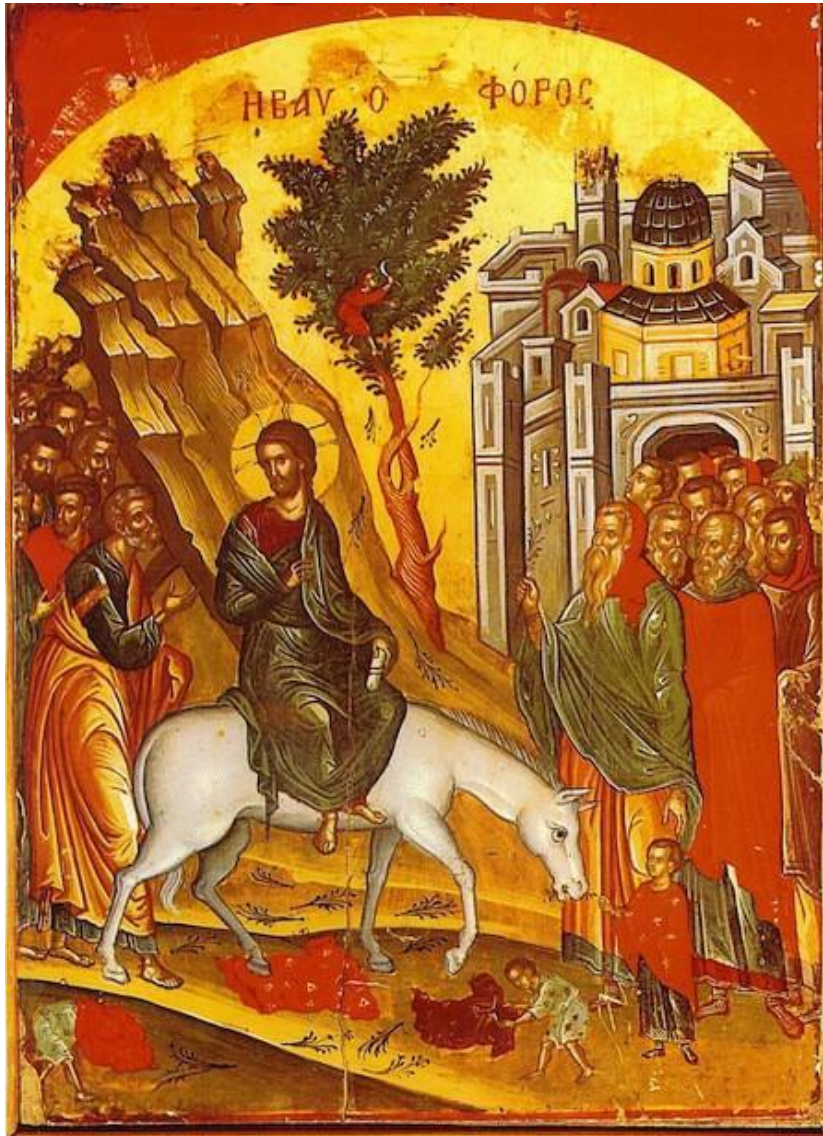


HOLY TRINITY ORTHODOX CHURCH

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

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

Email: frdavidcowan@gmail.com • www.holytrinityorthodoxchurch.org



Sunday, April 5, 2026

**The Great Feast of the Entry of the Lord Into Jerusalem
Palm Sunday**

THANK YOU FOR YESTERDAY'S HARD WORK!

After Lazarus Saturday Liturgy, quite a few people stayed and worked to clean and beautify the church and grounds.

Thanks especially to the children for the beautiful decorations and for their help organizing service books!

May God bless you for your efforts!

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 and search for “Holy Trinity Church Elmira Heights NY”

Today – 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

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

Great and Holy Thursday, April 9

10:00 AM *Vespers of Holy Thursday* – The Last Supper

6:30 PM *Matins of Great and Holy Friday* – The Passion Gospels

Great and Holy Friday, April 10

8:00 AM *Royal Hours* followed by the

Decorating of our Lord’s Tomb by Parish Youth

3:00 PM *Vespers of Holy Friday* – The Burial of Our Lord,

followed by Light Meal in our Fellowship Hall

7:00 PM *Matins of Holy Saturday*: Lamentations and Procession

with the Burial Shroud of Our Lord; and Watch Before the Tomb

Great and Holy Saturday, April 11

10:00 AM *Vespers of Holy Saturday*

11:30 PM *Nocturns; Procession; Matins of PASCHA* and

The Divine Liturgy of Great and Holy PASCHA

followed by Basket Blessing and Agape Meal

HOLY PASCHA (EASTER), SUNDAY, APRIL 12

1:00 PM *The Vespers of PASCHA*

Bright Monday, April 13

10:00 AM *Paschal Divine Liturgy with Procession*

Bright Saturday, April 18

9:30 AM *St. Andrew’s Camp Open House: Paschal Liturgy with Archbishop Michael; Luncheon Afterward –*

At St. Andrew’s Camp, 1280 Route 49, Jewell, NY; More Information at www.standrenscamp.org

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

Sunday, April 19 – St. Thomas Sunday, the Second Sunday of Pascha

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*; followed by Fellowship Hour and Easter Egg Hunt

1:00 PM *Blessing of Graves* at Our Parish Cemetery, 125 Legion Rd., Elmira

SCRIPTURE READINGS

EPISTLE Philippians 4:4-9 Brethren: Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

GOSPEL John 12:1-18 At that time, six days before the Passover, Jesus came to Bethany, where Lazarus was who had been dead, whom He had raised from the dead. There they made Him a supper; and Martha served, but Lazarus was one of those who sat at the table with Him. Then Mary took a pound of very costly oil of spikenard, anointed the feet of Jesus, and wiped His feet with her hair. And the house was filled with the fragrance of the oil. But one of His disciples, Judas Iscariot, Simon's son, who would betray Him, said, "Why was this fragrant oil not sold for three hundred denarii and given to the poor?" This he said, not that he cared for the poor, but because he was a thief, and had the money box; and he used to take what was put in it. But Jesus said, "Let her alone; she has kept this for the day of My burial. For the poor you have with you always, but Me you do not have always." Now a great many of the Jews knew that He was there; and they came, not for Jesus' sake only, but that they might also see Lazarus, whom He had raised from the dead. But the chief priests plotted to put Lazarus to death also, because on account of him many of the Jews went away and believed in Jesus. The next day a great multitude that had come to the feast, when they heard that Jesus was coming to Jerusalem, took branches of palm trees and went out to meet Him, and cried out: Hosanna! 'Blessed is He who comes in the name of the LORD!' The King of Israel!" Then Jesus, when He had found a young donkey, sat on it; as it is written: "Fear not, daughter of Zion; Behold, your King is coming, Sitting on a donkey's colt." His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things were written about Him and that they had done these things to Him. Therefore the people, who were with Him when He called Lazarus out of his tomb and raised him from the dead, bore witness. For this reason the people also met Him, because they heard that He had done this sign.

Prayer List

Memory Eternal: Patriarch ILIA of Georgia; Fr. Theodore Mozes; Deacon Andrei; John, Daniel; Liudmila; Jerry; Wesley Roman; Sofia, Irene; Margaret; Helen; John; Nicole; Forrest; Brian; Paul; Jennifer; Amanda; Harold; Matthew; Joseph; Nora, Elonda; Martha; Metropolitan DIMITRIOS. Ever-memorable Michael Karney (birthday, 4/7), Kathleen Ann Kohena (birthday, 4/8) & Antoinette Adamovich (+4/7). All those taken from us by sickness, violence, injury and disaster.

For Health: Newly Chrismated William & Lyndsey Ruth Stewart and their sponsors Zachary & Amy; Sandra Martelli; Antonina Weeks; Kathleen Loveland; Matushka Kathryn; Mat. Anastasia Molodyko-Harris; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Jay; Elena; children Michael, Rory & Giovanni; Thomas; Terry; Gregory, Natalya; Donnie; Jessica; Christopher; Michael; David; Julee; Many; Olga; Patricia; Joyce; Matrona; Brooke; Tyler; George; expecting mothers Sarah, Catherine, Eyerin, Lyndsey, Presbyteria Krista Fedorchak, Matushka Margaret 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, Robert, William & Mayona; Richard & Sandra.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. Pedro & Mat. Raphaela; Deacon John & Mat. Judith Komline; Deacon Michael Speck; Matushka Nancy Hutnyan, Mat. Christina Tassos; Reader Vasily; newborn Lucy & her mother Brenna, Alex, Sophia, Nicholas; Sarah; child Eeta; 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. 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. **Birthdays:** Christina Soucek (4/5); Abbot Sergius (4/8).

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: 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 Liturgy on Palm Sunday 4/5

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

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 – 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! 😊

TEN THINGS TO DO DURING HOLY WEEK By Fr. Theophan Whitfield

#1 - Go to as many services as you can.

We offer a large number – from one to three services per day. And if you can't go to every service, set aside time to read prayerfully through those you cannot attend. Pick up the Holy Week booklet on the candle desk. It is through worship that we return and unite ourselves to Christ. The services of Holy Week are not just memory exercises. Holy Week is a single unbroken Liturgy that over ten days invites us to participate in the saving love of Jesus Christ, not to just remember some events from long ago.

#2 - Intensify your fasting.

"Holy Week is a time in which we should increase our hunger for Christ."

Each person is called to fast as he or she is able. Some are able to fast more, some less. During Holy Week, each of us should increase the intensity of the fast. Think about how you have followed the fast up to this point. During Holy Week, continue what you do, and then do a little bit more. Do you fast just a few days a week? Increase the number of your fasting days. Are you fasting from meat only? Consider fasting from dairy as well. Consider eating smaller meals each time. For some, it may be possible to eat only two small meals a day rather than three. Holy Week is a time when we should increase our hunger for Christ, and physical hunger is one way to do so.

#3 - Create silence.

Disconnect down to what is truly essential from your cell phone, email, internet usage ... and fast entirely from social media. (If any of this is needed for work or school, designate a window of usage of no more than a few hours.) Do not watch tv, or listen to the radio unless it is specifically Christian content. Even then, turn it all off for some hours each day. It's only for one week. The world will still be there after Pascha. When we create silence in this way, we give ourselves the space and opportunity to be drawn by Christ more deeply into His words and actions during Holy Week. And if we do not create silence, then the noise of this world will easily overwhelm the "still small voice" through which the Holy Spirit speaks (1 Kings 19:12). To hear the voice of Christ, we have to silence the relentless cascade of screen and distraction we otherwise allow the world to pump full force into our hearts and minds.

#4 - Create prayer.

If you listen to music, find some church music. In particular, listen to the hymns of Holy Week. And learn something about each hymn you hear: On what day do we sing this hymn? During which service? What is the place and purpose of this hymn? Singing "Behold the Bridegroom" at the services which begin Holy Week is good, but hearing and singing the same hymn while driving, walking, or cleaning the house is a great way to extend the experience of the services!

#5 - Be still.

"The most eloquent word ever spoken is the silence of our dead Savior while hanging on the cross." Set aside time each day to sit quietly in front of an icon of Christ, from 10-30 minutes. Light a candle, say a short prayer, and then simply wait in silence for the Lord to speak a word, or to bestow a deeper sense of His presence. Stillness during Holy Week is a good practice for the experience of Great and Holy Friday and Saturday.

#6 - Always be with Christ.

"Nothing can ever separate us from the love of God."

As + Fr. Thomas Hopko reminds us, occupy your mind as often as you can with a short prayer. If you do not already have the habit of praying the Jesus Prayer, Holy Week is a great time to begin: "O Lord Jesus Christ, Son of God, have mercy on me a sinner." This prayer increases our awareness of the nearness of Father, Son, and Holy Spirit. It reminds us that nothing can ever separate us from the love of God. So why separate yourself?

#7 - Read a Gospel.

Set aside time each day to read several chapters from either Matthew, Mark, or Luke. (We save John for after Pascha!) And remember that in the Gospels, we do not find words about Christ, we find words from Christ. Each verse of Holy Scripture is a word spoken directly to you by the raised and glorified Lord. Each word is a word for now, each word is a new word that you have never received before. Enjoy the gift! Jesus wants to give it to you!

#8 - "Offer yourself in love to at least one other person from whom you are estranged."

Chances are, each of us has at least a small handful of relationships in need of healing. During Holy Week, work for that healing. Admit your mistakes, and forgive the mistakes made by others. Offer yourself in love to at least one other person from whom you are estranged. Make a phone call, send a letter or email — you have a blessing to use email in this one case! — or schedule a coffee date. Christ's love for us is ENORMOUS compared to the pettiness we so often hold on to. And if you have been deeply harmed by another person, seek help! Reach out to someone — your spouse, another family member or friend, your priest — and ask for guidance. Search through prayer, fasting, and honest communication for a way forward. As they say, holding onto anger (or hatred, or resentment, or vengefulness) is like swallowing poison and expecting someone else to die. Seek release from what possesses you. Enjoy the lightness of a relationship that has been healed and restored.

#9 - Call someone who is sick or lonely.

Visit them if you can. Share yourself with someone who needs you. Our parish family, and our neighborhoods, are filled with people who are dying of loneliness and isolation. Extend yourself and give them the gift of human presence. One of the great themes of Holy Week is abandonment — how our Lord was abandoned by just about everyone. As we seek to unite ourselves to Christ through prayer and worship during Holy Week, may we not at the same time abandon those who need us. To be united to Christ, we must at the same time strengthen our solidarity with all those around us. We are part of the mystical body of Christ, and we are called to a life of unity and communion with one another.

#10 - Think about Bright Week and beyond!

"As we unite ourselves to Christ, the radiance of the Resurrection changes everything."

With Pascha comes the true light that enlightens the whole world and each person in it. As we unite ourselves to Christ, the radiance of the Resurrection changes everything. The week after Pascha is truly a Bright Week — the Resurrection colors all with brilliance and beauty. Nothing should ever be the same. Let this Holy Week be a launching pad into the rest of life. May we live all of life in the light of the Resurrection!

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!



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 Deaconry 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 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 <i>Paschal Liturgy & Open House at St. Andrew's Camp</i> 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!