



The Messenger

Sunday, March 26, 2023
Κυριακή, 26 Μάρτιος

Sunday of St. John Climacus
Κυριακή Δ' τῶν Νηστειῶν - τοῦ
Ὁσίου Πατρὸς ἡμῶν Ἰωάννου τοῦ
συγγραφέως

Weekly Worship Guide

The Greek Orthodox Cathedral of the Annunciation • Atlanta, GA

Synaxis in honor of the Archangel Gabriel, 26 Martyrs in Crimea,
Irenaeus the Hieromartyr of Hungary

Today's Memorials

Service can be found on p. 127
of the Divine Liturgy Book

40 Day Memorial for Bill (Vasilios) Lampiris
40 Day Memorial for Ida Ariadne Lingos
1 Year Memorial for Eileen (Drosoula) Paris-Poulos
5 Year Memorial for Costa (Konstantinos) Kacur
5 Year Memorial for Arthur (Athanasios) G. Pappas
8 Year Memorial for George Skafidas

8 Year Memorial for Eleni Soulimiotis
9 year Memorial for Victor (Vasilios) Poulos
10 Year Memorial for Peter Zervakos
15 Year Memorial for Voula (Paraskevi) Beleos
15 Year Memorial for Vassie (Vasselia) Paparodis
20 Year Memorial for Constantine Konios

Saint John of Sinai, Author of the Ladder



There is almost no information about Saint John's origins. One tradition suggests that he was born in Constantinople around the year 570, and was the son of Saints Xenophon and Maria (January 26).

John went to Sinai when he was sixteen, submitting to Abba Martyrius as his instructor and guide. After four years, he was tonsured as a monk. Abba Strategios, who was present at St. John's tonsure, predicted that he would become a great luminary in the Church of Christ. For nineteen years St. John progressed in monasticism in obedience to his spiritual Father.

After the death of Abba Martyrius, St. John embarked on a solitary life, settling in a wild place called Thola, where he spent forty years laboring in silence, fasting, prayer, and tears of penitence. Concealing his ascetic deeds from others, St. John sometimes withdrew into a cave, but reports of his holiness spread far beyond the vicinity. Visitors from all walks of life came to him, desiring to hear his words of edification and salvation.

After forty years of solitary asceticism, he was chosen as abbot of Sinai when he was seventy-five. He governed the holy monastery for four years. Toward the end of his life, the Lord granted him the gifts of clairvoyance and wonderworking. Knowing of the wisdom and spiritual gifts of St. John of Sinai, the abbot of Raithu requested him to write down whatever was necessary for the salvation of those in the monastic life. St. John felt that such a task was beyond his ability, yet out of obedience he fulfilled the request. He called his work The Ladder, for the book is a progression of thirty steps of spiritual perfection.

It begins with renunciation of the world, and ends with God, Who is love (1 Jn 4:8). Although the book was written for monks, any Christian living in the world will find it an unerring guide for ascending to God, and a support in the spiritual life.

(Adapted from the website of the Orthodox Church in America)

Order of Hymns Following The Small Entrance

Ἀναστάσιμον Ἀπολυτίκιον. Ἦχος πλ. δ'.

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

Ἀπολυτίκιον τῆς Ἑορτῆς. Ἦχος δ'.

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ.

Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγε, δυσωποῦμέν σε αἰεὶ ἡμεῖς οἱ ἀνάξιοι, ἵνα ταῖς σαῖς δεήσεσι τειχίσῃς ἡμᾶς, σκέπη τῶν πτερυγῶν, τῆς αὔλου σου δόξης, φρουρῶν ἡμᾶς προσπίπτοντας, ἐκτενῶς καὶ βοῶντας· Ἐκ τῶν κινδύνων λύτρωσαι ἡμᾶς, ὡς ταξιάρχης τῶν ἄνω Δυνάμεων.

Ἀπολυτίκιον τοῦ Ναοῦ. Ἦχος δ'.

Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος Μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν· Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Κοντάκιον τῶν Κεκοιμημένων. Ἦχος πλ. δ'.

Μνήσθητι, Κύριε, ὡς ἀγαθὸς τῶν δούλων σου καὶ ὅσα ἐν βίῳ ἡμαρτον συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ σὺ ὁ δυνάμενος καὶ τοῖς μεταστάσι δοῦναι τὴν ἀνάπαυσιν.

Κοντάκιον. Ἦχος πλ. δ'.

Τῇ 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 ἐλευθερώσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Resurrectional Apolytikion. Mode pl. 4.

From on high you descended, O merciful Lord. You accepted the cross and three days in the tomb to free us from the bondage of sin, O our life and resurrection. Glory to you, O Lord.

Apolytikion for the Feast. Mode 4.

You who were lifted.

O Chief Commander of the heavenly armies, * we the unworthy ones entreat you in earnest, * that you might with your supplications fortify us, * guarding us who run to you and beneath the protection * of the opinions of your immaterial glory, * and who with fervor shout: Deliver us, * from every danger, as Captain of the hosts on high.

Apolytikion of the Church. Mode 4.

Today is the beginning of our salvation, and the revelation of the mystery which was hidden from eternity. The Son of God becomes the Virgin's Son, and Gabriel announces the grace of this Good News. Let us also join with him, calling to the Theotokos: Rejoice, O Woman full of grace; the Lord is with you.

Kontakion for the Departed. Mode pl. 4.

Remember, O Lord, as You are good, Your servants, and forgive every sin they have committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

Kontakion. Mode pl. 4.

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. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Readings

Sunday of St. John Climacus
Κυριακή Δ' τῶν Νηστειῶν - τοῦ Ὁσίου
Πατρὸς ἡμῶν Ἰωάννου τοῦ
συγγραφέως

Epistle (St. Paul's Letter to the Hebrews 6:13-20)

Reader: Johnny Mondore

PROKEIMENON: Make your vows to the Lord our God and perform them.

VERSE: God is known in Judah; his name is great in Israel

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

Gospel (Mark 9:17-31)

At that time, a man came to Jesus kneeling and saying: "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 your disciples to cast it out, and they were not able." And he 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 him, 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 you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "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 he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he 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 he would not have any one 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 when he is killed, after three days he will rise."

DIVINE LITURGY CONTINUES ON PAGE 51 OF THE DIVINE LITURGY BOOK

Reminders for Receiving Holy Communion

Holy Communion is offered in the Orthodox Church only to those individuals baptized and/or chrismated (confirmed) in the Orthodox Faith. To participate in Holy Communion one must be in good standing with the Church spiritually (for example, married people must have had their marriage blessed in the Church; and, all must be without grave sin on their hearts). For all Orthodox Christians, the proper preparation for Holy Communion must be observed: that is, examination of conscience, confession, reading the prayers for Holy Communion, and the proper fasting. If you have any further questions about this, please speak with the clergy. Women should remove all lipstick when approaching for Holy Communion.

Thank you.

Support our Cathedral

Welcome, everyone!

We extend a warm welcome to our visitors worshipping with us today in our Cathedral. You are invited to join us for our fellowship following the conclusion of the Divine Liturgy in Carlos Hall next to the Church. Thank you for your visit! Please stop by our hospitality table and sign the register in the Narthex.

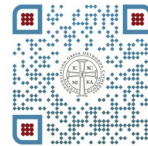
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Contact us

2500 Clairmont Road NE
Atlanta, GA 30329

office@atlgoc.org
(404) 633-5870
Fax (404) 633-6018

Rev. Fr. Paul A. Kaplanis, Dean
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