



St. Vladimir Orthodox Church

812 Grand Street, Trenton, NJ 08610 (609) 393-1234

Rev. Volodymyr Chaikivskyi V. Rev. Paul Shafran, Pastor Emeritus

Website: saintvladimir.org

Facebook: facebook.com/St-Vladimir-Orthodox-Church-Trenton-NJ-454092552035666

4th SUNDAY OF GREAT LENT: ST JOHN CLIMACUS (OF THE LADDER)

March 26, 2023

TROPARION, KONTAKION & PROKEIMENON

Troparion – Tone 8

Thou didst descend from on high, O Merciful One! Thou didst accept the three day burial to free us from our sufferings!// O Lord, our Life and Resurrection, glory to Thee!

Troparion – Tone 4

Today is the beginning of our salvation, the revelation of the eternal mystery! The Son of God becomes the Son of the Virgin as Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: “Rejoice, O Full of Grace, // the Lord is with thee!”

Troparion – Tone 4

Gabriel, Commander of the heavenly hosts, we who are unworthy beseech thee: by thy prayers encompass us beneath the wings of thine immaterial glory, and faithfully preserve us who fall down and cry out to thee:// “Deliver us from all harm, for thou art the Commander of the Powers on high!”

Kontakion – Tone 8

By rising from the tomb, Thou didst raise the dead and resurrect Adam. Eve exults in Thy Resurrection, // and the world celebrates Thy rising from the dead, O greatly Merciful One!

Kontakion – Tone 8

Supreme Commander Gabriel, thou art the glorious intercessor and servant before the all-radiant, worthy, all-powerful, infinite and awesome Trinity. Ever pray now that we may be delivered from all tribulations and torments, // so that we may cry out to thee: “Rejoice, protection of thy servants!”

Kontakion – Tone 8

O victorious leader of triumphant hosts! We, thy servants delivered from evil sing our grateful thanks to thee, O Theotokos. As thou dost possess invincible might set us free from every calamity // so that we may sing: “Rejoice, O unwedded Bride!”

Prokeimenon – Tone 8

Pray and make your vows / before the Lord, our God!

V. In Judah God is known; His Name is great in Israel.

Prokeimenon – Tone 4

From day to day / proclaim the salvation of our God!

LITURGICAL COMMEMORATION

4TH Sunday of Great Lent: St John Climacus (of the Ladder)

The Fourth Sunday of Lent is dedicated to Saint John Klimakos, 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 (Matthew 10:12). 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 ..." (Ephesians 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" (Matthew 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,¹ his Elder reposed. Then Saint John entered the arena of hesychasm, visiting the monastic communities of Skétê and Tabénnisê in Egypt. For another forty years, he lived in a cell at Thora in the Sinai Desert, which was a two hour (5 mile) walk from the Monastery of Saint Katherine.

Aflame with indescribable longing for God, he ate everything that was permitted by the monastic Rule, but only in very small quantities, and not unto satiety. By so doing, he overcame the vice of pride; and by eating just a little food, he humbled the stomach, which always wants more. He raised his body from death and paralysis by the remembrance of death, and he overcame the tyranny of anger with the sword of obedience.

Who can describe the fountain of his tears, which is now to be seen in very few individuals? He slept only as much as was necessary to prevent his mind from being distracted. Before going to sleep he prayed a great deal, and he also wrote books. This was how he subdued despondency. His entire life was spent in unceasing prayer, and incomparable love for God.

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). He is also commemorated on March 30.

¹ This was his monastic age. He was, in fact, thirty-five years old.

EPISTLE & GOSPEL READINGS

Epistle: Hebrews 6:13-20

For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless you, and multiplying I will multiply you." And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Epistle: Hebrews 2:11-18

For both He who sanctifies and those who are being sanctified are all of one, for which reason He is not ashamed to call them brethren, saying: "I will declare Your name to My brethren; in the midst of the assembly I will sing praise to You." And again: "I will put My trust in Him." And again: "Here am I and the children whom God has given Me." Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage. For indeed He does not give aid to angels, but He does give aid to the seed of Abraham. Therefore, in all things He had to be made like His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people. For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

Gospel: Mark 9:17-31

Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw

Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." 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!" When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting." Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

Gospel: Luke 1:24-38

Now after those days his wife Elizabeth conceived; and she hid herself five months, saying, "Thus the Lord has dealt with me, in the days when He looked on me, to take away my reproach among people." Now in the sixth month the angel Gabriel was sent by God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And having come in, the angel said to her, "Rejoice, highly favored one, the Lord is with you; blessed are you among women!" But when she saw him, she was troubled at his saying, and considered what manner of greeting this was. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bring forth a Son, and shall call His name JESUS. He will be great, and will be called the Son of the Highest; and the Lord God will give Him the throne of His father David. And He will reign over the house of Jacob forever, and of His kingdom there will be no end." Then Mary said to the angel, "How can this be, since I do not know a man?" And the angel answered and said to her, "The Holy Spirit will come upon you, and the power of the Highest will overshadow you; therefore, also, that Holy One who is to be born will be called the Son of God. Now indeed, Elizabeth your relative has also conceived a son in her old age; and this is now the sixth month for her who was called barren. For with God nothing will be impossible." Then Mary said, "Behold the maidservant of the Lord! Let it be to me according to your word." And the angel departed from her.

SERVICES

Service Schedule for the week of March 26

Sunday March 26 – 9:45 AM Hours, 10:00 AM Divine Liturgy followed by Coffee Hour in Daria Hall

Wednesday March 29 - 5:30 PM Confession, 6:30 PM Pre-Sanctified Liturgy followed by Confession

Thursday March 30 – 6:30 PM Great Canon of St. Andrew of Crete

Friday March 31 – 8:30 AM Confession, 9:30 AM Pre-Sanctified Liturgy followed by Confession

Saturday April 1 – 5:00 PM Vespers followed by Confession

Sunday April 2 – 9:45 AM Hours, 10:00 AM Divine Liturgy followed by Lecture by Abbott Sergius during Coffee Hour in Daria Hall

DONATIONS

Weekly Giving

March 19 – 71 adults, 19 youth, \$3,392

PARISH ANNOUNCEMENTS

As a reminder regarding Pascha services, Divine Liturgy will immediately follow the Paschal Vigil, which starts at 11:30 PM on Holy Saturday, April 15. After Divine Liturgy, baskets will be blessed in Daria Hall. Vespers will be held at 11:00 AM on Pascha Sunday, followed by blessing of baskets in Daria Hall. Then a Pascha Picnic for our parishioners will be held on the rectory grounds. A sign-up sheet is in the back of the church to sign up for the picnic and indicate what food you will bring to share. The church will provide roasted lamb.

During Coffee Hour next Sunday April 2, a lecture will be presented by Abbott Sergius from St. Tikhon Monastery. Please plan on attending this informative lecture.

Please remember to turn in your orange 2023 Pledge Card. The Parish Council uses the pledged amount to budget for the year. Thank you.

The Ladies Altar Society will be raffling Easter baskets as follows. Chances are \$1.00 each.

1. Boy's Easter Basket – chances being sold today and April 2 – drawing will be held on April 2.
2. Adult fabric-lined Basket filled with Spring goodies and a Laura Ashley clock– chances being sold on April 9 – drawing will be held on April 9.

There will be a Diocesan Young Adult Retreat on Friday-Sunday, May 19-21, at St. Andrew's Camp in Jewell, NY. Attached is a flyer from the Diocese. Young adults wishing to register should visit https://nynjoca.org/news_230320_1.html and click on the registration link.

The Ladies Altar Society is creating and publishing the first Parish Cookbook – with your help! We are interested in your favorite recipes, ethnic recipes, recipes from your grandparents, parents, children, relatives and friends, and Lenten recipes. They can include Appetizers, Main Meals, Side Dishes, Soup, Salad, Dessert, and Beverages. In addition to recipes, the Cookbook will include a Helpful Hints section. In order for the Cookbook to be a success, we will need many recipes! Each recipe should include your name, who you may have received the recipe from, and your phone number (phone number is only if we have questions and will not be published in the Cookbook). Please give your recipes to Alla Strauss, Melody Stavisky, or Nancy Mitsos. Thank you!

A Parish "Directory" with photos and identifying names of all parishioners is in the works. This will help us all with "putting a face to the name"! **The first Sunday for taking pictures in Daria Hall will be April 9, Palm Sunday.** John Cassar and Awet Tesfa are leading this project.

Gallons of spring water are needed for Coffee Hour. Please bring your donation of water to Daria Hall. The water is used for tea and coffee. Thank you!

BIRTHDAYS THIS WEEK

Sosi Sengal Tesfa – March 27

Have a blessed birthday and may God grant you many years!

If you do not see your birthday listed above during your birthday week, please let Darice know and she will add it to the schedule!

COFFEE HOUR SCHEDULE

Please remember the Coffee Hour Helpers do not normally bring any refreshments for Coffee Hour, but are there to assist in setting up for Coffee Hour. The host/hostess is responsible for bringing whatever refreshments they wish to serve – if desserts are needed please let the Helper know ahead of time as there are desserts in the freezer that may be used. Host/Hostess is responsible for setting up in the morning starting at 9:00 AM, with guidance from the Helper, and for cleaning up after Coffee Hour including washing and drying dishes, and taking out the trash. If you have any questions please contact Melody Stavisky, Alla Strauss, or the Helper assigned to your Coffee Hour date. Thank you!

Mar. 26 FAST John Cassar, Nancy Mitsos
April 2 FAST Francine Brady, Herman Meyer, Nancy Mitsos
April 9 FAST Nana & Matthew Barrett, Alla Strauss
April 16 PASCHA – No Coffee Hour
April 23 Madeleine Sekulich, Mark McDevitt, Nancy Mitsos
April 30 Fiyori Habtesilasse, Awet Tesfa
May 7 Betty Kavchok, Nancy Mitsos
May 14 Nina Schmidt, Alla Strauss
May 21 Aftan Chowansky, Nina Laushell
May 28 Christina DiDonato, Francine Brady & Herman Meyer
June 4 Darice Keyes, Nancy Mitsos
June 11 Bill & Margie DiCicco, Chris Kasmer, Nina Laushell
June 18 FAST Timothy & Valeria Srock, Awet Tesfa
June 25 FAST Alla & Perry Strauss, Christine Waite

July 2 Alex & Brittani Brasowski, Melody Stavisky
July 9 Jessica & Blake Kilgore, Darice Keyes
July 16 ST. VLADIMIR FEAST DAY BANQUET
July 23 Karina Kotelnicki, Nina Laushell
July 30 Tyler Burger, Francine & Herman
Aug. 6 FAST Mihaela & Tiberiu Milosav, Alla Strauss
Aug. 13 FAST Herman Meyer, Francine Brady
Aug. 20 Alex & Rebeca Medina, Awet Tesfa
Aug. 27 Olga & James Bates, Darice Keyes
Sept. 3 Tahara & Germain Ortiz, Alla Strauss
Sept. 10 Monia & James Pitra, Darice Keyes
Sept. 17 Gabriela & Virgiliu Plesa, Nina Laushell
Sept. 24 ANNUAL PARISH PICNIC
Oct. 1 Guy Radcliffe, Francine & Herman
Oct. 8 Mary Reiling, Alla Strauss
Oct. 15 Lynne Sheedy, Nancy Mitsos
Oct. 22 Ramazi Shubitize, Awet Tesfa
Oct. 29 Nina Laushell, Darice Keyes
Nov. 5 Walter & Tanya Tribbey, Francine & Herman
Nov. 12 Vera Pschenychny, Alla Strauss
Nov. 19 FAST Nancy Mitsos, Darice Keyes
Nov. 26 FAST Gebrekvistos Amleset, Awet Tesfa
Dec. 3 FAST Ilonica & Corneliu Balasa, Nina Laushell
Dec. 10 FAST Victoria Baranava, Nancy Mitsos
Dec. 17 FAST Paula & Ludwig Koerte, Darice Keyes
Dec. 24 FAST Father Volodymyr & Matushka Oksana, Alla Strauss
Dec. 31 Paul & Patti Denko, Francine & Herman
Jan. 7 '24 Alex Godun, Nina Laushell

OCA & St. Andrew's Camp are pleased to announce...

Orthodox Christian Young Adult Retreat

'Living A Balanced Orthodox Life In An Unbalanced World'



Friday MAY 19th - Sunday May 21st 2023

**Meet New
People**

**Build
Lasting
Friendships**

**Strengthen
Your Faith**

**Expand Your
Orthodox
Community**

**Network and
Make
Connections**

Social Activities, Group Discussions, Hang-outs, Church Services, Good Food & More!

Ages 18-39

\$80 for the full weekend (Housing & Meals included), \$50 for Saturday only

Register at http://portal.campnetwork.com/Register/Register.php?camp_id=397695

All Jurisdictions & Diocese are welcome!

Divine Liturgy @ St. Andrew's Camp Chapel - Sunday 9am

For more info/questions call or text

203-258-5324

or email LonnBologna@gmail.com

✙ 1280 RT-49 Jewell, NY 13042
✙ standrewscamp.org

✙ Orthodox Church In America ✙
✙ Diocese of New York & New Jersey ✙