



Sunday, December 8th, 2019 - 10th Sunday of Luke

This Morning's Readings

St. Paul's Letter to the Ephesians 4: 1-7

Brethren, I, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, who is above all and through all and in all. But grace was given to each of us according to the measure of Christ's gift.

The Gospel According to Luke 13: 10-17

At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

This Morning's Hymns

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 Θεός ἡμῶν ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ Ἅγιον καὶ δι' αὐτῶν τὴν οἰκουμένην σαηνεύσας φιλόανθρωπε, δόξα Σοι.

Today the Virgin cometh unto the cave to give birth to the Word who was born before all ages; begotten in a manner that defies description. Rejoice, therefore, O universe if thou should hear and glorify with the angels and the shepherds. Glorify Him who by his own will shall become a newborn babe and who is our God before all ages.

Ἡ Παρθένος σήμερον, τὸν Προαιώνιον Λόγον, ἐν Σπηλαίῳ ἔρχεται, ἀποτεκεῖν ἀπορρήτως. Χόρευε ἡ οἰκουμένη ἀκουτισθεῖσα, δόξασον μετὰ Ἀγγέλων καὶ τῶν Ποιμένων, βουληθέντα ἐποφθῆναι, παιδίον νέον, τὸν πρὸ αἰώνων Θεόν.

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

ALTAR BOY SCHEDULE

Group 3: St. Gregory the Theologian

EPISTLE READER

Joshua Pardhe

MEMORIALS UPDATE

Beginning in the New Year, we will aggregate memorials on the first Sunday of each month *for all memorials beyond the one year mark*. For those who have recently reposed and whose families wish to celebrate their memorial on the nearest Sunday, we will accommodate their requests as we are now, e.g., for 40-day, 6-months, and one year memorials. All those past the one year anniversary mark will be celebrated on the first Sunday of each month *with the usual exceptions for Major Feasts, e.g., from Lazarus Sunday through Thomas Sunday, Pentecost, etc., and other Sundays as directed by Fr. Apostolos*.

DESERT DIAMONDS CHRISTMAS POTLUCK

Mark your calendars for our Annual Christmas Party & Potluck on Friday, December 20. We will meet at 11:30am in the Holy Trinity Cathedral Speros Center. Lunch begins at 12:00 noon followed by Holiday Cheer! *"What??" you say! You'll just have to attend to find out!* If you plan to attend, please contact Julie Karoutas at juliekaroutas@gmail.com or by cell at 623-313-8720. You can also text Judith LaMond at 703-819-9957 (text only please). Please provide your name, your guest's name(s), and what you plan to bring. Thanks to all in advance!

OCF COLLEGE MINISTRY DONATIONS NEEDED

Our weekly OCF college ministry meetings on the ASU campus have for four years been hosted in the Campus Christian Center facility on 10th & Mill Ave in Tempe. This non-profit campus ministry relies upon donations from participating churches to support the facilities they offer free of charge. It would be appropriate for us to offer a donation to this ministry in gratitude for their hospitality to the Orthodox students of ASU. Please mark your gift "OCF" and we will get it to the Campus Christian Center.

SEEKING CHURCH OFFICE VOLUNTEERS

We would like to invite you to join our Church Office Volunteer Staff. If you have general office experience and can work one day a week or more from 9:00am to 3:00pm, you are a perfect candidate. Please contact Paul Katsenes at Pkatsenes@cox.net or 602-421-7200.

HTA FALL 2020 ENROLLMENT

Holy Trinity Academy is now enrolling for Fall 2020, pick up a flyer in the Narthex and schedule a tour today! For more information please contact Juli Pritsos, Director at 602-248-3881 or julipritsos@holyltrinityacademyphx.org.

This Week at Holy Trinity Cathedral

Today Sunday 12/8 10TH SUNDAY OF LUKE NATIVITY FAST	8:00 am - Matins 9:30 am - Divine Liturgy Sunday School Philoptochos Special tray (St. Nicholas Ranch) Stewardship Luncheon	11:45 am - Youth Choir 12:30 pm - Dance Practice
Monday 12/9 NATIVITY FAST	9:00 am - Philoptochos baking	8:00 pm - Pickup Basketball (HTC Basketball Court)
Tuesday 12/10 NATIVITY FAST	9:00 am - Philoptochos baking 10:00 am - Bible Study (Lounge)	
Wednesday 12/11 NATIVITY FAST	9:00 am - HTA Field Trip	5:00 pm - Greek School 7:00 pm - Choir Practice 7:00 pm - Dance practice
Thursday 12/12 SPYRIDON THE WONDERWORKER NATIVITY FAST	8:00 am - Matins 9:00 am - Divine Liturgy 9:00 am - Philoptochos Prescott day trip	6:00 pm - HTA board meeting 6:30 pm - Parish Council Meeting
Friday 12/13 NATIVITY FAST	9:00 am - Philoptochos baking	5:00pm - HTA Babysitting Night
Saturday 12/14 NATIVITY FAST	11:00 am - William King baptism	10:00 am - Dance Workshop 6:00 pm - GOYA Christmas Party (Diana Scaccia's home)
Sunday 12/15 11TH SUNDAY OF LUKE NATIVITY FAST	8:00 am - Matins 9:30 am - Divine Liturgy Mary Speliopoulos 20 year memorial Sunday School Parish Assembly Budget meeting Philoptochos Bake Sale	11:45 am - Youth Choir 12:30 pm - Dance practice 2:00 pm - Horvath/Chise wedding

Holy Trinity Greek Orthodox Cathedral

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Ορεκτικό

An appetizer before the main course

Our Reason to Give

December 8th, 2019

Somehow we find ourselves in the midst of December! I'm not sure about you but I still feel like it's somewhere around September. Alas, we find ourselves in this joyous Christmas season! For the Orthodox Church it truly is a wonderful time of year as, even though we are fasting, we have so much to celebrate! Almost every day this month we commemorate a saint who can inspire us. Only in this last week we commemorated St. Porphyrios, St. Barbara, St. John of Damascus, St. Savas the Sanctified, St. Nicholas, and St. Ambrose, all extremely inspiring saints and all for different reasons (look them up!). Even the world around us is rejoicing and celebrates this "Season of Giving."

But have you ever thought why we give this time of year? And why is "Santa Claus" or St. Nicholas the epitome of this giving? We hear the common tropes, "Jesus is the reason for the season" and other sayings like this, but why do we celebrate this time as *giving*? Well, we believe that God Himself Incarnated, became human just like you and me to save us from our fallenness. *God gave Himself to us.* Our All-Powerful, All-Omnipotent, All-Holy God descended from heaven and willingly became human, suffered, and "gave Himself up for the life of the world." This is the reason we fast for 40 days even for Christmas and give some of our time, talent, or treasure to those around us.

Many of us know of "jolly ole St. Nick" but few of us know his actual story and why he is connected with this time of giving! The real St. Nicholas was born in the late 3rd century and became a priest in Asia Minor and was well-known for his humility and love and our idea of Santa Claus actually comes out of a real story from his life. One of his parishioners was struggling financially and had been forced to sell his 3 daughters into slavery to get out of debt. When St. Nicholas heard of this he threw a bag of gold coins, enough to get the man out of debt, through the chimney in his house. His giving (and usual anonymity in doing so) is how he gained this fame but he is known for so much more than this. He was an extremely holy man who worked many miracles in his life and countless ones after his death as his relics emit a sweet-smelling fragrance and myrrh and are held in Bari, Italy.

We have countless examples and reasons to give this season, so let us do so with a joyful, prayerful heart, remembering always the gift of salvation that has been given to us by our Incarnate Lord. Let us entreat St. Nicholas to give us his true spirit of holiness, humility, and giving and let us thank God for His coming in the flesh to save us!

In Christ,

Alexander Eliades

Pastoral Assistant

THE BEATITUDES

In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.

O blessed are the poor in spirit for theirs is the kingdom of heaven.

O blessed are those who mourn for they shall be comforted.

O blessed are the meek for they shall inherit the earth.

O blessed are those who hunger and thirst after righteousness for they shall be satisfied.

O blessed are the merciful for they shall receive mercy.

O blessed are the pure in heart for they shall see God.

O blessed are the peacemakers for they shall be called the children of God.

O blessed are those who are persecuted for righteousness sake for theirs is the kingdom of heaven.

O blessed when men shall revile you and persecute you and say all manner of evil against you falsely for My sake.

Rejoice and be exceedingly glad for great is your reward in heaven.



ORDER YOUR HOLIDAY BAKLAVA
FROM PHILOPICHOS NOW!

\$20 per pan

Pre-paid orders will be taken Sundays
during Coffee Hour
November 10 – December 8

Deadline to place orders is December 8

Orders may be picked up on Sunday
December 15 during Coffee Hour

For questions call: Bessie Hotis: 602-953-1913
Mary Louise Theodoropoulos: 602-943-5080



Let us come together as a Cathedral family and help those in need this Christmas by participating in *The Giving Tree!* You will find the tree located in the Narthex of the Cathedral. Simply bring in a gift card or cash and attach it to one of the clips on the tree. All of the gift cards and cash collected will be donated to UMOM so they can share the Christmas spirit with the homeless families they serve.

About UMOM

Founded in 1964, UMOM is located in Phoenix, Arizona and is an innovative provider of shelter, housing and services for people experiencing homelessness.



- Every night they provide safe shelter and supportive services for over 170 homeless families.
- They offer nearly 300 units of affordable housing across the Valley, each with special Program Centers for residents.
- They helped 269 parents find jobs through our employment services.
- They provide healthcare services, childcare, job training and services for veterans.

Holy Trinity Cathedral has been supporting UMOM for several years. We even have a group that goes to UMOM New Day Centers monthly to feed the homeless.

During this season of giving, let's give thanks for the blessings we have, and let's share from our abundance with those in need!



Our Food Drive has begun ! Don't forget to bring in your non-perishable food items. All items will be donated to St. Mary's Food Bank. There will be food boxes in the Narthex, Community Center and the office.

Items most needed include:

- Protein - Peanut butter
Canned light chicken
Canned ravioli
- Fruits - All varieties of fruits, packed in 100% fruit juice or no sugar added
- Vegetables - Canned vegetables, low or no sodium
Dry beans or low sodium canned beans
- Grains - Whole grain or 100% whole wheat boxed cereals, low sugar

Key words: low in saturated fat, low fat, lean, low sugar, packed in 100% juice, packed in water, low in sodium, 100%whole wheat, high fiber, whole grain.

If you have any questions, please contact Connie Venetis at 602-702-3365 or at bird_is_the_word@msn.com.

2020 STEWARDSHIP



One day, a person complained to his priest that the Church and Christianity is one continual “**give, give, give.**” To which the priest replied, “Thank you very much for the finest definition of Christianity I have ever heard. You’re right, Christianity is all about a constant “give, give, give.” God giving His only Son to the world to show His unconditional love. His Son Jesus giving His life on the cross to forgive our sins and destroy death. Then our Lord’s disciples giving all they had to make sure God’s Good News of love was preached to all people everywhere. They not only gave away their homes and businesses, but even gave up their lives as martyrs in gratitude to God!

It is by offering our blessings back to God that He will be able to continue His forgiving, healing, liberating, empowering, transfiguring, loving ministry through the Church. For God, Infinite though He is, has chosen to work through us, through our gifts, to continue His saving work in the world today.

Fr. Anthony M. Coniaris