

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, April 3, 2022

Saint John Climacus

The Divine Liturgy

Commemoration: Sunday of Saint John Climacus; Nicetas, Abbot of the Monastery of Medicium; Joseph the Hymnographer; Theodosia and Irene the Martyrs

Morning Gospel: Eighth

Tone: Plagal Fourth

Variable Hymns and Readings in the Liturgy

At the Second Antiphon

Save us, O Son of God, who rose from the dead, save us who sing to you: Alleluia!

At the Small Entrance

Resurrection Hymn, Plagal Fourth Tone

From on high you descended, O merciful Lord. You accepted the cross and three days in the tomb to free us from the bondage of sin, O our life and resurrection. Glory to you, O Lord.

Hymn of Entrance

Come, let us worship and bow down before Christ. Save us, O Son of God, who rose from the dead, save us who sing to You: Alleluia!

Repeat the Resurrection Hymn, above.

Hymn of Saint John Climacus, Plagal Fourth Tone

Like warm and gentle rain, your tears of compunction made the desert burst forth in bloom. Your patient endurance made your sufferings bear fruit one-hundredfold and your wondrous deeds have filled all the world with light. O holy father John, intercede with Christ our God to save our souls.

Hymn of the Dormition of the Theotokos, First Tone

In giving birth, you preserved your virginity, O Theotokos; in falling asleep you did not forsake the world. You passed over into life, O Mother of Life; and by your prayers you deliver our souls from death!

Kontakion of the Theotokos, Plagal Fourth Tone

Victorious Lady, mighty champion, defending us, we your servants now inscribe to you this hymn of thanks, for you rescued us from suffering and tribulation. Theotokos, with your power that can never fail, keep us safe from every danger our whole life long that we may cry to you: Rejoice, O Bride unwedded.

Epistle..... *Hebrews 6:13-20*

Brethren, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Gospel..... *Mark 9:17-31*

At that time, a man came to Jesus kneeling and saying: "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 your disciples to cast it out, and they were not able." And he 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 him, 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 you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "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 he had entered the house, his disciples asked him privately, “Why could we not cast it out?” And he 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 he would not have any one 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 when he is killed, after three days he will rise.”

Megalynarion, instead of “It is truly meet”

In you, O woman full of grace, all creation rejoices, the orders of angels and the races of mankind. O hallowed temple and spiritual paradise, glory of virginal souls, from you our God was incarnate and became a child, he who is God from all ages. By making your womb his throne he made you more spacious than all heavens. In you, O woman full of grace. All creation, all creation rejoices. Glory to you!

The Communion Prayers are found on page 4 of this leaflet.

The Prayer of St. Ephraim

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk. *Prostration*

But give rather the spirit of chastity, humility, patience, and love to your servant. *Prostration*

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed are you unto ages of ages. *Prostration*

Stewardship Prayer

Lord Jesus Christ, our God, accept our offerings as You have accepted the gifts of Your people throughout the ages. We offer these gifts to Your glory, for the support of the ministries of Your holy Church, for the alleviation of suffering and hunger, and for the proclamation of Your Gospel to the whole world.

Grant us Your blessing, Lord our Savior, that we may always be faithful stewards, continuing to share the gifts you have given us, by the power of Your grace, mercy, and love. May Your name be glorified forever. Amen.

THE COMMUNION PRAYERS

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for life eternal. Amen.

Behold, I approach for Divine Communion. O Maker, burn me not as I partake, for You are fire consuming the unworthy. But cleanse me from every stain.

Receive me today, O Son of God, as a partaker of Your mystical supper; for I will not betray Your mysteries to Your enemies, nor give You a kiss as did Judas, but as the thief I confess You: Remember me, O Lord, in Your kingdom.

Tremble, O man, as you behold the divine Blood. It is a burning coal that sears the unworthy. The Body of God both deifies and nourishes me: It deifies the spirit and wondrously nourishes the mind.

You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up my sins with spiritual fire, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings.

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Approaching to receive, each makes a reverence and says:

✠ Behold I approach Christ, our immortal King and God.

Prosforo for today's Liturgy is provided by Yana Patridge.

Memorial Prayers today are offered for **Anna Barakos** (6 months) mother of Nick Barakos; **Saleh Canavati** (6 months).

The coffee hour today is hosted by the Barakos family.

Prayer Ministry

Please remember the sick, the suffering, and those in need, especially: The family of Giannoula Bakritzes; Those suffering from COVID-19 and those who care for them; for the people of Ukraine; our brothers and sisters living through the aftermath of disaster; for the victims of violence; Metro Hope Ministries; Orthodox Christian Prison Ministry; Families Moving Forward; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; Elena, Speranta, Maria, Dave Ruesink, Liz, Efstatia, Jordan, David, Nino, Joe, Tom, Gigi, Zossima, Donnarae, Samira, Mary K., Dreux, Monte, Bethany, Mark, Owen, Chrysanthy, Estelle, Justine, Melissa, Megan, Dallas, Lenzie, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Karris, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Lamona, Bo, Tom, Lynn, Deb, Sarah, Maia, Travis, Kassie, Tahnlee, Lois, Kalli, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, Rifka, Pat, Nancy, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Steven E., Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Nancy, Alex, Eryn, Phil, Karen, Phil, Joyce, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, Julie, R.J., Allie, Vickie, Petra, Bob, Joseph, Avgi, Christopher, Elizabeth, Jaxon, Judi, Bodil, Ole, and others known to you.

Ukraine Relief



Those wishing to contribute to the ongoing relief efforts in Ukraine may give through St. Mary's. You may write a check payable to St. Mary's, with Ukraine Relief in the memo line, and place it in the offering tray when passed. Additionally, you may give through our giving page on St. Mary's website.



Scan the QR code to give through Venmo.

When giving through Venmo, please provide both your first AND last name in order to receive proper credit for your contribution.

Calendar of the Week

Sunday, April 3: Sunday of Saint John Climacus

• *“The Messenger” news item deadline - May issue*

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy ⁺; Church School

4:00 p.m. – Pan-Orthodox Vespers ⁺

St. Mary’s Greek Orthodox Church

3450 Irving Avenue South, Minneapolis

Wednesday, April 6

4:00 p.m. – Holy Confession, Nave

5:30 p.m. – Liturgy of the Presanctified Gifts

after Liturgy– Church School Confession: Grades 5 & 6, Nave

after Liturgy– Lenten Dinner, hosted by Missions and Outreach,

Terrace Room

after Liturgy– Senior GOYA Mini Meeting

7:30 p.m. – Choir Rehearsal, Nave

Friday, April 8

4:00 p.m. – Holy Confession, Nave

6:00 p.m. – Akathist Hymn

Saturday, April 9

9:00 a.m. – Bible Study, Lecture Room

Sunday, April 10: Sunday of Saint Mary of Egypt

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; Church School

11:30 a.m. – Spring Parish Assembly, Great Hall

4:00 p.m. – Pan-Orthodox Vespers

Holy Myrrh-bearers Orthodox Church

601 Seventh Avenue South, St. Cloud

⁺ = *services which will be live-streamed.*

Announcements

Food Shelf Needs for Next Week

Diapers, size 5

April's recipient is Community Emergency Service.

Please do not bring opened packages. They will be discarded.

Holy Pascha Flowers

Contributions for flowers that will adorn our church during Holy Week and Pascha are now being accepted. Forms are at the display in the narthex. The deadline is Palm Sunday, April 17.

Spanakopita Sale

Sunday, April 10

The annual Daughters of Penelope Spanakopita Sale takes place on Sunday, April 10, in the Great Hall following the Divine Liturgy. Come stock and stock up on these delicious treats for the Easter holidays! Thank you in advance for your support.

Senior Citizens' Meeting

Tuesday, April 12

Saint Mary's Seniors will gather for their monthly meeting on Tuesday, April 12, 12:00 noon, in the Terrace Room. We will have a lunch followed by the business meeting and Bingo. Our program will feature Father Tim presenting a talk on his return to St. Mary's. Also we will be collecting the 2022 membership dues.

Lazarus Saturday Family Service Day

Saturday, April 16

Everyone is invited to take part in our Lazarus Saturday Family Service Day on Saturday, April 16, following Liturgy.

Matins – 9:00 a.m. • Divine Liturgy – 10:00 a.m.

The Service Day projects will follow a time of fellowship after Liturgy and will include cleaning and preparing the church for Holy Week and plaiting palm crosses. It's a joy-filled day!

- At midday, we will join together for a **potluck lunch**. Please bring a Lenten dish to share. We'll provide peanut butter and jelly sandwiches for the kids. Sign up information will be available closer to the date.

Spring Parish Assembly

Sunday, April 10

Saint Mary's Parish Council invites ALL parishioners to the Spring General All-Parish Assembly on Sunday, April 10, 2022. Participate in the important work of the church, learn about upcoming activities and priorities, and vote for our National Clergy Laity Assembly delegates.

Our meeting agenda is:

- Approval of the Fall General Assembly Minutes
- Approve 2022 Budget
- Stewardship Update
- Delegates for National Clergy Laity
- Election of Board of Electors
- 2022 Parish Council Priorities
- Buildings and Grounds Update
- Clergy Report

Renovation Update

We are pleased to announce that our newly refurbished pews will be installed beginning THIS Monday, April 4. We anticipate the work to take at least five days, so Presanctified Liturgy and Salutations this coming week will be in the Great Hall. We are grateful for your patience and look forward to celebrating Holy Week and Pascha with you in our new pews. *"Praise God in his sanctuary; praise him in his firmament. Let everything that breathes praise the Lord!"*

Looking Ahead to Summer!

~ VACATION CHURCH SCHOOL ~

Save the Dates! June 13-17 • 8:45 a.m.-12:00 noon

This year we will explore Superheroes — Super Saints Children 4 years old (and potty trained) through those entering grade 6 in the fall. Also needed are helpers/crew in grades 7-12 grades and adult. Registration begins soon!

~ SUMMER CAMP REGISTRATION ~

Summer Camp will be at Camp Wapogasset, **July 2-8, 2022!** Registration is approaching fast and will begin on Tuesday, April 26, at 10:00 a.m. Please watch www.stmaryscamp.com and <https://www.facebook.com/campstmarys> for details and updates.

Philoptochos News

Tandem Baby Bottle Collection

Our annual collection for Tandem, who supports women in crisis, is underway. Stop by the Philoptochos table to pick up a baby bottle (or an envelope) and fill it with dollars, coins and checks!

Holy Week and Pascha

As we approach Holy Week and Pascha, we have many volunteer opportunities coming up. You'll find all the details of duties, days, and times available at the Philoptochos table.

Philoptochos

~ Fun and Games Drive for FOCUS ~

FOCUS Minnesota is in need of some (gently used) items.
Please bring any of the following between April 3 and April 17:

Books

Fiction and non-fiction - paperback or hardcover
Appropriate for adults age 18 and older (no children's books please)

Backpacks

Adult size

Puzzles and Board Games

Appropriate for any age

Please drop off your items at the Philoptochos table on Sundays.



Walk with Christ to the Cross

St. Mary's Holy Friday Retreat

Friday, April 22, 2022
10:30 a.m. – 1:20 p.m.

Vespers of the Descent from the Cross at 1:30 p.m.

Pre-K (4 year old) through 12th Grade

Register at <https://tinyurl.com/HolyFriday2022>

Please join us for an engaging day at Church in which children will learn about Holy Week, the Crucifixion, and Resurrection of our Lord Jesus Christ.

We will have lessons, crafts, lunch, stations in the church, and gym time (to help get the wiggles out - even the big kids).

The Retreat ends at 1:20 p.m. so please be here at that time to check out your child(ren) and accompany them to the Descent from the Cross Vespers.

Please register early so we can plan accordingly for helpers and supplies.

Adults: we could use additional help with set up/clean up and food preparation.

To volunteer or with questions, contact Dena Tortorelis:
churchschool@stmarysgoc.org



The Ladder of Divine Ascent

The Ladder of Divine Ascent is an ascetical treatise on avoiding vice and practicing virtue so that at the end, salvation can be obtained. Written by Saint John Climacus initially for monastics, it has become one of the most highly influential and important works used by the Church as far as guiding the faithful to a God-centered life, second only to Holy Scripture.

There is also a related icon known by the same title. It depicts many people climbing a ladder; at the top is Jesus Christ, prepared to receive the climbers into Heaven. Also shown are angels helping the climbers, and demons attempting to shoot with arrows or drag down the climbers, no matter how high up the ladder they may be. Most versions of the icon show at least one person falling.

John, while a hermit living at the Sinai Peninsula, was recognized for his humility, obedience, wisdom (which was attained through spiritual experience), and discernment. He already had a reputation for being extremely knowledgeable about how to practice a holy life. St. John, igumen of the Raithu Monastery, one day asked St. John Climacus (also known as John of Sinai) to write down his wisdom in a book. At first hesitant to take on such a task, John of Sinai eventually honored the request, and he proceeded to write *The Ladder*. St. John Climacus received his name “Climacus” (“of the Ladder”) because of this work, and his writing *The Ladder* (later called *The Ladder of Divine Ascent*) has been compared to the Holy Prophet and God-seer Moses receiving the Law.

This work was initially used by monastics. In fact it is read by monastics to this day during the Great Fast. It is also suggested as Lenten reading for those who are still “of this world”; yet this should be done with caution and under the guidance of a spiritual father. This work has made its mark on the lives of innumerable saints, including St. Theodore the Studite, St. Sergius of Radonezh, St. Joseph of Volokolamsk, St. Peter of Damascus, and St. Theophan the Recluse, amongst many others. *The Ladder* can be read at once with careful attention and intense concentration, trying to replicate as much as possible the monastic life. Yet it can also be read in its individual steps as well. The bottom line is that a spiritual father should be there as a guiding hand with this work.

From the Fathers...on Silence

Silence is the mother of prayer, a return from the captivity of sin, unconscious success in virtue, a continuous ascension to heaven.

—*Saint John Climacus*

Daily Bible Readings

Monday, April 4

Isaiah 37:33 – 38:6 • Genesis 13:12-18 • Proverbs 14:27 – 15:4

Tuesday, April 5

Isaiah 40:18-31 • Genesis 15:1-15 • Proverbs 15:7-19

Wednesday, April 6

Isaiah 41:4-14 • Genesis 17:1-9 • Proverbs 15:20 – 16:9

Thursday, April 7

Isaiah 42:5-16 • Genesis 18:20-33 • Proverbs 16:17 – 17:17

Friday, April 8

Isaiah 45:11-17 • Genesis 22:1-18 • Proverbs 17:17 – 18:5

Saturday, April 9

Hebrews 9:1-7 • Luke 1:39-49, 56

Sunday, April 10

Saint Mary of Egypt

Hebrews 9:11-14 • Mark 10:32-45

Saint Mary's Greek Orthodox Church

3450 Irving Avenue South

Minneapolis, Minnesota 55408-3399

Telephone: 612.825.9595 • Facsimile: 612.825.9283

 Facebook: www.facebook.com/stmarysgoc

Fr. Timothy Sas, Proistamenos; Fr. Jason Houck, Associate

Fr. John Kostas; Deacon Paul Kalina