

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 the Cross. The Epistle Hebrews 4:14-5:6. The Gospel is from Mark 8:34-9:1. Repose of St. Innocent.

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 31, 10 AM – Divine

Sunday, March 31, 11:30 AM – Panachida for Robert Paltauf

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

Monday, April 1, 7 PM – Spirituality Class

Tuesday, April 2, 8:30 AM – Lenten Hours

Wednesday, April 3, 9 AM – Stuffed Cabbage Making

Wednesday, April 3, 6:30 PM – Presanctified Liturgy

followed by Lenten meal and Adult Catechism Class

Thursday, April 4, 8:30 AM – Akathist for our Children

Thursday, April 4, 9:15 AM – New Testament Class

Friday, April 5, 9 AM – Old Testament Class

Friday, April 5, 7 PM – Deanery Presanctified Liturgy at St. John's, 1240 Broadbridge Ave, Stratford, CT

Saturday, April 6, 12 noon to 5 PM – OYMT Tool Training

Saturday, April 6, 5 PM – Vespers

Sunday, April 7, 10 AM – Divine Liturgy

Sunday, April 7, 11:30 AM – Panachida for John Sulich

Sunday, April 7 – Lenten Cook-off Coffee Hour

Readers Schedule

3/31 – Robert Faubel
4/1 – Paul Toaso

Coffee Hour

3/31 – Carlos Morfa
4/7 – Lenten cook-off

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

OYMT “Stock Sales”—

Members of the Orthodox Youth Mission Team will be selling shares of mock stock for \$10 each during coffee hour to support our upcoming youth mission trip to Appalachia in July. Please consider investing in this opportunity for our high school youth and young adults to put their Faith to work. To those of you who have already contributed, we thank you very much!

Roll Baking—Thank you to everyone who came and helped make our rolls yesterday for the upcoming sale. There were many dough makers, rollers, fillers and packagers and we are grateful for all helpers!

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.

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.

Lazarus Saturday

Lazarus Saturday—On Saturday, April 20th we ask that all our church school children come to liturgy to receive Holy Communion and help prepare for Holy Week. Fr. Luke is available before liturgy for confessions. We will also be celebrating the Baptism of Jake Morfa. Following the liturgy there will be breakfast provided and we will dye eggs, make Palm Crosses, decorate luminaries in preparation for Holy Week and Pascha. Please see Susan Sulich if you would like to contribute fruit, bagels, muffins or something else for the breakfast.

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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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

Month	Birthdays
March	
Michael Browne	30
April	
Markus Paltauf	8
Christopher Mihaly	11
Melissa McVeigh	11
Grace Radcliff	14
Adriano Morfa	14
Ignatius Michael Thompson	15
Melanie Sulich	17
Rosalyn Mihaylo	18
Nectarious Moses Mihaly	20
Viorel Bundra	23
Natasha Gross	25
Harry Fong	26

Upcoming Events

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

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

Akathist to the Mother of God for our Children—Thursday, April 4th at 8:30 a.m.

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

OYMT Tool and Safety

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

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:

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:

- Wednesday April 3rd - Stuffed Cabbage
- Tuesday April 9th - Kolachi Cookies

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

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



Lenten Cook-Off—Our annual Lenten Cook-Off will take place next Sunday, April 7th as our coffee hour for that week. Pull out your best Lenten recipes and bring something to share. We are looking for appetizers, main dishes, sides and salads and desserts. Prizes will be awarded to the winners at our Pascha agape meal following liturgy on Easter midnight

[The Cross gives us life!](#)

Have you ever wondered why we wear crosses? Have you wondered why we make the sign of the cross when we pray? Do you know why, today, on the Sunday of the Holy Cross, we decorate a cross with flowers and see a procession around the whole church with it? We remember that our Lord, Jesus Christ was killed on the Cross.

We remember that the people were angry at Him, and we remember how they shouted "Crucify Him!" when they wanted Him to be killed on the cross. That doesn't sound so great, so why do we make such a big deal about the cross in our Christian faith today?

When we think about the Cross, we think about what our Lord, Jesus Christ did for us. We think about how He gave up His life for

We're on the Web!

holytrinitydanbury.org

[Fellowship is more than Just Socializing](#)

In every church, there are people who are part of worship but not of fellowship. There are people who may even attend church every Sunday to worship, but once the service is over, they head to their cars and go about their day. There are people who worship every Sunday but who do not know anyone in their community and no one in the community knows them. They are part of the "worship circle" but not part of the fellowship circle. This happens for one of two reasons. Either they don't understand that fellowship is an important and necessary component to being involved in a church community, or they have not been invited or introduced to anyone and they feel awkward trying to get involved in anything fellowship related.

Fellowship is more than just socializing. Certainly socializing is part of fellowship, and is probably the entry point on being part of fellowship. Fellowship is the "communion" we enjoy with those in our community. The word for "fellowship" is "koinonia". "Theia Koinonia" translates as "Holy Communion." Holy Communion is the "divine fellowship" we enjoy with Christ at the Divine Liturgy. After the divine fellowship, we should enjoy human fellowship.

Fellowship comes in many forms. The simplest form is fellowship at the coffee hour after church. This is where people come together, casually, over refreshments, just to socialize. This is not where fellowship ends though. Through socializing, we start to know the people of our community. We form friendships. We bond with people who have common interests. We learn about people who have unique talents as well as unique needs. Fellowship should then extend to people with unique talents matching up to help those whose unique needs match their unique talents or abilities. For instance, there might an elderly person who is sick and needs a ride to a doctor appointment, and there might be another elderly person who is healthy and has time. Put those two together and one serves while the other is served. That is fellowship.

Fellowship extends to people of the community getting together to celebrate a common joy, like taking in a ballgame. It also includes people getting together to meet a common good, like making food to send to the hungry, or going out in teams to visit the sick.

Fellowship is part of nearly every ministry at the church. Those who sing in the choir should worship together and share fellowship as well. Choir members should look after choir members who need help. Sunday school teachers should look after one another.

However, no one joins Philoptochos, or the choir or teaches Sunday school if they just come to church and leave. No one can help anyone else if they don't know the names or needs of others. No one can get help or encouragement if they are not known in the community. To be part of a community means that one not only is part of the worship circle but part of the fellowship circle. It means that there is not only a liturgical role for everyone in the church but a social/fellowship role as well. Because in worship, this is where we lean on God for help. And in fellowship, we lean on others. In worship, we serve God. In fellowship, we serve one another. In worship, we show our love for God. In fellowship, we show our love for one another.

Now on the flip side, there are people who go to church for fellowship and they don't worship. They come for the coffee hour and not for the Liturgy. They come to socialize and not to pray. They work at the festival but never partake of the sacraments. This is actually MORE wrong than the ones who come to church and don't partake in fellowship. For before we can love others, we must love God. As I heard it said recently, there is no Church without the Eucharist and there is no Eucharist without the Church. We can't exist in the Church apart from the Eucharist

Christ gave us two commandments—to love God and to love one another. In a church community, we love God through worship. We love one another through fellowship. Thus worship and fellowship are both important for everyone who is part of the church community.