YOU ARE THE TEMPLE OF GOD

Each year, the 3rd Sunday of Pascha finds our Holy Orthodox Church commemorating the MYRRH-BEARING WOMEN. These brave souls, who had followed Christ throughout His earthly ministry, were so committed to serving their Master that they were willing to challenge the authority of Rome and risk their very lives to carry out an important aspect of their Jewish tradition: the proper preparation of a body for burial.

Have you ever wondered why the Myrrh-bearers felt that this was so essential? For the Jews, the human body was considered to be a sacred vessel that needed to be treated with care - even after death. The Old Testament is filled with stories that exhibit this type of treatment for those who have departed this life. The prescribed ritual of anointing a body with oils and spices was a lengthy and costly process. The women had to return to the tomb early because Joseph of Arimathea and Nicodemus, who claimed Christ's Body from Pilate, lacked the time to complete their labors as sunset approached on that first Holy Friday.

In a Christian context, the body is treated with the same reverence. In his first letter to the Corinthians, the Apostle Paul poses this question: "Do you not know that you are the temple of God and that the Spirit of God dwells in you?" (1 Cor. 3:16) While this verse has a broad meaning relating to the unity of the entire Church, it nonetheless is viewed as comparing our bodies to a "temple" that should be cared for in a special way.

From the day of our baptism, when we "put on Christ," the Lord wishes to dwell in all of us. May we all strive to keep our "temple" pure, so that the living God will be able to be a positive force in our lives!

The Orthodox Weekly Bulletin . . . . . Vestal, Cliffwood, New Jersey . . . . . Litho in U.S.A.

1 Corinthians 6:19-20

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.



METROPOLIS OF PITTSBURGH

Holy Trinity Greek Orthodox Church

May 4, 2025

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Office Hours
Monday - Friday
8:00 AM - 4:00 PM
(Closed noon-1pm for lunch)

Sunday Services
Orthros 8:30 AM
Divine Liturgy 9:30 AM

Orthros | Liturgy

Epistle
Acts
6:1-7

Gospel
Mark
15:43-47; 16:1-8

Attendance
4/27/25
120

Today's Prosfora & Communion Wine

Donated by Steve & Ann Lazarides and Chris Gonzales
In Loving Memory of Andrew Christopher (5 Yrs.)

Donated by Afro Karasarides
In Loving Memory of Pete Karasarides

Donated by the Cazantzes Family
In Loving Memory of Thomas Cazantzes

Upcoming Memorials

May 18
40-Day Memorial - Perikles "Barry" Giamourides

May 25
AHEPA Recognition & Coffee Hour

ATTENTION YOUNG AT HEART SENIORS:



Karen Kotanides is collecting $10.00 from Seniors for our **May 20th Lunch** with St. Haralambos Silver Liners at the Krassas Center **following liturgy today, May 4th**. **All payments with reservation are due in today for this lunch**! Remember to mark your calendars for **May 20th** - this is not our normal week!

PETER BOURNELIS MEMORIAL COMMUNITY LUNCHEON

TODAY FOLLOWING LITURGY



The Youth & Education Organization would like to thank our parish community of Holy Trinity Greek Orthodox Church for their support to our youth throughout the year. Please be our guest today for lunch in appreciation of your continued prayers, teachings and support.

In Christ's Love,

GOYA ~ JOY ~ HOPE ~ Dance Troupes ~ Sunday School and The Youth & Ed Committee

MUFFINS WITH MOMS

Following Liturgy for Coffee Hour on
Mother's Day, May 11th!



Get your photo with Mom, Yiayia, Nouna at no cost to you!

Happy Mother's Day to all!

REMINDER: All Trinitarian items are due into the Church Office by the **10th of the month** for June. Thank you!

SOMETHING NEW

This Sunday, the first 3 rows of pews on the left side of the church will be roped off for our new Youth Sermon Dates.

Attention Graduating Seniors (High School & College)



Please contact Lori in the Church Office at 330-494-8770 or email her at office@htgoc.net with the graduate's picture, school of graduation, major if applicable and college attending if applicable **by MAY 10th! Name Day is June 8, 2025 where graduates will be recognized.**



Please join Sunday School as they host a Picnic Lunch!

May 18th following liturgy

Please come to church to see our Sunday School children be recognized for a great year and stay for lunch and celebrate with our wonderful children. This is our last day of Sunday School for the year and we want to treat you!

FESTIVAL BAKING SCHEDULE

Monday, May 5 – Galaktoboureko

Thursday, May 8 - Pastitsio

Wednesday, May 14 - Kourambiethes

Saturday, May 17 – Fengarakia

Wednesday, May 21 – Melomakarona

Saturday, May 31 – Koulourakia

Saturday, June 14 - Baklava

Saturday, June 28 – Tsoureki

******Dates Yet To Be Determined******
Dolmathes, Paximathia

We will begin at 9:00 am on each of the baking dates.

GRECIAN FESTIVAL DATES: JULY 16-19, 2025

Calendar for the Week

All Services are streaming online @ *www.htgoc.net/live*

Sunday, May 4
15-Yr. Memorial - Nick Pitinii
5-Yr. Memorial - Andrew Christopher
1-Yr. Trisagion - Thomas Cazantzes
Bournelis Memorial 11:30 AM
Luncheon by Youth & Education
Kitchen Use - AHEPA 2:00 PM
Dance Troupe 6:30 PM

Monday, May 5
Baking - Galaktoboureko 9:00 AM

Tuesday, May 6
Greek Gala Meeting 6:00 PM
Ladies Exercise 6:00 PM

Wednesday, May 7
Bible Study 11:00 AM
Paraklesis to the Cross 6:00 PM

Thursday, May 8
SET UP FOR GREEK GALA
Baking - Pastitsio 9:00 AM

Friday, May 9
SET UP FOR GREEK GALA

Saturday, May 10
Greek Gala 5PM - 11PM

Sunday, May 11
Mother's Day
Muffins with Mom 11:30 AM
Dance Troupe 6:30 PM



SAVE THE DATE!
Name Day & Ecclesiastical Awards Banquet
June 8, 2025
(Following Divine Liturgy)

NO CASH?
NO PROBLEM!
Scan code with smart phone to make a payment!

SCAN ME

Resurrectional Apolytikion.
Mode 2.

When You descended unto Death, O Lord, You who are immortal Life put Hades to death, by the lightning of Your divinity. And when You raised the dead from the netherworld, all the hosts of heaven sang aloud to You, “O Christ God, Giver of life, glory to You!”

Mode 2.

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

Mode 2.

The Angel who had come to the sepulcher said to the Myrrh-bearing women, “Ointments are appropriate for mortal men; but Christ is indeed a stranger to decay. Now go proclaim that the Lord has risen and granted to the world the great mercy.”

Apolytikion of Our Church.
Mode pl. 4.

Blessed are You, O Christ our God; Who did show forth the fishermen to be all-wise, by sending down upon them the Holy Spirit. And through them You drew the world into Your net, O Friend of man, glory to You!

Kontakion of Pascha.
Mode pl. 4.

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

Acts of the Apostles 6:1-7

Prokeimenon. Mode 2

Psalm 117.14,18

The Lord is my strength and my song.

Verse: The Lord has chastened me sorely.

The reading is from Acts of the Apostles 6:1-7

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

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

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

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

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος β΄.

Ὅτε κατῆλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἡ ἀθάνατος, τότε τὸν ᾅδην ἐνέκρωσας, τῇ ἀστραπῇ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεῶτας, ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν δόξα σοι.

Ἦχος β΄.

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

Ἦχος β΄.

Ταῖς Μυροφόροις γυναιξί, παρὰ τὸ μνῆμα ἐπιστάς, ὁ Ἄγγελος ἐβόα· Τὰ μύρα τοῖς θνητοῖς ὑπάρχει ἁρμόδια· Χριστὸς δὲ διαφθορᾶς ἐδείχθη ἀλλότριος· ἀλλὰ κραυγάσατε· Ἀνέστη ὁ Κύριος, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Ναοῦ.

Ἦχος πλ. δ΄.

Εὐλογητὸς εἶ Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἁλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ Ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, Φιλάνθρωπε, δόξα σοι.

Κοντάκιον τοῦ Πάσχα.

Ἦχος πλ. δ΄.

Εἰ καὶ ἐν τάφῳ κατῆλθες Ἀθάνατε, ἀλλὰ τοῦ ᾅδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητής, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθεγξάμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

Πράξεις Ἀποστόλων 6:1-7

Προκείμενον. Ἦχος β'

ΨΑΛΜΟΙ 117.14,18

Ἰσχύς μου καὶ ὕμνησίς μου ὁ Κύριος.

Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος.

Πράξεις Ἀποστόλων 6:1-7 τὸ ἀνάγνωσμα

Ἐν ταῖς ἡμεραῖς ἐκείναις, πληθυνόντων τῶν μαθητῶν, ἐγένετο γογγυσμὸς τῶν Ἑλληνιστῶν πρὸς τοὺς Ἑβραίους, ὅτι παρεθεωροῦντο ἐν τῇ διακονίᾳ τῇ καθημερινῇ αἱ χῆραι αὐτῶν. Προσκαλεσάμενοι δὲ οἱ δώδεκα τὸ πλῆθος τῶν μαθητῶν, εἶπον, Οὐκ ἀρεστόν ἐστιν ἡμᾶς, καταλείψαντας τὸν λόγον τοῦ θεοῦ, διακονεῖν τραπέζαις. Ἐπισκέψασθε οὖν, ἀδελφοί, ἄνδρας ἐξ ὑμῶν μαρτυρουμένους ἑπτά, πλήρεις πνεύματος ἁγίου καὶ σοφίας, οὓς καταστήσωμεν ἐπὶ τῆς χρείας ταύτης. Ἡμεῖς δὲ τῇ προσευχῇ καὶ τῇ διακονίᾳ τοῦ λόγου προσκαρτερήσομεν. Καὶ ἤρεσεν ὁ λόγος ἐνώπιον παντὸς τοῦ πλήθους· καὶ ἐξελέξαντο Στέφανον, ἄνδρα πλήρης πίστεως καὶ πνεύματος ἁγίου, καὶ Φίλιππον, καὶ Πρόχορον, καὶ Νικάνορα, καὶ Τίμωνα, καὶ Παρμενᾶν, καὶ Νικόλαον προσήλυτον Ἀντιοχέα, οὓς ἔστησαν ἐνώπιον τῶν ἀποστόλων· καὶ προσευξάμενοι ἐπέθηκαν αὐτοῖς τὰς χεῖρας. Καὶ ὁ λόγος τοῦ θεοῦ ηὔξανεν, καὶ ἐπληθύνετο ὁ ἀριθμὸς τῶν μαθητῶν ἐν Ἰερουσαλὴμ σφόδρα, πολύς τε ὄχλος τῶν ἱερέων ὑπήκουον τῇ πίστει.

Ἐκ τοῦ Κατὰ Μᾶρκον 15:43-47, 16:1-8 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἐλθὼν Ἰωσὴφ ὁ ἀπὸ Ἀριμαθαίας, εὐσχήμων βουλευτής, ὃς καὶ αὐτὸς ἦν προσδεχόμενος τὴν βασιλείαν τοῦ Θεοῦ, τολμήσας εἰσῆλθε πρὸς Πιλᾶτον καὶ ᾐτήσατο τὸ σῶμα τοῦ Ἰησοῦ. Ὁ δὲ Πιλᾶτος ἐθαύμασεν εἰ ἤδη τέθνηκε, καὶ προσκαλεσάμενος τὸν κεντυρίωνα ἐπηρώτησεν αὐτὸν εἰ πάλαι ἀπέθανε· καὶ γνοὺς ἀπὸ τοῦ κεντυρίωνος ἐδωρήσατο τὸ σῶμα τῷ Ἰωσήφ. Καὶ ἀγοράσας σινδόνα καὶ καθελὼν αὐτὸν ἐνείλησε τῇ σινδόνι καὶ κατέθηκεν αὐτὸν ἐν μνημείῳ, ὃ ἦν λελατομημένον ἐκ πέτρας, καὶ προσεκύλισε λίθον ἐπὶ τὴν θύραν τοῦ μνημείου. Ἡ δὲ Μαρία ἡ Μαγδαληνὴ καὶ Μαρία Ἰωσῆ ἐθεώρουν ποῦ τίθεται. Καὶ διαγενομένου τοῦ σαββάτου Μαρία ἡ Μαγδαληνὴ καὶ Μαρία ἡ τοῦ Ἰακώβου καὶ Σαλώμη ἠγόρασαν ἀρώματα ἵνα ἐλθοῦσαι ἀλείψωσιν αὐτόν. Καὶ λίαν πρωῒ τῆς μιᾶς σαββάτων ἔρχονται ἐπὶ τὸ μνημεῖον, ἀνατείλαντος τοῦ ἡλίου. Καὶ ἔλεγον πρὸς ἑαυτάς· Τίς ἀποκυλίσει ἡμῖν τὸν λίθον ἐκ τῆς θύρας τοῦ μνημείου; Καὶ ἀναβλέψασαι θεωροῦσιν ὅτι ἀποκεκύλισται ὁ λίθος· ἦν γὰρ μέγας σφόδρα. Καὶ εἰσελθοῦσαι εἰς τὸ μνημεῖον εἶδον νεανίσκον καθήμενον ἐν τοῖς δεξιοῖς, περιβεβλημένον στολὴν λευκήν, καὶ ἐξεθαμβήθησαν. Ὁ δὲ λέγει αὐταῖς· μὴ ἐκθαμβεῖσθε· Ἰησοῦν ζητεῖτε τὸν Ναζαρηνὸν τὸν ἐσταυρωμένον· ἠγέρθη, οὐκ ἔστιν ὧδε· ἴδε ὁ τόπος ὅπου ἔθηκαν αὐτόν. Ἀλλ᾽ ὑπάγετε εἴπατε τοῖς μαθηταῖς αὐτοῦ καὶ τῷ Πέτρῳ ὅτι προάγει ὑμᾶς εἰς τὴν Γαλιλαίαν· ἐκεῖ αὐτὸν ὄψεσθε, καθὼς εἶπεν ὑμῖν. Καὶ ἐξελθοῦσαι ἔφυγον ἀπὸ τοῦ μνημείου· εἶχε δὲ αὐτὰς τρόμος καὶ ἔκστασις, καὶ οὐδενὶ οὐδὲν εἶπον· ἐφοβοῦντο γάρ