



Holy Trinity Orthodox Church



Sun, April 5, 2020 - St. Mary of Egypt

5th Sunday of Great Lent — Tone 1

Martyrs Agathopodes the Deacon and Theodulus the Reader at Thessalonica (ca. 303).



Thee:// “Thou art the Giver of Resurrection to all, O Christ!”

Having been a sinful woman, thou becamest through repentance a bride of Christ. Having attained angelic life, thou didst defeat demons with the weapon of the Cross.// Therefore, O most glorious Mary, thou art a bride of the Kingdom.

Epistle - Hebrews 9:11-14

But Christ came as High Priest of the good things to come, with the greater and more perfect tabernacle not made with hands, that is, not of this creation. Not with the blood of goats and calves, but with His own blood He entered the Most Holy Place once for all, having obtained eternal redemption. For if the blood of bulls and goats and the ashes of a heifer, sprinkling the unclean, sanctifies for the purifying of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?

Gospel Reading - Mark 10:32-45

Now they were on the road, going up to Jerusalem, and Jesus was going before them; and they were amazed. And as they followed they were afraid. Then He took the twelve aside again and began to tell them the things that would happen to Him: “Behold, we are going up to Jerusalem, and the Son of Man will be betrayed to the chief priests and to the scribes; and they will condemn Him to death and deliver Him to the Gentiles; and they will mock Him, and scourge Him, and spit on Him, and kill Him. And the third day He will rise again.” Then James and John, the sons of Zebedee, came to Him, saying, “Teacher, we want You to do for us whatever we ask.” And He said to them, “What do you want Me to do for you?” They said to Him, “Grant us that we may sit, one on Your right hand and the other on Your left, in Your glory.” But Jesus said to them, “You do not know what you ask. Are you able to drink the cup that I drink, and be baptized with the baptism that I am baptized with?” They said to Him, “We are able.” So Jesus said to them, “You will indeed drink the cup that I drink, and

Hymns for Today

When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: “Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! // Glory to Thy dispensation, O Thou who lovest mankind!”

The image of God was truly preserved in thee, O Mother, for thou didst take up the Cross and followed Christ. By so doing, thou taughtest us to disregard the flesh for it passes away; but to care instead for the soul, for it is immortal. // Therefore thy spirit, O holy Mother Mary, rejoices with the angels.

As God, Thou didst rise from the tomb in glory, raising the world with Thyself. Human nature praises Thee as God, for death has vanished. Adam exults, O Master! Eve rejoices, for she is freed from bondage and cries to

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.

with the baptism I am baptized with you will be baptized; but to sit on My right hand and on My left is not Mine to give, but it is for those for whom it is prepared.” And when the ten heard it, they began to be greatly displeased with James and John. But Jesus called them to Himself and said to them, “You know that those who are considered rulers over the Gentiles lord it over them, and their great ones exercise authority over them. Yet it shall not be so among you; but whoever desires to become great among you shall be your servant. And whoever of you desires to be first shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”

THIS WEEK'S LIVESTREAM SCHEDULE

TODAY: 8:45 AM - Hours, Divine Liturgy

TODAY: 1:00 PM - Virtual Coffee Hour (Video Chat)

WED: April 8th @ 7:30 PM - Service of Prayer for Protection from the Coronavirus

THURS: April 9th @ 10:00 AM - Online Bible Study

FRI: April 10th @ 6:30PM - Lazarus Saturday Vespers

SAT @ 5:00 PM - Great Vespers Readers Service

SUN @ 8:45 AM - Palm Sunday Liturgy, Blessing Palms

NOTE: All Schedules are tentative as we do not know from moment-to-moment what will be required of us.

Dearest in Christ,

Glory to Jesus Christ! Glory Forever! I pray that you all are doing well and staying healthy during the current pandemic. Not only caring for your bodily health by “sheltering-in-place”, but also caring for your mental/spiritual health through healthy practices that strengthen you in the midst of great anxiety and stress.

In times like these it is most important that we do not self-isolate (internally) and become crushed by the crisis we hear about in the news, but rather respond to this pain and suffering with compassion, prayer and action determined to place it all before the Lord who hears us and is always close.

Beneath the weight of this current challenge, however, this does not come without planning and effort. We have to strengthen ourselves as an athlete or one who faces a great challenge. We have to exercise our hearts and spirits in prayer -- which strengthens us, read the bible

and spiritual books to inspire us and increase our faith, and most of all, act by reaching out to our loved ones and neighbors by phone. This reaching out is not only to ensure their healthy state of mind, but also our own.

Furthermore, the current crisis can be an opportunity for us to strengthen our relationship with Christ and experience REAL spiritual growth. As our hearts are softened because of the pain we feel for our fellow citizens and loved ones, that tenderness of heart becomes “good earth” for Our Lord’s grace and the growth of His Kingdom. Now is the time to pursue it through heartfelt prayer, fasting and acts of mercy. Could this be our most spiritually productive Lent yet - even without the services? The opportunity is there.

If we knock, He will open the door.

FINALLY, as your church, you should know that we are here for you to fall back on at any time and for whatever need and there are many in the church who are available to provide a helping hand. A number of parishioners have offered their services to run errands. Others are stepping up to maintain weekly contact with those who do not own computers in order to deliver the latest news from the church’s website. Postal mailings of weekly bulletins will also begin within the week.

Online church services are now a reality and have drawn the attention of not only our immediate parishioners but to many who are living outside the area across the US. Efforts to afford other parishioners this same opportunity is in the planning.

Should you or anyone you know from the parish need anything I hope you feel comfortable knowing we are always there to help.

With love in Christ,

Fr. Innocent

PS - Never be shy about giving me a call to say hello or talk. Also, If you would like or need to go to confession, the bishops are allowing us to conduct the sacrament of confession by phone during this time. Confession can be very helpful during difficult times.

Remember to take the time to touch base with one another throughout the week and especially those who are alone or may have a need. ALSO - IF YOU HAVE A NEED reach out to Fr. Innocent or another parishioner. We are here for one another! Be WELL!

HOLY WEEK & PASCHA SCHEDULE: Due to the pandemic we will not have “in-person” services for Holy Week and Pascha, but will be livestreaming a portion of the services.. The clergy of the diocese will meet with Archbishop Mark later this week to determine what is possible. We will pass the schedule along as soon as we have it.

A NOTE ABOUT SUPPORTING THE CHURCH DURING THIS TIME: During this time when we are not able to come to church it is critical that the church continue to receive your support! For those of you who are able, you can mail your donations to the church OR drop it off in the rectory mailbox. Additionally, [we now have an online donation system](#) on our website. Go to wbholytrinity.org and click on DONATE in the top right corner. We also understand that some of you are being affected financially by this crisis so we understand the need to take that into consideration. Do what you can “as unto the Lord Himself”. If you have any questions or concerns please speak with Fr. Innocent.

PARISH PRAYER LIST

Living: Cynthia Dulsky, Theodore & Elenor Sovryda, Valletta Family, Nadine Breisch, Luke Austin, Susan Goobic Howell, Rosalie Bagenski, Connie Padrezas, Denise Meck, Sonja & Leighann Kay, Stephen & Mary Krill, Anna Hutz Lahr, Madaline, Brian Cawley, Josie Bissett, Lisa Harvey, Daniel & Shannon Bissett, Johnny Soucek **Departed:** Stephen Havrilak Sr., Nancy Valletta, Daniel Bissett

CONTACT INFO: If you do not receive text alerts to your cell phone or emails from Fr. Innocent PLEASE send him your contact information. These are the primary means by which we are communicating and keeping in touch during this time. Send your info to innocent.neal@gmail.com OR text it to 570-691-9076. Also, if you need to speak with Fr. Innocent you can reach him at this number. Put it in your cell phone.

Lenten Distancing

by Matushka Donna Farley

Church closed. Community members scattered widely.

Weeks without normal daily and weekly routine, without spiritual instruction, without icons to venerate, without Sunday eucharist, without community agape meals.

This was the deliberate practice of the monastery of Abba Zosima in the sixth century Palestinian desert, every Lent. On the Sunday of Forgiveness, the brethren would prostrate themselves to each other and ask forgiveness and receive a blessing from their abbot. Then each would take whatever food he felt he needed for himself and walk out into the desert, singing “The Lord is my light and my Saviour; whom shall I fear? The Lord is the defender of my life; of whom shall I be afraid?” (Psalm 26:1)

For the next forty days, deliberately, each one would turn away if they spotted any other of their brothers on the horizon.

When we speak of the desert, we think of the sun blazing in hard clear skies over endless sand dunes. The desert Zosima and his fellows entered was more hard earth and scrub, but they did not go there for a particular kind of landscape. They went to a desert, which means a deserted place, a place empty of human beings.

Like those deserted, eerily empty streets of Wuhan or Italy we have seen on TV.

The monks chose to enter Lenten isolation, every year; but in this 2020 pandemic, Lenten isolation is being thrust upon us, upon Christians all over the world.

For us Orthodox Christian lay people, up to this year, Lent has generally been the opposite of a desert experience. Last year, as for many centuries before, we came to more services, not fewer. PreSanctified Liturgies on Wednesday and Friday, Sunday of Orthodoxy vespers with other parishes, canons and akathists, Lenten retreats, healing services... we saw more of our fellow members than we did throughout the rest of the year. That was last year, and all the years previous that most of us can remember in our lifetime.

Holy Trinity Orthodox Church Weekly Bulletin - April 5, 2020

The Year of Our Lord 2020, will send all of us into a kind of Lenten isolation. But 2020 is not the Year of the Pandemic; it is still the Year of Our Lord.

Our bishop, His Eminence Archbishop Irénée of Ottawa and the Archdiocese of Canada, has just written the following to all his clergy:

“God is giving us a crash course on prayer.... Is our faith only centered on Sunday Liturgies? Or are we centered on prayer? Sunday morning Liturgies should be the climax of our prayer life, which is our intimate relationship with Our Lord. Praying at home is essential for all of us. Now we have to realize this and fall back on it. Praying at home, morning and evening prayers as a family is essential...”

Even while some clergy will have to self-isolate in the coming weeks, remember also that when Mary of Egypt received her communion from the priest-monk Zosimas, it was her viaticum — the holy sacrament received as her last act before her death. The church will not leave her children pastorless, so if there is great need for you to

have the sacrament, call on your priest. Under obedience to his bishop he will either be able to attend you or help find another priest who can.

As most church gatherings larger than a very small number are being banned temporarily by civil authorities, the hierarchs and pastors of various dioceses and jurisdiction are responding with obedience and wisdom for the good of their flocks. We have not “forsaken the assembling of ourselves together” which Scripture (Hebrews 10) warns us against; rather, God has sent a time of Lenten isolation to us. We will not be so alone as the monks of St. Zosima’s brotherhood, as we can use 2020 tools like e-mail, streaming, texting, websites and more to help our fellow parishioners, as well as fellow Orthodox beyond our own parishes, to know that we are ‘alone together’.

Indeed, this global pandemic may perhaps bring us new opportunities for evangelism. Keep calm, carry on, and see what God will do as we begin our Lenten isolation, praying ‘alone together.’
