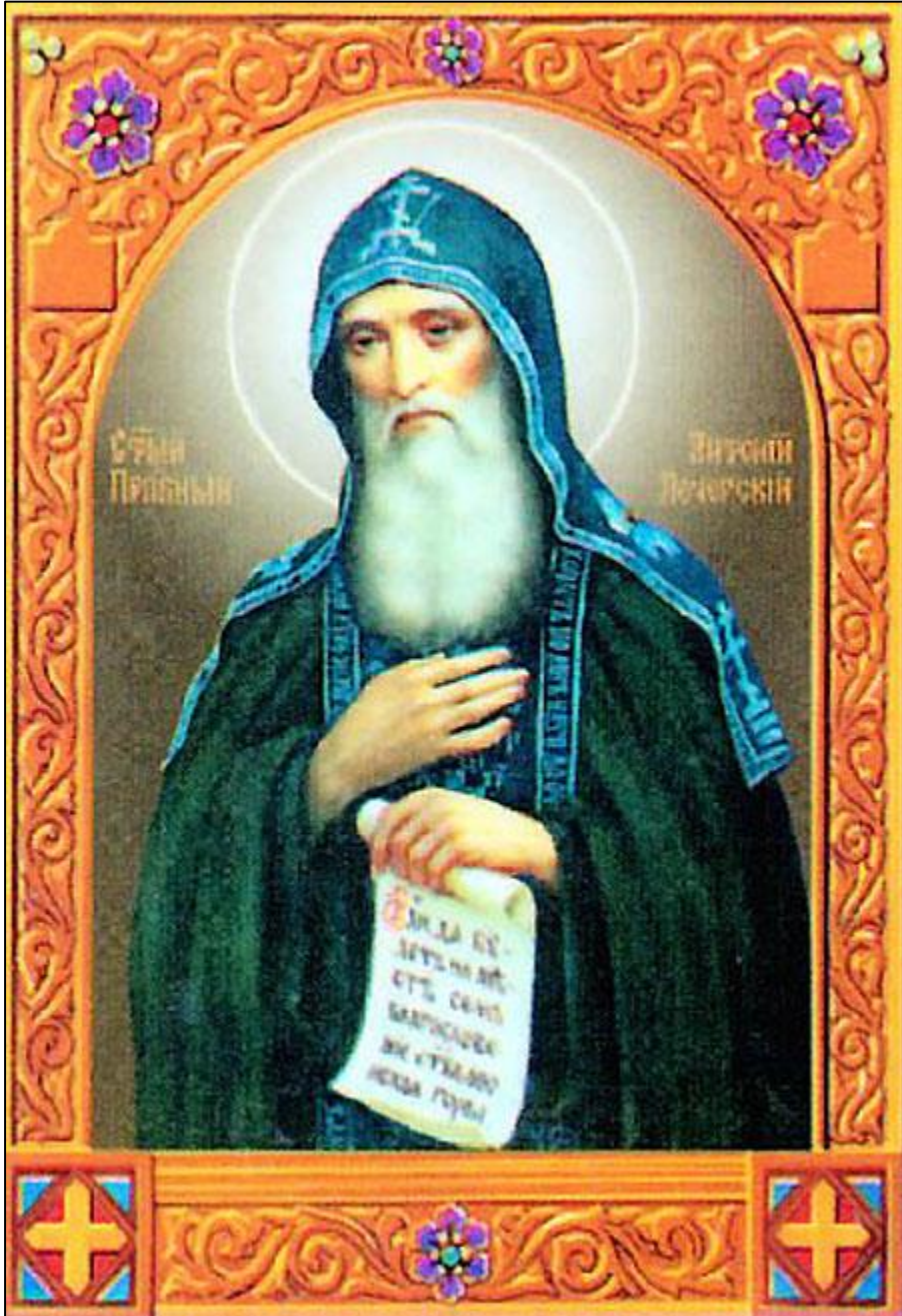


HOLY TRINITY ORTHODOX CHURCH

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, July 10, 2022 – Tone 3

Fourth Sunday After Pentecost – St. Anthony of the Kievian Caves

SERVICES AND ACTIVITIES

Most Services May Be Joined by Live Stream at Web Address www.facebook.com/htocelmiraheights or go to www.YouTube.com and search for "Holy Trinity Church Elmira Heights NY"

Today

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy, Followed by Fellowship Hour Downstairs

Tuesday, July 12

6:30 PM Vespers – Feast of the Archangel Gabriel

Thursday, July 14

6:30 PM Men's Group Meets – in the Church

Saturday, July 16

5:00 PM Great Vespers; Private Confession Available Afterward

Sunday, July 17

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy, Followed by Fellowship Hour Downstairs

TODAY'S EPISTLES Romans 6:18-23 Brethren: And, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Galatians 5:22-6:2 Brethren: The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfil the law of Christ.

TODAY'S GOSPELS Matthew 8:5-13 At that time, when Jesus had entered Capernaum, a centurion came to Him, pleading with Him, saying, "Lord, my servant is lying at home paralyzed, dreadfully tormented." And Jesus said to him, "I will come and heal him." The centurion answered and said, "Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed. For I also am a man under authority, having soldiers under me. And I say to this one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my servant, 'Do this,' and he does it. When Jesus heard it, He marveled, and said to those who followed, "Assuredly, I say to you, I have not found such great faith, not even in Israel! And I say to you that many will come from east and west, and sit down with Abraham, Isaac, and Jacob in the kingdom of heaven. But the sons of the kingdom will be cast out into outer darkness. There will be weeping and gnashing of teeth. Then Jesus said to the centurion, "Go your way; and as you have believed, so let it be done for you." And his servant was healed that same hour.

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."

Prayer List

Memory Eternal: Nikolai; Edward; Reader Symeon; Matushka Marion; Mary; Kathy; Thomas; Casey; Victor Stephen; Joey, Berky; Mark; Florea, Anton, Matushka Genevieve Glagolev; David; Cornelius. The victims of recent violence in Chicago and Texas and throughout the world. All those taken from us by the Coronavirus, by sickness, injury and disaster. Ever-memorable Carlos Osorlo (stepfather of Claudia Hendershot, + 7/14/21).

For Health: Fr. Jason Kappanadze, Fr. Nicholas Harris, Fr. Daniel & Mat. Myra Kovalak, Fr. Herman & Mat. Cynthia Schick, Fr. Moses Berry; Fr. Joseph Chupeck; Dn. Michael and his family and all who are traveling; Rdr. Thomas & Mildred, Catechumen Sarah; newly married Reader Paul & Anastasia Kappanadze; Dmitri Philemanoff; Kathleen; Larissa and Rachel and the children to be born to them; Julie; Julie; Michael & Many; John; Nancy; Christa; Ilsa; Scott & Casey, Steven; Antonina; Ryan; Child Hannah, Joshua, Helen, Kevin, Erica, Sherri, Ruth, Harriet, Katherine, Kristin, Sierra, Kate, David; Kyriakos; and catechumens Charles, Sue, Amy, and Verity.

Diocesan Prayer Requests: Archbishop BENJAMIN; Mitred Archpriest Kyril Riggs; Archpriest Andreja Damjanovski, for major back surgery Monday 7/11; Fr. Maryan & Matushka Svitlana Chaykivsky; Dn. John Holoduek; Matushka Patricia Bohush; Matushka Mary Buletza; Rdr. Fredric; Rdr. Michael Mellin; Konstantinos, Kyriaki; Roman, Frank; Christian, Mary; Iryna, Michael, Anastasia, Sofia, Oleg & his family, Peter & his family, John, Bohdan & family, Irina, Maryan, Maria, Olga, Olenka, Sofia, Anna, Deborah, Jeff, Margaret & Nicholas, John & Barbara, Elizabeth & Robert, Anna & Paul, Gabriel, Nicholas; Walter; Nicholas, James; Shelton, Oma, child Kalliopi. All the clergy, faithful and their families of the Diocese of New York and New Jersey. All those afflicted with the Coronavirus and those caring for them, those afflicted by sickness, violence, injury, and disaster. **Name Day:** Rdr. Gabriel Cowan, Gabriel Charlanow, Gabriel Hendershot & Gabriel Rinchack (Archangel Gabriel, 7/13). **Birthdays:** His Beatitude, Metropolitan TIKHON (7/15); Fr. John Parker, Dean of St. Tikhon's Seminary (7/16). **Anniversary:** Fr. Timothy & Mat. Anastasia Hojnicky (Mat. Tamara's sister and brother-in-marriage, 7/11).

Parish Children:

Lucia	Hannah	Jeremiah	Andrew	Myra	Ezekiel	Anysia
Lydia	Natalie	Emilia	Patrick	Sophia	Dmitri	Jonah
Gabriel	Angelina	John	Thomas	Nikolai	Melania	Alexei
Larissa	Julianna	Nadia	Gabriel	Justus	Samuel	Gabriel
Michael	Hannah	Raphael	Verity	Anna	Julie	Michelle

College Students: Anna McKane – Duke University •

Katherine McKane – Sarah Lawrence College Year Abroad at Oxford University, England •

Nathan Devens – Elmira College • Larissa Cheplick – Daemen College • Magdalena Botrous – LECOM Elmira

Please give prayer requests to Fr. David, Dn. Michael, Subdcn. Walter, or a Reader.

Typically, parish prayer requests remain on this list for 40 days.

READERS' SCHEDULE

July 9th – July 15th: Reader Samuel • July 16th – July 22nd: Reader William •

July 23rd – July 29th: Mary Carol Haluszczak •

July 30th – August 6th: Reader Alexander (Transfiguration – August 5-6)

SUMMER 2022 FELLOWSHIP HOUR SCHEDULE

Contact Mat. Tamara or Mat. Katie if you need a different date.

JULY: 7/10 Haluszczak & Holobinko Families;

7/17 King, King-Styles & Lyon Families; 7/24 Charlanow Family; 7/31 Gomez & O'Brien Families

AUGUST (August 1-14 is the Dormition Fast; no meat or dairy at Fellowship Hour

except for small children):

8/7 Weeks & Turic Families; 8/14 Angelo & McKane Families; 8/21 Cowan Family; 8/28 Karney Family



St. Andrew's

Camp

Summer 2022

Week 3: Sunday, July 17 - Saturday, July 23 -- Mish Mash Week

Week 4: Sunday, July 24 - Saturday, July 30 -- Horse Week 2

Week 5: Sunday, July 31 - Saturday, August 6 -- Teen Week

standrewscamp.org



The Diocese of NY & NJ Department of Christian Education announces...

Workshops for Diocesan Church School Teachers, Youth Workers and Clergy

Join us for this special workshop as we heed our beloved Archbishop Michael's direction to "re-examine our Church School programs and parish youth organizations... giving way to more personally involved methods of bringing Christ to our young people".

Vacation Church School: Bringing Back Our Youth and Families



Learn how to plan and hold a successful Vacation Church School (VCS) program, that can be effectively used for one-day or two-day parish youth events and retreats throughout the year, to draw in youth and families who are not regularly attending. Participants will take home two detailed VCS lesson plans to use in their parishes.

New York State Deanery
Saturday, August 20
Saints Peter and Paul Church, Syracuse
10am-2pm
[Click Here to Register](#)

New York City & New Jersey Deaneries
Saturday, August 27
Holy Trinity Church, Yonkers
10am-2pm
[Click Here to Register](#)

Presenter: Kelly Potteiger, Orthodox Vacation Church School Content Creator



Kelly Potteiger received her bachelor's degree in Elementary Education from Penn State University. She and her husband have been Orthodox since 2003. She has 23 years of experience in children's programming within Vacation Bible Schools, Summer Day Camps, Elementary School and Church School Teaching. She has three young children.

Since 2008, Kelly has been a member of Holy Apostles Orthodox Church in Mechanicsburg, PA, where she has taught church school, planned children's retreats and the annual Vacation Church School, started their Orthodox Mom's Group, Women's Group, Women's Book Club, and LOL Youth Group. Kelly also writes VCS plans for the OCA website.

Kelly's experience shows that the key to children's programming is the excitement it brings and the memories it leaves with the youth. She says, "Children form a connection with their Orthodox peers and their church community, thus making lifelong friends and relationships. The youth at our parish look forward to Vacation Church School and ask what the theme will be, months beforehand. The older youth are sad when they outgrow the program and frequently return to help plan and run it. It is truly a parish undertaking of quality programming that not only teaches Orthodox theology, but also instills in the youth a lifetime commitment to a relationship with our Lord and Savior, Jesus Christ."

This event is generously sponsored by the **DDB**.

For more information, contact Matushka Tamara Cowan at tamarancowan@gmail.com