

## ***HIEROMARTYR MARK, BISHOP OF ARETHUSA***

Hieromartyr Mark suffered for his faith in Christ under the emperor Julian the Apostate (361-363). By order of the emperor Constantine, St. Mark had once destroyed a pagan temple and built a Christian church.

When Julian came to the throne, he persecuted Christians and tried to restore paganism. Some citizens of Arethusa renounced Christianity and became pagans. Then St. Mark's enemies decided to take revenge on him. The old bishop hid himself at first, but then gave himself up when he learned that the pagans had tortured many people in their search for him. He was led through the city and given over to torture. They tore out his hair, slashed his body, dragged him along the street, dumped him in a swamp, tied him up, and cut him with knives.

The pagans demanded that the holy bishop pay them a large sum of money to rebuild the pagan temple, and he refused. The persecutors invented several new torments: they squeezed the Elder in a foot-press, and they cut off his ears with linen cords. Finally, they smeared the holy martyr's body with honey and grease and hung him up in a basket in the mid-day hot sun to be eaten by bees, wasps, and hornets. St. Mark did not seem to notice the pain, and this irritated the tormentors all the more.

The pagans kept lowering the price he had to pay for their temple, but St. Mark refused to give them a single coin. Admiring him for his courage and endurance, the pagans stopped asking him for money and set him free. Many of them returned to Christ after hearing his talks.

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***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 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 22 - VOLUME LVII

TONE 8

MARCH 29, 2020

## FOURTH SUNDAY OF LENT

### St. John Climacus

*Hieromartyr Mark, Bishop of Arethusa, Martyr Cyril the Deacon, of Heliopolis,  
and others who suffered under Julian the Apostate;  
Ven. John, Anchorite, of Egypt;  
St. Eustathius the Confessor, Bishop of Bithynia*

“Dweller of the desert and angel in the body, you were shown to be a wonder-worker, our God-bearing Father John. You received heavenly gifts through fasting, vigil and prayer: healing the sick and the souls of those drawn to you by faith. Glory to Him who gave you strength! Glory to Him who granted you a crown! Glory to Him who through you grants healing to all!”

Troparion, Tone I

“In preparation for the contest, you anointed an assembly of martyrs and bolstered them by your steadfastness, O glorious Mark. You finished your course together with them and all of you were found worthy of the joy of heaven. Righteous father, entreat Christ our God to grant us His great mercy.”

Troparion, Tone III

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:

**ALL WORSHIP SERVICES HAVE BEEN CANCELLED UNTIL FURTHER NOTICE.**

### Daily Scripture Readings

Monday, March 30	Isaiah 37:33-38:6	Genesis 13:12-18	Proverbs 14:27-15:4
Tuesday, March 31 (St. Innocent)	Isaiah 40:18-32 Hebrews 7:26-8:2	Genesis 15:1-15 John 10:9-16	Proverbs 15:7-19
Wednesday, April 1	Isaiah 41:4-14	Genesis 17:1-9	Proverbs 15:20-16:9
Thursday, April 2	Isaiah 42:5-16	Genesis 18:20-33	Proverbs 16:17-17:17
Friday, April 3	Isaiah 45:11-17	Genesis 22:1-18	Proverbs 17:17-18:5
Saturday, April 4 (Theotokos)	Hebrews 9:24-28 Hebrews 9:1-7	Mark 8:27-31 Luke 10:38-42; 11:27-28	

**WEEKLY OFFERINGS:**

We ask that you do not forget to continue your financial support of the parish. The best way would be to mail in your contributions using your regular donation envelopes.

**ACTIVITIES:**

All activities are cancelled until further notice. Due to the uncertainty of worship services as well, there is no April calendar with this week's Trinitarian.

**Vigil Candles:**

If you would like to purchase a vigil candle/s, \$5.00 ea., to be lit at Holy Trinity.

Please contact ProtoDeacon Anthony or Matushka Dianna Kall at 216-741-2888, or [waynekall@ameritech.net](mailto:waynekall@ameritech.net)

These candles will be lit on Saturday evenings, until we are able to worship once again in our church.

**ST. JOHN CLIMACUS (OF THE LADDER)**

St. John of the Ladder is honored by the Holy Church as a great ascetic and author of the renowned spiritual book called THE LADDER, from which he is also called "of the Ladder" (Climacus). There is almost no information about St. John's origins. One tradition suggests that he was born in Constantinople around the year 570 and was the son of Sts. Xenophon and Maria (January 26).

John went to Sinai when he was 16, submitting to Abba Martyrius as his instructor and guide. After 4 years, he was tonsured as a monk. For 19 years St. John progressed in monasticism in obedience to his spiritual Father. After the death of Abba Martyrius, St. John embarked on a solitary life, settling in a wild place called Thola, where he spent 40 years laboring in silence, fasting, prayer, and tears of penitence.

It is not by chance that in THE LADDER St. John speaks about tears of repentance: "Just as fire burns and destroys the wood, so pure tears wash away every impurity, both external and internal." His holy prayer was strong and efficacious. He ate the food which is permitted by the monastic rule, but only in moderation. He did not sleep very much, only enough to keep up his strength, so that he would not ruin his mind by unceasing vigil. "I do not fast excessively," he said of himself, "nor do I give myself over to intense all-night vigil, nor lay upon the ground, but I restrain myself..., and the Lord soon saved me."

Gifted with discernment and attaining wisdom through spiritual experience, he lovingly received all who came to him and guided them to salvation. One day some envious monks reproached him for being too talkative, and so St. John kept silence for a whole year. The monks realized their error, and they went to the ascetic and begged him not to deprive them of the spiritual profit of his conversation.

Knowing of the wisdom and spiritual gifts of St. John, the igumen of the Raithu monastery requested him to write down whatever was necessary for the salvation of those in the monastic life. Such a book would be "a ladder fixed on the earth" (Gen. 28:12), leading people to the gates of Heaven. St. John felt that such a task was beyond his ability, yet out of obedience he fulfilled the request. The 30 steps of spiritual perfection correspond to the 30 years of the Lord's age. When we have completed these thirty steps, we will find ourselves with the righteous and will not stumble. THE LADDER begins with renunciation of the world, and ends with God, Who is love (I John 4:8). Although the book was written for monks, any Christian living in the world will find it an unerring guide for ascending to God, and a support in the spiritual life.

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**THE GIFTS WE OFFER TO THE LORD WE LOVE**

REGULAR COLLECTION, MARCH 22	\$ 1407.00
BUILDING FUND	905.00
CANDLES	24.00
KITCHEN FUND	100.00
COFFEE HOUR 3/15	59.00

## ORTHODOX CHRISTIAN CHURCH OF THE HOLY TRINITY

Bulletin 22 – Volume LVII

March 29, 2020

### WHEN MISFORTUNE OCCURS

*We have already featured several selections from the writings of St. Gregory the Theologian. Below are portions of a sermon he gave in 373 AD, to people in his father's parish in Nazianzen on the occasion of a devastating plague.*

From where come misfortune and scourges? Is it some disordered and irregular motion of the universe, as though there were no Ruler of the world? From where pestilences, diseases, earthquakes, tidal waves, and fearful things in the heavens? Why is there calamity? Is it a test of virtue or touchstone of wickedness? Is it better to bow before the chastisement and humble ourselves before the mighty hand of God, or, considering a trial, to rise superior to it? What should we do before we become discouraged or fall into the gulf of evil?

Terrible indeed are these things, but more terrible is what God's wrath could become! As yet, this is gentleness and loving-kindness and gentle reproof, and the first elements of a scourge to train our immaturity. Let us recognize our involvement by applying the medicine of Confession. For if we are mindful of the Lord's judgment, we may save our souls and those of others.

Therefore, let's acknowledge our disobedience, and take upon us our wrongdoing, thus perhaps to obtain mercy and salvation. Some of us have oppressed the poor, and robbed our neighbors, and been eager to have no neighbors, so as to dwell alone on the earth! Others have defiled the land with usury and interest, both gathering where they have not sowed and reaping where they have not worked. Others have robbed God, the giver of all, by being thankless and senseless. Others have had no pity on the widow and orphan, and have not shared bread and nourishment with the needy, or rather to Christ, Who is nourished in those who are nourished. Others have turned aside the way of the meek, and turned aside from the just to the unjust. Because of this heaven is shut, and if we do not repent and repeat we shall be lost.

Hear us, judicious and wise people, instruct others how to break bread with the hungry, to help the poor, to shelter and cover their nakedness and not neglect those who are in misfortune. Stand in repentance before God, make atonement, and let the plague be stayed, either by spiritual sacrifice of service or by prayer and reasonable intercession. Pray earnestly to God who knows to respect parents interceding for his children. Present yourself purified by suffering and fear. Beg for bodily sustenance, but beg more for the angels' food that comes down from heaven. So doing the Lord shall show loving-kindness and our land will recover and produce fruit which lasts for the day; and we, who are dust, will become the spiritual fruit which is eternal, to be stored up in heaven and presented before Christ Jesus our Lord, to whom be glory for evermore.

Amen.

*From the writings of St. Gregory the Theologian*