

## Epistle Reading

### Acts of the Apostles 9:32-42



IN THOSE DAYS, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

## Gospel Reading

### The Gospel According to John 5:1-15



At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.' "They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.



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

**Sunday, May 22nd, 2016**  
**Sunday of the Paralytic**



**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

**May 22<sup>nd</sup>, 2016**

**Holy Trinity  
Prophet Elias**

**Sunday of the Paralytic**

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

**May 29<sup>th</sup>, 2016**

**Holy Trinity  
Prophet Elias**

**Sunday of the Samaritan Woman**

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

### Weekday Services

**May 21<sup>st</sup>, 2016**

**Prophet Elias**

**Feast of Saints Constantine and Helen**

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

**May 25<sup>th</sup>, 2016**

**Holy Trinity**

**Mid-Pentecost**

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

### Memorials

**May 22<sup>nd</sup>, 2016**

John Dakis	40 Days	Prophet Elias
Connie Ligeros	1 Year	Prophet Elias
Nick Ligeros	15 Years	Prophet Elias
George Ligeros	22 Years	Prophet Elias
Bill Ligeros	62 Years	Prophet Elias
Michael Katsan	10 Years	Prophet Elias
Maria Georgoulakou	5 Years	Prophet Elias
Father Constantine Palassis	7 Years	Prophet Elias
Presbytera Panagiota Palassis	19 Years	Prophet Elias
Andreas Venizelos	16 Years	Prophet Elias
Adamandia Venizelos	21 Years	Prophet Elias

**May 29<sup>th</sup>, 2016**

Toros Megerdichian 7 Years 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, Lil, Tatiana, Irina, Paraskeva, Vera, Alexandra, Georgy, Dimitri, Elizabeth, Ryley, Marie, Tom, Dina, Kim, Fred, Sophia, Madeline, Gus, Julie, Tamara, Charissa, Linda

\*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. \*

### Accounting/Bookkeeping Position Available

Immediate opening available for an Accounting Assistant position. Located at the Holy Trinity Cathedral office. Requirements are as follows; highly knowledgeable with all facets of QuickBooks, QuickBooks class coding, bank reconciliation, payroll processing, accounts payable, accounts receivable, invoicing, report processing, and other minor duties. If you meet these qualifications, please send a Resume to Connie Yengich at [conniegoc@gmail.com](mailto:conniegoc@gmail.com). Please contact Connie at [801-328-9681](tel:801-328-9681) for all inquiries. We look forward to hearing from you.

### MEMORIAL DAY PRAYERS

In observance of Memorial Day on **Monday, May 30, TRISAGION PRAYERS** will be offered at **Mount Olivet Cemetery** beginning at **9:00am**



We would like to congratulate the University of Utah Women's Lacrosse team for placing 2nd at the National Championship Tournament in Winston-Salem NC, this past weekend.

Alexa Pappas was named 2nd team All American and was also on the All-Tournament team and Tracy Souvall Pati is the Head Coach for the team. Congratulations to both Tracy and Alexa for a great season!

## IMPORTANT MESSAGES FROM FATHER MATTHEW

### **CHRIST IS RISEN!** **PREPARING FOR LITURGY-** **INWARD AND OUTWARD**

Prayerful participation in the Divine Liturgy calls for preparation well before coming to church. It is important to find silence and inner composure before coming to church. Consider the long period of silence in which righteous Job immersed himself before speaking to God. The Lord Himself observed silence with His disciples before ascending Mount Tabor, when He was seen by them transfigured in glory. Practically speaking, in our busy world, we should at least keep the evening before the Liturgy in quietness and prayer. Then, in the morning, holding our hearts in prayerfulness and not speaking too much beforehand, we depart to church.

Some people have the custom of arriving at church and immediately going to an area to talk to others. Of course it is wonderful to greet one another, but we put the Lord last in this way. First, let us greet the Lord Himself. Then, after the Liturgy, we can greet one another. So, then, we should immediately go into church and greet the Lord in quiet prayer and veneration. If others greet us, we should politely smile and keep our greeting soft and short. In silence we best prepare our hearts and minds to be focused to receive the Lord.

At the opening exclamation, "Blessed is the Kingdom...", all parish faithful should respond with the one-word prayer, "Amen". This simple prayer is very powerful. We should learn to pray it with great intention. It basically means that the one saying the *Amen* takes up the prayer or exclamation that has just been uttered as if it were his very own. Saint Jerome of Bethlehem said the Divine Liturgy as it was celebrated in the Church of the Holy Sepulcher in Jerusalem, right at the Empty Tomb itself, was so robust that the laity said *Amen* with the force of a thunderclap. Let us reach for this prayer and say it often!

### **MEMORIAL DAY PRAYERS**

As our nation sets aside MEMORIAL DAY to commemorate those who have died, we, too, will offer our faithful the occasion to lift up prayers for their departed loved ones. In observance of Memorial Day on **Monday, May 30, TRISAGION PRAYERS** will be offered at **Mount Olivet Cemetery** beginning at **9am**. Let us strive devoutly to commemorate our loved ones who have departed in faith and hope of resurrection, aware that in this way we are offering a certain ease and rest to those who have reposed.

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

Our next **TUESDAY MORNING BIBLE STUDY** will be held on **Tuesday, May 31 at 10:30am at the Little America Coffee Shop**. The depth and breadth of our faith is immeasurable. Through these humble bible study gatherings, may we learn to live our faith more consciously in the worship and life of our Holy Orthodox Church. We invite you to join us!

### **KEEPING CHRIST IN OUR SUMMER**

We tend to think of Memorial Day as the heralding of the summer months and, of course, summer vacation. In all that we do this upcoming summer, let us not forget our Lord. Please consider bringing the family to some of the major feast days coming up in the next month, especially, but not limited to, the **APOTHOSIS OF PASCHA (June 8)**; the **ASCENSION OF OUR LORD (June 9)**; **SATURDAY OF THE SOULS (June 18)**; **PENTECOST (June 19)**; and **Monday of the HOLY SPIRIT (June 20)**.

### **SUMMER HOURS TO BEGIN IN JUNE**

Beginning **Sunday, June 12**, we will observe "**SUMMER HOURS**". This means that for **SUNDAY** liturgies, Orthros will begin at **8:30am**, followed by Divine Liturgy at **9:30am**. For **WEEKDAY** liturgies, Orthros will begin at **8:30am**, followed immediately by Divine Liturgy.

### **SUNDAY SCHOOL – A VITAL MINISTRY**

There is an icon of Philip the Deacon and the Ethiopian which hangs prominently in the offices of our Archdiocese' Department of Religious Education. An important exchange is Philip's question to the Ethiopian, "Do you understand what you are reading?" The Ethiopian replies, "How can I, unless someone guides me?" This exchange and the teaching that follows should remind us of the important **MINISTRY** of teaching. Information about Christ and the Orthodox Church abounds, especially in our electronic age. But without someone to guide us, how can anyone understand? Sunday after Sunday, our *wonderful* **SUNDAY SCHOOL TEACHERS** work diligently to hand forward the Orthodox Christian Faith and way of life to another generation. At the heart of their ministry is helping our young learners to understand the Faith of our Holy Orthodox Church. If you've always wanted to get involved in our parish Sunday School programs, but have been a bit shy, think of it this way: Do it for **CHRIST'S KIDS!** It's not too soon to begin thinking about the upcoming Sunday School year!

### **WILL WE BE FOUND WORTHY?**

Within the holy Liturgy, we "complete our prayer unto the Lord" by appealing to God for the fulfillment of our needs, culminating in the greatest need of all, "that we may have a good defense before the fearful judgment seat (*bema*) of Christ". This petition is important, since the name of the very place where the Holy Gifts have been placed is the *bema*, the "judgment seat", one of the many names for the Holy Altar. We realize that the judgment is not only in the future, but even right now! Let us ask ourselves: Are we ready to meet the Lord? Will we be found worthy to partake of Him?

*Truly He is Risen!*  
*Father Matthew*

**GOYA**

**RED BUTTE GARDEN NATURAL AREA HIKE**

Stay on Christ's trail throughout the Summer!  
Join us for a Nature Hike with God  
And bring your friends (parea) for a great time

**Saturday June 25<sup>th</sup> 10:30 – 1:30 p.m.**

There is a fee for all who enter the Garden:  
youth \$6  
adults \$11

We will meet at the entrance of Red Butte at 10:30 a.m.  
Lunch and Snacks will be provided.  
Bring water and sunscreen up

Parents you are welcome to stay and tour the Garden while you are waiting for your hiker or just relax on their patio.

Any questions please call Denise Nikols 801-604-6782

**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).

If you would like to attend Camp Emmanuel and are unable to, due to financial restraints, a generous donor has offered to sponsor on an as needs basis for two camp participants to have the pleasure of experiencing Camp Emmanuel. Please contact Fr. Elias at (801)556-4640 if you are interested

We appreciate the anonymous donor for granting this worthwhile experience for two of our youth. Ευχαριστώ !

**NEW PARKING STICKERS**

We are currently issuing new parking stickers. In order to receive a new parking sticker, you must be a current Steward of the church. We have a form that will need to be filled out with your car make, and license plate number. The form is available on the website at [gocslc.org](http://gocslc.org). Please stop by the church office at your convenience to receive your new sticker. Please keep in mind that the stickers are for our parishioners only. If you have any questions, please call the church office at (801) 328-9681. Thank you for your cooperation.



**Community Wish List**

**Please find below a Wish List of items that the Community is need of. If you see a particular item you would like to donate to, please do so by giving at the Narthex of both churches, or at the church office. If you have any questions on a particular item, please call Connie at the church office, 801-328-9681. We would love to hear from you.**

New Roof for the Large Gym at Prophet Elias \$34,500 (donations to date \$25,000)  
Repair Roof Tiles on the Cathedral - \$3,000  
HVAC Roof Top Unit - Replacement in the Dining Room, Holy Trinity \$28,000 (donations to date \$15,000)  
Medium sized Pots and Pans for Holy Trinity and Prophet Elias - \$600  
Commercial Carpet Cleaning Machine - \$3,500  
Outdoor Smoke Receptacles for Holy Trinity and Prophet Elias - \$250  
2 Benches for Outside of the Warehouse at Holy Trinity - \$500  
2 Water Fountains for Prophet Elias - \$1,500  
Pavilion Completion – Restrooms, Kitchen  
Commercial Cordless Vacuum for Prophet Elias - \$1,500  
Updated Sound System for Interior of the Church at Prophet Elias - \$12,000  
Replace Pumps in Basement at Prophet Elias - \$3,000 (donations to date \$2,500)  
Commercial Floor Scrubbing Machine - \$3,500

**We thank you for your continued support of our Community.**

**Save the Date**  
**Taste of Greece**  
**Sunday, June 19<sup>th</sup>**

Come Celebrate Pentecost Sunday, Holy Trinity Cathedral Feast day, along with Father's Day!

Tickets are now available, after church, or by calling  
Paul Roumpos at 801-262-4833  
Adults **\$40** ~ Children **\$10**

**PARISH COUNCIL CORNER**

Xristos Anesti !

We would like to thank all of you who took time last Sunday afternoon to attend the Spring Parish Assembly. The meeting was very positive and much was accomplished.

We would also like to thank the GIRL SCOUTS for planting the flower beds at Prophet Elias. Our young ladies, and their troop leaders did a wonderful job and we are proud of their efforts. We look forward to seeing everything in full bloom for the entire summer!

**SAINT SOPHIA SCHOOL**

**Pre-K Toddlers Teacher** (18-24.5 mo.); creative & motivated; classroom experience; every Friday 9:00-11:00; 2016-2017 school yr.; Saint Sophia School  
[www.saintsophiaschool.org](http://www.saintsophiaschool.org) an equal opportunity employer for all qualified applicants.  
Send cover letter, resume, list of references, via email to  
[McKenzie.Trujillo@saintsophiaschool.org](mailto:McKenzie.Trujillo@saintsophiaschool.org) or [ebapis@comcast.net](mailto:ebapis@comcast.net)

**Pre-K and Kindergarten Director/Principal**. dynamic, creative, excellent communication, technology and social networking skills, non-profit exp. & budget skills preferred, 5 + yrs. Admin. Experience, masters pref. & current credentials; send cover letter, resume, list of references, via email to

[McKenzie.Trujillo@saintsophiaschool.org](mailto:McKenzie.Trujillo@saintsophiaschool.org) or [ebapis@comcast.net](mailto:ebapis@comcast.net) Saint. Sophia School is an equal opportunity employer for all qualified applicants.

**Saint Sophia School has positions** for Teachers Aides and Substitute Teachers. Please call the school for further information. 801-424-1297. Ask for Mckenzie.

**PANAHAIKOS SOCIETY**

A Birthday Luncheon for the Panahaikos Society will be held on Sunday **May 22nd** at Tucci's Restaurant 500 South 700 East (east side of 7th east) at noon. We will be ordering from the menu. Please RSVP with George Miller at 801-244-8587 or Bill Rekouniotis at 801-673-0424 or [billrek@gmail.com](mailto:billrek@gmail.com). We hope to see all of you there. Thank you

**FESTIVAL 2016 PREPERATIONS**

**DOLMATHES JUNE 9<sup>TH</sup> - 11<sup>TH</sup>**



We are starting the Festival preparations with the first food item from the many that we have on our list: DOLMATHES. Chaired by the Daughters of Minos. We will be rolling dolmathes on June 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> from 9:00 am to 8:00 pm at the Holy Trinity warehouse. We need as many volunteers as possible, everyone is welcome. You don't need to stay all day, even a few hours are a big help! Looking forward to another successful Festival year. For more information, please call the church office at, 801-328-9681 or Xanthi Athousakis at 801-558-5430.

**ARCADIAN LADIES**

**Please join the Arcadians at a Bees Baseball Game:**

Wednesday, **May 25, 2016 6:30 pm**  
Smith's Ball Park, 77 West 1300 South  
**\$14** per person for admission  
Section 7 (first base line)

# opa!

## OPA" Camp

Prophet Elias Greek Orthodox Church

June 20 - 24

10:00 a.m. – 3:00 p.m.

Ages pre-school – 14

Cost \$100

Come and join us for another fun filled week at

### OPA CAMP

Dance, Music, Food, Culture, (Arts & Crafts), Games and Sports!

Reserve your spot by mailing your completed enrollment form, along with your check:

2440 Scenic Dr. SLC, UT 84109 (**make checks payable to OPA CAMP**).

Registration deadline: **June 13<sup>th</sup>**. Cost **\$120** after that.

**Space is limited!**

**Volunteers needed**

For questions please contact Nitsa @ 801-209-7402,  
or the church website at [gocslc.org](http://gocslc.org).

# SUNDAY SCHOOL



Just a friendly reminder the last day of Sunday School is June 5, 2016, yearbooks and certificates will be handed out.

There will not be classes Memorial Day weekend.

Thanks for a great year!

Elenie, Paul & Denise



Happy Name Day to all the Constantine's and Helen's who celebrate this Saturday, May 21<sup>st</sup>.

