

Ringing in the New Church Year



The bell at the Chapel is set-up by Greg Sidorick, Pdn. Alexander Cadman, and its donor, John Harris.

A Word from the Parish Council

Guest article by Justin K. Houser, Parish Council President

September is a time of beginnings. Children are back in school and summer vacations are over. September 1 is also the beginning of a new Church Year. St. Nikolai Velimorovich in The Prologue of Ohrid says that it was at this season that the Lord entered the synagogue in Nazareth and read from chapter 61 of the Book of Isaiah: *“The Spirit of the Lord God is upon Me; because the Lord hath anointed Me to preach good tidings unto the meek; He hath sent Me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn.”*

As a parish family, with the new year we are reviving several ministries that had fallen dormant during the pandemic. For example, Sunday School is about to re-

commence and the Greeters Ministry has been reinstituted. But what is each of us doing to “proclaim the acceptable year of the Lord?”

Since we are the Lord’s disciples, we each must personally resolve to “preach good tidings” and “proclaim liberty to the captives.” Admittedly this is a formidable task. Nevertheless, in all things, we remain hopeful that “the Lord will give strength unto his people” (Ps 29), and that we may truly say, “I sought the Lord, and he heard me; he delivered me from all my fears” (Ps 34). Whatever our labor in the coming year may be, we believe that if it is in the Lord, that it “is not in vain,” (1 Cor 15:58), and we trust that the Lord will bless us and add to our number daily those who are being saved (Acts 2:47).

(continued, see A WORD, next page)

HOLY TRINITY ORTHODOX CHURCH
 119 S. Sparks Street
 State College, PA 16801
 RETURN SERVICE REQUESTED

NON-PROFIT ORG.
 U.S. POSTAGE
 PAID
 STATE COLLEGE, PA
 PERMIT NO. 289

Schedules

	COFFEE HOUR	GREETERS	TELLERS	SERVERS
September 5	A. Stickle, J. Miranda	M. Fedkin K. Bazilevskaya	G. Cattell, M. Fiori	All Servers welcome each Sunday. Altar Server Co-Captains: J. Cadman and S. Oleynik
September 12	Basic Coffee Hour	J. Houser B. Haupt	K. Cattell, M. Fedkin	
September 19	L. Georgiou, C. Swisher	A. Stickle K. Quinn	G. Cattell, M. Fiori	
September 26	Bishop visit - potluck	B. Haupt D. Swisher	K. Cattell, M. Fedkin	
October 3	K. Fedkin, A. Belih	K. Oleynik D. Swisher	G. Cattell, M. Fiori	
October 10	Basic Coffee Hour	J. Houser B. Haupt	K. Cattell, M. Fedkin	

■ GUEST AUTHOR

A Word

Our resolution to follow the Lord requires personal commitment – our time, our talent, our prayers, and our presence. As the dawn begins to break after the long night of the past eighteen months, let us also awake. Let us carefully discern how we might participate more fully in the work of Christ in this place by volunteering for a ministry, increasing our attendance at services, or inviting a friend to worship with us.

As Christians, our resolution to follow Christ also involves stewardship of our local parish and our diocese. Unfortunately, our parish has recently had difficulty in terms of our stewardship giving meeting the needs of our reviving ministry. A careful analysis indicates that we are likely to experience a shortfall of approximately twenty (20%) percent compared to our 2021 Stewardship Budget. Through close oversight, the Council has striven to keep our expenses below budgetary expectations. But there is little more that we can “cut” if we desire to maintain our current robust level of ministry, including our welcoming coffee hours, our missionary efforts through the Orthodox Christian Fellowship at Penn State, our continued building up of the Chapel of the Holy Spirit, and our programs of adult and youth education.

Next month’s *Trisagion* will present the proposed 2022 budget – a roadmap for the next year of our ministry together. It will honestly acknowledge the financial reality that we must rebuild and to renew, yet it will do so in a spirit of hope. It challenges us to put our treasure where our heart is (Mt 6:21), and calls us to action, recognizing that “the night is coming, when no one can work” (Jn 9:4). Now is the time to prepare to offer our very best (Mk 12:41-44), that we may not be found unready when the Bridegroom comes (Mt 25:6). Please pray about how you may “proclaim the acceptable year of the Lord” in 2021-2022. ■

—Justin K. Houser

■ ORTHODOX SPIRITUALITY

On Fasting

By St. Symeon the New Theologian

Let each one of us keep in mind the benefit of fasting... For this healer of our souls is effective, in the case of one to quiet the fevers and impulses of the flesh, in another to assuage bad temper, in yet another to drive away sleep, in another to stir up zeal, and in yet another to restore purity of mind and to set him free



Woodcut icon of St. Symeon

from evil thoughts. In one it will control his unbridled tongue and, as it were by a bit, restrain it by the fear of God and prevent it from uttering idle and corrupt words. In another it will invisibly guard his eyes and fix them on high instead of allowing them to roam hither and thither, and thus cause him to look on himself and

(continued, see ON FASTING, back page)

■ NEWS & NOTES

Evan Ashmore named as Interim OCF Chaplain

Matushka Seraphima will be taking a leave of absence from her duties as OCF Chaplain due to her upcoming new baby. During this time, Evan Ashmore will be taking over as interim OCF Chaplain. If you’re an OCF student and don’t know him, please introduce yourself!

New Bell at the Chapel

As pictured on the front of the *Trisagion*, John Harris of St. Michael’s in Irvona donated a bell to the Chapel of the Holy Spirit. It is being used to call the faithful to prayer. Thank you, John!

Welcome Back Students!

We would like to extend a warm welcome to our new and returning Penn State students. Especially if you are new, take some time to introduce yourself to the friendly faces you meet at coffee hour! If you would like to be added to the weekly parish email list, please see Mat. Seraphima or email her at seraphima@holytrinity-oca.org. If you need a ride to church, please see Mka. Kelly Oleynik or email her at ohkellyoh@hotmail.com. The national Orthodox college ministry, Orthodox Christian Fellowship, will also be starting up again soon. Stay tuned for details!

“Connect” Young Adult Conference

The Connect Conference is for Orthodox young adults in their 20s and 30s. Through learning, fellowship, and worship, the goal of the conference is to better connect us to our faith, the Church, and each other. The format of the conference includes keynote addresses to the group, breakout sessions in smaller groups with time for Q&A, worship times including the Divine Liturgy, and plenty of opportunities for fellowship. It will take place in Dallas, TX October 8-10. If you are interested, please check out connectorthodox.org

On Fasting

(Continued)

teach him to be mindful of his own faults and shortcomings. Fasting gradually disperses and drives away spiritual darkness and the veil of sin that lies on the soul, just as the sun dispels the mist. Fasting enables us spiritually to see that spiritual air in which Christ, the Sun who knows no setting, does not rise, but shines without ceasing. Fasting, aided by vigil, penetrates and softens hardness of heart. Where once were the vapors of drunkenness it causes fountains of compunction to spring forth. I beseech you, brethren, let each of us strive that this may happen in us! Once this happens we shall readily, with God’s help, cleave through the whole sea of passions and pass through the waves of the temptations inflicted by the cruel tyrant, and so come to anchor in the port of impassibility.

My brethren, it is not possible for these things to come about in one day or one week! They will take much time, labor, and pain, in accordance with each man’s attitude and willingness, according to the measure of faith and one’s contempt for the objects of sight and thought. In addition, it is also in accordance with the fervor of his ceaseless penitence and its constant working in the secret chamber of his heart that this is accomplished more quickly or more slowly by the gift and grace of God. But without fasting no one was ever able to achieve any of these virtues or any others, for fasting is the beginning and foundation of every spiritual activity. ■

[*Symeon the New Theologian: The Discourses*, pub. Paulist Press. pp. 168-169.]

Freedom From Fear

(Continued)

‘Do not be afraid’. Nowadays the fears threatening our life have multiplied considerably. Recently, these have been intensified by the more general consternation induced by the global economic crisis. New and old fears agitate our thoughts and crush our hearts. In this oppressive atmosphere, the feast of the Resurrection is an invitation to all the faithful to embark on a path of freedom from fear.

From the fear of those who are hostile towards us; from the fear caused by the injustice and cruelty of our society; from the fear of multi-faceted sin which infiltrates our being and sequesters it; from the fear of pain, penury, sickness, loneliness, of the dangers and sorrows that threaten our lives; from the fear of the pressing problems of everyday existence; from the fear of the unknown, of failure, of uncertainty over the future. And the culmination of the message of Christ’s Resurrection is freedom from the fear of death, our own and that of our loved ones, a fear that crushes human life. The feast of the Resurrection doesn’t merely proclaim the freedom bestowed upon us by Christ but it also invites us to share in that freedom.

Of course, this freedom is dependent upon faith. When the Church shouts aloud in praise ‘Christ has risen’ it doesn’t resort to arguments in order to impress the truth of what it’s declaring. As many as believe! ‘Happy are all those who believe...’. Provided, naturally, that we’re constant in the faith, well-grounded and firm: ‘and are not moved away from the hope of the gospel’ (Col. 1:23).

Christ’s Resurrection dispels fear because it combines with an astonishing force and, especially on this brightest of feasts, we’re called upon to feel ‘what is the exceeding greatness of his [God’s] power... which he worked in Christ when he raised him from the dead and seated him at his right hand in heaven, above

all principality and power and might and dominion, and every thing that belongs, not only in this world but also in that which is to come’ (Eph. 1:19-21).

This freedom from fear, a gift from the risen Lord, should transform our attitude to life: ‘For you have been called to freedom’, though with the clear addition ‘only do not use freedom as an opportunity for the flesh, but, through love, to serve one another’ (Gal. 5:13).

With his sacrifice on the Cross and the victory of the Resurrection, Christ, the incarnate hypostasis of God’s love, proclaimed the unique power of love, which liberates us from every form of fear. Those who are united to him in faith and love are able to experience the truth revealed by Saint John the Evangelist: ‘There is no fear in love; but perfect love casts out fear, because fear involves torment. But those who fear have not been made perfect in love’ (1 Jn. 4:18). My brothers and sisters, at this time in particular let us enjoy the freedom from every form of fear, deepening our faith in and love for the victor over death and Lord of our life. And let us remind our frightened brethren that ‘Christ has risen!’.

Upcoming Liturgies:

NATIVITY OF THE THEOTOKOS

VIGIL: Tues., Sept. 7, 6pm
 (A.T. Pelikan, Litya)
 (E. Loukachkina, Icon)

LITURGY: Wed., Sept. 8, 8am
 (P. Doty, Prosphora)

ELEVATION OF THE CROSS

VIGIL: Mon., Sept. 13, 6pm
 (A.T. Pelikan, Litya)
 (A.T. Pelikan, Icon)

LITURGY: Tues., Sept. 14, 8am
 (P. Doty, Prosphora)

■ ORTHODOXY 101

New Classes Starting Soon

Orthodoxy 101 is Back... and Expanded!

Holy Trinity’s traditional “Orthodoxy 101” fall inquirers class is returning at 7pm on Wednesday evenings, beginning September 15. The four initial sessions will be led by Fr. Ignatius, and their titles are:

- September 15 – The Orthodox Doctrine of God
- September 22 – Introduction to Orthodox Worship
- September 29 – The Bible, Scripture, and Tradition
- October 6 – A Timeline of Church History

Then, after a short break, Anna Stickles will lead a second set of classes, which we are affectionately titling “Orthodoxy 102.” Their topics are:

- October 20 – The Saving Work of Jesus Christ
- October 27 – “How do I ‘get saved?’”
- November 3 – Mary, the Saints, and the Veneration of Icons
- November 10 – Orthodox Practices of Piety

These sessions are free and open to all, and we encourage parishioners not only to attend, but also to bring their friends who may have questions about Orthodoxy and Orthodox practices.

■ ORTHODOX SPIRITUALITY

Freedom From Fear

A Homily by Archbishop Anastasios of Tirana and All Albania, May 24, 2021















‘Do not be afraid’, the angel of the Lord said to the myrrh-bearing women who had been overcome by fear and trembling at the empty tomb, ‘for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, as he said’ (Matt. 28:5-6). Shortly afterwards, the risen Christ himself said to them ‘Do not be afraid’. After this, he stressed to the circle of his downcast and frightened disciples: ‘Why are you troubled? And why do doubts arise in your hearts?’ (Luke 24:38). He showed them the marks of the crucifixion on his hands and feet and thus confirmed, by his presence, the miraculous event of his Resurrection.

‘Do not fear’. Throughout the ages, the message of the Resurrection has proclaimed freedom from all causes of fear. Christ’s victory shattered the dominion of the demonic powers, bridged the gap between God and us and restored our relationship. The ontological significance of the Cross and Resurrection were revealed in his own unique way by Saint Paul. Jesus became human and accepted the Passion ‘so that through death he might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage’ (Heb. 2:14-15). The risen Christ is ‘the beginning, the firstborn from the dead, so that in all things he may have the preeminence’ (Col. 1:18). With Christ’s Resurrection, a new form of existence has begun for us. The confirmation of Christ’s Resurrection, the conviction that he’d been given ‘all authority in heaven and on earth’ (Matt. 28:19) freed his disciples from every kind of fear and anxiety – and transformed them into bold and courageous preachers of the new life in Christ.

(continued, see FREEDOM FROM FEAR, next page)

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
 29 Beheading of St. John the Baptist Divine Liturgy, 10am LIVE <i>(Hours, 9:40am)</i>	30	31	 1 Confessions, 4pm-6pm Moliben for the New Church Year, 6pm Confessions following	2	 3 Ordination of PDn. Alexander Cadman to the Holy Priesthood, Canonsburg, PA Great Vespers, 6pm LIVE Confessions, following	4
5 Divine Liturgy, 10am LIVE <i>(Hours, 9:40am)</i>	6	7	 8 Nativity of the Most Holy Theotokos , Divine Liturgy, 8am Confessions, 4pm-6pm Vespers, 6pm Parish Council Meeting, 7pm, ZOOM	9	 10	11 Choir Rehearsal, 4pm Great Vespers, 6pm LIVE Confessions, following
12 Sunday School, 9am Divine Liturgy, 10am LIVE <i>(Hours, 9:40am)</i>	13	 14 Elevation of the Holy Cross , Divine Liturgy, 8am	 15 Confessions, 4pm-6pm Vespers, 6pm Orthodoxy 101, 7pm	16	 17	18 Men's fellowship breakfast, 9am Great Vespers, 6pm LIVE Confessions, following
19 Sunday School, 9am Divine Liturgy, 10am LIVE <i>(Hours, 9:40am)</i>	20	21	 22 Confessions, 4pm-6pm Vespers, 6pm Orthodoxy 101, 7pm	23	 24	25 Choir Rehearsal, 4pm Great Vespers, 6pm LIVE Confessions, following
26 Sunday School, 9am Hierarchical Divine Liturgy, 10am LIVE <i>(Hours, 9:40am)</i>	27	28	 29 Confessions, 4pm-6pm Vespers, 6pm Orthodoxy 101, 7pm	30	 October 1	2 Great Vespers, 6pm LIVE Confessions, following
3 Sunday School, 9am Divine Liturgy, 10am LIVE <i>(Hours, 9:40am)</i>	4	5	 6 Confessions, 4pm-6pm Vespers, 6pm Orthodoxy 101, 7pm	7	 8	9 Choir Rehearsal, 4pm Great Vespers, 6pm LIVE Confessions, following

Chapel Calendar

All events take place at 145 North Kern Street in Beavertown, unless where noted.

Saturday, September 4 Reader's Vespers (no confessions), 6pm	Sunday 19-25 Beaver Community Fair
Sunday, 5 Divine Liturgy; Hours 9:40 a.m. fellowship immediately thereafter; catechesis at 1:30 p.m.	Tuesday 21 Choir rehearsal, 6pm
Tuesday 7 Nativity of the Theotokos Vesperal Divine Liturgy, 6pm	Saturday 25 Selingsgrove Street Fair
Saturday 11 Great Vespers; Confessions following, 6pm	Saturday 25 Great Vespers; Confessions following, 6pm
Sunday 12 Divine Liturgy 10am; Hours 9:40 a.m.; fellowship immediately thereafter, catechesis at 1:30pm	Sunday 26 Divine Liturgy 10am; Hours 9:40 a.m.; fellowship immediately thereafter, catechesis at 1:30pm
Monday 13 Exaltation of the Precious Cross Vesperal Divine Liturgy, 6pm	Tuesday 28 Choir rehearsal, 6pm
Tuesday 14 Choir rehearsal, 6pm	Thursday 30 Protection of the Most Holy Theotokos, Great Vespers with Litya, 6pm
Saturday 18 Great Vespers; Confessions following, 6pm	Saturday 2 Baptism of Ambrose David Kerstetter, 10am
Sunday 19 Divine Liturgy; 10am Hours 9:40 a.m.	Saturday 2 Great Vespers; Confessions following, 6pm
Sunday 19 Parish Picnic @ the Rectory (CHS provides meat/ beverage; bring a covered dish to share; lawn chairs, etc.), 12 noon	

Please consult either the CHS website or FB page for schedule changes and/or other information

September 2021

† to join remotely, visit holytrinity-oca.org/zoom.
LIVE this service will be livestreamed on YouTube (visit holytrinity-oca.org/YouTube).