

— The Hellenic Orthodox Echo —

Volume 26 March 2017 No. 6

Holy Trinity's Mission Statement

To Worship and glorify God; by promoting the teachings of the Greek Orthodox Faith, to encourage all members' participation through our Greek culture, educational programs, community outreach and fundraising activities while serving God, our community and humanity with love.



Holy Trinity Greek Orthodox Cathedral
740 Superior St. Toledo, Ohio 43604
Telephone (419) 243-9189 Fax (419) 243-3799 Kitchen (419) 243-6836

Parish website: www.holytrinitytoledo.com
Email: holytrinitytoledo@gmail.com *obal.net* *Festival website:* www.toledogreekfest.com

Office Hours Monday-Friday 9:00 am- 5:00 p.m.

Sunday Services Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Church School Following Holy Communion

Week Day Divine Liturgy Orthros 9:30 a.m. Divine Liturgy 10:15 a.m.

Evening Vespersal Divine Liturgy 6:00 p.m. Consult Echo Calendar or Weekly Bulletin for times.

Clergy

Rev. Fr. Eleftherios (Larry) Legakis, cell (502)619-0800 home (419)517-9931
priestholytrinity@gmail.com

Support Staff

Office Manager - Carole Faoiz **Grounds and Maintenance** - Terry Timmons

Chanter - Elaine Lillios

Choir Director - JoAnne Chrysochoos **Organist** – Chris J. Zervos

Parish Council Members

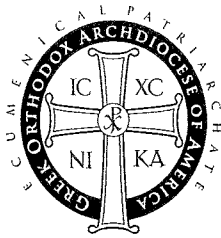
Emmanuel T. Yakumithis 17 – President; Kathy Chaka 19 – Vice President; Steven Jenkins 18- Secretary;
Maria Tzanakis 19 – Asst. Secretary; Paul G. Sieben 18 - Treasurer; Greg Cook 17 – Asst. Treasurer
Members: Dr. Dean Kopan 17; Debra Morris 19; Peter Papadimos 19; Steven Papadimos 18; Tom Photos 17;
Harry Dean Proestos 19; Kypros Proestos 17; George Sares 18; Manuel Yakumithis 18;

Parish Ministries

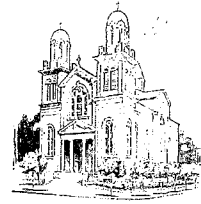
Philoptochos President: Susie Doukides
Church School Director: Dr. Susan Sieben
Adult and Youth Greek School: Dawn Anagnos
GOYA President: Maria Cook
Youth: Maria Tzanakis
Prosfora: Connie Mynihan
Koliva: Helen Matthews & Anthi Christides
Greek Dance Directors: Persilla Zervos, Maria
Tzanakis, Jan Theodorou Bollin & Ted
Voudouris
Young at Heart President: Becky Skiadas

AHEPA President: Chadd Schwartz
Daughters of Penelope President: Marina Cooper
Maids of Athena President: Maria Cook
Bookstore: Marlene Thomas, Dr. Susan Sieben &
Kathy Andros
Liturgical Readers: Yanula Stathulis &
Basil Apostolou
Friends of the Metropolis: Dr. G. J. Biernacki
Cookbook - Olives Feta Phylo & More:
Pam Martin
Website: Gene Haberman

Celebrating 100 Years 1915-2015
"Honor The Past and Embrace The Future"



Holy Trinity Greek Orthodox Cathedral Metropolis of Detroit



Fr. Larry Legakis, Cathedral Dean
740 N. Superior St. Toledo, Ohio 43604 Phone: 419 243-9189 Fax: 419 243-3799
Web: www.holytrinitytoledo.com E-mail: htgocdol@sbcglobal.net
Festival web: www.toledogreekfest.com

"My little children, let us not love in word or in tongue, but in deed and in truth." (1 John 3:18)

Dear Parish Family and Friends,

I am the type of person who needs reminders. I have often talked about my love for sticky notes. I love them because I can leave little reminders in different places in order to make sure that I see them. If I don't I will certainly forget what I am supposed to do. I mention this because last month the Church gave us reminders of what is coming up. We were reminded that Lent is coming and coming soon. We were reminded that Lent is a time to come home. It is a time to come back to Christ. We have also been reminded of the why and how. The why and how have to do with the same word...love.

Two Sundays before Lent the Church offers, for our prayerful consideration, the parable of the Last Judgment. In it the Lord discusses what the final judgment will look like and the criteria for our judgment. The bottom line is this one word love. Father Thomas Hopko in one of his podcasts once said, "The judgment ultimately is love. Did we love our neighbor, our enemy? Did we love our fellow human beings?" Why is this the case? Because the only way we can show our love for God, the only way we can prove we love what we cannot see, is by loving our neighbor. St. John the Theologian says, "If someone says, 'I love God,' and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? And this commandment we have from Him: that he who loves God must love his brother also." Lent is therefore a reminder. A reminder that we are loved by God. It is a reminder to return to Him and show that we love Him. We do this by reaching out to the other.

My family in Christ, as we enter into another Lenten season, my prayer is that we look to the other. As we fast from foods, as we pray more let us remember to reach out to others as well. As St. John the Theologian said, "My little children, let us not love in word or in tongue, but in deed and in truth". A blessed Lent!

In Christ,

Father Larry

March 2017

Holy Trinity Cathedral

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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April 2017

Holy Trinity Cathedral

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 GOYA meeting Orthros 9:00am Divine Liturgy 10:00am Pan-Orthodox 6pm Monroe Philoptochos Plaki Luncheon	3 Great Compline 6pm Parish Council meeting 7pm	4 Conversational Greek 6-7:30pm OPA Aerobics 7-30-8:30pm	5 Bible Study 10 am and 6:30 pm Greek School Children 4-6 Adults 6-9pm Presanctified DL 6pm	6 Joint AHEPA and Daughters mtg 6pm	7 Conversational Greek 10-12noon Daughters of Penelope Bake Sale Prep	8 Church Clean-Up Daughters Pre-Sale Orthros 9:30am Divine Liturgy Lazarus
9 Bridegroom Service 7pm Daughters Bake Sale HOPE/JOY 5:30pm Orthros 9:00am Divine Liturgy 10:00am Palm Sunday	10 Bridegroom Service 7pm <u>Holy Monday</u>	11 Bridegroom Service 7pm <u>Holy Tuesday</u>	12 Pre-sanctified DL 9:30am Uction 3 & 7pm <u>Holy Wednesday</u>	13 D.L. 7:30am Twelve Gospels 7pm <u>Holy Thursday</u>	14 Royal Hrs. 10am Descent from the Cross 2pm Lamentations 7pm <u>Holy Friday</u>	15 St. Basil 9:30am Resurrection Service 11:15pm <u>Holy Saturday</u>
16 AGAPE Service 12 Noon <u>Pascha</u>	17 Philotochos Board meeting 7pm	18 Byzantine Music Fellowship Resumes at Michael's 7pm Conversational Greek 6-7:30pm	19 Greek School Children 4-6 Adults 6-9pm	20 Young at Heart 6pm	21 Conversational Greek 10-12noon	22
23 Orthros 9:00am Divine Liturgy 10:00am	24 Philoptochos Regular meeting 7pm	25 Byzantine Music Fellowship 7pm with guest instructor Conversational Greek 5:30-7:00pm	26 Bible Study 10 am and 6:30 pm Greek School Children 4-6 Adults 6-9pm	27 Choir Practice 7pm	28 Conversational Greek 10-12noon	29 Maids/Hellenic GOYADance
30 Orthros 9:00am Divine Liturgy 10:00am						

CHURCH REGISTRY

HOSPITALIZED

Antonia Tom, Gene Haberman, Irene
Chrysochoos and Sophie Paterakis

BIRTH

Callia Christine born February 21, 2017 to
parents Chris Karavas & Chasity Cluckey

BAPTISM

Abram Jackson – February 5, 2017
Parents: Michael & Natalie Jackson
Sponsors: Emmanuel T. & Kelly Yakumithis

MARCH WEDDING ANNIVERSARIES

Congratulations to:

Ilias & Ourania Bekos – 48 years
George & Margie Sares – 37 years
Clyde & Carolyn Trumbull – 17 years
Emmanuel T. & Kelly Yakumithis – 15 years

MEMORIAL GIFTS

IN MEMORY OF GEORGIA PAPPAS

Mr. & Mrs. George Mulopulos

IN MEMORY OF GEORGE DIMIT

Mr. & Mrs. John Heiniger
Mr. Steve & Dr. Chris Kanios Papadimos
Mr. & Mrs. Dennis Prancing
Mr. & Mrs. George Sarantou
Mrs. Mary Slachta & family
Mr. & Mrs. Jim Veronie
Mr. & Mrs. Chris Zervos

IN MEMORY OF JULIE ELLEN

Ms. Mary E. Anderson
Mr. & Mrs. John Georgiafandis

IN MEMORY OF SAM DIONYSSIOU

Mr. & Mrs. George Sarantou

IN MEMORY OF FR. CHRIS HADGIGEORGE

Mr. & Mrs. Chris Tenedios

IN MEMORY OF FRIEDA SEVASTAKIS

Mr. & Mrs. Chris Panos
Mr. & Mrs. George Sarantou
Mr. & Mrs. Chris Tenedios

IN MEMORY OF CLEO ZERVOS

Mr. & Mrs. Nick Stratos

IN MEMORY OF ANGELA STYLIANIDES

Mr. & Mrs. Chris Diaz

IN MEMORY OF JOHN VOUDOURIS

Mr. & Mrs. Chris Tenedios

IN MEMORY OF IRENE SCARVELIS

Mrs. Maritsa Loizos

IN MEMORY OF MARTHA TELLO

MARITSAS

Mr. & Mrs. George Mulopulos

IN MEMORY OF VASILIKI ROSSOPOULOS

Mr. & Mrs. Richard Hartford

IN MEMORY OF JOHN MATTHEWS

Mrs. Chris Tenedios

IN MEMORY OF ROBERT LINDSEY

Mrs. Despina Pelphrey

IN MEMORY OF AUGUSTA BERNSTEIN

Mr. & Mrs. John Veronie

SPECIAL OCCASION DONATIONS:

IN HONOR OF PENNY PERRIS'

BIRTHDAY

Mr. & Mrs. Chris J. Zervos

IN HONOR OF ANDY PETROS'

BIRTHDAY

Mrs. Elizabeth Voudouris

*The President's Message by
Emmanuel Yakumithis*

I hope this message finds you all well. We are busy preparing for our Parish Assembly Meeting on March 19th. We will be discussing Stewardship and our property maintenance among other things. If there are any items that you feel should be brought up, please let me know so that we can discuss and possibly bring up at that meeting.

The Parish Council is also seeking volunteers from our community to be a part of the Real Estate/Building Committee. The action item list is very long and we are working to prioritize the list for short and long term purposes. We are seeking individuals with construction, engineering, HVAC, and architectural backgrounds, however anyone is welcome to be a part of the discussion.

Thank you to all who had expressed interest in the vacancy on the Parish Council. Congratulations to Dr. Dean Kopan who will fill this position through 2017.

Thank you to Dr. Gerald Biernacki who has agreed to fill the vacancy on the Audit Committee. His years of experience will be a tremendous asset to the committee and to our community.

Finally, please keep calling and emailing me with suggestions, questions or concerns. (419) 205-0853 or email: toledogreek@gmail.com
I appreciate the input that I have received and know that your input makes a difference.

Philoptochos News by Susie Doukides

After the New Year, we all vow to create a New Year Resolution. One of our recited resolutions is to stay true to our health. One of many National Philoptochos' projects are Women's Heart Health Awareness, the "GO RED" campaign. On February 12th, our congregation at Holy Trinity Cathedral had a wonderful opportunity to have the full array of demonstrations and explanations of the proper care of our cardiac system. Lead by our amazing Chairman Lori Kamilaris and her hard-working

committee, this project brought out genuine interest throughout our community. We were shown key factors to do our part in maintaining a healthy heart and well-being. We had the honor of having a prominent guest speaker Dr. Ursula Xanthakos, local practicing, Pediatrician and Philoptochos Member give a keynote talk on "Personal Family Choices for Keeping Your Heart Healthy and Childhood Obesity". We all appreciated Dr. Xanthakos' informative speech. Lori Kamilaris and her enthusiastic committee created multi-station displays. Great gratitude to this dynamic committee: Renee Mancy Wood, Linda Dionyssiou, Steven Doukides, M.D., Anthony Kamilaris, Persilla Zervos, Dr. Jerry Biernacki, Maria Tzanakis, Stephanie Berardinelli, Pam Martin, Stacey Morris, Debbie Morris, Kelly Yakumithis, Pattie Senerius, Nancy Rodgers, Dawn Anagnos, Penny Jenkins, Carole Faoiz and Terry Timmons. Among these educational demonstrations was the importance of knowing the sugar contents of soda, pop, fruit juices and sweet drinks and as reiterated in Dr. Ursula's speech. There were posters of the vascular and circulatory system also the significance of not smoking. It is very important to know your own blood pressure vitals and we made them available by our health care practitioners. The importance of an active exercise program and a keep a fit life style, we were fortunate to have a great local yoga instructor to answer questions and do demonstrations of fitness. As Dr. Ursula mentioned in her speech again "everything in moderation." At this special Philoptochos Event Day we had our Loukoumathes Sale and enjoyed the sweet Valentine treats. Olympia Ntakos, Presvytera Ann Hadgigeorge, Maria Melas, Pauline Biernacki, Jerry Biernacki, Pattie Senerius, Barbara Hartford, Ann Mulopulos did a FANTASTIC JOB at this delicious fundraiser and we were all delighted to have these special treats on this special day. Thank you to everyone and your participation and support.

Philoptochos will help host the Area Pan-Orthodox Lenten Retreat on Saturday, March 18th at Holy Trinity Cathedral and mark April 2nd on your calendar for Philoptochos' Lenten Plaki Luncheon after Divine Liturgy. Please look for more information in the near future.

Philoptochos will be offering a service scholarship to high school graduates. You may request an application from Stephanie Berardinelli at Mrs.berardinelli0728@gmail.com or 419-276-0964. All applications must be submitted no later than Sunday, April 30th.

KROGER COMMUNITY REWARDS UPDATE
by Mary Dedes

A quarter ended January 31, 2017 and it will be several weeks till we know what we earned.

Through the efforts of Holy Trinity parishioners and friends, Philoptochos has received more than \$43,000 from the Kroger Community Rewards program. Thank you to all participants.

The Kroger Community Rewards cycle is from May through April and we are required to re-enroll annually in April. Even if you enroll for the first time in March 2017, you must re-enroll in April 2017. You will be reminded of this in next month's article as well.

The web site to join or re-enroll is www.krogercommunityrewards.com. Follow the prompts. Our name is Holy Trinity Greek Orthodox Philoptochos and our ID# is 81429. Make a note of your Kroger password and also put a reminder on your computer to re-enroll in April.

Please join us and enroll in this *Painless, Profitable & Perpetual* fundraiser.

Many thanks again to all participants!

Questions?? Contact Mary Dedes.

Daughters of Penelope News by Connie Mynihan

Lent has begun, may we all have the strength!

Our February Meeting was held at the Beirut Restaurant with an outstanding attendance.

FINAL CHANCE, Daughters of Penelope, Dodona Chapter #24 and AHEPA Ypsilanti #118 are *inviting the Toledo Community* to the Buckeye District 11 Governor's Testimonial Luncheon in honor of Joyce Anagnos, District Governor, Daughters of Penelope, Erika Pantelakos, District Governor, Maids of Athena, and Dr. John Urse, District Governor AHEPA. The luncheon will be on March 11th, 2017, at 12:30 pm. The location is Georgio's, Café International 426 N. Superior Street, Toledo, Ohio. Cost is \$35.00 per person. Contact Marian Capranica at 419-540-1160 for reservations. Seating is limited; please make your reservation promptly.

The Maids of Athena are having a Testimonial Dinner for Grand President Tria Charnas on April 29, 2017, in Cleveland, Ohio. Details will be forthcoming.

AHEPA Buckeye District Foundation Scholarship form is available on <http://www.bsf.buckeyedistrict11.org/> until *March 31, 2017*. Applicants must be

- Entering college or in undergraduate school
- Members in good standing of AHEPA, Daughters of Penelope, Sons of Pericles or Maids of Athena in District 11
- Children of members in good standing of AHEPA or Daughters of Penelope in District 11

AHEPA National Scholarships are available on <http://www.ahepa.org/Education-Scholarships.htm> and must be postmarked by *March 31, 2017*.

Don't miss out on 2017 DOP Dodona #24 Chapter Scholarship. Deadline is April 21, 2017. Just google Daughters of Penelope Dodona #24 and our site will appear. National Scholarship information for 2017 is available on Daughters of Penelope website. Deadline for National Scholarship is May 1, 2017.

Daughters of Penelope *Annual Spring Bake Sale* will be on Sunday, April 9th from 10:00am to 1:00pm. Don't miss out on your favorite treats, preorders are available. Order forms are available Sunday during coffee hour or check your email and mail.

Several projects are in the works! This spring is shaping up to be very interesting. Stay tuned for further detail.

Your 2017 dues need to be paid NOW, the amount is \$45.00. Please bring your dues to the March meeting or mail them to Sophie Stathopoulos, Treasurer, 6535 Cornwall Court, Sylvania, OH 43560. Please make your checks payable to Daughters of Penelope.

Our next meeting and dinner will be March 2nd, 2017. We will be having a joint meeting and a delicious dinner with AHEPA at the Community Center.

*For each petal on the shamrock
This brings a wish your way-
Good health, good luck, and happiness
For today and everyday.*

- Author Unknown

***Greek School News by Dawn-Avgi Anagnos,
Instructor & Director***

On Sunday, January 29th 2017, at the end of the Divine Liturgy, in our Community Center, our Greek School celebrated the Greek Letters Day and the Three Great Hierarchs, Ecumenical Teachers of our early church, Saints, Basil the Great, Gregory the Theologian and John the Chrysostom. These church fathers lived in fourth century and rightly referred to as 'Giants' of faith, courage, holiness and learning. They were among the first to recognize the importance of the Greek Language and culture in developing and advancing Orthodoxy. They helped to develop the Christian Faith in the Greek Language and Thought. The Three Hierarchs are considered the Patron Saints of Education and Culture. They used the art of education and the Greek Classics to teach about God and that is why we have the week around the 30th of January as the week of Greek Letters and Culture.

The main speakers for the day were Cathy Andujar a student of the Greek Language Adult Class and Dr. Dimitrios Xanthakos an eloquent speaker and both from our parish in English and

Mrs. Dawn-Avgi Anagnos director in Greek. The Greek School program followed with prayers, poems and songs. The students who participated were Theodora Mitsopoulos, Vasilia and Lukia Legakis and Savvas Moraitis. Warmest congratulations to all of them and to our wonderful speakers. Many thanks also to our photographer John Andujar and Joyce Anagnos who was in charge of hosting the coffee hour. It was a beautiful table with all kinds of sweets, fruit, cheeses, olives and veggies. The centerpiece was a book with words of wisdom of the Holy Hierarchs. Many thanks also goes to father Larry Legakis for all his help.

On Sunday, March 26th 2017, our Greek School will celebrate the Greek Independence Day of the 25th of March 1821. See you then, God Bless you all and Happy New Year 2017.

AHEPA NEWS

All Ypsilanti #118 Brothers are encouraged to attend the Buckeye District Governors' Testimonial Luncheon on Saturday, March 11, 2017 at Georgio's Café International in downtown Toledo. The event begins at 12:30 PM with a meet and greet and lunch to follow at 1:00 PM. Although the Daughters are sponsoring this event it is NOT a Daughters only event. We will have the District Governors from the AHEPA, Daughters and Maids of Athena in attendance as well as the Grand President of the Maids who hails from the Buckeye District. And for those not aware, Toledo's own Joyce Anagnos is this year's Daughters District Governor. Please make every effort to attend this important event.

Sunday, May 21 we'll celebrate AHEPA Sunday and Scholarship Sunday.

Anyone interested in becoming a member of or re-instating into Ypsilanti #118 can call Tony Capranica at 419.540.1150.

As a reminder - Applications are now available for the Ypsilanti Chapter #118 scholarship. All applicants must meet the following criteria. Application deadline is April 15, 2017

1. Applicant or applicant's parents must be a member in good standing of one or more of the following organizations:
 - a. Holy Trinity Greek Orthodox Cathedral of Toledo, Ohio.
 - b. Order of AHEPA Ypsilanti Chapter #118.
 - c. Daughters of Penelope Dodona Chapter #24.
 - d. Maid of Athena

2. The criteria to be considered in awarding scholarships will be based on:
 - a. Scholastic achievement: The student must have a minimum grade point average of 3.0 out of a 4.0 GPA
 - b. Leadership,
 - c. Extracurricular activities and,
 - d. Community involvement.
3. Applicant must have been accepted by an accredited college of university.
4. Scholarship funds will be sent in the applicants name directly to the office of admissions.
5. Scholarship funds may be used for tuition, books or fees.
6. All scholarship funds must be returned if the applicant does not successfully complete the first academic year.
7. Your scholarship application will not be processed unless all required information is provided.

ATTENTION 2017 GRADUATES !!

AHEPA scholarship applications are available for local, district and national levels. It's never too early to start thinking about getting these forms filled out.

Local Chapter 118 Scholarship applications are available by contacting Carole in the church office. 419-243-9189 Application deadline is April 15, 2017.

Buckeye District 11 Scholarship applications are available via download from the District 11 website: www.ahepabuckeye.org Application deadline is March 31, 2017.

AHEPA National scholarship applications are available via download for the National website: www.ahepa.org Application deadline is March 31, 2017.

Young At Heart News by Tina Papalekas

Spring is approaching and the days are getting longer. Young at Heart had its last noon meeting on February 16th and will begin its evening meetings on Thursday March 16th at 6:00p.m. Our February meeting was well attended and a delicious luncheon was enjoyed by all. After a short meeting we enjoyed playing Bingo. Many activities are planned for our future meetings and we invite everyone 50 years young and up to join us.

This coming meeting on March 16th we will have a guest speaker from the Toledo Botanical Garden. She will present a program about the neighborhood gardens, the farm located downtown, and the educational program it serves. It will be a very informative program. She will also bring some of the delicious organic honey that they produce at the farm for those who wish to buy it.

Our trip to New Orleans is on track and everyone is excited about going. There are a few seats remaining for anyone wishing to join us.

A few more trips are in the works and we will inform everyone in the near future.

Byzantine Music Fellowship by Elaine Lillios

Byzantine Music Fellowship returns to singing Salutations in March! Join us for Friday evening Salutations Services during Great Lent to hear the Byzantine Music Fellowship share the Salutations Service with the choir. Services start at 7pm, and the first service is Friday March 3. If you have taken a break from BMF, now is a great time to return – we are singing the FIRST service we learned! Hope to see you on Friday evenings during Lent.

Holy Trinity Greek Kitchen by Connie Mynihan

We would like to give our many thanks to all the hard working ladies and gentlemen volunteers who made our 2016 a great success. For 2016 we were able to make over \$3,200, which has been given to the church, earmarked to help in the restoration of our beautiful icons.

Now we embark on 2017. Easter, graduations, showers and get-togethers are just around the corner. Order now and have your baking needs ready. Twenty-four pieces of delicious baklava, spanakopita or tiropita are available.

Order forms are coming by email, mail and will be available Sunday, during coffee hour. Orders are due in by Friday March 31st, 2017. Pick up at Holy Trinity Community Center are Friday April 7th or April 9th between 11:00 am to 1:00 pm.

Please be generous as all proceeds are given to the church. There are a lot of icons and they all need cleaning and touching up, which is very costly.

If you need further information or have any questions, please contact Connie Mynihan at 419-250-4899 or email: Mynihan@bex.net

Easter is by far the most important event in the Greek Orthodox Church.

Calculating Easter can be a bit confusing. Here's a simple explanation. "The formula for Easter—'The first Sunday after the first full moon on or after the vernal equinox'—is identical for both Western and Orthodox Easters, but the churches base the dates on different calendars: Western churches use the Gregorian calendar, the standard calendar for much of the world, and Orthodox churches use the older, Julian calendar. That much is straightforward. But actually calculating these dates involves a bewildering array of ecclesiastical moons and paschal full moons, the astronomical equinox, and the fixed equinox—and that's in addition to the two different calendar systems. The two churches vary on the definition of the vernal equinox and the full moon. The Eastern Church sets the date of Easter according to the actual, astronomical full moon and the actual equinox as observed along the meridian of Jerusalem, site of the Crucifixion and Resurrection. The Eastern Orthodox Church also applies the formula so that Easter always falls after Passover, since the Crucifixion and Resurrection of Christ took place after he entered Jerusalem to celebrate Passover. In the Western Church, Easter sometimes precedes Passover by weeks." ("A Tale of Two Easters" by Borgna Brunner)

This year our Easter is on April 16th which coincides with the Western Easter. Lent this year begins on February 27th. Orthodox Christians worldwide celebrate Easter commemorating the day followers believe that Jesus was resurrected more than 2000 years ago. On Easter Orthodox Christians break the Lenten fast, strictly observed in Greece and other Orthodox lands, seven weeks when meat, even fish, eggs, butter, milk, cheese and any other animal products are forbidden.

Sarakosti - Pre-Easter Lent- is the seven-week period immediately preceding Easter. The first day of Lent, Monday is called – Kathara Theftera - (Clean Monday).

Taramosalata, fish roe salad, is traditionally served on Clean Monday accompanied by lagana, a flat, oval loaf of unleavened bread. Our cookbook contains three recipes for this salad submitted by Greg Cook, Becky Skiadas and Alfreda Morris. It is served with onions and lemon. Greeks make two versions - one based on soaked bread which is more textured and the other with mashed potatoes which is smoother. It can be served either as a dip or a spread.

Several excellent seafood and shrimp dishes are included in our book. Try Citrus Marinated Shrimp or Valley Girl Cocktail or Marinated Octopus by George Kamilaris. These can be eaten during Lent. Two of my favorite dishes are Spicy Shrimp Pilaf by Presvytera

Debbie Damaskos and Shrimp Pilaf by Presvytera Ann Hadgigeorge. These are excellent for buffet dinners.

If you are looking for vegetable choices try Stuffed Tomatoes and Green Peppers by Ursula Xanthakos and Yanula Stathulis. These can be served steaming hot or great for side dishes. Also, Spinach and Rice by Pamela Harwood, is an excellent choice to get your children to enjoy vegetables.

Some classical Greeks observe the Good Friday custom of eating lentil soup with vinegar (the vinegar now being added to remind the eater of Christ's receiving vinegar when He asked for water). Whether you use red, green or brown lentils for your Faki, the secret is to make it thick, reddened with tomatoes and flavored with herbs and a dash of red wine vinegar. You might even consider doubling the ingredients and making a double batch because the flavor of the soup is even better when frozen and later reheated for another meal. Enjoy Presvytera Toni Paterakis Wozniak's Barley Lentil Soup in our cookbook. She adds sliced button mushrooms and a tablespoon of worcestershire sauce for extra flavor. Another delicious use of dry lentils is Tasoula Proestou's Lenten Pilaf-mixing lentils with rice-very nutritious and great when fasting.

Please try two salads that are simple to prepare and very healthy - the Cabbage Salad by Presvytera Ann Hadgigeorge and the Fresh Cranberry and Pomegranate Salad by Tina Melonakos.

Eggplant is such an underutilized vegetable. You'll enjoy Eggplant Dip and Meletzana Salata in our book submitted by Jessica Adams and Sophie Spillson.

Now for desserts to complete your Lenten meal - try Angie Tzanakis' Halva made with farina or cream of wheat. Dried Fruit Compote by Roula Manton includes orange rind, cinnamon and cloves to make it very flavorful. And for your sweet tooth bake a batch of Oatmeal Raison Cookies. These morsels include crushed pineapple and healthy walnuts. This is Maria N. Turoff's recipe.

Another simple dessert and very healthy is Warm Stewed Fruit by Maria Markakis. It is quick and easy to prepare with fresh raspberries, blueberries and pineapple. All these fruits are readily available for a delicious dessert.

All these choices will help you and your family observe our Lenten Period. We are providing these ideas to enhance the experience and enjoy flavorful foods in your kitchen and home.

2017 Stewardship Update through February 22nd - Our Stewardship goal for 2017 is \$250,000

So far 150 Stewards have turned in a pledge cards totaling \$147,602

Stewardship contributions are \$34,212

**Please prayerfully consider the needs of our Parish and do your best to give in 2017
at least the same amount in Stewardship as last year!**

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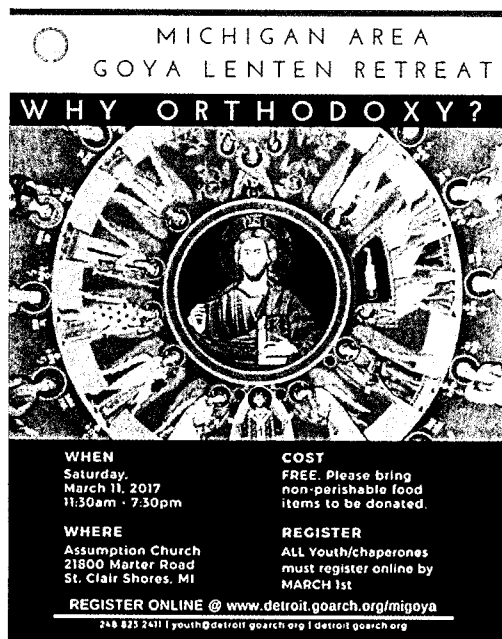
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GOYA

By Maria Cook

The Goyans raised \$733.00 for IOCC at the Souper bowl of caring. Thank you to everyone who donated and for those of you that participated with donations of soup. We had a wonderful time at the Rousos's home for the Super Bowl party! Thank you to the Rousos's for hosting. The Dayton GOYA basketball tournament was an amazing time. Everyone enjoyed themselves with friends from all over. Thank you to all the chaperones, advisors, and coaches for making this possible. Congratulations to our Goyans for winning the Sportsmanship Award. Very proud of everyone's effort on and off the courts. It was a lot of fun at the GOYA dance and everyone had a great time. Coming up is the Bake Sale February 26th and the retreat March 11th!



HOPE and JOY

Our HOPE and JOY youth groups met on Sunday February 12th last month. It was Rudy's night! Thanks to Kelly Proestos for bringing Fr. Larry's favorite HOPE and JOY dinner. We had a great time playing games and running around. Father Larry talked about the Prodigal Son and our approach into Lent and the Sacrament of Confession. The kids made Valentine Cards for the kids at the Ronald McDonald House. The blankets that were made in January and the cards were delivered by Gina Deason the next day to the Ronald McDonald House. They were much appreciated! Due to the busy liturgical schedule during Lent, our March meeting will take place on Thursday March 9th from 6-7:30pm.

Sunday School

Chrysostom Oratorical Festival



Introduced in 1983, the St. John Chrysostom Oratorical Festival provides Greek Orthodox youth the opportunity to write and talk about their faith. The Oratorical Festival Program begins at the parish level and for some students (grades 7-12) extends to district and national levels.

At Holy Trinity, we believe in the importance of providing children of all ages developmentally appropriate opportunities to begin sharing knowledge about their faith in a safe environment, our own church community. Our goal is to prepare our youth over time to have the confidence to more widely spread the knowledge and love of their faith with others.

Our Parish Oratorical Festival will take place Sunday, March 12. Expressions of Greek Orthodox faith will decorate our Educational Building in the form of our students' art, poetry, skits, videos, and essays. For weeks leading up to our local festival, Sunday School teachers will support and prepare their classes in creating pieces that will be showcased at the local oratorical festival

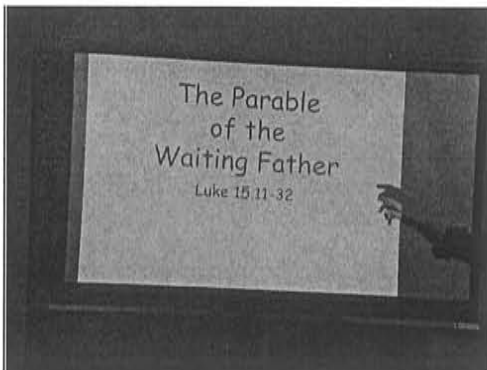
Regardless of the child's age-level, we hope that families will join us in supporting our youth by encouraging their participation in this community event. Ask children about their work, provide them with positive support, mentor them with their piece of work, and join us on March 12 as we celebrate our youth and our faith.

Sincerely,
Paula Apostolou
Oratorical Festival Chairperson

Dayton 2017, Souper Bowl of Caring,
Super bowl party and meeting

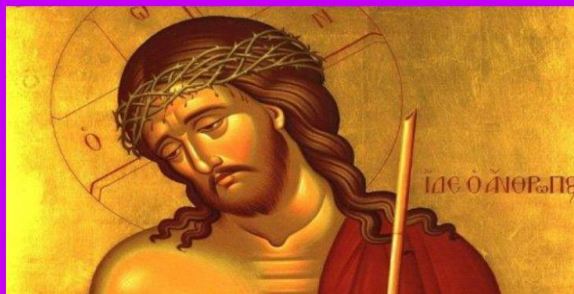


February Hope and Joy Meeting



Lenten Education Opportunities!

Pan-Orthodox Fellowship of Toledo is pleased to present
Sunday Lenten Vespers and Pot-Luck



Please join us throughout Lent at 6pm on Sundays for
Vespers and Fellowship

Lenten Sunday Night Vespers Schedule

March 5th: (Sunday of Orthodoxy) Prophet Elias Orthodox
Church-Homilist Father Larry Legakis

March 12th: St. George Monroe

March 19th: St. George Rossford-Homilist Father Michael
Shaheen

March 26th: St. George Woodley-Homilist Father Nicholas
Hubbard

April 2nd: Holy Trinity-Homilist Father Ayman Kfouf

A blessed Lent!

Cathedral Lenten Adult Study and Pot-Luck Dinner!

Taught by Father Larry on Wednesday at 10am
and 7pm.

The evening class will follow Presanctified Liturgy and
pot-luck dinner during lent

First Class Begins Wednesday, March 1st

Come and participate in this educational ministry, share
some food, and fellowship. This is a great way to grow in
your faith and focus on Christ as you travel through the
Lenten Season.

Hope to see you all there!

Orthodoxy 101

Orthodoxy 101 is great for those
who are Interested in the
Orthodox Church and for those
who are Orthodox and would like
to learn more about their faith.

The study will meet in April after
the 16th for 6-8 weeks.

Please call sign up or call the
office if you are interested.

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*The Holy Trinity Cathedral Ladies Philoptochos Society
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Pan Orthodox Lenten Retreat

When: Saturday, March 18, 2017

Where: Holy Trinity Cathedral Community Center

Program: 9:00 a.m. – 2:30 p.m.

Registration Fee: \$5.00

Lunch: A Lenten Lunch Prepared by Georgio's

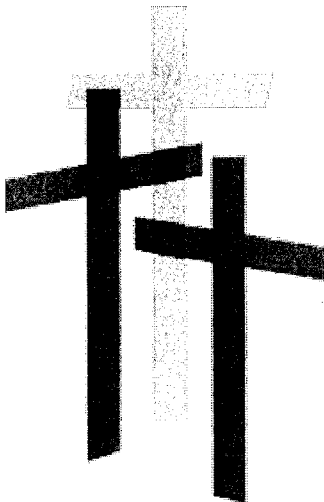
Orthodox Spirituality: A Journey through Lent

Keynote Speaker: Fr. Ayman Kfouf (Saint Elias)

Fr. Larry Legakis: Holy Trinity Cathedral (Host Parish)

Fr. Nicholas Hubbard: Saint George (Rossford)

Fr. Michael Shaheen: Saint George (Woodley)



_____ **Yes, I/we will be attending the Lenten Retreat
on Saturday, March 18, 2017**

Enclosed is a \$5.00 registration fee per person

Name(s) _____

**Please return to the church office by March 3rd
c/o "Lenten Retreat"**

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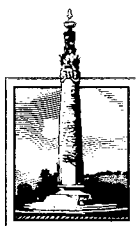
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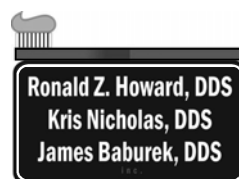
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