Annual Susquehanna Pan-Orthodox Blessing at City Island Park on January 27th, 2019

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Inserts for February:
- February 2019 Calendars
- February Metropolis Newsletter
- A Pilgrimage Flyer
My dear Brothers and Sisters in Christ,  

The life of the Christian person, who is spiritually involved with “the good fight”, is on a continuous journey from earth to heaven, from the dirt of human sin to the holiness of God.

We could say that the life of all is an unceasing journey. The life of a spiritual person is a journey towards spiritual perfection and enjoyment of its spiritual blessings. The journey of the carnal person is a journey on the “road of no return” which reflects to the flesh, material things and passions which constantly increase to finally become a miserable falling. Thus, the devil celebrates and ridicules us while the Lord is sad and suffers looking for and anticipating our return. The journey of the carnal person is known to us either from our personal experience or from the experience of our neighbor.

Though, let us not look into the life of the person who falls into sin but let us look to learn and ponder on the way of life of the spiritual person. Let us find the difficulties which exist and the support one may receive in helping and encouraging him/her to be familiar with the journey. Thus, we may learn how to reach safely at the blessed terminal of our life’s path.

Our holy Church, desiring to help, to urge and to show the journey of the spiritual person, has created the annual movable and immovable feast cycle which is full of celebrations of Christ’s saving events, those of the Mother of God, and the days dedicated to the saints who come to support us every time when we are sincerely asking for their help. The saints come to open a path by walking in front of us with the illumined candle of their holy life. They show us how to walk as Orthodox Christians to reach our destination, to receive sanctification, to commune and unify with the Lord.

We celebrate on February 2nd the feast of the “Meeting Of The Lord”, by St. Symeon, the Righteous, in the Temple. Isn’t our aspiration to meet the Lord and to always be able to welcome Him in our lives? For such a “Meeting” St. Symeon prepared himself all his life since the Holy Spirit informed him that he would not die before he will see Christ. We may be taught by this Event that we need to yearn for Christ and that we need to prepare ourselves to receive Him.

Among other Saints of the Church, on February 10th and February 23rd, we celebrate two great heroes of our Christian Faith that gave their lives for Christ. The Hieromartyrs Saints Haralambos and Polycarp. They were tortured to deny Christ and worship idols, but they endured all the horrible ordeals remaining faithful to Christ Who comforted them with many miracles while they went through their tortures. Even their torturers changed and declared to become Christians. What examples for us to emulate and stay steadfast in Christ’s commandments when tempted to deny Him and follow other paths in life.

We know that from all the feasts of the saints and the celebrations of the annual cycle the most powerful period which prepares, inspires and supports us, indeed, the most significant time in our spiritual efforts towards spiritual perfection to see the Lord, is the period of the Contrite Triodion. During this time, we learn the difficulties that exist, we take care of the spiritual wounds, we correct ourselves by repentance and we voyage to the harbor of our salvation.
This period of the Triodion starts from the Vesper of the Sunday of the Pharisee and the Publican (February 17th) and ends at Holy Saturday (April 27th) with the Vespers of Easter.

It is named Contrite Triodion because, as we follow it by participating and offering the prayers, by accepting, reflecting and practicing the advises and messages that are projected, it guides the hearts and creates the reality of contrition in the souls of the faithful children of the Orthodox Church. In other words, the heart undergoes the expected compunction and tears of repentance and is eagerly preparing to celebrate the joy of Easter. The Triodion is urging us to undertake a strong effort to cut off our passions, the small or big sins, to uproot the thorns which grow with or without our knowledge in the area of our heart. Thus, we attain “a clean heart”. During this blessed effort Christ stays next to us to help us and strengthen us in this blessed spiritual “fight”.

This we pray, my dear friends, to experience during this sacred time of the year. To follow faithfully what Christ is providing, what the Mother of God is offering and what the experience of the saints have placed especially in the Contrite Triodion for our spiritual advancement and salvation.

May our journey be blessed during the time of the Contrite Triodion. Amen.

With love in Christ,

Fr. Michael
Ο μολογόμενο και από τον εορτασμό τών αγίων και από τις εορτές τού ετησίου κύκλου η περισσότερο ανθρώπινη περίοδος που ενισχύει πιο πολύ τόν πνευματικό αγώνα τού ορθοδόξου Χριστιανού στή δύσκολη πορεία του πρός τήν τελειότητα τού Ευαγγελίου είναι η περίοδος τού Κατανυκτικού Τριωδίου. Στή διάρκεια της μαθαίνουμε τίς δυσκολίες, φροντίζουμε τά τραύματα, διορθώνουμε τόν ευατό μας και πλέομε πρός τόν λιμένα τής σωτηρίας μας.

Αυτή η περίοδος τού Τριωδίου αρχίζει από τόν Εσπερινό τής Κυριακής τού Τελώνου και τού Φαρισαίου (17 Φεβρουαρίου) και τελειώνει τό Μέγα Σάββατο (27 Απριλίου), μέ τόν Εσπερινό τού Πάσχα.

Ονομάζεται Κατανυκτικό Τριώδιο γιατί όταν τό ακολουθούμε και ό χι μόνο παρακολουθούμε αλλά δεχόμαστε τίς προσευχές και τίς υποδείξεις πού περιέχει τότε οδηγεί τις καρδιές και τις πονεμένες ψυχές τών πιστών τέκνων τής Ορθοδόξου Εκκλησίας στήν κατάνυξη. Δηλαδή η καρδία αποκτά στεναγμό και δάκρυμα και τήν προετοιμάζει γιά νά εορτάσει μέ χαρά τό Πάσχα. Τό Τριώδιο μάς λέγει νά αναλάβουμε σκληρό αγώνα γιά νά κόψουμε τά πάθη μας, τίς μικρές και τίς μεγάλες αμαρτίες, νά κρυφά στό χώρο τής καρδιάς μας και νά μας βοηθήσει ο Χριστός γιά νά μάς βοηθήσει και νά μάς δυναμώσει.

Αυτό προσευχόμαστε αγαπητοί μου νά ζήσουμε στή διάρκεια τού Κατανυκτικού Τριωδίου. Αμήν.

Ας είναι ευλογημένη η πορεία μας στή διάρκεια τού Κατανυκτικού Τριωδίου. Αμήν.

Μέ αγάπη εν Χριστώ,

πατήρ Μιχαήλ Βαρβαρέλης

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At the Safe Harbour Homeless Shelter in Carlisle where our Goyans served dinner to the residents and gave Christmas gifts to the children there.

12/30/2018
(A Parish under the jurisdiction of the Ecumenical Patriarchate, the Greek Orthodox Archdiocese of America, and the Greek Orthodox Metropolis of Pittsburgh)

The Source is a monthly publication issued 11 times annually
(June/July is a combined issue)

SUNDAY MORNING LITURGIES
ORTHROS 8:15 a.m.      DIVINE LITURGY 9:30 a.m.

WEEKDAY MORNING SERVICES WHEN SCHEDULED
ORTHROS 8:15 a.m.  DIVINE LITURGY 9:00 a.m.

Priest
Fr. Michael Varvarelis, Cathedral Dean
Cell: (717) 818-1160       email: frmichael@holytrinityhbg.org

For scheduled appointments, you may contact the Priest at the Church office or by calling him directly on his cell phone. Please see monthly Source newsletter for additional community opportunities.

Assistant Priest
Fr. Aaron Gilbert, Assistant Priest
Cell phone: (717) 727-4014           email: fr.aaron@holytrinityhbg.org

Church Office
Main Office: 717-763-7441     Fax: (717) 763-7458
Hours: 8:30 a.m. – 4:30 p.m.   Monday – Friday

Dana Fleisher-Silen, Church Secretary     email: secretary@holytrinityhbg.org

OTHER STAFF
Tom Paparoidamis   Protopsalti (Cantor)   (717) 737-5647
Mary Wallenmeyer   Financial Assistant to the Treasurer (717) 763-7441
Tim Leland        Maintenance               (717) 763-7441
Meade “Buff” Buffington, Jr. Custodian (717) 763-7441
<table>
<thead>
<tr>
<th>Organization</th>
<th>Name</th>
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<tbody>
<tr>
<td>Parish Council</td>
<td>George Spanos, President</td>
<td>(717) 489-2099</td>
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<tr>
<td></td>
<td>Cell</td>
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<tr>
<td></td>
<td>email:<a href="mailto:gjsholytrinity@gmail.com">gjsholytrinity@gmail.com</a></td>
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<tr>
<td>Philoptochos</td>
<td>Thana Ward</td>
<td>(717) 249-8892</td>
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<tr>
<td>Sunday School</td>
<td>Thana Ward</td>
<td>(717) 249-8892</td>
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<td></td>
<td>Despina Aftosmes</td>
<td>(717) 838-7293</td>
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<tr>
<td>Sunday School PTO</td>
<td>Jennifer Solomon, President</td>
<td>(717) 574-3167</td>
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<tr>
<td>GOYA</td>
<td>President Vasoula Petsinis</td>
<td>(717) 240-2649</td>
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<td></td>
<td>Vice President Mia Demopoulos</td>
<td>(717) 832-1367</td>
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<tr>
<td>HOPE &amp; JOY</td>
<td>Fr. Aaron Gilbert / Father Michael</td>
<td>(717) 727-4014</td>
</tr>
<tr>
<td>Greek School PTO</td>
<td>Mantha Hershey</td>
<td>(717) 566-7603</td>
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<tr>
<td>Olympic Flame Dancers</td>
<td>Ann Ariano Co-Director</td>
<td>(717) 564-6955</td>
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<tr>
<td>Olympic Flame Dancers</td>
<td>Mantha Demopoulos, Co-Director</td>
<td>(717) 832-1367</td>
</tr>
<tr>
<td>Greek School</td>
<td>Jackie Ferentinos, Director</td>
<td>(215) 370-8385</td>
</tr>
<tr>
<td>Choir Director</td>
<td>Kathy Doulgeris</td>
<td>(717) 440-1491</td>
</tr>
<tr>
<td>Choir Assistant</td>
<td>Robert Moeller</td>
<td>(717) 657-0897</td>
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<tr>
<td>Sts. Joachim &amp; Anna</td>
<td>James W. Lloyd</td>
<td>(717) 507-0003</td>
</tr>
<tr>
<td>Ahepa</td>
<td>William J. Kaldes</td>
<td>(717) 702-8185</td>
</tr>
<tr>
<td>Blood Bank</td>
<td>Christ Megoulas</td>
<td>(717) 838-3132</td>
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<td></td>
<td>Dean Kokos</td>
<td>(717) 486-0045</td>
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<tr>
<td>Neohoriton Society</td>
<td>William Kotsalos</td>
<td>(717) 566-6148</td>
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<tr>
<td>Hellenic Heritage Assoc.</td>
<td>Alexander Vgontzas</td>
<td>(717) 533-1768</td>
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<tr>
<td>Evrytanian Assoc. Velouchi, Chptr 18-Agios Taxiarchis: Konstantine Pappas</td>
<td>(717) 215-6019</td>
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<tr>
<td>GOYA Basketball Directors</td>
<td>John Papoutsis</td>
<td>(717) 418-2636</td>
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<tr>
<td>Bookstore</td>
<td>Jim and Kiki Lloyd</td>
<td>(717) 507-0003</td>
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<tr>
<td>Concerned Mothers Fellowship</td>
<td>Dr. Maria Papoutsis</td>
<td>(717) 732-5546</td>
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<tr>
<td></td>
<td>Melissa Kotsalos</td>
<td>(717) 832-3238</td>
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<tr>
<td>Ladies Bereavement Group</td>
<td>Fr. Michael &amp; Presvytera Maria</td>
<td>(717) 818 1160</td>
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</tbody>
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Registry Statistics for the Year 2018

Holy Trinity Cathedral, Camp Hill, PA

- Number of Baptisms: 20
- Number of Chrismations: 4
- Number of Weddings: 9
- Number of Funerals: 15
A NOTE FROM THE PARISH COUNCIL

Dear Parishioners -

In January, I was elected by the Parish Council to serve again this year as Parish Council President. I am grateful for the work of all the Parish Council members and the leaders of the various ministries and church organizations, led by our Proistamenos Fr. Michael Varvarelis. Together, they serve the Lord and His Church with their time and talent and help make Holy Trinity the special place that it is.

Our priorities for our church remain the same:

1. **Fill the church**, but not just on Sundays. We want to have more of our parishioners coming to worship, more frequently and on time. We also want to get more people involved in the life of the church. There are so many ways you can be involved. Singing. Working with our youth. Maintaining and repairing our building & grounds. Working on various technology initiatives. Baking pastries for Festival.

2. **Fully support our church financially.** Scripture teaches us that Stewardship is committing our time, talent AND treasure to Christ. Note that it doesn’t say OR – we don’t get to pick 1 of 3, or 2 of 3. Scripture commands all 3. Think of what our church could be if we could use more of our Festival proceeds for longer term projects and to help the needy.

3. **Change how we talk to one another.** Each Sunday, we pray that “Christ is among us”. How differently would we treat each other if we truly believed that? Instead of criticizing, suggest. Instead of complaining, get involved. Instead of saying “this is how it is, and it won’t change”, pray for hope and optimism. Not only do we need to fill our church with people, we need to fill it with the Holy Spirit who lives in each and every one of us.

Make 2019 the year you change your relationship with Christ and His Church.

Yours in Christ,

George J. Spanos
2018 Parish Council President

The Parish Council prides itself on transparency in all that we do. The following are available to each and every parishioner and may be requested at the office, or from a member of the Executive Committee of Parish Council - Minutes from the Monthly Parish Council meeting; Annual Budget and Actual Spending Year to Date; Balances of our various Endowment funds. If you want to know, ASK.
ALTAR BOY TEAMS

Team One  St. John Chrysostom
Thomas Mazias - Captain
William Winters  Co-Captain
Konstantinos Bouboukas
Georgios Bouboukas
Damian Dimopoulos
John Sipling
Angelo Winters
Theo Mazias
George Petsinis

Sundays that you will serve:
February 3rd
March 3rd
March 31st

Team Two  St. Basil the Great
Thomas Mazias - Captain
Peter Griffiths
Maximos Griffiths
Anastasios Arahovas
Angelo Giannaris
Kostas Giannaris
Manoli Arahovas
Georgios Arahova

Sundays that you will serve:
February 10th
March 10th
April 7th

Team Three  St. Gregory the Theologian
Peter Ariano - Captain
Matthew Ward - Co-Captain
Alexander Hanna
Alexandros Hershey
Vasilaki Hershey
Georgios Kotsalos
Andreas Kotsalos
Isaiah Ntzanis
Kypriane Ntzanis

Sundays that you will serve:
February 17th
March 17th
April 14th

Team Four  Archdeacon Stephen
John Senos - Captain
George Papoutsis  Co-Captain
Jacob Sparages  Co-Captain
Noah Demopoulos
Nikolas Papoutsis
Lucas Sparages
Dennis Theodoratos
Luke Vovakes
Gus Senos

Sundays that you will serve:
February 24th
March 24th
April 21st

FEBRUARY USHERS
3  Kosta Pappas
10  Georgia Lucas
17  Tom Balafoutas
24  Jimmy Senos

FEBRUARY EPISTLE READERS
3  16th Sunday of Matthew
   II Corinthians 6:1-10
   Reader:  Ann Ariano

10  Sunday of the Canaanite/St. Haralambos
   II Timothy 2:1-10
   Reader:  Robert Moeller

17  Sunday of the Publican and Pharisee
   Triodion Begins
   II Timothy 3:10-15
   Reader:  Peter E. Aftosmes

24  Sunday of the Prodigal Son
   II Corinthians 4:6-15
   Reader:  George Spanos
MARCH EPISTLE READERS

3  Judgment Sunday (Meatfare)
1 Corinthians 8:8-13; 9:1-2
Reader:  Dimitri Zozos

10  Forgiveness Sunday – (Cheesefare)
Romans 13:11-14; 14:1-4
Reader:  John Peslis

17  Sunday of Orthodoxy
Hebrews 11:24-26, 32-40
Reader:  James Lloyd

24  Sunday of St. Gregory Palamas
Hebrews 1:10-14; 2:1-3
Reader:  Peter A. Aftosmes

31  Sunday of Holy Cross
Hebrews 4:14-16; 5:1-6
Reader:  Ed Ward

MEMORIALS

- Sunday, February 3 –
  Memorial and Coffee Hour for George
  Nicholas Stamos and Evangelia Stamos

- Sunday, February 10 –
  2-yr Memorial for Mary Kalodikis

- Sunday, February 17 –
  6-mo Memorial and Coffee Hour for
  Paul Giannaris

- Sunday, February 24 –
  40-day Memorial and Coffee Hour for
  Helen Matangos

BIRTHS

Congratulations to Scott & Jamie (Papoutsis)
Rockmore for the birth of their daughter, Agatha
Jane on Jan. 23, 2019. Na sas zissie!

WEDDINGS

- On Thursday, January 10th, the wedding of
  Joseph and Catherine Mantheiy took place in our
  cathedral. John and Kathy Harbilas were the
  sponsors.

YOUTH MINISTRIES

SUNDAY SCHOOL

This is Oratorical Festival time. Informational letters will be sent home with your child. Please check this information and encourage your child to participate. Our students are very busy with studies and activities in school but this project gives them an opportunity to look into their Orthodox Faith. Some students may enter the project to participate in the reading of their reports for competition or the student may just want to research and write something short expressing their feelings about a topic that interests them.

Please have your child in church in time to hear the Epistle and Gospel readings for each Sunday.

We would appreciate the if parents would donate cookies, crackers, etc. to be kept in the church kitchen and put out each Sunday for Sunday School treat during Coffee Hour. If you would like to donate, please see Despina Aftosmes or Thana Ward. We greatly thank you.

GREEK SCHOOL

We had a very lovely Greek Letters Day Celebration on Wednesday, January 30th on the Feastday of the Three Hierarchs. Fr. Michael spoke on the importance and significance that the Three Hierarchs had on education and religion. The children also recited poems and afterwards a small reception was given by the Greek School PTO.

OLYMPIC FLAMES

If you have any questions, please feel free to email our co-chairs Mantha Demopoulos and Ann Ariano.
**GOYA NEWS**

Sunday, February 10th  5:00pm Fireside Chat at the home of John & Maria Papoutsis

**PARISH MINISTRIES**

**PHILOPTOCHOS**

Thank you to all who attended the Vasilopita Celebration. A special big thank you to the people who prepared the Vasilopita meal and the Vasilopita cakes/bread. What a beautiful way to begin the New Year as a community.

Our next event is **GODPARENT SUNDAY ON FEBRUARY 10th.** Following the Divine Liturgy, enjoy a meal and afternoon with your Godchildren and if you do not have a Godchild or Godparent, adopt one for the day. **Tickets will be on sale on Sunday, Jan. 27th and Feb. 3rd.** You may also contact Thana Ward for reservations (717-249-8892).

Our MEMBERSHIP DRIVE continues this month. Please consider becoming a member of the St. Catherine Philoptochos Chapter of Philoptochos. In May we will hold elections for our Philoptochos Board. If you are interested, please give your name to Thana Ward by Mid-April.

Festival baking starts next month, March 5th! Please come and help. We start at 9:00 a.m.

**STS. JOACHIM AND ANNA**

The next meeting is scheduled for Tuesday, February 5 at 11:00 a.m. Membership in the Sts. Joachim and Anna Society is open to Orthodox parishioners who are 55 and over. However, any parishioner can attend our meetings and participate in our trips and other activities.

**CHURCH LENDING LIBRARY**

The church library contains information about Orthodoxy and Greece for you and your children. If you would like to borrow a book, fill out the information sheet found in the Library notebook binder. When you return it, be sure to list the date returned by your original sign in. Keep the books as long as you like; just be sure to return them within a reasonable amount of time so that your fellow parishioners may read them as well. Thank you.

**HOLY TRINITY BOOKS & GIFTS**

We want to thank all the parishioners who came to the bookstore for their Christmas gift giving and decorating needs. We also want to wish every parishioner a Happy and Healthy New Year.

The bookstore will be closed for most of January and part of February as we will be away.

Holy Trinity Books and Gifts’ normal operating hours are following the Divine Liturgy on Sunday, and the day when the Sts. Joachim and Anna Society meet from 11:00 AM to 1:00 PM. For more information or special requests, contact Jim and Kiki Lloyd by calling 717-507-0003 or email: bookstore@holytrinityhbg.org.

**LADIES’ BEREAVEMENT GROUP**

This group meets once a month on a Thursday. Our next gathering will be held in **February 7th of 2019** at 11:30am. We speak on different topics that concern the group and discuss ways to cope with grief. Please consider coming.

**CONCERNED MOTHERS GROUP**

The goal of the group is to foster spiritual dialogue among mothers in our community in regards to raising our children in an Orthodox Christian home. We can all probably list many challenges we have faced as our children have journeyed through preschool to high school.

The topics of the group will focus on making Orthodoxy a practical, living experience in our daily lives. Father Michael is leading the group. We meet in the Library monthly. Our next scheduled monthly meeting will be Wednesday, February 20 at 7:00 p.m.
**PARISH NEWS**

**KOLIVA**

Please note that Koliva can be prepared for a cost of $135.00 by either:

- Sofia Kaldes (717) 766-4031
- Peggy Orosz (717) 258-3498

Both ladies are always ready to assist. Please contact them directly to request koliva for a memorial.

**WALKWAY OF THE FAITHFUL**

If you want to include your family and loved ones in our unique WALKWAY of the FAITHFUL, you may purchase a brick in memory or in honor of a loved one. Simply obtain and complete a form in the office. Please contact Dimitri Zozos with any questions. (717) 648-6720.

**NURSERY NOTICE**

If you are a parent of young children and would like to volunteer with helping take care of the nursery, please join the Facebook page: Holy Trinity Nursery @ Camp Hill or contact Faith Sgagias at faithlarue@gmail.com. Thank you!

**REMEMBERING THE SICK, THE SUFFERING, THE AFFLICTED**

“The prayer of the righteous is powerful and effective” (James 5.16)

If you know of someone in a hospital who would like a visit, please call Fr. Michael (717) 818-1160 or Mrs. Georgia Lucas (717) 697-0913. We hope to post names in the future of persons who have been particularly sick or who struggle with something or another so that the community can keep them in prayer. If you know of someone you are certain would like to have their names posted, then please forward their names to the Church secretary.

**IMPORTANT NOTICE**

If you are a Doctor, Nurse, EMT or other medically trained professional willing to assist when there is a medical emergency in our Cathedral, please contact the church office so that you name can be included on a list to be kept in the Narthex and the office for our Parish Council and office staff.

**AED/CPR REFRESHER CERTIFICATION COURSE**

Dear Parishioners of Holy Trinity Greek Orthodox Cathedral,

We are looking at conducting another AED/CPR refresher certification training class sometime in February 2019. If you are interested in attending, please contact the church office as soon as possible.

Sincerely,

Christ P. Megoulas, EMT-P ACLS
AED Program Coordinator
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<tr>
<th>Date</th>
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<tr>
<td><strong>Friday, February 1</strong></td>
<td>6:00pm Vespers</td>
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| **Saturday, February 2** | Presentation of our Lord  
8:15 a.m. Orthros & 9:00am Divine Liturgy  
6:00 p.m. Vespers |
| **Sunday, February 3** | 16th Sunday of Matthew  
St. Symeon & Anna the Prophetess  
8:15 a.m. Orthros  
9:30 a.m. Div. Liturgy |
| **Tuesday, February 5** | 11:00 a.m. Sts. Joachim & Anna Meeting                                      |
| **Wednesday, February 6** | St. Photios Metropolis Feastday  
5:15-7:00 p.m. Greek School & Adult Greek School  
7:00–8:00 p.m. Greek Dance Practice |
| **Thursday, February 7** | 10:30 a.m. Bible Class  
11:30 a.m. Ladies Bereavement Group  
6:30 p.m. Bible Class |
| **Saturday, February 9** | 9:00 a.m. Chambersburg Divine Liturgy  
6:00 p.m. Vespers |
| **Sunday, February 10** | **GODPARENT/GODCHILD SUNDAY**  
Sunday of the Canaanite Woman  
St. Haralambos  
8:15 a.m. Orthros  
9:30 a.m. Div. Liturgy  
5:00 p.m. GOYA Fireside Chat at the home of John & Maria Papoutsis |
| **Tuesday, February 12** | 7:00 p.m. Parish Council Meeting |
| **Wednesday, February 13** | 5:15-7:00 p.m. Greek School & Adult Greek School |
| **Thursday, February 14** | 10:30 a.m. Bible Class  
6:30 p.m. Bible Class |
| **Saturday, February 16** | 6:00 p.m. Vespers |
| **Sunday, February 18** | Sunday of the Publican and Pharisee  
8:15 a.m. Orthros  
9:30 a.m. Div. Liturgy  
(Fast Free Week)  
Dance Practice |
| **Monday, February 18** | President’s Day  
Church office Closed |
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<tr>
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<td>Philoptochos Meeting</td>
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<td>Wednesday, February 20</td>
<td>5:15-7:00 p.m.</td>
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<td>Thursday, February 21</td>
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<td>6:30 p.m.</td>
<td>Bible Class</td>
</tr>
<tr>
<td>Friday, February 22</td>
<td>6:00 p.m.</td>
<td>HOPE/JOY Gathering (Fast-Free)</td>
</tr>
<tr>
<td>Saturday, February 23</td>
<td>6:00 p.m.</td>
<td>Vespers</td>
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<tr>
<td>Sunday, February 24</td>
<td></td>
<td>Sunday of the Prodigal Son</td>
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<tr>
<td></td>
<td>8:15 a.m.</td>
<td>Orthros</td>
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<tr>
<td></td>
<td>9:30 a.m.</td>
<td>Div. Liturgy</td>
</tr>
<tr>
<td>Wednesday, February 27</td>
<td>5:15-7:00 p.m.</td>
<td>Greek School &amp; Adult Greek School</td>
</tr>
<tr>
<td>Thursday, February 28</td>
<td>10:30 a.m.</td>
<td>Bible Class</td>
</tr>
<tr>
<td></td>
<td>6:30 p.m.</td>
<td>Bible Class</td>
</tr>
<tr>
<td>Saturday, March 2</td>
<td></td>
<td>1st Saturday of Souls</td>
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<tr>
<td></td>
<td>8:15am and 9:00am</td>
<td>Divine Liturgy</td>
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<tr>
<td></td>
<td></td>
<td>Please bring kollyva and the names of your deceased family members.</td>
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<tr>
<td></td>
<td></td>
<td>6:00pm Vespers</td>
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</tbody>
</table>

**INTERESTED IN LEARNING HOW TO CHANT??**

Fr. Aaron Gilbert is offering Byzantine Chant lessons every Saturday at 5:00 p.m. If you are interested, please contact Dn. Aaron at (717) 727-4014, or via email at aaron@holytrinityhbg.org.

**St. John Chrysostom Oratorical Festival**

It is that time of year again. Our Parish St. John Chrysostom Oratorical Festival will be held on Sunday March 3rd immediately following Liturgy. We will once again be offering lunch before the speeches. We invite all Goyans in grades 7-12 to participate. If you are new to Goya the competition is divided into 2 categories: Junior – 7-9th grade and Senior – 10-12th grade. Attached are the topics, tips and resources and Manual which contains all of the judging criteria and time limits.

Please respond to Mr. Pavlis or myself to advise us of your participation or if you have any questions.

Ann Ariano (annariano@pa.net)  
Peter Pavlis (ppavlis7104@gmail.com)

Please see the next page for further information.
2019 St. John Chrysostom Oratorical Festival Topics

Junior Division (Grades 7–9)

1. Martyrs of the Church and some of the early monastics are both described as "athletes." What does it mean to be an athlete for Christ?

2. On January 30, the Church celebrates the Feast of the Three Hierarchs: St. Basil the Great, St. Gregory the Theologian, and St. John Chrysostom. Select one of these Church Fathers and discuss his contribution to the Church.

3. Discuss the significance of water in the Church – Baptism, Theophany, holy water, etc. – and what this suggests about our responsibility for the natural world.

4. Discuss the new commandment of John 13:34: "Love one another, even as I have loved you..." What does it mean to love one another as Christ loved us?

5. In 1 Timothy 6:10, St. Paul writes, "For the love of money is the root of all kinds of evil." How should Orthodox Christians relate to money and wealth?

Senior Division (Grades 10–12)

1. Many of the Church’s services employ objects from the natural world (such as wheat, wine, oil, or water) in order to confer a blessing upon the faithful. Why does the Church do this, and what does this suggest about our responsibility for the natural world?

2. From ancient Greece to the present, politicians have aligned themselves with religious concepts and constituencies. How is an Orthodox Christian to discern whether today’s politicians do this out of genuine piety or in order to manipulate the electorate?

3. The hymns of the Church contain the whole of its theology. Pick one hymn from the Lenten or Holy Week period and describe how it speaks to you personally.

4. Describe how science and technology should always be at the service of humanity and, ultimately, of God, in harmony with His purposes.

5. In view of St. Paul’s exhortation in Colossians 3:16, “Let the Word of Christ dwell in you richly in all wisdom,” discuss the importance of being biblically literate today.
2019 AHEPA SCHOLARSHIP ANNOUNCEMENT

Once again, the John L. Prokop/Alfreda Vladyka-Prokop Order of AHEPA Chapter # 64 Scholarships are being offered to all interested students. Both the Merit Scholarships and the General Scholarships will be awarded to qualified recipients. Merit recipients will receive a minimum $1,500.00 and General Scholarship recipients will receive a minimum of $500. Please note that the scholarship is renewable four times, and does not have to be in consecutive years.

Requirements are:

1.) That you, your parents, or your grandparents are either a steward or stewards of the Holy Trinity Greek Orthodox Cathedral in Camp Hill, Pa; or you are a child/grandchild of an AHEPAN Brother who is listed in good standing of the AHEPA Chapter #64.

2.) That you are a high school senior about to graduate and apply for acceptance to an accredited institution of higher learning; a student continuing his or her education in an institution of higher learning; or an applicant who is applying to a trade school/vocational school or continuing in such an institution.

3.) That you COMPLETE and submit the AHEPA Scholarship application BY THE DUE DATE!

4.) That you submit an official transcript from your high school or institution of higher education. If applying for a General Scholarship you must have a 2.5 GPA. Students applying for a merit scholarship while in high school or in college must have a 3.50 GPA to be considered.

Application Deadline is Wednesday May 22nd, 2019. Applications may be picked up at the church office or by going online to the Church’s web site: www.holytrinityhbg.org

Submit completed applications to:

The Holy Trinity Greek Orthodox Cathedral
1000 Yverdon Drive
Camp Hill, Pa 17011
Attn: Nick Stamos – Scholarship Chairman

If you are in need of further assistance, you may contact Nick Stamos at:
email: ngs8541@comcast.net Phone: (717) 458-8042 Text: (717) 385–4757
ADDITIONAL AHEPA SCHOLARSHIPS

2019

AHEPA EDUCATIONAL FOUNDATION NATIONAL SCHOLARSHIPS

Now Available. Scholarship awards up to $2,000. Due Date is March 31st, 2019.

Application information and applications are available at:

E-mail: AHEPA@AHEPA.org (AHEPA national website) and
Phone: (202)-232-6300.

Mail completed application to: AHEPA Educational Foundation
1909 Q Street N.W.
Suite 500
Washington DC 20009

AHEPA POWER DISTRICT #4 SCHOLARSHIPS

Now Available. 2019
Due Date is April 18th, 2019.

Application information and applications are available at:

E-Mail: AHEPApowerdistrict4.com and
Phone: (724)-379-7395.

Scholarship Chairman - Mr. Cleon Kordistos.
PLEASE NOTE: The sponsoring chapter President, William Kaldes, and chapter Secretary, Steve Nicholas, must sign off on the application before it is submitted.
Vasilopitta Event on January 6th, 2019
The Goya Basketball at St. Paul’s Church in Cleveland OH
on the weekend January 11th through 13th

January 20, 2019
Fr. Michael’s Birthday
The Hope and Joy gathering on January 18th. They learned the story of St. Basil in connection with the custom of Vasilopitta. Thanks to Jennifer Solomon for her teaching and guidance to help them even prepare and bake the Vasilopitta that was cut.
The Blessing of Susquehanna River Pan-Orthodox Ceremony on January 27th, 2019.

It was really a blessed day.
GOYA Basketball Tournament!

From Friday through Sunday (January 11-13), our Goyans and parents traveled to St. Paul Greek Orthodox Church in North Royalton, Ohio to attend a basketball tournament there. It was a fun weekend, which included an excellent first win by our girls team, as well as a 3rd place finish by our junior boys team! We look forward to our next tournament at St. Nicholas in Pittsburgh later this month!

Hope and Joy Gathering!

On Friday, January 18th, the Hope and Joy held its monthly gathering at the Cathedral. The evening began with a meal for the children, the kids then gathered around Jennifer Solomon who told them the story of the Vasilopita and why we celebrate the tradition of the Vasilopita cake every year. While the younger children were eating their dinner, the older kids helped Jennifer to make the crafts, the cake was baking. At the end of the evening, the kids gathered with Father Michael and Father Aaron to pray the service for the Vasilopita and to chant the hymn to Saint Basil the Great. Each child received a piece of the Vasilopita!

We would like to express our sincerest gratitude to Jennifer Solomon and for all the parents who helped with the activities and provided the food! We encourage all parents with children who are Hope and Joy age to participate in our monthly gatherings!

An Evening With YAL!

On Thursday, December 27th, a YAL gathering was held at Holy Trinity Cathedral, with some of the young adults of our community. It was an enjoyable night including a dinner and discussion.

The discussion included a short video on the life and example of St. Luke the Surgeon of Simferopol and Crimea, who suffered for many years under the Soviet Union, but gave his life in service of others as a renowned doctor and surgeon. It is a blessing to be able to gather with the young adults. We encourage all young adults to attend whenever we have a gathering!

Mark Your Calendar!

- **February 3:** GOYA Meeting Following Divine Services
- **February 8-9:** GOYA “BeeTreat”!
- **February 10 @ 5:00:** GOYA Fireside Chat at John and Dr. Maria Papoutsis’ home.
- **February 22: 6:00 p.m.** HOPE/JOY Gathering (Fast-Free)
# 2019 Festival Baking Calendar of Events

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MARCH</td>
<td>Dolmades</td>
<td>Tuesday, March 5th</td>
<td>9AM – 2PM</td>
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<tr>
<td></td>
<td>Pastitsio</td>
<td>Sunday, March 10th</td>
<td>All Day</td>
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<tr>
<td></td>
<td>Galaktobouriko</td>
<td>Tuesday, March 12th</td>
<td>9AM – 2PM</td>
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<tr>
<td></td>
<td>Kataifi Rolls</td>
<td>Tuesday, March 19th</td>
<td>9AM – 2PM</td>
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<tr>
<td></td>
<td>Koulourakia</td>
<td>Tuesday, March 26th</td>
<td>9AM – 2PM</td>
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<tr>
<td>APRIL</td>
<td>Kourambiedes</td>
<td>Tuesday, April 2nd</td>
<td>9AM – 2PM</td>
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<tr>
<td></td>
<td>Koulourakia</td>
<td>Tuesday, April 9th</td>
<td>9AM – 2PM</td>
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<tr>
<td></td>
<td>Calamari Prep</td>
<td>Tuesday, April 9th –Thurs, April 11th</td>
<td>TBD</td>
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<tr>
<td></td>
<td>Moussaka</td>
<td>Sunday, April 14th</td>
<td>All Day</td>
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<tr>
<td></td>
<td>Tsourekeia</td>
<td>Tuesday, April 16th</td>
<td>9AM – 2PM</td>
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<tr>
<td></td>
<td>Tsourekeia</td>
<td>Wednesday, April 17th</td>
<td>9AM – 2PM</td>
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<td></td>
<td>No baking - Holy Week – April 22nd – 27th</td>
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<tr>
<td></td>
<td>Finikia</td>
<td>Tuesday, April 30th</td>
<td>9AM – 2PM</td>
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<tr>
<td>MAY</td>
<td>Baklava</td>
<td>Wednesday, May 1st</td>
<td>9AM – 2PM</td>
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<td>Baklava</td>
<td>Tuesday, May 7th</td>
<td>9AM – 2PM</td>
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<td>Baklava/Baklava Sundaes</td>
<td>Wednesday, May 8th</td>
<td>9AM – 2PM</td>
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<td>Karidopita, Kataifi me Crema (Cupping)</td>
<td>Monday, May 13th</td>
<td>9AM – 2PM</td>
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<tr>
<td></td>
<td>Kataifi me crema Cupping, Boxing</td>
<td>Tuesday, May 14th</td>
<td>9AM – 2PM</td>
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<tr>
<td></td>
<td>Kataifi me crema Cupping, Boxing</td>
<td>Wednesday, May 15th</td>
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<tr>
<td></td>
<td>Setup</td>
<td>Thursday, May 16th</td>
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</tbody>
</table>

**PA Greek Fest 2019**
Friday, May 17th thru Sunday, May 19th

****** Set-Up & Clean Up – WEEKS of May 13th & 20th ******
### 2019 Φέστιβάλ

<table>
<thead>
<tr>
<th>Ντολμάδες</th>
<th>Τρίτη 5 Μαρτίου</th>
<th>9πμ – 2μμ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Παστίσιο</td>
<td>Κυριακή 10 Μαρτίου</td>
<td>Ολη την ημέρα</td>
</tr>
<tr>
<td>Γαλακτομπούρικο</td>
<td>Τρίτη 12 Μαρτίου</td>
<td>9πμ – 2μμ</td>
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<tr>
<td>Κανταΐφη στρογγυλό</td>
<td>Τρίτη 19 Μαρτίου</td>
<td>9πμ – 2μμ</td>
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<tr>
<td>Κουλουράκια</td>
<td>Τρίτη 26 Μαρτίου</td>
<td>9πμ – 2μμ</td>
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<tr>
<td>Κουραμπιέδες</td>
<td>Τρίτη 2 Απριλίου</td>
<td>9πμ – 2μμ</td>
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<tr>
<td>Κουλουράκια</td>
<td>Τρίτη 9 Απριλίου</td>
<td>9πμ – 2μμ</td>
</tr>
<tr>
<td>Ετοιμασίες Καλαμάρι</td>
<td>Τρίτη 9 Απριλίου – Πέμπτη 11 Απριλίου</td>
<td>ολη σας πούμε</td>
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<tr>
<td>Μουσσακά</td>
<td>Κυριακή 14 Απριλίου</td>
<td>Ολη την ημέρα</td>
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<tr>
<td>Τσουρέκια</td>
<td>Τρίτη 16 Απριλίου</td>
<td>9πμ – 2μμ</td>
</tr>
<tr>
<td>Δέν θα φτιάχνουμε γλυκά την Μεγάλη Εβδομάδα - 22 μέχρι 27 Απριλίου</td>
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<thead>
<tr>
<th>Φοινίκια</th>
<th>Τρίτη 30 Απριλίου</th>
<th>9πμ – 2μμ</th>
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<tbody>
<tr>
<td>Μπακλαβά</td>
<td>Τετάρτη 1 Μαίου</td>
<td>9πμ – 2μμ</td>
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<tr>
<td>Μπακλαβά</td>
<td>Τρίτη 7 Μαίου</td>
<td>9πμ – 2μμ</td>
</tr>
<tr>
<td>Μπακλαβά/Μπακλαβά για παγωτό</td>
<td>Τετάρτη 8 Μαίου</td>
<td>9πμ – 2μμ</td>
</tr>
<tr>
<td>Καρυδόπιττα/Κανταΐφη με κρέμα/Συσκευασία των γλυκισμάτων</td>
<td>Δευτέρα 13 Μαίου</td>
<td>9πμ – 2μμ</td>
</tr>
<tr>
<td>Κανταΐφη με κρέμα, Συσκευασία των γλυκισμάτων</td>
<td>Τρίτη και Τετάρτη 14 &amp; 15 Μαίου</td>
<td></td>
</tr>
<tr>
<td>Ετοιμασίες γιά το Φέστιβάλ</td>
<td>Πέμπτη 16 Μαίου</td>
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</tbody>
</table>

**Τό Ελληνικό Φεστιβάλ 2019**

Παρασκευή, 17 Μαίου μέχρι την Κυριακή 19 Μαίου

****Ετοιμασίες και Καθαριότητα – Εβδομάδες 13 και 20 Μαίου****
AHEPA WISHES KALO MINA OF FEBRUARY 2019

The Ahepa Chapter #64 Annual Dinner-Meeting took place at the The Wharf 6852 Derry St. in Harrisburg, PA on Sunday evening, January 27th, 2019. We are truly grateful to Brother Wayne Pecht for his hospitality and graciousness in hosting us. Our Keynote Speaker was Dauphin County Coroner Graham Hetrick, who spoke as an experienced medical legal death investigator, but also as the Dauphin County Coroner. Much enthusiasm permeated the atmosphere as the brothers entertained Mr. Hetrick with a wide array of questions, which he eloquently answered with precision. Also, in attendance were District Marshal Dr. Michael Billys and District Warden Christ Megoula of our own Chapter #64 who represent the District Lodge of Power District #4 of PA.

AHEPA Chapter #64 Blood Bank Committee Annual Report for 2018:
The Central Pennsylvania Blood Bank has been saving lives since 1960. The Blood Bank is a self-supporting, non-profit corporation. This year the Blood Bank will provide local hospitals with more than 146,000 pints of life saving blood from volunteer blood donors in our community. Since 1980 when the AHEPA Chapter #64 held its first blood drive here at Holy Trinity Cathedral to date we collected a total of 2343 pints of blood from over 354 parishioners that equaled a total of 388 gallons life-saving blood. Ahepa Chapter #64 had four Blood Donor drives in ‘2018; the first one in April had a total of 15 donors; the second one in May had a total of 10 donors; the third one in September had a total of 13 donors; and the last one in December had a total of 13 donors. There were an additional 8 donors that went to local hospitals that gave us a total of 59 donors who gave the Gift of Life to AHEPA Chapter # 64 in 2018.

Commemoration of Greek Independence Day at the Capitol: March 20th, 2019:
There will be a contingency of Ahepan brothers along with District #4 Officers attending the commemoration of Greek Independence Day at the Capitol on Wednesday, March 20th from 9:00 am until the House of Representatives session of introductions is adjourned approximately 1:00 pm. The day will consist of speeches by Sen. Mike Regan, Rep. Sheryl Delozier, and Rep. Ryan Mackenzie. The Holy Trinity Cathedral Dance Troupe led by Ann Ariano will be performing from 9:00 am to 9:40 am before the group is commemorated by Sen. Regan and Rep. Delozier. Also, a tour of the Capitol is included in the itinerary which includes a photo and visit with many distinguished governmental officials of the State of Pennsylvania from 8:30 am – 9:00 am. Father Michael Varvarelis will deliver the opening prayer of the House Assembly while the 5 dignitaries who will be honored include AHEPANS: District Governor Charles Mackenzie, District Marshal Dr. Michael Billys, District Warden Christ Megoulaus, LTC Bill Bozoudis of the Hellenic Army, and Protopsalti Tom Paparoidamis of the Holy Trinity Cathedral. All Ahepan brothers interested in joining our group should contact Dr. Michael Billys, Coordinator of the Event. Transportation is provided departing from the Holy Trinity Cathedral at 7:45 am on Wednesday, March 20th or you can meet us at the State Capitol Rotunda.

AHEPA COOLEY’S ANEMIA PROJECT ANNOUNCEMENT: Beta (β)-Thalassemia Pilot Screening Project: Preliminary Committees Report from Fall of 2017 to present

***Project Goal:*** To develop, organize, and implement a sustainable educational and health screening program to advance community awareness and identification of β-Thalassemia carriers that will inform and benefit health outcomes in Greek-American communities.

***Statement of the Problem:*** The burden and spread of β-Thalassemia disease and carrier rates across the generational spectrum of Greek immigrants and Greek-Americans of full or partial Greek ancestry has not been formally established, even though there is general awareness for the presence of the disease in extended family circles in communities across the country.

***Origin and Magnitude of the Problem:*** β-Thalassemias are heritable blood disorders that occur with high relative incidence and prevalence in individuals of Greek decent. β-Thalassemias are caused by an absence or inadequate production of the β-globin chain of hemoglobin in red blood cells. Inheritance of β-Thalassemia traits from both parent carriers results in a severe form of the disease known as Cooley’s Anemia that manifests early in life. These individuals require transfusion and adequate iron chelation for survival. Intermediate forms of the disease also known as Thalassemia Intermedia arise from inheritance of traits with variable penetrance and disease causation that can affect the health of affected individuals throughout life. Co-inheritance of related hemoglobin traits such α-Thalassemia, sickle cell anemia or other hemoglobin disorder can expedite development of Thalassemia Intermedia and comorbidities.
***Rationale and Significance of Screening Project:** Prior screening efforts in local Greek communities have had limited success in part due to inadequate integration with the health care community and lack of viable organizational structure. With several emerging therapies for β-Thalassemias in recent years, there is a great need for renewed and relevant screening effort to educate and inform the community on current trends in the diagnosis, care, prevention, and treatment of the disease. Furthermore, with emerging molecular therapies and other related interventions in the horizon it is critical to report and annotate the epidemiology of the disease in the Greek population to facilitate access to individualized therapies for particular traits and interventional points of care.

***Participant Organizations:** Holy Trinity Greek Orthodox Cathedral of Camp Hill, PA, AHEPA Chapter #64 of Harrisburg, PA and Pennsylvania State University College of Medicine, Hershey Medical Center.

***Organizing Committees:** Holy Trinity Greek Orthodox Cathedral of Camp Hill and AHEPA Chapter #64 of Harrisburg, PA: Fr. Michael Varvarelis, Holy Trinity Greek Orthodox Cathedral Dean; Dr. Michael Billys, Ahepa Cooley’s Anemia Committee Chairman and AHEPA District Marshal of Power District #4; Dr. Zissis Chroneos, Organizer of all medical/strategic planning of the Cooley’s Anemia Screening processes involving the Hershey Medical Center/Penn State University College of Medicine staff and programs; Mr. Christ Megoulas, Ahepa Blood Bank Coordinator and District Warden of Ahepa Power District #4. This committee has met 4 times to exchange ideas, discuss strategies, and to deliver informational power point presentations which were delivered at several local AHEPA Chapter #64 meetings held at the Holy Trinity Cathedral; at the AHEPA District Convention in Aliquippa, PA; and at the National AHEPA Convention held in Atlantic City, N.J. this past spring and summer of 2018. This Committee has also engaged the Penn State College of Medicine to participate in the development of the screening program.

**Penn State and Hershey Med Center:** Dr. Zissis Chroneos, Associate Professor of Pediatrics, Microbiology and Immunology; Dr. Daniel McKeone, Assistant Professor of Pediatric Hematology and Oncology; Dr. Olajumoke Oladipo, Assistant Professor as well as Director of Clinical and Diagnostic Pathology; Rhea Sullivan, 1st Year Medical student (MD/PhD program); and Bridget Rafferty, 2nd Year Medical Student. The Penn State Medical Thalassemia Committee has met monthly since September 2018 and has held additional meetings within the Institution to develop the community outreach program. The following tasks are completed or in progress:

1. Reviewed literature on Thalassemia screening programs and epidemiology.
   **Conclusion:** Most screening program data reports are from international locations in Greece, Cyprus, Iran, Southeast Asia, and Canada. There is lack of data in the United States.

2. Students completed training on IRB procedures.

3. Students discussed logistics of sample acquisition, processing, and diagnosis.
   **Plan of action:** pending

4. Held meetings with the Director of Lion Care Screening mobile Nancy Cambell, Clinical Research Coordinator and Head of the Institutional Review Board Dr. Kathleen Hay to discuss logistics, procedures and approval of human subjects’ research.
   **Plan of Action:** Screen mobile will be made available upon request, IRB application in progress

5. Held meetings with Dr. Eugene Lengerich, Department of Public Health Sciences and Penn State’s Clinical and Translational Science Institute (CTSI) to discuss our plans and seek input and programmatic support.
   **Outcome:** The CTSI will provide free statistical, database development and data storage support, assistance in development of community surveys and consultation on community outreach program development.

   **Note:** When the pilot program becomes successful, it will be included in the CTSI’s National Institutes of Health renewal application in 2020 for funding consideration.

The next Ahepa Chapter #64 General Business/Fellowship meeting will take place on Monday evening, February 18th, 2019 and will include Oaths and Initiations for newly approved candidates LTC Bill Bozoudis (Hellenic Army of Greece) and Kosta Lois (Restauranteur) who both could not attend our mass initiation held on November 19th, 2018.

Election of Officers and Delegates to the National & District Conventions shall be conducted at the April meeting since the District #4 Convention will be held from June 7-9, 2019 at the Holiday Inn in Grantville, Pa. Our Power District #4 Lodge is hosting this year while. Your attendance at our meetings is always important & vital to the success of our Chapter’s goals and objectives.

Please note on your calendars, the following meeting dates, February thru June 2019. The meetings are scheduled for the 3rd Monday of each month beginning at 6:30 p.m. in the AHEPA Lodge Room, Holy Trinity Greek Orthodox Cathedral, Camp Hill, PA: February 18, 2019 March 18, 2019 April 15, 2019 May 13, 2019 June 17, 2019.
STEWARDSHIP: ** Managing Your 2019 Giving Online!!! **

You can now manage your 2019 giving online! Giving online is easy and allows you to set up automatic recurring contributions and to view your complete online giving history from anywhere you have access to the Internet. Simply follow these easy steps:

- Visit the church website at [www.holytrinityhbg.org](http://www.holytrinityhbg.org)
- Click on the **ONLINE GIVING** button.
- Click on the **CREATE PROFILE** button.
- Follow onscreen instructions to create an online profile and to schedule your recurring contributions.

You will be prompted to enter your annual pledge amount and then choose the frequency with which you would like to pay it (weekly, monthly, quarterly, annually).

If you enter your pledge amount online, you do not need to return the paper to the office with that amount.

These 2019 stewardship payments will not begin until January 2019.

Additionally, there will be a button on our website called **DONATE**. You can use this button to donate online for memorials, general donations, Christmas offering, Easter offering, Saturday of Souls offering, Christmas flowers, and Easter flowers. If you have any questions concerning this process, please contact Mary in the church office at (717) 763-7441.
Η ΠΗΓΗ ΦΕΒΡΟΥΑΡΙΟΥ 2019

ΑΝΑΓΝΩΣΤΕΣ ΕΠΙΣΤΟΛΩΝ

ΕΠΙΤΡΟΠΟΙ ΓΙΑ ΤΟΝ ΦΕΒΡΟΥΑΡΙΟ

3  Κώστας Παππάς
10  Γεωργία Λουκά
17  Αθανάσιος Μπαλαφούτας
24  Δημήτριος Σήνος

ΑΝΑΓΝΩΣΤΕΣ ΕΠΙΣΤΟΛΩΝ

ΦΕΒΡΟΥΑΡΙΟΥ

3  Κυριακή του Ματθαίου
B’ Κορινθίων 6:1-10
Αναγνώστης: Αννα Αριάνο

10  Κυριακή της Χαναναίας/Του Αγ. Χαραλάμπους
B’ Τιμοθέου 2:1-10
Αναγνώστης: Ρόμπερτ Μόλλερ

17  Κυριακή του Τελώνου και Φαρισαίου
B’ Τιμοθέου 3:10-15
Αναγνώστης: Πήτερ Ε. Αφτοσμής

24  Κυριακή του Ασώτου
B’ Κορινθίων 4:6-15
Αναγνώστης: Γεώργιος Σπάνος

ΑΝΑΓΝΩΣΤΕΣ ΕΠΙΣΤΟΛΩΝ

ΜΑΡΤΙΟΥ

3  Κυριακή των Απόκρεω
A’ Κορινθίων 8:8-13, 9:1-2
Αναγνώστης: Δημήτριος Ζάζος

10  Κυριακή της Τυρινής
Ρωμαίους 13:11-14, 14:1-4
Αναγνώστης: Ιωάννης Πεσλής

17  Κυριακή της Ορθοδοξίας
Εβραίους 11:24-26, 32-40
Αναγνώστης: Δημήτριος Λλόιντ

24  Κυριακή του Γρηγορίου Παλαμά
Εβραίους 1:10-14, 2:1-3
Αναγνώστης: Πήτερ Α. Αφτοσμής

31  Κυριακή της Σταυροπροσκυνήσεως
Εβραίους 4:14-16, 5:1-6
Αναγνώστης: Εντ Ουάρντ

ΑΝΑΓΝΩΣΤΕΣ ΕΠΙΣΤΟΛΩΝ

ΜΝΗΜΟΣΥΝΑ

- Κυριακή 3 Φεβρουαρίου - Μνημόσυνο και Καφές για τόν Γεώργιο Νικόλαο Στάμου και Ευαγγελίας Στάμου
- Κυριακή 10 Φεβρουαρίου – Δύο ετών Μνημόσυνο για τήν Μαίρη Καλοδίκη
- Κυριακή 17 Φεβρουαρίου – 6 μηνών Μνημόσυνο και Καφές για τόν Απόστολο Γιάνναρη

ΓΕΝΝΗΣΕΙΣ

Συγχαρητήρια στον Σκότ και Δήμητρα (Παπουτσή) Rockmore για την γέννηση της κόρης τους. Αγαθούλας Τζέϊν στίς 23 Ιανουαρίου 2019. Νά σας ζήση!

ΓΑΜΟΥΣ

Την Πέμπτη 10 Ιανουαρίου ο γάμος τού Ιωσήφ και τής Αικατερίνης Mantheiy έγινε στον Καθεδρικό μας Ναό. Ο Ιωάννης και Αικατερίνη Χαρμπίλα ήταν οι Κουμπάροι.

ΕΚΔΗΛΩΣΕΙΣ ΚΑΙ ΔΡΑΣΤΗΡΙΟΤΗΤΕΣ ΓΙΑ ΤΟΝ ΦΕΒΡΟΥΑΡΙΟ

ΚΑΤΗΧΗΤΙΚΟ ΣΧΟΛΕΙΟ

Τώρα ετοιμαζόμαστε για τις Θρησκευτικές Ομιλίες. Ενημερωτικές επιστολές θα σταλούν στο σπίτι με το παιδί σας. Ελέγξτε αυτές τις πληροφορίες και ενθαρρύνετε το παιδί σας να συμμετάσχει. Οι μαθητές μας είναι πολύ απασχολημένοι με μελέτη των μαθημάτων του
Είχαμε μια πολύ όμορφη Εορτή των Ελληνικών Γραμμάτων την Τετάρτη, 30 Ιανουαρίου, την εορτή των Τριών Ιεραρχών. Ο πάτερ Μιχαήλ μίλησε για τη σημασία και τη σπουδαιότητα που είχαν οι Τρείς Ιεράρχες για την εκπαίδευση και τη θρησκεία. Τα παιδιά επίσης είπαν ποιήματα και στη συνέχεια μια μικρή δεξίωση προσφέρθηκε από τους γονείς του Ελληνικού Σχολείου.

Η επόμενη μας εκδήλωση είναι Κυριακή των Αναδόχων στις 10 Φεβρουαρίου. Μετά τη Θεία Λειτουργία, απολαύστε ένα γεύμα με τα παιδιά που Βαπτίσατε και εάν δεν έχετε βαπτίσει, τότε υιοθετήστε ένα για την ημέρα. Το νέο έτος ως κοινότητα.

Η εκδήλωση διεξάγεται στο Μέλι την Κυριακή, 27 Ιανουαρίου και 3 Φεβρουαρίου. Μπορείτε επίσης να επικοινωνήσετε με την Θάνα Ward για κρατήσεις (717-249-8892).

Παρακαλούμε να γίνете μέλη της Φιλοπτώχου του Τμήματος της Αγίας Αικατερίνης. Το Μέλι την Κυριακή, 27 Ιανουαρίου και 3 Φεβρουαρίου. Μπορείτε να επικοινωνήσετε με την Θάνα Ward για κρατήσεις (717-249-8892).

Η Ελληνική Σχολείο

Είχαμε μια πολύ όμορφη Εορτή των Ελληνικών Γραμμάτων την Τετάρτη, 30 Ιανουαρίου, την εορτή των Τριών Ιεραρχών. Ο πάτερ Μιχαήλ μίλησε για τη σημασία και τη σπουδαιότητα που είχαν οι Τρείς Ιεράρχες για την εκπαίδευση και τη θρησκεία. Τα παιδιά επίσης είπαν ποιήματα και στη συνέχεια μια μικρή δεξίωση προσφέρθηκε από τους γονείς του Ελληνικού Σχολείου.

Θυτές και φιλοτέχνες μπορούν να γράψουν κάτι σύντομο εκφράζοντας τα συναισθήματά τους για ένα θέμα που τους ενδιαφέρει.

Παρακαλείσθε να έχετε το παιδί σας στην εκκλησία εγκαίρως να ακούσουν τα αναγνώσματα επιστολών και ευαγγελίων κάθε Κυριακή.

Θα εκτιμούσαμε αν οι γονείς θα μπορούν να δωρίσουν μπισκότα, κράκερς κλπ. που θα φυλάσσονται στην κουζίνα της Εκκλησίας και θα τα βγάζουμε κάθε Κυριακή για το Κατηχητικό Σχολείο. Εάν επιθυμείτε να κάνετε δωρεά, μπορείτε να επικοινωνήσετε με την Θάνα Ward για κρατήσεις (717-249-8892).

Οι Ολυμπιακές φλόγες

Αμα έχετε καμία ερώτηση παρακαλούμε να μιλήσετε με τον Πάτερ Μιχαήλ ή την Δέσποινα Αφτοσμή.

Η Γκόγια

Η Γκόγια στις 5:00 μ.μ. στο σπίτι του Ιωάννη και Μαρίας Παπουτσή. Στη συνάντηση θα γίνεται μέλη της φιλοπτώχου του Τμήματος της Αγίας Αικατερίνης.

Οι ολυμπιακές φλόγες

Αμα έχετε καμία ερώτηση παρακαλούμε να μιλήσετε με τον Πάτερ Μιχαήλ ή την Δέσποινα Αφτοσμή.

Η Γκόγια

Η Γκόγια στις 5:00 μ.μ. στο σπίτι του Ιωάννη και Μαρίας Παπουτσή. Στη συνάντηση θα γίνεται μέλη της φιλοπτώχου του Τμήματος της Αγίας Αικατερίνης.

Οι ολυμπιακές φλόγες

Αμα έχετε καμία ερώτηση παρακαλούμε να μιλήσετε με τον Πάτερ Μιχαήλ ή την Δέσποινα Αφτοσμή.

Η Γκόγια

Η Γκόγια στις 5:00 μ.μ. στο σπίτι του Ιωάννη και Μαρίας Παπουτσή. Στη συνάντηση θα γίνεται μέλη της φιλοπτώχου του Τμήματος της Αγίας Αικατερίνης.
υπογράφοντας τό βιβλίο πού είναι στήν Βιβλιοθήκη. Μπορείτε νά κρατήσετε τά βιβλία γιά ορισμένο καιρό αλλά σός παρακαλούμε νά τά επιστρέψετε γιά νά μπορούν καί άλλοι νά τα διαβάσουν. Ευχαριστούμε.

ΒΙΒΛΙΟΠΩΛΕΙΟ – ΒΙΒΛΙΑ ΚΑΙ ΔΩΡΑ

Θέλουμε να ευχαριστήσουμε όλους τους ενορίτες που ήρθαν στο βιβλιοπωλείο για να προμηθεύουν το δώρο των Χριστουγέννων ή για άλλες ανάγκες. Θέλουμε επίσης να ευχηθούμε σε όλους τους ενορίτες ένα ευτυχισμένο και υγιεινό νέο έτος.

Το βιβλιοπωλείο θα κλείσει για το μεγαλύτερο μέρος του Ιανουαρίου καί του Φεβρουαρίου, επειδή δέν θά είμαστε εδώ.

Οι κανονικές ώρες λειτουργίας του Βιβλιοπωλείου της Αγίας Τριάδας είναι αμέσως μετά τη Θεία Λειτουργία της Κυριακή και την ημέρα που ο Σύλλογος Αγ. Ιωακείμ και Άννας συναντιούνται από τις 11:00 π.μ. έως τις 1:00 μ.μ. Για περισσότερες πληροφορίες, επικοινωνήστε με τον Jim και τον Kiki Lloyd email: bookstore@holytrinityhbg.org ή τηλεφωνήστε στο 717-507-0003.

ΓΚΡΟΥΠ ΠΕΝΘΟΥΣ

Αυτό τό γκρούπ θα έχει συνάντηση μία φορά το μήνα την Πέμπτη. Η Πρεσβυτέρα με τον Πάτερ-Μιχαήλ προσκαλούν την συμμετοχή αυτών των γυναικών. Η επομένη συνάντηση μας θα γίνει στις 11:30πμ την Πέμπτη 7 Φεβρουαρίου 2019. Συζητούμε για διάφορα θέματα που αφορούν τον Αγ. Ιωακείμ και την Άννα και η Ορθόδοξη ζωή γίνεται μια πρακτική και ζωντανή εμπειρία στην καθημερινότητά μας. Η συνάντηση γίνεται στη Βιβλιοθήκη κάθε μήνα.

Η επομένη συνάντηση θα πραγματοποιηθεί στις 7μμ στις 20 Φεβρουαρίου 2019.

ΚΟΛΛΥΒΑ

Παρακαλούμε νά γνωρίζετε ότι τά Κόλλυβα ετοιμάζονται γιά τό κόστος $135 από τίς κυρίες: Σοφία Καλδή 717-766-4031  Παναγιώτα Orosz 717-258-3498. Καί οι δύο κυρίες είναι έτοιμες νά σας βοηθήσουν. Παρακαλούμε να μιλήσετε κατ’ ευθείαν μέ τις κυρίες για νά σάς ετοιμάσει κόλλυβα γιά τό Μνημόσυνο πού θέλετε.

ΓΚΡΟΥΠ ΓΙΑ ΜΗΤΕΡΕΣ

Ο στόχος της ομάδας είναι να ενθαρρύνει τον πνευματικό διάλογο μεταξύ των μητέρων στην κοινότητά μας όσον αφορά την ανατροφή των παιδιών μας σε ορθόδοξο χριστιανικό σπίτι. Μπορούμε όλοι να αναφέρουμε πολλές προκλήσεις που αντιμετωπίζουμε καθώς τα παιδιά μας μεγαλώνουν από μικρά και από το νηπιαγωγείο μέχρι το λύκειο.

ΔΙΑΔΡΟΜΟΣ ΠΙΣΤΩΝ

Εάν θέλετε να προσθέσετε ένα όνομα είς μνήμη η πρός τιμήν αγαπημένου σας προσώπου στό διάδρομο τών πιστών μπορείτε νά ζητήσετε αίτηση από τό γραφείο της Εκκλησίας. Αν έχετε ερωτήσεις επικοινωνείστε μέ τον Δημήτρη Ζόζο 717-648-6720.

ΕΙΔΟΠΟΙΗΣΗ ΓΙΑ ΜΗΤΕΡΕΣ ΝΗΠΙΩΝ

Εάν είστε γονέας μικρών παιδιών και θέλετε να προσφέρετε εθελοντικά βοηθώντας τη φροντίδα του παιδικού σταθμού, παρακαλούμε να συμμετάσχετε στη σελίδα Facebook: Nursery Holy Trinity@Camp Hill ή επικοινωνήστε με την Faith Sgagias στο faithlarue@gmail.com. Ευχαριστώ!

ΕΙΔΟΠΟΙΗΣΗ ΓΙΑ ΜΗΤΕΡΕΣ ΝΗΠΙΩΝ

«Η προσευχή των δίκαιων είναι ισχυρή και αποτελεσματική» (Ιακ. 5.16) Αν γνωρίζετε κάποιο άτομο σε νοσοκομείο που θα
ήθελε μια επίσκεψη, παρακαλούμε τηλεφωνείστε τον πάτερ Μιχαήλ (717) 818-1160 ή την κ. Γεωργία Λουκά (717) 697-0913.

Ελπίζουμε να μοιραστείτε στο μέλλον ονόματα ατόμων που είναι άρρωστοι ώστε η κοινότητα να μπορεί να τους κρατήσει σε προσευχή. Αν ξέρετε πρόσωπα που είστε βέβαιοι ότι θα ήθελαν να έχουν τα ονόματά τους γραμμένα, τότε παρακαλούμε δώστε τα ονόματά τους στην γραμματέα της Εκκλησίας.

ΣΗΜΑΝΤΙΚΗ ΣΗΜΕΙΩΣΗ
Εάν είστε Γιατρός, Νοσηλευτής, EMT ή άλλος ιατρικά εκπαιδευμένος επαγγελματίας που επιθυμείτε να βοηθήσετε όταν υπάρχει έκτακτη ιατρική ανάγκη στον Καθεδρικό Ναό μας, επικοινωνήστε με το γραφείο της εκκλησίας για να μπορείτε να συμπεριλάβετε το όνομα σε μια λίστα που θα φυλάσσεται στο Νάρθηκα και γραφείο για το κοινοτικό μας συμβούλιο και το προσωπικό των γραφείων.

AED / CPR ΠΙΣΤΟΠΟΙΗΣΗ ΕΚΠΑΙΔΕΥΣΗΣ

Αγαπητοί Ενορίτες της Αγίας Τριάδος,

Εξετάζουμε τη διεξαγωγή μιας άλλης κατηγορίας εκπαίδευσης πιστοποίησης AED / CPR κάποια στιγμή τον Φεβρουάριο του 2019. Εάν ενδιαφέρεστε να παρακολουθήσετε, παρακαλούμε επικοινωνήστε με το εγχειρίδιο, το οποίο περιέχει όλα τα κριτήρια και τα χρονικά ορία.

Με εκτίμηση,
Χρήστος Π. Μέγουλας, EMT-P ACLS
Συντονιστής προγράμματος AED

Θρησκευτικές Ομιλίες του Αγ. Ιωάννου Χρυσοστόμου
Είναι και πάλι η εποχή του χρόνου. Το Ενοριακό Φεστιβάλ Αγίου Ιωάννου του Χρυσοστόμου θα πραγματοποιηθεί την Κυριακή 3 Μαρτίου αμέσως μετά τη Λειτουργία. Θα προσφέρουμε και πάλι γεύμα πριν από τις ομιλίες. Καλούμε όλους τά Goyans που είναι στις τάξεις 7η έως 12η να συμμετάσχουν. Εάν είστε νέοι στην Goya ο διαγωνισμός χωρίζεται σε 2 κατηγορίες: Junior - 7-9η τάξη και Senior - 10-12η τάξεις.

Απαντήστε στον κ. Παυλή ή στην αννα Αριάνο για να μας ενημερώσουμε για τη συμμετοχή σας ή εάν έχετε οποιεσδήποτε ερωτήσεις

Ann Ariano (annariano@pa.net)
Peter Pavlis (ppavlis7104@gmail.com)

ΘΕΙΕΣ ΛΕΙΤΟΥΡΓΙΕΣ ΚΑΙ ΓΕΓΟΝΟΤΑ ΤΟΥ ΦΕΒΡΟΥΑΡΙΟΥ 2019

Παρασκευή 1 Φεβρουαρίου
6:00μμ Εσπερινός

Σάββατο 2 Φεβρουαρίου
Η Υπαπαντή τού Κυρίου
8:15πμ Ορθρος και 9:00πμ Θεία Λειτουργία
6:00μμ Εσπερινός

Κυριακή 3 Φεβρουαρίου
16η Κυριακή τού Ματθαίου/ Αγ. Συμεών και Αννης Προφήτιδος
8:15πμ Ορθρος
9:30πμ Θεία Λειτουργία

Παρασκευή 1 Φεβρουαρίου
6:00μμ Εσπερινός

Σάββατο 2 Φεβρουαρίου
Η Υπαπαντή τού Κυρίου
8:15πμ Ορθρος και 9:00πμ Θεία Λειτουργία
6:00μμ Εσπερινός

Κυριακή 3 Φεβρουαρίου
16η Κυριακή τού Ματθαίου/ Αγ. Συμεών και Αννης Προφήτιδος
8:15πμ Ορθρος
9:30πμ Θεία Λειτουργία

Τρίτη 5 Φεβρουαρίου
11:00πμ Συνάντηση για τόν Σύλλογο Αγ. Ιωακείμ και Αννης

Τετάρτη 6 Φεβρουαρίου
5:15μμ – 7:00μμ Ελληνικό Σχολείο και για Μεγάλους
7:00μμ – 8:00μμ Μάθηση Χορού
Πέμπτη 7 Φεβρουαρίου
10:30πμ Αγιογραφική Μελέτη
11:30πμ Γρούπ πένθους για κυρίες
6:30μμ Αγιογραφική Μελέτη

Σάββατο 9 Φεβρουαρίου
9:00μμ Θεία Λειτουργία στο Τσέιμπερσμερκ

Κυριακή 10 Φεβρουαρίου
Κυριακή της Χαννανίας
Αγ. Χαραλάμπους
8:15πμ Ορθρός
9:30πμ Θεία Λειτουργία

ΗΜΕΡΑ ΤΩΝ ΑΝΑΔΟΧΩΝ
5:00μμ Συνάντηση με τήν Γκόγια στο σπίτι του
Ιωάννη και Μαρίας Παπουτσής

Τρίτη 12 Φεβρουαρίου
7:00μμ Συνάντηση με το Συμβούλιο

Τετάρτη 13 Φεβρουαρίου
5:15μμ – 7:00μμ Ελληνικό Σχολείο και
gιά Μεγάλους

Πέμπτη 14 Φεβρουαρίου
10:30πμ Αγιογραφική Μελέτη
6:30μμ Αγιογραφική Μελέτη

Σάββατο 16 Φεβρουαρίου
6:00μμ Εσπερινός

Κυριακή 17 Φεβρουαρίου
Κυριακή του Τελώνου και Φαρισαίου
8:15πμ Ορθρός
9:30πμ Θεία Λειτουργία
(Δέν Νηστεύουμε αυτή τήν Εβδομάδα)
Μάθηση Χορού

Δευτέρα 18 Φεβρουαρίου
Τό Γραφείο είναι κλειστό γιά Εθνική Εορτής

Τρίτη 19 Φεβρουαρίου
6:45μμ Συνάντηση τής Φιλοπτώχου
Μπορείτε να φέρετε το φαγητό της αρεσκείας

Τετάρτη 20 Φεβρουαρίου
5:15μμ – 7:00μμ Ελληνικό Σχολείο και
gιά Μεγάλους
7:00μμ Συνάντηση με τις Μητέρες
7:00 – 8:00μμ Μάθηση Χορού

Πέμπτη 21 Φεβρουαρίου
10:30πμ Αγιογραφική Μελέτη
6:30μμ Αγιογραφική Μελέτη

Παρασκευή 22 Φεβρουαρίου
6:00μμ Συνάντηση με την HOPE/JOY

Σάββατο 23 Φεβρουαρίου
6:00μμ Εσπερινός

Κυριακή 24 Φεβρουαρίου
Κυριακή τού Ασώτου
8:15πμ Ορθρός
9:30πμ Θεία Λειτουργία

Τετάρτη 27 Φεβρουαρίου
5:15μμ – 7:00μμ Ελληνικό Σχολείο και
gιά Μεγάλους

Πέμπτη 28 Φεβρουαρίου
10:30πμ Αγιογραφική Μελέτη
6:30μμ Αγιογραφική Μελέτη

Σάββατο 2 Μαρτίου
Α΄ Ψυχοσάββατο
8:15πμ Ορθρός και 9:00πμ Θεία Λειτουργία
Νά μάς φέρετε κόλυβα και ονόματα τών
tεθνεώτων
6:00μμ Εσπερινός
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**FEBRUARY 2019**

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**Ann E. Ariano**

Attorney at Law

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- Willis
- Personal Injury
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Harrisburg, PA

arianolaw@pa.net

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**THE DIGNITY MEMORIAL NETWORK**

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ADVERTISING IN THE SOURCE

In an effort to contain printing costs for monthly newsletters, many churches have turned to paid advertisements in their publications. Parish Council has agreed to adopt this funding source for our monthly publication. Doing this would help lessen and possibly erase the expense of publishing the Source.

We now have availability for two pages of paid ads in our monthly Source. The ad price will represent a year of advertising or 11 issues as we combine the June and July Source into one issue. Ads are sold by the block. There will be room for 24 ads or blocks per page. You may purchase more than one block for increased space and presentation. The cost of one ad block is $125 per year, and subsequent blocks would be an additional $100 per block. For example, a business card ad would equal two blocks and would cost $225. Camera-ready ads are appreciated but not required.

Please help us promote this program. If you own or work for a business that may be interested in advertising in our Source which is sent out to over 600 families, please contact Mary in the church office. If you know of a business that may be a potential advertiser, please pass on a contact and phone number. Examples of businesses that may be interested in advertising could be Greek bands, importers, baptismal supplies/clothing stores, and jewelers specializing in crosses. Other possibilities could be lawyers, accountants, real estate agents, etc. The only ads we cannot accept are ones pertaining to credit cards, travel, or insurance.

Please contact the church office as soon as possible if interested in this program.