



# OCTOBER 2025



Monthly Bulletin - Holy Trinity Greek Orthodox Church



*The Holy Protection of the Mother of God - <http://agiografikesmeletes.blogspot.com>*

## FROM FR. KOSTA

As we step into October, we find ourselves in a season of transition. The warmth of summer has faded, and nature begins to quiet itself in preparation for winter. It is also a good time for us to turn inward and remember what the Church constantly teaches us: to live attentively, repentantly, and prayerfully. The changing of seasons is more than a backdrop—it is a reminder that everything in this world is passing, and that our true home is not here, but in the eternal Kingdom of God.

This month, we celebrate the feast of the Protection of the Most Holy Theotokos. On this day, we recall the appearance of the Mother of God at the Church of Blachernae in Constantinople, where in a vision she extended her veil over the faithful as a sign of her intercession and care. In a world full of anxiety and noise, her quiet presence and protection remind us that we are not alone. The Theotokos doesn't remove us from trials, but she walks with us in them, always pointing us to

her Son. When the storms of life rise up—whether personal, societal, or spiritual—we do well to remember her motherly prayers and to imitate her humility and trust.

We also remember this month St. Luke the Evangelist (October 18) – the beloved physician and Gospel writer, who gave the Church not only a detailed account of the life of Christ but also the Acts of the Apostles. His work is a testament to the power of the Holy Spirit in the life of the Church. His life teaches us that learning, faith, and personal sacrifice go hand in hand.

On October 26, we honour St. Demetrios the Myrrh-Streamer, a soldier who chose Christ over power and prestige, and was martyred for his faith. In a time when strength is often confused with aggression or control, St. Demetrios reminds us that true strength is shown in obedience to God and in standing firm with integrity and without compromise in the faith.

(Continued on the next page)

## MAJOR RELIGIOUS DATES & FEASTS

- The Great Martyr Demetrios the Myrrh-Streamer (Oct. 26)
- Holy Protection of the Theotokos (Oct. 28)



*St. Demetrios - eikastikon.gr*

## Hymn of St. Demetrios (Tone 3):

All the world has you, its mighty champion, fortifying us in times of danger, and defeating our foes, O Victorious One. So, as you humbled Lyaaios's arrogance by giving courage to Nestor in the stadium, thus, O holy Great-martyr Demetrios, to Christ our God pray fervently, beseeching Him to grant us His great mercy.

## HOLY TRINITY GREEK ORTHODOX CHURCH

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## FROM FR. KOSTA (CONTINUED)

These saints, like many others in the October calendar, didn't live in comfortable or ideal times. They lived in hardship, under persecution, and often in obscurity. But they were faithful. They stayed the course. That is what God asks of us—not success or perfection, but faithfulness.

October is not yet the Nativity Fast, but it gives us a chance to prepare for it properly. Before the more structured discipline begins in November, we should start making space in our lives now. If prayer has grown cold, warm it again. If our attention has been scattered, gather it back. A little effort in silence and prayer now will bear much fruit later.

Now is a good time to slow down, reflect, and reorient ourselves toward what matters most. The fast-paced rhythm of the world rarely allows room for stillness. But if we don't intentionally make time for prayer and silence, we end up missing the quiet voice of God. The Psalmist doesn't say, "Be busy and know," but "Be still and know that I am God."

One practical step might be to keep the Psalms close—read a Psalm before bed, or in the morning before starting the day. Try to attend at least one weekday service this month. Go to confession before the rush of the Nativity season begins. Fast more intentionally on Wednesdays and Fridays. These are not heroic acts—they are ordinary, Christian ones.

Many of us are carrying a lot. Suffering is an inherent part of this life, and people experience it

differently. Some are tired, discouraged, and often unsure of how to take even the next step. That's not unusual, and it's nothing to be ashamed of. The Church is not a place for the victorious—it is a hospital for the sick. Christ is not looking for polished performances; He wants our hearts. We come to Him as we are, not as we wish we were (or, for that matter, how we wish He were), and leave the rest to Him.

As Elder Aimilianos once said, "God does not expect us to be sinless; He expects us to repent." God isn't asking for perfection. He is asking for repentance—a return. You don't have to fix everything at once. Just take one step: say a prayer, light a candle, attend a service, or call your priest when you need him. The door is always open.

Let October be a month of quiet return. A return to prayer. A return to the services. A return to patience with our families, mercy in our speech, and discipline in our thoughts. These small steps are not small in the eyes of God.

May the Lord strengthen you, protect your households, and grant each of us the peace that comes from walking with Him daily.

+Fr. Kosta

## ΜΗΝΥΜΑ ΤΟΥ ΠΑΤΡΟΣ ΚΩΝΣΤΑΝΤΙΝΟΥ

Καθώς μπαίνουμε στον Οκτώβριο, βρισκόμαστε σε μια περίοδο μεταβατική. Η ζεστασιά του καλοκαιριού έχει πλέον υποχωρήσει, και η φύση αρχίζει να ησυχάζει, προετοιμαζόμενη για τον χειμώνα. Είναι και για εμάς μια κατάλληλη στιγμή να στραφούμε προς τα μέσα και να θυμηθούμε αυτό που η Εκκλησία πάντοτε μας διδάσκει: να ζούμε με προσοχή, μετάνοια και προσευχή. Η εναλλαγή των εποχών δεν είναι απλώς ένα σκηνικό· είναι μια υπενθύμιση πως όλα σε αυτόν τον κόσμο είναι παροδικά και ότι η αληθινή μας πατρίδα δεν είναι εδώ αλλά στην αιώνια Βασιλεία του Θεού.

Αυτόν τον μήνα, εορτάζουμε την Αγία Σκέπη της Υπεραγίας Θεοτόκου. Την ημέρα αυτή, θυμόμαστε την εμφάνιση της Παναγίας στον Ναό των Βλαχερνών στην Κωνσταντινούπολη, όπου, σε όραμα, άπλωσε τον χιτώνα της επάνω στους πιστούς, ως σημείο της μεσιτείας και της φροντίδας της. Μέσα σ' έναν κόσμο γεμάτο ανησυχία και θόρυβο, η σιωπηλή παρουσία και προστασία της μας υπενθυμίζει ότι δεν είμαστε μόνοι. Η Θεοτόκος δεν μας απαλλάσσει από τους πειρασμούς, αλλά συμπορεύεται μαζί μας μέσα σ' αυτούς, δείχνοντας μας πάντοτε τον Υιό της.

Θυμόμαστε επίσης αυτόν τον μήνα τον Αγιο Λουκά τον Ευαγγελιστή (18 Οκτωβρίου) – τον αγαπητό ιατρό και συγγραφέα του Ευαγγελίου, ο οποίος προσέφερε στην Εκκλησία όχι μόνο μια λεπτομερή καταγραφή της ζωής του Χριστού, αλλά και τις Πράξεις των Αποστόλων. Το έργο του αποτελεί μαρτυρία της δύναμης του Αγίου Πνεύματος στη ζωή της Εκκλησίας. Η ζωή του μας διδάσκει ότι η μάθηση, η πίστη και η προσωπική θυσία συμβαδίζουν.

Στις 26 Οκτωβρίου τιμούμε τον Αγιο Δημήτριο τον Μυροβλύτη, έναν στρατιώτη που προτίμησε τον Χριστό αντί της εξουσίας και της κοινωνικής δόξας και μαρτύρησε για την πίστη του. Σε μια εποχή όπου η δύναμη συχνά συγχέεται με την επιβολή ή τον έλεγχο, ο Άγιος Δημήτριος μας υπενθυμίζει ότι η αληθινή δύναμη φανερώνεται με την υπακοή στον Θεό και την ακλόνητη στάση με ακεραιότητα και χωρίς συμβιβασμούς στην πίστη μας.

Οι άγιοι αυτοί, όπως και τόσοι άλλοι μέσα στο εορτολόγιο του Οκτωβρίου, δεν έζησαν σε εύκολες ή ιδανικές εποχές. Εζησαν σε δυσκολίες, διωγμούς και

πολλές φορές μέσα στην αφάνεια. Ομως παρέμειναν πιστοί. Αυτό ζητά κι από εμάς ο Θεός—όχι επιτυχία ή τελειότητα, αλλά πίστη και συνέπεια.

Ο Οκτώβριος δεν είναι ακόμη η περίοδος της Νηστείας των Χριστουγέννων, αλλά μας δίνει την ευκαιρία να προετοιμαστούμε σωστά. Πριν ξεκινήσει η πιο αυστηρή πνευματική άσκηση του Νοεμβρίου, καλό είναι να δημιουργήσουμε χώρο στην καθημερινότητά μας από τώρα. Αν η φωτιά της προσευχής μας έχει σβήσει λίγο, ας την δυναμώσουμε. Αν η προσοχή μας έχει διασκορπιστεί, ας την συγκεντρώσουμε ξανά. Λίγη προσπάθεια τώρα, με σιωπή και προσευχή, θα αποδώσει μεγάλο καρπό αργότερα.

Είναι καλή εποχή για να επιβραδύνουμε, να στοχαστούμε και να στραφούμε ξανά σε αυτά που έχουν πραγματική σημασία. Ο ρυθμός του κόσμου είναι συχνά γρήγορος και αδιάκοπος, αλλά χωρίς σιωπή και προσευχή, χάνουμε τη φωνή του Θεού. Ο Ψαλμωδός δεν λέει, «Να είστε απασχολημένοι και να γνωρίζετε», αλλά: «Σταθείτε και γνωρίστε ότι εγώ είμαι ο Θεός».

Μια πρακτική συμβουλή είναι να κρατάμε τους Ψαλμούς κοντά μας—διαβάστε έναν Ψαλμό πριν τον ύπνο ή το πρωί πριν ξεκινήσει η μέρα. Προσπαθήστε να έρθετε έστω σε μία καθημερινή ακολουθία αυτόν τον μήνα. Εξομολογηθείτε πριν αρχίσει η περίοδος της Νηστείας. Νηστέψτε με μεγαλύτερη προσοχή κάθε Τετάρτη και Παρασκευή. Αυτές δεν είναι ηρωικές πράξεις—είναι τα απλά, καθημερινά χριστιανικά βήματα.

(Συνέχεια στην επόμενη σελίδα)

## ΜΗΝΥΜΑ ΤΟΥ Π. ΚΩΝΣΤΑΝΤΙΝΟΥ (Συνέχεια)

Μερικοί από εμάς κουβαλούν πολλά. Άλλοι είναι κουρασμένοι, αποθαρρημένοι ή δεν ξέρουν καν ποιο είναι το επόμενο βήμα να πάρουν. Δεν είναι κάτι ασυνήθιστο, ούτε ντροπιαστικό. Η Εκκλησία δεν είναι τόπος για τους «νικητές», είναι θεραπευτήριο για τις ψυχές. Ο Χριστός δεν ζητά επιδείξεις. Ζητά τις καρδιές μας. Πηγαίνουμε σε Αυτόν όπως είμαστε, όχι όπως θα θέλαμε να είμαστε (ή όπως μερικές φορές Τον θελούμε εμείς).

Όπως είπε κάποτε ο Γέροντας Αιμιλιανός: «Ο Θεός δεν περιμένει να μην έχουμε αμαρτίες· περιμένει να μετανοούμε». Ο Θεός δεν ζητά τελειότητα. Ζητά μετάνοια—μια επιστροφή. Δεν χρειάζεται να τα διορθώσουμε όλα με τη μία. Απλώς κάντε ένα βήμα: πείτε μια προσευχή, ανάψτε ένα κερί, ελάτε σε μια ακολουθία, καλέστε τον ιερέα σας όταν τον χρειάζεστε. Η πόρτα είναι πάντοτε ανοιχτή.

Ας είναι ο Οκτώβριος μήνας ήσυχης επιστροφής. Επιστροφής στην προσευχή. Επιστροφής στις ακολουθίες. Επιστροφής στην υπομονή με την οικογένεια μας, στο έλεος στον λόγο μας, και στην πειθαρχία της σκέψης μας. Αυτά τα μικρά βήματα δεν είναι μικρά στα μάτια του Θεού.

Ο Κύριος να σας ενισχύει, να προστατεύει τα σπίτια σας και να μας χαρίζει ειρήνη, καθώς πορευόμαστε καθημερινά μαζί Του.

+π. Κωνσταντίνος

## IN MEMORIAM THIS MONTH

This month, we remember and pray for the souls of our departed Orthodox brothers and sisters who lived in Thunder Bay. The list below is based on our church's Registry Book of Deaths and Funerals entries.

Please notify our priest if you find any errors or omissions.

May the Lord our God rest the souls of His servants:

Vasilios Toledes (1957)  
Evaggelia Dimopoulou(Raschalis)  
(1958)  
Andreas Kontopanos (1965)  
Vassiliki Charitou (1972)  
Kyriakos Biniaris (1973)  
Alexandra Tsaknakas (1974)  
Magdalene Lucas (1975)  
Chris Gotziaman (1980)  
Stanley Stathopoulos (1989)  
Persefoni Pazianos (1995)  
Dimitrios Damianakos (2003)  
Taxiarhis Milionis (2003)  
Samara Dimitrijevic (2009)  
Gabriel Aspropotamitis (2017)  
Tom Pavlou (2020)  
Efrosini (Rose) Sourtzis (2022)

*With the Saints, give rest, O Christ, to Your  
servants' souls where there is no pain, sorrow,  
or lament, but life everlasting.*

—  
*Μετά των Αγίων ανάπαυσον Χριστέ τας ψυχάς  
των δούλων Σου, ένθα ούκ εστί πόνος, ου  
λύπη, ου στεναγμός, αλλά ζωή ατελεύτητος.*

**ΜΗΝΙΑΙΟ ΠΡΟΓΡΑΜΜΑ - ΟΚΤΩΒΡΙΟΣ 2025**

[illegible]





The Holy Trinity Greek Orthodox  
Church Of Thunder Bay

INVITES YOU TO A  
*Thanksgiving*

*Potluck*

*October 12th 2025*

After Divine  
Liturgy



All Are Welcome.  
Please invite  
friends and family

**Please let us know what you're bringing and how many  
people are in your group by:**

- commenting on our Facebook post
- emailing us at [holytrinity@tbaytel.net](mailto:holytrinity@tbaytel.net)
- using the sign-up sheet on the bulletin board by the church hall

**The full list will be on the signup sheet on the bulletin board at the church hall.**

**Παρακαλούμε δηλώστε συμμετοχή και πείτε μας τι θα φέρετε και πόσα άτομα θα είστε με  
έναν από τους εξής τρόπους:**

- Αφήνοντας σχόλιο στην ανάρτησή μας για το Thanksgiving στο Facebook
- Στέλνοντάς μας email στο [holytrinity@tbaytel.net](mailto:holytrinity@tbaytel.net)
- Γράφοντας το όνομα σας στο φύλλο συμμετοχής στον πίνακα ανακοινώσεων, δίπλα στην  
είσοδο της αίθουσας της εκκλησίας

**Η πλήρης λίστα θα βρίσκεται στο φύλλο συμμετοχής στον πίνακα ανακοινώσεων της  
αίθουσας της εκκλησίας.**

## YOUNG SAINTS' WORKSHOP

### Activities & Ideas to Discuss with our Children at Home

#### UNDER THE THEOTOKOS' HOLY PROTECTION

**On October 28** (or October 1 in other Orthodox Churches), we remember how the Mother of God appeared during a church service in the 10th century, holding her veil over the people to protect them. This feast is called the Protection (or Veil) of the Theotokos.

She is always praying for us and watching over us. We ask her to protect us, just like she protected the people long ago!

#### ■ ■ Fun Challenge:

Can you find an icon of the Theotokos in church and at home? Where is she standing? What is she holding?



#### Fill in the Blanks

**Word Bank:** Jesus • Family • Veil • With • Help

Dear Theotokos,

You are the Mother of \_\_\_\_\_ and the protector of all who love you. I ask you to keep me and my \_\_\_\_\_ safe. Cover us with your holy \_\_\_\_\_ and pray to your Son for us. When I feel scared or alone, help me to remember that you are always \_\_\_\_\_ me. Thank you for your love and your gentle \_\_\_\_\_. Amen.

■ ■ Home activity: Draw Mary holding her veil over you and your family. What does it feel like to be under her protection?

## RAISING SAINTS: PRACTICAL ORTHODOXY AT HOME

### TEACHING CHILDREN TO LOVE THE LITURGY

*Scripture: "I was glad when they said to me, 'Let us go to the house of the Lord.'" — Psalm 122:1*

The Divine Liturgy is the heart of Orthodox life. Children grow to love the Liturgy not through lectures, but by being present and engaged on a weekly basis. They learn by seeing their parents sing, pray, and participate.

It's not always easy to bring young people to church, but these moments of worship shape them for a lifetime. Even if they fidget or whisper, they are surrounded by the prayers and presence of God.

#### Practical Ways to bring our kids closer to the Liturgy:

1. Sit near the front so children can see what's happening.
2. Explain parts of the service in simple words (see the "Children in the Liturgy" section in this bulletin).
3. Give them a small "job" — lighting candles, carrying an icon on a feast day, or standing beside you to sing.
4. Speak positively about church attendance, the Sacraments, and the Divine Liturgy during the week.

#### Why It Matters

The Church is not just a building we visit—it is a family to which we belong. And our home is a "domestic church," with Christ at its center. If we maintain both, our children will grow up knowing that they are loved by God, supported by their community, and part of something eternal.

#### Faith-at-Home Challenges:

1. Invite another family to sit with you at Liturgy or during coffee hour, or join another family.
2. Discuss each person's Patron Saint at home and the family's patron saint (if there is one), and how they protect your family and home.



## CHILDREN IN THE DIVINE LITURGY

**To the parents and grandparents of our young children, may we suggest...**

Relax! God put the wiggle and curiosity in children; don't feel you must suppress it. All are welcome! Sit somewhere easier for your little ones to see and hear what is going on—even if that means you sit at the front. They tire of seeing the backs of others' heads. We understand how challenging it can be to have small children in Liturgy. Please don't be discouraged. We love you and want you here.

If you need to give your child a break, that's fine too. Usually, a walk outside, in the church hall, or the narthex is enough to help them refocus.

**Quietly explain the Liturgy to your children:**

### **The Small Entrance**

The Gospel (the Good News) coming into the world

### **The Epistle and Gospel Readings**

Our message for the day

### **The Sermon/Homily**

The clergy speak about the Bible readings, the Saints, and the Holy Days.

### **The Offering (Anaphora)**

Bowing to our King and offering Him our gifts, that He may change them into His Body and Blood and offer them back to us

### **Holy Communion**

Christ is in us, and we are in Him. It's not just bread and wine, but the Mystical Body and Blood of our Lord.

Sing hymns, pray, and respond with the chanters. Children learn liturgical behaviour by imitating adults. If you need to step out with your child temporarily, please return after they've calmed down. As Christ said, "Let the children come to Me." We also encourage visits to the church and a meeting with Fr. Kosta with your children when there is no service, to explain the church to them.

The presence of children is a gift to the Church and a reminder that our Community is growing. Please pray for our children and welcome them by giving a smile of encouragement to their parents. Remember that how we welcome children in the Church directly affects how they respond to the Church, Christ, and one another. Let them know they are home!

# SOUVLAKI TAKE OUT

**Holy Trinity Greek Orthodox Church**  
651 Beverly Street, Thunder Bay



**3:00 pm to 6:30 pm**

**Thursday, September 11, 2025**

**Thursday, October 2, 2025**

**Thursday, October 16, 2025**

**Thursday, October 30, 2025**

**Thursday, November 13, 2025**

**Thursday, November 27, 2025**

Cash, Debit, and Credit Accepted  
Questions: greekdinner4@gmail.com

**A PORTION OF OUR PROFITS WILL BE DEDICATED TO SUPPORTING TOYS FOR TOTS.**

We invite you to help us reduce waste by bringing along a reusable bag for your take-out order!

Lakehead and Confederation Students: \$2 off on any order over \$10 with your Student ID

## SOUVLAKI TAKE-OUT VOLUNTEER WORK SCHEDULE

### TUESDAY

9:00 am to approximately 12:00 pm

Food deliveries arrive - received usually by Fr. Kosta

### WEDNESDAY

9:00 am to approximately 1:00 pm

Chopping vegetables and preparing salads, and setting up for the next day.

### THURSDAY

9:00 am to 3:00 pm

Preparing and cooking the rest of the menu, setting up for customers.

3:00 pm to 6:30 pm

Doors open for customers

6:30 to 7:30 pm

Clean-up - washing dishes, mopping, putting equipment in storage.

Please speak with a board member or Fr. Kosta if you or someone you know would like to get involved in our fundraiser.

## HOLY PROTECTION OF THE THEOTOKOS AND WWII

The Feast of the Protection of the Theotokos commemorates a 10th-century miracle at the Blachernae Church in Constantinople. During an all-night vigil on October 1, St. Andrew the Fool-for-Christ and his disciple Epiphanius witnessed the Virgin Mary appear over the congregation, spreading her veil (or omophorion) in a protective gesture—symbolizing her intercessions and safeguarding of the faithful. This event is venerated widely across the Orthodox world, primarily on October 1.

In 1952, the Holy Synod of the Church of Greece decided to transfer the observance of this feast from October 1 to October 28. This was done so that the Church could align it with OXI Day, the national holiday commemorating the courageous Greek response to Italian aggression during World War II, when Prime Minister Ioannis Metaxas said "Oxi!" ("No!") to Mussolini's ultimatum on October 28, 1940.

Why this pairing? Greek soldiers and citizens attributed numerous miraculous protections during the Greco-Italian War (1940–41) to the intercession of the Theotokos. Moving the Feast of the Protection to October 28 served multiple purposes:

- Honouring divine assistance: It was a way to give thanks to the Theotokos for safeguarding the nation through her intercessions and prayers.
- Uniting faith and patriotism: The dual commemoration ties spiritual devotion with national identity and respect for freedom and resistance.

Since then, churches in Greece and across the Greek diaspora have observed a single service that combines the religious feast with hymns and prayers, highlighting the courage and steadfastness of the Greek people, bolstered by their Orthodox faith.

## Η ΑΓΙΑ ΣΚΕΠΗ ΤΗΣ ΘΕΟΤΟΚΟΥ ΚΑΙ 2ος ΠΑΓΚΟΣΜΙΟΣ ΠΟΛΕΜΟΣ

Η Εορτή της Αγίας Σκέπης της Θεοτόκου τιμά ένα θαύμα του 10ου αιώνα στον Ναό των Βλαχερνών στην Κωνσταντινούπολη. Κατά τη διάρκεια αγρυπνίας την 1η Οκτωβρίου (Ιουλιανό Ημερολόγιο), ο Άγιος Ανδρέας ο διά Χριστόν Σαλός και ο μαθητής του Επιφάνιος είδαν την Παναγία να εμφανίζεται πάνω από το εκκλησίασμα, απλώνοντας το μαφόριό της σε μια προστατευτική κίνηση — σύμβολο της μεσιτείας και της προστασίας της προς τους πιστούς. Το γεγονός αυτό τιμάται ευρέως σε όλον τον Ορθόδοξο κόσμο, κυρίως την 1η Οκτωβρίου.

Το 1952, η Ιερά Σύνοδος της Εκκλησίας της Ελλάδος αποφάσισε να μεταθέσει την εορτή αυτή από την 1η Οκτωβρίου στην 28η Οκτωβρίου. Αυτό έγινε ώστε η Εκκλησία να την εναρμονίσει με την Εθνική Επέτειο του «ΟΧΙ», που τιμά την ηρωική ελληνική αντίσταση στην ιταλική επίθεση κατά τον Β΄ Παγκόσμιο Πόλεμο, όταν ο Πρωθυπουργός Ιωάννης Μεταξάς είπε «ΟΧΙ!» στο τελεσίγραφο του Μουσολίνι στις 28 Οκτωβρίου 1940.

Γιατί αυτός ο συνδυασμός; Οι Έλληνες στρατιώτες και πολίτες απέδωσαν πολλές θαυματουργές προστασίες κατά τον Ελληνοϊταλικό Πόλεμο (1940–41) στη μεσιτεία της Θεοτόκου. Η μεταφορά της Εορτής της Αγίας Σκέπης στην 28η Οκτωβρίου εξυπηρετούσε πολλαπλούς σκοπούς:

- Τιμή στη θεία βοήθεια: Ήταν ένας τρόπος να αποδοθεί θρησκευτική ευχαριστία στην Παναγία για την προστασία του έθνους μέσω της πρεσβείας της.
- Ένωση πίστης και πατριωτισμού: Ο διπλός εορτασμός συνδέει την πνευματική αφοσίωση με την εθνική ταυτότητα και τον σεβασμό στην ελευθερία και την αντίσταση.

Εκτοτε, οι εκκλησίες στην Ελλάδα και σε όλη τη διασπορά τελούν μία ενιαία ακολουθία, που συνδυάζει τη θρησκευτική εορτή με ύμνους και προσευχές, τα οποία αναδεικνύουν επίσης το θάρρος και την καρτερικότητα του ελληνικού λαού, ενισχυμένα από την Ορθόδοξη πίστη τους.

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## GOD BLESS OUR STEWARDS AND THEIR FAMILIES

"I am the good shepherd; I know my sheep, and my sheep know me." (John 10:14)

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### 2024

1. Angie Amorgianos
2. Steve Amorgianos
3. Phyllis Amorgianos
4. Sheila Amos
5. Joyce Avgeropoulos
6. Peter Avgeropoulos
7. Nick Balina
8. Katerina Biniaris
9. George Biniaris
10. Athena Blieske
11. Edric Blieske
12. Alex Bradatanu
13. Iulieana Bradatanu
14. Ourania Biniaris (Scollie)
15. Anastasios Catanzaro
16. Gus Chimbakis
17. Helen Chimbakis
18. Bill Comminos
19. Angela Damianakos
20. Athena Damianakos
21. Bill Damianakos
22. Vicki Dowhos
23. Paul Dowhos
24. Lori Florindo
25. Maria Forget
26. Joanne Frisky
27. Tara Giardetti
28. Peter Giardetti
29. Harry Glymitsas
30. Dimitra Glymitsas
31. Jennie Hartviksen
32. Sotirios Hatzis
33. Theodora Hatzis
34. Bill Hatzis
35. Stella Hatzis
36. Penny Kahramanos
37. Lisa Kahramanos
38. Andreas Karanasos
39. Despina Kargatzis
40. Faye Karoutas
41. Nick Koukos
42. Joyce Koukos
43. Peter Koukos
44. Ray Leino
45. Virginia Leino
46. Jack Lotsios
47. Effie Lotsios
48. George Lotsios
49. Dolores Maki
50. Katherine Mayer
51. Chrysoula Mayer
52. Smaragde Mellas
53. Georgina Mellas
54. Maria Mellas
55. Bess Melville
56. Despina Metsopoulos
57. Achileas Metsopoulos
58. Angela Metsopoulos
59. Penny Milionis

60. Maria Morakis
61. Florina Nisioiu
62. Peter Pantoulis
63. Helen Pantoulis
64. Nikki Pantoulis
65. Maria Pavlou
66. Jim Pazianos
67. Tom Pazianos
68. Leila Pazianos
69. Olivia Pietrangelo
70. Sahar Qeer
71. Imad Qeer
72. Effie Saïtes
73. Maria Sencartier
74. Katerina Scocchia
75. Steven Scollie
76. Marinos Spourdalakis
77. Constantin Todosia
78. Manuella Todosia
79. Elaine Tsekouras
80. Harry Tsekouras
81. Lily Tsekouras
82. Constantine Tsekouras
83. Jane Tsekouras
84. Ahileas Tsekouras
85. Paul Tsekouras
86. Sylvia Tsekouras
87. John Tsekouras
88. Daniel Vasiliu
89. Christine Vlotaros
90. Peter Vlotaros
91. Theodora Voulgaris
92. Georgina Voulgaris
93. Pat Welbourne
94. Chris Welbourne
95. Austin Williams

### 2025

1. Vasilisa Amos
2. Peter Avgeropoulos
3. Joyce Avgeropoulos
4. Nicholas Balina
5. Ourania Biniaris (Scollie)
6. Charlie Biniaris
7. Dimitra Biniaris
8. Katerina Biniaris
9. George Biniaris
10. Toni Biniaris
11. Athena Blieske
12. Edric Blieske
13. Iulieana Bradatanu
14. Alexandru Bradatanu
15. Anastasios Catanzaro
16. Gus Chimbakis
17. Helen Chimbakis
18. Bill Comminos
19. Zach Cordingley
20. Sasha Cordingley
21. Joanne Frisky
22. Peter Giardetti

23. Tara Giardetti
24. Jennie Hartviksen
25. Bill Hatzis
26. Stella Hatzis
27. Sotirios Hatzis
28. Theodora Hatzis
29. Penny Kahramanos
30. Lisa Kahramanos
31. Faye Karoutas
32. Andy Karanasos
33. Lori Florindo-Karanasos
34. Joyce Koukos
35. Nick Koukos
36. Peter Koukos
37. Ray Leino
38. Virginia Leino
39. Jack Lotsios
40. Effie Lotsios
41. George Lotsios
42. Dolores Maki
43. Katherine Mayer
44. Chrysoula Mayer
45. Maria Mellas
46. Georgina Mellas
47. Smaragde Mellas
48. Bess Melville
49. Achileas Metsopoulos
50. Despina Metsopoulos
51. Angela Mitsopoulos
52. Nikki Pantoulis
53. Peter Pantoulis
54. Helen Pantoulis
55. Olivia Pietrangelo
56. Effie Saïtes
57. Maria Sencartier
58. Kosma (Steven) Sitko
59. Vicky Soulias
60. Steven Scollie
61. Marinos Spourdalakis
62. Elaine Tsekouras
63. John Tsekouras
64. Jane Tsekouras
65. Constantine Tsekouras
66. Lily Tsekouras
67. Harry Tsekouras
68. Ahileas Tsekouras
69. Paul Tsekouras
70. Sylvia Tsekouras
71. Christine Vlotaros
72. Peter Vlotaros
73. Gina Voulgaris
74. Theodora Voulgaris
75. Chris Welbourne
76. Patricia Welbourne
77. Austin Williams

Please get in touch with Fr. Kosta if there are any errors in this list.

## WEDDINGS & BAPTISMS

Our website provides basic information on the Sacraments. Still, please speak with Fr. Kosta directly regarding dates, sponsors (Koumbaroi), preparations, and any other questions about booking a Sacrament.

Please ensure the church and the Priest are available for weddings and baptisms before booking reception venues.

### **Dates for a Wedding cannot be performed:**

- Any evening that comes before one of the Twelve Major Feasts
- Nativity Fast (Nov. 15 – Dec. 24)
- Great Lent (dates change each year)
- Apostles' Fast (the Monday after All Saints to the feast day of Sts. Peter and Paul on June 29)
- Dormition Fast (Aug. 1 – Aug. 14)
- Aug. 28/29 (the Beheading of St. John the Baptist)
- Sept. 13/14 (the Exaltation of the Holy Cross)

### **Dates when a Baptism cannot be performed:**

- Christmas Day through the Feast of Theophany (December 25-January 6)
- Holy Week (dates vary each year)
- Great Feast-Days of the Lord

### **Please note:**

- Parents, godparents, couples, and sponsors must be financially current by paying their stewardship for the past two years. Please consult our treasurer. A breakdown of fees and stewardship amounts is available in this bulletin.
- Brides, grooms, godparents, and wedding sponsors (koumbaroi) must be in good standing in the Orthodox Church, which requires being baptized Orthodox, having their marriages blessed in the Orthodox Church, and not having participated in Sacraments outside the faith. Out-of-town sponsors and godparents require a letter from their priest confirming their eligibility to participate in an Orthodox Sacrament.
- Couples must make an appointment to speak with the priest before booking venues or making other arrangements.
- Couples with one non-Orthodox partner must speak with the Priest before deciding to get engaged, or at least a year before booking a wedding.

## FUNERALS

An Orthodox funeral is offered to all who are baptized Orthodox Christians and are not canonically impeded from receiving an Orthodox Funeral Service.

Orthodox Christian funeral customs reflect core beliefs about life, death, resurrection, and the eternal Kingdom of God. These traditions honour the deceased and comfort grieving families, reinforcing community bonds. The rituals during an Orthodox funeral express mourning and demonstrate faith, viewing death as a passage rather than an end. Understanding the canonical rules of an Orthodox funeral is essential beforehand.

## MEMORIAL SERVICES

Memorial Services are offered for Orthodox Christians, typically on the ninth and fortieth days after death, six months after death, and the anniversary of death. They are usually held on Sundays at the end of the Divine Liturgy or may also be held as separate services on weekdays at the church or the grave. Please speak with our Priest if you have any questions regarding Koliva or to arrange for a Memorial Service.

### **Items needed for a memorial at the church:**

- Koliva (boiled wheat tray) - Recipes can be found online or through our Priest.
- Prosporo and red wine (Mavrodaphne or a red dessert wine)
- The name of the person commemorated.

### **Memorials cannot be held on the following days:**

- Feast Days of the Lord (Christmas, Theophany, Easter, Presentation, Transfiguration, etc.)
- All Feast Days of the Mother of God (Nativity of the Theotokos, Entrance into the Temple, Dormition, Annunciation, etc.)
- From the Saturday of Lazarus up to and including the Sunday of Thomas, which is the Sunday following Easter.
- Sunday of Pentecost

***If you're planning a Sacrament, making funeral arrangements, or have questions about Sacraments or Funerals, please don't hesitate to contact Fr. Kosta to arrange a private and confidential meeting. Waiting until you need to book the church or until someone passes away can lead to unnecessary stress and complications that can be avoided.***

## STEWARDSHIP & FEES

We truly appreciate all the financial and volunteer support our church receives. We kindly invite you to renew your stewardship and continue to support our church with an annual commitment, ensuring we can thrive together!

The treasurer must receive fees at least two (2) weeks before a Sacrament or event by cash, cheque, or e-transfer at [holytrinity@tbaytel.net](mailto:holytrinity@tbaytel.net).

### Annual Stewardship ("Membership")

- Family (couple): \$600
- Single Regular Members (Age 18+) & Seniors: \$300/person
- University/College Students: \$100
- Associate Members (non-Orthodox spouses): \$150

### Funerals

- Up-to-Date Members: No Fee
- Not Up-to-Date Members: \$300 for each year of no membership paid, up to 2 years

### Hall Rentals

- Members: \$150
- Non-Members: \$400

### Sacrament/Services Fees

Wedding: \$250  
Baptism: \$150

## STEWARDSHIP IN ACTION

There are various items our church needs to restock throughout the year, such as:

- Phosphoro (Bread used for the Eucharist)
- Charcoal disks
- Incense
- Candles
- Oil & Oil Lamp Wicks
- Red Wine for Holy Communion (Mavrodaphne or other red dessert wines)

Ways to assist our church in preparing for major Feast Days and throughout the year:

- Washing the Holy Communion cloths
- Ironing the coverings for the Altar table and the icon stands.
- Decorating an icon for a major Feast Day.
- Helping organize retreats and events.

Please speak with our priest regarding your involvement in the church's life.

## MEMBERS AND STEWARDS

### Who is a Member?

An Orthodox Church member is anyone baptized and chrismated according to its rites, but not all members are Stewards.

### Who is a Steward?

A Steward is a baptized Orthodox Christian aged 18 or older, self-supporting, committed to their local church, and invests their time, talent, and treasure to advance the Church's mission. These commitments embody Stewardship and reflect active faith, but not every Steward is active.

### Who is an Active Steward?

The Active Steward lives their faith by contributing treasure and time. They attend Divine Liturgy, participate in Holy Communion and Confession, and offer their talents while adhering to Orthodox teachings and refraining from participating in Sacraments outside the Orthodox Church. This steward is a "member in good standing with the Orthodox Church."

### What is Stewardship?

Stewardship involves contributing time, talent, or treasure to our Church without perfection but with active participation. It is based on biblical teachings that outline the Four Fundamental Principles of Stewardship:

1. **Ownership:** God created and owns everything. Everything we are and have is a gift from God. [Psalm 24:1; Deuteronomy 8:28]
2. **Responsibility:** We have been entrusted with managing and administering God's gifts, making us Stewards. Therefore, Stewardship is committing ourselves and our blessings to advance the Ministry of Christ and remain faithful to Him. [Mt. 25:14-30]
3. **Accountability:** Having been entrusted with this sacred responsibility, the Parable of the Talents reveals that each of us will be called to give an account of how we managed God's gifts given to us personally and as a community. [Mt. 25:14-30]
4. **Reward:** St. Paul reminds us, "Whatever [we] do, work it with all your heart as working for the Lord, not for man, since you know you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." [Colossians 3:23-24; Prov. 18:16; Lk. 6:38]

Example of a breakdown for weekly Stewardship:

Weekly Income	Monthly Contribution			
	10%	5%	4%	2%
<b>\$500</b>	\$50	\$25	\$20	\$10
<b>\$750</b>	\$75	\$37	\$30	\$15
<b>\$1000</b>	\$100	\$50	\$40	\$20
<b>\$1500</b>	\$150	\$75	\$60	\$30
<b>\$2000</b>	\$200	\$100	\$80	\$40

## CHURCH ETIQUETTE

Food and drink, including gum, are not allowed in the church.

Phones should be silenced and not used, and conversations should be avoided during services.

Irreverent behaviours include putting hands in pockets, wearing sunglasses or earbuds, crossing legs, stretching out, and engaging in private conversations during services.

Arrive before Divine Liturgy or any service. Please wait to enter the nave during the following:

- Small and Great Entrance, or other Processions
- Scripture readings and sermon
- Anaphora (offering) and when kneeling
- Recitation of the Creed and Lord's Prayer
- When the priest offers incense
- When the priest faces the congregation

We cross ourselves when entering the nave, hearing the Holy Trinity or a Saint's name, or crossing in front of the Altar.

### Holy Communion

Those who are baptized Orthodox and in good standing may receive the Sacraments. If you have questions, speak with our priest before Sunday.

If you aren't receiving Holy Communion, kindly stand reverently at your pew.

Please remove your lipstick before approaching the Chalice.

Hold the Communion cloth under your lower lip to prevent spills, and gently wipe your lips. Do not kiss or touch the Chalice.

### Antidoron (blessed bread)

Cup the bread in your hand while eating to prevent crumbs from falling. If you see pieces of Antidoron on the floor or left behind, pick them up and toss them outside for the birds. Antidoron is blessed; please do not discard it in the trash or leave it in an inappropriate place.

### Dress Code

Please be respectful in your outfit. Do not wear hats, shorts, tank tops, flip-flops, or clothing with logos or writing that are disrespectful or inappropriate.

When in doubt, err on the side of caution. If you have any questions, don't hesitate to contact our priest.

## DIGITAL CHANT AND CHURCH SERVICES RESOURCE

The Digital Chant Stand of the Greek Orthodox Archdiocese of America is a website that publishes the church services for every day of the year, available in both Greek and English. Our church (and many churches) utilize this resource in their worship services.

Visit their website or download their Digital Chant Stand app.

[dcs.goarch.org](https://dcs.goarch.org)

## I'M ORTHODOX; WHAT DOES THAT MEAN?

This booklet answers the fundamental questions about what it means to be an Orthodox Christian. It is available on the website below or through our Priest.

[goarchdiocese.ca](https://goarchdiocese.ca)

## PRAYER BOOKS

We have prayer books printed by our Archdiocese available. The books include prayers for morning and evening, meals, and various occasions and circumstances. Please speak with Fr. Kosta about whether you'd like a prayer book for your home or if you'd like to discuss prayer at home, icon corners, and other aspects of practical Orthodoxy.

## WHICH SEAL IS PROPER FOR PROSPHORO?

The symbols in the Prosporo (Offering Bread) Seal convey theological and doctrinal truths, and it is, therefore, essential for them to be correct. The correct seal bears the lettering ICXC NIKA or ΙΧΧ NIKA.





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Olivia Pietrangelo JD, is a member in good standing with the Greek Orthodox Holy Trinity Church in Thunder Bay. She also works as a lawyer at Larson Lawyers.

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