

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 3, 2024 - Sunday of the Prodigal Son

The Holy Martyrs Eutropius, Cleonicus, and Basiliscus; Theodoretos the Holy

Martyr of Antioch; Nonnita, mother of Saint David

Matins Gospel: Luke 24:36-53

Ἑωθινόν: Κατὰ Λουκᾶν 24:36-53

Epistle Reading: 1 Corinthians 6:12-20

Ἀπόστολος: Πρὸς Κορινθίους α' 6:12-20

Gospel Reading: Luke 15:11-32

Εὐαγγέλιον: Κατὰ Λουκᾶν 15:11-32

Memorial Service: Eleftheria Douvalis (1 year)

40-Day Blessing: Eleni Karamanis (Theodore, Son)

HYMNS FOR THE SMALL ENTRANCE

Resurrectional Apolytikion: Mode pl. 2

When the angelic powers appeared at Your tomb, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary, who was seeking Your immaculate body. Unassailed by Hades, You divested it of spoils. Then You met the Virgin. You granted life. O Lord, risen from the dead, glory to You!

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 for Memorial: Mode pl. 4

Remember, O Lord, as You are good,* Your servants, and forgive every sin they have committed in this life.* For no one is sinless except You,* Who have power to grant rest to those who have fallen asleep.*

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 4

I revolted senselessly * out of Your fatherly glory; * I have squandered sinfully * all of the riches You gave me.* Hence to You, using the Prodigal's words, I cry out,* I have sinned before You, merciful loving Father.* O receive me in repentance, * I pray, and treat me * as one of Your hired hands.

Special Services this Week: Monday, March 4, Paraklisis 5:15 p.m.; Saturday, March 9, Saturday of the Souls, Orthros 9:30 a.m., Divine Liturgy 10:00 a.m.

THE EPISTLE READING

Prokeimenon. Mode Plagal 2

Psalms 27.9,1

O Lord, save your people and bless
your inheritance. Verse: To you, O
Lord, I have cried, O my God.

1 Corinthians 6:12-20

Brethren, "all things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and the stomach for food" -- and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by his power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body and in your spirit which belong to God.

Ὁ ΑΠΟΣΤΟΛΟΣ

Προκείμενον. Ἦχος πλ. β'

ΨΑΛΜΟΙ 27.9,1

Σῶσον, Κύριε τὸν λαὸν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου.
Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ
Θεός μου.

Πρὸς Κορινθίους α' 6:12-20

Ἀδελφοί, πάντα μοι ἔξεστιν, ἀλλ' οὐ
πάντα συμφέρει· πάντα μοι ἔξεστιν,
ἀλλ' οὐκ ἐγὼ ἐξουσιασθήσομαι ὑπὸ
τινος. Τὰ βρώματα τῇ κοιλίᾳ, καὶ ἡ
κοιλία τοῖς βρώμασιν· ὁ δὲ θεὸς καὶ
ταύτην καὶ ταῦτα καταργήσει. Τὸ
δὲ σῶμα οὐ τῇ πορνείᾳ, ἀλλὰ τῷ
κυρίῳ, καὶ ὁ κύριος τῷ σώματι· ὁ
δὲ θεὸς καὶ τὸν κύριον ἡγειρεν καὶ
ἡμᾶς ἐξεγερεῖ διὰ τῆς δυνάμεως
αὐτοῦ. Οὐκ οἶδατε ὅτι τὰ σώματα
ὑμῶν μέλη Χριστοῦ ἐστίν; Ἄρα οὖν
τὰ μέλη τοῦ Χριστοῦ ποιήσω πόρνῃς
μέλη; Μὴ γένοιτο. Οὐκ οἶδατε ὅτι
ὁ κολλώμενος τῇ πόρνῃ ἐν σῶμά
ἐστίν; Ἔσονται γάρ, φησὶν, οἱ δύο
εἰς σάρκα μίαν. Ὁ δὲ κολλώμενος
τῷ κυρίῳ ἐν πνεύμα ἐστίν. Φεύγετε
τὴν πορνείαν. Πᾶν ἁμάρτημα ὃ
ἐὰν ποιήσῃ ἄνθρωπος ἐκτὸς τοῦ
σώματός ἐστιν· ὁ δὲ πορνεύων εἰς
τὸ ἴδιον σῶμα ἁμαρτάνει. Ἡ οὐκ
οἶδατε ὅτι τὸ σῶμα ὑμῶν ναὸς τοῦ
ἐν ὑμῖν ἁγίου πνεύματος ἐστίν, οὗ
ἔχετε ἀπὸ θεοῦ; Καὶ οὐκ ἐστὲ ἑαυτῶν,
ἡγοράσθητε γὰρ τιμῆς· δοξάσατε δὴ
τὸν θεὸν ἐν τῷ σώματι ὑμῶν, καὶ ἐν
τῷ πνεύματι ὑμῶν, ἃτινά ἐστιν τοῦ
θεοῦ.

THE GOSPEL READING

Luke 15:11-32

The Lord said this parable: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of the property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have filled his belly with the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.' And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"

Ministry News & Updates

ADULT SPIRITUAL ENRICHMENT and YOUTH CATECHISM continue TODAY

Orthodoxy 101 will continue on Monday, March 4 - 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 7 at 10:30 a.m. in the Parish Council Meeting Room. We are studying the Book of Revelations.

Hellenic Dance will begin again on March 10 - If you are interesting in joining our award winning Hellenic Dance program, please contact Venetta Jones at herrra40@hotmail.com.

Please Remember Fr. Constantine or Fr. Kyriakos will never ask for gift cards or assistance via email or text messaging. 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.

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.

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 you 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



OCT Monastery Trip

PLACE: ANNUNCIATION OF THE THEOTOKOS GREEK
ORTHODOX MONASTERY

DATE: Saturday March 9th

TIME: 10AM - 3PM Lunch will be provided

ADDRESS: 13486 NW Hwy 225, Reddick, FL 32686

The nuns could
use a lot of help
in the workshop
from the girls
specifically!!

****DRESS CODE****: CLOSED TOED
SHOES, LONG SLEEVES FOR BOTH
GUYS AND GIRLS, LONG PANTS FOR
GUYS, LONG SKIRTS FOR GIRLS. GIRLS
SHOULD WEAR HEAD SCARVES.

RSVP to
George
Planakis:
954-770-9527



HOPE & JOY'S

ART PARTY



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

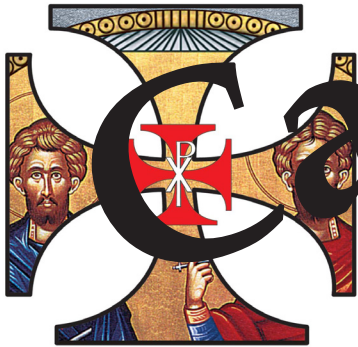
**SUNDAY MARCH 10TH
AEGEAN HALL - 1:00 PM**

RSVP: NIKI.FRIEDMAN@YAHOO.COM



The Holy Trinity Philoptochos Society is inviting you to a
Membership & Minors Party

PHILOPTOCHOS



When: Sunday, March 26, 2024
Time: After Church and Catechism Classes
Where: Home of Pamela Filutowski
Address: 2212 Alaqua Drive, Longwood,
FL 32779

RSVP by February 27, 2024 to dorafrancis10@gmail.com or ssirks@aol.com



SUNDAY
MARCH 17

GOYA
Sundae
FUN DAY!

AFTER YOUTH
CATHECHISM IN
THE AEGEAN
HALL

YUM!

We will be
playing an
Orthodox Trivia
game to prepare
us for Great
Lent

JOIN US FOR OUR
MARCH MEETING AND
CELEBRATE CHEESEFARE
SUNDAY WITH SOME
ICECREAM AND ALL
YOUR FAVORITE
TOPPINGS!



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 dates:

Wednesday, March 20

Wednesday, March 27

Wednesday, April 3












Wednesday, April 10

Wednesday, April 17

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

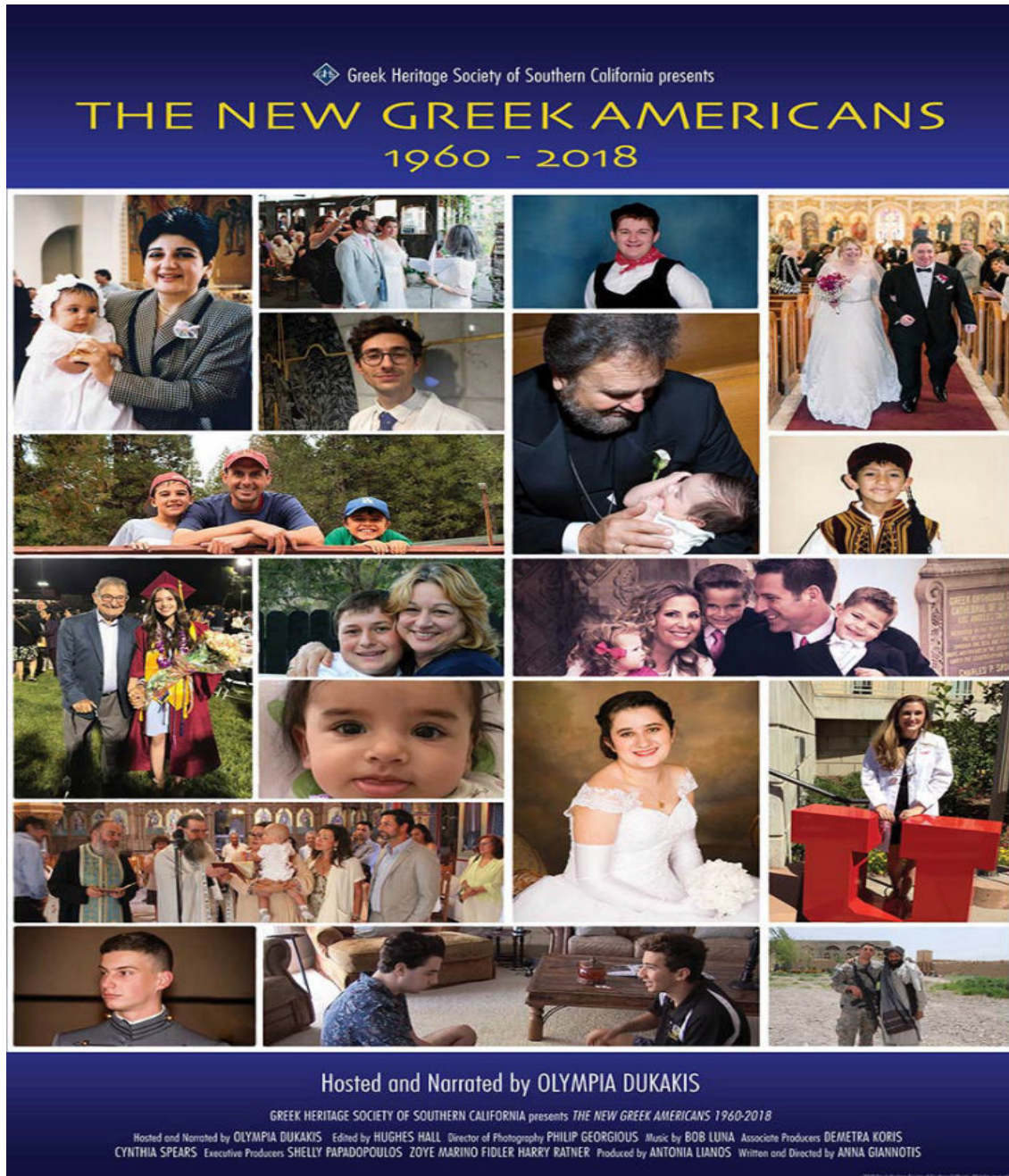
1. Always be happy, pray all the time and be thankful for everything.
2. Keep praying.
3. Go to church services.
4. Repent!
5. Watch your health.
6. Eyes on your own plate.
7. Think less about food.
8. Do good for others.
9. Love people without pleasing people.
10. Follow Christ!

OUR JOURNEY TO PASCHA! 2024		
<small>Created by Fr. Jonathan Bannon (ACROD)</small>		
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th	 Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 10th <small>FAREWELL TO MEAT TODAY</small>	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 17th <small>FAREWELL TO CHEESE TODAY</small>	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 24th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 31st	 VENERATION OF THE HOLY CROSS <small>HALF WAY TO PASCHA!</small> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
3rd Sunday of Lent APRIL 7th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
4th Sunday of Lent APRIL 14th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
5th Sunday of Lent APRIL 21st	 ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
FLOWERY (PALM) SUNDAY! APRIL 28th <small>GREAT WEEK BEGINS</small>	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 3rd	 HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!
NO FASTING!		

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

Brain Fitness Academy Chronicles



**Brain Fitness
Academy**

Week 3 ended on a high note! With the goal of strengthening concentration, memory and increasing right and left brain activity, everyone enjoyed geography trivia, Are you Smarter than a 5th Grader?, Family Feud, as well as gratitude journaling. There was a lot of sharing and laughter this week!

Our Cranium Crunches were a big hit! The new balls of various sizes definitely challenged eye/hand coordination while listening to upbeat music. Our first attempt at Abstract Painting was a success, using water color paints.

Thank you to Jeannine Ballinger for joining us on her day off, and welcome to Elaine Harbilas, our newest volunteer!

Please take a look at the last 2 bulletins to see if you have any colorful glossy magazines and found items we can use for art projects. We really need them and can't begin without materials. PM me to coordinate pick up.

Would you like to visit? Or Volunteer one day? Give me a call to chat. Chris Rothenberger, M.Ed. Director Brain Fitness Academy crothenberger@cfl.rr.com
407-765-1770

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

March 24, 2024



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.