

# HOLY TRINITY GREEK ORTHODOX CHURCH OF GREATER ORLANDO

Ecumenical Patriarchate of Constantinople ~ Greek Orthodox Archdiocese of America

Holy Sacred Metropolis of Atlanta

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Reverend Father Kyriakos Hambos, Ephemerios ~ frkyriakos@htgocorlando.org

Volume 2024 Number 4

## APRIL 2024



To confirm the general resurrection before Your Passion, You resurrected Lazarus from the dead, O Christ our God. Therefore imitating the children, carrying the symbols of victory, we cry out to You the Victor over death: "Hosanna in the highest! Blessed are You, the One, who comes in the name of the Lord." (Apolytikon for Palm Sunday, celebrated on April 28, 2024)

## CHURCH CLERGY AND STAFF

Reverend Protoperbyter Constantine Simeonidis, Proistamenos  
Reverend Father Kyriakos Hambos, Ephemerios  
Protopsalti: Mr. Pantelis Xikis      Choir Director: Mrs. Stacey Norton

## PARISH COUNCIL

**President:** Yiorgos Bakamitsos  
**Vice President:** Flora Milios  
**Secretary:** Andy Gjurich  
**Treasurer:** Adam Karras  
**Assistant Treasurer:** Christian Chicles  
**Members:** Dora Francis, Aris Harrelson, Maria Haun-Davis, George Papaioanou, Andy Tringas, Alex Vastardis, Dean Vonetes, Luz Xikis

## PARISH COMMITTEES

**Building and Grounds:** Dean Bolaris, Mike Pampoukis, Joe Territo and Sophia Cordoba  
**Church Beautification Committee:** Flora Milios and Katerina Papaioanou  
**Education, Culture, Youth, and Diakonia Committee:** Maria Haun-Davis    Advisor: Dora Francis  
Members: Jennifer Cokias, Pamela Filutowski, Andy Tringas, Alex Vastardis, Irene Sorich, Venetta Jones  
**Finance Committee:** Ken Davis, Alex Vastardis, and George Evans  
**Greek Fest:** Sophia Cordoba, Alex Vastardis and Joyce Yarbrough  
**Hall Rental:** Maria Haun-Davis, Phil Logas, Dean Vonetes and Sophia Cordoba  
**Tables Extraordinaire:** Venetta Jones and Flora Milios  
**Stewardship Committee:** Dean Vonetes and Christian Chicles

## PARISH MINISTRIES

**Adult Spiritual Enrichment:** Pamela Filutowski and Ken Davis  
**Asteria Dance Troupe:** Maija Davatelis; Athan Roman & Christian Roman  
**Bible Study:** Fr. Kyriakos Hambos  
**Brain Fitness Academy:** Christine Rothenberger  
**Catechetical School:** Maria Haun-Davis, Presbyteria Elaine Simeonidis, and Irene Sorich  
**Choir and Youth Choir:** Stacey Norton  
**Coffee Fellowship:** Adam Karras  
**Flower Decorating:** Anna Bolaris, Kiki Steckel, Stella Sirks and Luz Xikis  
**Filarakia Dance Troupe:** Anastasia Jones and John Lagoutaris  
**Gift Shop and Bookstore:** Pam Filutowski, Flo McMahon  
**The Good Samaritan Society:** David Brock  
**GOYA:** Fr. Kyriakos Hambos, Effie Hill, Anna Patounakis & Jacqueline Cranias  
**Hellenic Dance Troupe:** Staci Lagoutaris  
**Hellenic Academy Principal:** Taso Mitrogogos  
**HOPE/JOY Advisors:** Niki Friedman, Nicole Michalopoulos, Kathleen Safi & Melissa Mendoros  
**Jr. Hellenic Dance Troupe:** Katherine Kartsonis, Krisa Roman and Venetta Jones  
**Kolyva Making:** Elisavet Pampoukis  
**Little Aegean Dance Troupe:** Melissa Mendoros and Sophia Kotsonis  
**Little Lambs Parent Playgroup:** Alexandra Stratis, Alyssa Bloxam and Kathleen Safi  
**Mission Ministry:** Fr. Kyriakos Hambos and Aarin Fotopoulos  
**Orthodoxy 101:** Fr. Kyriakos Hambos  
**OPA:** Sebastian Filutowski and Kristen Rosato  
**OCF:** George Planakis, Anastasia McCloud and Helen Carellas  
**Philoptochos:** Dora Francis  
**Prospora Bakers:** Iman Hilal, Martha Hilal, Pamela Filutowski, Oliver Filutowski, Tara Knecht and Flora Milios  
**Prayer Armada:** Melissa Georgiadis and Linda Martin  
**Senior Outreach:** Christine Rothenberger  
**Society of Wisdom:** Mary Mantzaris; Luz Xikis and Lula Vastardis  
**St. John Oratorical Festival:** Niki Tringas  
**Vacation Bible School:** Nicole Michalopoulos and Maria Haun- Davis  
**Youth Narthex Servers:** Jennifer Cokias

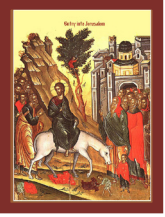
## AUXILIARY GROUPS

A.H.E.P.A.  
Daughters of Penelope

FOLLOW US ON:



# 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- Vesperal 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 (Vesperal Liturgy)

11:15 PM- Resurrection Service and Divine Liturgy









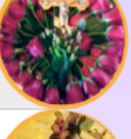
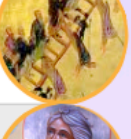
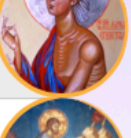
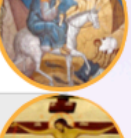
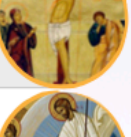

## GREAT AND HOLY PASCHA- MAY 5, 2024

11:00 AM- Agape Vespers

12:00 PM- Pascha Glendi

# OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 25th</b>	 <i>TRIDION WEEKS</i> <b>Publican and the Pharisee</b> 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 <b>MARCH 3rd</b>	 <b>The Prodigal Son Returns!</b> 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 <b>MARCH 10th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> 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 <b>MARCH 17th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> <i>FORGIVENESS SUNDAY</i> 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 <b>MARCH 24th</b>	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 31st</b>	 <b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>APRIL 7th</b>	 <b>VENERATION OF THE HOLY CROSS</b> <i>HALF WAY TO PASCHA!</i> 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!
4th Sunday of Lent <b>APRIL 14th</b>	 <b>ST JOHN of the LADDER</b> 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!
5th Sunday of Lent <b>APRIL 21st</b>	 <b>ST MARY of EGYPT</b> 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.
FLOWERY (PALM) SUNDAY! <b>APRIL 28th</b> GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> 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!
GREAT AND HOLY FRIDAY <b>MAY 3rd</b>	 <b>GREAT AND HOLY FRIDAY</b> <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>MAY 5th</b> NO FASTING!	 <i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

## Ministry News & Updates

Join us on SUNDAY, March 31 for our

# Spring Parish Assembly

Grab a Cup of Coffee  
and Join us in the Agape  
Ballroom on March 31



### ADULT SPIRITUAL ENRICHMENT and YOUTH CATECHISM continue today

**Orthodoxy 101 will continue on Monday, April 1 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 4 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!**

# 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.

<https://www.signupgenius.com/go/9040A4AAFAE28A0FB6-48793640-coffee>



## **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(s) are:** April 13 & May 11, 2024

**What to expect:** A rewarding experience!

**To Volunteer:** Link below or scan our QR code to access our SignUp Genius.

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



SCAN ME

# Join the Daughters of Penelope for these 2 events:

***Join us Sunday April 7<sup>th</sup> After Liturgy for the  
Daughters of Penelope Loukoumades/Frappe  
Sale to benefit our Scholarship Fund***



***Loukoumades \$5.00***

***Frappes \$3.00***



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

*827 Bridgewater Circle  
Maitland, FL 32751*

*Please RSVP to Linda Winchester 407-919-8815*

*By April 10th*

# 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/](http://www.orlandoahepa.com/scholarship/)) or contact Yiorgos Bakamitsos ([bakamitsos@gmail.com](mailto: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](mailto: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](mailto: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.

## Holy Friday Myrofores (Myrhhbearers) Needed

If your daughter is in 1st - 6th grade and wishes to participate as a Myrofora on Holy Friday evening, please email Irene Sorich at [isorich713@gmail.com](mailto: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.



# 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!**

Come join us to celebrate the traditional...

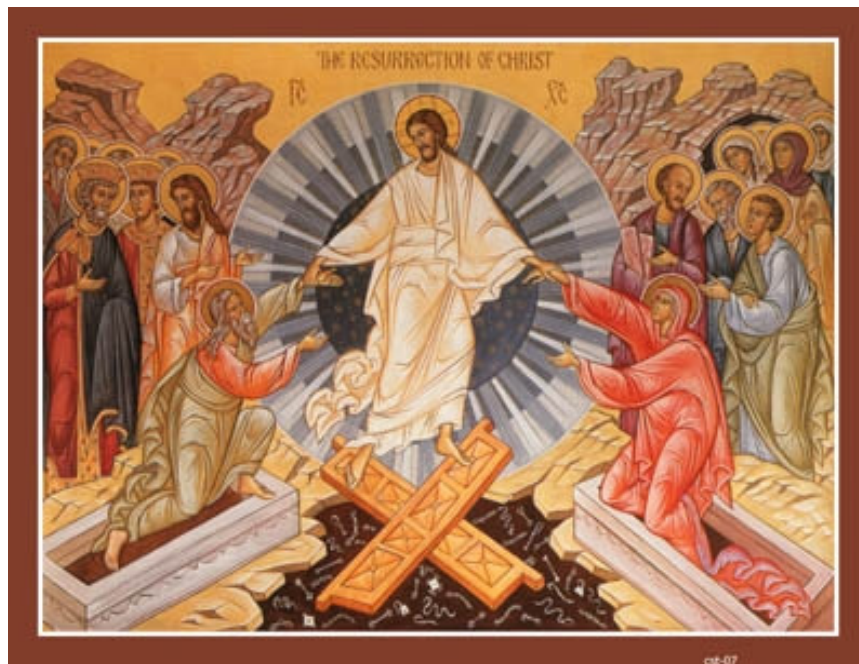
HOLY TRINITY GREEK ORTHODOX CHURCH  
ANNUAL FAMILY PASCHA  
GLENDI & PICNIC  
**MAY 5, 2024**

**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](mailto:mail@htgocorlando.org).**



# Brain Fitness Academy

## What is BRAIN FITNESS ACADEMY?

It is an established and success-based program of cognitive rehabilitation throughout Central Florida. In 2013, the curriculum won the International Council on Active Aging's Innovators Achievement Award



Maximizes the health and well being of individuals living with mild memory loss and cognitive impairment



Provides a therapeutic and safe environment for engaging in brain healthy activities and learning lifestyle adaptations



Focuses on strengths, capabilities, quality of life, socialization and enrichment

### What to Expect?

- Brain Fitness Academy offers a structured curriculum based program that meets 2x a week from 9:30 to 1:30 at Holy Trinity Greek Orthodox Church of Greater Orlando. Each class is limited to 16 members.
- Members of Brain Fitness Academy have opportunities for mental stimulation via proven brain exercises that stimulate memory and retention, as well as lifestyle adaptations.
- Socialization and fun activities.
- Self-expression in small group setting.
- Light physical exercise and Music
- Improved self-esteem and well-being.

For interview and applications, contact:

Christine Rothenberger M.Ed. ☎ 407-765-1770  
Director ✉ Brainfitness@htgocorlando.org



Holy Trinity Greek Orthodox Church of Greater Orlando  
1217 Trinity Woods Lane  
Maitland, FL 32751

*"Brain Fitness academy has enriched my mother's life by providing an environment that successfully engages all people with varying capabilities by boosting their self esteem and maximizing their health, well-being"*  
*"Brain Fitness provides a much needed service in the community as it is an environment for respite and resources for caregivers"*

# 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, *in whole or in part*. You may donate towards one of the items listed below or donate to the 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**

**FOR CREDIT CARD DONATIONS, CONTACT STELLA SIRKS AT 407-963-5959**

## Holy Trinity Family Lenten Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 17 <b>Forgiveness Sunday</b> Forgiveness Vespers Ask forgiveness of your family members	18 Clean Monday <b>Great Compline</b> No screens today	19 Call your Godparents to wish them a Blessed Lent	20 <b>Pre-Sanctified Liturgy</b> Pray for your priest(s)	21 Forgive Someone who hurt you	22 <b>Salutations to the Virgin Mary</b> Make a prosphoro bread to offer at church	23 <b>Saturday of Souls</b> Pray for a loved one who has passed away
24 <b>Sunday of Orthodoxy</b> Bring an icon from home to have it blessed	25 <b>Annunciation to the Virgin Mary</b> <b>Great Compline</b> Donate clothing to a charity	26 Secretly put a plant on a neighbor's porch	27 <b>Pre-Sanctified Liturgy</b> Pray for sick children	28 Send a card to a friend who lives in another state	29 <b>Salutations to the Virgin Mary</b> Make a list of 5 things you are thankful for	30 Silently pray about how much God loves you
31 <b>Sunday of St. Gregory Palamas</b> Give your catechism teacher a hand made card	April 1 <b>Great Compline</b> Make and send a get-well card to someone who is sick	2 Draw a picture of the Cross with the word "love" on it	3 <b>Pre-Sanctified Liturgy</b> Pray for world leaders	4 Do an intentional act of kindness for someone at school	5 <b>Salutations to the Virgin Mary</b> Smile at everyone you walk by today	6 Make a donation to a charity you love
7 <b>Veneration of the Holy Cross</b> Bring a flower home from the cross	8 <b>Great Compline</b> Learn the words to a new prayer	9 Read about the life of your patron saint	10 <b>Pre-Sanctified Liturgy</b> Pray for your teachers	11 Choose a Bible verse and put it on your refrigerator	12 <b>Salutations to the Virgin Mary</b> Read a favorite Bible story with your family	13 Thank God for something in nature he created
14 <b>St. John of the Ladder</b> Draw a ladder and write a Lenten goal on each rung	15 <b>Great Compline</b> Clean your room without being asked	16 Do a chore in your yard	17 <b>Pre-Sanctified Liturgy</b> Pray for first responders	18 Find a charity where your family can volunteer	19 <b>Akathist Hymn</b> Visit someone who lives alone	20 Make and serve someone a Lenten meal today
21 <b>St. Mary of Egypt</b> Sing "Agios O Theos" in church today	22 <b>Great Compline</b> Make a plan for the Holy Week Services you will attend	23 Distribute a Good Samaritan Bag	24 Pray for people who feel alone	25 Memorize a short Bible verse	26 <b>Pre-Sanctified Liturgy</b> Tell your family members what you love about them	27 <b>Saturday of Lazarus</b> Come and learn how to fold palms at church
28 <b>Palm Sunday</b> <b>Bridegroom Service</b> Replace your old palm cross	29 Holy Monday <b>Bridegroom Service</b> Read the story about Joseph from the Old Testament	30 Holy Tuesday <b>Bridegroom Service</b> Read the story of Kassiane the Hymnographer	May 1 Holy Wednesday <b>Holy Unction</b> Receive Holy Unction	2 Holy Thursday <b>Liturgy of St. Basil</b> 12 <b>Gospel Service-</b> Color eggs red for Pascha	3 Holy Friday <b>Royal Hours</b> <b>Apokathelosis</b> <b>Lamentations</b> Pray about Jesus on the cross	4 Holy Saturday <b>Protianastasi</b> <b>Resurrection Service</b> Come see the leaves scattered at the morning liturgy
5 <b>Great &amp; Holy Pascha</b> <b>Agape Vespers</b> Pascha Picnic <b>Christ is Risen!</b>	6 Joyfully sing Christ is Risen	7 Learn Christ is Risen in a different language	8 Find a picture with the verse John 3:16 and print it out	9 Play with someone who feels left out	10 <b>Life-giving Fountain</b> Say a prayer for the gift of clean water	11 Make resurrection rolls

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 <u>Sunday of St. Gregory Palamas</u> Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Youth Catechism Adult Spiritual Enrichment Hellenic Dance Practices Parish Assembly	1 Great Compline 5:30 p.m. Orthodoxy 101 6:30 p.m.	2 BFA 9:30 a.m.	3 Hellenic Academy 5:00 p.m. Pre-Sanctified Liturgy 6:00 p.m. & Dinner	4 BFA 9:30 a.m. Bible Study 10:30 a.m.	5 Salutations to the Theotokos 6:00 p.m.	6 Baptism
7 <u>Sunday of the Holy Cross</u> Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. No Catechism Hellenic Dance Practices	8 Great Compline 5:30 p.m. Orthodoxy 101 6:30 p.m. ECYD MEEETING 6:30 p.m.	9 BFA 9:30 a.m.	10 Hellenic Academy 5:00 p.m. Pre-Sanctified Liturgy 6:00 p.m. & Dinner	11 BFA 9:30 a.m. Bible Study 10:30 a.m.	12 Salutations to the Theotokos 6:00 p.m. GOYA Lenten Retreat	13 GOYA Lenten Retreat
14 <u>Sunday of St. John of the Ladder</u> Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Youth Catechism Adult Spiritual Enrichment Hellenic Dance Practices	15 Great Compline 5:30 p.m. Orthodoxy 101 6:30 p.m.	16 BFA 9:30 a.m.	17 Hellenic Academy 5:00 p.m. Pre-Sanctified Liturgy 6:00 p.m. & Dinner	18 BFA 9:30 a.m. Bible Study 10:30 a.m.	19 Salutations to the Theotokos 6:00 p.m.	20
21 <u>Sunday of St. Mary of Egypt</u> Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Youth Catechism Adult Spiritual Enrichment Hellenic Dance Practices Choir Rrehearsal	22 Great Compline 5:30 p.m. Orthodoxy 101 6:30 p.m.	23 BFA 9:30 a.m.	24	25 BFA 9:30 a.m. Bible Study 10:30 a.m.	26 Pre-Sanctified Liturgy 6:00 GOYA Lock-in	27 <b>Saturday of Lazarus</b> Orthros 9 a.m. DL 10 a.m. Community Breakfast Men's Choir Rehearsal
28 <u>PALM SUNDAY</u> Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Palm Sunday Luncheon Hope & Joy Holy Week Retreat Bridegroom Service 6:00 p.m.	29 <b>HOLY MONDAY</b> Bridegroom Service 6:00 p.m.	30 <b>HOLY TUESDAY</b> Bridegroom Service 6:00 p.m.	1 <b>HOLY WEDNESDAY</b> Holy Unction 6:00 p.m.	2 <b>HOLY THURSDAY</b> Liturgy 9:00 a.m. 12 Gospels 5:15 p.m.	3 <b>HOLY FRIDAY</b> Royal Hours 9 a.m. Descent from Cross 3 p.m. Lamentations 7 p.m.	4 <b>HOLY SATURDAY</b> Protianastasi 9 a.m. Resurrection Service 11:15 p.m.



# 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, Young Adult Panel on Living the Orthodox Christian Faith, Bonfire and Manhunt highly likely. Liturgy and Palm Folding on Saturday morning!

More details to come. Contact Fr. Kyriakos at [frkyriakos@htgocorlando.org](mailto:frkyriakos@htgocorlando.org).

## GOYA SERVICE PROJECTS DURING LENT

**FOOD DRIVE FOR SECOND HARVEST FOOD BANK:** We will be collecting food for Second Harvest Food Shelter in the Narthex.

**CLOTHING DRIVE FOR SALT OUTREACH INC:** Men's shirts (L or XL), Pants or Shorts (30-36). SALT Outreach: (Service And Love Together) is a young adult led non-profit organization that serves the homeless population in Orlando & Central Florida. We will be collecting clothes for SALT Outreach Inc.. Please bring donations and place them in the baskets in the Narthex

**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 every Sunday starting Sunday, March 17.

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(times and more details to come)

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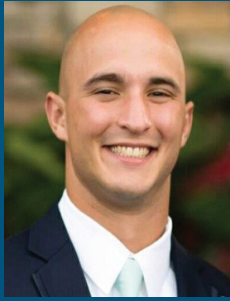


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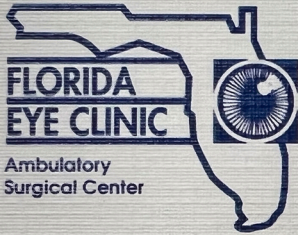
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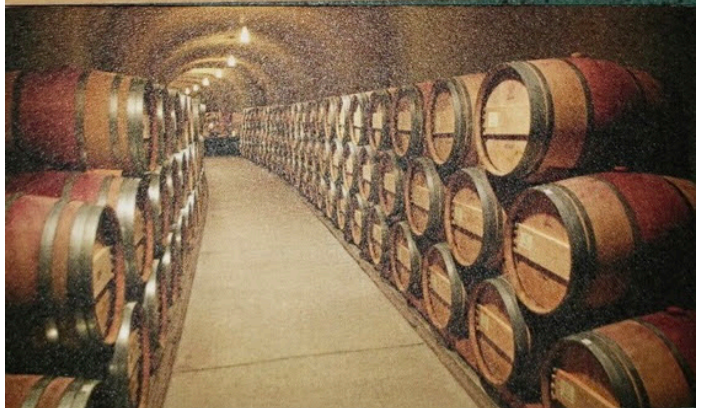
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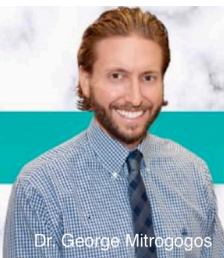
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