



HOLY ASCENSION

Feast day: May 29th

The Lord Jesus passed forty days on earth after His Resurrection from the dead, appearing continually in various places to His disciples, with whom He also spoke, ate, and drank, thereby further demonstrating His Resurrection. On this Thursday, the fortieth day after Pascha, He appeared again in Jerusalem. After He had first spoken to the disciples about many things, He gave them His last commandment, that is, that they go forth and proclaim His Name to all nations, beginning from Jerusalem. But He also commanded them that for the present, they were not to depart from Jerusalem, but to wait there together until they receive power from on high, when the Holy Spirit would come upon them.

Saying these things, He led them to the Mount of Olives, and raising His hands, He blessed them; and saying again the words of the Father's blessing, He was parted from them and taken up. Immediately a cloud of light, a proof of His majesty, received Him. Sitting thereon as though on a royal chariot, He was taken up into Heaven, and after a short time was concealed from the sight of the disciples, who remained where they were with their eyes fixed on Him. At this point, two Angels in the form of men in white raiment appeared to them and said, "Ye men of Galilee, why stand ye gazing up into Heaven? This same Jesus, Who is taken up from you into Heaven, shall so come in like manner as ye have seen Him go into Heaven" (Acts 1:11). These words, in a complete and concise manner, declare what is taught in the Symbol of Faith concerning the Son and Word of God. Therefore, having so fulfilled all His

dispensation for us, our Lord Jesus Christ ascended in glory into Heaven, and sat at the right hand of God the Father. As for His sacred disciples, they returned from the Mount of Olives to Jerusalem, rejoicing because Christ had promised to send them the Holy Spirit.

It should be noted that the Mount of Olives is a Sabbath's day journey from Jerusalem, that is, the distance a Jew was permitted to walk on the day of the Sabbath. Ecumenius writes, "A Sabbath day's journey is one mile in length, as Clement says in his fifth Stromatis; it is two thousand cubits, as the Interpretation of the Acts states." They draw this conclusion from the fact that, while they were in the wilderness, the Israelites of old kept within this distance from the Holy Tabernacle, whither they walked on the Sabbath day to worship God.

Apolytikion of Holy Ascension

Fourth Tone

O Christ our God, You ascended in Glory and gladdened Your disciples by the promise of the Holy Spirit. Your blessing assured them that You are the Son of God, the Redeemer of the world.

Kontakion of Holy Ascension

Plagal of the Second Tone

O Christ our God, upon fulfilling Your dispensation for our sake, You ascended in Glory, uniting the earthly with the heavenly. You were never separate but remained inseparable, and cried out to those who love You, "I am with you and no one is against you."



Transfiguration Greek Orthodox Church
674 42nd Street
Ogden, UT. 84403

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St. Mark the Ascetic, Homilies, 2.222

Do not attempt to benefit by rebukes one who boasts of his virtues, for he loves to display himself can not be a lover of truth.



TRANSFIGURATION GREEK ORTHODOX CHURCH

674 42ND STREET, OGDEN UT, 84403 OFFICE: (801) 393-3962 TEL/FAX: (801)399-2231
WEB: HTTP://WWW.TGOC.UT.GOARCH.ORG



**“It is the day of Resurrection! O people shine forth!
Pascha, the Lord’s Pascha! From death to life and from earth to Heaven
Christ our God has transported us who sing the triumphal hymn”
KATAVASIA OF PASCHA**

May 2025

My Brothers and Sisters in Christ,

ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! CHRIST IS RISEN!

The above hymn from the Matins of Pascha encapsulates the joyous nature of the season. Through the Resurrection of our Lord, death no longer has dominion over mankind. We receive a new life, in abundance, through Christ and His Resurrection. It is truly a time to joyously rejoice.

Understanding the new life we have through the Resurrection of our Lord, we might consider what impact it has in our daily existence. There is no better time to transform our life and make the impact of the Resurrection a positive influence. Should we choose to do this, there is no telling the great things we can do through His Holy Church.

I pray that this Paschal Season is one of positive impact in our daily existence for the benefit of His Church. May our Risen Lord continue to Bless and Protect each of you.

In His Service,

Fr. Mario

PARISH ORGANIZATIONS



Parish Council

President: Kent Nabers

Vice President: Lambros Bolos **Treasurer:** Drew Wilson

Members: Bob Adams, Spencer Bird, Troy Cutruba, Mihail Stephen



Philoptochos

President: Pam Tsakalos **Vice President:**

Recording Secretary: Annie Wilson **Treasurer:**

Assistant Treasurer:

We meet the first Sunday of every month, after the Divine Liturgy in the conference room.



Ahepa

President: Mike Kolendrianos **Vice President:** Gary Pilgrim

Secretary: Travis Soderquist **Treasurer:** Nick Thiros

Education Chairman: Dr. Bob Adams **Chaplain:** Fr. Mario Giannopoulos

We meet the second Wednesday of every month at 7:00pm. Come Join us!



Daughters Of Penelope

President: Aphrodite Koloveas **Vice President:** Jeannie Olivas

Secretary: Lindsay Toulatos **Treasurer:** Larissa Dea

Priestess:

Warden:



Choir

If you would like to join the choir, please contact **Stacey Henderson**.



Sunday School

Sunday School meets every Sunday directly after Holy Communion.

If you would like more information, please contact **Travis Soderquist** or **Joan Elizondo**.



Goya

GOYA is our middle-school and high school ministry.

If you would like more information, please contact **Lindsay Toulatos**.



Hope & Joy

Hope & Joy is our pre-k through elementary school ministry. If you would like more information, please contact **Stacey Henderson**.



Book Club

We meet every Sunday after coffee hour. Anyone can join at any time!

If you would like more information, please contact **Kent Nabers**.



Youth Greek Dancing

If you would like to join, please contact **Vasiliki Chaus** or **Stacey Henderson**.

STEWARDSHIP

Christos Anesti,

Once upon a time, a festival was to be held in a certain village. To ensure there would be enough wine for the celebration, each member of the village agreed to pour one bottle of his best wine into a large cask. “If I fill my bottle with water,” reasoned one villager, “the dilution will be so slight, who will notice?” But when the feast and time for merrymaking commenced, and the cask was tapped, nothing but water poured forth. Every member in the village had reasoned alike: “My portion will not be missed!”

Each one of us has a responsibility to monetarily support the Parish. If you haven’t given yet your portion is missed. If you have, keep it up. And, if you can afford to, give a little more.

Your contribution can be accepted in the Narthex (church entrance), online (church website), and through the mail. If you have any questions about stewardship, please feel free to reach out by phone, text, or email.

Sincerely,

Troy Cutrubus
Stewardship Chair
801.430.2346 Cell
troy@cutrubus.com

Why we give Stewardship?

Each year the Parish encourages the Steward to carefully review his or her personal circumstances and make a commitment to support the Parish. We give because we are responsible for overseeing, protecting and preserving the Church and her ministries.





How much do I give?

The question is not how much do you give but how you can thank God for your many blessings? Each person should give what they are able, not reluctantly or under compulsion. The amount of the offering is not as important to God as your attitude about the gift. Give from the heart and God will love your offering.



MAY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Sunday of the Myrrh-Bearing Women Orthros 9:00am Liturgy 10:00am Sunday School	5	6	7	8	9	10
11 Sunday of the Paralytic Orthros 9:00am Liturgy 10:00am	12	13	14	15	16	17
18 Sunday of the Samaritan Woman Orthros 9:00am Liturgy 10:00am	19	20	21	22	23	24
25 No Services	26	27	28	29	30	31

FAST DAYS:

-  **Wine:** Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.
-  **Strict:** Refrain from meat, fish, oil, wine, dairy, and eggs.
-  **Fish:** Fish, oil and wine are allowed. Refrain from meat, dairy and eggs.
-  **Dairy:** Dairy, eggs, fish, oil and wine are allowed. Refrain from meat.

 **Memorial** (Mnimosino)



MEMORIALS:

May 4th : George Stefan - 4 yrs, Anca & Vasile Stefan - 20 yrs

AHEPA

& Daughters of Penelope

THE ANNUAL FUND RAISING LAMB DINNER

Saturday May 17, 2025

Schedule:

Social Hour 6:00 p.m.
Dinner 7:00 p.m.

Location:

Transfiguration Community Center
674 42ND Street
Ogden, UT 84403

How to get Tickets:

AHEPA or;
Daughters of Penelope Members or:
<http://www.ahepachapter184.org/payment.htm>

Prices:

\$50.00 per person
12 & under \$15.00

Dinner Details:

No-Host Bar
Silent Auction
Live Greek Music and Dancing
VISA & Master Card Accepted

AHEPA Mission Statement:
To promote the ancient Hellenic ideals of education, philanthropy, civic responsibility, integrity, and family and individual excellence through community service and volunteerism.

AHEPA Ogden Chapter 184
Our local Chapter has awarded over \$175,000 in scholarships. We have also raised over \$100,000 for Local, National and World Charities.

REGISTRATION NOW OPEN
This popular tournament will fill up quickly. RSVP today at ahepachapter184.org/golf.htm





Benefiting
SEAGER
MEMORIAL CLINIC
Friday, June 20th, 2025
Schneider's Riverside 5480 S Weber Drive
Riverton, UT 84015



AHEPA
American Hellenic Educational Progressive Association presents
11th Annual Charity Golf Tournament



Benefiting
Seager Memorial Clinic

Dr. Floyd Seager and his wife Daina founded the clinic September 16, 1988 with the mission to offer free medical care to the homeless, indigent, and working poor.

Today, over 300 volunteer staff the clinic carrying on the Seager's legacy. To date the clinic has surpassed 80,000 patient visits, average over 2,700 visits per year. seagerclinic.org

Schedule:

6:30am Free Driving Range
8:30am: Registration
7:00am: Shotgun Start
Greek Lunch after 18 Holes

Player Registration:

Name _____
Phone _____
Address _____
City _____ State _____ Zip _____
Email _____

Additional golfers:

#2 _____
Email _____
#3 _____
Email _____
#4 _____
Email _____

Please select from the following:

Single Player	\$125.00
Hole/Tee Sponsor	\$200.00
Single Player & Hole/Tee Sponsor	\$325.00
Team of Four Players	\$500.00
Team of Four & Hole/Tee Sponsor	\$700.00
Other Donation	\$ _____
Total	\$ _____

Registration and Payment Contacts:

Mike Kolendrianos:
801.725.1928 / mikokolendrianos@gmail.com

Troy Catrbus:
801.436.2346 / troy@catrbus.com

Register and Payment by Mail:

Payable To: AHEPA 184
AHEPA
P.O. Box
Layton, UT 84041

On-Line Payment: www.ahepachapter184.org
Email form to: ahepa.ogden.184@gmail.com

Sponsorships

Platinum	\$5,000	Silver	\$2,000
Gold	\$3,000	Bronze	\$1,000

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WASATCH FRONT
Hole-in-one Sponsor

Bronze Sponsor

REGISTRATION NOW OPEN This popular tournament will fill up quickly. RSVP today at ahepachapter184.org/golf.htm

SUNDAY SCHOOL

Sunday School is back after liturgy in the church hall.

We have 2 classes:

Age 4 through Fifth Grade - *Joan Elizondo*

Sixth Grade through Middle School - *Travis Soderquist*

We hope to see all Sunday School aged students in class
- the more the merrier



AHEPA/DAUGHTERS OF PENELOPE SCHOLARSHIPS

Our local chapters are proud to announce we will soon be accepting applications for scholarship awards for the 2025-26 academic year. Applications are available on the church website, and please note that we have moved the deadline up to May 31 so we can process them more readily and have awards ready by the Fall. Scholarship criteria and application details are available on the AHEPA Chapter 184 website.

Copies of the application will also be available in the church's narthex.



PHILOPTOCHOS

A heartfelt thank you to everyone who gave their time, talents, and love during the Lenten season.

We are especially grateful to all who helped with the Palm Sunday Pancake Breakfast and those who came to decorate the Epitaphio on Good Friday. Your dedication and service truly reflect the spirit of our faith and community.

May God bless you for your kindness and continued support!

ALTAR BOYS + KENT

A thank you to all the parents for bringing the altar boys to our Holy Week services. Your support is deeply appreciated. And a special thank you to Kent Nabers for taking the time to clean and care for our robes.

With gratitude,
Victor Dea