

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

September 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 Gantzoz  
**Building Maintenance:** Zisis Bellos

## PARISH COUNCIL

### Executive Board

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

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Peter Kanakos  
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Leah Platis  
Andrew Sfougataakis, Esq.  
Stephen Stark  
Pauline Thaten  
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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## Ἀπολυτίκιον τοῦ Σταυροῦ

Ἦχος α΄

Σῶσον, Κύριε, τὸν λαόν σου,  
καὶ εὐλόγησον τὴν κληρονομίαν σου,  
νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος,  
καὶ τὸ σὸν φυλάττων, διὰ τοῦ Σταυροῦ σου πολίτευμα.

## Ἡσυχίακιον τῆς Ἑορτῆς

Ἦχος δ΄

Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ ἐκουσίως,  
τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ,  
τοὺς οἰκτιρμούς σου δώρησαι, Χριστέ ὁ Θεός.  
Εὐφρανον ἐν τῇ δυνάμει σου,  
τοὺς πιστοὺς βασιλεῖς ἡμῶν,  
νίκας χορηγῶν αὐτοῖς,  
κατὰ τῶν πολεμίων· τὴν συμμαχίαν  
ἔχιοιεν τὴν σὴν, ὄπλον εἰρήνης,  
ἀήττητον τρόπαιον.

## Ὁ Οἶκος

Ὁ μετὰ τρίτον οὐρανὸν ἀρθεὶς ἐν Παραδείσῳ,  
καὶ ῥήματα ἀκούσας τὰ ἄρρητα καὶ θεῖα,  
ἃ οὐκ ἐξὸν γλώσσαις λαλεῖν, τί τοῖς Γαλάταις γράφει,  
ὡς ἔρασταὶ τῶν Γραφῶν, ἀνέγνωτε καὶ ἔγνωτε·  
Ἐμοί, φησί, καυχᾶσθαι μὴ γένοιτο,  
πλὴν εἰ μὴ ἐν μόνῳ τῷ Σταυρῷ τῷ τοῦ Κυρίου,  
ἐν ᾧ παθὼν, ἔκτεινε τὰ πάθη.  
Αὐτὸν οὖν καὶ ἡμεῖς βεβαίως κρατῶμεν  
τοῦ Κυρίου τὸν Σταυρὸν καύχημα πάντες·  
ἔστι γὰρ σωτήριον ἡμῖν τοῦτο τὸ ξύλον,  
ὄπλον εἰρήνης, ἀήττητον τρόπαιον.

## A polytikion for the Cross

Mode 1

Save, O Lord, Your people  
and bless Your inheritance,  
granting victory to the faithful over the enemy,  
and by Your Cross protecting Your commonwealth.

## Ἡσυχίακιον of the Feast

Mode 4

You who were lifted on the cross voluntarily,  
O Christ our God,  
bestow Your tender compassions upon Your new  
community to which You gave Your name.  
Cause our faithful emperors to be glad in Your power,  
granting them the victories against their adversaries.  
And for an ally, Lord, may they have You,  
peace as their armor, the trophy invincible.

## Oikos

Paul, who was caught up into Paradise  
beyond the third heaven, and who heard  
the unspeakable and divine words  
that it is not permissible for tongues to utter, writes  
to the Galatians what you, as lovers of the Scriptures,  
have read and already know.  
“God forbid,” says he,  
“that I should boast except in the Cross of the Lord,  
whereby He suffered and thus killed the passions.”  
This very Cross of the Lord, then,  
let us all surely hold as our boast.  
For this wood is our salvation, the shield of peace,  
the trophy invincible.

«Εὐλόγησον τὸν στέφανον τοῦ ἐνιαυτοῦ τῆς χρηστότητός Σου, Κύριε»  
(Απολυτίκιο τῆς Ἰνδίκτου)

**Μ**έ τῆ χάρι τοῦ Θεοῦ, ἕνα νέο ἐκκλησιαστικό ἔτος ἀνατέλλει. Τὴν πρώτη Σεπτεμβρίου κάθε ἔτους, ἡ Ἐκκλησία μας μαζί με τοὺς ἀγίους ποὺ συμπληρώνουν τὸ Συναξάρι τῆς ἡμέρας, ἐορτάζει καὶ τὴν «**Ἀρχὴ τῆς Ἰνδίκτου**», τὴν ἀρχὴ δηλαδὴ τῆς νέας ἐκκλησιαστικῆς περιόδου. Τὸ νόημα αὐτῆς τῆς ἐορτῆς ἀποτυπώνεται σὲ ὅλους τοὺς ὕμνους τῆς ἡμέρας, ποὺ οὐσιαστικά ἀποτελοῦν μία εὐχή, γι' αὐτὸ καὶ ψάλλουμε «**εὐλόγησον τὸν στέφανον τοῦ ἐνιαυτοῦ τῆς χρηστότητός Σου, Κύριε**». Μὲ τὴν προσευχὴ μας αὐτῆ, ζητοῦμε οὐσιαστικά ἀπὸ τὸν Δωρεοδότη Χριστὸ νὰ εὐλογήσει τὴ νέα χρονιά καὶ νὰ μᾶς δώσει τὴ χάρι Του, ὥστε νὰ ζήσουμε με εἰρήνη καὶ ὁμόνοια, ἀκολουθώντας τὶς ἀγιες ἐντολές Του.

Οἱ Ἅγιοι Πατέρες μᾶς ὑπενθυμίζουν ὅτι ὁ χρόνος ὁ ἴδιος εἶναι δῶρο τοῦ Θεοῦ. Ὁ Μέγας Βασίλειος μᾶς διδάσκει ὅτι κάθε νέα ἐποχὴ εἶναι ἕνα κάλεσμα γιὰ ἀγιότητα, μιὰ εὐκαιρία νὰ ζήσουμε πληρέστερα ἐν Χριστῷ καὶ νὰ εἴμαστε πιστοὶ Οἰκονόμοι τῶν ταλάντων καὶ τῶν ἡμερῶν ποὺ μᾶς ἔχει ἐμπιστευτεῖ. Ἔτσι, ἡ ἀρχὴ αὐτοῦ τοῦ ἔτους δὲν εἶναι μόνο ἕνα ἡμερολογιακὸ ὄροσημο, ἀλλὰ μιὰ στιγμὴ χάριτος γιὰ νὰ ἀφιερωθοῦμε ξανά στὸν Χριστὸ καὶ στὴν Ἁγία Ἐκκλησία Του.

Ἡ νέα ἐκκλησιαστικὴ χρονιά κομίζει παράλληλα καὶ μιὰ ἰδιαίτερη εὐλογία γιὰ τὴν Κοινότητά μας. Τὸ καλωσόρισμα τῆς **νέας ἱστοσελίδας** τοῦ Ναοῦ μας, ἡ ὁποία ἀπὸ τὴν 1η Σεπτεμβρίου θὰ εἶναι στὴ διάθεση ὅλων. Ἐπειτα ἀπὸ μακρὰ καὶ ἐπίπονη προσπάθεια, τὸ ἔργο αὐτὸ καθίσταται πλέον ὁρατὸ. Ἡ ἱστοσελίδα αὐτὴ δὲν εἶναι ἀπλῶς ἕνα τεχνολογικὸ μέσο· εἶναι μιὰ ζωντανὴ «ψηφιακὴ πύλη», ὅπου κάθε πιστὸς μπορεῖ νὰ βρεῖ πληροφορίες γιὰ τὴν Ἐνορία, τὴν Ὁρθόδοξὴ πίστη, τὶς Διακονίες, τὸ Λειτουργικὸ Ἡμερολόγιο, ἐπερχόμενες ἐκδηλώσεις, τὸ μηνιαῖο περιοδικὸ «*Μέθεξις*», καθὼς καὶ τὴ δυνατότητα γιὰ ἠλεκτρονικὲς δωρεές.

Εἶμαι ἰδιαίτερος περήφανος γιὰ τὸ ἀποτέλεσμα, διότι χαρακτηρίζεται ἀπὸ ἄρτια αἰσθητικὴ, ποιότητα καὶ εὐχρηστία. Εὐχαριστῶ θερμὰ ὅλους ὅσους συνέβαλαν με ἀγάπη, κόπο καὶ μεράκι, ὥστε νὰ προσφέρουμε στὴν ἐνοριακὴ μας οἰκογένεια, ἕναν διαδίκτυακὸ χῶρο, ἀντάξιο τοῦ πνευματικοῦ μας πολιτισμοῦ καὶ τῆς ἐκκλησιαστικῆς μας παραδόσεως.

Εὐχομαι ἐγκάρδια ἡ νέα μας ἱστοσελίδα νὰ γίνῃ τόπος ἐπικοινωνίας, γνωριμίας καὶ ἐμπνεύσεως· μιὰ γέφυρα ποὺ θὰ ἐνώνει τοὺς ἀνθρώπους με τὴν Ἐνορία μας καὶ τὴν Ἐνορία μας με τὸν εὐρύτερο κόσμον. Εἶθε «**ὁ τῶν αἰώνων Ποιητῆς καὶ Δεσπότης Ἰησοῦς Χριστός**» νὰ εὐλογήσει καὶ φέτος τὴ νέα ἐκκλησιαστικὴ χρονιά γιὰ τὴν Ἑλληνορθόδοξὴ Κοινότητά μας, χαρίζοντας σὲ ὅλους εἰρήνη, ἀγάπη καὶ πνευματικὴ πρόοδο.

Ἐπισκεφθεῖτε τὴν ἱστοσελίδα μας  
με σάρωση τοῦ κωδικοῦ QR



Πρωτοπρεσβύτερος

Βασίλειος Γ. Αποστολίδης, Δρ.Μ  
Ἱερατικός Προϊστάμενος

*“Bless the crown of the year with Your goodness, O Lord”*

(Apolytikion of Indictus)

By the grace of God, a new ecclesiastical year begins. Every September 1st, our Church, along with the saints listed in the Synaxarion, celebrates the “*Beginning of Indictus*,” marking the start of the new liturgical season. The importance of this feast is reflected in all the hymns of the day, which serve as blessings, which is why we sing “*Bless the crown of the year with Your goodness, O Lord*.” Through this prayer, we are essentially asking the Giving Christ to bless the new year and grant us His grace so that we may live in peace and harmony, following His holy commandments.

Our Holy Fathers remind us that time itself is a gift from God. Saint Basil the Great teaches us that each new season is a call to holiness, an opportunity to live more fully in Christ, and to be faithful stewards of the talents and days entrusted to us. Therefore, the start of this year is not only a date on the calendar but also a moment of grace to recommit ourselves to Christ and His Holy Church.

This ecclesiastical year begins with a special blessing for our Community. With great joy and gratitude to God, I am excited to announce the launch of our **brand-new website**, which will officially go live today, September 1st. After much prayer, months of dedicated effort, and careful planning, we are now ready to share this beautiful, elegant, and unique resource with our Parish family and the broader community.

Our new website is more than just a digital platform. It is a welcoming window, a connecting bridge, and a testament to our Orthodox faith for both our parishioners and the wider community. Just as the doors of our Church are always open to everyone, our Parish now extends its embrace online, inviting all to explore and engage with our Orthodox faith. Inside, you will find information about our faith, history, ministries, liturgical calendar, parish news and events, quick links, our monthly bulletin, ‘*Methexis*,’ and ways to support our Church’s mission through online giving.

I am truly grateful to everyone who worked tirelessly to bring this project to successful completion. My warmest prayer is that our new website will serve as a blessing and inspiration, keeping us united in Christ and helping us share His Gospel in the modern world.

I heartily wish that “*the Eternal Poet and Saviour Jesus Christ*” may bless this new ecclesiastical year for our Greek Orthodox Church, our Ministries and Schools, and may He grant everyone peace, love, and spiritual growth.

Scan the QR code  
to visit our website



Reverend Protopresbyter

A handwritten signature in blue ink, appearing to read 'V. Apostolidis', written over a faint printed name.

Vasileios G. Apostolidis, PhD  
Presiding Priest

# LITURGICAL SCHEDULE

**Sunday 7**     **Sunday before the Elevation of the Holy Cross -  
Forefeast of the Nativity of the Holy Theotokos**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 14**     **THE ELEVATION OF THE HOLY CROSS**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 21**     **Sunday after the Elevation of the Holy Cross**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Friday 26**     **Falling Asleep of St. John the Evangelist and Theologian**  
9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 28**     **1<sup>ST</sup> Sunday of Luke**  
8:30am **Orthros** - 10:00am **Divine Liturgy**



# ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

**Κυριακή 7** Κυριακή πρό τῆς Ὑψώσεως - Προεόρτια τῆς Γεννήσεως  
τῆς Ὑπεραγίας Θεοτόκου  
8:30π.μ Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 14** Η ΨΩΣΙΣ ΤΟΥ ΤΙΜΙΟΥ ΣΤΑΥΡΟΥ  
8:30π.μ Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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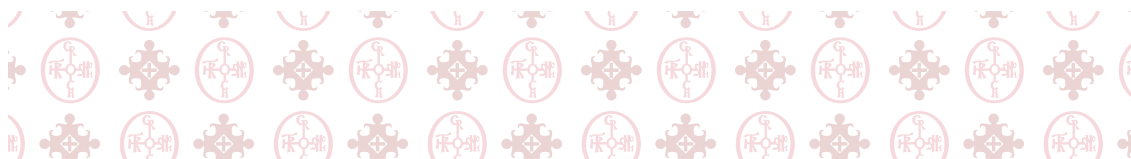
**Κυριακή 21** Κυριακή μετά τήν Ὑψωσιν  
8:30π.μ Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Παρασκευή 26** Ἡ Μετάστασις τοῦ Ἁγίου Ἰωάννου τοῦ Θεολόγου  
9:00π.μ Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 28** 1<sup>η</sup> Κυριακή Λουκᾶ  
8:30π.μ Ὅρθρος - 10:00π.μ. Θεία Λειτουργία



# ΕΟΡΤΟΛΟΓΙΟΝ

1	Δ	+ <b>Αρχή της Ινδίκτου</b> , Συμεών Στυλίου, Μελετίου
2	Τ	Ανακομιδή λειψ. Αγ. Νεκταρίου, Μάμαντος μ., Ιωάννου πατρ.
3	Τ	Ανθίμου ιερομ., Θεοκτίστου, Χαρίτωνος, Φοίβης
4	Π	Μαυσέως προφ. Βαβύλα ιερομάρτυρος
5	Π	+ <b>Ζαχαρίου και Ελισάβετ</b> , Αβδαίου μάρτυρος
6	Σ	Ανάμνησις θαύματος αρχαγγέλου Μιχαήλ
7	Κ	+ <b>ΠΡΟ ΤΗΣ ΥΨΩΣΕΩΣ</b> . Σώζοντος, Ευψυχίου μαρτύρων
8	Δ	+ <b>Γενέθλιον Υπεραγ. Θεοτόκου</b> , Αθανασίου ν.
9	Τ	+ <b>Ιωακείμ και Άννης Θεοπατόρων</b>
10	Τ	Μηνοδώρας, Μητροδώρας, Νυμφοδώρας μαρτ.
11	Π	Θεοδώρας οσίας, Ευανθίας μάρτ.
12	Π	Αυτονόμου, Ιουλιανού, Κουρνούτου ιερομ.
13	Σ	Κορηγίου εκατοντάρχου, Λεοντίου, Σελεύκου μαρτ.
14	Κ	+ <b>Η ΥΨΩΣΙΣ ΤΟΥ ΤΙΜΙΟΥ ΣΤΑΥΡΟΥ</b>
15	Δ	Νικήτα μ., Φιλοθέου οσ., Συμεών Θεσ/νίκης
16	Τ	+ <b>Ευφημίας μεγαλομάρτ.</b> , Μελιτίνης μάρτ.
17	Τ	+ <b>Σοφίας, Πίστεως, Ελπίδος, Αγάπης</b>
18	Π	Ευμενίου επ. Γορτύνης, Αριάδνης μ.
19	Π	Τροφίμου, Σαββατίου, μαρτύρων
20	Σ	+ <b>Ευσταθίου μεγαλομάρτ.</b> , Θεοπίστης, Αγαπίου μαρτ.
21	Κ	+ <b>ΜΕΤΑ ΤΗΝ ΥΨΩΣΙΝ</b> . Κοδράτου Αποστόλου, Ιωνά προφήτου
22	Δ	Φωκά ιερομ., Φωκά κηπουρού, Ισαάκ και Μαρτίνου
23	Τ	+ <b>Σύλληψις Ιωάννου του Προδρόμου</b> , Νικολάου
24	Τ	+ <b>Θέκλης ισαποστόλου</b> , Παναγίας Μυρτιδιωτίσσης
25	Π	Ευφροσύνης οσίας, Παφνουτίου μάρτυρος
26	Π	+ <b>Μετάστασις Αγίου Ιωάννου του Θεολόγου</b>
27	Σ	Αριστάρχου αποστόλου, Καλλιστράτου μάρτυρος
28	Κ	+ <b>Α' ΛΟΥΚΑ</b> . Χαρίτωνος ομολογητού, Βαρούχ προφήτου
29	Δ	Κυριακού αναχωρητού, Πετρωνίας μάρτυρος
30	Τ	Γρηγορίου ιερομάρτυρος επισκόπου Αρμενίας

ΗΜ	ΑΠΟΣΤΟΛΟΣ	ΕΥΑΓΓΕΛΙΟΝ	ΗΧΟΣ - ΕΩΘΙΝΟΝ
7	Γαλ. στ',11-18	Ιωάν. γ',13-17	δ' / Β'
14	Α' Κορ. α',18-24	Ιωάν. ιθ',6-11, 13-20, 25-28, 30	—
21	Γαλ. β',16-20	Μρκ. η',34-38; θ',1 πλ.	β' / Δ'
23	Γαλ. δ',22-27	Λκ. α',5-25	—
26	Α' Ιωάν. δ',12-19	Ιωάν. ιθ',25-27; κα',24-25	—
28	Β' Κορ. στ',1-10	Λκ. ε',1-11	βαρύς / Ε'

# SAINTS OF THE MONTH

1	M	+ <b>Beginning of the Indiction</b>
2	T	Mamas the Martyr, John Patr. of Constantinople
3	W	Anthimos, Theoktistos, Chariton, Phoebe
4	T	Moses the Prophet, Babylas the Hieromartyr
5	F	+ <b>Zacharias and Elizabeth</b> , Abdaios the Martyr
6	S	Miracle of Archangel Michael
7	S	+ <b>BEFORE THE EXALTATION</b> . Sozon, Eupsychius the Martyrs
8	M	+ <b>Birth of the Theotokos</b> , Athanasios
9	T	+ <b>Holy Ancestors of God Joachim &amp; Anna</b>
10	W	Minodora, Mitrodora, Nymphodora the martyrs
11	T	Theodora the Righteous, Evanthia the Martyr
12	F	Autonomus Hierom., Kournoutios, Julianos
13	S	Cornelius the Centurion, Leontius, Selefkos the Martyr
14	S	+ <b>EXALTATION OF THE HOLY CROSS</b>
15	M	Niketas the Martyr, Philotheos
16	T	+ <b>Euphymia the Great Martyr</b> , Melitini
17	W	+ <b>Sophia, Faith, Hope and Love</b>
18	T	Eumenius Bishop of Gortyna, Ariadni the Martyr
19	F	Trophimos and Savvatis, the Martyrs
20	S	+ <b>Efstathios the Great Martyr</b> , Theopistos, Agapia
21	S	+ <b>AFTER THE EXALTATION</b> . Kodratos the Apostle, Jonah
22	M	Phoka the Hierom., Phokas the Gardener, Isaak & Martinos
23	T	+ <b>Conception of John the Baptist</b>
24	W	+ <b>Thekla Equal-to-the-Apostles</b> , Panagia Myrtidiotissa
25	T	Efrosyne the Righteous, Pafnoutios the Martyr
26	F	+ <b>Transfer of St. John the Theologian</b>
27	S	Aristarchos the Apostle, Kallistratos the Martyr
28	S	+ <b>1st SUN OF LUKE</b> . Chariton the Confessor, Prophet Baruch
29	M	Kyriakos the Anchorite, Petronia
30	T	Hieromartyr Gregory Bishop of Armenia

D	EPISTLE	GOSPEL	TONE - EOTHINON
7	Gal. 6:11-18	John 3:13-17	4th / 2nd
14	I Cor. 1:18-24	John 19:6-11, 13-20, 25-28, 30	–
21	Gal.2:16-20	Mark 8:34-38; 9:1	pl.2nd / 4th
23	Gal. 4:22-27	Luke 1:5-25	–
26	I John 4:12-19	John 19:25-27; 21:24-25	–
28	II Cor. 6:1-10	Luke 5:1-11	grave / 5th

## Η Ύψωσις του Τιμίου Σταυρού

*Ιερομ. Γενναδίου Μανώλη*

Η τιμή που αποδίδει η Ορθόδοξη Εκκλησία, προς τον Τίμιο Σταυρό, τη 14η Σεπτεμβρίου και όχι μόνο, ξεκινά στους πρώτους αποστολικούς χρόνους, δια των αποστόλων και των μετέπειτα αποστολικών Πατέρων. Έτσι μέχρι σήμερα, η Ορθόδοξη Εκκλησία, διασώζει ανόθευτη τη βιβλική (Παλαιά και Καινή Διαθήκη) και πατερική διδασκαλία και αποδίδει την προσήκουσα τιμή στο Σταυρό του Χριστού, ως το κατ' εξοχήν όργανο και σύμβολο της απολυτρώσεως του ανθρωπίνου γένους.

Το 326 μετά την Α΄ Οικουμενική Σύνοδο η μητέρα του Μ. Κωνσταντίνου, Ελένη, αναχώρησε για τους Αγίους Τόπους, όπου άρχισε το κτίσιμο λαμπρών ναών στα μέρη που κατά την παράδοση είχαν διαδραματισθεί γεγονότα σχετικά με τη επί γης παρουσία του Κυρίου μας και άλλα γεγονότα της Βίβλου. Επίκεντρο αυτών υπήρξε ο Πανάγιος Τάφος του Κυρίου. Στο σημείο εκείνο ο αυτοκράτορας Αδριανός είχε κτίσει το 135, κατά τη δεύτερη καταστροφή της Ιερουσαλήμ, ναό της Αφροδίτης έχοντας επιχωματώσει τον τόπο του Γολγοθά και της ταφής ώστε να μην μπορούν να προσέρχονται οι Χριστιανοί στον τόπο αυτό. Η αγία Ελένη επιδόθηκε σε προσπάθειες για την ανεύρεση του Τιμίου Σταυρού. Ύστερα από επίπονες ανασκαφές τελικά βρέθηκαν τρεις σταυροί, του Κυρίου και των δύο ληστών. Τότε κατά την παράδοση της Εκκλησίας ο επίσκοπος Ιεροσολύμων Μακάριος, αφού έκανε

δέηση, άγγιξε τους σταυρούς στο σώμα μιας νεκρής γυναίκας, όταν τοποθετήθηκε πάνω της ο τρίτος σταυρός, που ήταν του Κυρίου, η γυναίκα αναστήθηκε.

Σύμφωνα με την παράδοση της Εκκλησίας, αμέσως μετά την εύρεση του, η αγία Ελένη τον ασπάσθηκε και τον παρέδωσε στον επίσκοπο Ιεροσολύμων Μακάριο. Η είδηση διαδόθηκε σε όλα τα μέρη της Ιερουσαλήμ. Πλήθη πιστών άρχισαν να συρρέουν για να αγγίξουν το τίμιο ξύλο, λόγω όμως του συνωστισμού, ο επίσκοπος ύψωσε τον Τίμιο Σταυρό για να τον δουν οι παρευρισκόμενοι χριστιανοί και τους ευλόγησε. Την ίδια ημέρα εορτάζουμε και τη δεύτερη ύψωση, η οποία πραγματοποιήθηκε λίγα χρόνια μετά, το 335, την επομένη των εγκαίνιων του Ναού της Αναστάσεως.

Τέλος την ίδια ημέρα καταγράφεται στους συναξαριστές και μία τρίτη και τελευταία ύψωση του Τιμίου Σταυρού το έτος 630. Ο αυτοκράτορας Ηράκλειος πολέμησε την περίοδο εκείνη τους Πέρσες, οι οποίοι προ 14 ετών, είχαν καταλάβει την Παλαιστίνη και είχαν αρπάξει τον Τίμιο Σταυρό. Ο Ηράκλειος αφού νίκησε τους Πέρσες επανέκτησε τον Σταυρό και αποκατέστησε στον πατριαρχικό θρόνο τον πατριάρχη Ζαχαρία, ο οποίος ήταν αιχμάλωτος των Περσών. Στις 14 Σεπτεμβρίου ήρθε στα Ιεροσόλυμα φέροντας στους ώμους του τον Σταυρό. Φθάνοντας στο Ναό της Αναστάσεως τον παρέδωσε στον πατριάρχη Ζαχα-



ρία, ο οποίος και τον ύψωσε ώστε να τον δουν και να ευλογηθούν τα πλήθη, ψάλλοντας για πρώτη φορά το απολυτίκιο «Σώσον Κύριε τον λαόν Σου...».

Πηγές της εκκλησιαστικής ιστορίας αναφέρουν ότι η εορτή της Υψώσεως είχε καθιερωθεί από τα αρχαία χρόνια, ίσως μάλιστα να είχε καθιερωθεί και από αυτόν τον Μέγα Κωνσταντίνο, κατά προτροπή της μητέρας του αγίας Ελένης, αμέσως μετά την εύρεση του Τιμίου Ξύλου στα Ιεροσόλυμα, γύρω στο 330 μ.Χ. σε συνδυασμό με την εορτή ανάμνησης των εγκαινίων του Ναού της Αναστάσεως στις 13 Μαΐου του έτος 335 μ.Χ.

Η Εκκλησία τιμά με ιδιαίτερο τρόπο την αγία ημέρα της Υψώσεως του Σταυρού του Κυρίου μας. Κατά τη Θεία Λειτουργία αναγιγνώσκεται αποστο-

λικό ανάγνωσμα που αναφέρεται στην σημασία της σταυρικής θυσίας και του Σταυρού του Κυρίου και το ευαγγελικό ανάγνωσμα περιγράφει σκηνές της σταυρώσεως. Τέλος κατά την ημέρα αυτή έχει θεσπισθεί αυστηρή νηστεία (ξηροφαγία άνευ δηλαδή ελαίου και οίνου, εκτός εάν συμπέσει ημέρα Σάββατο ή Κυριακή) καθόσον είναι ημέρα ανάμνησης της σταυρικής θυσίας του Χριστού, φέρουσα τα ίσα της Μ. Παρασκευής.

Αξίζει σε αυτό το σημείο να αναφέρουμε την σύνδεση της εορτής της Μεταμορφώσεως του Κυρίου με την εορτή της Υψώσεως του Τιμίου Σταυρού. Το γεγονός της Μεταμορφώσεως συνέβη 40 ημέρες προ του πάθους του Κυρίου, ο εορτασμός όμως ορίστηκε να γίνεται στις 6 Αυγούστου και τούτο γιατί ήταν δύσκολος ο εορτασμός μίας δεσποτικής εορτής μέσα στο πένθιμο χαρακτήρα της Μεγάλης Τεσσαρακοστής. Έτσι η καθιέρωση της εορτής μεταφέρθηκε και έγινε σε συνάρτηση με την Ύψωση του τιμίου Σταυρού, σαράντα μέρες προ αυτής, αφού όπως αναφέραμε φέρει τα ίσια της Μεγάλης Παρασκευής.

Η Εκκλησία με αφορμή την εύρεση και τη ύψωση του Τιμίου Σταυρού του Κυρίου προβάλλει σε όλους εμάς τον τρόπο ζωής με τον οποίο θα πρέπει να ζήσουμε, ώστε συσταυρούμενοι με τον Κύριο να αξιωθούμε και αυτής της Αναστάσεως, αντλώντας από αυτόν δύναμη και χάρη. Ο Σταυρός του Χριστού είναι το σύμβολο της υπακοής, της ταπεινώσεως και της αγάπης, είναι το τρόπαιο κατά του μίσους, της ιδιοτελείας, της αμαρτίας, των παθών και του εγωισμού.

# ORTHODOX STUDIES

## The Elevation of the Holy Cross

*Hieromonk Gennadios Manolis*

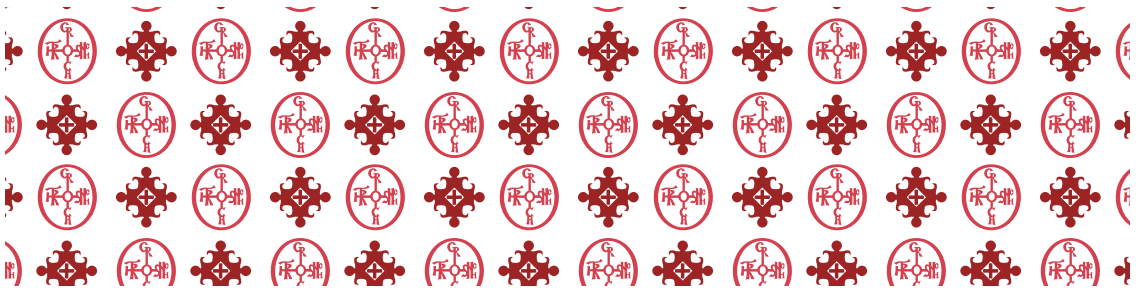
The honor that the Orthodox Church renders to the Holy Cross on September 14—and beyond that day—goes back to the Apostles themselves and the later Apostolic Fathers. Thus, down to the present, the Orthodox Church preserves unaltered biblical (Old and New Testament) and patristic teaching, and accords due reverence to the Cross of Christ as the foremost instrument and symbol of the redemption of the human race.

In 326, after the First Ecumenical Council, St. Helen, the mother of Emperor Constantine the Great, departed for the Holy Land, where she began the construction of magnificent churches on sites which, according to tradition, were connected with events of the Lord's earthly presence and other biblical events. The focal point of these was the Holy Sepulchre of the Lord. On that very spot, in 135, during the second destruction of Jerusalem, Emperor Hadrian had built a temple to Aphrodite, covering over the area of Golgotha and the burial place of Christ so that Christians would no longer be able to approach it. St. Helen dedicated herself to discovering the Holy Cross. After arduous excavations, three crosses were found—the Lord's and those of the two thieves. According to Church tradition, Bishop Macarius of Jerusalem, after praying, touched the crosses to the body of

a dead woman. When the third cross, the one belonging to the Lord, was placed upon her, the woman was restored to life.

According to the tradition of the Church, immediately after its discovery, St. Helen venerated the Cross and entrusted it to Bishop Macarius of Jerusalem. News of the discovery spread rapidly throughout Jerusalem. Crowds of the faithful began to flock to venerate the holy wood. Because of the multitude, however, the bishop raised the Holy Cross on high so that the gathered Christians could behold it, and he blessed them. On the same day we also commemorate a second elevation, which took place a few years later, in 335, on the day following the dedication of the Church of the Resurrection.

Finally, the Synaxarion records a third and final elevation of the Holy Cross in the year 630. At that time Emperor Heraclius waged war against the Persians, who fourteen years earlier had seized Palestine and carried off the Holy Cross. After defeating them, Heraclius recovered the Cross and restored Patriarch Zacharias, who had been held captive, to his throne. On September 14, Heraclius came to Jerusalem, carrying the Cross upon his shoulders. Arriving at the Church of the Resurrection, he handed it over to Patriarch Zacharias, who raised it on high for the faithful to see and to receive blessing,



while the apolytikion “Save, O Lord, Your people...” was sung for the first time.

Church historians report that the feast of the Elevation of the Holy Cross had already been established in ancient times, perhaps even by Constantine the Great himself, at the urging of his mother St. Helen, immediately after the finding of the Holy Wood around 330, in conjunction with the commemoration of the dedication of the Church of the Resurrection on May 13, 335.

The Church honors with special solemnity the holy day of the Elevation of the Cross of our Lord. During the Divine Liturgy, the apostolic reading refers to the significance of the sacrificial death and the Cross of the Lord, and the Gospel reading recounts the events of the Crucifixion. On this day, strict fasting is prescribed (dry eating, without oil and wine, except when it falls on a Saturday or Sunday), since it is a commemoration of the Lord’s sacrifice on the Cross, bearing equal weight with Great and Holy Friday.

At this point it is worth noting the connection between the feast of the Transfiguration of the Lord and that of the Elevation of the Holy Cross. The event of the Transfiguration occurred forty days before the Lord’s Passion. However, the feast was appointed for August 6, because it was not

feasible to celebrate a major feast during the penitential season of Great Lent. Thus its observance was placed forty days before the Elevation of the Cross, since this feast shares the solemn character of Holy Friday.

With the finding and elevation of the Holy Cross, the Church sets before us a way of life: that we may live so as to be crucified with Christ, and thus be found worthy also of the Resurrection, drawing strength and grace from Him. The Cross of Christ is a symbol of obedience, humility, and love. It is a trophy of victory against hatred, self-interest, sin, the passions, and pride.

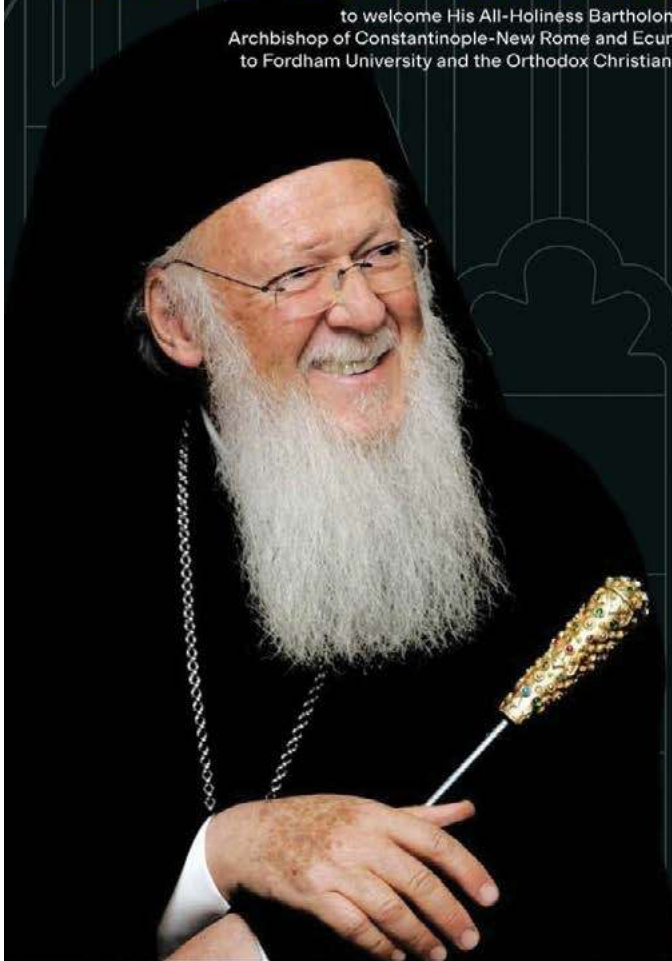




Tania Tetlow, President of Fordham University,  
requests the honor of your presence at the

# CAPPELLA ROMANA CHOIR CONCERT

to welcome His All-Holiness Bartholomew  
Archbishop of Constantinople-New Rome and Ecumenical Patriarch  
to Fordham University and the Orthodox Christian Studies Center



**Tuesday,  
September 23  
6 p.m.**

6 p.m. Concert  
Robert Kyr's *A Time for  
Life: An Environmental  
Oratorio*

Fordham University  
Rose Hill Campus  
University Church

GPS Address:  
2691 Southern Blvd.  
Bronx, NY 10458

(overflow: Leonard Theatre,  
Fordham Preparatory School)

RSVP by Tuesday,  
September 16



[Fordham.edu/orthodoxy](http://Fordham.edu/orthodoxy)

# PARISH COUNCIL

Greetings, Everyone!

I hope you all had a great summer! I miss seeing all of you and look forward to gearing up for many events this year, especially our **annual Festival!** The plans are in place, the tents have been ordered, the food is being prepped, and the music is tuning up.

I want to thank all of those who have already called or emailed the office, and for leaving your contact information with us. We will have sign-up sheets during Coffee Fellowship as well. **If you can volunteer a few hours of your time, it would mean a lot! Your help is essential in making our festival a success.** Our volunteers always come out to help and their spirit and enthusiasm becomes contagious... it's a great time for all of us! Thank you in advance for your monumental support!

God Bless,  
Andrew Economos, President

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

SEPTEMBER  
19<sup>TH</sup> 6-11 PM  
20<sup>TH</sup> 2-11 PM  
21<sup>ST</sup> 2-11 PM

GREEK FOOD & PASTRIES

GREEK LIVE MUSIC

1641 RICHMOND AVE  
STATEN ISLAND, NY

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

# LADIES PHILOPTOCHOS SOCIETY

Dear Philoptochos Sisters and fellow parishioners,  
We would like to welcome everyone back from a sun-filled summer. We are very excited to start our ministries for the upcoming year on:

*Sunday, September 28th 2025*  
**“Welcome Back Meeting” following liturgy**  
**Guest Speaker: Elissa Montanti – Founder & Director**  
**The Global Medical Relief Fund (GMRF)**

A non-profit, non-partisan organization which aids children who are missing or have lost the use of limbs or eyes, or have been severely burned, or have been injured due to war, natural disaster or illness.

**What higher mission is there than aiding innocent, victimized children?  
Join Us!**

Please note the following are our events for the month of September:

- 9/6 Cook for Trinity Lutheran Soup Kitchen  
Thank you to our Soup Kitchen crew Chris Charitis, Cathy Alicakos, Chris Moscoso, Anna Christakos, and Harry Monioudis for their devotion on August 3rd. The meal consisted of penne vodka w/grilled chicken, and salad prepared by Chef Angelo from Mama Rosalia’s Restaurant on Forest Avenue. 158 people were fed on site, and the extra was taken to a local shelter. Two birthdays were celebrated that day: Chef Angelo’s, and Cathy Alicakos’.

*Χρόνια πολλά Chef Angelo and Cathy!*

- 9/7 Tray for Hellenic College/Holy Cross
- 9/19, 20, 21 Festival
- 9/26 Project Hospitality
- 9/28 Welcome Back Meeting (after liturgy)  
Swearing in (Oath) for the new Philoptochos Board Members





***\*\*Save the Date\*\****  
***Saturday, October 25th***  
***“Men Who Cook”***

Calling all men!! We need chefs for this fundraiser to be a success. Sign up to show your expertise in cooking while helping those in need. We will have our second annual cook-off for the tastiest dish, so don't miss out. Please see the enclosed form or contact Dee Sidiropoulos (917) 669-0586 for more info.

***“Love is patient, love is kind.”*** 1 Corinthians 13:4

**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  
**KATORSIS 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



# 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.

## 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.

## GOYA

We hope everyone had a joyous and blessed summer filled with light and love in Christ!

The mission of the Greek Orthodox Youth of America (GOYA) ministry is to lead our young people in experiencing the Orthodox faith, tradition, and way of life. By developing a personal relationship with our Lord and Savior, Jesus Christ, and becoming active sacramental members of the living Church, our young people will be equipped with the tools necessary to assist them in their journey toward salvation. Teenagers from 9th through 12th grade (ages 14-18) participate in many social, community service, and athletic events organized in our Parish.

Don't forget – Our GOYA meets every Friday at 7:30pm

We are excited to see you all at Back to School Agiasmos on October 5th

If you are interested in joining or would like more information please feel free to email us at: [goya@htsngoc.org](mailto:goya@htsngoc.org)

With love in Christ  
The GOYANS

# Sunday

# Monday

# Tuesday

# Wednesday

	1	2	3 
7 Orthros 8:30 AM Liturgy 10:00 AM	8	9	10 
14  Orthros 8:30 AM Liturgy 10:00 AM	15	16	17 
21 Orthros 8:30 AM Liturgy 10:00 AM Greek Festival 2:00 PM	22	23	24 
28 Orthros 8:30 AM Liturgy 10:00 AM	29	30	



## Thursday

## Friday

## Saturday

4	5 	6
11	12 	13
18	19  Greek Festival Agiasmos 5:00 PM Greek Festival 6:00 PM	20 Greek Festival 2:00 PM
25 Parish Council Meeting 8:00 PM	26  Orthros 9:00 AM Liturgy 10:00 AM	27



**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

We hope everyone had a joyous and blessed Summer filled with light and love in Christ!

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.

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)

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!



# 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**.

Co-Directors  
Stella Viris, Kevi Langis

# GREEK SCHOOL

Το ξεκίνημα της σχολικής χρονιάς 2025-2026 πλησιάζει και αναμφίβολα αποτελεί μια σημαντική στιγμή για τους μαθητές, τη δασκάλα και τους γονείς. Σε λίγο θα ανοίξει και πάλι η πόρτα του σχολείου μας, η αίθουσα θα γεμίσει με παιδικές φωνούλες και οι μαθητές μας για άλλη μια χρονιά θα έχουν να ανταποκριθούν στις απαιτήσεις, να μάθουν να γράφουν, να διαβάζουν, να αναπτύξουν κοινωνικές δεξιότητες, να μπορούν να συνυπάρχουν με τους άλλους και κυρίως να κάνουν φίλους.

Το Ελληνικό απογευματινό σχολείο μας 'Αγία Τριάδα-Άγιος Νικόλαος' ακολουθεί μια εξελεκτική πορεία μάθησης μέσω της ψηφιακής τεχνολογίας "**Ellinopoula platform**". Η πορεία αυτής της μάθησης δημιουργεί τη βάση για τη μετέπειτα ανάπτυξη του μέσα στις εξής ενότητες:

**Παιχνίδια:** Το παιδί ευχαριστείται να παίζει. Με ασκήσεις-παιχνίδια, παίζει με όλες τις αισθήσεις του, τις ανακαλύπτει, τις δοκιμάζει και τις αναπτύσσει.

**Λόγος:** Εμπλουτίζοντας το λεξιλόγιό του μέσα από διαδραστικές ασκήσεις και μαθήματα, καταφέρνει σιγά-σιγά να χειρίζεται το λόγο, ο οποίος μεταφράζει τις σκέψεις και τα συναισθήματά του. Το πλούσιο λεξιλόγιο χρειάζεται να γίνει σκοπός της οικογένειας και του σχολείου μας.

**Δημιουργική ανάπτυξη:** Μέσω εκπαιδευτικών Quiz και διασκεδαστικών παιχνιδιών, εστιάζουμε στην ανάπτυξη της φαντασίας των παιδιών και στην ικανότητα να επικοινωνούν και να εκφράζουν ιδέες και συναισθήματα με δημιουργικούς τρόπους.

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Ας αγιάσουμε αυτόν τον χώρο και ας τον γεμίσουμε με αγάπη, χαμόγελα, φιλίες και γνώσεις.

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# ANNOUNCEMENTS

## WORLD TRADE CENTER MEMORIAL

On **Sunday, September 7th**, at the conclusion of the Divine Liturgy, we will celebrate a Memorial Service for all World Trade Center victims. We call on all parishioners to come together on this day to pray for those who lost their lives on September 11th, 2001. May their memory be eternal

## HOLY CROSS DAY

On **Sunday, September 14th**, we will celebrate the Liturgy in honor of the Elevation of the Holy Cross. Liturgy begins at 10:00am. Please bring your Vasiliko to the church by **Thursday, September 11th** to decorate our church and the tray for the Feast Day procession.

## GREEK FESTIVAL – SEPTEMBER 19TH, 20TH AND 21ST

September is here and so is our **Greek Festival!** We have been working hard to make this a great event and fundraiser once again. Our success is guaranteed by having many volunteers and the attendance of our fellow Staten Islanders. Please contact the office to volunteer your time if you haven't already done so. Working together, having fun and helping our Church, creates the best memories!

## FATHER AND PRESVYTERA MACRIS MEMORIAL

On **Sunday, September 21st**, we will celebrate a memorial for the memory of our former Pastor, Rev. Spyridon Macris along with his Presvytera Anne Macris. We ask that you pray for their memories to be eternal.

## BACK TO SCHOOL AGIASMOS

On **Sunday, October 5th**, we invite ALL the children of our Parish to attend Liturgy to receive the blessing of Agiasmos. Father Vasileios looks forward to welcoming all our children back as they begin their new school year.

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# RECIPE OF THE MONTH

by Presbytera Elisavet



*The first of September - Protostauvia - was defined since 313 AD as the beginning of the religious fifteen-year periods of the so-called Indictments. The Indictments were established by the Holy Fathers.*

## Mustokouloura

### Ingredients

2 cups must  
2 cups seed oil  
1 cup sugar  
2 tsp. baking powder  
1 tsp. baking soda  
1½ tsp. cinnamon powder  
1½ tsp. clove powder  
1/2 cup cognac  
8-10 cups all-purpose flour

### Must Ingredients

3-4 pounds of ripe grapes

### PROVERBS:

*"In September, the grapes,  
in October, the bells".*

### Preparation

Pour the must, olive oil, sugar, cinnamon, cloves into a large bowl. Dilute the soda in the cognac. Beat them with a wire whisk until combined. Add the flour and baking powder little by little. Shape the must cookies into rounds or any shape you want and place them on baking sheets lined with parchment paper. Bake the cookies in the air at 210°F for 40 minutes, until they puff up slightly and turn golden brown on all sides.

### Instructions

Extract the juice from the grapes in a juicer or with a pestle and mortar, straining it. Put the pure grape juice (without stems, skins, seeds) in a saucepan and boil it over medium heat, skimming it constantly. A lot of foam will come out at first. As time passes, it stops and finally it has thickened slightly. The process takes about 30 minutes. The must is ready for the must cookies.



# COFFEE FELLOWSHIP



Join us every Sunday after Divine Liturgy



September 7 <sup>th</sup>	PTO
<b>September 14<sup>th</sup></b>	<b>Youth Ministry</b>
September 21 <sup>th</sup>	AHEPA
September 28 <sup>th</sup>	Daughters of Penelope

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

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

## DAUGHTERS OF PENELOPE

Daughters of Penelope, Callicolone Chapter

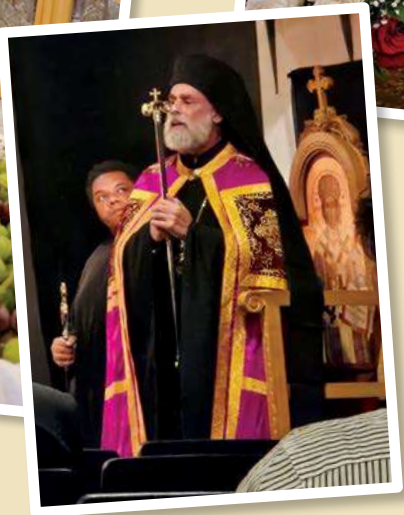
The delegates of the Supreme Convention of the Daughters of Penelope (DOP) elected Antoinette Marousis-Zachariades, Grand President for the 2025-2026 administrative year. Elections were held July 25th, at the 103rd Annual AHEPA Supreme Convention, Orlando, FL.

Antoinette hails from Brick, NJ and is the daughter of the late Charles A. Marousis, a member of the Order of AHEPA who emigrated from Elika, Greece, and Stathia (Soomas) Marousis, an active member of the Daughters of Penelope. Together they raised six children and instilled in them the values of faith, community service and Hellenic pride.

Her theme for this year “Believe and Become” encourages members to develop a positive mindset and believe in their ability to lead, serve and inspire. The theme will strengthen the Sisterhood while upholding the organization’s mission of promoting the ideals of Hellenism, education, individual and family excellence through community service and philanthropy, which has defined the Daughters of Penelope for 95 years.

The Callicolone chapter begins its new administrative year, 2025-2026 on Thursday September 25, 2025, 7 pm in the community center lobby.

Diana Kolaitis  
Corresponding Secretary





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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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