



# MARCH



Holy Trinity Greek Orthodox Church, Thunder Bay

FROM  
FATHER  
ΚΟΣΤΑ

**Beloved in Christ,**

Great Lent begins with Forgiveness Vespers, which we celebrate on Cheesefare Sunday evening. This solemn period of repentance is offered to us as a way of life that brings forgiveness from God and our neighbour.

Forgive (συγχωρῶ) means to 'move forward' (χωρῶ) with God and with others. With forgiveness, we do not only receive a simple absolution, which implies a legalistic concept of salvation foreign to the Orthodox way of thinking. Instead, forgiveness from and with God erases human sins and becomes communion with Christ and His Kingdom as we walk in the Way of God with all the other faithful, with Christ sojourning with all of us.

During our journey, let us mutually support one another in our weaknesses. To commend ourselves and one another and our whole lives to God means protecting each other's salvation by forgiving our past disputes and not causing those around us to be scandalized by our behaviour.

Let's forgive the wrongs people committed against us, choosing to love them as God loves us. The attitude of "I forgive but never forget" is dangerous because it implies that even though we forgive, we will bring up the offence later to "get ours," or we will never trust them again to be good people, according to our measurement of what "good" is, even though God is the source of all goodness, and not our ideas of right and wrong, good and bad, worthy or unworthy. This passive-aggressive attitude has no place in a Christian's heart because we will be judged according to the forgiveness and mercy we have shown our neighbour. Essentially, we should live according to what God calls us, as a unique Body in Christ, united in Baptism through His Body and Blood and the forgiveness and love we offer each other.

Therefore, let us kneel before the icons of Christ and the Mother of God and ask for strength to forgive others. Let us approach our brothers and sisters and ask for their forgiveness since they have much to forgive us. And let us forgive one another. Forgiveness does not begin when peace, calmness and joy begin to reign; forgiveness begins the moment we take on each other's shoulders the "burdens of one another," and the first and heaviest load is the personhood of another, what that person is, and not what that person does or does not do according to our standards.

I invite you to do just that on the evening of Sunday, March 14, at the Vespers of Forgiveness. Let's all be there and start Lent as proper Christians, treating each other as images of God and recognizing in others the potential to achieve the likeness of God. Let us carry one another as Christ had His Cross, even if it is difficult, but let us not leave someone behind by denying them our forgiveness.

With Love in Christ,  
Fr. Konstantinos

## HOLY TRINITY GREEK ORTHODOX CHURCH

(Under the Auspices of the  
Greek Orthodox Archdiocese of  
Canada)

651 Beverly Street  
Thunder Bay ON P7B 6N2

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### **Rev. Father Konstantinos Tsiolas**

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### **Parish Council:**

Daniel Vasiliu - President  
Jennie Hartviksen - Vice President  
Theresa Mayer - Co-Treasurer  
Maria Morakis - Co-Treasurer  
Dolores Maki - Recording Secretary  
Harry Tsekouras  
Irene Biniaris  
Georgina Mellas

**Philoptochos:** Jennie Hartviksen

## GREEK ORTHODOX ARCHDIOCESE OF CANADA

### **His Eminence Archbishop Sotirios**

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## ETIQUETTE FOR CHURCH ATTENDANCE AND HOLY COMMUNION

- Please do not bring food or drink into the church.
- Please silence your phones and try not to use them during the Service.
- Please arrive well before the Divine Liturgy begins on Sunday mornings. If you do arrive late, there are certain times when one should wait before entering the Nave. Please do not enter:
  - During the Small Entrance and the Great Entrance.
  - During the reading of the Epistle, the Gospel, and the Sermon.
  - During the Consecration (when we are kneeling).
  - During the reciting of the Creed and the Lord's Prayer.
  - Whenever the Priest is facing or censuring the congregation
- During these times (above), we should also not leave the Nave, unless it is important or we need to use the facilities.
- You can and should make the sign of the cross any time you wish, but particularly, there are certain times during the Liturgy when we all make the sign of the cross:
  - When entering the Nave (sanctuary).
  - Whenever we hear the name of the Father, Son, and Holy Spirit.
  - Whenever we hear the name of the Virgin Mary.
  - Whenever we hear the name of our patron saint.
  - When we enter the altar area.
  - Whenever we cross in front of the altar.
- No gum chewing is allowed during the Divine Liturgy.
- Talking in the Nave of the church should be kept to a minimum, and only in a low voice.
- **Please remove lipstick before receiving Communion.**
- While Communion is being served, we should stand quietly. It is okay to acknowledge friends that pass by, but we shouldn't get into conversations.
- When receiving Communion, we should hold the cloth under our lower lip, in order to catch any that may fall. After receiving, lightly touch the cloth to your lips to blot up any remaining Communion.
- When we are standing in line to receive Communion, we don't stand with our hands in our pockets, it is considered irreverent.
- When receiving Antithoron from the Priest, we should keep it cupped in our hands until we have eaten it. We put both our hands together in the form of a cross and cup them so that we can catch the crumbs.
- If you see a crumb or piece that has fallen to the floor, you should pick it up, and either eat it or place it somewhere people do not step.
- We never throw Antithoron into a trash can, after all, it's not trash, it's blessed bread! If there is leftover Antithoron, it is to be given to the faithful and the crumbs are placed where they may be eaten by birds.
- Please don't leave Antithoron bread on the pews or other inappropriate places.
- Hands in our pockets, wearing sunglasses, or crossing our legs when sitting in church is considered irreverent.
- Clothing - if you have second thoughts about an outfit, don't wear it to church. Shorts, tank tops, and flip-flops are not appropriate.

**CHURCH SERVICES MARCH 2024**

<b>SUNDAY</b>	<b>3</b>	<b>SUNDAY OF THE PRODIGAL SON</b> Matins 9:00 am    Divine Liturgy 10:30 am
<b>SATURDAY</b>	<b>9</b>	<b>FIRST AND PRINCIPAL SATURDAY OF THE SOULS</b> Matins 9:00 am    Divine Liturgy & Memorial Service for all Souls 10:15 am Please bring the names of your departed loved ones and your Kolyva by 10:00 am
<b>SUNDAY</b>	<b>10</b>	<b>METFARE SUNDAY - Last Day of Meat before Great Lent</b> Matins 9:00 am    Divine Liturgy 10:30 am
<b>SATURDAY</b>	<b>16</b>	<b>SATURDAY OF THE SOULS</b> Matins 9:00 am    Divine Liturgy & Memorial Service for all Souls 10:15 am Please bring the names of your departed loved ones and your Kolyva by 10:00 am
<b>SUNDAY</b>	<b>17</b>	<b>CHEESEFARE SUNDAY - Last Day of Dairy before Great Lent</b> Matins 9:00 am    Divine Liturgy 10:30 am  <b>FORGIVENESS VESPERS</b> Vespers of Clean Monday 7:00 pm
<b>MONDAY</b>	<b>18</b>	<b>CLEAN MONDAY - BEGINNING OF GREAT LENT</b> Great Compline Service 7:00 pm
<b>WEDNESDAY</b>	<b>20</b>	<b>LITURGY OF THE PRESANCTIFIED GIFTS</b> Pre-Sanctified Liturgy 7:00 pm
<b>FRIDAY</b>	<b>22</b>	<b>1ST SALUTATIONS</b> Paraklesis Prayer and 1st Stanza of the Akathist Hymn to the Mother of God 7:00 pm
<b>SATURDAY</b>	<b>23</b>	<b>SATURDAY OF THE SOULS</b> Matins 9:00 am    Divine Liturgy & Memorial Service for all Souls 10:15 am Please bring the names of your departed loved ones and your Kolyva by 10:00 am
<b>SUNDAY</b>	<b>24</b>	<b>1ST SUNDAY OF LENT - Sunday of Orthodoxy</b> Matins 9:00 am    Divine Liturgy & Procession of the Holy Icons 10:30 am *Bring an Icon to Church This Morning!  <b>EVE OF THE ANNUNCIATION OF THE MOTHER OF GOD</b> Great Vespers Service 7:00 pm
<b>MONDAY</b>	<b>25</b>	<b>THE ANNUNCIATION OF THE THEOTOKOS</b> Matins 9:00 am    Divine Liturgy 10:30 am Doloxogy for Greek Independence Day at the end of Liturgy  <b>GREAT COMPLINE</b> Great Compline Service 7:00 pm
<b>WEDNESDAY</b>	<b>27</b>	<b>LITURGY OF THE PRESANCTIFIED GIFTS</b> Pre-Sanctified Liturgy 7:00 pm
<b>FRIDAY</b>	<b>29</b>	<b>2ND SALUTATIONS</b> Paraklesis Prayer and 2nd Stanza of the Akathist Hymn to the Mother of God 7:00 pm
<b>SUNDAY</b>	<b>31</b>	<b>2ND SUNDAY OF LENT - Commemoration of St. Gregory Palamas</b> Matins 9:00 am    Divine Liturgy 10:30 am

ΑΚΟΛΟΥΘΙΕΣ ΜΑΡΤΙΟΥ 2024

ΚΥΡΙΑΚΗ	3	<b>ΚΥΡΙΑΚΗ ΤΟΥ ΑΣΩΤΟΥ ΥΙΟΥ</b> Όρθρος 9:00 π.μ. Θεία Λειτουργία 10:30 π.μ.
ΣΑΒΒΑΤΟ	9	<b>ΠΡΩΤΟ ΚΑΙ ΚΥΡΙΟ ΨΥΧΟΣΑΒΒΑΤΟ</b> Όρθρος 9:00 π.μ. Θεία Λειτουργία & Μνημόσυνο για τις Ψυχές 10:15 π.μ. Ονόματα των αγαπητών σας και Κόλυβα πρέπει να είναι στην εκκλησία πριν τις 10:00 π.μ.
ΚΥΡΙΑΚΗ	10	<b>ΚΥΡΙΑΚΗ ΤΗΣ ΑΠΟΚΡΕΩ</b> - Τελευταία ημέρα του κρέατος πριν τη Σαρρακοστή. Όρθρος 9:00 π.μ. Θεία Λειτουργία 10:30 π.μ.
ΣΑΒΒΑΤΟ	16	<b>ΨΥΧΟΣΑΒΒΑΤΟ</b> Όρθρος 9:00 π.μ. Θεία Λειτουργία & Μνημόσυνο για τις Ψυχές 10:15 π.μ. Παρακαλείστε να φέρετε τα ονόματα των Ορθοδόξων αγαπητών σας πριν τις 10:00 π.μ.
ΚΥΡΙΑΚΗ	17	<b>ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΡΙΝΗΣ</b> - Τελευταία ημέρα γαλακτερών πριν τη Σαρρακοστή Όρθρος 9:00 π.μ. Θεία Λειτουργία 10:30 π.μ.  <b>ΕΣΠΕΡΙΝΟΣ ΤΗΣ ΣΥΓΧΩΡΗΣΕΩΣ</b> Εσπερινός Καθαρής Δευτέρας 7:00 μ.μ.
ΔΕΥΤΕΡΑ	18	<b>ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ - ΑΡΧΗ ΤΗΣ ΤΕΣΣΑΡΑΚΟΣΤΗΣ</b> Μέγα Απόδειπνο 7:00 μ.μ.
ΤΕΤΑΡΤΗ	20	<b>ΠΡΟΗΓΙΑΣΜΕΝΗ ΛΕΙΤΟΥΡΓΙΑ</b> Λειτουργία των Προηγιασμένων Δώρων 7:00 μ.μ.
ΠΑΡΑΣΚΕΥΗ	22	<b>ΧΑΙΡΕΤΙΣΜΟΙ ΠΡΟΣ ΤΗΝ ΘΕΟΤΟΚΟ</b> 1η Στάση Χαιρετισμών 7:00 μ.μ.
ΣΑΒΒΑΤΟ	23	<b>ΨΥΧΟΣΑΒΒΑΤΟ</b> Όρθρος 9:00 π.μ. Θεία Λειτουργία & Μνημόσυνο για τις Ψυχές 10:15 π.μ. Παρακαλείστε να φέρετε τα ονόματα των Ορθοδόξων αγαπητών σας πριν τις 10:00 π.μ.
ΚΥΡΙΑΚΗ	24	<b>1η ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ</b> - Κυριακή της Ορθοδοξίας Όρθρος 9:00 π.μ. Θεία Λειτουργία & Περιφορά των Εικόνων 10:30 π.μ. *Φέρτε μια εικόνα σήμερα στην εκκλησία.  <b>ΕΥΑΓΓΕΛΙΣΜΟΣ ΤΗΣ ΘΕΟΤΟΚΟΥ</b> Μέγας Εσπερινός 7:00 μ.μ.
ΔΕΥΤΕΡΑ	25	<b>Ο ΕΥΑΓΓΕΛΙΣΜΟΣ ΤΗΣ ΥΠΕΡΑΓΙΑΣ ΘΕΟΤΟΚΟΥ</b> Όρθρος 9:00 π.μ. Θεία Λειτουργία 10:30 π.μ. Δοξολογία για την Ελληνική Παλιγγενεσία στο τέλος της Θείας Λειτουργίας  <b>ΜΕΓΑ ΑΠΟΔΕΙΠΝΟ</b> Ακολουθία του Μεγάλου Αποδείπνου 7:00 μ.μ.
ΤΕΤΑΡΤΗ	27	<b>ΠΡΟΗΓΙΑΣΜΕΝΗ ΛΕΙΤΟΥΡΓΙΑ</b> Λειτουργία των Προηγιασμένων Δώρων 7:00 μ.μ.
ΠΑΡΑΣΚΕΥΗ	29	<b>ΧΑΙΡΕΤΙΣΜΟΙ ΠΡΟΣ ΤΗΝ ΘΕΟΤΟΚΟ</b> 2η Στάση Χαιρετισμών 7:00 μ.μ.
ΚΥΡΙΑΚΗ	31	<b>2η ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ</b> - Του Αγίου Γρηγορίου Παλαμά Όρθρος 9:00 π.μ. Θεία Λειτουργία 10:30 π.μ.

## In Memoriam This Month

This month, we remember and pray for the souls of our following departed Orthodox brothers and sisters who lived in Thunder Bay. The following list is based on the entries in our church's Registry Book of Deaths and Funerals.

Please inform our priest if there any errors or omissions.

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Dimitrios Bazopoulos (1957)  
Dimitrios Saites (1958)  
Panagiotis Ladas (1959)  
Georgios Saites (1964)  
Dimitra Hatzidiakou (1966)  
Jerry Avgeropoulos (1968)  
Marinella Fratolin (1974)  
Theofanis Pappas (1975)  
Antonios Poulos (1976)  
Anastasios Liosis (1979)  
Panagiotis Lucas (1982)  
Agnes Gotziaman (1986)  
Panagiota Savas (1986)  
Pearl Pothakos (1997)  
Angeliki Konstantopoulos (1988)  
Kaliopi Soulias (1988)  
Achileas Machairas (2001)  
Kiriaki Aspropotamitis (2002)  
Savka Kovacevic (2006)  
John Tsekouras (2007)  
Maritsa Kacarevic (2007)  
Gus Pazianos (2009)  
Melpomene Kanellos (2014)  
Eleni Machairas (2014)  
Cathy Dromobilis (2018)  
Olga Martyniuk (2020)  
Virginia Pazianos (2022)  
Alexandra Gromow (2023)

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*May Christ rest among the Righteous the souls of His departed servants where there is no sorrow or lament, but only life everlasting.*

*May their memory be eternal.*

## CHILDREN IN THE DIVINE LITURGY

**To the parents and grandparents of our young children, may we suggest...**

Relax! God put the wiggle and curiosity in children; don't feel you have to suppress it. All are welcome! Sit somewhere where it is easier for your little ones to see and hear what is going on - even if that means you sit at the front. They tire of seeing the backs of others' heads. We know how hard it is to have small children in Liturgy. Please don't be discouraged. We love you and want you here.

**Quietly explain the Liturgy to your children:**

### The Small Entrance

The Gospel (the Good News) coming into the world

### The Epistle and Gospel Readings

Our message for the day

### The Sermon/Homily

The clergy speaks about the Bible readings, the Saints, and the Holy Days

### The Offering (Anaphora)

Bowing to our King and offering Him our gifts, that He may change them into His Body and Blood and offer them back to us

### Holy Communion

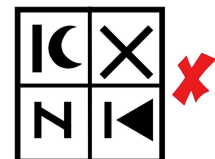
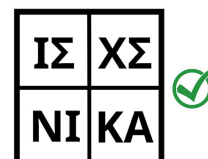
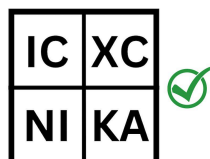
Christ is in us and we are in Him

Sing the hymns, pray, and voice the responses with the chanters and the choir. Children learn liturgical behaviour by copying you. Remember that we are here to worship Christ. If you have to temporarily leave the service with your child, feel free, but please come back when your child calms down. As Christ said, "Let the children come to Me." If you need to walk your child around, feel free. Also, we encourage you to visit the church and Fr. Kosta with your children on days when there is no service, so you can explain to them a few things about the church. The children will also get a different appreciation of the church when they have it all to themselves.

**To the members of our Community,** the presence of children is a gift to the Church and a reminder that our Community is growing. Please pray for our children and welcome them by giving a smile of encouragement to their parents. Remember that the way we welcome children in the Church directly affects the way they respond to the Church, Christ, and to one another. Let them know they are home!

## WHICH SEAL IS PROPER FOR PROSPHORO?

Because some of our church members have questions regarding Prosporo stamps, here's the most basic guide of what is correct when you're looking to replace your stamp or buy a new one. Be sure to use a proper stamp when preparing the Offering Bread for the Divine Liturgy. The symbols in the Prosporo (Offering Bread) Seal convey theological and doctrinal truths and is therefore important for them to be correct. The correct seal has the lettering ICXC NIKA or ΙΧΧΣ ΝΙΚΑ.





# FORGIVENESS VESPERS

**Sunday, March 17, 2024  
7:00 pm**

Let us begin Great Lent by forgiving, asking forgiveness from our brothers and sisters, and offering our repentance to our Lord.

Vespers of Forgiveness is a beautiful prayer Service that sets the tone for the rest of Great Lent.

Holy Trinity Greek Orthodox Church  
651 Beverly Street, Thunder Bay  
[www.gothunderbay.org](http://www.gothunderbay.org)

Great Lent Services



## SALUTATIONS PRAYER TO THE MOTHER OF GOD

Fridays of Great Lent  
7:00 pm - 8:30 pm

See Bulletin for Details

Holy Trinity Greek Orthodox Church  
651 Beverly Street, Thunder Bay

### Great Lent and Prayer

The main elements of Great Lent are prayer and fasting. Prayer presupposes faith. People who do not pray are helpless, insecure, blind and alone. They are attached to the earth to matter; they do not know how to fly high, sail in the heavens, or have necessary celestial assistance.

It is not impossible to climb higher than the peaks. It is possible for everyone. At first, we are hesitant, cowardly, and scared; we do not want to risk it. But it becomes a daily indulgence and a gift.

We consider prayer elusive, strange, unnatural, impossible, not for us. We think that we are very sinful for such a thing.

Prayer is not just for the saints. But if one prays modestly and humbly, one begins to sweeten one's heart, to be illumined, to be strengthened and to rest. The memory of God is a prayer. When you remember your loved one, you rejoice.

Without prayer, the soul remains breathless, weak, and sick. Prayer gives spiritual health, balance, and discernment. Prayer shields against sin. This period of Great Lent is an extraordinary opportunity to pray truly through the Divine Services. Please make time to attend them.

Great Lent Services



## PRESANCTIFIED LITURGY

Wednesdays of Great Lent  
7:00 pm - 8:30 pm

Holy Trinity Greek Orthodox Church  
651 Beverly Street, Thunder Bay

# OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

## SUNDAYS

## THEMES / GOSPEL READING

## HOW TO PARTICIPATE:

Fast - Free Week  
**FEBRUARY 25th**



*TRIODION WEEKS*  
**Publican and the Pharisee**  
Epistle: 2 Timothy 3:10-15  
Gospel: Luke 18:10-14

Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.

Normal Fast Week  
**MARCH 3rd**



**The Prodigal Son Returns!**  
Epistle: 1 Corinthians 6:12-20  
Gospel: Luke 15:11-32

Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.

Meatfare  
**MARCH 10th**  
FAREWELL TO MEAT TODAY



**The Last Judgement**  
Epistle: 1 Corinthians 8:8-9:2  
Gospel: Matthew 25:31-46

Pray facing East this week. Christ is returning from the East and we wait for Him!  
Use up/freeze dairy this week.

Cheesefare  
**MARCH 17th**  
FAREWELL TO CHEESE TODAY



**Adam and Eve are cast from Paradise!**  
*FORGIVENESS SUNDAY*  
Epistle: Romans 13:11-14:4  
Gospel: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

1st Sunday of Lent  
**MARCH 24th**



*GREAT LENT BEGINS WITH FORGIVENESS VESPERS*  
**SUNDAY of ORTHODOXY**  
Epistle: Hebrews 11:24-26, 32-12:2  
Gospel: John 1:43-51

Bring an icon to church for a procession.

2nd Sunday of Lent  
**MARCH 31st**



**ST GREGORY PALAMAS**  
Epistle: Hebrews 1:10-2:3  
Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today!  
Use it and pray the Jesus Prayer each day this week.

3rd Sunday of Lent  
**APRIL 7th**



**VENERATION OF THE HOLY CROSS**  
*HALF WAY TO PASCHAI*  
Epistle: Hebrews 4:14-5:6  
Gospel: Mark 8:34-9:1

Wear your cross to church and kiss the cross each morning with a bow!

4th Sunday of Lent  
**APRIL 14th**



**ST JOHN of the LADDER**  
Epistle: Hebrews 6:13-20  
Gospel: Mark 9:17-31

Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!

5th Sunday of Lent  
**APRIL 21st**



**ST MARY of EGYPT**  
Epistle: Hebrews 9:11-14  
Gospel: Mark 10:32-45

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

FLOWERY (PALM) SUNDAY!  
**APRIL 28th**  
GREAT WEEK BEGINS



*GREAT AND HOLY WEEK*  
**ENTRY OF OUR LORD INTO JERUSALEM**  
Epistle: Philippians 4:4-9  
Gospel: John 12:1-18

Place your palm branches and pussywillows behind an icon at home and in your car!

GREAT AND HOLY FRIDAY  
**MAY 3rd**



**GREAT AND HOLY FRIDAY**  
*JESUS DIES ON THE CROSS*  
CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet & Phones to honor Christ's Death.

FEAST OF FEASTS!  
**MAY 5th**  
NO FASTING!



*BRIGHT WEEK*  
**HOLY PASCHAI (CHRIST IS RISEN!)**  
Epistle: Acts 1:1-8 Gospel: John 1:1-17

Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

## THE THEOTOKOS (MOTHER OF GOD) AND THE CHURCH

By Metropolitan Hierotheos of Nafpaktos and Agiou Vlasiou

The Church of Christ, my beloved brethren, is the Divine-human Body of Christ. The Church of the Old Testament was spiritual and consisted of the righteous, who did not overcome death, but with the incarnation of Christ, the Church became physical; that is, Christ recruited it and became His Body. This was accomplished with the Mother of God because she gave her body to Christ, who deified it and made it a church. This alone shows the great worth of our Mother of God and that she is the joy and cause of our deification.

Therefore, when we say Church, we mean Christ the Bridegroom, the Mother of Christ the Bridegroom, and the friends of Christ the Bridegroom, the saints. Within this communion, the deification of man is achieved, as well as the sanctification of all creation, and of course, great changes occur in society and the world.

In the sermons of the months that have passed and are ahead of us, we mentioned and will refer to the Mysteries of our Church, and we saw their importance for our lives. There cannot be a spiritual life outside the Mysteries of our Church, especially without Holy Baptism, Holy Chrismation, and Divine Communion. But these Mysteries also involve our Mother of God. The visitation of the angel at the Annunciation and the receiving of the Holy Spirit was the Baptism and Chrismation of our Mother of God. By this means, she was purified according to her image and was anointed by the Holy Spirit. If we view Holy Baptism through the Orthodox perspective, not simply as a release from inherited guilt but as the purification of the image, we will also understand the situation of the nature of the Mother of God during the Annunciation. With the conception of Christ in the womb of our Mother of God, one could say that the Mother of God communed with Christ. The close relationship of Christ, the embryo with His Mother, shows that the Mother of God had nine months during which she bore Christ in a constant Divine Communion. With her dormition and bodily rise to heaven, the Mother of God lived the Second Coming of Christ and the resurrection of her body.

Once we recognize the great value of the Divine Eucharist, we must also view the relationship between the Mother of God and the Mystery of the Divine Eucharist. The important thing is that we have a great honour, during the Divine Eucharist, to commune of the Body and Blood of Christ, but we also owe this to the Mother of God because that Body was received by

Christ from His Mother and deified it. Within this perspective, Saint Symeon, the New Theologian, says that those who partake of the flesh of our Lord Jesus Christ also commune with the flesh of the Mother of God. According to one interpretation, even the antidoron is a blessing of our Mother of God. Because the bread offered during the proskomide (offertory) recalls the Theotokos, since from the prosphoro the lamb comes out to be offered and changed into the Body of Christ. The rest of it is offered in memory of the Mother of God.

The Mother of God, beloved brethren, is closely linked with Christ, so iconographers usually depict her holding Christ in her arms. Hence, the Mother of God is also linked to the Church because just as the Church has Christ as its centre, the Mother of God also holds Christ in her arms. And just as we know Christ through the Church, we are also led to love towards Christ through the Mother of God. And just as the Church prays for our salvation, so does the Mother of God pray without ceasing for us.

We praise Christ, our Saviour and Benefactor, and glorify our Mother of God, who became the joy and cause of our regeneration. We abandon ourselves to her divinely maternal heart and her philanthropy for all of us. We supplicate and plead to her to protect us, to strengthen us, and to intercede for us, for all of our lives, at the hour of our death, and especially during the terrible hour of the Second Coming of Christ.

"Most-Holy Theotokos, save us."



*Theotokos Mosaic, Hagia Sophia, Constantinople*  
Source: flickr.com



## **GENERAL INFORMATION ON MOST COMMON QUESTIONS**

### **MEMORIAL SERVICES**

Memorial Services are offered for Orthodox Christians, typically on the fortieth day after death, six month, and yearly anniversary of death. They are usually held on Sundays at the end of the Divine Liturgy, or may also be held as separate services on weekdays, at the church or at the grave. Please speak with our Priest if you have any questions regarding Kolyva or to arrange for a Memorial Service.

#### **Items needed for a memorial at the church:**

- Kolyva (boiled wheat tray) - Recipes can be found online or through our Priest.
- Prosphoro and red wine (Mavrodaphne or a red dessert wine)
- The names of the persons commemorated.

#### **Memorials are not allowed on the following days:**

- Feast Days of the Lord (Christmas, Theophany, Easter, Presentation, Transfiguration, etc)
- All Feast Days of the Mother of God (Nativity of the Theotokos, Entrance into the Temple, Dormition, Annunciation, etc)
- From Saturday of Lazarus up to and including Sunday of Thomas, which is the Sunday following Easter)
- Sunday of Pentecost

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### **WEDDINGS, BAPTISMS, & FUNERALS**

Information on the Sacraments are found at our website [www.gothunderbay.org](http://www.gothunderbay.org). Please speak with Fr. Kosta directly regarding dates, sponsors (Koumbaroi), preparations, and any other questions you have about booking a Sacrament or a funeral. For weddings and baptisms, please make sure the church and the Priest are available before booking reception venues.

#### **Dates a Wedding cannot be performed:**

- Any evening that comes before one of the Twelve Major Feasts
- Nativity Fast (Nov. 15 – Dec. 24)
- Great Lent (dates change each year)
- Apostles' Fast (the Monday after All Saints to the feast day of Sts. Peter and Paul on June 29)
- Dormition Fast (Aug. 1 – Aug. 14)
- Aug. 28/29 (the Beheading of St. John the Baptist)
- Sept. 13/14 (the Exaltation of the Holy Cross)

#### **Dates a Baptism cannot be performed:**

- Christmas Day through the Feast of Theophany (December 25-January 6)
- Holy Week (dates vary each year)
- Great Feast-days of the Lord

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### **HELPING OUT IN THE CHURCH - STEWARDSHIP IN ACTION**

Stewardship is not just membership fees. There are many other ways we can take ownership of our church and teach our children to do the same.

#### **There are many items our church needs to replenish throughout the year, such as:**

- Phosphoro (Bread used for the Eucharist)
- Charcoal disks
- Incense
- Candles
- Oil & Oil Lamp Wicks
- Red Wine for Holy Communion (Mavrodaphne or other red dessert wines)

#### **Ways to help out our church prepare for major Feast Days and throughout the year:**

- Washing the Holy Communion cloths
- Ironing the coverings for the Altar table and the icon stands.
- Decorating the church for major Feast Days
- Helping organize retreats and events for youth and adults.

**Please speak with our Priest about opportunities to contribute to our church.**

## Common Questions by First-Time Visitors or Inquirers

### **Q: What does "Greek Orthodox" mean?**

The term Greek Orthodox may refer either to the Orthodox Church as a whole or to the churches of the Eastern Roman Empire or "Byzantine" areas. Greek Orthodox also refers to the style of liturgical rite used in the Church. In the Western world, Greek Orthodox mainly refers to Orthodox Christians of Greek descent. However, non-Orthodox people sometimes apply the term to all Orthodox Christians without regard to ethnicity, much as the term Roman Catholic refers to all those who belong to the Roman Catholic Church despite not being of Italian ancestry.

### **Q: What language are your services in?**

Our Divine Liturgy is done mostly in English with some Greek, with the prayers in English. The hymns chanted by the cantors are usually balanced between Greek and English. Vespers and Matins (Orthros) are chanted in both Greek and English. The sermon is given in English.

### **Q: Do I have to be Greek or Orthodox to attend services?**

You do not have to be Orthodox or Greek to attend services. Everyone is welcome to visit and inquire about our theology and liturgical practices. We often have visitors in our Church.

**Please note** that you need to be baptized Orthodox, in good standing, to receive the Sacraments. Being Greek does not automatically make you Orthodox, or vice versa. Our Priest is available if you have any questions about attending our Church. Don't hesitate to contact him via text or email a few days before your visit, and he'll answer any questions.

### **Q: What is a good service to attend if I've never been to an Orthodox service before?**

It would help if you spoke to the Priest beforehand about attending a service so you will be prepared for what to expect.

### **Q: How will I fit in your congregation if I'm not Greek?**

You will fit in just fine. Our congregation is comprised of people of different nationalities. Orthodoxy is universal. You do not need to be Greek to be a member of the Church, or attend church regularly. Acquiring an Orthodox mentality might be a learning curve depending on one's spiritual and faith background, but don't let that worry you. Getting to know our congregation takes about two or three Sundays. You're encouraged to come to the church hall for coffee hour after the Sunday Divine Liturgy and have a coffee with fr. Kosta and the rest of the people.

### **Q: I'm an Orthodox Christian but visiting for the first time. What should I do?**

Please get in touch with the Priest and let him know you are visiting, especially if you wish to receive Holy Communion.

### **Q: Can I speak with the Priest privately regarding learning more about the Orthodox Church?**

Our Priest is available most days and times to speak with you. Please feel free to reach out to him.

### **Q: What's the most significant difference between the Orthodox Church and other denominations?**

Apart from the liturgical, theological, and visual differences, the most significant difference is, quite honestly, the *phronema* (mentality/way of thinking) of the Orthodox Church. How we approach God, the Saints, spirituality, and sin vary from some, if not most, "western" theological approaches. Depending on one's background, this can be one of the more considerable differences and the most significant adjustments for those exposed to Orthodox spirituality.

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Orthodox services can be overwhelming or confusing for people exposed to them for the first time. Please feel free to speak with our Priest after the Service regarding your experience and any questions you may have. On Sundays, coffee hour is the best time to talk with our Priest and congregation members.

## PRACTICAL ORTHODOXY

### How to bring Christ into our homes and our lives.

**Icon Corner:** An area in the home where we hang/place the icons of our family's patron saint and our Lord and the Mother of God, where prayers can be said at various times of the day. Usually present is an oil lamp with a wick that we light. If you're nervous about a lit oil lamp, a candle or tea light can substitute for an oil lamp. It is an essential aspect of Orthodox spiritual life. Fr. Kosta can help you figure out your icon corner.

**Incense:** The incense smoke represents the sweet fragrance of our prayers ascending to Heaven. Incense smells sweet to us but horrible to unclean spirits. We usually offer it at our icon corner or by walking around the house with the incense burner. Incense and all manner of prayer is only offered to God. We ask the saints for their intercession and to pray with us, but we never pray to them. Speak with Fr. Kosta if you have questions or need incense materials.

**Holy Water:** The Orthodox tradition is for the Priest to visit the homes of the faithful on the days immediately after Theophany on January 6 and bless the homes with Holy Water. However, you can have Holy Water at home (available from the church). You can sprinkle it in each room, car, and pet once a month or as frequently as you wish. Drinking Holy Water has many spiritual benefits. This doesn't replace the Priest's visit but helps keep our home blessed and drives away spiritual enemies.

**Reading Scripture & Lives of Saints:** Reading the New Testament edifies us and re-aligns our minds and hearts to seek God and His goodness. The lives of the saints and Orthodox spiritual books strengthen our faith and resolve and offer us solid and blessed examples for us to be inspired.

*All the above practices are some of the ways we can offer our lives to God. They don't substitute Holy Communion and regular church attendance, but they help strengthen our communion with Christ and make Him part of all aspects of our lives. Nothing would make Fr. Kosta happier than to help you with your daily spiritual life. Please speak with him.*

## Stewardship and Fees

**As you know, it takes every little bit of financial and volunteer help to keep our church operating. Please renew your stewardship/membership and support our church with an annual commitment.**

Please pay all fees to the treasurer or through e-transfer at [holytrinity@tbaytel.net](mailto:holytrinity@tbaytel.net).

### Annual Stewardship

Family: \$600  
Single Regular Members (Age 18+) & Seniors: \$300/person  
University/College Students: \$100  
Associate Members (non-Orthodox spouse): \$150

### Funerals

Up-to-Date Members: No Fee  
Not Up-to-Date Members: \$300 for each year of no membership paid, up to 2 years

### Hall Rentals

Members: \$150 Non-Members: \$400

### Sacrament/Services Fees

Wedding: \$250 Baptism: \$150

**Fees must be paid to the treasurer at least two (2) weeks prior to a Sacrament.**

- \* Parents and Godparents, as well as couples and Sponsors (Koumbaroi) must be in good financial standing with our community by **having paid their stewardship (membership) for the past two consecutive years**. Please speak with our treasurer and make sure your financial obligations are up to date.
- \* Brides, Grooms, Godparents and wedding Sponsors (Koumbaroi) **must also be in ecclesiastical good standing** in the Orthodox Church by being baptized Orthodox, having their marriages blessed in the Orthodox Church and not taken part in a Sacrament outside the Orthodox Faith. Out of town Sponsors & Godparents must provide a letter from their Priest stating they are canonically able to participate in an Orthodox Sacrament.
- \* Couples where one member is not baptized Orthodox must speak with the Priest prior to booking a Wedding.

**For the Members, Benefactors, and Stewards of our Holy Church, and  
for their Salvation, let us pray to the Lord.**

**2024**

1. Bill Comminos
2. Penny Kahramanos
3. Lisa Kahramanos
4. Faye Karoutas
5. Nick Koukos
6. Joyce Koukos
7. Peter Koukos
8. Tom Pazianos
9. Leila Pazianos
10. Katerina Scocchia
11. Marinos Spourdalakis
12. Harry Tsekouras
13. Lily Tsekouras
14. Constantine Tsekouras
15. Jane Tsekouras
16. Ahileas Tsekouras
17. Paul Tsekouras
18. Sylvia Tsekouras

If your name is missing from the above list, please inform Fr. Kosta.

Memberships paid after the publication of this Bulletin will appear on next month's issue.

**MEMBERS, MEMBERS IN GOOD STANDING, AND STEWARDS:  
WHAT ARE THE DIFFERENCES?**

**Who is a Member?**

A member of the Orthodox Church is any person baptized and chrismated according to the rites of the Eastern Orthodox Church. However, not every member is Steward.

**Who is a Steward?**

A Steward is any baptized Orthodox Christian who is 18 years or older, is self-supporting, desires to assume responsibility for the church, and commits their time, talent, and treasure to advance the Church's sacred mission.

These three commitments collectively represent one's Stewardship and are often expressive of one's Active faith. However, not every Steward is an Active Steward.

**Who is an Active Steward?**

The Active Steward is actively living their faith. They don't merely give of their treasure. They also give their time regularly attending Divine Liturgy and other worship services; they regularly participate in Holy Communion, Holy Unction, and Holy Confession; they spend their time in, and offer their talent to, the ministries and needs of the church, respectively; and they try to adhere to and live according to the teachings of the Orthodox Christian Faith, including not receiving or participating in Sacraments or rites outside the Orthodox Church. This active steward is often called a "member in good standing with the Orthodox Church."

**What is Stewardship?**

Stewardship is the giving of your time, talent, and treasure, to your Church, while requiring neither perfect participation in its ministries nor a minimum financial commitment. Stewardship is biblical, which teaches The Four Fundamental Principles of Stewardship:

1. **Ownership:** God created and owns everything. Everything we are and have is a gift from God. [Psalm 24:1; Deuteronomy 8:28]
2. **Responsibility:** We have been entrusted with managing and administering God's gifts, making us Stewards. Therefore, giving Stewardship is the act of committing of ourselves and our possessions to advance the Ministry of Christ to others. [Mt. 25:14-30]
3. **Accountability:** Having been entrusted with this sacred responsibility, the Parable of the Talents reveals that each of us will be called to give an account of how we managed God's gifts. [Mt. 25:14-30]
4. [Mt. 25:14-30]
5. **Reward:** St. Paul reminds us, "whatever [we] do, work it with all your heart as working for the Lord, not for man, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." [Colossians 3:23-24; Prov. 18:16; Lk. 6:38]

*Because some of you have asked regarding your weekly offerings in Church, we offer you the Weekly Giving Guideline chart below to help you determine your level of giving.*

*Being a good steward is using your resources wisely, so please help your Church according to your means.*

Weekly Income	10%	5%	4%	2%
\$500	\$50	\$25	\$20	\$10
\$750	\$75	\$37	\$30	\$15
\$1000	\$100	\$50	\$40	\$20
\$1500	\$150	\$75	\$60	\$30
\$2000	\$200	\$100	\$80	\$40

**VISITATIONS, CONFESSIONS,  
GRAVESIDE MEMORIALS,  
AND OTHER PRAYERS &  
SERVICES**

Confessions, prayers at your home or business, visitations at home or in the hospital, and graveside memorial services can be scheduled directly with Fr. Kosta. Please feel free to call/text him at 807-357-9984 or email at fatherkosta@gmail.com.

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**DIGITAL CHANT AND  
CHURCH SERVICES  
RESOURCE**

The full services for all Sundays and major feast days of the year, available in Greek and English in PDF format - what many of our churches use for our services. Go to the website and follow along!

[des.goarch.org](http://des.goarch.org)

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**I'M ORTHODOX, WHAT DOES  
THAT MEAN?**

This booklet answers the basic questions of what it means to be an Orthodox Christian. Available at the website below or through our Priest.

<https://goarchdiocese.ca>

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**PRAYER BOOKS**

We have available prayer books printed by our Archdiocese. The books include morning and evening prayers, as well as prayers for meals and various occasions and circumstances. Please speak with Fr. Kosta if you'd like a prayer book for your home, or you'd like to discuss prayer at home, icon corners, and other aspects of practical Orthodoxy.

# THANK YOU TO OUR SPONSORS AND SUPPORTERS

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