

HOLY TRINITY ORTHODOX CHURCH

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

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

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Sunday, March 29, 2026 – Tone 1

Fifth Sunday of Great Lent

Saint Mary of Egypt

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 – Today – Fifth Sunday of Lent: Saint Mary of Egypt

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, Followed By Fellowship; Altar Servers' Meeting, Youth Choir; Adult Choir Rehearsal

Tuesday, March 31

7:00 PM "Into the Narrow Gate" Zoom Class with Fr. David, for Catechumens and Inquirers

Wednesday, April 1

5:30 PM Private Confession Available

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

Friday, April 3

9:00 AM *Liturgy of the Pre-Sanctified Gifts*

Saturday, April 4 – The Raising of Lazarus (Lazarus Saturday)

8:30 AM Children's and Families' Confessions

9:30 AM *Reception Into the Church By Chrismation* of William and Lyndsey Ruth Stewart

10:00 AM *Divine Liturgy of Lazarus Saturday*, Parish Breakfast, Youth Pascha Crafts,
Decorating the Church – All Are Welcome!

5:00 PM *Great Vespers & Litya – Entry of the Lord Into Jerusalem with Blessing of Palms & Willows*;
Private Confession Afterward

Sunday, April 5 – Great Feast of the Entry of the Lord Into Jerusalem – Palm Sunday

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy; Blessing of Palms & Pussy Willows*

followed by Fellowship Hour, Church School, Choir Rehearsal and Teen Group

5:30 PM *Bridegroom Matins of Holy Monday*, Private Confession Available Afterward

Private Confession is available Holy Monday – Holy Thursday, 5:30-6:30 PM

Great and Holy Monday, April 6

6:30 PM *Bridegroom Matins of Holy Tuesday*

Great and Holy Tuesday, April 7

6:30 PM *Bridegroom Matins of Holy Wednesday*

Great and Holy Wednesday, April 8

6:30 PM *Matins of Holy Thursday*, and the *Service of Holy Unction* and Anointing with Blessed Oil

SCRIPTURE READINGS: EPISTLE Galatians 3:23-39 Brethren: Before faith came, we were kept under guard by the law, kept for the faith which would afterward be revealed. Therefore the law was our tutor to bring us to Christ, that we might be justified by faith. But after faith has come, we are no longer under a tutor. For you are all sons of God through faith in Christ Jesus. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's seed, and heirs according to the promise.

GOSPEL Luke 7:36-50 At that time: one of the Pharisees asked Jesus to eat with him. And He went to the Pharisee's house, and sat down to eat. And behold, a woman in the city who was a sinner, when she knew that Jesus sat at the table in the Pharisee's house, brought an alabaster flask of fragrant oil, and stood at His feet behind Him weeping; and she began to wash His feet with her tears, and wiped them with the hair of her head; and she kissed His feet and anointed them with the fragrant oil. Now when the Pharisee who had invited Him saw this, he spoke to himself, saying, "This Man, if He were a prophet, would know who and what manner of woman this is who is touching Him, for she is a sinner." And Jesus answered and said to him, "Simon, I have something to say to you." So he said, "Teacher, say it." "There was a certain creditor who had two debtors. One owed five hundred denarii, and the other fifty. And when they had nothing with which to repay, he freely forgave them both. Tell Me, therefore, which of them will love him more?" Simon answered and said, "I suppose the one whom he forgave more." And He said to him, "You have rightly judged." Then He turned to the woman and said to Simon, "Do you see this woman? I entered your house; you gave Me no water for My feet, but she has washed My feet with her tears and wiped them with the hair of her head. You gave Me no kiss, but this woman has not ceased to kiss My feet since the time I came in. You did not anoint My head with oil, but this woman has anointed My feet with fragrant oil. Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little." Then He said to her, "Your sins are forgiven." And those who sat at the table with Him began to say to themselves, "Who is this who even forgives sins?" Then He said to the woman, "Your faith has saved you. Go in peace."

Prayer List

Memory Eternal: His Holiness, Patriarch ILIA of Georgia; Protopresbyter Fr. Theodore Mozes (+3/9); Liudmila; Jerry; 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. All those taken from us by sickness, violence, injury and disaster.

For Health: Recovering Sandra Martelli; Antonina Weeks; Kathleen Loveland; Matushka Kathryn; Mat. Anastasia Molodyko-Harris; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Jay; Elena; child Giovanni; Thomas; Terry; Gregory, Natalya; Donnie; Jessica; Christopher; Michael; David; Julee; Many; Olga; Patricia; Joyce; Matrona; Brooke; Tyler; George; expecting mothers Sarah, Catherine, Eyerin (Amy's daughter-in-law), Lyndsey, Presbyteria Krista Fedorchak, Matushka Margart Brady and the children to be born to them; infant Natalie & Ana; infant Anastasia & Victoria; 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; Deacon Michael Speck; Matushka Nancy Hutnyan, Mat. Christina Tassos; Reader Vasily; child Marina, Holly, Diane, Michael; Lisa, Maria, Souraya, Mariana, Mary, Mary, Victorienne, Paul, Andrew, Maryann & Mary; Jessica, Brandon; Sunny; Debra, Laura; Elena, Anna, Dimitry, Cheryl, Artie; Tamara, Dawn; Khristen; Peter; Dinara & the child to be born of her; Mary, George, Ann; Joshua, Mitch; Amelia, James, Marina, Sage; Lauren; Elizabeth, Larry, Jacob, Joshua, Lacy, Lindy; Kalissa, Kira & Anysia; 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; soldiers Joseph & Peter; Nicholas. 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:** All those who honor St. Mary of Egypt as their Matron Saint. **Birthdays:** Anysia Lyon (3/30), Mary-Carol Haluszczak (4/3).

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: 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: After Divine Liturgies on Sun 3/29, Palm Sunday 4/5

FELLOWSHIP HOUR HOSTING SCHEDULE – Lenten Fast Through Holy Saturday, April 11

March 29 Karney Family ♦ **April 5** Palm Sunday: Cowan / Harvey / Lewis Families ♦ **12 PASCHA** Agape Meal After Midnight Liturgy ♦ **19** St. Thomas Sunday Paschal Potluck ♦ 26 Haluszczak / Dudak Families ♦ **May 3** Lamprinos / Martelli Families ♦ 10 Mother's Day Breakfast, Hosted by the Men's Group ♦ 17 Rinchack / Stewart Families ♦ 24 King Families ♦ **31 Pentecost** – 110th Anniversary Celebration with Archbishop Michael

CHURCH CLEANING SCHEDULE – 3/29 Amy ♦ 4/5 Nina ♦ 4/12 Amy ♦ 4/19 Mat. Katie ♦ 4/26 Amy

COFFEE HOUR SUPPLIES – DONATIONS GRATEFULLY ACCEPTED FOR:

Spoons ♦ Forks ♦ Cold Drink Cups ♦ Juices



ORTHODOX MOMS' GROUP

Moms – join us for a Paschal Get-Together!

Sunday, April 26, 1:30 P.M. – at the Parish Rectory

It's Dads' Day to Babysit! 😊

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 rd 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 110th Parish Anniversary!

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	 <i>TRIODION WEEKS</i> Publican and the Pharisee 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 FEBRUARY 8th	 The Prodigal Son Returns! 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 FEBRUARY 15th FAREWELL TO MEAT TODAY	 The Last Judgement 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 FEBRUARY 22nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <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 MARCH 1st	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY 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 MARCH 8th	 ST GREGORY PALAMAS 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 MARCH 15th	 VENERATION OF THE HOLY CROSS <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 MARCH 22nd	 ST JOHN of the LADDER 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 MARCH 29th	 ST MARY of EGYPT 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! APRIL 5th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM 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 APRIL 10th	 GREAT AND HOLY FRIDAY <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! APRIL 12th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



MARCH – APRIL 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 ST. JOHN / LADDER 9:00 AM Liturgy; Fellowship Hour; Church School; Teen Group; Choir Rehearsal	23 5TH MONDAY	24 EVE/ANNUNCIATION 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy. Eve of Annunciation	25 ANNUNCIATION Great Feast of the Annunciation of the Most-Holy Theotokos: 9:00AM Vespers and Divine Liturgy	26 5TH THURSDAY AM: NY State Deacony Clergy Meeting, Syracuse 6:30 PM Great Canon of St. Andrew; Life of St. Mary of Egypt – With Archbishop Michael; Pot Luck Follows	27 5TH FRIDAY	28 5TH SAT. of LENT 3:30 PM Youth Choir 5:00 PM Great Vespers and Private Confession
29 ST MARY OF EGYPT 9:00 AM Liturgy; Fellowship; Altar Servers' Meeting; Youth Choir; Adult Choir Rehearsal	30 6TH MONDAY	31 6TH TUESDAY 7:00 PM Zoom Class: "Into the Narrow Gate" for Inquirers, Catechumens and Recent Converts	April 1 6TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	2 6TH THURSDAY	3 6TH FRIDAY 9:00 AM Pre-Sanctified Liturgy	4 LAZARUS SATURDAY 8:30 AM Children's & Families' Confessions 9:00 AM Chrismation of William & Lyndsey Stewart 10 AM Liturgy; Breakfast; Decorating the Church 5:00 PM Vespers & Litya, Palm Sunday; Confession
5 PALM SUNDAY 9:00 AM Liturgy; Blessing of Palms & Willows; Fellowship Hour; Church School 5:30 PM Bridgroom Matins	6 HOLY MONDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	7 HOLY TUESDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	8 HOLY WEDNESDAY 5:30 PM Confessions 6:30 PM Matins of Holy Thursday, Followed by Holy Unction and Anointing	9 HOLY THURSDAY 10:00 AM Vesperal Liturgy, Holy Thursday 5:30 PM Confessions 6:30 PM Matins with the 12 Passion Gospels	10 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	11 HOLY SATURDAY 10:00 AM Vesperal Liturgy, Holy Saturday 11:30 PM Nocturns, Procession, Matins, Liturgy of PASCHA, Bless Baskets, Agape Breakfast
12 HOLY PASCHA 1:00 PM Vespers of PASCHA	13 BRIGHT MONDAY 10:00 AM Paschal Divine Liturgy of Bright Monday, with Cross- Procession Outside	14 BRIGHT TUESDAY	15 BRIGHT WEDNESDAY	16 BRIGHT THURSDAY	17 BRIGHT FRIDAY	18 BRIGHT SATURDAY Paschal Liturgy & Open House at St. Andrew's Camp 5:00 PM Great Vespers and Private Confession
19 ST. THOMAS 9:00 AM Liturgy; Fellowship Hour 1:00PM Blessing of Graves at Parish Cemetery	20	21	22	23	24	25 5:00 PM Great Vespers and Private Confession

*Please Come to our Annual
Bright Saturday*

Paschal Open House

**Saturday April 18
9:30am Divine Liturgy with
Archbishop Michael**

Followed by Paschal Luncheon,
Fellowship and Activities

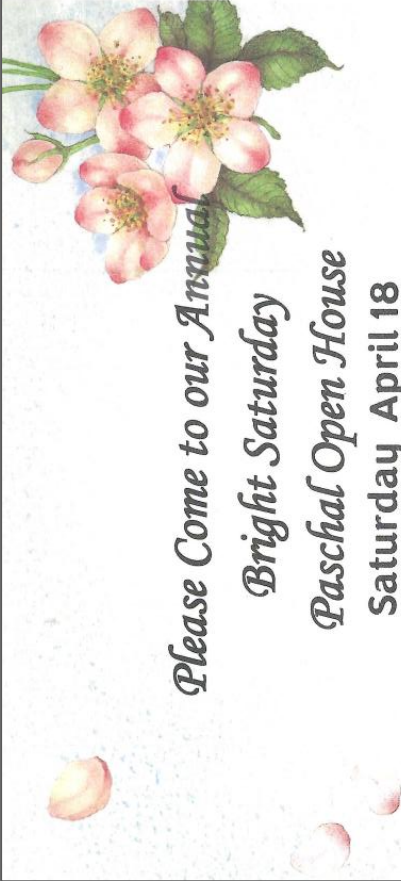
Hosted by St. Andrew's Camp

1280 State Rte 49 Jewell NY **

*Everyone is welcome and feel free to
bring your family and friends !!!*

For More Information Call or Text at 315 383-2686 or leave message at 315
675-9771

**** aka Town of Vienna or Cleveland NY or GPS**



Spring Teen and Young Adult Retreat

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



April 24th-26th, 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

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 _____



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!