

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 St. Gregory Palamas Sunday. The Epistle is from Hebrews 1:10-2:3. The Gospel is from Mark 2:1-12. Fathers slain in Saint Sabbas Monastery.

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.

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Schedule of Services and Events for this week

Sunday, March 20, 10 AM –
Divine Liturgy.

Sunday, March 20, 12:30 PM
– Parish Council meeting

Sunday, March 20, 3 PM – 5 PM
– OYMT Training session

Monday, March 21, 7 PM
– St. Nectarios Movie: Man of God

Tuesday, March 22, 8 AM
– Akathist

Wednesday, March 23, 6 PM
– Presanctified Liturgy followed by Lenten Meal

Wednesday, March 23, 7:30 PM
– Adult Catechism Class

Thursday, March 24, 8 AM
– Lenten Hours

Thursday, March 24, 9 AM
– New Testament Class\

Thursday, March 24, 6 PM
– Vespers Annunciation

Friday, March 25, 9 AM
– Divine Liturgy Annunciation

Friday, March 25, 3 PM
– Women's Lenten Retreat – Litchfield, CT

Saturday, March 26, 8 AM to 1 PM
– Women's Lenten Retreat – Litchfield, CT

Saturday, March 26, 5 PM
– Vespers

Sunday, March 27, 10 AM
– Divine Liturgy

Sunday, March 27, 11:30 AM
–in-house Lenten Retreat led by Fr. Chad Hatfield, Dena of St., Vladimir's Seminary

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.

Lenten Cookoff—On Sunday, April 3rd we will have our annual Lenten Cookoff for our coffee hour. Please bring a favorite Lenten main dish, salad, side dish or dessert to share at coffee hour and we will vote for our favorites. Prize awarded at Pascha Midnight Agape meal! Please also make copies of your recipe to share.

Dorothy Day

Dorothy Day—Our next date to serve at Dorothy Day will be Friday, April 8th If you are able to help for all or part of the afternoon, please let Susan Sulich know. Community service hours available for high school students who need them! If you are interested in cooking something for Dorothy Day that can be made ahead and frozen, please let us know.

Cards for Marilyn

Cards for Marilyn—Marilyn Zaengle is still at Bethel Healthcare. She is very appreciative of all the cards that she received from parishioners. She has a new room number#: 212D. The full address is Mrs. Marilyn Zaengle – Room #212D, Bethel Health Care Center, 13 Park Lawn Dr, Bethel, CT 06801.

St. Paraskeva Charity

St. Paraskeva Orthodox Charity - We will have presentation at our 4/3 Coffee Hour by Mariana Cuceu, MD, MPH, who is the President of the Saint Paraskeva Orthodox Charity. Introduced to us by our parishioner Nicu Melnic, St. Paraskeva Orthodox Charity is a faith based non-profit organization that provides developmental and spiritual services to orphaned and disabled children in Romania's communities.

Adult Education Opportunities

We have several adult education classes going on currently that are currently online:

Spirituality Class – Mondays at 7:00 p.m. This week we will be starting a new book: *The Religion of the Apostles*

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'll be starting a new book soon, **Gregory of Nyssa: Catechetical Discourse.**

New Testament – Thursdays at 9:00 a.m. currently we are reading and studying *St. Paul's First Epistle to the Corinthians*

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

All classes will take place in the church hall. We will also make them available via Zoom for those who cannot attend in person. (live, same credentials).

Church Store—Need a gift? Consider shopping in our Church Store. Your purchase benefits the parish and we have a beautiful selection of icons, jewelry, books and religious items. If there are any items you would like to see in our store, please let Lisa Farrah or Sarah Mannello know.

Movie "**Man of God**" about **the Life of St. Nectarios** is playing in Danbury, CT on Monday, March 21 at 7 PM. Tickets are \$15.00 each. Please let Pani Bethany know.

Fr. Chad Hatfield, Dean of St. Vladimir's Seminary has graciously accepted an invitation to serve on **Sunday, March 27** and lead a Lenten retreat following Coffee Hour that Sunday. His retreat theme is: "**Mary, Mysteries & Mission**". Please reserve this date on your calendar.

OYMT Update

OYMT Updates—We had a very successful first training session last Sunday for the Orthodox Youth Mission Team. Fr. Luke is looking to get together with the team members who didn't make it to catch them up on what was discussed. Please do your best make yourself available for this session. Our next training session will take place here at Holy Trinity on Sunday, Feb. 27th from 3:00-5:00 p.m.

| New Donation Envelopes

New Donation Envelopes—Envelopes for 2022 are in. If this is your preferred method of making donations, please see Susan Sulich to get your new envelopes. NOTE: We will be starting with all new numbers this year.

| Calling All Crafters

Calling All Crafters—We will be featuring fine artisan homemade crafts at our Easter Bake and Craft Sale on April 9th. If you or someone you know would like to participate the cost is \$35 for a table. Please let Susan Sulich know if you would like to reserve a spot

Birthdays

March	
Vida Bundra	24
Peter Astras	24
Marika Gutzman (Names day)	25
Leon & Lady Guerrero - Anniversary	25
Orestes Mihaly	26
Michael Browne	30
Lily Mihaly	30

Upcoming Events

Roll Baking—Saturday, March 19th 8 a.m. – 4 p.m.

Movie “Man of God” – Monday, March 21st 7 PM

Women’s Retreat—Friday March 25th—Saturday March 26th at Wisdom House Conference and Retreat Center in Litchfield

In-House Lenten Retreat – Sunday, March 27 – Led by Fr. Chad Hatfield Dean of St. Vladimir’s Seminary

OYMT Tool and Safety Training—Saturday, April 2nd 12-4 p.m.

Lenten Cookoff—Sunday, April 3rd for coffee hour

Presentation on St. Paraskeva – Sunday, April 3 – Sunday presentation by Dr. Mariana Cuceu on the work they do to help orphaned Children in Romania <https://www.spcharity.org/>

Easter Craft and Bake Sale—Saturday, April 9th 10 a.m. to 3 p.m.

Lazarus Saturday Family Day—Saturday, April 16th 8:30 a.m. to 2 p.m.

Church Cleanup (Interior)—Monday, April 18th following Bridegroom Matins

Lazarus Saturday Family Day—

We encourage all our children and families to attend liturgy for Lazarus Saturday, April 16th and to stay after to help prepare for Holy Week:

- Children are encouraged to come for the sacrament of Confession at 8:30 a.m.
- Liturgy 9:00 a.m.
- Breakfast served after Liturgy (Food donations welcome!)
- Make palm crosses, luminaries for Midnight service and dye red eggs
- Outdoor ground clean up

Please save this date to come together as a parish family to help prepare for Holy Week and Pascha!

Roll Baking

Rolling Baking—Many thanks to everyone who helped with our roll baking yesterday and two weeks ago. Thank you to Carolyn and Chrissanth for coordinating this big task which is a huge part of our Easter Bake Sale.

| Easter Bake and Craft Sale

Easter Bake and Craft Sale—On Saturday, April 9th we will have our Easter Bake and Craft Sale from 10:00 a.m. to 3:00 p.m. We will need help with set up on Friday, the 8th starting at 11:00 a.m. and then on the day of the sale in the kitchen, filling orders, etc. Please plan to set aside some time if possible for this important opportunity to interact with our community and fundraise for the parish.

| Lenten Meal for Parish Retreat

Lenten Meal for Parish Retreat—Next Sunday, March 27th we will have a parish retreat led by Fr. Chad Hatfield, Dean of St. Vladimir’s Seminary following liturgy. Before the retreat we would like to offer a Lenten Meal for our coffee hour. Please sign up today to bring a dish.

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



Help Re-Stock Our Kitchen—We are in of sturdy paper plates, bowls, napkins, gallon size freezer bags and decaf coffee. Thank you!

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

- 1) Monday, March 7 (Clean Monday), the first day of the Fast, is a day of strict abstinence; likewise Great and Holy Friday, and Great and Holy Saturday, namely April 22 and 23 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 18 through April 23.
- 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.

[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.]