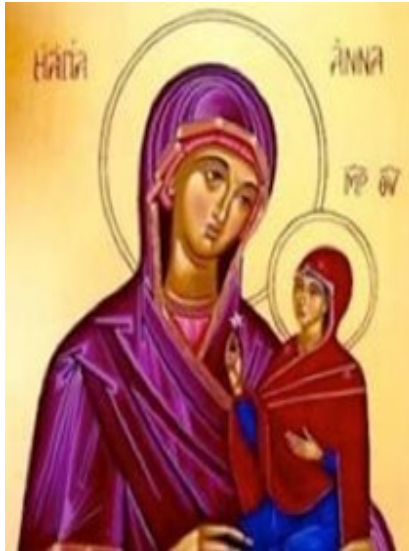




CHURCH BULLETIN



St. Anna Greek Orthodox Church
9201 South 1300 East, Sandy, UT 84094
385-313-9358



Sunday of St. Gregory Palamas
Sunday, March 31, 2024

Orthros: 9:00 a.m.

Divine Liturgy: 10:00 a.m.

Reverend Protopresbyter Anthony Savas
Reverend Protopresbyter Elias Koucos, Retired
Deacon John Kavass

stannagocutah.org
franthy@stannagocutah.org



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

Prokeimenon. Mode 2. Psalm 117.

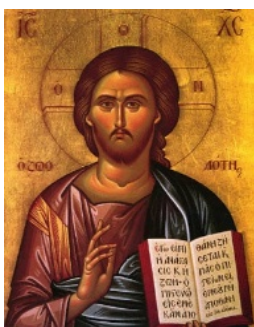
The Lord is my strength and my song, and He became my salvation.

Verse: The Lord chastened and corrected me, but He did not give me up to death.



"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 (3)
(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 (3). (Liturgy Book page 29)

Response to Third Antiphon

When You descended into death, Life immortal, You vanquished the pow'r of hell by your resplendent divinity, and when You raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, glory to You. (Liturgy Book page 103)

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)

Resurrectional Apolytikion

When You descended into death, Life immortal, You vanquished the pow'r of hell by your resplendent divinity, and when You raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, glory to You. (Liturgy Book page 103)

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. (3). (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 (3). 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](#).

Memorial Services – May Their Memories Be Eternal:

TODAY, Sunday, March 31, 2024: John Zambos (1 year)

Sunday, April 7, 2024: We have been given special permission to celebrate a Memorial Service on the Third Sunday of Great Lent, the Sunday of the Cross, and welcome Presbytera Eleni Foreso and her children, as we honor her husband, Fr. Jimi Foreso, together with Heirmonk Ambrose Omayas and Fr. James Tavlarides, all of Blessed Memory. The icons of Ss. Iakovos and Ambrose of Milan were chosen and sponsored to honor these lovely priests and their patron saints. May their memories be eternal as they continue to serve as presbyters before the very Throne of God.

Sunday, April 14, 2024: Chryssi Zervos Kocolas (40 days); Helen Yannias (5 years); Stephania Zervos (17 years)

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

Epistle Readers:

TODAY, March 31, 2024: Eva Williams

April 7, 2024: Jacob Molina

April 14, 2024: Christo Petrogeorge

April 21, 2024: Sam Simos

Godparent Sunday: Sunday, April 7, 2024, Sunday of the Holy Cross, is Godparent Sunday at St. Anna. Invite your Godparents/Godchildren from any parish to join you at St. Anna for Communion and fellowship!

Lenten, Holy Week, and Paschal Donations: Donations are requested for the following items needed for our Lenten, Holy Week, and Paschal services (donation amounts have not increased from prior years):

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 |
|--|----------|

Holy Week & Pascha:

| | |
|---|-------------|
| Flowers for Bridegroom Icon | \$350.00 |
| 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 |

Please return your donation in the memorial envelope available at the Pangari (narthex counter), which has a place for you to write the names of the departed loved ones whom you wish Fr. Anthony to memorialize during the Holy Friday Evening Service as we pray before the Epitaphios. In the event more funds are collected than

required, excess monies will be placed in the Benevolence/Altar Fund. The full amount of our collection will be printed in the weekly bulletin following Pascha (Easter).

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

FELLOWSHIP ANNOUNCEMENTS

Thank you to Elaine Zambos, who is hosting today's fellowship hour in honor of her brother, John Zambos. May His Memory Be Eternal!

If you would like to host fellowship hour on these dates or any future date, please contact Julie Steele at 801-971-5277 or sign up in the binder available during fellowship hour after church.

In addition to bringing refreshments for fellowship hour, fellowship hosts are expected to set up their food prior to fellowship hour AND clean up after fellowship hour. Thank you in advance for your generosity and support of our fellowship ministry!

PARISH COUNCIL ANNOUNCEMENTS

Parish Council Meeting: The next Parish Council meeting will be held Monday, April 15, 2024, at 7:00 p.m.

SAVE THE DATE - SPRING PARISH ASSEMBLY

Mark your calendars and make plans to join us for the Spring Parish Assembly on Sunday, June 2, 2024. Important reports will be given, and we will vote on important issues. Our parish assemblies are as important now as they were in the formative years of our parish (maybe even more important). The active participation of all the committed stewards in our parish decision making is needed and appreciated!

PHILOPTOCHOS ANNOUNCEMENTS

Philoptochos Meeting: Our next meeting will be held Monday, April 22, 2024, at 6:30 p.m.

YOUTH MINISTRY ANNOUNCEMENTS

JOY: JOY meets the third Thursday of every month at 7:00 p.m. The next meeting will be held April 18, 2024. All children in grades 1-5 are welcome and encouraged to attend!

GOYA Lenten Retreat: Our annual GOYA Lenten Retreat will be held Friday, April 12, 2024 (following Salutations) and Saturday, April 13, 2024, at the Rodgers' Ranch just outside Park City, Utah. Plenty of parental supervision will be provided. See attached flier for details! Text Fr. Anthony at 801-824-3987 with any questions and to RSVP.

Save the Date - Holy Friday Youth Lenten Retreat: Our annual Holy Friday Youth Lenten Retreat will be held on Holy Friday, May 3, 2024. Details to come!

STEWARDSHIP ANNOUNCEMENTS

Thank you to all who have turned in their 2024 stewardship cards. As of March 18, we have received 150 stewardship commitments totaling \$393,234, putting us at 86.4% of our budgeted goal (\$455,000).

The 2024 budget approved at our Fall Parish Assembly calls for a fourteen percent (14%) increase in total stewardship commitments (as compared to the 2023 budget) to meet the increased financial commitments associated with the financing obtained to fund the purchase of our property, the build out of our sanctuary, and the other renovations and improvements at our church. With the support and participation of our faithful parishioners we are confident this goal can be achieved.

If you are new to the community and would like to become a St. Anna steward, you can still obtain a 2024 stewardship commitment 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. Thank you for being an active part of our every success, unto the glory of God!

ST. ANNA FISHING TRIP & FAMILY RETREAT AT 8000 FEET

June 20-23, 2024, at Daniels Summit Lodge

(www.danielssummit.com)

In addition to great fishing at Strawberry Reservoir, many other family-oriented activities are available at or near the Lodge, including swimming, hot tub, ATV rentals, hiking, mountain biking, horseback riding, golfing in Heber Valley, Heber Creeper Historic Railroad ride, zip lines, and various kids' activities on the grounds of the Lodge.

This information is critical to securing your lodging which could go fast. More detailed information and registration forms will be forthcoming.

Lodging & Camping

A block of rooms has been set aside for our event at Daniels Summit Lodge. Both single king and double queen rooms are available for \$150 on Thursday and Friday and \$160 on Saturday. Contact Shayla or Becky at 435-548-2300 ASAP to secure a room as they are limited. Mention our St. Anna Church Group.

Developed campsites at Lodgepole campground, less than a mile down canyon from the Lodge, can be reserved online at: www.recreation.gov/camping/campgrounds/231930. Campsite fees are \$28.00 per night with a 50% discount for Senior Pass holders. Reserve a spot ASAP.

Dispersed or primitive RV or tent camping is allowed on Forest Service property adjacent to the Lodge's southeast boundary along Main Canyon Rd (Forest Service Road 046) There is no charge for use of this public land.

Meals

Full group meals will be enjoyed on Friday and Saturday nights in the Summit Banquet room & patio of the Daniels Summit Lodge. Lodge and Marina restaurants are available for non-group meals.

Questions

Contact Mark Vrontikis at 801-231-5525 or mark@vrontikis.com or Chuck Karpakis at 801-573-6938 or chuckkarpakis@gmail.com.

ST. ANNA SERVICE MINISTRY FOOD SUPPORT PROGRAM

What is the Food Support Program?

In 2021 in response to the critical need to address hunger in our community, St. Anna established our Church building as a permanent collection site to supplement local pantries that distribute food to families in need throughout the Sandy area.

Who does this program serve?

The program provides ongoing food support to three pantries located at Diamond Ridge/Entrada Schools in the Canyon School District. Due to growing need these pantries currently serve and support 2700 individuals per month compared to the 350 people in 2021.

How do we support this program?

Parishioners can bring nonperishable food items to place in the Blue Bin whenever the church is open. In addition, our community neighbors have been invited to participate by donating nonperishable food items every Tuesday.

Where is the Blue Bin located?

The Blue Bin is located in the Fellowship Hall for all parishioners. On Tuesdays, between 10:00 am and 5:00 pm, the Blue Bin is placed outside for parishioners and community neighbors to drop off donations. A flag is also placed outside as a reminder.

When is the donated food delivered?

Once a week, volunteers from our Men's Ministry collect and deliver the food donations to the Diamond Ridge/Entrada pantries in Sandy.

What food items are needed?

All canned meats and fish, canned vegetables and fruit, instant meals such as Cup o' Noodles and Mac and Cheese, granola bars and snack items, peanut butter, jelly, rice, noodles, flour, sugar and dry milk.

Thank you, St. Anna parishioners, for working together with love and compassion to help families facing hunger!

ADULT RELIGIOUS EDUCATION ANNOUNCEMENTS

Morning Bible Study: Morning Bible Study, led by John Kaloudis, will meet on Wednesday, April 3, 2024, at 10:30 a.m. and will then break until after Pascha (Easter).

FOREVER YOUNG

Next Gathering: Forever Young will not meet in April. Our next gathering will be held Thursday, May 15, 2024, at 11:30 a.m.

COMMUNICATION MINISTRY TEAM ANNOUNCEMENTS

The next bulletin will be published for Sunday, April 7, 2024. Please send requested announcements to Michael Petrogeorge at mppetrogeorge@gmail.com no later than **Tuesday, April 2, 2024, at 5:00 p.m.** Thank you!

COMMUNITY ANNOUNCEMENTS

Pan Arcadian Western District Scholarship 2024: The application for the scholarship is available at: <http://www.panarcadianwest.org/news.htm>. Applicants must be a member or have a grandparent or parent who is a member of the local Arcadian Chapter #90. Postmark deadline May 28, 2024. Contact Karen Anastasopoulos at karenanast@gmail.com or 801-913-2424 for additional information regarding the scholarship.

PRAYER LIST

Alex, Becky, Charles, Chris, Daniel, Dillon, Emily, Emmanouel, Eva, Jami, Joey, Katherine, Luke, Maria, Mariam, Mary Lynn, Michael, Pam, Penny, Phil, Tammy

Please email Michael Petrogeorge at mppetrogeorge@gmail.com by Tuesday at 5:00 p.m. to add names to the prayer list.

PARISH CALENDAR

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

Sunday, March 31, 2024 (Sunday of St. Gregory Palamas)

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

Monday, April 1, 2024

- 6:00 p.m.: Great Compline

Wednesday, April 3, 2024

- 10:30 a.m.: Morning Bible Study
- 6:00 p.m.: Presanctified Liturgy and Lenten Lecture

Friday, April 5, 2024

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

Sunday, April 7, 2024 (Sunday of Holy Cross / Godparent Sunday)

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

Monday, April 8, 2024

- 6:00 p.m.: Great Compline

Wednesday, April 10, 2024

- 10:30 a.m.: Morning Bible Study
- 6:00 p.m.: Presanctified Liturgy and Lenten Lecture

Friday, April 12, 2024

- 6:00 p.m.: Salutations to the Theotokos (followed by GOYA Lenten Retreat)

Friday, April 12 – Saturday, April 13, 2024

- GOYA Lenten Retreat @ Rodgers' Ranch, Park City.

Sunday, April 14, 2024 (Sunday of St. John Climacus)

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

Monday, April 15, 2024

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

Wednesday, April 17, 2024

- 10:30 a.m.: Morning Bible Study
- 6:00 p.m.: Presanctified Liturgy and Lenten Lecture

Friday, April 19, 2024

- 7:00 p.m.: Akathyst Hymn

*April 7th, the
Sunday of the Cross is
Godparent Sunday at
St. Anna Greek
Orthodox Church of
Sandy, Utah*



5th Annual ST. ANNA GOLF Classic

4 Person/Team
Scramble
Tournament



1400 N 200 E
American Fork, UT

**Saturday
June 1st**

For More Information
Contact: Sam Soter
sam.soter@canyonsdistrict.org

Per Person

\$90

Green Fees
Cart
Lunch
Range Balls

Ace Pack

\$350

4 Players
Green Fees
Cart
Lunch

Club Pro Pack

\$400

Hole Signage
Banner Signage
Sponsor 1 Player

Tour Pro Pack

\$800

4 Green Fees
Cart
Hole Signage
Banner Signage

All Proceeds Benefit St. Annas Greek Orthodox Church
Registration starts at 7:00 AM Shotgun starts at 8:00 AM





Lenten Schedule 2024

Week Three

Sunday, March 31, Second Sunday of Lent
Monday, April 1, Great Compline, 6:00 pm
Wednesday, April 3, Presanctified Liturgy, 6:00 pm
Friday, April 5, Salutations to the Theotokos, 7:00 pm

Week One

Sunday, March 17, Forgiveness Great Vespers, 7:00 pm
Monday, March 18, Great Compline, 6:00 pm
Wednesday, March 20, Presanctified Liturgy, 6:00 pm
Friday, March 22, Salutations to the Theotokos, 7:00 pm
Saturday, March 23, Saturday of the Souls, 9/10:00 am

Week Two

Sunday, March 24, First Sunday of Lent
Sunday of Orthodox Procession
Annunciation Great Vespers, 7:00 pm
Monday, March 25, Annunciation 9/10 am Great Compline, 6:00 pm
Wednesday, March 27, Presanctified Liturgy 6:00 pm
Friday, March 29, Salutations to the Theotokos, 6:00 pm *
Parish Lenten Retreat to Follow with Dr. Jeannie Constantinou

Week Four

Sunday, April 7, Third Sunday of Lent
Procession of the Holy Cross
Godparent Sunday
Monday, April 8, Great Compline, 6:00 pm
Wednesday, April 10, Presanctified Liturgy, 6:00 pm
Friday, April 12, Salutations to the Theotokos, 7:00 pm
GOYA Lenten Retreat to Follow

Week Five

Sunday, April 14 Fourth Sunday of Lent
Monday, April 15, Great Compline, 6:00 pm
Wednesday, April 17, Presanctified Liturgy, 6:00 pm
Friday, April 19, Akathyst Hymn, 7:00 pm
Sunday, April 21, Fifth Sunday of Lent
*Salutations to the Theotokos is one hour earlier to accomodate the timing of our Lenten Retreat.

St. Anna Greek Orthodox Church of Sandy, Utah

St. Anna Youth Ministries Presents Our
2024

GOYA Lenten Retreat

FOMO
"The Fear of Missing Out"...
Of What, Exactly?!?
The Stresses and Anxieties of Youth

Evening of Friday
April 12 - Saturday,
April 13

Held at the Rodgers' Ranch
Just Outside Park City, Utah

Save the Dates from Now!
Plenty of Parent Supervision.
Text Fr. Anthony to R.S.V.P. at 801-824-3987