

HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York



Sunday, March 11, 2018

Third Sunday of Great Lent ~ The Sunday of the Cross

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

MEMORIAL SATURDAY ~ PRAYERS FOR THE DEPARTED

Put the names of your departed loved ones on the list on the candle desk ...
and then come to the **final Lenten Memorial Liturgy, Saturday, March 17,**
to join your prayers for your reposed loved ones
with the prayers of the Saints ... and to celebrate Saint Patrick's Day!

Coming Up in the Parish and in the Diocese ...

- **Lenten Teen Retreat – Friday to Sunday, March 16-18,** at St. Basil's Academy, Garrison, NY
- **Rescheduled: Saints Martha & Mary Women's Group: Friday, April 20, 7 PM,** at Tina Reduto's home.

**Also See Back Page for Schedules of HTO Lenten Teaching Talks
and New York City Deanery Sunday Vespers Services**

SERVICES AND ACTIVITIES ~ During this Lenten fasting season of “spiritual spring cleaning”,

we strive to abstain from meat and dairy products – as well as unnecessary conversation,

entertainment, and Internet activity. The Fast ends with the Divine Liturgy on Holy PASCHA, Sunday, April 8.

Today – Third Sunday of Great Lent: Sunday of the Cross

9:30 AM Divine Liturgy, followed by Church School and Coffee Hour; Teens meet with Fr. David and Brenden

5:00 PM Deanery Lenten Vespers – at St. Nino Georgian Mission, 1835 Bay Ridge Pkwy, Brooklyn, NY

Tuesday, March 13

6:30 PM Panikhida for Stephen Yednak (40 Days), requested by his wife Barbara and daughter Michelle

7:30 PM Choir Rehearsal – in the Church

Wednesday, March 14

5:00 PM Private Confession Available

6:00 PM Liturgy of the Pre-Sanctified Gifts followed by Pot Luck Dinner and Talk by Father David

Thursday, March 15

7:30 PM Spanish / English Bible Study, Kristensen Apts. Across the Street; Call Ioannis (347) 476-0063 to get in.

Friday, March 16

9:30 AM Liturgy of the Pre-Sanctified Gifts

Saturday, March 17 – Feast of Saint Patrick of Ireland

9:30 AM Memorial Divine Liturgy – Come Pray for Your Departed Loved Ones

4:00 PM “Orthodoxy 101” Adult Study Class

5:00 PM Private Confession Available

6:00 PM Great Vespers followed by Light Lenten Supper and Informal Discussion

Sunday, March 18 – Fourth Sunday of Great Lent: Saint John of the Ladder

9:30 AM Divine Liturgy followed by Church School and Coffee Hour

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

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.

HOLY TRINITY ORTHODOX CHURCH ♦ 46 Seymour Street ♦ Yonkers, New York 10701

Rector: V. Rev. David Cowan; Protodeacon John Eby; Attached: V. Rev. John Tkachuk; V. 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

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:

Daria York; Eugen Balasenowich, Sr. (Eugene's dad); Gregory; Edward; Gregory Barbash; Rocco & Marie Mastronardi; Nancy Prusak, Vanessa, Kylie & Aylynn; Lina Eckoff, Paulette Drake; Michael Champion; Honorina Rodriguez; Fr. Joseph Lickwar; Fr. Paul and Timothy Kucynda; Matushka Lorisa Gregory; Michael Durkot (Helen Lesko's brother); Mary Braig; Darina Markyanova and the child to be born to her; Vera Bouteneff; Igor; Susan; Alexandra; Fr. Nicholas Harris; Roman Vinogradov; Marian Harris; Vincent Knarr; Elena Herman; Nicholas Macagnone; Tanya Balasenowich; the child Alena; Andrew Czuchta; Boris Lyzak; Douglas & Susan Hansen; Christopher Olsen; Bill Bodack; Nina Dimas; Courtney Lyzak; Ludmila Branzow; Suzanne Gee; Kathleen & Maryanne Nolan; Shawn Malone; Metropolitan Paul and Bishop Gregorios, Vera Bullock; Schuyler Perry; Vitaliy Khutko; Nikolai & Nadezhda Solidnov; the priests Frs. Vitaly Bahanovich, Maryan Chaykivsky, Stephen Hoskins, Leonid Kishkovsky, Joseph Kreshik, John Malcom, Josef Petranin, John Reeves, Basil Summer, John Tkachuk, John Zabinko; Matushki Ellen Chupeck, Anastasia Harris, Rebekah Markewich, Priscilla Shipley, Katherine White; all those confined to hospitals, nursing homes, and their own homes due to illness, including Maria Chouplat; Helen Delandri; Olga Donski; Irene Homa; Anatole Honczarenko; Olga Juck; Ann Karell; Olga Pavelchak; Stephanie Phillips; Tekla Rzyzyk; for all soldiers, especially Mykola; widows, orphans, prisoners, victims of violence and natural disasters, and refugees, especially in the Middle East and 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: Brittany Piko (3/11), Anna Bolinsky (3/15), Irene Homa (97 years old on 3/17), Vivian Kowalczyk (3/17). Asking God's blessing on our efforts to lease the Education Building and renovate the church basement.

For blessed repose for the souls of: Newly departed Iolleta Bucci (+3/4); Timothy Conkling (+3/1); Emilita Poling (+2/25); Courtney; Anne; Archil Tatumashvili; Sophie Piwinski (Dasha's mother-in-law, +2/21); Gloria Panciera (Pam Adamovich's mother, +2/20); Matushka Barbara Kucynda (+2/16); Matushka Mary Perez (+2/12); Paul Poswinski (+2/11); Daniel Metz (+2/4); Stephen Yedynak (+2/2); Daria Krawchuk (+2/1); child Anthony Conti (+1/31); Alexander Yedynak; 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.

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!

Elizabeth Bouteneff
Michael Bouteneff
Joe Ciamarra
Brandon Ferguson
Kaydee Kowalczyk
Daniel Kozak
Andrew Nolan

Peter Nolan
August Perry
Kamille Perry
Christianna Piwinski
Roman Piwinski
Amanda Rzyzyk
Joshua Rzyzyk

Stephanie Rzyzyk
Matthew Skalski
Justyna Skalski
Adriana Szynda
Emily Szynda
Catherine Wislocki

"Sending our kids to college without a connection to the Church is like sending children to play in traffic." -- Abp. Michael
Please tell Fr. David if there are any errors or omissions on this 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. **Vigil Candle, Icon of St. Nicholas:** Regina Catadldo, Christina Sceppaquercia.

**WANT TO HELP A STRUGGLING PARISH, MISSION, OR SEMINARIAN WITHIN OUR DIOCESAN FAMILY?
Become a DISTINGUISHED DIOCESAN BENEFACTOR!**

**To see a video "slice of life" of our Diocesan churches, visit https://nynjoca.org/diocesan_assembly.html ... scroll down to:
VIDEO: 2017 – THE YEAR IN REVIEW . Any questions? See Fr. David.**



LENTEN TEACHING TALKS

Here at Holy Trinity Church

- **Fr. David, on “Dressed to Bless: What Do Vestments Mean?”**
Wednesday Evening, March 14. Pre-Sanctified Liturgy begins at 6:00 PM; Pot Luck and Fr. David’s talk follow.
- **Our own Prof. Peter Bouteneff, on his upcoming book, *How To Be A Sinner*,**
Wednesday Evening, March 21. Please come for the Pre-Sanctified Liturgy and stay after for the Pot Luck and Dr. Peter’s talk!
- **His Grace, Bishop SERAPHIM (Sigrist), on his new book, *Tapestry*, on Sunday Morning, March 25, the Feast of the Annunciation.** His Grace will preach at the Festal Divine Liturgy at 9:30 AM and speak on (and sign) his new book at Coffee Hour.
- **Brenden Link, Our St. Vladimir’s Seminary Intern, on “Temple Imagery and Our Worship”, Wednesday Evening, March 28.** Pre-Sanctified Liturgy begins at 6:00 PM; Pot Luck and Brenden’s talk follow.

SUNDAY LENTEN VESPERS SERVICES

In the NYC / Local New Jersey Area

- **Cross Veneration Sunday – March 11, 5:00 PM – St. Nino Georgian Mission, 1835 Bay Ridge Pkwy, Brooklyn, NY 11204, (973) 262-4462**
 - **St. John of the Ladder Sunday – March 18, 5:00 PM – Holy Trinity Church, 400 Glenmore Ave., Brooklyn, NY, 11207, (718) 498-0518**
 - **St. Mary of Egypt Sunday – March 25, 5:00 PM – Transfiguration Cathedral, 228 North 12th St., Brooklyn, NY, 11211, (718) 387-1064**

Lenten Supper and Fellowship will follow at each host parish.

All are welcome!

A LOCAL TRAGEDY ~ A FAMILY IN NEED

A young man named Timothy Conkling was murdered on Ashburton Avenue, just up the hill from us, on March 1 as he did his job emptying an industrial container for his cartage company. He leaves a widow and two teenaged daughters. If you are so moved, you can contribute toward their needs at

www.gofundme.com/TimConkling

On Patience ~ A Timely Reflection for the Middle of Lent

by Fr. John Klingel, Rector, St. Andrew Orthodox Church, Dix Hills, NY

Patience. The definition of patience is that very thing that all of you are going to lose if this sermon is longer than five minutes. I have to give my wife credit for that joke.

The Greek word for the fourth fruit of the Holy Spirit is *makrothumia*, which is often translated as “patience.” However, a more literal translation is “long suffering” or “slow to anger.” “Patience” is derived from a Latin word, meaning to suffer or to endure.

What is going on here with this word clearly has a lot to do with our point of view in the world. With *makrothumia*, we already have the sense of a fight, a contest, a battle. We all know that in life there will be things that confront us, that upset us, that seem to “get in the way” of what we have to accomplish. These are precisely the things that we have to be “slow to anger” in dealing with. Why is that? Why can’t we just get angry?

Patience is recognized as a virtue because it betrays an inner state of mind. That state of mind sees the world as an orderly thing, a gift from God, a vehicle of our sanctification. In this view, we experience reality as an intimate communication from God, not some kind of fearful, disorganized place wherein we are the victims of circumstance and chance. Further, we are not meant to give meaning to the world by our actions, we are meant to discover the meaning that is already within the world, the meaning that was placed there by God Himself.

However, by itself this world is not the world of paradise; it is a world that still bears the marks of the Fall, which estranged mankind from the radical freedom it was created with. Within the world and as a result of the things that we encounter, it is difficult for us to maintain that inner, patient state of mind. When confronted by life’s events, we become confused and we revert to our fallen perspective. Immediately we lose our sense of wonder and become anxious about our inability to control our lives.







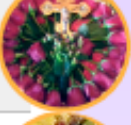


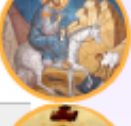


When we yield to the temptation of anger, we recapitulate the fall of Adam in our own lives. We cast ourselves in a play in which our role is that of the creator, we are all-knowing and are flummoxed by what is going on about us. In writing about patience, the Fathers advise us that this conflict we experience does have a purpose. St. Hesychios the Priest bluntly states: “Unexpected trials are sent by God to teach us to practice the ascetic life.” This is hard for us to accept. We would almost prefer to think of God as distant and uninvolved in our lives, than to imagine that He is responsible for the things that disturb us.

However, the things that disturb us only do so because of we allow them to. By falling time and time again out of the state of peace that we are meant to exist in, by neglecting our struggle with the passions, by not renouncing our own will, by rejecting prayerfulness, by entering into anger and being consumed by it, we alone are truly responsible for this disturbance.

There is a solution for this. When we become aware of this pattern, we need at once to cling to God in prayer. This is the goal of such natural asceticism. The “disturbances” will either drive us further from God or back into His embrace. This is our choice and by making it we reveal our truest colors. As Christians, we are eminently patient, because we choose to see God’s invisible hand supporting us in the midst of our distress.

OUR JOURNEY TO PASCHA! 2018

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week JANUARY 28th	 <i>TRIODION WEEKS</i> Publican and the Pharisee Reading: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Trust in God, not yourself! Ask for His help before every task this week!
Normal Fast Week FEBRUARY 4th	 The Prodigal Son Returns! Reading: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Use up/freeze meats this week.
Meatfare FEBRUARY 11th FAREWELL TO MEAT TODAY	 The Last Judgment Reading: 1 Corinthians 8: 8-9: 2 Gospel: Matthew 25: 31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 18th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Reading: Romans 13: 11-14:4 Gospel: Matthew 6: 14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent FEBRUARY 25th	 SUNDAY of ORTHODOXY Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 4th	 ST GREGORY PALAMAS Reading: Hebrews 1:10-2:3 Gospel: Mark 2: 1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 11th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8:34-9: 1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 18th	 ST JOHN of the LADDER Reading: Hebrews: 6:13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 25th	 ST MARY of EGYPT Reading: Hebrews 9: 11-14 & Heb 2:11-18 Gospel: Mark 10: 32-45 & LK 1:24-38	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! April 1st GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Reading: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 6th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet, & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 8th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1: 1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!