

# Holy Trinity Orthodox Church



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

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>

You Tube:

<https://youtube.com/acroddiocese>

Recommended Orthodox Internet  
Ministries

<http://myocn.net/>

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

## Welcome to Holy Trinity Parish

Today is the Sunday of the Cross. The Epistle is Hebrews 4:14-5:6. The Gospel is from Mark 8:34-9:1. 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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**Sunday, March 19, 10 AM - Liturgy**  
– Cross Veneration

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

**Monday, March 20, 7 PM –**  
Spirituality Class

**Tuesday, March 21, 8:30 AM –**  
Lenten Hours

**Tuesday, March 21, 9 AM –** Cookies

**Wednesday, March 22, 6 PM –**  
Presanctified Liturgy followed by  
Lenten Meal

**Wednesday, March 22, 7 PM –**  
Catechism Class

**Thursday, March 23, 8:30 AM –**  
Lenten Hours

**Thursday, March 23, 9 AM –**  
Prayer Group

**Friday, March 24, 9 AM –** Lenten  
Hours

**Friday, March 24, 9:30 AM -** Old  
Testament Class

**Friday, March 24, 6 PM –**  
Paraklis service

**Saturday, March 25, 8:30 AM –**  
Liturgy for the Feast of the  
Annunciation

**Saturday, March 25, 10 AM –**  
Family and Youth Outing to  
Maple Syrup farm

**Saturday, March 25, 5 PM –**  
Vespers

**Sunday, March 26, 10 AM –**  
Divine Liturgy – Sunday of St.  
John Climacus

**Sunday, March 26, 11:30 AM –**  
Church School

## Readers Schedule

3/19 – Susan Paltauf  
3/26 – Susan Sulich

## Coffee Hour

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

## Help restock our Kitchen:

10-inch paper plates and decaf coffee.

## Kielbasa Making

On Tuesday, March 28<sup>th</sup> 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 25<sup>th</sup> 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 go to: <http://hilltophanoverfarm.org> to purchase tickets.

## Alcoholism and Addiction | Church School

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.

**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

Easter Bake and Craft Sale: Our Easter Bake and Craft Sale is fast approaching on Sat. April 1<sup>st</sup> and Sun. April 2<sup>nd</sup>. This is one of our parish's major spring fundraisers. We have baking/cooking/kielbasa making sessions during the next two weeks, please help if you can. Also, we will be setting up on Friday, March 31<sup>st</sup> following our Old Testament class (about 11:00 a.m.). We will need helpers in the kitchen and to help with filling orders and our church store on Saturday.

## The Children's Word

**Do you know a friend who has** had your same teacher or coach or even camp counselor? When you talk about things or about a problem, you know your friend really understands, because he went through it too.

Did you know that our Lord, Jesus Christ really understands us? In today's epistle reading, we hear how He understands us and our problems, because He

has been through them too! The epistle says, Jesus "has been tempted as we are, yet without sin." That means He knows how hard it is to do the right thing sometimes.

Today is the Sunday of the Holy Cross. We remember how our Lord was beaten and made fun of and then killed on a Cross. But we also know that Jesus was God then, and He is God today! We know that God is strong and powerful. So how could He have trouble

carrying the Cross? How could He be beaten up, and even killed?

Today's epistle reading tells us why. God wanted to be like us. He wanted to show how He understands us. He lived as a man so He could show us how much He loves us. Christ understands us and all our problems, because He has been there too!

## 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 | Perogie/Baking Sessions | Lazarus Saturday

**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/Baking Sessions**  
We're coming into the home stretch for our Easter Bake Sale! This Tuesday March 21<sup>st</sup> we will be making Russian Tea Cookies following our 8:30 a.m. Lenten Hours service. Next Tuesday, March 28<sup>th</sup> we will be making Perogies and Thursday, March 30<sup>th</sup> we will make Kolachi cookies following our Prayer Group (about 11:00 a.m.). All helpers welcome!

**Lazarus Saturday**—On Saturday April 8<sup>th</sup> we will celebrate Lazarus Saturday starting with liturgy at 9:00 a.m. All church school children are encouraged to attend and to go to confession starting at 8:30 if they have not already done so during Lent. After liturgy we will have a blini breakfast followed by activities to prepare for Holy Week including making palm crosses, luminaries to be used at Pascha Midnight service and coloring eggs. If you can bring something for the breakfast please let Susan Sulich or Stasia Thompson know.

## Upcoming Events

**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 1<sup>st</sup> and 2<sup>nd</sup>.

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

**Lazarus Saturday Liturgy, Breakfast and Family Activities** – Saturday, April 8<sup>th</sup>

**OYMT Weekend Training Session with OCMC**—Sat. April 29-30<sup>th</sup>

**OYMT Pancake Breakfast Fundraiser**—Sunday April 30<sup>th</sup> following liturgy

**Dorothy Day**—Friday May 5<sup>th</sup>

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

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

**OYMT OCMC trip to Alaska** – Saturday July 7-Monday July 18<sup>th</sup>

## Birthdays

| March                      |    |
|----------------------------|----|
| Vida Bundra                | 24 |
| Marika Gutzman (Names day) | 25 |
| Orestes Mihaly             | 26 |
| Michael Browne             | 30 |

**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](http://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  
74 Joes Hill Rd  
Danbury, CT 06811

“... 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 15<sup>th</sup>! 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 1<sup>st</sup>!!!!** 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.**