

## CHRISTIAN EDUCATION

*Wednesday March 25*

5:30-6:30pm – Atrium Levels 1 & 2, Teens & Pre-Teens

6:30-7:45pm – Vespers Divine Liturgy for Annunciation

7:45-8:30pm – Lenten Fish Supper - \$3/person or \$15/family

## THIS WEEK'S SERVICES

*March 22 – March 29*

Mon. Mar. 23 – 6:30pm: Little Compline with the Life of St. Mary of Egypt and the Full Canon of St. Andrew

Tues. Mar. 24 – Great Vespers with Litia for Annunciation

Wed. Mar. 25– 6:30pm: Vespers Liturgy (Acolyte Team 3)

Fri. Mar. 27 – 6:30pm: Little Compline with full Akathist to the Theotokos

Sat. Mar. 28 – 6:30pm: Great Vespers

Sun. Mar. 29 - 9:00am: Matins

Sun. Mar. 29 - 10:00am: Divine Liturgy (Acolyte Team 3)

*\*\*Confessions are heard following Vespers, Weekday Services, and by appointment\*\**

## 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.
- ❖ **APRIL CALENDARS AND HOLY WEEK SCHEDULES** are available in the narthex and on our church website.
- ❖ **CHRISTIAN EDUCATION IS WEDNESDAY NIGHTS DURING LENT.** Christian Education will be Wednesdays at 5:30pm for Atrium Levels 1 & 2, pre-teens, and Teen SOYO. Liturgy will start at 6:30pm, and Soup Supper will follow liturgy. Atrium teachers will bring atrium students into the church at 6:30pm.
- ❖ **ADULT CATECHISM CLASS** this week will be rescheduled due to Vespers Tuesday night for Annunciation. Fr. Matthew will send an email about it as soon as he confers with Peter Kamilos.
- ❖ **GOOSE CREEK PRISON NEEDS ORTHODOX BOOKS** for its chapel library. If you have any *paperback* Orthodox books that you are willing to donate, please give them to Fr. Matthew. Hardback books are not allowed.

# SAINT HERMAN

## ANTIOCHIAN ORTHODOX CHURCH

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

### PRIMATE and DIOCESAN HIERARCH

His Eminence, the Most Reverend Metropolitan JOSEPH

### PASTOR

Rev. Fr. Matthew Howell

### DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

### Contact Information

6988 N. En Dove Road

Wasilla, Alaska 99654

Office Telephone: (907)373-5254

Pastor's Cell Phone: (916)396-6325

[FrMatthewHowell@gmail.com](mailto:FrMatthewHowell@gmail.com)

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

*4<sup>th</sup> Sunday of Lent:  
St. John of the  
Ladder*

*March 22, 2015*

### 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 from a non-Orthodox church or otherwise are 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

*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

### **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." (cont.)

## THE GOSPEL (CONTINUED)

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 & FEASTS OF THE DAY

Fourth Sunday of Great Lent: Commemoration of John Climacus, Author of "The Ladder"; Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome; Venerable-martyr Euthymios of Prodromou Skete on Athos

## A GOOD WORD

### *VITAMINS FOR THE SOUL*

- ❖ "Grant us, O our Lord to rejoice in Thee, and mayest Thou rejoice in us in the last day. To Thee is praise, from the spirit, soul and body. And unto us be Thy mercies." -- St Ephraim the Syrian
- ❖ "The Christian is one who imitates Christ in thought, word and deed, as far as is possible for human beings, believing rightly and blamelessly in the Holy Trinity." -- St. John Climacus, *The Ladder of Divine Ascent*, Step 1, Section 4
- ❖ "A servant of the Lord is he who in body stands before men, but in mind knocks at Heaven with prayer." -- Step 4, Section 102
- ❖ "In all your undertakings and in every way of life, whether you are living in obedience, or are not submitting your work to anyone, whether in outward or in spiritual matters, let it be your rule and practice to ask yourself: Am I really doing this in accordance with God's will?" -- Step 26, Section 91
- ❖ "To judge others is a shameless arrogation of the Divine prerogative; to condemn is the ruin of one's soul." -- Step 10, Section 14