



Ecclesiastical Year 2017-2018

September 1 marks the beginning of the Ecclesiastical Year and the resumption of Holy Trinity’s array of ministries. Weekly activities for **Seniors** continue September 6. Beginning that day, we will begin chanting **Small Paraklesis** at noon the first Wednesday of the month. **Byzantine music classes** continue that evening and **GOYA** resumes after a summer hiatus. The following evening **Orthodox Forum** (young adults) picks up where it left off in the spring.

The first day of **Sunday School** is September 10. **The Sunday School Registration Form is on pages 9 and 10 of the Familian.** Please remember that students are requested to worship and receive Communion with their families, not sit in a special Sunday School area of the sanctuary.

Paradosi (Greek language and dance) begins its new year September 19 and that same evening **Faith & Fellowship** (small groups) commences a study of 1 & 2 Thessalonians.

Finally, please note that **Great Vespers** will be chanted most Saturdays at 6:00 pm.

Please remember to check the online calendar for the latest updates to the Parish schedule.

Inside this issue:

Paradosi (Greek Dance & Language) Information	2
Family Worship	2
Ministry News	3
Elevator News	4
Hoppe Family	4
Donors Needed for New Altar Coverings	5
Elevator News	5
Agape Stitchers	5
Sacraments & Funerals	6
Dinner Dance	6
Financial Summary	7
September Calendar	8

Sunday School Registration Forms	9
Family Matters	11
From Presvytera Valerie	12

Special points of interest:

- *Ministries kick off in September*
- *Elevator construction to begin soon*
- *Altar Covering Donors Needed*
- *Agape Stitchers*
- *Dinner Dance Save the Date*
- *Sunday School Registration Forms*
- *Warning Signs of Caregiver Burnout*

Paradosi-Greek Language & Dance

We are very excited to announce the return of the Paradosi Program. This program which brings together Hellenic language, dance, and culture is a great opportunity for youth in our community to gather for fellowship and fun. This year is especially exciting as our Metropolis' Folk Dance Festival (FDF) will take place this year in San Francisco.

We will be kicking off our year with two very important meetings:

Sunday September 10 (12:45 pm / Following Divine Liturgy): Parent meeting for families interested in participating in FDF in the Church.

Tuesday September 12 (6:00 pm): Mandatory parent meeting for all families in the program (language and dance) in the Christopher Center Bookstore.

The Paradosi Program meets on Tuesdays with the following schedule:

Greek Language

5:30 - 6:00 pm (Elementary)

6:00 - 6:30 pm (Middle / High School)

Greek Dance

6:00 - 6:30 pm, (Elementary)

6:30 - 8:00 pm (Middle / High School)

Registration for Greek School: \$250

Registration for Greek Dance: \$200 (\$100 at the beginning of the year and \$100 if the group goes to FDF)

Register for both: \$400

Depending on maturity and ability, instructors of Language or Dance classes may recommend different placement of a student to better meet their needs.

What is Family Worship?

One of the most effective ways a family can form the faith of its children is to arrive at Divine Liturgy in a timely fashion and then sit and receive Communion together. Formerly at Holy Trinity Sunday School children sat together in the front rows so that they could receive the Eucharist first and then proceed immediately to Sunday School. Now that two clergy are serving the Parish, Communion is now distributed more quickly. This means that Holy Trinity's youth can wait to receive with their family and still have plenty of time for their Sunday School lesson. Please do not send children to be seated in the front of the church prior to Communion. Please sit together and partake of the Eucharist as a family.

What's So Great About Faith & Fellowship?

Faith & Fellowship is Holy Trinity's signature small groups ministry that offers parishioners, their families, and friends an opportunity to learn more about the Bible while forming deeper relationships with one another. After dinner (which begins at 6:30 pm), participants break up into groups for 60 minutes of discussion centered on the daily lesson. The evening concludes promptly at 8:30 pm, following a large group wrap-up. Annually, 50-60 persons participate in these Tuesday weekly gatherings.

The next series begins September 19 and will study 1 & 2 Thessalonians. Everyone is welcome, so please plan to participate, and spread the word about this life-changing ministry!

GOYA (Teen) Forum

This past spring, Holy Trinity's GOYA went through a reboot, resulting in a rededication to regular participation, a commitment to learn about the faith, and the formation of a ministry predicated on prayer and mutual support and acceptance. Our teens resume meeting Thursday, September 14 at 6:45 pm. Every meeting concludes promptly at 8:30 pm. The GOYA will also meet September 28 at 6:45 pm.

Orthodox Forum

This self-led gathering of young adults meets the first and third Thursday of every month at 7:30 pm. Participants choose the subjects for these self-directed discussions. Father Aris is present and most meetings end with the reading of Small Compline in the church. Young adults from as far as Sacramento and the South Bay regularly attend. Invite your friends!

Seniors' News

The Seniors' Fellowship meets every Wednesday at 10:00 am. The third Wednesday of the month, the meeting begins at 11:00 am and lunch follows. On these third Wednesdays there is a discussion with Father Aris.

The Seniors hope to organize an overnight pilgrimage to the Monastery in Dunlap. ANYONE (senior or not) who is interested in making this trip are kindly requested to contact Connie Bille.

September to Bring Expanded Liturgical Calendar

Beginning September 9, we will chant Great Vespers most Saturday evenings at 6:00 pm. The vespers service begins the liturgical observance of the next calendar day and the traditional means of preparing oneself for the next day's Divine Liturgy.

Also, we will chant the Small Paraklesis the first Wednesday of every month at noon, following the week's Seniors' Fellowship. This service prays for the peace, health, safety, and salvation of the living. Names to be commemorated can be submitted the day of the service or by calling the church office.

Elevator News

On July 23 the Parish Assembly voted to move forward with the installation of the new elevator. Construction should begin in September and wrap-up before the end of the year. The Parish Council is formulating a fundraising plan to raise the \$125,000 needed to prevent Holy Trinity from taking out a loan to pay for the project which will be shared with the Parish later this month.

The Hoppe Family: Serving in Albania

Nathan and Gabriela are working to inspire, train, equip and lead Albanians to proclaim the Gospel and make disciples in Albania. They feel a tremendous urgency to follow Christ's command to make disciples of all nations in this land where less than a generation ago, complete atheism was enforced by the totalitarian communist government. Albania is one of the fastest changing countries in the world as it moves to integrate economically and culturally with Western Europe. The Orthodox Church of Albania has experienced a resurrection under the inspired leadership of Archbishop Anastasios. This resurrection is one of the miracles of the Orthodox world today but it is a fragile miracle and there is still much work to do.

The ministry of the Hoppe's is focused on seminary students, university students and children. Nathan teaches the early church fathers at the Resurrection of Christ Theological Academy and leads the ministry to students at the University of Tirana. Nathan also directs the Central Children's Office of the Orthodox Church of Albania, a ministry in which he works closely with Gabriela. He represents the Orthodox Church of Albania at a number of international gatherings including the official dialogue with the Roman Catholic Church and the dialogue with the Lutheran World Federation. Nathan also serves on the steering committee of the Lausanne-Orthodox initiative (LOI), is a member of the Advisory Council for World Vision Albania and is on the board of the Inter-Confessional Bible Society. Together Nathan and Gabriela lead a team of 25 Albanian Orthodox youth to Kosovo each year where they hold friendship camps for about 1500 Muslim Albanian children. These camps are part of the social and philanthropic work of the Orthodox Church of Albania.

Nathan was born and raised in Colombia, South America, where his parents continue to serve as missionaries. He is a graduate of Wheaton College and Holy Cross Greek Orthodox School of Theology. Nathan has now served in Albania for more than 16 years. Gabriela, a native of Albania, is a graduate of the Resurrection of Christ Theological Academy and the University of Tirana she also holds a master's degree in Children's and Family Ministry from Bethel Seminary. In addition to her role in the Central Children's Office, Gabriela devotes much time to her important responsibilities as wife, mother and homemaker.

The Hoppes have three children, Tristan, Katherine, and Daniel.

Please remember to include the Hoppe family in your daily prayers.

New Altar Table and Chalice Coverings

This summer the Parish began replacing its well-worn coverings for the altar table, chalice, and paten, with brand sets in all of the traditional liturgical colors. Evangelia Kanakis is donating the labor, but sponsors are needed to cover the cost of the material. Persons interested in helping to defray the cost of the red, blue, green, purple, white, and gold coverings (\$400 per set) are kindly requested to contact the church office.

Help Wanted: Greeters

You don't have to be a member of the Parish Council to be a greeter at our services. In the coming weeks, our Parish Council will be personally inviting parishioners to serve the Parish in the tasks of welcoming, organizing the candles, and passing the tray. But why wait to be asked? Speak to a member of the Parish Council or one of the Parish clergy about becoming a greeter!

Agape Stitichers Spring Distribution

On May 31, 2017, the Agape Stitichers distributed bundles of love to the following organizations in hopes of helping those in need:

San Francisco General Hospital	UCSF Benioff Children's Hospital, Pediatric Oncology
Janice Mirikitani Family, Youth & Childcare Center	UCSF Benioff Children's Hospital
Homeless Prenatal Program	Epiphany Center
St. Luke's Hospital	Dr. Weber and Dr. Yamamoto, Oncologists
V.A. Medical Center, Fort Miley	

The "bundles include the following items:

Handmade knitted blankets (30)	Sippy cups (8)
Knitted scarves (16)	Children's bowls and utensils (43)
Knitted hats (95)	Tote bags (137)
Fleece blankets (52)	Cosmetic bags and packages (57)
New children's clothes (263)	Coloring/activity books (214)
Children's socks (980 pairs)	Pencils, Pens and Crayon packages (93)
	Flash card sets (35)

Baptisms

Eleni, daughter of John & Stavroula Cannon, May 21. Sponsor: Sotiria Koutoulas

Elisheba Warner, June 24. Sponsor: Dimitrios Platis. (Adult)

Spiros, son of Dimitrios & Evangelia Platis, June 24. Sponsor: Elisheba Platis

Justin, son of Aaron & Kristen Isom, August 18. Sponsor: Jacob Saylor.

Chrismation

Garrett Victor Owoc, June 25.
Sponsor: Hara Dilley.

Weddings

Anthony Tilleskjior & Stephanie Christie, May 20. Sponsor: Constantine Kolokotronis

Athanasios Noulas & Ieva Jeglinskaite, June 10. Sponsor: Theofanis Karaletsos

Basel Qumsiyeh & Nicole McKinney, June 17. Sponsor: Fares Qumsiyeh.

Dimitris Platis & Evangelia Karyofilli, June 24. Sponsor: Olga Tsaprali.

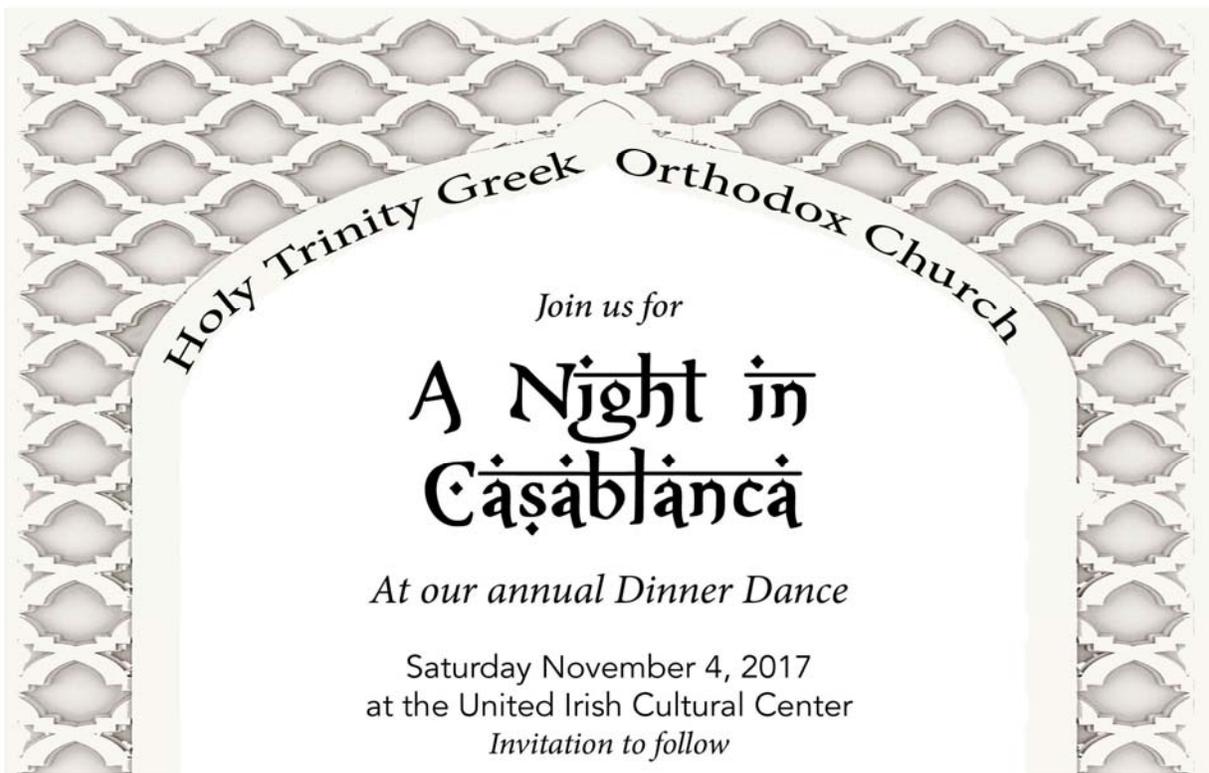
Julian Dionysios Platis & Elisheba Warner, June 24. Sponsor: Eleftheria Plati.

Funerals

Ellias Lou Phillips, May 22.

Olga Andrews, July 7.

Penelope Zouzounis, August 5.



Parish Financial Summary as of July 30

Balance Sheet Comparison

	<u>July 31, 2017</u>	<u>July 31, 2016</u>
General Checking	\$121,155	\$156,128
Schwab	\$60,164	\$35,355
Combined Liquid Assets	\$181,319	\$191,483
ADA	\$456,263	\$240,362
Capital Improvements	\$58,778	\$53,628

Parish Financials:

	<u>July 31, 2017</u>	<u>July 31, 2016</u>	<u>\$Change</u>	<u>%Change</u>
Parish Gross Income	\$405,332	\$442,907	-\$37,575	-9%
<i>Contributing Factors: Non Member Donations (-\$17,699); Missions (-8,451); Wish List (-\$2,657)</i>				
<i>Worth Noting: 0% change in Stewardship; Trays up \$2,335, 16%.</i>				
Parish Expenses	\$425,041	\$423,038	\$2,003	1%
<i>While we are spending less in Missions, Utilities are up \$8,823 (23%); Dues and Commitments are up \$4,529 (8%); Repairs & Maintenance are up \$19,877.</i>				
Parish Net Income	\$20,683	\$54,913	-\$34,231	-62%

Center Financials

	<u>July 31, 2017</u>	<u>July 31, 2016</u>	<u>\$Change</u>	<u>%Change</u>
Center Gross Income	\$128,647	\$130,970	-\$2,323	-2%
<i>Non-Member Donations are down \$2,801, a reflection of the money that was given last year for new cameras.</i>				
Center Expenses	\$79,074	\$74,353	\$4,721	6%
<i>There are increases in Supplies (\$2,321); Utilities (\$2,677); and Repairs & Maintenance (\$1,559).</i>				
Center Net Income	\$49,615	\$56,658	-\$7,044	-12%

Overall Net Income

<u>Parish + Center</u>	\$70,348	\$111,571	-41,223	-36.9%
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Sunday Services Times:
 Matins 9:15 am
 Liturgy 10:30 am

Food Bank Distribution
 Saturdays 11:00 am to 1:00 pm.
 Volunteer at
tinyurl.com/foodbankHTSF

SEPTEMBER 2017

HOLY TRINITY GREEK ORTHODOX CHURCH

SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Diaper Sunday	4 Office Closed	5	6 Seniors' Fellowship 10:00 am Small Paraklesis 12:00 pm Byzantine Music Class 6:30 pm	7 Orthodox Forum 7:30 pm	8 Nativity of Theotokos Matins 9:00 am Liturgy 10:00 am	9 Vespers 6:00 pm
10 First Day of Sunday School	11	12	13 Seniors' Fellowship 10:00 am Vespers in Belmont No Music Class	14 Holy Cross Matins 9:00 am Liturgy 10:00 am GOYA 6:45 pm	15	16 Vespers 6:00 pm
17	18	19 Paradosi 5:30-9:00 pm Faith & Fellowship 6:30 pm	20 Seniors' Fellowship 11:00 am Parish Council 6:30 am No Music Class	21 Orthodox Forum 7:30 pm	22	23 Vespers 6:00 pm
24	25	26 Paradosi 5:30-8:30 pm Faith & Fellowship 6:30 pm	27 Seniors' Fellowship 10:00 am Byzantine Music Class 6:30 pm	28 GOYA 6:45 pm	29	30



HOLY TRINITY CHURCH

Holy Trinity Greek Orthodox Church Religious Education Registration 2017-2018

Last Name	First Name	Baptismal Name	DOB	Grade
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Mother's Name _____

Father's Name _____

Children's Primary Address

Family Email _____
Additional Email _____

Home Telephone _____

Mother's Cell _____ Mother's Work _____

Father's Cell _____ Father's Work _____

Emergency Contact _____

Relationship _____ Tel. Number _____

Medical Insurance Co. _____ Policy # _____

In Case of Emergency: Does the Holy Trinity Religious Education Staff have your permission to seek immediate care? _____ Yes _____ No (If you indicate no, please indicate what specific actions you desire to be taken.)

Please list any medical condition you feel the Holy Trinity Religious Education staff should be aware of including food allergies.

Parent/Family Participation

Please indicate programs in which you can assist:

- | | |
|---|--|
| <input type="checkbox"/> Saints Day Festival (Oct.)
<input type="checkbox"/> Harvest Outreach project (Nov.)
<input type="checkbox"/> Christmas Advent program (Dec.)
<input type="checkbox"/> Godparent Sunday (Feb.)
<input type="checkbox"/> Oratorical Festival (March – April)
<input type="checkbox"/> Holy Week/Good Friday Lenten
<input type="checkbox"/> Retreat (April)
<input type="checkbox"/> Other: Please indicate _____ | <input type="checkbox"/> Graduation (June)
<input type="checkbox"/> Sunday School Teacher or
<input type="checkbox"/> Substitute Teacher
<input type="checkbox"/> Sunday School Assistant Teacher
<input type="checkbox"/> Music Program
<input type="checkbox"/> Arts & Crafts |
|---|--|

Please indicate other church activities in which your children may wish to participate:

Activity	Child's or Children's Name(s)
<input type="checkbox"/> Greek Folk Dance	_____
<input type="checkbox"/> Greek Language	_____
<input type="checkbox"/> Basketball	_____
<input type="checkbox"/> Volleyball	_____
<input type="checkbox"/> Altar Boy	_____
<input type="checkbox"/> GOYA (High school)	_____
<input type="checkbox"/> JOY (3 rd -5 th grades)	_____
<input type="checkbox"/> HOPE (1 st -2 nd grades)	_____
<input type="checkbox"/> Summer Camp (St. Nicholas Ranch)	_____
<input type="checkbox"/> Faith and Fun Camp (Summer)	_____

We will see that the advisor/coach receives this information in order to contact you.

Parental Commitment

The Holy Trinity Religious Education department, with the blessing of Fr. Aris Metrakos, recognizes and acknowledges that parents are the primary educators of their children, most especially in our Orthodox faith.

It is the goal of the Holy Trinity Religious Education department to provide a structured and safe environment for each child to enhance his or her understanding of our Orthodox faith and to grow in his or her relationship with our Lord.

In order to do so, we ask parents to make a commitment to actively participate in the life of the church by attending Divine Liturgy regularly and on time with their children. We encourage families to pray together and to encourage and support the efforts of the priest and religious education team by participating in Sunday School classes, programs and events.

Parent: *I understand these expectations and will do my best to support my child/ren in their religious education experience at Holy Trinity Greek Orthodox Church.*

Signature

Date

Family Matters: The Warning Signs of Caregiver Burnout

I recently read Trauma Stewardship by Laura van Dernoot Lipsky; a book about stress, burnout and vicarious trauma in helping professions (*Vicarious trauma is the emotional residue of accumulating other people's traumatic stories or experiences either through listening or witnessing firsthand*). Although the book's intended audience is first responders and those in helping professions, many of the principles in this book can apply to those that are caregivers in various stressful circumstances. The book helps us learn about the responses that these professions tend to cause in workers and how to access help if the symptoms are identified. A major theme throughout Lipsky's book is the notion that we first must take responsibility over our reactions to the work we do in order to support our healing. It's true that while we may be stuck in situations or organizations that have contributed to our burnout, we still possess the capacity to recognize our pain and begin the process to restore our health. This article will review the first half of the warning signs of burnout and vicarious trauma. Next month's article will continue summarizing the warning signs and will look at ways to find support that leads to healing.

1. Feeling Helpless and Hopeless

Difficulty focusing on success, markers of improvement, and opportunities for growth

Negativity is exalted

Holding oneself personally responsible for a troubled situation

2. A Sense That One Can Never Do Enough

"It's not a feeling, it's true. If I don't do it, it's not going to get done, and if it doesn't get done, people die. I can never do enough."
Attorney for inmates sentenced to capital punishment.

3. Hypervigilance

Being wholly focused on our job; difficulty being present in other aspects of our lives

Feeling like we are always "on" even when nothing is happening

A heightened state of anxiety or numbness and depression- fluctuation between "high" and "low" emotions

4. Diminished Creativity

Feeling bored or stagnant with the work we do

Craving more structure and less creativity

Resisting change even when existing structures are out of date and detrimental

5. Inability to Embrace Complexity

Making room for complexities and gray areas may seem painful or impossible

Tendency to have more black and white thinking. The need to have clear signs of good and bad, right and wrong.

6. Minimizing

A sense of inoculation to others' pain; takes more intense suffering to move us

Losing capacity to feel compassion or to empathize due to comparing suffering or putting it into a hierarchy

Impacts family relationships when you compare their difficulties to "real" difficulties in the world

7. Chronic Exhaustion/Physical Ailments

A conscious or unconscious belief that I have *no choice* about the work I do; this job is just our destiny

Feeling that even if we change jobs, it can only be another helping profession

Physical complaints: back pain, migraines, body aches, clinical depression, high blood pressure, etc.

8. Inability to Listen/Deliberate Avoidance

Choosing not to answer the phone the majority of the time

Going out with people less (or only those that “get it”)

Losing energy for things that once brought joy (friends, family, hobbies, sports, going out in general)

Not all the warning signals will apply to you. However if you find that a few of these resonate, it’s important to develop a greater awareness of how these symptoms are impacting other areas of your life. Being mindful of our own needs and taking the time to engage in some self-reflection over how our work has impacted us is the first step toward healing; albeit a painful one at times. If we continue to avoid, ignore and push our feelings and thoughts away, we will continue to spiral further away from a healthy work-life balance.

Take a moment to think of the past week. How many times did you do something that made you happy? What did you do to take care of yourself? How often did you accept help, nurturance or gratitude from others?

-Cindy and Marcos Chacon are a married couple practicing psychotherapy in San Mateo County.

From Presvytera Valerie

Dear Holy Trinity Family,

For the second time in less than two years, I find myself writing to express my heartfelt gratitude for the prayers offered for the health of one of my parents, and the subsequent prayers for comfort and strength and expressions of sympathy to me and my family. My beautiful Mama, Irene Costas Decker, passed away on August 1, surrounded by her three children and her grandson and caregiver Stefan. We were blessed by her life and blessed that she passed on the first of the fifteen days leading to the falling asleep of the Panagia. I am humbled but by no means surprised by the outpouring of prayers and condolences from the members of Holy Trinity. The love and concern expressed are reflective of the warmth and caring of this beautiful parish toward everyone.

May her Memory be Eternal!

With respect, gratitude, and agape,

Presvytera Valerie



HOLY TRINITY

GREEK ORTHODOX CHURCH

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***To live our faith, grow our church, and serve the
world as Orthodox Christians***