

HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York

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 **Liturgies of the Pre-Sanctified Gifts** –
Typically celebrated **Wednesday and Friday evenings; between March 16 – April 20**
(Lenten Calendar coming soon, with details)

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 SUNDAY, MARCH 20

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

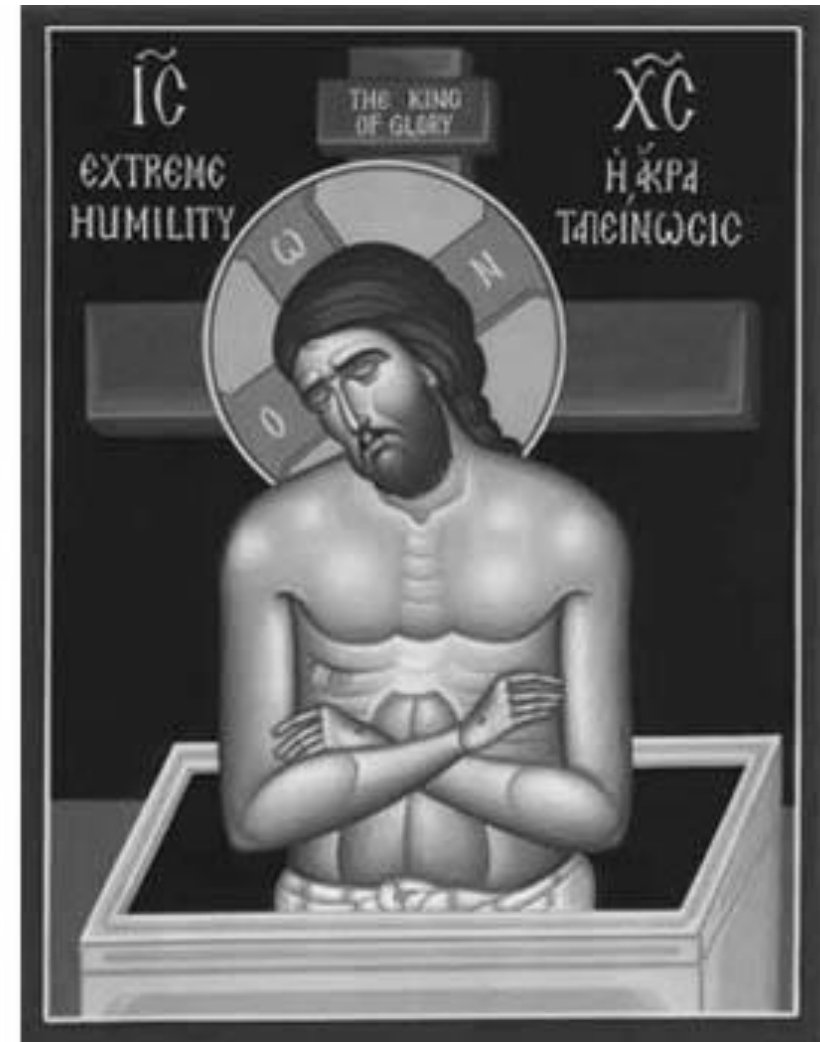
Financial Secretary: Jessica Moreno

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 on Sunday, March 20, 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



Sunday, March 13, 2016

Forgiveness Sunday

**The Expulsion of Adam from Paradise
Cheesefare Sunday**



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
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 Diocese of New York & New Jersey: www.nynjoca.org

Sunday, March 13, 2016 ~ Forgiveness Sunday
The Expulsion of Adam from Paradise ~ Cheesefare Sunday
Epistle: Romans 13:11-14:4; Gospel: Matthew 6:14-21

SERVICES AND ACTIVITIES

Today – The Expulsion of Adam from Paradise – Forgiveness Sunday – Cheesefare

9:30 AM *Divine Liturgy* with *Forgiveness Vespers* and the *Rite of Forgiveness*
 At Coffee Hour: “Cheesecake Sunday!”

Monday AND Tuesday, March 14-15 – Clean Monday and Clean Tuesday

7:00 PM *Great Canon of St. Andrew of Crete, First Monday and Tuesday of Lent*

Wednesday, March 16 – Clean Wednesday

5:00 PM Private Confession Available

6:00 PM *Liturgy of the Presanctified Gifts*, Potluck & Talk, THE PASSIONS: Gluttony

Thursday, March 17 – Clean Thursday; St. Patrick of Ireland

7:00 PM *Great Canon of St. Andrew of Crete, First Wednesday of Lent*
 (due to the celebration of the Presanctified Liturgy on Wed. 3/16)

Friday, March 18 – Clean Friday

6:00 PM *Liturgy of the Presanctified Gifts*

Saturday, March 19

5:00 PM Private Confession Available

6:00 PM *Great Vespers*

Sunday, March 20 – Triumph of Orthodoxy

9:30 AM *Divine Liturgy* with 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

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 begins Monday, March 14,
and ends on 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!

**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 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 Romans 13:11-14:4 Brethren: Do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed.¹²The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light.¹³Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy.¹⁴But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.¹Receive one who is weak in the faith, but not to disputes over doubtful things.²For one believes he may eat all things, but he who is weak eats only vegetables.³Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him.⁴Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand. **TODAY'S GOSPEL Matthew 6:14-21** Our Lord said: “For if you forgive men their trespasses, your heavenly Father will also forgive you.¹⁵But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.¹⁶Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.¹⁷But you, when you fast, anoint your head and wash your face,¹⁸so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.¹⁹Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal;²⁰but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.²¹For where your treasure is, there your heart will be also.”

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

March 20 Sunday of Orthodoxy

(with Metropolitan JOSEPH and Archbishop MICHAEL)
St. Nicholas Antiochian Cathedral, 355 State St., Brooklyn, NY 11217

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

(Location To Be Announced)

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

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

**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

“TUESDAYS WITH SAINT LUKE”

Interested in deepening your faith in the comfort of your home?
Come and spend Tuesdays on a conference call learning how:
“All Scripture is inspired by God.” 2 Timothy 3:16.

What we will do: read from **The Gospel of Luke, Good News for the Poor,**

Orthodox Bible Study Companion Series book by Fr. Lawrence Farley
(look for it at St. Vladimir’s Seminary Bookstore,
or online at Ancient Faith Radio, or you may simply sit back and listen).

When: Tuesdays, 7:30-8:00 pm (those who want to stay after for more fellowship may do so) beginning March 1, 2016, and continuing each Tuesday since April 19 – except for March 15, so that we may participate in the Great Canon of St. Andrew at church. Come once, come occasionally ... read along if you have the book, or just listen.

How: Dial in on your phone, 1-712-432-3900, then when prompted : press 424617 # since you come in “unmuted” please press #1 to be “muted” so that only the “reader” can be heard. If during the discussion period you would like to speak press #1 and you will “hear” that you are “unmuted”.

Any questions? Call Olga Ptach (914-262-1061) or email olgaptach@gmail.com

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; 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 Dosing; 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 Szpynda; baby Alena King; Ludmila Branzow; Suzanne Gee; Christina and her child Giovanni; Evan; Joshua; Nicholas; Nikolette Katechis; 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. Vitaliy 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: Anna Bolinsky (3/15), Vivian Kowalczyk (3/17), Zofia Kowalczyk & Stephanie Rzyk (3/18).

For blessed repose for the souls of: Newly departed 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); Archimandrite Athanasz (Mastalski) (+2/5); Archpriest John Udics (+2/3); 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.