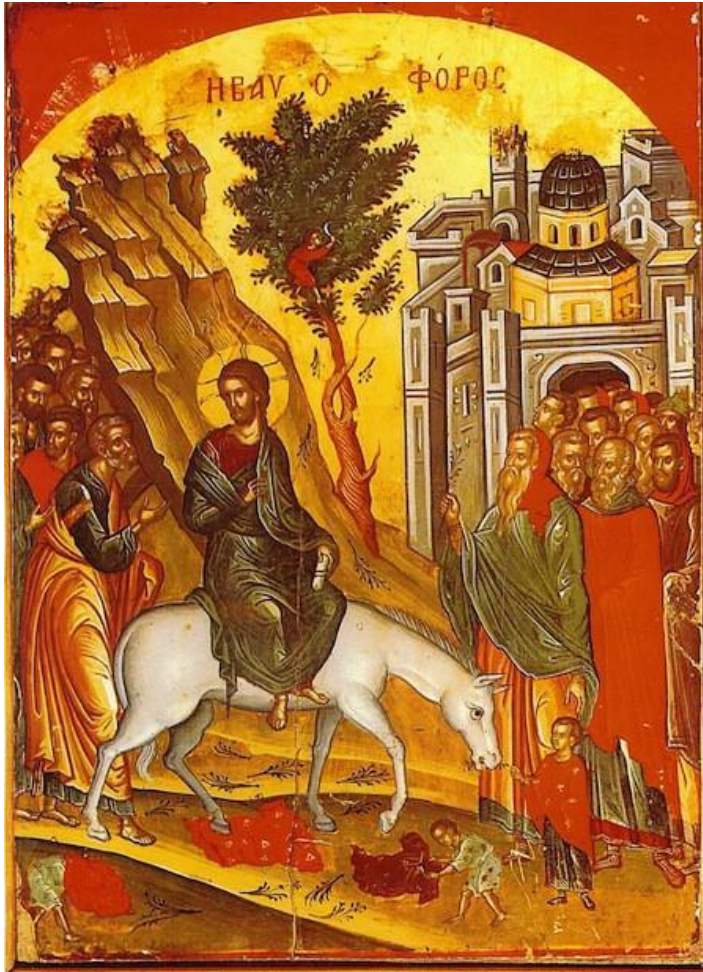


HOLY TRINITY ORTHODOX CHURCH

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, April 13, 2025

Entrance of Our Lord Into Jerusalem ♦ Palm Sunday

MEMORY ETERNAL: + RUTH KRIEL

Ruth fell asleep in the Lord Wednesday, April 9.
Her Funeral will take place Holy Monday, April 14, 11:00 AM,
at Barber Funeral Home in Horseheads.

May Ruth's memory be eternal!

MEMORY ETERNAL: + JOHN GROVE

Our parishioner Emory's father, John, fell asleep in the Lord Thursday, April 10.

May John's memory be eternal!

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 – Great Feast of the Entry of the Lord Into Jerusalem – Palm Sunday

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy; Blessing of Palms & Pussy Willows*

followed by Fellowship Hour, Church School, Choir Rehearsal and Teen Group

5:30 PM *Bridegroom Matins of Holy Monday*; Private Confession Available Afterward

Private Confession is available Holy Monday – Holy Thursday, 5:30-6:30 PM

Great and Holy Monday, April 14

11:00 AM *Funeral* for + Ruth Kriel, at Barber Funeral Home, 413 S. Main St., Horseheads;

Followed by Interment in Our Parish Cemetery, 125 Legion Rd., Elmira

6:30 PM *Bridegroom Matins of Holy Tuesday*

Great and Holy Tuesday, April 15

6:30 PM *Bridegroom Matins of Holy Wednesday*

Great and Holy Wednesday, April 16

6:30 PM *Matins of Holy Thursday,*

and the *Service of Holy Unction* and Anointing with Blessed Oil

Great and Holy Thursday, April 17

10:00 AM *Vespertal Divine Liturgy* – The Last Supper

6:30 PM *Matins of Great and Holy Friday* – The Passion Gospels

Great and Holy Friday, April 18

8:00 AM *Royal Hours* followed by the

Decorating of our Lord’s Tomb by Parish Youth

3:00 PM *Vespers of Holy Friday* – The Burial of Our Lord,

followed by Light Meal in our Fellowship Hall

7:00 PM *Matins of Holy Saturday*: Lamentations and Procession

with the Burial Shroud of Our Lord; and Watch Before the Tomb

Great and Holy Saturday, April 19

10:00 AM *Vespertal Liturgy* with

Reception Into the Church By Chrismation of Steven Follansbee and Jeremiah & Sarah Harvey

11:30 PM *Nocturns; Procession; Matins of PASCHA* and

The Divine Liturgy of Great and Holy PASCHA

followed by Basket Blessing and Agape Meal

HOLY PASCHA (EASTER), SUNDAY, APRIL 20

1:00 PM *The Vespers of PASCHA*

Bright Monday, April 21

10:00 AM *Paschal Divine Liturgy with Procession*

Bright Saturday, April 27

9:30 AM *St. Andrew’s Camp Open House: Paschal Liturgy with Archbishop Michael; Luncheon Afterward – At St. Andrew’s Camp, 1280 Route 49, Jewell, NY; More Information at www.standrewscamp.org*

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

Sunday, April 28 – St. Thomas Sunday, the Second Sunday of Pascha

8:40 AM *Third and Sixth Hours*

9:00 AM *Divine Liturgy*; followed by Fellowship Hour and Easter Egg Hunt

1:00 PM *Blessing of Graves* at Our Parish Cemetery, 125 Legion Rd., Elmira

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

During Holy Week 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

SCRIPTURE READINGS

EPISTLE Philippians 4:4-9 Brethren: Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

GOSPEL John 12:1-18 At that time, six days before the Passover, Jesus came to Bethany, where Lazarus was who had been dead, whom He had raised from the dead. There they made Him a supper; and Martha served, but Lazarus was one of those who sat at the table with Him. Then Mary took a pound of very costly oil of spikenard, anointed the feet of Jesus, and wiped His feet with her hair. And the house was filled with the fragrance of the oil. But one of His disciples, Judas Iscariot, Simon's son, who would betray Him, said, "Why was this fragrant oil not sold for three hundred denarii and given to the poor?" This he said, not that he cared for the poor, but because he was a thief, and had the money box; and he used to take what was put in it. But Jesus said, "Let her alone; she has kept this for the day of My burial. For the poor you have with you always, but Me you do not have always." Now a great many of the Jews knew that He was there; and they came, not for Jesus' sake only, but that they might also see Lazarus, whom He had raised from the dead. But the chief priests plotted to put Lazarus to death also, because on account of him many of the Jews went away and believed in Jesus. The next day a great multitude that had come to the feast, when they heard that Jesus was coming to Jerusalem, took branches of palm trees and went out to meet Him, and cried out: Hosanna! 'Blessed is He who comes in the name of the LORD!' The King of Israel!" Then Jesus, when He had found a young donkey, sat on it; as it is written: "Fear not, daughter of Zion; Behold, your King is coming, Sitting on a donkey's colt." His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things were written about Him and that they had done these things to Him. Therefore the people, who were with Him when He called Lazarus out of his tomb and raised him from the dead, bore witness. For this reason the people also met Him, because they heard that He had done this sign.

Prayer List

Memory Eternal: Ruth Kriel (+4/9); John Grove (Emory's father, +4/10); Svyatoslav; Youseff, Alexei; James; Catherine; Matushka Mary Shafran; Nina Wisniewski; Kathleen Ann Kohena; Fr. Daniel Skvir; Gloria Misnick; Florentina; Elizabeth; Rose; Ramona; Max, Tena; Steve. Ever-memorable Melania (Mat. Tamara's grandmother, +4/9/09); + infant Charlie Crowell (+4/12/18), Ann Mustico (Amy Rinchack's mother, +4/11/22). All those taken from us by sickness, violence, injury and disaster.

For Health: Michael Karney; Thomas Michalko; Julie Speen; Antonina Weeks; Matushka Kathryn; Fr. Jason Kappanadze; Fr. Daniel & Mat. Myra Kovalak; Mat. Patricia Mason; Joyce; Laurie; Larissa, Larry; Shawn; Roy; Xavier; Amelia; Alexandra; Natasha; Joseph & Sherry; 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; 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, Camron & Logan.

Diocesan Prayer Requests: Archbp. NATHANIEL; Archbp. BENJAMIN; Fr. David Fox; Fr. Martin & Matushka Dennise Kraus; Fr. Alexander Smida; Dn. Stephan Karlgut; Matushka Margaret Brady, Chloe, & the children to be born of them; Reader Joshua; Jezebel, Olivia, Michael, Alexander, child Stephen, Michael, Cvijeta, Edward, Mary, Nathan, Daniel; Andrej, Elena, newborn Vladislav, Tatsiana, Gennady; John, Marie, Anna, Joan, Andrew; Nancy, Cleo, Debbie; child Ivan, Michael, Christina; Galina; Ani; Peter, Rosanne, Vladimir, Diane, Jay, Diana, Ronald, Anastasia; Julia and her newborn child, Susan, John. All the clergy, faithful, their families and those who are ill, of the Diocese of New York and New Jersey. **Name Day:** Leonidas Callas (Martyr Leonidas of Corinth, 4/16). **Birthdays:** Robert Cusick (4/15), Julianna Cheplick (4/18).

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 | 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

April 12th & 13th: Mary-Carol Haluszczak**(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 4/13

FELLOWSHIP HOUR HOSTING SCHEDULE

FASTING (Great Lent): 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

4/13 Nina ♦ 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

TEN THINGS TO DO DURING HOLY WEEK By Fr. Theophan Whitfield

#1 - Go to as many services as you can.

We offer a large number – from one to three services per day. And if you can't go to every service, set aside time to read prayerfully through those you cannot attend. Pick up the Holy Week booklet on the candle desk. It is through worship that we return and unite ourselves to Christ. The services of Holy Week are not just memory exercises. Holy Week is a single unbroken Liturgy that over ten days invites us to participate in the saving love of Jesus Christ, not to just remember some events from long ago.

#2 - Intensify your fasting.

"Holy Week is a time in which we should increase our hunger for Christ."

Each person is called to fast as he or she is able. Some are able to fast more, some less. During Holy Week, each of us should increase the intensity of the fast. Think about how you have followed the fast up to this point. During Holy Week, continue what you do, and then do a little bit more. Do you fast just a few days a week? Increase the number of your fasting days. Are you fasting from meat only? Consider fasting from dairy as well. Consider eating smaller meals each time. For some, it may be possible to eat only two small meals a day rather than three. Holy Week is a time when we should increase our hunger for Christ, and physical hunger is one way to do so.

#3 - Create silence.

Disconnect down to what is truly essential from your cell phone, email, internet usage ... and fast entirely from social media. (If any of this is needed for work or school, designate a window of usage of no more than a few hours.) Do not watch tv, or listen to the radio unless it is specifically Christian content. Even then, turn it all off for some hours each day. It's only for one week. The world will still be there after Pascha. When we create silence in this way, we give ourselves the space and opportunity to be drawn by Christ more deeply into His words and actions during Holy Week. And if we do not create silence, then the noise of this world will easily overwhelm the "still small voice" through which the Holy Spirit speaks (1 Kings 19:12). To hear the voice of Christ, we have to silence the relentless cascade of screen and distraction we otherwise allow the world to pump full force into our hearts and minds.

#4 - Create prayer.

If you listen to music, find some church music. In particular, listen to the hymns of Holy Week. And learn something about each hymn you hear: On what day do we sing this hymn? During which service? What is the place and purpose of this hymn? Singing "Behold the Bridegroom" at the services which begin Holy Week is good, but hearing and singing the same hymn while driving, walking, or cleaning the house is a great way to extend the experience of the services!

#5 - Be still.

"The most eloquent word ever spoken is the silence of our dead Savior while hanging on the cross." Set aside time each day to sit quietly in front of an icon of Christ, from 10-30 minutes. Light a candle, say a short prayer, and then simply wait in silence for the Lord to speak a word, or to bestow a deeper sense of His presence. Stillness during Holy Week is a good practice for the experience of Great and Holy Friday and Saturday.

#6 - Always be with Christ.

"Nothing can ever separate us from the love of God."

As + Fr. Thomas Hopko reminds us, occupy your mind as often as you can with a short prayer. If you do not already have the habit of praying the Jesus Prayer, Holy Week is a great time to begin: "O Lord Jesus Christ, Son of God, have mercy on me a sinner." This prayer increases our awareness of the nearness of Father, Son, and Holy Spirit. It reminds us that nothing can ever separate us from the love of God. So why separate yourself?

#7 - Read a Gospel.

Set aside time each day to read several chapters from either Matthew, Mark, or Luke. (We save John for after Pascha!) And remember that in the Gospels, we do not find words about Christ, we find words from Christ. Each verse of Holy Scripture is a word spoken directly to you by the raised and glorified Lord. Each word is a word for now, each word is a new word that you have never received before. Enjoy the gift! Jesus wants to give it to you!

#8 - "Offer yourself in love to at least one other person from whom you are estranged."

Chances are, each of us has at least a small handful of relationships in need of healing. During Holy Week, work for that healing. Admit your mistakes, and forgive the mistakes made by others. Offer yourself in love to at least one other person from whom you are estranged. Make a phone call, send a letter or email — you have a blessing to use email in this one case! — or schedule a coffee date. Christ's love for us is ENORMOUS compared to the pettiness we so often hold on to. And if you have been deeply harmed by another person, seek help! Reach out to someone — your spouse, another family member or friend, your priest — and ask for guidance. Search through prayer, fasting, and honest communication for a way forward. As they say, holding onto anger (or hatred, or resentment, or vengefulness) is like swallowing poison and expecting someone else to die. Seek release from what possesses you. Enjoy the lightness of a relationship that has been healed and restored.

#9 - Call someone who is sick or lonely.

Visit them if you can. Share yourself with someone who needs you. Our parish family, and our neighborhoods, are filled with people who are dying of loneliness and isolation. Extend yourself and give them the gift of human presence. One of the great themes of Holy Week is abandonment — how our Lord was abandoned by just about everyone. As we seek to unite ourselves to Christ through prayer and worship during Holy Week, may we not at the same time abandon those who need us. To be united to Christ, we must at the same time strengthen our solidarity with all those around us. We are part of the mystical body of Christ, and we are called to a life of unity and communion with one another.

#10 - Think about Bright Week and beyond!

"As we unite ourselves to Christ, the radiance of the Resurrection changes everything."

With Pascha comes the true light that enlightens the whole world and each person in it. As we unite ourselves to Christ, the radiance of the Resurrection changes everything. The week after Pascha is truly a Bright Week — the Resurrection colors all with brilliance and beauty. Nothing should ever be the same. Let this Holy Week be a launching pad into the rest of life. May we live all of life in the light of the Resurrection!

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 PASCHIA 2025 at Holy Trinity Orthodox Church, Elmira Heights
 140 Horseheads Blvd., Elmira Heights, NY ♦ (607) 732-3980 ♦ www.HolyTrinityOrthodoxChurch.org Page 2 of 2

| 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 |

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!