

St. Jacob Melkite Greek-Catholic Church

Serving San Diego Since 1990



كنيسة القديس يعقوب للروم الملكيين الكاثوليك

بخدمه سان دييغو منذ عام 1990

Fourth Sunday of Lent – Sunday of our Father John Climacus

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

Today we commemorate **St John Climacus**, celebrated because of his classic text, *The Ladder of Divine Ascent*. The *Ladder* describes how to raise one's soul and body to God through the acquisition of ascetic virtues. Climacus uses the analogy of Jacob's Ladder as the framework for his spiritual teaching. Each chapter is referred to as a "step" and deals with a separate spiritual subject. There are thirty Steps of the ladder, which correspond to the age of Jesus at his baptism and the beginning of his earthly ministry. The first seven Steps concern general virtues necessary for the ascetic life, while the next nineteen (Steps 8–26) give instruction on overcoming vices and building their corresponding virtues. The final four Steps concern the higher virtues toward which the ascetic life aims. The final rung of the ladder—beyond prayer, stillness, and even dispassion—is love. See https://en.wikipedia.org/wiki/John_Climacus

Prior week's donations: \$1167 (including all cash, checks, and electronic deposits). Our weekly expenses run about **\$1700**. We appreciate your generosity.

How can you join in the mission and vision of St Jacob's, the only Melkite community in San Diego County? First, by participating in the life of our community and attending our worship services. Second, if you cannot attend regularly, please pray for the well-being of our Melkite mission. Third, your financial support is crucial for the longevity of St Jacob's. Please give generously to Sunday collections, mail your donations to PO Box 231328, San Diego, CA 92193, or visit our donations web page: <https://stjacobmelkite.org/donate> for electronic giving options. May the Lord bless you for your much needed support!

Remember in your prayers: All who are sick, suffering or recovering from illness, especially Joe Domaracki, Dcn. Edward Bagdasar, Najib Bagdasar, Eduardo Rame, Alfonso Hababa, Suad Maria, Jamil Maria, Jessica Hana, Manuel Salazar, Matthew Medina, Samir Shamieh, Micheline Hagar, Alice Boghos, Emil Shami, and Nassim and Soumaya Nasser. All who have been and continue to be affected by the violence in Ukraine and Gaza. We remember all who have fallen asleep in the hope of new life, especially Melad Sliman (Memorial service at 11:00am at St Raphael Church today. The Khoury and Sliman families ask to join them. Mercy meal immediately after at: The Palms Banquet Hall).

Lenten Services: During Lent we will celebrate, alternatively, Great Compline and the Pre-Sanctified liturgy on Wednesdays at Holy Angels at 7:30 pm. Friday we will pray the Akathist also at 7:30pm.

Troparion of the Resurrection: (8th 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.

Troparion of St. John Climacus: (8th 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.

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.

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.

Epistle of the 4th 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

نشيد القيامة: (باللحن الثامن)

انحدرت من العلاء ايها المتحنن، وقبلت الدفن ثلاثة ايام، لكي تعتقنا من الالام، فيا حياتنا وقيامتنا، يا رب المجد لك.

نشيد للبار يوحنا السلمى: (باللحن الثامن)

بسيول دموعك اخصب الفقر العقيم. وبزفرائك العميقة اثمرت اوعابك مئة ضعف. فصرت للمسكونة كوكباً متألئاً بالعجائب يا ابنا البار يوحنا. فاشفع الى المسيح الاله في خلاص نفوسنا.

طروبارية القديس يعقوب اخي الرب: (باللحن الرابع)

بما أنك تلميذ للرب قبلت الإنجيل، ايها 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.

قنداق الختام: (باللحن الثامن)

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

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

الرب يؤتي شعبه قوة، الرب يبارك شعبه بالسلام قدّموا للرب يا أبناء الله، قدّموا 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 تأتي نال الموعد. وإنما الناس يُقسمون بما هو أعظم منهم، وتتقضي كل مُشاجرة بينهم بالقسم للتثبيت. لذلك لما شاء الله ان يزيد ورتة الموعد بياناً لعدم تحول عزمه، توسط بقسم، حتى نحصل بأمرين لا يتحولان ولا يمكن أن يحلف الله فيهما، على

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 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 Melchisedek.

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 4th Sunday of Lent, Mark 9: 17-31 (Healing of a possessed boy)

At that time one of the crowds 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...

تعزية قوية، نحن الذين التجأنا إلى التمسك بالرجاء الموضوع أمامنا. الذي هو لنا كمرساة للنفس أمينة وراسخة. وهو يدخل إلى داخل الحجاب، حيث دخل يسوع كسابق لأجلنا، صائراً رئيس كهنة إلى الأبد على رتبة ملكيصادق.

هللوا

صالح الاعتراف للرب، والترنيم لاسمك أيها العلي
ليخبر برحمتك في الغداة، وبقك كل ليلة.

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

في ذلك الزمان، دنا إلى يسوع انسان وسجد له قائلاً: يا معلم، قد أتيتك بابني به روح ابكم. وحيثما اعتراه يصصره فيزيد ويصرف بأسنانه ويبيس. وقد قلت لتلاميذك أن يخرجوه فلم يقدرُوا. فأجابه قائلاً: أيها الجيل الغير المؤمن، إلى متى أكون عندكم وحتى متى أحتلمكم؟ هلم به إلي. فأتوا به. فلما رآه للوقت صصره الروح، فسقط على الارض يتمرغ ويزبد. فسأل أباه: منذ كم من الزمان أصابه هذا؟ فقال منذ صباه. وكثيراً ما ألقاه في النار وفي المياه ليهلكه، لكن إن استطعت شيئاً فتحن علينا وأغثنا. 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 وأخرج منه، فصار كالصبي حتى قال كثيرون إنه قد مات. فأخذ يسوع بيده وأنهضه قدام. 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 يدرى أحد. وكان يعلم تلاميذه ويقول لهم: إن ابن الانسان سيسلم 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 المتقدس والفردوس الناطق وفخر البتولية، التي منها تجسد الاله وصار طفلاً، وهو الهنا قبل الدهور. لأنه صنع مستودعك عرشاً، وجعل بطنك أرحب من السموات. لذلك، يا ممتلئة نعمة تفرح بك كل البرايا وتمجدك.

نشيد المناولة: سبحوا الرب من السموات ...

SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH

Wednesday **Compline or Pre-Sanctified** 7:30 p.m. -- Friday **Akathist** 7:30 p.m. -- Sunday **Divine Liturgy** 11:30 a.m.
at Holy Angels Byzantine Catholic Church, 2235 Galahad Road

Confessions after services & by appt

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Information on other **Holy Mysteries** (sacraments): <https://stjacobmelkite.org/holy-mysteries>

To report sexual abuse by clergy, parish personnel or volunteers of the Eparchy of Newton, please call the Victim Assistance Coordinator at 1-800-479-5910.

Saint Jacob Melkite Catholic Church is an Eastern Catholic Community of the Eparchy of Newton, headed by His Grace, Bishop François. 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; to bring the message of the Living Lord to the faithful and seekers of truth.

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