

## OUR JOURNEY TO PASCHA! 2025

**March 30<sup>th</sup> – SAINT JOHN OF THE LADDER**

**Epistle Reading: Ephesians 5:9-19; Hebrews 6:13-20**

**Gospel Reading: Matthew 4:25-5:12; Mark 9:17-31**

**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 have 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 Archbishop Melchizedek, Archpriest Samuel, Archimandrite Joseph, Archpriest Paul, Protopresbyter Christos, the priest Gregory, Protodeacon John, Mark, Matushka Ellen, Matushka Svetlana, Matushka Irene, Matushka Katherine, Catherine Xenia, Karen, Nadine Olsen, Michael Olsen, Michelle, Alexander, Anastasia, Sophia Eptamenitis, Edward, Taisa, Engelsman, 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, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie, JoAnne, Beatrice, Christina, Orestes, Julia, Adrian, Sonya, Biljana, Pauline, Brandy, Makenzie, Tyler, Anna, Aleksei, Elena, Denis, Nadezhda, Izabella, Olga, Rita, Olga, Olga, Sofia, Iosif, John, Dawn, Pavel, Elena, Avery, Halyna (Klima), Sergey, John, Francis, Anna, Birgin, Tanya and John Francis, Pamela and Rebecca.

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

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# The WEEKLY BULLETIN

## HOLY SPIRIT ORTHODOX CHURCH

[www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

**March 30<sup>th</sup>, 2025**

**4<sup>th</sup> SUNDAY OF GREAT LENT: ST. JOHN CLIMACUS** - 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,<sup>1</sup> his Elder reposed. Then Saint John entered the arena of hesychasm, visiting the monastic communities of Skētē and Tabénnisē 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. The inscription on his icon is from Step 7:2. It reads: "Compunction is a perennial trial of the conscience, which brings about the cooling of the fire of the heart through mental confession. And confession is the forgetfulness of nature, since someone because of this forgot to eat his bread.

## Service Schedule

**Great Vespers:** 5pm 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](mailto:holyspiritwantagenj@gmail.com)**

Monthly calendar at [www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

## Dates to Remember

**Friday 28<sup>th</sup> of March**

**Presanctified Divine Liturgy at 6:30 pm**

**Saturday 29<sup>th</sup> of March (Memorial Saturday)**

**Divine Liturgy at 9 am**

**Great Vespers at 5 pm**

**Sunday 30<sup>th</sup> of March**

**Divine Liturgy at 10 am**

**Deanery Vespers at SS Peter and Paul, South River at 5 pm**

**Wednesday 2<sup>nd</sup> of April**

**Presanctified Divine Liturgy at 6 pm**

**Greek Orthodox Church of the Assumption, Windam NY**

**Thursday 3<sup>rd</sup> of April**

**Great Canon of St. Andrew of Crete with reading of life of Saint Mary of Egypt at 6:30 pm**

**Friday 4<sup>th</sup> of April**

**Presanctified Divine Liturgy at 6:30 pm**

## ANNOUNCEMENTS!

### Visitor Welcomed!

After Sunday's Divine Liturgy you are invited to join us for light refreshment in the parish hall. You'll find a friendly welcome, good conversation and ask any question you may have.

### New Catechumen

Christian Vidreiro became a catechumen on Veneration of the Cross, March 23<sup>rd</sup>. Please join us in welcoming him and keeping him in your prayers as he begins his faith journey.

### Memory Eternal!

Please remember in your prayers newly departed Mitred Archpriest Daniel Skvir and Reader Kenneth A. Kwak. May their memory be eternal!

### Deanery Lenten Mission Vespers 2025

The third Deanery Lenten Mission Vespers will take place at Sts. Peter and Paul Orthodox Church, 76 Whitehead Avenue, South River, NJ 08882, on Sunday 30<sup>th</sup> of March 2025 at 5 pm. Everyone is welcomed!

### Brotherhood of "Three Hierarchs" Presanctified Liturgy

We thank Very Reverend Archimandrite Ioannikios Gregoriades for hosting Presanctified Liturgy at his parish, Saint Nicholas Greek Orthodox Church, Newburgh NY, on Wednesday 26<sup>th</sup> of March. The next brotherhood Presanctified Liturgy will take place in the Greek Orthodox Church of the Assumption, 4752 NY-23 Windham, NY 12496, on Wednesday 2<sup>nd</sup> of April 2025 at 6 pm. Everyone is welcomed!

### Potluck Meal

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

### Confessions

Will be heard every Wednesday before Presanctified Liturgy and Saturday evening before or after Vespers. Alternatively, you can always make an appointment with me.

### Spring Cleanup – April 5<sup>th</sup> from 9 am to 5 pm

We will be working on a spring cleanup in the church and on the grounds. Please help by donating a few hours of your time to clean, beautify and maintain our church. Any amount of time you can give is appreciated.

### Flowers for Pascha

Please donate towards the floral decoration of the Church for the Paschal season. Use the Paschal flowers envelope or put a note with your donation. Flowers may be dedicated to the departed of the health and salvation of the living.

### Food Donation Cart

The need to continue to assist those in need continues and we ask that when you are shopping, please remember those who are less fortunate. Dan Taylor informed us that the needs of the Sussex Help Center did not change and that they are accepting peanut butter, jelly, tuna fish cans, cereal boxes and other non-perishables. **They are also in need of donation of used shopping bags.**