



Holy Trinity

GREEK ORTHODOX CHURCH
WILMINGTON DE



90th Anniversary

January 2024 – Issue 1



Happy & Blessed New Year 2024!
Happy 90th Anniversary of our Parish!



Holy Trinity Greek Orthodox Church

808 N Broom Street

Wilmington, Delaware 19806

Phone: 302.654.4446 Fax: 302.654.4204

Email: office@holytrinitywilmington.org Website: holytrinitywilmington.org

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)

2023 PARISH COUNCIL MEMBERS

Stephanos Karakasidis, President - (302) 383-0476

Peter Xarhoulakos, First Vice President - (302) 562-5151

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

George Rassias, Treasurer - (610) 322-3200

Dena Verikakis, Secretary - (484) 433-3896

(610) 358-8830 Nicholas Demourtzidis Stacey Pennia (302) 530-1669

(302) 530-2776 George Economou Tom Psaltis (302) 981-9352

(302) 633-1112 Dr. Costas Fountzoulas George Tsakataras (302) 521-7300

(302) 438-7121 Tom Karas Paraskevi Wolcott (302) 654-4446

(302) 654-5611 Dr. Alexia Moutsatsos

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/(508)981-6051	JOY / HOPE	Angie Karakasidis / Nia Charalambides
(508) 981-6051	Family Choir	Nia Charalambides
983-0857/(703) 317-7798		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	Dr. 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	Dr. 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



My beloved parishioners of Holy Trinity,

Once again in our earthly lives, through the Grace and Mercy of God, we are entering the new year of our Lord. We all celebrate and rejoice for that, as we understand the importance of a new beginning, which hopefully will become -as we pray- a new opportunity for spiritual and mental rearrangement or even transformation.

Our Holy Orthodox Church teaches us that time is given to us as a gift by God, not to manage, but to use to save our souls. There is no time for God, as He is eternal, and there is limited time for us, until we reach eternity. The secular world, the “society” that we all live in calls us for celebrations that are improper with the teachings of the Orthodox Church. The world calls us to celebrate “ourselves”: to enjoy ourselves, to make ourselves happy, to work for our benefit, to earn for ourselves, to satisfy ourselves. The New Year’s resolution that we all make is always about ourselves and our “ego”.

And here comes the Orthodox Church and our precious faith, to give us the correct perspective of all the above. She says: if you want to help yourself, help others; if you want to save yourself, become the example for the others; if you want to save the world, you must change first. Do not throw the responsibility on anyone but yourself; if you change, the world will change.

Furthermore, the coming of a new year reminds us that we are humans, who draw closer to the end of our earthly lives. The Church calls us to repent. We read in the Gospel on the Sunday after the Epiphany that Jesus Christ, right after His Baptism, began to preach saying: “*Repent, for the kingdom of heaven is at hand.*” (Matthew 4,17). Therefore, let us remember that time for every faithful is nothing but a tool. It is an opportunity for repentance, correction, change, and acknowledgment of our mistakes and wrongdoings; an opportunity to fortify our faith and become more active in the Sacramental life of our Orthodox Church. Jesus’ message to us: “*Repent, for the kingdom of heaven is at hand*” is fitting and needed now more than ever before!

As we celebrate the coming of the New Year 2024, we hope for, and we dream of a better tomorrow. We dream of a better world, without injustices and wars. We dream of a better future for our children. All these dreams can only become a reality if we commend ourselves to Jesus Christ and His Church: “*let us commend ourselves and one another, and our whole life unto Christ our God*” as we pray in every Divine Liturgy. **Let us make this year’s resolution together: to change our world by changing ourselves!**

Please accept my warmest and most loving wishes to you and your families for a healthy and glorious new year, filled with the Grace of God. This year, 2024, marks our Parish’s 90th Anniversary, and we feel proud for those before us who worked hard to build and bring this beautiful community and Church to this point. We are also committed to continuing their legacy and passing on the Orthodox Faith and tradition to future generations.

Happy and Blessed New Year, filled with the Grace of the Holy Trinity!

Archimandrite of the Ecumenical Throne
Christoforos Oikonomidis, Presiding Priest



HOLY TRINITY GREEK ORTHODOX CHURCH

ΑΓΙΑ ΤΡΙΑΣ ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ



Αγαπητοί μου ενορίτες,

Για ακόμη μια φορά στο διάβα της επιγείου ζωής μας, μας αξιώνει ο Πανάγαθος Θεός να εορτάσουμε την έλευση του νέου χρόνου. Μια καινούρια χρονιά ξεκινάει και όλοι μας οφείλουμε να σκεφτούμε και να κάνουμε τον προσωπικό μας απολογισμό. Να δούμε τι κάναμε στο χθες, τι ευθύνες μας αναλογούν, πόσο βοηθήσαμε την κοινωνία μας και τον συνάνθρωπο, και τι πρέπει να κάνουμε για να διορθώσουμε το μέλλον. Πάνω απ' όλα όμως, οφείλουμε σαν Ορθόδοξοι Χριστιανοί, να μεριμνήσουμε για την πνευματική μας ζωή και την προσωπική μας σωτηρία.

Ο Θεός μας έχει δώσει τον χρόνο ώστε να ζούμε την ζωή μας «έν μετανοία» και να προετοιμαζόμαστε για την αληθινή ζωή, την αιωνιότητα. Δυστυχώς εμείς ξεχνούμε αυτή την πραγματικότητα, και αναλώνουμε την ζωή μας και την καθημερινότητά μας ενδιαφερόμενοι μόνο για το πώς θα ζήσουμε καλύτερα, για το πώς θα αποκτήσουμε περισσότερα, για το πώς θα εκμεταλλευτούμε τους άλλους ώστε να κερδίσουμε περισσότερα. Έτσι ξεχνούμε ότι είμαστε πλασμένοι για την αιωνιότητα, και ασχολούμαστε μόνο για τα υλικά αγαθά.

«Ζητείτε πρώτον τὴν βασιλείαν τοῦ Θεοῦ καὶ τὴν δικαιοσύνην αὐτοῦ, καὶ ταῦτα πάντα προστεθήσεται ὑμῖν» (Ματθ. 6,33). Ο Χριστός μας καλεί να θέσουμε νέες προτεραιότητες στη ζωή μας. Μας ζητά να αναζητούμε και να μεριμνούμε πρώτα για το πώς θα κερδίσουμε την αιώνια ζωή, πώς θα μπούμε στον Παράδεισο, πώς θα ζήσουμε μαζί Του αιώνια, και όλα τα υπόλοιπα θα μας τα δώσει Εκείνος. Ο Χριστός ξέρει τι θέλουμε και τι χρειαζόμαστε για να ζήσουμε. Ας μην σπαταλάμε λοιπόν τον χρόνο μας, την ζωή μας, την ευκαιρία που μας έχει δώσει Εκείνος ώστε να έλθουμε πιο κοντά Του, σε άσκοπες και ανούσιες πράξεις και στάσεις ζωής.

Μιλώντας για προτεραιότητες, συνηθίζουμε κάθε Πρωτοχρονιά να δίνουμε υποσχέσεις «αλλαγής» του τρόπου ζωής μας. Άλλοι βάζουν στόχο να αδυνατίσουν, άλλοι να ζήσουν μια πιο υγιεινή ζωή, άλλοι να αλλάξουν τρόπο ζωής, άλλοι να γίνουν πιο καλοί άνθρωποι και πολλά άλλα τέτοια. Όλα αυτά είναι καλά και απαραίτητα. Εμείς όμως, ως Ορθόδοξοι Χριστιανοί, που αγαπούμε τον Θεό και την Εκκλησία Του, ας υποσχεθούμε ότι φέτος, το 2024, θα αφιερώσουμε πιο πολύ χρόνο σε Εκείνον που έδωσε την ζωή και το Αίμα Του για μας. Ας υποσχεθούμε ότι θα πηγαίνουμε πιο συχνά -δηλαδή κάθε Κυριακή- στην Εκκλησία και θα κοινωνούμε το Πανάγιο Σώμα και Αίμα Του. Ας υποσχεθούμε ότι θα προσπαθήσουμε να αγαπήσουμε και να συγχωρήσουμε κάθε άνθρωπο, και ιδιαίτερα εκείνους που μας έχουν βλάψει. Ας υποσχεθούμε ότι θα μετανοήσουμε. Αν κάνουμε όλα τα παραπάνω, σίγουρα θα γίνουμε καλύτεροι άνθρωποι, καλύτεροι Χριστιανοί, και η κοινωνία μας θα γίνει καλύτερη.

Θέλω να ευχηθώ σε όλους σας καλή και ευλογημένη χρονιά! Για να είναι όμως ευλογημένη η χρονιά πρέπει να είναι γεμάτη με την Χάρη του Θεού. Αυτή την Χάρη θα την βρούμε μόνο μέσα στην Εκκλησία και στα Ιερά Μυστήρια. Καθώς γιορτάζουμε φέτος και τα 90 χρόνια της Ενορίας μας, εύχομαι ο Πανάγιος Τριαδικός Θεός να σας ευλογεί και όλοι μαζί να συνεχίσουμε το έργο των προγόνων μας, όλων εκείνων που ίδρυσαν και έκτισαν την ευλογημένη μας Κοινότητα, και όλοι μαζί, ενωμένοι και αγαπημένοι, να προχωρήσουμε μπροστά για το μέλλον της Κοινότητάς μας και των παιδιών μας.

Καλή και ευλογημένη νέα χρονιά!

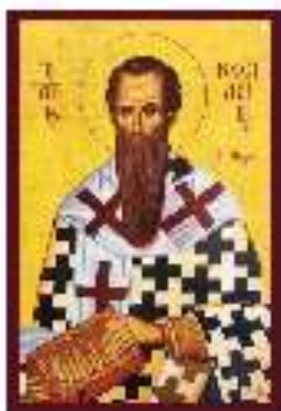
Με αγάπη Χριστού,

π. Χριστοφόρος Οικονομίδης

Αρχιμανδρίτης του Οικουμενικού Θρόνου

Ιερατικώς Προϊστάμενος





GREEK ORTHODOX
METROPOLIS OF NEW JERSEY



***His Eminence
Metropolitan Apostolos
of New Jersey***

Cordially Invites you to the

**ANNUAL
METROPOLIS of NEW JERSEY
VASILOPITA CELEBRATION**

**Tuesday, January 9, 2024
6:00 – 9:00pm**

hosted by:

**St. George Greek Orthodox Church
1101 River Road
Piscataway, NJ 08854**

A message from the Parish Council President

Dear Holy Trinity Community,

ΚΑΛΗ ΧΡΟΝΙΑ ΚΑΙ ΕΥΤΥΧΙΣΜΕΝΟΣ Ο ΚΑΙΝΟΥΡΙΟΣ ΧΡΟΝΟΣ!

Greetings to all with **God's** blessings for health and happiness for the New Year!

As we bid farewell to 2023 and prepare to welcome the blessings of the New Year, we extend to you our warmest wishes for a joyous and healthy 2024. May the light of Christ guide your steps, fill your hearts with peace, and illuminate your path with love and prosperity.

Looking Back:

This past year was filled with both challenges and triumphs, moments of sorrow and bursts of joy. We witnessed the strength of our community as we navigated through uncertainty and setbacks, finding solace and support in our shared faith. We celebrated milestones, welcomed new members, welcomed a new priest, Father Christoforos, and remembered those who departed with prayers and love.

Looking Forward:

As we embark on a new year, we do so with a renewed sense of hope and optimism. We anticipate exciting events and initiatives, including:

- Hosting the DVYC Greek Letters Celebration
- GOYA hosting its annual Basketball tournament
- Our annual Festival
- AHEPA convention
- Annual Golf Tournament
- Holding our 90-year celebration in the Fall as a parish

Remember:

- Regular Services: Continue to attend our regular services throughout the month, seeking spiritual guidance and strengthening your connection with God and our community.
- Community Outreach: Volunteer your time and talents to various church activities and initiatives, making a positive impact on the lives of others.
- Prayer: Keep our church family in your prayers and remember to pray for those facing challenges and in need of God's grace.

May the New Year be filled with an abundance of blessings, both spiritual and material. Let us walk together in faith, hope, and love, embodying the teachings of our Lord and Savior.

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.**

Hope you all had a joyous holiday season.

May the New Year be filled with good health, happiness, and love!

Sincerely,

Stephanos Karakasidis





Philoptochos Sisterhood of Holy Trinity St. Agape Chapter



Dearest Philoptochos Members:

Happy New Year!! I hope that you had a Merry Christmas filled with enjoyable time with family and friends.

We began the first day in December welcoming our Proistamenos, our Chancellor, Father Christophoros Oikonomidis and holding our Bid N Buy. A special thanks to Angie Karakasidis and Madeline Psihalinos for chairing! The evening was a huge success and enjoyed by all. We are so grateful to our youth, both GOYA and JOY/HOPE, who were our left and right hands. Our guests that evening commented on how well behaved and helpful they all were. A huge thank you to Demetri Halakos and all the men who helped in the kitchen. We thank all who came out and supported this event.

Our church was beautifully decorated by the Altar Guild, which is greatly appreciated. We also appreciate all the members who signed the Christmas Card which is sent to our membership.

Congratulations to Popi Papachrysanthou who received the Ambassador Award for her dedicated service to our Philoptochos and parish from his Eminence Metropolitan Apostolos. AXIA!

Many of the ladies gathered once again this year to begin the making of the koulourakia and loaves of Christmas Bread for those of our community who are mostly homebound. We prepared 27 packages to bring to their homes to enjoy some sweets for the holiday season.

This year we collaborated with GOYA, and JOY/HOPE for a toy drive. These toys will put a **smile on children's faces on Christmas morning**. We'd like to thank everyone for their support!

On January 7, we'll be having the Vasilopita cutting after Divine Liturgy. We'll be passing a tray for donations for St. Basil's Academy in New York and would appreciate your support.

Please remember to begin sending in your dues of \$35.00 for 2024. Your dues assist us in making our national and local commitments as well as our philanthropic outreach.

We thank you all for your support.

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.

PHILOPTOCHOS BID 'N BUY

December 1, 2023







← Susie & Friends win big!!!







Vasilopita (St. Basil Bread) Luncheon

*Cutting of the Vasilopita Breads
sponsored by Philoptochos*

Sunday, January 7, 2024

**Donations will be accepted with
proceeds to benefit
St. Basil's Academy ~ Garrison, NY**





THE THEOPHANY OF OUR LORD AND SAVIOUR JESUS CHRIST (January 6)

Apolytikion in the First Tone

Lord, when You were baptized in the Jordan, the veneration of the Trinity was revealed. For the voice of the Father gave witness to You, calling You Beloved, and the Spirit, in the guise of a dove, confirmed the certainty of His words. Glory to You, Christ our God, who appeared and enlightened the world.

Kontakion in the Fourth Tone

You appeared to the world today, and Your light, O Lord, has left its mark upon us. With fuller understanding we sing to You: "You came, You were made manifest, the unapproachable light."

Reading:

About the beginning of our Lord's thirtieth year, John the Forerunner, who was some six months older than Our Saviour according to the flesh, and had lived in the wilderness since his childhood, received a command from God and came into the parts of the Jordan, preaching the baptism of repentance unto the remission of sins. Then our Saviour also came from Galilee to the Jordan, and sought and received baptism though He was the Master and John was but a servant. Whereupon, there came to pass those marvellous deeds, great and beyond nature: the Heavens were opened, the Spirit descended in the form of a dove upon Him that was being baptized and the voice was heard from the Heavens hearing witness that this was the beloved Son of God, now baptized as a man (Matt. 3:13-17; Mark 1:9-11; Luke 3:1-22). From these events the Divinity of the Lord Jesus Christ and the great mystery of the Trinity were demonstrated. It is also from this that the present feast is called "Theophany," that is, the divine manifestation, God's appearance among men. On this venerable day the sacred mystery of Christian baptism was inaugurated; henceforth also began the saving preaching of the Kingdom of the Heavens.



SYNAXIS OF JOHN THE HOLY GLORIOUS PROPHET, BAPTIST, & FORERUNNER (January 7)

Apolytikion in the Second Tone

The memory of the just is celebrated with hymns of praise, but the Lord's testimony is sufficient for thee, O Forerunner; for thou hast proved to be truly even more venerable than the Prophets, since thou was granted to baptize in the running waters Him Whom they proclaimed. Wherefore, having contested for the truth, thou didst rejoice to announce the good tidings even to those in Hades: that God hath appeared in the flesh, taking away the sin of the world and granting us great mercy.

Kontakion in the Plagal of the Second Tone

The Jordan accepted Your presence in the flesh and reversed its course in fear. John, fulfilling the spiritual ministry, fell back in awe. The ranks of Angels, seeing You in the flesh, baptized in the river, were amazed, and all who were in darkness were filled with light, praising You who appeared and enlightened all.

Reading:

Today we celebrate the Synaxis in honour of the most sacred Forerunner, since he ministered at the Mystery of the Divine Baptism of our Lord Jesus Christ. Rest from labour. Fish allowed



2024 Epiphany Season SCHEDULE of SERVICES



JANUARY

MONDAY 1

9:00am

The Circumcision of our Lord & Feast of St. Basil the Great
ORTHROS & DIVINE LITURGY

FRIDAY 5

9:00am

Forefeast of the Theophany
GREAT HOURS & DIVINE LITURGY OF ST. BASIL THE GREAT/
GREAT BLESSING OF THE WATERS (Great Agiasmos) (*strict fast*)

SATURDAY 6

9:00am

The Holy Theophany of Our Lord and Savior Jesus Christ
ORTHROS & DIVINE LITURGY & BLESSING OF THE WATERS
(Great Agiasmos)

SUNDAY 7

9:00am

Synaxis of the Holy Glorious Prophet, and Forerunner, John the Baptist
ORTHROS & DIVINE LITURGY
Vasilopita Sunday - cutting of the Vasilopita

ΕΛΛΗΝΟΡΘΟΔΟΞΗ ΚΟΙΝΟΤΗΤΑ ΑΓΙΑΣ ΤΡΙΑΔΟΣ ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ

ΙΑΝΟΥΑΡΙΟΣ

ΔΕΥΤΕΡΑ 1

9:00 π.μ.

Η κατά σάρκα Περιτομή του Κυρίου - Αγίου Βασιλείου του Μεγάλου
ΟΡΘΡΟΣ & ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ

ΠΑΡΑΣΚΕΥΗ 5 Παραμονή των Αγίων Θεοφανείων

9:00 π.μ.

Η ΑΚΟΛΟΥΘΙΑ ΤΩΝ ΜΕΓΑΛΩΝ & ΒΑΣΙΛΙΚΩΝ ΩΡΩΝ ΤΩΝ ΘΕΟΦΑΝΕΙΩΝ,
ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ & ΑΚΟΛΟΥΘΙΑ ΜΕΓΑΛΟΥ ΑΓΙΑΣΜΟΥ (αυστηρή νηστεία)

ΣΑΒΒΑΤΟ 6

9:00 π.μ.

ΑΓΙΑΣΜΟΥ

Τα Άγια Θεοφάνεια
ΟΡΘΡΟΣ & ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ - ΑΚΟΛΟΥΘΙΑ ΜΕΓΑΛΟΥ

ΚΥΡΙΑΚΗ 7

9:00 π.μ.

Κυριακή μετά τα Φώτα - Σύναξις του Αγίου Ιωάννου Προδρόμου
ΟΡΘΡΟΣ & ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ
Θα ακολουθήσει η Κοπή της Ενοριακής Βασιλόπιτας



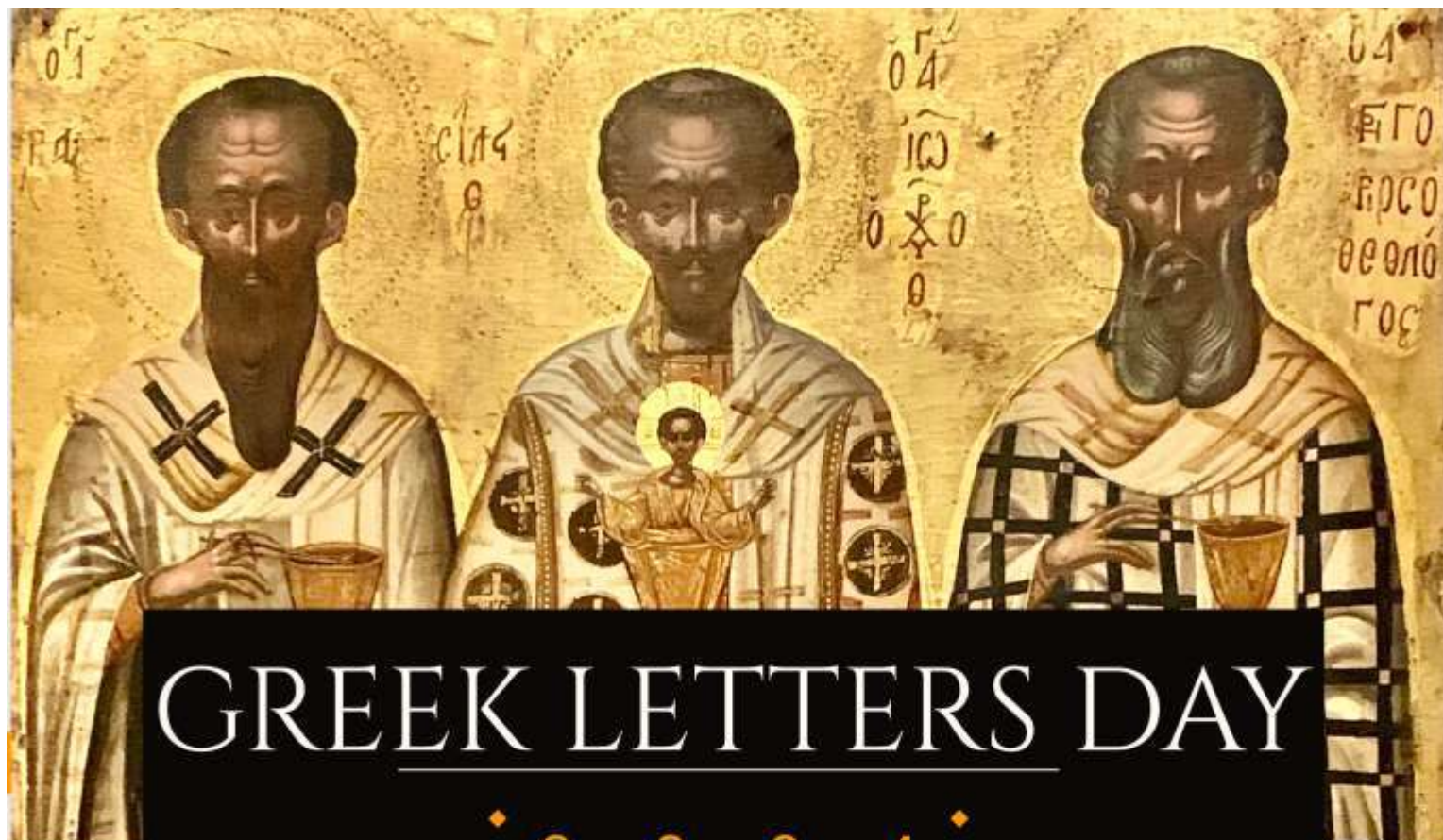
SAVE THE DATE!

GODPARENTS' SUNDAY

Sunday, February 4, 2024

Invite your Godparents or Godchildren to Church
to honor this special bond!

Worship together at Divine Liturgy and
Reconfirmation Service, receive Holy Communion
together, to celebrate this spiritual bond!



GREEK LETTERS DAY

2024

Dr. Constantine Hatzidimitriou

An Archon of the Ecumenical Patriarchate, Dr. Constantine Hatzidimitriou is a historian and holds a doctorate in Byzantine, Ottoman, and Modern Greek history from Columbia University.

He was a Gennadius Fellow at the American School in Athens, and an Educational Counselor at the US. Consulate in Thessaloniki, where he also served as a professor at Anatolia College.

In 2023 he was the Christos Mantzios Visiting Scholar under the auspices of The Australian Institute of Macedonian Studies and lectured in Melbourne and Sydney. Currently he is the managing editor of the American Journal of Contemporary Hellenic Issues and the Journal of Modern Hellenism, and a Research Associate at St. John's University in NYC. Dr. Hatzidimitriou is also the author of four books, the most recent on Byzantine history, in addition to many articles in scholarly journals in the fields of Byzantine and Modern Greek history and education. In 2022, his book on Smyrna was updated and published in Modern Greek, and he is working on two new books: American Philhellenes during the Greek Revolution, and Central Greece during the Byzantine and Ottoman periods.



**January 21, 2024
Following the Liturgy**



2024 Speaker Series

We also invite you to attend a lecture on the significance of Byzantine history education in the AHEPA ROOM following the coffee hour.

hucwilm@gmail.com 
hucwilmington.org 



• APPLY NOW FOR 2024 •

HIGH SCHOOL SENIORS



Scholarships

AWARDED IN MAY

APPLICATION ONLINE: HUCWILMINGTON.ORG



ATHANASIOS & CYRIL, PATRIARCHS OF ALEXANDRIA (January 18)

Apolytikion in the Third Tone

Shining forth with works of Orthodoxy, ye quenched every false belief and teaching and became trophy-bearers and conquerors. And since ye made all things rich and with true piety, greatly adorning the Church with magnificence, Athanasios and wise Cyril, ye both have worthily found Christ God, Who doth grant great mercy unto all.

Kontakion in the Fourth Tone

O great Hierarchs of piety and brave champions of the Church of Christ, you watch over all who sing, "Save us who in faith honor you, O Compassionate."

Reading:

In the half-century after the First Ecumenical Council held in Nicea in 325, if there was one man whom the Arians feared and hated more intensely than any other, as being able to lay bare the whole error of their teaching, and to marshal, even from exile or hiding, the beleaguered forces of the Orthodox, it was Saint Athanasios the Great. This blazing lamp of Orthodoxy, which imperial power and heretics' plots could not quench when he shone upon the lampstand, nor find when he was hid by the people and monks of Egypt, was born in Alexandria about the year 296. He

received an excellent training in Greek letters and especially in the sacred Scriptures, of which he shows an exceptional knowledge in his writings. Even as a young man he had a remarkable depth of theological understanding; he was only about twenty years old when he wrote his treatise "On the Incarnation." Saint Alexander, the Archbishop of Alexandria, brought him up in piety, ordained him his deacon, and after deposing Arius for his blasphemy against the Divinity of the Son of God, took Athanasios to the First Council in Nicea in 325. Saint Athanasios was to spend the remainder of his life laboring in defense of this Holy Council. In 326, before his death, Alexander appointed Athanasios his successor.

In 325, Arius had been condemned by the Council of Nicea; yet through his hypocritical confession of Orthodox belief, Saint Constantine the Great was persuaded by Arius's supporters that he should be received back into the communion of the Church. But Athanasios, knowing well the perverseness of his mind, and the disease of heresy lurking in his heart, refused communion with Arius. The heresiarch's followers then began framing false charges against Athanasios. Finally Saint Constantine the Great, misled by grave charges of the Saint's misconduct (which were completely false), had him exiled to Tiberius (Treves) in Gaul in 336. When Saint Constantine was succeeded by his three sons Constantine II, Constans, and Constantius, in 337, Saint Athanasios returned to Alexandria in triumph. But his enemies found an ally in Constantius, Emperor of the East, and he spent a second exile in Rome. It was ended when Constans prevailed with threats upon his brother Constantius to restore Athanasios (see also Nov. 6). For ten years Saint Athanasios strengthened Orthodoxy throughout Egypt, visiting the whole country and encouraging all: clergy, monastics, and lay folk, being loved by all as a father. After Constans's death in 350, Constantius became sole Emperor, and Athanasios was again in danger. On the evening of February 8, 356, General Syrianus with more than five thousand soldiers surrounded the church in which Athanasios was serving, and broke open the doors. Athanasios's clergy begged him to leave, but the good shepherd commanded that all the flock should withdraw first; and only when he was assured of their safety, he also, protected by divine grace, passed through the midst of the soldiers and disappeared into the deserts of Egypt, where for some six years he eluded the soldiers and spies sent after him.

When Julian the Apostate succeeded Constantius in 361, Athanasios returned again, but only for a few months. Because Athanasios had converted many pagans, and the priests of the idols in Egypt wrote to Julian that if Athanasios remained, idolatry would perish in Egypt, the heathen Emperor ordered not Athanasios's exile, but his death. Athanasios took a ship up the Nile. When he learned that his imperial pursuers were following him, he had his men turn back, and as his boat passed that of his pursuers, they asked him if he had seen Athanasios. "He is not far," he answered. After returning to Alexandria for a while, he fled again to the Thebaid until Julian's death in 363. Saint Athanasios suffered his fifth and last exile under Valens in 365, which only lasted four months because Valens, fearing a sedition among the Egyptians for their beloved Archbishop, revoked his edict in February, 366.

The great Athanasios passed the remaining seven years of his life in peace. Of his fifty-seven years as Patriarch, he had spent some seventeen in exiles. Shining from the height of his throne like a radiant evening star, and enlightening the Orthodox with the brilliance of his words for yet a little while, this much-suffering champion inclined toward the sunset of his life, and in the year 373 took his rest from his lengthy sufferings, but not before another luminary of the truth -- Basil the Great -- had risen in the East, being consecrated Archbishop of Caesarea in 370. Besides all of his other achievements, Saint Athanasios wrote the life of Saint Anthony the Great, with whom he spent time in his youth; ordained Saint Frumentius first Bishop of Ethiopia; and in his Paschal Encyclical for the year 367 set forth the books of the Old and New Testaments accepted by the Church as canonical. Saint Gregory the Theologian, in his "Oration On the Great Athanasios", said that he was "Angelic in appearance, more angelic in mind; ... rebuking with the tenderness of a father, praising with the dignity of a ruler ... Everything was harmonious, as an air upon a single lyre, and in the same key; his life, his teaching, his struggles, his dangers, his return, and his conduct after his return ... he treated so mildly and gently those who had injured him, that even they themselves, if I may say so, did not find his restoration distasteful."

Saint Cyril was also from Alexandria, born about the year 376. He was the nephew of Theophilus, Patriarch of Alexandria, who also instructed the Saint in his youth. Having first spent much time with the monks in Nitria, he later became the successor to his uncle's throne in 412. In 429, when Cyril heard tidings of the teachings of the new Patriarch of Constantinople, Nestorius, he began attempting through private letters to bring Nestorius to renounce his heretical teaching about the Incarnation. When the heresiarch did not repent, Saint Cyril, together with Pope Celestine of Rome, led the Orthodox opposition to his error. Saint Cyril presided over the Third Ecumenical Council of the 200 Holy Fathers in the year 431, who gathered in Ephesus under Saint Theodosius the Younger. At this Council, by his most wise words, he put to shame and convicted the impious doctrine of Nestorius, who, although he was in town, refused to appear before Cyril. Saint Cyril, besides overthrowing the error of Nestorius, has left to the Church full commentaries on the Gospels of Luke and John. Having shepherded the Church of Christ for thirty-two years, he reposed in 444.

2024 THEOPHANY Blessings

Father Christoforos would love to come and bless your home or business so that he will have the opportunity to personally connect with you.

If you would like to have your home or business blessed, please call the church office, or fill out the form below and send it to the church office. Please do not assign a specific date. Father will contact you ahead of time to finalize the date.

The Blessing of homes and businesses is an ancient tradition in our Orthodox Church emanating from the Service of the Great Blessing of the Waters. Fr. Christoforos blesses homes throughout the year so he can minister to us as our Spiritual Father.

In fact, as Orthodox Christians we bless everything with Holy Water. (*e.g.* cars, gardens, new beginnings; our places of worship, work, play, socializing and fellowshiping together and by extension all of the created world.) Holy Water, which is imbued with the Divine Energies of God through the indwelling of the Holy Spirit, is used to bless every aspect of our lives. By blessing we sanctify, beautify, and dedicate all things for the good and the beautiful. We receive a special blessing from God, which enables us to see all of creation in a redeemed way, and discover that all things can be used for the purpose of union with God..

What should you expect in terms of the House Blessing?

Father will offer a short prayer service in front of your home altar and then proceed through the home sprinkling it with holy water, while chanting the Hymn of Theophany. (Baptism of Christ)

What should you have ready?

Have a table ready and accessible with an icon of Christ or Panagia and your Bible. You should have a candle, charcoal and incense.

NAME: _____

ADDRESS: _____

HOME NUMBER (required): _____

CELL NUMBER: (required): _____

EMAIL: _____

PLEASE CIRCLE YES OR NO

WEEKDAYS:	YES	NO
SATURDAYS:	YES	NO
MORNING:	YES	NO
EVENING:	YES	NO

COMMENTS: _____

Τα Πρωτοχρονιάτικα Έθιμα μας

(Επαναδημοσίευση)

Δρ. Κώστας Γ. Φούντζουλας

Μεγαλώνοντας στην Ελλάδα δεν περίμενα τον *Άγιο Νικόλαο* (*Σάντα Κλός*) να μου φέρει τα φτωχικά Χριστουγεννιάτικα δώρα, αλλά τον Άη Βασίλη. Στην Αμερική το όνομα και ο αδύνατος Άη Βασίλης έχουν πλέον αντικατασταθεί από τον ευτραφή Σάντα Κλός ή Άγιο Νικόλαο. Ο Άη-Βασίλης ούτε και στις εκκλησίες μας στις ΗΠΑ αναφέρεται σαν τον άγιο που μοιράζει δώρα στα παιδιά. Υπάρχει μόνο ο Άγιος Νικόλαος. Ας προσπαθήσουμε με την βοήθεια της ιστορίας να βάλουμε τα πράγματα στην θέση τους.

Ο Σάντα Κλός είναι επίσης γνωστός απλά ως «*Σάντα*», είναι μια μορφή της φαντασίας, θρυλικής, μυθικής, ιστορικής και λαογραφικής προελεύσεως, ο οποίος σε πολλές δυτικές χώρες, φέρνει τα δώρα στα σπίτια των καλών παιδιών την παραμονή των Χριστουγέννων. Η σύγχρονη μορφή του Σάντα προέρχεται από την Ολλανδική φιγούρα του *Sinterklaas*, η οποία βασίζεται κατά κάποιο τρόπο στην ιστορική φυσιογνωμία του Χριστιανού επισκόπου και δωρητή δώρων του Αγίου Νικολάου. Φοράει γυαλιά και κόκκινα ρούχα, είναι εύθυμος και παχύς.

Ο Άγιος Νικόλαος Αρχιεπίσκοπος Μύρων γεννήθηκε το 270 μ.Χ. στα Πάταρα της Λυκίας, από γονείς ευσεβείς και πλουσίους και έτυχε επιμελημένης μόρφωσης. Πέθανε στις 6 Δεκεμβρίου 343 μ.Χ.. Έμεινε ορφανός νεαρή ηλικία και κληρονόμησε μεγάλη περιουσία. Αφιέρωσε τη ζωή του αποκλειστικά στον Χριστιανισμό. Ήταν γνωστός για τα πλούσια δώρα του στους φτωχούς, και ιδίως όταν προκίαισε τις τρεις κόρες ενός εξαθλιωμένου ευσεβούς Χριστιανού για να μην γίνουν πόρνες. *Στην Ολλανδία, Βέλγιο, Αυστρία και Γερμανία απεικονίζεται συνήθως ως μία γενειοφόρα μορφή με άμφια επισκόπου. Στην Ελλάδα, ο Άγιος Νικόλαος θεωρείται ο κατ' εξοχήν προστάτης των ναυτικών, του Ελληνικού Πολεμικού Ναυτικού και του Λιμενικού Σώματος, γιατί στον βίο του αναφέρονται θαύματα που έχουν σχέση με τη θάλασσα.*

Ο Βασίλειος ο Μέγας, Πατέρας της Εκκλησίας, γεννήθηκε το 330 μ.Χ. στην Νεοκαισάρεια του Πόντου και πέθανε την 1ην Ιανουαρίου 379 μΧ, σε ηλικία μόλις 48 ετών. Ήταν επίσκοπος Καισαρείας κορυφαίος θεολόγος και ένας από τους Τρεις Ιεράρχες, που θεωρούνται προστάτες της παιδείας. **Ο Βασίλειος ήταν ο πρώτος άνθρωπος στην ιστορία που ίδρυσε ένα ορφανοτροφείο για μικρά παιδιά καθώς και το πρώτο Χριστιανικό νοσοκομείο στον κόσμο.** Σύμφωνα με την παράδοση, ο έπαρχος της Καισαρείας, ζητούσε περισσότερους φόρους από τους Χριστιανούς. Εκείνοι, μη έχοντας χρήματα να πληρώσουν τους φόρους, επήγαν στον Άγιο Βασίλειο, όπου αυτός τους παρότρυνε να μαζέψουν όλα τα χρυσαφικά και τα κοσμήματα των γυναικών τους και να του τα δώσουν. Όταν του τα παρέδωσαν, ο Άγιος τα επήγε στο σπίτι του Έπαρχου. Αυτός όμως εντράπηκε τον Άγιο ακύρωσε την διαταγή του και χάρισε τον φόρο στους Χριστιανούς. *Όταν αυτός επέστρεψε στο σπίτι του θέλησε να επιστρέψει τα δώρα στους ιδιοκτήτες τους. Επειδή όμως δεν γνώριζε τι ανήκει σε ποιόν, εξήτησε να ζυμώσουν ψωμάκια στα οποία έβαλε ένα κόσμημα βρήκε, Με έναν θαυματουργό τρόπο, ο καθένας βρήκε στο ψωμάκι που του έτυχε το κόσμημά του. Από τότε λοιπόν καθιερώθηκε το έθιμο της βασιλόπιττας με το νόμισμα για τον τυχερό της χρονιάς.*

Μπορούμε και πρέπει να διδάξουμε τα παιδιά μας την ζωή του και του δικού μας «Σάντα», του Άη Βασίλη μας, χωρίς να τους στερήσουμε την χαρά των δώρων που μεταφέρει από τον Βόρειο Πόλο, το Ριβανιέμι της Φιλανδίας, ο Σάντα Κλός.

Ευτυχισμένο και Υγιές το Νέο Έτος 2024!!

Our New Year's Eve Customs

(Republication)

Dr. Costas G. Fountzoulas

Growing up in Greece, I did not expect *Saint Nicholas* (Santa Claus) to bring me my very poor Christmas gifts, but "*Ai Vasilis*", *Saint Basil* that is. In America the name and skinny Ai Vasilis have been replaced by the chubby Santa Claus or St. Nicholas. Even in our Greek Orthodox churches, our Ai Vassilis is not recognized anymore as the saint who distributes gifts to children, but only Saint Nicholas, a.k.a. Santa Claus. Let us try to put things in perspective with the help of history.

Santa Claus, who is also known simply as "*Santa*", is a fantasy figure with legendary, mythical, historical and folkloric origins who, in many Western countries, brings gifts to the homes of good children on Christmas Eve. The modern version of Santa comes from the Dutch figure of *Sinterklaas*, which is based in some way on the historical figure of the Christian bishop and the gift giver Saint Nicholas. He wears glasses and red clothes, and he is merry and fat.

St. Nicholas Archbishop of Myra was born in 270 AD in Patara in Lycia of Asia Minor, now Turkey, of pious and wealthy parents and was highly educated. He died on December 6, 343 AD. He was orphaned at a young age and he inherited large property. He devoted his entire life to Christianity. He was known for his generous gifts to the poor. In particular, he became well known when he presented the three impoverished daughters of a pious Christian man with dowries so that they would not have to become prostitutes. In the Netherlands, Belgium, Austria and Germany he is usually depicted as a bearded bishop in canonical robes. In Greece, Saint Nicholas is considered the pre-eminent patron of sailors, the Greek Navy and the Coast Guard, because during his life miracles associated with the sea are attributed to him.

Basil the Great was born in 330 AD in Neo-Caesarea in Pontus and died 1 January 379 AD, only 48 years old. He was Father of the Church, Bishop of Caesarea, distinguished theologian and one of the Three Hierarchs, who are considered patrons of education. Saint Basil was the first man in history who founded an orphanage for young children, the first Christian hospital in the world and a hospice for travelers. According to the tradition, the governor of Caesarea demanded more taxes from the Christians. Since they did not have any money to satisfy the governor's demand, they sought St. Basil's help. St. Basil instructed the Christians to collect all the golden jewels of their wives and to give them to him. When all the jewels were collected, he went to the governor's house to deliver the jewels to him. However, the governor felt ashamed of the respectful St. Basil and nullified his order, not demanding taxes from the Christians. When St. Basil returned to his home wanted to return the jewels to their owners. However, since he did not know which one belonged to whom he asked from the Christians to make small breads where he inserted a jewel. He then distributed the small breads to the people. Miraculously, everybody found his jewel in the small bread. Since then, the tradition of vasilopitta containing a coin for the lucky of the year, and especially the ritual of its cutting, was established.

We can and we should teach our children the life of our "Santa", our Ai Vasili, without depriving them of the joy of the gifts Santa Claus carries for them from the North Pole, from Rovaniemi of Finland.

Happy and Healthy New Year 2024!

Serving in January

Coffee Hours:

January 7 ~ Young @ Heart

January 14 ~ Altar Guild

January 21 ~ Philoptochos

January 28 ~ AHEPA Breakfast



Narthex Duty:

January 7 ~ Group 1

January 14 ~ Group 2

January 21 ~ Group 1

January 28 ~ Group 2



Prosforon Offeror's

January 7 ~ Katina Zographos

January 14 ~ Sophia Regas

January 21 ~ Demi Kollias

January 28 ~ Vickie Karakasidis



If you would like to become a
Prosfora Offeror,
please contact the church
office to be added to our list.

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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
Nicholas Rassias
Stamati Roussos
+Demetri Thomas

Alex Tsakumis
*+Nicholas Turley
+Paraskevas Verikakis
*+NektariosWiechecki
+Fotios Wolcott
+Jack Wolcott
+Josiah Wolcott

+Tonsured ~ *Reader
All readers are also tonsured

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Christou, Alecca	Haldas, Harry	Kontomaris, Kostas & Melissa	Papettas, Vasilis & Christina
Christou, Christos & Evie	Haldas, Nicholas & Rodie	Kostas, John & Gale	Pappas, Dorothy +
Ciabattoni, Olga	Haldas, Thomas	Kostas, Lynn	Pappas, Elias
Colborn, Brian & Nicole	Haldas-Long, Irene	Kostos, Yianni	Pappas, Elizabeth
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Dickey, Irene	Joseck, Anastasia	Leounes, Helen	Psihalinos, Thomas & Magdalini
Dougher, John & Christina	Joseck, John & Taylor	Liarakos, George & Ann	Raisis, Irene
Doukakis, Helen	Joseck, Xanthi & Fred	Livaditis, John & Marisa	Raisis, Leonidas & Irene
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Drimones, Nicholas	Kamenakis, Peter & Juli	Lomis, Toula	Raisis, Spiros
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Tsaganos, Nicholas & Joanna
Tsaganos, Robert & Kalliope
Tsakataras, George
Tsakiris, Konstantine
Tsakumis, George & Julia
Tsakumis, Theodore
Tsaldaris, Nicholas & Bonnie
Tsavalas, George & Yvonne
Tsionas, Angela
Tsionas, Foula
Tsoukalas, Frideriki
Tsoukalas, Niki
Tsoutsos, Nektarios & Chengmo
Tsugranes, George & Penny
Turley, Steve & Akiko
Vande Poele, A. David & Anna
Vande Poele, Andrew & Caroline
Vassilatos, Yvonne
Vassiliou, Kleoniki
Velitskakis, George
Velitskakis, Steve & Karen
Verikakis, Dena
Verikakis, Evangelos & Shannon
Vice, Elaine
Visvardis, Socrates & Ruth
Vlami, Nicholas & Peggy
Voultsis, Catherine
Voultsis, Evangeline
Voultsis, Jordana

Wiechecki, Frank
Wilkinson, Suzanne
Wolcott, Josiah & Paraskevi
Xarhoulakos, Peter
Zerefos, Demetri & Tina
Zerefos, Markos & Eugenia
Ziccarelli, Louis & Catherine
As of December 20, 2023

2023 Stewardship
See the world as God's gift to you.
See what the Church can become.
See God work through you.

For Further Reflection...

*Are you a contributing member of the Body of Christ?
Are you actively serving God and sharing Him with
others? Are you contributing to peace and unity within
His Body? Do you worship regularly? Take a moment
to evaluate your life in light of these principles.*

*We are called to apply our gifts, training, abilities,
education and skills to the tasks that God places
before us. If we do this humbly and prayerfully, the
Body of Christ will function to its full potential.*

*The Biblical motivation for giving is grace; giving
is an act of worship in response to the generosity of
God. You are to give, Paul says, "as God has prospered
you." In II Corinthians 8 and 9 he teaches clearly,
"He who sows bountifully will also reap bountifully."
God blesses those who give with generosity.*

*Giving is a way to thank God for His grace and
generosity. The question is not, "How much do I
give to stay in the club?" or "What are the dues?"
but "How can I thank God for my many blessings?"*



STEWARDSHIP MINISTRIES

GREEK ORTHODOX ARCHDIOCESE OF AMERICA

DEPARTMENT OF STEWARDSHIP,
OUTREACH & EVANGELISM

www.stewardship.goarch.org | stewardship@goarch.org

If you have not paid stewardship in 2023, there is still time!

In order for your pledge to be counted for **2023**, it **must be received no later than Sunday, January 7**. Once processed, a final list of financial stewards will be listed in the February 2024 Bulletin. Final 2023 Stewardship Statements will be printed and mailed on January 9th.

**We thank you for your continued support
of our parish and its ministries.**

*Bring the whole tithe into the storehouse, that there
may be food in my house. Test me in this," says the
Lord Almighty, "and see if I
will not throw open the floodgates of heaven
and pour out so much blessing that there
will not be room enough to store it.
Malachi 3:10*

GOYA News!

January 2024

GOYA Welcomes Father Christoforos!



Thanks to a generous donation to our dance group from John Constantinou, owner of Walter Steakhouse, our GOYAns packaged meals for the Ronald McDonald House in Delaware!

GOYA also played a pivotal role in the success of the Philoptochos Bid n Buy. Great job to all who helped!

Thank you to everyone who donated and helped wrapped toys!



Join the Fun!

- 12/29, 7pm ~ Black Light Rave @ St. George
- 1/13-14 ~ FDF
- 1/26, 7pm ~ Pajama Jam @ St. Luke
- 2/3 ~ DVYC Ski Trip
- TBD ~ January General Meeting

- Eleni Marcantonis
GOYA Co-President

Goya Ad Book Form

2024 Basketball Tournament February 17-18, 2024



Please check a box off and send in the ad information and payment. Make checks payable to Holy Trinity GOYA. Different types of ads may be accepted, for example: in remembrance ads, graduation ads, pictures, business ads, store ads, personal congratulatory ads, etc. Below are the prices per each different advertisements. Thank you for your support.

- ☐ Back Cover (full page): \$175
- ☐ Front Inside Cover (full page): \$175
- ☐ Back Inside Cover (full page): \$175
- ☐ Half-Page: B&W: \$50, COLOR: \$65
- ☐ Full-Page: B&W: \$100, COLOR: \$115

Ads may be sent to office@holytrinitywilmington.org as attachments, or write and submit a message and picture below and give to any GOYAn or send to the Church Office.

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

GOYA-giving



HOLY TRINITY GREEK ORTHODOX CHURCH
WILMINGTON, DE





ALTAR GUILD

Happy New Year to everyone and our members wish everyone a healthy and prosperous New Year.

It was a pleasure decorating the church for the Christmas season. We are always open to ideas and suggestions to improve our endeavors.

We have had a few donors towards the buying of the poinsettias as well as a few who wish to remain anonymous. They are as follow:

Steve, Karen, & George Velitskakis: For the continued good health of our family.

Diana & Ricky Galaris: Good health in the New Year.

We are asking for a donation of \$50.00 for the following Holy days:

January 6th: The Holy Theophany
January 28th: Synaxis of the Three Hierarchs
February 2nd: Presentation of our Lord

Please use the form below to send your request.

Please contact Joanne Tarabicos 302-239-4950, Evie Fournaris 302-475-5035 or use the form below for any request that you would want. Flower arrangements are \$50.00 for two small and \$100.00 for two large arrangements. Wreath donations are \$50.00.

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

The Metropolis Ambassador Awards ~ December 10, 2023

Holy Trinity's Award Honorees

Parish Honoree: *Louis Novakis*

Senior Parish Honoree: *Lauren Diamond*

Philoptochos Honoree: *Popi Papachrysanthou*

Youth Worker Honoree: *Josiah Wolcott*

Our Youth Ambassadors

Ambassador of Faith: *Ludo Weichecki*

Ambassador of Hope: *Katherine Adamopoulos*

Ambassador of Love: *Dionyssios Crisp*

Ambassador of Peace: *Irene Kirifides*



**Fr. Christoforos honors our Ambassador Award honorees at Holy Trinity
December 17, 2023**

2023 Youth Ambassadors Holy Trinity Church, Wilmington, DE



Ludo “Nektarios” Weichecki ~ Ambassador of Faith

At the age of 14 Ludo began attending Holy Trinity in Wilmington, DE. He was catechized by Fr. Philemon until being baptized at age 15. He has been attempting, unworthily, ever since to become a faithful Orthodox Christian by becoming an Acolyte, being tonsured as a Reader, reading about the faith, partaking in youth programs, and, God willing, attending Hellenic College in Fall 2025.



Katherine Adamopoulos ~ Ambassador of Hope

Katherine (“Katie”) Adamopoulos is a junior at Sanford School in Hockessin, Delaware. Katie is President of her school’s chapter of Four Diamonds Mini-THON, a charity that raises funds to assist childhood cancer patients with their medical expenses. Katie is also an avid figure skater, who has participated in organized skating for nine years. In college, Katie hopes to major in computer science or mathematics, and continue her interests in charitable fundraising and figure skating.



Dionyssios Crisp ~ Ambassador of Love

Dionyssios moved to Delaware when he was seven years old. He joined the Holy Trinity Church and helped in the church's Greek festival as a dancer and volunteer. He participated with GOYA in Sights and Sounds events including dancing, band, and photography competitions. He volunteers at the Franklin Institute, the Hagley Museum, and the Department of Natural Resources (DNREC) of Delaware. He practices Korean Karate, loves music, photography, and cars, and wants to study Engineering.



Irene Kirifides ~ Ambassador of Peace

Irene Kirifides, an International Baccalaureate candidate at Wilmington Friends School, is an active member of the Holy Trinity Greek Orthodox Church and GOYA. She enjoys Liturgical Choir, Sights and Sounds, and Greek Dance Troupe. Irene is a competitive individual figure skater and is part of a synchronized skating team. She utilizes her figure skating skills to coach Special Olympics athletes. As a Girl Scout, she has earned her Silver Award and is currently pursuing her Gold Award.

2023 Adult Honorees

Holy Trinity Church, Wilmington, DE



Louis Novakis ~ Parish Honoree

Louis Novakis immigrated to the United States in 1967 from Larisa, Greece. Louis has a son and 2 granddaughters. He settled in Wilmington, Delaware and has been an active member of Agia Trias since 1968. There he served on the Parish Council as President, Treasurer, Chairman of the Greek Festival (being the only chairman to enjoy the then 4-day festival without a drop of rain!), and Member of the Building Committee. During his administration the Handicap Ramp was completed. The infrastructure work at the church and community center were completed as well. Throughout his years and up to present day, you could find him, without fanfare, changing light fixtures, fixing doors, and offering his help for what ever the church may need. He is also a lifetime Member of the Wilmington Order of AHEPA, Chapter #95 and served as President, Vice-president, Secretary, and Treasurer.



Lauren Diamond ~ Senior Parish Honoree

Lauren always knew she wanted to be a teacher. She studied Elementary Education at her father's alma mater, **The University of Kansas, and taught in Kansas City for two years.** She returned to Delaware, was hired by the Christina School District and **completed her Master's degree at West Chester University.** She came to Holy Trinity Church after marrying Tony in 1982. They baptized their son Thomas in 1985. **Lauren's greatest comfort and peace is found in studying the Holy Bible. She attended Bill Savopoulos's Bible Study for 30 years and has been facilitating a Bible Study for many years.** She is amazed at the healing power of His Word. With her **heart for God's Word, you can find Lauren silently cleaning the church without acknowledgement and doing anything that is asked of her for the sake of the Church.** For this reason, she was chosen as our Senior Parish Honoree.



Popi Papachrysanthou ~ Philoptochos Honoree

Popi was born in a small village near Kalavryra. Immigrated to US 1975 and she has been an active member of Holy Trinity since. She is very proud of her family, her husband Chris, her talented daughters Antonia and Maria and her precious 5 grandchildren. She worked in the financial sector for 30 years. She has been an active member of Philoptochos, participating in various fundraisers and events to benefit those in need. She held various positions over the years. Most recent and through the Pandemic as treasurer helping community members as well as others in need in the tough times of the Pandemic. She has also been helping prepare kollyva for memorials for many years and helps the church in any way she can.



Josiah Wolcott ~ Youth Worker Honoree

Joe is a lifelong Delawarean who has been a parishioner at Holy Trinity in Wilmington for 18 years. Joe and his wife, Paraskevi, have three sons that are active in **GOYA, dance, and as acolytes.** When Joe isn't assisting Holy Trinity's growing group of acolytes during the Divine Liturgy and other services, he is an attorney in Delaware specializing in commercial law.

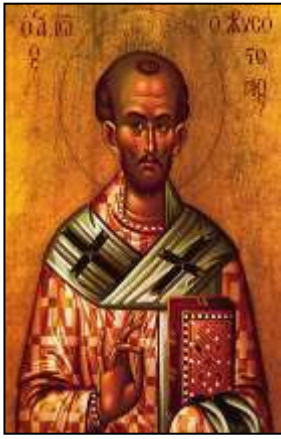
January HOPE & JOY 2024 Newsletter



If you would like to be added to the
HOPE & JOY email list, please
contact Angie Karakasidis at
akarakasidis@yahoo.com



We finished the year off very
nicely as we welcomed
Father Christoforos.
We look forward to making
new memories with our
Church Family in 2024.
HAPPY NEW YEAR TO ALL!!



REMOVAL OF THE RELICS OF JOHN CHRYSOSTOM, ARCHBISHOP OF CONSTANTINOPLE (January 27)

Apolytikion in the Plagal of the Fourth Tone

The grace of your words illuminated the universe like a shining beacon. It amassed treasures of munificence in the world. It demonstrated the greatness of humility, teaching us by your own words; therefore, O Father John Chrysostom, intercede to Christ the Logos for the salvation of our souls.

Kontakion in the First Tone

The holy and august Church is mystically gladdened today on the translation of thy holy relics. And though she had kept them hid in concealment like precious gold, by thine intercessions she unceasingly granteth, unto them that praise thee, the divine grace of healing, O Father

John Chrysostom.

Reading:

This event took place on this day in the year 438, when Saint Theodosius the Younger had been Emperor for thirty years; he was the son of Arcadius, and Eudoxia, who had exiled Saint John. The Archbishop of Constantinople at that time was Proclus, who had been the Saint's disciple.



SYNAXIS OF THE THREE HIERARCHS: BASIL THE GREAT, GREGORY THE THEOLOGIAN, & JOHN CHRYSOSTOM

Apolytikion in the First Tone

The three most great luminaries of the Three-Sun Divinity have illumined all of the world with the rays of doctrines divine and true; they are the sweetly-flowing rivers of wisdom, who with godly knowledge have watered all creation in clear and mighty streams: The great and sacred Basil, and the Theologian, wise Gregory, together with the renowned John, the famed Chrysostom of golden speech. Let us all who love their divinely-wise words come together, honouring them with hymns; for ceaselessly they offer entreaty for us to the Trinity.

Kontakion in the Second Tone

Receive, O Lord, the Sacred Heralds who preached God, the pinnacle of Teachers, unto the enjoyment of Your riches and rest. You have received their labors and their suffering as being above and beyond all fruitful offering. For You alone glorify Your Saints.

Reading:

This common feast of these three teachers was instituted a little before the year 1100, during the reign of the Emperor Alexis I Comnenus, because of a dispute and strife that arose among the notable and virtuous men of that time. Some of them preferred Basil, while others preferred Gregory, and yet others preferred John Chrysostom, quarreling among themselves over which of the three was the greatest. Furthermore, each party, in order to distinguish itself from the others, assumed the name of its preferred Saint; hence, they called themselves Basilians, Gregorians, or Johannites. Desiring to bring an end to the contention, the three Saints appeared together to the saintly John Mavropous, a monk who had been ordained Bishop of Euchaita, a city of Asia Minor, they revealed to him that the glory they have at the throne of God is equal, and told him to compose a common service for the three of them, which he did with great skill and beauty. Saint John of Euchaita (celebrated Oct. 5) is also the composer of the Canon to the Guardian Angel, the Protector of a Man's Life. In his old age, he retired from his episcopal see and again took up the monastic life in a monastery in Constantinople. He reposed during the reign of the aforementioned Emperor Alexis Comnenus (1081-1118).



The Young @ Heart wishes everyone a
HAPPY & HEALTHY NEW YEAR

Our next gathering is Thursday, January 11
@ 12pm

We hope to see you all there!

Young @ Heart Christmas Luncheon
December 14 @ Walter's Steak House





**His Eminence
Metropolitan Apostolos of New Jersey
Cordially invites all the dedicated Faithful
of the Delaware Valley Region to the Annual**

2024 Greek Letters Day Celebration

Honoring the Three Hierarchs of our Orthodox Church



St. John Chrysostom, St. Basil the Great & St. Gregory the Theologian

Sunday, January 28, 2024 at 4:00 pm

Holy Trinity Greek Orthodox Church

808 N. Broom Street, Wilmington, DE 19806

**Please RSVP to the Parish Office at 302-654-4446
by January 19, 2023**

HOLY TRINITY REGISTRY

Memorials:

Vasilios Giannaris ~ 10 Years ~ December 3
Dimitra Giannaris ~ 9 Years ~ December 3
Christopher Giannaris ~ 1 Year ~ December 3
George Tsaganos ~ 3 Years ~ December 10
Harry Bouloukos ~ 2 Years ~ December 17
Vasiliki Vlahos ~ 1 Year ~ December 17
Maria Kramedas ~ 40 Days ~ December 31

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...

Alexandra	Elaine	James	Mary	Spyros
Anastasia	Eleni	Jeremy	Matina	Stephanie
Anastasios	Emma	John	Michael	Stephen
Caroline	Eugenia	Josephine	Misha	Sultana
Catherine	Evangelia	Lawrence	Paraskevi	Taylor
Christa	Gary	Lisa	Peter	Telly
Christina	George	Loula	Rachel	Theophania
Chrysanthi	Georgia	Margaret	Robert	Virginia
Demetra	Gerasimos	Maria	Samantha	Yvonne
Dimitrios	Jacob	Marika	Sophia	



Please pray for our Veterans and all who serve in the Armed Forces (Greek & USA)

Major Nicholas Patitsas (USMC)

Please send us the names of your family members who are serving so we can be praying for them.

Pray for our College Students...

Stella Adamopoulos
Georgia Angeletakis
Sophia Angeletakis
Ethan Bodine
Phillip Colborn
Bella Demetriou
Nikos Demetriou
Anna Fournaris
Dino Fournaris
Gigi Fotakos
Samuel Gattuso

Anna Paisley Gray
Johnny Gray
Dia Halakos
Stavroula Karakasidis
Corinne Kanas
Alexandra Koninis
Christophoros Kontomaris
Paraskevi Kontomaris
Alexander Lurz
Alexandra Mavridis
Constantine Moutsatsos

Sofia Pennia
Anastasia Rigas
Zoe Rigas
Theodore Tsakumis
Richard Turley

**If your name is missing from this list,
please call the church office to offer it...**

Holy Trinity Food Pantry



St. Stephen's partners with [Lutheran Community Services](#) to distribute food. The LCS Food Pantry is the largest volume Lutheran food pantry in Delaware. It provides three days of emergency food provisions for 800-1,000 families each month, 2,500-3,000 people.

Approximately 200 volunteers stock the shelves, pack bags for distribution, unload deliveries, and serve clients. Volunteers come from local churches, the community, schools, and community service programs.

The LCS Food Pantry at St. Stephen's is open Monday, Tuesday, Thursday, and Friday, 9 a.m. - noon, and Wednesday, 5-7 pm. **Pre-registration is needed for this program.** Clients can apply during pantry hours. Please bring a photo ID and proof of Delaware residency for the head of the household and IDs for other household members. Medicaid, birth certificates, and school IDs are accepted for children. Clients may visit one LCS food pantry per week.

Example of income requirements - family of 4 is \$4,625/mo

All non-perishable food items as well as baby items such as diapers are appreciated. Thank you for your continued support! Please reach out to our volunteers below with any questions or suggestions.

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

December 12th at the Emmanuel Dining Room East

A very BIG thank you to the **Karakasidis family** for sponsoring the meal in December, as they have for many, many years now! *Thank you* for closing out another great year of charitable service to this dining room! We look forward to the new year 2024 with a new sponsor for the meal on January 12th.

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 supported this dining room in 2023. Thank you for helping to 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.

This dining room will be closed on Sundays as of November 2023.

The Sunday meal will now be 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!

***Wishing everyone a very Merry Christmas
and a Happy, healthy New Year!***

CAPITAL CAMPAIGN SUPPORTERS ~ Please Join Us

Thank you to following who have thus far pledged their financial commitment to the Phase II renovation project. Please submit your donor cards as soon as possible.

Adamopoulos, Christos & Nancy
Alexopoulos, John & Eleni+
Anastasiades, Litsa
Annos, William & Irene
Apostolakis, Nicholas & Irene
Arvanitis, Argyrios & Lisa
Atsidis, Kostas & Eftihia
Bacchieri, Stacey
Burpulis, Maria
Caras Estate, Christopher
Caras, Constantine & Maria
Chambers, George & Kathy
Chilimidos, Jerry & Amy
Christou, Vasilis, Alexandra & Family
Colborn, Brian & Nicole
Constantinou, John & Carol
Courtis, Harry & Sophia
Cozamanis, Steve & Annette
Dandolos, Dimitri & Carol
Dargakis, Mike & Kleo
Daughter's of Penelope, Wilmington, DE
Degermentzidis, George & Polyxeni
Demetriou, Spyros & Anna
Demourtzidis, Nicholas & Daphne
Diamond, Anthony & Lauren
Dignam, Agnes+
Doukakis, Helen
Drimones, Clara
Drimones, Nicholas
Drossos, Peter
Dumel, John & Evangeline
Economou, George & Lena
Faller, James & Catherine
Frangakis, John+ & Christine
Galaris, Rick & Diana
Gatos, Paula
Geanopoulos, Georgiean
George, Mary
Georgiou, Constantinos
Gotides, Virginia +
Gray, David & Eugenia
Grigorakakis, Maria
Grivas, Christopher & Michelle
Grivas, Demetrios & Helen
Halakos, Demetris, Georgia & Family
Halakos, Evangelos, Donna & Family
Halakos, Ioannis, Effie & Family
Haldas, Harry
Haldas, Michael
Haldas, Thomas
Haldas Long, Irene
Hantzandreou, Theodore & Labrini
Haralambidis, Maroula
Haralambidis, Nicholas
Hatzis, Thomas & Bing
Heliotis, Alexandra
Ioannou, John & Dorothy
Issaris, Katherine

Joseck, Anastasia
Joseck, Frederick & Xanthy
Karakasidis, Demetri
Karakasidis, Demetrios & Eleni
Karakasidis, John & Vickie
Karakasidis, Maria
Karakasidis, Stavroula
Karakasidis, Stephanos & Evaggelia
Karakasidis, Yianni
Karaoglanis, Eleftherios & Niki
Karapanagiotis (Karas) Family
Karas, George
Karavasilis, Nicholas & Foula
Katsanos & Family, Jack & Stella
Kayiaros & Family, Joanna Michell
Keros, Georgia
Kirifides Family
Kirtses, Petro & Athy
Kollias-Daskalakis, Georgia & Michael
Kolovos, Dimitrios & Effie
Koninis & Family, John & Anastasia
Koukourdis, Athanasios & Dimitra
Lawson, Michael & Vickie
Lazare, John & Sandra
Leounes, Helen
Logothetis, Michael
Logulla, Despiona
Lomis, Dean & Toula
Lomis, Mike & Kimberly
Lomis, Nick & Dimitra
Lomis, Van & Deme Ann
Manis, Voula & John
Manoloudis, Michael & Kandi
Maravelias, James & Diane
Marini, Irene
Markatos, Harry & Susan
Matulas, Anagnostis, Angela & Family
Michell, Constantine & Elaine
Michell, Theodore & Catherine
Michell, Vasili & Megan
Mistras, Antonis & Soula
Moriello, Nicholas & Carissa
Moutsatsos, George & Alexia
Nannas, Theodore & Alexandra
Novakis, Louis
Papachrysanthou, Christos & Popi
Papettas, Vasilis & Christina
Pappoulis, Dimitra
Patitsas, Fr. Philemon & Pres. Maria
Pat's Pizza
Pennia, John & Stacey
Pettaris, George & Stavroula
Philoptochos Society, Wilmington, DE
Poulos, Marika
Poulos, Vasilis
Psaltis, John
Psaltis, Nickolas
Psaltis, Thomas & Cynthia

Raisis, Leo & Irene
Rassias, Dion & Gina
Rassias, George & Amalea
Rassias, Georgia X.
Rassias, Jerry G.
Rassias, Nicholas G.
Riga-Crisp, Jason & Ekaterina
Rigas, Elias & Potoula
Riggins, Margaret
Righos, George+ & Elaine
Rodriguez, Michael & Angelique
Roussalis, John & Valerie
Ruhl, David & Athena
Schillinger, Robert & Karen
Skidas, Eoanna
Snell, Bryan & Pauline
Souleles, Nicholas & Alexis
Staikos, Nicholas & Eirini
Stavropoulos, John & Xanthy
Stevens, Richard & Penny
Stout, Robert & Voula
Tangalidis, Dimitrios & Maria
Tarabicos, John & Joanne
Terss, Eugenia+
Tsaganos, George+ & Alexandra
Tsaganos, Anthony & Ioanna
Tsaganos/McGee, Tina & John
Tsaganos, Nicholas & Ioanna
Tsaganos, Robert & Kalliopi
Tsakataras, George
Tsakiris, Konstantine & Denise+
Tsakumis, George & Julie
Tsavalas, George & Yvonne
Tsionas & Family, Angela
Tsionas, Anna
Tsionas, Evangelos
Tsionas & Family Konstantinos & Foula
Tsugranes, George & Penny
Tsoukalas, Nikki
Valko, Regina
Vande Poele, David & Anna
Vassilatos, George+ & Yvonne
Velitskakis, Steve & Karen
Verikakis, Constantina
Visvardis, Socrates & Ruth
Wilkinson, Suzanne Haldas
Wolcott, Josiah & Paraskevi
Xarhoulakos, Peter
Yiannos, Demetrios & Tanya
Yiannos Family Foundation
Yorsz, Electra
Young @ Heart
Zerefos, Demetri & Constantina
Zicarelli, Louis & Catherine
Zographos, Nicholas & Katherine
Add Your name Here...



CAPITAL CAMPAIGN PLEDGE DRIVE

Phase II Building/Elevator Fund

Your Capital Campaign pledge
will be welcome and appreciated!

Please give according to your God-given ability.

Pledge Recognition Tiers

\$1-999

\$1,000-2,499

\$2,500-4,999

\$5,000-9,999

\$10,000-19,999

\$20,000-29,999

\$30,000-49,999

\$50,000-99,999

\$100,000-149,999

\$150,000 and above

Enclosed please find my/our pledge payment for:

\$ _____

We wish to pledge \$ _____ annually for _____ years.

TOTAL PLEDGE: _____ for recognition.

Pledges to Capital Campaign/Building Fund are separate and distinct from annual Stewardship.

All Gifts are greatly appreciated, and all Donors will be recognized on a permanent display in the new facility.

Capital Campaign

To contribute, please send your donation to:



**Holy Trinity
Greek Orthodox Church
ATTN: Capital Campaign
808 North Broom Street
Wilmington, DE 19806**

Thank you for investing in our future as those listed have done!!

ΑΓΝΟΔΙΚΗ Η Πρώτη Γυναίκα Ιατρός στην Ιστορία

Δρ. Κώστας Γ. Φούντζουλας

Η Αγνοδίκη φέρεται ως η πρώτη καταγεγραμμένη στη παγκόσμια ιστορία γυναίκα που άσκησε επίσημα το επάγγελμα της μαίας.

Έζησε στην αρχαία **Αθήνα** κατά τον 4^ο π.Χ. αιώνα. Μέχρι των ημερών της οι νόμοι της Πολιτείας απαγόρευαν την άσκηση του ιατρικού επαγγέλματος από μέρους των δούλων, ιδιαίτερα δε από μέρους των γυναικών έστω και ελεύθερων. Λόγω δε των απαγορευτικών εκείνων νόμων πολλές γυναίκες ντρέπονταν να καλούν ιατρούς, άνδρες, όταν ασθενούσαν ακόμη και κατά τους τοκετούς, με συνέπεια να πεθαίνουν σε μεγάλο βαθμό οι επίτοκοι.

Γεννήθηκε στην Αθήνα και απεβίωσε πιθανώς το **300 π.Χ.** Η Αγνοδίκη έκοψε τα μαλλιά της και φορώντας ανδρικά ενδύματα, παρουσιάσθηκε ως νεαρός σπουδαστής και φοίτησε ιατρική πλησίον του περίφημου ιατρού της αρχαιότητας Ηροφίλου όπου και εκπαιδεύτηκε στην ιατρική και μάλιστα με ειδίκευση στη γυναικολογία σημειώνοντας εκπληκτικές επιτυχίες, αν συνυπολογισθεί πως ήταν και η μόνη στην τότε Αθήνα, εμπιστευόμενη το μυστικό της στις πελάτισσές της.

Καθώς περπατούσε στους δρόμους της Αθήνας μετά την ολοκλήρωση της ιατρικής της εκπαίδευσης, άκουσε τις κραυγές μιας λοχείας. Ωστόσο, η γυναίκα δεν ήθελε η Αγνοδίκη να την αγγίξει αν και πονούσε έντονα, γιατί νόμιζε ότι η Αγνοδίκη ήταν άντρας. Η Αγνοδίκη απέδειξε ότι ήταν γυναίκα βγάζοντας τα ρούχα της χωρίς να τη δει κανείς και βοήθησε τη γυναίκα να γεννήσει το μωρό της.

Η ιστορία σύντομα θα διαδοθεί στις γυναίκες και όλες οι γυναίκες που ήταν άρρωστες άρχισαν να πηγαίνουν στο Αγνοδίκη. Οι άρρενες ιατροί συνάδελφοί της, που συνέχιζαν να θεωρούν πως ήταν άνδρας κατέφυγαν τότε στα Δικαστήρια κατηγορώντας τον (την) ότι η φήμη του (της) ήταν προϊόν αθέμιτων σχέσεων με τις γυναίκες. Η Αγνοδίκη για να καταρρίψει την κατηγορία αυτή αναγκάστηκε τότε ν' αποκαλύψει το φύλο της, αλλά και παρά την έκπληξη όλων κατηγορήθηκε ως παραβάτης των κειμένων νόμων.

Έτσι ακολούθησε δεύτερη δίκη περισσότερο πολύκροτη από την πρώτη. Η Αγνοδίκη όμως έχοντας ισχυρούς υπερασπιστές της εποχής, ακόμη και συζύγους αρχόντων, επέτυχε όχι μόνο την πανηγυρική αθώωσή της, που πιθανώς εξ αυτού του γεγονότος να προήλθε ιστορικά το όνομά της, αλλά επίσης και την αναθεώρηση της κείμενης νομοθεσίας, επιτρέποντας έτσι, από τότε, στις γυναίκες της αρχαίας Αθήνας να σπουδάζουν την Ιατρική και να μετέρχονται το ιατρικό λειτούργημα, υπό τον όρο ότι φρόντιζαν μόνο γυναίκες.

Έτσι, η Αγνοδίκη άφησε το στίγμα της στην ιστορία ως η πρώτη Ελληνίδα γιατρός, παθολόγος και γυναικολόγος.
(Πηγές: διαδίκτυο – Sources: Internet)

The First Woman Doctor in History

Dr. Costas G. Fountzoulas

Agnodice is said to be the first recorded woman in world history to officially practice the profession of midwife.

She lived in ancient **Athens** during the **4th BC.** century. Until her days, the laws of the State forbade the exercise of the medical profession by slaves, especially by women, even if they were free. And because of those prohibitive laws, many women were ashamed to call male doctors when they fell ill, even during childbirth, with the result that many of the pregnant women died.

She was born in Athens and died probably in **300 BC.** Agnodice cut her hair and wearing men's clothes, presented herself as a young student and studied medicine under the famous physician of antiquity **Herophilos** where she trained in medicine and even specialized in gynecology, achieving amazing success, considering that she was the only one in Athens at the time, confiding her secret to her clients

As she was walking in the streets of Athens after completing her medical training, she heard the screams of a puerperium (childbirth) . However, the woman did not want Agnodice to touch her even though she was in great pain, because she thought that Agnodice was a man. Agnodice proved that she was a woman by removing her clothes without being seen and helped the woman deliver her baby.

The story soon spread to the women and all the women who were sick started going to Agnodice. Her male medical colleagues, who continued to believe that she was a man, then resorted to the Courts accusing her that her reputation was the product of illicit relationships with women. Agnodice was then forced to reveal her gender to dispel this accusation, but despite everyone's surprise she was accused of being a violator of the written laws.

Thus followed a second trial more popular than the first. Agnodice, however, having strong defenders of the time, even the wives of the rulers, achieved not only her solemn acquittal, which probably historically derived her name from this event, but also the revision of the existing legislation, thus allowing, since then, to the women of ancient Athens to study Medicine and to take up the medical profession, on the condition that only women cared. **Thus, Agnodice left her mark in history as the first Greek doctor, pathologist, and gynecologist.**

This plaque depicting Agnodice at work was excavated in Ostia, Italy. Αυτή η πλάκα που απεικονίζει την Αγνοδίκη να εργάζεται ανασκάφηκε στην Όστια της Ιταλίας



January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>Circumcision of our Lord / St Basil the Great</u> 9am Orthros & Divine Liturgy	2 6pm Boys BBall practice	3	4 6.30pm YAL @ Home	5 <u>Forefeast of Theophany</u> <u>Blessing of the Waters</u> 9am Great Hours & Divine Liturgy STRICT FAST	6 <u>Holy Theophany</u> <u>Great Blessing of Waters</u> 9am Orthros/ Divine Liturgy
7 <u>Sunday after Theophany</u> <u>St John the Baptist</u> 9:00am Orthros/ Divine Liturgy -Sunday School -Vasilopita Sunday	8 7pm OCF	9 6pm Metropolis of NJ Vasilopita Cutting @ St. George Piscataway, NJ	10 12pm Bible Study 5:30pm Greek School 6pm Girls Basketball Practice & Dance Practice FAST	11 12pm Young @ Heart Gathering	12 12pm Serving at Emmanuel Dining Room FAST	13 FDF Annapolis, MD
14 Leavetaking of the Theophany 9:00am Orthros/ Divine Liturgy -Sunday School 1pm Philoptochos Meeting FDF Annapolis, MD	15 MLK Day 6pm GOYA meeting	16 6pm <u>Vespers of St Anthony @ Vineland, NJ</u>	17 <u>9am St Anthony @ Vineland, NJ</u> <u>No Divine Liturgy at Holy Trinity</u> 12pm Bible Study 5:30pm Greek School 6pm Girls Basketball Practice & Dance Practice FAST	18 <u>SS. Athanasios & Cyril</u> 9:00am Orthros/Divine Liturgy 6pm DVYC Meeting @ St. George Media	19 5:30pm HOPE JOY Dance Practice FAST	20
21 <u>12th Sunday of Luke</u> 9:00am Orthros/ Divine Liturgy -New Parish Council Oath of Office -Sunday School -HUC Speaker for Greek Letters Day	22 6:30pm Parish Council Meeting	23 6:30pm DOP Meeting	24 12pm Bible Study 5:30pm Greek School 6pm Girls Basketball Practice & Dance Practice FAST	25 <u>St. Gregory the Theologian</u> 9:00am Orthros/Divine Liturgy	26 FAST	27
28 <u>15th Sunday of Luke</u> 9:00am Orthros/ Divine Liturgy -Sunday School 4pm Metropolis of NJ Greek Letters Day Celebration @ Holy Trinity Wilmington, DE	29	30 12pm Philoptochos Serving @ Emmanuel Dining Rooms	31 12pm Bible Study 5:30pm Greek School 6pm Girls Basketball Practice & Dance Practice FAST			



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