

# 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 Fourteenth Sunday after Pentecost. The Epistle 2 Corinthians 4:6-15. The Gospel is from Luke 6:31-36. Cyriacus the Hermit.

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.

We will be serving a Panachida today for Jennie Fong's father who passed away yesterday, Charles Bostic. Also for Samantha Fricke's, grandmother Gertrude, and Samantha's Aunt, Julie.

**Tuesday, October 1, 8 AM** – Divine Liturgy for the Feast of the Protection of the Mother of God



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, September 29, 10 AM**  
– Divine Liturgy

**Sunday, September 29, 11:30 AM** – OYMT presentation

**Tuesday, October 1, 9 AM**  
– Perogie Session

**Wednesday, October 2, 7 PM** - Adult Catechism

**Thursday, October 3, 8:30 AM** – Akathist

**Thursday, October 3, 9:15 AM** – New Testament Class

**Thursday, October 3, 4 pm to 6 pm** – Monthly Bake Sale

**Friday, October 4, 9 AM** – Old Testament Class

**Saturday, October 5, 5 PM**  
– Vespers

## Readers Schedule

9/29 – Paul Toaso

10/6 – Harry Fong

## Coffee Hour

9/29 - OYMT Presentation

10/6 - 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.

## Church School Start

**Church School Start**—We will be getting out our October schedule for church this week. Please mark your calendar when it comes out. We look forward to welcoming all children and teens for another fruitful year of learning and fun.

## | Les Miserable

**Les Miserable**—We are planning a parish outing to see Les Miserable at the Palace Theater in Waterbury, CT on Tuesday, Dec. 3<sup>rd</sup> at 7:30 p.m. We are reserving a block of tickets at a group rate of \$41.75 per ticket. There is a sign up sheet in the hall. We need to give the theater an initial count this week. Please sign up or see Susan Sulich if you are interested in going. Half the payment will be due on Sept. 1<sup>st</sup>.

## | OYMT Presentation

**Orthodox Youth Mission Team Presentation**—On Sunday Sept. 29th OYMT will host a special coffee hour to show our appreciation for all of our parish's support for this youth endeavor. We have a new video to share that was made this year by a professional videographer for our team. We will serve BBQ and other delicious food! All are welcome and if you are thinking about joining the team for next summer this is a great way to learn what OYMT is all about. Teens currently in 8th grade and up are eligible to join. New adult leaders welcome!

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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 were are reading and studying **The Acts of the Apostles**

**Old Testament Class** – Fridays at 9:00 a.m. We have begun **1 Samuel**.

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## CHANGE our Bottom

**Line**—Please consider donating your spare change toward lowering our mortgage debt. A container is located in the church hall to collect the change and it will be cashed in to contribute to extra mortgage payments.

**Lenox Retreat**  
**Lenox Retreat**—Our annual St. Nectarios Lenox Retreat is set for Nov. 1-3. We will once again be staying at the Cornell Inn. Rates are \$250 for a single and \$350 for a double which includes two nights accommodations and two full breakfasts. Reservations after Oct. 1<sup>st</sup> are on an as available basis. Please let Susan Sulich know if you plan to go.

**Parish Lending Library** | **Time to Make Perogies**  
**Parish Lending Library** — You may have noticed that in the vestibule of the church we have set up a lending library in the first section of the bookcase. There are books there on a variety of topics of interest from the Church Fathers to parenting to the Liturgy and more. There are also a few titles in Spanish. Feel free to check out one or more titles. Just fill out the lending library book with title, name and date.

**Time to Make the Perogies**—We have started our perogie sessions on Tuesdays following the morning Hours service (about 9:00 a.m.). We are out of nearly all varieties and will be working to build our stock for our Thanksgiving and Christmas Bake Sales. Newcomers always welcome! If you would like to have an evening perogie session, please let us know.

Birthdays	
<b>September</b>	
Paul Sulich, Sr.	26
Lorraine Fedyna	28
Alex & Elaine Sirak - Anniversary	28
Jeff & Kristen Szymanowicz - Anniversary	29
Jim & Pat Zeleniak - Anniversary	29
<b>October</b>	
Madeline Sulich	1
Viorel & Vida Bundra - Anniversary	4
Patricia Zeleniak	8
Veronica Pila	8
Fr. Nicholas & Stacey Mihaly - Anniversary	13
Rob Paltauf	14
Jill Kerpchar-Rosenfield	17
Charles Hull	17
Roger Behrend	18
Diana Borsari	18
Virginia Krista Hull	18
Anna Dugal	20
Rosario Villa	21
William Obrevko	23
Cheryl Krafick Gartner	24
James Rush	24
William & Ann Marie Huott - Anniversary	26
Jon Gross	29
Orestes Mihaly III	30

## Upcoming Events

**Orthodox Youth Mission Team Thank You Presentation** – Sunday, Sept. 29th

**St. Nectarios Lenox Retreat** – November 1 – November 3

**Akathist to Mary for Our Children**—Thursday, Oct. 3<sup>rd</sup> 8:30 a.m.

**Chow Down to Pay Down Mortgage Fundraiser**— Saturday, Nov. 9<sup>th</sup> 6 p.m.-10 p.m.

**Monthly Bake Sale**— Thursday, Oct. 3

**Thanksgiving Bake Sale**— Saturday Nov. 16, 10 a.m. – 3 p.m. and Sunday Nov. 17<sup>th</sup>, 11:30 a.m.-1:30 p.m.

**Monthly St. Nectarios Service**—Thursday, Oct. 17<sup>th</sup> 7 p.m. 4-6 p.m.

## Chow Down to Pay Down

**Chow Down to Pay Down on Nov. 9<sup>th</sup>—Save the Date!**— We are planning a fun, fundraiser, “Chow Down to Pay Down” on Saturday evening, Nov. 9<sup>th</sup> at The Summit at Bethel Club House in Bethel. Chefs from our parish will demonstrate some favorite recipes and we will get to sample them and enjoy an evening of fellowship together. At our semi-annual meeting the parish council told how making two extra payments of \$509.95 on our rectory mortgage would save \$31,700 and a reduce payment time by 49 months. Proceeds from tickets to this event will be used for extra mortgage payments. Stay tuned for more details!

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



### Quotes by St. John Chrysostom

If you cannot find Christ in the beggar at the church door, you will not find Him in the chalice.

Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.

Not to share our own wealth with the poor is theft from the poor and deprivation of their means of life; we do not possess our own wealth, but theirs.



### Presvytera Elizabeth Tervo - **The Distracted Mind and Our Spiritual Life**

Have you ever seen this sign at a church door: "Please turn off your cell phones"? We all know that we need to turn them off before Liturgy. We know that only the gravest emergency should interrupt church.

When we think about cell phones, we think about how connected we are, nowadays, to a wide community through the internet. We might think that our age poses a unique challenge for the Christian soul. We are connected with all kinds of news, events, and other people's passing thoughts, in an instant, and constantly, in a way that human beings never experienced before.

However, the problem of the distracted mind was quite well known to the Fathers and saints of our church, since ancient times. The distracted mind is nothing new. Passing thoughts, called logismoi, are not important, yet they can spoil our peace.

Even if our cell phone is off, we may still be distracted by our thoughts. That is why we have a narthex. That is the area in the back of the church where we light candles. We light a candle and say a short prayer. This helps us to take a breath and leave the outside world behind. Now our mind is ready to focus on Liturgy.

I do not mean that we are to ignore the world and our family, friends, neighbors and co-workers, or our illnesses and problems.

On the contrary, the Liturgy gives us many opportunities to pray for the whole world. We do not forget, but we put these people and things into their right place in the context of our relationship with God.

Stray logismoi, however, are another thing. Our brains are constantly busy. Nerve connections are made and thoughts occur to us. Some are ordinary, such as 'My garden has a lot of weeds,' but others are thoughts that lead us toward temptation, such as 'So and so's shoes are nicer than mine.' In either case, while we are at prayer, the Fathers teach us to do the same thing with this kind of thought: ignore it! Then it will pass right out of your mind.

There is no thought as important as your prayer. If something is truly important, it will recur to you after the Liturgy. You do not need to try to remember it later or note it down.

If you let a whole train of logismoi start from that one thought, or even if you try to think out reasons why it is not a good thought, it is much more difficult to let it go. You may start with: 'I need to weed the garden' and continue with: 'What is the weather today?' 'Will I have time in my schedule?' 'Nobody is helping me with the weeding.'

By now not only are your thoughts getting involved, but you're also becoming resentful! It's harder to bring your mind back now. How much easier it would have been to ignore the weeds in the first place!

Likewise, do not get angry with yourself and say, 'Why am I thinking about my garden during church? Or someone else's shoes? I can not focus!' You get yourself wound up again, just in another way. Don't get frustrated with yourself. Just try again.

'Stop thinking that thought' is easy to say. Here's what to do. Immediately move your mind on to something else. "Say Lord has mercy."

Notice where we are in the Liturgy and focus on the actual words being said. Look at an icon and contemplate it. Bring yourself back to where you are standing, or sitting, or kneeling. Make your cross to remind yourself to pay attention. In a minute you will even forget you had the thought.

We know that St. John Chrysostom knew about the distracted mind, because there are so many times in the Liturgy where our attention is called back.

For example:

"Let us be attentive!"

"Wisdom! Let us attend!"

"Wisdom, arise!" Literally, we might say that this means, Straighten up!

People's minds always need to be reminded to pay attention! It's not just us in the 21st century. So... this means we have no excuse. We are still able to quiet our minds, as Christians in earlier ages have been able to do. When our mind is quiet, then we can pray and participate fully in our beautiful Liturgy.