

May 3, 2026



The Divine Liturgy

Sunday of the Paralytic

Commemoration:

Sunday of the Paralytic; The Holy Martyrs Timothy and Maura; Peter the Wonderworker; Theophan, Bishop of Peritheorion; Xenia of Kalamata the Great Martyr; Father Theodosius, Abbot of Kiev Caves Lavra; Ahmet the Calligrapher and Martyr; Oikoumenios the Wonderworker, Bishop of Triikka.

Morning Gospel: Luke 24:12-35 Tone: Third

VARIABLE HYMNS AND READINGS IN THE LITURGY

At the Second Antiphon

Christ is Risen!



- Christ is ris - en from the dead, by
 Χρι-στός ἀ - vé - στη έκ νε - κρῶν, θα -
 Hri - stos a - ne - sti ek ne - kron, tha -



death tram - pling down up - on
 νά - τω θά - να - τον πα - τή -
 na - to tha - na - ton pa - ti -



death, and to those in the
 σας, και τοῖς ἐν τοῖς μνή - μα -
 sis, ke tis en tis mni - ma -



tombs He has (*) grant - ed life.
 σι, ζω - ἦν χα - ρι - σά - με - νος.
 si zo - in ha - ri - sa - me - nos.

* Notes in parenthesis are for Greek only.

At the Small Entrance

Hymn of Pascha, Plagal First Tone

See hymn graphic on page 1.

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 λυτρομένη 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.

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Megalynarion, First Tone

The Angel cried aloud to the Lady full of grace: Rejoice, O pure Virgin;
and again I say Rejoice. Your Son has truly risen from the grave on the third day.
O Virgin, with one voice, all we believers call you blessed. Metaphorical City and Gate
of the Lord, rejoice! Light of your Son's resurrection from the dead shines on us today
through you, O Lady. And therefore we salute you: Rejoice!

The Communion Prayers are found on page 40 of the hymnal.

Communion Hymn

Receive the body, the body of Christ,
drink from the font of immortality.

***Instead of "We have seen the light..." we chant "Christ is risen."
(See hymn graphic on page 1.)***

Today

Prosforo is provided by:
Yana Patridge and Photine Saar

Memorial Prayers today are offered for:
Nicholas Everhart (40 days); **John Leckas** (5 years)

The coffee hour today is hosted by:
Terri Leckas in memory of her husband John Leckas (5 year memorial).



Welcome Visitors and Guests!

After Liturgy this morning, stop by the welcome and information table located between the Bookstore and Great Hall. A couple parishioners are there to welcome you and answer your questions about St. Mary's Greek Orthodox Church and the Orthodox faith. Join us in the Great Hall for a cup of coffee and always enjoyable refreshments.



Spring Parish Assembly Today

Saint Mary's 2026 Spring Parish Assembly will be held this morning at 11:30 a.m. in the Great Hall. All members in good standing are encouraged to attend. The agenda will consist of the following:

- Opening Prayer
- February 22, 2026, Special Parish Assembly Minutes Approval (minutes were sent via e-mail and are available in the narthex.)
- 2025 Financial Summary (actual vs. budget)
- Elect 3 Parish Members for Board of Electors
- Buildings and Grounds Update
- Dome Campaign Update
- St. Mary's Registrations with the State of Minnesota (vote)
- Ratification of Gift Acceptance Policy in Church Bylaws
- Next Meeting
- Closing Prayer and Adjourn



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 Conway; San Miguel Del Lago Orphanage; Sophia and the students, staff, and parents of Annunciation Church and School; Betsy, Mr. Berscheit; Juliana, Beth, Mia, Deb, Dean, Tia, Margaret, Kathie, Owen, Missy, Anthony, Julie, Ann, Jim, Maria, Joan, Jason, Janet (Dimitra), Andrew and Mari, Constantine James, Lauren, Anna, Kathleen Wendland and Julie Alvin, Gabriel, Linda, John and Johnny, Anastasia, Diane, Nicki, George, Billie, Nino, Kate, Elena, Mechelle, Elaine, Vonda, Andrew, Susan, Elias, Imogene, Becky, Elizabeth, Yvonne, Fran, Jim, Kathryn, Tom, Gina M., Elly K., Thomas, Panos, Connie, Sylvia, Pete, Steve A., Athena, Betty, Mark, Kostantinos & Georgia, Andreas, Jonathan, Jeanette, Mary, Marilyn, Donna, Dawn, Don, Nancy, Brad, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Michael, Jaclyn Jereczek, Dena, Chris, Nick, John, Eugenia, Ron, Matt, Laura, Constance, Marina, Annali, Sofia, Juan Cruz & family, Charlie, Helena, Jennifer, John S., Becky, Noel, Stephen, Ray, Christina, Joanne, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Jordan, David, Nino, Joe, Donnarae, Mary K., Monte, Bethany, Mark, 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, Vicki, Diana, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, R.J., Allie, Vickie, Petra, Bob, Joseph, Christopher, Elizabeth, Judi, Bodil, Ole, and others known to you.

Food Shelf Needs for May 10



Cereal (both hot and cold)

April's recipient is Joyce Uptown Food Shelf

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

Calendar of the Week

Sunday, May 3: Sunday of the Paralytic

“The Messenger” News Item Deadline

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

11:30 a.m. – Spring Parish Assembly, *Great Hall*

Wednesday, May 6: Mid-Pentecost

9:30 a.m. – Divine Liturgy

after Liturgy – Housekeeping

6:30 p.m. – Choir Rehearsal, *Nave*

Thursday, May 7

7:00 p.m. – Women’s Book Club, *Classroom*

Friday, May 8: Saint John the Theologian

9:30 a.m. – Divine Liturgy

Saturday, May 9

5:00 p.m. – Great Vespers

after Vespers – Seekers’ Saturday Discussion with Q&A, *Terrace Room*

Sunday, May 10: Sunday of the Samaritan Woman Mother’s Day; AHEPA Sunday

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

5:00 p.m. – Agape Vespers



Visitation Ministry Training

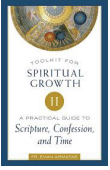
Sunday, May 17

Visitation Training for new and returning Visitors will be held Sunday, May 17, from 11:30 a.m.–1:00 p.m. after Divine Liturgy in the Fireside Room; current Visitation Team members are encouraged to attend, and a light lunch will be served—please RSVP to Doria@stmarysgoc.org or 612.968.7681 by Tuesday, May 12 so we can plan accordingly. This session will train new Visitors while offering current team members an educational time with Fr. Jason, as we continue growing our Lay Visitation Ministry to ensure our “V.I.P.s” (Very Important Parishioners) receive regular care and connection. With your help, we hope every St. Mary’s family will one day adopt a V.I.P. to visit monthly; this flexible ministry benefits both volunteers and those they serve, and if you cannot attend the training, we are happy to coordinate another time. Phone calls and cards absolutely count—especially when travel is difficult—and visiting family members counts too. “...for I was sick and you visited me...” (Matthew 25:36). Thank you for considering this meaningful ministry.



Agape Vespers at Carleton College Sunday, May 10

MEOCCA clergy will celebrate Agape Vespers at Skinner Memorial Chapel on the Carleton College campus on Sunday, May 10, at 5:00 p.m. This service is organized to support Orthodox Christian students at Carleton and St. Olaf colleges, as part of an ongoing effort to foster on-campus student fellowship in the Orthodox Christian faith. All are welcome.



Women's Book Club Book Available in Bookstore

The next book the Women's Book Club participants will be reading is *Toolkit for Spiritual Growth II: A Practical Guide to Scripture, Confession, and Time* by Father Evan Armatas. The next discussion date is set for Thursday, May 7, 7:00 p.m.



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 – indoor and outdoor clothing, books, shoes, and more – and placed them in the coat area in the hallway leading to the office. 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.



Greek Dance Practices to Resume

Greek dance practices will resume on Monday, June 1, and continue through the summer months until our Greek Festival in September. We will be practicing dances for the performances at the Festival. All St. Mary's youth, ages 6 to 18 years, are welcome to join. All veteran dancers (18+) are welcome to help with dance instruction. For further details and to register, please contact Tessie Bourdamis (tbourdamis@comcast.net) by Sunday, May 24.

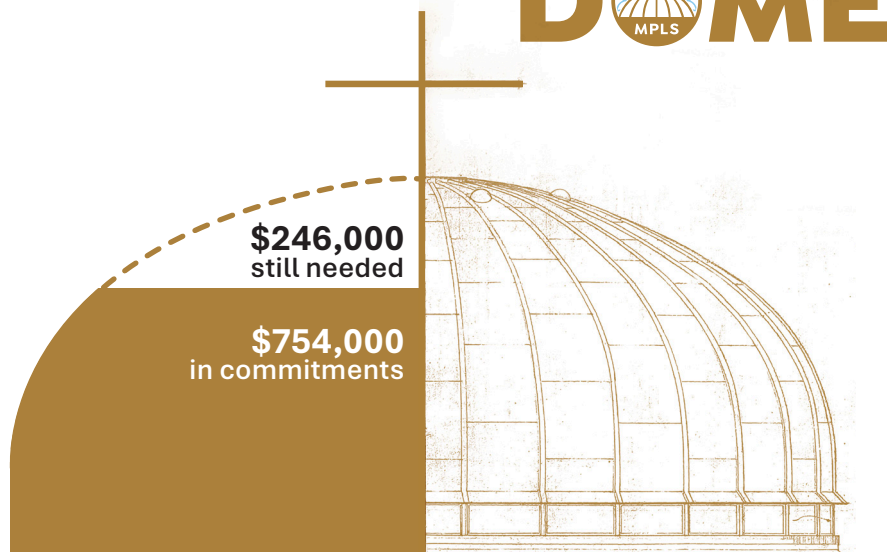


A Note on Giving

Checks for contributions to St. Mary's must be made payable only to St. Mary's. As a safety precaution, our bank does not accept checks made out to specific funds or individuals, including memorials, holiday flowers, or meals, and checks written to individuals cannot be endorsed over to the church. For questions, please contact the Church Office.

2026 RESTORATION PROJECT
CAMPAIGN UPDATE

FOR THE
DOME



TARGETED GOAL: \$1M

Thank you to everyone who has pledged a contribution to the building improvements project. We have received **\$754,000** in commitments towards our goal of raising **\$1M**. In order for us to begin the dome restoration project this spring, we need to secure a remainder of **\$246,000**. We invite every member of our community to join this sacred effort through *prayer, participation, and giving*. Please prayerfully consider *if* and *what* you can donate to help restore this blessed and treasured landmark.

Questions? Reach out to Nick Santrizos at: nsantrizos@gmail.com



Electronic payment donations can be made by scanning the code.

All contributions for this project will be placed into the Saint Mary's Capital Improvements Reserve.

www.stmarysgoc.org/For-The-Dome



FOCUS Meal

Sunday, May 10

Philoptochos is coordinating the May 10 Mother's Day dinner for FOCUS Minnesota, and we need your help! We are asking parishioners to make rigatoni or to bring salad fixings, buns or cookies.

Dinners are now served at Christ Lutheran on Capitol Hill Church, 105 University Avenue, just behind the state capitol building, with sit-down meals served at 5:00 p.m. and takeout plates available at 6:00 p.m. In person help at Christ Lutheran is needed, and includes meal prep (warming pasta and making salad, etc.), serving, and hospitality to welcome and dine with guests.

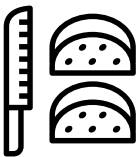


*Scan to
Sign Up*

Please volunteer via Sign Up Genius

Link: <https://bit.ly/4mAI91t> or stop by the Philoptochos table following Sunday services, where pans and recipes for rigatoni will be available. Food donations must be delivered to the church kitchen by 12:00 p.m. on Sunday, May 10.

Thank you for helping to make Mother's Day special for those who may have difficulty doing so on their own. Please contact co-chairs Paulette Hastings (952.564.8388, pmg.hastings@gmail.com) and Mary Ellis (612.716.5658, 3ellism@gmail.com) with any questions.



Artoclasia Workshop

Friday, May 15, 6:00 p.m.

Artoclasia bread is a traditional Greek Orthodox ceremonial bread, symbolizing abundance, blessing and community, often used in religious services and celebrations. Join us on Friday May 15, when Presbytera Alexandra Houck will hold a hands-on session on making artoclasia. Come learn the traditional techniques and significance behind crafting this blessed bread. All are welcome! You may sign up at the Philoptochos table on Sundays or by emailing Antigone.Bazakos@gmail.com. Registration closes on Sunday, May 10.

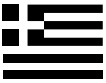
Philoptochos News



Bancroft School Teacher Appreciation Lunch

Friday, May 8

On Friday, May 8, Philoptochos will be providing lunch for the 85 staff members at Bancroft School. We are looking for volunteers to help cook the meal starting at 9:00 a.m. Wednesday morning. Stop by the Philoptochos table to volunteer or contact Erline Holman, 507.259.5443. Thank you.



2026 Taste of Greece *Let the Baking Begin!*

In May, we start stocking the freezer with cookies and pastries for the 2026 Taste of Greece Bake Sale! Co-chairs Paulette Hastings, Tina Menter, and Photine Saar, have been making plans along with the cookie captains, and we have three cookie capers in May:

1. Kourambiethes: Wednesday, May 13, 12 noon-7:00 p.m.

2. Koulouria: Thursday, May 21: 9:30 a.m.-4:30 p.m.

(Come to one or both shifts, 9:30-1:30 or 1:30-4:30)

3. Baklava:

- Thursday, May 28, 10:00 a.m.-7:30 p.m.
(assembly - bring a saucepan and pastry brush)
- Monday, June 1, 10:00 a.m.-7:30 p.m.
(assembly - bring a saucepan and pastry brush)
- Wednesday, June 3, 10:00 a.m.-2:00 p.m.
(cut, clove, and syrup - Bring a sharp knife)
- Thursday, June 4, 9:00 a.m.-12:00 p.m. (if needed)



No experience necessary - we provide on the job training. Please come for an hour or two (or more) and bring a friend as many hands lighten the load. You can sign up here (scan the QR code or use this URL: <https://bit.ly/4csN1SZ>) or at the Philoptochos table on Sundays. Thank you for volunteering!

*Scan to
Sign Up*

Philoptochos News



Healing House Dinner and Bible Study

Saturday, May 16

Our next meal and Bible study for the women and children at the Healing House shelter will be Saturday, May 16. The meals are served every other month on third Saturday (except November which fluctuates). The time commitment is 5:00-7:30 p.m. Needs for the meal are shared among the volunteers, these include a main dish, salad/side, beverages, dessert, plus tableware. Children are welcome, the kids of Healing House love the company! We ask that you prayerfully consider sharing your light with these moms and children who've had the courage to seek help in the depth of their difficulties. Please sign up to help: <https://tinyurl.com/philo-health>. Contact Sandra Anderson, 612.940.8933 or asformess69@gmail.com, or Mary Ellis, 612.716.5658, with questions.



Save the Date! – Spring Finale

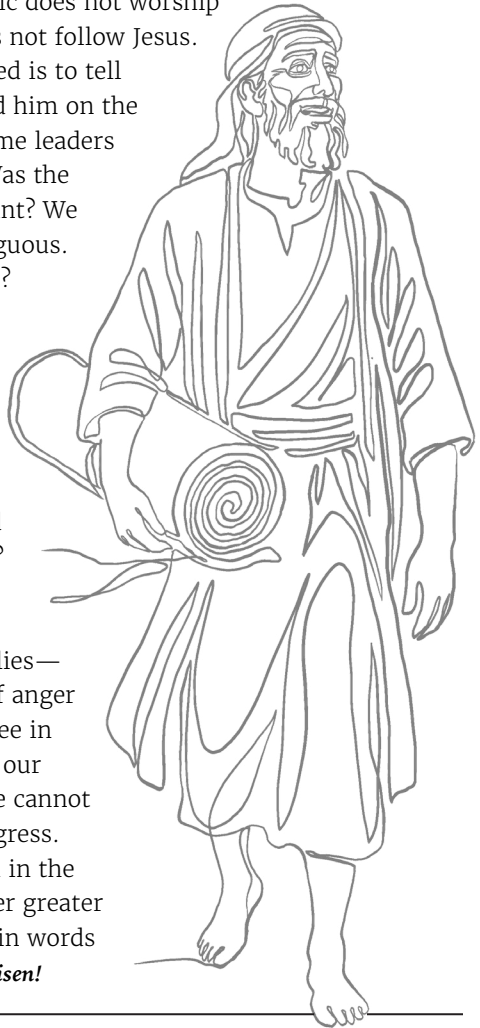
Tuesday, May 19

Come and celebrate Philoptochos together at our final meeting for the season on Tuesday, May 19. We will have a social time starting at 5:30 p.m. followed by dinner at 6:00, and the meeting around 7:00. We have lots of things happening in May through September that you will want to learn about. Not a member yet? ...you can join this wonderful organization anytime so come join us and learn about what we are doing and sign up to be a member. Please RSVP at our table or on the link: <https://www.signupgenius.com/go/5080C49A8A722AAF85-63771365-philoptochos>

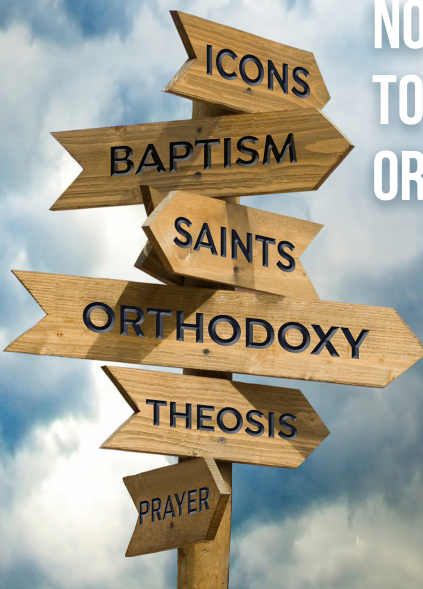
REFLECTIONS FROM TODAY'S READING - John 5:1-15

By Fr. George Parsenios

The Paralytic who is healed in today's Gospel reading is a puzzling figure. After he is healed, we are left wondering: does he become a disciple or will he be a traitor? When other people are healed by Jesus, they show their loyalty to him in obvious ways. But the Paralytic does not worship Jesus. He does not thank Jesus. He does not follow Jesus. The only thing he does after being healed is to tell the leaders of the Jews that Jesus healed him on the Sabbath. In the very next line, these same leaders pursue Jesus with a violent intensity. Was the Paralytic, then, a disciple or an informant? We cannot be sure. The matter is left ambiguous. Is our loyalty to Jesus equally uncertain? We call ourselves Christians, but would the people who encounter us each day know that we are Christians? Would our Christian character be obvious? Or would it be ambiguous? Would the cashier at the grocery store consider us cruel and rude? Or kind and gracious? How do we spend our money? A checkbook is a theological document. What does it say about our Christian commitment? And our homes and families—are they havens of kindness or places of anger and neglect? If we are honest, we will see in our Christian life vast gray areas where our Christian devotion is less than clear. We cannot be perfect. But we do need to show progress. As we move through this radiant period in the Church's calendar, let us strive with ever greater commitment and focus to say not only in words but in actions: *Χριστός Ανέστη! Christ is Risen!*



Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. www.hchc.edu



NOT SURE WHERE TO GO
TO LEARN ABOUT THE
ORTHODOX FAITH?

SEEKERS' SATURDAY

May 9, 2026, 5:00 p.m. – Great Vespers,
Followed by a Discussion with Q&A

For those seeking to become Orthodox Christians, we are here to guide you. Join us for Great Vespers on Saturday, May 9 at 5:00 p.m. Following the service, we'll gather for a discussion and Q&A, along with a meal in the Terrace Room.

Beginning in June, meetings will resume on the second Sunday of each month at 11:45 a.m. in the Fireside Room.

- ▶ **Sign up for the meal by Monday, May 4.**
Stop by the Welcome table today or email welcome@stmarysgoc.org to RSVP

Saint Mary's Vacation Church School

EXPLORE
**GOD'S
PROMISES**
..... IN THE
GREAT NORTH



JUNE 15-19, 2026

Register today and Get ready for a great adventure!

Vacation Church School is open to children, age 5 to those entering 6th grade in the fall. Five days of music, worship, activities, snacks, and games. Middle and high school youth are needed for staff support. If your teen is available and willing to help, please also sign them up. Scan the code to register your child.





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 17,
after Liturgy



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

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 4

Acts 10:1-16 • John 6:56-69

Tuesday, May 5

Acts 10:21-33 • John 7:1-13

Wednesday, May 6: Mid-Pentecost

Acts 14:6-18 • John 7:14-30

Thursday, May 7

Acts 26:1, 12-20 • John 8:12-20

Friday, May 8: Saint John the Theologian

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

Saturday, May 9

Acts 12:1-11 • John 8:31-42

Sunday, May 10: Sunday of the Samaritan Women

Acts 11:19-30 • John 4:5-42



ST. MARY'S
GREEK ORTHODOX CHURCH

3450 Irving Avenue South, Minneapolis, MN 55408-3399

stmarysgoc.org | 612.825.9595 |   

*Fr. Timothy Sas, Fr. Jason Houck,
Fr. Paul Kalina, Deacon, Fr. Luke Twito, Deacon, Fr. Stephen Wehr, Deacon*

Weekly Bulletin Submissions to: Communications@stmarysgoc.org

Weekly Bulletin Submission Deadline: Mondays