

# SPIRIT

## The Heart of Orthodoxy

This year marks the 22nd time I've shared Holy Week and Pascha with the members of our community, and once again I was amazed by the depth of meaning and feeling that the services of Holy Week awoke in me and, I trust, in you as well.

But one of my most memorable Holy Week experiences came on Palm Sunday. I met a young boy that morning who is related to one of the families in our community. He came to church with his mother, and it was his first time in an Orthodox service. He totally loved the Liturgy, took it all in, and announced to his mother that he wanted to convert to the Orthodox faith!

That young boy got it. He got what Christianity is all about. Some churches preach with words, and words, and more words. We preach *the* Word-become-incarnate. We preach Christ, and him crucified and risen! So we use symbols and images, and we engage the senses, because Jesus himself used images and symbols to teach; they're called parables. Palm Sunday itself is a parable, a profound image of how God enters our lives.

Christianity is most alive when it recognizes the power of symbols and images. The young visitor on Palm Sunday responded to the non-verbal communications going on during Liturgy. I would have loved to hear that he wanted to convert because of my sermon. Isn't that the way most people "convert"? At least that's the assumption — and maybe that's true in churches where preaching is the only significant thing that happens. But I firmly believe that it wasn't my sermon our young visitor responded to.

The heart of Orthodoxy is not a sermon, but an image: the image of "God with us." It's an image that takes many forms. But regardless of the form, the reality is always a sense of union with God.

Sometimes it takes the reaction of a child to open our adult eyes to what is right in front of us. The fullness of grace has been given to us. Nothing is lacking—except perhaps *you*, if you have drifted away over the years. You can always come back. And who knows? Perhaps when you come back you might experience Liturgy with the same wonder our Palm Sunday visitor did.

*Fr. Constantine Sarantidis*

### MEMORIAL DAY SERVICES Monday, May 31st

9:15 a.m.

**MOUNT PLEASANT**  
South Portland

9:35 a.m.

**RIVERSIDE CEMETERY**  
Cape Elizabeth

10:00 a.m.

**FOREST CITY**  
South Portland

10:45 a.m.

**BROOKLAWN**  
Portland

11:10 a.m.

**WOODLAWN**  
Westbrook

11:35 a.m.

**EVERGREEN**  
Portland

3:00 p.m.

**BATH**

**Times are approximate.**  
Other cemetery visits may be arranged with Father Constantine.

Please write names  
**CLEARLY & LEGIBLY!**

**SECRETARY'S OFFICE HOURS: Monday to Wednesday, 10 AM — 2 PM**

Luci Nanos, Secretary — Office Phone Number: 207-774-0281 — Email: [htrinity@maine.rr.com](mailto:htrinity@maine.rr.com)

Fr. Constantine's Cell Phone Number: 207-831-3016. His email address: [ksarant@maine.rr.com](mailto:ksarant@maine.rr.com).

Holy Trinity Website: [www.holytrinityportland.org](http://www.holytrinityportland.org)

**SUNDAY MATINS  
SUNDAY LITURGY & SUNDAY SCHOOL**

**9:30 AM  
10:00 AM**

**April 18th — Third Sunday of Pascha**

READINGS: Acts 6:1-7; Mark 15:43-16:8 READERS: Stacy Gikas, Greg Tselikis  
PARISH COUNCIL: Team III—Jim Nicholas\*, Mirella Tucci, Greg Tselikis, Eugenia Lebares  
PROSFORO: Rhea Williams  
FELLOWSHIP: To sponsor this Sunday, please call 774-0281.

**April 25th — Fourth Sunday of Pascha (Saint Mark the Evangelist)**

READINGS: 1 Peter 5:6-14; John 5:1-15 READERS: Tass Varaklis, Alex Gikas  
PARISH COUNCIL: Team I—Chris Dilios\*, George Koukos, Tass Varaklis, Tess Paras  
PROSFORO: Persephone Poulis  
FELLOWSHIP: Mary Gianibas, celebrating Earth Day and God's beautiful creation.

**May 2nd — Fifth Sunday of Pascha (Saint Athanasios)**

READINGS: Hebrews 13:7-16; John 4:5-42 READERS: Angela Varipatis, Grady McCormick  
PARISH COUNCIL: Team II—Helen Blewett\*, Tom Stratis, Paul Ureneck, Phil Sferes  
PROSFORO: Bettie Moustrophis  
FELLOWSHIP: Tsegaye Habtemariam.

**May 9th — Sixth Sunday of Pascha**

READINGS: Acts 16:16-34; John 9:1-38 READERS: Panos Pantelas, Connie Bodley  
PARISH COUNCIL: Team III—Mirella Tucci\*, Greg Tselikis, Eugenia Lebares, Jim Nicholas  
PROSFORO: Elaine Vorias  
FELLOWSHIP: To sponsor this Sunday, please call 774-0281.

**May 16th — Seventh Sunday of Pascha (First Ecumenical Council)**

READINGS: Acts 20:16-36; John 17:1-13 READERS: Demo Varipatis, Diana Dowd  
PARISH COUNCIL: Team I—George Koukos\*, Tass Varaklis, Tess Paras, Chris Dilios  
PROSFORO: Rhea Williams  
FELLOWSHIP: To sponsor this Sunday, please call 774-0281.

**May 23rd — PENTECOST**

READINGS: Acts 2:1-11; John 7:37-52 READERS: Stacy Gikas, Tom Peterson  
PARISH COUNCIL: Team II—Tom Stratis\*, Paul Ureneck, Phil Sferes, Helen Blewett  
PROSFORO: Persephone Poulis  
FELLOWSHIP: Philoptochos in honor of our feast day.

**May 30th — First Sunday of Matthew (All Saints)**

READINGS: Hebrews 11:33-12:2; Matthew 10:32-38 READERS: Tass Varaklis, Merilla Michael  
PARISH COUNCIL: Team III—Greg Tselikis\*, Eugenia Lebares, Jim Nicholas, Mirella Tucci  
PROSFORO: Bettie Moustrophis  
FELLOWSHIP: Sibson and Nicholas families, in memory of Esther Young.

## Altar Oil

- ✧ April 4-10, Rhea Williams & Family, in loving memory of James Williams, husband, father and grandfather.
- ✧ April 11-17, Stacy Gikas, for the birthday of Marina and Jeff.
- ✧ April 18-24, Stacy Gikas, in loving memory of her husband, George.
- ✧ April 25-May 1, Rosella Dragoumanos, in memory of her loved ones.
- ✧ May 2-8, Argy Pappas Manjounes, in honor of her husband George's birthday.
- ✧ May 9-15, Amelia Giatas, in loving memory of her sister-in-law, Marianthe Panagoulas.
- ✧ May 16-22, Stefanos & Kasiani Gikas, in memory of Mr. & Mrs. Arthur Gikas and Mr. & Mrs. Efthimios Hasiotis.
- ✧ May 23-29, Angela Plummer, in memory of Jack and Joe.
- ✧ May 30-June 5, Stacy Gikas, in memory of loved ones.
- ✧ June 6-12, Rosie Callender, for the health of her family members in the Lekas and Stratis families.

**Donations are \$10 per week.**

## DEATHS

*Sylvia Goulatis fell asleep in the Lord on February 10th and received funeral on February 16th. Sylvia was certainly one of the most memorable and most faithful members of our church community. She touched the lives of every one of us in one way or another. We sorely miss her. We extend our sympathies to her daughters, Connie and Freda, and her son, Jaimie, and his family.*

*Mildred Doukas entered into eternal rest on February 14th. Her funeral service was held on February 22nd. Mildred's quiet presence communicated love and support. She was deeply loved, and we extend our sympathies to her sisters, Virginia, Despina and Aphrodite, and her nieces and nephews.*

*George Eustace Lekousi fell asleep in the Lord on April 1st and received funeral on April 7th. He lived a remarkable life and was active in church and community organizations. He was a loyal family man, and we embrace with our sympathies his wife, Helen, his daughter, Mary Papoutsy, his son, Louis, his brother, Arthur, and their families.*

*We learned of the recent death of **Bette Zaharris** in Massachusetts. Bette had been a member of our church for several years. We extend our sympathies to her son, Drake, and his family, and her sister-in-law, Joan Tsakos.*

*We are also saddened by the death of **Sophia Zoulamis**, mother of Chris Zoulamis, at the age of 96. Sophia died peacefully on April 8th and her funeral was at the St. Nicholas Church in Portsmouth on April 10th. She had a radiant personality. We extend our sympathies to Chris and his family.*

**MEMORY ETERNAL TO THESE PRECIOUS MEMBERS OF THE ORTHODOX FAMILY.**

## BAPTISM

*John Gordon Sprague, son of Caroline & Mark Sprague, was baptized on February 20th. Godmother was Christina Zoulamis.*

**CONGRATULATIONS AND MANY BLESSINGS!**

## **MANY THANKS TO THE DONORS OF HOLY WEEK VOTIVE OFFERINGS:**

NEWSPAPER ADS (*Tasso, Val, Anastasia & Evangelos Kapothanasis*)

INCENSE (*James & Alexandra Vorias*)

CHARCOAL (*Stacy Gikas*)

PALMS (*Maria Economos & Amelia Giatas*)

FLOWER WREATH "Entry Into Jerusalem" Icon (*Angela & Bettie Moustrouphis*)

SUPPLIES FOR HOLY UNCTION (*Eugenia Lebares*)

2 FLORAL ARRANGEMENTS for Holy Thursday (*Argy Pappas Manjounes*)

12 VIGIL LIGHTS FOR 12 GOSPEL READINGS (*Olga Hasiotis*)

FLOWER WREATH for Icon of the Crucifixion (*Rhea Williams*)

EPITAPHIOS FLOWERS (*Rosella Dragoumanos; Luci Nanos; Gus & Mary Jiottis; Diana Dowd & Craig Doremus; Mino & Alexandra Gikas; John & Ruth Kazanzides; Helen Blewett; Kimberly Blewett; Zewdu Weldemariam; Kasiani Para; Kay Cannon; Helene Giftos; Alexandra & Byron Neal; Domna Giatas; Arthur Lekousi; Helen Heel*)

FLOWER WREATH "Descent from the Cross" Icon (*Diana Dowd & Craig Doremus*)

8 VIGIL CANDLES FOR THE EPITAPHIOS (*Harry & Maria Koukos*)

ROSE WATER (*Esther Pliss*)

WHITE SHEET for the Apokathelosis (*Gus & Mary Jiottis*)

FLOWER WREATH for the Resurrection Icon (*Melpo & Steve Shamos, in memory of Marie Shamos Twitchell and Persefoni Vellios*)

FR. CONSTANTINE'S PASCHA CANDLE (*Helen & Foni Poulis*)

EASTER LILIES (*Effie Kapothanasis, 5; Tass & Soula Varaklis; Ritsa Nanos; Aqila & Kasiani Haxhi and Apathi & Svet Kirtchev, 3*)

FLORAL GARLAND FOR THE ICONOSTASION (*Sophie Kourakos*)

4 LIGHT-DISTRIBUTION CANDLES at Midnight (*Rosella Dragoumanos*)

**PLEASE NOTE:** If there are any mistakes in this list or your votive offering is not listed, please call Luci at the office.

**A BIG THANK-YOU** to all who helped make our Holy Week observances beautiful.

**OUR RESOURCE CENTER IS FULL OF GOOD THINGS YEAR-ROUND!** The Resource Center staff (Bonnie & Sam Nawfel and Helen Blewett) will be available to help you after Liturgy every Sunday. Check it out! We have a good selection of Orthodox books, cards for name days, baptisms and weddings, as well as some icons and other religious items. We will continue to add new items and materials, as indicated by the interests of our parishioners. Our staff can also order anything that we don't have. So let us know what you'd like to see in our Resource Center. But do drop in and take a look after Liturgy, during coffee hour.

**THIS ISSUE IS  
SPONSORED BY  
BETTE ZAHARRIS, IN  
MEMORY OF HER SON,  
DAVID.**

**BETTE HERSELF DEPARTED THIS  
LIFE BEFORE WE WENT TO PRINT.  
WE DEDICATE THE ISSUE TO HER  
MEMORY.**

# STEWARDSHIP REPORT 2009

To the list of 2009 Stewards published in the March-April issue of **spirit**, we add the following:

Kakos Family  
George & Dorothy Liakopoulos  
Anastasia Vorias

In addition, the following members were mistakenly omitted from all previous 2009 listings because of problems with our computer database:

William & Rudina Gribizis  
Jeff & Marina Moulton  
Harry & Constance Ostis  
Connie Regios  
Nicoletta Vaghena  
Chrissy Zoulamis

We apologize for the errors. To report any omissions or errors please call Luci Nanos at 774-0281, who is responsible for all stewardship records and database entries.

This is our final report for 2009.

Number of Active Stewards in 2009: **252**

Total Stewardship Commitments for 2009: **\$121,770**

Average Stewardship Commitment for 2009: **\$483**

**“Thank You” to all our stewards!**

The unpaid balance on 2009 pledges is **\$3,760**. We hope to receive all unpaid balances soon. Thank you.

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## *PHILOPTOCHOS NEWS*

Kitchen Renovations. The Philoptochos will work together with the Parish Council to carry out much needed improvements in the Parish House kitchen. Structural work will also be necessary. The Philoptochos and Parish Council will split the cost of all the work, which will begin after our June Festival. Members of Philoptochos and the Holy Trinity community will be updated with information as it becomes available.

The Philoptochos completed another successful Lambropsomo bake sale. A big THANK YOU to all who helped during some intensive days of baking in late March.

The Philoptochos will continue to organize fellowship dinners and other special events. If you're not yet a member, please give it some serious thought and attend a meeting or speak to one of the women in our parish. Chances are the woman you speak to is a member, as Philoptochos women are always present and active in all aspects of church life!

The next regular meeting is on Wednesday, May 5th, at 6:00 pm.

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CONGRATULATIONS to **Nicolette Kapothanasis** for making the National Honors Society. A wonderful honor for a deserving, much-talented young lady.

CONGRATULATIONS to **Kosta Kapothanasis** upon being selected for the Greek National Baseball team! Who knows, we might see him play in the 2012 Olympics!

## **THE JOHN, CHRISTINE AND BECKY LEKOUSES MEMORIAL SCHOLARSHIP**

### **FOR GRADUATING HIGH-SCHOOL AND COLLEGE STUDENTS**

There are no restrictions as to nationality, academic achievement or financial need. However, the applicant must be a member and regular participant in our church.

**APPLICATION DEADLINE:**

**APRIL 25th**

**Contact Bonnie Nawfel or Fr. Constantine for details and application forms. It is the responsibility of graduating students to apply for this scholarship!**

# 2010 Festival

June 24, 25 & 26

## “The Best Three-Day Party In Portland”

**It's time to get excited about our annual Festival!!** The Festival is our only major fundraising event. In recent years we've had phenomenal success, and year after year we are breaking our own records. But we need the support of everyone to continue this success. Without the Festival income, we would not be able to balance our budget! No donation of time or money is too small.

**Please do your share to help your church. We need you. We are counting on you.**

**PLEASE MAKE A MONETARY DONATION TO OUR FESTIVAL!**

### COME HELP WITH FOOD PREPARATION

For the Festival to happen, we must have lots of food to sell. WITHOUT THE FOOD, THERE IS NO FESTIVAL! As you can see on the next page, we need large crews to do several of the dishes. For two decades, this labor of love has been done by a dedicated group of Parishioners. But more and more of these seniors are at an age when the long days are more than anyone can ask of them. Our seniors need help from our younger adults! If you want the Festival to continue, please make time available to help on some or all of these dates. The facing page gives you details on how to volunteer.

## YOUTH EVENTS

**District Retreat for Youth and Family—All Ages, including Adults!**

**RECALCULATE: Navigating our way to Christ**

**Saturday, April 24 at the St. Demetrios Church in Saco, 9:30 am — 2:00 pm**

### Metropolis of Boston Summer Camp

Session 1: June 30-July 4, 2010 (First Ever Family Summer Camp!)

Session 2: July 5-July 11, 2010 (ages 8-18)

Session 3: July 12-July 18, 2010 (ages 8-18)

Session 4: July 19-July 25, 2010 (ages 8-18)

Session 5: July 26-August 1, 2010 (ages 8-18)

Session 6: August 2-August 8, 2010 (ages 8-18)

Please note that if your child has Special Needs and you would like to learn more about the Embracing Children Program, then please contact the Camp directly at 603-746-4400 or email [mbcamp@tds.net](mailto:mbcamp@tds.net) for more information.

More details and registration forms are available at

[www.boston.goarch.org/youth\\_ministries/mbc/metropolis\\_of\\_boston\\_summer\\_camp\\_2010](http://www.boston.goarch.org/youth_ministries/mbc/metropolis_of_boston_summer_camp_2010)



# UPCOMING DATES OF FOOD PREPARATION AND BAKING FOR THE FESTIVAL

## APRIL

- ☆ Friday, April 23 — Spanakopita. Crew needed – 25
- ☆ Saturday, April 24 — Spanakopita. Crew needed – 25

## MAY

- ☆ Thursday, May 6 — Baklava. Crew needed – 30
- ☆ Friday, May 7 — Baklava. Crew needed – 30
- ☆ Saturday, May 8 — Baklava. Crew needed – 30
- ☆ Tuesday, May 18 — Moussaka & Pastitso. Crew needed – 10
- ☆ Wednesday, May 19 — Moussaka & Pastitso. Crew needed – 10
- ☆ Thursday, May 20 — Moussaka & Pastitso. Crew needed – 10

## JUNE

- ☆ Thursday, June 10 — Paximathia
- ☆ Friday, June 11 — Walnut Cake
- ☆ June 14, 15, 16, 17 & 18 — PASTRY WEEK. Crews needed – 20 every day!
- ☆ Monday, June 21 — Chicken preparation. Crew needed – 10
- ☆ Monday, June 21 — Vegetable cutting. Crew needed – 15
- ☆ Tuesday, June 22 — Lamb preparation. Crew needed – 25
- ☆ Tuesday, June 22 — Lamb preparation. Evening Session at 5:00 pm.
- Wednesday, June 23 — SET-UP OF TENT, BOOTHS & TABLES STARTING AT NOON

### PLEASE LET US KNOW WHEN YOU CAN HELP:

- ◇ By Email at [htrinity@maine.rr.com](mailto:htrinity@maine.rr.com);
- ◇ By calling the church office at 774-0281;
- ◇ By adding your name to the sign-up sheets in church;
- ◇ Or, circle dates on this form, sign it, and
  - Drop off the form at the church front desk (pangari) on a Sunday,
  - Or, mail the form to the office.

**ALL SHIFTS START AT 8:30AM. WORK WHEN YOU CAN FOR AS LONG AS YOU CAN. WHATEVER TIME YOU GIVE HELPS. LUNCH PROVIDED. THANK YOU.**

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*Name*

***THE FESTIVAL IS ESSENTIAL TO OUR FINANCES. WITHOUT THE FOOD, THERE CANNOT BE A FESTIVAL. AND ALL PORTLAND WAITS FOR IT!***

April-May 2010

# SPIRIT

Holy Trinity Orthodox Church  
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