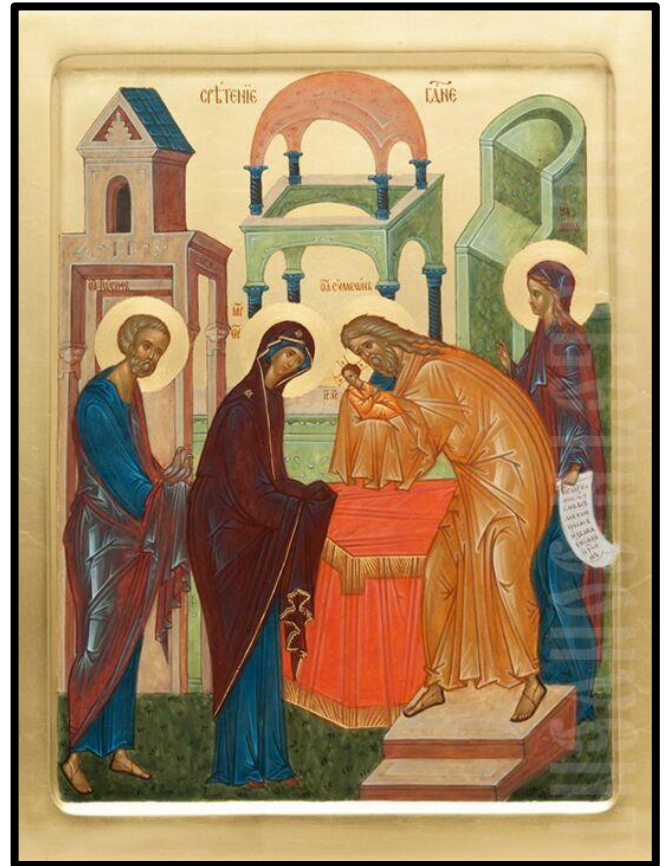
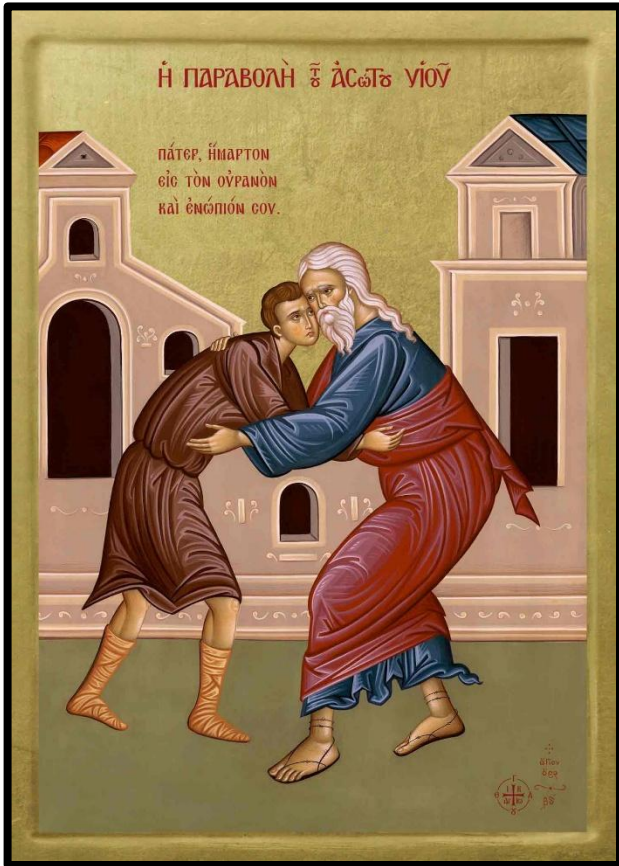


# HOLY TRINITY ORTHODOX CHURCH

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

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

Email: [frdavidcowan@gmail.com](mailto:frdavidcowan@gmail.com) • [www.holytrinityorthodoxchurch.org](http://www.holytrinityorthodoxchurch.org)



**Sunday, February 8, 2026 – Tone 2**

**Sunday of the Prodigal Son**

**Second Sunday of the Lenten Triodion**

**Afterfeast of the Meeting of the Lord in the Temple**

## **THANK YOU, TEENS!**

A big thank you and congratulations to our Teen Group for last Sunday's Costume Party—  
a fantastic kick-off to our 110<sup>th</sup> Anniversary!

Please be sure to let our teens know how much you enjoyed the party!

**Home Blessings are still happening!**

Contact Fr. David to schedule yours, at 732-3980 or [frdavidcowan@gmail.com](mailto:frdavidcowan@gmail.com)

## 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](http://www.YouTube.com) and search for "Holy Trinity Church Elmira Heights NY"

### Today – Sunday of the Prodigal Son

8:40 AM 3<sup>rd</sup> and 6<sup>th</sup> Hours

9:00 AM Divine Liturgy, Followed by **Parish Chili Cookoff** During Fellowship Hour; Church School

### Saturday, February 14

5:00 PM Great Vespers; Private Confession Available Afterward

### Sunday, February 15 – Sunday of the Last Judgment – Meatfare Sunday

8:40 AM 3<sup>rd</sup> and 6<sup>th</sup> Hours

9:00 AM Divine Liturgy, Fellowship Hour Meatfare Potluck; Church School, Teen Group & Choir Rehearsal

### Tuesday, February 17

6:30 PM Parish Council Meeting – in the Church

See the back pages of this Bulletin for a complete schedule for Lent, Holy Week, and Pascha.

## ZOOM CLASS FOR INQUIRERS, CATECHUMENS & RECENT CONVERTS On SELECT TUESDAYS – See Calendar in the Back of This Bulletin



## INTO THE NARROW GATE

Lessons with Fr. David on the Teachings  
and the Life of the Orthodox Church

Understanding Our Worship

Understanding Spiritual Warfare

Understanding the Rhythm  
of a Christian Life

*This class is required for catechumens.  
Recordings will be available  
if you cannot attend live.*

### 2026 BABY BOTTLE DRIVE FOR THE MOSAIC SOUTHERN TIER PREGNANCY CENTER –

PLEASE RETURN YOUR FILLED (with cash) BOTTLE BY SUNDAY, MARCH 1 (they extended the deadline).

Thank You! – Fr. David

### BABY BLANKETS NEEDED

Zoe for Life!(R) Southern Tier distributed their entire stock of baby blankets to families in 2025. (It's a good thing!) The cold weather is a great time to stay at home and knit, crochet, or sew.

If you have those skills, please give prayerful consideration to crafting a cuddly baby blanket or two.

Donations of soft and absorbent burping cloths will also be happily accepted.

Please contact Matushka Marge Kappanadze @ 607.259.2646 to arrange delivery or pick up.

## SCRIPTURE READINGS

**TODAY'S EPISTLE 1 Corinthians 6:12-20** Brethren: All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any. Foods for the stomach and the stomach for foods, but God will destroy both it and them. Now the body is not for sexual immorality but for the Lord, and the Lord for the body. And God both raised up the Lord and will also raise us up by His power. Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a harlot? Certainly not! Or do you not know that he who is joined to a harlot is one body with her? For "the two," He says, "shall become one flesh." But he who is joined to the Lord is one spirit with Him. Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

**TODAY'S GOSPEL Luke 15:11-32** The Lord told this parable: "A certain man had two sons. And the younger of them said to his father, 'Father, give me the portion of goods that falls to me.' So he divided to them his livelihood. And not many days after, the younger son gathered all together, journeyed to a far country, and there wasted his possessions with prodigal living. But when he had spent all, there arose a severe famine in that land, and he began to be in want. Then he went and joined himself to a citizen of that country, and he sent him into his fields to feed swine. And he would gladly have filled his stomach with the pods that the swine ate, and no one gave him anything. But when he came to himself, he said, 'How many of my father's hired servants have bread enough and to spare, and I perish with hunger! I will arise and go to my father, and will say to him, "Father, I have sinned against heaven and before you, and I am no longer worthy to be called your son. Make me like one of your hired servants.'" And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him. And the son said to him, 'Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.' But the father said to his servants, 'Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet. And bring the fatted calf here and kill it, and let us eat and be merry; for this my son was dead and is alive again; he was lost and is found.' And they began to be merry. Now his older son was in the field. And as he came and drew near to the house, he heard music and dancing. So he called one of the servants and asked what these things meant. And he said to him, 'Your brother has come, and because he has received him safe and sound, your father has killed the fatted calf.' But he was angry and would not go in. Therefore his father came out and pleaded with him. So he answered and said to his father, 'Lo, these many years I have been serving you; I never transgressed your commandment at any time; and yet you never gave me a young goat, that I might make merry with my friends. But as soon as this son of yours came, who has devoured your livelihood with harlots, you killed the fatted calf for him.' And he said to him, 'Son, you are always with me, and all that I have is yours. It was right that we should make merry and be glad, for your brother was dead and is alive again, and was lost and is found.'"

**Daily Scriptures: [www.oca.org/readings](http://www.oca.org/readings)**

### Prayer List

**Memory Eternal:** Bishop SERAPHIM (+ 2/7); Robin (sister-in-law of Robert Lewis, + 2/4); Charlie Hall (brother-in-law of Julie Charlanow, + 1/21); Richard; Carlos; Carol; Photini; Michael, Maggie; Nellie; Martha. Ever-memorable Justin Solak (+2/14/16). All those taken from us by sickness, violence, injury and disaster.

**For Health:** Deborah King; Jeremiah Harvey, recovering from surgery; Laurie Herr; Antonina Weeks; Kathleen Loveland; Matushka Kathryn; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Nancy, Lydia, Vladimir; Rick; Debra; Meredith; Christopher; Brighton, James, Michael; David; Julee; Many; Olga; Patricia; Joyce; Matrona; Brooke; Elena; Tyler; George; Sarah and the catechumen Lyndsey and the children to be born to them; infant Anastasia and her mother Victoria; infant Natalie and her mother Ana; Robert, Joseph; James; James & Deborah; John; Scott & Casey, Child Hannah, Joshua, Ilsa, Erica, Harry, Caitlin, Helen, Sierra; Nicholas, Anna; Catechumens Raychel, Oliver, Madeline, Tomas, Camron, Logan, William & Lyndsey, Robert, William & Mayona.

**Diocesan Prayer Requests:** Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. John Kowalczyk; Fr. Theodore Mozes; Fr. Patrick Burns; Fr. Thomas Edwards; Fr. John Nightingale; Fr. Michael Zak; Elder Gabriel; Helen; Yesha; newborn twins Harold & Holden and their parents Ellen & Zach; newborn Amelia and her mother Julia; newborn Sophia and her parents Julia and Tanner; Susan, Jim, Eva; Michael; John; Charlene; Samuel, Liam, Shawney; newborn infant Tatiana and her mother Eugenia; Mary, Kalissa, Kira, Anysia; Brian, Kathy; Peter; Sam, Renee, Alex; Sophie, Wladyslaw; Olga, William; Nadya, David, Sergey & Sergey, child Seraphim; Evdokia, Ekaterina. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. **Name Days:** Zachary Fanaro & Zachary Zimmerman (Prophet Zachariah, 2/8), Alexei Cheplick (St. Alexei, Metropolitan of Moscow, 2/12). **Birthday:** Nina Paolercio (2/8), John Felenczak (2/10), Antonina Weeks (2/13). **Anniversary:** Luka & Elena Herman (2/12).

#### **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	
Josephine	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:** Feb. 7<sup>th</sup> – Feb. 14<sup>th</sup> Mary Carol Haluszczak • Feb. 14<sup>th</sup> – Feb. 21<sup>st</sup> Matushka Tamara • Feb. 21<sup>st</sup> – Feb. 28<sup>th</sup> Reader William (1st week Great Lent) • Feb. 28<sup>th</sup> – March 7<sup>th</sup> Natalie Karney, Emilia Karney and Lydia Dudek (2nd week Great Lent) • Mar. 7<sup>th</sup> – Mar. 14<sup>th</sup> Reader Dmitri (3<sup>rd</sup> week Great Lent) • Mar. 14<sup>th</sup> – Mar. 21<sup>st</sup> Mary Carol Haluszczak (4<sup>th</sup> week Great Lent) • Mar. 21<sup>st</sup> – Mar 28<sup>th</sup> Matushka Tamara (Annunciation and 5<sup>th</sup> week Great Lent) • Mar. 28<sup>th</sup> – April 4<sup>th</sup> Natalie Karney, Emilia Karney and Lydia Dudek (6<sup>th</sup> week Great Lent) • April 4<sup>th</sup> and 5<sup>th</sup> **Palm Sunday Vespers and Liturgy** – Reader Alexander • April 5<sup>th</sup> – April 11<sup>th</sup> **Holy Week** – All Readers as assigned at services • April 11<sup>th</sup> – April 12<sup>th</sup> **Great and Holy Pascha** – Reader William (Epistle) • April 18<sup>th</sup> – April 25<sup>th</sup> Mary Carol Haluszczak • April 25<sup>th</sup> – May 2<sup>nd</sup> Matushka Tamara • May 2<sup>nd</sup> – May 9<sup>th</sup> Reader Alexander

### **CHOIR SCHEDULE**

**Adult Choir:** Sunday, Feb. 15 after Liturgy ♦ Saturday, Feb. 21, 3:30 pm **Youth Choir:** Saturdays, March 14 & 28, 3:30 pm

### **FELLOWSHIP HOUR HOSTING SCHEDULE** Feb 8 Chili Cook Off ♦

15 Meatfare Potluck ♦ 22 Cheesefare / Blini & Cheesecake

### **CHURCH CLEANING SCHEDULE** 2/15 Amy ♦ 2/22 Amy ♦

3/1 Mat Katie ♦ 3/8 Nina ♦ 3/15 Amy ♦ 3/22 Mat Katie

### **COFFEE HOUR SUPPLIES – DONATIONS GRATEFULLY ACCEPTED FOR:**

Large and Small Paper Plates ♦ Napkins ♦ Creamers ♦ Juices

**“SOCKS & SNACKS” MINISTRY SUPPLIES – PLEASE HELP US REPLENISH THESE ITEMS:** Winter hats ♦ Gloves ♦ Scarves

# Please consider your financial PLEDGE to the parish for 2026.

## THE “GIVING GRID”

Are you planning on giving a percentage of your income this year?  
Are you wondering how to grow  
your percentage giving by one or more percentage points?

Ask yourself: **Where am I on the grid?**  
**If I'm not at 10%, can I move 1 square to the left**  
**and pledge that amount for 2026?**

Annual Income	Weekly Income	Weekly Beyond a Tithe		Weekly Tithe	Weekly Upper Range of Giving			Weekly Middle Range of Giving			Weekly Lower Range of Giving		
		15%	12%		10%	9%	8%	7%	6%	5%	4%	3%	2%
\$22,000	\$423	\$63	\$51	\$42	\$38	\$34	\$30	\$25	\$21	\$17	\$13	\$8	\$4
\$25,000	\$481	\$72	\$58	\$48	\$43	\$38	\$34	\$29	\$24	\$19	\$14	\$10	\$5
\$30,000	\$577	\$87	\$69	\$58	\$52	\$46	\$40	\$35	\$29	\$23	\$17	\$12	\$6
\$40,000	\$769	\$115	\$92	\$77	\$69	\$62	\$54	\$46	\$38	\$31	\$23	\$15	\$8
\$50,000	\$962	\$144	\$115	\$96	\$87	\$77	\$67	\$58	\$48	\$38	\$29	\$19	\$10
\$60,000	\$1,154	\$173	\$138	\$115	\$104	\$92	\$81	\$69	\$58	\$46	\$35	\$23	\$12
\$70,000	\$1,346	\$202	\$162	\$135	\$121	\$108	\$94	\$81	\$67	\$54	\$40	\$27	\$13
\$80,000	\$1,538	\$231	\$185	\$154	\$138	\$123	\$108	\$92	\$77	\$62	\$46	\$31	\$15
\$90,000	\$1,731	\$260	\$208	\$173	\$156	\$138	\$121	\$104	\$87	\$69	\$52	\$35	\$17
\$100,000	\$1,923	\$288	\$231	\$192	\$173	\$154	\$135	\$115	\$96	\$77	\$58	\$38	\$19



**Give Online with this QR Code:**  
select “General” under “  
Please Choose Fund”, and  
select “Weekly” or another  
timed option from the menu,  
for your recurring donation.



Celebrate  
The Triumph  
of Orthodoxy,  
and the  
Restoration  
of Holy Icons!

Southern Tier  
Pan-Orthodox  
Vespers

Dormition  
Orthodox Church  
54 Baxter St  
Binghamton, NY

Sunday, 4 PM  
March 1, 2026

Lenten Reception follows  
at Dormition Church Center

*ZOE for Life!*<sup>®</sup> **Southern Tier—Advocates for Life!**

There will be an offering at this year's Sunday of Orthodoxy Vespers to aid in this vital mission of outreach to Families in our area. Donations of baby blankets, burping cloths and diapers will also be greatly appreciated at the door. Share in this wonderful outreach to life!

Our Pan-Orthodox Choir is directed by Julia Marra, Host Priest is Fr. Andreja Damjanovski, and the director of Zoe for Life!(R) Southern Tier is Matushka Margaret Kappanadze.



# Great Lent and PASCHA 2026 at Holy Trinity Orthodox Church, Elmira Heights

## FEBRUARY-MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>22 FORGIVENESS</b> 9:00 AM Liturgy; Forgiveness Vespers; Cheesefare Sunday Fellowship	<b>23 CLEAN MONDAY</b> 6:30 PM Great Canon of St. Andrew of Crete	<b>24 CLEAN TUESDAY</b> 6:30 PM Great Canon of St. Andrew of Crete	<b>25 CLEAN WEDNESDAY</b> 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<b>26 CLEAN THURSDAY</b> 6:30 PM Great Canon of St. Andrew of Crete	<b>27 CLEAN FRIDAY</b> 6:30 PM Akathist to St. Raphael of Brooklyn	<b>28 1<sup>ST</sup> SAT. OF LENT</b> 5:00 PM Great Vespers and Private Confession
<b>1 ORTHODOX SUN.</b> 9:00 AM Liturgy; Fellowship Hour; Church School, Teen Group 4 PM Pan-Orthodox Vespers, Dormition Church, Binghamton	<b>2 2<sup>ND</sup> MONDAY</b>	<b>3 2<sup>ND</sup> TUESDAY</b> 7:00 PM Zoom Class: "Into the Narrow Gate" for Inquirers, Catechumens and Recent Converts	<b>4 2<sup>ND</sup> WEDNESDAY</b> 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<b>5 2<sup>ND</sup> THURSDAY</b>	<b>6 2<sup>ND</sup> FRIDAY</b>	<b>7 2<sup>ND</sup> SAT. OF LENT</b> 9:00 AM "Soul Saturday" Memorial Divine Liturgy 5:00 PM Great Vespers and Private Confession
<b>8 ST. GREGORY PALAMAS</b> 9:00 AM Liturgy; Fellowship Hour; Church School	<b>9 3<sup>RD</sup> MONDAY</b>	<b>10 3<sup>RD</sup> TUESDAY</b> 7:00 PM Zoom Class: "Into the Narrow Gate" for Inquirers, Catechumens and Recent Converts	<b>11 3<sup>RD</sup> WEDNESDAY</b> 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<b>12 3<sup>RD</sup> THURSDAY</b>	<b>13 3<sup>RD</sup> FRIDAY</b> 6:30 PM Akathist For Those Who Have Fallen Asleep	<b>14 3<sup>RD</sup> SAT. OF LENT</b>
<b>15 SUN. OF THE CROSS</b> 9:00 AM Liturgy; Fellowship Hour; Church School; Teen Group	<b>16 4<sup>TH</sup> MONDAY</b>	<b>17 4<sup>TH</sup> TUESDAY</b> 7:00 PM Zoom Class: "Into the Narrow Gate" for Inquirers, Catechumens and Recent Converts	<b>18 4<sup>TH</sup> WEDNESDAY</b> 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<b>19 4<sup>TH</sup> THURSDAY</b>	<b>20 4<sup>TH</sup> FRIDAY</b> 9:00AM Pre-Sanctified Liturgy	<b>21 4<sup>TH</sup> SAT. OF LENT</b> 9:00 AM "Soul Saturday" Memorial Divine Liturgy
<b>22 ST. JOHN / LADDER</b> 9:00 AM Liturgy; Fellowship Hour; Church School	<b>23 5<sup>TH</sup> MONDAY</b>	<b>24 EVE/ANNUNCIATION</b> 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy, Eve of Annunciation, and Pot Luck	<b>25 ANNUNCIATION</b> Great Feast of the Annunciation of the Most-Holy Theotokos: 9:00AM Vespers and Divine Liturgy	<b>26 5<sup>TH</sup> THURSDAY</b> AM: NY State Deanery Clergy Meeting, Syracuse 6:30 PM Great Canon of St. Andrew; Life of St. Mary of Egypt – With Archbishop Michael	<b>27 5<sup>TH</sup> FRIDAY</b>	<b>28 5<sup>TH</sup> SAT. OF LENT</b> 3:30 PM Youth Choir 5:00 PM Great Vespers and Private Confession



**Great Lent and PASCHA 2026** at Holy Trinity Orthodox Church, Elmira Heights  
 140 Horseheads Blvd., Elmira Heights, NY ♦ (607) 732-3980 ♦ [www.HolyTrinityOrthodoxChurch.org](http://www.HolyTrinityOrthodoxChurch.org) Page 2 of 2

<b>MARCH (CONTINUED) – APRIL 2026</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>29</u> ST MARY OF EGYPT 9:00 AM Liturgy; Fellowship Hour; Church School; Choir Rehearsal; Teen Group	<u>30</u> 6 <sup>TH</sup> MONDAY	<u>31</u> 6 <sup>TH</sup> TUESDAY 7:00 PM Zoom Class: "Into the Narrow Gate" for Inquirers, Catechumens and Recent Converts	<u>April 1</u> 6 <sup>TH</sup> WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<u>2</u> 6 <sup>TH</sup> THURSDAY	<u>3</u> 6 <sup>TH</sup> FRIDAY 9:00 AM Pre-Sanctified Liturgy	<u>4</u> LAZARUS SATURDAY 9:00 AM Children's & Families' Confessions 10 AM Liturgy; Breakfast; Decorating the Church 5:00 PM Vespers & Litya, Palm Sunday; Confession
<u>5</u> PALM SUNDAY 9:00 AM Liturgy; Blessing of Palms & Willows; Fellowship Hour; Church School 5:30 PM Bridegroom Matins	<u>6</u> HOLY MONDAY	<u>7</u> HOLY TUESDAY 5:30 PM Confessions 6:30 PM Bridegroom Matins	<u>8</u> HOLY WEDNESDAY 5:30 PM Confessions 6:30 PM Matins of Holy Thursday, Followed by Holy Unction and Anointing	<u>9</u> HOLY THURSDAY 10:00 AM Vespers Liturgy, Holy Thursday 5:30 PM Confessions 6:30 PM Matins with the 12 Passion Gospels	<u>10</u> GREAT & HOLY FRIDAY 8:00 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	<u>11</u> HOLY SATURDAY 10:00 AM Vespers Liturgy, Holy Saturday 11:30 PM Nocturns, Procession, Matins, Liturgy of PASCHA, Bless Baskets, Agape Breakfast
<u>12</u> HOLY PASCHA 1:00 PM Vespers of PASCHA	<u>13</u> BRIGHT MONDAY 10:00 AM Paschal Divine Liturgy of Bright Monday, with Cross- Procession Outside	<u>14</u> BRIGHT TUESDAY	<u>15</u> BRIGHT WEDNESDAY	<u>16</u> BRIGHT THURSDAY	<u>17</u> BRIGHT FRIDAY	<u>18</u> BRIGHT SATURDAY <i>Morning: Liturgy &amp; Open House at St. Andrew's Camp</i> 5:00 PM Great Vespers and Private Confession
<u>19</u> ST. THOMAS 9:00 AM Liturgy; Fellowship Hour 1:00PM Blessing of Graves at Parish Cemetery	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
<u>26</u> MYRRH-BEARERS 9:00 AM Liturgy; Fellowship Hour and Church School	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>May 1</u>	<u>2</u> 5:00 PM Great Vespers and Private Confession 5:00 PM Great Vespers and Private Confession