

# St. Jacob Melkite Greek-Catholic Church

Serving San Diego Since 1990



# كنيسة القديس يعقوب للروم الملكيين الكاثوليك

بخدمة سان دييغو منذ عام 1990

## Fourth Sunday of Lent – Sunday of our Father John Climacus

الاحد الرابع من الصوم العظيم المقدس - تذكّر ابينا البار يوحنا السلمى

Today we commemorated **St John Climacus** He is celebrated today because his book, 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. This text is a popular classic often read by many during Great Lent Fast (<https://www.goarch.org/chapel/saints?contentid=872&PCode=4LENTS&D=S&DT=04/11/2021>).

Today we commemorate the memory of **St Benedict of Nursia**, the Father of Western Monasticism. This Saint, whose name means "blessed," was born in 480 in Nursia, a small town about seventy miles northeast of Rome. He struggled in asceticism from his youth in deserted regions, where his example drew many who desired to emulate him. Hence, he ascended Mount Cassino in Campania and built a monastery there. The Rule that he gave his monks, which was inspired by the writings of Saint John Cassian, Saint Basil the Great, and other Fathers, became a pattern for monasticism in the West; because of this, he is often called the first teacher of monks in the West. He reposed in 547 (<https://www.goarch.org/chapel/saints?contentid=459>).

**Great Lenten services:** For Great Lent we will have services at Holy Angels on Wednesday at 6:00 pm and Friday at 7:30 pm. We will alternate Great Compline and the Pre-sanctified Liturgy on Wednesdays and celebrate the Akathist on Fridays. We hope you will join us.

**Remember in your prayers:** All who are sick or suffering, especially Elizabeth Reagan and Nina Kopi. All who continue to support St. Jacob with their presence, prayers and participation.

### Troparion of the Resurrection (8<sup>th</sup> tone)

You descended from on high O compassionate One, \* and consented to burial for three days \* that You might free us from suffering. \* O Lord, our life and our resurrection, \* glory to You!

نشيد القيامة: (باللحن الثامن)

إنحدرت من العلاء أيها المتحنن، وقلبت الدفن ثلاثة أيام، لكي تعتقنا من الآلام، فيا حياتنا وقيامتنا، يا رب المجد لك.

### Troparion of St. John Climacus, (8<sup>th</sup> Tone)

Your abundant tears made the wilderness sprout and bloom, and your deep sighings made your labors fruitful a hundredfold; you became a star shining over the world with miracles. Holy Father John, pray to Christ God that He may save our souls.

نشيد للبار يوحنا السلمى (على اللحن الثامن)

بسيول دموعك أخصب القفر العقيم. وبزفرائك العميقة أثمرت أتعابك مئة ضعف. فصرت للمسكونة كوكباً متلألئاً بالعجائب يا أبانا البار يوحنا. فاشفع الى المسيح الاله في خلاص نفوسنا.

### Troparion of St. Jacob, Brother of the Lord (Tone 4)

As a disciple of the Lord, you received the Gospel, O holy Jacob. As a martyr, you displayed unyielding will. As a brother of God, you have special power with Him. As a hierarch, you have the right of intercession. Intercede, therefore, with Christ God that he may save our souls.

طروبارية القديس يعقوب أخي الرب: (باللحن الرابع)

بما أنك تلميذ للرب قبلت الإنجيل، أيها الصديق. وبما أنك شهيد لك عزم لا ينتهي، وبما أنك أخ للرب لك الدالة لديه. وبما أنك رئيس كهنة لك حق الشفاعة. فاشفع إلى المسيح الإله في خلاص نفوسنا.

### Kondakion of the Annunciation

Triumphant leader to you belongs our prize of victory! And since you saved us from adversity, we offer you our thanks. We are your people O Theotokos! So, as you have that invincible power, continue to deliver us from danger that we may cry out to you Hail, O Virgin and bride ever pure.

قنداق الختام: (باللحن الثامن)

تحن عبيدك يا والدة الإله، نكئب لك آيات العلية يا قائدة قاهرة. ونقدم الشكر لك وقد أنقذنا من الشدايد. لكن بما أن لك العزة التي لا تحارب، أعطينا من أصناف المخاطر لكي نصرخ إليك: أفرحي يا عروساً لا عروس لها.

### Epistle of the 4<sup>th</sup> Sunday of Lent, Heb 6: 13- 20, p. 359

Prokimenon (Tone 7) Psalm 28:11, 1

The Lord will give strength to his people; the Lord will bless his people with peace.

**Stichon:** Give to the Lord. You sons of God, give to the Lord glory and praise.

**Reading** from the Epistle of St. Paul to the Hebrews Brethren, when God made his promise to Abraham, since he had no one greater to swear by, he swore by himself, saying, "I will surely bless you, and will surely multiply you Gn.22: 14)." And so, after patient waiting, Abraham obtained the promise. For men swear by one greater than themselves, and an oath given as a guarantee is the final settlement of all their disagreements. Hence God, meaning to show more abundantly to the heirs of the promise the firmness of his will interposed an oath, so that by two unchangeable things, in which it is impossible for God to deceive, we may have the strongest comfort — we who have sought refuge in holding fast the hope set before us. This hope we have as a sure and

### مقدمة رسالة: الاحد الرابع من الصوم (ص. 407)

الرب يؤتي شعبه قوة، الرب يبارك شعبه بالسلام

قدموا للرب يا أبناء الله، قدموا للرب أبناء الكباش

الرسالة (عبرانيين 6: 13 - 20)

يا إخوة، ان الله عند وعده لإبراهيم، إذ لم يكن له أن يُقسم بما هو أعظم منه، أقسم بنفسه قائلاً: لأباركك بركة وأكثرتك تكثيراً. وهكذا إذ تأتى نال الموعد. وإنما الناس يُقسمون بما هو أعظم منهم، وتتقضي كل مشاجرة بينهم بالقسم للتثبيت. لذلك لما شاء الله ان يزيد ورثة الموعد بياناً لعدم تحول عزمه، توسط بقسم، حتى نحصل بأمرين لا يتحولان ولا يمكن أن يحلف الله فيهما، على تعزية قوية، نحن الذين التجأنا إلى التمسك بالرجاء الموضوع أمامنا. الذي هو لنا كمرساة للنفس أمينة وراسخة. وهو يدخل إلى

firm anchor of the soul, reaching even behind the veil where our forerunner Jesus has entered for us, as he became a high priest forever according to the order of Meichisedek.

**Alleluia** (Tone 7), Psalm 91:1,2

It is good to give thanks to the Lord, to sing praises to your name, O Most High!

**Stichon:** To proclaim your kindness at dawn and your faithfulness throughout the night.

### **Gospel of the 4<sup>th</sup> Sunday of Lent, Mark 9: 17-31 (Healing of a possessed boy)**

At that time one of the crowd came to Jesus and bowed to him saying: "Master, I have brought to you my son, who has a dumb spirit; and whenever it seizes him it throws him down, and he foams and grinds his teeth; and he is wasting away. And I told your disciples to cast it out, but they could not." And he, answering him, said, "O unbelieving generation, how long shall I be with you? How long shall I put up with you? Bring him to me." And they brought him to him; and the spirit, when it saw Jesus, immediately threw the boy in convulsions, and he fell down on the ground and rolled about foaming at the mouth. So he asked his father, "How long is it since this has come upon him?" And he said, "From his infancy. Oftentimes, it has thrown him into the fire and into the waters to destroy him. But if you can do anything have compassion on us and help us." But Jesus said to him, "If you can believe, all things are possible to the man of faith." At once the father of the boy cried out and said with tears, "I do believe; help my unbelief." Now when Jesus saw that a crowd was rapidly gathering, he rebuked the unclean spirit, saying to it, "You deaf and dumb spirit, I command you, go out of him and enter him no more." And crying out and violently convulsing him, it went out of him, and he became like one dead, so that many said, "He is dead." But Jesus took him by the hand, and raised him and he stood up. And when he had come into the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind can be cast out in no way except by prayer and fasting." And leaving that place, they were passing through Galilee, and he did not wish anyone to know it. For he was teaching his disciples, and saying to them, "The Son of Man is to be betrayed into the hands of men, and they will kill him; and having been killed, he will rise again on the third day."

### **Hymn to the Theotokos**

In you, O full of grace, all creation rejoices, the orders of angels and the human race as well: O, sanctified Temple, spiritual Paradise, and Glory of virgins from whom our God who exists before all eternity, took flesh and became a little Child! He has taken your womb as His throne, making it more spacious than the heavens. Therefore, O full of grace, in you all creation rejoices: glory to you!

**Kinonikon:** Praise the Lord...

داخل الحجاب، حيث دخل يسوع كسابق لأجلنا، صائراً رئيس كهنه إلى الابد على رتبة ملكيصادق.

**هللوا**

صالح الاعتراف للرب، والترنيم لاسمك أيها العلي ليخبر برحمتك في الغداة، وبحقك كل ليله.

### **الانجيل: - الاحد الرابع من الصوم (مرقس 9: 17 - 31)**

في ذلك الزمان، دنا إلى يسوع انساناً وسجد له قائلاً: يا معلم، قد أتيتك بابني به روح ابكم. وحيثما اعتراه يصرعه فيزيد ويصرف بأسنانه ويبيس. وقد قلت لتلاميذك أن يخرجوه فلم يقدرُوا. فأجابه قائلاً: أيها الجيل الغير المؤمن، إلى متى أكون عندكم وحتى متى أحتملك؟ هلّم به الّهي. فأتوا به. فلما رآه للوقت صرعه الروح، فسقط على الارض يترمغ ويذب. فسأل أباه: منذ كم من الزمان أصابه هذا؟ فقال منذ صباه. وكثيراً ما ألقاه في النار وفي المياه ليهلكه، لكن إن استطعت شيئاً فتحنّ علينا وأغتنا. فقال له يسوع: إن استطعت أن تؤمن فكل شيء ممكن للمؤمن. فصاح أبو الصبي لساعته بدموع وقال: إني أومن يا رب، فأعن قلّة إيماني. فلما رأى يسوع أن الجمع يتبادرون إليه، انتهر الروح النجس قائلاً: أيها الروح الأصبم الابكم، أنا أمرك ان أخرج منه ولا تغد إليه من بعد. فصرخ وخبطه كثيراً وخرج منه، فصار كالميت حتى قال كثيرون إنه قد مات. فأخذ يسوع بيده وأنهضه فقام. ولما دخل البيت سأله تلاميذه على انفراد: لماذا لم نستطيع نحن أن نخرجه؟ فقال لهم: إن هذا الجنس لا يمكن ان يخرج بشيء إلا بالصلاة والصوم. ولما خرجوا من هناك، اجتازوا في الجليل، ولم يكن يريد أن يدري أحد. وكان يعلم تلاميذه ويقول لهم: إن ابن الانسان سيُسلم إلى أيدي الناس فيقتلونه، وبعد أن يقتل يقوم في اليوم الثالث.

### **النشيد لوالدة الاله**

إن البرايا بأسرها تفرح بك يا ممتلئة نعمة. محافل الملائكة وأجناس البشر لك يعظمون. أيها الهيكل المقدس والفردوس الناطق وفخر البتولية، التي منها تجسد الاله وصار طفلاً، وهو الهنا قبل الدهور. لأنه صنع مستودعك عرشاً، وجعل بطنك أرحب من السماوات. لذلك، يا ممتلئة نعمة تفرح بك كل البرايا وتمجّدك.

**نشيد المناولة:** سبجوا الرب من السموات ...

## **SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH**

Sunday Divine Liturgy 11:00 a.m. at Holy Angels Byzantine Catholic Church

Worship address: 2235 Galahad Road, San Diego, CA 92123

Mailing address: PO Box 231328, San Diego, CA 92193

Phone: 619-333-2772

E-mail: frshaun@stjacobmelkite.org

Web site: stjacobmelkite.org

Fr. Shaun Brown, Administrator

Deacon Antoine Kabbane, Associate

**Saint Jacob Melkite Catholic Church** is an Eastern Catholic Community of the Eparchy of Newton, headed by His Grace, Bishop Nicholas. Liturgical services are celebrated in English and Arabic in the Byzantine Rite. The Eparchy (Diocese) is a part of the Patriarchate of Antioch, headed by His Beatitude, Patriarch Joseph. "...and in Antioch the disciples were for the first time called Christians" (Acts 11:26). The Melkite Greek-Catholic Church professes the orthodox faith and maintains full communion with the See of Rome.

**St. Jacob Mission Statement:** To foster a Catholic and Godly renewal with worship through the awe-inspiring Liturgy of the Byzantine Rite and by safeguarding our Orthodox Faith and Tradition; in order to bring the message of the Living Lord to the faithful and seekers of truth.

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