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 Protopresbyter Constantine Simeonidis, Proistamenos ~ frc@htgocorlando.org Reverend Father Kyriakos Hambos, Ephemerios ~ frkyriakos@htgocorlando.org

Volume 2024 Number 5

MAY 2024



Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection. (Kontakion for Pascha, celebrated on May 5, 2024)

CHURCH CLERGY AND STAFF

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

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Bible Study: Fr. Kyriakos Hambos

Brain Fitness Academy: Christine Rothenberger

Catechetical School: Maria Haun-Davis, Presbytera 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

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The Good Samaritan Society: David Brock

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Hellenic Dance Troupe: Staci Lagoutaris Hellenic Academy Principal: Taso Mitrogogos

HOPE/JOY Advisors: Niki Friedman, Nicole Michalopoulos, Kathleen Safi & Melissa Mendoros

Ir. 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

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OCF: George Planakis, Anastasia McCloud and Helen Carellas

Philoptochos: Dora Francis

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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

Volunteer Ministry: Jenny Logus **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

SUNDAYS

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Fast - Free Week

FEBRUARY 25th



TRIODION WEEKS

Publican and the Pharisee 2 Timothy 3:10-15 Epistle: Gospel:

Luke 18:10-14

Normal Fast Week MARCH 3rd



The Prodigal Son Returns!

Epistle: 1 Corinthians 6:12-20 Luke 15:11-32 Gospel:

The Last Judgement

Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46

Show compassion on the poor and distressed. Trust in God. not yourself and ask for His help before every task this week.

Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.

Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.

FAREWELL TO MEAT TODAY

MARCH 10th

Meatfare





Adam and Eve are cast from Paradise! **FORGIVENESS SUNDAY**

Epistle: Romans 13:11-14:4 Matthew 6:14-21 Gospel:

Ask each other for forgiveness each evening this week before bed.

Bring an icon to church

for a procession.

Bring a prayer rope to be

blessed today!

Use it and pray the Jesus Prayer

each day this week.

1st Sunday of Lent

MARCH 24th



GREAT LENT BEGINS WITH FORGIVENESS VESPERS

SUNDAY of ORTHODOXY

Epistle: Hebrews 11:24-26, 32-12:2

Gospel: John 1:43-51

2nd Sunday of Lent



ST GREGORY PALAMAS

Hebrews 1:10-2:3 Epistle: Gospel: Mark 2:1-12

MARCH 31st

3rd Sunday of Lent APRIL 7th



VENERATION OF THE HOLY CROSS

HALF WAY TO PASCHA!

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

APRIL 14th



ST JOHN of the LADDER

Epistle: Hebrews 6:13-20 Mark 9:17-31 Gospel:

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

APRIL 21st



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.

FLOWERY (PALM) SUNDAY!

APRIL 28th GREAT WEEK BEGINS



GREAT AND HOLY WEEK

ENTRY OF OUR LORD INTO JERUSALEM

Philippians 4:4-9 Epistle: Gospel: John 12:1-18

Place your palm branches and pussywillows behind an icon at home and in your car!

GREAT AND HOLY FRIDAY

MAY 3rd



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 5th NO FASTING!



BRIGHT WEEK

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!

Ministry News & Updates

ADULT SPIRITUAL ENRICHMENT and YOUTH CATECHISM will not have classes TODAY - No classes on Pascha, May 5. Classes will resume on May 12.

No Bible Study on Thursday, May 2 - Bible Study will resume on Thursday, May 9.

LOOKING FOR HOLY WEEK PHOTOS If during any of the services of Holy Week pictures are taken, please share them with Fr. Kyriakos Hambos so we can post them on our social media pages. Please email them to frkyriakos@htgocorlando.org or text them to 813-843-8471.

<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

Join us to welcome His Grace Bishop Sevastianos of Zelon on Holy Thursday

His Grace will be joining us for the Service of the 12 Gospels at 5:15 p.m. on Thursday, May 2. Join us for this powerful service and to be with His Grace.



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.

<u>Deadline is May 6, 2024.</u>

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(s) are: May 11 & June 8, 2024

What to expect: A rewarding experience!

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

SCAN ME

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

BFA Cranium Chronicles Continue



Brain Fitness Academy continues to thrive with lively discussions and new learning. Mystery Questions and This Day in History sparked discussions, as did a deep dive lesson on everything you wanted to know about Honey Bees (thank you Elaine Harbilas). Gratitude journaling, along with hearing living history stories from members have been enriching and personal. All these things help with sequencing,

attention, memory, verbal skills, not to mention socialization. And then there is the laughter, too!! The Tree of Life Project has also begun. Thank you to Elaine H., Jeanine B., Callie H. for important hands on help this week.



DIAKONIA RETREAT CENTER

Annual Pascha Picnic

20th Anniversary Celebration Saturday May 11th Vespers- 11am / Lunch- 1pm

Fellowship, Food, Music & Dancing

To RSVP call the DRC at 864-732-1537

Volunteers Welcome

Be a Sponsor

Local Youth Scholarship Opportunities

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.

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. 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.



Explore what's next

CrossRoad is a ten-day immersive summer program designed for YOU as you prepare to make big life decisions and start new adventures. By connecting with the Orthodox Christian theological and spiritual tradition in a deep and meaningful way, you will find a place to form authentic and lifelong friendships, ask hard questions, and explore what it means to be an Orthodox Christian in the 21st century.



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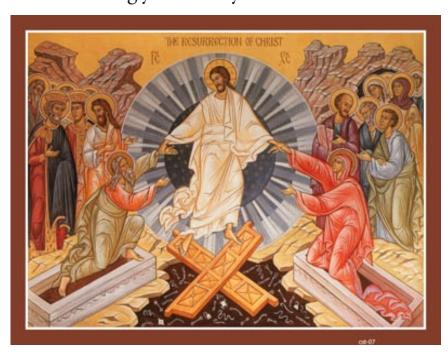
HOLY TRINITY GREEK ORTHODOX CHURCH ANNUAL FAMILY PASCHA GLENDI & PICNIC MAY 5, 2024

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.



It is an established and

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. Director

407-765-1770

■ 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"

		Holy Trinity	nity Family Lenten C	Calendar 2024		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 17 Forgiveness Sunday Forgiveness Vespers Ask forgiveness of your	18 Clean Monday Great Compline No screens today	19 Call your Godparents to wish them a Bleessed	20 Pre-Sanctified Liturgy Pray for your priest(s)	21 Forgive Someone who hurt you	Salutations to the Virgin Mary Make a prosphoro bread	23 Saturday of Souls Pray for a loved one who has passed away
family members		Lent			to offer at church	
24 Sunday of Orthodoxy	25 Annunciation to the Virgin Mary	26	27 Pre-Sanctified Liturgy	28	he	30
Bring an icon from home to have it blessed	Great Compline Donate clothing to a charity	Secretly put a plant on a neighbor's porch	Pray for sick children	sena a cara to a prena who lives in another state	Make a list of 5 things you are thankful for	Suerny pray about how much God loves you
31 Sunday of St. Gregory Palamas Give your catechism	April 1 Great Compline Make and send a set-	2 Draw a picture of the	3 Pre-Sanctified Liturgy	4 Do an intentional act	5 Salutations to the Virgin Mary	6 Make a donation to a
teacher a hand made card	well card to someone who is sick	Cross with the word "love" on it	Pray for world leaders	of kindness for someone at school	Smile at everyone you walk by today	charity you love
7 Veneration of the Holy Cross	8 Great Compline	6	10 Pre-Sanctified Liturgy	11	12 Salutations to the	13
Bring a flower home from the cross	Learn the words to a new prayer	Read about the life of your patron saint	Pray for your teachers	Choose a Bible verse and put it on your refridgerator	Virgin Mary Read a favorite Bible story with your family	Thank God for some- thing in nature he created
14 St. John of the Ladder	15 Great Compline	16	17 Pre-Sanctified Liturgy	18 Eind a chamitu anhono	19 Akathist Hymn Wight Compound griden lines	20 Maka and course
Druw u muuer unu write a Lenten goal on each rung	Clean your room with- out being asked	Do a chore in your yara	Pray for first responders	rinu a chai tay where your family can volunteer	visti someone tono tives alone	someone a Lenten meal today
21 St. Mary of Egypt	22 Great Compline	23 Distribute a Good	24	25	26 Pre-Sanctified Liturgy	27 Saturday of Lazarus
Sing "Agios O Theos" in church today	Make a plan for the Holy Week Services you will attend	Samaritan Bag	Pray for people who feel alone	Memorize a short Bible verse	Tell your famly members what you love about them	Come and learn how to fold palms at church
28 Palm Sunday	29 Holy Monday	30 Holy Tuesday	May 1 Holy Wednesday	2 Holy Thursday	3 Holy Friday Rovel Hours	4 Holy Saturday Protionsetsei
Bridegroom Service	Bridegroom Service	Bridegroom Service	Holy Unction	12 Coenal Sourice	Apokathelosis I amontatione	Resurrection Service
Replace your old palm cross	Joseph from the Old Testament	Kassiane the Hymnog- rapher	Receive Holy Unction	Color eggs red for Pascha	Pray about Jesus on the cross	scattered at the morn- ing liturgy
5 Great & Holy Pascha	9	2	&	6	10 Life-giving Fountain	11
Agape Vespers Pascha Picnic Christ is Risen!	Joyfully sing Christ is Risen	Learn Christ is Risen in a different language	Find a picture with the verse John 3:16 and print it out	Play with someone who feels left out	Say a prayer for the gift of clean water	Make resurrection rolls

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 PALM SUNDAY Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Palm Sunday Luncheon Hope & Joy Holy Week Refreat	29 HOLY MONDAY	30 HOLY TUESDAY BFA 9:30 a.m.	1 HOLY WEDNESDAY	2 HOLY THURSDAY BFA 9:30 a.m. Liturgy 9:00 a.m.	3 HOLY FRIDAY Royal Hours 9 a.m. Descent from Cross 3 p.m.	4 HOLY SATURDAY Protianastasi 9 a.m.
Bridegroom Service 6:00 p.m.	Bridegroom Service 6:00 p.m.	Bridegroom Service 6:00 p.m.	Holy Unction 6:00 p.m.	12 Gospels 5:15 p.m.	Lamentauons / p.m.	Resurrection Service 11:15 p.m.
5 GREAT & HOLY PASCHA Agape Vespers 11:00 a.m. Pascha Picnic	6 St. George Orthros 9:15 a.m. Divine Liturgy 10:00 a.m.	7 BFA 9:30 a.m.	8	9 BFA 9:30 a.m. Bible Study with Fr. K 10:30 a.m.	10	11
12 THOMAS SUNDAY Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Youth Catechism Adult Spiritual Enrichment Mother's Day	13	14	15	16 Little Lambs 10 a.m. Society of	17	18
	Paraklesis 5:15 p.m. ECYD Meeting			Wisdom 11:30 a.m.	Wedding Rehearsal	Wedding
19 Myrhhbearer Sunday Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Youth Catechism Adult Spiritual Enrichment ECYD Calendar Meeting Graduate Sunday	20 Parish Council Meeting	21 Sts. Constantine & Helen Orthros 9:30 a.m. Divine Liturgy 10:00 a.m.	22	23 Bible Study with Fr. K 10:30 a.m.	24	25 Baptism
26 Sundsy of the Paralytic Orthros 8:15 a.m. Divine Liturgy 9:30 a.m.	27 Memorial Day Offices Closed	28	29	30 Bible Study with Fr. K 10:30 a.m.	31	1







VOLUNTEERS NEEDED

9AM-12PM 08 JUN

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Join OPA as we serve in Holy Trinity's Outreach Ministry! Sign up below!

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JUNE 3-6, 2024 4:30 P.M. - 8:00 P.M. PREK4 - 5TH GRADERS FOR THE 2023-2024 SCHOOL YEAR



During each assembly session, Campers join first-time camp counselor Sam and Lu (short for Lumen), the lightning bug puppet, and learn to face their fears while trusting in God. Each day, Campers see Counselor Sam face new challenges, from as simple as leading Campers on a hike to as intimidating as meeting a new and wise nature expert. With the help of Lu the Lightning Bug and the Camp Counselor Guidebook, Counselor Sam and our Campers explore timeless Bible stories that show how Old and New Testament Campers trusted God in the face of their own fears and went on to do great things in God's name.

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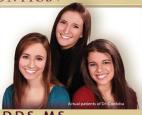


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