



Holy Trinity Orthodox Church

Sun, February 23, 2020 - The Last Judgement

Meatfare Sunday — Tone 3

Hieromartyr Polycarp, Bishop of Smyrna (167). Ven. Polycarp of Briansk (1620-1621).



Hymns for Today's Service

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm. He has trampled down death by death. He has become the first born of the dead. He has delivered us from the depths of hell, and has granted to the world // great mercy.

When Thou, O God, shalt come to earth with glory, all things shall tremble, and the river of fire shall flow before Thy judgment seat; the books shall be opened, and the hidden things disclosed; then deliver me from the unquenchable fire, // and make me worthy to stand at Thy right hand, O Righteous Judge!

Epistle Reading - 1 Corinthians 8:8-9:2

But food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse. But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother

stumble, I will never again eat meat, lest I make my brother stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

Gospel Reading - Matthew 25:31-46

When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.' Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' And these will go away into everlasting punishment, but the righteous into eternal life."

DEAR GUESTS AND FRIENDS: *A most sincere and heartfelt welcome to you from Holy Trinity Orthodox Church. According to the ancient traditions of the Orthodox Church, the Sacrament of Holy Communion is to be administered only to Orthodox Christians who have prepared to receive the Holy Sacrament through prayer and fasting.*

THIS WEEK'S SCHEDULE

TODAY: 9:00 AM - 3rd/6th Hours (8:40AM), Divine Liturgy, Coffee Hour, Church School, **MEATEFARE POTLUCK - ALL ARE WELCOME. PLEASE COME!**

SAT: Feb 29, 4:00 PM - Great Vespers

SUN: March 1, 9:00 AM - 3rd/6th Hours (8:40AM), Divine Liturgy, **Forgiveness Sunday Vespers**, Coffee Hour

PLEASE NOTE: *Wednesday morning Divine Liturgy will be discontinued until after Pascha. Beginning March 11, there will be Presanctified Liturgy every Wednesday evening at 6PM followed by a Lenten meal.*

++ Thomas Kay Memorial ++

The following donations were offered in loving memory of Thomas Kay. May His Memory Be Eternal!
George Krill - \$50, Eugene & Kay Rishkofski - \$50

++ New Altar Server Robes Donation ++

Our parish, and its young altar servers, are blessed to have received 9 new "small sized" altar robes (gold, purple and white) from the Holoviak family in memory of their beloved Melania Gulla. We are so grateful and may Melania's memory be eternal!

Attendance & Donations - 2/16/20

Attendance: 72 | Regular: \$1257
Improvements: \$397 | Candles: \$183

PARISH PRAYER LIST

Living: Cynthia Dulsky, Josie Bisset, Theodore & Elenor Sovryda, Nancy Valletta & Family, Nadine Breisch, Luke Austin, Susan Goobic Howell, Rosalie Bagenski, Connie Padrezas, Denise Meck, Sonja & Leighann Kay, Stephen & Mary Krill, John Roman, Ann-Marie Roma, Anna Hutz Lahr, Brian Cawley, Asher Dicton **Departed:** Thomas Kay, Lexi Marie Tessitore, Joseph Mahan

++ PARISH ANNOUNCEMENTS ++

FEBRUARY BIRTHDAYS: Rosalie Bagenski, Michael Duda, Felix Vallone Sr., Mara Stella, Jeremiah Haugh, Alexanne Conklin, Theodore Sovryda, Sebastian Neal,

David Mills, John C. Metz, Paul Tumavitch, Mary Gurka, Andrew Mitchell

TODAY! BAZAAR 2020 MEETING: It's that time again my friends to talk about BAZAAR 2020! There will be a Bazaar committee meeting today after our meal. This meeting will be held in the Pavilion. All committee members are encouraged to attend.

DR. DAVID FORD AT HOLY RESURRECTION FEB 25TH - Holy Resurrection Cathedral will be hosting Dr. David Ford on Tuesday Feb. 25th at 6:30p.m. The presentation is called: "Gems of Wisdom from St. John Chrysostom, in Brand-New Translation." Following the presentation there will be time for Q & A and refreshments will also be served.

CLERGY RETREAT THIS WEEK: Fr. Innocent will be attending the diocesan Pre-Lent Clergy Retreat this Wednesday & Thursday (Feb 26/27). Please remember him in your prayers. He will still be available by mobile phone and text (570-691-9076).

PIEROGIE PROJECT: Words can not express how thankful I am for all those that chipped in to make the pierogie project successful. You worked through several problems that gave you a challenge. It could not have been easy. There is money still outstanding so I don't have a total yet. I just want you to know how I appreciate all of your help. THANK YOU, THANK YOU. Denise

LENTEN FOOD SALES: Our first Lenten Food Sale will be on February 28, 11am to 5pm. We will be selling potato pancakes, clam chowder, and veggie soup. Preparation for the food sale will be on Wednesday, Feb 26 at 3:30pm. We are in need of help on the day of the food sale and for the prep day. See Sandy Serafin for more information.

LENTEN TEEN RETREAT: The OCA Diocese of New York & New Jersey welcome all Middle & High School Teens to attend its Lenten Teen Retreat April 3-5 at the Greenkill YMCA Retreat Center in Huguenot, NY. Activities will include adventure course, archery, team building, hiking, gymnasium, campfire and more. The firm registration deadline is March 19th. To register contact Danielle Geeza at (914) 768-3735 or email nynjocayouth@gmail.com. To learn more or register online visit nynjoca.org.

SCHEDULE FOR 1ST WEEK OF GREAT LENT: The first week of Great Lent is designed to immerse us in the spirit of the fast and give us the spiritual energy to dig deep into ourselves for that hidden treasure we find in God's presence in our lives. Below is the calendar for week 1 which begins next Sunday, March 1st. Join us!

GREAT LENT - MARCH 1-7

Sun @ 9AM - Divine Liturgy & Forgiveness Vespers
Mon, Tues, Wed, Thurs @ 6:30PM - Canon of St Andrew
Fri @ 6:30PM - Akathist w/ Litya for the departed
Sat @ 9AM - Divine Liturgy

WOULD YOU LIKE TO HOST COFFEE HOUR? We are seeking additional hosts for Coffee Hour. If you would like to get in the rotation to host or co-host, please add your name to the sign-up sheet in the vestibule. See Joann or Colleen with questions.

THE RUSSIAN CLUB IS SEEKING PICTURES from in and around the club over the years. This is in preparation for the 100th Anniversary to be held later this year. Please see Colleen with questions.

THE SEASON OF GREAT LENT

By Fr. Thomas Hopko

The season of Great Lent is the time of preparation for the feast of the Resurrection of Christ. It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbors.

In the Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to "anoint our faces" and to "cleanse our bodies as we cleanse our souls." The very first hymns of the very first service of Great Lent set the proper tone of the season:

Let us begin the lenten time with delight . . . let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.

Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance (Vespers Hymns).

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God's mercy. We mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ's Resurrection and our own.

ON THE JOY OF FASTING



Gluttony makes a man gloomy and fearful, but fasting makes him joyful and courageous.

And, as gluttony calls forth greater and greater gluttony, so fasting stimulates greater and greater endurance. When a man realizes the grace that comes through fasting, he desires to fast more and more. And the graces that come through fasting are countless....

+ St. Nicholai of Zicha

LENTEN FASTING

A special word must be said about fasting during lent. Generally speaking, fasting is an essential element of the Christian life. Christ fasted and taught men to fast. Blessed fasting is done in secret, without ostentation or accusation of others (Mt 6.16; Rom 14). It has as its goal the purification of our lives, the liberation of our souls and bodies from sin, the strengthening of our human powers of love for God and man, the enlightening of our entire being for communion with the Blessed Trinity.



The Orthodox rules for lenten fasting are the monastic rules. No meat is allowed after Meatfare Sunday, and no eggs or dairy products after Cheesefare Sunday. These rules exist not as a Pharisaic “burden too hard to bear” (Lk 11.46), but as an ideal to be striven for; not as an end in themselves, but as a means to spiritual perfection crowned in love. The lenten services themselves continually remind us of this.

Let us fast with a fast pleasing to the Lord. This is the true fast: the casting off of evil, the bridling of the tongue, the cutting off of anger, the cessation of lusts, evil talking, lies and cursing. The stopping of these is the fast true and acceptable (Monday Vespers of the First Week).

The lenten services also make the undeniable point that we should not pride ourselves with external fasting since the devil also never eats!

The ascetic fast of Great Lent continues from Meatfare Sunday to Easter Sunday, and is broken only after the Paschal Divine Liturgy. Knowing the great effort to which

they are called, Christians should make every effort to fast as well as they can, in secret, so that God would see and bless them openly with a holy life. Each person must do his best in the light of the given ideal.

In addition to the ascetic fasting of the lenten season, the Orthodox alone among Christians also practice what is known as eucharistic or liturgical fasting. This fasting does not refer to the normal abstinence in preparation for receiving the holy eucharist; it means fasting from the holy eucharist itself.

During the week days of Great Lent the regular eucharistic Divine Liturgy is not celebrated in Orthodox churches since the Divine Liturgy is always a paschal celebration of communion with the Risen Lord. Because the lenten season is one of preparation for the Lord's Resurrection through the remembrance of sin and separation from God, the liturgical order of the Church eliminates the eucharistic service on the weekdays of lent. Instead the non-eucharistic services are extended with additional scripture readings and hymnology of a lenten character. In order that the faithful would not be entirely deprived of Holy Communion on the lenten days, however, the Liturgy of the Presanctified Gifts is celebrated on Wednesday and Friday evenings.

Even during Great Lent, Saturday (the Sabbath Day) and Sunday (the Lord's Day) remain eucharistic days, and the Divine Liturgy is celebrated. On Saturdays it is the normal Liturgy of Saint John Chrysostom, usually with prayers for the dead. On Sundays it is the longer Liturgy of Saint Basil the Great.

The well-known teaching that Saturdays and Sundays are never days of fasting in the Orthodox Church, an issue emphasized centuries ago when controversy arose with the Latin Church, refers only to this eucharistic-liturgical fast. During Great Lent, even though the eucharistic fast is broken on Saturdays and Sundays, the ascetical fast continues through the weekends since this fasting is an extended effort made from Meatfare Sunday right to Easter itself.