

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 Forgiveness and Cheesefare Sunday.

The Epistle is from Romans 13:11-14:4. The Gospel is from Matthew 6:14-21.

Alexis, Man of God.

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 17, 10 AM - Divine Liturgy followed by the Rite of Forgiveness.

Monday, March 18, 8:30 AM – Lenten Hours

Monday, March 18, 6 PM – Canon of St. Andrew

Tuesday, March 19, 8:30 AM – Lenten Hours

Tuesday, March 19, 9:15 AM – Russian Tea Cookie Session

Wednesday, March 20, 9 AM – Lenten Hours

Wednesday, March 20, 6 PM – Presanctified Liturgy followed by a Light Lenten Meal and Class

Thursday, March 21, 8:30 AM – Lenten Hours

Thursday, March 21, 9:15 AM – New Testament

Thursday, March 21, 3 PM to 7 PM – Kielbasa

Thursday, March 21, 6 PM – Canon of St. Andrew

Friday, March 22, 8:30 AM – Lenten Hours

Friday, March 22, 9:15 AM - Old Testament Class

Friday, March 15, 11 AM – Bake Sale Set up

Saturday, March 23, 10 AM to 3 PM – 1st Easter Craft and Bake Sale

Saturday, March 23, 5 PM - Vespers

Sunday, March 24, 10 AM - Divine Liturgy

Sunday, March 24, 4 PM – Sunday of Orthodoxy Vespers – St. Dimitri’s church Eaton, CT

Please remember to sign up and subscribing on our parish web site www.holytrinitydanbury.org

And to those with a Facebook account please like our Facebook page posts associated with the fundraising events here <https://www.facebook.com/htoccdanbury/?fref=hovercard> so the word gets out.

Help Re-stock Our Kitchen-
-We are currently in need of disposable coffee cups

Looking for Crafters—We are always open to have new crafters of handmade artisan items join us for our Bake and Craft sales. This year we have two sales and the cost is \$35 for a table at one sale and \$45 if you would like to have a table at both sales. Please contact Susan Sulich at info@holytrinitydanbury.org if you are interested.

Bake Sale Help Needed—
Next Saturday, March 23rd we will have our first Easter Bake and Craft Sale. Helpers are needed for a variety of tasks:

- Set up and cookie packaging Friday the 22nd after the morning service
- Kitchen help Saturday starting in the morning and going through early afternoon
- Filling orders
- Assisting customers

If you can give any time in any of these areas, please let us know.

Dorothy Day

Dorothy Day—Our next date to serve at Dorothy Day will be Friday, April 12th from 1:30-4:30 p.m. Last Friday we served over 140 meals to those in need in our community. This number is DOUBLE what it was when we first started serving at the soup kitchen. There are two ways to help, by serving at the soup kitchen--no experience needed—or by preparing large casseroles that we can use to feed the guests. If you've been thinking about getting involved in this ministry, now is a great time! You can serve for all or part of the afternoon. Service hours available for high school students. See Susan Sulich if you want to volunteer.

Kielbasa Making

Kielbasa – The Men's group will be making Kielbasa on Thursday, March 21 from 3 PM to 7 PM. We will need about 90 pounds of kielbasa for our bake sales. Any one is welcome to come and help.

Adult Education Opportunities

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

Spirituality Class – Mondays at 7:00 p.m. This week we are starting a new book: *Welcoming Gifts: Sacrifice in the Bible and Christian Life* by Fr. Jeremy Davis

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. New Book by Dr. Eugenia Constantinou: *The Crucifixion of the King of Glory: The Amazing History and Sublime Mystery of the Passion*

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

Old Testament Class – Fridays at 9:00 a.m. We are in *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.

Soup to Share—Soup season is here! If you are making soup and you have some extra to spare consider putting it in a freezer container for "Soup to Share." We will keep these in the freezer in the church hall so that if someone is planning to visit a parishioner and would like to bring a warming meal, they will be available. We also have containers at the church you can use. Please label container with name of soup and main ingredients. Thank you!

Church School with Leon—
All toddlers and young children are welcome to join in the church school classes with Leon. Help from older children is much appreciated. Classes will take place immediately following Liturgy on:

March 10th

March 24th

Coffee Hour

Coffee Hour—Our coffee hour is a great opportunity to spend time together and share a meal. If there's an item or dish, you'd like to bring sign up on the sheet downstairs. No one needs to do the whole coffee hour! All offerings are welcome.

| Cookie Tuesday!

No Perogies This Week— We have finished making perogies for our first bake sale. This week we will make Russian Tea Cookies.

Upcoming Events

Lent Begins - March 18

Kielbasa Making – Thursday, March 21 4 PM to 7 PM

Bake and Craft Sale #1 – Sat. March 23rd 10 am – 3 p.m.

In House Lenten Retreat – Sat. March 30th

Dorothy Day—Friday, April 12th 1:30-4:30 p.m.

Deanery Paraklis Service – Friday, April 12 at 7 PM, St. John's Broadbridge Avenue

OYMT Tool and Safety Training—Saturday, April 13th 12-4 p.m.

Bake and Craft Sale #2 – Sat. April 20th 10 am – 3 pm

Pascha – May 5

Birthdays or Anniversaries

March	
Yennifer Nunez	17
Vida Bundra	24
Peter Astras	24
Marika Gutzman (Names day)	25
Leon & Lady Guerrero	25
Orestes Mihaly	26
Michael Browne	30
Lily Mihaly	30

Food Drive for Dorothy Day

—As recently reported, the numbers of people served by Dorothy Day have increased dramatically. We are currently serving approximately double the number of hot meals and bag lunches from what we did a year ago. This increase has also cleaned out most of the stores of non-perishable items used at the soup kitchen. We will be collecting items to donate to Dorothy Day from now until Wednesday, April 10th. Listed below are some of the most needed items. See complete list of items needed at the candlestand. It's most helpful to Dorothy Day if we stick to items on the list.

- Ground regular coffee
- Canned vegetables
- Sugar
- Peanut butter and/or grape or strawberry jelly
- Canned black and kidney beans
- Italian and Ranch dressing

Educational Scholarships Available

— Thanks to a gift from an Orthodox Christian in the greater Danbury area to perpetuate the values and beliefs of the Orthodox Christian Faith by financially supporting the education of active parishioners we are able to offer scholarships to active members of our parish for any type of post-secondary education or training. Applications are available in the church hall or by contacting Fr. Luke.

The scholarship is to be awarded to active members of Holy Trinity Orthodox Church based on several criteria:

- Available to any student/parishioner furthering his or her education
- Must be a full and active member of Holy Trinity Orthodox Church
- Involved in philanthropic activities
- Scholarship will be paid directly to the financial institution
- Recipient must accept the scholarship in person Applications must be received by April 28th.

Time to Cut the Pussy Willows!

—Pussy Willows are coming out now and we will need them for Palm Sunday which is not until April 28th. If you have access to any pussy willows, please cut them and bring to the church. We will store in a cool place. Do not put them in water as this will cause them to flower.

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

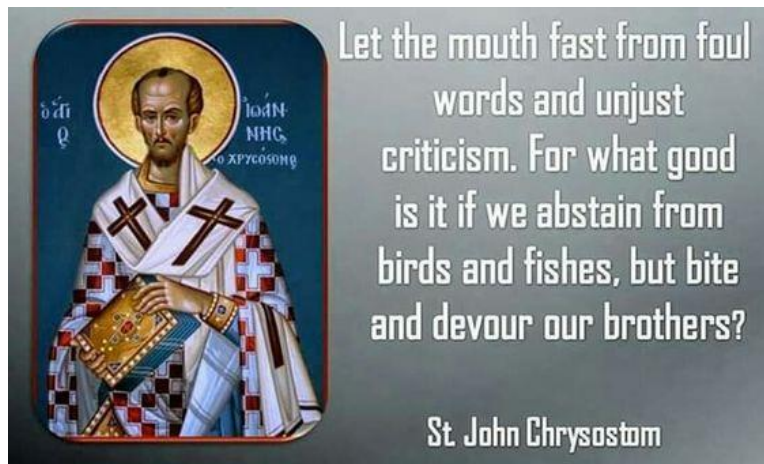


Retreat Potluck--On Saturday, March 30th for our in-house retreat we will be hosting a Lenten Potluck Supper following Vespers. We are looking for people to make a dish to share. If you would like to contribute something please let Susan Sulich know what you plan to bring.

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

- 1) Monday, March 18 (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 May 3 and 4 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 Holy Week, namely April 29 through May 4.
- 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.]