

## Saintly Notes

### St. John Climacus (March 29)

**S**t. John was born in Syria (though other sources say Constantinople), and came to Saint Catherine's Monastery at Mount Sinai and became a novice when he was about 16 years old, and was taught about the spiritual life by the Igumen (abbot) Martyrius.

After the death of Martyrius, John, wishing to practice greater asceticism, withdrew to a hermitage at the foot of the mountain. In this *isolation* he lived for some twenty years, constantly studying the lives of the saints and thus becoming one of the most learned Church Fathers.

In 600, when he was about seventy-five years of age, the monks of Sinai persuaded him to become their Igumen. He acquitted himself of his functions as abbot with the greatest wisdom, and his reputation spread so far that pope Gregory the Great wrote to recommend himself to his prayers, and sent him a sum of money for the hospital of Sinai, in which the pilgrims were wont to lodge. Four years later he resigned his charge and returned to his hermitage to prepare for death.

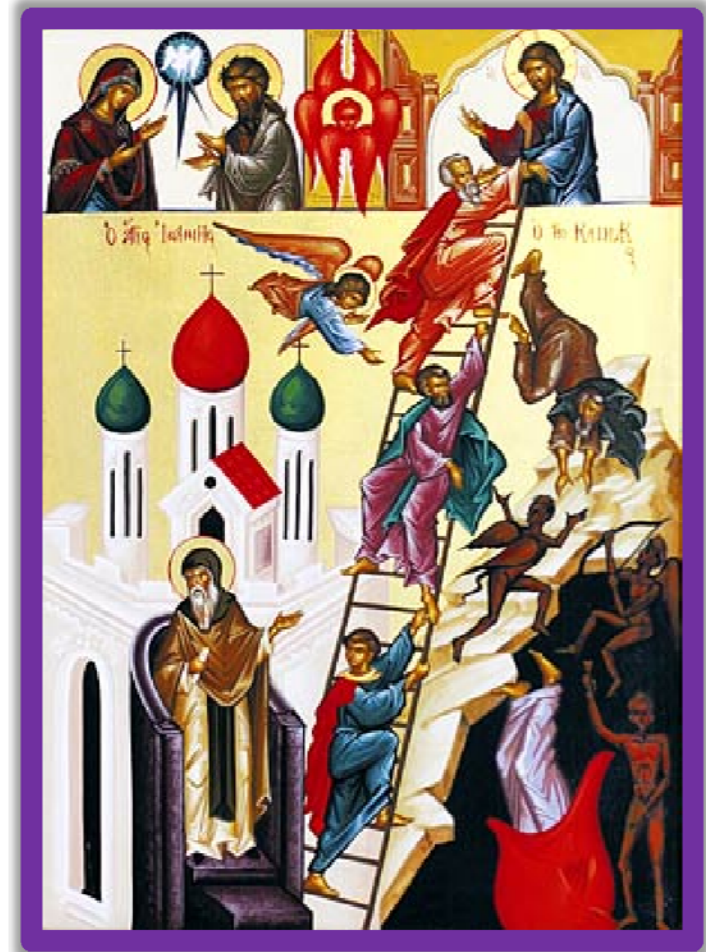
St. John wrote a number of instructive books, the *Climax* (Latin: *Scala*) or *Ladder of Divine Ascent*, composed at the request of John, Abbot of Raithu, a monastery situated on the shores of the Red Sea; and his shorter work *To the Pastor* (Latin: *Liber ad Pastorem*). Often these two are found printed together.

(Wikipedia)

## 4<sup>th</sup> Sunday of Great Lent

(Commemoration of St. John Climacus)

March 29, 2009



St. John Climacus (Author of *The Ladder*)

**4<sup>th</sup> Sunday of Great Lent**  
(Commemoration of St. John Climacus)  
All Saints Orthodox Church, Raleigh NC  
(www.allsaintsnc.org)  
919-859-1332

The V. Rev. Nicholas R. A. Sorensen, Archpriest  
The Rev. Philip Pelikan, Priest  
The Rev. David Keim, Deacon

March 29, 2009

**The Saints Whom We Remember**

Mark, bishop of Arethusa; Martyr Cyril the deacon of Heliopolis;  
Martyrs Jonah and Barachisios; Eustathios the Confessor, bishop of Bithynia

**This Week's Schedule**

**Today:** 8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy  
**Monday:** Church Office Closed  
**Wednesday:** 9:15a Third Hour Prayer; 6:30p Presanctified Liturgy; 8:00p Lenten Supper  
**Friday:** 6:30p Akathist  
**Saturday:** 5:30p Great Vespers  
**Sunday:** 8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy

**Third Antiphon**

Troparion of the Resurrection  
Tone 8

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our Life and our Resurrection, O Lord, glory to Thee.

**Entrance Hymn**

Come, let us worship and fall down before Christ. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

**Troparion**

of the Resurrection—Tone 8

See above.

**Troparion**

of St. John Climacus—Tone 8

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 hundred-fold. 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.

**Troparion**

for All Saints—Tone 4

As with fine porphyry and royal purple Thy Church has been adorned with Thy martyr's blood shed throughout all the world. She cries to Thee, O Christ God, send down Thy bounties on Thy people, grant peace to Thy habitation and great mercy to our souls.

**Kontakion**

for Annunciation and Great Lent  
Tone 8

To thee, our captain, Queen of war, the battle trophies won, thy people rescued by thine aid from peril, dedicate as our offering of thanksgiving, O Theotokos. As thou hast might which none by war can overcome from all forms of danger hast thou delivered me, that I may cry unto thee: O Virgin unwedded bride.

**The Trisagion**

Holy God, Holy Mighty, Holy Immortal . . .

**Epistle and Gospel**

Today and Next Sunday

Today: (See insert)

Next Sunday:

*Epistle:* Heb. 9:11–14

*Gospel:* Mark 10:32–45

**Alegalynarion**

Tone 8

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and super-sensual 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 He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

**Communion Hymn**

Tone 8

Praise ye the Lord from the heavens; praise Him in the highest. Alleluia.

**After Communion**

Troparion of the Holy Cross (See above)

**Parish Notes**

**Altar Servers Today**

Alexander Sieck, Alexander Haynes, Ethan Haynes, Rim Gibrealfa, John Pridgen, Jonah Sieck, Michael Fogg, Justin Fogg.

**Special Attention**

- **2009 Parish Life Conference.** We want to encourage our members to support our sister parish in Mississippi by planning now to attend the 2009 Parish Life Conference in Jackson, MS., June 10–14. **Teens and adults: we need two Bible Bowl teams this year to represent All Saints.** Registration forms and information are available in the Narthex as well as on the 2009 PLC website: [www.saintpeterorthodox.com/PLC2009](http://www.saintpeterorthodox.com/PLC2009)
- **Remember The Food for Hungry People Collection Boxes Available in the Narthex.** Send your treasures to the heavenly storage room. Deposit your wealth in God's bank, distribute to the poor, the orphans and the widows, so that you can receive a million times more in the Second Coming of Christ. (Elder Joseph the Hesychast)
- **Potted White Lilies needed:** We will need 30-40 small and large mix of potted Easter Lilies for the Nave on Pascha. Please buy them early and keep them at home as Western Eastern is on April 12th and they will be sold out if you wait. Bring them to the church the week of April 13. If you'd prefer to make a donation see Andrea Haynes, or call 656-0835.
- **Confession During Great Lent.** The sacrament of confession is offered to all Orthodox Christians by appointment and after Saturday Great Vespers. No confessions will be heard during Holy Week and Bright Week.

## Epistle and Gospel Readings

### **Prokeimenion:**

The Lord will give strength to His people.

*The Lord will bless His people with peace.*

### †**Epistle: Heb. 6:13–20 (RSV)**

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, “Surely I will bless you and multiply you.” And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one 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 forever after the order of Melchizedek.

### †**Gospel: Mark 9:16–30 (RSV)**

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.”

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## A Word from Our Fathers

“We ought to be on our guard,  
in case our conscience has  
stopped troubling us, not so  
much because of its being clear  
but because of its being  
immersed in sin.”

“A proof of our having been  
delivered from our failings is  
the unceasing  
acknowledgement of our  
indebtedness.”

“Nothing equals the mercy of  
God or surpasses it. To despair  
is therefore to inflict death on  
oneself.”

*(St. John Climacus)*

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