



## ST. MARY ANTIOCHIAN ORTHODOX CHURCH

A PARISH OF THE ANTIOCHIAN ORTHODOX ARCHDIOCESE  
OF NORTH AMERICA

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ARCHDIOCESE WEB PAGE ∞ [www.antiochian.org](http://www.antiochian.org) ∞

PARISH WEB PAGE ∞ [www.stmaryorthodox.com](http://www.stmaryorthodox.com) ∞

### CLERGY

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

His Grace Bishop THOMAS, Auxiliary Bishop of Charleston, Oakland & the Mid-Atlantic

Very Rev. Fr. George Alberts, Pastor

Very Rev. Fr. Dr. David Hester, Pastor Emeritus ✕ Very Rev. Fr. Herbert Nahas, Pastor Emeritus

Rev. Deacon Joseph Clark (Temporarily Attached)

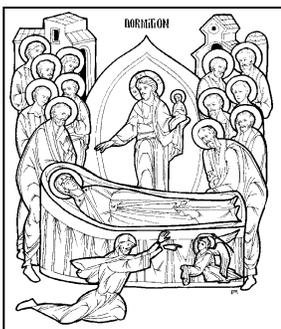
Subdeacon William Obeid + Subdeacon N.D. Namey + Subdeacon John Moses Jr. + Subdeacon Marshall Goodge

**WELCOME** to the Antiochian Orthodox Christian Archdiocese of North America. We are the jurisdiction of the Orthodox Christian Church whose roots trace directly back to the first century Antioch, the city in which the disciples of Jesus Christ were first called Christians (Acts 11:26).

The Orthodox Church is the oldest and second-largest Christian group in the world. We are called by God, our Creator, to worship and follow Him and to proclaim to the world His message of love, peace and salvation.

God loves all mankind and desires that all human beings should believe in Him, know Him, abide in Him, and receive eternal life from Him. To accomplish this God Himself came into the world as a man in Jesus Christ --- becoming man that we might become like God. The Parishioners of St. Mary Parish welcome you and are pleased that you have decided to worship Almighty God with our Parish family today. We encourage you to learn about our Orthodox faith and our Parish if you are not yet Orthodox.

Although the non-Orthodox may not receive Holy Communion, which may only be given to the Orthodox faithful, we invite you to come forward at the close of the Liturgy to receive a blessing from the Priest and blessed bread. Please also come downstairs to the Parish Hall join us for our fellowship hour.



Our Patronal Feast is the DORMITION (FALLING-ASLEEP) OF THE THEOTOKOS, which is one of the Twelve Great Feasts of the Orthodox Church and is celebrated each year on August 15. The Theotokos, the Virgin Mary, was “blessed amongst women,” and she was chosen “to bear the Savior of our souls.” Orthodox Christians consider her to be the Queen of all the saints and angels. Knowing she is eternally present at the throne of God interceding for mankind, we pray for her love, guidance, and protection.



**PARISH LIFE AT ST. MARY**

**TODAY**

Parish Council meets after Liturgy

**THIS WEEK**

- Mon. April 8 ~ Great Compline at 6:00 pm
- Wed. April 10 - Pre-Sanctified Liturgy at 6:00 followed by Potluck Dinner & Ask Abouna
- Thur. April 11 Spaghetti Dinner 4:00 - 6:00  
Little Compline w/Life of St. Mary of Egypt at 6:00 pm
- Fri. April 12 Final Akathist Service of Lent at 6:00 pm
- Sat. April 13 Confessions from 4:30 - 5:00 & Vespers at 5:00
- Sun. April 14 Matins at 8:50 & Divine Liturgy at 10:00 \*\* Teen SOYO Meeting After Liturgy

**UPCOMING LENTEN & SPECIAL EVENTS**

- Mon. April 15 Great Compline at 6:00 pm
- Wed. April 17 Pre-Sanctified Liturgy at 6:00 followed by Potluck Dinner & Ask Abouna
- Thurs. April 18 No Spaghetti Dinner this week or next week
- Fri. April 19 Compline with Canon of St. Lazarus at 6:00 pm
- Sat. April 20 Lazarus Saturday - Liturgy at 10:00 am & Confessions from 4:30 - 5:00 & Vespers at 5:00
- Sun. April 21 PALM SUNDAY & First Bridegroom Service at 6:00 pm

**COMMEMORATIONS**

- \* Today - Coffee Hour is sponsored in loving memory of Jennie Krechko by her Family

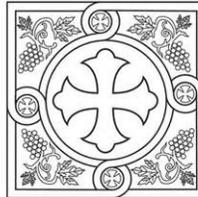
**LENTEN SERVICES AT ST. MARY**

The holy season of Great Lent is a time of preparation for Orthodox Christians. The forty days leading up to Pascha call for a concentration on repentance, confession and renewal through increased activity in worship, prayer, fasting, confession, and almsgiving.

We enjoy a special additional event each Wednesday through Lent when we host a PotLuck Lenten Dinner with an ASK ABOUNA Session afterwards. We only have 2 ASK ABOUNA dinners remaining !

**Holy Week & Pascha Services  
April 21 - 28**

- Sunday Bridegroom Service at 6:00 pm
- Monday Bridegroom Service at 6:00 pm
- Tuesday Bridegroom Service at 6:00 pm
- Wednesday Holy Unction Service at 6:00 pm
- Thursday Divine Liturgy at 10:00 am  
Service of the Washing of the Feet and the Passion Gospels at 6:00 pm
- Friday Royal Hours at 10:00 am + Vespers - Decent from the Cross at 3:00 pm + Lamentations Service at 6:00 pm
- Saturday Vespersal Divine Liturgy at 10:00 am + Nocturns, Rush Service, Paschal Canon & Divine Liturgy at 10:00 pm
- Sunday Paschal Agape Vespers at 1:00



DIVINE LITURGY VARIABLES ON SUNDAY, APRIL 07, 2019  
FOURTH SUNDAY OF GREAT LENT  
COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"  
MARTYR KALLIOPIOS OF CILICIA; VENERABLE GEORGE, BISHOP OF MITYLENE; REPOSE OF TIKHON,  
PATRIARCH OF MOSCOW AND ENLIGHTENER OF NORTH AMERICA

**\*\*DIVINE LITURGY OF ST. BASIL THE GREAT\*\***

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 THE DORMITION

In giving birth thou didst keep thy virginity and 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 thine intercessions from death thou dost redeem our souls.

KONTAKION FOR SUNDAYS IN GREAT LENT 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.

☞ THE EPISTLE ☞

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

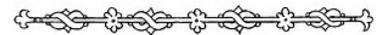
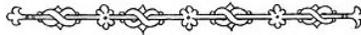
THE READING FROM THE EPISTLE OF ST. PAUL TO THE HEBREWS. (6:13-20)

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."



## THE SYNAXARION

On April 7 in the Holy Orthodox Church, we commemorate the Martyr Kalliopios of Cilicia; Venerable George, bishop of Mitylene; and Tikhon, patriarch of Moscow and Enlightener of North America.

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).

*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.*

## SAINT JOHN CLIMACUS

*by Nicol Zabak from the Archdiocese Webpage*

The symbolic ascent to heaven is customarily portrayed by the flight skyward with angelic wings; one of our saints, however, depicts the ascension by the more practical use of a ladder. This symbolic ladder is to be scaled in a series of spiritual rungs where increasingly more exertion is required in order to see the Kingdom of God. The author of this approach was St. John of the Ladder who was one of the greatest writers in Christianity. "The Ladder of Perfection" is a treatise on spiritual exercises and actions, which present in a brilliant and scholarly fashion and approach to the throne of Heaven.

Born in the sixth century, John spent the first sixteen years of his life in Palestine, the ancient Holy Land of his birth whose traditions he respected and whose Christian heritage is cherished. His early ambitions were realized when he went to the monastery of St. Catherine at Mt. Sinai, the oldest Christian monastery in the world. There he became one of the most scholarly monks in Christendom. The site of St. Catherine's was conducive to prayer and meditation, for there the scene of the burning bush took place and there Moses received the word of God himself. Moreover, to this place the grieving St. Helen, mother of St. Constantine the Great, came on a pilgrimage to the Holy Land some three hundred years before.

John is remembered not only as the author of the masterful "Ladder of Perfection," but also as the originator of hesychasm, the divine quietness that leads one to God through constant prayer, the prayer which has come to be known as the pure or intellectual "Jesus Prayer." Regarding this John wrote: "Let the remembrance of Jesus be present with each breath, and then you will know the value of hesychia." He continued to champion this doctrine which found eager support among Christian thinkers, chief among them was St. Gregory Palamas, whose sponsorship brought about official Church recognition of hesychasm in the fourteenth century.

For more than seventy years, John of the Ladder practiced what he preached in the confines of his desert monastery. He achieved such a reputation for piety and wisdom that men from all walks of life were drawn to his side and came from all over the east to make a pilgrimage to his retreat. From John's strong faith and fervent prayer came the power of healing through the divine intervention of the Jesus. If nothing else, St. John's visitors would leave him with a serenity which they had never before experienced and with a sense of fulfillment that would last a lifetime.

One of the Christendom's finest figures, he died on March 30 at the age of eighty-six. His feast day is celebrated on the fourth Sunday of Lent.

### ✠ WISDOM OF THE CHURCH FATHERS ✠

"There can be no rest on earth for those who desire to be saved." -- St. Ephraim the Syrian

"Where shall I begin to weep for the actions of my wretched life? What first-fruit shall I offer, O Christ, in this my lamentation? But in Thy compassion grant me forgiveness of sins. Come, wretched soul, with thy flesh to the Creator of all. Make confession to Him, and abstain henceforth from thy past brutishness; and offer to God tears of repentance." -- St. Andrew of Crete