



Holy Trinity

GREEK ORTHODOX CHURCH
WILMINGTON DE



90th Anniversary

APRIL 2024 – ISSUE 4



*Wishing you a
Blessed Lent & Kalo Pascha*



METROPOLIS OF
NEW JERSEY

HOLY TRINITY GREEK ORTHODOX CHURCH

808 N BROOM STREET

WILMINGTON, DELAWARE 19806

Phone: 302.654.4446 Fax: 302.654.4204

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Holy Trinity Greek Orthodox Church

V. Rev. Archimandrite of the Ecumenical Throne

Fr. Christoforos Oikonomidis, Proistamenos

frchristoforosoikon@gmail.com

For pastoral emergencies only— dial Fr. Christoforos' cell @ 856-246-2756

Susan Kelleher, Church Secretary (302) 384-7805 (home)

2024 PARISH COUNCIL MEMBERS

Stephanos Karakasidis, President - (302) 383-0476

Stacey Pennia, First Vice President - (302) 530-1669

Alexander Kirifides, Second Vice President - (302) 377-1704

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(302) 633-1112	Costas Fountzoulas	George Tsakataras	(302) 521-7300
(302) 379-4335	Georgia Halakos	Paraskevi Wolcott	(302) 654-4446

CHURCH ORGANIZATIONS

(494) 433-3896	Philoptochos	Dena Verikakis, President
(856) 678-4924	Sunday School	Maroula Haralambidis, Co-Director
(302) 293-1127	Sunday School	Amalea Rassias, Co-Director
(484) 995-4414	GOYA	Eleni Marcantonis, Co-President
(302) 682-1116	GOYA	Christina Pennia, Co-President
(610) 864-4621	JOY / HOPE	Angie Karakasidis
(302) 562-3414	YAL	Anna Fournaris
983-0857/(703) 317-7798	Family Choir	Evita Guajardo / Christina Dietrich
(856) 905-0477	Chanter	Grigorios Fotakis (Family Choir also)
(302) 753-3941	Young @ Heart	Demetra Pappoulis, President
(302) 764-1849	Greek School	Popi Tsaganos
(302) 475-5035 / 239-4950	Altar Guild	Evie Fournaris & Joanne Tarabicos
(302) 633-1112	Editorial Staff	Costas Fountzoulas
(302) 655-2252 / 764-2183	Emmanuel Dining Room East	Nikkie Tsakataras & Tina Ganiaris King
(302) 585-6818	Holy Trinity Food Pantry	Johanna Laskaris
(302) 239-6140	Adult Bible Study	John Lazare
(856) 514-2227	IOCC Parish Representative	Peter Kamenakis
(610) 274-2247	OCF Mother	Leeza Kaliakin

AUXILIARY ORGANIZATIONS

(302) 478-3529	AHEPA	Michael Kirifides, President
(302) 379-2015	Daughters of Penelope	Anthoula Anagnostou, President
(607) 279-1387	Hellenic University Club	Georgia Kollias, 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 AND PARISH WEBSITE



HOLY TRINITY GREEK ORTHODOX CHURCH

ΑΓΙΑ ΤΡΙΑΣ ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ



April 2024

Dear beloved parishioners of Holy Trinity,



We have already entered the month of April, which brings us closer to the “Feast of Feasts” the life-giving Resurrection of our Lord and Savior Jesus Christ. April is at the heart of Spring, which is the time of renewal, refreshment, and reformation of nature. Being in Great Lent, our “spiritual spring”, we have been called by our Mother Church to spiritually regenerate and cleanse ourselves of the distractions that keep us down the rest of the year; to repent and change; to overcome the many obstacles that get in our spiritual way, and have become ailments for our souls, such as spiritual laziness, attachment to our passions and selfishness. Our Church, in Her wisdom and consideration for Her children, advises us to use prayer, fasting, helping the poor and reconciling with those whom we have either offended or have offended us as remedies to these illnesses.

In the prayer before dismissal in the Divine Liturgy of the Presanctified Gifts, we find the real purpose of Great Lent: *“Almighty Lord, You have created all things in wisdom. In Your inexpressible providence and great goodness, You have brought us to these saving days, **for the cleansing of our souls and bodies, for control of our passions, in the hope of the Resurrection.** After the forty days, You delivered into the hands of Your servant Moses the tablets of the law in characters divinely traced. Enable us also, O benevolent One, **to fight the good fight, to complete the course of the fast, to keep the faith inviolate, to crush underfoot the heads of unseen tempters, to emerge victors over sin and to come, without reproach, to the worship of Your Holy Resurrection.**”*

From the above prayer we clearly see that “now” is the time and our opportunity to cleanse ourselves, both our souls and bodies, through prayer, fasting and confessing of our sins. This is certainly a struggle; it is a “good fight” against our evil self and our own passions. However, we are called to endure this fight and win over it and thus to blamelessly worship and venerate the Holy Resurrection of Christ.

In this “fight” we are not alone. We have the greatest gift that God has given us: the most precious Body and Blood of His Son, our Lord Jesus Christ. Every time we receive Holy Communion, we gain power to continue our endeavors to become better. This is why during Great Lent we have more liturgical opportunities, and we are asked to more frequently partake of the Holy Sacraments, so that we remain united with Christ and His Church and strengthen our spiritual efforts.

My beloved parishioners, this month we get the opportunity to enhance and increase our spiritual lives in order to venerate Christ’s Sacred Passion, Crucifixion and Resurrection. I humbly ask that we seize this opportunity and prepare ourselves for these glorious moments. I understand how busy everybody is; however, now is the moment to make time for our souls. Now is the moment to cleanse ourselves through fasting, praying, almsgiving and forgiving. Now is the moment to come to confession; do not be afraid to confess your sins through this wonderful and soul-cleansing Sacrament of our Church. Throughout the month of April, we will continue having all these liturgical opportunities during the week and on Sundays.

Continued next page...

Continued...

Nevertheless, the culmination of this holy season is Holy Week and Easter. Please look at the liturgical schedule of Holy Week in the bulletin and make “room” in your busy schedules to participate in the Divine Services. Don’t spend your time on television, sports and computer games. Live this Holy Week with Christ. Be there as much as you can. Go to as many services as you can. Most importantly, I remind you that the Orthodox Church is the Church of the Resurrection. On Holy Saturday night, the most beautiful Divine Liturgy of the year follows right after the proclamation that “CHRIST IS RISEN”. Unfortunately, most of our faithful depart and miss this! That is a sin. All the struggles we have undergone until Pascha prove useless. I humbly and lovingly ask all the faithful to remain for the Liturgy of the Resurrection on Holy Saturday night and thus complete the effort of Great Lent. The Liturgy of the Resurrection will finish at 1:30am.



May we all experience the blessings of this year’s Great Lent and renewed may we celebrate Christ’s glorious Resurrection through the grace of the Precious Cross and the intercessions of the Mother of God, the Theotokos! Kali Anastasi!

Archim. Christof. Oikonomidis

Archimandrite of the Ecumenical Throne
Christoforos Oikonomidis, Presiding Priest

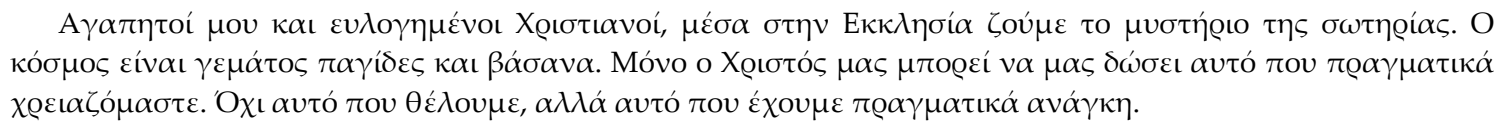
~~~~~  
Αγαπητοί μου Ενορίτες,

Βρισκόμαστε ήδη στον μήνα Απρίλιο, δηλαδή στην καρδιά της Άνοιξης. Κοιτώντας γύρω μας τη φύση, θαυμάζουμε και καμαρώνουμε τα μεγαλεία του Θεού, βλέποντας τα δέντρα, τα λουλούδια και την δημιουργία να αναγεννιέται. Μαζί με τον Προφήτη Δαβίδ και εμείς ανακράζουμε: «Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε· πάντα ἐν σοφίᾳ ἐποίησας, ἐπληρώθη ἡ γῆ τῆς κτίσεώς σου» (Ψαλμός 103). Μαζί όμως με την αναγέννηση της φύσης, η Εκκλησία μας καλεί να αναγεννηθούμε και εμείς πνευματικά μέσα από την Αγία και Μεγάλη Τεσσαρακοστή.

Η Σαρακοστή δεν είναι μια τιμωρία για τους ανθρώπους. Δεν δόθηκε από τον Θεό για να μας κάνει να υποφέρουμε και να στερούμαστε. Το αντίθετο. Είναι μια περίοδος χάριτος και χαράς, όπου ο κάθε άνθρωπος καλείται να κοιτάξει μέσα του και να διορθώσει τα λάθη του. Είναι ο κατάλληλος χρόνος και η ευκαιρία που μας δίνει η Εκκλησία να αναμετρηθούμε με τον κακό εαυτό μας, να παλέψουμε με τα πάθη και τις αδυναμίες μας και να γίνουμε καλύτεροι και πιο πνευματικοί άνθρωποι. Για να πετύχουμε όμως τα παραπάνω πρέπει να ζητήσουμε την χάρη και το έλεος του Θεού. Δεν μπορούμε μόνοι μας.

Η Εκκλησία μας ζητά να νηστεύουμε από τις τροφές, ώστε πιο ανάλαφροι να επιδοθούμε σε αυτόν τον πνευματικό αγώνα και να νικήσουμε αυτόν τον αόρατο πόλεμο. Στην ευχή της Απολύσεως της Θείας Λειτουργίας των Προηγιασμένων Δώρων, περιγράφεται ξεκάθαρα η σημασία της Μεγάλης Τεσσαρακοστής και του πνευματικού μας αγώνα. Η ευλογημένη αυτή περίοδος μας έχει δοθεί: πρὸς καθαρισμὸν ψυχῶν καὶ σωμάτων, πρὸς ἐγκράτειαν παθῶν, πρὸς ἐλπίδα ἀναστάσεως· [...] παράσχον καὶ ἡμῖν, ἀγαθέ, τὸν ἀγῶνα τὸν καλὸν ἀγωνίσασθαι, τὸν δρόμον τῆς νηστείας ἐκτελέσαι, τὴν πίστιν ἀδιαίρετον τηρῆσαι, τὰς κεφαλὰς τῶν ἀοράτων δρακόντων συνθλάσαι, νικητὰς τε τῆς ἁμαρτίας ἀναφανῆναι καὶ ἀκατακρίτως φθάσαι προσκυνῆσαι καὶ τὴν ἀγίαν ἀνάστασιν».

**Αγώνας** λοιπόν είναι η Μεγάλη Τεσσαρακοστή. Κάθε αγώνας είναι δύσκολος και έχει εμπόδια. Σε αυτόν όμως τον αγώνα δεν είμαστε μόνοι. Έχουμε τον Τίμιο Σταυρό του Χριστού μας, ο οποίος θα υψωθεί ανάμεσά μας την Κυριακή της Σταυροπροσκυνήσεως, και θα μας θυμίσει ότι η ζωή μας είναι ένας σταυρός. Κοιτώντας όμως τον Σταυρό του Χριστού, θα αντλήσουμε δύναμη ώστε να σηκώσουμε και τον δικό μας σταυρό και να τον ακολουθήσουμε: «εἴ τις θέλει ὀπίσω μου ἔρχεσθαι, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ καθ' ἡμέραν καὶ ἀκολουθείτω μοι» (Λουκ. 9, 23). Ακόμα, έχουμε ως φοβερό όπλο εναντίον του διαβόλου και των παγίδων του, την Θεία Κοινωνία, το Πανάγιο Σώμα και Αίμα του Κυρίου μας. Κάθε φορά που μεταλαμβάνουμε, ενωνόμαστε με τον Χριστό και Εκείνος μας ενισχύει και μας ανανεώνει πνευματικά: «ὁ τρώγων μου τὴν σάρκα καὶ πίνων μου τὸ αἷμα ἐν ἐμοὶ μένει, καὶ γὰρ ἐν αὐτῷ» (Ιω. 6, 56)



Καλή και ευλογημένη συνέχεια της Μεγάλης Τεσσαρακοστής και καλό Πάσχα με υγεία και πνευματική αναγέννηση δια πρεσβειών της Υπεραγίας Θεοτόκου!

π. Χριστοφόρος Οικονομίδης  
Αρχιμανδρίτης του Οικουμενικού Θρόνου  
Ιερατικώς Προϊστάμενος





## ΠΡΟΓΡΑΜΜΑ ΜΕΓΑΛΗΣ ΕΒΔΟΜΑΔΟΣ 2024



### ΣΑΒΒΑΤΟ ΤΟΥ ΛΑΖΑΡΟΥ

(27 Απριλίου)

(πρωί) Όρθρος.....9 π.μ.

Υποδειγματική (με επεξήγηση)

Θεία Λειτουργία.....10 π.μ.

Θα ακολουθήσει πρωινό για τα παιδιά  
και κατασκευή σταυρών από βαΐα

### ΚΥΡΙΑΚΗ ΒΑΪΩΝ (28 Απριλίου)

(πρωί) Όρθρος.....9 π.μ.

Θεία Λειτουργία.....10 π.μ.

(απόγευμα) Ακολουθία Νυμφίου.....7 μ.μ.

### ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ (29 Απριλίου)

(πρωί) Θ. Λειτουργία των Προηγιασμένων  
Δώρων .....9 -10:30 π.μ.

(απόγευμα) Ακολουθία Νυμφίου...6:30 μ.μ.

### ΜΕΓΑΛΗ ΤΡΙΤΗ (30 Απριλίου)

(πρωί) Θ. Λειτουργία των

Προηγιασμένων Δώρων....9 -10:30 π.μ.

(απόγευμα) Ακολουθία Νυμφίου

(Τροπάριον Κασσιανής).....6:30 μ.μ.

### ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ (1 Μαΐου)

(απόγευμα) Ιερό Ευχέλαιο.....5 μ.μ.

(βράδυ) Όρθρος Μ. Πέμπτης, καθώς

και Ιερό Ευχέλαιο..... 7 μ.μ

### ΜΕΓΑΛΗ ΠΕΜΠΤΗ (2 Μαΐου)

(πρωί) Θ. Λειτουργία .....9-11 π.μ.

(απόγευμα) Ακολουθία των Παθών -

12 Ευαγγέλια.....6:30 μ.μ.

### ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ (3 Μαΐου)

(πρωί) Ακολουθία των Μεγάλων Ωρών

.....10 π.μ. έως 12:00 μ.μ. (μεσημέρι)

Αποκαθήλωσης.....2:30 μ.μ.

(βράδυ) Επιτάφιος Θρήνος.....7 μ.μ.

### ΜΕΓΑΛΟ ΣΑΒΒΑΤΟ (4 Μαΐου)

(πρωί) Θεία Λειτουργία και πρώτη

Ανάσταση.....9:30-11:30 π.μ.

(βράδυ) Μεσονυκτικό Αναστάσεως..11 μ.μ.

Ανάσταση.....12 μεσάνυχτα

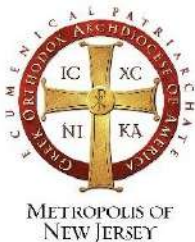
και ακολουθεί η Αναστάσιμη Θ.

Λειτουργία έως 1.30 π.μ.

### ΚΥΡΙΑΚΗ ΤΟΥ ΠΑΣΧΑ (5 Μαΐου)

(μεσημέρι) Εσπερινός της Αγάπης...12 μ.μ.





## HOLY TRINITY GREEK ORTHODOX CHURCH

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## **2024 HOLY WEEK SCHEDULE**

### **SATURDAY OF LAZARUS (April 27<sup>th</sup>)**

Orthros.....9:00 AM

Instructional Divine Liturgy.....10:00 AM

*Palm Crosses Preparation after services*

### **PALM SUNDAY (April 28<sup>th</sup>)**

**Morning:** Orthros.....9:00 AM

Divine Liturgy.....10:00 AM

**Evening:** Service of the Bridegroom .....7:00 PM

### **HOLY MONDAY (April 29<sup>th</sup>)**

**Morning:** Presanctified Liturgy.....9:00-10:30 AM

**Evening:** Service of the Bridegroom.....6:30 PM

### **HOLY TUESDAY (April 30<sup>th</sup>)**

**Morning:** Presanctified Liturgy.....9:00-10:30 AM

**Evening:** Service of the Bridegroom.....6:30 PM

### **HOLY WEDNESDAY (May 1<sup>st</sup>)**

**Afternoon:** Sacrament of Holy Unction .....5:00 PM

**Evening:** Mystical Supper Orthros (& Holy Unction).....7:00 PM

### **HOLY THURSDAY (May 2<sup>nd</sup>)**

**Morning:** Vespers Divine Liturgy.....9:00-11:00 AM

**Evening:** The Lord's Passion Service (12 Gospels).....6:30 PM

### **HOLY FRIDAY (May 3<sup>rd</sup>)**

**Morning:** Great and Royal Hours.....10:00 AM – 12:00 PM

*Sunday School Retreat*

**Afternoon:** Apokathelosis Service (Unnailing from the Cross).....2:30 PM

**Evening:** Service of the Lamentations (Epitaphios).....7:00 PM

### **HOLY SATURDAY (May 4<sup>th</sup>)**

**Morning:** Vespers Divine Liturgy and proti Anastasis .....9:30-11:30 AM

**Evening:** Preresurrection Service .....11:00 PM

**RESURRECTION** 12 Midnight followed by the Paschal D. Liturgy (until 1:30 AM)

### **EASTER SUNDAY (May 5<sup>th</sup>)**

Agape Vespers Service.....12:00PM

(The above liturgical schedule times are subject to change)





## **SUNDAY EVENING LENTEN VESPERS SCHEDULE 2024**

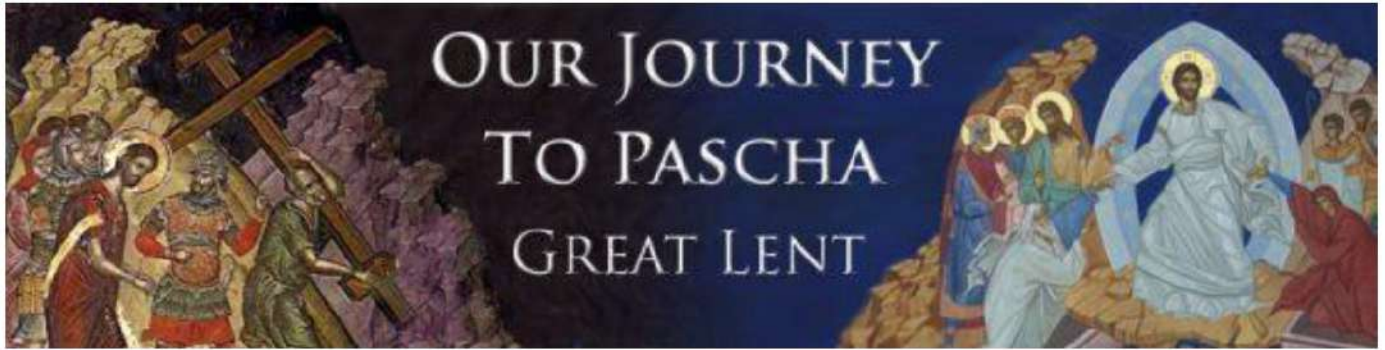
**ALL SERVICES ARE SCHEDULED FOR 4:00 PM**

|                                       |                                                                         |
|---------------------------------------|-------------------------------------------------------------------------|
| <b>1<sup>st</sup> Sunday (24 Mar)</b> | <b>St Stephen Cathedral, Philadelphia PA</b><br>8598 Verree Road, 19111 |
| <b>2<sup>nd</sup> Sunday (31 Mar)</b> | <b>Holy Trinity Church, Wilmington DE</b><br>808 N. Broom Street, 19806 |
| <b>3<sup>rd</sup> Sunday (07 Apr)</b> | <b>St Vladimir Church, Trenton NJ</b><br>812 Grand Street, 08610        |
| <b>4<sup>th</sup> Sunday (14 Apr)</b> | <b>Holy Trinity Church, Pottstown PA</b><br>1236 Juniper Street, 19464  |
| <b>5<sup>th</sup> Sunday (21 Apr)</b> | <b>St Nicholas Church, Elkins Park PA</b><br>506 Stahr Road, 19027      |

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**PAN-ORTHODOX CLERGY BROTHERHOOD <sup>O</sup><sub>F</sub> PHILADELPHIA**





## OUR JOURNEY TO PASCHA GREAT LENT

### LITURGICAL SCHEDULE FOR GREAT LENT 2024

- **Every Sunday**: Orthros 9:00am and Divine Liturgy 10:00am
- **Every Monday**, beginning on Clean Monday, March 18th at 6:00pm:  
*Great Compline Service, followed by Orthodox Lecture-Discussion*
- **Every Wednesday**, beginning March 20th at 6:30pm:  
*Liturgy of the Presanctified Gifts, followed by a community meal.*
- **Every Friday**, beginning March 22nd at 6:30pm:  
*The Salutations to the Theotokos*
- **Sunday, March 17th** at 6:30pm: Vespers Service of Forgiveness
- **Sunday, March 31st** at 4pm: Pan Orthodox Lenten Vespers Service

*Don't miss those spiritual opportunities that our Holy Mother Church and our Parish is giving you!*



# A MESSAGE FROM THE PARISH COUNCIL PRESIDENT

April 2024

Dear Holy Trinity Community,

## **ZHTΩ Η ΕΛΛΑΣ!**

The Independence Day parade in Philadelphia is one of the biggest parades the City of Philadelphia experiences with churches and organizations throughout the Delaware Valley participating. It is great to have members of our parish marching along the Ben Franklin Parkway waving their flags with pride. Join us on April 7<sup>th</sup> as we march from the Parkway and 22<sup>nd</sup> St. to Logan Circle. We will be providing transportation to those who would like to attend. A bus will depart shortly after Divine Liturgy to take us to the parade and will bring us back when it is over.

As we are in the season of Lent, we look forward to services during the weeks leading up to Pascha. As noted in the bulletin, our community organizations will be offering a meal after the Presanctified liturgies on Wednesdays. These have been a great way for the members of the parish to congregate and reflect after the services and to check-in on one another. In addition, we eagerly anticipate Great and Holy Week starting with the Saturday of Lazarus and Palm folding on April 27<sup>th</sup>. Refer to the bulletin for the list of services.

In addition, there are a few events this month that are worth attending:

- Greek Flag Raising in Philadelphia at 1pm on April 5<sup>th</sup>
- Eleftheria Banquet at Adelphia's on April 6<sup>th</sup>
- Greek Independence Day Parade on April 7<sup>th</sup>
- HUC hosting the University of Delaware Symphony on April 18<sup>th</sup> in our Community Center.
- Annual Sights and Sounds Festival on April 13<sup>th</sup> at Holy Trinity in Egg Harbor, NJ
- Our Spring Parish Assembly on April 14<sup>th</sup> after Divine Liturgy in the Community Center. Come and hear the business of the parish and updates from our organizations and ministries.

Stay tuned for more information pertaining to our annual Greek Festival, June is rapidly approaching. Preparations have already begun and there will be plenty of opportunities for you to get involved and help the community. We will be looking for YOU to help with the booths, serving in Dining Room, etc.

In case you haven't had a chance, do not forget to submit your Stewardship Pledge cards to the Church Office (or drop them off in the Narthex on Sundays). Your annual pledge supports everything we do and is used on all aspects of our worship, outreach, community life, and ministries. Your pledge will help us meet our yearly goal!

As always, if you have any thoughts and/or ideas for the benefit of the parish community (whether it impacts one person or hundreds), please feel free to reach out to myself, to one of the Parish Council members, Father Christoforos, or one of the organization heads. Their information can be found in the bulletin. We look forward to everyone's ideas and participation.

Stephanos Karakasidis

# April 2024

| Sun                                                                                                                                                                                 | Mon                                                                                      | Tue                                                                                                         | Wed                                                                                                                                             | Thu                                                                                                                   | Fri                                                                                                                                                                                                 | Sat                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Dates and Times are subject to change</b><br><b>Please refer to your weekly bulletin</b>                                                                                         | 1<br><br><u>6pm Great Compline &amp; Orthodox Discussion</u><br><br>FAST                 | 2<br><br>6am VOTING in HALL – Presidential Primary<br><br>FAST                                              | 3<br>12pm Bible Study<br>5:30pm Greek School<br><u>6:30pm Presanctified Liturgy</u><br>8pm Community Meal (GOYA)<br>FAST                        | 4<br>6pm YAL & OCF Gathering<br><br>7pm DVYC Meeting @ St Demetrios, Upper Darby, PA<br><br>FAST                      | 5<br><br><u>6:30pm 3rd Salutations to the Theotokos</u><br><br>FAST                                                                                                                                 | 6<br>District Level St John Chrysostom Oratorical Festival, St Luke, Broomall PA<br><br>6pm Eleftheria Banquet @Adelphia's<br><br>FAST                          |
| 7<br><u>Sunday of the Holy Cross</u><br>9:00am Orthros/Divine Liturgy<br>Sunday School<br><br>2pm Greek Independence Day Parade<br><br>FAST                                         | 8<br><br><u>6pm Great Compline &amp; Orthodox Discussion</u><br><br>FAST                 | 9<br>Metropolis of NJ Clergy Laity Assembly & Philoptochos Convention @ Waterfall, Claymont, DE<br><br>FAST | 10<br>12pm Bible Study<br>5:30pm Greek School<br><u>6:30pm Presanctified Liturgy</u><br>8pm Community Meal (Philoptochos) & Meeting<br><br>FAST | 11<br>12pm Young @ Heart Gathering<br><br>6:30pm Parish Council<br><br>FAST                                           | 12<br><br><u>6:30pm 4th Salutations to the Theotokos</u><br><br>FAST                                                                                                                                | 13<br><br>Sights & Sounds @ St. Demetrios Upper Darby, PA<br><br>FAST                                                                                           |
| 14<br><u>St. John Climacus</u><br>9:00am Orthros/Divine Liturgy<br>Sunday School<br><br>SPRING PARISH GENERAL ASSEMBLY<br><br>FAST                                                  | 15<br><br><u>6pm Great Compline &amp; Orthodox Discussion</u><br><br>FAST                | 16<br>5.30pm Philoptochos Board/6:30 pm General Meeting<br><br>FAST                                         | 17<br>12pm Bible Study<br>5:30pm Greek School<br><u>6:30pm Presanctified Liturgy</u><br>8pm Community Meal (DOP)<br>FAST                        | 18<br><br>7pm OCF<br><br>FAST                                                                                         | 19<br><br><u>6:30pm Akathyst to the Theotokos</u><br><br>FAST                                                                                                                                       | 20<br>9am DelVal Religious Education Seminar @ St. George Media, PA<br><br>FAST                                                                                 |
| 21<br><u>St Mary of Egypt</u><br>9:00am Orthros/Divine Liturgy<br>Sunday School<br>Elementary Level St John Chrysostom Oratorical Festival<br><br>FAST                              | 22<br><br><u>6pm Great Compline &amp; Orthodox Discussion</u><br><br>FAST                | 23<br>6:30pm DOP Meeting<br><br>FAST                                                                        | 24<br>5:30pm Greek School<br><br><u>6:30pm Presanctified Liturgy</u><br>8pm Community Meal (HOPE JOY)<br><br>FAST                               | 25<br><br>FAST                                                                                                        | 26<br><br>FAST                                                                                                                                                                                      | 27<br><u>Saturday of Lazarus</u><br>9:00am Orthros/Divine Liturgy<br>Lenten Breakfast<br>Community Palm folding<br>FAST                                         |
| 28<br><u>PALM SUNDAY</u><br>9:00am Orthros/Divine Liturgy<br>Family Sunday/No Sunday School<br>Philoptochos Palm Sunday Lunch<br>Tray for Epitaphio<br><br>7pm Nymphios<br><br>FAST | 29<br><u>Holy Monday</u><br>9am Presanctified Liturgy<br><br>6:30pm Nymphios<br><br>FAST | 30<br><u>Holy Tuesday</u><br>9am Presanctified Liturgy<br><br>6:30pm Nymphios<br><br>FAST                   | MAY 1<br><u>Holy Wednesday</u><br><br>5pm Sacrament of Holy Unction<br><br>7:00pm Mystical Supper Orthros (& Holy Unction)<br><br>FAST          | MAY 2<br><u>Holy Thursday</u><br>9am Vesperal Divine Liturgy<br><br>6:30pm The Lords Passion (12 Gospels)<br><br>FAST | MAY 3<br><u>Holy Friday</u><br>10am Great & Royal Hours<br>Sunday School Retreat<br><br>2:30pm Apokathelosis (unnailling from the Cross)<br>7:00pm Service of Lamentations (Epitaphios)<br><br>FAST | MAY 4<br><u>Holy Saturday</u><br>9:30am Vesperal Divine Liturgy and proti Anasasis<br><br>11:00pm Pre-resurrection Service<br>12midnight Paschal Divine Liturgy |





# Philoptochos Sisterhood of Holy Trinity St. Agape Chapter



I pray this letter finds everyone well. We began March with assisting the Festival Committee in the making and baking of dolmades, koulourakia, almond cookies and tsourekia for those unable to venture out of their homes. Thank you to all who were able to come and donate your time and efforts.

We all enjoyed a night of laughter and dancing at the first Comedy/Dance night. Congratulations to Anna Fournaris and her “crew” for a fun evening.

On the 16<sup>th</sup> of March, many of us attended the first “Walking with Christ” initiative to raise funds to give scholarships to our Metropolis seminarians. It was a pleasant afternoon spent at St. Luke with our fellow parishes and were pleased to see that it was well attended. Our Chapter donated two beautiful baskets for a raffle, (An Easter/Spring themed basket, and a Wine and Snack basket), in addition to spanokopites, tyropites, and made a substantial monetary donation as well. A special thank you to all those who donated and were able to attend.

As is the tradition every year, the Ladies passed a tray on March 24<sup>th</sup>, The Sunday of Orthodoxy, for the Social Fund which is sent to the Metropolis to assist in improving the quality of life to those in need within the Orthodox community.

On March 30, the annual Rise to Hunger packing event occurred, also at St. Luke. This event is a time where we can assist in making and packaging over 15,000 meals for those in need. In addition to our monetary donation, we’d like to thank all the ladies who were able to help.

Orders are being taken for our Easter Bread (Tsoureki) sale which will be distributed on Palm Sunday. The information for ordering can be found on the opposite page. Please be sure to order as soon as possible.

As is our tradition, we’ll be hosting the Palm Sunday Community Luncheon. The information for pre-ordering your meal is also available on the following page.

Our next meeting will be held on Tuesday, April 16<sup>th</sup> at 5:30pm in the Philoptochos Room. We hope to see you all there.

If you haven’t sent your dues for 2024, please send them to the office or see Jessica Marvel.

Kali Anastasi!

In Christ’s Service,

Dena Verikakis

---

## **Kollyva for Memorials**

The Philoptochos Society will prepare the tray of Kollyva for any family of our community. The cost of \$125 includes the Prosforon, oil and wine. Please allow at least a week and call the church office 654-4446 and Susie will contact the Philoptochos. Your donation of \$125 (less cost), will help Philoptochos Charities.



Pascha 2024



ST. AGAPE CHAPTER LADIES PHILOPTOCHOS SOCIETY

*Sweet Easter Bread (TSOUREKI)*

Orders are being taken now.

Pick up your bread from 4:00-5:00 pm on Thursday, April 25 & Friday, April 26,  
or on Palm Sunday during Coffee Hour  
at the Hellenic Community Center.

*Bread Freezes Very Well*

For more information please contact: Sophia Hionis @ 302-893-8850

Please reserve \_\_\_\_\_ Bread(s) at \$25.00 (large) or \$17.00 (Small)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Make your checks payable to: Philoptochos Society and send to:

Sophia Hionis

122 Duncan Avenue, Wilmington, DE 19803



The Ladies of Philoptochos  
*are hosting the*

**Palm Sunday Community Lunch**  
**Sunday, April 28, 2024**

Cost for lunch: \$25

*Bakaliaro & Skordalia (Cod & Trimmings)*

Proceeds to benefit Philoptochos Charities

**For large family reservations call the church office.**

**We will pack your lunch TO-GO**

**Call Madeline Psihalinos @ 856.275.3207**





# Festival Preparation ~ Thank you to ALL who helped!!



**Preparing those grape leaves for Dolmades**



## Honoring our Youth ~ March 10

Back in January, our Dance Group “Terpsichoreans” participated in the annual Hellenic Folk Dance Festival in Annapolis, MD, and our Girls Basketball team won second place in the Delaware Valley Basketball League. Then, our girls also won first place at our annual GOYA Basketball Tournament and our entire Youth was instrumental in organizing and welcoming His Eminence Metropolitan Apostolos of New Jersey on Sunday, February 18, 2024.

Congratulations my beloved children! May God bless and enlighten your way! Thank you for everything you do for our Parish! We are all very proud of you! Thank you!

Your spiritual Father,  
Fr. Christoforos



**Let's go  
fly  
a Kite  
March 17**





# 2024 St. John Chrysostom Oratorical Festival

On Friday, March 22, we were blessed to host our Parish Level Oratorical Festival competition.

Congratulations to all 8 of our Holy Trinity Wilmington Parish Level Participants!

We are so proud and honored to hear you speak about the Orthodox faith and teachings.



## Junior Level:

Frank Wolcott  
Jack Wolcott

## Senior Level:

Phoebe Gray  
Eleni Marcantonis  
Christina Pennia

Anastasia Thomas  
Ludovic Wiechecki  
Josiah Wolcott, Jr.

## Congratulations to Phoebe, Ludovic, Frank and Jack

who are moving forward to represent our Holy Trinity Parish in the District Level Festival on April 6<sup>th</sup>.

**We wish you all God's blessings! Thank you for sharing your faith!**







# GOYA NEWS



Kali Sarakosti!

We would like to say “Thank You” to all the GOYAns who helped out at the YAL sponsored Comedy Night. What a great turnout!

April is a busy month with many events! The GOYAns are actively preparing for Sights & Sounds on April 13th. Good luck to all our GOYAns!

Upcoming Dates:

- April 3 - GOYA Lenten Dinner @ 8pm
- April 6 - District Oratorical Festival @ St. Luke's
- April 7 - Greek Independence Day Parade @ Ben Franklin Parkway
- April 13 - Sights & Sounds
- April 14 - Instructional Liturgy
- April 21 - GOYA hosting coffee hour w/the Hantzandreou Family
- April 27 - Saturday of Lazarus / GOYA Retreat with Father Christoforos @ 11:30 am
- April 28 - Palm Sunday
- May 3 - Holy Friday / Youth Retreat
- May 4 - Holy Saturday / GOYA wraps eggs @ 11 am
- May 5 - Pascha

For those who are interested in purchasing lambathes, we will be selling them at coffee hours during Great Lent.



**A sacred Greek Tradition is the Anastasi, it is symbolized by the light of the Lambada or Easter Candle.**

Our GOYAns will be selling Lambades after Church during the Coffee Hour for the next few Sundays.

**\$25**

**Pre-orders** can also be picked up from the Church office during office hours M-F ~ 9a-4p.

Call Stacey Pennia with any questions or concerns @ 302.530.1669



## Holy Confession

### Ιερά Εξομολόγηση

❖ Thursday, April 11<sup>th</sup>: 5pm – 6pm

Πέμπτη 11 Απριλίου από 5 έως 6 το απόγευμα

❖ Tuesday, April 16<sup>th</sup>: 4pm – 5pm

Τρίτη 16 Απριλίου από 4 έως 5 το απόγευμα

❖ Thursday, April 18<sup>th</sup>: 5pm – 6pm

Πέμπτη 18 Απριλίου από 5 έως 6 το απόγευμα

*Please call the Church office at (302) 654-4446 to make an appointment or email Susie at [greekorth@holytrinitywilmington.org](mailto:greekorth@holytrinitywilmington.org)*

*Καλέστε στο γραφείο της Εκκλησίας στο (302) 654-4446 ή στείλτε email στο [greekorth@holytrinitywilmington.org](mailto:greekorth@holytrinitywilmington.org)*

## 40-DAY BLESSINGS OF MOTHER & CHILD

### The Rite of Churching



40 Day Churching of Stephanie Pecorella and Baby Giuliana

Together with being baptized and chrismated, the new-born child is also "churched." The **rite of churching** imitates the offering of male children to the temple according to the law of the Old Testament, particularly the offering of Christ on the fortieth day after his birth (*Luke 2:22*). Because of this fact, baptism in the Orthodox tradition came to be prescribed for the fortieth day or thereabouts. In the New Testament Church both male and female children are formally presented to God in the Church with special prayers at this time.

Also at this time, once more in imitation of Old Testament practice, the mother of the new-born child is also "churched." Here we have the specific example of the purification ritual of Jesus' mother Mary (*Luke 2:22*). In the Orthodox tradition the churching of the mother is her re-entry into the Assembly of God's people after her participation with God in the holy act of birth and after her separation from the Liturgy during her confinement.

Thus, the mother is blessed to enter once more into communion with the mystery of Christ's Body and Blood in the Divine Liturgy of the Church from which she has been necessarily absent.

The new mother should be churched before the baptism of her infant so that she can be present at the sacramental entrance of her child into the Kingdom of Christ. The official service book indicates that this should be done.



Wishing  
everyone a  
happy and  
blessed  
Great Lent!

# HOPE & JOY

# APRIL 2024

## Newsletter



SO MUCH FUN AT KITE FLYING FOR CLEAN MONDAY  
AT ROCKFORD PARK



### UPCOMING EVENTS

APRIL 5TH DANCE PRACTICE  
APRIL 7TH GREEK PARADE IN PHILADELPHIA  
APRIL 19TH DANCE PRACTICE  
APRIL 27TH SATURDAY OF LAZARUS PALM FOLDING  
APRIL 28TH PALM SUNDAY  
MAY 3RD HOLY FRIDAY YOUTH RETREAT

for more information  
and to be added to our  
email list please contact  
Angie at  
[akarakasidis@yahoo.com](mailto:akarakasidis@yahoo.com)



# Greek School Dance





# ALTAR GUILD

## GREAT LENT OF EASTER AND RESURRECTION

Our Lenten season will begin on Monday, March 18th . As we enter into this season of self-denial and renewal, we also think about the Lily ~ the flower that we most associate with Easter. By the Saturday evening Resurrection Service, lilies are beautifying our entire Church with their royal display and fragrance.

Flowers are seen in wreaths made for special services: the icon of the Theotokos is adorned for five Friday evening services of the Salutations, Palm Sunday evening (wreath of the Nymphios). Along with flowers on Holy Thursday evening, a wreath of red roses will adorn the Holy Cross. The lilies will be placed for the Resurrection Service on May 4 and for Holy Pascha on May 5.

ALL Dedications for Easter will be published in the Bulletin after Pascha.

If you have a special request for a wreath or bouquets, please use the form below. The cost is \$50.00 for two small arrangements and \$100.00 for two large arrangements.

**Please feel free to contact Joanne Tarabicos at 302-239-4950 or Evie Fournaris at 302-475-5035 or use the form below.**

Name \_\_\_\_\_

Dedication \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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



## PASCHAL ITEMS NEEDED for 2024

**We will start accepting donations on Tuesday, March 19th**

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), Evie Fournaris (302.229.6849), or Stacy Koninis (302.475.1236) 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 1 <sup>st</sup> Salutation (Large) | March 22 | TAKEN          |
| Sunday of Orthodoxy Icon Flowers                          | March 24 | TAKEN          |
| Annunciation Icon Flowers                                 | March 25 | TAKEN          |
| Theotokos Icon Flowers 2 <sup>nd</sup> Salutation (Large) | March 29 | TAKEN          |
| St. Gregory Palamas Icon Flowers                          | March 31 | TAKEN          |
| Theotokos Icon Flowers 3 <sup>rd</sup> Salutation (Large) | April 05 | \$75.00        |
| Veneration of Holy Cross Icon Flowers                     | April 07 | TAKEN          |
| Daffodils for 3 <sup>rd</sup> Sunday of Lent              | April 07 | \$100.00       |
| Theotokos Icon Flowers 4 <sup>th</sup> Salutation (Large) | April 12 | TAKEN          |
| Sunday of St. John Climacus                               | April 14 | \$50.00        |
| Akathyst Hymn                                             | April 20 | \$50.00        |
| St. Mary of Egypt                                         | April 21 | \$50.00        |
| Saturday of Lazarus Icon Flowers                          | April 27 | TAKEN          |
| Palm Sunday Icon Flowers                                  | April 28 | TAKEN          |
| Palms for Palm Sunday                                     | April 28 | TAKEN          |
| Palm Sunday Holy Doors Arrangements                       | April 28 | \$100.00       |
| Nymphios Icon Flowers                                     | April 29 | \$50.00        |
| Last Supper Icon Flowers                                  | May 01   | TAKEN          |
| Crucifixion Icon Flowers                                  | May 02   | \$50.00        |
| Wreath on the Cross                                       | May 02   | TAKEN          |
| Wreath at base of Cross                                   | May 02   | \$40.00        |
| Wreath at base of Cross                                   | May 02   | \$40.00        |
| Wreath at base of Cross                                   | May 02   | \$40.00        |
| Wreath of Extreme Humility                                | May 02   | TAKEN          |
| Apokathelosis Icon Flowers                                | May 03   | \$50.00        |
| Resurrection Icon Flowers                                 | May 04   | \$50.00        |
| Myrrh bearers Icon Flowers                                | May 04   | \$50.00        |
| Rose Petals for Holy Saturday                             | May 04   | \$75.00        |
| Rose Petals for Holy Saturday (2)                         | May 04   | \$75.00        |
| Levaro Icon Flowers                                       | May 04   | TAKEN          |
| Holy Pascha Holy Doors Arrangements                       | May 04   | \$125.00       |
| Lilies for Pascha                                         | May 04   | \$25 per plant |

**When sending in your payment, please state whether you wish to remain anonymous and/or have your dedication in the bulletin.**



# FINANCIAL STEWARDS OF HOLY TRINITY GREEK ORTHODOX CHURCH 2024

Almasou, Elias & Rasha  
Anagnostou, Anamaria  
Anagnostou, Anthoula  
Andrianopoulos, Faith  
Angeletakis, Christos & Christina  
Artemiadis, Panagiotis & Spyridoula  
Asimos SR, George  
Asimos, George & Kristie  
Athanasiadis, Fotios & Asmik  
Atsidis, Kostas & Eftihia  
Bacchieri, Stacey  
Bambacus, Meropi  
Barrios, Luis & Dimitra  
Belitsas, Athanasios & Antonia  
Burpulis, Kecia  
Chahalais, Maria  
Chambers, George & Katherine  
Charalambides, Dino & Nla  
Chilimidos, Effie  
Chilimidos, Jerry & Amy  
Christoforatos, Demetri & Dimitra  
Christou, Alecca  
Christou, Christos & Evie  
Colborn, Brian & Nicole  
Coulaloglou, Michelle  
Courtis, Harry & Sophia  
Courtney, Daniel & Condylia  
Coustenis, Katherine  
Dalianis, John & Vicky  
Degermentzidis, Elias  
Demetriou, Anna  
Diamanty, Thomas & Sue  
Diamond, Anthony & Lauren  
Diamond, Thomas  
Dickey, Irene  
Doukakis, Helen  
Drimones, Clara  
Drimones, Nicholas  
Faller, James & Catherine  
Fotakos, Leonidas & Sophia  
Fotakos, Lexi  
Fountzoulas, Costas & Audrey  
Fournakis, Susan  
Fournaris, George & Soula  
Galanis, Agnes  
Galaris, Rick & Diana  
Gatanis, Theodore  
Geanopoulos, Georgiean  
George, Mary  
Gerakios, Nikoletta  
Gerakios, Sakelaris & Spiridoula  
Gianelos, James & Stacie  
Graham, Catherine  
Gray, David & Eugenia  
Grigorakakis, Maria  
Grivas, Christopher & Michelle  
Haddadin, Malik & Lina  
Haldas, George & Beth  
Haldas, Harry  
Haldas, Thomas  
Haldas-Long, Irene  
Hatzis, Tom & Bing  
Heliotis, Alexandra  
Hionis, Sophia  
Humphrey, Caroline  
Iliadis, Antonios  
Iliadis, Dimitrios & Constantina

Issaris, Katherine  
Joseck, Xanthy & Fred  
Kamenakis, Efthimia  
Kamenakis, Peter & Juli  
Kanas, Emmanuel & Valerie  
Karakasidis, Demetri & Eleni  
Karakasidis, John & Vickie  
Karakasidis, Stephanos & Evaggelia  
Karaoglanis, Eleftherios & Niki  
Karvounis, Nikolaos & Amanda  
Kayiaros, Joanna  
Kayiaros, Stephen  
Kirifides, Alexander & Kathy  
Kirifides, Lazarus M & Helen  
Kirifides, Michael & Kerry  
Kirifides, Vasil & Eleftheria  
Kirtses, Petros & Athy  
Klezaras, Michael & Kathy  
Kollias, Basil & Demi  
Kollias, Georgia  
Koninis, John & Anastasia  
Kontodemos, Klianthis & Anthi  
Kontomaris, Kostas & Melissa  
Kostas, John & Gale  
Kostas, Nicholas & Stephani  
Kostos, Yianni  
Kromedas, Constantinos & Vasiliki  
Laletas, Earnest & Barbara Brockett  
Laskaris, Johanna  
Lazare, John & Sandra  
Lazopoulos, Jr., John & Christina  
Lempesis, Dimitra  
Liarakos, George & Ann  
Logullo, Desponia & Francis  
Lomis, Toulia  
Manoloudis, Michael & Kandi  
Mantzavinos, Marianthi  
Mantzavinos, Spiros & Megan  
Maravelias, James & Diane  
Marini, Irene  
Marinis, Kalliope  
Marvel, Jessica  
Matulas, Anagnostis & Angela  
Mavridis, Prodromos & Maria  
McManus, Ryan & Theodora  
Michell, Constantine & Elaine  
Michell, Theodore & Catherine  
Mitoulis, Nikolaos & Stella  
Nannas, Theodore & Alexandra  
Nicholas, Steve  
Novakis, Louis  
Ohlemacher, Evangline  
Pacienza, Stephanie  
Pandelakis, Denis & Anna  
Pantelopulos, Anthony & Daphne  
Papachrysanthou, Chris & Popi  
Papanicholas, Maria  
Papettas, Vasilis & Christina  
Pappas, Elias  
Pappas, Elizabeth  
Phalangas, Charalambos & Mary  
Piccirilli, Melissa & Joe  
Pispitos, Pantelis  
Pittaoulis, Steve  
Poulos, Vasilios & Eulampia  
Psaltis, John  
Psaltis, Nicholas

Psaltis, Thomas & Cynthia  
Psihalinos, George & Athina  
Psihalinos, Thomas & Magdalini  
Raisis, Irene  
Raisis, Leonidas & Irene  
Raisis, Pauline  
Raisis, William & Emily  
Rassias, Dion & Gina  
Rassias, George & Amalea  
Rentoulis, Androniki & Nicholas  
Roussalis, John & Valerie  
Saffos, John & Karla  
Saitis, Mary  
Staas, Kristina  
Stavru, Nicholas & Maria  
Tarabicos, Christina  
Tarabicos, John & Joanne  
Tarabicos, Sophia  
Tsaganos, Anthony & Joanne  
Tsaganos, Robert & Popi  
Tsakataras, George  
Tsakumis, George & Julia  
Tsakumis, Theodore  
Tsaldaris, Nicholas & Bonnie  
Tsigkakos, Dimos & Ioanna  
Tsionas, Angela  
Tsionas, Anna

Tsionas, Evangelos  
Tsoukalas, Niki  
Tsoutsos, Nektarios & Chengmo  
Turley, Steve & Akiko  
Vassiliou, Kleoniki  
Velitskakis, George  
Velitskakis, Steve & Karen  
Verikakis, Dena  
Verikakis, Evangelos & Shannon  
Visvardis, Socrates & Ruth  
Wiechecki, Frank & Kelly  
Wolcott, Josiah & Paraskevi  
Xarhoulakos, Peter  
Zerefos, Demetri & Constantina  
Zerefos, Markos & Eugenia  
Ziccarelli, Louis & Catherine  
**AS OF MARCH 25, 2024**

Each of you should give what  
you have decided in your  
heart to give, not reluctantly  
or under compulsion, for  
God loves a cheerful giver.  
I Corinthians 9:7

## SHARING

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Your stewardship number: \_\_\_\_\_

**Your 2023 pledge was:** \_\_\_\_\_

☐ Please increase my pledge by 10% to: \_\_\_\_\_

☐ Please increase my pledge by 20% to: \_\_\_\_\_

☐ My 2024 commitment is: \_\_\_\_\_

☐ \$750.00 (\$62/month or \$15/week)

☐ \$1,000.00 (\$84/month or \$20/week)

☐ \$1,500.00 (\$125/month or \$29/week)

☐ \$5,000.00 (\$415/month or \$96/week)

☐ \$2,000.00 (Sponsors a Day of Operations)

☐ # of Days (Sponsor Multiple Days)

(above figures are rounded)

**I/We understand that by completing this good faith estimate, and by pledging my/our Time, Service and Sharing section of this Stewardship Card, I/We are committing ourselves to being faithful stewards of Holy Trinity Greek Orthodox Church for 2024.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Proportionate Sharing

**Our operating budget for 2024 will be \$700,000.**

**We offer you this giving guide to assist you in determining your 2024 pledge. Please use the enclosed envelopes and give according to what God has blessed you.**



# Camp Good Shepherd

Experience the Best  
Week of Your Summer!



## CGS: MARYLAND

June 16-22, 2024

Ages 8-18

Camp Wo-Me-To

1200 Knopp Rd, Jarrettsville, MD 21084

Registration Fee: \$600 (Early Bird Discount until  
May 1, then \$675)



## CGS: NEW JERSEY

June 23-29, 2024

Ages 8-18

Camp Linwood MacDonald

1 Flatbrook Rd, Sandyston, NJ 07826

Registration Fee: \$625



## CGS: VIRGINIA (2 SESSIONS)

Week 1: July 7-13 (Completed 5th Grade - 8th Grade)

Week 2: July 14-20 (Completed 9th Grade - 12th Grade)

Camp Piantatank

1586 Stampers Bay Rd Box 435, Hartfield, VA 23071

Registration Fee: \$500

**REGISTER  
TODAY!**



[HTTP://APP.CAMPDOC.COM/REGISTER/CGSN](http://app.campdoc.com/register/cgsn)

MORE INFORMATION [HTTPS://WWW.NJ.GOARCH.ORG/CAMP-GOOD-SHEPHERD](https://www.nj.goarch.org/camp-good-shepherd)





# HOLY TRINITY REGISTRY

## Churchings:

**Julianna Pecorella**, daughter of Matthew & Stephanie, received her 40 day Church blessing on March 17, 2024. We congratulate the family and pray the Lord will bless them as they prepare for baptism.

## Funerals:

**Natalia Artemiadis**, beloved daughter of Panagiotis & Spyridoula, fell asleep in the Lord on February 18. Her funeral was held at Holy Trinity on February 27. She is survived by her parents, her sister Victoria and her grandfather Aristotelis. May her memory be eternal.

**Theodore Roustopoulos**, fell asleep in the Lord on February 29, 2024. His funeral was held at Holy Trinity on March 5, 2024. He is survived by his loving wife Alexia and wonderful children Tony, Theo, and Eleni. May his memory be eternal.

**Theodore Hantzandreou**, fell asleep in the Lord on March 9, 2024. His funeral was held at Holy Trinity on March 14, 2024. He is survived by his loving wife Lambrini "Libby"; his children, George Hantzandreou & his wife Diane, Katerina Hantzandreou; his granddaughters, Alexandra & Josephine; his brothers, John & Andrew; his sister, Litsa Hantzopoulos; and numerous nieces and nephews. May his memory be eternal.

## Memorials:

**Efthimia Oikonomidis ~ 12 Years ~ March 3**

**Fr. George Giannaris ~ 10 Years ~ March 10**

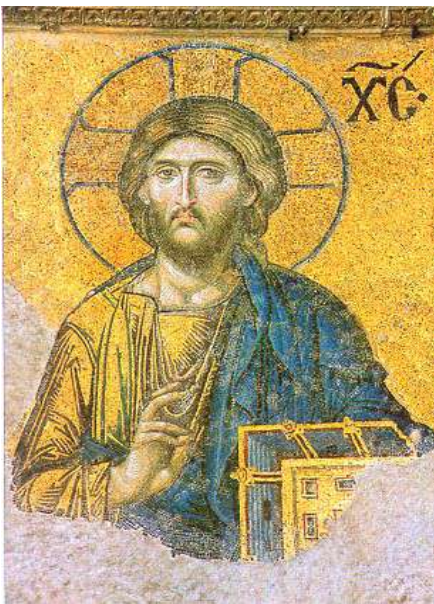
**Pres. Mary Giannaris ~ 7 Years ~ March 10**

**John Burpulis ~ 1 Year ~ March 17**

**Timoleon Papanicolas ~ 40 Day ~ March 17**

**Natalia Artemiadis ~ 40 Day ~ March 23**

**Theodore Roustopoulos ~ 40 Day ~ March 31**



## !!! ATTENTION !!!

Help is needed to fold palms into Crosses for Palm Sunday on **Saturday, April 27<sup>th</sup>** after the Divine Liturgy.

Please bring your red dyed hard boiled eggs to the Church during Holy Week by **Holy Thursday** so they may be wrapped in tulle for distribution at the Paschal Liturgy.

# *Serving in April*

## **Coffee Hours:**

April 7 ~ Young @ Heart

April 14 ~ Parish Council (General Assembly)

April 21~ **The Hantzandreou Family in Loving Memory of Theodore Hantzandreou w/GOYA**

April 28 ~ **Philoptochos Palm Sunday Lunch**



## **Narthex Duty:**

April 7 ~ Group 2

April 14 ~ Group 1

April 21 ~ Group 2

April 28 ~ Group 1



## **Prosforon Offeror's**



We are looking to update our Prosfora Offeror List.

If you would like to become a regular Prosfora Offeror, please contact the church office to be added to our list. You can offer prosfora for any service by bringing it in before the service starts. If you do not bake but would like to donate towards the purchase of prosfora that we presently buy from the Holy Protection Monastery, please send \$8 for each prosfora you would like to donate. (mark the memo on your check accordingly)

## **ACOLYTES**

### **+Tonsured ~ \*Reader**



Maximos Charalambides  
Vasilios Dargakis  
Joseph Demourtzidis  
Sebastian Dietrich  
Johnny Dietrich  
+Ioannis Gerakios  
Alexander Hall  
+Angelo Hall  
+Demetri Karakasidis

+Ioannis Karakasidis  
\*+Alexandros Lurz  
Demetri Moutsatsos  
Demetri Psaltis  
Nicholas Psaltis  
George Psihalinos  
...Gerasimos Psihalinos  
Nicholas Rassias  
Stamati Roussos

+Demetri Thomas  
Savvas Thymakis  
Alex Tsakumis  
\*+Nicholas Turley  
+Paraskevas Verikakis  
\*+NektariosWiechecki  
+Fotios Wolcott  
+Jack Wolcott  
+Josiah Wolcott

**All readers are also tonsured**

## **ALTAR ASSISTANTS**

Alexandros Matthews ~~~ Josiah Wolcott ~~~ Markos Zerefos



## Procession of Icons ~ March 24

The Sunday of Orthodoxy is celebrated on the first Sunday of Great Lent. It commemorates the restoration of the Holy Icons and the triumph of the Orthodox Faith against the heresy of the Iconoclasts. On Sunday March 24 we celebrated the Sunday of Orthodoxy and as it is our tradition, we had our annual procession of Icons with our children



### LAZARUS SATURDAY

#### Apolytikion in the First Tone

O Christ our God, before Your Passion, You raised Lazarus from the dead to confirm the common Resurrection for all. Therefore, we carry the symbols of victory as did the youths, and we cry out to You, the victor over death, "Hosanna in the highest. Blessed is He who comes in the name of the Lord. "

#### Kontakion in the Second Tone

Christ, everyone's joy, the truth, the light, life, the resurrection of the world, has by His goodness appeared to those on earth. He is the archetype of the resurrection, granting divine forgiveness to all.

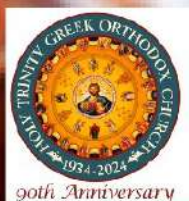
#### Reading:

Lazarus and his sisters Martha and Mary, the friends of the Lord Jesus, had given Him hospitality and served Him many times (Luke 10:38-42; John 12:2-3). They were from Bethany, a village of Judea. This village is situated in the eastern parts by the foothills of the Mount of Olives, about two Roman miles from Jerusalem. When Lazarus - whose name is a

Hellenized form of "Eleazar," which means "God has helped," became ill some days before the saving Passion, his sisters had this report taken to our Saviour, Who was then in Galilee. Nonetheless, He tarried yet two more days until Lazarus died; then He said to His disciples, "Let us go into Judea that I might awake My friend who sleepeth." By this, of course, He meant the deep sleep of death. On arriving at Bethany, He consoled the sisters of Lazarus, who was already four days dead. Jesus groaned in spirit and was troubled at the death of His beloved friend. He asked, "Where have ye laid his body?" and He wept over him. When He drew nigh to the tomb, He commanded that they remove the stone, and He lifted up His eyes, and giving thanks to God the Father, He cried out with a loud voice, "Lazarus, come forth." And he that had been dead four days came forth immediately, bound hand and foot with the grave clothes, and Jesus said to those standing there, "Loose him, and let him go." This is the supernatural wonder wrought by the Saviour that we celebrate on this day.

According to an ancient tradition, it is said that Lazarus was thirty years old when the Lord raised him; then he lived another thirty years on Cyprus and there reposed in the Lord. It is furthermore related that after he was raised from the dead, he never laughed till the end of his life, but that once only, when he saw someone stealing a clay vessel, he smiled and said, "Clay stealing clay." His grave is situated in the city of Kition, having the inscription: "Lazarus the four days dead and friend of Christ." In 890 his sacred relics were transferred to Constantinople by Emperor Leo the Wise, at which time undoubtedly the Emperor composed his stichera for Vespers, "Wishing to behold the tomb of Lazarus . . ."





IN CELEBRATION OF THE 90TH ANNIVERSARY  
OF HOLY TRINITY GREEK ORTHODOX CHURCH

# THE U.D. SYMPHONY ORCHESTRA

## PERFORMS

### GREEK & AMERICAN COMPOSITIONS

#### IN THE CHURCH HALL

THURSDAY NIGHT  
18 APRIL 7:30 P.M.

RECEPTION FOLLOWS



UNIVERSITY OF  
DELAWARE

**RECOMMENDED DONATION: \$20 AT DOOR**

All proceeds will help fund the concert tour to Greece for the U.D. Symphony Orchestra. To support them directly, please use QR code & bring a copy of your receipt for entry.



**AHEPA #95  
DAUGHTERS of PENELOPE #149  
PRESENT**



**FRIDAY, JUNE 21, 2024**

doors open 7:30p.m.

**\$60.00 | CASH BAR | LIGHT SNACKS**

**DOUBLETREE BY HILTON  
4727 CONCORD PIKE, WILMINGTON, DE 19803  
302-478-6000 [www.hilton.com](http://www.hilton.com)**

For Reservations / Information Contact Anamaria Anagnostou at  
[AnamariaAnagnostou@gmail.com](mailto:AnamariaAnagnostou@gmail.com) or 302.379.2016



90th Anniversary

AHEPA #95 and  
DAUGHTERS of PENELOPE #149  
DINNER DANCE

Saturday, June 22, 2024

\$90.00 | Cash Bar

6 pm | Cocktails • 7 pm | Dinner • 9 pm Dance

*Purchase Dance Only Tickets \$40.00*

Live Music by Neo Kyma

Contact Anamaria For  
Reservations:  
[AnamariaAnagnostou@gmail.com](mailto:AnamariaAnagnostou@gmail.com)  
302.379.2016



Pay By Check:  
Ahepa 95  
c/o Chris Adamopoulos  
219 Fulling Drive  
Chadds Ford PA 19317  
OR  
Paypal: [ahewawilm@gmail.com](mailto:ahewawilm@gmail.com)

Doubletree by Hilton  
4727 Concord Pike, Wilmington, DE 19803  
302-478-6000 | [www.hilton.com](http://www.hilton.com)



## Διάφορα ΠΑΣΧΑ ή EASTER

Δρ. Κώστας Γ. Φούντζουλας  
Επαναδημοσίευσις Απρίλιος 2021

**Πάσχα** και **Easter**, δύο λέξεις που σημαίνουν το ίδιο πράγμα, την μεγαλύτερη Χριστιανική εορτή, την Ανάσταση του Κυρίου Ημών Ιησού Χριστού. Ας δούμε λοιπόν γιατί στην Ελληνική γλώσσα χρησιμοποιούμε την λέξη **Πάσχα**, ενώ στα Αγγλικά την λέξη **Easter**.

Η λέξη **Πάσχα** προέρχεται από την Αραμαϊκή λέξη **pascha**, η οποία προέρχεται από την Εβραϊκή λέξη **pesakh** η οποία σημαίνει **πέρασμα**, **παρέλευση**. Η λέξη χρησιμοποιήθηκε από τους Εβραίους σε ανάμνηση της **Δεκάτης Πληγής κατά των Αιγυπτίων**, όπου σύμφωνα με την βιβλική αφήγηση, ο **Άγγελος του Θανάτου προσπερνούσε** τις πόρτες των Ιουδαίων της Αιγύπτου που ήταν βαμμένες με αίμα αρνιού (**αμνός**) και δεν θανάτωνε τα πρωτότοκά τους. Έτσι, οι Έλληνες Χριστιανοί εχρησιμοποίησαν την λέξη **Πάσχα** για να εκφράσουν το πέρασμα από τον θάνατο στην ζωή (**Ανάσταση**). Ο Χριστός είναι ο **Αμνός του Θεού** που μας έσωσε με το αίμα (θυσία) του από την αμαρτία και τον θάνατο.

Η λέξη **Easter** η οποία χρησιμοποιείται στα Αγγλικά προήλθε από την λέξη **Eastre** της αρχαίας Αγγλικής πριν από το 899 Μ.Χ. Η λέξη αναφέρεται στην Γερμανική ειδωλολατρική θεά **Eastre** η οποία εορτάζοταν κατά την Εαρινή Ισημερία, και η οποία αναγνωρίζεται στην αρχαία Γερμανική λέξη **oestaruen-Ostern** στα σύγχρονα Γερμανικά. Η λέξη **Eastre** προέρχεται από την λέξη **oeast** η οποία ως γνωστόν σημαίνει ανατολή. Αυτό δείχνει ότι αρχικά αυτή η λέξη αναφερόταν σε θεά σχετική με την **αυγή**. Σχετικές Ινδοευρωπαϊκές παραδόσεις λαμβάνουν χώρα με την Ρωμαϊκή θεά **Αβρόρα** και την Ελληνική θεά Ομηρική **Ηώς** ή **Έως** που σημαίνει **αυγή**. Κατ' άλλους όμως σχετίζεται με τις εορτές προς τιμή της **Βαβυλωνιακής** θεάς **Ishtar**, η **Αφροδίτη των Βαβυλωνίων**.

Η ημερομηνία εορτασμού του **Ορθόδοξου Πάσχα** καθορίσθηκε στην **Σύνοδο της Νικαίας το 325 Μ.Χ.** Με απόφαση αυτής της Συνόδου το Πάσχα πρέπει να εορτάζεται την Κυριακή μετά την πρώτη πανσέληνο της εαρινής ισημερίας, αλλά πάντοτε μετά το **Εβραϊκό Πάσχα**, ούτως ώστε να διατηρείται η ακολουθία των γεγονότων της **Σταυρώσεως** και **Αναστάσεως** σύμφωνα με τους ευαγγελιστές. Το **Ορθόδοξο Πάσχα** εορτάζεται από περισσότερα από **250 εκατομμύρια πιστούς** σ' όλο τον κόσμο.

## Various PASCHA or EASTER

Dr. Costas G. Fountzoulas  
Republication April 2021

These two words, Pascha and Easter ecclesiastically mean the same thing, the largest Christian celebration, and the Resurrection of our Lord and savior Jesus Christ. Let us see now why in Greek we use the word Pascha, while in English we use the word Easter.

The word Pascha comes from the Aramaic word pascha, which comes from the Hebrew word pesakh, which means passage, skipping, passing over, the well known Passover. This word was used by the Jewish people in commemoration of the night of the Tenth Plague of Pharaoh, when the *Angel of Death* saw the blood of the *passover* lamb on the doorposts of the houses of Hebrews of Egypt "*skipped over*" them and did not kill their firstborn. Therefore, the Christian Hellenes used the word Pascha to express the passing from death the life (*Resurrection*). Christ is the *Lamb of God*, who saved us with his sacrifice (blood) from the sin and death.

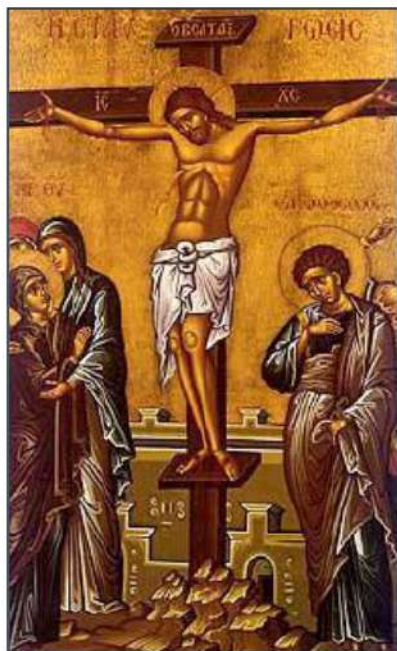
The modern English term *Easter* developed from the *Old English* word *Eastre*, which itself developed prior to 899. The name refers to the goddess *Eastre* in Germanic paganism, who was celebrated at the Spring equinox, and has cognates in Old High German *oestaruen*, plural, *Easter* (modern German language *Ostern*). The Old English term *Eastre* ultimately derives from *oeast* - meaning the direction of east. This indicates it originally referred to a goddess associated with dawn. Corresponding Indo-European traditions occur with the Roman goddess *Aurora* and the Greek goddess (Homeric) *Eos*. However, other people relate the word Easter with the festivities for the goddess *Ishtar*, which was the *Babylonian Aphrodite*.

The date of *Orthodox Pascha* was determined by the *Council of Nicaea in 325 A.D.* According to the decision of this Synod, Pascha should be celebrated on the Sunday following the first full moon of the vernal equinox, but always after the *Jewish Passover*, in order to maintain the sequence of events of the *Crucifixion* and *Resurrection* according to the evangelists. The *Orthodox Pascha* is celebrated by more than *250 million followers* around the world.

# Holy Trinity Greek Orthodox Church Wilmington, Delaware



90th Anniversary



## **HOLY & GREAT FRIDAY SUNDAY SCHOOL RETREAT**

*May 3, 2024*  
*11:00am - 2:30pm*

Kindergarten through 12<sup>th</sup> grade

### SCHEDULE

- 11:00a – Welcome / Preparations in Church
- 12:00p – Discussion with Father Christoforos
- 12:30p – Lunch
- 1:00p – Activities, Preparations Continued
- 2:30p – Closing (the Service of the Descent from the Cross  
/Apokathilosis will follow)

RSVP by Wednesday, May 1 via email to [amalea.rassias@gmail.com](mailto:amalea.rassias@gmail.com)

*Permission slips, signed by Fr. Christoforos, for an excused school absence  
will be available that day for any attendee who may need it.*

**We look forward to seeing all children of Holy  
Trinity Family in attendance!**





The Federation of Hellenic-American Societies of  
Philadelphia and the Greater Delaware Valley  
Cordially invite you to attend

**ELEFThERIA  
MEDAL &  
DIGNITARIES  
DINNER**



**SATURDAY**

**APRIL 6, 2024 | AT 5:00 PM**

**ELEFThERIA MEDAL RECIPIENT**

**ANTHONY LIMBERAKIS, MD**

*National Commander of the Order of  
St. Andrew the Apostle, Archons of  
the Ecumenical Patriarchate*

**GRAND MARSHAL**

**PHILIP CHRISTOPHER**

*President of the International Coordinating  
Committee-Justice for Cyprus, President of  
the Pancyprian Association of America*

**DINNER: \$100 | STUDENTS: \$50**

*Adelphia*

1750 CLEMENTS BRIDGE RD, DEPTFORD, NJ 08096





# PHILADELPHIA GREEK INDEPENDENCE DAY PARADE

## SUNDAY

### APRIL | 7 | 2024

10:00 AM | DOXOLOGY

SAINT GEORGE CATHEDRAL | 256 SOUTH 8<sup>TH</sup> STREET, PHILADELPHIA, PA 19107

1:00 PM | FORMATION

BEN FRANKLIN PARKWAY & 22<sup>ND</sup> STREET

2:00 PM | STEP-OFF / PARADE

22<sup>ND</sup> & THE PARKWAY MARCHING TOWARDS CITY HALL

ELEFThERIA MEDAL RECIPIENT

ANTHONY LIMBERAKIS, MD

*National Commander of  
the Order of St. Andrew the Apostle,  
Archons of the Ecumenical  
Patriarchate*

GRAND MARSHAL

PHILIP CHRISTOPHER

*President of the International Coordinating  
Committee-Justice for Cyprus,  
President of the Pancyprrian  
Association of America*





## March 12th at the Emmanuel Dining Room East

We *sincerely* thank **The Daughters of Penelope** for very generously sponsoring the meal in March again this year! 135 women, men and children enjoyed a nice warm meal. **Tina Ganiaris** worked in the kitchen to help serve that day. The **Ganiaris family** will host and sponsor the meal on April 12th, given in loving memory of **Fr. Stamos** and **Presvytera Joan Ganiaris**.

*All are welcome to help serve on the 12th of every month or at any time!*

*We sincerely thank all the individuals, families and organizations who generously support this dining room! Thank you for helping us serve the needy!*

Various groups and individuals from our church donate the food to sponsor the luncheon meal at the 3rd and Walnut St location on the 12th of every month.

All Sunday meals are now being served at the 2nd and Jackson Street dining room.

*If you, your family or organization would like to provide a meal, contact **Nikkie Tsakataras** at 302-655-2252 or **Tina Ganiaris** at 302-367-6758 for more information. Thank you!*

## Holy Trinity Food Pantry

**As Christians it is our job to step out and serve as disciples in the community.**

**It is also important with others in the community to serve others.**

***Are you willing to commit to three hours a week, every other week, or once a month? If so, this volunteer job is for you!***

St Stephens Food Pantry located at 1300 North Broom Street  
It is open Monday, Tuesday, Thursday and Friday from 9am to 12pm  
and Wednesday evenings from 5pm to 7pm.

Stop by any time to check the facilities and see how it is run.

As summer approaches, they are also looking for some young volunteers as well. If you have a junior or senior in high school looking for community hours, please consider St. Stephens Food Pantry.

Applications are available in the food pantry mailbox located outside the church office.

Any questions please call 302-585-6818.

As always, non-perishable food donations are welcome.

***As always, we sincerely thank you for helping those in need!***

Evie Fournaris, Tina Ganiaris, Johanna Laskaris, John Lazare,  
Sandy Nannas, Steve Nicholas, and Nikki Tsakataras





Our next gathering is  
Thursday, April 11 @ 12pm

*We meet in the*  
**AHEPA ROOM**

We hope to see you all there

~~~~~

On March 20th the Young @ Heart
will *host* the first of
6 Lenten Community Meals
that will take place after the
Presanctified Liturgies
each Wednesday Evening @ 8:00 pm
during the Lenten Period.

We hope you will join us each week as we
gather for a Lenten meal as the family of God.
The “Main” dish will be provided. Please bring
a friend or family member and your favorite
Lenten dish to share.

Our Hosts:

March 20 ~ The Young @ Heart

March 27 ~ Hellenic University Club

April 03 ~ GOYA

April 10 ~ Philoptochos

April 17 ~ Daughters of Penelope

April 24 ~ JOY HOPE



Y. A. L. Young Adult League

On March 2, Holy Trinity's Young Adult League hosted the first Comedy Taverna Night starring Alisa "Alik" Raisis and Rachel Samples! A full Greek meal was prepared by chefs Anna Fournaris, Michael Karas, and Markella Calliagas. The friends and family of the parish gathered in the community hall for a night full of laughing, eating, and Greek dancing! On behalf of YAL, thank you to all parishioners, GOYAns, and Alik & Rachel, who all volunteered their time and talents to help prepare for the event!





Holy Trinity
GREEK ORTHODOX CHURCH
WILMINGTON DE



90th Anniversary

YOUNG ADULT LEAGUE APRIL GATHERING

THURSDAY APRIL, 4 2024

6:00 PM CHURCH SERVICE

LENTEN MEAL &
DISCUSSION TO FOLLOW

PLEASE RSVP TO ANNA FOURNARIS FOURNARIS10@GMAIL.COM BY
APRIL 3RD



Διάφορα

Δρ. Κώστας Γ. Φούντζουλας
Επαναδημοσίευσις Απρίλιος 2021

“Πνευμονία” - Ελληνική Γλώσσα
Η Τροφός των Ευρωπαϊκών Γλωσσών

- *Πνευμονία (Pneumonia)*: "φλεγμονή των ιστών των πνευμόνων" (όπως διαφέρει από τους βρογχικούς σωλήνες ή το οροειδές κάλυμμα των πνευμόνων), γύρω στο 1600, από τη σύγχρονη Λατινική γλώσσα, από την ελληνική πνευμονία "φλεγμονή των πνευμόνων", από την λέξη “Πνεύμων”
- *Καρδιολογία (Cardiology)* Από την ελληνική καρδιά *kardiā*, η «καρδιά» και -λογία-λόγεια, «μελέτη») είναι ένας κλάδος της ιατρικής που ασχολείται με τις διαταραχές της καρδιάς καθώς και ορισμένα μέρη του κυκλοφορικού συστήματος.
- *Οφθαλμικό (Ophthalmic)*: γύρω στο 1600, "αφορά ή χρησιμοποιείται για τη θεραπεία της οφθαλμίας;" έως το 1732 ως "που αφορά το μάτι ή το μάτι" από από το Ελληνικό οφθαλμικό "από ή για τα μάτια", από το οφθαλμικό "μάτι" (βλ. οφθαλμο-). Τα μεσογειακά αγγλικά είχαν οφθαλμικό «προκαλούμενο από οφθαλμία» (αρχές του 15ου αιώνα).
- *Δερματολογία (Dermatology)*: Εισήχθη στα Αγγλικά το 1819 Η λέξη *dermatology* προέρχεται από την γενική της Ελληνικής λέξεως “Δερμα” (Δέρματος), (από το δέρω *dero*, "to flay" γδέρνω) και -λογία-*logia*.
- *Ορμόνη (Hormone)*: "οργανική ένωση που παράγεται σε ζωικά σώματα για τη ρύθμιση της δραστηριότητας και της συμπεριφοράς," εισήχθη στην Αγγλική γλώσσα το 1905, από την Ελληνική λέξη “Ορμόνη” "εκείνη που κινείται," απαρέμφατο του “Ορμάν” "ώθηση, ώθηση," από το “Ορμή” "έναρξη, ώθηση," (1) "για κίνηση, ενεργοποίηση." Χρησιμοποιήθηκε από τον *Ιπποκράτη* για να υποδηλώσει μια ζωτική αρχή. Είναι μία σύγχρονη επιστημονική έννοια που επινόησε ο Άγγλος φυσιολόγος Έρνεστ Χένρι Στάρλινγκ (1866-1927) Ο Jung χρησιμοποίησε ορμόνη (1915) σε σχέση με την υποθετική ψυχική ενέργεια που οδηγεί ασυνείδητες δραστηριότητες και ένστικτα.

Various

Dr. Costas G. Fountzoulas
Republication April 2021

“Pneumonia” – Hellenic Language
The Feeder of All European Languages

- *Pneumonia*: "inflammation of the tissues of the lungs" (as distinct from the bronchial tubes or the serous covering of the lungs), c. 1600, from Modern Latin, from Greek *pneumonia* "inflammation of the lungs," from *Pneumōn* "lung"
- *Cardiology*: From Greek *καρδίᾱ kardiā*, "heart" and -λογία-*logia*, "study") is a branch of medicine that deals with the disorders of the heart as well as some parts of the circulatory system.
- *Ophthalmic* c. 1600, "pertaining to or of use in treating ophthalmia;" by 1732 as "pertaining to the eye or eyeball;" from Latin *ophthalmicus*, from Greek *ophthalmikos* "of or for the eyes," from *ophthalmos* "eye" (see *ophthalmo-*). Middle English had *obtalmik* "caused by ophthalmia" (early 15c.).
- *Dermatology*: Attested in English in 1819, the word *dermatology* derives from the Greek δέρματος (*dermatos*), genitive of δέρμα (*derma*), "skin" (itself from δέρω *dero*, "to flay") and -λογία-*logia*.
- *Hormone*: "organic compound produced in animal bodies to regulate activity and behavior," 1905, from Greek *hormon* "that which sets in motion," present participle of *horman* "impel, urge on," from *horme* "onset, impulse," from PIE **or-sma-*, from root **er-* (1) "to move, set in motion." Used by *Hippocrates* to denote a vital principle; modern scientific meaning coined by English physiologist Ernest Henry Starling (1866-1927). Jung used *horme* (1915) in reference to hypothetical mental energy that drives unconscious activities and instincts.
- *Church*: Old English *cir(i)ce*, *cyr(i)ce*, related to Dutch *kerk* and German *Kirche*, based on medieval Greek *kuriakon*, from Greek *kuriakon* (*dōma*) 'Lord's (house)', from *kurios* 'master or lord', and *Kirk*
- *Baptists*: Middle English, from Old French, *baptiste*, via ecclesiastical Latin from ecclesiastical Greek *baptistes*, from baptizein "immerse, baptize".
- *Baptism*: From the Greek noun “Βάπτισμα”. It is a Christian rite of admission and adoption almost invariably with the use of water, into Christianity.

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A History of the Wilmington Greek Community

With the 90th Anniversary of the Greek Community in Wilmington at hand, it's a great time to reflect on our past and how we got to where we are as we look to the future. Do you have stories, photos, family heirlooms that you would like to share? It's important to the community that we save and secure as many as possible. Too much has been lost over the years.

Here are some links of recorded interviews of members of the Greek community from over 50 years ago for the University of Delaware. There are also copies of the transcripts of those interviews conducted by Irene Long in the links. We'd like to record anyone who would like to share their stories for storage in a hopeful Holy Trinity Archive Room. Email: Klezarakas@gmail.com

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