

FOURTH SUNDAY OF THE GREAT FAST
OUR HOLY FATHER JOHN CLIMACUS



Icon of the Ladder of Divine Ascent

March 18, 2012

FORTH SUNDAY OF THE GREAT FAST;

SUNDAY OF ST. JOHN CLIMACUS;

OUR HOLY FATHER CYRIL, ARCHBISHOP OF JERUSALEM

Tone 7

SCHEDULE OF SERVICES FOR THE WEEK OF MARCH 19 – MARCH 25

WEDNESDAY, MARCH 21 – *OUR VENERABLE FATHER AND CONFESSOR JAMES, BISHOP OF CATANIA*

6:30 PM – Liturgy of the Presanctified Gifts Special Intention

FRIDAY, MARCH 23 – *THE HOLY MARTYRS SABINAS AND PAPAS*

PLEASE NOTE: There is NO Presanctified Liturgy today

SATURDAY, MARCH 24 – *AKATHIST SATURDAY; PREFEAST OF ANNUNCIATION. OUR VENERABLE FATHER ZECHARIAH;*

OUR HOLY FATHER ARTEMON, BISHOP OF SELEUCIA IN PISIDIA

9:30 AM – Akathist of the Annunciation

6:00 PM – Great Vespers with Lytia

SUNDAY, MARCH 25 – *ANNUNCIATION OF OUR MOST HOLY LADY, THE MOTHER OF GOD AND EVER-VIRGIN MARY;*

EMILIAN KOWCZ, PRIEST & MARTYR

9:30 AM – Divine Liturgy For All Parishioners

The Feast of the Annunciation

For those who are striving to observe the traditional and stricter fasting discipline of the Eastern tradition, one is allowed to eat fish, wine and oil on the Feast of the Annunciation.

Cards for sale

Easter Cards, and various other greeting cards are available for sale in the church hall following each Divine Liturgy. See Mary Kitt to purchase.

Lenten Services at

Holy Angels Byzantine Church

During the Great Fast, Holy Angels celebrates a Morning Service with Communion each Wednesday at 10:00 AM. On Fridays, the Presanctified Liturgy is celebrated at 7:00 PM. Holy Angels is located at 2235 Galahad Road San Diego, CA 92123-3931

Sunday offering for March 11

Amount	Number
\$10.00	2
\$15.00	1
\$20.00	1
\$25.00	1
\$30.00	1 (loose)
\$40.00	2
\$50.00	2
\$75.00	2
\$100.00	3
\$120.00	1
\$400.00	1
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\$867.00	

Parishioner Total: 1260.00

Average / parish household (39): \$32.31

Weekly Stewardship Goal: \$2125.00

Shortfall: **-\$865.00**

Stewardship Pledges

Pledges received: 9

***It is impossible to plan
any sort of budget until all
pledge forms are turned in.***



Looking Ahead:

- ❖ March 25th – Annunciation
- ❖ April 1st – Flowery Sunday
- ❖ April 6th – Great and Holy Friday
- ❖ April 8th – The Glorious Feast of Pascha

The Worm of Pride

Augustine said:

‘We must avoid pride. If it was able to deceive angels, how much more will it be able to scatter human wits.’

Ambrose said:

‘Pride transformed angels into demons, humility makes human beings into saints. Pride leads you to despise God’s commandments, humility urges you to follow them. The proud want to be praised even for what they have not done, the humble try to hide the good they do.’

Gregory said:

‘The one who is in the first place can never learn humility if he does not overcome pride when he is in the last.’

In *The Lives of the Fathers* it is said:

‘Fruit that is ruined is no use to the farmer; virtue that is proud is no use to God. Just as the weight of fruit breaks the branch, so pride smashes the beauty of the soul.’

Defensor Grammaticus

Book of Sparkling Sayings, 17

Educators can distinguish between the programs of study suitable for beginners, for the intermediate, and for teachers. And we ought to ensure that we do not spend an unduly long time at the beginner’s stage, for it would be a disgrace to have an old man going to kindergarten.

– St. John of the Ladder – 7th Century

ABOUT THE LADDER OF DIVINE ASCENT

In the sixth century, a monk of Mount Sinai named John wrote a book outlining the stages of the spiritual life. He based his entire work on the image of a ladder of thirty rungs, stretching from earth to heaven. Each rung described a step in the pursuit of virtue and the spiritual life. Since it was first written, The Ladder of Divine Ascent has been an essential part of the formation of Eastern Christian monastics, and a mainstay of Eastern Christian ascetic spirituality. However, The Ladder is not just for monks and nuns because all Christians are called to make an ascent to the heights of heaven. For this reason the Church places the commemoration of Saint John and his Ladder on the 4th Sunday of the Great Fast, as the faithful continue their ascent with the Lord to Golgotha and through Golgotha to His Heavenly Kingdom.

The 30 Steps of the Ladder of Divine Ascent

- ❖ Steps 1–4: renouncement of the world and obedience to a spiritual father
- ❖ Steps 5–7: penitence and affliction as paths to true joy
- ❖ Steps 8–17: the defeat of vices and acquisition of virtue
- ❖ Steps 18–26: avoidance of the traps of asceticism (laziness, pride, mental stagnation)
- ❖ Steps 27–29: acquisition of stillness or peace of the soul, of prayer, and of dispassion
- ❖ Step 30: the union of faith, hope, and love

Flower Collection

Special envelopes are available in the back of the church do help with the purchase of flowers for the Feast of Pascha.

Paska Baking

This Tuesday, 9:30 AM in the parish Hall. Please come and help. Many hands make light work!

Pancake Breakfast and Bake Sale

In two Sundays, April 1, will be our annual Pre-Pascha Pancake Brunch and Bake Sale. Paska will be available for sale. Please see Olena Bankston or Mary Kitt to place your order.



**Українська Греко-Католицька Церква
Святого Йоана Хрестителя
St. John the Baptizer
Ukrainian Greco-Catholic Church**

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La Mesa, CA 91941
Parish Office: (619) 697-5085

Website: stjohnthebaptizer.org

Pastor: Fr. James Bankston
frjames@mac.com

Fr. James' cell phone: (619) 905-5278

The Steps of the Ladder: St. John Climacus

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| 1. Renunciation of the World | 17. Poverty |
| 2. Detachment | 18. Insensitivity |
| 3. Exile / Pilgrimage | 19. Sleep and Prayer |
| 4. Obedience | 20. Alertness |
| 5. Penitence | 21. Unmanly Cowardice |
| 6. Remembrance of Death | 22. On Vainglory |
| 7. Sorrow | 23. On Pride |
| 8. Freedom from Anger | 24. Meekness and Simplicity |
| 9. Remembrance of Wrongs | 25. Humility |
| 10. On Slander | 26. Discernment of Thoughts,
Passion & Virtues |
| 11. Talkativeness & Silence | 27. Stillness of Body & Soul |
| 12. On Lying | 28. Prayer |
| 13. On Despondency | 29. Concerning Heaven on Earth |
| 14. On Gluttony | 30. Faith, Hope and Love |
| 15. Chastity | |
| 16. On Love of Money | |