

# HOLY TRINITY ORTHODOX CHURCH

Yonkers, New York



**Sunday, March 24, 2019 ~ Tone 2**

**Sunday of St. Gregory Palamas ~ Forefeast of the Annunciation**

**Second Sunday of Great Lent**

## **PLEDGE UPDATE FOR 2019**

So far for 2019, 33 pledge forms have been turned in, and approximately \$70,100 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!*

## **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 – 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

### Tuesday, March 26

7:30 AM Choir Rehearsal – in the Church

### Wednesday, March 27

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

### Thursday, March 28

7:30 PM Parish Council Meeting – in the Fellowship Hall

### Friday, March 29

5:30 PM Private Confession Available

6:30 PM *Liturgy of the Pre-Sanctified Gifts*, followed by Family Night Pot Luck Supper & Movie; Families, bring the kids!

### Saturday, March 30

9:30 AM *Memorial Divine Liturgy* – Come pray for your departed loved ones; leave their names at the candle desk.

5:00 PM Private Confession Available

6:00 PM *Great Vespers with Procession of the Holy and Life-Giving Cross*

### Sunday, March 31 – Sunday of the Cross; Third Sunday of Great Lent

9:30 AM *Divine Liturgy*, followed by Church School & Coffee Hour

During Coffee Hour: 120<sup>th</sup> Anniversary Committee Meeting

**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.<sup>11</sup>They will perish, but You remain; and they will all grow old like a garment;<sup>12</sup>like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail.”<sup>13</sup>But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool?”<sup>14</sup>Are they not all ministering spirits sent forth to minister for those who will inherit salvation?<sup>1</sup>Therefore we must give the more earnest heed to the things we have heard, lest we drift away.<sup>2</sup>For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward,<sup>3</sup>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.<sup>2</sup>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.<sup>3</sup>Then they came to Him, bringing a paralytic who was carried by four men.<sup>4</sup>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.<sup>5</sup>When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.”<sup>6</sup>And some of the scribes were sitting there and reasoning in their hearts,<sup>7</sup>Why does this Man speak blasphemies like this? Who can forgive sins but God alone?<sup>8</sup>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?<sup>9</sup>Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk?’<sup>10</sup>But that you may know that the Son of Man has power on earth to forgive sins – He said to the paralytic,<sup>11</sup>I say to you, arise, take up your bed, and go to your house.<sup>12</sup>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!”



**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

## PRAYER LIST

Archbishop Nikon of Boston, Fr. Maryan Chaykivsky, Fr. Ken Stavrevsky; Deacon John Holoduek; Jennifer Drake (Beth Rzyzyk's sister); Ann Dominick; Natalia Karlgut; Judith and Rocco Mastronardi; Frederick Miller; 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; Fr. Peter Olsen; Fr. John Bartholomew; Candice Masset; James Hassett; 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;; 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, 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: Jim Reduto (3/29). Asking God's blessing on our labors renovating the Education Building and the Church building.

**For blessed repose for the souls of:** Newly departed Lisa Anna Hofstead; Feodora Apanasow; Matushka Julia Petranin (+3/17); 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); Victor Makarov (+11/28); ever-memorable Kopcza family members Marek, Andryj, Petro, Eugenia, Seman, Paraska, Stefan; 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:

We are not without hope of salvation, nor is it at all the right time for us to despair. All our life is a season of repentance, for God 'desires not the death of the sinner', as it is written, 'but that the wicked turn from his way and live'. For, if there were no hope of turning back, why would death not have followed immediately on disobedience, and why would we not be deprived of life as soon as we sin? For where there is hope of turning back, there is no room for despair.

- Saint Gregory Palamas



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

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

### PASCHA SUNDAY RECEPTION ~ ALL PARISHIONERS WELCOME

The Bullock and Tkachuk families invite you to a Paschal reception at the Bullock home at 26 Sprague Road in Scarsdale on Pascha Day from 1:00pm until 4:00pm (Pascha Sunday, April 28).

Please let Vera know if you are able to attend so she can plan accordingly.

347-624-1409 or [vbullock@law.fordham.edu](mailto:vbullock@law.fordham.edu). They hope you can join our parish family to celebrate the Feast of Feasts!