



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



2020 Parish Council Executive Board

President: George Karahalios 1st Vice President: Dimitri Gerontis 2nd Vice President: Harry Souvall Treasurer: Elpitha Votsis Asst. Treasurer: Jacquelyn Contant Rec. Secretary: Nico Priskos Cor. Secretary: Lee Kapos 2020 Parish Council Members

Dorie Farah Steve Gamvroulas Chris Mantas Maria Shilaos-Nelson George Pappas Tim Reganis Chris Sakellariou Dr. Demetrios (Tykie) Skedros





MEMORIALS

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TODAY:	

Chris & Magdaline Chelemes: 40-Day Memorial	HT
Irene Vanikiotis: 3-Month Memorial	HT
JANUARY 10:	55
Presvytera Golfo Nikas: 6-Month Memorial	PE
JANUARY 17:	
John Kapos: 40-Day Memorial	PE
Panagiotis (Pete) Koukoulias: 40-Day Memorial	PE

George P. Koukoulias: 21-Year Memorial

UPCOMING SCHEDULE

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MONDAY, JAN. 4 Parish Council Meeting	6:30-9:30pm via Zoom
<u>TUESDAY, JAN. 5 - Eve of Holy Epiphany</u> Hours/Vepseral Liturgy of St. Basil/Megas Agiasmos	s 9:00am @ PE
<u>WEDNESDAY, JAN. 6 - Holy Epiphany</u> Orthros/Divine Liturgy/Megas Agiasmos	9:00am @ HT
<u>THURSDAY, JAN. 7 - St. John the Baptist</u> Orthros/Divine Liturgy	9:00am @ PE
<u>SUNDAY, JAN. 10 - Sunday after Epiphany (PE (</u> Orthos Divine Liturgy *VASILOPITA SUNDAY *Parish Council Oath of Office	<u>ONLY)</u> 9:00am @ PE 10:00am @ PE



HVMNS OF THE DAV

Resurrectional Apolytikion

Plagal 1st Mode Let us worship the Word who is unoriginate * with the Father and the Spirit, and from a Virgin was born * for our salvation, O believers, and let us sing His praise. * For in His goodness He was pleased * to ascend the Cross in the flesh, and to undergo death, * and to raise up those who had died, * by His glorious Resurrection.

For the Forefeast

Zabulon, prepare, and be ready, Nephthalim. * Jordan River, hold your course, and exultantly receive * the Master who is coming to be baptized. * Adam leap for joy with Eve the Foremother. * No longer hide yourselves, as once in Paradise; * for having seen you naked He has appeared * to clothe you in your former vesture. * The Christ has appeared, wishing to renew * the entire creation.

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 of the Forefeast

4th Mode

To the flowing streams today * of River Jordan * comes the Lord and cries aloud * to John the Baptist, and He says, * "Be not afraid to baptize me now; * for I have come to save Adam, the first-formed man."





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<u>Άπολυτίκιον Άναστάσιμον.</u>

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι nὐδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῷ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Προεόρτιον

<u> Ήχος δ΄</u>

Ήχος πλ. α΄

Έτοιμάζου Ζαβουλών, καὶ εὐτρεπίζου Νεφθαλείμ. Ἰορδάνη ποταμέ, στῆθι ὑπόδεξαι σκιρτῶν, τοῦ βαπτισθῆναι ἐρχόμενον τὸν Δεσπότην. Ἀγάλλου ὁ Ἀδὰμ σὺν τῷ Προμήτορι· μὴ κρύπτετε ἑαυτούς, ὡς ἐν Παραδείσω τὸ πρίν· καὶ γὰρ γυμνοὺς ἰδὼν ὑμᾶς ἐπέφανεν, ἵνα ἐνδύσῷ τὴν πρώτην στολήν. Χριστὸς ἐφάνη, τὴν πᾶσαν κτίσιν, θέλων ἀνακαινίσαι.

<u>Άπολυτίκιον Πεντηκοστής (για την Αγία Τριάδα)</u> <u>Ήχος πλ. δ΄</u> Εύλογητός εἶ Χριστὲ ὁ Θεος ἡμῶν ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον καὶ δι' αὐτῶν τῆν οἰκουμένην σαγηνεύσας φιλάνθρωπε δόξα Σοι.

<u>Άπολυτίκιον Προφήτου Ηλιού</u> ⁷Ηχος δ΄ Ό ένσαρκος άγγελος, τών Προφητών η κρηπίς, ο δεύτερος Πρόδρομος τής παρουσίας Χριστού, Ηλίας ο ένδοξος, άνωθεν καταπέμψας, Ελισαίω τήν χάριν, νόσους αποδιώκει, καί λεπρούς καθαρίζει, διό καί τοίς τιμώσιν αυτόν βρύει ιάματα.

<u>Κοντάκιον του Προεορτίου</u> Έν τοῖς ῥείθροις σήμερον τοῦ Ἰορδάνου, γεγονὼς ὁ Κύριος, τῷ Ἰωάννῃ ἐκβοặ· Μὴ δειλιάσῃς βαπτίσαι με· σῶσαι γὰρ ἤκω, Ἀδὰμ τὸν πρωτοπλαστον.





THE EPISTLE

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Prokeimenon: O Lord, save Your people, and bless Your inheritance. Verse: To You, O Lord, I cry; O my God.

The reading is from Paul's Second Letter to Timothy. (4:5-8)

Timothy, my son, always be steady, endure suffering, do the work of an evangelist, fulfil your ministry. For I am already on the point of being sacrificed; the time of my departure has come. I have fought the good fight, I have finished the race, I have kept the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved his appearing.



Προκείμενον: Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου. Στίχος: Πρὸς σέ, Κύριε, κεκράξομαι, ὁ Θεός μου.

Πρὸς Τιμόθεον Β΄ Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα. (4:5-8)

Τέκνον Τιμόθεε, νῆφε ἐν πᾶσι, κακοπάθησον, ἔργον ποίησον εὐαγγελιστοῦ, τὴν διακονίαν σου πληροφόρησον. Ἐγὼ γὰρ ňδη σπένδομαι, καὶ ὁ καιρὸς τῆς ἐμῆς ἀναλύσεως ἐφέστηκε. Τὸν ἀγῶνα τὸν καλὸν ἡγώνισμαι, τὸν δρόμον τετέλεκα, τὴν πίστιν τετήρηκα· λοιπὸν ἀπόκειταί μοι ὁ τῆς δικαιοσύνης στέφανος, ὃν ἀποδώσει μοι ὁ Κύριος ἐν ἐκείνῃ τῇ ἡμέρạ, ὁ δίκαιος κριτής, οὐ μόνον δὲ ἐμοί, ἀλλὰ καὶ πᾶσι τοῖς ἠγαπηκόσι τὴν ἐπιφάνειαν αὐτοῦ.



The reading is from the Holy Gospel according to Mark. (1:1-8)

The beginning of the Gospel of Jesus Christ, the Son of God. As it is written in Isaiah the prophet, 'Behold, I send my messenger before your face, who shall prepare your way; the voice of one crying in the wilderness: prepare the way of the Lord, make his paths straight." John the baptizer appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. And there went out to him all the country of Judea, and all the people of Jerusalem; and they were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, and had a leather girdle around his waist, and ate locusts and wild honey. And he preached, saying, "After me comes he who is mightier than I, the thong of whose sandals I am not worthy to stoop down and untie. I have baptized you with water; but he will baptize you with the Holy Spirit."





Έκ τοῦ κατὰ Μᾶρκον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα. (1:1-8)

Άρχη τοῦ εὐαγγελίου Ἰησοῦ Χριστοῦ, υἱοῦ τοῦ Θεοῦ. Ώς γέγραπται ἐν τοῖς προφήταις, ἰδοὺ ἐγὼ άποστέλλω τὸν ἄγγελόν μου πρὸ προσώπου σου, ὃς κατασκευάσει την όδόν σου έμπροσθέν σου. Φωνή βοῶντος ἐν τῇ ἐρήμω, ἑτοιμάσατε τὴν ἑδὸν Κυρίου, εύθείας ποιεῖτε τὰς τρίβους αὐτοῦ, ἐγένετο Ἰωάννης βαπτίζων έν τῆ ἐρήμω καὶ κηρύσσων βάπτισμα μετανοίας είς ἄφεσιν ἁμαρτιῶν. Καὶ ἐξεπορεύετο πρὸς αὐτὸν πᾶσα ἡ Ἰουδαία χώρα καὶ οἱ Ἱεροσολυμῖται, καὶ έβαπτίζοντο πάντες έν τῷ Ἰορδάνῃ ποταμῷ ὑπ΄ αὐτοῦ έξομολογούμενοι τὰς ἁμαρτίας αὐτῶν. Ήν δὲ ὁ Ἰωάννης ένδεδυμένος τρίχας καμήλου καὶ ζώνην δερματίνην περὶ την όσφυν αύτοῦ, καὶ ἐσθίων ἀκρίδας καὶ μέλι ἄγριον. Καὶ ἐκήρυσσε λέγων· ἔρχεται ὁ ἰσχυρότερός μου ὀπίσω μου, οὗ οὐκ εἰμὶ ἱκανὸς κύψας λῦσαι τὸν ἱμάντα τῶν ύποδημάτων αύτοῦ· ἐγὼ μὲν ἐβάπτισα ὑμᾶς ἐν ὕδατι, αὐτὸς δὲ βαπτίσει ὑμᾶς ἐν Πνεύματι Ἁγίω.





We are trying to create a list of all the members of our community who know how to prepare kolyva, and who would be willing to accept calls from time to time to do so when families call to schedule a memorial, but don't have their own kolyva. If you would like to be included on this list, please call Maria at the church office (801) 328-9681, or send an email to CHURCHOFFICE@GOCSLC.ORG

It is customary that families reimburse the maker for their effort, so please also include the amount you'd consider appropriate for your time and effort.

NEW PARISH WEBSITE

Please go to GOCSLC.ORG and have a look around!

We hope that the website becomes a hub for all of us, especially in this time of physical separation. The website will be continuously updated, so if you notice a mistake or an omission, please let us know.

We ask that all ministries and organizations send their current leadership and contact information to:

CHURCHOFFICE@GOCSLC.ORG



"The whole year will be fortunate for you, not if you are drunk on the new-moon [New Year' Day], but if both on [that day] and each day, you do those things approved by God. For days come wicked and good, not from their own nature; for a day differs nothing from another day, but from our zeal and sluggishness. If you perform righteousness, then the day becomes good to you; if you perform sin, then it will be evil and full of retribution. If you contemplate these things, and are so disposed, you will consider the whole year favorable, performing



+ JOHN CHRYSOSTOM

prayers and charity every day; but if you are careless of virtue for yourself, and you entrust the contentment of your soul to beginnings of months and numbers of days, you will be desolate of everything good unto yourself."



+ BASIL the GREAT

"Let your demeanor, your dress, your walking, your sitting down, the nature of your food, the quality of your being, your house and what it contains, aim at simplicity. And let your speech, your singing, your manner with your neighbor, let these things also be in accord with humility rather than with vanity. In your words let there be no empty pretense, in your singing no excess sweetness, in conversation be not ponderous or overbearing. In everything refrain from seeking to appear important. Be a help to your friends, kind to the ones with whom you live, gentle

to your servant, patient with those who are troublesome, loving towards the lowly, comforting those in trouble, visiting those in affliction, never despising anyone, gracious in friendship, cheerful in answering others, courteous, approachable to everyone, never speaking your own praises, nor getting others to speak of them, never taking part in unbecoming conversations, and concealing where you may whatever gifts you possess."





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COVID-19 PROTOCOL

Please remember that masks are required at all services and events.

In love for our friends and neighbors, if you are experiencing ANY symptoms which might be caused by the coronavirus - fever, cough, shortness of breath, sore throat, muscle aches - or have been around someone who has, if you have been tested and are awaiting results, or if you have been around someone else who has, please SEEK MEDICAL ATTENTION and STAY HOME. Please call Fr. George or Fr. Patrick if you or someone you know may be sick and in need of prayer.

CHRISTMAS CARD OMISSION

We accidentally omitted two parishioners' names from the Community Christmas Card. Wishing you A Merry Christmas and Happy New year from Antoinette Sotiriou & Mike Korologos!

NEW OFFICE EMAIL ADDRESS

Please use **churchoffice@gocslc.org** for official correspondence with Maria Papadakis, and for general inquiries/business.

• FOOD PANTRY

Our food pantry remains open to any and all who may need it, and we are still actively seeking donations, which can be dropped at Holy Trinity between 10am-2pm, Monday thru Friday. The pantry can be accessed any Saturday after 9:00 am. Please call Jacque Contant to set an appointment: (334) 447-9643

COFFEE HOUR SUSPENDED

Due to the spike in Covid-19 cases, we've decided to suspend coffee hour until further notice.

SUNDAY SCHOOL VIA ZOOM ONLY

Out of an abundance of caution, we have suspended in-person Sunday School. Please contact Elenie Sefandonakis, Paul Karahalios, or Denise Nikols to gain access to the classes.

FROZEN FOOD SALE

We still have some limited supply. Please call the church office for details.