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# THE HOLY TRINITY HERALD

## THE MONTHLY NEWSLETTER OF HOLY TRINITY GREEK ORTHODOX CHURCH

### ROANOKE, VIRGINIA

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VOL. 24 ISSUE 6-7

JUNE-JULY 2026

Dear Holy Trinity family,

I was recently reading an article online about what neuroscientific research has to say about waking up and brain health. It contained a quote from the Stanford Sleep Lab in all caps: "THE FIRST 10 MINUTES OF YOUR MORNING ARE WORTH MORE TO YOUR BRAIN THAN THE NEXT 10 HOURS. SET THEM DELIBERATELY OR SURRENDER THEM BY DEFAULT." The article went on to recommend various practices to engage in immediately upon waking, such as intention-setting, splashing one's face with cold water, and 60 seconds of full-body movement. These activities had all been scientifically studied in recent years and found to produce distinct, measurable neurological changes that support alertness, learning, and positive mood.

I was intrigued by the article, because I knew all of the information it contained before I even read it. Of course, I was not familiar with the research of the Huberman Lab at Stanford or the Sleep and Circadian Neuroscience Institute at Oxford, and in fact I had never even heard of these institutions. But my spiritual father had taught me to set my mind on God the moment I opened my eyes, immediately splash cold water on my face, and then begin praying with full-body prostrations. I had experienced the tangible difference these practices made in my spiritual and mental health, and I had been recommending them to my spiritual children from the moment I was made a Confessor.

My spiritual father did not learn about these practices from his studies of neuroscience, but because they had been passed on to him by his own spiritual father, who had received them from his own spiritual father, and so on. You can find very similar advice everywhere in Orthodox Tradition. Consider this sentence from *The Ladder of Divine Ascent*, which was written in the 6th century: "There is an evil spirit, called the forerunner, who assails us as soon as we awake from sleep and defiles our first thought. Devote the first-fruits of your day to the Lord, because the whole day will belong to whoever gets the first start. It is worth hearing what an expert told me: 'From my morning,' he said, 'I know the course of the whole day.'" Does this not sound eerily similar to the quote in all caps in the first paragraph of this letter?

When I come across information like this, I often make the joke that "science is finally catching up to the Orthodox Church." My point is not to diminish science, or to present it as inferior to the Church's teachings; obviously the research I have been discussing has taught us things about cortisol curves and neuroplasticity that the Church did not know about. But my point is that the ancient wisdom of our Church is real wisdom — it contains actual truths about

ourselves and the world we live in. On the one hand, that means that we ignore the teachings of the Church at our own peril, but on the other hand it means that we are empirically justified in trusting the Church to teach us how to live our lives. If the Saints give us trustworthy information about how to wake up in the morning, we can also trust what they tell us about how to know and encounter God.

These are not abstract ideas, and I invite you to put them into practice for yourself. If you do not pray in the mornings, begin to do so starting tomorrow. Any Orthodox Prayer Book or Study Bible has a set of morning prayers you can say. Get up a little bit early, splash some cold water on your face, and say them. You don't need to do this for very long, 5-10 minutes is sufficient. But try to focus on God and on the words of the prayers, and most importantly say your prayers before looking at your phone or before having a conversation with anyone. Once they are done, go about your day as normal. After doing this for a few days in a row, take stock of your situation — have your mornings and the rest of your days felt any different? If so, let this be an opportunity to learn to trust the wisdom of the Church more.

Have a blessed and beautiful summer.

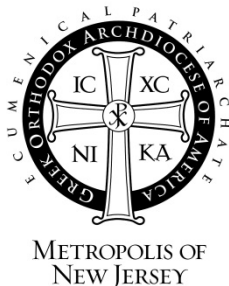
In Christ,  
Fr. Theodore Lyketsos

**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>



# Holy Trinity Greek Orthodox Church

30 Huntington Boulevard, N.E.

Roanoke, Virginia 24012

PHONE: (540) 362-3601

FAX: (540) 362-3638

[www.holytrinityroanoke.com](http://www.holytrinityroanoke.com)

Priest: Fr. Theodore Lyketsos

E-MAIL: [frtheohtrao@gmail.com](mailto:frtheohtrao@gmail.com)

Church Administrator: Diane Simmons

E-MAIL: [htrinityroa@verizon.net](mailto: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

## Board Members

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

## ORGANIZATIONS

Philoptochos President – Danna Owen

Religious Education – Beth Gianakouros

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

Megdova President – Dr. Paul Dallas

Webmaster – Chris Tomasello

## 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 15<sup>th</sup> of each month. Please email them to [htrinityroa@verizon.net](mailto:htrinityroa@verizon.net) on or before this date. Thank you.**

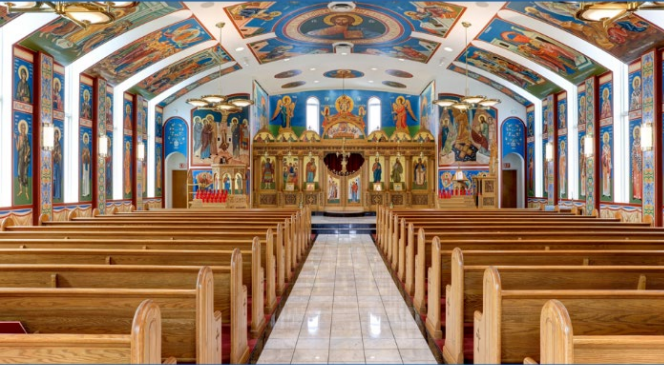
## DIVINE LITURGY SCHEDULE

JUNE 2026		
Sun. 06/07/2026	<b>Sunday of All Saints</b>	8:45 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to the Hebrews 11:33-40; 12:1-2</i>	Gospel: Matthew 10:32-33; 37-38; 19:27-30
Usher(s):	Angela Flegas, Voula Dallas, Georgia Liagki	
Sun. 06/14/2026	<b>2<sup>nd</sup> Sunday of Matthew</b>	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to the Romans 2:10-16</i>	Gospel: Matthew 4:18-23
Usher(s):	Nada Melki, Frances Simopoulos, Lampros Panogeorgos	
Sun. 06/21/2026	<b>3<sup>rd</sup> Sunday of Matthew</b>	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to the Romans 5:1-10</i>	Gospel: Matthew 6:22-33
Usher(s):	Maria Hatzios, Matt Mandros, Jon Mandros	
Sun. 06/28/2026	<b>4<sup>th</sup> Sunday of Matthew</b>	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to the Romans 6:18-23</i>	Gospel: Matthew 8:5-13
Usher(s):	Juan Martinez, Van Kakouras, Naji Karim	
JULY 2026		
Sun. 07/05/2026	<b>5<sup>th</sup> Sunday of Matthew</b>	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to the Galatians 5:22-26; 6:1-2</i>	Gospel: Matthew 8:28-34; 9:1
Usher(s):	Voula Dallas, Carol Royal, Mike Greenwood	
Sun. 07/12/2026	<b>6<sup>th</sup> Sunday of Matthew</b>	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to the Romans 12:6-14</i>	Gospel: Matthew 9:1-8
Usher(s):	Maria Apostolou, Andres Perez, Irene Karageorge	
Sun. 07/19/2026	<b>Holy Fathers of the 4<sup>th</sup> Ecumenical Council</b>	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to Titus 3:8-15</i>	Gospel: Matthew 5:14-19
Usher(s):	Beth Gianakouros, Angela Flegas, Maria Apostolou	
Sun. 07/26/2026	<b>8<sup>th</sup> Sunday of Matthew</b>	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to the Galatians 3:23-29; 4:1-5</i>	Gospel: Matthew 14:14-22
Usher(s):	Frances Simopoulos, Matt Mandros, Jon Mandros	

**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*



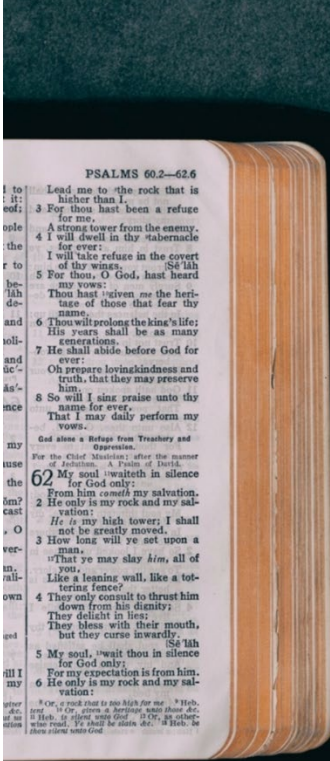
Time: Sundays after the 10am Divine Liturgy  
Location: Conference Room  
All are welcome/No commitment necessary  
Questions? FrTheoHTROA@gmail.com

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**  
[Meet - Bible Study](#)



# BIBLE STUDY

**Date/Time:**  
Wednesdays at 7:00pm

**Subject:**  
The Gospel of Matthew

**Also streamed online:** [meet.google.com/ihf-quya-axm](https://meet.google.com/ihf-quya-axm)

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>





## Fellowship Hour Hosts for May 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.

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 questions reach out to Danna Owen at [Philoptosroanoke@gmail.com](mailto:Philoptosroanoke@gmail.com)

With so many wonderful new people joining us at fellowship hour after liturgy, we are finding that we need to change things up a little bit. Starting in July, if no one has claimed a day for a memorial/feast/special day/etc., we will be serving coffee and water, and perhaps cookies if enough have been donated (please donate cookies!). However, we still need people to set up the coffee and clean up after the fellowship hour. To do so, we are creating a few teams that will then sign up to take care of the days that do not have a sponsor. If you would be willing to help provide this simple service to the church, please sign up to join a team during the fellowship hour. The more people who sign up, the more teams we will have and the more the work will be shared (Many hands make light work!). If you have questions, please email Caitlin DeMarco at [crdema@gmail.com](mailto:crdema@gmail.com).



## 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

# Announcements

## Welcome To Holy Trinity!

Welcome to all visitors and newcomers. We're happy to have you. Please feel free to introduce yourself to Father Theodore or any parishioner. We're eager to answer your questions. Congratulations to all graduates. We hope everyone has a wonderful Summer.

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

## Community Garden

Christ is in our midst! The roses, 3 of the 4 mums, and garlic survived the winter, and the rose bush is doing especially well now. The rosemary and one of the mums unfortunately didn't make it, but we have planted a new rosemary as well as cilantro, lavender, and oregano. We also planted basil but it got both eaten by something and scorched in the heat so we will have to try that

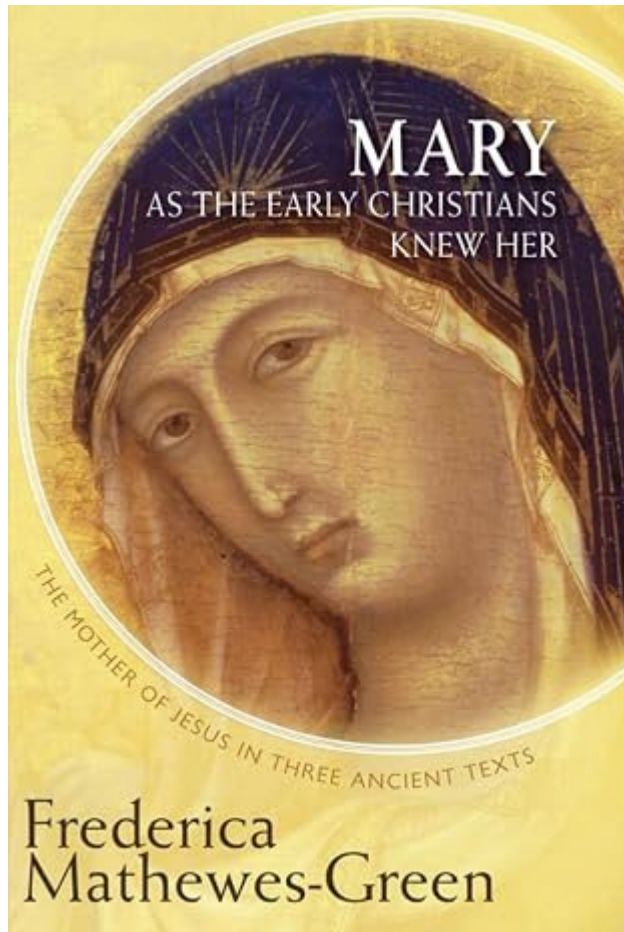


again. We also just planted tomatoes, peppers, onion, marigold and some other flowers. Once the garlic is harvested in June, we will plant some carrots and other vegetables. If anyone wants to help with harvesting or processing anything, please let either of us know! We're hopeful for this year's harvest and improvements!

Caitlin and Grace

## Ladies' Liturgical Year Literary Club

The next meeting will be in August. And the book that will be discussed is "Mary as the Early Christians Knew Her" by Frederica Mathewes-Green. Send questions to Caitlin DeMarco [crdema@gmail.com](mailto:crdema@gmail.com)



## Holy Trinity GOC Greek School

### Greek School Year-End Update

We had a wonderful year-end celebration on Sunday, May 24th. Students and families from all Greek School classes joined us to celebrate and receive their certificates of achievement for the 2025-26 school year.

The 2026-27 school year will begin the first week of October, following the Roanoke Greek Festival Drive-Thru (September 25–27). If you are interested in joining the Greek School, you may register via the church website at <https://www.holytrinityroanoke.com/greek-school/>. Please complete the editable PDF form and email it to [Greek.Lessons.HTC@gmail.com](mailto:Greek.Lessons.HTC@gmail.com) anytime between now and September.

Have a great summer!  
Καλό καλοκαίρι!

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

### Adult Beginner Level 2025-26



### Adult Intermediate Level 2025-26



## Children 2025-26



## Students 2025-26



## Parish Council News

### Summer 2026 Edition

### Dear Holy Trinity Family and Friends,

As summer begins, we look forward to a season filled with faith, fellowship, and the many activities that bring our parish community together. We are grateful for all who continue to support the life of Holy Trinity through worship, service, and stewardship. May this summer be a time of refreshment and renewal for you and your loved ones.

### 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: Final cameras have been installed.
- Doors and Locks: Electronic access is coming along. We should have access on Kitchen and courtyard doors update by mid-July. We are finalizing our options for the front doors.

## Stewardship Update

We thank everyone who has already filled out a 2026 stewardship card. There are still a few past stewards who have not yet completed one, if you are unsure of your status, please contact the church office and we will be happy to help. During the summer months, attendance often falls off, but the operational costs of the church continue, so we kindly ask everyone to keep current with their stewardship commitment.

## Parish Council Elections

The Nominating Committee is now accepting nominees for the upcoming Parish Council elections. If you would like to serve, or if you have someone in mind who you believe would be a good candidate, please let us know. We are grateful for all who are willing to offer their time, talents, and leadership in support of our parish.

## In Christ!

Matthew Mandros  
Parish Council President

## Philoptochos News

### JUNE – JULY NEWSLETTER

Thank you to Caitlin DeMarco (Chair), Nena Morgan, and Nicole Saur who will coordinate Fellowship Coffee Hour going forward. We gratefully welcome donations of paper goods but right now we need snacks such as cookies, crackers, chips/pretzels or nuts to be served when there is no sponsor. Also needed are drinks for the children.

If you have not already done so, please link your Kroger Cares card to Philoptochos. Each time you shop at Kroger, a portion of your purchase will be donated to support Philoptochos.

Wishing you peace,

Danna



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

# Feeding The Hungry-TLOT

Join us as we prepare and serve a meal for those in need in our community.

**Cooking Night - Tuesday, June 23rd, 6:00pm**

**Serving Day - Wednesday, June 24th, at TLOT**

**June Menu - Honey Glazed Chicken, Potato Salad, Dessert**

Looking forward to seeing everyone there!!! We can always use people to help serve at TLOT on Wednesday, June 24th. Contact Charlie Tarasidis for details.

Thank you for your continued support of this mission.

In Faith and Love,  
Della

**HOLY TRINITY**  
GREEK ORTHODOX CHURCH  
ROANOKE, VIRGINIA

*Together in Faith,  
Serving with Love*

**TLOT**  
THE LEAST  
OF THESE

JOIN US AS WE PREPARE  
AND SERVE A MEAL  
*for those in need*  
IN OUR COMMUNITY.

**JUNE MENU**

- HONEY GLAZED CHICKEN
- POTATO SALAD
- DESSERT

**COOKING NIGHT**  
TUESDAY  
JUNE 23  
6:00 PM  
Holy Trinity Greek  
Orthodox Church

**SERVING DAY**  
WEDNESDAY  
JUNE 24  
AT TLOT

*Many hands. One heart. Making a difference together.*

We welcome anyone who would like to  
help cook, serve, or support this ministry.

Please contact Della  
for more information!

## *Roanoke*



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](mailto: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](http://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

### 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:

\_\_\_\_\_  
\_\_\_\_\_



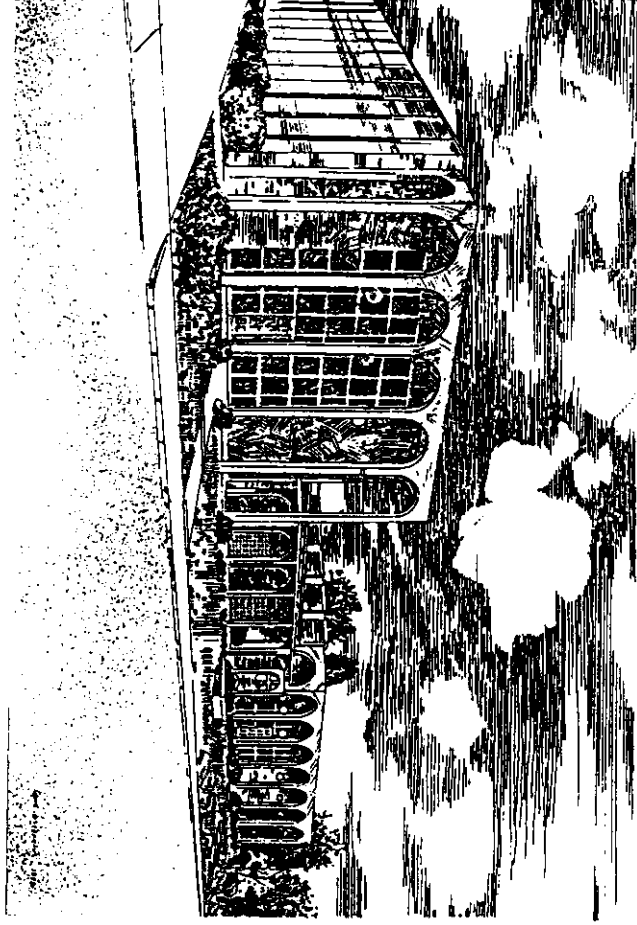
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NEW JERSEY

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**ROANOKE, VA**