

Holy Trinity Orthodox Church

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Welcome to Holy Trinity Parish

Today is the St. Gregory Palamas Sunday. The Epistle is Hebrews 1:10-2:3. The Gospel is from Mark 2:1-12. Martyr Manuel.

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

Monday, March 28, 6 PM – Prayer Group	Thursday, March 31, 8:30 AM – Akathist of Repentance	Saturday, April 2, 5 PM – Vespers
Monday, March 28, 7 PM – Spirituality Class	Friday, April 1, 9 AM – Lenten Hours	Sunday, April 3, 9 AM – Church School – Youth/Teens
Tuesday, March 29, 8:30 AM – Lenten Hours	Friday, April 1, 9:30 AM – Old Testament Class	Sunday, April 3, 10 AM – Liturgy – Cross Veneration Sunday
Tuesday, March 29, 9 AM – Perogie Session	Friday, April 1, 7 PM – Deanery Presanctified Liturgy at St. John’s Mill Hill Avenue	Sunday, April 3, 11:30 AM – Church School – Children
Wednesday, March 30, 9 AM – Lenten Hours	Saturday, April 2, 9 AM – Soul Saturday Liturgy	Sunday, April 3, 12 noon – Penny Social
Wednesday, March 30, 6 PM – Presanctified Liturgy followed by Lenten Meal	Saturday, April 2, 12 noon – OYMT tool training at St. John’s Church Mill Hill Ave	
Wednesday, March 30, 7 PM – Catechism Class		

Readers Schedule

3/27 – Susan Sulich
4/3 – Harry Fong

Coffee Hour

3/27 – Gross
4/3 – Penny Social
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.

Trip to Visit Myrrh Streaming

We will be taking a trip to Taylor, PA to visit the Myrrh Streaming Icon of the Mother of God on Saturday, April 9th. We will plan to meet at the church at 8:00 a.m. Please let Fr. Luke know if you would like to go so we can arrange transportation.

Presanctified Liturgy Catechism Class

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.

Perogie and Baking Sessions:

In order to re-stock our freezers for our second Easter bake sale on April 16th we will be making perogies this

Tuesday, March 29th and also Tuesday, April 5th. On Tuesday April 12th we will make Russian Tea

cookies. All helpers welcome!

Lenten Fast

The following minimal fasting regulations are designated for our clergy and faithful for Lent:

- 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.

Our second Easter bake sale will take place on Saturday, April 16th. It is a one day sale. We will need help working in the kitchen and filling orders. If you would like a crafter table, please let Susan Sulich know. Also,

parishioners are strongly encouraged to place pre-orders, especially for Pascha breads and kielbasa.

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.

Upcoming Events

Deanery Presanctified Liturgy
– St. John's Mill Hill Avenue

Second Easter Bake Sale
– Saturday, April 16

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

Iconography presentation by Deacon Evan Freeman
– Sunday, April 17

Penny Social – Sunday April 3rd Following Divine Liturgy

Lazarus Saturday Youth Retreat Day – Saturday, April 23

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

Pascha – Sunday, May 1

Council Meeting – Sunday April 10th

Knitting Group – Sunday April 10th

Birthdays

March	
Julia Kozlov	28
Michael Browne	30
April	
Adriano Morfa	4
Adam Rosenfield	5
Markus Paltauf	8
Christopher Mihaly	11
Melissa McVeigh	11
Grace Radcliff	14
Ava Baroody	16
Melanie Sulich	17
Rosalyn Mihaylo	18
Viorel Bundra	23
Fr. Peter Paproski	24
Natasha Gross	25
Harry Fong	26

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.

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



We're on the Web!

holytrinitydanbury.org

[St. Gregory Palamas: If from one burning lamp someone lights another, then another from that one . . .](#)

“If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers.”

+ St. Gregory Palamas, “On how the Holy Spirit was manifested and shared out at Pentecost”

[St. Gregory of Palamas: Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing. . .](#)

Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing and not laymen No, no; every Christian without exception ought to dwell always in prayer.

+ St. Gregory of Palamas

[St. Gregory Palamas: Adam chose the treason of the serpent . . .](#)

“... Adam chose the treason of the serpent, the originator of evil, in preference to God’s commandment and counsel, and broke the decreed fast. Instead of eternal life he received death and instead of the place of unsullied joy he received this sinful place full of passions and misfortunes, or rather, he was sentenced to Hades and nether darkness. Our nature would have stayed in the infernal regions below the lurking places of the serpent who initially beguiled it, had not Christ come. He started off by fasting (cf. Mk. 1:13) and in the end abolished the serpent’s tyranny, set us free and brought us back to life.”

— St. Gregory Palamas, The Homilies Vol. II

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.