

THIS WEEK'S SERVICES

April 10 – April 17

Sun. Apr. 10 – 6:00pm: Pan-Orthodox Vespers at St. Tikhon Church

Mon. Apr. 11 – 9:30am: “Akathist to the Mother of God, Nurturer of Children” followed by Knitting Group from 10:00am-Noon

Mon. Apr. 11 – 6:30pm: Great Compline

Wed. Apr. 13 – 6:30pm: Little Compline with Life of St. Mary of Egypt and entire Great Canon of St. Andrew of Crete

Thur. Apr. 14 – 6:30pm: Presanctified Liturgy followed by Soup Supper (\$3/person or \$12/person)

Fri. Apr. 15 – 6:30pm: Little Compline with Akathist Hymn

Sat. Apr. 16 – 6:30pm: Great Vespers

Sun. Apr. 17 – 9:00am: Matins

Sun. Apr. 17 – 10:00am: Divine Liturgy

Sun. Apr. 17 – 5:00pm: Pan-Orthodox Vespers at St. Innocent Cathedral: 401 Turpin St, Anchorage, AK 99504

****Confessions are heard following Vespers and Compline or by appointment****

CHRISTIAN EDUCATION

Thur. Apr. 14 – 5:00-6:30pm: CGS Levels 1 & 2 (Ages 3-9)

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.
- ❖ **SOUP SUPPER** will follow Presanctified Liturgy on Thursday night. Cost is \$3/person or \$12/family. Proceeds will go toward an OCMC mission trip.
- ❖ **EASTER EGG HUNT FILLERS** – “Thanks to all who have donated so far to the Egg Hunt. We still have about 150 eggs to fill which need some kind of prize inside. We also could use more plastic eggs if anyone has any that you can donate. Another way to help is to donate cash for the fillers. Some of the cash could go towards small icons, bracelets, books from the gift store or just towards candy for the eggs as well. The donation basket will be back in the hall today, and I will include a cash donation envelope as well.” – Mary Beth Feldman

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

DEACON

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4th Sunday of Lent:

St. John Climacus,

Author of “The

Ladder”

April 10, 2016

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."

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"; Martyrs Terence and Pompey of Carthage and those with them; New-hieromartyr Gregory V, patriarch of Constantinople; New-martyr Demas of Smyrna

A GOOD WORD

VITAMINS FOR THE SOUL

- All quotes from The Ladder of Divine Ascent by St. John Climacus*
- ❖ "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." (Step 1, Section 4)
 - ❖ "Some people living carelessly in the world have asked me: 'We have wives and are beset with social cares, and how can we lead the solitary life?' I replied to them: 'Do all the good you can; do not speak evil of anyone; do not steal from anyone; do not lie to anyone; do not be arrogant towards anyone; do not hate anyone; do not be absent from the divine services; be compassionate to the needy; do not offend anyone; do not wreck another man's domestic happiness, and be content with what your own wives can give you. If you behave in this way, you will not be far from the Kingdom of Heaven.'" (Step 1, Section 21)
 - ❖ "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)

Sunday Lenten Pan-Orthodox Vespers

March 20 - 5:00pm - Sunday of Orthodoxy -
at St. John Cathedral Eagle River

March 27 - 5:00pm - Sunday of St. Gregory
Palamas - at St. Alexis Chapel - Anchorage
Aleutian Pribilof Islands (APIA) Building,
1131 East International Airport Road
Anchorage, AK 99518

*April 3 - 5:00pm - Sunday of the Holy Cross -
at St. Herman - Wasilla*

April 10 - 6:00pm - Sunday of St. John
Climacus - at St. Tikhon - Anchorage
15396 Old Seward Highway
Anchorage, AK 99516

April 17 - 5:00pm - Sunday of St. Mary of
Egypt - at St. Innocent Cathedral - Anchorage
401 Turpin Street,
Anchorage, AK 99504



SAINT HERMAN OF ALASKA ORTHODOX CHURCH
 6988 N En Dove Rd - Wasilla, AK 99654
 Reverend Matthew Howell, Pastor (907)373-5254



APRIL 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 27 St. Gregory Palamas 9:00am Matins 10:00am Divine Liturgy Fast: wine & oil allowed	Mar 28 9:30am: Akathist to the Mother of God, Nurturer of Children 10:00am-12:00pm: Knitting Group and Coffee Fellowship 6:30pm Great Compline Fast	Mar 29 Fast	Mar 30 5:30pm - CGS Levels 1 & 2 6:30pm Presanctified Liturgy followed by Soup Supper Fast	Mar 31 Fast	1 St. Mary of Egypt 6:30pm Little Compline with the Akathist Hymn to the Theotokos Fast	2 6:30pm Great Vespers Fast: wine & oil allowed
3 Adoration of the Holy Cross 9:00am: Matins 10:00am: Divine Liturgy 5:00pm: Sunday Lenten Vespers at St. Herman Church followed by potluck Fast: wine & oil allowed	4 9:30am: Akathist to the Mother of God, Nurturer of Children 10:00am-12:00pm: Knitting Group and Coffee Fellowship 6:30pm Great Compline Fast	5 Fast	6 5:30pm - CGS Levels 1 & 2 6:30pm Presanctified Liturgy followed by Soup Supper Fast	7 Fast	8 6:30pm Little Compline with the Akathist Hymn to the Theotokos Fast	9 6:30pm Great Vespers Fast: wine & oil allowed
10 St. John Climacus 9:00am Matins 10:00am Divine Liturgy 6:00pm Sunday Lenten Vespers at St. Tikhon Church Fast: wine & oil allowed	11 9:30am: Akathist to the Mother of God, Nurturer of Children 10:00am-12:00pm: Knitting Group and Coffee Fellowship 6:30pm Great Compline Fast	12 Fast	13 6:30pm Little Compline with the Entire Great Canon of St. Andrew Fast	14 5:30pm - CGS Levels 1 & 2 6:30pm Presanctified Liturgy followed by Soup Supper Fast	15 6:30pm Little Compline with the Akathist Hymn to the Theotokos Fast	16 6:30pm Great Vespers Fast: wine & oil allowed
17 St. Mary of Egypt 9:00am Matins 10:00am Divine Liturgy 5:00pm Sunday Lenten Vespers at St. Innocent Cathedral Fast: wine & oil allowed	18 9:30am: Akathist to the Mother of God, Nurturer of Children 10:00am-12:00pm: Knitting Group and Coffee Fellowship 6:30pm Great Compline Fast	19 Fast	20 5:30pm - CGS Levels 1 & 2 6:30pm Presanctified Liturgy followed by Soup Supper Fast	21 Fast	22 6:30pm Little Compline with the Canon for Lazarus Saturday Fast	23 Lazarus Saturday 9:00am Festal Orthros 10:00am Divine Liturgy 6:30pm Great Vespers Fast: wine & oil allowed
24 PALM SUNDAY 9:00am Matins 10:00am Divine Liturgy 6:30pm Bridegroom Matins Fast: fish, wine, & oil allowed	25 HOLY MONDAY 7:00am Presanctified Liturgy 6:30pm Bridegroom Matins Fast	26 HOLY TUESDAY 7:00am Presanctified Liturgy 6:30pm Bridegroom Matins Fast	27 HOLY WEDNESDAY 7:00am Presanctified Liturgy 6:30pm Holy Unction Fast	28 HOLY THURSDAY 7:00am Vesperal Liturgy of St. Basil for the Mystical Supper 6:30pm Matins with the Passion Gospels Fast	29 HOLY FRIDAY 9:00am Royal Hours 3:00pm Great Vespers with the Unnailing 6:30pm Lamentations Fast	30 HOLY SATURDAY 9:00am Vesperal Liturgy of St. Basil 10:30pm Rush Procession, Matins, and Liturgy Fast



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MAY 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PASCHA 3:00pm Agape Vespers followed by Pascha Feast Fast free	2	3	4 6:30pm Bright Week Vespers Fast free	5 Fast free	6 Fast free	7 6:30pm Great Vespers Fast free
8 Thomas Sunday St. John the Theologian 9:00am Matins 10:00am Divine Liturgy	9	10	11 Ss. Cyril and Methodius 6:30pm Daily Vespers Fast free	12	13 Fast free	14 6:30pm Great Vespers
15 Myrrh-bearing Women, St. Joseph of Arimethea and St. Nicodemus 9:00am Matins 10:00am Divine Liturgy	16	17	18 6:30pm Daily Vespers Fast free	19	20 Fast free	21 Ss. Constantine & Helen 6:30pm Great Vespers
22 Sunday of the Paralytic 9:00am Matins 10:00am Divine Liturgy 2:30pm Teen Soyo to Greek Church & GetAir Trampoline Park	23	24	25 Mid-Pentecost 6:30pm Daily Vespers Fast free	26 Mid-Pentecost	27 Fast free	28 6:30pm Great Vespers
29 Samaritan Woman 9:00am Matins 10:00am Divine Liturgy	30	31	Jun 1 6:30pm Daily Vespers Fast free	Jun 2	Jun 3 Fast free	Jun 4 Country Fair 6:30pm Great Vespers

Please consult the Sunday bulletin for changes to the monthly calendar.
 Confessions heard after Vespers and by appointment.

2016 Lazarus Saturday, Palm Sunday, Holy Week & Pascha

Friday, April 22 - 6:30 PM: Little Compline with the Canon of the Raising of Lazarus (1 hour)

Lazarus Saturday, April 23

9:00 AM: Festal Orthros

10:00 AM: Divine Liturgy of St. John Chrysostom

6:30 PM: Great Vespers with Litia & Artoklasia for Palm Sunday

Palm Sunday, April 24

9:00 AM: Festal Orthros

10:00 AM: Divine Liturgy of St. John Chrysostom for Palm Sunday with Procession commemorating Christ's Entrance into Jerusalem

6:30 PM: Bridegroom Orthros for Holy Monday (1 hour)

Holy Monday, April 25

7:00 AM: Presanctified Divine Liturgy (1 hour 15 minutes)

6:30 PM: Bridegroom Orthros for Holy Tuesday (1 hour)

Holy Tuesday, April 26

7:00 AM: Presanctified Divine Liturgy (1 hour 15 minutes)

6:30 PM: Bridegroom Orthros for Holy Wednesday with Hymn of Kassiani (1 hour)

Holy Wednesday, April 27

7:00 AM: Presanctified Divine Liturgy (1 hour 15 minutes)

6:30 PM: Holy Unction Service (1.5 hours)

Holy Thursday, April 28

7:00 AM: Vespers Divine Liturgy of St. Basil (2 hours)

6:30 PM: Orthros with the Twelve Passion Gospels for Holy Friday with procession of the Cross by the priest (2 hours 30 minutes)

Holy Friday, April 29

9:00 AM: The Royal (Great) Hours on Holy Friday (1.5 hours)

3:00 PM: Great Vespers for Holy Saturday with the Unnailing of our Lord (1 hour 15 minutes)

6:30 PM: Orthros with the Lamentation Service for Holy Saturday and the Procession Commemorating the Harrowing of Hades (2 hours), followed by Teens and Pre-teens holding Vigil at our Lord's Tomb

Holy Saturday, April 30

9:00 AM: Vespers Divine Liturgy of St. Basil with Baptisms and Chrismations (Bay leaves, rose pedals, and white vestments!) (3 hours)

10:30 PM: Great and All-Holy PASCHA!!!!!!! (2 hours 15 minutes) Resurrection (Rush) Service, Paschal Orthros and Paschal Divine Liturgy of St. John Chrysostom, with blessing of Paschal Baskets

PASCHA, Sunday May 1

3:00 PM: Agape Vespers, with Gospel Reading in many languages and blessing of cemetery (1 hour)

4:00 PM: Paschal Feast ("the table is full!")

Paschal Greetings

<i>Language</i>	<i>Greeting</i>	<i>Response</i>
English	Christ is Risen!	Indeed He is Risen!
Greek	Christos anesti!	Alithos Anesti!
Arabic	El Messieh kahm!	Hakken kahm!
Russian	Khristos voskrese!	Voistinu voskrese!
Yupik	Chris-toosaq Ung-oiktuq!	Iloomun Ung-oiktuq!
Spanish	<u>C</u> risto ha resucitado!	En berdad ha resucitado!
Romanian	Hristos a in ^u viat!	Adevărat a în ^u viat!

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Romanian	Hristos a in ^u viat!	Adevărat a în ^u viat!