

Holy Trinity Orthodox Church

Fr. Luke Mihaly

74 Joes Hill Road
Danbury, CT 06811
Rectory (203) 748-0671
Cell (203) 482-6223

PadreLuke@aol.com

www.holytrinitydanbury.org

Diocesan Website: www.acrod.org

Camp Nazareth:
<http://www.campnazareth.org>

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

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Welcome to Holy Trinity Parish

Today is the Sunday of Orthodoxy. The Epistle is Hebrews 11:24-26, 32-12:2. The Gospel is from John 1:43-51. Holy Fathers slain in Saint Sabbas Monastery.

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

Schedule of Services and Events for this week

Sunday, March 20, 3 PM –
OYMT meeting Danbury

Sunday, March 29, 4 PM –
Sunday of Orthodoxy Vespers – St. John's Bridgeport

Monday, March 21, 6 PM –
Prayer Group

Monday, March 21, 7 PM –
Spirituality Class

Tuesday, March 22, 8:30 AM –
Lenten Hours

Tuesday, March 22, 7 PM -
Parish Council Meeting

Wednesday, March 23, 6 PM –
Presanctified Liturgy followed by Lenten Meal

Wednesday, March 23, 7 PM –
Catechism Class

Thursday, March 24, 8:30 AM –
Akathist of Repentance

Thursday, March 24, 6 PM –
Vespers of Annunciation

Friday, March 25, 9 AM –
Vesperal Liturgy for Annunciation

Friday, March 25, 3 PM –
Deanery Women's Retreat Camp
Hi-Rock

Friday, March 25, 6 PM –
Service at St. George's Danbury

Saturday, March 26, 8 AM – 2 PM –
Deanery Women's retreat

Saturday, March 26, 5 PM –
Vespers

Sunday, March 27, 9 AM –
Church School – Youth/Teens

Sunday, March 27, 10 AM –
Liturgy – St. Gregory
Palamas Sunday

Sunday, March 27, 11:30 AM –
Church School – Children

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 - OPEN

Help Re-stock Our Kitchen:
Decaf Coffee.

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

Offering Envelopes | Presanctified Liturgy Catechism Class

Weekly Offering

Envelopes: Pick up your weekly offering envelopes for 2016 in the hall. Please hand in your pledge forms if you have not done so already

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.

Family Day is Sunday, June 5

Lenten Fast

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

1) 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. So far we have done very well. Thank you to all those who helped with the baking, perogie making, and

stuffed cabbage making, working the kitchen and the sale. Today, after liturgy we finish our first Easter bake sale. Our next sale is April 16.

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!

| Alcoholism and Addiction

The Akathist Service to the Icon of the Inexhaustible Cup has proven to be a great help to all those who know someone or who themselves are struggling with alcoholism and addiction. We at Holy Trinity have quietly started serving the Akathist to the Icon of the Mother of God of the Inexhaustible Cup. If you are interested in attending the service please see Fr. Luke. This service is open to all parishioners.

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 certain Sundays, 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

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

Lazarus Saturday Youth Retreat Day – Saturday, April 23

Pascha – Sunday, May 1

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



We're on the Web!
holytrinitydanbury.org

St. John of Kronstadt: The candles lit before icons of saints reflect their ardent love for God for Whose sake . . .

“The candles lit before icons of saints reflect their ardent love for God for Whose sake they gave up everything that man prizes in life, including their very lives, as did the holy apostles, martyrs and others. These candles also mean that these saints are lamps burning for us and providing light for us by their own saintly living, their virtues and their ardent intercession for us before God through their constant prayers by day and night. The burning candles also stand for our ardent zeal and the sincere sacrifice we make out of reverence and gratitude to them for their solicitude on our behalf before God.”

+ St. John of Kronstadt

St. Nikolai Velimirovich: Why are Vigil Lamps Lit Before Icons?

Why are vigil lamps lit before icons?

1. Because our faith is light. Christ said: I am the light of the world (John 8:12). The light of the vigil lamp reminds us of that light by which Christ illumines our souls.
2. In order to remind us of the radiant character of the saint before whose icon we light the vigil lamp, for saints are called sons of light (John 12:36, Luke 16:8).
3. In order to serve as a reproach to us for our dark deeds, for our evil thoughts and desires, and in order to call us to the path of evangelical light; and so that we would more zealously try to fulfill the commandments of the Saviour: “Let your light so shine before men, that they may see your good works” (Matt. 5:16).
4. So that the vigil lamp would be our small sacrifice to God, Who gave Himself completely as a sacrifice for us, and as a small sign of our great gratitude and radiant love for Him from Whom we ask in prayer for life, and health, and salvation and everything that only boundless heavenly love can bestow.
5. So that terror would strike the evil powers who sometimes assail us even at the time of prayer and lead away our thoughts from the Creator. The evil powers love the darkness and tremble at every light, especially at that which belongs to God and to those who please Him.
6. So that this light would rouse us to selflessness. Just as the oil and wick burn in the vigil lamp, submissive to our will, so let our souls also burn with the flame of love in all our sufferings, always being submissive to God’s will.
7. In order to teach us that just as the vigil lamp cannot be lit without our hand, so too, our heart, our inward vigil lamp, cannot be lit without the holy fire of God’s grace, even if it were to be filled with all the virtues. All these virtues of ours are, after all, like combustible material, but the fire which ignites them proceeds from God.
8. In order to remind us that before anything else the Creator of the world created light, and after that everything else in order: And God said, let there be light: and there was light (Genesis 1:3). And it must be so also at the beginning of our spiritual life, so that before anything else the light of Christ’s truth would shine within us. From this light of Christ’s truth subsequently every good is created, springs up and grows in us.

May the Light of Christ illumine you as well!

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.