

# Holy Trinity Orthodox Church



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

<https://www.facebook.com/htocdanbury/?fref=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. John Climacus. The Epistle Hebrews 6:13-20. The Gospel is from Mark 9:17-31. Repose of St. Tikhon.

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, April 7, 10 AM –** Divine Liturgy

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

**Sunday, April 7 – Lenten** Cook-off Coffee Hour

**Monday, April 8, 7 PM –** Spirituality Class

**Tuesday, April 9, 8:30 AM –** Lenten Hours

**Wednesday, April 9, 9 AM –** Pascha Breads

**Wednesday, April 10, 6:30 PM –** Presanctified Liturgy followed by Lenten meal and Adult Catechism Class

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**Thursday, April 11, 8:30 AM –** Akathist

**Thursday, April 11, 9:15 AM –** New Testament Class

**Thursday, April 11, 6 PM –** Making Kielbasa

**Friday, April 12, 9 AM –** Old Testament Class

**Friday, April 12 11:30 AM –** Bake Sale Set up

**Friday, April 12, 7 PM –** Deanery Presanctified Liturgy at St. John's, 600 Silver Lane, Stratford, CT

**Saturday, April 13, 10 AM to 3 PM –** Easter Craft & Bake Sale

**Saturday, April 13 5 PM –** Vespers

**Sunday, April 14, 9:30 AM –** Chrismation of Jennie Fong

**Sunday, April 14, 10 AM –** Divine Liturgy

**Sunday, April 14 11:30 AM to 1 PM –** Easter Craft and Bake Sale

## Readers Schedule

4/7 – Paul Toaso  
4/14 – Harry Fong  
4/21 – Susan Paltauf

## Coffee Hour

4/7 – Lenten cook-off  
4/14 – Sulich  
4/21 – Villa  
4/28 – PASCHA  
5/5 – Radcliff  
5/12 – Mother’s Day - See Harry and Paul

## 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](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/htcdanbury/?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!

## Clothing Drive

**Remember Me: Family Dinner Dance**—On Saturday, May 4<sup>th</sup> from 6-11 p.m. we will have a family dance celebrating our connection to relatives who have passed on. Everyone is asked to bring a favorite family food to share. BYOB. Please let Chrissanth Gross know if you plan to attend ([chrissanth@mac.com](mailto:chrissanth@mac.com)). Also, if you have not already done so, please bring in or email Chrissanth digital files of photos of any of your loved ones who have passed on along with their name, relation to a living relative, and anything you’d like to remember about them. The church school children are working hard to use these to make decorations for the party.

## 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 Judges.

## 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.]

## Easter Bake Sale

**Easter Bake Sale**—Our Easter Bake Sale will take place on Saturday, April 13<sup>th</sup> and Sunday April 14<sup>th</sup>. 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 20<sup>th</sup> 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.

## CAMP NAZARETH SUMMER CAMP 2019

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Register Online Starting March 1, 2019

Register at – [campnazareth.org](http://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

**Easter Bake Sale**—Saturday, April 13<sup>th</sup> 10:00 a.m. to 3:00 p.m.

**Family Dinner Dance**—Saturday, May 4<sup>th</sup> from 6-11 p.m.

**Church School** Sat. April 20<sup>th</sup> – Lazarus Sat.

**OYMT Construction Day**—Saturday, May 18<sup>th</sup> 9 a.m. – 4 p.m.

Liturgy/Breakfast/Church and Family School Activities

**Parish Grounds Clean Up**—Saturday, April 20<sup>th</sup> following breakfast after liturgy.

### 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 20<sup>th</sup> –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 Set Up This Friday

**Bake Sale Set Up This Friday**—After our Old Testament class on Friday (about 11:00 a.m.) we will be setting up for our bake sale. There will be cookies to sugar and wrap, kielbasa to package, tables to set up and pre-orders to set aside. For anyone who is available at that time, your help is greatly appreciated.

### Birthdays

Birthdays	
<b>April</b>	
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
Nectarios Moses Mihaly	20
Viorel Bundra	23
Natasha Gross	25
Harry Fong	26

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](http://acrod.org) for more information and to register for the Retreat. Participants will also be able to register by mail. Again, visit [acrod.org](http://acrod.org) for more information. You may also call (724-662-4840) or email [campnazareth@acrod.org](mailto: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."



**Parish Grounds Clean Up**—On Saturday, April 20<sup>th</sup> (Lazarus Saturday) there will be a clean-up of the parish grounds following breakfast after liturgy. Help is needed to clear sticks and clean up the grounds in preparation for Pascha.

**Parish Tag Sale**—Save the date and start gathering your unwanted items for a parish tag sale to be held at Holy Trinity on Saturday, June 15<sup>th</sup>. Stay tuned for more details.

### [Jesus goes before us](#)

**Have you ever watched construction vehicles building a road?** Have you watched as they break up the ground, and put down materials, and smooth it all out? The construction trucks make a path for us to use, to get us to where we want to go.

Today's epistle reading tells us how our Lord went before us too. He went before us so that we could go down His same path. The epistle says we want to take the "hope set before us." As Christians, what is our greatest hope? Our hope is to go to heaven, to live with Christ, to be with Him forever in peace. The epistle tells us that our Lord has already gone there! "Jesus has gone as a forerunner on our behalf." A forerunner is somebody who goes before.

Let's always remember that our Lord, Jesus Christ, isn't only God. He is also a man, and He went before us. He lived here so He could know us and understand us. He died before us, and He went to heaven before us. He did this so He could get a path ready for us. God wanted to help us to get to where we want to go...and where is that? Life in heaven forever!

### **CLIMBING THE LADDER: ST. JOHN CLIMACUS**

**Now, we're more than halfway finished with Great Lent!** Today is the 4th Sunday, when we remember St. John Climacus. St. John was a monk who wrote an important (but very hard to read!) book. In this book, he gave advice about how we can go up the ladder—to heaven! (That's what Climacus means— "of the ladder.")

At first, St. John's book was meant only for monks, men who live their whole lives in a special place to grow close to God. But now we know this book can be helpful for all of us Christians! That's because St. John wrote how we Christians must always be trying harder and harder to grow closer to Christ. That's our goal.

Maybe one day, when you're older, you'll have a chance to read and study his book. But for today, let's remember one thing he wrote: "Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And truly, your guardian angel will honor your patience."

So remember, as YOU are trying every day to climb the ladder to grow closer to our Lord—you're going to make mistakes! But as St. John tells us, don't give up! Be brave and try harder next time! Isn't it nice to know that holy saints made mistakes too? They fell, but stood up again!

**We celebrate St. John today, the fourth Sunday of Lent.**