

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, October 30, 2022 – Tone 3

20th Sunday After Pentecost

Hieromartyr Zenobius and his sister Zenobia, of Cilicia (285)

Apostles Tertius, Mark, Justus, and Artemas, of the Seventy (1st c.)

MORE HANDS WANTED TO HELP PREP FOR OUR NEXT FOOD SALE!

On **Wednesday, November 2, at 8:00 AM**, Pierogi Preparation will be happening in the Ministry Hall next to the Rectory. Additional volunteers are welcome to get involved!

The next food sale will take place on Thursday, November 10.

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 – Sunday, October 30

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, Followed by Fellowship Hour, Church School & Teen Group, Choir Rehearsal

Wednesday, November 2

8:00 AM Food Sale Pierogi Preparation – in the Ministry Hall

Wednesday – Thursday, November 2-3: *Diocesan Assembly*,
at Saints Peter and Paul Church, Endicott – Fr. David Away; No Adult Classes

Saturday, November 5

3:30 PM Youth Choir Rehearsal – in the Church

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

Sunday, November 6

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, Followed by Fellowship Hour, Church School & Teen Group

Monday, November 7

6:30 PM *Great Vespers & Litya*, Feast of the Archangels Michael, Gabriel & Raphael, and the
Bodiless Powers of Heaven

Tuesday, November 8: *Vocations Summit at St. Tikhon's Seminary – Fr. David Away*

Wednesday, November 9

7:00 PM "Thinking Orthodox" Adult Study – Re-Scheduled from Tuesday, November 8



OCA DIOCESE OF NY & NJ
DEPARTMENT OF YOUTH MINISTRY

Fall Teen Retreat

*Join us for a weekend of fun, prayer, and
fellowship! New venue, new activities!*

**NOVEMBER 18-20, 2022
MIDDLE & HIGH SCHOOL STUDENTS
CAMP RAMAPO ~ RHINEBECK, NY**

No fee to attend! Open to all dioceses and jurisdictions!



REGISTER BY NOVEMBER 5, 2022

TODAY'S SCRIPTURE READINGS

EPISTLE: Galatians 1:11-19 Brethren: I make known to you that the gospel which was preached by me is not according to man. For I neither received it from man, nor was I taught it, but it came through the revelation of Jesus Christ. For you have heard of my former conduct in Judaism, how I persecuted the church of God beyond measure and tried to destroy it. And I advanced in Judaism beyond many of my contemporaries in my own nation, being more exceedingly zealous for the traditions of my fathers. But when it pleased God, who separated me from my mother's womb and called me through His grace, to reveal His Son in me, that I might preach Him among the Gentiles, I did not immediately confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me; but I went to Arabia, and returned again to Damascus. Then after three years I went up to Jerusalem to see Peter, and remained with him fifteen days. But I saw none of the other apostles except James, the Lord's brother.

GOSPEL: Luke 8:26-39 At that time, Jesus and His Disciples sailed to the country of the Gadarenes, which is opposite Galilee. And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness. Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. And they begged Him that He would not command them to go out into the abyss. Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned. When those who fed them saw what had happened, they fled and told it in the city and in the country. Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen it told them by what means he who had been demon-possessed was healed. Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned. Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, "Return to your own house, and tell what great things God has done for you." And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

"THINKING ORTHODOX" AND "ORTHODOXY 101" SCHEDULE:

"Thinking Orthodox" – The session scheduled Tuesday, Nov. 8, is **re-scheduled for Wednesday, Nov. 9, 7:00 PM.**

"Thinking Orthodox" will also meet on Tuesdays 11/22 and 12/6, as previously announced.

"Orthodoxy 101" – Every Other Wednesday: *No Class 11/2, Meets 11/16, 11/30, 12/14*

PASTORAL CARE – GENERAL INFORMATION

Emergency Sick Calls can be made at any time. Please call Fr. David at 732-3980, when a family member is admitted to the hospital.

Anointing In Sickness: The Sacrament of Unction is available in Church, the hospital, or your home, for anyone who is sick, however severe. If you are preparing for surgery (or recovering from it), please call Father.

Marriages and Baptisms require early planning, scheduling, and selection of sponsors (crown bearers or godparents). See Father before booking dates, choosing sponsors, and reserving reception halls.

Funerals are celebrated for practicing Orthodox Christians who have not declined the Sacraments.

The Church opposes cremation; we cannot celebrate funerals for cremations.

Prayer List

Memory Eternal: Misrach; James; Paul Robinson; child MacKenzie; Robert; Fr. Andrew Diehl; Metropolitan ILIA; Dorothy; Charles, Joan Ann; Helen; Archpriest John Kassatkin, Jonathan, Mary, Alexander; Oleg; Carol; Eugenia; Regina; Peter; Jennie. All those taken from us by the Coronavirus, by sickness, violence, injury and disaster.

For Health: Fr. Jason Kappanadze, Fr. Daniel & Mat. Myra Kovalak, Fr. Herman & Mat. Cynthia Schick, Fr. Moses Berry; Fr. Joseph & Matushka Ellen Chupeck; Matushka Patricia Mason, Matushka Kathleen White; Rdr. Thomas & Mildred, Antonina; Paul; Nancy Elizabeth; Brooke; altar server Patrick; Catechumen Sarah; Ian; Barbara; James; Dmitri; Deborah; Kathleen; expecting mothers Krista, Larissa, Laura, and the children to be born to them; Julie; Julie; Many; John; Nancy; Christa; Ilsa; Scott & Casey, Steven; Ryan; Child Hannah, Joshua, Helen, Kevin, Erica, Sherri, Ruth, Harriet, Katherine, Kristin, Sierra, Kate, David, Nicholas, Natalya; Kyriakos; and catechumens Charles, Sue, Amy, Stephen, Sarah, and Verity.

Diocesan Prayer Requests: Archbishop BENJAMIN; Archpriest James Parsells; Rdr. Fredric; Christina, Katia; John, Jennifer Ann, Olga; Gabriel, infant Edmund, Serge, Anastasia; Deryl, Katie; Nicholas, Philip; Elias; Rachel; child Gideon. 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. **Anniversary:** James & Deborah King (11/1).

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 – SUNY Cobleskill • 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

October 29th – Nov. 5th: Reader Alexander ♦ Nov. 5th -12th: Mary Carol Haluszczak (Feast of Archangels, 11/7)

Nov. 12th - 19th: Reader Samuel ♦ Nov. 19th - 26th: Reader William (Entrance of Theotokos – 11/20 & 21)

Nov. 26th - Dec. 3rd: Reader Dmitri ♦ Dec. 3rd - 10th: Rdr. Alexander (St. Nicholas 12/5 & 6)

Unless otherwise noted: Each week, the readers' schedule begins with Great Vespers on Saturday evening and continues through, and including, the following Saturday morning. If you cannot read for all services your assigned week, arrange a substitute yourself, and inform Fr. David or Dn. Michael who will substitute for you.

FALL 2022 FELLOWSHIP HOUR SCHEDULE

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

OCTOBER: 10/30 Gomez & O'Brien Families

NOVEMBER: 11/6 Weeks & Turic Families; 11/13 Angelo & McKane Families;

11/20 Karney Family; 11/27 Cowan Family

YOUTH CHOIR FALL SCHEDULE

Saturdays, 3:30pm -- For more information, contact Matushka Tamara: tamarancowan@hotmail.com

Dates: 11/5 ♦ 11/12 ♦ No Rehearsal 11/19 ♦ 11/26

Donations of Tomato Soup and Tomato Juice welcome for upcoming food sales!

Speak with Reader Alexander Charlanow if you have questions; otherwise, just drop them off downstairs in the church kitchen.

THANKSGIVING BASKETS FOR LOCAL FAMILIES

On Sunday, November 20, after the Liturgy, our Church School and Teen Group families will pack Thanksgiving baskets for local families in need. Our goal this year is to make 10 baskets. Each family is asked to choose one of the following foods, to bring on or before Sunday, Nov. 20. See Matushka Tamara or Matushka Katie to sign up for the category of food that you wish to bring.

- Stovetop Stuffing, 20 boxes
- Instant Mashed potatoes, 10 boxes
- Gravy, 20 cans/jars
- Yams, 10 Large cans
- Mini Marshmallows, 10 bags
- Corn, 20 cans
- Green Beans, 20 cans
- French fried onions, 10 cans
- Cranberry relish, 10 cans
- Chicken broth, 10 cans
- Corn bread mix, 20 packages
- Pumpkin Pies, 10 pies
- And ... 10 people needed to donate \$30 for each Turkey

Thank you for being a part of this charitable effort ...
giving thanks to God by enabling other families to celebrate a bountiful Thanksgiving! **Join us Monday & Tuesday, Nov. 21-22**, to pass out the baskets to their recipients. If you know someone in need who could benefit from one of these baskets, please let Fr. David or Mat. Tamara know.

Let's ALL share in this important Labor of Love!

Advent & Nativity 2022: Services & Activities ♦ Holy Trinity Orthodox Church, Elmira Heights

140 Horseheads Blvd., Elmira Heights, NY ♦ (607) 732-3980 ♦ www.HolyTrinityOrthodoxChurch.org

NOVEMBER – DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>10/30</u>	<u>31</u>	<u>11/1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
8:40 AM Hours & Liturgy Fellowship Hour, Choir Rehearsal, Church School and Teen Group			Diocesan Assembly – Fr. David Away No Adult Class	Diocesan Assembly – Fr. David Away		3:30 PM Youth Choir 5:00 PM Great Vespers; Confessions Afterward
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
8:40 AM Hours & Liturgy Fellowship Hour, Church School and Teen Group	6:30 PM Great Vespers & Lituya: Feast of the Archangels	No Liturgy – Vocations Summit at St. Tikhon's Seminary No Adult Class Tonight; Rescheduled Next Day>>	7:00 PM Adult Study: <i>Thinking Orthodox</i> ; In Church and By Zoom (Rescheduled from Nov. 8)			3:30 PM Youth Choir 5:00 PM Great Vespers; Confessions Afterward
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
8:40 AM Hours & Liturgy Fellowship Hour, Church School and Teen Group					Diocesan Teen Retreat: Fri-Sun, Nov. 18-20 Camp Ramapo, Rhinebeck, NY	5:00 PM Great Vespers; Confessions Afterward
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u> THANKSGIVING DAY	<u>25</u>	<u>26</u>
8:40 AM Hours & Liturgy: Fellowship Hour, "Families Learning Together" – Making Thanksgiving Baskets 6:30 PM Gt Vespers & Lituya, Entrance of the Theotokos	8:40 AM Hours & Liturgy, Entrance of the Theotokos Thanksgiving Basket Deliveries	Thanksgiving Basket Deliveries 7:00 PM Adult Study: <i>Thinking Orthodox</i> ; In Church and By Zoom	6:30 PM Akathist Service of Thanksgiving: <i>Glory to God for All Things</i>			3:30 PM Youth Choir 5:00 PM Great Vespers; Confessions Afterward
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>DEC 1</u>	<u>DEC 2</u>	<u>DEC 3</u>
8:40 AM Hours & Liturgy Fellowship Hour (No Church School or Teen Group Today)	6:30 PM Parish Council Meets		7:00 PM Orthodoxy 101, In Church and By Zoom	6:30 PM Daily Vespers: Ss. Porphyrios of Mount Athos and Habakkuk the Prophet	8:40 AM Hours & Liturgy, Ss. Porphyrios and Habakkuk Fr. David's 16 th Anniversary of Ordination to the Holy Priesthood	3:00 pm Decorating the Church for Advent and Nativity 5:00 PM Great Vespers; Confessions Afterward