



GREEK  
ORTHODOX CHURCH  
OF GREATER SALT LAKE



MARCH 6, 2022  
FORGIVENESS SUNDAY  
(CHEESEFARE)

THE DIVINE LITURGY  
OF ST. JOHN CHRYSOSTOM



# 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. Presbyterian PATRICK O'ROURKE - ASSISTANT PRIEST  
frpatrick@gocslc.org (419) 234-3632

Rev. Protoperbyter GEORGE POLITIS - RETIRED

# PARISH COUNCIL



## 2022 Parish Council

### EXECUTIVE BOARD

President: George Karahalios  
1st VP: Dimitri Gerontis  
2nd VP: Archon Nick Bapis  
Recording Secretary: Nico Priskos  
Corresponding Secretary: Lee Kapos  
Treasurer: Evan Dudley  
Asst. Treasurer: Chris Sakellariou

## 2022 Parish Council

### MEMBERS AT LARGE

LeiAnn Bathemess  
Dorie Farah  
Steve Gamvroulas  
Andy Giannis  
John Lyhnakis  
Chris Mantas  
George Pappas  
Harry Souvall

# THIS WEEK'S EVENTS

## SUNDAY, MAR. 6: FORGIVENESS SUNDAY (Cheesefare)

Orthros	9:00am @ BOTH CHURCHES
Divine Liturgy	10:00am @ BOTH CHURCHES
Dionysios Dance	2:00pm-4:00pm @ PE Sm. Gym
GOYA BBall	4:00pm-6:00pm @ PE Lg. Gym
Minotavros Dance	4:00pm-9:00pm @ PE Sm. Gym

## MONDAY, MAR. 7: CLEAN MONDAY

Great Compline	6:00pm-7:00pm @ PE
Girl Scouts	6:30pm-8:30pm @ PE Sm. Gym
Parish Council Mtg.	7:30pm-8:30pm @ PE Conf. Room

## TUESDAY, MAR. 8: CLEAN TUESDAY

Boys GOYA Basketball	6:30pm-8:00pm @ PE Lg. Gym
Greek School	6:30pm-8:00pm @ PE
Dionysios Dance	8:30pm-10:30pm @ PE Sm. Gym

## WEDNESDAY, MAR. 9: CLEAN WEDNESDAY

PRESANCTIFIED LITURGY	6:00pm-7:30pm @ PE
Boy Scouts	6:30pm-8:00pm @ PE Sm. Gym
GOYA Basketball	7:30pm-9:00pm @ PE Lg. Gym

## THURSDAY, MAR. 10: CLEAN THURSDAY

Young at Heart	12:00pm-2:00pm @ HT Carpet Area
GOYA Basketball	5:00pm-9:00pm @ PE Lg. Gym
Greek School	6:30pm-8:00pm @ PE
Dionysios Dance	8:30pm-10:30pm @ PE Sm. Gym

## FRIDAY, MAR 11: CLEAN FRIDAY

1st Salutations to the Theotokos	7:00pm-8:30pm @ PE
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## SATURDAY, MAR. 12: "Saturday of Souls"

Orthros	9:00am @ PE ONLY
Divine Liturgy	10:00am @ PE ONLY
GOYA CYO BBall Games	9:00am-3:30pm @ PE Lg. Gym
Greek School	10:00am-1:00pm @ HT

## SUNDAY, MAR. 13: SUNDAY OF ORTHODOXY

Orthros	9:00am @ BOTH CHURCHES
Divine Liturgy	10:00am @ BOTH CHURCHES
Dionysios Dance	2:00pm-4:00pm @ PE Sm. Gym
GOYA BBall	4:00pm-6:00pm @ PE Lg. Gym
Minotavros Dance	4:00pm-9:00pm @ PE Sm. Gym



## FORGIVENESS SUNDAY

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.



# MEMORIALS



TODAY

AT HOLY TRINITY

Kostantina Adamopoulou: 40-Day memorial

Eleni Hatzikonstantinou: 40-Day Memorial

Larry Limberis: 40-Day Memorial

Gregory Skedros: 40-Day Memorial

Christian Timothy: 6-Month Memorial

Ionna (Jenny) Margaritis: 6-Month Memorial

George Maroudas: 9-Month Memorial

Costandina (Dena) Panouses: 4-Year Memorial

Jenny P. Skedros: 15-Year Memorial

Anthony Skedros: 25-Year Memorial

Grigori (Gregory) Panouses: 26-Year Memorial

SUNDAY, MAR. 13

AT PROPHET ELIAS

George J. Mannos, Jr.: 6-Month Memorial

Mary P. Mannos: 2-Year Memorial

George J. Mannos: 15-Year Memorial

SUNDAY, MAR. 20

AT HOLY TRINITY

Evangelos Tsoutsounakis: 1-Year Memorial

ΙC·XC  NI·KA

# ΥΜΝΟΙ ΤΗΣ ΗΜΕΡΑΣ

## Ἀπολυτίκιον Ἀναστάσιμον

Ἦχος δ΄

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριαι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

## Ἀπολυτίκιον Πεντηκοστής

Ἦχος πλ. δ΄

Εὐλόγητός εἶ Χριστὲ ὁ Θεὸς ἡμῶν ὁ πανσόφος τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας φιλάνθρωπε δόξα Σοι.

## Ἀπολυτίκιον Προφήτου Ηλιοῦ

Ἦχος δ΄

Ὁ ἑνσαρκὸς ἄγγελος, τῶν Προφητῶν ἡ κρηπὶς, ὁ δεῦτερος Πρόδρομος τῆς παρουσίας Χριστοῦ, Ηλίας ὁ ἐνδοξος, ἀνωθεν καταπέμψας, Ελισαίῳ τὴν χάριν, νόσους αποδιώκει, καὶ λεπρούς καθαρίζει, διό καὶ τοῖς τιμῶσιν αὐτὸν βρῦει ἰάματα.

## Κοντάκιον

Ἦχος πλ. Β΄

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἴδου γὰρ τὰ χεῖλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.



# HYMNS OF THE DAY



## Resurrectional Apolytikion

4th Mode

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

## Apolytikion of Pentecost

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, 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

Plagal 2nd Mode

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

# Ο ΑΠΟΣΤΟΛΟΣ

Προκείμενον: Εϋξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.  
Στίχος: Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα.  
(13:11-14; 14:1-4)

**Α**δελφοί, νῦν ἐγγύτερον ἡμῶν ἢ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοπεν, ἡ δὲ ἡμέρα ἤγγικεν. Ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ εὐσημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ, ἀλλ' ἐνδύσασθε τὸν Κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιῆσθε εἰς ἐπιθυμίαις. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὡς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ Θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; τῷ ἰδίῳ Κυρίῳ στήκει ἢ πίπτει, σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ Θεὸς στήσαι αὐτόν.





# THE EPISTLE

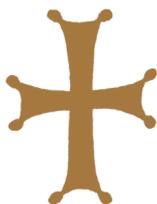


**Prokeimenon:** Pray and return to the Lord Your God.  
**Verse:** In Judah God is known; His name is great in Israel.

The reading is from Paul's Letter to the Romans.

(13:11-14; 14:1-4)

**B**rethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.



# ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ κατὰ Ματθαῖον ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

(6:14-21)

**Ε**ἶπεν ὁ Κύριος· Ἐὰν ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύετε, μὴ γίνεσθε ὡσπερ οἱ ὑποκριταὶ σκυθρωποί, ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν, ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ· καὶ ὁ πατὴρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσιν καὶ κλέπτουσιν· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν ὁ θησαυρός ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.



# THE GOSPEL

The reading is from the Holy Gospel according to Matthew.

(16:14-21)

**T**he Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."



# PHILOPTOCHOS CORNER

## Philoptochos Membership Drive-By and Support Salt Lake City Missions - Mardi Bra!

Saturday, March 19th at Prophet Elias, 10:00am – 1:00pm

The Salt Lake City Mission is in need of feminine products for women and teens who do not have easy access to these products. Even if you are a current member, please stop by and support this worthy cause to help all women within the Salt Lake area.

### Items Needed:

New Bras	Feminine Pads
Tampons	Shampoo/Soap
Lotions	Brushes/Combs
Toothbrushes/Toothpaste	Nail Products
New women's panties	

Come and become a member of Philoptochos & help support Mardi Bra!

### Save The Date:

Next General Meeting Tuesday, April 5th 6:30pm @ PE Board Room





# LENTEN VIRTUES



## GIVE UP COMPLAINING - FOCUS ON GRATITUDE

*Philippians 2:14, 15* - "Do everything without complaining or arguing, so that you may become blameless and pure..."

*Thessalonians 5:18* - "Give thanks in all circumstances, for this is God's will for you in Jesus Christ."

## GIVE UP BITTERNESS - TURN TO FORGIVENESS

*Ephesians 4:31, 32* - "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to another, forgiving each other, just as in Christ, God forgave you."

## GIVE UP WORRY - TRUST IN GOD

*Matthew 6:25* - "Therefore I tell you, do not worry about your life...who by worrying can add a single hour to his life?"

*Matthew 6:33* - "But seek first His kingdom and His righteousness, and all these things will be given unto you."

## GIVE UP DISCOURAGEMENT - BE FULL OF HOPE

*Deuteronomy 31:8* - "The Lord himself goes before you and will be with you; he will never leave you or forsake you. Do not be afraid; do not be discouraged."

*Isaiah 40:31* - "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and never grow weary, they will walk and not faint."

## GIVE UP HATRED - RETURN GOOD FOR EVIL

*1 John 2:9* - "Anyone who claims to be in the light but hates his brother is still in darkness."

*Luke 6:27* - "But I tell you who hear me; Love your enemies, do good to those who hate you."

## GIVE UP ANGER - BE MORE PATIENT

*Matthew 5:22* - "But I tell you that anyone who is angry with his brother will be subject to judgement."

*Proverbs 15:18* - "A hot tempered man stirs up dissension, but a patient man calms a quarrel."

## GIVE UP COSSIPING - CONTROL YOUR TONGUE

*Psalms 34:13* - "Keep your tongue from evil, and your lips from speaking lies."

*Proverbs 21:23* - "He who guards his mouth and his tongue keeps himself from calamity."

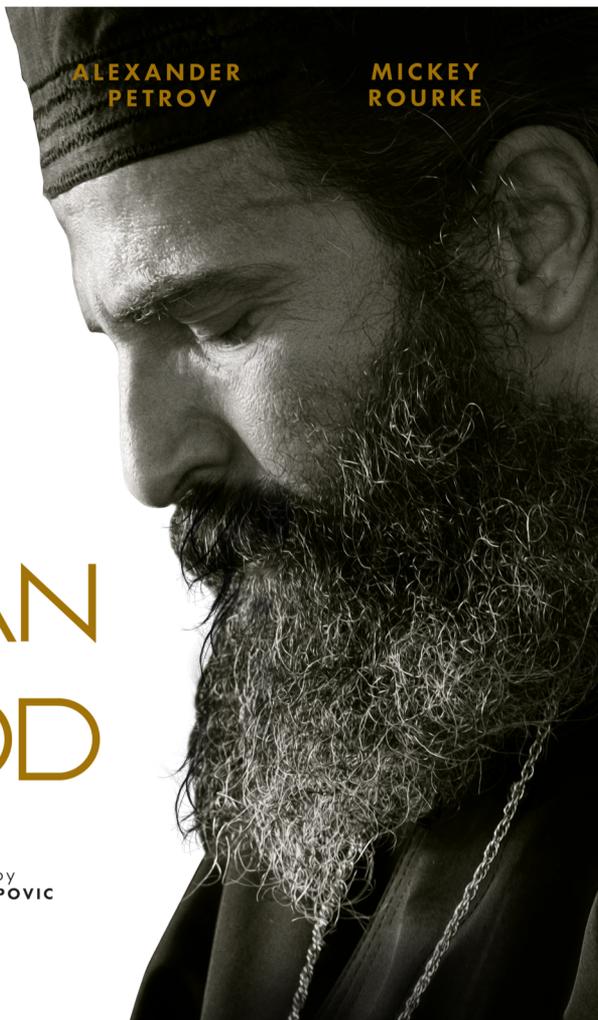
ARIS  
SERVETALIS

ALEXANDER  
PETROV

MICKEY  
ROURKE

# MAN OF GOD

a film by  
YELENA POPOVIC



## TICKETS ON SALE TODAY COMMUNITY MOVIE NIGHT!

March 21st - 7:00pm @ Century 16 Salt Lake (33rd at State)

This 2021 English-language biographical drama depicts the tribulations of St. Nektarios as he bears the unjust hatred of his enemies while preaching the word of God.

*Ticket are being sold today during coffee hour. \$12/each  
Brought to you by the Orthodox Young Professionals of SLC*



# LENTEN SERVICES



## GREAT COMPLINE

Monday March 7: 6pm PE  
Monday March 14: 6pm HT  
Monday March 21: 7pm Century 16 Salt Lake  
"Man of God" Movie (St. Nektarios)  
Monday March 28: 6pm HT  
Monday April 4: 6pm PE

## PRE-SANCTIFIED LITURGY

Wednesday March 9: 6pm PE  
Wednesday March 16: 6pm HT  
Wednesday March 23: 6pm PE  
Wednesday March 30: 6pm HT  
Wednesday April 6: 6pm PE

## SALUTATIONS

Friday March 11: 7pm PE  
Friday March 18: 7pm HT  
Friday March 25: 7pm PE  
Friday April 1: 7pm HT  
Friday April 8: 7pm PE (Akathyst)

## SATURDAY OF SOULS

March 5: 9am HT  
March 12: 9am PE



# COMMUNITY CENTER MASTER PLAN TOWN HALL



Please join us for a presentation of our current community center plans via Zoom on Tuesday, March 15th at 6:30 pm.

The presentation will focus on presenting the Community Center program and floorplans as a refresher of what is being proposed so that all community members can give feedback on the design.

We need as much input as possible from parishioners!

Q&A afterwards will address the Community Center design, how we want to prioritize uses, and feedback on what the community needs in a facility. We will not discuss the development negotiations or aspects of the potential ground lease.

The presentation will be recorded so those who are unable to attend will be able to review the current schematic design and masterplan and submit their feedback at any time.

For more info contact Elpitha Tsoutsounakis:  
[Elpitha@gmail.com](mailto:Elpitha@gmail.com)

ZOOM LINK: <https://us02web.zoom.us/j/87983620057>

Meeting ID: 879 8362 0057



# ANNOUNCEMENTS



- PAPANIKOLAS MEMORIAL SCHOLARSHIP

The family of William J. Papanikolas is honoring his memory by awarding one annual \$1,000 scholarship. To qualify you must:

1. Attend the University of Utah
2. Be enrolled in the David Eccles School of Business

The application site may be found at:

[eccles.utah.edu/programs/undergraduate/scholarships-supplemental/](http://eccles.utah.edu/programs/undergraduate/scholarships-supplemental/)

- PAN-ARCADIAN WESTERN DISTRICT SCHOLARSHIP

The application is available at: [www.panarcadianwest.org/news.htm](http://www.panarcadianwest.org/news.htm)

Applicants must have a grandparent or parent be a member of the local Arcadian Chapter #90 OR be a member herself/himself. Deadline is May 16, 2022.

Contact Karen Anastopoulos at: [karenanast@gmail.com](mailto:karenanast@gmail.com) or (801) 913-2414.

- YOUNG AT HEART

THURSDAY March 10 @ Noon, at Holy Trinity. We'll see you there!!

\*\*If you need a ride, please call the church office at 801-328-9681.

- SAVE THE DATE: SATURDAY, APRIL 30, 6:00pm (tentative)

Testimonial Dinner in honor of Fr. George Politis on the occasion of his 50th Anniversary of Priestly Ordination. Details will be made available soon.

- SAVE THE DATE: Daughters of Minos Mother's Day Luncheon.

Saturday May 7th at The Little America Hotel for a Luncheon & Fashion Show. More info to follow.