

Epistle Reading

St. 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.

Gospel Reading

The Gospel According to Mark 2:1-12



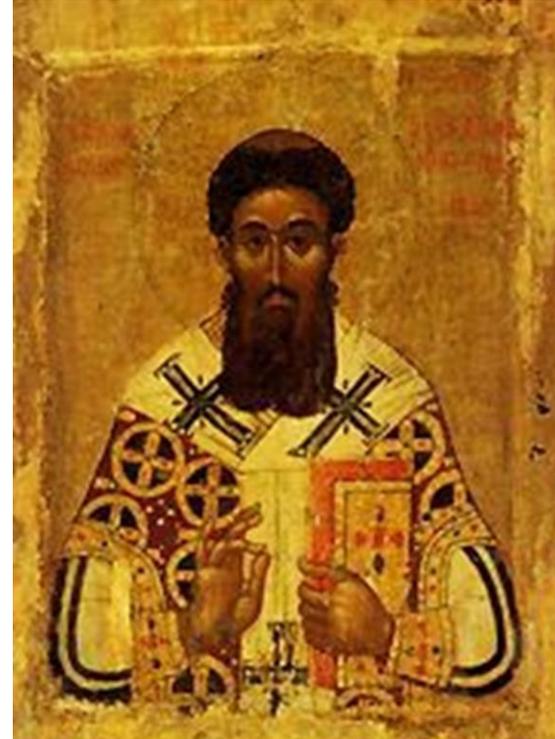
At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could 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!"



Greek Orthodox Church of Greater Salt Lake
www.gocslc.org; Orthodoxy3@gmail.com

Sunday, March 27th, 2016
Sunday of Saint Gregory Palamas



To contact our clergy, please call the numbers listed below:

Reverend Father Matthew Gilbert: 801-556-1139

Reverend Father Elias Koucos: 801-556-4640

Reverend Father George Politis (retired)

Holy Trinity Cathedral: 279 S. 300 W. SLC, UT 84101, (801) 328-9681
Prophet Elias Church: 5335 Highland Dr. Holladay, UT 84117, (801) 277-2693

Sunday Services

March 27th, 2016

**Holy Trinity
Prophet Elias**

Sunday of Saint Gregory Palamas

Orthros 9:00am/Divine Liturgy 10:00am Fr. Elias
Orthros 9:00am/Divine Liturgy 10:00am Fr. Matthew

April 3rd, 2016

**Holy Trinity
Prophet Elias**

Sunday of the Holy Cross

Orthros 9:00am/Divine Liturgy 10:00am Fr. Matthew
Orthros 9:00am/Divine Liturgy 10:00am Fr. Elias

Weekday Services

March 28th, 2016

Holy Trinity

Compline Service

6:00pm Fr. Matthew/Fr. Elias

March 30th, 2016

Holy Trinity

Ninth Hour followed by Liturgy of the Presanctified Gifts

5:45pm Fr. Matthew/Fr. Elias

April 1st, 2016

**Holy Trinity
Prophet Elias**

3rd Salutations to the Theotokos

6:30pm Fr. Matthew
6:30pm Fr. Elias

Memorials

March 27th, 2016

Helen Chipian Daugherty 1 Year Holy Trinity

Coffee hour hosted by the family of Hellen Chipian Daugherty

April 10th, 2016

Georgia Reid 40 Days Holy Trinity
Vasilike Rekouniotis 3 Years Holy Trinity

When Scheduling Memorials...

Memorials must be scheduled through Fr. Matthew. For inquiries regarding memorials or to schedule one, please contact Fr. Matthew at 801-556-1139 or matthewthepriest@gmail.com.

Prayer List

Joan, Jim, Jen, LaVaun, Tamara, Juliet, Ed, Charissa, Madeline, Kenzie, Christina, Agnes, Irene, Mike, Zach, Bob, Claudia, Nick, Angela

*If you would like to add a name to the prayer list you can do so by calling the main office at Holy Trinity at 801-328-9681. *

FRIENDLY REMINDER

GREEK DAY AT THE MOVIE

Sponsored by Philoptochos

Come enjoy My Big Fat Greek Wedding 2 with all your friends and family Sunday, **March 27th at 2:20 pm** at Century 16, Sandy Union Heights Theater 7670 S. Union Park Ave (1300 E)

Tickets may be purchased on Cinemark.com

It is first come, first serve, there are no seats reserved

If you have any questions, please call

Shelley Anderson [801-860-3585](tel:801-860-3585)

Bring the whole family and all your friends.

Sponsored by PAN ARCADIAN FEDERATION

We're going to the movies! **My Big Fat Greek Wedding 2!** Meet in lobby of Century 16 Theatre, 3300 South State Street; **Sunday, March 27, 2016 at 1:30**; movie is at **2:15**. We'll try and all sit together. Everyone is invited. Thanks!

Philoptochos Giving Tree

The Philoptochos at both churches will have a "Giving Tree" set up for Pascha.

We are asking for donations and items to go into the baskets that will be delivered to our elderly parishioners. Please help out and give generously!

Thank you for your unending support to the Philoptochos and to our community!

IMPORTANT MESSAGES FROM FATHER MATTHEW

DRAWING CLOSER TO CHRIST AS WE FAST

The blessed and holy elder Cleopa of Romania, who reposed in 1998, left us some very important words regarding fasting: "In addition to the bodily fast, man has to fast, too, with all of his five senses, preserving his heart from any wickedness and impurity. This is known as a spiritual fast. Together with this, as we strive for fasting to raise us to heaven, we have to wed our abstinence with *both* prayer and almsgiving. When we are fasting, we give to those in need from what we would have spent on food. This is the teaching of the Church. We must always give alms, both when we are not in a fasting period, and even more so when we are in one of the four Lenten seasons of the ecclesiastical year. When we fast, we give even more alms to those in need. We must hold to the fasts given us by the Church of Christ, according to our strength. Those who are very ill or weak must first confess their sins and receive the Holy Mysteries to be united with Christ. Then the spiritual father may grant them a dispensation if they are very weak, but he must first attend to the person's soul. It often happens that the person may regain strength through Holy Communion or through Holy Unction or through the other prayers of the Church. In that case, having been restored to health, there is no need to dispense with fasting. Let us fast from foods and from sinful thoughts; let us fast with our eyes, with our hands and with all of the senses. May our merciful Savior, through this physical and spiritual abstinence, allow us to draw ever closer to Him.

MAKING TIME FOR YOUR FAMILY'S CONFESSION

We cannot take God's mercy for granted, for our Lord is not only a loving Father but also a righteous Judge. Each of us will receive recompense for our actions. So may we all hearken to the voice of the Church, inviting us, urging us to "set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat", that cleansed by fasting and the works of repentance, we may be led back into Paradise, into the everlasting joy of our Lord and Savior. Please call me to arrange a time for the Sacrament of Confession! (For those who have asked, children as young as four years old should also partake of the Sacrament of Holy Confession.)

HOW CAN THE WORLD CHANGE, IF WE HAVEN'T?

On this second Sunday of Great Lent -- the Sunday on which we remember Saint Gregory Palamas -- we need to examine ourselves as to who we are within the spiritual realm of our existence. It seems in today's world, society and culture, we continue to revert back to our primitive state of hatred, contempt and distrust. We tend not to look to our Savior Jesus Christ for peace in our soul, and therefore neglect to offer love and compassion to our brothers and sisters. We tend to not show Christ's mercy and forgiveness to those who have wronged, not only us personally, but on a larger scale, whatever that scale may be. In our self-examination during the Lenten season, we need to turn away from the errors of the world, to turn closer to Christ, and ask for His intervention in the crises that exist in our world. But how can the world change if we haven't changed? As we grow spiritually in our faith, so will our inner change of heart grow as well. That neighbor that was annoying may not be so annoying after all. Friends who can sometimes be overbearing may need to be seen in a different light. Our spouses

or children or relatives may act troubling towards us, and our enemies may not understand us. But as Pascha quickly draws near, let our love and joy in the Resurrection of our Lord shine, not briefly flicker on that day alone, but let it glow brightly everyday of our life!

LENTEN SERVICES THIS WEEK

We must strive, with God's help, to attain the traits of Christ the Savior. We know that He was meek, humble, and good, and we must try to imitate Him. However, we have no strength to do this by ourselves; therefore we must ask the Lord for help. It is impossible for the light bulb to give us light without electrical power, and it is impossible for us to live without God; as He Himself said, "Without Me, you can do nothing".

Let us, then, take advantage of the many opportunities we have to attend the weekly Lenten Services, for they can teach us much about repentance and return to God: on MONDAYS: Great Compline; on WEDNESDAYS: the Liturgy of the Presanctified Gifts; on FRIDAYS: Salutations to the Theotokos.

Below are the SERVICES at our parish during this THIRD WEEK of GREAT LENT:

MONDAY, MARCH 28:

Great Compline Service, 6:00pm at Holy Trinity only

WEDNESDAY, MARCH 30: Ninth Hour and Liturgy of the Presanctified Gifts, 5:45pm at Holy Trinity only

FRIDAY, APRIL 1:

3rd Salutations to the Theotokos, 6:30pm at both churches

TUESDAY MORNING WITH THE LORD

Our TUESDAY MORNING BIBLE STUDY will take place this Tuesday, March 29 at 10:30am at the Little America Coffee Shop. Plan on joining us on this day, as well as on Tuesdays April 5th and April 12th before we pause to prepare and celebrate our Lord's Saving Passion and Resurrection.

REMINDER: DAYS ON WHICH THERE CAN BE

NO MEMORIALS SCHEDULED

Please be aware that NO Memorials can be scheduled on the Third Sunday of Great Lent which is the Veneration of the Holy Cross (April 3), and from the Saturday of Lazarus (April 23) through the Sunday of Thomas (May 8).

SATURDAY OF LAZARUS RETREAT

This year, we will not have a Holy Friday Youth Retreat as has been the custom in years past. INSTEAD, we will offer a SATURDAY OF LAZARUS LENTEN RETREAT on **Saturday, April 23 at Prophet Elias** beginning around **11:00am**. Parents, please plan to bring your children following Divine Liturgy on this day! We also welcome and invite any assistance you can offer in making this year's retreat a spiritually fruitful one!

*Humbly in Christ,
Father Matthew*

Youth Weekly Devotional
Fasting and Prayer during Great Lent

My Dear Beloved Children as we continue our journey through Holy and Great Lent I would like to encourage you with a couple of disciplines that we should continue with in earnest and take seriously as a very important aspect of Lent - fasting and prayer. Great Lent is a special time to fast and pray and we have the very amazing opportunity to experience and walk with Christ during this time. Our preparation should begin by making our lives simpler and quiet. We need to limit our distractions, simplify our schedules, and let loose the cares of this world and limit our time with and set aside video games, TV. Computers, iPods and iPads and focus on Christ, and continue with our fasting and prayers. Let our focus turn to Christ and come as His Holy Body to worship and focus on fasting and prayer that will help to change our lives during this period, and to turn to Christ and His Church. In the midst of all of life's demands, schedule some time to be alone with our heavenly Father, to hear His words to you. Let us take fasting seriously and prepare ourselves for a blessed encounter with God.

Think of fasting not simply as an item of diet, but as a discipline that helps us focus not merely on ourselves but on Christ and our brothers and sisters in need. Let us turn toward Him and away from the worldly desires and look inward and outward. Let our fast help feed those in need and not merely replace hamburger with shrimp. Let us reconsider our life of prayer so that our prayers bring us closer in love to God and to each other. Let our fasting fill our hearts with joy and let our prayers bring peace in our world. Let us accept the challenge and hear Him calling to us and grow in faith and knowledge of our Lord. May your Lenten journey continue to be enlightening and edifying for you and your families.

In His love and Service,

+fr. Elias

Upcoming GOYA Activities

JR. AND SR. GOYA LENTEN SERVICE PROJECT

Save the Date – April 5th 2016 Provide Family Shelter dinners for the Road Home.

Make and serve meals for those in need.

WATCH FOR MORE INFO TO FOLLOW

CAMP EMMANUEL REGISTRATION IS NOW OPEN Once again, Camp Emmanuel will be held at Manzano Mountain Retreat in Torreon, NM, near Albuquerque. The Junior Session (ages 11-14) will be held June 12-18, while the Senior Session (ages 15-18) will take place June 19-25 Online Registration for Camp Emmanuel is open and available at: www.events.denver.goarch.org/ The deadline for early registration at a reduced rate is **March 31**, and the final registration deadline is **May 6, 2016**.

The GOYAN GAZETTE

We will begin publishing our first Youth Newsletter and we need your help in providing information about you. Please let us know what you're doing in school, what you would like to hear about and learn about. Please email Mrs. Orié Kambouris at oriekambouris@hotmail.com or Fr. Elias at fr.eliask@yahoo.com. Please let us know your thoughts and ideas and what's going on in your lives. Congratulations to Chrysoula Sefandonakis and Maria Sarkisyan who submitted the winning name.

Thank You



On behalf of the community we would like to thank the Greek School for a wonderful presentation of our Greek heritage. It was very overwhelming to see our children grow in faith and culture. We also thank the teachers for their care and compassion in perpetuating the Greek Language, culture and our orthodox faith.

A special thank you to our Guest Speaker, Aliko Milioti Drakou, for her enthusiasm in presenting our rich history.

We also thank Kosta and Victoria Louras and family for their donation of the wonderful salmon, including all who helped in setting up, cooking, cleaning and serving.

ΖΗΤΩ Η ΕΛΛΑΣ!

PARISH COUNCIL CORNER

The Parish Council continues to address roof issues at both of our locations. The Parish Council has also been developing a priorities list for both Churches and campuses. We are hopeful that many of the projects on this priorities list will be completed in the near future, including an action plan for finalizing the PE Pavilion. Your Parish Council

Save the Date

The **Spring General Assembly** will be on **May 15th** at Prophet Elias Church.

**Taste of Greece
Sunday, June 19th**

Come Celebrate Pentecost Sunday, Holy Trinity Cathedral Feast day, along with Father's Day!
More details to follow.



See What The Church Can Become

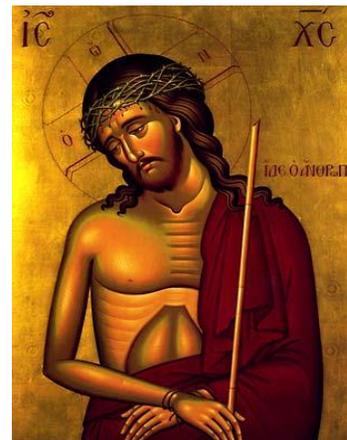
Come and see what the Church can become – not just maintaining current programs, but doing the ministries made possible by your support.

In the early Church, every person coming to the gathering of the Church brought everything they could spare for the needs of the Church. They provided for the sustenance of the clergy, widows and orphans, for helping the poor, and for all the good works of the Church. This is the Church that we as Orthodox Christians claim to be.

How much can your offering do for Christ? -Only as much as you empower it to do. It depends on your love, because we give to Christ and His Church not according to our means but according to our love for Him. We are called to love God with our entire being – our time, talents and treasury.

Stewardship cards may be dropped off in the narthex for your convenience, if you are not able to visit the church office.

Days



DONATIONS FOR LENTEN FLOWERS

If you would like to donate towards the flowers needed during the Lenten Season to decorate the Kouvouklion and Icons, please send your donations to the church office, or give at the Narthex at either church. We are grateful for any donations.

Wishing you a blessed Lenten and Paschal Season!

SAVE THE DATE

Summer Adventure Camp at Saint Sophia School



Summer Adventure Camp is for 3 year olds (toilet trained) through 9 year olds.

Our aim is to continue the early years' growth that defines Saint Sophia School's foundational philosophy: to Discover, Explore, Imagine, and Create. The summer experience will combine enrichment with play for an enhancing summer experience. Each activity is grounded in the belief that learning begins with "wonder." Sessions will navigate between sports, cooking, culture, dance, music water play, building, gardening, and more.

Please contact the school at 801-4241297 for more information

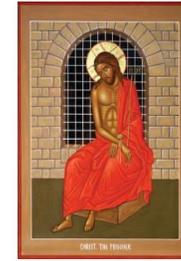


The Young at Heart will be held on Thursday, April 14th at noon at the Hellenic Memorial Hall

We hope to see you all there!

Anastasi Dinner

Please plan to attend a delicious dinner with your fellow parishioners in celebration, of the Resurrection, immediately following the **Saturday, Anastasi Services** at both churches, The Parish Council will be serving the community favorite, lamb, dinner. This will be a wonderful opportunity to share the joy of Pascha! We look forward to seeing you all there after services.



PHILOPTOCHOS LENTEN RETREAT
I Was in Prison, and You Visited Me

Guest Retreat Speaker
Father Stephen Powley
Executive Director
Orthodox Christian Prison Ministry

Schedule
Community Event:

Wednesday, March 30, The whole community including Sr. Goya and College Students are invited **Wednesday, March 30th at Holy Trinity Cathedral 5:45 pm**
Presanctified Liturgy **6:30 pm**.

Pot Luck Dinner; Main Dish will be provided, bring your favorite Lenten dish Rev. Fr. Stephen Powley will give a presentation on our Orthodox Christian Prison Ministry
Please plan to attend

Thursday, March 31, 11:00 am-2:00 pm
Clergy of All Orthodox Jurisdictions Only:
OCPM WORKSHOP & Lunch
Holy Trinity Boardroom

Thursday, March 31, 7:00-8:30 pm
Open Training Session for All Interested in Joining Prison Ministry Team
Holy Trinity Hellenic Cultural Center

Make plans to attend this inspirational presentation, as Fr. Stephen shares his journey of over 30 years with this unique ministry and the amazing things he has seen God do for those living the dark prison life. The profound impact of Jesus' teachings to prisoners, brings the Gospel alive to us today.