

## CHURCH CALENDAR

**Sunday, March 29th:** Fourth Sunday of Lent (John Climacus)

**Wednesday, April 1st:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Friday, April 3rd:** 7:00 P.M.- Akathyst Hymn at St. Mary Church

**Sunday, April 5th:** 5th Sunday of Lent (Mary of Egypt)

**Sunday, April 12th:** Palm Sunday

**Sunday, April 19th:** Great & Holy PASCHA

**Sunday, April 26th:** Sunday of St. Thomas

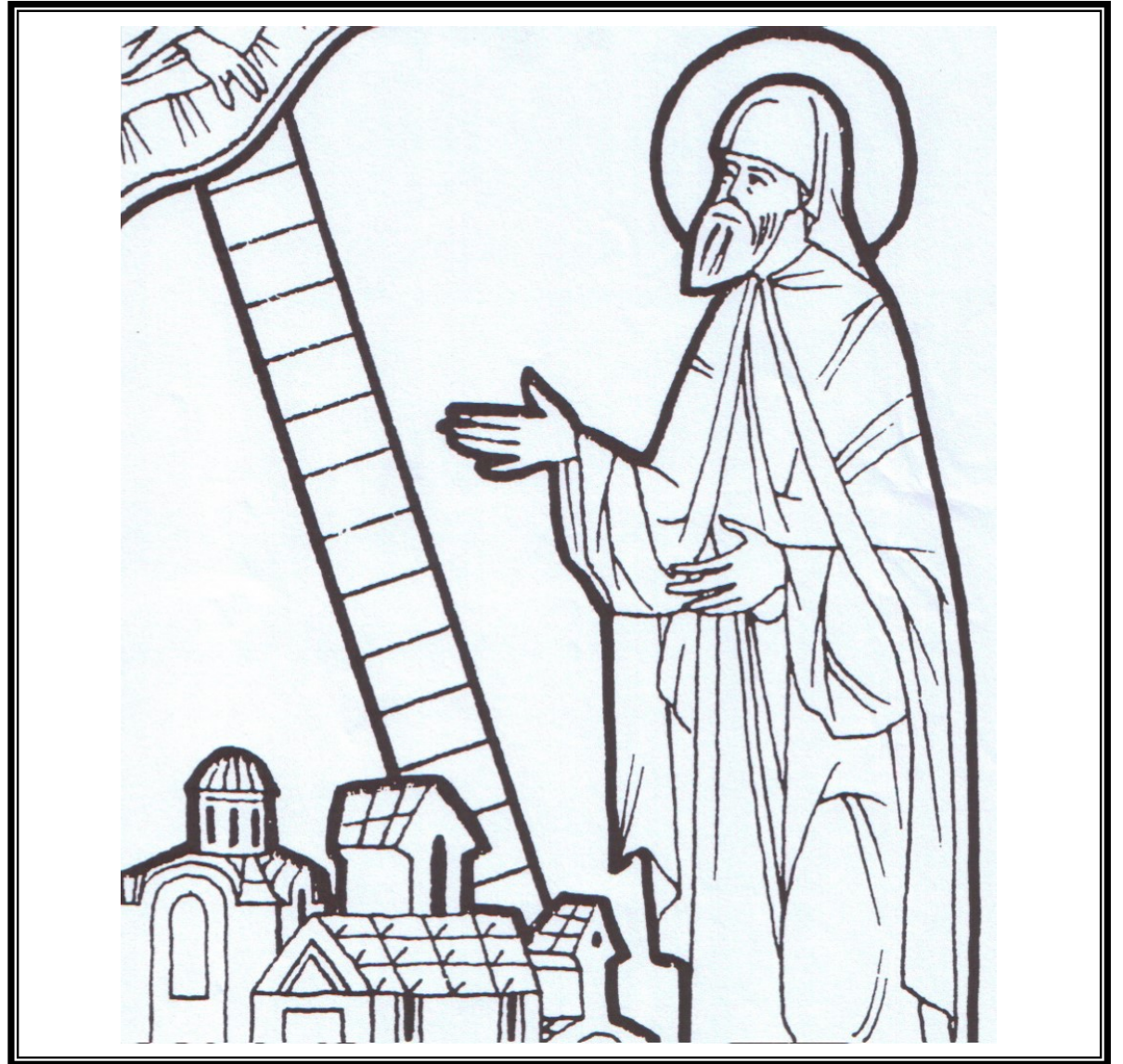


### **Fourth Sunday of Lent Sunday of St. John Climacus**

The Church calls our attention to St. John Climacus who realized in his own life the ideal of penitence on which we should fix our eyes during Lent. The Church gives a correct interpretation to the doctrine of St. John Climacus when it proclaims that ascetism has neither sense nor value if it is not an expression of love. During the liturgy we read from the epistle to the Hebrews (6:13-20). This tells of the patience and endurance of the patriarch Abraham, and of the final realization of the promises that God had made to him. It is impossible for God to lie: that is why, like Abraham, we have “strong consolation, who have fled for refuge to lay hold upon the hope set before us.” Do we really live in this great hope? The gospel (Mark 9:16-30) describes the healing of the boy with the dumb spirit, whose father brings him to Jesus. The Lord says to the father: “If thou canst believe, all things are possible to him that believeth.” The father cries out with tears: “Lord, I believe, help thou mine unbelief.” We could find no better way to express both the fact of our faith’s existence, and of its weakness. But do the same burning tears fall from our eyes when we say to our Savior: “I believe, help thou mine unbelief?” Jesus takes pity on the father, He accepts such a faith, and heals the son. Later, speaking to the Master privately, the disciples ask him why they were not able to cast out such a spirit. Jesus answers: “This kind can come forth by nothing but prayer and fasting.” We must not imagine that prolonged fasting and repetitive prayer will suffice to give us a power which the disciples did not possess. Prayer and fasting in the deepest sense, mean a radical renunciation of self, a concentration of one’s soul in an attitude of trust and humility which leaves all to the mercy of God, the submission of our will to the will of the Lord, placing our whole being in the hands of the Father. He who - by the grace of God - reaches this state is able to cast out demons. Could we not take at least the first steps along this path. If we tried, we should be astonished by the successes that follow.

The Year of Grace of the Lord

## SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



*Sunday, March 29, 2020*

*Fourth Sunday of Lent*

***Saint Mary Antiochian Orthodox Church***  
***"A parish of the Antiochian Orthodox Christian Archdiocese of North America"***

249 High Street, Pawtucket, RI 02860  
Phone (401) 726-1202 Fax: (401) 729-1203  
Parish Center Phone (401) 725-5150  
Web site: <http://stmarypawtucket.org>  
Email: [office@stmarypawtucket.org](mailto:office@stmarypawtucket.org)

**His Eminence Metropolitan JOSEPH, Archbishop of New York  
& Metropolitan of all North America**

**His Grace Bishop JOHN, Auxiliary and Bishop of the  
Diocese of Worcester and New England**

**V. Rev. Father Elie Estephan**  
Cell- 1-(240) 205-9079

**Sub-Deacon Emad Amirhom**  
**Sub-Deacon Elijah Vollendorf**

**Schedule of Services**

<i>Sunday: Orthros (Matins)</i>	<i>9:00 a.m.</i>
<i>Church School</i>	<i>11:15 a.m.</i>
<i>Sunday: Divine Liturgy</i>	<i>10:00 a.m.</i>

*Enter in Quietness, Rest in Prayer,  
Worship in Reverence, Depart in Peace to Serve*

**We welcome our Visitors & Guests:** Please take a moment to fill out a Visitor Card.  
We invite you to join us for coffee hour at the Parish Center following Liturgy.

**Receiving Communion:** Only those Orthodox Christians who have prepared themselves may approach the chalice for Holy Communion. Everyone is welcome to partake of the Holy Bread after the Liturgy.



**Prayer Line**

St. Mary ~ Internet Prayer Line  
Prayer requests can be sent to us via the internet at  
**[office@stmarypawtucket.org](mailto:office@stmarypawtucket.org)**

All requests must be received by Wednesday noon to be included in that week's bulletin.  
Any requests received after that time will be included in the following week's bulletin.

**St. Mary Antiochian Orthodox Church, Pawtucket**  
**Schedule of Services: Great Lent 2020**



The Liturgy of the Pre-sanctified Gifts will be held on Wednesday evenings at 7:00 pm. Those wishing to partake of Holy Communion ought to be fasting from 12:00 noon on.

The service of the Akathyst Hymn or Madeeh (The Salutations to the Virgin Mary) will be held on the first five Friday evenings of Great Lent at 7:00 pm.

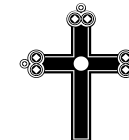
The Divine Liturgy on Lazarus Saturday, April 11th, will be celebrated at 9:00 a.m.

Palm Sunday is on April 12th. Holy Week starts on Sunday evening April 12th with the Bridegroom Service at 7:00 p.m.

Great and Holy Week: Monday, April 13th - Saturday, April 18th.

Great and Holy PASCHA (Easter) is April 19th.

*May the Living God, the Fountain of Wisdom, enlighten our minds, strengthen our bodies, and nourish our souls in the blessing of this holy season, the Lenten Spring.*



## *Orthodox Vocabulary*

### Resurrection

RESURRECTION: The reunion of the soul and body after death which will revitalize and transform the physical body into a spiritual body. Jesus Himself is the firstfruits of perfect resurrection; He will never again be subject to death. Because He conquered death by His Resurrection, all will rise again: the righteous to life with Christ, the wicked to judgment. See John 5:28, 29; 1 Cor. 15:35-55.

### THE SYNAXARION (Plain Reading)

On March 29 in the Holy Orthodox Church, we commemorate the Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them; Martyrs Jonah and Barachisios of Persia and those with them; and Eustathios the Confessor, bishop of Bithynia.

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.*

## *Fourth Sunday of Lent*

### **Tone: 8 / Eothinon: 8**

#### **RESURRECTIONAL APOLYTIKION: 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.

#### **APOLYTIKION FOR 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 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.

#### **TROPARION OF THE DORMITION: Tone 1**

In giving birth, Thou didst keep Thy virginity and in thy repose, Thou didst not forsake the world, O Theotokos, for Thou art the mother of life, and Thou didst pass over into life; and through thy intercession from death Thou dost redeem our souls.

#### **KONTAKION FOR SUNDAYS IN GREAT LENT: Tone 8**

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.





## THE EPISTLE

*The Lord will give strength to His people. The Lord will bless His people with peace.*

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

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.

## 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.”

### **PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:**

Kevin Hashway  
Mark Hashway  
Offered by: Elaine Wilbur



Elizabeth Votruba  
Offered by: Sandra Matook

Kh. Dolly & Basil Crow  
Simon Karam  
Edward Betor  
Josephine Karam  
Offered by: Elie, Julia & Naji Karam

Ron Hallal & Family  
All Hallal Family  
Offered by: Georgette Hallal

Kh. Dolly & Basil Crow  
Offered by: Nabil & Salwa Khoury

Kh. Dolly & Basil Crow  
Tom Trabulsi  
David Trabulsi & Family  
Joe Warzycha  
All First Responders  
Doctors & Nurses  
Offered by: Ray & Leila Trabulsi

Kh. Dolly & Basil Crow  
Offered by: Walid & Mirna Nakhoul

Nora Abdelahad  
Offered by: Elaine Swistak

All Parishioners of St. Mary

Prayers of Good Health and Blessings are offered for Nora Abdelahad in observance of her 95th Birthday.

Offered by: Elaine Agaty  
Sandra Matook  
& Family



### **IN LOVING MEMORY OF:**

Fred Hashway Jr.  
Offered by: Elaine Wilbur

Fr. Isaac Crow  
Lillian Betor  
Georges Karam  
Offered by: Elie, Julia & Naji Karam

Janice Hallal  
James & John Hallal  
Offered by: Georgette Hallal

Charles Abdelahad  
Offered by: Elaine Agaty  
Sandra Matook & Family

George Matook  
Offered by: Sandra Matook & Family

Fr. Isaac Crow  
Offered by: Nabil & Salwa Khoury

Fr. Isaac Crow  
Offered by: Ray & Leila Trabulsi

Fr. Isaac Crow  
Offered by: Walid & Mirna Nakhoul



### **Coffee Hour**

No Coffee Hour Today.

