

HOLY TRINITY GREEK ORTHODOX CHURCH

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Antiphon I. Mode 2.

Verse 1: O God, my God, hear me; why have You forsaken me?
Through the intercessions of the Theotokos, Savior, save us.

Verse 2: The words of my transgressions are far from my salvation. O my God, I will cry out by day, but You will not hear me.
Through the intercessions of the Theotokos, Savior, save us.

Verse 3: But You dwell among the saints, O praise of Israel.
Through the intercessions of the Theotokos, Savior, save us.

Antiphon II. Mode 2.

Verse 1: O God, why have You rejected us to the end?

Save us, O Son of God, who were crucified in the flesh. We sing to You, Alleluia.

Verse 2: Remember Your congregation You acquired from the beginning.

Save us, O Son of God, who were crucified in the flesh. We sing to You, Alleluia.

Verse 3: This Mount Zion, where You encamped.

God is our King before the ages; He worked salvation in the midst of the earth.

Save us, O Son of God, who were crucified in the flesh. We sing to You, Alleluia.

Apolytikion of the Elevation of the Holy Cross

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Small Entrance

Blessed is he who comes in the name of the Lord. God is the Lord, and He revealed Himself to us. Save us, O Son of God, who did rise from the dead. We sing to You, Alleluia

Resurrectional Apolytikion Tone 7

You destroyed death by Your Cross, You opened Par-

adise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέφξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion of the Elevation of the Holy Cross

Σῶσον, Κύριε, τὸν λαόν σου, καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων, διὰ τοῦ Σταυροῦ σου πολίτευμα.

Apolytikion For he Martyrs

Your Martyrs, O Lord, were worthily awarded by You * the crowns of incorruption, in that they contested for You our immortal God. * Since they possessed Your power, they defeated the tyrants, * dashing the demons' powerless displays of defiance. * O Christ God, at their fervent entreaties, save our souls.

Hymn of the Church

O Blessed are you, O Christ Our God, who by sending down the Holy Spirit upon them, made the fisherman wise and through them illumine the world and to You the universe was ever drawn all glory to You O Lord.

Kontakion

You who were lifted on the cross voluntarily, * O Christ our God, bestow Your tender compassions * upon Your new community to which You gave Your name. * Cause our faithful emperors to be glad in Your power, * granting them the victories against their adversaries. * And for an ally, Lord, may they have You, * peace as their armor, the trophy invincible.

Epistle Reading

St. Paul's Letter to the Galatians 2:16-20

Prokeimenon. Grave Mode

Psalm 28.11,1

**The Lord will give strength to his people.
Verse: Bring to the Lord, O sons of God,
bring to the Lord honor and glory.
The reading is from St. Paul's Letter to the
Galatians 2:16-20**

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

GOSPEL READING

**The Gospel According to Mark 8:34-38;
9:1**

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

Today's Readings Sunday September 20, 2026 SUNDAY AFTER THE HOLY CROSS

Prospophora offered by Joanna Daglis for the health and blessings of her family and friends.

"Sunday was not given to us merely to cram another day into the calendar, but to remind us that we are more than bills, worries, phone calls, and the daily rush.

This morning asks us a simple question: Where is your heart?

Not where your body is, nor where your schedule is, but where your heart is.

We may not enter the church as saints—and that is not required of us. We enter tired, irritable, distracted, with scattered minds and wounds that no one else can see.

But we enter to tell God: "Lord, this is all I could do. You do the rest."

Do not let Sunday pass merely across the face of the clock. Let it pass through your soul, too.

Forgive someone.

Call a parent.

Hold your tongue before you wound someone.

Give thanks for what you still have.

Sometimes, the beginning of healing makes no noise.

It begins with a simple prayer: "Lord, help me to be human."

Sunday School –Communion Reminder

Parents and Sunday School teachers, please have the children receive Holy Communion first before heading to their Sunday School classrooms.

Thank you for helping us guide our children in faith, reverence, and the life of the Church.

As a reminder, Holy Communion is reserved for baptized or chrismated Orthodox Christians who are properly prepared to receive the Holy Mysteries.

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Sunday Coffee Hour – Hosts Needed!

Help us keep the tradition of fellowship alive after Divine Liturgy! We're looking for individuals or families, to host **Sunday Coffee Hour** by bringing coffee & light refreshments and helping with setup/cleanup.

Weekly Activities/Hosting Coffee Hour/ Memorial or any Other Announcements

Please send all announcements regarding activities taking place during the week to the office email, so they can be added to the website and included in the weekly e-news. Thank you for helping us keep everyone informed about upcoming activities and events!

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NEXT WEEK GREEK FESTIVAL PREP

9am

MONDAY PASTRIES (WE CONTINUE NEXT DAYS TILL WE FINISH)

TUESDAY LAMB/CHICKEN COOKING

WEDNESDAY LAMB/CHICKEN COOKING

THURSDAY SOUVLAKI

DAILY WORK SCHEDULE MAY CHANGE OR FINISH EARLIER IF HELP ARRIVES IN TIME AND WE COMPLETE TASKS AHEAD OF THE SCHEDULE.

We will send email updates to keep you informed of our schedule and any important changes.

**Tuesday September 22, 2026
Bible Study 5: 30pm
The Gospel According to St. Luke**



Greek Festival Volunteer Sign up!
Let's Make This Year's Greek Festival a Success!
Our Greek Festival is just around the corner, and we need our wonderful volunteers to help make it a memorable and successful event for everyone! Every volunteer hour makes a difference. Whether you can help with setup, food service, hospitality, cleanup, or other festival activities, your time and dedication are truly appreciated. Please sign up for as many volunteer shifts as you are able. Working together as a community is what makes our festival special! Thank you for sharing your time, energy, and Greek spirit. Let's come together, have fun, and make this year's Greek Festival our best one yet!

Η ΑΓΙΑ ΤΡΙΑC



**Sunday September 20, 2026
Sunday After the Holy Cross**

**Saint Eustathios and Family
Eustathios Archbishop of Constantinople**