

HOLY TRINITY ORTHODOX CHURCH

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

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Sunday, February 22, 2026 – Tone 4

Fourth and Final Preparatory Sunday Before Lent

Forgiveness Sunday • The Expulsion of Adam from Paradise
Cheesefare Sunday

The Great Fast of Lent begins tomorrow, Monday, February 23, and continues until Holy PASCHA (Easter), Sunday, April 12, with the Paschal Divine Liturgy. Today is Cheesefare Sunday; it is the last day for dairy products before Great Lent begins. During Lent we are called to abstain from meat and dairy products; from unnecessary conversations from spiritually unproductive social media and entertainment... so we control our appetites, and our appetites do not control us!

SERVICES AND ACTIVITIES

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

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

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

Today – Sunday of the Expulsion of Adam from Paradise – Forgiveness Sunday -- Cheesefare

8:40 AM *Third and Sixth Hours*

9:00 AM *Reception Into the Catechumenate* of Richard and Sandra Martelli

Divine Liturgy and Vespers of Forgiveness Sunday, with the Rite of Forgiveness

Cheesefare Pot Luck Fellowship Hour

Monday and Tuesday, February 23-24

6:30 PM *Great Canon of St. Andrew of Crete*

Wednesday, February 25

5:30 PM Private Confession Available

6:30 PM *Liturgy of the Pre-Sanctified Gifts* followed by Lenten Pot Luck Supper Fellowship

Thursday, February 26

6:30 PM *Great Canon of St. Andrew of Crete*

Friday, February 27

6:30 PM *Akathist* to Saint Raphael, Bishop of Brooklyn

Saturday, February 28

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

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.

ANNUAL PARISH MEETING FOR 2026: SUN., MARCH 15, AFTER LITURGY

We've been so blessed with growth and new people *again* this past year ... Your Parish Council invites you to come and see what is involved in sustaining and growing a parish family! All parishioners, catechumens and inquirers are welcome to attend and observe. The 2026 meeting has been rescheduled from March 8 due to time needed to prepare materials for the parish to review.

For a voice and a vote in the meeting, you must be an Orthodox Christian 18 years of age or older, have been an Orthodox Christian at least one year, have belonged to this parish for at least one year, partake of the Sacraments of Confession and Communion at least once a year, live in a manner consistent with the Orthodox Faith, and participate in the financial stewardship of the parish.

If you are interested in serving on the Parish Council, please speak to Fr. David by Friday, Feb. 27. To serve on the Parish Council, you must be an Orthodox Christian 18 years of age or older, have been an Orthodox Christian at least **two** years, have belonged to this parish for at least **one** year, partake of Confession and Communion at least once a year, live in a manner consistent with the Orthodox Faith, and participate in financial stewardship of the parish.

– With love in Christ, Fr. David

SCRIPTURE READINGS

EPISTLE Romans 13:11-14:4 Brethren: Now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

GOSPEL Matthew 6:14-21 The Lord said: "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

**Commit to reading the prescribed Scriptures
each day of Great Lent! They're on your church calendar;
find them in your Bible (that'or read them online www.oca.org/readings)**

The Six Incredible Promises of True Fasting (Based on Isaiah 58):

Light Breaks Forth: "Then shall your light break forth as the morning" – Inner darkness, gloom, and discouragement disappear.

Rapid Healing: "Your health (healing) shall spring forth speedily" – Spiritual and physical restoration.

Righteousness Precedes: "Your righteousness shall go before you" – A virtuous life protects and guides the individual.

Divine Glory as Protection: "The glory of the Lord shall be your rear guard" – God's presence provides safety.

Answered Prayers: "Then you shall call, and the Lord will answer" – Fasting is a means of securing God's attention.

Guidance and Strength: "The Lord will guide you continually, and satisfy your soul in drought" – Constant direction and strength in times of need or weakness.

Prayer List

Memory Eternal: Steven; Corinne; 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. Ever-memorable + Archpriest Jason Kappanadze (birthday, 2/28). All those taken from us by sickness, violence, injury and disaster.

For Health: Newly-received Catechumens Richard & Sandra Martelli; Deborah King; Jeremiah Harvey, recovering from surgery; Laurie Herr; Antonina Weeks; Kathleen Loveland; Matushka Kathryn; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Jackie; Nancy, Lydia, Lydia, Vladimir; Rick; Debra; Meredith; 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 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. Bohdan Ostash; Fr. Zacharias; Ginger, Jaimie, Petr; Elena, William; children Sophia & Noah; Lidia, Robert, Anastasia; Anastasia; 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. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. **Birthdays:** James King (2/26), Rdr. Alex Charlanow (2/27). **Anniversary:** Stephen & Patricia Olsen (2/14), Luka & Elena Herman (Anniversary of Crowning, 2/24).

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

CHOIR SCHEDULE

Adult Choir: Sat 2/28, 3:30 PM; and after Divine Liturgies on Sat 3/7, Sun 3/22, Sun 3/29

Youth Choir: Saturdays, March 14 & 28, 3:30 PM

FELLOWSHIP HOUR HOSTING SCHEDULE

February 22 Cheesefare / Blini & Cheesecake ♦ **March** 1 Fanaro Family ♦
8 Charlanow Family (Annual Meeting) ♦ 15 Tom Cheplick Family & Crowell Family ♦
22 Cusick & Hults Families ♦ 29 Karney Family

CHURCH CLEANING SCHEDULE

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



"I DON'T KNOW WHAT TO CONFESS..."

SIMPLE SUGGESTIONS TO HELP YOU PREPARE FOR CONFESSION

The purpose of Confession is to free you and to heal you – not to judge you. When we confess out loud the sins that are burdening us, our sins lose their power over us. We can walk away from Confession free and joyful.

After you've kissed the icons in church, while you're waiting, bless yourself, pray to God to help you make a good confession, and consider these "tips":

Confess your sins; don't focus on anybody else's. It's OK to tell how somebody else has hurt you, but only if you follow it by confessing your sinful response – such as: feelings of hatred, bitterness, grudges, wanting them to suffer or "pay", and so on.

Confess your sins, not your good deeds. List the ways you have failed to be good. Both you and God know the good things you do – and He'll reward you! But He wants you to tell the ways you've failed to be good, so you can be healed of them!

Here are the 10 Commandments. Have you disobeyed any of them? How?

1. "I am the Lord your God.... you shall have no other gods before me." **AND...**
2. "You shall not make for yourself any graven images (idols)... You shall not bow down to them." Have you spent more time or energy on any other part of your life – work; money; leisure (sports, TV, hobbies) – than on your relationship with God? Have you decided not to come to Vespers or holy day services in favor of other activities that do not have to take place at those times?
3. "You shall not take the name of the Lord your God in vain." Have you said the names, "God," "Jesus," or "Christ" in anger, or for any other purpose than prayer, praise, or talking to someone else about what God has done in your life?
4. "Remember the sabbath day (Sunday), to keep it holy." Have you missed Church on Sunday for any reason other than the inability to come? Have you treated Sunday as "just another day" even after leaving Church? that your days may be long." Have you
5. "Honor your father and your mother: disrespected or failed to pay attention to, or to love, your parents and elders?
6. "You shall not kill." Even if you haven't murdered anybody... do you kill others in your heart by hating, judging, or ridiculing them?
7. "You shall not commit adultery." Have you had sexual relations outside of marriage – that includes before marriage if you have never been married – and have you allowed your mind to dwell on the desire to be with a person other than your spouse (even if you're not married)?
8. "You shall not steal." Have you taken anything, from anyone or anywhere, not intended for you?
9. "You shall not bear false witness (lie) against your neighbor." Have you lied about someone else? Have you asked questions that lead others to criticize someone else ("where do you suppose he got all that money?... why do you suppose she got picked and so-and-so didn't?")
10. "You shall not covet your neighbor's house, his wife, ... nor any thing that is your neighbor's." Have you envied or been jealous of anyone? Have you wished something of theirs was yours instead? Have you been jealous when others seem to receive more attention than you?



Don't worry, you don't have to remember all these things! Just be honest and brave.

May God guide you to a good, healing Confession!





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



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MARCH (CONTINUED) – APRIL 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>29</u> ST MARY OF EGYPT 9:00 AM Liturgy; Blessing of Palms & Willows; Fellowship Hour; Church School; Choir Rehearsal; Teen Group	<u>30</u> 6 TH MONDAY	<u>31</u> 6 TH TUESDAY 7:00 PM Zoom Class: "Into the Narrow Gate" for Inquirers, Catechumens and Recent Converts	<u>April 1</u> 6 TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<u>2</u> 6 TH THURSDAY	<u>3</u> 6 TH 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 Bridgroom Matins	<u>6</u> HOLY MONDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	<u>7</u> HOLY TUESDAY 5:30 PM Confessions 6:30 PM Bridgroom 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 & 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>	5:00 PM Great Vespers and Private Confession