



THE PROTOMARTYR



*A Weekly Bulletin of St. Stephen Cathedral,
Orthodox Church in America*

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**GLORY TO JESUS CHRIST!
SUNDAY OF ST. JOHN OF THE LADDER**

**GLORY FOREVER!
TONE 4**

FOURTH SUNDAY OF LENT — Tone 4. St. John Climacus (of *The Ladder*). Ven. Nicetas the Confessor, Abbot of Medikion (824). Virgin Martyr Theodosia of Tyre, and Martyr Irene (307-308). St. Illyricus of Mt. Myrsinon in the Peloponnesus. Martyrs Elpidophorus, Dius, Bithonius and Galycus. Icon of the Most-holy Theotokos “THE UNFADING BLOOM.**”**

EPISTLE: Hebrews 6:13-20; Ephesians 5:9-19 (Saint)

GOSPEL: Mark 9:17-31; Matthew 4:25-5:12 (Saint)

Schedule of services and events of the upcoming week:

Wednesday, April 6	Presanctified Liturgy 7:00 PM <i>Confessions heard starting at 6 PM</i>
Thursday, April 7	<i>Annunciation O.C</i> Divine Liturgy (Slav) 9:00 AM Vespers 7 PM Bible Study 7:30 PM
Friday, April 8	Akafist to the Theotokos 7:00 PM
Saturday, April 9	<i>Saturday of the Akafist to the Theotokos</i> Divine Liturgy 9:00 AM Great Vespers 5:00 PM <i>Confessions</i>
Sunday, April 10	<i>Sunday of St. Mary of Egypt</i> Divine Liturgy (Slavonic) 8:30 AM Divine Liturgy 10:00 AM

40 Days for Life: Our parish will participate in a community Pro-Life event called 40 Days for Life. It is an opportunity for the people of faith from our Philadelphia area to show their opposition to the legalization of abortion and their support of Pro-Life movement. Please join us on Friday, April 8 in front of Planned Parenthood abortion clinic at 2751 Comly Rd, Philadelphia (across from Nabisco factory on Roosevelt Blvd). We will be holding a vigil from 9 AM to 3 PM and there is a sign-up sheet on the bulletin board where you can leave your name to let us know at what hours we can count on you being there. Thank you.

Thank you: to all those who helped with week with pierogie making. We appreciate the dedication of all those who offered their time for this fundraising.

Palm Sunday Bake Sale will be held following the Divine Liturgy on Sunday, April 17. Please consider donating a baked good. We will also have Pascha breads, nut and poppy seed rolls and babkas. Babkas must be pre-ordered so please see either Michele Decker or Connie Skvir before Mon. April 4 to place your order.

Thank you for contributions to March Charity (Japan relief): our parish collected close to \$1000 dollars that we will be sending to IOCC to be used towards their relief efforts in Japan. Thank you all for your support of this charity.

Pascha Lilies Donation: with the feast of Pascha approaching, we ask all our parishioners to consider sponsoring lilies for the decoration of our Cathedral. There is a sign-up sheet in the candle donation book. The cost of each plant is \$10. Thank you!

Clean-up Day: We will be holding our regular clean-up day to prepare our Cathedral for the services of Holy Week and Pascha. Please mark Lazarus Saturday, April 16 and come to help us with various clean-up projects around our parish. Thank you.

Mission Services of Great Lent: Here is the schedule of Mission Vespers services that will be served during Lent at various churches in the Philadelphia area. All Sunday services will start at 4 PM. Our parishioners should make a special effort during this Lenten season to attend these services to spend time in prayer and fellowship with other Orthodox Christians in our area.

Sunday, April 3	Sts. Peter and Paul Ukrainian Church, Wilmington, DE
Sunday, April 10	St. Nicholas Orthodox Church (OCA), Philadelphia, PA

Some fasting rules to pay special attention to:

More time should be dedicated to prayer. Since prayer is the most important action that connects us with God and nourishes our spiritual life, we have to make special effort to pray more than we are used to during the rest of the year. We also have opportunity to come more often to church: there are services that are served every day during the First week of Lent and during Wednesdays and Fridays of the rest of Lent.

Abstinence from certain food: Abstinence from heavy food is necessary so that our body can be “lighter” and better suited for prayer. The Church prescribes that we abstain from meat and dairy during the course of the entire Lent. We all should make a sincere effort to limit ourselves from certain food as much as the circumstances of our lives allow us.

Entertainment: It’s very important that we approach this time of repentance seriously and don’t allow ourselves to be distracted with those things that try to take our attention away from God. It would be a good idea to limit our watching of TV to only most basic programs, like news reports.

Confession: As Lent is a time of repentance, we should make a special effort to come to Confession so that we can examine our consciousness and ask the Lord to heal us from our spiritual infirmities. There will be no General Confession till after Pascha. The best time for Confessions would be Saturday after Vespers service and Wednesday before the Presanctified Liturgy. Let us use this opportunity to prepare ourselves for receiving the Eucharist on the feast of Christ’s Resurrection