

Saints Peter and Paul Orthodox Church

Albanian Archdiocese - OCA

9230 Old Bustleton Avenue

Philadelphia, PA 19115

215-676-3311

Rev. Nicholas Dellermann – Rector (860-861-7468)

SUNDAY, MARCH 26

Fourth Sunday of Great Lent – Leavetaking of the Annunciation

Synaxis of the Archangel Gabriel

TONE 8

**Tone 8
Troparion
(Resurrection)**

*Thou didst descend from on high, O Merciful One!
Thou didst accept the three day burial to free us from our sufferings!
O Lord, our Life and Resurrection, glory to Thee!*

**Tone 4
Troparion
(Feast of Annunciation)**

*Today is the beginning of our salvation, the revelation of the eternal mystery!
The Son of God becomes the Son of the Virgin
as Gabriel announces the coming of Grace.
Together with him let us cry to the Theotokos:
“Rejoice, O Full of Grace, the Lord is with thee!”*

**Tone 7
Kontakion
(Archangel Gabriel)**

*Gabriel, Commander of the heavenly hosts,
we who are unworthy beseech thee:
by thy prayers encompass us beneath the wings of thine immaterial glory,
and faithfully preserve us who fall down and cry out to thee:
“Deliver us from all harm, for thou art the Commander of the Powers on high!”*

**Tone 8
Kontakion
(Resurrection)**

*By rising from the tomb, Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection, and the world celebrates Thy rising from the dead, O greatly Merciful One!*

**Tone 8
Kontakion
(Resurrection)**

*Supreme Commander Gabriel, thou art the glorious intercessor and servant before the all-radiant, worthy, all-powerful, infinite and awesome Trinity.
Ever pray now that we may be delivered from all tribulations and torments, so that we may cry out to thee:
“Rejoice, protection of thy servants!”*

**Tone 8
Kontakion
(Resurrection)**

*O victorious leader of triumphant hosts!
We, thy servants delivered from evil sing our grateful thanks to thee, O Theotokos.
As thou dost possess invincible might set us free from every calamity so that we may sing: “Rejoice, O unwedded Bride!”*

✠ **Prokeimenon** ✠

Tone 8 (Resurrection)

Pray and make your vows / before the Lord, our God! (Ps. 75:10a)

V. In Judah God is known; His Name is great in Israel. (Ps. 75:1)

Tone 4 (Feast)

From day to day / proclaim the salvation of our God! (Ps. 95:2a)

✧ The Epistle Reading ✧

Hebrews 2:11-18

(Epistle, Theotokos)

For both He who sanctifies and those who are being sanctified are all of one, for which reason He is not ashamed to call them brethren, saying: "I will declare Your name to My brethren; in the midst of the assembly I will sing praise to You." And again: "I will put My trust in Him." And again: "Here am I and the children whom God has given Me." Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage. For indeed He does not give aid to angels, but He does give aid to the seed of Abraham. Therefore, in all things He had to be made like His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people. For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

Hebrenjve 2:11-18

Meqenëse edhe ai që shenjtëron edhe ata që shenjtërohen janë të gjithë prej njërit, shkak për të cilin nuk turpërohet t'i quajë ata vëllezër, duke thënë: "Do t'u rrëfej emrin tënd vëllezërve të mi, në mes të kishës do të të lavdëroj". Edhe prapë: "Unë do të kem shpresën time në atë"; dhe përsëri: "Ja unë, dhe djemtë që më dha Perëndia". Edhe meqenëse djemtë kanë marrë pjesë prej mishi e gjaku, edhe ai gjithashtu u bë pjesëtar në po ato gjëra, që të prishë me anë të vdekjes atë që ka pushtetin e vdekjes, domethënë djallin, edhe të shpëtojë të gjithë ata, të cilët nga frika e vdekjes ishin gjithë jetën e tyre mbajtur në skllavëri. Sepse me të vërtetë nuk u ndihmon engjëjve, po farës së Abrahamit i ndihmon. Prandaj duhej t'u ngjante në gjithçka vëllezërve, që të bëhej kryeprift i dhembshur dhe besnik në punët që kanë të bëjnë me Perëndinë, për shlyerjen e mëkateve të popullit. Sepse me atë që pësoi vetë kur u nga, mund t'u ndihmojë atyre që ngiten.

К Евреям 2:11-18

Ибо и освящающий и освящаемые, все--от Единого; поэтому Он не стыдится называть их братьями, говоря: возвещу имя Твое братьям Моим, среди церкви воспою Тебя. И еще: Я буду уповать на Него. И еще: вот Я и дети, которых дал Мне Бог. А как дети причастны плоти и крови, то и Он также воспринял оные, дабы смертью лишить силы имеющего державу смерти, то есть диавола, и избавить тех, которые от страха смерти через всю жизнь были подвержены рабству. Ибо не Ангелов восприимлет Он, но восприимлет семя Авраамово. Посему Он должен был во всем уподобиться братьям, чтобы быть милостивым и верным первосвященником пред Богом, для умиловливания за грехи народа. Ибо, как Сам Он претерпел, быв искушен, то может и искушаемым помочь.

Tone 8

Alleluia, Alleluia, Alleluia!

V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! *(Ps. 94:1)*

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise!

(Ps. 94:2)

Tone 1

V. He descends like rain upon the fleece, like raindrops that water the earth. *(Ps. 71:6)*



✎ The Gospel Reading ✎

Luke 1:24-38

(Gospel, Theotokos)

Now after those days his wife Elizabeth conceived; and she hid herself five months, saying, "Thus the Lord has dealt with me, in the days when He looked on me, to take away my reproach among people." Now in the sixth month the angel Gabriel was sent by God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And having come in, the angel said to her, "Rejoice, highly favored one, the Lord is with you; blessed are you among women!" But when she saw him, she was troubled at his saying, and considered what manner of greeting this was. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bring forth a Son, and shall call His name JESUS. He will be great, and will be called the Son of the Highest; and the Lord God will give Him the throne of His father David. And He will reign over the house of Jacob forever, and of His kingdom there will be no end." Then Mary said to the angel, "How can this be, since I do not know a man?" And the angel answered and said to her, "The Holy Spirit will come upon you, and the power of the Highest will overshadow you; therefore, also, that Holy One who is to be born will be called the Son of God. Now indeed, Elizabeth your relative has also conceived a son in her old age; and this is now the sixth month for her who was called barren. For with God nothing will be impossible." Then Mary said, "Behold the maidservant of the Lord! Let it be to me according to your word." And the angel departed from her.

Llukait 1:24-38

Edhe pas këtyre ditëve Elisabeta, gruaja e tij, u mbars; edhe e fshihte veten pesë muaj, duke thënë se kështu bëri Zoti për mua në ditët që më hodhi sytë e tij, që të heqë përgojimin tim në mes njerëzve. Edhe në të gjashtin muaj, engjëlli Gabriel u dërgua prej Perëndisë në një qytet të Galileës, me emrin Nazaret, te një virgjëreshë, që ishte fejuar me një burrë, që quhej Josif, prej shtëpisë së Davidit; edhe emri i virgjëreshës ishte Mariam. Edhe engjëlli kur hyri tek ajo, tha: Gëzohu, o hirplotë. Zoti është bashkë me ty. E bekuar je ti në mes të grave. Edhe ajo, kur e pa, u turbullua për fjalën e tij; edhe mendohej, ç'të jetë vallë kjo përshëndetje? Edhe engjëlli i tha: Mos u tremb, Mariam; sepse gjete hir pranë Perëndisë. Edhe ja tek do të mbarsesh, edhe do të lindësh bir, edhe do ta quash emrin e tij Jisu. Ky do të jetë i madh, edhe Bir i të Lartit do të quhet; edhe Zoti Perëndi do t'i japë atij fronin e Davidit, atit të tij. Edhe do të mbretërojë në shtëpinë e Jakovit për jetë, edhe mbretëria e tij nuk do të ketë mbarim. Edhe Mariama i tha engjëllit: Si do të jetë kjo, sepse s'njoh burrë? Edhe engjëlli u përgjigj e i tha: Fryma e Shenjtë do të vijë mbi ty, edhe fuqia e të Lartit do të të hijesojë; prandaj edhe shenjtë që do të lindë do të quhet Bir Perëndie. Edhe ja Elisabeta, farefisi yt, edhe ajo u mbars me bir në pleqëri të saj, edhe ky muaj është i gjashti i asaj që quhej shterpë. Sepse s'ka gjë të pamundur për Perëndinë. Edhe Mariama tha: Ja shërbëtorja e Zotit, u bëftë tek unë sipas fjalës sate. Edhe engjëlli iku prej saj.

От Луки 1:24-38

После сих дней зачала Елисавета, жена его, и таилась пять месяцев и говорила: так сотворил мне Господь во дни сии, в которые призрел на меня, чтобы снять с меня поношение между людьми. В шестой же месяц послан был Ангел Гавриил от Бога в город Галилейский, называемый Назарет, к Деве, обрученной мужу, именем Иосифу, из дома Давидова; имя же Деве: Мария. Ангел, войдя к Ней, сказал: радуйся, Благодатная! Господь с Тобою; благословенна Ты между женами. Она же, увидев его, смутилась от слов его и размышляла, что бы это было за приветствие. И сказал Ей Ангел: не бойся, Мария, ибо Ты обрела благодать у Бога; и вот, зачнешь во чреве, и родишь Сына, и наречешь Ему имя: Иисус. Он будет велик и наречется Сыном Всевышнего, и даст Ему Господь Бог престол Давида, отца Его; и будет царствовать над домом Иакова во веки, и Царству Его не будет конца. Мария же сказала Ангелу: как будет это, когда Я мужа не знаю? Ангел сказал Ей в ответ: Дух Святой найдет на Тебя, и сила Всевышнего осенит Тебя; посему и рождаемое Святое наречется Сыном Божиим. Вот и Елисавета, родственница Твоя, называемая неплодною, и она зачала сына в старости своей, и ей уже шестой месяц, ибо у Бога не останется бессильным никакое слово. Тогда Мария сказала: се, Раба Господня; да будет Мне по слову твоему. И отошел от Нее Ангел.

(Instead of "It is truly meet...", we sing the following)

Hymn to the Theotokos

O earth, announce good tidings of great joy: O heavens, praise the glory of God!

Since she is a living Ark of God
let no profane hand touch the Theotokos.
But let the lips of believers unceasingly sing to her,
praising her in joy with the angel's song:
"Rejoice, O Lady, full of grace, the Lord is with thee!"

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*
The Lord has chosen Zion; He has desired it for His habitation. *(Ps. 131:14)*
Alleluia, Alleluia, Alleluia!

The Fourth Sunday of Lent is dedicated to Saint John Klimakos, the author of *The Ladder of Divine Ascent*. In this book the Igoumen of Saint Katherine's Monastery on Mount Sinai bears witness to the great effort which is required for entry into God's Kingdom (Matthew 10:12). The spiritual struggle of the Christian life is difficult since it is "not against flesh and blood, but against ... the rulers of the present darkness ... the hosts of wickedness in heavenly places ..." (Ephesians 6:12). Saint John encourages the faithful in their efforts for, as the Lord has said, only "he who endures to the end will be saved" (Matthew 24:13).



Saint John was born around the year 525, the son of devout and wealthy parents. He received a very good education, but at the age of sixteen, he forsook the world and went to Mount Sinai, subjecting himself to the spiritual guidance of Elder Martyrios. When he was nineteen years of age, (this was his monastic age. He was, in fact, thirty-five years old,) his Elder reposed. Then Saint John entered the arena of hesychasm, visiting the monastic communities of Skétē and Tabénnisē in Egypt. For another forty years, he lived in a cell at Thora in the Sinai Desert, which was a two hour (5 mile) walk from the Monastery of Saint Katherine.

Aflame with indescribable longing for God, he ate everything that was permitted by the monastic Rule, but only in very small quantities, and not unto satiety. By so doing, he overcame the vice of pride; and by eating just a little food, he humbled the stomach, which always wants more. He raised his body from death and paralysis by the remembrance of death, and he overcame the tyranny of anger with the sword of obedience.

Who can describe the fountain of his tears, which is now to be seen in very few individuals? He slept only as much as was necessary to prevent his mind from being distracted. Before going to sleep he prayed a great deal, and he also wrote books. This was how he subdued despondency. His entire life was spent in unceasing prayer, and incomparable love for God.

After writing *The Ladder* at the request of Igoumen John of Raithu Monastery, and leading a God-pleasing life, Saint John fell asleep in the Lord when he was about seventy-five years old (ca. 603). He is also commemorated on March 30.

PRAYERS	Birthdays, Names-days, & Anniversaries	SCRIPTURE THIS WEEK
<i>For Those Who Have Fallen Asleep</i>		SCRIPTURE THIS WEEK
<p>Newly-Departed Jonas,</p> <p><i>[To be inserted after the petition for the departed]</i></p> <p>Again we pray for those who have lost their lives because of the war in Ukraine: that the Lord our God may look upon them with mercy, and give them rest where there is neither sickness, or sorrow, but life everlasting.</p>	<p>March 26 – April 2 Kristin Milligan (B)</p> <p><u>Seven-Day Vigil Candles</u></p> <p>Michael - health</p> <p>Seven-Day Vigil Candles are used for the Eternal Light that hangs above the Royal Doors and are often placed in front of the icons of Christ or the Birth-giver of God. Often, people will donate these candles in honor of a loved one or along with special prayers. If you would like to donate a Seven-Day Vigil Candle, Please include the name or names of those for whom the candle is donated, and we will place them in this section for special prayers.</p>	<p><u>Church Lectionary</u></p> <p><u>Today</u> Hebrews 2:11-18 Luke 1:24-38 Hebrews 6:13-20 Mark 9:17-31</p>
<i>For Those Who Are Sick And Home-bound</i>		
<p>Virginia, Denise, Olvian, Marie, James, Alexandra, Andrew, Christina, Louise, Porter, Alvin, Tracy, Kathy, Andrew, Maria, Helen, John, Tom, Nina, Sophia, Jim, Spresha, Kristin, Niko, Spiro, Angjeliki, Melod, Olgay, Ruth, Fr. Milorad, Naomi, Terry, Naomi, Annette, Tatiana, Aleena, Lester Jr., Luke and his family, Natalia, Otari, Lasha</p>		<p><u>Monday</u> Isaiah 37:33-38:6 Genesis 13:12-18 Proverbs 14:27-15:4</p> <p><u>Tuesday</u> Isaiah 40:18-31 Genesis 15:1-15 Proverbs 15:7-19</p>
<i>Prayers In General</i>		
<p>Fr. Dennis and his family, Fr. Ioan, Christian, Michael, Erica, Kaida, DuDash family, Michael, Robert, Ally, Steve, Jake and Amanda and their children, Katherine, Ron, Anthony, Volodymyr, Nick, Sophia, Michael, Rafael, Bob, Barbara, Juliya and the child to be born of her, Isaac, Jemima and the child to be born of her, Ansley and the child to be born of her, Sandra, Enoch, John, Victoria, Melenie, Grace, Michael, Barbara</p>		<p><u>Wednesday</u> Isaiah 41:4-14 Genesis 17:1-9 Proverbs 15:20-16:9</p> <p><u>Thursday</u> Isaiah 42:5-16 Genesis 18:20-33 Proverbs 16:17-17:17</p>
<p><i>[To be inserted after the petition for the living]</i></p> <p>Again we pray for mercy, life, peace, health, salvation, for those who are suffering, wounded, grieving, or displaced because of the war in Ukraine.</p>	COFFEE HOUR	
<p><i>[Petitions at Augmented Litany]</i></p> <p>Again we pray for a cessation of the hostilities against Ukraine, and that reconciliation and peace will flourish there, we pray thee, hearken and have mercy.</p>	<p>March 26 – Vashakidze family</p> <p>April 02 – Desloges Family 09 – David Lane 16 – Pascha Agape Meal 23 – Dellermann Family 30 – Hot Dog Sunday</p>	<p><u>Friday</u> Isaiah 45:11-17 Genesis 22:1-18 Proverbs 17:17-18:5</p>
<p>We give thanks to You, O Lord our God, Who in Your mercy and providential care, has called forth Archimandrite NIKODHIM to become a shepherd of wisdom and strength for our Albanian Archdiocese. We ask that You Bless Father NIKODHIM as he readies himself to become our future archpastor so he may:</p> <ul style="list-style-type: none"> • care for our spiritual well-being, • unite us in a zealous confession of our holy faith, • commit us in loving service to one another in bright witness to the glory of Your holy Name. <p>Hear us and have mercy.</p>	<p>Coffee Hour is a wonderful chance for us to get together to break bread and spend time with each other, to celebrate those whom we have held memorials for, and to come together as the family of God outside of worship. To sign up, to host a coffee hour, contact Fr. Nicholas or Donna Bacon.</p>	<p><u>Saturday</u> Hebrews 9:1-7 Luke 10:38-42; 11:27-28 Hebrews 9:24-28 Mark 8:27-31</p> <p><u>Reading the Bible in a Year</u></p> <p>Mar 19: 1 Kings 18-22 Mar 20: 2 Kings 1-4 Mar 21: 2 Kings 5-8 Mar 22: 2 Kings 9-12 Mar 23: 2 Kings 13-16 Mar 24: 2 Kings 17-20 Mar 25: 2 Kings 21-25</p>

Let Us Make a Name for Ourselves!

March 23, 2023 · Fr. Barnabas Powell

It is said that the greatest chess players “see” at least 4 moves ahead at all times. This is why they can anticipate their opponent’s moves and be ready for them.

But most of us simply don’t think that far ahead in our lives. We clutter our moments with as much noise as possible in an attempt to drown out the silence that makes us uncomfortable. This need for constant stimulation, constant input, for constant noise, speaks more to addiction than it does to real attempts at productivity. What are we afraid of in the silence and stillness of a moment? Why do we



Let Us
Make
a Name
for Ourselves!

struggle with the feelings of disease when there is a lag in a conversation? What drives us to fill every moment with “something” so we won’t be “bored?” Careful here, dear one, this is a door that once you open it in your soul, there’s no going back! Search for the answer to our hunger to hide and you’ll find you’ll hear the Voice of God walking in the Garden!

No wonder we question God’s timing, His motives, and His wisdom when life throws us the curves it always seems to throw, and always at the most inopportune times! We seem to never take the time to think long term, to see the real “end game” ahead of us, and to be wise in planning

how to counter the distractions, the detours, and the temptations to leave the proper path for our lives. We constantly miss the signals of both danger and opportunity, but God never does. He sees the end from the beginning.

Look at Genesis 10:32-11:9:

These are the families of the sons of Noah, according to their genealogies, in their nations; and from these the nations spread abroad on the earth after the flood. Now the whole earth had one language and few words. And as men migrated from the east, they found a plain in the land of Shinar and settled there. And they said to one another, “Come, let us make bricks, and burn them thoroughly.” And they had brick for stone, and bitumen for mortar. Then they said, “Come, let us build ourselves a city, and a tower with its top in the heavens, and let us make a name for ourselves, lest we be scattered abroad upon the face of the whole earth.” And the LORD came down to see the city and the tower, which the sons of men had built. And the LORD said, “Behold, they are one people, and they have all one language; and this is only the beginning of what they will do; and nothing that they

propose to do will now be impossible for them. Come, let us go down, and there confuse their language, that they may not understand one another's speech." So the LORD scattered them abroad from there over the face of all the earth, and they left off building the city. Therefore its name was called Babel, because there the LORD confused the language of all the earth; and from there the LORD scattered them abroad over the face of all the earth.

Here we read the story of the Tower of Babel. The Flood is passed. The generations of Noah's family are obeying God's command and multiplying on the earth. And they are ingenious people. They learn skills, crafts, engineering, and ambition. And they gather together to pool their resources to build a city with a tower that reaches the heavens! God sees that humanity still retains the spark of divinity built into the image of God in every person. He sees they are instinctively desiring to be like their Creator and build, create, and achieve. But they are still enfeebled by their broken relationship with God and **this poisons even their best intentions** with the danger of self-centeredness and lack of love for their neighbor. But their abilities are God-given, so they will achieve their ambitions; that is unless Someone intervenes to protect them from themselves. They are actually in mortal danger from their uneducated ambitions.

So God does. He confuses their common language and they no longer have the ability to communicate. This stops them in their tracks and they are forced to abandon the project. So the tower is called "Babel" because they stopped being able to understand one another. Of course, this sad necessity will be reversed on the Day of Pentecost after God had accomplished all that was necessary to heal mankind's deepest wound by Christ's death and resurrection. When God gives humanity His Spirit, the effects of the Tower of Babel are reversed! And a more healthy, well-rounded, and mature unity is made possible by doing unity in God's way instead of the childish ways of self-centered men!

St. Nicon was born and raised in Naples, Italy. His father was a pagan and his mother was a Christian, and Nicon was a Roman soldier who left the army of the empire and went East where he was baptized and eventually was made a bishop on Mount Ganos, which is in modern-day Turkey. After three years of living as a monk on the mountain, an angel communicated to the local bishop that St. Nicon should be made a bishop and he and his monks should be sent to Sicily to help the Christians who were still under serious persecution in the area. St. Nicon took 199 brother monks and they went to Sicily to evangelize and serve the Church there. By God's grace, St. Nicon went to his native city of Naples and he found his mother still alive there. He stayed with her as she was in the last days of her life, but her heart was filled with joy as she saw her son not just converted to Christ, but as a bishop in the Church and a leader of monks. She died in his arms with tears of joy for God's goodness. St. Nicon lived in the area for many years preaching and converting many to Christ until a new persecution of the Church began. All 199 of his monks were arrested and beheaded in this persecution, but they left St. Nicon alive to torture him in an attempt to get him to abandon Christ. After much torture, St. Nicon was beheaded and remained faithful to his Lord.

Today, God sees the End from the Beginning of your life and all our lives. He has countered every move made against your ultimate well-being and He is now asking you to trust Him as He guides your life through the wisdom of the Faith. Each day you are confronted with the choice to keep saying "yes" to His insights and plans for you or react with short-sighted fear and take control of yourself. Today, make the choice to trust Him. And then build your faith so that saying "yes" not only becomes easier, but automatic! That's the path to being Orthodox on Purpose!

By your ascetic way of life you conquered the crafty one, Holy Father Nicon. By virtue of your holy life, you became a rule and model to your disciples, and with them, you struggled for the Faith in the West. You have all attained glory in heaven. Pray to Christ for our salvation. Amen

The Greater Philadelphia Orthodox Clergy Brotherhood

invites everyone to attend the 2023
Lenten Vespers Services

March 26 4:00pm	Sunday of St. John Climacus St. George Antiochian Orthodox Church 8210 West Chester Pike, Upper Darby, PA 19082
April 2 4:00pm	Sunday of St. Mary of Egypt St. Michael the Archangel Orthodox Church 2300 W Huntington Dr, Wilmington, DE 19808
April 9 4:00pm	While not usually included with the Lenten Vespers, all are welcome to attend the service of Bridegroom Matins at St. Stephen Orthodox Cathedral 8598 Verree Rd, Philadelphia, PA 19115

March/April Events

March

26 – 10:00am Divine Liturgy
29 – 6:30pm Presanctified Liturgy
Pot-luck & Study

April

02 – 10:00am Divine Liturgy
05 – 6:30pm Presanctified Liturgy
Pot-luck & Study
08 – 9:00am Divine Liturgy
Lazarus Saturday
09 – 10:00am Divine Liturgy
Palm Sunday
11 – 6:30pm Bridegroom Matins

Can't join us in person?

We stream our services on our YouTube
Channel:

<https://www.youtube.com/@sspeterpaulorthodoxchurch01810>

