

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.

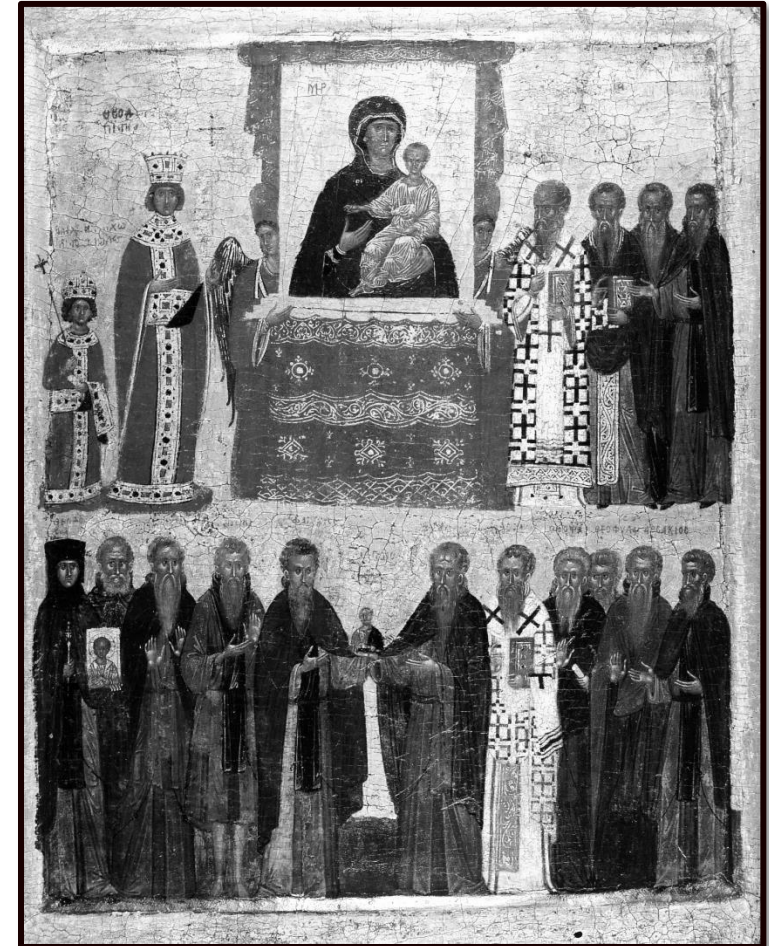
Plans are afoot for additional C.J.D. service days. See Mardi Perry for details!



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

HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York



Sunday, March 1, 2015

Feast of the Triumph of Orthodoxy

MEMORIAL SATURDAYS ~ PRAYERS FOR THE DEPARTED

Put the names of your departed loved ones on the list on the candle desk ... and then come to one of the Memorial Divine Liturgies on Saturdays March 7, 14 and 21 to join your prayers for your reposed loved ones with the prayers of the Saints!



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

March 1, 2015: First Sunday of Great Lent ~ Feast of the Triumph of Orthodoxy

Epistle: Hebrews 11:24-26, 32-12:2; Gospel: John 1:43-51

SERVICES AND ACTIVITIES

The Great Fast of Lent continues, through 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.

Today – First Sunday of Lent – The Triumph of Orthodoxy

9:30 AM *Divine Liturgy* with Children's Icon Procession

5:00 PM *Pan-Orthodox Vespers for Sunday of Orthodoxy, with Metropolitan Tikhon, Metropolitan Joseph (Antiochian Orthodox Archdiocese of America), and Bishop Michael, at Saint John the Baptist Church, 170 Lexington Ave., Passaic, NJ*

ALSO:

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*

Wednesday, March 4

5:00 PM Private Confession Available

6:00 PM *Liturgy of the Presanctified Gifts* with Pot Luck and Talk Afterward

Friday, March 6

9:00 AM *Liturgy of the Presanctified Gifts*

Saturday, March 7 – Soul Saturday

9:30 AM *Memorial Divine Liturgy*

4:00 – 5:30 PM Chanters' Workshop, with Dr. Peter Bouteneff and Mat. Tamara:
All those currently chanting the Hours and Epistle are asked to attend for continuing instruction. All those interested in chanting in church are welcome to attend also!

5:30 PM Private Confession Available

6:00 PM *Great Vespers*

Note: Daylight Savings Time ends at 2:00 AM Sunday, March 8.

Set your clocks ahead one hour.

Sunday, March 8 – Second Sunday of Lent – St. Gregory Palamas

9:30 AM *Divine Liturgy*

12:30 PM Parish Council Meeting – in the Education Building

SUNDAY EVENING LENTEN SCHEDULE

for the NEW YORK CITY DEANERY

All services start at 5:00 PM.

- Sunday, March 1: Sunday of Orthodoxy. Saint John the Baptist Church, 170 Lexington Ave., Passaic, NJ
- Sunday, March 8: Sunday of St. Gregory of Palamas. Holy Trinity Church (Brooklyn), 402 Glenmore Ave., Brooklyn NY 11207
- Sunday, March 15: Sunday of the Veneration of the Cross. Transfiguration Cathedral, 228 North 12th Street, Brooklyn NY 11211
- Sunday, March 22: Sunday of St. John Climacus. St. Nicholas Church (Whitestone), 14-65 Clintonville Street, Whitestone NY 11357
- Sunday, March 29: Sunday of St. Mary of Egypt. **Service of the Sacrament of Holy Unction.** Cathedral of the Holy Virgin Protection, 59 E. 2nd St., NYC 10003

PUT CONFESSION ON YOUR CALENDAR ...

Not only is Confession a requirement, at least once a year, for voting membership in the parish according to our bylaws ... more importantly, Confession is a staple of the spiritual life! Along with doctor's appointments, sports events, SAT prep, and all your other commitments, see the Confession times offered in the Bulletin and **put Confession on the calendar for you and your family!**

PRAYERS FOR THE DEPARTED

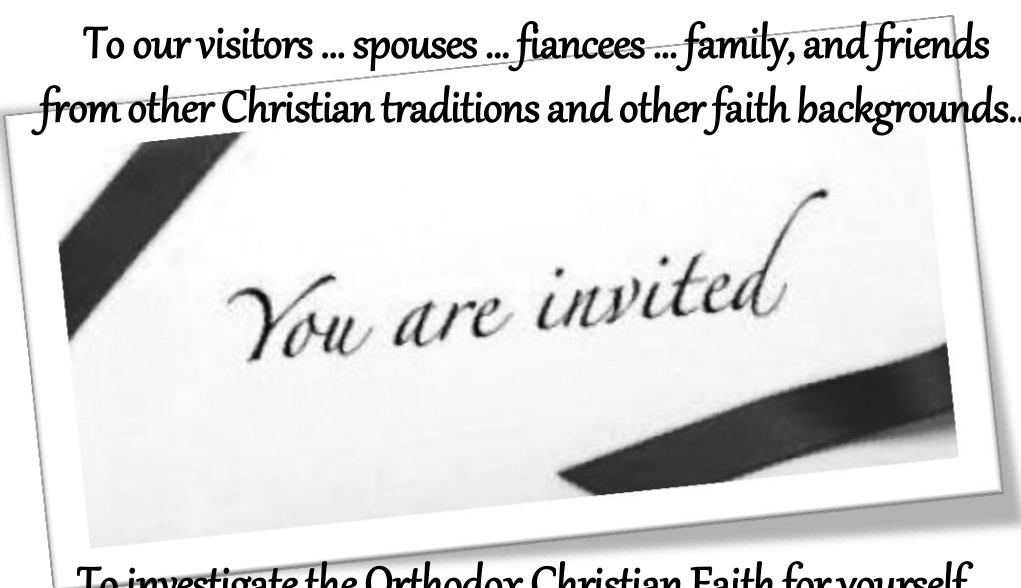
Memorial Divine Liturgies will be served at **9:00 AM on Saturdays March 15, 22 & 29**, in accordance with the Lenten calendar. To include your loved ones in the Prayers for the Departed at those Liturgies, please fill out the form in the basket on the Candle Desk. Then, **come to one or more of the Liturgies** to join your prayers to those of the Saints and the Angels!

CHOIR MEMBERS WELCOME TO SING

AT SUNDAY OF ORTHODOXY VESPERS in NEW ROCHELLE:

You are all invited to sing, together with the St. Vladimir's Seminary Choir, at the Westchester County Sunday of Orthodoxy Vespers service, tonight at 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!

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



You are invited

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

And IN PERSON, on these Saturdays during Great Lent:
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 Hebrews 11:24-26, 32-12:2 Brethren: By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter,²⁵ choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin,²⁶ esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward.³² And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets:³³ who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions,³⁴ quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens.³⁵ Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection.³⁶ Still others had trial of mockings and scourgings, yes, and of chains and imprisonment.³⁷ They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented –³⁸ of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth.³⁹ And all these, having obtained a good testimony through faith, did not receive the promise,⁴⁰ God having provided something better for us, that they should not be made perfect apart from us.¹ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,² looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

TODAY'S GOSPEL John 1:43-51 At that time, Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me."⁴⁴ Now Philip was from Bethsaida, the city of Andrew and Peter.⁴⁵ Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote – Jesus of Nazareth, the son of Joseph."⁴⁶ And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see."⁴⁷ Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!"⁴⁸ Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you."⁴⁹ Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!"⁵⁰ Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these."⁵¹ And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

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., 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 (Dasha’s uncle), Erik & Anthony preparing for surgery; Matushka Shirley Lickwar; Michael Mellin; Paula West; Danielle; newborn Vera Parrott; recovering Tamara & Elena; Eleanor Wasilko; the child August Veerman; Noel & Christina; Becka; Tatiana Mordovina; Matushka Patricia Mason; Catechumen Mary Ann Paprocki; Adriana Szpynda; Paul “PJ” Sulich; Gloria Panciera; 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, 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 Rzyzyk; 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. Birthdays: Katherine Wislocki (3/2); Mat. Tamara (3/3).
For blessed repose for the souls of: Newly departed Alexandra Tregubova (+2/23); Rose Genovese (Nick Macagnone’s aunt, + 2/22); Christina McDonald (+2/22); 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); the ever-memorable 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 Ciamarra	Kamille Perry	Alexandra Solak
Megan Jones	Schuyler Perry	Nick Thanasias
Kaydee Kowalczyk	Roman Piwinski	Monika Wislocki
Dan Kozak	Amanda Rzyzyk	
Peter Kreatsoulas	Peter Rzyzyk	

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