

Holy Trinity Orthodox Church

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<https://www.facebook.com/acroddiocese>

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Welcome to Holy Trinity Parish

Today is the Sunday of Forgiveness. The Epistle is Romans 13:11-14:4.

The Gospel is from Matthew 6:14-21. Martyr Christina of Persia.

Holy Trinity is a diverse and welcoming parish of the Carpatho Russian Diocese, under the Ecumenical Patriarchate.

His Grace, Bishop Gregory of Nyssa, is our diocesan ruling hierarch.

Divine Liturgy is offered Sunday at 10 am. As reminder only those Orthodox Christians who are properly prepared are invited to receive Holy Communion.

Everyone is invited downstairs following



Divine Liturgy for Coffee Hour and Fellowship.

Come down and meet Fr. Luke and the parishioners.

Our parish offers many opportunities to pray, to study and learn more about

Jesus Christ and His Holy Orthodox Church.

If you have any questions about the Orthodox Church, our Faith, or our parish please feel free to contact Fr. Luke. He is more than happy to meet with you and talk.

Schedule of Services and Events for this week

Sunday, March 13 -
Panachida for Metropolitan Nicholas, Max Rosenfield, Nicholas Fedyna, Harry and Michael Korwath

Monday, March 14, 9 AM -
Lenten Hours

Monday, March 14, 6 PM -
Canon of St. Andrew

Tuesday, March 15, 8:30 AM -
Lenten Hours

Tuesday, March 15, 9 AM -
Stuffed Cabbage

Tuesday, March 15, 6 PM -
Canon of St. Andrew

Wednesday, March 16, 9 AM -
Lenten Hours

Wednesday, March 16, 6 PM -
Presanctified Liturgy followed by Lenten Meal

Wednesday, March 16, 7 PM -
Catechism Class

Thursday, March 17, 8:30 AM -
Akathist of Repentance

Thursday, March 17, 9 AM -
Kolachi

Thursday, March 17, 6 PM -
Canon of St. Andrew

Friday, March 11, 9 AM -
Lenten Hours

Friday, March 18, 9:30 AM - Old Testament Class

Friday, March 18, 6 PM -
Paraklis Service

Saturday, March 19, 10 AM - 3 PM - Easter Craft and Bake Sale

Saturday, March 19, 5 PM -
Vespers

Sunday, March 20, 9 AM -
Church School - Youth/Teens

Sunday, March 20, 10 AM -
Liturgy - Sunday of Orthodoxy Procession with Icons

Sunday, March 20, 11:30 AM - Church School - Children

Sunday, March 20, 3 PM -
OYMT meeting Danbury

Readers Schedule

3/20 – Luke Mihaylo
3/27 – Susan Sulich
4/3 – Harry Fong

Coffee Hour

3/20 – Molineaux
3/27 – Gross
4/3 – Penny
Social/Natalia/Roz
4/10 Fundraiser OCMC
4/17 – OPEN
4/24 – Pot Luck/Lenten
Cook Off
5/1 – PASCHA
5/8 c- Young

Help Re-stock Our Kitchen:
Decaf Coffee.

Lunch meat available:
ham, provolone cheese in
the kitchen. \$4.00 per
pound.

**Cooking and Baking
Sessions:** We will be
making Stuffed Cabbage
on Tuesday March 15th at
9:00 a.m.

Send a card: Martin
Howley is in a rest home in
Litchfield and would so
appreciate hearing from his
parish family. Marty's
address is Fernwood Rest
Home, 400 Torrington Rd.,
Litchfield, CT 06759. You
can also call him at 860-
567-9558.

Offering Envelopes | Presanctified Liturgy Catechism Class

Weekly Offering

Envelopes: Pick up your
weekly offering envelopes
for 2016 in the hall. WE
will collect all the Pledge
Forms on Sunday, March
5 unless you hand them in
beforehand.

This Lent we will be
having Presanctified
Liturgies on Wednesday
evenings at 6 PM.
Following Liturgy we will
have a light Lenten
covered dish meal.
During the meal we will

have our Catechism Class.
Please feel free to bring a
Lenten dish, and bring an
inquisitive mind to learn
more about our Orthodox
Faith.

Thank you to all of our roll baker! We got a lot done and we had fun!

Lenten Fast

As we begin Lent together, the
following minimal fasting
regulations are designated for our
clergy and faithful:

1) Monday, March 14 (Clean
Monday), the first day of the Fast, is
a day of strict abstinence; likewise
Great and Holy Friday, and Great
and Holy Saturday, namely April 29
and 30 are days of strict abstinence.
On these days, no meat or dairy
products may be eaten.

2) All Wednesdays and Fridays
during this entire Season are days of
abstinence from meat.

3) Meat and meat products may not
be eaten during all of Holy Week,
namely April 25 through April 30.

4) For the evening Pre-sanctified
Liturgy, a minimum three-hours fast
from all food and drink must be
observed before the reception of
Holy Communion. Normal fasting
from midnight is still practiced
before the Liturgies of St. John
Chrysostom and St. Basil the Great.

**These are the minimal
requirements to observe during
this Season. But for those of
stronger body and more willing
spirit, I wholeheartedly
recommend the penitential
practices of a sterner quality
which the time-honored traditions
and customs of our Holy Orthodox
Church have handed down to us.**

On weekdays (Monday to Friday
inclusive) during the seven weeks of
Lent, there are restrictions both on
the *number* of meals taken daily and
on the *types of food* permitted; but
when a meal is allowed, there is no

fixed limitation on the *quantity*
of food to be eaten.

On weekdays in the *first week*,
fasting is particularly severe.

According to strict observance,
in the course of the five initial
days of Lent, only two meals
are eaten, one on Wednesday
and the other on Friday, in both
cases after the liturgy of the
Presanctified.

On the other three days, those
who have the strength are
encouraged to keep an absolute
fast; those for whom this
proves impracticable may eat
on Tuesday and Thursday (but
not, if possible, on Monday), in
the evening after Vespers,
when they may take bread and
water or perhaps tea or fruit-
juice, but not a cooked meal.

... At the meals on
Wednesday and Friday
xerophagy is prescribed.
Literally this means 'dry
eating'. Strictly interpreted, it
signifies that we may eat only
vegetables cooked with water
and salt, and also such things
as fruit, nuts, bread and honey.
In practice, octopus and
shellfish are also allowed on
days of xerophagy; likewise
vegetable margarine and corn
or other vegetable oil, not
made from olives. But the
following categories of food
are definitely excluded: *Meat;*
animal products (cheese, milk,
butter, eggs, lard, drippings);
fish (i.e., fish with backbones);

oil (i.e., olive oil) and wine (i.e.,
all alcoholic drinks).

On weekdays (Monday to Friday
inclusive) in the *second, third,*
fourth, fifth and sixth weeks, one
meal a day is permitted, to be
taken in the afternoon following
Vespers, and at this one meal
xerophagy is to be observed.
During Holy Week: On the first
three days there is one meal each
day, with xerophagy; but some try
to keep a complete fast on these
days, or else they eat only
uncooked food, as on the opening
days of the first week. On Holy
Thursday one meal is eaten, with
wine and oil. On Great Friday
those who have the strength follow
the practice of the early Church
and keep a total fast; those unable
to do this may eat bread, with a
little water, tea or fruit-juice, but
not until sunset, or at any rate after
[the Burial Service] at Vespers. On
Holy Saturday there is one meal
after the Liturgy of St. Basil, with
wine but not oil. [*This material is
taken from the introduction to The
Lenten Triodion. In modern
practice, the above rules tend to be
somewhat relaxed, and they have
always been relaxed for children
and the infirm. Fast as you are
able, and consult Fr. Luke as
needed. As you eat less physical
food, it is important to increase
your intake of spiritual food –
prayer and reading scripture and
the fathers of the Church.*]

Clothing Drive | Easter Bake Sales

We are now collecting for our 4th clothing drive.

The first of our two Easter Bake Sales will be this Saturday March 19th and Sunday March 20th. We will need help setting up and sugaring cookies on Friday, March 18th and people to work the bake table, kitchen

and general help on Saturday. Please sign up in the hall today so we know where we have holes in coverage. Also, we do still have some craft tables available if you would like to have one, see Susan Sulich.

Penny Social

Our 2nd annual Penny Social is scheduled for Sunday April 3, 2016. Thank you for your donations, we have many items and will continue to accept donations through March 13th. As a reminder, we will accept any item with a tag or in its original packaging and are also looking for gently used collector's items including china, glassware, jewelry and home décor.

We are still in need of some items for the larger raffle prizes. We would be appreciative of higher value items and gift cards. If any parishioner has a business or frequents one and can donate

a gift card for merchandise or service that would be great. We will need help with setup the week of March 21st, dates TBD. We are looking for bakers to make desserts that we can sell at the event and will also need volunteers the day of the Penny Social to help sell tickets, runners to deliver the prizes and kitchen help.

If you can volunteer some of your time in any of these areas, please contact Kristen Szymanowicz at kszymano@gmail.com or 203.529.3144. Thank you!

| Icon Procession

We will be having a procession with icons next Sunday at end of liturgy. Children are asked to bring in their favorite icons for the procession around the church. We will be commemorating the restoration of icons in the Church.

Birthdays

March	
Vida Bundra	24
Marika Gutzman (Names day)	25
Orestes Mihaly	26
Julia Kozlov	28
Michael Browne	30

Knitting Group: Our knitting group will be meeting Sunday, March 13th immediately following coffee hour. All ages and experience levels welcome. If you would like to learn to knit, see Suad for a list of supplies to bring and if you have any questions.

New England Deanery Women's Lenten Retreat: We will be hosting an overnight women's retreat on March 25-26 at Camp Hi-Rock in Mt. Washington, MA. Details are in the attached flyer. Cost is \$85 per person which includes overnight accommodations, and 3 meals. Please let Susan Sulich know if you are interested in attending. Final day to make reservations and for payment is Sunday, March 13th.

Upcoming Events

Forgiveness Sunday – Sunday, March 13

Knitting Group – Sunday, March 13th

Laser Tag Fundraiser – Sunday, March 13

Tuesday, March 15, 9 AM – Stuffed Cabbage making

Thursday, March 17, 9 AM – Kolachi Cookie Baking

First Easter Bake Sale – Saturday, March 19 to Sunday, March 20

Orthodox Youth Mission Team Meeting – Sunday March 20th 3:00-5:00 p.m. Adult Leaders 2:15. Danbury

Church Council Meeting – Tuesday March 22nd 7:00 p.m.

Deanery Women's Lenten Retreat – Friday March 25th—Saturday March 26th Camp Hi Rock, Mt. Washington, MA

Orthodox Youth Mission Team Safety and Tool Training – Saturday April 2nd 12:00-4:00 p.m. Bridgeport

Penny Social – Sunday April 3rd Following Divine Liturgy

Trip to Taylor, PA to visit the Myrrh Streaming Icon – Saturday, April 9th

Second Easter Bake Sale – Saturday, April 16

Iconography presentation by Deacon Evan Freeman – Sunday, April 17

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“... a place of refuge full of love and joy.”



We're on the Web!
holytrinitydanbury.org

[Elder Sampson: The drunkard, the fornicator, the proud—he will receive God’s mercy. . . .](#)

The drunkard, the fornicator, the proud—he will receive God’s mercy. But he who does not want to forgive, to excuse, to justify consciously, intentionally . . . that person closes himself to eternal life before God, and even more so in the present life. He is turned away and not heard [by God].

+ Elder Sampson, *Orthodox Word* #177, “Discussions & Teachings of Elder Sampson”

[St. Macarius of Optina: Do not allow the spark of discord and enmity to smolder. . .](#)

“Do not allow the spark of discord and enmity to smolder. The longer you wait, the more the enemy tries to cause confusion among you. Be watchful, so that he does not mock you. Humility destroys all of his schemes.”

+ St. Macarius of Optina, quoted from *Living Without Hypocrisy: Spiritual Counsels of the Holy Elders of Optina*

[St. Isaac the Syrian: Do not fall into despair because of stumbling. . . .](#)

“Do not fall into despair because of stumbling. I do not mean that you should not feel contrition for them, but that you should not think them incurable. For it is more expedient to be bruised than dead. There is, indeed, a Healer for the man who has stumbled, even He Who on the Cross asked that mercy be shown to His crucifiers, He Who pardoned His murders while He hung on the Cross. ‘All manner of sin,’ He said, ‘and blasphemy shall be forgiven unto men,’ that is, through repentance.”

+ St. Isaac the Syrian, *The Ascetical Homilies of St. Isaac the Syrian*, Homily 64, “On Prayer, Prostrations, Tears, Reading, Silence, and Hymnody

[St. John the Wonderworker: Concerning the Reception of the Holy Mysteries on Pascha](#)

“The Lamb of God communicates with us on the holy and light-bearing night of Resurrection. We pray for this when we are just beginning to prepare for Lent, and afterwards many times during the course of the Great Fast: that the lord would vouchsafe us to partake of the Holy Mysteries on the night of Holy Pascha. At that time the grace of God acts in a special way upon men’s hearts. We partake of the Christ Resurrected, we become partakers of His Resurrection. Of course, we must prepare ahead of time, and, having already communed during Great Lent, receive again the Holy Mysteries. Before Paschal Liturgy there is no time for a proper confession; this must be done earlier. And then, on that light-bearing night, having received general absolution, to draw near to the Divine Lamb, the pledge of our resurrection. No one should leave the church prematurely, rushing away to eat the meat of animals instead of receiving the Most Holy Body and Blood of Christ.”

+ St. John the Wonderworker, *Man of God: Saint John of Shanghai & San Francisco*

Lenten Cook-off and Pot luck

Palm Sunday, April 24 we will have a Lenten cook off and Pot luck coffee hour. Bring your favorite recipe to share with your parish family.