

Holy Trinity Orthodox Church

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Welcome to Holy Trinity Parish

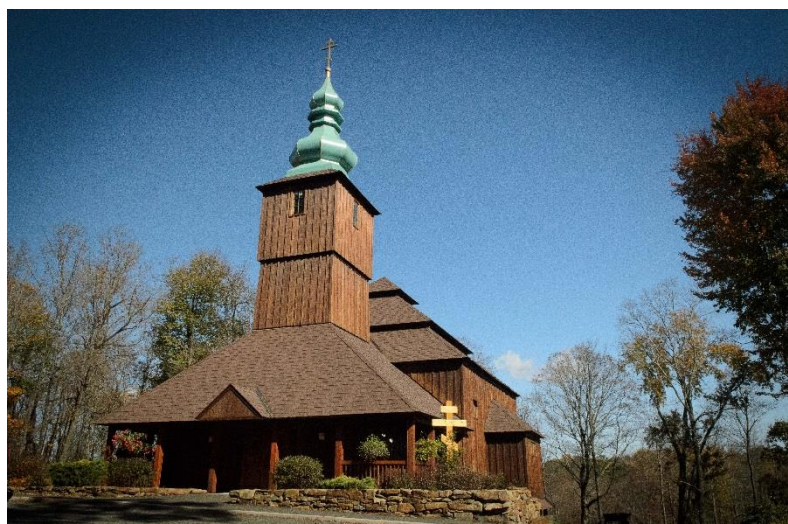
Today is Cross Veneration Sunday. The Epistle is Hebrews 4:14-5:6. The Gospel is from Mark 8:34-9:1. Martyr Illyricus

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, April 4, 6 PM –
Prayer Group

Monday, April 4, 7 PM –
Spirituality Class

Tuesday, April 5, 8:30 AM –
Lenten Hours

Tuesday, April 5, 9 AM –
Perogie Session

Wednesday, April 6, 9 AM -
Lenten Hours

Wednesday, April 6, 6 PM –
Presanctified Liturgy followed by Lenten Meal

Wednesday, April 6, 7 PM –
Catechism Class

Thursday, April 7, 8:30 AM –
Akathist of Repentance

Friday, April 8, 9 AM – Lenten Hours

Friday, April 8, 9:30 AM – Old Testament Class

Friday, April 8, 5:30 PM –
Moleben to the Cross

Friday, April 8, 7 PM – Akathist at St. Georges

Saturday, April 9, 8 AM – Taylor trip to weeping icon. Meet at church parking lot

Saturday, April 9, 6 PM –
Vespers

Sunday, April 10, 9 AM –
Church School – Youth/Teens

Sunday, April 10, 10 AM –
Liturgy – St. John Climacus Sunday

Sunday, April 10, 11:30 AM
– Church School – Children

Sunday, April 10, 12:30 PM
– Parish Council Meeting

Sunday, April 10, 12:30 PM
– Knitting group

Readers Schedule

4/3 – Harry Fong
4/10 – Bob Faubel
4/17 – Sandi Fong
4/24 – Susan Paltauf
5/1 - Paul Sulich

Coffee Hour

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.

Grounds Clean Up—We are looking for some help doing a light grounds clean up on Saturday, April 23rd. It is Lazarus Saturday and our youth will be participating in activities at the hall to prepare for Holy Week. We would like to pick up sticks, trash, etc. and make the outside of the church nice for our procession and Pascha.

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, 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 Sale

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.

Alcoholism and Addiction | Lakota Quilt Raffle | Diaper Drive

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.

Last fall on our adult mission trip to help the Cheyenne River Youth Project our group participated in a raffle and won a beautiful, handmade patchwork quilt. We have decided to raffle the quilt and use the proceeds as seed money for our next adult mission trip. Tickets are \$5 each and the drawing will be held on Mother's Day. A photo of the quilt is in the hall. For tickets, see Bob Young, Pani Bethany or Susan Sulich.

We're sponsoring a diaper drive to benefit the Women's Center of Greater Danbury. The Women's Center is a great resource and provides services to women & children in crisis or in need of temporary shelter. Unfortunately, many of the women utilizing the Center have babies and toddlers, so (as you can imagine), keeping up with the diaper demands is difficult. We'll be putting a wicker basket down in the hall for the rest of Lent to collect diapers or pull-ups in any size. If you have any questions, see Jennie Bostic

Birthdays	
April	
Adam Rosenfield	5
Markus Paltauf	8
Christopher Mihaly	11
Melissa McVeigh	11
Grace Radcliff	14
Adriano Morfa	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.

Upcoming Events

Penny Social – Sunday April 3rd Following Divine Liturgy

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

Coffee Hour to Benefit Orthodox Christian Mission Center – April 10th

Council Meeting – Sunday April 10th

Knitting Group – Sunday April 10th

Second Easter Bake Sale – Saturday, April 16

Iconography presentation by Deacon Evan Freeman – Sunday, April 17

Lazarus Saturday Youth Retreat Day – Saturday, April 23

Lenten Cook off – April 24th

Pascha – Sunday, May 1

Dorothy Day – May 6th

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



St. Romanos the Melodist: The Most High planted in the middle of Paradise The thrice blessed wood . . .

“The Most High planted in the middle of Paradise The thrice blessed wood, the gift of life for us, In order that, in approaching it, Adam might find eternal and immortal life, But he did not strive earnestly to know this life, And he failed to attain it, and revealed death. However, the robber, seeing how the plant in Eden had been beautifully transplanted in Golgotha, Recognized the life in it and said to himself: `This is what my father lost formerly In Paradise.’”

+ St. Romanos the Melodist, On the Adoration at the Cross

St. Nikolai Velimirovich: Many complain against technology. . . .

Many complain against technology.

Many accuse modern technology for all the woes in the world.

Is technology really to blame, or those who create technology and use it?

Is a wooden cross to blame if somebody crucifies someone on it?

Is a hammer to blame if a neighbor breaks his neighbor’s skull?

Technology does not feel good or evil.

The same pipes can be used for drinking water or the sewer.

Evil does not come from unfeeling, dead technology, but from the dead hearts of people.

+ St. Nikolai Velimirovich, From the *Complete Works of Bishop Nikolai* [in Serbian], Book 12, p. 23. Translated from the Serbian by Marija Miljkovic.

We’re on the Web!
holytrinitydanbury.org

Lenten Cook-off and Pot luck | Lazarus Saturday Youth Retreat Day | Cabin Dedication

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.

On Saturday, April 23rd we are encouraging all the youth of our parish to come to liturgy and partake of the Eucharist together for Lazarus Saturday. Following the liturgy we will have breakfast and then work on making palm crosses, luminaries for Pascha Midnight service, dying eggs and other activities to help prepare for Holy Week. Please make every effort to have your children participate in this important and enjoyable day together.

All of us are invited to take part in the dedication of the newly renovated and expanded cabins at Camp Nazareth in Mercer, PA on Wednesday, May 11. We are invited to the Service of Dedication which will take place at 10 AM on that day and then to the brunch which will be served at the Main Lodge following the dedication.