

### Epistle Reading

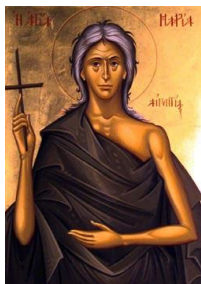
#### St. Paul's Letter to the Hebrews 9:11-14



BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

### Gospel Reading

#### The Gospel of Mark 10:32-45



At that time, Jesus taking the twelve again, he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."



Greek Orthodox Church of Greater Salt Lake  
[www.gocslc.org](http://www.gocslc.org); [Orthodoxy3@gmail.com](mailto:Orthodoxy3@gmail.com)

**Sunday, March 29<sup>th</sup> 2015**

*Sunday of St. Mary of Egypt*



**To contact our clergy, please call the numbers listed below:**

**Reverend Father Matthew Gilbert: 801-556-1139**  
**Reverend Father Elias Koucos: 801-556-4640**  
**Reverend Father George Politis (retired)**

**Holy Trinity Cathedral: 279 S. 300 W. SLC, UT 84101, (801) 328-9681**  
**Prophet Elias Church: 5335 Highland Dr. Holladay, UT 84117, (801) 277-2693**

### Sunday Services

*Saint Mary of Egypt*

**March 29<sup>th</sup>**

**Holy Trinity**

**Prophet Elias**

Orthros 8:30am/Divine Liturgy 9:30am Father Elias  
Orthros 8:30am/Divine Liturgy 9:30am Father Matthew

### Memorials

**March 29<sup>th</sup>**

Georgette Proestakis	6 months	Holy Trinity
George Kounalis	40 years	Holy Trinity
George & Argyro Fineikakis		Holy Trinity
Sam & Blenda Kounalis		Holy Trinity
John Kounalis	47 Years	Holy Trinity
Argyro Kounalis	20 Years	Holy Trinity

### Weekly Services

**March 30<sup>th</sup>**

**Prophet Elias Only:**

Compline Service 6:00pm-7:00pm  
Fr. Matthew & Fr. Elias

**April 1<sup>st</sup>**

**Holy Trinity Only:**

Liturgy of the Presanctified Gifts 6:00pm-7:30pm  
Fr Matthew & Father Elias

**April 4<sup>th</sup>**

**Holy Trinity:**

**Prophet Elias:**

Saturday of Lazarus  
Orthros 8:30am/Divine Liturgy 9:30am Father Elias  
Orthros 8:30am/Divine Liturgy 9:30am Father Matthew

**When Scheduling Memorials...** Memorials must be scheduled through Fr. Matthew. For inquiries regarding memorials or to schedule one, please contact Fr. Matthew at 801-556-1139 or [matthewthepriest@gmail.com](mailto:matthewthepriest@gmail.com).

### Parish Council Meeting

There will be a Parish Council Board Meeting on **Monday, March 30<sup>th</sup>** at **7:00pm** at Prophet Elias in the St. Sophia Board Room.

### Prayer List

Alexander, Tony, Georgia, Tino, MaryAnn, Anthony, Kelly, Margie, Shari, Constance, Patrea

\*If you would like to add a name to the prayer list you can do so by calling the main office at Holy Trinity at 801-328-9681.\*

### Holy Trinity Philoptochos

Dear parishioners, we would like to acknowledge and thank all the active military members in our community this Easter season, please help us by sending their information so we can show our love and appreciation. Contact Cathy Neofitos [801-448-8907](tel:801-448-8907) or [elinesmazi@gmail.com](mailto:elinesmazi@gmail.com).

### PAN ARCADIAN WESTERN DISTRICT SCHOLARSHIP

The application for the Arcadian Scholarship is now available. Applicants must be a member of a PFA chapter OR a son, daughter, grandson or granddaughter of a member. Applicants may be a high school senior student, an undergraduate student OR a graduate student. The application is posted on <http://www.panarcadianwest.org>. An application may also be emailed to you or mailed to you by contacting Karen Anastasopoulos, [801-913-2414](tel:801-913-2414), [karenanasti@gmail.com](mailto:karenanasti@gmail.com). Please contact Karen with any questions. Submission deadline is May 4, 2015.

### SCHEDULING EVENTS

If you have a meeting or event scheduled at either facility, please contact the church office at 801-328-9681 one week prior to your scheduled event, to arrange for access to the building, set-up and any other needs you may have to help us make your event a success. We appreciate your cooperation.



### SAVE THE DATE

Share the love Breakfast fundraiser for Saint Sophia School on **Sunday, March 29<sup>th</sup>** immediately after services at both **Holy Trinity** and **Prophet Elias**. We appreciate all your love and support.

### DAUGHTERS OF PENELOPE

There will be Easter bread on sale for \$8.00 after church on **Palm Sunday, April 5<sup>th</sup>**

## **AXIA!**

### **"Wall of Fame"**

Honoring Women at the Pancretan National Convention in Salt Lake City As part of the Women's AXIA night during the Pancretan National Convention, we are asking you to contribute photos or collages of important and influential women who have contributed to the Cretan Community (for example, mothers, grandmothers, aunts). These will be displayed prominently at the venue, along with a short statement about the woman (or women).

Please submit a photo (or collage of photos), unframed, in an 9 x 12 inch format, along with a statement about the woman or women pictured, no longer than 200 words. Please note that photos and collages will not be returned.

Contact Elleni Katsanevas at: [\(801\)897-0130](tel:8018970130) to submit entries or, send to:

Elleni Katsanevas

3685 South Lincoln Park Drive

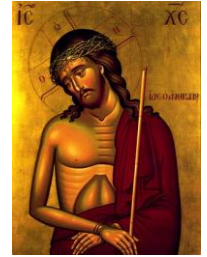
Salt Lake City, UT. 84115

DEADLINE April 15, 2015

Each submission must be submitted with a \$5 entry fee.

## **DONATIONS FOR LENTEN FLOWERS**

If you would like to donate any funds for the flowers for Lenten Season to decorate the Kouvouklion and Icons, please send your donations to the church office, or in the Narthex at either church. Any donation would be much appreciated. Wishing you a blessed Lenten and Paschal Season!



## **GO THE DISTANCE! SAINT SOPHIA SCHOOL 5K RUN/WALK**

**When: Saturday, May 2<sup>nd</sup>, 2015 8:00AM**

**Where: 5341 South Highland Drive Salt Lake City, Utah 84117**

Go the distance with Saint Sophia School this May! Walk, run, or push a stroller along the quiet, pastoral, tree-lined streets in the Saint Sophia School neighborhood. Cross the finish line and enjoy the festivities, music, drinks, and prizes. No bikes or dogs allowed. Children under the age of 13 must be accompanied by an adult.

Packet Pick Up Friday, May 1, 2015 9:30am-5:30pm (school office) Call 801-424-1297.

Online Registration Only: [www.active.com](http://www.active.com) search for SAINT SOPHIA SCHOOL

## **Camp Emmanuel Registration Opens Feb. 25<sup>th</sup>**

Attention Junior and Senior GOYA'ns:

The Annual Camp Emmanuel Retreat is beginning preparations.

Register and enjoy fellowship with other Orthodox Christian Youth and build lifelong friendships. Camp Emmanuel will be held at Manzano Mountain Retreat in Torreon, NM, near Albuquerque. The Junior Session (ages 11-14) will be held June 7-13, while the Senior Session (ages 15-18) will take place June 14-20. Online Registration for Camp Emmanuel will open on Wednesday, February 25<sup>th</sup> and be available

at: [www.events.denver.goarch.org/?eventId=51&controller=event&task=individualRegister](http://www.events.denver.goarch.org/?eventId=51&controller=event&task=individualRegister)

[er](#) the deadline for early registration at a reduced rate is April 1<sup>st</sup>, and the final registration deadline is May 1, 2015. Register and enjoy an opportunity to learn and grow in an Orthodox Christian community atmosphere.

Register early and take advantage of the early bird discount.

Any questions please call Fr. Elias [801-556-4640](tel:8015564640).



Young at Heart Wendover trip on Saturday April 18th. Leave Prophet Elias 8:30 a.m. leave Memorial Hall 9:00 a.m. leave Wendover 5:00 p.m. \$15.00 per person, get \$7.00 back and a free all you can eat BUFFET. Only serious participants call Bill Kandas 272-1906 or Bill Rekouniotis 973-0424 to RSVP. Thank you.

## **!KALO PASCHA!**

Young at Heart luncheon will be on the 3rd Thursday of April, the 16th. Our Easter menu will be roasted lamb, potatoes, vegetable, salad and Easter eggs, and the ever popular BINGO. Same time, noon, same place, Hellenic Memorial Hall. Kalo Pascha!

## **ARCADIAN LADIES SUMMER PICNIC**

Mark your calendars for **Saturday, June 6, 2015** at Sunnyside Park (840 South 1600 East) at Noon. Lunch, bingo, and a great time will be offered. Please contact your list. Any questions email Karen at [karenanast@gmail.com](mailto:karenanast@gmail.com) or call her at [801-913-2414](tel:8019132414).

## **SAVE THE DATE**

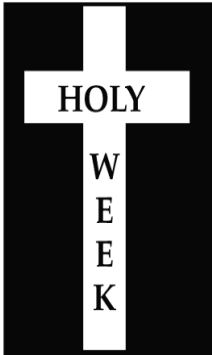
Save the Date for the Spring Parish Assembly on **Sunday, May 3<sup>rd</sup>** at Prophet Elias.

## **Hellenic Cultural Association**

After Church at Holy Trinity, the HCA will be sharing the names of lost miners in Carbon County. We're supporting the **Miners Memorial** project in Price, Utah. They're looking for **ANY INFORMATION** you could add to their data base. Please stop by and look over the names, you'll be amazed!

### Saturday of Lazarus

"Journey through Holy Week"  
1st-12th grade



This year's Youth and Adult Lenten Retreat will be held on the Saturday of Lazarus, April 4th after morning liturgy at Prophet Elias at **11:00am** (attending Liturgy is encouraged for all youth). A Lenten lunch will be served. This year's theme is "Journey through Holy Week" which will feature events from Palm Sunday to the Resurrection of Christ. Stations include: Tying Palms for Palm Sunday, Decorating Easter Eggs, Lenten Songs, and the Mystical (Last) Supper, The Crucifixion and Resurrection of our Lord, and Holy Confession. Also **NEW** this year will be a presentation at the retreat that **ADULTS** can attend while the children are rotating to their respective stations. We look forward to seeing you!

### DAUGHTERS OF MINOS LENTEN DINNER

The Daughters of Minos will be hosting a Lenten Dinner on **Wednesday, April 1<sup>st</sup>** at Holy Trinity. Church services will begin at **6:00pm** and dinner will follow around **7:30pm**. Bring your children so they can make Lambades for Easter. We hope to see everyone there!

### Prophet Elias General Philoptochos

Prophet Elias General Philoptochos Meeting will take place **Tuesday, March 31, 2015**, at **7:00pm** at Prophet Elias. All women are invited and welcome to be a Philoptochos steward and become an active part of this meaningful and important charitable and philanthropic right hand of our church, established in 1931. Please join the wonderful women in our parish, along with the 26,000 members in 500 chapters nationwide as we carry out the mission of Philoptochos together. You are encouraged to visit [www.philoptochos.org](http://www.philoptochos.org) to obtain all information pertaining to Philoptochos and find the answers to any questions you may have. If you have any questions prior to our meeting on March 31st, feel free to contact PE Philoptochos President, Joanne Saltas, [joannesaltas@gmail.com](mailto:joannesaltas@gmail.com).

### Metropolis Oratorical Festival

Congratulations to Katina Tatum, David Melonas, Artemis Sefandonakis, and Peter Souvall for each receiving Honorable Mention in their respective divisions at the Metropolis Oratorical Festival in Dallas last weekend. Great job!

### IMPORTANT MESSAGES FROM FATHER MATTHEW

#### IMPORTANT! PREPARING FOR THE SACRAMENT OF HOLY UNCTION

While we all know that Holy Wednesday is the day on which the Sacrament of Holy Unction is celebrated, many who come to be anointed on this day do so without realizing they must be **PROPERLY PREPARED**. Just as Holy Communion is an occasion that demands of us a certain level of preparation, we should approach Holy Unction spiritually prepared, as well. While it is true that we are all sinners and will always remain sinners in this life, this does not excuse us from our responsibilities to prepare ourselves to be **clean** before the face of God. How do we **cleanse** ourselves in preparation for Holy Unction? -- By partaking in the soul-saving Sacrament of **HOLY CONFESSION**.

Many of us do not realize that we should refrain from any sacrament, especially Holy Communion and Holy Unction, without first having partaken of (at least twice a year!) Holy Confession – this includes married couples, single people, the elderly, the middle-aged, the young, and children from at least five years of age! Because many of us do not partake of the Sacrament of Holy Confession on a regular basis, we most certainly have accumulated sins that dirty our souls and which need to be confessed and remedied.

Many of us also do not realize that we should refrain from approaching the Sacraments if we have been engaging in any immoral sexual behaviors, or are in any relationship that is not blessed by God in the Sacrament of Marriage (living together, sexual relations outside of marriage, etc.).

It is important for us to teach and to model to our families that we should not approach the Holy Sacraments with carelessness, but that we should always approach with piety and attention, deep repentance and humility.

#### AS WE BEGIN THE SIXTH WEEK OF OUR LENTEN JOURNEY...

I remind everyone to please partake of the **SERVICES** which give us the strength to continue on toward Holy Week.

Below are this week's upcoming services at Holy Trinity and/or Prophet Elias:

**MONDAY, MARCH 30:** Great Compline, 6pm, at Holy Trinity only (Father Matthew, assisted by Father Elias);

**WEDNESDAY, APRIL 1:** Liturgy of the Presanctified Gifts, 6pm, at Holy Trinity only (Father Matthew, assisted by Father Elias);

**SATURDAY OF LAZARUS, APRIL 4:** Orthros followed by Divine Liturgy, 8:30am at both churches (Father Matthew at Prophet Elias; Father Elias at Holy Trinity)

### PLEASE SEE ME FOR HOLY CONFESSION

I fervently ask and encourage our parish faithful to call me (556-1139) as soon as possible to schedule Holy Confession for you and your family members, including children! I ask that all who would like to see me in the Sacrament of Confession to please do so BEFORE Holy Week begins.

A great saint of our Church – Saint Kosmas Aitolos – reminds us that “he who does not confess resembles an unbaptized person, and it is impossible for him to be saved. Even if someone does not receive Holy Communion before dying, if he has gone to Confession, he has hope of being saved. However, if he did not confess, he receives no benefit even if he communed innumerable times. On the contrary, he suffers harm because he is communing unworthily. Woe unto such a person! First we must go to Confession and then proceed to Holy Communion. First we must wash and clean the vessel and then deposit the precious object inside it”.

Our TUESDAY MORNING BIBLE STUDY will be held this **Tuesday, March 31** at the Little America Coffee Shop beginning at 10:30am. However, after this Tuesday, we will pause for Holy Week and Bright Week and will resume again on **Tuesday, April 21**.

### SATURDAY OF LAZARUS LENTEN RETREAT ONE WEEK AWAY

Our **SATURDAY OF LAZARUS LENTEN RETREAT** will be held next **Saturday, April 4** at **Prophet Elias** beginning with a **complimentary** Lenten luncheon at **11am** followed immediately by the retreat. **NEW** to the retreat this year will be a presentation that **ADULTS** can attend while the children are simultaneously rotating to their respective stations.

If you would like to receive my weekly **FEED MY SHEEP** e-message, which will undergo a new format around mid-spring, and/or if you would also like to receive my bi-monthly **CROSS+WALK newsletter** (this newsletter can be mailed or emailed; the next issue should be available the end of April), please let me know by calling, texting, or writing me at 801-556-1139 or [matthewthepriest@gmail.com](mailto:matthewthepriest@gmail.com).

*Humbly in Christ,  
Father Matthew*

# Thank You

### **Greek Independence Day Celebration**

We would like to thank all who came and supported the March 25th Greek Independence Celebration. We are so very proud of all the Greek School students who gave a heart felt program. And a special thank you to our wonderful Greek School teachers, Toni Mae Dwyer, Nitsa Tsoutsounis, Georgia Tsoutsounis and Zoe

Tsoutsounis.

Are students are;

Yianni Shilaos

Kaemon Andreou-White

Sophia Musuris

Helena Nordhoff

Sofia Drakou

Stavroula Maroudas

Mia Kambouris

Luke Sefakis

Vaggeli Tsoutsounakis

Nikos Hunington-Katis

Angelo Giamalakis

Dimitri Giamalakis

Tyko Leib

Alexander Owen

Sam Tsilis

Eva Neofitos-Munoz

Izzie Tsilis

Sam Chelemes

Georgios Drakos

Giorgio Gianoilis

Katerina Gianoulis

George Maroudas

Alekos Luras

Gabriella Neofitos-Munoz

Hanna Nordhoff

Gus Hunington-Katis

Katie Limberakis John Nikols

Gracie Limberakis

William Nordhoff

Aleko Lieb

George Papadakis

## *Holy Trinity Cathedral Holy Week Services*

### **PALM SUNDAY**

APRIL 5

<i>Orthros &amp; Divine Liturgy</i>	8:30am	<i>Fr. Matthew</i>
<i>Service of the Bridegroom</i>	6:30pm	<i>Fr. Elias</i>

### **HOLY MONDAY**

APRIL 6

<i>Service of the Bridegroom</i>	6:30pm	<i>Fr. Matthew</i>
----------------------------------	--------	--------------------

### **HOLY TUESDAY**

APRIL 7

<i>Service of the Bridegroom</i>	6:30pm	<i>Fr. Elias</i>
----------------------------------	--------	------------------

### **HOLY WEDNESDAY**

APRIL 8

<i>Liturgy of the Presanctified Gifts PE ONLY</i>	9:00am	<i>Fr. Matthew &amp; Fr. Elias</i>
<i>Service of Holy Unction</i>	3:00pm	<i>Fr. Matthew</i>
<i>Orthros of the Mystical Supper</i>	6:30pm	<i>Fr. Elias</i>
<i>*followed by anointing*</i>		

### **HOLY THURSDAY**

APRIL 9

<i>Vesperal Liturgy of Saint Basil</i>	8:30am	<i>Fr. Matthew</i>
<i>Reading of the Twelve Gospels</i>	6:30pm	<i>Fr. Elias</i>

### **HOLY FRIDAY**

APRIL 10

<i>Royal Hours</i>	9:00am	<i>Fr. Elias</i>
<i>Vespers/Unnailing of Christ From the Cross</i>	3:00pm	<i>Fr. Matthew</i>
<i>Service of the Lamentations</i>	6:30pm	<i>Fr. Matthew</i>

### **HOLY SATURDAY**

APRIL 11

<i>Vesperal Liturgy of Saint Basil</i>	8:30am	<i>Fr. Matthew</i>
<i>The Resurrection of Our Lord &amp; Savior Jesus Christ</i>	11:00pm	<i>Fr. Elias</i>

### **GREAT AND HOLY PASCHA**

APRIL 12

<i>Agape Vespers HT ONLY</i>	11:00am	<i>Fr. Matthew &amp; Fr. Elias</i>
------------------------------	---------	------------------------------------

## *Prophet Elias Church Holy Week Services*

### **PALM SUNDAY**

APRIL 5

<i>Orthros &amp; Divine Liturgy</i>	8:30am	<i>Fr. Elias</i>
<i>Service of the Bridegroom</i>	6:30pm	<i>Fr. Matthew</i>

### **HOLY MONDAY**

APRIL 6

<i>Service of the Bridegroom</i>	6:30pm	<i>Fr. Elias</i>
----------------------------------	--------	------------------

### **HOLY TUESDAY**

APRIL 7

<i>Service of the Bridegroom</i>	6:30pm	<i>Fr. Matthew</i>
----------------------------------	--------	--------------------

### **HOLY WEDNESDAY**

APRIL 8

<i>Liturgy of the Presanctified Gifts PE ONLY</i>	9:00am	<i>Fr. Matthew &amp; Fr. Elias</i>
<i>Service of Holy Unction</i>	3:00pm	<i>Fr. Elias</i>
<i>Orthros of the Mystical Supper</i>	6:30pm	<i>Fr. Matthew</i>
<i>*followed by anointing*</i>		

### **HOLY THURSDAY**

APRIL 9

<i>Vesperal Liturgy of St. Basil</i>	8:30am	<i>Fr. Elias</i>
<i>Reading of the Twelve Gospels</i>	6:30pm	<i>Fr. Matthew</i>

### **HOLY FRIDAY**

APRIL 10

<i>Royal Hours</i>	9:00am	<i>Fr. Matthew</i>
<i>Vespers/Unnailing of Christ From the Cross</i>	3:00pm	<i>Fr. Elias</i>
<i>Service of the Lamentations</i>	6:30pm	<i>Fr. Elias</i>

### **HOLY SATURDAY**

APRIL 11

<i>Vesperal Liturgy of St. Basil</i>	8:30am	<i>Fr. Elias</i>
<i>The Resurrection of Our Lord &amp; Savior Jesus Christ</i>	11:00pm	<i>Fr. Matthew</i>

### **GREAT AND HOLY PASCHA**

APRIL 12

<i>Agape Vespers HT ONLY</i>	11:00am	<i>Fr. Matthew &amp; Fr. Elias</i>
------------------------------	---------	------------------------------------

### YOUTH MESSAGE

My Dear Beloved Youth,  
Holy Week is fast approaching and I want to let you know that you are in my prayers and I am wishing you all a very Holy and Blessed walk with Christ during this very Holy Week. Our Holy Orthodox Church provides us this very amazing opportunity to experience and walk with Christ during the vast and large number of services during Holy Week. You now have the chance to look at, plan and prepare with your parents how and when you can participate. We need to first prepare by making our lives more simple and quiet. We need to limit our distractions, simplify our schedules, and let loose the cares of this world and plan on the Holy Week Services that we can attend. Sit down ahead of time and schedule things you can accomplish now so they won't interfere with Holy Week. Holy Week happens not only in Church but in our homes. Limit our time and set aside video games, TV. Computers, iPods and iPads and focus on Christ, and continue with our fasting, prayers, and scripture reading. Tell mom and dad to plan to spend time as a family with you as you focus on Christ and His Holy Passion and Resurrection. Talk about the upcoming week and the meaning of the Services and plan on the ones you will attend. Read together the Scripture story of Christ's Passion and Resurrection. Parents should plan meals, shopping and house work now so it won't interfere with your Journey together through Holy Week. Each of us should have our own Holy Week Service Book so we can follow along during the service and also have the opportunity to talk and discuss before and after the service what we will experience and what to expect. My Dear Beloved Children lets us prepare for Holy Week now. Let us begin to quiet our lives down, let loose the cares of this world, limit distractions and schedules and simplify the Week by focusing on the services and family time. Let this Holy Week be the most amazing, spiritually edifying and gratifying week of our lives. May your Journey to Christ's Holy Resurrection be a very joyful and loving time.

In His Love,  
+fr. elias

### YOUTH EVENTS

#### CAMP EMMANUEL DEADLINE FOR EARLY REGISTRATION 3-31-15

Camp Emmanuel will be held at Manzano Mountain Retreat in Torreon, New Mexico, near Albuquerque. The Junior Session (ages 11-14) will be held June 7-13, while the Senior Session (ages 15-18) will take place June 14-20. Information and registration is available at: [youth.denver.goarch.org/events/2015-events/2015-camp-emmanuel-home](http://youth.denver.goarch.org/events/2015-events/2015-camp-emmanuel-home). The deadline for early registration at a reduced rate is March 31, and the final registration deadline is May 1, 2015. The supplemental paperwork for campers is due by May 15.

### Lambs – Hope – Joy Field Trip

FIELD TRIP!! Friday April 17th at Wheeler Farm. Tour starts at 2:00pm, so please plan to be there before 2:00. This is the last tour of the day and we don't want anyone to miss it. PLEASE RSVP!!!! We need to know a head count at the time of reservation. Cost: kids FREE, adults \$3. Feel free to bring snacks if you'd like. Come enjoy a fun Spring outing at Wheeler Farm! Wagon ride, butter churning, blacksmith demonstration, feed the ducks, visit all the farm animals, play on the playground or walk the grounds! Mark your calendars and **please please RSVP!** Heather Saltas [801-674-8731](tel:801-674-8731)

### ORTHODOX DAY AT SALT LAKE REAL RIO TINTO STADIUM

SAVE THE DATE – SATURDAY, AUGUST 15, 2015. MORE INFORMATION TO FOLLOW.

### KID'S CORNER

#### Bible Wordsearch

Wordsearch 232

Matt.2:6-16

#### Fleeing To Egypt

S D L U F E R A C S T L I N  
I L E A R S I S Y R E N A E J  
B D O R H H D L O G C A I P U  
D E E R A P T P N E Y S R A D  
R W T N D E E A N G T G E C A  
E O R H R R P S E A I I H S H  
A B U C L A E P O D N F T E C  
M E E T D E W T A J I T O C W  
O S A O E C H I L D C S M O P  
F U R I O U S E N M I Y R U R  
R E A L I Z E D M A V S R N O  
H Y R A M Y R R H G H U A T P  
K I N G T P Y G E I L P T R H  
E O P F O U N D P E L E S Y E  
D R E H P E H S R T C A X E T

ANGEL APPEARED  
BOWED BETHLEHEM  
CHILD CAREFUL  
DEATH COUNTRY  
DREAM FURIOUS  
EGYPT INCENSE  
ESCAPE JOSEPH  
EXACT MOTHER  
FOUND PROPHET  
GIFTS REALIZED  
HEROD REPORT  
ISRAEL ROUTE  
JUDAH RULER  
KING SEARCH  
LORD SECRETLY  
MAGI SHEPHERD  
MARY VICINITY  
MYRRH WARNED  
STAR WORSHIP

After you find all the hidden words the left over letters spell out a  
Bible verse reading from the top left to the bottom right

\_\_\_\_\_

\_\_\_\_\_

MORE PUZZLES AT:  
<http://biblewordgames.com> COPYRIGHT 2014 ALL RIGHTS RESERVED



5th Sat. Of Lent: The Akathist Hymn  
Instructions: Click on the image to use this icon for your card.

5th Sat. Of Lent: The Akathist Hymn  
Icon copyright Theologic Systems  
About the year 626, the Persians, Avars, and Slavs came with a great host and besieged the imperial city of Constantinople while the Emperor Heraclius and the main body of the Byzantine army were absent in the East. Enemy ships filled the sea, especially the

Golden Horn, and on land the adversaries were ready for attack with foot-soldiers, horses, and engines of war. Though the citizens courageously withstood them, yet they were few in number and would be unable to repulse the attack of such a great host. Hence, they could not count on any other means of salvation, except the protection of the Theotokos. And truly, suddenly a violent tempest broke up all the ships and submerged them, and the bodies of the invaders were cast out near the Blachernae quarter of the city where the famous Church of the Theotokos stood. Taking courage from this, the people went forth from the city and repulsed the remaining forces, who fled out of fear. In 673, the city was miraculously delivered yet again, this time from an invasion of the Arabs. Then in 717-718, led by the Saracen general Maslamah, the Arab fleet laid siege once more to the city. The numerical superiority of the enemy was so overwhelming that the fall of the Imperial City seemed imminent. But then the Mother of God, together with a multitude of the angelic hosts, appeared suddenly over the city walls. The enemy forces, struck with terror and thrown into a panic at this apparition, fled in disarray. Soon after this, the Arab fleet was utterly destroyed by a terrible storm in the Aegean Sea on the eve of the Annunciation, March 24, 718. Thenceforth, a special "feast of victory and of thanksgiving" was dedicated to celebrate and commemorate these benefactions. In this magnificent service, the Akathist Hymn is prominent and holds the place of honour. It appears that even before the occasion of the enemy assaults mentioned above, the Akathist Hymn was already in use as the prescribed Service for the Feast of the Annunciation, together with the kontakion, "When the bodiless one learned the secret command," which has the Annunciation as its theme. It was only on the occasion of the great miracle wrought for the Christian populace of the Imperial City on the eve of the Annunciation in 718 that the hymn "To thee, the Champion Leader" was composed, most likely by Saint Germanus, Patriarch of Constantinople.

## Fasting Chocolate Cake



Most fasting baked goods lack luster. This chocolate cake is a big exception! Sometimes I make this on nonfasting days when I am short on eggs and milk. The reaction between the vinegar and baking soda give the cake its height. Add the vinegar last and pour directly into the pan for best results. You may never go back to boxed cakes again.

A tablespoon of instant coffee is a tasty addition. Also, if you want this cake to have some protein you can use substitute 1/2 cup of oat flour (grind a 1/2 cup of oatmeal very fine) for a half cup of wheat flour and throw in some walnuts.

Enjoy!

### Fasting Chocolate Cake

3 cups flour  
2 cups sugar  
2 tsp baking soda  
1/2 tsp baking powder  
1 tsp salt  
6 Tbsp cocoa  
2 cups water  
3/4 cup vegetable oil  
1 tsp vanilla  
2 Tbsp vinegar

Step 1. Lord, bless my work.

Step 2. Preheat oven to 350 degrees. In a large bowl add dry ingredients, stirring to combine. Add wet ingredients in order of appearance, stirring to combine.

Step 3. Pour directly into an UNGREASED 9x13 pan. Bake 30-35 minutes, until a toothpick inserted into center comes out clean.

Step 4. Sprinkle with powdered sugar to decorate.