

# — The Hellenic Orthodox Echo —

## Volume 27 February 2018 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](http://www.holytrinitytoledo.com)  
*Email:* [holytrinitytoledo@gmail.com](mailto:holytrinitytoledo@gmail.com) obal.net *Festival website:* [www.toledogreekfest.com](http://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 Vesperal 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](mailto:priestholytrinity@gmail.com)

### ***Support Staff***

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

*Chanter* - Elaine Lillios

*Choir Director* - JoAnne Chrysochoos      *Organist* - Andreea Lee

### ***Parish Council Members***

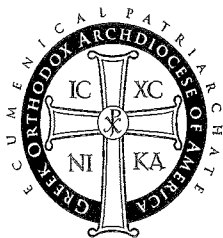
Emmanuel T. Yakumithis (20) President; Kathy Chaka (19) Vice President; Steven Jenkins (18) Secretary; Maria Tzanakis (19) - Asst. Secretary; Paul G. Sieben (18) Treasurer; Debra Morris (19) Asst. Treasurer; Greg Cook (20); Dr. Dean Kopan (20); Peter Papadimos 19; Steven Papadimos 18; Harry Dean Proestos (19); Kypros Proestos (20); Frank Reder (20); George Sares (18); Manuel Yakumithis (18)

### ***Parish Ministries***

**Philoptochos President:** Pattie Senerius  
**Church School Director:** Dr. Susan Sieben  
**Adult and Youth Greek School:** Dawn Anagnos  
**HOPE/JOY:** Presbytera Jennie Legakis  
**GOYA President:** Alex Yakumithis  
**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  
**Choir:** JoAnne Chrysochoos  
**Byzantine Music Fellowship:** Dr. Elaine Lillios

**Conversational Greek:** Basil Apostolou  
**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 Phyllo & 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](http://www.holytrinitytoledo.com) E-mail: [htgoctol@sbcglobal.net](mailto:htgoctol@sbcglobal.net)  
Festival web: [www.toledogreekfest.com](http://www.toledogreekfest.com)

*"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses."*

Dear Parish Family and Friends,

One of the interesting things about being a parent is noticing how our kids act and say things that we ourselves say. It seems to be more apparent when they scold each other. There are times when it sounds as if they are saying word for word the phrases that we use to correct them. The reality is that our children imitate us. They watch and they listen much more than we tend to realize. There is a similar issue when it comes to our spiritual lives. We are called to imitate as well. We are called to imitate our Father.

This is most important as we enter into another Lenten season. The last Sunday before Lent is called Forgiveness Sunday. The Church is reminding us that in order to get the most out of our Lenten journey we must begin with this essential act and we do this by imitation. Father Thomas Hopko once wrote, "The Christian life is called the 'imitation of God' by the fathers of the Orthodox Church... The greatest possible 'imitation of God' is to be forgiving. God is the One who forgives. All of His love for man (philanthropia) is love for sinners..." Our Lord Himself says, "*And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.*" Forgiveness is the essential act which brings about real unity. It is forgiveness that frees us from feeling hopeless. Forgiveness helps to unlock the potential which we have for unity and growth. "The triumph of sin, the main sign of its rule over the world, is division, opposition, separation, and hatred. Therefore, the first break through this fortress of sin is forgiveness: the return to unity, solidarity, love.(Alexander Schmemmann)"

My friends and my family in Christ, as you read the ECHO you will see the many blessings we have received as a community. You will read about the wonderful things our ministries are doing. As you read about these blessings remember that continued growth both as community and as individual Christians will happen as we continue to grow closer to God and one another. This unity occurs with our Lenten exercises of Forgiveness. Let us remember to be a forgiving community, a community which is founded on the imitation of God.

In Christ

Father Larry

# HOLY TRINITY GREEK ORTHODOX CATHEDRAL

## February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b>	<b>30</b>	<b>Jan 31</b>	<b>1</b> 6:00 PM AHEPA 6:00 PM Daughters @ TBA	<b>2</b> 9:30 AM Presentation of the Lord in the Temple - Orthros / Divine Liturgy	<b>3</b>
<b>4</b> Godparent Sunday GOYA Souper Bowl of Caring & Super Bowl Party  9:00 AM Orthros / Divine Liturgy	<b>5</b> 7:00 PM Parish Council	<b>6</b> 7:00 PM Byzantine Music Fellowship	<b>7</b> 10:00 AM Bible Study 4:00 PM Greek School Children  6:00 PM Greek School Adults 6:30 PM Bible Study	<b>8</b>	<b>9</b> 5:00 PM Coffee talk with Fr. Larry at Sip	<b>10</b> Hall Rental - Daniels 9:30 AM 1st Saturday of Souls - Orthros / Divine Liturgy
<b>11</b> Loukomathes 9:00 AM Orthros / Divine Liturgy	<b>12</b> 7:00 PM Philoptochos Board	<b>13</b> 7:00 PM Byzantine Music Fellowship	<b>14</b> 10:00 AM Bible Study 4:00 PM Greek School Children  6:00 PM Greek School Adults 6:30 PM Bible Study	<b>15</b> 12:00 PM Young at Heart	<b>16</b> Dayton Basketball Tournament	<b>17</b> 9:30 AM 2nd Saturday of Souls - Orthros / Divine Liturgy
<b>18</b> Dayton Basketball Tournament  9:00 AM Orthros / Divine Liturgy	<b>19</b> Great Lent Begins - Compline 6pm	<b>20</b> 7:00 PM Byzantine Music Fellowship	<b>21</b> 10:00 AM Bible Study 4:00 PM Greek School Children  6:00 PM Greek School Adults 6:00 PM Pre-Sanctified 6:30 PM Bible Study	<b>22</b>	<b>23</b> 5:00 PM Confession 6:00 PM Salutations 7:00 PM Philoptochos Retreat making Blankets	<b>24</b> 9:30 AM 3rd Saturday of Souls - Orthros / Divine Liturgy
<b>25</b> GOYA Bake Sale Orthodoxy Sunday PO Vespers @ St. George Rossford 6pm  9:00 AM Orthros / Divine Liturgy	<b>26</b> 6:00 PM Great Compline	<b>27</b>	<b>28</b> 10:00 AM Bible Study 4:00 PM Greek School Children  6:00 PM Greek School Adults 6:00 PM Pre-Sanctified 6:30 PM Bible Study	<b>Mar 1</b> 6:00 PM AHEPA	<b>2</b> 6:00 PM Confession 7:00 PM Salutations	<b>3</b>
<b>4</b> Great Lent Festival Orthodoxy @ Holy Trinity  9:00 AM Orthros / Divine Liturgy	<b>5</b> 6:00 PM Great Compline 7:00 PM Parish Council	<b>Notes</b>				



# HOLY TRINITY GREEK ORTHODOX CATHEDRAL

## March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25</b> <small>9:00 AM Divine Liturgy</small> <b>Orthros / Divine Liturgy</b> <small>9:00 AM</small>	<b>26</b> 6:00 PM Great Compline	<b>27</b>	<b>Feb 28</b> 10:00 AM Bible Study 4:00 PM Greek School Children 6:00 PM Greek School Adults 6:00 PM Pre-Sanctified 6:30 PM Bible Study	<b>1</b> 6:00 PM AHEPA	<b>2</b> 6:00 PM Confession 7:00 PM Salutations	<b>3</b>
<b>4</b> Oratorical Festival PO Vespers @ HTGOC 6pm 9:00 AM Orthros / Divine Liturgy	<b>5</b> 6:00 PM Great Compline 7:00 PM Parish Council	<b>6</b> 6:00 PM Conversational Greek	<b>7</b> 10:00 AM Bible Study 4:00 PM Greek School Children 6:00 PM Greek School Adults 6:00 PM Pre-Sanctified 6:30 PM Bible Study	<b>8</b>	<b>9</b> GOYA Lazar Tag after Service 6:00 PM Confession 7:00 PM Salutations	<b>10</b> Met. GOYA Lenten Retreat
<b>11</b> PO Vespers @ St. George Woodley 6pm 9:00 AM Orthros / Divine Liturgy 4:00 PM HOPE & JOY	<b>12</b> 6:00 PM Great Compline 7:00 PM Philoptochos Board	<b>13</b> 6:00 PM Conversational Greek	<b>14</b> 10:00 AM Bible Study 4:00 PM Greek School Children 6:00 PM Greek School Adults 6:00 PM Pre-Sanctified 6:30 PM Bible Study	<b>15</b> 6:00 PM Young at Heart	<b>16</b> Democratic Jiggs Dinner 6:00 PM Confession 7:00 PM Salutations	<b>17</b>
<b>18</b> Parish Assembly PO Vespers @ St. Elias 6pm 9:00 AM Orthros / Divine Liturgy	<b>19</b> 6:00 PM Great Compline 7:00 PM Philoptochos	<b>20</b> 6:00 PM Conversational Greek	<b>21</b> 10:00 AM Bible Study 4:00 PM Greek School Children 6:00 PM Greek School Adults 6:00 PM Pre-Sanctified 6:30 PM Bible Study	<b>22</b>	<b>23</b> 7:00 PM Akathist Hymn	<b>24</b>
<b>25</b> Annunciation Greek Independence Day PO Vespers @ St. George Monroe 6pm 9:00 AM Orthros / Divine Liturgy	<b>26</b> 6:00 PM Great Compline	<b>27</b> Philoptochos Shut In Boxes 6:00 PM Conversational Greek	<b>28</b> 10:00 AM Bible Study 4:00 PM Greek School Children 6:00 PM Greek School Adults 6:00 PM Pre-Sanctified 6:30 PM Bible Study	<b>29</b> Daughters Dipping Diples	<b>30</b> Daughters of Penelope Bake Sale Prep.	<b>31</b> Church Clean-up Daughters Bake Sale Pickup Pancake Breakfast 9:30 AM Lazarus - Orthros / Divine Liturgy
<b>Apr 1</b>	<b>2</b>	<b>Notes</b>				

## CHURCH REGISTRY

### HOSPITALIZED

Sandra Manton, Kypros Proestos, Anthepe Jakubowski, Despina Apostolou and George Mouratidis

### BIRTH

*Baby Noah Phillip Thomas*  
born December 23, 2017  
to parents Justin & Amanda Dionyssiou

### BAPTISM

Anastasia Vasilia Harwood  
January 20, 2018  
Parents: Tony & Christina Harwood  
Sponsor: Vagelli Kokolakis

### FEBRUARY WEDDING ANNIVERSARIES

*Congratulations to:*  
George & Lisa Arvanitis – 32 years  
Nick & Kay Chirgott – 20 years  
Phillip & Miranda Batianas – 14 years  
Bill & Janis Plomaritis – 9 years

### FUNERAL

Konstantine Petros Jr.  
January 26, 2018  
*May His Memory Be Eternal*

### MEMORIAL SERVICE

Andreas Dionyssiou – 6 months  
*May His Memory Be Eternal*

### MEMORIAL GIFTS

#### IN MEMORY OF PETE MORRIS

Mr. Chris Grevis  
Mr. & Mrs. George Sares  
Mr. & Mrs. Alex Tokles

#### IN MEMORY OF FR. CHRIS W. HADGIGEORGE

Mr. & Mrs. Thomas Bohland  
Presvytera Ann Hadgigeorge  
Mr. & Mrs. William Hadgigeorge  
Ms. Pattie Senerius

#### IN MEMORY OF GEORGE DIMIT

Mr. & Mrs. Alex Tokles

#### IN MEMORY OF ANDREAS DIONYSSIOU

Mrs. Despina Pelphrey  
Mr. & Mrs. Alex Tokles

#### IN MEMORY OF CHRISTINE SPIROPOULOS

Mr. & Mrs. Alex Tokles

#### IN MEMORY OF ANDREAS, SOTIRIS, & ELENI KAMILARIS

Christos S. & Janet Kamilaris

#### IN MEMORY OF IRENE HIMEBAUGH

Mrs. Mary Brandburg

#### IN MEMORY OF CHRISTOPHER CHECKLES

Mr. & Mrs. George Mulopulos

#### IN MEMORY OF PAULINE SPIROPOULOS

Mr. & Mrs. George Mulopulos

#### IN MEMORY OF GEORGE KANTARAS

Mr. & Mrs. Gust Elmer  
Ms. Athena Konstandas  
Mr. Dean Konstandas

#### IN MEMORY OF PERICLES & EKATERINI GRIVANOS

Ms. Athena Konstandas  
Mr. & Mrs. Gust Elmer

#### IN MEMORY OF KRISTO & ASIMINA KONSTANDAS

Ms. Athena Konstandas  
Mr. Dean Konstandas

#### IN MEMORY OF TIM WATSON

Mr. Soterios Petros

#### IN MEMORY OF KOULA VERGES ROST

Mr. Peter G. Rost

#### IN MEMORY OF NICHOLAS E. DEMOS

Ms. Theodossia Hatzinikolis

#### *DEATHS ELSEWHERE:*

Richard Rosswurm of Toledo (Liz Theodorou's father)

Tony Sartes (June 2017) & Jenny Sartes (2016) of Florida

*May Their Memory Be Eternal*

*The President's Message*  
*by Emmanuel T. Yakumithis*

As we settle into the second half of winter, we begin to anticipate the arrival of spring. With spring comes change. As we move toward spring, you may start noticing changes with our community as well. Our parking lot lease with the City of Toledo has been secured and we are still actively trying to sell the old warehouse on Summit Street. In addition to these, I began working with the previous administration of the City of Toledo to obtain the property on Superior Street across from the Cathedral. The intent is to secure green space and control any future development that could occur on the land. For the past several years, Terry Irmen has been maintaining the property (cutting grass, etc) on behalf of Holy Trinity. Once we have a better idea of the reality of the deal, I will report back to our parish. I also want to make it clear that the City approached me and intimated that they would be willing to make a donation of the property. I would not spend parish money or commit to spending without the consent of our parish.

I also want to remind everyone that we now offer ONLINE giving. All you need to do is visit our website and you can donate right there. It is a simple and safe way to donate. Please take advantage of this great way to support our parish!

I want to commend the ladies of Philoptochos. The Vasilopita luncheon was very well attended, the food was excellent and the spirit of the event shined brightly. Trying to manage over 300 reservations (some coming in a day or two before the event), making sure that no details were overlooked and doing it with a smile is one heck of a task. They made it look easy. Thank you, Ladies!

Finally, I would like to congratulate Frank Reder on his election to the Parish Council. He will be an asset to our Parish Council. I would be remiss if I did not take the time to thank Tom Photos. Tom's contributions to the Parish Council made a great impact on all of us. I have already told Tom that just because he isn't on Parish Council doesn't mean that he can't be involved. There are many things that he and all of you can do to remain engaged with the operation and success of our parish.

As always, please don't hesitate to contact me with any issues, questions, comments or concerns.

*Philoptochos News by Pattie Senerius*

**PHILANTHROPY FOR GENERATIONS**

The 2018 Vasilopita Celebration was held on January 14th. This is one of the most anticipated and best attended events of the year. We all look forward to celebrating the feast of St. Basil, an advocate and

supporter of the poor. We replicate the tradition of St. Basil by baking Vasilopites with a coin inside. As the bread is cut, the person who receives the piece with the coin in it is promised a good year.

This year, the Vasilopita was dedicated in loving memory of Andreas Dionyssiou. Andy was a man of faith, love and dedication. He was an ardent Vasilopita volunteer and a staunch supporter of Philoptochos. We miss his smile, his loving heart and encouragement. His presence was missed, but Andy's spirit and love will always be with us. May his memory be eternal!

Thank you for celebrating the New Year with us and enjoying the delicious chicken dinner prepared by Andy's nephews, Kyp, Andreas and Harry Dean Proestos, as well as their ever faithful crew. Philoptochos is grateful and thankful that Andy's legacy continues through the work and dedication of his extended family. God bless all of you!

The Vasilopita Celebration is a huge undertaking and many people are involved in making it a success. We'd like to thank all the volunteers, cooks and bakers for sharing their time, talent and treasure. Thanks for all you do and who you are!

Just a reminder that your 2018 stewardship is now due. Fifteen dollars is sent to National Philoptochos and seven dollars is sent to the Metropolis of Detroit Philoptochos. The remainder of your donation stays with our chapter for all of our ministries. Please give your stewardship to Angie Bohland or Maria Kopan. We wish all of you a happy, healthy and prosperous New Year!

**Upcoming Events**

**February 11th** - Heart Health Awareness Sunday - Wear Red; Loukoumathes Sale benefiting Autism

**February 12th** - Board Meeting - 7:00 P.M.

**February 23rd** - Philoptochos Lenten Event - After Salutation Service - Making blankets for homeless. Watch for flyer.

*"Kindness is contagious."*

***Kroger Community Rewards Update***  
***by Faye Haberman***

Philoptochos continues to participate in the Kroger Community Rewards fundraiser program.

A quarterly cycle ended October 30, 2017. The total earnings at the close of that cycle were \$718.31.

We remind you that the amount of the rewards is based on a percentage of spending. To increase our earnings, we need to increase the number of persons designating Philoptochos as their charity on their Kroger Plus Card. (Ask a friend to participate in our program. It is painless and such a worthwhile cause!)

Make sure to visit a Kroger store for your weekly shopping and take advantage of their sales. Also, you will be contributing to Kroger Community Rewards.

Also, please, make sure your phone number is listed under the ALT ID section. If you forget your Kroger Rewards card; all you have to do is type in your phone number when checking out and Philoptochos still receives credit for your purchase. If you are unable to update your account, please, let me know and I will assist you.

The web site to join is:

[www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) . We are in the Columbus region. Click on "Create an Account" and follow the prompts. Our name is Holy Trinity Greek Orthodox Philoptochos and our ID# is 81429.

Philoptochos thanks all of you for participating in this *Profitable, Painless, and Perpetual* fundraiser.

***Holy Trinity Cookbook***  
***by Phyllis Manton***

A Good Great Lent to All

Greetings! 2018 is well under way. I hope it has been a good one so far. February is the month of Valentine's Day, but it is also the month of Great Lent. Sure, Great Lent means: no meat, no dairy, no wine, no oil, "Oh no" now what? There are solutions to that issue. I am not the authority on dietary rules. Questions about foods and any health restrictions one has should be directed toward Father Larry. However, for tasty suggestions there are hoards of recipes in our cookbook.

Meatless fare does not mean boring or tasteless. The proof of that is in the Lenten potlucks. Legumes and grains can be made into amazing dishes. Gigantes plaki, Baked Lima beans (p. 188) are amazing. Peas and artichokes (p.191) are always satisfying. Whether one calls it "tourlou" or "briami" these vegetable stews are anything but boring, the "vegetable dishes" on pages 196 to 207 have delicious recipes. I cannot forget to mention lentil soup. I did not appreciate the humble lentil growing up. It packs a nutritious punch and they cook rather quickly for a legume.

Food is not the only thing we have to be mindful of during this time. We have the dietary guidelines and the spiritual ones. We also have to be mindful of our neighbors and give a helping hand. I am reminded that it is not what goes in the mouth that defiles but what comes out.

I wish everyone a blessed Great Lent.

***Daughters of Penelope News***  
***by Connie Mynihan***

The Daughters of Penelope would like to wish everyone a **Happy Valentine's Day**

The January weather didn't stop the Daughters and we finally held our January Meeting at Michael's

Restaurant. Excellent service and food was warmly enjoyed.

Our February meeting should be jammed packed with information, reports and recommendations. The Daughters will be receiving reports and recommendations from our Scholarship Committee and Bake Sale Committee. The Road Rally Fundraiser committee will meet in January and outline this fundraiser and answer any questions.

The Luminary Fundraiser is scheduled for Easter which is quickly approaching. Information will be available for everyone after this meeting.

The Toledo Daughters of Penelope and AHEPA will host the Buckeye District Convention at the Park Inn. Conventions dates are Friday, June 15, 2018 and Saturday, June 16, 2018.

Album ads are available. All members are asked to help sell album ads for themselves, to family, friends, and businesses. Ads can be in the form of advertising, memorials to loved ones, family pictures and wishes, etc. We have different levels of prices that are sure to suit everyone. Please contact Tony or Marian Capranica for forms.

All Dodona #24 Daughters of Penelope and Ahepans will be asked to participate in making this an exciting event, Friday evening convention kickoff and Saturday meeting and socials will be at the Park Inn, downtown Toledo. Friday night Greek Night will be at Holy Trinity Community Center.

Maria Tzanakis will be in charge of Registration. Volunteers are needed to help Maria staff this table to assist the District Lodge officers register incoming delegates and sell ala carte tickets for all of the weekend activities. Maria's group will also help in putting together some 'gift bags' for the delegates that will be given out along with their agenda books. These bags will contain small items donated by businesses like pens, writing tablets, gum, candy, tissues, and information about Toledo, etc. Anyone having any donations please let Maria Tzanakis or Marian Capranica know.

The Hospitality room for the delegates will be open from Friday afternoon until Saturday afternoon, Faye Grevis, Daisy Pelphrey, and Dawn Anagnos are chairing this event. Donations will be needed in the form of koulourakia, paximathia, fruit, paper products, etc. Contact Faye Grevis if you can donate or volunteer.

Friday evening June 15, 2018 at the Holy Trinity Community Center will be **Greek Night**. The Holy Trinity Community will be able to purchase tickets and join in on the fun. All Dodona #24 Daughters of Penelope and Ahepans will be asked to participate in making this an exciting event. We will **need volunteers** for; Setup: Decorations: Food Prep (Andy Petros, Chairman): Food Service: Entertainment (Ted Voudouris, Chairman): Bar Service: Door Tickets: Cleanup: Drivers for shuttle service to/from Detroit Airport.

This is not the entire list of areas needed for volunteers; further information will be forthcoming.

If you need further information or wish to volunteer, please contact Marian Capranica at 419-540-1160 or email: [marian.capranica@gmail.com](mailto:marian.capranica@gmail.com)

Our next meeting will be Thursday, February 1<sup>st</sup>, 2018 at 6:00 pm, at Byblos Restaurant. Be sure to R.S.V.P. by January 29<sup>th</sup> to Connie Mynihan at [Mynihan@bex.net](mailto:Mynihan@bex.net) or call 419-250-4899.

Scholarship applications are now available. To get your application go to [www.Toledo.BuckeyeDistrict11.org](http://www.Toledo.BuckeyeDistrict11.org). Deadline is Friday, April 20<sup>th</sup>, 2018. Send or email your application to [jmcook@bex.net](mailto:jmcook@bex.net), or JoAnn Cook, 5250 Snowden Dr., Toledo, OH 43623. Any questions call JoAnn Cook at 419-944-5517.

Dues are now being accepted for 2018, the amount is \$45.00. Please bring your dues to the February meeting.

*"Away in a meadow all covered with snow  
The little old groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late."*

- Don Halley

#### ***AHEPA News by Tony Capranica***

Our regular meetings are held September thru June on the first Thursday of each month. Several meetings will be held jointly with the Daughters chapter. The February meeting will be on February 1, 2018 at 6:00 P.M. at Charlie's on Dussel in Maumee.

Notice to all high school seniors and college undergraduates... The local, District and National scholarships will soon be available for submission. Information on the local scholarship application will be sent out soon. The District scholarship application is now available online at [www.bsf.buckeyedistrict1.org](http://www.bsf.buckeyedistrict1.org) and will be due April 15, 2018. As a reminder, the District scholarship does not have a minimum GPA requirement. Please refer to [www.ahepa.org](http://www.ahepa.org) for details on the National scholarship.

A reminder that the AHEPA Toledo Family will be hosting the AHEPA District #11 Convention. The convention will take place June 15 & 16, 2018 at the Park Inn in downtown Toledo. The last convention held in Toledo was a great success and we are planning to make this convention just as successful. The convention will bring in delegates from all over Ohio and parts of West Virginia and Kentucky. To make this event a success will require volunteers from all three Orders, so if called upon please respond with whatever time, talent or treasure you can provide.

The convention weekend will kick off on Friday June 15 with a golf outing at Heatherdowns Country Club at 10:00 AM. Friday evening we'll host a Greek Night and convention meetings, Awards Luncheon and Grand Banquet on Saturday. All events are open to the public and everyone is encouraged to attend.

A packet of information will be going out to all Ahepans and Daughters with complete information on the Toledo Convention. Included in the packet will be a form for purchasing an ad in the convention album. Please support the album by purchasing an ad. Information about the convention is also available at [www.buckeyedistrict11.org](http://www.buckeyedistrict11.org).

As always, Ypsilanti #118 is looking for new members and encouraging former brothers to re-join. For more information, checkout [www.buckeyedistrict11.org](http://www.buckeyedistrict11.org) or [www.ahepa.org](http://www.ahepa.org).

#### ***Young at Heart News by Becky Skiadas***

YAH is off to great New Year! Our first meeting was held January 18<sup>th</sup> at noon with a delicious lunch of avgolenomo soup and an assortment of sandwiches.

All December birthdays and anniversaries were celebrated but a special birthday cake was for Despina Pelphrey to show her our appreciation for all that she does for us. She is always there to help and her cooking is as good as any chef, maybe better!!

After our meal we had a short meeting and played 10 games of Bingo with prizes which is always fun for us !!!

Our trip is getting closer so if anyone is interested call Tina Papalekas 419-382-1552.

New members are always welcome.

#### ***Byzantine Music Fellowship by Elaine Lillios***



Byzantine Music Fellowship continues meeting (almost) weekly on Tuesday evenings 7-8pm. Our recent activity was "Cookies and Kalanda", where we learned the Greek New Year songs for the community Vasilopita luncheon. We look forward to Great Lent, when we will return to singing the Akathist hymn (shared with the choir) on Friday nights. We always welcome new members and of course we ALWAYS welcome the return of "old members"! Contact Elaine Lillios ([elillios@gmail.com](mailto:elillios@gmail.com)) for more information on upcoming activities.

#### ***Vegan Recipe Corner***

During Fasting months, we will be featuring one of our many young people who have chosen a vegan lifestyle to share some of their favorite recipes with us! In the Orthodox Church, during fasting times, the church calls for us to have a limited diet that is (mostly) vegan – (exception being shellfish).

This month, Natassa Christides, shares two of her favorites!

### Cauliflower Alfredo

1 onion  
3-4 cloves garlic  
1 head of cauliflower  
~1 cup raw unsalted cashews  
½ c. nutritional yeast  
1 small lemon  
Cashew milk or veggie stock  
2 tbsp Tahini  
Garlic powder/salt & pepper to taste

Boil cauliflower until soft. While cauliflower cooks sweat sliced onions and garlic over medium/low heat with a good amount of olive oil (you can keep the cloves whole). Add cashews in with the cauliflower towards the end of cooking to soften them up and make them easier to blend (or soak them overnight in room temperature water). Add everything into the blender with roughly ½ cup of liquid (cashew milk or stock). Add salt/pepper/garlic powder to taste. You can also adjust the amount of lemon juice. I start with the juice of ½ a lemon and add more as needed. Depending on the size of the cauliflower you may also need to add more nutritional yeast to get a cheesier flavor.

### Mediterranean Spicy Spinach and Lentil Soup (taken from themediterraneandish.com)

- Extra Virgin Olive Oil
- 1 large yellow onion, finely chopped
- 1 large garlic clove, chopped
- Salt and pepper
- 1 1/2 tsp ground coriander
- 1 1/2 tsp ground cumin
- 1 1/2 tsp sumac
- 1 1/2 tsp crushed red peppers
- 2 tsp dried mint flakes
- Pinch of sugar
- 1 tbsp. flour
- 6 cups low-sodium vegetable broth
- 3 cups water, more if needed
- 12 oz frozen cut leaf spinach (no need to thaw)
- 1 1/2 cups small brown lentils, rinsed
- 1 lime, juice of
- 2 cups chopped flat leaf parsley

In a large ceramic or cast iron pot, heat 2 tbsp olive oil. Add the chopped onions and sauté until golden brown. Add the garlic, all the spices, dried mint, sugar and flour. Cook for about 2 minutes on medium-high heat stirring regularly. Now add the broth and water. Raise the heat to high and bring the liquid to a rolling boil; add the frozen spinach and the lentils. Cook for 5 minutes on high heat then reduce the heat to medium-low. Cover and cook for 20 minutes or until the lentils are fully cooked to tender. (Partway through cooking, check the liquid levels, and if you need to add a little bit of hot water.) Once the lentils are fully cooked, stir in the lime juice and chopped parsley. Remove from

the heat and let sit covered for 5 minutes or so. Serve hot with pita bread or your favorite rustic Italian bread.

### *Stewardship Update by Kathy Chaka*

*Every Good and Perfect Gift Comes from Above  
What a difference a year can make...*

Now that 2017 is officially a memory, the Stewardship Committee can now look back and reflect upon the results of the 2017 Stewardship Campaign. To date, 296 Stewards who made pledges at the start of the campaign of \$214,587, have surpassed their pledges for a total of \$229,134! In addition, end-of-the-year statements have been recently sent out, so we know that that number will increase as stewards continue to complete their 2017 commitments. It is encouraging to see that we are closing the gap on achieving our yearly goal of \$250,000.

To that end, due to the overwhelmingly positive response to our new 2018 Stewardship Packets, we currently already have 127 stewards who have pledged \$148,975. We are humbled and thankful to report that 40 stewards so far have increased their pledges from our 2017 Stewardship Campaign!!! As we move forward, the Parish Council and your Stewardship Committee would like to focus on creating a **Stewardship Outreach Committee**. This committee's main goal will be to connect with those parishioners who are not an active part of our Holy Trinity family, and invite them to become involved in our many worthwhile ministries. If you would like to be a part of this committee please contact Fr. Larry or Kathy Chaka, we'd love for you to join us!

It goes without saying, that all of this would NOT be possible without the generosity and hard work of this community. We would also like to express our sincere thanks to Carole Faoiz for all her hard work in keeping all of our offerings organized and recorded accurately. What would we do without her!!! When we all work together, we make GREAT things happen!

For those many stewards who are still prayerfully considering how to fill out their new 2018 Stewardship Commitment, we encourage you to consider God's many bountiful blessings to your family. We are challenging everyone to increase their financial commitment to Holy Trinity Cathedral. To make your giving as easy and convenient as possible, we offer a variety of payment methods. **Something new for this year is the ability to make your payments on-line! We encourage everyone to check out our updated website [www.holytrinity.com](http://www.holytrinity.com)** We need to challenge all parishioners to spread the word about the good works happening here at Holy Trinity and encourage everyone to make a commitment in some way to our beloved Holy Trinity Cathedral! Thank you again and God Bless Holy Trinity! 2018 looks to be a very promising year!



**2018 Stewardship Update through January 16<sup>th</sup> - Our Stewardship goal for 2018 is \$250,000**

**So far 127 Stewards have turned in a pledge cards totaling \$148,975**

**Stewardship contributions are 7.780.00**

**Please prayerfully consider the needs of our Parish and do your best to give in 2018  
at least the same amount in Stewardship as last year!**

Mr & Mrs Jack Adams  
Ms Joyce Anagnos  
Ms Kathy Andros  
Mr & Mrs John Andujar  
Mr. Anthony Arvanitis  
Mr & Mrs George Arvanitis  
Mr Constantine Ballas  
Mr & Mrs Evan Batsakes  
Mr & Mrs Anthony Berardinelli  
Dr & Mrs Gerald J. Biernacki  
Mr & Mrs Thomas Bohland  
Mr & Mrs Tony Capranica  
Mr Michael Chackman  
Mr & Mrs Bryan Chaka  
Ms Catherine H. Chengges  
Ms Irene Chrysochoos  
Mrs Maria Cole  
Mr & Mrs Greg Cook  
Mr & Mrs Erich Deason  
Mr & Mrs George A. Dedes  
Dr & Mrs Wallace DePue  
Ms Stacia Dimit  
Mr & Mrs Peter Diver  
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Mr. & Mrs. Robert Fotoplos  
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Mr & Mrs Sam Frantzis  
Mr Angelo Gangas  
Ms. Jeanne Gatoura  
Mr & Mrs Chris George  
Mr & Mrs Michael George  
Mrs Maria Georgiafandis  
Mrs Faye Grevis  
Dr. & Dr. Michael Grillis  
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Presvytera Ann Hadgigeorge  
Mr & Mrs John Hall  
Mr & Mrs Richard Hartford  
Mr Steve Hartford  
Ms Theodossia Hatzinikolis  
Mr & Mrs Jason Hickman  
Ms Soteria Houllis  
Mr. & Mrs. Terry Irmen  
Michael Jackson Family  
Mr & Mrs Steven Jenkins  
Mr & Mrs Christos Kamilaris  
Mr & Mrs George Kamilaris  
Mrs. Mary Kanios  
Mr Pete Kanios  
Mr Athanasios Karagiannakis

Mrs. Irene Kaufman  
Mr & Mrs Ted Koinis  
Mr & Mrs Stratos Kondos  
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Mrs. Demetra Theodorou  
Ms Marlene Thomas  
Dr. Michael Thompson & Dr. Elaine Lillios  
Ms Maria Tzanakis  
Mr William Tzanakis  
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Mr & Mrs Dean M. Yakumithis  
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Mr & Mrs Manuel Yakumithis  
Mrs Katherine Zawodny  
Mr & Mrs Chris J. Zervos



## **Holy Trinity Cathedral**

### **Parish Council**

### **“Spotlights”**

## *Random Acts of Kindness*

- **Terry Irmen**

*Shoveling the Church Parking Lots during the BIG snow on Christmas Eve without being asked.*

- **Manuel and Dorothy Yakumithis**

*Preparing and mailing the monthly Hellenic Echo*

- **Mary Dedes and Mary Markham**

*Stamping bulk envelopes when needed*

*Whenever you hear of a **Random Act of Kindness** done by a fellow parishioner, contact Kathy Chaka or Carole Faoiz and we can include their name in our future “Spotlight” editions.*

# "Let the Children Come to Me."



HTGOC Monthly Youth Update  
February 2018

## Youth News

### Hope & Joy

#### Upcoming Events

- 2/4 Souper Bowl of Caring-
- 2/11 Meeting 5:30-7 pm

### GOYA

#### Upcoming Events

- 2/4 Souper Bowl of Caring-
- 2/9 Coffee Talk 5pm @ Sip
- 2/16-18 Dayton Trournament
- 2/25 Bake Sale

### Sunday School

#### Classroom News

- 2/4 Godparent Sunday
- 2/25 Bring Icons to Sunday School

### Greek School

Thank you to all of our students that participated in Greek Letters day. Next presentation is March 25<sup>th</sup> Greek Independence Day!

## A Note From our Sunday School Director - Dr. Susan Karas Sieben

The weather has not stopped our Holy Trinity families from bringing our children to Church and Sunday School. The Christmas Pageant was well attended. Many of the children had speaking parts and were not shy. We all enjoyed the breakfast and Santa's visit.



Godparent's Sunday and Souper Bowl of Caring Sunday are February 4. It is a blessing to be able to receive communion with your Godparents. Parents, encourage your child's godparent to play a supportive role in their lives. Come to Church, be involved in both Church and School activities. Our new bookstore has great gifts for both children and adults that reinforce our Orthodox faith.



Triodion begins January 28 which is our preparation for our Journey through Lent. Lent begins Monday February 19 and it prepares us Orthodox Christians to think less of ourselves and more of others. Lent ends with Holy Week that provides us with an opportunity to participate in special church services and sacraments. Holy Week ends with the celebration of the Feast of Feasts, Great and Holy Pascha. The lessons learned during this time of the year, prepare us for a lifetime of good and faithful Christian living.

The Oratorical Festival will be March 4<sup>th</sup>. As is the past we want all the students to participate. 7<sup>th</sup>-9<sup>th</sup> grade is the junior division and 10<sup>th</sup>-12<sup>th</sup> grade will be the senior division. Parents please support and encourage your children to participate.



# Cathedral Fall Adult Education Opportunities



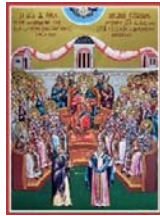
## Adult Study News!

The study of Revelation and the Ecumenical Councils continues through the month of February. Beginning in March we will change to a Lenten Study.

A Journey through the Ecumenical Councils  
Taught by David Mynihan

Every Wednesday

Please join David as he explores the 7 Ecumenical councils of the Orthodox



## Cathedral Book Club

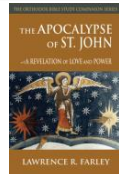
Offered by Father Larry and Pres. Jenny!

Our next Book is "Imagine Heaven" The book is available in the bookstore. Our

next meeting is March 24th

Book Club meets at the Legakis home

Fall Bible Study  
Theme: The Book of Revelation  
"The Apocalypse of St. John" By Father Lawrence Farley  
Taught by Father Larry every Wednesday



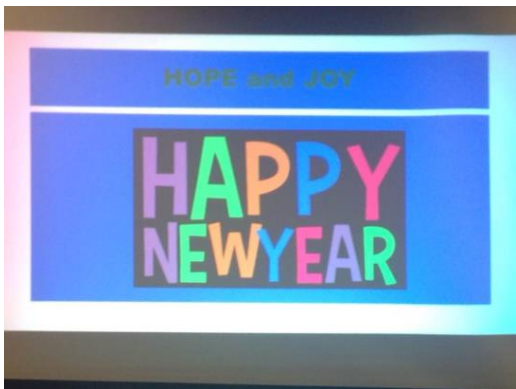
## ADDITIONAL GREEK LANGUAGE OPPORTUNITY

We are pleased to report that an Adult Greek School class will be offered in the spring of 2018 during Tuesday evening, a repeat of this spring's offering. This mini course entitled "Conversational Greek 201" will be a 12-week course focusing on

conversational skills about everyday life activities such as "Greetings & Introductions", "At a restaurant", "Going shopping" and other. The focus will be on speaking to communicate with others (interpersonal) with themes relevant to visiting Greece. Grammar will not be taught explicitly, but instead as appropriate to communicate accuracy. No prior knowledge of Greek is required but is welcomed if previously acquired. The class will be taught by Basil Apostolou, former Greek School teacher and director. Such class will be free to any Holy Trinity current steward over 21 years of age; for all others a \$100 fee payable to our church will be charged. Registration will begin in January 2018. If you are interested in the class, please contact Basil by e-mail at [bapostolou@bex.net](mailto:bapostolou@bex.net) or [basilapostolou@icloud.com](mailto:basilapostolou@icloud.com). Or text at 419-508-5463. Tuesday March 6, 2018 - SAVE THE DATE!



Holy Trinity Happenings





**The Philoptochos Society**  
Proudly presents its annual  
**Holy Trinity Family Lenten Project**  
Benefiting  
**Homeless Shelter Residents of Toledo**

*Date:* Friday, February 23, 2018

*Time:* 6:00 p.m. Salutations Service

7:00 pm Lenten Event

***Speaker Renee Palacios***

**Project:** Make Children's and adult fleece blankets (Please bring a pair of scissors)

*A complimentary Lenten meal will be served and prepared by our very own Olympia Ntakos and her loyal crew  
Our youth will be making their traditional PB&J sandwiches for St. Paul's Mission*

**Come Join in the Fun While Helping Those in Need!**





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## Pan Orthodox Lenten Retreat

DATE: MARCH 3, 2018

HOSTED BY ST. GEORGE WOODLEY

This year's retreat is open to youth and adults. There will be sessions for all ages.

More information coming soon!

---

### The Philoptochos Society's Holy Trinity Family Lenten Project Family House Donations

Along with the blankets we will be donating household items to the Family House. These items will be given to their representative at the Lenten Project.

#### **Donations Needed:**

**Bleach**

**Laundry Soap**

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**Paper Towels**



*Items will be collected beginning in February*



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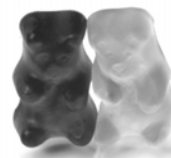
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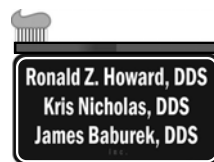
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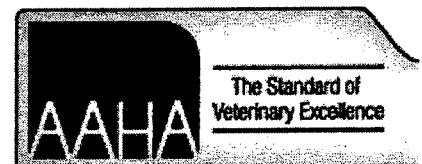
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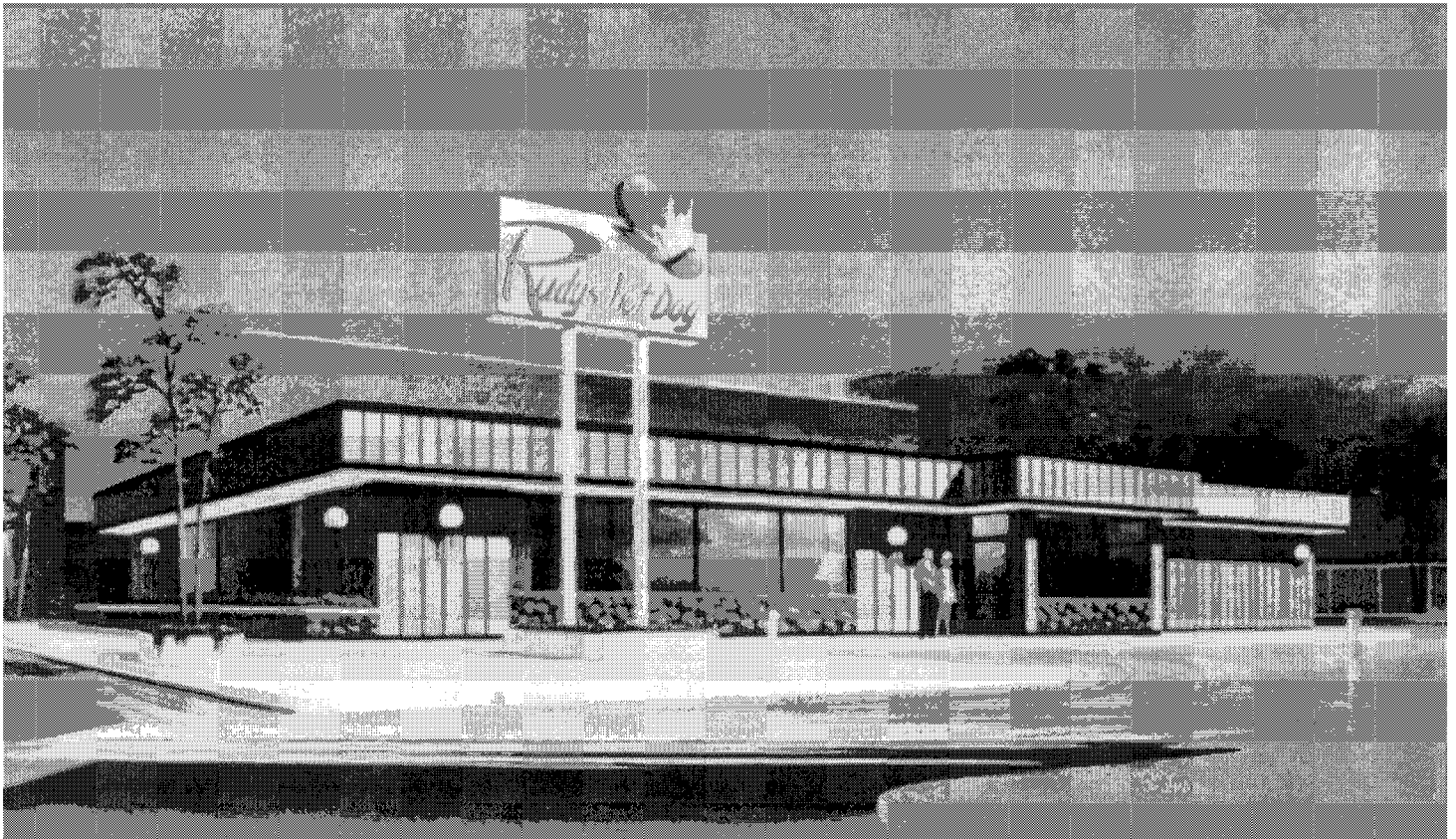
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