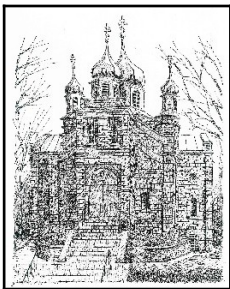


# HOLY TRINITY ORTHODOX CHURCH



SPRING 2026  
QUARTERLY NEWSLETTER



# HOLY TRINITY ORTHODOX CHURCH

Quarterly Newsletter – Spring 2026 Issue

## HOLY WEEK SCHEDULE:

### HOLY TRINITY ORTHODOX CHURCH HOLY WEEK SCHEDULE

SUN	4:00PM	BRIDEGROOM MATINS (DEANERY)
MON	6:30PM	BRIDEGROOM MATINS
TUE	6:30PM	BRIDEGROOM MATINS
WED	6:30PM	BRIDEGROOM MATINS
THU	9:00AM 6:30PM	VESPERS WITH DIVINE LITURGY MATINS WITH THE 12 PASSION GOSPELS
FRI	3:00PM After Meal	VESPERS WITH THE RITE OF DEPOSITION MATINS WITH THE LAMENTATION
SAT	9:00AM 10:30PM	VESPERS WITH DIVINE LITURGY NOCTURNS, PASCHAL MATINS, & DIVINE LITURGY
SUN	12:00PM	AGAPE VESPERS

## FOOD PANTRY:

We are pleased to announce that St. Olga's Food Pantry has officially opened after much hard work and preparation. Over the past several Saturdays, we have already begun serving members of our community, and we are grateful to see this ministry taking root. The pantry is open to the public on the 2nd and 4th Saturdays of each month from 12:00–2:00 PM. We kindly ask for your support in helping us keep our shelves stocked. Please consider purchasing an item for the pantry every time you visit your local grocery store. At this time, we are only taking nonperishable food donations. Your nonperishable food donations may be placed in the bins at the bottom of the stairs. In addition to donations, if you are interested in volunteering your time, please speak with Jim. Together, we can continue to serve those in need and be a living witness of Christ's love in our community.

## BLESSING OF THE GRAVES:

This is a reminder that on Thomas Sunday (April 19<sup>th</sup>) following coffee hour, we will be holding our annual grave blessing at our parish's cemetery. May we continue to pray for those who have come before us and have fallen asleep in the Lord.

## CHOIR/READER VOLUNTEERS:

The choir is always looking for talented volunteers to join its ranks. If you are interested in singing, or would like to help as a reader, please see our choir director, Chris Dresko for more information. Starting this year, we ask that all new members coming into our church speak with Chris about doing a possible vocal assessment to help grow our choir and find people that have talents that they themselves might not know they have.

## MEN'S CLUB LUNCHEON:

The Men's Club invites all men of the parish to attend their annual luncheon, which will take place on Sunday, April 19th, following the blessing of the graves. This year's gathering will be held at East Side German Restaurant in New Britain and offers a wonderful opportunity for fellowship, good food, and strengthening the bonds of our parish community. All men in the parish are encouraged to attend and take part in this longstanding and enjoyable tradition.

## BISHOP'S VISIT:

The Bishop will likely be visiting our parish either in May or June. An update will be sent shortly!

Rev. Phillip J. Beiner, *Rector*  
Phone: (860) 223-1976  
Email: rector@htocnb.org

An Exert from  
THE SPIRITUAL LIFE AND HOW TO  
BE ATTUNED TO IT

*“On the Inner Life and Attention  
to the Heart”*

*By: St. Theophan the Recluse*



The principal thing is to stand with the mind in the heart before God, and to go on standing before Him unceasingly day and night, until the end of life. This is the root of the spiritual life. Everything else is secondary.

You ask what it means to stand with the mind in the heart. It means to gather the mind, which is usually scattered everywhere, and bring it back within yourself, into the heart, and there direct it toward God. The mind must not wander, but must remain within, attentive and watchful, standing before the Lord with reverence and fear, and at the same time with faith and hope.

Most people live outside themselves. Their thoughts are always running here and there, occupied with various things—what they see, what they hear, what they imagine. But

the spiritual life begins when a person enters within himself and begins to pay attention to what is happening in his heart.

The heart is the center of our life. Whatever enters the heart becomes part of us. Therefore, one must guard the heart carefully. Do not allow everything to enter it. Watch what thoughts come, what feelings arise, what desires are born. Some of these come from God, some from our own nature, and some from the enemy. Discernment is needed.



You say that you wish to pray, but that your thoughts wander and you cannot keep your attention. This is common to everyone who begins. Do not be troubled by it. Each time the mind wanders, gently bring it back. Do this again and again. Over time, the mind will become more accustomed to remaining within.

Do not think that this work is easy. It requires effort, patience, and perseverance. But it is absolutely necessary. Without inner attention, there is no true spiritual life.

External works—fasting, prostrations, attending services—are good and necessary. But they are only means. If the heart is not engaged, if the mind is wandering, then these works remain external and do not bear much fruit. The Lord seeks the heart.

Learn to descend from the head into the heart. At present, your thoughts are in your head, and God seems far away. But when you gather your mind into the heart and stand before God there, you will find that He is near—closer than you imagined.

When you pray, do not use many words. Stand before God with attention. Even a short prayer, said with attention from the heart, is worth more than many words spoken absentmindedly.



The Jesus Prayer is a simple and powerful means for this: “Lord Jesus Christ, Son of God, have mercy on me.” Say it quietly, with attention, bringing the mind into the heart. Do not rush. Let the words sink in. Over time, this prayer will begin to act within you.

But do not imagine that the prayer works by itself. It requires your cooperation. You must force yourself to attention. You must struggle against distraction. You must cut off wandering thoughts as soon as you notice them.

Do not be discouraged by failures. The struggle itself is pleasing to God. Each time you return to Him, even after distraction, you are already making progress.

Gradually, through this labor, the heart will become warm toward God. You will begin to feel a quiet joy, a peace, a drawing toward prayer. But do not seek these feelings. Seek only to stand before God faithfully. The rest will come in its time.



Remember that the essence of the spiritual life is not in outward achievements, but in this inner turning toward God. Whether you are at home, at work, or in church, you can always turn inward and stand before Him.

Make this your constant work: to gather the mind into the heart and to stand before God. If you do this, everything else will follow.



ST. LEV & ST. MOSES OF  
OPTINA

**SAYINGS OF THE OPTINA  
FATHERS**

*“Above all keep from blaming and judging your close ones. We do have something to worry about: our sinful sores stink—we have to busy ourselves about them. You will not have to answer for others, only for yourself.”*

*“Whoever feels that what he does is according to God, it will not be bad for him here, and it will be good for him there.”*

*“Keeping the Lord’s commandments revives the soul; it brings peace to your body, and abundant comfort.”*

*“If you somehow pardon someone sometime, for this you yourself will be pardoned.”*



“WHEN I WAS SICK YOU CAME  
TO ME”

The following parishioners are now homebound or in long-term care facilities. If there are any names missing, please inform Fr. Phillip. Parishioners are welcomed and encouraged to regularly visit those in the nursing homes and shut-ins. Our loved ones **NEED** to feel connected to their parish family.

Extended Care Facility Parishioners

- Nick Tabakow  
The Summit at Plantsville - Plantsville, CT
- Martha Cherpak  
Grandview Health Care - New Britain, CT

Homebound Parishioners

- George Ludko  
26 Deerfield Dr., Berlin, CT 06037  
260-828-1395
- Irene Ferrandino  
88 Derby St., New Britain, CT 06053  
860-225-6986
- Marion Bichun  
152 Collins Rd., Bristol, CT 06010  
860-589-0818
- Vera Luzietti  
10 Beckwith Dr., Plainville, CT 06062  
860-505-5213

***We pray for the sick and suffering O  
Lord, have mercy on them, help  
them, and keep them by Your  
Grace...***

# HÖLY TRINITY ÖRTHÖDÖX CHURCH

# APRIL

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
			1 Presanctified Liturgy 6:00 PM	2	3	4 Divine Liturgy at 9am  Great Vespers 4:00 PM
5 Church School 8:30 AM  Divine Liturgy 9:00 AM  <b>PALM SUNDAY</b>	6  <b>Holy Monday</b>  <i>See Schedule</i>	7  <b>Holy Tuesday</b>  <i>See Schedule</i>	8  <b>Holy Wednesday</b>  <i>See Schedule</i>	9  <b>Holy Thursday</b>  <i>See Schedule</i>	10  <b>Holy Friday</b>  <i>See Schedule</i>	11  <b>Holy Saturday</b>  <i>See Schedule</i>
12  Agape Vespers 12:00 PM  <b>PASCHA</b>	13  <b>Bright Monday</b>	14  <b>Bright Tuesday</b>	15  <b>Bright Wednesday</b>	16  <b>Bright Thursday</b>	17  <b>Bright Friday</b>	18  <b>Bright Saturday</b>  Great Vespers 4:00 PM Confessions
19 Church School 8:30 AM  Divine Liturgy 9:00 AM	20	21	22  Matins 10:00 AM	23	24	25  Great Vespers 4:00 PM Confessions  Parish Council Mtg.
26 Church School 8:30 AM  Divine Liturgy 9:00 AM	27	28	29  Matins 10:00 AM	30		

# HÖLY TRINITY ÖRTHÖDÖX CHURCH      MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> Church School 8:30 AM  Divine Liturgy 9:00 AM	4	5	6  Matins 10:00 AM  Midfeast of Pentecost	7	8	9  Great Vespers 4:00 PM Confession
<b>10</b> Church School 8:30 AM  Divine Liturgy 9:00 AM	11	12	13  Matins 10:00 AM	14	15	16  Great Vespers 4:00 PM Confession
<b>17</b> Church School 8:30 AM  Divine Liturgy 9:00 AM	18	19	20  Vesperal Liturgy for Ascension 6:00 PM	21  <b>ASCENSION                      OF OUR                      LORD</b>	22	23  Great Vespers 4:00 PM Confession
<b>24</b> Church School 8:30 AM  Divine Liturgy 9:00 AM	25	26	27  Matins 10:00 AM	28	29	30  Great Vespers 4:00 PM Confession  Parish Council Mtg.
<b>31</b> Church School 8:30 AM  Divine Liturgy 9:00 AM  <b>PENTECOST</b>						

# HÖLY TRINITY ÖRTHÖDÖX CHURCH

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Matins 10:00 AM	4	5	6 Great Vespers at ALL SAINTS 5:00 PM
7 Divine Liturgy at ALL SAINTS 9:00 AM	8 Start of the Apostles Fast	9	10 Matins 10:00 AM	11	12	13 Great Vespers 4:00 PM Confession
14 Church School 8:30 AM  Divine Liturgy 9:00 AM	15	16	17 Matins 10:00 AM	18	19	20 Great Vespers 4:00 PM Confession
21 Divine Liturgy 9:00 AM	22	23	24 Matins 10:00 AM	25	26	27 Great Vespers 4:00 PM Confession  Parish Council Mtg.
28 Divine Liturgy 9:00 AM	29 Holy Apostles Peter and Paul	30				