

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 30, 2025 – Tone 7

Fourth Sunday of Great Lent

St. John Climacus (St. John of *The Ladder*)

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 – 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 and *Blessing of the Parish Council*

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

Monday, March 31

6:00 PM Calling Hour for the Newly-Departed + Kathleen Ann Kohena

7:00 PM *Panikbida* for + Kathleen Ann Kohena; Followed by Reception in the Lower Level Fellowship Hall

Tuesday, April 1

10:30 AM *Funeral Service* for + Kathleen Kohena, Followed by Interment in the Parish Cemetery, 125 Legion Road

6:30 PM Parish Council Meeting – in the Church

Wednesday, April 2

5:30 PM Private Confession Available

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

Thursday, April 3

6:30 PM *Canon of St. Andrew of Crete, with the Life of St. Mary of Egypt*

Friday, April 4

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

Saturday, April 5

3:30 PM Youth Choir Rehearsal

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

Sunday, April 6 – Fifth Sunday of Lent: Saint Mary of Egypt

8:40 AM *Third and Sixth Hours*

9:00 AM *Reception Into the Catechumenate* of Logan George

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

SCRIPTURE READINGS

EPISTLE Ephesians 5:9-19 Brethren: Walk as children of the light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore, it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart.

GOSPEL Matthew 4:25-5:12 At that time, great multitudes followed Jesus – from Galilee, and from Decapolis, Jerusalem, Judea, and beyond the Jordan. And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be filled. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you."

THANK YOU...

With your generosity, our parish family was able to continue \$630 to the “Baby Bottle Drive” of the Mosaic Pregnancy Resource Center of Elmira. Many thanks... and may God bless their life-saving work!

Prayer List

Memory Eternal: Kathleen Ann Kohena (3/25); Mitred Archpriest Daniel Skvir; Gloria Misnick; Florentina; Elizabeth; Rose; Joseph; Ramona; Max, Tena; Steve; Archimandrite Pedro, Tatiana, Frank; Paulina; Billie Jo, Olga, Jim; Ruth; Barbara; Tommy, Raymond; Caroline, Clara. All those taken from us by sickness, violence, injury and disaster.

For Health: Newly-received Catechumen Camron; Elizabeth (Sue) Hults; Ruth Kriel; Thomas Michalko; Antonina; Michael Karney; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Shawn; Roy; Xavier; Amelia; Joshua; Alexandra; Natasha; Joseph & Sherry; Abigail; Matrona; James; Brooke; Elena; Tyler; George; expecting mothers Jessica, Michelle, McKayla, Carrie, catechumens Ana & Christal and the children to be born of them; Mildred Cheplick; Mildred Urda; Deborah; Juliana; John; Scott & Casey, Child Hannah, Joshua, Ilsa, Erica, Caitlin, Helen, Katherine, Sierra; Nicholas, Anna; Catechumens Raychel, Jason, Oliver, Madeline, Steven, Jeremiah, Sarah, Zachery, Tomas, Gregory, Christal, Levi, Azariah & Elijah.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. Michael Dudas; Fr. Vasily Gilbert; Fr. Theodore & Pani Marjorie Moses; Fr. John & Matushka Jeanette Parker; Dn. Stephan Karlgut; Mat. Olga Meerson; Mat. Kathy Toroney; Galina; Ani; Peter, Rosanne, Vladimir, Diane, Jay, Diana, Ronald, Anastasia; Julia and her newborn child, Nina, Susan, John; Valentina, Paul, Vladimir, Anna, Tamara, Anna; Pamela, David, Frank; child Lazar; George, John, Steve; Michael, Mary Elizabeth, Gregory, Noah, Matthew, Aria; Zofia, Julia, Andrew, Richard; Margarita, Serge, Basil; Seraphim, Veronica. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. **Birthdays:** Anysia Lyon (3/23), Mary-Carol Haluszczak (4/3), Christina Soucek (4/5).

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
Brighid	Dorothea	Josephine	Killian	Rory	Ethan	Asher	Gideon
Gabriel	Josephine	Levi	Azariah	Elijah			

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 29th – April 5th: Emilia Karney & 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 4/6, Sun 4/13

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

FELLOWSHIP HOUR HOSTING SCHEDULE

FASTING (Great Lent): March 30 King Families ♦

April 6 Fanaro & Cowan 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

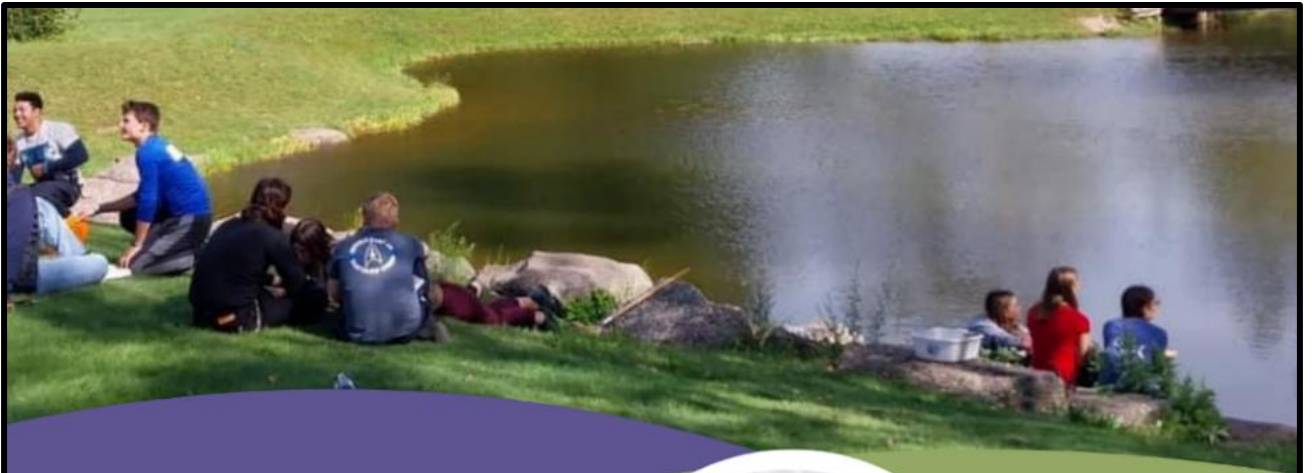
CHURCH CLEANING SCHEDULE

3/30 Mat. Katie ♦ 4/6 Nina ♦ 4/13 Sarah ♦

4/20 PASCHA Amy ♦ 4/27 Mat Katie ♦ 5/4 Nina ♦ 5/11 Sarah ♦ 5/18 Amy ♦ 5/25 Mat. Katie

COFFEE HOUR SUPPLIES – DONATIONS GRATEFULLY ACCEPTED FOR:

Small Plates ♦ Juices ♦ 8-Oz. Cold Cups



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

**FEATURING PERFORMANCES FROM SOME
FAMILIAR FACES OF HOLY TRINITY CHURCH ...**

*Basket Raffles
too!*



ST. ANDREW'S CAMP FUNDRAISER

Presented by orthodox Parishes of the Southern Tier

SPAGHETTI & SONG DINNER SHOW

SUNDAY, MAY 4TH, 2025 // 4:00 PM

***INCLUDES: APPETIZERS, SPAGHETTI & MEATBALLS,
SALAD, GARLIC BREAD, DRINKS & DESSERTS***

If you cannot attend, please consider a donation.

**SS. PETER & PAUL
ORTHODOX CHURCH
210 HILL AVE.
ENDICOTT, NY**

**\$20 ADVANCE
\$25 DOOR**



**MAIN STAGE:
ST. ANDREW STAFF &
CAMPER PERFORMANCES**

**TABLE SIDE:
"BID FOR A BALLAD"
SPECIAL GUEST SINGERS**

570-878-5073 // tamarancowan@gmail.com



St. Andrew's Camp & Retreat Center - 1280 Rt.49 Jewell, NY 13042

2025 Orthodox Christian Young Adult Retreat



Friday May 16th - Sunday May 18th

An opportunity for Orthodox Young Adults, Catechumens and Inquirers to spend time in fellowship, activity and prayer in a serene lakefront setting.

*Kayaking,
Hiking, Outdoor
Activities*

*Spiritual
Discussion
Groups*

*Matins,
Great Vespers,
Divine Liturgy*

*Food and
Accommodations
Included*

Ages 18 - 35



\$125 for the Full Weekend - \$50 for Saturday Only

Go to the link or use QR code and select Young Adult Retreat

If you need financial assistance with registration fee, contact the email or phone number below



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

**For Additional Information or Questions,
Contact LonnBologna@gmail.com or Text / Call 203-258-5324**



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 ORTHODOX 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 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	19 3RD WEDNESDAY 6:30 PM Pre-Sanctified Liturgy & Pot Luck	20 3RD THURSDAY	21 3RD FRIDAY 10:30 AM "OMG" Orthodox Moms' Group, Hosted by Sarah Harvey	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 For the Newly-Departed + Kathleen Kohena: 6:00 PM Calling Hours 7:00 PM Panikhida	APRIL 1 5TH TUESDAY For the Newly-Departed + Kathleen Kohena: 10:30 AM Funeral Followed by Burial in the Parish Cemetery 6:30 PM Parish Council Meeting	2 5TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	3 5TH THURSDAY NY State Deemery 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 PASCHIA 2025 at Holy Trinity Orthodox Church, Elmira Heights
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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 6 TH MONDAY	8 6 TH TUESDAY	9 6 TH WEDNESDAY 5:30 PM Private Confession Available 6:30 PM Pre-Sanctified Liturgy & Pot Luck	10 6 TH THURSDAY	11 6 TH 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 & Litya, 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 Bridegroom Matins	14 HOLY MONDAY 5:30 PM Confessions 6:30 PM Bridegroom Matins	15 HOLY TUESDAY 5:30 PM Confessions 6:30 PM Bridegroom 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 <i>Diocesan Council Meeting – Bronxville, NY</i>	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
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
						5:00 PM Great Vespers and Private Confession

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!

PASCHA 2025 – HOLY TRINITY CHURCH, ELMIRA HEIGHTS DECORATIONS, LITURGICAL ITEMS & FELLOWSHIP

Voluntary Donations for the Pascha Celebration

If you wish to sponsor one or more of the following items, please make a check mark in the blank.

Please place the name(s) of loved ones you wish to commemorate in the spaces at the bottom.

Thank you, and may God grant you a spiritually fruitful Holy Week journey – and a most joyous PASCHA!

FLOWERS

- Easter Lily Plant.....\$15.00
- Hydrangea\$20.00

CANDLES

- Beeswax Candles for Holy Thursday Evening –
The 12 Passion Gospels Service\$40.00
- Vigil Candles for the Holy Altar Table\$25.00

“BREAKING BREAD” PARISH FELLOWSHIP

- Holy Friday Supper Supplies\$25.00
- Pascha Night Agape Breakfast\$50.00

FOR THE NEWLY-ILLUMINED AND INQUIRERS:

- Paperback Liturgy Books (\$5 / Each)\$5.00
- Ancient Faith Prayer Book\$15.00



SENDING YOUR DONATION

My donation(s) are with prayers for:

Deceased Loved Ones

Living Loved Ones

(Feel free to list different names for items –

for example, “Lilies in memory of Mary Smith, Roses in memory of John Jones.”)

Donated by _____

Your phone number _____

Email _____



Give Online with
QR Code; select “Pascha”
under “Please Choose Fund”,
and type specific items
in the Memo section if you wish.

Please either bring your donations to church and give them to Fr. David or to Toni Weeks (Parish Treasurer), or mail them to Holy Trinity Orthodox Church, 140 Horseheads Blvd., Elmira Heights, NY 14903. Thank you!