

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, April 7, 2024 – Tone 3

Third Sunday of Lent

The Veneration of the Cross

Saint Tikhon of Moscow, Apostle to America (+1925)

The Great Fast of Lent continues

until Holy PASCHA (Easter), Sunday, May 5, with the Paschal Divine Liturgy.

“Fasting is acceptable to God when abstaining from food is accompanied by refraining from sins, from envy, from hatred, from slander, from vainglory, from talkativeness, and from other evils.” – St. Photios the Great

UPCOMING EVENTS (AFTER PASCHA) ... MARK YOUR CALENDAR:

- **St. Andrew’s Camp Open House**, Bright Saturday, May 11, 9:30 AM, at Camp, 1280 SR 49, Jewell, NY
- **Archbishop Michael Visits Our Parish**, Sat.-Sun., May 11-12
- **Altar Server Retreat**, Sat., June 15, Saints Peter and Paul Church, 210 Hill Avenue, Endicott

SERVICES AND ACTIVITIES

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

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

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

Today – 3rd Sunday of Lent: Sunday of the Cross; Repose of St. Tikhon of Moscow, Apostle to America

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy, Fellowship Hour, Church School; Special Parish Council Meeting

*** All Are Welcome to Attend Pan-Orthodox Sunday Vespers in Painted Post. See below. ***

4:00 PM Southern Tier Lenten Mission Vespers – at St. Mary Church, 61 Canada Rd., Painted Post

Wednesday, April 10

5:30 PM Confessions

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

Friday, April 12

5:30 PM Confessions

6:30 PM Liturgy of the Pre-Sanctified Gifts

Saturday, April 13 – "Soul Saturday", 4th Saturday of Lent

9:40 AM Third and Sixth Hours

10:00 AM Memorial Divine Liturgy

3:30 PM Youth Choir Rehearsal

5:00 PM Great Vespers, Confessions Afterward

Sunday, April 14 – 4th Sunday of Lent: Sunday of Saint John of the Ladder

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy, Fellowship Hour, Church School, Teen Group, Choir Rehearsal

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



There's
still time
to sign up!



**THERE'S STILL
TIME TO
SIGN UP
FOR THE
DIOCESAN
TEEN RETREAT!**

SCRIPTURE READINGS

EPISTLE Hebrews 4:14-5:6 Brethren: Having a great High Priest Who has passed through the heavens, Jesus the Son of God, let us hold fast to the confession. For we do not have a High Priest Who cannot have compassion on our infirmities, but one tempted in all things like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is ordained for men in things pertaining to God, that he may offer both gifts and sacrifices for sins; who can have compassion on those who are ignorant and going astray, since he himself is also beset by weakness. Because of this he is required, as for the people, so also for himself, to offer for sins. And no man takes this honor unto himself, but he that is called by God, as was Aaron. So Christ also did not glorify Himself to become High Priest, but He that said unto Him: "Thou art My Son, this day have I begotten Thee." As He said also in another place: "Thou art a priest forever after the order of Melchizedek."

GOSPEL Mark 8:34-9:1 At that time, when Jesus had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels." And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

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.

Prayer List

Memory Eternal: Edward Hojnicky; Matushka Anastasia Chupeck; Simeon; John; Stephen & Deborah; Archpriest Herman Schick; Archpriest Anthony Karbo; Betty Kerrick; Jerry; Randy; Natalie; Daniel; Victoria, Annette, Daniel; Karl; Melissa; Eileen; Evette. Ever-memorable Antoinette Adamovich. All those taken from us by sickness, violence, injury and disaster.

For Health: Newborn Elliot Andrew Rinchack; Paul & Mildred Urda; recovering Julianna, Meredith, Patrick, child Patrick; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; Mat. Cynthia Schick; Eileen (Paul Urda's sister); Don (Sue Hults' dad); Michael; Richelle; Dennis; Tim; Veronica; Sebastian & Victoria; Margaret; David, Shelley; Roberto; Jim; Shawn; Gregory; Patricia; Carl; Olga; Nancy; David; James; Julie; Antonina; Brooke; Elena; Tyler; Dmitri; expecting mothers Matushka Krista, Matushka Mihaela, 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; Fr. Terenti Wasielewski; Fr. Maryan Chaykivsky, Fr. Matthew Searfoorce; Subdeacon Peter; Konstantin, Svetlana, Nikita, Marina, Ilya, Svetlana, Tania; Alexander; Anastasia, Julia; Ann Marie and the child to be born of her, Justin; Paul, Robert; Helen, Anna; Paula; Aurelia, Elena; Rosemary; Tina, Riley, Matthew, Joan; Kanjana, Maria, Vaslya; George; Diane; Margaret; Lidia, Mark, Beth, Colm, Sarah; Felix, Michael; Ellen, Susana, David, Kathy; Alexis, Richard. All the clergy, faithful and their families of the Diocese of New York and New Jersey. **Birthdays:** Michael Karney, Sr. (4/7), Abbot Sergius, of St. Tikhon's Monastery, and Kathleen Kohena (4/8).

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	Brigid	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

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

April 7 Haluszczak & Dudek Families ♦ April 14 Charlanow Family

April 21 Rinchack & Cowan Families ♦ April 28 Fanaro Family ♦ May 5 PASCHA Agape Meal

May 12 Parish Luncheon with Archbishop Michael ♦ May 19 Angelo, Gomez, and O'Brien Families

May 26 Cheplick Families ♦ June 2 Karney Families ♦ June 9 Weeks & Turic Families

June 16 Cusick & Hults Families ♦ June 23 Pentecost Parish Potluck ♦ June 30 King Families

CHURCH CLEANING SCHEDULE

April 7 Amy Rinchack ♦ April 14 Matushka Katie ♦ April 21 Nina Dudek

April 28 Toni Weeks ♦ May 5 Amy Rinchack ♦ May 12 Matushka Katie ♦ May 19 Nina Dudek ♦ May 26 Toni Weeks

Join the *Beauty Team!*



We are called to sanctify time by participating in the Feasts of the Church. An especially meaningful way to participate in the Feasts is to adorn the Festal Icon or The Cross with the God-created beauty of *flowers*.

Consider signing up to offer flowers and decorate the icons of one of these feast days below:

Flower Ministry Schedule 2024

Dates shown are when flowers will be placed, in preparation for the Feast.

March 24	Annunciation to the Theotokos	Mat. Tamara
April 6	3 rd Sunday of Lent, Veneration of the Cross	Fanaro Family
April 27	Entry into Jerusalem, Palm Sunday	Parish Youth
May 3	Holy Friday, Tomb of our Lord	Parish Youth
May 4	Pascha	_____
June 22	Pentecost	_____
August 14	Dormition of the Theotokos	Antonina Weeks
September 7	Nativity of the Theotokos	_____
September 13	Exaltation of the Life Creating Cross	_____
November 20	Presentation of the Theotokos into the Temple	_____
November 30	Christmas Tree	Parish Youth
December 23	Nativity of Our Lord	_____

To sign up, please see Matushka Tamara.

PASCHA 2024 – HOLY TRINITY CHURCH, ELMIRA HEIGHTS DECORATIONS, LITURGICAL ITEMS & FELLOWSHIP

Voluntary Donations for the Pascha 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.

Thank you, and may God grant you a spiritually fruitful Holy Week journey – and a most joyous PASCHA!

CANDLES

- Beeswax Candles for Holy Thursday Evening –
The 12 Passion Gospels Service\$25.00
- Beeswax Candles for Holy Friday Evening –
The Lamentations Service\$25.00
- Vigil Candles for the Holy Altar Table\$25.00
- Vigil Candles – Tetrapod (Center Table)\$25.00

SACRAMENTAL & LITURGICAL ITEMS

- Sacramental Wine\$50.00
- Rose incense\$25.00
- Rose oil (Great and Holy Friday)\$25.00
- Eucharistic Breads\$25.00

“BREAKING BREAD” PARISH FELLOWSHIP

- Holy Friday Supper Supplies\$25.00
- Pascha Night Agape Breakfast\$50.00



SENDING YOUR DONATION

My donation(s) are with prayers for:

Departed Loved Ones _____

Living Loved Ones _____

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

Donated by _____

Your phone number _____ Email _____

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!