

## **Holy Trinity Orthodox Church**

*Offering the Fullness of the Christian Faith*

**Orthodox Church in America**

Diocese of New York and New Jersey

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**Carol Wetmore, Choir Director**

**Mitred Archpriest George Hasenecz, Attached**

### **SCHEDULE**

**Saturday, March 30**.....5:30pm Panikida (Memorial Service)

*Memorial Saturday*

6:00pm Great Vespers

7:00pm Private Confessions

**Sunday, March 31**.....930am Third & Sixth Hours

*St. Gregory Palamas*

10:00am Divine Liturgy of St. Basil the Great

11:30am Coffee Hour

12:00pm Choir Rehearsal

*5:00pm NJ Deanery Mission Vespers,*

*St. John the Baptist Church,*

*Passaic*

**Monday, April 1**.....6:00pm Adult Study: "Doctrine & Teaching of the Orthodox Church"

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**Wednesday, April 3**.....5:30pm Private Confessions

6:00pm Presanctified Liturgy

7:00pm Lenten Repast

7:45pm Choir Rehearsal

**Saturday, April 6**.....5:30pm Panikida (Memorial Service)

*Memorial Saturday*

6:00pm Great Vespers

7:00pm Private Confessions

**Sunday, April 7**.....9:30am Third Hour

*Veneration of the Precious Cross*

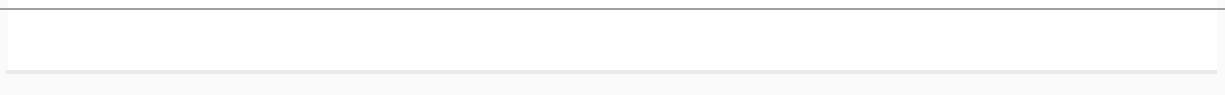
9:45am Prayer Service - St. Mary of Egypt

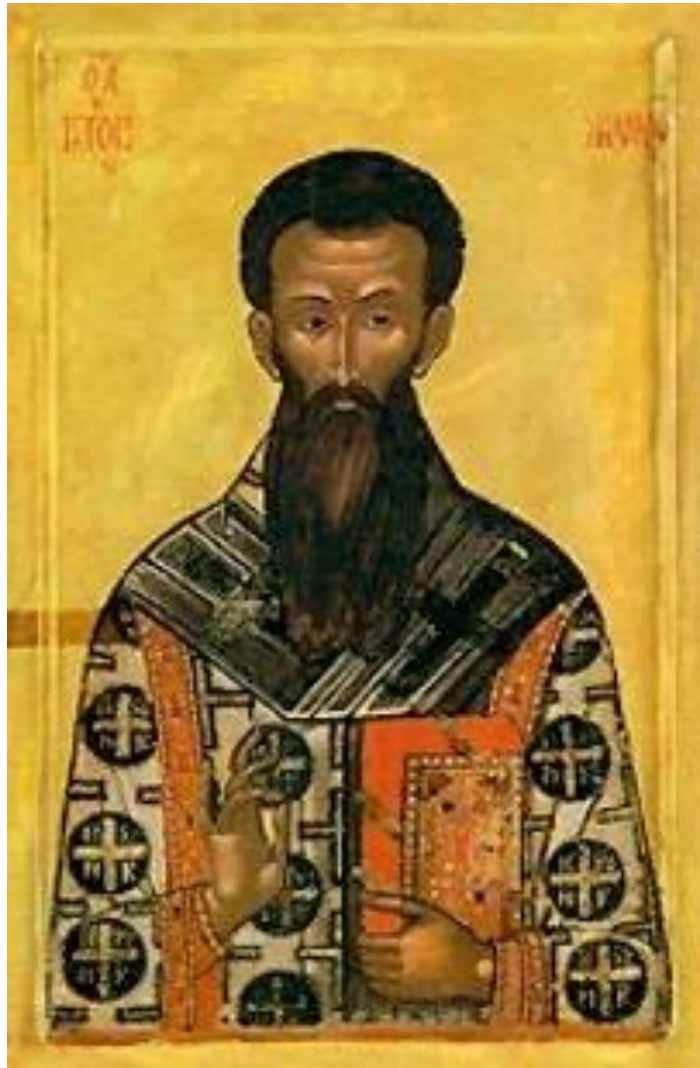
10:00am Divine Liturgy of St. Basil the Great

11:30am Coffee Hour

12:00pm Choir Rehearsal

*5:00pm NJ Deanery Mission Vespers,  
St. Vladimir Church, Trenton*





***Sunday of St. Gregory Palamas***  
***(Icon from Dionysiou Monastery of Mount Athos)***  
**March 31, 2024**

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**SECOND SUNDAY OF LENT — Tone 2. St. Gregory Palamas.** Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Repose of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas (1879). St. Hypatius the Wonderworker, Bishop of Gangra (ca. 336). Repose of St. Jonah,

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Metropolitan of Moscow and All Russia (1461). Ven. Hypatius the Healer, of the Kiev Caves (Far Caves—14th c.). Ven. Apollonius, Ascetic, of Egypt (4th c.). Hieromartyr Avdas, Bishop of Persia, and Martyr Benjamin the Deacon (418-424). Ven. Hypatius, Abbot of Rufinus in Chalcedon (ca. 446). Appearance of the “Ivéron” (Iberian) Icon of the Mother of God.

**Epistle:** [Hebrews](#) [1:10-2:3](#)

**Gospel:** [Mark 2:1-12](#)

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**Second Sunday of Great Lent: Sunday of St. Gregory Palamas**

**Troparion — Tone 8**

*O light of Orthodoxy, teacher of the Church, its confirmation, O ideal of monks and invincible champion of theologians, O wonder-working Gregory, glory of Thessalonica and preacher of grace, always intercede before the Lord that our souls may be saved.*

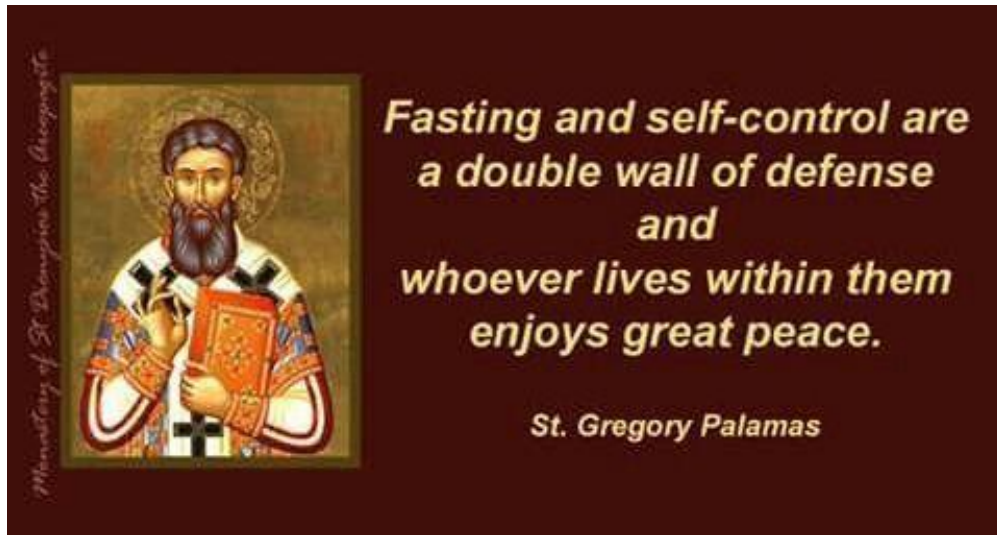
**Kontakion — Tone 4**

*Now is the time for action! Judgment is at the doors! So let us rise and fast, offering alms with tears of compunction and crying: “Our sins are more in number than the sands of the sea; but forgive us, O Master of All, so that we may receive the incorruptible crowns.”*

**Kontakion — Tone 8**

*Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing your praises, O God-inspired Gregory. Since you now stand before the Original Mind, guide our minds to Him, O Father, so that we may sing to you: “Rejoice, preacher of grace.”*

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**Teaching:** On the second Sunday of Great Lent, the Orthodox Church commemorates St. Gregory Palamas. Around 1318 St. Gregory and his two brothers went to Mount Athos, where they learned firsthand the traditional hesychastic way of contemplative prayer. (Hesychasm is a contemplative monastic tradition in the Eastern Orthodox Church in which stillness is sought through the continuous repetition of the Jesus prayer.)

St. Gregory was initially asked by his fellow monks on Mount Athos to defend them from the charges of Barlaam, a Greek monk from Calabria, Italy who believed that philosophers had better knowledge of God than did the prophets. Barlaam valued education and learning more than contemplative prayer. Contrary to Barlaam, Gregory asserted that the prophets in fact had greater knowledge of God, because they had actually seen or heard God himself. Addressing the question of how it is possible for humans to have knowledge of a transcendent and unknowable God, he drew a distinction between knowing God in his essence and knowing God in his energies. He maintained the Orthodox doctrine that it remains impossible to know God in his essence (God in himself), but possible to

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know God in his energies (to know what God does, and who he is in relation to the creation and to man), as God reveals himself to humanity. In doing so, he made reference to the Cappadocian Fathers and other early Christian writers.

St. Gregory further asserted that when the Apostles Peter, James, and John witnessed the Transfiguration of Jesus Christ on Mount Tabor, that they were in fact seeing the uncreated light of God; and that it is possible for others to be granted to see that same uncreated light of God with the help of repentance, spiritual discipline and contemplative prayer, although not in any automatic or mechanistic fashion.

He continually stressed the Biblical vision of the human person as a united whole, both body and soul. Thus, he argued that the physical side of hesychastic prayer was an integral part of the contemplative monastic way, and that the claim by some of the monks of seeing the uncreated light was indeed legitimate.

*-- An excerpt from [orthodoxwiki.org](http://orthodoxwiki.org)*

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**Repose of Saint Innocent, Metropolitan of Moscow, Enlightener of the Aleuts, Apostle to the Americas**  
(Commemorated March 31)

Saint Innocent (Veniaminov), Metropolitan of Moscow and Kolomensk (1797-1879), was glorified by the Russian Orthodox Church on October 6, 1977. He was born in the village of Anginsk in the Irkutsk diocese. The Apostle of America and Siberia proclaimed the Gospel “even to the ends of the earth”: in the Aleutian islands, in the six dialects of the local tribes on the island of Sitka, among the Tlingit; in the remotest settlements of the extensive Kamchatka diocese; and elsewhere in Alaska and Siberia.



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Having spent a large part of his life in journeys, Saint Innocent translated a Catechism and the Gospel into the Aleut language. In 1833, he wrote in this language one of the finest works of Orthodox missionary activity: Indication of the Way to the Kingdom of Heaven.

In 1859, the Yakut first heard the Word of God and divine services in their native language.

*Excerpted from oca.org/saints/lives*

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*“Let us strive to enter by the narrow gate. Just as the trees, if they have not stood before the winter’s storms cannot bear fruit, so it is with us; this present age is a storm and it is only through many trials and temptations that we can obtain an inheritance in the kingdom of heaven.”*

*+Amma Theodora*

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**THANK YOU** to those who brought food, set up, and cleaned up at last Sunday's Coffee Hour. Many Years to those contributors!

**PRIVATE CONFESSION SIGN-UP SHEET 2024** has been placed in the narthex of the church. Please sign up to schedule your date of Confession.




Our Western Christian friends will be celebrating Easter, the Resurrection of Our Lord, on March 31, 2024. This may be a very good time to make a donation to the Interfaith Food Pantry. A basket for donations is provided in the narthex.





**PASCHA BAKED GOODS** - Orders are now being taken for Pascha baked goods. Once again nut and poppyseed rolls and Pascha bread are being offered. Please note that these baked goods are made with a lot of love, prayers, and quality ingredients. This is one of the Care Committee's major fundraisers. Order forms are available in the narthex and may be given to Patty Kaufman. Deadline for orders is March 31<sup>st</sup>.

**LENTEN LITE FARE** - If you are attending Presanctified Liturgy on Wednesdays, please join us in Founders Hall for lite fare. Although the Care Committee will provide two dishes, ALL are welcome to bring a dish to share. Bring anything Lenten that could be shared with approximately 6 people. Please refer any questions to Matushka Kerri at [matkerri@gmail.com](mailto:matkerri@gmail.com)

**ADULT STUDY** continues on Monday evenings during the Great Fast. The Adult Study will be live-streamed on the Church's facebook page. If not a facebook user, you can access the live-stream by going to the Church's website <http://www.holytrinityrandolph.com/> and clicking on the  symbol at the bottom of the page.

**COMBINED PRESANCTIFIED LITURGY** - On Wednesday, April 24th at 6:00pm we will be hosting this service and the repast afterward, inviting other area Orthodox parishes to join us in worship. *There will be no private confessions that evening.* A sign-up sheet will be provided in the narthex for people to bring something or to help clean up.



**REGISTER NOW for LENTEN YOUTH RETREAT!**

- Join us for an enlightening and engaging Orthodox Youth Retreat at the scenic Frost Valley YMCA from **April 12-14**. This retreat is a unique opportunity to explore and discuss contemporary issues that matter to you. Theme: **Contemporary Issues - Gender, Sexuality, and Relationships**. This retreat provides a safe and open environment to

discuss these important issues from an Orthodox perspective. Guest Speaker: Rev. Dn. Dr. Sampson Ryan Nash. **Deadline for registration is March 31st.**

**To register use QR code on Flyer:**

[https://mcusercontent.com/c4f1d2c6e7cdc04fe0540a5ff/files/916e2f0a-8d83-6042-26c2-37bb5ebb8ba9/2024\\_Lenten\\_Teen\\_Retreat\\_rev1.png.pdf](https://mcusercontent.com/c4f1d2c6e7cdc04fe0540a5ff/files/916e2f0a-8d83-6042-26c2-37bb5ebb8ba9/2024_Lenten_Teen_Retreat_rev1.png.pdf)



**Sunday Coffee Hour during Great Lent** is, of course, Lenten – no meat or dairy options. This is an excellent chance to host a Coffee Hour and keep it simple! A good alternative menu might be bagels, hummus, salsa, peanut butter, and salad, with non-dairy options for coffee creamer.



|       | <b>FUTURE</b> | <b>COFFEE</b> | <b>HOURS</b> |
|-------|---------------|---------------|--------------|
| March | 31            | -             | open         |
| April | 7             | - Irma        | Zinaida      |
| April | 14            | -             | open         |
| April | 21            | -             | open         |

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