

# HOLY TRINITY ORTHODOX CHURCH

Elmira Heights, NY – 607-732-3980 – [www.holytrinityorthodoxchurch.org](http://www.holytrinityorthodoxchurch.org)



**Sunday, March 22, 2020**

**Sunday of the Elevation of the Cross – Tone 7**

**Third Sunday of Great Lent**

**From the *Updated Diocesan Guidelines Concerning the Coronavirus* --  
Effective Tonight at 8 PM**

- All liturgical services may be celebrated only with the priest (and where possible, his family) and a singer present – provided all of them are not at risk and are healthy.
- All in-person parish events and activities outside of the prescribed liturgical services, including coffee hour, Church School, Parish Council and ministry meetings and the rest, remain cancelled until further notice.

**As you can see, these Guidelines significantly affect our anticipated schedule of services and other events in the near future. The Guidelines will be reviewed by the Archbishop at the end of March.**

**Please continue to check your e-mail, and by all means, CALL Father David, with any questions!**

## SERVICES AND ACTIVITIES

**Today - Sunday, March 22, The Elevation of the Cross – Third Sunday of Great Lent**

8:40 AM 3<sup>rd</sup> and 6<sup>th</sup> Hours

9:00 AM Divine Liturgy

***All Services Beginning Wednesday, March 25, May Be Joined  
By Live Stream at Web Address [www.facebook.com/htocelmiraheights](http://www.facebook.com/htocelmiraheights)  
(Only Clergy, Clergy Family, and a Singer May Participate in the Church)***

**Wednesday, March 25 – Great Feast of the Annunciation of the Most-Holy Theotokos**

9:00 AM Vesperal Divine Liturgy for the Annunciation

6:30 PM Akathist to the Mother of God, Nurturer of Children

The details of Archbishop Michael's planned visit for this service will be determined as circumstances dictate. Father David will update the parish via email.

**Thursday, March 26** – Parish Council scheduled to meet. Father will contact Council members to arrange a meeting by teleconference or postpone, depending on circumstances.

**Friday, March 27**

6:30 PM Molieben (Service of Prayer) In Time of Epidemic

**Saturday, March 28**

5:00 PM Great Vespers

**Sunday, March 29, St. John of the Ladder – Fourth Sunday of Great Lent**

8:50 AM 3<sup>rd</sup> Hour

9:00 AM Divine Liturgy

**EPISTLE Hebrews 4:14-5:6** Brethren: Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son, Today I have begotten You." As He also says in another place: "You are a priest forever, According to the order of Melchizedek..." **GOSPEL Mark 8:34-9:1** At that time, when Jesus had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels. And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

### PRAYER CONCERNING THE CORONAVIRUS PANDEMIC

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in thine ineffable goodness, look down upon us, thy people gathered in thy Holy Name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians and preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace -- That together we may glorify thy most honorable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

## Prayer List

**Memory Eternal:** Allen, Mitred Archpriest Josef, Edward, Hans, Boris, Joseph, Eugen, Steve Powers, His Grace Bishop VARLAAM of Vancouver (OCA); ever-memorable Margarete Charlanow (birthday 3/19) and Randall (+3/19/82). All those taken from us by the Coronavirus.

**For Health:** Archpriest Jason, Archpriest Nicholas, Archpriest Herman, Archpriest John, Archpriest Ken James, Archpriest Volodymyr & Mat. Jeanne Dn. John, Rdr. Thomas, Rdr. William, Mat. Mary, Mat. Cynthia, Mat. Anastasia, Mat. Anastasia, Jane Ann, Susan, James, James, Child Hannah, Chloe, Mary Ann, Helen, Nadezhda, Kathleen, Antonina, Ruth, Harriett, Katherine, Kristen, Anastasia, Sierra, Maria, Michael, Kate, Rachel, Julie and the child to be born to her, Lorraine, Abigail, Marilyn. **In the Diocese:** Father Leonid, Father Joseph, Rdr. Victor, Joanne, Daniel, John, Paul, Michael & Victoria, James, Anne, Joseph, Alla, Carol, Iliia, Ludmilla, Cris, Eugene, Maria, Nadezhda, Alexandra, Natalia. All of the healthcare professionals in our parish and our communities; all those afflicted with the Coronavirus and those caring for them. **Birthdays:** Irene Homa (of Yonkers, turned 101 on 3/17), Fr. Nicholas and Nika Harris (3/19), Millie Cheplick (3/23), Shirley Cheplick (3/27). **Name Days:** Rdr. Gabriel Cowan & Gabriel Charlanow (Archangel Gabriel, 3/26); Larissa Cheplick (Martyr Larissa, 3/26).

### **Parish Children:**

Lucia	Hannah	Jeremiah	Andrew	Myra	Anthony	Anysia
Lydia	Natalie	Emilia	Patrick	Sophia	Dmitri	Jonah
Gabriel	Angelina	John	Thomas	Nikolai	Melania	Alexei
Larissa	Julianna	Nadia	Nathan	Justus	Gabriel	

### **College Students:**

Anna McKane – Duke University

Katherine McKane – Sarah Lawrence College

Please give prayer requests to Fr. David or to a Subdeacon or Reader.

Typically, prayers for Newly Departed and Health remain on this list for 40 days, unless requested otherwise. Thank you. `

## HOW TO WATCH AND HEAR OUR “LIVE-STREAM” SERVICES ON YOUR COMPUTER OR PHONE

• In your Web browsing app or computer program, type:

facebook.com/htocelmiraheights

• You will see a photo of the church on your screen.

• Scroll down until you see THIS on the screen

• At the time of the service, the live video will appear in your screen in place of the photo. Click on the video image if it does not start playing automatically. If a  “play” button appears, click on it to start playing.

• At the bottom right corner of the video you will see a

• “speaker” icon like this:  If it has a slash through it, there will be no sound.

 Click on it so that the slash

disappears, then make sure your volume is up.

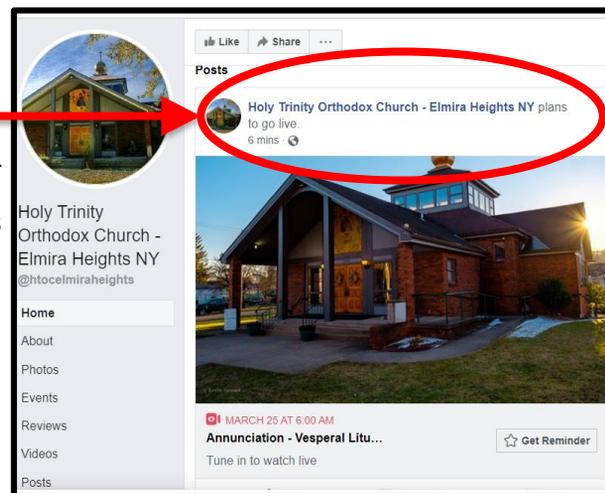
• Also at the bottom right corner you will see two arrows:

If you would like the video to take up your full screen,

click on the arrows. 

• If you need assistance, call our Parish Webmaster, Rdr. William

Haluszczak, at 769-2834 or email him at yachooyou@aol.com.



## ENCOURAGEMENT FROM OUR ARCHBISHOP MICHAEL

I hope that this can become a time reminiscent of the home churches of the earliest days of Christianity, where family members will come together to pray and grow together in the faith.

**Even though this Lent is not the Great Fast we intended, I ask that we all will continue our Lenten work of prayer and fasting, repentance and almsgiving during this time.** And I beseech God to grant us to be able to come together again soon, to offer in our parish churches glory, honor and worship to the One Who loves us more than we love ourselves.

As I wrote to you before, I say to all of you again, my beloved: Do not be afraid. The Word of God encourages us: “But the Lord, He is the One who goes before you. He will be with you. He will not leave you nor forsake you: do not be afraid, nor be terrified” (Deuteronomy 31:8).

### ... FROM FATHER ZACHARIAH OF ESSEX, ENGLAND

This reminds us of an old tradition that the Fathers had in Palestine: in Great Lent, on the Sunday of Cheesefare, after the mutual forgiveness, they would go out in the desert for forty days without Liturgy; they would only continue in fasting and prayer so as to prepare and return on Palm Sunday to celebrate in a godly way the Passion and the Resurrection of the Lord. And so, our present circumstances force us to live again that which existed of old in the bosom of the Church. That is to say, they force us to live a more [prayer-centered] life, which will however make up for the lack of the Divine Liturgy and will prepare us to celebrate with greater desire and inspiration the Passion and Resurrection of the Lord Jesus. **Thus, we will turn this plague into a triumph of hesychasm [stillness and prayer].** In any case, whatever God allows in our life is out of His goodness for the well-being of man, for He never wants His creature to be harmed in any way. . . . We should not despair, but only wisely design ways so as not to lose our living communication with the Person of Christ. Nothing can harm us, we must simply be patient for a certain period of time and God will see our patience, take away every obstacle, every temptation and we shall again see the dawn of joyful days, and we shall celebrate our common hope and love that we have in Christ Jesus.

### ... AND FROM OUR METROPOLITAN TIKHON, PRIMATE OF THE O.C.A.

(from an interview on AncientFaith.com)

Asked about how Holy Week and Pascha might be different this year:

I can guarantee (with a smile in his voice), **Pascha will happen this year!**

Holy Week and Pascha are not something we create liturgically. We serve the services, but it is mystically participating in something that is taking place in the Kingdom! So, I think we all experience that, just in the simple fact that . . . the brilliance and the joy you feel at Pascha can't be accounted for by just the physical lights you've turned on and the candles that you've lit. There's something more real – invisible, even. Even if we are unable to hold the wholeness of the Pascha services, it's important to remember that **Christ will rise from the dead!** It just might be liturgically expressed in a different way, but I don't think anything can diminish that for us!