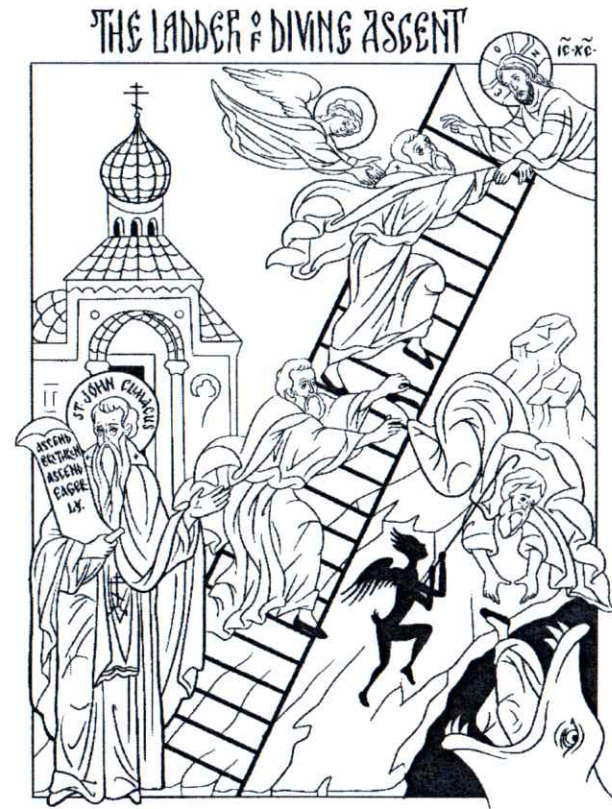


## St. John of the Ladder on Repentance

Repentance is the restoration of baptism. Repentance is a compact made with God, by which we bind ourselves to lead a life very different from the one which we have promised to abandon. The penitent is one who labours by penance to acquire humility. Repentance is a perpetual renouncement of bodily comforts and delights, a judgment which we unceasingly pronounce against ourselves, -- a state of soul entirely occupied with its own welfare, and disengaged from every other care and solicitude. Repentance is the daughter of hope, and the enemy of despair. The penitent is a criminal who does not blush to confess his faults. Repentance is a reconciliation with God by the practice of those good works, which are opposite to the vices we have committed. It is the purification of the conscience, the voluntary endurance of all kinds of pains and labours. The penitent is an ingenious artisan, who forges for himself instruments of penance. In short, repentance is a rigorous mortification of the sensual appetite, a soul touched with a lively sensibility of its own misery.

Excerpt from Step 5 of the *Ladder of Divine Ascent*

*“Let us Attend!”*



*“Ascend Brothers and Sisters Ascend...”*

A PARISH BULLETIN OF  
ALL SAINTS ORTHODOX CHURCH

Olyphant, Pennsylvania

Rev. Paul J. Witek, Ph.D., Rector

201.315.5722

22 March 2026

**Fourth Sunday of the Fast – St. John of the Ladder**

Bulletin, Sunday, 22 March 2026

**FOURTH SUNDAY OF LENT — Tone 8. St. John Climacus (of *The Ladder*).** Hieromartyr Basil of Ancyra (362–363). Martyr Drosís, daughter of Emperor Trajan (1st–2nd c.). Ven. Isaac, the Confessor Founder of the Dalmatian Monastery at Constantinople (4th c.). Monastic Martyr Euthymius of Prodromou (Mt. Athos—1814).

**Epistle:** Hebrews 6:13–20 (Sunday); Ephesians 5:9–19 (Saint);

**Gospel:** 9:17–31 (Sunday); Matthew 4:25–5:12

*Our souls and minds are strengthened and fortified by the regular reading of the Holy Scriptures. Daily readings can be found on the parish's wall calendar, or online by visiting the OCA's daily reading page <https://www.oca.org/readings>.*

**Schedule**

~ **Monday, 23 March 2026: 9AM Lenten Hours.**

~ **Tuesday, 24 March 2026. 6:30PM great Vespers with Litya for the Feast of the Annunciation.**

~ **Wednesday, 25 March 2026: 6PM Feast of Annunciation. Vespers with the Liturgy of St. John Chrysostom followed by Common Meal.**

~ **Friday, 9AM Reading of the Life of St. Mary of Egypt, 6:30PM Akathist to the Theotokos.**

~ **Saturday, 28 March 2026 9:30AM Reading of the Life of St. Mary of Egypt; 5–5:45PM Fr. Paul available for Confession; 6PM Great Vespers.**

~ **Sunday, 29 March 2026, Sunday of St. Mary of Egypt 9:30AM, Divine Liturgy followed by Agape Coffee Hour Fellowship. 4PM Mission Vespers, St. Nicholas Church, Olyphant**

**Announcements**

~ We welcome all those who join us today. Please come downstairs and enjoy fellowship together. We have place waiting for you.

~ Our thanks to all those who worked to make the food sale a success. By God's Grace a profit of \$4,500.00 was realized. God bless you all.

~ For those that have pussy willow bushes on their property, we will be in need of branches for Palm Sunday. Cut branches should be kept in a cool dry place.

~ The Great Feast of the Annunciation will be held this week. Let us gather together to celebrate this Ancient Feast of the Church that announces the Incarnation of our Lord and Saviour.

~ As we come closer to the end of Lent be reminded that we have opportunity to cleanse our souls through the Sacrament of Holy Confession. Confessions should take place before Palm Sunday so that we can walk together cleansed in soul and body with our Lord to His Voluntary Passion.