

Book Recommendation: Preparing for Confession
by L. Joseph Letendre

7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. 8 If we say we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 Jn 1:7-9)

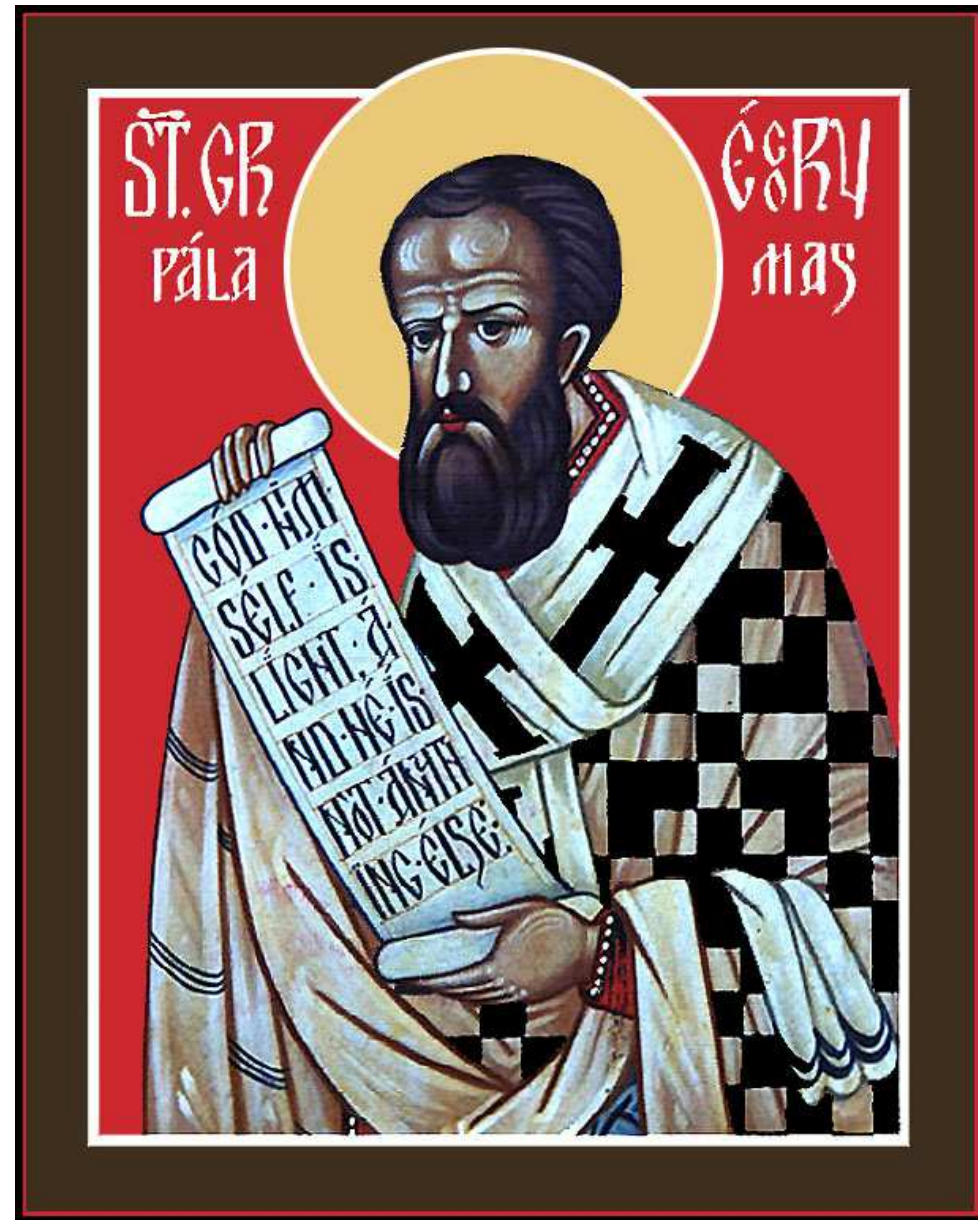
In this Lenten season when many of us are making our confession, there is a booklet I very highly recommend. Preparing for Confession by L. Joseph Letendre covers the basics in a concise and relatable way.

Some of us wonder about why we have to go to confession. Some of us get nervous about speaking our sins before a priest. Some of us struggle to know how to prepare for confession well and what to say or what not to say. Some of us struggle to know how often to come for the sacrament. This booklet does a great job of addressing these issues and giving us encouragement in how to move forward.

There are of course many different ways of self-examination towards the Sacrament of Confession. Some of us are quite mindful of the sins we've committed and are able to confess them clearly during the sacrament. I've found in my own preparations that I do better in the sacrament when I've gone through a prompt of questions to help me prepare a concise list of my sins—whether they are sins I find myself repeating regularly or sins I've committed just one time. One can find a compilation of several forms of self-examination at this website: (<https://saintseraphim.com/pdf/prep-confession.pdf>). Letendre's booklet on Preparing for Confession also has one of these self-examinations based on scripture passages, and this version is one I come back to regularly.

Many of us can benefit by having these types of tools in our "Toolkit for Spiritual Growth." Pick up a copy of this book in our bookstore or order it online today! And keep it handy for each time you come for confession. May the Lord bless each of you as you seek him!

Fr Chris



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

Vespers on Saturdays at 5:00 p.m.

BULLETIN 19 - VOLUME LX

TONE 6

MARCH 12, 2023

SECOND SUNDAY OF LENT

St. Gregory Palamas

Ven. Theophanes the Confessor, of Sigriane;

*St. Gregory Dialogus, Pope of Rome; Ven. Simeon the New Theologian;
Righteous Phineas, grandson of Aaron*

“O luminary of Orthodoxy, support and teacher of the Church, ideal of monks and invincible champion of theologians, O wonderworker Gregory, boast of Thessalonica and herald of grace, always intercede for all of us that our souls may be saved.”

Troparion, Tone VIII

“By a flood of tears you made the desert fertile and by your longing for God you brought forth fruits in abundance. By the radiance of miracles you illuminated the whole universe. O our holy Father Theophanes, pray to Christ our God to save our souls.”

Troparion, Tone VIII

TODAY'S EPISTLE: HEBREWS 1:10-2:3
HEBREWS 7:26-8:2

TODAY'S GOSPEL: MARK 2:1-12
JOHN 10:9-16

HOLY WORSHIP THIS WEEK:

Wednesday, March 15	6:00 p.m. Presanctified Liturgy
Friday, March 17	9:00 a.m. Presanctified Liturgy
Saturday, March 18	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 13	Isaiah 8:13-9:7	Genesis 6:9-22	Proverbs 8:1-21
Tuesday, March 14	Isaiah 9:9-10:4	Genesis 7:1-5	Proverbs 8:32-9:11
Wednesday, March 15	Isaiah 10:12-20	Genesis 7:6-9	Proverbs 9:12-18
Thursday, March 16	Isaiah 11:10-12:2	Genesis 7:11-8:3	Proverbs 10:1-22
Friday, March 17	Isaiah 13:2-13	Genesis 8:4-21	Proverbs 10:31-11:12
Saturday, March 18 (Departed)	Hebrews 10:32-38 I Thessalonians 4:13-17	Mark 2:14-17 John 5:24-30	

COMING EVENTS

MARCH:

12, TODAY	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
22, Wednesday	Soup Supper following Presanctified Liturgy

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.

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.

IOCC BANQUET:

Ticket sales are ongoing for the annual IOCC Banquet, which is Monday, May 8, 6:00-9:00 p.m., at St. Michael's Woodside. Your support will help families in the Ukraine, Greece, Syria, Ethiopia, as well as the U.S. See Paula Svilar or Diane Hastings.

YEAR-END FINANCIAL STATEMENTS:

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

COFFEE HOUR:

Our refreshments today are donated by the Svilar and Griebel Families.

SECOND SUNDAY FOOD SALE:

Our monthly Food Sale is today in the Fellowship Hall.

LENTEN SOUP SUPPERS:

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

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.

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

FLOWERS:

The flowers today are offered by Jewelann Stefanar.

“As the slayer of mankind raised himself against us with envy and hatred, so the Source of life was lifted up [on the Cross] because of His immeasurable goodness and love for mankind. He intensely desired the salvation of His creature, i.e., that His creature would be restored by Himself. In contrast to this, the author of evil wanted to bring God’s creature to ruin, and thereby put mankind under his own power, and tyrannically to afflict us. And just as he achieved the conquest and the fall of mankind by means of injustice and cunning, by deceit and his trickery, so has the Liberator brought about the defeat of the author of evil, and the restoration of His own creature with truth, justice and wisdom.”

St. Gregory Palamas

MORE ON THE HOUSE IN TODAY’S GOSPEL READING...

Even though Jesus declared that the Son of Man had nowhere to lay his head (Matt 8:20), he did nevertheless make Capernaum his home base (Mark 2:1). The town was near the border between territorial holdings of Herod Antipas and Herod Philip, both sons of Herod the Great. In addition, the northern reaches of the Greek-speaking Decapolis region were also nearby. Capernaum was at a crossroad point on the route between Asia, Africa, and Europe. All of these factors meant the presence of tax collectors and a garrison of troops to keep order.

What a choice for Jesus! It was important enough that Matthew collected the events that took place in Capernaum’s homes into two chapters of place-based narratives (Matt 8–9). The dwelling places of those who are named have a high profile in these chapters, and the theological significance of Jesus’ choice to make his home in the midst of his people is unmistakable; it is another reflection of God with us.

We can also investigate these homes for a small window into the daily life of the first century. In several cases, the very architecture of the home determined the shape of the narrative and the lessons embedded therein. Further, we learn who owned those homes and what their social status might have been. As Jesus approached or entered into these homes, he was entering a dwelling that would afford some sense of stability to his itinerant band of disciples. One additional level of symbolism may lie in those events that take place inside as opposed to outside.

In Matthew 8–9, we read of four real estate owners in Capernaum. The best known is Simon Peter. Early on in Jesus’ Galilean ministry, he chose Simon Peter and Andrew as disciples (Matt 4:18–20; Mark 1:16–18). It was not long before Peter’s home became Jesus’ home as well. He healed Simon Peter’s mother-in-law (Matt 8:14–15; Mark 1:29–30; Luke 4:38) and seems to have been welcomed into the home, even though it was modest. From the archaeological finds in small Galilean towns such as Capernaum and Korazin, we know that homes were constructed so that it was easy to add small rooms onto the complex when necessary. This is called the *insula* house structure. We also know that crowds from the whole town and beyond gathered around the door of this house on multiple occasions (Mark 1:33).

In the second half of the first century, Christians began to visit Capernaum, and particularly a large room (21 × 23 ft / 6.5 × 7 m). Perhaps it was used as a house church (*domus ecclesia*), carrying on an already honored tradition. It seems unlikely the early believers would have allowed that place to slip into oblivion. Several clues from the archaeologists’ work are also illuminating. The main room was plastered which seems to have been unusual in the first century. While normal ceramic remains would have been household pots of various shapes, here they found large storage jars. Oil lamps were also part of the assemblage. It is possible the house was used for communal gatherings. In the fourth century, this central large room was expanded. In one of the rooms, markings on the walls like what we might call graffiti mention “Jesus,” “Lord,” and “Messiah.” Signs of a fish and a crucifix were etched on the plastered walls. The inscriptions in Hebrew, Greek, Syriac, and Latin suggest pilgrims. Egeria, a late fourth century pilgrim, noted the presence of a substantial church in Capernaum. In the fifth century it was converted to an octagonal church, the architectural style that signified a memorial church. Five of Jesus’ disciples lived in Capernaum: Peter, Andrew, James, John, and Matthew.¹

¹ Elaine A. Phillips, “The Domestic Architecture of Capernaum and Beyond,” in *Lexham Geographic Commentary on the Gospels*, ed. Barry J. Beitzel and Kristopher A. Lyle, Lexham Geographic Commentary (Bellingham, WA: Lexham Press, 2016), 108–109.

For an interesting video about Capernaum in Jesus’ day, go to <https://faithlifetv.com/items/306847>
You can also search “St Peter’s house in Capernaum” for pictures of the site that is believed by many to be Peter’s home.

Holy Trinity Outreach Prayer List for the week of March 5, 2023

Memory Eternal

- 1 Sue Range asks for prayers for her cousin **Earl** who has fallen asleep in the Lord following an unsuccessful kidney transplant. Please pray also for peace and comfort for his family. May his memory be eternal+
- 2 **Richard Holl** has entered into eternal rest. May his memory be eternal+
- 3 Former parishioner **Arlene (Budko) Neale** has fallen asleep in the Lord. May her memory be eternal+
- 4 May the Lord God receive the soul of His servant, the newly-departed **Archpriest Daniel Rentel**, into the mansions of the righteous. Memory Eternal+
- 5 **Matthew**, 54, cousin of Laura Gluntz has fallen asleep in the Lord. May his memory be eternal+
- 6 **Lois**, mother of Barry Gluntz has entered into eternal rest. May her memory be eternal+

Specific Prayer Requests

- 1 Danielle Bohurjak is requesting prayers for her cousin, **Rhiannon** who is in immediate need of a liver transplant
- 2 Paula Svilar asks for prayers for health and healing for her coworker **Agata**.
- 3 Maren and Adam Uziel ask for prayers for health and healing of their mother **Marsha** recovering from surgery and other hospitalization.
- 4 Please offer prayers for Lara Chandurkar's father-in-law **Sudhakar**, who is hospitalized.
- 5 Paula Svilar asks for prayers for health and healing for her cousin **Amy**.
- 7 Joanne Stoyka asks for prayers for her cousin **Jeanie** who is recovering from surgery.
- 8 Joanne and Frank Stoyka ask for prayers for health and healing for their friend **Neil Quint**.
- 9 Joanne and Frank Stoyka ask for prayers for health and healing for their friend **George**.
- 10 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.
- 11 Please offer prayers for health and healing for **Rachel** and **Pamela**.

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 **Valerie Spoerl**
36 **Eleanor Steve**
37 **Ernie and Maryann Schmidt**
38 **Nadine Svilar**
39 **Teresa**, friend of Pauline Smolarchuk
40 **Tressa Thorpe**, friend of Jessie Pecuch
41 **Marsha Uziel**
42 **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.