HOLY TRINITY GREEK ORTHODOX CHURCH

Reverend Father Constantine Simeonidis Proistamenos Reverend Father Kyriakos Hambos Ephemerios Orthros 8:15 a.m.; Divine Liturgy 9:30 a.m.

March 10, 2024 - Judgment Sunday (Meatfare)

Quadratus the Martyr & his Companions; Anastasia of Alexandria; Michael Mauroudes the New-Martyr

Matins Gospel: John 20:1-10 Έωθινὸν: Κατὰ Ἰωάννην 20:1-10

Epistle Reading: 1 Corinthians 8:8-13; 9:1-2 Απόστολος: Πρὸς Κορινθίους α' 8:8-13; 9:1-2

Gospel Reading: Matthew 25:31-46 Εὐαγγέλιον: Κατὰ Ματθαῖον 25:31-46

40-Day Blessing: Mika Schiller (Cooper, Son)

HYMNS FOR THE SMALL ENTRANCE

Resurrectional Apolytikion: Grave Mode

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

Entrance Hymn: Mode 2

Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

Resurrectional Apolytikion: Repeated

Apolytikion of the Church: Mode pl. 4

Blessed are You, O Christ our God,* who made fishermen all wise,* by sending down upon them the Holy Spirit,* and through them,* drawing all the world into Your net.* O Lover of mankind, glory to You.

Kontakion: Mode 1

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge.

Special Services this Week: Saturday, March 16, Saturday of the Souls, Orthros 9:30 a.m., Divine Liturgy 10:00 a.m.

THE EPISTLE READING

Prokeimenon. Mode 4 Psalm 146.5;134.3

Great is our Lord, and great is his power. Verse: Praise the Lord, for the Lord is good.

1 Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Ό ΆΠΌΣΤΟΛΟΣ

Ποοκείμενον. Ήχος δ' ΨΑΛΜΟΙ 146.5;134.3

Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχὺς ἀὐτοῦ. Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθός.

Πρὸς Κορινθίους α' 8:8-13; 9:1-2

Άδελφοί, βοῶμα ήμᾶς παρίστησιν τῷ θεῷ· οἴτε γὰρ ἐὰν περισσεύομεν, φάγωμεν ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ύμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γάρ τις ἴδη σε τὸν ἔχοντα γνῶσιν ἐν εἰδωλείω κατακείμενον, ή συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ είδωλόθυτα ἐσθίειν; Καὶ ἀπολεῖται ό ἀσθενῶν ἀδελφὸς ἐπὶ τῆ σῆ γνώσει, δι΄ ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ άμαρτάνοντες εἰς τοὺς άδελφούς, καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν, εἰς Χοιστὸν άμαρτάνετε. Διόπερ εἰ βοῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμὶ ἀπόστολος; Οὐκ εἰμὶ ἐλεύθερος; Οὐχὶ Ἰησοῦν κύοιον Χοιστὸν τὸν ήμῶν έώρακα; Οὐ τὸ ἔργον μου ὑμεῖς έστε ἐν κυρίω; Εἰ ἄλλοις οὐκ εἰμὶ ἀπόστολος, ἀλλά γε ὑμῖν εἰμι· ἡ γὰο σφοαγὶς τῆς ἐμῆς ἀποστολῆς ύμεῖς ἐστε ἐν κυρίω.

THE GOSPEL READING Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

Ministry News & Updates

ADULT SPIRITUAL ENRICHMENT and YOUTH CATECHISM continue TODAY

Hellenic Dance will begin, TODAY, Sunday, March 10 - If you are interesting in joining our award winning Hellenic Dance program, please contact Venetta Jones at herrra40@ hotmail.com. Please go to the Aegean Hall at 11:45 p.m. for a brief meeting with Fr. Kyriakos before practices begin.

Philoptochos will have a General Meeting, TODAY, Sunday, March 10 - The meeting will be after the Divine Liturgy in the Parish Council Conference Room. All members are invited.

Orthodoxy 101 will continue on Monday, March 11 - This class is offered for those seeking to come into the Orthodox Church and as a refresher for those already Orthodox. Please contact Fr. Kyriakos if you would like to attend.

Bible Study will continue on Thurs. March 14 at 10:30 a.m. in the Parish Council Meeting Room. We are studying the Book of Revelations.

OPA Sit Down with Fr. C & Fr. K as well as Elections on Friday, March 15 at 7:00 p.m. in the Aegean Hall - All young adults are welcome to join us as we questions about our faith and life. We will also hold elections for OPA Leadership for the next year.

OPA Going to Annunciation Monastery on Saturday, March 16 - Outdoor work will primarily consist of setting up tents, tables, and chairs for their feast day. There may be som indoor work as well. Please email sebastian@filutowski.com and let him know you will be attending. Schedule for the day includes: 7:30am Liturgy, 9:30am Post-liturgy meal, 10:00am Work starts, 12:00pm Lunch, Work continues. The address is 13486 NW Hwy 225, Reddick, FL 32686.

<u>Please Remember Fr. Constantine or Fr. Kyriakos will never ask for gift cards or assistance via email or text messaging.</u> If you receive a text or email from someone claiming to be Fr. Constantine or Fr. Kyriakos asking for assistance, please call the office and do not respond.

Senior Outreach Ministry - Are you a caregiver or responsible for an aging adult whose needs are changing? Are you struggling through the process? Have you wondered what skilled nursing, assisted living, rehab and home health care really mean? Are you approaching retirement and confused about healthcare, long term care, downsizing or health insurance options? Do you wonder what documents you should have to protect yourself or your loved one? Do you know what "aging in place" is and what Hospice care involves? The Senior Outreach Ministry is all about finding answers to questions and understanding resources. Guidance exists for you at Holy Trinity. If y o u have wanted confidential help through the healthcare maze, please reach out!! Chris Rothenberger, M.Ed., Social Worker Consultant, Senior Outreach Director at HTGOC Crothenberger@cfl.rr.com, 407-765-1770



ART PARTY



JOIN US FOR FOOD & FUN CREATING A PIECE OF ART TOGETHER

SUNDAY MARCH 10TH AEGEAN HALL - 1:00 PM

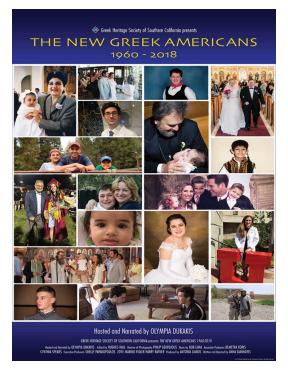
RSVP: NIKI.FRIEDMAN@YAHOO.COM



The Holy Trinity Greek Orthodox Church of Greater Orlando

invites you to a screening of the acclaimed documentary

The New Greek Americans 1960-2018



SUNDAY, MARCH 17TH

The screening will take place during coffee hour following service

1217 Trinity Woods Lane, Maitland, FL





Local Youth Scholarship Opportunities

AHEPA Scholarship - The Orlando Chapter of AHEPA solicits scholarship applications from students accepted for admission and/or enrolled in an academically accredited college, university, or technical school. For eligibility requirements and submission guidelines please visit the chapter's website (www.orlandoahepa.com/scholarship/) or contact Yiorgos Bakamitsos (bakamitsos@gmail.com).

Dion Raftopoulos Award 2024 – This scholarship is for Graduating High School Seniors. The scholarship is awarded with a preference towards an applicant with a musical background but is not required to apply. Please go to https://www.htgocorlando.org/youthscholarships to download the application. Completed applications need to be emailed to mail@htgocorlando.org by May 5, 2024.

Daughters of Penelope, Pelon Chapter #169 Scholarship Award - The Daughters of Penelope will be awarding a \$1,000.00 scholarship this year to a female student from our church who will be attending college or technical school in the fall. Please go to https://www.htgocorlando.org/youthscholarships to download the application. The deadline to apply is May 1, 2024.



Floral Arrangements for Lent & Pascha Services

The arrangements listed below will be used during Great Lent, Holy Week, Pascha, The Ascension, and Pentecost. You may wish to donate towards one of these arrangements, <u>in whole or in part</u>. You may donate towards one of the items listed below or <u>donate to the</u> General Lenten/Pascha Flower Fund.

Your donation will enable Philoptochos to decorate His Church during the Lenten Season. Your contribution is *needed and greatly appreciated* to provide all the floral needs during this season.

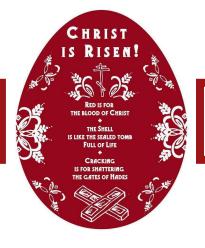
- FOUR SALUTATIONS TO THE THEOTOKOS AND THE AKATHIS HYMN ON SOLEA (5 Arrangements) \$175 EACH BANDALY & JANET AVDELLA, ELITE FLORAL & GIFT SHOPPE
- SUNDAY OF THE HOLY CROSS Daffodils \$1000 THE HARBILAS FAMILY IN MEMORY OF PENNY
- ANNUNCIATION ICON IN THE NARTHEX \$100
- ANNUNCIATION ICON STANDS ON SOLEA (2) \$100 EACH
- ANNUNCIATION FLOWERS FOR THE PANAGIA ON THE ICONOSTASION \$360 PETER & LISA CARELLAS
- SATURDAY OF LAZARUS AND PALM SUNDAY MORNING IN THE NARTHEX \$100 MARY MANTZARIS
- SATURDAY OF LAZARUS AND PALM SUNDAY MORNING IN ON SOLEA (2) \$100 DAVID & MELANIE BROCK
- PALM SUNDAY PALM CROSSES \$250 SUSAN PFEIL
- PALM SUNDAY PALM FRONDS \$250
- PALM SUNDAY FLOWERS FOR CHRIST ICON ON THE ICONOSTASION \$360
- PALM SUNDAY FLOWERS FOR PANAGIA ON THE ICONOSTASION \$360 YOIT CALLAHAN
- BRIDEGROOM (SUNDAY, MONDAY & TUESDAY) IN NARTHEX \$100
- BRIDEGROOM (SUNDAY, MONDAY & TUESDAY) ON SOLEA \$200
- BRIDEGROOM (SUNDAY, MONDAY & TUESDAY) SOLEA ICON STANDS (2) \$100 EACH
- MYSTICAL SUPPER (WEDNESDAY NIGHT & THURSDAY MORNING) IN NARTHEX \$100
- MYSTICAL SUPPER (WEDNESDAY NIGHT & THURSDAY MORNING) SOLEA ICON STANDS (2) \$100 EACH
- CRUCIFIXION (THURSDAY NIGHT & HOLY FRIDAY MORNING) IN NARTHEX \$100
- CRUCIFIXION (THURSDAY NIGHT & HOLY FRIDAY MORNING) ICON STANDS (2) \$100 EACH BILL & LULA VASTARDIS
- CROSS ON SOLEA (ROSE WREATH ON CHRIST'S HEAD) \$300 BESS FRANCISCO
- HOLY FRIDAY NIGHT FLOWERS FOR THE KOUVOUKLION 8 BOUQUETS AT \$400 EACH
- HOLY FRIDAY NIGHT KOUVOUKLION DOME \$650 EMANUEL & CALLIE ELLIOTT
- HOLY FRIDAY NIGHT FLOWERS FOR THE TRANSPORTABLE SMALL KOUVOUKLION \$700 EMANUEL & CALLIE ELLIOTT
- HOLY FRIDAY NIGHT, HOLY SATURDAY MORNING, & PASCHA ICON OF CHRIST IN THE TOMB NARTHEX \$100
- HOLY FRIDAY NIGHT, HOLY SATURDAY MORNING, & PASCHA ICON CHRIST IN THE TOMB ICON STANDS ON SOLEA (2)
 \$100 EACH
- HOLY SATURDAY MORNING BAY LEAVES JIM AND STELLA SIRKS
- PASCHA & BRIGHT WEEK SEASONAL FLOWERS FOR SOLEA AND NARTHEX \$800
- PASCHA FLOWERS FOR CHRIST ICON ON THE ICONOSTASTION \$360 KIKI STECKEL
- PASCHA FLOWERS FOR PANAGIA ICON ON THE ICONOSTASTION \$360 KIKI STECKEL
- RESURRECTION BANNER (Saturday & Sunday) \$60
- ASCENSION FLOWERS FOR CHRIST ICON AND THE ICONOSTASION \$360
- ASCENSION ICON BOX IN NARTHEX \$100
- ASCENSION ICON BOXES ON SOLEA (2) \$100 EACH
- PENTECOST FLOWERS FOR CHRIST ICON AND THE ICONOSTASION \$360 THE DINOS CONSTANTINE FAMILY
- PENTECOST ICON BOX IN NARTHEX \$100
- PENTECOST ICON BOXES ON SOLEA (2) \$100 EACH

Please contact the Front Office to donate towards an arrangement.

FOR THESE SPECIAL FLORAL DONATIONS AND ALL LENTEN FLOWER DONATIONS, PLEASE MAKE CHECKS PAYABLE TO:

PHILOPTOCHOS AND IN THE MEMO: PASCHA FLOWERS

ORDER DEADLINE MARCH 17



ORDER DEADLINE MARCH 17

PASCHA APPETIZERS & TSOUREKIA

For Pascha, order these delicious tiropites and spanakopites and Traditional Tsourekia

PRESALES ARE STRONGLY RECOMMENEDED LIMITED SUPPLIES AVAILABLE DURING COFFEE HOUR

TIROPITES & SPANAKOPITES		QTY.	TOTAL
Tiropites 48/1 oz. Cheese Triangles/uncooked \$36/Tray	X	<u> </u>)
Spanakopites 48/1 oz. Spinach Triangles/uncooked \$36/7		=\$	
Tiropites 24/3 oz. Cheese Triangles/uncooked \$38/Tray	•	=\$	
Spanakopites 24/3 oz. Spinach Triangles/uncooked \$38/T			
	TOTAL APPET	TIZERS \$	
		Ψ_	
PASCHA TSOUREKIA		QTY.	TOTAL
Tsourekia 1# - with Red Easter Egg	\$12/each X_	=\$_	
PLACE YOUR ORDER AND MAKE PAYMENTS PICK-UP DATES: SUNDAY, APRIL 21 ANI			<u>7.</u>
TOTAL APPETIZERS \$			
TOTAL TSOUREKIA \$			
TOTAL PAYMENT ATTACHED \$_		_	
NamePhone	Email		_
PLEASE CONTACT STELLA SIRKS AT 407-963-5		S@AOL.CC)M
TO PLACE ORDERS AND MAKE	PAYMENTS.		

Check, Cash, or Credit Card payment MUST accompany your order form

Make checks payable to "PHILOPTOCHOS"

Checks can be mailed to Stella Sirks at 10811 Dominico Street, Orlando, FL, 32825

Mark Your Calendars Great Lent begins on Monday, March 18

Forgiveness Vespers will be on Sunday, March 17 at 6:00 p.m.

LENTEN WORSHIP SCHEDULE 2024 starts on Monday, March 18

Join us as we prepare ourselves for the Resurrection of Christ! Weekly Services include:

Mondays at 5:30 p.m. - Lenten Great Compline Wednesdays at 6:00 p.m. - Lenten Presanctified Liturgy Fridays at 6:00 p.m. - Salutations to the Theotokos

LENTEN DINNERS AFTER PRESANCTIFIED in the Agape Ballroom

Join us for food and fellowship sponsored by the ministries of Holy Trinity...Please contact Fr. Kyriakos if your ministry is willing to help provide a meal on the following Wednesdays:

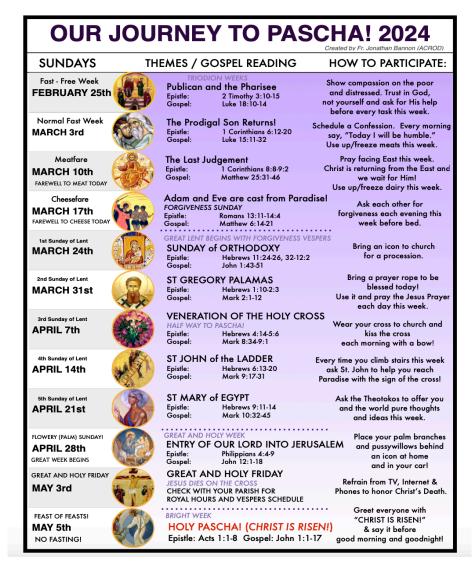
March 20 March 27

April 3 - Philoptochos April 10 - Youth Catechism Wednesday, April 17 - Choir

A Family Lenten Calendar is coming soon to help your family navigate Great & Holy Lent and find ways to make it a more meaningful experience for everyone.

10 Rules & Suggestions for Great Lent

- 1. Always be happy, pray all the time and be thankful for everything.
- 2. Keep praying.
- 3. Go to church services.
- 4. Repent!
- 5. Watch your health.
- 6. Eyes on your own plate.
- 7. Think less about food.
- 8. Do good for others.
- 9. Love people without pleasing people.
- 10. Follow Christ!



BFA Cranium Chronicles



Brain Fitness
Academy

It was fun when we brought out the paint boxes and tried something new, along with our journaling, brain games and other right/left brain challenges to strengthen concentration, memory; it turns out we have some math whizzes!

If you plan to help with providing "found" items, please do it asap. Glossy magazines (food, travel, flowers, interesting pictures etc.), tissue paper,

paints, brushes will be put to good use in creative sessions. And, we really do need BUTTONS of any color or size.

Volunteers are welcoming 2 local experts to Holy Trinity at a Memory Matters workshop next week. Would you like to come? Also, anyone interested in visiting Brain Fitness Academy, should contact Chris Rothenberger, Director for

scheduling by e mailing crothenberger@cfl.rr.com or by calling/texting 407-765-1770. This is the best way to understand how strengthening memory and creating new neuropathways works, and to see if you'd like to be a volunteer, too!

Join us on Sunday, March 24 for a Greek Independence Day Celebration in the Agape Ballroom



Come watch our very own Hellenic Dancers Perform!

This event and special coffee hour will be sponsored by the AHEPA, Hellenic Academy, Hellenic Dance and GOYA

To Our Visitors and Guests

We welcome you to worship with us this morning! Thank you for joining us!

Unfortunately, one of the sad consequences of the divisions among Christians is that we cannot offer the Eucharist (Holy Communion) to anyone except Orthodox Christians in good moral standing with beliefs and practices of the Orthodox Church. Orthodox Christians believe that the Eucharist is a final sign of unity among all Christians and not a means by which unity is achieved. We invite you to share in the Antidoron (Blessed Bread) that is distributed at the conclusion of the Divine Liturgy.