

Holy Trinity Familian



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John of the Ladder and Humility

Dear Holy Trinity Family,

Perhaps no book is more closely associated with Great Lent than “The Ladder of Divine Ascent.” Written by the Saint who came to be known as John of the Ladder (born 570), this treatise organizes pearls of spiritual wisdom into 30 steps, designed to advance the reader as he or she pursues the life in Christ. While this book is written with monastics in mind, its wisdom is entirely applicable to Christians in every walk of life.

Step 25 of The Ladder focuses “on the destroyer of the passions, most sublime humility, which is rooted in spiritual perception.” Paragraph 35 of this chapter tells us exactly how to reframe our perceptions and experiences toward the acquisition of humility, based on the observations of Saint John.

“Some use bad deeds, previously done by them, and for which they have received forgiveness, as a motive for humility, thereby driving out their vain self-esteem.

“Others, having in mind Christ’s Passion, regard themselves always as debtors.

“Others hold themselves cheap for their daily defects.

“Others, as a result of their besetting temptations, infirmities and sins, have mortified their pride.

“Others for want of graces have appropriated the mother of graces (i.e. humility).

“There are also people (if they still exist) who for the sake of the very gifts of God, in the measure that they receive them, humble themselves and so live as to account themselves unworthy of such wealth, and each day add it to their debt!”

Acquiring humility is not complicated, but we have to be willing to do the work. A good place to start is the above paragraph from the Ladder, which Saint John concludes with the exclamation: “Such is humility, such is beatitude, such is the perfect reward!”

Amen.

Faithfully,

Fr. Aris & Fr. Nicholas



Philoptochos Updates

We will be having our annual Easter Bake Sale on Palm Sunday, April 28th
Tsoureki \$20 || **Koulourakia \$20 per dozen** || **Baklava \$20 for ten**
Call in your orders to the church office: 415-584-4747

Also on that day, we will have our annual **Palm Sunday Fish Luncheon**
Adults \$30 || **Children up to 12 \$15** || **Children 5 and under Free**

As seating is limited, please phone the church office to reserve your spot: 415-584-4747

Price for lunch is a bit higher this year for two reasons: 1) As we all know too well, costs are higher and 2) We are tacking on an extra \$10 to help support our ministries.

Exactly what do we do with these funds?

We are helping a very needy person, sent money to help fire victims in Maui, sent money to IOCC to help the people in war torn Ukraine, sent money to IOCC to help the people in Gaza, sent money to help the Calistoga monastery pay off their debt for their new building, given money to help both Metropolis and National Philoptochos ministries such as Social Services and Kids N Cancer. There are many more too numerous to list but you can be sure the money you donate goes to very good causes.

Exciting News

Plans are forming to present Greek cooking classes one Saturday a month after Easter. More information coming soon.

It is never too late to send in your membership dues for 2024. A membership form is below.

Our next meeting will be Sunday, April 14th after Liturgy in the Board Room. Come and hear the exciting things being planned.

HOLY TRINITY GREEK ORTHODOX CHURCH OF SAN FRANCISCO LADIES PHILOPTOCHOS SOCIETY



MEMBERSHIP PLEDGE \$ _____

Suggested Annual Stewardship is \$ 55.00

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

I am unable to participate but I want to make a donation. Enclosed is \$ _____

Cash or Check. Please make checks payable to **Holy Trinity Church** and put **Philoptochos** in the memo.

Events, Activities, and Ministries

Amphilochios: Saint of Patmos Film Screening

Faithful from the Holy Trinity community and guests gathered on Monday, March 25th, for a film screening of the recently released Amphilochios: Saint of Patmos. The film makers - Dr. Timothy Patitsas and Thomaida Hudanish - joined us to share more about the calling and inspiration they had to make the film, as well as answer questions from attendees.

You can learn more here: <https://www.beautyfirstfilms.com/amphilochios>



Events, Activities, and Ministries

New at the Christopher Center

Holy Trinity and the Christopher Center would like to extend a big thank you to Stan Themoleas for his extremely generous donation of a Precor Functional Training System to the weight room. This state of the art equipment will help generations of people get into and stay in shape.
Way to go Stan!

If you're interested in gym membership, it's \$175 per year for an individual and \$375 per year for a family membership.

Contact John Skinas at
johnskinas@yahoo.com
or 415-406-1260 for more information.



Women's Book Study

Women's Book Study is on hiatus and will resume on June 5th.

The group is still determining the next book they'll read.

If you would like to join and need Zoom information, please contact Rachel Wales at wales.rachel@yahoo.com.

Keep in Touch!

The Parish makes every effort to stay in touch with its members. Besides the Familian and our website, we send frequent emails (please remember to check your spam folder and then mark Holy Trinity emails as "not spam"), maintain Facebook and Instagram accounts, and have provisions to send text messages in the event of last minute schedule changes or emergencies.

One excellent tool available to our members is Realm Connect. You can download this application for iOS or Google, and then use it to receive information from the Parish, make donations, check your giving history, and more. For help with the use of any of our communication platforms, please reach out to the church office.

Events, Activities, and Ministries



The Holy Trinity community gathered together on March 24th for the Sunday of Orthodoxy

Seniors' Ministry

SAVE THE DATE!

The seniors are planning a picnic in Golden Gate Park for Thursday, May 16, 2024. Bring your own lunch; water and juice will be provided. A short walk around the lake is planned after lunch.

A map of the location (benches near Stow Lake) will be included in the May Familian. To avoid anyone getting lost, we will meet behind the church at 10:30am to carpool.

Please note the seniors will not be meeting with Father Aris in April.

Pascha Wish List

Parishioners who are interested in helping to defer the cost of the Wish List items are kindly requested to contact the church office.

Clergy Pascha candles \$750 (\$250 each)

Olive Oil for Unction \$25

Flour for Unction \$10

Fragrant Anointing Oil for Unction \$20

Flowers for the Crucifixion Icon \$250

Wreath for the Cross of Christ \$250

Rose Petals for Holy Friday \$50

Flowers for Kouvouklion (Epitaphios) \$800

Flowers for the Resurrection Banner \$200

Candle Cups for Friday & Sunday \$300

12 Lilies \$350

Easter Offering Envelope (Included)

Epitaphion Flower Offering Envelope (Included)

CAPPELLA ROMANA

Experience Orthodox and Gospel Music Together

Our faith is for all! Our friends at Cappella Romana are offering their recent concert online for you.

“How Sweet the Sound: Black Voices in Orthodox Music” features selections from the "Jubilee Divine Liturgy" based on spirituals by Abbess Katherine and Greek Orthodox Vespers infused with Gospel and Jazz by Shawn Wallace. You'll hear "O Gladsome Light" (Phos hilaron) and Psalm 103 chanted as you've never heard them: accompanied by Hammond B3 organ in Gospel style.

This very moving concert is available until the end of October, with video samples and interviews, at cappellaromana.org/sweetsound



Events, Activities, and Ministries

SUNDAY FUN DAY



Coming to church as a family is an important commitment to strengthen and renew ourselves. The first Sunday of every month is now *Sunday Fun Day*. Join us for Divine Liturgy and Sunday School. Then we'll have a special coffee hour with games, crafts, and activities. Bring a change of clothes, picnic, and enjoy our beautiful grass field.

Sunday
APRIL 7

Every 1st Sunday
of the Month



HOLY TRINITY GREEK
ORTHODOX CHURCH



HOLY TRINITY GREEK
ORTHODOX CHURCH

PROSPHORA BAKING WORKSHOP

Offering ourselves to Christ

SATURDAY
APRIL 13
9AM

Join us in the Holy Trinity kitchen to learn how to make *prósphora*, the special bread that is used during Divine Liturgy. Please come with clean hands, a clean heart, and the following supplies: a seal, medium metal bowl, large white towel, a 7" round baking pan (non-stick), and small white dish-towel. For questions contact Fr. Nicholas (fr.nmetrakos@holytrinitysf.org)





HOLY TRINITY GREEK
ORTHODOX CHURCH

Holy Trinity
Philoptochos Society

Palm Sunday Luncheon

Sunday, April 28, 2024
following Divine Liturgy

ADULTS \$30
CHILDREN UP TO 12 \$15
CHILDREN 5 AND UNDER FREE

BAKE SALE
TSOUREKI \$20
KOULOURLAKIA \$20/DOZEN
BAKLAVA \$20 FOR TEN

Call 415-584-4747 to pre-order baked goods
and make luncheon reservations





HOLY TRINITY GREEK
ORTHODOX CHURCH

EVERYONE IS INVITED...

Pascha PICNIC

{ MAY 5 | 1 PM VESPERS | 2 PM PICNIC }

HOLY TRINITY SF | 999 BROTHERHOOD WAY

Call 415.584.4747 to reserve a spot.

Food orders must be made in advance.

FUN FOR EVERYONE

Bouncy Houses
Face Painting
Egg Hunt

BRING DELICIOUS FOOD

BBQs Available for Use
Bring Your Own Souvla
Limited Food for Sale

RELAX WITH YOUR FAMILY

Indoor and Outdoors
Kitchen Available
No pressure, just fun!



PROJECT MEXICO MISSION TRIP

JOIN PARISHIONERS FROM
RESURRECTION CHURCH, CASTRO VALLEY
ON A HOME BUILDING MISSION TRIP
SOUTH OF THE BORDER

DATES: JUNE 25 - JULY 1, 2024



CONTACT MARK FRIDELL AT:
925-872-8111
OR EMAIL:
MAARK56@HOTMAIL.COM

VISIT THE PROJECT
MEXICO WEBSITE AT:
PROJECTMEXICO.ORG



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 9th Hour Presanctified Liturgy 6pm	4 San Francisco Byzantine Choir 7pm	5 Third Salutations 6pm (followed by short film at Center)	6 Food Pantry 10am Vespers 4pm
7 Matins 8:45am Liturgy 10am	8	9	10 9th Hour Presanctified Liturgy 6pm	11 San Francisco Byzantine Choir 7pm	12 Fourth Salutations 6pm (followed by short film at Center)	13 Food Pantry 10am Vespers 4pm
14 Matins 8:45am Liturgy 10am	15	16	17 9th Hour Presanctified Liturgy 6pm	18 San Francisco Byzantine Choir 7pm	19 Akathist Hymn 6pm	20 Food Pantry 10am Vespers 4pm
21 Matins 8:45am Liturgy 10am <i>Palm folding after Liturgy</i>	22	23	24 9th Hour and Presanctified Liturgy 10am	25 San Francisco Byzantine Choir 7pm	26 9th Hour Presanctified Liturgy 6pm	27 Saturday of Lazarus Matins and Liturgy 9am Food Pantry 10am Vespers 4pm

Holy Week 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 <i>Palm Sunday</i> Matins 8:45am Liturgy 10am <i>Palm Sunday Luncheon after Liturgy</i> Bridegroom Service 7pm	29 <i>Holy Monday</i> 9th Hour Presanctified Liturgy 10am Bridegroom Service 7pm	30 <i>Holy Tuesday</i> 9th Hour Presanctified Liturgy 10am Bridegroom Service 7pm	1 <i>Holy Wednesday</i> 9th Hour Presanctified Liturgy 10am Unction 5pm Bridegroom Service 7pm	2 <i>Holy Thursday</i> Vespers Liturgy 10am Holy Passion Service 7pm Great Hours 11:30pm	3 <i>Holy Friday</i> Taking Down from the Cross 3pm Lamentations Service 7pm	4 <i>Holy Saturday</i> Vespers Liturgy 10am Food Pantry 10am Matins and Resurrection Service 11pm
5 <i>Holy Pascha</i> Agape Vespers 1pm Pascha Picnic 2pm						



HOLY TRINITY GREEK
ORTHODOX CHURCH

999 Brotherhood Way
San Francisco, CA 94132

Call
(415) 584-4747

www.holytrinitysf.org