

Holy Trinity Greek Orthodox Church  
1433 13th Avenue  
Altoona PA 16601

April 2011

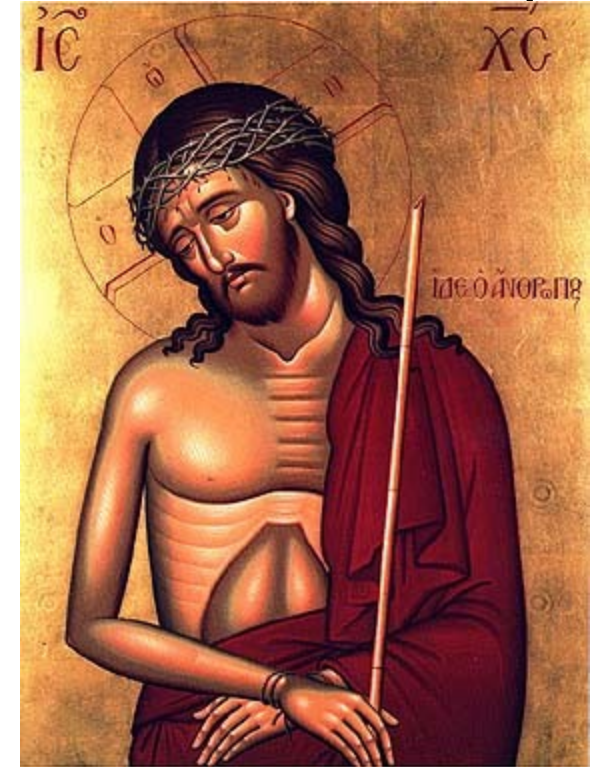
# Glad Tidings

**Holy Trinity  
Greek Orthodox  
Church**

**1433 13th Avenue  
Altoona PA 16601**

*Greek Orthodox  
Archdiocese of America  
Ecumenical Patriarchate  
of Constantinople*

*His Eminence,  
Metropolitan Maximos,  
Holy Metropolis  
of Pittsburgh*



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We welcome you to Divine Liturgy today.  
Whether you are an Orthodox Christian, or this is your first visit to an  
Orthodox Church, we are pleased to have you with us.  
Although **Holy Communion** is reserved for baptized and chrismated (confirmed)  
Orthodox Christians, all are invited to receive the "antidoron"  
which is not a sacrament, but is a reminder of the "agape feast"  
that followed worship in the early Church.

**After the Divine Liturgy this morning, please join us in the Church Hall for  
fellowship and refreshments.**

We hope you will return often to worship with us,  
to grow in Christ and in our Orthodox Faith.

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#### **CHURCH BOARD**

John Shilaos  
Eric Casanave  
Byron Parizek  
John Casanave

#### **CHURCH SCHOOL TEACHERS**

Connie Russo  
Raynna Russo

Alice Laskaris Kotala  
Helen Christodoulos

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*Father John P. Hutnyan*

16 Deer Trail, Cheektowaga, NY 14227-1611  
Phone: 716.681.0302      Email: humblservant@live.com

# Schedule of Divine Services

- Sunday, APRIL 3: 10:30am  
4<sup>TH</sup> SUNDAY OF GREAT LENT—ST. JOHN CLIMACUS  
St. Basil's Divine Liturgy
- Sunday, APRIL 10: 10:30am  
5<sup>TH</sup> SUNDAY OF GREAT LENT—ST. MARY OF EGYPT  
St. Basil's Divine Liturgy
- Sunday, APRIL 17: 10:30am  
PALM SUNDAY- ENTRANCE OF OUR LORD INTO JERUSALEM  
St. John Chrysostom Divine Liturgy—Blessing of Palms
- Wednesday, APRIL 20: 7:00pm—HOLY WEDNESDAY  
Service of Holy Unction
- Thursday, APRIL 21: 10:30am—HOLY THURSDAY  
Vesperal Liturgy of St. Basil  
7:00pm  
Reading of 12 Passion Gospels
- Friday, APRIL 22: 2:30pm—GOOD FRIDAY  
Great Vespers of Apokathilosis (Taking Down Christ from the Cross)  
7:00pm  
Lamentations (Orthros Service of Burial Lamentations)  
Procession with Kouvouklion outside
- Saturday, APRIL 23: 10:30am—HOLY SATURDAY  
Vesperal Liturgy of St. Basil (In great anticipation of the Resurrection of our Lord)  
11:30pm  
Resurrectional Matins (Orthros) – Receiving the Light of Christ  
Paschal Divine Liturgy  
Blessing of Red Paschal Eggs  
Paschal Agape in James Parros Hall

*WHEN RECEIVING HOLY COMMUNION, please make sure you state your baptized name after Fr. John states "The servant (or handmaiden) of God..." We also ask that you hold the red cloth underneath your chin in case an accident happens. Once again, we ask that children come first to receive Holy Communion, then the adults. Those who are not receiving, we ask that you stand QUIETLY in the pews – with NO TALKING, please!*

OUR MISSION IS TO GLORIFY OUR LORD AND SAVIOR JESUS CHRIST THROUGH OUR WORDS AND ACTIONS, ACCORDING TO THE HOLY TRADITIONS AND SACRED TEACHINGS OF OUR ORTHODOX CHRISTIAN FAITH!

## ON THE IMPORTANCE OF KEEPING HEALTHY AND "WELL-TUNED"

Lent is perceived as a spiritual journey, but since we are created by God as both physical and spiritual beings, it is the body that will carry the soul on that journey. Here, two famous Church Fathers remind us of the need for good stewardship of the body for the sake of the soul.

When the body is ill, the soul is badly affected. In the great majority of cases, in fact, our spiritual capacities behave according to our physical condition; illness lays us low and makes us different, almost unrecognizable from when we are well.

You could say that the body has been constructed like a musical instrument. If the strings of an instrument give a feeble or false sound because they are not taut enough, the artist has no way of displaying any particular talent: the defect in the strings defeats all skill. It is the same with the body. It can do a great deal of harm to the soul.

The same thing happens with the spirit. It functions through the body to display its skill in a spiritual way. So I ask you: take care that your body stays fit, safeguard it from illness of any sort.

I am not telling you to let it waste away or to let it grow fat. Feed it with as much food as is necessary for it to become a ready instrument of the soul.

*Saint John Chrysostom & Saint Gregory of Nyssa, 4<sup>th</sup> century*

### LENTEN PRAYER OF ST. EPHREM THE SYRIAN

O Lord and Master of my life!  
Take from me the spirit of sloth,  
faint-heartedness, lust of power, and idle talk.

But give rather the spirit of chastity,  
humility, patience, and love to Your servant.

Yes, Lord and King! Grant me to see my own sins and  
not to judge my brother, for You are blessed  
unto ages of ages. Amen.

## WISDOM OF THE CHURCH FATHERS.....

The evil one cannot comprehend the joy we receive from the spiritual life; for this reason he is jealous of us, he envies us and sets traps for us, and we become grieved and fall. We must struggle, because without struggles we do not obtain virtues.

*Elder Ieronymos of Aegina*

Our holy fathers have renounced all other spiritual work and concentrated wholly on this one doing, that is, on guarding the heart, convinced that, through this practice, they would easily attain every other virtue, whereas without it not a single virtue can be firmly established.

*St. Symeon the New Theologian*

Do all in your power not to fall, for the strong athlete should not fall. But if you do fall, get up again at once and continue the contest. Even if you fall a thousand times because of the withdrawal of God's grace, rise up again each time, and keep on doing this until the day of your death. For it is written, "If a righteous man falls down seven times" – that is, repeatedly throughout his life – 'seven times shall he rise again' (Prov. 24:16).

*John of Karpathos*

COFFEE HOSTESSES NEEDED for upcoming Sundays. Please sign -up on our church bulletin board. Don't have the same ones doing this. Volunteer to sponsor the coffee hour. Our thanks to those who have stepped up and sponsored this event.

PROSFORA (HOLY BREAD) MAKERS are needed for upcoming Sundays. Please sign -up on our church bulletin board. A special "thank you" to all those who have been making the prosfora for our Sunday Divine Liturgies. A pamphlet is located in our pamphlet stand for the directions in making this bread.

CHURCH MEMBERSHIP DUES are as follows: Single person - \$275; Family - \$350. Dues may be paid in one lump sum or in installments. Please see our Church Treasurer Eric Casanave. If you wish to give more towards the church, please do so! It helps our ministry in spreading the Good News of Christ!

## 24 PRAYERS FOR 24 HOURS...

- 1) Do not deprive me of Your heavenly blessings, O Lord!
- 2) *Deliver me from eternal torments, O Lord!*
- 3) If I have sinned in mind or thought, in word or deed, forgive me, O Lord!
- 4) *Deliver me from all ignorance and foolishness, from smallness of soul and hardness of heart, O Lord!*
- 5) Deliver me from every temptation, O Lord!
- 6) *Enlighten my heart which has been darkened by evil desires, O Lord!*
- 7) Being human, I have sinned. Being God, forgive me in Your loving kindness, for You also know the weakness of my soul, O Lord!
- 8) *Send down Your grace to help me that I may glorify Your holy name, O Lord!*
- 9) Enroll me, Your servant, in the book of life and grant me a peaceful end, O Lord!
- 10) *Even if I have done nothing good in Your sight, still grant me, by Your grace, to make a beginning of doing good, O Lord my God!*
- 11) Sprinkle the dew of Your grace on my heart, O Lord!
- 12) *In Your kingdom, remember me Your servant who is cold in heart and unworthy, O Lord of heaven and earth!*
- 13) Receive me in my repentance, O Lord!
- 14) *Do not abandon me, O Lord!*
- 15) Lead me not into temptation, O Lord!
- 16) *Grant me good thoughts, O Lord!*
- 17) Grant tears to me, a remembrance of death and a sense of peace, O Lord!
- 18) *Grant me mindfulness to confess my sins, O Lord!*
- 19) Grant me charity, humility and obedience, O Lord!
- 20) *Grant me endurance and gentleness, O Lord!*
- 21) Plant me in that root of all blessings, the fear of You in my heart, O Lord!
- 22) *Grant that I love You with all my heart and soul and that I obey Your will in all things, O Lord!*
- 23) Shield me from evil men, from devils, from passions and all other law-disobeying things, O Lord!
- 24) *O Lord who know Your creation and what You have willed for it, may Your will be also fulfilled in me, a sinner, for You are blessed to all ages. Amen.*

## THIRD SUNDAY OF LENT – ADORATION OF THE CROSS

Today, the Cross on which Christ died is honored, the most important Sunday of Great Lent. This is the half-way point of the long journey of fasting, prayer, and almsgiving. The Veneration of the Holy Cross reminds the faithful how Jesus carried the cross, letting no obstacle prevent Him from carrying it to the end. It is the same with the life of the Christian during Lent. Pascha (Easter) is reached only through the crucifixion of one's passions. A cross is carried in procession to the middle of the church during the Divine Liturgy and left there all week for veneration as a symbol of strength. At the end of the Divine Liturgy, everyone receives a flower from the cross to be saved at the home ikonostasi (icon corner).

## FOURTH SUNDAY OF LENT – ST. JOHN OF THE LADDER

This Sunday commemorates St. John Climacos (6<sup>th</sup> century) who is the writer of the book called "The Ladder of Paradise." This book contains 30 chapters, with each chapter as a step leading up to a faithful and pious life as the climax of a Christian life. The spirit of repentance and devotion to Christ dominates the essence of this book, along with the monastic virtues and vices. He was an ascetic and writer on the spiritual life as a monk-abbot of Sinai Monastery. These steps of the ladder as set forth by St. John are to be practiced by the Christian especially during this period of the Great Lent. Each step leading to the top step of the ladder, is the climactic essence of the true meaning of a Christian life.

## FIFTH SUNDAY OF LENT – ST. MARY OF EGYPT

This Sunday commemorates the life of St. Mary of Egypt, who is a shining example of repentance from sin through prayer and fasting. She lived a sinful life for many years, but was converted to a Christian life. She went into the wilderness to live an ascetic life for many years, praying and fasting in repentance of her life from sin to holiness through repentance. Her understanding of repentance involved not a mere change from small things in her life, but an extreme change of her entire attitude and thoughts. The Church commemorates St. Mary of Egypt for her recognition of her own sins as an example of how one can free oneself from the slavery and burden of wrongdoings. This recognition of sin is imperative during Lent for the faithful as a means of self-examination and preparation for a more virtuous life in anticipation of the Crucifixion and the Resurrection of Christ.

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PLEASE KEEP OUR LOVED ONES who are sick in your prayers. We pray that they may get better and come worship with us at the Divine Liturgy.

IF ANYONE STILL WISHES THEIR HOME TO BE BLESSED, please contact Fr. John. With the ever-changing weather and Fr. John's schedule, it took somewhat longer to finish these homes.

DON'T FORGET THAT OUR SUNDAY SCHOOL PROGRAM is still having classes EVERY SUNDAY from 10:30-11am. Please make sure that your children are on time. If no students show up, the teachers will go upstairs to participate in the Divine Liturgy by 10:35am. Please do not take the religious education of our children lightly! For them to know and follow Christ, they must attend classes and learn about Him!

PLEASE MAKE SURE THAT ALL CELL PHONES are turned off before entering church. No call is that important as the one you should be making to Jesus Christ!

ATTENTION ALL PARISHIONERS!  
Please be considerate of how you leave the pews after Divine Liturgy. Clean-up crumbs from the antidoron (blessed bread) or garbage left by family members. This will keep our church beautiful and neat!

PLEASE NOTE THAT THE DIVINE LITURGY BEGINS EVERY SUNDAY AT 10:30AM. Please do not arrive late. It is considered very distracting to those who are immersed in prayer and worship when others leisurely wander into the church in a tardy fashion. We pray that the Lord guides, to His holy house, those who are habitually tardy! In our Great Lenten and Holy Week spiritual pilgrimage, let us show the proper respect to our Lord's Divine Liturgy. We must remember, we have been invited to the Last Supper to be with Him, our Lord and Savior Jesus Christ. Let us not keep the Lord waiting!

*God doesn't call the qualified, He qualifies the called.*

*Exercise daily; walk with God and run from sin.*

*Don't wait for six strong men to finally bring you to church.*

### **SATURDAY OF LAZARUS**

An interlude between Great Lent and Holy Week, the Church names this day the "Saturday of Lazarus" in remembrance of the resurrection of Lazarus told in the Gospel of John (11:1-45) and its promise of universal resurrection for all men. The Church connects this celebration, by anticipation, with the Entrance of Christ into Jerusalem.

### **PALM SUNDAY**

Palm Sunday celebrates the glorious and brilliant feast of the Entrance of Jesus into Jerusalem (John 12:1-18). Zechariah had prophesied the entrance of the Messiah into Jerusalem, saying: "Rejoice greatly...O daughter of Jerusalem; behold, the King comes unto you; He is just, and having salvation; lowly, and riding upon an ass, and upon a colt the foal of an ass", (Zech. 9:9). The contemporary Jews associated this prophecy with the expected Messiah. This action of Christ testifies to His nature as Messiah, but with the definite declaration that His Kingdom was not of this world. The main road leading to Jerusalem was covered with palm trees. The multitudes, with palm branches in their hands, spread their cloaks on the road as a show of respect, crying out "Hosanna to the Son of David. Blessed is He that comes in the name of the Lord." A custom of distributing branches of palms to the people in the Church prevails to this day.

### ***HOLY WEEK NOTES...***

**Monetary donations** for flowers will be gratefully accepted for Holy Week flowers. Please see Ange Parros.

**Holy Week Services** will be somewhat "streamlined" for convenience sake as has been in the past. Special booklets have been printed up for each service for you to follow. If you wish to follow the old, thick black book for Holy Week, please do so (but you might get lost in following the services). Please try to attend as many services as possible and walk with Christ during Holy Week.

**Volunteers are needed** on Good Friday, April 22<sup>nd</sup> at 10am to help decorate the kouvouklion (epitaphion) with flowers. Please give some of your time towards the church in decorating our beautiful tomb. It enhances and uplifts us spiritually for our Good Friday services.

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*(Holy Week Notes continued)*

**Men are needed** to help carry the kouvouklion (epitaphion) in the procession on Good Friday evening. Please do not assume that we know you are always here to carry it every year. We want your name so that we will know how many men we have to take turns in our procession around the block. Please sign-up on our church column (under the picture of Tom Hanks who is Greek Orthodox and was a bier for his church last year).

**We would like all the girls** of our parish (up to 18 years of age) to participate in the Good Friday's Lamentation Service. They will be in procession as a group and sprinkle flower pedals on the epitaphion when we re-enter the church. This is a Greek custom in which they represent the "women who guarded Christ's tomb" (myrophores—myrrhbearers). A sign-up sheet is posted on our column in our hall. Baskets and flower pedals will be provided for the girls by the church.

**Red Paschal Eggs** will be needed for our Holy Saturday evening Resurrection Matins and Paschal Divine Liturgy. Those who will be bringing red eggs, please sign-up so we will have enough to distribute after the Paschal Divine Liturgy.

**After the Paschal Divine Liturgy**, it has been a custom of our parish to go down to the James Parros Hall and partake of different foods that parishioners bring in and spread the joy of the Resurrection of Christ. This would be called a Paschal Agape. We do hope that all of you can bring a food dish to share with others. We are a spiritual family (ikogenije) and this is but one way we all can celebrate Christ's Resurrection.

**Confessions will be heard** after each service during Holy Week. In Confession, we open the inner doors of our heart – doors we have nailed shut and have hidden behind curtains – and let Christ clean them out. We regain again that part of our being that had been closed off and lost, and with it, we regain the spiritual powers that it contained. We regain a wholeness and a health that we had previously. Confession is like a medicine for the soul, bringing the health that God wishes for us, which is synonymous with being pure and joyful in heart. In the words of St. Isaac the Syrian: "Repentance is the mother of life."

**If you know of someone** who would like to attend Sunday Divine Liturgy or Holy Week Services, please invite them to come and pray with us! If they need a ride, one can be arranged for them.

### **WISDOM OF THE CHURCH FATHERS.....**

Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honor your patience.

*St. John Climacus  
(St. John the Ladder)*

God descends to the humble as waters flow down from the hills into the valleys.

*St. Tikhon of Voronezh  
(Wonderworker of All Russia)*

I saw the snares that the enemy spreads out over the world and I said groaning, "What can get through from such snares?" Then I heard a voice saying to me, "Humility."

*St. Anthony the Great*

God is the fire that warms and kindles the heart and inward parts. Hence, if we feel in our hearts the cold which comes from the devil – for the devil is cold – let us call on the Lord. He will come to warm our hearts with perfect love, not only for Him but also for our neighbor, and the cold of him who hates the good will flee before the heat of His countenance.

*St. Seraphim of Sarov*