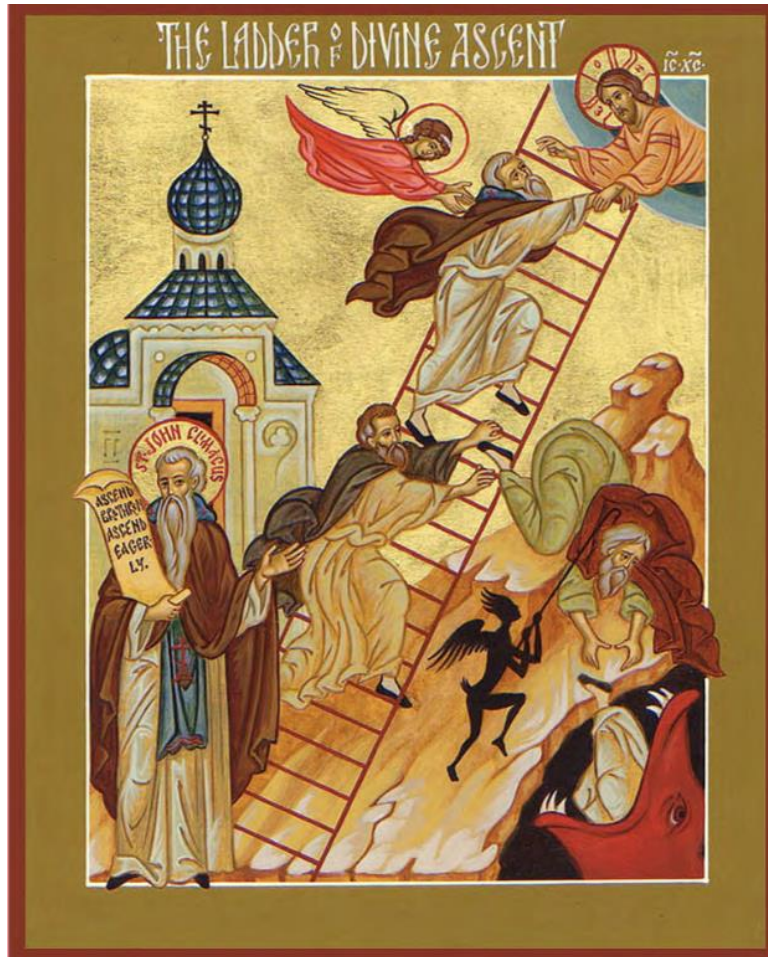


# HOLY TRINITY ORTHODOX CHURCH

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, April 14, 2024 – Tone 4

### Fourth Sunday of Lent

### St. John of the Ladder

The Great Fast of Lent continues

until Holy PASCHA (Easter), Sunday, May 5, with the Paschal Divine Liturgy.

“Fasting is acceptable to God when abstaining from food is accompanied by refraining from sins, from envy, from hatred, from slander, from vainglory, from talkativeness, and from other evils.” – St. Photios the Great

#### **UPCOMING EVENTS (AFTER PASCHA) ... MARK YOUR CALENDAR:**

- **St. Andrew’s Camp Open House**, Bright Saturday, May 11, 9:30 AM, at Camp, 1280 SR 49, Jewell, NY
- **Archbishop Michael Visits Our Parish**, Sat.-Sun., May 11-12
- **Altar Server Retreat**, Sat., June 15, Saints Peter and Paul Church, 210 Hill Avenue, Endicott

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

**Today – Sunday, April 14 – 4<sup>th</sup> Sunday of Lent: Sunday of Saint John of the Ladder**

8:40 AM Third and Sixth Hours

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

**Tuesday, April 16**

6:30 PM Parish Council Meeting – in the Church

**Wednesday, April 17**

5:30 PM Confessions

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

**Thursday, April 18**

6:30 PM Great Canon of St. Andrew, with Reading of the Life of St. Mary of Egypt

**Friday, April 19**

6:30 PM Akathist to the Most-Holy Theotokos

**Saturday, April 20**

3:30 PM Youth Choir Rehearsal

5:00 PM Great Vespers, Confessions Afterward

**Sunday, April 21 – 5<sup>th</sup> Sunday of Lent: Sunday of Saint Mary of Egypt**

8:40 AM Third and Sixth Hours

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

## SCRIPTURE READINGS

**EPISTLE Hebrews 6:13-20** Brethren: When God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless you, and multiplying I will multiply you." And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

**GOSPEL Mark 9:17-31** At that time, one of the crowd said to Jesus, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting." Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

### **Prayer List**

**Memory Eternal:** George Alexandrovich; Protodeacon Joseph Jarostchuk; Eugenia; Barbara; Edward; Matushka Anastasia Chupeck; Simeon; John; Stephen & Deborah; Archpriest Herman Schick; Archpriest Anthony Karbo; Betty; Jerry; Randy; Natalie; Daniel; Victoria, Annette, Daniel. Ever-memorable + Ann Mustico (Amy Rinchack's mother, + 4/11/22). All those taken from us by sickness, violence, injury and disaster.

**For Health:** Paul & Mildred Urda; Michael Karney; recovering Julianna, Meredith, Patrick; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; Mat. Cynthia Schick; Mat. Gretchen Maciolek; Matrona; Eileen; Don; Michael; Richelle; Dennis; Tim; Veronica; Sebastian & Victoria; Margaret; David, Shelley; Roberto; Jim; Shawn; Gregory; Patricia; Carl; Olga; Nancy; David; James; Julie; Antonina; Brooke; Elena; Tyler; Dmitri; expecting mothers Matushka Krista, Matushka Mihaela, Anastasia, Elena, Kathryn, Lauren, and the children to be born of them; Rachel and her newborn daughter; 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; Konstantin, Svetlana, Nikita, Marina, Ilya, Svetlana, Tania; Alexander; Anastasia, Julia; Ann Marie and the child to be born of her, Justin; Paul, Robert; Helen, Anna; Paula; Aurelia, Elena; Rosemary; Tina, Riley, Matthew, Joan. All the clergy, faithful and their families of the Diocese of New York and New Jersey. **Birthdays:** Patricia Olson (4/4); Robert Cusick (4/15); Julianna Cheplick (4/18).

#### **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***

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***

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 & Hulst Families ♦ June 23 Pentecost Parish Potluck ♦ June 30 King Families

### ***CHURCH CLEANING SCHEDULE***

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



# Great Lent and PASCHIA 2024 at Holy Trinity Orthodox Church, Elmira Heights

140 Horseheads Blvd., Elmira Heights, NY ♦ (607) 732-3980 ♦ [www.HolyTrinityOrthodoxChurch.org](http://www.HolyTrinityOrthodoxChurch.org)

## APRIL – MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>14</b> ST. JOHN / LADDER 8:40 AM 3 <sup>rd</sup> & 6 <sup>th</sup> Hours 9:00 AM Liturgy; Church Fellowship Hour; Church School; Teen Group; Choir Rehearsal	<b>15</b> 5 <sup>TH</sup> MONDAY	<b>16</b> 5 <sup>TH</sup> TUESDAY  6:30 PM Parish Council Meeting – in the Church	<b>17</b> 5 <sup>TH</sup> WEDNESDAY  5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<b>18</b> 5 <sup>TH</sup> THURSDAY <i>NY State Deamery Clergy Meeting, Syracuse</i>  6:30 PM Great Canon of St. Andrew; Life of St. Mary of Egypt	<b>19</b> 5 <sup>TH</sup> FRIDAY  6:30 PM Akathist to the Most-Holy Theotokos	<b>20</b> 5 <sup>TH</sup> SATURDAY  3:30 PM Youth Choir  5:00 PM Great Vespers and Private Confession
<b>APR 21</b> ST MARY OF EGYPT  8:40 AM 3 <sup>rd</sup> & 6 <sup>th</sup> Hours 9:00 AM Liturgy; Fellowship Hour; Church School; Choir Rehearsal	<b>22</b> 6 <sup>TH</sup> MONDAY	<b>23</b> 6 <sup>TH</sup> TUESDAY	<b>24</b> 6 <sup>TH</sup> WEDNESDAY  5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<b>25</b> 6 <sup>TH</sup> THURSDAY	<b>26</b> 6 <sup>TH</sup> FRIDAY	<b>27</b> LAZARUS SAT. 9:00 AM Children's & Families' Confessions 9:40 AM 3 <sup>rd</sup> and 6 <sup>th</sup> Hour 10 AM Liturgy; Breakfast; Decorating the Church 5:00 PM Vespers & Litya, Palm Sunday; Blessing Palms & Willows; Confession
<b>28</b> PALM SUNDAY 8:40 AM 3 <sup>rd</sup> & 6 <sup>th</sup> Hours 9:00 AM Liturgy; Blessing of Palms & Willows; Fellowship Hour; Church School; Teen Group; Choir Rehearsal 5:00 PM Bridegroom Matins	<b>29</b> HOLY MONDAY	<b>30</b> HOLY TUESDAY  5:30 PM Confessions 6:30 PM Bridegroom Matins	<b>MAY 1</b> HOLY WEDNESDAY  5:30 PM Confessions 6:30 PM Matins of Holy Thursday, Followed by Holy Unction and Anointing	<b>2</b> HOLY THURSDAY 10:00 AM Vespers Liturgy, Holy Thursday  5:30 PM Confessions 6:30 PM Matins with the 12 Passion Gospels	<b>3</b> GREAT & HOLY FRIDAY 9:00 AM Royal Hours 3:00 PM Vespers of Holy Friday; Light Meal After 7:00 PM Matins with Procession of Shroud; Teen Watch at the Tomb	<b>4</b> HOLY SATURDAY 10:00 AM Vespers Liturgy, Holy Saturday 11:30 PM Nocturns, Procession, Matins, Liturgy of PASCHA, Bless Baskets, Agape Breakfast
<b>5</b> HOLY PASCHA 1:00 PM Vespers of PASCHA	<b>6</b> BRIGHT MONDAY 9:30 AM Paschal Hours 10:00 AM Paschal Divine Liturgy of Bright Monday, with Cross- Procession Outside	<b>7</b> BRIGHT TUESDAY	<b>8</b> BRIGHT WEDNESDAY	<b>9</b> BRIGHT THURSDAY	<b>10</b> BRIGHT FRIDAY	<b>11</b> BRIGHT SATURDAY <i>Morning: Liturgy &amp; Open House at St. Andrew's Camp</i> Archbishop Michael Visiting: 5:00 PM Great Vespers
<b>12</b> ST. THOMAS SUNDAY Archbishop Michael Visiting: 9:00 AM 3 <sup>rd</sup> & 6 <sup>th</sup> Hours 9:30 AM Liturgy; Fellowship Hour	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>  5:00 PM Great Vespers and Private Confession

## Join the *Beauty Team!*



We are called to sanctify time by participating in the Feasts of the Church. An especially meaningful way to participate in the Feasts is to adorn the Festal Icon or The Cross with the God-created beauty of *flowers*.

Consider signing up to offer flowers and decorate the icons of one of these feast days below:

### Flower Ministry Schedule 2024

Dates shown are when flowers will be placed, in preparation for the Feast.

March 24	Annunciation to the Theotokos	Mat. Tamara
April 6	3 <sup>rd</sup> Sunday of Lent, Veneration of the Cross	Fanaro Family
April 27	Entry into Jerusalem, Palm Sunday	Parish Youth
May 3	Holy Friday, Tomb of our Lord	Parish Youth
May 4	Pascha	_____
June 22	Pentecost	_____
August 14	Dormition of the Theotokos	Antonina Weeks
September 7	Nativity of the Theotokos	_____
September 13	Exaltation of the Life Creating Cross	_____
November 20	Presentation of the Theotokos into the Temple	_____
November 30	Christmas Tree	Parish Youth
December 23	Nativity of Our Lord	_____

To sign up, please see Matushka Tamara.

# PASCHA 2024 – HOLY TRINITY CHURCH, ELMIRA HEIGHTS DECORATIONS, LITURGICAL ITEMS & FELLOWSHIP

## Voluntary Donations for the Pascha Celebration

If you wish to sponsor one or more of the following items, please make a check mark in the blank.  
Please place the name(s) of loved ones you wish to commemorate in the spaces at the bottom.

Thank you, and may God grant you a spiritually fruitful Holy Week journey – and a most joyous PASCHA!

### CANDLES

- Beeswax Candles for Holy Thursday Evening –  
The 12 Passion Gospels Service .....\$25.00
- Beeswax Candles for Holy Friday Evening –  
The Lamentations Service .....\$25.00
- Vigil Candles for the Holy Altar Table .....\$25.00
- Vigil Candles – Tetrapod (Center Table) .....\$25.00

### SACRAMENTAL & LITURGICAL ITEMS

- Sacramental Wine .....\$50.00
- Rose incense .....\$25.00
- Rose oil (Great and Holy Friday) .....\$25.00
- Eucharistic Breads .....\$25.00

### “BREAKING BREAD” PARISH FELLOWSHIP

- Holy Friday Supper Supplies .....\$25.00
- Pascha Night Agape Breakfast .....\$50.00



### SENDING YOUR DONATION

My donation(s) are with prayers for:

Departed Loved Ones \_\_\_\_\_

Living Loved Ones \_\_\_\_\_

(Feel free to list different names for multiple items – for example, “Lilies in memory of Mary Smith, Roses in memory of John Jones.”)

Donated by \_\_\_\_\_

Your phone number \_\_\_\_\_ Email \_\_\_\_\_

Please either bring your donations to church and give them to Fr. David or to Toni Weeks (Parish Treasurer),  
or mail them to Holy Trinity Orthodox Church, 140 Horseheads Blvd., Elmira Heights, NY 14903. Thank you!

# THE LADDER OF DIVINE ASCENT

IC XC



ST. JOHN CLIMACUS

ASSEND ESTHON  
ASCEND EAGERLY.