

PARISH ANNOUNCEMENTS

- ❖ **WELCOME** to all who are visiting with us today! We hope you will feel at home here and, if you do not already have a church home, will consider becoming a part of the Saint Herman Church community.
- ❖ **INQUIRERS CLASSES** wrap up this week as we watch a series of videos called "Finding the Church Jesus Built." Our final session will be Friday April 4 from 7:30-9:30pm in the parish hall following Akathist. The title of Session Seven is: "Worship and the Holy Scriptures." Please invite any friends and family members who may be interested in learning more about the Orthodox Faith. All are welcome to attend.
- ❖ **IT IS TIME TO SPRUCE UP THE CHURCH** and parish hall for Pascha. **On Saturday April 5** from 10am-1pm, bring a lunch and work clothes for inside and outside clean up. Please bring rags and your favorite cleaning supplies and your name on anything you may bring. We will also have supplies there for your use, depending on the job. If you are unable to attend on Saturday please look over the list in the parish hall and see if you have time during the week to get something done; then please mark as done when finished. Everyone's help is greatly appreciated. Please call Susan Ross with any questions.
- ❖ **CONFESSIONS** will be heard by Fr. Thomas Frizelle April 12 following Great Vespers. If you need confession at another time, please contact Fr. Matthew so that he can put you in touch with another priest.
- ❖ **THE CHURCH BOOKSTORE** is now housed in Fr. Matthew's office, and will be open each Sunday briefly during coffee hour or other times by request.
- ❖ **LITURGICAL CALENDARS** for April are available in the narthex and online at www.sainthermanwasilla.org.
- ❖ **PASCHA FEAST INFO:** The Pascha Feast will be Sunday April 20 after Agape Vespers, which starts at 3:00pm. Anna Phelps will be the money collector and will ask people to sign up to bring dishes and to clean up. Adults are asked to pay \$10 and children to pay \$5. If this will not be possible for your family, please don't stay home on account of money, instead talk to Father Matthew or Anna about your needs. You are welcome to invite guests, but PLEASE let Anna know before Pascha if you are doing so and pay for them if you are able. *We may need to rent tables and chairs again so head counts are needed.* If you can afford to pay this weekend, Anna will be starting to count heads and take money. Thank you!!

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

*Antiochian Orthodox Christian Archdiocese of North America
Diocese of Los Angeles and the West*

PRIMATE

His Eminence, the Most Rev. Metropolitan PHILIP

DIOCESAN HIERARCH

His Eminence, the Most Rev. Archbishop JOSEPH

PASTOR

Rev. Fr. Matthew Howell

DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

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4TH SUNDAY OF LENT
(ST. JOHN CLIMACUS,
AUTHOR OF "THE
LADDER")

March 30, 2014

A NOTE REGARDING HOLY COMMUNION

Welcome! In the Orthodox Church, reception of the Holy Eucharist is reserved for baptized, chrismated Orthodox Christians who have prepared by prayer, fasting and a recent confession. If you are visiting or otherwise not prepared to commune today, you are welcome to receive some of the unconsecrated, blessed bread which the acolytes are holding. We pray for all to be united in the Body and Blood of Christ! If you would like to learn how you can enter into communion with the Orthodox Church, please speak with our clergy.

THE EPISTLE

(For the fourth Sunday of Lent)

The Lord will give strength to His people. The Lord will bless His people with peace.

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one 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 forever after the order of Melchizedek.

THE GOSPEL

(For the fourth Sunday of Lent)

The Reading from the Holy Gospel according to St. Mark. (9:16-30)

At that time, a man came to Jesus, kneeling down and saying unto him, "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 Thy Disciples to cast it out, and they were not able." And Jesus 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 Jesus, 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 Thou canst do anything, have pity on us and help us." And 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!" 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 Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus 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 Jesus would not have anyone 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 after He is killed, He will rise on the third day."

SAINTS OF THE DAY

Commemoration of John Climacus, Author of "The Ladder";
New Hieromartyr Zachariah, metropolitan of Corinth;
Sophronios, bishop of Irkutsk

CHRISTIAN EDUCATION

****NO CHRISTIAN EDUCATION ON PALM SUNDAY AND PASCHA****

Ages 3-6: Every Sunday at 9:00am

Ages 7-9, 10-12, and 13-19: Every Sunday following Liturgy

THIS WEEK'S SERVICES

March 30 – April 6

Monday 6:30pm: Great Compline

Wednesday 6:30pm: Little Compline with the Life of St. Mary of Egypt and the Full Canon of St. Andrew of Crete

Thursday 6:30pm: Presanctified Liturgy

Friday 6:30pm: Small Compline with Akathist to the Theotokos, followed by Inquirers Class Session 7

Saturday 6:30pm: Great Vespers

Sunday 9:00am: Matins; 10:00am: Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "It is detestable and dangerous for a wrestler to be slack at the start of a contest, thereby giving proof of his impending defeat to everyone. Let us have a firm beginning to our religious life, for this will help us if a certain slackness comes later. A bold and eager soul will be spurred on by the memory of its first zeal and new wings can then be obtained." -- St. John Climacus
- ❖ "The light of dawn comes before the sun, and meekness is the precursor of all humility. So let us listen to the order in which Christ, our Light, place these virtues. He says: 'Learn from Me, because I am meek and humble of heart.'" -- St. John Climacus
- ❖ "Let your prayers be simple, for both the Publican and the Prodigal Son were reconciled to God by a single phrase." -- St. John Climacus
- ❖ "I urge you now to give the people a living example of your commitment to Jesus Christ. Renew your spiritual lives through fasting and prayer." -- His Eminence, Archbishop JOSEPH
- ❖ "Moses received the law in a period of abstinence and led his people; and Elijah, when he fasted, closed the heavens. As for the Abrahamite youths, they vanquished by fasting the transgressing usurper. Wherefore, through the same, O Savior, prepare us to meet Thy Resurrection, shouting Holy God! Holy Mighty! Holy Immortal! Have mercy on us!" -- Doxasticon for the First Sunday of Great Lent