

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

February 2026



# HOLY TRINITY \* ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND



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## Ἀπολυτίκιον τῆς Ὑπαπαντῆς

Ἦχος α΄

Χαῖρε κεχαριτωμένη Θεοτόκε Παρθένε·  
ἐκ σοῦ γὰρ ἀνέτειλεν ὁ Ἥλιος τῆς δικαιοσύνης,  
Χριστὸς ὁ Θεὸς ἡμῶν, φωτίζων τοὺς ἐν σκότει.

Εὐφραίνου καὶ σὺ Πρεσβύτα δίκαιε,  
δεξάμενος ἐν ἀγκάλαις τὸν ἐλευθερωτὴν  
τῶν ψυχῶν ἡμῶν, χαριζόμενον ἡμῖν  
καὶ τὴν Ἀνάστασιν.

## ἑκοντάκιον τῆς Ἑορτῆς

Ἦχος α΄

Ὁ μήτραν παρθενικὴν ἀγίαςας τῷ τόκῳ σου,  
καὶ χεῖρας τοῦ Συμεῶν εὐλογήσας ὡς ἔπρεπε,  
προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστέ ὁ Θεός.

Ἄλλ' εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα,  
καὶ κραταίωσον Βασιλεῖς οὐδ' ἡγάπησας,  
ὁ μόνος φιλόνητος.

## Ὁ Οἶκος

Τῇ Θεοτόκῳ προσδράμωμεν οἱ βουλόμενοι κατιδεῖν  
τὸν Υἱὸν αὐτῆς, πρὸς Συμεῶν ἀπαγόμενον·  
ὄν περ οὐρανόθεν οἱ Ἀσώματοι βλέποντες,  
ἐξεπλήττοντο λέγοντες· Θαυμαστά θεοροῦμεν  
νυνὶ καὶ παράδοξα, ἀκατάληπτα,  
ἄφραστα· ὁ τὸν Ἀδὰμ δημιουργήσας, βαστάζεται  
ὡς βρέφος· ὁ ἀχώρητος χωρεῖται ἐν ἀγκάλαις  
τοῦ Πρεσβύτου· ὁ ἐπὶ τῶν κόλπων ἀπεριγράπτως  
ὑπάρχων τοῦ Πατρὸς αὐτοῦ,  
ἐκὼν περιγράφεται σαρκί,  
οὐ Θεότητι, ὁ μόνος φιλόνητος.

## Apolytikion of the Presentation

Mode 1

Lady full of grace, rejoice, O Virgin Theotokos,  
for Christ our God, the Sun of righteousness has risen  
from you and He illumined those in darkness.

And you, righteous Elder, be glad in heart,  
receiving in your embraces the One who liberates  
our souls and bestows on us the Resurrection.

## ἑκοντάκιον of the Feast

Mode 1

You sanctified the womb of the Virgin by Your birth,  
and by Your presentation You blessed the hands  
of Symeon, when You came, and You saved us,  
O Christ our God. Now we pray You give peace

to Your world at war, and let love  
for Your people prevail in all,  
O only benevolent Lord.

## Oikos

To the Theotokos let us run, we who wish  
to see her Son be presented to Symeon.  
From heaven, the bodiless watched in amazement  
and said, "What we see now is marvelous,  
paradoxical, inconceivable, inexpressible!

He who made Adam is held as a babe.  
Uncontainable God fits in the Elder's embrace.

He, who without circumscription exists  
in His Father's bosom, is circumscribed,  
not in divinity, but physically, willingly,  
the only benevolent Lord."

*«Φῶς εἰς ἀποκάλυψιν ἐθνῶν καὶ δόξαν λαοῦ σου Ἰσραὴλ»  
(Λουκ. 2,32)*

**Ὁ** μῆνας Φεβρουάριος βρίσκεται κάθε χρόνο σ' ένα ιδιαίτερο πνευματικό μεταίχιμο. Ἀφ' ἑνὸς φωτίζεται ἀπὸ τὴ μεγάλη δεσποτικὴ εὐροτὴ τῆς Ὑπαπαντῆς τοῦ Κυρίου καὶ ἀφ' ἑτέρου προετοιμάζει τὴν Ἐκκλησία καὶ τοὺς πιστοὺς γιὰ τὴν εἴσοδο στὸ στάδιο τῆς Μεγάλης Τεσσαρακοστῆς. Φῶς καὶ ἄσκηση, συνάντηση καὶ πορεία. Δύο πραγματικότητες ποὺ ἀλληλοσυμπληρώνονται καὶ ἀποκαλύπτουν τὸ βάθος τῆς πνευματικῆς ζωῆς.

Στὴν Ὑπαπαντῆ, ὁ σαρκωθεὶς Λόγος τοῦ Θεοῦ εἰσέρχεται ταπεινὰ στὸν Ναὸ, ὄχι ὡς κριτῆς, ἀλλὰ ὡς βρέφος σαράντα ἡμερῶν, γιὰ νὰ συναντήσῃ τὸν ἄνθρωπο. Ὁ δίκαιος Συμεὼν καὶ ἡ προφήτιδα Ἄννα, πρόσωπα ὑπομονῆς, προσευχῆς καὶ προσδοκίας, γίνονται οἱ πρῶτοι ποὺ ἀναγνωρίζουν δημόσια τὸ Μυστήριον τῆς σωτηρίας. Ὁ Συμεὼν κρατᾷ στὴν ἀγκαλιά του τὸν Χριστό καὶ ἡ καρδιά του γεμίζει εἰρήνη, πληρότητα καὶ βεβαιότητα. *«Νῶν ἀπολύεις τὸν δοῦλόν σου, Δέσποτα, κατὰ τὸ ῥῆμά σου, ἐν εἰρήνῃ... Φῶς εἰς ἀποκάλυψιν ἐθνῶν καὶ δόξαν λαοῦ σου Ἰσραὴλ».*

Ἡ εἰρήνη αὐτὴ δὲν εἶναι καρπὸς συναισθήματος, ἀλλὰ καρπὸς συνάντησης. Ὁ Συμεὼν εἶδε τὸ Φῶς, καὶ γι' αὐτὸ μπορεῖ πλέον νὰ πορευθεῖ ἐλεύθερος. Τὸ Φῶς τοῦ Χριστοῦ δὲν καταργεῖ τὸν πόνο καὶ τὸν σταυρό, ἀλλὰ τοὺς νοσηματοδοτεῖ καὶ τοὺς μεταμορφώνει. Αὐτὸ ἀκριβῶς τὸ Φῶς μᾶς καλεῖ νὰ ἀκολουθήσουμε καὶ ἡ Ἐκκλησία, μὲ σοφία μητρική, μᾶς εἰσάγει λίγες ἡμέρες ἀργότερα στὴν περίοδο τῆς Μεγάλης Τεσσαρακοστῆς. Ἡ νηστεία, ἡ προσευχή, ἡ μετάνοια καὶ ἡ ἐλεημοσύνη δὲν εἶναι σκοπὸς, ἀλλὰ ὁ δρόμος γιὰ νὰ καθαρθεῖ ἡ καρδιά καὶ νὰ χωρέσῃ τὸν Χριστό. Ὅπως ὁ Συμεὼν περίμενε μὲ ὑπομονή, ἔτσι καὶ ἐμεῖς καλούμαστε νὰ περιμένουμε, νὰ ἀγρυπνοῦμε καὶ νὰ ἀγωνιζόμαστε.

Ἡ Σαρακοστὴ ποὺ ξεκινᾷ φέτος στὶς 23 Φεβρουαρίου δὲν εἶναι περίοδος λύπης, ἀλλὰ πορεία ἐλπίδας. Εἶναι ἡ ἐσωτερικὴ μας Ὑπαπαντῆ. Ἡ συνάντηση τοῦ ἀδύναμου ἀνθρώπου μὲ τὸ ἔλεος τοῦ Θεοῦ. Ἐὰν ἀνοίξουμε τὴν ἀγκαλιά τῆς ψυχῆς μας, τότε καὶ ἐμεῖς θὰ μπορέσουμε νὰ ψελλίσουμε μὲ βεβαιότητα καὶ χαρά: *«Εἶδομεν τὸ σωτήριον τοῦ Θεοῦ».* Εὐχομαί ὁ φετινὸς Φεβρουάριος νὰ γίνῃ ἀφορμὴ φωτισμοῦ, μετάνοιας καὶ ἀληθινῆς συνάντησης μὲ τὸν Χριστό, ὁ Ὅποιος παραμένει τὸ μόνο Φῶς ποὺ δὲν δύνει ποτέ.

Πρωτοπρεσβύτερος



Βασίλειος Γ. Ἀποστολίδης, Δρ.Μ  
Ἱερατικὸς Προϊστάμενος

*“A light to bring revelation to the Gentiles, and the glory of Your people Israel.”*

(Luke 2:32)

Each year, the month of February stands at a unique spiritual crossroads. On the one hand, it is illumined by the great Feast of the Presentation of our Lord in the Temple, and on the other, it gently leads us toward the beginning of Great Lent. Light and ascetic struggle, encounter, and journey are two realities that come together to reveal the depth and beauty of our spiritual life.

At the Feast of the Presentation, the incarnate Word of God enters the Temple of Jerusalem, not as a judge, but as a humble forty-day-old Child, in order to meet humanity. Righteous Symeon and the Prophetess Anna, people of patience, prayer, and faithful expectation, are granted the blessing of recognizing the mystery of salvation. Symeon takes Christ into his arms, and his heart is filled with peace, fulfillment, and certainty: *“Lord, now You are letting Your servant depart in peace...A light to bring revelation to the Gentiles, and the glory of Your people Israel.”*

This peace is not emotional or temporary. It is the fruit of a true encounter. Symeon has seen the Light, and therefore, he is free. The Light of Christ does not remove suffering or the Cross from our lives, but it gives them meaning and transforms them. This same divine Light now calls us forward, as the Church, with maternal wisdom, prepares us to enter the sacred season of Great Lent, which begins this year on February 23. Fasting, prayer, repentance, and almsgiving are not goals in themselves, but paths that cleanse the heart and make room for Christ. Just as Symeon waited with patience and faith, we too are called to watch, to persevere, and to struggle spiritually.

Great Lent is not a season of sadness, but a journey of hope. It is our own inner Presentation, our personal encounter between human weakness and God’s mercy. If we open the arms of our soul, then we too will be able to confess with certainty and joy: *“My eyes have seen Your salvation.”* May this February become for all of us a time of illumination, repentance, and true encounter with Christ, the only Light that never fades.

Reverend Protopresbyter



Vasileios G. Apostolidis, PhD  
Presiding Priest

# LITURGICAL SCHEDULE

**Sunday 1**     **Sunday of the Publican and Pharisee** (*Triodion begins*)  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Monday 2**     **THE PRESENTATION OF OUR LORD IN THE TEMPLE**  
9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 4**     5:00pm **Small Paraklesis to the Most Holy Theotokos – Bible Study**

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**Sunday 8**     **Sunday of the Prodigal Son**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Tuesday 10**     **Saint Hieromartyr Haralambos**  
9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 11**     5:00pm **Small Paraklesis to the Most Holy Theotokos – Bible Study**

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**Saturday 14**     **Saturday of Souls**  
9:00am **Orthros** - 10:00am **Divine Liturgy** and  
**the Memorial Service for the Departed**

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**Sunday 15**     **Sunday of the Last Judgment** (*Meatfare*)  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 18**     5:00pm **Small Paraklesis to the Most Holy Theotokos – Bible Study**

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**Sunday 22**     **Forgiveness Sunday** (*Cheesefare*)  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Wednesday 25**     4:00pm **9<sup>th</sup> Hour and Presanctified Liturgy – Bible Study**

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**Friday 27**     7:00pm **1<sup>st</sup> Salutations to the Theotokos**

# ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

- Κυριακή 1** Κυριακή τοῦ Τελώνου καὶ Φαρισαίου (*Ἀρχὴ Τριωδίου*)  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Δευτέρα 2** Η ΥΠΑΠΑΝΤΗ ΤΟΥ ΚΥΡΙΟΥ  
9:00π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Τετάρτη 4** 5:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Ἁγίας Γραφῆς
- 
- Κυριακή 8** Κυριακή τοῦ Ἀσώτου  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Τρίτη 10** Ἁγίου Ἱερομάρτυρος Χαραλάμπους  
9:00π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Τετάρτη 11** 5:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Ἁγίας Γραφῆς
- 
- Σάββατο 14** Ψυχοσάββατον  
9:00π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία καὶ  
τό Τρισάγιο τῶν Κεκοιμημένων
- 
- Κυριακή 15** Κυριακή τῆς Κρίσεως (*Ἀπόκρεω*)  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Τετάρτη 18** 5:00μ.μ. Μικρὸς Παρακλητικὸς Κανόνας - Μελέτη Ἁγίας Γραφῆς
- 
- Κυριακή 22** Κυριακή τῆς Τυρινῆς  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία
- 
- Τετάρτη 25** 4:00μ.μ. 9<sup>η</sup> Ὦρα καὶ Προηγιασμένη Θεία Λειτουργία -  
Μελέτη Ἁγίας Γραφῆς
- 
- Παρασκευή 27** 7:00μ.μ. Α΄ Χαιρετισμοὶ τῆς Θεοτόκου

# SAINT OF THE MONTH

## The Life of Saint Charalambos



**Saint Charalambos** (or Haralambos) was a priest in Magnesia, Asia Minor, and lived during the reign of Septimius Severus. When, in 198 AD, Severus launched a persecution against Christians, they arrested the Saint and asked him to renounce his faith. However, the Saint not only refused to do so, but instead confessed his love for Christ to the governor Lucian and declared that no matter what torture he was subjected to, he would not betray his faith.

The governor ordered that the elderly priest be subjected to brutal torture. After stripping him naked, Lucian himself tried to wound the Saint's body with his sword. However, his hands were severed and remained hanging from the body of the holy martyr. Only after the saint prayed were they reattached to his body, and the ruler was restored to health. Seeing this miracle of the Saint, many of the executioners believed in the true God.

Then the hard-hearted governor ordered that the Saint be dragged through the city with a halter. Finally, he ordered the Saint to be beheaded, who, through his martyrdom, received the crown of glory at the age of 113.

His Venerable Skull is kept in the Monastery of Saint Stephen of Meteora.



# ΑΓΙΟΣ ΤΟΥ ΜΗΝΑ

## Ο βίος του Αγίου Χαράλάμπους

Ο Άγιος Χαράλαμπος ήταν ιερέας στη Μαγνησία της Μικράς Ασίας και έζησε επί αυτοκρατορίας του Σεπτιμίου Σεβήρου. Όταν, το 198 μ.Χ., ο Σεβήρος εξαπέλυσε διωγμό κατά των Χριστιανών, συνέλαβαν τον Άγιο και του ζήτησαν να αρνηθεί την πίστη του. Όμως ο Άγιος όχι μόνο δεν το έκανε αυτό, αλλά αντίθετα ομολόγησε στον έπαρχο Λουκιανό την αγάπη του στον Χριστό και δήλωσε ότι σε οποιοδήποτε βασανιστήριο και να υποβληθεί, δεν θα προδώσει την πίστη του.

Ο έπαρχος διέταξε να αρχίσουν τα άγρια βασανιστήρια στον γέροντα ιερέα. Αφού τον γύμνωσαν, ο ίδιος ο Λουκιανός προσπάθησε με το ξίφος του να πληγώσει το σώμα του Αγίου. Όμως αποκόπηκαν τα χέρια του και έμειναν κρεμασμένα στο σώμα του Ιερομάρτυρα. Μόνο ύστερα από προσευχή του Αγίου συγκολλήθηκαν αυτά πάλι στο σώμα και ο ηγεμόνας κατέστη υγιής. Βλέποντας αυτό το θαύμα του Αγίου, πολλοί από τους δημίους πίστεψαν στον αληθινό Θεό.

Στη συνέχεια ο σκληρόκαρδος έπαρχος έδωσε εντολή να σύρουν τον Άγιο μέσα στην πόλη με χαλινάρι. Τέλος, διέταξε τον αποκεφαλισμό του Αγίου, ο οποίος με το μαρτύριό του έλαβε το στεφάνι της δόξας σε ηλικία 113 ετών.

Η Αγία Κάρα του φυλάσσεται στη Μονή του Αγίου Στεφάνου Μετεώρων.



# ORTHODOX STUDIES

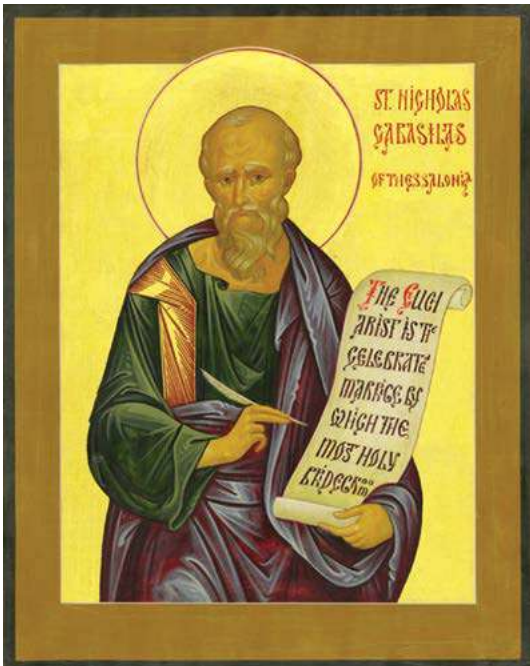
## Interpretation of the Divine Liturgy

*Saint Nicholas Cavasilas*

### Preliminary remarks

The Divine Liturgy is the center of the Orthodox worship. It is the greatest Mystery of our Church, the mystery of Christ's presence among us. Therefore, it remains always, along with the other sacraments, the foundation of true life of every faithful Christian.

Saint Nicholas Cabasilas, the great mystic theologian of the 14<sup>th</sup> century, introduces us masterfully to the spiritual realm of the Divine Liturgy.



### *Brief biography of the Saint:*

#### **Saint Nicholas Cabasilas (or Cavasilas)**

was born in Thessalonica around 1322. He was raised Christian by his pious mother, who after her widowhood (1363) became a nun. He received his education from his uncle, scholar Nilus Cabasilas, who later became bishop of Thessalonica (1361-1363) and he was nurtured spiritually in the hesychastic circles of his birthplace, directed by the disciple of St Gregory the Sinaite, Isidore, later Ecumenical Patriarch (1347-1349).

For about seven years (1335-1342) in Constantinople he studied philosophy, theology, rhetoric, law, mathematics, and astronomy.

He found himself in his birthplace again during the years of the revolution and dominance of the Zealots (1342-1349), taking active part in the political developments, as well as in 1363-1364, for family matters. He spent the rest and greater part of his life in Constantinople. There, apart from his occupation in civil service where among other duties he served as consultant of emperor John VI Kantakouzenos (1347-1355), he engaged in further studies and authorship. Finally, he withdrew from the world and became a monk, perhaps also a cleric. He reposed in peace after 1391, most probably in the Magganon monastery.

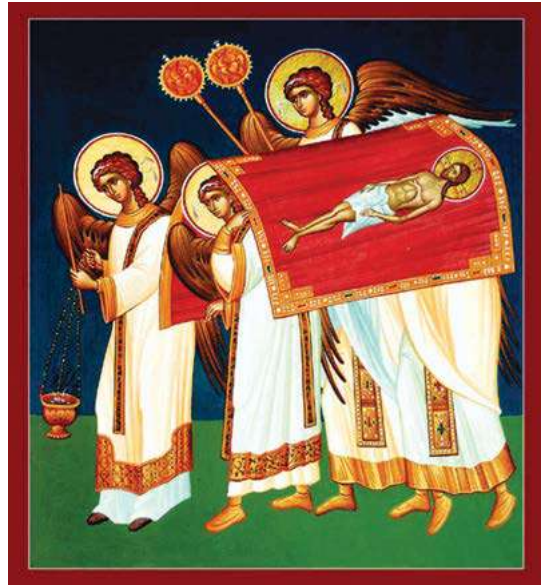
During the ripe final period of his life, holy Cavasilas authored his main spiritual works, “[*Commentary*] *On the Divine Liturgy*” and “*The Life in Christ*”, two of the brightest pieces of Christian literature. A composition of select excerpts of the first is presented in the following text.

With his divinely inspired words, the saint opens our spiritual eyes, enabling us to approach the Divine Liturgy with a sense of spiritual awareness and to become active participants in it, rather than passive spectators. In this way, we will be able to respond with awareness to the joyful call that our mother Church repeats at every Eucharistic gathering: «*Taste and see that the Lord is good.*»

## INTRODUCTION

The essential act in the celebration of the Divine Liturgy is the transformation of the offerings of the faithful – bread and wine – into the body and blood of Christ. Its aim is the sanctification of the faithful who through Holy Communion receive the remission of their sins, the inheritance of the Kingdom of Heaven and every spiritual benefit.

Contributing to this act and aim are the prayers, psalms, readings from Holy Scripture, and everything that is done and said during the Liturgy. Through this we can picture the entire life of Christ from the beginning to the end, because the consecration of the Gifts - the sacrifice itself - commemorates the death, resurrection, and the ascension of the Savior since it transforms these precious Gifts into the very Body of the Lord, that Body which was crucified, rose from the dead, and ascended into Heaven.



The acts which precede the sacrifice reveal the events which occurred before the death of the Lord. Namely His coming on earth, His public appearance, miracles and teaching. Those which follow the sacrifice symbolize the descent of the Holy Spirit upon the Apostles, the return of people back to God, and their communion with Him.

The faithful who attend church and participate in all of these attentively, grow steadfast in faith and become more fervent in reverence and love for God. Thus prepared, they become ready to approach the fire of the solemn mysteries with confidence and trust.

This is, in short, the significance of the Divine Liturgy. Let us now examine it as far as possible in detail, starting with what occurs during the Holy Prothesis.

*(to be continued)*

# ΟΡΘΟΔΟΞΗ ΣΠΟΥΔΗ

## Συνοπτική ανάλυση και ερμηνεία της Θείας Λειτουργίας

*Αγίου Νικολάου Καβάσιλα*

### Πρόλογος

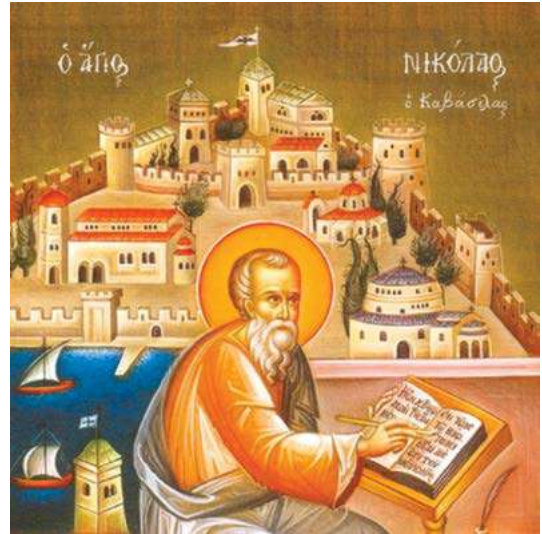
Η θεία Λειτουργία αποτελεί το κέντρο της ορθόδοξης λατρείας. Είναι το μεγαλύτερο μυστήριο της Εκκλησίας μας, το μυστήριο της παρουσίας του Χριστού ανάμεσά μας. Γι' αυτό και παραμένει πάντα η μοναδική ελπίδα αληθινής ζωής για τον άνθρωπο.

Στον πνευματικό χώρο της θείας Λειτουργίας μας εισάγει αριστοτεχνικά ο άγιος Νικόλαος Καβάσιλας, μέγας μυστικός θεολόγος και κορυφαίος θεωρητικός της λειτουργικοπνευματικής ζωής, ο σημαντικότερος εκπρόσωπος του ορθόδοξου ανθρωπισμού του 14<sup>ου</sup> αιώνα.

### *Σύντομη βιογραφία του Αγίου:*

Ο Άγιος Νικόλαος Καβάσιλας γεννήθηκε στη Θεσσαλονίκη γύρω στα 1322. Ανατράφηκε χριστιανικά από την ευσεβή μητέρα του, η οποία μετά τη χηρεία της (1363) έγινε μοναχή. Διδάχθηκε τα εγκύκλια γράμματα τον θείο του, τον λόγιο Νείλο Καβάσιλα, ο οποίος αργότερα αναδείχθηκε σε μητροπολίτη Θεσσαλονίκης (1361-1363). Καλλιεργήθηκε πνευματικά μέσα στους ησυχαστικούς κύκλους της γενέτειράς του, υπό την καθοδήγηση του μαθητή του Οσίου Γρηγορίου του Σιναΐτου, Ισιδώρου, που αργότερα έγινε Οικουμενικός Πατριάρχης (1347-1349).

Για περίπου επτά χρόνια (1335-1342) στην Κωνσταντινούπολη σπούδασε φιλοσο-



φία, θεολογία, ρητορική, νομική, μαθηματικά και αστρονομία.

Ξαναβρέθηκε στη γενέτειρά του κατά τα χρόνια της επανάστασης και της κυριαρχίας των Ζηλωτών (1342-1349), συμμετέχοντας ενεργά στις πολιτικές ζυμώσεις, καθώς και στα 1363-1364, για οικογενειακές υποθέσεις. Πέρασε το υπόλοιπο και μεγαλύτερο μέρος της ζωής του στην Κωνσταντινούπολη. Εκεί, εκτός από την απασχόλησή του στη δημόσια διοίκηση, όπου μεταξύ άλλων καθηκόντων υπηρέτησε ως σύμβουλος του αυτοκράτορα Ιωάννη ΣΤ' Καντακουζηνού (1347-1355), ασχολήθηκε σε περαιτέρω μελέτες και στη συγγραφή.

Τελικά αποσύρθηκε από τον κόσμο και έγινε μοναχός, ίσως και κληρικός. Κοιμήθηκε ειρηνικά μετά το 1391, πιθανότατα στη μονή των Μαγγάνων.

Κατά την ώριμη τελική περίοδο της ζωής του, ο ιερός Καβάσιλας συνέγραψε τα κύρια πνευματικά του έργα, το «*Εἰς τὴν θεῖαν Λειτουργίαν*» και «*Περὶ τῆς ἐν Χριστῷ ζωῆς*», δύο από τα λαμπρότερα έργα της χριστιανικής λογοτεχνίας. Μια συλλογή επιλεγμένων αποσπασμάτων από το πρώτο έργο παρουσιάζεται στο ακόλουθο κείμενο.

Με το θεόπνευστο λόγο του ο άγιος ανοίγει τα πνευματικά μας μάτια, κάνοντάς μας ικανούς να πλησιάσουμε με αίσθηση ψυχής τη θεία Λειτουργία και να γίνουμε ουσιαστικοί συμμετοχοί της, όχι παθητικοί θεατές της. Έτσι θα μπορέσουμε ν' ανταποκριθούμε με επίγνωση στο ευφρόσυνο κάλεσμα που η μητέρα μας Εκκλησία επαναλαμβάνει σε κάθε ευχαριστιακή της σύναξη: «*Γεύσασθε και ἴδετε ὅτι χρηστὸς ὁ Κύριος*».

## ΠΡΟΟΙΜΙΟ

Έργο της θείας Λειτουργίας είναι η μεταβολή των δώρων που προσφέρουν οι πιστοί – του άρτου και του οίνου – σε σώμα και αίμα Χριστού. Και σκοπός της είναι ο αγιασμός των πιστών, οι οποίοι με τη θεία μετάληψη αποκομίζουν την άφεση των αμαρτιών τους, την κληρονομία της βασιλείας των ουρανών και κάθε πνευματικό αγαθό.

Σ' αυτό το έργο και το σκοπό συμβάλλουν οι προσευχές, οι ψαλμωδίες, τα αγιογραφικά αναγνώσματα και όλα εκείνα που τελούνται και λέγονται στη διάρκεια της Λειτουργίας. Μέσα σε αυτά είναι σαν να βλέπουμε σε ένα πίνακα ζωγραφισμένη ολόκληρη τη ζωή του Χριστού, από την αρχή ως το τέλος της.

Γιατί ο καθαγιασμός των δώρων, η ίδια δηλαδή η θυσία, διακηρύσσει τον θάνατο, την ανάσταση και την ανάληψή Του, καθώς τα δώρα αυτά μεταβάλλονται στο ίδιο το σώμα του Κυρίου, δηλαδή την έλευσή Του στον κόσμο, τη δημόσια εμφάνισή Του, τα θαύματα και τη διδασκαλία Του. Κι εκείνα που έπονται της θυσίας, συμβολίζουν την κάθοδο του Αγίου Πνεύματος στους Αποστόλους, την επιστροφή των ανθρώπων στο Θεό και την κοινωνία τους μαζί Του.



Οι πιστοί που εκκλησιάζονται και συμμετέχουν σε όλα αυτά με προσηλωμένο το νου, γίνονται πιο σταθεροί στην πίστη, πιο θερμοί στην ευλάβεια και την αγάπη τους προς τον Θεό. Με τέτοιες λοιπόν διαθέσεις αξιώνονται να πλησιάσουν και τη φωτιά των μυστηρίων και να μεταλάβουν με κάθε ασφάλεια και οικειότητα. Αυτό είναι συνοπτικά το νόημα της Θείας Λειτουργίας.

Ας την εξετάσουμε τώρα όσο μπορούμε λεπτομερέστερα, αρχίζοντας με εκείνα που τελούνται στην αγία Πρόθεση [Ειδικός χώρος που βρίσκεται αριστερά από την αγία τράπεζα, όπου τοποθετούνται (προτίθενται-πρόθεση) τα δώρα που προσφέρουν (προσκομίζουν-προσκομιδή) οι πιστοί για τη θεία Ευχαριστία. Εδώ γίνεται η αναγκαία προετοιμασία τους από τον λειτουργό ιερέα].

(συνεχίζεται)

## ...AND GOD CREATED THE MOTHER

When God created the Mother, He was working late on the sixth day. An angel came to Him and said, “Lord, why do You spend so much time on her?” And the Lord replied, “Do you know how many requirements she must fulfill for Me to perfect her? She must be washable, yet not made of plastic. She must be able to perform more than two hundred roles and prepare every kind of meal. She must be able to embrace many children at once, to offer a hug that heals everything—from a wounded knee to a broken heart—and to accomplish all of this with only two hands.”

The angel was amazed and said, “Only two hands? That seems impossible. And is this the basic model? This is far too much work for one day. Wait until tomorrow, and You will finish her.” But the Lord said, “No. I am very near to completing this creation, and she will be especially dear to My heart. She will heal herself when she is ill and will labor faithfully for eighteen hours a day.” The angel then drew closer and gently touched the woman. “Lord,” he said, “You have made her so gentle.” And the Lord answered, “She is gentle, yet I have also made her strong. You cannot imagine what she is able to endure and overcome.” “Is she able to think?” the angel asked. And the Lord replied, “She is able not only to think, but to reason wisely and to discern with understanding.”

The angel touched the Mother’s cheek and said, “Lord, it seems Your creation is leaking. You have placed heavy burdens upon

her.” And the Lord said, “It is not leaking; it is a tear.” “Why did You give her tears?” the angel asked. And the Lord replied, “Tears are the way she expresses her sorrow, her doubts, her love, her loneliness, her pain, and even her quiet pride.” This deeply moved the angel, who then said, “Lord, You are truly wise. You have thought of everything. The Mother is indeed a wondrous creation.”

And indeed she is. A mother possesses a strength that astonishes the world. She bears many responsibilities and faces countless challenges. She creates love and nurtures joy, and she speaks with wisdom and conviction. She smiles when her heart longs to cry. She sings when her soul is heavy, weeps when she is filled with joy, and laughs even when fear surrounds her. She stands firm in her beliefs and rises against injustice. She does not accept “no” when she knows there is a better and more loving way.

She gives herself fully for the well-being of her family. She walks beside her friend in moments of fear. Her love is unconditional and without measure. She weeps when her children succeed and rejoices when others are blessed. She is filled with joy at the news of a birth or a wedding, and she grieves deeply at the loss of a loved one. Yet, even then, she finds the strength to continue, knowing that a kiss and an embrace can heal a wounded heart.

*She has only one flaw...  
she forgets her own worth!*

**Mother. Mama. Mom.**

## SATURDAY OF SOULS - ΨΥΧΟΣΑΒΒΑΤΟ



The **Saturday of the Souls will be February 14th**. Orthros will be at 09:00 am followed by Divine Liturgy. This day is devoted to prayer for departed relatives and others among the faithful. Please leave your names at the Pangari to be read in Liturgy or bring them to the office during the week.

Το **Ψυχοσάββατο είναι στις 14 Φεβρουαρίου**. Ο Όρθρος θα γίνει στις 09:00 το πρωί και θα ακολουθήσει η Θεία Λειτουργία. Η ημέρα αυτή είναι αφιερωμένη στους κεκοιμημένους αδελφούς μας. Παρακαλούμε να αφήσετε τα ονόματά σας στο Παγκάρι για να διαβαστούν στη Θεία Λειτουργία ή στο Γραφείο κατά τη διάρκεια της εβδομάδας.

## GODPARENTS SUNDAY

On **Sunday, February 8th**, all Godparents and Godchildren are invited to participate in the Divine Liturgy for Godparent Sunday. Please join us for the special opportunity to receive Holy Communion with your Godchild, to have fellowship with one another, and to strengthen your spiritual bond.

Την **Κυριακή 8 Φεβρουαρίου** καλούνται όλοι οι Ανάδοχοι (Νονοί) και τα Βαφτιστήρια τους να συμμετάσχουν στη Θεία Λειτουργία για την Κυριακή των Αναδόχων (Νονών).

Παρακαλούμε να συμμετέχετε στην ιδιαίτερη αυτή ευκαιρία ώστε να λάβετε τη Θεία Ευχαριστία με το Νονό-Νονά σας, να έχετε επικοινωνία μεταξύ σας και να ενισχύσετε τον πνευματικό σας δεσμό.

# PARISH COUNCIL

Hello Parishioners,

We are pleased to congratulate our newly elected Executive Board and Parish Council members for 2026! We look forward to working together to continue growing our community, and we are confident that this exceptional team will go above and beyond in service to our parish and its ministries. May God grant them wisdom, strength, and unity as they begin their term.

We are also excited to announce that we will be hosting our Big Fat Greek Party on Saturday, February 21st, at the Katsoris Hellenic Center. We can't wait to welcome all our families and friends for an evening of dancing, delicious food, drinks, and wonderful fellowship as we create lasting memories together. Please be on the lookout for the event flyer with all the details coming soon!

Finally, our journey into the Blessed Great Lent will begin on Monday, February 23rd. As we prepare our hearts and minds for this sacred season, we encourage everyone to participate fully through prayer, fasting, worship, and acts of love and service.

With love in Christ,  
Spyro Lazaretos  
Parish Council President





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

# MY BIG FAT GREEK PARTY

*An evening  
of bringing*

*Families  
together*

**Feb 21 7:30pm**

**Adults \$50 6 - 17 year old \$25  
5 & under Free**



**50/50 Raffle**

**MUSIC, BUFFET, CASH BAR (BEER & WINE)**

**KATSORIS HELLENIC CENTER  
1641 Richmond Ave, Staten Island, NY**

Please contact Pauline Thaten for questions and RSVP by Feb 19<sup>th</sup> (917) 932-4076

# Sunday

# Monday

# Tuesday

# Wednesday

<b>1</b> Sunday of the Publican and Pharisee: Triodion Begins Today	<b>2</b> The Presentation of Our Lord and Savior in the Temple	<b>3</b> Afterfeast of the Presentation of Our Lord and Savior in the Temple	<b>4</b> Isidore of Pelusium
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	Orthros 9:00 AM Liturgy 10:00 AM	GOBL Basketball Practice 6:00 PM	Paraklesis Service - Orthodox Study 5:00 PM GOBL Basketball Practice 6:00 PM
<b>8</b> Sunday of the Prodigal Son	<b>9</b> Leavetaking of the Presentation of Our Lord and Savior in the Temple	<b>10</b> Hieromartyr Haralambos	<b>11</b> Blaise the Hieromartyr of Sebastia 
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM		Orthros 9:00 AM Liturgy 10:00 AM GOBL Basketball Practice 6:00 PM	Paraklesis Service - Orthodox Study 5:00 PM GOBL Basketball Practice 6:00 PM
<b>15</b> Judgment Sunday (Meatfare Sunday)	<b>16</b> Cheesefare Monday 	<b>17</b> Theodore the Tyro, Great Martyr 	<b>18</b> Leo the Great, Pope of Rome 
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM		GOBL Basketball Practice 6:00 PM	Paraklesis Service - Orthodox Study 5:00 PM GOBL Basketball Practice 6:00 PM
<b>22</b> Forgiveness Sunday (Cheesefare Sunday) 	<b>23</b> Polycarp the Holy Martyr & Bishop of Smyrna 	<b>24</b> First & Second Finding of the Venerable Head of John the Baptist 	<b>25</b> Tarasius, Patriarch of Constantinople 
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	<b>GREAT LENT</b> Begins	GOBL Basketball Practice 6:00 PM	Presanctified Liturgy 4:00 PM GOBL Basketball Practice 6:00 PM

## Thursday

## Friday

## Saturday

<b>5</b> Agatha the Martyr	<b>6</b> Photius the Great, Patriarch of Constantinople	<b>7</b> Parthenius, Bishop of Lampsacus
GOBL Basketball Practice 6:00 PM Executive Board Meeting 8:00 PM	JOY 6:00 PM Jr GOYA 7:00 PM GOYA 7:30 PM	GOBL Basketball Games 1:00 PM
<b>12</b> Meletius, Archbishop of Antioch	<b>13</b> Martinian of Palestine	<b>14</b> Saturday of Souls
GOBL Basketball Practice 6:00 PM	GOYA 7:30 PM	Orthros 9:00 AM Liturgy 10:00 AM
<b>19</b> The Holy Apostles of the Seventy Philemon, Apphia, Archippus, and Onesimus	<b>20</b> Leo, Bishop of Catania	<b>21</b> Cheesefare Saturday
GOBL Basketball Practice 6:00 PM Parish Council Meeting 8:00 PM	JOY 6:00 PM Jr GOYA 7:00 PM GOYA 7:30 PM	GOBL Basketball Games 1:00 PM
<b>26</b> Porphyrius, Bishop of Gaza	<b>27</b> Procopius the Confessor of Decapolis	<b>28</b> First Saturday of Lent
GOBL Basketball Practice 6:00 PM	1st Salutations to the Theotokos 7:00 PM GOYA 7:30 PM Adult Hellenic Dancers 8:00 PM	



**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)



# LADIES PHILOPTOCHOS SOCIETY



Dear Philoptochos Members and fellow parishioners,

In March 1944, Archbishop Athenagoras recommended that the Philoptochos Society purchase the 250-acre Rupert Estate in Garrison, New York, located directly across from the United States Military Academy at West Point. With that purchase, and with the establishment of the Academy of St. Basil, Philoptochos remains a major financial supporter of the Academy through our ministry commitments held in January. Our sincerest gratitude and appreciation for all those who

contributed to our Annual Tea Party and to our philanthropic Vasilopita Sunday. Your donations exceeded expectations with your generosity.

January 3rd was our Cook for Trinity Lutheran Soup Kitchen. The meal consisted of franks and beans, tossed salad, bread/butter, coffee and juice. In all, 90 people were served with takeout boxes being given. We cannot thank our Soup Kitchen volunteers enough for all they do. A vasilopita was cut amongst the volunteers with Cathy Alicakos receiving the coin. Congratulations Cathy! We are so fortunate to have such generous and giving parishioners in our community.

## The following are our events for the month of February:

- 2/1 Philoptochos Monthly Tray  
This month monies will go towards:  
*Autism Assistance Fund* and *Saint Photios Shrine Fund*
- 2/7 Cook for Trinity Lutheran Soup Kitchen
- 2/10 Monthly Meeting 6:30 Ref/7:00 Meeting

### ♥ Valentine's Day Project ♥

Join us as we remember those who cannot be with us during liturgy every Sunday, as we write a card expressing how much they are missed amongst us.



**2/15** Three Hierarchs Luncheon 12:30 pm

**2/22** Our virtual Walk-A-Thon will begin. Proceeds will go to the “Beacon of Hope” (Seminarian assistance). “Sneakers” will be available to donate towards this very worthy cause if unable to walk.

**2/27** Project Hospitality

**Mark Your Calendars:**

**3/10** Our next Monthly meeting 6:30 refresh/7:00 meeting

**3/28** Philoptochos Walk-A-Thon at South Beach Boardwalk 10:00 am (rain or shine). Meet us at Ocean Breeze Fishing Pier. Contact Dee Sidiropoulos (917)669-0586 or sign-up at our Philoptochos table during coffee hour.

Email: [philoptochos@htsngoc.org](mailto:philoptochos@htsngoc.org)

Conveying the blessings and love of Fr. Vasileios,

Faithfully,  
Dee Sidiropoulos, President



# 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. During the month of January, JOY kids learned about Saint Basil and the tradition of the Vasilopita. They cut their own Vasilopita with Father Vasileios. We look forward to all our JOY kids joining us this month for more fun together and learning alongside Father Vasileios! Contact us at: [joy@htsngoc.org](mailto:joy@htsngoc.org)



## JUNIOR GOYA

All 6th to 7th graders are invited to join Junior GOYA. We meet the first and third Fridays of every month, 7-8pm. During the month of January, Junior GOYAnS cut their Vasilopita with Father Vasileios. During their meeting, they discussed and decided on where they want to go for their Spring trip. We look forward to all junior GOYAnS joining in the fun. Contact us at: [jr.goya@htsngoc.org](mailto:jr.goya@htsngoc.org)



# GOYA

All 8th through 12th graders are invited to join GOYA every Friday from 8-9 pm. GOYANs cut their Vasilopita with Father Vasileios during their first meeting in January. GOYANs will be running a bake sale on Sunday, February 8. Please support our GOYA fundraiser and buy some sweets ahead of Valentine's Day! Thank you!

Email: [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.

For **February** we will meet on **Friday, February 27<sup>th</sup>**.

Co-Directors  
Stella Viris, Kevi Langis

# RECIPE OF THE MONTH

by Presbytera Elisavet



## Soutzoukakia

### Instructions

In a large bowl, knead together all the ingredients for the soutzoukakia until well combined. Cover and refrigerate for 2 hours.

Remove the mixture from the refrigerator, knead briefly, and shape into long, oval soutzoukakia. Lightly coat with flour and fry in hot oil until browned on all sides.

Transfer the soutzoukakia to a nonstick baking pan. Carefully drain most of the oil from the frying pan, reserving about 1/2 cup.

In the same pan, sauté the onion and garlic until soft and fragrant. Add the tomato juice, tomato paste, cumin, pepper, sugar, and salt. Stir well and let the sauce simmer for a few minutes.

Pour the sauce over the soutzoukakia and bake in a preheated oven at 210°F for about 30 minutes.

### Tip

Add 1 tablespoon of butter to the sauce for extra aroma and richness.

### Ingredients

2 pounds ground beef  
2 cloves garlic, grated  
1 large onion, finely chopped  
3 slices stale bread, soaked in 1 cup red wine  
2 eggs  
3 tablespoons olive oil  
Salt  
Freshly ground black pepper  
1–2 teaspoons cumin  
1–2 cups flour (for coating)  
Oil for frying

### Ingredients for Sauce

1 onion, finely chopped  
2 cloves garlic, finely chopped  
2 cups tomato juice  
1 tablespoon tomato paste  
1/4 teaspoon cumin  
1/4 teaspoon black pepper  
1/3 teaspoon sugar  
Salt, to taste

### *A Bit of History*

The soutzoukakia as we know them today were inspired by the women of Smyrna, who originally called them ‘keftedes’. Each woman had her own small secret that slightly distinguished her recipe, a secret shared only with her daughters. Despite the many variations, traditional Greek recipes almost always included cumin.

In mainland Greece, soutzoukakia became popular after the Asia Minor Catastrophe, when refugees brought them. Thessaloniki, as a major refugee center, is especially famous for its soutzoukakia.

# STEWARDSHIP LIST 2026



(as of January 16, 2026)


Fr. Vasileios and Presvytera  
Elisavet Apostolidis  
Nikolaos Apostolidis  
Panagiota Arfanis  
James Borovilas  
Pam Crivera  
Christopher and Stephanie Dontis  
Nicholas and Vicky Dontis  
Alexandra Doyle  
John and Florendia Doyle  
John Doyle Jr.  
Paraskevi Dragazis  
John and Corinne Girgis  
Socrates and Katerina Grammenos  
Despina Grigos  
Bertha Kapetanakis  
Michael Kasidonis  
Alexios and Susan Katsanos  
Alexandra Khlyustova  
Andreas and Vivian Kokkinos  
Toula Lellos  
George S. and Panagiota Leunes  
Helen Leventakis  
Angela LoBasso  
Nelson Marun Jr.  
John and Eva Michael  
Christine Moscoso  
Konstantinos and Alina Nevradakis  
Dennis and Irene Panagos  
Peter Panagos  
John and Lola Palividas  
Philip and Penny Phytides  
Chris and Mary Spirocostas  
Carol Spithogiannis  
John and Kyriaki Stamos

Stephen Stark  
Cindy Stucchio  
Georgiana Telegadis del Busto  
Maria Thomas  
Konstantino and Irene Tsoukas  
George Veres


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for Stewardship  
Details



**Thank you**  
*for your  
consideration  
and continued  
support!*



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



*Stewardship*

*Your own  
From  
Your own  
we Offer to You*  
(Divine Liturgy)

# 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!**



## COFFEE FELLOWSHIP

**Join us every Sunday after Divine Liturgy**



- February 1<sup>st</sup> AHEPA
- February 8<sup>th</sup> Kritiki Filoxenia
- February 15<sup>th</sup> PanCyprians
- February 22<sup>nd</sup> Parish Council**

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

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

# DAUGHTERS OF PENELOPE

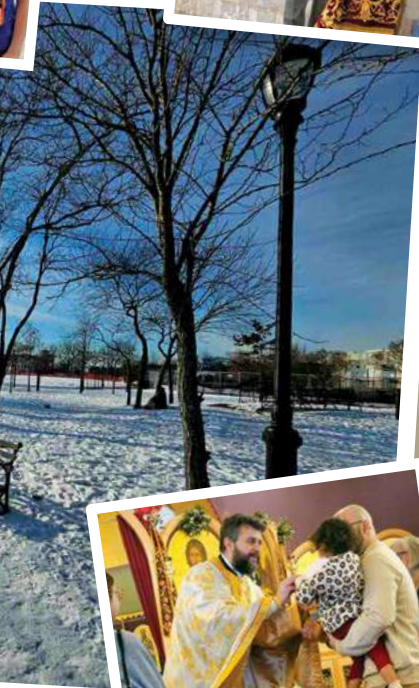
**DAUGHTERS OF PENELOPE, CALLICOLONE CHAPTER 247**

Thank you to everyone who supported our **Valentine's Day dinner**. This annual event helps us to support our local charitable projects and our national obligations.

Our next meeting will be on **February 26, 2026**, at **7pm**, refreshments at 6:30 pm, location: community center lobby.

Diana Kolaitis  
Corresponding Secretary





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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.

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Submissions can be emailed to:

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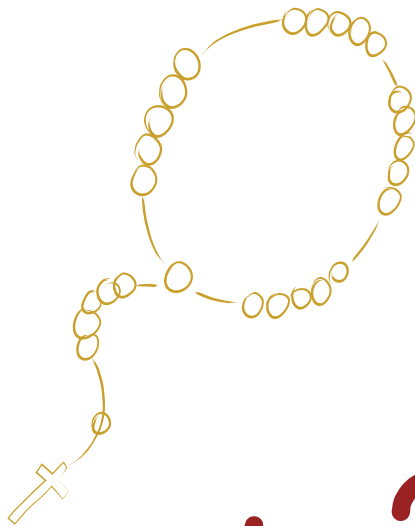
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