



Sunday, March 15<sup>th</sup>, 2020 - Sunday of St. Gregory Palamas

### *This Morning's Readings*

#### *St. Paul's Letter to the Hebrews 1:10-14; 2:1-3*

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

#### *The Gospel According to Mark 2:1-12*

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

## *This Morning's Hymns*

O Christ, the angelic powers appeared at Your tomb. The guards were as dead, and Mary stood by Your grave, seeking Your sacred body. You destroyed Hades yet remained untouched by it. You encountered the Virgin and through her bestowed life. Glory to You Who has risen from the dead!

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στηρίγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

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, φιλόανθρωπε, δόξα σοι.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride!

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

### **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 2 - George Venetis, Coordinator

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

**EPISTLE READER** - Aleena Haugen

### **A MESSAGE TO MEDICAL PERSONNEL**

In order to be better prepared in an emergency, we are requesting doctors, nurses and EMTs to check in with a Narthex Team member when you enter the church.

### **BIBLE STUDY**

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

### **SUNDAY SCHOOL DIRECTOR AND TEACHERS NEEDED**

We are currently seeking a new Sunday School Director and teachers and/or assistant teachers for all grade levels for next year. Our most dire need is for 3rd/4th grade. If interested in being a part of this fulfilling ministry or if you have questions, please contact Kalli Schneider at 602-568-3139 or Alexander Eliades at [aeliades@holytrinityphx.org](mailto:aeliades@holytrinityphx.org) as soon as possible so you can mentor with our current teachers/director this year in preparation for next year.

### **GOYA LENTEN LOCK-IN THIS WEEKEND**

There's still time to register your Goyan for our Lock-in this weekend! We begin at 5:30pm on Friday and will be finished with our evening and morning of faith, fun, and fellowship at 11:00am on Saturday. Please register before Wednesday the 18<sup>th</sup> by going to: <http://holytrinityphx.org/upcoming-events> and email Alexander if you have any questions!

### **MYRRHBEARERS FOR HOLY FRIDAY AND PASCHA**

Every year girls in the 5th grade to 9th grade serve as Myrrhbearers for Holy Friday and Pascha. This role as a Myrrhbearers is a blessed opportunity for young girls from our community to serve the Church. We are having a short meeting on Sunday, March 22 right after Liturgy in the church. If you are interested please contact Stacey Beaty at 623-826-9970 or [Staceybeaty@live.com](mailto:Staceybeaty@live.com) or Kathy Tropea at 623-764-0202 or [tropea5@q.com](mailto:tropea5@q.com).

### **SECURITY DISCUSSIONS** -- two are scheduled in March.

"Response Options for Cathedral Situations" Tuesday, March 17 at 6:30pm.

"Narthex Team/Greeter Options for Dealing with Suspicious Persons" on Tuesday, March 24 at 6:30pm. Discussions will be led by Jim Wasson, Director of Security, Ina Levine Jewish Community and retired Scottsdale Police Department. Both are open to all -- especially Narthex Team members. We will meet in the office conference room. Please RSVP to Paul Katsenes at [pkatsenes@cox.net](mailto:pkatsenes@cox.net) or call church office.

### **FAITH FULFILLMENT CLASS: HOLY WEEK BEGINS 3/30**

Join us after our 2 week break for two Mondays (3/30 and 4/6) at 7:00pm as we learn about the beautiful services of Holy Week before we approach them at the end of Lent!

### **GRADUATION ANNOUNCEMENTS**

If you are or have a child graduating from Middle School, High School, College, or Graduate School please email Caroline Economopoulos ([cjecomom@gmail.com](mailto:cjecomom@gmail.com)) to make sure you make it into the announcements for our Graduation Luncheon on May 17!

## *This Week at Holy Trinity Cathedral*

<b>TODAY, SUNDAY 3/15</b> <b>SUNDAY OF ST. GREGORY</b> <b>PALAMAS</b>	<b>8:00 am - Matins</b> <b>9:30 am - Divine Liturgy</b> Sunday School	11:45 am - Youth Choir rehearsal <b>6:00 pm - Pan-Orthodox Vespers</b> (St. Katherine, 2716 N. Dobson Rd., Chandler)
<b>MONDAY 3/16</b>	HTA Spring Break	<b>6:00 pm - Compline</b> 8:00 pm - Pickup Basketball (HTC Basketball Court)
<b>TUESDAY 3/17</b>	9:30 am - Weekly Bible Study (Conf. Room)	
<b>WEDNESDAY 3/18</b>		5:00 pm - Greek School <b>5:30 pm - 9th Hour &amp;</b> <b>Presanctified Liturgy</b> 7:00 pm - Choir practice
<b>THURSDAY 3/19</b>		7:00 pm - Byzantine Chant class
<b>FRIDAY 3/20</b>		5:30 pm - GOYA Lenten Lock-In <b>7:00 pm - 3rd Akathist</b>
<b>SATURDAY 3/21</b>	8:30 am - Parish Council Strategic Planning	
<b>SUNDAY 3/22</b> <b>SUNDAY OF HOLY CROSS</b>	<b>8:00 am - Matins</b> <b>9:30 am - Divine Liturgy</b> Sunday School Parish Oratorical Festival Greek School Luncheon & Program	11:45 am - Youth Choir rehearsal 12:00 pm - Daughters of Penelope meeting <b>6:00 pm - Pan-Orthodox Vespers</b> (St. Sava, 4436 E. McKinley, Phoenix)

### **MEMORIALS TODAY:**

**Demetra Dedes - 2 Years.** Offered by Georgia Brusalis.  
**Barbara Cope - 3 years.** Offered by Lynn and Bill Graham.

### **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)

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)



# Ορεκτικό

*An appetizer before the main course*

## What's All This For?

March 15<sup>th</sup>, 2020

The commemoration on this the 2nd Sunday of Lent of St. Gregory Palamas always seems to be a bit overlooked. To many of us, this seems a bit out of place as compared to the other Sundays of Lent: Sunday of Orthodoxy, Sunday of the Cross, even St John of the Ladder carries an interest to us, as does the amazing story of the repentance of Mary of Egypt. But why St. Gregory Palamas?

Because his writings answer to us the bigger question: what is Lent for? What are we trying to accomplish?

Gregory was the Metropolitan of Thessaloniki in the turbulent 14<sup>th</sup> Century (he was even captured by Turkish pirates and while under captivity, wrote a brilliant treatise on Orthodoxy and Islam). He is most well-known for his discussions with the monk Barlaam who began writing that we can only know God through knowledge and what we read about Him. Gregory became concerned about this and took Barlaam head-on expounding on the ancient tradition of Hesychasm. Through silence and prayer (specifically the Jesus Prayer) we can come into communion with God in our hearts. After all, we are implanted with the Holy Spirit in our heart at baptism and it is there we must go to find God.

However, our hearts are so often turned away from God and towards the things of the flesh. We desire good food, good times, and good fun. Lent is our time where we can take these out of the equation and pray more, searching for God in the depths of our being. St. Gregory explains to us (definitely through personal experience) that we can experience God in ourselves, but first we must cleanse ourselves of all the other distractions. This is not just for monks, nuns, and clergy, but for all! All are called to be one with God through prayer!

This is our goal and the reason we are Christians. Not for some “warm, fuzzy feeling” of religiosity or to become “good people” but for coming to know and be one with God. This is the radical message of Christ: He wishes us to be one with Him. We know from our tradition that this is done, not just through reading of books, but through true experience of God through prayer. This practice was expertly put into words by St. Gregory Palamas and confirmed by the Church in the 700 years since then. May the words of St. Paisius Velichkovsky, writing in defense of Palamas, come true for us: *“Lord, Jesus Christ, Son of God, have mercy on me!” If someone says this prayer incessantly, like breath from his nostrils, and with desire, the Holy Trinity—the Father, Son, and Holy Spirit—will soon settle within him and create an abode with him.*”

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 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

## Pascha Flower Donation

Remember beloved family and friends and beautify the Cathedral with plants this Pascha.

**Donations of \$20.00 per remembered individual or married couple are appreciated.**

Complete this form and return with your donation to the Church office or enclose in an offering envelope, to place in a collection tray.

**Please provide your order by April 15, 2020.**

Donor name: \_\_\_\_\_

Donor phone #: (\_\_\_\_) \_\_\_\_\_

Name (s) of those honored and the relationship to donor:

1. \_\_\_\_\_

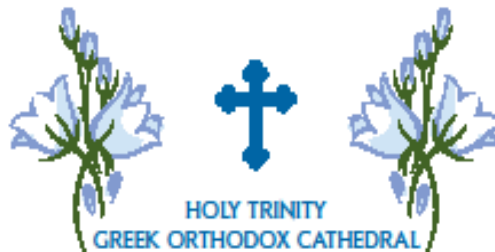
2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Total donation: \$ \_\_\_\_\_

Questions? Please call the Cathedral office: 602-264-7863







## Salutation Icon Flowers

Decorating the Annunciation Icon each week of Lent is an Orthodox tradition, and a lovely way to memorialize loved ones by supporting our Cathedral.

**Suggested donation of \$50.**

Complete this form and return with your donation to the Cathedral Office, or enclose in an offering envelope and place in collection tray.

Donor name: \_\_\_\_\_

Donor phone #: (\_\_\_\_) \_\_\_\_\_

Name(s) of those honored and the relationship to donor:

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**Please provide your order by April 8, 2020.**

Questions? Please call the Cathedral office: 602-264-7863



**PHILOPTOCHOS' PASCHA BAKE SALE**

**PALM SUNDAY, APRIL 12, 2020**

**FOLLOWING DIVINE LITURGY**



Due to the large demand for Tsourekia and Koulourakia Philoptochos has agreed to take prepaid orders. The deadline for ordering is Sunday, April 5<sup>th</sup>. Orders will be taken following Divine Liturgy in the Community Center on Sunday, March 15<sup>th</sup>, March 22<sup>nd</sup>, March 29<sup>th</sup> and April 5<sup>th</sup> (final day).

Tsourekia purchases, without prepaid orders, on the day of sale will be limited to three.

**TSOUREKIA-----\$8.00**

**KOULOURAKIA-----\$7.00 per dozen**

**Call Georgia Furlis @ 602-291-5911 or Mary Louise Theodoropoulos @602-943-5080 to order.**

**All call-in orders must be paid by April 5<sup>th</sup>.**