

## SUNDAY OF ST. JOHN CLIMACUS

### Resurrectional Dismissal Hymn

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.

### Dismissal Hymn of St. John Climacus

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labors; and thou becamest a luminary, shining with miracles upon the world, O John our righteous Father. Intercede with Christ God that our souls be saved.

### Dismissal Hymn for Sts. Constantine & Helen

The form of Your Cross was seen in the sky by Your Apostle among the kings, O Lord. He received his calling, like Paul, not from man, and placed his imperial city in your hands. Ever guard it in peace, O Loving God, through the intercessions of the Theotokos.

### Kontakion

O Champion General, I your city now inscribe to you triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. But since you have the dominion unassailable, from all kinds of perils free me so that unto you, I may cry aloud: rejoice, O Bride unwedded.

## Κυριακή του Ὁσίου Ἰωάννου τῆς Κλίμακος

### Ἀναστάσιμον Ἀπολυτίκιον

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν καταδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

### Ἀπολυτίκιον τοῦ Ὁσίου Ἰωάννου τῆς Κλίμακος

Ταῖς τῶν δακρῶν σου ροαῖς, τῆς ερήμου τό ἀγονον εγεώργησας, καί τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατόν τοὺς πόνους ἐκαρποφόρησας, καί γέγονας φωστήρ, τῆ οἰκουμένη λάμπων τοῖς θαύμασι, Κυριακή Δ' τῶν Νηστειῶν - τοῦ Ὁσίου Πατρός ἡμῶν Ἰωάννου τοῦ συγγραφέως Πατῆρ ἡμῶν, Ὅσιε, Πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

### Ἀπολυτίκιον Ἁγίου Κωνσταντίνου

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλησιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεῦσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσαν πόλιν τῆ χειρὶ σου παρέθετο ἦν περίσῳζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

### Κοντάκιον

Τῆ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε

## Weekly Calendar

### Sunday, March 29 - Sunday of St. John Climacus

8:30 Orthros, 9:45 Divine Liturgy

**Epistle: Hebrews 6:13-20**

(Liturgy Book Pages 141,142)

**Gospel: Mark 9:17-31**

(Liturgy Book, Pages 142,143)

*Join us for a livestream of each service by visiting our Facebook page @ Sts. Constantine & Helen Greek Orthodox Church, Reading.*

**Greek Independence Day Program is postponed.**

### Tuesday, March 31

9 AM Lenten Othros

### Wednesday, April 1

9 AM Presanctified Liturgy

4 PM Small Compline & Great Canon of St. Andrew of Crete

7 PM **Our Life in Christ** (*via Zoom*)

### Thursday, April 2

12 PM 3<sup>rd</sup>/6<sup>th</sup> Hour

### Friday, April 3

9 AM Presanctified Liturgy

7 PM Akathist Hymn

### Saturday, April 4

6 PM Great Vespers

**Next Sunday, April 5 – Sunday of St. Mary of Egypt**

## Other Announcements

- Due to the Coronavirus, Philoptochos has made the difficult decision to discontinue all baking activities and have cancelled our Bake Sale scheduled for Saturday, April 4<sup>th</sup>. We are offering you two options:**
  - 1) We will donate the money you paid to charity or**
  - 2) We are happy to send you a refund check.**
- Greek School is cancelled until further notice due to the Coronavirus.**

## From the Holy Fathers –

“Let your prayer be completely simple. For both the publican and the prodigal son were reconciled to God by a single phrase.”

-St. John Climacus (Author of the Ladder of Divine Ascent)

- Youth events have been cancelled until further notice in order to keep everyone safe.
- Look for daily Zoom meetings from Dino/Fr. Theodore discussing Lent & various topics at 2 p.m.
- Support Sts. Constantine & Helen by buying gift cards from us for your grocery shopping at Giant, Redner's, and Weis supermarkets. They will be on sale each week at Fellowship.

### Mark, Bishop of Arethusa (March 29)



Saint Mark was Bishop of Arethusa in Syria. In the days of Saint Constantine the Great, Saint Mark, moved with divine zeal, destroyed a temple of the idols and raised up a church in its stead. When Julian the Apostate reigned, in 361, as the pagans were now able to avenge the destruction of their temple, Saint Mark, giving way to wrath, hid himself; but when

he saw that others were being taken on his account, he gave himself up. Having no regard to his old age, they stripped him and beat his whole body, cast him into filthy sewers, and pulling him out, had children prick him with their iron writing-pens. Then they put him into a basket, smeared him with honey and a kind of relish of pickled fish, and hung him up under the burning sun to be devoured by bees and wasps. But because he bore this so nobly, his enemies repented, and unloosed him.

### This past week, your Stewardship made these possible:

- Our Facebook page came alive.
- 17 people attended Our Life in Christ.
- Our PATH to be clear in front of us.

In three short months, just like He did with the plagues of Egypt, God has taken away everything we worship. Now He says..., "You want to worship athletes, I will shut down the stadiums. You want to worship musicians, I will shut down the Civic Centers. You want to worship actors, I will shut down the theatres. You want to worship money, I will shut down the economy and collapse the stock market. You don't want to go to church and worship Me, I will make it where you can't go to church." "If My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from Heaven and will forgive their sin and heal their land." ~2 Chronicles 7:1

Rather than living in fear and worrying about this virus destroying our lives, let's turn to the One who can bring peace and order back to our lives. How about spending more time in prayer, wiping the dust off your Bible and reading it, watching a sermon online, calling a friend or family member and sharing a word of encouragement? Build your relationship with the King of kings, the One who is sovereign over Heaven and earth. Get to know Him personally, and not only for now, but forever.

Fr. Andrew Damick in his podcast entitled *Prepare Now to Return to Church* on Ancient Faith Radio encourages us to:

1. Make ourselves say daily prayers.
2. Pray together and talk about the faith with our family.
3. Reach out to others in need as best we can.
4. Figure out a way to keep contributing to the Church so that we don't get out of the habit of prioritizing Christ and His Cross in our lives.

What we do affects who we are and what we believe. Our habits determine how we see the world and who we are. What we do every day trains us to be who we are. If we don't keep doing these things our belief in them will erode. Don't let the couch become the new normal!

Then when we do return to the Church it will be with rejoicing. But if we don't we may not come back at all.

*Sts. Constantine and Helen Greek Orthodox Church*  
**1001 East Wyomissing Boulevard**  
**Reading, PA 19611**  
*The Weekly Church Bulletin*

Rev. Fr. Theodore Petrides      Dn. James Elliker  
 Church Phone: 610-374-7511      FAX: 610-374-5890

## Sunday, March 29 Sunday of St. John Climacus

