

THE HOLY TRINITY HERALD

THE MONTHLY NEWSLETTER OF

HOLY TRINITY GREEK ORTHODOX CHURCH

ROANOKE, VIRGINIA

VOL. 23 ISSUE 5

MAY 2025

Dear Holy Trinity family,

Christ is risen!

I think we are often become so used to that statement that we become desensitized to its strange implications. When we say “Christ is risen/Χριστός ανέστη!” and respond “Truly risen/Αληθώς ανέστη” we are saying that we believe a Man who lived two thousand years ago and was publicly executed in a most brutal fashion came back to life after He was buried for three days (i.e. long after even modern medical technology could have resuscitated Him). This is a bizarre belief, because not only does it contradict uniform human experience in all places and at all times, but it seems to defy logic itself: the defining characteristic of death is that it is permanent and irreversible. When we tell each other “Christ is risen! Truly risen!” we are proclaiming our belief in the absurd.

But the Apostles never claimed that the Resurrection of Jesus Christ wasn’t absurd; indeed, St. Paul referred to his own message as “foolishness” (1 Cor 1:18). What they proclaimed was that despite its apparent absurdity, *it actually happened*. The Apostles did not claim that Jesus’ rising made rational sense, or that it was the right conclusion to draw at the end of a chain of logical deduction: instead they claimed that several days after they saw Jesus publicly executed and buried (John 19:34-35), He came to them again in the flesh (Luke 24:39), and that they walked with Him (Luke 24:15), spoke with Him (Mark 16:14), ate with Him (Luke 24:43), touched Him (Matthew 28:9), and saw Him perform miracles (John 21:6) for a period of forty days (Acts 1:3). Even after He ascended out of their sight, He continued to perform remarkable miracles among them as proof of His rising (Mark 16:20; Acts 2:1-4). Perhaps most shockingly, one of the most violent opponents of the Resurrection story himself “switched sides” after the resurrected Jesus appeared to him as well (1 Cor 15:8-9)! None of the Apostles ever recanted their testimony or joined another religious movement, and almost all of them accepted torture and death for their teaching. The Resurrection of Jesus Christ is a unique event in all world religions and human history in general: none of the followers of Buddha, Muhammad, Guru Nanak or Joseph Smith even claimed to witness such a remarkable miracle from their leader, let alone gave their lives for such a testimony.

But the Resurrection is not just a remote event that occurred to a few people in the ancient past, rather it is the reality continually lived and experienced within the Orthodox Church by those who sincerely seek Christ with their whole being. Here is the testimony of St. Sophrony of Essex, who returned to the Church after spending his young adulthood in a state of total unbelief, “And lo, on Easter Saturday, in 1924 perhaps, the Light visited me after I had taken communion, and I felt it like the touch of Divine Eternity on my spirit. Gentle, full of peace and love, the Light remained with


me for three days. It drove away the darkness of non-existence that had engulfed me. I was resurrected, and in me and with me the whole world was resurrected. The words of St John Chrysostom at the end of the Easter Liturgy struck me with overwhelming force: 'Christ is risen and there are no dead in the grave'. Tormented hitherto by the spectre of universal death, I now felt that my soul, too, was resurrected and there were no more dead . . . If this is God, then quickly let me abandon everything and seek only union with Him." (*We shall see Him as He is*, Archimandrite Sophrony Sakharov, 1988)


May God enlighten all of us to believe in and to truly experience the reality of His Resurrection, and the full richness and beauty of the words "Christ is risen!"

God bless you all!

Fr. Theodore Lyketsos

The Archpastoral Visit of His Eminence Metropolitan Apostolos is May 18th



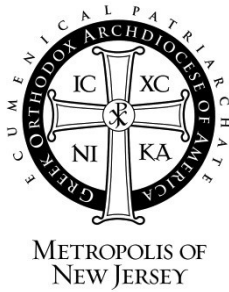

Greek Orthodox
Metropolis of New Jersey

**Archpastoral Visit of His Eminence
Metropolitan Apostolos of New Jersey**

**Orthros and
Hierarchical Divine Liturgy**

**Sunday, May 18, 2025
9:00 A.M.**

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



Holy Trinity Greek Orthodox Church

30 Huntington Boulevard, N.E.

Roanoke, Virginia 24012

PHONE: (540) 362-3601

FAX: (540) 362-3638

www.holytrinityroanoke.com

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E-MAIL: frtheohtra@gmail.com

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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

Board Members

Voula Dallas	Dr. Maria Hatzios
Beth Gianakouros	Juan Martinez
Mike Greenwood	Nada Melki

ORGANIZATIONS

Philoptochos President – Danna Owen

Religious Education – Carol Royal

Youth Director – Mike Greenwood

Greek School – Georgia Liagki, Tom Contos

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

Dance Troupe – Dina Martinez

Bookstore – Voula Dallas

Megdova President – Dr. Paul Dallas

Webmaster – Mark Bonds

COMMITTEES

Archives – Dr. Maria Hatzios, Caitlin
DeMarco

Finance – Mike Greenwood, Jack White, 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

MAY 2025		
Sat. 5/3/2025	Vespers	5:00 PM
Sun. 5/4/2025	Sunday of the Myrrh-Bearing Women	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>Acts of the Apostles 6:1-7</i>	Gospel: Mark 15:43-47; 16:1-8
Usher(s):	Maria Hatzios, Naji Karim, Georgia Liagki	
Sat. 5/10/2025	Vespers	5:00 PM
Sun. 5/11/2025	Sunday of the Paralytic	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>Acts of the Apostles 9:32-42</i>	Gospel: John 5:1-15
Usher(s):	Angela Flegas, Juan Martinez, Larry Owen	
Wed. 5/14/2025	Mid-Pentecost	No Liturgy; Fr. Theodore in Boston
Sat. 5/17/2025	Vespers	5:00 PM
Sun. 5/18/2025	Sunday of the Samaritan Woman	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>Acts of the Apostles 11:19-30</i>	Gospel: John 4:5-42
Usher(s):	Irene Karageorge, Mike Greenwood, Lampros Panogeorgos	
Tues. 5/20/2025	Vigil for SS. Constantine & Helen @ Panagia Prousiotissa Monastery in Troy, NC	10:00 PM
Sat. 5/24/2025	Vespers	5:00 PM
Sun. 5/25/2025	Sunday of the Blind Man	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Second Letter to the Corinthians 4:6-15</i>	Gospel: John 9:1-38
Usher(s):	Beth Gianakouros, Voula Dallas, Carol Royal	
Wed. 5/28/2025	Apodosi of Pascha	8:00 AM Orthros 9:00 AM Liturgy
Thurs. 5/29/2025	Holy Ascension	8:00 AM Orthros 9:00 AM Liturgy
Sat. 5/31/2025	Vespers	5:00 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

Path to Eternity with Fr. Theodore resumes on Sunday, May the 4th, after Divine Liturgy in the Conference Room. 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 with Fr. Theodore resumes on Tuesday, May 6th
at 7:00pm.**

Come in person to the conference room or attend online through:

[Meet - Bible Study \(google.com\)](#)

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>



THE ORTHOCHAT EPISODE 70: FR. THEODORE LYKETSOS



The 2025 calendar is posted in the church hall; please show your hospitality by signing up to be a host.

Fellowship Hour Hosts for April 2025

April 6	Odette Karim – Memorial for Halim Karim (8 years); Katia Karim Ford (7); Amine Nassif (2) May their memory be eternal.
April 13	Palm Sunday Luncheon
April 20	Pascha
April 27	Zhenya & Liza

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

Announcements

Welcome To Holy Trinity!

Welcome to all newcomers and visitors. Christ is Risen! Truly He's Risen!

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

Community Garden

Christ is Risen!

We have a wonderful community garden built by our Eagle Scout, Jacob Simmons, and we need to put it to good use! Caitlin and I have already planted the first bed on the left with half carrots and half green onions, but there are 5 beds remaining! We were thinking of planting herbs and vegetables that can be used by the whole Church community, i.e. in coffee hour or cooking



for TLOT. Our ideas are tomatoes, peppers, basil, rosemary, etc., but we need help! So, after Church on May 11, I'm going to be planting more and anyone who wants to help or donate seeds or plants is more than welcome! Also, there's no water source near the garden and we've had an idea of putting in a rain barrel on the downspout, so if anyone can help with that at all, we would really appreciate it!

Grace Tomasello

Deaths

+ **Konstandinos "Gus" Goumas**, father of Frances Simopoulos, passed away peacefully on Tuesday, April 8, 2025, in Charlotte, North Carolina.

The family would like to express their appreciation for the love and support shown to them during this difficult time.

Konstandinos Serafim "Gus" Goumas Obituary (2025) - Charlotte, NC - Kenneth W. Poe Funeral & Cremation Service - Charlotte



May his memory be eternal.

Memorials

On Sunday, April 6th there was a Memorial for Halim Karim (8 years, husband of Odette Karim), Katia Karim Ford (7 years, daughter of Halim & Odette Nassif Karim), and Amine Nassif (2 years, brother of Odette Karim).

Previously, on Sunday Feb. 16th, there was also a 10 year Memorial for Farid Nassif, brother of Odette Karim and husband of Samira Nassif.

May their memory be eternal.



Halim Karim



Katia Karim Ford



Farid Nassif



Amine Nassif



Upcoming Memorials

**Theodora Koutsothanasis (Daughter of Protopresbyter of the Ecumenical Throne Panagiotis & Presbyteria Tina Papanikolaou)
- Sunday, May 4th**

On Sunday, May 4th, Father Panagioti Papanikolaou and Presbyteria Tina will be here to dedicate a proskinitario (icon stand) in memory of their daughter Dora.

Ioana Andrei (Mother of Dr. Corina Sandu) – 6 year Memorial, Sunday, May 4th



Suttie (4) & Annie (11) Economy (Parents of Della Bryant) - Sunday, May 4th

Amelia Tames (Mother of Barbara Tames & Julie Hale) – 1 year Memorial, Sunday, May 25th



Joanne Stamus (Mother of Melanie Mandros, Stephanie DeMaurice, & Annette Stamus-Stull) – 1 year Memorial, Sunday, June 15th

Sandra Alibertis (Mother of Kostas Alibertis) – 7 year Memorial, Sunday, June 22nd



May their memory be eternal.

Religious Education

Christ is Risen!

Thanks to Father Theodore and Demetria Greenwood, a Good Friday retreat was successfully held. There were activities for all ages, culminating with the retreat participants helping with the Unnailing service in the afternoon.

Classes will resume after Pascha.

Thank you, Father Theodore, for leading us on the Lenten journey and for many uplifting and enlightening talks and sermons during the services.

Truly He is Risen,
Fred Gianakouros





Graduates

Zoe Lampros, daughter of Nick Lampros and granddaughter of Barbara Lampros, will graduate from Roanoke College with a Bachelor of Arts in Political Science with a minor in Sociology.

Nadia Nassif, granddaughter of Samira Nassif, is graduating high school this year. She has been accepted to the Barrett Honors College at ASU and will be studying Business Entrepreneurship.

Nicole Scarlatescu will graduate in May from Hidden Valley High School and Roanoke Valley Governor's School.

She is going to study Biology at University of Virginia (UVA)

Matthew Scarlatescu will graduate in May from University of Virginia (UVA), School of Computer Science.

He will continue with his Master in Computer Science at UVA.

Jacob Simmons will graduate in May from Glenvar High School.

He will continue at Virginia Western, where he has been dual enrolled, and plans to transfer to Virginia Tech to study Civil Engineering.



CAMP GOOD SHEPHERD

JOIN OUR STAFF!

STAFF APPLICATIONS
NOW OPEN!



Maryland
**14-21 JUNE
2025**

Virginia
**5-12 JULY
2025**

New Jersey
**12-20 JULY
2025**

Are You...

- ✓ Looking to grow your Faith?
- ✓ Hoping to make meaningful relationships?
- ✓ Seeking to boost your resume?

Registration Link: Scan or Click Below



More Information: <https://www.nj.goarch.org/camp-good-shepherd>





CAMP GOOD SHEPHERD



Maryland

Camp Wo-Me-To
1200 Knopp Rd,
Jarrettsville, MD 21084

June 15 - 21, 2025

Early Bird: \$625
Register by April 30,
2025
\$675 Regular Tuition

Virginia

Camp Piankatank
1586 Stampers Bay Rd
Hartfield, VA 23071

July 6-12, 2025

\$650 Tuition

New Jersey

Camp Linwood MacDonald
1 Flatbrook Rd,
Sandyston, NJ 07826

July 13 - 19, 2025

\$750 Tuition

REGISTER HERE!



<https://www.nj.goarch.org/camp-good-shepherd>



908-301-0500

Parish Council News

Χριστός Ανέστη! Christ is Risen!

On behalf of the Parish Council, I extend my deepest gratitude to each and every one of you who joined us throughout Holy Week and Easter and to all the many hands that helped with preparations in the church and hall. What a blessing it was to see our church filled — overflowing with faith, love, and the joyful proclamation that **Christ is Risen!**

The beauty and reverence of the services, and the spirit of fellowship shared throughout our community were truly moving. From the youngest who attended our 1st Holy Friday Retreat to the oldest among us, each of you brought life and warmth to our parish family, making this Easter a radiant celebration of our faith. Even our newest catechumens helped to carry our beautiful Epitaphios.

As we continue in the joy of the Resurrection, may the light of Christ guide our hearts and strengthen our community. Let us carry this spirit with us, not just in this season, but throughout the year — renewed in faith, hope, and love.

With gratitude and love in Christ,
Matthew

Philoptochos News

MAY NEWSLETTER

Christ IS Risen!

Thanks to everyone for their support and assistance with our many activities throughout Holy Week. Our Palm Sunday luncheon was quite successful because everyone pitched in to assist. A special thank you to Vickie Tsiakos, Chris Flegas and Larry Owen who manned the kitchen and prepared the meal. Icon flowers were placed by Voula Dallas and Angela Flegas. For many years now, Della Ann Bryant has worked tirelessly on planning and decorating our Epitaphios. She is also in charge of dying and wrapping our Paschal eggs. I am very proud of the cooperation and teamwork our Philoptochos and supporters have shown this year.

Elections for the Philoptochos Board of Directors will be held in the conference room on Sunday May 4th after Divine Liturgy. PLEASE stop by and cast your ballot.

The slate of officers running unopposed is as follows:

President - Danna Owen

Vice President - Francis Simopoulos



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

Recording Secretary - Melanie Mandros
Corresponding Secretary - Anna Robertson
Treasurer - Maria Flegas
Asst. Treasurer - Maria Peters
Board Members - Voula Dallas
Julie Williams

If you are interested in adding your name to the ballot, please contact me before May 1st. Please know that to be eligible to run and serve you must have attended most of the meetings and be a steward of the parish.

We are currently in discussion with the Metropolis about plans for Metropolitan Apostolos' visit on May 18. As soon as things are finalized, I will communicate via email.

Pray for Peace
Danna

Roanoke



Xristos Anesti! I hope you and your family had a blessed Pascha!

As soon as the details have been finalized for the May/June Hellenic Club outing, the announcement will appear in the Friday bulletin.

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

Frances Simopoulos

SAVE THE DATE!

"GREEK TO GO"

SEPTEMBER 26, 27 & 28, 2025

DETAILS TO COME



HOLY TRINITY BOOKSTORE

❧ OPEN EVERY SUNDAY AFTER CHURCH ❧

WE HAVE BOOKS FOR ALL AGES, ICONS, PRAYER
ROPES, PRAYER BOOKS, CHARCOAL, INCENSE,
CENSORS, AND OTHER ITEMS.

PLEASE VISIT US AFTER THE DIVINE LITURGY ON
SUNDAYS. THANK YOU!



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

planned giving

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

We enter our spiritual home not to be entertained, but to be a part of a community of believers. We receive Jesus Christ in Holy Communion. As we pray, worship and serve together, we become His Body. To be truly a member of the Church as Body of Christ requires our presence and our engagement with one another -- in worship, study and service to others. We grow spiritually as a family. We give sacrificially as we acknowledge that all we have comes from God.

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 Prosphora
- ☐ 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
- ☐ Seniors Ministry
- ☐ Couples Ministry
- ☐ Singles Ministry
- ☐ Military Ministry

BUILDING & GROUNDS

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

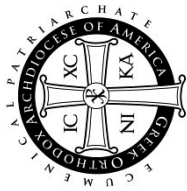
ADMINISTRATION

- ☐ 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:



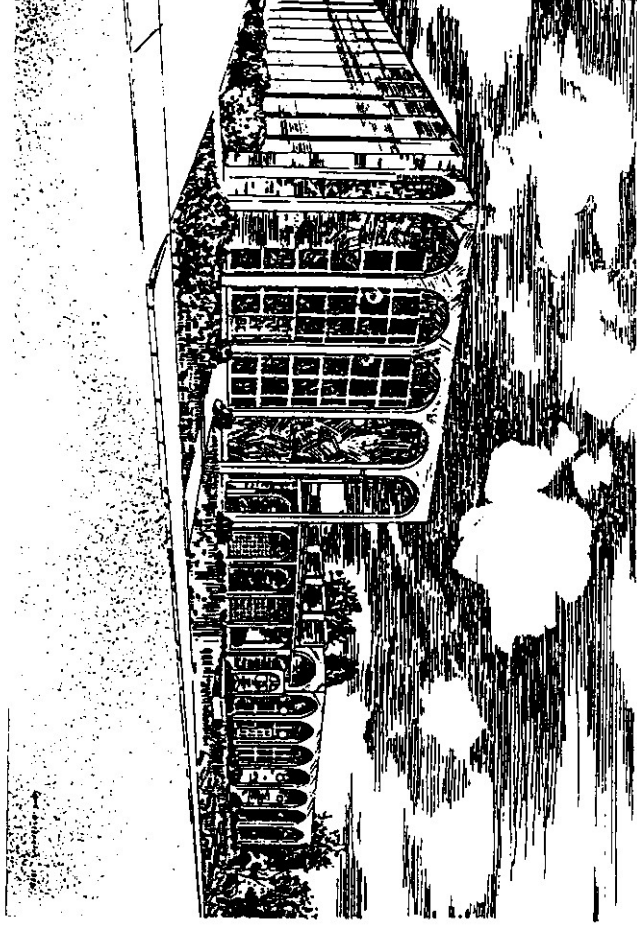
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