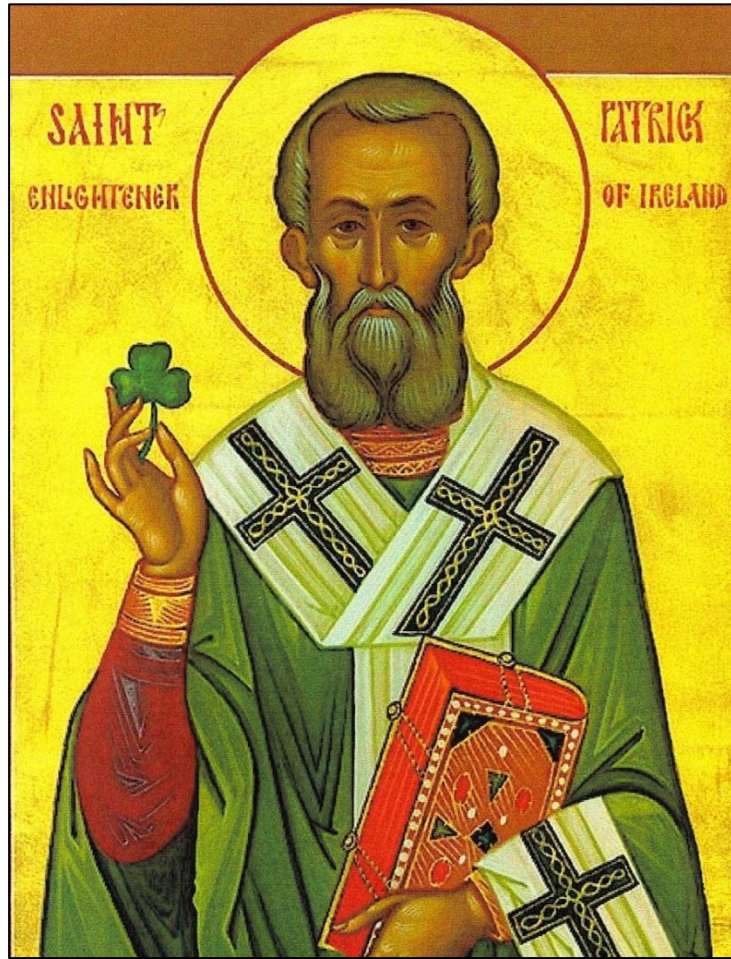


# HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York



**Sunday, March 17, 2019 ~ Tone 1**

**Sunday of the Triumph of Orthodoxy ~ St. Patrick of Ireland**

**First Sunday of Great Lent**

**Thank you** to all who have brought supplies for **Coffee Hour!**  
**This week's needs are:** Decaf Tea; Water Jugs; Peanut Butter and Hummus.

#### **PLEDGE UPDATE FOR 2019**

So far for 2019, 32 pledge forms have been turned in, and approximately \$67,700 has been pledged. In 2018, 41 pledge forms came in, and \$72,900 was pledged. Let's increase our stewardship for 2019! Please turn in your 2019 pledge form either to Fr. David or in the box in the back of the church. *Thank you!*

#### **IRENE HOMA TURNS 100 YEARS OLD TODAY ... LET'S GO SEE HER!**

Many of you know and love Irene ... a pillar of our parish for nearly a century who now lives up in Carmel. A group of parishioners is driving up to visit her for a celebration in her honor at the place where she lives. If you haven't already signed up, please see Mat. Tamara immediately after the Liturgy.

#### **OCF RETREAT HERE, FRIDAY NIGHT, APRIL 5**

On the evening of Friday, April 5, we will be hosting a group of Orthodox Christian college students who are having a retreat at St. Vladimir's Seminary the next day. We will hold an evening service to worship with them before they begin their retreat activities. Please mark your calendar and plan to come and welcome them. The service time will be announced soon.

## SERVICES AND ACTIVITIES

### Today – First Sunday of Lent, the Triumph of Orthodoxy

- 9:30 AM *Divine Liturgy* with *Icon Procession for Kids And Adults*  
Followed by Church School & Coffee Hour; Caravan to Irene Homa's 100<sup>th</sup> Birthday Party in Carmel
- 4:00 PM *Sunday of Orthodoxy Vespers*, with Archbishop Michael, at SS. Peter & Paul Church,  
109 Grand Street, Jersey City NJ

### Tuesday, March 19

- 7:30 PM Choir Rehearsal – in the Church

### Wednesday, March 20

- 5:00 PM Private Confession Available
- 6:00 PM *Liturgy of the Pre-Sanctified Gifts*, followed by Pot Luck Dinner and Adult Study Class – on the book, "Of What Life Do We Speak?" By His Beatitude, Metropolitan Tikhon

### Friday, March 22

- 9:30 AM *Liturgy of the Pre-Sanctified Gifts*

### Saturday, March 23 – Memorial Saturday

- 4:30 PM *Panikhida* for the Departed of Holy Trinity Church – Write in the names of your departed on the form on the candle desk.
- 5:00 PM Private Confession Available
- 6:00 PM *Great Vespers*

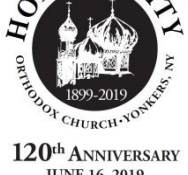
### Sunday, March 24 – Second Sunday of Lent, Saint Gregory of Palamas

- 9:30 AM *Divine Liturgy*, followed by Church School and Coffee Hour
- 7:00 PM *Great Vespers & Litya* – Great Feast of the Annunciation of the Most-Holy Theotokos

### Monday, March 25 – Great Feast of the Annunciation to the Most-Holy Theotokos

- 9:30 AM *Divine Liturgy* – The Annunciation

**EPISTLE Hebrews 11:24-26, 32-12:2** Brethren: By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented – of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. **GOSPEL John 1:43-51** At that time, Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote – Jesus of Nazareth, the son of Joseph." And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!" Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these. And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."



**Holy Trinity Orthodox Church** ~ 46 Seymour Street, Yonkers, NY 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

120<sup>th</sup> ANNIVERSARY  
JUNE 16, 2019

**PRAYER LIST**

Archbishop Nikon of Boston, Deacon John Holoduek (both in hospital after surgery); Jennifer Drake (Beth Rzyzyk's sister); Ann Dominick; Natalia Karlgut; Peggy Wheeler; Nancy McGill; Mary Bartholomew; Kyra Skoog; Aria; Kyra, Nika, Stanley; Kathy; Elba & Diane; Michael Skor; Joseph; Janelle & Ian Attila and Mat. Jessica & Fr. Matthew Fuhrman and the pre-born infants lost to them; Susan Krause; Lisa Anna Hofstead; Fr. Peter Olsen; Fr. John Bartholomew; Candice Masset; James Hasset; Mat. Anastasia Harris; Fr. Nicholas Harris, Sara Haughton, Leonard Soroka, expecting mothers Melania King & Victoria Miroshnikov and the children to be born of them; Pdn. Stephen Sweet; Ashley; Aaron Hoskins; Vera Bullock; John Krawchuk; Danielle, Sophia and Stella Miller; Martha Scigliano; Fr. Dennis Swencki; Fr. Steven Belonick; Charlie Andonis; Barbara Garbinski; child Victoria Saraceno; Vera Bouteneff; Ted Chaiko; Earle & Sally Ausman; Rocco Mastronardi; Nancy Prusak; Pedro Rosario; Honorina Rodriguez; Christina Sceppaquercia & Regina Cataldo; Douglas Jenkins, Mary Braig; Marian Harris; Vincent Knarr; Luka & Elena Herman; Nicholas Macagnone; Tanya Balasenowich; the child Alena; Andrew Czuchta; Boris Lyzak; Douglas & Susan Hansen; Bill Bodack; Courtney Lyzak; Suzanne Gee; Kathleen & Maryanne Nolan; Shawn Malone; Metropolitan Paul and Bishop Gregorios; Nikolai & Nadezhda Solidnov; the priests Frs. Vitaly Bahanovich, Maryan Chaykivsky, Stephen Hoskins, Samuel Kedala, Leonid Kishkovsky, John Malcom, Josef Petranin, John Reeves, Daniel Skvir, Basil Summer, John Tkachuk, John Zabinko; Matushki Ellen Chupeck, Rebekah Markewich, Priscilla Shipley; all those confined to hospitals, nursing homes, and their own homes due to illness, including Eugen Balasenowich, Sr.; Maria Chouplat; Helen Delandri; Olga Donski; Walter Donski; Irene Homa; Anatole Honczarenko; Olga Juck; Olga Pavelchak; Stephanie Phillips; Tekla Rzyzyk; for all soldiers, especially Mykola; widows, orphans, prisoners, victims of violence and natural disasters, and refugees; 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: Irene Homa (who turns 100 today, 3/17!), Vivian Kowalczyk (3/17), Zofia Kowalczyk (3/18), Stephanie Rzyzyk (3/18), Fr. Nicholas and Nika Harris (3/19), Tony Prusak (3/23). Feast Day: All named Patrick & Patricia. Asking God's blessing on our labors renovating the Education Building and the Church building.

**For blessed repose for the souls of:** Newly departed Susan Timoshuk Erdmann (+3/16); Martin Herman (Norm Luka Herman's father, +3/13); infant Julia Szabo (+3/6); Stamatela Manesis (+3/3); Leonard Spano, Sr. (+2/10); Crissy Knarr (+2/5); Victor Makarov (+11/28); ever-memorable Kopcza family members Marek, Andryj, Petro, Eugenia, Seman, Paraska, Stefan; all the departed named Patrick & Patricia; 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  
Joe Ciamarra  
Brandon Ferguson  
Samantha Fricke  
Kaydee Kowalczyk  
Luke Kusick

Andrew Nolan  
Peter Nolan  
August Perry  
Kamille Perry  
Joshua Rzyzyk  
Stephanie Rzyzyk

Matthew Skalski  
Justyna Skalski  
Adriana Szpynda  
Emily Szpynda  
Katherine Wislocki  
Olivia 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 Candles, Icons of Christ and the Theotokos, Departed Members, Wirchansky Family:** Janet, Peter, Christina, Anne, Helen & Anastasia. Living: Wirchansky, Seckerson & Carlucci Families. **Vigil Candle, St. Nicholas, South Kliros, Health of Regina Cataldo & Christina Sceppaquercia.**

**WISDOM FROM THE SAINTS: THE BREASTPLATE OF SAINT PATRICK OF IRELAND**

“Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ in the heart of every man who thinks of me, Christ in the mouth of every man who speaks of me, Christ in the eye that sees me, Christ in the ear that hears me. I arise today through a mighty strength, the invocation of the Trinity, Through a belief in the Threeness, Through a confession of the Oneness of the Creator of creation. Salvation is of the Lord. Salvation is of Christ. May Thy Salvation, O Lord, be ever with us.”





120<sup>th</sup> ANNIVERSARY

## Join Us Saturday 4/13 for a Lenten Retreat at Holy Trinity Orthodox Church in Yonkers

as we welcome Faithtree Resources Executive Director, Michelle Moujaes for a very different kind of Lenten Retreat—a one-day workshop that promises to engage you like never before! You will leave the workshop equipped with practical steps you can immediately apply to your relationships. Come have lots of fun, lots of laughs, and gain a ton of strategies for low-conflict, Christ-centered relationships.

# THE ART OF FIGHTING

REGISTRATION  
DEADLINE  
APRIL 1ST, 2019

**Where:** Holy Trinity Orthodox Church  
46 Seymour Street  
Yonkers, New York 10701

**When:** Saturday, April 13, 2019  
9:30 am – 3:00 pm

**Cost:** \$25 includes Breakfast, Lunch,  
Snacks and Handouts

**Building  
Christ-Centered  
Relationships  
in a  
Me-Centered  
World**



**Faithtree**  
FAITHTREE.ORG

FOR MORE INFO, PLEASE CONTACT:

Mary Tkachuk

914.999.0480 - tkachukmary66@gmail.com



Michelle Moujaes is the Founder and volunteer Executive Director of Faithtree Resources, a nonprofit organization based in Los Angeles, CA that focuses solely on equipping Orthodox Christian clergy and lay leaders with ministry resources. She is a married, stay-at-home mother of four children and an active member of St. Michael Antiochian Orthodox Church in Van Nuys, CA. She has a Master's from Boston University in Social Work/Community Organizing and works with a variety of agencies including the Michael J. Fox Foundation for Parkinson's Research, Monster.com's Making it Count Program, Massachusetts Coalition for the Homeless, and the Easter Seals School for Children with Autism. Her service roles include the New England Regional Youth Director for the AOCA, IOCC Metropolitan Committee Chair-Los Angeles, and OCF National Board Member. She also speaks internationally on the topic of autism and interventions for adults and children with Extraordinary Needs. You will also often find her losing in a game of basketball with her husband and four kids at home.

**Register Online: [www.holytrinityyonkers.org](http://www.holytrinityyonkers.org)**  
**Register By Phone: Mary Tkachuk 914.999.0480**

### Lenten Sunday Mission Vespers in NYC Area

Today, 4PM: Sunday of Orthodoxy Vespers: SS. Peter & Paul Church, 109 Grand St., Jersey City, NJ  
March 24, 5 PM: St. Gregory Palamas Sunday: Holy Trinity Church, 400 Glenmore Ave., Brooklyn, NY  
March 31, 5 PM: Sunday of the Cross: St. Andrew Church, 1095 Carl's Straight Path, Dix Hills, NY 11746  
April 7, 5 PM: St. John Climacus: St. Nicholas Albanian Orthodox Church, 181-14 Midland Pkwy, Jamaica Estates, NY  
April 14, 5 PM: St. Mary of Egypt Sunday: Transfiguration Cathedral, 228 North 12th St, Brooklyn, NY