

# 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](http://www.holytrinityorthodoxchurch.org)



**Sunday, March 1, 2026 – Tone 5**

**First Sunday of Great Lent**

**The Triumph of Orthodoxy • The Restoration of Icons**

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

**Today – First Sunday of Lent; The Triumph of Orthodoxy – the Restoration of Icons**

8:40 AM Third and Sixth Hours

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

**Tuesday, March 3**

7:00 PM "Into the Narrow Gate" Zoom Class for Inquirers & Catechumens

**Wednesday, March 4**

5:30 PM Private Confession Available

6:30 PM Liturgy of the Pre-Sanctified Gifts; Lenten Pot Luck Afterward

**Saturday, March 7 – Memorial Saturday**

9:00 AM Memorial Divine Liturgy

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 Hebrews 11:24-26, 32-12:2** Brethren: By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets-- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated-- of whom the world was not worthy-- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated 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."

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

## BABY BOTTLES DUE BACK FOR MOSAIC PREGNANCY CENTER

Please bring your Baby Bottles for the Mosaic Pregnancy Center  
back next Sunday, March 8... with your generous donations in them! Thank you!

## The Great Fast of Lent continues until Holy PASCHA (Easter), Sunday, April 12, with the Paschal Divine Liturgy.

\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!

“If a king wanted to take possession of his enemy's city, he would begin by cutting off the water and the food  
and so his enemies, dying of hunger, would submit to him. It is the same with the passions of the flesh: if a  
man goes about fasting and hungry the enemies of his soul grow weak.” – St. John the Dwarf

### Prayer List

**Memory Eternal:** Nora, Elonda; Steven; Corinne; Martha; Metropolitan DIMITRIOS; Bishop SERAPHIM; Robin; Charlie; Richard; Carlos; Carol; Photini. Ever-memorable Gloria (Daria) Ewsuk (birthday, 3/6). All those taken from us by sickness, violence, injury and disaster.

**For Health:** Recovering Sandra Martelli, Deborah King, Jeremiah Harvey; Laurie Herr; Antonina Weeks; Kathleen Loveland; Matushka Kathryn; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Jessica; Christopher; Jackie; Nancy, Lydia, Lydia, Vladimir; Debra; Meredith; Michael; David; Julee; Many; Olga; Patricia; Joyce; Matrona; Brooke; Elena; Tyler; George; Sarah, Rachel and the catechumen Lyndsey and the children to be born to them; infant Natalie and her mother Ana; infant Anastasia & mother Victoria; Robert; 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; Richard & Sandra.

**Diocesan Prayer Requests:** Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. Bohdan Ostash; Fr. Kyril Riggs; Fr. Zacharias; Matushka Donnalyann; Matushka Anastasia; Paula, Jesse; Elizabeth, Nika; Mary; Ginger, Jaimie, Petr; Elena, William; children Sophia & Noah; Lidia, Robert, Anastasia; Anastasia. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. **Name Days:** Antonina Weeks (Martyr Antonina of Nicea, 3/1); Gerasimos (Levi) Crowell (St. Gerasimos of the Jordan, 3/4). **Birthdays:** Sarah Harvey (2/18); Mat. Tamara (3/3).

**Anniversary:** Rdr. Alexander & Julie Charlanow (3/7).

#### **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	
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. 28<sup>th</sup> – March 7<sup>th</sup> Natalie Karney, Emilia Karney and Lydia Dudek (2<sup>nd</sup> 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:** After Divine Liturgies on Sun 3/8, Sun 3/22, Sun 3/29

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

#### **FELLOWSHIP HOUR HOSTING SCHEDULE**

**Lenten Fast Through Holy Saturday, April 11**

**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**

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

# 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.**

Please contact Mat. Tamara to join the Team for Christmas, Pentecost or Pascha or if you would like to donate in memory of a beloved.

## *Flower Ministry Schedule 2026*

March 14	3 <sup>rd</sup> Sunday of Lent, Veneration of the Cross	Fanaro Family
March 24	Annunciation to the Theotokos	Matushka Tamara
April 4	Entry into Jerusalem, Palm Sunday	Parish Youth
April 10	Holy Friday, the Tomb of our Lord	Parish Youth
April 11	Pascha	Team
May 30	Pentecost	Team
August 14	Dormition of the Theotokos	Antonina Weeks
September 7	Nativity of the Theotokos	Julie Devens
September 13	Exaltation of the Life Creating Cross	Karney Family
November 20	Presentation of the Theotokos in the Temple	Deborah King
November 29	Parish Christmas Tree	Parish Youth
December 24	Nativity of Our Lord	Team



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

140 Horseheads Blvd., Elmira Heights, NY ♦ (607) 732-3980 ♦ [www.HolyTrinityOrthodoxChurch.org](http://www.HolyTrinityOrthodoxChurch.org)

## FEBRUARY-MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>22 FORGIVENESS</b> 9:00 AM Liturgy; Forgiveness Vespers; Cheeseafare 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> 3:30 PM Choir Rehearsal 5:00 PM Great Vespers and Private Confession
<b>1 ORTHODOXY 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; Choir Rehearsal	<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> 3:30PM Youth Choir 5:00 PM Great Vespers and Private Confession
<b>15 SUN. OF THE CROSS</b> 9:00 AM Liturgy; Fellowship Hour; Annual Parish Meeting	<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> <i>Fr. David at Diocesan Council Meeting, Bronxville</i>	<b>20 4<sup>TH</sup> FRIDAY</b> 9:00 AM Pre-Sanctified Liturgy	<b>21 4<sup>TH</sup> SAT. OF LENT</b> 9:00 AM "Soul Saturday" Memorial Divine Liturgy 5:00 PM Great Vespers and Private Confession
<b>22 ST. JOHN / LADDER</b> 9:00 AM Liturgy; Fellowship Hour; Church School; Choir Rehearsal	<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	<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> <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; Pot Luck Follows	<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)

MARCH (CONTINUED) – APRIL 2026						
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  5:30 PM Confessions 6:30 PM Bridegroom Matins	<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