

### **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.

### **FASTING AND BODILY HEALTH:**

At Coffee Hour today, Dr. Matthew Badgett will meet with us and discuss “Halfway through Lent—Monitoring our Experience of Fasting and Pressing on to the Goal of Christ’s Resurrection.”

### **CHURCH SPRING CLEANING DAY:**

Volunteers of all ages are invited to help clean the church Saturday, March 21, from 8:30 a.m.-1:00 p.m. Any amount of time you can help is appreciated! Contact Dn. Matthew or Rita Bellack.

### **NUT AND POPPYSEED ROLLS:**

There is a sign-up sheet in the Hall for ordering poppyseed and nut rolls for Pascha; rolls are still \$15 each. The last date to order is March 29. Rolls will be distributed on Palm Sunday, April 5. Contact Rita Bellack (330-204-9513 or reetbellack@hotmail.com).

### **SOUP SUPPERS:**

Following each Wednesday service during Lent, all are invited to a meal in the Fellowship Hall. Please sign up to help by donating a Lenten soup or with a monetary gift toward hummus/pita. March 25 will be a fish dinner in celebration of the Annunciation.

### **SACRED MUSIC OF LENT AND PASCHA:**

The Greater Cleveland Slavonic Chorus will present a concert on March 22, 3:00 p.m., here at Holy Trinity. Admission is free, but any offerings will go towards the restoration at St. Theodosius Cathedral.

### **FOOD SALE:**

Thank you to those who supported last week’s Food Sale. The profit was \$150. Second Sunday Food Sales will continue after Pascha. Please plan on cooking and baking for the May 10 sale.

### **BRIGHT FRIDAY EVENT:**

The International Orthodox Christian Charities will have a Bright Week Dinner Dance this year; the benefit will raise funds to help Orthodox Christians around the world. This family-friendly event is April 17, 6:00 p.m., at St. Sava Church on Wallings Rd. There is a flyer on our bulletin board with details and a QR code to register online. Diane Hastings has tickets available as well.

### **YOUNG ADULT FELLOWSHIP:**

Orthodox young adults are gathering to celebrate the Paschal season on Wednesday, April 15, 6:00 p.m. There will be a picnic at Elmwood Park in Independence. See details on the bulletin board.

### **FLOWERS:**

The wreath of flowers adorning the Cross is offered by Becky Romanchik.

### **COFFEE HOUR:**

Today’s Coffee Hour is hosted by the Mravetz and Spoerl Families.



***HOLY TRINITY ORTHODOX CHURCH  
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# THE TRINITARIAN

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

Vespers on Saturdays at 5:00 p.m.

BULLETIN 19 - VOLUME LXIII

TONE 7

MARCH 15, 2026

## THIRD SUNDAY OF GREAT LENT VENERATION OF THE CROSS

*Martyrs Agapius, Publius, Timolaus, Romulus, two named Dionysius,  
and two named Alexander, at Caesarea in Palestine;  
Hieromartyr Alexander of Side, in Pamphylia; Martyr Nicander of Egypt*

Now the flaming sword no longer guards the gates of Eden; it has mysteriously been quenched by the wood of the Cross! The sting of death and the victory of hell have been vanquished; for You, O my Savior, have come and cried to those in hell: "Enter again into paradise."

Kontakion, Tone VII

Your soul aflame with love for Christ, you gathered a company of illustrious athletes, O glorious Agapius. With them you excelled in righteous contest, and together you were beheaded by the sword. Henceforth always pray for the forgiveness of our sins!

Troparion, Tone IV

"Let no man deceive himself, let none be misled. Only the Lord can grant mercy. Sins committed against Him can be cancelled by Him alone Who bore our sins and suffered for us, by Him whom God delivered up for our sins. Man cannot be above God, nor can the servant by any indulgence of his own remit or condone the graver sort of crime committed against his Lord, for that would make the lapsed liable to this further charge, that he knows not the words of the prophet: 'Cursed be the man that putteth his hope in man.' It is Our Lord we must pray to, it is Our Lord we must win over by our satisfaction; for He has said He will deny the man that denies Him, and He alone has received all power of judgment from His Father."

*St. Cyprian, Bishop of Carthage*

TODAY'S EPISTLE: HEBREWS 4:14-5:6

TODAY'S GOSPEL: MARK 8:34-9:1

### HOLY WORSHIP THIS WEEK:

Today, March 15	5:00 p.m. Deanery Akathist at Archangel Michael Church
Wednesday, March 18	6:00 p.m. Presanctified Liturgy
Friday, March 20	9:00 a.m. Presanctified Liturgy
Saturday, March 21	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!