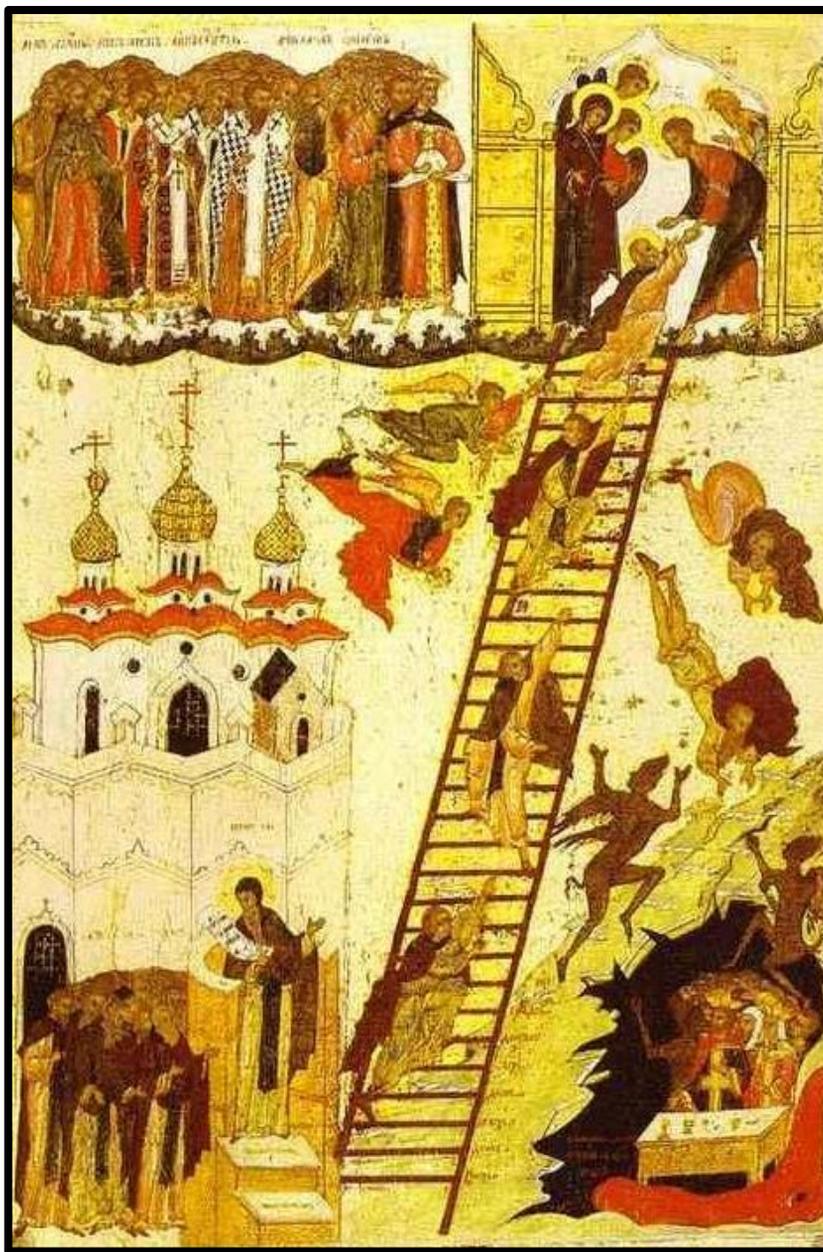


HOLY TRINITY ORTHODOX CHURCH

Elmira Heights, NY – 607-732-3980 – www.holytrinityorthodoxchurch.org



Sunday, March 29, 2020

Sunday of St. John of the Ladder – Tone 8

Fourth Sunday of Great Lent

**From the *Updated Diocesan Guidelines Concerning the Coronavirus* --
(Effective last Sunday, 3/22/20, at 8:00 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

*All Services May Be Joined by Live Stream
at Web Address www.facebook.com/htocelmiraheights
(Only Clergy, Clergy Family, and a Singer May Participate in the Church, Until Further Notice)*

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

- 8:50 AM 3rd Hour
- 9:00 AM Divine Liturgy
- 12:00 PM “Zoom” Online Fellowship Hour – Check your email for instructions!

Wednesday, April 1

- 3:00 PM Parish Youth “Zoom” Social – Parents, check your email for instructions!
- 6:30 PM Liturgy of the Pre-Sanctified Gifts

Thursday, April 2

- 6:30 PM Great Canon of St. Andrew of Crete, and Reading of the Life of St. Mary of Egypt

Friday, April 3

- 6:30 PM Akathist for the Repose of Those Fallen Asleep, with Prayers for the Departed from Your Lists Given for the Memorial Saturdays of Lent

Saturday, April 4

- 5:00 PM Great Vespers

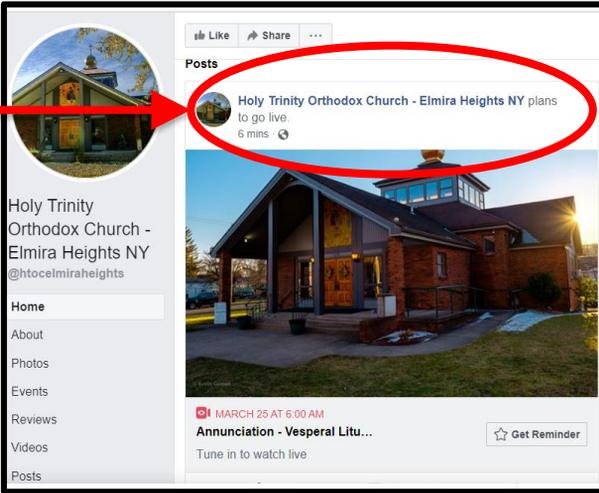
Sunday, April 5, St. Mary of Egypt – Fifth Sunday of Great Lent

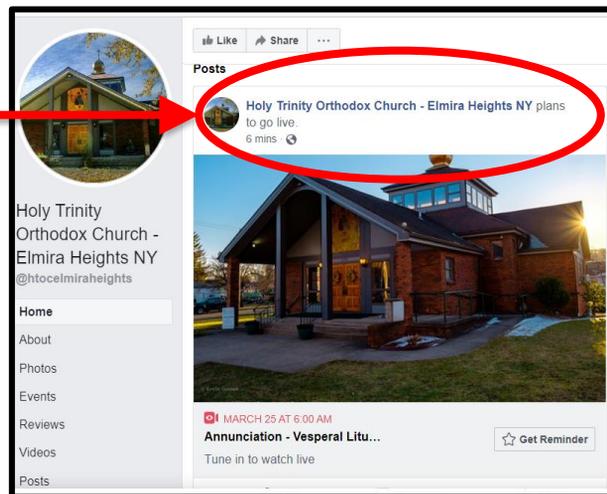
- 8:50 AM 3rd Hour
- 9:00 AM Divine Liturgy
- 12:00 PM “Zoom” Online Fellowship Hour – Check your email for instructions!

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  A red arrow points from the text 'THIS on the screen' to a screenshot of a Facebook post. The post features a circular profile picture of a church building and a larger rectangular photo of the same church building. The text of the post says 'Holy Trinity Orthodox Church - Elmira Heights NY plans to go live. 6 mins'. A red circle highlights the profile picture and the post text.
- 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.



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. **Ephesians 5:9-19** Brethren: Walk as children of the light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart. **GOSPEL Mark 9:17-31** At that time, one of the crowd answered and 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." **Matthew 4:25-5:12** At that time, great multitudes followed Jesus – from Galilee, and from Decapolis, Jerusalem, Judea, and beyond the Jordan. And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be filled. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you."