

MARK ON YOUR CALENDAR:

Fr. David's Top 7 List of Services to Put Your Daily Life on Hold For This Spring:

Sunday, March 13: Forgiveness Sunday – The Day Before Great Lent

*** Choose at least **one** of the evening **Liturgies of the Pre-Sanctified Gifts** –
Typically celebrated **Wednesday and Friday evenings; between March 16 – April 20**
(Lenten Calendar coming soon, with details)

Palm Sunday Evening, April 24:

The “Bridegroom Matins” that Begins Holy Week – Archbishop Michael, Presiding

Holy Thursday Evening, April 28: The Story of Jesus' Betrayal, Trial, and Death

Holy Friday Evening, April 29:

The Lamentations of the Mother of God (beautifully sung by your Choir!)
and Procession with the Burial Shroud of the Lord (the *Plashchanitsa*)

Holy Saturday Night, April 30, through Holy Pascha Sunday, May 1:

The Services of Holy PASCHA (Easter)

Monday Morning, May 2: Bright Monday Paschal Liturgy–The Celebration Continues!

**NEW PARISH COUNCIL TO BE SWORN IN
SUNDAY, MARCH 20**

Many Years to our continuing and newly-elected Parish Council members for 2016-17:

Parish Council President: Patricia Bouteneff

Parish Council Vice-President: Protodeacon John Eby

Treasurer: Beth Rzyk

Recording Secretary: Olga Ptach

Financial Secretary: Jessica Moreno

Membership/Correspondence Secretary: Dasha Piwinski

Archbishop Michael has given his blessing for me to administer the Oath of Office and swear in the new Council on Sunday, March 20, at the end of the Divine Liturgy.

My sincere thanks to all Parish Council members, past and present,
for your tireless labors in the Lord's Vineyard, in service to our beloved parish family!

With love in Christ,
Fr. David

HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York



Sunday, March 6, 2016
The Sunday of the Last Judgment
Third Preparatory Sunday for Lent



HOLY TRINITY ORTHODOX CHURCH

Trinity Plaza ✦ 46 Seymour Street ✦ Yonkers, New York 10701
Rector: V. 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
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Diocese of New York & New Jersey: www.nynjoca.org

**Sunday, March 6, 2016 ~ The Sunday of the Last Judgment
Meatfare Sunday
Epistle: 1 Corinthians 8:8-9:2; Gospel: Matthew 25:31-46**

SERVICES AND ACTIVITIES

Today – Sunday of the Last Judgment – Meatfare Sunday

9:30 AM *Divine Liturgy* with Coffee Hour “Meat-Farewell” Feast! All Are Invited!

5:30 PM “Thank-You” Dinner for the Bingo Workers, at the Rectory

At the end of the day Sun., 3/6, we begin to fast from meat, until Holy PASCHA.

All the following week, we may eat dairy products, including Wednesday & Friday.

Wednesday, March 9 – 40 Holy Martyrs of Sebaste

7:00 PM *Akathist* – “Glory to God for All Things”

Thursday, March 10

7:00 PM Saints Mary and Martha Women’s Group Meets – At Olga Ptach’s Home.
All Women Welcome – Ask Olga, Matushka, or Mardi Perry for details!

Saturday, March 12

5:30 PM Private Confession Available

6:00 PM *Great Vespers* – Daylight Savings Time Starts, 2 AM, Sun., March 13

Sunday, March 13 – The Expulsion of Adam from Paradise – Cheesefare Sunday

9:30 AM *Divine Liturgy* with *Forgiveness Vespers* and the *Rite of Forgiveness*, followed by *Panikhida* for Justin Solak, requested by his family.

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

Monday AND Tuesday, March 14-15 – Clean Monday and Clean Tuesday

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

Wednesday, March 16 – Clean Wednesday

5:00 PM Private Confession Available

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

Thursday, March 17 – Clean Thursday; St. Patrick of Ireland

7:00 PM *Great Canon of St. Andrew of Crete, First Wednesday of Lent*
(due to the celebration of the Presanctified Liturgy on Wed. 3/16)

Friday, March 18 – Clean Friday

6:00 PM *Liturgy of the Presanctified Gifts*

MARTHA AND MARY WOMEN’S GROUP MEETS –

Thursday, March 10 at 7pm, at Olga Ptach’s home.

As our guest facilitator, we will have **Ginny Nieuwsma**,
an Orthodox mom of 6 and writer.

She has recommended that we read the book:

Undone: A Story of Making Peace With an Unexpected Life,

by Michele Cushatt,

as we begin to ponder together how we respond
when life's circumstances seem to “throw us a curve ball”.

We are certain that God is with us; yet how do we understand this – really?!
And, how can we attempt to live this vital truth – in a practical sense, through the
unknowns and day to day of our lives?

RSVP-to Olga Ptach, Matushka Tamara, or Mardi Perry –
and bring an **appetizer to share**...salty or sweet. See you there!

COFFEE HOUR HOSTS or HOST FAMILIES NEEDED...

March 27; April 3; April 10; April 17; and April 24.
Speak with Tina Reduto to volunteer, or ask questions about hosting Coffee Hour.

EVENING TEACHING TALKS DURING GREAT LENT

On the Dates Listed Below:

5:00-6:00 PM Private Confession Available (except April 1)
6:00 PM Liturgy of the Presanctified Gifts
About 7:30 PM, After the Liturgy: Pot Luck Dinner and Talk

Wednesday, March 16

Wednesday, March 23

Friday, April 1

Friday, April 8

Wednesday, April 13

Wednesday, April 20

Full Schedule of Lenten Services will be published and announced by email soon.

**THE GREAT FAST OF LENT begins Monday, March 14,
and ends on Holy PASCHA (Easter), Sunday, May 1,
with the Paschal Divine Liturgy.**

During Great Lent 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!
May God give you Good Strength for a Blessed Fast!

**On Sunday, March 27: A Special Presentation from OCMC:
the Orthodox Christian Mission Center.**

Please stay for Coffee Hour that day and welcome Fr. Juvenaly, a New York native Orthodox monastic now preparing to resume his missionary journey in South America!

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!

Bassim Abbasi	Andrew Nolan	Matt Skalski
Michael Bouteneff	Kamille Perry	Alexandra Solak
Joe Ciamarra	Schuyler Perry	Justyna Skalski
Kaydee Kowalczyk	Roman Piwinski	Monika Wislocki
Dan Kozak	Amanda Rzyzyk	
Madeline Miroshnikov	Peter Rzyzyk	

“Sending our kids to college without a connection to the Church is like sending children to play in traffic.” -- Archbishop Michael
Please tell Fr. David if there are any errors or omissions on this list.

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.***

TODAY'S EPISTLE 1 Corinthians 8:8-9:2 Brethren: Food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse.⁹But beware lest somehow this liberty of yours become a stumbling block to those who are weak.¹⁰For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols?¹¹And because of your knowledge shall the weak brother perish, for whom Christ died?¹²But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ.¹³Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble.¹⁴Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord?²¹If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

TODAY'S GOSPEL Matthew 25:31-46 The Lord said: “When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory.³²All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats.³³And He will set the sheep on His right hand, but the goats on the left.³⁴Then the King will say to those on His right hand, ‘Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world:³⁵for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in;³⁶I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.’³⁷Then the righteous will answer Him, saying, ‘Lord, when did we see You hungry and feed You, or thirsty and give You drink?’³⁸When did we see You a stranger and take You in, or naked and clothe You?’³⁹Or when did we see You sick, or in prison, and come to You?’⁴⁰And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.’⁴¹Then He will also say to those on the left hand, ‘Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels:⁴²for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink;⁴³I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.’⁴⁴Then they also will answer Him, saying, ‘Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?’⁴⁵Then He will answer them, saying, ‘Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.’⁴⁶And these will go away into everlasting punishment, but the righteous into eternal life.”

**DIOCESAN LENTEN TEEN RETREAT
FRIDAY - SUNDAY, APRIL 1-3
TACONIC RETREAT CENTER, 64 White Drive, Milan, NY 12572**

“Faith and Science Need Not Oppose Each Other:
The Testimonies of Two Orthodox Professionals in the Field of Medicine”
Speakers: Heather Parsells, MD; and Peter Parsells, MS, PA-C

***Oh ... and did we mention the CHALLENGE COURSE
with Zip Lining, Rock Climbing, and More?***

See <http://taconicrcc.net/plan-an-event/challenge-course> for a video!

Register by March 25. See Fr. David for more information.
Download the registration form at the
Diocese of New York and New Jersey website, www.nynjoca.org

“TUESDAYS WITH SAINT LUKE”

Interested in deepening your faith in the comfort of your home?
Come and spend Tuesdays on a conference call learning how:
“All Scripture is inspired by God.” 2 Timothy 3:16.

What we will do: read from The Gospel of Luke, Good News for the Poor,”

Orthodox Bible Study Companion Series book by Fr. Lawrence Farley
(look for it at St. Vladimir’s Seminary Bookstore,
or online at Ancient Faith Radio, or you may simply sit back and listen).

When: Tuesdays, 7:30-8:00 pm (those who want to stay after for more fellowship may do so) beginning March 1, 2016, and continuing each Tuesday since April 19 – except for March 15, so that we may participate in the Great Canon of St. Andrew at church. Come once, come occasionally ... read along if you have the book, or just listen.

How: Dial in on your phone, 1-712-432-3900, then when prompted : press 424617 # since you come in “unmuted” please press #1 to be “muted” so that only the “reader” can be heard. If during the discussion period you would like to speak press #1 and you will “hear” that you are “unmuted”.

Any questions? Call Olga Ptach (914-262-1061) or email olgaptach@gmail.com

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:

Newly baptized Maxim Cohen; Helen Marie Saraceno; Lidia Mijolovic, Bill Bodack, Mat. Tamara Skvir, Mat. Marion Swencki, Jenifer Calomiris, Elena Herman & Victor Miroshnikov, recovering from surgery; Larisa Sovyrda; Claudia Brown; Nina Dimas; Richard Dosing; John Paluch; Daniel Paprocki; John & Elizabeth Batson; Danielle Geeza; baby Courtney Lyzak; Anatole Honczarenko; Tekla Rzyk; Mat. Anastasia Harris; Jennifer Drake; Elias Kachur; Mat. Olga Meerson; Eleanor Wasilko; Adriana Szpynda; baby Alena King; Ludmila Branzow; Suzanne Gee; Christina and her child Giovanni; Evan; Joshua; Nicholas; Nikolette Katechis; Nicholas Washenko; Kathleen & Maryanne Nolan; expecting parents Victoria & Joel Statkevics, Mat. Anastasia & Fr. Timothy Hojnicky, Mat. Viktoria & Fr. Adrian Budica and their unborn children; Stan & Victoria, and all those preparing for marriage; Kevin Kuzmenko; Shawn Malone; Metropolitan Paul and Bishop Gregorios, Vera Bullock; Schuyler Perry; Doris Morin; Kelly Ray; Carmen Fesh; Anne Kakos, Kay Baker; Vitaliy Khutko; Malcolm Kirkpatrick; Nikolai & Nadezhda Solidnov; the priests Frs. Vitaly Bahanovich, John Tkachuk, Joseph Chupeck, Jonathan Ivanoff, Leonid Kishkovsky, Joseph Kreshik; John Nehrebecki, Herman Schick, David Shewczyk, Ken James Stavrevsky, Daniel Degyansky, Stephen Mack, PDn. Peter Skoog; Klara Borzova; Helen Delandri; Helen Dempsey; Irene Homa; Olga Juck; Mary Kalakuka; Mary Kantor; Daria Krawchuk; Mary Macagnone; Olga Pavelchak; Stephanie Phillips; Mat. Juliana Schmemann; Martha Slivka; Zena Weshta; all those confined to hospitals, nursing homes, and their own homes due to illness; for all soldiers, especially Jorge, Bryan & Mykola; 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 & families, especially John & Brenda Mikitish; all Orthodox monks and nuns, and all those considering the monastic life; all Orthodox missionaries and their families. Birthdays: Alexandra Kowalczyk (3/8), Roman Piwinski, Tatiana Hutchins (3/9).

For blessed repose for the souls of: Newly departed Rita (+3/5); Archpriest James Bertolini (+2/29); Dorothy Vernak (+2/28); James Lenker (+2/27); Osama Khoury (+2/24); Justin Solak (+2/14); Vincent Macagnone (+2/10); Archimandrite Athanasy (Mastalski) (+2/5); Archpriest John Udics (+2/3); the ever-memorable child Larisa Karassik; and all those 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.