

HOLY TRINITY ORTHODOX CHURCH

140 HORSEHEADS BLVD, ELMIRA HEIGHTS NY 14903

WWW.HOLYTRINITYORTHODOXCHURCH.ORG

Tone 8 || The Expulsion of Adam and Eve from Paradise

Epistle: Romans 13:11-14:4 **Gospel:** Matthew 6:14-21

PARISH CONTACTS

Parish Administrator:

Archpriest Alexey Karlgut:
607-759-1833

Clergy Contacts:

Interim Priest-in-Charge:

Father Timothy Holowatch:
607-644-2055

Subdeacon S. Michael Karney
607-481-8063

Parish Council Warden:

Mr. Steve Cheplick
607-733-4164

WEEKLY SCHEDULE

Lenten Fast every day this Week

SUNDAY, MAR. 10th: 8:40am - Hours, 9:00am - Divine Liturgy with Chrismation, Forgiveness Vespers, Cheesefare Brunch & Confession Class.

Monday - Friday - please see Clean Week Schedule to the right —>

SATURDAY, MAR. 16th: 9am - Divine Liturgy (St. Theodore)
5:00pm - Great Vespers

SUNDAY, MAR. 17th: 8:40am - Hours, 9:00am - Divine Liturgy - St. Basil, Fellowship Hour, Confession Class, Choir Rehearsal

4pm- Vespers in Johnson City

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.

Many Years Denis! May our Lord Grant his servant Denis, Many Blessed Years on the occasion of his Chrismation in the Orthodox Church today.

Cheesefare Brunch: TODAY after Divine Liturgy. Everyone is invited to share in the brunch and fellowship before we enter the Great Lent as a parish family. Please join us following the Liturgy.

Sunday of Orthodoxy: Pan-Orthodox Vespers will take place at St. John's Ukrainian Orthodox Church next Sunday, March 17 at 4 PM in Johnson City, NY. Guest Speaker is Fr. Nathaniel Choma of St. Mary's Orthodox Church in Endicott. The Choir will be directed by Matushka Julia Gotlinsky and Choir Rehearsals will be held, Sunday, March 10 from 2-4 pm, @ Annunciation Greek Orthodox Church in Vestal; Sunday March 17 at 2:30 pm @ St. John's Orthodox Church in Johnson City.

Clean Week Schedule: Great and Holy Lent begins at Sunset tonight. Please join us every evening this week for services.

Monday, March 11th - 6pm - Canon of St. Andrew
Tuesday, March 12th - 6pm - Canon of St. Andrew
Wednesday, March 13th - 6pm - Liturgy of Presanctified Gifts
Thursday, March 14th - 6pm - Canon of St. Andrew
Friday, March 15th - 6pm - Akathist to Most Holy Theotokos
Saturday, March 16th 9am - St. Theodore Sat - Liturgy, 5pm - Vespers

Prayer List

+Memory Eternal:

Lee - friend of D. Kingsley

For the Health of:

Archpriest Jason	Elizabeth
Archpriest Herman	Valerie
Archpriest Peter	Kristen
Rdr. David	Katherine
Rdr. Thomas	Ruth
Rdr. William	Helen
Nadezhda	Elizabeth
Kathleen	Anastasia
Child Hannah	Margarete
Leon	Mary Ann
Kate	Helena
Antonina	Denis
Gregory	Melissa
Sarah	Michael
Harriett	
Kathryn & unborn Child	

Newly Chrismated:

Denis Kingsley

Traveling:

Valerie Angelo
 Nadezhda Melnik - Wintering in SC
 Kohena Family - Wintering in SC

Special Intentions:

Bridget

Birthday:

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	

Upcoming Lenten Events:

Presanctified Liturgy with Archbishop MICHAEL - Friday, March 29th, 6pm at Sts. Peter and Paul Church in Endicott, NY.

SUNDAY OF THE HOLY CROSS -LENTEN VESPERS, Sunday, March 31st, 4pm at Saint Mary's Orthodox Church in Painted Post, NY

Diocese of NY & NJ Annual Lenten Retreat - Saturday, April 6th, 9:30am - 5pm at Sts. Peter and Paul Church in Syracuse, NY. Topic: "Prayer in the New Testament" given by Archbishop MICHAEL. See flyer on the Bulletin Board in Vestibule for details.



Choir Rehearsal Schedule:

Sunday, March 17, after Divine Liturgy
 Saturday, March 23, after Vespers

Fellowship Schedule:

Mar. 10th Meat FAST Cheesefare Potluck

Mar. 17th Lenten Fast Cheplick Family

Mar. 24th Lenten Fast Urda, Speen and Cusick

Mar. 31st: Lenten Fast Payzant and Dudek

Readers Schedule:

Mar. 9th & 10th: Sdcn. S Michael

Mar. 16th & 17th: TBD

Mar. 23rd & 24th: Carol Haluszczak

Mar. 30th & 31st: TBD

FORGIVENESS / CHEESEFARE SUNDAY

Forgiveness Sunday, also called Cheesefare Sunday, is the final day of preparation for the Great Fast. At the the Divine Liturgy we hear the Gospel from St. Matthew, 6: 14-21. It is a short reading but it sets the condition for the Fast. That condition is forgiveness. Genuine forgiveness and seeking forgiveness is the proof of our love and the proof of our desire to repent. There is no love and therefore no repentance without genuine forgiveness to those who have wronged us and our seeking forgiveness from those we have offended..

Lent begins on this Sunday with a special Vespers called Forgiveness Vespers, a service that directs us further on the path of repentance and helps us to acknowledge our need for forgiveness from God and to seek forgiveness from our brothers and sisters in Christ. This is the first time that the Lenten prayer of St. Ephraim accompanied by prostrations is read..

At the end of these Vespers we approach one another and seek forgiveness and give forgiveness. This is NOT social time or a time of silliness and making jokes. It is serious because it sets the tone for our lenten journey. But why seek forgiveness of the other whom we may not have offended? Because in Christ we are members of one another. We are one body, one family in Christ. In a family when one member sins the entire family is affected. This is true of the Church family, the Body of Christ. For this reason the entire church family gathers for these Vespers and seeks the forgiveness of one another in love. We ask in love for the prayers and the forgiveness for all our sins. There can be no journey to Pascha, our passover into the Kingdom of God, without this.

Through each experience of forgiveness, we expand our awareness of God's love. We may find it easy enough to forgive someone for a simple slight, but when the actions of someone affect us in ways that seem hurtful, how do we find forgiveness in our heart and mind?

We allow ourselves to be inspired by God to remain loving and forgiving even during situations that seem to be going wrong because of someone's actions. When we forgive another's words or actions, we are helping ourselves by allowing peace to flow through us. We experience a renewed sense of freedom as we let go of the burdens of anger and resentment. Every opportunity to forgive is an opportunity for growth.

*“Create in me a clean heart, O God, and put a new and right spirit within me..”
Psalm 51:10*