

HOLY TRINITY ORTHODOX CHURCH

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Sunday, October 29, 2023 – Tone 4

21st Sunday After Pentecost

Martyr St. Anastasia of Rome (3rd century AD)

St. Abramius the Recluse and his niece St. Mary, of Mesopotamia (c. 360 AD)

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 29

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy, Followed by Fellowship Hour and Church School

Monday, October 30

6:30 PM Parish Council Meeting – in the Church

Thursday, November 2

8:00 AM Pierogi Making Session – in the Ministry Hall

Thursday-Friday, November 2-3: Diocesan Assembly, Ss. Peter and Paul Church, South River, NJ

Saturday, November 4

5:00 PM Great Vespers; Private Confession Available Afterward

Sunday, November 5

8:40 AM 3rd and 6th Hours

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

5:00 – 8:00 PM "Spaghetti and Song" Fundraising Dinner Concert for St. Andrew's Camp –
at Saints Peter and Paul Church, 210 Hill Ave., Endicott – See Matushka Tamara if you
haven't got your tickets yet!

TODAY'S SCRIPTURE READINGS

EPISTLE Galatians 2:16-20 Brethren: Knowing 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 8:26-39 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.

Keep up with the Daily Scripture Readings at www.oca.org/readings

PARISH FOOD SALE FUND-RAISING EVENTS COMING UP:

Thursday, November 9 • Saturday, December 16

Volunteers are gratefully welcomed to work at the preparation sessions and the sales.
Please speak with Reader Alex to offer your help. His email is ancharlanow@yahoo.com.

Monastic Martyr Anastasia of Rome

Commemorated on October 29

The Monastic Martyr Anastasia the Roman lost her parents when she was three years old, and was taken to be raised by the abbess of a women's monastery, whose name was Sophia, a nun who had attained a high degree of spiritual perfection. She raised Anastasia in fervent faith, in the fear of God, and obedience. After seventeen years, Anastasia became known as a great ascetic, and she was very beautiful.



The Emperor Decius (249-251) began his persecution of Christians at that time. The city administrator, Probus, following the Emperor's orders, commanded that Anastasia be brought to him. Blessed by her Abbess to suffer for Christ, the young martyr Anastasia went out to meet the armed soldiers. Seeing her youth and beauty, Probus first tried flattery to make her deny Christ.

"Why do you waste your youth deprived of pleasure?" he asked. "What is to be gained by enduring tortures and death for the Crucified? Worship our gods, marry a handsome husband, and live with glory and honor."

While Saint Anastasia stood before the ruler, her mind stood before Christ, and with her spiritual eyes, she beheld the comeliness of her Bridegroom.

The Saint replied, **"My spouse, my riches, my life and my happiness are my Lord Jesus Christ, and you cannot turn me away from Him by your deceit!"**

Probus had her stripped of her clothing, in order to humiliate her. She told him, **"You can have me whipped, beaten, and cut to pieces, and then my nakedness will be hidden by my wounds, and my blood will cover my shame."**

Probus subjected Anastasia to horrible tortures. The holy martyr bravely endured all of them, glorifying and praising God. When she became thirsty she asked for some water, and a Christian named Cyril gave her a drink. She thanked him, but Probus had him beheaded.

Then her persecutors tortured her brutally, while an Angel held her upright. When the people witnessed the inhuman and disgusting treatment the Saint received, they became indignant, and Probus was forced to end the tortures by having her beheaded. In this manner, Saint Anastasia received the unfading crown of martyrdom.

Saint Anastasia's body was thrown outside the city limits to be eaten by wild animals, but the Lord did not permit her holy relics to be dishonored. By the instructions of a holy Angel, Abbess Sophia found Saint Anastasia's mutilated body. With the help of two Christians, she buried it in the earth.

Relics of the Martyr Anastasia are at Grigoriou Monastery on Mount Athos (pictured above), and also at the Saint Alexander Nevsky Lavra in St. Petersburg.

There is another Martyr Anastasia – the Greatmartyr Anastasia Pharmakolytria ("Deliverer from Poisons"), who is commemorated on December 22.

Prayer List

Memory Eternal: Margaret; Judy; John; Helen; Pani Mary; Carol, Joseph; Tamara; Konstantinos; Eric; John. All those taken from us by sickness, violence, injury and disaster. All the departed named for the Great Martyr St. Anastasia of Rome (10/29).

For Health: Newly Chrismated Ian & child Elizabeth Adkins; Newborn Elea Taylor and her parents, Brianna & Tyeler; Newly Baptized Sophia Parker; Matushka Tamara, Matushka Kathryn; 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; Pani Joan Mahler; Rdr. Thomas & Mildred; Paul & Mildred Urda; children Evangeline & Leonidas; Shawn; Gregory; Steven & Patricia Olson; Carl; Edward; Michael; Kathleen; Nancy; David, David & Penny; James; Julie; Antonina; Nancy Elizabeth; Brooke; Elena; Tyler; Dmitri; Eyerin and the child to be born of her; Deborah; Juliana; John; Christa; Scott & Casey, Steven; Child Hannah, Joshua, Ilsa, Erica, Caitlin, Helen, Ruth, Katherine, Kristin, Sierra; Gabriel; Nicholas, Sergei; Nancy; Anna; Catechumens Stephen, Raychel, Jason, Oliver & Emory.

Diocesan Prayer Requests: Archbishop BENJAMIN; Bishop MATTHIAS; Fr. John Shimchick; Fr. Alexander Smida; Protodeacon John Morvay; Deacon John Komline; Rdr. Fredric; Demetrios, Tamara; Cynthia, Denis, Igor, Ekaterina, Andrea & Viktor; Aleksandr, Lia, Viktor, Ludmila; Patricia; Graham, Michael, Christine, Olga & Dillon; Zachary, William, Nicholas, John; Zoran & Rada; Walter, Taisa, David, Michael, Dave and his family; Alexandra, child Jake; Gregory; Dana, soldiers Payton, Nathaniel & Jeremy; George, Sonia; Gary. 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. **Name Day:** All named for the Great Martyr St. Anastasia of Rome (10/29); child Justus Lyon (10/30). **Birthdays:** Steven Cheplick (10/27). **Anniversary:** James & Deborah King (11/1). **Traveling:** James & Jane Ann (Fr. David's parents).

Parish Children:

Lucia	Hannah	Jeremiah	Andrew	Myra	Ezekiel	Aalyiah	Sophia
Lydia	Natalie	Emilia	Patrick	Sophia	Rdr. Dmitri	Jonah	Gabriel
Angelina	John	Thomas	Nikolai	Melania	Alexei	Nadia	Rdr. Gabriel
Justus	Elea	Samuel	Gabriel	Michael	Hannah	Raphael	Verity
Julie	Michelle	Aiden	Shea	Jack	Oliver	Elizabeth	Anthony
Evangeline	Alfred	Rosemary	James	Brigid	Dorothea		

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 • Julianna Cheplick – SUNY Delhi
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

October 28th – Nov. 4th: Reader William

Nov. 4th -11th: Mary Carol Haluszczak • Nov. 11th -18th: Reader Alexander

Nov. 18th -25th: Reader William (Entrance of Theotokos – 11/20 & 21) • Nov. 25th -Dec. 2nd: Reader Dmitri

Dec. 2nd -9th: Natalie Karney & Lydia Dudek (St. Nicholas 12/5 & 6) • Dec. 9th – 16th: Mary Carol Haluszczak

Dec. 16th -23rd: Reader Dmitri • Dec. 23rd– Dec. 30th • Reader Alexander (Nativity 12/24 & 25)

Dec. 30th – Jan. 6th Reader William (Circumcision 12/31 & 1/1, Theophany 1/5 & 1/6)

FALL 2023 FELLOWSHIP HOUR SCHEDULE

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

Oct 29 Speen Family

Nov 5 Cusick, Hults, and Urda Families ♦ Nov 12 Cheplick Families

Nov 19 (Nativity Fast) Karney Families ♦ Nov 26 (Nativity Fast) Weeks & Turic Families

FELLOWSHIP HOUR FALL RE-STOCKING

The following supplies are needed for Fellowship Hour, if you can donate:

Hot cups, small plates, large plates, forks

Thank you!

YOUTH CHOIR REHEARSAL SCHEDULE

In the Church, Saturdays at 3:30 PM on these dates:

November 11 • November 18

November 25 • December 2 • December 9 • December 16

Basket Raffles
too!



ST. ANDREW'S CAMP FUNDRAISER

Presented by orthodox Parishes of the Southern Tier

SPAGHETTI & SONG

DINNER SHOW

SUNDAY, NOVEMBER 5TH // 5PM-8PM

***INCLUDES: APPETIZERS, SPAGHETTI & MEATBALLS,
SALAD, GARLIC BREAD, DRINKS & DESSERTS***

**SS. PETER & PAUL
ORTHODOX CHURCH
210 HILL AVE.
ENDICOTT, NY**

570-878-5073

**\$20
ADVANCE
\$25
DOOR**



Scan me!

**MAIN STAGE:
ST. ANDREW STAFF &
CAMPER PERFORMANCES**

**TABLE SIDE:
"BID FOR A BALLAD"
SPECIAL GUEST SINGERS**

tamarancowan@gmail.com

Spaghetti & Song Dinner Show Update...

**This “fun-raiser” is being put on by our area parishes
in Binghamton, Elmira Heights,
Endicott and Lansing to benefit St. Andrew’s Camp.**

**There will be a number of Camp Directors, Priests, Counselors
and Campers performing a wide array of music: Broadway, Pop,
Jazz, Country and Slavic & Celtic Folk and Classical.**

Performers so far...

**Fr. David Cowan, Fr. Jason Vansuch, Fr. Joel Brady,
Dn. Gregory Fedorchak, Kristy Zaitsev,
Mat. Tamara Cowan, Mat. Krista Fedorchak,
Lonn Bologna, Kaedon Campbell,
Fr. Nicholas Molodyko-Harris, Carrie Hooper,
Andrew Karlgut, and Lawrence Barlow.**

Basket Raffles and “Bid for a Ballad” will add to the excitement!

Kids 12 and under are free!

Please join us for an evening not to miss!

**See Matushka Tamara for tickets or
to make a donation if you cannot attend.**

Thank you for your support!!

**With love in Christ,
The Campers, Counselors, Camp Directors,
Clergy, and Trustee Leaders of Saint Andrew’s Orthodox Camp**