



Sunday, February 23rd, 2020 - Judgment Sunday (Meatfare)

This Morning's Readings

St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

The Gospel According to Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or

(cont. on next page)

This Morning's Hymns

Let all things above in Heaven rejoice and let all things below on earth be glad. With the might and strength of His arm, an eternal deed the Lord did perform. Beneath His feet, He has trampled down death by death. The first born of the dead did He become. From the depths of hades did He deliver us, and to all the world has granted His great redeeming mercy.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε 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.

Εὐλογητὸς εἶ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, φιλάνθρωπε, δόξα σοι.

O God, when you come upon the Earth in glory, the whole world will tremble. A river of fire will bring all before Your Judgment Seat and the books will be opened, and everything in secret will become public. At that time, deliver me from the fire which never dies, and enable me to stand by Your right hand, O Judge most just.

Ὅταν ἔλθῃς ὁ Θεός, ἐπὶ γῆς μετὰ δόξης, καὶ τρέμωσι τὰ σύμπαντα, ποταμὸς δὲ τοῦ πυρὸς πρὸ τοῦ Βήματος ἔλκη, καὶ βίβλοι ἀνοίγωνται, καὶ τὰ κρυπτὰ δημοσιεύωνται, τότε ῥῦσαί με, ἐκ τοῦ πυρὸς τοῦ ἀσβέστου, καὶ ἀξίωσον, ἐκ δεξιῶν σου μὲ στήναι, Κριτὰ δικαιοτάτε.

(cont. from front)

in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

Announcements

NARTHEX DUTY SCHEDULE - Group 1 - John Siavelis, Coordinator

ALTAR BOY SCHEDULE - Group 1, St. Basil the Great

EPISTLE READER - Eleni Papadopoulos

2020 OFFERING ENVELOPES

Our annual offering envelopes are here! If you have requested weekly envelopes, please pick them up after Liturgy outside the Cathedral front doors.

FAITH FULFILLMENT: THE LITURGY

Just a reminder that there will be no class on Monday, February 24. Classes will resume on Monday, March 2 at 7:00pm.

BYZANTINE CHANT CLASSES

The 2020 Byzantine Chant classes are held on Thursday evenings at 7:00pm. This is an intensive course in the system of our traditional church music. The course is also a prerequisite to join our parish's Byzantine Choir. Anyone interested should contact Cantor George Duvall at george.d@cox.net or through the church office.

BIBLE STUDY RESUMES

Please mark your calendars for our weekly parish Bible Study, to be held in the Speros Center from 10:00am to 11:00am on Tuesday, March 3 through Tuesday April 7.

SAVE THE DATE(S) FOR THE 2020 HOLY TRINITY DIRECTORY

Sign up today to be included in the 2020 Holy Trinity Directory! Don't be left out so be sure to sign up for your Lifetouch Photography session to have your photo included in the 2020 Directory. You will receive one FREE 8 X 10 standard print, one FREE printed Holy Trinity 2020 directory and, as a bonus, a FREE Shutterfly gift with a purchase from Lifetouch Photographers who will be onsite in March to photograph your family on *March 6, 7, 12, 13 & 14th*. Stop by the table in the Community Center after church any Sunday in February to sign up for your time slot OR go to <https://booknow-lifetouch.appointment-plus.com/b6b9m4c6/> to sign up now. If you have any questions, please email Donna Manelis at donnamanelis@outlook.com or call 602-315-2408.

ALL SAINTS ORTHODOX SUMMER CAMP

May 31-June 6 hosted at Whispering Pines Camp, Prescott. A summer camp experience where for one week, campers pray, eat, learn, create, compete, dance and sing together as an Orthodox village. Set within the context of living an Orthodox Christian life, this camp ministry is led by a team of highly trained counseling staff, volunteers and clergy. Currently seeking camp counselors, please apply at info@AllSaintsCampArizona.org. Camper registration to open soon!

AHF SCHOLARSHIPS OPPORTUNITY

The Arizona Hellenic Foundation has several scholarships available for eligible college students. Deadline for applications is April 1, 2020. For eligibility requirements and scholarship applications please visit the Foundation's website, Azhellenic.org.

This Week at Holy Trinity Cathedral

SUNDAY 2/23 JUDGMENT SUNDAY/ MEATFARE	8:00 am - Matins 9:30 am - Divine Liturgy Sunday School	11:45 am - Youth Choir rehearsal
MONDAY 2/24		8:00 pm - Pickup Basketball (HTC Basketball Court)
WEDNESDAY 2/26		5:00 pm - Greek School 7:00 pm - Choir practice
THURSDAY 2/27		7:00 pm - Byzantine Chant class
FRIDAY 2/28		7:00pm - Phoenix Suns Faith and Family Night
SATURDAY 2/29 2ND SATURDAY OF SOULS	8:00 am - Matins 9:00 am - Divine Liturgy 10:30 am - Parish Council Strategic Planning meeting	
SUNDAY 3/1 FORGIVENESS SUNDAY/ CHEESEFARE	8:00 am - Matins 9:15 am - Grace & Harper Kamboukos 40-day Blessing 9:30 am - Divine Liturgy Sunday School	11:45 am - Youth Choir rehearsal 7:00 pm - Forgiveness Vespers (Cathedral)

MEMORIALS TODAY:

Panteli Leventis - 40 Days. Offered by the Levendis Family.

Angela Hapgood - 1 year. Offered by the Lambrou Family.

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Parish Council: Jim Manelis - President, Paul Katsenes - Vice President,
Connie Contes - Treasurer, Dina Anagnopoulos - Assistant Treasurer, Andi Fourlis - Secretary,
Charles DeMoss, Sandy Meris, Socrates Papadopoulos, Adam Venetis



Ορεκτικό

An appetizer before the main course

The Great Prayer

February 23rd, 2020

As we are now a week away from the beginning of Great Lent, we are 'celebrating' the Sunday known as "Meat-fare," the last day on which meat products may be eaten. Next Sunday will mark "Cheese-fare" Sunday and the last day on which dairy products may be consumed by those who follow the Lenten fasting guidelines.

Fasting is an integral component of the Lenten journey, a tool by which we confront and tame the passions of our unruly selves and align our actions to our beliefs. Holy Orthodoxy understands that a faith absent action is merely a philosophy. *Orthodoxia, Orthopraxia, and Orthokoinonia*, that is, right doctrine and worship, right practice, and right relationships, involve a holistic psychosomatic approach to our spiritual lives.

And yet, while fasting is essential, it is not the most important aspect of the Lenten journey. As we joke every year at this time, fasting absent prayer is really just dieting. Fasting is intended to provide impetus to our prayer life, specifically as expressed in the Lenten services of prayer. Prayer is to the soul as breathing is to the body. Without it, a soul will languish. Great Lent provides numerous opportunities to connect with God, to re-examine the trajectory of one's life, to still turbulent hearts and to calm troubled minds.

Taken together with a serious approach to fasting, the Lenten prayer services of Monday evening Great Compline, Wednesday evening Presanctified Divine Liturgies, Friday evening Salutation Services, and Pan-Orthodox Sunday Vespers provide a regimen of spiritual fitness for us all.

And yet, fasting is often treated in isolation, as if it alone can confer godliness on the hungry. Far better it will be for us if our focus and energies are applied to prayer and not merely to vegan dishes! Better to eat cheeseburgers three meals a day and attend the weekly Lenten services than to fast strictly and never come to pray! It is in prayer that the wisdom of the ancient Church emerges as the services become longer and quieter, as the healing immersion in the streams of prayer begin to wash the accumulated sins in our hearts clean by the grace of God.

This is not to suggest that fasting may be dispensed with and set aside. No, it is to reaffirm the unbreakable link between fasting, prayer, and alms-giving as the three-legged stool upon which our Lenten efforts will rest from now until Pascha on April 19th. May the Grace of holy repentance be ours as we enter fully into the Lenten Spring one week from today!

In Christ,

Fr. Apostolos

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 shall say all manner of evil against you falsely for My sake.

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

2020 Pan-Orthodox Lenten Vespers

Please join our Brothers & Sisters at the host parishes for these Sunday Evening Lenten Vespers services

All Vesper Services Begin at 6:00pm



**The Sunday of Orthodoxy
March 8, 2020**

SS. Peter & Paul OCA
1614 E. Monte Vista Rd.
Phoenix, AZ 85006
602-253-9515

Homilist: Archbishop Benjamin



**The Second Sunday of Lent
March 15, 2020**

St. Katherine GOC
2716 N. Dobson Rd.
Chandler, AZ 85224
480-899-3330

Homilist: Fr. Jacob Saylor



Sunday of the Veneration of the Holy Cross

March 22, 2020

St. Sava Serbian Orthodox Church
4436 E. McKinley.
Phoenix, AZ 85008
602-275-7360

Homilist: Alexander Eliades

**The Fourth Sunday of Lent
March 29, 2020**

St. Ignatius of Antioch Orthodox Church
2402 N. Usury Pass Rd.
Mesa, AZ 85207
480-892-6224
Homilist: TBD



**The Fifth Sunday of Lent
April 5, 2020**

St. Haralambos GOC
7950 W. Pinnacle Peak Rd.
Peoria, AZ 85383
623-486-8665
Homilist: Fr. Jeffrey Frate

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APOKRIES 2020!

Greek Mardi Gras – Costume Party –
Dinner – Dance

Live music by **SYNTHESIS**

Saturday, February 29, 2020

Cash bar 6 pm | Dinner at 7 pm



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TICKETS

Adults - \$60

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(Chicken Tenders)

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