

They Put Their Hands to a Good Work



On Sunday, March 1, Dee Patel provided an American Sign Language interpretation of the Divine Liturgy that was streamed nationally on the Orthodox Christian Deaf Association FaceBook page.

Illness and the Healing of the Soul

At the beginning of the Divine Liturgy, during the first antiphon, we hear familiar words from the Psalm of David, “Bless the Lord, O my soul.” Shortly thereafter, the Lord is described as the one “who forgives all your iniquities, who heals all your diseases.” This picture of the Lord as a universal healer often strikes modern man as strange, since it is manifestly obvious that diseases and maladies persist among mankind, even among people of intense piety and deep faith.

I was recently listening to a podcast in which the hosts described a miraculous spring associated with St. Paraskevi on Long Island, where certain people had been suddenly and miraculously cured of blindness and other lingering eye problems. But in describing the

place, the podcasters noted that many people have come to the same waters in faith, and nothing particularly extraordinary has happened. They also related the story of a man who was going blind who came to the spring, anointed his eyes, and immediately received a vision of St. Paraskevi telling him explicitly that the Lord was not going to cure his eye condition, and that he would continue to descend into physical blindness. The saint comforted him, though, by assuring him of the love of Christ, and that all would be well for him in the end.

In his earthly ministry, Christ miraculously ended many physical maladies for many people, but he also

(continued, see RECTOR’S DESK, next page)

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Schedules

	COFFEE HOUR	GREETERS	TELLERS
March 1	E. Emigh, E. Al-Sulaimani, E. George	R. Patel & Mat. K. Oleynik	K. Cattell & B. Haupt
March 8	M. Leathers & L. Georgiou, D. Patel	C. Pelllock & R. Patel	H. Torbic & M. Fedkin
March 15	Russian Ladies Group A (Katya F.)	M. & K. Fedkin	M. Fiori & G. Cattell
March 22	H. Torbic, A.T. Pelikan, Mat. K. Oleynik	A. & J. Cassar	K. Cattell & B. Haupt
March 29	Souper Sunday	T. Chambers & Mat. A. Stickle	G. Cattell & M. Fedkin

■ RECTOR'S DESK

Healing (con't)

notes the relative scarcity of miraculous healing in Israel's history, saying in one place, "there were many lepers in Israel in the time of the prophet Elisha; and none of them were cleansed, but only Naaman the Syrian" (Lk 4:25). Regarding the future, he tells his disciples very explicitly, "the poor you will have with you always" (Mt 26:11). And while his primary referent with this phrase is clearly those who lack access to money and resources, it is abundantly clear that poverty takes many forms, and illness and disability are clearly also profound forms of poverty.

So why does this situation persist? If God "heals all your diseases," why do even very pious people struggle with illness or poverty? Or why do we often see wicked men who "grind the faces of the poor" triumph on the earth (Is 3:15)?

No one of an honest and spiritual disposition would try to present "the" answer to such questions, but a part of the answer must be that God's healing aims at something beyond this present life. We see this in the psalm; immediately after the Lord is said to be the one who "heals all your diseases," the psalmist says that God "redeems your life from the Pit." And this has to remind us that healing in this life is only ever temporary, and that final healing can only come to us when our life is raised up "from the Pit."

As noted previously, the Lord Jesus worked many miracles of healing in his ministry. Ultimately, not long before he went to his Passion, he raised up Lazarus from the dead. Lazarus, like everyone else the Lord healed, then aged, became enfeebled and sick, and later reposed. His tomb is in Cyprus to this day; the physical healing he received in this life ended up being ultimately temporary.

So all healing in this life has a symbolic dimension. It can be said to be a symbol and sign of salvation and the healing of the soul in the age to come. In some ways, this could not be more explicit than in the service of Holy Unction, where the gospel readings alternate between readings about physical healing and readings such as the

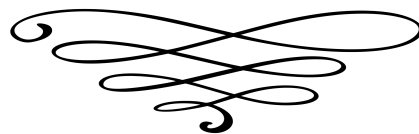
Parable of the Ten Virgins, which directly concerns death, the resurrection, the idea of "being right with God" and the judgment, and in no way interacts with the subject of physical healing in this life.

We can say, then, that one reason for the existence of illness is that illness often serves to spiritually purify and straighten those of us who are sick, to help us to repent, engage in true and deep prayer, and prepare ourselves for the judgement.

But another reason for the existence of illness relates to those who are not ill in a bodily way. Imbalances in the world, whether they concern things like illness or poverty or confinement or social disconnection, all create a moral testing ground for the "haves" (to use Marx's term) or the "strong" (to use St. Paul's). This is what Jesus is presenting us with in the image of the sheep and the goats at the Last Judgement in Matthew 25. The question set before both the righteous and the wicked, is "will you turn this other person's weakness or misfortune into mercy, and ultimately into the healing of your own soul?" Inasmuch as we do mercy in this life, we cooperate with Christ in the healing of our souls. And inasmuch as we reject mercy and live in a callous, heartless, or self-centered way, we sicken our own souls and repel the grace of God.

When we experience pain, privation, and want in this life, we should let it humble us and help us to long for true healing with God in the age to come. And when we see those around us suffering and in want, we should use the opportunity to do acts of mercy, because by doing such things we likewise create the conditions for God to heal our souls, to the glory of God, the Father, Son, and Holy Spirit. Amen.

~ Fr. Ignatius



■ NEWS & NOTES

Workday & Cleanup for Pascha

Please come join us at 9am on Saturday, March 28th for an indoor/outdoor work day to clean up for Pascha. For those who prefer to be outside, there is weeding, planting, and raking to be done. For those who would rather help out indoors, there's sweeping, polishing, and de-waxing. Please consider helping with this effort as an offering to God as we prepare to celebrate the joyous "Feast of Feasts," our Lord's Holy Pascha.

Purchase a Pascha Lily

If you are interested in purchasing a Pascha lily to help beautify the church on its most radiant of feasts, please use the online form at holytrinity-oca.org or the sign-up sheet which will soon be available in the narthex. Donations can be made "in honor of" or "in memory of" cherished loved ones, and the names of those remembered will be printed in the Paschal bulletin.

The Mystery of Holy Unction

Once again this year we will be offering the Mystery of Holy Unction to all the faithful on Friday, March 27th at 6 pm. As a sacrament, Unction is reserved for Orthodox Christians who have properly prepared themselves through fasting, recent confession, and recent participation in the Mystery of Holy Communion. Most properly served for those who are sick in body, the service of Unction reminds us over and over that ultimately we will pass from this life and that the healing of the soul is paramount. So let us partake of this mystery as we prepare ourselves to celebrate the Lord's most holy Pascha.

Palm Crosses & Pascha Workshop

All young people are invited to join us for all sorts of fun ways to prepare for Pascha on Saturday, April 4th, at 4pm. There will be egg dying, crafts, making palm crosses, Pascha sweet bread and other preparations. It's a low-key and fun way to "kick off" your child's preparation for Holy Week and Pascha. Adult help is welcomed and needed.

SOUPer Sunday

On Sunday, March 28th the Sunday School students will be hosting a Lenten luncheon for the Matthew 25 Lenten Beneficiary, The Orthodox Christian Deaf Association. 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.

OCF T-Shirts For Sale

Our OCF is selling unique club t-shirts to raise money and promote school spirit. Check out their bespoke and unique t-shirt and purchase one by March 29 at orthodoxchristianfellowship.regfox.com/2026-penn-state-saints-t-shirts. "A righteous man is confident as a lion!"

Campus Missionary Position Open


The Penn State OCF Campus Missionary position remains open, but the application window is likely to close soon. If you are personally interested in the position or know someone who might be, please look over the job description and consider applying at ocf.net/about-us/join-our-team/ and consider applying.

Adult Ed: History of Russian Orthodoxy

On March 19 at 6 pm, we have the great blessing of being joined by Dr. David Ford, Professor of History at St. Tikhon's Orthodox Theological Seminary, who will give us a true "crash course" in the history of Orthodoxy among Russians and other Slavic peoples. His lecture will be free and open to the public, and he will be bringing along a selection of his own books, which will be available for purchase after the talk. We hope to see you there!

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	 <i>TRIDION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 8th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 15th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 22nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 1st	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 8th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 15th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 22nd	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 29th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 5th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 10th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 12th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

■ MATTHEW 25

The Orthodox Christian Deaf Association

This year, our parish's Lenten Collection will support the vital ministry of the Orthodox Christian Deaf Association (OCDA), a pan-Orthodox nonprofit dedicated to making the life of the Church accessible to Deaf and hard-of-hearing Orthodox Christians. To contribute, please write "Matthew 25" on the memo line of paper checks or select "Matthew 25 Donations" on the giving tab. This appeal will run from now until Pascha. Thank you, and may God bless your generosity!

Your Lenten offerings will make a meaningful impact:

- **Building accessible Orthodox education:** OCDA donations support the creation of web-based learning materials, as well as the production of videos for Deaf children in collaboration with Ancient Faith Kids.
- **Translating worship into ASL:** Funds help advance the translation of the Divine Liturgy and other services into American Sign Language (ASL), allowing Deaf faithful to participate more fully in the liturgical life of the Church.
- **Producing theological and catechetical resources:** OCDA develops ASL theological content and catechetical vlogs that teach the faith in the heart language of the Deaf community.

- **Fostering community and fellowship:** Monthly Zoom "Meet and Greet" gatherings and study sessions—supported directly by donations—help connect Deaf and hard-of-hearing Orthodox Christians nationwide.
- **Growing accessibility through training and conferences:** Contributions may provide scholarships for Deaf participants attending the OCDA's annual conference and assist Orthodox individuals pursuing interpreter training in partnership with the Assembly of Canonical Orthodox Bishops.
- **Strengthening the OCDA website:** Donations also fund improvements and redesigns of the organization's accessible online hub, which houses educational resources and supports community gatherings.

All contributions are stewarded responsibly in accordance with the OCDA's nonprofit mission. The organization currently has **no salaried employees**, ensuring that **100% of donated funds go directly toward ministry work and program expenses.**

Thank you for prayerfully considering this Lenten act of mercy. May God bless your kindness and multiply the good it enables within the Deaf Orthodox community.

■ ARCHDIOCESEAN NEWS

Deanery Lenten Mission Vespers

Once again, our deanery is holding weekly "mission vespers" throughout the course of Great Lent. Mission vespers, concelebrated by clergy from various areas, feature special lenten homilies and are followed by a communal meal and fellowship. Our deanery's schedule for 2026 is:

March 15, Holy Cross: St. Alexander Nevsky Cathedral - 8290 Thompson Run Rd., Allison Park, Pa. 5pm

March 22, St. John Climacus: St. John the Baptist Orthodox Church - 785 Blaire Rd., Blairsville, (Black Lick) Pa. 5pm

March 29, St. Mary of Egypt: St. John the Baptist Orthodox Church - 427 1st St., Conemaugh, Johnstown, Pa. 5pm.



March 1, Orthodoxy Sunday: Ss. Peter & Paul Orthodox Church - 141 Hoffman Farm Road, Windber, Pa. 4 pm

March 8, St. Gregory Palamas: St. Michael's Orthodox Church - 163 Hemlock St., Irvona, Pa. 5pm

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.

All services at Holy Trinity are currently being live-streamed. To watch them online, please visit holytrinity-oca.org/YouTube

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="font-size: 48px; font-weight: bold; text-align: center; margin-bottom: 10px;">M</div> <div style="font-size: 48px; font-weight: bold; text-align: center; margin-bottom: 10px;">A</div> <div style="font-size: 48px; font-weight: bold; text-align: center; margin-bottom: 10px;">R</div> <div style="font-size: 48px; font-weight: bold; text-align: center; margin-bottom: 10px;">C</div> <div style="font-size: 48px; font-weight: bold; text-align: center; margin-bottom: 10px;">H</div> <div style="font-size: 36px; font-weight: bold; text-align: center;">2026</div>	March 1  Sunday of Orthodoxy Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am) Icon Procession, following	2 	3  OCF Great Compline, 6pm Catechesis, 7pm	4  Confessions, 4pm Presanctified Liturgy, 6pm Lenten Potluck, 7:30pm	5 	6  Confessions, 4pm Presanctified Liturgy, 6pm	7  Choir Rehearsal, 4pm Great Vespers, 6pm Confessions, following
	8  St. Gregory Palamas Divine Liturgy, 10am (Hours, 9:40am)	9  Catechesis, 6pm	10  Confessions, 4pm Presanctified Liturgy, 6pm Lenten Potluck, 7:30pm	11  Confessions, 4pm Presanctified Liturgy, 6pm Lenten Potluck, 7:30pm	12  Parish Council Meeting, 6pm	13  Confessions, 4pm Presanctified Liturgy, 6pm	14  Great Vespers, 6pm Confessions, following SCOYO, 7pm
	15  Sunday of the Cross Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am)	16  OCF Great Compline, 6pm Catechesis, 7pm	17  Confessions, 4pm Presanctified Liturgy, 6pm Lenten Potluck, 7:30pm	18  Adult Ed: Russian Church History, 6pm	19  Confessions, 4pm OCF Akathist to the Theotokos, 6pm	20  Ordination Liturgy, Dn. Evan Ashmore, 10am Choir Rehearsal, 4pm Great Vespers, 6pm Confessions, following	
	22  St. John Climacus Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am)	23  Presanctified Liturgy, 8am Vigil of Annunciation, 6pm	24  Annunciation Confessions, 4pm Vespers, 6pm Vespers of St. John Chrysostom, 6pm Lenten Potluck, 7:30pm	25  Great Canon of St. Andrew, 6pm	26  Confessions, 4pm Office of Holy Unction, 6pm Akathist to the Theotokos, 7:30pm	27  Parish Workday, 9am-1:30pm Souper Sunday Prep, 4:30-6pm Great Vespers, 6pm Confessions, following	
	29  St. Mary of Egypt Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am) Souper Sunday Meal, 12 noon	30  Presanctified Liturgy, 8am OCF Great Compline, 6pm Catechesis, 7pm	31  Confessions, 4pm Presanctified Liturgy, 6pm Lenten Potluck, 7:30pm	April 1 	2  Confessions, 4pm Matins of Lazarus Saturday, 6pm	3  Lazarus Saturday Divine Liturgy, 9am Pascha Preparation Workshop, 4pm Vigil of Palm Sunday, 6pm	
	5  Palm Sunday Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am) Myrrhophores Practice, noon Bridegroom Matins, 6pm Confessions, 7:30pm	6  Great and Holy Monday Presanctified Liturgy, 9am Bridegroom Matins, 6pm Confessions, 7:30pm	7  Great and Holy Tuesday Presanctified Liturgy, 9am Bridegroom Matins, 6pm Confessions, 7:30pm	8  Great and Holy Wednesday Presanctified Liturgy, 9am Matins of Holy Thursday, 6pm Confessions, 7:30pm	9  Great and Holy Thursday Vespers of St. Basil the Great, 9am Matins of Holy Friday (Passion Gospels), 6pm	10  Great and Holy Friday Royal Hours of Holy Friday, 9am Vespers of Holy Friday (Unnailing), 4pm Matins of Holy Saturday (Lamentations), 7pm	
							11  Great and Holy Saturday Vespers of St. Basil, 9am Baptisms, 1pm Nocturns, 11:30pm