

SAINT MARY'S GREEK ORTHODOX CHURCH

May 7, 2023

Sunday of the Paralytic

The Divine Liturgy

Commemoration: Sunday of the Paralytic; Commemoration of the Precious Cross that appeared in the sky over Jerusalem in 351 A.D.; Cyril, Archbishop of Jerusalem; Repose of St. Nilus, abbot of Sora; Pachomios the New Martyr of Patmos; Akakios the Centurion of Byzantium.

Morning Gospel: Fifth

Tone: Third

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 40 of the hymnal.

Communion Hymn

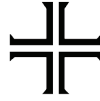
Receive the Body of Christ, and taste him who is the fountain of immortality.

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

Today

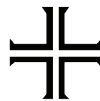
Prosforo is provided by Cristina Nicklow.

40-Day Churching: *Sophia*, parents: *Nathaniel & Emily Kostick*.



Prayer Ministry

Please remember the sick, the suffering, and those in need, especially: The family of Marion West; the family of Harry Youtsos; the family of Hope Kennedy; 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; Juan Cruz & family, Kristina, Charlie, Stan, Helena, Byrdie, Jennifer, John S., Becky, Noel, Stephen, John K., Alexey, Alexandra, Ray, Christina, Joanne, Athena, the Muñoz family, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Maria, Dave Ruesink, Liz, Efstratia, Jordan, David, Nino, Joe, Tom, Gigi, Zossima, Donnarae, Samira, Mary K., 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, Carole, Patty, 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, Annie, Sue & Jim, Steve, Sue, Jane, Rifka, Pat, Nancy, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Steven E., Julia, Presvytera Janis, Sandra, Rick, Nancy, Alex, Eryn, Phil, Karen, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, Julie, R.J., Allie, Vickie, Petra, Bob, Joseph, Christopher, Elizabeth, Jaxon, Judi, Bodil, Ole, and others known to you.



Stewardship Update

To date, we have received 331 pledges totaling \$931,187.00 which covers 67% of our 2023 ministries and operations budget of \$1,389,820.00. The goal is to have pledges covering 100% of the budget, so please submit your pledge form at your earliest convenience. If you need a form, you'll find additional ones, and a drop box, at the display in the narthex.

Calendar of the Week

Sunday, May 7: Sunday of the Paralytic

- *“The Messenger” news item deadline ~ June issue*

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
after Liturgy – Realm Training during coffee hour, Great Hall
Look for the table.

Monday, May 8: Saint John the Theologian

9:30 a.m. – Divine Liturgy

Tuesday, May 9

11:00 a.m. – Funeral Service for Marion West, Visitation from 10:00
St. Mary’s Church

6:15 p.m. – Parish Council, Fireside Room

Wednesday, May 10: Mid-Pentecost

9:30 a.m. – Divine Liturgy

6:15 p.m. – Senior GOYA, Youth Room

Thursday, May 11

4:00-6:00 p.m. – Visitation for Harry Youtsos
Trisagion Service at 4:30 p.m.

Washburn-McReavy Edina Chapel

Friday, May 12

11:00 a.m. – Funeral Service for Harry Youtsos, St. Mary’s Church

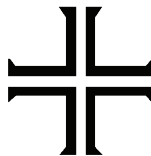
Saturday, May 13

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

1:00 p.m. – HOPE/JOY Bowling at Park Tavern, St. Louis Park

Sunday, May 14: Sunday of the Samaritan Woman Mother’s Day

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



Announcements

Food Shelf Needs for May 14

Cereals - hot or cold

May's recipient is Joyce Uptown Food Shelf.

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

Seniors' Meeting

Saint Mary's Seniors meeting and social will be held Tuesday, May 16 (note the date change to the *third* Tuesday of the month), at noon in the Terrace Room. We will celebrate May birthdays and anniversaries with a group photo, a luncheon hosted by some of our members, and delicious cake from Queen of Cakes. Secretary Linda Stanton will lead a discussion on childhood memories and we will also have a guessing game. Please find a baby/childhood photo of yourself and give it to Tessie Bourdamis before our May meeting. All St. Mary's seniors (55+) are welcome to join this lively group. Dues are \$15. For further questions, please contact President Tessie Bourdamis.

Summer Camp at Camp Wapogasset

July 1-7, 2023

Summer Camp registration is underway!

Standard Registration Fee: \$550.00, now through May 18

stmaryscamp.com • facebook.com/campstmarys/

Coffee Hour Hosts Needed

Coffee hour hosts are needed for the follow Sundays:

June 4 and 11; July 2, 9, 23, and 30; all Sundays in August.

Please contact the Church Office if you'd like to offer to host.

Realm Connect

Realm Connect Has Launched!

Realm Connect has launched for St. Mary's! You should have received your invitation this week. To join, you will need to: 1) accept the invite, 2) create a profile and 3) download the app. Training is available after Liturgy on the steps to get set up, look for our table in the coffee hour. More training will be offered in the future.

Philoptochos News

Spring Fun with Philoptochos!

After Pascha, Philoptochos has just-for-fun activities plus ways to serve the church and others. Join us as you're able.

- Tuesday, May 16 – Board Meeting, 6:30 p.m., Fireside Room.
- Thursday, May 18 – Ladies' Night Out hosted by Eleni George 6:00 p.m., Point of France Party Room.
Bring an appetizer or dessert to share.
- Friday, May 19 – Kourambiethes Baking Session for the Taste of Greece, 12:00 noon-5:00 p.m.
- Saturday, May 20 – Pan-Orthodox Women's Tea, 2:30-4:30 p.m., Lecture Room. Bring an appetizer or dessert to share.
- Tuesday, May 23 – Spring Finale: Dinner and Elections 5:30 p.m., Terrace Room.
- Thursday, June 1 – Women's Book Club Discussion, 7:00 p.m.
- Friday, June 9 – Day of Service, 9:00 a.m.-9:00 p.m., Lecture Room.



*If you'd like to help staff a station, food, or clean up,
please contact Georgia Andron:
greekborba@hotmail.com or 612.978.2793*

Ladies' Night Out

Thursday, May 18th @ 6:00 p.m.

Hosted by Eleni George at

Point of France Party Room

6566 France Ave. South, Edina

All ladies of the Parish are invited to attend
a casual get together to enjoy each other's
company, some food, and drinks

Please bring an appetizer or dessert to share
Beverages will be provided by Philoptochos



Vacation Church School 2023

The Fruits of the Spirit

St. Mary's Greek Orthodox Church

June 12-16, 2023 • 8:45 a.m.-12:00 p.m.

Kids ages 4 years old (and potty trained) through going into 6th grade (fall 2023) are welcome. Middle and high school students and adults are needed to help.

Join us for a fun-filled tropical adventure as we learn about the wonderful fruits that the Holy Spirit gives us. We will have crafts, singing, gym activities, snacks, and interesting lessons!

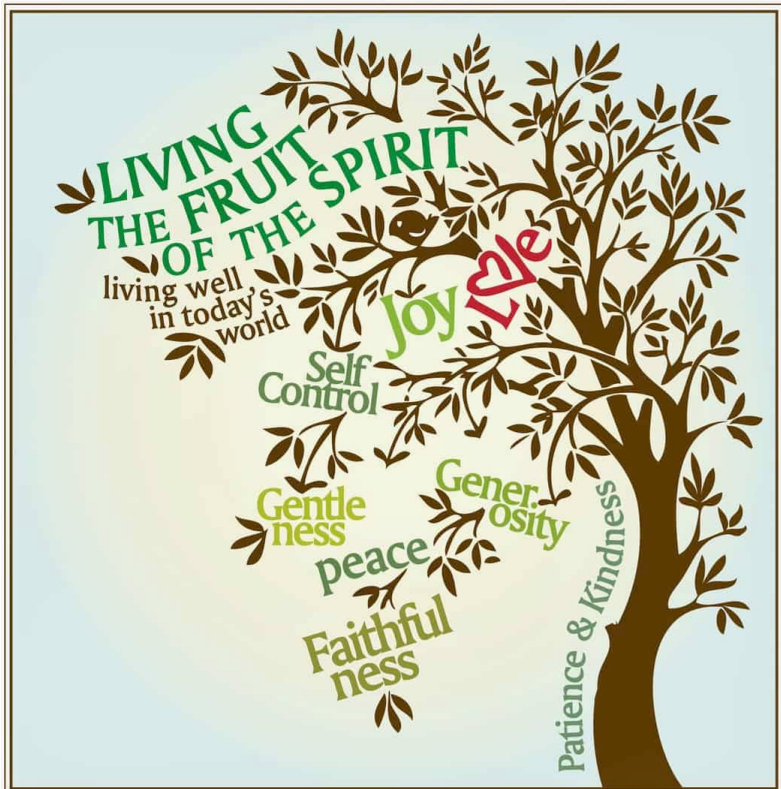
Questions? Contact Dena Tortorelis or Krissa Rovolis at...

Churchschool@stmarysgoc.org

Hope to see you there!

To register: tinyURL.com/Fruits-VCS-2023

Or scan the code at the right on your phone.



From the Fathers...on Healing

Abba Poemen said of Abba Nisterus that he was like the serpent of brass which Moses made for the healing of the people: he possessed all virtue and without speaking, he healed everyone.

Daily Bible Readings

Monday, May 8

Saint John the Theologian

I John 1:1-7 • John 19:25-28, 21:24-25

Tuesday, May 9

Acts 10:21-33 • John 7:1-13

Wednesday, May 10

Mid-Pentecost

Acts 14:6-18 • John 7:14-30

Thursday, May 11

Acts 10:34-43 • John 8:12-20

Friday, May 12

Acts 10:44—11:10 • John 8:21-30

Saturday, May 13

Acts 12:1-11 • John 8:31-42

Sunday, May 14

Sunday of the Samaritan Woman

Acts 11:19-30 • John 4:5-4

Saint Mary's Greek Orthodox Church

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Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas

Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon