



Sunday, August 18<sup>th</sup>, 2019 - 9th Sunday of Matthew

### *This Morning's Readings*

#### *St. Paul's First Letter to the Corinthians 3:9-17*

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can any one lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw - each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If any one destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.

#### *The Gospel according to Matthew 14:22-34*

At that time, Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.

## *This Morning's Hymns*

In giving birth, you remained a Virgin, and in your dormition, you did not abandon the world, O Theotokos. As the mother of Life, you departed to the source of Life, and through your intercessions, you delivered our souls from death.

Ἐν τῇ Γεννήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ Κοιμήσει τὸν κόσμον οὐ κατέλιπες Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς, καὶ ταῖς πρεσβείαις ταῖς σαῖς λυτρουμένη, ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

Descending from on high, O merciful Lord, for us did You endure three days in the tomb that we may be released from passions in this world. You Who are the resurrection and our life, glory to You, O Lord.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

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 Χριστὲ ὁ Θεὸς ἡμῶν ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ Ἅγιον καὶ δι' αὐτῶν τὴν ἰκουμένην σαγηνεύσας φιλόανθρωπε, δόξα σοι.

The Theotokos, unsleeping in intercession and the immovable hope of protection, could not be retained by any tomb or death. For being Life's own Mother, she was transferred to life by Him who dwelt in the ever-virgin womb.

Τὴν ἐν πρεσβείαις ἀκοίμητον Θεοτόκον, καὶ προστασίαις ἀμετάθετον ἐλπίδα, τάφος καὶ νέκρωσις οὐκ ἐκράτησεν· ὡς γὰρ ζωῆς Μητέρα, πρὸς τὴν ζωὴν μετέστησεν, ὁ μήτραν οἰκήσας ἀειπάρθενον.

## **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 3: George Venetis, Coordinator.

### **EPISTLE READER**

Eleni Papadopoulos.

### **THANK YOU TO OUR WONDERFUL PARISHIONERS!**

It is with sincere gratitude that we thank all of our parishioners for beautifully representing Holy Trinity Cathedral during His Eminence Archbishop Elpidophoros' visit to Phoenix. We are grateful to those who came out to greet him at the airport and to the multitudes who attended Great Paraklesis and the reception. As always, we represented ourselves with grace and dignity and welcomed our newly enthroned Archbishop with warmth and respect!

### **FESTIVAL BAKING STARTS ON 8/20**

Are you available to help bake? We would love to have you! Stop by the Speros Center kitchen at 9:00am on Tuesday, August 20 to help prepare Dolmathes. Additional baking days are scheduled on August 27 and 31. On these days we will be preparing and baking koulourakia and tsoureki. Hope to see our great volunteers there!

### **PAN ORTHODOX YOUTH EVENT, 5:00PM, SATURDAY 8/24**

St. John the Evangelist Orthodox Church, 916 S. 52nd street, Tempe 85281.

### **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. 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.

### **AHEPA CHAPTER 219 2019-20 SCHOLARSHIP APPLICATIONS**

Applications are now available and all high school seniors, university, trade school, and vocational training students are encouraged to apply. The application deadline is October 26, 2019 and winners will be announced at our annual Scholarship Luncheon on January 11, 2020. Applications can be found on [AHEPA219.com](http://AHEPA219.com) or contact Ed Weiss at [ewpwrqly@gmail.com](mailto:ewpwrqly@gmail.com).

### **FOLLOW US ON SOCIAL MEDIA**

Did you know Holy Trinity has a **Facebook** page? It's a great way to stay current and know what is happening in our church community. Please follow us, share our page and invite your friends and relatives to follow us too! Simply search: **Holy Trinity Greek Orthodox Cathedral - Phoenix, AZ** and like our page! Follow us on **Instagram** too! Search **holytrinityphx** and follow us!

## *This Week at Holy Trinity Cathedral*

Today Sunday 8/18 <b>9TH SUNDAY OF MATTHEW</b>	<b>8:00 am - Matins</b> <b>9:30 am - Divine Liturgy</b>	12:15 pm - Dance Practice
Tuesday 8/20	9:00 am - Festival Baking of Dolmathes (CC Kitchen)	
Wednesday 8/21		7:00 pm - Choir Practice
Thursday 8/22		6:00 pm - AHEPA Meeting (Small Hall)
Saturday 8/24		5:00 pm - Pan Orthodox Youth Night (at St. John the Evangelist Orthodox Church, 916 S. 52nd St, Tempe, AZ 85281)
Sunday 8/25 <b>10TH SUNDAY OF MATTHEW</b>	<b>8:00 am - Matins</b> <b>9:30 am - Divine Liturgy</b>	12:15 pm - Dance Practice

### MEMORIALS TODAY

**Despina Hlamidi - 40 Days** - Prosforo, Wine & Oil donated by daughter Eirini Papamatheakis.

**Niki Harris - 1 Year** - Offered by husband Courtney Harris.

### Holy Trinity Greek Orthodox Cathedral

1973 E. Maryland Avenue, Phoenix AZ 85016 Office: 602.264. 7863

Holy Trinity website: [www.holytrinityphx.org](http://www.holytrinityphx.org)

Email: [htfrontoffice@holytrinityphx.org](mailto:htfrontoffice@holytrinityphx.org)

Rev. Economos Apostolos Hill, Proistamenos: [htpriest@holytrinityphx.org](mailto:htpriest@holytrinityphx.org)

Alexander Eliades, Pastoral Assistant: [aeliades@holytrinityphx.org](mailto:aeliades@holytrinityphx.org)

Diana Camacho - Office Manager [adminassist@holytrinityphx.org](mailto:adminassist@holytrinityphx.org)

Parish Council Officers:

Jim Manelis - President, Paul Katsenes - Vice President,

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

Charles DeMoss, Sandy Meris, Socrates Papadopoulos, Adam Venetis



# Ορεκτικό

An appetizer before the main course

**We Need a Moment....**

**August 18<sup>th</sup>, 2019**

It seems like it comes earlier and earlier every year; the lull of Summer is ending and our lives are taking off again in all their hectic glory. Summer hopefully brought some much-needed relaxation to our lives but it feels like within the first few weeks of school (whether we're in it or our children are) our lives have returned to "the grind" or "reality." They can quickly become overwhelming, or even worse, numbing. We can feel as if we're just going through the motions to get to the next task on our list, be it schoolwork, housework, or at our jobs. Here's where we need to pay attention to what the Gospel is telling us this week.

There is a very powerful sentence in the Gospel today that we will read right over if we are not careful. After Jesus had fed the 5,000 with 5 loaves and 2 fish and before he continued through the countryside in his ministry, "and when He [Jesus] had sent the multitudes away, He went up on the mountain by Himself to pray."

If our Lord and God Incarnate needed time alone to pray, to collect Himself, how much more do we?

We are made to be in communion with God and our tradition tells us that retreating into ourselves in silence is absolutely crucial in our life and spiritual struggle. This is often *extremely* difficult in our busy lives. However, when we are alone and in silence (this means no phones either!) we are truly able to focus on Christ and our soul. In this silence and retreat (even just to our rooms) we are forced to be with ourselves and to see ourselves for who we are and who God is, and when we are confronted by our sinfulness and our struggles, we offer that prayer of Peter, "Lord save me!"

It can be overwhelming to be absolutely silent with just the Jesus Prayer ("Lord, Jesus Christ, Son of God, have mercy on me a sinner") on our lips, but this is where true spiritual growth happens and our soul, which is so often neglected, is nourished. In this silence we can confront our struggles or our joys and offer them to God.

As human beings we have an innate *need* to be in communication with our Maker but we look in the wrong places. This is what we search for when we dive deeper and deeper into our "connections" through technology and social media. We seek communion with the Infinite God but in finite things. St. Maximos the Confessor (who we celebrated this week) warns us of this path that we often follow down, speaking of an endless pursuit of "pleasure," that we seek through connection with other things in our life and unless we seek our fulfillment in God, this pursuit will always end in spiritual, physical, and emotional "death." Only communion with God can offer us this outlet for our infinite desire and love that we have been created with, by God. We need to stop and be silent with God.

Our lives are so busy that we often hope to see God in powerful, noticeable moments right in front of us and gain our spiritual nourishment from that. We can look to the example of Elijah in the Old Testament to see how this is not the way that God usually operates. In 3<sup>rd</sup> Kingdoms Elijah asks God for guidance and goes into the wilderness. He rests and prays and God tells him that He will send a powerful wind that knocks down mountains, then an earthquake, and then a great fire but the Lord will not be in any of these. The Lord will come to him in a gentle, quiet breeze. In our loud and busy day, let us retreat to silence and listen for the Word of the Lord in the gentle breeze.

In Christ,  
Alexander Eliades  
Pastoral Assistant  
Holy Trinity Greek Orthodox Cathedral, Phoenix, AZ

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](mailto:jpmcgurkees@cox.net) or (602) 943-5080

Gift Registry | [babylist.com](http://babylist.com)