



THE HOLY TRINITY HERALD

THE MONTHLY NEWSLETTER OF

HOLY TRINITY GREEK ORTHODOX CHURCH

ROANOKE, VIRGINIA

VOL. 23 ISSUE 10

OCTOBER 2025

Dear Brothers and Sisters,

I was quite pleased with the Drive-Thru Greek Festival this past weekend. While many people both within our community and outside it had their misgivings about not doing a “traditional” Greek Festival this year, ultimately that was not as big of a problem as some predicted. The reviews of the festival, its food and its atmosphere were overwhelmingly positive, and it seems that everyone was able to adjust fairly easily to the new format. The Festival was certainly a success as an event in and of itself.

But more than just as an event, the Festival is notably a fundraiser that primarily serves the needs of Holy Trinity, and secondarily supports a number of local charities. In this respect, the Festival also appears to have been a success. While we will not have the final numbers for a while, it seems certain that this year’s Festival will bring in a healthy profit which will benefit our community and others in tangible ways. We should be grateful that the organizers of our Festival are not just good event coordinators, but also shrewd businesspeople. However, as the priest of this parish my concerns are less about the material side of this event and more about the spiritual: what, if anything, does the Festival do for our church in that regard?

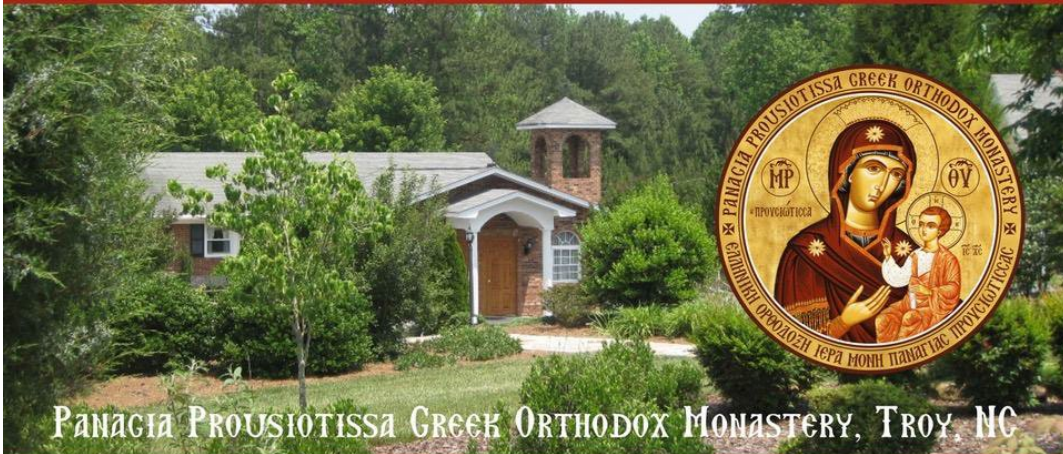
I have met cynics in other Orthodox churches who see food/ethnic festivals as mostly harmful. By focusing the attention of the community on culture or business, they distract from the mission of the Church dilute the spirituality of the parish. While it might be tempting to write such people off as narrow-minded or overzealous, I must confess that there are times and places where they are exactly right. I have seen parishes and parishioners who are far more interested in turning a profit or preserving their ethnic identity than they are in worshipping Jesus Christ. This is extremely problematic, because such a church has completely lost its purpose and thus has no justification for its continued existence. Jesus condemns Christians who lose their spiritual orientation with the following words, “You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men.” (Matthew 5:13)

Fortunately, I can say sincerely that I believe our community has its heart in the right place. Our people enjoy having a good time, they’re good at making a bit of money, and they’re proud of their heritage. But most importantly, they understand that the reason this community exists is for the worship of God and the teaching of the Orthodox Faith. My conversations throughout the weekend with volunteers and organizers alike confirmed for me that they understand that our unity is a spiritual unity because we are bound by one Baptism, and our mission is a spiritual mission, because our goal is the Kingdom of Heaven. I believe that for as long as we understand our core purpose and

values, God will continue to bless our Greek Festivals and whatever else we put our minds to as a community. Thank you for all of your hard work.

God bless you all!
Fr. Theodore Lyketsos

Holy Trinity invites you on a
MONASTERY PILGRIMAGE
SATURDAY, NOVEMBER 1ST, 2025



PANAGIA PROUSIOTISSA GREEK ORTHODOX MONASTERY, TROY, NC

Information:

Depart from Holy Trinity: 5:15am
Arrive back at Holy Trinity: 7:00pm
Cost per person: none
RSVP to: Paul Dallas
(apdallas@carilionclinic.org)

Monastery Dress Code:

Men: Long pants, Long sleeves
Women: Long skirt, long sleeves, headscarf/veil

The Monastery of Panagia Prousiotissa in Troy, North Carolina was established in 1998 through the efforts of Elder Ephraim of Arizona and with the blessing of Metropolitan Alexios of Atlanta. The community is comprised of a sisterhood of nuns who were transplanted from the Archangel Michael Monastery located on the island of Thasos, Greece. The community's primary profession is to pray for the world, to provide spiritual guidance to the faithful, and to help preserve the Holy Traditions of the Church and Orthodox Monasticism.



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: frtheohtra@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

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 – 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 15th of each month. Please email them to htrinityroa@verizon.net on or before this date. Thank you.

SERVICE SCHEDULE

OCTOBER 2025		
Fri. 10/03/2025	St. Dionysios the Areopagite	8:00 AM Orthros 9:00 AM Liturgy
Sat. 10/04/2025	Vespers	5:00 PM
Sun. 10/05/2025	Second Sunday of Luke	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's 2nd Letter to the Corinthians 6:16-18; 7:1</i>	
Gospel:	Luke 6:31-36	
Usher(s):	Maria Apostolou, Nada Melki, Irene Karageorge	
Sun. 10/12/2025	Sunday of the 7th Ecumenical Council	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to Titus 3:8-15</i>	
Gospel:	Luke 8:5-15	
Usher(s):	Frances Simopoulos, Carol Royal, Pete Simopoulos	
Sat. 10/18/2025	Vespers	5:00 PM
Sun. 10/19/2025	3rd Sunday of Luke	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's 2nd Letter to the Corinthians 11:31-33; 12:1-9</i>	
Gospel:	Luke 7:11-16	
Usher(s):	Mike Greenwood, Van Kakouras, Georgia Liagki	
Sun. 10/26/2025	6th Sunday of Luke	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's 2nd Letter to Timothy 2:1-10</i>	
Gospel:	Luke 8:26-39	
Usher(s):	Angela Flegas, Matt Mandros, Jon Mandros	
Tues. 10/28/2025	Holy Protection of the Theotokos	8:00 AM Orthros 9:00 AM Liturgy

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.



HOLY TRINITY BOOKSTORE

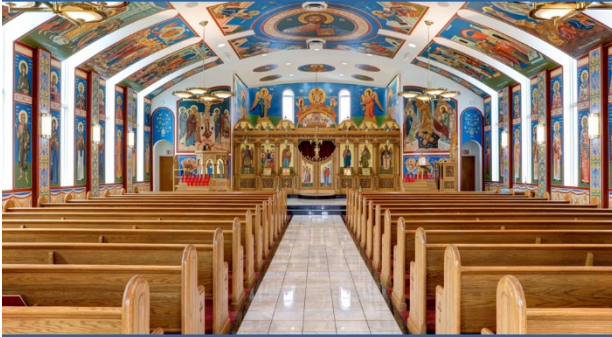
❧ OPEN EVERY SUNDAY AFTER CHURCH ❧

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!

Weekly Classes & Worship

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

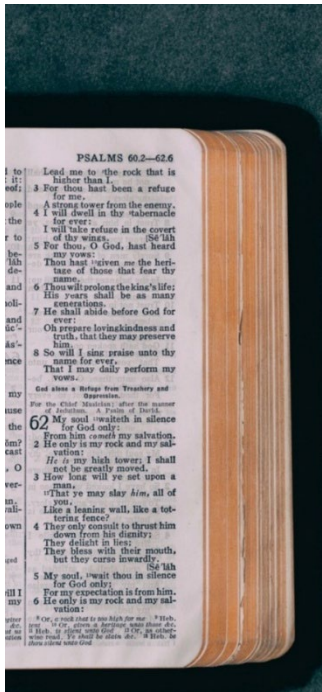


Time: Sundays after the 10am Divine Liturgy
Location: Conference Room
All are welcome/No commitment necessary
Questions? FrTheoHTROA@gmail.com

Holy Trinity Greek Orthodox Church | Roanoke, Virginia

Path to Eternity with Fr. Theodore will resume after our Big Fat Greek Drive-Thru. 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 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>



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

Fellowship Hour Hosts for September 2025

September 7	Shatto, Warner, and Morgan
September 14	Potluck
September 21	Ed Deeds 40 Day Memorial
September 28	Drive Thru Greek 2 Go

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. Please feel free to introduce yourself to Father Theodore or any parishioner.

Congratulations to all the following who were newly baptized and chrismated, Sarah, Anthony, Elizabeth, Kent and Jane.

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

Baptisms

On September 21st, at 2:00pm, Sarah Boudreau, Anthony Chenault, and Elizabeth “Ellie” Lanning were baptized as Katherine, Anthony, and Elizabeth. Sarah’s sponsor is Nada Melki. Dr. Charles Tarasidis is the sponsor for Anthony. And Irene Karageorge is the sponsor for Elizabeth.

Chrismations

On September 21st, before the Divine Liturgy, Kent and Jane Warner were chrismated as Maximos and Thekla. Van Kakouras is Kent’s sponsor. And Chris Shatto is Jane’s sponsor.

Community Garden

Christ is in our midst!

The garden and the tomatoes are still producing, and have been put out for a few coffee hours with hopefully some more to come. So, if you see tomatoes out,



please take some home! A bonus tomato plant has sprung up of its own accord, too, so that's exciting. We have added soil to two to the beds and have planted four mums and one rose bush that will hopefully produce some flowers to us to decorate the icons and around the Church. If anyone would like to help in any way, please let Caitlin or Grace know, and we can put you to work!

Thank you!

Caitlin and Grace

Religious Education

Father Theodore blessed the Greek and Sunday Schools in September.

We are set to begin Sunday School classes on 5 October with 4 teachers. Please register students right away.

In His Service,
Fred Gianakouros

Greek School

The Greek School commenced classes in October and currently has 17 students enrolled in both Children's and Adults' classes, with levels ranging from Beginner to Advanced.

We will commemorate the OXI Day on October 26th with a brief presentation that will be held in the Church Hall immediately following the Divine Liturgy. All are welcome to attend.

Καλή Σχολική Χρονιά!
Have a Good School Year!

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

VIRGINIA TECH  **OCF**



**PARAKLESIS SERVICES
FROM 6PM-8PM:**

SEPTEMBER 15
SEPTEMBER 29
OCTOBER 13
OCTOBER 27
NOVEMBER 10
DECEMBER 1

CONFESION HEARINGS START AT 4:30

DIVINE LITURGY: NOVEMBER 8 FROM 9:30AM-11AM

LOCATION:
WAR MEMORIAL CHAPEL
601 DRILLFIELD DR
BLACKSBURG, VA 24061



**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



Stavroula Hatzios receives major award from Greek philanthropic foundation



[Stavroula Hatzios receives major award from Greek philanthropic foundation | Yale West Campus](#)

Stavroula Hatzios, associate professor of Molecular, Cellular and Developmental Biology and of Chemistry at Yale University has received the Bodossaki Distinguished Young Scientist Award. She receives this award for her work in the Biomedical sciences field to find new therapeutic tools for gastrointestinal infections and cancers.

[Bodossaki Distinguished Young Scientist Awards](#)(Link is external)

Further coverage on CNN Greece is [here](#)(Link is external) (translation available).

[Βραβεία Ιδρύματος Μποδοσάκη: Τέσσερις Έλληνες επιστήμονες απαντούν στις προκλήσεις του αύριο - CNN.gr](#)

Memorials



On September 21st there was a 40 day memorial for Edward Lee Deeds, husband of Ann Apostolou Deeds and father of John Michael Deeds.

May his memory be eternal.

Parish Council News

Dear Brothers and Sisters in Christ,

In these challenging and uncertain times, our world is marked by tension and division. Yet, as Orthodox Christians, we are called to lift our gaze to Christ, our source of peace and strength. His love unites us, and His Church remains a beacon of hope in a world that so desperately needs it.

Let us anchor our lives in Christ through daily prayer, immersion in Scripture, and striving to reflect His love in all we do. Let us forgive quickly, encourage one another, and build a community that shines with God's unity and peace. In October let's renew our commitment to live as witnesses of His grace.

I encourage you to make time for Christ each day, whether through a moment of prayer, attending Vespers, Divine Liturgy, or joining the upcoming Monastery Pilgrimage. Together, let's resist the distractions of the world and walk in fellowship, trusting in God's boundless grace.

May the Lord bless you, keep you, and fill your hearts with His peace.

With love in Christ,

Matthew Mandros
Parish Council President

Philoptochos News

OCTOBER NEWSLETTER

Every year in October we ask everyone to wear Pink to raise awareness of the importance of breast cancer screenings. This year October 12 is the day! Plan your wardrobe accordingly!



Greek Orthodox Ladies'
Philoptochos Society
of Holy Trinity Church

We'll be passing a tray on October 26 for donations to be forwarded to The Alzheimer's Association in honor of those battling the disease and in memory of those we have lost.

A special hug goes out to Michael Harding who supplies us with delicious special roast coffee every month! If you would like to sponsor coffee cups, plates or napkins you can order from Amazon and have them delivered directly to the church marked Philoptochos. If your heart leads you to donate through this way, please drop me an email to let me know.

Next Philoptochos meeting will be help Sunday November 2. Please plan to attend as we will be discussing a spring fundraiser.

As always, I can be reached for comments, questions or concerns at philoptochosroanoke@gmail.com

Pray for peace,
Danna

Roanoke



Our next outing is scheduled for **Saturday, November 1st**. Full details will be shared in the monthly and Friday bulletin as soon as they are finalized.

For your future planning, the December outing will be held on December 6. The January 2026 outing will be on January 17.

If you have any questions or suggestions for our Club, please feel free to reach out to me at francesimopoulos@gmail.com or 434-851-6830.

Frances Simopoulos



If you have a **car magnet** on your vehicle, we kindly ask that magnets be returned for future use.

Pete Simopoulos, Chairman
ptsims@gmail.com or 434-851-6835

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

YOUTH

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

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:



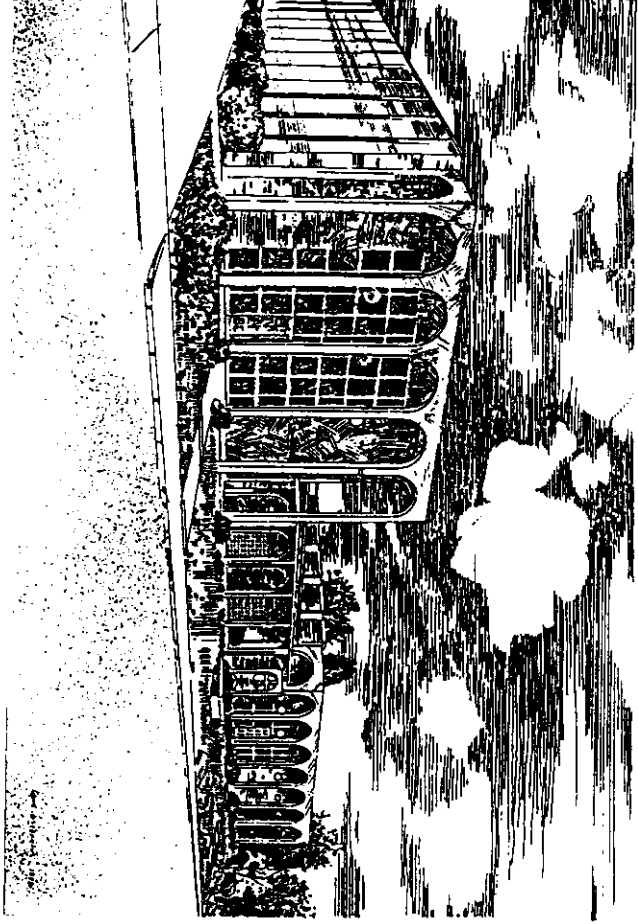
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NEW JERSEY

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