

## 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!

## **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**

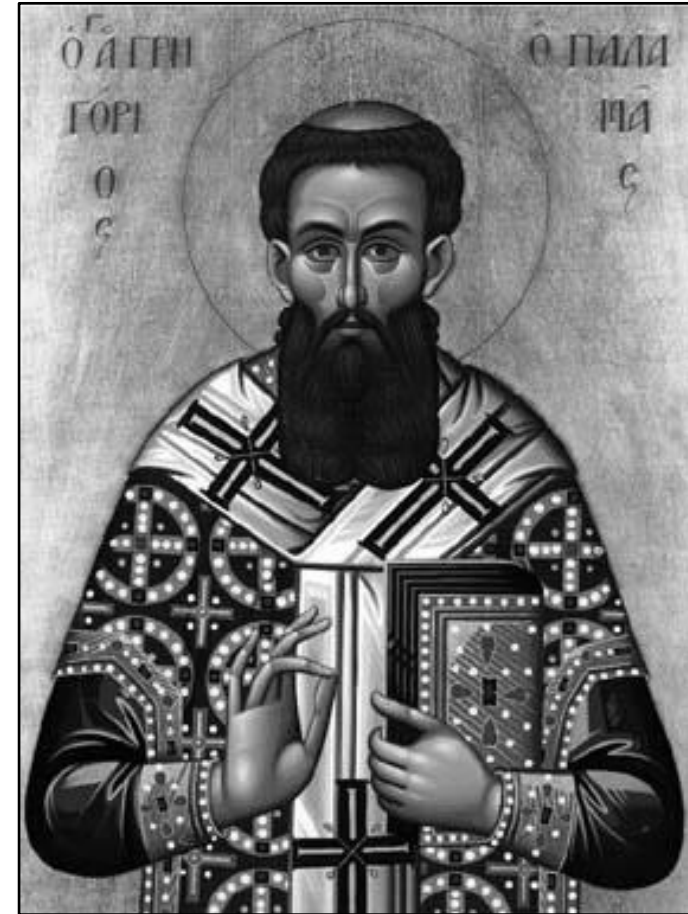
Friday, April 8: **Lust**

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.**

# **HOLY TRINITY ORTHODOX CHURCH** **Yonkers, New York**



**Sunday, March 27, 2016**

**Second Sunday of Great Lent ~ St. Gregory Palamas**

### **SPECIAL SECOND COLLECTION TODAY**

**for OCMC Missionary Outreach to Guatemala**

Fr. Juvenaly Repass will speak today about his upcoming assignment in Guatemala. Your generosity supports thousands of Guatemalan Orthodox clergy and faithful who need seminary education and priestly care!



## 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 27, 2016 ~ Second Sunday of Great Lent

Feast of Saint Gregory Palamas (+1359)

Epistle: Hebrews 7:26-8:2; Gospels: Mark 2:1-12; John 10:9-16

### SERVICES AND ACTIVITIES

Today – Second Sunday of Great Lent – Saint Gregory Palamas

- 9:30 AM *Divine Liturgy* – Welcome Father Juvenaly, OCMC Missionary to Guatemala; and *Panikhida* for James Kalafus, requested by his wife, Sophie; for John Kowalczyk, by Julie & Pat Serenson; and for John & Julia Wislocki, by Antoinette Fecica
- 5:00 PM *Deanery Lenten Vespers*, With Abp. Michael, at Holy Transfiguration Cathedral, 228 N. 12<sup>th</sup> Street, Brooklyn

Monday, March 28

- 7:30 PM Choir Rehearsal – In the Church

Wednesday, March 30

- 5:30 PM Private Confession Available; Fr. Adrian Budica will hear Confessions.
- 6:00 PM *Liturgy of the Pre-Sanctified Gifts* – Fr. Adrian Budica, Celebrant  
 (Father David will be away this Wednesday evening.)

Friday, April 1

- 6:00 PM *Liturgy of the Pre-Sanctified Gifts* – Archbishop Michael, Celebrant  
 Afterward: Pot Luck and Talk, “The Passions: Stinginess”, by Subdeacon John Mikitish, Our Student Intern from St. Vladimir’s Seminary

Saturday, April 2

- 9:30 AM *Memorial Divine Liturgy* – Soul Saturday. Please write the names of your departed loved ones on the list on the Candle Desk.
- 5:00 PM Private Confession Available
- 6:00 PM *Great Vespers* with Veneration of the Cross

Sunday, April 3 – Third Sunday of Great Lent – Veneration of the Cross

- 9:30 AM *Divine Liturgy*
- 4:30 PM Private Confession Available in Russian, Polish, Ukrainian with Fr. Wiaczeslaw
- 5:00 PM *Deanery Lenten Vespers*, Here at Holy Trinity Church, with Supper Afterward in the Fellowship Hall. See Mat. Tamara if you can help make soup!

## CHOIR REHEARSAL SCHEDULE DURING GREAT LENT

The choir will rehearse each Monday of Lent as follows.  
 Rehearsals will begin at 7:30 PM.

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...

April 17; and April 24. Speak with Tina Reduto to volunteer or to ask questions about hosting Coffee Hour.

If you can help with *making soup* for the meal after the Lenten Deanery Vespers service here next Sunday, please speak with Matushka Tamara.

CONFESSION AVAILABLE IN RUSSIAN, UKRAINIAN, and POLISH –  
 Next Sunday, April 3, 4:30 PM

В следующее воскресенье, 3 апреля в 4:30 вечера, до и во время службы вечерни, о. Вячеслав Кравчук будет слышать исповеди прихожан нашего храма говорящих на Русском, Украинском и Польском языках.

MEMORIAL SATURDAYS ~ PRAYERS FOR THE DEPARTED  
 Put your departed loved ones' names on the list on the candle desk ... and then come to one of the Memorial Divine Liturgies, Saturdays, April 2 & April 9, to join your prayers for them with the prayers of the Saints!

**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!**

**SCHEDULE OF SUNDAY LENTEN VESPERS SERVICES  
IN THE N.Y.C. DEANERY**

**March 27 Sunday of St. Gregory Palamas**

Transfiguration Cathedral, 228 North 12th Street, Brooklyn, NY 11211

**April 3 Sunday of the Veneration of the Cross**

HERE! Holy Trinity Church, 46 Seymour St., Yonkers, NY 10701

**April 10 Sunday of St. John of the Ladder**

St. Nicholas Church, 181-14 Midland Pkwy., Jamaica Estates, NY 11432

**April 17 Sunday of St. Mary of Egypt – Service of the Sacrament of Holy Unction**

Holy Virgin Protection Cathedral, 59 E. 2<sup>nd</sup> St., Manhattan

**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 Rzyk	
Madeline Miroshnikov	Peter Rzyk	

*“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 Heb. 7:26-8:2** Brethren: For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens; who does not need daily, as those high priests, to offer up sacrifices, first for His own sins and then for the people's, for this He did once for all when He offered up Himself, or the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever. Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens, a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

**TODAY'S GOSPELS Mark 2:1-12** At that time Jesus entered Capernaum after some days, and it was heard that He was in the house.<sup>2</sup>Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them.<sup>3</sup>Then they came to Him, bringing a paralytic who was carried by four men.<sup>4</sup>And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.<sup>5</sup>When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.”<sup>6</sup>And some of the scribes were sitting there and reasoning in their hearts,<sup>7</sup>Why does this Man speak blasphemies like this? Who can forgive sins but God alone?<sup>8</sup>But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts?<sup>9</sup>Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk?’<sup>10</sup>But that you may know that the Son of Man has power on earth to forgive sins – He said to the paralytic,<sup>11</sup>I say to you, arise, take up your bed, and go to your house.<sup>12</sup>Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!” **John 10:9-16** The Lord said, “I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.<sup>10</sup>The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.<sup>11</sup>I am the good shepherd. The good shepherd gives His life for the sheep.<sup>12</sup>But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them.<sup>13</sup>The hireling flees because he is a hireling and does not care about the sheep.<sup>14</sup>I am the good shepherd; and I know My sheep, and am known by My own.<sup>15</sup>As the Father knows Me, even so I know the Father; and I lay down My life for the sheep.<sup>16</sup>And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.”

**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!

See Fr. David for more information.  
Download the registration form at the  
Diocese of New York and New Jersey website, [www.nynjoca.org](http://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 Rzyzyk, 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; Mat. Joanna Bohush; Stephanie Davis; Alexander Kravchenko; Virginia Shanahan; John O'Donnel; Larisa Sovyrda; Nina Dimas; Richard Dosin; John Paluch; Daniel Paprocki; John & Elizabeth Batson; Danielle Geeza; infant Maria; Courtney Lyzak; Anatole Honczarenko; Tekla Rzyzyk; 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; Daniel; Evan; Gail; Joshua; Nicholas; 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: Jim Reduto (3/29), Robert Ciamarra (4/1).

**For blessed repose for the souls of:** Newly departed Claudia Brown (+3/19); 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); Antonina; 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.**