

A SPIRITUAL RETREAT FOR OUR PARISH FAMILY

With Fr. Sergius, Abbot of St. Tikhon's Monastery

SATURDAY, MARCH 21



- **9:00 Memorial Divine Liturgy, followed by Breakfast**
- **11:00 AM: "TEN MINUTE SPIRITUALITY IN A MODERN WORLD" with Fr. Sergius**
- **About 12:30 PM: Lunch**
- **1:30 PM: "SAVED ... FROM WHAT? - SAVED ... FOR WHAT?" with Fr. Sergius**
- **4:00 PM: Great Vespers**

Come for all of it... come for part of it ... just come!

Suggested Donation \$10 / Single; \$20 / Family

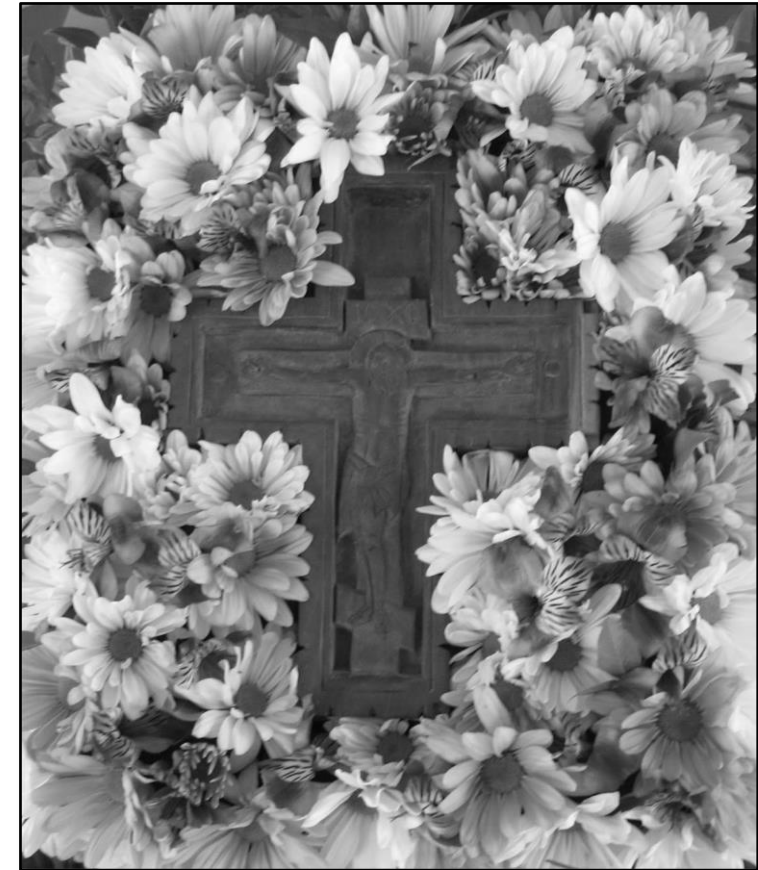
Father Sergius, the Abbot of St. Tikhon's Monastery in South Canaan, PA, grew up Catholic in San Jose, CA. He was received into the Orthodox Church in the mid-90's and took monastic vows in 1998. Moving to St. Tikhon's Monastery in 2000, Fr. Sergius completed his Master of Divinity degree and directed the Seminary & Monastery Choirs for years. He was ordained a priest in 2008 and elected Abbot of the Monastery in 2009. He is beloved among American Orthodox faithful for his preaching and teaching – youthful and enthusiastic, wise and inspired – radiating the love and joy found in Christ.

COMING EVENTS, HERE AND ELSEWHERE...

- Saturday, March 28, 11 AM: NYC Deanery "Town Hall" Meeting on the Draft Revision of the OCA Statute, at St. Nicholas Church, 14-65 Clintonville Street, Whitestone NY
- Lazarus Saturday, April 4, Here: Church School Retreat (Details to Come); Parish Pre-Pascha Clean-Up Day; AND, A Special Guest Presentation at 1 PM: "Aging Is Everybody's Business" – A Workshop in Growing Bonds Between Generations, with Dr. Jean Coppola, Professor at Pace University.
- Sat-Sun, May 2-3: Bishop Michael Visits Us, Here, for Vespers & Liturgy. Details to Come.
- Sunday, June 7, Afternoon (Time TBA): Parish Council Conference, "Sound Financial Practices in the Parish", Matushka Mary Breton, CPA, Treasurer of the Diocese – at Transfiguration Cathedral, 228 North 12th Street, Brooklyn NY

HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York



Sunday, March 15, 2015

Third Sunday of Great Lent

The Veneration of the Cross

**KINDLY RSVP FOR THE RETREAT WITH FR. SERGIUS,
ON SAT., MARCH 21 ... So we can prepare enough meals, please sign up
on the Easel at Coffee Hour, or email Fr. David, frdavidcowan@gmail.com .**



HOLY TRINITY ORTHODOX CHURCH

Trinity Plaza ♦ 46 Seymour Street ♦ Yonkers, New York 10701
 Rector: 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

March 15, 2015: Third Sunday of Great Lent ~ Veneration of the Cross

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

SERVICES AND ACTIVITIES

Today – Third Sunday of Lent – Veneration of the Cross

9:30 AM *Divine Liturgy*
 3:30 PM Basketball – in the Gym; All Are Welcome
 5:00 PM *Deanery Lenten Vespers* at Transfiguration Cathedral, 228 N 12th St, Brooklyn

Monday, March 16

6:00 PM Trinity Plaza Community Group Meeting – in Our Education Building

Wednesday, March 18

(No Confessions today; you may come this Friday or Saturday from 5:00-6:00 PM.)
 6:00 PM *Liturgy of the Presanctified Gifts* with Pot Luck Dinner & Talk Afterward –
 Special Guest Speaker: Fr. Teodor Svane, Seminarian at St. Vladimir's.

Thursday, March 19

7:30 PM Choir Rehearsal – in the Church

Friday, March 20

5:00 PM Private Confession Available
 6:00 PM *Liturgy of the Presanctified Gifts* Followed by Family-Style Meal

Saturday, March 21

9:00 AM *Memorial Divine Liturgy*
 ~ Lenten Retreat with Fr. Sergius – See Back Page for Schedule ~
 4:00 PM *Great Vespers* – Note the Time Change (Today Only)
 After Vespers, Private Confession will be available.

Sunday, March 22 – Fourth Sunday of Lent – St. John Climacus

9:30 AM *Divine Liturgy*
 5:00 PM *Deanery Lenten Vespers* at St. Nicholas Church, 14-65 Clintonville St., Whitestone,
 Bishop MICHAEL Celebrating

Monday, March 23

7:00 PM *Compline & Great Canon of St. Andrew of Crete* – with the Life of St. Mary of Egypt
 (This service is moved from its usual place on the 5th Thursday of Lent,
 because of the Feast and Afterfeast of Annunciation.)

Tuesday, March 24 – Eve of the Annunciation

7:00 PM *Vigil* – Great Feast of the Annunciation

Wednesday, March 25 – Great Feast of the Annunciation to the Theotokos

9:00 AM *Vesperal Divine Liturgy of St. John Chrysostom*

SUNDAY EVENING LENTEN SCHEDULE

for the NEW YORK CITY DEANERY

All services start at 5:00 PM.

- Sunday, March 15: Sunday of the Veneration of the Cross. Transfiguration Cathedral, 228 North 12th Street, Brooklyn NY 11211
- Sunday, March 22: Sunday of St. John Climacus. St. Nicholas Church (Whitestone), 14-65 Clintonville Street, Whitestone NY 11357
- Sunday, March 29: Sunday of St. Mary of Egypt. **Service of the Sacrament of Holy Unction.** Cathedral of the Holy Virgin Protection, 59 E. 2nd St., NYC 10003

PUT CONFESSION ON YOUR CALENDAR ...

Not only is Confession a requirement, at least once a year, for voting membership in the parish according to our bylaws ... more importantly, Confession is a staple of the spiritual life! Along with doctor's appointments, sports events, SAT prep, and all your other commitments, see the Confession times offered in the Bulletin and **put Confession on the calendar for you and your family!**

PRAYERS FOR THE DEPARTED

The last **Memorial Divine Liturgy for Great Lent** will be served
next Saturday 3/21 at 9:00 AM.

To include your loved ones in the Prayers for the Departed at those Liturgies, please fill out the form in the basket on the Candle Desk. Then, **come to the Liturgy** to join your prayers to those of the Saints and the Angels!

ALL ARE INVITED:

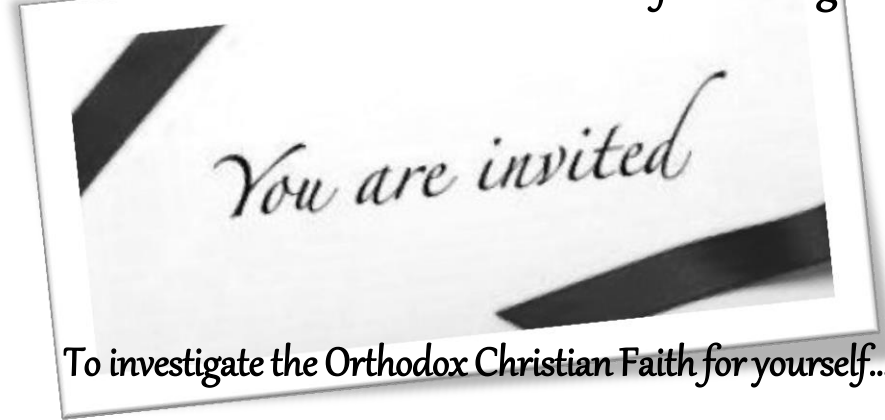
PAN-ORTHODOX AKATHIST SERVICE, FRIDAY EVENING, MARCH 27, 6:00 PM,

VIRGIN MARY ANTIOCHIAN CHURCH, 236 GRANDVIEW BL., YONKERS

The traditional Akathist Service to the Mother of God sung on the Fifth Friday of Great Lent, will be served together with our brothers and sisters from St. Vladimir's Seminary, St. Mary's Carpatho-Russian Church, and Virgin Mary Antiochian Church. The Antiochian parish is hosting the service; and their ladies will offer a Middle Eastern Lenten Supper after the Akathist. Do not miss it!

CHOIR MEMBERS: You are all invited to sing, together with the St. Vladimir's Seminary Choir. Combined choirs and chanters from the Russian-American and Byzantine traditions will be singing portions of the service. There is no rehearsal required. Simply show up, gather together with Father Herman and the St. Vladimir's singers, and join in!

To our visitors ... spouses ... fiancées ... family, and friends
from other Christian traditions and other faith backgrounds...



To investigate the Orthodox Christian Faith for yourself...

ONLINE, on the Diocese of New York & New Jersey's
"INVITATION" Website, at www.nynjoca/invitation.html

And IN PERSON, on one more Saturday during Great Lent:
Saturday, March 28 – 4:00-5:00 PM, in the Church

The Orthodox Church is evangelical, but not Protestant.

It is orthodox, but not Jewish.

It is catholic, but not Roman.

It is not non-denominational, it is pre-denominational.

Come and Learn ... Come and Ask ... Come and See!

**DONATIONS GRATEFULLY ACCEPTED –
TOWARD NEW PUMPS FOR OUR HEATING SYSTEM**

As you can tell, our heating system has much improved the last couple of months. However, the technicians have notified us that of the two pumps which enable warm air to be sent up into the church, one is no longer working, and the other is "on borrowed time." **The cost to install new pumps is approximately \$6,000.00.** Anyone wishing to contribute toward this project, please see Fr. David, Council President Vicky Statkevics, or any other Parish Council member. Thank you!

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.¹⁵For 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.¹⁶Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.¹For 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.²He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness.³Because of this he is required as for the people, so also for himself, to offer sacrifices for sins.⁴And no man takes this honor to himself, but he who is called by God, just as Aaron was.⁵So 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."⁶As 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.³⁵For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it.³⁶For what will it profit a man if he gains the whole world, and loses his own soul?³⁷Or what will a man give in exchange for his soul?³⁸For 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.¹And 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."

THE GREAT FAST CONTINUES ...

The Great Fast of Lent continues, through Holy PASCHA (Easter), Sunday, April 12, with the Paschal Divine Liturgy. During Great Lent we are called to abstain from meat and dairy products and from spiritually unproductive entertainment.

GOT PICTURES OR VIDEO CLIPS OF PARISH EVENTS?

Email them to our Webmaster, Nick Macagnone, at webmaster@HolyTrinityYonkers.org, to be included on our parish Facebook page, YouTube page, or Website. Help keep your parish's online presence current and colorful!

2015 DIOCESAN LENTEN TEEN RETREAT



At St. Basil's Academy, Garrison, NY
Friday – Sunday, March 20-22, 2015

The Annual Diocesan Lenten Teen Retreat for students in grades 7-12 will take place

March 20-22, 2015 at Saint Basil Academy in Garrison NY. The Academy has beautiful grounds, dormitory style rooms, a lovely chapel, and an indoor basketball court. Under the guidance and direction of Bishop Michael, participants will focus on *"The Mystery of Prayer"* centered around learning and discussing various ways prayer is used both within the life of the church and within personal life. Participants will also enjoy fellowship, education, and spiritual enrichment with one another. There is no charge to participate in this three-day retreat. Adult participants are encouraged to attend and serve as chaperones. [For details, visit www.nynjoca.org](http://www.nynjoca.org)

CONFESSIONS IN RUSSIAN / POLISH / UKRAINIAN: WED., APRIL 1, 6:00pm, with Fr. Wiaczeslaw Krawczuk:

В среду, 1 апреля в 6:00 вечера, о. Вячеслав Кравчук будет принимать Исповеди прихожан нашего Храма говорящих на Русском, Украинском и Польском языках.

DID WE MISS YOUR BIRTHDAY? We are very happy to add anyone to our Birthday prayer list ... please give Fr. David a written note, or email him, with your and your loved ones' birthdays, so you and they will be prayed for when the day comes!

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.***

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:

Boris Lyzak (Dasha's uncle); David Barret; Warren; Melissa; Erik; Anthony; Elias Kachur; Matushka Shirley Lickwar; Michael Mellin; Paula West; Danielle; newborn Vera Parrott; recovering Tamara, Elena & Alexandra; Eleanor Wasilko; the child August Veerman; Carol; Becka; Richard; Tatiana Mordovina; Matushka Patricia Mason; Catechumen Mary Ann Paprocki; Adriana Szpynda; Paul "PJ" Sulich; Gloria Panciera; Mary Smith; Fr. John Tkachuk; Stephen Wartella; newborn Elena King; Ludmila Branzow; Natasha Harris; Nathan Orsini; Suzanne Gee; Matthew & Malek; Dorothy Vernak; Nikolette Katechis; John Loving; Sherry & Nathaniel, Sara & Eros and the child to be born to her; Nicholas Washenko; Maryanne Nolan; His Eminence, Archbishop Seraphim; Jason & Kimberly, Paul & Natalia, Joshua & Jacqueline, Stan & Victoria, and all those preparing for marriage; Kevin Kuzmenko; Shawn Malone; Metropolitan Paul and Bishop Gregorios, Vera Bullock; Julia Wislocki; Schuyler Perry; Doris Morin; Kelly Ray; Justin Solak; Carmen Fesh; Deborah Chaiko; Anne Kakos, Kay Baker (Anne's sister); Vitaliy Khutko; Malcolm Kirkpatrick; Inga Serniak; Nikolai & Nadezhda Solidnov; Kathleen Nolan; the priests Frs. Joseph Chupeck, Thomas Hopko, Leonid Kishkovsky, John Pawelchak, Herman Schick, Ken James Stavrevsky, Daniel Degyansky, Michael Koblosh, Stephen Mack; PDns. Peter Skoog & Michael Sochka; Ann Belchyk; Helen Delandri; Helen Dempsey; Olga Jaworski; Olga Juck; Mary Kalakuka; Mary Kantor; Daria Krawchuk; Olga Pavelchak; Stephanie Phillips; Tekla Rzyzyk; Mat. Juliana Schmemann; Zena Weshta; all those confined to hospitals, nursing homes, and their own homes due to illness; for all soldiers, especially Jorge; 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 and their families; all Orthodox monks, nuns and all those considering the monastic life; all Orthodox missionaries and their families. Birthdays: Rafael Moreno (3/7); Anna Bolinsky (today); Vivian Kowalczyk (3/17); Zofia Kowalczyk & Stephanie Rzyzyk (3/18).

For blessed repose for the souls of: Newly departed Priest Matthew Baker (+3/1); Alexandra Tregubova (+2/23); Rose Genovese (+2/22); Christina McDonald (+2/22); John Wislocki (+2/19); the 21 Coptic Orthodox Christians newly martyred in Libya; the ever-memorable Vladimir & Vira; and all 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.

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!

Michael Bouteneff	Madeline Miroschnikov	Matt Skalski
Joe Ciamarra	Kamille Perry	Alexandra Solak
Megan Jones	Schuyler Perry	Nick Thanasias
Kaydee Kowalczyk	Roman Piwinski	Monika Wislocki
Dan Kozak	Amanda Rzyzyk	
Peter Kreatsoulas	Peter Rzyzyk	

Please tell Fr. David if there are any errors or omissions on this list.