



THE HOLY TRINITY HERALD

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

VOL. 24 ISSUE 5

MAY 2026

Dear Holy Trinity family,

Christ is risen!

On May 21st we commemorate Saint Constantine the Great, the first Christian Emperor of Rome, along with his mother, Helen. Constantine is not widely honored outside of the Orthodox world, but he is one of the most important figures in the history of Christendom, and even the world. Indeed, British popular historian, Dr. John Julius Norwich, ranks Constantine as the fourth most influential man of all time after Jesus, Muhammad, and Buddha because of how dramatically he altered the course of events both during his own lifetime and in the millennium that followed.

Constantine converted to Orthodox Christianity while reigning as Emperor in a world where religion was not at all a private matter, and the modern idea of the “separation of church and state” was nonexistent. His massive historical influence flows from the fact that he self-consciously tried to rule as a Christian, promoting the Church and Christian beliefs and attempting to guide society towards Christian morality. He used imperial funds build churches across the empire, gave special privileges to Christians in government and clergy, established Sunday as a public day of rest, abolished gladiatorial games, and encouraged the freeing of slaves. He also involved himself in the affairs of the Church by convening the First Ecumenical Council at Nicaea to settle the Arian controversy. In this way he established an ideal that would shape Europe for centuries to come: now not only individuals and small communities, but even governments, societies and whole civilizations would strive to conform themselves to the teachings of Christ. In this way, all of the great monarchies of Europe through the 20th century from the Spanish to the Russian Empires can be thought of as part of Constantine’s legacy. While both tremendous good and terrible evil have been perpetrated in the shadow of Constantine, his world-altering influence on the course of human history is undeniable.

The decisive moment in St. Constantine’s story occurred in the year 312 AD. At that time, the Roman Empire was embroiled in a civil war, and Constantine was leading his armies against the attempted usurper of the imperial throne named Maxentius. Shortly before the two armies would meet in battle, Constantine was fearful and sought divine protection. Uncertain which god to call on, he prayed fervently that the true God would reveal Himself to him. In the middle of his anxious prayer, he looked up and saw a Cross in the sky accompanied by the words “In this Sign Conquer”. That night he had a dream where Christ Himself appeared and explained the vision: he (Constantine) was to lead his men into battle beneath the sign of the

Cross, and in that way achieve victory over his enemies. Constantine obeyed, ordering his soldiers to fashion a standard in the shape of a Cross topped with a Christogram (☩), which he placed at the front of his army. On October 28th, 312 AD, Constantine's lead his forces into battle, fighting for the first time beneath the sign of the Cross, and won a decisive victory at the battle of the Milvian bridge. His enemy, Maxentius, drowned in the river Tiber while trying to escape, and the civil war was thus brought to an abrupt end. Amazed, Constantine immediately resolved to serve the Christian God for the rest of his life, becoming a catechumen shortly thereafter. When he entered Rome triumphantly on October 29th, he declined to offer the traditional sacrifice to Jupiter in thanksgiving for his victory — the first time ever for a Roman Emperor. From that day on the old gods would never again hold such sway in Europe; a new era had begun.

Modern secular historians, unsurprisingly, are uncomfortable with the idea that an answered prayer or a vision so radically shifted the course of history. They generally prefer to explain past events in more earthly terms, without the intervention of God or anything else supernatural. Nevertheless, the evidence from primary sources is clear, and even non-believing historians are forced to admit that “there can be little doubt...that at a certain moment shortly before the fateful battle the Emperor underwent some profound spiritual experience.”¹ Constantine's motivation for converting himself and his Empire to Orthodox Christianity was not power, money, or political expediency — he was converted by the direct intervention of God.

I wanted to highlight the story of St. Constantine not only to give glory to a great hero of the Church, but also to highlight a deeper point: that God Himself intervenes in human history. God's involvement with the world did not end when the New Testament was completed, but instead. He continues to shape and guide events according to His purposes. That does not mean He directly controls everything — He leaves space for the free will of men and angels — but He is always active, calling to Himself all of those who will listen. We even see Him at work in the aftermath of the COVID-19 pandemic, where despite the loss of life, chaos, and political turmoil, He brought spiritual renewal to many people, especially among the young. As long as this world lasts, we can expect trials, difficulty, and suffering, but that will never be the whole story. “In the world you will have tribulation; but be of good cheer, I have overcome the world.” (John 16:33)

In the Risen Lord,

Fr. Theodore Lyketsos



Holy Trinity Greek Orthodox Church

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Roanoke, Virginia 24012

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www.holytrinityroanoke.com

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E-MAIL: frtheohtrao@gmail.com

Church Administrator: Diane Simmons

E-MAIL: htrinityroa@verizon.net

2025-2026 PARISH COUNCIL

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Van Kakouras	Treasurer
Angela Flegas	Assistant Treasurer

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Youth Director – Mike Greenwood

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Georgia Liagki

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& Demos Tsiakos

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Greg Apostolou

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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 2026		
Sat. 5/2/2026	Vespers	5:00 PM
Sun. 5/3/2026	Sunday of the Paralytic	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>Acts of the Apostles 9:32-42</i>	Gospel: John 5:1-15
Usher(s):	Van Kakouras, Beth Gianakouros, Georgia Liagki	
Wed. 5/6/2026	Mid-Pentecost	8:00 AM Orthros 9:00 AM Liturgy
Sat. 5/9/2026	Vespers	5:00 PM
Sun. 5/10/2026	Sunday of the Samaritan Woman	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>Acts of the Apostles 11:19-30</i>	Gospel: John 4:5-42
Usher(s):	Matt Mandros, Nada Melki, Jon Mandros	
Sat. 5/16/2026	Vespers	5:00 PM
Sun. 5/17/2026	Sunday of the Blind Man	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>Acts of the Apostles 16:16-34</i>	Gospel: John 9:1-38
Usher(s):	Mike Greenwood, Maria Apostolou, Lampros Panogeorgos	
Wed. 5/20/2026	Apodosis of Pascha	8:00 AM Orthros 9:00 AM Liturgy
Thurs. 5/21/2026	Holy Ascension	8:00 AM Orthros 9:00 AM Liturgy
Sat. 5/23/2026	Vespers	5:00 PM
Sun. 5/24/2026	Fathers of the 1st Council	9:00 AM Orthros 10:00 AM Liturgy
<i>Epistle:</i>	<i>Acts of the Apostles 20:16-18,28-36</i>	Gospel: John 17:1-13
Usher(s):	Frances Simopoulos, Maria Hatzios, Andres Perez	
Sat. 5/30/2026	Saturday of the Souls	8:00 AM Orthros 9:00 AM Liturgy
	Vespers	5:00 PM
Sun. 5/31/2026	Holy Pentecost (followed by Kneeling Vespers) Fast Free Week Begins	9:00 AM Orthros 10:00 AM Liturgy
	<i>Acts of the Apostles 2:1-11</i>	Gospel: John 7:37-52; 8:12
Usher(s):	Carol Royal, Juan Martinez, Naji Karim	

USHERS ARE REQUIRED TO ARRIVE FIFTEEN MINUTES PRIOR TO THE BEGINNING OF LITURGY! THE USHER LEADER IS TO ARRIVE AT 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



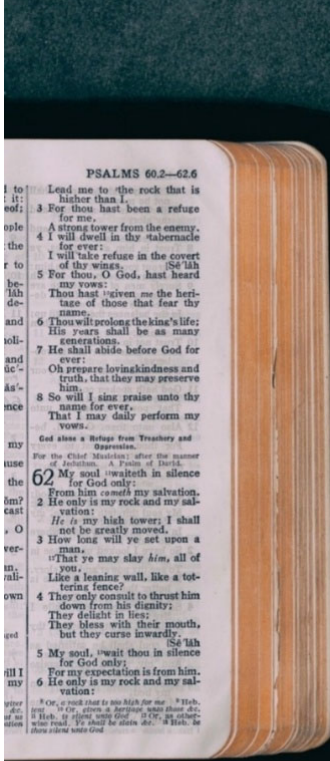
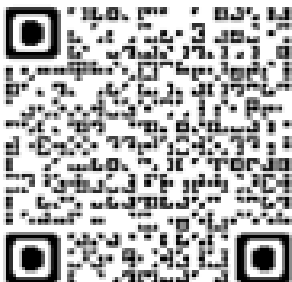
Time: Sundays after the 10am Divine Liturgy
Location: Conference Room
All are welcome/No commitment necessary
Questions? FrTheoHTROA@gmail.com

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 is on
Wednesdays at 7pm**



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

**THE ORTHOCHAT:
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>

**Ladies' Liturgical
Year Literary Club**
A book club for Orthodox Women



* Our next meeting is Saturday, May 2 @ 3:30pm in the Conference Room
* The book is *The Scent of Holiness: Lessons from a Women's Monastery* by Constantina Palmer
* Come join us even if you haven't finished the book!



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

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/49vln3S>



CAMP GOOD SHEPHERD 2026



Virginia

July 5-11

Camp Piankatank
1586 Stampers Bay Rd
Hartfield, VA 23071

Early Bird: \$600
until May 31

Maryland

July 12-18

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

Early Bird: \$625
until May 31

New Jersey

July 12-18

Camp Linwood MacDonald
1 Flatbrook Rd,
Sandyston, NJ 07826

Early Bird: \$675
until May 31

Register here!



www.nj-goarch.org/camp-good-shepherd

Religious Education

Dear Brothers and Sisters in Christ:
Christ is Risen!

A wonderful Great and Holy Friday retreat was held, led by Father Theodore and Demetria Greenwood, with lots of help from parishioners and parents.

We will hold a year end celebration for the Sunday and Greek schools on 24 May. Parents of all students should look for the sign up emails for the coffee hour refreshments and be ready to help set up and clean up.

We do not have any high school graduates (that we know of) but we will celebrate another year and look forward to another successful year next September.

Serving Our Risen Lord with joy,
Fred Gianakouros

Holy Trinity GOC Greek School

Χριστός Ανέστη!

Another year of learning Greek will conclude at the end of May for our Children's, Beginner, Intermediate, and Advanced Adult classes.

For more information regarding classes and early registration for the upcoming school year, please visit the church website at: www.holytrinityroanoke.com/greek-school/

Additionally, the Holy Trinity GOC Greek School and Sunday School will hold a joint year-end celebration on Sunday, May 24th, immediately following the Divine Liturgy.

During the coffee hour, we will distribute certificates and celebrate our students' achievements.

Αληθώς Ανέστη!

The Greek School Teachers,
Tom Contos, Rea Dania, and Georgia Liagki



Fellowship Hour Hosts for March 2026

March 1	Pot Luck
March 8	NO HOST
March 15	Spaghetti Luncheon
March 22	Greek School
March 29	NO HOST

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 1st Sunday of the month Pot Luck Sunday.

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

Fellowship Hour Hosts for April 2026

April 5	Palm Sunday Luncheon
April 12	Parish Council Pascha Meal
April 19	Shatto Family
April 26	Odette Karim

Please, we really need paper products like napkins, plates, juice cups, cutlery. Every donation is very much appreciated. Thank you

Fellowship Hour Hosts for May 2026

May 3	Pot Luck
May 10	Nada and Liliane
May 17	Patricia and John Sadler
May 24	Sunday and Greek Schools
May 31	2nd Annual International Food Luncheon

If you have question reach out to Danna Owen at Philoptosroanoke@gmail.com

Parish Council News

Christos Anesti!

Dear Holy Trinity Family and Friends,

As we rejoice in the Resurrection of our Lord and the new life it brings to each of us. This bright season calls us to live with renewed faith, unity, and gratitude, as Christ's victory over death strengthens our community and guides us forward in worship, service, and fellowship.

Project Updates

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

- Exterior Lighting: Installation is now complete.
- Camera System: The new camera system is installed, there are 3 cameras that are on back order to make the installation complete.
- Doors and Locks: We are narrowing our options for the Church Doors

Stewardship Update

We thank everyone who has already filled out a stewardship card. We are still behind last year's pace, so please consider filling one out if you have not yet done so. Extras are available in the Narthex.

Committee Opportunities

Not only in treasure, but also in talents, we call upon those who are able to support our committees. These are listed in the newsletter. Please contact the committees to participate. Your talents are needed to advance the ministries of the church.

Kitchen Reminder

The kitchen committee kindly asks all those using the kitchen to please leave it exactly as you found it. This includes turning off all fans and blowers (especially the hood fans and dishwasher blowers). Several times recently these have been found running. Please ensure everything is put back in its proper place and the facility is left neat and orderly. Thank you for your cooperation and respect for our shared space.

Alithos Anesti!

Matthew Mandros

Parish Council President

Philoptochos News

MAY NEWSLETTER

Christ IS Risen!

Thank you to all who assisted with the Pascha events and celebrations.

On May 2nd, Philoptochos had the pleasure of hosting 'Church Women United' at our parish for luncheon and a presentation by Father Theodore. I extend my sincere appreciation to Melanie Mandros, Larry Owen, Anna Robertson, and Sophia Jackson for their efforts in ensuring that this group of forty women were warmly received and comfortable during their visit to various parishes in the Williamson Rd area, where they learned about each community practices and beliefs. Our parish served as the final stop on their 'Love Thy Neighbor Walk'.

Please begin preparations for our 2nd Annual International Food Luncheon scheduled for Pentecost Sunday, May 31st. We encourage everyone to contribute a dish representative of their homeland or ancestral country. Should you wish to have your own table for food, or to display items and photographs, please contact me directly. Last year event was highly successful, and we anticipate an even greater experience this year.

Kindly observe the following reminders: Maintaining kitchen cleanliness requires that all items be properly put away after washing; please do not leave them on the sink. The hall closet, which was organized earlier this year, has become cluttered and poses a safety hazard; please ensure items are returned to their designated locations and keep the floor unobstructed.

For any questions or concerns, please reach out to me at Philopotochosroanoke.com.

Wishing you peace,

Danna



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Feeding The Hungry-TLOT

Received extremely positive feedback last month for the chicken and rice dish that we prepared! And they always love the homemade cookies!

May's meal will consist of sloppy Joe casserole and pumpkin bread for dessert.

We will be preparing this meal on Tuesday May 5th at 6 PM!

Looking forward to seeing everyone there!!! We can always use people to help serve at TLOT on Wednesday, May 6. Contact Charlie Tarasidis for details.

Thank you for your continued support of this mission.

In Faith and Love,
Della

Feed the Hungry **May 5, 2026**



*Sign up to help prepare a warm meal for up to 100
of our brothers and sisters in downtown Roanoke!*

Date:

May 5

Time:

6:00pm

Location: Holy Trinity
30 Huntington Blvd NE
Roanoke, VA 24012

Sign up:



<https://bit.ly/48voZV7>

Roanoke



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

There will be no Hellenic Club outing in the month of May. All summer outings will be announced 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!

BIG FAT GREEK DRIVE-THRU

SEPTEMBER 25, 26 & 27, 2026

DETAILS TO COME



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 Prosфора
- Choir
- Reader
- Greeter/Usher

YOUTH

- Church School Teacher
- Church School Administration
- Youth Leader
- Vacation Church School
- Camp Counselor

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

- Seniors Ministry
- Couples Ministry
- Singles Ministry
- Military Ministry

COMMUNICATIONS

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

Any other talents or information on items listed above:



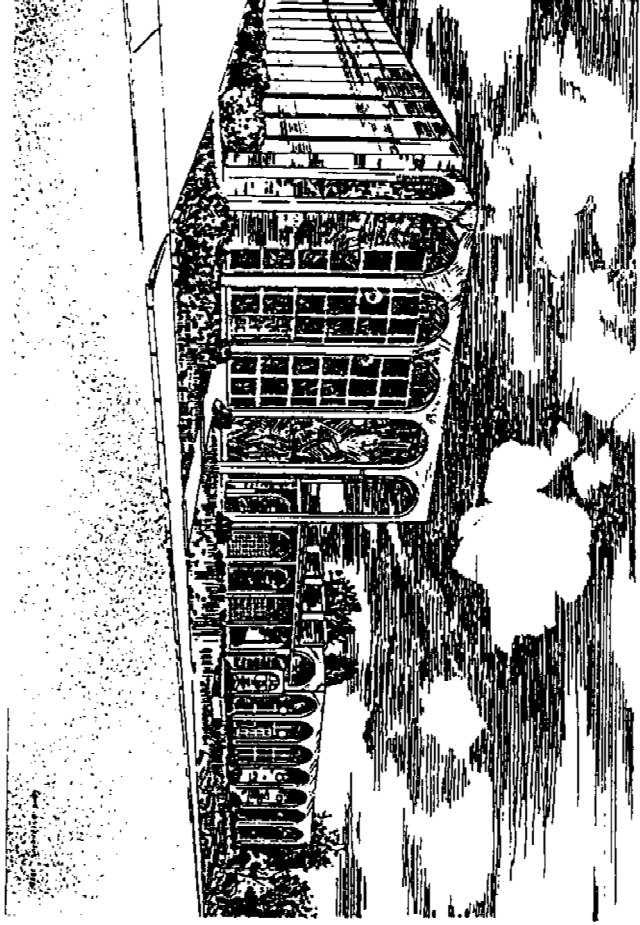
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