



Sunday, March 1st, 2020 - Forgiveness Sunday (Cheesefare)

This Morning's Readings

St. Paul's Letter to the Romans 13:11-14, 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

The Gospel According to Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses." "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you." "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

This Morning's Hymns

When the tidings of the Resurrection from the glorious angel was proclaimed unto the women disciples, and our ancestral sentence also had been abolished. To the Apostles with boasting did they proclaim that death is vanquished evermore, and Christ our God is risen from the dead, and granted to the world His great mercy.

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος 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, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, φιλόανθρωπε, δόξα σοι.

O Master, Teacher of wisdom, Bestower of virtue, Who teaches the thoughtless and protects the poor, strengthen and enlighten my heart! O Word of the Father, let me not restrain my mouth from crying to You: Have mercy on me, a transgressor, O merciful Lord.

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἴδου γὰρ τὰ χεῖλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι.

DESERT DIAMONDS POTLUCK

Please mark your calendars for our Spring Potluck on Tuesday, March 10 at 11:30am with guest speaker Dr. Jeffrey Frost at 1:00pm giving a presentation on "What's happening now in Medicine": Regenerative Stem Cell Therapy, Alternative Elimination of Pain without Drugs, Alternative to Invasive Surgery, Hormone Replacement Therapy, Chiropractic Decompression Therapy, Chiropractic Care, Medically Supervised Weight Loss. If you have questions about the above issues, please write them down and bring with you when you come. Dr. Frost will ask for the questions before he begins the presentation and will try and give his answers during the presentation. He wants to focus on what our needs are.

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 or call church office.

Announcements

NARTHEX DUTY SCHEDULE - Group 3 - Juli Pritsos - Coordinator

ALTAR BOY SCHEDULE - Group 2, St. John Chrysostom

EPISTLE READER - Will Neal

FAITH FULFILLMENT: THE LITURGY

Classes will resume on Monday, March 2 at 7:00pm.

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.

LAST SUNDAY TO SIGN UP FOR THE DIRECTORY PHOTO

Please visit the table in the Community Center this Sunday to make your appointment for your directory photo. Photo sessions offered on March 6, 7, 13 and 14. NO OBLIGATION TO PURCHASE ANYTHING. You will receive one FREE 8 X 10 standard print, one FREE Holy Trinity 2020 Directory, and a FREE Shutterfly bonus gift with a purchase from Lifetouch. The names & addresses that show up in the Directory are from our Stewardship data so be sure to have your 2020 Stewardship Card completed and submitted ASAP to have your name & address included in the directory. You can also visit the church website at www.holytrinityphx.org to complete your 2020 Stewardship Pledge. Questions? Contact Donna Manelis at donnamanelis@outlook.com or call 602-315-2408.

PHOTO SESSION VOLUNTEERS NEEDED

Can you volunteer to help with the Lifetouch/Directory Photo Sessions? No experience needed. Please contact Donna Manelis at 602-315-2408 if you can do a shift on any of the session days March 6, 7, 13 and 14.

SUNDAY SCHOOL ANNOUNCEMENTS

The Sunday of Orthodoxy is March 8. All children please bring an icon from home and join us for the Procession of the Icons. There will be NO SUNDAY SCHOOL ON MARCH 8 as we will all be in the Cathedral for this special liturgy.

Do you enjoy children? Do you enjoy bringing your children to Sunday school? Sunday school loves seeing our youth every week! It is such a blessing to see their smiles and teach them about our rich Orthodox faith. We are currently seeking teachers and/or assistant teachers and a new Sunday School Director for next year. Our most dire need is for 3rd/4th grade. Mary Thrasher has agreed to stay through May to mentor 2 new teachers for that class. We need teachers or assistant teachers for all grade levels. If interested to be 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 as soon as possible so you can mentor with our current teachers/director this year in preparation for next year.

PHILOPTOCHOS MEETING

There was a misprint in last Sunday's bulletin. The next Philoptochos meeting is Sunday, March 8 at 11:45am in the Speros Center Lounge. Grab your coffee from the Coffee Hour and join us. In addition to the business part of the meeting, we're having a guest speaker on the subject of Human Trafficking. Plan to attend this informative presentation on one of the causes taken on by National Philoptochos.

This Week at Holy Trinity Cathedral

TODAY, 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
MONDAY 3/2 LENT BEGINS		6:00 pm - Compline 7:00 pm - Faith Fulfillment class (Conf. Room) 8:00 pm - Pickup Basketball (HTC Basketball Court)
TUESDAY 3/3	10:00 am - Weekly Bible Study (Lounge)	6:00 pm - Compline
WEDNESDAY 3/4		5:00 pm - Greek School 5:30 pm - 9th Hour & Presanctified Liturgy 7:00 pm - Choir practice
THURSDAY 3/5		6:00 pm - Compline 7:00 pm - Byzantine Chant class
FRIDAY 3/6	Lifetouch Directory Photos (by prior appointment)	Lifetouch Directory Photos (by prior appointment) 7:00 pm - 1st Akathist 8:00 pm - Young Adult meeting
SATURDAY 3/7 3RD SATURDAY OF SOULS	8:00 am - Matins 9:00 am - Divine Liturgy Lifetouch Directory Photos (by prior appointment)	Lifetouch Directory Photos (by prior appointment)
SUNDAY 3/8 SUNDAY OF ORTHODOXY	8:00 am - Matins 9:30 am - Divine Liturgy No Sunday School Procession of Icons	11:45 am - Youth Choir rehearsal 11:45 am - Philoptochos meeting (Lounge) 6:00 pm - Pan-Orthodox Vespers (Sts. Peter & Paul OCA, 1614 E. Monte Vista, Phoenix)

MEMORIALS TODAY:

Tom Pastis - 40 Days. Offered by Terri Vaughn.



Ορεκτικό

An appetizer before the main course

Addition by Subtraction

March 1st, 2020

Last weekend I spoke with our kids at our "Youth Day" and began by asking them to do a "word association." The first word I gave them was "Lent" which of course mostly brought them to the word "fasting." I then asked them how they felt thinking about these words "fasting" and "Lent" and the consensus we came to was basically that, as we approach this Lenten season with our fast on the horizon, we feel this heaviness or sense of obligation. Lent becomes a list of tasks: fast, pray, forgive, do not judge, go to church more.

I then presented them with this quote from Fr. Alexander Schmemman: "Let us stress that the purpose of Lent is not to force on us a few formal obligations, but to soften our heart so that it may open itself to the realities of the Spirit, to experience the hidden 'thirst and hunger' for communion with God." We see that we cannot just go through the motions of these "tasks" but we must let them guide our life to God. We cannot take these things on as tasks because what they really can accomplish in us is a return to what we have been made to do, commune with God. When I am hungry I realize my body is not the most important thing in my life and that I truly could not exist without God. When I pray I communicate with God and ask for Him to be in my life. When I forgive, I imitate God. When I go to Church I join the Body of Christ in offering prayers for the whole world and by extension, myself and witness the presence of Christ.

We focus so much on the "negative" in Lent that we often do not let the positive things come to fruition. Deep inside us we all have a need for communion with God but we bury this with our focus on food, drink, and simply ourselves. Lent allows us to strip away all these other distractions and focus on God. Looking for a way to begin your Lenten journey? Join us tonight at 7pm for Forgiveness Vespers, a special vespers that ends with all those in attendance asking forgiveness from the others so that our Lenten journey will begin on a light note. Can't make it tonight? You're in luck! We have a service every night this week so you have no excuse! See you this week!

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:

Please provide your order by April 8, 2020.

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



"In everything you do, put God first; and he will guide you and crown your efforts with success." Proverbs 3:5

2020 PLEGDED FAMILIES

AS OF 2/28/20

Thank you generous stewards; we appreciate your support. If you have not filled out a pledge card for 2020, please pick one up in the Church Narthex or visit www.holytrinityphx.org.

Our Cathedral needs your support. Your ability to pledge and pay allows us to plan and operate the Cathedral and support our ministries. Working together our Cathedral will thrive and prosper.



If you have filled out a 2020 pledge card but your name does not appear on this list, please know any omissions are unintentional. Please call the church office immediately and we will resolve the situation.

Panagiota Agelakos
Dorothy Ainslie
Evan & Terri Alexon
Nikki C. Anest
Bettina Angelos
John Antoniadis
Elaine Apostle
Sheila Asala
Chris & Angie Athens
Helen & Constantine Balanis
Diana Balos
Alexandra Bates
Scott & Stacey Beaty
George & Stacy Benetos
Vicki & Dan Bichekas
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Helen A. Bixenman
Anthony Boyd
Helen & James Bruno
Chris & Georgia Brusalis
Chris & Rita Bruskas
Kristen Bruskas
Kathrene Carras
Frank & Alice Carris
Dawn & Casey Cartier
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Georgana Friehe
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Demetra Georgelos
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John Giannopoulos
Eva Goodman
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Gina Graham
Mary Haidos
Donald Hall
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Rev. Father Apostolos &
Presbytera Denise Hill
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Pavlos Kairis
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Pete & Nicole Kamboukos
Roula & Basilis Kaneris
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Jean Kantaros & William King
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Angelo & Marta Ntatsos
Jeremy & Anastasia Oxley
Else Paletsos
Elizabeth Palmer
Alexander & Alexia
Panagiotakopoulos
Christo & Connie
Panagiotakopoulos
Bill & Soula Papadopoulos
Chrysoula & George
Papadopoulos
Stephanie & Socrates
Papadopoulos
Anastasia Papaioannou
Alex & Olga Papamatheakis
Betty Papas
Nicholas J. Papas
Rita & Spyros Papaspyrou
Nicholas & Stacy Papatzimas
Vassilia Papatzimas
Irene Pappas
John J. & Andrea M. Pappas
Daniel & Anna Pardihe
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Amy Paul
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Milton & Voula Rentzis
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Pam & Jim Solomon
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Nitsa & Gerry Stamatelatos
Christine & Andrew Stamatis
Mihai Sutu
William & Rebecca Tavlarides
Jim G. Thomas
Deacon John &
Diakonissa Mary Thrasher
Kathy & Thad Tropea
Stella & Constantine Tsantilas
Katherine & Constantine Tzavaras
Peter & Lindsay Vardalos
Argyro Vasquez
Adam & Lea Venetis
Connie & George Venetis
Andrew & Sandy Vlahoulis
Steve & Mary Vrahas
Nicole Wakamatsu
Catherine Wallerich
Paula & Colin Walsh
Paulina & Doug Watson
Garrett Widner
Christina & Michael Wombacher
Richard & Katina Wood
Niki & George Zafiraki
Eugenia & Dimitrios Zannis
Katherine & George Zannis
Zella Zannis
Evangelia Zikos
Kostas & Margarita Zistas
Christina & Michael Zistatsis
Eleanna Zistatsis
Dimitrios Zistatsis
Ann Zoukis