Brothers and sisters in Christ, as we journey through Great Lent towards the Resurrection of our Lord and Savior Jesus Christ, it is always wise to follow the navigational beacons that the Church has set for us. Our Orthodox Christian faith offers to us different seasons in which to reset ourselves and return to Christ in a genuine way. Great and Holy Lent is the greatest opportunity and tool of the Church which is offered to us to regain our balance during the storms of life. As I have said many times before in sermons, we must apply our Orthodox Christian faith in Christ to the world around us. As we all know, we are living in unusual times and if we are not focused exclusively on Christ, these times can cause stress and anxiety. Many times we put on a good face for those around us, but the reality is that our soul is experiencing stress, confusion, anxiety, and we are left feeling unbalanced as though we were on a ship rocking on the stormy seas of the Atlantic Ocean.

I remember distinctly at our grand banquet for the 100th anniversary of our Cathedral which was held in November 2018, His Eminence Archbishop Demetrios and I were waiting to be introduced at the banquet and to take our seats at the head table. His Eminence turned to me as the other guests of honor were introduced and he said to me “Fr. Michael you are very calm” and I replied to the Archbishop and said “only on the outside your Eminence“. We both laughed a little bit, but there was some truth in my statement because I was slightly anxious to make sure that the events of the weekend went as smooth as possible.

Many times we seem calm to others in our appearance, but the inside of our heart and soul can sometimes be stirred up as if a hurricane or tornado were within us. Thankfully, I was aware of this uneasiness and I was able to refocus my attention and calm myself with a navigational tool that the Church has given to all of us. I repeated the Jesus prayer several times and took some deep breaths and that helped me to regain my focus. The Church offers us the tools to guide us to salvation and to help us refocus our attention and our internal compass in the right direction. Jesus Christ is our “true north” as they say in
the maritime world. A quartermaster is somebody who pilots a ship in the right direction so that it reaches its destination on time and safely. The quartermaster uses such tools as binoculars, maps, compasses, and other tools that help the ship to be guided in the right direction. A compass always points its direction to the true north because it is drawn to that direction by the magnetic pull of the earth. Christ is our “true north” in times of trouble and stormy seas. Just like the magnetic pull of the earth, Christ draws all people to Himself and he desires that all people be saved and come to the knowledge of the truth, which is Him. One of the most important tools that we have in the Church is Great Lent which leads us to the Resurrection. Great Lent offers us the opportunity to regain our balance and point our lives in the right direction, which is Christ our Savior and His Holy Resurrection. Living a life within the Church helps us to love and desire that which we become accustomed to and know, which is the Lord. It is through the liturgical life that the Church reveals to us something of “that which the ear has not heard and the eye has not seen and what has not yet entered into the heart of man, but which God has prepared for those who love Him” (1 Cor. 2:9). We can look to the Church and the Apostles themselves when they felt buffeted by the seas of life. The Apostles asked Jesus many times how is this possible because they doubted and were not focused on Him entirely. Salvation for us is the goal and during Great Lent we repent and return to God through our humility in prayer. Our life is a constant renewal and a resetting which requires us to use the navigational tools of the Church so that we may reach our destination which is the heavenly kingdom. It is easy as I said before, in our world to lose focus and too often want things to turn out in our life and in the world according to our perception of it. The reality is that we are all vessels of the Holy Spirit and we are called to submit to Christ and allow the Holy Spirit to guide us to holiness. In our world today we see wars and hear of rumors of wars as the Gospel of Luke tells us, but we must not become anxious and we should turn to Christ in his Church to give us balance and to calm our souls. We ask God during the Divine Liturgy, before the reading of the Holy Gospel, to enlighten the eyes of our souls so that we may comprehend the message of His Gospel. To comprehend the message of the Gospel can only be accomplished by humility and prayer which allow us to hear the Holy Spirit which guides us in the right direction which is “true north”.

My brothers and sisters in Christ as we journey towards Pascha and the Resurrection of Christ, let us continually renew ourselves by using the Church to heal us and to bring calm and serenity to our lives. We must focus on Christ and not the storms around us. The Holy Spirit is active and guiding the Church, even if we do not realize it. The Lord will guide us individually and as a parish in the right direction if only we humble ourselves and strive for holiness.

May our Lord God and Savior Jesus Christ continue to guide us and may we always be fixed on Him as the prayers at Vespers tell us, this way we will not be intimidated by the storms around us, but we will become beacons of light navigating not only ourselves to His heavenly kingdom but for those who look to us as His vessels, which guide people to eternal life.

+Fr. Michael
By Prayer, Fasting and Almsgiving

“Yet even now,” says the Lord, “return to Me with all your heart”  
Joel 2:12

Fr. Demetri Tagaropulos

We are close to the third week of Great Lent, virtually at mid-Lent. It is a good time to reflect again on our spiritual journey and focus, or refocus, if we have not already done so, or if we are in need of some encouragement, to keep ourselves on track in preparing for our spiritual renewal: to meet our Lord and Savior Jesus Christ on His Resurrection, the Great and Holy Pascha. Remember, as Father Thomas Hopko tells us, it is the time of year when the Church greets and welcomes "the Lenten Spring with a spirit and exultation... and greets the time of repentance with the enthusiasm of a child entering into a new and exciting experience." It is an enthusiastic call, as if made with the sounding of a clarion or trumpet, to a "spiritual contest" and battle. It is the time of year for introspection—to re-direct our lives and change our ways and turn back, change our minds (metanoia) and ways back to Christ our God. The season should be a joyous one, not one of "gloom, darkness or remorse, and certainly not masochistic or morbid, pietistic or sentimental." Any remorse and sadness we may have should be for our fallen, sinful state as humans, both individually and collectively. Rather, it is the time for taking up our spiritual weapons to battle those demonic forces, those temptations and negative passions that lead us to sin; forces, both from within and outside that we should overcome in preparation to receive our Lord and Savior Jesus Christ in all His majesty and glory; and, in so doing, undergo a complete spiritual renewal of ourselves, a re-birth, a re-baptism, if you will. How are we to accomplish this? By prayer and fasting, as we know. The Church, in her wisdom, has set aside 40 days before Holy Week as a period of time for preparation, a period of time she calls the Great Lent; or more accurately, the Great Fast (neistia in Greek); fasting not only from certain foods, but from our passions as well. In the early Church, approximately the first two centuries after the Resurrection, the preparation consisted of very strict fasting, of water and salt, accompanied of course by intense prayer, the duration of which was the seven days of Holy Week. As more and more converts and candidates, or catechumens, to the then new faith came flowing in, it became apparent that a more organized and intense preparation of prayer and teaching was needed. A forty-day period was ultimately developed dedicated primarily to the catechumens, teaching them through readings of the Old Testament and in conjunction with prayers and fasting, which culminated in their Baptism on Resurrection Day. The entire community was involved in this endeavor; and through this period of fasting, communal prayers, readings and instruction, the already illumined or baptized enjoyed simultaneously their own spiritual renewal; in a way their own "re-baptism." Together, then, they experienced their spiritual journey leading them to their rediscovery of and reunion with our Lord and Savior Jesus Christ. The Lenten spring, as so beautifully told by Fr. Hopko, [was and] is a period of time "welcomed by the Christians in the Church, not as a time for self-inflicted agony [or punishment]; rather, a season for the correction, purification and enlightenment of the total person." In other words, Great Lent is a time set apart for battling the evil spirits by praying and fasting; and thereby, allowing the blossoming forth of the "fruit of the Holy Spirit." That is, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness. (cf. Galatians 5:22ff) To put it another way, Great Lent is the period of time "set apart for the complete and total dedication to the things of God, and to God. Moreover, it is the 'tithe of the year' which tells us that "all times and seasons belong to the Lord."

We, in turn, at least during this period of time, give of ourselves completely to matters of the Lord: almsgiving, doing things for others, visiting the sick and infirm, etc. To put it yet another way, through serving and helping our fellow man, not only do we show our love for others, we really demonstrate our

(Continued on page 4)
By Prayer, Fasting and Almsgiving

love for God. This in great measure, is how we can grow in spirit and be more like a God; it is, at least partly, how we can grow spiritually in hope of Theosis— for God exemplifies and is Love. The hymn below from Matins of Cheesefare Monday summarizes the foregoing:

_The door of divine repentance has been opened. Let us enter with fervor, having cleansed our bodies, Observing abstinence from foods and passions in obedience to Christ who has called the whole world to His Heavenly kingdom, offering to the Master of all this tithe of the year, that we may look with love upon His Holy Resurrection._

The key to all of the above, and what is part and parcel of the fruit of the Holy Spirit, is LOVE and kindness. There is a prayer which is undoubtedly the most frequent prayer recited, certainly in all Orthodox services, that sometimes we don't necessarily think about it or consider it as a prayer.

Perhaps, because it is so short; nor, do we interpret it as meaning or having to do with love and loving-kindness. The prayer that I am referring to is _Kyrie eleison_, Lord have mercy. Usually, we think about "mercy almost exclusively in terms of justice." We think about it in juridical terms as having been justly judged and condemned. Therefore, "Lord have mercy" to us really means "Lord, grant us pardon." Or, as Fr. Hopko puts it, Lord let us off--let us of the hook! Although _eleison_ comes from the Greek word _eleos_, and is most often translated as mercy, in scripture and tradition it is a word that also connotes or is understood to mean goodness, kindness, generosity, and love.

For example, St. John the Merciful, a patriarch of Alexandria, was known as a helper and servant of the poor, the lowly, the downtrodden, the needy, the afflicted; so much so, that he is also known as St. John the Almsgiver. _Eleison_ is understood as goodness, generosity, and love because in fact the concept and word really come from the Hebrew word _hesed_. No one word can be used to convey its meaning adequately. It can be interpreted with any one or several words in combination of the following: steadfast love, tenderness, loving-kindness, covenantal love; or simply, LOVE. It also carries the connotation of graciousness, generosity, bounty, and compassion."

 Interestingly, in prayer it is used as a verb; and because God has revealed himself to us precisely as having those characteristics, when we pray and say _Kyrie eleison_, what we are really asking God is be unto us as He is; we are really asking God: "act towards us as You do!" Having mercy is God's most distinguishing characteristic as revealed throughout the Bible. His steadfast love (_hesed_) upon His covenanted people—again, _hesed_ or covenantal love is God's main occupation!

So, let us gather together in our quest to repent (_metanoia_), and with our Lord's help, pray, fast, support each other, as we pray to our Lord to grant us forgiveness, strength, and guidance. In the words of the prophet, Joel:

"
_...Blow the trumpet in Zion...Sanctify a fast, call a solemn assembly. Gather the people to the house of the Lord your God; and cry out to the Lord._

(Joel 2:15b and 1:13)

"Yet even now," says the Lord, "return to Me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the Lord, your God, for He is gracious and merciful, Slow in anger, and abounding in steadfast love [_hesed_], and repents of evil."

(Joel 2:12-13).

Let us recall the first thing our Lord and Savior proclaimed at the onset of His ministry, after leaving the wilderness where He fasted and overcame temptation:

"Repent, the Kingdom is at hand."

Let us, then, repent and prepare to meet our Lord at _Pascha_—He is waiting for us. Amen

+Fr. Demetri
Ordination to Holy Diaconate

On March 25, 2022, Annunciation Greek Orthodox Cathedral parishioner Rob Wise was ordained to the Holy Diaconate by His Eminence Metropolitan Isaiah of Denver. Deacon John, as he is now known, completed the Archdiocese diaconate program at Holy Cross in Boston several years ago and has been serving our Cathedral parish in various capacities including as a Sunday school teacher over the past many years.

We congratulate Deacon John and wish him and Diakonissa Meredith and their children Robert, Maryn, and Ava, many years in their ministry to Christ and His Church. AXIOS!!

Y2AM
Fr. Efstratios Magoulias

Greetings in the Name of our Lord, God, and Savior, Jesus Christ!

“There is no Orthodox spirituality without participation in the Divine Eucharist, through which as believers we become one body, a communion of persons, the community of life, participants of the “common salvation” in Christ the Savior, who is the “common good.”’’ This quote from the catechetical homily for the beginning of Great Lent by His All Holiness, Patriarch Bartholomew perfectly summarizes our goal and mission of our Youth ministries, here at our Annunciation Cathedral. When we are in Communion with Christ, we can be in communion with each other. Thus, all our ministries stem from the Sacrament of the Holy Eucharist, that is, the Divine Liturgy.

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It is amazing to think that it has almost been a year since being assigned to the beautiful community. The phrase, “Time flies when you’re having fun,” is definitely true, and we have been having a lot of fun with our youth and young adult ministries!

We have expanded our “Small Group” discussion model from our Sr. GOYA, to now having individual discussions with Jr. GOYA, College age, and Young Professionals. In this setting, our approach is an open discussion, not a lecture, in which we discuss about what it means to be an Orthodox Christian, how we live our lives as Orthodox Christians in an ever changing and secular world, and the Orthodox response to society today. It is amazing to see how far we come when we have open dialogue about our faith, our beliefs, and how we grow and support each other as a Cathedral community.

I would run out of space if I included all the wonderful meetings, discussions, and interactions we’ve had over the course of the year. So I will simply include a few photographs that highlight our amazing year. To stay up to date with all our Youth and Young Adult Ministries, please read the Sunday Bulletin, and follow us on Instagram (@agoc_y2am).

**Youth and Young Adult Ministries at our Cathedral:**

- Jr. GOYA (6th-8th Grades)
- Sr. GOYA (9th-12th Grades)
- Acolyte Ministry
- Youth and Young “Mixed” Adult Choir
- College Ministry
- Young Professionals (22-35-ish)

**Orthodox Resources online:**

AGOC Youth and Young Adult Ministry
Instagram: @agoc_y2am

Orthodox OWL Instagram:
@Orthodox_OWL

Wishing you a blessed Feast of the Annunciation and a fruitful spiritual journey toward the Resurrection of our Lord, God, and Savior, Jesus Christ!

Faithfully, I remain,
+Fr. Efstratios J. Magoulias
Dear families,

Our school continues its successful year filled with academic excellence and wonderful cultural events.

The school year started on Friday September 17 with the blessing from Father Michael. Our children’s program has two kindergarten classes, and seven elementary classes. We also have several Ellinomathetia classes online for teens and adults. Our adult program has three classes in person, Beginners, Beginners II and Intermediates, as well as several online classes from intermediate to advanced levels.

We are blessed to have eleven very qualified, and talented teachers who work tirelessly to provide the best education in the Greek Language and Culture to our students.


This year we have added a very creative and innovative enrichment program, STEM or “Επιστήμη στα Ελληνικά”. Our teacher, Mrs. Peggy Livanios, prepares science lessons and experiments in Greek and our students learn about famous Greek scientists and mathematicians and their work, such as Archimedes, Pythagoras, and others. They learn the vocabulary and discuss scientific concepts in Greek and most importantly they perform the actual experiments that adds so much to their learning and enjoyment. We are very happy and proud for this amazing program!

On Friday October 29, we celebrated OXI Day. Our students recited poems and sang. The event was well attended, and we all had the opportunity to honor the Greek History and feel proud for our children and our heritage. The Greek Consul in Houston, Mr. Lambros Kakissis, also attended our event.

OXI Day Celebration, October 29, 2021
On December 12 our young students had a special activity. Both kindergarten classes gathered to bake Christmas cookies. Thank you to our teachers, Mrs. Vrettos and Mrs. Padley, for organizing this fun activity.

Christmas Cookies Baking – Pre-K and Kindergarten Classes

On December 17, we had the Christmas celebration. The students, all dressed in their festive clothes, sang the traditional Greek carols as well as other fun Christmas songs. Father Michael blessed the celebration, and after the program all school families enjoyed a pizza dinner and a magic show organized by the PTO.

Christmas Celebration, December 17, 2021

The New Year started with the cutting of the Vasilopita and blessing by Father Demetrios. Thank you to Niko Niko’s restaurant for donating the vasilopitas.

Vasilopita Day, January 14, 2022

On February 11 we celebrated the International Day of the Greek Language. All classes prepared a creative activity to show their love for the Greek Language.
“Our school celebrated **Greek Independence Day** on Sunday, March 27 at the Martel Hall. Our students, dressed in the traditional costumes, recited poems and performed traditional dances. We thank all who attended this important event to honor Greek history and culture. After the program, an Open House and reception was held and gave all an opportunity to meet the director and teachers, and to see up close, our academic and cultural program. Pizza and ice cream were enjoyed by all, sponsored by our PTO.”

Thank you to the **PTO board:** Mrs. Helen Simotas-Vasos (president), Mrs. Evy Pappas, Mrs. Laura Fyssas, Dr. Sepi Carvounis, Mrs. Colette Collins, Mrs. Pam Papadopoulos, Mrs. Afentra Allen, Mrs. Sophia Tsakiri, and all the parents for helping with our fundraising and cultural events.

Finally, I would like to present our program for adults. We offer Modern Greek Language classes for every level: Beginner, Intermediate, and Advanced. The classes take place in person every Tuesday at 6:30 pm. We encourage everyone to attend our classes and see how exciting it is to learn the Greek language.

Please, contact me for more information about the children and adult programs, our upcoming cultural events, and different ways to help and support the Greek School.

**Best regards, Καλή Σαρακοστή και Καλό Πάσχα!**

**Katerina Kontogeorgaki**

School Director, [katerinakonto@agoc.org](mailto:katerinakonto@agoc.org) Tel: 281-250-8178
The Oratorical Festival is a longstanding Program of our Greek Orthodox Archdiocese that provides a unique opportunity for young people to reflect upon and express what their faith means to them. It is a chance for them to examine their faith and articulate their beliefs. It is an important forum for young Orthodox Christians in Elementary school (Grades 4-6), Junior level (Grades 7-9) & Senior level (Grades 10-12) to participate. During Sunday Church School, teachers take about a month prior to their students’ presentations, to help them select topics and write presentations for this parish event: 2022 St. John Chrysostom Parish Oratorical Festival.

The Elementary Oratorical Festival for Sunday Church School Grades 4-5-6, was held at our Cathedral on Sunday, February 27, at 11:15 am. In their presentations, in the Elementary Festival, children expressed their feelings about their Faith and Church, which provides an incentive for later participation in the Junior and Senior Divisions. Nineteen (19) students participated in the Elementary Oratorical Festival. The Parish Oratorical Festival for students in the Junior Division (Grades 7-9) and Senior Division (Grades 10-12) was held Sunday, March 6, in-person, following the Divine Liturgy.

In the Parish Oratorical Festival, students select a topic, research, write a paper, and make a presentation before judges, parents, clergy, and fellow participants to compete for a spot at the Metropolis and Archdiocese levels to represent our Cathedral. The topics the Junior and Senior Division applicants had to choose from were pertinent to our post-COVID world and the relevancy of Church in their lives. They were given the opportunity to research and gain a deeper knowledge of their faith. They presented their topic to an attentive audience.

Fourteen (14) students participated in the Parish Oratorical Festival. The following young people participated in the Junior Division of the Oratorical Festival: Kyriaki Postolos (Gr 9), Nicholas Strickler (Gr 9), Samantha Anaipakos (Gr 9), Dimitri Teas (Gr 8), Eleni Rose Strickler (Gr 7), Michael Sierra (Gr 9), and Eliana Sierra (Gr 7). The Senior Division participants were: Georgia Polydoros (Gr 11), Robert Wise (Gr 10), Anastasia Strickler (Gr 11), Paraskevi Sierra (Gr 11), Nicholas Lambakis (Gr 11), Alexandra Maglaras (Gr 10), and Michael Elgohary (Gr 11).

Junior Division Judges: Kosta Georgeton, Maximus Weimmer, Maria Milios, George Pappas and John Varcados. Senior Division Judges: Greg Halvatizis, Maria Pappas, Nicholas Hadjigeorge, Argyro Milios and Anastasia Zavitsanos.

Junior Division Winners: 3rd Place: Kyriaki Postolos, Topic: Discuss how you would share your Orthodox Christian faith with a visitor in your parish; 2nd Place: Samantha Anaipakos, Topic: In our personal prayer and liturgy, we usually make requests of God. Discuss why we make these petitions and how God fulfills them; 1st Place: Eleni Rose Strickler, Topic: Choose a saint whose life has been important to you or your family. Discuss what you find most inspiring about this saint and what others can learn from how they lived their life.

Senior Division Winners: 3rd Place: Robert Wise, Topic: From the earliest days, Christian worship has been community-based, not only solitary, and Christians formed communities where the members learned from and took care of one another. Why is it important to be part of a Church community, and how is this relevant today? 2nd Place: Anastasia Strickler, Topic: also spoke on the same topic. 1st Place: Michael Elgohary, Topic: In every Church service, we pray for ‘peace in the world,’ usually many times. Yet war and violence persist. What is the Orthodox Christian approach to war and violence?
Our Cathedral awards scholarships to the Junior and Senior Division, 1st, 2nd & 3rd place: $750; $350, and $250. The Metropolis and Archdiocese also award additional incentives. Great job to all the participants…Well Done!

**Eleni Rose Strickler** and **Michael Elgohary** will represent the Cathedral in-person at the Denver Metropolis Festival that will be hosted by Saint George Greek Orthodox Church, Oklahoma City, Oklahoma, April 1st-3rd. The Archdiocesan National Festival will be hosted by Holy Trinity Greek Orthodox Church, Dallas, Texas, June 3-5th.

**Congratulations!** Many thanks to **Maria Georgeton**, Parish Oratorical Festival Chair, MC: **Pahno Georgeton**, photographer: **Kati Hewitt**, Timekeeper: **Anastasia Economides**, participants and parents.

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On March 24, 2022, Annunciation Orthodox School’s Name Day Celebration finally returned to its original in-person format since 2019! Faculty, staff, students, families, and special guests joyfully gathered in the Steve G. Caloudas Activity Center to celebrate Greek Independence Day and the Feast Day of the Annunciation. Hundreds of Greek flags, endless smiles, and a strong sense of community filled the room.

The program began with a presentation of the Greek and American flag followed by an icon of the Annunciation and the AOS seal. Students sang the national anthems of both countries and Fr. Efstratios led a prayer service that included the Hymn to the Theotokos. AOS also had the honor of hosting Mr. Lambros Kakissis, Consul of Greece in Houston. Mr. Kakissis shared a meaningful message about liberty and freedom, the ideals upon which Greece was founded.

Festivities continued with several performances from students of all ages. Jones Center students recited a thankfulness prayer, Kindergarten and first grade sang a “Xronia Polla” song to AOS, and second grade sang the well-known Greek children’s song, “Feggaraki.” Students of Orthodox faith and/or Greek descent in second through eighth grade performed traditional Greek dances from a classic Kalamatiano, to an upbeat Hasaposerviko. The morning concluded with sunshine and koulourakia for all!

This year’s program was dedicated to AOS grandparent and AGOC parishioner, Kosta Kyriasoglou. May his memory be eternal.
Houston AHEPA Family Receives National Recognition for its Affordable Housing Projects

U.S. Department of Housing and Urban Development Secretary Marcia L. Fudge visited the AHEPA 29 Senior Apartments campus in Houston, on March 14, 2022.

Houston Ahepa Family Members proudly welcomed Secretary Fudge and her staff to our buildings where they bestowed the high National honor of best and most outstanding upkeep and maintenance of its AHEPA/Daughters of Penelope six affordable living buildings. A proud day for the City of Houston and our AHEPA Family for all they do to assist Houston's Seniors.

U.S. Rep. Al Green (D-TX), who represents the congressional district where the campus is located, and U.S. Reps. Sheila Jackson Lee (D-TX) and Lizzie Fletcher (D-TX), who represent surrounding congressional districts in Houston, accompanied Secretary Fudge.

According to Secretary Fudge, the property was in such good shape that it was "hands down one of the best she’s seen in the country."

Kali Parea
Widows’ Ministry

Monthly Fellowship Luncheons
Visitations Upon Request
Charity Projects

“Blessed are those who mourn, for they will be comforted.”
(Matthew 5:4) *

Kali Parea is a support ministry for widows of all ages, religions, and social backgrounds. As an outreach of our Orthodox faith, (James 1:27) and a stand-alone ministry under the Ladies Philoptochos Society, there are no dues to join, no elected officers, only fellowship and support for widows in our community. Our three Committee Advisors are Mary Minas, Helen Sgarbi, and Harriett Semander. Father Demetri Tagaropulos is our Spiritual Advisor. We offer friendship, grief support, and spiritual uplifting during a difficult and changed period in your life. Please call on us to visit with you and join our circle of strength in hope that you will emerge on the other side of sorrow, a whole and healed person in Christ.

Monthly Kali Parea Fellowship Luncheons (Dutch Treat) will begin starting March 19, 2022. Locations will be announced each month in AGOC Sunday Church Bulletins. Luncheons are scheduled monthly, with two (2) exceptions this year: none in April and November.

* “Those who mourn sorrow over the suffering of this life (9:23), the suffering of others (Jn 11:35), the state of the world (Lk 19:41), and their own sins (Lk 7:36-38). All of these are comforted by the power of God both in this world and in the age to come. Holy Sorrow is part of repentance, conversion, and virtuous action, and is the first fruit of infinite joy. It is to be distinguished from ungodly sorrow, a sadness that leads to despair. (2CO7:10)”
Orthodox Study Bible

“We have within us deeply rooted weaknesses, passions, and defects. This cannot all be cut out with one sharp motion, but patience, persistence, care and attention. The path leading to perfection is long. Pray to God so that he will strengthen you. Patiently accept your falls and, having stood up, immediately run to God, not remaining in that place where you have fallen. Do not despair if you keep falling into your old sins. Many of them are strong because they have received the force of habit. Only with the passage of time and with fervor will they be conquered. Don't let anything deprive you of hope.”

– St. Nectarios of Aegina -“Path to Happiness”
## Cathedral Calendar
**April 16 – May 31, 2022**

### APRIL

- **Saturday, April 16** – **Saturday of Lazarus**
  - Orthros 8:30 am / Divine Liturgy 9:30 am

- **Sunday, April 17** – **Palm Sunday**
  - 8:15 am – Orthros
  - 9:30 am – Divine Liturgy
  - Palm Sunday Fish Dinner following Divine Liturgy, Martel Hall, Sponsored by Philoptochos
  - 7:00 pm – Service of the Bridegroom

- **Holy Monday, April 18**
  - 7:00 pm – Service of the Bridegroom

- **Holy Tuesday, April 19**
  - 7:00 pm – Service of the Bridegroom

- **Holy Wednesday, April 20**
  - 8:30 am – Presanctified Liturgy
  - 3:00 pm – Sacrament of Holy Unction
  - 7:00 pm – Sacrament of Holy Unction

- **Holy Thursday, April 21**
  - 8:00 am – Vesperal Divine Liturgy of St. Basil
  - 7:00 pm – Service of the Passion of Our Lord / Reading of the Twelve Gospels

- **Holy Friday, April 22**
  - 9:00 am – Royal Hours
  - 3:00 pm – Apokathilosis / Descent from the Cross
  - 7:00 pm – Epitaphios Thrinos / The Lamentations

- **Holy Saturday, April 23**
  - 8:00 am – Vesperal Divine Liturgy of St. Basil
  - 11:00 pm – Resurrection Orhros / Divine Liturgy

- **Holy Pascha, April 24**
  - 11:00 am – Agape Vespers
  - 12:30 pm – Easter Egg Hunt, Courtyard

- **Bright Monday, April 25** – **Saint George (Cathedral)**
  - 8:30 am – Orfhros / 9:30 am – Divine Liturgy

- **Bright Friday, April 29** – **Theotokos of the Life-Giving Spring**
  - Orthros 8:30 am / Divine Liturgy 9:30 am
  - 10:30 am – Senior Citizens Pascha Celebration, Martel Hall, sponsored by AHEPA & Daughters of Penelope

- **Saturday, April 30**
  - 6:00 pm – Greek School Protomaya & Spring Celebration, Martel Hall

### MAY

- **Sunday, May 1** – **Thomas Sunday**
  - Orthros 7:45 am / Divine Liturgy 9:00 am / SCS 11:15 am

- **Thursday, May 5**
  - 6:30 pm – Sr. GOYA Small Group, offsite

- **Sunday, May 8** – **Sunday of the Myrrh Bearing Women**
  - Orthros 7:45 am / Divine Liturgy 9:00 am / SCS 11:15 am

- **Tuesday, May 10**
  - 10:15 am – Sr. Citizens Meeting & Lunch, Martel Hall

- **Wednesday, May 11**
  - 1:00 pm – Bible Study, Room 219
  - 7:00 pm – Bible Study via ZOOM only (sign-in 6:50pm)

- **Friday, May 13**
  - 5:00 pm – Greek School – Children

- **Sunday, May 15** – **Sunday of the Paralytic**
  - Orthros 7:45 am / Divine Liturgy 9:00 am / SCS 11:15 am

- **Tuesday, May 17**
  - 10:15 pm – Sr. Citizens Meeting & Lunch, Martel Hall

- **Wednesday, May 18**
  - 1:00 pm – Bible Study, Room 219
  - 7:00 pm – Bible Study via ZOOM only (sign-in 6:50pm)

- **Thursday, May 19**
  - 6:30 pm – Sr. GOYA Small Group, offsite

- **Friday, May 20**
  - 5:00 pm – Greek School – Children
  - 6:00 pm – Greek School Graduation, Martel Hall

- **Saturday, May 21** – **Sts. Constantine & Helen**
  - Orthros 8:30 am / Divine Liturgy 9:30 am

- **Sunday, May 22** – **Sunday of the Samaritan Woman**
  - Orthros 7:45 am / Divine Liturgy 9:00 am
  - SCS Attendance & Graduates’ Honors, Cathedral Reception Honoring AGOC Graduates, Martel Hall

- **Wednesday, May 25**
  - 1:00 pm – Bible Study, Room 219
  - 7:00 pm – Bible Study via ZOOM only (sign-in 6:50pm)

- **Sunday, May 29** – **Sunday of the Blind Man**
  - **Summer Hours Begin**
  - 8:15 am Orfhros / 9:30 am Divine Liturgy

- **Monday, May 30**
  - Memorial Day – Cathedral Office Closed
# WEDDINGS

Emily Anne Blount and Thomas James Anastos  
Sponsor: Vanessa Adinamis  
Elizabeth Jane Pefanis and Coleman Taylor McAuley  
Sponsor: Nicholas Pefanis

Jannel G. Valdez and Michael T. Salas  
Sponsor: Maria Hazlaris

Dena Elizabeth Pappas and George Andrew Popps  
Sponsor: Steven Popps

Lauren Marie Patterson and Theodore John Patestos  
Sponsor: Elena Patestos

Olivia Alexandra Chriss and Cary Myers Forgeron  
Sponsor: John Chriss

Melissa Dallas Wood and Robert Jerry Vaughn III  
Sponsor: Krista Webster

Mallory Lee Pangarakis and Anastasios Christos Kritikakis  
Sponsor: Lucas Postolos

Noelle Evthokia Mallios and Brandon Blackwell Stuart  
Sponsor: Zoe Mallios

Mariana Najera Maldonado and Thomas Franklin Millary  
Sponsors: Cara and Brett Carollo

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# BAPTISMS

Charli Mae (Despina)  
Parents: Amber and John Kaplanis  
Godparent: JoAnne Papajohn

Olivia Elizabeth Arlen (Ioanna)  
Parents: Dorothy and Jason Thomas  
Godparents: Georgia and Bill Zaemes

Mary Harris  
Parents: Alexandra and Harris Demetri Pappas  
Godparents: Christie and George Vlahakos

Panagiota Michelle (Panagiota)  
Parents: Chrisoula and George Balias  
Godparents: Aliki and Nikolaos Zagorianos

Jelena Kay (Helen)  
Parents: Tijana and Lance Parker  
Godparent: Emilia Arezina Harris

Alena James (Ava)  
Parents: Natasha and Ryan Roller  
Godparent: Alexander Teague Harris

Amelia Grace (Sophia)  
Parents: Natasha and Ryan Roller  
Godparent: Alexander Teague Harris
Eden James (Elena)
Parents: Alexis and Steven Caruselle
Godparent: Eleni Maria Orf

Christopher James
Parents: Daphne and James Christopher Pappas
Godparent: Loukas Kozonis

Mila Ruth
Parents: Kelsey and Alexander Miron
Godparent: Kristen Mirontschuk

Theodore Fransisco (Theodore)
Parents: Anamaria and Thomas Boundas
Godparent: Nikolaos Bountas

Antonia Paraskevi
Parents: Irene and Andrew Giannakakis
Godparents: Mary and Terry Christie

Leonidas Konstantinos (Leonidas)
Parents: Anastasia and Gus George Fress II
Godparents: Ashley and Christos Batsios

Luca Alexander (Luke)
Parents: Courtney and Stephan Selinidis
Godparent: Anna Mateja

Nikolas Thomas (Nicholas)
Parents: Courtney and Stephan Selinidis
Godparent: Macie Mateja

CHRISMATIONS
Aelan Michaela Merszei
Sponsor: Sonata Susanna Karas Abbott

FUNERALS
Elpis Antoniou
James Bagatelas
Hrisafia Bekiaris
Jimmy Demeris
Karl Theodore Geoca
Constantine “Costa” Kaldis
Costantino (Kosta) Kyriasoglou
George Harry Mickelis
Patricia Canfield Mickelis
James Thomas Papadakis
Sophia Gregory Papas
Mary Halkias Snyder
Gail Sullo

“If you want to help the Church, it is better to try to correct yourself, rather than be looking to correct others. If you manage to correct yourself, one small part of the Church is immediately corrected. Naturally, if everyone did the same, the body of the Church would be in good health. But, today, people concern themselves with anything but themselves. You see, judging others is easy, whereas working on yourself takes effort.”

– St Paisios of Mount Athos
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or email at Katerinakonto@agoc.org

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The day’s adventure ends at: 12:30 pm

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- **By mail:**
  - Complete and mail your pledge card and payment to the Cathedral office.

- **By phone:**
  - Call AGOC Administrator Myka Evans at 832-242-9256.

- **By text:**
  - Simply send a text to 713-766-6357 with the amount you wish to contribute and you will receive a registration link.

If you have any questions about how to make a pledge, please contact the Cathedral office.