

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.

April 14, 2024 - Sunday of St. John Climacus

Aristarchus, Pudens, Trophimus the Apostles of the 70; Thomais the Martyr of Alexandria;

Ardalion the Actor and Martyr; Demetrios the New-Martyr of Arcadia

Matins Gospel: Matthew 28:16-20

Ἑωθινὸν: Κατὰ Ματθαῖον 28:16-20

Epistle Reading: Hebrews 6:13-20

Ἀπόστολος: Πρὸς Ἑβραίους 6:13-20

Gospel Reading: Mark 9:17-31

Εὐαγγέλιον: Κατὰ Μᾶρκον 9:17-31

Memorial Service: Thoma Daka (1 year); Elias Stoumbos (2 years); Michael Fifis (3 months)

40 Day Blessing: Hannah Rivera (Mother); Alexander (Son)

HYMNS FOR THE SMALL ENTRANCE

Resurrectional Apolytikion: Mode 4

When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, "Death has been despoiled! Christ God has risen, granting the great mercy to the world!"

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 the Devout Man: Mode pl. 4

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

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 pl. 4

O Champion General, I your City now inscribe to you* Triumphant anthems as the tokens of my gratitude,* Being rescued from the terrors, O Theotokos.* Inasmuch as you have power unassailable,* From all kinds of perils free me, so that unto you* I may cry aloud: Rejoice, O unwedded Bride.
(Hymns Continued.....)

Hymn to the Theotokos: In you, O Lady full of grace, all creation rejoices, the hosts of Angels and the human race. O consecrated temple and allegorical Paradise, virgins boast of you. For God became incarnate from you, yes, our eternally existing God became a child from you. He made a throne of your womb, and He made your body wider than the heavens. In you, O Lady full of grace, all creation rejoices. Glory to you!

Special Services this Week: Monday, April 15, Great Compline 5:00 p.m.; **Wednesday, April 17,** Pre-Sanctified Liturgy 6:00 p.m.; **Friday, April 19,** Salutations to the Theotokos 6:00 p.m.

Ὁ ΑΠΟΣΤΟΛΟΣ
Προκείμενον. Ἦχος δ'
ΨΑΛΜΟΙ 103.24,1

Ὡς ἐμεγαλύνθη τὰ ἔργα σου Κύριε,
πάντα ἐν σοφίᾳ ἐποίησας.

Στίχ. Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον.

Πρὸς Ἑβραίους 6:13-20

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγειλάμενος ὁ θεός, ἐπεὶ κατ' οὐδενὸς εἶχεν μείζονος ὁμόσαι, ὥμοσεν καθ' ἑαυτοῦ, λέγων, Ἦ μὴν εὐλογῶν εὐλογήσω σε, καὶ πληθύνων πληθυνῶ σε. Καὶ οὕτως μακροθυμήσας ἐπέτυχεν τῆς ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσιν, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὄρκος. Ἐν ᾧ περισσότερον βουλόμενος ὁ θεός ἐπιδειῖξαι τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος ἣν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν, καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

THE EPISTLE READING

Prokeimenon. Mode 4
Psalm 103.24,1

O Lord, how manifold are your works.
You have made all things in wisdom.

Verse: Bless the Lord, O my soul.

Hebrews 6:13-20

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

THE GOSPEL READING

Mark 9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Μάρκον 9:17-31

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ λέγων, διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτόν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατήρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἔξελθεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἔξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἠθέλεν ἵνα τις γνῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

Ministry News & Updates

ADULT SPIRITUAL ENRICHMENT and YOUTH CATECHISM Continue TODAY

Choir Rehearsal TODAY, Sunday, April 14 from 11:30 a.m. - 12:30 p.m. - we will focus on Palm Sunday special hymns and Lamentations - are you planning to attend?

Orthodoxy 101 will continue on Monday, April 15 at 6:30 p.m. - 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. April 18 at 10:30 a.m. in the Parish Conference. We are studying the Book of Revelations.

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.

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

Good Samaritan Bags are back! Grab one in the Narthex before you leave!

Byzantine Chant 101 Classes Coming Soon! - We are hoping to start a Byzantine Chant 101 class with Sister Miriam who has recently joined our community. Classes will start most likely after Pascha. If you have any interest in learning how to chant, please email frkyriakos@htgocorlando.org.

Holy Friday Myrofores (Myrhhbearers) Needed - If your daughter is in 3rd - 6th grade and wishes to participate as a Myrofora on Holy Friday evening, please email Irene Sorich at isorich713@gmail.com. Your daughter will need a white dress and white shoes and meet in the Narthex at 6:30 p.m. on Holy Friday, May 3.

COMMUNITY PASCHA CARDS - Send a kid to St. Stephen's Summer camp by donating to the Community Pascha Cards. Your donation will place your name in our community Pascha Cards which will be sent out to the entire HTGOC Community and will help sponsor a child for St. Stephen's Summer Camp. GOYA will be selling cards in the foyer of Coffee Hour.

PHILOPTOCHOS Lenten & Pascha Flower Donation Update

The Ladies Philoptochos would like to thank everyone for their generosity in donating to the adornment of our church during this holy season. There are only 8 arrangements remaining for donation:

PALM SUNDAY-PALM FRONDS \$250.00

ASCENSION-ARCH FOR CHRIST ICON ON THE ICONOSTASION \$360.00

HOLY FRIDAY-KOUVOUKLION-6 OF 8 BOUQUETS LEFT \$400.00 EACH

Please contact the Front Office to donate towards these remaining arrangements. We are also gratefully accepting donations of any amount towards these 8 remaining arrangements and for the miscellaneous supplies necessary to complete the decorating of the church for Holy Lent and Pascha.

FOR THESE SPECIAL FLORAL DONATIONS AND ALL LENTEN FLOWER DONATIONS, PLEASE MAKE CHECKS PAYABLE TO: PHILOPTOCHOS AND IN THE MEMO: PASCHA FLOWERS. FOR CREDIT CARD DONATIONS, CONTACT STELLA SIRKS AT 407-963-5959



Please join the Daughters of Penelope for a membership Tea on Sunday April 14th at 12:30 at the home of Kiki Constantine

*827 Brightwater Circle
Maitland, FL 32751*

Please RSVP to Linda Winchester 407-919-8815

By April 10th

GRADUATE SUNDAY MAY 19, 2024

Are you or a loved one graduating from High School, College, or Graduate School? Please email a short bio, where they are graduating from, what their future plans are, and a photo we can place in the bulletin. Email all information to Frkyriakos@htgocorlando.org. Deadline is May 6, 2024.

COFFEE FELLOWSHIP NEEDS YOUR HELP

We want to continue to offer Coffee Fellowship for everyone after the Divine Liturgy but we need your help. Please contact Adam Karras at ellinas1@verizon.net to help or utilize our Sign Up Genius to help on Sundays by using the QR code here. The church provides everything all we need is the help.



NEW: Holy Trinity Outreach Ministry (An Arm of the Holy Trinity Missions' Ministry)

Love thy Neighbor through our Monthly Community Outreach

We have partnered with the Church of the Good Sheperd in Maitland to assist in distributing food they have obtained from the Second Harvest Food Bank. The Food Bank is open every 2nd and 4th Saturday of the Month from 9am - 12pm. We will be assisting with packing grocery boxes/bags and adding additional frozen and refrigerated foods to the bags to be distributed to cars as they drive up to the distribution line. There are several jobs that are needed, shoppers, packers, distribution, and runners. This is a family friendly event.

Where: 331 Lake Ave, Maitland, FL 32751, US

Our next date is: May 11, 2024

What to expect: A rewarding experience!

To Volunteer: Scan our QR code to sign up and find more instructions.

Questions: Head to the table in the Agape Ballroom Foyer and speak with Aarin Fotopoulos.



SCAN ME

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 of \$1,400 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.

EZAir Solutions Scholarship for the Trades 2024 – Trades are the backbone of a thriving community, ensuring essential services and infrastructure. To encourage and empower graduating High School seniors with a passion for the trades, EZAir Solutions is excited to announce a \$1,000 scholarship opportunity to support the next generation of trades professionals. Please go to <https://www.htgocorlando.org/youthscholarships> to download the application. Completed applications need to be emailed to scholarship@ezairsolutions.com by May 8, 2024

Holy Trinity Philoptochos will be awarding a \$1,000 scholarship to a graduating students who will be attending college or trade school in the fall. Please go to <https://www.htgocorlando.org/youthscholarships> for application and qualifications.

Vacation Bible School 2024

Register Now

<https://www.htgocorlando.org/vacation-bible-school>



June 3-6: 4:30 p.m. - 8:00 p.m.
Pre-K, 4 years old, - 5th Graders for the 2023-
2024 School Year.
FREE TO ATTEND

GOYA LOCK-IN

April 26-27, 2024

Here at Holy Trinity

All GOYANS 6th to 12th Grade are invited for an overnight lock-in to prepare for Holy Week.

Spiritual Discussions and Manhunt highly likely. Liturgy and Palm Folding on Saturday morning!

More details to come. Contact Fr. Kyriakos at frkyriakos@htgocorlando.org.

DEADLINE TO REGISTER:

April 24, 2024



HOPE & JOY

PRESENTS

**JOURNEY
THROUGH
HOLY WEEK**

PALM SUNDAY
APRIL 28, 2024
CLASSROOMS

LESSONS ON HOLY WEEK
Q&A WITH FR. KYRIAKOS
ARTS & CRAFTS

Following Divine Liturgy & Luncheon

RSVP | NIKI.FRIEDMAN@YAHOO.COM

BFA Cranium Chronicles Continue



**Brain Fitness
Academy**

What do you think performing the macarena in reverse and saying the alphabet backwards have in common? Answer: Improving focus, speed of processing, concentration, and sequencing! Try it, you'll see!

It's been a filled 2 weeks with more discussion about gratitude, challenging brain games, trivia, and more recently painting abstract designs and color blocking. The painting activity took us out of our comfort zone and after a few questions, everyone accepted the challenge of creating something "abstract". Lovely and colorful designs were the result that even delayed lunchtime!

Many thanks to Jeanine B., Elaine H., Callie H., and Elena K. for their generous help and availability each time we meet! One thing we can count on in Brain Fitness is laughter!

Calling ALL YOUTH AND FAMILIES

Saturday of Lazarus, April 27, 2024

Orthros 9:00 a.m.

Divine Liturgy 10:00 a.m.

Join us for Palm Cross
Folding and Breakfast in
the Aegean Hall



Palm Sunday Luncheon



April 28, 2024
Sponsored by Philoptochos

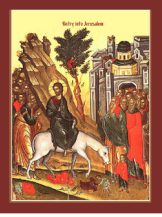
Make your reservations during Coffee Hour at the
Philoptochos table in the Foyer.
There will be NO tickets sold at the door

\$20 FOR ADULTS (12 AND UP)

Baked Fish
Oven Baked Potatoes
Beets, Skordalia, and Salad
Dessert
Beverage

\$12 FOR CHILDREN (4-11 YRS OLD)
3 AND UNDER ARE FREE!

WORSHIP SCHEDULE FOR HOLY WEEK 2024

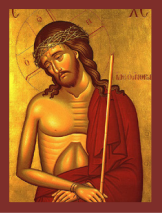


PALM SUNDAY - APRIL 28, 2024

8:15 AM- Orthros

9:30 AM- Divine Liturgy

6:00 PM- Bridegroom Service (Orthros)



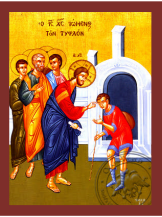
HOLY MONDAY - APRIL 29, 2024

6:00 PM- Bridegroom Service (Orthros)



HOLY TUESDAY - APRIL 30, 2024

6:00 PM- Bridegroom Service (Orthros)



HOLY WEDNESDAY - MAY 1, 2024

6:00 PM- Holy Unction Service



HOLY THURSDAY - MAY 2, 2024 - BISHOP SEVASTIANOS PRESIDING

9:00 AM- Vespereal Liturgy (Commemorating the Institution of the Eucharist)

5:15 PM- Crucifixion- Service of the Twelve Gospels (Orthros)



HOLY FRIDAY - MAY 3, 2024

9:00 AM- Royal Hours of Pascha

3:00 PM- Descent from the Cross- Apokathelosis (Vespers)

7:00 PM- Lamentations (Orthros)



HOLY SATURDAY - MAY 4, 2024

9:00 AM- Protianastasi (Vespereal Liturgy)

11:15 PM- Resurrection Service and Divine Liturgy



GREAT AND HOLY PASCHA- MAY 5, 2024

11:00 AM- Agape Vespers

12:00 PM- Pascha Glendi

Come join us to celebrate the traditional...

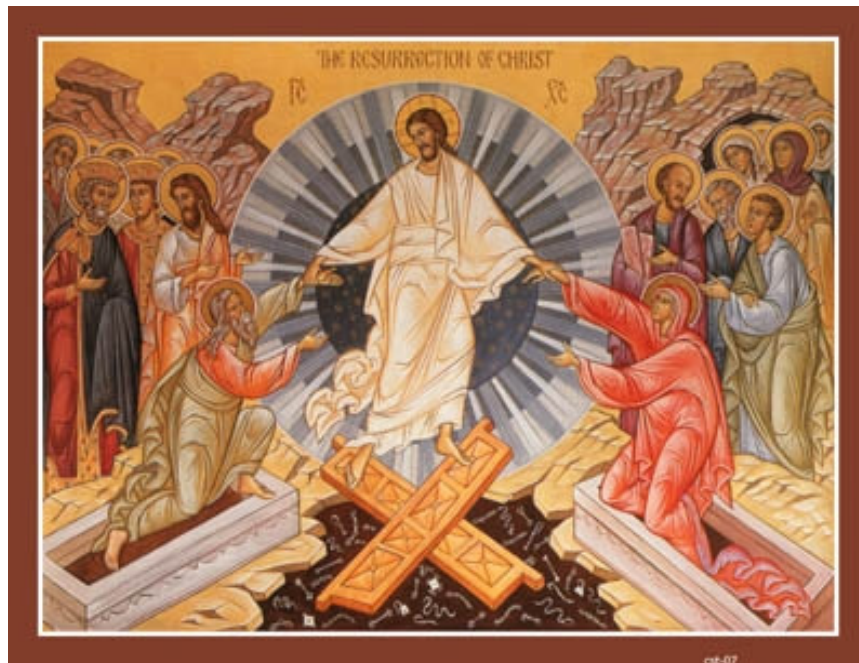
HOLY TRINITY GREEK ORTHODOX CHURCH
ANNUAL FAMILY PASCHA
GLENDI & PICNIC
MAY 5, 2024

Agape Service 11:00 a.m. ~ 12:00 p.m.

Picnic in the pavilion ~ Food will be served from 1:00 p.m. - 3:00 p.m.

Lunch and dessert! Entertainment! Dancing! Kid's Games! Egg Hunt!

Bring your family and friends!



We lovingly invite you to join us with tickets available on a **donation** basis. Please note that a ticket is necessary to enjoy the delightful food we'll have on offer. For a more personalized experience, we encourage you to select your seating upon reserving your tickets. For reservations made after Sunday, April 21, seating will be arranged in our cozy general seating area. We're excited to welcome up to 650 guests for this special occasion, with tickets offered on a heartfelt first-come, first-served basis. Come to the table in the foyer following the Divine Liturgy to reserve your tickets. For information, call or text Christian Chicles at 407-257-1492.

**For further information after April 21, call 407-331-4687
or mail@htgocorlando.org.**

Memorial Garden Crosses



2022 Actual Photo

In Memory of your departed loved ones.

The Crosses will be on display during Holy Week
In front of the New Prayer Garden by the covered walkway.

Please fill out an order form and return to or call:

Stella Sirks - 407-963-5959



ASAP with the deadline being April 21st

Sponsored by Philoptochos

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.