

### *Journeying to Pascha*

Jesus continues today his work of healing and exorcism, and that is appropriate for this time of Lent, because Lent is a time for healing and exorcism. It is a time for us to heal the wounds of our souls – self-inflicted wounds due to our complacency and laziness and self-indulgence. It is time to get rid of those demons of our own sinful habits and anything that keeps us away from God and from living that abundant life that Christ came to give us.

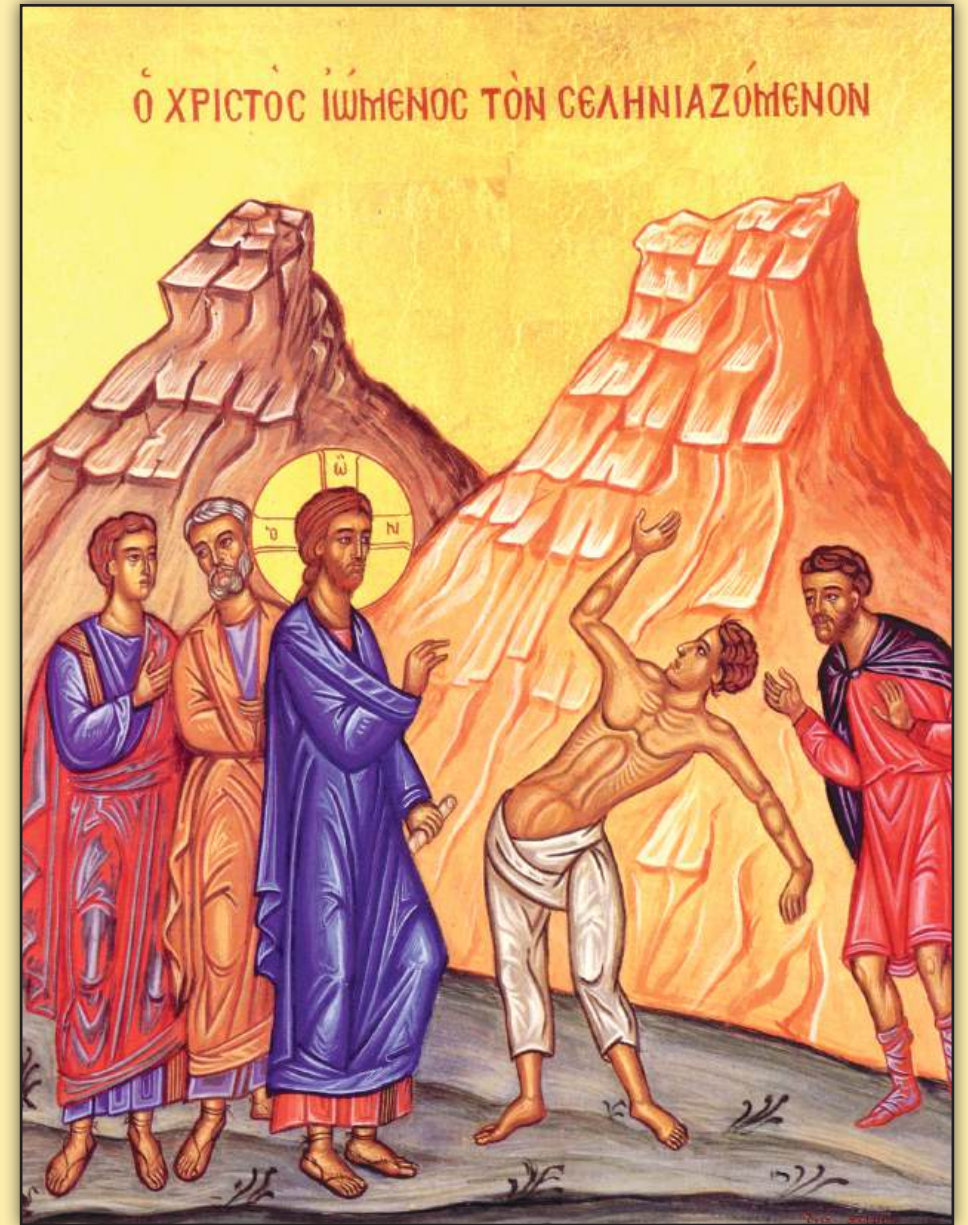
We start to make our way toward Jerusalem. At the end of today's Gospel already there is the prediction of the passion, the death and the resurrection of Christ, giving a little hint in the Gospel that the course of Lent is moving now towards Jerusalem. We have gone through several weeks now of spiritual preparations, Scripture texts, prayers and activities. Now our focus

is starting to turn towards Jerusalem. That will be made more explicit in next Sunday's Gospel, but we are already getting a hint of it now.

There are only three weeks now until Easter, two weeks until Palm Sunday, when we are really liturgically accompanying Christ into the mystery of His Passion.

So it is coming soon, and we have to start turning towards Jerusalem. We have to get focused, we have to get recollected, we have to really revive our Lenten prayer and fasting so that we can make the rest of this journey and be fruitful and overcome the demons and find healing for the wounds of our souls – and go with Christ to his Passion and, through the mystery of His Cross, come to that great, transfiguring, glorious celebration of His Resurrection.

## FOURTH SUNDAY OF THE GREAT FAST SUNDAY OF ST. JOHN CLIMACUS



*Icon of Healing the Boy with a Demon*



Українська Греко-Католицька Церква Парафія Святих Йоакима і Анни  
**SAINTS JOACHIM AND ANNA UKRAINIAN CATHOLIC CHURCH**

*A Mission Parish of the Ukrainian Catholic Archeparchy of Philadelphia. All are welcome!*

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Fr Robert Hitchens, Administrator    Fr Mykola Dziurakh, Parochial Vicar  
 Subdeacon Kyle Hayes                      Subdeacon David Wallace

**Glory to Jesus Christ! Glory forever! Слава Ісусу Христу! Слава навіки!**

**Reader Great Vespers: 2<sup>nd</sup> & 4<sup>th</sup> Saturdays, 5:00pm**  
**Divine Liturgy in English, Sundays 10:30am**  
**Holy Mystery of Repentance (Confession): Sundays, 9:45am**

**MARCH 15, 2026 – 4<sup>TH</sup> SUNDAY OF THE GREAT FAST (TONE 7);  
 VENERABLE FATHER JOHN OF THE LADDER**

**GIVING REPORT** – The in-pew collection for Sunday, March 8 was \$2,408.15.



**Lenten Regulations.** *The Great Fast is a gentle invitation to slow down, pray more deeply, and renew our hearts. Each of us is called to walk this journey according to our strength and circumstances. During the Great Fast, we abstain from meat on all Fridays and on Holy Saturday; it is also our tradition to abstain from meat on Wednesdays. The Church does not bind these rules on those 60 years and older, the poor or the sick, pregnant or nursing women, children under 14, and those who do physically demanding work. If you are able, you are encouraged to observe fasting and abstinence in a way that is realistic and life-giving. All the faithful are encouraged to receive the Holy Mysteries of Reconciliation and Holy Eucharist at least once between the beginning of the Great Fast and the Wednesday before Ascension Thursday. No matter your age or situation, enter the Great Fast with sincerity and trust. The Lord receives every small effort offered with love.* (source: www.facebook.com/archeparchyphilly)

**Weekly Catholic Moms Meetup** – Join us each Thursday 9:15-11:15am in the parish hall to connect, share, and find encouragement in this beautiful yet challenging season of motherhood. Led by a local Catholic doula and mom, we'll grow in faith, fellowship, and practical support together. Come as you are – babies and children of all ages welcome! Questions? Contact Gabrielle Dixon, 240-285-0347 or gabriellemarie.dixon@gmail.com

**Liturgy of the Presanctified Gifts** – To sustain the faithful in the spiritual effort of fasting during Lent, the Church celebrates the Liturgy of the Presanctified Gifts. At this Liturgy, the faithful partake of the Holy Gifts that were consecrated the previous Sunday. We continue to celebrate the Liturgy of the Presanctified Gifts on all the Wednesdays and Fridays of Great Lent. This week, join us on **Wednesday, March 18, at 6:00pm and on Friday, March 20, at 6:00pm.** Note the usual time this Friday. On the Fridays of Great Lent, we'll serve the Panakhyda for the Deceased and remember all our beloved dead. All parishioners are urged to resolve to make their best effort to attend *at least 5* of these sacred services during the Great Fast, especially those in which we remember our deceased loved ones.

**ABCs of Ukrainian Catholic Worship - Adult Catechesis, Wed, March 18** – Our liturgical catechesis for teens and adults will continue Wednesday, March 18, following the Liturgy of the Presanctified Gifts. Subdeacon David will continue to review the Divine Liturgy in our pew books, especially some of the details of the liturgies of Great and Holy Week and Pascha. Please bring a meatless Lenten dish to share.



The Fourth Sunday of Lent is dedicated to Saint John of the Ladder (Climacus), the author of the work, *The Ladder of Divine Ascent*. The abbot of Saint Catherine's Monastery on Mount Sinai (6<sup>th</sup> century) stands as a witness to the violent effort needed for entrance into God's Kingdom (Mt 10:12). The spiritual struggle of the Christian life is a real one, "not against flesh and blood, but against...the rulers of the present darkness...the hosts of wickedness in heavenly places" (Eph 6:12). St John encourages the faithful in their efforts for, according to the Lord, only "he who endures to the end will be saved" (Mt 24:13).

**Spring Clean Up:** Sat, March 21, 9-11am • **Akathist Hymn to the Mother of God:** Sat, March 21, 5pm

**PLEASE PRAY FOR:** Nancy & Jon Anderson, Julie, Lisa Behnke, Alison Bernhoft, Yevhenia Borys, Robert Matthew, Carrie Chuff, Arthur Dhanagom, Elizabeth Deegan, Clara Anne Duda, Fr Michael Duesterhaus, Robert Dulaine, Pat Fagan, Danylo (Neyko) Fedoryka, Fr Mark Fesniak, Emma Flournoy, Katie Flynn, Lilian Garland, Jerry Gawron, CR Gauth, Samuel Gauth, Josie Hacker, Brigid and Marlena Hess, Ellen Hitchens, Janet Hitchens, Fr Robert Hitchens, Oksana Horszynska, Ihor Hualawyj, Sarah Kelt, Dixie Lane, Catherine Luckey, Destiny Makins, Michael Marshner & Family, Bridget McDonald, Laura McMahan, Vince McLaughlin, Thomas Pavick, Phillip Rexrode, Ivanna Richardson & Family, Chris Saboe, Betsy Sayre, Truman L Sayre, Jr, CJ & Theresa Sidrow, Amy Smith, Karena Tapsak, and Fr George Worschak.  
*Teresa Fedoryka is our prayer coordinator; please email bulletin prayer requests to ssjoachimandannaucc@gmail.com*

#### 4<sup>th</sup> Sunday of the Great Fast; Venerable Father John of the Ladder

**Troparion, Tone 7 (p. 353).** By Your cross You destroyed death;\* You opened Paradise to the thief;\* You changed the lamentation of the myrrh-bearers to joy,\* and charged the apostles to proclaim\* that You are risen, O Christ our God,\* offering great mercy to the world. **Troparion, Tone 1 (p. 630).** O John, our God-bearing father,\* you were shown to be a citizen of the desert,\* an angel in bodily form,\* and a worker of miracles.\* Through fasting, prayers and vigils you received heavenly gifts\* to heal the sick and the souls of those who, in faith, run to you.\* Glory to Him who gives you strength.\* Glory to Him who crowned you.\* Glory to Him who works healing for all through you. *Glory...Now...Amen.* **Kontakion, Tone 4.** On the heights of true abstinence,\* the Lord established you as a reliable star,\* giving light for guidance to the ends of the earth,\* O father John, our teacher.

**Prokeimenon, Tone 7 (p. 356).** The Lord will give strength to His people;\* the Lord will bless His people with peace. *verse:* Bring to the Lord, O you sons of God; bring to the Lord young rams. **Prokeimenon II, Tone 7 (p. 632).** The venerable ones will exult in glory\* and they shall be joyful in their beds.

**Epistle: Hebrews 6:13–20.** Brothers and Sisters, when God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, “I will surely bless you and multiply you.” And thus Abraham, having patiently endured, obtained the promise. Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

**Alleluia, Tone 7 (p. 356).** *verse 1:* It is good to give praise to the Lord; and to sing to Your name, O Most High. *verse 2:* To announce Your mercy in the morning, and Your truth every night. *verse 3:* Bring to the Lord, O you sons of God; bring to the Lord young rams.

**Gospel: Mark 9:17–31.** At that time, someone from the crowd came to Jesus, bowed before him, and said, “Teacher, I brought you my son; he has a spirit that makes him unable to speak; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so.” He answered them, “You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me.” And they brought the boy to him. When the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. Jesus asked the father, “How long has this been happening to him?” And he said, “From childhood. It has often cast him into the fire and into the water, to destroy him; but if you are able to do anything, have pity on us and help us.” Jesus said to him, “If you are able!—All things can be done for the one who believes.” Immediately the father of the child cried out, “I believe; help my unbelief!” When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You spirit that keeps this boy from speaking and hearing, I command you, come out of him, and never enter him again!” After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he was able to stand. When he had entered the house, his disciples asked him privately, “Why could we not cast it out?” He said to them, “This kind can come out only through prayer.” They went on from there and passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, “The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again.”

*Anaphora of St Basil the Great, p. 287ff.*

**Hymn to the Mother of God (p. 293ff).** In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins’ pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

**Communion Verse.** Praise the Lord from the heavens;\* praise Him in the highest.\* The just man shall be in everlasting remembrance;\* of evil hearsay he shall have no fear.\* Alleluia, alleluia,\* alleluia.

*Alternate ambo prayer, p. 633.*