

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, March 16, 2025 – Tone 4

Second Sunday of Great Lent

Saint Gregory Palamas, Archbishop of Thessalonica

The Great Fast of Lent continues until Holy PASCHA (Easter),
Sunday, April 20, with the Paschal Divine Liturgy.

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!

“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

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 – Second Sunday of Lent: St. Gregory Palamas – Please Welcome Fr. Dennis Hendershot

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*, Fellowship Hour, Church School, Teen Group

Wednesday, March 19

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

Thursday, March 20

10:30 AM “OMG” Orthodox Mom’s Group – Hosted by Sarah Harvey

Saturday, March 22 – Memorial Saturday (“Soul Saturday”)

8:40 AM *Third and Sixth Hours*

9:00 AM *Memorial Divine Liturgy*

3:30 PM Youth Choir Rehearsal

5:00 PM *Great Vespers, with the Procession of the Cross*; Private Confession Available Afterward

Sunday, March 23 – Third Sunday of Lent: Exaltation of the Precious and Life-Giving Cross

8:40 AM *Third and Sixth Hours*

9:00 AM *Reception Into the Catechumenate* of Gregory, Christal, and Children Levi, Azariah and Elijah Crowell

Divine Liturgy, Followed By Fellowship Hour, Church School, Choir Rehearsal

4:00 PM *Pan-Orthodox Vespers, Sunday of the Cross – St. Mary’s Carpatho-Russian Orthodox Church,*
61 Canada Road, Painted Post, NY

Monday, March 24 – Eve of the Great Feast of the Annunciation of the Theotokos

6:30 PM *Vespers* – Eve of the Annunciation

Tuesday, March 25 – The Annunciation to the Most-Holy Theotokos, Mother of God and Ever-Virgin Mary

9:00 AM *Vespers and Divine Liturgy*

Wednesday, March 26

5:30 PM Private Confession Available

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

Thursday, March 27

6:30 PM Parish Council Meeting – in the Church

Friday, March 28

9:00 AM *Liturgy of the Pre-Sanctified Gifts*

Saturday, March 29 – Memorial Saturday (“Soul Saturday”)

8:40 AM *Third and Sixth Hours*

9:00 AM *Memorial Divine Liturgy*; Choir Rehearsal Afterward

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

Sunday, March 30 – Fourth Sunday of Lent: Saint John of the Ladder

8:40 AM *Third and Sixth Hours*

9:00 AM *Reception Into the Catechumenate* of Camron Williams

Divine Liturgy, Followed By Fellowship; Church School; Combined Teen / Adult Education with Fr. David

SCRIPTURES: EPISTLE Hebrews 7:26-8:2 Brethren: It was fitting that we should have such a High Priest, holy, blameless, unstained, separated from sinners, exalted above the heavens. He has no need, like those high priests, to offer sacrifices daily, first for His own sins and then for those of the people; He did this once for all when He offered up Himself. Indeed, the law appoints men in their weakness as high priests, but the word of the oath, which came later than the law, appoints a Son Who has been made perfect forever. Now the point in what we are saying is this: we have such a High Priest, one Who is seated at the right hand of the throne of the Majesty in heaven, a Minister in the sanctuary and the true Tent which is set up not by man but by the Lord. **GOSPEL John 10:9-16** The Lord said, “I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.”

Prayer List

Memory Eternal: Rose Schneider (Steve Olson's sister-in-law, +3/9); Joseph; Ramona; Max, Tena; Steve; Archimandrite Pedro, Tatiana, Frank; Paulina; Billie Jo, Olga, Jim; Ruth; Barbara; Tommy, Raymond; Caroline, Clara; Archpriest John Maxwell, Matushka Tatiana Peterson; Ramonita (Kevin Gomez' aunt); Deborah; Kenneth; Valer. Ever-memorable Archpriest Herman Schick (+3/16/24), Elizabeth Holobinko (+3/21/23). All those taken from us by sickness, violence, injury and disaster.

For Health: Thomas; Antonina; newborn Lydia; Michael Karney; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Subdeacon Walter; Soldiers Joshua & Delbert; Shawn (Sue Hults' son); Roy; Xavier; Camron; Edward; Amelia; Joshua; Alexandra; Natasha; Matthew; Jeanine; Frances; Olga; Joseph & Sherry; 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; 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. Michael Dudas; Fr. John Fencik; Fr. Theodore & Pani Marjorie Moses; Fr. Sophrony Royer; Dn. Stephan Karlgut; Mat. Olga Meerson; Mat. Kathy Toroney; George, John, Steve; Michael, Mary Elizabeth, Gregory, Noah, Matthew, Aria; Zofia, Julia, Andrew, Richard; Margarita, Serge, Basil; Seraphim, Veronica; Bill; Charlene, Michael, Justina, Matthew; David, Rebecca, Theresa, Damian, Patricia; Sarah, Enrique. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. **Name Day:** Patrick Charles Hults, Patrick Karney, Patricia Olson (St. Patrick of Ireland, 3/17).

Birthdays: Marilyn Cusick (3/18); Fr. Nicholas Harris & Nika Harris (3/19), Claudia Hendershot (Martyr Claudia, 3/20), Michelle Davis (3/22).

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 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 3/23, Sat 3/29 after Memorial Liturgy, Sun 4/6, Sun 4/13

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

FELLOWSHIP HOUR HOSTING SCHEDULE

FASTING (Great Lent): March 16 Cusick & Hults Families ♦ March 23 Cheplick Families ♦ March 30 King Families ♦

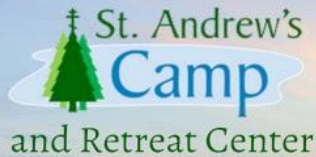
April 6 Fanaro, Chwastiak, Follansbee Families ♦ April 13 Palm Sunday Potluck (Clean up: Lamprinos & Gomez Families) ♦

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

COFFEE HOUR SUPPLIES – DONATIONS GRATEFULLY ACCEPTED FOR:

Small Plates ♦ Juices ♦ 8-Oz. Cold Cups

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.

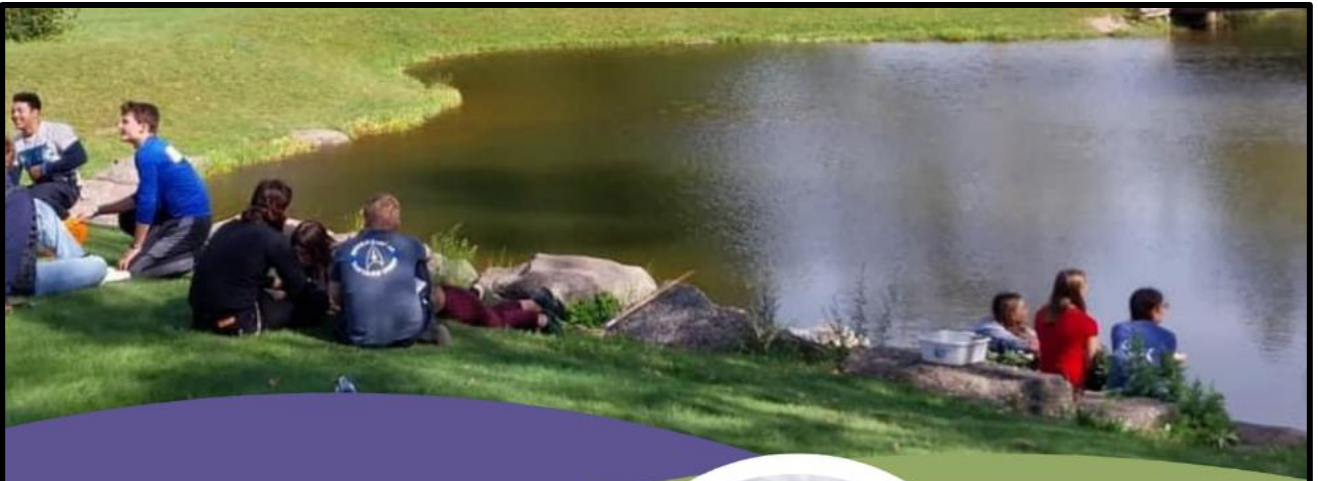
She has written several series of children's books (including *The Twelve Great Feasts for Children*; *The Three-Day Pascha*; the *Old Testament Stories for Children* series; and the *Good Neighbors* series – a series of animal fables designed to teach children Christian virtue in an engaging way).

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**



**REGISTER BY
March 17**













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



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!



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

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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	11 2ND TUESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	12 2ND WEDNESDAY	13 2ND THURSDAY	14 2ND FRIDAY	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	18 3RD TUESDAY	19 3RD WEDNESDAY 6:30 PM Pre-Sanctified Liturgy & Pot Luck	20 3RD THURSDAY 10:30 AM "OMG" Orthodox Moms' Group, Hosted by Sarah Harvey	21 3RD FRIDAY	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 4 PM Pan-Orthodox Vespers. St. Mary's Church, Corning	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 & Pot Luck	27 4TH THURSDAY 6:30 PM Parish Council Meeting. In the Church	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	APRIL 1 5TH TUESDAY	2 5TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	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



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APRIL (CONTINUED) – MAY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>6</u> ST MARY OF EGYPT 9:00 AM Liturgy; Fellowship Hour; Church School; Choir Rehearsal	<u>7</u> 6 TH MONDAY	<u>8</u> 6 TH TUESDAY	<u>9</u> 6 TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	<u>10</u> 6 TH THURSDAY	<u>11</u> 6 TH FRIDAY 9:00 AM Pre-Sanctified Liturgy	<u>12</u> LAZARUS SATURDAY 9:00 AM Children's & Families' Confessions 10 AM Liturgy; Breakfast; Decorating the Church 5:00 PM Vespers & Litya, Palm Sunday; Blessing Palms & Willows; Confession
<u>13</u> PALM SUNDAY 9:00 AM Liturgy; Blessing of Palms & Willows; Fellowship Hour; Church School; Choir Rehearsal; Teen Group 5:30 PM Bridgroom Matins	<u>14</u> HOLY MONDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	<u>15</u> HOLY TUESDAY 5:30 PM Confessions 6:30 PM Bridgroom Matins	<u>16</u> HOLY WEDNESDAY 5:30 PM Confessions 6:30 PM Matins of Holy Thursday, Followed by Holy Unction and Anointing	<u>17</u> HOLY THURSDAY 10:00 AM Vespers Liturgy, Holy Thursday 5:30 PM Confessions 6:30 PM Matins with the 12 Passion Gospels	<u>18</u> 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	<u>19</u> HOLY SATURDAY 10:00 AM Vespers Liturgy, Holy Saturday 11:30 PM Nocturns, Procession, Matins, Liturgy of PASCHA, Bless Baskets, Agape Breakfast
<u>20</u> HOLY PASCHA 1:00 PM Vespers of PASCHA	<u>21</u> BRIGHT MONDAY 10:00 AM Paschal Divine Liturgy of Bright Monday, with Cross- Procession Outside	<u>22</u> BRIGHT TUESDAY	<u>23</u> BRIGHT WEDNESDAY	<u>24</u> BRIGHT THURSDAY <i>Diocesan Council Meeting – Bronxville, NY</i>	<u>25</u> BRIGHT FRIDAY	<u>26</u> BRIGHT SATURDAY <i>Morning: Liturgy & Open House at St. Andrew's Camp</i> 5:00 PM Great Vespers
<u>27</u> ST. THOMAS 9:00 AM Liturgy; Fellowship Hour 1:00PM Blessing of Graves at Parish Cemetery	<u>28</u>	<u>29</u>	<u>30</u>	<i>May 1</i>	<u>1</u>	<u>2</u>
<u>4</u> MYRRH-BEARERS 9:00 AM Liturgy; Fellowship Hour and Church School	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u> 5:00 PM Great Vespers and Private Confession