



Sunday, August 11th, 2019 - 8th Sunday of Matthew

This Morning's Readings

St. Paul's Letter to the Corinthians 1:10-17

Brethren, I appeal to you by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispos and Gaius; lest any one should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized any one else.) For Christ did not send me to baptize but to preach the gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

The Gospel according to Matthew 14:14-22

At that time, Jesus saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to him, "We have only five loaves here and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

This Morning's Hymns

You were transfigured on the mountain, O Christ our God, showing Your Disciples as much as they could bear. So illuminate us sinners with Your Everlasting light. By the intercessions of the Theotokos, O Giver of Light, Glory to You.

Μετεμορφώθης ἐν τῷ ὄρει Χριστέ ὁ Θεός, δείξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδυναντο. Λάμπσον καὶ ἡμῖν τοῖς ἀμαρτωλοῖς, τὸ φῶς σου τὸ αἶδιον, πρεσβείαις τῆς Θεοτόκου, φωτοδότα δόξα σοι.

O Lord, by Your sacred cross You abolished death and granted unto the thief blessed paradise. The myrrh bearers ceased lamenting and turned to joy. The Apostles did preach the good news at Your command that You had risen from the dead, O Christ our God, bestowing Your mercy on the world evermore.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέωξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστέ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Most blessed are You, O Christ our God, Who by sending down the Holy Spirit upon them, made the fishermen wise and through them, illumined the world; and to You the universe was ever drawn, all glory to you O Lord.

Εὐλογητός εἶ Χριστέ ὁ Θεός ἡμῶν ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ Ἅγιον καὶ δι' αὐτῶν τὴν ἰκουμένην σαγηνεύσας φιλόανθρωπε, δόξα σοι.

Upon the mountain You were transfigured, and Your disciples beheld Your glory as much as they could bear, O Christ our God; so that when they would see You crucified, they might understand that Your Passion was voluntary, and declare to the world that in truth You are the Father's radiance.

Ἐπὶ τοῦ ὄρους μετεμορφώθης, καὶ ὡς ἐχώρουν οἱ Μαθηταὶ σου τὴν δόξαν σου, Χριστέ ὁ Θεός ἐθεάσαντο, ἵνα ὅταν σε ἴδωσι σταυρούμενον, τὸ μὲν πάθος νοήσωσιν ἐκούσιον, τῷ δὲ κόσμῳ κηρύξωσιν, ὅτι σὺ ὑπάρχεις ἀληθῶς, τοῦ Πατρὸς τὸ ἀπαύγασμα.

WELCOME VISITORS!

If you are visiting Holy Trinity Cathedral this morning we welcome you in the Name of the Lord! Orthodox Christian worship may be unlike other forms of worship you have encountered but you can follow along in the service book in the pews. (If you need assistance, simply ask the nearest parishioner.) And though Holy Communion is offered only to the Orthodox faithful who are prepared to receive the Holy Gifts, the blessed bread is offered to everyone after the service. Please sign our Guest Book in the narthex and join us for coffee and refreshments in the community center so we can get to know you. May your time with us be blessed!

Announcements

NARTHEX DUTY SCHEDULE

Group 4: Parish Council.

EPISTLE READER

Dean Papadopoulos.

ALL YOUTH NIGHT SATURDAY 8/17 5PM - 8PM

A fun kick off evening for all ages with Pastoral Assistant, Alexander, at the Community Center.

PAN ORTHODOX YOUTH EVENT SATURDAY 8/24 5PM

St. John the Evangelist Orthodox church, 916 S. 52nd street, Tempe

SUNDAY SCHOOL BEGINS ON SUNDAY 9/8

Please stop by the Community Center Large Hall during coffee hour to register your child(ren).

MINISTRY SUNDAY & WELCOME TO ALEXANDER & LAURA

Please join us for Ministry Sunday in the Large Hall on September 8 following the Divine Liturgy. Hosted by the Stewardship Committee, each of Holy Trinity's ministries will have a table set up providing information. We encourage you to take this opportunity to join a new ministry, get information or just see all the opportunities to get involved.

This is also a wonderful opportunity for our parishioners to meet our new pastoral assistant, Alexander Eliades, and his wife Laura. Let's all give them a great big Holy Trinity welcome and embrace them into our community.

In addition, OPA will host their Back-to-School Luncheon on this day so please support our youth and join us for the luncheon as well.

VISITOR PACKETS

We are in need of new Visitor packets for the Narthex to distribute to the many guests and seekers we host every week. If you would like to contribute to offset the cost of these packets, please mark your gift "Visitor Packets" or call Fr. Apostolos for more details.

HELP FAMILIES IN NEED

Please consider helping families in need within our congregation by making a tax-deductible donation to Holy Trinity Cathedral and note in the check memo to "Families in Need". You may also donate Fry's, Walmart or Target GIFT CARDS. Cards can be dropped off in the Narthex or given to Cindy Kyprianou (480-993-6437).

YOUNG ADULT LABOR DAY WEEKEND CONFERENCE

On-line registration is now open! Young adults who have completed high school and are at least 18 years of age through 35 years of age are invited to attend this inspirational weekend! August 29 -September 2 at the Hyatt Regency Long Beach, California. For more information on the 2019 YAL conference please contact yal2019reg@gmail.com.

This Week at Holy Trinity Cathedral

Today Sunday 8/11 8TH SUNDAY OF MATTHEW	8:00 am - Matins 9:30 am - Divine Liturgy	12:15 pm - Dance Practice
Monday 8/12		7:00 pm - Paraklesis
Tuesday 8/13		7:00 pm - 90th anniversary gala meeting (Speros Center Lounge)
Wednesday 8/14		6:00 pm - Great Vespers of the Dormition (at Assumption church) 7:00 pm Choir Practice
Thursday 8/15 DORMITION OF THE THEOTOKOS	8:00 am - Matins 9:00 am - Divine Liturgy	
Saturday 8/17		5:00 pm— All Youth Night
Sunday 8/18 9TH SUNDAY OF MATTHEW	8:00 am - Matins 9:30 am - Divine Liturgy Niki Harris 1 Year Memorial	12:15 pm - Dance Practice

MEMORIALS TODAY

Danny Choukalas - 4 years.

Danny Choukalas - 30 years.

Prosforo, Wine & Oil donated by Athena Choukalas and Family.

Holy Trinity Greek Orthodox Cathedral

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Parish Council Officers:

Jim Manelis - President, Paul Katsenes - Vice President,

Dina Anagnopoulos - Treasurer, Connie Contes - Assistant Treasurer, Andi Furlis - Secretary,

Charles DeMoss, Sandy Meris, Socrates Papadopoulos, Adam Venetis



Ορεκτικό

An appetizer before the main course

Back To School Survival Guide

August 11th, 2019

Another summer break has ended as school resumes in the Phoenix area. Now begins the happy routine of bus stops and carpools, lunch preparation, late-night homework cram sessions, and "I forget to tell you, Mom, I'm supposed to bring 50 cupcakes to school tomorrow."

Too soon, this blessed chapter of a parent's time with their young ones will end and the window of opportunity to mold and guide their child's heart, mind, and soul will be closed. It is astonishing to witness the rapid growth and development of our parish youngsters who, over the course of a single summer, may scarcely resemble their former springtime selves.

How may we maximize our time with our children while they are still under our watchful parental care? As they begin the new school year, fresh textbooks in hand, excited and apprehensive, hopeful of making new friends and of being accepted, how may we offer the correct blend of support and freedom? Here are some thoughts I've acquired which I pray will be helpful.

Encouragement is of utmost importance. The implicit message of conditional acceptance is hard to escape for our young ones. A bad hair day, the wrong brand of sneakers, a bombed test, or any notable difference from the group can wreck a student's day. In a place where conditional acceptance is the norm, we must bathe our children daily in the waters of Jesus' unconditional love. Our children are to be loved simply because they *are*, not because of what they have or haven't done.

Christian identity is essential for our young ones. They must daily be upheld by parents, and by our parish family in our prayers. It is no easier for them to walk the halls of their schools as Orthodox Christians as it was for us. Certainly in university life, if not well before, believing students may be singled out for ridicule in the godlessness of modern American life. We can greatly assist them by weaving our Orthodox Christian faith into the fabric of our daily and weekly routine.

Curtailing social media is absolutely essential to our children's well being. The scourge of online bullying and belittling is an existential threat to young hearts and minds. News accounts have long documented the horrific toll of this menace which in extreme cases has led to suicide. For the sake of our young one's emotional health, there can exist no right to privacy for our student's social media consumption. Parents, be keenly aware of wild emotional swings related to social media exposure.

Communicate incessantly with your children and ignore their protests about your needling them. Be involved and show obnoxious concern about their well-being. As it is said, "an ounce of prevention is worth a pound of cure." If a child is being harassed or bullied, is struggling with an assignment or course, is trying to help a friend through a personal crisis, they will only benefit from our guidance and we can only guide them if we know what trials they are undergoing.

Finally, frequent daily prayer is a must. Even praying the Lord's Prayer together in the ride to school or at the breakfast table can be a life-saver. Assisting our students to keep their own small prayer rule, to wear and utilize their prayer rope, to pray before dinner and bedtime are key building blocks to a child's sanctuary. Praying together before important tests and presentations, recitals, or sporting events will infuse confidence in our children.

Our Back-To-School blessing will take place next Sunday morning. Let's band together as a family of faith to intercede for our students as the new school year begins!

In Christ,
Fr. Apostolos

A Community BABY SHOWER honoring



Pastoral Assistant Alexander & Laura Eliades

Saturday, September 7, 2019

11:00 – 2:00 p.m.

Holy Trinity Cathedral Community Center

Luncheon provided & hosted by | OPA, Philoptophos & Daughters of Penelope
RSVP to Mary Louise Theodoropoulos | jpmcgurkees@cox.net or (602) 943-5080

Gift Registry | babylist.com