

## A SPIRITUAL RETREAT FOR OUR PARISH FAMILY

With Fr. Sergius, Abbot of St. Tikhon's Monastery

**SATURDAY, MARCH 21**



- 9:00 Memorial Divine Liturgy, followed by Breakfast
- 11:00 AM: "TEN MINUTE SPIRITUALITY IN A MODERN WORLD" with Fr. Sergius
- About 12:30 PM: Lunch
- 1:30 PM: "SAVED ... FROM WHAT? - SAVED ... FOR WHAT?" with Fr. Sergius
- 4:00 PM: Great Vespers

**Come for all of it... come for part of it ... just come!**

**Suggested Donation \$10 / Single; \$20 / Family**

Father Sergius, the Abbot of St. Tikhon's Monastery in South Canaan, PA, grew up Catholic in San Jose, CA. He was received into the Orthodox Church in the mid-90's and took monastic vows in 1998. Moving to St. Tikhon's Monastery in 2000, Fr. Sergius completed his Master of Divinity degree and directed the Seminary & Monastery Choirs for years. He was ordained a priest in 2008 and elected Abbot of the Monastery in 2009. He is beloved among American Orthodox faithful for his preaching and teaching – youthful and enthusiastic, wise and inspired – radiating the love and joy found in Christ.

### **HTO YOUTH FAMILIES: Here's an Idea- Make March 21 a FAMILY AFFAIR!**

Our HTO YOUTH Group is lining up a Day of Service at Casa Juan Diego Hospitality Center, the café operated by our neighbors, the Franciscan Friars of the Renewal, and located at 97 Yonkers Ave. (at Walnut St.).

The teens would help prepare, serve, and clean up lunch, from 9:30 AM – 1:30 PM.

**PARENTS:** Drop off your teen(s) at C.J.D. at 9:30; come here and join the Retreat; and go pick them up at 1:30.

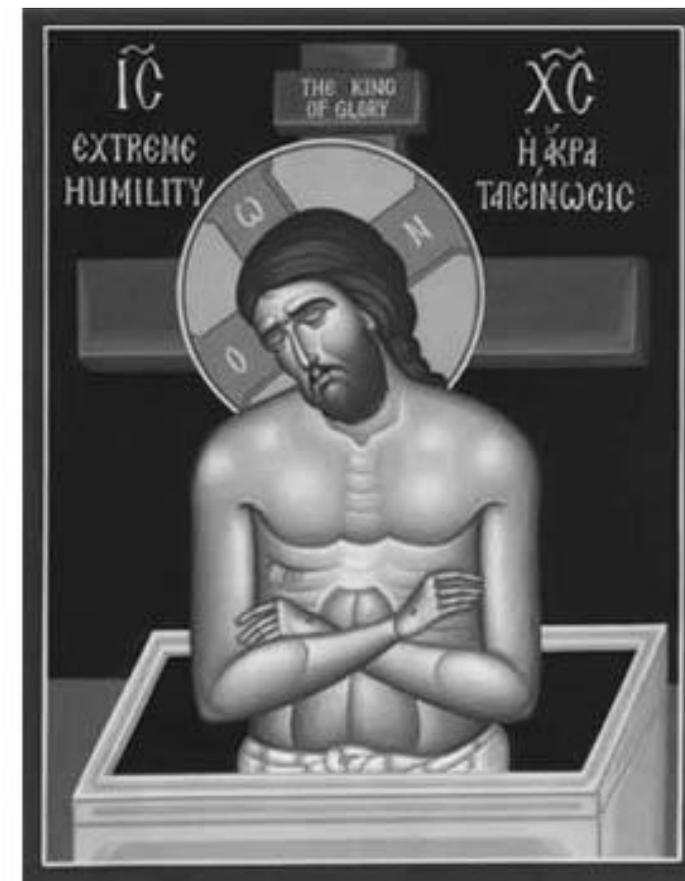
Plans are afoot for additional C.J.D. service days. See Mardi Perry for details!



*Casa Juan Diego -  
97 Yonkers Ave., Ground Floor*

## HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York



**Sunday, February 22, 2015**

**Forgiveness Sunday**

**The Expulsion of Adam from Paradise**

**Cheesefare Sunday**

#### **MEMORY ETERNAL ~ JOHN WISLOCKI**

John reposed in the Lord on Thursday, Feb. 19, after a long illness. He was buried yesterday. Please express your sympathies and love to Julia, Bogdan, Lidia, Steve, George, and their family. *May John's memory be eternal! "Vechnaya Pamyat!"*



## HOLY TRINITY ORTHODOX CHURCH

Trinity Plaza ✦ 46 Seymour Street ✦ Yonkers, New York 10701

Rector: Rev. David Cowan ✦ Protodeacon John Eby

Attached: V. Rev. John Tkachuk ✦ Rev. Vitaly Bahanovich

Rector Emeritus: V. Rev. Yaroslav Sudick, Ph.D., D.D.

Rectory Phone 914-965-6815 ✦ Email: frdavidcowan@gmail.com

Web: www.holytrinityyonkers.org

Facebook: www.facebook.com/holytrinityorthodox

Diocese of New York & New Jersey: www.nynjoca.org

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**February 22, 2015: Forgiveness Sunday ~**

**The Expulsion of Adam from Paradise ~ Cheesefare Sunday**

Epistle: Romans 31:11-14:4; Gospel: Matthew 6:14-21

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### SERVICES AND ACTIVITIES

**Today – Forgiveness Sunday ~ Cheesefare Sunday**

9:30 AM *Divine Liturgy* and *Forgiveness Vespers*

At Coffee Hour: “Cheesecake Sunday!” ~ Come Hungry! If you want to bring your own favorite to share, please see Suzanne Nolan to sign up!

**The Great Fast of Lent begins tomorrow and ends on Holy PASCHA (Easter), Sunday, April 12, with the Paschal Divine Liturgy. During Great Lent we are called to abstain from meat and dairy products and from spiritually unproductive entertainment.**

~ GREAT LENT BEGINS ~

**Monday AND Tuesday, February 23-24 – Clean Monday and Clean Tuesday**

7:00 PM *Great Canon of St. Andrew of Crete, First Monday and Tuesday of Lent*

**Wednesday, February 25 – Clean Wednesday**

5:00 PM Private Confession Available

6:00 PM *Liturgy of the Presanctified Gifts* with Potluck & Talk Afterward

**Thursday, February 26 – Clean Thursday**

7:00 PM *Great Canon of St. Andrew of Crete, First Wednesday of Lent*

(due to the celebration of the Presanctified Liturgy on Wed. 2/25)

**Friday, Feb. 27 – Clean Friday – 100<sup>th</sup> Anniversary, Repose of St. Raphael of Brooklyn**

9:00 AM *Liturgy of the Presanctified Gifts*

**Saturday, Feb. 28**

10:00 AM *Divine Liturgy* – 100<sup>th</sup> Anniversary, Repose of St. Raphael of Brooklyn

(The celebration of St. Raphael’s feast is transferred from Friday to Saturday so that the full Divine Liturgy may be celebrated.)

4:00 PM “An Invitation” Inquirers’ Hour – in the Church

5:00 PM Private Confession Available

6:00 PM *Great Vespers*

**Sunday, March 1 – First Sunday of Lent – The Triumph of Orthodoxy**

9:30 AM *Divine Liturgy*

6:00 PM *Pan-Orthodox Vespers for Sunday of Orthodoxy, at Holy Trinity Greek Orthodox Church, 10 Mill Rd., New Rochelle 10804, (914) 235-6100*

## ADDRESS OF HIS BEATITUDE, METROPOLITAN TIKHON, AT THE MEMORIAL SERVICE HELD FEB. 20, 2015, FOR THE 21 COPTIC ORTHODOX CHRISTIANS NEWLY MARTYRED BY “THE ISLAMIC STATE” IN LIBYA

It is with sorrow and yet with hope that we gather this evening to bear witness to the martyrdom of the 21 faithful Coptic Christians who were cruelly murdered by militant extremists.

Our sorrow is found in our shared grief with the families and friends of those whose lives were brutally cut down by terrorists; it is a sorrow that is felt in the hearts of all Christians, and indeed, of all who would consider themselves human beings. Nevertheless, it is a sorrow that does not bring us to despair because it is illumined by hope.

Our hope is found in the victory of Jesus Christ, manifested by His glorious resurrection, by which He overcame the two fiercest enemies of human life and dignity: death and sin, as Saint Nikolai of Zhicha notes. Our Lord says, “In the world ye shall have tribulation: but be of good cheer, I have overcome the world” [John 16:33].

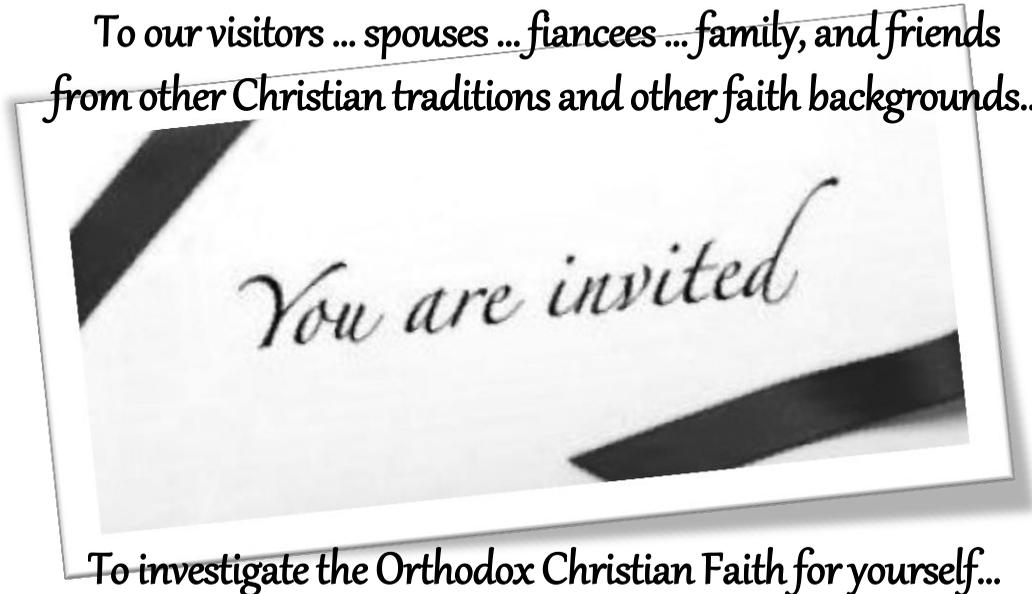
There are those who would overcome the world with weapons of violence, but this is not our way. There are those who cling to death and to sin in order to bring about more death and more evil, but this is not our way. There are those who blame religion for tragedies such as the one we mourn today, but they are blind to the reality that true believers become such only when their hearts are purified of sin and their lives filled with the light of the Resurrection.

Let us, who stand fast in our faith in Christ and His eternal victory, remember that He alone has trampled on death by His own voluntary death. Let us, who are filled with the hope of the resurrection, give glory to God for the martyric witness of the 21 souls who now witness to this victory. And let us, who each struggle in our own way to remain faithful to God, give example in our own lives of those things which we hold dear—Peace, rather than violence; love, rather than hate; and forgiveness, rather than revenge.

On behalf of the Holy Synod of Bishops of the Orthodox Church in America and on behalf of the clergy and laity of our Church, I express to you and the entire Coptic Orthodox community our love, sympathy and condolences. I have requested the faithful of the Orthodox Church in America to offer commemorations for the souls of those who have been murdered in Libya and to offer prayers for the Coptic Church and for the Egyptian nation.

This evening, let all of us offer our prayers for the Egyptian nation and the world-wide Coptic community; let us offer our prayers that we may enter a new time of tolerance and religious peace in Egypt and in the entire region of the Middle East. Let us ask the Lord Jesus Christ to have mercy upon us and upon His whole world.

To our visitors ... spouses ... fiances ... family, and friends  
from other Christian traditions and other faith backgrounds...



To investigate the Orthodox Christian Faith for yourself...

ONLINE, on the Diocese of New York & New Jersey's  
"INVITATION" Website, at [www.nynjoca/invitation.html](http://www.nynjoca/invitation.html)

And IN PERSON, on these three Saturdays during Great Lent:  
Saturday, February 28 – 4:00-5:00 PM, in the Church  
Saturday, March 14 – 4:00-5:00 PM, in the Church  
Saturday, March 28 – 4:00-5:00 PM, in the Church

The Orthodox Church is evangelical, but not Protestant.  
It is orthodox, but not Jewish.  
It is catholic, but not Roman.  
It is not non-denominational, it is pre-denominational.

Come and Learn ... Come and Ask ... Come and See!

**TODAY'S EPISTLE Romans 13:11-14:4** Brethren: Do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed.<sup>12</sup>The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light.<sup>13</sup>Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy.<sup>14</sup>But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.<sup>1</sup>Receive one who is weak in the faith, but not to disputes over doubtful things.<sup>2</sup>For one believes he may eat all things, but he who is weak eats only vegetables.<sup>3</sup>Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him.<sup>4</sup>Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

**TODAY'S GOSPEL Matthew 6:14-21** Our Lord said: "For if you forgive men their trespasses, your heavenly Father will also forgive you.<sup>15</sup>But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.<sup>16</sup>Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.<sup>17</sup>But you, when you fast, anoint your head and wash your face,<sup>18</sup>so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.<sup>19</sup>Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal;<sup>20</sup>but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.<sup>21</sup>For where your treasure is, there your heart will be also."

**CHOIR MEMBERS WELCOME TO SING  
AT SUNDAY OF ORTHODOXY VESPERS:**

You are all invited to sing, together with the St. Vladimir's Seminary Choir, at the Westchester County Sunday of Orthodoxy Vespers service, next Sunday 6:00 PM, at Holy Trinity Greek Orthodox Church, 10 Mill Rd., New Rochelle NY 10804. Combined choirs and chanters from the Russian-American, and Greek traditions will be singing portions of the service. There is no rehearsal required, and the music will be familiar to you. Simply show up, gather together with Father Herman and the St. Vladimir's singers, and join in!

# 2015 DIOCESAN LENTEN TEEN RETREAT



At St. Basil's Academy, Garrison, NY  
Friday – Sunday, March 20-22, 2015

The Annual Diocesan Lenten Teen Retreat for students in grades 7-12 will take place

March 20-22, 2015 at Saint Basil Academy in Garrison NY. The Academy has beautiful grounds, dormitory style rooms, a lovely chapel, and an indoor basketball court. Under the guidance and direction of Bishop Michael, participants will focus on *“The Mystery of Prayer”* centered around learning and discussing various ways prayer is used both within the life of the church and within personal life. Participants will also enjoy fellowship, education, and spiritual enrichment with one another. There is no charge to participate in this three-day retreat. Adult participants are encouraged to attend and serve as chaperones. [For details, visit www.nynjoca.org](http://www.nynjoca.org)

## MARK YOUR CALENDARS:

- Sat., Feb. 28, 4:00-5:00 PM, **“An Invitation” Inquirers’ Hour**, in the Church.
- Sat., March 7, 4:00-5:30 PM: **Chanters’ Workshop**. Father David asks that everyone currently on the schedule chanting the Epistle in church attend this “continuing education” workshop. AND – anyone interested in learning more about chanting in church, is most welcome to participate! See Mat. Tamara or Peter Bouteneff for details.
- Sat., March 14, 4:00-5:00 PM, **“An Invitation” Inquirers’ Hour**, in the Church.
- Sat., March 21: **Lenten Retreat with Abbot Sergius of St. Tikhon’s Monastery**. See the back page for details.

## ***PASTORAL CARE – GENERAL INFORMATION***

***Emergency Sick Calls*** can be made at any time. Please call Fr. David at (914) 965-6815, when a family member is admitted to the hospital.

***Anointing In Sickness:*** The Sacrament of Unction is available in Church, the hospital, or your home, for anyone who is sick, however severe. It doesn’t mean “Last Rites!”

***Marriages and Baptisms*** require early planning, scheduling, and selection of sponsors (crown bearers or godparents). See Father before booking dates and reception halls!

***Funerals*** are celebrated for practicing Orthodox Christians. Please see Father for details. ***The Church opposes cremation; we cannot celebrate funerals for cremations.***

## PRAYER LIST

**Above all, we are a praying community. Keep this list in your prayer corner, and in your daily prayers, remember our Brothers & Sisters in Christ:**

Boris Lyzak; Matushka Shirley Lickwar; Alexandra Tregubova; Michael Mellin; Paula West; Danielle; newborn Vera Parrott; newly married George & Madeline Miroshnikov; Elena Herman; the child August Veerman; Noel & Christina; Becka; Tatiana Mordovina; Matushka Patricia Mason; Catechumen Mary Ann Paprocki; Adriana Szynda; Paul “PJ” Sulich; Gloria Panciera; Elias & Jonah Kachur; Christina McDonald; Mary Smith; Fr. John Tkachuk; newborn Elena King; Ludmila Branzow; Natasha Harris; Nathan Orsini; Olga Ptach; Suzanne Gee; Matthew & Malek; Dorothy Vernak; Nikolette Katechis; John Loving; Sherry Safchuk, and the child to be born to her; Nicholas Washenko; Maryanne Nolan; His Eminence, Archbishop Seraphim; Jason & Kimberly, Paul & Natalia, Joshua & Jacqueline, Norm & Elena, Stan & Victoria, and all those preparing for marriage; Kevin Kuzmenko; Shawn Malone; Metropolitan Paul and Bishop Gregorios, Vera Bullock; Julia Wislocki; Schuyler Perry; Doris Morin; Kelly Ray; Justin Solak; Carmen Fesh; Deborah Chaiko; Anne Kakos, Kay Baker (Anne’s sister); Vitaliy Khutko; Malcolm Kirkpatrick; Inga Serniak; Nikolai & Nadezhda Solidnov; Kathleen Nolan; the priests Frs. Joseph Chupeck, Thomas Hopko, Leonid Kishkovsky, John Pawelchak, Herman Schick, Ken James Stavrevsky, Daniel Degyansky, Michael Koblosh, Stephen Mack; PDns. Peter Skoog & Michael Sochka; Ann Belchyk; Helen Delandri; Helen Dempsey; Olga Jaworski; Olga Juck; Mary Kalakuka; Mary Kantor; Daria Krawchuk; Olga Pavelchak; Stephanie Phillips; Tekla Rzyk; Mat. Juliana Schmemann; Zena Weshta; all those confined to hospitals, nursing homes, and their own homes due to illness; for all soldiers, especially Jorge; widows, orphans, prisoners, victims of violence, and refugees, especially in Iraq, Syria, Egypt, and the Ukraine; all those suffering chronic illness, financial hardship, loneliness, addiction, abuse, abandonment and despair; all Orthodox seminarians and their families; all Orthodox monks, nuns and all those considering the monastic life; all Orthodox missionaries and their families.

**For blessed repose for the souls of:** Newly departed John Wislocki (+2/19); the 21 Coptic Orthodox Christians newly martyred in Libya; infant Heily (+1/29); Robert Saldis (Mary Ann Paprocki’s brother, + 1/26); Petr Teplov (+1/19); the ever-memorable Meggi Kvizikadze, Vladimir & Vira; and all departed this life in hope of the Resurrection.

**Please give prayer requests to Fr. David, to Protodeacon John, or to an Altar Server. Typically, names remain on this list for 40 days, unless requested otherwise. Those confined to hospitals or homes, or suffering chronic illnesses, remain on the list.**

**PRAY FOR OUR COLLEGE STUDENTS – our parish sons & daughters, OCF chapter members, AND those at nearby colleges who make HTO their spiritual home away from home!**

Michael Bouteneff	Madeline Miroshnikov	Matt Skalski
Joe Giamarra	Kamille Perry	Alexandra Solak
Megan Jones	Schuyler Perry	Nick Thanasias
Kaydee Kowalczyk	Roman Piwinski	Monika Wislocki
Dan Kozak	Amanda Rzyk	
Peter Kreatsoulas	Peter Rzyk	

**Please tell Fr. David if there are any errors or omissions on this list.**