

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 St. Gregory Palamas Sunday. The Epistle Hebrews 1:10-2:3. The Gospel is from Mark 2:1-12. Fore feast of the Annunciation.

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.

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Schedule of Services and Events for this week

Sunday, March 24, 10 AM – Divine

Monday, March 25, 9 AM – Vespers and Liturgy for the Feast of the Annunciation

Monday, March 25, 7 PM – Spirituality Class

Tuesday, March 26, 8:30 AM – Lenten Hours

Wednesday, March 27, 6:30 PM – Presanctified Liturgy followed by Lenten meal and Adult Catechism Class

Thursday, March 28, 8:30 AM – Akathist

Thursday, March 28, 9:15 AM – New Testament Class

Friday, March 29, 9 AM – Old Testament Class

Friday, March 29 5:30 PM to 7:30 PM – Church School

Saturday, March 30, 8 AM to 4 PM – Roll Baking

Saturday, March 30, 5 PM – Vespers

Sunday, March 31, 10 AM – Divine Liturgy

Sunday, March 31, 12:30 PM – Parish Council Meeting

Readers Schedule

3/24 – Suzanne Molineaux
3/31 – Robert Faubel

Coffee Hour

3/24 – Suzanne Molineaux
3/31 – Carlos Morfa

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/?ref=hovercard> so the word gets out.

Church School This Friday--

Church school will take place this Friday from 5:30-7:30 p.m. Please let Roz Mihaylo or Ana Melnic know if your children will be attending

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.

Women's Retreat

Women's Retreat - Thank you to everyone who attended and made the drive through the snow to our Women's Retreat. It was a great opportunity not only to draw closer to our Lord and deepen our relationship with Him but also a unique opportunity to discover new friendships and deepen old ones. Also, to everyone who helped put together the retreat material, calling and making arrangements, bringing snacks, may God bless all of you!

Easter Bake Sale

Easter Bake Sale—Our Easter Bake Sale will take place on Saturday, April 13th and Sunday April 14th. We will need help on the day of the Saturday of the sale in the kitchen and filling orders. We are also looking for crafters of handmade artisan items who might like to take a table for the sale.

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) The following days are days of strict abstinence; 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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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.*

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

Upcoming Events

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

12-4 p.m. Leader dinner following Vespers

Roll Baking—Saturday, March 30th 8:00 a.m. to 5:00 p.m.

Easter Bake Sale—Saturday, April 13th 10:00 a.m. to 3:00 p.m.

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

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

OYMT Tool and Safety Training—Saturday, April 6th from

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:

- Saturday March 30th - Roll Baking
- Wednesday April 3rd - Stuffed Cabbage
- Tuesday April 9th - Kolachi Cookies

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

Birthdays

Birthdays	
March	
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!

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Danbury, CT 06811

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



Roll Baking—We will have having our roll baking day for the Easter Bake Sale on Saturday, March 30th. Helpers will be needed throughout the day to help with dough, filling, rolling and packaging. Please let Carolyn Kaiser (mckaiser@optonline.net) know if you are able to give a few hours that day to help with this major part of our spring fundraiser.

Fr. Luke's 30th Anniversary of Ordination—Thank you to everyone who helped make the celebration last week for Fr. Luke special. If you were unable to attend, we are still collecting photos and smooth stones for a special gift in honor of the occasion. Please bring them in when you can.

Have you ever thought something mean about somebody, even if you didn't say it out loud? When we think something mean or unkind, it almost sounds like we have said something mean too.

In today's Gospel reading, we hear about what happens after Jesus helps a sick man. Some of the important teachers heard Jesus talking. The Bible tells us they were "sitting there, questioning in their hearts." They were thinking to themselves that Jesus was lying! They were thinking that Jesus was saying something He wasn't! They were feeling these things in their hearts.

But then the Gospel reads, "At once, Jesus knew that they were thinking these questions." He talked to them. He showed them that He had great power from God. He told the sick man to get up, and he did!

Lots of times, we might have mean thoughts about people. We might think it doesn't matter, as long as we don't say them out loud. But as our Lord tells us in the Bible today, our thoughts matter too! When we feel ourselves thinking something mean about somebody, we can say a quick prayer and ask God to help us. We can ask Him to help us be kind to others, out loud and in our hearts!

THE ANNUNCIATION: WHAT DID THE THEOTOKOS HAVE IN HER HEART?

We know that we can think bad thoughts, but we can also think good and holy ones too!

Tomorrow is the great feast of the Annunciation, when we celebrate the good news that the angel told Mary. He told her that she would have a baby. But before that, he greeted Mary, and said, "Rejoice, O favored one, the Lord is with you! Blessed are you among women!"

Nobody had ever greeted her like that before, and the Bible tells us that she was afraid when she heard it. She thought in her heart what it might mean. The angel meant that she was blessed because she was going to have baby Jesus, the Son of God. She was going to carry Him and take care of Him!

Another time in the Bible, we read about how Mary, the Theotokos, kept things in her heart. Later on, we read about Jesus as a young boy, and how she found Him with the teachers in the Temple. The Bible says, "His mother treasured all these things in her heart."

The Theotokos knew that her Son was special, and she trusted God to make things clear someday. Let's be like the holy Theotokos, and try to think wonderful things about our Lord, Jesus Christ. Let's be like her, and not like the teachers in the Gospel today.

We celebrate the Annunciation tomorrow, Mar. 25th (April 7th, OC).