

HOLY TRINITY ORTHODOX CHURCH

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Sunday, March 10, 2024 – Tone 7

Sunday of the Last Judgment ♦ Meatfare Sunday

Martyr Quadratus and Those With Him at Corinth (3rd c.)

Fasting Guidelines for the Coming Weeks

Today, 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/@holytrinitychurchelmirany>

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

Today – Meatfare Sunday – Please Welcome Fr. Myron Oryhon

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy

Followed by Fellowship Hour – Meatfare Potluck; Church School; Choir Rehearsal

Thursday, March 14

6:30 PM Parish Council Meeting, in the Church

Saturday, March 16

3:30 PM Youth Choir Rehearsal – in the Church

4:30 PM Panikhida for Reader Thomas Cheplick, 40 Days of Repose

5:00 PM Great Vespers; Private Confession Available Afterward

Sunday, March 17 – Cheesefare Sunday – Forgiveness Sunday

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy

Followed by Fellowship Hour – Church School

SCRIPTURE READINGS

EPISTLE 1 Corinthians 8:8-9:2 Brethren: Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

GOSPEL Matthew 25:31-46 The Lord said: "When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.' Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' And these will go away into everlasting punishment, but the righteous into eternal life."

THIS SUNDAY...

MEAT-FAREWELL POTLUCK

BRING A MEAT
DISH

NEXT SUNDAY IS FORGIVENESS SUNDAY. Read this; and come prepared!

Next Sunday, before you go into Lent, if there is anyone you have not apologized to, *apologize*. If you can't do it in person, call or write. If the person is dead, ask the angels to convey the message. Say "Forgive me". Don't assume the other person knows. Say "*Forgive me*". If you are at odds with someone, even if you don't think you've done anything wrong, say, "If I've offended you, *forgive me*." For the truth is if you're "on the outs" with someone, likely you were part of the problem, even if you didn't intend it, even if you don't know it, even if you're too proud to admit the possibility.

Make it easy for them to apologize. Let them know you will forgive. Take any sign of wanting to make peace on their part as an apology. That will make up for the thousand times God has been easy on you when you never told him you were sorry, but he kept pouring out his blessings on you nevertheless. That will make up for the many times you've offended others, and they let it pass without telling you. God has gone easy on you; they have gone easy on you. So you go easy on others. Forgive. I mean, what do we think we are, better than God? Jesus died for you. God forgives and you won't?

If you don't forgive, then you'll be mouthing prayers ... but thinking not about God and His love, but about that person and what he or she did to you. It will corrupt your soul, and if you don't give it up, in the end it will destroy your soul. The unforgiving heart is a foretaste of the misery of hell, and if you don't forgive, finally it will turn into the real thing.

that when Christ said to forgive our brothers seventy times seven times, that meant for *every sin*. Put it down again and again and again, and eventually the hurt will go away.

-- Fr. Bill Olmhausen, Antiochian Archdiocese

Prayer List

Memory Eternal: Karl; Melissa; Eileen; Evette, Andrew, David; Dorothy; Reader Thomas Cheplick; John, John; Brian; Rita. Ever-memorable Roberto Sanchez (+3/13/2017). All those taken from us by sickness, violence, injury and disaster.

For Health: Newborn Elliot Andrew Rinchack; Patrick & Kathleen; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Fr. Herman & Mat. Cynthia Schick; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; Veronica; Sebastian & Victoria; Margaret; David, Jerry; Shelley; Roberto; Jim; 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 Holoduek; Fr. Jason Vansuch; Dn. Stephan Karlgut; Matushka Hope Boback; Subdeacon Peter, David, Kathy; Alexis, Richard, Bonnie, Mary, Masha, Joseph, Alexander, Dimitri, Roman, Alexander, Tikhon, Dennis, Alexander, Michael; Riley, Tyler; Barbara, Brenda; infant Lola Rose. All the clergy, faithful and their families of the Diocese of New York and New Jersey. **Anniversary:** Rdr. Alexander & Julie Charlanow (3/7).

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: 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

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

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

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

NEXT YOUTH CHOIR REHEARSALS:

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