

THE **LAMPLIGHTER**

MARCH 2011

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

This issue of the Lamplighter is sponsored by Pam Heos in honor of her father, Tom (Anastasios) Heos. He was a beloved husband, father, Papou, Archon, and devoted servant. He is greatly missed as his family remembers his birthday this month

Pastoral Reflection | **YOU DESERVE A BREAK TODAY**
by Fr. Mark Sietsema

Curse Madison Avenue! Forty years later their old commercial jingles still rattle around in my head:

“Winston tastes good...”

“Plop, plop, fizz, fizz ...”

“My baloney has a first name ...”

But resistance is *not* futile: I don’t patronize any of those brands. They got a few brain cells, but not my money.

One jingle that left its earworm is the old McDonald’s ad that sang: “You deserve a break today, so get up and get away, to McDonald’s; we do it all for you!” Who could argue with that? (Well, a nutritionist, I’m sure.) Who doesn’t feel entitled to a break? For hardworking moms tired of the daily kitchen grind, even a meal out of Styrofoam boxes is a break. For kids tired of the weekly rotation of meat loaf, casserole, and spaghetti, burgers and fries are a welcome change. For dads sick from seeing their carefully budgeted dollars get thrown away in the form of uneaten food, watching Junior eat every last bite of a Happy Meal must be a relief. It’s true: all of us DO deserve a break today.

In that spirit, I want to invite you to come to an evening service this Great Lent. Please, consider coming to a service that you haven’t attended before.

Why? Because you deserve a break today.

You deserve a break from the same old depressing news reports.
You deserve a break from another night of reruns, game shows, and reality TV.
You deserve a break from computer solitaire, X-Box, the Sims, and Angry Birds.
You deserve a break from one more trip to the mall, the supermarket, the big-box store. *(continued on page 2)*

SAVE THE DATE

Monday March 7

- Great Lent Begins
- Philoptochos General Meeting 7 p.m.

Saturday 12

- Saturday of Souls 10 a.m. Divine Liturgy

Friday, March 25th

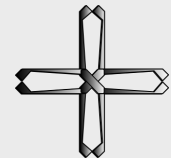
- Annunciation of the Theotokos 10 a.m. Divine Liturgy

Sunday March 20th

- Greek Independence Day Program after the Divine Liturgy.

Holy Trinity Greek Orthodox Church

1701 E. Saginaw St.
Lansing, MI 48912
(517) 482-7341
holytrinitygreek@sbcglobal.net



PARISH COUNCIL UPDATE by Elaine Christofilis

The Parish Council wishes everyone a blessed Lenten season! **Stewardship 2011**

Many services are scheduled every year during Lent. As Pascha approaches, we encourage all of you to attend a Presanctified Liturgy on Wednesday evenings or a Salutations Service on Fridays.

It would be wonderful to see many of you fill our pews during these services.

- Thank you to all those who have submitted their 2011 Stewardship Pledge Form! To date we have 126 stewardship units who have pledged \$163,534.00 for 2011.
- Please remember to submit your stewardship pledge form as soon as possible. Make your contributions easier, sign up for the EFT program today! A form is included in this issue of the Lamplighter.

(Pastoral Reflection continued)

You deserve a break from the noise, from the silence, from the crowds, from the loneliness, from the boredom, from the overstimulation—from all that makes up this American life in the 21st century.

Church services in Lent are so completely different from the Sunday morning experience. They are quieter, more contemplative. The music is softer, sweeter. The evening light coming through the stained glass makes it glow. As the sun sets, in the darkening sanctuary the billowing incense leads the way to a higher, purer world

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Why not give it a try? Why not take an hour and visit the church on a Wednesday evening or a Friday night? A change from the routine would do you an otherworld of good. You do deserve a break today. So get up and get away—to your parish! God does it all for you ...

A note on services this year: All of the services which used to start at 7 p.m. have been moved forward to 6:30 p.m.. The hope is that the earlier start will make it more inviting for our older parishioners to attend. This includes the Friday evening Salutations services and the evening worship of Holy Week.

The Wednesday evening Presanctified Liturgy begins at 5:30 p.m., except on March 9, when the special children’s Liturgy will begin at 4 p.m. with a Sunday School potluck to follow.

Through the generosity of the Philoptochos, there are coffee hours following the five Friday evening Salutations services, to which all are welcome to come and enjoy the delicious Lenten food. ***Kali Sarakosti! A Blessed Lent to all!***

SPECIAL LENT SERVICES IN MARCH

Wednesday, March 9 – Presanctified Liturgy and Children’s potluck 4:00

Wednesday, March 16, 23 and 30 – Presanctified Liturgy 5:30 p.m.

Friday, March 11, 18 – Salutation Services 6:30 p.m.

Friday, March 25 — Vespers for Leave – Taking of Annunciation

ANNOUNCEMENTS

- **Condolences** to Russ Launer and Charlotte Sinadinos on the passing of Russ' mother. *May her memory be eternal!*
- **Congratulations** to Kirk and Nikki Moundros on the birth of their twin sons Andrew and Thomas. *Na sas zisoun!*

Lamplighter sponsorships are needed for July — December

Sponsoring the monthly newsletter is a great way to commemorate a loved one, offer a prayer for the health of family and friends, or celebrate a special occasion or anniversary.

The donation is \$200 for an issue. Please call the church office (482-7341) if you are interested in sponsoring an issue.

Bulletin announcements should be communicated to the Church office by e-mail or phone by Thursday morning. The parish e-mail is : holytrinitygreek@sbcglobal.net



GRECIAN OLIVE OIL (FIRST PRESS)

This fine olive oil from the village of Metamorphosis is back in and available once again in the church office Monday-Friday from 9-1 p.m. The oil is available in 3 liter cans and half-liter bottles.

PHILOPTOCHOS by Secretary Elan Stavros Nichols

Philoptochos was so pleased that the young people of the parish stepped up and decided to put on the Zorba Dance on February 26 after Philoptochos had cancelled it. Great job!

A big thank you to all who helped with preparing for Philoptochos's Comfort Food Sunday February 27.

Our Annual Athenian Luncheon and Bake Sale netted \$14,359.86 (presales were down, but expenses were down and sales were up).

Remember that 2011 dues of \$25 are payable to our treasurer Angela Vlahakis – Philoptochos has members of all ages, and is always seeking new members to begin new traditions as it carries on its Christian mission!

Upcoming important dates:

- Monday, March 7 at 7:00 p.m.. You won't want to miss it the next General Meeting. We welcome Father Mark as our speaker! Everyone in the parish is welcome to attend. Light refreshments will be served.
- March 11- Friday Lenten Coffees begin
- March 25- Luncheon after Friday Liturgy
- Monday, April 4 at 7:00 p.m. We will have a speaker from the Lansing City Rescue Mission. The Mission is celebrating its 100th year of service. Philoptochos supports the mission as does our parish. Come and learn about all the services it provides to our community .

The Metropolis of Detroit Philoptochos is hosting "An Afternoon with Vefa"

**Saturday, April 2 at Sommerset Inn in Troy.
Doors open at 11:00.**

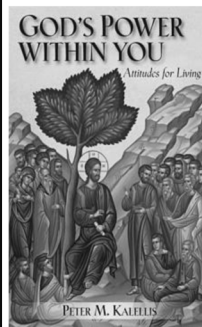
The program begins at noon. There will be demonstrations, book signing, and a luncheon with Lenten fare. Tickets are \$65.00. Vefa Alexiadou is the "first lady of Greek cuisine". She has published many cookbooks and is very well known. The luncheon will benefit the National Philoptochos Center of Philanthropy.



**Contact Olga
Pascalenos by
March 13 to make
reservations.**

7th ANNUAL WOMEN'S LENTEN SPIRITUAL RETREAT

A program presented by the **St. Nicholas Ladies Philoptochos Society** and **M.O.M.s** (Mothers on an Orthodox Mission) for Orthodox Christian Women of all ages.



St. Nicholas Greek Orthodox Church
760 West Wattles Road
Troy, MI 48098

SATURDAY, MARCH 19, 2011
9:00 A.M – 3 P.M.

Retreat Leader:

PETER M. KALELLIS, PhD

Dr. Kallellis is a psychotherapist, marriage and family counselor, lecturer, writer and devout member of the Greek Orthodox Church. He has authored numerous books and has a practice located in Westfield, New Jersey.

RETREAT TOPIC:

DISCOVER GOD'S POWER WITHIN YOU

- If life is a journey, what luggage do we need?
- What Journey are we talking about?
- The Amazing **BE** Attitudes
- Becoming Who We Are Meant to Be
- Twelve Tips for a Happier Life and Spiritual Life

REGISTRATION:

\$25.00 by March 13 Deadline

Includes Morning Refreshments and a Lenten Luncheon. No tickets sold at the door.
No refunds for cancellations.

\$35.00 after March 13 (LATE REGISTRATION)

Please make checks payable to: **ST. NICHOLAS PHILOPTOCHOS**

For reservations please contact: Marianna Perakis (248) 709-7609 or

sainnicholasmoms@gmail.com or stnicholasphiloptochos@yahoo.com

Proper attire must be worn for Prayer Service – no jeans please

ODYSSEY GREEK LANGUAGE & CULTURAL PROGRAM by Zana Litos

Sunday, March 20th is the GREEK INDEPENDENCE DAY PROGRAM.

The Odyssey students from each class will perform a short and enjoyable program, commemorating one of the most important holidays of Greece. The performance will take place at the large social hall after the Liturgy. In addition, Odyssey is hosting the coffee hour of that day.

Please mark your calendar on **Saturday, March 19th**. Odyssey students will rehearse for the Independence Day Program at noon.

Sunday, March 27: GREEK INDEPENDENCE DAY PARADE, Greek town Detroit

Every year, the Modern Greek Club of MSU participates in the Hierarchical Doxology at the Cathedral. Dressed in traditional blue and white costume, they showcase the Hellenic pride of the greater Lansing community.

- Friday, March 25—The famous Laographikos Syllogos Kyrion Pylou from Messenia, Greece will perform at the Hellenic Museum of Michigan

AHEPA by Phillip Frangos

In keeping with its support of education, Wolverine Chapter will be offering two major scholarships at this year's Palm Sunday Fish Plaki/Graduate Reception dinner. High school graduates submitting essays meeting minimum qualifying criteria such as clarity of thought and excellence of writing will be eligible for a first place award of \$1,000.00 and a second place award of \$500.00. Essays must be received by April 1. Further information may be obtained from Vacki Nicolaou, Tony Fragale, or Gus Kavlaris.

Parishioners are reminded that this year's dinner will be held on Palm Sunday, April 17, immediately after the Holy Liturgy. Tickets

AHEPA HONORS HIGH SCHOOL SENIORS

AHEPA honors our high school seniors at the annual Palm Sunday AHEPA Fish Plaki Luncheon. Families with students who are graduating this year should forward this information to Phillip Frangos at ptfrangos@aol.com so that your son or daughter can be included in the honors.

DON'T MISS DETROIT GREEK INDEPENDENCE DAY PARADE WEEKEND FESTIVITIES



Photo: Mike Bertakis

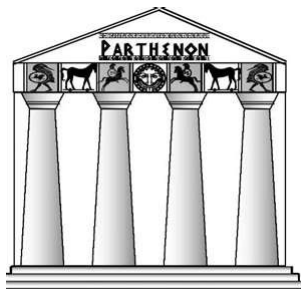
Friday, March 25, 2011 5pm - 9pm
Preview the New Hellenic Museum of Michigan
Opening this year in the Cultural Center
67 E. Kerby, Detroit, across from Detroit Institute of Arts
The Evzones and Amalias of Pylos, Messinia, Greece will perform

Saturday, March 26, 2011
Hellenic Heritage Award Banquet
International Banquet Center 6:30 pm.
Net proceeds from the Banquet will go to the Hellenic Museum of Michigan.

Sunday, March 27, 2011
Parade sharp at 3:00 pm starting at 1001 Woodward
For information contact: George Reganis 248-933-5743
Tom Christy 248-910-8662
Joan DeRonne 313-530-0639

College Year in Athens has been providing study abroad in Greece for about 50 years and has been acting as a cultural bridge between the U.S. and Greece.

This summer, CY Athens is offering a **Modern Greek Language and Culture** course that combines 60 hours of language instruction complemented by lectures, activities and excursions that provide insight into Greek culture and contemporary life. This year's course is further expanded to include a week in Athens and three weeks on the island of Paros, from June 27 to July 23, enabling students to become acquainted with both urban and island life, visit major sites and places, but also travel on their own, if they wish.



Visit their web page www.cyathens.org for more information about summer programs or contact summerprograms@dikemes.edu.gr.

SCHOLARSHIPS

Hellenic College in Brookline, MA offers a number of very generous scholarships for incoming students. Information is available at hchc.edu.

Ionian Village: Programs and Schedules

Ionian Village (the camping facility in Greece that belongs to the Greek Orthodox Archdiocese of America) has implemented two new programs this year for the youth, young adults and families of our Church.

"Journey to Pascha": April 16-25, 2011: Participants in this program celebrate Holy Week and Pascha among the saints while worshipping in a variety of churches and villages across Greece. This new program is open to adults, families and young adults age 19 and older. Children under the age of 19 must be traveling with an adult.

"Spiritual Odyssey": May 30-June 9, 2011: This program has been on hiatus for the past 5 years but is now back by popular demand. Young adults ages 19-28 are invited to embark on a series of excursions to historic and religious sites of Greece. The Highlight of the pilgrimage will be a visit to Thessaloniki, a city rich in Byzantine History.

The regular camp sessions are offered as well:

*Summer Travel Camp: June 29-July 18, 2011

*Byzantine Venture: July 25-August 13, 2011

Both of the above sessions are open to youth ages 13-18 or completed 7th through 12th grade.



2011 MDSC DATES ANNOUNCED

The Metropolis of Detroit Summer Camp announces the following dates for the 2011 Camp Season:

- **Week 0:** June 26 - July 2
- **Week 1:** July 3 - July 9
- **Week 2:** July 10 - July 16
- **Week 3:** July 17 - July 23
- **Week 4:** July 24 - July 30
- **Week 5:** July 31 - August 6

Please start planning for upcoming summer, and keep a look out for Camper Registration and Staff Application Forms which will be made available in February/March 2011. Information can be found at www.gomdsc.org

Important Parish News about Diocese Camp!!

Camp is a great way for our children to grow in their faith while having fun and making new friends. Traditionally, Week 2 has been the week that our Lansing kids gather at Camp; Fr. Mark is scheduled to be the priest in service there this summer.

Through the generosity of AHEPA and Philoptochos, a number of scholarships are available for parish children. Additionally, an anonymous donor has also made scholarship money available through the Sunday School program especially for any children who might otherwise not be able to attend camp for reasons of family finances.

No child of this parish should miss out on Camp! Please, if your child would like to attend Camp, speak privately with Fr. Mark about the opportunities that are available.

TREASURER'S REPORT by Nick Gavrilides

Greetings. I would like to take this opportunity to introduce myself as your new church treasurer for 2011. I would like to thank the parish council and Fr. Mark for the trust and confidence in me that is needed for this position. I will execute this office to the best of my ability.

It is your generous support that allows this community to flourish and remain a spiritual center for Greek Orthodox Christians in the area. My door is open to questions and comments. I can be reached via email at nickgav@yahoo.com

Consistency in Stewardship Giving

2010 has been a good year for Holy Trinity in many ways. Looking specifically at Stewardship, one can easily see that parishioners have recognized the importance of consistent giving – making their stewardship offerings throughout the year, rather than waiting and doing it in one or two checks.

Enrolling for automatic bank transfers of stewardship not only simplifies meeting one's pledge, it benefits the parish by having stewardship offerings made regularly, even when one is away or not in attendance church services.

To become part of this program, please complete the form below and return it to the parish office.

* * * * *

AGREEMENT FOR DIRECT STEWARDSHIP PAYMENTS TO

Holy Trinity Greek Orthodox Church of Lansing, Michigan

I (We) authorize HOLY TRINITY GREEK ORTHODOX CHURCH OF LANSING, MICHIGAN, (HTGOC) to initiate transfers of my stewardship from my (our) account specified below at the financial institution named below. In addition, I (We) acknowledge that the direct payment (EFT) transactions from the account must comply with the provisions of U.S. law.

I (We) further acknowledge that if a transfer fails because of Insufficient Funds, Closed Account, or Wrong Account Number, I (we) may be responsible for any fee which the financial institution may assess HTGOC.

NAME OF YOUR FINANCIAL INSTITUTION: _____

CITY: _____ STATE: _____

ACCOUNT NAME: (e.g., Special Checking, Money Market Savings, etc.) _____

ACCOUNT NUMBER: _____ [] Checking [] Savings

FINANCIAL INSTITUTION ROUTING Number (This 9-digit number, which identifies your bank, appears on the bottom line of your checks:: _____

AMOUNT TO BE TRANSFERRED: _____

FREQUENCY: [] Every Month [] Each Week

IF MONTHLY, ON WHAT DAY OF THE MONTH: _____

This authorization will remain in full force and effect until HTGOC has received written notification from me (us) of its termination in such time and in such a manner as to afford HTGOC and the Originating Financial Institution a reasonable opportunity to act on it.

SIGNED: _____ Date: _____

SIGNED: _____ Date: _____

Holy Trinity Greek Orthodox Church
 1701 East Saginaw Street
 Lansing MI 48912
 Office: 517-482-7341 Fax: 517-482-8524

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

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Sunday of Forgiveness AHEPA hosts coffee Forgiveness Vespers, 5 pm 40-day blessing of Moundros twins	7 GREAT LENT BEGINS Philoctochos General Meeting, 7pm	8	9 Presanctified Liturgy, 4:00 Children's potluck to follow	10	11 Odyssey Classes, 4:30- 6:30pm Salutations Service, 6:30 pm	12 Divine Liturgy 10 am Saturday of Souls
13 Parish Council hosts coffee Sunday of Orthodoxy 40-day memorial Lou Stamatakos	14 Parish Council Meeting, 7pm	15	16 Presanctified Liturgy, 5:30 pm	17	18 Odyssey Classes, 4:30- 6:30pm Salutations Service, 6:30 pm	19 Odyssey Rehearsal, noon
20 Odyssey hosts coffee & Independence Day Program Parish Oratorical Festival	21 <i>Lampighter Deadline</i>	22	23 Presanctified Liturgy, 5:30 pm	24	25 Annunciation of the Theotokos, 10am Liturgy Philoctochos hosts lunch Odyssey Classes, 4:30pm Vespers for Leave-Taking of Annunciation 6:30 pm	26
27 Sunday of Cross Veneration OCF hosts coffee	28 Philoctochos Board Meeting, 7pm	29	30 Presanctified Liturgy, 5:30 pm	31		

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April 2011

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
SPRING GENERAL ASSEMBLY MEETING Sunday School hosts coffee	Philoptochos General Meeting, 7pm		Presanctified Liturgy 5:30 pm		NO Odyssey Classes Salutations Service, 6:30 pm	
10	11	12	13	14	15	16
Choir hosts coffee	Parish Council Meeting, 7pm <i>Lamplighter Deadline</i>		Presanctified Liturgy 5:30 pm		Odyssey Classes, 4:30-6:30 pm NO Service	Saturday of Lazarus, Liturgy 10am Pancake Breakfast, Palm Weaving, Children's Confession
17	18	19	20	21	22	23
PALM SUNDAY AHEPA Graduate Reception & Fish Plaki luncheon First Bridegroom Service,	Second Bridegroom Service, 6:30 pm	Third Bridegroom Service Hymn of Cassiane, 6:30 pm	Holy Unction Service, 3:30-6:15pm	Institution of Eucharist, 7:30am Twelve Gospels, 6:30pm M.A.R.S.P. Lunch Meeting, 11-2pm	HOLY FRIDAY Royal Hours, 8am Vespers of Apokathelosis, 2pm Lamentations, 6:30 pm	HOLY SATURDAY Divine Liturgy, 10am Paschal Vigil, 11pm Paschal Meal
24	25	26	27	28	29	30
HOLY PASCHA Resurrection of Jesus Christ, Agape Service 12 noon Easter Egg Hunt <i>Western Easter</i>					Odyssey Classes, 4:30-6:30 pm	