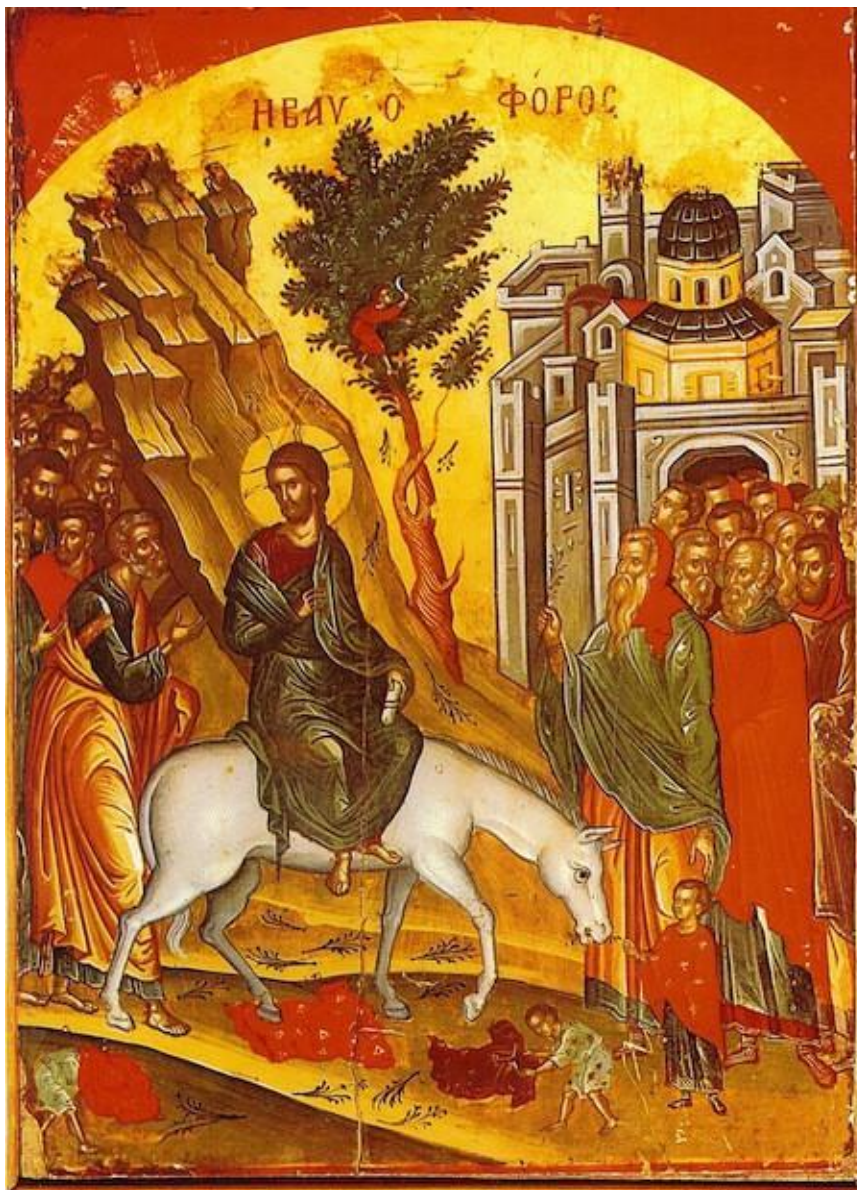


HOLY TRINITY ORTHODOX CHURCH

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, April 9, 2023

Entrance of Our Lord Into Jerusalem ♦ Palm Sunday

With joy we announce that we will be receiving into the Orthodox Church, three of our Catechumens: Amy Rinchack, Sarah Strichartz, and Verity Rustyak on Holy Saturday, April 15. See Page 2 for the schedule for these and the rest of the Holy Week and Pascha services. Please pray for them!

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"*

Palm Sunday, April 9 – The Entry of Our Lord Into Jerusalem

8:40 AM Third and Sixth Hours

9:00 AM Blessing of Palms and Divine Liturgy; followed by
Fellowship Hour, Church School, Teen Group & Choir Rehearsal

6:30 PM Bridegroom Matins of Holy Monday

Private Confession is available Holy Monday – Holy Thursday, 5:30-6:30 PM

Great and Holy Monday, April 10

5:30 PM Choir Rehearsal

6:30 PM Bridegroom Matins of Holy Tuesday

Great and Holy Tuesday, April 11

6:30 PM Bridegroom Matins of Holy Wednesday

Great and Holy Wednesday, April 12

6:30 PM Matins of Holy Thursday,
and the Service of Holy Unction and Anointing with Blessed Oil

Great and Holy Thursday, April 13

10:00 AM Vespers Divine Liturgy – The Last Supper

6:30 PM Matins of Great and Holy Friday – The Passion Gospels

Great and Holy Friday, April 14

9:00 AM Royal Hours followed by the
Decorating of our Lord's Tomb by Parish Youth

3:00 PM Vespers of Holy Friday – The Burial of Our Lord,
followed by Light Meal in our Fellowship Hall

7:00 PM Matins of Holy Saturday: Lamentations and Procession
with the Burial Shroud of Our Lord; and Watch Before the Tomb

Great and Holy Saturday, April 15

9:30 AM Baptism of Verity Rustyak and Vespers Divine Liturgy, with the
Chrismations of Verity Rustyak, Sarah Strichartz & Amy Rinchack

11:30 PM Nocturns; Procession; Matins of PASCHA and
The Divine Liturgy of Great and Holy PASCHA
followed by **Basket Blessing and Agape Meal**

HOLY PASCHA (EASTER), SUNDAY, APRIL 16

1:00 PM The Vespers of PASCHA

Bright Monday, April 17

10:00 AM Paschal Divine Liturgy with Procession

BLESSING OF GRAVES:

St. Thomas Sunday, April 23, 1:00 PM at our Parish Cemetery

Fr. David will bless graves in other cemeteries by appointment. Call (607) 732-3980

UPCOMING EVENTS TO KNOW ABOUT –

- **St. Andrew's Camp Open House**, Bright Saturday, April 22, 9:30 AM, at Camp, 1280 SR 49, Jewell, NY
- **Archbishop Michael Visits Our Parish**, Sat.-Sun., May 6-7
- **Diocesan Young Adult Retreat**, Fri.-Sun., May 19-21, at St. Andrew's Camp
- **Altar Server Retreat**, Sat., May 20, Holy Resurrection Church, 285 French Hill Road, Wayne, NJ
- **Parish Council Conference on Stewardship**, Sat., June 17, Sts. Peter and Paul Church, Endicott

SPECIAL COLLECTION – DIOCESE OF ALASKA CLERGY FUND

Remember that today, and Palm Sunday April 9,

we are taking a Special Collection for the

Alaskan Clergy Fund. Please be as generous as you can.

Consider offering the funds you save by eating out less for Lent.

Watch Bishop Alexei of Alaska's talk at www.nynjoca.org/Alaska

Thank you!

EPISTLE Philippians 4:4-9 Brethren: Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

GOSPEL John 12:1-18 At that time, six days before the Passover, Jesus came to Bethany, where Lazarus was who had been dead, whom He had raised from the dead. There they made Him a supper; and Martha served, but Lazarus was one of those who sat at the table with Him. Then Mary took a pound of very costly oil of spikenard, anointed the feet of Jesus, and wiped His feet with her hair. And the house was filled with the fragrance of the oil. But one of His disciples, Judas Iscariot, Simon's son, who would betray Him, said, "Why was this fragrant oil not sold for three hundred denarii and given to the poor?" This he said, not that he cared for the poor, but because he was a thief, and had the money box; and he used to take what was put in it. But Jesus said, "Let her alone; she has kept this for the day of My burial. For the poor you have with you always, but Me you do not have always." Now a great many of the Jews knew that He was there; and they came, not for Jesus' sake only, but that they might also see Lazarus, whom He had raised from the dead. But the chief priests plotted to put Lazarus to death also, because on account of him many of the Jews went away and believed in Jesus. The next day a great multitude that had come to the feast, when they heard that Jesus was coming to Jerusalem, took branches of palm trees and went out to meet Him, and cried out: Hosanna! 'Blessed is He who comes in the name of the LORD! The King of Israel!' Then Jesus, when He had found a young donkey, sat on it; as it is written: "Fear not, daughter of Zion; Behold, your King is coming, Sitting on a donkey's colt." His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things were written about Him and that they had done these things to Him. Therefore the people, who were with Him when He called Lazarus out of his tomb and raised him from the dead, bore witness. For this reason the people also met Him, because they heard that He had done this sign.



Decorated Pascha Candles \$10

-a great addition to your Pascha basket or table

-made with love by our Church School Children

-can be used year after year!

**All proceeds go toward the Diocese of Alaska Appeal.
Come visit our craft table during Fellowship Hour today!**

Prayer List

Memory Eternal: Lou, Father John; Jelica; Elizabeth; Sandra, Andrej, Pier; Linda; Gurami; Giorgi, Karen, Charles; Olga; Anna; Lois; Rose; Olga, Vasileios, infant Francis; William, Larry. Ever-memorable Olga & Natalia. Ever-memorable + Ann Mustico (Amy Rinchack's mother, + 4/11/22). All those taken from us by sickness, violence, injury and disaster.

For Health: Fr. David Cowan; 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; Kyra & Macrina; Eric; David & Christopher; Christine; Jeanine; James; Julie; Kathleen; Antonina; Nancy Elizabeth; Brooke; Catechumens Sarah & Raychel, child Ray; Elena; Tyler; James; Dmitri; Jessica and the child to be born of her; Deborah; Julie; Many; John; Nancy; Christa; Ilsa; Scott & Casey, Steven; Ryan; Child Hannah, Joshua, Helen, Erica, Ruth, Harriet, Katherine, Kristin, Sierra, Kate, David; Michael, Holly; Nicholas, Natalya; Sergei; Anna; Kyriakos; Catechumens Amy, Stephen, Sarah, Verity, Raychel, Jason, Oliver & Emory.

Diocesan Prayer Requests: Archbishop BENJAMIN; Bishop MATTHIAS; Rdr. Fredric; Barbara; Emmelia, Cheryl, John; Daniel, Natalie, children Danny & Nathan, Elijah; Jacqueline, Joseph, Panagiota, Joseph, Maria, Tina, Anna, Alex; Jane; child Edmund, Daniel, Laura; Zinaida, Stephen, Anna, Joseph, Feodora; Alex, Matt, Cameron, Cezar & Nicholas; Nicholas; Damian; Alex; child Faith. 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. **Birthdays:** Ryan Anthony DeSocio (4/9), Robert Cusick (4/15).

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	Aiden
Shea	Jack	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 • Anastasia Shikula & 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

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

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

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

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

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

Rdr William – 7pm Matins with Lamentations;

Holy Saturday, Apr 15: Parish Children and Readers – Vespers 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.

SPRING 2023 FELLOWSHIP HOUR SCHEDULE

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

April 9 Cheplick Family ♦ April 16 Pascha Agape ♦ April 23 Cowan & Davis Families ♦

April 30 Angelo, Gomez & O'Brien Families ♦

May 7 Parish Pot Luck for Archbishop Michael's Visit ♦ May 14 Karney Family ♦

May 21 Payzant & Dudek Families ♦ May 28 King Families

TEN THINGS TO DO DURING HOLY WEEK By Fr. Theophan Whitfield

#1 - Go to as many services as you can.

We offer a large number. Usually, at least two each day. And if you can't go to every service, set aside time to read prayerfully through those you cannot attend. (The text of most Holy Week services will be sent out by email.) It is through worship that we return and unite ourselves to Christ. The services of Holy Week are not just memory exercises. Holy Week is a single unbroken Liturgy that over ten days invites us to participate in the saving love of Jesus Christ, not to just remember some events from long ago.

#2 - Intensify your fasting.

"Holy Week is a time in which we should increase our hunger for Christ."

Each person is called to fast as he or she is able. Some are able to fast more, some less. During Holy Week, each of us should increase the intensity of the fast. Think about how you have followed the fast up to this point. During Holy Week, continue what you do, and then do a little bit more. Do you fast just a few days a week? Increase the number of your fasting days. Are you fasting from meat only? Consider fasting from dairy as well. Consider eating smaller meals each time. For some, it may be possible to eat only two small meals a day rather than three. Holy Week is a time when we should increase our hunger for Christ, and physical hunger is one way to do so.

#3 - Create silence.

Disconnect entirely from your cell phone, email, internet usage and especially social media. (If any of this is needed for work or school, designate a window of usage of no more than a few hours.) Do not watch tv, or listen to the radio. Cancel all lessons, sports, and social activities. It's only for one week. The world will still be there after Pascha. When we create silence in this way, we give ourselves the space and opportunity to be drawn by Christ more deeply into His words and actions during Holy Week. And if we do not create silence, then the noise of this world will easily overwhelm the "still small voice" through which the Holy Spirit speaks (1 Kings 19:12). To hear the voice of Christ, we have to silence the relentless cascade of screen and distraction we otherwise allow the world to pump full force into our hearts and minds.

#4 - Create prayer.

Turn on some church music. In particular, listen to the hymns of Holy Week. And learn something about each hymn you hear: On what day do we sing this hymn? During which service? What is the place and purpose of this hymn? Singing "Behold the Bridegroom" at the services which begin Holy Week is good, but hearing and singing the same hymn while driving, walking, or cleaning the house is a great way to extend the experience of the services!

#5 - Be still.

"The most eloquent word ever spoken is the silence of our dead Savior while hanging on the cross." Set aside time each day to sit quietly in front of an icon of Christ, about 20-30 minutes. Light a candle, say a short prayer, and then simply wait in silence for the Lord to speak a word, or to bestow a deeper sense of His presence. Stillness during Holy Week is a good practice for the experience of Great and Holy Friday and Saturday.

#6 - Always be with Christ.

"Nothing can ever separate us from the love of God."

As Fr. + Tom Hopko reminds us, occupy your mind as often as you can with a short prayer. If you do not already have the habit of praying the Jesus Prayer, Holy Week is a great time to begin: "O Lord Jesus Christ, Son of God, have mercy on me a sinner." This prayer increases our awareness of the nearness of Father, Son, and Holy Spirit. It reminds us that nothing can ever separate us from the love of God. So why separate yourself?

#7 - Read a Gospel.

Set aside time each day to read several chapters from either Matthew, Mark, or Luke. (We save John for after Pascha!) And remember that in the Gospels, we do not find words about Christ, we find words from Christ. Each verse of Holy Scripture is a word spoken directly to you by the raised and glorified Lord. Each word is a word for now, each word is a new word that you have never received before. Enjoy the gift! Jesus wants to give it to you!

#8 - "Offer yourself in love to at least one other person from whom you are estranged."

Chances are, each of us has at least a small handful of relationships in need of healing. During Holy Week, work for that healing. Admit your mistakes, and forgive the mistakes made by others. Offer yourself in love to at least one other person from whom you are estranged. Make a phone call, send a letter or email — you have a blessing to use email in this one case! — or schedule a coffee date. Christ's love for us is ENORMOUS compared to the pettiness we so often hold on to. And if you have been deeply harmed by another person, seek help! Reach out to someone — your spouse, another family member or friend, your priest — and ask for guidance. Search through prayer, fasting, and honest communication for a way forward. As they say, holding onto anger (or hatred, or resentment, or vengefulness) is like swallowing poison and expecting someone else to die. Seek release from what possesses. Enjoy the lightness of a relationship that has been healed and restored.

#9 - Call someone who is sick or lonely.

Visit them if you can. Share yourself with someone who needs you. Our parish family, and our neighborhoods, are filled with people who are dying of loneliness and isolation. Extend yourself and give them the gift of human presence. One of the great themes of Holy Week is abandonment — how our Lord was abandoned by just about everyone. As we seek to unite ourselves to Christ through prayer and worship during Holy Week, may we not at the same time abandon those who need us. To be united to Christ, we must at the same time strengthen our solidarity with all those around us. We are part of the mystical body of Christ, and we are called to a life of unity and communion with one another.

#10 - Think about Bright Week and beyond!

"As we unite ourselves to Christ, the radiance of the Resurrection changes everything."

With Pascha comes the true light that enlightens the whole world and each person in it. As we unite ourselves to Christ, the radiance of the Resurrection changes everything. The week after Pascha is truly a Bright Week — the Resurrection colors all with brilliance and beauty. Nothing should ever be the same. Let this Holy Week be a launching pad into the rest of life. May we live all of life in the light of the Resurrection!