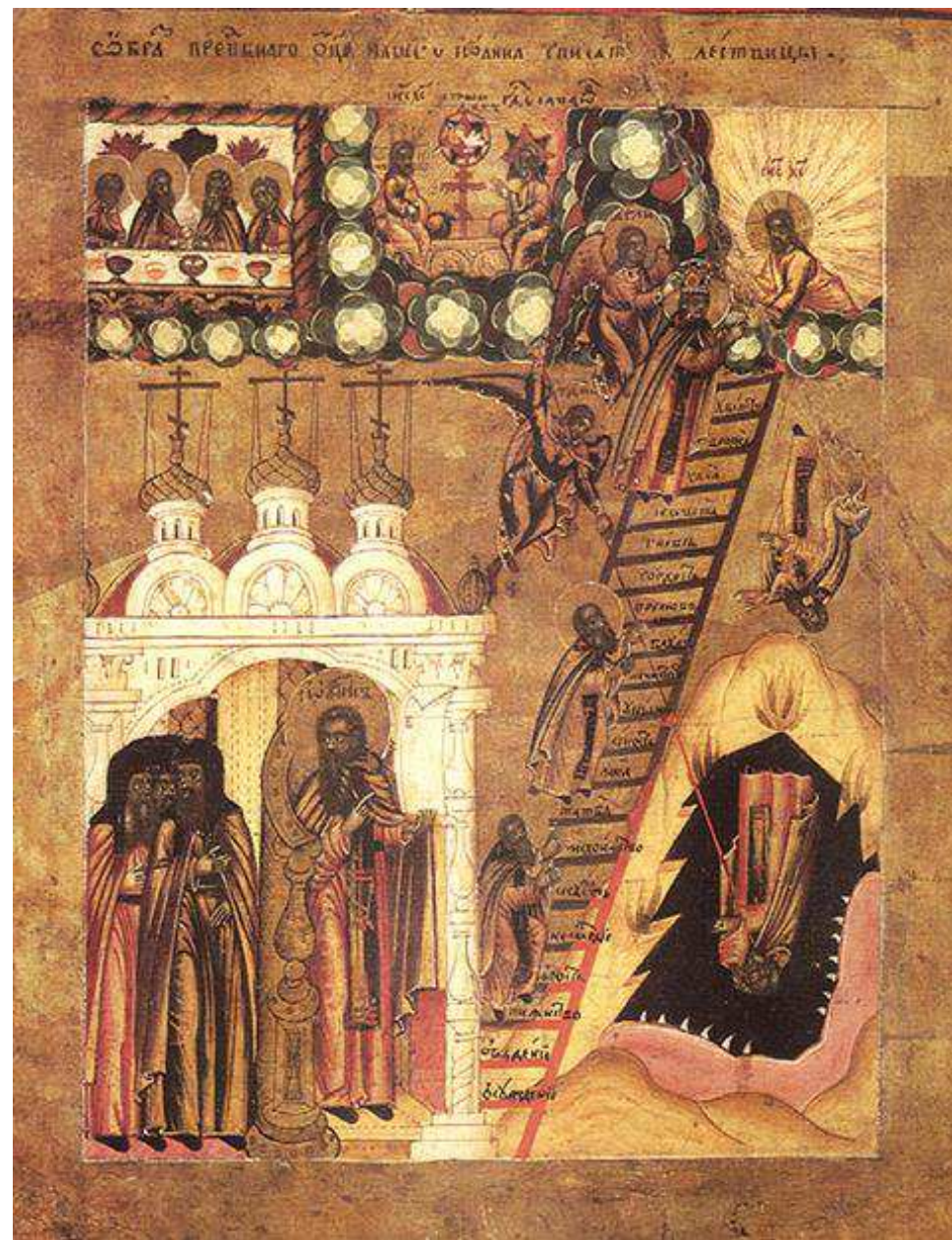


When our soul departs from life, we shall not be accused of not having worked miracles or not having been theologians, or not having seen visions; but we shall all certainly have to give an account before God because we had not wept unceasingly for our sins.

St. John Climacus



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

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. ALEXANDER GARKLAVS, 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 20 - VOLUME LV

tone 8

MARCH 18, 2018

FOURTH SUNDAY OF LENT

St. John Climacus

St. Cyril, Archbishop of Jerusalem;

Martyrs Trophimus and Eucarpus of Nicomedia;

Ven. Aninas of the Euphrates; Repose of St. Nikolaj of Zhicha

“Your servant, John, rejected the cares of this world as a burden, O Christ, preferring to renew his spirit by mastering his body through discipline and self-control. For this, You gave him a share in the glory of heaven. By his prayers, and those of the Theotokos, O Savior, enlighten us and save us.

Exapostilarion, Tone III

“O Cyril, holy hierarch, your flock has recognized you by the brilliance of your works. You are a model of kindness and rule of faith, a teacher of self-control. Your lowliness has raised you to the heights of fame, and your poverty has filled your hands with riches. Beg Christ, our God, to save our souls.”

Troparion, Tone IV

TODAY’S EPISTLE: HEBREWS 6:13-20
EPHESIANS 5:9-19

TODAY’S GOSPEL: MARK 9:17-31
MATTHEW 4:25-5:12

HOLY WORSHIP THIS WEEK:

Wednesday, March 21	6:00 p.m. Presanctified Liturgy
Friday, March 23	9:00 a.m. Presanctified Liturgy
	6:00 p.m. Akathist to the Theotokos
Saturday, March 17	5:00 p.m. Great Vespers and Litya

Daily Scripture Readings

Monday, March 19	Isaiah 37:33-38:6	Genesis 13:12-18	Proverbs 14:27-15:4
Tuesday, March 20	Isaiah 40:18-31	Genesis 15:1-15	Proverbs 15:7-19
Wednesday, March 21	Isaiah 41:4-14	Genesis 17:1-9	Proverbs 15:20-16:9
Thursday, March 22	Isaiah 42:5-16	Genesis 18:20-33	Proverbs 16:17-17:17
Friday, March 23	Isaiah 45:11-17	Genesis 22:1-18	Proverbs 17:17-18:5
Saturday, March 24	Hebrews 9:24-28	Mark 8:27-31	
(Theotokos)	Hebrews 9:1-7	Luke 10:38-42; 11:27-28	

COMING EVENTS

MARCH:

- 21, Wednesday Soup Supper following the Presanctified Liturgy
- 26, Monday Cooking for St. Herman's House
- 27, Tuesday Serving dinner at St. Herman's House
- 28, Wednesday Soup Supper following the Presanctified Liturgy
- 31, Friday 6:00 p.m. Preparation of Palms

APRIL:

- 6, Friday Delivery of Pascha baskets to shut-ins
- 13, Friday 6:00 p.m. Bright Friday Celebration

MEMORY ETERNAL:

John Krafcik, a founding member of Holy Trinity, has fallen asleep in the Lord.

LENTEN CONFESSIONS:

Father Alexander will offer time for private confessions next week on Wednesday, 3/21, 4:30-6:00 p.m.; Friday, 3/23, 8:00-9:00 a.m., 4:30-6:00 p.m.; and Saturday, 3/24, 5:00-6:00, and following the Litya. Please see Father with any questions.

PASCHA BASKET OUTREACH:

The Outreach Group will prepare Pascha baskets for shut-ins during Holy Week. We would appreciate assistance with food items, preparing baskets and delivering the baskets on Holy Friday. Please see Barb or Gene Filipow or Laura Gluntz after church; or call Laura at 440-331-5233 to offer your help.

GREETERS:

We are looking for new people to become greeters. If you are interested, contact Alex Cundik at 440-877-1980; or email ajcundik@cox.net

FLOWERS:

The flowers today are offered by Dave and Judy Howe in memory of Andrew and Anna Boryk.

BRIGHT FRIDAY CELEBRATION:

Join HTOC on Friday April 13! Appetizers are served at 6:00, with a family-style dinner catered by Stancatos at 7:00. BYOB; beer and wine included. Adults \$22.50 before April 6; Ages 7-17 \$8.00. Call Jewelann; 216-741-0985; jewelann1@roadrunner.com

SPECIAL COLLECTION:

We are conducting a collection for the St. Mary of Egypt Mission. Please consider helping this Cleveland-based ministry, which supplies food to the needy.

PASCHA FLOWERS:

Donations for Paschal flowers are appreciated. Please use the envelope designated in your box.

ST. ELIZABETH BOOK CIRCLE:

The Book Circle will meet Monday, Monday, April 16, at 12:30. Our new book is Becoming a Healing Presence by Dr. Al Rossi. Copies will be available soon. Read chapters 1-3 for discussion.

LA COUPOLE:

Please come and see the beautiful selection of pysanky donated by Jerry Petrykowski from his wife Daria's collection. Also, there is a new selection of books, icons, egg wraps and cards for Pascha.

THE GIFTS WE OFFER TO THE LORD WE LOVE

REGULAR COLLECTION, MARCH 11	\$ 3033.00
CHURCH ADMINISTRATION ASSESSMENT	1343.00
BUILDING FUND	260.00
MORTGAGE FUND	170.00
CANDLES	148.00
PASCHA FLOWERS	95.00
DEANERY COLLECTION	96.00
PASCHA FLOWERS	27.00
ALL-AMERICAN COUNCIL	90.00
IN MEMORY OF V. REV. JOHN KLEMBARA	50.00
IN MEMORY OF ANNA STOYKA	185.00

**A SHORT COMMENTARY ON THE
“LADDER OF DIVINE ASCENT” BY ST. JOHN CLIMACUS**

1. Renunciation - The first step, always the hardest and critically important.
2. Detachment - Evil is all around, in our hearts too, recognize and put it away.
3. Exile - Accepting the importance and striving to “lay aside all earthly cares.”
4. Obedience - Faithful allegiance to God, Church, Tradition, and God’s people.
5. Penitence - Doing everything you can to obtain forgiveness and absolution.
6. Remembrance of Death - Not avoidable, get ready, be prepared, be at peace.
7. Sorrow - Be mindful of the suffering that many have to go through.
8. Anger - Never helpful or productive, destructive, especially of one’s self.
9. Malice - Do you want people thinking bad about you? Why would you?
10. Slander - A form of lying by which others are directly hurt.
11. Talkativeness - Serves no purpose, can be hurtful, creates mistrust.
12. Falsehood - Lying to God, to oneself, to others, to the world.
13. Despondency - Comes from sloth and indulgence, but can lead to change.
14. Gluttony - Brief comfort followed by unpleasantness, bad for body and soul.
15. Lust - Compelling pleasure that becomes anguish; makes prayer hollow.
16. Avarice - Deep greed which is worship of idols, insatiable madness.
17. Poverty - Life in pursuit of higher truths, life without anxiety.
18. False Piety - Sinful condition especially in churches and among priests.
19. Church Worship - Necessary for all who seek God, school for advancement.
20. Alertness - Development of mental and spiritual stamina, keeps minds clean.
21. Fear - Not healthy fear of God, but fear of misfortune, criticism, demons.
22. Vainglory - Self-esteem without restraint, pride as skin disease without cure.
23. Pride - Horrible delusion; loyalty is not adulation, love cannot be bought.
24. Simplicity - Pure, innocent child-like honesty and acceptance.
25. Humility - Understanding life as an undeserved gift that is to be shared.
26. Discernment - Knowledge through learning, how to be still and when to act.
27. Stillness - Beholding grandeur and beauty in God’s creation with gratitude.
28. Prayer - Living, talking, acting, being grateful with heartfelt tears of joy.
29. Dispassion - Ascending to holy thoughts, feelings, actions, and words.
30. Love - Ascension to peace and freedom; Christ-like life as far as possible.

Fr. Alexander Garklaus