



## St. Anna Greek Orthodox Church

3015 E. Creek Road, Cottonwood Heights, UT 84093  
385-313-9358



Sunday, March 12, 2017  
Sunday of St. Gregory Palamas

Orthros: 9:15 a.m.  
Divine Liturgy: 10:15 a.m.

Reverend Father Anthony Savas  
Reverend Deacon Anatoli Kireiev

[www.stannagocutah.org](http://www.stannagocutah.org)  
[franthy@stannagocutah.org](mailto:franthy@stannagocutah.org)



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

*Prokeimenon. Mode Plagal 1. Psalm 11.7,1*

*You, O Lord, shall keep us and preserve us.*

*Verse: Save me, O Lord, for the godly man has failed.*



"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.

**Gospel Reading: 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!"

### **Hymns at Small Entrance**

#### *Resurrectional Apolytikion*

To the Word, coeternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For He willed to be lifted up on the cross in the flesh, to endure death and raise the dead by His glorious resurrection. (Liturgy Book page 115)

#### *Entrance Hymn*

Come, let us worship and bow down before Christ. Save us, O Son of God, who rose from the dead. Save us who sing to You: Alleluia. (Liturgy Book page 37)

### **Hymn for the Hierarch**

O Light of Orthodoxy, O pillar of strength and teacher of the Church! Glory of monks and nuns, and of theologians the protector invincible! O wonderworker Gregory, pride of Thessalonika and preacher of grace, intercede without ceasing for the salvation of our souls. (Liturgy Book page 133)

### **Hymn for the Church**

O God-minded Anna, you bore the pure Mother of God, the one who within her conceived the Conceiver of life itself. You were therefore transported to a place now in heaven. Joyful ones all reside there in the home of all gladness, asking for forgiveness for those who honor you, O blessed one.

### **Kontakion**

To You the Champion Commander, I Your City, Inscribe victorious anthems of thanksgiving. For deliverance from sufferings, Theotokos. In as much as you have power unassailable, From all manner of dangers set me free; That I may cry out to you, Rejoice Bride unwedded.

### **Megalynarion**

In you, O woman full of grace, all creation rejoices, the orders of angels and the race of mankind. O hallow'd temple and spiritual paradise, glory of virginal souls, from you our God was incarnate and became a child, He who is God from all ages. By making your womb His throne He made you more spacious, more spacious than all the heavens. In you, O woman full of grace all creation, all creation rejoices. Glory to you. (Liturgy Book page 299)

### **Communion Hymn**

Praise the Lord, Praise the Lord from the heavens; praise Him, praise Him in the highest. (Liturgy Book page 83)

### **Dismissal Hymn**

Lord, grant long life to him who blesses us and sanctifies us. (Liturgy Book page 95)

**Orthodox Saints Commemorated on March 12:** Venerable Gregory Palamas; Theophanes the Confessor of Sigriane; Gregory the Dialogist; Symeon the New Theologian & Symeon the Devout; Martyred King Demetrius the Devoted of Georgia; Martyr Laurence in Cyprus; Cyrus the Monk of Alexandria; Nine Martyrs in the Persian Empire; and the Synaxis of the Venerable Fathers of the Kiev Caves Lavra.

**Altar Servers:** All altar servers are invited and encouraged to serve each week. Please see the recently distributed email for Holy Week assignments and remember that altar servers are also needed for the Presanctified Liturgy and Salutations services held each Wednesday and Friday during Great Lent.

Please plan to attend our Altar Server Lenten Training Retreat on Saturday of Lazarus, April 8, 2017, immediately following the Divine

Liturgy of St. John Chrysostom. This retreat is extremely important for all altar servers wishing to serve during Holy Week.

**Fellowship Hour:** Thank you to Gerard and Klea Gallegos and Charlie and Sandra Zoolakis for hosting this week's fellowship hour. Please join us!

If you would like to host the fellowship hour on Sunday, March 19, 2017, or any other Sunday, please contact Carolyn Leitko at [csleitko@gmail.com](mailto:csleitko@gmail.com).

**Epistle Reader:** The epistle reader for today, Sunday, March 12, 2017, is Alexia Savas.

**Memorial Services:**

Sunday, March 26, 2017: Stephania A. Zervos (10 years); Demetra P. Zervos (8 years); Mary B. Adondakis (7 years); Demetra Thimakis (9 months).

To schedule a memorial service, please contact Fr. Anthony at 801-824-3987 (mobile), or 385-313-9358 (office), or [franthony@stannagocutah.org](mailto:franthony@stannagocutah.org).

**Communion Ushering Reminder:** All those who are prepared and wish to receive communion should wait to be ushered from their rows by a member of the Parish Council. Sunday School children and teachers will be ushered out, front to back, row by row, by a member of the Parish Council. The remainder of the parishioners wishing to receive communion will then be ushered out, front to back, row by row, by a member of the Parish Council. Your cooperation in this process is appreciated.

**Lenten, Holy Week and Paschal Donations:** Donations are requested for the following items:

Lent:

Daffodils for Sunday of the Holy Cross	\$125.00
Flowers for Salutations to the Theotokos	5 @ \$100.00
Incense for Lent, Holy Week & Pascha	\$100.00

Palm Sunday:

Palm Strips for Crosses and Decorative Palms \$200.00

Holy Week:

Flowers for Bridegroom Icon	\$225.00
Floral Wreath for the Crucifix	\$175.00
12 Candles - Service of 12 Gospels	\$5.00 each
Rose Petals for Lamentation Service	\$50.00
Rose Petals for Holy Saturday/Pascha	\$300.00
Case of Bay Leaves for Holy Saturday/Pascha	\$100.00
Rose Water for Lamentation Service	\$25.00
One Case Sacramental Wine	\$150.00
Gardenias for Holy Friday and Holy Saturday	\$200.00
Easter Lillies for the Solea	\$250.00
Hand Held Candles: Holy Friday/Pascha	\$TBA
Altar Candles for Paschal Season	\$200.00
Two Cases of Brown Eggs for the Anastasi	\$50.00
Ribbon & Net for Eggs	\$50.00
Flowers for Kouvouklion (Holy Friday)	\$1,250.00

Thank you in advance for contributing towards the dignity and beauty of our divine services. Please return your Donation in the Memorial Envelope available at the pangari (narthex counter) and remember to include the names of whom you wish Fr. Anthony to memorialize during the Holy Friday Evening Service as we pray before the Epitaphios.

If more funds are collected than requested, excess monies will be placed in the Benevolence/Altar Fund. We will print the full amount collected in the Weekly Bulletin following Pasha (Easter).

## Lenten Service Schedule

Great Vespers of Forgiveness,  
Sunday, February 26th at 7:00 pm

Great Compline Services at 7:00 pm\*  
Monday, February 27th, Clean Monday  
Monday, March 6th  
Monday, March 13th  
Monday, March 20th\* 6:00 pm  
Monday, March 27th

Presanctified Liturgies at 7:00 pm\*  
Wednesday, March 1st  
Wednesday, March 8th  
Wednesday, March 15th\*\*  
Wednesday, March 22nd  
Wednesday, March 29th

Salutations to the Theotokos at 7:00 pm  
Friday, March 3rd  
Friday, March 10th  
Friday, April 17th  
Friday, March 24th with Great Vespers  
Friday, 31st, The Akathist Hymn

\*Followed by Potluck Dinner & Presentation

\*\* At Ss. Peter & Paul, 6:00 pm. They will join us the following week at 7:00 pm..

## Great and Holy Lent, 2017 St. Anna Greek Orthodox Church

Parish Lenten Retreat,  
Following Annunciation Vespers and Liturgy  
GOYA Lenten Retreat,  
Friday, March 17th to Sunday, March 19th  
Iron Rod Ranch, Heber, UT

Sunday of Orthodoxy Great Vespers and  
Dinner, March 5th at 6:00 pm  
Hosted by St. Anna Greek Orthodox Church

## St. Anna Lenten Retreat - "Full of Grace and Truth":



*St. Anna Greek Orthodox Church Offers Our*  
**Lenten**  
*Retreat*

**"Full of Grace and Truth" Jn.1:14**

Please Join Us for this Most Blessed Event...

**March 24th & 25th**  
With Annunciation Services

Friday, March 24th at 7:00 pm  
Great Vespers and Introduction

Saturday, March 25th from 9:30 am - 3:00 pm  
Orthros, Divine Liturgy, Lunch, Retreat

R.S.V.P. to [franthy@stannagocutah.org](mailto:franthy@stannagocutah.org)



*Dr. Eve Tibbs*

Eve is a respected Professor, Head of Religious Education for the Metropolis of San Francisco and actively involved in numerous leadership positions in her St. Paul parish of Irvine, CA.

Please join us for our annual Lenten Retreat on Friday, March 24, 2017, and Saturday, March 25, 2016. Our Retreat Master will be Dr. Eve Tibbs, Ph.D.

*Friday Evening, March 24, 2017:* Annunciation Great Vespers: 7:00 p.m., followed by retreat introduction and light refreshments

*Saturday, March 25, 2017:* 9:30 a.m. – 3:00 p.m., beginning with Orthros and Divine Liturgy for the Annunciation

Our retreat master will be Dr. Eve (Paraskevè) Tibbs, Ph.D. Dr. Tibbs is an Affiliate Assistant Professor of Theology at Fuller Theological Seminary, Pasadena, California, where she has taught since 2005. She holds a Ph.D. in Theology with a minor in Church History and an M.A. in Theology with an emphasis in Biblical Studies, both from Fuller Theological Seminary. Dr. Tibbs has served as Chair of the Eastern Orthodox Studies Group of the American Academy of Religion, is the Ministry Lead for Christian Education in the Greek Orthodox Metropolis of San Francisco, and serves as a member of the Metropolis Council. Dr. Tibbs attends Saint Paul's Greek Orthodox Church in Irvine, CA. where she serves as a Chanter, Women's Bible study leader, Choir Director, and Chair of the Sunday Church School Board. She and her husband, Steve, have been blessed with three daughters, three sons-in-law, and six adorable grandchildren.

**Parish House Building Trip to Project Mexico:** Our Parish has been blessed with the opportunity to send 15 parishioners, aged 16 and over, on a house building trip to Project Mexico August 16-22, 2017. We are looking for someone experienced with Project Mexico to spearhead the trip. If you have been on a house building trip to Project Mexico before and are willing to lead the trip, please contact Steve Simos at [ssimos@msn.com](mailto:ssimos@msn.com) or Father Anthony at [franthony@stannagocutah.org](mailto:franthony@stannagocutah.org).

### **OTHER SPECIAL SERVICES**

*Friday, March 24, 2017:*

Salutations with Annunciation Great Vespers  
7:00 p.m.

*Saturday, March 25, 2017*

Annunciation of the Virgin Mary

Orthros: 9:30 a.m. / Divine Liturgy: 10:30 a.m.

*Friday, April 21, 2017*

Theotokos the Life Giving Spirit

Orthros: 9:30 a.m. / Divine Liturgy: 10:30 a.m.

### **PARISH COUNCIL ANNOUNCEMENTS**

**Sunday, March 12, 2017:** Narthex: Nick Daskalas and Mike Petrogeorge; Front Ushers: Joe Sasich and Myra Shenk; Sunday School Ushers: Mike Daskalas and Steve Simos; At Large: Carolyn Leitko.

**Sunday, March 19, 2017:** Narthex: Mike Daskalas and Myra Shenk; Front Ushers: Charles Beck and Nick Daskalas; Sunday School Ushers: Mike Petrogeorge and Craig Stagg; At Large: Julie Steele.

**Next Parish Council Meeting:** Monday, March 20, 2017, at 7:00 p.m. in the fellowship hall.

### **MUSIC MINISTRY ANNOUNCEMENTS**

**Choir Practice:** The next choir practice will be held on Thursday, March 16, 2017, at 1:00 p.m. Contact Sophie Wondolowski at [swondo@comcast.net](mailto:swondo@comcast.net) with questions.

### **ADULT AND FAMILY MINISTRY ANNOUNCEMENTS**

**Adult Bible Study, Orthodox Married Life (OML), and Parish Family Night:** Adult Bible Study, OML and Parish Family Night will resume after Pascha (Easter).

### **WOMEN'S MINISTRY TEAM ANNOUNCEMENTS**

**Women's Ministry Team Meeting:** The next Women's Ministry Team meeting will be held on Tuesday, March 21, 2017, at 7:00 p.m. in the fellowship hall.

### **FOREVER YOUNG FELLOWSHIP**

The Forever Young Fellowship will meet on the third Thursday of each month. The next meeting will be held on Thursday, March 16, 2017, at 11:30 a.m. in the fellowship hall. Bruce Shand will present on estate

planning. Lunch will be provided by Craig and Paulette Stagg and Lloyd and Penny Mills.

### YOUTH MINISTRY ANNOUNCEMENTS

GOYA Lenten Retreat:



# Under Construction

St. Anna GOYA Lenten Retreat



WHO: Orthodox Christian Youth, Grades 6-12  
When: Friday, March 17th to Sunday, March 19th  
Where: Iron Rod Ranch, Heber, Utah  
With: Dynamic Youth Leader, Anna Teodosiadis from Holy Cross Seminary  
Cost: Only \$35.00 (Including Tee-Shirt)  
Bring: Sleeping Bag, Pillow, Toiletries, Bible, Friendship  
We Depart St. Anna's Following the Salutations Service and Dinner on Friday Evening

Sign up with Kim Mallas at [kmallas22@gmail.com](mailto:kmallas22@gmail.com) or 801-915-7815.

Our Goya Lenten Retreat will be held March 17-19, 2017, at Iron Rod Ranch, Heber (same location as last year). All Orthodox youth grades 6-12 are invited. Cost: \$35 (includes t-shirt). Bring pillow, sleeping bag, toiletries, bible and friendship.

The retreat will begin with the Salutations service at St. Anna on Friday, March 17, 2017, at 7:00 p.m. Following service, the group will have dinner in the fellowship hall and then head to the retreat site in Heber, Utah. We will return to St. Anna at noon on Sunday, March 19, 2017.

Our retreat leader this year is Anna Teodosiadis from Holy Cross Seminary. Anna was born and raised in the beautiful Pacific Northwest: Seattle, Washington. She is currently a senior at Hellenic College Holy Cross. Anna is studying Human Development and minoring in Religious Studies because of her interest in the relationship between psychology and faith. Anna has counseled at All Saints Camp in Seattle, Washington; St. Sophia Camp in Crestline, California; and Metropolis of Boston Camp in New Hampshire. She loves hiking, traveling, church, being outdoors, baking, and eating ice cream!!!

Sign-up with Kim Mallas at [kmallas22@gmail.com](mailto:kmallas22@gmail.com) or 801-915-7815.

Save the Date - Camp Emmanuel 2017: Mark your calendars now for the Metropolis of Denver's Camp Emmanuel: **Senior Session: June 11-17, 2017 (Ages 15-18); Junior Session: June 18-24, 2017 (Ages 11-14).** Early bird registration is now open and continues through March 30, 2017.

Visit [www.youth.denver.goarch.org/events/2017-events/2017-camp-emmanuel-home/](http://www.youth.denver.goarch.org/events/2017-events/2017-camp-emmanuel-home/) or contact Fr. Anthony at 801-824-3987 or [franthony@stannagocutah.org](mailto:franthony@stannagocutah.org) for more information.

### STEWARDSHIP MINISTRY TEAM ANNOUNCEMENTS

To date, we have received 138 stewardship commitment cards with commitments totaling \$284,714! **If you have not yet submitted your stewardship commitment card for 2017, please prayerfully consider your time, talent and treasure commitments and submit your card as soon as possible so that we can proceed as budgeted in the new year.** Our continued growth, success and faithful witness is only possible

through healthy and spiritually-oriented Stewardship. God loves a cheerful giver! (2 Corinthians 9:7)

### COMMUNICATION MINISTRY TEAM ANNOUNCEMENTS

Parish Mobile App: The St. Anna Greek Orthodox Church's mobile app is live and available for free download.

Apple App Store: <https://itunes.apple.com/us/app/st-anna-greek-orthodox-church/id1140666277?ls=1&mt=8>

Google Play: [https://play.google.com/store/apps/details?id=com.conduit.app\\_fa0fc07216b24e93b1993aa947209c07.app](https://play.google.com/store/apps/details?id=com.conduit.app_fa0fc07216b24e93b1993aa947209c07.app)

The mobile app is a great way to keep up with the news and events of our parish. Install it today!

Parish Directory Photos: Please send digital photos to Michael Petrogeorge at [secretary@stannagocutah.org](mailto:secretary@stannagocutah.org) for inclusion in the upcoming and future editions of the parish directory.

Weekly Bulletin Announcements: Please send requested announcements for next week's bulletin to Michael Petrogeorge at [secretary@stannagocutah.org](mailto:secretary@stannagocutah.org) by **Wednesday at 5:00 p.m.**

### PAN-ORTHODOX, FRATERNAL AND OTHER ANNOUNCEMENTS

Saint Thomas More Lenten Fish Fry Dinners: Our friends at St. Thomas More Catholic Church invite all to participate in their Lenten fish fry dinners, to be held on March 17 and March 31, 2017. The doors open at 5:30 p.m. and dinner will be served until 8:00 p.m. Cost: \$9 for those over 12; \$6 for those 12 and under.

Daughters of Minos Scholarships - Apply Now: The Daughters of Minos sponsors scholarships at the University of Utah, Salt Lake Community College and Westminster College. Application deadlines are only a few weeks away, so all high school seniors or college students interested in applying for scholarships for fall semester should contact the following institutions now:

*University of Utah:* 801-585-5647

*Salt Lake Community College:* 801-957-4247

*Westminster College:* 801-832-2402

For questions, contact Kathy Paras at [nkgparas@msn.com](mailto:nkgparas@msn.com).

Screening of "Swing Away" with AHEPA Brother George Stephanopoulos: AHEPA announces with great pleasure the limited theatrical release of a film called "Swing Away," written by AHEPA Brother George Stephanopoulos, son of Fr. Elias (of blessed memory) and Presvytera Effy Stephanopoulos. George is an entertainment attorney in NYC and always had a passion to create a film and work/film in Greece. His dream has come true and he and his team recently completed this great film on Rhodes.

**George's movie will be screened in Salt Lake City, Utah, on Sunday, March 19, 2017, at 4:00 p.m. at Megaplex Theaters Gateway, 165 S Rio Grande St, Salt Lake City.** George plans to attend the screening to introduce his film as well as answer questions with others involved in the production where possible.

Following a meltdown that leads to a suspension, professional golfer Zoe Papadopoulos travels to her grandparents' village in Greece to escape the harsh spotlight of the international sports world. Between baking bread and eating baklava, she meets and mentors a ten-year-old girl who is determined - against all odds - to become the next golf sensation. Along the way, Zoe rediscovers her Greek heritage, her love of the game, and the hidden strength within herself as she inspires the townspeople in an epic showdown against a greedy American developer.

Swing Away stars Shannon Elizabeth (American Pie, Love Actually) and John O'Hurley (All My Children, Seinfeld) as well as many other well-known talents. The MPAA has given Swing Away a PG rating, so consider checking out a showing near you with the whole family!

Project Mexico & St. Innocent Orphanage: Please keep Project Mexico in mind for your charitable giving this year. Several generous supporters have committed to donate a 1-to-1 match on every dollar donated up to \$150,000, so your help will be doubled. Most our expenses are covered by donations so your help makes a big impact.

Donations can be made online at <https://www.projectmexico.org/donate/>

**PRAYER LIST**

Alex, Ange, Bill, Brad, Dan, Fr. Jimi, Georgiann, Gregory, Heather, Joe, John, Judy, Kris, Kristen, Kristina, Luke, Mary, Matthew, Mercy, Sharon, Sophia, Tom, Toula

To add a name to our prayer list, please email Michael Petrogeorge at [secretary@stannagocutah.org](mailto:secretary@stannagocutah.org).

**PARISH CALENDAR**

Visit [www.stannagocutah.org/?page\\_id=1663](http://www.stannagocutah.org/?page_id=1663) to obtain an electronic copy of the parish calendar.

March 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
12 Sunday of St. Gregory Palamas 9:15am Orthros / 10:15am Divine Liturgy	13 Great Compline 7pm	14	15 Presanctified Liturgy @ Ss. Peter and Paul 6pm	16 Forever Young Fellowship 11:30am Choir Practice 1pm	17 Salutations 7pm GOYA Lenten Retreat	18 GOYA Lenten Retreat
19 Sunday of the Holy Cross 9:15am Orthros / 10:15am Divine Liturgy GOYA Lenten Retreat	20 Great Compline 6pm Parish Council Meeting following Great Compline	21 Women's Ministry Team Meeting 7pm	22 Presanctified Liturgy 7pm	23 Choir Practice 1pm	24 Salutations with Annunciation Great Vespers 7pm Parish Lenten Retreat	25 Annunciation of the Virgin Mary 9:30am Orthros / 10:30am Divine Liturgy Parish Lenten Retreat
26 Sunday of St. John Climacus 9:15am Orthros / 10:15am Divine Liturgy	27 Great Compline 7pm	28	29 Presanctified Liturgy 7pm	30 Choir Practice 1pm	31 Akathist Hymn 7pm	

April 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
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2 Sunday of St. Mary of Egypt 9:15am Orthros / 10:15am Divine Liturgy	3	4	5	6 Choir Practice 1pm	7	8 Saturday of Lazarus 9:30am Orthros / 10:30am Divine Liturgy of St. John Chrysostom (followed by tying of palm crosses) Altar Server Retreat (immediately following Liturgy)
9 Palm Sunday 9:15am Orthros / 10:15am Divine Liturgy Bridegroom Service 7pm	10 Holy Monday Bridegroom Service 7pm	11 Holy Tuesday Bridegroom Service with Hymn of Kassiane 7pm	12 Holy Wednesday Presanctified Liturgy 9:30am Sacrament of Holy Oil (Unction) 3pm and 7pm	13 Holy Thursday Vesperal Liturgy of St. Basil for the Institution of the Mystical Supper 7:30am Service of the Holy Passion with the Reading of the Twelve Gospels 7pm	14 Holy Friday Royal Hours 9am Youth Retreat 11am-3pm (begins with the reading of the 9 <sup>th</sup> Hour) Great Vespers for the Deposition from the Cross 3pm Lamentations Service and Procession 7pm	15 Holy Saturday Vesperal Liturgy of St. Basil in Anticipation of Christ's Resurrection 9am Vigil, Resurrection Service, Divine Liturgy of St. John Chrysostom for the Resurrection 11pm
16 Great and Holy Pascha (Easter) Christ Is Risen! Agape Vespers 12 noon	17	18 Women's Ministry Team Meeting 7pm	19	20 Choir Practice 1pm	21 Theotokos the Life Giving Spirit 9:30am Orthros / 10:30 am Divine Liturgy	22