

CARRYING THE BODY OF CHRIST

Throughout the Gospels, there are a number of times the Body of our Lord was held by others. During His Presentation in the Temple, the baby Jesus was held by Simeon. For many years, Simeon had awaited the coming of the Messiah.

Christ was carried by animals both during his Flight from Egypt and His Entrance into Jerusalem on Palm Sunday. It is interesting to note that the first was to SAVE Him from death and the latter was to DELIVER Him to His death.

Following His arrest and condemnation, Jesus was bodily abused and crucified by the civil authorities. He was treated like a common criminal.

Upon His death, Christ's earthly body was entrusted to the wealthy Joseph of Arimathea. Misunderstanding that our Lord's Kingdom did not belong to this world, Joseph kindly gave up his burial spot. But Jesus was not destined to remain dead. He could not be contained in a tomb!

The reverent Myrrh-Bearing Women thought they knew the correct way to take care of the Lord's Body. They came to honor it with anointing, on that early morning. We all know that the tomb was empty.

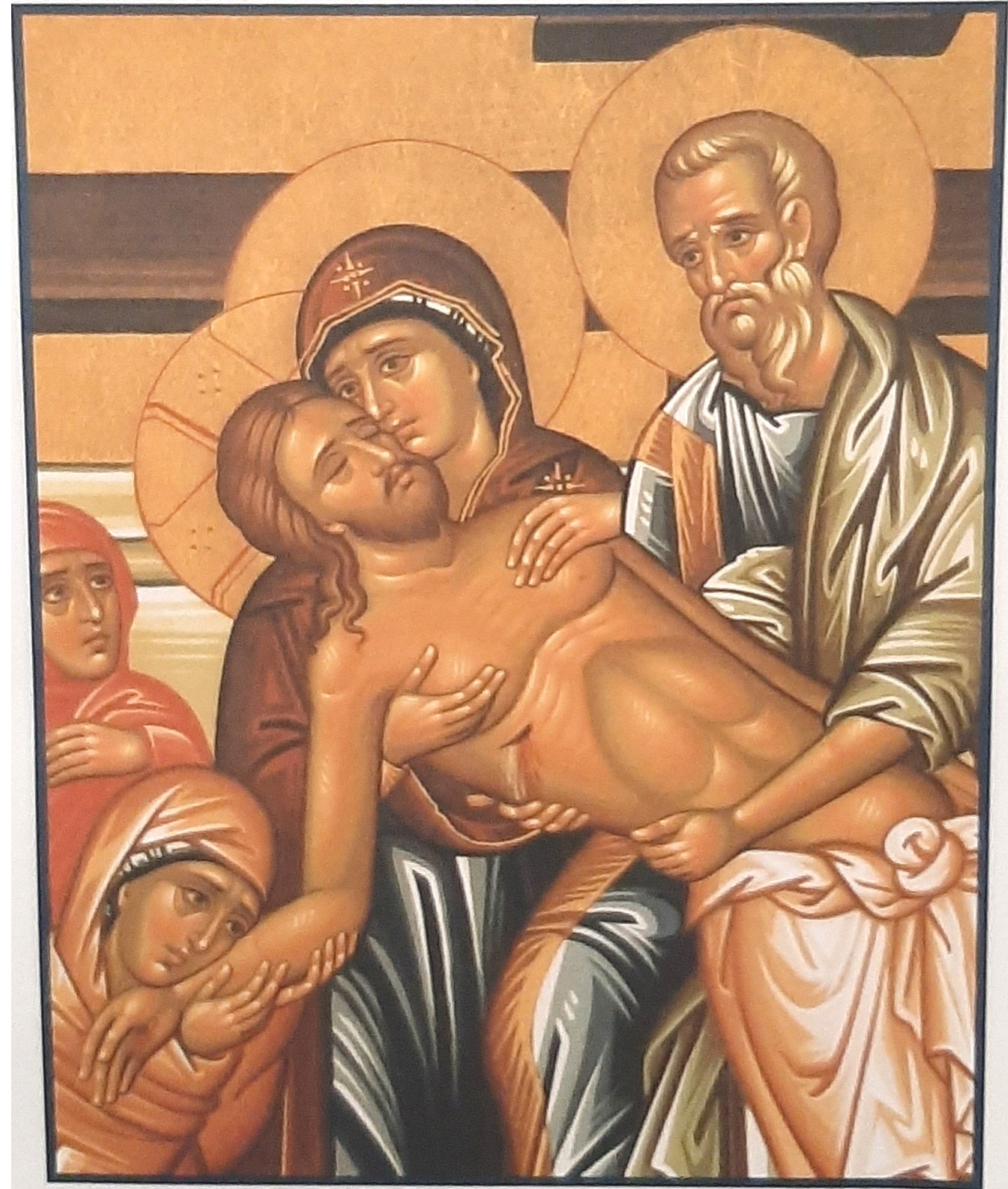
But the lesson we learn from all these people is that Jesus Christ's Body was not only to be HELD but to be CARRIED FORTH for the salvation of the world. The message of our spiritual rescue from sin and death is all according to God's plan. May we give our possessions towards the use of God, like Joseph of Arimathea did. May we accept a change of plans like the Myrrh-Bearing women were asked to do. Above all, may we willingly receive God into our lives each day.

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

ABOUT COMMUNION

We are happy that you have joined us today. Indeed, we pray for the "unity of the Faith" for the day when all of Christianity are united as ONE and can share a common Chalice. However, this is not the case as yet. Please note that Holy Communion, the actual Body & Blood of our Lord Jesus Christ, is only for Members of the Orthodox Church who have prepared themselves through prayer, fasting, and confession, & arrived before the Gospel reading. However, everyone is welcome to partake of the blessed bread and receive a blessing from the pastor at the dismissal. If you are interested, you may inquire with the pastor how you can become a member.

If you are a guest or otherwise not a regular communicant, please give your baptismal name when receiving.





St. Anthony The Great Antiochian Orthodox Church

4031 Aurora Rd.; Melbourne, Florida
Mailing address : P.O.Box 267, Melbourne, FL 32902
Very Rev. Fr. Elia Shalhoub, Pastor & Dean of South Florida Deanery
Phone: (305) 812-4940 , E-Mail: elia_shalhoub@yahoo.com
Pastor's address: 2295 Oklahoma St.. W. Palm Beach, FL 33406

WELCOME TO ST. ANTHONY'S

Where people from around the world come together to serve God and our community. We are glad you are worshipping with us today! This Church is one community of many in the One, Holy, Catholic, and Apostolic Church. The Church of Antioch belongs to two thousand years of evangelization, teaching, history, and tradition which expresses the continued commitment of its members to the Orthodox Christian faith in the Lord Jesus Christ!

St. Anthony Church is a Pan-Orthodox community, under the omophorion of His Beatitude Patriarch JOHN X within the Self-ruled Antiochian Orthodox Christian Archdiocese of North America. If you are a first time visitor, please fill out the guest form located on the literature table. We want you to feel at home in prayer and worship. Please submit your names to the ushers and introduce yourself to Fr. Elia at the end of the service so he may welcome you personally.

Following services, please join us for sharing of fellowship, coffee, and food.

DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 26, 2023 TONE 8 / EOTHINON 8

FOURTH SUNDAY OF GREAT LENT THE SYNAXIS OF THE ARCHANGEL GABRIEL

STEPHEN THE CONFESSOR, ABBOT OF TRIGLIA

DIVINE LITURGY OF ST. BASIL THE GREAT

~ During the Little Entrance, chant the Resurrectional Apolytikion. The Eisodikon (Entrance Hymn) is "O come, let us worship... save us, O Son of God, Who art risen from the dead..." After the Little Entrance, chant these hymns in the following order:

RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF THE ARCHANGEL GABRIEL IN TONE FOUR

(**Thou Who wast raised up**)

Supreme Commander of the Hosts of the Heavens, * we, the unworthy, importune and beseech thee * that by thy supplications thou encircle us * in the shelter of the wings * of thine immaterial glory; * guarding us who now fall down * and cry to thee with fervor: * Deliver us from dangers of all kinds, * as the great marshal of the heavenly hosts on high.

APOLYTIKION OF ST. ANTHONY THE GREAT

Thou didst become like the zealous Elijah in his condition, and followed John the Baptist in his upright ways. Becoming a dweller in the wilderness, and an establisher of the universe by thy prayer O Father Anthony. Wherefore intercede thou with Christ our God to save our souls.

KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from

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2023 PLEDGE DRIVE

Thank you to all who already have signed the form.

Total from 32 pledges is 93,230.00

Fr. Elia and Kh. Odette Shalhoub

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Ethan Packey

William Snell and Susan Perers

Tristan and Jenny Riter

Alex and Bobbi Skaff

Patricia Smith

Mark and Lori Sorenson

Priscilla Spinola

Deborah Thieme

Isaac Vaughn

(Our Goal for 2023 is \$90,000.00)

All Pledge & Tithing members Names will be listed in the Bulletin

**THE ARCHDIOCESE ANNUAL ASSESSMENT (\$50.00) PER BAPTISED SOUL
EVERY PARISHIONER IS RESPONSIBLE TO PAY THIS ASSESSMENT ONCE A
YEAR BESIDE YOUR PLEDGE TO THE CHURCH.**

**IF YOU HAVEN'T SUBMITTED THE ASSESSMENT MONEY YET,
PLEASE DO SO AS SOON AS YOU CAN. THANK YOU FOR YOUR GENEROSITY!**

terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without bridegroom.

THE EPISTLE

(For the Fourth Sunday of Great Lent)

The Lord will give strength to His people. The Lord will bless His people with peace.

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

THE GOSPEL

(For the Fourth Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark. (9:16-30)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And 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 arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day." ~ *The Divine Liturgy of St. Basil the Great continues as usual.*

ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

ABOUT THE DIVINE LITURGY

The Divine Liturgy expresses the entire Christian faith in a continuous song of praise and prayer addressed to God. It is focused on God, not on us. There is nothing just for amusement or entertainment. Since much of the service is the same every week, worshippers know it and can participate personally, either by singing along or just by prayerful attention. Worshippers are surrounded by icons (pictures of Christ and the

saints), which remind us that we are participating, while on earth, in the worship of all the angels and saints in heaven. The entire service (except for the sermon) is sung. The words are all from Scripture or ancient Christian texts. Please follow the service in the books available in the pews. Weekly changes will appear below and marked with a corresponding letter in the service book.

COME BACK

We hope to see you next week. Each Sunday we celebrate the Resurrection of Christ with our morning Matins service at 8:45am followed by the main Sunday service, Divine Liturgy at 10am. Sunday School for the Children follows Communion. Fr. Elia would love to speak with you and answer any questions you may have. Please fill out our Guest Form (CONNECTION CARD). There's also a place where you can let us know any specific needs or concerns and we will lift them up in prayer. We welcome everyone who would like to learn more about the Orthodox Christian Faith. Please contact Fr. Elia either by E-Mail (elia_shalhoub@yahoo.com) or on his cell phone (305) 812-4940

Announcements

March is Women's month

It is almost over, but our job is never done. We work behind the scenes cleaning, cooking, teaching, creating, coordinating. Please thank a woman today, for overseeing all the little details, that make our Church beautiful and homy.

March 26	Epistle Gabriella	Sermon Michealle
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Support Earthquake Victims in Turkey and Syria and make your dollar go farther!!!

If the Antiochian Archdiocese AWOs together can raise \$200,000 by Palm Sunday for the survivors, an anonymous donor has pledged to donate an extra \$100,000 towards the cause!!

Celebrate the feast of the Annunciation of the Theokotos with us after the service.

Fish Luncheon is sponsored by AWO.

All the proceeds for this Fish Luncheon will go to the Earthquake Survivors in Turkey and Syria.

Our suggested meal price is \$10 per adult and \$5 per child.



THERE WILL BE MEMORIAL SERVICE FOR OUR BELOVED PARISHIONERS

LOU ABRAHAM (2 WEEKS), AND ANN SHARK (40 DAYS).

TODAY'S KOLIVA IS PROVIDED BY DRAGU FAMILY IN MEMORY OF TITU AND VITORINA.

MAY THEIR MEMORY BE ETERNAL



Please pray for the healing of John Thieme, Debbie Thieme, Jennifer Glass, Beverly Delida, Lisa Zolton, Tatiana Jones, Gabriella Baika, Ted Theodoropoulos, Susan Perers, Alix Hall, Nina and Diogo Penas, Beth Manzini, John Archambeau, Alex & Soula.



2023 GOOD FRIDAY & EASTER FLOWERS

IF YOU LIKE TO DONATE TOWARD THE GOOD FRIDAY & EASTER FLOWERS FOR THE GOOD HEALTH OF YOUR FAMILY OR IN MEMORY OF YOUR BELOVED ONES SO WE CAN DECORATE THE CHURCH FROM GOOD FRIDAY UNTIL EASTER, PLEASE FILL THE

FORM BELOW AND MAKE YOUR DONATION TO ST. Anthony EARMARKED "FLOWERS FOR PASCHA"

NAME: _____

(PLEASE PRINT)

DONATION AMOUNT _____

NAMES TO BE COMMEMORATED ON PASCHA EVE LITURGY

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PLEASE RETURN THIS FORM TO THE CHURCH OFFICE OR MAIL IT TO P. O. BOX 267, MELBOURNE, FL 32902

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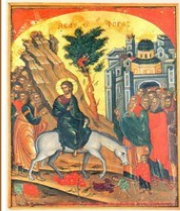
THE EVENTS OF HOLY WEEK, 2023

Lazarus Saturday, April 8th:

9:30 AM - Orthros
10:30 AM - Divine Liturgy

(St. Lazarus Camp day)

4:30 PM – Great Vespers followed by hearing of Confessions.



Palm Sunday, April 9th:

Entry of Our Lord into Jerusalem.

9:00 AM - Orthros

10:00 AM – Divine Liturgy followed by **PALM SUNDAY LUNCHEON**

1:30 PM - 1st Bridegroom Service

Great and Holy Monday, April 10th:

6:00 PM - 2nd Bridegroom Service.

Great and Holy Tuesday, April 11th:

6:00 PM - 3rd Bridegroom Service.

Great and Holy Wednesday, April 12th:

6:00 PM - Sacrament of Holy Unction (Confessions)

Great and Holy Thursday, April 13th:

9:00 AM - Orthros

COMMEMORATION OF THE MYSTICAL SUPPER

10:00 AM - Vespertal Liturgy - On Holy Thursday morning we celebrate the Institution of the sacrament of Holy Communion by our Lord. All of the children of the Parish should be brought to Church for Communion on this day.

OFFICE OF THE REDEEMING PASSION OF OUR LORD

6:00 PM - Matins with the reading of the 12 Passion Gospels, and the setting up of the Holy Cross in church.

Great and Holy Friday, April 14th:

9:00 AM - Holy Royal Hours
and setting up of the
Tomb of Our Lord (by the ladies).

2:00 PM - Vespers with the bringing out of the shroud. Taking down of the Cross.

LAUDATIONS AT THE TOMB OF OUR LORD

6:00 PM - Matins for Holy Saturday with the singing of the laudations (Lamentations) at the Tomb of Our Lord, and the procession outdoors with the Bier.

8:00 PM - All Night Vigil (sign up is on the bulletin board)

Great and Holy Saturday, April 15th:

10:00 AM - Vespertal Liturgy of St. Basil with the Old Testament readings, during which is the hearing of Confessions.

Please Note: Last Chance for Confession!

Those wishing to receive communion on Saturday night and who still need confession, should go to confession during the Vespers with the Old Testament readings.

8:30 PM - Rush Service of the Resurrection

9:30 PM - Resurrection Divine Liturgy

Followed by the Easter Breakfast.

GREAT & HOLY PASCHA - Sunday, April 16th:

10:00 AM - Bright Paschal Vespers with the Reading of the Gospel in various languages.

The Bright

Resurrection of Christ!

Christ is Risen!

Truly, He is Risen!



April Events Schedule

April 1 - Antiochian Women Spring Retreat at 9:30am-noon

April 8 - Lazarus Saturday Camp Day for children at 1pm-3pm, Teens Bible Bowl Study at 1:30-2:30pm
Adults - making Palm Crosses at 3:30pm-4:30pm

April 9 - Palm Sunday, Flower procession **Sunday School Fundraiser (fish luncheon)**

April 14 - Holy Friday (ladies decorate the Tomb at 10am),
Night Vigil readings - sign up is on the bulletin board.

April 15 - Pascha night service (see Holy week schedule)

April 27 - Teens Bible Bowl study on Band at 7pm



4th Sunday of Lent

I would like to share with you an article I recently came across by the late Metropolitan Anthony (Bloom) of Sourozh of thrice blessed memory. Metropolitan Anthony was best known as an Orthodox Christian writer and broadcaster in the mid to late 20th century, and was the Russian Orthodox Exarch in Western Europe. As we approach midpoint of Great Lent, his words are a gentle lesson on fasting.

"Sometimes it happens like this: a person tries to keep the fast, but then he falls and feels that he has defiled his whole fast, and that there is nothing left from his feat. In fact, it is far from being like this. God looks at this fast from a different viewpoint. I can explain this to you with one example from my personal experience.

When I was a doctor, I was dealing with one poor Russian family. I did not take any money from them because they just had no money. Once, during Great Lent, when I was fasting especially strictly, trying no to violate any church rules, they invited me for dinner. It turned out that during the whole Lent they were saving money to buy a small chicken to treat me. I looked at that chicken and saw the end of my fasting feat in it. Of course, I ate a piece of it. I could not afford myself to offend them.

I went to my spiritual father and told him about the misfortune that had happened to me. I told him that I was fasting almost perfectly during Lent, but then I ate a piece of chicken during the Holy Week. Fr. Athanasios looked at me and said:

– You know what? If God looked at you and saw that you have no sins and that a small piece of chicken could defile you, He would protect you from that. But God looked at you and saw that you were so sinful that no chicken at all can defile you more than that.

I believe that many people can use this example in order not to blindly follow church canons, but be honest people first of all. Sure, I ate a piece of chicken: not as something dirty, but as a gift of human's love. I remember an episode from the book by Fr. Alexander Schmemmann, where he wrote that everything that exists in this world is God's love. Even the food we eat is the Divine love in edible form."

In Christ,

Fr. Elia Shalhoub

Very Rev. Fr. Elia Shalhoub, Pastor



TODAY'S FEAST SUNDAY, MARCH 26TH 2023
FOURTH SUNDAY OF LENT
SUNDAY OF ST. JOHN OF THE LADDER

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

ANNUNCIATION OF THE THEOTOKOS

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women." After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word." And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).



Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, Saint John the Baptist, prophesied of the dawning of the spiritual Sun. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord, and with a great voice blessed her and the Fruit that she held within herself. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour," and the rest, as the divine Luke hath recorded (1:39-55)

SYNAXIS IN HONOR OF THE ARCHANGEL GABRIEL

This festive Synaxis is celebrated to the glory of the Archangel Gabriel, since he ministered to the marvelous mystery of God's incarnate dispensation.



Food for Hungry People 2023, 49th Anniversary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 How many cars are in your family? You can't "Dodge" the hungry, but you can a "Ford" to pay .50 for each car.	27 "Day by day," from dawn till night, Hunger knows no hour - nor if it's day or night. Pay .20 for each lamp in your home.	28 How many cameras do you have? Pay .30 for each. This will help us make all "negatives" positives.	29 Pick up all the loose change laying around the house. Put it in your FFHP Box. This will help make a "change" in the world!	30 Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hunger-y!	31 How many members are in your family? Pay .20 for each. The hungry have families to feed also; let's make this a real "family affair!"	APRIL 1 How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.

PREPARATION FOR LENT

Our Lenten Journey

by Abbott Tryphon

The Byzantine Court was filled with sycophants, busying themselves with building alliances that would help them rise in status and influence. During the thousand years of the empire, a few emperors were tricked into believing these sycophants were truly their friends, and could be trusted, when in actuality they were being played, and these flatterers were not their friends. These sycophants were quick to change allegiances should a better opportunity arise, and many an emperor was, in the end, betrayed by those whom they'd thought could be trusted. These flatterers lacked courage, and in their dishonesty faked loyalty to the Emperor, and in the end, the whole of the Empire would suffer. Had these people been true citizens of the Empire, and not focused on their own advancement, the Emperor would have enjoyed the loyalty of a citizen who put the Empire before self. In the end, the Emperor would be betrayed, and the Empire would have suffered yet another round of intrigue. As we continue on this Lenten journey, let us reexamine our own relationships. Are we sycophants, or do we speak from the heart, without thought for self promotion? Are we true friends to those with whom we share our lives, or are we always thinking only of ourselves? Do we really desire to serve those who are over us, or do we think only of our own advancement? Do we really desire to grow in the Faith, or are we only focused on the here and now? Are we like the emperor, only surrounding ourselves with flatterers, and people who tell us what we want to hear, or are we ready to receive the feedback that would actually help us grow spiritually? Let us in all humility beseech the Lord during this Great and Holy Fast, seeking the transformation that is ours through His grace. Let us offer ourselves as a living sacrifice, expecting, because of His loving kindness, to be made whole. Finally, let us not be flatters and betrayers of others, but true friends, always putting ourselves last. Let us love God above all else, and let us love others as ourselves. With God's help, this Lenten journey will be the most spiritually profitable of them all.