

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/>

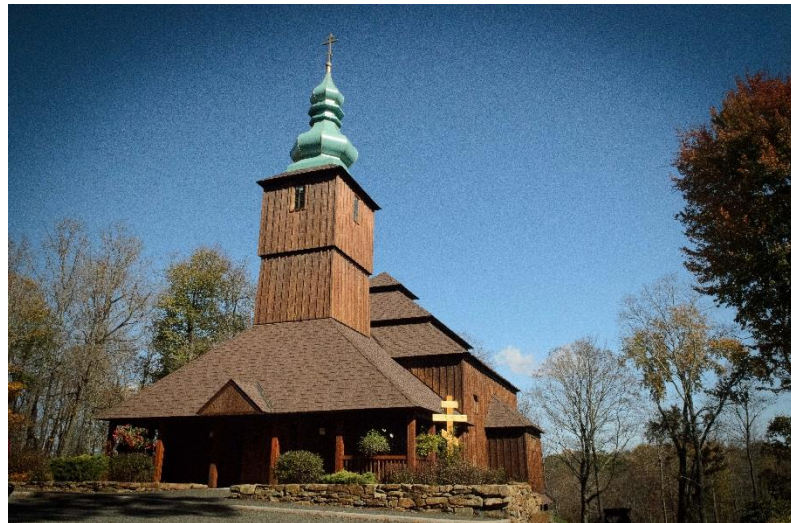
Welcome to Holy Trinity Parish

Today is St. Gregory
Palamas Sunday. The
Epistle Hebrews 1:10:2:3.
The Gospel is from mark
2:1-12. Martyrs Agapius,
Publius, Romil and
Timolaus.

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 hierarchy.

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 15, 10 AM –
Divine Liturgy

Sunday, March 15, 12:30 PM –
Parish council Meeting

Monday, March 16, 7 PM –
Spirituality Class

Tuesday, March 17, 8:30 AM –
Lenten Hours

Wednesday, March 18, 6 PM –
Presanctified Liturgy followed
by Lenten meal and Adult
Catechism Class

Thursday, March 19, 8:30 AM
– Akathist

Thursday, March 19, 9:15 AM
– New Testament Class

Friday, March 20, 9 AM – Old
Testament Class

Friday, March 20, 7 PM –
Presanctified Liturgy at St. John's
600 Silver Lane, Stratford CT

Saturday, March 21, 5 PM –
Vespers

Sunday, March 22, 10 AM –
Divine Liturgy

As we go forward we will be
assessing day to day
schedules. Since we have less
than 50 people at our classes
and most of our services, we
are well below the crowd size
that have been established by
government health officials.

AGAIN, if you are sick or if
you have underlying health
problems, stay home. We
are cleaning and wiping with
Clorox wipes icons, door
knobs, light switches, pews,
counters before and after
services. Practice social
distancing. If you are
concerned about your health,
there is NO judgement if you
feel more comfortable
staying home.

If there are changes during
the week we will change.
If you have questions please
feel free to contact me.
Fr. Luke

Readers Schedule

3/15 – Paul Sulich
3/22 – Suzanne Molineaux
3/29 – Susan Paltauf

Coffee Hour

3/15 – Natalia
3/22 - OPEN

Restock Our Kitchen: We need, paper towels and coffee—decaf and regular! Also, napkins.

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.

Materials for Church School | Easter Craft and Bake Sale | Pussy Willows for Palm Sunday

Wanted: Materials for Church School Art Projects—

Elena Gordon is looking to use different types of media and incorporate elements of creative engineering in her art projects with the church school children. She is also interested in exploring traditional woodworking and arts and crafts in the church school curriculum. She would gratefully welcome donations of materials such as scraps and pieces of wood, metal, wire and possibly old toy building sets made of materials that could be reused in church school construction projects. She will have a cardboard box in the church school closet to collect any donated materials.

Easter Craft and Bake Sale—

our Easter Bake sale will take place on Sat. April 4th and Sun. April 5th. Cooking and baking sessions are well underway. Watch the bulletin for dates and times. Anyone interested in an evening cooking/baking session, please see Susan Sulich. We are also looking for crafters of high-quality, artisan crafts. Tables are \$35 and are good for both days of the sale.

Gather Pussy Willows – As the weather is warming up and if you are outside, please look for pussy Willows for our Palm Sunday celebration.

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: *Suffering and the Nature of Healing* by Daniel B. Hinshaw, M.D.

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, Spread the Word – Reclaiming the Apostolic Tradition of Evangelism

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 *2 Samuel*.

CHANGE our Bottom Line
Change Our Bottom Line—We cashed in the change in the extra mortgage principle jar this week and the total was \$95.76. This amount was added to other money from other donations and our Chow Down fundraiser toward the mortgage principal. A **total payment of \$1,241** was made directly to the principal of the new rectory mortgage in 2019. According to the bank, 2 extra mortgage payments a year could result in a savings of \$31,700 and reduce the duration of the mortgage by 4 years, 8 months; extra payments of \$3,000 per year could potentially reduce the loan term by 10 years, 6 months. Let's keep it up!

| Pascha Altar Cloths—

Pascha Altar Cloths—We are in the process of having new white altar cloths made for Pascha. Any donations toward the cost of the fabric and trim are greatly appreciated.

Parish Lending Library

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.

| Clothing Drive

Successful Clothing Drive—So far, the total monies donated from clothing drive from 2014 thru 2019 = \$2,934.50! The new drive is underway so keep those clothes, towels, shoes, etc. coming. For a complete list of what can be donated see the sheet by the candle stand. All items should be packaged in plastic garbage bags.

Upcoming Events

Deanery Pre-Sanctified

Liturgy—Friday, March 20th
Silver Lane

Deanery Pre-Sanctified

Liturgy—Friday, April 3rd
Broadbridge

and liturgy followed by breakfast and pre-Holy Week activities

Chrismation of Amy and

Gavin Davids — Sunday,
March 22nd

Deanery Pre-Sanctified

Liturgy—Friday, April 10th
Danbury

Parish Grounds Cleanup—

Saturday, April 11th following
Lazarus Saturday liturgy and
breakfast

Deanery Pre-Sanctified

Liturgy—Friday, March 27th
Mill Hill Ave.

Easter Bake and Craft Sale—

Sat. April 4th 10 a.m. --- 3 p.m.

Lazarus Saturday Family Day—

Saturday, April 11th Confession

Lenten Cook-Off—Sunday,
March 29th during coffee hour

Birthdays

March

Vida Bundra

24

Marika Gutzman (Names
day)

25

Orestes Mihaly

26

Michael Browne

30

Lenten Fast

As we begin Lent together, the following minimal fasting regulations are designated for our clergy and faithful:

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.

[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.]

1) Great and Holy Friday, and Great and Holy Saturday, namely April 17 and 18 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 13 through April 18.

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

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



- On Wednesdays, following Presanctified liturgy we will have a light Lenten meal followed by our Adult Catechism Class
- **Lenten Cook-Off**—On Sunday March 29th we will have our annual Lenten Cook-Off for coffee hour. Please prepare your favorite vegan dish (can be appetizer, main course, side dish or dessert) to share with your parish family. Label your dish and bring copies of the recipe. We will vote our favorites and prizes will be awarded at the Agape Meal after Paschal Midnight Services.



PRAYER IN TIME OF CORONAVIRUS



O Lord Jesus Christ, in Your loving care, You traveled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Be with the families of those who are sick or have died. May they regain their strength and health through quality medical care. As they worry and grieve, defend them from illness and despair.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders. Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks.

O Master and Lord, our Savior, Healer of all, stay by our side in this time of uncertainty and sorrow.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, stay with us as we endure and mourn, persist and prepare.

For You are a Merciful and Loving God, and to you we give glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. Amen.



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