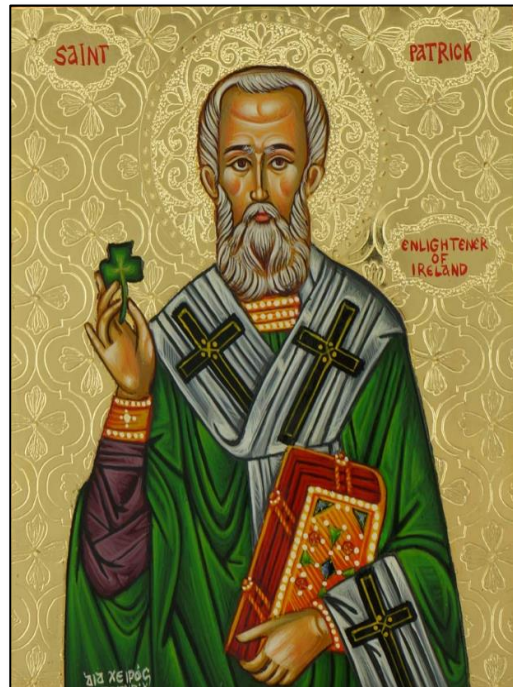
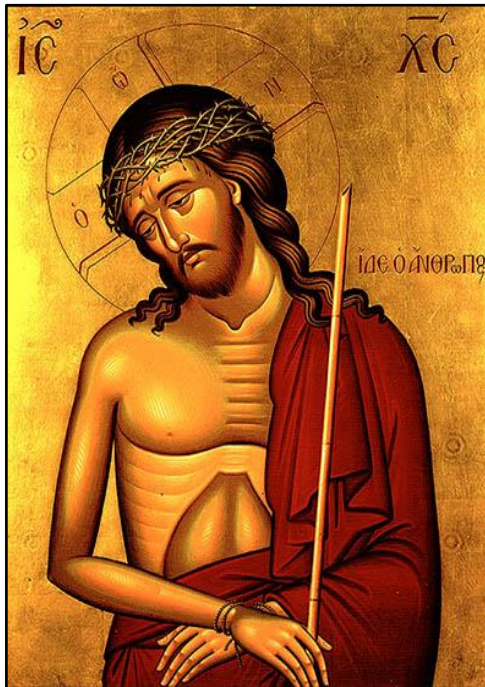


# HOLY TRINITY ORTHODOX CHURCH

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

Rector: Fr. David Cowan • Deacon S. Michael Karney

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**Sunday, March 17, 2024 – Tone 8**  
**The Expulsion of Adam and Eve from Paradise**  
**Cheesefare Sunday – Forgiveness Sunday**  
**St. Patrick, Enlightener of Ireland**

# 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](http://www.YouTube.com) and search for "Holy Trinity Church Elmira Heights NY"

## Today – Cheesefare Sunday – Forgiveness Sunday

8:40 AM Third and Sixth Hours

9:00 AM Divine Liturgy and Vespers of Forgiveness Sunday, with the Rite of Forgiveness

Cheesefare Fellowship Hour

## Monday and Tuesday, March 18 & 19

6:30 PM Great Canon of St. Andrew of Crete

## Wednesday, March 20

5:30 PM Private Confession Available

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

## Thursday, March 21

6:30 PM Great Canon of St. Andrew of Crete

## Friday, March 22

9:30 AM Liturgy of the Pre-Sanctified Gifts

## Saturday, March 23

5:00 PM Great Vespers; Private Confession Available Afterward

## Friday – Sunday, March 22-24: Diocesan Women's Retreat, St. Andrew's Camp

## Sunday, March 24 – 1<sup>st</sup> Sunday of Lent, The Triumph of Orthodoxy and the Restoration of Icons

8:40 AM Third and Sixth Hours

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

4:00 PM Vespers for the Feast of Annunciation –

at Annunciation Greek Orthodox Church, 4121 Ohara Drive, Vestal; Reception Follows

## Monday, March 25 – Great Feast of the Annunciation of the Most-Holy Theotokos

9:00 AM Vespers and Divine Liturgy for the Feast of the Annunciation

### SCRIPTURE READINGS

**EPISTLE Romans 13:11-14:4** Brethren: Now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

**GOSPEL Matthew 6:14-21** The Lord said: "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

The Great Fast of Lent begins tomorrow, Monday, March 18, and continues until Holy PASCHA (Easter), Sunday, May 5, 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!

### **Prayer List**

**Memory Eternal:** Archpriest Herman Schick (+3/16/24); Daniel (Zach Fanaro's grandfather, + 3/9/24); Victoria, Annette, Daniel; Karl; Melissa; Eileen; Evette, Andrew, David; Dorothy; Reader Thomas Cheplick; John, John. Ever-memorable Roberto Sanchez (+3/13/2017). All those taken from us by sickness, violence, injury and disaster.

**For Health:** Newborn Elliot Andrew Rinchack; recovering Meredith, Patrick, child Patrick & Kathleen; Elizabeth (Sue) Hults, preparing for surgery tomorrow; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Fr. Herman & Mat. Cynthia Schick; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; Dennis; Tim; 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, Lauren, and the children to be born of them; Deborah; Juliana; John; Christa; Scott & Casey, 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; Subdeacon Peter; Felix, Michael; David, Kathy; Alexis, Richard, Bonnie, Mary, Masha, Joseph, Alexander, Dimitri, Roman, Alexander, Tikhon, Dennis, Alexander, Michael; Riley, Tyler. All the clergy, faithful and their families of the Diocese of New York and New Jersey. **Name Day:** Patrick (Chuck) Hults, Patrick Karney, Patricia Olson (St. Patrick of Ireland, 3/17).

**Birthday:** Marilyn Cusick (3/18), Fr. Nicholas Molodyko-Harris (Matushka Tamara's father, 3/19), Nika Harris (3/19), Michelle Davis (3/22), Mildred Cheplick (3/23). **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. 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 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 – Next Rehearsal: March 30



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Join us for the annual Pan-Orthodox Celebration  
of the 1st Sunday of Great Lent  
**Vespers for Feast of Annunciation**

Sunday, March 24, 4 PM

Annunciation Greek Orthodox Church  
4121 Ohara Drive, Vestal, NY

Southern Tier Pan-Orthodox Choir  
directed by Julie Marra

*Rehearsals: Saturday, March 16,*

*St. John's Ukrainian Church, 6:15 PM*

*Sunday, March 24, Annunciation, 2:30 PM*

Offering to Benefit Restoration  
Holy Trinity Greek Orthodox Church  
Binghamton, NY

Lenten Reception follows  
*Annunciation Icon from Orthodox Pebbles*

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