

John writes: "When I fast, I am vainglorious; and when I permit myself food in order to conceal my fasting from others I am again vainglorious about my prudence. When I dress in fine clothing, I am vanquished by vanity, and if I put on drab clothing, again I am overcome by vanity. If I speak, vainglory defeats me. If I wish to keep silence, I am again given over to it. Wherever this thorn comes up, it stands with its points upright.

A vain person seems to honour God, but strives to please men rather than God.

People of lofty spirit bear insult placidly and willingly, but only the holy and righteous may hear praise without harm.

When you hear that your neighbour or friend has slandered you behind your back, or even to your face, praise and love him.

It is not the one who reproaches himself who shows humility, for who will not put up with himself? It is the one who is slandered by another, yet continues to show love for him. Whoever is proud of his natural gifts, intelligence, learning, skill in reading, clear enunciation, and other similar qualities, which are acquired without much labour, will never obtain supernatural gifts. Whoever is not faithful in small things (Luke 16:10), is also unfaithful in large things, and is vainglorious.

It often happens that God humbles the vainglorious, sending a sudden misfortune. If prayer does not destroy a proud thought, we bring to mind the departure of the soul from this life. And if this does not help, let us fear the shame which follows dishonour. "For whoever humbles himself shall be exalted, and whoever exalts himself shall be humbled" (Luke 14:11). When those who praise us, or rather seduce us, start to praise us, let us recall our many sins, then we shall find that we are not worthy of what they say or do to honour us."

In THE LADDER Saint John describes the ascent toward spiritual perfection, which is essential for anyone who wishes to save his soul. It is a written account of his thoughts, based on the collected wisdom of many wise ascetics, and on his own spiritual experience. The book is a great help on the path to truth and virtue.

The steps of THE LADDER proceed gradually from strength to strength on the path of perfection. The summit is not reached suddenly, but gradually, as the Saviour says: "The Kingdom of Heaven suffers violence, and the violent take it by force" (Mt.11:12).

## Saint Andrew Orthodox Church

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Very Rev. Archpriest Keith W. Lowe, M.Div  
Locum

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**April 7, 2019**

**St. John Climacus**

1st Sunday Church Charities/ 2nd Sunday Building Fund/3rd Sunday for the food bank

### Times of Services

Apr	07	Sun	10:00 AM	Divine Liturgy
	10	Wed	05:30 PM	Liturgy of Presanctified Gifts
	14	Sun	10:00 AM	Divine Liturgy
	17	Wed	05:30 PM	Liturgy of Presanctified Gifts
	20	Sat	05:30 PM	Vespers with Archbishop

	<b>21</b>	<b>Sun</b>		<b>Palm Sunday</b>
			09:40 AM	Third Hour Blessing of the Palms & Willows Sixth Hour
			10:00 AM	Divine Liturgy
				<b>Holy Week</b>
	<b>24</b>	<b>Wed</b>		<b>Holy Wednesday</b>
			<b>05:00 PM</b>	<b>Healing Service &amp; Confessions</b>
			<b>05:30 PM</b>	<b>Liturgy of Presanctified Gifts</b>
	<b>25</b>	<b>Thu</b>		<b>Great &amp; Holy Thursday</b>
			<b>05:30 PM</b>	<b>Matins of Great Friday</b> <b>(Reading of the twelve Gospels)</b>
	<b>26</b>	<b>Fri</b>		<b>Great &amp; Holy Friday</b>
			<b>03:00 PM</b>	<b>Vespers</b>
			<b>06:00 PM</b>	<b>Matins of Great &amp; Holy Saturday.</b>
	<b>27</b>	<b>Sat</b>		<b>Holy Saturday</b>
			10:00 AM	Divine Liturgy
			07:30 PM	Blessing of Pascha Baskets
			08:00 PM	Nocturns & Matins of Pascha
	<b>28</b>	<b>Sun</b>		<b>Holy Pascha</b>
			<b>10:00 AM</b>	<b>Divine Liturgy of Pascha</b>
<b>May</b>	<b>05</b>	<b>Sun</b>	<b>10:00 AM</b>	<b>Obednitsa (Deacon only service)</b>
	<b>12</b>	<b>Sun</b>	<b>10:00 AM</b>	<b>Divine Liturgy (Visiting priest)</b>
	<b>19</b>	<b>Sun</b>	<b>10:00 AM</b>	<b>Obednitsa (Deacon only service)</b>
	<b>26</b>	<b>Sun</b>	<b>10:00 AM</b>	<b>Obednitsa (Deacon only service)</b>
<b>Jun</b>	02	Sun	10:00 AM	Divine Liturgy
	09	Sun	10:00 AM	Divine Liturgy
	15	Sat		Soul Saturday
			09:30 AM	Divine Liturgy
<b>Jun</b>	<b>16</b>			<b>Pentecost Sunday</b>
			10:00 AM	Divine Liturgy
				Vespers of Pentecost
				<b>Blessing of the Graves</b>

**Blessing of the Graves**

**Please note that the blessing of the graves will take place on**

**June 16, Pentecost Sunday in lieu of St. Thomas Sunday**

**Parish Council meeting**

The next parish council meeting will be June 6, 2019

**Pierogi Making Party**

The parish will be making pierogis on the April 10, 11 & 12; Pierogis are \$8.00 / dozen and can be picked up after 12:00 PM Friday of the week that they are made. Please ensure that you have your orders in.

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**The Ladder of St. John Climacus**

Saint John felt that such a task was beyond his ability, yet out of obedience he fulfilled the request. The saint called his work THE LADDER, for the book is “a fixed ladder leading from earthly things to the Holy of Holies....” The thirty steps of spiritual perfection correspond to the thirty years of the Lord’s age. When we have completed these thirty steps, we will find ourselves with the righteous and will not stumble. THE LADDER begins with renunciation of the world, and ends with God, Who is love (1 John 4:8).

Although the book was written for monks, any Christian living in the world will find it an unerring guide for ascending to God, and a support in the spiritual life. Saints Theodore the Studite (November 11 and January 26), Sergius of Radonezh (September 25 and July 5), Joseph of Volokolamsk (September 9 and October 18), and others relied on THE LADDER as an important guide to salvation.

The twenty-second step of THE LADDER deals with various forms of vainglory. Saint