



GREEK
ORTHODOX CHURCH
OF GREATER SALT LAKE

MARCH 5, 2023

SUNDAY
OF
ORTHODOXY

THE DIVINE LITURGY
OF ST. BASIL



CHURCHES



HOLY TRINITY CATHEDRAL

279 South 300 West
Salt Lake City, UT 84101
(801) 328-9681

PROPHET ELIAS CHURCH

5335 Highland Drive
Holladay, UT 84117
(801) 277-2693

churchoffice@gocslc.org

CLERGY



V. Rev. Archimandrite GEORGE NIKAS ~ CATHEDRAL DEAN
frgeorge@gocslc.org (732) 232-1036

Rev. Protopresbyter GEORGE POLITIS ~ RETIRED

PARISH COUNCIL



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1st Vice President: Dimitri Gerontis
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SUNDAY OF ORTHODOXY



For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.



THIS WEEK'S SCHEDULE



SUNDAY, MARCH 5 - Sunday of Orthodoxy

Orthros	9:00am	@ Both Churches
Divine Liturgy	10:00am	@ Both Churches
Minos Men's Meeting	1:30pm~3:00pm	@ HT Warehouse
Dionysios Dance Practice	2:00pm~4:00pm	@ PE Sm Gym
Minotavros Dance Practice	4:00pm~9:00pm	@ PE Sm & Lg Gym

MONDAY, MARCH 6

Great Compline	6:00pm~7:00pm	@ PE
GOYA Basketball Practice	6:00pm~10:00pm	@ PE Lg Gym
Girl Scouts	6:30pm~8:30pm	@ PE Sm Gym
Parish Council Meeting	7:00pm~10:00pm	@ PE

TUESDAY, MARCH 7

Philoptochos Meeting	6:30pm~7:30pm	@ PE Board Room
Greek School	6:30pm~8:00pm	@ PE
Hellenic Dance Committee Meeting	7:30pm~8:30pm	@ PE
Dionysios Dance Practice	8:30pm~10:00pm	@ PE Sm Gym

WEDNESDAY, MARCH 8

PreSanctified Liturgy	6:00pm~7:00pm	@ PE
Jr & Sr GOYA Dance Practice	6:00pm~8:00pm	@ HT Gym
Boy Scouts Meeting	6:00pm~8:00pm	@ PE Sm Gym

THURSDAY, MARCH 9

Young at Heart Luncheon	12:00pm~2:00pm	@ HT
Greek School	6:30pm~8:00pm	@ PE
Choir Practice	7:00pm~8:00pm	@ PE
Dionysios Dance Practice	8:30pm~10:00pm	@ PE Sm Gym

FRIDAY, MARCH 10

2nd Salutations	7:00pm~8:30pm	@ PE
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SATURDAY, MARCH 11

Philoptochos Lenten Retreat	9:30am~1:00pm	@ PE Sm Gym
Greek School	10:00am~1:00pm	@ HT

SUNDAY, MARCH 12 - Daylight Savings (Spring forward)

Orthros	9:00am	@ Both Churches
Divine Liturgy	10:00am	@ Both Churches
YAL Sunday		@ PE
Dionysios Dance Practice	2:00pm~4:00pm	@ PE Sm Gym
Minotavros Dance Practice	4:00pm~9:00pm	@ PE Lg Gym



MEMORIALS & SERVICES



SUNDAY, MARCH 5

SUNDAY OF ORTHODOXY

SUNDAY, MARCH 12

AT HOLY TRINITY

Evangelos Tsoutsounakis: 2 ~ Year Memorial

Maria Vardakis: 30 ~ Year Memorial

Chris Tsoutsounakis: 49 ~ Year Memorial

AT PROPHET ELIAS

Nicholas George Kepros: 40 ~ Day Memorial

MaryAnn Hudak: 40 ~ Day Memorial

Nick Alexopoulos: 40 ~ Day Memorial

John Hudak: 17 ~ Year Memorial

SUNDAY, MARCH 19

VENERATION OF THE HOLY CROSS

SUNDAY, MARCH 26





ΥΜΝΟΙ ΤΗΣ ΗΜΕΡΑΣ



Ἀπολυτίκιον Ἀναστάσιμον

Τὸν συνάναρχον Λόγον Πατρί καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι νύδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεώτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Τῆς Ἑορτῆς

Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν παισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ νύδόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὐκ ἔπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι· Χαρᾶς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

Ἀπολυτίκιον Πεντηκοστής (για τὴν Ἁγία Τριάδα)

Εὐλογητός εἶ Χριστέ ὁ Θεὸς ἡμῶν ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας φιλάνθρωπε δόξα Σοι.

Ἀπολυτίκιον Προφήτου Ηλίου

Ὁ ἐνσαρκος ἄγγελος, τῶν Προφητῶν ἡ κρηπὶς, ὁ δεῦτερος Πρόδρομος τῆς παρουσίας Χριστοῦ, Ηλίας ὁ ἐνδοξος, ἀνωθεν καταπέμψας, Ελισαίῳ τὴν χάριν, νόσους αποδιώκει, καὶ λεπρούς καθαρίζει, διὸ καὶ τοῖς τιμῶσιν αὐτὸν βρῦει ἰάματα.

Κοντάκιον

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.



HYMNS OF THE DAY



Resurrectional Apolytikion

Let us worship the Word who is unoriginate with the Father and the Spirit, and from a Virgin was born for our salvation, O believers, and let us sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection.

For the Feast

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

Apolytikion of Pentecost (for the Holy Trinity)

Blessed are You, O Christ our God, who made fishermen all-wise, sending upon them the Holy Spirit and, through them, netting the world. O Loving One, glory to You.

Apolytikion of the Prophet Elias

The incarnate Angel, the Cornerstone of the Prophets, the second Forerunner of the Coming of Christ, the glorious Elias (Elijah), who from above, sent down to Elisha the grace to dispel sickness and cleanse lepers, abounds therefore in healing for those who honor him.

Kontakion

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.



Ο ΑΠΟΣΤΟΛΟΣ



Προκείμενον:

Εὐλογητὸς εἶ Κύριε ὁ Θεὸς τῶν πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας.

Στίχος:

*Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς ἐποίησας ἡμῖν,
καὶ ἐπὶ τὴν πόλιν τὴν ἁγίαν τὴν τῶν Πατέρων ἡμῶν Ἰερουσαλήμ.*

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα

(11:24~26, 32~40)

Ἀδελφοί, πίστει Μωϋσῆς μέγας γενόμενος ἠρνήσατο λέγεσθαι υἱὸς θυγατρὸς Φαραῶ, μᾶλλον ἐλόμενος συγκακουχεῖσθαι τῷ λαῷ τοῦ Θεοῦ ἢ πρόσκαιρον ἔχειν ἁμαρτίας ἀπόλαυσιν· μείζονα πλοῦτον ἠγησάμενος τῶν Αἰγύπτου θησαυρῶν τὸν ὀνειδισμόν τοῦ Χριστοῦ· ἀπέβλεπε γὰρ εἰς τὴν μισθαιοδοσίαν. Καὶ τί ἔτι λέγω; Ἐπιλείπει γάρ με διηγούμενον ὁ χρόνος περὶ Γεδεών, Βαράκ τε καὶ Σαμψών καὶ Ἰεφθάε, Δαυῖδ τε καὶ Σαμουὴλ καὶ τῶν Προφητῶν· οἱ διὰ πίστεως κατηγωνίσαντο βασιλείας, εἰργάσαντο δικαιοσύνην, ἐπέτυχον ἐπαγγελιῶν, ἔφραξαν στόματα λεόντων, ἔσβεσαν δύναμιν πυρός, ἔφυγον στόματα μαχαίρας, ἐνεδυναμώθησαν ἀπὸ ἀσθενείας, ἐγενήθησαν ἰσχυροὶ ἐν πολέμῳ, παρεμβολὰς ἔκλιναν ἀλλοτριῶν· ἔλαβον γυναῖκες ἐξ ἀναστάσεως τοὺς νεκροὺς αὐτῶν· ἄλλοι δὲ ἐτυμπανίσθησαν, οὐ προσδεξάμενοι τὴν ἀπολύτρωσιν, ἵνα κρείττονος ἀναστάσεως τύχωσιν· ἕτεροι δὲ ἐμπαιγμῶν καὶ μαστίγων πείραν ἔλαβον, ἔτι δὲ δεσμῶν καὶ φυλακῆς ἐλιθάσθησαν, ἐπρίσθησαν, ἐπειράσθησαν, ἐν φόνῳ μαχαίρας ἀπέθανον, περιπῆλθον ἐν μιλῶταις, ἐν αἰγείοις δέρμασιν, ὑστερούμενοι, θλιβόμενοι, κακουχούμενοι, ὧν οὐκ ἦν ἅγιος ὁ κόσμος, ἐν ἐρημίαις πλανώμενοι καὶ ὄρεσι καὶ σπηλαίοις καὶ ταῖς ὄπαϊς τῆς γῆς. Καὶ οὗτοι πάντες μαρτυρηθέντες διὰ τῆς πίστεως οὐκ ἔκομίσαντο τὴν ἐπαγγελίαν, τοῦ Θεοῦ περὶ ἡμῶν κρείττον τι προβλεψαμένου, ἵνα μὴ χωρὶς ἡμῶν τελειωθῶσι.





THE EPISTLE



Prokeimenon:

Blessed are You, O Lord God of our fathers, for You are praiseworthy and exalted beyond measure unto the ages.


Verse:

For You are righteous in all You did for us, all You brought on us and on Jerusalem, the holy city of our fathers.

The reading is from Paul's First Letter to the Hebrews

(11:24~26, 32~40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated — of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.





ΤΟ ΕΥΑΓΓΕΛΙΟΝ



Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα

(1:43–51)

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν, καὶ εὕρισκει Φίλιππον καὶ λέγει αὐτῷ· Ἀκολούθει μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαιῶν, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκει Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· Ὁν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφῆται, εὐρήκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναὴλ· Ἐκ Ναζαρέτ δύναταί τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· Ἐρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· Ἴδε ἀληθῶς Ἰσραηλίτης ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναὴλ· Πόθεν με γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· Πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκῆν εἶδόν σε. ἀπεκρίθη Ναθαναὴλ καὶ λέγει αὐτῷ· Ραββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· Ὅτι εἶπόν σοι, εἶδόν σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω τούτων ὄψη. καὶ λέγει αὐτῷ· Ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγῆτα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.



THE GOSPEL



The reading is from the holy Gospel according to John

(1:43~51)

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."



OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 5th	 <i>TRIDION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 12th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 19th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 26th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 5th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 12th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 19th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHAI</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 26th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 2nd	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 9th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 14th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 16th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!





2023 LENTEN SERVICES

All of the below Lenten Services will be held at
Prophet Elias Greek Orthodox Church
due to chanters' availability

GREAT COMPLINE

Monday	March 6	6pm
Monday	March 13	6pm
Monday	March 20	6pm
Monday	March 27	6pm

PRE-SANCTIFIED LITURGY

Wednesday	March 8	6pm
Wednesday	March 15	6pm
Wednesday	March 22	6pm
Wednesday	March 29	6pm

SALUTATIONS

Friday	March 10	7pm
Friday	March 17	7pm
Friday	March 24	7pm Great Vespers of Annunciation
Friday	March 31	7pm (Akathyst)

SATURDAY OF SOULS

March 4	9am
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SPECIAL OFFERINGS FOR HOLY WEEK



The following items are needed to decorate our two churches for Holy Week & Pascha, and to provide for the particular liturgical needs for the various sacred services. Your generous donations directly underwrite these costs, and accentuate the joyful-sorrow (χαρμολύπη) of Christ's Passion, and the radiance of His Resurrection. Please make checks payable to Greek Orthodox Church of Greater Salt Lake (memo: *Easter Donation*)

1. Palms to be distributed on Palm Sunday
2. Palm trees to be placed inside the churches on Palm Sunday
3. Flowers to decorate the Icon of Christ *The Bridegroom* (Nymphios)
4. Olive oil & cotton balls for Holy Unction
5. Eggs & red dye
6. Flowers for the base of the Crucifix on Holy Thursday
7. Flowers for the wreath to adorn the Crucifix on Holy Thursday
8. Candles for the Crucifix on Holy Thursday (3 sets of 3)
9. Candles for the 12 Gospels readings on Holy Thursday
10. Gardenias to be placed on the top of the Epitaphios
11. Flowers for the wreath of the Resurrection Banner
12. Bay leaves for Holy Saturday morning
13. Flowers for the wreath of the Resurrection Banner
14. Flowers to decorate the icon of the Resurrection
15. Resurrection candles for the clergy





PARISH LENTEN RETREAT

presented by the St. Philothea Philoptochos
Saturday, March 11, 2023 @ Prophet Elias
9:30 am - 1:00 pm

Putting Lenten Intention to Practice with Cognitive Science and The Holy Spirit

Alexandra Cayias has a Masters of Science from the University of Utah in Speech Language Pathology and has worked in adult neurological rehabilitation for 13 years. She has spent most of her adult life in Salt Lake City and has enjoyed participating in the Greek Orthodox Community in various ways.



9:30am-10:00am - Continental Breakfast
10:00am-12:00pm - Presentation
12:00pm- 1:00pm - Lenten Potluck Lunch

As Orthodox Christians we conceptualize Great Lent as more than just a time to give up chocolate or even life sustaining foods like dairy and meat. Our religious leaders also highly encourage us to assess and address how we can deepen our relationship with God, the teachings of our Church, and our fellow neighbors.

Alexandra is excited to discuss how implementing simple principles based in cognitive science can facilitate the development of meaningful tools to help you stick to your Lenten intentions and optimize your ability to maintain them once lent is over. This interactive presentation will also include insights on Orthodox prayers, teachings and reading to help orient participants to a Lenten mindset and focus.





YAL

Skiing, Snowboarding & Tailgating

**March 18th @3:30 pm,
Brighton Resort**

8302 S Brighton Loop Rd. Brighton, UT 84121

Make a reservation online now!

Brightonresort.com → lift tickets → buy now → night → select March 18th

\$58 per person pre-tax

Ski free if you have an IKON pass

Don't ski or snowboard? Come tailgate!

RSVP to Jon Louis Pezely 801.696.7317

Carpool with friends! Limited parking will be available

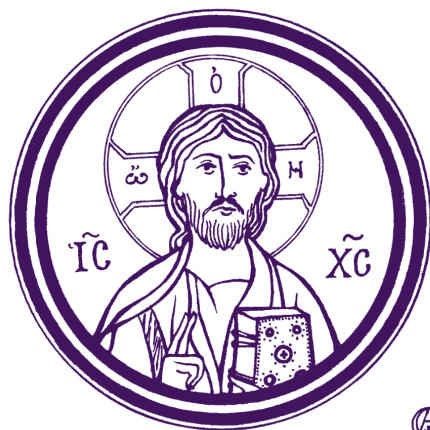


YOUNG AT HEART

The Young at Heart will have their luncheon on Thursday March 9th, in the Memorial Hall at noon. Bring a friend and enjoy some food, fellowship and BINGO. Desserts are welcome and appreciated.

See you then!

ΚΑΛΗ ΣΑΡΑΚΟΣΤΗ





PHILOPTOCHOS CORNER



Membership Coffee Hour
Everyone is Invited!
Sunday, March 5th
Holy Trinity & Prophet Elias

We will be hosting coffee hour at both churches. Please come enjoy some fellowship, pastries, and become a member of the Philoptochos!



Save the Date

2nd Annual - Drive-By

MARDI BRA!

Saturday, March 18

11am - 2pm

Prophet Elias North Parking Lot

This project is a collaboration in support of the Salt Lake City Mission. Please help us collect the following items:

bras (new), feminine hygiene products, shampoo/soap, brushes, combs, toothpaste/toothbrushes, nail products, toiletries, and women's new undergarments.

As you drop off your items, stop by for a cup of coffee, pastries and a little para!
Thank you for your continued support of Philoptochos and the many good things we do with your assistance!



**MARDI
BRA**

MARDI BRA is an initiative to collect and provide **feminine hygiene** products for women and teens who do not have easy access to these products.



**HELLENIC CULTURE AND DANCE
SCHOOL OF GREATER SALT LAKE**

**6TH-12TH SCHEDULE
ANNOUNCED!**

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• • • •
• • • •
• • • •

JR. GOYA GRADES 6TH-8TH

WED, MARCH 1, 8, & 15

***H.T. 6PM-7PM**

***NOTE: LOCATION CHANGE**

SR. GOYA GRADES 9TH-12TH

WED, MARCH 1, 8, & 15

***H.T. 7PM-8PM**

NOTE: LOCATION CHANGE

!!MANDATORY PARENT ATTENDANCE!!

MARCH 1ST FOR

BOTH GROUPS

JR. GOYA & SR.GOYA

MARCH 22, 29, APRIL 5 6PM-8PM H.T.

JR. GOYA & SR. GOYA

FOLLOWING EASTER, PRACTICES WILL

BE AT PROPHET ELIAS EACH

WEDNESDAY, 6-8 P.M.

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**PRE-K-5TH LOOK FOR SCHEDULE ANNOUNCEMENT IN APRIL
QUESTIONS? CONTACT ORIE @ 801 808 6542**



SAINT SOPHIA
SCHOOL

Saint Sophia School

Discover, Explore, Imagine, Create

Enrollment open for 2023-2024

- Toddlers (18 mo. - 2 1/2 yrs.)
- Early Three
- PreK-3
- PreK-4
- Kindergarten (Half and Full Day)



Come join us for a wonderful school year!

Email: director@saintsophiaschool.org

Phone: 801-424-1297

5341 S. Highland Drive, Holladay Utah





SAVE THE DATE

PASCHALINO GLENDI

Community Event

APRIL 22 @ HT



ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

Sunday , March 19th, 2023

Calling all 7th through 12th graders:



- Do you always have something to say?
- Do you want a chance to go to San Antonio, Texas?
- Want to learn more about your faith?
- Want a chance to earn some extra cash?



Then the St. John Oratorical Festival is for you!

What do you need to do?

- Select one of the topics to the right that is listed within your grade.
- Prepare a speech. Please note time limits:
 - Junior Division (7th-9th grade), time limit: 3 to 4 minutes
 - Senior Division (10th-12th grade), time limit 4 to 5 minutes

Present your speech on Sunday, March 19th, 2023, at Holy Trinity

Note: There is one combined competition for Sunday School programs of HT and PE.

You must have written copy of your speech for the judges too.

Prizes and What Happens Next:

Metropolis District Competition:

- First Place winner from the Junior and Senior Division advance to the Metropolis District Competition and represent our parish.
- Metropolis Oratorical Festival, May 5th- 7th, in San Antonio, Texas.

****Cash Prizes Awarded****

- \$100-to First-place winner in the Jr. & Sr. division
- \$50-to Second-place winner in the Jr. & Sr. division
- \$25-to Third-Place winner in the Jr. & Sr. division
- Prizes for Honorable Mention placement!

Topics and Information:

JUNIOR DIVISION (GRADES 7-9)

TOPIC 1

Orthodox tradition teaches that the saints remain spiritually active beyond their earthly life. Discuss how we ask the Saints to intercede and pray for us and why.

TOPIC 2

Orthodox Christians honor the Virgin Mary, the Most Holy Theotokos. What does the Orthodox Church believe about her and her role in our salvation?

TOPIC 3

The sacraments are the mysteries of the Church through which God gives us His grace by actions, words, and material objects (for example, oil, wine, and bread). Pick one sacrament and explain its meaning.

TOPIC 4

Jesus models and teaches humility throughout His life and ministry. Discuss the challenges of living according to Jesus' teachings in a society that does not necessarily emphasize humility.

TOPIC 5

Consider and discuss why and how icons are central to our faith and Orthodox practice.

SENIOR DIVISION (GRADES 10-12)

TOPIC 1

The Ecumenical Patriarchate in Constantinople is the highest seat and the Mother Church of Orthodox Christians. The Ecumenical Patriarch is the spiritual leader of 300 million Orthodox Christians worldwide. Discuss how the Patriarchate has been a symbol of unity, a source of missionary growth, an advocate of dialogue among Christians, and a defender of the historical Orthodox Faith.

TOPIC 2

During times of crisis, our faith is tested. How are Orthodox Christians taught to understand and manage pain and suffering?

TOPIC 3

The Christian message in C.S. Lewis's *The Lion, the Witch and the Wardrobe* has influenced many believers of Christ. How has another work of fiction inspired people to seek Jesus Christ?

TOPIC 4

We have lived through a pandemic and emerged with deep societal divides. How can our faith in Christ heal us and take us forward together?

TOPIC 5

The Resurrection of Jesus Christ both transforms the relationship between God and humanity and alters the course of history. How would you explain its significance to someone who has not heard about it or is unsure if God exists?

Questions? please Call

Elenie S. 801.718.7515 | Denise N. 801.604.6782 | or Paul K. 801.870.1514

For more details and tips, visit the Archdiocese website

<https://www.goarch.org/-/st-john-chrysostom-oratorical-festival>



ANNOUNCEMENTS

- Church Office Email ~ Please update your Church office email correspondence and email address books to: churchoffice@gocslc.org

----- SAVE THE FOLLOWING DATES -----

More Information forthcoming for all dates below

- Greek Independence Day Dinner - Sunday, March 26 at HT
- Saturday of Lazarus Retreat - Saturday, April 8th at PE
- OPA Camp - Week of June 19th
- CrossRoad 2023 ~ CrossRoad is a ten-day academic summer institute that prepares rising high school seniors and graduating seniors to make big life decisions and invites them to connect with the Orthodox Christian theological and spiritual tradition in a deep and meaningful way. CrossRoad offers a space for young people to form authentic and lifelong friendships, ask hard questions, and explore their calling as an Orthodox Christian in the 21st Century. Info at crossroadinstitute.org

CrossRoad 2023 Location & Dates

Boston 1 - June 9-19
Boston 2 - June 23 to July 3
San Francisco - July 5-15
Chicago - July 22 to August 1

- Camp Emmanuel 2023
July 16-22, 2023, Ponderosa Camp, Larkspur, Colorado. Posting more information as it becomes available.