On the fourth Sunday in Lent we commemorate St. John, the great seventh-Century ascetic and author of The Ladder of Divine Ascent. As we continue the Lenten fast, we recall St. John's account of the labors necessary to approach God, and we take comfort in the Lord's words: "he who endures to the end will be saved" (Mt 24:13).

Step 1. On renunciation of the world
Step 2. On detachment
Step 3. On exile or pilgrimage
Step 4. On blessed and ever-memorable obedience
Step 5. On painstaking and true repentance
Step 6. On remembrance of death
Step 7. On joy-making mourning
Step 8. On freedom from anger and on meekness
Step 9. On remembrance of wrongs
Step 10. On slander or calumny
Step 11. On talkativeness and silence
Step 12. On lying
Step 13. On despondency
Step 14. On that clamorous mistress, the stomach
Step 15. On incorruptible purity and chastity
Step 16. On love or money, or avarice
Step 17. On non-possessiveness (that hastens one Heavenwards)
Step 18. On insensibility
Step 19. On sleep, prayer, and psalmody with the brotherhood
Step 20. On bodily vigils and how to use it to obtain spiritual vigil.
Step 21. On unmanly and puerile cowardice
Step 22. On the many forms of vainglory
Step 23. On mad pride and unclean blasphemous thoughts
Step 24. On meekness, simplicity and guilelessness
Step 25. On the destroyer of passions, most sublime humility
Step 26. On discernment of thoughts, passions and virtues
Step 27. On holy stillness of body and soul
Step 28. On holy and blessed prayer
Step 29. Concerning Heaven on earth, or Godlike dispassion and perfection
Step 30. Concerning the linking together of the supreme trinity among the virtues

March 29, 2020 – Commemoration of John Climacus, Author of “The Ladder”

Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them;
Martyrs Jonah and Barachisios of Persia and those with them;
Eustathios the Confessor, bishop of Bithynia

Matins Gospel Reading: John 20:11-18

Troparion of the Resurrection (Tone 8):
From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion. Thou art our life and our Resurrection, O Lord, Glory to Thee!

Troparion of St. John Climacus (Tone 8):
The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

A Note to Visitors and Guests: Welcome! We are glad you have joined us today for worship! If this is your first visit to All Saints, please take a moment to fill out a visitor’s card at the greeter’s stand before you leave. The greeter also has Liturgy Books for use during the service, if you desire one. We hope you will join us for brunch following this morning’s service.
Kontakion for the Sundays in Lent (Tone 8):
O Champion Leader, to Thee I offer thanks of Victory! O Theotokos, thou hast delivered me from terror! As thou hast invincible power, O Theotokos, thou truly can set me free from all danger! Set me free and deliver me, that I may cry unto thee: “Hail, O Bride without Bridegroom!”

Troparion of All Saints (Tone 4):
Adorned in the blood of Thy martyrs, throughout all the world as in purple and fine linen, Thy Church through them doth cry unto Thee, O Christ God: Send down Thy compassion upon Thy people; grant peace to Thy habitation and great mercy to our souls.

Prokeimenon Psalm:
The Lord will give strength to His people.
The Lord will bless His people with peace.

Epistle Reading: St. Paul to the Hebrews 6:13-20

Gospel Reading: Mark 9:17-31

News and Announcements

Evening Services are canceled until Palm Sunday; that includes all Pre-Sanctified Divine Liturgies.

Lenten Coin Boxes: Once again please remember to fill the coin boxes that are supplied by the Fellowship of St. John the Divine, in accordance with our archdiocese, to feed the hungry around the world. Please use these boxes all during Lent and turn them in at Pascha to be blessed. Please replace the coins with a check marked “For the Poor” in the memo line, both for the sake of our priest, who has to lift the boxes for a blessing, and for our treasurer, who has to carry them to the bank. Thank you and God bless you for remembering the poor during our fasting season! If you have any questions, contact Pat K.

Elinor Bourjaily scholarships: The Archdiocese is making available 3 college scholarships of $500 each. If anyone is interested, please see Fr Pat or Dcn Walid for details. Application deadline is April 15.

“Whatever you may do for your brother, being hungry, and a stranger, and naked, not even the devil will be able to despoil, but it will be laid up in an inviolable treasure.”
~ Saint John Chrysostom