

THE TRINITARIAN

Published Weekly by the
HOLY TRINITY ORTHODOX CHRISTIAN CHURCH
6822 BROADVIEW ROAD, PARMA, OHIO 44134
CHURCH OFFICE PHONE: 216-524-4859
CHURCH WEBSITE: <http://www.holy-trin.org>
V. REV. VLADIMIR BERZONSKY, PASTOR

Divine Liturgy at 9:00 A.M.
Church School Every Sunday at 10:45 A.M.
(During the Months of September thru May)

Vespers - Every Saturday - 5:00 P.M.
Choir Rehearsals Every Thursday at 7:30 P.M.
Michael N. Pilat, Choir Director

RECTORY: 963 John Glenn Drive, Seven Hills, Ohio 44131 Phone 216-524-8989

BULLETIN 17 - VOLUME XLVII

TONE 5

FEBRUARY 28, 2010

SECOND SUNDAY OF LENT

ST. GREGORY PALAMAS

*Ven. Basil the Confessor, Companion of Ven. Procopius at Decapolis;
Bl Nikolai, Fool-for-Christ at Pskov; Hieromartyr Proterius, Patriarch of Alexandria;
Hieromartyr Nestor, Bishop of Magydos in Pamphylia;
Ven. Marina, Cyra, and Domnica, of Syria; Ven. John Cassian the Roman*

“O light of Orthodoxy! O pillar of strength and teacher of the Church! Glory of monks and nuns, and invincible protector of theologians! O preacher of grace and pride of Thessalonica! O wonderworker, Gregory, pray without ceasing for the salvation of our souls.”

Troparion, Tone VIII

TODAY'S EPISTLE: HEBREWS 1:10-2:3

HEBREWS 7:26-8:2

NEXT SUNDAY: HEBREWS 4:14-5:6

TODAY'S GOSPEL: MARK 2:1-12

JOHN 10:9-16

NEXT SUNDAY: MARK 8:34-9:1

HOLY WORSHIP THIS WEEK:

Today, February 28	11:45 a.m. Baptism of Mason; Chrismation of Emma, Eli, and Marcus, children of Max and Jennifer Macesich
Wednesday, March 3	5:00 p.m. Personal Confessions 6:00 p.m. Presanctified Liturgy
Friday, March 5	6:00 p.m. Akathist - Glory to God for All Things
Saturday, March 6	8:30 a.m. Personal Confessions 9:00 a.m. Divine Liturgy 5:00 p.m. Great Vespers; Personal Confessions

Daily Scripture Readings

Monday, March 1	Isaiah 8:13-9:7	Genesis 6:9-22	Proverbs 8:1-21
Tuesday, March 2	Isaiah 9:9-10:4	Genesis 7:1-5	Proverbs 8:32-9:11
Wednesday, March 3	Isaiah 10:12-20	Genesis 7:6-9	Proverbs 9:12-18
Thursday, March 4	Isaiah 11:10-12:2	Genesis 7:11-8:3	Proverbs 10:1-22
Friday, March 5	Isaiah 13:2-13	Genesis 8:4-21	Proverbs 10:31-11:12
Saturday, March 6 (Departed)	Hebrews 10:32-38 I Thessalonians 4:13-17	Mark 2:14-17 John 5:24-30	

ORTHODOX CHRISTIAN CHURCH OF THE HOLY TRINITY

COMING EVENTS

FEBRUARY:

28, TODAY 10:45 a.m. Women’s Club meeting
12:30 p.m. LCBA meeting at Archangel Michael Church

MARCH:

1, Monday 7:00 p.m. Church Council meeting
3, Wednesday Women’s Club Soup Supper following Presanctified Liturgy
5, Friday 6:00 p.m. Brown Bag Discussion following Akathist
10:30 p.m. Men’s Club Cosmic Bowling event
7, Sunday Women’s Club Easter candy sale begins
8, Monday 7:00 p.m. EOWG meeting at St. Sava Cathedral
10, Wednesday Women’s Club Soup Supper following Presanctified Liturgy
12, Friday Movie Night following the Akathist

GOD’S BLESSINGS:

Blessings to all who had a hand in the glorious Sunday of Orthodoxy Vespers last Sunday -- those who parked cars, baked goodies, served, cleaned up, sang in the choir, and greeted our guests.

PASCHA BASKET OUTREACH:

If you are interested in donating any items or a monetary gift for our annual Pascha Basket outreach project, please contact Mary Jane Vignovic (440-526-0586; mjvignovic@roadrunner.com) or Susan Haverly (330-278-2797; nmh@mailstation.com). Please submit names of any possible recipients by Sunday, March 28.

MENS’ CLUB:

The Men’s Club will have a Cosmic Bowling Party at Seven Hills Lanes from 10:30 p.m. to 1:00 a.m. on Friday, March 5. Cost is \$13/person for bowling, shoe rental, and a raffle ticket. Contact Alex or Ken (ajcundik@cox.net; kencaroline@msn.com).

CHOIR BRUNCH PROCEEDS:

Thank you to all who supported the Forgiveness Sunday brunch. Proceeds were \$556, which the Choir will contribute to the International Orthodox Christian Charities (specific for relief work in Haiti) and the OCA Liturgical Music Department.

LCBA:

The local branch of LCBA meets at 12:30 today at Archangel Michael Church. All policy holders and investors are encouraged to attend.

MOVIE NIGHT:

Join us in the Fellowship Hall after the Akathist on March 12 and 19 for viewing Little Mountain and The Shoes of the Fisherman.

SUPPLIES NEEDED:

Please check sale ads and consider donating items needed for our continued baking and cooking: flour, walnuts, granulated sugar, unsalted butter, Crisco oil, bacon, pure vanilla. Help is needed throughout March.

EOWG:

There is a meeting Monday, March 8, 7:00 p.m., at St. Sava Cathedral. Fr. Jakovljevic will speak on “Continuing Our Spiritual Journey.” Refreshments will be served at 6:30. Come and bring a friend.

EASTER CANDY:

Please plan to buy your Easter candy from the Women’s Club Candy Sale of fine chocolates and other treats made by Olympia Candy in Strongsville. Order forms will be available on March 7. Deliveries by Palm Sunday, or sooner if needed.

LA COUPOLE:

Easter items are available. Consider putting a children’s book in your little one’s Easter basket.

CHURCH COUNCIL:

The March Church Council meeting will be held on Monday, March 1, at 7:00 p.m.

TRINITARIAN COVERS:

The covers today are offered in honor of John Kanchuk by Bert and Melania Schulte.

THE GIFTS WE OFFER TO THE LORD WE LOVE

REGULAR COLLECTION, FEBRUARY 21	\$ 4385.00
CHURCH ADMINISTRATION ASSESSMENT	2543.00
BUILDING FUND	118.00
MORTGAGE FUND	377.00
CANDLES	153.00

SPIRITUAL JOY

“When spiritual joy comes to the body from the mind, it suffers no diminution by this communion with the body, but rather transfigures the body, spiritualizing it ...rejecting all evil desires of the flesh, it no longer weighs down the soul but rises up with it, the whole person becoming spirit, as it is written: ‘He who is born of the Spirit is spirit’” (John 3: 6-8) [St. Gregory Palamas, Triads, II, 2.9]

The definition of human beings: We are creatures in the state of an ongoing transition. We are neither angels nor animals. Jesus Christ is the *Way*, and we follow Him on the way towards unity with the Holy Trinity, or else we are descending into a dark pit of self-destruction – but we are never satisfied with where we are. Great Lent provides us with spiritual energy to become who we are, or whom our Creator intends us to be. Great Lent is a process intended to guide us to a bond with divinity by stages, to the extent that we are capable of overcoming selfhood and making advances nurtured by the Holy Spirit and led by the example of Jesus Christ. It's why ladders appear in our icons to lead ever onward and upward, but allowing for descent if we should need it.

One Sunday is devoted to St. Gregory Palamas, Archbishop of Thessalonica, a special saint of the fourteenth century who had the wisdom, faith and insight to harmonize the advances made in monasteries with the spiritual strivings of ordinary Orthodox Christians such as us. You may notice our bishops and monastic women and men wearing a cord on their left wrists. It has many separated knots, and it's used to count short prayers in rhythm with their breathing. You may have such a rope yourself. It's one way to pray in silence or *hesychia* – of course, not the only way, but a method that some in St. Gregory's time thought of as foolish and worthless. They considered it a time waster for monks who should more profitably serve God by work or study.

Those who criticized the Hesychasts, as they were called, went further and condemned the goal of the monks who were convinced that it is possible for human beings to witness the light of divinity just as the three apostles had who were with Jesus Christ when He was transfigured on the mountain [Matthew 17:2, Mark 9:2]. Even today the phenomenon divides Christians into those like us who believe it actually happened from those who understand it as mere metaphor. How can it be possible for mere humans to behold divinity? Was it not just the light of the sun that blinded the apostles?

St. Gregory explained that while the essence of Godliness is reserved for the Holy Trinity, even since the Incarnation of Jesus Christ, our bodies have become *“temples of the Holy Spirit who dwells in us”* [I Corinthians 6:19]. It is in our bodies that are baptized into Christ, and through the Holy Eucharist that we receive God, no longer outside of us, but within us. The light that the apostles witnessed was external to them since Christ had not died and was risen, but now we are capable of knowing ourselves and growing into the awareness that Christ is alive not just outside but within us as well. We are dust and matter, but with the dignity and potential of sanctification. God in Christ is not just saving our souls, but our bodies and minds as well. By grace the whole person is saved, and this is not some abstract theology, but St. Gregory uses the New Testament to explain how this happens.

St. Gregory goes on to describe deification, the process of incorporating ever deeper into the Body of Christ by drawing our minds into our hearts, uniting thought with feeling. We don't abstract ourselves from the Church. Indeed, it's only through the Church and the sacraments do we find our way to God, as members of the Body of Christ, because He is the heart of the Church where we find our true selves.

Father Vladimir Berzonsky

**TODAY'S ORTHODOX WOMAN
SERVING GOD**

**BROWN BAG DISCUSSIONS:
JOIN US FOR OUR TWO REMAINING
PROGRAMS. THE EVENTS BEGIN
AFTER THE AKATHIST EACH WEEK,
WHICH STARTS AT 6:00 P.M.**

**Bring a brown bag meal; coffee, tea, and
water are provided.**

**Friday, March 5:
Akathist - Glory to God for All Things
Speaker - Mother Christophora**

**Friday, March 26:
Akathist - Mother of God, Nurturer of
Children
Speaker - Matushka Valerie Zahirsky**

**·ST. GREGORY
PALAMAS·**



***HOLY TRINITY ORTHODOX
CHURCH
6822 BROADVIEW ROAD
PARMA, OHIO 44134***

ORTHODOX CHRISTIAN CHURCH OF THE HOLY TRINITY
6822 BROADVIEW ROAD; PARMA, OHIO 44134
VERY REVEREND VLADIMIR BERZONSKY
 Rectory: 963 John Glenn Drive; Seven Hills, Ohio 44131
 Telephones: Church Office - 216-524-4859; Rectory - 216-524-8989

MARCH 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:00 p.m. Church Council meeting	2	3 5:00 p.m. Personal Confessions; 6:00 p.m. Presanctified Liturgy; Women's Club Soup Supper	4	5 5:00 p.m. Personal Conf. 6:00 p.m. Akakthist; Brown Bag Discussion 10:30 Men's Club bowling	6 8:30 a.m. Personal Conf. 9:00 Divine Liturgy 5:00 p.m. Great Vespers; Personal Confessions
7 3rd Sunday of Great Lent Veneration of the Cross Women's Club Candy sale begins	8 7:00 p.m. EOWG mtg. at St. Sava Cathedral (Refreshments at 6:30)	9	10 5:00 p.m. Personal Confessions; 6:00 p.m. Presanctified Liturgy; Women's Club Soup Supper	11	12 5:00 p.m. Personal Conf. 6:00 p.m. Akathist - Precious and Life-Giving Cross Movie Night	13 8:30 a.m. Personal Conf. 9:00 Divine Liturgy 5:00 p.m. Great Vespers; Personal Confessions
14 4th Sunday of Great Lent St. John Climacus	15	16	17 5:00 p.m. Personal Confessions; 6:00 p.m. Presanctified Liturgy; Women's Club Soup Supper	18	19 5:00 p.m. Personal Confessions; 6:00 p.m. Akathist Movie Night	20 8:30 a.m. Personal Conf. 9:00 Divine Liturgy 5:00 p.m. Great Vespers; Personal Confessions
21 5th Sunday of Great Lent St. Mary of Egypt	22 Baking for Paschal Bakery Sale	23 Baking	24 Baking 7:00 p.m. Vigil of the Annunciation	25 9:00 a.m. Divine Liturgy Annunciation of our most Holy Lady, the Theotokos Baking	26 Baking 5:00 p.m. Personal Conf. 6:00 p.m. Akathist - Mother of God Brown Bag Discussion	27 8:30 a.m. Personal Conf. 9:00 Divine Liturgy 5:00 p.m. Great Vespers; Personal Confessions
28 Entry of our Lord into Jerusalem Paschal Bakery sale W. Club mtg. 6:00 pm Bride- groom Matins	29 6:00 p.m. Presanctified Liturgy; Bridegroom Prayers Great and Holy Monday	30 6:00 p.m. Presanctified Liturgy; Bridegroom Prayers Great and Holy Tuesday	31 9:00 a.m. Presanc. Lit. 6:00 p.m. Service of Anointment Great and Holy Wednesday			

BRIEF PRAYERS FOR MARCH, 2010

By Father Vladimir Berzonsky

THIRD WEEK OF GREAT LENT

1. Mon. Genesis 6:9-22 Proverbs 8:1-21 The Church is The Ark of the New Covenant moving through the storms of temptation. Lord, protect us as once You did Noah and his family from the flood.
2. Tue. Genesis 7:1-5 Proverbs 8:32-9:11 Father, we pray for mercy upon those without work or hope today who feel useless and helpless, frightened and forlorn.
3. Wed. Genesis 7:6-9 Proverbs 9:12-18 Jesus, guide me to the ark of Your Church, so that I may always take refuge in it from the waters of temptation that engulf me.
4. Thu. Genesis 7:11-8:3 Proverbs 10:1-22 Help me, Lord, to care for all living things the way Noah did, opposing those who abuse animals, pollute the air, and defile the waters.
5. Fri. Genesis 8:4-21 Proverbs 10:31-11:12 Lord, we pray for our own spiritual family, for the healing of the sick, comfort of widowers and shut-ins, and for the consolation of the bereaved.
6. Sat. Hebrews 10:32-38 Mark 2:14-17 Grant eternal rest, O Lord, to the souls of the beloved ones of our spiritual family, and let their memory be eternal.

THIRD SUNDAY OF GREAT LENT - VENERATION OF THE CROSS

7. Sun. Hebrews 4:14-5:6 Mark 8:34-9:1 Dear Jesus, help those who suffer in any way to offer their pains as a gift of identity with Your passion on the Cross on our behalf.

FOURTH WEEK OF GREAT LENT

8. Mon. Genesis 8:21-9:7 Proverbs 11:19-12:6 Help me, Lord, to see what You wish me to do, and to carry out Your plan for creation through my life and repentance.
9. Tue. Hebrews 12:1-10 Matthew 20:1-16 Holy Martyrs of Sebaste, as you forty stood firmly in faith despite the cold that brought you death, pray for me, that my faith be as strong as yours.
10. Wed. Genesis 9:18-10:1 Proverbs 12:23-13:9 Jesus, go with me today, giving me the determination to rise when I fall and not surrender to the evil one.
11. Thu. Genesis 10:32-11:9 Proverbs 13:19-14:6 Dear Jesus, please comfort all who live alone, fearful of intruders, frightened by noises, with nobody but You to provide them protection.
12. Fri. Genesis 12:1-7 Proverbs 14:15-26 Grant me the vision of Your Kingdom, O Holy Trinity, as I travel once more the road of salvation, working to shed my sins and serve only You.
13. Sat. Hebrews 6:9-12 Mark 7:31-37 I pray for those who began the fast and are already fallen. Please lift them up, Lord; take them on Your shoulders and whisper a word of encouragement and hope to them as they continue on their journey.

FOURTH SUNDAY OF GREAT LENT - ST. JOHN CLIMACUS (OF THE LADDER)

14. Sun. Hebrews 6:13-20 Mark 9:17-31 Jesus, help me to cleanse my soul from sins, so that I may be ready to see Heaven opened and the angels rising and descending.

FIFTH WEEK OF GREAT LENT

15. Mon. Genesis 13:12-18 Proverbs 14:27-15:4 Teach me to guard my words and set a watch over my emotions, for this will keep me from trouble.

MARCH, 2010, BRIEF PRAYERS - Page 2

16. Tue. Genesis 15: 1-15 Proverbs 15:7-19 Heavenly Father, raise me from laziness, thoughts of surrender to worldly temptations, and loss of self control.
17. Wed. Genesis 17:1-9 Proverbs 15:20-16:9 Holy Patriarch Abraham, pray for the peace of all who call you "Father" - Christians, Muslims, and Jews, so divided among themselves.
18. Thu. Genesis 18:20-33 Proverbs 16:17-17:17 Blessed martyrs of Persia (Iraq), pray with us that peace be restored between the Middle East, the U.S.A. and western Europe.
19. Fri. Genesis 22:1-18 Proverbs 17:17-18:5 I pray for our bishops and church leaders, that they may be full of peity, humility, peace and wisdom, to serve You, Lord, by serving us believers.
20. Sat. Hebrews 9:24-28 Mark 8:27-31 Holy Spirit, be the peace of rape victims, that they may feel cleansed of the anger, shame, hatred, confusion, panic, and despair. Let them sleep easily once more.
- FIFTH SUNDAY OF GREAT LENT - ST. MARY OF EGYPT**
21. Sun. Hebrews 9:11-14 Mark 10:32-45 Lord, teach me to live the life of prayer and fasting, of abstinence from worldly pleasures and watchfulness over my activities.
- SIXTH WEEK OF GREAT LENT**
22. Mon. Genesis 27:1-41 Proverbs 19:16-25 Holy Mary Theotokos, pray with me for the lovers of Christ in monasteries, the men and women who have offered their whole lives to God.
23. Tue. Genesis 31:3-16 Proverbs 21:3-21 Jesus, teach us Your concern for the poor, the confused, the hungry, the imprisoned, the sufferers from sicknesses they brought upon themselves.
24. Wed. Genesis 43:26-32 Proverbs 21:23-22:4 Forgive me, heavenly Father, all the sins I have committed to the present, harming You by injuring Your creatures, both human and animal.
- ANNUNCIATION**
25. Thu. Hebrews 2:11-18 Luke 1:24-38 Holy Mother Mary, pray that I have the joy that you felt when the angel spoke of the gift of life you would bring into the world.
26. Fri. Genesis 49:33-50:26 Proverbs 31:8-31 I live in a world more wicked than ancient Egypt, yet I have not found the desire to flee to the Promised Land of holiness and peace. Please help me find the way by losing slavery to sin.
- LAZARUS SATURDAY**
27. Sat. Hebrews 12:28-13:8 John 11:1-45 Help me, Lord, not to be among the crowds who follow You because of miracles, but to accept You as Savior and God.
- ENTRY OF OUR LORD INTO JERUSALEM**
28. Sun. Philippians 4:4-9 John 12:1-18 Let me not be like those who shouted "Hosanna!" one day and then "crucify Him" by my worldly cares on another; but help me to achieve the faith of the beloved apostle, who was with You in every situation.
- PASSION WEEK**
29. Mon. Exodus 1:1-20 Job 1:1-12 Lord, let me have that patience of Job, for he overcame all his pain, suffering and misery by trusting in Your will for his life.
30. Tue. Exodus 2:5-10 Job 1:13-22 Like Moses, You drew me out of baptismal water, yet I continue to drown myself in sin and self-indulgence. Help and save me.
31. Wed. Exodus 2:11-22 Job 2:1-10 Like Moses, I can call myself an alien in a foreign land, Lord, since this world and life are only preparation for Your kingdom.