

MARTYR CONON OF ISAURIA

The Holy Martyr Conon was born in Badine, a village near the city of Isauria in Asia Minor, whose inhabitants had received the Christian Faith from the Apostle Paul.

At the insistence of his parents, Conon was betrothed to a girl named Anna. On their wedding night he persuaded her that they should remain virgins. Taking a candle and covering it with a vessel, he asked his bride: "Which is better—light or darkness?" "Light," she replied. He spoke to her about Christ and how the spiritual life was far superior and desirable than the physical. Thus, Anna and Conon lived together as brother and sister. Later, Conon brought his wife and her parents to the Christian Faith.

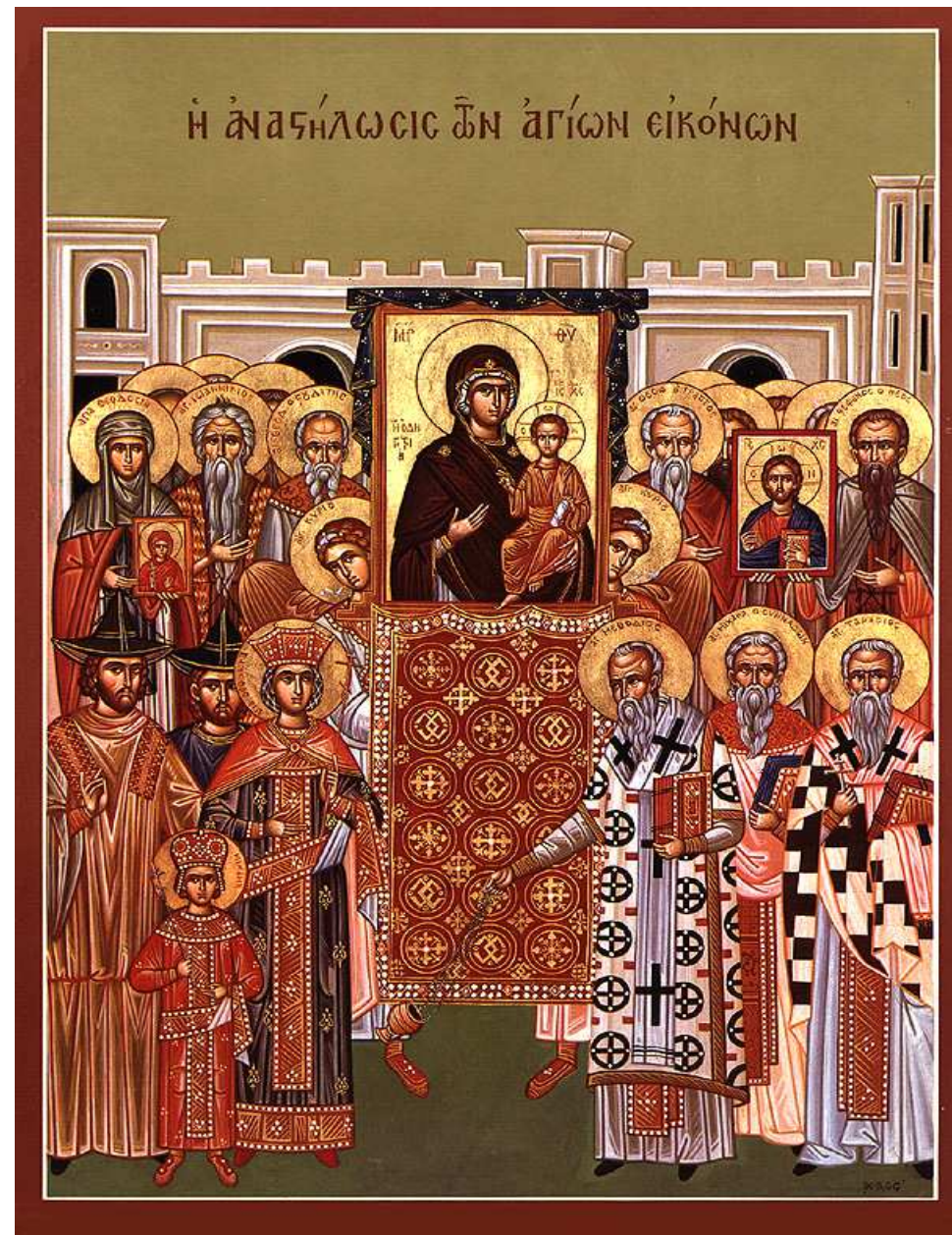
Shortly thereafter, Conon's wife and her parents died, and he withdrew completely from the earthly life, devoting himself to the monastic labors of prayer, fasting and divine contemplation.

By the grace of God, St. Conon received so much power and authority over demons that he was able to order some of them to farm the land. Others were sent to protect the fruit, and then he enclosed the rest in clay vessels, which he sealed and buried in the foundation of his house.

In his old age, the holy ascetic received the gift of working miracles. Through his preaching and miracles, many pagans were turned to Christ. When a persecution of Christians began in Isauria, St. Conon was one of the first to suffer. He was tortured severely for refusing to sacrifice to the idols. However, when the Christian inhabitants of Isauria learned of his torments, they went armed with weapons in order to protect the Martyr. Fearing the people's wrath, the torturers fled, and the Isaurians found the Martyr wounded and bloodied. Those who were sick anointed themselves with his blood, and they were healed. St. Conon was saddened because he had not been found worthy of being martyred for the Lord. He lived in Isauria for two more years, and then he departed to the Lord in the second century.

After the Saint's repose, some Christians wanted to convert his house into a church. As they were digging, they found the clay vessels containing the evil spirits. When one of the jars was opened, the demons came forth in the form of fire. The building collapsed, the wood and the ropes were burnt, and no one could approach the place until after sunset. By prayers and fasting of the Christians, the site was freed from the influence of the demons.

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SUNDAY OF ORTHODOXY

HOLY TRINITY ORTHODOX CHURCH
6822 BROADVIEW ROAD
PARMA, OHIO 44134

THE TRINITARIAN

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6822 BROADVIEW ROAD, PARMA, OHIO 44134
CHURCH OFFICE PHONE: 216-524-4859
CHURCH WEBSITE: <http://www.holy-trin.org>
REVEREND CHRISTOPHER MOORE, PASTOR
Phone: 440-447-7704
Email: frchristopher@holy-trin.org

Divine Liturgy on Sundays at 9:00 a.m.

Vespers on Saturdays at 5:00 p.m.

BULLETIN 18 - VOLUME LX

TONE 5

MARCH 5, 2023

FIRST SUNDAY OF LENT

Sunday of Orthodoxy

*Martyr Conon of Isauria; Martyr Onesimus of Isauria; Martyr Conon the Gardener, of Pamphylia;
Virgin-Martyr Irais of Antinoë in Egypt; Martyr Eulogius of Palestine;
Martyr Eulampius, of Palestine; St. Mark the Faster, of Egypt;*

St. Hesychius the Faster, of Bithynia;

*Finding of the Relics of Rt. Blv. Theodore, Prince of Smolensk and his children Sts. David and Constantine;
Martyr Adrian of Poshekhónsk*

“We venerate Your most pure image, O Good One, and ask forgiveness of our transgressions, O Christ God. Of Your own will You were pleased to ascend the Cross in the flesh to deliver Your creatures from bondage to the enemy. Therefore with thanksgiving we cry aloud to You: You have filled all with joy, O our Savior, by coming to save the world.”

Troparion, Tone II

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

TODAY’S GOSPEL: JOHN 1:43-51

HOLY WORSHIP THIS WEEK:

Today, March 5	5:00 p.m. Sunday of Orthodoxy Vespers
Wednesday, March 8	6:00 p.m. Presanctified Liturgy
Friday, March 10	9:00 a.m. Presanctified Liturgy
Saturday, March 11	5:00 p.m. Great Vespers

WELCOME VISITORS!

We are very glad you have come to worship the Holy Trinity with us this morning! Please participate in the services at your comfort level. Our greeters will kindly assist you with whatever questions or needs you may have. The communion of Christ’s Body and Blood is reserved for practicing Orthodox Christians. All are invited to come forward at the end of the service to receive the blessed bread. Please stay after the Divine Liturgy for coffee hour in the Fellowship Hall so we can get to know you better!

Daily Scripture Readings

Monday, March 6	Isaiah 4:2-5:7	Genesis 3:21-4:7	Proverbs 3:34-4:22
Tuesday, March 7	Isaiah 5:7-16	Genesis 4:8-15	Proverbs 5:1-15
Wednesday, March 8	Isaiah 5:16-25	Genesis 4:16-26	Proverbs 5:15-6:3
(Forty Martyrs)	Isaiah 43:9-14	Wisdom/Solomon 3:1-9	Wisdom/Solomon 5:15-6:3
Thursday, March 9	Isaiah 6:1-12	Genesis 5:1-24	Proverbs 6:3-20
(Forty Martyrs)	Hebrews 12:1-10	Matthew 20:1-16	
Friday, March 10	Isaiah 7:1-14	Genesis 5:32-6:8	Proverbs 6:20-7:1
Saturday, March 11	Hebrews 3:12-16	Mark 1:35-44	
(Departed)	I Thessalonians 4:13-17	John 5:24-30	

COMING EVENTS

MARCH:

- 5, TODAY 5:00 p.m. Pan-Orthodox Vespers at HTOC
- 8, Wednesday Soup Supper following Presanctified Liturgy
- 11, Saturday 10:00 a.m. EOWG service and program at St. Sava Cathedral
- 12, Sunday Second Sunday Food Sale
- 13, Monday 6:00 p.m. EMT / AED class at HTOC
- 14, Tuesday 6:30 p.m. Bagging food items at St. Mary of Egypt Mission
- 15, Wednesday Soup Supper following Presanctified Liturgy
- 19, Sunday 5:00 p.m. Sunday of the Cross Akathist at Archangel Michael Church

SUNDAY OF ORTHODOXY:

At 5:00 p.m. today Holy Trinity will host the Vespers service for the Sunday of Orthodoxy.

TRAINING FOR AN EMERGENCY:

On March 13 we will have a class in EMT/AED at 6:00 p.m. There is a sign-up sheet in our Fellowship Hall. Please see Frank Stoyka with any questions.

SECOND SUNDAY FOOD SALE:

We will have our next monthly food sale on March 12. Please plan to support this fundraiser.

ST. MARY OF EGYPT MISSION:

The Mission is seeking people to help bag non-perishable food items for their monthly distributions. The next bagging event is Tuesday, March 14, 6:30, at the Mission; 4345 State Rd. in Cleveland. Please call or text Nicholas Bodle at 216-904-8537.

EASTERN ORTHODOX WOMEN’S GUILD:

The EOWG will have their annual Memorial Service at St. Sava Cathedral on Saturday, March 11, at 10:00 a.m. There will be refreshments and fellowship, as well as a program, “Heavenly Worship in Orthodoxy.”

LENTEN SERVICES:

On March 19, Archangel Michael Church is having a Sunday of the Cross Akathist at 5:00 p.m.

On April 2 there will be a Holy Unction Service at St. Nicholas Church in Mogadore, 5:00 p.m.

YEAR-END FINANCIAL STATEMENTS:

Statements of your weekly donations to HTOC are now available in the Fellowship Hall.

LENTEN SOUP SUPPERS:

We will again offer our Soup Suppers following the Presanctified Liturgy on Wednesdays during Lent. Please sign up in the Fellowship Hall to donate soup.

LENTEN RETREAT:

Archangel Michael Church invites all to an afternoon retreat on March 11, 1:00-4:00 p.m. Fr. Thomas Soroka will present “Being Orthodox: Resilience in a Time of Doubt.” Registration is \$15; call 440-526-5192 or visit info@stmichaelscleveland.org

SUMMER CAMP:

St. Vladimir’s Orthodox Summer Camp is currently registering youth ages 8-17 for summer sessions. Session 1 is July 2-8, for ages 8-12; Session 2 is July 9-15 for ages 10-17; and Session 3 is July 16-22 for ages 13-17. The Camp is located in Farmdale, OH; photos and complete registration information can be found at www.stvladimirscampohio.com

TRINITARIAN COVERS:

The covers today are offered by Carol and Nick Wislocki.

FLOWERS:

The flowers today are offered by Ernie and Mary Ann Schmidt.

GIFTS WE OFFER TO THE LORD WE LOVE

	2/19	2/26
REGULAR COLLECTION	\$ 1153.00	\$ 3845.00
CHURCH ADMINISTRATION ASSESSMENT	1500.00	450.00
BUILDING FUND	412.00	1436.00
CANDLES	86.00	136.00
ORTHODOX MISSIONS		693.00
SPECIAL PROJECTS	56.00	77.00
HOUSE BLESSING		170.00
SECOND SUNDAY FOOD SALE	290.00	
COFFEE HOUR/CHURCH SCHOOL BRUNCH	773.00	

ORTHODOX CHRISTIAN CHURCH OF THE HOLY TRINITY

Bulletin 18 – Volume LX

March 5, 2023

Dear Brothers and Sisters,

Glory to Jesus Christ!

I pray that the start of Lent finds you well! Already we have been blessed by the offering of the special and more penitential services from the first week of Great Lent! Please continue to avail yourselves to the special Lenten offerings at our parish and in the greater Cleveland area.

This season is a time when many of the faithful come for confession. And I of course encourage confession during this Lenten season, the other 3 fasting seasons of the church year, and also whenever else you may need to come participate in this Holy Mystery.

To help us plan for confession, I have hung a confession sign-up sheet on the window of my office. After I made the announcement last Sunday about Saturdays being the best time for me to meet you for confession, I heard from a handful of you that Wednesdays before Presanctified Liturgies have also been a common time for you all to come to confession. Therefore this past week I updated the sign-up sheet to include more slots both on Wednesdays and Saturdays. Because I need time to prepare for Presanctified Liturgy on Wednesday, the slots for Wednesdays have specific times to still allow me 30 minutes of preparation right before the service. If you plan to come for confession, please first look at the sign-up sheet and sign up for a date that works for you if possible. If the sheet is getting full, or if after looking at the sheet you cannot make one of the dates listed, please speak to me or contact me and we will seek to find a time that works. If you don't mind indulging me, this method will be helpful to me, and perhaps also helpful for you too by setting a date and getting it on the calendar.

I want to make sure that all of you who wish to come to confession during Great Lent have the chance to do so. I also want to let you know that I do not hold to a rule that connects confession too closely with receiving Holy Communion. They are both important sacraments and it is right for us to be in the rhythm of participating in both, but their rhythms don't coincide directly.

It is good for all of us to be in a habit of finding a rhythm of regular confession and giving ourselves the opportunity to grow in our walk with the Lord, to take time to reflect on our sins and strive to understand our impulses and actions, and to potentially receive good words from our spiritual father towards deeper repentance. Yet going to confession does not make us worthy to receive Christ's Body and Blood which is always a gift of which we are unworthy and receive by grace.

There are some Orthodox Christians who feel they can't receive Holy Communion unless they first confess. In some parts of the world this is a prevalent approach. This would indeed be true if an Orthodox Christian has gone very many weeks or longer intentionally or maybe in laziness not attending church and partaking of Christ's Holy Body and Blood, and the person would need to be brought back into the regular life of the worshipping community. But if one is a practicing Orthodox Christian, attending and partaking regularly of Holy Communion, then from my perspective and my received teaching in the Orthodox Church, there is not a need to confess before each time one partakes. I think this is probably a pretty common teaching and approach among the faithful in our OCA churches and also among the majority of the greater Orthodox Churches in North America.

And along these lines, if for some reason it happens that you are not able to come for confession before Holy Pascha night, if you come to the chalice in faith, there will be no one saying to refrain from Holy Communion that blessed and joyful evening, as all are invited to share in the feast. If this happens and you are a practicing Orthodox Christian, partake in faith at Pascha; and then as needed there will remain the chance sometime after Bright Week for us to schedule a confession.

How often should I come for Holy Communion? As often as I can! Christ's Body and Blood are offered every liturgy for union with him and for life eternal. How often should I come for Holy Confession? As often as I need. At the very least once a year, and for my deeper spiritual health and growth multiple times a year.

May your Lenten journey be blessed and fruitful!

With love in Christ,
Fr Chris



Orthodox Church in America
DIOCESE OF THE MIDWEST

Archpastoral Message of His Eminence Archbishop Daniel

to the Clergy, Monastics, and Faithful of the Diocese of the Midwest

at the beginning of Great Lent 2023

Open to me the doors of repentance O Giver of Life; for my spirit rises early to pray towards Thy Holy Temple, bearing the temple of my body all defiled. But in Thy Compassion purify me by the loving kindness of Thy Mercy.

Beloved Brothers and Sisters in Christ,

In a few short days, the “Doors of Repentance” will be opened for us so that we may enter into the special season of grace, the 40-day period of the Church’s year, which is known as **Great Lent** or the **Great Fast**. Indeed, it is repentance, and fasting and abstinence which are the chief hallmarks of our observance of this grace-filled season. While we dedicate more time to prayer and study of the Holy Scriptures, participate more fully in the Church’s services, and reach out in charity to those in need, it is fasting of which we are most conscious in our day-to-day of life. But fasting from the foods (i.e. limiting the amount we eat and drink) and abstinence from many types of food (i.e. not consuming any animal products and foregoing alcoholic beverages) is not an exercise we perform for its own sake. Rather, the fasting discipline to which the Church calls us is intended not only as a form of penance and self-denial, but to help us focus on our spiritual lives so that we might grow in holiness as we prepare to renew within ourselves the Paschal Mystery of Our Lord Jesus Christ.

Saint John Chrysostom speaks about the importance fasting in one of his most memorable sermons. He emphasizes that fasting is not just about eating and drinking less or abstaining from certain foods. He states, “I have said these things, not that we may disparage fasting, but that we may honor fasting; for the honor of fasting consists not in abstinence from food, but in withdrawing from sinful practices; since he who limits his fasting only to an abstinence from meats is one who especially disparages it. Do you fast? Give me proof of it by your works! Is it said by what kind of 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 gaining honor, envy him not! If you see a handsome woman, pass her by! For let not the mouth alone 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 loose living and avarice. Let the feet fast, by ceasing from running to the unlawful spectacles. Let the eyes fast, being taught never to fix themselves rudely upon handsome countenances, or to busy themselves with strange beauties.” Saint John Chrysostom, the preacher with the “golden mouth,” counsels us not only to embrace fasting, but, as we embrace it, to look beyond the spiritual practice of fasting and realize that, if our fasting is to have any merit, if it is to make any difference in our lives, it must have an impact in all the areas of our life.

We are only at the beginning of the Fast, and the weeks ahead can become more challenging and more tedious with each passing day- but, despite frustration or even boredom with the fast, we strive to remain faithful to it nonetheless. So, as we strive to be faithful to the Church's fasting discipline, let's also reflect upon the impact that our fasting has in our daily lives. As a result of our fasting, are we more loving? Are we more caring for those around us, and reaching out to those in need? Are we curbing our tongues? Are we less tempted by the world and its enticements? If we can answer "yes" to these questions, then we see that the fast is at work within us and is bearing its own fruit.

The Lenten journey we are about to begin can be difficult. But we do not begin this journey alone. Indeed, we are surrounded by our fellow-strugglers, our brothers and sisters in Christ who are walking the same Lenten path we are walking. May our mutual support and our prayers for one another encourage and strengthen us all so that, together, we may arrive at the bright and joyous day of Pascha.

As we begin our Lenten journey to Pascha, be assured of my blessing and of my prayers for you, your families and friends, and for all our brothers and sisters within this God-protected Diocese.

A handwritten signature in black ink that reads "Daniel". The signature is written in a cursive style with a large, stylized initial "D" and a cross symbol to the left of the name.

DANIEL

Archbishop of Chicago and the Midwest

Holy Trinity Outreach Prayer List for week of February 12, 2023 Update

Memory Eternal

- 1 Former parishioner **Arlene (Budko) Neale** has fallen asleep in the Lord. May her memory be eternal+
- 2 May the Lord God receive the soul of His servant, the newly-departed **Archpriest Daniel Rentel**, into the mansions of the righteous. Memory Eternal+
- 3 **Matthew**, 54, cousin of Laura Gluntz has fallen asleep in the Lord. May his memory be eternal+
- 4 **Lois**, mother of Barry Gluntz has entered into eternal rest. May her memory be eternal+
- 5 **Very Reverend Sergius S. Kuharsky** fell asleep in the Lord on Jan 5. Please pray for comfort for his family. May his memory be eternal+

Specific Prayer Requests

- 1 Please offer prayers for Lara Chandurkar's father-in-law **Sudhakar**, who is hospitalized.
- 2 Paula Svilar asks for prayers for health and healing for her cousin **Amy**.
- 3 Marin and Adam Uziel ask for prayers for their mother **Marsha** who is recovering from surgery.
- 4 Joanne Stoyka asks for prayers for her cousin **Jeanie** who is recovering from surgery.
- 5 Joanne and Frank Stoyka ask for prayers for health and healing for their friend **Neil Quint**.
- 6 Joanne and Frank Stoyka ask for prayers for health and healing for their friend **George**.
- 7 Marsha Uziel asks for prayers for her friend **George** who is having serious health issues. Please also pray for his wife **Joyce** who is also suffering health issues.
- 8 Please offer prayers for health and healing for **Rachel** and **Pamela**.
- 9 Please offer prayers for **Valerie Spoerl** who is recovering from surgery.
- 10 Bruce Billow asks for prayers for **Roy** - from Saint Herman's who fell and has been hospitalized. Please pray for his speedy and full recovery.
- 11 Jessie Pechuch asks for prayers for continued health and healing for her father **George** following surgery.
- 12 Please offer special prayers for health and healing for **Ruth Flewelling**.
- 13 Joanne Stoyka asks for prayers for continued prayers for health and healing for her nephew, **Patrick**.
- 14 Frank and Joanne Stoyka ask for prayers of health and healing for their friend, **Neil**, who was life flighted to UH for aortic valve surgery.
- 15 Karen Sherwood asks for prayers for her cousins **Don** and **Joanne**. They are suffering from covid and Don is also in the hospital with a broken arm.

Update

- 1 Elliott McNeely's friend **Ava** is home from the hospital and doing well. Thank to everyone for your prayers!
- 2 Marsha Uziel's daughter **Maren** is recovering well from her surgery and will return to work soon. Many thanks for your prayers!

Continued prayers for the health, peace and well-being of:

- 1 **Becky and Evie**
- 2 **V. Reverend Father Vladimir and Margarita Berzonsky**
- 3 **Carol Bohurjak**
- 4 **Tommy Bohurjak**
- 5 **Marie Borland**
- 6 **Christine** who is undergoing cancer treatment
- 7 **Jennie Cundik**
- 8 **Baby Emilija Markov**, granddaughter of Ana Billow
- 9 **Anna DiDonato**

- 10 **Eva**, daughter of Nadine Svilar's cousin
11 **Barb Phillipow**
12 **Ruth Flewelling**
13 **Gil and Pat George**
14 Pauline Smolarchuk's friend's son **Jimmy**
15 **Mark Karpowicz**
16 **Lydia Kelbach**
17 **Liam James Kepner**
18 **John Kules**
19 **Olga Lobas**
20 **Kalle Lyytinen**
21 **George Mravitz**
22 **Michael**, Nephew of Pauline Smolarchuk
23 **Ellen Myerly**, daughter of Pat Schwartz
24 **Peter, and Rebecca**, nephew and niece of Ruth Flewelling.
25 **Jessica Pecuch**
26 **Kira Pilat**
27 **Olga Przybys**
28 **Carol Range**
29 **Betty Reis**
30 **Mark S.** friend of Michael Sabat
31 **Betty Scherry**
32 **Pat Schwartz**
33 **Gregg Sepic**
34 **Pauline Smolarchuk**
35 **Eleanor Steve**
36 **Ernie and Maryann Schmidt**
37 **Nadine Svilar**
38 **Teresa**, friend of Pauline Smolarchuk
39 **Tressa Thorpe**, friend of Jessie Pecuch
40 **Marsha Uziel**
41 **Marge Virosteck**

A Prayer for Deliverance From Illness

O most Holy God, Father, Son and Holy Spirit, Trinity undivided;
pour forth Thy mercy upon Thy sick servant (name);

take away all (his/her) pain and anguish, forgive all (his/her) sins, grant relief from all suffering, restore health and
strength to body and soul.

Grant Thy servant peace, patience and understanding of Thy will for (his/her) life, that (he/she) may return from the
bed of sickness

completely restored to health and able to praise Thy Holy Name, O Lord God and our Creator.