

HOLY TRINITY ORTHODOX CHURCH

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Sunday, March 31, 2024 – Tone 2 – Second Sunday of Lent
Saint Gregory Palamas (+1359)
Saint Innocent of Moscow, Apostle to Alaska (+1879)



**MANY
THANKS TO
OUR TEENS
WHO SERVED
AT THE
ELMIRA
COMMUNITY
KITCHEN
ON FRIDAY!**

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 – 2nd Sunday of Lent; St. Gregory Palamas; Repose of St. Innocent of Moscow

8:40 AM Third and Sixth Hours

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

Wednesday, April 3

5:30 PM Confessions

6:30 PM Liturgy of the Pre-Sanctified Gifts, Followed by Lenten Pot Luck

Friday, April 5

9:30 AM Liturgy of the Pre-Sanctified Gifts

6:30 PM Men's Group – in the Church

Saturday, April 6 – "Soul Saturday", 3rd Saturday of Lent

9:40 AM Third and Sixth Hours

10:00 AM Memorial Divine Liturgy; Choir Rehearsal Afterward

3:30 PM Youth Choir Rehearsal

5:00 PM Great Vespers with the Procession of the Cross, Confessions Afterward

Sunday, April 7 – 3rd Sunday of Lent: Sunday of the Cross

8:40 AM Third and Sixth Hours

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

Lenten Teen Retreat

Contemporary Issues:
Gender, Sexuality,
and Relationships



Join us for an enlightening and engaging weekend
of fun, prayer, and fellowship
-Open to all dioceses and jurisdictions-
No fee to attend!



April 12-14, 2024

MIDDLE & HIGH SCHOOL STUDENTS

FROST VALLEY YMCA
CLARYVILLE, NY



REGISTER BY
MARCH 31, 2024



**TODAY IS THE
DEADLINE TO
SIGN UP FOR
THE DIOCESAN
TEEN RETREAT!**

SCRIPTURE READINGS

TODAY'S EPISTLES

Hebrews 1:10-2:3 "In the beginning Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou are the same, and Thy years will never end." But to what angel has He ever said, "Sit at my right hand till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay the closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him, while God also bore witness by signs and wonders and various miracles and by gifts of the Holy Spirit distributed according to his own will.

Hebrews 7:26-8:2 Brethren: It was fitting that we should have such a High Priest, holy, blameless, unstained, separated from sinners, exalted above the heavens. He has no need, like those high priests, to offer sacrifices daily, first for His own sins and then for those of the people; He did this once for all when He offered up Himself. Indeed, the law appoints men in their weakness as high priests, but the word of the oath, which came later than the law, appoints a Son Who has been made perfect forever. Now the point in what we are saying is this: we have such a High Priest, one Who is seated at the right hand of the throne of the Majesty in heaven, a Minister in the sanctuary and the true Tent which is set up not by man but by the Lord.

TODAY'S GOSPELS

Mark 2:1-12 At that time Jesus entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." And some of the scribes were sitting there and reasoning in their hearts, "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?" But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? But that you may know that the Son of Man has power on earth to forgive sins – He said to the paralytic, I say to you, arise, take up your bed, and go to your house." Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

John 10:9-16 The Lord said, "I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd."

Prayer List

Memory Eternal: Simeon; John; Stephen & Deborah; Archpriest Herman Schick; Archpriest Anthony Karbo; Betty Kerrick; Jerry; Randy; Natalie; Daniel; Victoria, Annette, Daniel; Karl; Melissa; Eileen; Evette. All those taken from us by sickness, violence, injury and disaster.

For Health: Newborn Elliot Andrew Rinchack; Paul & Mildred Urda; recovering Julianna, Meredith, Patrick, child Patrick; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; Mat. Cynthia Schick; Don (Sue Hults' dad); Michael; Richelle; Dennis; Tim; Veronica; Sebastian & Victoria; Margaret; David, Shelley; Roberto; Jim; Shawn; Gregory; Patricia; Carl; Olga; Edward; Nancy; David; James; Julie; Antonina; Brooke; Elena; Tyler; Dmitri; expecting mothers Matushka Krista, Matushka Mihaela, 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; Fr. Terenti Wasielewski; Fr. Maryan Chaykivsky, Fr. Matthew Searfoorce; Subdeacon Peter; Aurelia, Elena; Rosemary; Tina, Riley, Matthew, Joan; Kanjana, Maria, Vaslya; George; Diane; Margaret; Lidia, Mark, Beth, Colm, Sarah; Felix, Michael; Ellen, Susana, David, Kathy; Alexis, Richard. All the clergy, faithful and their families of the Diocese of New York and New Jersey.

Birthdays: Mary-Carol Haluszczak (4/3), Michael Karney, Sr. (4/7).

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. 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 31 King Families ♦ April 7 Haluszczak & Dudek Families ♦ April 14 Charlanow Family

April 21 Rinchack & Cowan Families ♦ April 28 Fanaro Family ♦ May 5 PASCHA Agape Meal

May 12 Parish Luncheon with Archbishop Michael ♦ May 19 Angelo, Gomez, and O'Brien Families

May 26 Cheplick Families ♦ June 2 Karney Families ♦ June 9 Weeks & Turic Families

June 16 Cusick & Hults Families ♦ June 23 Pentecost Parish Potluck ♦ June 30 King Families

CHURCH CLEANING SCHEDULE

March 31 Toni Weeks ♦ April 7 Amy Rinchack ♦ April 14 Matushka Katie ♦ April 21 Nina Dudek

April 28 Toni Weeks ♦ May 5 Amy Rinchack ♦ May 12 Matushka Katie ♦ May 19 Nina Dudek ♦ May 26 Toni Weeks

PASTORAL CARE – GENERAL INFORMATION

Emergency Sick Calls can be made at any time. Please call Father David at 732-3980, when a family member is taken to the hospital.

Anointing In Sickness: The Sacrament of Unction is available in Church, the hospital, or your home, for any Orthodox Christian who is sick, however severe. If you are preparing for surgery (or recovering from it), please call Father.

Marriages and Baptisms require early planning, scheduling, and selection of sponsors (crown bearers or godparents). See Father before booking dates, choosing sponsors, and reserving reception halls.

Funerals are celebrated for practicing Orthodox Christians who have not declined the Sacraments.

The Church opposes cremation; we cannot celebrate funerals for cremated persons.