

SUNDAY, MARCH 29

TONE 8

Fourth Sunday of Lent. St. John Climacus. Hieromartyr Mark, Bishop of Arethusa and those with him.

"Lord I Call..." Tone 8

Lord, I call upon You, hear me!

Hear me, O Lord!

Lord, I call upon You, hear me!

Receive the voice of my prayer,

when I call upon You!//

Hear me, O Lord!

Let my prayer arise

in Your sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

*v. (10) Bring my soul out of prison, that I may give thanks to Your name!*

**Tone 8**      *(for the Resurrection)*

We offer to You, O Christ,

our evening song and reasonable service,

for You willed to have mercy on us//

by Your Resurrection.

*v. (9) The righteous will surround me; for You will deal bountifully with me.*

Lord, Lord, do not cast us away from Your face!

For You willed to have mercy on us//

by Your Resurrection.

*v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*

Rejoice, O holy Zion!

Mother of the churches, the abode of God!

For you were the first to receive remission of sins//

by the Resurrection.

*v. (7) Let Your ears be attentive to the voice of my supplications!*

*(Resurrection stichera by Anatolius)*

The Word of God the Father,  
begotten before the ages,  
in the latter times willed to be incarnate of the Virgin  
and endured crucifixion unto death.  
He has saved mortal man//  
by His Resurrection.

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

We glorify You, O Lord,  
for You voluntarily endured the Cross for our sake.  
We fall down in worship before You, almighty Savior.  
Do not cast us away from Your face  
but hear us and save us, O Lover of man, //  
by Your Resurrection!

*v. (5) For Your name's sake have I waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.*

Glory to You, O Savior Christ,  
Only-begotten Son of God, who was nailed to the Cross//  
and resurrected from the tomb on the third day!

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

We glorify Your Resurrection from the dead, O Christ,  
by which You have freed Adam's race from the tortures of hell, //  
and as God have granted to the world eternal life and great mercy.

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

**Tone 8\***      *(from the Lenten Triodion) (Oh, most glorious wonder)*

The Lord's praises were always on your lips, O holy Father John.  
With deep wisdom you searched the Scriptures,  
which teach us to deny ourselves.  
You became rich in the blessings of grace, //  
overthrowing the craftiness of the devil.

---

\* Music for the stichera for St. John Climacus from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

You washed your soul in a fountain of tears, O most glorious Father John.  
You kept vigil for God and gained His mercy.  
Upborne on the wings of prayer, you flew to divine love and beauty.  
Now, together with your fellow soldiers, O holy one, //  
you dwell in His spiritual light and unending joy.

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures forever.*

On the wings of faith you raised your mind to God, O holy Father John.  
Hating the world's confusion and vanity,  
you took up your cross and followed Him Who sees all things.  
You submitted your rebellious flesh to His guidance,  
through the discipline of self-denial, //  
by the power of the Holy Spirit.

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 5**      *(from the Lenten Triodion)*

O holy Father,  
hearing the Lord's voice in the Gospel,  
you spurned the riches and glory of the world.  
You cry out to all:  
"Love God and find eternal grace!  
Set nothing higher than His love;  
thus, you will find rest with all the saints, when He comes in glory!" //  
Through His prayers guard and save our souls, O Christ!

*now and ever, and unto ages of ages. Amen.*

**Tone 8**      *(Theotokion – Dogmatikon)*

The King of heaven,  
because of His love for man,  
appeared on earth and dwelt with men.  
He took flesh from the pure Virgin  
and after assuming it, He came forth from her.  
The Son is one: in two natures, yet one Person.  
Proclaiming Him as perfect God and perfect Man,  
we confess Christ our God! //  
Entreat him, O unwedded Mother, to have mercy on our souls!

## Aposticha

### Tone 8 *(for the Resurrection)*

Descending from heaven to ascend the Cross,  
the Eternal Life has come for death  
to raise those who are fallen;  
to enlighten those in darkness.//  
O Jesus, our Savior and illuminator, glory to You!

*v. The Lord is King; He is robed in majesty!*

We glorify Christ, who rose from the dead.  
He accepted the human body and soul,  
and freed both from suffering.  
His most pure soul descended to hell, which He spoiled.  
His holy body did not see corruption in the tomb.//  
He is the Redeemer of our souls.

*v. For He has established the world, so that it shall never be moved.*

In psalms and songs we glorify Your Resurrection from the dead, O Christ.  
By it, You have freed us from the tortures of hell//  
and as God have granted eternal life and great mercy.

*v. Holiness befits Your house, O Lord, forevermore!*

O Master of all, incomprehensible Creator of heaven and earth,  
by Your suffering on the Cross You have gained passionlessness for me.  
Accepting burial and arising in glory,  
You resurrected Adam with Yourself by Your almighty hand.  
Glory to Your rising on the third day!  
By it You have granted us eternal life and cleansing of sins//  
as the only compassionate One.

*Glory to the Father, and to the Son, and to the Holy Spirit;*

### Tone 2 *(from the Lenten Triodion)*

Let us honor John!  
He is an earthly angel and a heavenly man,  
the adornment of the world, the joy of the virtuous,

the glory of ascetics.  
He was planted in the house of God,  
and blossomed with the flower of sanctity.  
He flourished in the desert like a cedar of Lebanon.//  
Through him the sheep of Christ's flock grow in holiness and righteousness.

*now and ever, and unto ages of ages. Amen.*

**Tone 2**      *(Theotokion)*

A new miracle surpasses all ancient miracles!  
Who knows of a Mother who gave birth without a man,  
who carried in her arms her Creator?  
This birth is the will of God!  
Since you carried Him as an infant in your arms, O most pure one,  
and since you possess motherly boldness before Him,  
do not cease praying for us who honor you,//  
that He may be bountiful and save our souls!

---

*(at Great Vespers)*

**Tone 8**      **Troparion**      *(Resurrection)*

You descended from on high, O Merciful One!  
You accepted the three day burial  
to free us from our sufferings!//  
O Lord, our Life and Resurrection, glory to You!

*Glory to the Father, and to the Son, and to the Holy Spirit,*

**Tone 1**      **Troparion**      *(for St. John Climacus)*

O dweller of the wilderness and angel in the body,  
you were a wonderworker, O our God-bearing Father John.  
You received heavenly gifts through fasting, vigil and prayer,  
healing the sick and the souls of those drawn to you by faith.  
Glory to Him Who gave you strength!  
Glory to Him Who granted you a ^crown!//  
Glory to Him Who grants healing to all!

*now and ever, and unto ages of ages. Amen.*

**Tone 1      Resurrectional Dismissal Theotokion**

When Gabriel announced to you, O Virgin, saying “Rejoice!”  
with that word the Master of all was incarnate in ^you,  
the holy Ark, spoken of by the righteous David!  
Your womb became more spacious than the heavens,  
for you carried your Creator.  
Glory to Him Who took abode in you!  
Glory to Him Who came ^forth from you!//  
Glory to Him Who freed us by being born of you!

*(at the Divine Liturgy)*

**Tone 8      Troparion    *(Resurrection)***

You descended from on high, O Merciful One!  
You accepted the three day burial  
to free us from our sufferings! //  
O Lord, our Life and Resurrection, glory to You!

**Tone 1      Troparion    *(for St. John Climacus)***

O dweller of the wilderness and angel in the body,  
you were a wonderworker, O our God-bearing Father John.  
You received heavenly gifts through fasting, vigil and prayer,  
healing the sick and the souls of those drawn to you by faith.  
Glory to Him Who gave you strength!  
Glory to Him Who granted you a ^crown! //  
Glory to Him Who grants healing to all!

**Tone 8      Kontakion    *(Resurrection)***

By rising from the tomb, You raised the dead and resurrected Adam.  
Eve exults in Your Resurrection! //  
and the world celebrates Your rising from the dead, O greatly Merciful One!

**Tone 4      Kontakion    *(for St John Climacus)***

The Lord truly set you on the heights of abstinence,  
to be a guiding star, showing the way to the universe! //  
O our father and teacher John.

**Tone 8      Prokeimenon    *(Resurrection)***

Pray and make your vows / before the Lord, our God! *(Ps 75/76:11)*

*v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)*

**Epistle**

Hebrews 6:13-20

Ephesians 5:9-19 *(St. John Climacus)*

### **Tone 8**

Alleluia, Alleluia, Alleluia!

*v: Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps 94/95:1)*

*v: Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps 94/95:2)*

### **Tone 4**

*v: They that are planted in the house of the Lord shall flourish in the courts of our God. (Ps 91/92:13)*

### **Gospel**

Mark 9:17-31

Matthew 4:25-5:12 (*St John Climacus*)

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

### **Hymn to the Theotokos**

All of creation rejoices in you, O Full of Grace:  
the assembly of Angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child –  
our God before the ages.  
He made your body into a throne,  
and your womb He made more spacious than the heavens.  
All of creation rejoices in you, O Full of Grace.  
Glory to you!

---