

# 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/>

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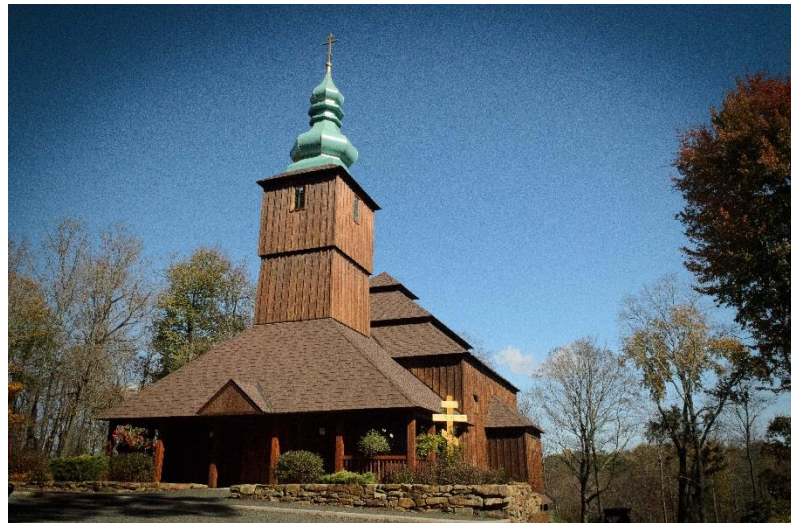
## Welcome to Holy Trinity Parish

Today is the Seventh  
Sunday after Pentecost.  
The Epistle Romans 15:1-7.  
The Gospel is from  
Matthew 9:27-38. The 7  
Sleepers of Ephesus.

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

**Sunday, August 4, 10 AM –**  
Divine Liturgy

**Monday, August 5, 6 PM -**  
Vespers for Transfiguration

**Monday, August 5, 7 PM –**  
Spirituality class

**Tuesday, August 6, 9 AM –**  
Liturgy Feast of Transfiguration  
blessing of Fruit

**Wednesday, August 7, 7 PM –**  
Adult Catechism Class

**Thursday, August 8, 8:30 AM –**  
Akathist

**Thursday, August 8, 9:15 AM –**  
New Testament Class

**Friday, August 9, 9 AM –**  
Old Testament Class

**Saturday, August 10, 9 AM**  
– Liturgy imo of Serge and Elizabeth Mihaly

**Saturday, August 10, 5 PM**  
–Vespers

**Sunday, August 11, 10 AM**  
– Divine Liturgy

**Sunday, August 11, 11:30 AM**  
– Panachida imo John (Perun, Sr.) and Patricia (Bob Young' sister)

**Monday, August 12, 9 AM –**  
Golf Outing at Richter Park

## Readers Schedule

8/4 – Paul Sulich  
8/11 – Susan Paltauf  
8/18 – Bob Faubel  
8/25 – Harry Fong

## Coffee Hour

8/4 – OPEN  
8/11 – Picnic  
8/18 – OPEN  
8/25 – OPEN

## Help Re-Stock Our

**Kitchen**—Kitchen counter cleaner, napkins, kitchen garbage bags, gallon freezer bags, sturdy 10-inch plates.

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.

## Essay Contest

**ESSAY CONTEST:** The Diocese is holding a special Essay Contest project in conjunction with the Sobor this year. All High School Juniors and Seniors as well as all College age students are encouraged to participate. Cash prizes will be given out to the top three High School and top three College essay winners. Please see the letter from His Eminence in the bulletin for more information.

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## 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 **The Creed**. This discussion of the Nicene Creed—the foundation of our Faith—begins with a review of Christianity, the Church and Tradition. It offers a definition and an explanation of the Creed.

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

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

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## New Cemetery Fence

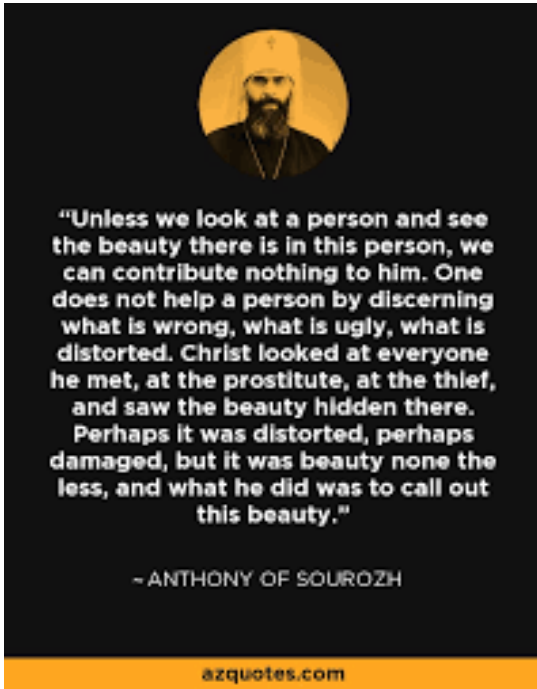
**New Cemetery Fence--** We are looking to install a new fence along the back side of our cemetery. It will be made of long-lasting black chain link with privacy slats that will provide a neat backdrop and block the view into the neighboring yards. If anyone would like to donate to the cost of the fence and the survey please let Fr. Luke know.

## | Road Race Sponsors

**Road Race Sponsors—** We will be looking for sponsors for our Perogie Dash 5K Road Race set for August 17<sup>th</sup>. Sponsorship levels start at \$100. All sponsors will have their logo on our t-shirt and the opportunity to contribute promotional material to our runner bags. Please let Fr. Luke or Susan Sulich know if you or a business you frequent would like to be a sponsor.

## | Holy Trinity Golf Outing

Golf Outing: It's not too late to get a foursome together for our Holy Trinity Golf Outing which had to be rescheduled due to bad weather this week. We will be in a new place this year—Richter Park right here in Danbury. There will be a Hole in One contest and prizes awarded. Male and female golfers welcome. Please consider inviting friends and family to join this fun summer fundraiser. The price is \$125 per person and includes lunch. Stay tuned for the new date. See Harry Fong and Ken Borsari if you want to play.



## Upcoming Events

**Monthly Food Sale—**  
Thursday, Aug. 1<sup>st</sup> 4-6 p.m

**Perogie Dash 5K –**  
Saturday, August 17<sup>th</sup>

**Trip to Slovakia –**  
August 18 – August 30

### 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.

Birthdays	
<b>July</b>	
Vivian Szymanowicz	28
Marilyn Zaengle	30
Paul Toaso	31
<b>August</b>	
Susan Sulich	1
Ken and Diana Borsari - Anniversary	1
Carolyn Faubel	4
Lisa Farrah	5
Carolos Morfa	9
Bill Huott	10
Sarah Baroody	15
Fr. Luke & Bethany Mihaly - Anniversary	17
Slave & Mariana Todosiev – Anniversary	19
Brenna Singer	23
Amy Fong	25
Susan Paltauf	25
Marika Gutzman	26
Cyril Gutzman	26
Mariana Bundra Todosiev	28
Kristen Szymanowicz	31

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



## Why a Fast for Dormition?

by Daniel Manzuk  
from [The Word, June 2008](#)

It would be a gross understatement to say that much has been written about the Feast of the Dormition of the Theotokos. Yet very little has been written about the fast that precedes it.

Every Orthodox Christian is aware and generally knows the reason behind the fasts for Pascha and Christmas. But while they may know of the Dormition Fast, few follow it, and more than a few question why it is there, neither knowing its purpose. First, given the pervasive misunderstanding of the purpose of fasting itself, a refresher on its purpose is always a good idea. There is a perception that we should fast when we want something, as though the act of fasting somehow appeases God, and seeing us "suffer" gets Him to grant our request. Nothing can be further from the truth. It is not our fasting that pleases God, it is the fruits of our fast (provided we fast in the proper mind set, and do not merely diet) that please Him. We fast, not to get what we want, but to prepare ourselves to receive what God wants to give us. The purpose of fasting is to bring us more in line with another Mary, the sister of Lazarus, and away from their sister Martha, who in the famous passage was "anxious and troubled about many things." Fasting is intended to bring us to the realization of "the one thing needful." It is to help us put God first and our own desires second, if not last. As such it serves to prepare us to be instruments of God's will, as with Moses in his flight from Egypt and on Mt. Sinai, as well as our Lord's fast in the wilderness. Fasting turns us away from ourselves and toward God. In essence it helps us become like the Theotokos, an obedient servant of God, who heard His word and kept it better than anyone else has or could.

So why do we fast before Dormition? In a close-knit family, word that its matriarch is on her deathbed brings normal life to a halt. Otherwise important things (parties, TV, luxuries, personal desires) become unimportant; life comes to revolve around the dying matriarch. It is the same with the Orthodox family; word that our matriarch is on her deathbed, could not (or at least should not) have any different effect than the one just mentioned. The Church, through the Paraklesis Service, gives us the opportunity to come to that deathbed and eulogize and entreat the woman who bore God, the vessel of our salvation and our chief advocate at His divine throne. And as, in the earthly family, daily routines and the indulgence in personal wants should come to a halt. Fasting, in its full sense (abstaining from food and desires) accomplishes this. Less time in leisure or other pursuits leaves more time for prayer and reflection on she who gave us Christ, and became the first and greatest Christian. In reflecting on her and her incomparable life, we see a model Christian life, embodying Christ's retort to the woman who stated that Mary was blessed because she bore Him: blessed rather are those who hear His word and keep it. Mary did this better than anyone. As Fr. Thomas Hopko has stated, she heard the word of God and kept it so well, that she of all women in history was chosen not only to hear His Word but give birth to it (Him). So while we fast in contemplation of her life, we are simultaneously preparing ourselves to live a life in imitation of her. That is the purpose of the Dormition Fast.

*When the assumption of thine undefiled body was being prepared, the Apostles gazed on thy bed, viewing thee with trembling. Some contemplated thy body and were dazzled, but Peter cried out to thee in tears, saying, I see thee clearly, O Virgin, stretched out, O life of all, and I am astonished. O thou undefiled one, in whom the bliss of future life dwelt, beseech thy Son and God to preserve thy people unimpaired.*

**(Sticheron after the Gospel, Orthros)**

*Daniel Manzuk is a reader at the Church of the Virgin Mary in Alsip, IL.*