



# Holy Trinity Orthodox Church

## Sun, March 1, 2020 - Forgiveness Sunday

Cheesefare Sunday — Tone 4

Expulsion of Adam from Paradise, Eudoxia of Heliopolis



fulfill its lusts. Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

### Gospel Reading - Matthew 6:14-21

For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

### Hymns for Today's Service

When the women disciples of the Lord learned from the angel the joyous message of thy Resurrection, they cast away the ancestral curse and elatedly told the apostles: "Death is overthrown! Christ God is risen, // granting the world great mercy!"

O Master, Teacher of wisdom, Bestower of virtue, Who teachest the thoughtless and protectest the poor, strengthen and enlighten my heart! O Word of the Father, let me not restrain my mouth from crying to Thee: Have mercy on me, a transgressor, // O merciful Lord!

### Epistle Reading - Romans 13:11-14:4

And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to

### THIS WEEK'S SCHEDULE

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

### 1st WEEK OF GREAT LENT - MARCH 2-7

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

**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.

**SAT: March 7, 4:00 PM** - Great Vespers  
**SUN: March 8, 9:00 AM** - 3rd/6th Hours (8:40AM),  
Divine Liturgy, Church School, Coffee Hour  
**4:00 PM** Mission Vespers @ Holy Resurrection Cathedral

---

**Attendance & Donations - 2/23/20**

Attendance: 77 | Regular: \$854  
Improvements: \$314 | Candles: \$190

---

**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 Diction **Departed:** Thomas Kay, Lexi Marie Tessitore, Joseph Mahan, Stephen Havrilak Sr.

**++ PARISH ANNOUNCEMENTS ++**

**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 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](mailto:nynjocayouth@gmail.com). To learn more or register online visit [nynjoca.org](http://nynjoca.org).

**SCHEDULE FOR WEEK 2-3 OF GREAT LENT:**

**Sun @ 9AM** - Divine Liturgy, Deanery Mission Vespers  
**Wed @ 6PM** - Presanctified Liturgy w/ Meal  
**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.

---

**Archpastoral Letter from Abp. Mark**

Dear to God,

Christ is in our midst! As we enter Great Lent, I ask your forgiveness for my sins, known and unknown. Embracing bodily fasting, let us remember that the intent of the fast is to gain control of our bodies and offer ourselves as a living sacrifice to our Lord. We are to consider the members of our bodies dead to sin, yet alive unto God. When the Lord returns in Glory with the Saints and Holy Angels, He will not simply be looking for the absence of vice, but the presence of virtue. Please read the homily of Metropolitan Anthony Bloom below and hide his words deep in your heart. Read them weekly, as a reminder of why we fast. Our salvation, our forgiveness is dependent upon our ability to forgive others.

+++

**Metropolitan Anthony Sourozh**

Forgiveness Sunday  
19 February 25, 1996

In the name of the Father, the Son and the Holy Ghost.

Today two themes dominate the readings of the Holy Scriptures. St Paul speaks to us about fasting and the Lord about forgiveness, and St Paul insists on the fact that fasting does not consist simply of depriving oneself of one form of food or another, neither does it, if it is kept strictly, obediently, worshipfully, give us any ground to be proud of ourselves, satisfied and secure, because the aim of fasting is not to deprive our body of the one form of food rather than the other, the aim of fasting is to acquire mastery over our body and make it a perfect instrument of the spirit. Most of the time we are

slaves of our bodies, we are attracted by all our senses to one form or another of enjoyment, but of an enjoyment which goes far beyond the purity which God expects of us.

And so, the period of fasting offers us a time during which we can say not that I will torment my body, limit myself in things material, but a time when I will re-acquire mastery of my body, make it a perfect instrument. The comparison that comes to my mind is that of tuning a musical instrument; this is what fasting is, to acquire the power not only to command our body, but also to give our body the possibility to respond to all the promptings of the spirit.

Let us therefore go into fasting with this understanding, not measuring our fasting by what we eat and how much, but of the effect it has on us, whether our fasting makes us free or whether we become slaves of fasting itself.

If we fast let us not be proud of it, because it proves simply that we need more perhaps than another person to conquer something in our nature. And if around us other people are not fasting let us not judge them, because God has received the ones as He receives the others, because it is into the heart of men that He looks.

And then there is the theme of forgiveness, of which I will say only one short thing. We think always of forgiveness as a way in which we would say to a person who has offended, hurt, humiliated us, that the past is past and that we do not any more hold a grudge against this person. But what forgiveness means more deeply than this is that if we can say to a person: let us no longer make the past into a destructive present, let me trust you, make an act of faith in you, if I forgive you it means in my eyes you are not lost, in my eyes there is a future of beauty and truth in you.

But this applies also to us. Perversely, we think very often of forgiving others, but we do not think sufficiently of the need in which we are, each of us personally, of being forgiven by others. We have a few hours left between the Liturgy and the Service of Forgiveness tonight, let us reflect and try to remember, not the offences which we have suffered, but the hurts which we have caused. And if we have hurt anyone in one way or another, in things small or great, let us make haste before we enter into Lent tomorrow morning, let us make haste to ask to be forgiven, to hear someone say to us: in spite of all that

has happened I believe in you, I trust you, I hope for you and I will expect everything from you. And then we can go together through Lent helping one another to become what we are called to be - the Disciples of Christ, following Him step by step to Calvary, and beyond Calvary to the Resurrection. Amen.

Your unworthy father in Christ,

+ Mark

+MARK, Archbishop of Philadelphia and the Diocese of Eastern Pennsylvania

---

### **Living a Christian Life** (Intro by Sdn Greg Polk)

What does it mean to be Christian? If we claim to be Christian, how should we live our lives? How does one act, on a day-to-day basis, in order to fulfill our calling as followers of Christ? Practically speaking, in the most basic way, how do we do LIFE? What sort of rules or guidelines would a human being who believed in God, follow?

These questions, among many others, is what Father Thomas Hopko of blessed memory (March 18, 2015) sought to answer when questions such as these were posed to him. In his podcast, "Lent - The Tithing of the Year" (Ancient Faith Radio March 13, 2008) Fr. Tom answers the questions by sharing "55 Maxims of Christian Life".

The list is all-inclusive albeit simply stated and above all practical. Any Christian seeking guidance on what to do can find deep wells of wisdom from Fr. Tom's Maxims. Fifty-five seems like a lot, and it is. But perhaps the best way to approach the list is to read it without trying to dwell too much on any one in particular, then go back and re-read them a few at a time. Ponder the meanings and see if you can find one maxim that resonates with you personally and try to apply it to your daily life.

For further help in understanding the Maxims and how to apply them, listen to Fr. Tom's podcast "Lent - The Tithing of the Year". Also, Fr. Evan Armatas has a wonderful 7-part podcast titled, "I'm a Christian, Now What?" in which he delves into the 55 Maxims offering explanations and ways to put them to use in your life. It was not by mistake that Fr. Tom gave his Maxims during the period of Great Lent. It is the ideal time for us

---

to take stock in who we are, how we behave, how we interact with one another and how we choose to live our lives in Christ. Let's take the opportunity that Great Lent presents to us and focus on becoming the best version of ourselves.

For those who may not be familiar with Fr. Tom, he was one of the most significant and well-known priests and theologians of our modern times. An accomplished author and speaker, Fr. Tom graduated from Fordham University in 1960 with a BA Russian Studies, St. Vladimir's Seminary in 1963 M. Div., Duquesne University in 1969 M.A. Philosophy and from Fordham University in 1982 Ph.D Theology. He held numerous teaching positions in many different institutions including St. Vladimir's where he taught from 1968 to 2002 and served as Dean from 1992 – 2002. He wrote numerous books and articles including "The Orthodox Faith" fondly known as the Rainbow Series which along with other writings of his, has been translated into multiple languages. He was ordained to the priesthood in 1963 and served many parishes in New York and Ohio. He was elevated to the rank of Archpriest in 1970 and Protopresbyter in 1995. He left a vast legacy of writing and recordings especially in his retirement. His podcasts, available on Ancient Faith radio, are a wealth of knowledge and illumination.

#### 55 Maxims of the Christian Life by Fr Thomas Hopko

1. Be always with Christ and trust God in everything.
2. Pray as you can, not as you think you must.
3. Have a keepable rule of prayer done by discipline.
4. Say the Lord's Prayer several times each day.
5. Repeat a short prayer when your mind is not occupied.
6. Make some prostrations when you pray.
7. Eat good foods in moderation and fast on fasting days.
8. Practice silence, inner and outer.
9. Sit in silence 20 to 30 minutes each day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession and holy communion regularly.
13. Do not engage intrusive thoughts and feelings.
14. Reveal all your thoughts and feelings to a trusted person regularly.
15. Read the scriptures regularly.
16. Read good books, a little at a time.
17. Cultivate communion with the saints.

18. Be an ordinary person, one of the human race.
19. Be polite with everyone, first of all family members.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, even a part of a day, at a time.
24. Be totally honest, first of all with yourself.
25. Be faithful in little things.
26. Do your work, then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and attentive, fully present where you are.
35. Think and talk about things no more than necessary.
36. Speak simply, clearly, firmly, directly.
37. Flee imagination, fantasy, analysis, figuring things out.
38. Flee carnal, sexual things at their first appearance.
39. Don't complain, grumble, murmur or whine.
40. Don't seek or expect pity or praise.
41. Don't compare yourself with anyone.
42. Don't judge anyone for anything.
43. Don't try to convince anyone of anything.
44. Don't defend or justify yourself.
45. Be defined and bound by God, not people.
46. Accept criticism gracefully and test it carefully.
47. Give advice only when asked or when it is your duty.
48. Do nothing for people that they can and should do for themselves.
49. Have a daily schedule of activities, avoiding whim and caprice.
50. Be merciful with yourself and others.
51. Have no expectations except to be fiercely tempted to your last breath.
52. Focus exclusively on God and light, and never on darkness, temptation and sin.
53. Endure the trial of yourself and your faults serenely, under God's mercy.
54. When you fall, get up immediately and start over.
55. Get help when you need it, without fear or shame.