

HOLY TRINITY ORTHODOX CHURCH

140 Horseheads Blvd., Elmira Heights, NY • 607-732-3980

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Sunday, March 12, 2023

Second Sunday of Great Lent – Tone 6

Saint Gregory Palamas

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 – Second Sunday of Lent: St. Gregory Palamas

8:40 AM *Third and Sixth Hours*

9:00 AM *Reception Into the Catechumenate* of Jason Sperry

Divine Liturgy followed by Lenten Fellowship Hour, Church School, Teen Group & Choir Rehearsal

Tuesday, March 14

7:00 PM "Orthodoxy 101" Class, in Church and By Zoom

Wednesday, March 15

5:30 PM Private Confession Available

6:30 PM *Liturgy of the Pre-Sanctified Gifts* followed by Lenten Pot Luck Supper Fellowship

Friday, March 17

6:30 PM *Akathist to the Most Holy Theotokos, the Mother of God*

Saturday, March 18

9:40 AM *Third and Sixth Hour*

10:00 AM *Memorial Divine Liturgy*

3:30 PM Youth Choir Rehearsal – in the Church

5:00 PM *Procession of the Life-Creating Cross and Great Vespers*; Private Confession Available Afterward

Sunday, March 19 – Third Sunday of Lent: Veneration of the Life-Giving Cross

8:40 AM *Third and Sixth Hour*

9:00 AM *Divine Liturgy* followed by Lenten Fellowship Hour, Choir Rehearsal, and Special Presentation:
"Alaska: The Holy Land of the Orthodox Church in America"

*** All Are Welcome to Attend *Pan-Orthodox Sunday Vespers* in Painted Post. See below. ***

4:00 PM *Southern Tier Lenten Mission Vespers* – at St. Mary Church, 61 Canada Rd., Painted Post

UPCOMING CHOIR REHEARSALS:

After Liturgy ♦ Sundays: March 12, 19, 26; April 2; Lazarus Saturday, April 8

UPCOMING YOUTH CHOIR REHEARSALS:

At 3:30 PM ♦ Saturdays: March 18; April 1

The Great Fast of Lent continues

until Holy PASCHA (Easter), Sunday, April 16, with the Paschal Divine Liturgy.

During Lent we are called to abstain from meat and dairy products and from spiritually unproductive entertainment... so that we control our appetites, and our appetites do not control us!

THE JESUS PRAYER:

**Lord Jesus Christ, Son of God,
have mercy on me, a sinner.***

***Repeat as needed.**

SCRIPTURE READINGS

TODAY'S EPISTLES

Hebrews 1:10-2:3 "In the beginning Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou are the same, and Thy years will never end." But to what angel has He ever said, "Sit at my right hand till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay the closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him, while God also bore witness by signs and wonders and various miracles and by gifts of the Holy Spirit distributed according to his own will.

Hebrews 7:26-8:2 Brethren: It was fitting that we should have such a High Priest, holy, blameless, unstained, separated from sinners, exalted above the heavens. He has no need, like those high priests, to offer sacrifices daily, first for His own sins and then for those of the people; He did this once for all when He offered up Himself. Indeed, the law appoints men in their weakness as high priests, but the word of the oath, which came later than the law, appoints a Son Who has been made perfect forever. Now the point in what we are saying is this: we have such a High Priest, one Who is seated at the right hand of the throne of the Majesty in heaven, a Minister in the sanctuary and the true Tent which is set up not by man but by the Lord.

TODAY'S GOSPELS

Mark 2:1-12 At that time Jesus entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." And some of the scribes were sitting there and reasoning in their hearts, "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?" But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? But that you may know that the Son of Man has power on earth to forgive sins – He said to the paralytic, I say to you, arise, take up your bed, and go to your house." Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

John 10:9-16 The Lord said, "I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd."

Prayer List

Memory Eternal: Olga; Anna; Lois; Rose; Olga, Vasileios, infant Francis; William, Larry; Nicholas; Infant Isaiah Luke; Archpriest Daniel; Bishop TIKHON; Bob Slater; Edward; Mark; Edward, Jeff; June. All those taken from us by sickness, violence, injury and disaster.

For Health: Newly Baptized Aaliyah King-Styles and her family; Newborn Elizabeth Adkins and her family; Matushka Kathryn Karney; Mat. Anastasia Molodyko-Harris; Fr. Jason Kappanadze, Fr. Daniel & Mat. Myra Kovalak, Fr. Herman & Mat. Cynthia Schick, Fr. Moses Berry; Fr. Joseph & Matushka Ellen Chupeck; Fr. Gregory White; Pani Joan Mahler; Matushka Patricia Mason; Rdr. Thomas & Mildred; Elizabeth Holobinko; Charles; David & Christopher; Natalie; Christine; Jeanine; James; Julie; Kathleen; Antonina; Nancy Elizabeth; Brooke; Catechumens Sarah & Rachel, child Ray; Elena; Tyler; James; Dmitri; expecting mothers Matushka Alexandra Karlgut, Jessica, and the children to be born to them; Julie; Many; John; Nancy; Christa; Ilsa; Scott & Casey, Steven; Ryan; Child Hannah, Joshua, Helen, Erica, Ruth, Harriet, Katherine, Kristin, Sierra, Kate, David, Nicholas, Natalya; Sergei; Anna; Kyriakos; Catechumens Amy, Stephen, Sarah, Verity, Raychel, and newly received catechumens Jason & Oliver.

Diocesan Prayer Requests: Archbishop BENJAMIN; Bishop ALEXEI; Bishop MATTHIAS; Mitred Archpriest Kyril Riggs; Archpriest George & Matushka Paula Treff; Fr. Yaroslav Sudick; Fr. Ambrose, Matushka Juliana, and children Katherine, Emelia, Blaise & Thaddeus Inlow; Protodeacon Peter Skoog. Protodeacon Andrew Boisvert; Rdr. Fredric; Nicholas; Damian; Alex; child Josephine, child Faith; Matthew, Ann Marie, Paul; Daria, Valerie, Pamela; Deryl, Matthias; Rachel and her newborn son, Cyril; Edith, Nicholas, Todd; Jeannie, Valerie. All the clergy, faithful and their families of the Diocese of New York and New Jersey. All those afflicted by sickness, violence, injury, and disaster.

Parish Children:

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

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

Mar Mar 11-18: Rdr Alexander (Week 3 of Lent & Memorial Saturday 3/18) ♦ Mar 18-25: Mary Carol Haluszczak (Week 4 of Lent & Annunciation 3/24-25) ♦

Mar 25 – Apr 1: Rdr Samuel (Week 5 of Lent) ♦ Apr 1-8: Mat. Tamara (Week 6 of Lent & Lazarus Saturday 4/8) ♦

Apr 8-9: Rdr Alexander (Saturday Vespers; Palm Sunday Hours & Epistle)

Holy Week 2023: Palm Sunday, Apr 9: Rdr Gabriel – Bridegroom Matins;

Holy Monday, Holy Tuesday, Holy Wednesday, Apr 10, 11, 12:

Rdr Samuel – Bridegroom Matins & Presanctified Liturgy on 4/12;

Holy Thursday, Apr 13: Mat. Tamara – Vespertal Liturgy;

Holy Friday, Apr 14: All Readers – Royal Hours, Rdr Alexander – 3pm Vespers,

Rdr William – 7pm Lamentations;

Holy Saturday, Apr 15: Parish Children and Readers – Vespertal Liturgy of St. Basil with 15 Old Testament Readings;

PASCHA, Apr 16: Reader William – Compline, Epistle at the Pascha Liturgy

Unless otherwise noted: Each week, the readers' schedule begins with Great Vespers on Saturday evening and continues through, and including, the following Saturday morning,

unless otherwise noted. If you cannot read for all services your assigned week,

arrange a substitute yourself, and inform Father David or Deacon Michael of who will substitute for you.

WINTER 2022-23 FELLOWSHIP HOUR SCHEDULE

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

March 12 Urda, Cusick & Speen Families ♦ March 19 Hulst, Rinchack & Loveland Families ♦

March 26 Cheplick Families ♦ April 2 Haluczzak & Holobinko Families ♦ April 9 Charlanow Family ♦

April 16 Pascha Agape ♦ April 23 Cowan & Davis Families ♦ April 30 Angelo, Gomez & O'Brien Families ♦

May 7 Weeks & Turic Families ♦ May 14 Karney Family ♦ May 21 Payzant & Dudek Families ♦

May 28 King Families

FELLOWSHIP HOUR NEEDS: Cold Drink Cups; Small Paper Plates; Paper Bowls; Juices



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FEBRUARY – APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 FORGIVENESS 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Forgiveness Vespers; Cheesefare Sunday Fellowship; Church School & Teen Group	27 CLEAN MONDAY 6:30 PM Great Canon of St. Andrew of Crete	28 CLEAN TUESDAY 6:30 PM Great Canon of St. Andrew of Crete	MAR 1 CLEAN WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	2 CLEAN THURSDAY 6:30 PM Great Canon of St. Andrew of Crete	3 CLEAN FRIDAY 9:00 AM Pre-Sanctified Liturgy	4 1ST SAT. OF LENT 5:00 PM Great Vespers and Private Confession
5 ORTHODOXY SUN. 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Choir Rehearsal	6 2ND MONDAY	7 2ND TUESDAY	8 2ND WEDNESDAY	9 2ND THURSDAY	10 2ND FRIDAY	11 2ND SAT. OF LENT 9:40 AM 3 rd & 6 th Hours 10:00 AM "Soul Saturday" Memorial Divine Liturgy 1:00 PM St. Patrick Parade, Horseheads 5:00 PM Great Vespers and Private Confession
4 PM Pre-Orthodox Sunday of Orthodoxy Vespers; Holy Trinity Greek Orthodox Church, 214 Court Street, Binghamton	13 3RD MONDAY	6:30 PM Parish Council Meeting – in the Church	5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	6:30 Evening Prayers and Men's Group	17 3RD FRIDAY	18 3RD SAT. OF LENT 9:40 AM 3 rd & 6 th Hours 10:00 AM "Soul Saturday" Memorial Divine Liturgy 3:30 PM Youth Choir 5:00 PM Great Vespers and Private Confession
22 ST. GREGORY PALAMAS 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School; Teen Group; Choir Rehearsal	23 3RD MONDAY	7:00 PM "Orthodoxy 101" Adult Education Class	5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	6:30 PM Akathist to the Most-Holy Theotokos	24 EVE/ANNUNCIATION	25 ANNUNCIATION 9:40 AM 3 rd & 6 th Hours 10:00 AM Divine Liturgy; Annunciation of the Most- Holy Theotokos 5:00 PM Great Vespers and Private Confession
19 SUN. OF THE CROSS 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Choir Rehearsal; Presentation: "Alaska: The Holy Land of the Orthodox Church in America" 4:00 PM Pre-Orthodox Vespers at St. Mary's Church, 61 Canada Rd., Painted Post.	20 4TH MONDAY	21 4TH TUESDAY	22 4TH WEDNESDAY	23 4TH THURSDAY	24 EVE/ANNUNCIATION	25 ANNUNCIATION
26 ST. JOHN / LADDER 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School; Teen Group; Choir Rehearsal	27 5TH MONDAY	7:00 PM "Orthodoxy 101" Adult Education Class	5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	6:30 PM Vigil: Great Feast, Annunciation of the Most-Holy Theotokos	31 5TH FRIDAY	APRIL 1 5TH SATURDAY 3:30 PM Youth Choir 5:00 PM Great Vespers and Private Confession
28 5TH TUESDAY	29 5TH WEDNESDAY	30 5TH THURSDAY	31 5TH FRIDAY	1 5TH SATURDAY	2 5TH SUNDAY	3 5TH MONDAY



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APRIL (CONTINUED) 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APR 2. ST. MARY OF EGYPT 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School; Choir Rehearsal	3. 6TH MONDAY	4. 6TH TUESDAY 6:30 PM Parish Council Meeting – in the Church	5. 6TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM pre-Sanctified Liturgy & Pot Luck	6. 6TH THURSDAY	7. 6TH FRIDAY	8. LAZARUS SAT. 9:00 AM Children's & Families' Confessions 9:40 AM 3 rd and 6 th Hour 10 AM Liturgy; Breakfast; Choir Rehearsal; Decorating the Church 5:00 PM Vespers & Litya, Palm Sunday; Blessing Palms&Willows; Confession
9. PALM SUNDAY 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Blessing of Palms & Willows; Fellowship Hour; Church School & Teen Group 5:00 PM Bridgroom Matins	10. HOLY MONDAY	11. HOLY TUESDAY	12. HOLY WEDNESDAY 5:30 PM Confessions 6:30 PM Matins of Holy Thursday, Followed by Holy Unction and Anointing	13. HOLY THURSDAY 10:00 AM Vespers Liturgy; Holy Thursday 5:30 PM Confessions 6:30 PM Matins with the 12 Passion Gospels	14. GREAT & HOLY FRIDAY 9:00 AM Royal Hours 3:00 PM Vespers of Holy Friday; Light Meal After 7:00 PM Matins with Procession of Shroud; Teen Watch at the Tomb	15. HOLY SATURDAY 10:00 AM Vespers Liturgy; Holy Saturday 11:30 PM Nocturns, Procession, Matins, Liturgy of PASCHA, Bless Baskets, Agape Breakfast
16. HOLY PASCHA 1:00 PM Vespers of PASCHA	17. BRIGHT MONDAY 9:30 AM Paschal Hours 10:00 AM Paschal Divine Liturgy of Bright Monday, with Cross-Procession Outside	18. BRIGHT TUESDAY	19. BRIGHT WEDNESDAY	20. BRIGHT THURSDAY	21. BRIGHT FRIDAY	22. BRIGHT SATURDAY Morning: Liturgy & Open House at St. Andrew's Camp 5:00 PM Great Vespers and Private Confession
23. ST. THOMAS SUNDAY 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour; Church School & Teen Group 1:00 PM Blessing of the Graves; Parish Cemetery	24	25	26	27	28	29 5:00 PM Great Vespers and Private Confession
30. MYRRH-BEARERS 8:40 AM 3 rd & 6 th Hours 9:00 AM Liturgy; Fellowship Hour and Church School	MAY 1	2	3	4	5	6 Archbishop Michael Visits, May 6-7 5:00 PM Great Vespers and Private Confession