

**MARCH:**

- 8, Saturday 9:00 a.m. Altar Servers' rehearsal
- 9, Sunday Second Sunday Lenten Food Sale
- 12, Wednesday Soup Supper following Presanctified Liturgy
- 15-16 Archpastoral Visit to HTOC
- 24, Monday Cooking for St. Herman's House
- 26, Wednesday Serving dinner at St. Herman's House

**GREAT LENT CONFESSIONS:**

Fr. Chris has a sign-up sheet at his office with available times for Lenten confessions. Please select your appointment as soon as possible. Use only available slots. Times **this week** are from 4:25 through 5:25 on Mon.-Thurs., as well as 4:10-5:10 on Friday, and after Vespers on Saturday.

**SUNDAY OF ORTHODOXY:**

Next Sunday, March 9, is the day we commemorate the restoration of icons to the Orthodox Church with the overthrow of the iconoclast heresy. We will have a procession of icons at our Liturgy— please bring an icon!

The Greater Cleveland Clergy will host a Vespers at 5:00 that evening. It will be at St. Sava Church; 6306 Broadview Rd. in Parma.

**SECOND SUNDAY FOOD SALE:**

Next Sunday is our Food Sale. Please prepare Lenten foods to offer.

**BUILDING & GROUNDS:**

Please note the form in today's bulletin from our Building & Grounds Team. Help is needed in various ways. Select any category that you can, write your name on the form and return it to Sasha Burtovyy.

**LENTEN SOUP SUPPERS:**

Our Soup Suppers will be March 12, April 2 (when we are hosting St. Innocent Church), and April 9. We have a Fish Dinner on March 25. Sign up in the Fellowship Hall to offer soup, Lenten breads, or a donation.

**SPECIAL LENTEN SERVICES:**

We are invited to St. Nicholas Church in Mentor on Sunday, March 23, for the 5:00 Sunday of the Cross Akathist, followed by a Lenten meal.

On Friday, March 28, there is a 6:30 Presanctified Liturgy & Potluck at St. Andrew Church in Maple Heights.

**SAVE THE DATE:**

May 19 is the annual IOCC Banquet - 6:00 p.m. at Woodside Event Center. Diane Hastings has tickets until May 2. \$70.

**COFFEE HOUR:**

Our refreshments today are hosted by the Brunch Bunch.

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

|                               |            |
|-------------------------------|------------|
| REGULAR COLLECTION, 2/23/2025 | \$ 3723.00 |
| CANDLES                       | 156.00     |
| VESTMENTS                     | 950.00     |
| SPRING CLEANING               | 38.00      |
| HOME BLESSING                 | 10.00      |



*THE EXPULSION OF ADAM FROM PARADISE*

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

# THE TRINITARIAN

Published Weekly by the  
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Divine Liturgy on Sundays at 9:00 a.m.

Vespers on Saturdays at 5:00 p.m.

BULLETIN 17 - VOLUME LXII

TONE 3

MARCH 2, 2025

## SUNDAY OF THE EXPULSION OF ADAM FROM PARADISE

### Sunday of Cheesefare

*Hieromartyr Theodotus, Bishop of Cyrenia; St. Arseny, Bishop of Tver; Virgin Martyr Euthalia of Sicily; Martyr Troadius of Neo-Cæsarea; Ven. Agathon of Egypt; 400 Martyrs slain by the Lombards in Sicily*

O Master, Guide to wisdom, Bestower of prudence, Instructor of the foolish, and Defender of the poor: make firm my heart and grant it understanding, O Word of the Father, give me speech, for behold, I shall not restrain my lips from crying out to Thee: "Have mercy, have mercy on me who have fallen."

Kontakion, Tone VI

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake in the life-giving Mysteries of Christ.

([www.oca.org](http://www.oca.org))

TODAY'S EPISTLE: ROMANS 13:11-14:4

TODAY'S GOSPEL: MATTHEW 6:14-21

### HOLY WORSHIP THIS WEEK:

|                    |  |
|--------------------|--|
| Today, March 2     | 5:00 p.m. Forgiveness Vespers                                    |
| Monday, March 3    | 6:00 p.m. Canon of St. Andrew                                    |
| Tuesday, March 4   | 6:00 p.m. Canon of St. Andrew                                    |
| Wednesday, March 5 | 9:00 a.m. Presanctified Liturgy<br>6:00 p.m. Canon of St. Andrew |
| Thursday, March 6  | 6:00 p.m. Canon of St. Andrew                                    |
| Friday, March 7    | 6:00 p.m. Presanctified Liturgy                                  |
| Saturday, March 8  | 12:00 p.m. Baptism of Gary Brill<br>5:00 p.m. Great Vespers      |

### WELCOME GUESTS!

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. During each Sunday service we offer Holy Communion. If you are a practicing Orthodox Christian and have come prepared to receive Christ's Body and Blood through fasting and prayer, please come forward to partake. All guests are invited to come forward at the end of the service to greet Fr. Christopher and 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!

Families with children: we encourage children of all ages to be present and participate as they are able during worship. We know sometimes kids need a break, so please take good advantage of our Rest and Refocus Room located on the south side of the lobby/narthex when coming in the main entrance. If you have pre-school and school age children, we invite you to send them to Church School directly after the Divine Liturgy throughout the academic year. May God bless you!

**Daily Scripture Readings** can be found in the St. Tikhon's Wall Calendar or at [www.oca.org/readings](http://www.oca.org/readings).

**VESTING OF THE BISHOP**

***“Let my soul rejoice in the Lord, for he has clothed me with a garment of salvation and a tunic of cheer. He has placed a miter on me as on a bridegroom, and he has adorned me with ornamentation like a bride.”***  
***(Isaiah 61:10)***

It is a common practice in the Slavic tradition for a bishop to don his liturgical vestments in the middle of the church in front of all the people before the liturgy begins. Each item of vestments has a particular meaning and purpose with layers of spiritual importance, practical functioning, and historical development. You might like to know a little about each item:

Vestments Worn during the Liturgy:

- Sticharion - an item worn by all ranks of the higher orders of clergy and by altar servers. The sticharion represents our baptismal garment and therefore the promise of future inheritance in the heavenly kingdom and participation in the heavenly banquet.
- Epitrachelion - the stole worn by priests and bishops when praying and serving. It is a mark of the shepherd of a community and the mercy and grace that God makes flow from him that wears it.
- Belt - helps keep vestments in place and signifies the controls of the flesh and its passions. When donned, the verse from the psalm is read: “Blessed is God, who girds you with strength and makes your way blameless; he makes your feet like hinds’ feet and sets you secure on the heights.”
- Cuffs - the mark of a servant. A reminder that the clergy are doing the work of the Lord in all their actions as they wear the cuffs.
- Epigonation/Palitsa - diamond-shaped material that hangs over the shoulder and drapes over the right side. This item represents a shield and denotes that the wearer is a soldier for Christ. It also is called a sword that represents the Word of God (Eph. 6:17).
- Sakkos - a large ornate piece of cloth that goes on over the previous items and is buttoned down both sides. Originally bishops wore the phelonion, the outer garment a priest wears. But in the late Byzantine period, some bishops were awarded the special sakkos by the emperor, which resembles the emperor’s own garments. After the fall of Constantinople, all bishops began wearing the sakkos. The sakkos both represents righteous life that a bishop is to lead and also it often is made of one piece of cloth, hearkening back to the seamless tunic that Christ wore when he was crucified (John 19:23-24).
- Omophorion - a wide band of cloth worn around the neck and on the shoulders. This represents a bishop’s pastoral role and ecclesial authority. There is a great and small omophorion, worn at different points during the service.
- Miter - “He has placed a miter on me as on a bridegroom” (Isaiah 61:10 LXX). The bishop is crowned with a crown similar to those the Byzantine emperors wore, so that he in humility may represent Christ our King to us. Just as the Lord Jesus Christ, after His Ascension into heaven, received as a man the Royal Divine authority that he had as God, so the Bishop must also demonstrate this royal quality of the Lord during the Divine Liturgy.
- Crosier/Pastoral Staff - In one sense, the bishop’s staff is his pastoral staff as a shepherd to help keep us, the sheep of Christ, from straying. We might also be surprised to see serpents at the top of many bishop’s staves. There are layers of meaning here that hearken back both to the tree of life and the serpent in the garden, and the post on which Moses hung the bronze serpent to save the Israelites from biting serpents, and which Christ referred to as a symbol of him on the cross. The bishop’s staff therefore represents the tree of life available to all of us through Christ and also the power of Christ conferred on the bishop to bind the dark spiritual powers and to loosen the yoke of slavery to them.
- Dikirion and Trikirion - the candle stands holding two or three candles are used by the bishop at various points throughout the service for blessing. The Trikirion shows forth the Trinity or persons in the one godhead. The Dikirion shows forth the two natures in the one Christ, the divine and human.

*Fr. Chris*

### The New Building and Grounds Team

Do you have a specialty, passion or hobby that nobody knows about? Like to garden? Like to paint walls? Know plumbing? Know electrical? Or if you just like to put in a good day's manual labor – we need you. The newly formed Building and Grounds Team is undertaking some refurbishment projects around the church, but more importantly, we have weekly, monthly, and yearly maintenance items that need to be addressed. The below team leaders have a list of items they need parishioners to sign up for and execute at the scheduled time. Please sign up below for the item you want to be in charge of and return it to Sasha Burtovvy:

Building Team Leader – Sasha Burtovvy, Grounds and Landscaping Team Leader – Rita Bellack, Electrical Team Leader – John Cigas, Parking Lot Repair Team Leader – Michael Garik, IT Team Leader – Drew Bobulsky

| Church Building Interior   | When   | Write Your Name |
|--|--|-----------------|
| Test EXIT signs and emergency lights                                     | Annually   |                 |
| Inspection of fire alarm system  | Annually   |                 |
| Reset thermostat clocks (5 pc.) and check programming                    | second Sunday in March first Sunday in November  |                 |
| replace thermostat clocks backup batteries if low battery alert is shown | when needed                                      |                 |
| Reset wall clocks at time change and batteries if needed.                | second Sunday in March, first Sunday in November |                 |
| Remove chairs and wash entire church floor                               | Annually (after winter season is over)           |                 |
| Remove wax from floor in vestibule and church                            | Monthly  |                 |
| Replace furnace filters  | April/October                                    |                 |
| Clean candle stands of spent candles                                     | After every service                              |                 |
| Restock candle stand with appropriate candles                            | As needed  |                 |
| Check and restock church restrooms                                       | before each service                              |                 |
| Put out carpet runners every fall in vestibule of church                 | Fall   |                 |
| Clean and store away carpet runners                                      | Spring   |                 |
| Water seasonal plants and clean up any fallen leaves and flowers         | Nativity and Pascha                              |                 |
| Church Building Exterior   | When   | Write Your Name |
| Revarnish large front doors  | Every 2 years                                    |                 |
| Repaint exterior of church   | every 7-10 years                                 |                 |
| Inspect exterior of church for needed repairs                            | Quarterly  |                 |
| Inspect exterior lighting  | Quarterly  |                 |
| Hall Interior  | When   | Write Your Name |
| Boilers inspection   | Annually   |                 |
| Strip and wax hall floor   | May/November                                     |                 |
| Repair or replace loose floor tiles                                      | as needed  |                 |
| Reinstall fallen ceiling tiles in kitchen                                | as needed  |                 |
| Schedule work group to paint hall  | as needed  |                 |
| Monitor general appearance and needs of facility                         |  |                 |
| Clean downstairs classrooms/restrooms (paint if needed)                  | as needed  |                 |
| Clean and organize storage room (old vestry)                             | Annually   |                 |
| Reglue loose laminate tops on round tables                               | as needed  |                 |
| Clean the upholstery on all hall chairs                                  | Annually   |                 |
| Inspection of fire suppression system in the kitchen                     | Annually   |                 |
| Hall Exterior  | When   | Write Your Name |
| Visually inspect exterior of building                                    | May/November                                     |                 |
| Clean all drains on hall roof  | May/November                                     |                 |
| Remove all fencing over lower level windows                              |  |                 |