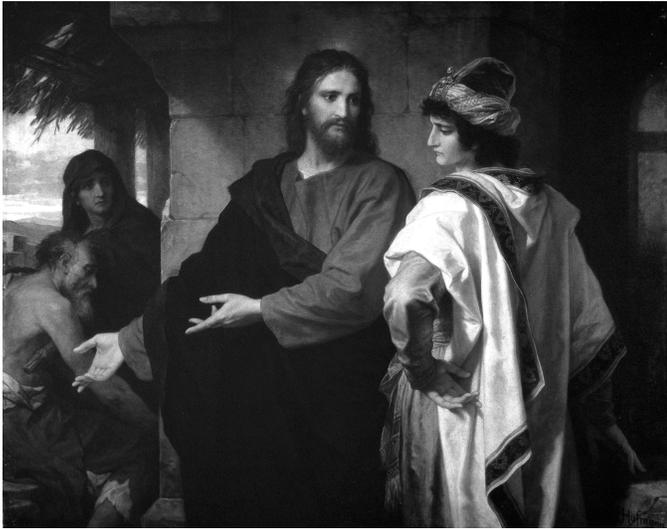




The Sunday Messenger

HOLY TRINITY ORTHODOX CHURCH - WILKES BARRE, PA

31st Sunday after Pentecost + Sun, Jan 15th, 2023 + Ven. Paul of Thebes and John Calabytes ("the Hut-dweller")



Hymns for Today

The Angelic Powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure body. Thou didst capture hell not being tempted by it. Thou didst come to the Virgin, granting life. O Lord, Who didst rise from the dead, glory to Thee.

O God of our Fathers, always act with kindness towards us; take not Thy mercy from us, but guide our lives in peace through the prayers of the venerable Paul and John!

When Christ God, the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed resurrection on the human race. He is the Savior of all, the Resurrection, the Life, and the God of all.

Longing for poverty in imitation of Christ, thou didst abandon thy parents' wealth, O wise Father John; grasping the Gospel in thy hands, thou didst follow Christ God, unceasingly praying for us all.

Today we gather and praise thee with hymns as an unwaning ray of the spiritual Sun; for thou dost shine on those in the darkness of ignorance, leading all mankind to the heights, venerable Paul, adornment of Thebes and firm foundation of the fathers and ascetics.

Please Sing Along!

Singing the hymns and responses to the litanies along with the choir throughout the Divine Liturgy is encouraged!

Epistle Reading - 1 Timothy 1:15-17

This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief. However, for this reason, I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life. Now to the King eternal, immortal, invisible, to God who alone is wise, be honor and glory forever and ever. Amen.

Gospel Reading - Luke 18:18-27

Now a certain ruler asked Him, saying, "Good Teacher, what shall I do to inherit eternal life?" So Jesus said to him, "Why do you call Me good? No one is good but One, that is, God. You know the commandments: 'Do not commit adultery,' 'Do not murder,' 'Do not steal,' 'Do not bear false witness,' 'Honor your father and your mother.'" And he said, "All these things I have kept from my youth." So when Jesus heard these things, He said to him, "You still lack one thing. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me." But when he heard this, he became very sorrowful, for he was very rich. And when Jesus saw that he became very sorrowful, He said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." And those who heard it said, "Who

DEAR GUESTS AND FRIENDS: *A most sincere and heartfelt welcome to you from our community. 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. If you have questions please let us know!*

then can be saved?" But He said, "The things which are impossible with men are possible with God."



This Week's Schedule Holy Trinity Orthodox Church

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THIS WEEKEND

Saturday, January 14th

5 PM: Great Vespers, Confession

Sunday, January 15th

8:40 AM: 3rd & 6th Hours, 9 AM: Divine Liturgy
Coffee Hour, Parastas, Church School, Orthodoxy 101

Parastas on Sunday, January 15th

In Memory of Lydia Homick - 40th Day Memorial

Offered by the Benedetti Family

In Memory of Peter Holoviak

Offered by Gregory & Cathy Kurtz

In Memory of Bernard Golubiewski

Offered by Patricia Sluhocki

In Memory of Eleanor Sovyrda

Newly Reposed

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THIS WEEK

Wed, 11 AM-1:30 PM: Private Prayer in Church

Wed, 6:30 PM - Akathist: Our Sweetest Lord Jesus

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NEXT WEEKEND

Saturday, January 21st

5 PM: Great Vespers, Confession

Sunday, January 22nd

8:40 AM: 3rd & 6th Hours, 9 AM: Divine Liturgy
Coffee Hour, Church School

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Parish Calendar

Jan 21st - Friends of the Poor @ 8:45 AM

Jan 26-27th - Diocesan Assembly (Bethlehem, PA)

Jan 27-28th - Pierogi Project / Sale

Feb 2nd - Feast of the Meeting of the Lord in the Temple



ANNOUNCEMENTS & Upcoming Parish Events

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ORTHODOXY 101: A weekly class for visitors, inquirers, catechumens, or anyone wanting to refresh on the basics of the Orthodox faith. Sundays following Divine Liturgy (starts back TODAY, January 1st).

TODAY: TAKE DOWN THE CHRISTMAS TREE: Everyone is invited to help remove the Christmas decorations and take down the tree following Church School and today's Parastas. After we take down the ornaments and lights a few strong men are needed to take the tree to the woods. Thank you in advance for your help!

PIEROGIE PROJECT JAN 27-28: Pierogi Volunteers Needed. Please sign the volunteer sheet, see Sherry Huntzinger, Mary Ann Kudey or call Mary Ann by Monday, January 16 @ 570-819-3395. If we get no or limited volunteers the project will be canceled. Pierogies can be ordered on Jan 22 on the signup sheet in the Vestibule or call Deborah @ 570-822-5975 between Jan 23-26 10 AM to 5 PM. Pierogies will be \$13 per dozen with a 5 dozen limit. Pickup will be Jan 28 after 1 PM.

THE RETURN OF BOARD GAME NIGHT: Before the pandemic, we had a monthly board game night on Saturdays after Vespers and it was quite successful. We are looking for the optimal time for anyone interested in coming together again for some board game fun, fellowship, and snacks. If you would be interested in joining us, please see Fr. Innocent about what days/times would be optimal for you and/or your family. Possibilities include Friday nights, Saturday afternoons/evenings, and Sunday afternoons/evenings. This event is for everyone regardless of age and not only for families with kids.

GIVING ENVELOPES: 2023 Giving Envelopes are in the back of the Church. If you would like envelopes and there is not a box in the back for you, OR if you received envelopes and would no longer like to receive them, please see Greg Polk or Deborah Mills. If you do not receive envelopes please pick up this year's giving letter for all parishioners on the envelope table.

SAT JAN, 21st FRIENDS OF THE POOR: Join us here at Holy Trinity at 8:45 AM, Sat, Jan 21st. We will begin with

a short briefing and prayer before heading to the square in downtown Wilkes Barre. Our purpose is to encounter the person of Christ in the poor, needy and homeless, engaging them with a loving heart, warmth and friendly conversation. We will also take much-needed winter supplies for any who may be in need. We plan to be finished by noon. All are welcome.

2023 HOME BLESSINGS

PLEASE READ FOR INSTRUCTIONS

The Blessing of Homes will continue this **Tues, Jan 17th**. Please see the schedule below. If you would like to have your home blessed there is still plenty of time. See Fr. Innocent to schedule an appointment.

Home Blessing Schedule

Tues, Jan 17th: Wilkes Barre City & Township, Kingston, Dallas, Edwardsville, (11 AM - 5 PM)

By Appointment: Back Mountain, Outside of Area

Birthdays & Anniversaries

January Birthdays: Coleen King (1/1), Mary Krill (1/1), Greg Polk (1/4), Melissa Donlick (1/5), Mark Sovyrda Jr (1/8), Sonja Kay (1/8), Margaret Krout (1/7), Jerry Stankiewicz (1/8), David Welgus (1/11), Amanda Benczkowski (1/17), Matthias Haugh (1/22), Josie Bisset (1/31), Amanda Benczkowski, Matthias Haugh

Anniversaries: N/A

This Week's Birthdays: Amanda Benczkowski (1/17)

“How often do we think, as the rich young ruler in today’s Gospel, and with how little reason – that we want perfection. We want perfection without having first trod the road of the Commandments.”

Met Anthony Bloom



Words of Wisdom

From the Saints & Teachers

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The Virtues: Self Control

An excerpt from The Orthodox Faith on oca.org

Self-control is also listed by the Apostle Paul as a “fruit of the Spirit” (Gal 5.22). This virtue is one which is not often easily attained because people forget that, like patience, it is a grace of God and they must seek it from the Lord. Instead they think that it can come from human effort and will power alone.

Self-control is one of the main characteristics of God and is one of the main gifts to man as created in God’s image. According to the saints, self-control is one of the main elements of the divine image in man, coextensive with the gift of freedom which is often explained as the essential and basic element of man’s likeness to his Creator. When one is perfectly free by the grace of God—“where the Spirit of the Lord is, there is freedom” (2 Cor 3.17)—there is also perfect control over oneself.

Man loses his self-control when he sells himself to sin and becomes a slave to the corruption of his fleshly passions. Such a man has been characterized well in the second letter of Saint Peter.

... those who indulge in the lust of defiling passion and despise authority ... bold and willful ... irrational animals, creatures of instinct, born to be caught and killed, reviling in matters of which they are ignorant ... They are blots and blemishes, reveling in their dissipation ... They have eyes full of adultery, insatiable for sin ... They have hearts trained in greed ... They have gone astray ... These are waterless springs and mists driven by a storm ... For, uttering loud boasts of folly, they entice with licentious passions of the flesh men who have barely escaped from those who live in error. They promise them freedom, but they themselves are slaves of corruption; for whatever overcomes a man, to that he is enslaved (2 Pet 2.10-19).

The man without self-control is enslaved. He is the captive of sin, the willing instrument of carnal passions, the victim of all foolishness and evil. He is bound in his mind and heart by “the lust of the flesh and the lust of

PARISH PRAYER LIST Living: Cynthia Dulsky, Theodore Sovryda, Nadine Breisch, Sonja & Leanne Kay, Josie Bissett, Lisa & Scott Harvey, Daniel & Shannon Bissett, Holoviak Family, Evelyn Kosmiski, Mat. Elizabeth, Jeri Basarab, Fr. Theodore Orzolek, Mary Ann Lepa, Mat. Delores Donlick, Vladimir & Marie Dutko, Alan, Cathy & Paul, Archpriest Vladimir, Tom Austin, Paul Berdy, Patricia, Subdeacon Nicholas, Deacon Vasilios, Patrick Tutella, Shane Fitzgerald, Lilly, Charles **Departed:** Eleanor Sovyrda, Lydia Homick

the eyes and the pride of life” (1 Jn 1–17). He is a “child of the devil” (Jn 8.44, Acts 13.10, 1 Jn 3.10) and possesses a “carnal mind” (Rom 8.7).

... following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience. Among these we also once lived in the passions of our flesh, following the desires of the body ... (Eph 2.3–4, Rom 1.18–32).

Self-control, according to the spiritual tradition of the Church, is the spiritual mastery over the lusts of the mind and the flesh. It is often called “passionlessness” by the spiritual masters. Passionlessness (apatheia) does not mean the destruction of the natural drives and desires of the body and soul, such as the need for sleep, food and drink; or the emotions such as spiritual desire, zeal, excitement, joy, awe, sorrow or fear. It means rather the control of the feelings that are normal, natural and healthy, and the mortification of the feelings that are wicked and evil.

Evil is to be seen, not in the nature of creatures, but in their wrong and irrational movements.

Passionlessness is a peaceful state of the soul in which it is not readily moved to evil.

In the soul are its spiritual powers. In the body are its senses and members. Around the person are food, possessions, money, etc. A right or wrong use of things, and the resulting effects show us as being either virtuous or sinful.

The scriptures ... do not forbid eating or bearing children or having money and spending it rightly, but they forbid gluttony, fornication, and so on.

They do not even forbid us to think about such things ... but only forbid us to think of them with passion and lust.

When the mind is not the master, the senses hold sway, and as a rule the senses are mixed with the power of sin which, through pleasure, leads the soul to pity the flesh ... As a result, it undertakes, as if it were natural to do so, a passionate and lustful and pleasure-loving care of the flesh and leads man away from the truly natural life, urging him to be for himself the instigator of evil ...

Evil for a rational soul is to forget its natural good, thanks to a passionate attitude to the flesh and the world. When the

mind becomes the master, it abolishes such an attitude ... rightly interpreting the origin and nature of the world and the flesh ...

As the mind, keeping passion in its power, makes the senses the instruments of virtue, so the passions, captivating the mind, move the senses to sin. It is necessary to see how the soul should keep a suitable mode of action by using for virtues what was formerly used for sin.

A soul moves rationally when its desiring power has acquired self-mastery, its excitable power strives after love ... and its mental power abides in God by prayer and spiritual contemplation (Saint Maximus the Confessor, 7th c.).

Thus it is only communion with God, through Christ and the Holy Spirit, that gives the power of self-control to the rational creature of God.



The Treasury

“... but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.” + Jesus Christ

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Monthly Cost to Keep the Church Open: \$12,305
Weekly Cost to Keep the Church Open: \$2,840
Last Week's Collection (1/8/23) : \$2,274

Ask Fr. Innocent: Do you have questions about the Orthodox faith? Submit your questions anonymously in the vestibule in the small black “Ask Fr. Innocent?” box. Questions will be answered during coffee hour and/or in the bulletin.
