

Singers Learn at Choral Institute



TO LEARN NEW SKILLS and share them with and for others in the parish, Holy Trinity sent Choir Director Karen Cattell, Choir members Reader Samuel Leathers and Laura Rush, and Deacon Alexander Cadman to the 2018 Summer Academy of the Patriarch Tikhon Russian American Music Institute (PaTRAM). Beginning with a *molieben* and culminating with the Hierarchical All-Night Vigil and Divine Liturgy at St. Alexander Nevsky Cathedral in Howell, New Jersey, the five-day conducting and singing program was taught by renowned faculty including Artistic Director Dr. Peter Jeremihov, St. Tikhon’s Seminary Director of Music Benedict Sheehan, professional music teachers Laryssa Doohovskoy and Talia Maria Sheehan, and Holy Trinity alumnus Dr. Nicholas Reeves, who taught music theory. To see how this training will impact the participants and the parish, be sure to read their reflections on page 6. ■

All it Takes is Mutual Love

by Fr. John Reeves

KEEPING A CHURCH CHILD-FRIENDLY is always a two-way street. Respect and admiration for parents struggling—yes, *struggling*—to raise their children in a God-pleasing way is essential. Our Lord Jesus Christ went so far as to admonish his disciples for their attitudes toward children. He had been preaching the Kingdom to throngs on the sea coast of Galilee. He was tired, and although the Apostles sought to protect his rest, He encouraged them to bring young children to him for a blessing.

(continued, see FROM THE RECTOR’S DESK, page 2)

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Schedules

	COFFEE HOUR	GREETERS	TELLERS	SERVERS
July 1	SUMMER POTTLUCK	M. Fedkin and J. Fryncko	G. Cattell and B. Haupt	Team B
July 8	M. Leathers and A. Ashmore	L. Radomsky and M. Radomsky*	E. Ashmore and H. Torbic	Team A
July 15	Russian Ladies	E. Miranda and S. Al Maalouf*	M. Stevens and R. Parel	Team B
July 22	J. Cadman and L. Rush	J. Cadman and J. Houser*	B. Haupt and M. Fedkin	Team A
July 29	A. Legaspi and A. Swisher*	L. Radomsky and M. Radomsky*	H. Torbic and G. Cattell	Team B
August 5	R. Schnauf and D. Patel**	M. Fedkin and J. Fryncko	A. Ashmore and M. Stevens	Team A
* Denotes switch/change Team A: Z. Cadman, B. Oleynik, J. Torbic, C. Schnauf, E. Swisher, and J. Swisher. ** Denotes fast Team B: J. Cadman, C. Legaspi, N. McFarland, S. Patel, D. Stickle, and L. Torbic. Captains: D. Torbic and S. Oleynik				

Being a “Child-Friendly” Parish, Part V

JESUS SAID: “*Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven.*”
— Matthew 19:14

Certainly, it is one thing to hear about the Kingdom and another thing to perceive that it is already in our midst. The Apostles had heard but had not discerned to see the Kingdom dawning on the seashore that day. It is equally a challenge in this day for us as adults.

At the same time, parents need to be considerate of those many others in church who can be distracted by the uncontrolled behavior of little ones. As this series of articles has appeared on the past several months, I can really tell that parents are working harder, with age-appropriate solutions in mind. There seems to be a more respectful attitude forming during certain parts of liturgy when extra care is called.

If one thinks about it, the deacons are always giving us a heads-up. Sometimes you hear the remarks that start the services (“*Master, bless!*”); otherwise, perhaps not (“*It is time for the Lord to act.*”). These aren’t public proclamations, but actions for the priest to take, in case he might forget. (Always a possibility.)

Yet, when the Deacon intones a liturgical command audibly, such as “**Let us pray to the Lord,**” it means everybody is called to do that part or action. It really does mean “us” and not merely the choir, for example. “**Wisdom, attend...**” really means we need to pay special attention to what is about to happen. “**Let us stand aright...**” can mean to stand up, if one is sitting. But it also means to be more spiritually attentive, as well, if already standing. “**The Doors, the Doors...**” originally meant to close the inner doors of the temple after the “catechumens depart.” It still serves as a reminder there is to be no entering or exiting because the Anaphora is about to be offered.

“**Let us bow our heads to the Lord...**” should be self-explanatory. Likewise, so should “**Let us go in peace...**”, but sadly, this dynamic action is sometimes lost in the rush to the parking lot or coffee hour.

I leave with a poignant vignette from this past Holy Friday services, at the Unnailing from the Cross. As I approached the corpus on the Cross, one of our littlest but very ambulatory ones darted in front of me to kiss the feet of the Savior. Parents, fellow clergy, and altar boys rushed discreetly to “remove” her. I held out my hands to hold them back and help lift her up, somehow, as I switched the censer to the other hand. (Clergy are quite adept at liturgical multitasking.) She placed a tender kiss on Jesus’ foot, and then retreated to her mother’s side.

In that one moment, maybe ten seconds in duration, I beheld the whole Gospel, where one is compelled to rush through the crowd to touch the body of Jesus. She did it instinctively and she did it lovingly, with her lips. It ultimately demonstrated the point of being having children in church, struggling as a community to keep a child-friendly parish. It takes patience and understanding on everyone’s part. It takes perseverance on the part of all parishioners.

Above all, it takes mutual love. ■


From the Rector’s Desk,
Fr. John

Feast Day this Month

Holy Prophet Elijah

VESPERS: Thurs., July 19, 7pm

LITURGY: Fri., July 20, 8am
(*A. Legaspi, Prosphora*)



Support Our Back to School Drive

Each year, Holy Trinity provides school supplies for dozens of children in need through our *Matthew 25* ministry. To learn more about the items being collected, email info@holytrinity-oca.org or look in the Sunday bulletin. (Monetary donations are especially appreciated since outstanding items are purchased.) Those interested in volunteering are invited to attend a strategic planning meeting on Thursday, July 19 at 5:30 p.m. in the Trinity House Conference Room.

Popular Chapel Ministry Expands

The Chapel of the Holy Spirit “Hats and Blankets” ministry is expanding! Last month our growing group of knitters learned how to make 3’ x 6’ ground blankets for the homeless from 500-700 plastic grocery bags! To prepare the mats, bags must be folded, cut, looped together, rolled in a ball, and then crocheted. The wonderful thing about this project is that if you don’t know how to sew you can still contribute in other ways. One way everyone can help is by saving your grocery bags for the project. For more information, call or text Matushka Brenda Smith at (570) 765-2202.

Altar Servers Retreat this Month

The annual retreat for current and prospective altar servers will take place on Sunday, July 15 from 4-9 p.m. The fun afternoon for all boys aged 8 and up includes a refresher course, dinner, and concludes with a Spikes Baseball game and fireworks. Fr. John will also be with us to discuss the importance of this ministry. Transportation will be provided to and from Medlar Field; parents, be sure to complete the release before departing.

Women to Host Follow-Up Meeting

At June’s strategic session for Women’s Ministry, participants were inspired to continue vision casting over dinner this Tues., July 10 at Trinity House. The pizza arrives at 6:30 p.m. and the discussion begins at 7 p.m.

OYA GroupMe Page Debuts

The Orthodox Youth Association (OYA, *grades 9-12*) is now connected via group chat! To join the discussion and planning, text your name to (814) 321-4473.

Extended Parish Family Members Begin Missions

ST. AUGUSTINE, FL [[via ocmc.org](http://via.ocmc.org)] — Two members of our extended parish family are serving as Orthodox Christian Mission Center (OCMC) missionaries this month. **Stacey Gleeson** began a two-month assignment to Albania on June 29. She will conduct several residential Orthodox summer camps for girls there. **Fr. Sam Smocic**, a frequent visitor to our parish who will serve at Holy Trinity on July 1, begins his mission to Pilot Station, Alaska on July 20. He will participate in the annual deanery camp for youth from rural villages in remote areas of Orthodox Alaska. You can learn more and support Stacey and Fr. Sam by visiting ocmc.org.

Met. Tikhon Calls Upon Trump to Affirm His Pro-Life Position

SYOSSET, NY [[via oca.org](http://via.oca.org)] — In a letter last month to the White House, Metropolitan Tikhon, Primate of the Orthodox Church in America, called upon President Trump to “defend all life, be it the life of a fetus in the womb, the life of a child at the border, or the life of a mother fleeing violence and seeking a better life.” Mr. Trump has proven to be a champion of life during his administration, but his enforcement of immigration law led to the separation of children from their parents. You can read His Beatitude’s full statement at oca.org.

Parents, Be Advised of New Show

Netflix’s new animated series, *Super Drag*, will feature “superheroes” who dress like the opposite gender. The cartoon is geared for young audiences but is full of sexual innuendo. You can reach Netflix at (866) 579-7172.

For the Record

YOUR GENEROSITY

➤ *The Matthew 25 ministry’s special appeal for the **Out of the Darkness Suicide Prevention Walk** raised \$500 through the parish and an additional \$290 online. Thank you for your generosity.*

■ ORTHODOX WORSHIP

Academy Benefits Participants, Parish

The parish sent four people representing a cross-section of all the choral roles in the Divine Liturgy—choir director, singer (including all four parts, *soprano*, *alto*, *tenor*, and *bass*), and clergy—to the Patriarch Tikhon Russian American Music (PaTRAM) Institute last month. The goals: advance their personal conducting and/or vocal technique and health; pass that knowledge on to their peers; and improve the worship experience for all. To better understand how the summer academy's Conductor Program and Singers Workshop have and will fulfill these goals, here is what the participants have to say, in their own words.

Karen Cattell

I will never look at our music the same way I did before leaving for PaTRAM. My eyes have been opened and my mind forever altered from the experiences. Each instructor's depth of knowledge and insights on every aspect of conducting and singing made me realize how little I know and understand. I have grown considerably, but not enough! I was given a taste of what real conducting and what proper voice technique can achieve. I must continue my education so that I can better equip and lead our choir in the future. Many thanks to Holy Trinity for sending me to PaTRAM. May our parish's investment in my education prove to be profitable with an abundance of fruitful returns!

Samuel Leathers

One thing that really stuck in my mind this weekend at PaTRAM was something one of our voice teachers mentioned after we had learned to breathe correctly and started working on proper voice techniques (yes, singers need to retrain their bodies to do basic things like breathing differently). Sure enough, once we moved the focus to how our voices sounded, we lost the air support we had been doing properly in the breathing exercises. The instructor pointed out about how singing can be a model for our salvation. When we learn a new thing we get it right for a while, but then we go back

into our old habits and have to get back up and start back at the beginning again. To take that further, when we stack on one more thing to focus on, it's almost guaranteed the last thing we thought we mastered, we will start messing up again. All of us can apply this to our lives. In singing, we are given tools like warmups, intervals and scales. In our Church life, we are given tools such as our daily prayers, daily readings, fasting, the services, and the sacraments. Just as the singer has to remember the basics (breathing), we all need to remember the basic building block of our Christian life (prayer).

Laura Rush

PaTRAM reminded me and built on the lessons I learned a quarter-century ago in a college voice class. Practicing and staying on top of good technique will only help our choir become "one voice" in helping our parishioners worship in one spirit.

Dn. Alexander Cadman

I introduced myself to my fellow participants that Abp. Job (+2009) ordained me a deacon because he could not stand me directing and singing in his chapel's choir—and I was only half joking! But His Eminence knew what he was doing. When one responds to his master's authority and must relearn everything he *thought* he knew, one of the great mysteries of God is revealed: the more we discover; the more we realize how much we don't know. I am grateful to my teachers who showed me that by loosening my jaw and redirecting my voice into the soft palate, a more beautiful and resonate sound is created. This may prove to be literally life-changing, as the tension that I was unknowingly creating was causing debilitating pain sometimes. I look forward to working with Karen to bring our teachers and their expertise to Holy Trinity for a two-day workshop sometime before Lent. The techniques are simple, yet impossible (they take a lifetime to master), but God will bless us through it. To Him belong all the glory! ■

Kids Learn to Mind Their Manners—*Bible Style!*

Last month, many children aged 4-12 had a fun time at Vacation Bible School (VBS). Throughout the week there were activities to demonstrate important biblical customs that are unknown to young readers today. By week's end, participants had dressed up in first-century outfits and rent (torn) them in "anguish", washed each other's feet, and winnowed grain! ■



View more photos and daily recaps from VBS at holytrinity-oca.org/!

Holy Trinity Calendar

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 1 Ss. Cosmas and Damian Matins, 9am Divine Liturgy, 10am <i>Fr. John Reeves & Dn. Alexander Cadman will be away now through July 11. For pastoral issues please call Fr. David Smith at (570) 658-7403 or (570) 600-2246.</i>	2	3	4 <i><u>Independence Day</u></i> <i>(Trinity House and Parish Offices Closed; No Daily Vespers)</i>	5	6	7 Choir Rehearsal, 4pm Great Vespers, 6pm <i>(No Confessions)</i>
8 Matins, 9am Divine Liturgy, 10am	9	10 Homeless Ministry, 4pm @ Centre House, 217 E. Nittany Ave. Women’s Ministry Dinner and Strategic Planning Meeting II, 6:30pm @ Trinity House	11 Vespers, 5:30pm Confessions Parish Council Meeting, 7pm @ Trinity House Conference Room	12 2018 Small Parish Forum , 3pm (thru. Sat., 12pm) @ St. George Cathedral, Rossford, OH.	13	14 Great Vespers, 6pm Confessions
15 Holy Fathers of the First Six Ecumenical Councils St. Vladimir, Enlightener of Russia Matins, 9am Divine Liturgy, 10am Altar Servers’ Retreat, Dinner, and Spikes Game, 4pm @ Parish Hall	16 Choir Rehearsal, 7pm	17	18 Vespers, 5:30pm Confessions	19 <i>Matthew 25</i> Strategic Planning Meeting, 5:30pm @ Trinity House Conference Room Great Vespers, 7pm	20 Holy Glorious Prophet Elijah Divine Liturgy, 8am <i>(Hours, 7:40am)</i>	21 Great Vespers, 6pm Confessions
22 Matins, 9am Divine Liturgy, 10am	23 19th All-American Council: “For the Life of the World” Begins <i>(through Fri.) @ St. Louis. Pray for our delegates: Fr. John, Dn. Alex, and Mark & Leslyn Radomsky.</i>	24	25 <i>(No Daily Vespers)</i>	26 St. Jacob, Enlightener of Alaska	27 Great-martyr and Healer Panteleimon	28 Great Vespers, 6pm Confessions
29 Matins, 9am Divine Liturgy, 10am	30	31	August 1 Procession of the Life-giving Cross Vespers, 5:30pm Confessions	2	3	4 Great Vespers, 6pm Confessions
5 Matins, 9am Divine Liturgy, 10am Great Vespers, Litiya, and Blessing of Fruit for the Transfiguration, 7pm	6 TRANSFIGURATION OF OUR LORD Divine Liturgy, 8am <i>(Hours, 7:40am)</i>	7	8 Great Vespers, 5:30pm Confessions Parish Council Meeting, 7pm @ Trinity House Conference Room	9 St. Herman of Alaska Divine Liturgy, 8am <i>(Hours, 7:40am)</i>	10	11 Great Vespers, 6pm Confessions

Chapel Calendar

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

Sunday 1 Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship and Study of “Our Life in Christ” Podcast, following	Sunday 22 Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship and Blessing of Vehicles in Honor of the Prophet Elijah, following
Tuesday 3 Choir Rehearsal, 6pm	Tuesday 24 Choir Rehearsal, 6pm
Saturday 7 Great Vespers, 6pm Confessions, following	Saturday 28 Great Vespers, 6pm
Sunday 8 Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following	Sunday 29 Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following Annual Summer Picnic, 3pm @ Chapel Grounds <i>(in the event of inclement weather, it will be at the Rectory, 140 Old Orchard Dr.)</i> CHS will provide meat and drinks, please bring a covered dish and lawn chairs.
Saturday 14 Choir Rehearsal, 6pm	Saturday August 4 Great Vespers, 6pm Confessions, following
Sunday 15 Holy Fathers of the First Six Ecumenical Councils St. Vladimir, Enlightener of the Russian Lands Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following	Sunday 5 Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following Great Vespers, Litiya, and Blessing of Fruit for the Transfiguration, 6pm
Tuesday 17 Choir Rehearsal, 6pm	
Saturday 21 Great Vespers, 6pm	