

THE TRISAGION

THE MONTHLY NEWSLETTER OF HOLY TRINITY ORTHODOX CHURCH

Being a “Child Friendly” Parish, Part II



Children of all ages prepare delicious soups for their Lenten charitable luncheon that took place last month. In addition to making the food, the students also served the meal. Their efforts resulted in a total that was only \$37 less than last year’s record offering.

by Fr. John Reeves

“Train a child in the way he should go; and when he is old, he will not depart from it.”

– Proverbs 22:6

(continued from last month’s issue.)

YOUNG CHILDREN ARE BROUGHT to church so that they learn how to be in church, so that ultimately they will love to be in church. So much for the theory. Being child-friendly is an attitude. However, staying child-friendly is a work of grace. It involves the whole parish, not merely the parents of young children. Here are some things to keep in mind.

(continued, see FROM THE RECTOR’S DESK, page 3)

Student Charity Dinner Raises More Than \$1k for Area Homeless

This year’s *Soup-er Sunday*—the Lenten charitable offering of the parish’s children—raised a total of \$1,140 for Out of the Cold: Centre County, a local nonprofit that helps area homeless get off the streets and into permanent housing. The funds will be added to the more than \$2,200 what was collected thus far by the Matthew 25 Lenten Drive. The donation will be used to purchase cots, transport guests from being “out in the cold” and into shelters, and help the agency expand staffing in preparation for the 2018-19 season. Congratulations and thank you to the youth! ■

HOLY TRINITY ORTHODOX CHURCH
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Schedules

	COFFEE HOUR	GREETERS	TELLERS	SERVERS
April 1	Russian Ladies*	All Available Greeters	H. Torbic and E. Ashmore	All Servers
April 8	PASCHA	All Available Greeters	M. Stevens and R. Patel	All Servers
April 15	J. Cadman and L. Rush	M. Fedkin and J. Fryncko	M. Fedkin and G. Cattell	Team A
April 22	A. Legaspi and K. Cattell	J. & R. Cadman and J. Houser	B. Haupt and E. Ashmore	Team B
April 29	R. Schrauf and D. Patel	E. Miranda and B. Roberts	H. Torbic and M. Stevens	Team A
May 6	L. Georgiou and B. & N. Troyan	L. Radomsky and M. Radomsky	G. Cattell and R. Patel	Team B

* Denotes fast
** Denotes switch/change

Team A: Z. Cadman, B. Oleynik, J. Torbic, C. Schrauf, E. Scwisler, and J. Scwisler.
Team B: J. Cadman, C. Legaspi, N. McFarland, S. Patel, D. Stuckles, and L. Torbic.

Captains:
D. Torbic and S. Oleynik

■ FROM THE RECTOR'S DESK

Guidelines for Taking Kids In and Out (continued from pg. 1)

Infants are subject to little bodies' needs. (They are not programmable.) Because they cannot speak they cry, and they cry when they are unhappy, wet, or hungry. When this happens, parents should exit the temple and take care of the issue, *quickly and quietly*. A frustrated parent exiting church to take care of a frustrated baby can be more disruptive than necessary. Remember: a baby's discomfort is understandable; a parent's attitude is controllable.

Downstairs, there is an area to nurse or feed babies, plus another space in which to change them. In the nursery, the service is piped in to allow awareness of, if not direct participation in, the liturgy. The Liturgy of the Word (the first half of the Liturgy through the sermon) is a good time to utilize these facilities. (Just never walk out of the church during the Gospel.)

The Liturgy of the Eucharist follows the sermon. The four litanies after the sermon cover a time of transition: offerings are being made, catechumens are being prayed for, and attention is then focused on the Great

Entrance. This is a good time to bring infants back, if they've been downstairs for a while. The rear of the church, or the narthex, might be a better place to hold them since they might "go off" again. (However, remember that sounds from the narthex travel right into the church, unless the doors are closed.)

Once the Gifts have been placed on the altar, the most sacred time of the entire Liturgy takes place: the Anaphora (meaning the Oblation, the offering). Thanksgiving is offered to God for his salvation. Mere bread and wine become His life-giving Body and Blood. It is essential that no one enter or exit the church during this time. That's the meaning of the Deacon's cry: *The doors! The doors!* Otherwise, the sacredness of the moment can be obscured.

(TO BE CONTINUED... *Next month: Toddlers and Pre-Kindergarten.*) ■

From the Rector's Desk,
Fr. John

Be Your Kid's Disciple

[Scripture] does not say that the church is supposed to tell the coming generations of the deeds of the Lord, but the family (cf. Psalm 78). Discipleship is both initiated and cultivated in the home. Parents have more influence than they can ever imagine when it comes to the spiritual development of their children. When children see faith displayed in the lives of their parents, they naturally will want to display those same qualities. Yet, the question that is asked by so many parents is, "Where do we begin with this seemingly daunting task?" I believe that there are three things that can bring discipleship back into the home and make it a reality once again:

Parents must tell their children how they came to faith in Christ...

[Your children] get to hear how Christ changed you and how you are now a new person. All of a sudden salvation becomes more real to them. This can be the beginning of a continual spiritual conversation in the household.

Parents must take every opportunity to point to Christ...

Moments of discipline are teaching moments pointing back to our belief in God. Therefore, we must understand that there is so much going on beneath what we see on the surface. As parents, God has equipped us to speak directly into their heart by pointing them to the Savior Jesus Christ.

Parents must show their children Jesus by the way they live.

I remember growing up and watching my parents love others in a way that had a huge impact on how I now treat others... They showed me that if Jesus truly lived in my life, then others will notice by the way I talk and by how I love others...

Children are a blessed gift from the Lord. Therefore, their spiritual development is of utmost importance to the family and to the church. God has called parents to be the primary disciples of their children and not the church. The church is called to journey alongside parents. We are in this together.

—Erin Woodfin

Strategic Planning Continues

The Parish Council completed the second of its ongoing planning sessions last month to plot the parish's course for the next 5-10 years. Led by Fr. John, Council identified maintenance needs and improvements, opting to prioritize upgrades that add value and accessibility to the church property, but do not close any doors for the future. As Council continues its work, the next phase of planning engages all ministry leaders to gauge the effectiveness of parish outreach and the fulfillment of her mission and vision. That meeting takes place on May 2 at 7 p.m. at Trinity House.

Sunday School Events this Month

On Palm Sunday (April 1) students will prepare palms during Matins (8:50 a.m.), then following the Liturgy, school-age girls will rehearse their role as myrrhbearers at the Lamentations to be held April 6 at 7 p.m. High schoolers are asked to come back at midnight that evening to keep vigil at the tomb, taking turns reading from the book of Psalms. (Each participant will read for approximately 20 minutes.) On Thomas Sunday (April 15), the students will celebrate Pascha at their egg hunt (12 p.m., Holmes-Foster Park) and pool party (2 p.m., Ramada Inn). See Dn. Mark for details.

Come to OYA and Jr. OYA in April

Jr. OYA, the parish's youth group for 5th-8th graders will participate in the ClearWater Conservancy Watershed Cleanup Day on April 21 at 7:30 a.m. Ninth-12th graders (OYA) will gather for a lunch out after liturgy on April 29 out and discuss plans for the upcoming year. All events begin and end in the Parish Hall.

Parish to Sponsor Choral Training

The parish will cover the cost of any Holy Trinity or Chapel director or singer wishing to participate in the Patriarch Tikhon Russian American Music (PaTRAM) Summer Academy. The three-tiered program covers beginning conducting, advanced conducting (master class), and singers of all levels and takes place June 19-24 at Princeton Theological Seminary. It culminates with the celebration of Vigil and Divine Liturgy for the Nativity of St. John. See Deacon Alex to register.

■ NEWS AND NOTES

College and Graduate Scholarships Available

NEW YORK [*goarch.org*]— Applications for two scholarships administered by Greek Orthodox Archdiocese's Department of Philanthropy are available to any canonical Orthodox student. The Malta Scholarship is for undergraduate studies, and the Paleologos Scholarship is awarded for graduate work of a non-theological nature. Applications can be downloaded at *goarch.org* (on the spotlight section on the home page) or obtained by calling (212) 774-0283. The deadline for submitting an application for these scholarships is May 4, 2018. ■

Parents #1 Influence in Helping Teens Remain Religious as Adults

UNIVERSITY PARK, PA [*thearda.com*]— Just 1% of teens ages 15 to 17 raised by parents who attached little importance to religion were highly religious in their mid- to late 20s. In contrast, 82% of children raised by parents who talked about faith at home, attached great importance to their beliefs and were active in their congregations were themselves religiously active as young adults, according to data from the latest wave of the National Study of Youth and Religion published by the Association of Religious Data Archives (ARDA). For more info., contact our very own Jennifer McClure, ARDA Senior Associate, at *j.m2clure@gmail.com*. ■

Church Condemns National Euthanasia Initiative

HELSINKI [*orthochristian.com*]— In a statement last month reflecting Holy Tradition, the Finnish Orthodox Church unequivocally condemned the practice of euthanasia. The Church equates it with "premeditated murder, in the case that it is committed without consent of the patient, and with suicide, if it is committed at his request," the encyclical read. The full statement can be found at the Church's website, *http://ort.fi*. ■

■ ORTHODOX SPIRITUALITY

Putting on Christ, Publicly

by Abbot Tryphon

Orthodoxy by its very nature is a demanding religion, one that requires her faithful to fully embrace a lifestyle that is in opposition to the world about us. The many periods of fasting and the practice of standing for our services are just two things that set Orthodoxy apart in our world. In an age when so many embrace religions that require little or no standard of belief, Orthodoxy is a faith that holds to ancient dogmas and ways of worship that are virtually unchanged in two thousand years.

Our multi-cultural societies have radically changed the face of many countries throughout the western world, with immigration introducing many foreign religions into societies that were previously monolithic in religious tradition. Many countries in Western Europe and North America are now seeing the spread of Orthodoxy as never before, along with the introduction of Islam. This, together with the spread of secularism and atheism, has changed the religious map of many countries.

These changes have made the practice of our faith more difficult since western societies no longer culturally support the open practice of Christianity. No longer do we see the expression of Christianity in the public forum, with the exception of Orthodox countries, prominently being a part of the societal fabric. Many people are even experiencing pressure to keep their faith a private affair, so as not to offend others by being “too religious.” With pluralism dominant in the work place and social settings, any display of our faith can be frowned upon.

This may work for some, but for a serious Orthodox Christian this is problematic. How do we live Orthodoxy as our faith demands if we live it in a vacuum, shutting it off as a private fare practice only on Sundays? If we are truly to “put on Christ” and be transformed by the healing resources that are available by living a committed Orthodox faith, we can not allow ourselves to live “Orthodoxy Lite.”

Orthodoxy cries out to be lived, experienced, practiced! If we call ourselves Orthodox while rarely attending services. . . , never making the sign of the cross in public, praying a blessing over our meal only when alone or with family, we are not practicing Orthodox Christians. We must be bold in our faith. . . Christ told His disciples that if they denied Him before men, so too would He deny them before His Father in heaven. Orthodox Christianity cries out to be lived publicly. Our very salvation demands it! ■

Seven Secrets of Happiness According to Athonite Elders

1. Faith in God. *St. Porphyrios of Kafkosalivria: “Read the Holy Scripture, go to church, find a spiritual father, partake of the Holy Communion—in other words, be a good Christian and then you will find the happiness you are looking for. You see, I am sick now, but I am still happy. The same concerns you: when you will come closer to Christ, you will become happy with your life.”*

2. Becoming free from worries and vanity. *St. Paisios the Hagiorite said that to feel happy one has to live a natural and simple life, in which there is no place for excessive luxury, vanity and senseless worries.*

3. Sober mind. *Monk Simeon the Athonite: Outer circumstances cannot influence on whether we feel happy or not. Salvation is within us, and this is why one must have a sober mind to endure any difficulties.*

4. Pure Heart. *According to St. Nektarios of Aegina, the right way to happiness is to have a pure and kind heart.*

5. Ability to forgive. *“This is our law: if you forgive, then it means that the Lord has forgiven you too. But if you do not forgive your brother, then your sin will stay with you,” said Silouan the Athonite.*

6. Give more, take less. *To become happy, one must share his joy and happiness with their people. (Monk Simeon)*

7. Being grateful for small favors. *“Desires are the mess of the world” said Simeon the Athonite.*

SOURCE: <http://dishpravoslaviem.ru>

■ HOLY WEEK & PASCHA 2018

Christ is the “One”

This is the one who comes from heaven onto the earth for the suffering one, and wraps himself in the suffering one through a virgin womb, and comes as a man. He accepted the suffering of the suffering one, through suffering in a body that could suffer, and set free the flesh from suffering. Through the spirit that cannot die he slew the manslayer, death.

He is the one led like a lamb and slaughtered like a sheep; he ransomed us from the worship of the world as from the land of Egypt, and he set us free from slavery of the devil as from the hands of Pharaoh, and sealed our souls with his own spirit, and the members of our body with his blood.

This is the one who clad death in shame and, as Moses did to Pharaoh, made the devil grieve. This is the one who struck down lawlessness and made injustice childless, as Moses did to Egypt. This is the one who delivered us from slavery to freedom, from darkness into light, from death into life, from tyranny into eternal kingdom, and made us a new priesthood, and a people everlasting for himself.

This is the Pascha of our salvation: this is the one who in many people endured many things. This is the one who was murdered in Abel, tied up in Isaac, exiled in Jacob, sold in Joseph, exposed in Moses, slaughtered in the lamb, hunted in David, dishonored in the prophets.

This is the one made flesh in a virgin, who was hanged on a tree, who was buried in the earth, who was raised from the dead, who was exalted to the heights of heaven. This is the lamb slain, this is the speechless lamb, this is the one born of Mary the fair ewe, this is the one taken from the flock, and led to slaughter. Who was sacrificed in the evening, and buried at night; who was not broken on the tree, who was not undone in the earth, who rose from the dead and resurrected human-kind from the grave below. ■

— Melito of Sardis

Feast Days this Month

THE TRIUMPHAL ENTRY OF OUR LORD INTO JERUSALEM

VESPERS: Sat., March 31, 6pm
(A. Stickles, Litiya Bread;
L. Rush, Icon)

LITURGY: Sun., April 1, 10am



GREAT AND HOLY PASCHA: THE RESURRECTION OF CHRIST

VIGIL: Sat., April 7, 11:30pm
(L. Radomsky, Icon)



Additional Daily Liturgies:

DATE	TYPE/FOR	PROSPHORA
Mon., April 2, 9am	Presanctified	I. Andrzhievsky
Tue., April 3, 9am	Presanctified	A. Stickles
Wed., April 4, 9am	Presanctified	A. Stickles
Thu., April 5, 10am	Vesperal	A.T. Pelikan
Sat., April 7, 10am	Vesperal	A. Legaspi
Mon., April 9, 10am	Paschal	I. Andrzhievsky
Wed., April 11, 8am	Paschal	I. Andrzhievsky
Fri., April 13, 8am	Paschal	I. Andrzhievsky
Tues., April 17, 8am	Radonitsa	TBD
Mon., April 23, 8am	St. George	TBD

Rich Basket Symbolism

Here’s the meaning behind some of the things you’ll find in your Pascha basket this year: **Butter** is symbolic of the goodness of Christ; the round loaf of bread/cake (*paska*) reminds us that Christ is the Bread of Life; **horseradish**—Christ’s Passion and the blood He shed; **salt**—that His people are the flavor of the earth; **eggs**—life, prosperity, and Christ’s Resurrection from the tomb; and **cheese**—the moderation Christians should have at all times. And don’t forget the meats: **sausage** (*kolbasa*)—God’s favor and generosity; **ham**—great joy and abundance; **lamb**—the Risen Christ is the Lamb of God; and **bacon**, with its great fattiness—the overabundance of God’s mercy and generosity. Finally, the **candle** represents Christ as the Light of the World. ■

— Barbara Rolek

Holy Trinity Calendar

All events take place at 119 South Sparks Street in State College, unless where noted. Events listed at **Trinity House** (T.H.) take place at 123 South Sparks Street, in State College.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 1 PALM SUNDAY Matins w/Palm Procession, 8:50am Sunday School/Palm Prep., 9am Divine Liturgy, 10:15am Myrrhophores Practice, 12pm Bridegroom Matins of Holy Monday, 7pm	2 HOLY MONDAY Liturgy of the Presanctified Gifts, 9am Bridegroom Matins of Holy Tuesday, 7pm	3 HOLY TUESDAY Liturgy of the Presanctified Gifts, 9am Bridegroom Matins of Holy Wednesday, 7pm	4 HOLY WEDNESDAY Liturgy of the Presanctified Gifts, 9am Matins of Holy Thursday/Holy Unction, 7pm	5 HOLY THURSDAY Vespers/Divine Liturgy of St. Basil, 10am Penn State OCF: Dinner at Holy Trinity, 6pm Matins of Holy Friday (12 Passion Gospels), 7pm	6 HOLY FRIDAY Royal Hours, 10am Altar Soc. Decor'ing, 12pm Myrrh. Flower Prep., 12pm (Unnailing) Vespers, 4pm Matins of Holy Saturday (Lamentations), 7pm	7 HOLY SATURDAY Vespers/Divine Liturgy of St. Basil, 10am Baptisms/Chrismations of Chris Howe and Kyra Quinn, 1pm Paschal Vigil, 11:30pm
8 GREAT AND HOLY PASCHA: THE RESURRECTION OF CHRIST Matins/Hours/Divine Liturgy, 12am Blessing of Baskets/Festal Meal, 2:30am Agape Vespers, 4pm Agape Meal, 5pm	9 Bright Monday Paschal Divine Liturgy, 10am (Paschal Hours, 9:40am) Paschal Vespers, 5:30pm	10 Bright Tuesday Homeless Ministry, 4pm @ <i>Housing Transitions, 217 E. Nittany Ave.</i> Paschal Vespers, 5:30pm	11 Bright Wednesday Paschal Divine Liturgy, 8am (Paschal Hours, 7:40am) Paschal Vespers, 5:30pm Parish Council Mtg., 7pm @ <i>Trinity House Conference Room</i>	12 Bright Thursday Paschal Vespers, 5:30pm Penn State OCF: Dinner and Discussion, 7pm @ <i>122 Pasquerilla Center</i>	13 Bright Friday Liturgy, 8am Penn State OCF Spring Service Trip, departs 5pm (returns Sunday, 4pm) Paschal Vespers, 5:30pm Men's BBQ, 7pm @ <i>Rectory, 562 Lancashire Ln.</i>	14 Bright Saturday Great Vespers, 6pm
15 Thomas Sunday Matins, 8:50am/Sunday School, 9am Divine Liturgy, 10am Sunday School Egg Hunt, 12:30pm @ <i>Holmes-Foster Park</i> Sunday School Pool Party, 2pm @ <i>Ramada Inn, 1450 S. Atherton St.</i>	16 Vespers, 5:30pm	17 Day of Rejoicing (Radonitsa) Divine Liturgy, 8am (Hours, 7:40am) Greeters Ministry Meeting, 7pm @ <i>Trinity House Conference Room</i>	18 Vespers, 5:30pm Confessions	19 Penn State OCF: Dinner and Discussion, 7pm @ <i>122 Pasquerilla Center</i>	20 Jr. OYA (gr. 5-8) Monthly Activity: Service Project, 7:30am @ <i>Parish Hall</i> Men's Fellowship Breakfast, 9am Great Vespers, 6pm Confessions	21 Jr. OYA (gr. 5-8) Monthly Activity: Service Project, 7:30am @ <i>Parish Hall</i> Men's Fellowship Breakfast, 9am Great Vespers, 6pm Confessions
22 Holy Myrrhbearing Women Matins, 8:50am Sunday School, 9am (Locations vary; All classes begin in the Parish Hall.) Divine Liturgy, 10am Vespers, 7pm	23 St. George the Trophy-bearer Divine Liturgy, 8am (Hours, 7:40am)	24 Choir Rehearsal, 6:30pm	25 Holy Apostle and Evangelist Mark Vespers, 5:30pm Confessions	26 Penn State OCF: End-of-Semester Dinner and Game Night, 7pm @ <i>122 Pasquerilla Center</i>	27 Great Vespers, 6pm Confessions	28 Great Vespers, 6pm Confessions
29 Sunday of the Paralytic Matins, 8:50am Sunday School, 9am Divine Liturgy, 10am Orthodox Youth Association (OYA, gr. 9-12) Lunch Outing and Planning Meeting, 12pm-2pm	30 Apostle James, brother of St. John	May 1	2 Midfeast of Pentecost Vespers, 5:30pm Confessions All Ministry Leaders' Strategic Planning Meeting, 7pm @ <i>Trinity House Atty Lounge</i>	3	4 Great Vespers, 6pm Confessions	5 Great Vespers, 6pm Confessions
May 6 Sunday of the Samaritan Woman Matins, 8:50am Sunday School, 9am Divine Liturgy, 10am	7 St. Alexis Toth	8 St. John the Theologian Homeless Ministry, 4pm @ <i>Housing Transitions, 217 E. Nittany Ave.</i> Choir Rehearsal, 6:30pm	9 Vespers, 5:30pm Confessions Parish Council Mtg., 7pm @ <i>Trinity House Conference Room</i>	10	11 Ss. Cyril and Methodius	12 Great Vespers, 6pm Confessions

Chapel Calendar

All events take place at the new building (145 North Kern Street) in Beavertown, unless where noted. **Schedule subject to change.**

Sunday 1 PALM SUNDAY Divine Liturgy with the Blessing of Palms and Procession, 10am (Hours, 9:40am)	Tuesday 17 Choir Rehearsal, 6:30pm
Thursday 5 HOLY THURSDAY Vesperal Divine Liturgy of St. Basil, 6pm (fasting begins at 12pm)	Saturday 21 Great Vespers, 6pm
Friday 6 HOLY FRIDAY Unnailing Vespers with the Reading of the Holy Passion, 6pm	Sunday 22 Sunday of the Holy Myrrhbearing Women Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of <i>Our Life in Christ</i> , following
Sunday 8 HOLY SATURDAY Nocturns, Rush Procession, and Paschal Divine Liturgy , 12 midnight	Monday 23 Crocheting "Hats & Blankets for Babies" Knitting Outreach, 6:30pm-8pm
Tuesday 10 Bright Tuesday Choir Rehearsal, 6:30pm	24 Choir Rehearsal, 6:30pm
Saturday 14 Bright Saturday Great Vespers, 6pm	Saturday 28 Great Vespers, 6pm
Sunday 15 Thomas Sunday Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of <i>Our Life in Christ</i> , following	Sunday 29 Sunday of the Paralytic Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of <i>Our Life in Christ</i> , following
	Tuesday May 1 Choir Rehearsal, 6:30pm
	Saturday 5 Great Vespers, 6pm Confessions

April 2018