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Sunday, March 22, 2026

Fourth Sunday of Lent: Sunday of St. John Climacus

8:30am: Orthros

10am: Divine Liturgy of St. Basil the Great

Hymns of the Day

Resurrectional Apolytikion in the Plagal Fourth Mode

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

Ἄπολυτίκιον Ἀναστάσιμον. Ἦχος πλ. δ´.

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγγνος, ταφήν κατεδέξω τριήμερον,
ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἦ ζωὴ καὶ ἡ ἀνάστασις
ἡμῶν, Κύριε δόξα σοι.

Apolytikion of St. John Climacus 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 the Plagal Fourth Mode

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

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 Reading

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.”

Saints and Feasts

Fourth Sunday of Lent: St. John Climacus

This Saint gave himself over to the ascetical life from his early youth. Experienced both in the solitary life of the hermit and in the communal life of cenobitic monasticism, he was appointed Abbot of the Monastery at Mount Sinai and wrote a book containing thirty homilies on virtue. Each homily deals with one virtue, and progressing from those that deal with holy and righteous activity (*praxis*) unto those that deal with divine vision (*theoria*), they raise a man up as though by means of steps unto the height of Heaven. For this cause his work is called “The Ladder of Divine Ascent.” The day he was made Abbot of Sinai, the Prophet Moses was seen giving commands to those who served at table. Saint John reposed in 603, at eighty years of age.

He is celebrated today because his book, The Ladder of Divine Ascent, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility.

Wisdom of the Fathers

“Always be struggling with your mind. When it roams about, summon it to return to you. God does not necessarily require from those who are still under the obedience, that their prayer be altogether free from distractions. Be not depressed when your thoughts are taken from you, but stay at peace and constantly bring back your mind.”

- St. John Climacus, *Ladder of Divine Ascent*

“The true servant of the Lord is the one who in body is standing before men, but in his mind is knocking at heaven with his prayer.”

- St. John Climacus, *Ladder of Divine Ascent*

Parish Prayer List

Please remember in your God-pleasing prayers the servants of God:

Robert Tewis; Robert (Tikhon) Foster; Lance (Stylian) Schmitt; Karen (Marie) Eagle; John Raftopoulos; Bonnie (Catherine) Butler; Carol (Abigail) Sherman; John Mason

If you would like for yourself or a loved one to be added to the prayer list, please contact Fr. Jeremy.

Parish Information

Church School

Church School for our children begins following Holy Communion. We have two classrooms: one for elementary-school

ages, and one for middle school and up. Please allow our Church School kids and their teachers to come up for Communion first.

Introduction to Orthodox Christianity

Our Adult Ed class meets on Sundays following coffee hour. We meet in the classrooms downstairs. Any who would like to learn more about our Orthodox Faith, whether a newcomer or a life-long member, are welcome to attend. Please contact Fr. Jeremy to be added to the distribution list for readings.

On Behalf of All

Funded through the Lilly Endowment, OBOA is a program aimed at ensuring that children with disabilities are able to participate fully in our parish life. We are a pilot parish in this program, and are looking for volunteers from the parish to help coordinate our participation in this ministry. If you are interested in learning more, please talk to Fr. Jeremy or Pres. Allison.

Byzantine Chant Classes

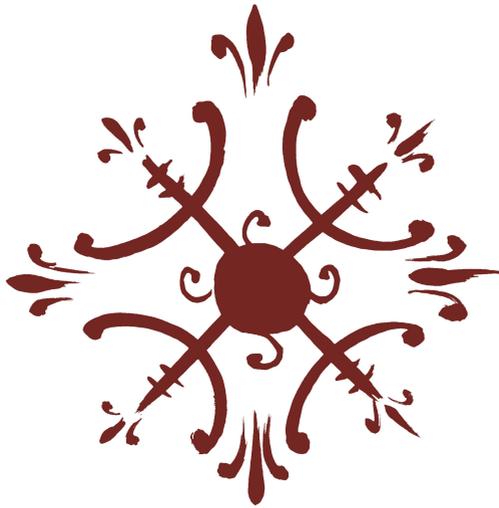
Byzantine chant classes take place on **Saturdays at 4pm**. If you are interested in learning and helping out, please feel free to attend!

Men's Breakfast

Our next Men's Breakfast will take place on Saturday, **May 2 at 8am**. 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, April 16** at 12pm.



This Week at St. Nicholas

- Monday, March 23: 6pm Great Compline
- Tuesday, March 24: 6pm Great Vespers
- Wednesday, March 25 **Annunciation to the Theotokos**: 8:30am Orthros, 9:30am Divine Liturgy, 6pm Small Compline w/ Great Canon of St. Andrew
- Friday, March 27: 6pm Akathist to the Theotokos (*Full*)
- Saturday, March 28: 4pm Byzantine Chant Class, 5pm Great Vespers