

Holy Trinity Orthodox Church



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Diocesan Website: www.acrod.org

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

Facebook:

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

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

You Tube:

<https://youtube.com/acroddiocese>

Recommended Orthodox Internet
Ministries

<http://myocn.net/>

<http://www.ancientfaith.com/>

Welcome to Holy Trinity Parish

Today is Gregory Palamas Sunday. The Epistle is Hebrews 1:10-2:3. The Gospel is from Mark 2:1-12. Gregory Dialogist.

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

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We will have a Panachida for John Sulich, Paul Sulich's brother, Max Rosenfield and Harry at the conclusion of Liturgy.

Sunday, March 12, 10 AM - Liturgy
- St Gregory Palamas

Sunday, March 5, 11:30 AM –
Church School

Monday, March 13, 7 PM –
Spirituality Class

Tuesday, March 14, 8:30 AM –
Lenten Hours

Tuesday, March 14, 9 AM – Stuffed
Cabbage session

Wednesday, March 15, 6 PM –
Presanctified Liturgy followed by
Lenten Meal

Wednesday, March 15, 7 PM –
Catechism Class

Thursday, March 16, 8:30 AM –
Akathist

Thursday, March 16, 9 AM –
Prayer Group

Thursday, March 16, 7 PM – St.
Nectarios Anointing Service

Friday, March 17, 9 AM – Lenten
Hours

Friday, March 17, 9:30 AM – Old
Testament Class

Friday, March 17, 7 PM –
Deanery Presanctified Liturgy at
St. John's Church Mill Hill Avenue

Saturday, March 18, 9 AM –
Soul Saturday Liturgy for the
departed

Saturday, March 18, 4 PM –
Akathist to the Inexhaustible Cup

Saturday, March 18, 5 PM –
Vespers

Sunday, March 19, 10 AM –
Divine Liturgy – Sunday of the
Cross

Sunday, March 19, 11:30 AM –
Church School

Readers Schedule

3/12 – Paul Toaso
3/19 – Susan Paltauf
3/26 – Susan Sulich

Coffee Hour

3/12 – McVeigh/Sulich
3/19 – Gross
3/26 – Suzanne
4/2 – Bundra
4/9 – OPEN
4/16 - PASCHA

Help Re-stock Our Kitchen: Decaf coffee.

Deanery Presanctified

Liturgy will be held at St. John the Baptist Orthodox Church on Mill Avenue in Bridgeport on Friday, March 17

Kielbasa Making

On Tuesday, March 28th we will be making Kielbasa for our Easter Bake Sale at 7:00 p.m. in the church kitchen. Please consider coming to help make this popular item for our sale.

Family Outing

On Saturday, March 25th following liturgy for Annunciation we will have our next family outing to White Oak Farm to learn about Maple Syrup making. We will start with a pancake breakfast featuring their own maple syrup and then take a tour of the sugar house. Tickets are \$8 for adults and \$5 for children 6-12, ages 5 and under are free. If you would like to attend please let Fr. Luke know.

Alcoholism and Addiction | Church School | Easter Bake and Craft Sale

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. Look here for our next service. Saturday, March 18 at 4 PM

Church School

meets on Sundays. Elementary school students will meet immediately after Divine Liturgy. Fr. Luke will be talking to the parents of the high school students to work on a schedule to meet outside of Sunday.

Easter Bake and Craft Sale

—Preparations are underway for our Easter Bake and Craft Sale on April 1st and 2nd. If you would like to have one of our crafter tables to showcase your homemade artisan items or if you know a crafter that you think might be interested in being in our show, please contact Susan Sulich. Spaces are \$35 for the two days.

The Children's Word

Have you ever been to a big party with lots and lots of people? Have you been in a crowd where you couldn't even see what was going on?

You probably remember the Gospel reading for today. Four friends wanted Jesus to heal their paralyzed friend (he couldn't walk). When they got to the place where Jesus was, so many people were there, that they couldn't even get in the door!

They made a hole in the roof so they could lower their friend down to see Jesus!

Why were so many people there? Because they could see the power of the Lord! They knew that Jesus had been healing people, and they wanted Him to help them too. They listened to Him preach, and they wanted to be with Him. They could see that Jesus Christ had the power of God.

In a few weeks, you know, we will be in the middle of Holy Week. We will see Jesus in a different way. He will be made fun of. He will be beaten. He will look weak. On the Cross, He will be all alone, except for His mother and a friend.

In a few weeks, let's remember how strong Jesus, our Lord, really is. Let's remember how He made Himself humble so that He could save us with that same power of God!

Prayer Group

Prayer Group—Our Prayer Group is now meeting on Thursday mornings, immediately following services. We are currently reading "Courage to Pray" by Metropolitan Anthony Bloom and George Lefebvre. In this class we are learning about prayer, personal and intercessory, and it is an opportunity to share some of the struggles and encouraging parts of our prayer lives.

| Diaper Drive

Diaper Drive—We're kicking off another Diaper Drive for the Women's Center of Greater Danbury. The Center's focus is to be a safe-haven and provider of services to women in crisis from domestic and sexual abuse. As part of the Center's mission, they provide a 13-bed shelter which temporarily provides a refuge to women and

children, and they are often in need of diapers since many of the women have trouble affording these necessary items. For the next 4 weeks we will be collecting diapers and baby wipes. The center is particularly in need of size 4, 5, and 6 diapers. Any diaper donations that you can make will be gladly accepted! If you have any questions, please see Jennie Fong.

Clothing Drive Starts

Our next Clothing Drive is ON! Thank you, Ann and the entire Huott Family. Start saving all your extra clothes, shoes, pillows, etc. for our clothing drive. The last clothing drive we collected more than a tone of clothes and we received more than \$400.00

Perogie Sessions

This Tuesday, March 14th we will be making perogies. We will start at 9:00 a.m. following the Lenten Hours service (8:30 a.m.) Weather permitting. Please watch your email for cancellations and rescheduling.

Young Adult Retreat

The American Carpatho-Russian Orthodox Diocese and the Greek Orthodox Metropolis of Pittsburgh invite **College Students and Young Adults** ages 18-35 to participate in a new exciting new retreat program! This **Retreat will be held at Camp Nazareth Retreat and Conference Center in Mercer, PA from March 17-19, 2017**. The theme will be, "Navigating Life Using Your Spiritual Compass." Welcome home, everyone!

Birthdays

March	
Aidan McVeigh	12
Vida Bundra	24
Marika Gutzman (Names day)	25
Orestes Mihaly	26
Michael Browne	30

Upcoming Events

Monthly St. Nectarios Service – Thursday, March 16th 7:00 p.m.

Deanery Presanctified Liturgy at St. John's Bridgeport, Mill Hill Avenue – Friday, March 17th 6 PM

Roll Baking Day – Saturday, March 18th

Family Outing for fresh Maple Syrup – Saturday, March 25

Kielbasa Making - Tuesday, March 28 at 7:00 p.m.

Easter Bake and Craft Sale - April 1st and 2nd.

Eastern Region Inter-Diocesan Lenten retreat – April 1 Bethlehem, PA

Lazarus Saturday Liturgy, Breakfast and Family Activities – Saturday, April 8th

OYMT Weekend Training Session with OCMC—Sat. April 29-30th

OYMT Pancake Breakfast Fundraiser—Sunday April 30th following liturgy

Dorothy Day—Friday May 5th

Parish BBQ Fundraiser for Camp Bus and Altar Boy/Young Women's Retreat—Pentecost, Sunday June 4th following liturgy

2017 Diocesan Altar boy Retreat - June 25-28, 2017.

OYMT OCMC trip to Alaska – Saturday July 7-Monday July 18th

Help Support our Orthodox Youth Mission Team

—After 6 years of serving in West Virginia, Kentucky and Tennessee through the Appalachian Service Project (ASP) the OYMT will be participating in an Orthodox Christian Mission Center short-term mission trip to Alaska. Youth and leaders from our parish (Ana and Grace Radcliff, Madeline Sulich, Susan Sulich and Fr. Luke) and 5 others will be serving Orthodox brothers and sisters in the small village of Napaskiak, running youth camp programs and helping with construction projects. This is the first time a high school team will be volunteering through OCMC. It is a wonderful and unprecedented opportunity for our youth and we are very excited to go and do Christ's work! As in the past, OYMT is selling stock for \$10 a share to fund our trip during coffee hour. You may have received a stock letter in the mail. You can bring to coffee hour, mail back or donate online at www.oymt.info. We ask that you please be as generous as you can in your support and pray for us as we prepare for our mission trip. Thank you!

Lenten Fast

As we journey in 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 14 and 15 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 10 through April 15.
- 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

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.

[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.]

For the Children

Holy Trinity Orthodox Church
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"... a place of refuge full of love and joy."



CAMP NAZARETH SUMMER CAMP 2017

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Dates for the Summer Camping Program

Week 1 -- July 16 - 22, 2017

Johnstown, Pocono, Southern Tier, Youngstown and Chicago Deaneries

Week 2 -- July 23 - July 29, 2017

Pittsburgh, Mid-Atlantic, Tri-State and Washington D.C. Deaneries

Week 3 -- July 30 - August 5, 2017

New England, NY, NJ, Florida and Canada Deaneries

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Online Registration Begins March 1

Online Registration MUST be complete AND payment must be submitted by May 15 in order to qualify for the \$20 Early Bird Discount. **Early Bird Discount per Child and one-time only, not per week.**

Registrations after June 14 will incur an additional \$20 late fee!!

Staff applications are due March 15th! There are positions available as counselor, head counselor, kitchen staff, maintenance staff, athletic director, program director (and assistant program director), technology director (and assistant technology director), Ropes Course Facilitator, and lifeguard. This is a wonderful opportunity for our youth to get involved in this vital and meaningful diocesan apostolate, form lasting friendships, and use their God-given talents for the benefit and up-building of our Church.

Volunteer and Clergy Applications are due NO LATER THAN JUNE 1st!!!! How does this effect Clergy and Volunteers? **Clergy and Volunteers will be required to get fingerprinted** on their own and then provide Camp with proof of this BEFORE they arrive at Camp.

Interested in being on the Camp's Medical Staff (MD or RN), please contact Fr. Stephen at the Camp. The Nurse or Doctor on staff each week will receive a Stipend (\$400) and a campership for one of their children or for someone whom they designate.

When you register online please note that you will still need to submit a paper copy of the Medical Examination Form (i.e. Camper Physical) which must be filled out and signed by a licensed medical professional (licensed physician or physician's assistant). This form will be emailed to you after you complete the online registration process.

We're on the Web!
holytrinitydanbury.org

Payment by check, money order, or credit card is accepted. Checks and Money Orders are to be made payable to Camp Nazareth and sent to Camp Nazareth at 339 Pew Road, Mercer, PA 16137.