

St. Mary Protection of the Theotokos Parish

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**GLORY TO JESUS CHRIST!
GLORIFY FOREVER!**

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Wisdom from St. John of the Ladder

8:13. If it is a mark of extreme meekness even in the presence of one's offender to be peacefully and lovingly disposed towards him in one's heart, then it is certainly a mark of hot temper when a person continues to quarrel and rage against his (absent) offender both by words and gestures, even when by himself.

- *How can we be peaceful in the face of people that are offending us? How does maintaining our peace allow us to respond better?*

8:20. If you want, or rather intend, to take a splinter out of another person, then do not hack at it with a stick instead of a lancet for you will only drive it deeper. And this is a stick—rude speech and rough gestures. And this is a lancet—tempered instruction and patient reprimand. 'Reprove,' says the Apostle, 'rebuke, exhort,' but he did not say 'beat'. And if even this is required, do it rarely.

- *Why does St. John believe that we should make our operations on people's eyes rare? How can we develop the skill to operate on people?*

8:22. If, as we said above, a single wolf with the help of a demon can trouble a flock, then certainly one most wise brother with the help of an angel can make the waves abate and the ship sail calmly.... And the condemnation of the former is indeed heavy, and equally great is the reward that the latter will receive from God, and he will become an edifying example for all.

- *How many "wolves" does it take to destroy a community? How many "angels" does it take to save one?*

Upcoming Worship Schedule

Sunday	3/26	9:00AM 4:00PM	Divine Liturgy, St. John of the Ladder Pan-Orthodox Vespers & Meal; St. Nicholas GOC 1607 W Union Blvd, Bethlehem
Wednesday	3/29	7:00PM	Presanctified Liturgy
Thursday	3/30	7:00PM	Great Canon of St. Andrew
Friday	3/31	10:00AM 7:00PM	Presanctified Liturgy Akathist to the Birthgiver of God
Saturday	4/1	*** NO SERVICES: UOL RETREAT ***	
Sunday	4/2	9:00AM 4:00PM	Divine Liturgy, St. Mary of Egypt Pan-Orthodox Vespers & Meal, St. Paul AOC 156 E Main St, Emmaus
Wednesday	4/5	5:30PM 6:00PM	Repentance (Northampton) (*Note Change*) Holy Unction (Northampton) (*Note Change*)
Friday	4/7	10:00AM	Vesperal Liturgy of the Annunciation
Saturday	4/8	10:00AM 4:00PM	Divine Liturgy – Lazarus Saturday! Parish Vigil of Palm Sunday
Sunday	4/9	8:45AM 9:00AM 7:00PM	Blessing of Willows and Palms Divine Liturgy (Palm/Willow Sunday) Bridegroom Matins
Monday	4/10	4:00PM 7:00PM	Presanctified Liturgy Bridegroom Matins
Tuesday	4/11	4:00PM 7:00PM	Presanctified Liturgy Bridegroom Matins

Check our website for the full listing of services & activities!!

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Adult Education

Sundays (11AM). Our "Spiritually Speaking" series meets the first Sunday of each month after coffee hour.

Wednesdays (7PM). This Old Testament Bible Study will resume after Pascha.

Saturdays (5:00PM). Chanting class. We are working on Lenten music. Note the change in time; this is so that Rdr. Nicholas can lead it.

Thursdays (10AM). The next meeting will be on 3/30 at the Perkins house (819 Fernwood St., Emmaus PA).

Welcome to the God-loving and God-protected Orthodox Christian parish of *Pokrova* (“St. Mary Protection of the Holy Theotokos” or “St. Mary’s”)!

It is a blessing to have you with us today and we encourage you to come back as often as you are able. Like us, you may find that you have found your spiritual home here (and a wonderful home, it is)!

We are a parish of the Ukrainian Orthodox Church of the USA under the Ecumenical Patriarch of Constantinople and our doors and hearts are open to you, your family, and your friends!

March 26th ; St. John of the Ladder (Fourth Sunday of Great Lent)

The Order of Worship

(A more complete version is found in the black prayer book in the pews)

Blessed is the Kingdom Amen. Heaven and earth are joined in praise of God.

Great Litany. Prayers of supplication to God w/ refrain “Lord have mercy!”

Psalm 102. The Psalms are the greatest hymns of the Church. It is followed by a Small Litany (“Again and again...”).

Psalm 145 & “Only Begotten Son”. This psalm and song remind us why we are here. It is followed by a Small Litany (“Again and again...”)

The Beatitudes. The wisdom of the Logos offered in song – beautiful consolation. We take on the virtues of and in Christ to become “blessed.”

The Little Entrance/Gospel Entrance. This symbolizes Christ coming from heaven into the world. We can kiss the Gospel (an icon of “The Word”) in celebration saying; “Christ is in our midst” “He is and shall be!” “*Khristos Posered Nas*” “*I Ye I Bude!*”

Hymns for Today. As with all the music, everyone is encouraged to sing along!

Tone 7 Tropar (*Resurrection*)

By Your Cross You destroyed death. / To the thief You opened Paradise. / For the Myrrhbearers You changed weeping into joy. / And You commanded Your disciples, O Christ God, / to proclaim that You are risen, // granting the world great mercy.

Tone 1 Tropar (*for St. John of the Ladder*)

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 4 Tropar (*Parish Patron/Pokrova*)

O Mother of God, sheltered by thy coming / we faithful people today keep feast in joy, / and looking at thy most pure image, / moved to the depths of our hearts, we say: / “Protect us with thy precious veil /and deliver us from every ill, // by entreating Christ, thy Son and our God, to save our souls.”

Tone 4 Kondak (*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 2 Kondak (*Parish Patron/Pokrova*)

The Choirs of Saints and the Virgin / stand in church praying to God for us. / Angels and hierarchs bow in adoration, / Apostles and Prophets all rejoice / in thee, O Mother of God, // who for us prays to God Eternal.

In place of the Trisagion we sing: Before Your Cross, we bow down in worship, O Master, and Your holy Resurrection, we glorify.

Tone 7 Prokimen (*Sunday; Psalm 28:11,1*)

The Lord shall give strength to His people. The Lord shall bless His people with peace.

v: Offer to the Lord, O you sons of God! Offer young rams to the Lord!

Tone 7 Prokimen (*St John of the Ladder; Psalm 149:5*)

Let the saints exult in glory; let them sing for joy on their couches!

Epistle: Hebrews 6:13-20 (*Sunday*); Ephesians 5:9-19 (*St John Climacus*)

Alleluia, Alleluia, Alleluia! (*Psalm 91:1,2*)

v: It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.

v: To declare Your mercy in the morning, and Your truth by night.

v: They that are planted in the house of the Lord shall flourish in the courts of our God.

Gospel: Mark 9:17-31 (*Sunday*); Matthew 4:25-5:12 (*St. John of the Ladder*). Children are encouraged to come up front; “Let the little children come unto me.” (Matthew 19:14)

Litanies for the Faithful and for the Catachumens. Catachumens are Christians preparing to enter into the Mysteries of the Orthodox Church.

The Great Entrance. The priest brings out the bread and wine that will become the Body and Blood of Christ. The children are welcome and encouraged to line the aisle.

The Last Supper and Consecration of the Gifts. We either stand or, as is customary among many Ukrainian Orthodox, kneel during this portion of the service.

Hymn to the Birthgiver of God, Mary. 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!

Litany of Preparation. Lord’s Prayer. The prayer Jesus Christ taught us to pray.

Communion of the Faithful. Communion is reserved for those who are members of an Orthodox parish and have prepared themselves through prayer, fasting, and regular confession. All are invited to join this parish and commune with us!

Communion Hymn. The light of Your countenance has shone on us, O Lord. (Ps 4/5:6)

Alleluia, Alleluia, Alleluia!

Post-Communion Prayers, Dismissal & Distribution of the Blessed Bread. Everyone is invited to come forward, greet the priest, have some of the blessed bread, and then join us for our agape meal (coffee hour) in the fellowship hall.

***** Please join us after the service downstairs for coffee hour! *****

Parish News and Events

Today is our parish meeting. Please stay as we plan the upcoming year!

The Grief Support Group meets at 6:30PM on Tuesdays in the Hall. See Joe Truchan for details.

If you are ill and could use some help or a visit (or know someone else who could), please contact the parish care group leader, Robin Bodnar. If you know of anyone that could use a visit from Fr. Anthony, please tell him.

Charity Opportunities:

- Lord willing, another soup kitchen will be starting up within a few months. Let's see if we can't help. The commitment would be to serve food one Saturday afternoon a month. If you are interested, please see Joe Truchan.
- Zoe for Life, an Orthodox ministry that helps mothers in need, is in need of new blankets. If you would like to help, please leave new blankets in the parish office or mark your monetary donation for this purpose and put it in the collection.

The next **Parish Board Meeting** will be on 4/24 at 6:30.

UOC Lenten Retreat. April 1st at the St. Francis Center for Renewal (395 Bridal Path Road in Bethlehem). Contact Natalie or Oleh Bilynsky (610-892-7315 or nsufler@aol.com) for more information. Over 100 are already registered!

Exhibit of Russian Icons. Williams Center Gallery (317 Hamilton St, Easton). M–F 11AM- 5PM & weekends Noon–5PM. The exhibit will run through today.

Reading and Greeter Schedule

Date	Epistle Schedule	Greeters
3/26/2017	John Sokalsky	Judy Miller & Vera Muzychka
4/2/2017	Robert Noecker	Richard Rosko
4/9/2017	Alex Mackiewicz	Eleanor Fox
4/16/2017	Richard Bodnar	Judy Miller & Vera Muzychka
4/23/2017	Robin Bodnar	Richard Rosko

Please let Fr. Anthony know if you will not be able to greet/read and cannot find a replacement. Also let him know if you would like to be added to the schedule.

Today's Scripture Readings

Epistles:

Hebrews 6:13-20. 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.

Ephesians 5:9-19. (For the fruit of the Spirit is in all goodness and righteousness and truth;) Proving what is acceptable unto the Lord. And have no fellowship with the unfruitful works of darkness, but rather reprove them. For it is a shame even to speak of those things which are done of them in secret. But all things that are reprov'd are made manifest by the light: for whatsoever doth make manifest is light. Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light. See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is. And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

Gospels:

Mark 9:17-31. The Lord healed a boy after his disciples could not. Then he told his disciples; "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."

Matthew 4:25-5:12. And there followed him great multitudes of people from Galilee, and from Decapolis, and from Jerusalem, and from Judaea, and from beyond Jordan. And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him: And he opened his mouth, and taught them, saying,

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

Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

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