

Holy Trinity Orthodox Church



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www.holytrinitydanbury.org

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

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/>

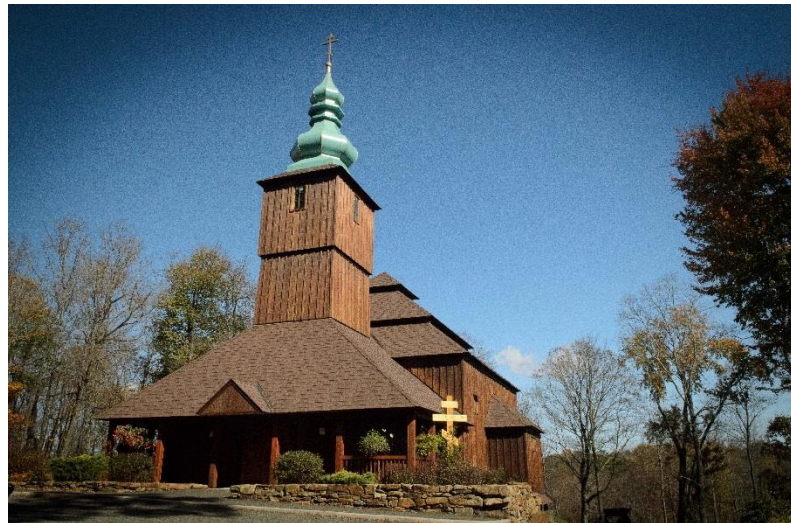
Welcome to Holy Trinity Parish

Today is the Sunday of Forgiveness. The Epistle Romans 13:11-14:4. The Gospel is from Matthew 6:14-21. Quadratus & companions.

Holy Trinity is a diverse and welcoming parish of the Carpatho Russian Diocese, under the Ecumenical Patriarchate.

His Eminence, Metropolitan 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 10, 10 AM – Divine Liturgy followed by the Rite of Forgiveness

Monday, March 11, 8:30 AM – Lenten First Hour

Monday, March 11, 7 PM – Canon of St. Andrew

Tuesday, March 12, 8:30 AM – Lenten Hours

Tuesday, March 12, 9 AM – Perogies

Tuesday, March 12, 7 PM – Canon of St. Andrew

Wednesday, March 13, 8:30 AM – Lenten Hours

Wednesday, March 13, 6:30 PM – Presanctified Liturgy followed by Lenten meal and Adult Catechism Class

Thursday, March 14, 8:30 AM – Akathist of Repentance

Thursday, March 14, 9:15 AM – New Testament Class

Thursday, March 14, 7 PM – Canon of St. Andrew

Friday, March 15, 8:30 AM – Lenten Hours

Friday, March 15, 9 AM – Old Testament Class

Friday, March 15, 7:30 PM – Paraklis Service at St. John's 1240 Broadbridge Ave, Stratford CT

Saturday, March 16, 5 PM – Vespers

Saturday, March 16, 6 PM – Church School – Coco movie night

Sunday, March 17, 10 AM – Divine Liturgy – Bring Icons for Sunday of Orthodoxy Procession

Sunday, March 17, 4 PM – Sunday of Orthodoxy Vespers here at Holy Trinity

Readers Schedule

3/10 – Susan Paltauf
3/17 – Christopher Mihaly
3/24 – Suzanne Molineaux

Coffee Hour

3/10 – Ana & Nicu
3/17 - OPEN

Help Re-stock Our Kitchen—

decaf coffee, sturdy 10-inch paper plates, bowls

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

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/htcdanbury/?fref=hovercard> so the word gets out.

Sunday of Orthodoxy Vespers

We will be hosting **Sunday of Orthodoxy Vespers** here at Holy Trinity on **Sunday, March 17 at 4 PM**. We are asked to have light Lenten foods afterwards for the Fellowship that will follow.

Coco Movie Night

As part of our continuing Church School lessons on what the Church teaches on death and in preparation of our Family Dance Party on May 4th to celebrate our families, including those who have passed on, we will have a family movie showing of the movie, *Coco*, next Saturday, March 16th. The movie will be shown following Vespers at 6 p.m. All are welcome!

Clothing Drive

Clothing Drive—The next clothing drive is on! Please bring your items in plastic garbage bags and leave behind the candle table. If you have questions about what can be donated, see the sheets in the coat area or ask Ann Huott. Thank you Huott family for continuing to run this very successful fundraiser for our parish.

Perogies Sessions

Time to Make the Perogies—After very successful Thanksgiving and Christmas Bakes sales our perogies freezers are depleted and it's time to start refilling them for our Easter Sale. Perogie sessions are on Tuesdays at 9:00 a.m. (following the Hours service at 8:30 a.m.) New and experienced pinchers, boilers and packagers are welcome! We will also try to schedule some evening sessions if there are people who would like to help but cannot come during the day.

Women's Retreat

Women's Retreat: Save the Date—We are planning a women's retreat to Camp Hi-Rock in Mt. Washington, MA from Friday, March 22 into Saturday, March 23rd. We will meet at the church early afternoon and carpool to the camp. We will be staying in a private lodge. The cost for the retreat is \$125 per person which includes 3 meals—dinner on Friday, breakfast and lunch on Saturday. We are trying to get our final count. If you have not already done so, please let Susan Sulich know if you plan to attend.

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: *Parenting Toward the Kingdom* by Dr. Philip Mamalakis

Catechism Class – Wednesdays at 7:00 p.m. 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 starting a new Book. It is *Introducing the Orthodox Church* by Fr. Anthony Coniaris

New Testament – Thursdays at 9:00 a.m. currently were are reading and studying *The Acts of the Apostles*

Old Testament Class – Fridays at 9:00 a.m. We have begun Joshua.

Lenten Fast

As we begin Lent together, the following minimal fasting regulations are designated for our clergy and faithful:

- 1) Monday, March 18 (Clean Monday), the first day of the Fast, is a day of strict abstinence; likewise Great and Holy Friday, and Great and Holy Saturday, namely April 26 and 27 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 22 through April 27.
- 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.]

CAMP NAZARETH SUMMER CAMP 2019

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The time for Summer Camp is Rapidly Approaching!!! The clock is ticking!!

REGISTER ONLINE STARTING MAR. 1, 2019!!!

[Dates for the Summer Camping Program](#)

Week 1: July 14-20, 2019

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

Week 2: July 21-27, 2019

New England, NY, NJ, Florida and Canada Deaneries

Week 3: July 28-August 3, 2019

Johnstown, Pocono, Southern Tier, Youngstown and Chicago Deaneries

Register Online Starting March 1, 2019

Register at – campnazareth.org

From the Home Page, From the 2019 Summer Camp Icon, or From the Diocesan Summer Camp Tab found under the Summer Camp Tab and look for Camper Registration.

If you are Clergy or a Volunteer go to the 2019 Summer Camp Icon on the Home Page or the Diocesan Summer Camp Tab found under the Summer Camp Tab and look for the paper forms under Clergy/Volunteers.

\$20 Early Bird Discount Per Child!!!! (one-time only, not per week)

Register & pay by **May 15, 2019!!!!**

Online Registration **MUST** be complete **AND** payment must be submitted by **May 15** in order

to qualify for the Early Bird Discount.

Registrations after June 15 will incur an additional \$20 late fee.

- 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.
- 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.*

Birthdays

March	
Ana Urgiles Melnic	7
Mia Paltauf	9
Aidan McVeigh	12
Vida Bundra	24
Orestes Mihaly	26
Michael Browne	30

Our Diocese is pleased to announce its second annual **Senior Retreat** which will take place at Camp Nazareth Retreat and Conference Center in Mercer, PA from May 13-16, 2019. The Retreat will feature keynote addresses by His Eminence Metropolitan Gregory who is inviting all our Diocesan Seniors, ages 55 and over, to join him for 3 days of fellowship, prayer, and rejuvenation. "How's Your 'Eyesight'?: Keeping your Focus on God as a Senior" is the theme of the Retreat. The Retreat will help our Seniors navigate the many challenges they face including retirement, transition, health and family all while remaining focused on and committed to our Lord. It will include worship, fellowship, learning, fun, time for reflection and relaxation, and time spent with our Diocesan Hierarchy!

Online Registration will begin on February 1, 2019. Visit acrod.org for more information and to register for the Retreat. Participants will also be able to register by mail. Again, visit acrod.org for more information. You may also call (724-662-4840) or email (campnazareth@acrod.org) the Camp for more information.

Don't miss out on our second annual Senior Retreat!

Upcoming Events

Sunday of Orthodoxy Vespers and Fellowship—Sunday, March 17th 4:00 p.m.

Women's Retreat—March 22-23rd

Church School Fri. March 29th 5:30-7:30 p.m.

Council Meeting—Sunday, March 31st, following coffee hour

OYMT Tool and Safety Training—Saturday, April 6th from 12-4 p.m. Leader dinner following Vespers.

Church School Sat. April 20th –Lazarus Sat. Liturgy/Breakfast/Church and Family School Activities

Church School

Church School—We will continue our church school program with teaching by Fr. Luke and art by Miss Elena on the following dates:

Fri. March 29th
Sat. April 20th –Lazarus Sat. Liturgy/Breakfast/Church and Family School Activities

The Friday classes take place from 5:30-7:30 p.m. and the Saturday classes are from 10:00 a.m. – 12:00 noon. Attendance has been wonderful and we encourage families to continue to make this a priority.

Parish Trip to Slovakia

Parish Trip to Slovakia—An itinerary has been set for our trip to Slovakia scheduled for August 18-30, 2019. We will start out in Prague, travel through Slovakia and have day trip into Hungary. Highlights of the trip include wooden churches, underground caves and other natural wonders, spas, castles and many other cultural and religious sites. An itinerary was emailed and there is also a hard copy on the parish bulletin board. We are currently looking for commitments to go on the trip. Group airfare available on a first come first serve basis. If you have not yet signed up and would like to, let Fr. Luke know.

Bake Sale Cooking Schedule

Bake Sale Cooking Schedule -We are hard at work building up our stock for the upcoming Easter Bake Sale on April 13-14. Updated schedule:

- Perogie making—Tues. March 12th after Lenten Hours
- Perogie making—Tues. March 19th after Lenten Hours
- Stuffed Cabbage session—Wed. March 20th after Lenten Hours

If you are interested in a night time session, please let Susan Sulich know.

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74 Joes Hill Rd
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"... a place of refuge full of love and joy."



Camp Nazareth Family Camp
2019 - Friday, May 31 – Sunday,
June 2

Our Diocese is pleased to announce its seventh annual Family Camp at Camp Nazareth this year in conjunction with Family Day. The event is exactly what it sounds like. Families "camping" together in the Camp cabins and participating in a weekend of services, games, discussions, activities and challenges that are all designed to help families deepen their relationship with God and with one another.

This year's theme – "*Being a Believing Family*". Come join His Eminence Metropolitan Gregory in the beautiful environment of Camp Nazareth. Come and learn what it means to be a believing family. "...Believe in the Lord Jesus, and you will be saved, you and your household...and he rejoiced with all his household that he had believed in God." (Acts 16:31-34). Believing in God as a Family is more and more difficult these days. There are however, examples of families that kept believing even when it was difficult. Come and learn about them and help your family believe and rejoice in God.

Don't miss out on this opportunity for you and your family. Space is limited to the first 10 families, so register soon. **Register online at campnazareth.org**. Registration closes after Friday, May 24. Visit campnazareth.org for more information.

Hymns and Prayers of the Feast of the Prodigal Son

Exapostelation of Matins (Tone Two)

Wretch that I am I disobeyed Your good commandment, O my Lord. And being stripped of Your glory, alas, with shame I am laden. And I have been evicted from the pure delights of Paradise. O merciful and compassionate, have mercy on me who rightly has been deprived of Your goodness.

We were expelled of old, O Lord, from the Garden of Eden, for wrongly eating from the tree. But, O my God and Savior, You once again have restored us through Your Cross and Your Passion. Thereby, O Master, fortify and enable us purely to finish Lent and to worship Your holy resurrection, Pascha our saving Passover, by the prayers of Your Mother.

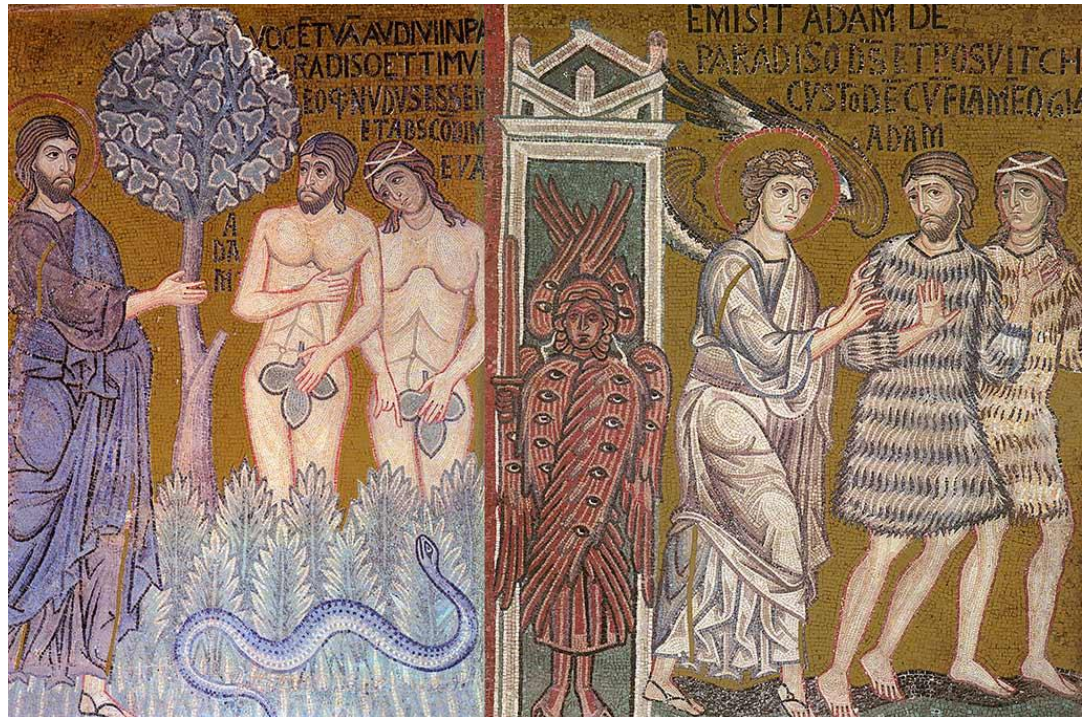
Prokeimenon of Vespers (Tone Plagal Fourth)

Idiomela: Turn not away Thy face from Thy child for I am afflicted; hear me speedily. Draw near to my soul and deliver me.

Stichos: Thy salvation, O God, hath set me up. The poor see and rejoice.

Kontakion (Tone Plagal Second)

O Master, Guide to wisdom, Giver of prudent counsel, Instructor of the foolish and Champion of the poor, make firm my heart and grant it understanding. O Word of the Father, give me words, for see, I shall not stop my lips from crying out to Thee: I am fallen, in Thy compassion have mercy on me.



We're on the Web!

holytrinitydanbury.org