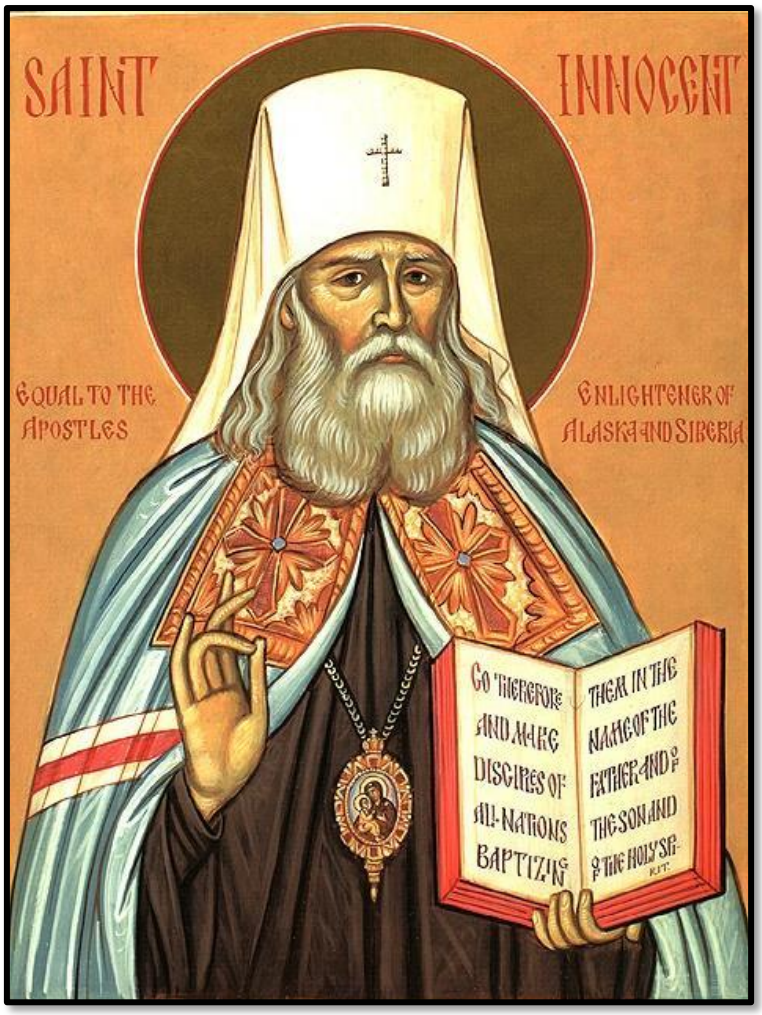
HOLY TRINITY ORTHODOX CHURCH

46 Seymour St., Yonkers, NY ~ 914.965.6815 ~ www.HolyTrinityYonkers.org



Sunday, October 6, 2019

16th Sunday After Pentecost ~ Tone 7

St. Innocent, Enlightener of Alaska and Metropolitan of Moscow

St. Thomas, the Apostle

PLEASE HELP WITH COFFEE-HOUR CLEANUP and SUPPLIES!

We need your help with Coffee Hour clean-up! Put your names on the poster in the Fellowship Hall.

This week's Coffee Hour Needs are: Jugs of Water and Flavored Creamers.

Thank you for your part in the Ministry of Hospitality!

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;
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Diocese of New York & New Jersey: www.nynjoca.org

SERVICES AND ACTIVITIES

Today
9:30 AM *Divine Liturgy* followed by Church School, Coffee Hour with Video Presentation from the Orthodox Youth Mission Team, and Teens Meet with Fr. David, Episode 2 of "The Relationship Project"

Tuesday, October 8
7:00 PM *Akathist* to St. Tikhon, Patriarch of Moscow and Founding Bishop of Our Parish

Wednesday, October 9
7:30 PM Choir Rehearsal – in the Fellowship Hall

Thursday, October 10
7:30 PM Parish Council Meeting – in the Fellowship Hall

Saturday, October 12
12:30 PM *Baptism* of Maximilian Van Lare
5:30 PM Private Confession Available
6:00 PM *Great Vespers*

Sunday, October 13
9:30 AM *Divine Liturgy* with *Panikhida* for Paraskiewa Salej, requested by her children, Bill Prusak & Lidia Ryzyk; followed by Church School and Coffee Hour hosted by the Ryzyks & Prusaks, in memory of Paraskiewa Salej

TODAY'S EPISTLE Heb. 7:26-8:2 Brethren: For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens; who does not need daily, as those high priests, to offer up sacrifices, first for His own sins and then for the people's, for this He did once for all when He offered up Himself, or the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever. Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens, a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

TODAY'S GOSPEL John 10:9-16 The Lord said, "I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd."

COMING UP IN THE PARISH AND THE DIOCESE:

- Today, October 6: OYMT (Orthodox Mission Youth Team) Video and Talk at Coffee Hour. Come learn what the Mission Team experienced this summer helping families in Tennessee, and hear about plans for 2020!
- Thursday, October 10, 7:30 PM: Parish Council Meeting, Fellowship Hall
- Wednesday, October 16, 6:30 PM: Building Committee Meeting, Fellowship Hall
- Friday, October 18, 7:00 PM: St. Tikhon Choir performs Benedict Sheehan's Divine Liturgy of St. John Chrysostom in English, St. John Nepomucene Church, 411 E. 66th Street, NYC. Ticket sales and more information at www.stspress.com (St. Tikhon's Press & Bookstore).
- Saturday, October 26, 5:00 PM Youth Choir Rehearsal
- July 15–21, 2020: Pilgrimage to Alaska with Archbishop Michael: Celebrating 50 Years of the Glorification of St. Herman of Alaska, and the Autocephaly of the OCA! Pick up a poster on the Welcome Table with details.

IT IS TIME TO REPLENISH OUR LOCAL CHARITY FUND

From time to time, local individuals and families facing hard times will come to the church seeking some material assistance. We do not give out cash. Your monetary donations fund MetroCards and grocery gift-cards. Please see Eugene Balasenowich or Fr. David to offer a donation or ask for details. *Thank you!*

ESSENTIAL ADVICE FROM ST. INNOCENT OF ALASKA,
Indication of the Way into the Kingdom of Heaven

GROW IN HUMILITY. Even if you are an honest, just, good, and merciful person -- even though you may have achieved much goodness, keep considering yourself as an unworthy servant of God. Indeed, if we examine our good works more closely, we will see that none of them are completely beyond reproach. For example, if we give alms or help someone, how often do we add conceited, self-interested, judgmental, or other such unkind thoughts to our alms or help. Of course, every good deed always remains good, even when it is imperfect. It can be likened to gold which has value even before it is purified. But as gold becomes more precious when an experienced craftsman purifies and works it, so **let us entrust our good deeds to the Heavenly Master that He will make them even more valuable.**

DO NOT BOAST OF YOUR GOOD DEEDS. Thus, if you wish your good deeds to please God, do not boast about them. **You are not the master but only an apprentice.** As craftsmanship gives value to gold, so a pure and unselfish Christian love, which stems from the Holy Spirit, gives value to our good deeds. **Everything that is done without Christian love, i.e., without the Holy Spirit, is not yet a fully valued good deed.** Without the Holy Spirit a person remains poor and pitiful.

DO YOU HAVE MORE THAN ENOUGH? Or **suppose that you are prospering and living well** and that everything flows smoothly. **Consider this also to be the voice of God.** Here God teaches you to be as merciful to those in need as He is merciful to you. It is dangerous and sinful to ignore the voice of God, to remain unrepentant and unimproved during times of hardship, to fail to thank God, or not to help others when you have plenty. **Even more ruinous is to do the opposite: to grumble and become embittered in difficult circumstances or to forget God and live only for pleasure in fortunate surroundings. What might then result is that God, after repeated teachings, will turn away from you as from a stubborn child and will abandon you to your own desires.** Then passions will easily overcome you, your intellect and conscience will become dulled, and you might reach a point at which you will justify even your worst sins as natural and common human weakness. In order to avoid such a fall, it is necessary to become sensitive to the voice of God in the Holy Spirit and to follow His correction.

PRAY WITHOUT CEASING (1 Thessalonians 5:17). How is this possible for people living in a secular world? If you are to pray all the time, how then are you to perform your other duties? **The advice of perpetual prayer is directed not toward outward but toward inner prayer.** If desired, you can turn to God internally whether you are alone or with others. **Only he or she who does not want to pray will not find time for prayer.**

DO NOT AVOID HOLY COMMUNION. Those who neglect to take Holy Communion do not love Jesus Christ and will not receive the Holy Spirit, and consequently will not enter the Kingdom of Heaven. So, for the sake of your salvation, partake of Communion as often as possible. The Body and Blood of Christ is a true cure for many spiritual and bodily infirmities. **And who among us is perfectly healthy? Who would not want to receive helpful relief?** The Body and Blood of our Lord Jesus Christ is the nourishment which sustains us on the path to the Kingdom of Heaven. Is it possible to complete a long and difficult journey without sustenance? The Body and Blood of Jesus Christ is the holiness bestowed on us by Jesus Christ Himself for our sanctification. Who would refuse to be a partaker of such holiness? Therefore, **do not be lazy in stepping up to the Chalice of Life, but approach it with faith and fear of God.**

THERE IS ONE PATH TO HEAVEN. We should remember that the path into the Kingdom of Heaven that has been opened to us by Jesus Christ **is the only one**, and there never was and never will be another path that leads to salvation. **At times this path may appear difficult, but, again, you should remind yourself that this is the only one that leads toward your objective. At other times the Christian will encounter such consolations and delights on this path as cannot be found in any worldly thing.** The Lord Jesus Christ assists us on this path. He gives us the Holy Spirit, He sends His angel to protect us, He provides instructors and leaders, and **even He Himself takes us by the hand and leads us to salvation.**

WHICH PATH IS REALLY HARDER? If the path into the Kingdom of Heaven seems difficult, then consider how incomparably more dreadful are the eternal torments in fiery Gehenna {hell]. That the path toward earthly happiness is not really easier at all. Just observe how much people toil to amass earthly things, how many disappointments, fights, sleepless nights and deprivations they bear. Or **remind yourself of how much effort and expense it takes to achieve some meaningless and fleeting pleasure! And for what? Instead of [lasting] happiness, you are left with disappointment and weariness. When you carefully examine the heart of the matter, it becomes evident that people stay away from the Heavenly Kingdom not because the path to it is harder, but because it *seems* harder.**

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PRAYER LIST

Albi Kavo; Luke Kusick, recovering from an injury; Edward Kiss; Fr. John Chupeck; Fr. Samuel Kedala; Fr. Paul Kucynda; Fr. Dennis Nagi; Mat. Deborah Belonick and her family; George & Madeline Miroshnikov and the child to be born to them; Eunice Bullock (Nigel's mother); Lawrence DeNoia; Tina Seckerson; Catechumen Judy & Rocco Mastronardi; Frank, Mat. Anastasia Harris; Fr. Nicholas Harris, Sara Haughton, Aaron Hoskins; Vera Bullock; John Krawchuk; Sharon Turpening; Danielle, Sofia and Stella Miller; Marilyn; Martha Scigliano; Charlie Andonis; children Daniel Markewich, Victoria Saraceno & Charlie; Vera Bouteneff; Ted Chaiko; Nancy Prusak; Honorina Rodriguez; 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, Leonid Kishkovsky, John Malcom, Josef Petranin, John Reeves, Daniel Skvir, Basil Summer, Dennis Swencki; John Tkachuk, John Zabinko; Matushki Ellen Chupeck, Myra Kovalak, Rebekah Markewich, Alexandra Safchuk, 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; Stephanie Phillips; Tekla Ryzyk; Edward Wirchansky; 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: Luke Kusick (10/8), Cris Saraceno (10/12). Anniversary: Peter & Patricia Bouteneff (10/4). Feast Days: All named for St. Innocent of Alaska and St. Thomas, the Apostle. First Confession: John Michael King (10/5). Asking God's blessing on our labors renovating the Church building.

For blessed repose for the souls of: Newly departed Nana Tchitchinadze (+9/26); Frank Pugliese (+9/20); Bartholome (+9/18); Gertrude Mach (Samantha Fricke's grandmother, +9/12); Paraskiewa Salej (Bill Prusak & Lidia Ryzyk's mother, +9/7); Archbishop Nikon of Boston and the Albanian Archdiocese (+9/1); Nicholas Proios (+9/1); Andrew Hornick, Jr. (8/28); ever-memorable Michael Adamovich, Sr. (birthday 10/1); Victor Makarov (+11/28/18); All the departed named for St. Innocent of Alaska and St. Thomas the Apostle; 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!

Tatiana Balasenowich
Elizabeth Bouteneff
Joe Ciamarra
Brandon Ferguson
Samantha Fricke
Kaydee Kowalczyk
Sofia Miller
Stella Miller
Andrew Nolan
Frances Nolan
Peter Nolan
Joshua Ryzyk
Stephanie Ryzyk
Lukas Skalski
Matthew Skalski
Justyna Skalski
Thomas 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 OCTOBER:

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,** Newly Departed Regina Cataldo and Christina Sceppaquercia.

WISDOM FROM ST. INNOCENT OF ALASKA

WORK FOR YOUR SALVATION while it is still daylight, for the night will come in which there will be no chance to change anything.
Strive for the Heavenly Kingdom while you can still walk.
Walk even a little bit, even if by crawling, but do it in the right direction. Then in eternity you will truly rejoice for every step you have taken!