

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, January 26, 2025 – Tone 6

31st Sunday After Pentecost •

New Martyrs and Confessors of Russia, Under the Communist Yoke

what is

**Orthodox
Christianity?**

Wednesdays, 7 PM on Zoom

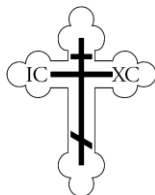
Dr. Mary-Carol is leading 20-30 minute Zoom chats. All are welcome!

1/29 The Canon of St. Andrew

2/5 What is Fasting? (w/ Fr. David)

2/12 The Services of the Pre-Sanctified Liturgy and Bridegroom Matins

2/19 The Mystery of Confession (w/ Fr. David)



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, January 26

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

9:00 AM *Divine Liturgy*. Followed by Fellowship Hour, Church School, Choir Rehearsal

Wednesday, January 29

7:00 PM “What is Orthodox Christianity?” – Adult Education Session, by Zoom

Thurs., January 30 – Feast of the Three Hierarchs: Basil the Great, Gregory the Theologian, John Chrysostom

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

9:00 AM *Divine Liturgy*

Saturday, February 1

3:30 PM Youth Choir Rehearsal

5:00 PM *Great Vespers with Litya and Blessing of Candles* – Great Feast of the Meeting of the Lord in the Temple

Sunday, February 2 – Great Feast of the Meeting of the Lord in the Temple

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

9:00 AM *Divine Liturgy with Blessing of Candles*. Followed by Fellowship Hour, Church School & Teen Group

SCRIPTURE READINGS

TODAY'S EPISTLE 1 Timothy 1:15-17 My son Timothy: This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief. However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life. Now to the King eternal, immortal, invisible, to God who alone is wise, be honor and glory forever and ever. Amen.

TODAY'S GOSPEL Matthew 15:21-28 At that time, Jesus went out from there and departed to the region of Tyre and Sidon. And behold, a woman of Canaan came from that region and cried out to Him, saying, “Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed.” But He answered her not a word. And His disciples came and urged Him, saying, “Send her away, for she cries out after us.” But He answered and said, “I was not sent except to the lost sheep of the house of Israel.” Then she came and worshiped Him, saying, “Lord, help me!” But He answered and said, “It is not good to take the children’s bread and throw it to the little dogs.” And she said, “Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters’ table.” Then Jesus answered and said to her, “O woman, great is your faith! Let it be to you as you desire.” And her daughter was healed from that very hour.

ANNUAL PARISH MEETING FOR 2025: SUN., FEB. 9, AFTER LITURGY

We’ve been so blessed with growth and new people again this past year ... Your Parish Council invites you to come and see what is involved in sustaining and growing a parish family! All parishioners, catechumens and inquirers are welcome to attend and observe.

For a voice and a vote in the meeting, you must be an Orthodox Christian 18 years of age or older, have been an Orthodox Christian at least one year, have belonged to this parish for at least one year, partake of the Sacraments of Confession and Communion at least once a year, live in a manner consistent with the Orthodox Faith, and be a pledging steward of the parish.

If you are interested in serving on the Parish Council, please speak to Fr. David by Thursday, Jan. 30. To serve on the Parish Council, you must be an Orthodox Christian 18 years of age or older, have been an Orthodox Christian at least **two** years, have belonged to this parish for at least **one** year, partake of Confession and Communion at least once a year, live in a manner consistent with the Orthodox Faith, and be a pledging steward of the parish.

– With love in Christ, Fr. David

Prayer List

Memory Eternal: Archbishop Anastasios of Albania (+1/25); Cynthia; Dean; Roger; Richard; Gail, Nikolai, Dusan; Subdeacon Jacob; Amy; Richard, Paul; James; Matushka Eugenia; Pani Joan, Robert, Zoran, Dieter; Dorothy, Michael, Marie; Feodor, Seraphima, Luba. Ever-memorable Marlene Loveland (Kathleen's mother, +1/30/16). The departed victims of the fires in California, and all those taken from us by sickness, violence, injury and disaster.

For Health: Catechumens Jeremiah and Sarah who are ill; Shirley Cheplick; Michael Karney; Matushka Kathryn & Natalie; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Subdeacon Walter; Frances; Olga; Joseph; Abigail; children Evita, Elliot, Jordyn & Julianna; Christopher & David; Ricky & John; Matrona; Patricia, Michael & Jacob; James; James; Antonina; Brooke; Elena; Tyler; Dmitri; expecting mothers McKayla, Amanda, Carrie, catechumen Ana (Amy Rinchack's daughter) and the children to be born of them; Emily and her newborn son; Mildred Cheplick; Mildred Urda; Deborah; Juliana; John; Scott & Casey, Child Hannah, Joshua, Ilsa, Erica, Caitlin, Helen, Ruth, Katherine, Sierra; Nicholas, Anna; Catechumens Raychel, Jason, Oliver, Madeline, Steven, Jeremiah, Sarah & Zachary.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. Terence Baz; Fr. Samuel & Mat. JoAnne Kedala, Fr. Paul Kucynda; Dn. David Chow; Dn. Stephan Karlgut; Mat. Naomi Takahashi; Mary, Michael; June, Peter, Sarah, Olga, Svetoslav, Sergey, Yelena, Mikhail, Yury; Larissa; Dianne, Nicholas; Maryanne, John, Sergei; Trudy. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. All those afflicted by the fires in California. **Name Days:** All named for Saints Basil the Great, Gregory the Theologian & John Chrysostom (1/30). Bridget (Tess) Plummer, Brigid Fanaro (St. Bridget of Ireland, 2/1). **Birthdays:** Amelia Harris (1/29), Anthony Lyon (1/31). **Anniversary:** Archpriest Timothy Hojnicky (20th Anniversary of Priesthood, 1/29).

Traveling: Dn. Michael & Patrick.

Parish Children:

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

College Students: Thomas Cheplick – Niagara College • Gabriel Cowan & Nadia Powers – Corning Community Coll. • 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

Jan. 25th- Feb. 1st: Reader Alexander (Three Hierarchs – Jan. 30th)

Feb. 1st – Feb. 8th: Emilia Karney, Natalie Karney, and Lydia Dudek (Meeting of our Lord – Feb. 1st & 2nd)

Feb 8th: - Feb. 15th: Matushka Tamara & Reader Gabriel • Feb. 15th – Feb. 22nd: Rdr. William (Memorial Saturday, Feb. 22nd)

Feb. 22nd – March 1st: Mary Carol Haluszczak • March 1st & March 2nd: Reader Dmitri

CHOIR REHEARSAL SCHEDULE

Adult Choir: Sunday, Jan. 26 ♦ Saturday, Feb. 8, 3:30 PM ♦ Saturday, Feb. 15, 3:30 PM ♦ Sunday, Feb. 23

Youth Choir, the following Saturdays at 3:30 PM: Feb. 1 ♦ Feb. 22 ♦ March 8

FELLOWSHIP HOUR HOSTING SCHEDULE

Jan 26 Lamprinos Family ♦ Feb 2 Rinchack & Harvey Families ♦

Feb 9 Annual Meeting Chili Cook-Off (Clean up: Chwastiak, Follansbee & Fanaro Families) ♦ Feb 16 Karney Family ♦

Feb 23 Meatfare Potluck (Clean up: Charlanow & Gomez Families) ♦ March 2 Cheesefare Sunday: Cowan, Turic, Weeks Families

FASTING (Great Lent): March 9 Angelo & O' Brien Families ♦ March 16 Cusick & Hults Families ♦ March 23 Cheplick Families ♦

March 30 King Families ♦ April 6 Fanaro, Chwastiak, Follansbee Families ♦ April 13 Palm Sunday Potluck (Clean up: Lamprinos &

Gomez Families) ♦ **FEASTING:** April 20 PASCHA Agape Meal (Clean up: All Families) ♦ April 27 Charlanow Family

CHURCH CLEANING SCHEDULE

Mat. Katie: 2/2, 3/2, 3/30 ♦ Nina Dudek: 2/8, 3/9 ♦ Sarah Harvey: 2/16, 3/16 ♦ Amy Rinchack: 2/23, 3/23

COFFEE HOUR SUPPLIES – DONATIONS GRATEFULLY ACCEPTED FOR:

Juices ♦ Coffee Creamers ♦ Paper Towels ♦ 8-Oz. Cold Cups ♦ Bowls ♦ Napkins ♦ Spoons

METROPOLITAN TIKHON'S LETTER FOR SANCTITY OF LIFE SUNDAY, 2025

To the Clergy, Monastics, and Faithful of the Orthodox Church in America,

As we mark our annual Sanctity of Life Sunday, I would like to speak to you about martyrdom. Specifically, by understanding martyrdom, which we might consider the most pure, fundamental realization of the Christian vocation, we understand just why we hold life sacred.

At first, this may appear paradoxical. Martyrdom, after all, is willingly surrendering one's life for the sake of the Christian faith. Martyrdom teaches us that life in this world is not to be compared with the glorious and everlasting life that awaits us in the world to come. As the Lord says, "Whosoever shall lose his life for my sake and the Gospel's, the same shall save it" (Mk. 8:35). ...

However, martyrdom, even when it points us towards the next life, also testifies to the immeasurable sacredness of our mortal life in this world. Here, in this life, it is possible for us to bear witness; here, in this life, we have the possibility of accepting Christ's gift of salvation. This is true for the literal martyrs, but it is also possible for every Christian through the bloodless martyrdom of asceticism. Whenever we die to our fleshly desires for the sake of the Gospel, we suffer a little martyrdom. Whenever we forgo power or wealth or gratification for the sake of Christ's commandments, we are bearing witness, in a small way, to the truth of the Christian faith. ...

Seen from this perspective, life in this world is not something cheap and utilitarian, but incredibly dear. ... All life comes from God; all life belongs to God; and through the saving work of our Lord and God and Savior Jesus Christ, biological life in this world is now open to the possibility of true and everlasting life in the world to come.

Thus, on this Sanctity of Life Sunday, we bear witness to the truth that all human life, from conception to natural death, is sacred. We pray that the scales will fall from the eyes of our countrymen who do not recognize this basic truth, and we beseech the Lord that all violations of this holy principle—abortion, infanticide, euthanasia, and the rest—would come to a swift end in our age and our land. Finally, we pray that we might find the strength to live in accordance with this teaching, showing forth the sanctity of life by devoting our own life to the pursuit of sanctity, thus bearing witness in our flesh to the truth of the holy Orthodox Christian faith.

Sincerely yours in Christ, +Tikhon, Archbishop of Washington, Metropolitan of All America and Canada





OVC SUNDAY – JANUARY 26



For more info email OVC staff Michael Sider-Rose and Kyra Limberakis at:

info@orthodoxvolunteercorps.org



www.orthodoxvolunteercorps.org

LIVE YOUR FAITH. SERVE FOR A YEAR.

Orthodox Volunteer Corps (OVC) is a yearlong domestic service program for Orthodox young adults and an official Agency of the Assembly of Bishops. We offer young adults from across the country an immersive year of service in Pittsburgh and Boston, working at homeless shelters, after school programs, free medical clinics, and more. In addition, Corps Members receive weekly formation & training in Orthodoxy and community-based leadership development, live in community with other Orthodox young adults, and engage local parishes. Housing, transportation, and food are 100% covered.

OVC began in Pittsburgh in 2022 and expanded to Boston in 2024. To learn more scan the QR code. Application deadline for Fall 2025 is February 20. Applicants must be 21-29 years old.

Nominate a young adult or apply yourself today!

ST. TIKHON'S SEMINARY PRESENTS:

CHILDREN & PARENTING

IN THE CONTEXT OF THE CHRISTIAN LIFE

JANUARY 31, 2025

 7:00 pm (EST)

 St. Tikhon's Convocation Hall

WITH SPECIAL GUEST SPEAKER:

Sister Magdalen of Essex Monastery,
Renowned Author of *Conversations with
Children and Children in the Church Today*.



SAINT TIKHON'S
SEMINARY



Please note: The Seminary recommends attendance be adults-only for this event, as the address will primarily be directed towards parenting. Children will be able to hear from Sister Magdalen later in the week!

There is a carpool of ladies going from the parish –
Please speak with Mat. Tamara if you would like to go!

REMINDER: Pledge Forms Appreciated for 2025!

Normally about 20 households turn in Annual Pledge Forms for “time / talent / treasure” support of the parish in the coming year. We have not reached that goal yet. Please remember to turn in your pledge; and if you haven’t pledged before, please consider doing so! For guidance on calculating Percentage Giving, see the back page. Questions? See Fr. David.

DIOCESAN GIRL'S RETREAT & WOMEN'S FELLOWSHIP

Walking with the Saints: *A Retreat for Orthodox Teens and Women*

*Sponsored by OCA Diocese of NY & NJ
Department of Youth Ministry*

No fee to attend! Open to all girls and women



Step into the lives of Orthodox women saints and discover how their faith, courage, and love for Christ can inspire us in our own spiritual journey. This retreat is a chance to learn about their struggles, their victories, and how they stayed close to God in a world full of challenges—just like ours.

Saturday, February 15, 10a-2p



← **RSVP BY FEBRUARY 10TH!**

HOLY TRINITY ORTHODOX CHURCH
369 Green Ave * East Meadow, NY 11554

Orthodox Church in America • Diocese of New York and New Jersey



Lenten Women's Retreat

FRIDAY, MARCH 28 - SUNDAY MARCH 30, 2025

Register at:

http://portal.campnetwork.com/Register/Register.php?camp_id=397695

Or scan this
QR code



\$125 for the Weekend
\$50 for Saturday only
(All inclusive!)

A time set apart for prayer, reflection, and fellowship of Orthodox women.

Guest Speaker TBA.

Also visiting: Archbishop Michael

[For more information](#)

Email: kristy@saintandrewscamp.org

HELP A STRUGGLING PARISH, MISSION, OR SEMINARIAN WITHIN OUR DIOCESAN FAMILY!

Become a ***DISTINGUISHED DIOCESAN BENEFACTOR!***

If you are in a position to make a contribution to the DDB Program in addition to your stewardship of our parish, then please visit the Diocesan Website at www.nynjoca.org and click the red "**Donate to DDB**" button on the right. While you're there, read about the *many* ministries the DDB supports!

Or mail a check payable to "Diocese of New York and New Jersey" to Diocesan Chancery, 33 Hewitt Avenue, Bronxville, NY 10708. Thank you!

