



THE  
GREEK ORTHODOX  
CHURCH  
OF GREATER SALT LAKE



MARCH 28, 2021  
THE SUNDAY OF  
ST. GREGORY PALAMAS

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. Presbyter PATRICK O'ROURKE - ASSISTANT PRIEST

frpatrick@gocslc.org (801) 896-4230

Rev. Protopresbyter GEORGE POLITIS - RETIRED

# PARISH COUNCIL



## 2021 Parish Council Executive Board

President: George Karahalios

1st Vice President: Dimitri Gerontis

2nd Vice President: Dr. Demetrios  
(Tykie) Skedros

Treasurer: Elpitha Votsis

Asst. Treasurer: Jacquelyn Contant

Rec. Secretary: Nico Priskos

Cor. Secretary: Lee Kapos

## 2021 Parish Council Members

Evan Dudley

Dorie Farah

Steve Gamvroulas

Maria Shilaos Nelson

George Pappas

Tim Reganis

Chris Sakellariou

Shawn Trujillo





# SERVICES & MEMORIALS



TODAY: None

## SUNDAY, APR. 4

George Chichis:	6-Month Memorial	HT
Irene Vanikiotis:	6-Month Memorial	HT
Michael "Mitch" Manousakis:	4-Year Memorial	HT
George Manousakis:	65-Year Memorial	HT
Helen Manousakis:	34-Year Memorial	HT
Christos Iatrakis:	65-Year Memorial	HT
Georgia Iatrakis:	46-Year Memorial	HT
Presvytera Golfo Nikas:	9-Month Trisagion	PE

# UPCOMING SCHEDULE



## MONDAY, MAR. 29:

Great Compline 7:00 PM @ PE

## WEDNESDAY, MAR. 31:

Presanctified Liturgy 6:00 PM @ PE

## THURSDAY, APR. 1:

Community Design Townhall: 6:00 PM. via ZOOM  
*Our Past in Our Future: The Hellenic Cultural Museum in Salt Lake City*

## FRIDAY, APR. 2:

Salutations to the Theotokos 7:00 PM @ Both churches

## SUNDAY, APR. 4: THE HOLY CROSS

Orthros: 9:00 AM  
Divine Liturgy: 10:00 AM

\* Coffee Hour resumes at both churches





## HYMNS OF THE DAY



### Resurrectional Apolytikion

1st Mode

The stone had been secured with a seal by the Judeans, and a guard of soldiers was watching Your immaculate body. You rose on the third day, O Lord and Savior, granting life unto the world. For this reason were the powers of heaven crying out to You, O Life-giver: Glory to Your resurrection, O Christ; glory to Your kingdom; glory to Your dispensation, only One who loves mankind.

### Apolytikion of the St. Gregory Palamas

Plagal 4th Mode

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonderworker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

### Apolytikion of Pentecost (for the Holy Trinity)

Plagal 4th Mode

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

4th Mode

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

Plagal 2nd Mode

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.





# ΥΜΝΟΙ ΤΗΣ ΗΜΕΡΑΣ



## Ἀπολυτίκιον Ἀναστάσιμον

Ἦχος α΄

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλόνηρωπε.

## Ἀπολυτίκιον τοῦ Ἱεράρχου

Ἦχος πλ. δ΄

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχτος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

## Ἀπολυτίκιον Πεντηκοστής (για τὴν Ἁγία Τριάδα)

Ἦχος πλ. δ΄

Εὐλόγητός εἶ Χριστέ ὁ Θεὸς ἡμῶν ὁ πανσόφος τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας φιλόνηρωπε δόξα Σοι.

## Ἀπολυτίκιον Προφήτου Ηλίου

Ἦχος δ΄

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

## Κοντάκιον

Ἦχος πλ. β΄

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





# THE EPISTLE



**Prokeimenon:** *Let Your mercy, O Lord, be upon us,  
as we hope in You.*

**Verse:** *Rejoice greatly in the Lord, O righteous ones;  
praise is fitting for the upright.*

**The reading is from Paul's Letter to the Hebrews.**  
*(1:10-14; 2:1-3)*

In the beginning, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.





# Ο ΑΠΟΣΤΟΛΟΣ



**Προκείμενον:** *Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς,  
καθάπερ ἠλπίσαμεν ἐπὶ σέ.*

**Στίχος:** *Ἀγαλλιᾶσθε, δίκαιοι, ἐν Κυρίῳ· τοῖς εὐθέσι πρέπει  
αἴνεσις.*

**Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα.**

*(1:10-14, 2:1-3)*

Κατ' ἀρχάς σὺ, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσὶν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέ ποτε· κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι, μή ποτε παραρῦωμεν. Εἰ γὰρ ὁ δι' Ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.






# THE GOSPEL



The reading is from the  
Holy Gospel according to Mark  
(2:1-12)

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"—he said to the paralytic—"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"








# ΤΟ ΕΥΑΓΓΕΛΙΟΝ



Ἐκ τοῦ κατὰ Μάρκον ἀγίου Εὐαγγελίου  
τὸ ἀνάγνωσμα.  
(2:1-12)

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοὶ, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων. καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· Τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· Τί οὕτως οὕτως λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς εἶπεν αὐτοῖς· Τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· Σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.





## ST. GREGORY PALAMAS

This second Sunday of Great Lent is dedicated to our father among the Saints, Gregory Palamas, who in the 14th Century successfully defended the Orthodox belief that humans can both know and experience God. He asserted that we can know with our minds that God exists, and we can also experience Him through His uncreated energies.

We celebrate today, like we celebrated last week, a Triumph of Orthodoxy over misguided attempts to reduce God, to make Him distant from our life. Last week's celebration was that God has been incarnate, that He became a man, and so we've seen Him and bear a responsibility to share what we've seen. This week, we proclaim that the energies of God are what enable us to experience something of the Divine, at first through sensory perception and then later intuitively or noetically. God isn't a concept to be assented to, but a person to be encountered, and He created us with the ability to sense His presence.

Christ is in our midst! He is, and he always shall be.





# PHILOPTOCHOS CORNER



Dear Philoptochos sisters,

As most of you know, Fr. Patrick's beautiful wife, Presvytera Jessica is expecting their second child, due just after Pascha. Please come and shower our Presvytera Jessica with love and blessings on **Saturday April 10th, from 11:00am - 1:00pm @ Prophet Elias** in a drive-by baby shower! Presvytera is graciously accepting diapers, pull ups, formula, baby wipes, bottles, onesies, baby socks, baby sleepers etc., which will be donated to YWCA in baby O'Rourke's name.

Please come join us in wishing our dear Presvytera a safe and healthy birth.

Thank you all,

Cathy Neofitos

**Next philoptochos meeting: Tuesday April 6, 7:30 via ZOOM**

(Please detach and send a check payable to: Philoptochos Society)

-----  
Annual Membership Dues are \$30

Mail check and form to: Mary Katsanevas;

1911 E. Millbrook Drive, SLC, UT 84106

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_ Email\_\_\_\_\_

Membership \$30\_\_\_\_\_

Donation\_\_\_\_\_ Total\_\_\_\_\_



# ANNOUNCEMENTS



- **NEXT COMMUNITY DESIGN TOWNHALL**

Please join the Real Estate Committee on April 1 at 6:00PM via ZOOM to discuss the topic “Our Past in Our Future: The Hellenic Cultural Museum in Salt Lake City”

- **COVID-19 PROTOCOL**

Please remember that masks are required at all services and events. Social distancing guidelines will remain in place. Please call Fr. George or Fr. Patrick if you or someone you know may be sick and in need of prayer.

- **COFFEE HOUR TO RESUME APRIL 4**

- **SAINT SOPHIA SCHOOL**

Saint Sophia School is now enrolling for the 2021-2022 School year. At Saint Sophia School we educate the whole child -- Mind, Body and Spirit. Our school’s foundational philosophy is to Discover, Explore, Imagine and Create. You can find out how to register on our website, [www.saintsophiaschool.org](http://www.saintsophiaschool.org).

Summer is just around the corner and Saint Sophia Summer Adventure Camp sign up is now open on our website. We will have 10 themed weeks of enrichment and adventures. You can sign up for 1 to 10 weeks of half or full days of summer fun.

Please see flyers in the narthex for more information about our School and Summer Adventure Camp!





# LENTEN SERVICES



## GREAT COMPLINE

Monday	March 29	7pm	PE
Monday	April 5	7pm	HT
Monday	April 12	7pm	PE

## PRE-SANCTIFIED LITURGY

Wednesday	March 31	6pm	PE
Wednesday	April 7	6pm	HT
Wednesday	April 14	6pm	PE

## SALUTATIONS

Friday	April 2	7pm	BOTH CHURCHES
Friday	April 9	7pm	BOTH CHURCHES
Friday	April 16	7pm	BOTH CHURCHES

IC·XC  NI·KA

