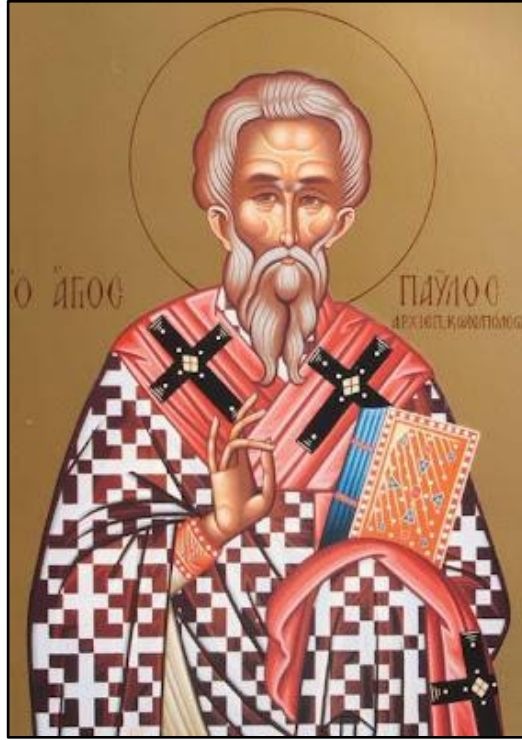


HOLY TRINITY ORTHODOX CHURCH

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, November 6, 2022 – Tone 4

21st Sunday After Pentecost

St. Paul the Confessor, Archbishop of Constantinople

MORE HANDS WANTED TO HELP PREP FOR THURSDAY'S FOOD SALE!

On Wednesday, November 9, 5:30 PM, and Thursday, November 10, 8:00 AM,

Food Sale 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 this Thursday, Nov. 10, from 5:00 – 7:00 PM.

NEXT SUNDAY, NOV. 13: PRAYERS FOR VETERANS, LIVING & DEPARTED

This week, please give Fr. David the names of Veterans

whom you want to be remembered in next Sunday's Liturgy. Please note "DEPARTED" or "LIVING".

Either give your names to Father in person, or by email frdavidcowan@gmail.com

Tuesday, Nov. 15 begins the 40-Day Fast in preparation for the Birth of our Lord Jesus Christ.

The Fast ends with the participation in Holy Communion, at the Divine Liturgy of our Lord's Nativity (Christmas) on Dec. 25. During the Fast we strive to abstain from meat, from dairy as best we can, from spiritually unproductive entertainment, conversation, and distraction. **And it is crucial to offer Confession during this season, as well.** Confession is available regularly on Saturdays before or after Vespers, or by appointment during the week.

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, November 6

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy, Followed by Fellowship Hour, Church School / Teen Group Combined Class

Monday, November 7 – Eve of the Feast of the Archangels

6:30 PM Great Vespers & Litya – Archangels Saints Michael, Gabriel & Raphael and the Bodiless Hosts of Heaven

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

Wednesday, November 9

5:30 PM Food Sale Preparation – in the Ministry Hall

7:00 PM "Thinking Orthodox" Adult Study – in the Church and by Zoom (*Rescheduled from November 8*)

Thursday, November 10

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

5:00 – 7:00 PM "Slavic Sampler" Food Sale Open for Pick-up Orders

Saturday, November 12

4:00 PM Youth Choir Rehearsal – in the Church

5:00 PM Great Vespers; Private Confession Available Afterward

Sunday, November 13

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy, with Prayers for Living & Departed Veterans;
Followed by Fellowship Hour, Church School & Teen Group



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 THIS TUESDAY, NOV. 8

TODAY'S SCRIPTURE READINGS

EPISTLE: Galatians 2:16-20 Brethren: We know that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified. But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

GOSPEL Luke 8:41-56 At that time, behold, there came a man named Jairus, and he was a ruler of the synagogue. And he fell down at Jesus' feet and begged Him to come to his house, for he had an only daughter about twelve years of age, and she was dying. But as He went, the multitudes thronged Him. Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, came from behind and touched the border of His garment. And immediately her flow of blood stopped. And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?'" But Jesus said, "Somebody touched Me, for I perceived power going out from Me." Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately. And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace." While He was still speaking, someone came from the ruler of the synagogue's house, saying to him, "Your daughter is dead. Do not trouble the Teacher." But when Jesus heard it, He answered him, saying, "Do not be afraid; only believe, and she will be made well." When He came into the house, He permitted no one to go in except Peter, James, and John, and the father and mother of the girl. Now all wept and mourned for her; but He said, "Do not weep; she is not dead, but sleeping." And they ridiculed Him, knowing that she was dead. But He put them all outside, took her by the hand and called, saying, "Little girl, arise." Then her spirit returned, and she arose immediately. And He commanded that she be given something to eat. And her parents were astonished, but He charged them to tell no one what had happened.

"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: Meets 11/16, 11/30, 12/14

LOCAL CHARITY REQUEST

A gentleman who has recently moved into the area called the church office this week, asking if we might be able to donate any of the following items for his apartment:

Full Size Bed ♦ TV ♦ Microwave ♦ Lamp (1 or 2)

He can pick up any of these items except for a bed; he would need assistance transporting that.

If you have any of these things to donate, please contact Fr. David. Thank you!

Prayer List

Memory Eternal: John; Alexander; 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. 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, Kathleen, preparing for surgery 11/11; Antonina; Paul; Nancy Elizabeth; Brooke; altar server Patrick; Catechumen Sarah; Ian; Barbara; James; Dmitri; 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, Erica, Ruth, Harriet, Katherine, Kristin, Sierra, Kate, David, Nicholas, Natalya; Kyriakos; and catechumens Charles, Sue, Amy, Stephen, Sarah, and Verity.

Diocesan Prayer Requests: Archbishop BENJAMIN; Bishop MATTHIAS; Archpriest James Parsells; Matushka Anastasia Richards; Rdr. Fredric; Tanya, Kathryn, Paul, Audrey & Isaac; Ioannis, Shawn; Christopher, Stephanie; Christina, Katia; John, Jennifer Ann, Olga; Gabriel, infant Edmund, Serge, Anastasia. 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:** Dn. Michael Karney, Michael Hendershot, Michael Karney, Michael Speen, Michael Turic; Rdr. Gabriel Cowan, Gabriel Charlanow, Gabriel Hendershot, Gabriela Iancu, Gabriel Rinchack; Raphael Hendershot (Feast of the Archangels, 11/8). **Birthday:** Kristin Kohena (11/6).

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

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.

NOVEMBER: 11/6 Weeks & Turic Families; 11/13 Angelo & McKane Families;
11/20 Karney Family; 11/27 Cowan Family

UPCOMING CHOIR REHEARSALS:

After Liturgy on Sunday 11/13 and Sunday 11/27

More to Come Before the Nativity

YOUTH CHOIR FALL SCHEDULE

Saturdays: 11/12, 4:00 pm ♦ No Rehearsal 11/19 ♦ 11/26, 3:30 PM

For more information, contact Matushka Tamara: tamarancowan@hotmail.com

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
- Corn bread mix, 20 packages
- Chicken broth, 10 cans – DONATED!
- Pumpkin Pies, 10 pies – DONATED!
- 10 Turkeys – DONATED!

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!

LET YOUR LIGHT SO SHINE!



VACATION CHURCH SCHOOL

SAVE THE DATES!

December 29th – 31st

12:00 p.m. – 3:00 p.m.

Join us for GLOW IN THE DARK

games, crafts, and fun during Christmas Vacation!

See Mat. Tamara or Mat. Katie for more information

ZOE FOR LIFE! SOUTHERN TIER FUNDRAISING BABY SHOWER

THIS SATURDAY, NOVEMBER 12, 1:30 – 3:30 PM

DORMITION OF THE VIRGIN MARY O.C.A. CHURCH, 54 BAXTER ST., BINGHAMTON

Join us to launch this life-affirming ministry. A *Molieben* prayer service, led by our Archbishop Michael, will be followed by refreshments and a brief program. Questions? Call Matushka Marge Kappanadze, 607-259-2646

Baby Item Donations Would Be Most Welcome!

Wish List Ideas: Clothing & shoes up to size 2T; Baby Essentials; Pack 'N Plays; Board Books

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