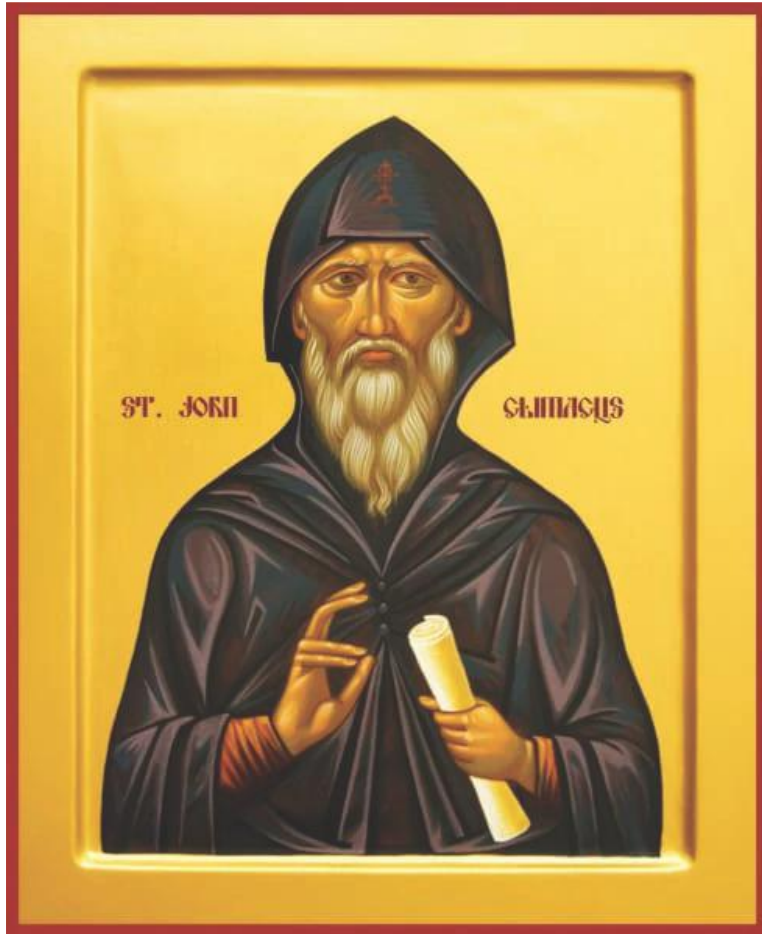


HOLY ANGELS BYZANTINE CATHOLIC CHURCH



March 30, 2025

4th Sunday of the Great Fast
Sunday of John Climacus

March 30, 2025

Schedule of services for the week of March 31 - April 6

Wednesday, April 2 – *Our Venerable Father and Confessor Titus Wonderworker*

6:00 PM – Liturgy of the Presanctified Gifts

Friday, April 4 – *Our Venerable Father Hilary the Younger; The Holy Stephen the Wonderworker*

6:00 PM – Liturgy of the Presanctified Gifts

Saturday, April 5 – *Akathist Saturday; The Holy Martyrs Theodulus and Agathapodus and their companions*

9:00 AM – Divine Liturgy followed by the Akathist Hymn

4:00 PM – Confessions

5:00 PM – Great Vespers

Sunday, April 6 – *5th Sunday of the Great Fast – Mary of Egypt; Our Father among the Saints Eutychius, Archbishop of Constantinople; the falling asleep of our Father Methodius, Bishop and Teacher of the Slavs*

7:30 AM – Matins

9:00 AM – Divine Liturgy

For all parishioners

“I believe! Help my unbelief!” Our gracious Lord comes to us, and His divine grace always heals what is infirm and supplies what is lacking. Nevertheless, He uses people to be His hands and feet. Our prayer and fasting can save the world! Are you open to dedicating your life as a consecrated monastic or religious, or a life in holy orders? Contact the Vocations Office at 602-861-9778 or email:

vocations@ephx.org

Our freezers are full!

Don't wait till the last minute when the Ethnic Food freezers are almost empty. Buy your paschal foods before the rush.

Educators can distinguish between the programs of study suitable for beginners, for the intermediate, and for teachers. And we ought to ensure that we do not spend an unduly long time at the beginner's stage, for it would be a disgrace to have an old man going to kindergarten.

– St. John of the Ladder – 7th Century

O Physician of Souls and Bodies, we pray for:

Pope Francis, Barbara Alexander, Maria Amaro, Fr. Dcn Craig Anderson, Janice Andre, Peter Andre, Fr. Christopher Andrews, Harry and Virginia Bowden, Julia Camberos, Kim Campisson, Patrick Carmack, Fr. Andriy Chirovsky, Dennis Cline, Amy Cohn, Vivian Corr, Fr. Dcn Benjamin Crowe, Maria Cruz, Joe Danscuk, Fr. Daniel Dozier, Gabriel Espedal, Ana Fandrey, Karen Foto, Christine Galgano, Janet Greenwell, Deborah Harris, Michael Havens, Martha Hill, Doris Huber, Rebecca Huber, Gavin Hudspeth, Melissa Hunter, Taylor Kessler, Jacob, Jamie Kohanyj, Juan Lopez, Pauli Martin, Mila Mina, Linda Moffit, Maryann Nagrant, Julia Ohnysty, Genevieve Paquette, Sylvia Pasnak, Fr. Lee Perry, Anthony Porrello, Leonard Porrello, Nina Porrello, Peter Porrello, Fr. Robert Rankin, Margaret Raya, Michael Raya Jr. Rosemary Raya, Maha Salazar, Gretchen Sharpe, Karen Simonich, Debbie Stark, Tava Tomc, Hong Truong, Pat Walsh, Maria Zhukova, Mark Zimmer, Gianna, Nicole, Subdcn Eddie and his wife Viane.

Don't Wait Until it is too late!

Start arranging your schedule today so that you can be present for as many of the Lenten services as possible. come to what services you can and stay and stay as long as you can. If you must leave early, that's fine.

Put God first.

Lenten Almsgiving

Every Fast Season, we collect funds to help a worthy designated Non-Profit. This Great Fast we are again collecting for **Mission Society of the Mother of God of Boryonavo**.

Some might remember learning about their mission at Father Chris Zugger's talk in fall of 2023 when he gave a Philip's Fast Retreat here. Collected funds go to the Eparchy of Mukachevo in Western Ukraine, the **Caritas (Catholic Charities)** Office. They assist with rent, food, fuel, and clothing for displaced peoples and give psychological and spiritual support to refugee families and those families of fallen soldiers. The Mission Society is all volunteer and all monies are sent to Ukraine with no overhead.



Please be generous. Skip a movie or other treat and donate those dollars.

Drive ends in two weeks on Palm Sunday.

April Birthdays

Katy Aparicio, Alexa Bitsko, Gianna Chambers, Andrew Deane, Eleanor Deane, Joel Espedal, Barbara Hasselbring, Alex Huber, Basil Ohnysty, Rosemary Raya

Many blessed years!

Did I miss a birthday? Please let me know.

Resources for Byzantine Catholic Families

Check out TheByzantineLife.com for various resources to help families live a Byzantine Life.

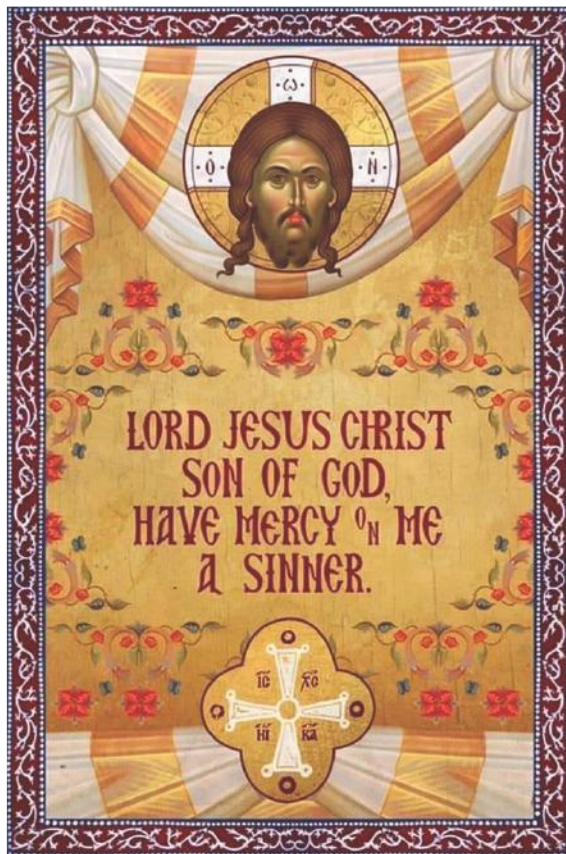
LENTEN MEAL & SPIRITUAL TALKS:

Please join us for SOUP & BREAD nights in the hall after every Friday evening Presanctified Liturgy during the Great Fast.

In the hall, there is a list to sign up to bring bread or provide soup each evening. Please see Susan Deane for details. There is also need for volunteers to *setup* and *clean up*.

Counters Needed!

We need at least 2 more volunteers to help count the Sunday collections. If you are interested, please see Bob Greenwell to be put on the schedule.



THE VICTORY OVER THE LAST ENEMY

From the Prologue of Ochrid /

St. Nikolai Velimirovich

**“The last enemy to be destroyed is death”
(1 Cor 15:26).**

Man’s first enemy is the devil, the second is sin and the third is death. The Lord Jesus conquered all three of these enemies of the human race. By His humility, He conquered the proud devil. By His death, He conquered sin and by His resurrection, He conquered death. In conquering all of our enemies, He invites us to be partakers in His glorious victory. Not only that we conquer but that we win together with Him. Only His power conquers, only His weapons triumph. Alone we are without power and weapons, and our enemies are fearsome. But with Him, we conquer those mightier than ourselves. What is the price that He offers to us for His victory? A meager price, my brethren; for a very paltry price He offers us the most precious victory. To humble ourselves and to submit ourselves to the will of God, that is the price He seeks in order to conquer the devil for us. To die unto ourselves, to die to fleshly desires and passions, that is the price which He seeks in order to conquer for us. To live for Him and not for ourselves, to receive Him into our hearts, that is the price He seeks in order to conquer death for us. He conquered all enemies openly and completely. This is the price for which He offers His victory to each of us. The Apostle Paul speaks: “But thanks be to God Who gives us the victory through our Lord, Jesus Christ” (1 Cor 15:57).



ABOUT THE LADDER OF DIVINE ASCENT

In the sixth century, a monk of Mount Sinai named John wrote a book outlining the stages of the spiritual life. He based his entire work on the image of a ladder of thirty rungs, stretching from earth to heaven. Each rung described a step in the pursuit of virtue and the spiritual life. Since it was first written, The Ladder of Divine Ascent has been an essential part of the formation of Eastern Christian monastics, and a mainstay of Eastern Christian ascetic spirituality. However, The Ladder is not just for monks and nuns because all Christians are called to make an ascent to the heights of heaven. For this reason the Church places the commemoration of Saint John and his Ladder on the 4th Sunday of the Great Fast, as the faithful continue their ascent with the Lord to Golgotha and through Golgotha to His Heavenly Kingdom.

The 30 Steps of the Ladder of Divine Ascent

- ❖ Steps 1–4: renouncement of the world and obedience to a spiritual father
- ❖ Steps 5–7: penitence and affliction as paths to true joy
- ❖ Steps 8–17: the defeat of vices and acquisition of virtue
- ❖ Steps 18–26: avoidance of the traps of ascetic-ism (laziness, pride, mental stagnation)
- ❖ Steps 27–29: acquisition of stillness or peace of the soul, of prayer, and of dispassion
- ❖ Step 30: the union of faith, hope, and love

**THE ONE WHO IS PERFECTLY
“AT HOME” IN THIS WORLD
AND ITS LIFE, WHO HAS
NEVER BEEN WOUNDED BY
THE NOSTALGIC DESIRE FOR
ANOTHER REALITY, WILL NOT
UNDERSTAND WHAT
REPENTANCE IS.**

– FR. ALEXANDER SCHMEMANN

- God won't ask what kind of car you drove, He'll ask how many people you drove who didn't have transportation.
- God won't ask the square footage of your house, He'll ask how many people you welcomed into your home.
- God won't ask about the clothes you had in your closet, He'll ask how many you helped to clothe.
- God won't ask what your highest salary was, He'll ask if you compromised your character to obtain it.
- God won't ask what your job title was, He'll ask if you performed your job to the best of our ability.
- God won't ask how many friends you had, He'll ask how many people to whom you were a friend.
- God won't ask in what neighborhood you lived, He'll ask how you treated your neighbors.
- God won't ask about the color of your skin, He'll ask about the content of your character.
- God won't ask why it took you so long to seek salvation, He'll lovingly take you to your mansion in heaven.

FOR CONSIDERATION

By St. Nikolai Velimirovich

There is heroism above heroism and asceticism above asceticism. St. Epiphanius of Cyprus invited Hilarion the Great to dinner and in order to show the greatest hospitality to his distinguished guest, placed fried chicken on the table and offered it to him. Hilarion said to him: "Forgive me, but ever since I was tonsured a monk, I have eaten nothing butchered." To that Epiphanius replied: "And I, ever since I was tonsured a monk, have never lay down in bed until I first forgave my enemy." Amazed, Hilarion said: "Your virtue is greater than mine, Oh holy master!" This is a great lesson for all of us. Fasting is an admirable thing but it is more admirable to forgive insults. Through fasting, man is preparing for charity but, **by forgiving insults, man shows charity.** Fasting precedes forgiveness but fasting alone, does not save without forgiveness.

ABOUT CHRISTIANS AS KINGS AND PRIESTS

By St. Nikolai Velimirovich

"You made them a kingdom and priests for God"
Revelation 5:10

The Lord Jesus wants to make all men similar to Himself. As the Son of God, He wants all men to become the adopted sons of God. As a King, He wants them to be co-kings with Him. As a Priest, to be co-priests with Him. As Almighty, to share in His strength. As Eternal, to share in His immortality. As Holy, to share in His holiness. As the Resurrected One, to all be the children of the resurrection.

This, the Lord desired and that is why He descended to earth: to separate us from the animals and to elevate us above the life of the animals and to give us dignity over His visible creation, a dignity which Adam had in Paradise before the Fall. Because of this, His love for mankind and His salvatory plan for all people, the Lord was crucified on the cross by the Jewish elders. And even from us Christians today, He reaped the thorns of ingratitude and misunderstanding countless times. We show ourselves to be ungrateful and unreasonable whenever we undermine and trample His commandments. By his sins every sinner plaits a new wreath of thorns and places it on His Sacred Head. When did He ever offend us, that we did this to Him?

When did He ever think evil about anyone of us, that we return Him evil? He lowered Himself into our rotten pit where we have become accustomed to live with snakes and scorpions and pulled us higher to the heights, to light and purity in the kingdom.

He wants to make us kings and priests, and we drive away His saving hand and return to the pit with snakes and scorpions.

O brethren, enough and more than enough of this humiliation of Him and destruction of ourselves. Let us firmly grab the hand of our Savior and follow Him. He desires good for us. He does good for us. For our good, He suffered. He is our One and Only Friend Who does not change.

Why I Would Never Force my Kids to go to Church

Posted by Ruth Meyer in Encouragement, Family life, Witness - truthnotes.net

My parents forced me to eat three times a day growing up. No joke. Three times. Every. Single. Day. And it wasn't always stuff I liked, either. Matter of fact, I complained a lot about what my mom made. "Ewww, gross! Sautéed zucchini? Seriously? Mom, you know we hate this stuff!" So as I approached adulthood I made an important decision. Since my parents forced me to eat while I was growing up, I decided I was done with meals. Oh, here and there I'll eat out of obligation. I mean, family traditions like Thanksgiving and Christmas, yeah, I'm there. But daily eating? No way. I'm done.

Set in any other context, excuses people make for not going to church sound completely ridiculous. But set in the context of Christianity, people say these things in all seriousness while others nod sagely in somber agreement.

My son told me a few weeks into school that he didn't like the teacher. He wasn't getting excited enough about learning, and he didn't really feel connected to the other kids in his class, so I told him he never had to go back to school again. Who wants to waste their time going somewhere where they aren't being fulfilled?

We've never forced our daughter to stay off the road when playing. We don't want to restrict her imagination. We allow her the freedom to make her own choices in life.

Okay, Ruth. Come on. That one was just ridiculous. No loving parent would ever say that. That's a safety issue- a matter of life and death. Exactly. And that's just my point.

Church isn't a place you go to get pumped up about life. It isn't entertainment like a movie or concert. It is literally a life and death matter. Eternal life. Just as a loving parent wouldn't allow their child to wander in the road or to quit school, a loving

Christian parent also does not give the option to their children about going to church, learning Bible stories at home, and praying together. Do your kids always jump for joy when they hear you say, "Time to get up! Let's get ready for church!" No. They won't. Do they get excited for school every morning? Hardly. But you still make them go. Why? Because you are the parent and you know what's best. Even when they complain, you serve them healthful meals and limit their junk food intake. You set boundaries for their own safety when playing outside. You insist they go to school because you're looking at the long term picture. And you are right to do those things. How much more so are you responsible for doing all you can to secure their eternal well being?

Yes, kids can be brought up in a loving Christian home and still turn away later. That's on them. But you, parents, have a task of the utmost importance. God has placed these precious children into your homes for such a brief while. You have them with you for perhaps 1/5 of their lives. Set a strong foundation while they are under your roof. Take them to church. Make sure they understand that they are sinners and that Jesus is their Savior. They are never too young to learn this. My one-and-a-half year old sees a cross and excitedly shouts, "Jesus!" Don't use the excuse that "they wouldn't understand this." Try them. I don't understand it all myself, but I still believe. And you'd better believe that the Holy Spirit works in their hearts effectively. My children sometime amaze me with the insights they pick up during devotions or Bible readings. The strength of their faith often humbles me. Once when I was having a terrible day, my oldest asked, "Can I pray with you?" He was nine at the time. He knows there is power in prayer. He perceives that sometimes there's nothing

he can say that will make it better, so he'll just go straight to the One who does have that power. Do my own kids complain about church? Yes. Do they tell me it's boring? Sometimes, yes. They say the same things about school. But church and school are different environments for a reason. School is centered around learning and thus has its own schedule and structure. Church is a hospital for sinners. That would be all of us, mind you. You, me, the drug dealer a few streets away- all of us are sinners in need of a Savior. So what do we do at church? We confess our sins. Why do we do this at the start? To "wipe our feet" before entering God's house, so to speak. Then we are assured of forgiveness. We hear God's Word. We sing hymns proclaiming what Christ has done for us. We hear sermons where our pastors preach Christ. We don't go to church to hear what we have to do to gain heaven. No, Christ did it all. 100%. We can't do one thing to merit salvation for ourselves. That's why we hear sermons about Jesus and not about us. We take the body and blood of Jesus in Holy Communion for the strength of our souls. And we depart refreshed to serve God by serving our families, friends, and neighbors in Christian love.

So parents, don't give in to outside pressures telling you not to force your kids to go to church. Don't give in to them, either, when they complain about it. Because at some point an amazing thing happens - that kid who complains about church grows up and takes his or her own kids to church every Sunday. Going back to my opening analogy, believe it or not, there came a point in my own life where I realized I actually liked sautéed zucchini (although I never would have admitted that to my mother). Keep at it, parents. Just as we need three meals a day for physical strength and nourishment, so do we need regular worship to refresh and strengthen our souls. Now, if you'll excuse me, I need to go make breakfast.

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All those requesting the Holy Mysteries of Initiation or Crowning must be registered parishioners for at least six months, attend Liturgical Services on Sunday and days of Precept, and support the work and growth of the parish.

Mysteries of Initiation: Requires Pre-Baptismal instruction. The Mysteries of Initiation are celebrated on Saturdays or Sundays within the Divine Liturgy. At least one sponsor must be a Catholic and the other a practicing Christian. Both sponsors must present documentation that they are in good standing with their church.

Mystery of Crowning: Requires Pre-Marriage instruction. Consult Fr. James at least six months prior to making wedding plans. Marriages cannot be celebrated during the fasting seasons of the Church.

Funerals: Contact Fr. James.

Liturgy, Panahida and Eternal Lamp Intentions: Schedule with Fr. James. It is "holy and wholesome thought to pray for the dead" (*2 Maccabees 12:46*) especially on the 9th and 40th days, and on the anniversary of their falling asleep in the Lord.

Holy Mystery of Confession: Confession is available Saturdays from 4:00 - 4:45 PM or by appointment.

Sick calls / Holy Anointing / Hospital Visits: Requested by parishioner, friend, or family.

Call anytime in case of an emergency.

Please submit all Bulletin announcements to Fr. James for approval by Wednesday of each week.

Last Sunday's bulletin is on our website and our Facebook page. There are several weeks of printed bulletins available in the narthex.

Office Hours: Fr. James is available for phone conversations Tuesday - Friday: 10AM - 5PM or call the office to schedule an in person meeting.

Holy Angels Byzantine Catholic Church

2235 Galahad Road
San Diego, CA 92123-3931
Fr. James Bankston, Administrator
Fr. Deacon Jonathan A. Deane

Main: 858-277-2511

Social Hall/Ethnic Foods: 858-268-3458

Email: PastorHASD@gmail.com

Website: www.HolyAngelsSanDiego.com

Facebook: [Holy Angels Byzantine Catholic Church](https://www.facebook.com/HolyAngelsByzantineCatholicChurch)

Parish Advisory Council:

Bruce Bitsko, Nelson Chase, Fr. Deacon Jonathan Deane, Joel Espedal, Bob Greenwell,
Janet Greenwell, Daniele Laman, Olena Bankston

Finance Council:

Al Aparicio, Fr. Deacon Jonathan Deane, Bob Greenwell, Paul Washicko

Bless, O Lord, the worship and Stewardship of your faithful servants:

Adult tithes: \$1255.00; Bishop's Appeal: \$20.00; Loose Change: \$168.00; Non-Parishioners: \$50.00;
Church Use: \$200.00; Ethic Foods: \$500.00; **Total: \$2193.00**

Vocation Icon: This week: Bitsko Family
Next week: Chase Family

THE BYZANTINE CATHOLIC EPARCHY OF PHOENIX

SUBSCRIBES TO THE
*Charter for the Protection of
Children and Young People*

adopted by the United States Catholic Conference of Bishops.

The Eparchy, within all its parishes, institutions and programs, is committed to assuring a safe environment in ministry for its children and vulnerable adults that conforms to the Charter for Protection of Children and Young People.

For additional information regarding the eparchial Safe Environment Program or to report any incidents of concerns, please contact:

*Fr. Dcn. Michael Hanafin
Victim Assistance Coordinator
Cell: (480) 307-5182 -- email: vac@ephx.org*

- or -

*Sbdcn. Paul F. Kilroy
Safe Environment Program Coordinator
Office: (602) 861-9778 ext. 205 -- Cell: (480) 745-0316
email: sbdcnkilroy@ephx.org*