



ALL SAINTS OF AMERICA

Orthodox Church
in America

orthodoxalexandria.org

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Welcome to our parish!

Thank you for choosing to worship with us on the Lord's Day. We are grateful for your prayers and participation!

Please join us for coffee hour after the service. Our priest, Father Alessandro, would love to greet and welcome you.

Holy Eucharist requires full communion of faith, so if you are not an Orthodox Christian, please do not approach the Chalice. If you are an Orthodox Christian, please note that communion must be preceded by fasting, recent Confession, and reconciliation with all people.

MARCH 30, 2025

FOURTH SUNDAY OF LENT

Tone 7

St. John Climacus (of The Ladder)
Sophroný (Sophronius), Bishop of
Irkutsk

ST JOHN CLIMACUS (OF THE LADDER)

The Fourth Sunday of Lent is dedicated to Saint John Klimakos, the author of *The Ladder of Divine Ascent*. In this book the Igoumen of Saint Katherine's Monastery on Mount Sinai bears witness to the great effort which is required for entry into God's Kingdom (Matthew 10:12). The spiritual struggle of the Christian life is difficult since it is "not against flesh and blood, but against ... the rulers of the present darkness ... the hosts of wickedness in heavenly places ..." (Ephesians 6:12). Saint John encourages the faithful in their efforts for, as the Lord has said, only "he who endures to the end will be saved" (Matthew 24:13). Saint John was born around the year 525, the son of devout and wealthy parents. He received a very good education, but at the age of sixteen, he forsook the world and went to Mount Sinai, subjecting himself to the spiritual guidance of Elder Martyrios. When he was nineteen years of age,¹ his Elder reposed. Then Saint John entered the arena of hesychasm, visiting the monastic communities of Skêtê and Tabénnisê in Egypt. For another forty years, he lived in a cell at Thora in the Sinai Desert, which was a two hour (5 mile) walk from the Monastery of Saint Katherine. Aflame with indescribable longing for God, he ate everything that was permitted by the monastic Rule, but only in very small quantities, and not unto satiety. By so doing, he overcame the vice of pride; and by eating just a little food, he humbled the stomach, which always wants more. He raised his body from death and paralysis by the remembrance of death, and he overcame the tyranny of anger with the sword of obedience. Who can describe the fountain of his tears, which is now to be seen in very few individuals? He slept only as much as was necessary to prevent his mind from being distracted. Before going to sleep he prayed a great deal, and he also wrote books. This was how he subdued despondency. His entire life was spent in unceasing prayer, and incomparable love for God. After writing *The Ladder* at the request of Igoumen John of Raithu Monastery, and leading a God-pleasing life, Saint John fell asleep in the Lord when he was about seventy-five years old (ca. 603). He is also commemorated on March 30. The inscription on his icon is from Step 7:2. It reads: "Compunction is a perennial trial of the conscience, which brings about the cooling of

the fire of the heart through mental confession. And confession is a forgetfulness of nature, since someone because of this forgot to eat his bread."

PLEASE REMEMBER IN YOUR PRAYERS

REQUESTING PRAYERS: Larissa, Bob, David, Zondra, Art, Jerry, Davide

CATECHUMEN: Brooke, Levi, Daniel, Robert

MISSIONARIES: The Brandow family serving in Guatemala

DEPARTED: Archpriest Daniel, Archpriest Paul, Tom, Anton

BIRTHDAYS: Andrew Garber

NEWS & ANNOUNCEMENTS

ADULT EDUCATION: We have begun a new Adult Education course based on the *Essential Orthodox Christian Beliefs*, a new manual for adult instruction published by the Orthodox Church in America. The adult education takes place on Sunday at 8:45a in the large Methodist building, where Church School takes place. The discussion will go until 9:10a. Everyone is welcome to attend!

CONFESSION: It is important that every Orthodox Christian receives the Mystery of Confession during the Lenten season. In the coming weeks, Fr. Alessandro will be available after Great Vespers (Sat), or by appointment. If you wish to come before services, please let him know ahead of time. Please, note that Friday, April 11 is the last day when Fr. Alessandro will hear Confessions before Pascha.

POST-PRESANCTIFIED POTLUCKS: As it is customary in many Orthodox communities, we will share a lenten meal following the Liturgy of the Presanctified Gifts. Please, feel free to bring (but not mandatory), a lenten dish or side to share.

MEALS SIGN-UP: A sign-up genius has been shared via email to invite parishioners to sign up for dishes to share after the Presanctified Liturgies during Great Lent.

CHOIR REHEARSAL: Choir members, please note that our next rehearsal is scheduled for April 9 after the potluck..

21st ALL-AMERICAN COUNCIL: The 21st All-American Council will take place in Phoenix, AZ on July 14-18. As in the past, there will be a youth program that week. For more information and to register, please visit oca.org/aac.

UPCOMING SERVICES & EVENTS

Mar 30, Sun
8:45 AM
9:30 AM

Church School & Adult Ed.
Divine Liturgy

Apr 2, Wed
6:00 PM
6:00 PM

Presanctified Liturgy
Potluck Meal

Apr 5, Sat
5:00 PM

Great Vespers

Apr 6, Sun
8:45 AM
9:30 AM

Church School & Adult Ed.
Divine Liturgy

MINISTRY ROTATIONS

	Mar 30	Apr 6
<i>Coffee Hour:</i>	Schmitt/Bomadevar	Hughes
<i>Reader:</i>	Barr	Mykyta
<i>Cleaning:</i>	Mykyta	Voss
<i>Communion Cloth:</i>	Class/Terezi	Easton/Barr

Priest available for Confession after Vespers or by appointment