



ST. MARY'S
GREEK ORTHODOX CHURCH

May 11, 2025

Sunday of the Paralytic

THE DIVINE LITURGY

Commemoration: Sunday of the Paralytic; Renewal of Constantinople; Hieromartyr Mocius; Methodius & Cyril, Equal-to-the Apostles Illuminators of the Slavs; Theopemptos the Martyr & his Companions; Dioscoros the New Martyr.

Morning Gospel: Luke 24:12-35

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!

Hristos anesti ek nekron, thanato thanaton patisas,
ke tis en tis mnimasi zoin harisamenos.

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!

Hristos anesti ek nekron, thanato thanaton patisas,
ke tis en tis mnimasi zoin harisamenos.

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!

Ἐν τῇ γενήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ κοιμήσει τὸν κόσμον οὐ κατέλιπες,
En ti gennisi tin parthenian efilaxas en ti kimisi ton kosmon u katelipes,

Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς, καὶ ταῖς πρεσβείαις
Theotoke. Metestis pros tin zoin, mitir iparhusa tis zois, ke tes presvies

ταῖς σαῖς λυτρουμένη ἐκ θανάτου τὰς ψυχὰς ἡμῶν.
tes ses litrumeni ek thanatu tas psichas imon.

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.

.....

Litany for the Catechumens

Deacon: Catechumens, pray to the Lord.

People: Lord, have mercy.

Deacon: Let us, the faithful, pray for the catechumens.

People: Lord, have mercy.

Deacon: That the Lord will have mercy on them.

People: Lord, have mercy.

Deacon: That He will teach them the word of truth.

People: Lord, have mercy.

Deacon: That He will reveal to them the gospel
of righteousness.

People: Lord, have mercy.

Deacon: That He will unite them to His holy,
catholic, and apostolic Church.

People: Lord, have mercy.

Deacon: Save them, have mercy on them, help them, and
protect them, O God, by Your grace.

People: Lord, have mercy.

Deacon: Catechumens, bow your heads to the Lord.

People: To You, O Lord.

Prayer for the Catechumens

Priest: Lord our God, Who dwells on high and
watches over the humble, You sent forth
Your only-begotten Son and God, our Lord
Jesus Christ, for the salvation of the human
race. Look down upon Your servants, the
catechumens, who have inclined their necks
to You, and grant them at a proper time the
baptism of rebirth, the remission of sins, and
the garment of incorruption. Unite them to
Your holy, catholic, and apostolic Church,
and number them among Your chosen flock.

Priest: So that with us they also may glorify Your
most honorable and majestic name, of the
Father and of the Son and of the Holy Spirit,
now and forever and to the ages of ages.

People: Amen.

.....

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.”*

.....

“The vain desires of the world separate us from our homeland; love of them and
habit clothe our souls as if in a hideous garment. This is called by the Apostles,
the outward man. We, traveling on the journey of this and calling God to
help us, ought to be divesting ourselves of this hideous garment and clothing
ourselves in new desires, in a love of the age to come, and thereby to receive
knowledge of how near or how far we are from our heavenly homeland.”

— *Saint Herman of Alaska*

Today

Prosforo is provided by **Olga Berkovskaya**

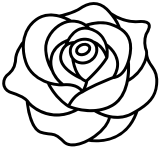
40-Day Churching: **Artemis Marta**, parents: **Will Pappas and Adele DeNicola**

Memorial Prayers today are offered for **Maria Lind** (40 days);
Garifalia (Carrie) (18 years) and **Christos** (17 years) **Boosalis**;
Departed members of AHEPA and Daughters of Penelope

The coffee hour today is hosted by
AHEPA and Daughters of Penelope.

Congratulations to the AHEPA Demosthenes Chapter 66
upon celebrating their 100th anniversary this year and to the
Daughters of Penelope Antigone Chapter 35 upon celebrating
their 90th anniversary this year as well!

The bookmarks distributed to the women after Liturgy
this morning are offered by **Melpo Murdakes** in
remembrance of her mother, **Ann Nickolas.**



***Happy Mother's Day to all
mothers, grandmothers, yia yias,
and godmothers! May God grant
you many years!***

Welcome Visitors and Guests!

Members of our Missions and Outreach Committee are at the
welcome and information table just inside the Great Hall, to the left,
after Liturgy this morning to welcome you and answer your questions
about St Mary's Greek Orthodox Church and the Orthodox faith. Join
us for a cup of coffee and always enjoyable refreshments.

Announcements



Special Election Today

Parish Council elections are today in the Great Hall after
Liturgy to fill the vacant seat on the Parish Council. Please stop
by one of the tables where members of the Board of Elections
will hand out voting ballots.

Calendar of the Week

Sunday, May 11: Sunday of the Paralytic;

Mother's Day; AHEPA Sunday

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

after Liturgy – Special Parish Council Election, Great Hall

Tuesday, May 13

12:00 noon – Senior Citizens' Meeting, *Terrace Room*

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

6:30 p.m. – Philoptochos Board Meeting, *Terrace Room*

Wednesday, May 14: Mid-Pentecost

9:30 a.m. – Divine Liturgy

6:30 p.m. – Choir Rehearsal, *Nave*

Thursday, May 15

6:30 p.m. – Koinonia, *Fireside Room*

Friday, May 16

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

12:00 noon – Kourambiethes Baking, *Kitchen and Terrace Room*

Saturday, May 17

8:30 a.m. – Women's Bible Study, *Patty Christopulos' home*

Saturday Bible Study is on break

3:30 p.m. – Women's Tea, *St. Panteleimon Russian Orthodox Church*

5:00 p.m. – Great Vespers

Healing House Dinner

Sunday, May 18: The Samaritan Woman

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

after Liturgy – Fun Jam

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



A Note on Giving

When making a contribution of any type to St. Mary's with a check, the check must be made payable only to St. Mary's. As a safety precaution, our bank does not accept checks from us that are made out to specific funds or individuals. This includes memorials, donations for holiday flowers, meals, and the like. Additionally, checks made out to individuals, such as memorials, cannot be endorsed over to St. Mary's. If you have questions about this, please contact the Church Office.



Prayer Ministry

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

All victims of wars throughout the world; Our brothers and sisters living through the aftermath of disaster; For the victims of violence; Metro Hope Ministries; Orthodox Christian Prison Ministry; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially Jassir; San Miguel Del Lago Orphanage; Filio, Mechelle, Elaine, Vonda, Andrew, Susan, Elias, Imogene, George, Becky, Elizabeth, Yvonne, Fran, Jim, Kathryn, Tom, Gina M., Elly K., Thomas, Panos, Connie, Evdoxia, Sylvia, Pete, Karen, Steve A., Athena, Betty, Sean, Krisanne, Ann, Mark, Kostantinos & Georgia, Andreas, Jonathan, Jeanette, Mary, Ann, Marilyn, Donna, Dawn, Don, Nancy, Brad, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Owen, Michael, Johnny, Jaclyn Jereczek, Dena, Chris, Joy Rose, Nick, John, Eugenia, Ron, Matt, Laura, Constance, Marina, Dion, Annali, Sofia, Juan Cruz & family, Charlie, Helena, Byrdie, Jennifer, John S., Becky, Noel, Stephen, Alexey, Alexandra, Ray, Christina, Joanne, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Liz, Efstratia, Jordan, David, Nino, Joe, Donnarae, Samira, Mary K., Monte, Bethany, Mark, Owen, Estelle, Justine, Melissa, Megan, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Irene Maria, Olivia, Lincoln, Carole, Patty, Karrisra, Corina, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Lynn, Sue & Jim, Steve, Sue, Jane, Pat, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Presvytera Janis, Sandra, Rick, Nancy, Alex, Eryn, Karen, Linda, 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, Judi, Bodil, Ole, and others known to you.

Food Shelf Needs for May 18



*Canned Meal – large cans
(e.g., Chili / Pork and Beans)*

May's recipient is **Joyce Uptown Food Shelf**.

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



Senior Citizens' Meeting

May 13, 12:00 noon

Saint Mary's Senior Citizens will meet on Tuesday, May 13, at 12:00 noon in the Terrace Room. We will celebrate all May birthdays and anniversaries with a group photo of all celebrants, a delicious buffet luncheon, and a scrumptious cake by Terri Leckas. Afterwards, we will be entertained by musicians, Cathy and Steve Selin who will play the trombone and piano and lead us in a sing-along of 40s, 50s and 60s songs. Who knows, there may be some impromptu dancing, too! We will end with a short meeting and announcements. All St. Mary's seniors (55+) are invited to join our lively group. Dues are currently \$15. For further information, please contact President Tessie Bourdamis or any current officer.



Lost and Found

Now that the nice spring weather is setting in, it's time to reclaim lost winter clothing and other items left around the building over the last several months. We have collected all the found items – clothing and otherwise – and placed them in the Great Hall, immediately to the left of the entrance. Please look over the items and take what is yours. Items not claimed by Memorial Day will be given to an outreach agency or discarded.



Scan to
Sign Up

Twin Cities YAL (ages 19–35)

Paschal Prayer and Potluck Picnic

Twin Cities Young Adult League (YAL) is hosting a Paschal Prayer and Potluck Picnic on Friday, May 16, at the Annunciation Chapel, 3025 Stinson Blvd NE, St Anthony, Minnesota. The evening begins with the Akathist at 6:00 followed by a potluck picnic. Please bring your favorite Pascha dish to share (or just yourself). Questions? Contact liamraboris@gmail.com



Greek Dance Program to Resume Practices

Register by June 8 — The Greek dance program will resume dance practices on Monday, June 9 and running through September 3. Practices take place on Monday evenings, 6:00-8:00 p.m., with added practices from time to time on Sunday afternoons. We will focus on preparing to perform for our Greek Festival, September 5-7. All youth of St. Mary's, ages 6 to 19 years, are welcome to join this fun cultural program. For further details on schedule, please contact Tessie Bourdamis, tbourdamis@comcast.net or Jim Canelake, agrimi01@gmail.com. **Please register by June 8.**

Philoptochos News



Sunday Table Coverage Reminder

We ask for your assistance in ensuring that the Philoptochos table remains staffed after Liturgy each week. We're looking for two members to manage the Sunday table, providing updates on current volunteer opportunities, and addressing general inquiries about our mission and membership. Sign up at our table and choose a Sunday that works for you.



Attention All Philoptochos Members

This year our Philoptochos chapter is celebrating 80 years of promoting charitable, benevolent, and philanthropic work for the Greek Orthodox Church. We would like to celebrate past and present members at our May Spring Finale. If you have any stories, pictures, or other memorabilia from the past 80 years, we would love it if you would share them with us. We are also looking for ladies to assist in planning this event. If interested...please contact Erline Holman, 507.259.5443, or yiyaiierline@gmail.com.



Philoptochos Board Elections – May 20

Philoptochos Board elections will be held in May, with up to 19 women able to join the team. This is a two-year term, and women experienced and new to the organization are welcome! The board meets eight times during the year and members serve on two committees. Lisa Gallmeyer, Carol Smith, and Paulette Hastings are leading the effort to create a slate of nominees. Please give some prayerful thought to taking on this role, talk with these three (or anyone on the board) to learn more, and become a leader in the philanthropic arm of the church!



80th Anniversary Spring Fling

Tuesday, May 20, 5:30 p.m. – Social Time, 6:00 p.m. – Dinner, Program, and Meeting. Join your Philoptochos' sisters for a fun evening celebrating our 80th Anniversary with food, beverages, games, and more. You don't want to miss this! Stop by our table to reserve your spot or sign up here, by scanning the code.



Philoptochos/Women's Book Club

Mother Theosemni is the next book the women in the Philoptochos Book Club will be reading and discussing. **Copies are available in the bookstore.**

Philoptochos News

Volunteer Opportunities for Festival Baking Start in May

Opa! Taste of Greece 2025 baking starts in May and we're excited to welcome you to our baking sessions! Here's the schedule through June:

- **Kourambiethes** - Friday, May 16, 12:00 noon-7:00 p.m.
- **Baklava Assembly** - Tuesday, June 3 and Monday, June 9, 11:00 a.m.-8:00 p.m.
- **Baklava Cut and Clove** - Wednesday, June 11, 11:00 a.m.-3:00 p.m., and Thursday, June 12, 9:00 a.m.-12:00 noon (if needed)



*Scan to
Sign Up*

These sessions are always fun and are a great way to be with old and new friends while supporting St. Mary's. Please join us when you can—for an hour or two or the entire session. Many hands lighten the load. No experience necessary...on-the-job training available! Volunteer via SignUpGenius or at the Philoptochos table after Sunday Liturgy.

The 19th Twin Cities Pan-Orthodox Tea

Saturday, May 17, 3:30-5:30 p.m.

Hosted by St. Panteleimon Russian Orthodox Church, 2200 Franklin Avenue, SE, Minneapolis MN 55414. Come together for fellowship and share ideas toward our common goals to learn from each other, share ideas from our parishes and to serve to be Christ-like. A service project grew out of our fellowship to serve those in need. Please bring an appetizer or dessert to share.

Questions? Contact Ellada: ellada_agadjanova@yahoo.com

Service Day...Mark Your Calendars! — Thursday, June 5

All Philoptochos members are invited to attend the Spring Chapter Connect Meeting. Join us for a day of service in the Terrace Room (any time between 9:00 a.m. and 8:00 p.m.) to sew simple items for various organizations like Tandem Family Resource Center and general health care centers. No need to know how to sew to attend! We'll have plenty of needs for ironing and cutting, so all are welcome! Come for an hour, two hours, or whatever works for you! If you plan to attend, please bring a pair of scissors, or if you are a sewer, bring your sewing machine or serger. Donations of new or gently used hand towels to sew baby bibs are welcomed!

SAINT MARY'S VACATION CHURCH SCHOOL



Just as the early settlers faced challenges on their journey west, Christians also encounter obstacles on the path to our heavenly promised land. At Vacation Church School, kids will learn what spiritual equipment they need, how to be courageous, who helps them along the way, and how to use grit and perseverance to stay on the Christian trail to paradise.

Join us for an unforgettable faith-filled adventure with lessons, crafts, snacks, and fun! Scan the code to register your child today!

For cowpokes 4 years old (and potty trained) through entering 6th grade in the fall.

REGISTER HERE



JUNE 16 - 20, 2025

At Saint Mary's, 8:45 a.m. - 12:00 Noon

Quick Links

Stay in Contact



To join our mailing list or update your contact information, scan the code.

Digital Donation



To make a donation or stewardship offering, scan the code.

Daily Bible Readings

Monday, May 12

Acts 10:1-16 • John 6:56-69

Tuesday, May 13

Acts 10:21-33 • John 7:1-13

Wednesday, May 14: Mid-Pentecost

Acts 14:6-18 • John 7:14-30

Thursday, May 15

Acts 10:34-43 • John 8:12-20

Friday, May 16

Acts 10:44-48; 11:1-10 • John 8:21-30

Saturday, May 17

Acts 12:1-11 • John 8:31-42

Sunday, May 18: The Samaritan Woman

Acts 11:19-30 • John 4:5-42



Saint Mary's Greek Orthodox Church

3450 Irving Avenue South, Minneapolis, Minnesota 55408-3399

612.825.9595 | stmarysgoc.org | social: [@stmarysgoc](https://www.instagram.com/stmarysgoc)   

Fr. Timothy Sas, Fr. Jason Houck, Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon

Weekly Bulletin Submissions to: Communications@stmarysgoc.org

Weekly Bulletin Submission Deadline: Mondays



Fun Jam! for Everyone!



Dine on hot dogs & chips
Cupcakes and ice cream
compliments of
Harry Legeros Memorial
Face painting, inflatables,
obstacle courses,
and animal kingdom

> Parents are responsible for
inflatables supervision <

Sunday,
May 18,
after Liturgy



Questions? Contact Geoglia Andron
greekborba@hotmail.com or 612.978.2793