

S P I R I T

A Season of Gratitude

God has been good to us! Yes, to every one of us and to all of us who live the life of Christ as the church of Christ here in Portland - otherwise known as Holy Trinity Greek Orthodox Church! So let us give thanks to the Lord for all that we have received. As the Psalm says, "What return can I make to the Lord for his goodness to me? I will take the cup of salvation and call upon the name of the Lord."

I love those two verses from Psalm 116. They are words of gratitude and recognition of all the goodness we receive from God. And then there is the response - and the response is to receive even more goodness from the Lord! Yes, God asks nothing of us except a spirit of gratitude and a willingness to receive even more from the never-ending goodness of God!

Yes, show your gratitude to God by receiving even more from God! That's a beautiful equation right there; a beautiful description of life as a follower of Jesus Christ. Jesus is that never-ending gift of God's goodness. Jesus fills our lives daily with the love of the Trinity. And how blessed we are here at Holy Trinity to bear the name that describes God's inner being. How blessed are you to be part of the fellowship of God's love.

"I will take the cup of salvation and call upon the name of the Lord." That is the response of a grateful heart. Take the cup. It overflows with salvation. In a world that takes so much from us: a world that takes away our peace and ability to love; a world that prefers lies to the truth...in this world that takes away, God gives...

and gives...and gives! Take the cup of salvation. It is offered every Sunday. And it is offered daily in moments of peace and recollection, in moments of being at one with God and the world God has created.

And I take the cup of salvation every time I do the work of Christ in your midst. I've been doing it for 34 years now, and I'm constantly given even more reasons to be grateful together with you, as I recognize the work of the Holy Spirit in our midst. Let me briefly point out some of the reasons I am grateful at this time:

- Despite the fears that the coronavirus brought into our lives, many of you have returned to active participation in the worship and life of our parish. Thank you.
- Generous donations beyond the faithful stewardship pledges kept our church able to meet all our obligations. Thank you.
- Chris & Kim Kapothanasis made a generous donation to cover the cost of a new Altar Gospel Book (Evangelion), and a very beautiful Gospel Book it is. Thank you, Chris & Kim.
- The votive stands at the front of our church received a beautiful cleaning and painting from Bryan Snell, Rick Mageles, Aggie Haxhi-Kirtchev and Sofia Kirtchev. Thank you.
- Aggie also took on the initiative to create a new website for our parish, which will eventually replace the current website that you are familiar with. She also cre-

(Continued on page 6)

CHRISTMAS LITURGIES

Saturday, Dec. 24th
at 4:00 PM

Sunday, Dec. 25th at
10:00AM



Holy Trinity Greek Orthodox Church

133 Pleasant Street
Portland, ME 04101

Office: 207-774-0281
Mon, Wed & Fri 10-3
and by appointment

htrinityportland@gmail.com

www.htrinityportland.org

Fr. Constantine Sarantidis
207-831-3016
frcsaran@gmail.com

OUR LORD'S DAY LITURGY SCHEDULE

October 30th - Fifth Sunday of Luke (20th Sunday Epistle)

READINGS: Galatians 1:11-19; Luke 16:19-31 READERS: Angela Varipatis, Janet Mageles

PROSFORO: Antonia Sotiropoulos

PARISH COUNCIL: Agathi Haxhi-Kirtchev, Rick Mageles

ALTAR OIL: No sponsor.

FELLOWSHIP: To offer this Fellowship, call Luci at 774-0281.

November 6th - Seventh Sunday of Luke (21st Sunday Epistle)

READINGS: Galatians 2:16-20; Luke 8:41-56 READERS: Stacy Gikas, Michelle McPherson Miller

PROSFORO: Regat Mebrahtu

PARISH COUNCIL: John Cox, Nona Tsotseria

ALTAR OIL: No sponsor.

FELLOWSHIP: To offer this Fellowship, call Luci at 774-0281.

November 13th - Eighth Sunday of Luke (St John Chrysostom)

READINGS: Hebrews 7:26-8:2; Luke 10:25-37 READERS: Angela Varipatis, Diana Dowd

PROSFORO: Pauline Snell

PARISH COUNCIL: Theo Hassapelis, Regat Mebrahtu

ALTAR OIL: No sponsor.

FELLOWSHIP: To offer this Fellowship, call Luci at 774-0281.

November 20th - Ninth Sunday of Luke (23rd Sunday Epistle)

READINGS: Ephesians 2:4-10; Luke 12:16-21 READERS: Stacy Gikas, Janet Mageles

PROSFORO: Antonia Sotiropoulos

PARISH COUNCIL: John Cox, Dean Krestos

ALTAR OIL: Luci Nanos, in loving memory of her Dad, Chris.

FELLOWSHIP: To offer this Fellowship, call Luci at 774-0281.

November 27th - Thirteenth Sunday of Luke (24th Sunday Epistle)

READINGS: Ephesians 2:14-22; Luke 18:18-27 READERS: Angela Varipatis, Michelle McPherson Miller

PROSFORO: Regat Mebrahtu

PARISH COUNCIL: Agathi Haxhi-Kirtchev, Rick Mageles

ALTAR OIL: Terry & Ken Sawyer, in loving memory of Eula Chrissikos.

FELLOWSHIP: To offer this Fellowship, call Luci at 774-0281.

December 4th - Tenth Sunday of Luke (Saint Barbara)

READINGS: Galatians 3:23-4:5; Luke 13:10-17 READERS: Stacy Gikas, Diana Dowd

PROSFORO: Pauline Snell

PARISH COUNCIL: Bryan Snell, Nona Tsotseria

ALTAR OIL: Bettie Moustrophis, in loving memory of Vincente LaRosa.

General Assembly will follow immediately after Liturgy.

December 11th - Eleventh Sunday of Luke (Sunday of the Forebears)

READINGS: Colossians 3:4-11; Luke 14:16-24 READERS: Angela Varipatis, Janet Mageles

The Nativity of our Lord, God and Savior, Jesus Christ

Saturday, December 24th, at 4:00 PM. Vesperal Liturgy of Christmas Eve

Sunday, December 25th, at 10:00 AM. The Liturgy of Christmas Day

Λειτουργίες των Χριστουγέννων

Σάββατο, 24 Δεκεμβρίου, 4.00 μ.μ. και Κυριακή, 25 Δεκεμβρίου, 10.00 π.μ.

Evening Celebration of Epiphany (Theophany)

Thursday, January 5th, at 6:00 PM. Liturgy & Great Blessing of Water

Θεία Λειτουργία των Θεοφανείων και Μέγας Αγιασμός

Πέμπτη, 5 Ιανουαρίου, 6.00 μ.μ.

PROSFORO: Antonia Sotiropoulos

PARISH COUNCIL: Theo Hassapelis, John Cox

ALTAR OIL: James Nicholas, in loving memory of wife, Anna.

FELLOWSHIP: To offer this Fellowship, call Luci at 774-0281.

December 18th - Sunday Before the Nativity of Christ

READINGS: Hebrews 11:9-10, 32-40; Matthew 1:1-25 READERS: Stacy Gikas, Michelle McPherson Miller

PROSFORO: Pauline Snell

PARISH COUNCIL: Regat Mebrahtu, Dean Krestos

ALTAR OIL: William Doukas, in loving memory of Uncle, Petros Panagakos.

FELLOWSHIP: To offer this Fellowship, call Luci at 774-0281.

December 25th - The Nativity of our Lord, God and Savior, Jesus Christ

READINGS: Galatians 4:4-7; Matthew 2:1-12 READERS: Angela Varipatis, Diana Dowd

PROSFORO: Regat Mebrahtu

PARISH COUNCIL: Agathi Haxhi-Kirtchev, Rick Mageles

ALTAR OIL: Lola & Chris Dadiotes, In loving memory of Joanne Routsos.

January 1st - The Naming and Circumcision of the Lord Jesus Christ

READINGS: Colossians 2:8-12; Luke 2:20-21 & 40-52 READERS: Stacy Gikas, Janet Mageles

PROSFORO: Antonia Sotiropoulos

PARISH COUNCIL: Bryan Snell

ALTAR OIL: No sponsor.

January 8th - Sunday After Theophany

READINGS: Ephesians 4:7-13; Matthew 4:12-17 READERS: Angela Varipatis, Michelle McPherson Miller

PROSFORO: Pauline Snell

PARISH COUNCIL: Theo Hassapelis, John Cox

ALTAR OIL: Lola & Chris Dadiotes: Wishing Bettie Moustrouphis a happy & healthy New Year!

Ceremony of Cutting of the Vasilopita

FELLOWSHIP: Vasilopita.

S T E W A R D S H I P 2 0 2 2

The following church members have contributed to our 2022 Stewardship Campaign as of October 12th. THANK YOU!

NAMES OMITTED FOR ONLINE PRIVACY REASONS

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An Afternoon with His Eminence, Metropolitan Methodios

This year marked Metropolitan Methodios' 40th anniversary as our Bishop. An opportunity has arisen for the parishes of District 4 (Portland, Saco, Lewiston, Bangor, Portsmouth, Dover) to have a meal with him and honor him on this important anniversary. He will be in New Hampshire on Sunday, November 13th, and we have arranged to meet with him at the St. Nicholas Church in Portsmouth. We will have lunch with him at 3:00 PM. I know that's a late hour for lunch, but that's when he can get to the Portsmouth church. Just pretend you're in Greece or Europe, where everyone eats lunch around 3 PM!

There is no cost to you, but you must let me know if you're going. Please call me at 831-3016, or email at frcsaran@gmail.com, to tell me if you're going. It will be a nice, relaxed way to greet him and congratulate him on this 40th anniversary. I hope you can come. *FrC*

Food Collection Drive

We are collecting:

- October: Peanut Butter
- November: Jams & Jellies
- December: Snacks of all kinds

Bring your offering to the blue collection bin in the church vestibule. This is an ongoing outreach ministry of our church to help the soup kitchen and food pantry in our city.

Support for the Animal Refuge League

A new outreach effort of our church.
Details to be announced soon!

CHRISTMAS FLOWERS

Please call the church office, 774-0281, to donate a Poinsettia plant for Christmas.

You are also welcome to donate the flower garlands for the Christmas and Theophany icons (\$100 and \$60, respectively).

Thank you for caring.



(Continued from page 1)

ated new social media outlets for our community. Thank you, Aggie.

- Petros Panagakos before his death left a generous donation to pay for new icons. His donation will cover the purchase of several new icons that you venerate at various times of the church year. Thank you, Peter. His memory be eternal.
- More recently, Helen Heel included the church in her will. She was always a shining example of faithful stewardship and she continues to be from beyond the grave. Thank you, Helen. Her memory be eternal.
- Alexandra Vorias made a generous donation for the homeless. We are giving the full amount of her donation to the new homeless shelter, Elena's Way, at Preble Street. Thank you, Mrs. Vorias.
- Emil & Helen Budri, though they now live a couple thousand miles away, ordered from the current owners of the European Bakery at a discount to us for the fellowship on October 16th when we welcomed the new Consul General of Greece. Distance is no obstacle to the care that Emil & Helen continue to show for our parish! Thank you.
- Mary Gianibas has been faithfully collecting and delivering the weekly food collection items. Thank you, Mary, and thank you to all who have added to these weekly and ongoing collections.
- The Thriving Congregations Initiative about which I've informed you at various times continues to develop ideas and visions to make our community thrive as we slowly make our way out of the pandemic. Thank you, TCI group.
- New ideas are constantly coming in. Just recently Greg Tselikis suggested we as a community help the Animal Refuge of Greater Portland, and we are taking that on as our newest outreach effort. Thank you, Greg, for a wonderful suggestion.
- Helen Blewett, Dean Krestos and Nona Tsotseria are stepping down from Parish Council after several years of faithful service. Helen is also ending her tenure as President of the Parish Council. Thank you, Helen, Dean and Nona.
- Bryan Snell was selected by the Parish Council to serve as President, and he is very excited to do so. Thank you, Bryan.
- Parish Nurse Jackie Tselikis has done her best to keep track of parish health during the pandemic. I can personally witness to that. Thank you, Jackie.

My heart overflows with gratitude and there is much more that I can write about, but I've ran out of space. I'm especially grateful for the young people who serve in the altar and sing in the choir. They enrich our worship and enkindle hope in our hearts. But they are the only young people that we see at Liturgy. Where are the children? Where are the families? I appeal to you. Don't stay away much longer. And please bring the children! I have truly missed the children of our parish. We continue to practice safety at Liturgy. And I'm sure we practice more safety at Liturgy than is done in many of the activities where children participate.

Sunday School and Greek School have been on hiatus during the pandemic. Greek School is now in session. The bigger challenge is Sunday School. We are working on getting that started. But it certainly would help if we saw some families and children back!

Your family is part of God's family! And how does that saying go? "Families that pray together stay together." That's true in your home, and it's even more true in God's home. Please find a way to balance activities and responsibilities so that you and your family may also be part of this other togetherness that brings God's love and peace into your home.

Soon you will receive your Stewardship pledge card for 2023. Your financial commitment is just as important to the life of our church as your physical presence. Don't ever underestimate how important you are in God's home. And God's home is not only the building at 133 Pleasant Street. God's home is all of us gathered together in prayer, fellowship, and unity of purpose *in* the building at 133 Pleasant Street! The purpose and excitement are there. All that's missing is many of you.

Finally, I draw your attention to the Parish Council nomination form on the facing page. The Parish Council is short-handed. We've managed with the reduced staffing during the pandemic, but our Parish Council should normally have 12-13 members. Please consider putting your name forth as a candidate for the Parish Council. Thank you.

I hope my thoughts inspire some, or many of you, so we may reach our full potential as a community of Christ. Above our own efforts, may the grace of the living God and the love of our Savior Jesus Christ and the fellowship of the Spirit guide and sustain us. As we look to Thanksgiving and Christmas, let us give thanks in everything. I told you some of the things and people I'm grateful for. What are you grateful for?

Father Constantine Sarantidis

Let's release all that pent-up energy!

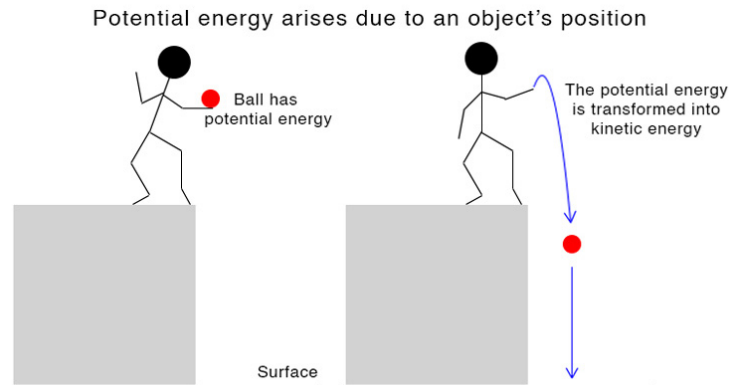
In physics there are two primary types of energy: potential and kinetic. Potential energy is stored, pent-up energy, eager to be released. And it is released as kinetic energy. The simplest example, and easiest to relate to from everyday experience is dropping a ball from a height. The ball has potential energy that comes from its position. When you drop the ball, the potential energy is converted into kinetic energy because of its motion and change of position. In classical physics, energy is always conserved when it is transformed from one form to another.

Why am I telling you this? It came to me as I thought about all the pent-up energy that we should have after more than two years of diminished activity, spending more hours at home, eating and not burning up calories - there's another great illustration of potential energy needing to convert to kinetic energy!

Winter is coming - a time of greater inactivity for many of us. We must be bursting at the seams - figuratively and physically! - with all that potential energy we have accumulated and will accumulate this winter.

Why not start using some of that pent-up energy? Come to Liturgy, let your spirit soar to even higher levels of spiritual potential and let God release some

of that energy in ways that God will show you. And finally - and very importantly for our church - will you put some of that potential energy to work in the spring so we can do the best Festival ever? (*Father Constantine*)



I, _____,
(Please print name in full)

a member in good standing of the Holy Trinity Church,
herewith prayerfully submit my intent to be considered as
a candidate for the Parish Council of Holy Trinity Greek
Orthodox Church.

(signature in full)

RETURN TO:

Holy Trinity Nominating Committee
133 Pleasant Street, Portland ME 04101

**Must be received or postmarked by November 14th.
Election will be held on December 4th, at the Annual
General Assembly.**

We will have five vacancies to be filled at this year's Parish Council election. Membership in the Parish Council is a most rewarding way to serve the good of our community. Please consider submitting your name if you are a member in good standing.

A "member in good standing" is one who regularly participates in Liturgy and receives Communion on a regular basis and has no ecclesiastical impediments. (If you have any doubts or questions about your eligibility, speak to Father C.) Candidates must be members of Holy Trinity Church for at least a year and must have made and fulfilled a Stewardship commitment to Holy Trinity Church for the year 2022.

If you meet the above qualifications and are willing to give of your time and talents, please give this invitation serious and prayerful consideration. Thank you.

**Kindly return the Candidacy Form
on the left with your signature.**

Seasonal Thanks

- ◇ To the Mina family of Curry Printing & Copy Center for their continuing generosity and service to our parish - John & Cindy, Jim, and the rest of the staff!
- ◇ To the Parish Council.
- ◇ The Philoptochos.
- ◇ The Choir.
- ◇ The Church Secretary, Luci Nanos.
- ◇ All the Altar Assistants.
- ◇ The Readers.
- ◇ Our Prosforo bakers.
- ◇ Jackie Tselikis, our Parish Nurse.
- ◇ Retiring Parish Council members, Helen Blewett, Dean Krestos and Nona Tsotseria.
- ◇ The TCI group.
- ◇ The Green Youth Team!
- ◇ All who worship in spirit and truth.
- ◇ To all our stewards and benefactors!
Without your loyalty, we wouldn't have a place where we worship and experience spiritual friendship. It is, indeed, spiritual friendship that is our greatest gift to each other and to the world. Because Jesus is our friend.

Praise God!

**Have a Blessed Christmas
And a Happy New Year!**

