

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>

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. Gregory Palamas. The Epistle is from Hebrews 1:10-2:3. The Gospel is from Mark 2:1-12. Simeon the New Theologian.

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 12, 10 AM –
Divine Liturgy

Monday, March 13, 4 PM –
Lenten Daily Vespers

Monday, March 13, 7 PM –
Spirituality Class

Tuesday, March 14, 8 AM -
Akathist

Tuesday, March 14, 9:15 AM
– Perogie Session

Wednesday, March 15, 8 AM
– Lenten Hours

Wednesday, March 15, 6 PM –
Presanctified Liturgy – Lenten Meal and Adult Catechism Class

Thursday, March 16, 8 AM
– Lenten hours

Thursday, March 16, 9 AM
– New Testament Class

Friday, March 17, 9 AM –
Old Testament Class

Saturday, March 18, 2:30 PM to 5 PM – Lenten Retreat with Fr. Bogdan Bucur

Saturday, March 18, 5 PM
– Vespers followed by Lenten Potluck Meal

Sunday, March 19, 10 AM
– Divine Liturgy

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.

Help Re-Stock Our Kitchen:

We need decaf coffee and sturdy paper plates. Thank you!

Please keep an eye out for **Pussy Willows!** They are blooming earlier than normal because of the warm winter we've had. If you find some and cut them DO NOT put them in water. Keep them dry, please. We will need them for our Palm Sunday which is coming up on April 9th.

Perogie Sessions

Perogie Sessions—We hold our perogie sessions on Tuesdays approximately 9:15 a.m. following our weekly Akathist service which starts at 8:30 a.m. New pinchers always welcome—no experience needed!

| Easter Bake Sale

Easter Bake Sale—Our Easter Bake Sale is scheduled for Saturday, April 1st from 10 a.m. to 3 p.m. We will need assistance with upcoming cooking, baking and kielbasa making sessions as well as with set up and help in the kitchen and filling orders.

| Lenten Cookoff

Lenten Cookoff—On Sunday, March 26th we will have our Lenten Cookoff for our coffee hour. Make your favorite Lenten main dish, side or dessert and bring to share. Bring a copy of the recipe. We'll sample them all and vote for our favorite. Winner will be announced at Pascha Agape Meal.

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 soon be starting a new book: *Unseen Warfare*

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, **Symeon the New Theologian – The Discourses.**

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

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

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—We have many new items in our Church Store. Check out our selection of books for summer reading, beautiful icons, jewelry, and religious items. We have many children's offerings and items perfect for gift giving. Your purchase also benefits the parish. If there are any items you would like to see in our store, please let Lisa Farrah or Sarah Mannello know.

Clothing Drive is Back—Ann Huott and her family have graciously agreed to conduct one more clothing drive as a fundraiser for the parish. The most recent collection brought in \$671.50. Used clothing, linens, shoes, bags and other items can be brought to the church in plastic garbage bags and left at the candle stand. For a complete list of acceptable items see the flyer at the candle stand or ask Ann. Thank you Huott family!

Toddler Time--We are looking forward to bringing the youngest members of our parish family and their parents together to spend time with one another. After talking to the parents, it seems that a good time to meet is the first Saturday of the month from 3-5 p.m. If something changes or you realize this date or time do not work for your family, please let us know so that we can accommodate or make changes as needed. The dates for this spring will be:

Sat. April 8th following Liturgy for Lazarus Saturday—Note this is the second Sat of the month but we are switching due to the feast day and our Bake Sale on April 1st.

Sat. May 6th 3:00-5:00 p.m.

Sat. June 3rd 3:00-5:00 p.m.

Envelopes

Envelopes—Donation envelopes are here. If you would like to have envelopes to make your donations, please pick up your box and note the number that you are taking on the sheet so an accurate record of your donations can be kept for tax purposes.

| Men's Retreat

Men's Retreat – The Men of the parish will be going to St. Tikhon's monastery for the feast of the Annunciation from Friday, March 24 to Saturday, March 25. Please let Fr. Luke know so he can fill you in on the details if you are interested in attending.

| Calling All Crafters

Calling All Crafters— We have a few spaces left for crafters of homemade artisan items for our Easter Bake Sale. If you know anyone who might want to participate, please send their email address to Susan Sulich at ssulich@yahoo.com.

Upcoming Events

Lenten Retreat--Sat. March 18th at the church hall

Kielbasa Making – Thursday, March 30, 5 PM to 8 PM

OYMT Training #3—Sunday, March 19th 3-5 p.m.

Easter Bake Sale—Saturday, April 1st 10 a.m.-3 p.m.

Men's Retreat visit to St. Tikhon's Monastery – Friday, March 24 to Saturday, March 25

Lenten Cookoff—Sunday, March 26th Coffee Hour

Birthdays – If you have dates of Birthdays or Anniversaries that you would like to add, please let Fr. Luke know so he can include them.

March	
Aidan McVeigh	12
Anthony Villa	16
Ella Silvera	16
Yennifer Nunez	17
Vida Bunda	24
Peter Astras	24
Marika Gutzman (Names day)	25
Leon & Lady Guerrero - Anniversary	25
Orestes Mihaly	26
Michael Browne	30
Lily Mihaly	30

OYMT Training #3 March 19th—Session will take place at Holy Trinity in Danbury from 3-5 p.m. There will be an adult leader meeting following the training. We will be working on our stock fundraiser and continuing our training for our ASP trip in July.

In-House Lenten Retreat-- Fr. Bogdan Bucur, Associate Professor of Patristics at St. Vladimir's Seminary will be leading a Lenten retreat entitled "**Learning Theology from the Hymns of Lent and Holy Week**" at our parish on Saturday, **March 18 from 2:30 PM to 5:30 PM**. He will also be a concelebrant at our Sunday Divine Liturgy the next day.

The Men in the parish will be **making kielbasa** and some Italian sausages **Thursday, March 30th**.

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



Holy Land Pilgrimage—

We are putting together a group to go on a trip the Holy Land this year. The trip would take place from Oct. 16-28th and will be led by Fr. Ilya Gotlinsky who we have worked with before and has an excellent reputation and much experience with this pilgrimage. The itinerary for the trip is available in the hall and attached to the bulletin. The cost for the trip is \$3150 per person, not including airfare. For details of what is included see the itinerary. If you are interested in going on this trip, please let Fr. Luke or Susan Sulich know.

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

- 1) Great and Holy Friday, and Great and Holy Saturday, namely April 14 and 15 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 10 through April 15.**
- 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.]