

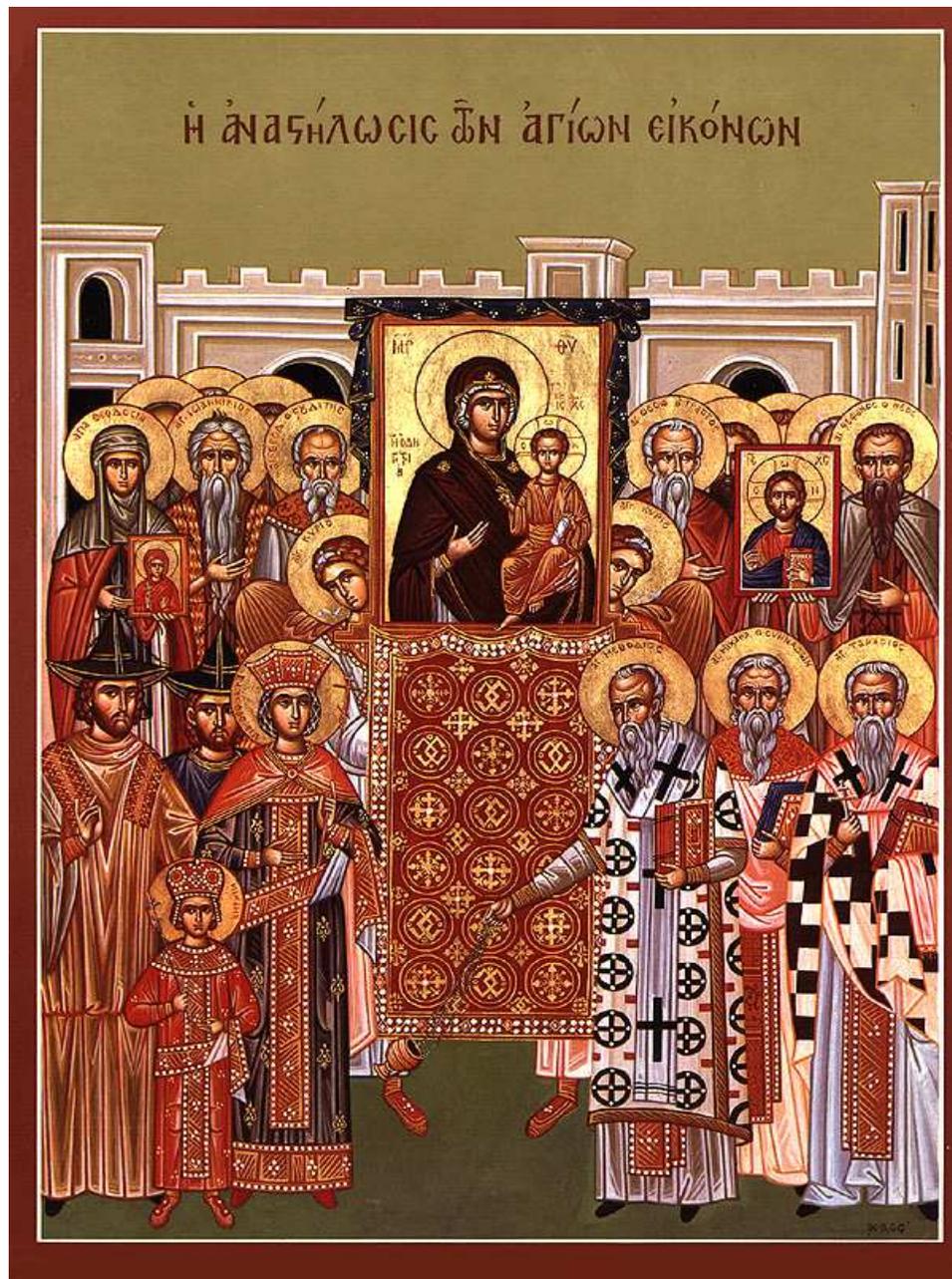
THE VALUE OF FASTING

The value of fasting consists not in abstinence from food, but in a relinquishment of sinful practices; since he who limits his fasting only to an abstinence from foods is he who especially disparages it. Do you fast? Give me proof of it by your works. Is it said, "By what works?" If you see a poor man, take pity on him! If you see an enemy, be reconciled to him! If you see a friend enjoying honor, envy him not!

For let not the mouth only fast, but also the eye, and the ear, and the feet, and the hands, and all the members of our bodies. Let the hands fast, by being pure from rapine and avarice. Let the feet fast, by ceasing from running to forbidden spectacles. Let the eyes fast, by being taught never to fix themselves rudely upon handsome countenances. For looking is the food of the eyes; but if this be such as is unlawful or forbidden, it mars the fast and overturns the whole safety of the soul.... For it would be an example of the highest absurdity to abstain from meats and from lawful food because of the fast, but with the eyes to feed even on what is forbidden.

Let the ear fast also. The fasting of the ear is not to receive evil-speakings and false statements. "Thou shalt not receive an idle report," it says. Let the mouth, too, fast from foul words and reviling. For what does it profit if we abstain from birds and fishes, and yet bite and devour our brethren? The evil speaker eats meat by devouring his brother, and bites the flesh of his neighbor. Because of this Paul utters the fearful saying, "If ye bite and devour one another, take heed that ye be not consumed one of another."

St. John Chrysostom



HOLY TRINITY ORTHODOX CHURCH
6822 BROADVIEW ROAD
PARMA, OHIO 44134

THE TRINITARIAN

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HOLY TRINITY ORTHODOX CHRISTIAN CHURCH

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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 LVI

TONE 1

MARCH 17, 2019

FIRST SUNDAY OF LENT

SUNDAY OF ORTHODOXY

Ven. Aleksy the Man of God;

Martyr Marinus; St. Patrick, Bishop of Armagh, Enlightener of Ireland;

Ven. Makáry, Abbot and Wonderworker of Kalyázinsk

“Leap for joy and clap your hands in gladness, for the swords of hostile heresy have been broken, and all the tumult and confusion has faded into the past. As we see the temple of the Lord in all its splendor, adorned with precious images, let us entreat the uncreated image of the Father to maintain the Church in unity, and in harmony and accord.”

Exapostilarion, Tone II

“Today, Armagh rejoices with Antrim and Mayo, and all Ireland praises the illustrious apostle, Patrick. On all he met, he made a deep and lasting impression, for the grace of God overflowed his noble and sensitive nature. With the Lord Christ as his breastplate and the undying lamp of the Spirit in his hand, he went forth to make the Irish people children of the font, baptizing them into Christ, the only Lover of Mankind.”

Troparion, Tone I

TODAY'S EPISTLE: HEBREWS 11:24-26,32-12:2

TODAY'S GOSPEL: JOHN 1:43-51

HOLY WORSHIP THIS WEEK:

Today, March 17	5:00 p.m. Orthodoxy Sunday Vespers at Archangel Michael Church
Wednesday, March 20	6:00 p.m. Presanctified Liturgy
Friday, March 22	9:00 a.m. Presanctified Liturgy
Saturday, March 23	5:00 p.m. Great Vespers

Daily Scripture Readings

Monday, March 18	Isaiah 4:2-5:7	Genesis 3:21-4:7	Proverbs 3:34-4:22
Tuesday, March 19	Isaiah 5:7-16	Genesis 4:8-15	Proverbs 5:1-15
Wednesday, March 20	Isaiah 5:16-25	Genesis 4:16-26	Proverbs 5:15-6:3
Thursday, March 21	Isaiah 6:1-12	Genesis 5:1-24	Proverbs 6:3-20
Friday, March 22	Isaiah 7:1-14	Genesis 5:32-6:8	Proverbs 6:20-7:1
Saturday, March 23 (Departed)	Hebrews 3:12-16 I Thessalonians 4:13-17	Mark 1:35-44 John 5:24-30	

ORTHODOX CHRISTIAN CHURCH OF THE HOLY TRINITY

COMING EVENTS

MARCH:

- 17, TODAY 11:00 a.m. Parish Council meeting
- 5:00 p.m. Sunday of Orthodoxy Vespers at Archangel Michael Church
- 20, Wednesday Soup Supper following Presanctified Liturgy
- 27, Wednesday Soup Supper following Presanctified Liturgy
- 31, Sunday 11:00 a.m-noon HTOC Church School SPIRITUAL HOSPITAL

MEMORY ETERNAL:

Dorothy Jacobenta fell asleep in the Lord and was buried March 16, 2019.

LENTEN CONFESSIONS:

Father Alexander will offer time for private confessions this coming week on Wednesday, 3/20, at 4:00-6:00 p.m.; Friday, 3/22, at 8:00-9:00 a.m.; Saturday, 3/23, at 4:00-5:00 p.m. and after Vespers. If you need special arrangements, please call Father Alexander.

THE SPIRITUAL HOSPITAL:

Save the date: On Sunday, March 31, the Church School children of Holy Trinity will present a one-day exhibition of the “**Spiritual Hospital.**” The Spiritual Hospital is not your typical hospital. Here, one can find healing for all ailments — even ailments we don’t know we have. Plan to visit this unique triage unit carefully prepared and presented by our young parishioners. The hospital will be open for you to visit during coffee hour.

Visiting Hours: Sunday, March 31, 11:00 a.m.—noon.

ST. ELIZABETH BOOK CIRCLE:

The Book Circle will meet Monday, April 8, at 12:30 p.m. We are reading the chapter on Spiritual Struggle in Wounded By Love, pages 134-157. All are welcome.

SUNDAY OF ORTHODOXY VESPERS:

Today the Orthodox community will celebrate the Sunday of Orthodoxy—the first Sunday of Lent—with a Vespers service at Archangel Michael Church, 5:00 p.m. Fr. Joseph, Abbot of St. Gregory Palamas Monastery, will give the homily.

ST. HERMAN’S HOUSE VIDEO:

For those who have a computer: St. Herman’s House of Hospitality has produced a very nice short video featuring their important ministry in Cleveland. It is available on YouTube at this location:

<https://youtu.be/9PN8DSeu6Ks>

LENTEN RETREAT:

St. Innocent Church invites all to a free retreat April 5 & 6; Friday is 7:00-8:30 p.m. and Saturday is 9:00 a.m.-noon. Dr. Nicole Roccas will speak on “Despondency and Great Lent.” Details are in the Hall.

TRINITARIAN COVERS:

The covers and flowers today are offered by Jewelann Stefanar in memory of Andrew and Suzanna Stefanar.

COFFEE HOUR:

Thank you to our hosts today—Claudia Virosteck and Matushka Carol Garklavs.

THE GIFTS WE OFFER TO THE LORD WE LOVE

REGULAR COLLECTION, MARCH 10	\$ 3122.00
CHURCH ADMINISTRATION ASSESSMENT	470.00
BUILDING FUND	50.00
MORTGAGE FUND	60.00
CANDLES	102.00
DEANERY	110.00
ORTHODOX MISSIONS	25.00
3/3 COFFEE HOUR	97.00

ORTHODOX CHRISTIAN CHURCH OF THE HOLY TRINITY

Bulletin 20 – Volume LVI

March 17, 2019

THE NAMES AND TITLES OF JESUS CHRIST

Some time ago in *The Trinitarian*, we wrote about the four large medallion icons of Our Lord in our church. These are on the north, east and south walls, toward the front of the church, two being over the door openings into the sanctuary. They portray Jesus Christ in four aspects with specific titles: Ancient of Days, Emmanuel, Angel of Good Counsel and the High Priest. Jesus' appearance in these icons corresponds to the titles, the Ancient of Days as an old man with a beard, Emmanuel as a young and beardless man, the Angel of Good Counsel has angel's wings, and the High Priest is in bishop's vestments. Each of these are attributes of Christ as understood by Orthodox Christian theology.

Those four titles are theologically significant enough to have inspired iconographers. But there are many other names and titles that are applied to Jesus, and they are all important. In fact, they are fundamental to understanding Jesus, where He came from, who He was, and what He means to us. The names are connected, as they all describe one Person, Jesus Christ; but they refer to different, even diverging, aspects. We could even say that they manifest the diversity that is in itself a key quality of Jesus. As well over fifty names exist, they illustrate how astounding and numerous are Christ's facets. Theoretically, that list is endless, as every believer could accurately say that Jesus Christ is their "personal Savior." Jesus can be "John Doe's Savior," and this title would be meaningful for Mr. Doe.

Some of the names are well known: Word, Wisdom, Light, and Servant. As used in the Bible, these names have many connotations. In the Old Testament they have specific references to certain people and to God. As some of the Old Testament prophecies about the coming Messiah also utilized these names, it makes sense that they would be attached to Jesus, even in His lifetime. It is in the Apostolic age and continuing with the Church Fathers that Jesus' names begin to acquire deeper significance. In theological reflections, the Church Fathers would develop important doctrines about the natures of Jesus Christ with reference to His names. In the 4th century, St. Nicetas Remesiana wrote a work called "The Names and Titles of Our Savior," where he describes some of the names: "Jesus is called the Word because God the Father spoke through Him to angels and men; the name Wisdom tells us that in the beginning, through Him all things were ordered wisely; He is Light because it was He who brought light into the darkness of the primordial world."

Attention to Jesus' names and titles and theological reflection about them has continued into our times. We now have the benefit of such reflections from someone we all knew, Fr. Thomas Hopko. Before he died, Fr. Tom was working on a book to be called "The Names of Jesus." It was completed using Fr. Tom's radio podcasts on that theme and is now available in print. During the course of this year, we will feature reflections on various Names of Jesus using excerpts from Fr. Tom's book. It is fitting that we begin this series at this time, as Monday, March 18, marks the fourth year of his passing away.

Fr. Alexander Garklaus