

THE HOLY TRINITY HERALD

THE MONTHLY NEWSLETTER OF
HOLY TRINITY GREEK ORTHODOX CHURCH
ROANOKE, VIRGINIA

VOL. 24 ISSUE 3

MARCH 2026

Reflections of His Eminence Metropolitan Apostolos of New Jersey for the journey of the Great Lent.

My Beloved brother Clergy and blessed Faithful children in the Lord,

With sacred compunction and spiritual joy, we enter once again the Holy and Great Lent, this “arena of ascetic struggle,” as it is beautifully described by His All-Holiness, Ecumenical Patriarch Bartholomew, who reminds us that this season is not a burden, but a gift—“a spiritual spring,” a period illumined by the light of the Resurrection.

The Apostle Paul exhorts us: “Now is the acceptable time; now is the day of salvation” (2 Corinthians 6:2). Great Lent is precisely this sacred time: a journey of repentance, humility, fasting, and prayer, with our eyes fixed upon the life-giving Cross of the Lord. As we advance toward Holy Pascha, we do not walk in darkness, but in hope, for the Cross leads always to the empty Tomb and to the joy that “no one will take from you” (John 16:22).

His All-Holiness has wisely emphasized that asceticism is not foreign to the life of the Church, nor a denial of joy, but “another word for Christian existence.” True asceticism is ecclesial, not individualistic. It is not self-justification, but self-offering; not self-destruction, but the transformation of the heart. As the tradition of the Gerontikon teaches: “We have been instructed not to destroy the body, but to destroy the passions.” In this spirit, our fasting becomes a means of freedom—freedom from egoism, from attachment, from the illusion that life consists in possessions (cf. Luke 12:15).

Great Lent is never a solitary path. It is the common struggle of the Body of Christ. Repentance, forgiveness, almsgiving, and prayer are inseparably woven together. Our Lord reminds us: “When you fast... when you pray... when you give alms” (Matthew 6:1–18). These are not isolated acts, but expressions of one unified life in Christ.

In an age marked by confusion and fragmentation, the Church offers the healing experience of communion. Great Lent calls us to rediscover the Eucharistic heart of our existence. Every ascetical effort finds its fulfillment in the Divine Liturgy, in thanksgiving and doxology, in the foretaste of the Kingdom. The Resurrection of Christ is “the hope within us” (1 Peter 3:15) and the radiant horizon toward which we journey.

We are not alone in this sacred struggle. The benevolence of the Triune God sustains us; the intercessions of the All-Holy Theotokos protect us; and the prayers of the saints accompany us. As we recall the historic gratitude of the faithful who chanted the Akathist Hymn in

thanksgiving to the Mother of God, so too we entrust our cities, our parishes, and our families to her maternal care.

My beloved clergy, we have the commitment to lead the people of God with patience, discernment, and love. Be living examples of repentance and hope, guiding the faithful not merely by word, but by the witness of your life.

Let's embrace this season not with gloom, but with expectation. Lent is a "second baptism," a renewal of grace, a return to the Father who awaits us with open arms (cf. Luke 15:20).

May the Lord grant us all a blessed and fruitful Fast, marked by prayer, adorned with forgiveness, and crowned with love so that sanctified in Him and "speaking the truth in love" (Ephesians 4:15), we may arrive together at the radiant joy of His Holy and Saving Resurrection. Amen.

VMI & Washington and Lee
Orthodox Christian Fellowship 



Orthodox Services
2025-2026
Thursday nights at 7pm:

September 25th
October 30th
November 13th
January 22nd
February 19th
March 12th
April 23rd

Confession available before/after services!
Contact: frtheoHTROA@gmail.com

Location:
VMI Museum
415 Letcher Avenue
Virginia Military Institute
Lexington, VA 24450





Holy Trinity Greek Orthodox Church

30 Huntington Boulevard, N.E.

Roanoke, Virginia 24012

PHONE: (540) 362-3601

FAX: (540) 362-3638

www.holytrinityroanoke.com

Priest: Fr. Theodore Lyketsos

E-MAIL: frtheohtrao@gmail.com

Church Administrator: Diane Simmons

E-MAIL: htrinityroa@verizon.net

2025-2026 PARISH COUNCIL

Matt Mandros	President
Frances Simopoulos	Vice President
Carol Royal	Secretary
Maria Apostolou	Assistant Secretary
Van Kakouras	Treasurer
Angela Flegas	Assistant Treasurer

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Beth Gianakouros	Juan Martinez
Mike Greenwood	Nada Melki

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Youth Director – Mike Greenwood

Greek School – Tom Contos, Rea Dania,
Georgia Liagki

Chanters – Dr. Paul Dallas, Fred Gianakouros,
& Demos Tsiakos

Dance Troupe – Dina Martinez

Bookstore – Voula Dallas

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Caitlin DeMarco

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Greg Apostolou

Grounds, Planning, & Projects – Juan
Martinez, Dr. Charles Tarasidis, Dr.
Paul Dallas, Terry Tomaras, Jack
White, Pete Simopoulos, Chris Flegas

Roanoke Greek Festival – Pete Simopoulos

Stewardship – Nada Melki

Ushering & Welcome – Maria Apostolou,
Naji Karim, Irene Karageorge

The deadline for notices to be placed in the bulletin is the 15th of each month. Please email them to htrinityroa@verizon.net on or before this date. Thank you.

SERVICE SCHEDULE

MARCH 2026

No Vespers on Saturdays

Sun. 03/01/2026	Sunday of Orthodoxy	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>St. Paul's Letter to the Hebrews 11:24-26; 32-40</i>	
<i>Gospel:</i>	<i>John 1:43-51</i>	
<i>Usher(s):</i>	Carol Royal, Angela Flegas, Mike Greenwood	
Mon. 03/02/2026	Compline	6:00 PM
Wed. 03/04/2026	Presanctified Liturgy	6:00 PM
Fri. 03/06/2026	Salutations	6:00 PM
Sun. 03/08/2026	Sunday of St. Gregory Palamas	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>St. Paul's Letter to the Hebrews 1:10-14; 2:1-3</i>	
<i>Gospel:</i>	<i>Mark: 2:1-12</i>	
<i>Usher(s):</i>	Maria Apostolou, Frances Simopoulos, Pete Simopoulos	
Mon. 03/09/2026	Compline	6:00 PM
Wed. 03/11/2026	Presanctified Liturgy	6:00 PM
Fri. 03/13/2026	Salutations	6:00 PM
Sun. 03/15/2026	Sunday of the Holy Cross	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>St. Paul's Letter to the Hebrews 4:14-16; 5:1-6</i>	
<i>Gospel:</i>	<i>Mark 8:34-38; 9:1</i>	
<i>Usher(s):</i>	Juan Martinez, Maria Hatzios, Lampros Panogeorgos	
Mon. 03/16/2026	Compline	6:00 PM
Wed. 03/18/2026	Presanctified Liturgy	6:00 PM
Fri. 03/20/2026	Salutations	6:00 PM
Sun. 03/22/2026	Sunday of St. John Climacus	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>St. Paul's Letter to the Hebrews 6:13-20</i>	
<i>Gospel:</i>	<i>Mark 9:17-31</i>	
<i>Usher(s):</i>	Van Kakouras, Irene Karageorge, Nada Melki	
Mon. 03/23/2026	Compline	6:00 PM
Wed. 03/25/2026	Annunciation of the Theotokos	8:00 AM Orthros 9:00 AM Liturgy
Fri. 03/27/2026	Salutations	6:00 PM
Sun. 03/29/2026	Sunday of St. Mary of Egypt	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>St. Paul's Letter to the Hebrews 9:11-14</i>	
<i>Gospel:</i>	<i>Mark 10:32-45</i>	
<i>Usher(s):</i>	Voula Dallas, Beth Gianakouros, Naji Karim	
Mon. 03/30/2026	Compline	6:00 PM

USHERS ARE REQUIRED TO ARRIVE FIFTEEN MINUTES PRIOR TO BEGINNING OF LITURGY! THE USHER LEADER IS TO ARRIVE FOR THE BEGINNING OF ORTHROS. IF YOU ARE NOT ABLE TO USHER AS SCHEDULED, PLEASE CONTACT ANOTHER USHER FROM YOUR LIST TO REPLACE YOU.

Weekly Classes & Worship

Holy Trinity invites you to our
Orthodox Catechism
A weekly class on Orthodox Christian faith and life

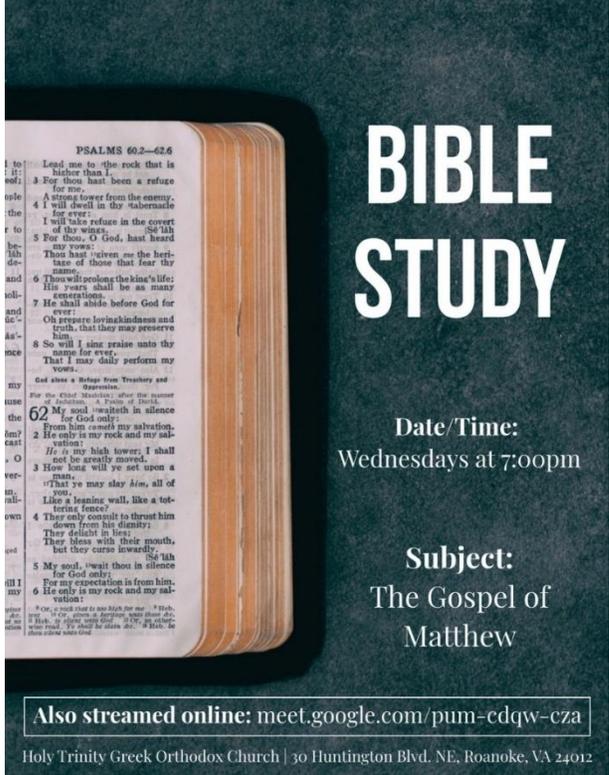


Time: Sundays after the 10am Divine Liturgy
Location: Conference Room
All are welcome/No commitment necessary
Questions? FrTheoHTROA@gmail.com

Holy Trinity Greek Orthodox Church | Roanoke, Virginia

Path to Eternity with Fr. Theodore:

Everyone is welcome to join, whether they are just curious about Orthodoxy, or they have been part of the Church their whole life! You do not need to have attended a previous class in order to come.



BIBLE STUDY

Date/Time:
Wednesdays at 7:00pm

Subject:
The Gospel of Matthew

Also streamed online: meet.google.com/pum-cdqw-cza

Holy Trinity Greek Orthodox Church | 30 Huntington Blvd. NE, Roanoke, VA 24012

**Bible Study is on
Wednesdays at 7pm**



THE ORTHOCHAT EPISODE 70: FR. THEODORE LYKETSOS

Holy Trinity Roanoke is on YouTube! God willing, we will soon have the capability to broadcast services as well.

Check it out: <https://www.youtube.com/@HolyTrinityRoanoke>

CATECHUMEN ROUNDUP!



**WE NEED HELP ROUNDING UP ALL OF THE
INQUIRERS AND CATECHUMENS AT HOLY TRINITY!**

**If you are hoping to be baptized or chrismated
into the Orthodox Church, please register
your information at the link or QR code, to
help Fr. Theodore keep track of your progress.**



<https://bit.ly/49vIn3S>



Fellowship Hour Hosts for February 2026

The 2026 calendar is posted in the church hall; please show your hospitality by signing up to be a host.

If there is no sponsor, we will designate every

1st Sunday of the month *PotLuck Sunday*. Any parishioner may bring a dish. Check your Friday email to see if the 1st Sunday is Pot Luck.

February 1	Potluck
February 8	Vasilopita Cutting
February 15	1 Year Memorial for Lee Guiliani, Celebration for the Newly Illumined Sponsored by the Welcoming Committee
February 22	No Service Due to Weather

If you have questions reach out to Danna Owen at Philoptochosroanoke@gmail.com

Announcements

Welcome To Holy Trinity!

Happy Spring!

Welcome to all visitors and newcomers. Please feel free to introduce yourself to Father Theodore or any parishioner. We're eager to answer your questions.

from the Ushering and Welcome Committee
(Maria Apostolou, Naji Karim & Irene Karageorge)



Ladies' Liturgical Year Literary Club

Due to the monastery pilgrimage and the different Lenten schedule, we will be holding the Ladies' Liturgical Year Literary Club on March 28 at 6pm. We will be discussing *Thirty Steps to Heaven* by Vassilios Papavassiliou, available in the bookstore. Even if you don't finish the book by then, please come anyway and enjoy the discussion and a nice cup of tea!

Caitlin

crdema@gmail.com

Greek School

Join us in celebrating
GREEK INDEPENDENCE DAY
March 22, 2026



Join us on March 22, 2026, to celebrate Greek Independence Day. Enjoy coffee hour, snacks, fellowship, and a presentation by Holy Trinity Greek School.

HOLY TRINITY GREEK ORTHODOX CHURCH
ROANOKE, VA

Religious Education

Dear Brothers and Sisters in Christ:

As we begin the Lenten journey, all grades took part in the St. John Chrysostom Oratorical Festival. Dr. Wendy Larson-Harris led the preparations and conduct of the event, ably assisted by Diane Simmons, Grace Tomascello and Demetria Greenwood. The opportunity to research and present on the Saints, Holy Tradition and other facets of Orthodox theology was educational for the students and good experience for their professional careers.

Focus in class will continue on Lent and the journey to Pascha.
Wishing everyone good strength,
Fred Gianakouros

Parish Council News

Dear Holy Trinity Family and Friends,

As we stand at the beginning of Great Lent and observe Forgiveness Sunday, we are reminded that this journey begins not with perfection, but with humility. I ask for your forgiveness. May this time of Lent draw us closer to Christ and to one another as we walk this path together toward Pascha.

Project Updates

Here is a brief update on the projects approved by the General Assembly in November:

- **Exterior Lighting:** Installation began at the end of February.
- **Camera System:** Installation of cameras is scheduled to begin in early March. Door access control will follow immediately after the camera system is operational.
- **Doors and Locks:** Several providers have examined our doors, locks, and closing mechanisms. Final decisions are expected by the end of February.

Upcoming General Assembly

Looking ahead, please note that our next General Assembly is scheduled for March 15.

Stewardship Update

The stewardship committee is encouraging everyone to submit a pledge card. As of this writing, we have received 25 pledge cards. Last year, we had 86 pledges. If you cannot find your card, there are extras available in the Narthex.

In Christ,
Matthew Mandros
Parish Council President

Philoptochos News

MARCH NEWSLETTER

As we begin our journey through lent, let us remind ourselves of the mission and purpose of Philoptochos.

The charitable work of the Society shall be performed with discretion, courtesy and kindness.

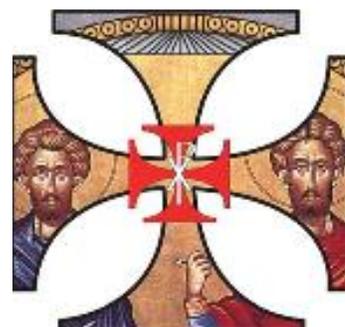
- To help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, to undertake the burial of impoverished persons and to offer assistance to anyone who may need the help of the Church through fundraising efforts; and
- To promote the charitable, benevolent, and philanthropic purposes of the Greek Orthodox Archdiocese of America, through instructional programs, presentations, lectures, seminars and other educational resources;
- To preserve and perpetuate Orthodox Christian concepts and the Orthodox Christian Family, and through them, to promote the Greek Orthodox Faith and traditions, in accordance with its doctrines, canons, discipline, divine worship, usages and customs;
- To promote participation in the activities of the Greek Orthodox community, with the cooperation of the Parish Priest and the Parish Council.

#####

Our Holy Trinity chapter has over 50 members yet only a small number of members assist and participate in our activities. My previous pleas for assistance, especially with coffee hour has fallen on deaf ears. Please consider offering to assist either with set up or clean up to continue this weekly offering. During lent, if there is no sponsor on any particular Sunday, Philoptochos will offer a light Lenten fare such as fruit or cookies.

Looking forward, there are other ways to offer your assistance. Please refer to the listing below. Let your faith leads you to help our parish and community.

- Market and sell Our Ethnic Cuisine Cookbooks.
- Visit Shut-ins
- March 15, Lenten Spaghetti Luncheon to benefit Holy Cross School of Theology
- Assist with decorating icons and Epitaphios.
- April 5 Assist with Palm Sunday Luncheon
- Decorate Epitaphios
- Represent Philoptochos to collect \$ for Easter Lillies, icon flowers or Epitaphios flowers.



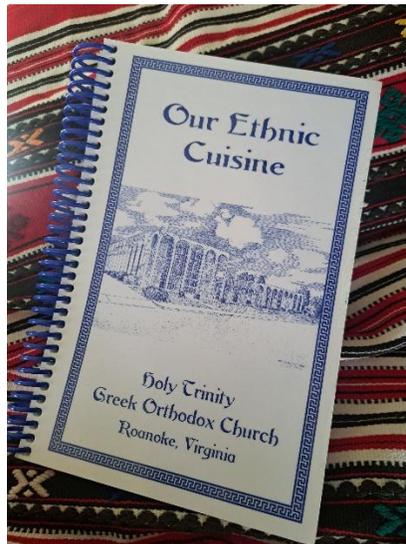
**Greek Orthodox Ladies'
Philoptochos Society
of Holy Trinity Church**

In closing, I'd like to thank everyone who helped and sponsored our OPA! With LOVE Valentine's Dinner. The event was a huge success!

Kali Sarakosti,

Danna

The Philoptochos Cookbook can be purchased for \$20.



**Become a Member
of PHILOPTOCHOS**
(Greek for "friends of the poor")



**Mission: Empowering Community Through
Our Orthodox Faith and Philanthropy**

Your membership contributes to
AIDING THE NEEDY, SUPPORTING CHURCH
MINISTRIES, COMMUNITY BUILDING, AND
PRESERVING THE FAITH
as it has been done since 1931.

We are primarily a women's organization, but men are welcome to
join along with our other male members

2026 GREAT LENT AND HOLY WEEK FLOWERS

Flowers for Theotokos Icon – 1st Salutation – Feb. 27	\$50.00
Flowers for Sun. of Orthodoxy Icon – Mar. 1	\$40.00 (donated)
Flowers for Theotokos Icon – 2nd Salutation – Mar. 6	\$50.00
Flowers for St. Gregory Palamas Icon – Mar. 8	\$40.00
Flowers for Theotokos Icon – 3rd Salutation – Mar. 13	\$50.00
Flowers for Ven. of Holy Cross Icon – Mar. 15	\$40.00 (donated)
Basil for Holy Cross – Mar. 15	\$50.00
Flowers for Theotokos Icon – 4th Salutation – Mar. 20	\$50.00
Flowers for St. John Climacus – Mar. 22	\$40.00
Flowers for Akathist Icon – Mar. 27	\$50.00
Flowers for St. Mary of Egypt Icon – Mar. 29	\$40.00
Flowers for Sat. of Lazarus Icon – Apr. 4	\$40.00
Flowers for Palm Sun. Icon – Apr. 5	\$40.00
Palms for Palm Sunday – Apr. 5 (church)	\$100.00 (donated)
Flowers for Nymphios Icon – Apr. 5	\$40.00
Flowers for Nymphios Icon – Apr. 6	\$40.00
Flowers for Nymphios Icon – Apr. 7	\$40.00
Oil for Holy Unction Service - Apr. 8 (church)	\$10.00
Flowers for Last Supper Icon – Apr. 8	\$50.00
Flowers for Crucifixion Icon – Apr. 9	\$40.00 (donated)
Crucifixion Wreath – Apr. 9	\$45.00
Candles for Candelabra – Apr. 9 (church)	\$80.00
Rose Petals – Apr. 10	\$100.00 (donated)
Rose Water – Apr. 10	\$10.00
Cross for Epitaphios	\$250.00
Flowers for Apokathelosis Icon – Apr. 10	\$40.00 (donated)
Good Friday Candles – May 3 (church)	\$30.00 (donated)
Bay leaves for Holy Saturday, Apr. 11, a.m. service	\$30.00
Flowers for Resurrection Icon (small) – Apr. 12	\$40.00 (donated)
Flowers for Resurrection Icon (large) – Apr. 12	\$50.00
Resurrection Candle for Priest – Apr. 12 (church)	\$100.00 (donated)
Pascha Red Eggs – Apr. 12 (20 Dozen)	\$120.00

*Please note: the Flower Donations are to be donated to Philoptochos.

The ones in parenthesis (church) are to be donated to the Holy Trinity Greek
Orthodox Church

Roanoke



The Hellenic Club will take a break during Lent and will reconvene after Easter.

If you have any questions or suggestions for our Club, please contact me at francesimopoulos@gmail.com or 434.851.6830.

Frances Simopoulos

TLOT

Feeding the Hungry

We continue to come together in fellowship to prepare meals for the less fortunate. I love how well we work together to accomplish this mission!

Always great to see new comers and the regular people who attend!

Thank you to everyone for your continued support!

Monetary donations are welcomed.

Next month's meal preparation day will be on March the 17th at 6 PM. The menu consists of beef stew, homemade bread, and dessert!

In Faith and Love,
Della Ann



Information

NAME

NAME OF SPOUSE (IF MARRIED)

STREET ADDRESS

CITY / STATE / ZIP CODE

HOME PHONE

MOBILE PHONE

EMAIL ADDRESS

EMAIL ADDRESS OF SPOUSE (IF MARRIED)

Dependent Children's names and birthdates:

May we include your contact information in the parish directory?

yes no *If yes, please indicate any information you would like excluded:*

May we add you to our parish email list?

yes no



treasure

In gratitude for God's blessings, I/We commit to Christ and His Church the following amount:

\$ _____ each week

online giving

Use our convenient online giving option to make a convenient one-time or periodic gift to the church to fulfill your stewardship commitment. Please visit our online giving site here: onlinegiving.org, or scan the QR code below.



gift of appreciated stock

I would like to speak with someone about making a gift of appreciated stock to the church.

planned giving

I would like to speak with someone about how to remember the church in my will, trust, or estate plan.

time & talent

Individual stewards should indicate areas of interest with a check (✓).

Families should mark "H" for husband, "W" for wife or "C" for children.

EDUCATION

- Bible Study
- Adult Religious Education
- Intro to Orthodoxy
- Publications
- Speakers
- Bookstore
- Library

LITURGICAL

- Sanctuary & Altar Care
- Altar boys / Acolytes
- Baking Prosfora
- Choir
- Reader
- Greeter/Usher

MINISTRIES & PROGRAMS

- Campus Ministry
- Welcome Team
- New Member Events
- Outreach
- Stewardship
- Sunday Fellowship / Coffee
- Visitation - Hospital
- Visitation - Shut-ins
- Feed the Hungry
- Prison Ministry
- Grief Bereavement Group
- Disaster Relief Projects
- Blood Drives
- Project Mexico
- Int'l Orth Christian Charities
- OCMC Mission Center

BUILDING & GROUNDS

- Garden & Landscape
- Plumbing
- Electrical
- Clean-up
- Interior Repairs
- Exterior Repairs
- Roofing
- Hall Rentals

ADMINISTRATION

- Fiscal Mgt / Review
- By-Laws
- Development / Fundraising
- Office help
- Computer / Technical
- Data Entry

COMMUNICATIONS

- Web site & E-mail
- Bulletin & Newsletter
- Public Relations

Any other talents or information on items listed above:



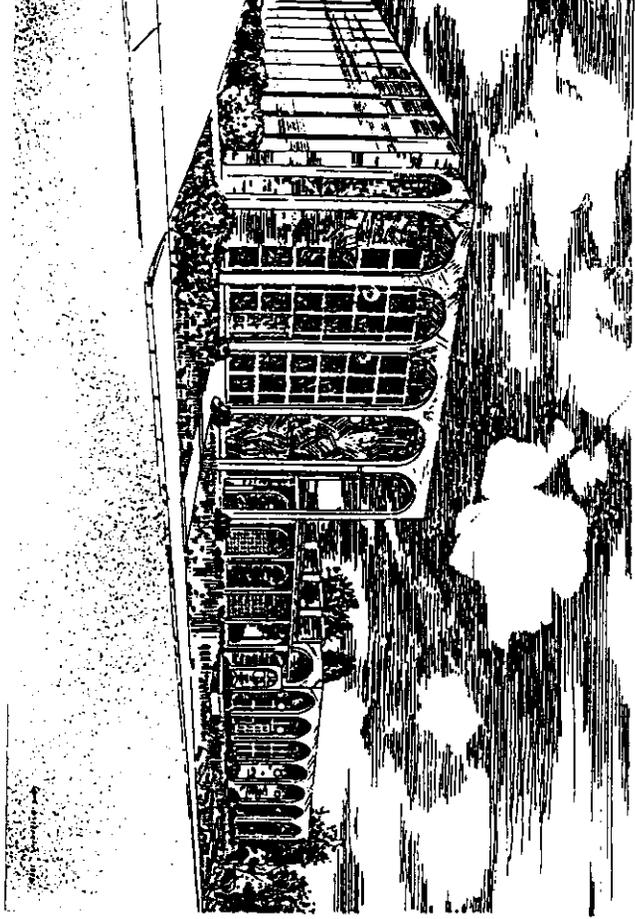
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Holy Trinity Greek Orthodox Church
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Roanoke, VA 24012

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