

# HOLY TRINITY ORTHODOX CHURCH

140 HORSEHEADS BLVD, ELMIRA HEIGHTS NY 14903

[WWW.HOLYTRINITYORTHODOXCHURCH.ORG](http://WWW.HOLYTRINITYORTHODOXCHURCH.ORG)

Tone 7 || Martyrs Menas of Egypt (304)

**Epistle:** Ephesians 2:14-22 **GOSPEL:** LUKE 10:25-37

## PARISH CONTACTS

### **Parish Administrator:**

Archpriest Alexey Karlgut:  
607-759-1833

### **Clergy Contacts:**

#### *Interim Priest-in-Charge:*

Archpriest Timothy Holowatch:  
607- 644-2055

Subdeacon S. Michael Karney  
607-481-8063

### **Parish Council Warden:**

Mr. Steve Cheplick  
607-733-4164

## WEEKLY SCHEDULE

**SUNDAY, Nov. 11th:** 8:40am Hours,  
9am - Divine Liturgy and Fellowship  
Hour, Choir Rehearsal

**MONDAY, Nov. 12th:** 6:30pm -  
Parish Council Meeting

**Thursday, Nov. 15th:** Start of the  
Nativity Fast (St. Phillips Fast)

**SATURDAY, Nov. 17th:** 5pm - Great  
Vespers

**SUNDAY, Nov. 18th:** 8:40am Hours,  
9am - Divine Liturgy and Fellowship  
Hour

### **Upcoming:**

**Wednesday, November 21st:** Entry of  
the Theotokos into the Temple

**Welcome** to all our visitors and guests who participate in our celebration of the Divine Liturgy today. We are glad you are here. While Holy Communion may only be received by prepared Orthodox Christians, our non-Orthodox guests are welcome to join us in venerating the cross and receiving blessed bread at the conclusion of the Liturgy. We also hope you will join us for the Fellowship Hour.

**Nativity Fast to Begin:** Thursday, November 15th, marks the 40 day period preceding the Feast of the Nativity. Sometimes the fast is called **Philip's Fast** (or the Philippian Fast), as it traditionally begins on the day following the Feast of St. Philip the Apostle (November 14). During the Nativity Fast the Church encourages us to intensify our spiritual lives in order to ready our souls and bodies for the Feast. We do this through fasting, prayer, alms-giving, confession and increased attention given to "preparing for His coming", to make sure we've done what we can to make a "fit dwelling place for Him" in our hearts and lives.

**PRIVATE CONFESSION:** It is customary for Orthodox Christians during the Christmas fast to partake of the Holy Mysteries of Private Confession. Private Confessions are available after most services, please contact Fr. Timm to confirm. Let us greet the Holy Nativity of our Lord in a truly spiritual manner.

The Monthly **Parish Council Meeting will be tomorrow Monday, November 12th** at 6:30pm.

There will be **no Church School Class today** as previously scheduled. Students will next meet on Sunday, November 25th following the Liturgy.

**Big Box of Charity returns:** As has been our custom during the Nativity Season, we will once again collect Non-Perishables and other food items to donate to the Food Bank of the Southern Tier. Look for the big box of Charity in the vestibule next weekend.

## Prayer List

### Newly Departed:

Wesley Stead (11/5): *Brother-in-law of Michael and Nancy Karney*

Jean (Emelski) Horton (10/26)

Mary Benyo (10/6)

### +Memory Eternal:

Archpriest John U.

Archpriest Stephen

Priest John B.

Deacon Mark H.

Parker

Lindsay

Hannah

Katerina

### Living:

Archpriest Jason	Elizabeth
Archpriest Herman	Kristen
Mat. Katherine	Katherine
Rdr. Thomas	Nadezhda
Rdr. David	Ruth
Kathleen	Valerie
Infant Hannah	Helen
Leon	Lee
Kate	
Antonina	

### Travellers:

Karney Family  
 Theresa Bridget Plummer  
 Marilyn and Robert Cusick  
 All those traveling in this Holiday Season

Natalie Karney - Birthday 11/14

For the God loving people of Ukraine, that Unity and Peace may prevail.

### Parish Children:

Lucia	Natalie	Angelina	Nadia
Hannah	Emilia	John	Nathan
Jeremiah	Patrick	Thomas	Justus
Andrew	Dimitri	Nikolai	
Myra	Jonah	Melania	
Anthony	Gabriel	Alexei	
Anysia	Anna	Larissa	
Lydia	Katherine	Julianna	



**Today the Orthodox Church commemorates, The Holy Great Martyr Menas of Egypt.** An Egyptian by birth, he was a military officer and served in the Kotyaeion region of Phrygia under the centurion Firmilian during the reign of the emperors Diocletian (284-305) and Maximian (305-311). When the emperors began the fiercest persecution against Christians in history, the saint refused to serve these persecutors. He removed his soldier's belt (a sign of military rank) and withdrew to a mountain, where he lived an ascetic life of fasting and prayer.

Once he happened to arrive in the city during a pagan festival. At the climax of the games the saint's accusing voice rang out, preaching faith in Christ, the Savior of the world. At his trial before the prefect Pyrrhus, the saint bravely confessed his faith, saying that he had come to denounce the impious. The prefect was angered, and had Menas arrested.

Pyrrhus offered to restore the saint's former rank if he would offer sacrifice to the pagan gods. When he refused, he was put to cruel tortures, then he was beheaded. This occurred in the year 304. Christians gathered up the martyr's relics by night and hid them until the end of the persecution. Later, they were brought to Egypt and placed in a church dedicated to Saint Menas southwest of Alexandria.

The saint received grace from God to work miracles, and to help those in need. Saint Menas is noted for healing various illnesses, delivering people from possession by demons, and as a protector, especially during times of war.

### Choir Rehearsal Schedule:

Sunday, November 11, after Liturgy  
 Sunday, December 2, after Liturgy

Saturday, December 8, after Vespers  
 Sunday, December 16, after Liturgy  
 Saturday, December 22, after Vespers  
 Sunday, December 30, after Liturgy

### Fellowship Schedule:

**Nov. 18th** Haluszczak and  
**Nativity Fast** Plummer

**Nov. 25th:** Dudek and  
**Nativity Fast** Payzant

### Readers Schedule:

**Nov. 17th & 18th:** Sdcn. S. Michael

**Nov. 24th & 25th:** Alexander Charlanow