



## See You at the Dinner Dance!

At Holy Trinity we are not afraid try to make something that we do well even better. Such is the case with our Annual Dinner Dance. We've held this event on Sunday night and then on Saturday night. At a hotel, then at the Christopher Center, and then back at a hotel.

Last year we moved this event to Sloat Boulevard's Irish Cultural Center, changed the attire from evening wear to dressy, and made fellowship, food, and dancing the focus of the evening. We simplified the raffle, and once again this year the prize is the use of a luxury condo in Maui. (Tickets are \$10 and can be purchased from the church office or a member of the Dinner Dance Committee.) All of this was built around a San Francisco theme. The result was one of the best attended and most enjoyable dinner dances in recent memory. Instead of rushing off after dinner, many people stayed till the end. There were people of all ages and backgrounds and...wait for it...families!

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### Special points of interest:

- *Ethel Davies receives Lifetime Achievement Award*
- *A Special Church Musicians' Sunday*
- *Dinner Dance Info*
- *Philoptochos Update*
- *Ann Andrews Obituary*

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This year's dinner dance returns November 4 to the Irish Cultural Center. Cocktails begin at 5:30 pm with dinner at 7:00 pm. This year's theme encourages us to "Relive the Magic of Casablanca," but just like last year, the evening is really all about a group of people who love each other gathering for a few hours to enjoy each other's company.

More information about the dinner dance is on pages seven and eight of this *Familian*. We'll see you at the Dinner Dance. (By the way, vegans, we've got your back!)



Congratulations to Ethel Davies, one of the 2017 recipients of the Anthony G. Cherolis Lifetime Achievement Award!

## Holy Trinity Sunday School Off to a Great Start!

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Sunday School students are off to a wonderful start this fall with Gospel-based lessons and activities. Our lessons in October will include the following: The Golden Rule, Jesus' Miracles of Raising the Widow's Son, Casting out demons and Raising of Jairus' Daughter. Always a highlight, we will also study the Parable of the Sower giving us the perfect opportunity to "sow" our own seeds both literally and in faith. Along with lessons and activities, we will incorporate videos and online activities in this month's curriculum.

If you have not yet had the opportunity to meet your child's teacher, we invite all to come to the hall with their student or take a few minutes during coffee hour to stop by the classes. With gratitude, we thank our teachers who give abundantly of their time and talents to our children each Sunday:

Pre-K and Kindergarten: Lucy Duran and Devina Ignacio-Velez

1<sup>st</sup> and 2<sup>nd</sup> Grade: Lea Buonocore

3<sup>rd</sup> and 4<sup>th</sup> Grade: Toula Tsakonakis

Middle School: Dimitrios Florakis

High School: Genevieve Duran

Staff: Char Fotinos

Students are invited to attend church (beginning at 10:30 a.m.) and receive Holy Communion with their families. Following Holy Communion students attend classes in the Kosturos Hall or School Building. (Our Pre-K class begins for students at age 3.) All are invited to join us! For questions or (free) registration, contact Vickie Buonocore by email at [vickie@inflightusa.com](mailto:vickie@inflightusa.com) or by telephone: 650/504-8548.

# Family Matters: The Warning Signs of Caregiver Burnout

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This is a continuation of the book summary 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*). The warning signs of caregiver burnout can also apply to those who have been placed in a caregiving position by family early on in life. This may have come as a result of being parentified perhaps due to alcohol use, physical illness, and mental health problems in the family of origin. Below are the second set of symptoms of caregiver stress and burnout. Next month's article will focus on ways to find support that leads to healing.

## 9. Dissociative Moments

Cutting ourselves off from internal experiences in order to guard against sensations and emotions that are overwhelming to our system

Externalizing feelings: blaming others for feeling bad

## 10. Sense of Persecution

Feeling persecuted speaks to feeling a profound lack of efficacy in one's life

Choosing to remain powerless in the face of adversity

Believing we do not have capacity to influence any outcome

## 11. Guilt

Guilt blocks experiences of pleasure, peace, or happiness

Guilt interrupts our ability to be in the present moment

In an attempt to minimize our privilege we can diminish our radiance and wellness, hoping to equalize the situation

*"If we are going to be present for life's suffering, we will need all the nourishment and rejuvenation that comes from life's beauty."*-Laura van Dernoot Lipsky

## 12. Fear

*"Too many people want us to worry about too many things. I have a limited capacity for panic. It is not to be wasted on the trivial."*-John Peterson, Danish actor

Fear of intense feelings

Fear of personal vulnerability

If we disconnect from feelings of fear it can lead to: anger, hate, suffering, physical ailments

## 13. Anger and Cynicism

Do we know what's at the root of our anger to resolve it in a productive way that does no harm and instead results in creativity and positive change?

Losing awareness of our anger can lead to taking it out on people and situations not connected to our anger.

## 14. Inability to Empathize/Numbing

Happens when one's system is over-

whelmed; “it is as if you are a sponge that is completely saturated and has never been wrung out.”

No longer having reactions when hearing other people’s pain or suffering.

### **15. Addictions**

Drinking, using drugs, food, sex, shopping

Video games/Being on one’s phone

The rush of adrenaline

Overworking

### **16. Grandiosity: An Inflated Sense of Importance Related to One’s Work**

Work becomes the center of our identity

Being attached to the feeling of being needed and useful

“I can’t possibly leave, they’re relying on me.”

If you feel you identify with some of these warning signs, it’s important to get support in order to heal. Begin by doing some self-exploration and ask yourself some of the following questions:

Do I feel it’s okay to be angry?

Do I know how my anger looks and feels to others?

What am I most attached to?

What do I count on to help me numb out?

Would I be okay with stepping into a role where I wasn’t always needed?

Do I find gratification in other areas of my life outside of the work I do?

Do I know who I am outside of my job or role I play within my family?

It’s important to have some compassion on yourself after exploring some of these questions. Find an activity that helps you soothe and feel relaxed. It will be tempting to busy yourself or numb out after some reflection. However, the first step towards healing is to practice supporting yourself in a healthy way when emotional discomfort arises.

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

## Baptisms

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Ashton Scott Peter, son of Katerina Evans, August 29. Sponsor: Nicole Stanley.

Trinity Anatacia Kenney, daughter of Knute & Danae, September 16.  
Sponsors: Nicole Bernasconi & Greg Giesecker.

Sienna Christine Sorrentino, daughter of Michael & Cassandra, September 23. Sponsor: Mariana Kosturos.

## Chrismation

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Devina Irene Ignacio-Velez, September 24.  
Sponsors: Diakonissa Hope Callas & Eve Duran.

## Wedding

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George Choochali & Cynthia Shamoonia, September 1. Sponsor: Rimo Jizeh.

## Funerals

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Salem K. Odeh, September 6.  
Nick Verroes, September 26.

## Church Musicians' Sunday

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Each year, parishes across the Archdiocese of America celebrate NATIONAL CHURCH MUSIC SUNDAY. This commemoration was inaugurated by His Eminence, Archbishop Iakovos of North and South America in 1982, and has been re-affirmed by His Eminence, Archbishop Demetrios of America. NATIONAL CHURCH MUSIC SUNDAY is a day we set aside particularly to honor the contributions of local choir members, psaltai, and music educators who serve their churches through the hymnology of our Orthodox Church. In addition, it is a day when we recognize the work of the diocesan choir federations as well as the National Forum of Greek Orthodox Church Musicians, who through their music ministry, strive to enhance the development of church choirs, church musicians, and liturgical music at diocesan and archdiocesan levels."

In recognition of Church Musicians' Sunday on November 5, 2017, the choir and chanters are inviting any interested members of the congregation to come sing Liturgy together. All church musicians of Holy Trinity will be singing simple music that day, in both Greek and English. If you wish to participate, please come to the front right side of the nave (where Aghia Paraskevi is on the altar screen) about 10:20 a.m. There is no obligation to join the choir or the chanters. It's an opportunity to get a different perspective of the Liturgy and contribute in a different way. All are welcome to participate. The choir will be hosting the coffee hour on that day. The music we will be using that day will be distributed through the email list serve group. You may print a copy or load it on your device and bring it with you. We look forward to singing together on Sunday, November 5, 2017.

# Parish Financial Summary as of August 31

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## Balance Sheet Comparison

	<u>August 31, 2017</u>	<u>August 31, 2016</u>
General Checking	\$109,516	\$116,465
Schwab	\$60,164	\$35,355
Combined Liquid Assets	\$168,680	\$151,820
ADA	\$461,023	\$241,537
Capital Improvements	\$58,778	\$53,828

## Parish Financials:

	<u>August 31, 2017</u>	<u>August 31, 2016</u>	<u>\$Change</u>	<u>%Change</u>
Parish Gross Income	\$433,947	\$467,502	-\$33,555	-7%
<i>Contributing Factors: Non Member Donations (-\$17,699); Missions (-8,451) D; Wish List (-\$4,407), Other Donations (-5,617), Reimbursed Expenses (-12,562). Worth Noting: Stewardship up \$9,637, 3%; Trays up \$3,285, 20%.</i>				
Parish Expenses	\$479,931	\$503,059	-\$23,128	-5%
<i>Repairs &amp; Maintenance are up \$19,106, 911%, but expenses are less than 2016.</i>				
Parish Net Income	-\$923	\$4,648	-\$5,570	—

## Center Financials

	<u>August 31, 2017</u>	<u>August 31, 2016</u>	<u>\$Change</u>	<u>%Change</u>
Center Gross Income	\$151,616	\$151,114	\$502	0%
Center Expenses	\$92,173	\$87,747	\$4,426	5%
Center Net Income	\$59,492	\$63,415	-\$3,923	-6%

## Overall Net Income

<u>Parish + Center</u>	<b>\$58,569</b>	<b>\$68,063</b>	<b>-\$9,494</b>	<b>-13.9%</b>
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## Thank You Altar Covering Sponsors

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Heartfelt thanks to the parishioners who stepped forward to underwrite the cost of the new altar covers. Because of requests for anonymity, the names are not included in the Familian.

Sunday Services Times:  
 Matins 9:15 am  
 Liturgy 10:30 am

# OCTOBER 2017

Food Bank Distribution  
 Saturdays 11:00 am to 1:00 pm.  
 Volunteer at  
[tinyurl.com/foodbankHTSF](http://tinyurl.com/foodbankHTSF)

## HOLY TRINITY GREEK ORTHODOX CHURCH

## SAN FRANCISCO

Sunday	Mon- Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Diaper Sunday Narthex Group 1	<b>2</b> <b>3</b> Paradosi 5:30-9:00 pm Faith & Fellowship 6:30 pm	<b>4</b> Seniors' Fellowship 10:00 am Parakesis 12:00 pm Byzantine Music Class 6:30 pm	<b>5</b> Orthodox Forum 7:30 pm	<b>6</b>	<b>7</b> NO VESPERS
<b>8</b> Narthex Group 2	<b>9</b> <b>10</b> Paradosi 5:30-9:00 pm Faith & Fellowship 6:30 pm	<b>11</b> Seniors' Fellowship 10:00 am Byzantine Music Class 6:30 pm	<b>12</b> GOYA 6:45 pm	<b>13</b>	<b>14</b> NO VESPERS
<b>15</b> Narthex Group 3	<b>16</b> <b>17</b> Paradosi 5:30-9:00 pm Faith & Fellowship 6:30 pm	<b>18</b> Seniors' Fellowship 11:00 am Parish Council 6:30 am No Music Class	<b>19</b> Orthodox Forum 7:30 pm	<b>20</b>	<b>21</b> NO VESPERS
<b>22</b> Narthex Group 1	<b>23</b> <b>24</b> Paradosi 5:30-8:30 pm Faith & Fellowship 6:30 pm	<b>25</b> Seniors' Fellowship 10:00 am Byzantine Music Class 6:30 pm	<b>26</b> St. Demetrios Matins 9:00 am Liturgy 10:00 am GOYA 6:45 pm	<b>27</b>	<b>28</b> NO VESPERS
<b>29</b> Narthex Group 2	<b>30</b> <b>31</b> Paradosi 5:30-8:30 pm Faith & Fellowship 6:30 pm	<b>November 1</b> Cosmas & Damian Matins 9:00 am Liturgy 10:00 am Seniors' Fellowship 11:00 am Byzantine Music Class 6:30 pm	<b>2</b> Orthodox Forum 7:30 pm	<b>3</b>	<b>4</b> Dinner Dance NO VESPERS

Holy Trinity Greek Orthodox Church

*cordially invites you to*

Relive the magic  
of  
Casablanca

*at our annual dinner dance*



Saturday November 4, 2017 at  
**The United Irish Cultural Center**

2700 45th Avenue (at Sloat) San Francisco CA 94116

Dressy Attire / 1940's Dressy Attire Encouraged

Cocktails at 5:30 p.m.

Dinner at 7:00 p.m.

Parking is available along Sloat. Please contact the church office before the event if you require assistance

Please reserve seats for

\_\_\_\_\_ adults - \$75 \_\_\_\_\_ children - \$25 \_\_\_\_\_ table for 10 - \$700

### Menu Choices

Please indicate the number of each dish you would like

\_\_\_\_\_ Lamb \_\_\_\_\_ Chicken \_\_\_\_\_ Vegetarian \_\_\_\_\_ Children's plate  
(With Chicken Nuggets)

Reservation Name \_\_\_\_\_

Please include any additional requests for seating arrangements:

(over)

## Please respond by Friday October 27th, 2017

Checks may be made payable to: **Holy Trinity Greek Orthodox Church**

or

Card Type Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Am Ex \_\_\_\_\_ Expiration Date \_\_\_\_\_

Amount to be Charged \_\_\_\_\_

Card Number \_\_\_\_\_

Name as it appears on Card \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Unable to attend \_\_\_\_\_ Please accept my donation of \$ \_\_\_\_\_

Please direct any questions to our office at 415-584-4747

## Philoptochos News

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We want to thank all the ladies who paid their membership dues for this year. Our organization is working hard to fulfill our commitment to help the needy. We have contributed to the hurricane relief through IOCC, donated to help a summer camp in Moldova, helped some individuals in our community through some very hard times, sent funds to put a roof on a school in Central America before the rains came and contributed to Alpha Pregnancy Center as well as to National and Metropolis Philoptochos causes including contributing to the fund to help seminarians with their school expenses.

In addition we will be sponsoring something new this year. We will be collecting new and gently used coats and jackets for the needy through the *One Warm Coat* Project. Start looking in your closet for these items and insure that one more person will be warm enough this winter! The bins will be in the lobby starting the beginning of November. We hope to deliver these warm coats by the beginning of December. Watch for more information.

Sunday, October 29, in anticipation of the feasts of Saints Cosmas and Damianos, our patron saints, on November 1, Philoptochos Day will be celebrated. We will host the coffee hour as well as have the membership cards to distribute. There will also be more information on Philoptochos. We hope to see you then.

## Ann (Antonoplos) Andrews Falls Asleep in the Lord

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PEMBROKE, MA—Mrs. Ann (Antonoplos) Andrews, 91, passed away peacefully at the Seasons Inpatient Center in Milton, MA on Monday, August 28, 2017. Ann was born March 12, 1926 in Dover, NH, a daughter of the late Daniel & Alexandra (Gianoplos) Antonoplos.

Ann was educated through the Dover schools, graduating from Dover High School and later attending Macintosh Business School where she received a secretarial degree. Ann studied ballet for 12 years, encouraged by her sister, Helen, a prima ballerina. She married her husband of seventy years, iconographer Robert J. Andrews.\*

Ann cherished time with her children, grandchildren, and great-grandchildren. She found her greatest joy while cooking and caring for them. She touched the live of everyone with whom she came into contact and will be greatly missed.

Ann was a member of the Greek Orthodox Church of the Transfiguration in Lowell, MA. She is survived by her husband Robert Andrews, her daughter, Alexis Andrews Rusznak, a son Timothy R. Andrews, a sister, Eunice Daeris, two grandchildren, Eve Ann Stoltz and Luke Page Liberty and his wife Michelle, three great-grandchildren, Melanie Ann Stoltz, Zachary Jay Stoltz, and Keaton Boston Liberty, and many nieces and nephews.

Ann was pre-deceased by her son, John J. Andrews.

\*68 Lowell Road  
Pembroke, MA 02359-2109



### **HOLY TRINITY**

GREEK ORTHODOX CHURCH

999 Brotherhood Way  
San Francisco, CA 94132

HolyTrinitySF.org

415.584.4747

415.584.3340 fax

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