

# HOLY TRINITY ORTHODOX CHURCH

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

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## Sunday, March 22, 2026 – Tone 8

Fourth Sunday of Great Lent

St. John of the Ladder

### ***THIS WEEK'S SCHEDULE – A Special Week***

***TUESDAY, March 24, 5:30 PM Confessions; 6:30 PM Pre-Sanctified Liturgy for Eve of Annunciation  
(No Pot Luck Tuesday – it will be Thursday instead)***

***WEDNESDAY, March 25, 9:00 AM Vespers and Liturgy for the Great Feast of the Annunciation***

***THURSDAY, March 26, 6:30 PM Great Canon of St. Andrew – Welcome, Archbishop Michael!  
After the service: Pot Luck and “Q & A With The Archbishop”***

## 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, March 22 – St. John of the Ladder**

8:40 AM *Third and Sixth Hours*

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

**Tuesday, March 24**

5:30 PM Private Confession Available

6:30 PM *Liturgy of the Pre-Sanctified Gifts*, Eve of the Great Feast of the Annunciation of the Most-Holy Theotokos

**Wednesday, March 25**

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

**Thursday, March 26**

6:30 PM *Great Canon of St. Andrew of Crete, and Reading of the Life of St. Mary of Egypt*, Welcoming Archbishop Michael – After the Service, Lenten Pot Luck and "Q & A With The Archbishop"

**Saturday, March 28**

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

**Sunday, March 29 – Fifth Sunday of Lent, Saint Mary of Egypt**

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*; Fellowship Hour, Church School

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

**SCRIPTURE READINGS – EPISTLE Hebrews 6:13-20** Brethren: When God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a High Priest forever after the order of Melchizedek. **GOSPEL Mark 9:17-31** At that time, one of the crowd said to Jesus, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting." Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

## ***SPRING CLEANING THANK YOU!***

*We are so thankful for the many parishioners who worked so hard yesterday—polishing liturgical articles, cleaning the iconostasis, organizing the sacristies, washing windows, clearing cobwebs, changing light bulbs and so much more! It filled my heart with great joy to see many care so tenderly for Our Lord's House. May God richly bless them!*

*If you missed this opportunity to offer your labor to the Lord so far this Lenten Season, there is more to be done on Lazarus Saturday, April 4. Please see Fr. David for details.*

*With love in Christ, Fr. David*

### Prayer List

**Memory Eternal:** His Holiness, Patriarch ILIA of Georgia; Protospresbyter Fr. Theodore Mozes (+3/9); Wesley Roman (+3/9); Sofia, Irene; Margaret; Helen; John; Nicole; Forrest; Brian; Paul; Jennifer; Amanda; Harold; Matthew; Joseph; Nora, Elonda; Steven; Corinne; Martha; Metropolitan DIMITRIOS. Ever-memorable Protospresbyter Fr. Thomas Hopko (+3/18/15) and Mildred Cheplick (birthday, 3/23). All those taken from us by sickness, violence, injury and disaster.

**For Health:** Recovering Sandra Martelli, Deborah King, Jeremiah Harvey; Antonina Weeks; Kathleen Loveland; Matushka Kathryn; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Elena; child Giovanni; Terry; Gregory, Natalya; Donnie; Jessica; Christopher; Jackie; Michael; David; Julee; Many; Olga; Patricia; Joyce; Matrona; Brooke; Tyler; George; expecting mothers Sarah, Catherine, Eyerin (Amy's daughter-in-law) & Lyndsey and the children to be born to them; infant Natalie & Ana; infant Anastasia & 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. Vitaly Bahanovich; Fr. John Stiff; Fr. Pedro & Mat. Raphaela; Reader Vasily; Khristen; Peter; Dinara & the child to be born of her; Mary, George, Ann; Joshua, Mitch; Amelia, James, Marina, Sage; Sergey; Lauren; Elizabeth, Larry, Jacob, Joshua, Lacy, Lindy; Kalissa, Kira & Anyasia; Kathie; Maria, Elizabeth; Joshua, Anna, Elizabeth, Michael; Mario, Brian & Alan; Vera; children Julian & Anastasia; Alex; Wladyslaw, Anna, Olivia, Irena; Ivan & Ivan; Vasy; Barbara, Petr, Diana, newborn Antonio and his parents Anthony & Janoris; newborn Holden & Henry and their parents Zachary & Ellen; Leslie, Wally; Mary Lou; Hannah, Candi; Mary, Chris; child James; soldiers Joseph & Peter; Nicholas, Candice. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. All those afflicted by warfare in Iran, Ukraine, and around the world. **Name Day:** Rdr. Gabriel Cowan, Gabriel Charlanow, Gabriel Rinchack, Gabriel Hendershot (Syaxis of Archangel Gabriel, 3/26); Larissa Cheplick (Martyr Larissa, 3/26); Aaliyah King-Styles, Aaliyah Taylor (Martyr Alia, 3/26). **Birthday:** Michelle Davis (3/22), Ilsa Gomez (Kevin's mother, 3/23), Shirley Cheplick (3/27).

#### **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:** 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 3/22, Sun 3/29

**Youth Choir:** Saturday, March 28, 3:30 PM

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

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

March 22 Cusick & Hults Families ♦ 29 Karney Family

#### **CHURCH CLEANING SCHEDULE**

3/15 Amy ♦ 3/22 Mat Katie ♦ 3/29 Amy ♦ 4/5 Nina ♦ 4/12 Amy ♦ 4/19 Mat. Katie ♦ 4/26 Amy

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

Forks ♦ Cold Drink Cups ♦ Juices

## 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

**We are in need of Beauty Team Members for the Celebration of Pentecost and our 110<sup>th</sup> Parish Anniversary!**

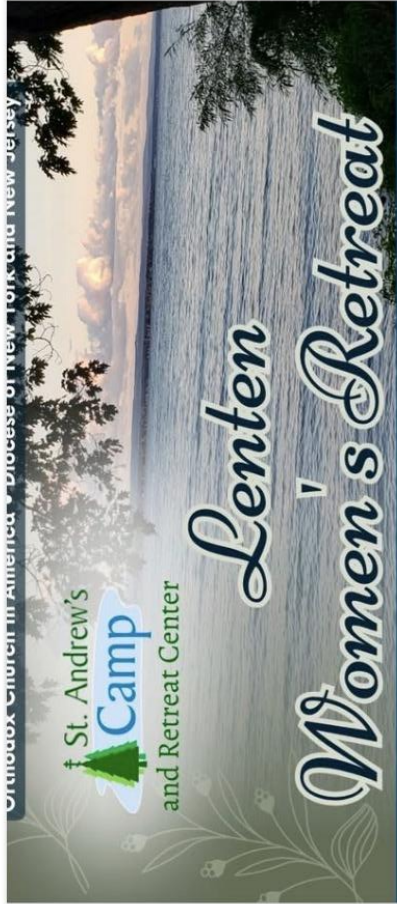
# OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 1st</b>	 <i>TRIODION WEEKS</i> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 8th</b>	 <b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 15th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>FEBRUARY 22nd</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 1st</b>	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 8th</b>	 <b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 15th</b>	 <b>VENERATION OF THE HOLY CROSS</b> <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 22nd</b>	 <b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>MARCH 29th</b>	 <b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 5th</b> GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 10th</b>	 <b>GREAT AND HOLY FRIDAY</b> <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 12th</b> NO FASTING!	 <i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



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



Orthodox Church in America • Diocese of New York and New Jersey

† St. Andrew's  
**Camp**  
and Retreat Center

# Lenten Women's Retreat

**FRIDAY, MARCH 27 - SUNDAY MARCH 29, 2026**

*Register at:*

[http://portal.campnetwork.com/Register/Register.php?camp\\_id=397695](http://portal.campnetwork.com/Register/Register.php?camp_id=397695)

Or scan this  
QR code



**\$125 for the Weekend**  
\$50 for Saturday only  
(All inclusive!)

## Becoming Myrrhbearers

### Keynote Speaker: Elissa Bjeletich Davis

Elissa Bjeletich Davis is an author and podcaster who loves Orthodox ministry for all ages. She writes for children and adults, works on curriculum projects, teaches Sunday school, and speaks at women's and family retreats. She and her husband, Chris, live in a house full of kids (though less so everyday!) near Austin, Texas. (For more details, visit: <https://www.elissabjeletichdavis.com/about>)



**Also visiting: Archbishop Michael**

For More Information

Email: [kristy@saintandrewscamp.org](mailto:kristy@saintandrewscamp.org)



## Spring Teen and Young Adult Retreat

**Who Will Roll the  
Stone Away?  
Running Towards Christ  
When It's Hard**



**April 24th-26<sup>th</sup>, 2026**



**Frost Valley YMCA -  
Claryville, NY**

Join us for a weekend of fun, prayer,  
and fellowship!  
Open to all dioceses and jurisdictions!  
No fee to attend!



Now offering two tracks for different  
age groups with separate team  
building activities. All participants will  
eat and pray together.

Sponsored by the OCA  
Diocese of New York and  
New Jersey's Department  
of Youth Ministry

Questions? Email  
[admin@nynjocayouth.org](mailto:admin@nynjocayouth.org)

**Register Here!**



**Registration closes  
April 15th**

# PASCHA 2026 – 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!

### FLOWERS

- Easter Lily Plant.....\$15.00
- Hydrangea .....\$20.00

### CANDLES

- Beeswax Candles for Holy Thursday Evening –  
The 12 Passion Gospels Service .....\$40.00
- Vigil Candles for the Holy Altar Table .....\$25.00

### “BREAKING BREAD” PARISH FELLOWSHIP

- Holy Friday Supper Supplies .....\$40.00
- Pascha Night Agape Breakfast .....\$60.00

### FOR THE NEWLY-ILLUMINED AND INQUIRERS:

- Paperback Liturgy Books (\$5 / Each) .....\$5.00
- Ancient Faith Prayer Book .....\$15.00



## SENDING YOUR DONATION

My donation(s) are with prayers for:

Departed Loved Ones

\_\_\_\_\_

Living Loved Ones

\_\_\_\_\_

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

Donated by \_\_\_\_\_

Your phone number \_\_\_\_\_

Email \_\_\_\_\_



Give Online with  
QR Code; select “Pascha”  
under “Please Choose Fund”,  
and type specific items  
in the Memo section if you wish.

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!