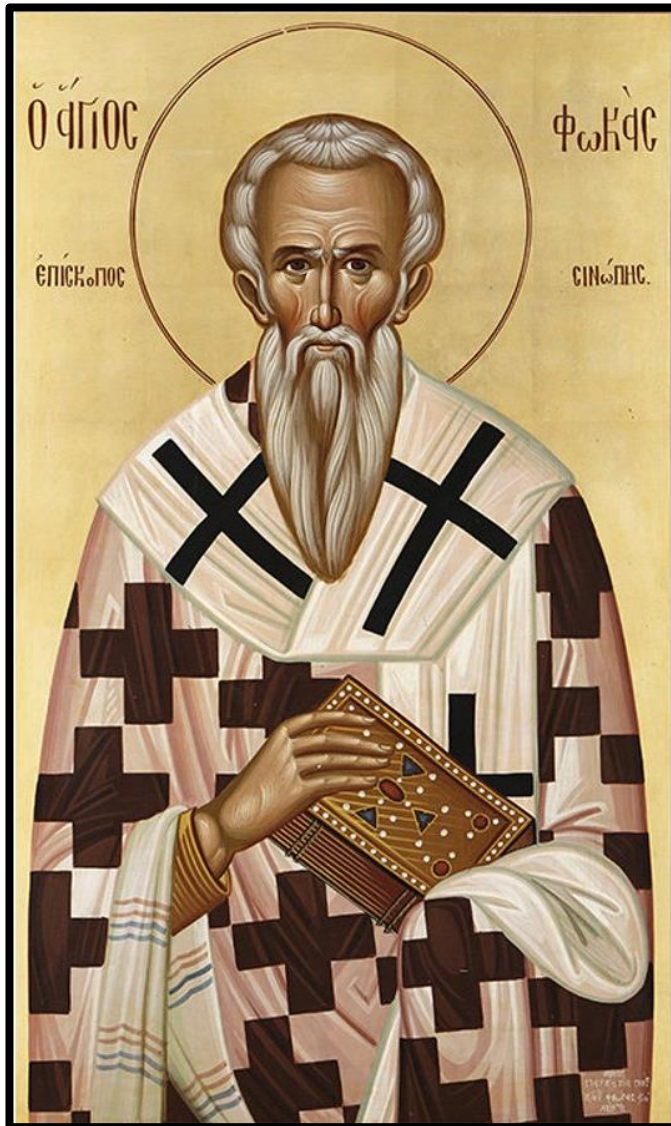


HOLY TRINITY ORTHODOX CHURCH

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 22, 2024 – Tone 4

13th Sunday After Pentecost

Hieromartyr Phocas, Bishop of Sinope (+ 117 AD)

Apostle Quadratus of the Seventy (+ 130 AD)

Prophet Jonah (8th century BC)

SERVICES AND ACTIVITIES

Most Services May Be Joined by Live Stream at our YouTube Channel:

<https://www.youtube.com/@holyltrinitychurchelmirany>

or go to www.YouTube.com and search for “Holy Trinity Church Elmira Heights NY”

Today – 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; Parish Council Special Meeting

Tuesday, September 24 – Feast of the Saints of Alaska

9:40 AM *3rd and 6th Hours*

10:00 AM *Divine Liturgy*, in Thanksgiving for the 63rd Priesthood Anniversary of Fr. Nicholas Molodyko-Harris

Wednesday, September 25

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

Saturday, September 28

5:00 PM *Great Vespers*; Private Confession Available Afterward

Sunday, September 29

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

9:00 AM *Divine Liturgy*, Followed by Fellowship Hour, Church School, Teen Group, and Adult Class with Fr. David

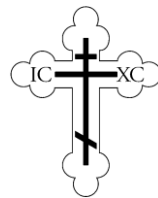
TODAY’S SCRIPTURE READINGS

EPISTLE 1 Corinthians 16:13-24 Brethren: Watch, stand fast in the faith, be brave, be strong. Let all that you do be done with love. I urge you, brethren – you know the household of Stephanas, that it is the firstfruits of Achaia, and that they have devoted themselves to the ministry of the saints – that you also submit to such, and to everyone who works and labors with us. I am glad about the coming of Stephanas, Fortunatus, and Achaicus, for what was lacking on your part they supplied. For they refreshed my spirit and yours. Therefore acknowledge such men. The churches of Asia greet you. Aquila and Priscilla greet you heartily in the Lord, with the church that is in their house. All the brethren greet you. Greet one another with a holy kiss. The salutation with my own hand – Paul’s. If anyone does not love the Lord Jesus Christ, let him be accursed. O Lord, come! The grace of our Lord Jesus Christ be with you. My love be with you all in Christ Jesus. Amen.

GOSPEL Luke 5:1-11 At that time, as the multitude pressed about Jesus to hear the word of God, ... He stood by the Lake of Gennesaret, and saw two boats standing by the lake; but the fishermen had gone from them and were washing their nets. Then He got into one of the boats, which was Simon’s, and asked him to put out a little from the land. And He sat down and taught the multitudes from the boat. When He had stopped speaking, He said to Simon, “Launch out into the deep and let down your nets for a catch.” But Simon answered and said to Him, “Master, we have toiled all night and caught nothing; nevertheless at Your word I will let down the net.” And when they had done this, they caught a great number of fish, and their net was breaking. So they signaled to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. When Simon Peter saw it, he fell down at Jesus’ knees, saying, “Depart from me, for I am a sinful man, O Lord!” For he and all who were with him were astonished at the catch of fish which they had taken; and so also were James and John, the sons of Zebedee, who were partners with Simon. And Jesus said to Simon, “Do not be afraid. From now on you will catch men.” So when they had brought their boats to land, they forsook all and followed Him.

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.
9/25 The 12 Great Feasts, Pt. 2, with Fr. David
10/2 Sights and Sounds, Pt. 2, with Nina Dudek
10/9 Jeopardy!



ORTHODOX MOMS' GROUP

Moms with Little Ones – join us for our First Meeting!
Tuesday, October 22, 10am-12pm
hosted by Matushka Tamara
in the Fellowship Hall, Downstairs – Snacks provided

Coming Up on the Weekend
of November 9-10:
A Very Special Visit from the
St. Tikhon's Seminary Mission Choir!

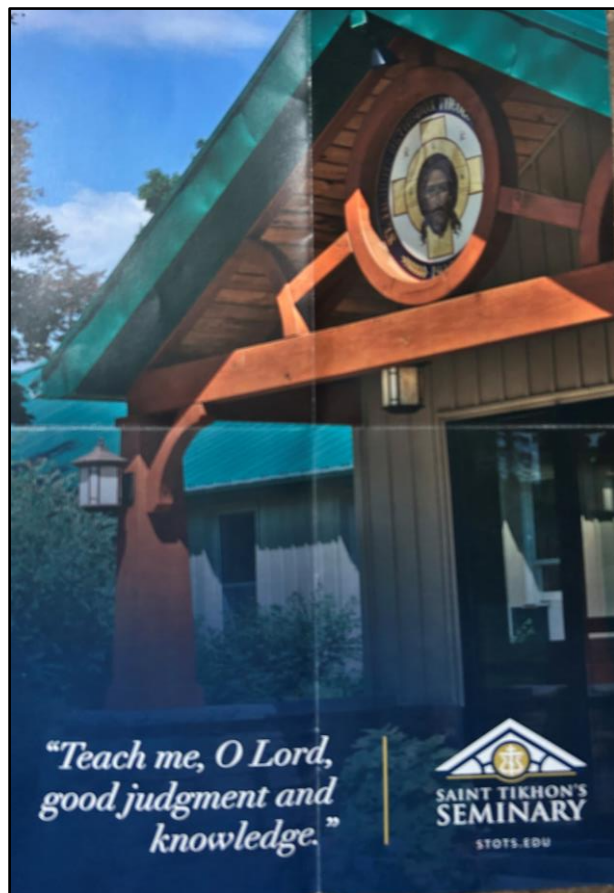
The Seminary's male choir will sing Great Vespers on Saturday and the Divine Liturgy on Sunday here at Holy Trinity. Please come to be uplifted by their voices, and get to know our Seminarians!

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!

For a breathtaking video on the life and surroundings of the Seminary community, click [here](#) OR search YouTube.com for "Experience a Day at St Tikhon's!"

Visit St. Tikhon's Seminary online:

www.stots.edu ♦ www.facebook.com/sainttikhons



Prayer List

Memory Eternal: Eric (nephew of Steve Olson, + 9/10); Helen Homa; Constantine; Infant Symeon; Jim; Thomas; David; Randy; Penny. All those taken from us by sickness, violence, injury and disaster.

For Health: Steven Follansbee, received as a Catechumen today; 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 & Steven.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. Michael & Matushka Olga Meerson; Fr. Jason & Matushka Katia Vansuch; Fr. Joel & Mat. Margaret Brady; Deacon John Dotterer; Cris & Louis; Eva, Val; Effie; Dolan, Andrew, Antony; Valentina; Angela, Mary, Lawrence, Mirela, Christian; Maria; Pamela, child Lola Rose, Galina, Jennifer, Pamela; Steven; Ann, Doug, Rebecca; Jamie, Tom; Bill. All the clergy, faithful and their families of the Diocese of New York and New Jersey. **Name Days:** Jonah Charlanow (Prophet Jonah, 9/22); All those named for John the Baptist (Conception of St. John, 9/23) and St. John the Theologian (Repose, 9/26); All those named for the Saints of Alaska (9/24). **Birthdays:** Patricia Olson (9/19); Rdr. Gabriel Cowan (18th Birthday, 9/23), Michael Hendershot & Andrew Shazer (9/23); Jane Ann Cowan (Fr. David's mom, 9/24), Rdr. William Haluszczak (9/27). **Anniversary:** Fr. Nicholas Molodyko-Harris (Mat. Tamara's dad, 63rd Anniversary of Ordination to the Priesthood, 9/24).

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	Brighid	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. 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 & Hulst Families ♦ September 29 Charlanow Family ♦ October 6 Dudek and Haluszczak Families
October 13 Speen Family ♦ October 20 Angelo & O'Brien Families ♦ October 27 Lamprinos Family
November 3 King Families ♦ **St. Tikhon's Seminary Mission Choir Pot Luck** ♦ November 17 Rinchack & Harvey Families

CHURCH CLEANING SCHEDULE

September 22 Amy Rinchack ♦ September 29 Mat. Katie ♦ October 6 Nina Dudek ♦ October 13 Toni Weeks ♦
October 20 Sarah Harvey ♦ October 27 Amy Rinchack ♦ November 3 Mat. Katie ♦
November 10 Nina Dudek ♦ November 17 Toni Weeks ♦ November 24 Sarah Harvey

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