

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, February 25, 2024 – Tone 5 Sunday of the Publican and the Pharisee

CONGRATULATIONS – A NEW BABY!

Elliot Andrew Rinchack, first grandchild of Amy & Andy Rinchack, was born to Caleb and Eyerin, Amy and Andy's son and daughter-in-marriage, in Arizona, yesterday evening, Saturday, February 24, at 6 pounds 13 ounces, 20 inches.

May God protect and preserve His newborn servant, Elliot Andrew, and his family, for many blessed years!

Fasting Guidelines for the Coming Weeks

This Week, Feb. 26 – March 3, is Fast Free. We can have meat and dairy products each day.

March 4 – March 10 is a regular week; Wednesday and Friday are Fast Days.

March 10 is Meatfare Sunday; we abstain from meat from Monday, March 11 until Pascha, May 5.

From March 11-17 we can eat dairy products each day, including Wednesday and Friday.

March 17 is Cheesefare Sunday; we abstain from dairy products from Monday, March 18 until Pascha, May 5.

SERVICES AND ACTIVITIES

Most Services May Be Joined by Live Stream at our YouTube Channel:

<https://www.youtube.com/@holytrinitychurchelmira>

or go to www.YouTube.com and search for "Holy Trinity Church Elmira Heights NY"

Today – Sunday, February 25 – Please Welcome Fr. Dennis Hendershot

8:40 AM Third and Sixth Hours

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

– We will not have the Akathist that was originally scheduled for Monday, February 26. –

Tuesday, February 27

7:00 PM Panikhida for Kristin Marie Kohena, 40 Days of Repose

Saturday, March 2

5:00 PM Great Vespers; Private Confession Available Afterward

Sunday, March 3

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy, with Blessing and Oath of Office for the Parish Council,
Followed by Fellowship Hour, Church School and Teen Group

SCRIPTURE READINGS

EPISTLE: 2 Timothy 3:10-15 My son Timothy: You have carefully followed my doctrine, manner of life, purpose, faith, longsuffering, love, perseverance, persecutions, afflictions, which happened to me at Antioch, at Iconium, at Lystra – what persecutions I endured. And out of them all the Lord delivered me. Yes, and all who desire to live godly in Christ Jesus will suffer persecution. But evil men and impostors will grow worse and worse, deceiving and being deceived. But you must continue in the things which you have learned and been assured of, knowing from whom you have learned them, and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus.

GOSPEL: Luke 18:10-14 The Lord told this parable: "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank You that I am not like other men – extortioners, unjust, adulterers, or even as this tax collector. I fast twice a week; I give tithes of all that I possess.' And the tax collector, standing afar off, would not so much as raise his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

EMERGENCY EXPENSE – NEW FURNACE IN THE RECTORY

The furnace that heats the rectory broke down on Feb. 6, malfunctioning at near-dangerous levels. A new furnace had to be purchased. We were fortunate that the old furnace lasted as many seasons as it did. The new furnace cost \$6,975.00, including installation (and exempt from sales tax) – a significant withdrawal from our parish's available funds, especially following the necessary replacement of the windows and doors of the rectory last year.

If any members of our parish family are able to make a contribution to replenish our funds, please speak with Fr. David.

Thank you for considering this appeal!

NEXT YOUTH CHOIR REHEARSALS:

Saturday afternoons at 3:30 PM – March 2, March 16, March 30

Prayer List

Memory Eternal: Eileen McIntyre (Mat. Katie's grandmother, +2/21); Evette, Andrew, David; Dorothy; Reader Thomas Cheplick; John, John; Brian; Rita; Shirley; Anna May, John, Laura, Anne, Farrokh; Kristin Marie Kohena; Melvin; Leisa; Fr. Ivan Moody; Inga; Norman. All those taken from us by sickness, violence, injury and disaster.

For Health: Newborn Elliot Andrew Rinchack; Newly Chrismated Emory James; Father Gregory White; recovering Matushka Anastasia, Elizabeth & Kathleen; Fr. David, Mat. Tamara & Rdr. Gabriel; James & Jane Ann; Matushka Kathryn; Fr. Daniel & Mat. Myra Kovalak; Fr. Herman & Mat. Cynthia Schick; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; David, Jerry; Shelley; Roberto; Dr. Sheela; Jim; Lydia; Jacek; Cassidy; Charles & Jason; Brandy; Shawn; Gregory; Patricia; Carl; Olga; Edward; Nancy; David; James; Julie; Antonina; Brooke; Elena; Tyler; Dmitri; expecting mothers Elena, Rachel, Kathryn, and the children to be born of them; Deborah; Juliana; Ian; John; Christa; Scott & Casey, Steven; Child Hannah, Joshua, Ilsa, Erica, Caitlin, Helen, Ruth, Katherine, Sierra; Nicholas, Sergei; Nancy; Anna; Catechumens Stephen, Raychel, Jason & Oliver.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Bishop MATTHIAS; Fr. John Bartholomew; Fr. Michael Speck; Fr. John Holoduek; Fr. Timothy Holowatch; Fr. Jason Vansuch; Dn. Paul Hunchak; Dn. Stephan Karlgut; Matushka Hope Boback; Barbara, Brenda; infant Lola Rose; Judi; John, Margaret, Nasima; Alexis, Richard; infant Olympia; Karl & Anna; James; John. All the clergy, faithful and their families of the Diocese of New York and New Jersey. **Name Day:** Raphael Hendershot (St. Raphael of Brooklyn, 2/27). **Birthdays:** Laura Adkins (2/25), Jim King (2/26), Rdr. Alexander Charlanow (2/27), Fr. Jason Kappanadze (80th Birthday, Wednesday 2/28); Matushka Tamara (3/3).

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	Brighid	Dorothea		

College Students: 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

Feb. 24th – Mar. 2nd: Emilia Karney, Natalie Karney & Lydia Dudek

Mar. 2nd - Mar. 9th: Reader Alexander (Memorial Saturday 3/9) ♦ Mar. 9th – Mar. 16th: Reader Dmitri

Mar. 16th – Mar. 23rd: Reader William (1st Week of Great Lent)

Mar. 23rd – Mar. 30th: Mary Carol Haluszczak (2nd Week of Lent, Annunciation 3/25, Memorial Sat 3/30)

Mar. 30th – April 6th: Mat. Tamara & Reader Gabriel (3rd Week of Great Lent & Memorial Sat. 4/6)

April 6th – April 13th: Reader Alexander (4th Week of Great Lent & Memorial Sat, 4/13)

April 13th – April 20th: Reader Dmitri (5th Week of Great Lent)

April 20th – April 27th: Emilia Karney, Natalie Karney & Lydia Dudek (6th Week of Great Lent & Lazarus Sat 4/27)

April 27th & 28th: Reader Alexander (Palm Sunday) ♦ Holy Week: All Readers – special schedule TBA

FELLOWSHIP HOUR HOSTING SCHEDULE

Feb 25 Cheplick Families ♦ March 3 Karney Families

March 10 Meatfare Potluck ♦ March 17 Weeks, Turic & Cowan Families (Cheesefare)

March 24 Cusick & Hults Families (Great Lent) ♦ March 31 King Families *

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th	 <i>TRIDION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 10th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 24th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 31st	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 7th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 14th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 21st	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY MAY 3rd	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 5th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!