

MARK ON YOUR CALENDAR:

Fr. David's Top 6 List of Services to Put Your Daily Life on Hold For This Spring:

Choose at least **one** of the evening or morning
Liturgies of the Pre-Sanctified Gifts on Wednesdays or Fridays –
see the Lent & Pascha Calendar.

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 TODAY

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

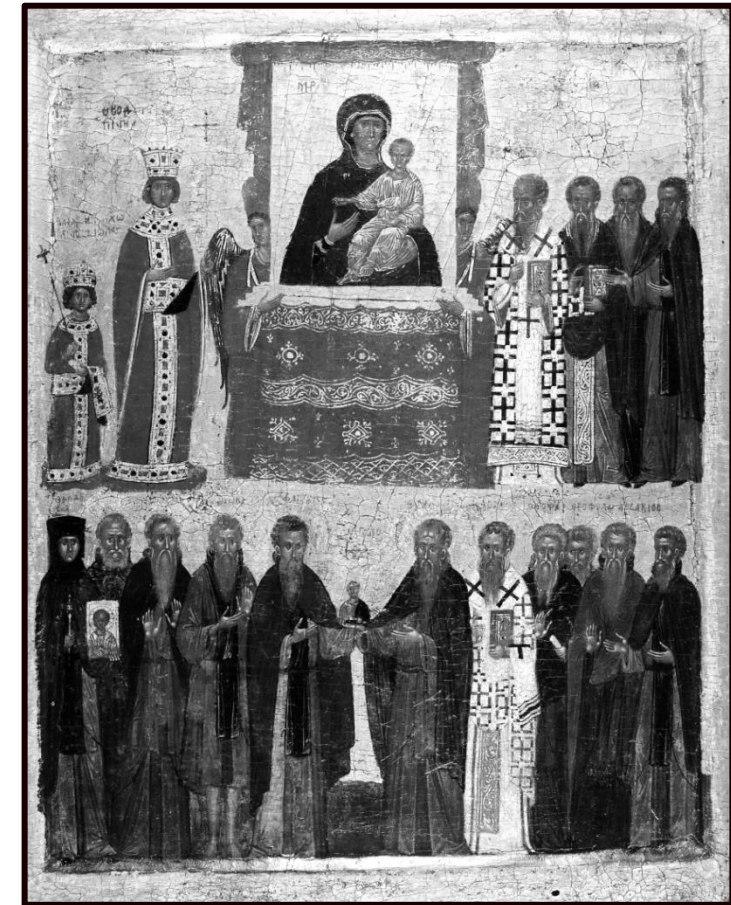
Archbishop Michael has given his blessing for me to administer the Oath of Office
and swear in the new Council today, at the end of the Divine Liturgy.

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 20, 2016

First Sunday of Great Lent

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, April 2 and April 9,
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: 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
Web: www.holytrinityyonkers.org
Facebook: www.facebook.com/holytrinityorthodox
Diocese of New York & New Jersey: www.nynjoca.org

Sunday, March 20, 2016 ~ 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

Today – First Sunday of Great Lent – The Triumph of Orthodoxy

- 9:30 AM *Divine Liturgy* with Children’s Icon Procession; Blessing and Oath of Office for the Parish Council, and *Panikhida* for Vincent Macagnone (40 Days), requested by his family; for John Kowalczyk, by Mr. & Mrs. Paul Odomirok; and for John & Julia Wislocki, by Walter & Mary Fecica & Family
- 12:30 PM Parish Council Meeting – in the Education Building .
- 5:00 PM *Pan-Orthodox Vespers for the Sunday of Orthodoxy*, With Archbishop Michael and Metropolitan Joseph (Antiochian Archdiocese of North America), At St. Nicholas Antiochian Cathedral, 355 State Street, Brooklyn

Monday, March 21

- 7:30 PM Choir Rehearsal – in the Church

Wednesday, March 23

- 5:00 PM Private Confession Available
- 6:00 PM *Liturgy of the Pre-Sanctified Gifts*, with Pot Luck & Talk, “The Passions: Anger”

Thursday, March 24

- 7:00 PM *Great Vespers & Litya* – Great Feast of the Annunciation to the Theotokos

Friday, March 25

- 9:30 AM *Vesperal Divine Liturgy* – The Annunciation to the Theotokos

Saturday, March 26

- 9:30 AM *Divine Liturgy* – Synaxis of the Archangel Gabriel
- 5:00 PM Private Confession Available
- 6:00 PM *Great Vespers*

Sunday, March 27 – Second Sunday of Great Lent – Saint Gregory Palamas

- 9:30 AM *Divine Liturgy* – Welcome Father Juvenaly, OCMC Missionary to Guatemala
- 5:00 PM *Deanery Lenten Vespers*, With Abp. Michael, at Holy Transfiguration Cathedral, 228 N. 12th Street, Brooklyn

CHOIR REHEARSAL SCHEDULE DURING GREAT LENT

**The choir will rehearse each Monday from the
2nd through 6th weeks of Great Lent. Rehearsals will begin at 7:30 PM.**

Monday, March 21
Monday, March 28
Monday, April 4
Monday, April 11
Monday, April 18

Thank you, Choir, for your labor of love this Lent!

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 TALKS DURING GREAT LENT “THE PASSIONS”

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: **Introduction ... and Gluttony**
Wednesday, March 23: **Anger**
Friday, April 1: **Stinginess**
Friday, April 8: **Lust**
Wednesday, April 13: **Laziness and Despair**
Wednesday, April 20: **Pride and Vainglory**

**The Full 2016 Calendar for Lent,
Holy Week, and PASCHA is available in the church.**

**THE GREAT FAST OF LENT continues
until 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!

**SECOND SPECIAL COLLECTION NEXT SUNDAY
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 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.”

**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

PLEASE SUPPORT OUR A.S.P. TEEN MISSION TEAM!

You may have received a mailing from our teens who are participating in the Appalachian Service Project (ASP) this summer, inviting you to buy “ASP Stock” at \$10 per share.

ASP uses volunteer labor (our kids and chaperones!) to make repairs to homes of needy families in the central region of the Appalachian Mountains. The repairs cost families nothing, and are aimed at making their homes warmer, safer, and drier.

Our Yonkers ASP Mission Team – Olivia Wislocki, Adriana & Emily Szynda, Beth Rzyk, and Chris Nolan – will make their 2016 Mission Trip this July. The Orthodox ASP Group’s overall fundraising goal is \$18,000 for 5 teams, so the Yonkers team’s share of that is \$3,600.

Will you support ASP, by investing in this effort -- helping families build warmer, safer, and drier homes – and in the changing hearts of our parish sons and daughters who will encounter Christ in this holy work?



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; Anna Bolinsky; Boris Lyzak; Helen Marie Saraceno; Lidia Mijolovic, Bill Bodack, Mat. Tamara Skvir, Mat. Marion Swencki, Jenifer Calomiris, Elena Herman & Victor Miroshnikov, recovering from surgery; Stephanie Davis; Alexander Kravchenko; Virginia Shanahan; John O'Donnel; Larisa Sovyrda; Claudia Brown; Nina Dimas; Richard Dosin; John Paluch; Daniel Paprocki; John & Elizabeth Batson; Danielle Geeza; infant Maria; Courtney Lyzak; Anatole Honczarenko; Tekla Rzyk; Mat. Anastasia Harris; Jennifer Drake; Elias Kachur; Mat. Olga Meerson; Eleanor Wasilko; Adriana Szynda; baby Alena King; Ludmila Branzow; Suzanne Gee; Christina and her child Giovanni; Evan; Gail; Joshua; Nicholas; Nicholas Washenko; Kathleen & Maryanne Nolan; expecting parents Victoria & Joel Statkevicius, 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: Tony Prusak (3/23).

For blessed repose for the souls of: Newly departed Archimandrite Ephrem (Lash) (+3/15); Joseph John Nolan (Chris's uncle); Claudia Mikulak (+3/7); 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); 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.