



Saint Nicholas Greek Orthodox Church

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Sunday, April 14th, 2024

Fourth Sunday of Lent: Saint John Klimakos

8:30am: Orthros, 10am: Divine of St. Basil the Great

12:30pm: Youth Church School & Adult Ed

St. John Climacus on Prayer

Prayer is by nature a meeting and a union of man with God. In its effects, it is the stability and foundation of the world. It achieves a reconciliation with God.

Prayer is the mother and daughter of tears. It is an expiation of sin, a bridge across temptation, a bulwark against affliction. It wipes out conflict, is the work of angels, and is the nourishment of all bodiless beings. Prayer is future gladness, action without end, wellspring of virtues, source of grace, hidden progress, food of the soul, enlightenment of the mind, an axe against despair, hope demonstrated, sorrow done away with. It is wealth for monks, treasure of hermits, anger diminished. It is a mirror of progress, a demonstration of success, evidence of one's condition, the future revealed, a sign

of glory. For the man who really prays it is the court, the judgment hall, the tribunal of the Lord— and this prior to the judgment that is to come. ...

Pray, in all simplicity. The publican and the prodigal son were reconciled to God by a single utterance.

The attitude of prayer is the same for all, but there are many kinds of prayer and many different prayers. Some talk and deal with God as with a friend and master, lifting their praises and their requests to Him— not for themselves but for others. Some look for greater spiritual treasures and glory and for greater assurance in their prayers. Some beg to be freed entirely from their adversary. Some look for rank and others for relief from all their debts. Some seek freedom from jail or for charges against them to be dropped.

But heartfelt thanksgiving should have first place in our book of prayer. Next should be confession and genuine contrition of soul. After that should come our request to the universal King. This method of prayer is best, as one of the brothers was told by an angel of the Lord. ...

In your prayers there is no need for high-flown words, for it is the simple and unsophisticated babblings of children that have more often won the heart of the Father in heaven.

Try not to talk excessively in your prayer, in case your mind is distracted by the search for words. One word from the publican sufficed to placate God, and a single utterance saved the thief. Talkative prayer frequently distracts the mind and deludes it, whereas brevity makes for concentration.

If it happens that, as you pray, some word evokes delight or remorse within you, linger over it; for at that moment our guardian angel is praying with us. ...

Always be brave, and God will teach you your prayer.

From The Ladder of Divine Ascent, (Paulist Press, 1982) §28

Hymns of the Day

Resurrectional Apolytikion in the Fourth Mode

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and had rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

Ἀπολυτίκιον Ἀναστάσιμον. ᾠχος δ΄.

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μα-
θοῦσαι αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν
ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσχύλεται
ὁ θάνατος, ἡγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ
μέγα ἔλεος.

Apolytikion of Saint John Klimakos in the Plagal Fourth Mode

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

Apolytikion of Saint Nicholas in the Fourth Mode

An example of the faith and a life of humility: * as a teacher of abstinence you did inspire and lead your flock, * and through the truthfulness of your deeds * were exalted to greatness through your humility, * uplifting all, and by poverty gaining

wealth. * Father and hierarch Saint Nicholas, * intercede with Christ our God * that our souls may be saved.

Kontakion of Lent in the Plagal Fourth Mode

To you, the champion commander, I your city * inscribe victorious anthems of thanksgiving * for deliverance from suff'rings, O Theotokos. * In as much as you have power unassailable, * from all manner of dangers, O set me free; * that I may cry out to you, * rejoice O Bride Unwedded.

Hymn to the Theotokos

In you, O Lady full of grace, all creation rejoices, the hosts of Angels and the human race. O consecrated temple and allegorical Paradise, virgins boast of you. For God became incarnate from you, yes, our eternally existing God became a child from you. He made a throne of your womb, and He made your body wider than the heavens. In you, O Lady full of grace, all creation rejoices. Glory to you!



Gospel and Epistle Readings

Epistle Reading

St. Pauls' Letter to the Hebrews 4:14-16; 5:1-6

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect

has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

Gospel Reading

Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his Cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels."

And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

The Lord's Prayer

Ελληνικά:

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, * ἁγιασθήτω τὸ ὄνομά σου.
* ἐλθέτω ἡ βασιλεία σου. * γεννηθήτω τὸ θέλημά σου * ὡς
ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. * τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον
δὸς ἡμῖν σήμερον. * καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. * καὶ μὴ εἰσενέγκῃς ἡμᾶς
εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Español:

Padre Nuestro, que estás en el cielo, * santificado sea tu nom-
bre; * venga tu reino; * hágase tu voluntad, * en la tierra
como en el cielo. * Danos hoy nuestro pan de cada día; * per-
dona nuestras ofensas, como también nosotros perdonamos a
los que nos ofenden; * no nos dejes caer en la tentación, y
libranos del mal.

English:

Our Father, who art in the heavens * hallowed be Thy name;
* Thy Kingdom come; * Thy will be done * on earth as it is
in heaven; * give us this day our daily bread, * and forgive us
our trespasses, as we forgive those who trespass against us; *
and lead us not into temptation, but deliver us from the evil
one.

Saints and Feasts

Saint John Klimakos

The Fourth Sunday of Lent is dedicated to Saint John Kli-
makos, the author of *The Ladder of Divine Ascent*. In this

book the Igoumen of Saint Katherine's Monastery on Mount Sinai bears witness to the great effort which is required for entry into God's Kingdom. The spiritual struggle of the Christian life is difficult since it is "not against flesh and blood, but against ... the rulers of the present darkness ... the hosts of wickedness in heavenly places ..." (Eph. 6:12). Saint John encourages the faithful in their efforts for, as the Lord has said, only "he who endures to the end will be saved" (Matt. 24:13).

Saint John was born around the year 525, the son of devout and wealthy parents. He received a very good education, but at the age of sixteen, he forsook the world and went to Mount Sinai, subjecting himself to the spiritual guidance of Elder Martyrios. When he was nineteen years of age, his Elder reposed. Then Saint John entered the arena of hesychasm, visiting the monastic communities of Skiti and Tabennisi in Egypt. For another forty years, he lived in a cell at Thora in the Sinai Desert, which was a two hour walk from the Monastery of Saint Katherine.

After writing *The Ladder* at the request of Igoumen John of Raithu Monastery, and leading a God-pleasing life, Saint John fell asleep in the Lord when he was about seventy-five years old (ca. 603).



Parish Information

Church School

Church School meets on Sundays following Divine Liturgy, at approximately noon. Our two Youth Church School classrooms meet downstairs.

Orthodox Christianity 101

Our Orthodox Christianity 101 class meets in the Church hall following coffee hour. Anyone who is interested in learning the basic teachings and practices of the Orthodox Christian faith is welcome to attend! We will read and discuss the book *Welcome to the Orthodox Church* by Frederica Mathewes-Green.

Men's Breakfast Group

The next Men's Breakfast will be on **Saturday, May 11** at 8am. Bring your favorite breakfast foods, and feel free to invite a friend!

Ladies' Potluck Luncheon

Our Ladies' Potluck Luncheon group meets on the second Thursday of each month! The next luncheon will take place in the Church hall on **Thursday, May 9** at 12pm.

Byzantine Chant Classes

Byzantine chant classes take place on **Saturdays at 4pm**. If you are interested in learning and helping out, please feel free to attend!

This Week at Saint Nicholas

- Monday, April 15: 6pm Great Compline
- Wednesday, April 17: 6pm Presanctified Liturgy
- Friday, April 19: 6pm Salutations to the Theotokos (Full)
- Saturday, April 20: 4pm Byzantine Chant Class, 5pm Great Vespers