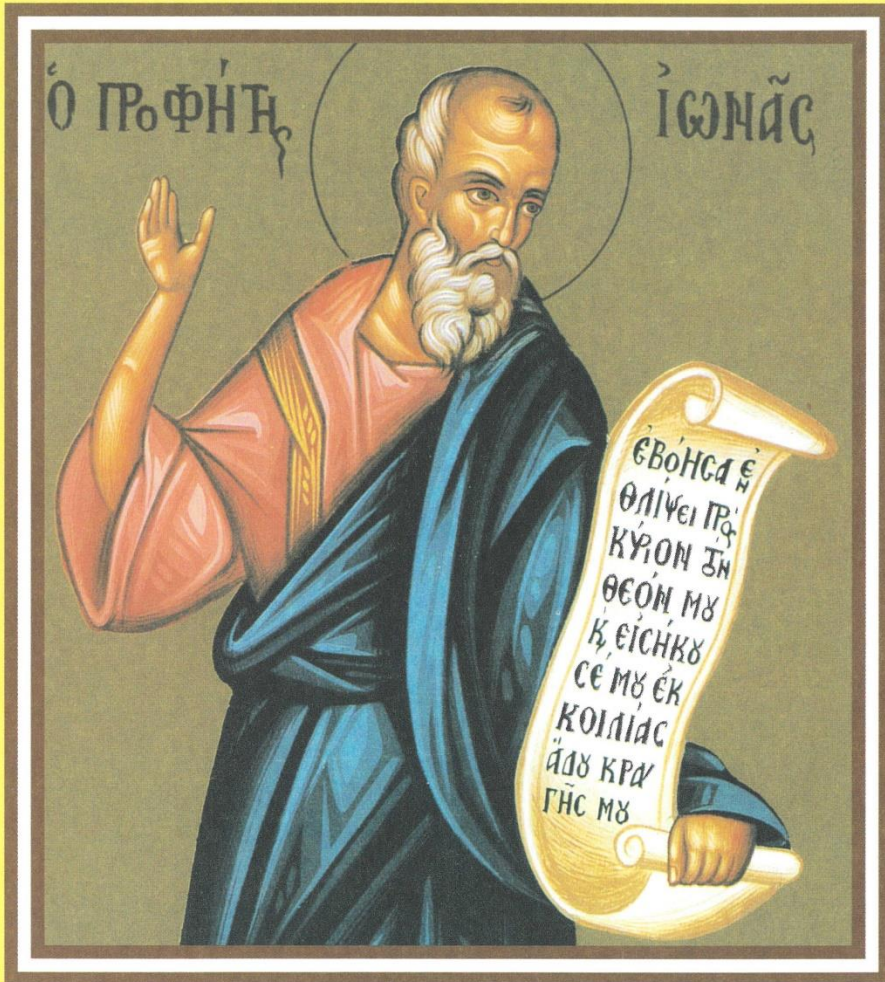




# THE RELUCTANT PROPHET



**P**ROPHET JONAH lived some 800 years before the birth of Christ. The Book of Jonah begins with God instructing him to go to the city of Nineveh in Assyria to warn the people that if they did not change their sinful ways, they would be destroyed. But Jonah does not obey God - he gets onto a ship and heads in the opposite direction!



# Holy Trinity Greek Orthodox Cathedral

## New Orleans, Louisiana

SEPTEMBER 17, 2023 - SUNDAY AFTER THE HOLY CROSS

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**Sunday, Sept. 17 8:30am Orthros, 10:00am Divine Liturgy**

Philoptochos – Pass Tray for HCHC

Philoptochos – Operation Classroom collections

12:00pm Daughters of Penelope meeting in Round Room

Monday, Sept. 18

*Father George out of town until October 12*

Wednesday, Sept. 20 7:00-8:00pm

Greek School Adults 1 (Beginners)

Thursday, Sept. 21 6:00-7:00pm

Greek School Children 3 (15-18 yr old)

7:00-8:00pm

Greek School Adults 2

Saturday, Sept. 23

9:30 -10:30am

Greek School Children 1 (6-9 yr old)

10:00am-1:00pm

Philoptochos Garage Sale item drop off through Sunday 9/24

10:30 -11:30am

Greek School Children Toddlers (3-5 yr old)

11:30am-12:30pm

Greek School Ancient Greek

3:00-5:00pm

PTA Back to School Bowling Event - Colonial Lanes, Harahan

6:00pm-9:00pm

Greek Festival Appreciation Dinner – Hellenic Center

**NO GREAT VESPERS TODAY**

**Sunday, Sept. 24 8:30am Orthros - 10:00am Liturgy – Visiting priest: Father Paul Costopoulos**

Philoptochos – Operation Classroom collections

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**YOUTH CHOIR RESUMES TODAY** - The youth choir, Byzantine Youth, will resume rehearsals after Sunday Church School beginning today. Any and all kids are encouraged to join up for some fun with singing and learning the basics of Byzantine Music. This season we will prepare for singing parts of the Divine Liturgy on December 17, the day of the Christmas Pageant. Come sing!

**PHILOPTOCHOS NEWS** - The Garage Sale will be two days: Sat. Sept. 30 and Sun. Oct. 1. Philoptochos recently mailed care packages to the 2023-24 college freshmen as they begin their first year away at school. Congratulations to Pandeli Frezoulis, Maria Vennis, and Danielle Venturatos. Philoptochos is very proud of you!

**HOLY TRINITY PTA** - Back to School Bowling, Saturday, September 23 from 3:00-5:00pm at Colonial Lanes, Harahan. All children are welcome! For more information email: **HolyTrinityCathedralPTA@gmail.com**.

**DAUGHTERS OF PENELOPE** - Membership meeting is today, Sunday, September 17 at 12 Noon in the Hellenic Center Round Room after Church services. Refreshment hostesses will be Viki Moustoukas, Christine Pappas, Gail Psilos and Carol Venturatos. All members are asked to stay for the meeting which will include initiation of new members, discussion of the Daughters of Penelope December Pastry Sale and dates for Pastry Sale workshops. Thank you - Ann Morcos, President.

**GREEK SCHOOL** - This year Greek School is offering 7 classes. One class for toddlers: an opportunity to play and read, speaking Greek. Two classes for children: Children 1 and Children 2. Students may register for either session. One class for High Schoolers (aged 14-18) with the goal of preparing them for certification in the Greek language. Two Adult classes: one for adult beginners and one for those continuing from last year. Lastly, one class in Ancient Greek, for both adults and children, to cultivate understanding and appreciation of our Biblical and liturgical language and its reach and influence in the world.

From Archbishop Elpidophoros:

## THE FEAST OF THE EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS

September 14, 2023

*O most glorious wonder! Today the Cross Which bore the Most High is beheld exalted from the earth, as a cluster of grapes full of life.*

Today, we celebrate the Universal Exaltation of the Holy and Life-giving Cross – the special Feastday of our Hellenic College and Holy Cross Greek Orthodox School of Theology. In its Exaltation, the hymns of the day call to mind that this Cross is no piece of dried and dead wood, but a living and vibrant source of spiritual refreshment. For the Cross is the Holy Trellis upon which the True Vine stretched forth as a divine cluster of grapes granting spiritual nourishment to the world. The Cross is the Sacred Arbor upon which our human nature was washed clean of sin and death by the Precious Blood of our Lord Jesus Christ, Who, as the Scripture says, “washed His robe in the blood of grapes” (Genesis 49:11).

This “blood of grapes” is a prophetic image of the Mystical Offering that we receive in every Divine Liturgy. Through our Lord’s grace and love for mankind, we partake of His Body and Blood through the ministrations of our clergy. They participate in His High Priesthood for this singular purpose – to bring that “cluster of grapes full of life” into the experience of the Faithful, so that we may be filled with the hope of eternal life.

Our beloved School is the place where our clergy are trained and prepared to make these offerings for the life of the world. Through the integration of knowledge and right (Orthodox) belief that they receive at Hellenic College and Holy Cross, they serve the Body of the Church in the preparation and distribution of the Mystical Supper, as well as in the many aspects of ministry that enliven our parishes. Therefore, let us offer all of our support and strengthen this most precious Institution of our Sacred Archdiocese, so that the Divine Cluster of Grapes may always be pressed and shared in all our communities, through the Power of the Holy and Lifegiving Cross.

With paternal blessings and love in Christ,  
† ELPIDOPHOROS Archbishop of America



All 2023 Greek Festival volunteers are invited to attend an

### APPRECIATION DINNER

**Sat., Sept. 23 from 6:00 pm at the Hellenic Cultural Center**

Booth chairpersons are kindly asked to contact their volunteers to ensure that all 2023 Greek Festival workers are aware of the event, as well as to help the Greek

Festival Executive Committee secure the number of attendees to assist with food preparations. For more information or to RSVP, please contact Angela-Fyssas-Lear at [fyssas@gmail.com](mailto:fyssas@gmail.com) or 504-554-1246.

**(Please R.S.V.P.)**

## Philotochos Fundraiser Donations Needed

**Philotochos will sponsor a garage sale on: Sat. September 30 and Sun. October 1**

Donations of gently used items such as clothes, shoes, toys, small appliances, kitchen items, glassware, baby items are needed. Please donate items you no longer need or want. Items can be brought to the Hellenic Center beginning: **Saturday, September 23 (10:00 AM to 1:00 PM) Sunday, September 24 (following liturgy) or Monday, September 25 through Friday September 29 (10:00AM - 2:00PM).** For additional drop-off times call: Cathy 504-931-8741- **Your support helps Philotochos fulfill their mission!**

While at sea, a terrible storm blows in, threatening to overturn the boat. Jonah knows that this is a direct result of God being angry with him for his disobedience. He asks the sailors to throw him in the water, and he is swallowed by a great fish. Immediately, the storm subsides.

Jonah spends 3 days and 3 nights inside the whale. He prays fervently to God, expressing his sorrow for not following the Lord's command. He vows that if he were delivered from the belly of the whale, he would now obey. God is merciful to Jonah. He causes the whale to spit him out and He commands Jonah to go to Nineveh and warn them of their impending doom. This time, Jonah obeys, declaring to the people that within 40 days they would all be destroyed by God because of their sinfulness.

When the King hears Jonah's words, he immediately takes off his royal robes and puts on a sackcloth garment. He orders his subjects to do the same, calling upon them to pray and fast.

Amazingly, Jonah is now upset because God doesn't destroy the people of Nineveh! In his mind, they don't deserve God's mercy. Jonah goes to the outskirts of town, builds a small shelter and waits for God to change His mind. The climate in Nineveh is brutally hot, so God causes a plant with large leaves to grow on the top of this shelter to shield Jonah from the sun. The next day, He causes the plant to wither and die, and the scorching sun is once again beating down on Jonah. God then says to him: "You are angry because I caused a single plant to die. And yet, you didn't want me to feel sorry for an entire city of 120,000 who needed to be taught the difference between right and wrong?"

The behavior of Jonah is typical of ours. He expects God to be merciful to him, but he becomes judgmental of God's response to others in need of forgiveness. The lesson is clear: if we expect forgiveness, we must be willing to show it.

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

**PHILOTOCHOS OPERATION CLASSROOM COLLECTION:** Elementary students, grades 3-5, need pens, pencils, 3 subject notebooks, crayons, etc. Please contribute to the Operation Classroom school supply drive. Items can be left at the Philotochos table in the Coffee Room. We are still collecting copy paper and other teacher supplies. Thank you for your support.

Deadline for submissions for the Sunday Bulletin is Wednesday.

Deadline for submissions for the October Flame is Monday, September 18.

Send all notices to [secretary@holytrinitycathedral.org](mailto:secretary@holytrinitycathedral.org) and to [frgwilson@gmail.com](mailto:frgwilson@gmail.com)

## **Holy Trinity Cathedral** **Greek Orthodox Community of New Orleans**

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