

HOLY TRINITY ORTHODOX CHURCH

140 Horseheads Blvd., Elmira Heights, NY • 607-732-3980

Rector: Fr. David Cowan • Deacon S. Michael Karney

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Sunday, March 2, 2025 – Tone 2

Fourth and Final Preparatory Sunday Before Lent

Forgiveness Sunday • The Expulsion of Adam from Paradise

MEMORY ETERNAL: + JOSEPH MICHALKO

+ Joseph, the brother-in-law of Beverly Michalko, fell asleep in the Lord Saturday, March 1.

Please share your condolences with Beverly, with Marilyn (Michalko) and Robert Cusick, and their family.

May + Joseph's memory be eternal!

The Great Fast of Lent begins tomorrow, Monday, March 3, and continues until Holy PASCHA (Easter), Sunday, April 20, with the Paschal Divine Liturgy.

Today is Cheesefare Sunday; it is the last day for dairy products before Great Lent begins. During Lent we are called to abstain from meat and dairy products and from spiritually unproductive entertainment... so that we control our appetites, and our appetites do not control us!

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 – Cheesefare Sunday – Forgiveness Sunday

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy and Vespers of Forgiveness Sunday, with the Rite of Forgiveness*

Cheesefare Fellowship Hour

Monday and Tuesday, March 3 & 4

6:30 PM *Great Canon of St. Andrew of Crete*

Wednesday, March 5

5:30 PM Private Confession Available

6:30 PM *Liturgy of the Pre-Sanctified Gifts* followed by Lenten Pot Luck Supper Fellowship

Thursday, March 6

6:30 PM *Great Canon of St. Andrew of Crete*

Friday, March 7

6:30 PM *Liturgy of the Pre-Sanctified Gifts*

Saturday, March 8

3:30 PM Youth Choir Rehearsal

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

Sunday, March 9 – 1st Sunday of Lent, The Triumph of Orthodoxy and the Restoration of Icons

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, Fellowship Hour, Church School, Teen Group (In Church with Fr. David)

4:00 PM *Pan-Orthodox Vespers for the Sunday of Orthodoxy*, at St. Mary's Orthodox Church, 1907 Jenkins St., Endicott

SCRIPTURE READINGS

EPISTLE Romans 13:11-14:4 Brethren: Now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

GOSPEL Matthew 6:14-21 The Lord said: "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Prayer List

Memory Eternal: Joseph Michalko (+3/1); Billie Jo, Olga, Jim; Ruth; Barbara; Tommy, Raymond; Caroline, Clara; Archpriest John Maxwell, Matushka Tatiana Peterson; Ramonita (Kevin Gomez' aunt); Deborah; Kenneth; Valer; Juliya, Elias, Alexandra, Olivia; Lorraine; Gregory; Mikhail, Simon; Eddie, Carolyn; Archbishop Anastasios of Albania; Cynthia; Dean; Roger; Richard; Gail, Nikolai, Dusan. Ever-memorable + Gloria Ewsuk (birthday, 3/6). All those taken from us by sickness, violence, injury and disaster.

For Health: Newly-received Catechumen Tomas; newborn Lydia; recovering Antonina & Lydia; Michael Karney; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Subdeacon Walter; Soldiers Joshua & Delbert; Edward; Camron; Amelia; Joshua; children Levi, Azariah & Elijah; Matthew; Jeanine; Frances; Olga; Joseph; Abigail; child Julianna; Christopher & David; Ricky & John; Matrona; Patricia, Michael & Jacob; James; Brooke; Elena; Tyler; Dmitri; expecting mothers Jessica, Christal, Michelle, McKayla, Carrie, catechumen Ana 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, Zachery & Tomas.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. Gary Joseph Breton; Fr. James Dutko; Fr. John Fencik; Fr. George Hasenecz; Fr. Sophrony Royer; Dn. Stephan Karlgut; Dn. Michael Speck; Mat. Jeanne Zablotzky; Charlene, Michael, Justina, Matthew; David, Rebecca, Theresa, Damian, Patricia; Sarah, Enrique; Peter, Litsa; Demetrios, child Noah; Nina, Richard, Romolo; Mary, Lawrence, Mirela, Christian; Peter; Ilianna, James. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. **Birthdays:** Matushka Tamara (3/3). **Anniversary:** Rdr. Alexander & Julie Charlanow (3/7). **Traveling:** Amy.

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

March 1st & March 2nd: Reader Dmitri •

March 3rd: - March 8th: CLEAN WEEK – Reader William and others as assigned at services •

March 8th – March 15th: Reader Alexander • March 15th – March 22nd: Emilia Karney, Natalie Karney & Lydia Dudek

*(Memorial Saturday, March 22nd) • March 22nd - March 29th: Matushka Tamara and Reader Gabriel ** (Annunciation – March 24th & 25th) • March 29th – April 5th: Reader William • April 5th – April 12th: Mary Carol Haluszczak

*(Lazarus Saturday – April 12th) • April 12th & 13th: Reader Alexander ** (Entry of our Lord into Jerusalem – PALM SUNDAY) •

April 13th – April 19th: Holy Week – All Readers as assigned at services. •

April 20th – GREAT AND HOLY PASCHA: Epistle – Reader William • April 21st – April 26th: Bright Week – Reader William

CHOIR REHEARSAL SCHEDULE

Adult Choir: Sun 3/9, Sat 3/15 at 3:30 PM, Sun 3/23, Sat 3/29 after Memorial Liturgy, Sun 4/6, Sun 4/13

Youth Choir, the following Saturdays at 3:30 PM: March 8, March 22, April 5

FELLOWSHIP HOUR HOSTING SCHEDULE

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: 3/30 ♦ Nina Dudek: 3/9 ♦ Sarah Harvey: 3/16 ♦ Amy Rinchack: 3/23

COFFEE HOUR SUPPLIES – DONATIONS GRATEFULLY ACCEPTED FOR:

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

*Share
the Joy of
Celebrating
Ancient
Christianity's
Historic
Triumph
of the
Restoration
of Icons*



Pan-Orthodox Sunday Vespers
Sunday, March 9, 4 PM

St. Mary's Orthodox Church
1907 Jenkins Street, Endicott, NY

Honoring the "Restoration of Living Icons"
by the Broome County Council of Churches

Reflection by:

Rev. Dr. Joseph Sellepak, Executive Director, BCCC

Southern Tier Pan-Orthodox Singers
directed by Julieanne Marra

Lenten Reception follows in Church Hall

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



Lenten Women's Retreat

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

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!)

"Be Who You Are in the Body of Christ"



Keynote Speaker: Mother Melania

Mother Melania is the abbess of the community of Holy Assumption Monastery in Calistoga, California.

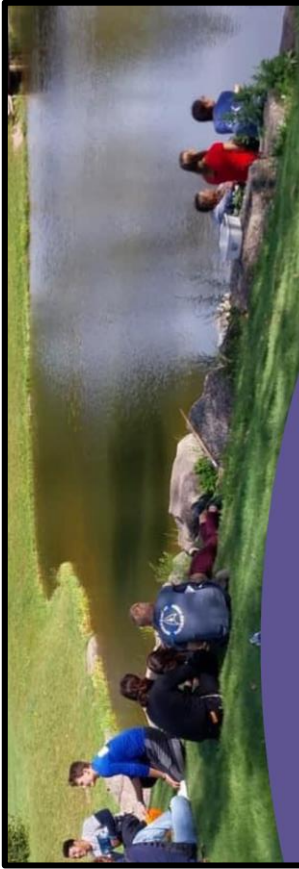
She has written several series of children's books (including *The Twelve Great Feasts for Children*; *The Three-Day Pascha*; the *Old Testament Stories for Children* series; and the *Good Neighbors* series - a series of animal fables designed to teach children Christian virtue in an engaging way).

Mother Melania has made a particular study of St. John Chrysostom's writings. Because he was writing not primarily to monks but to people living in the world, he has much practical advice to offer for today's Christian.

Also visiting: Archbishop Michael

For more information

Email: kristy@saintandrewscamp.org



Lenten Teen (13-17yo) & Young Adult (18-24yo) Retreat

**FROST VALLEY YMCA - CLARYVILLE, NY
APRIL 4-6, 2025**

Join us for a weekend of fun, prayer, and fellowship!
Open to all dioceses and jurisdictions!
No fee to attend!

REGISTER BY













March 17



Sponsored by the OCA Diocese of New York and New Jersey's Department of Youth Ministry
Questions? Email admin@nynjocayouth.org

OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 9th	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 16th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 23rd FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 2nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 9th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 16th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 23rd	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 30th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 6th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 13th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 18th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 20th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



MARCH – APRIL 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 FORGIVENESS 9:00 AM Liturgy; Forgiveness Vespers; Cheesefare Sunday Fellowship	3 CLEAN MONDAY 6:30 PM Great Canon of St. Andrew of Crete	4 CLEAN TUESDAY 6:30 PM Great Canon of St. Andrew of Crete	5 CLEAN WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	6 CLEAN THURSDAY 6:30 PM Great Canon of St. Andrew of Crete	7 CLEAN FRIDAY 6:30 PM Pre-Sanctified Liturgy	8 1ST SAT. OF LENT 3:30PM Youth Choir 5:00 PM Great Vespers and Private Confession
9 ORTHODOXY SUN. 9:00 AM Liturgy; Fellowship Hour; Church School, Choir Rehearsal; Teen Group w/ Fr. David 4 PM Pan-Orthodox Vespers, St. Mary's Church, Endicott	10 2ND MONDAY 6:30 PM Great Canon of St. Andrew of Crete	11 2ND TUESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	12 2ND WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	13 2ND THURSDAY 6:30 PM Great Canon of St. Andrew of Crete	14 2ND FRIDAY 6:30 PM Pre-Sanctified Liturgy	15 2ND SAT. OF LENT 3:30 PM Choir Rehearsal 5:00 PM Reader Vespers
16 ST. GREGORY PALAMAS 9:00 AM Liturgy; Fellowship Hour; Church School; Teen Group	17 3RD MONDAY 6:30 PM Great Canon of St. Andrew of Crete	18 3RD TUESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	19 3RD WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	20 3RD THURSDAY 6:30 PM Great Canon of St. Andrew of Crete	21 3RD FRIDAY 6:30 PM Pre-Sanctified Liturgy	22 3RD SAT. OF LENT 9:00 AM "Soul Saturday" Memorial Divine Liturgy; 3:30PM Youth Choir 5:00 PM Great Vespers and Private Confession
23 SUN. OF THE CROSS 9:00 AM Liturgy; Fellowship Hour; Church School; Choir Rehearsal	24 EVE/ANNUNCIATION 6:30PM Vespers, Eve of The Annunciation	25 ANNUNCIATION Great Feast of the Annunciation of the Most-Holy Theotokos; 9:00AM Vespers and Divine Liturgy	26 4TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy	27 4TH THURSDAY 6:30 PM Great Canon of St. Andrew of Crete	28 4TH FRIDAY 9:00AM Pre-Sanctified Liturgy	29 4TH SAT. OF LENT 9:00 AM "Soul Saturday" Memorial Divine Liturgy; Choir Rehearsal Follows 5:00 PM Great Vespers and Private Confession
30 ST. JOHN / LADDER 9:00 AM Liturgy; Fellowship Hour; Church School; Combined Teen Group / Adult Education w/ Fr. David	31 5TH MONDAY 6:30 PM Great Canon of St. Andrew of Crete	APRIL 1 5TH TUESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	2 5TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy	3 5TH THURSDAY NY State Deanery Clergy Meeting, Syracuse 6:30 PM Great Canon of St. Andrew; Life of St. Mary of Egypt	4 5TH FRIDAY 9:00 AM Pre-Sanctified Liturgy	5 5TH SAT. OF LENT 3:30 PM Youth Choir 5:00 PM Great Vespers and Private Confession



Great Lent and PASCHA 2025 at Holy Trinity Orthodox Church, Elmira Heights

140 Horseheads Blvd., Elmira Heights, NY ♦ (607) 732-3980 ♦ www.HolyTrinityOrthodoxChurch.org

APRIL (CONTINUED) – MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 ST MARY OF EGYPT 9:00 AM Liturgy; Fellowship Hour; Church School; Choir Rehearsal	7 6TH MONDAY	8 6TH TUESDAY	9 6TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	10 6TH THURSDAY	11 6TH FRIDAY 9:00 AM Pre-Sanctified Liturgy	12 LAZARUS SATURDAY 9:00 AM Children's & Families' Confessions 10 AM Liturgy; Breakfast; Decorating the Church 5:00 PM Vespers & Litva, Palm Sunday; Blessing Palms & Willows; Confession
13 PALM SUNDAY 9:00 AM Liturgy; Blessing of Palms & Willows; Fellowship Hour; Church School; Choir Rehearsal; Teen Group 5:30 PM Bridgroom Matins	14 HOLY MONDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	15 HOLY TUESDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	16 HOLY WEDNESDAY 5:30 PM Confessions 6:30 PM Matins of Holy Thursday, Followed by Holy Unction and Anointing	17 HOLY THURSDAY 10:00 AM Vespers Liturgy, Holy Thursday 5:30 PM Confessions 6:30 PM Matins with the 12 Passion Gospels	18 GREAT & HOLY FRIDAY 8:00 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	19 HOLY SATURDAY 10:00 AM Vespers Liturgy, Holy Saturday 11:30 PM Nocturns, Procession, Matins, Liturgy of PASCHA, Bless Baskets, Agape Breakfast
20 HOLY PASCHA 1:00 PM Vespers of PASCHA	21 BRIGHT MONDAY 10:00 AM Paschal Divine Liturgy of Bright Monday, with Cross- Procession Outside	22 BRIGHT TUESDAY	23 BRIGHT WEDNESDAY	24 BRIGHT THURSDAY	25 BRIGHT FRIDAY	26 BRIGHT SATURDAY <i>Morning: Liturgy & Open House at St. Andrew's Camp</i> 5:00 PM Great Vespers
27 ST. THOMAS 9:00 AM Liturgy; Fellowship Hour 1:00PM Blessing of Graves at Parish Cemetery	28	29	30	<i>May 1</i>	2	3 5:00 PM Great Vespers and Private Confession
4 MYRRH-BEARERS 9:00 AM Liturgy; Fellowship Hour and Church School	5	6	7	8	9	10 5:00 PM Great Vespers and Private Confession