



St. Anna Greek Orthodox Church

9201 South 1300 East, Sandy, UT 84094

385-313-9358



Sunday of St. Gregory Palamas
Sunday, March 12, 2023

Orthros: 9:00 a.m.

Hierarchical Divine Liturgy: 10:00 a.m.

Reverend Protopresbyter Anthony Savas

Reverend Father Elias Koucos, Retired

Deacon John Kavas

stannagocutah.org

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

Prokeimenon. Mode pl. 2. Psalm 27.

O Lord, save Your people, and bless Your inheritance.

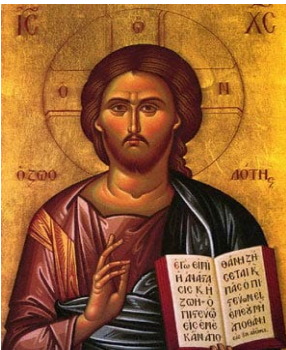
Verse: To You, O Lord, I cry; O my God.



“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!”

Response to First Antiphon

Through the intercessions of the Theotokos, Savior, save us. (Liturgy Book page 25)

Response to Second Antiphon

Save us, O Son of God, who rose from the dead, save us who sing to You, Alleluia. (Liturgy Book page 29)

Resurrectional Apolytikion

The angelic powers appeared at Your tomb, the soldiers guarding it became as dead men, and Mary stood at Your grave seeking, seeking Your most pure body. But You made hell a captive; You were untouched by its might. You came to the virgin and granted life. O Lord, who rose from the dead, glory to You. (Liturgy Book page 119)

Entrance Hymn

Come, let us worship and bow down before Christ. Save us, O Son of God, who rose from the dead, save us 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 wonder worker Gregory, pride of Thessalonika and preacher of grace, intercede with our 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, O Theotokos. In as much as you have power unassailable from all manner of dangers, O set me free; that I may cry out to you: Rejoice, O Bride unwedded.

Trisagion Hymn

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (Liturgy Book page 39)

Megalynarion (Hymn for the Theotokos)

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. Alleluia (Liturgy Book page 83)

Hymn after Communion

We have seen the true light; we have received the heav'nly spirit; we have found the true faith, worshipping the undivided Trinity, the Trinity who has saved us. (Liturgy Book page 87)

Dismissal Hymn

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

GENERAL ANNOUNCEMENTS

Online Chapel: For Saints and Readings of the Day, please visit the [Archdiocese's Online Chapel](#).

St. Anna Livestream: Livestreaming is back up and running on the [St. Anna YouTube Channel](#).

Epistle Reader: Nicholas Simos

Memorial Services:

Sunday, March 12, 2023: Caleb Jungert (40 days)

Sunday, April 2, 2023: George Vosnos (3 years); Mary Vosnos (3 years).

May Their Memory Be Eternal!

To schedule a memorial service, please contact Fr. Anthony at franthonny@stannagocutah.org or 801-824-3987.

Lenten, Holy Week and Paschal Donations: 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. In the event that more funds are collected than requested, excess monies will be placed in the Benevolence/Altar Fund. The full amount of our collection will be printed in the Weekly Bulletin.

Note: We did not increase the requested donations from last year.

Donations are requested for the following items:

Lent:

Daffodils for Sunday of the Holy Cross	\$130.00
Flowers for Salutations to the Theotokos	5 @ \$120.00
Incense for Lent, Holy Week & Pascha	\$100.00

Palm Sunday:

Palm Strips for Crosses and Decorative Palms	\$250.00
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Holy Week & Pascha:

Flowers for Bridegroom Icon	\$350.00
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Floral Wreath for the Crucifix	\$200.00
12 Candles - Service of 12 Gospels	12 @ \$5.00
Rose Petals for Lamentation Service	\$60.00
Rose Petals for Holy Saturday/Pascha	\$600.00
Case of Bay Leaves for Holy Saturday/Pascha	\$125.00
Rose Water for Lamentation Service	\$25.00
One Case Sacramental Wine	\$200.00
Gardenias for Holy Friday and Holy Saturday	\$350.00
Easter Lillies for the Solea	\$325.00
Altar Candles for Paschal Season	\$650.00
Three Cases of Brown Eggs for the Anastasi	\$200.00
Ribbon & Net for Eggs	\$100.00
Flowers for Kouvouklion (Holy Friday)	\$2,000.00
Guest Chanter Stipend and Travel Expenses	\$3,000.00

Thank you for contributing towards the dignity and beauty of our divine services.

Lenten Lectures/Dinners: Lenten lectures/dinners will be held immediately following Presanctified Liturgy, as follows:

- March 15 *Speaker:* Mark Papanikolas
Dinner Hosts: Philoptochos
- March 22 *Speaker:* Elaina Maragakis Simos
Dinner Hosts: Parish Youth (Lambs; Hope; JOY; GOYA; Sunday School)
- March 29 *Speaker:* Fr. Chris Rowe
Dinner Hosts: Parish Council

Please join us! Contact Barbara Hillas at 801-604-4884 with questions.

STEWARDSHIP ANNOUNCEMENTS

Thank you to all who have turned in their 2023 stewardship cards. As of March 8, we have received 117 stewardship commitments totaling \$307,128, putting us at 78.8% of our budgeted goal of \$390,000.

If you were a St. Anna Steward the last two years, your 2023 stewardship packet should have been mailed to you. If you are new to the community and would like to become a St. Anna Steward, you can obtain a 2023 Pledge Card. They are on display in the Narthex and available on the [parish website](#).

The generosity and vision of our parishioners has historically been a defining aspect of this community. We very much appreciate your prayerful commitment and continued support. This year will prove to be a particularly historic time in the life of our church. Thank you for being an active part of our every success, unto the glory of God.

PARISH COUNCIL ANNOUNCEMENTS

Parish Council Meeting: The next Parish Council meeting will be held on Monday, March 20, 2023, at 7:00 p.m.



More Congratulations: Congratulations once again to our own Coach Lynne Roberts, University of Utah Basketball Coach. In addition to the accolades mentioned last week she also been named Naismith Women's College Coach of the Year! Go Utes!

PHILOPTOCHOS

Next Meeting: Our next meeting will be held Monday, March 27, 2023, at 7:00 p.m. Meetings are held the 4th Monday of each month. Please join us and bring ideas for upcoming activities. We look forward to seeing everyone!

ST. ANNA SERVICE MINISTRY

Food Support Program - Fill the Bin! The Entrada/Diamond Ridge pantries are serving more people than ever before. The student population has dramatically increased since the schools moved to the new campus this past Fall, as has the need for food and other support. In addition, more community members from the local neighborhood and beyond are utilizing the pantries. The Men's Ministry is now making weekly deliveries (compared with twice a month delivery in 2022) due to the ongoing generosity of our parishioners and community. God bless!

ADULT EDUCATION

Morning Bible Study: The Morning Bible Study, led by John Kaloudis at the home of Tom and Carolyn Leitko, 2334 E. Lincoln Lane (directly across the street, south of Olympus High School) is held on Wednesdays at 10:30 a.m. For information, please call Tom or Carolyn Leitko at 801-842-2304.

YOUTH MINISTRY

Sunday School: This year we are studying church history starting with Pentecost. Be sure to ask your Sunday School students what they are learning! It is important to learn together as a faith family. Thank you for sharing your children with us.

GOYA - Lenten Retreat: The GOYA Lenten Retreat has been rescheduled for March 31 - April 2, 2023. Further details to come!

COMMUNICATION MINISTRY TEAM ANNOUNCEMENTS

Bulletin Announcements: The next bulletin will be published for Sunday, March 19, 2023. Please send bulletin announcements to Michael Petrogeorge at mppetrogeorge@gmail.com no later than Tuesday, March 14, 2023, at 5:00 p.m. Thank you!

COMMUNITY ANNOUNCEMENTS

Pan Arcadian Western District Scholarship 2023: The application for the 2023 Pan Arcadian Western District Scholarship is available at <http://www.panarcadianwest.org/news.htm>. Applicants must be a member of the local Arcadian Chapter #90 OR have a grandparent or parent that is a member. Applications must be postmarked no later than May 22, 2023. Please contact Karen Anastasopoulos at karenanast@gmail.com or 801-913-2414 with any questions regarding the scholarship.

PRAYER LIST

Alexis, Amie, Amy, Anna, Calley, Caroline, Deborah, Lynn, Marylynn, Melany, Michael, Nicole, Pari, Richard, Ryley, Steve, Theodore, Travis, Tyler, and Vanni.

If you would like names added to or removed from the prayer list, please email Michael Petrogeorge at mppetetrogeorge@gmail.com by Tuesday at 5:00 p.m.

PARISH CALENDAR

Visit the [parish website](#) to access an electronic copy of the parish calendar. Unless otherwise specified, all events will be held at St. Anna Greek Orthodox Church, 9201 S. 1300 East, Sandy.

Sunday, March 12, 2023 (Sunday of St. Gregory Palamas)

- 9:00 a.m.: Orthros
- 10:00 a.m.: Divine Liturgy

Monday, March 13, 2023

- 6:00 p.m.: Great Compline

Wednesday, March 15, 2023

- 10:30 a.m.: Morning Bible Study at Leitko Residence
- 6:00 p.m.: Presanctified Liturgy and Lenten lecture/dinner

Thursday, March 16, 2023

- 11:30 a.m.: Forever Young
- 1:00 p.m.: Choir practice

Friday, March 17, 2023

- 7:00 p.m.: Salutations to the Theotokos

Sunday, March 19, 2023 (Sunday of the Holy Cross)

- 9:00 a.m.: Orthros
- 10:00 a.m.: Divine Liturgy

Monday, March 20, 2023

- 6:00 p.m.: Great Compline
- 7:00 p.m.: Parish Council Meeting

Wednesday, March 22, 2023

- 10:30 a.m.: Morning Bible Study at Leitko Residence
- 6:00 p.m.: Presanctified Liturgy and Lenten lecture/dinner

Thursday, March 23, 2023

- 1:00 p.m.: Choir practice

Friday, March 24, 2023

- 7:00 p.m.: Annunciation Great Vespers and Lamentations

Saturday, March 25, 2023 (Annunciation of the Virgin Mary)

- 8:00 a.m.: Orthros
- 9:00 a.m.: Divine Liturgy

Sunday, March 26, 2023 (Sunday of St. John Climacus)

- 9:00 a.m.: Orthros
- 10:00 a.m.: Divine Liturgy

Monday, March 27, 2023

- 6:00 p.m.: Great Compline
- 7:00 p.m.: Philoptochos Meeting

Wednesday, March 29, 2023

- 10:30 a.m.: Morning Bible Study at Leitko Residence
- 6:00 p.m.: Presanctified Liturgy and Lenten lecture/dinner

Thursday, March 30, 2023

- 1:00 p.m.: Choir practice

Friday, March 31, 2023

- 7:00 p.m.: Akathist Hymn

Friday, March 31 – Sunday, April 2, 2023

- GOYA Lenten Retreat

Sunday, April 2, 2023 (Sunday of St. Mary of Egypt)

- 9:00 a.m.: Orthros
- 10:00 a.m.: Divine Liturgy

Wednesday, April 5, 2023

- 10:30 a.m.: Morning Bible Study at Leitko Residence

Thursday, April 6, 2023

- 1:00 p.m.: Choir practice

Sunday, April 9, 2023 (Palm Sunday)

- 9:00 a.m.: Orthros
- 10:00 a.m.: Divine Liturgy
- 7:00 p.m.: Bridegroom Service

Saint Anna Parish Fishing Trip at Strawberry Reservoir



This year's parish fishing trip at Strawberry Reservoir will take place Thursday, June 29 through Sunday, July 2, 2023. Bring your motor home, trailer, or tent and join us at our reserved pavilion and group campground, or stay at the Strawberry Bay Marina Lodge or Daniel's Summit Lodge. For room, boat and slip rentals, call Strawberry Lodge at www.strawberrybay.com or 435-548-2500. For an alternative hotel option, call Daniels Summit Lodge at 800-519-9969 or www.danielssummit.com.

Participant reservations will begin May 1st, but this advance notice will give you an opportunity to reserve rooms, boats and slips now to insure availability. Join in this fun family event which offers great fellowship, wonderful food, nightly group gatherings, super fishing, and Sunday Divine Liturgy, all in the beauty of God's creation at 7000 feet elevation.

Any questions, contact Chuck Karpakis at 801-573-6938 or chuckkarpakis@gmail.com or Mark Vrontikis at 801-321-5525 or mark@vrontikis.com.

St. Anna Food Support Program

HELP FIGHT HUNGER

Food Collection Site
Serving Sandy Area Food Pantries

Drop Off Days and Times:

Sundays 9am to 12pm

Tuesdays 10am to 6pm

Needed Food Items

Canned meat / Tuna

Instant Meals

Canned chili / Stews

Rice / Noodles

Flour / Sugar / Dry milk

Peanut butter / Jelly / Jam

Granola bars / Snacks

Canned fruit / Canned veggies



Please drop off your donations in
the big blue bin at:
St. Anna Greek Orthodox Church
9201 South 1300 East