



Sunday, May 12, 2019 - Myrrh-Bearing Women Sunday

This Morning's Readings

Acts of Apostles 6:1-7

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, "it is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochoros, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

The Gospel according to Mark 15:43-47; 16:1-8

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joseph saw where he was laid.

And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

This Morning's Hymns

When You descended from the realm of death, You as Life immortal rendered to Hades a mortal blow by Your all-radiant divinity. And when You from infernal depths below did raise the dead, all the hosts of Heaven's powers did proclaim and cry out: O Giver of Life and Christ our God, glory to You.

Ότε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν Ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεώτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν. δόξα σοι.

When he took down Your immaculate Body from the Cross, the honorable Joseph wrapped it in a clean linen shroud with spices and laid it for burial in a new tomb. But on the third day You arose, O Lord, and granted the world Your great mercy.

Ό εὐσχήμων Ἰωσήφ, ἀπὸ τοῦ ξύλου καθελῶν, τὸ ἄχραντόν σου Σῶμα, σινδόνι καθαρᾷ, εἰλήσας καὶ ἀρώμασιν, ἐν μνήματι καινῷ, κηδεύσας ἀπέθετο ἀλλὰ τριήμερον ἀνέστης Κύριε, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

The Angel standing at the sepulcher cried out and said to the ointment-bearing women: The ointments are appropriate for mortal men, but Christ has been shown to be a stranger to decay. So go and cry aloud, The Lord has risen and granted the world His great mercy.

Ταῖς μυροφόροις Γυναίξι, παρὰ τὸ μνήμα ἐπιστάς, ὁ Ἄγγελος ἐβόα. Τὰ μύρα τοῖς θνητοῖς ὑπάρχει ἀρμόδια, Χριστὸς δὲ διαφθορᾶς ἐδείχθη ἀλλότριος, ἀλλὰ κραυγάσατε Ἄνέστη ὁ Κύριος, παρέχων 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, O Lord, all glory to You.

Εὐλογητός εἶ Χριστέ ὁ Θεὸς ἡμῶν ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ Ἅγιον καὶ δι' αὐτῶν τὴν οἰκουμένην σαγητεύσας φιλιάνθρωπε, δόξα Σοι.

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord, who to the fallen grant resurrection.

Εἰ καὶ ἐν τάφῳ κατήλθες Ἀθάνατε, ἀλλὰ τοῦ ἄδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητής, Χριστέ ὁ Θεός, γυναίξι Μυροφόροις φθελγᾶμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

EPISTLE READER TODAY

Ani Contes

NARTHEX DUTY SCHEDULE

Parish Council

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

HELP FAMILIES IN NEED

Please consider helping families in need within our congregation by donating Fry's, Walmart or Target GIFT CARDS. They can be dropped off in the Narthex or given to Cindy Kyprianou (480-993-6437).

OPA GRADUATION CELEBRATION

If you or your child is graduating from 8th grade, high school, college or graduate school, please fill out the 2019 graduate recognition form (available in the Narthex and the OPA newsletter) and scan to Caroline Economopoulos at cjecomom@gmail.com to be recognized at the OPA Graduation on Sunday, May 19 immediately following Liturgy.

MOTHER'S DAY BRUNCH

The AHEPA Brothers will be holding a Mother's Day Brunch after Divine Liturgy today. The cost is \$30 for adults, \$20 for students and \$10 for children 8-12 year of age.

A TOAST TO THE FUTURE

HTA's *A TOAST TO THE FUTURE* May 18 event tickets and sponsor opportunities are available today at Coffee Hour. Help us reach our goal to continue to provide a unique Orthodox education to all preschool and kindergarten families. A portion of the proceeds from this year's event will be shared with One Spirit+One Vision. For more information contact Juli Pritsos at 602-2448-3881 or email her at julipritsos@holyltrinityacademyphx.org.

DESERT DIAMONDS

Let's celebrate Memorial Day and our last event before our summer break by having a picnic at McCormick Stillman Railroad Park, 7301 E Indian Bend Road in Scottsdale on Thursday, May 30 at 11:30am. Please plan on bringing picnic foods such as potato, garden, chicken and pasta salads, baked beans, potato chips, fresh fruit and dessert. Hot dogs & buns will be provided. We would like to secure a Ramada close to the entrance & by the rest rooms, hopefully the one we have used in the past. RSVP to Julie Karoutas at juliekaroutas@gmail.com or 623-313-8720 or Judith Lamond at 703-819-9957.

Also, on Sunday, May 19 at 4:00pm the Scottsdale Philharmonic will be having a free concert at Scottsdale Bible Church, 7601 E. Shea Blvd., Scottsdale. Enjoy some beautiful music!

SCHOLARSHIPS

Philoptochos is happy to offer two \$1,000 scholarships for students entering college in the fall. If you are interested, please pick up an application in the Narthex or by printing the form from the Desert Springs and mailing it to HTC - Philoptochos, 1973 E. Maryland Ave., Phoenix, AZ 85016. Contact Georgana Friehe (602-300-0016) or Mary Louise Theodoropoulos (602-943-5080) with any questions. Deadline to apply is 5/31.

VACATION BIBLE SCHOOL SUMMER 2019

Hosted by HTA for pre-K to 2nd grade, May 28 to June 7, 8:30am to noon or bring a lunch to stay until 1:00pm. Call 602-248-3881 or email julipritsos@holyltrinityacademyphx.org for more information.

This Week at Holy Trinity Cathedral

Today Sunday 5/12 MYRRH-BEARING WOMEN SUNDAY MOTHER'S DAY	8:00 am - Matins 9:30 am - Divine Liturgy No Sunday School Mother's Day Brunch	
Wednesday 5/15		7:00 pm - Choir practice
Friday 5/17		6:00 pm - Hope & Joy
Saturday 5/18		6:30pm - HTA <i>A Toast to The Future</i>
Sunday 5/19 SUNDAY OF THE PARALYTIC	8:00 am - Matins 9:30 am - Divine Liturgy Sunday School OPA Graduation Luncheon Spring Parish Assembly	12:15 pm - Dance Practice

MEMORIALS TODAY

Angela Hapgood - 40 days - Prosforo, wine and oil donated by the Lambrou Family.

Alexander A. Paletsos - 1 Year - Wine and oil donated by Else Paletsos.

Chrisoula Kintonis - 1 Year - Requested by John Kintonis.

Prosforo donated by Hercules Dellas in honor of **Margaret Dellas and Alexander H. Dellas.**

Holy Trinity Greek Orthodox Cathedral

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Parish Council Officers:

Jim Manelis - President, Paul Katsenes - Vice President,

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

Charles DeMoss, Sandy Meris, Socrates Papadopoulos, Adam Venetis



Ορεκτικό

An appetizer before the main course

A Mother's Influence

May 12th, 2019

The Barna Group is a research firm devoted to the study of cultural trends related to values, faith, and behaviors since 1984. Their studies are timely and on-point, highly valued for their clarity and utility. A case in point would be the most recently released study titled "Households of Faith."

Unsurprisingly, this study affirmed what we already know; that a mother's influence in the spiritual development of a child cannot be overstated. The study underscored, for instance, that moms are the primary activities and conversation partners for their children. Fully 70% of children surveyed discuss spiritual issues and questions with their mothers.

And when difficult issues and questions arise in a child's life, it is to their mothers that they go for advice (78%) encouragement (75%) and sympathy (72%). Christian teens seek out their mother's counsel on faith (72%) and on issues that trouble them (78%). Numerous studies in recent years underscore that mothers are the primary shapers and influencers of a child's spiritual life.

Other Barna studies indicate that "*employed Christian moms struggle not only to feel connected to their work, but also to feel a sense of 'calling' or to find satisfaction in most areas of life. Working Christian fathers, meanwhile, thrive in all of these areas. Considering that this report shows moms carry a large share of the logistical, emotional and spiritual weight at home.*"

The purpose of highlighting the findings of these studies isn't to "guilt" fathers, but to reinforce the love and appreciation we ought to have for our wives and mothers. The truth of these findings is plainly evident in how many women in a given parish are involved in parish ministry! (Another task added to the pile!)

How can we, *must we*, respond to such selflessness? How can we alleviate some of the burden that falls to our wives and mothers? Dare we challenge ourselves to ask if we are doing enough? Pulling our share of the weight of the household? At a minimum (husbands), doing the simple but deeply appreciated things that make our wives feel cherished? Supported? Loved?

On this Mothers' Day, may the Mother of our Lord and of us all wrap her tender arms of compassion and grace around all our mothers and bless and strengthen them for the ministry they offer so beautifully to our homes and parishes!

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

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

Holy Trinity Academy.
Building today for a better tomorrow.



Saturday, May 18, 6:30-10:00pm
Campus of Holy Trinity Greek Orthodox Cathedral
1973 E. Maryland Ave., Phoenix, AZ 85016

RSVP by Monday, May 13, 2019

Tickets may be purchased in person or online at htaphx.org

\$50 Donation Per Person



Please join us as we raise a glass to another superb year of Orthodox education and to celebrate the opportunity to build our future! You will enjoy an evening of micro-brew and wine selections paired with delicious foods and desserts and musical entertainment, along with an opportunity to be a lucky recipient of wonderful raffle items.

This year's proceeds will benefit HTA's growing preschool and kindergarten programs with a portion of the proceeds to benefit One Spirit+One Vision building fund ministry for Holy Trinity Greek Orthodox Cathedral.



Raffle Tickets: \$20 each or 6 for \$100. To purchase event and raffle tickets, or to become a sponsor of this event, please contact the school office at 602-248-3881 or e-mail julipritsos@holytrinityacademyphx.org.