

OUR JOURNEY TO PASCHA! 2023

MARCH 26th – SAINT JOHN OF THE LADDER

Epistle Reading: Hebrews 6:13-20; 2:11-18

Gospel Reading: Mark 9:17-31 and Luke 1:24-38

Troparion – Tone 1

Dweller of the desert and angel in the body, / you were shown to be a wonderworker, our God-bearing Father John. / You received heavenly gifts through fasting, vigil, and prayer: / healing the sick and the souls of those drawn to you by faith. / Glory to Him who gave you strength. / Glory to Him who granted you a crown. / Glory to Him Who, through you, grants healing to all.

We pray for our entire church family and those who do not have a family or church family, and our special prayers are for the sick and suffering and for the health and salvation of others:

The Archpriests Samuel and Joseph, Archimandrite Joseph, Protospesbyter Christos, the priest Gregory, Mark Benda, Matushka Ellen, Emily Anastasia, Gabriel, Zoe, Nadine, Michelle, Anastasia, Sophia Eptamenitis, Edward, Taisa, Konstance Engelsman, Maria Higginbotham, Valentina Bobrowski, Anna Konoleva, Erika Dobrzynski, Douglas Dobrzynski, Andrew John Lihou, Marie Biancarelli, Joshua and Daniel Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Helen, Bonnie Shaffner, Helen Schweizer, Zoran Pejovic, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie, JoAnne and David. Amen!!!

*** To amend the prayer list, speak with Mary Osinski***

Follow us on



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The WEEKLY BULLETIN HOLY SPIRIT ORTHODOX CHURCH

www.HolySpiritOrthodox.org

March 26th, 2023

4th SUNDAY OF GREAT LENT: SAINT 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 Skētē and Tabēnnisē 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.

Service Schedule

Great Vespers: 5 pm Saturdays
Hours: 9:45am Sundays
Divine Liturgy: 10:00am Sundays

Confessions: Will be heard every Saturday evening after Vespers or by appointment.

Call, text or email Father Michael at (848)228-1563 or holyspiritwantagenj@gmail.com

Monthly calendar at www.HolySpiritOrthodox.org

Dates to Remember

Friday 24th of March
Liturgy of Presanctified Gifts at 6:30 pm

Saturday 25th of March
THE ANNUNCIATION OF OUR MOST HOLY LADY THEOTOKOS
Divine Liturgy at 9 am
Great Vespers at 5 pm

Sunday 26th of March
Divine Liturgy at 10 am
Deanery Lenten Vespers at Assumption Church in Clifton NJ at 5 pm with His Eminence Archbishop Michael

Thursday 30th of March
Great Canon of Saint Andrew of Crete with the readings of life of Saint Mary of Egypt at 6:30 pm

Friday 31st of March
Liturgy of Presanctified Gifts at 6:30 pm

Saturday 1st of April
Divine Liturgy at 9 am
Vespers at 5 pm

Sunday 2nd of April
Divine Liturgy at 10 am
Deanery Lenten Vespers at Orthodox Christian Church of the Annunciation in Brick NJ at 4 pm

ANNOUNCEMENTS!

Thank you!

Our sincere thanks to Mark Benda decorating the Cross of the Lord. Furthermore, we would like to express our gratitude to Anna Seniw who continuously maintains our Facebook page. God grant you many blessed years!

Canon of Saint Andrew of Crete and life of Saint Mary of Egypt

Please join us for the reading of Canon of Saint Andrew with the life of Saint Mary of Egypt on Thursday 30th of March at 6:30 pm. These fruits of the Holy Tradition offer a beautiful insight in our own sinfulness but also invigorate our souls with the hope of salvation.

Paschal Flowers

Donation for flowers to adorn the grave are requested and very much appreciated. This is an opportunity to remember a departed loved one or to remember and honor a family member, relative or friend. Please mark your check or note with cash, "Paschal Flowers." God Bless and many thanks.

Pray for our Catechumens

Please remember in your prayers Glen and Delia as they are preparing for the sacrament of the Holy Chrismation which will take place during the Divine Liturgy on Great and Holy Saturday, April 15th, 2023.

Potluck Meal

Throughout Great Lent we will aim to have agape potluck dinner after every presanctified divine liturgy. Please bring your favorite lenten dish to share. Thank you.

Confessions

As we are approaching Holy Week, we are all to confess our sins. Confessions will be heard before any Liturgy of the Presanctified Gifts, before or after Great Vespers or before Divine Liturgies.

Saint Andrew's Camp Announces Young Adult Retreat

For more information please and how to register please follow the link:
https://nynjoca.org/news_230320_1.html

Food Donation Cart

Whenever you are shopping remember those who are hungry and purchase one or more items for our donation cart. If you would like to know the current needs of the Sussex Help Center, please talk with Dan Taylor. Thank you and God bless you!

Have an item for the bulletin?

Please email Father Michael at holyspiritwantagenj@gmail.com or Mary Osinski at mary.osinski@gmail.com