

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/>

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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. Sabinas of Egypt.

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.

Schedule of Services and Events for this week

Sunday, March 16, 10 AM
– Divine liturgy

Sunday, March 16, 11:15 AM
– Panachida for Met. Nicholas, Aurthur Dugal and the servant of God, Antonia

Sunday, March 16, 11:30 AM
– Church school children dismissed for class

Sunday, March 16, 12:30 PM
– Parish Council Meeting

Sunday, March 16, 2 PM
– OYMT Meeting

Sunday, March 16, 4 PM
– Vespers in Easton, CT at St. Dimitrie's Orthodox Church

Monday, March 17, 7 PM
– Spirituality Class

Tuesday, March 18, 8:30 AM
– Akathist

Tuesday, March 18, 9:15 AM
– Cookie Session

Wednesday, March 19, 6 PM
– Presanctified followed by meal and class

Thursday, March 20, 9 AM
– New Testament Class

Friday, March 21, 9 AM
– Old Testament Class

Saturday, March 22, 9 AM
– Meet at Holy Trinity

to travel to Taylor, PA to venerate and pray before the Kardiotissa icon of the Other God. We leave at 9:15 AM sharp to arrive at St. George's Church by noon

Sunday, March 23, 10 AM
– Divine Liturgy

Sunday, March 23, 11:30 AM
– Lenten cook-off coffee hour

Sunday, March 23, 12:30 PM
– Choir Rehearsal

Sunday, March 23, 4 PM
– Lenten Mission Vespers at Holy Ghost Orthodox church in Bridgeport

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/htocdanbury/?fref=hovercard> so the word gets out.

Easter Bake and Craft Sale—Our Easter sale is coming up fast. It will take place on Saturday, April 5th from 10 a.m. to 3 p.m. Thank you to everyone who has been busy making perogies, stuffed cabbage, rolls and Pascha breads. Stay tuned for Russian Tea Cookie and Kielbasa making dates. We will also need people to help with set up on Friday April 4th and to staff the sale on Saturday. Please plan to give some time to this chance to interact with the greater Danbury community and raise funds.

Parish Café - Holy Trinity will be hosting a monthly café. Parishioners are invited to drop by for coffee, a homemade sweet treat from our kitchen and conversation with Fr. Luke and other members of the parish. We'd like to hear from you about what else you'd like to see at the café in the way of activities, games, new things to learn about or any other ideas. We also want to know what day and time would work best for you. Look for a suggestion box in the hall or share your ideas with Lauren Mihaylo, Susan Sulich or Fr. Luke.

Dorothy Day

Dorothy Day Update—Thank you to all the people who showed up to help serve at Dorothy Day this past Friday. It was great to have so many parishioners show interest and learn the process of preparing and serving. The indoor dining went well, and we kept ahead of the crowds all day serving over 140 hot meals and bag lunches. Our next date to serve will be Friday, April 11th from 1:30-4:45 p.m. If you wish to serve on that date, please let Susan Sulich know.

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: *Thinking Orthodox* by Dr. Eugenia Constantinou

Catechism Class – Wednesdays at 7:00 p.m. For those studying to come

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.

Church School Updates

Church School Updates—Starting this Sunday, Feb. 2nd, we will be having church school every other Sunday. In addition to the wonderful lessons taught by Leon we will be adding two additional teachers helping with the educational activities: Elissa and Stasia. Church school activities are for all children age 10 and under. Church school students will be first to venerate the cross so they can head downstairs right after Liturgy. **March 16th, March 23rd and April 6th**

Calling All Crafters

Calling All Crafters—We are looking for crafters of handmade, artisan items for our upcoming Easter Bake Sale scheduled for Sat. April 5th from 10 a.m. to 3 p.m. If you or someone you know would like to sell their handmade items, please contact Susan Sulich to reserve a spot. Tables are \$35.

into the Church and those in the Church who want to deepen their understanding and participation in the Faith. New Book by Fr. Lawrence Barriger entitled: *Insights into the Orthodox Faith*.

New Testament – Thursdays at 9:00 a.m. currently we are reading

and studying *St. Paul's Epistle to the Hebrews*

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

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).

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!

Deanery Presanctified Liturgy – A Deanery Presanctified Liturgy will be held on Friday, April 4 at 6:30 PM at St. John the Baptist Orthodox Church located at 1240 Broadbridge Avenue, Stratford, CT. There will be a light Lenten Meal to follow. Confessions will be heard beforehand.

Coffee Hour

Coffee Hour—Our coffee hour is a great opportunity to spend time together and share a meal. It's potluck so If there's an item or dish, you'd like to bring please feel free to do so. No one needs to do the whole coffee hour! All offerings are welcome.

Lenten Cook-Off Nest Sunday

Lenten Cook-Off Next Sunday! Make your favorite Lenten recipe and bring to share with everyone at coffee hour. It can be an appetizer, soup, salad, main dish or dessert. We'll all vote in a blind taste test and the winner will be announced at the Paschal Agape meal. Prize awarded! Bring copies of your recipe for people to take home.

Trip to Taylor

Trip to Taylor—Next Saturday, March 22nd we will be traveling Fr. Mark Leasure's parish, to St. George's Orthodox Church to visit the Kardiotissa Icon. If you would like to attend, please sign up on the sheet in the church hall. We are to be at St. George's Church at 12 noon. Travel time is about 2.5 hours.

Upcoming Events

Parish Council Meeting—Sunday, March 16th

OYMT Training #3—Sun. March 16th 2-4 p.m. Holy Trinity Danbury

Lenten Trip to Taylor to See the Kardiotissa Icon—Saturday, March 22nd at 12 noon

Lenten Cook-Off—Sunday, March 23rd in lieu of coffee hour

In-House Lenten Retreat—Saturday, March 29th at Holy Trinity 2 p.m.

Deanery Presanctified Liturgy – Friday, April 4, 6:30 PM – St. John's Broadbridge Ave

Easter Craft and Bake Sale – Sat. April 5th 10 AM to 5 PM

OYMT Tool and Safety Training—Sat. April 5th 12-4 p.m.

Dorothy Day—Fri., April 11th 1:30-4:45 p.m.

Lazarus Saturday Liturgy and Family Activities—Saturday, April 12th

Birthdays or Anniversaries

March	
Larisa Yarush	6
Ana Urgiles Melnic	7
Taylor Freitas	8
Amy Davids	8
Mia Paltauf	9
Mary Gander	10
Aidan McVeigh	12
Anthony Villa	16
Ella Silvera	16
Yennifer Nunez	17
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

If you do not see your or anyone of your family's birthday or anniversary in the list, please let Fr. Luke know so it can be included.

Help Re-Stock Our Kitchen—We are in need of decaf coffee and bottled water. Thank you!

Perogies Tuesday—We will have our last perogie session before the Easter Bake sale this Tuesday following the Akathist service (about 9:15 a.m.). New pinchers always welcome!

Educational Scholarships Available— Applications are available for our scholarship fund. This fund was established by generous donors to perpetuate the values and beliefs of the Orthodox Christian Faith by financially supporting the education of active parishioners. Scholarships are available to active members of our parish for any type of post-secondary education or training. The scholarship is to

be awarded to 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

• Recipient must accept the scholarship in person.

Scholarship will be paid directly to the financial institution. Contact Fr. Luke for an application. Deadline for submitting applications is May 15th.

Holy Trinity Orthodox Church

74 Joes Hill Rd
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"... a place of refuge full of love and joy."



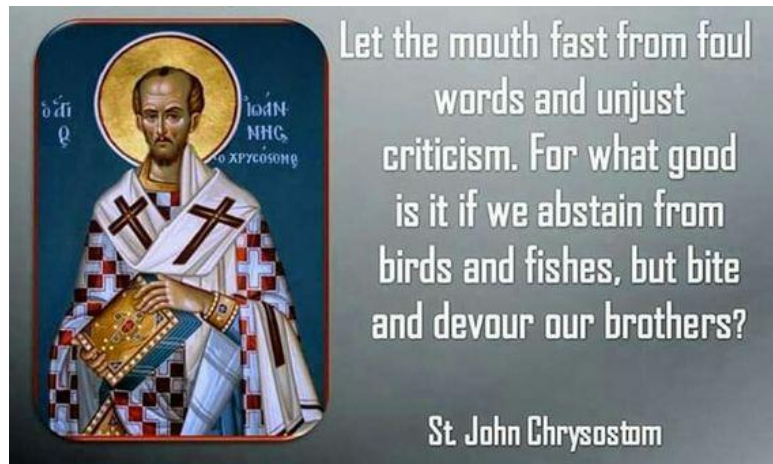
Annual Parish Lenten Retreat-- Saturday, March 29—Plan to attend our in-house Lenten retreat to be led by Rev. Dr. Alexander Goussetis, Director, Center for Family Care of the Greek Orthodox Archdiocese of America. The topic is “Repentance in the Contemporary World.” The first segment of the talk whets our appetite by offering a survey on the amazing communication skills displayed by Jesus during his earthly ministry. The main thrust of the Lenten retreat is navigating through the greatest short story in history – the Parable of the Prodigal Son, with the emphasis on repentance and application for us today. The retreat will start at 2 p.m., followed by Vespers and a Potluck Lenten meal. The retreat is open to all. Feel free to invite friends and members of other parishes.

Retreat Lenten Meal—On March 29th we will be hosting our annual Lenten Retreat here at Holy Trinity. The retreat is scheduled from 2-5 p.m. It will be followed by Vespers and then a Lenten Meal. We are looking for volunteers to bring contributions for the meal. If you would like to sign up to make/buy something to serve, please put your name down on the list in the hall.

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

- 1) Monday, March 3 (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 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 Holy Week, namely April 14 through April 19
- 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.]