
St. Michael the Archangel Antiochian Orthodox Church

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Sunday, April 14, 2024

Tone 4 / Eothinon 1

Fourth Sunday of Great Lent

Commemoration of John Climacus,

Author of "The Ladder"

Apostles Aristarchos, Pudens and Trophymos of the Seventy

Hierarchs and Parish Clergy:

His Eminence Metropolitan SABA (Isper)

Antiochian Archdiocese of North America

His Grace Bishop JOHN (Abdalah)

Bishop of the Diocese of Worcester & New England

Father James Irving, Pastor

Subdeacon Joseph Boruch

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): Save us, O Son of God, Who art risen from the dead, who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE FOUR: Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT: The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

APOLYTIKION OF ST. MICHAEL THE ARCHANGEL: O ye foremost of the heavenly host, we beseech thee, though we are unworthy. Pray that we may be encompassed with the shadow of thy unearthly glory. Preserving us who kneel and cry endlessly. Deliver us from oppression since Ye are the princes of the highest power.

KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY)

IN TONE EIGHT: To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

TRISAGION PRAYER

English: Holy God, Holy Mighty, Holy Immortal, have Mercy on us

Arabic: Qudoos El Laah, Qudoos El Qawi, Qudoos El Lathi La Yamoot, Urhamnah

Greek: Agios O Theos, Agios Ischiros, Agios Athanatos, Eyleison Imas

Slavonic: Svyatij Bozhe, Svyatij Krepkij, Svatij Bessmertnij pomiluj nas

ST. BASIL LITURGY MEGALYNARION: All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

The Mission of St Michael the Archangel Orthodox Church is to love and worship God, to grow closer to Him, and to proclaim and to spread the Good

News of the salvation of Jesus Christ to our parishioners, our neighbors and people everywhere. We worship and pray in English. We experience the beauty and joy of living the Holy Orthodox Christian faith – sharing love and fellowship, teaching and leading by example, growing together through service, education, stewardship and forgiveness.

A NOTE REGARDING HOLY COMMUNION: *Since we understand Communion to mean we have all things in common, sharing an identical Faith, only those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and confession may participate in Holy Communion. We invite all present to partake of the blessed bread distributed at the end of the service. **UNLESS YOU ARE INJURED OR UNABLE, PLEASE REMAIN STANDING DURING COMMUNION***

SCHEDULE:

- **Friday, April 12**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, April 13**
 - 5:00 PM Vespers
- **Sunday, April 14**
 - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
- **Wednesday, April 17**
 - 5:30 PM Divine Liturgy of the Presanctified Gifts
- **Friday, April 19**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, April 20**
 - 5:00 PM Vespers
- **Sunday, April 21**
 - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
 - St. Martha & St. Mary Sisterhood Meeting

*****In case of emergency, there are emergency numbers posted next to the telephones in the coat room and in the kitchen*****

PLEASE JOIN US FOR COFFEE HOUR

It is a great joy to have so many people join us for coffee hour! Please remember that coffee hour is potluck and is successful when we all pitch in by bringing food, serving, helping with set up and clean up or offering donations in the offering box on the counter. Please ask someone in the kitchen how you can help. May God continue to bless our community!

Our People are our Choir! We love to hear you sing with us! WELCOME! We are glad to have you worship with us today!

THE EPISTLE

*O Lord, how magnified are Thy works. In wisdom hast Thou made them all.
Bless the Lord, O my soul.*

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless thee, and multiplying I will multiply thee." And thus, having patiently endured, he obtained the promise. For people indeed swear by what is greater, and in every dispute of theirs the oath is final for confirmation. So when God, being minded to show more abundantly to the heirs of the promise the immutability of His counsel, He interposed it with an oath, that by two immutable things—in which it is impossible for God to lie—we might have a strong consolation, we, who have fled for refuge to lay hold of the hope that is set before us; a hope, which we have as an anchor of the soul, both sure and steadfast, and entering into "that which is within the veil," where Jesus entered as a Forerunner on our behalf, having become a High Priest "forever according to the order of Melchizedek."

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (9:17-31)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears,

“Lord, I believe; help my unbelief!” And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, “Why could we not cast it out?” And Jesus said to them, “This kind cannot be driven out by anything but prayer and fasting.” They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day.”

PARISH LIFE CONFERENCE 2024

St Michael the Archangel of Cape Cod is hosting DOWNE 2024 PLC in Plymouth on June 21-23.

- The Hotel 1620 link www.hotel1620.com is live for your reservations. Book early with the group code **SMPLC365**
- The event registration link is www.worcesterplc.org please, register.
- Please book your sunset boat dinner reservation early. Limited spots are available.

If you need help with registration, please reach out to Soraya, Rick or Anastasia.





ST. MICHAEL HAPPENINGS

WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE

ALL FOR THE GLORY OF GOD AND HIS CHURCH

We are now accepting donations for **PASCHA FLOWERS** You can find the basket at the back.

SOUP FOR THE SOUL

The soup for the 5th week of Great Lent is Toni B's Hearty Vegetable Soup from the kitchen of Cheryl Paul and Rick Bardine and based on a recipe from Rick's mother, Toni Bardine. What could be better than the freshest seasonal vegetables swimming in a savory broth with just a touch of tomato to warm the stomach and the heart? Simplify your meal planning for the 5th week of Great Lent by signing up for a quart of soup (for \$10) in the Parish Hall this coming Sunday, April 14th, for pick up after the Liturgy of the Pre-Sanctified Gifts on Wednesday, April 17th, or, if you would prefer, at Coffee Hour on Sunday, April 21st. Look for the sign up sheet during Coffee Hour or by sending an email to rsbboston@yahoo.com and prepare your family for a treat!

OUTREACH GROUP: Help give to those in need!

The Outreach Team currently has a project creating personal care blessing bags for those in need. We plan to donate 25 blessing bags to the Falmouth Police Department for the program they have distributing care packages to those without homes or in need as they come across them on the job. Any questions or for more information please see Macrina Stewart, Soraya Bandeli, or Michelle Moeck. We are requesting your help getting the items needed for this project!

List of Items Needed:

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|---|--|
| <ul style="list-style-type: none">● Toothbrushes● Travel size Toothpaste● Band-Aids● Travel Size Deodorant● Lip Balm● Mylar/Survival Blankets● Mini Neosporin/Antibiotic● Ointment Packets | <ul style="list-style-type: none">● Socks● Body Wipes● Bottles of water● Granola Bars● Small Bags of Nuts● Granola● Feminine Care Products |
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Please drop off items at the church in the box marked "Outreach". We will assemble bags on April 21st after coffee hour.

SPRING MEN'S RETREAT: MAY 10-11 IN ORLEANS, MA



Spring Men's Retreat

May 10-11, 2024

Come join together for fellowship and services.

Book discussion and reflections on

"Christ the Conqueror of Hell" by Met. Hilarion Alfeyev

to be led by Clergy

Friday 3:00 p.m. Arrive, 6:00 Dinner followed by Meet/Greet Fellowship

8:00 Confession and Compline

Saturday 7:00 am Spoken Liturgy of St Gregory, Breakfast

10:00 until 11:30 a.m. First session

Lunch at Noon

1:00 p.m. until 2:30 p.m. Second Session

Vespers at 4:30 p.m.

Paraclete Retreat House, 5 Bay View Drive, Orleans, MA, \$125 for overnight and meals, cost for breakfast and lunch only is \$50 Please contact: Fr. Michael Heningham frmichael@stsoc.org or Fr. James Irving dnjamesirving@gmail.com



ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
of North America

Please email Fr. James Irving at dnjamesirving@gmail.com with any questions or to participate in the event.

THE SYNAXARION

On April 14 in the Holy Orthodox Church, we commemorate the Apostles Aristarchos, Pudens and Trophymos of the Seventy.

On this same day, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John, the author of *The Ladder of Divine Ascent* (or Climacus).

Verses

*John, dead in the flesh and also living,
Liveth eternally, even though appearing dead and without breath.*

*Leaving letters, a ladder for the journey upwards,
He showeth forth his pursuit of the journey upwards.*

The celebration of his feast on this day arose from the custom prevalent in the honorable monasteries of starting Great Lent with the reading of his lessons. John describes the method of elevating the soul to God as ascending a ladder. He teaches those who seek salvation how to lay a firm foundation for struggles, how to detect and fight every passion, how to avoid demonic snares, and how to rise from the rudimental virtues to the heights of Godlike love and humility. John of the Ladder came to Mount Sinai at age 16 and remained there, first as a novice under obedience, then as a recluse, and finally as abbot until his eightieth year. One time, his disciple, Moses, fell asleep under the shade of a large stone. John, in prayer in his cell, saw that his disciple was in danger and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the stone tumbled. Had he not jumped, the stone would have crushed him. John Climacus died on March 30, 606.

Through his intercessions, O Christ God, have mercy upon us. Amen.

Save the Date!

- May 10-11: Men's Retreat in Orleans, MA
- May 24-27: Family Camp @ Antiochian Village, PA
- June 21-23: Parish Life Conference 2024 in Plymouth, MA

If you or your loved ones need to contact a member of the clergy in the event of a pastoral emergency, please contact Fr. James Irving, who can be reached by phone or text at (781) 468-8709 or by email at dnjamesirving@gmail.com.

Fr. James is available for confession by appointment.
