

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, May 15, 2022

Sunday of the Paralytic

The Divine Liturgy

Commemoration: Sunday of the Paralytic; Pachomius the Great; Achillius the Wonderworker, Archbishop of Larissa; Placing of the Honorable Head of the Apostle Titus; Barbaros the Myrrhbearer of Kerkyra; Andrew the Hermit and Wonderworker.

Variable Hymns and Readings in the Liturgy

Christ Is Risen

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!

At the Second Antiphon

Save us, O Son of God, who rose from the dead, save us who sing to you: Alleluia!

At the Small Entrance

Hymn of PASCHA, Plagal First Tone

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!

Hymn of Entrance

Bless God in the churches; the Lord from the fountains of Israel. Save us, O son of God who rose from the dead, save us who sing to you: Alleluia!

Resurrection Hymn, Third Tone

Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of his arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world his great mercy.

Hymn of the Dormition of the Theotokos, First Tone

In giving birth, you preserved your virginity, O Theotokos; in falling asleep you did not forsake the world. You passed over into life, O Mother of Life; and by your prayers you deliver our souls from death!

Kontakion of PASCHA, Plagal Fourth Tone

Into the grave you descended, Immortal One, yet you destroyed the power of Hades, and as victor you arose, O Christ our God; you proclaimed to the myrrh-bearing women a greeting of joy, you brought peace to your holy apostles, and to the fallen you granted resurrection.

Epistle..... Acts 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Gospel.....John 5:1-15

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight

years. When Jesus saw him and knew that he had been lying there a long time, he said to him, “Do you want to be healed?” The sick man answered him, “Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me.” Jesus said to him, “Rise, take up your pallet, and walk.” And at once the man was healed, and he took up his pallet and walked.

Now that day was the sabbath. So the Jews said to the man who was cured, “It is the sabbath, it is not lawful for you to carry your pallet.” But he answered them, “The man who healed me said to me, ‘Take up your pallet, and walk.’ “They asked him, “Who is the man who said to you, ‘Take up your pallet, and walk?’” Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, “See, you are well! Sin no more, that nothing worse befall you.” The man went away and told the Jews that it was Jesus who had healed him.

Megalynarion of PASCHA, First Tone

The Angel spoke to her who is full of grace: Rejoice, O pure virgin, and again I say rejoice; your Son is risen from the grave on the third day.

Shine, Shine, O new Jerusalem, for the glory of the Lord is risen upon you. Now dance and be glad O Sion; and you, O pure Theotokos, exalt in the rising of your Son!

The Communion Prayers are found on page 4 of this leaflet.

Communion Hymn

Receive the Body of Christ, and taste him who is the fountain of immortality.

Instead of “We have seen the light...,” we chant “Christ is risen.”

Stewardship Prayer

Lord Jesus Christ, our God, accept our offerings as You have accepted the gifts of Your people throughout the ages. We offer these gifts to Your glory, for the support of the ministries of Your holy Church, for the alleviation of suffering and hunger, and for the proclamation of Your Gospel to the whole world.

Grant us Your blessing, Lord our Savior, that we may always be faithful stewards, continuing to share the gifts you have given us, by the power of Your grace, mercy, and love. May Your name be glorified forever. Amen.

THE COMMUNION PRAYERS

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for life eternal. Amen.

Behold, I approach for Divine Communion. O Maker, burn me not as I partake, for You are fire consuming the unworthy. But cleanse me from every stain.

Receive me today, O Son of God, as a partaker of Your mystical supper; for I will not betray Your mysteries to Your enemies, nor give You a kiss as did Judas, but as the thief I confess You: Remember me, O Lord, in Your kingdom.

Tremble, O man, as you behold the divine Blood. It is a burning coal that sears the unworthy. The Body of God both deifies and nourishes me: It deifies the spirit and wondrously nourishes the mind.

You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up my sins with spiritual fire, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings.

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Approaching to receive, each makes a reverence and says:

✠ Behold I approach Christ, our immortal King and God.

Today

Prosforo is provided by Ruta Kubits.

Memorial Prayers today are offered for *Maria Atsidakos* (40 days).

Fun Jam 2022

Today after Liturgy

Enjoy hot dogs and chips as well as cupcakes and ice cream (compliments of Harry Legeros Memorial). There'll be all sorts of fun things for the kids.

Prayer Ministry

Please remember the sick, the suffering, and those in need, especially:

Those suffering from COVID-19 and those who care for them; for the people of Ukraine; our brothers and sisters living through the aftermath of disaster; for the victims of violence; Metro Hope Ministries; Orthodox Christian Prison Ministry; Families Moving Forward; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; Elena, Speranta, Maria, Dave Ruesink, Liz, Efstatia, Jordan, David, Nino, Joe, Tom, Gigi, Zossima, Donnarae, Samira, Mary K., Dreux, Monte, Bethany, Mark, Owen, Chrysanthy, Estelle, Justine, Melissa, Megan, Dallas, Lenzie, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Karrisa, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Bo, Tom, Lynn, Deb, Sarah, Maia, Travis, Kassie, Tahnlee, Lois, Kalli, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, Rifka, Pat, Nancy, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Steven E., Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Nancy, Alex, Eryn, Phil, Karen, Phil, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, Julie, R.J., Allie, Vickie, Petra, Bob, Joseph, Avgi, Christopher, Elizabeth, Jaxon, Judi, Bodil, Ole, and others known to you.

Sacraments This Week

Marriage

Bradley Massopust to Erika Young, May 14, 2022



Scan the QR code to give through Venmo.

When giving through Venmo, please provide both your first AND last name in order to receive proper credit for your contribution.

Calendar of the Week

Sunday, May 15: Sunday of the Paralytic

• *Last day of Church School*

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy; Church School after Liturgy – Fun Jam

11:30 a.m. – Missions and Outreach, Fireside Room

Tuesday, May 17

12:00 noon – Kourambiethes Baking, Kitchen

Wednesday, May 18: Mid-Pentecost

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy

6:15 p.m. – Parish Night

6:30 p.m. – Choir Rehearsal, Nave

Friday, May 20

7:00 a.m. – Men's Fellowship, Fireside Room

Saturday, May 21: Saints Constantine and Helen

9:00 a.m. – Bible Study, Fireside Room

9:00 a.m. – Matins; 10:00 a.m. – Divine Liturgy after Liturgy – Artoclasia Workshop, Kitchen

Sunday, May 22: Sunday of the Samaritan Woman

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy after Liturgy – Harvest Pack

Parish Night

Join us for the last Parish Night of the year on Wednesday, May 18! The evening begins at 6:15 p.m. with a brief prayer service in the Nave, followed by dinner in the Terrace Room, and breakout sessions for the adults and kids. Parish Night ends by 8:00 p.m. Parish Night is a parish-wide event for Kindergarteners-12th graders and adults.



2021-2022 Themes

Adults: *The Illness & Cure of the Soul*

Senior GOYA (Grades 9-12): *Tending the Garden of Our Hearts*

Junior GOYA (Grades 6-8): *Be a Bee*

HOPE/JOY (K-5th Grade):

Journey Through the Parables: Harrowing of Hades

Announcements

Food Shelf Needs for May

Joyce is in great need of household items: diapers, wipes, tampons (not pads), toothbrushes, toothpaste, as well as ramen. These items may be brought any week during May.

May's recipient is Joyce Uptown Food Shelf.

Please do not bring opened packages. They will be discarded.

COVID-19 Update

As we all know, the Covid-19 virus has seen a resurgence in the country and in our own community of St. Mary's. While we are all fatigued by continual changes and updates offered by the news media and health organizations, ultimately we are brothers and sisters in Christ who are asked to care for one another.

As a reminder, if any parishioner is not feeling well, has been recently exposed to someone who has tested positive for Covid-19, or you have tested positive, we kindly ask that you do not participate in activities or services until the CDC recommended isolation time has passed. With such a large community and many opportunities to interact, we would never want to knowingly cause someone to become ill.

Should you have any questions or need additional information, please contact the Church Office or our priests. We thank you for your cooperation.

Harvest Pack Event ~ Sunday, May 22

St. Mary's Missions and Outreach Ministry is sponsoring a meal pack event on Sunday, May 22, 2022.

We can use your help. Here's what's on:

- 8:00 a.m. - We need a few strong folks to help us unload the truck and set up the packing lines.
 - 9:30 a.m. - Liturgy
 - 11:15 a.m. (after Liturgy) - Pizza
 - 11:30 a.m. - In the Terrace Room: Instructions on how to pack, then we begin to pack the meals!
- We expect to wrap up about 1:30 p.m.

Sign up today! tinyurl.com/yc28k9b6



Philoptochos News

Today...

Look for the Philoptochos table and sign up for...

Festival Baking Begins with Kourambietes in May!

~ Tuesday, May 17 ~

Festival baking gets underway this week with a day of baking kourambietes then continuing in June with baklava assembly and baking! You're welcome for part or all of the day, and no experience is necessary. Volunteer at the Philoptochos table, or use the Sign-up Genius link in this week's Weekly Update e-mail.

Final Sacred Baking Workshop

Artoclasia (Blessing of Five Loaves)

Saturday, May 21, 10:00 a.m. (or after Liturgy)-2:00 p.m.

Register at the Philoptochos Table in the Social Hall or contact Toni Bazakos, 612.554.7861. There is no cost to attend. All parishioners are welcome to come and learn.

Spring Finale

~ Tuesday, May 24 ~

The Spring Finale Dinner and Meeting will take place on Tuesday, May 24, 5:30 p.m., at St. Mary's. This is our last gathering until the fall and we'd love to see you there! Please RSVP at the Philoptochos table during coffee hour. Watch the bulletin, e-mails, and web page for more information.



Youth News

~ Vacation Church School ~

June 13-17 • 8:45 a.m.-12:00 noon

This year we will explore Superheroes — Super Saints

Children 4 years old (and potty trained) through those entering grade 6 in the fall. Also needed are helpers/crew in grades 7-12 grades and adult. Registration link: tinyurl.com/stmarysVCS2022

Summer Camp at Camp Wapogasset

July 2-8, 2022

Summer Camp registration is underway and registrations are coming in!

• Registration Fee Schedule •

• Registration Fee: \$505.00. Registration closes on Thursday, May 26

Follow us on our website: stmaryscamp.com and Facebook:

facebook.com/campstmarys/

News from FOCUS

It's Lunchtime!

This year, in February, we added a third lunch production day to our Wednesday schedule. This increase in the amount of food offered during the week, coupled with the Sunday hot dinner, brings our weekly meal count to about 500!

• We are looking for additional volunteers for two-hour shifts on Wednesday mornings, ideally to commit to come weekly to keep this program running smoothly. To volunteer, please contact David in the Church Office.

Opportunities with St. Paul Public Schools

Students have an acute need for nutritional support, clothing, and supplies. FOCUS Minnesota is prioritizing a collection of backpacks and school supplies from now through August 20 to provide kids and their families with help so that they can do their best in school.

Please think about donating:

- a working backpack to a middle school student,
- or some school supplies (intermediate level)
- or a sweatshirt/hoodie.

Place donations by FOCUS sign in the hallway leading to the Church Office.

From the Fathers...on Suffering

If sorrow makes us shed tears, faith in God's promise makes us dry them.
—Saint Augustine

Daily Bible Readings

Monday, May 16

Acts 10:1-16 • John 6:56-69

Tuesday, May 17

Acts 10:21-33 • John 7:1-13

Wednesday, May 18

Mid-Pentecost

Acts 14:6-18 • John 7:14-30

Thursday, May 19

Acts 10:34-43 • John 8:12-20

Friday, May 20

Acts 10:44 – 11:10 • John 8:21-30

Saturday, May 21

Saints Constantine and Helen

Acts 26:1, 12-20 • John 10:1-9

Sunday, May 22

Sunday of the Samaritan Woman

Acts 11:19-30 • John 4:5-42

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Fr. John Kostas; Deacon Paul Kalina