

## Epistle Reading

### St. Paul's Letter to the Hebrews 4:14-16; 5:1-6



BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for

sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

## Gospel Reading

### The Gospel According to Mark 8:34-38; 9:1



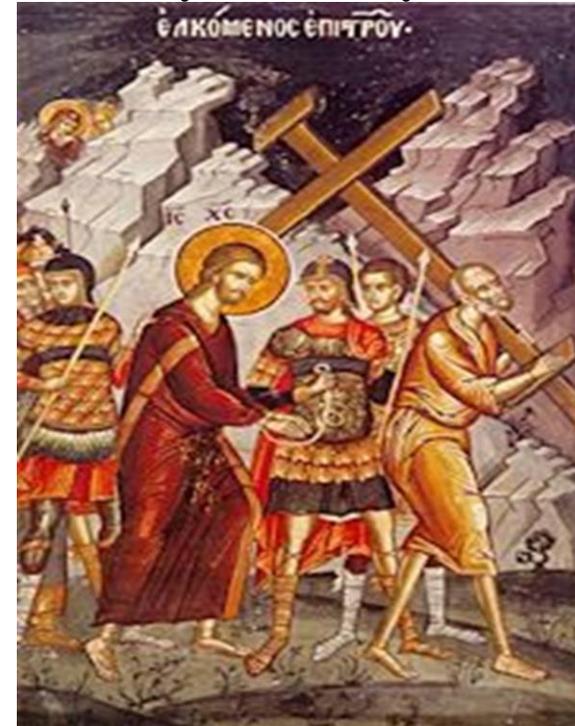
The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are

some standing here who will not taste death before they see the kingdom of God come with power."



Greek Orthodox Church of Greater Salt Lake  
[www.gocslc.org](http://www.gocslc.org); [Orthodoxy3@gmail.com](mailto:Orthodoxy3@gmail.com)

**Sunday, April 3rd, 2016**  
**Sunday of the Holy Cross**



**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

**April 3<sup>rd</sup>, 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

**April 10<sup>th</sup>, 2016**

**Holy Trinity  
Prophet Elias**

#### **Sunday of St. John Climacus**

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

### Weekday Services

**April 4<sup>th</sup>, 2016**

**Holy Trinity**

#### **Compline Service**

6:00pm Fr. Matthew/Fr. Elias

**April 6<sup>th</sup>, 2016**

**Holy Trinity**

#### **Ninth Hour followed by Liturgy of the Presanctified Gifts**

9:45am Fr. Matthew/Fr. Elias

**April 8<sup>th</sup>, 2016**

**Holy Trinity  
Prophet Elias**

#### **4th Salutations to the Theotokos**

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

### Memorials

**April 10<sup>th</sup>, 2016**

Georgia Reid  
Vasilike Rekouniotis

40 Days  
3 Years

Holy Trinity  
Holy Trinity

**Friday, April 22<sup>nd</sup>, 2016**

Maria Kambaladou at 10:30am

40 Days

Prophet Elias

#### **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](mailto:matthewthepriest@gmail.com).

### Prayer List

Joan, Konstantine, Yianni, Andrianna, Michalis, Kosma, Andoni, Panayiota, Noula, Veloutho, Kalliopi, Elia, 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. \*

### **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!



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

We hope to see you all there!

### 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

### **LENTEL SOUP**

The Sunday School will be having fakes (lentel soup) after Liturgy at Prophet Elias today. Please stay for lunch and support the students.

## **IMPORTANT MESSAGES FROM FATHER MATTHEW**

### **WHERE THERE IS CHRIST, THERE IS JOY**

As we are now at the midpoint of Great Lent, Orthodox Christians are invited to take part in commemorating the Veneration of THE HOLY CROSS OF CHRIST which we always celebrate on the third Sunday of Great Lent. In our Lenten journey, we are taught to be mindful of the importance of repentance, fasting, prayer, almsgiving, and forgiveness. Without these, our spiritual pilgrimage is lacking in meaning. We cannot be disciples of Christ without these marks of Christian life and practice. After an enthusiastic beginning of Great Lent, little by little we show signs of being tired, our attention begins to flag, our love for God and neighbor begins to wear out. In other words, our own comfort again becomes the priority. The Veneration of the Holy Cross renews and refocuses our Lenten journey by bringing our attention back to Christ, back to the love of God for us. This love is given as a gift to us in the form of the Cross, the symbol both of Christ's suffering and of the resurrection. We are taught by our Lord to take up our own cross and follow Him. To venerate the Cross of Christ is to be inspired, strengthened, and enabled to carry our cross.

All of the above is true. Yet it is incomplete. An important dimension is missing – the dimension of joy. *“Through the Cross joy has come into the world.”* These words in a hymn of the Resurrection reveal the dimension of joy as central and essential. Where there is faith without joy, faith is deficient. Where there is almsgiving without joy, charity is deficient. Where there is love, there is joy. Where there is Christ, there is joy. As we walk the remainder of our pilgrimage of Great Lent, let it be full of joy, and therefore full of Christ!

### **SPECIAL TRAY TODAY**

In addition to the special service and Procession with the Holy Cross immediately following Divine Liturgy at both churches, the Ladies Philoptochos Societies of Holy Trinity Cathedral and Prophet Elias Church will pass a SPECIAL TRAY today at each respective church which will benefit Holy Cross School of Theology in Brookline, Massachusetts. We thank you in advance for your loving generosity!

We also wish to acknowledge and extend our deepest gratitude to the Orthodox Christian Prison Ministry committee members, as well as to our Ladies Philoptochos Societies, for their tireless efforts and planning of the *wonderful* LENTEN RETREAT which our parish hosted this past week!

### **ATTACHMENT TO THE BASIC CARES OF LIFE AND OUR NEED FOR HOLY CONFESSION**

In our daily life, we may do good and beautiful things; we may study, have a profession, raise a family, acquire property, or perform charitable deeds. When we see and use the world *eucharistically* – as a gift from God – then everything joins with Him and becomes a path to union with God! Sometimes, however, we are absorbed by the beautiful things of this world and lose sight of the eternal. When this happens, we forget the “one thing needful”. Particularly today, we are constantly preoccupied, and we neglect our salvation for the sake of these everyday activities. Perhaps this is a scheme of the evil one – the devil – to delude even the chosen ones. For example, we now spend time learning, studying, reading; but we have no time to pray, to go to Church, or to confess and receive Holy Communion. Tomorrow we will have meetings and conferences, personal and social obligations; how will we find time for God? The day after tomorrow we will have weddings, family cares; it is impossible to engage in spiritual things. We, too, continually repeat to God: *“I cannot come. Please have me excused.”* All these things have real and substantial value when undertaken with the *Grace of God*, for example, when we try to do everything for the *Glory of God*; but only when we do not stop yearning and continue to pursue what is beyond studies, beyond profession, beyond family, beyond all the good and holy responsibilities and activities; only when we continue to desire a union with God, then all these find their real meaning in an *eternal* perspective. It is then that they are of benefit to us. We must

remember that our Lord said, *Seek first the Kingdom of God, and all these things shall be added unto you”.*

The Sacrament of Holy Confession helps us to redirect our priorities, so that Christ becomes the center of our lives. Holy Confession cleanses us of all our accumulated dust and dirt in our souls. Our children, too, will learn the necessity of Holy Confession by our example. Let us not wait until ‘*tomorrow*’ to partake of Holy Confession. Tomorrow may never come!

### **LENTEN SERVICES THIS WEEK**

The Church as the Body of Christ prays for the whole world. She cares about people's salvation. We are not mere spectators when there is a Church service, especially a Liturgy. Like the priest is responsible for the way in which he stands in front of the Holy Altar, in exactly the same way the laity are responsible for the way in which they stand inside the Church Temple. Saint John Chrysostom once wrote, “When we step out of the Church Temple, we should seem like we have come down from heaven, that we are now heavenly people!” By attending Church services and partaking of Holy Communion at a Liturgy, when we “enter therein with faith, reverence, and the fear of God”, then each piece of our body, each member, is a part of the Church of Christ!

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 FOURTH WEEK of GREAT LENT:**

#### **MONDAY, APRIL 4:**

Great Compline Service, 6pm at Holy Trinity only

WEDNESDAY, APRIL 6: Ninth Hour and Liturgy of the Presanctified Gifts, 9:45am at Holy Trinity only

#### **FRIDAY, APRIL 8:**

4th Salutations to the Theotokos, 6:30pm at both churches

#### **TUESDAY MORNING WITH THE LORD**

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

#### **SATURDAY OF LAZARUS RETREAT**

This year we are pleased to announce that we will offer a SATURDAY OF LAZARUS LENTEN RETREAT on Saturday, April 23 at Prophet Elias beginning around 11am. 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 During Great Lent

My Dear Beloved Children I hope your Lenten Journey has been spiritually rewarding and edifying to date. I wanted to continue a discussion on fasting and emphasize the importance of its meaning. I read a story about a couple that had recently gotten married and after their return from their honeymoon they invited all the members of their families to their home for dinner. The couple was in the kitchen preparing the dinner for the evening and they were preparing a roast obviously not during Lent, and the husband noticed that his wife cut off a few inches of the roast off the end. He was puzzled and asked her why she had done that. She responded that she really didn't know but that was what her mother always had done. So she went out into the living room to ask her mother why she had always cut off a few inches from the end of the roast and her mother replied in the same manner – that was what my mother had done. YiaYia who heard the question and the response answered before she was asked, that the only pan she had was too short so she had to cut some of it off for it to fit.

We may do the exact same thing in some ways. We respect certain religious traditions and observe certain practices of our faith because our parents and or grandparents did them. This is not necessarily wrong, but it can become a means of turning these traditions into empty and meaningless customs. It is not only important to know what we should do, but also why we should do it. So as we continue in our fast during this Holy Lenten Period let us ask ourselves why we should follow the discipline of fasting, how we should fast, and why it is so important. Fasting enables us to experience the complete joy of the Holy Feast. It becomes a preparation to victoriously meet and face temptations of the devil and as a spiritual weapon to achieve spiritual victories, as we are told in the Gospel. Fasting, along with repentance and prayer are the means we use to change ourselves. We turn our thoughts, our ways and hearts to God and come to Him and weep for both our inward and outward sins asking for forgiveness. Fasting at the bare minimum can be viewed as limitations imposed on types and quantities of food. More importantly fasting is an activity that allows us to work out our own perfection, so we can experience the full power of God's promise to experience eternal life in His Kingdom. We should empty ourselves of the cares and concerns of this world and make room for God to come in. Thus true fasting involves abstinence not only of food but everything that distances us from God. St. Basil tells us that fasting is not abstaining from food only; it is most of all, abstaining from sin. We fast not only from what goes in our mouth, but also from the words that come out of our mouth. We should also fast with our eyes, our ears, our hands and our feet. It's a time to take control of our lives – what we listen to, what we look at, a time to improve ourselves, a time to simplify our lives, a time to focus on our relationship with God and to serve Him.

In Love and Service,

+fr. elias

## Upcoming GOYA Activities

### JR. AND SR. GOYA LENTEN SERVICE PROJECT

Save the Date – April 5<sup>th</sup> 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/](http://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

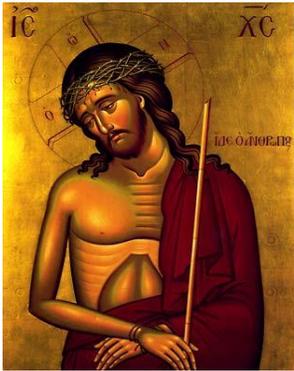
We will begin publishing our first Youth Newsletter and we need your help in providing information about you. Please let us know what you're doing in school, what you would like to hear about and learn about. Please email Mrs. Orié Kambouris at [oriekambouris@hotmail.com](mailto:oriekambouris@hotmail.com) or Fr. Elias at [fr.eliask@yahoo.com](mailto: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.

### Save the Date

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

### **Taste of Greece Sunday, June 19<sup>th</sup>**

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



### 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

The Daughters of Minos will be hosting a Lenten Dinner on **Wednesday April 13<sup>th</sup>**, at **Prophet Elias** immediately following the church service at approximately **6:30pm** in the **small gym**. We will also be making lambathes during this time. Parents, Godparents are welcome to come and make your lambatha with your children and Godchildren. The Godparents giving the lambatha for Easter is very much a part of our Greek Tradition, as they are supposed to be the Spiritual Guardian of the Child, and as such, on Good Saturday Resurrection Service, when Christ arose, the Church in darkness, and the priest comes out with the blessed light of the resurrection, the light of which is spread from person to person, candle by candle. Some children also take their lambatha to the Good Friday Service. Please join us for this beautiful Lenten Dinner and join in the Tradition of making Lambathes for your children and Godchildren. We look forward to seeing everyone there!



### 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.

### 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.

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### PAN ARCADIAN CHAPTER MEETING

Our next dinner/business meeting is Tuesday, April 19, 2016 at 6:30 pm at The Other Place Restaurant. Hope to see you there.

### PAN ARCADIAN SCHOLARSHIP

The Western District Arcadian Scholarship application is available from Karen Anastasopoulos ([karenanast@gmail.com](mailto:karenanast@gmail.com) and [801-913-2414](tel:801-913-2414)). An applicant may be a member of a PFA chapter (Salt Lake City Theodoros Kolokotronis Chapter #90), a child of a member OR a grandchild of a member. **Deadline is May 1, 2016.** Contact Karen with any questions.

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### PROPHET ELIAS CHURCH FELLOWSHIP

Thank you to our hosts of the PE Church Coffee Fellowship during March:

Angie Hunter  
Jacque Contant  
Maria & Bob Nelson

Contact Jacque Contant at [jacquecontant@gmail.com](mailto:jacquecontant@gmail.com) to sign up to host a Sunday. All proceeds go to the Sunday School.



Michael Bapis of The Bapis Group

Michael was recently honored on the 2016 Barron's, "American's Top 1,200 Advisors" publication. Michael was selected in the state of New York as one of the top 1,200 advisors in the country.



**\*\*Save the Date, Saturday  
April 23, 2016\*\*  
Youth Lenten Retreat  
Kindergarten through 12<sup>th</sup> grade  
11:00 a.m. to 2:30 p.m. at Prophet Elias**

This year's Youth Lenten Retreat will be held on the Saturday of Lazarus, April 23rd after morning liturgy at Prophet Elias at **11:00 a.m.** This year's theme is "Journey through Holy Week" which will feature events from Saturday of Lazarus to the Resurrection of Christ. Stations include: Tying Palms for Palm Sunday, Decorating Easter Eggs, Lenten Songs, Holy Unction, and the Mystical (Last) Supper, The Crucifixion and Resurrection of our Lord. A light lunch will also be provided. The retreat is free.

Additionally, any youth needing to make up Sunday School Attendance will receive credit for attending/assisting with the retreat. Any questions, please call Paul K. at 801.870.1514, Denise N., at 801.604.6782 or Elenie S., at 801.718.7515. We look forward to seeing you!