
St. Michael the Archangel Orthodox Church

2300 W. Huntington Dr.

Wilmington, DE 19808

(302) 995-6775

www.stmichael-delaware-oca.org

Sunday March 29, 2020 FOURTH SUNDAY OF LENT

– Tone 8. St. John Climacus (of The Ladder).

Hieromartyr Mark, Bishop of Arethusa, Martyr Cyril the Deacon, of Heliopolis, and others who suffered under Julian the Apostate (ca. 364). Ven. John, Anchorite, of Egypt (4th c.). St. Eustathius the Confessor, Bishop of Bithynia (9th c.). St. Niketas of the Roslavl Forests (Russia – 1793).

This Week's Online Schedule

Today 3/29 Sunday School (ages 5 to 6) 11:30 a.m. with Maria

Sunday School (ages 7 to 10) 1:00 p.m. with Elizabeth

Wednesday 4/1 Little Angels 5:30 p.m.

Canon of Repentance w/ Life of Mary of Egypt 6:30 p.m.

St. Michael's Orthodox Moms 8:00 p.m.

Parish Council Meeting 8:30 p.m.

Thursday 4/2 Study Group 10:00 a.m.

Basics of Orthodoxy 8:00 p.m.

Friday 4/3 Little Angels 10:00 a.m.

Saturday 4/4 Vespers 5:00 p.m.

Sunday 4/5 5th Sun. of Lent, St. Mary of Egypt

Typika & Molieben 9:00 a.m.

Please Note all Services and Groups will meet Online

Hymns and Prayers

Tone 8 Troparion *(Resurrection)*

You descended from on high, O Merciful One!
You accepted the three day burial
to free us from our sufferings!!
O Lord, our Life and Resurrection, glory to You!

Tone 1 Troparion *(for St. John Climacus)*

O dweller of the wilderness and angel in the body,
you were a wonderworker, O 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 gave you strength!
Glory to Him Who granted you a ^crown!!
Glory to Him Who grants healing to all!

Tone 8 Kontakion *(Resurrection)*

By rising from the tomb, You raised the dead and resurrected Adam.
Eve exults in Your Resurrection,//
and the world celebrates Your rising from the dead, O greatly Merciful
One!

Tone 4 Kontakion *(for St John Climacus)*

The Lord truly set you on the heights of abstinence,
to be a guiding star, showing the way to the universe,//
O our father and teacher John.

Tone 8 **Prokeimenon** *(Resurrection)*

Pray and make your vows / before the Lord, our God! (*Ps 75/76:11*)

v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

Epistle Hebrews 6:13-20

For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless you, and multiplying I will multiply you."

And so, after he had patiently endured, he obtained the promise.

For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute.

Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us.

This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil,

where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Ephesians 5:9-19 (St. John Climacus)

(for the fruit of the Spirit is in all goodness, righteousness, and truth), finding out what is acceptable to the Lord.

And have no fellowship with the unfruitful works of darkness, but rather expose them.

For it is shameful even to speak of those things which are done by them in secret.

But all things that are exposed are made manifest by the light, for whatever makes manifest is light.

Therefore He says: "Awake, you who sleep, arise from the dead, and Christ will give you light."

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.

Therefore do not be unwise, but understand what the will of the Lord is.

And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,

speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

Tone 8

Alleluia, Alleluia, Alleluia!

v: Come, let us rejoice in the Lord! Let us make a joyful noise to God our

Savior! (Ps 94/95:1)

v: Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps 94/95:2)

Tone 4

v: They that are planted in the house of the Lord shall flourish in the courts of our God. (Ps 91/92:13)

Gospel Mark 9:17-31

Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit.

And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not."

He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me."

Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

So He asked his father, "How long has this been happening to him?"

And he said, "From childhood.

And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us."

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!"

When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!"

Then the spirit cried out, convulsed him greatly, and came out of him.

And he became as one dead, so that many said, "He is dead."

But Jesus took him by the hand and lifted him up, and he arose.

And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?"

So He said to them, "This kind can come out by nothing but prayer and fasting."

Then they departed from there and passed through Galilee, and He did not want anyone to know it.

For He taught His disciples and said to them, “The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day.”

Matthew 4:25-5:12 (*St John Climacus*)

Great multitudes followed Him – from Galilee, and from Decapolis, Jerusalem, Judea, and beyond the Jordan.

And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him.

Then He opened His mouth and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be filled.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.

Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

(Instead of “It is truly meet ...,” we sing the following)

Hymn to the Theotokos

All of creation rejoices in you, O Full of Grace:
the assembly of Angels and the race of men.

O sanctified temple and spiritual paradise,
the glory of virgins,

from whom God was incarnate and became a Child –
our God before the ages.

He made your body into a throne,

and your womb He made more spacious than the heavens.

All of creation rejoices in you, O Full of Grace.

Glory to you!

This Week's Announcements

Update on St. Michael's Liturgical Life After a conference call with His Eminence Archbishop MARK on Thursday, the suspended regular services at St. Michael's due to the CORVID-19 virus will continue. Please continue to pray for a speedy end to this outbreak.

Online Schedule Our Parish Council is working hard to establish online means for us to continue our life at St. Michael's. We will be serving an online only schedule that will include Saturday Vespers and Sunday the Typika service and a Molieben. These services can be found on our Facebook page and through the Zoom app. We hope to have more opportunities soon. Please give the online services a try!

The Canon of St. Andrew with the Life of St. Mary of Egypt During the 5th week of Great Lent the Church calls us once again to the Canon of Repentance by St. Andrew of Crete. We will repeat the canon as in the first week of lent however, this time the reading of the life of St. Mary of Egypt is prescribed along with the canon. Join us for online for the Canon on this Wednesday evening April 1st at 6:30 p.m.

Stewardship at St. Michael's The Parish Council requests that everyone please continue their financial stewardship to the Church if you are able. Please be reminded that our facilities' bills and mortgage will continue to be required. For the time being your weekly contribution can be sent directly to the church through the US mail. The parish council is also currently working on electronic means to collect stewardship and we will get that information to you as soon as it comes available. But in the meantime, please continue to mail your stewardship to the church. Thank you!

Parish Council Meeting The parish council will meet again this Wednesday evening April 1st at 8:30 p.m. via video conference. Please check your emails for any changes.

Study Group Our Study Group will meet this Thursday on Zoom Meeting at 10:00 a.m. We will continue our study of the Genesis account of creation. Handouts will be emailed for any to follow.

Little Angels & Church School Our Little Angels & Church School Groups will also meet online during this time. Please check your emails for Meeting times.

Wisdom from the Holy Fathers

"For when a man rules his own self--and that counts for more than to govern others--his heart is in the hand of God, and God turns it, where He wills. If He turns it to good, perfect goodness is His. And so let us be in the hand of God that we may seek the good...that you may live, and so the Lord God Almighty will be with you."

St. Ambrose of Milan, 340-397 AD (A commentary on Amos 5:14-15)

"The Christian must stand upon the various sorrows and temptations like an anvil, which - even though it is hammered upon constantly - does not move from its place, nor does it get ruined, but stays firm, [as firm as it was in the beginning]."

St. Ephraim the Syrian

"In the stories and ballads set to rhythm, we read how those with love for their intended deliver themselves gladly to suffering for their beloved — sometimes, even to death. But the betrothed had been worthy of their love and sacrifice, in the manner described by poets. However, the sinless and pure Christ endured humiliation, suffering and a horrible death, not for some innocent, faithful and good virgin, but for sinners and the destitute, for murderers, liars, thieves, abductors, bandits, perjurers and godless — for polluted and foul-smelling souls, who smelled with deadly corruption and who were dead before death."

St. Nikolai, Bishop of Ohrid and Žiča

St Symeon the New Theologian (949-1022 AD) from The Philokalia, Vol. 4, pg. 25

1. To have faith is to die for Christ and for His commandments; to believe that this death brings life; to regard

poverty as wealth, and lowliness and humiliation as true glory and honor; to believe that by not possessing anything

one possesses everything (cf. 2 Cor. 6:9-10) or, rather, that not possessing anything is to possess the 'unsearchable

riches' of the knowledge of Christ (Eph. 3:8); and to look upon all visible things as dross and smoke.

Prayers for the Departed: Fr. Jozef Petranin, Barbara Hicks, Peter Melnik, Michael Sinovich, David Rex, Lubov Baldychev

Prayers for the Sick and Those in Need: Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Daniel Kovalak, Fr. John Nightingale, Mat. Ellen Chupeck, Lemlem Resat, Olga Riley, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, John Griffith, Cynthia Griffith, , Stephanie Hojnicky, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik, Alexandra Grishin, Sam Sylvest, Jamie Clause, Paula Flynn

Prayers for Catechmens Kristin Mackenzie, Edward Jones. Cole McElmurry, Sean & Jennifer Vojaicek

Date	<u>Coffee Hour</u>	<u>Service Duty</u>	<u>Church Cleaner</u>
12-Apr	Hojnicky/Flynn/Roberts	Sulpizi	Bunitsky/Finck
19-Apr	PASCHA	Hojnicky/Najemy	Farrell
26-Apr	Gerissimakis/Bunitsky	Telep/Baldychev	Clause/Whalen

Upcoming Dates to Keep in Mind

Lazarus Saturday April 11th

Palm Sunday April 12th

Pascha Sunday April 19th

Ascension Thursday May 28th

Pentecost Sunday June 7th