

March 2nd, 2014

**Tone 3 Troparion (Resurrection)**

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm. He has trampled down death by death. He has become the first born of the dead. He has delivered us from the depths of hell, and has granted to the world// great mercy.

**Tone 6 Kontakion (from the Lenten Triodion)**

O Master, Teacher of wisdom, Bestower of virtue, Who teaches the thoughtless and protects the poor, strengthen and enlighten my heart! O Word of the Father, let me not restrain my mouth from crying to You: "Have mercy on me, a transgressor, // O merciful Lord!"

**Tone 8 Prokeimenon (Resurrection)**

Pray and make your vows before the Lord, our God! (Ps 75/76:11) v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

**Epistle** Romans 13:11-14:4 **Tone 6** Alleluia, Alleluia, Alleluia! v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps 91/92:1) v. to declare Your mercy in the morning, and Your truth by night. (Ps 91/92:2)

**Gospel** Matthew 6:14-21

**Communion Hymn** Praise the Lord from the heavens! Praise Him in the highest! (Ps 148:1) Alleluia, Alleluia, Alleluia!



Today's commemorated feasts and saints  
**SUNDAY OF CHEESEFARE — Tone 3. The Expulsion of Adam and Eve from Paradise.** Hieromartyr Theodotus, Bishop of Cyrenia (ca. 320). St. Arsenius, Bishop of Tver' (1409). Virgin Martyr Euthalia of Sicily (257). Martyr Troadius of Neo-Cæsarea (3rd c.). Ven. Agathon of Egypt (5th c.). 400 Martyrs slain by the Lombards in Sicily (579).

**Spirituality, Part 1**

**Our Habits Determine Our Lives**

There is an excellent Orthodox book out on spirituality entitled "Our Thoughts Determine Our Lives." This is indeed true. But I wanted to stress another point: **our habits determine our lives.** There is a strong emphasis in America today on healthy bodily habits such as eating healthy food or the importance of regular exercise. These are indeed very important – but what about healthy habits for the soul? The soul is eternal and ultimately much more important than the body! Our Lord Jesus asked "What does it profit a person if he gain the whole world and yet forfeit his soul?" You can have the perfect body – of an Olympic athlete, be a millionaire, etc. but if your soul is dead – you are dead! So what spiritual habits are we talking about?

It is not my intent to go through a list of spiritual habits. Rather I would like to focus on the most important. But first I would like to point out the somewhat obvious point "You need God". You need him like you need air! Constantly! Without him, we are dead while yet living. In the words of the Akathist Glory to God for All Things: "How filled with sweetness are those whose thoughts dwell on You; how life-giving Your holy Word. To speak with You is more soothing than anointing with oil; sweeter than the honeycomb. To pray to You lifts the spirit, refreshes the soul. Where You are not, there is only emptiness; hearts are smitten with sadness; nature, and life itself, become sorrowful; where You are, the soul is filled with abundance, and its song resounds like a torrent of life: Alleluia!" St. Augustine wrote; "You have formed us for Yourself, O God, and our hearts are restless until they find their rest in You." And our Lord Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for

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your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)

You need God, and you need Church. Why do you need Church? Very simply because *the Church is the place where God is*. Truly God is everywhere – but the Church is the place of his presence par excellence. God is often present in Church in a palpable way, in a way he is not in other places. So if you want to fill your need of God, the best place to go for this is the Church. In the Church we come in out of the storm, out of the rat-race, into the eternal presence of God. Our lives are often so out of control, so busy, so filled with anxiety - that church may be the only place where we can truly quiet our souls and rest in God. Yet for many of us, *our habits cut us off from God and his blessings for us*. The devil is very happy with this state of affairs. Rather than discuss our negative habits I want to focus on positive habits that we can cultivate that will eliminate some of our bad habits. *For the best remedy for a bad habit, is to form an equivalent good habit!* Next week I will continue with Part 2 – concerning the single most important spiritual discipline. —Fr Stacey

## Announcements:

Do you have a desire to serve our community? This summer our parish will be involved in a variety of service projects in North-eastern Ohio. Spend a week with us in service and fellowship, no matter your skill level! See **Jonathan Lincoln** for more information.

Sunday of Orthodoxy- March 8 Vespers 5pm, March 9 Orthros, 8:30am and Divine Liturgy 9:30am all at **Holy Trinity Greek Orthodox Church**. **NO SERVICES AT HOLY ASSUMPTION THOSE DATES!**

Want to sing in the **pan-Orthodox Choir** for the Sunday of Orthodoxy? Choir Practice for Sunday of Orthodoxy @ 6:30pm on Wednesdays at Holy Trinity Greek Orthodox Church **March 3**

Looking Ahead: - **Lenten Women's Retreat** at St. George Massillon- "Mary's Heart in Martha's World" with **Mother Theadelphi** from Entrance of Theotokos Skete, Hayesville. Sat. April 5, 9am-2pm Registration \$12/person (lunch included). Contact **Brenda Comfort: 330-685-3780** or **Angelina Verginis: 330-605-1940** for reservations.

**Happy  
Birthday**  
**May God Grant  
You Many Years**

### MARCH

Jasmine Wagster  
Joan Huba  
Steven Mathewson  
Phil Kosita  
Barb Mudrak  
Tim Powell  
Rick Hoffman  
John Koval

## WELCOME VISITORS!

We are delighted to have visitors worship with us, and we pray that you will be blessed in your time with us! Regarding participation in the Lord's Supper, Holy Communion is treated with the utmost respect and reverence in the Orthodox Church, and it is the rule that only practicing Orthodox Christians may receive it. Our non-Orthodox guests are welcome, however, to participate with us in any other way they may desire, and are welcome to join us in venerating the Cross and receiving blessed bread at the conclusion of the Divine Liturgy.

### Please Join us for Coffee Hour after Divine Liturgy in the Social Hall!



If this is your first visit to our parish, we welcome you and invite you to return as often as you are able. For those interested in learning more about Orthodox Christianity please ask any of our church community – or feel free to contact Fr Stacey. Our parish library is available for your reading interests. Children are welcome to join church school classes after liturgy.

### CONFESSIONS

Fr Stacey can usually hear confessions after any weekday service or after Saturday Vespers. He is also available by appointment, or during his regular office hours.

### Our Vision:

*To know and love Christ,  
sharing His love  
with others*

### Mission Statement:

Bringing the love of Christ to our community through prayer, worship, fellowship, discipleship, service, and outreach within the tradition of historic Orthodox Christianity.

### This Week:

Today

**Hours 9:10 AM**  
**Divine Liturgy 9:30 AM**  
**Forgiveness Vespers 11:00 AM**  
**Coffee Hour 11:30 AM**

Monday

**Great Canon 6:30 PM**

Tuesday

**Great Canon 6:30 PM**

Wednesday

**Great Canon 6:30 PM**

Thursday

**Great Canon 6:30 PM**

Friday

**PreSanctified Liturgy 6:30 PM**

**Potluck Dinner 8:00 PM**

Saturday

**Great Vespers 5:00 PM**

Next Sunday

**At Holy Trinity  
Greek Orthodox  
Church**  
**Orthros (Matins) 8:30 AM**  
**Divine Liturgy 9:30 AM**  
**Coffee Hour Noon**

**Pascha**

**April 20**

Going to miss a service? Listen online to our Divine Liturgy and other Orthodox Christian Teachings [INBN.net](http://INBN.net)

### Coffee Hour Schedule

**MARCH 2** GATES , FEDORKO , MATHEWSON  
**MARCH 16** VORKAPICH , WESCOTT , ROMANO  
**MARCH 23** GALL , HOFFMAN , MANOS , MANOS  
**MARCH 30** KISHA , KISHAWISE , MONAHAN , FRISCHKORN  
**APRIL 6** GATES , MANOS , MANOS , HOFFMAN  
**APRIL 13** HUBA , BYRNES , RICHTER

