia Skepi Monastery is requesting all orders be in by this date. Pick up for Vasilopita is Sunday, December 21st after liturgy until 1:00 pm (refrigerating your bread will keep it fresh til New Year’s Day).

Any questions, contact Penny Karidis (917)626-4943 or Dee Sidiropoulos (917)669-0586

Wishing everyone a very healthy, Happy Thanksgiving!

All correspondence regarding Ladies Philoptochos Society can be made through our new Philoptochos email: [philoptochos@htsngoc.org](mailto:philoptochos@htsngoc.org)

Conveying the blessings and love of Fr. Vasileios,

Faithfully,  
Dee Sidiropoulos, President

## Sunday

## Monday

## Tuesday

## Wednesday

2

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

3

4

GOBL Basketball  
6:00 PM

5



Paraklesis Service -  
Orthodox Study  
5:00 PM  
GOBL Basketball 6:00 PM

9

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

10

Parish General  
Assembly Meeting  
6:30 PM

11

GOBL Basketball 6:00 PM  
Ladies Philoptochos  
Monthly Meeting  
6:30 PM

12



Vespers - Orthodox Study  
5:00 PM  
GOBL Basketball 6:00 PM

16



Orthros 8:30 AM  
Liturgy 10:00 AM  
Jr. GOYA Greek Candy Sale  
12:00 PM  
GOBL Basketball 2:00 PM

17



18



GOBL Basketball  
6:00 PM

19



Paraklesis Service -  
Orthodox Study  
5:00 PM  
GOBL Basketball 6:00 PM

23



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

24

25



Orthros 9:00 AM  
Liturgy 10:00 AM  
GOBL Basketball 6:00 PM

26



GOBL Basketball  
6:00 PM

30



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

# Thursday

# Friday

# Saturday

|   |  |  |
|---|--|--|
|   |  | 1  |
| 6<br>GOBL Basketball 6:00 PM<br>Executive Board Meeting 8:00 PM   | 7 <br>JOY 6:00 PM<br>Jr GOYA 7:00 PM<br>GOYA 7:30 PM                      | 8<br>GOBL Basketball 6:00 PM   |
| 13<br>Orthros 9:00 AM<br>Liturgy 10:00 AM<br>GOBL Basketball 6:00 PM  | 14 <br>GOYA 7:30 PM   | 15                              |
| 20 <br>GOBL Basketball 6:00 PM<br>Parish Council Meeting 8:00 PM | 21 <br>Orthros 9:00 AM<br>Liturgy 10:00 AM<br>JOY 6:00 PM<br>GOYA 7:30 PM | 22 <br>GOBL Basketball 12:00 PM |
| 27 <br>Office Closed   | 28 <br>Office Closed  | 29                            |
|   |  |  |



**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 MINISTRIES



### JOY

All 3rd to 5th graders are invited to join JOY. We meet every first and third Friday of every month, 6-7pm. Together we build friendships through the activities that strengthen our Greek Orthodox identity. In the month of November, JOY kids are learning about the symbols of our church, and all about personal prayers, creating their own prayer jars.

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



### JUNIOR GOYA

All 6th and 7th graders are invited to join Junior GOYA. We meet every first and third Friday of the month, 7-8 pm. Together they lead their own meetings as they plan activities that strengthen their Greek Orthodox identity. Our Junior GOYAns are planning their first fundraiser, a Greek candy sale, to be held in November. Please support!

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

### GOYA

On Friday October 17th, our church held their first GOYA meeting of the year, marking an exciting new chapter for our youth ministry. Our group shared their positive energy and shared commitment to our Orthodox values.

We discussed future events for the upcoming year!

Please join us for our next meeting, **Friday November 7<sup>th</sup> at 8pm**. We will be holding our board elections. If you would like to run for a position, please let us know before our next meeting. Email: [goya@htsngoc.org](mailto:goya@htsngoc.org)

With love in Christ  
The GOYANS



# SUNDAY SCHOOL

We would like to extend a heartfelt thank you to all the parents and children who participated in our **Back to School Blessing**. It was a beautiful day filled with love, joy, and fellowship.

As we welcome everyone back, we are so grateful to begin another wonderful year of Sunday School together. Thank you, dear parents, for entrusting your children to us. We look forward to a year filled with **faith, learning, and love**, as we continue to grow together in God's grace.

As we enter this season of gratitude, we wish everyone a **Happy and Blessed Thanksgiving**. May your hearts be filled with peace, your homes with joy, and your lives with the many blessings of our loving Lord.

*“Give thanks to the Lord, for He is good; His love endures forever.”*

— Psalm 107:1



# HELLENIC DANCERS



## Calling all youth!

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

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

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

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

## Adult Hellenic Dancing

Have you ever been to a dance or wedding and wish you knew how to dance all those dances that are not kalamatiano? Come and learn them! Join us to learn traditional folk dances from all parts of Greece. New members of all skill levels are always welcomed and encouraged to attend. Our goal is to bring our community together through dance and music as we express our love of Greek dancing and our Greek heritage.

For November we will meet on Friday, November 21<sup>st</sup> due to the upcoming holiday.

Co-Directors  
Stella Viris, Kevi Langis

# PTO

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

## GRANDPARENT'S DAY

### Fall Harvest

**Sunday, November 9**  
*During Coffee hour*

At Holy Trinity - St Nicholas Community Center

**Crafts for the Children will include:**  
Pumpkin decorating and "Sticker Faith" craft

**Grandparents Day Craft:**  
We'll also be taking photos for this project

*"Please have children bring an old shirt for painting."*

Bake sale.  
Baked good will be sold



# GREEK SCHOOL

Το Ελληνικό απογευματινό σχολείο μας “Αγία Τριάδα-Άγιος Νικόλαος” έχει ξεκινήσει για τους μικρούς μας μαθητές ένα παράθυρο σε έναν κόσμο γεμάτο γνώσεις, εμπειρίες και νέες δυνατότητες. Ξεκινάμε για άλλη μια χρονιά με αισιοδοξία, ενθουσιασμό και θετική ενέργεια.

Άς κάνουμε αυτή τη χρονιά μια από τις πιο δημιουργικές και επιτυχημένες.  
Καλή και ευλογημένη σχολική χρονιά σε όλες και όλους!

Επισκεφθείτε την ιστοσελίδα μας εδώ:



Η δασκάλα  
Σταυρούλα Χαμπάκη



Join us every Sunday after Divine Liturgy



|                                 |                              |
|---------------------------------|------------------------------|
| November 2 <sup>nd</sup>        | PTO                          |
| November 9 <sup>th</sup>        | Youth Ministry               |
| <b>November 16<sup>th</sup></b> | <b>AHEPA</b>                 |
| <b>November 23<sup>th</sup></b> | <b>Daughters of Penelope</b> |
| <b>November 30<sup>th</sup></b> | <b>AHEPA</b>                 |

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

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

# RECIPE OF THE MONTH

by Presbytera Elisavet



## Giouvarlakia

### Giouvarlakia

In a bowl, place the ground beef, rice, onion, parsley, salt and pepper. Knead the ingredients very well.

Form small balls the size of a golf ball and arrange them on a tray.

### Soup

Clean and cut all the vegetables into small pieces with a knife.

Heat the olive oil in a saucepan and sauté the vegetables for 2-3 minutes.

Add the water and let it boil.

Add all the Giouvarlakia and the rice, salt and cover the food.

Reduce the heat and simmer for 25-30 minutes.

Check the salt and pepper at the end of the boil.

### Egg-lemon dish

In a bowl, put the yolks, corn flour, the juice of 2 lemons and mix with a hand whisk.

Gradually pour 2-3 tablespoons of the broth in which we boiled the Giouvarlakia into the bowl, stirring constantly.

Pour the egg and lemon mixture into the pot slowly and stir lightly for 30 seconds or until it starts to boil.

*Καλή όρεξη!*

### Ingredients for the soup

4 tbsp. olive oil  
1 carrot, chopped  
1-2 pieces of celery, chopped  
1 potato, cut into small pieces  
1/3 cup rice  
3 cups hot water  
1/2 tsp. Salt  
1/2 tsp. Pepper

### Ingredients for the giouvarlakia

1 Libre ground beef  
1 medium onion, chopped  
1/4 cup Carolina rice  
2 tbsp. chopped parsley

### Ingredients for the egg - lemon dish

2 eggs  
2 medium lemons  
1 tbsp. cornflour



# STEWARSHIP LIST 2025



*(as of October 10, 2025)*

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# DAUGHTERS OF PENELOPE

Daughters of Penelope Donates \$10,000 to Meals on Wheels America, Reaffirming Commitment to Combat Senior Hunger *Impactful donation made during Malnutrition Awareness Week* The Daughters of Penelope (DOP), a leading international service organization comprised of women of Hellenic heritage and Philhellenes, proudly presented a \$10,000 donation to Meals on Wheels America, September 20, 2024, announced Grand President Margaret Dritsas. Grand President Dritsas presented the donation to Meals on Wheels America President and CEO Ellie Hollander at the 2024 District Governors Leadership Conference in Washington, D.C.

“We are proud to support the worthy mission of Meals on Wheels America and its vision of an America in which all seniors live nourished lives with independence and dignity,” Grand President Dritsas said. “We presented our donation during both Malnutrition Awareness Week and Falls Prevention Awareness Week, and hope we can assist, in a modest way, senior nutrition programs such as Meals on Wheels, that play a critical role in combating senior hunger, malnutrition, falls and isolation.”

“As the older adult population increases along with the costs associated with meeting their needs, 10 million older Americans worry about having enough food and Meals on Wheels programs are struggling to keep up with the demand,” President and CEO Hollander said. “We deeply thank the Daughters of Penelope for their ongoing commitment to the issue of senior hunger and isolation and hunger, malnutrition, falls, and isolation.”

“We deeply thank the Daughters of Penelope for their ongoing commitment to the issue of senior hunger and isolation and for this generous donation,” Chief Development and Marketing Officer Kristine Templin said. This is the eighth \$10,000 donation in as many years to Meals on Wheels America, which is the leading organization to address senior hunger and isolation. “Our support of Meals on Wheels America dovetails with our community service programs that assist our nation’s older adults who are in need,” Zachariades added. “For example, Meals on Wheels serves many residents of AHEPA’s and Daughters’ 88 affordable senior housing communities.” “The Daughters of Penelope is grateful to the AHEPA Senior Living for awarding us a grant to make this donation possible,” Zachariades said.

## **Daughters of Penelope, Callicolone chapter 247, November activities:**

**Nov 20**, Regular Meeting, refreshments at 6:30pm, meeting 7:00pm, community center lobby.

**Nov 21**, GMRF Gala at The Staaten, our Holy Trinity Ladies Philoptochos chapter will be honored by GMRF.

**Nov 23**, Coffee fellowship



# AHEPA



Yia sas fellow parishioners!

AHEPA Chapter 349 would like to invite all of you to our **Fasolada lunch on Sunday, November 16** after the liturgy.

There is no charge but any donations you generously give will go towards the AHEPA Graduates Scholarship Fund.

We look forward to seeing you there

Socrates Dapias-Pres.

## PANCYPRIAN ASSOCIATION

Please mark your calendars for **Saturday November 8**  
**At 7pm at the Historic Old Bermuda Inn**

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# METHEXIS<sup>©</sup>

«*Methexis*» /mé.thek.sis/, (*méthexis*):  
Mental, spiritual participation, meeting, contact and communication

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

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

Editorial Director

Rev. Protopresbyter Vasileios G. Apostolidis, PhD

Layout Design

GREEN Studio

**METHEXIS** is also available online at:

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

The next deadline for submitting news to **METHEXIS** is  
**November 10, 2025**

Submissions can be emailed to:

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Happy  
Thanksgiving!

