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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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Archpriest David R. Fox, Rector

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Carol Wetmore, Choir Director

Mitred Archpriest George Hasenecz, Attached

SCHEDULE

Saturday, March 23.....6:00pm Great Vespers

7:00pm Private Confessions

Sunday, March 24.....930am Third & Sixth Hours

Sunday of Orthodoxy

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

Eve of Annunciation

11:30am Procession of Icons

11:45am Coffee Hour

12:30pm Choir Rehearsal

Monday, March 25.....9:00am Vespersal Divine Liturgy

Annunciation of the Theotokos

of the Orthodox Church"

6:00pm Adult Study: "Doctrine & Teaching

Wednesday, March 275:30pm Private Confessions

6:00pm Presanctified Liturgy

7:00pm Lenten Repast

7:45pm Choir Rehearsal

Saturday, March 305:30pm Panikida (Memorial Service)

Memorial Saturday

6:00pm Great Vespers

7:00pm Private Confessions

Sunday, March 31930am Third & Sixth Hours

St. Gregory Palamas

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

11:30am Coffee Hour

12:30pm Choir Rehearsal



Sunday of Orthodoxy
March 24, 2024

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SUNDAY OF ORTHODOXY — FIRST SUNDAY OF LENT — Tone 1. Sunday of Orthodoxy. Forefeast of the Annunciation. Ven. Zachariah the Recluse. St. Artemius (Artemon), Bishop of Seleucia (1st-2nd c.). Ven. Zachariah, Ascetic, of the Kiev Caves (Far Caves—13th-14th c.). Martyrs Stephen and Peter of Kazan' (1552).

Epistle: [Hebrews](#) [11:24-26,](#) [32-12:2](#)

Gospel: [John 1:43-51](#)

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First Sunday of Great Lent: Sunday of Orthodoxy

Troparion — Tone 2

We venerate Thy most pure image, O Good One, and ask forgiveness of our transgressions, O Christ God. Of Thine own will Thou wast pleased to ascend the Cross in the flesh and deliver Thy creatures from bondage to the enemy. Therefore with thankfulness we cry aloud to Thee: Thou hast filled all with joy, O our Savior, for Thou didst come to save the world.

Kontakion — Tone 8

No one could describe the Word of the Father; but when He took flesh from you, O Theotokos, He accepted to be described, and restored the fallen image to its former beauty. We confess and proclaim our salvation in word and images.

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Teaching: The primary aim of fasting is to make us conscious of our dependence upon God. If practiced seriously, the Lenten abstinence from food – particularly in the opening days – involves a considerable measure of real hunger, and also a feeling of tiredness and physical exhaustion. The purpose of this is to lead us in turn to a sense of inward brokenness and contrition; to bring us, that is, to the point where we appreciate the full force of Christ's statement, 'Without Me you can do nothing' (Jn 15:5). If we always take our fill of food and drink, we easily grow over-confident in our own abilities, acquiring a false sense of autonomy and self-sufficiency. The observance of a physical fast undermines this sinful complacency. Stripping from us the specious assurance of the Pharisee – who fasted, it is true, but not in the right spirit – Lenten abstinence gives us the saving self-dissatisfaction of the Publican (Lk 18:10-13). Such is the function of the hunger and tiredness: to make us 'poor in spirit', aware of our helplessness and of our dependence on God's aid.

Yet it would be misleading to speak only of this element of weariness and hunger. Abstinence leads, not merely to this, but also to a sense of lightness, wakefulness, freedom and joy. Even if the fast proves debilitating at first, afterwards we find that it enables us to sleep less, to think more clearly, and to work more decisively. As many doctors acknowledge, periodical fasts contribute to bodily hygiene. While involving genuine self-denial, fasting does not seek to do violence to our body but rather to restore it to health and equilibrium. Most of us in the Western world habitually eat more than we need. Fasting liberates our body from the burden of excessive weight and makes it a willing partner in the task of prayer, alert and responsive to the voice of the Spirit.

If it is important not to overlook the physical requirements of fasting, it is even more important not to overlook its inward significance. Fasting is not a mere matter of diet. It is moral as well as physical. True fasting is to be converted in heart and will; it is to return to God, to come home like the Prodigal to our Father's house. In the words of St. John Chrysostom, it means 'abstinence not only from food but from sins'. 'The fast,' he insists, 'should be kept not by the mouth alone but by also by the eye, the ear, the feet, the hands and all the members of the body': the eye must abstain from impure sights, the ear from malicious gossip, the hands from acts of injustice. It is useless to fast from food, protests St. Basil, and yet to indulge in cruel criticism and slander: 'You do not eat meat, but you devour your brother'.

-- from The Lenten Triodion by Kallistos Ware

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Forefeast of the Annunciation

(Commemorated March 24)

The Feast of the Annunciation to the Most Holy Theotokos is celebrated on one day March 25, exactly nine months before the Nativity of Christ. There is one day of Prefeast (March 24), followed by the Feast itself. On March 26, we celebrate the Synaxis of the Archangel Gabriel. Because the Feast of the Annunciation falls during Great Lent, there is no Postfeast of the Feast.

Read about the Feast of the Annunciation:

<https://www.oca.org/saints/lives/2024/03/25/100884-the-annunciation-of-our-most-holy-lady-the-theotokos-and-ever-vi>

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“Hold fast to the rudder of life. Guide your eye, lest at any time through your eyes there beat upon you the vehement wave of lust. Guide your ear and tongue, lest the one receive harmful [words], or the other speak forbidden words. Let no blows of despondency beat you down; no weight of sorrow drown you into its depths. Our feelings are waves. Rise above them, and you will be a safe steersman of life.”

+ St. Basil the Great

THANK YOU to the Coticelli Family for hosting Coffee Hour this past Sunday in memory of newly departed Annamarie Coticelli and in celebration of the baptism of the child of God **Ciro Coticelli**. May Annamarie's memory be eternal! God grant Many Years to the Coticelli Family!

ARCHBISHOP MICHAEL'S LETTER for the Great Fast, 2024:
[https://mcusercontent.com/c4f1d2c6e7cdc04fe0540a5ff/files/1ae1a025-c1c2-4d8e-0d48-843c6de2e59e/Archpastoral Letter Great Fast of Lent 2024.pdf](https://mcusercontent.com/c4f1d2c6e7cdc04fe0540a5ff/files/1ae1a025-c1c2-4d8e-0d48-843c6de2e59e/Archpastoral%20Letter%20Great%20Fast%20of%20Lent%202024.pdf)

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

POT LUCK COFFEE HOUR - this Sunday, March 24th.



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.



FUTURE		COFFEE		HOURS
March		24 -	Pot	Luck
March		31	-	open
April	7	-	Irma	Zinaida
April		14	-	open



BLESSING BASKETS - Among the many benefits and services the Care Committee provides are gift baskets for newly baptized infants. Handmade baby blankets, soft toys, books, etc. are included in each basket. May God bless the members of our Care Committee!



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 31st.

BRAND NEW SHOWER CHAIR - If there is someone who could benefit from an unused shower chair, please contact Lisa Polk at lisabpolk1963@gmail.com or 973-214-8839.

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 to share, ALL are welcome to bring a dish to share. Bring anything Lentern that you could share with 6 or so people. Please refer any questions to Matushka Kerri at matkerri@gmail.com

SAVE THE DATES!




Afternoon

Tea

and



Wine Tasting Event

ADULT STUDY begins on Monday evening, March 25th at 6:00pm. The class will be based on selected readings from Metropolitan Hilarion Alfeyev's Orthodox Christianity, Vol. II, Doctrine and Teaching of the Orthodox Church. Readings for the first class will be pages 301-313. 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.

CONGRATULATIONS to the newly baptized child of God, **Ciro Coticelli**, his parents Mario and Julie Coticelli, his godparents Makrina and Paolo Coticelli, and his grandparents. God grant them all Many Years!







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