

HOLY TRINITY ORTHODOX CHURCH

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

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

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Sunday, March 24, 2024 – Tone 1 – First Sunday of Lent The Triumph of Orthodoxy ♦ The Restoration of Icons Forefeast of the Annunciation of the Theotokos

MEMORY ETERNAL: + BETTY JANE KERRICK

A former member of our parish, + Betty Kerrick, fell asleep in the Lord on Saturday, March 9.
A graveside Memorial Service was held for Betty at our cemetery on March 14.

May + Betty's memory be eternal!

TEEN SERVICE EVENT; THIS FRIDAY, 9 AM – 1PM, ELMIRA COMMUNITY KITCHEN

Dear Parents of Teens: This Friday, March 29, from 9 AM to 1 PM, our Teen Group has been invited to serve lunch at Elmira Community Kitchen. We will meet at the Elmira Community Kitchen, 160 High Street, Elmira. This community meal is run by Catholic Charities to help the lonely, the impoverished, and the homeless people of Elmira.

Since March 29 is Western Good Friday, our teens are not in school. Our hope is that many of our teens and parent chaperones can join us from 9am - 1pm in serving "the least of these" (Matthew, Chapter 25 - the Gospel we heard in Church two Sundays ago).

We will prep and serve the luncheon, and we will clean up afterwards.

Great Lent is a time to strengthen our soul with prayer, fasting, and good works. Let us show our neighbors we love them sacrificially, whether they believe as we do or not.

Please respond and let us know if your teen(s) can attend. Parent chaperones are welcome too! Then we will send more details to you. But if you have any questions before then, please feel free to contact us.

With love in Christ, Fr. David, Mat. Tamara, Mary-Carol and Antonina

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"

Today – Sunday, March 24 – 1st Sunday of Lent, The Triumph of Orthodoxy and the Restoration of Icons

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, with Icon Procession; Followed by Fellowship Hour & Church School

4:00 PM *Vespers* for the Feast of Annunciation –

at Annunciation Greek Orthodox Church, 4121 Ohara Drive, Vestal; Reception Follows

Monday, March 25 – Great Feast of the Annunciation of the Most-Holy Theotokos

9:00 AM *Vespers and Divine Liturgy* for the Feast of the Annunciation

Wednesday, March 27

5:30 PM Confessions

6:30 PM *Liturgy of the Pre-Sanctified Gifts*, Followed by Lenten Pot Luck

Friday, March 29

9:00 AM – 1:00 PM Teen Group Serving Lunch at the Elmira Community Kitchen, 160 High Street, Elmira

6:30 PM *Akathist* For Those Who Are Fallen Asleep

Saturday, March 30 – "Soul Saturday", 2nd Saturday of Lent

9:40 AM *Third and Sixth Hours*

10:00 AM *Memorial Divine Liturgy*; Choir Rehearsal Afterward

3:30 PM Youth Choir Rehearsal

5:00 PM *Great Vespers*, Confessions Afterward

Sunday, March 31 – 2nd Sunday of Lent: St. Gregory Palamas

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, Fellowship Hour, Church School & Teen Group

SCRIPTURE READINGS

EPISTLE Hebrews 11:24-26, 32-12:2 Brethren: By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented – of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

GOSPEL John 1:43-51 At that time, Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote – Jesus of Nazareth, the son of Joseph." And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!" Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these." And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

Prayer List

Memory Eternal: Archpriest Herman Schick (+3/16/24); Betty Kerrick (+3/9/24); Jerry; Randy; Natalie; Daniel; Victoria, Annette, Daniel; Karl; Melissa; Eileen; Evette, Andrew, David; Dorothy. Ever-memorable Elizabeth Holobinko (3/21/23). All those taken from us by sickness, violence, injury and disaster.

For Health: Newborn Elliot Andrew Rinchack; recovering Elizabeth, Meredith, Patrick, child Patrick & Kathleen; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; Mat. Cynthia Schick; Paul Urda; Michael; Richelle; Dennis; Tim; Veronica; Sebastian & Victoria; Margaret; David, Shelley; Roberto; Jim; Shawn; Gregory; Patricia; Carl; Olga; Edward; Nancy; David; James; Julie; Antonina; Brooke; Elena; Tyler; Dmitri; expecting mothers Elena, Rachel, Kathryn, Lauren, and the children to be born of them; Deborah; Juliana; John; Christa; Scott & Casey, Child Hannah, Joshua, Ilsa, Erica, Caitlin, Helen, Ruth, Katherine, Sierra; Nicholas, Sergei; Nancy; Anna; Catechumens Stephen, Raychel, Jason & Oliver.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Bishop MATTHIAS; Archpriest Maryan Chaykivsky, Archpriest Matthew Searfoorce; Subdeacon Peter; Kanjana, Maria, Vaslya; George; Diane; Margaret; Lidia, Mark, Beth, Colm, Sarah; Felix, Michael; Ellen, Susana, David, Kathy; Alexis, Richard, Bonnie, Mary, Masha, Joseph, Alexander, Dimitri, Roman, Alexander, Tikhon, Dennis, Alexander, Michael; Riley, Tyler. All the clergy, faithful and their families of the Diocese of New York and New Jersey. **Name Days:** Reader Gabriel Cowan, Gabriel Charlanow, Gabriel Hendershot, Gabriel Rinchack (Archangel Gabriel, 3/26). **Birthdays:** Ilsa Gomez (Kevin's mom, 3/22). Michelle Davis (3/22), Mildred Cheplick (3/23), Shirley Cheplick (3/27), Anysia Lyon (3/30).

Parish Children:

Lucia	Hannah	Jeremiah	Andrew	Myra	Ezekiel	Aalyiah	Sophia
Lydia	Natalie	Emilia	Patrick	Sophia	Rdr. Dmitri	Jonah	Gabriel
Angelina	John	Thomas	Nikolai	Melania	Alexei	Nadia	Rdr. Gabriel
Justus	Elea	Samuel	Gabriel	Michael	Hannah	Raphael	Verity
Julie	Michelle	Aiden	Shea	Jack	Oliver	Elizabeth	Anthony
Evangeline	Alfred	Rosemary	James	Brighid	Dorothea		

College Students: Nathan Devens – SUNY Cobleskill

Larissa Cheplick – Daemen College • Julianna Cheplick – SUNY Delhi

Anastasia Shikula & Magdalena Botrous – LECOM Elmira

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

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

READERS' SCHEDULE

Mar. 23rd – Mar. 30th: Mary Carol Haluszczak (2nd Week of Lent, Annunciation 3/25, Memorial Sat 3/30)

Mar. 30th – April 6th: Mat. Tamara & Reader Gabriel (3rd Week of Great Lent & Memorial Sat. 4/6)

April 6th – April 13th: Reader Alexander (4th Week of Great Lent & Memorial Sat, 4/13)

April 13th – April 20th: Reader Dmitri (5th Week of Great Lent)

April 20th – April 27th: Emilia Karney, Natalie Karney & Lydia Dudek (6th Week of Great Lent & Lazarus Sat 4/27)

April 27th & 28th: Reader Alexander (Palm Sunday) ♦ Holy Week: All Readers – special schedule TBA

FELLOWSHIP HOUR HOSTING SCHEDULE

March 24 Cusick & Hults Families (Great Lent) ♦ March 31 King Families ♦ April 7 Haluszczak & Dudek Families

April 14 Charlanow Family ♦ April 21 Fanaro Family ♦ April 18 Rinchack & Cowan Families

May 5 PASCHA Agape Meal ♦ May 12 Parish Luncheon with Archbishop Michael

PASTORAL CARE – GENERAL INFORMATION

Emergency Sick Calls can be made at any time. Please call Father David at 732-3980, when a family member is taken to the hospital.

Anointing In Sickness: The Sacrament of Unction is available in Church, the hospital, or your home, for any Orthodox Christian who is sick, however severe. If you are preparing for surgery (or recovering from it), please call Father.

Marriages and Baptisms require early planning, scheduling, and selection of sponsors (crown bearers or godparents). See Father before booking dates, choosing sponsors, and reserving reception halls.

Funerals are celebrated for practicing Orthodox Christians who have not declined the Sacraments.

The Church opposes cremation; we cannot celebrate funerals for cremated persons.

Lenten Teen Retreat

Contemporary Issues:
Gender, Sexuality,
and Relationships



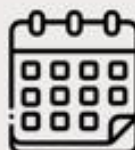
Join us for an enlightening and engaging weekend
of fun, prayer, and fellowship
-Open to all dioceses and jurisdictions-
No fee to attend!



April 12-14, 2024

MIDDLE & HIGH SCHOOL STUDENTS

FROST VALLEY YMCA
CLARYVILLE, NY



REGISTER BY
MARCH 31, 2024



Sponsored by the OCA Diocese of New York and New Jersey's Department of Youth Ministry
Questions? Email admin@nynjocayouth.org



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MARCH – APRIL 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 FORGIVENESS 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Forgiveness Vespers; Cheese-fare Sunday Fellowship	18 CLEAN MONDAY 6:30 PM Great Canon of St. Andrew of Crete	19 CLEAN TUESDAY 6:30 PM Great Canon of St. Andrew of Crete	20 CLEAN WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	21 CLEAN THURSDAY <i>In Rochester: Funeral for + Archpriest Herman Schick</i>	22 CLEAN FRIDAY 9:30 AM Pre-Sanctified Liturgy 6:30 PM Great Canon of St. Andrew of Crete	23 1ST SAT. OF LENT 5:00 PM Great Vespers and Private Confession
24 ORTHODOXY SUN. 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School 4 PM Pan-Orthodox Vespers for Annunciation; Greek Orthodox Church of the Annunciation, Vestal	25 2ND MONDAY 9:00 AM Vespers and Divine Liturgy: Annunciation of the Most-Holy Theotokos	26 2ND TUESDAY 6:30 PM Great Canon of St. Andrew of Crete	27 2ND WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	28 2ND THURSDAY <i>Diocesan Council Meets, Bronxville, NY</i>	29 2ND FRIDAY 9:00 AM – 1:00 PM Serving Lunch at Elmira Community Kitchen 6:30 PM Akathist for the Departed	30 2ND SAT. OF LENT 9:40 AM 3 rd & 6 th Hours 10:00 AM "Soul Saturday" Memorial Divine Liturgy; Choir Rehearsal 5:00 PM Great Vespers and Private Confession
31 ST. GREGORY PALAMAS 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School; Teen Group	APRIL 1 3RD MONDAY	2 3RD TUESDAY	3 3RD WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	4 3RD THURSDAY	5 3RD FRIDAY 9:30 AM Pre-Sanctified Liturgy 6:30 PM Men's Group	6 3RD SAT. OF LENT 9:40 AM 3 rd & 6 th Hours 10:00 AM "Soul Saturday" Memorial Divine Liturgy; Choir Rehearsal 3:30 PM Youth Choir 5:00 PM Great Vespers and Private Confession
7 SUN. OF THE CROSS 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School	8 4TH MONDAY	9 4TH TUESDAY	10 4TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	11 4TH THURSDAY	12 4TH FRIDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy	13 4TH SAT. OF LENT 9:40 AM 3 rd & 6 th Hours 10:00 AM "Soul Saturday" Memorial Divine Liturgy 3:30 PM Youth Choir 5:00 PM Great Vespers and Private Confession
14 ST. JOHN / LADDER 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School; Teen Group; Choir Rehearsal	15 5TH MONDAY 6:30 PM Parish Council Meeting – in the Church	16 5TH TUESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	17 5TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy	18 5TH THURSDAY <i>NY State Deanery Clergy Meeting, Syracuse</i> 6:30 PM Great Canon of St. Andrew; Life of St. Mary of Egypt	19 5TH FRIDAY 6:30 PM Pre-Sanctified Liturgy	20 5TH SATURDAY 3:30 PM Youth Choir 5:00 PM Great Vespers and Private Confession



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APRIL (CONTINUED) – MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APR 21 ST MARY OF EGYPT 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School; Choir Rehearsal	22 6 th MONDAY	23 6 th TUESDAY	24 6 th WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	25 6 th THURSDAY	26 6 th FRIDAY	27 LAZARUS SAT. 9:00 AM Children's & Families' Confessions 9:40 AM 3 rd and 6 th Hour 10 AM Liturgy/ Breakfast Decorating the Church 5:00 PM Vespers & Liza, Palm Sunday; Blessing Palms & Willows; Confession
28 PALM SUNDAY 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Blessing of Palms & Willows; Fellowship Hour; Church School; Teen Group; Choir Rehearsal 5:00 PM Bridgroom Matins	29 HOLY MONDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	30 HOLY TUESDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	MAY 1 HOLY WEDNESDAY 5:30 PM Confessions 6:30 PM Matins of Holy Thursday, Followed by Holy Unction and Anointing	2 HOLY THURSDAY 10:00 AM Vespers Liturgy; Holy Thursday	3 GREAT & HOLY FRIDAY 9:00 AM Royal Hours 3:00 PM Vespers of Holy Friday; Light Meal After 7:00 PM Matins with Procession of Shroud; Teen Watch at the Tomb	4 HOLY SATURDAY 10:00 AM Vespers Liturgy; Holy Saturday 11:30 PM Nocturns, Procession, Matins, Liturgy of PASCHA, Bless Baskets, Agape Breakfast
5 HOLY PASCHA 1:00 PM Vespers of PASCHA	6 BRIGHT MONDAY 9:30 AM Paschal Hours 10:00 AM Paschal Divine Liturgy of Bright Monday, with Cross- Procession Outside	7 BRIGHT TUESDAY	8 BRIGHT WEDNESDAY	9 BRIGHT THURSDAY	10 BRIGHT FRIDAY	11 BRIGHT SATURDAY <i>Morning: Liturgy & Open House at St. Andrew's Camp</i> Archbishop Michael Visiting: 5:00 PM Great Vespers
12 ST. THOMAS SUNDAY Archbishop Michael Visiting: 9:00 AM 3 rd & 6 th Hours 9:30 AM Liturgy; Fellowship Hour	13	14	15	16	17	18 5:00 PM Great Vespers and Private Confession
19 MYRRH-BEARERS 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour and Church School	20	21	22	23	24	25