

The LAMPLIGHTER

HOLY TRINITY GREEK ORTHODOX CHURCH of Lansing

“Yea, Thou dost light my lamp; the Lord my God lightens my darkness...” (Psalms 18:28)

Volume XLI

March 2008

“This issue of *The Lamplighter* is sponsored in loving memory of our parents Elia and Marie and Jack and Thelma. Offered by George and Mary Ann Mansour”

Pastoral Reflection: “Lent 2.0”

Fr. Mark Sietsema

March is upon us once again and with it the promise of a new Great Lent. Often have I extolled for you the wonders of the season: the Lenten services, the hymns, the readings, the intricate and glorious inner logic of each part of the 40-day experience. Realistically, however, I know that the observance of Lent among our Orthodox people in America is ... “ahem” ... less than total.

I remember a while back, one Friday in Lent, sitting down for lunch with some members of a council of the Archdiocese. The one ordered chicken salad, the other a roast beef sandwich *au jus*, the third a ham and cheese on rye. I do not condemn these food choices, though I cannot help but to make note of them. For I believe that these choices were made in *ignorance*—if not of the norms of fasting that our Church teaches—then certainly of the tremendous personal benefits that come from following the disciplines of Great Lent. If these are the Lenten choices of those who put themselves forward as leaders in the Church, what kind of Lenten observance might be found among the less committed? Or rather, how many of us are missing out on the joys of the season, just because we have never found the motivation to experience them fully?

Part of the problem, I know, is that the fasting norms themselves seem so daunting to the modern man. It is partly because our rich

American diet stands in stark contrast to the near vegetarianism of Lent, and partly because satisfying and tasty Lenten cookery mostly presupposes a mother who stays at home and knows her way around the kitchen. It takes a lot longer to make a decent pot of lentil soup than it does to broil a steak. And unless you have killed off your taste buds with Hot Pockets and Lean Cuisine, you will find very few of the handy “heat-and-serve” foods to be satisfying during Lent.

Another part of the problem is that the system of food production has changed since these norms were codified in the first and second centuries. Back then red meat would have been expensive while produce would have been affordable. These days, agriculture in America favors meat consumption. Greasy, salty prepared foods are cheap; fresh fruit and vegetables can be relatively expensive. (To read about some interesting studies in the finances of modern food choices, do a web search on the phrases “hungry for a month” and “poverty and obesity” and visit the sites that come up first.) In colonial America lobster was so plentiful that it was considered a poor man’s food, and legal contracts regulated how often a master could feed it to his indentured servants (no more than three times a week!). Today lobster is a delicacy, and during Lent one could go broke in trying to keep the fast by eating shellfish.

The comedian Basile talks in his routine about being made to eat peanut butter sandwiches for the whole forty days of Lent. Of course, no one would or should willingly adopt such a monotonous diet. Nor, with the enormous increase in our day of food allergies (especially to Lenten foods like nuts and shellfish!), is it even responsible for the Church to insist on this kind of menu for all Christians indiscriminately. Not only so, but the increase of diseases like diabetes and IBS demand that new provisions be made in the fasting regimen.

So we have a problem as Orthodox Christians in our country, and it behooves the leadership of the Church to address the issue and (do I dare say it?) adjust the norms of fasting to match our present-day realities. What we need, in other words, after twenty centuries, is the release of “Lent 2.0—Fasting Norms for the 21st Century.”

Of course, in order to tailor the canons of fasting to a modern diet, one must understand *experientially* what is the aim of the Lenten dietary restrictions. It is not a form of self-punishment through constant hunger and light-headedness. It is not at all about losing weight and looking more svelte. The intention of the Lenten diet is to bring the digestive system into a state of calm, and with it the whole body and soul. In Orthodox theology we teach that the human being is not a soul animating a body, but a psychosomatic unity. What we put in our mouths affects our minds and moods, just as the thoughts of our heart can help or harm our physical condition. A day that is started with an Egg McMuffin will be a spiritually different experience from a day that is started with whole grain cereal and some skim milk. Those who have ever tried to follow a Lenten fast strictly know this for themselves. Fasting gives a bodily feeling of peace and lightness, a lessening of the baser passions, and an openness of the heart and mind to nobler pursuits and to spiritual pleasures.

It would take someone with profound experience in the food-and-feelings connection to adapt the Lenten norms to our American situation. That person is not me. In the past I have shared with you the advice of other experienced priests, who try to inspire greater Lenten participation through a range of halfway

measures in fasting. I now wonder if this is a mistaken enterprise. “Doing Lent” a couple days a week in the spring will never get a person to that place physically and spiritually which is the goal of the Lenten disciplines: a constant state of calmness and concentration that the spiritual writers of the Church call “self-collectedness” or “recollection.”

However, I do have a few non-dietary suggestions to make with regard to our modern lives and the goal of Lenten *askesis* (ascetic struggle). Following this “beta version” of Lent 2.0 may assist you in arriving at a greater sense of calmness during Lent. These suggestions address mostly the mental side of the mind-body connection.

1. Cut your computer time in half (outside of work). The information superhighway can become an information “fire hose” from which no man can take a drink without peeling the skin off his face! The Internet is full of “information” in a variety of qualities, much of it questionable even when G-rated. Our minds cannot properly digest the amount of data that comes through endless emails, blogs, websites, and entertainment software. Let your mind calm down. Put these things aside for Lent. You will not be missing anything by not reading the CNN.com “Breaking News” story on Britney Spears. Take a walk instead and breathe.

2. Cut your TV consumption in half. Stop channel surfing. Turn the set on for a specific show, and turn it off when the show is done. Use the extra time to read a book. (May I suggest a couple of titles? Take a look at *Amusing Ourselves to Death* by Neil Postman, or *Four Arguments For the Elimination of Television* by Jerry Mander. Or crack open your old copy of *Brave New World* by Aldous Huxley and see how close we have come to his dystopian vision.)

3. Cut out gossip from your life. Stop talking about third parties who are not present. Author Joseph Goldstein tried this once as an experiment for a few months and found that it eliminated 90% of all his usual speech. “Before I did that I had no idea that I had spent so much time and energy engaged in that kind of talking. It is not that my speech had been particularly

malicious, but for the most part it had been useless. I found it tremendously interesting to watch the impact this experiment had on my mind. As I stopped speaking in this way, I found that one way or another a lot of my speech had been a judgment about somebody else. By stopping such speech for a while, my mind became less judgmental, not only of others, but also of myself, and it was a great relief." (In *Transforming the Mind, Healing the World.*)

4. Read two chapters from the Bible every day. All the sermons in the world cannot match the spiritual nutrition in the simple words of Scripture. End your Biblical anorexia and read the book for yourself. Try one chapter from the Psalms and one from the Gospels every day, starting from chapter one and going straight through. Or follow the daily readings of the Church: sign up to receive them by email from the Archdiocese at www.goarch.org and go to the button for "Online Chapel" and pull down the menu to "Daily Readings." In the bottom right corner is a form to sign up for this free service.

5. Take one page every day from the parish directory and pray for the families listed there. Nothing fancy, just a simple "Lord, have mercy on your servants ..." You should be able to get through the entire new yellow directory twice in the course of Lent. And you will get to know your Holy Trinity family a little better too.

I wish you all a Blessed and Peaceful Great and Holy Lent. *Kalee Sarakostee!*

Parish Council

by Stella Economy

The Parish Council strives to keep you informed on what is happening in and around the community as outlined below.

Stewardship and Budget

- ✿ We have 194 pledge units for a total of \$226,739.00 pledged for the year 2008. We have had a good response from the community, and thank those who have returned their pledge forms. If you have forgotten, it's not too late to get your pledge

forms in. For your convenience, included in this issue of the Lamplighter is a stewardship form, in addition to the list of stewards to date.

- ✿ Thank you to all who attended the General Assembly in February. The 2008 budget was presented by our treasurer Hiram Fitzgerald, and was overwhelmingly approved by the assembly.

Parish Council Update

- ✿ Parish Council committee chairs have been named. They are:

Maintenance-George Lafkas
 Personnel-Dennis Branoff
 Stewardship-Elaine Christofilis, Alexis Popoff

Sub Committee chairs are:

Grounds-Yvonne Joseph, Diane Dellis
 Fundraising-George Mansour, George Lafkas
 Friends of the Metropolis-Curt Kosal
 Library-Curt Kosal
 Iconography-George Mansour
 Insurance/Legal-George Mansour

Liaisons are:

Philoptochos-Diane Dellis, Elan Nichols
 AHEPA-George Lafkas
 Odyssey-George Lafkas
 Youth Groups-Maria Alexander
 Sunday School-Alexis Popoff, Hiram Fitzgerald
 Narthex Attendants-Yvonne Joseph
 Acolytes-Curt Kosal

- ✿ The Parish Council approved a transition of our bookstore manager from Cindy Hoag to Kate Fandrick assisted by Kathy Hogg. Many thanks to Cindy for all her fine efforts in stocking and selling the items in our bookstore, and many thanks to Kate and Kathy for offering to take on this important task.
- ✿ There will be a General Assembly on Sunday, March 30 following liturgy to discuss fundraising issues, elect the Board of Auditors, and update the community on improvements to our facilities.
- ✿ The Greater Lansing Food Bank is still in need of monetary donations. Envelopes are available on the table in the lobby.

- ✿ Have you signed up for the Meijer community awards program? It's easy to sign up. Contact Mary in the office for details.
- ✿ Speaking of Mary, February 3rd marked her fifth year as office secretary at Holy Trinity. She has been a valuable member of our staff and we thank her for five years of dedicated service to our community. Thank you Mary for all you do!

Mark Your Calendars

March 30, 2008 - General Assembly 12-1 PM

St. John Chrysostom Oratorical Festival

By Stella Economy

Each year Holy Trinity participates in the Metropolis of Detroit St. John Oratorical Festival. This year's local festival took place on Sunday, February 24th after the liturgy. Results from this year's festival will appear in the next Lamplighter.

Philoptochos

by Mary Volakakis

March is chockfull of activities as we go into Lent. Please mark your calendars for the **March 2nd** coffee hour which is in support of IOCC ; Philoptochos General Meeting on the **3rd at 7 pm**; the Zorba Dance on the **8th**. The Salutations start on **Friday**, the **14th** and continue through April 11th; there are signup sheets if you wish to host one of the evenings. On **March 25th**, following the 10 a.m. service of the Annunciation of the Theotokos, Philoptochos will serve luncheon, and everyone is invited. The next evening, **March 26th**, after the Presanctified Liturgy at 5 p.m. and before Father Jim Bogdan's presentation, Philoptochos will be serving a light Lenten repast.

Because of the hectic March schedule with many groups planning activities, there will not be an OPA Gathering for this month.

Thank you to all the people who volunteered to work on Interfaith Day, which was held at Holy Trinity Feb. 26th, but took many days in planning

and preparing. A full report will be printed in this column next month..

Thank you to Gus Kavalaris who was the speaker at the February OPA! gathering. Thank you to the Poletes Family for their generous donation to Philoptochos in February.

Reminder: The 2008 dues are \$20 and are payable to Olga at any time.

Philoptochos is offering two scholarships for K-12 students who wish to participate in the Odyssey Greek School Program for the school year 2008-2009. Interested parents who wish to apply for a scholarship for their child(ren), please contact Father Mark.

Philoptochos is offering two scholarships for the Rose City summer camp program 2008. Interested parents whose child(ren) wish to participate may contact Father Mark to apply.

Young Adults of the Parish SCHOLARSHIP, CAMPS and MORE!

AHEPA Educational Foundation Scholarships for June, 2008 high school graduates and a new scholarship for current college students are available in the parish office. Please contact Mary for a copy at 481-7341. The deadline is May 1, 2008.

Three **Gioles Scholarships** are available for the 2008-09 academic year. This is open to high school graduates and college undergraduates. Please contact the parish office for more information or online at:

www.goarch.org/en/archdiocese/administratoin/chancellor/gioles2008/pdf

2008 Ionian Village Summer Camp registration packets are available in the parish office. For additional information go online at: ionianvillage@goarch.org

Zorba Dance 2008

It's Mardi Gras Time!

Saturday, March 8, 2008

8 p.m. to 12 a.m.



COME ENJOY THE FOOD & DANCE TO THE MUSIC!
FOOD SERVED UNTIL 10:30 PM

Sponsored by Ladies Philoptochos Society

Holy Trinity Greek Orthodox Church

1701 E. Saginaw Street
Lansing, Michigan 48912
517-482-7341

Adults: \$ 18.00

Students: \$ 12.00

Tickets can be purchased Sundays after Church Services
And at the door the evening of the dance



GOYA

by John Karagoulis

It has been a very long time since we've heard an update on our GOYA, so there's a lot to tell. December was a very active month, just before Christmas, our teens performed a service project with the Lansing City Rescue Mission. Our GOYANs worked hard, packing 300 boxes of non-perishable food items for families in need and they performed with great attitudes in the service of God and neighbor.

In February we competed in the annual Dayton basketball tournament. Stephanie and Mary Vlahakis, Amy Chammas, Alexia Neros, and Amber Cooper represented Lansing admirably in the girls bracket. Due to low numbers this year, our boys team comprised of Robbie Neros, George Chammas, Carlos Matta, Mark Brown, and Theo Alexander, joined Grand Rapids on the "Gransing" squad. After an unfortunate loss in the first round to Indianapolis, the boys battled back and earned convincing wins over Saginaw and Fort Wayne's boys teams, earning them fourth place out of the eight tournament teams. The boys had a great time competing with Grand Rapids, and made many new friendships with our neighbors down the road. We look forward to further collaborating with the Grand Rapids GOYA in the future.

March is shaping up to be just as busy as February as we are hosting a bowling fun day, on March 8th, and we will be hosting the Lenten Lock-in for Michigan parishes of our Metropolis on March 14th. On behalf of all the GOYANs and their families, I would like to thank the Holy Trinity family for your prayers and support of our youth program.

Religious Education

by Stephanie Haynie

Spring is coming! This year consider attending some Lenten activities sponsored by the Sunday School to prepare for Pascha.

March 16 Sunday of Orthodoxy and Coffee Hour All students should bring an Icon to church

to carry in the Icon Procession. Parents, please bring a dessert, fruit or veggie tray for coffee hour.

March 17 All are welcome at the Lenten potluck dinner on March 17th at 6pm. Please bring a main dish to pass and your own table service. Drinks will be provided!! Sunday School students in the 4th -8th grades are invited to participate in the Great Compline service following the potluck dinner. The students do many of the readings during the service; this is a beautiful way to mark the beginning of Lent as a family. If you have questions please see Jan Munk or Ellen Rzepka.

Important Dates

April 19 Saturday of Lazarus Pancake Breakfast, Confessions and Palm Weaving
April 27 Holy Pascha—Easter Egg Hunt

Choir Announcement

As Great Lent approaches, we have a lot of opportunities to serve the church through music! We would love to have additional voices in the choir, especially for the many special services during Lent! Please contact Ruthie Munk at (517)402-2409 or annieruthie@yahoo.com if you are interested in singing.

We will have a choir for each of the Salutations services (March 14, 21, 28, and April 11). This is an "open invitation" choir, and singing for the Salutations does not mean that you have to join the choir! We will practice at 6:30 before each Salutations. We also have rehearsal CDs, so reading music is not necessary!

For the Saturday of Lazarus Liturgy on April 19, we have often had the Sunday School children sing the responses during the Liturgy. We would like to do that again this year. Parents: please be on the look-out for rehearsal times!

High school and college students are needed to sing the Paschal Canon during the Paschal Vigil on April 26. Again, singing with this ensemble does not mean that you need to join the choir and we have practice CDs to make the music easier to learn.

Odyssey

by Zana Litos

Independence Day Performance

March 25th is one of the most important Holidays for Greeks living in Greece or around the world. It represents two significant ideals, birth and liberty: Birth of the Son of God and Birth of Modern Greek State.

It is the beginning of the Greek Revolution for gaining their independence. The historical slogan of this major historical event “Eleftheria I Thanatos” (Liberty of Death: Better to live one hours as free people than forty years of slavery and prison) continues to symbolize the passion of humankind to live free.

The Odyssey Independence Day Program will take place on Sunday, March 23rd after the liturgy, during the coffee hour at the large social room.

MSU Modern Greek Students' Activities

The students of Modern Greek Class of MSU were invited to perform in two exciting cultural activities the last two weeks.

The first one was at the Valentine's Dance Party organized by the International Students Associations of MSU on Friday February 15th, at 7:30 pm, at the MSU Union Building, Ballroom. They were asked to open the activity with a Greek traditional dance performance and lead the party by teaching others from the audience Greek dances

The second one was at the 9th Annual Cultural Diversity Luncheon, organized by the Ingham County Cultural Diversity Committee. It took place at the Veteran's Memorial Courthouse in downtown Lansing, at the Jury Assembly Room on Thursday, February 21st, from 11:30 to 2:30 pm.

Our Modern Greek Program was asked to present a Greek Cultural Exhibit Table accompanied by a presentation on characteristic features of the Greek culture and after that a Greek dance performance.

The Modern Greek Program's students performed five traditional and popular dances from the mainland and the islands of Greece such as Naxos, Maleviziotiko, Ikariotiko, Zonaradiko. During the different dances the audience was clapping along to the songs. By the last dance, Kalamatiano, the audience was very enthusiastic, and many people from the audience joined our dance, getting a true taste of the Greek culture. The whole activity was very successful.



HAVE YOU SEEN THESE HOLY TRINITY LIBRARY BOOKS?

A recent inventory of our library collection indicated that the following titles have been missing from our shelves for some time. If you have borrowed any and no longer need them, please return them to the library. Thanks for helping us share these wonderful resources with other readers!

- AR9** The Orthodox Church, by John Meyendorff.
- AR25** The Orthodox Faith, by Fr. T. Hopko.
- AR29** The Orthodox Church (New ed.), by Timothy Ware.
- AR39** The Byzantine Patriarchate, by George Every.
- AR72** The Life of Christ, by Nicholas Cabasilas.
- AR85** The Christian Tradition, by Jaroslav Pelikan.
- AR91** The Papacy: Its Origin, by Abbe Guette.
- AR116** The Way of the Pilgrim, by R.M. French (trans.)
- AR119** Orthodox Christian Beliefs, by Stanley Harakas.
- AR134** Orthodox Theology, by Lossky.
- AR168** The History of the Church, by Eusebius.
- AR181** Raised in Glory, by John T. Chirvan.
- AR191** My Life in Christ, by Fr. John Kronstadt.
- AR194** Homilies on Genesis, by St. John Chrysostom.
- AR195** Commentary on the Inscriptions of the Psalms, by St. Gregory of Nyssa.
- AR202** Orthodox Iconography, by Cavarinos.
- AR218** Christ the Eternal Tao, by Hieromonk Damascene.
- AR220** 80 Talks for Orthodox Young People, by Anthony M. Coniaris.
- AR225** The Mountain of Silence, Kyriacos C. Markides.
- AR253** Making God Real in the Orthodox Christian Home, Anthony Coniaris.
- AR277** The Orthodox Way, Kallistos Ware.
- AR278** Of Water and the Spirit, Alexander Schmemmann.
- AR293** Preparing to Receive Holy Communion, by Fr. T. Avramis.
- AR298** Contemporary Moral Issues, by Stanley S. Harakas.
- AR322** The Philokalia, by Sherrard Ware & G.E.H. Palmer.
- AR330** Perspectives on Living the Orthodox Faith, by A. Coniaris.
- AR340** Mysticism and the Eastern Church, by Nicholas Arseniev.
- AR342** Worship in the Early Church, Richard Martin.
- AR388** On Marriage and the Family, by St. John Chrysostom.
- AR389** On Wealth and Poverty, by St. John Chrysostom.
- AR390** Guide to the Music of the Eastern Orthodox Church, by Lungu, Costea & Croix.
- AR399** Marriage: An Orthodox Perspective, by John Meyendorff.
- AR417** Celebration of the Virgin Mary, by Alexander Schmemmann.
- AR419** The Year of Grace of the Lord, by Gillet.
- AR425** God's Child Andrew, by Sandra Johnson.

Prayers for Health

Chuck Baryames
Rosemary Gavrillides
George Avetikyan
Ethna Haggerty

Congratulations

To Steve and Bonnie Binioris on the birth
of their son Alexander

Holy Trinity Greek Orthodox Church
2008 STEWARDSHIP
Reminder

If you have not submitted your 2008 pledge form yet, please:
Fill in the information below, and
Write in your 2008 Stewardship Pledge at the bottom and sign it

Return this form to the Parish Office.

Family Name

First Name

Your Date of Birth

Spouse's Name

Spouse's Date of Birth

Orthodox - You?

Orthodox - Spouse

Address

City

State

Zip

Children under 21 years of age:

Child #1

Child #1 Birth Date

Child #2

Child #2 Birth Date

Child #3

Child #3 Birth Date

Telephone #1

Telephone #2

Email Address

Child #4

Child #4 Birth Date

2008 Stewardship Pledge

By signing this pledge form you affirm your wish to be a member of Holy Trinity Greek Orthodox Church, 1701 East Saginaw Stgreet, Lansing, Michigan, for the calendar year 2008.

Signature _____

Signature _____

PLEDGES RECEIVED

Following is a list of parishioners who have submitted their 2008 stewardship pledge and membership form as of February 15. Anyone who may have overlooked submitting their pledges may still do so. Please use the form that appears on a following page of this issue of *The Lamplighter*.

The Parish Council reminds parishioners of the criteria for membership as defined in the parish's By Laws: "The following persons are deemed to be members of Holy Trinity Greek Orthodox Church of Lansing, Michigan: Any person, 18 years of age or over, baptized according to the rites of the Church or received into the Church through chrismation, who lives according to the faith and canons of the Church, who signs an annual membership card requesting to be a member, who is a faithful steward of the church, and who is making progress toward fulfilling her/his financial stewardship obligation." (2.1)

Abdallah, George & Leila	Fitzgerald, Hiram & Dolores
Abood, Reva	Fournodavlos, John & Eleni
Alexander, Dimitri	Fragale, Tony & Georgia
Alexander, Helen	Frangos, Phillip & Tula
Alexander, Michael & Maria	Frangos, Maria I.
Alimonos, Katerina	Frangos, Themistocles
Alimonos, Voula	Funtukis II, Harry & Denise
Anast, Paul & Connie	Garyet, Nickolas
Arvanites, Arthur & Rhea	Gavrillides, Nicholas & Dana
Arvanites, Christopher	Gavrillides, Gregory & Rosemary
	Georgiou, Nicolas & Anna
Baryames, Art	Geovanes, Pauline
Baryames, Charles & Rosalie	Grimm, Alexandra
Baryames, Katina	
Bassos, Charles & Zoe	Hayward, Nancy & Ken
Begian, Barbara	Heos, Goldie
Binioris, Savvas	Heos, James & Cassie
Bontos, George & Athena	Heos/Brancheau, Jeffrey & Pamela
Branoff, Dennis & Alexis	Hoag, Cynthia
Brown, Alex & Mary	Hoffman, Toni
	Hogg, Daniel & Kathy
Carantza, Gus & Bess	Hostetler, Alicia
Carey, Dena Despina	Howell, Elaine
Chamis, Cris Platsis	
Christofilis, John & Glykeria	Janis, Efstratia
Christofilis, Demetra	Jennings, Kay
Christofilis, Elaine	Jildeh, Katy
Christophill, James & Irene	Joseph, Yvonne
Cloumas, Martha	
Colovos, Nick & Karen	Kafantaris, George & Maria
Constant, Errikos & Maria	Kaliyanakis, Andreas
Constant, Nadina	Kaliyanakis, Helen
Constant, Dimitri	Kalush, Emma
Curtis, Michael & Koula	Kaplan, Bob & Georgia
	Karagoulis, Ellen
Danigelis, Paul & Mea	Karagoulis, Michael & Lynne
Dart, Katina	Karakitsos, Vasiliki
Deliyanne, Gregory L.	Karakitsos, John & Coleen
Dellis, Diane	Kastros, George
DeRose, Anne	Kateyiannis, Christos & Vicki
Dines, Gregory G.	Katsiris, Jim & Athina
	Katsiris, Frances & Peter
Economopoulos, Christina & John	Kavalaris, Gus & Connie
Economy, Stella & George	Kimbouris, Anastasia & Grigoris
Esch, Andrea	King, Joanna
	Kontis, Irene K.
Fandrick, Kate	Kosal, Curt & Leslie
Farran, Richard & Pamela	Kotsifis, Marina
Fesenmyer, Delores	Kotsifis, Mary

Koukios, Jeannette
Krantz, Georgia & Gregory
Kritselis, Nicholas
Kritselis, Elaine & William

Lafkas, George
Lahanas, George & Shelley

Laskaris, Bertha
Limber, Chrisoula
Litos, Alexander & Zana

Malvetis, Nancy
Mangopoulos, Stavros & Maria
Manolakoudis, Kostas & Sophia
Mansour, George & Mary Ann
Markakis, Pericles & Georgia
Metros, William
Millis, Mark
Moundros, Kirk
Munk, Anna Ruth
Munk, Christina
Munk, Gerald & Janice

Nasif, Michel & Alice
Neros, Christina
Neros, Nicholas & Stacie
Neros, Donna
Nichols, Elan
Nicolaou, Vackis & Koula

Osborn, Nathaniel & Sarah

Pansey, Leah Pantalone & Greg Pansey
Pappas, George & Ann
Pappas, Jim & Julia
Pappas, Stephanie
Pascalenos, Olga
Pascalenos, Peter
Pascalenos, Tom
Peaney, Elise
Pehlivanoglu, Nikolaos
Perentesis, Stephanie
Pike, Shannon & Christine
Platsis, George
Pogoncheff, Metodi & Marcia
Popoff, Daniel & Georgana
Popoff, Alexis
Poulos, Presvytera Alexandra
Pridnia, David & Liana
Priggooris, Peter
Putnam, David
Putnam, Chuck & Debbie
Rouches, Billie
Rzepka, Ellen

Sabbagh, George A.
Scofes, George & Georgia
Saites, Harry
Samra, Ted & Ina

Setas, James & Susan
Sgouris, Katherine
Sietsema, Fr. Mark & Katherine
Siettas, Nick
Sinadinos, James & Barbara
Sinadinos, Charlotte
Sinas, George & Sheryl
Skorich, Dan
Smith, Richard & Cynthia Stajos
Spalding, Eleanor
Spiridakos, Gregory & Effie
Stajos, Jan
Stajos, James
Stamatakos, Louis & Bess
Stathopoulos, Dimitri & Martha
Stavros, Christina
Stepanovich, Dennis
Stowell, David, Peggy
Strangas, Elias
Suzic, Ljubica & Milan
Suzic, Nenad

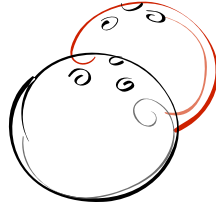
Tarpoff, Archie
Tegge, Frank
Tesseris, George & Soussana
Tesseris, Nick
Tesseris, Spiro & Sophia
Thodis, Peggy
Tolas, Petro
Tzoumakas, Angela & Robert

Underwood, Robert

Vanis, Stuart & Elizabeth
Vanis, Alex & Antonia
Vivio, Frank
Vlahakis, Angela
Vlahakis, Angelos & Betty
Vlahakis, James & Susan
Vlahakis, Louis & Mary
Vlahakis, Marilyn
Vlahakis, Nicholas
Volakakis, Mary
Vosovic, Sava & Dolores
Voutsaras, Spiro & Diana
Vsetula, Richard & Nonie
Vsetula, Samuel

Webster, H. Richard & Joan
Willard, Patricia
Wirt, Joanne Setas-
Woods, Richard & Nicole
Worthington, Stacy & Tony
Wright, Tamara

Zachos, Terri
Zois, Evelyn



ALL GOYANS are INVITED
to
***The Holy Trinity Greek Orthodox Church Annual
Bowling Fun Day and Zorba Dance***
Saturday March 8, 2008

2:00-3:00	Lunch at Georgio's Pizza 1010 E. Grand River, East Lansing, Michigan, (517) 351-1000
3:30-4:00	Registration at Holiday Lanes 3101 E. Grand River Lansing, Michigan, (517) 337-2695
4:00-6:30	Bowling Fun Day, snacks, and prizes
6:30-8:00	Free time
8:00-12:00	Zorba Dance at Holy Trinity Greek Orthodox Church 1701 E. Saginaw St., Lansing, Michigan, (517) 482-7341

The cost for bowling and lunch is \$15 per person
The cost for dinner and dance is \$12 per person

For more information please contact:
Stacie Neros @ 669-2816 or Sue Vlahakis @ 669-8115

Please RSVP as soon as possible but no later than February 29, 2008.
For those who want to spend the night in Lansing, let us know and we can help with hotel information

We look forward to seeing you for a fun-filled day of bowling, fellowship and dancing!

Please join us for Liturgy on Sunday

Announcements

This year due to diocesan commitments there will be only one Saturday of Souls Liturgy on March 9 at 10 am. We will also have a Psychosavvaton on June 14.

High School Girls needed to serve as Myrrophores during the Lamentations and Paschal Vigil.

A total of six girls are needed for each service. Please contact Mrs. Munk, 372-5062, or by email janice.munk@yahoo.com if you are able.

On **Sunday, April 20**, our AHEPA will host a graduate luncheon to honor your student.

If your family has a young man or young woman graduating this Spring, kindly telephone the parish office, 482-7341, with your graduate's name and high school.

Seventh Annual Greek Independence Day Parade

Sunday, April 6 at 3pm

Parade kickoffs at Monroe Street, Detroit.
A special ceremony and dance performance following parade.

Holy Trinity Greek Orthodox Church
 1701 East Saginaw Street
 Lansing MI 48912
 Office: 482-7341 Fax: 482-8524

8:45 am ORTHROS
 10:00 am DIVINE LITURGY
 Fellowship Coffee following
 Liturgy

March 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
3 40 Day Memorial, Catherine Koncar Philotochos Coffee-IOCC Poikilia & Classic Movie Fund-raiser, 6pm Meat Fare	4 Philotochos General Meeting, 7pm	5 Bible Study, 7pm	6	7 Odyssey Classes, 4:30-6pm	8 Saturday of Souls, Liturgy 10a.m. Youth Group Bowling, 2pm ZORBA Dance, 8pm	
9 3 Year Memorial, Faye Underwood Macaronada Luncheon & Coffee Hour Cheese Fare Daylight Saving Time begins	10 Parish Council Meeting, 7pm Great Lent Begins	11 Presanctified Liturgy, 5pm Bible Study, 7pm	12 Bible Study, 7pm	13 GOYA Lenten Lock-In Odyssey Classes, 4:30-6pm Salutations, 7pm	14 GOYA Lenten Lock-In Odyssey Classes, 4:30-6pm Salutations, 7pm	15
16 Sunday School Coffee Sunday of Orthodoxy Icon Procession	17 Lenten Potluck, 6pm Great Compline, 7pm	18 Presanctified Liturgy, 5pm Bible Study, 7pm	19 Bible Study, 7pm	20 Odyssey Classes, 4:30-6pm Salutations, 7pm	21 Odyssey Classes, 4:30-6pm Salutations, 7pm	22 Greek Independence Day Rehearsal
23 Greek Independence Day & Odyssey Program Choir Coffee Hour Western Easter	24 Lamplighter Deadline	25 Annunciation of the Theotokos, 10am Philotochos Luncheon	26 Presanctified Liturgy, 5pm Fr. Jim Bogdan Presentation, 6:30pm	27	28 Odyssey Classes, 4:30-6pm Salutations, 7pm	29 SPRING CLEAN-UP DAY
30 GENERAL ASSEMBLY Parish Council Coffee	31					

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April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
Philoptochos Coffee Hour—focus Memorial Garden Fund	Philoptochos General Meeting, 7pm		Presanctified Liturgy, 5pm	Presanctified Liturgy, 5pm	No Odyssey Classes NO Salutations Service	
13	14	15	16	17	18	19
Odyssey Coffee Hour with Loukoumathes	Parish Council Meeting, 7pm		OPA Gathering, 1-3pm Presanctified Liturgy, 5pm	G.L.A.R.S.P. Luncheon, 11-2pm	Odyssey Classes, 4:30-6pm	Saturday of Lazarus, Liturgy 10am Sunday School Breakfast, Confessions, and Palm Weaving
20	21	22	23	24	25	26
PALM SUNDAY AHEPA Fish Plaki Luncheon & H.S. Grads 1st Bridegroom Service, 7pm	2nd Bridegroom Service, 7pm Lampighter Deadline	3rd Bridegroom Service-Hymn of Cassiane, 7pm	Holy Unction Service, 3:30-6:15pm Saint George	Institution of the Eucharist, 7:30am Twelve Gospels, 6:30pm	HOLY FRIDAY Royal Hours, 8am Vespers of Apokathelosis, 2pm Lamentations, 6:30pm	Divine Liturgy, 10am Paschal Vigil, 11pm Parish Council Dinner
27	28	29	30			
HOLY PASCHA Resurrection of Jesus Christ Agape Service, 12 Noon Easter Egg Hunt						