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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.

“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
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.

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**HOLY TRINITY GREEK ORTHODOX CHURCH OF SAN FRANCISCO**

**LADIES PHILOPTHOCHOS 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.
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
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.

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.
Events, Activities, and Ministries

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 Uction $25
Flour for Uction $10
Fragrant Anointing Oil for Uction $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)

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

Offering ourselves to Christ

SATURDAY APRIL 13 9AM

Join us in the Holy Trinity kitchen to learn how to make próosphora, 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 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
Koulourakia $20/Dozen
Baklava $20 for ten

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

HOLY TRINITY GREEK ORTHODOX CHURCH
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
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<td>Third Salutations 6pm (followed by short film at Center)</td>
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<td>Akathist Hymn 6pm</td>
<td>Food Pantry 10am Vespers 4pm</td>
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