

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

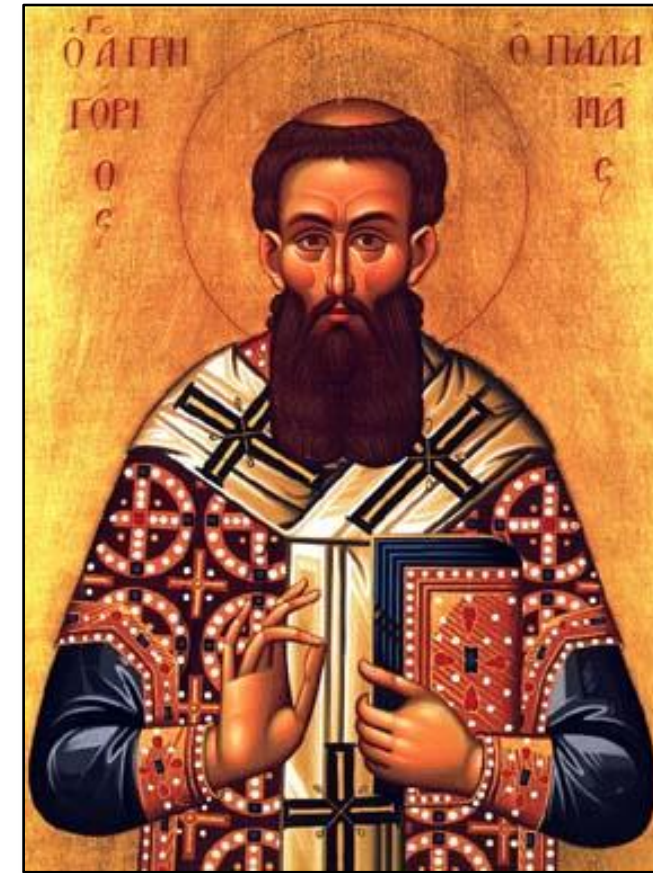
After 6 years of serving in West Virginia, Kentucky and Tennessee through the Appalachian Service Project (ASP) the Orthodox Youth Mission Team (OYMT) will be participating in an Orthodox Christian Mission Center short-term mission trip to Alaska. Youth and leaders from our parish and 5 others will be 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. 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!

Pussy Willows Are Blooming Early In Our Area!

**If you have pussy willow trees,
please cut them and bring them to church! Thank you!**

HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York



**Sunday, March 12, 2017
Second Sunday of Great Lent
Sunday of St. Gregory Palamas**

MEMORY ETERNAL ~ SOPHIE WAN

Sophie fell asleep in the Lord on Monday, March 6. Her services were held Thursday and Friday, and she was laid to rest in St. Vladimir's Cemetery in Jackson, NJ.

Our prayerful sympathies are with Eva, Alex, and all their family.

May Sophie's memory be eternal! "Vechnaya Pamyat!"



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 12, 2017 ~ Second Sunday of Great Lent ~ St. Gregory Palamas
Epistle: Hebrews 1:10-2:3; Gospel: Mark 2:1-12

SERVICES AND ACTIVITIES

Today

9:30 AM *Divine Liturgy* followed by Coffee Hour, Church School, Adult Altar Servers' Meeting
 At Coffee Hour: Moms' Group – First Meeting! After Coffee Hour: Cleaning & Packing Session
 5:00 PM *Lenten Vespers & Supper* at Holy Trinity Church, 400 Glenmore Ave., Brooklyn

Monday, March 13

7:30 PM Choir Rehearsal – in the Church

Wednesday, March 15

5:00 PM Private Confession Available
 6:00 PM *Liturgy of the Presanctified Gifts*
 7:45 PM HTO Web Team Meets

Thursday, March 16

7:00 PM Bible Study in English & Spanish – at the Kristensen Apartments Across the Street;
 Parishioners Welcome – Call Fr. David beforehand so you can be let inside.

Friday, March 17

2:00 PM Bible Study, in the Church
 7:00 PM *Akathist to the Mother of God* – at Virgin Mary Antiochian Church,
 236 Grandview Blvd., Yonkers; Supper Afterward Hosted by Their Ladies' Society

Saturday, March 18

9:30 AM *Memorial Divine Liturgy* – “Soul Saturday”; Pray for Your Departed Loved Ones
 11:30 AM – 2:30 PM Packing and Clean-Up Session in the Ed Building – Please Come Help!
 5:00 PM Private Confession Available
 6:00 PM *Great Vespers* with the *Procession of the Cross*

Sunday, March 19 – Visitation of His Eminence, Archbishop MICHAEL

9:00 AM Greeting of Archbishop Michael
 9:30 AM *Divine Liturgy*, Followed by Church School
 At Coffee Hour: **Luncheon with Archbishop Michael – Please Sign Up with Matushka Tamara to bring a dish!**
 “The Journey to Holy Week” – A Talk By Archbishop Michael
 5:00 PM *Lenten Vespers & Supper* – At St. Nicholas Church, 14-65 Clintonville St., Whitestone

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:

Nana Tchitchinadze; Klavdia, Vladimir & Svitlana; Matushka Christine Hoepflinger; newborn Veronica Wineski and mother Svetlana (Miroshnikovs' daughter & granddaughter); Marian Harris; Christina Berencz, John Felenczak, Christina Soucek & newborn daughter Giselle; Matushka Laura Schmidt & newborn daughter Lucy; Elena, Veronika; John, Susanna, Jonathan, Sophia, Nathan, Clara, Keith & Frances Talley; Fr. Nicholas Harris, Maggie Bautista; Ursula Handley; Ioanna; Anna; Reader Frederick Fetkowitz; Vincent Knarr; Theodora Mandel; Adnan Abbasi; Nicholas Macagnone; Dragan Saric; Olga Vurgina; Eugene & Tanya Balasenowich; the children Nadia, Michael, and Alena; Andrew Czuchta; Ann Dahulich; Barbara Evanina; Boris Lyzak; Stephanie Davis, Susan Hansen, Alexander Kravchenko, Virginia & Arthur Shanahan, John O'Donnel; 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, Alexis Vinogradov, Vitaly Bahanovich, John Tkachuk; Matushki Anastasia Harris, Kathryn Malcom, Masha Tkachuk and Elizabeth Vinogradov; 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: Anna Bolinsky (3/15), Vivian Kowalczyk (3/17), Zofia Kowalczyk & Stephanie Rzyk (3/18).

For blessed repose for the souls of: Newly departed Sophie Wan (+3/6); Seman Jacewicz (Melanie Kowalczyk's brother, +3/6). Millie Macagnone (Nick & Gail's aunt, +3/3); Richard Dosin (+2/6); 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.

NEW! MOMS' GROUP - STARTING TODAY!

Meets Sundays at Coffee Hour, During Church School

(We will begin today, skip March 19 so we can attend Archbishop Michael's talk, then resume on March 26.)

See Elena Paolercio if you'd like more information.

SCHEDULE OF SUNDAY LENTEN VESPERS SERVICES IN NYC AREA

March 12 Sunday of St. Gregory Palamas, 5:00 PM

Holy Trinity Church (Brooklyn), 400 Glenmore Avenue, Brooklyn

March 19 Sunday of the Cross, 5:00 PM

Saint Nicholas Church, 14-65 Clintonville St., Whitestone

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.

TODAY'S EPISTLE Hebrews 1:10-2:3 Brethren: To the Son, He says: “You, LORD, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands.¹¹ They will perish, but You remain; and they will all grow old like a garment;¹² like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail.”¹³ But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”?¹⁴ Are they not all ministering spirits sent forth to minister for those who will inherit salvation?¹⁵ Therefore we must give the more earnest heed to the things we have heard, lest we drift away.² For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward,³ how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him?”

TODAY'S GOSPEL Mark 2:1-12 At that time Jesus entered Capernaum after some days, and it was heard that He was in the house.² Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them.³ Then they came to Him, bringing a paralytic who was carried by four men.⁴ And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.⁵ When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.”⁶ And some of the scribes were sitting there and reasoning in their hearts,⁷ Why does this Man speak blasphemies like this? Who can forgive sins but God alone?⁸ But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts?⁹ Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’?¹⁰ But that you may know that the Son of Man has power on earth to forgive sins – He said to the paralytic,¹¹ I say to you, arise, take up your bed, and go to your house.¹² Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!”

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.

TWO SPECIAL OPPORTUNITIES TO OFFER YOUR CONFESSION

***CONFESSION AVAILABLE IN RUSSIAN, UKRAINIAN,
and POLISH – Saturday, March 25, 5:30 PM***

В субботу, 25 марта в 5:30 вечера, до и во время службы великой вечерни, о. Вячеслав Кравчук будет слышать исповеди прихожан нашего храма говорящих на русском, украинском и польском языках.

***CONFESSION AVAILABLE BEFORE LITURGY –
Sunday, March 26, starting at 9:00 AM***

Father David will be available for Confessions at 9:00, and Father John Tkachuk will begin the Divine Liturgy at 9:30 if Confessions are still in progress.

Ed Building Pack Up and Clear Out!

Next Saturday, March 18, 11:30 – 2:30, After Memorial Liturgy

So many people have already done so much to pack up the Ed Building! It's now time for one last push to clear it out and pack it up. We're asking for three hours of your time from 11:30AM to 2:30PM on Saturday, March 18, to finish the job.

We're going to have four-person teams (one upstairs and two downstairs), sorting, packing, and hauling. We'll be serving light refreshments after the day's liturgy, a lot of laughs, and a small gift for all volunteers. As organizers, Masha Tkachuk and Patricia Bouteneff will be there to help haul and answer any questions.