

# Holy Trinity Orthodox Church



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

<https://www.facebook.com/htocdanbury/?ref=hovercard>

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 St. Gregory Palamas. The Epistle Paul to the Hebrews 1:10-2:3. The Gospel is from Mark 2:1-12. Venerable Gerasimus of Jordan.

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

**Sunday, March 4, 10 AM –**  
Divine Liturgy served by Fr. Sergei Bouteneff

**Tuesday, March 6, 6:30 PM –**  
Cookie Baking Session

**Friday, March 9, 7 PM -**  
Deanery Presanctified at St. John's church 365 Mill Hill Avenue.

**Sunday, March 11, 10 AM –**  
Divine Liturgy served by Fr. Sergei Bouteneff

Fr. Luke had back surgery Wednesday, February 28. Fr. Luke will be back to a somewhat modified schedule beginning the week of March 12.

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**Readers Schedule**

2/25 – Harry Fong  
3 / 4 - Paul Sulich  
3/11 – Bob Faubel

**Coffee Hour**

2/25 – Nicu  
3 / 4 – Suzanne  
3/11 – Missions Brunch  
3/18 – Lenten Cook-off

**Help restock our Kitchen:**

We kitchen and Large black garbage bags.

Please remember to sign up and subscribing on our parish web site

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

And to those with a Facebook accounts please like our Facebook page posts associated with the fundraising events here

<https://www.facebook.com/htocdanbury/?fref=hovercard> so the word gets out.

**Coffee Hour** - We need people to sign up for coffee hour. As a reminder, coffee hour need not be elaborate. Bagels or rolls and butter are fine or anything simple. Consider signing up with someone else to make it easier.

**New Rectory**

The **new rectory** is progressing rapidly. The foundation has been poured and the house set is scheduled for Monday, February 18<sup>th</sup>. Check out photos and updates on our website: [www.holytrinitydanbury.org](http://www.holytrinitydanbury.org). Subscribe if you haven't already so you won't miss posts. At this point we need approximately \$60,000 above what we have raised so far to finish the project. We do have a line of credit available to bridge the gap but any additional donations that come in will reduce (or eliminate) the amount we need to borrow.

**Church School**

Our next session of **church school** will be on Friday, March 16<sup>th</sup> from 5:30-7:30. Fr. Luke will continue teaching the children lessons from the Old Testament and there will be accompanying art projects from Elena Gordon. Please let Roz Mihaylo know if your children will attend so we can have enough art supplies for everyone.

Class dates for March:

Friday, March 16<sup>th</sup> from 5:30-7:30

Saturday March 31<sup>st</sup> (Lazarus Saturday) following liturgy

**Easter Bake Sale**

Our **Easter Bake and Craft Sale** will take place on Saturday, March 24<sup>th</sup> from 10 a.m. to 3 p.m. and Sunday, March 25<sup>th</sup> from 11:30 a.m. to 1 p.m. We will be selling perogies, nut and fruit rolls, Pascha breads, kielbasa, tea cookies, stuffed cabbage, jams and more. Parishioners are urged to place pre-orders. We are also looking for artisans and craftspeople for the sale. Workers will be needed on the day of the sale in the kitchen and to help fill orders.

**Adult Education Opportunities**

We have a number of adult education classes going on currently:

**Spirituality Class** – Mondays at 7:00 p.m. Currently reading and discussing: *Spiritual Counsels (select passages from My Life in Christ)* by Fr. John or Kronstadt

**Catechism Class** – Wednesdays at 7:00 p.m. (following Lenten meal after Pre-Sanctified) For those

studying to come into the Church and those in the Church who want to deepen their understanding and participation in the Faith. We are learning Divine Liturgy using Nicholas Cabasilas's book: *A Commentary on the Divine Liturgy*

**Prayer Group** – Thursdays at 9:00 a.m. Currently reading: *Churchianity vs. Christianity* by Metropolitan Anthony Bloom

**Old Testament Class** – Fridays at 9:00 a.m. We are about to begin Numbers.

Lent is a great time to try one or more of these classes!

**Perogie and Baking Sessions**

Our Easter Bake Sale will take place on Saturday, March 24<sup>th</sup> and we have been working steadily in the kitchen building up our perogie stock. Below is a schedule of perogies, cooking and baking dates (all sessions start at 9 a.m. unless otherwise specified):

**Tuesday Mar. 6<sup>th</sup>** – Evening Session Cookies (6:30 pm)  
**Tuesday Mar 13<sup>th</sup>** – Cookies  
**Saturday March 17<sup>th</sup>** - Roll Baking  
**Tuesday Mar 20<sup>th</sup>**—Make up day

**Roll Baking**—On Saturday March 17<sup>th</sup> we will be making the nut, poppy, prune and fruit rolls for our Easter Bake Sale. Helpers will be needed roll, fill, bake and wrap the rolls.

**Suggested shifts are:**

- 7:30-11:00 a.m.
- 11:00-2:30 p.m.
- 2:30-6:00 p.m.

Please let Carolyn Kaiser ([mckaiser@optonline.net](mailto:mckaiser@optonline.net)) know if you are able to help. No experience needed!

## Evening Cooking Session | Save the Date

### Evening Cooking

**Session**—On Tuesday, March 6<sup>th</sup> we will have an evening cooking session for our Easter Bake Sale starting at 6:30 p.m. All cooks/bakers are welcome to join—no experience necessary!

### Save the Date

—Our next Music on the Mount concert will be on Saturday May 5<sup>th</sup>. An ensemble from St. Tikhon's choir will be performing.

## Upcoming Events

**Parish Council Meeting** – Sunday, February 25

**Dorothy Day** – Friday, March 2<sup>nd</sup> 1:00-5:00 p.m.

**Visit from Short Term Missionary Joel Pleban**-- Sunday, March 11<sup>th</sup>

**Church School** –Friday March 16<sup>th</sup> 5:30-7:30 p.m.

**OYMT Meeting**—Sunday March 18<sup>th</sup> 3:00-6:00 p.m. St. Barbara – Orange, CT

**Lenten Cook-off**—Sunday, March 18<sup>th</sup> (Coffee Hour)

**Easter Craft & Bake Sale** – Saturday, March 24 and Sunday, March 25

**Lazarus Saturday/Church School**—Saturday, March 21<sup>st</sup>

**Diocesan Seniors Retreat** – Monday, April 23-Wednesday, April 25

**Music on the Mount Concert with St. Tikhon's**—Saturday, May 5<sup>th</sup>

## Birthdays

### March

Mia Paltauf

9

Aidan McVeigh

12

Vida Bundra

24

Marika Gutzman  
(Namesday)

25

Orestes Mihaly

26

Michael Browne

30

### Short Term Missionary Joel

**Pleban to Visit**—On Sunday March 11<sup>th</sup>, Joel Pleban who went on a short term OCMC mission trip to Kenya this past November will be visiting our parish to share his experiences. Joel is a member of our deanery parish, St. John the Baptist on Broadbridge Avenue in Stratford, CT. Joel will speak during coffee hour. There will be an opportunity to support the Manuel's who are hoping to begin their long term mission work in Guatemala.

## Lenten Fast

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

**1)** Great and Holy Friday, and Great and Holy Saturday, namely April 6 and 7 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 2 through April 7.

**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.

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*[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.]*

Our Diocese is pleased to offer its first annual **Seniors' Retreat this year from April 23-25 at Camp Nazareth in Mercer, PA.** You can review the attached registration form and flyer, and other information. You can also find these documents on the Diocesan website ([www.acrod.org](http://www.acrod.org)). Online Registration begins March 1, 2018. There will be the option to register via mail as well. All registrations are due by April 18, 2018.

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"... a place of refuge full of love and joy."



**Donations**—Going forward we would like to institute a new policy regarding donations of items to the church. While we are very grateful that parishioners want to offer the church items that might be useful, we have a limited amount of space. As we try to reorganize the hall and maximize the storage space that we have available we ask you to go through our new Donations Coordinator, Elaine Toaso, if you wish to donate something to the church. Please speak to Elaine ([elaine.toaso@gmail.com](mailto:elaine.toaso@gmail.com)) before bringing any items in and she will be able to tell you (or find out from the parish council) if the items can be utilized. Thank you!

## The Holy Spirit gives life!

By [Presvytera Alexandra Houck](#) in [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!

## SAINT GREGORY PALAMAS: BE STILL!

**Have you ever tried really hard to be still? To be quiet?** It's not so hard when you are watching a movie or reading a book. But when we are trying to pray, that's a different story! Maybe we start to squirm or to move around. Suddenly, we start to think about all the things we could do instead. It's hard to pray quietly, isn't it?

Today is the second Sunday of Great Lent, and today, we remember Saint Gregory Palamas. Saint Gregory was a monk and later a bishop of Thessaloniki, Greece. He was a very prayerful man, and he wrote about prayer too. We still have his writings today, 700 years after he died.

Saint Gregory tells us how important it is to be still, to be quiet, to silently pray to God. During St. Gregory's time, another man argued that people were wasting their time with this kind of prayer. Instead, people should be trying to learn more about God. They should be trying to get smarter. This quiet kind of prayer was a big waste of time.

But Saint Gregory knew that when we spend time talking to God in prayer, we grow closer to Him. Do you think you can find time during Lent to try and do that? Can you find a time every day to be still and quiet, praying to God?

**We celebrate St. Gregory today, the 2nd Sunday of Great Lent.**