

## **ST. MARY'S HELPERS**

	<b>April 10</b>	<b>April 17</b>
<b>Prosphora</b>	Psa. L. & Gabriela	Psa. L. & Draga
<b>Reader</b>	Lili & Violeta	Eugenia & Anne
<b>Greeter</b>	Lili & Violeta	Giani & Dennis
<b>Coffee hour</b>	Liliana & Sanda	Maria & Ani

 Thank you to all the church helpers. Your service is appreciated. **Please make note of the schedule and of your commitment.** If you are not able to fulfill your commitment, please find a replacement. 

The lover of God is he who lives in communion with all that is natural and sinless, and as far as he is able, neglects nothing good.

The God-loving monk, when the bell rings for prayer, says: 'Good, good!' The lazy one says: 'What a nuisance

Ladder of Divine Ascent

'Those who profess to be Christ's will be recognized by their actions. For what matters is not a momentary act of professing, but being persistently motivated by faith.'

St. Ignatius of Antioch

## **TO OUR VISITORS: WELCOME TO ST. MARY'S**

*Welcome to all guests to St. Mary's on this holy day. If you are new to our church, please make yourself known to Father Michael. We look forward to seeing you all again soon.*

*Please note that only Orthodox Christians who have prepared themselves with prayer, fasting and Confession may approach to receive Holy Communion. Everyone is welcome to receive the blessing and partake of the blessed bread (Antidor) at the dismissal.*

*As a sign of respect please remain standing during Holy Communion, even if you are not partaking. Please turn off all cell phones during all church services*

### **Schedule for Holy Week**

**Palm Sunday, April 24 – Divine Liturgy  
10 am Lunch to follow**

Monday & Tuesday, April 25 & 26,  
6:30pm – **Bridegroom Services**

Wednesday – April 27, 6:30 pm  
**Holy Unction**– joined by St. Vladimir's clergy and faithful. Snacks to follow.

Thursday April 27, 6:30 pm – Reading of the **12 Passion Gospels**

Friday – April 28, 6:30 pm – Procession of the **Shroud and Lamentations**

**PASCHA- Saturday, April 30,  
11 pm**

## **St. Mary's Nativity of the Theotokos Orthodox Church**

### **Romanian Orthodox Episcopate of America (O.C.A.)**

3511 3<sup>rd</sup> Avenue SW, Calgary T3C 0A7

Hierarch: The Most Reverend Archbishop Nathaniel

Pastor: Very Reverend Father Michael Lupu

EMAIL: [fatherlupu@shaw.ca](mailto:fatherlupu@shaw.ca)

WEBSITE: <http://www.saintmaryscalgary.org/>

<https://www.facebook.com/StMarysRomanianOrthodoxChurchCalgary>



### **Sunday of St. John Climacus**

**A Sf. Ioan Scararul**

**April 10, 2016**

Vespers every Saturday 6:00 pm

Divine Liturgy every Sunday 10 am

Other services as announced

Please join us for coffee after Divine Liturgy. Thank-you to the ladies who have volunteered to provide snacks!

- Tonight - Sunday Lenten Vespers 6 pm at Annunciation Antiochian Orthodox Church
- Wednesday April 13 and Friday April 15 - Lenten Services 6:30pm

- Saturday April 16 -
  - Spring yard clean-up 9 am
  - 4:45pm Bible Study. Topic will be St. Mary of Egypt (5th Sunday of Lent). Everyone is invited
- Resurrection Service Saturday April 30, 11 pm – Liturgy, procession and blessing of the baskets

**Mark your calendar-**

- **Girls' sleep over and boys' sleep over June 24-25. Children ages 7-13. See Psa. Lillian or Giani**
- **Archbishop Nathaniel will visit St. Mary's July 9 & 10. Make plans to attend and meet our Hierarch!!**

Donations are now accepted for flowers, candles and other Pascha items.

**\*\*CONFESSIONS BY APPOINTMENT – PLEASE MAIL FR. MICHAEL AT FATHERLUPU@SHAW.CA\*\***

**\*\* Pocket calendars are now available English and Romanian combined \$8.00\*\***

### **ORTHODOX TEACHING**

**Reading - St. John Climacus- 4<sup>th</sup> Sunday of lent**

This Saint gave himself over to the ascetical life from his early youth. Experienced both in the solitary life of the hermit and in the communal life of cenobitic monasticism, he was appointed Abbot of the Monastery at Mount Sinai and wrote a book containing thirty homilies on virtue. Each homily deals with one virtue, and progressing from those that deal with holy and righteous activity (praxis) unto those that deal with divine vision (theoria), they raise a man up as though by means of steps unto the height of Heaven. For this cause his work is called "The Ladder of Divine Ascent." 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 The day he was made Abbot of Sinai, the Prophet Moses was seen giving commands to those who served at table. Saint John reposed in 603, at eighty years of age. Reading © Holy Transfiguration Monastery - Brookline, MA

Hello St. Mary's parishioners,

The spring yard clean-up is going to take place on Saturday April 16 at 09:00 am. Please come and help. Even half an hour of your time will make a big change. Please bring along a rake or any other tools that could make our job easier. In Christ's love, Bogdan

### **TODAY'S READINGS AND TROPARS**

Epis. Hebrews 6:13-20; Ephesians 5:8-19. Gos. Mark 9:17-32; Matthew 4:25; 5:1-12. Axion: 'In you o woman full of grace' Tone 4

Ap. Evrei 6,13-20; Efeseni 5,8-19. Ev. Marcu 9,17-32; Matei 4,25; 5,1-12. Axionul: De Tine se bucură.... Glas 4

***Resurrection Tropar Tone 4** Having learned the joyful proclamation of the Resurrection and the abolish of the ancestral curse from the Angels, the Women Disciples of the Lord elatedly told the Apostles - death is despoiled, Christ God is risen, granting great mercy to the world*

***Tropar for St. John Climacus** With the rivers of your tears, you have made the barren desert fertile. Through sighs of sorrow from deep within you, your labors have borne fruit a hundred-fold. By your miracles you have become a light, shining upon the world. O John, our Holy Father, pray to Christ our God, to save our souls.*

***Tropar for the church** Your Nativity O Birthgiver of God has proclaimed joy to all the Universe. For the Son of Righteousness, Christ our God has risen from you, By abolishing the curse, He gave a blessing, By destroying death, He bestowed eternal life.*