H O L Y T R I N I T Y G R E E K O R T H O D O X C H U R C H



Light of Life ZWH



VOLUME 16 ISSUE 5

SEPTEMBER 2016

FR. PETER DAY-PROISTAMENOS

Priest's Message

The invincible weapon of peace

Hail, O life-bearing Cross, the invincible weapon of godliness, the gate of Paradise and the protection of the faithful. The cross is the might of the church. Corruption is abolished through it; the power of death is crushed through it and we are raised from earth to heaven; it is the invincible weapon of peace.

- Apósticha of Vespers of the Elevation of the Holy Cross

Dear Brothers and Sisters in Christ,

What more beautiful symbol is there of our life in Christ than the Holy Cross! We wear it around our necks; we have it displayed in our homes; and, we make the sign of the Cross on our bodies to show that we believe that Christ is our Savior. For, as Christians, we have taken on His name; we have been blessed to be His inheritance; and, we are saved through His Holy Cross.

As followers of Christ, we are asked to do more than use the Cross in our apparel, our decorations, or our gestures. For putting on our Cross means denying ourselves. It means utterly forsaking our inclination towards evil, ego, self, and sin. If anyone wishes to come after me, let him deny himself and take up his cross and follow me (Mark 8:34). God gives us His Cross to be used as the invincible weapon of godliness, to fight against the forces of evil that surround. We struggle each day against the adversaries of the faith,



TABLE OF CONTENTS

Father's Message1	Stewardship Report9
Church News3	Nativity of the Theotokos 11
September the 7th Month4	Despina Mihalakis11
Elevation of the Cross5	Memorials 12
Sts. Faith, Hope & Love7	Calendar 15
	Taste of Greece 16

continued on pg. 4

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Food for fellowhip time after church September

11.....

18....

25.....

If you wish to host a memorial or sponsor food for after church fellowship please sign up.

BULLETIN OF THE Parish of the HOLY TRINITY GREEK ORTHODOX CHURCH

September

2016



155 Hogan Road P. O. Box 1344 ewiston. Maine 04243-1344 Phone & Fax (207) 783-6795

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Cemetery: Michael Pelletier **Education:** Chris Sirois

Festival: Stella Gammaitoni & Tracey Levesque

Finance & Endowment: Dorothy Moskovis, Duke Goranites,

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Readers: George Simones, David LeGloahec, John Rozos,

Iave Goulet

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Light of Life is the monthly publication of Holy Trinity Greek Orthodox Church of Lewiston, Maine under the Metropolis of Boston of the Greek Orthodox Archdiocese of America.

It is intended for the communication and edification of the community of Holy Trinity Greek Orthodox Church and its friends.

Publication created using: Adobe® InDesign® 5.0, Adobe® Photoshop® C.S.5, Art Explosion® 750,000, Macromedia Freehand® 9.0, IconGraphics™ Byzantine ClipArt on an Apple iMac. fonts used: Palatino, Papyrus & Optima.

See us on the web at holytrinity.me.goarch.org

Church News

ummer is coming to a close. That means the festival is upon us. Peter Mars & John Kesaris-Co chairs of the Taste of Greece, a one day festival. They have been working hard to coordinate this one day event. There is need for volunteers to help in the treasure trove, sell pastries and help set-up Thursday and Friday.

Read on about all the members pulling together to make a successful mini-festival as well as the joys and sorrows of your home-Holy Trinity.

We share in the joy of ...

Mike and Ann Pelletier whose daughter Megan will be married to Ian Keating on September 3rd at St. Sophia's Greek Orthodox Church, Syracuse, New York.

Nick and Stavroula Pappadopoulos whose daughter was recentlymarriedinPortland,Maine.

John and Tatyana Johnson who formally brought their newborn son, John Nicholas, into the church for the forty-day blessing (sarantismos). Pictures at right.

continued on pg.4





You have church News:

Send your text, your pictures, your inspirations, whatever it is, send it to:

HTrinnews@gwi.net

Church News

A sarantismos is a brief service of purification is a reenactment of Mary's bringing Jesus to the temple on the fortieth day after his birth.

Also want to recognize that Roger Naous & Michael **Combs** were appointed in the Spring to be council members.

We share in the loss of the following church members who have fallen asleep in the Lord...

Dr. George Bournakel (May 20, 2016) after a long battle with Alzheimer's Disease. We extend our sympathy to his wife Kay (Angelides) and daughter Christina, and family. He was predeceased by son Stefan in 2004. George was a Past President of the Parish Council and was instrumental in the establishing our present church. +May his memory be eternal.

Despina Mihalakis (July 14, 2016) To her family we also extend our condolences - her husband Ted, children Efstathios (Alysha) and Niky Karamousadakis (Manos) and Jeremy, and five grandchildren (TJ, Katerina, Despina, Marilena, Aretousa). Debbie died after a long battle with cancer. May her memory be eternal.

Priest's Message

that is, the things that get in our way of being one with God and prevent us from following Him. We seek to follow Him because the reason that He was lifted up on the Cross is for our salvation, that we may be *raised from* earth to heaven.

Were you there when they crucified my Lord? The words of this popular spiritual song ask us about our presence before the Cross. Have we made the Cross our weapon? Are we ready to take up the journey to Fr. Peter

follow Him? Have we taken on His name and placed ourselves on the Cross to be with Him? Our challenge is to **be there** on September 14th when we carry His Holy Cross in procession around our church: to adorn it, to elevate it, to venerate it, and to wear it in our hearts as the symbol of our protection, and the measure of our godliness. So, let us all venerate His victory over death, that victory that gives to us life - **His Holy Cross**.

With love in Christ.

September is the Seventh Month-Right?

or many, the month of September signals the end of summer, the beginning of autumn, and the start of a new school year. With respect to the calendar, September marks the beginning of the months with less onomastically exciting names that signify nothing other than their numerical position in the year.

September comes from the Latin root septem-, meaning "seven," because in the original Roman republican calendar September was the seventh month of the year rather than the ninth. The Roman calendar was only ten months long and included the following months—Martius, Aprilis, Maius, Junius, Quintilis, Sextilis, September, October, November, and December. The last six monthswereassigned names according to their ordinal numbers— Quintilis is the fifth month, Sextilis is the sixth month, and so on.

It was not until 45 BC when Julius Caesar introduced the Julian calendar (named after Caesar, himself) that the year grew to include two more months, January and February. Quintilis and Sextilis were later renamed to July and August in honor of Julius Caesar and Augustus Caesar, but despite repeated attempts to change them, the names for the last four month stuck, and spread to other languages, as well.

s important as any of the feast days commemorating the exalted saints of the Church is the feast day held annually on September 14 in special tribute to the cross of Jesus Christ, the reproduction of which is worn or displayed in every corner of the earth as a symbol of the mightiest faith in all the universe.

The two timbers on which the Messiah died to save the world, priceless beyond measure, form the most familiar and beloved symbol in a world full of symbols and emblems. For nearly three hundred years after his death the Cross was buried in obscurity, eventually to be salvaged through the efforts of a devout Byzantine emperor and his mother.

The Emperor Constantine the Great was not only the first Christian emperor, but, together with his mother, has been honoured with sainthood. His mother is honoured for her determined efforts in the cause of Christianity. It was Constantine who beheld a vision in the sky in which were emblazoned the words 'en touto Nika', translating into "In this Sign Conquer," etched across a brilliant cross of Jesus Christ.

Ordering that all the shields of his army bear the sign of the Cross, Constantine went on to subdue the enemies of the state and to establish the Christian Dowager Queen who led the expedition. faith, which has outlived his empire and will endure forever. Helen, the mother of Constantine and a saint of the Church, had the full support of her son when she decided to recover the cross of Christ, and although nearly three hundred years had elapsed since the Crucifixion, she was optimistic in her resolve to find the Cross and return it to the city of Constantinople.

After months of diligent search, painstakingly following every historic clue as to its whereabouts, Helen and her dedicated group of searchers discovered the Cross on 14 September 325 AD in the vicinity of Golgotha, where it had been buried in the dust of

Elevation of the Cross September 14



the centuries. On the spot where the Cross was discovered there was found to grow a hitherto unknown flower of rare beauty and fragrance, which has been named Vasiliko (Basil), meaning the flower of royalty, out of respect to the

Since that memorable day over 1600 years ago, this flower has been the official flower of the Orthodox Christian Church. It is evidenced when Clergymen engage in the ageold tradition of blessing homes or the waters on which seamen ply their trade.

Helen afterwards made countless pilgrimages to the Holy Land and was responsible for the establishment of churches at the sites of the Nativity, Holy

Church News

We send our wishes to ...

Duke and Charlene Goranites whose daughter Eleni was recently in a horrific car accident in Burlington, Vermont and who is now recovering from her multiple injuries at her home. We pray for her complete recovery.

Tracey Levesque who sufa broken foot in a fall a few weeks ago.

Paula Stass who has been homebound with health isfor several months.

Father Peter and Presbytera Anthe Day who recently moved in to their new home at 68 Bardwell Street, Lewiston. May their new house be home to many happy memories, family and friends!

Nicholas Gammaitoni, son of Dr. Carlo and Stella Gammaitoni, who will be arriving soon on the campus of Wentworth Institute in Boston to begin the college experience. His major is mechanical engineering.

Save the date!

Saturday, September 10th from 10:00 a.m.- 6:30 P.M. -

"A little

Elevation of the Cross

continued form pg. 5

many other places. For the and regained control of the next three hundred years the Holy City and its priceless Cross stayed in the possession treasure. The city of Jerusalem was captured finding of the Cross by St. by the Persians in 614 AD and Helen on September 14, and

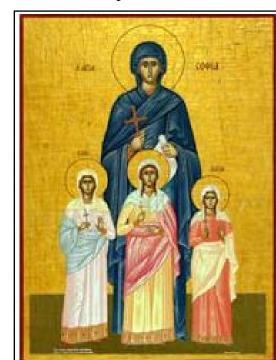
Severalattemptsweremade

What the Persians lacked in faith they made up for in numbers of trained warriors who respected nothing but the sword, and because of this relentless defense the tide of battle wavered over an agonizing fifteen years until at last the Christian forces broke

Sepulchre, Ascension, and at through the Persian defenses successful of the Christians in Jerusalem, outcome of the campaign is but after a series of forays the celebrated jointly with the the Cross fell into the hands Christians again celebrate the of an enemy that for years veneration of the Precious prior and since has scoffed and Life-giving Cross on at the faith of Jesus Christ. the Third Sunday of Lent.

With the sign of the Cross by devout and bold Christians so much in evidence in the to recover the precious Cross, daily life of a Christian, the but they were no match for celebration seems to extend the Persian hordes. Finally, the over every minute of every Byzantine Emperor Heraklios, day of every year, but the in the tradition of his ancestor official days underscore the Constantine, amassed an army magnitude of the Cross in the of size and equipment to match Christian concept. With the that of the Persians, and after perilous conditions prevalent months of planning, launched in a land where the fortunes an attack on the Holy City - but of a menaced society were with no immediate success. subject to sudden change and mood, depending on who held the upper hand, the Fathers of the Church decided to divide the Cross into small sections, thereafter to repose in the safety of the great spiritual centers of Constantinople, Mt. Athos, Alexandria, Rome, and Antioch

Phe story of a second-century Roman mother Saints Faith, Hope, & Charity & their Mother Sophia who sacrificed herself and her three children in the name of Jesus Christ is not the often repeated September 17



The mother of this rare family bore the classical Greek name of Sophia, her three daughters bear the familiar Anglicized names of Faith (Pisti), Hope (Elpitha), and Charity (Agapi). This quartet of frail $females stood \, up \, to \, the \, brutal \, might \, of \, Rome \, at \, a \, time$ when a mere whisper of dissent could mean death to a Roman citizen, Christian or pagan. Sophia was a widow under whose loving care her three daughters acquired a poise and Christian virtue looked upon with respect by the village which they left for the more rewarding city life of Rome, the Eternal City.

family tale, principally because it is anything but a

bedtime story, which for sheer horror is unsurpassed

even in the imaginations of today's writers of grisly

screen scenarios. It would be far better to tell of

the family delights and Christian fidelity and to

mention in passing that they were put to death

for their faith, but the stark truth has to be faced

to underscore the depth of belief in the Saviour.

The spiritual attainment of this alone is positive

proof that Christianity transcends every aspect

of human life to focus on the eternity of the soul.

Sophia and her three lovely little girls milled about unobtrusively in the teeming city, but in the Christian community that gathered in candlelight in the catacombs to worship the Messiah, they became highly respected figures, the children all the more so because of their display of deep devotion to the Saviour and to their mother. In the dark recesses of the subterranean shelters, the family drew themselves closer to God and to their fellow man emerging into the light to convert others, who perceived the glow of happiness which was not to be found in the pagan temples nor in the company of those who shared their spiritual darkness. Fate decreed that this blessed family would be called upon to assert their faith in an incredibly monstrous test of Christian endurance.

The Emperor Hadrian did not share the majority view that Christianity was a harmless form of worship practiced by patriotic Romans, but looked upon them as enemies of the state whose Kingdom of Heaven sought to displace his authority. He instituted a sweeping wave of persecution with an army of operatives infiltrating all sections of the city, spinning a giant web, which caught up with Sophia and her children. Not even the most hardened pagans anticipated that three girls, aged twelve, ten and nine respectively, would be punished for what could be construed Saints Faith, Hope, & Charity & their Mother Sophia continued from pg. 7

as the offense of the mother. of God than to

The magistrate Antiochos on the other hand saw in the arrest of the entire family an opportunity to wrest from the mother a disavowal of Christ rather than allow her flesh and blood to be punished. Sophia and her three daughters magistrate appeared as a group before unmoved the judgment of the pagan ordered the first of court which offered to release the girls, Faith, to the entire family providing be put to torture that the mother would deny before the eyes of the Saviour and raise her her mother. When children as pagans. All three this failed to bring the daughters looked up to their mother to pleas for mercy mother to assure her that they but instead the praises of would remain as steadfast the Lord, Faith was put to Christians with her and the sword. Hope followed that she should feel no guilt her sister in death, as did

The agonized Sophia was torn between the love for her children and the love for Jesus Christ. She turned to the court to plead that her children be released, and they could inflict their tortures upon her. In a chorus of small voices that would have melted the hardest of hearts, the youngsters cried out to their mother that they would rather join her in death to be reunited in the Kingdom

remain behind without her. Sophia's glance at the magistrate told her the next his. move was

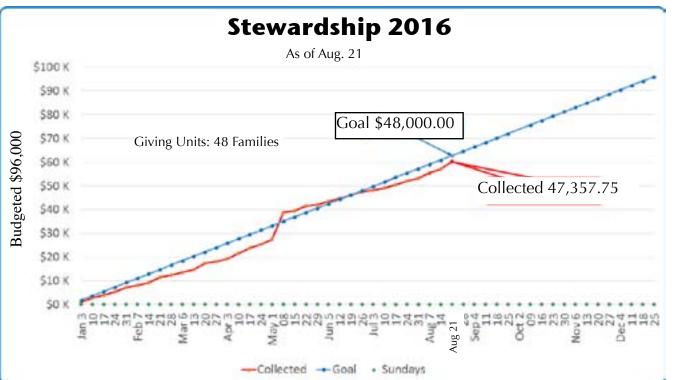
Incredibly the was and

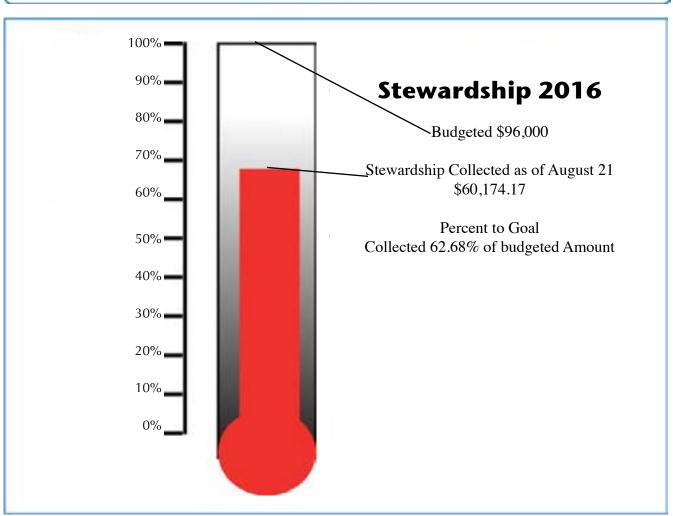
should they be put to death. her sister Charity, three innocents whose horrified mother was dragged to the side of their bodies, over which she continued to pray as she herself also died for the Lord. The commemoration of these sweet saints on September 17th has an added solemnity when their complete story is unfolded.

From "Orthodox Saints" Vol. 2 by Fr George Poulos, Holy





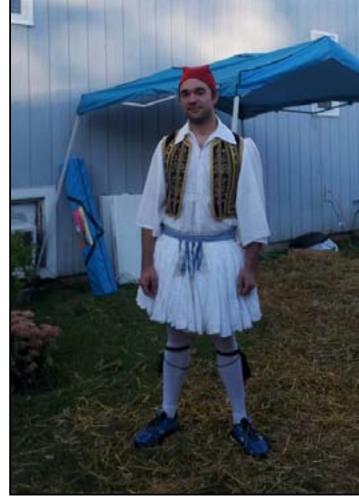




HOLY TRINITY GREEK ORTHODOX CHURCH September 2016







Church, the Theotokos was born of barren aged parents, Joachim and Anna, about the 16 or 17 before the birth of Christ. Joachim was ended from the royal line of David, of the tribe and aged parents, Joachim and Anna, about the year 16 or 17 before the birth of Christ. Joachim was descended from the royal line of David, of the tribe of Judah. Anna was of the priestly tribe of Levi, a daughter of the priest Matthan and Mary, his wife.

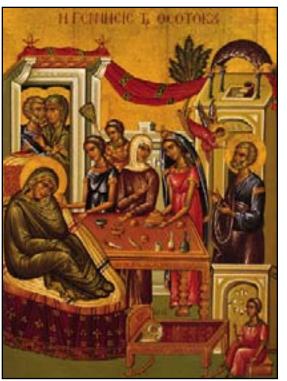
Apolytikion of Nativity of the Theotokos in the Fourth Tone

Your birth, OTheotokos, brought joy to the whole world, for from you dawned the sun of righteousness, Christ our God. Freeing us from the curse, He gave us His blessings. Abolishing death, He granted us eternal life.

Kontakion **Nativity** of of the **Theotokos** the **Fourth** Tone in

In your holy birth, Immaculate One, Joachim and Anna were rid of the shame of childlessness; Adam and Eve of the corruption of death. And so your people, free of the guilt of their sins, celebrate crying: "The barren one gives birth to the Theotokos, who nourishes our life."

ccording to the ancient tradition of the The Nativity of Our Most



Despina Mihalakis

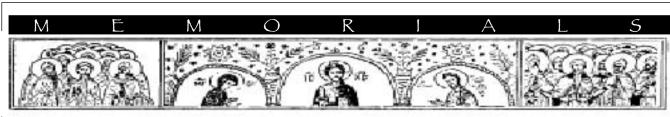
1953 - 2016

WINTHROP - Despina Mihalakis, born April 7, 1953 in Greece, passed away peacefully at her home in Winthrop on July 14, 2016. She was surrounded by loving family members after a long illness. Despina was dedicated to her family, whom she is survived by: her husband Theodores Mihalakis to whom she was married to for 37 years; Efstathios Mihalakis and wife Alysha; Niky Karamousadakis and

kis; and her son Jeremy Mihalakis. She will forever be remembered by her five grandchildren whom she loved very much, TJ, Katerina, Despina, Marilena, and Aretousa. Despina was dedicated to the Town of Winthrop and her beloved "Winthrop House of Pizza" where she enjoyed cooking, spending time with the family, and meeting friends. Despina's visitation will be at Robert's Funeral Home, 62 Bowdoin Street in Winthrop on Friday, July Condolences, memories and pho-15, 2016, from 6-8 p.m. Funeral tos may be shared with the family services will be Saturday morning on the obituary page of the web-



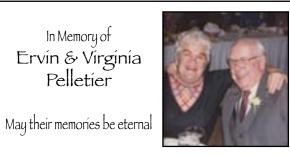
Greek Orthodox Church, 155 Hogan Road in Lewiston. Burial will follow in the Maple Cemetery, directly behind the Winthrop House of Pizza, following the service. husband Manos Karamousada- at 10:00 a.m. at the Holy Trinity site at www.khrfuneralhomes.com.





In Memory of Theodore & Elizabeth Kleros

May their memories be eternal





In Memory of Mary Samson

May her memory be eternal



be eternal

In Memory of

Bournakel

May their memories

be eternal

In Memory of

Ervin & Virginia

Pelletier





In Memory of John Margarones

May his memory be eternal





In Memory of Anthe James

May her memory be eternal



May his memory be eternal



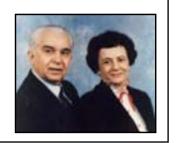


In Memory of Georgía Taxiarchis

May her memory be eternal



May their memories





In Memory of Michel Prouchinsky May his memory be eternal



In Memory of Sophia Amfilio

May her memory be eternal



In Memory of Lewis Kesaris

May his memory be eternal



In Memory of Steve & Loretta Karvelas May their memories be eternal



In Memory of Spero & Jennie Vlacheas

May their memories be eternal



In Memory of Aliki, Emmanuel & Jimmy Angelides



In Memory of Mary Vlacheas

May her memory be eternal



In Memory of Aliki Karagiannes

May her memory be eternal



Memorials

Cost in the Bulletin 2 Months.....\$20.00 1 Year\$110.00 Perpetual

(No Expiration)\$1000.00

If you need Koliva (wheat) for a memorial, please contact the Ladies Society who will prepare it. There is no cost



May their memories be eternal

In Memory of those who died in the

Paris Attacks





continued from pg. 16

morning. Please let me know, or Christine Rattey, who is coordinating that project if you are available to assist.

In addition, loukoumades (honey puffs) will be offered at A little TASTE OF GREECE. Duke Goranites has agreed to set things up and Peter Goranites, John Kesaris and David LeGloahec will help to run that booth. And, the ice cream with baklava topping, which has been a great seller in previous years, is going to be available as well. Jaye Goulet will be taking charge of that booth.

One more thing, there is a lady who has been selling bottled olive oil and packaged olives, who has had a successful business in Greek festivals, has offered to set up her colorful wagon in the tent area and will either give the church a percentage of the money she collects or pay for the booth space in return for operating here.

the tent, the tables, and the to pick up any unsold items chairs, and last week we de- left from the Treasure Trove. termined how it would be set up to accommodate the possible to help out on that food, the dance area, the seatday. The time to be here will ing area and, most imporbe between 9:00 and 9:30 that tantly, the Treasure Trove.

> Doreen Cote for getting us the sound system for the Greek dancing from her father and having him operate the system, as he is a disc jockey. John Rozos and Ann Robinson will be teaching the dancing several times during the day.

Trove will begin on the morning of September 9th. Security will be provided from Friday night until Saturday morning. Dottie Moskovis is still looking for any donations of items for the Treasure Trove.

We are still going to be in need of people to help out on the day of this program. One of the most taxing jobs is that of setting up the Treasure Trove, and breaking things down after the program is finished. So far, Herman Bansmer and Roger Park have offered to do the kitchen clean-up and could use some help there. Doreen Cote has also made con-

Jim Simones has ordered tact with the Salvation Army

Gail and Homer Towns,

along with Tsui Mei and John Liakos, have agreed to help in making the salads. Toni Orestis will over-A big thank you goes to see the kitchen operation. Several people, including Rick and Stephanie Dustin, Stella Gammaitoni, Christos and Christine Gianopoulos, Margaret Bussa, Harry Simones, and Georgia Chomas, have said they will be available to take part wherever they are needed. Setting up the Treasure Christine Sirois will be coordinating the list of volunteers.

> Jack Clifford is round-Jason Levesque Mayor Robert Macdonald to cook the gyros.

> Simones take charge of the operating funds for the event, including the income and expenses encountered.

John Rozos has pledged money to pay for the Porta-Potties required for the event.

Co-chairs John saris and Peter Mars are working publicity. continued on pg. 15

September

Sun	Mon	Tues	WED	Thurs	Fri	SAT
				1	2 🗙	Baptism of Will Rolphe 10:00 AM
4 11 th Sunday of Matthew Orthros 8:00 AM Liturgy 9:00 AM	5 LABOR DAY	6	7 🗙	Nativity of the Theotokos Liturgy 9:00 AM	9 🗙	Taste of Greece Festival 10-6:30
Sunday before the Holy Cross Orthros 8:00 AM Liturgy 9:00 AM	12	13	Elevation of the Cross Liturgy 9:00 AM	15	16 🗙	Open House at Retreat Center
Sunday after the Holy Cross Orthros 9:00 AM Liturgy 10:00 AM	Parish Council 6:30 PM	20	21 🗙	22	23 🗙	24
25 1st Sunday of Luke Orthros 9:00 AM Liturgy 10:00 AM	26	27	28	29	³⁰ <	

Memorials

If you wish to have a memorial in the bulletin, please see D. LeGloahec or eMail to:HTrinnews@gwi.net. Listed below is the name and the last bulletin

Amfilio12/2017	MargaronesPerpetual
Angelides9/2016	MerkouisPerpetual
S. & A Bournakel 10/2016	PelletierPerpetual
Goranites Perpetual	Prouchinsky 12/2016
James Perpetual	SamsonPerpetual
Kargiannes12/2016	TaxiarchisPerpetual
Karvelas12/2016	Vlacheas (2) 12/2016
KesarisPerpetual	
Kleros Perpetual	



continued from pg. 14

The greatest individual gift towards this one day project is from Christine Sirois, who has committed to pay the tremendous cost of renting the 40' by 80'tent to be erected here a few days before the event and removed a day or two after the event.

Save the date!

Saturday, September 10th from 10:00 a.m.- 6:30 P.M. - "A little TASTE OF GREECE", this year's fund-raising event! We need everyone's help to make this day a huge success! Please contact any of the following cochairs if you are able to help:

General Co-chairs: John Kesaris and Peter Mars

Volunteer Coordinator: Christine Sirois

Kitchen Operation: Toni Orestis, Herman Basmer

Salad Preparation: Gail and Homer **Towns**

Treasure Trove: Dottie Moskovis

Set-up/clean-up: Jim Simones

Pastries: Christine Rattey

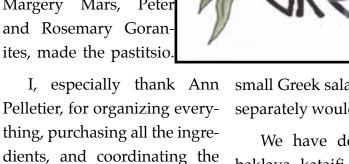
Needed: People to make at home pans of spanakopita or pastitsio.

Needed: Items for the Treasure Trove

I thank everyone who showed up for the two days of food preparations for A little TASTE OF GREECE scheduled for Saturday, September 10th.

On July 26, Ann Pelletier, Anthe Day, Christine Sirois, Christine Rattey, Deseree Tanguay, Dottie Moskovis, Herman Bansmer, Margery Mars, Peter and Rosemary Goranites, prepared the spanakopita.

And later that week, Pelletier, Ann Christine Sirois, Deseree Tanguay, Dottie Moskovis, Elizabeth Clifford, Herman Bansmer, Margery Mars, Peter and Rosemary Goranites, made the pastitsio.



During those work days, we discussed serving combination dinners at the program for \$10.00 each. We would offer a choice of either beef or chicken gyro, or spanakopita, or pastitsio, served with a

efforts to undertake such an

awesome task. I also thank her,

as well as Peter Goranites, for

providing lunch for the peo-

ple who devoted their time.

small Greek salad. A gyro sold separately would sell for \$7.00.

little TAS

We have decided to sell baklava, kataifi, nut rolls, and cookies, and we will be offering both a small assortment and a large assortment. The pastries, with the exception of the cookies, have been ordered. The cookies (kourabiedes and finikia) are going to be baked here in the church on Tuesday, August 30th. This will again be a daytime project, so we will need as many people as

FROM:

HOLY TRINITY GREEK ORTHODOX CHURCH P.O. Box 1344 155 Hogan Road LEWISTON, ME 04243-1344

To:

