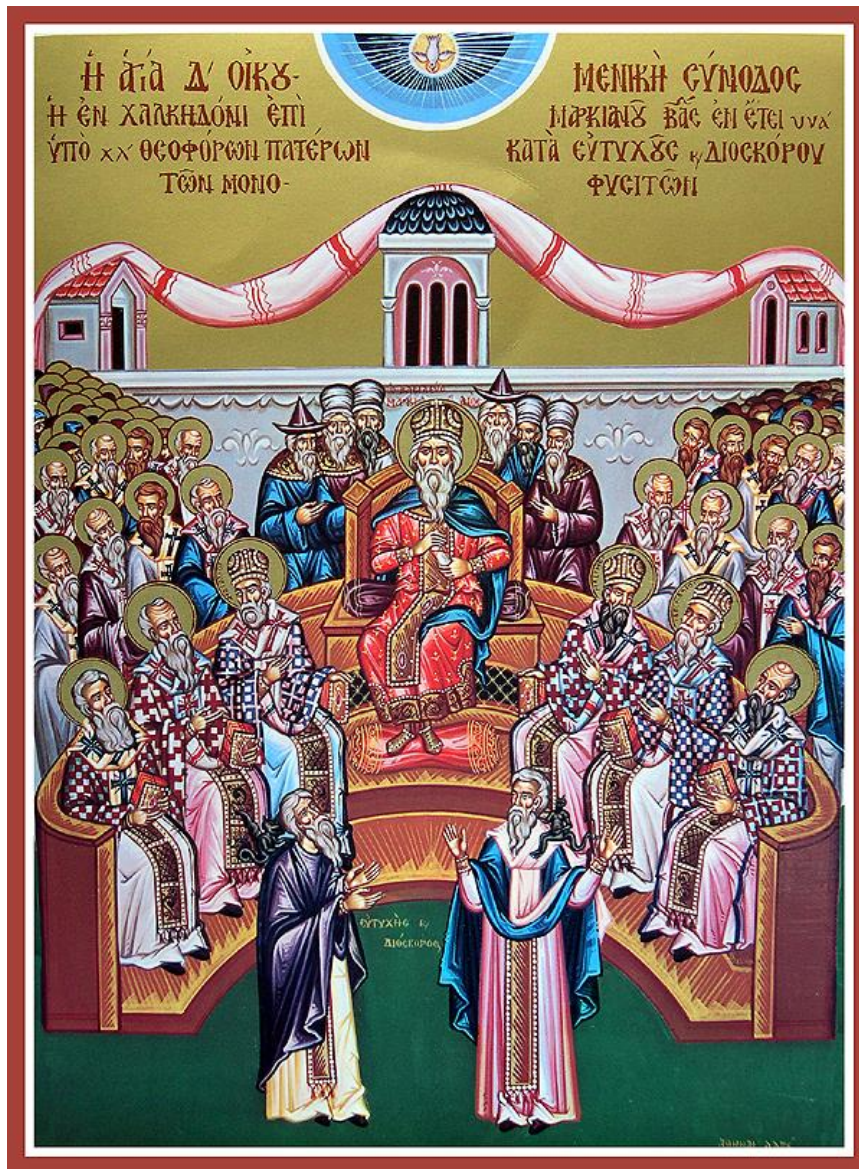


# HOLY TRINITY ORTHODOX CHURCH

46 Seymour St., Yonkers, NY ~ 914.965.6815 ~ [www.HolyTrinityYonkers.org](http://www.HolyTrinityYonkers.org)



**Sunday, July 14, 2019**

**Fourth Sunday After Pentecost ~ Tone 3**

**The Holy Fathers of the First Six Ecumenical Councils**



**120<sup>th</sup> ANNIVERSARY**

**Holy Trinity Orthodox Church** ~ 46 Seymour Street, Yonkers, NY 10701

Rector: V. Rev. David Cowan; Protodeacon John Eby;

Attached: V. Rev. John Tkachuk; V. Rev. Vitaly Bahanovich

Rector Emeritus: V. Rev. Yaroslav Sudick, Ph.D., D.D.

Rectory Phone 914-965-6815 ♦ Email: [frdavidcowan@gmail.com](mailto:frdavidcowan@gmail.com);

Web: [www.HolyTrinityYonkers.org](http://www.HolyTrinityYonkers.org)

Facebook: [www.facebook.com/HolyTrinityOrthodox](http://www.facebook.com/HolyTrinityOrthodox)

Diocese of New York & New Jersey: [www.nynjoca.org](http://www.nynjoca.org)

## SERVICES AND ACTIVITIES

### Today

9:30 AM *Divine Liturgy* followed by Coffee Hour

### Saturday, July 20

5:30 PM Private Confession Available

6:00 PM *Great Vespers*

### Sunday, July 21

9:30 AM *Divine Liturgy* followed by Coffee Hour

### Wednesday, July 24

7:30 PM Parish Council Meeting – in the Fellowship Hall

### Saturday, July 27

5:30 PM Private Confession Available

6:00 PM *Great Vespers*

### Sunday, July 28

9:30 AM *Divine Liturgy* followed by Coffee Hour

**TODAY'S EPISTLE Romans 6:18-23** Brethren: Having been set free from sin, you became slaves of righteousness. I speak in human terms because of the weakness of your flesh. For just as you presented your members as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness. For when you were slaves of sin, you were free in regard to righteousness. What fruit did you have then in the things of which you are now ashamed? For the end of those things is death. But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

**TODAY'S GOSPEL Matthew 8:5-13** At that time, when Jesus had entered Capernaum, a centurion came to Him, pleading with Him, saying, "Lord, my servant is lying at home paralyzed, dreadfully tormented." And Jesus said to him, "I will come and heal him." The centurion answered and said, "Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed. For I also am a man under authority, having soldiers under me. And I say to this one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my servant, 'Do this,' and he does it." When Jesus heard it, He marveled, and said to those who followed, "Assuredly, I say to you, I have not found such great faith, not even in Israel! And I say to you that many will come from east and west, and sit down with Abraham, Isaac, and Jacob in the kingdom of heaven. But the sons of the kingdom will be cast out into outer darkness. There will be weeping and gnashing of teeth." Then Jesus said to the centurion, "Go your way; and as you have believed, so let it be done for you." And his servant was healed that same hour.

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## **YOUR HELP NEEDED!**

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**We are hosting the participants of Diocesan Youth Day for Great Vespers and Ice Cream following their trip to the Yankee Game on Saturday, August 17!**

**Help is needed getting the ice cream and toppings, setting up, serving the kids, and cleaning up the Fellowship Hall afterwards.**

**YOUTH DAY for NEW YORK CITY & NEW JERSEY DEANERIES**

**SATURDAY, AUGUST 17**

**Please see Fr. David to offer your help.**

***Thank you!***

## COMING UP IN THE PARISH AND THE DIOCESE:

- Monday–Friday, July 22–26: *Project Pearl River* Church Painting and Cleanup Volunteer Project, at our Church of the Transfiguration in Pearl River. Pick up a poster on the Welcome table for details.
- Monday–Friday, August 12–16: Teacher Formation in the Catechesis of the Good Shepherd Program, at St. Tikhon's Seminary. See Matushka Tamara for information.
- Saturday, August 17: Diocesan Youth Day – Baseball Game, Yankees vs. the Cleveland Indians at Yankee Stadium! Details coming on ticket prices and gathering before and after the game.
- ALSO Saturday, August 17: Annual Church School Teacher Training Workshop on the Catechesis of the Good Shepherd, Level 2, at Christ the Saviour Church, Paramus, NJ.
- October 14–26, 2019: Pilgrimage to the Holy Land With Archbishop Michael! Pick up a poster on the Welcome Table with details.
- July 15–21, 2020: Pilgrimage to Alaska with Archbishop Michael: Celebrating 50 Years of the Glorification of St. Herman of Alaska, and the Autocephaly of the OCA! Pick up a poster on the Welcome Table with details.

## ATTENTION, COLLEGE FRESHMEN-TO-BE AND THEIR PARENTS:

### THE FIRST 40 DAYS

#### Help OCF connect with students!

Submit *your* incoming freshmen's information by July 15th, and help us ensure that *your* students will receive information, materials and personal contact from local contacts to help them navigate their freshman year of college as Orthodox college student!

Let us join together as a Church and in true Orthodox fashion make the first forty days of college a time of spiritual preparation and growth for our college students!

TO FIND OUT MORE, VISIT [WWW.OCF.NET](http://WWW.OCF.NET)  
FIRSTFORTYDAYS AND CONTACT US AT  
[FIRSTFORTDAYS@OCF.NET](mailto:FIRSTFORTDAYS@OCF.NET)



## THERE IS STILL TIME TO SIGN UP FOR ST. ANDREW'S CAMP!

July 14-20: Music Week  
(led by Fr. David and Mat. Tamara)

July 21-27: Ecology Week  
July 28-August 3: Teen Week

Tuition is \$300 / week; scholarships are available.

See Fr. David, or email Mat. Tamara at [tamarancowan@hotmail.com](mailto:tamarancowan@hotmail.com) for details;  
or visit [www.saintandrewscamp.org](http://www.saintandrewscamp.org)



## PRAYER LIST

Beth Rzyk and the OYMT mission team, traveling; Pamela Adamovich recovering from surgery; Ann; Matushka Eugenia Nehrebecki; Newly tonsured Reader Vasily (William) Bolinsky; Catechumen Judith Mastronardi; newborn Bradley Asher (great-nephew of Cris Saraceno); Newborn Jamison Roark Rippi (Michael & Pam Adamovich's grandson); Eunice Bullock (Nigel's mother); Mario Coco (Tina Reduto's father); Christina and her daughter Eva; Matushka Lesya and daughter Veronika Dubee; Fr. Paul Shafran; Paul Gall; Michael Herzak; Anna Zablotska; Steven and Jane Johansson; Mat. Alexandra Safchuk; Mat. Myra Kovalak; Dominic Strammello; Tina Seckerson; Rocco Mastronardi; Helen, Ronald, Mat. Anastasia Harris; Fr. Nicholas Harris, Sara Haughton, Aaron Hoskins; Vera Bullock; John Krawchuk; Sharon Turpening; Danielle, Sophia and Stella Miller; Martha Scigliano; Fr. Steven Belonick; Charlie Andonis; child Victoria Saraceno, child Charlie; Vera Bouteneff; Ted Chaiko; Nancy Prusak; Honorina Rodriguez; Mary Braig; Marian Harris; Vincent Knarr; Luka & Elena Herman; Nicholas Macagnone; Tanya Balasenowich; the child Alena; Andrew Czuchta; Boris Lyzak; Douglas & Susan Hansen; Bill Bodack; Courtney Lyzak; Suzanne Gee; Kathleen & Maryanne Nolan; Shawn Malone; Metropolitan Paul and Bishop Gregorios; Nikolai & Nadezhda Solidnov; the priests Frs. Vitaly Bahanovich, John Chupeck; Stephen Hoskins, Samuel Kedala, Leonid Kishkovsky, John Malcom, Josef Petranin, John Reeves, Daniel Skvir, Ken James Stavrevsky; Basil Summer, Dennis Swencki; John Tkachuk, John Zabinko; Matushki Ellen Chupeck, Rebekah Markewich, Priscilla Shipley; all those confined to hospitals, nursing homes, and their own homes due to illness, including Eugen Balasenowich, Sr.; Maria Chouplat; Helen Delandri; Olga Donski; Walter Donski; Irene Homa; Anatole Honczarenko; Olga Juck; Olga Pavelchak; Stephanie Phillips; Tekla Rzyk; for all soldiers, especially Mykola; widows, orphans, prisoners, victims of violence and natural disasters, and refugees; all those suffering chronic illness, financial hardship, loneliness, addiction, abuse, abandonment and despair; all Orthodox seminarians & families; all Orthodox monks and nuns, and all those considering monastic life; all Orthodox missionaries and their families. Birthdays: Ken O'Connor (7/14), Steve Kowalczyk (7/18), Olivia Wislocki (7/20). Anniversaries: Bill & Anna Bolinsky (7/19); John & Nadia Constantine (7/14). Asking God's blessing on our labors renovating the Education Building and the Church building.

**For blessed repose for the souls of:** Newly departed Earle Ausman (+7/11), Lydwine Miller (+7/10), child Eli (+7/1), Marilena Fotino (+6/23); Consuelo Scott (+6/22), Adnan Abbasi (+6/20), Lyudmila Zaretsky (+6/10), Eve Stoddard (+5/28), Galina Lavreniuk (+5/19), Victor Makarov (+11/28). all those departed this life in hope of the Resurrection.

**Please give prayer requests to Fr. David, to Protodeacon John, or to an Altar Server.  
Typically, names remain on this list for 40 days, unless requested otherwise.**

**PRAY FOR OUR COLLEGE STUDENTS – our parish sons & daughters, OCF chapter members, AND those at nearby colleges who make HTO their spiritual home away from home!**

Elizabeth Bouteneff  
Joe Ciamarra  
Brandon Ferguson  
Samantha Fricke  
Kaydee Kowalczyk

Andrew Nolan  
Peter Nolan  
August Perry  
Kamille Perry  
Joshua Rzyk  
Stephanie Rzyk

Matthew Skalski  
Justyna Skalski  
Adriana Szpynda  
Emily Szpynda  
Katherine Wislocki  
Olivia Wislocki

*"Sending our kids to college without a connection to the Church is like sending children to play in traffic." -- Abp. Michael*  
**Please tell Fr. David if there are any errors or omissions on this list.**

## CANDLE SPONSORSHIPS FOR JULY:

**Vigil Candles, Icons of Christ and the Theotokos, Departed Members, Wirchansky Family:** Janet, Peter, Christina, Anne, Helen & Anastasia. **Living:** Wirchansky, Seckerson & Carlucci Families. **Vigil Candle, St. Nicholas, South Kliros,** Newly Departed Regina Cataldo; for the Health of Christina Sceppaquercia.

## WISDOM FROM THE SAINTS:

**"The grace of the Holy Spirit which is given mystically to every Christian when he is baptized acts and is manifested in proportion to our obedience to the commandments of the Lord. That is, if a Christian obeys the commandments of the Lord more, grace acts with him more, while if he obeys them less, grace acts within him less. ... The grace that has been given to every Christian through Holy Baptism is hidden in the heart and covered up by the passions and sins, and the more a man acts in accordance with the commandments of Christ, the more he is cleansed of the passions and the more the fire of Divine grace lights in his heart, illumines and deifies him." – St. Nikodemos of the Holy Mountain**