

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

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# HOLY TRINITY \* ST. NICHOLAS

GREEK ORTHODOX CHURCH OF STATEN ISLAND



## PARISH PRIEST

Rev. Protopresbyter Vasileios G. Apostolidis, PhD

[fr.vasileios@htsngoc.org](mailto:fr.vasileios@htsngoc.org)

## STAFF

**Parish Administrative Assistant:** Vicky Dontis [vdontis@htsngoc.org](mailto:vdontis@htsngoc.org)

**Pastoral Assistant - Master Chanter:** Achilleas Gantzos [agantzos@htsngoc.org](mailto:agantzos@htsngoc.org)

**Building Maintenance:** Zisis Bello

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Stavroula Champaki, Teacher

**Sunday School** – [sundayschool@htsngoc.org](mailto:sundayschool@htsngoc.org)

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📍 1641 Richmond Ave, Staten Island, NY 10314 📞 (718) 494 - 0658 ✉ [info@htsngoc.org](mailto:info@htsngoc.org) 🌐 [www.htsngoc.org](http://www.htsngoc.org)

## Ἀπολυτίκιον τῶν Ἀποστόλων

Ἦχος δ΄

Οἱ τῶν Ἀποστόλων πρωτόθρονοι,  
καὶ τῆς οἰκουμένης διδάσκαλοι,  
τῷ Δεσπότη τῶν ὅλων πρεσβεύσατε,  
εἰρήνην τῇ οἰκουμένῃ δωρήσασθαι,  
καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.

## Apolytikion for the Apostles

Mode 4

Preeminent Apostles and  
teachers of the universe,  
intercede with the Master of all,  
to grant peace to the whole world,  
and great mercy to our souls.

## Κοντάκιον τῶν Ἀποστόλων

Ἦχος β΄

Τοὺς ἀσφαλεῖς καὶ θεοφθόγγους κήρυκας,  
τὴν κορυφὴν τῶν Μαθητῶν σου Κύριε,  
προσελάβου εἰς ἀπόλαυσιν,  
τῶν ἀγαθῶν σου καὶ ἀνάπαυσιν·  
τοὺς πόνους γὰρ ἐκείνων καὶ τὸν θάνατον,  
ἐδέξω ὑπὲρ πᾶσαν ὀλοκάρπωσιν,  
ὁ μόνος γινώσκων τὰ ἐγκάρδια.

## Kontakion for the Apostles

Mode 2

You have taken to yourself, O Lord,  
the pinnacles of Your Disciples,  
those unerring theologians and preachers,  
to enjoy Your blessings and repose.  
For You accepted their labors and their death  
as being higher than any whole-burnt offering,  
for only You know what is in the heart.

## Ὁ Οἶκος

Τράνωσόν μου τὴν γλῶτταν Σωτὴρ μου·  
πλάτυνόν μου τὸ στόμα· καὶ πληρώσας αὐτό,  
κατάνυξον τὴν καρδίαν μου, ἵνα οἷς λέγω  
ἀκολουθήσω, καὶ ἃ διδάσκω, ποιήσω πρῶτος·  
πᾶς γὰρ ποιῶν καὶ διδάσκων, φησὶν, οὗτος μέγας  
ἐστίν· ἐὰν γὰρ λέγω μὴ πράττων, ὡς χαλκὸς ἤχῶν  
λογισθήσομαι. Διὸ λαλεῖν μοι τὰ δέοντα,  
καὶ ποιεῖν τὰ συμφέροντα δώρησαι,  
ὁ μόνος γινώσκων τὰ ἐγκάρδια.

## Oikos

Expand my tongue, O Savior;  
widen my mouth, and filling it, prick my heart;  
so that I may follow what I say, and what I impart,  
accomplish first; for great is he, it says,  
who puts to practice what he preach.  
Yet, if I say, but do not do, I am rendered  
but a cymbal peal. Hence, grant me say  
the necessary, and practice what is excellent,  
for only You know what is in the heart.

*«Καὶ εἰς τὸ Πνεῦμα τὸ Ἅγιον, τὸ Κύριον, τὸ Ζωοποιόν, τὸ ἐκ τοῦ Πατρὸς ἐκπορευόμενον,  
τὸ σὺν Πατρὶ καὶ Υἱῷ συμπροσκυνούμενον καὶ συνδοξαζόμενον...» »  
(Σύμβολον τῆς Πίστεως)*

**Ο**μήνας Ἰούνιος φέρνει στὴ ζωὴ τῆς Ἐκκλησίας μας μία ἀπὸ τὶς μεγαλύτερες καὶ βαθύτερες θεολογικὰ ἐορτές. Τὴν Ἁγία Πεντηκοστή καὶ τὴν λαμπρὴ ἐορτὴ τοῦ Ἁγίου Πνεύματος. Δὲν πρόκειται γιὰ μία ἀπλὴ ἀνάμνηση ἐνὸς γεγονότος τοῦ παρελθόντος, ἀλλὰ γιὰ τὴ φανέρωση τῆς ζωντανῆς παρουσίας τοῦ Θεοῦ μέσα στὸν κόσμον καὶ μέσα στὴ ζωὴ μας.

Τὸ Ἅγιο Πνεῦμα εἶναι τὸ Τρίτο Πρόσωπον τῆς Ἁγίας Τριάδος. Δὲν εἶναι μία ἀόριστη δύναμη, μία ἐνέργεια ἢ μία συμβολικὴ παρουσία. Εἶναι ἀληθινὸς Θεός, *«Κύριον καὶ Ζωοποιόν»*, ὅπως ὁμολογοῦμε καθημερινὰ στὸ ἱερὸ Σύμβολο τῆς Πίστεως. Τὸ Πνεῦμα τὸ Ἅγιο εἶναι ἐκεῖνο ποῦ δίδει ζωὴ, ποῦ ἀγιάζει, ποῦ φωτίζει τὸν ἄνθρωπον καὶ τὸν ὁδηγεῖ στὴν ἀλήθεια τοῦ Θεοῦ. Ὅταν τὸ Πνεῦμα τὸ Ἅγιο κατῆλθε στὸ ὑπερῶον τῆς Ἱερουσαλήμ, οἱ φοβισμένοι μαθητὲς μεταμορφώθηκαν σὲ ἀποστόλους θάρρους καὶ πίστεως. Ἡ παρουσία τοῦ Θεοῦ ἔδιωξε τὸν φόβον, τὴ σύγχυσιν καὶ τὴν ἀδυναμίαν. Αὐτὸ συνεχίζει νὰ γίνεται μέχρι σήμερον μέσα στὴν Ἐκκλησίαν. Χωρὶς τὸ Ἅγιο Πνεῦμα, ἡ Ἐκκλησία θὰ ἦταν ἕνας ἀνθρώπινος θεσμός. Μὲ τὴ χάριν Του, γίνεται Σῶμα Χριστοῦ, τόπος σωτηρίας καὶ ζωῆς αἰωνίου.

Κάθε Μυστήριον τῆς Ἐκκλησίας τελεῖται *«ἐν Πνεύματι Ἁγίῳ»*. Ἡ χάρις τοῦ Ἁγίου Πνεύματος εἶναι ἐκεῖνη ποῦ ζωοποιεῖ καὶ ἀγιάζει ὁλόκληρην τὴ ζωὴ τῆς Ἐκκλησίας. Στὸ Βάπτισμα ὁ ἄνθρωπος ἀναγεννᾶται πνευματικῶς. Στὸ Ἅγιο Χρῆσμα λαμβάνει *«σφραγίδα δωρεᾶς Πνεύματος Ἁγίου»*. Στὴ Θεῖα Εὐχαριστία τὸ Ἅγιο Πνεῦμα μεταβάλλει τὸν ἄρτον καὶ τὸν οἶνον σὲ Σῶμα καὶ Αἷμα Χριστοῦ. Στὴν Ἐξομολόγησιν θεραπεύει καὶ καθαρίζει τὴν πληγωμένη ψυχὴ. Στὸ Εὐχέλαιον προσφέρει ἴαση ψυχῆς καὶ σώματος. Στὸ Μυστήριον τοῦ Γάμου ἐνώνει δύο ἀνθρώπους *«εἰς σάρκα μίαν»* μὲ τὴν εὐλογία τοῦ Θεοῦ, καὶ στὴν Ἱερωσύνη καταπέμπει τὴ Θεῖαν Χάριν γιὰ τὴ διακονίαν τοῦ λαοῦ τοῦ Θεοῦ. Ὅλη ἡ ζωὴ τῆς Ἐκκλησίας εἶναι μία συνεχὴς Πεντηκοστή, μία διαρκὴς παρουσία καὶ ἐνέργεια τοῦ Παναγίου Πνεύματος μέσα στὸν κόσμον.

Δυστυχῶς, στὴν ἐποχὴ μας πολλοὶ ἄνθρωποι ζοῦν μὲ ἄγχον, φόβον, ἐσωτερικὴν κενότητα καὶ σύγχυσιν. Ἀναζητοῦν φῶς παντοῦ, ἀλλὰ μακριὰ ἀπὸ τὸν Θεόν. Ὅμως ἡ ἀληθινὴ εἰρήνη δὲν εἶναι ψυχολογικὴ κατάστασις. Εἶναι καρπὸς τοῦ Ἁγίου Πνεύματος. Ὁ ἄνθρωπος μόνον τότε βρίσκει τὴν πληρότητα, ὅταν ἀνοίγει τὴν καρδίαν του στὴ χάριν τοῦ Θεοῦ. Ἄς μὴν περιοριστοῦμε, λοιπόν, μόνον σὲ μίαν ἐξωτερικὴν ἐορταστικὴν συμμετοχὴν. Ἡ Πεντηκοστή εἶναι πρόσκλησις μεταμορφώσεως. Εἶναι κάλεσμα νὰ ζήσουμε πραγματικῶς *«ἐν Πνεύματι Ἁγίῳ»*. Νὰ προσευχόμεσθε περισσότερο, νὰ μετανοοῦμε βαθύτερα, νὰ συμμετέχουμε συνειδητὰ στὰ Μυστήρια τῆς Ἐκκλησίας καὶ νὰ ἀφήσουμε τὸ Ἅγιο Πνεῦμα νὰ ἀνακαινίσει τὴ ζωὴν μας.

*Καλὴ καὶ εὐλογημένη Πεντηκοστή!*

Πρωτοπρεσβύτερος

Βασίλειος Γ. Ἀποστολίδης, Δρ.Μ  
Ἱερατικὸς Προϊστάμενος

«*And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father, Who together with the Father and the Son is worshiped and glorified...*»

(The Creed)

The month of June brings into the life of our Church one of the greatest and most profound feasts of our Orthodox faith: Holy Pentecost and the Feast of the Holy Spirit. This is not simply the remembrance of an event from the distant past, but the revelation of God's living presence in the world and in our daily lives.

The Holy Spirit is the Third Person of the Holy Trinity. He is not an abstract power, an energy, or a symbolic presence. He is truly God, "*the Lord and Giver of Life,*" as we confess every day in the Holy Creed. The Holy Spirit is the One who gives life, sanctifies, enlightens the human person, and guides us into the truth of God. When the Holy Spirit descended upon the Apostles in the upper room of Jerusalem, the fearful disciples were transformed into bold preachers of the Resurrection. The presence of God casts away fear, confusion, and weakness. The same miracle continues within the life of the Church today. Without the Holy Spirit, the Church would merely be a human institution. Through His divine grace, however, the Church becomes the living Body of Christ, the place of salvation and eternal life.

Every Sacrament of the Church is accomplished "*through the grace of the Holy Spirit*". It is the Holy Spirit who gives life and sanctifies the entire life of the Church. In Holy Baptism, a person is spiritually reborn. In Holy Chrismation, we receive "*the seal of the gift of the Holy Spirit.*" In the Holy Eucharist, the Holy Spirit transforms the bread and wine into the Body and Blood of Christ. In Confession, He heals and cleanses the wounded soul. In Holy Unction, He grants healing of both soul and body. In Holy Matrimony, He unites two people into "*one flesh*" through the blessing of God, and in Holy Priesthood, He bestows Divine Grace for the ministry and service of the people of God. The entire life of the Church is a continuous Pentecost, an unceasing presence and action of the Holy Spirit in the world.

Sadly, in our modern world, many people live with anxiety, fear, inner emptiness, and confusion. They search everywhere for light, yet far away from God. True peace, however, is not simply a psychological condition. It is a fruit of the Holy Spirit. A person finds true fulfillment only when he opens his heart to the grace of God. Therefore, let us not limit ourselves to merely an outward celebration of Pentecost. Pentecost is an invitation to transformation. It is a calling to live truly "*in the Holy Spirit.*" Let us pray more deeply, repent more sincerely, participate consciously in the Sacraments of the Church, and allow the Holy Spirit to renew our lives.

*Blessed and Grace-filled Pentecost to all!*

Reverend Protopresbyter



Vasileios G. Apostolidis, PhD  
Presiding Priest

# LITURGICAL SCHEDULE

**Monday 1**     **Monday of the Holy Spirit**  
9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 7**     **1<sup>st</sup> Sunday of Matthew - All Saints' Day**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Monday 8**     **St. Kalliope the Martyr**  
9:00am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 14**     **2<sup>nd</sup> Sunday of Matthew**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 21**     **3<sup>rd</sup> Sunday of Matthew**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Sunday 28**     **4<sup>th</sup> Sunday of Matthew**  
8:30am **Orthros** - 10:00am **Divine Liturgy**

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**Monday 29**     **The Holy Apostles Peter and Paul**  
9:00am **Orthros** - 10:00am **Divine Liturgy**



# ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

**Δευτέρα 1** Τοῦ Ἁγίου Πνεύματος  
9:00π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 7** 1<sup>η</sup> Κυριακή Ματθαίου – Τῶν Ἁγίων Πάντων  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Δευτέρα 8** Ἁγίας Μάρτυρος Καλλιόπης  
9:00π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 14** 2<sup>η</sup> Κυριακή Ματθαίου  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 21** 3<sup>η</sup> Κυριακή Ματθαίου  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Κυριακή 28** 4<sup>η</sup> Κυριακή Ματθαίου  
8:30π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία

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**Δευτέρα 29** Τῶν Ἁγίων Ἀποστόλων Πέτρου καὶ Παύλου  
9:00π.μ. Ὅρθρος - 10:00π.μ. Θεία Λειτουργία



# ORTHODOX STUDIES

## Interpretation of the Divine Liturgy

*Saint Nicholas Cavasilas*

### The Great Entrance

Soon the priest will proceed to the sacrifice and the offerings to be sacrificed must be placed on the holy table. Therefore he comes to the Prothesis, takes the holy gifts holds them up head-high and exits the sanctuary. He walks in a solemn and slow procession around the nave of the church amidst the faithful surrounded by candles and incense. Finally he enters the altar and places the offerings on the holy table.

While the priest walks by the people, the faithful chant and kneel reverently praying that they will be remembered when the offering is made. For they know that there is no supplication more effective than this awesome sacrifice which has freely cleansed all the sins of the world. (A characteristic liturgical element of the Great Entrance is the Cherubic Hymn, which is chanted slowly by the choir: “Let us who mystically represent the Cherubim and sing to the life-giving Trinity the thrice-holy hymn, now lay aside every care of life, that we may receive the King of all, invisibly escorted by the angelic orders. Alleluia.”) The Great Entrance symbolizes the journey of Christ to Jerusalem where He was to be sacrificed. As He was riding an animal, He entered the holy City escorted and praised by the crowd.

### The Symbol of Faith (Creed)

The priest now calls the faithful to pray “for the precious gifts set forth”: “let us pray to the Lord for the sanctification of the precious gifts we are about to offer, so that our initial goal is fulfilled”. Then, after he adds other petitions, he prompts everyone to have peace amongst them (“peace be to all”) and love (“let us love one another...”). Since brotherly love is followed by the love of God and our perfect and living faith in Him, therefore immediately afterwards we confess the true God: “Father, Son, and Holy Spirit, Trinity one in essence and undivided”.

The priest completes: “The doors, the doors, in wisdom let us attend”. By this he means: “Open wide all the doors i.e. your mouths and ears to the true wisdom, namely every high teaching and belief for God. Say and hear these continually, and even with zeal and devotion”. Then the faithful recite aloud the Profession (Symbol) of Faith (“I believe in one God...”).

(to be continued)

# ΟΡΘΟΔΟΞΗ ΣΠΟΥΔΗ

## Συνοπτική ανάλυση και ερμηνεία της Θείας Λειτουργίας

*Αγίου Νικολάου Καβάσιλα*

### Μεγάλη Είσοδος

Σε λίγο ο λειτουργός θα προχωρήσει πλέον στη θυσία, και πρέπει τα δώρα που πρόκειται να θυσιαστούν, να τοποθετηθούν στην αγία Τράπεζα. Για αυτό έρχεται τώρα στην Πρόθεση, παίρνει τα τίμια δώρα, τα κρατάει στο ύψος του κεφαλιού του και βγαίνει από το Ιερό. Προχωρώντας με πολλή κοσμιότητα και με βήμα αργό, τα περιφέρει στο ναό, ανάμεσα στο πλήθος, συνοδευόμενος από λαμπάδες και θυμιάματα. Τελικά εισέρχεται στο θυσιαστήριο και τα αποθέτει στην αγία Τράπεζα.

Στο πέρασμα του ιερέα οι πιστοί ψάλλουν και προσκυνούν με κάθε σεβασμό παρακαλώντας να τους μνημονεύει την ώρα που θα προσφέρει στο Θεό τα τίμια δώρα. Γιατί ξέρουν πως δεν υπάρχει αποτελεσματικότερη ικεσία από τούτη τη φρικτή θυσία, που καθάρισε δωρεάν όλες τις αμαρτίες του κόσμου (Χαρακτηριστικό λειτουργικό στοιχείο της Μεγάλης Εισόδου είναι ο Χερουβικός Ύμνος, που ψάλλεται σε αργό μέλος από το χορό: «Οἱ τὰ Χερουβείμ μυστικῶς εἰκονίζοντες, καὶ τῆ ζωοποιῶ Τριάδι τὸν τρισάγιον ὕμνον προσάδοντες, πᾶσαν νῦν βιοτικὴν ἀποθώμεθα μέριμναν. Ὡς τὸν βασιλέα τῶν ὅλων ὑποδεξόμενοι, ταῖς ἀγγελικαῖς ἀοράτως δορυφορούμενοι τάξεσιν. Ἀλληλούϊα.». Δηλαδή: «Ἐμεῖς που μυστικά εἰκονίζουμε τα Χερουβείμ και ψάλλουμε στη ζωοποιό Τριάδα τον τρισάγιο ὕμνο, ας αφήσουμε κάθε βιοτική μέριμνα, για να υποδεχθούμε τον Βασιλιά των ὅλων, που ἀοράτα συνοδεύεται από τα αγγελικά τάγματα.

Ἀλληλούϊα»). Η μεγάλη Είσοδος συμβολίζει την πορεία του Χριστού προς την Ιερουσαλήμ, όπου έπρεπε να θυσιαστεί. Καθισμένος τότε πάνω σε ζώο, έμπαινε στην Αγία Πόλη, συνοδευόμενος και υμνούμενος από τα πλήθη.

### Σύμβολο της πίστεως

Ο ιερέας καλεί τώρα τους πιστούς να προσευχηθούν «Ἵπέρ τῶν προτεθέντων τιμίων δώρων»: «Ἄς παρακαλέσουμε τον Θεό να αγιαστούν τα τίμια δώρα που είναι μπροστά μας, ώστε να εκπληρωθεί έτσι ο αρχικός μας σκοπός». Ὑστερα, αφού προσθέσει και άλλες αιτήσεις, παρακινεί όλους να έχουν μεταξύ τους ειρήνη («Εἰρήνη πᾶσι») και αγάπη («Ἀγαπήσωμεν ἀλλήλους, ἵνα ἐν ὁμονοίᾳ ὁμολογήσωμεν»). Κι επειδή τη μεταξύ μας αγάπη ακολουθεί η αγάπη στο Θεό και η τέλεια και ζωντανή μας πίστη σ' Αὐτόν. Γι' αυτό, αμέσως μετά ομολογούμε τον αληθινό Θεό: «Πατέρα, Υἱὸν καὶ Ἅγιον Πνεῦμα, Τριάδα ὁμοούσιον καὶ ἀχώριστον».

«Τὰς θύρας, τὰς θύρας. Ἐν σοφίᾳ πρόσχωμεν.», συμπληρώνει ο λειτουργός. Μ' αυτό θέλει να πει: «Ἀνοίξτε διάπλατα ὅλες τις πόρτες, δηλαδή τα στόματα και τα αυτιά σας, στην αληθινή σοφία, δηλαδή σε ὅσα υψηλά μάθατε και πιστεύετε για το Θεό. Αὐτά συνεχώς να λέτε και να ακούτε, και μάλιστα με ζήλο και προσοχή». Τότε οι πιστοὶ απαγγέλλουν δυνατὰ το Σύμβολο της Πίστεως («Πιστεύω εἰς ἕνα Θεόν...»).

(συνεχίζεται)

# SAINT OF THE MONTH

## SAINT DOROTHEOS OF TYRE - June 5

It is unknown where **Saint Dorotheus the Martyr** was from. He lived during the reign of Emperor Julian the Apostate (360–362 AD). A most wise and self-controlled hierarch, he was distinguished for his profound theological education and his thorough knowledge of the Scriptures. During the persecutions against Christians instigated by Maximian and Licinius



(286–323 AD), at the request of his flock, he was compelled to take refuge in Dysopolis in Thrace, where he

remained in seclusion until their deaths. After returning to his diocese, he continued to shepherd his flock with paternal care, teaching, supporting, and strengthening them. He attended the First Ecumenical Council, which convened in Nicaea of Bithynia in 325 AD, and his life and ministry continued throughout the reign of Emperor Constantine the Great. When the persecutions resumed under Emperor Julian the Apostate (361–363 AD), he fled once more to Thrace. However, having been captured by pagans, he was severely tortured and received a martyr's death in Dysopolis (according to others, in Edessa) in 362 AD, at the age of one hundred and seven.

## SAINT KALLIOPE THE MARTYR - June 8

The birthplace of **Saint Kalliope the Martyr**, who lived during the reign of Emperor Decius (249–251 AD), is unknown. She was distinguished both for her physical and spiritual beauty, as well as for her sincere and profound piety. During the persecution of Christians that had been decreed at that time, she was arrested and brought before the governor for interrogation. As soon as he beheld Kalliope's beauty, he was overcome by wicked thoughts and desires and attempted, through promises and flattery, to persuade her to yield to his sinful passions. But Kalliope remained unmoved by his flattery and unshaken in her faith. This enraged



the governor, who, realizing that his hopes had been thwarted, ordered her execution after severe torture. Thus, after being mercilessly scourged, her breasts were cut off, she was burned with flaming torches, and her wounds were

doused with vinegar and salt. In the end, she was beheaded, and Saint Kalliope thus received the imperishable crown of glory and entered into the joy of her Bridegroom, Christ.

# Ο ΑΓΙΟΣ ΤΟΥ ΜΗΝΑ

## ΑΓΙΟΣ ΙΕΡΟΜΑΡΤΥΣ

ΔΩΡΟΘΕΟΣ - 5 Ιουνίου



Είναι άγνωστο από που καταγόταν ο **Άγιος Ιερομάρτυς Δωρόθεος**. Άθλησε κατά τους χρόνους του αυτοκράτορος Ιουλιανου του Παραβάτου (360-362 μ.Χ.). Σοφώτατος και εγκρατέστατος Ιεράρχης, διακρινόταν για τη βαθιά θεολογική του μόρφωση και την πλήρη γνώση των Γραφών. Κατά τους επί Μαξιμιανου και Λικινίου (286-323 μ.Χ.) εναντίον των Χριστιανών κινηθέντες διωγμούς, μετά από παράκληση του ποιμνίου του, αναγκάστηκε να καταφύγει στη Δυσσόπολη της Θράκης, όπου παρέμεινε ιδιωτεύων μέχρι του θανάτου αυτών. Αφού επανήλθε στην Επισκοπή του, εξακολούθησε να κυβερνά το ποιμνίό του με πατρική φροντίδα, διδάσκοντας, στηρίζοντας και ενισχύοντας αυτό. Παρευρέθηκε στην Α΄ Οικουμενική Σύνοδο, που συνήλθε στη Νίκαια της Βιθυνίας, το 325 μ.Χ., η δε ζωή και δράση του παρατάθηκε καθ' όλη τη βασιλεία του αυτοκράτορος Κωνσταντίνου του Μεγάλου. Ανακινήθέντων των διωγμών επί αυτοκράτορος Ιουλιανού του Παραβάτου (361-363 μ.Χ.), κατέφυγε και πάλι στη Θράκη, αλλά, συλληφθείς υπό των ειδωλολατρών, βασανίστηκε σκληρά και ετελειώθηκε μαρτυρικά στη Δυσσόπολη (κατ' άλλους στην Έδεσσα), το 362 μ.Χ., σε ηλικία εκατόν επτά ετών.

## ΑΓΙΑ ΜΑΡΤΥΣ ΚΑΛΛΙΟΠΗ

8 Ιουνίου

Είναι άγνωστο από που καταγόταν η **Αγία Μάρτυς Καλλιόπη**, η οποία άθλησε κατά τους χρόνους του αυτοκράτορος Δεκίου (249-251 μ.Χ.). Διακρινόταν τόσο για το σωματικό και ψυχικό κάλλος, όσο και για την ειλικρινή και βαθιά ευσέβεια. Κατά τον κηρυχθέντα τότε εναντίον των Χριστιανών διωγμό, συνελήφθη και οδηγήθηκε ενώπιον του επάρχου για ανάκριση. Αυτός, ευθύς ως αντίκρισε το κάλλος της Καλλιόπης, καταλήφθηκε από πονηρούς λογισμούς και πόθους και προσπάθησε με υποσχέσεις και κολακείες να μεταπείσει αυτήν, ώστε να υποκύψει στους ένοχους πόθους του. Αλλά η Καλλιόπη παρέμεινε αδιάφορη στις κολακείες και ακλόνητη στην πίστη της. Τούτο εξόργισε τον έπαρχο, ο οποίος, αντίληφθείς ότι διεψεύδονταν οι ελπίδες του, διέταξε την κατόπιν σκληρών βασανιστηρίων θανάτωσή της. Έτσι, αφού μαστιγώθηκε ανηλεώς, της απέκοψαν τους μαστούς, την κατέκαψαν με αναμμένες λαμπάδες και περιέχυσαν τις πληγές της με ξύδι και αλάτι. Στο τέλος την αποκεφάλισαν και έτσι η Αγία Καλλιόπη έλαβε τον αμαράντινο στέφανο της δόξας και εισήλθε στη χαρά του Νυμφίου της Χριστού.



# PARISH COUNCIL

Dear Parishioners,

I would like to thank all of you who supported and attended our **Traditional Greek Night** on **May 2nd**. A very special thank you goes to Anneta Colon for her hard work, dedication, and leadership in organizing such a beautiful and successful event. I would also like to thank all of the volunteers whose time and efforts helped make the evening a true success for our Parish community.

On **Sunday, June 7th**, we will recognize the **2026 High School, College, and Graduate School graduates of our Parish**. Congratulations to all of our graduates on this wonderful accomplishment! We are proud of each and every one of you and wish you continued success and God's blessings in your future endeavors.

On Tuesday, June 9th, we will honor Petros Gregoriou and Vasiliki Roussis at the Annual Servant Leadership Awards Banquet in New Rochelle.

We thank Petros for his 27 years of dedicated service, leadership, accounting expertise, and outstanding commitment as a member of our Parish Council.

We also thank Vasiliki for her many years of service as a Sunday School teacher, GOYA President, dance group leader, and volunteer for the "Midnight Runs" in New York City. Their faithful service and devotion to our Parish are deeply appreciated.

As we approach the summer season and prepare for our upcoming festival, we ask all parishioners who are able to please volunteer at this year's festival. If each of us volunteers just four hours, the festival will be an even greater success for our Parish and community. A sign-up sheet will be available after every Divine Liturgy in the Katsoris Center. Please contact Anneta Colon for more information.

*Thank you in advance for your continued support and dedication to our Parish.*

In Christ,  
Spyro Lazaretos  
President



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



# GREEK FESTIVAL

*OF STATEN ISLAND*

2026

SEPT 11-12-13

*Save the dates*

**COME AND JOIN US!**



# LADIES PHILOPTOCHOS SOCIETY

Dear Philoptochos Sisters and fellow parishioners,

As we celebrate our renewed sense of purpose, it is the perfect time to look ahead with a full, warm heart. May we use this renewed purpose and the guidance of the Holy Spirit to successfully fulfill our ministries. The Ladies Philoptochos cannot thank you enough who supported and donated to our Annual Fundraiser Dinner, Mamma Mia! Greek Dreams & Dancing Queens. The night was amazingly successful and fun! A full report will follow in July's Methexis.

A very gracious thank you to all who contributed to our monthly tray for our commitments. Your support is so greatly appreciated.

May 2nd was our Cook for Trinity Lutheran Soup Kitchen. Our crew prepared and served 100 meals consisting of baked tilapia, rice, carrots, salad, bread/butter, canned apricots to all those in need. A heartfelt thank you to the Soup Kitchen crew for their time and efforts in this very worthy cause. Project Hospitality was completed successfully with sandwiches and salads for the needy and delivered on May 22nd.

The following are our events for the month of June:

## *Thursday, June 4th, Ladies Night Out.*

Andrew's Diner

4160 Hylan Blvd.

7:00 pm. - Ticket \$65.00

Reservations: Irene Panagos (718)288-7366

Looking forward to celebrating a year of philanthropy with you!

6/6 Cook for Trinity Lutheran Soup Kitchen

6/7 Monthly Tray

Our monthly trays go towards our National Philoptochos Ministry Commitments/Programs. This month's monies will accompany our May/June Commitment:

- 1) 75th Anniversary Founders Fund
- 2) Orthodox Christian Fellowship (OCF)



- High School Graduation  
6/21 Father's Day

*Wishing all the fathers in our community a very happy, fun-filled day!!  
God Bless!*

- 6/26 Project Hospitality

*Wishing everyone a sunsational summer of good health and happiness!!*

Conveying the blessings and love of Fr. Vasileios,

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

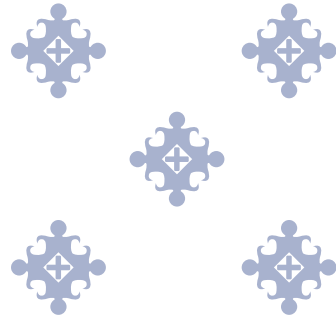
Faithfully,  
Dee Sidiropoulos, President



# YOUTH MINISTRY



## JOY



Congratulations to all our JOY Olympic athletes who spent weeks together practicing, and becoming better team players, to prepare for the Archdiocesan Olympics. All children and parents had a blast! A special thanks to the parents that coached: Chris Sfougoutakis, Alexa Francese, and Mike Plaitis. Contact us at: [joy@htsngoc.org](mailto:joy@htsngoc.org)



# JUNIOR GOYA

Congratulations to all our Jr. GOYA Olympic athletes who spent weeks together practicing, and becoming better team players, to prepare for the Archdiocesan Olympics. All children and parents had a blast! A special thanks to the parents that coached: Chris Sfougoutakis, Alexa Francese, and Mike Plaitis.

The Junior GOYAnS would like to invite all our parishioners, 65 and over, to a Luncheon that honors them on Saturday, June 6, at noon. It is a beautiful time where our youth get to meet and have conversations with the wisest, and most experienced amongst us.

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



# Sunday

# Monday

# Tuesday

# Wednesday

	<b>1</b> Monday of the Holy Spirit	<b>2</b> 1st Tuesday after Pentecost	<b>3</b> 1st Wednesday after Pentecost
	Orthros 9:00 AM Liturgy 10:00 AM		
<b>7</b> The Sunday of All Saints	<b>8</b> Removal of the Relics of Theodore the Commander	<b>9</b> Cyril, Patriarch of Alexandria	<b>10</b> Alexander and Antonina the Martyrs
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	Orthros 9:00 AM Liturgy 10:00 AM		
<b>14</b> 2nd Sunday of Matthew	<b>15</b> Amos the Prophet	<b>16</b> Tychon the Wonderworker	<b>17</b> Isaurus the Holy Martyr & his Companions of Athens
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM			
<b>21</b> 3rd Sunday of Matthew	<b>22</b> Eusebius, Bishop of Samosata	<b>23</b> Agrippina the Martyr of Rome	<b>24</b> Nativity of the Forerunner John the Baptist
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM			
<b>28</b> 4th Sunday of Matthew	<b>29</b> Peter and Paul, the Holy Apostles	<b>30</b> Synaxis of the Twelve Holy Apostles	
Orthros 8:30 AM Liturgy 10:00 AM Hellenic Dancers 12:00 PM	Orthros 9:00 AM Liturgy 10:00 AM		

# Thursday

# Friday

# Saturday

<b>4</b> Our Father Metrophanes, Archbishop of Constantinople	<b>5</b> 1st Friday after Pentecost	<b>6</b> The Apodosis of Holy Pentecost
Executive Board Meeting 8:00 PM		Senior Luncheon 11:30 AM Kritiki Filoxenia Picnic 3:00 PM
<b>11</b> Bartholomew the Holy Apostle 	<b>12</b> Onuphrius of Egypt 	<b>13</b> Aquilina the Martyr of Syria 
<b>18</b> Leontius, Hypatius, & Theodulus the Martyrs of Syria 	<b>19</b> Thaddeus (Jude) the Apostle & Brother of Our Lord 	<b>20</b> Methodios the Martyr, Bishop of Olympus 
Parish Council Meeting 8:00 PM		
<b>25</b> Leavetaking of Nativity of the Forerunner John the Baptist 	<b>26</b> David the Righteous of Thessalonika 	<b>27</b> Samson the Hospitable 
	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)

# 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 8 pm.

For **June** we will meet on **Friday, June 26<sup>th</sup>**.

Co-Directors  
Stella Viris, Kevi Langis

# RECIPE OF THE MONTH

by *Presbytera Elisavet*



## Imam Bayildi

### Preparation:

Score each eggplant lengthwise with two or three deep cuts, without cutting all the way through. Lightly salt the cuts.

Heat the sunflower oil in a large frying pan and sauté the eggplants until softened and lightly golden. Remove and place them on paper towels to drain excess oil.

For the filling, heat the olive oil in a saucepan over medium heat. Sauté the onions and garlic for about 10 minutes, until soft and lightly caramelized.

Add the tomato purée, tomato paste, parsley, sugar, salt, and pepper. Pour in 1/3 cup water and simmer uncovered for about 15 minutes, until the sauce thickens.

Preheat the oven to 350°F (180°C).

Place the eggplants in a baking dish. Using a spoon, gently open the slits and fill each eggplant with the caramelized onion mixture.

Drizzle with olive oil and add 1/4 cup water to the baking dish. Bake for 40–45 minutes until tender and fragrant.

Allow the dish to rest for 5–10 minutes before serving. Garnish with crumbled feta cheese and fresh parsley.

### Ingredients (Serves 4–5):

- 6–8 eggplants
- 4–5 medium onions, finely chopped or thinly sliced
- 2–3 garlic cloves, halved
- 1 cup tomato purée or tomato juice
- 1 tbsp tomato paste
- 1 tsp sugar
- 5–6 sprigs fresh parsley, finely chopped
- 1 cup sunflower oil (for frying)
- 1/3 cup olive oil (for the filling)
- 1/4 cup olive oil (for baking)
- Salt and pepper

### For Serving

- Crumbled feta cheese
- Fresh chopped parsley

### Cooking Tips

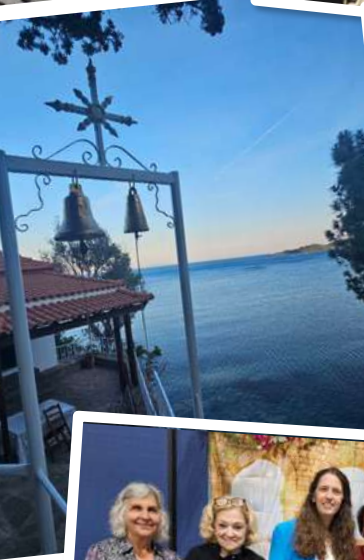
The secret to authentic Imam Bayildi is simple: plenty of onions, generous garlic, rich olive oil, and slow baking.

Like many traditional ladera dishes, it tastes even better the next day.

One bite is never enough... until you “faint” like the imam himself!

*Καλή όρεξη! - Enjoy your meal!*





# STEWARDSHIP LIST 2026



*(as of May 12, 2026)*

Father Vasileios and  
Presvytera Elisavet Apostolidis  
Cathy Alicakos  
Kenneth and Denise Andolino  
Steve and Markella Andreakos  
Nestor and Lori Andrianos  
Greg and Maria Angelides  
John and Emily Antonopoulos  
Spiro and Cheryl Antypas  
Nikolaos Apostolidis  
George and Nikoletta  
Apostolopoulos  
Panagiota Arfanis  
Konstantinos and Susan  
Arvanites  
Michael Arvanites  
Christina Bartelotti  
Emanuel and Anna Belibasakis  
Hazis and Zhanetta Bello  
Dimitrios Bentevis  
Steve and Cheryl Bontales  
James Borovilas  
Andrew Brennan  
Melissa Brennan  
Kyriakos Cambos  
Edna Cardinale  
John and Christine Charitis  
Demetra Christofilakes  
Anneta Colon  
Carlos Colon  
Donna Colonna  
Kay Constantine

Fay Corinotis  
Maria Coussoule  
Pamela Crivera  
Mary Cuccia  
Michael and Joy Cummings  
Irene Della Croce  
Matthew Della Croce  
James Demetriades  
Philip Denis  
Robert Denis  
Dimitri Dimitriou  
Konstantinos and Corinne  
Dimitropoulos  
Christopher and Stephanie  
Dontis  
Nicholas and Vicky Dontis  
Alexandra Doyle  
John and Florendia Doyle  
John Doyle Jr.  
Paraskevi Dragazis  
Paula Drakontis  
Edward and Julia Dunphy  
Vernon and Maria Dutton  
Andrew and Stacey Economos  
Dyala Sophia Eid  
Martha Eid  
Justin and Katrina Fama  
Peter Fikias  
Thomas and Panagiota Fiorella  
Kimon and Maria Frantzeskakias  
Argyrios and Olga Gerazounis  
Vincent and Linda Gerecitano

John and Corinne Girgis  
Socrates and Katerina  
Grammenos  
Peter A. Gregor  
Petros and Eirini Gregoriou  
Despina Grigos  
Pauline Grillos  
Gloria Haramis  
George and Stephanie Haros  
Alexandra Hondros  
Frank and Christine Iemmiti  
John and Arhontoula  
Ikonomou  
Demetrios and Joanna  
Iliopoulos  
Virginia Itsines  
Paul Jannace  
Irene Joris  
Elias and Cathy Kalaizes  
George E. Kalaizes  
Maria Kalogiros  
Peter and Gloria Kanakos  
Theodore Kanellis  
Bertha Kapetanakis  
Lori Karelas  
Panagiota Karidis  
Alexandra Kasidonis  
Michael Kasidonis  
Alexios and Susan Katsanos  
George Katsoris Jr.  
Michael and Debbie Katsoris  
Christina Kenwood

Alexandra Khlyustova  
Andreas and Vivian Kokkinos  
Diane Kolaitis  
Vasili and Koula Koukounis  
Dimitrios and Vivian  
Koulouris  
Mary N. Kusas  
John and Maria Lago  
Dimitrios and Paraskevi Langis  
Dimitrios Lellos  
Toula Lellos  
George S. and Panagiota Leunes  
Helen Leventakis  
Andrew Litos  
Angela LoBasso  
Emily Loukas  
Jerry and Anna Macris  
Nestor and Katy Makarigakis  
Yiannis Mallas  
George Malliotakis  
John Manos  
Vasiliki Manousogiannakis  
John Marangos  
Nicholas Mardikos  
Nikki Ann Mardikos  
Christos Marinakis  
Michael and Julia Maring  
Nelson Marun Jr.  
Effie Melahrinakis  
Alexandris and Ariana Messaris  
John and Eva Michael  
Konstantinos and Anastasia  
Michos  
Steven and Sophia Mirones  
George Mitsogiorgakis  
Stefanos Mitsogiogakis

George Mitsopoulos  
Ierotheos and Eleni Moraitis  
Elaina Morakis  
Christine Moscoso  
Mary Mousmoutis  
Nicholas Mousmoutis  
John and Chrissy Napolitano  
Konstantinos and Alina  
Nevradakis  
John and Lola Palividas  
Dennis and Irene Panagos  
Peter Panagos  
Nicholas Papas  
George Papasmiris  
Katherine Pappas  
Tasia Pavalis  
Kostas and Katina Paxis  
William and Constance Peist  
Philip and Penny Phytides  
Evangelia Platis  
Markos and Anita Platis  
Effie Realmuto  
Voula Reveliotis  
Louis and Estelle Ricciardi  
Donald and Linda Ritchie  
George and Eugenia Roussis  
Nicholas and Christiana Roussis  
Vassilios Roussopoulos  
Anthony Ruggiero  
Kathy Scuteri  
Jim and Dee Sidiropoulos  
Chris and Mary Spirocostas  
Carol Spithogiannis  
John and Kyriaki Stamos  
Stephen Stark Sr.  
Michael Stratis

Nick Striftobola  
Cindy Stucchio  
Nick and Angela Tamborra  
Georgiana Telegadis del  
Busto  
Maria Thomas  
Dimitra Tountas  
Nikolaos and Christina  
Tountas  
Irene Tragares  
Eleni Trepel  
Keith and Effie Trepel  
Nick and Irene Tsatsaronis  
Konstantinos and Irene  
Tsoukas  
Demetra Vass  
Evangelia Vassiliou  
Kayla Vayos-McGrane  
Thomas Vayos  
George Veres  
Mary Veros  
David and Stella Viris  
Angie Viscione  
Alex and Lisa Vlastakis  
Thomas and Kaliopi Vlastakis  
Vincent and Fotiny Whiteaker  
Niki Yiannoulatos  
George Zalantis  
Emanuel and Irene  
Zoumboulis



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

*Your own  
from Your own  
we offer to You*



**STEWARDSHIP**  
*2026*



**camp saint paul**

# CAMP SAINT PAUL

## SUMMER REGISTRATION

Sign up for a camping ministry that has changed countless lives across our District! Limited spots are available so please log in at the scheduled time!

**FEBRUARY 28TH 2026 12 PM**

- ✓ Faith
- ✓ Fellowship
- ✓ Greek Culture Appreciation

**Join Now**

212-774-0422  
www.campsaintpaul.org

We are excited to share that registration for Camp Saint Paul 2026 is now open! This beloved summer camp offers a joyful, faith - filled experience for our youth, and we encourage you to consider enrolling your child.

## Scholarship Opportunity

Our Parish is pleased to offer Scholarships for Camp St. Paul tuition. If you are interested in applying, please contact as soon as possible to the Church office or via email to: [parishcouncil@htsngoc.org](mailto:parishcouncil@htsngoc.org).

To be eligible for the scholarship:

- ◆ Camper must be an active member in our youth ministries.
- ◆ Family stewardship must be fulfilled for 2025.

# DON'T FORGET

**“Father! – To God himself we could not give a holier name” - William Wordsworth**

Once upon a time, a wise father decided to go for a walk in the forest with his little son. As they were walking, the boy tripped over a large stone, fell down, and hurt his knee. Hurt, the boy cried out loudly: “Ah!” To his surprise, he heard another voice from the depths of the forest shouting: “Ah!” Bewildered, the boy cried out: “Who are you?” The voice replied: “Who are you?” Angered by the repetition, the little boy cried out: “Coward!” The voice replied: “Coward!” The boy looked at his father and asked him what was wrong. The father smiled, took his son’s hand, and told him to look up at the trees. Then, the father cried out loudly: “I admire you!” The voice replied from afar: “I admire you!” The son did not understand anything. Then his father explained: “Son, this is called an echo. But in reality, it works just like life. Life always returns to you what you give. Whatever you say or do, comes back to you. If you want more love, give more love. If you want respect, show respect. Life is a mirror of your actions.” AI can make mistakes, so double-check responses

*«What we become depends on what our fathers teach us»*

Umberto Eco





# COFFEE FELLOWSHIP



Join us every Sunday after Divine Liturgy



- June 7<sup>th</sup> PARISH COUNCIL
- June 14<sup>th</sup> YOUTH MINISTRIES
- June 21<sup>th</sup> AHEPA
- June 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

The CALLICOLONE chapter of the Daughters of Penelope will be closing out our 2025-2026 program.

Our final meeting will be on **Thursday June 25, 2026** at 7 pm in the Community Center lobby. Elections will be held for officers for 2026-2027. A happy Father's Day to all the fathers in our community. A joyful summer to all. We reconvene our meeting schedule in September of 2026. See you all at the Festival!

Diana Kolaitis  
Corresponding Secretary

## AHEPA

*We hope everyone had a wonderful Easter Celebration.*

We want to thank everyone who purchased a raffle to benefit the AHEPA Chapter 349 Graduate Scholarship Fund for this year. We are still short of our goal of 250 raffles so we are asking for everyone's support to assist in giving all the Holy Trinity graduates our appreciation for their efforts. The price of each raffle is \$20. First prize is \$1,000. Second prize is \$750. Third prize is \$500. Every dollar we receive goes to the graduates so please be generous. There are only 300 raffles printed so your chances of winning are fairly high. The drawing will occur on June 7, 2026 during the coffee hour. We thank everyone once again for their support.

President  
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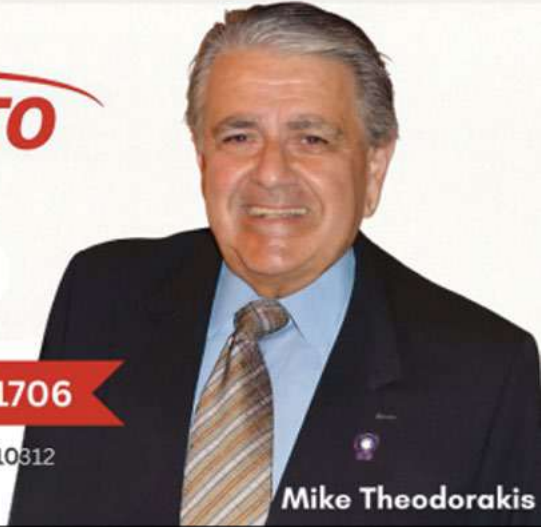


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«*Methexis*» /mé.tʰek.sis/, (*méthexis*):

Mental, spiritual participation, meeting, contact and communication

The Monthly Bilingual Bulletin of Holy Trinity-St Nicholas  
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Our mission is to reach out to all members of the Community by providing useful information  
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