

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, September 15, 2024 – Tone 3

12th Sunday After Pentecost

Sunday After the Elevation of the Cross

SPECIAL COLLECTION TODAY:

FLOOD RELIEF FOR ST. OLYMPIA ORTHODOX CHURCH – NORWOOD, NY

Our northern-most Diocesan church, St. Olympia Mission in Potsdam / Norwood, NY, was devastated by Hurricane Debby. Water overwhelmed the bell tower, came through the ceiling into the nave and continued into the lower level, causing damage everywhere including our resident Food Pantry. More damage was caused by sewer backup to the kitchen, social hall/Sunday school rooms and bathrooms. Damages may exceed \$50,000.

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 – Sunday, September 15 – Sunday After the Elevation of the Cross

8:40 AM *3rd and 6th Hours*

9:00 AM *Divine Liturgy* with *Blessing of Students and Teachers on the New Church School Year*

Followed by Fellowship Hour, Church School, Teen Group,
and “The Essentials of Orthodoxy” Adult Class with Fr. David

Wednesday, September 18

7:00 PM “What is Orthodox Christianity?” – Adult Education Zoom Session – All Are Welcome!

Saturday, September 21

5:00 PM *Reader Vespers*

Sunday, September 22

8:40 AM *3rd and 6th Hours*

9:00 AM *Reception Into the Catechumenate* of Steven Follansbee

Divine Liturgy, Followed by Fellowship Hour and Church School

what is Orthodox Christianity?

Wednesdays, 7 PM on Zoom

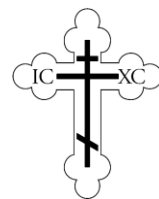
All are welcome to join our 7 PM Wednesday sessions on Zoom.

Dr. Mary-Carol is leading 20-30 minute chats each week.

9/18 The Sights and Sounds of the Church Seasons, Pt. 1 ♦

9/25 The 12 Great Feasts, Pt. 2 ♦ 10/2 Sights and Sounds, Pt. 2 ♦

10/9 Jeopardy!



ANNUAL DIOCESAN MOUNTAIN MEN'S RESPITE RETREAT! CAMPING, WORSHIP, AND FELLOWSHIP IN THE ADIRONDACKS

Friday to Sunday, September 20-22, 2024

Cedar River Campsites, Cedar River Rd., Indian Lake, NY 12842

It is a campout, but there is plenty of extra equipment, available for those that do not have their own tent and sleeping gear.

There will be wonderful fellowship and liturgical services.

Register, and check out photos from past Retreats, at:

<https://mensmountainrespite.wixsite.com/mysite>

For more information, contact Mitch VanDuyne

mitch@catprint.com ♦ 585-278-6308

Coming Up the Weekend of November 9-10:

A Very Special Visit from the St. Tikhon's Seminary Mission Choir!

The Seminary's male choir will sing Great Vespers on Saturday

and the Divine Liturgy on Sunday here at Holy Trinity.

Please come to be uplifted by their voices, and get to know our Seminarians!

Also, please plan to bring a monetary contribution, so that we can partner with St. Tikhon's in providing scholarships for the future priests, deacons, and lay leaders of our Churches!

SCRIPTURE READINGS

EPISTLES: Galatians 2:16-20 Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. **1 Corinthians 15:1-11** Brethren: Now I would remind you in what terms I preached to you the gospel, which you received, in which you stand, by which you are saved, if you hold it fast—unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins in accordance with the scriptures, that He was buried, that He was raised on the third day in accordance with the scriptures, and that He appeared to Cephas, then to the twelve. Then He appeared to more than five hundred brethren at one time, most of whom are still alive, though some have fallen asleep. Then He appeared to James, then to all the apostles. Last of all, as to one untimely born, He appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and His grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God which is with me. Whether then it was I or they, so we preach and so you believed.

GOSPELS Mark 8:34-9:1 At that time, when Jesus had called the people to Himself, with His disciples also, He said to them, “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels.” And He said to them, “Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.” **Matthew 19:16-26** At that time, one came and said to Jesus, “Good Teacher, what good thing shall I do that I may have eternal life?” So He said to him, “Why do you call Me good? No one is good but One, that is, God. But if you want to enter into life, keep the commandments.” He said to Him, “Which ones?” Jesus said, “‘You shall not murder,’ ‘You shall not commit adultery,’ ‘You shall not steal,’ ‘You shall not bear false witness,’ ‘Honor your father and your mother,’ and, ‘You shall love your neighbor as yourself.’” The young man said to Him, “All these things I have kept from my youth. What do I still lack?” Jesus said to him, “If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me.” But when the young man heard that saying, he went away sorrowful, for he had great possessions. Then Jesus said to His disciples, “Assuredly, I say to you that it is hard for a rich man to enter the kingdom of heaven. And again I say to you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God. When His disciples heard it, they were greatly astonished, saying, “Who then can be saved?” But Jesus looked at them and said to them, “With men this is impossible, but with God all things are possible.”

Prayer List

Memory Eternal: Infant Symeon; Jim; Thomas; David; Randy; Penny Pefanis; Mary Ann Komar; Valentina; Marge, Theresa. All those taken from us by sickness, violence, injury and disaster.

For Health: Newborn Rory Joel Harvey and his family; Paul & Mildred Urda; Michael Karney; Matushka Kathryn, Emilia & Patrick; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Fr. Joseph & Matushka Ellen Chupeck; Pani Joan Mahler; Zachariah; Patrick Charles & Rihanna; Justin & Samuel; Nicole; Ricky & John; Matrona; Eileen; Michael; Richard & Judy; Patricia; David; James; Antonina; Brooke; Elena; Tyler; Dmitri; expecting mothers Amanda & Brianna and the children to be born of them; newborn Rowan & Elizabeth; Gloria, Sandra; Deborah; Juliana; John; Christa; Scott & Casey, Child Hannah, Joshua, Ilsa, Erica, Caitlin, Helen, Ruth, Katherine, Sierra; Nicholas, Nancy; Anna; Catechumens Raychel, Jason, Oliver & Madeline.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Abbot Tryphon; Fr. Vasil Dubee; Fr. Michael Meerson; Fr. Jason & Matushka Katia Vansuch; Fr. Joel & Mat. Margaret Brady; Deacon John Dotterer; Angela, Mary, Lawrence, Mirela, Christian; Maria; Pamela, child Lola Rose, Galina, Jennifer, Pamela; Steven; Ann, Doug, Rebecca; Jamie, Tom; Bill; Steve, Rick; Christine, George, Serge, Lyudmila, Pavel, Aleksandr, Tatiana, Maksim; Emelia; Steve, Alexandra; Oksana. All the clergy, faithful and their families of the Diocese of New York and New Jersey. **Name Days:** Nikita Lyon (St. Nicetas the Goth, 9/15), Steven Cheplick, Steven Follansbee, Kevin Stephen Gomez, Steven Olson (Uncovering of the Relics of St. Stephen the Deacon & Martyr, 9/15); Sophia Karney, Sophia King-Styles, Nadia Powers, Verity Rustyak, Luba Brown, Agape Amy & Sofia Ringe, and all those named for SS. Sophia, Vera, Nadezhda & Luba / Agape, 9/17). **Birthdays:** Anna Davis (9/14), Melania Cheplick (9/18).

Parish Children:

Lucia	Hannah	Jeremiah	Andrew	Myra	Ezekiel	Aalyiah	Sophia
Lydia	Natalie	Emilia	Patrick	Sophia	Rdr. Dmitri	Jonah	Gabriel
John	Nikolai	Melania	Alexei	Nadia	Justus	Elea	Samuel
Gabriel	Michael	Hannah	Raphael	Verity	Julie	Michelle	Aiden
Shea	Jack	Oliver	Elizabeth	Anthony	Evangeline	Alfred	Rosemary
James	Brigid	Dorothea					

College Students: Thomas Cheplick – Niagara College • Gabriel Cowan – Corning Community College
Angeline McKane – West Point Academy • Nathan Devens – SUNY Cobleskill • Madeline Cieslak – Elmira College
Larissa Cheplick – Daemen College Julianna Cheplick – SUNY Delhi
Mihaela Toader, 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

Sept. 14th – Sept. 21st: Emilia Karney, Natalie Karney & Lydia Dudek ♦ Sept. 21st – Sept. 28th: Matushka Tamara & Reader Gabriel ♦ Sept. 28th – October 5th: Reader Alexander ♦ Oct. 5th – Oct. 12th: Reader William ♦ Oct. 12th – Oct. 19th: Reader Dmitri ♦ Oct. 19th -Oct. 26th: Mary Carol Haluszczak ♦ Oct. 26th - Nov. 2nd: Emilia Karney, Natalie Karney & Lydia Dudek ♦ Nov. 2nd- Nov. 9th: Reader Alexander ♦ Nov. 9th - Nov. 16th: Reader William ♦ Nov. 16th – Nov. 23rd: Matushka Tamara & Reader Gabriel (Feast Day 11/20 & 11/21: Entry of the Virgin Mary into the Temple) ♦ Nov. 23rd – Nov. 30th: Reader Dmitri ♦ Nov. 30th – Dec. 7th: Emilia Karney, Natalie Karney & Lydia Dudek ♦ Dec. 7th – Dec 14th: Reader Alexander ♦ Dec. 14th – Dec. 21st: Mary Carol Haluszczak ♦ Dec. 21st – Dec. 28th: Reader William (Feast Day 12/24 & 12/25: Nativity of Our Lord) ♦ Dec. 28th – January 4th: Matushka Tamara & Reader Gabriel ♦ January 4th – January 11th: Reader Alexander (Feast Day 1/5 & 1/6: Theophany)

FELLOWSHIP HOUR HOSTING SCHEDULE

September 22 Cusick & Hults Families ♦ September 29 Charlanow Family ♦ October 6 King Families ♦
October 13 Speen Family ♦ October 20 Angelo & O'Brien Families ♦ October 27 Lamprinos Family

CHURCH CLEANING SCHEDULE

September 15 Toni Weeks ♦ September 22 Amy Rinchack ♦ September 29 Mat. Katie

NEXT YOUTH CHOIR REHEARSALS:

Saturday afternoons at 3:30 PM – September 28, October 12

COFFEE HOUR SUPPLIES – DONATIONS GRATEFULLY ACCEPTED FOR:

Small plates ♦ Forks ♦ Hot cups ♦ Cold cups



*"... the abundance of your joy ...
abounded in the riches
of your generosity. For you gave
according to your means, as I can testify,
and beyond measure, of your own accord"
(Holy Apostle St. Paul, II Corinthians 8:2-3).*

*You are cordially invited to attend
a New York State Deanery Appreciation Dinner
for the 2023 Distinguished Diocesan Benefactors
of the Diocese of New York and New Jersey*

*hosted with gratitude by
His Eminence, Archbishop MICHAEL*

*Sunday, October 13, 2024: 5:30 PM Hors D'Oeuvres; 6:00 PM Dinner
at St. John the Baptist Church, 855 S. Goodman St., Rochester, NY 14620
RSVP by Monday, September 30, to Fr. David Mezynski,
email fr.david@sjoca.org, phone (914) 413-5605*

~You are encouraged to bring family members and parish guests~



Cities Rise Neighborhood Clean-Up

September 27th & 28th, 2024 • 9 a.m. to Noon • Hosted by Chemung County Habitat for Humanity. Register for one or both days below - Deadline to register is 9/13/24.

Join us for a Community Clean-up in Elmira (area to be determined soon). Volunteers are needed to help with trimming hedges, cutting weeds, picking up trash, and making minor repairs and painting front porches. Volunteers will receive a t-shirt and snacks. Ages 6 and older are welcome to participate.

DIOCESE OF NY & NJ DEPT. OF CHRISTIAN EDUCATION PRESENTS

CONNECTING OUR YOUTH TO THEIR FAITH BY SERVING OTHERS

A WORKSHOP FOR CHURCH SCHOOL TEACHERS, YOUTH LEADERS AND CLERGY

LEARN HOW TO INSPIRE YOUR YOUTH WITH
SERVICE PROJECTS THAT MAKE A DIFFERENCE

10AM-2PM

LUNCH PROVIDED

[REGISTER HERE](#)

Saturday, October 19
SS. Peter and Paul Church
401 Hamilton Street
Syracuse, NY

Saturday, October 26
Christ the Saviour Church
365 Paramus Road
Paramus, NJ

Featured Speaker **Andrea Danko-Barna of the** **Neighborhood Resilience** **Project, Pittsburgh**

NRP is a non-profit organization that responds to acute and long term care of community members experiencing trauma with the hope of building healthy, healing micro communities.



Andrea, at right, with
NRP Community Members



Fr. Paul with NRP
Member Troy Polamalu

Andrea Danko-Barna has been working with the Neighborhood Resilience Project (NRP) since 2020, serving under the guidance of Fr. Paul Abernathy, CEO. She attends St. Moses the Black Orthodox Church, also under the pastoral care of Fr. Paul Abernathy, where she works as Pastoral Assistant and Church School Director. Andrea has devoted her life to learning and educating, teaching high school for several years with a Master of Arts in History and German Language. After finishing her Master of Divinity degree at Regent University (Thesis on St. Maximus the Confessor) in 2017, she worked as a Bible School Director and Instructor. She was Chrismated in 2021. Currently, she is a PhD student at the Antiochian House of Studies. She also teaches two classes for the community at NRP, titled "Ancient Path" and "Lives of the Saints". Visit the NRP website at www.NRP.org, and search Facebook: Neighborhood Resilience Project.

For more info contact Mat. Tamara Cowan tamarancowan@gmail.com