

## 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

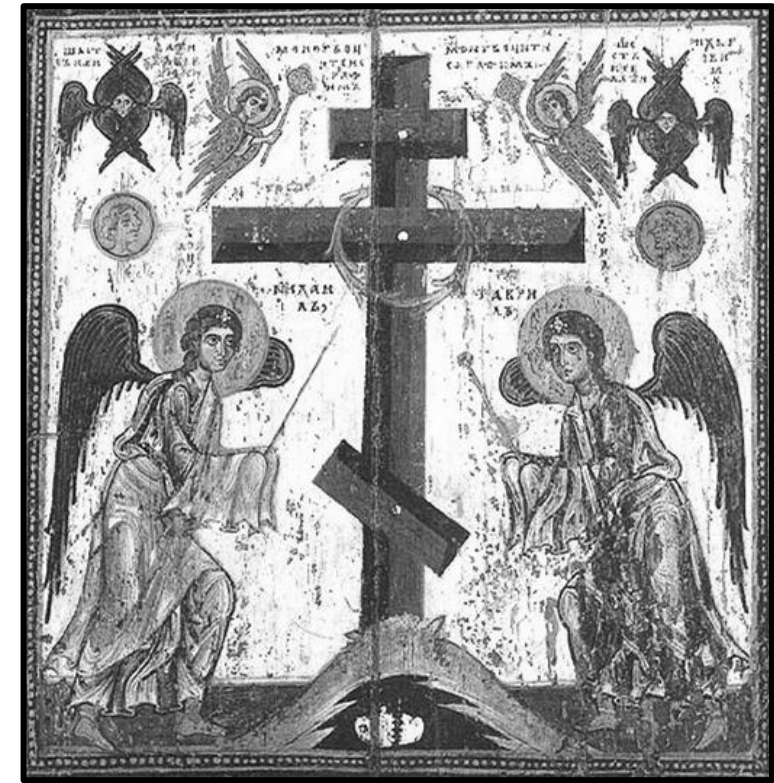
Wednesday, April 13: Laziness and Despair

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, April 3, 2016**

**Third Sunday of Great Lent**

**Veneration of the Cross**

**TODAY AT 4:30 – CONFESSION AVAILABLE IN**  
**RUSSIAN, UKRAINIAN and POLISH**

Сегодня 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.



## 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, April 3, 2016 ~ Third Sunday of Great Lent**

**Elevation of the Cross**

**Epistle: Hebrews 4:14-5:6; Gospel: Mark 8:34-9:1**

### SERVICES AND ACTIVITIES

**Today – 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 clean up!*

**Monday, April 4**

7:30 PM Choir Rehearsal – in the Church

**Wednesday, April 6**

5:00 PM Private Confession Available

6:00 PM *Liturgy of the Pre-Sanctified Gifts* – Commemorating St. Tikhon of Moscow, the Bishop who Blessed the Founding of Our Church and Consecrated Our Altar

**Friday, April 8**

5:00 PM Private Confession Available

6:00 PM *Liturgy of the Pre-Sanctified Gifts*, with Pot Luck and Talk, “The Passions: Lust”

**Saturday, April 9**

9:30 AM *Memorial Divine Liturgy – “Soul Saturday”*

5:00 PM Private Confession Available

6:00 PM *Great Vespers*

**Sunday, April 10 – Fourth Sunday of Great Lent: St. John of the Ladder**

9:30 AM *Divine Liturgy*

5:00 PM *Deanery Lenten Vespers*, at St. Nicholas Orthodox Church, 181-14 Midland Parkway, Queens, NY

## CHOIR REHEARSAL SCHEDULE DURING GREAT LENT

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

**Monday, April 4**

**Monday, April 11**

**Monday, April 18**

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

## PASCHA PARTY AT THE BULLOCKS’!

The Bullock and Tkachuk families invite all to a Paschal reception on Pascha Day (Sunday, May 1st) from 2pm to 5pm at the Bullock home in Scarsdale. Please let Vera know if you are able to attend by sending her an email at [vbullock@law.fordham.edu](mailto:vbullock@law.fordham.edu) or calling her at 347-624-1409.

## MEMORIAL SATURDAYS ~ PRAYERS FOR THE DEPARTED

Put your departed loved ones’ names on the list on the candle desk ... and then come to the last Lenten Memorial Divine Liturgy, this Saturday, 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**

**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

### **COME HELP PREPARE FOR PALM SUNDAY AND PASCHA!**

- Lazarus Saturday, April 23, Here:
  - 9:00 Children's First Confessions; Families and Other Confessions
  - 10:00 AM Divine Liturgy for Lazarus Saturday
  - Church School Retreat – Enjoy Breakfast, and Decorate the Church with Palms and Branches for Palm Sunday
  - Parish Pre-Pascha Clean-Up Day
- Holy Friday, April 29 at 10:30 AM, Come Help Decorate Our Lord's Tomb! See Mat. Tamara to sign up or ask questions.

**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 Hebrews 4:14-5:6** Brethren: Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.<sup>15</sup>For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.<sup>16</sup>Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.<sup>1</sup>For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins.<sup>2</sup>He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness.<sup>3</sup>Because of this he is required as for the people, so also for himself, to offer sacrifices for sins.<sup>4</sup>And no man takes this honor to himself, but he who is called by God, just as Aaron was.<sup>5</sup>So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: “You are My Son, Today I have begotten You.”<sup>6</sup>As He also says in another place: “You are a priest forever According to the order of Melchizedek...”

**TODAY'S GOSPEL Mark 8:34-9:1** At that time, when Jesus had called the people to Himself, with His disciples also, He said to them, “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me.<sup>35</sup>For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it.<sup>36</sup>For what will it profit a man if he gains the whole world, and loses his own soul?<sup>37</sup>Or what will a man give in exchange for his soul?<sup>38</sup>For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels.<sup>1</sup>And He said to them, “Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.”

## 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 & Victoria Szynda; Beth Rzyzyk, and Chris Nolan – will make their 2016 Mission Trip in 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?**



## 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.

### Please visit the LADIES' GUILD GIFT SHOP

Featuring Icons ... Decorated Eggs ...  
Orthodox Greeting Cards and Gifts for All Occasions!  
Open Today During Coffee Hour,  
Located in the Education Building,  
Second Room on the Right from the Courtyard Entrance

## 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; Susan Cohen; Anna Bolinsky; Ghadfa Khoury; Boris Lyzak; Helen Marie Saraceno; Lidia Mijolovic, Bill Bodack, Mat. Tamara Skvir, Michael Speck; 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; 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 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, John Nightingale, 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: Vera Bullock (4/5); Margaret Wislocki (4/9).

**For blessed repose for the souls of:** Newly departed Daniel Paprocki (+3/31); Anne Speck (+3/30); Michael Stanford (+3/26); 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 Cala Tchitchikadze; the 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.**