

# HOLY TRINITY ORTHODOX CHURCH

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**Sunday, April 28, 2024**

**Entrance of Our Lord Into Jerusalem ♦ Palm Sunday**

The Great Fast of Lent continues

until Holy PASCCHA (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 PASCCHA) ... 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
- Wedding of Justin O'Brien and Madelon Arroyo, Sunday, May 19, 3:00 PM
- Altar Server Retreat, Saturday, 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 – Great Feast of the Entry of the Lord Into Jerusalem – Palm Sunday**

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy; Blessing of Palms & Pussy Willows*

followed by Fellowship Hour, Church School, Teen Group, and Choir Rehearsal

5:00 PM *Bridegroom Matins of Holy Monday*; Private Confession Available Afterward

Private Confession is available Holy Monday – Holy Thursday, 5:30-6:30 PM

### **Great and Holy Monday, April 29**

6:30 PM *Bridegroom Matins of Holy Tuesday*

### **Great and Holy Tuesday, April 30**

6:30 PM *Bridegroom Matins of Holy Wednesday*

### **Great and Holy Wednesday, May 1**

6:30 PM *Matins of Holy Thursday,*

and the *Service of Holy Unction* and Anointing with Blessed Oil

### **Great and Holy Thursday, May 2**

10:00 AM *Vespertal Divine Liturgy* – The Last Supper

6:30 PM *Matins of Great and Holy Friday* – The Passion Gospels

### **Great and Holy Friday, May 3**

9:00 AM *Royal Hours* followed by the

Decorating of our Lord's Tomb by Parish Youth

3:00 PM *Vespers of Holy Friday* – The Burial of Our Lord,

followed by Light Meal in our Fellowship Hall

7:00 PM *Matins of Holy Saturday*: Lamentations and Procession

with the Burial Shroud of Our Lord; and Watch Before the Tomb

### **Great and Holy Saturday, May 4**

10:00 AM *Vespertal Divine Liturgy*, with the *Baptism* of Stephen Rustyak and the 15 Old Testament Readings

11:30 PM Nocturns; Procession; Matins of PASCHA and

***The Divine Liturgy of Great and Holy PASCHA***

followed by Basket Blessing and Agape Meal

### **HOLY PASCHA (EASTER), SUNDAY, MAY 5**

1:00 PM *The Vespers of PASCHA*

### **Bright Monday, May 6**

10:00 AM *Paschal Divine Liturgy with Procession*

### **Bright Saturday, May 11**

9:30 AM *St. Andrew's Camp Open House: Paschal Liturgy with Archbishop Michael; Luncheon Afterward –*

*At St. Andrew's Camp, 1280 Route 49, Jewell, NY; More Information at [www.standrewscamp.org](http://www.standrewscamp.org)*

5:00 PM *Great Vespers* – Welcoming His Eminence, Archbishop Michael

After Vespers: Parish Council Dinner with Archbishop Michael

### **Sunday, May 12 – Sunday of St. Thomas; Archbishop Michael, Celebrant – Mother's Day**

9:00 AM *Greeting* and *Vesting* of Archbishop Michael

*3<sup>rd</sup> and 6<sup>th</sup> Hours;*

*Divine Liturgy*; Followed by Festive Mother's Day Brunch, Hosted by the Parish Men's Group

**EPISTLE Philippians 4:4-9** Brethren: Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

**GOSPEL John 12:1-18** At that time, six days before the Passover, Jesus came to Bethany, where Lazarus was who had been dead, whom He had raised from the dead. There they made Him a supper; and Martha served, but Lazarus was one of those who sat at the table with Him. Then Mary took a pound of very costly oil of spikenard, anointed the feet of Jesus, and wiped His feet with her hair. And the house was filled with the fragrance of the oil. But one of His disciples, Judas Iscariot, Simon's son, who would betray Him, said, "Why was this fragrant oil not sold for three hundred denarii and given to the poor?" This he said, not that he cared for the poor, but because he was a thief, and had the money box; and he used to take what was put in it. But Jesus said, "Let her alone; she has kept this for the day of My burial. For the poor you have with you always, but Me you do not have always." Now a great many of the Jews knew that He was there; and they came, not for Jesus' sake only, but that they might also see Lazarus, whom He had raised from the dead. But the chief priests plotted to put Lazarus to death also, because on account of him many of the Jews went away and believed in Jesus. The next day a great multitude that had come to the feast, when they heard that Jesus was coming to Jerusalem, took branches of palm trees and went out to meet Him, and cried out: Hosanna! 'Blessed is He who comes in the name of the LORD!' The King of Israel!" Then Jesus, when He had found a young donkey, sat on it; as it is written: "Fear not, daughter of Zion; Behold, your King is coming, Sitting on a donkey's colt." His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things were written about Him and that they had done these things to Him. Therefore the people, who were with Him when He called Lazarus out of his tomb and raised him from the dead, bore witness. For this reason the people also met Him, because they heard that He had done this sign.

### **Prayer List**

**Memory Eternal:** Jon; Bonnie; Daniel; infant Daniel; Timothy; George; Protodeacon Joseph; Eugenia; Barbara; Edward; Matushka Anastasia Chupeck; Simeon; John; Stephen & Deborah. All those taken from us by sickness, violence, injury and disaster.

**For Health:** Paul & Mildred Urda; Michael Karney; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; Mat. Cynthia Schick; Mat. Gretchen Maciolek; John O'Brien (Justin's uncle); child Abby, Helen; Matrona; Eileen; Don; Michael; Richelle; Dennis; 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 Gemma; 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. John Holoduek; Fr. Peter and Mat. Sophia Ries; Protodeacon John Morvay; Matushka Shirley Lickwar; Mat. Jeanne Zablotsky; Subdeacon Peter; Paul; June, Elizabeth, Margaret, Daria; John, Yvonne, Elaine, John, Don, Robert, Casey, Gabriel, Christina, Peter, Theresa, Vera. All the clergy, faithful and their families of the Diocese of New York and New Jersey.

**Name Day:** Fr. Jason Kappanadze (Apostle Jason, 4/28); Mat. Tamara (St. Tamara of Georgia, 5/1); Jeremiah Shazer (Prophet Jeremiah, 5/1); Carrie Matrona Hooper (St. Matrona of Moscow, 5/2). **Birthdays:** Joshua Haluszczak (5/2).

**Preparing to Travel:** James & Deborah King. **Anniversary:** Fr. Stephen Vernak (17<sup>th</sup> Ordination Anniversary, 4/28/24).

#### **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 27th & 28th: Reader Alexander (Palm Sunday) ♦ Holy Week: All Readers

### ***FELLOWSHIP HOUR HOSTING SCHEDULE***

April 28 Fanaro Family ♦ May 5 PASCHA Agape Meal

May 12 Mother's Day Brunch; Visit of Archbishop Michael ♦ May 19 Angelo, Gomez, and O'Brien Families

May 26 Cheplick Families ♦ June 2 Karney Families ♦ June 9 Fanaro & Neidig Families

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

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

April 28 Toni Weeks ♦ May 5 Amy Rinchack

May 12 Matushka Katie ♦ May 19 Nina Dudek ♦ May 26 Toni Weeks

# TEN THINGS TO DO DURING HOLY WEEK By Fr. Theophan Whitfield

## #1 - Go to as many services as you can.

We offer a large number – from one to three services per day. And if you can't go to every service, set aside time to read prayerfully through those you cannot attend. Pick up the Holy Week booklet on the candle desk. It is through worship that we return and unite ourselves to Christ. The services of Holy Week are not just memory exercises. Holy Week is a single unbroken Liturgy that over ten days invites us to participate in the saving love of Jesus Christ, not to just remember some events from long ago.

## #2 - Intensify your fasting.

"Holy Week is a time in which we should increase our hunger for Christ."

Each person is called to fast as he or she is able. Some are able to fast more, some less. During Holy Week, each of us should increase the intensity of the fast. Think about how you have followed the fast up to this point. During Holy Week, continue what you do, and then do a little bit more. Do you fast just a few days a week? Increase the number of your fasting days. Are you fasting from meat only? Consider fasting from dairy as well. Consider eating smaller meals each time. For some, it may be possible to eat only two small meals a day rather than three. Holy Week is a time when we should increase our hunger for Christ, and physical hunger is one way to do so.

## #3 - Create silence.

Disconnect down to what is truly essential from your cell phone, email, internet usage ... and fast entirely from social media. (If any of this is needed for work or school, designate a window of usage of no more than a few hours.) Do not watch tv, or listen to the radio unless it is specifically Christian content. Even then, turn it all off for some hours each day. It's only for one week. The world will still be there after Pascha. When we create silence in this way, we give ourselves the space and opportunity to be drawn by Christ more deeply into His words and actions during Holy Week. And if we do not create silence, then the noise of this world will easily overwhelm the "still small voice" through which the Holy Spirit speaks (1 Kings 19:12). To hear the voice of Christ, we have to silence the relentless cascade of screen and distraction we otherwise allow the world to pump full force into our hearts and minds.

## #4 - Create prayer.

If you listen to some church music. In particular, listen to the hymns of Holy Week. And learn something about each hymn you hear: On what day do we sing this hymn? During which service? What is the place and purpose of this hymn? Singing "Behold the Bridegroom" at the services which begin Holy Week is good, but hearing and singing the same hymn while driving, walking, or cleaning the house is a great way to extend the experience of the services!

## #5 - Be still.

"The most eloquent word ever spoken is the silence of our dead Savior while hanging on the cross." Set aside time each day to sit quietly in front of an icon of Christ, from 10-30 minutes. Light a candle, say a short prayer, and then simply wait in silence for the Lord to speak a word, or to bestow a deeper sense of His presence. Stillness during Holy Week is a good practice for the experience of Great and Holy Friday and Saturday.

## **#6 - Always be with Christ.**

"Nothing can ever separate us from the love of God."

As + Fr. Thomas Hopko reminds us, occupy your mind as often as you can with a short prayer. If you do not already have the habit of praying the Jesus Prayer, Holy Week is a great time to begin: "O Lord Jesus Christ, Son of God, have mercy on me a sinner." This prayer increases our awareness of the nearness of Father, Son, and Holy Spirit. It reminds us that nothing can ever separate us from the love of God. So why separate yourself?

## **#7 - Read a Gospel.**

Set aside time each day to read several chapters from either Matthew, Mark, or Luke. (We save John for after Pascha!) And remember that in the Gospels, we do not find words about Christ, we find words from Christ. Each verse of Holy Scripture is a word spoken directly to you by the raised and glorified Lord. Each word is a word for now, each word is a new word that you have never received before. Enjoy the gift! Jesus wants to give it to you!

## **#8 - "Offer yourself in love to at least one other person from whom you are estranged."**

Chances are, each of us has at least a small handful of relationships in need of healing. During Holy Week, work for that healing. Admit your mistakes, and forgive the mistakes made by others. Offer yourself in love to at least one other person from whom you are estranged. Make a phone call, send a letter or email — you have a blessing to use email in this one case! — or schedule a coffee date. Christ's love for us is ENORMOUS compared to the pettiness we so often hold on to. And if you have been deeply harmed by another person, seek help! Reach out to someone — your spouse, another family member or friend, your priest — and ask for guidance. Search through prayer, fasting, and honest communication for a way forward. As they say, holding onto anger (or hatred, or resentment, or vengefulness) is like swallowing poison and expecting someone else to die. Seek release from what possesses you. Enjoy the lightness of a relationship that has been healed and restored.

## **#9 - Call someone who is sick or lonely.**

Visit them if you can. Share yourself with someone who needs you. Our parish family, and our neighborhoods, are filled with people who are dying of loneliness and isolation. Extend yourself and give them the gift of human presence. One of the great themes of Holy Week is abandonment — how our Lord was abandoned by just about everyone. As we seek to unite ourselves to Christ through prayer and worship during Holy Week, may we not at the same time abandon those who need us. To be united to Christ, we must at the same time strengthen our solidarity with all those around us. We are part of the mystical body of Christ, and we are called to a life of unity and communion with one another.

## **#10 - Think about Bright Week and beyond!**

"As we unite ourselves to Christ, the radiance of the Resurrection changes everything." With Pascha comes the true light that enlightens the whole world and each person in it. As we unite ourselves to Christ, the radiance of the Resurrection changes everything. The week after Pascha is truly a Bright Week — the Resurrection colors all with brilliance and beauty. Nothing should ever be the same. Let this Holy Week be a launching pad into the rest of life. May we live all of life in the light of the Resurrection!



## 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

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	Lamprinos/Cowan
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	Karney Family
November 20	Presentation of the Theotokos into the Temple	Deborah King
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!