

# ARCHANGEL MICHAEL CHURCH

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**SUNDAY MARCH 30, 2025** | Ἑωθινόν Ζ΄ - 6th Morning Gospel | Ἦχος Βαρύς- Tone Grave mode

**Κυριακή: Δ΄τῶν Νηστείων.** Ιωάννου της Κλίμακος, Άγιος Ιωάννης συγγραφέας της Κλίμακος, Άγιος Ζαχαρίας Μητροπολίτης Κορίνθου

Απολυτίκιον Αναστάσιμον. Ήχος Βαρύς.

Κατέλυσας τῷ Σταυρῷ σου τον θάνατον· ἠνέῳξας τῷ λῃστῆ τον Παράδεισον· τῶν Μυροφόρων τον θρῆνον μετέβαλες, και τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστε ὁ Θεός, παρέχων τῷ κόσμῳ το μέγα ἔλεος.

## Τῆς Έορτῆς πλ.δ΄.

Ταῖς τῶν δακρύων σου ῥοαῖς, τῆς ἐρήμου το ἄγονον ἐγεώργησας, και τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατον τους πόνους ἐκαρποφόρησας, και γέγονας φωστηρ τῆ οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἰωάννη Πατηρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τας ψυχας ἡμῶν.

Απολυτίκιον τῶν Κεκοιμένων. ή Ηχος πλ. δ΄

Μνήσθητι Κύριε, ώς ἀγαθος τοῦ (τῆς, τῶν) δούλου (δούλης, δούλων) σου, και ὅσα ἐν βίῳ ἤμαρτεν (ἤμαρτεν, ἤμαρτον) συγχώρησον· οὐδεις γαρ ἀναμάρτητος, εἰ μη Συ ὁ δυνάμενος, και τῶ (τῆ, τοῖς) μεταστάντι (μεταστάση, μεταστᾶσι) δοῦναι τήν ἀνάπαυσιν.

Απολυτίκιον τοῦ Ναοῦ. Ἡχος δ΄

Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγοι, δυσωποῦμεν ὑμᾶς ἡμεῖς οἱ ἀνάξιοι, ἴνα ταῖς ὑμῶν δεήσεσι, τειχίσητε ἡμᾶς, σκέπῃ τῶν πτερύγων, τῆς άΰλου ὑμῶν δόξης, φρουροῦντες ἡμᾶς προσπίπτοντας, ἐκτενῶς και βοῶντας Ἐκ τῶν κινδύνων λυτρώσασθε ἡμᾶς, ὡς Ταξιάρχαι τῶν ἄνω Δυνάμεων.

Κοντάκιον. ήχος πλ. δ΄

Τῆ ὑπερμάχῳ στρατηγῷ τα νικητήρια, Ώς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Άναγράφω σοι ἡ Πόλις σου Θεοτόκε. Άλλ' ὡς ἔχουσα το κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἱνα κράζω σοι Χαῖρε νύμφη ἀνύμφευτε.

† **4th Sunday of Lent:** John Climacus the Righteous, author of The Divine Ladder of Ascent. Zacharias the New Martyr

Resurrectional Apolytikion. Grave Mode

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrhbearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

## For the Feast Mode pl. 4.

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John,our devout father. Intercede with Christ our God, for the salvation of our souls.

Apolytikion for the Departed. Tone Plagal 4th Remember, O Lord, as Yor are Good, your servant(s), and forgive every sin he (she,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.

**Apolytikion of the Church. Tone 4** 

O Chief Commanders of the heavenly armies, we the unworthy now entreat you in earnest, to fortify us by your supplications to the Lord, and shelter us beneath the wings of your spiritual glory, guarding us who run to you and fervently entreat you: As the Commanders of the hosts on high, rescue us faithful from dangers of every kind.

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.

Προκείμενον. Ήχος βαρύς. Ψαλμος 28.

Κύριος ἰσχυν τῷ λαῷ αὐτοῦ δώσει, Κύριος εὐλογήσει τον λαον αὐτοῦ ἐν εἰρήνη.

**Στίχ.** Ένέγκατε τῷ Κυρίῳ, υἰοι Θεοῦ, ἐνέγκατε τῷ Κυρίῳ δόξαν και τιμήν.

# Προς Έβραίους Έπιστολῆς Παύλου το ἀνάγνωσμα. (Εβρ 6:13-20)

Άδελφοί, τῷ Άβρααμ ἐπαγγειλάμενος ὁ Θεός, ἐπει κατ' οὐδενος εἶχε μείζονος ὁμόσαι, ὤμοσε καθ' ἑαυτοῦ, λέγων ἢ μην εὐλογῶν εὐλογήσω σε και πληθύνων πληθυνῶ σε και οὕτω μακροθυμήσας ἐπέτυχε τῆς ἐπαγγελίας. ἄνθρωποι μεν γαρ κατα τοῦ μείζονος ὁμνύουσι, και πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὅρκος ἐν ῷ περισσότερον βουλόμενος ὁ Θεος ἐπιδεῖξαι τοῖς κληρονόμοις τῆς ἐπαγγελίας το ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὄρκῳ, ἴνα δια δύο πραγμάτων ἀμεταθέτων, ἐν οῖς ἀδύνατον ψεύσασθαι Θεόν, ἰσχυραν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος ἢν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε και βεβαίαν και εἰσερχομένην εἰς το ἐσώτερον τοῦ καταπετάσματος, ὅπου πρόδρομος ὑπερ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατα την τάξιν Μελχισεδεκ ἀρχιερευς γενόμενος εἰς τον αἰῶνα.

## Έκ τοῦ κατα Μαρκον άγίου Εὐαγγελίου το άνάγνωσμα. (Μκ 9:17-31)

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ γονυπετῶν αὐτῷ και λέγων διδάσκαλε, ἤνεγκα τον υἰόν μου πρός σε, ἔχοντα πνεῦμα ἄλαλον, και ὅπου ἀν αὐτον καταλάβῃ, ῥήσσει αὐτόν, και ἀφρίζει και τρίζει τους ὁδόντας αὐτοῦ, και ξηραίνεται και εἶπον τοῖς μαθηταῖς σου ἰνα αὐτο ἐκβάλωσι, και οὐκ ἴσχυσαν. ὁ δε ἀποκριθεις αὐτῷ λέγει ὡ γενεα ἄπιστος, ἔως πότε προς ὑμᾶς ἔσομαι; ἔως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτον πρός με. και ἤνεγκαν αὐτον προς αὐτόν. και ἰδων αὐτον εὐθέως το πνεῦμα ἐσπάραξεν αὐτόν, και πεσων ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. και ἐπηρώτησε τον πατέρα αὐτοῦ πόσος χρόνος ἐστιν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δε εἶπε παιδιόθεν. και πολλάκις αὐτον και εἰς πῷρ ἔβαλε και εἰς ὕδατα, ἰνα ἀπολέση αὐτόν ἀλλ εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεις ἐφ' ἡμᾶς. ὁ δε Ἰησοῦς εἶπεν αὐτῷ το εἰ δύνασαι πιστεῦσαι, πάντα δυνατα τῷ πιστεύοντι. και εὐθέως κράξας ὁ πατηρ τοῦ παιδίου μετα δακρύων ἔλεγε πιστεύον. κύριε βοήθει μου τῆ ἀπιστία. ἰδων δε ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπετίμησε τῷ πνευματι τῷ ἀκαθάρτω λέγων αὐτῷ το πνευμα το ἄλαλον και κωφόν, ἐγώ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ και μηκέτι εἰσέλθης εἰς αὐτόν. και κράξαν και πολλα σπαράξαν αὐτοῦ και μηκέτι εἰσέλθης εἰς αὐτόν. και κράξαν και πολλους λέγειν ὅτι ἀπέθανεν. ὁ δε Ἰησοῦς κρατήσας αὐτον τῆς χειρος ἤγειρεν αὐτόν, και ἀνότοτι το τνενος ἐν οὐδενι δύναται εξελθεῖν εἰ μη ἐν προσευχῆ και νηστεία. Και ἐισελθόντα αὐτον εἰς οἰκον οἱ μαθηται αὐτοῦ ἐπηρώτων αὐτοῖς τοῦτο το γένος ἐν οὐδενι δύναται εξελθεῖν εἰ μη ἐν προσευχῆ και νηστεία. Και ἐιεσελθόντες παρεπορεύοντο δια τῆς Γαλιλαίας, και οὐκ ἤθελεν ἴνα τις γνῷ ἐδίδασκε γαρ τους μαθητας αὐτοῦ και ἄλεγεν αὐτοῖς ὅτι ὁ τἰος τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπου, και ἀποκτενοῦσιν αὐτόν, και ἀποκτενοῦσιν αὐτόν, και ἀποκτενοῦσιν αὐτόν, και ἀποκτενοῦσιν αὐτόν, και ἀποκτενοῦσιν αὐτον, και ἀποκτενοῦσιν αὐτόν, και ἀποκτενοῦσιν αὐτον, και ἀποκτενοῦσιν αὐτον, και ἀποκτενοῦσιν αὐτόν, και ἀποκτεν



Prokeimenon. Grave Mode. Psalm 28.

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

**Verse:** Bring to the Lord, O you sons of God, bring to the Lord glory and honor.

#### The reading is from Paul's Letter to the Hebrews. (Heb. 6:13-20)

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.

#### The Gospel According to Mark (Mk. 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.



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All net proceeds will be dedicated to the AMC Philoptochos Iconography commission of the miracle of Jesus feeding the five thousand.



# Message of the Week



#### 4th Sunday of Lent - The Sunday of St. John Climacus

As we reach the Fourth Sunday of Great Lent, the Church presents us with two powerful themes that guide our spiritual journey: the Gospel account of the healing of the demon-possessed boy and the commemoration of St. John Climacus, the great ascetic and spiritual guide.

In today's Gospel, a desperate father brings his son to Christ, seeking healing from a spirit that torments the boy. The father cries out: "Lord, I believe; help my unbelief!" (Mark 9:24).

This heartfelt plea captures the struggle that many of us experience in our faith. We believe in Christ, yet doubts, fears, and the burdens of life can weaken our trust in Him. Jesus responds by teaching that some struggles can only be overcome through prayer and fasting. This reminds us that true transformation requires spiritual discipline and a willingness to turn to God with humility.

Today, we also honor St. John Climacus, the great monastic who wrote The Ladder of Divine Ascent. This spiritual classic describes the Christian life as a ladder, with each step representing a virtue we must cultivate to grow closer to God. St. John teaches us that humility, patience, and perseverance are essential in our ascent toward holiness. Just as a climber ascends a mountain one step at a time, so too must we advance in our spiritual lives with dedication and trust in God's grace.

As we continue our Lenten journey, we are reminded that faith is not always easy—it is a struggle, a daily effort to trust God more fully. Yet, Christ assures us: "All things are possible to him who believes." (Mark 9:23)

Let us use this time of fasting and prayer to strengthen our faith, overcome our spiritual struggles, and take another step forward on the ladder that leads to Christ.

May the Lord strengthen us in faith and guide us toward the joy of His Resurrection!

#### Κυριακή Δ΄ Νηστειών – Κυριακή του Αγίου Ιωάννου της Κλίμακος

Καθώς προχωρούμε στη Δ΄ Κυριακή των Νηστειών, η Εκκλησία μάς διδάσκει μέσα από δύο ισχυρά μηνύματα που καθοδηγούν την πνευματική μας πορεία: τη θεραπεία του δαιμονισμένου νέου από τον Χριστό και τη μνήμη του Αγίου Ιωάννου της Κλίμακος, του μεγάλου ασκητή και πνευματικού οδηγού.

Στο σημερινό Ευαγγέλιο, ένας απελπισμένος πατέρας φέρνει τον γιο του στον Χριστό, ζητώντας θεραπεία από το πνεύμα που τον βασανίζει. Με πόνο ψυχής αναφωνεί: «Πιστεύω, Κύριε· βοήθει μου τη απιστία.» (Μάρκος 9:24)

Η κραυγή αυτή εκφράζει την πάλη που όλοι βιώνουμε στην πίστη μας. Πιστεύουμε στον Χριστό, αλλά οι αμφιβολίες, οι φόβοι και τα βάρη της ζωής συχνά μας αποδυναμώνουν. Ο Χριστός απαντά, διδάσκοντάς μας ότι ορισμένοι πειρασμοί νικώνται μόνο με προσευχή και νηστεία. Έτσι, μας υπενθυμίζει ότι η αληθινή μεταμόρφωση απαιτεί πνευματική άσκηση και ταπείνωση ενώπιον του Θεού.

Σήμερα τιμούμε επίσης τον Άγιο Ιωάννη της Κλίμακος, τον μεγάλο μοναχό που έγραψε την «Κλίμακα», όπου περιγράφει τη χριστιανική ζωή ως μια σκάλα, όπου κάθε σκαλοπάτι αντιπροσωπεύει μια αρετή που πρέπει να καλλιεργήσουμε για να πλησιάσουμε τον Θεό. Ο Άγιος Ιωάννης μας διδάσκει ότι η ταπείνωση, η υπομονή και η επιμονή είναι απαραίτητα για την πορεία μας προς την αγιότητα. Όπως ο ορειβάτης ανεβαίνει το βουνό σιγά-σιγά, έτσι και εμείς πρέπει να προχωρούμε πνευματικά με αφοσίωση και εμπιστοσύνη στη χάρη του Θεού.

Καθώς συνεχίζουμε την πορεία της Μεγάλης Τεσσαρακοστής, θυμόμαστε ότι η πίστη δεν είναι πάντα εύκολη—είναι ένας καθημερινός αγώνας να εμπιστευόμαστε τον Θεό περισσότερο. Όμως, ο Χριστός μας διαβεβαιώνει: «Πάντα δυνατά τῷ πιστεύοντι.» (Μάρκος 9:23)

Ας αξιοποιήσουμε αυτόν τον καιρό της νηστείας και της προσευχής για να δυναμώσουμε την πίστη μας, να νικήσουμε τους πνευματικούς μας αγώνες και να ανέβουμε ακόμα ένα σκαλοπάτι στην κλίμακα που οδηγεί στον Χριστό.

Ο Κύριος να μας ενισχύει στην πίστη και να μας καθοδηγεί στη χαρά της Αναστάσεώς Του!

# For those who are going to the Parade, please start boarding the bus at 11:30am, for a 12 Noon departure!







### **SYNAXARION & Lenten Services**

Mar 31 ~ St. Hypatius, St. Innocent of Alaksa; Great Compline 4pm

Apr 1 ~ St. Mary of Egypt, Sts. Gerontios & Vasilides; Great Compline 4pm

Apr 2 ~ St. Titus the Wonderworker, Pre-Sanctified Liturgy 6:30 PM

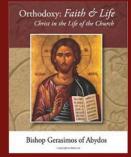
Apr 3 ~ St. Nicetas, St. Joseph the Hymnographer; Lenten Vespers 4:00 PM

**Apr** 4 ~ St. George of Maleon, St. Plato the Studite;

Pre-Sanctified Liturgy 9:00 AM; The Akathist Hymn 7:00 PM

Apr 5 ~ St. Theodora of Thessoloniki; Divine Liturgy 8:30 am

# Great Lent Discussions: Christ in the Life of the Church



Today's society perceives the church as an institution. Guided by the works of Bishop Gerasimos of Abydos, a saintly figure in the life of America, great discussions will take place to see personhood in the community of the church. The Church as a place for a personal relationship with God

Information: Wednesday Evenings Starting March 5 Pre-Sanctified Divine Liturgy - 6:30 PM

Lenten Meal - 7:30 PM Discussions - 8:00 PM





COME & JOIN US!



## **MEMORIALS**

3 Years for Dimitrios Tzelarakis
4 years for Georgios Naskaris
5 years for Irini Tzelarakis
5 years for Ioanna (Joan) Lampropoulos
5 years for Dennis Dionisiou
The Koutsourakis Family Memorial

## May their memory be eternal!

Today's Coffee Hour is being sponsored by the family of Ioanna Lampropoulos

