



GREEK
ORTHODOX CHURCH
OF GREATER SALT LAKE



OCTOBER 9, 2022
THIRD SUNDAY OF LUKE

THE DIVINE LITURGY
OF ST. JOHN CHRYSOSTOM



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



2022 Parish Council

EXECUTIVE BOARD

President: George Karahalios
1st VP: Dimitri Gerontis
2nd VP: Archon Nick Bapis
Recording Secretary: Nico Priskos
Corresponding Secretary: Lee Kapos
Treasurer: Evan Dudley
Asst. Treasurer: Chris Sakellariou

2022 Parish Council

MEMBERS AT LARGE

LeiAnn Bathemess
Dorie Farah
Steve Gamvroulas
Andy Giannis
John Lyhnakis
Chris Mantas
George Pappas
Harry Souvall

KOSMAS THE HAGIOPOLITE



Saint Cosmas was from the Holy City, Jerusalem, and was a contemporary and peer of Saint John of Damascus (Dec. 4), with whom also he was reared when, because of his orphanhood he was adopted by Sergius, Saint John's father, and with whom he had the same instructor. About the year 743, he was elected Bishop of Maiuma, a coastal city of Palestine, aforesaid under the jurisdiction of Gaza, with the name Port Gaza. During the reign of Saint Constantine the Great, it became a separate township and at that time was renamed Constantia, after Constantine, the son of the Emperor (see Sozomen, Eccl. Hist., V:3). Cosmas became an excellent hymnographer, from whence he is called "the Composer and Melodist," Among his many compositions are the Canon of the Cross (Sept. 14) and the Canon for the Nativity of Christ, "Christ is born, give ye glory."



THIS WEEK'S SCHEDULE



SUNDAY, OCTOBER 9

Orthros	9:00am	@ Both Churches
Divine Liturgy	10:00am	@ Both Churches
Special Parish Assembly #1	2:00pm~6:00pm	@ HT
Kri Kri Dance Practice	3:00pm~4:00pm	@ PE Sm Gym
Minotavros Dance Practice	4:00pm~5:00pm	@ PE Big Gym
Minotavros Dance Practice	4:00pm~9:00pm	@ PE Sm Gym

MONDAY, OCTOBER 10

Girl Scouts	6:30pm~8:30pm	@ PE Sm Gym
Pick up BB games	9:00pm~11:00pm	@ PE Lrg Gym

TUESDAY, OCTOBER 11

Greek School	6:30pm~8:00pm	@ PE
HCA Meeting	7:00pm~8:30pm	@ HT

WEDNESDAY, OCTOBER 12

Boy Scouts Meeting	6:00pm~8:00pm	@ PE Sm Gym
Orthodox Catechism class	7:00pm~8:30pm	@ PE Board room

THURSDAY, OCTOBER 13

Soccer Practice	6:00pm~6:45pm	@ PE Grass area
Greek School	6:30pm~8:00pm	@ PE
Young at Heart Luncheon	12:00pm~2:00pm	@ HT

FRIDAY, OCTOBER 14

No Schedule

SATURDAY, OCTOBER 15

Greek School	10:00am~1:00pm	@ HT
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SUNDAY, OCTOBER 16

Orthros	9:00am	@ Both Churches
Divine Liturgy	10:00am	@ Both Churches
Kri Kri Dance Practice	3:00pm~4:00pm	@ PE Sm Gym
Minotavros Dance Practice	4:00pm~5:00pm	@ PE Big Gym
Minotavros Dance Practice	4:00pm~9:00pm	@ PE Sm Gym





MEMORIALS & SERVICES



TODAY, OCTOBER 9

AT HOLY TRINITY

George Chichis: 2 ~ Year Memorial
(Family hosting Lunch in memory of George Chichis)

Vasilios Priskos: 5 ~ Year Memorial
Jamie Votsis Paulos: 10 ~ Year Memorial

SUNDAY, OCTOBER 16

AT PROPHET ELIAS

Paul Maritsas: 4 ~ Year Memorial





ΥΜΝΟΙ ΤΗΣ ΗΜΕΡΑΣ



Ἀπολυτίκιον Ἀναστάσιμον

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι .

Τοῦ Ἀποστόλου

Ἀπόστολε Ἅγιε Ἰάκωβε, πρέσβευε τῷ ἐλεήμονι Θεῷ, ἵνα παισιμάτων ἄφεισιν, παράσχη ταῖς ψυχαῖς ἡμῶν.

Ἀπολυτίκιον Πεντηκοστής (για τὴν Ἁγία Τριάδα)

Εὐλογητός εἶ Χριστὲ ὁ Θεὸς ἡμῶν ὁ πανσόφος τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον καὶ δι' αὐτῶν τὴν οἰκουμένην σαγνεύσας φιλάνθρωπε δόξα Σοι.

Ἀπολυτίκιον Προφήτου Ἡλιοῦ

Ὁ ἑνσαρκὸς ἄγγελος, τῶν Προφητῶν ἡ κρηπὶς, ὁ δεύτερος Πρόδρομος τῆς παρουσίας Χριστοῦ, Ἡλίας ὁ ἑνδοξος, ἄνωθεν καταπέμψας, Ἐλισαίῳ τὴν χάριν, νόσους αποδιώκει, καὶ λεπρούς καθαρίζει, διὸ καὶ τοῖς τιμῶσιν αὐτὸν βρῦει ἰάματα.

Κοντάκιον

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.





HYMNS OF THE DAY



Resurrectional Apolytikion

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

For the Apostle

O holy Apostle James, make intercession to our merciful God, that He grant our souls forgiveness of offenses.

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 Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.





Ο ΑΠΟΣΤΟΛΟΣ



Προκείμενον:

Εϋξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν

Στίχος:

Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός,
ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Πρὸς Κορινθίους Β' Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα.

(6:16-18; 7:1)

Ἀδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ Θεὸς ὅτι ἐνοικήσω ἐν αὐτοῖς καὶ ἐμπεριπατήσω, καὶ ἔσομαι αὐτῶν Θεός, καὶ αὐτοὶ ἔσονταί μοι λαός. Διὸ ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει Κύριος, καὶ ἀκαθάρτου μὴ ἄπτεσθε, κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει Κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρίσωμεν ἑαυτοὺς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἀγιωσύνην ἐν φόβῳ Θεοῦ.





THE EPISTLE



Prokeimenon:

Pray and return to the Lord Your God

Verse:

*In Judah God is known;
His name is great in Israel*

The reading is from Paul's Second Letter to the Corinthians
(6:16-18; 7:1)

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.





ΤΟ ΕΥΑΓΓΕΛΙΟΝ



Εκ τοῦ κατὰ Λουκᾶν ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα

(7:11~16)

Τῷ καιρῷ ἐκείνῳ, ἐπορεύετο ὁ Ἰησοῦς εἰς πόλιν καλουμένην Ναΐν· καὶ συνεπορεύοντο αὐτῷ οἱ μαθηταὶ αὐτοῦ ἱκανοὶ καὶ ὄχλος πολὺς. ὡς δὲ ἤγγισε τῇ πύλῃ τῆς πόλεως, καὶ ἰδὸν ἐξεκομίζετο τεθνηκῶς υἱὸς μονογενῆς τῇ μητρὶ αὐτοῦ, καὶ αὕτη ἦν χήρα, καὶ ὄχλος τῆς πόλεως ἱκανὸς ἦν σὺν αὐτῇ. καὶ ἰδὼν αὐτὴν ὁ Κύριος ἐσπλαγχνίσθη ἐπ' αὐτῇ καὶ εἶπεν αὐτῇ· Μὴ κλαῖε· καὶ προσελθὼν ἤψατο τῆς σοροῦ, οἱ δὲ βαστάζοντες ἔστησαν, καὶ εἶπε· Νεανίσκε, σοὶ λέγω, ἐγέρθητι. καὶ ἀνεκάθισεν ὁ νεκρὸς καὶ ἤρξατο λαλεῖν, καὶ ἔδωκεν αὐτὸν τῇ μητρὶ αὐτοῦ. ἔλαβε δὲ φόβος πάντας, καὶ ἐδόξαζον τὸν Θεόν, λέγοντες ὅτι Προφήτης μέγας ἠγήγερται ἐν ἡμῖν, καὶ ὅτι ἐπεσκέφατο ὁ Θεὸς τὸν λαὸν αὐτοῦ.



THE GOSPEL



The reading is from the Holy Gospel according to Luke

(7:11-16)

At that time, Jesus went to a city called Nain, and his disciples and a great crowd went with him. As he drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, he had compassion on her and said to her, "Do not weep." And he came and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, arise." And the dead man sat up, and began to speak. And he gave him to his mother. Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited his people!"



SUNDAY SCHOOL



****Back to Sunday School****

Sunday School has started! We'd love to see the kids! Please take a moment and register your child by going to:

<https://gocslc.com/sunday-school>



or scan this QR code so you can stay up-to-date with the latest information.

Any questions, please contact

Paul Karahalios at 801.870.1514 or

Denise Nikols at 801.604.6782 for Prophet Elias or

Elenie Sefandonakis at 801.718.7515 for Holy Trinity



The Ancient Orthodox Catechism

For anyone interested in learning about Orthodox Christianity, free classes/discussions will be held weekly.

Beginning Wednesday, October 5th - Wednesday, November 9th

at Prophet Elias Orthodox Church,

5335 South Highland Drive in Holladay 7:00 pm in the Boardroom

We will cover historical, theological, social, and practical components of this deep, authentic, and liberating way of life.

For more information, please call or text Dean or Nick Athens

(801) 821-8935 or (801) 979-8808





HCA NEWS



Membership Luncheon

Everyone is invited!

Date: Sunday, October 23, 2022

Where: Holy Trinity Memorial Hall

Time: 12:30 p.m.

Cost: Free to Members

(\$25 to Non-members, which is the fee to become a member)

Please join us as we honor:

Victoria Peters
Creator of the Hellenic Cuisine Academy
and

Constandinos (Deno) Himonas
former Utah Supreme Court Justice



We also have much to share with you about our accomplishments and outreach



DAUGHTERS OF MINOS

Daughters of Minos October Member Meeting
Sun Oct 23rd at 4:00pm
at Prophet Elias

*We will be reviewing how the Mother's Day luncheon, Summer Picnic and Festival Dolmathes went and have a conversation about the budget going forward. We will also discuss the upcoming Horoesperitha that will be Nov 12th.

KriKri Cretan dance will also start practicing Sunday Oct 9th at 4:00pm at Prophet Elias.

Children must be currently in 1st-3rd grades and their mother or grandmother must be a paid member of the Daughters of Minos to participate.

Please contact Staci Mihalopoulos for further information at 801-580-0119



PHILOPTOCHOS CORNER




Upcoming Events:

General Meeting - Tuesday, November 1st 6:30pm Prophet Elias
Pastichio Making - Friday, November 4th beginning at 9am Holy Trinity

Save The Date - Friday, December 9th

Community Christmas Party for the Entire Family
Hosted by Philoptochos
We hope to see you all for some Christmas Cheer!



988 SUICIDE & CRISIS LIFELINE

**If you or someone you know
is struggling or in crisis,
24/7 nationwide help is available.**

**CALL or TEXT 988
or Chat 988lifeline.org**

to be connected to a trained crisis counselor
who can help people experiencing suicidal,
substance use, and/or mental health crisis,
or any other kind of emotional distress.

Veterans can dial 988 and then press "1"
to reach the Veterans Crisis Line.

People worried about a loved one
who may need crisis support also can dial 988

SAMHSA
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

The "988 Suicide & Crisis Lifeline", formerly
The National Suicide Prevention Lifeline, is supported by the US Dep't
of HHS / Substance Abuse and Mental Health Services Administration.

For more information: <https://www.samhsa.gov/find-help/988/faqs>

More information for
this program will
accompany the
emailed digital bulletin
or you may find
paper copies in each
Narthex

COMING IN OCTOBER!

PHILOPTOCHOS CAREGIVER SUPPORT GROUP FOR ORTHODOX CHRISTIAN CAREGIVERS NATIONWIDE



- Are you caring for a loved one who is elderly, or has a chronic or life-threatening illness or health condition, or who is disabled?
- Do you wish you could talk to others who are facing the same caregiving challenges as you?
- Would you find it helpful to share your thoughts, concerns, and questions about caregiving with those who understand our faith, culture, and community?
 - Are you so overwhelmed you're not even sure what to ask or who could help?

If you answered yes to any or all the above and would like more information, contact the

PHILOPTOCHOS CAREGIVER SUPPORT GROUP

Facilitated by professionals knowledgeable in caregiving and aging services, we will "meet" on Zoom, six consecutive Tuesday evenings. In a **confidential and safe environment**, we will discuss best practices to help caregivers navigate the myriad of diverse and distinct challenges they face including managing the physical needs and cognitive issues faced by their loved ones; balancing family responsibilities; impact of caregiver stress, guilt, frustration, exhaustion and burnout; family dynamics and decision-making; long-distance and holiday caregiving; financial concerns; and preparing for the future.

The last session, led by an Orthodox Christian member of the clergy, will examine caregiving within the context of our religion, faith and culture to help caregivers gain understanding, build strength and resilience.

Secular and spiritual resources to help caregivers cope will be distributed.



Because the group will meet on "Zoom", it will be accessible to caregivers throughout the USA.

Six consecutive Tuesday evenings:

Dates: October 18 - November 22, 2022

3 sessions @ 7pm - 8pm EST • 3 sessions @ 7pm - 8:30pm EST

Pre-registration Required

For information and to pre-register, please email supportgroup@philoptochos.org

Space is limited - Don't delay - Email us today.

Sponsored by:

Department of Social Services of the Greek Orthodox Ladies Philoptochos Society, Inc.
126 East 37th Street • NY, NY 10016 • (212) 977-7770 • socialwork@philoptochos.org



GOYA NEWS



CONGRATULATIONS

**Senior GOYA
Executive Officers**  **2022-2023**
and Board Members 

President - THEMI KAMBOURIS

Vice President - SAM CHELEMES

Communications/Historian - GEORGE MAKRIS

Activity & Religious Coordinator - KATERINA GIANOULIS

Board Members:

**Amia Papadopulous, Michael Geovjian,
Niko Hillas, Thaia Tsandes, Vasso Karahalios,
Katina Katsanevas, Raeola Katsanevas,
Maria Manousakis**

**Join Father George on Sunday, Oct 9th @ NT, for a
blessing of this incredible group of leaders.**



Jr. GOYA 6th-8th GRADE

MINI GOLF



@Mulligans
692 W. 10600 S.

Saturday, Oct. 8
3 to 5 pm

RSVP to Trish Kapos
801-725-3075

Jr. GOYA
6th-8th GRADE

**DINNER, PUMPKIN
CARVING, CORN
MAZE & FUN!**

Friday, Oct. 28
6-9 pm

Cross E Ranch
3500 N. 2200 W.

RSVP to Alethia Chatzis
801-712-0716





TRUNK AND TREAT

DRESS UP, DECORATE YOUR CAR AND STAY FOR A
CRAFT AND DINNER/TREAT

OCTOBER 21ST, FRIDAY 6-8:30PM

PROPHET ELIAS PARKING LOT

**DONATIONS TOWARDS EVENT AVAILABLE
THROUGH SIGN UP GENIUS**



Sr. GOYA 9th-12th

JOIN US FOR THE

**CRAZY
CORN MAZE**

Thursday | Oct. 27 | 6-9:30 PM

**A SPOOKTASTIC
EVENT!**

\$10 Donation

CASH or Venmo @Oriekambouris |

RSVP ABSOLUTELY REQUIRED BY 10/20

to Themis @ 801 837 2009

**MEET THERE 8802 SOUTH 4000 WEST
IF YOU NEED A RIDE LET US
KNOW WHEN YOU RSVP**





ANNOUNCEMENTS



- Online Donations: ~ An update has been completed on the gocslc.com website, Stewardship payments and Misc. Donations. We are now able to accept American Express cards. If you have any questions please contact the Church Office.
- GF Sale item ~ We have 30 cases of Gyro meat for sale. They are priced at \$55 per case. Please contact the Church Office to coordinate payment and pickup.
- YAH luncheon ~ Welcome back - We look forward to see you all on Thursday, October 13 in the Hellenic Memorial Hall for Lunch and popular Bingo!
- Save the Date ~ Fall Cretan Horoesperitha hosted by Minos Chapter/ Daughters of Minos/Minotavros on Saturday, November 12, 2022. Holy Trinity Hellenic Cultural Center. More details to follow.
- Save the Date ~ 2023 Metropolis of Denver Basketball Tournament Martin Luther King Jr. Weekend January 13-16, 2023, Tulsa Oklahoma Volleyball will be added as an option. Details forthcoming.
- Save the Date ~ Camp Emmanuel 2023
July 16-22, 2023, Ponderosa Camp, Larkspur, Colorado

