

# Holy Trinity Orthodox Church

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Diocesan Website: [www.acrod.org](http://www.acrod.org)

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

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

Twitter: <https://twitter.com/acrodnews>

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## Welcome to Holy Trinity Parish

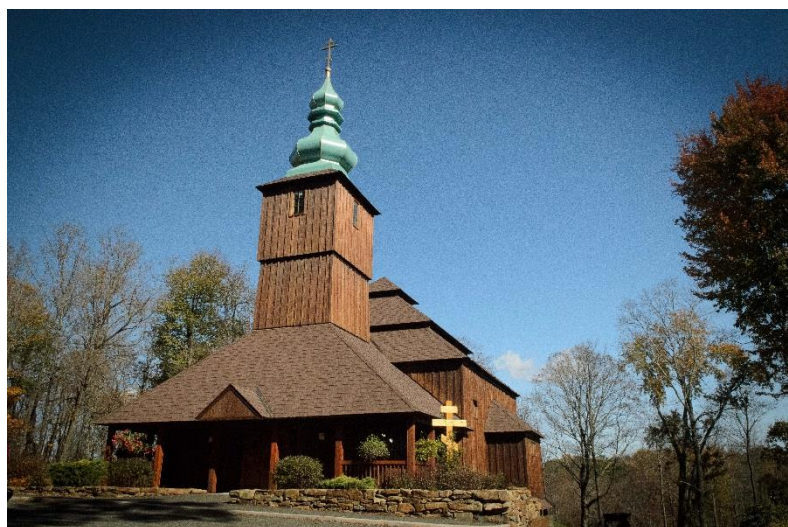
Today is St. Mary of Egypt Sunday. The Epistle is Hebrews 9:11-14. The Gospel is from Mark 10:32-48. Simeon of Persia.

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

**Monday, April 18, 6 PM –**  
Prayer Group

**Monday, April 18, 7 PM –**  
Spirituality Class

**Tuesday, April 19, 8:30 AM –**  
Lenten Hours

**Wednesday, April 20, 9 AM -**  
Lenten Hours

**Wednesday, April 20, 6 PM –**  
Presanctified Liturgy followed by Lenten Meal

**Wednesday, April 20, 7 PM –**  
Catechism Class

**Thursday, April 21, 8:30 AM –**  
Akathist of Repentance

**Thursday, April 21, 6 PM – St.**  
Nectarios Service

**Friday, April 22, 9 AM –** Lenten Hours

**Friday, April 22, 9:30 AM –** Old Testament Class

**Friday, April 22, 6 PM –**  
Presanctified

**Saturday, April 23, 9 AM –**  
Liturgy – Youth Retreat - Lazarus Saturday – St. George

**Saturday, April 23, 10:30 AM -**  
Church Grounds clean up

**Saturday, April 23, 5 PM –**  
Vespers

**Sunday, April 24, 9 AM –**  
Church School – Youth/Teens

**Sunday, April 24, 10 AM –**  
Liturgy – Palm Sunday – Lenten Cook-Off

**Sunday, April 24, 11:30 AM**  
– Church School – Children

## Readers Schedule

4/17 – Sandi Fong  
4/24 – Susan Paltauf  
5/1- Paul Sulich

## Coffee Hour

4/17 – Roz & Natalya  
4/24 – Pot Luck/Lenten  
Cook Off  
5/1 – PASCHA  
5/8 – Mother’s Day - see  
Harry Fong and Paul Sulich

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 23<sup>rd</sup>.  
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.

## Orthodox Youth Mission Team Stock Sale | Presanctified Liturgy Catechism

Our team has been training for the last 4 months and now we need to raise the funds to send 25 teens and 10 adults to West Virginia in July to participate in the Appalachia Service Project (ASP). We are selling “stock shares” for \$10 each. All “stockholders” will receive a postcard from our trip and a special coffee hour when we return with a presentation about our trip.

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.

## Adult Missions Star Quilt Raffle

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.

## | Clothing Drive

We are now collecting for our 4<sup>th</sup> clothing drive.

## 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.

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.*]

## Landscape Plans

The council has approved a plan to update the plantings in the front of the church.

Some of the shrubs and bushes have outgrown the space. They will be moved to new locations as possible and some

new plants put in. May 7<sup>th</sup> will be planting day if anyone would like to come and help.

In addition, we will be looking at our property plan and designating areas that need caretakers and will have

that available for sign ups soon.

## Alcoholism and Addiction | Diaper Drive | Lazarus Saturday Youth Retreat Day

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.

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

On Saturday, April 23<sup>rd</sup> 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.

### Birthdays

April	
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.

Our second Easter Bake Sale ends today. Get Pascha breads, kielbasa, nut rolls, butter lambs and other specialties for your basket. We also have beautiful hand-embroidered basket covers and other items from our new church store.

## Upcoming Events

**Iconography presentation by Deacon Evan Freeman** – Sunday, April 17

**Lazarus Saturday Youth Retreat Day** – Saturday, April 23

**Lenten Cook off** – April 24<sup>th</sup>

**Pascha** – Sunday, May 1

**Monthly Bake Sale** – Thursday, May 5<sup>th</sup> 4-7 p.m.

**Dorothy Day** – May 6<sup>th</sup>

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



### [St. Mary of Egypt: Prayer of Repentance](#)

“O Lady, Mother of God, who gave birth in the flesh to God the Word, I know, O how well I know, that it is no honour or praise to thee when one so impure and depraved as I look up to thy icon, O ever-virgin, who didst keep thy body and soul in purity. Rightly do I inspire hatred and disgust before thy virginal purity. But I have heard that God Who was born of thee became man on purpose to call sinners to repentance. Then help me, for I have no other help. Order the entrance of the church to be opened to me. Allow me to see the venerable Tree on which He Who was born of thee suffered in the flesh and on which He shed His holy Blood for the redemption of sinners an for me, unworthy as I am. Be my faithful witness before thy son that I will never again defile my body by the impurity of fornication, but as soon as I have seen the Tree of the Cross I will renounce the world and its temptations and will go wherever thou wilt lead me.”

+ Prayer of St. Mary of Egypt while standing in front of the icon of the Theotokos at the Church of the Holy Sepulcher in Jerusalem

### [Canon of St. Andrew: The end is drawing near . . .](#)

The end is drawing near, my soul, is drawing near! But you neither care nor prepare. The time is growing short. Rise! The Judge is near at the very doors. Like a dream, like a flower, the time of this life passes. Why do we bustle about in vain? [Matthew 24:33; Psalm 38:7]

Come to your senses, my soul! Consider the deeds you have done, and bring them before your eyes, and pour out the drops of your tears. Boldly tell your thoughts and deeds to Christ, and be acquitted.

+ The Great Canon of St. Andrew of Crete, Mon 4.2-3 [Text of the Canon](#)

### [St. Macarius of Optina: The Lord calls to him all sinners . . .](#)

“The Lord calls to him all sinners; He opens His arms wide, even to the worst among them. Gladly He takes them in His arms, if only they will come to Him.”

— St. Macarius of Optina

**We're on the Web!**

**[holytrinitydanbury.org](http://holytrinitydanbury.org)**

**Lenten Cook-off and Pot luck | 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.

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.

**| Good Friday Tomb Watch**

The sign-up sheet for the Good Friday Tomb watch is in the vestibule. Please sign up to Guard/Watch Christ tomb from Good Friday after services to Holy Saturday morning Divine Liturgy.