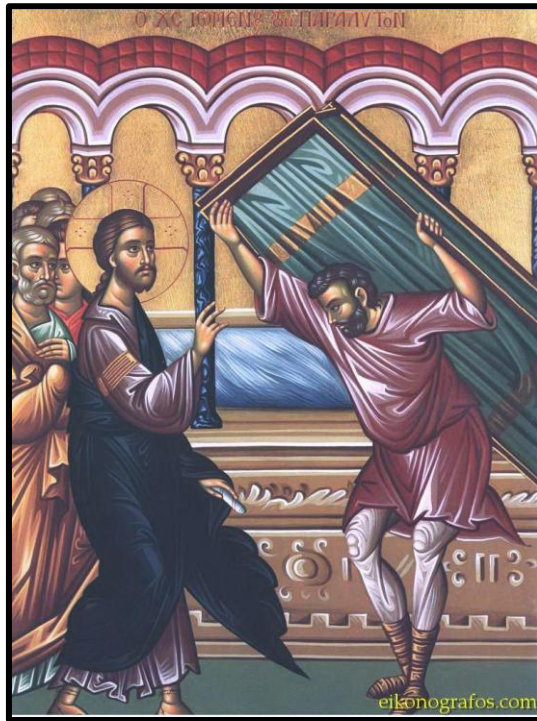


HOLY TRINITY ORTHODOX CHURCH

140 Horseheads Blvd., Elmira Heights, NY • 607-732-3980

Rector: Fr. David Cowan • Deacon S. Michael Karney

Email: frdavidcowan@gmail.com • www.holytrinityorthodoxchurch.org



Sunday, May 3, 2026 – Tone 3
Fourth Sunday of Pascha – The Paralytic
CHRIST IS RISEN! INDEED HE IS RISEN!

110th ANNIVERSARY CELEBRATION!
PENTECOST WEEKEND – MAY 30-31, 2026

Archbishop Michael will lead the Divine Services:
Saturday, May 30, 5 PM – Great Vespers & Litya
Sunday, May 31, 9 AM – Greeting the Archbishop
and Celebration of the Hierarchical Divine Liturgy
Festive Banquet Follows, in the Ministry Hall

Upcoming Events:

Family Day BBQ & Campfire Event,
at the Stewarts' Farm – August, Date TBA
Wednesday, September 30, 7 PM – Visiting Speaker,
Abbot Sergius from St. Tikhon's Monastery

EVERYONE IS INVITED! LET'S CELEBRATE!



SERVICES AND ACTIVITIES

Most Services May Be Joined by Live Stream at our YouTube Channel:

<https://www.youtube.com/@holytrinitychurchelmira>

or go to www.YouTube.com and search for "Holy Trinity Church Elmira Heights NY"

Sunday, May 3 – Paralytic Sunday, 4th Sunday of Pascha – Please Welcome Fr. John & Matushka Denise Stefero

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, Followed by Fellowship Hour

2:00 PM *Wedding – The Mystery of Crowning in Marriage* of Steven Follansbee and Nicole Chwastiak

Tuesday, May 5

7:00 PM "Into the Narrow Gate" Zoom Adult Study Class for Inquirers and Catechumens (**note start time**)

Wednesday, May 6 – Midfeast (Midpoint Between Pascha and Pentecost)

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*

Saturday, May 9

5:00 PM *Great Vespers*; Confession Available Afterward

Sunday, May 10 – The Samaritan Woman, 5th Sunday of Pascha – Mother's Day

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, Followed by Fellowship Hour and Mother's Day Lunch, Hosted by the Men's Group

SCRIPTURE READINGS

EPISTLE Acts 9:32-42 In those days: As Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord. **GOSPEL**

John 5:1-15 At that time: Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk?'" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

***Grave Blessings are scheduled for Sunday, May 17, 1 PM,
at our Holy Trinity Church Cemetery, 123 Legion Road, Elmira.***

Prayer List

Memory Eternal: Infant Avery; Monique and her unborn child; Victoria, Madison; Margaret; Sergei; Stephanida; Robert; Jay, Sophie, Athena; Olga; Deacon Andrei; Mario, Justin, Christian; Sophia; John, Daniel; Hunter; Liudmila; Jerry. Ever-memorable Lindsey Elaine Devens (birthday 5/8). All those taken from us by sickness, violence, injury and disaster.

For Health: Steven Follansbee & Nicole Chwastiak, being Crowned in Marriage today; Newly Chrismated William & Lyndsey Ruth Stewart and their sponsors Zachary & Amy; Antonina Weeks; Kathleen Loveland; Matushka Kathryn; Mat. Anastasia Molodyko-Harris; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Katrina; Susan; Andrea; Agnes; Richard; Charles; Andrew; Carl; Jay; children Michael & Rory; Thomas; Michael; Julee; Many; Olga; Patricia; Joyce; Matrona; Brooke; Tyler; George; expecting mothers Anastasia Kappanadze, Sarah, Catherine, Eyerin, Lyndsey, Presbytera Krista Fedorchak, Matushka Margaret Brady and the children to be born to them; infant Natalie & Ana; James; James & Deborah; John; Scott & Casey, Child Hannah, Joshua, Ilsa, Erica, Harry, Caitlin, Helen, Sierra; Nicholas, Anna; Catechumens Raychel, Oliver, Madeline, Tomas, Camron, Logan, Robert, William & Mayona; Richard & Sandra.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. John Holoduek; Fr. Volodymyr Zablotsky; Deacon Michael Speck; Matushka Ellen Chupeck; Paolo; child Isaac; Alan & Lauren; Natalia; Ken, Patricia; Michael; Mary, Luna, Liam, Fiona; Vasyl, Maria, Tanya, Hanna, Matthew, Steven, Patricia; Maria; child Isaac; Laura, Kathie; Denise; Sasha, Aurora, Anastasia & Margaret; soldiers Ryan, Nathaniel, Anthony & Joseph; Maria, Gennady, Tatiana, Andrej, Elena, Vladislav, Emilia, Alexander, Anastasia, Anna, Andrej, Stanislav; Maryann, John, Nicholas, Jessica. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. All those afflicted by warfare in Iran, Ukraine, and around the world. **Name Day:** Brigid Irene Fanaro (Martyr Irene 5/5).

Birthdays: Skip Orcutt (5/2); Lily & Jesse Lewis (Robert's kids, 5/3 & 5/6). Meredith Lamprinos, Kyra Hojnicky & Luka Herman (5/4); Alexei Cheplick (5/6); Samuel Wadsworth (Justin's son, 5/8); Barbara Harrington (Abp. Michael's sister, 5/8). **Anniversary:** Archbishop Michael (16th Anniversary of Consecration as Bishop, 5/8). **Traveling:** Justin & Madelon; Amy & Andy preparing to travel.

Parish Children:

Lucia	Hannah	Jeremiah	Andrew	Myra	Ezekiel	Aalyiah	Sophia		
Lydia	Natalie	Emilia	Patrick	Sophia	Rdr. Dmitri	Jonah	Gabriel		
John	Nikolai	Melania	Alexei	Justus	Elea	Samuel	Gabriel		
Michael	Hannah	Raphael	Verity	Julie	Michelle	Shea	Jack		
Oliver	Anthony	Evangeline	Alfred	Rosemary	James	Brigid	Anna	Dorothea	
Joephine	Killian	Rory	Levi	Azariah	Elijah	Galilee	Lydia	Sandra	Mayona

College Students: Larissa Cheplick – Daemen College • Julianna Cheplick – SUNY Delhi •

Thomas Cheplick – Corning Community College • Nathan Devens – SUNY Cobleskill •

Nadia Powers – SUNY Buffalo • Angelina McKane – West Point Academy • Madeline Cieslak – Elmira College

Cynthia Mathai, Mihaela Toader, Anastasia Shikula & Magdalena Botrous – LECOM Elmira

Please give prayer requests to Fr. David, Dn. Michael, or a Reader.

Typically, parish prayer requests remain on this list for 40 days.

READER SCHEDULE: May 2nd – May 9th Reader Alexander

FELLOWSHIP HOUR HOSTING SCHEDULE

May 3 Lamprinos / Martelli Families ♦

10 Mother's Day Breakfast, Hosted by the Men's Group ♦ 17 Rinchack / Stewart Families ♦ 24 King Families ♦

31 Pentecost – 110th Anniversary Celebration with Archbishop Michael

CHOIR REHEARSAL SCHEDULE

Saturday, May 16, 3:30 PM ♦ Sunday, May 24, after Liturgy

CHURCH CLEANING SCHEDULE – 5/3 Nina ♦ 5/10 Amy ♦

5/17 Mat. Katie ♦ 5/24 Amy ♦ 5/31 Nina

COFFEE HOUR SUPPLIES – DONATIONS GRATEFULLY ACCEPTED FOR:

Spoons ♦ Hot Drink Cups ♦ Juices ♦ Napkins

CELEBRATING OUR 110TH PARISH ANNIVERSARY

Voluntary Donations for the Celebration

If you wish to sponsor one or more of the following items, please make a check mark in the blank.

Please place the name(s) of loved ones you wish to commemorate in the spaces at the bottom.

Pentecost Beautification for Church \$ _____

Guest Speaker Event 9/30 with Fr. Sergius \$ _____

110th Anniversary Banquet \$ _____

“As Needed” for the Celebration Events \$ _____



Holy Trinity Orthodox Christian Church, Elmira Heights, NY • Pentecost 2004



SENDING YOUR DONATION

My donation(s) are with prayers for:

Deceased Loved Ones

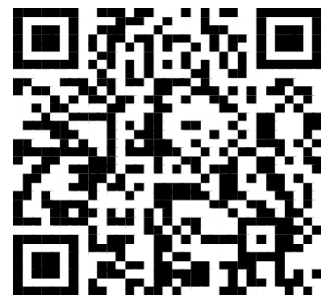
Living Loved Ones

(Feel free to list different names for items –
for example, “Lilies in memory of Mary Smith, Roses in memory of John Jones.”)

Donated by _____

Your phone number _____

Email _____



Give Online with
QR Code; select “110th Anniv.”
under “Please Choose Fund”,
and type specific items
in the Memo section if you wish.

Please either bring your donations to church and give them to Fr. David or to Toni Weeks (Parish Treasurer), or mail them to Holy Trinity Orthodox Church, 140 Horseheads Blvd., Elmira Heights, NY 14903. **Thank you!**

SOLID OFFERINGS FOR ORTHODOX PARENTS, FROM FAITHTREE RESOURCES

INTRODUCING

THE Collective

Free monthly guides for Orthodox parents
navigating the world their children are actually living in.

Raising kids today is genuinely hard. The platforms change, the language changes, and it can feel like your child is swimming in an ocean you can't quite see—let alone navigate with them. You want to stay close. You just need the tools to do it.

That's why our friends at Faithtree Resources partnered with Axis, one of the most trusted voices in the country for helping Christian parents understand youth culture, to bring Orthodox Christian families a new parent guide every single month. Each guide goes deep on one piece of the cultural landscape your child is navigating, delivered with an Orthodox lens.

TOPICS INCLUDE:

- Teen slang and online language
- Social media platforms and trends
- The pressures your kids are facing
- Questions they're asking—and the ones they're not

It's free. It lands in your inbox. New guide every month.

Sign up at faithtree.org/collective



Orthodox
Christian
Parenting
with Michelle Moujaes

New Episodes
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**Visit FaithTree's YouTube Channel at
<https://www.youtube.com/@FaithtreeResources>**



Formerly called
"Cities RISE"

Building Hope

Community Clean-up

WORKING TOGETHER. IMPROVING OUR COMMUNITY.

Join us!

*We need your help to spruce up
a neighborhood in Elmira*

Friday & Saturday, June 26 & 27, 2026

9 am to Noon—Elmira, NY

Volunteers are needed to help with trimming hedges, cutting weeds, trash pick-up, minor repairs, & painting.

Volunteers will receive a t-shirt and snacks.

(Location to be determined)

**REGISTER TO VOLUNTEER BY
June 15th**

www.chemungcountyhabitat.org/events or scan QR code.



This event is generously sponsored by a grant from
CORNING, INCORPORATED—Community Impact Division