



The Nine Orders of the Heavenly Host wikipedia.com

FROM FR. KOSTA

Beloved in Christ,

On November 8, we commemorate the Synaxis of the Archangels Michael and Gabriel, as well as all the Heavenly Bodiless Powers that surround the Throne of God, ceaselessly glorifying the Holy Trinity. Synaxis is the Greek word for “gathering,” meaning that on this day, the Church gathers to honour the Heavenly Hosts, including the Archangels Michael and Gabriel.

Most of us remember the two leading Archangels, Michael and Gabriel, because we see their icons on every Iconostasis in every Orthodox Church, usually on the Deacon’s doors. We know Michael as the Captain of the Heavenly Hosts who will usher in the Second Coming of Christ, and Gabriel as the Messenger of our salvation, having brought the good tidings to the Virgin Mary of the Incarnation of our Lord.

The Nine Ranks of the Heavenly Hosts are: Seraphim, Cherubim, Thrones,

Dominions, Virtues, Powers, Principalities, Archangels, and Angels. Orthodox theology emphasizes that the titles, or names, of each group of these heavenly beings are not merely ranks. They are often described as different orders of being, each reflecting a unique manner of participation in God’s grace and glory. A Seraphim is not simply a promoted Angel, but a distinct existence.

At the same time, all angels share the same created spiritual nature, that is, they are all immaterial, intelligent beings with free will, made to serve and glorify God. In this sense, they are not separate “species” in the biological sense, but orders within one spiritual nature. The higher orders directly receive illumination from God and pass it down to lower ranks, who then communicate with creation. This mirrors the Orthodox vision of hierarchy: not domination, but service and mediation of divine life.

(Continued on the next page)

SOME OF THE MAJOR RELIGIOUS FEASTS

- Synaxis of Archangels Michael and Gabriel (Nov. 8)
- Matthew the Apostle (Nov. 16)
- Entrance of the Theotokos to the Temple (Nov. 21)
- Catherine the Great Martyr (Nov. 25)
- Andrew the First-Called Apostle (Nov. 30)



St. Catherine the Great Martyr flickr.com

Hymn of St. Catherine (Tone Plagal 1):

Let us praise and extol the all-lauded Bride of Christ, the Protectress of Sinai, divine Saint Catherine, as the one who gives aid and her assistance to us; for she brilliantly suppressed the impious orators, with the sword of the Spirit. And being crowned as a martyr, she asks that all receive the great mercy.

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FROM FR. KOSTA (CONTINUED)

Of all the ranks of these Hosts of Heaven, the one most personally connected to each of us is that of the Angels, because in that group of spiritual beings we find our Guardian Angel, who was given to us on the day of our Baptism: *"Attach to his/her life to a radiant Angel, to protect him/her from every plot of the adversary, from every evil encounter, from the demon of the noonday and from evil visions."*

Sometimes we remember our Guardian Angel when we escape harm. Some of us remember our Angel when we get in a vehicle, and pray for protection. We should remember that the real intent of our Angel is to help us safely toward God and His Kingdom. Our Angels are very important to our spiritual life and growth, so in every Orthodox Service, including the Divine Liturgy, the priest prays this petition: *"For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord."*

There is a need for this petition because we often forget about the constant work our Guardian Angels do to help us become and remain virtuous in the Lord. They are our partners as we work out our salvation, and we should be aware of their work of keeping us from participating in evil and sin.

Our Guardian Angel's work would be exhausting for us, given our inclination to misuse or abuse our God-given free will. Imagine how selfless and loving our Angels are, that they do not give up on us even as we regularly offend them and undermine all their efforts. They

know that this earthly life is all we have to repent and walk the Way of God, and they are serious in their duty to guide our conscience towards repentance and communion with the Most High. Like our loving God, Who entrusted our Guardian Angel to each of us, our lifelong bodiless partner's only wish for us is to be granted the inheritance of God's Kingdom.

As we take the time to pray to the Trinitarian God, seeking the intercessions of the Holy Theotokos and our Patron Saints, let us also offer the following prayer to our Guardian Angel:

Holy Angel, attendant on my soul and my life, forsake me not, as sinner, nor depart from me because of my lack of self-control. Give no place to the wicked demon to dominate me by prevailing over this mortal body of mine. Hold my wretched and feeble hand, and lead me on the way of salvation. Yes, O holy Angel of God, the guardian and protector of my soul and body, forgive me everything that I have done to trouble you all the days of my life, and if I have sinned in anything today. Shelter me tonight, and preserve me from every trap of the enemy, that I not offend God by any sin. And intercede with the Lord on my behalf, that He strengthen me in the fear of Him, and that He make me a worthy servant of His goodness. Amen.

A blessed month of November to all.
+Fr. Kosta

ΜΗΝΥΜΑ ΤΟΥ ΠΑΤΡΟΣ ΚΩΝΣΤΑΝΤΙΝΟΥ

Αγαπητοί εν Χριστώ,

Στις 8 Νοεμβρίου εορτάζουμε τη Σύναξη των Αρχαγγέλων Μιχαήλ και Γαβριήλ, καθώς και όλων των Επουρανίων Ασωμάτων Δυνάμεων που περιβάλλουν τον Θρόνο του Θεού, δοξολογώντας ακατάπαυστα την Αγία Τριάδα. Η λέξη Σύναξη σημαίνει «συγκέντρωση», δηλώνοντας ότι αυτήν την ημέρα η Εκκλησία συγκεντρώνεται για να τιμήσει τις Επουράνιες Δυνάμεις, μεταξύ των οποίων τους Αρχαγγέλους Μιχαήλ και Γαβριήλ.

Οι περισσότεροι από εμάς θυμόμαστε τους δύο κορυφαίους Αρχαγγέλους, τον Μιχαήλ και τον Γαβριήλ, επειδή βλέπουμε τις εικόνες τους σε κάθε τέμπλο κάθε Ορθόδοξης Εκκλησίας, συνήθως στις διακονικές πόρτες. Γνωρίζουμε τον Μιχαήλ ως τον Αρχιστράτηγο των Επουρανίων Δυνάμεων, ο οποίος θα σημάνει τη Δευτέρα Παρουσία του Χριστού, και τον Γαβριήλ ως τον Αγγελιοφόρο της σωτηρίας μας, αφού έφερε στη Θεοτόκο το χαρμόσυνο μήνυμα της Ενανθρώπησης του Κυρίου μας.

Οι Εννέα Τάξεις των Επουρανίων Δυνάμεων είναι: Σεραφείμ, Χερουβείμ, Θρόνοι, Κυριότητες, Δυνάμεις, Εξουσίες, Αρχές, Αρχάγγελοι και Άγγελοι.

Η Ορθόδοξη θεολογία τονίζει ότι οι ονομασίες ή οι τίτλοι καθεμιάς από αυτές τις ομάδες δεν είναι απλώς βαθμοί. Συχνά περιγράφονται ως διαφορετικές τάξεις υπέρξεως, καθεμία από τις οποίες αντανάκλα έναν ιδιαίτερο τρόπο συμμετοχής στη χάρη και στη δόξα του Θεού. Ένα Σεραφείμ δεν είναι απλώς ένας «προαχθείς» Άγγελος, αλλά μια ξεχωριστή ύπαρξη.

Την ίδια στιγμή, όλοι οι άγγελοι μοιράζονται την ίδια κτιστή πνευματική φύση· είναι δηλαδή ασώματα, νοερά όντα με ελεύθερη βούληση, πλασμένα για να υπηρετούν και να δοξάζουν τον Θεό. Από αυτήν την άποψη δεν είναι ξεχωριστά «είδη» με τη βιολογική έννοια, αλλά τάξεις μέσα σε μία πνευματική φύση. Οι ανώτερες τάξεις δέχονται άμεσα τον φωτισμό από τον Θεό και τον μεταδίδουν στις κατώτερες, οι οποίες έπειτα επικοινωνούν με εμάς. Αυτό αντικατοπτρίζει την Ορθόδοξη αντίληψη της ιεραρχίας: όχι ως κυριαρχία, αλλά ως διακονία και μεσιτεία της θείας ζωής.

Από όλες τις τάξεις αυτών των Επουρανίων Δυνάμεων, η πιο προσωπικά συνδεδεμένη με τον καθέναν μας είναι εκείνη των Αγγέλων, επειδή μέσα σε αυτήν την ομάδα βρίσκεται ο Φύλακας Άγγελός μας, ο οποίος μας δόθηκε την ημέρα του Βαπτίσματός μας: *«Πρόσθετες τῷ βίῳ αὐτοῦ ἄγγελον φωτεινόν, εἰς φυλακὴν ψυχῆς καὶ σώματος, τοῦ διαφυλάξαι αὐτὸν ἀπὸ πάσης ἐπιβουλῆς τοῦ ἀντικειμένου, ἀπὸ πάσης προσβολῆς κακῆς, ἀπὸ δαιμονίου μεσημβρινοῦ καὶ ἀπὸ φαντασίας πονηρᾶς».*

Μερικές φορές θυμόμαστε τον Φύλακα Άγγελό μας όταν γλιτώνουμε από κάποιο κίνδυνο. Άλλοι τον θυμούνται όταν μπαίνουν σε όχημα και προσεύχονται για προστασία. Πρέπει να θυμόμαστε ότι ο πραγματικός σκοπός του Αγγέλου μας είναι να μας οδηγήσει με ασφάλεια προς τον Θεό και τη Βασιλεία Του. Οι Άγγελοι μας είναι πολύ σημαντικοί για την πνευματική μας ζωή και πρόοδο, γι' αυτό και σε κάθε Ορθόδοξη Ακολουθία, συμπεριλαμβανομένης της Θείας Λειτουργίας, ο ιερέας προσεύχεται με την εξής αίτηση: *«Ἄγγελον εἰρήνης, πιστὸν ὁδηγόν, φύλακα τῶν ψυχῶν καὶ τῶν σωμάτων ἡμῶν, παρὰ τοῦ Κυρίου αἰτησώμεθα».*

Η αίτηση αυτή είναι αναγκαία, γιατί συχνά ξεχνάμε το συνεχές έργο των Αγγέλων μας, οι οποίοι μας βοηθούν να γίνουμε και να παραμείνουμε ενάρετοι εν Κυρίῳ. Είναι οι συνεργάτες μας στον αγώνα για τη σωτηρία μας και πρέπει να έχουμε επίγνωση του έργου τους, το οποίο είναι να μας κρατούν μακριά από την αμαρτία και το κακό.

(Συνέχεια στην επόμενη σελίδα)

ΜΗΝΥΜΑ ΤΟΥ Π. ΚΩΝΣΤΑΝΤΙΝΟΥ (Συνέχεια)

Το έργο του Φύλακα Αγγέλου μας θα ήταν εξαντλητικό για εμάς, λόγω της τάσης μας να κακοχρησιμοποιούμε ή να καταχρώμαστε την ελευθερία που μας έδωσε ο Θεός. Σκεφτείτε πόσο ανιδιοτελείς και γεμάτοι αγάπη είναι οι Αγγελοί μας, αφού δεν μας εγκαταλείπουν ακόμη κι όταν τους λυπούμε και υπονομεύουμε τις προσπάθειές τους. Γνωρίζουν ότι αυτή η επίγεια ζωή είναι η μοναδική μας ευκαιρία να μετανοήσουμε και να πορευθούμε στην Οδό του Θεού, και παίρνουν πολύ σοβαρά το καθήκον τους να καθοδηγούν τη συνείδηση μας προς τη μετάνοια και την κοινωνία με τον Υψιστο. Όπως και ο αγαπημένος μας Θεός, που εμπιστεύτηκε σε καθέναν από εμάς τον Φύλακα Αγγελο, έτσι και ο ασώματος αυτός σύντροφος της ζωής μας έχει μόνο μία ευχή για μας: να κληρονομήσουμε τη Βασιλεία του Θεού.

Καθώς αφιερώνουμε χρόνο στην προσευχή προς τον Τριαδικό Θεό, ζητώντας τις πρεσβείες της Υπεραγίας Θεοτόκου και των Προστατών Αγίων μας, ας προσφέρουμε και την παρακάτω προσευχή στον Φύλακα Αγγελό μας:

«Αγιε Αγγελε, φύλακα της ψυχής και της ζωής μου, μη με αφήσεις τον αμαρτωλό, και μη φύγεις μακριά μου λόγο των αδυναμιών μου. Μην αφήσεις το πονηρό πνεύμα να με κυριέψει. Κράτησε το αδύναμο χέρι μου και οδήγησε με στον δρόμο της σωτηρίας. Συγχώρεσε με για όλα όσα σε λύπησα όλες τις μέρες της ζωής μου, και για ό,τι έκανα σήμερα. Σκέπασε με τη νύχτα και φύλαξε με από κάθε παγίδα του εχθρού, ώστε να μην αμαρτήσω ενώπιον του Θεού. Και πρέσβευσε για μένα στον Κύριο, να με δυναμώσει στον φόβο Του και να με κάνει άξιο δούλο της αγάπης Του. Αμήν».

Καλό κι ευλογημένο Νοέμβριο,
+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 inform our priest if there are any errors or omissions.

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

Nikolaos Avramopoulos (1961)
Panagiotis Papoulas (1965)
Stavros Xygkas (1966)
Chrysi Gerasimou (1970)
Georgios Adraskelas (1973)
Irene Kahramanos (1974)
Georgios Kahramanos (1974)
Panagiotis Kahramanos (1974)
Ranko Jankovic (1978)
Nikolaos Morakis (1996)
Agatha Gotziaman (2001)
James Pappas (2003)
Adam Theodore (2005)
Ploumi Vlotaros (2014)

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.

MONTHLY SCHEDULE - NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 5TH SUNDAY OF LUKE Orthros 9:00 am Div. Liturgy 10:30 am	3	4	5	6	7	8 ARCHANGELS GABRIEL & MICHAEL Orthros 9:00 am Div. Liturgy 10:30 am
9 7TH SUNDAY OF LUKE, Nektarios of Aigina the Wonderworker Orthros 9:00 am Div. Liturgy 10:30 am	10	11	12 Souvlaki Preparation Volunteers: 9 am - 12 pm	13 Souvlaki Prep & takeout Volunteers: 9 am - 7 pm Takeout: 3 pm - 6:30 pm	14	15 Christmas Fast Begins
16 8TH SUNDAY OF LUKE, Matthew the Apostle Orthros 9:00 am Div. Liturgy 10:30 am Memorial: Kosta & Virginia Pazianos	17	18	19	20	21 THE ENTRANCE OF THE THEOTOKOS IN THE TEMPLE Orthros 9:00 am Div. Liturgy 10:30 am	22
23 9TH SUNDAY OF LUKE Orthros 9:00 am Div. Liturgy 10:30 am Memorial: John Lotsios COMMUNITY AGM AND BOARD ELECTIONS	24	25 CATHERINE THE GREAT MARTYR Orthros 9:00 am Div. Liturgy 10:15 am	26 Souvlaki Preparation Volunteers: 9 am - 12 pm	27 Souvlaki Prep & takeout Volunteers: 9 am - 7 pm Takeout: 3 pm - 6:30 pm	28	29
30 ANDREW THE FIRST- CALLED APOSTLE Orthros 9:00 am Div. Liturgy 10:30 am Memorial: Calliope Chryssovergis						

On weekday Services, the Orthros (Matins) is often shorter, and the Divine Liturgy may start 15 to 20 minutes earlier.

ΜΗΝΙΑΙΟ ΠΡΟΓΡΑΜΜΑ - ΝΟΕΜΒΡΙΟΣ 2025

ΚΥΡΙΑΚΗ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
						1
2 5η ΚΥΡΙΑΚΗ ΛΟΥΚΑ Ώρες 9:00 π.μ. Θ. Λειτουργία 10:30 π.μ.	3	4	5	6	7	8 ΣΥΝΑΧΗ ΤΩΝ ΑΡΧΑΓΓΕΛΩΝ ΜΙΧΑΗΛ & ΓΑΒΡΙΗΛ Ώρες 9:00 π.μ. Θ. Λειτουργία 10:30 π.μ.
9 7η ΚΥΡΙΑΚΗ ΛΟΥΚΑ, Νεκταρίου Ανίλης του Θαυματουργού Ώρες 9:00 π.μ. Θ. Λειτουργία 10:30 π.μ.	10	11	12	13	14	15 Αρχή Νηστείας των Χριστουγέννων
16 8η ΚΥΡΙΑΚΗ ΛΟΥΚΑ, Ματθαίου του Αποστόλου Ώρες 9:00 π.μ. Θ. Λειτουργία 10:30 π.μ. Μνημόσυνο Βιργινία & Κων/νος Παύλινος	17	18	19	20	21 ΤΑ ΕΞΟΔΙΑ ΤΗΣ ΥΠΕΡΑΓΓΙΑΣ ΘΕΟΤΟΚΟΥ Ώρες 9:00 π.μ. Θ. Λειτουργία 10:30 π.μ.	22
23 9η ΚΥΡΙΑΚΗ ΛΟΥΚΑ Ώρες 9:00 π.μ. Θ. Λειτουργία 10:30 π.μ. Μνημόσυνο Ιωάννης Λόταος	24	25 ΑΓΙΑΣ ΜΕΤΑΝΟΜΑΡΤΥΡΟΣ ΑΙΚΑΤΕΡΙΝΗΣ Ώρες 9:00 π.μ. Θ. Λειτουργία 10:30 π.μ.	26 Ετοιμασίες για Σουβιάκι Εξελεύσεις: 9 am - 12 pm	27 Σουβιάκι Έρνος Εξελεύσεις: 9 am - 7 pm Ανοχτό στο κοινό: 3 pm - 6:30 pm	28	29
30 ΑΝΑΡΕΟΥ ΑΠΟΣΤΟΛΟΥ ΤΟΥ ΠΡΩΤΟΚΛΗΤΟΥ Ώρες 9:00 π.μ. Θ. Λειτουργία 10:30 π.μ. Μνημόσυνο Καλλιόπη Χρυσόβερνη						

NOTICE OF ANNUAL GENERAL MEETING

Greek Orthodox Community of the Holy Trinity – Thunder Bay, Ontario

Dear Members,

Please be advised that the **Annual General Meeting (AGM)** of the **Greek Orthodox Community of the Holy Trinity** will take place on **Sunday, November 23, at 12:30 p.m.** in the **Church Hall**, located at **651 Beverly Street, Thunder Bay, Ontario**.

The meeting agenda will be mailed and emailed to all members in the coming days.

Please note that **elections for the new Board of Directors** will be held during this AGM. All members in good standing are encouraged to attend and participate. Please make sure your annual stewardship obligations are up to date.

We look forward to your presence and continued support of our community.

With respect,

The Board of Directors

Greek Orthodox Community of the Holy Trinity – Thunder Bay, ON

ΑΝΑΚΟΙΝΩΣΗ ΕΤΗΣΙΑΣ ΓΕΝΙΚΗΣ ΣΥΝΕΛΕΥΣΗΣ

Ελληνική Ορθόδοξη Κοινότητα της Αγίας Τριάδος - Thunder Bay, Ontario

Αγαπητά Μέλη,

Σας ενημερώνουμε ότι η **Ετήσια Γενική Συνέλευση (ΕΓΣ)** της **Ελληνικής Ορθόδοξης Κοινότητας της Αγίας Τριάδος** θα πραγματοποιηθεί την **Κυριακή, 23 Νοεμβρίου, στις 12:30 μ.μ.**, στην **Αίθουσα της Εκκλησίας**, η οποία βρίσκεται στη διεύθυνση **651 Beverly Street, Thunder Bay, Ontario**.

Η ημερήσια διάταξη της συνέλευσης θα αποσταλεί ταχυδρομικώς και ηλεκτρονικά σε όλα τα μέλη τις προσεχείς ημέρες.

Παρακαλούμε σημειώστε ότι κατά τη διάρκεια της συνέλευσης θα διεξαχθούν **εκλογές για το νέο Διοικητικό Συμβούλιο**. Προτρέπουμε όλα τα ενήμερα μέλη να παρευρεθούν και να συμμετάσχουν ενεργά. Παρακαλούμε βεβαιωθείτε ότι οι ετήσιες οικονομικές σας υποχρεώσεις (stewardship) είναι τακτοποιημένες.

Αναμένουμε με χαρά την παρουσία σας και την συνεχή υποστήριξή σας προς την κοινότητα μας.

Με εκτίμηση,

Το Διοικητικό Συμβούλιο

Ελληνική Ορθόδοξη Κοινότητα της Αγίας Τριάδος – Thunder Bay, ON

ST ANDREW THE FIRST-CALLED APOSTLE

Saint Andrew the Apostle, known in the Orthodox Church as the Protoklitos (“First-Called”), holds a special place in the life of the Church. He was the brother of Saint Peter, both fishermen from Galilee, and the first disciple called by our Lord Jesus Christ (John 1:40-42). With simplicity and humility, he left behind his nets and livelihood to follow Christ, and he, in turn, brought his brother Peter to the Lord.

After Pentecost, when the Holy Spirit descended upon the Apostles, Saint Andrew devoted his life to preaching the Gospel. According to tradition, he travelled widely, bringing the light of Christ to Asia Minor, the Black Sea region, and as far west as the Greek city of Patras. For this reason, he is honoured as the patron saint of the Ecumenical Patriarchate in Constantinople, where the Church traces its apostolic succession directly to him.

Saint Andrew met his martyrdom in Patras (in present-day Greece) around the year 60 A.D. Condemned for his fearless proclamation of Christ, he was bound—not nailed—upon a cross shaped like an “X.” This form of cross has since become known as the “Cross of Saint Andrew.” Even in his suffering, he continued to preach, converting many by his patience, courage, and joy in the Lord.

Apolytikion Hymn of Saint Andrew the Apostle Tone 4

“As the First-Called of the Apostles, and brother of their leader, entreat the Master of all to grant the world peace and to our souls great mercy.”

Ο ΑΠΟΣΤΟΛΟΣ ΑΝΔΡΕΑΣ Ο ΠΡΩΤΟΚΛΗΤΟΣ

Ὁ Ἅγιος Ἀπόστολος Ἀνδρέας, γνωστὸς στὴν Ὁρθόδοξη Ἐκκλησία ὡς Πρωτόκλητος, κατέχει ξεχωριστὴ θέση στὴν ζωὴ τῆς Ἐκκλησίας. Ἦταν ἀδελφὸς τοῦ Ἀποστόλου Πέτρου, καὶ ἀμφότεροι ἦσαν ψαράδες στὴ Γαλιλαία. Ὁ Ἀνδρέας ὑπῆρξε ὁ πρῶτος μαθητὴς ποὺ ἐκάλεσε ὁ Κύριος ἡμῶν Ἰησοῦς Χριστὸς (Ἰω. 1:40-42). Μὲ ἀπλότητα καὶ ταπείνωση ἀκολούθησε τὸν Χριστό, ἐγκαταλείποντας τὰ δίκτυα καὶ τὸ ἐπάγγελμά του, καὶ ὁδήγησε καὶ τὸν ἀδελφὸ του Πέτρο στὸν Κύριο.

Μετὰ τὴν Πεντηκοστή, ὅταν τὸ Ἅγιο Πνεῦμα κατέβηκε ἐπὶ τῶν Ἀποστόλων, ὁ Ἀνδρέας ἀφιέρωσε τὴ ζωὴ του στὸ κήρυγμα τοῦ Εὐαγγελίου. Κατὰ τὴν παράδοση τῆς Ἑλληνικῆς Ὁρθοδόξου Ἐκκλησίας, περιόδευσε σὲ πολλοὺς τόπους, μεταφέροντας τὸ φῶς τοῦ Χριστοῦ στὴν Μικρὰ Ἀσία, στὴν περιοχή τοῦ Εὐξείνου Πόντου, καὶ μέχρι τὴν Ἑλλάδα, στὴν πόλη τῶν Πατρῶν. Διὰ τοῦτο τιμᾶται ὡς προστάτης τοῦ Οἰκουμενικοῦ Πατριαρχείου Κωνσταντινουπόλεως, ὅπου ἡ Ἐκκλησία ἀναγνωρίζει τὴν ἀποστολικὴ διαδοχὴ ἀπὸ αὐτόν.

Ὁ Ἀπόστολος Ἀνδρέας ἐμαρτύρησε στὴν Πάτρα γύρω στὸ 60 μ.Χ. Καταδικάστηκε ἐξ αἰτίας τοῦ ἀκατάβλητου κηρύγματός του γιὰ τὸν Χριστό, καὶ ἐσταυρώθη—ὄχι μὲ καρφιὰ, ἀλλὰ δεμένος—σὲ σταυρὸ σχήματος “X”. Ἀπὸ τότε, αὐτὸ τὸ εἶδος σταυροῦ ὀνομάζεται «Σταυρὸς τοῦ Ἁγίου Ἀνδρέου». Ἀκόμη καὶ ἐπὶ τοῦ σταυροῦ, συνέχισε νὰ κηρύττει, ὁδηγώντας πολλοὺς στὴν πίστιν διὰ τῆς ὑπομονῆς, τοῦ θάρρους καὶ τῆς χαρᾶς του ἐν Κυρίῳ.

Ἀπολυτίκιον τοῦ Ἁγίου Ἀνδρέου τοῦ Ἀποστόλου – Ἦχος Δ΄

«Ὡς τῶν Ἀποστόλων πρωτόκλητος, καὶ τοῦ κορυφαίου αὐτάδελφος, Δέσποτα πάντων πρέσβευε, εἰρήνην τὴν οἰκουμένην δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.»

YOUNG SAINTS' WORKSHOP

Activities & Ideas to Discuss with our Children at Home

On November 8, we gather to honour and celebrate all the angelic powers of Heaven, including the Archangels Michael and Gabriel, and our Guardian Angels, who watch over us and guide us to do good works and remain faithful to God.

■ ■ Fun Challenge:

Imagine if you were an angel for a day! What would you do? Protect someone? Bring a message? Praise God?

Draw a picture of your angelic mission!

■ ■ Holy Habits for November

- Say thank you to your guardian Angel.
- Look for angels in icons at home and church.
- Be a "messenger" and cheer someone up.
- Include the Prayer to My Guardian Angel (below) at bedtime.



Prayer to My Guardian Angel

Holy Angel of God, my holy guide and guardian, be always with me and stand by my side. Protect and help me through the day, and when I'm lost, show me the way home to God.

RAISING SAINTS: PRACTICAL ORTHODOXY AT HOME

RAISING THANKFUL CHILDREN

Scripture: "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:18

In our Orthodox tradition, gratitude is more than just polite manners — it is a way of life rooted in the Eucharist itself. The very word Eucharist means "thanksgiving." Each time we gather for the Divine Liturgy, we are offering thanks to God for His mercy, His creation, His salvation, and His love.

Children naturally look to their parents to learn what is important. If they see us complaining more than thanking, they will follow our example. But if they see us turning even small daily events into reasons for thanksgiving, they will learn that life is a gift from God. A thankful heart prepares them to worship, to love others, and to face difficulties with hope.

Practical Ways to Nurture Gratitude:

1. Begin and end each day by naming one blessing out loud. "Glory to God for all things" is a powerful family refrain.
2. Gratitude Journal: Keep a family notebook where everyone can write or draw something they are thankful for each week. Revisit it at the end of the month.
3. Acts of Thanks: Encourage children to write thank-you notes to grandparents, teachers, or parishioners who have shown kindness.
4. Serving Others: Involve the whole family in a parish charity drive, food bank donation, or act of kindness. Gratitude grows when we serve those in need.

Living Gratitude in the Parish

Teach children that thanksgiving is not only private but communal. Coming to church every Sunday is itself an act of thanksgiving — we gather with our parish family to say together, "It is meet and right to give thanks unto the Lord." Encourage your family to see stewardship, volunteering, and regular attendance as concrete ways of saying, "Thank You, Lord."

Faith-at-Home Challenge:

This month, share one thing you are thankful for every evening at the dinner table or bedtime. Encourage children to thank God out loud for it. End each prayer with, "Glory to God for all things."

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.

GOD BLESS OUR STEWARDS AND THEIR FAMILIES

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

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. Despena 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 Sancartier
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
15. Anastasios Catanzaro
16. Zach Cordingley
17. Sasha Cordingley
18. Gus Chimbakis
19. Helen Chimbakis
20. Bill Comminos
21. Joanne Frisky
22. Peter Giardetti
23. Tara Giardetti
24. Harry Glymitsas
25. Dimitra Glymitsas
26. Jennie Hartviksen
27. Bill Hatzis
28. Stella Hatzis
29. Sotirios Hatzis
30. Theodora Hatzis
31. Penny Kahramanos
32. Lisa Kahramanos
33. Faye Karoutas
34. Andy Karanasos
35. Lori Florindo-Karanasos
36. Despina Kargatzis
37. Joyce Koukos
38. Nick Koukos
39. Peter Koukos
40. Ray Leino
41. Virginia Leino
42. Jack Lotsios
43. Effie Lotsios
44. George Lotsios
45. Dolores Maki
46. Katherine Mayer
47. Chrysoula Mayer
48. Maria Mellas
49. Georgina Mellas
50. Smaragde Mellas
51. Bess Melville
52. Achileas Metsopoulos
53. Despina Metsopoulos
54. Penny Milionis
55. Angela Mitsopoulos
56. Nikki Pantoulis
57. Peter Pantoulis
58. Helen Pantoulis
59. Tom Pazianos
60. Leila Pazianos
61. Olivia Pietrangelo
62. Effie Saïtes
63. Maria Sancartier
64. Katerina Scocchia
65. Kosma (Steven) Sitko
66. Vicky Soulias
67. Steven Scollie
68. Christina Skripnikova
69. Marinos Spourdalakis
70. Elaine Tsekouras
71. John Tsekouras
72. Jane Tsekouras
73. Constantine Tsekouras
74. Lily Tsekouras
75. Harry Tsekouras
76. Ahileas Tsekouras
77. Paul Tsekouras
78. Sylvia Tsekouras
79. Christine Vlotaros
80. Peter Vlotaros
81. Gina Voulgaris
82. Theodora Voulgaris
83. Chris Welbourne
84. Patricia Welbourne
85. 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

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

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.

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 by 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%
\$500	\$50	\$25	\$20	\$10
\$750	\$75	\$37	\$30	\$15
\$1000	\$100	\$50	\$40	\$20
\$1500	\$150	\$75	\$60	\$30
\$2000	\$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

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

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.



COMMON QUESTIONS BY VISITORS OR INQUIRERS

Q: What does "Greek Orthodox" mean?

The term "Greek Orthodox" may refer to either the Orthodox Church as a whole, to the churches of the Eastern Roman Empire or "Byzantine" areas, or to Orthodox Christians of Greek descent. However, "Eastern Orthodox" is a more correct term for the whole Church. Greek Orthodox also refers to the style of liturgical rite used in the Church.

Q: What language are your services in?

Our Divine Liturgy is conducted in Greek and English, with English being the predominant language. Prayers are said in English. The hymns chanted by the cantors are usually balanced between Greek and English. Vespers and Matins (Orthros) are chanted in both Greek and English. The sermon is given in English.

Q: Do I have to be Greek or Orthodox to attend services?

You do not have to be Orthodox or Greek to attend services. Everyone is welcome to visit and inquire about our theology and liturgical practices. We often have visitors in our Church.

* Please note that you must be baptized as an Orthodox Christian and in good standing with the Church to receive the Sacraments. Our Priest is available if you have any questions about attending our Church. Don't hesitate to contact him via text or email a few days before your visit, and he'll answer you.

Q: What Orthodox worship service can I attend if I've never been to one before?

It would help if you spoke to the Priest beforehand about attending a service, so you will be prepared for what to

expect. You're always welcome to participate in Sunday Divine Liturgy and speak with our priest during coffee after the service.

Q: How will I fit in your congregation if I'm not Greek?

You will fit in just fine. Our congregation comprises people from diverse nationalities. Orthodoxy is universal. You do not need to be Greek to attend our church. You're encouraged to come to the church hall for coffee hour after the Sunday Divine Liturgy and have a coffee with Fr. Kosta and the rest of the congregation.

Q: I'm an Orthodox Christian but visiting for the first time. What should I do?

Please inform the Priest that you are visiting, especially if you wish to receive Holy Communion.

Q: Can I speak with the Priest privately regarding learning more about the Orthodox Church?

Of course! Our Priest is available to speak with you most days and at all times. Please feel free to contact him. His contact information is in this bulletin.

Q: What's the most significant difference between the Orthodox Church and other denominations?

Apart from the liturgical, theological, and visual differences, the mentality and way we approach God, the Saints, spirituality, and sin differ from some, if not most, "Western" theological approaches. Our approach to the Bible and Holy Tradition may vary from one's experience. Depending on one's background, the above can result in considerable differences and significant adjustments for those exposed to the Orthodox

approach to saints, life, death, and God.

Q: Can I receive the Eucharist at Holy Trinity if I belong to the Oriental (Non-Chalcedonian) Orthodox Churches?

Since Thunder Bay is relatively isolated, if your church is not located in the Thunder Bay area, you may receive Holy Communion upon permission from your priest or bishop. Our Archdiocese has granted this special exemption, as the Chalcedonian and non-Chalcedonian churches are still not in full communion. However, to make our church your permanent spiritual home or to continue receiving the Sacraments for an extended period, you must discuss this with our priest.

Q: Do you rent your church to other denominations or faith groups?

We do not rent our church. The policy is that only our parish priest can celebrate worship services unless another canonical Orthodox Priest is visiting, has written permission from his bishop and our Archdiocese, and has discussed it with our priest to lead services.

The church hall is available for rent, provided the event does not contradict the spirit of the Orthodox Christian faith.

Orthodox services can be overwhelming or confusing for those experiencing them for the first time. Feel free to speak with our Priest after the Service regarding your experience. We'd love for you to join us in the church hall after Sunday's Divine Liturgy for fellowship and coffee.

**MANY THANKS TO OUR BULLETIN SPONSORS
AND COMMUNITY SUPPORTERS**

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Cory Kutschke
Managing Funeral Director
Michael Uitto
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Randy Gotziaman

Phone: (807) 345-2877
Fax: (807) 344-4995



Our Community is grateful for the
ongoing support of the SSGA.

www.superiorshoresgaming.com



**We Do House
Calls & Hospital
Visits!**

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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