

## TWELVE THINGS TO KNOW



Fr. Ignatius is willing to meet with any parishioner or visitor by appt. To schedule, email him at [frignatius@holytrinity-oca.org](mailto:frignatius@holytrinity-oca.org) or call him at 814-231-2855.



The service will last about 1.5 hours. Many people stand, but feel free to take a seat if needed. See ☩ on page 2 for times when one should stand, if able.



Restrooms are located down the stairs & past the kitchen. There is also an ADA restroom on the 1<sup>st</sup> floor of Trinity House. See a greeter for assistance.



Please join us downstairs for coffee and snacks following Divine Liturgy. We would love to get to know you!



There is a crying room/nursery downstairs. Audio of the service is piped in!



Our bookstore, located next door in Trinity House, is a great resource for all things Orthodox.



Only those united to the Orthodox Church through Baptism, Chrismation, regular Confession, prayer, and fasting may partake of Holy Communion.



Help us keep in touch with you! Sign the guest register in the Narthex (vestibule) and provide your email (for weekly update) and/or snail mail (for monthly newsletter).



Welcome, PSU students! Get involved in our active campus ministry program by seeing a fellow student or emailing [nak5437@psu.edu](mailto:nak5437@psu.edu).



Holy Trinity has an education program for kids K-12, which meets Sundays at 9am (Sept. – May). Contact Pdn. Mark for info.



If you need a ride to church, please contact Mka. Kelly Oleynik. Text: (814) 360-8425, Landline: (814) 308-9109, email: [ohkellyoh@hotmail.com](mailto:ohkellyoh@hotmail.com).



On Sundays, 27 spaces are available at the SW corner of Calder Way and Lark Alley. Other days, only the gravel spots are open.



## Building Up the Church Beyond Our Parish

*~ Holy Trinity Church is a community of Orthodox Christians seeking to glorify God by proclaiming the Gospel of Jesus Christ in its entirety to all people in the Centre Region and beyond ~*

## FOR THE RECORD

### ATTENDANCE

Holy Trinity (3/5):	72
Chapel of the Holy Spirit (3/5):	19

### YOUR GENEROSITY

<b>Weekly Budget Goal:</b>	<b>\$4,839</b>
Collection (3/5):	\$2,447
Average – Last 4 Weeks:	\$3,931
Average – Last 12 Weeks:	\$4,397
Average – Last 52 Weeks:	\$4,301

## SOUPER SUNDAY

On *Sunday March 19<sup>th</sup>* the Sunday School students will be hosting a Lenten luncheon for the benefit of Lions Pantry. The luncheon will consist of soups, salads, and bread prepared and served by our students. There will be a free-will offering. Please plan to stay and enjoy the hospitality of our children and support their efforts for our beneficiary.

**March 12<sup>th</sup>, 2023**  
**2<sup>nd</sup> Sunday of Lent**  
**Sunday of St. Gregory Palamas**

# THE DIVINE LITURGY

## GATHERING the Church

- ♦ Great Litany (p.29) †
- ♦ The Antiphons (p.32)

## PROCLAIMING the Word

- ♦ Little Entrance (p.39) †
- ♦ Today's Hymns (see next column)
- ♦ Epistle Reading: *Hebrews 1:10 - 2:3*
- ♦ Gospel Reading: *Mark 2:1-12* †
- ♦ Sermon

## THANKSGIVING for Redemption

- ♦ The Offering
- ♦ Great Entrance (p.126) †
- ♦ The Creed (p.153) †
- ♦ The Anaphora (p.134) †
- ♦ The Lord's Prayer (p.152) †
- ♦ Communion Hymns
- ♦ Communion of the Faithful †
- ♦ Litany of Thanksgiving (p.164)

## SENDING to Serve

- ♦ Dismissal & Veneration of the Cross\*
  - ♦ This Week's Events (see opposite page)
- † All stand.

\*All are welcome to greet the priest and kiss the cross, if they choose, at the end of the service.

Note: page numbers correspond to black Divine Liturgy book, available in the Narthex.

## TODAY'S HYMNS

### TROPARIA

#### Resurrection (Tone 6)

The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure Body. Thou didst capture hell, not being tempted by it. Thou didst come to the Virgin, granting life. O Lord who didst rise from the dead: glory to Thee.

#### St. Gregory Palamas (Tone 2)

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

*Glory...*

### KONTAKIA

#### St. Gregory Palamas (Tone 8)

Holy and divine instrument of wisdom, youthful trumpet of theology, together we sing thy praises, O God-inspired Gregory. Since thou standest before the Original Mind, guide our minds to Him, O Father, so that we may sing to thee: "Rejoice, preacher of grace."

*Now and ever...*

# WELCOME TO HOLY TRINITY!

We are delighted to have visitors worship with us, and we pray that you will be blessed through your participation in our services today. If you have any questions, please ask one of our greeters!

## TODAY'S HYMNS (continued)

#### Triodion (Tone 4)

Now is the time for action! Judgement is at the doors! So let us arise 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."

### PROKEIMENA

#### Triodion (Tone 5)

Thou, O Lord, shalt protect us and preserve us from this generation forever!

#### St. Gregory Palamas (Tone 1)

My mouth shall speak wisdom, the meditation of my heart shall be understanding.

### HYMN TO THE THEOTOKOS

#### Instead of "It Is Truly Meet...", we sing:

In Thee rejoices all creation, O Full of Grace; the assembly of angels and the race of men. O Sanctified Temple and spiritual Paradise, the glory of virgins from whom God was incarnate and became a child, our Eternal God. He made Thy body into a throne, and Thy womb He made more spacious than the heavens. In Thee rejoices all creation, O Full of Grace, glory to Thee!

## COMMUNION HYMNS

Praise the Lord from the heavens! Praise Him in the Highest!

The righteous shall be in everlasting remembrance! He shall not fear evil tidings! *Alleluia...*

## THIS WEEK

### WEDNESDAY, MARCH 15

Confessions	4:00 PM
Presanctified Liturgy	6:00 PM
Lenten Potluck	7:30 PM

### FRIDAY, MARCH 17

Confessions	5:00 PM
Presanctified Liturgy	6:00 PM

### SATURDAY, MARCH 18

Choir Rehearsal	4:00 PM
Souper Sunday Food Prep	4:30 PM
Great Vespers	6:00 PM
Confessions	7:00 PM

### SUNDAY, MARCH 19

<b>Sunday of the Cross</b>	
Sunday School	9:00 AM
Prayer of the Hours	9:40 AM
Divine Liturgy	10:00 AM
Souper Sunday	12:00 PM

## BIRTHDAY

Fr. David Smith (3/17) *Many Years!*

**His Eminence +Melchisedek**, Archbishop of Pittsburgh and Western Pennsylvania  
**Father Ignatius Hunter**, Rector  
**Protodeacon Mark Oleynik**, Director of Christian Ed.  
**Father David Smith**, Associate Rector and Priest-in-Charge, Chapel of the Holy Spirit

**Sundays:** Divine Liturgy, 10am  
**Saturdays:** Great Vespers, 6pm  
**Wednesdays:** Vespers, 6pm

**Appointments:** office@holytrinity-oca.org, 814-231-2855  
**Inquiries into Orthodoxy:** info@holytrinity-oca.org  
**Additional Resources:** holytrinity-oca.org