



# ARCHANGEL MICHAEL CHURCH

Protopresbyter, John K. Lardas, Proistamenos

Presbyter Gabriel Galifianakis

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**SUNDAY - March 22nd, 2026** | Ἡχος πλ. δ', Ἑωθινόν η' | Mode pl. 4, 8<sup>th</sup> Morning Gospel

**ΚΥΡΙΑΚΗ: Δ' ΤΩΝ ΝΗΣΤΕΙΩΝ.** Ἐν ἡ μνεΐαν ποιούμεθα τοῦ Ὁσίου Πατρός ἡμῶν Ἰωάννου τοῦ συγγραφέως τῆς <<Κλίμακος>>. Τοῦ Ἁγίου Ἱερομάτυρος Βασιλείου, Πρεσβυτέρου τῆς Ἀγκυρανῶν Ἐκκλησίας, Ἱερομάρτυς Ἀγκύρας.

**SUNDAY: 4th Sunday of the Fast.** In which we commemorate the holy father John, author of "Climacus." Basil the Holy Martyr of Ancyra.

**Ἀπολυτίκιον Ἀναστάσιμον.** Ἡχος πλ. δ'. Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφην κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

**Resurrectional Apolytikion. Mode pl. 4.** You descended from on high, O compassionate One, and consented to a threeday burial, to free us from the passions. O Lord, our life and resurrection, glory to You!

**Τοῦ Ὁσίου.** Ἡχος πλ. δ'.

Ταῖς τῶν δακρῦν σου ῥοαῖς, τῆς ἐρήμου το ἄγονον ἐגעώργησας, καὶ τοῖς ἐκ βάθους στεναγοῖς, εἰς ἑκατον τοὺς πόνους ἐκαρποφόρησας, καὶ γέγονας φωστήρ, τῇ οἰκουμένη λάμπων τοῖς θαύμασιν, Ἰωάννη Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

**For the Devout Man. Tone 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.

**Ἀπολυτίκιον τῶν Κεκοιμένων.** Ἡχος πλ. δ' Μνήσθητι Κύριε, ὡς ἀγαθὸς τοῦ (τῆς, τῶν) δούλου (δούλης, δούλων) σου, καὶ ὅσα ἐν βίῳ ἡμαρτεν (ἡμαρτεν, ἡμαρτον) συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ Σὺ ὁ δυνάμενος, καὶ τῷ (τῇ, τοῖς) μεταστάντι (μεταστάση, μεταστᾶσι) δοῦναι τὴν ἀνάπαυσιν.

**Apolytikion for the Departed. Tone Pl. 4<sup>th</sup>**

Remember, O Lord, as You 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.

**Ἀπολυτίκιον τοῦ Ναοῦ.** Ἡχος δ' Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγοι, δυσωποῦμεν ὑμᾶς ἡμεῖς οἱ ἀνάξιοι, ἵνα ταῖς ὑμῶν δεήσεσι, τειχίσητε ἡμᾶς, σκέπη τῶν πτερύγων, τῆς αὐλοῦ ὑμῶν δόξης, φρουροῦντες ἡμᾶς προσπίπτοντας, ἐκτενῶς καὶ βοῶντας· Ἐκ τῶν κινδύνων λυτρώσασθε ἡμᾶς, ὡς Ταξιάρχαι τῶν ἄνω Δυνάμεων.

**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.

**Κοντάκιον.** Ἡχος 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 ἐλευθέρωσον, ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

**Kontakion. Tone 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. Ἦχος πλ. δ΄. Ψαλμὸς 75.**  
**Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.**

**Στίχ.** Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ  
μέγα τὸ ὄνομα αὐτοῦ.

**Πρὸς Ἑβραίους ς΄: 13–20 τὸ ἀνάγνωσμα.**

Ἀδελφοί, τῷ Ἀβρααμ ἐπαγγελιάμενος ὁ Θεός, ἐπεὶ κατ' οὐδενος εἶχε μείζονος ὁμόσαι, ὡμοσε καθ' ἑαυτοῦ, λέγων· ἢ μὴν εὐλογῶν εὐλογήσω σε καὶ πληθύνων πληθυνῶ σε· καὶ οὕτω μακροθυμήσας ἐπέτυχε τῆς ἐπαγγελίας. ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσι, καὶ πάσης αὐτοῖς ἀντιλογίας πέρασ εἰς βεβαίωσιν ὁ ὅρκος· ἐν ᾧ περισσότερον βουλόμενος ὁ Θεὸς ἐπιδειξάτω τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὅρκῳ, ἵνα δια δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι Θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος, ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσηλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδεκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

**Ἐκ τοῦ κατὰ Μάρκον 9.17-31 Εὐαγγελίου τὸ ἀνάγνωσμα.**

Τῷ καιρῷ ἐκεῖνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ γονυπετῶν αὐτῷ καὶ λέγων· διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτόν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἰ τί δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοὶ ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσελθῆς εἰς αὐτόν. καὶ κράξας καὶ πολλὰ σπαράξας αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξεελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἠθέλην ἵνα τις γινῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

**Prokeimenon. Mode pl. 4. Psalm 75.**  
**Pray and return to the Lord Your God.**

**Verse:** In Judah God is known; His name is great in Israel.

**The reading is from Paul's Letter 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 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 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."

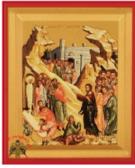


# Sunday of Saint John Climacus

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

IF YOU WOULD LIKE TO SPONSOR FLOWERS FOR A HOLY WEEK ICON, PLEASE CALL THE CHURCH OFFICE

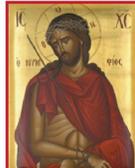
## HOLY WEEK ICONS



Saturday of Lazarus



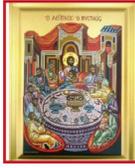
Palm Sunday



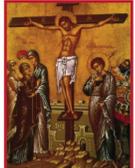
The Bridegroom (3)



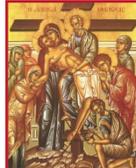
The Washing of the Feet



The Mystical Supper



The Crucifixion (2)



The Taking of Jesus Down from the Cross



Good Friday Night Icon



Holy Saturday Morning Icon



The Icon of the Resurrection (2)

Welcome to our Visitors

Coffee Hour will begin after Divine Liturgy, please join us! No refreshments will be available during the services.




## A JOURNEY OF FAITH PILGRIMAGE TO Italy

Led by Father John Lardas of The Archangel Michael Greek Orthodox Church in Port Washington, NY

### OCTOBER 18-29, 2026 12 DAYS/10 NIGHTS

Visit the regions of Calabria, Basilicata and Puglia with emphasis on the historic sites and areas of the once Greek villages! Also visit the Basilica of St. Nicholas in Bari housing the relics of St. Nicholas & attend liturgy at the local Greek Orthodox Church!

**RATES:**  
Per person, double occupancy \$5650  
Single occupancy \$7105

Space is limited, reserve now! Deadline: April 17 2026 or late booking fee of \$50/person applied!

**YOUR TOUR WILL INCLUDE:**

- Economy class international air on ITA Airlines and BA, from/to JFK
- Private arrival and departure transfers in a deluxe air-conditioned motorcoach with English speaking escort.
- 9 days of private sightseeing with a deluxe air-conditioned motor coach and English speaking local tour guides.
- All entrance fees for sites to be visited
- 10 nights' accommodations in 4\* hotels, standard rooms including daily breakfast, service fees and taxes in Reggio Calabria, Roccella, Lecce, Bari and Naples.
- Two dinners

FOR MORE INFORMATION AND TO SIGN UP FOR MORE INFO, PLEASE CONTACT US BELOW:  
CLOUD TOURS INC. TEL: 718-721-3888 / FAX: 718-795-4356  
EMAIL: ANTHONY@CLOUDTOURS.COM



## Hellenic-American Heritage Day in Honor of Greek Independence

Hosted by the Honorable Bruce Blakeman Nassau County Executive



**Keynote speaker:**  
Dr. Despina Afentouli, Journalist & Sociologist

**Our 2026 honorees:**

1. Maria Nikolis - Panaghia, Island Park
2. Panagiota Perlegis - St. Demetrios, Merrick
3. John and Maria Papachristos - St. Paul Cathedral, Hempstead
4. Adonia Nikitopoulos - Holy Trinity, Hicksville
5. Vivian Casil - Holy Resurrection Church, Brookville
6. Manny Kratsios - St. Michael's Home for the Aged
7. Charlie Marangoudakis - Archangel Michael Church, Pt. Washington
8. Sotirios Gregoriou - St. Markella, Wantagh

Legislative Chambers of the Theodore Roosevelt Executive and Legislative Building  
1550 Franklin Avenue, Mineola, NY 11501

Greek Flag Raising by AHEPA Family Chapters of Long Island at 11am

Thursday, March 26th 2026  
Flag Raising at 11am, Reception at 6pm

Did you know?

Archangel Michael Church has a website

<https://archangelmichaelchurch.org>

that has so much information about the community. Find out about our upcoming events and how to register for them, check the time of services, pay your stewardship and much more.

## ARCHANGEL MICHAEL CHURCH LENTEN RETREAT PILGRIMAGE

Saturday, March 28

*Join us for a day of prayer, fellowship & spiritual renewal during Great Lent.*

- Schedule:**
- 8:00 AM meet in Fellowship Hall
  - 8:30 AM bus departure sharp
  - 5:00 PM departure from Monastery



→ Visit to  
St. George Carpatho-Russian Orthodox Church  
Venerate the Miraculous *Panaghia Kardiotisa* "Tender Heart" – Myrrh-Streaming Icon of the Most Holy Theotokos

*Come and experience this grace-filled icon of the Virgin Mary, known for its myrrh-flowing and miracles.*

→ Visit to  
Agia Skepi Monastery

- Lenten Lunch
- Lenten Vespers
- Time for Prayer & Reflection

\$40 per steward  
\$65 per guest



For More Information:  
[susan@archangelmichaelchurch.org](mailto:susan@archangelmichaelchurch.org)

# SYNAXARION

March 23rd ~ St. Nicon, the Holy & Righteous Martyr & His 199 Disciples  
 March 24th ~ St. Tikhon, Patriarch of Moscow; Forefeast of the Annunciation  
 \*March 25th ~ The Feast of the Annunciation of the Theotokos  
 March 26th ~ The Great Cannon of St. Andrew of Crete; Synaxis of the Archangel Gabriel  
 \*\*March 27th ~ St. Matrona of Thessaloniki; St. Paul, Bishop of Corinth  
 March 28th ~ St. Hilarion; 5<sup>th</sup> Saturday of Lent: commemorating The Akathist Hymn

\*denotes Divine Liturgy \*\*Pre-Sanctified Liturgy.



# MEMORIALS

3 Months for Irene Stamos  
 9 Months for Christos Daskalis  
 9 Months for Maria Panayiotou  
 1 Year for Christos Konsolakis  
 5 Years for Georgios Naskaris  
 6 Years for Dennis Dionisiou  
 18 Years for Stavros Panayiotou  
**May their Memory be Eternal!**

## UPCOMING EVENTS

### March:

**22nd** ~ Heritage Library and Bookstore Event (Coffee Hour Sponsorship & Lecture to follow)

**26<sup>th</sup>** ~ Hellenic-American Heritage Night

**28<sup>th</sup>** ~ Lenten Retreat

**29<sup>th</sup>** ~ Oratorical Festival & Last Enrichment Program

### April:

**2<sup>nd</sup>** ~ Palm Making Night

**4<sup>th</sup>** ~ Challenge Liturgy with His Eminence Archbishop Elpidophoros  
 Also HOPE Lazarakia Making

**5<sup>th</sup>** ~ Bakaliaro Luncheon

**Saturday of Lazarus Challenge Liturgy**  
**Saturday April 4**  
 His Eminence Archbishop Elpidophoros will preside. Please join us.  
 9am Orthos  
 10am Liturgy

**The Ladder of Divine Ascent**  
**Great Lent Dialogues**  
 Following the Pre-Sanctified Divine Liturgy (6:30 PM)  
 Lenten Meal will be served  
**Order Book Here! \$35**  
**Dates:**  
 February 25  
 March 4, 11, 18, 25 (No-Presanctified)  
 April 1

**AMC Camp Hellas**  
 Port Washington, NY  
 SUMMER 2026  
 SESSIONS OPEN TO GRADES 1-6  
 WEEK 1: 6/29-7/3  
 WEEK 2: 7/6-7/10  
 WEEK 3: 7/13-7/17  
 MONDAY-FRIDAY 9AM - 4PM  
 Early Bird Price (Before 4/13): \$350  
 Post Early Bird (4/13 and on): \$400  
 Junior Counselors (7th & 8th Graders): \$125  
 New Features for Camp Hellas 2026:  
 • Additional 30 Min of Camp  
 • STEM Program  
 • Full Time Registered Nurse  
 • Expanded Art Program  
 Campers will learn Greek through fun, hands on, engaging lessons  
 • Religion & Exploring Faith  
 • Music  
 • Art  
 • Storytelling  
 • Dramatic Play  
 • Outdoor Play  
 • Games  
 • Greek Dance  
 • Olympic Water Games

THE ARCHANGEL MICHAEL CHURCH warmly invites you to celebrate  
**PALM SUNDAY**  
 FELLOWSHIP LUNCHEON with Traditional Bakaliaro  
 In The Angelades Fellowship Hall  
 Sunday, April 5  
 Immediately following 2nd liturgy  
 RESERVATIONS REQUIRED NO LATER THAN MARCH 29  
 RSVP on Realm or Scan the QR Code Below  
 STEWARDS & IMMEDIATE FAMILY - \$25 PP  
 GUESTS - \$35 PP  
 CHILDREN 16 & UNDER - COMPLIMENTARY  
 CONTACT THE CHURCH OFFICE WITH ANY QUESTIONS  
 516-944-3180 • SUSAN@ARCHANGELMICHAELCHURCH.ORG

AMC HOPE  
**LAZARAKIA Making**  
 CHILDREN WILL LEARN THE STORY OF LAZARUS, BAKE THEIR OWN LAZARAKIA BREADS, AND BRING THEM TO CHURCH TO BE BLESSED  
 Saturday 4 April, 2026 09:45 am  
 HOPE IS AGE 4-6.  
 SIBLINGS ALWAYS WELCOME!  
 For more information please Email: [camphellas@archangelmichaelchurch.org](mailto:camphellas@archangelmichaelchurch.org)