

## 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**

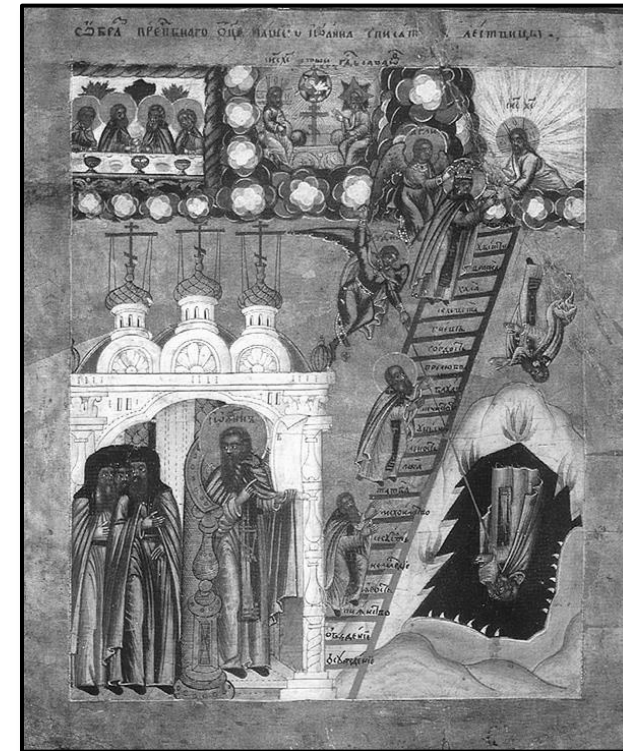
Friday, April 8: **Lust**

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 10, 2016**

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

## **Why Believe?**

**An evening for HTO YOUTH with Archbishop Michael**

**Palm Sunday evening ~ April 24**

**8-9pm in the Teen Room**

**(following the 7pm Bridegroom Matins Service)**

***Chinese food included!***



## 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.  
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 Diocese of New York & New Jersey: [www.nynjoca.org](http://www.nynjoca.org)

### Sunday, April 10, 2016 ~ Fourth Sunday of Great Lent St. John of the Ladder

Epistle: Ephesians 5:9-19; Gospel: Mark 9:17-31

### SERVICES AND ACTIVITIES

**Today – 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

**Monday, April 11**

7:30 PM Choir Rehearsal – in the Church

**Wednesday, April 13**

5:00 PM Private Confession Available  
 6:00 PM *Liturgy of the Pre-Sanctified Gifts*, with Pot Luck and Talk: “The Passions: Laziness and Despair”

**Thursday, April 14**

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

**Friday, April 15**

9:30 AM *Liturgy of the Pre-Sanctified Gifts*  
 6:00 PM *Great Akathist* – at *Virgin Mary Antiochian Church, 236 Grandview Blvd., Yonkers* – with Supper Afterward in the Parish Hall

**Saturday, April 16**

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

**Sunday, April 17 – Fifth Sunday of Great Lent: St. Mary of Egypt**

9:30 AM *Divine Liturgy*  
 12:30 PM Parish Council Meets – in the Education Building  
 5:00 PM *Sacrament of Holy Unction*, at Holy Virgin Protection Cathedral, 59 East 2<sup>nd</sup> Street, Manhattan

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

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

## 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 11  
 Monday, April 18

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

**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!**

## 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.

# 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 Rzyzyk	
Madeline Miroshnikov	Peter Rzyzyk	

*“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 Ephesians 5:9-19** Brethren: (for the fruit of the Spirit is in all goodness, righteousness, and truth),<sup>10</sup>finding out what is acceptable to the Lord.<sup>11</sup>And have no fellowship with the unfruitful works of darkness, but rather expose them.<sup>12</sup>For it is shameful even to speak of those things which are done by them in secret.<sup>13</sup>But all things that are exposed are made manifest by the light, for whatever makes manifest is light.<sup>14</sup>Therefore He says: “Awake, you who sleep, Arise from the dead, And Christ will give you light.”<sup>15</sup>See then that you walk circumspectly, not as fools but as wise,<sup>16</sup>redeeming the time, because the days are evil.<sup>17</sup>Therefore do not be unwise, but understand what the will of the Lord is.<sup>18</sup>And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,<sup>19</sup>speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.

**TODAY'S GOSPEL Mark 9:17-31** At that time, one of the crowd answered and said to Jesus, “Teacher, I brought You my son, who has a mute spirit.<sup>18</sup>And 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.<sup>19</sup>He 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.”<sup>20</sup>Then 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.<sup>21</sup>So He asked his father, “How long has this been happening to him?” And he said, “From childhood.<sup>22</sup>And 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.<sup>23</sup>Jesus said to him, “If you can believe, all things are possible to him who believes.”<sup>24</sup>Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”<sup>25</sup>When 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!”<sup>26</sup>Then 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.”<sup>27</sup>But Jesus took him by the hand and lifted him up, and he arose.<sup>28</sup>And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?”<sup>29</sup>So He said to them, “This kind can come out by nothing but prayer and fasting.”<sup>30</sup>Then they departed from there and passed through Galilee, and He did not want anyone to know it.<sup>31</sup>For 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.”

## 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 Rzyk, 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:**

Anna Bolinsky; Ghadfa Houry; Boris Lyzak; Helen Marie Saraceno; Lidia Mijolovic, Bill Bodack, Mat. Tamara Skvir, Michael Speck; Mat. Marion Swencki, Jenifer Calomiris, recovering from surgery; Mat. Joanna Bohush; Stephanie Davis; Alexander Kravchenko; Virginia Shanahan; John O'Donnel; Larisa Sovyrda; Nina Dimas; Richard Dosing; Elena Herman; John Paluch; Danielle Geeza; infant Maria; Courtney Lyzak; Anatole Honczarenko; Tekla Rzyk; 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; Vitaliy Khutko; Malcolm Kirkpatrick; Nikolai & Nadezhda Solidnov; the priests Frs. Vitaly Bahanovich, John Tkachuk, Joseph Chupeck, Jonathan Ivanoff, Leonid Kishkovsky, Joseph Kreshik; John Nightengale, Herman Schick, Ken James Stavrevsky, 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: Amanda Rzyk (4/10); Peter Nolan (4/11).

**For blessed repose for the souls of:** Newly departed Susan Cohen (+4/8); 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); Ivan, Evgeny, Nina; 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.**