

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

October 2025



# HOLY TRINITY \* ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND



## PARISH PRIEST

Rev. Protopresbyter  
Vasileios G. Apostolidis, PhD

## STAFF

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

## PARISH COUNCIL

### Executive Board

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Spyro Lazaretos, 1st Vice President  
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Spiro Antypas, Assistant Treasurer  
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Steven Mirones  
Leah Platis  
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George Veres  
Alex Vlastakis  
Nestor Makarigakis  
Frank Iemmiti

## OFFICE HOURS

Monday – Friday  
10:00am - 3:00pm





## PARISH MINISTRIES

**Ladies Philoptochos Society** – Dee Sidiropoulos, President  
**Pto** – Julia Balasis Maring, President  
**Goya** – John Doyle, Priscilla Panteleakis, Directors  
Chrisoula Kournidakis, Anna Zeakis-Lyons, Assistants  
**Jr. Goya** – Kevi Langis, Maria Baggs, Directors  
**Joy** – Kevi Langis, Director  
Irene Zouboulis, Assistant  
**Hellenic Dancers** – Stella Viris, Kevi Langis  
**Greek School** – Stavroula Champaki, Teacher  
**Sunday School** – Priscilla Panteleakis, Julia  
Balasis Maring, Directors

## ORGANIZATIONS

**Ahepa** – Socrates Dapias  
**Daughters of Penelope** – Elena Morakis  
**Kritiki Filoxenia** – Nikos Yasparakis  
**Pancyprians** – Philip Phytides

## INFO

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-  [info@htsngoc.org](mailto:info@htsngoc.org)
-  [www.htsngoc.org](http://www.htsngoc.org)

## Ἀπολυτίκιον τοῦ Ἁγίου Δημητρίου

Ἦχος γ΄  
Μέγαν εὔρατο ἐν τοῖς κινδύνοις,  
σὲ ὑπέρμαχον ἢ οἰκουμένην,  
Ἀθλοφόρε τὰ ἔθνη τροπούμενον.  
Ὡς οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν,  
ἐν τῷ σταδίῳ θαρβύνας τὸν Νέστορα,  
οὕτως Ἁγιε, Μεγαλομάρτυς Δημήτριε,  
Χριστὸν τὸν Θεὸν ἰκέτευε,  
δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

## ἑκοντάκιον τοῦ Ἁγίου Δημητρίου

Ἦχος β΄  
Τοῖς τῶν αἱμάτων σου ρείθροις Δημήτριε,  
τὴν Ἐκκλησίαν Θεὸς ἐπορφύρωσεν,  
ὁ δούς σοι τὸ κράτος ἀήττητον,  
καὶ περιέπων τὴν πόλιν σου ἄτρωτον·  
αὐτῆς γὰρ ὑπάρχεις τὸ στήριγμα.

## Ὁ Οἶκος

Τοῦτον τὸν μέγαν,  
πάντες συμφώνως οἱ πιστοὶ συνελθόντες,  
ὡς ὀπίτιν Χριστοῦ καὶ Μάρτυρα τιμῶμεν,  
ἐν ᾧδαῖς καὶ ὕμνοις ἀναβοῶντες  
τῷ Δεσπότη καὶ Κτίστη τῆς οἰκουμένης.  
Ῥῦσαι ἡμᾶς τοῦ σεισμοῦ τῆς ἀνάγκης φιλόανθρωπε,  
πρεσβείαις τῆς Θεοτόκου καὶ πάντων  
τῶν Ἁγίων Μαρτύρων· εἰς σὲ γὰρ ἐλπίζομεν,  
τοῦ ῥυσθῆναι κινδύνων καὶ θλίψεων·  
ὅτι σὺ ὑπάρχεις ἡμῶν τὸ στήριγμα.

## Ἀπολυτίκιον for the Saint Demetrios

Mode 3

All the world has you, its mighty champion,  
fortifying us in times of danger,  
and defeating our foes, O Victorious One.  
So, as you humbled Lyaios's arrogance  
by giving courage to Nestor in the stadium,  
thus, O holy Great-martyr Demetrios,  
to Christ our God pray fervently,  
beseeching Him to grant us His great mercy.

## ἑκοντάκιον for the Saint Demetrios

Mode 2

In the pools of your blood, O Demetrios,  
with royal purple God has robed His holy Church.  
He gave you dominion invincible,  
thereby preserving your city invulnerable;  
for you are her bulwark and patron saint.

## Oikos

Assembled together,  
let all us believers honor this great one  
as a heavy-armed soldier and Martyr of Christ,  
in odes and hymns, and cry to the Master  
and Creator of the whole world:  
Deliver us from the earthquake of necessity,  
O benevolent Lord, through the intercessions  
of the Theotokos and all the holy Martyrs;  
for in You is our hope to be delivered  
from dangers tribulations.  
For You are our bulwark and patron Saint.

*«Μέγαν εὔρατο, ἐν τοῖς κινδύνοις, σὲ ὑπέρμαχον, ἡ οἰκουμένη»  
(Ἀπολυτίκιον Ἁγίου)*

**Ο**μήνας Οκτώβριος είναι για την Αγιοτόκο Θεσσαλονίκη, την πόλη όπου κατάγομαι, ο πιο όμορφος και σημαντικός μήνας. Τιμούμε και πανηγυρίζουμε την εορτή του Αγίου Μεγαλομάρτυρος Δημητρίου του Μυροβλήτου, του μεγάλου αυτού Αγίου εκ Θεσσαλονίκης. Δεν εορτάζει μονάχα η Θεσσαλονίκη τον Πολιούχο και Προστάτη της Ἁγιο, αλλά και η Οικουμένη ολόκληρη, όπως ψάλλουμε στο Απολυτίκιό του. Δεν υπάρχει σημείο της Ελλάδας, αλλά και του κόσμου όλου, που να μην τιμά τη μνήμη του. Δεν υπάρχει πόλη που από ευγνωμοσύνη για τις θαυματουργικές παρεμβάσεις του, να μην έχει αφιερώσει ναό στη μνήμη του.

Παρά το μικρό διάστημα της επιγείου ζωής του, αφού μαρτύρησε μόλις 24 χρόνων, ο Ἁγιος Δημήτριος έδειξε ότι εκείνο το οποίο αξίζει περισσότερο από καθετί είναι η ψυχή του ανθρώπου, και το απέδειξε τόσο με τα έργα του, όσο και με τον τρόπο που έζησε και μαρτύρησε. Αν και μπορούσε να διεκδικήσει τα πάντα στη ζωή του, καθώς είχε φθάσει στο ανώτερο πολιτειακό και στρατιωτικό αξίωμα στην περιοχή της Μακεδονίας, εκείνος επέλεξε να ακολουθήσει τον δρόμο που είχαν χαράξει οι ευσεβείς γονείς του, δηλαδή την πίστη στον αληθινό Θεό.

Όχι απλώς εφάρμοσε στη ζωή του το θέλημα και το λόγο του Ευαγγελίου, αλλά έγινε και Ιεραπόστολος στην πόλη της Θεσσαλονίκης και σε ολόκληρη τη Μακεδονία, διδάσκοντάς το. Δημιούργησε την «Καταφυγή», ένα σπουδαστήριο στο οποίο δίδασκε στους νέους που προέρχονταν κυρίως από τις τάξεις του στρατού, για τον Χριστό. Συνελήφθη όμως γι' αυτό από τους απεσταλμένους του Αυτοκράτορα και οδηγήθηκε αμέσως στο μαρτύριο.

Το παράδειγμα της ζωής του Αγίου Δημητρίου, τα πολλά θαύματα που επιτέλεσε και συνεχίζει να επιτελεί σε όλους όσοι επικαλούνται την χάρη του, οι σωστικές επεμβάσεις του προς την πόλη της Θεσσαλονίκης, απέναντι στους εχθρούς που την επιβουλεύονται, μάς διδάσκουν να παραμένουμε προσηλωμένοι στην πίστη προς τον αληθινό Θεό, στην ιστορία και την παράδοση του τόπου και της οικογένειάς μας.

Ο Ἁγιος Δημήτριος με το παράδειμά του, μας υπενθυμίζει να θέτουμε πιο ουσιαστικούς, πιο πνευματικούς στόχους στη ζωή μας, ώστε να αναγεννηθούμε και να φθάσουμε, όσο είναι δυνατόν, στην αρχική ευπρέπεια και ωραιότητα με την οποία μας έπλασε ο Δημιουργός. Ας μη λησμονήσουμε από τις προσευχές μας τον μεγαλομάρτυρα Ἁγιο Δημήτριο, και να είμεθα βέβαιοι ότι ο Ἁγιος όχι μόνο μας ακούει, αλλά θα στείλει τη απλόχερα τη χάρη, την ευλογία και την προστασία του προς όλους μας!

Πρωτοπρεσβύτερος



Βασίλειος Γ. Αποστολίδης, Δρ.Μ  
Ιερατικός Προϊστάμενος

*«All the world has you, its mighty champion, fortifying us in times of danger»*  
(Apolytikion)

October is the most beautiful and important month for ‘‘the City of Saints’’ Thessaloniki, where I come from. We honor and celebrate the feast of the Great Martyr Demetrius the Myrrh-streamer. Not only does Thessaloniki celebrate its Patron and Protector Saint, but the entire world also does, as we chant in his Apolytikion. There is no area in Greece, and in the whole world, that does not honor his memory. There is no city that, out of gratitude for his miraculous interventions, has not dedicated a temple to his memory.

Despite the short period of his earthly life, after being martyred for only 24 years, Saint Demetrius showed that what is worth more than anything is the human soul, and he proved it both with his works and how he lived and testified. Although he could have claimed everything in his life, as he had reached the highest political and military office in the region of Macedonia, he chose to follow the path laid out by his pious parents, that is, faith in the true God.

Not only did he apply the will and word of the Gospel in his life, but he also became a Missionary in the city of Thessaloniki and throughout Macedonia, teaching it. He created the «*Katafigi*», a study in which he taught young people, mainly from the army ranks, about Christ. However, he was arrested by the Emperor’s emissaries, which immediately led to his martyrdom.

The example of the life of Saint Demetrius, the many miracles he performed and continues to perform for all those who invoke his grace, his rescue operations towards the city of Thessaloniki, against the enemies who are plotting against it, teaches us to remain committed to the faith towards the true God, in the history and tradition of our place and family.

Saint Demetrius, by his example, reminds us to set more substantial, more spiritual goals in our lives, so that we can be reborn and, as much as possible, reach the original decency and beauty with which the Creator created us. Let us not forget the Great Martyr Demetrius in our prayers, and let us be sure that he not only hears us but will also generously send his grace, blessing, and protection to all of us.

Reverend Protopresbyter



Vasileios G. Apostolidis, PhD  
Presiding Priest

# LITURGICAL SCHEDULE

**Wednesday 1** 5:00pm **Small Paraklesis to the Most Holy Theotokos – Bible Study**

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**Sunday 5** **2<sup>nd</sup> Sunday of Luke**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 12** **4<sup>th</sup> Sunday of Luke - Holy Fathers of the 7<sup>th</sup> Ecumenical Council**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 15** 5:00pm **Small Paraklesis to the Most Holy Theotokos – Bible Study**

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**Sunday 19** **3<sup>rd</sup> Sunday of Luke**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Monday 20** **St. Artemios the Great-Martyr – St. Gerasimos of Kefalonia**  
9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 22** 5:00pm **Small Paraklesis to the Most Holy Theotokos – Bible Study**

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**Sunday 26** **6<sup>th</sup> Sunday of Luke - St. Demetrios the Great-Martyr**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

# ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

**Τετάρτη 1** 5:00μ.μ. Μικρός Παρακλητικός Κανόνας - Μελέτη Άγιας Γραφής

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**Κυριακή 5** 2<sup>α</sup> Κυριακή Λουκᾶ  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 12** 4<sup>η</sup> Κυριακή Λουκᾶ - Τῶν Ἁγίων Πατέρων  
τῆς Ζ΄ Οἰκουμενικῆς Συνόδου  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Τετάρτη 15** 5:00μ.μ. Μικρός Παρακλητικός Κανόνας - Μελέτη Άγιας Γραφής

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**Κυριακή 19** 4<sup>η</sup> Κυριακή Λουκᾶ  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Δευτέρα 20** Ἁγίου Ἀρτεμίου Μεγαλομάρτυρος - Ἁγίου Γερασίμου  
Κεφαλληνίας  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Τετάρτη 22** 5:00μ.μ. Μικρός Παρακλητικός Κανόνας - Μελέτη Άγιας Γραφής

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**Κυριακή 26** 6<sup>η</sup> Κυριακή Λουκᾶ - Ἁγίου Δημητρίου Μεγαλομάρτυρος  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

# ΕΟΡΤΟΛΟΓΙΟΝ

1	Τ	Ανανίου Αποστόλου, Ρωμανού μελωδού	
2	Π	Κυπριανού ιερομάρτυρος, Ιουστίνης	
3	Π	+ <b>Διονυσίου Αρεοπαγίτου</b> , Θεαγένους μάρτυρος	
4	Σ	Ιεροθέου επισκόπου Αθηνών	
<b>5</b>	<b>Κ</b>	+ <b>Β΄ ΛΟΥΚΑ</b> . Χαριτίνης, Ευδοκίμου, Μαμέλχθης μαρτύρων	
6	Δ	Θωμά Αποστόλου, Ερωτηίδος μάρτ., Κενδέα οσ.	
7	Τ	Σεργίου και Βάκχου μεγαλομ. Πολυχρονίου	
8	Τ	Πελαγίας οσίας, Πελαγίας παρθενομάρτυρος	
9	Π	Ιακώβου Αλφαιού, Ανδρονίκου και Αθανασίας	
10	Π	Ευλαμπίου και Ευλαμπίας μαρτύρων, Θεοφίλου ομολογητού	
11	Σ	Φιλίππου διακόνου, Ζηναΐδος μάρτυρος	
<b>12</b>	<b>Κ</b>	+ <b>ΑΓ. ΠΑΤΕΡΩΝ Ζ΄ Οικ. Συνόδου</b> . Συμεών νέου Θεολ., Πρόβου	
13	Δ	Κάρπου, Παπύλου, Αγαθοδώρου	
14	Τ	Κοσμά του μελωδού, Ναζαρίου, Γερβασίμου μαρτύρων	
15	Τ	Λουκιανού ιερομάρτυρος, Σαβίνου οσίου	
16	Π	Λογγίνου εκαντοντάρχου, Λεοντίου	
17	Π	Ωσή προφήτου, Ανθίμου, Ανδρέου οσίου	
18	Σ	+ <b>Λουκά Ευαγγελιστού</b> , Μαρίνου μάρτυρος, Ιουλιανού οσίου	
<b>19</b>	<b>Κ</b>	+ <b>Γ΄ ΛΟΥΚΑ</b> . Ιωήλ προφήτου, Ουάρου μάρτ., Κλεοπάτρας οσίας	
20	Δ	+ <b>Γερασίμου Κεφαλληνίας</b> , Αρτεμίου μεγαλομ.	
21	Τ	Χριστοδούλου, Σωκράτους, Ιλαρίωνος, Ιωάννου Μονεμβασιώτη	
22	Τ	Αβερκίου, των εν Εφέσω 7 παιδών	
23	Π	+ <b>Ιακώβου Αδελφοθέου</b> , Ιγνατίου Κων/λεως	
24	Π	Αρέθα μεγαλομάρτυρος, Σεβαστιανής μάρτυρος	
25	Σ	Ταβιθάς, Μαρκιανού και Μαρτυρίου μαρτύρων	
<b>26</b>	<b>Κ</b>	+ <b>ΣΤ΄ ΛΟΥΚΑ</b> . Δημητρίου μεγαλομάρτυρος Θεσσαλονίκης	
27	Δ	Νέστορος μεγαλομάρ., Πρόκλης συζύγου Πιλάτου	
28	Τ	+ <b>Αγ. Σκέπης Θεοτόκου</b>	
29	Τ	Αναστασίας της Ρωμαίας, Αβραμίου οσίου	
30	Π	Κλεόπα, Αρτεμά εκ των 70, Ζηνοβίου, Ζηνοβίας	
31	Π	Στάχυος, Απελλού, Αριστοβούλου, Ναρκίσσου εκ των 70	
<b>ΗΜ</b>	<b>ΑΠΟΣΤΟΛΟΣ</b>	<b>ΕΥΑΓΓΕΛΙΟΝ</b>	<b>ΗΧΟΣ - ΕΩΘΙΝΟΝ</b>
5	Β΄ Κορ. στ΄,16-18; ζ΄,1	Λκ. στ΄,31-36	πλ. δ΄ / ΣΤ΄
12	Τίτ. γ΄,8-15	Λκ. η΄,5-15	α΄ / Ζ΄
18	Κολ. δ΄,5-11,14-18	Λκ. ι΄,16-21	–
19	Β΄ Κορ. ια΄,31-33; ιβ΄,1-9	Λκ. ζ΄,11-16	β΄ / Η΄
26	Β΄ Τιμ. β΄,1-10	Λκ. η΄,26-39	γ΄ / Θ΄
27	Φιλίπ. δ΄,10-23	Λκ. ι΄,22-24	–
28	Εβρ. θ΄,1-7	Λκ. ι΄,38-42, ια΄,27-28	–

# SAINTS OF THE MONTH

1	W	Ananias, Romanos the Melodist
2	T	Cyprian the Hieromartyr, Justina
3	F	+ <b>Dionysios the Areopagite</b> , Theogenis
4	S	Ierotheos Bishop of Athens
<b>5</b>	<b>S</b>	+ <b>2nd SUN OF LUKE</b> . Charitine, Methodius, Hermogenis
6	M	Thomas the Apostle, Eroteis the Martyr
7	T	Sergius and Bacchus, Polychronius
8	W	Pelagia, Pelagia the Virgin Martyr
9	T	James Alphaios, Andronikos and Athanasia
10	F	Evlambios & Evlambia the Martyrs, Theophilos the Confessor
11	S	Phillip the Deacon, Zenaes the martyr, Theopanes
<b>12</b>	<b>S</b>	+ <b>H. FATHERS of the 7th Ec. Synod</b> . Symeon the new Theologian
13	M	Karpos, Papylos, Chrysa
14	T	Kosmas the Mellodist, Nazarius, Gervasius the martyrs
15	W	Loukianos the Hieromartyr, Sabinos the Righteous
16	T	Logginos the Centurion, Leontius
17	F	Hosea the Prophet, Anthimus, Andrew the Righteous
18	S	+ <b>Luke the Evangelist</b> , Marinos the Martyr, Julianos
<b>19</b>	<b>S</b>	+ <b>3rd SUN OF LUKE</b> . Joel, Ouaros the Martyrs, Cleopatra
20	M	+ <b>Gerasimos of Cephalonia</b> , Artemios
21	T	Christodoulus, Socrates, Ilarion, John of Monemvasia
22	W	Averkius, the 7 Children of Ephesus
23	T	+ <b>James the Brother of the Lord</b> , Ignatius of Con/ple
24	F	Aretha the Great Martyr, Sebastiane the Martyr
25	S	Tabitha, Marcian, Martyrios the Martyrs
<b>26</b>	<b>S</b>	+ <b>6th SUN OF LUKE</b> . <b>The Gr. Martyr Demetrios the Myrrh-bearer</b>
27	M	Nestor the Martyr, Procla the wife of Pilate
28	T	+ <b>Holy Protection of Theotokos</b>
29	W	Anastasia of Rome, Abramios the Righteous
30	T	Kleopas, Artemas of the 70, Zenobios, Zenobia
31	F	Stachys, Apellis, Aristovoulos of the 70

<b>D</b>	<b>EPISTLE</b>	<b>GOSPEL</b>	<b>TONE - EOTHINON</b>
5	II Cor. 6:16-18;7:1	Luke 6:31-36	pl.4th / 6th
12	Tit. 3:8-15	Luke 8:5-15	1st / 7th
18	Col. 4:5-11,14-18	Luke 10:16-21	–
19	II Cor. 11:31-33;12:1-9	Luke 7:11-16	2nd / 8th
26	II Tim. 2:1-10	Luke 8:26-39	3rd / 9th
27	Phil. 4:10-23	Luke 10:22-24	–
28	Heb. 9:1-7	Luke 10:38-42, 11:27-28	–

# ORTHODOX STUDIES

## Η Ζ' Οικουμενική Σύνοδος

Η Ζ' Οικουμενική Σύνοδος (ή Β' της Νικαίας) της Ορθοδόξου Εκκλησίας συγκλήθηκε την 24η Σεπτεμβρίου 787 στην Νίκαια της Βιθυνίας (σημερινό Ιζνίκ Τουρκίας) με πρωτοβουλία της Αυτοκράτειρας Ειρήνης της Αθηναίας, που ασκούσε την εξουσία στο Βυζάντιο ως επίτροπος του ανήλικου γιού της Κωνσταντίνου ΣΤ', για να αποκαταστήσει την τιμή των Αγίων Εικόνων. Διήρκεσε έως τις 13 Οκτωβρίου, κλείνοντας την πρώτη φάση της Εικονομαχίας.

Η σύνοδος, στην οποία συμμετείχαν 350 επίσκοποι (συμπεριλαμβανομένων και 2 απεσταλμένων του Πάπα Αδριανού Α') υπό την προεδρία του Πατριάρχη Κωνσταντινούπολεως Ταρασίου, αποκλήρυξε τις αποφάσεις της εικονομαχικής συνόδου της Ιέρειας, που είχε συγκαλέσει το 754 ο αυτοκράτορας

Κωνσταντίνος Ε', καταδίκασε τους εικονομάχους πατριάρχες και επισκόπους και αποκατέστησε την τιμή των εικόνων με βάση τη θεολογία του Αγ. Ιωάννη του Δαμασκηνού. Η σύνοδος όρισε ότι πρέπει να υπάρχουν μέσα στις εκκλησίες οι εικόνες των αγίων, με τη διαφορά ότι οι χριστιανοί δεν πρέπει να τις λατρεύουν, αλλά να τις προσκυνούν «τιμής ένεκεν», γιατί εικονίζουν πρόσωπα άγια, που έχυσαν το αίμα τους για την πίστη του Χριστού ή έζησαν βίο άξιο μίμησης. Η σύνοδος απέκρουσε έντονα την κατηγορία και την ταύτιση της εικονολατρίας με την ειδωλολατρία.

Ωστόσο, το 813 ο αυτοκράτορας Λέων Ε' ο Αρμένιος εγκαίνιασε την δεύτερη φάση της Εικονομαχίας. Συγκρότησε σύνοδο το 815 στην εκκλησία των Βλαχερνών, με την οποία καταργήθηκαν οι αποφάσεις της συνόδου της Νικαίας και ανακηρύχθηκε πάλι ως Ζ' Οικουμενική, η σύνοδος της Ιέρειας. Τέλος, μια άλλη γυναίκα, η Θεοδώρα, που βασίλευε ως επίτροπος του ανήλικου γιού της Μιχαήλ Γ', έκλεισε οριστικά το ζήτημα το 843, συγκαλώντας νέα σύνοδο στην Κωνσταντινούπολη, η οποία ακύρωσε την σύνοδο των Βλαχερνών και επικύρωσε τα πρακτικά της Ζ' Οικουμενικής Συνόδου (Β' Νικαίας). Μοναχοί και ιερείς συγκεντρώθηκαν σε πομπή και επανέφεραν τις εικόνες στις θέσεις τους. Η ημέρα ονομάστηκε « Θρίαμβος της





Ορθοδοξίας». Από τότε, η ημέρα αυτή γιορτάζεται κάθε χρόνο με ιδιαίτερη λαμπρότητα την πρώτη Κυριακή της Μεγάλης Τεσσαρακοστής, την επονομαζόμενη «Κυριακή της Ορθοδοξίας».

Ήταν η τελευταία πράξη της Εικονομαχίας, της πολιτικοθρησκευτικής διαμάχης που συντάραξε τη Βυζαντινή Αυτοκρατορία για περίπου ένα αιώνα και απείλησε τη συνοχή της. Οι εικονομάχοι πρέσβευαν την απαγόρευση απόδοσης από τους πιστούς θρησκευτικής τιμής και σεβασμού στις εικόνες, ακόμη και τη φιλοτέχνηση εικόνων.

Η Ορθόδοξη Εκκλησία τιμά την μνήμη των Πατέρων της Ζ' Οικουμενικής Συνόδου κάθε χρόνο την πρώτη Κυριακή μετά την 11η Οκτωβρίου (12 Οκτωβρίου 2025). Είναι γνωστή και ως Κυριακή του Σπορέως, επειδή το Ευαγγέλιο, που διαβάζεται στις Εκκλησίες, περιλαμβάνει την σχετική παραβολή του Χριστού, η οποία αναφέρεται στη σπορά του θείου λόγου. Την ημέρα αυτή ξεκινά παραδοσιακά το κατηχητικό έργο της Εκκλησίας.

# ORTHODOX STUDIES

## The Seventh Ecumenical Council

The Seventh Ecumenical Council (or Second Council of Nicaea) of the Orthodox Church was convened on September 24, 787, in Nicaea, Bithynia (now Iznik, Turkey) on the initiative of Empress Irene of Athens, who exercised power in Byzantium as regent for her minor son Constantine VI, in order to restore the honor of the Holy Icons. It lasted until October 13, ending the first phase of Iconoclasm.

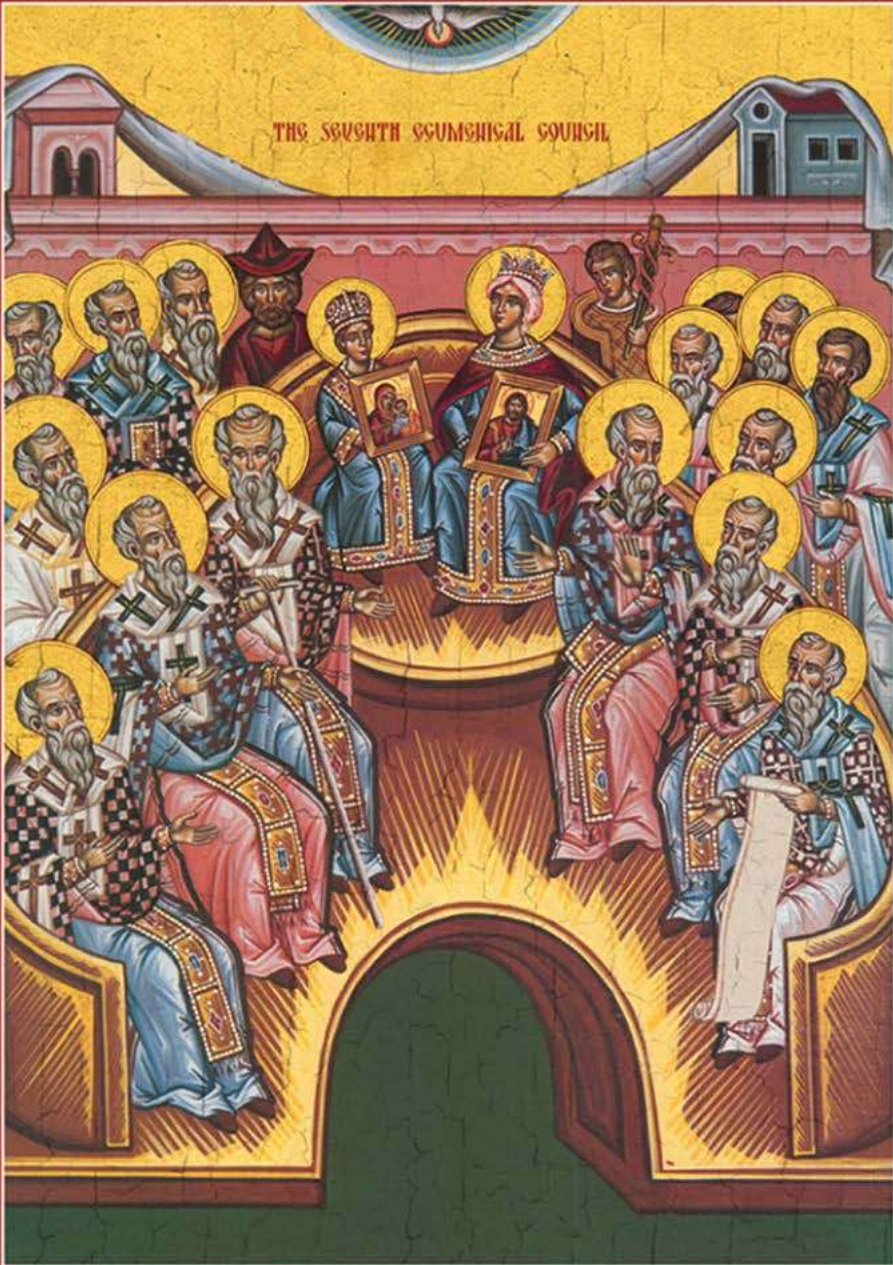
The council, attended by 350 bishops (including two delegates from Pope Adrian I) and presided over by Patriarch Tarasius of Constantinople, denounced the decisions of the iconoclastic council of Hieria, which had been convened in 754 by Emperor Constantine V, condemned the iconoclastic patriarchs and bishops, and restored the honor of the icons based on the theology of St. John the Damascene. The council ruled that icons of saints should be present in churches, with the proviso that Christians should not worship them, but venerate and honor them, because they depict holy persons who shed their blood for the faith of Christ or lived lives worthy of imitation. The council strongly rejected the accusation and identification of idolatry with idolatry.

But in 813, Emperor Leo V the Armenian initiated the second phase of Iconoclasm. He convened a council in 815 at the Church of

Blachernae, which abolished the decisions of the Council of Nicaea and proclaimed the Council of Hieria as the Seventh Ecumenical Council. Finally, another woman, Theodora, who reigned as regent for her minor son Michael III, put an end to the issue in 843 by convening a new council in Constantinople, which annulled the Council of Blachernae and ratified the proceedings of the Seventh Ecumenical Council (Second Council of Nicaea). Monks and clergy came in procession and restored the icons in their rightful place. The day was called «Triumph of Orthodoxy.» Since that time, this event has been commemorated yearly on the first Sunday of Lent, the «Sunday of Orthodoxy.»

This was the final act of Iconoclasm, the political and religious conflict that shook the Byzantine Empire for about a century and threatened its cohesion. The iconoclasts advocated prohibiting the worship of icons by believers, and even the creation of icons.

The Orthodox Church honors the memory of the Fathers of the Seventh Ecumenical Council every year on the first Sunday after October 11 (October 12, 2025). It is also known as the Sunday of the Sower, because the Gospel read in churches includes Christ's parable referring to the sowing of the divine word. On this day, the Church traditionally begins its catechetical work.



# 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

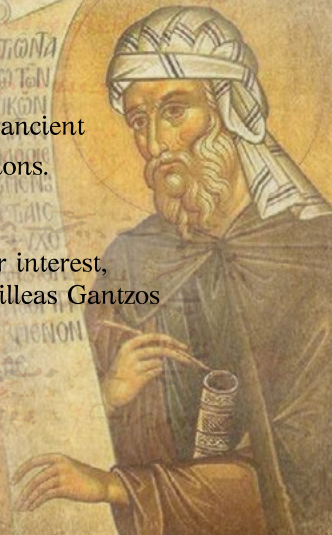
*"Sing praises to God; sing praises."* (Psalm 46.7)

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)



# LADIES PHILOPTOCHOS SOCIETY



Congratulations to all for another successful Festival! A job well done!

Thank you to all who attended our Welcome Back Meeting on September 28<sup>th</sup>. It was so enjoyable reuniting and getting acquainted with our fellow Sisters and friends after a fun-filled summer. Our Ecclesiastical year has begun and there is much enthusiasm to complete our ministries for the year. May God grant us His blessings.

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

10/4 Cook for Trinity Lutheran Soup Kitchen

Thank you to our Soup Kitchen crew Chris Charitis, Cathy Alicakos, Chris Moscoso, Anna Christakos, Philip Christakos, Pete Christofilakes, Pauline Thaten, Stefanie Noto, and Renie Theodorakis for their devotion on September 6th. The meal consisted of macaroni and cheese with frankfurter baked on top, salad, and mandarin oranges.

10/5 Philoptochos Monthly Tray (National Philoptochos Emergency Fund)

10/11 Walk – A – Thon (South Beach Boardwalk)

All proceeds to go to the “Global Medical Relief Fund”

For more information see flyer

10/21 Monthly Meeting 6:30 pm Ref/7:00 pm Meeting

10/23 Holy Cross Dinner (Dyker Heights Golf Club) 6:30 pm

10/24 Project Hospitality

***10/25 Men Who Cook***

All proceeds will go to the “Feed the Hungry” program



***Please mark your calendars for the following date:***

11/19 Bake Sale for St. Michael's Home

***\*Pre-order and prepay your Thanksgiving baked goods NOW until November 16<sup>th</sup>\****

See the enclosed order form for more details and information.

Proceeds will go towards St. Michael's Home

Thank you for your support and donations.

**PLEASE NOTE: 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





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



*Ladies Philoptochos Society*

# Men Who Cook



**SATURDAY**  
**OCTOBER 25<sup>TH</sup>**  
**6:00 PM**

**\$30/ADULT**  
**\$15 for children 12 & under**  
**Children 5 and under free**

Holy Trinity – St. Nicholas Greek Orthodox Church  
1641 Richmond Avenue, SINY  
**KATSORIS COMMUNITY CENTER**

Reservations: Irene Panagos (718)288-7366  
HELP MAKE THIS NIGHT A SUCCESS!

**RAFFLE  
BASKETS**

**50/50**

*Heinz may make ketchup  
but Philoptochos relishes its "Men Who Cook"*

All proceeds will go to our Feed the Hungry Program  
Thank you for your support and donations

# RECIPE OF THE MONTH

by Presbytera Elisavet

## Ingredients for the filling:

4-5 cups of grated pumpkin  
2 cups of sugar  
1 teaspoon of cinnamon  
1 cup of chopped walnuts  
1 package of phyllo extra thick country (10)  
Butter for spreading the sheets

## Ingredients for the syrup:

1 cup of water  
2 cups of sugar



Pumpkin Pie  
in Syrup

*Autumn is the time for pumpkins.*

I will never forget how eagerly I waited for this season when my beloved grandmother would make syrupy pumpkin pie. A sweet memory of my childhood.

October is the Halloween season for Americans, when children go from house to house and the owners offer them sweets for the repose of the souls.

In the Greek Orthodox tradition, there are 2 Saturdays that are dedicated to the salvation of souls and are called psychosabbatas, the Saturday before the Sunday of Apokreo and the Saturday before Pentecost Sunday. . In Thessaloniki, there is also the Psychosabbata of Agios Demetrios, which is the Saturday before the feast of Agios Demetrios on October 26.

An opportunity to honor the deceased according to the Greek Orthodox faith and tradition.

## Cooking instructions

Pour the grated pumpkin into a colander and press it to remove the liquids.  
Place it in a bowl and add all the filling ingredients.  
Take two sheets, grease them with melted butter, and add the filling.  
Roll them up, and place them in a greased baking pan.  
When we are done with all the leaves, we spread butter on top, and bake in a preheated oven at 310°F set to fan for 45 minutes.

We prepare the syrup. We boil the ingredients, and when the syrup starts to boil with many bubbles, after 5 minutes we remove from the heat.

We pour syrup over the pie, (cold pie, hot syrup), and....*when it cools down we enjoy...*

# Sunday

# Monday

# Tuesday

# Wednesday

			<b>1</b>  Paraklesis Service - Orthodox Study 5:00 PM
<b>5</b> Orthros 8:30 AM Liturgy 10:00 AM Back to School Agiasmos 11:30 AM Hellenic Dancers 12:00 PM	<b>6</b>	<b>7</b> Greek School First Lesson 4:00 PM	<b>8</b> 
<b>12</b> Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	<b>13</b> Office Closed	<b>14</b> Ladies Philoptochos Meeting 6:30 PM	<b>15</b> 
<b>19</b> Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	<b>20</b>	<b>21</b>	<b>22</b> 
<b>26</b> Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	<b>27</b>	<b>28</b>	<b>29</b> 



## Thursday

## Friday

## Saturday

<p><b>2</b></p> <p>Executive Board Meeting 8:00 PM</p>	<p><b>3</b> </p>	<p><b>4</b></p> <p>Kritiki Filoxenia Night 4:00 PM</p>
<p><b>9</b></p>	<p><b>10</b> </p>	<p><b>11</b></p> <p>Ladies Philoptochos Walkathon 10:00 AM</p>
<p><b>16</b></p> <p>Parish Council Meeting 8:00 PM</p>	<p><b>17</b> </p>	<p><b>18</b></p> <p>Kritiki Filoxenia Halloween Party 12:00 PM</p>
<p><b>23</b></p>	<p><b>24</b> </p>	<p><b>25</b></p> <p>Men Who Cook 6:00 PM</p>
<p><b>30</b></p>	<p><b>31</b> </p>	<p>No Symbol <b>Fast Free:</b> All Foods Allowed. Χωρίς σύμβολο: <b>Κατάλυσιν εις πάντα:</b> Επιτρέπονται όλα τα τρόφιμα (Yellow)</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: **Κατάλυσιν 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. Our first meeting is Friday October 3 at 6pm. Parents please be present to complete registration forms.

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



## JUNIOR GOYA

All 6th to 8th 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 first meeting is Friday October 3 at 7pm. Parents please be present to complete registration forms.

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

## GOYA

**On Friday, October 10th, we will be starting up our GOYA ministry for grades 8th-12th again.** Our chapter here at Holy Trinity- St. Nicholas Orthodox Church, organizes a range of activities, including religious retreats, social events like dances and sports tournaments, community service, projects and fundraising. GOYA aims to strengthen teens' connection to their faith and their community. Our Goyans meet every Friday night at 7:30pm. More details to follow

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

# HELLENIC DANCERS



## Calling all youth!

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

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

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

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

## Adult Hellenic Dancing

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

**Practices:** Last Friday of **each month at 8pm**. For the new season, practices start in October. For October we will meet on **Friday, October 31st**.

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

Co-Directors  
Stella Viris, Kevi Langis



# SUNDAY SCHOOL

Our Sunday School program provides a nurturing and faith-filled environment where children, from 4 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.

We joyfully began our new Sunday School year with the **Agiasmo service on Sunday, October 5th**, asking for God’s blessings upon our students, teachers, and families as we continue this journey together.

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)*

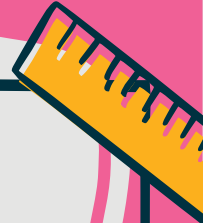
If you are interested in registering your child for the current year, 2025–2026, in our Sunday School, please visit our website at [www.htsngoc.org](http://www.htsngoc.org) and fill out the Registration Form, or contact the office.

For any further information, you can reach us at: [sundayschool@htsngoc.org](mailto:sundayschool@htsngoc.org)  
We look forward to seeing you and your children as we continue to grow in faith together!





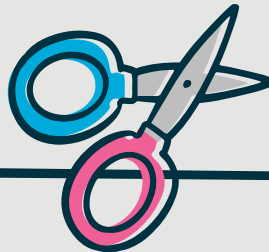
HOLY TRINITY + ST. NICHOLAS  
GREEK ORTHODOX CHURCH OF STATEN ISLAND



Back  
TO  
School  
Agiasmos  
October 5th

*We invite all the children of our Parish to attend the Liturgy and receive the blessing of Agiasmos. Fr. Vasileios looks forward to welcoming all our children back as they begin their New School Year.*

*Surprise gift  
for all children*



# GREEK SCHOOL

Το Ελληνικό απογευματινό σχολείο μας “Αγία Τριάδα-Άγιος Νικόλαος” ξεκινάει τη Δευτέρα 6 Οκτωβρίου ώρα 4:00pm και ανοίγει στους 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.

Η διδακτέα ύλη για τον μήνα Οκτώβρη είναι ως εξής:

## **Kindergarten:**

- Τα χρώματα
- Τα γράμματα Αα, Ββ
- Το νούμερο ένα (1)

## **1<sup>st</sup> Grade class:**

- Τα γράμματα Αα & Μμ
- Η λέξη “μαμά”

## **2<sup>nd</sup> Grade class:**

- Τα διπλά γράμματα “ει”
- Προσωπικές αντωνυμίες “εγώ-εσύ-αυτός-αυτή-αυτό”
- Τα ρήματα “διαβάζω” και “κάνω”

## **4<sup>rd</sup> Grade class:**

- Το ρήμα “είμαι”
- Το ρήμα “έχω”
- Προσωπικές αντωνυμίες
- Άρθρα
- Αόριστα άρθρα

## **6<sup>th</sup> Grade class:**

- Δίφθογγοι “αι”, “ει”, και “οι”

## **8<sup>th</sup> Grade class:**

- Συστάσεις/χαιρετισμοί
- Το ρήμα “είμαι”
- Κατάφαση/Άρνηση
- Ουσιαστικά

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

Η δασκάλα  
Σταυρούλα Χαμπάκη

# 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!**

Panagiotis N. Roussis, *Captain*  
Michael Roussis, *Captain*  
Panagiotis G. Roussis, *Co-Captain*  
Constantine Colon  
Alex Diamantopoulos  
Carter Francese  
Christ Guirguis  
Anastasios Krokos



Stefanos Kourmidakis  
Dennis Lyons  
Matthew Lyons  
Stylianios Makarigakis  
Michael Sfougataakis  
Aleko Soukas

## COFFEE FELLOWSHIP

**Join us every Sunday after Divine Liturgy**



October 5<sup>th</sup> Parish Council  
October 12<sup>th</sup> PanCyprians  
October 19<sup>st</sup> Kritiki Filoxenia  
October 26<sup>th</sup> Philoptochos

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

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

# STEWARDSHIP LIST 2025



*(as of September 15, 2025)*

Rev. Vasileios and Presvytera Elisavet Apostolidis	Michael and Joy Cummings Aikaterini Darios	Gloria Haramis George and Stephanie Haros
Rev. Nicholas and Presvytera Patricia Petropoulakos	Irene Della Croce Michael Della Croce	Alexandra Hondros Frank and Christine Iemmiti
Cathy Alicakos Ken and Denise Andolino	Nicole Della Croce James Demetriades	Yiannis and Arhontoula Ikonomou Virginia Itsines
Nestor and Lori Andrianos Greg and Maria Angelides	Philip Denis Demetrius and Angela Dermanis	Paul and Maryann Jannace Irene Joris
John and Emily Antonopoulos Spiro and Cheryl Antypas	Anthony Devito Dimitri Dimitriou	Elias and Cathy Kalaizes George Kalaizes
George and Niki Apostolopoulos Panagiota Arfanis	Konstantinos Dimitropoulos Christopher and Stephanie Dontis	Barbara Kallinikos Despina Kalogrides
Konstantinos and Susan Arvanites Michael Arvanites	Nicholas and Vicky Dontis Georgia Doukas	Marina Kanakos Peter and Gloria Kanakos
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# DAUGHTERS OF PENELOPE

We are well underway with our 2025-2026 DOP calendar. Our October meeting will be a Fall celebration and **Halloween costumes party**. The meeting will be held on **Thursday October 30 at 7 pm**, with refreshments at 6:30 pm.

Other events include the **District 6 Ahepa Family Fall Conference** to be held on **Saturday, October 11<sup>th</sup>** at the Holy Trinity Greek Orthodox Church in New Rochelle. The cost will be **\$50 per attendee**.

Plan to attend the Daughters of Penelope, Demetra Chapter **90th anniversary luncheon** at Three Hierarchs Church, Brooklyn NY. The event takes place on **Sunday , October 26 ( St Demetrios Day) at 12:30 pm**. The event will honor philanthropist Irene Kokotas and Daughters of Penelope Grand President Antoinette Marousis Zahariades. **The donation for the event is \$70**.

# PANCYPRIAN ASSOCIATION



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

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# AHEPA

Yia sas Parishioners!

We hope everyone had a good summer and looking forward to this year's activities.

AHEPA will have its first meeting of the fall on **October 30 at 8 pm** at the **George Katsoris Center**. We invite all the male parishioners who are interested ( or just curious) to come and introduce yourselves and see what we are planning for the year. With luck, we will have some new members joining us.

We look forward to seeing you there

A few photos from our Tavli night and the cutting of the Vasilopita. We will also be having our Fasolada

**Sunday during Lent and our annual raffle drive for the AHEPA Scholarship awards.**



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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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