

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 - تذكارات 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: \$1093 (including all cash, checks, and electronic deposits). Our weekly expenses run about **\$1700**. If we get 30 people (i.e., all the men, women, and children, combined), that amounts to about **\$57 per person**. We appreciate your generosity. St Jacob's couldn't survive without your support!

Lenten Services: Wednesdays 7:30 pm at Holy Angels, alternating Great Compline and Presanctified Liturgy. Fridays Akathist, 7:00 pm sponsored by a family at their home – all welcome!

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 online giving web page: <https://stjacobmelkite.org/giving> for electronic options. May the Lord bless your generosity. **St Jacob's can't exist without your support!**

Remember in your prayers: All who are sick, suffering or recovering from illness, especially His Holiness, Pope Francis, Samir Khbais, Juliette Linholm, Dcn. Edward Bagdasar, Najib Bagdasar, Eduardo Rame, Alfonso Hababa, Suad Maria, Manuel Salazar, Matthew Medina, Samir Shamieh, Micheline Hagggar, Alice Boghos, Emil Shami and Nassim and Soumaya Nasser. All who have been and continue to be affected by the violence in Ukraine, Gaza and Lebanon. We remember the Christians being persecuted in Syria and throughout the Middle East. We remember also all who have fallen asleep in the hope of new life.

Troparion of the Resurrection: (Tone 4)

The women disciples of the Lord, having learned from the angel the joyful announcement of the resurrection, and having rejected the ancestral sentence, proudly told the apostles: Death is despoiled. Christ God is risen, bestowing to the world great mercy."

Troparion of St. John Climacus: (Tone 8)

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: (Tone 8)

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

نشيد القيامة: (باللحن الرابع)

إن تلميذات الرب تعلمن من الملاك بشرى القيامة البهيجة. ونبذن القضاء على الجدين، وقلن للرسول مفتخرات: لقد سلب الموت، ونهض المسيح الاله، واهباً للعالم عظيم الرحمة.

نشيد للبار يوحنا السلمى: (باللحن الثامن)

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

طروبارية القديس يعقوب أخى الرب: (باللحن الرابع)

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

قنداق الختام: (باللحن الثامن)

نَحْنُ عبيدك يا والدة الإله، نكتب لك آيات العلبة 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.

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

الرب يوتي 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 يقسم بما هو أعظم منه، أقسم بنفسه قائلاً: لأباركك بركة وأكثرتك تكثيراً. وهكذا إذ تأتى نال الموعد. وإنما الناس يقسمون بما هو أعظم منهم، وتنقضي كل مشجرة بينهم بالقسم للتثبيت. لذلك لما شاء الله

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 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...

ان يَزِيدَ وَرَثَةَ الموعِدِ بياناً لعدم تحول عزمه، تَوَسَّطَ بِقَسَمٍ، حتى نحصلَ بأمرين لا يتحولان ولا يُمكنُ أن يحلفَ اللهُ فيهما، على تعزية قوية، نحنُ الذين التجأنا إلى التمسكِ بالرجاءِ الموضوع أمامنا. الذي هو لنا كمرساةٍ للنفسِ أمنيَّةٌ وراسخة. وهو يُدخلُ الى داخلِ الحجاب، حيثُ دخلَ يسوعُ كسابقٍ لأجلنا، صائراً رئيسَ كهنةٍ إلى الابد على رتبة ملكيصادق.

هللوا:

صالحُ الاعترافُ للرب، والترنيمُ لاسمك أيها العلي ليُخبِّرَ برحمته في الغداة، وبحقك كلَّ ليلة.

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 يقدروا. فأجابته قائلاً: أيها الجيل الغير المؤمن، إلى متى أكون عندكم وحتى متى أحتملكم؟ هلم به اليّ. 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 فتحن 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 ايماني. فلما رأى يسوع أن الجمع يتبادرون اليه، انتهر الروح النجس قائلاً له: أيها الروح الأصم الابكم، أنا أمرك ان أخرج منه ولا تغد اليه 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 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 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 وتمجدك.

نشيد المناولة: سبجوا الرب من السموات ...

SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH

Wednesday **Great Compline** 7:30 p.m. Friday **Akathist** 7 p.m. (location TBD) **Confessions** after services & by appt

Sunday **Divine Liturgy** 11:30 a.m. at Holy Angels Byzantine Catholic Church, 2235 Galahad Road

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

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