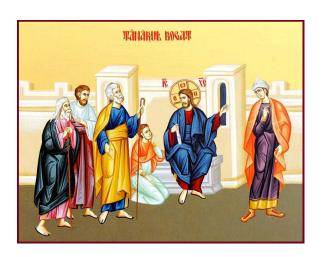


OF GREATER SALT LAKE



15th SUNDAY of MATTHEW

F6BRUARY 4, 2024

THE DIVINE LITURGY OF ST. JOHN OF CHRYSOSTOM



CHURCH6S

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) 328-9681

churchoffice@gocslc.org

CLERGY



V. Rev. Archimandrite GEORGE NIKAS ~ CATHEDRAL DEAN frgeorge@gocslc.org (732) 232-1036

Rev. Presbyter SIMEON PARDALIS - ASSISTANT PRIEST frsimeon@gocslc.org (801) 592-4886

Rev. Protopresbyter GEORGE POLITIS ~ RETIRED

PARISH COUNCIL



2024 EXECUTIVE BOARD

2024 MEMBERS AT LARGE

President: George Karahalios

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LUKE the RIGHTEOUS of GREECE





Saint Luke was the descendant of a family from Aegina which, because of the frequent invasions of the Saracens, left Aegina and dwelt in Phocis, where the Saint was born in 896. From his earliest childhood Luke ate neither flesh, nor cheese, nor eggs, but gave himself over with his whole soul to hardship and fasting for the love of heavenly blessings, often giving away his dothing to the poor, for which his father punished him. After his father's death he secretly left home to become a monk, but the Lord, inclining to the fervent prayers of his mother, made him known, and he returned to her for a time to care for her. For many years he lived as a hermit, moving from place to place; he spent the last part of his life on Mount Stirion at Phocis, where there is a city named Stiris. The grace of God that was in him made him a wonderworker, and his tomb in the monastery of Hosios Loukas, famous for its mosaics, became a source of healings and place of pilgrimage for the faithful. According to some he reposed in the year 946; according to others, in 953.



SUNDAY, FEBRUARY 4 ~ Godparent Sunday at HT

Orthros / Divine Liturgy

Boy Scouts Pancake Breakfast

GOYA Dance Practice Extra

Dionysius Dance Practice

Boys GOYA Basketball Practice

GOYA Dance Practice

MONDAY, FEBRUARY 5

Boys GOYA Basketball Practice

Girl Scouts Meeting

Parish Council Meeting

TUESDAY, FEBRUARY 6

Philoptochos General Meeting

Greek School

Dionysius Dance Practice

WEDNESDAY, FEBRUARY 7

Girls GOYA Basketball Practice

Cub Scouts Meeting

GOYA Dance Practice

Orthodoxy 101 Class

THURSDAY, FEBRUARY 8

Young at Heart Luncheon

Greek School Choir Practice

Choil Hactice

Mandatory Tulsa Basketball Meeting

Dionysius Dance Practice

FRIDAY, FEBRUARY 9

Boy Scouts Meeting

SATURDAY, FEBRUARY 10

Greek School

SUNDAY, FEBRUARY 11

Orthros / Divine Liturgy

Dionysius Dance Practice Boys GOYA Basketball Practice

GOYA Dance Practice

9:00am~11:00am @ Both Churches

Following Service @ PE

1:30pm~2:30pm @ PE Sm & Lg Gym

2:00pm~4:00pm @ PE Sm Gym

4:00pm~6:00pm @ PE Lg Gym

6:00pm~8:00pm @ PE Sm & Lg Gym

6:00pm~10:00pm @ PE Lg Gym

6:30pm~8:30pm @ PE Sm Gym

6:30pm~9:30pm @ HT

6:30pm~8:00pm @ PE Board Room

6:30pm~8:30pm @ PE

8:30pm~10:30pm @ PE Sm Gym

3:45pm~5:45pm @ PE Lg Gym

6:00pm~7:00pm @ PE Classroom

6:00pm~8:00pm @ PE Sm & Lg Gym

7:00pm~8:00pm @ PE Board Room

12:00pm~2:00pm @ HT

6:30pm~8:00pm @ PE

7:00pm~8:00pm @ PE Choir Room

7:00pm~8:30pm @ PE Sm Gym

8:30pm~10:30pm @ PE Sm Gym

6:00pm~7:00pm @ PE Sm Gym

10:00am~1:00pm @ HT

9:00am~11:00am @ Both Churches

2:00pm~4:00pm @ PE Sm Gym

4:00pm~6:00pm @ PE Lg Gym

6:00pm~8:00pm @ PE Sm & Lg Gym





TODAY, FEBRUARY 4 AT HOLY TRINITY

Mary Daskalakis: 40 ~ Day Memorial Demetreos Panayiotis Efstathiou: 8 ~ Year Trisagion

The Daskalakis Family will be hosting Coffee Hour

<u>SUNDAY, FEBRUARY 11</u> AT HOLY TRINITY



SUNDAY, FEBRUARY 18 HOLY TRINITY

Dimitri Petrogeorge: 6 ~ Year Memorial

SUNDAY, FEBRUARY 25 HOLY TRINITY







Άπολυτίκιον Άναστάσιμον

Ότε κατῆλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἡ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας, τῆ ἀστραπῆ τῆς θεότητος ὅτε δὲ καὶ τοὺς τεθνεῶτας, ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἰ δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν δόξα σοι.

Άπολυτίκιον τῆς Ἑορτῆς

Χαῖρε κεχαριτωμένη Θεοτόκε Παρθένε ἐκ σοῦ γὰρ ἀνέτειλεν ὁ Ἡλιος τῆς δικαιοσύνης, Χριστὸς ὁ Θεὸς ἡμῶν, φωτίζων τοὺς ἐν σκότει. Εὐφραίνου καὶ σὺ Πρεσβύτα δίκαιε, δεξάμενος ἐν ἀγκάλαις τὸν ἐλευθερωτὴν τῶν ψυχῶν ἡμῶν, χαριζόμενον ἡμῖν καὶ τὴν Ἀνάστασιν.

Άπολυτίκιον Πεντηκοστής (για την Αγία Τριάδα)

Εύλογητός εἶ Χριστὲ ὁ Θεος ἡμῶν ὁ πανσόφους τοὺς ἁλιεῖς ἁναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἄγιον καὶ δι' αὐτῶν τῆν οἰκουμένην σαγηνεύσας φιλάνθρωπε δόξα Σοι.

<u> Ἀπολυτίκιον Προφήτου Ηλιού</u>

Ο 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.

Κοντάκιον

Ο μήτραν παρθενικὴν ἀγιάσας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεὼν εὐλογήσας ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστὲ ὁ Θεός. ἀλλΜ εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὓς ἠγάπησας, ὁ μόνος φιλάνθρωπος.



Resurrectional Apolytikion

When You descended unto Death, O Lord, You who are immortal Life put Hades to death, by the lightning of Your divinity. And when You raised the dead from the netherworld, all the hosts of heaven sang aloud to You, "O Christ God, Giver of life, glory to You!".

For of the Feast

Lady full of grace, rejoice, O Virgin Theotokos, for Christ our God, the Sun of righteousness has risen from you and He illumined those in darkness. And you, righteous Elder, be glad in heart, receiving in your embraces the One who liberates our souls and bestows on us the Resurrection.

Apolytikion of Pentecost (for the Holy Trinity)

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

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

You sanctified the womb of the Virgin by Your birth, and by Your presentation You blessed the hands of Symeon, when You came, and You saved us, O Christ our God. Now we pray You give peace to Your world at war, and let love for Your people prevail in all, O only benevolent Lord.



Προκείμενον:

Ισχύς μου καὶ ὕμνησίς μου ὁ Κύριος, καὶ ἐγένετό μοι εἰς σωτηρίαν.

Στίχος:

Παιδεύων ἐπαίδευσέ με ὁ Κύριος, καὶ τῷ θανάτῳ οὐ παρέδωκέ με.

Πρὸς Κορινθίους Β΄ Επιστολῆς Παύλου τὸ ἀνάγνωσμα.

(4:6~15)

Άδελφοί, ὁ Θεὸς ὁ εἰπών, ἐκ σκότους φῶς λάμψαι' ὃ ἔλαμψεν ἐν ταῖς καρδίαις ἡμῶν πρὸς φωτισμὸν τῆς γνώσεως τῆς δόξης τοῦ Θεοῦ ἐν προσώπω Χριστοῦ. Ἔχομεν δὲ τὸν θησαυρὸν τοῦτον ἐν όστρακίνοις σκεύεσιν' ἴνα ἡ ὑπερβολὴ τῆς δυνάμεως ἦ τοῦ Θεοῦ καὶ μὴ ἐξ ἡμῶν: ἐν παντὶ θλιβόμενοι ἀλλ' οὐ στενοχωρούμενοι' ἀπορούμενοι ἀλλ΄ οὐκ ἐξαπορούμενοι΄ διωκόμενοι ἀλλ΄ οὐκ έγκαταλειπόμενοι' καταβαλλόμενοι άλλ' οὐκ ἀπολλύμενοι' πάντοτε τὴν νέκρωσιν τοῦ Ἰησοῦ ἐν τῷ σώματι περιφέροντες ἵνα καὶ ἡ ζωὴ τοῦ Ἰησοῦ ἐν τῷ σώματι ἡμῶν φανερωθῆ. Ἀεὶ γὰρ ἡμεῖς οἱ ζῶντες είς θάνατον παραδιδόμεθα διὰ Ἰησοῦν΄ ἵνα καὶ ἡ ζωὴ τοῦ Ἰησοῦ φανερωθη έν τη θνητη σαρκὶ ἡμῶν. "Ωστε ὁ θάνατος έν ἡμῖν ένεργεῖται' ἡ δὲ ζωὴ ἐν ὑμῖν. Ἔχοντες δὲ τὸ αὐτὸ πνεῦμα τῆς πίστεως' κατὰ τὸ γεγραμμένον' Επίστευσα' διὸ ἐλάλησα' καὶ ἡμεῖς πιστεύομεν' διὸ καὶ λαλοῦμεν' εἰδότες ὅτι ὁ ἐγείρας τὸν Κύριον Ιησοῦν καὶ ἡμᾶς σὺν Ἰησοῦ ἐγερεῖ καὶ παραστήσει σὺν ὑμῖν. Τὰ γὰρ πάντα δι' ὑμᾶς' ἵνα ἡ χάρις πλεονάσασα διὰ τῶν πλειόνων τὴν εὐχαριστίαν περισσεύση εἰς τὴν δόξαν τοῦ Θεοῦ.





Prokeimenon:

The Lord is my strength and my song, and He became my salvation.

Verse:

The Lord chastened and corrected me, but He did not give me up to death.

The reading is from Paul's Second Letter to the Corinthians

(4:6~15)

Brethren, it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For while we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believed, and so we speak, knowing that He who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.





Έκ τοῦ κατὰ Ματθαῖον ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

(22:35-46)

Τῷ καιρῷ ἐκείνῳ, νομικός τις προσῆλθε τῷ Ἰησοῦ, πειράζων αὐτόν καὶ λέγων· Διδάσκαλε, ποία ἐντολὴ μεγάλη ἐν τῷ νόμῳ; ὁ δὲ Ιησοῦς ἔφη αὐτῷ· Ἁγαπήσεις Κύριον τὸν Θεόν σου ἐν ὅλῃ τῷ καρδίᾳ σου καὶ ἐν ὅλῃ τῷ ψυχῷ σου καὶ ἐν ὅλῃ τῷ διανοίᾳ σου· αὕτη ἐστὶ πρώτη καὶ μεγάλη ἐντολή. δευτέρα δὲ ὁμοία αὐτῷ· ἀγαπήσεις τὸν πλησίον σου ὡς σεαυτόν. ἐν ταύταις ταῖς δυσὶν ἐντολαῖς ὅλος ὁ νόμος καὶ οἱ προφῆται κρέμανται. Συνηγμένων δὲ τῶν Φαρισαίων ἐπηρώτησεν αὐτοὺς ὁ Ἰησοῦς λέγων· Τί ὑμῖν δοκεῖ περὶ τοῦ Χριστοῦ; τίνος υἰός ἐστι; λέγουσιν αὐτῷ· Τοῦ Δαυίδ. λέγει αὐτοῖς· Πῶς οὖν Δαυίδ ἐν Πνεύματι Κύριον καλεῖ αὐτὸν λέγων, εἶπεν ὁ Κύριος τῷ Κυρίῳ μου, κάθου ἐκ δεξιῶν μου ἔως ἃν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; εἰ οὖν Δαυίδ καλεῖ αὐτὸν Κύριον, πῶς υἰὸς αὐτοῦ ἐστι; καὶ οὐδεὶς ἐδύνατο αὐτῷ ἀποκριθῆναι λόγον, οὐδὲ ἐτόλμησέ τις ἀπ΄ ἐκείνης τῆς ἡμέρας ἐπερωτῆσαι αὐτὸν οὐκέτι.







The reading is from the holy Gospel according to Matthew

(22:35-46)

At that time, a lawyer asked him a question, to test him. "Teacher, which is the great commandment in the law?" And he said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself. On these two commandments depend all the law and the prophets." Now while the Pharisees were gathered together, Jesus asked them a question, saying, "What do you think of Christ? Whose son is he?" They said to him, "The son of David." He said to them, "How is it then that David, inspired by the Spirit, calls him Lord, saying, 'The Lord said to my Lord, Sit at my right hand, till I put your enemies under your feet'? If David thus calls him Lord, how is he his son?" And no one was able to answer him a word, nor from that day did anyone dare to ask him any more questions.





STEWARDSHIP CORNER



We extend our heartfelt gratitude to our stewards who have submitted their 2024 pledge forms. If you have not had a chance to submit your pledge form yet, you can do so on our website at:

https://gocslc.org/stewardship-forms

You may also click the link above or scan the QR code

We would like to express gratitude for all the pledge forms *received by January 28th* with a special prayer service. This collective moment of prayer will be a powerful reflection of our shared commitment to the well-being of our parish and the meaningful impact we can achieve together. Your participation is invaluable, and we look forward to the blessings this shared spiritual journey will bring to our community.





Why did the priest bring a ladder to church when talking about stewardship?

Because he wanted to encourage everyone to climb to new heights in their giving!

In order to keep our parish vibrant for future generations, we ask that you kindly consider supporting His Church with a portion of the abundant blessing you have received. If possible, based on our 2024 budget of \$1,600,000, that works out to \$2,700/steward

ALL YOU CAN EAT PANCAKES!

Scout Pancake Breakfast Fundraiser February 4th, 2024



Time: Sunday – February 4th, 2024 -After service until 1:30 pm **Place:** Prophet Elias Greek Orthodox Church (5335 E Highland Dr)

Cost: \$10.00 per person

Tickets available at the Door

ST. JOHN CHRYSOSTOM ORATORICAL & VISUAL ARTS CELEBRATION

Saturday, March 2, 2024 5-7 PM PE Small Gym Light Apps & Refreshments



REGISTER HERE: https://forms.office.com/r/4ps0Es2EpB

Oratorical Competition

- Two Divisions: 7-9th Grade, 10-12th Grade
- Parish winners will compete in the Metropolis competition, 4/19-4/21 in Kansas City, Missouri.

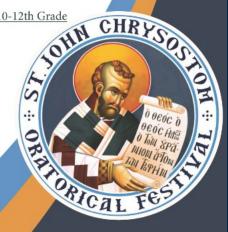
Visual Arts Exhibition

• Three Divisions: 4-6th Grade, 7-9th Grade, 10-12th Grade

 Non-competitive exhibition-Essay, Poetry, Iconography, Vocal Solo and Vocal Chant

Details provided in Sunday School.

Join us as we celebrate our youth for this timehonored tradition, now with visual arts.



New opportunities to participate in the St. John Chrysostom Oratorical and Fine Arts Celebration!

This year we have added a new way to participate in the traditional St. John Chrysostom festival by adding a Visual Arts exhibition. Now our youth from 4th grade through 12th can expand on the Archdiocese chosen topics used for the Oratorical competition and share their ideas through essay writing, poetry, iconography, vocal solo, vocal chant, and more.

To ensure we are able to accommodate those who plan to attend please register in advance by February 23rd, 2024.

Register here: https://forms.office.com/r/4ps0Es2EpB

For more information about the St. John Chrysostom and Visual Arts Celebration see your Sunday School Teacher.

THE YOUNG AT HEART WILL BE GOING TO WENDOVER ON SATURDAY, FEBRUARY 24

Bus leaves Prophet Elias 8:30 am & Memorial Hall 9:00 am.

Cost \$25.00 per person, you will get \$20.00 back from Casino.

RSVP required, please call

Bill Rekouniotis at 801 673-0424 or Bill Chaus at 801 573-3348.

Cancellations are not allowed and Must pay in advance!

Thank you





Philoptochos Community Sandwich Saturday

SATURDAY, FEBRUARY 17TH 9:30AM-1:30PM HOLY TRINITY WAREHOUSE

1,500 SACK LUNCHES ARE NEEDED TO HELP SUPPORT CATHOLIC COMMUNITY SERVICES WITH THEIR MEALS ON PRESIDENT'S DAY.

EVERYONE IS INVITED TO PARTICIPATE!

FOR QUESTIONS PLEASE CALL CONNIE YENGICH: 801-793-9393 FRAN MATRAGOS: 801-556-0090

PHILOPTOCOS CORNER





ARCADIAN SQUARE Πλατεια Αρκαδια

The Salt Lake City Chapter #90 "Theodoros Kolokotronis" is pleased to announce its upcoming events. *Everyone is invited*. We look forward to seeing you. We welcome Arcadians and their families to become a member.

TOURS AT THE STATE CAPITOL BUILDING

- -- 100 Years of Utah Film & Television
- -- The Intriguing Account of Utah State Capitol Dome

Tuesday, February 20, 2024. We will meet at 6:00 pm on the Fourth Floor. Contact Apostoli Anastasopoulos for more information at 801-971-1707.

CHAPTER DINNER AND LEVIDI PRESENTATION

Tuesday, March 19, 2024, 6:00 pm, The Other Place Restaurant. Looking forward to hearing all about Levidi, Arcadia from Tricia Louras.





Daughters of Minos
Member Appreciation Event

SUNDAY, FEBRUARY 25 PROPHET ELIAS 5PM

DINNER, DRINKS, MINGLING

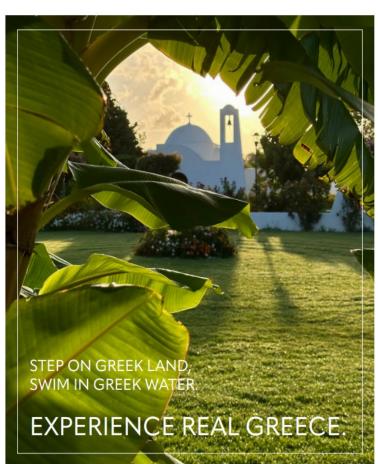
MEMBERS WITH 1ST-3RD GRADERS
ATTEND FOR INFO AND REGISTRATION (NO PRACTICE) FOR KRI-KRI





SCAN ME

Scan code or call Georgiann 801 450 0187



VILLAGE



IV Next: June 6 - June 17

Young adults who have completed one year of college or vocational school until 25 years of age.

2024 Summer Camp Experience

Session One: June 25 - July 14

Students who are currently in grades 9 - 12

Session Two: July 23 - August 11

Students who are currently in grades 9 - 12

For more information or to read about our programs, visit www.ionianvillage.org,

or the Frequently Asked Questions page at www.ionianvillage.org/faq.

HOLY TRINITY GREEK ORTHODOX CATHEDRAL INVITES YOU TO THE



Holy Trinity Greek 👄 **Orthodox Cathedral**

279 S. 300 West | Salt Lake City, UT 84101

Sunday, March 3 Event Program 12:00 PM - 1:30 PM

Brunch Buffet will be Provided FREE WILL OFFERING ENCOURAGED

(Proceeds will benefit OCMC ministries around the world.)

Come and learn about OCMC's missionary efforts around the world. Hear the latest news and happenings from the mission field and how you can answer Christ's call to "go and make disciples of all nations."

To donate online, go to:

www.ocmc.org/MissionsBrunch

For questions, please contact:

Event Chair, Renee Vekiarides at rvekiarides@gmail.com, or OCMC Event Coordinator Elaine Drikakis at elained@ocmc.org

Donations can be mailed (payable to OCMC with a note) to: 220 Mason Manatee Way | St. Augustine, FL 32086





OCMC Presentation by:

Fr. Chris Rowe

OCMC Assistant Director of Development



Special Missions Presentation by: Ruby Maggard

OCMC Missionary Serving in Fiji

SCAN TO DONATE TODAY!



TO DONATE, SCAN THE QR CODE OR VISIT THE EVENT WEBSITE.



The Hellenic Dance School is seeking to fill a position on the Board

Costume Librarian/Coordinator

The Costume Librarian together with the instructors shall distribute all the costumes to the dancers of our school. Only the Costume Librarian shall have the authority to loan/rent Dance School Costumes owned by The Hellenic Dance School to members and/or other parishes upon The Board's approval. The Costume Librarian shall be given a key to the costume library. The Costume Librarian shall also maintain the costume library in an organized and secure manner. The Costume Librarian will conduct an annual inventory and give a report to the Board as needed. The costume Librarian will lead the board and members in all aspects related to costumes.

If you have an interest in serving on The Hellenic Dance School Board for the 2024 fiscal year (beginning immediately through October 2024), please, email your interest and/or questions to dance@gocslc.org



MARCH 25[™] GREEK INDEPENDENCE DAY CELEBRATION

SAVE THE DATE SUNDAY, MARCH 24TH GREEK SCHOOL PROGRAM DINNER

MORE INFORMATION TO FOLLOW



Ζήτω η Ελλάς!



Summer 2024 is just around the corner! Are you looking for a culturally enriching experience?

For over 50 years the <u>American Farm School</u> in Thessaloniki, Greece has welcomed high school students from all over the world for its <u>Greek Summer</u> program, a travel odyssey that combines culture, history, and community service. The program will include:

- A homestay with a Greek family in a local village
- A community service project
- An unforgettable tour of mainland Greece
- A climb to the top of Mt. Olympus
- A tour of ancient and modern Athens
 - ... and much more!



As part of **GREEK SUMMER**, students are exposed to Greek history and culture while developing teamwork skills and engaging with students of different backgrounds. Colleges today seek to learn about the depth of a student's character. They seek leaders and risk-takers ready to give of themselves. You can nurture all that -- while having the summer of a lifetime!

DATES AND PRICES:

- The cost of the program is \$6,500. *Airfare is not included.* A deposit of \$1,600 is due with the application.
- The program will run from <u>June 24th through July 24th</u>.

Greek Summer is for students who are in high school.

We expect a full program, so we encourage you to apply now.

Applications can be found on our website: https://www.afsgreeksummer.com/

For more information, please contact Seth Sikes at greeksummer@fs.edu.gr

COMING JANUARY 30 - MARCH 5, 2024, OVER ZOOM!

PHILOPTOCHOS CAREGIVER SUPPORT GROUP: FOR ORTHODOX CHRISTIAN CAREGIVERS NATIONWIDE





- Are you caring for a loved one who is elderly, or has a chronic or life-threatening illness or health condition, or who is disabled?
- Do you wish you knew others who are facing the same challenges as you?
- Do you wish there was someone to share your thoughts, concerns, and questions, and who understands our faith, culture, and community?
- Are you so overwhelmed you're not even sure what questions to ask or who could help?

If you answered yes to one or more of the above, and would like more information, contact the:

PHILOPTOCHOS CAREGIVER SUPPORT GROUP

Facilitated by professionals knowledgeable in caregiving and aging services, we will "meet" over Zoom on six consecutive Tuesday evenings. In a **confidential and safe environment**, we will discuss best practices to help you manage the physical needs of and cognitive issues faced by your loved one; caregiver stress, guilt, frustration, and exhaustion; importance of self-care; family dynamics/decision-making; long-distance and holiday caregiving; financial concerns; and preparing for the future.

The last session, **led by a member of the clergy**, will address how faith, culture, and spirituality can help build your understanding, strength, and resilience. Secular and spiritual resources to help caregivers cope will be distributed.

Please click link below to pre-register



Six consecutive Tuesday evenings:

Dates: JANUARY 30, 2024 - MARCH 5, 2024

7pm EST - 8pm EST

Pre-registration Required:

https://docs.google.com/forms/d/e/1FAIpQLSdgNy9_9JeCpFkndCj8very_EiYpKZ_-ns0HeUVrILJUKeXLA/viewform

Space is limited - please don't delay!



& CHOIR CHOIR CHOIR

Holy Trinity and Prophet Elias Choirs are accepting new members.

New and former choir members dust off the vocal cords and please join us in celebrating and being a part of the Divine Liturgy on Sundays. For more information, please contact Tom Harris 801-557-2692 or George Miller 801-244-8587. Thank You, Prophet Elias and Holy Trinity Choirs



PLEASE CONSIDER THIS:



Of the 168 hours in every week with which we have been blessed, we offer back the short time we spend in church on Sunday morning, gathered together as the Body of Christ.

STEWARDSHIP, OUTREACH AND EVANGELISM



ANNOUNCEMENTS

Protect Yourself from Imposter SCAMS

BEWARE! Con artists are pretending to be IRS agents, computer repair staff, online dating friends in trouble and phony Grandchildren in jail with one goal in mind - to STEAL your money!

5 ways to Stop and Imposter Scam

Don't wire money

Don't purchase Gift Cards at their request

Don't pay for a prize

Don't give the caller your financial or other personal information

Don't trust a Name or Number

Find out how to protect yourself, your Family and your pocketbook at www.dcp.utah.gov

SAVE THE DATE

Watch for more information on the upcoming events below

Apokreas 2024 ~

Saturday, March 9 at HT

St. Sophia School's Greek Independence Day Program ~ Friday, March 22 at PE

Greek Independence Day Celebration Dinner-

Sunday, March 24 at HT

