

“ASCEND THE LADDER OF THE VIRTUES”

On the 4th Sunday of Lent, we annually commemorate a 7th century monastic saint: ST. JOHN CLIMACUS. He is best remembered today for his spiritual writing entitled the “Ladder of Divine Ascent.” In this marvelous work, he compares the quest for spiritual perfection with climbing a 30-step ladder, with each rung corresponding to a year in the life of Christ that was hidden from the world. Even today, many Orthodox monasteries will begin the season of Great Lent with a public reading of Climacus’ book.

While the “Ladder of Divine Ascent” was written primarily for those living a monastic life, it offers wonderful spiritual advice from which we can all benefit. Listen to some of John’s profound comments in his spiritual work:

“In a meek heart, the Lord will find rest.”

“Humility is a divine shelter to prevent us from seeing our achievements.”

“Those who wish to learn the will of God must first suppress their own will.”

“Run from places of sin as from the plague, for when fruit is not present, we have no frequent desire to eat it.”

“Let your prayers be completely simple. Remember that both the Publican and the Prodigal Son were reconciled with God by praying only one phrase.”

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

Μετεμορφώθης ἐν τῷ ὄρει Χριστὲ ὁ Θεός, δείξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδυναντο. Λάμπσον καὶ ἡμῖν τοῖς ἀμαρτωλοῖς, τὸ φῶς σου τὸ αἰδῖον, πρεσβείαις τῆς Θεοτόκου, φωτοδότα δόξα σοι.

Metemorfóthis en to óri, Hristé o Theós, dixas tis Mathités sou, tin dóxan sou kathós idinanto; lampson ke imin tis amartolis, to fos sou to aidion, presvies tis Theotókou, Fotodóta dóxa si.

You were transfigured upon the mountain, O Christ our God, showing to Your disciples, Your glory as much as they could bear. Do also in us, sinners though we may be, shine Your everlasting light, by the intercessions of the Theotokos, O Giver of Light, glory to You.



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Sunday—the Lord's Day—April 14, 2024

Sunday of St. John Climacus

Musical Mode: Fourth Mode Eothinon One: Matthew 28:16-20

Readings of the Day: Hebrews 6:13-20 & Mark 9:17-31

Today's Saints: Sunday of St. John Climacus; Aristarchus, Pudens, Trophimus the Apostles of the 70; Thomais the Martyr of Alexandria; Ardalion the Actor and Martyr; Demetrios the New-Martyr of Arcadia

We extend a warm welcome to all those worshipping with us today both in person as well as online from around the world. The live stream of the today's Services can be found on the **Trisagion Films YouTube Channel** at <https://www.youtube.com/@TrisagionLivestreams/streams>

The daily hymns are printed on the inside of the back cover.

WHERE TO FIND INFO ABOUT ORTHODOXY

Online Sources for theological and spiritual edification:

Trisagion Films: On Youtube, Facebook and webpage www.trisagionfilms.com

Follow our Podcasts: You can now listen to the entire series on iTunes, Spotify, GooglePlay, PlayerFM, and Sticher. You can find the entire series on iTunes here as well "*An Imperfect Podcast*": <http://tinyurl.com/y5ved9lk>

For audio of spiritual discussions: **Ancient Faith Radio:** www.ancientfaith.com

Visit our **Church Bookstore** for books, icons and other spiritual items for your home.

Visit our **Library** at <http://www.holytransfiguration.info/library/>

If you are interested to learn more about the Orthodox Faith, please speak to Father Panayiotis and he will guide you. Please call the church office at 770-924-8080.

TODAY'S HYMNS

Entrance Hymn. 2nd Tone.

**Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead.
We sing to You, Alleluia.**

Please sing along with us after the Small Entrance, as you are able.

Apolytikion of the Resurrection. Mode Four

When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, "Death has been despoiled! Christ God has risen, granting the great mercy to the world!"

Apolytikion for the Devout Man. Pl. of Fourth Mode.

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

Apolytikion of our Parish. Grave Mode.

The Apolytikion of our parish is printed on the back cover of this bulletin.

Kontakion. Pl. of Fourth Mode.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

The Cherubic Hymn.

Let us, who mystically represent the Cherubim and who sing the thrice-holy hymn to the life-creating Trinity, now lay aside every worldly care. So that we may receive the King of all.
Holy, holy, holy, Lord Sabaoth, heaven and earth are filled with Your glory. Hosanna in the highest. Blessed is He Who comes in the name of the Lord. Hosanna in the highest.

Communion Hymn.

Praise the Lord from the heavens. Alleluia.

Thanksgiving Hymn after Holy Communion

Let our mouths be filled with Your praise, O Lord, that we may sing of Your glory, because You have made us worthy to partake of Your Holy Mysteries. Keep us in Your sanctification, that all day long we may meditate upon Your righteousness. Alleluia. Alleluia. Alleluia.