

HOLY TRINITY

March 2020

Volume 51

Issue 3



**The Annunciation of the Theotokos,
the Ever-Virgin Mary, and the Mother of God**
(Feast Day: March 25)



ΑΓΙΑ ΤΡΙΑΣ

Holy Trinity
Greek Orthodox Church
Wilmington, Delaware

The Official Publication of Holy Trinity Greek Orthodox Church
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For pastoral emergencies and confessions - please call Fr. Christos @ (717) 701-1971
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636-0201 Alexander Kirifides Peter Xarhoulakos 562-5151
584-2846 Spiros Mantzavinos

CHURCH ORGANIZATIONS

(856)678-4924	Philoptochos	Maroula Haralambidis, President
(856)678-4924	Sunday School	Maroula Haralambidis, Co-Director
293-1127	Sunday School	Amalea Rassias, Co-Director
738-6116	GOYA	Zoe Rigas, President
(610)864-3738/(610)864-4621	JOY / HOPE	Daphne Demourtzidis / Angie Karakasidis
654-4446	OCF (Orthodox College Fellowship)	Fr. Christos Christofidis
	Cantors	Grigorios Fotakis & Ilias Tikos
478-7864	Choir	Anthony Pantelopulos, Director
753-3941	The Young @ Heart Club	Demetra Pappoulis, President
633-1112	Greek School	Costas Fountzoulas, Director
478-0434	St. Elpida	Gus Georgiou
475-5035 / 239-4950	Altar Guild	Evie Fournaris & Joanne Tarabicos
633-1112	Editorial Staff	Dr. Costas Fountzoulas
655-2252 / 764-2183	Emmanuel Dining Room East	Nikkie Tsakataras & Tina Ganiaris King
897-1029	Holy Trinity Food Pantry	Steve Nicholas
798-3052 / 239-6140	Adult Bible Study	George Righos & John Lazare
654-4446	Special Bible Courses and	Fr. Christos Christofidis
	Marriage Seminars/Inquirers Classes	
(856)514-2227	IOCC Parish Representative	Peter Kamenakis

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535-1344	AHEPA	John Koninis II, President
322-0430	Daughters of Penelope	Nikoletta Klezaras, President
897-9429	Hellenic University Club	Dr. Michael Kirifides, President

Holy Trinity Website Address: www.holytrinitywilmington.org

ALL ARTICLES & ANNOUNCEMENTS MUST BE IN THE OFFICE BY THE 15TH OF EACH MONTH.
THESE ARTICLES & ANNOUNCEMENTS CAN BE DROPPED OFF, EMAILED, FAXED OR U. S. MAIL.

FOR ANY CHANGES TO THE CHURCH SERVICES
OR PARISH EVENTS PLEASE CHECK WEEKLY BULLETIN

From the Desk of Fr. Christos

ONLY GOD KNOWS OUR TRUE NEEDS

Louise Redden, a poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in a most humble manner and asked if he would let her charge a few groceries.

She softly explained that her husband was very ill and unable to work, they had seven children and they needed food. John Longhouse, the grocer scoffed at her and requested that she leave his store. Visualizing the family needs, she said: 'Please, sir! I will bring you the money just as soon as I can.' John told her he could not give her credit, as she did not have a charge account at his store.

Standing beside the counter was a customer who overheard the conversation between the two. The customer walked forward and told the grocer that he would stand good for whatever she needed for her family. The grocer said in a very reluctant voice, "Do you have a grocery list?" Louise replied, "Yes sir" "O.K." he said, "put your grocery list on the scales and whatever your grocery list weighs, I will give you that amount in groceries."

Louise hesitated a moment with a bowed head, then she reached into her purse and took out a piece of paper and scribbled something on it. She then laid the piece of paper on the scale carefully with her head still bowed. The eyes of the grocer and the customer showed amazement when the scales went down and stayed down. The grocer, staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it."

The customer smiled and the grocer started putting the groceries on the other side of the scales. The scale did not balance so he continued to put more and more groceries on them until the scales would hold no more.

The grocer stood there in utter disgust. Finally, he grabbed the piece of paper from the scales and looked at it with greater amazement. It was not a grocery list, it was a prayer which said: "Dear Lord, you know my Needs and I am leaving this in your hands". The grocer gave her the groceries that he had gathered and stood in stunned silence.

Louise thanked him and left the store.

The customer handed a fifty-dollar bill to the grocer and said, "It was worth every penny of it."

Only God knows how much a prayer weighs.

Remember the five simple rules to be happy:)

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

No one can go back and make a brand-new start. Anyone can start from now and make a brand-new **ending. God didn't promise days without pain, laughter without sorrow, sun without rain, but He did** promise strength for the day, comfort for the tears, and light for the way

Disappointments are like road bumps; they slow you down a bit but you enjoy the smooth road afterwards. Don't stay on the bumps too long. Move on! When you feel down because you didn't get what you want, just sit tight and be happy, because God has thought of something better to give you. There's a purpose to life's events, to teach you how to laugh more or not to cry too hard.

The 2020 Parish Council takes the Oath of Office

President:

George Rassias

1st Vice President:

Georgia Halakos

2nd Vice President:

Paraskevi Wolcott

Treasurer:

Stephanos Karakasidis

Secretary:

Thomas Psaltis

Board Members:

Marianne Archbell

Nicholas Demourtzidis

George Economou

Athanasios Karas

Alexander Kirifides

Spiros Mantzavinos

James Maravelias

George Tsakataras

Stacey Pennia

Petros Xarhoulakos

We thank them
for their
willingness to
serve and for
their service to
our community.



March 2020

Holy Trinity Parishioners

I pray this letter finds you well as we enter Great Lent. Take the time to preview the calendar and make an effort to participate in the services of our Orthodox tradition during this special season.

Our construction project has moved along nicely with the recent favorable weather and break in the relentless rain. As the steel and building rise, it is time for those who pledged additional installments to fulfill those pledges to the Church.

Thanks to those who supported our recent Greek Letter's Day celebration, the AHEPA that provided breakfast and congratulations to those who participated in the regional event held in Cherry Hill this year.

Festival preparations are ongoing with the completion of the dolmades and moving ahead with pastichio and moussaka. Please contact the Church office for additional information. Thank you to Demitris Halakos for his efforts in coordinating this work.

We are in the process of upgrading the Wi-Fi accessibility within the Community Center. **You will soon notice access to a "Holy Trinity Guest" network. Please access this network for use while you are on the premises. In the near future, we will be re-securing the additional networks with new passwords.**

Our youth recently enjoyed another successful basketball tournament hosting approximately 300 GOYAns in addition to advisors and parents. Our JOY/HOPE children participated in the Delaware Valley Bible Bowl in Norristown, had a terrific time at a bowling outing, and, in observance of the Lenten Season, are learning about the significance of Koliva and how it is prepared. We continue to draw many young children to our JOY/HOPE ministry and thank the parents for their dedication and support. All of our youth (5-18) are regularly practicing Hellenic Dance as part of our Terpsichorean Dance Group with an eye towards performing in our Festival. Our GOYAns are busy preparing for Sights & Sounds where our footprint continues to grow. Our GOYAns will give group performances in dance, liturgical choir, Greek play (1st time), and Greek Dance along with the many other individual talents our GOYAns bring to that annual competition of the arts. We are very proud of their efforts and special thanks to Agnoula Marcantonis for her work in putting these group presentations together.

Finally, our parish will hold its St. John Chrysostom Oratorical Festival on Friday March 6th following the evening service. The winners will move on the District Competition that will also be held at our Holy Trinity on April 4th. Keep an eye out or contact the church office for more information on these events.

On Sunday, March 29, our Greek School will lead us in the Independence Day Parade in Philadelphia. We will have a float for the parishioners to provide seating for those who cannot walk the parade route down the Benjamin Franklin Parkway. Please mark your calendars and consider making the time to be a part of this experience.

In Christ's Service,
George Rassias



Philoptochos Sisterhood of Holy Trinity St. Agape Chapter



Greetings! With Spring just around the corner, I wanted to remind everyone that our Bid & Buy is nearing, April 25, 2020. Please check out the flyer in this bulletin and make your reservations. **It's going to be a wonderful event, hope to see you there.**

February was, as always, busy. We held our monthly meeting on Saturday, February 8 in the Community Center. I want to thank everyone for attending and Vickie Karakasidis for the snacks. Our next meeting will be our Lenten Covered Dish on March 11 after Church services in the Community Center. Please plan on attending and bring your favorite Lenten dish to share.

Our Membership tea was such fun! We spent the afternoon eating, laughing and enjoying each **other's company. I wanted to thank Chairperson, Pauline Snell and her committee for the hard work needed to make this event a success.** Just a note, if you have not joined Philoptochos yet, please consider doing so. Philoptochos, the friend of the poor, is the right hand of the Church.

Upcoming events:

Saturday, March 7 – **Visitation to St Michael's Home for the Aged**

This event is being sponsored by the Metropolis of New Jersey. If you are interested in going, please contact me.

Wednesday, March 11 – Lenten Covered Dish meeting, after the Church Service in the Community Center.

Saturday, April 4 – Rise Against Hunger

This event is being sponsored by our Metropolis and being held at St. Luke's Broomall. More information to follow.

I wish we all have a blessed Lenten season.
Thank you all for listening.

In Christ's Service,
Maroula

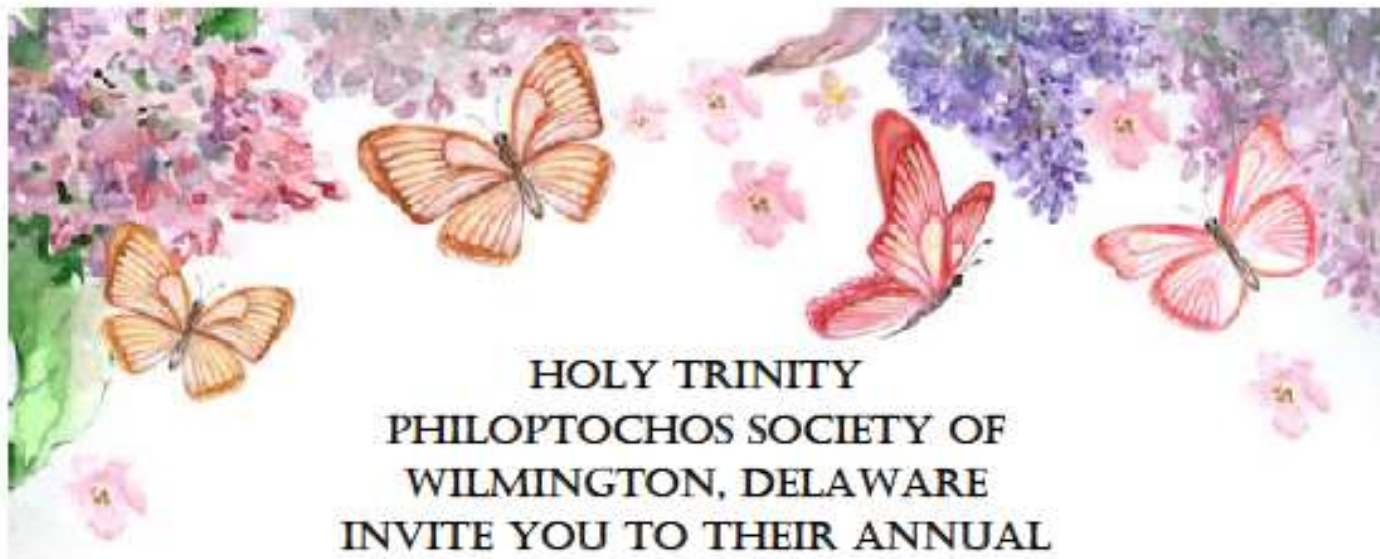
150 Men, women & children
were served that day.

*Vickie Karakasidis, Popi Papachrysanthou,
Dimitra Pappoulis & Yvonne Vassilatos*
represented our Philoptochos serving at
Emmanuel Dining Room



Kollyva for Memorials

The Philoptochos Society would like to thank two of its members, Vasiliki Kromedas & Loula Kapordelis for their offer to help our Philoptochos Society by preparing the trays of Kollyva for any family of our community. The cost of \$100 includes the Prosforon, oil and a bottle of wine. Please allow at least a week and call the church office 654-4446 and Susie will contact the Philoptochos. Your donation of \$100 (less cost), will help Philoptochos Charities.



HOLY TRINITY
PHILOPTOCHOS SOCIETY OF
WILMINGTON, DELAWARE
INVITE YOU TO THEIR ANNUAL

BID & BUY

SATURDAY, APRIL 25TH 5PM

HOLY TRINITY COMMUNITY CENTER
808 N. BROOM STREET
WILMINGTON, DELAWARE
\$30 PER PERSON

Pre-sale of raffle tickets for a
CHANEL clutch!
Drawing at the Bid & Buy

For Tickets and Information:

Angie Karakasidis 610.864.4621
Eleni Karakasidis 302.898.6047
Dena Verikakis 484.433.3896



Holy Trinity Choir

We thank them for sharing their talent with us!



Holy Trinity GOYA Tournament & Dance



Good Luck to our GOYA Grads!
Zoe, Anna, Katherine







42 MARTYRS OF AMORION IN PHRYGIA / March 6

Apolytikion in the Fourth Tone

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.

Kontakion in the Fourth Tone

Ye who contended on earth for Christ's glory, and were shown forth as a godly crown-bearing Martyrs, have been vouchsafed to dwell in Heaven joyously; for since ye brake all the snares of the enemy's cunning by your suff'rings and the blood of your tortures and woundings, ye ever send down freely from on high loosing of sins unto

all them that honour you.

Reading:

These Martyrs, men of high rank in the Roman (Byzantine) army, were taken captive when the city of Amorion in Phrygia fell to the Moslem Arabs in 838, during the reign of Theophilus the Iconoclast. Among them were Aetius and Melissenus, the generals; Theodore, the chief of the imperial ceremonial bodyguard; Craterus, the eunuch; Callistus, Constantine, Bassoes, and Theophilius, who were military officials; and certain others who held important positions. Because of their experience in war and their virtue, the Moslems did not slay them, but tried by all means to convert them to Islam and have them to fight in their own campaigns. They kept the holy Martyrs shut up in a dark dungeon in the city of Samarra in Syria, threatening and abusing them, making promises of glorious rank and magnificent riches, keeping them in hunger, oppression, and darkness, not for a few weeks, or a few months, but for seven full years. Finally, unable to break the courage and faith of their captives, they beheaded them in the year 845.

Reading courtesy of Holy Transfiguration Monastery
Apolytikion courtesy of Holy Transfiguration Monastery
Kontakion courtesy of Holy Transfiguration Monastery



CHRYSANTHOS & DARIA THE MARTYRS / March 19

Apolytikion in the Fourth Tone

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.

Reading:

Saint Chrysanthus, who was from Alexandria, had been instructed in the Faith of Christ by a certain bishop. His father, who was a senator by rank and a pagan, had him shut up in prison for many days; then, seeing the unchanging disposition of his mind, he commanded that a certain young woman name Daria be brought from Athens. She was a very beautiful and learned maiden, and also an idolater, and Chrysanthus' father wedded him to her so that he might be drawn away from the Faith of Christ because of his love for her. Instead of this however, Chrysanthus drew Daria unto piety, and both of them boldly proclaimed Christ and received the crown of martyrdom in 283, during the reign of Numerian, when they were buried alive in a pit of mire.

Reading courtesy of Holy Transfiguration Monastery
Apolytikion courtesy of Holy Transfiguration Monastery
Icon courtesy of St. Isaac's Skete



Holy Trinity Food Pantry

As we deliver food to the various food closets scattered among our city, we see the poverty first hand. Our present economy is bringing more and more people to the food pantries around our city for their daily meals. Please continue to fill our bins so that we can feed those in need for, as Orthodox Christians, we are to share our many blessings with the less fortunate. When you go food shopping, buy an extra can or two so that those in need are never turned away.

In order to accommodate everyone who needs food and not be turned away, these city-wide food closets depend on donations from people like you and me. Please continue to bring in your food donations and when you can, double up on basic food items such as cereals, baby food, and pasta. Anything that will not spoil, such as:

Canned fish, vegetables, beans, fruit, meat, soups, sugar, tea, coffee, flour, pancake mixes and syrup, cereals, pasta and sauces, baby food, formula, peanut butter and jelly, apple sauce, crackers, cookies ~ anything that will not spoil.

We thank you for your continued generous support.
John, Joanna, Nikkie, Sandy, Steve, & Tina



February 12th at the Emmanuel Dining Room East

A very big *thank you* to **The Altar Guild** for sponsoring and hosting the luncheon meal again this year on Wednesday, February 12th! Through their generous charity, 150 men, women and children enjoyed a warm meal. **Evie Fournaris** and **Tina Ganiaris** worked in the kitchen that day. We look forward to Thursday, March 12th when **Evie and Manny Fournaris** will host and sponsor the meal, as they have for many years now. Let's all join in to help serve on that day and on the 12th of every month!

We graciously thank all the individuals, families and organizations who generously give of their time and charity to this dining room and ministry!

Various groups and individuals from our church donate the food and host the luncheon meal at the 3rd and Walnut St location on the 12th of every month. **New sponsors are needed to fill a few months, so if you would like to become a part of this worthy service project** with your family, friends or church organization, **please contact Nikkie Tsakataras** at 655-2252 or **Tina Ganiaris** at 764-2183 for more information. Thank you!

PASCHAL ITEMS NEEDED for 2020

The following items are needed during **Great Lent, Holy Week and Pascha**. If you would like to donate, please contact Joanne Tarabicos (302-239-4950), or Stacy Koninis (475-1236), or Evie Fournaris (475-5035) as soon as possible. Donations will be accepted on a ***first come, first serve basis***.

In the event that the item you would like to donate has already been donated, please consider either another item or a general donation towards the list. Donations will be acknowledged in the Monthly Bulletin after Pascha. Thank you for your support.

Theotokos Icon Flowers – 1st Salutation -March 6	\$45
Sun. of Orthodoxy Icon Flowers –March 8	\$45
Theotokos Icon Flowers – 2nd Salutation – March 13	\$45
St. Gregory Palamas Icon Flowers – March 15	\$45
Theotokos Icon Flowers – 3rd Salutation – March 20	\$45
Veneration of Holy Cross Icon Flowers – March 22	\$45
Daffodils for 3rd Sun. of Lent – March 22	\$100
Theotokos Icon Flowers – 4th Salutation – March 27	\$45
Sunday of St. John Climacus –March 29	\$45
Theotokos Icon Flowers – Akathist Hymn – April 3	\$45
Annunciation Icon Flowers – April	\$45
St. Mary of Egypt Icon Flowers – April 5	\$45
Theotokos Icon Flowers – April 10	\$45
Saturday of Lazarus Icon Flowers – April 12	\$45
Palm Sunday Icon Flowers – April 12	\$45
Palms for Palm Sunday – April 12	\$100
Nymphios Icon Flowers – April 16	\$45
Last Supper Icon Flowers – April 16	\$45
Crucifixion Icon Flowers – April 17	\$45
Wreath on Cross (roses) – April 17	\$45
Purple mums (4) at base of Cross – April 17	\$40
Wreath of Extreme Humility April 18	\$45
Apokathelosis Icon Flowers – April 18	\$45
Resurrection Icon Flowers – April 19	\$45
Myrrhbearers Icon Flowers – April 19	\$45
Levaro Icon Flowers – April 19	\$100
Lilies for Pascha – April 18-19	\$20 per plant
Arrangements of Lilies at Altar Doors (2)	\$100

Altar Guild News

The items on the following page are needed during **Great Lent, Holy Week and Pascha**. If you would like to donate, please contact Joanne Tarabicos (302-239-4950), or Stacy Koninis (475-1236) as soon as possible. Donations will be accepted on a *first come, first serve basis*.

Donations for February:

Sunday February 2nd, Eugenia Terss ~ In memory of my beloved Mother, Aphrodite (65 years)

Sunday February 9 , In memory of our grandfather George Manolakis, may his memory be eternal, from the Frangia Family.

If you would like to donate a wreath or flowers in celebration of your special event, contact Joanne Tarabicos at 302-239-4950 or Evie Four-naris at 302-475-5035 or use the form below.

Name_____

Special Occasion_____

RESERVED DATE: _____

PHONE NUMBER: _____

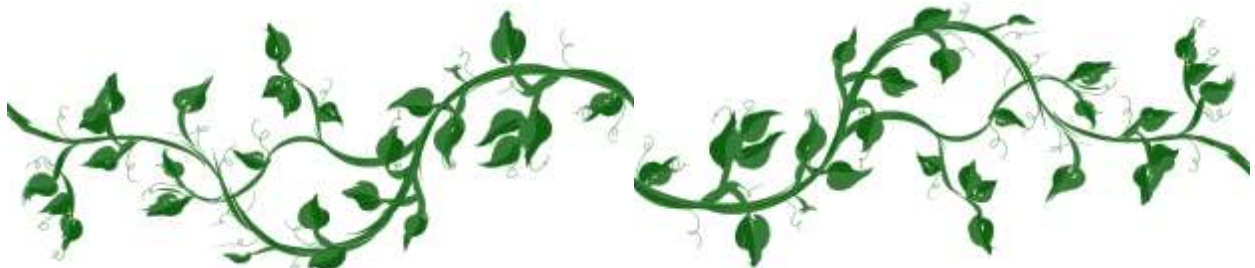
MAY WE PRINT IT IN THE BULLETIN: YES_____ NO_____

Enclosed \$_____

Make checks payable to "Holy Trinity Altar Guild".

Mail to: Stacy Koninis, 2602 Brightwell Drive, Wilmington, DE. 19810

Thank you for your continued generosity



ΜΠΑΡΑΖ ΚΑΚΟΔΙΑΧΕΙΡΙΣΕΩΝ

Οι περισσότεροι άνθρωποι καμαρώνουν και δηλώνουν φιλάρεσκα και αυτάρεσκα ότι: ξέρουν να διαχειρίζονται τα πάντα. Τον προϋπολογισμό τους, τις δραστηριότητές τους, τις ανάγκες τους, τις αγωνίες τους, τα άγχη τους, τους φόβους τους, τη ζωτικότητα τους, την καθημερινότητά τους κλπ. Όμως, πάσχουμε σημαντικά όλοι μας από «κακοδιαχείριση» του χρόνου μας και των οραμάτων μας. Ας δούμε ένα σχετικό παράδειγμα, παρμένο από την αγροτική ζωή.

* * *

Ενας αγρότης ξύπνησε αποφασισμένος να οργώσει τα 40 στρέμματα του χωραφιού του. Το τρακτέρ του χρειαζόταν καύσιμα. Ξεκίνησε λοιπόν για την αποθήκη του, για να πάρει πετρέλαιο. Αλλά, πηγαίνοντας προς τα κει, θυμήθηκε πως δεν είχε ταΐσει τα γουρούνια του. Στράφηκε τότε να φέρει καλαμπόκι. Αλλά εκεί στην αποθήκη είδε ένα σωρό σακκιά, που του θύμισαν ότι οι πατάτες είχαν αρχίσει να βγάζουν φύτρα. Όταν κίνησε να πάει στις πατάτες, πέρασε δίπλα από το σωρό των ξύλων και θυμήθηκε πως ο φούρνος της κουζίνας του κόντευε να σβήσει. Εσκυψε να πάρει λίγα ξύλα για το φούρνο, και τότε είδε ότι μια από τις κότες του είχε ζαρώσει εκεί, άρρωστη. Αφησε τότε τα ξύλα και πήρε να περιποιηθεί την κότα. Και κάνοντας κι άλλες τέτοιες μικροαπασχολήσεις, η ώρα περνούσε. Κόντευε πια να βραδιάσει και αυτός ούτε το πετρέλαιο στο τρακτέρ του δεν είχε βάλει. Και – φυσικά– το χωράφι έμεινε με τα αγριοχόρτα και τα αγκάθια, χωρίς να οργωθεί και να περιποιηθεί, όπως αρχικά σχεδίαζε ο φιλότιμος κατά τ' άλλα αγρότης.

* * *

Η ιστοριούλα «μιλάει» ξεκάθαρα. Διαθέτουμε όλοι μας κάποια φιλόδοξα σχέδια, αλλά –τελικά– δεν υλοποιούμε τίποτα από αυτά. Η ζωή όλων μας περιέχει πολλά «γουρούνια για τάισμα», «ξύλα για κόψιμο» και «κότες αρρωστημένες». Αν δεν σταθούμε αποφασιστικοί και ανυποχώρητοι στα πρωτεύοντα, θα μας συμπαρασύρουν σε ατέλειωτες, επιζήμιες (για τον προγραμματισμό μας, αλλά και όλη τη ζωή μας) διαδικασίες. Τα αμυδρά και αναιμικά οράματα συνεπιφέρουν –συνήθως– συστοιχία από νερόβραστες μεθοδεύσεις. «Και πάει λέγοντας...». «Ήτανε στραβό το κλίμα, το 'φαγε κι ο γαίδαρος»...

Ο Μέγας Αντώνιος, που ήξερε σε βάθος τα της πνευματικής ζωής, ως αρχηγέτης όλων των ασκητών, χρησιμοποιεί μια πολύ σαφή εικόνα: «Αυτός που χτυπάει το πυρωμένο σίδηρο (ο σιδηρουργός), πρώτα έχει ξεκαθαρίσει τι πρόκειται να κατασκευάσει, δρεπάνι, μαχαίρι, αξίνα, τσεκούρι. Ετσι συνετά πρέπει να φερόμαστε κι εμείς, να έχουμε σαφή γνώση: ποια αρετή επιδιώκουμε, για να μην κοπιάζουμε μάταια» (Γεροντικόν, § 35).

Αν ο πυρήνας του αποφθέγματος αυτού δεν διέπει τη ζωή μας και τους προγραμματισμούς μας, τότε η καθημερινότητα θα μας «πάρει αποκάτω». Όλα θα μένουν «πίσω». Και τα ωραία και φιλόδοξα προγράμματα θα φυλλορροούν, με μεγάλο κόστος για τη ζωή μας και την ψυχή μας. Γι' αυτό έλεγε ένας σοφός, ότι: «ο δρόμος για την Κόλαση είναι στρωμένος από φιλόδοξες προθέσεις». Δηλαδή, είχαμε ενδεχομένως μεγαλόπνοα σχέδια, αλλά αφήνοντάς τα αναξιοποίητα και ανεφάρμοστα, δεν περνούν –ούτε τα σχέδια, ούτε εμείς– τελικά στον Παράδεισο, αλλά τσαλαπατιούνται περιφρονημένα στους διαδρόμους που οδηγούν στην Αιώνια Απώλεια.

Ας τα δούμε αυτά λίγο σοβαρά. Και να κοντρολάρουμε τις ανάγκες μας, ιεραρχώντας τις με σύνεση. Ιδιαίτερα στην εποχή μας, που μας σερβίρονται τόσα και τόσα. Έχει πολλή σημασία, το τι θα βάζουμε πρώτο, τι δεύτερο, τι τρίτο κλπ. Γιατί κινδυνεύει να γίνει το έργο μας πάρεργο και το πάρεργο έργο. Και θα πελαγώνουμε, αφήνοντας κι εμείς σε «σκοτεινούς διαδρόμους» τις προθέσεις μας και τις προσπάθειές μας. Και τότε θα 'χουμε χάσει τα ΠΑΝΤΑ. ΚΑΙ την αιώνια προοπτική, στη Βασιλεία του Θεού.

Αρχιμ. Γρηγόριος Γ. Λίχας

Ελληνικό Σχολείο της Αγίας Τριάδος Δρ. Κώστας Γ. Φούντζουλας

Hellenic School of Holy Trinity, DE Dr. Costas G. Fountzoulas

Αγαπητοί γονείς και κηδεμόνες την Κυριακή, 22 Μαρτίου, το σχολείο μας θα εορτάσει εκ μέρους όλης της κοινότητας, την 199th επέτειο της μεγάλης εορτής του έθνους μας, την επανάσταση της 25 Μαρτίου, 1821 εναντίον της 400 ετών σκλαβιάς του έθνους μας από τους Οθωμανούς Τούρκους. Εκείνη η μεγάλη ημέρα έβαλε την Ελλάδα πάλι στον παγκόσμιο χάρτη σαν μία ανεξάρτητη, Χριστιανική χώρα. Οι δασκάλες του σχολείου μας έχουν ήδη αρχίσει να προετοιμάζουν τους μαθητές και μαθήτριες για τον εορτασμό αυτής της μεγάλης ημέρας. Εφέτος η παρέλαση της 25th Μαρτίου 1821, θα λάβει χώρα την Κυριακή, 29th Μαρτίου 2020, στην Φιλαδέλφεια.

Την Κυριακή, 26 Ιανουαρίου, οι ακόλουθοι μαθητές και μαθήτριες του σχολείου μας, κατ' αλφαβητική σειρά, Κωνσταντίνος Καλαμπάκας, Νικολέττα Τσαγγανού και Αλέξανδρος Χώλ συμμετείχαν στον εορτασμό των Ελληνικών Γραμμάτων στην Εκκλησία του Αγίου Θωμά στο Cherry Hill, της Νέας Ιερσέης. Συγχαρητήρια σε όλα τα παιδιά μας! Η παρουσίαση όλων των παιδιών μας ήταν άψογη, και κατά την γνώμη μου ανέμεσα στις καλλίτερες όλων των άλλων σχολείων! Η δασκάλα, Κα Ελένη Καταπόδη και η Κα Έλενα Χώλ βραβεύθηκαν για την προσφορά, έργο και αφοσίωσή τους στο Ελληνικό Σχολείο. Αξίζουν τα ειλικρινή συγχαρητήρια και τις δύο! Στην πρόσφατη επικοινωνία μου με τους γονείς ανταλλάξαμε γνώμες για την χοροεσπερίδα του Ελληνικού Σχολείου και αποφασίστηκε να λάβει χώρα το Σάββατο, 2 Μαΐου, 2020. Θα είναι μία βραδυά «Ελληνικής Ταβέρνας». Λεπτομέρειες γι' αυτήν την εκδήλωση θα ανακοινωθούν το συντομότερο δυνατόν. Τα παιδιά μας είναι το μέλλον της κοινότητάς μας, της Ορθοδοξίας και του Ελληνισμού στην Αμερική.

Μην ξεχνάτε ότι «η Ρώμη δεν εκτίσθηκε σε μία ημέρα»!

Dear parents and guardians on Sunday, March 22, our school will celebrate on behalf of the whole community, the 199th anniversary of the revolution of March 25, 1821, also known as Greek Independence Day, against the 400 years Ottoman Turkish enslavement of our nation. This day, our nation's greatest day in contemporary history, placed again Hellas on the world map as an independent, Christian country. Our school teachers have already begun preparing their classes for the celebration of this great day. This year's parade of March 25, 1821, will take place on Sunday, March 29, 2020, in Philadelphia Pennsylvania.

On Sunday, January 26, the following pupils of our school in alphabetical order, Alex Hall, Constantine Kalambakas, and Nicoletta Tsaganos, participated in the celebration of the Greek Letters at the Church of St. Thomas in Cherry Hill, New Jersey. Kudos to all our children! Their presentation was flawless, and to my opinion, among the best presentations of all the schools. The teacher, Mrs. Eleni Katapodi and the parent Mrs. Elena Hall were honored for their contribution, work devotion and devotion to our Greek School. They deserve our sincere congratulations!

In my recent communication with the parents, we exchanged opinions for the Greek School's Dinner Dance, and we decided that it will take place on Saturday, May 2, 2020. It will be a "Greek Taverna Night". Details of this event will be announced as soon as they will be finalized.

Our children are the future of our community, Orthodoxy and Hellenism in America.

Let us always bear in mind that "Rome was not built in a day"!





The Federation of Hellenic American Societies
of Philadelphia and Greater Delaware Valley
cordially invite you to attend

The 2020 Eleftheria Awards Dinner

Saturday March 21, 2020 6:00 PM

We will present the 2020 Eleftheria Award to

George G. Horiates, Esq

Supreme President

Order of AHEPA

and we announce our

2020 Grand Marshal

The Honorable Georgia Athanasopoulos

Consul General of the Republic of Panama

Admission \$75

Students \$25

Adelphia

Adelphia's, 1750 Clements Bridge Road Deptford, NJ

For Reservations contact: Georgia Halakos (302) 379-4335 or Georgia Chletcos (610) 547-0072

SAVE THE DATE

THE FEDERATION OF HELLENIC-AMERICAN SOCIETIES
OF PHILADELPHIA AND THE GREATER DELAWARE VALLEY

WELCOME THE EVZONES TO OUR GREEK INDEPENDENCE DAY PARADE 2020

COMMEMORATING 2500 YEAR ANNIVERSARY OF THE BATTLE OF THERMOPYLAE



Grand Marshal - The Honorable Georgia Athanasopoulos
Consul General of Panama

Honorary Marshals - The members of
AHEPA Thermopylae Chapter 445

**SUNDAY, MARCH 29 at the
BENJAMIN FRANKLIN PARKWAY, PHILADELPHIA**

FROM 16TH TO EAKINS OVAL, FORMATION 1:00PM, STEP OFF 2:00PM



Federation President: Georgia Halikios (302) 379-4335 Vice President: Georgia Chietcos (610) 547-0072
Pete Papademas (610) 247-9427



Please join us at our next Gathering on
Thursday, March 12th
@ 12pm in the Church Hall

We hope to see you there!

The Young @Heart Extends the invitation
to all of you! Come and join us!

HOLY TRINITY REGISTRY

Baptisms:

Theodore Joseck, son of John & Taylor Joseck, was baptized in our Church on February 8, 2020. His sponsor was Michael Joseck. We congratulate him and his sponsor and welcome Theodore into the Orthodox faith.

Funerals:

(Please note that Christos' obituary was incorrectly posted in the last bulletin. I apologize to his family for this mistake, and humbly ask your forgiveness. SusieK)

Christos Tarabicos fell asleep in the Lord on December 30, 2019. His funeral was held in Greece on January 4, 2020. He was predeceased by his brothers Kostas & James and is survived by his wife Demetra, their children Harry & Alexandra-Maria, his brother John and his wife Joanne, his sister-in-law Sophia, his grandchildren: Christos, Nina, Petros, Nikolaos his great-grandchildren: Eliana, Stefanos & Harilaos, and many nieces & nephews. May his memory be eternal.

Memorials:

Christos Tarabicos ~ 40 Day ~ February 9

George Charatis ~ 1 Year ~ February 9

Mary Fafalios ~ 3 Year ~ February 23

AHEPA ~ Annual ~ February 23

When you pray...

"THROUGH EVERY PRAYER AND ENTREATY REMAIN IN CONSTANT SUPPLICATION AT ALL TIMES
IN THE SPIRIT BEING WATCHFUL IN THIS WORK FOR THE BENEFIT OF ALL THE SAINTS."

EPHESIANS 6:18

Prayers for Health...

We ask that you give baptismal names only.

Anastasia
Barbara
Caroline
Christa
Christina
Chrysanthi
Demetra

Dimitrios
Doug
Elaine
Eleni
Emma
Eugenia
Evangelia

George
Jacob
Jeremy
John
Lawrence
Margaret
Maria

Marika
Mary
Matina
Michael
Misha
Peter
Rachel

Samantha
Sophia
Spyros
Stephanie
Stephen
Taylor
Theophania





Annunciation of the Theotokos / March 25

Reading:

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women." After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word." And at this, the Holy Spirit came upon her, and the power of the Most high overshadowed her all-blameless womb, and the Son and Word of God, Who

existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, Saint John the Baptist, prophesied of the dawning of the spiritual Sun. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord, and with a great voice blessed her and the Fruit that she held within herself. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour," and the rest, as the divine Luke hath recorded (1:39-55)

Apolytikion in the Fourth Tone

Today marks the crowning of our salvation and the revelation of the mystery before all ages. For the Son of God becomes the son of the Virgin, and Gabriel proclaims the grace. Wherefore, we also cry out with him, "Hail, O full of grace, the Lord is with you."

Kontakion in the Plagal of the Fourth Tone

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"



Sunday of the Holy Cross

Tone of the week: Grave Tone / Seventh Eothinon

Reading:

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

Resurrectional Apolytikion in the Grave Tone

By means of Your Cross, O Lord, You abolished death. * To the robber You opened Paradise. * The lamentation of the myrrhbearing women You transformed, * and You gave Your Apostles the order to proclaim to all * that You had risen, O Christ our God, * and granted the world Your great mercy.

Resurrectional Kontakion in the Grave Tone

No longer will death's dominion have power to detain mortal men. For Christ went down and smashed and destroyed its powers. Now Hades is bound, and the Prophets in unison exult and declare: The Savior has appeared to those with faith. Come out, you faithful, to the Resurrection.

Seasonal Kontakion in the Plagal of the Fourth Tone

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

Reading courtesy of St. Gregory Palamas Monastery Resurrectional courtesy of St. Gregory Palamas Monastery

Has any of your information changed? Have you recently added to your family, via birth of a child, gotten married, etc.; Have you moved or have a new phone number? Not getting the church email notices? Please help us keep our data base up-to-date!

Parishioner Profile / Membership Information Form
(Please Print Clearly)

Name: _____ Account # _____

Spouse's Name: _____ Wife Maiden Name: _____

Address: _____

Phone: (Home) _____ (Cell) _____
(Work) _____ (Spouse's Cell) _____

Email address: _____

2nd Email address: _____

Birth Date: _____ Birth Place _____ Baptism Date: _____

Spouse's Birth Date: _____ Birth Place _____ Baptism Date: _____

Date of Marriage: _____ Place of Marriage: _____ Church Name: _____

Emergency Contact: _____

Occupation: _____

Spouse Occupation: _____

Children

Name: _____ Date of Birth: _____ Date of Baptism: _____

Place of Birth: _____ Name of School / Grade _____

Name: _____ Date of Birth: _____ Date of Baptism: _____

Place of Birth: _____ Name of School / Grade _____

Name: _____ Date of Birth: _____ Date of Baptism: _____

Place of Birth: _____ Name of School / Grade _____

Name: _____ Date of Birth: _____ Date of Baptism: _____

Place of Birth: _____ Name of School / Grade _____

Please list the Church Ministries and Church Organizations you are involved in:

PLEASE SEND BACK TO CHURCH OFFICE AS SOON AS POSSIBLE

Σταυρός: πρόκληση «μεγέθυνσης» !

Είναι πολύ τιμητική και κολακευτική, θα λέγαμε, για όλους μας η επωνομασία μας: άνθρωπος. Αφού δηλώνει ότι «άνω θρώσκουμε» και «άνω θωρούμε». Και κάθε πνευματικός άνθρωπος πρέπει να έχει ξεκαθαρίσει, ότι: το «άνω» σημαίνει τους Ουρανούς. Και τους οραματιζόμαστε. Και τους ποθούμε. Και επειδή πολλοί ξεχνούν αυτό το όραμα ζωής, να τείνουν δηλαδή πάντα προς τον Θεό, ήλθε στον κόσμο ο Χριστός και... τράβηξε δυο γραμμές!...

* * *

Ενας δάσκαλος παρέδιδε το μάθημα των ευθυγράμμων τμημάτων, των ευθειών. Είχε μάλιστα φτιάξει μια αρκετά μεγάλη ευθεία γραμμή στον πίνακα. Και, τελειώνοντας, τους έθεσε κι ένα πρόβλημα, ένα κουίζ:

—Τι θα πρέπει, παιδιά, να κάνετε, για να γίνει μεγαλύτερη η γραμμή αυτή, χωρίς να προσθέσετε είτε στο ένα άκρο, είτε στο άλλο, είτε οποιοδήποτε ενδιάμεσο τμήμα;

Τα παιδιά απορούσαν. Ήξεραν ότι ο δάσκαλος δεν έλεγε τρελά πράγματα, αλλά το παρόν τούς φαινόταν αδιανόητο. Είχαν πέσει σε βαθιά περισυλλογή. Μέχρι που, καταλαβαίνοντας ο δάσκαλος την απορία τους, πλησιάζει στον πίνακα και τραβάει μια δεύτερη μικρότερη γραμμή, λέγοντας:

—Να, παιδιά μου! Τώρα η πρώτη γραμμή έγινε «μεγαλύτερη», χωρίς καθόλου να την πειράξω! Γιατί άλλαξαν οι συσχετισμοί και φαντάζει μεγαλύτερη!

* * *

Κάτι ανάλογο κάνει ο Μεγάλος Δάσκαλος, ο Χριστός. Μόνο που Αυτός προσθέτει δύο —φαινομενικά— μικρές γραμμές, για να μεγαλώσει το όλο οικοδόμημα του Κόσμου. Και αυτές οι «δύο γραμμές» τέμνονται και σχηματίζουν τον Ζωοποιοί Σταυρό.

Αφιερώνοντάς μας το Θείο Σύμβολο του Σταυρού —Σύμβολο της δικής Του ανυπερέβλητης Θυσίας—, βάζει καινούριες προοπτικές και στόχους για διαφορετικούς, ανώτερους συσχετισμούς στον Κόσμο. Η μάλλον, σε όλο το υλικό και πνευματικό Σύμπαν. Αφού το φρόνημα της Σταυρικής Θυσίας του Κυρίου είναι αυτό που μας «μεγαλώνει» όλους. Και πιο πολύ, «ανοίγει» και «πληθαίνει» τις καρδιές μας.

Πολλά τροπάρια ονομάζουν τον Σταυρό: «Κλίμακα» προς τον Παράδεισο, δηλαδή σκάλα που μας ανεβάζει με σιγουριά στον Ουρανό. Και καλεί ο Χριστός τους πάντες σε μια, μέσω του Σταυρού — δηλαδή, των προσωπικών μας θυσιών, ασφαλή ανάβαση και πνευματική μεγέθυνση, χωρίς άγχη, χωρίς ανταγωνισμούς, χωρίς αντιπαλότητες και εχθρότητες. Απαιτείται μόνο: φιλότιμη ποιότητα ζωής. Αφού η ποιότητα ζωής είναι αυτή που μετράει, αυτή που θα «κάνει την τελική διαφορά» απ' όσα αφήνουμε εκτός. Δηλαδή, αυτά τα άχρηστα, τα βρώμικα και τα σάπια (αμαρτίες, αμαρτωλά πάθη κλπ) που πρέπει να βγάζουμε με δυναμισμό από την πορεία μας, βαδίζοντας «Σταυρική ζωή».

Το τι σημαίνει και από πού αρχίζει η «Σταυρική ζωή» μάς το λέει ευσύνοπτα ο Απόστολος Παύλος: «καθαρίσωμεν εαυτούς από παντός μολυσμού σαρκός και πνεύματος, επιτελούντες αγιασμένην εν φόβω Θεού» (Β' Κορινθίους 7,1). (Να καθαρίσουμε τους εαυτούς μας από κάθε σωματική και ψυχική αμαρτία, βαδίζοντας ενάρετα με φόβο Θεού). Όλα τα έργα μας σ' αυτό πρέπει να αποβλέπουν: Πώς θα καθαριστούμε και θα αγιασθούμε. Πώς θα καταφέρουμε να νικήσουμε και να εξαλείψουμε τα πάθη, τις χρόνιες αμαρτωλές συνήθειες. Γιατί αυτά μάς αποκόπτουν από την κοινωνία αγάπης με τον Χριστό. Γι' αυτό και όλες οι «θυσίες» που κάνουμε (οικονομικές: ελεημοσύνες, φιλανθρωπίες, σωματικές: νηστεία, μετάνοιες, ασκητικοί αγώνες, κόπος προσευχής κ.λπ.) αποβλέπουν στη θεραπεία των παθών, στο πώς θα κλείσουν οι πληγές των παθών, ώστε να μπορέσουμε να βαδίσουμε με επιτυχία το δρόμο των αρετών. Και να έχουμε το μέγιστο δυνατό αποτέλεσμα. Και σ' αυτή την προσπάθεια έχουμε, ασφαλώς, «έμπειρο» συμπαράστατη τον ίδιο τον Χριστό, καρφωμένον στο ύψος του Σταυρού.

Θέλεις, λοιπόν, να καταλάβεις το χρέος σου, αλλά και το μέγεθος της Θυσίας του Χριστού; Κοίτα το ύψος του Σταυρού! Αυτό είναι η μεγαλύτερη πρόκληση στον Κόσμο. Και η σωστή μεγέθυνση της πνευματικής μας ζωής. Ας την αγαπήσουμε, ζώντας την. Για να ζήσουμε πραγματικά! Και χαριτωμένα!

Αρχιμ. Γρηγόριος Γ. Λίχας

The 25th of March, 1821--Greek Independence Day

Dr. Costas G. Fountzoulas

The struggle of the enslaved Greeks against their ruthless rulers, the Ottoman Turks, officially started on the 25th of March 1821 in the monastery of Hagia Lavra, Kalavryta. Germanos, the bishop of Paleon Patron, raised the banner of the revolution and blessed the arms of the captains of the revolting Greeks. The beginning of the revolution coincided with one of the holiest days for Orthodox Christians, the Annunciation of the Theotokos. Unofficially though, the revolution of the Hellenes against the Ottoman Turks started one day after the fall of Constantinople on the 29th of May 1453, and continues until today. However, about 20 actual unsuccessful uprisings took place before the 1821 revolution that managed to liberate about 25% of the Hellenes residing in the Ottoman empire.

The culturally superior Hellenic world, as represented by the Eastern Roman Empire, also known as Byzantine Empire, in 1453, fell to the nomadic Asian Turk, and further failed to civilize and assimilate this new conqueror as it had previously done with the Romans. The Moslem Turk adopted the material part of the Byzantines but not its Hellenic intellectual and cultural heritage. Under penalty of death, no Turk could be Christianized but many Christians, for their survival, converted to Islam. Thus, the probability that many of today's Turks are descended from the Greeks is high.

During the 400 years of Ottoman occupation

- complete lack of schooling resulted in illiterate, superstitious and ignorant Hellenes (especially in their culture, history and language). Interestingly, the same Turkish policy continues today with the Kurds!
- systematic abduction of Christian children forming the infamous and cruel Janissaries, faithful only to Sultan
- moderate religious freedom was granted to those minorities who accepted the Sultan as their despotic leader and paid their taxes
- churches were turned into mosques and icons were destroyed (usually by poking out the eyes of the depicted saints, as it is happening in the conquered north part of Cyprus today, at the end of the 20th century).

However, the Hellenes living in the occupied Hellas reacted to the oppression, lack of education and freedom by

- continuous uprisings against their Ottoman overlords (kleftes and armatoloi were a continuous headache for the Turks)
- obtaining elementary education in the Hidden Schools (for reading and writing only), formed and covertly operated by the church (at the same time the Europeans, through the discovery of Hellenic classics, began the renaissance, after many centuries of darkness)
- always being reminded of their glorious past and the contribution of their ancestors to the world by the surrounding ruins of ancient temples, theaters and

- stadia; thus keeping their historical identity alive
- becoming successful international ship owners and merchants (Turks were not very successful as sea merchants, thus bringing the European ideas of democracy and freedom back to the enslaved Hellenes and at the same time informing the Europeans of their struggle (AGON) for independence and human dignity--the contributions of the fleet of Spetses, Hydra and Chios were of extreme importance to the success of the revolution.

The struggle of the Hellenes for independence was coordinated from abroad. The Hellenes of Diaspora were the strategic and financial brains behind the revolution (Secret Society of Friends [Filiki Eteria], Sacred Band [Ieros Lohos], Ypsilandis, Koraes, Kapodistrias and many others raised the interest of the European and American intellectuals and Phil-Hellenes (Lord Byron, Dr. Samuel Gridley Howe, and Daniel Webster to name a few)

The Hellenes of mainland Hellas formed military groups and carried out most of the burden of the fighting against the Ottoman Turks in Hellas; Kolokotronis, Karaiskakis, Papaflessas, Androutsos, Botsaris, Bouboulina, and Miaoulis were some of the heroes and military leaders suffered most of the consequences of their revolution against the Turks (burning of Chios and Psara) proved to the enslaved peoples of the Balkans (Aeolian peninsula) that the Ottoman army was not invincible through their determination and self-sacrifice (Souli, Alamana, Messologi, Maniaki) they achieved significant victories over the Turks, thus liberating within 2 years Attica, Peloponnese and Sterea Ellas, which comprised in 1823 the first free Hellenic State forced the allied victory at the battle of Navarino, 1828, thus accelerating the demise of the Ottoman Empire.

The Holy Alliance, comprised of Austria, Russia, England, France, and Germany, tried to put an end to the revolution. The revolting Hellenes had been characterized, mainly by the Austrians, as agitators or terrorists using today's language. However, their fight for independence inspired many Europeans Phil-Hellenes, who gave their life for their righteous struggle. It is worth mentioning that there were Phil-Hellenes from every European nation except Austria and Czarist Russia (however, the *Ieros Lohos (Sacred Band)* was formed in Russia) .

The struggle of the Hellenes for Independence eventually resulted in the demise of the Ottoman Empire and the liberation of the enslaved **Balkans (Haemus Peninsula)** from the Ottoman yoke--it is also worth mentioning that the only people in the Balkans who fought against the Ottoman Turks were the Hellenes, something never forgotten by the contemporary Turks, and the creation of the contemporary Hellas State, an oasis of peace, democracy and stability, not only in the Balkans but in the Eastern Mediterranean as well. *Even today, Turkey considers Hellas as "A land under temporary Greek occupation"!*

LONG LIVE THE 25TH OF MARCH 1821 !!!

Ο αγώνας των σκλαβωμένων Ελλήνων εναντίον των σκληρών και ανελέητων Οθωμανών Τούρκων, άρχισε επίσημα την 25^η Μαρτίου στην Μονή της Αγίας Λαύρας στα Καλάβρυτα. Ο επίσκοπος Παλαιών Πατρών Γερμανός ύψωσε το λάβαρο της επανάστασης και ευλόγησε τα όπλα των καπεταναίων των επαναστατημένων Ελλήνων. Η έναρξη της επανάστασης συνέπεσε με τον Ευαγγελισμό της Θεοτόκου, μία από τις ιερότερες ημέρες της Ορθοδοξίας. Όμως η επανάσταση των Ελλήνων ή ο ξεσηκωμός του Γένους, όπως αλλιώς είναι γνωστή, είχε αρχίσει την επόμενη ημέρα από της πτώσεως της Κωνσταντινουπόλεως, 29 Μαΐου 1453, και συνεχίζεται μέχρι τις ημέρες μας. Συγκεκριμένα περίπου 20 αποτυχημένες προσπάθειες προηγήθηκαν της επανάστασης της 25^η Μαρτίου του 1821. Μέσα στα επόμενα 7 χρόνια το 25% των σκλαβωμένων Ελλήνων είχε απελευθερωθεί.

Η πτώση της Κωνσταντινουπόλεως το 1453 εσήμανε το τέλος της Ανατολικής Ρωμαϊκής Αυτοκρατορίας, φνωστή ως Βυζαντινή Αυτοκρατορία, και την αντικατάστασή της υπό της βαρβάρου και απολιτίστου Οθωμανικής αυτοκρατορίας. Πολλοί Χριστιανοί για να σώσουν το κεφάλι τους και να προστατέουν της οικογένειες τους εξισλαμίσθηκαν (όπως συνέβη με τους Μουσουλμάνους της Βοσνίας).

Κατά την διάρκεια των 400 χρόνων Οθωμανικής κατοχής

- η παντελής έλλειψη εκπαίδευσης εδημιούργησε Έλληνες προληπτικούς και αμόρφωτους, επιλήσμονες της γλώσσας των και της ιστορίας των. Η ίδια πολιτική εφαρμόζεται σήμερα στους Κούρδους!
- συστηματική απαγωγή των αρσενικών παιδιών των Χριστιανικών πληθυσμών (παιδομάζωμα), τα οποία εχρησιμοποιήθηκαν δια τον σχηματισμό των απανθρώπων Γενιτσάρων, πιστών μόνο στον Σουλτάνο
- περιορισμένη θρησκευτική ελευθερία είχε δοθεί μόνο στις μειονότητες που είχαν αποδεχθεί τον Σουλτάνο σαν αρχηγό τους και επλήρωναν τους φόρους τους
- εκκλησίες μετετράπηκαν σε μουσουλμανικά τεμένη (τζαμιά) και εικόνες κατεστρέφοντο (συνήθως τους αφαιρούντο τα μάτια, όπως συμβαίνει εξ' άλλου και σήμερα στο κατεχόμενο, τμήμα της Κύπρου)

Η αντίσταση των σκλαβωμένων Ελλήνων στην καταπίεση, έλλειψη εκπαίδευσης και ελευθερίας χαρακτηρίζεται

- από τις συνεχείς εξεγέρσεις εναντίοντων Τούρκων (Κλέφτες και οι Αρματωλοί)
- από την μάθηση στοιχειώδους αναγνώσεως και γραφής στα Κρυφά Σχολεία (σε αντιδιαστολή οι υπόλοιποι Ευρωπαίοι δια μέσου της ανακαλύψεως των δημιουργημάτων των αρχαίων Ελλήνων είχαν αρχίσει την αναγέννησή τους μετά απο έναν πολύχρονο Μεσαίωνα)
- από την υπενθύμιση του ενδόξου παρελθόντος των και της συνεισφοράς των προγόνων των στον κόσμο μέσω των ερειπίων των αρχαίων ναών και θεάτρων.διατηρώντας έτσι την εθνική ταυτότητα τους ζωντανή
- απο την επιτυχία τους ως εφοπλιστών και εμπόρων (οικονομικοί τομείς όπου οι Τούρκοι δεν είχαν επιτύχει), μεταφέροντας κατ' αυτόν τον τρόπο στην Ελλάδα

- τις Ευρωπαϊκές ιδέες για δημοκρατία και ελευθερία και ταυτοχρόνως μεταφέροντας τον αγώνα των Ελλήνων για
- ανεξαρτησία και ανθρώπινη αξιοπρέπεια στους Ευρωπαίους—η συνεισφορά των εμπορικών στόλων των Σπετσών, Ύδρας και Χίου ήταν αποφασιστικής σπουδαιότητας στην επιτυχή έκβαση της επανάστασης

Ο αγώνας των Ελλήνων για ανεξαρτησία συντονίζεται από το εξωτερικό. Οι Έλληνες της Διασποράς

- ήταν οι στρατηγικοί σχεδιαστές και οικονομικοί παράγοντες της επανάστασης (Φιλική Εταιρεία, Ιερός Λόχος, Υψηλάντης, Κοραΐς, Καποδίστριας και πολλοί άλλοι)
- προκάλεσαν το ενδιαφέρον των Ευρωπαίων και Αμερικανών Διανοουμένων και Φιλελλήνων (Λόρδος Βύρων, Δρ. Σαμουήλ Χάουη και Δανιήλ Γουέπστερ κ.α.)
- Οι σκλαβωμένοι Έλληνες της κυρίως Ελλάδος
- εσημάτισαν επαναστατικά στρατιωτικά σώματα και εσήκωσαν το μεγαλύτερο βάρος της εξεγέρσεως εναντίον των Οθωμανών Τούρκων. Κολοκοτρώνης, Καραϊσκάκης, Παπφλέσσας, Ανδρούτσος, Μπότσαρης, Μπουμπουλίνα και Μιαούλης είναι ονόματα μερικών ηρώων και στρατιωτικών ηγετών του αγώνα
- υπέφεραν τις περισσότερες συνέπειες του αγώνα τους (καταστροφή των Ψαρών και της Χίου)
- απέδειξαν στους σκλαβωμένους κατοίκους της Χερσονήσου του Αίμου (Βαλκάνια) ότι ο πολυάριθμος Οθωμανικός στρατός δεν ήταν ανίκητος
- κατέφεραν με την αυτοθυσία τους και τον ηρωισμό τους (Σούλι, Μανιάκι, Αλαμάνο, Μεσολόγγι) σημαντικές νίκες κατα των Τούρκων, απελευθερώνοντας έτσι μέσα σε 2 χρόνια την Αττική, Πελοπόννησο και Στερεά Ελλάδα, τα οποία απετέλεσαν το 1823 το πρώτο ελεύθερο Ελληνικό κράτος
- ανάγκασαν τους συμμάχους να νικήσουν τον Τουρκικό στόλο στο Ναβαρίνο το 1828, επιταχύνοντας έτσι την πτώση της Οθωμανικής αυτοκρατορίας. Οι Έλληνες είχαν χαρακτηριστεί από τους Αυστριακούς ιδιαίτερα σαν επαναστάτες ή τρομοκράτες με τα σημερινά δεδομένα. Παρ' όλα ταύτα ο αγώνας τους ενέπνευσε πολλούς Φιλέλληνες, οι οποίοι έδωσαν την ζωή τους για τον δίκαιο αγώνα τους. Αξιοσημείωτο είναι ότι υπήρχαν Φιλέλληνες απ' όλη την Ευρώπη πλην της Αυστρίας και της Τσαρικής Ρωσίας

Ο αγώνας των Ελλήνων δια Ανεξαρτησία τελικώς επέφερε

την πτώση της Οθωμανικής Αυτοκρατορίας

- τη απελευθέρωση των σκλαβωμένων Βαλκανίων (Χερσόνησος του Αίμου) απο τον Οθωμανικό ζυγό—Οι Έλληνες ήταν οι μόνοι που επολέμησαν τους Οθωμανούς Τούρκους στα Βαλκάνια, κάτι που οι Τούρκοι δεν ελησμόνησαν ποτέ, και
- την δημιουργία του συγχρόνου Ελληνικού Κράτους, το οποίο είναι μιά όασις ειρήνης, δημοκρατίας και σταθερότητας, όχι μόνο στα Βαλκάνια αλλά και στην ευρύτερη περιοχή της Ανατολικής Μεσογείου. Ακόμη και Σήμερα, η Τουρκία εξακολουθεί να θεωρεί την Ελλάδα «Εδάφη υπο προσωρινή Ελληνική κατοχή».

ΖΗΤΩ Η 25^Η ΜΑΡΤΙΟΥ ΤΟΥ 1821!!!



Philoptochos Ladies
Maria Grigorakakis & Eleni Grivas
 take donations of Homemade pillow cases
 and blankets to area hospitals:
 Crozier-Chester, Ronald McDonald House,
 St Francis & AI DuPont.



CONGRATULATIONS ON YOUR ACCOMPLISHMENTS!

Constantine E. Fournaris is an Associate at the Wilmington law firm of Gordon, Fournaris & Mammarella, P.A. Born and raised in Wilmington, DE, Constantine attended the University of Delaware where he received a Bachelor of Science and Master of Science in Accounting. He then moved on to receive his Juris Doctor from Villanova University Charles Widger School of Law. At Villanova, Constantine was president of the Tax Law Society and organized to have a group of Villanova law students work with the Volunteer Income Tax Assistance (VITA) Program in Upper Darby, PA.

Constantine is currently pursuing an LL.M in Taxation from Villanova University Charles Widger School of Law. He is admitted to practice in Delaware and Pennsylvania.

Serving in March

Coffee Hours:

March 1~ Altar Guild

March 8 ~ Hellenic University Club

March 15 ~ GOYA

March 22 ~ Greek School (Greek Independence Day Program)

March 29 ~ Young @ Heart



Narthex Duty:

March 1~ Group 2

March 8 ~ Group 1

March 15 ~ Group 2

March 22 ~ Group 1

March 29 ~ Group 2



Prosforon Offeror's

March 1~ Katina Zographos

March 8 ~ Sophia Regas

March 15 ~ Maria Grigorakakis

March 22 ~ Demi Kollias

March 29 ~ Eleni Katapodi



If you cannot meet your scheduled date for Prosfora please contact Loula Kapordelis @ 354-5383
We are in need of Proforon Offerors. If you would like to become one, please call the church office.



ALTAR SERVERS



Alexios Angeletakis
Athanasios Bodine
Matthew Christofidis
Phillip Colborn
Constantinos Fournaris
Christopher Kontomaris

Constantine Moutsatsos
Demetri Moutsatsos
Alexander Tsakumis
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Holy Trinity, Wilmington • Greek Festival

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2020

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Look in weekly bulletins for Prep start dates and times!



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Holy Trinity Greek Orthodox Church

ATTN: Capital Campaign

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Wilmington, DE 19806

As of today, 90 families have pledged financial support for necessary improvements to our Holy Trinity facilities.

Thank you for your commitment to our Community!

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>Forgiveness Sunday</u> 8:30am Orthros/ Divine Liturgy Sunday School Vespers Service of Forgiveness follows the Divine Liturgy SS Teachers Meeting	2 Clean Monday <u>Lent Begins</u> 6pm Great Compline	3 7pm Adult Bible Class 7pm OCF @ UD Catholic Chapel	4 12:30 Bible Study 5:30p Greek School 6pm Presanctified Liturgy 7pm GOYA Dance practice FAST	5 7:30pm DVYC Meeting, St Luke, Broomall, PA	6 <u>7pm 1st Salutations to the Theotokos</u> Parish Level St John Chrysostom Oratorical Festival following Salutations FAST	7 <u>3rd Saturday of Souls</u> 8:30am Orthros /Divine Liturgy Memorials
8 <u>Sunday of Orthodoxy</u> 8:30am Orthros/ Divine Liturgy Sunday School Procession with Icons Philoptochos Tray for Metropolis GOYA Meeting	9 6pm Compline STRICT FAST	10 6:30pm AHEPA Meeting 7pm OCF @ UD Catholic Chapel	11 12:30 Bible Study 5:30p Greek School 6pm Presanctified Liturgy Philoptochos Lenten Covered Dish Dinner & Meeting following Liturgy 7pm GOYA Dance practice FAST	12 12pm St. Elpida Serving @ Emmanuel Dining Room 12:30pm Young @ Heart 7pm Judges Reception @ St Luke, Broomall	13 5:30pm YOUTH Dance Practice <u>7pm 2ndSalutations to the Theotokos</u> FAST	14 Sights & Sounds @ St Luke, Broomall, PA
15 <u>St. Gregory Palamas</u> 8:30am Orthros/ Divine Liturgy Sunday School	16 6pm Compline	17 7pm Adult Bible Class 7pm OCF @ UD Catholic Chapel	18 12:30pm Bible Study 5:30pm Greek School 6pm Presanctified Liturgy	19 6:30pm Parish Council Meeting	20 <u>7pm 3rd Salutations to the Theotokos</u>	21 HOPE/JOY Lenten Retreat, St Demetrios, Upper Darby, PA
22 <u>Sunday of the Holy Cross</u> 8:30am Orthros/ Divine Liturgy Sunday School Greek School Presents: Greek Independence Day Program	23	24 6:30pm Daughters of Penelope Meeting <u>7pm Vespers.</u> <u>Annunciation.</u> <u>Elkins Park, PA</u> <u>or Evangelismos.</u> <u>North</u> <u>Philadelphia</u>	25 <u>Annunciation</u> 8:30am Orthros/Divine Liturgy 12:30pm Bible Study 5:30pm Greek School	26 6pm Compline	27 5:30pm YOUTH Activity following YOUTH Dance Practice <u>7pm 4th Salutations to the Theotokos</u>	28
29 <u>St. John Climacus</u> 8:30am Orthros/ Divine Liturgy Sunday School Greek Independence Day Parade	30	31				

Μάρτιος 2020

Κυριακή	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο
1 <u>Κυριακή της Συγχωρήσεως</u> 8:30πμ Όρθρος/Θεία Λειτουργία Κατηχητικό Ακολουθεί Εσπερινός της Συγχωρήσεως μετά την Θεία Λειτουργία Συνάντηση Διδασκόντων Κατηχητικού	2 <u>Καθαρά Δευτέρα</u> <u>Αργίζει η Σαρακοστή</u> 6μμ Μέγα Απόδειπνο	3 7μμ Τάξη Βίβλου 7μμ ΟΠΦ@ UD Catholic Chapel	4 12:30 Μελέτη Βίβλου 5:30μμ Ελληνικό Σχολείο 6μμ Προηγιασμένη Λειτουργία 7μμ Πρακτική Χορού GOYA ΝΗΣΤΕΙΑ	5 7:30μμ Συνάντηση DVYC , St Luke, Broomall, PA	6 <u>7μμ Α! Χαιρετισμοί</u> Ορατόρικό Φεστιβάλ Ιωάννου Χρυσοστόμου Κοινότητα μετά τους Χαιρετισμούς ΝΗΣΤΕΙΑ	7 <u>Γ! Ψυχοσάββατο</u> 8:30πμ Όρθρος /Θεία Λειτουργία Μνημόσυνα
8 <u>Κυριακή της Ορθοδοξίας</u> 8:30πμ Όρθρος/Θεία Λειτουργία Κατηχητικό Περιφορά με τά Εικόνων Δίσκος Φιλοπτώχου για την Μητρόπολη Συνάντηση GOYA	9 6μμ Απόδειπνο ΑΥΣΤΗΡΗ ΝΗΣΤΕΙΑ	10 6:30μμ Συνάντηση ΑΧΕΠΑ 7μμ ΟΠΦ@ UD Catholic Chapel	11 12:30 Μελέτη Βίβλου 5:30μμ Ελληνικό Σχολείο 6μμ Προηγιασ . Λειτουργία Σαρακοστιανό Δείπνο Φιλοπτώχου & Συνάντηση μετά την Λειτουργία 7μμ Πρακτική Χορού GOYA ΝΗΣΤΕΙΑ	12 12μμ η Αγ. Ελπίδα σεργίρει @ Emmanuel Dining Room 12:30μμ Αειθαλείς Νέοι 7μμ Υποδοχή Κριτών@ St Luke, Broomall	13 5:30μμ Πρακτική χορού ΝΕΟΛΑΙΑΣ <u>7μμ Β! Χαιρετισμοί</u> ΝΗΣΤΕΙΑ	14 Ήχος & Φώς @ St Luke, Broomall, PA
15 <u>Γρηγορίου Παλαμά</u> 8:30πμ Όρθρος/Θεία Λειτουργία Κατηχητικό	16 6μμ Απόδειπνο	17 7μμ Τάξη Βίβλου 7μμ ΟΠΦ@ UD Catholic Chapel	18 12:30μμ Μελέτη Βίβλου 5:30μμ Ελληνικό Σχολείο 6μμ Προηγιασ. Λειτουργία	19 6:30μμ Συνάντηση Κοιν. Συμβουλίου	20 <u>7μμ Γ! Χαιρετισμοί</u>	21 Απόσυρση ΕΛΠΙΔΑ/ ΧΑΡΑ @ St Demetrios, Upper Darby, PA
22 <u>Σταυροπροσκυνήσεως</u> 8:30πμ Όρθρος/Θεία Λειτουργία Κατηχητικό Εορτασμός 25ης Μαρτίου 1821 Από το Ελληνικό Σχολείο	23	24 6:30μμ Συνάντηση Θυγατέρων Πηνελόπης <u>7μμ Ευαγγελισμός στο, Elkins Park, PA ή Ευαγγελισμός, North Philadelphia</u>	25 <u>Ευαγγελισμός Θεοτόκου</u> 8:30πμ Όρθρος/Θεία Λειτουργία 12:30μμ Μελέτη Βίβλου 5:30μμ Ελληνικό Σχολείο	26 6μμ Απόδειπνο	27 5:30μμ Δραστηριότητες ΝΕΟΛΑΙΑΣ μετά την Πρακτική Χορού <u>7μμ Δ! Χαιρετισμοί</u>	28
29 <u>Ιωάννου Κλίμακος</u> 8:30πμ Όρθρος/Θεία Λειτουργία Κατηχητικό Παρέλαση Ανεξαρτησίας, Φιλαδέλφεια, Πεννσ.	30	31				



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