

HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York

TWO OPPORTUNITIES FOR LENTEN CHARITY

GUATEMALA: HOLY TRINITY ORTHODOX ORPHANAGE & MONASTERY

This year for Holy Week, Peter Bullock and his grandmother Matushka Masha Tkachuk are going to Guatemala to visit the monastery of The Holy Trinity and the Children's residence attached to the monastery. In 1992 Abbess Inez and two other nuns took over the administration of an orphanage in Guatemala city populated by not only orphans but homeless children as well. In addition, the newly built Cathedral of Holy Trinity serves an ever growing community of Orthodox Christians who have converted literally by the thousands in the past few years.

Maintaining the programs costs about \$15,000 a month so all donations are always welcome. You are welcome to make your donation to our parish, Holy Trinity, making a notation that this is a donation to the Guatemalan community. This way you are able to receive a tax receipt.

We hope you find it in your hearts to make a donation!

With gratitude, Peter Bullock and Matushka Masha Tkachuk

ALASKAN VILLAGE YOUTH OUTREACH: OUR TEENS' O.Y.M.T. MISSION TRIP FOR 2017

After 6 years of serving in West Virginia, Kentucky and Tennessee through the Appalachian Service Project (ASP) the Orthodox Youth Mission Team (OYMT) will be participating in an Orthodox Christian Mission Center short-term mission trip to Alaska. Youth and leaders from our parish and 5 others will be serving Orthodox brothers and sisters in the small village of Napaskiak, running youth camp programs and helping with construction projects. This is the first time a high school team will be volunteering through OCMC. It is a wonderful and unprecedented opportunity for our youth and we are very excited to go and do Christ's work! As in the past, OYMT is selling stock for \$10 a share to fund our trip during coffee hour. **And today, we will host a fundraising Brunch at Coffee Hour.** We ask that you please be as generous as you can in your support and pray for us as we prepare for our mission trip. Thank you!



Sunday, March 26, 2017

Fourth Sunday of Great Lent ~ St. John of the Ladder

Synaxis of the Archangel Gabriel

Afterfeast of the Annunciation to the Theotokos

HOPE YOU'RE HUNGRY!

Please stay after Liturgy for our Orthodox Youth Mission Team (OYMT)

Breakfast Fundraiser. Price is \$5.00 per person.

Baked goods for Pascha will also be for sale! Proceeds fund our OYMT kids' trip to Alaska this summer – see the back page for more details.



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 26, 2017 ~ 4th Sunday of Great Lent ~ St. John of the Ladder
Leavetaking of the Annunciation to the Theotokos ~ Synaxis of the Archangel Gabriel
Epistle: Hebrews 6:13-20; Gospel: Mark 9:17-31

SERVICES AND ACTIVITIES

Today

- 9:00 AM Private Confession Available
9:30 AM *Divine Liturgy* followed by Church School & Coffee Hour
At Coffee Hour: Fundraising Brunch Hosted by OYMT (Orthodox Youth Mission Team);
Talk by Jim Reduto, Esq.: "Tax Issues and Estate Planning"
12:30 PM Parish Council Meets – in the Education Building
5:00 PM *Lenten Vespers & Supper* – At Holy Trinity Church, 369 Green Avenue, East Meadow

Monday, March 27

- 7:30 PM Choir Rehearsal – in the Church

Wednesday, March 29

- 6:00 PM *Liturgy of the Pre-Sanctified Gifts*, Fr. John Tkachuk, Celebrant

Thursday, March 30

- 7:00 PM *Great Canon of St. Andrew*, with the Life of St. Mary of Egypt

Friday, March 31

- 6:00 PM *Liturgy of the Pre-Sanctified Gifts*, Followed by Pot Luck

Saturday, April 1

- 5:00 PM Private Confession Available
6:00 PM *Great Vespers*

Sunday, April 2

- 9:30 AM *Divine Liturgy* followed by Church School and Coffee Hour
5:00 PM *Lenten Vespers & Supper* – At Holy Cross Greek Church, 8401 Ridge Blvd., Brooklyn

Monday, April 3

- 7:30 PM Choir Rehearsal – in the Church

Wednesday, April 5

- 5:00 PM Private Confession Available
6:00 PM *Liturgy of the Pre-Sanctified Gifts*

Friday, April 7

- 2:00 PM Bible Study and *Akathist*

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:

Reader Peter Bouteneff; Jessica Bruno; Nana Tchitchinadze; Klavdia, Vladimir & Svetlana; Matushka Christine Hoeplinger; newborn Veronica Wineski & mother Svetlana; Marian Harris; Christina Berencz, Christina Soucek & newborn Giselle; Matushka Laura Schmidt & newborn Lucy; Veronika; John, Susanna, Jonathan, Sophia, Nathan, Clara, Keith & Frances Talley; Reader Frederick Fetkowitz; Vincent Knarr; Nicholas Macagnone; Tanya Balasenowich; the children Nadia, Michael, and Alena; Andrew Czuchta; Ann Dahulich; Boris Lyzak; Douglas & Susan Hansen; Christopher Olsen; Bill Bodack; Nina Dimas; catechumen Norman & Elena Herman; Courtney Lyzak; Anatole Honczarenko; Eleanor Wasilko; Ludmila Branzow; Suzanne Gee; Kathleen & Maryanne Nolan; Kevin Kuzmenko; Shawn Malone; Metropolitan Paul and Bishop Gregorios, Vera Bullock; Schuyler Perry; Vitaliy Khutko; Nikolai & Nadezhda Solidnov; the priests Frs. John Reeves, John Malcom, Vitaly Bahanovich, John Tkachuk; Matushki Anastasia Harris, Kathryn Malcom and Masha Tkachuk; Klara Borzova; Helen Delandri; Irene Homa; Olga Juck; Mary Kalakuka; Mary Kantor; Ann Karell; Daria Krawchuk; Mary Macagnone; Stephanie Phillips; Tekla Rzyk; Martha Slivka; Nicholas Washenko; all those confined to hospitals, nursing homes, and their own homes due to illness; for all soldiers, especially Mykola; widows, orphans, prisoners, victims of violence, and refugees, especially in the Middle East and in Ukraine; all those suffering chronic illness, financial hardship, loneliness, addiction, abuse, abandonment and despair; all Orthodox seminarians & families; all Orthodox monks and nuns, and all those considering 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 Michael Maybo (Helen's son); Elena Bereziouk Sherman (+3/17); Roberto Sanchez Moreno (+3/13); Sophie Wan (+3/6); Seman Jacewicz (Melanie Kowalczyk's brother, +3/6). Millie Macagnone (Nick & Gail's aunt, +3/3); ever-memorable Galina; Katinka; 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.

CANDLE SPONSORSHIPS FOR MARCH:

Vigil Candle, Icon of Christ, Departed Members, Wirchansky Family: Janet, Peter, Christina, Anne, Helen & Anastasia). Living: Wirchansky, Seckerson & Carlucci Families.

SCHEDULE OF SUNDAY LENTEN VESPERS SERVICES IN NYC AREA

March 26 Sunday of St. John of the Ladder, 5:00 PM

Holy Trinity Church, 369 Green Avenue, East Meadow

April 2 Sunday of St. Mary of Egypt, 5:00 PM

Holy Cross Greek Orthodox Church, 8401 Ridge Blvd, Brooklyn

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	Joshua Rzyk
Elizabeth Bouteneff	August Perry	Peter Rzyk
Michael Bouteneff	Kamille Perry	Stephanie Rzyk
Joe Ciamarra	Schuyler Perry	Justyna Skalski
Jaroslav Kopcza	Christianna Piwinski	Monika Wislocki
Kaydee Kowalczyk	Roman Piwinski	
Dan Kozak	Amanda 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.

Humility...

**is the only thing
that no devil can imitate.**

Saint John of the Ladder

TODAY'S EPISTLE Hebrews 6:13-20 Brethren: When God made a promise to Abraham, because He could swear by no one greater, He swore by Himself,¹⁴saying, “Surely blessing I will bless you, and multiplying I will multiply you.”¹⁵And so, after he had patiently endured, he obtained the promise.¹⁶For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute.¹⁷Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath,¹⁸that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us.¹⁹This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil,²⁰where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

TODAY'S GOSPEL Mark 9:17-31 At that time, one of the crowd answered and said, “Teacher, I brought You my son, who has a mute spirit.¹⁸And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not.¹⁹He answered him and said, “O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me.”²⁰Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.²¹So He asked his father, “How long has this been happening to him?” And he said, “From childhood.²²And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us.²³Jesus said to him, “If you can believe, all things are possible to him who believes.”²⁴Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”²⁵When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: “Deaf and dumb spirit, I command you, come out of him and enter him no more!”²⁶Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, “He is dead.”²⁷But Jesus took him by the hand and lifted him up, and he arose.²⁸And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?”²⁹So He said to them, “This kind can come out by nothing but prayer and fasting.”³⁰Then they departed from there and passed through Galilee, and He did not want anyone to know it.³¹For He taught His disciples and said to them, “The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day.”

HOW OFTEN SHOULD I COME TO CONFESSION AND COMMUNION?

From Archbishop Michael's Address to the 2016 Diocesan Assembly

When I was a child, we went to Communion this way: One Confession, one Communion, once a year. I was terrified of it – of committing a sin between the two Sacraments, of swallowing water if I brushed my teeth – but I took it seriously. Today, I fear, we are too cavalier with Communion. We just get into line with everybody else, and receive the Holy Eucharist.

Sacramental reception is a good thing indeed; BUT are we properly prepared to receive the Very Body and Blood of Our Lord? Have we gone to Vespers? Have we read the Canon of Preparation or at least said the prayers of preparation for Holy Communion in the Liturgy book? Have we made a daily confession in our icon corner at home, come to General Confession if it is offered, and given our private Confession in the church at least once each fasting season? Have we fasted properly? I visit some parishes outside of the fasting seasons, and I hardly ever see anyone going to Confession that weekend. Is that the norm? Has it become Casual Communion?


I hope and pray that this is not the case. St. Paul warns us sternly in I Cor. 11:27-29: "Therefore whoever eats this Bread or drinks the Cup of the Lord in an unworthy manner will be guilty of the Body and Blood of the Lord. But let a man examine himself, and so let him eat of the Bread and drink of the Cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's Body."

The Church wants all of us to receive Holy Communion frequently, regularly. That's why She recommends Confession every month to six weeks, and always [at least] during each of the fasts. (The idea of going to confession once a year is from the Roman Council of Trent; it is not an Orthodox teaching.) ... Let us renew our Sacramental way of life, by receiving the Sacraments with proper preparation and greater enthusiasm!

See the Parish Lenten Calendar for opportunities to come to Confession.

Mark your calendar to come for Confession, and please plan to stay for the Liturgy or Vespers service that follows Confession.

THE ULTIMATE PRAYER FOR GREAT LENT: The Prayer of Saint Ephrem the Syrian



“O Lord and Master
of my life,
Take from me the spirit
of sloth, despair,
lust of power
and idle talk;

But give rather the spirit of chastity,
humility, patience, and love to Thy servant.

Yea, O Lord and King,
grant me to see my own transgressions
and not to judge my brother, for blessed
art Thou unto ages of ages. Amen.”

Pray this prayer through, once, standing before your icon or icons. After each phrase, make a full prostration to the floor – or bow as deeply as you can.

Next, make 12 bows, bowing down till your fingertips touch the floor, saying each time, “God, cleanse me a sinner.”

Then, say the whole prayer once more, ending with one final full prostration. Do this at least once daily, Monday - Friday, for the rest of Lent and Holy Week.