



# HOLY CROSS

## GREEK ORTHODOX CHURCH

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[www.holycrossga.org](http://www.holycrossga.org) | Facebook: HolyCrossMaconGA

### Sunday, May 7, 2023

Sunday of the Paralytic

Commemoration of the Appearance of the Cross

Eothinon/Orthros Gospel: Fifth (Luke 24:13-35)

Mode of the Week: Third/Τρίτος

QR Codes (scan with smart phone for service texts)

Orthros



Divine Liturgy



### Upcoming Schedule

<i>Today, May 7</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of the Paralytic Sunday School for the Youth after Holy Communion Coffee Fellowship in the Parish House after the Liturgy
<i>Wednesday, May 10</i>	9:30am Orthros 10:30am Divine Liturgy on the Feast Day of Mid-Pentecost 5:45pm Vespers 6:30pm Adult Study Class
<i>Saturday, May 13</i>	4:00pm Byzantine Chant Class 5:00pm Great Vespers
<i>Sunday, May 14</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of the Samaritan Woman Sunday School for the Youth after Holy Communion Coffee Fellowship in the Parish House after the Liturgy
<i>Wednesday, May 17</i>	5:45pm Vespers 6:30pm Adult Study Class
<i>Saturday, May 20</i>	4:00pm Byzantine Chant Class 5:00pm Great Vespers
<i>Sunday, May 21</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of the Blind Man and Sts. Constantine and Helen Sunday School for the Youth after Holy Communion (last day) Honoring of our High School and College Graduates at the end of the Liturgy Coffee Fellowship and Philoptochos Board Elections in the Parish House after the Liturgy 1:00pm Parish Council Meeting
<i>Tuesday, May 23</i>	9:00pm Holy Vigil for the Leave-taking of Pascha (Great Vespers, Orthros, and Divine Liturgy) - until approx. 12:30am
<i>Wednesday, May 24</i>	3:00pm Blood Drive in the Parish House (until 7:00pm) 6:00pm Great Vespers for the Feast of the Ascension of the Lord
<i>Thursday, May 25</i>	9:30am Orthros 10:30am Divine Liturgy on the Feast of the Ascension of the Lord

**Upcoming Epistle Readers:** (5/14) Pete Tsamolias, Panos Drakopoulos; (5/21) Aleca Hortman, Cleo Bennette  
**Upcoming Ushers:** (5/10am) TBD; (5/10pm) Maria S.; (5/13) Cleo B.; (5/14) John A., Charles G.; (5/17) Hazel D.  
**Upcoming Video Operators:** (5/10) Joanna P.; (5/14) David Z.; (5/21) Cristina L.; (5/23) Natalia S.  
**Upcoming Fellowship Hosts:** (5/14) Cleo Bennette; (5/21) Georgia Saratsiotis; (5/28) Katerina Iakovidis

### Our Parish Hymn of the Holy Cross of Christ:

Save, O Lord, save your people and bless Your inheritance. Give victory to those who battle evil and protect us all by Your Holy Cross.

Σώσον Κύριε τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

**To our Visitors and Guests:** We extend a **warm welcome** to all worshiping with us today! While Holy Communion, following ancient practice, is reserved for Orthodox Christians, non-Orthodox may receive the blessed bread (antidoron) offered at the conclusion of the service.

**Please join us in the Parish House after the Divine Liturgy for Coffee Fellowship!**

## Epistle Reading

Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε, ψάλατε τῷ βασιλεῖ ἡμῶν, ψάλατε.

Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας, ἀλαλάζατε τῷ Θεῷ ἐν φωνῇ ἀγαλλιάσεως.

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Πράξεων τῶν Ἀποστόλων τὸ ἀνάγνωσμα.

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Ἐν ταῖς ἡμέραις ἐκείναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἁγίους τοὺς κατοικοῦντας Λύδδαν. Εὗρε δὲ ἐκεῖ ἄνθρωπον τινα ὀνόματι Αἰνέαν ἐξ ἐτῶν ὀκτῶ κατακείμενον ἐπὶ κραβάτῳ, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος· Αἰνέα, ἰαταί σε Ἰησοῦς Χριστός· ἀνάστηθι καὶ στρῶσον σεαυτῷ. Καὶ εὐθέως ἀνέστη. Καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Σάρονα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν Κύριον. Ἐν Ἰόππῃ δὲ τις ἦν μαθήτρια ὀνόματι Ταβιθά, ἣ διερμηνευομένη λέγεται Δορκάς· αὕτη ἦν πλήρης ἔργων ἀγαθῶν καὶ ἐλεημοσυῶν ὧν ἐποίει. Ἐγένετο δὲ ἐν ταῖς ἡμέραις ἐκείναις ἀσθενήσασαν αὐτὴν ἀποθανεῖν· λούσαντες δὲ αὐτὴν ἔθηκαν ἐν ὑπερώῳ. Ἐγγὺς δὲ οὔσης Λύδδης τῇ Ἰόππῃ οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῇ, ἀπέστειλαν δύο ἄνδρας πρὸς αὐτὸν παρακαλοῦντες μὴ ὀκνήσαι διελθεῖν ἕως αὐτῶν. Ἀναστὰς δὲ Πέτρος συνῆλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῶον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χῆραι κλαίουσαι καὶ ἐπιδεικνύμεναι χιτῶνας καὶ ἱμάτια ὅσα ἐποίει μετ' αὐτῶν οὔσα ἡ Δορκάς. Ἐκβαλὼν δὲ ἔξω πάντας ὁ Πέτρος καὶ θεὶς τὰ γόνατα προσηύξατο, καὶ ἐπιστρέψας πρὸς τὸ σῶμα εἶπε· Ταβιθά, ἀνάστηθι. Ἡ δὲ ἠνοιξε τοὺς ὀφθαλμοὺς αὐτῆς, καὶ ἰδοῦσα τὸν Πέτρον ἀνεκάθισε. Δοὺς δὲ αὐτῇ χεῖρα ἀνέστησεν αὐτὴν, φωνήσας δὲ τοὺς ἁγίους καὶ τὰς χήρας παρέστησεν αὐτὴν ζῶσαν. Γνωστὸν δὲ ἐγένετο καθ' ὅλης τῆς Ἰόππης, καὶ ἐπίστευσαν πολλοὶ ἐπὶ τὸν Κύριον.

*Sing praises to God; sing praises; sing praises to our King; sing praises.*

*Verse: Oh, clap your hands, all you nations; shout to God with the voice of rejoicing. (Ps. 46)*

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*The reading is from the Acts of the Apostles. (9:32-42)*

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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.

## The Holy Gospel Reading according to St. John (5:1-15)

### Sunday of the Paralytic

Τῷ καιρῷ ἐκείνῳ ἀνέβη ὁ Ἰησοῦς εἰς Ἱεροσόλυμα. ἔστι δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρα, ἣ ἐπιλεγομένη Ἑβραϊστὶ Βηθεσδά, πέντε στοὰς ἔχουσα. ἐν ταύταις κατέκειτο πλῆθος τῶν ἀσθενούντων, τυφλῶν, χωλῶν, ξηρῶν, ἐκδεχομένων τὴν τοῦ ὕδατος κίνησιν. ἄγγελος γὰρ κατὰ καιρὸν κατέβαινεν ἐν τῇ κολυμβήθρα, καὶ ἐταράσσετο τὸ ὕδωρ· ὁ οὖν πρῶτος ἐμβὰς μετὰ τὴν ταραχὴν τοῦ ὕδατος ὑγιῆς ἐγένετο ᾧ δὴποτε κατείχeto νοσήματι. ἦν δὲ τις ἄνθρωπος ἐκεῖ τριάκοντα καὶ ὀκτῶ ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ. τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἤδη χρόνον ἔχει, λέγει αὐτῷ· Θέλεις ὑγιῆς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν· Κύριε, ἄνθρωπον οὐκ ἔχω, ἵνα ὅταν ταραχθῇ τὸ ὕδωρ, βάλη με εἰς τὴν κολυμβήθραν· ἐν ᾧ δὲ ἔρχομαι ἐγὼ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ ὁ Ἰησοῦς· Ἐγείρε, ἄρον τὸν κράβαττόν σου καὶ περιπάτει. καὶ εὐθέως ἐγένετο ὑγιῆς ὁ ἄνθρωπος, καὶ ἦρε τὸν κράβαττον αὐτοῦ καὶ περιεπάτει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ Ἰουδαῖοι τῷ τεθεραπευμένῳ· Σάββατόν ἐστιν· οὐκ ἔξεστί σοι ἄραι τὸν κράβαττον. ἀπεκρίθη αὐτοῖς· Ὁ ποιήσας με ὑγιῆ, ἐκεῖνός μοι εἶπεν· ἄρον τὸν κράβαττόν σου καὶ περιπάτει. ἠρώτησαν οὖν αὐτόν· Τίς ἐστὶν ὁ ἄνθρωπος ὁ εἰπὼν σοι, ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ἤδει τίς ἐστίν· ὁ γὰρ Ἰησοῦς ἐξένευσεν ὄχλου ὄντος ἐν τῷ τόπῳ. μετὰ ταῦτα εὗρισκει αὐτόν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῷ· Ἴδε ὑγιῆς γέγονας· μηκέτι ἀμάρτανε, ἵνα μὴ χεῖρόν σοί τι γένηται. ἀπῆλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλε τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστὶν ὁ ποιήσας αὐτόν ὑγιῆ.

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.

# HOLY CROSS

## GREEK ORTHODOX CHURCH

Rev. Fr. Theodore Ehmer

Προϊστάμενος/Presiding Priest

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Holy Confession: call or email Fr. to schedule

### Bulletin for the week of May 7, 2023

**Ushers on Duty:** Cristina Lekas, Jim Lekas

**Video:** Natalia S. **Altar Servers:** All Adult/Youth Servers

**Epistle Readers:** Kosta Iakovidis (Greek), Diana Cazacu (English)

**Fellowship Host (Thank You!):** Maria B. + Joanna P.



### Today our Holy Orthodox Church commemorates:

+ Fourth Sunday of Pascha: Sunday of the Paralytic

*Close to the Sheep's Gate in Jerusalem, there was a pool, which was called the Sheep's Pool. It had round about it five porches, that is, five sets of pillars supporting a domed roof. Under this roof there lay very many sick people with various maladies, awaiting the moving of the water. The first to step in after the troubling of the water was healed immediately of whatever malady he had. It was there that the paralytic of today's Gospel was lying, tormented by his infirmity of thirty-eight years. When Christ beheld him, He asked him, "Wilt thou be made whole?" And he answered with a quiet and meek voice, "Sir, I have no man, when the water is troubled, to put me into the pool." The Lord said unto him, "Rise, take up thy bed, and walk." And straightaway the man was made whole and took up his bed. Walking in the presence of all, he departed rejoicing to his own house. According to the expounders of the Gospels, the Lord Jesus healed this paralytic during the days of the Passover, when He had gone to Jerusalem for the Feast, and dwelt there teaching and working miracles. According to Saint John the Evangelist, this miracle took place on the Sabbath.*

+ Appearance of the Sign of the Precious Cross in the sky in Jerusalem (+351)

*On this day in the year 351, not long after Cyril had succeeded Maximus as Archbishop of Jerusalem, during the reign of Constantius, the son of Saint Constantine the Great, on the day of Pentecost, the sign of the Cross appeared over Jerusalem. Saint Cyril, in his letter to the Emperor Constantius, says, "At about the third hour of the day, an enormous Cross, formed of light, appeared in the heaven above holy Golgotha and reaching to the holy Mount of Olives, being seen not by one or two only, but manifest with perfect clarity to the whole multitude of the city; not, as one might suppose, rushing swiftly past in fancy, but seen openly above the earth many hours in plain sight, and overcoming the beams of the sun with its dazzling rays" (PG 33:1 16q).*

+ The Holy Martyr Akakios (+303)

+ The Holy Martyr Quadratus and those with him (+251-259)

+ Our Devout Father John Psychaites, the Confessor (+825)

*By the intercessions of Your Saints, O God, have mercy on us and save us. Amen.*

### Variable Hymns of the Day in the Divine Liturgy of St. John Chrysostom (page 8 in the Pew Book):

- Hymn of the Resurrection (Χριστός ανέστη, Plagal 1<sup>st</sup> Mode):

Χριστός ανέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι, ζῶν ἡρισάμενος.

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life.

- Special Entrance Hymn (Ἐν ἐκκλησίαις, 2<sup>nd</sup> Mode):

Bless God in the churches, the Lord from the fountains of Israel. Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

- Weekly Resurrectional Hymn (Ἐνφραϊνέσθω τα οὐράνια, 3<sup>rd</sup> Mode):

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy.

- Hymn of the Holy Cross (Σώσον Κύριε, 1<sup>st</sup> Mode):

Save, O Lord, save your people and bless Your inheritance. Give victory to those who battle evil and protect us all by Your Holy Cross.

- The Kontakion of Pascha (Ἐὶ καὶ ἐν τάρῳ, Plagal 4<sup>th</sup> Mode):

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection.

## Guidance, Prayer Requests, and Announcements

### This Week's Daily Scripture Readings and Fasting Guidance:

**Sunday (5/7—No Fasting):** Luke 24:13-35; Acts 9:32-42; John 5:1-15

**Monday (5/8—No Fasting):** John 21:15-25; I John 1:1-7; John 19:25-28, 21:24-25

**Tuesday (5/9—No Fasting):** Acts 10:21-33; John 7:1-13

**Wednesday (5/10—Mid-Pentecost—Fish, Wine, Oil):** Acts 14:6-18; John 7:14-30

**Thursday (5/11—No Fasting):** Acts 10:34-43; John 8:12-20

**Friday (5/12—Wine, Oil):** Acts 10:44-48, 11:1-10; John 8:21-30

**Saturday (5/13—No Fasting):** Acts 12:1-11; John 8:31-42

### Prayer Requests:

Metropolitan Alexios, Fr. Symeon (mission priest supported by our parish), Panteleimon, Michael, Eve, Kassiani, Michael, Dimitrios, Georgia, Pavlos, Pete, Jill, Betty, David, Chris, Irene, Valerie, Chris, Dianna, Keith, Jeannie, Dawn, Kenneth, Samuel, Hermione, Emmanuel, Mary, Kay, Helen, Nikki, Sedky, Mena, Austin, Kiley, Garrett, Andy, Heather, Carolina, Maria, Laurie, Lindsey, Randy, Raymond, Marina, Effie, Christina, Ashley

### Prayers for those recently reposed:

Fr. Angelo (+April 20), Stanley (+April 24), Adrienne (+May 3)

### Prayers for expecting mothers:

Katina B.

### Prayers for Military Personnel and Their Families:

Aubriana Butchko, Kyle Glotzbach, Robert Ice, Aaron Vrahiotes, Aleksander Zajac

### Prayers for our Catechumens and Inquirers into the Orthodox Church:

Nate, Chad, Alexander, and pray for those who are seeking Christ and His Church!

### Weekly Wisdom of the Fathers:

**St. Meletios of Sardis:** "Come here all you families of men, weighed down by your sins, and receive pardon for your misdeeds. For I am your pardon. I am the Passover (Pascha) which brings salvation. I am the Lamb slain for you. I am your lustral bath. I am your life. I am your resurrection. I am your light, I am your salvation, I am your King. It is I who brings you up to the heights of heaven. It is I who will give you the resurrection there. I will show you the Eternal Father. I will raise you up with my own right hand."

### Upcoming Celebrations This Week

*Name Days—Chronia Polla, Many Years!*  
May 10: Amanda "Isidora" Lord

*Birthdays—Happy Birthday!*

May 8: Alyssa Syribeys

May 10: Rebekah Bradford

May 12: Katina Cacavias

*Anniversaries—Congratulations!*

May 10: Marianna and Justin Lane

*(If you have a celebration that did not make it into the bulletin, please e-mail Fr. Theodore!)*

### Announcements:

\* **We thank His Grace Bishop Sevastianos for his pastoral visit and leading us in Divine Worship today! Εἰς πολλά ἔτη, Many Years!**

\* **Shut-Ins:** If you know of anyone who is unable to come to the Church because of illness, age, or any other reason, please contact Fr. Theodore so that he can visit with them, pray with them, and administer to them the Holy Mysteries.

\* **YOUTH:** Next Sunday, May 14th: "2nd Sunday" GOYA meeting/activity! The last day of Sunday School is May 21st. We'll carry on our tradition of Ice Cream Sundaes to celebrate! We will also honor our Graduates on the 21st. Plan to be there! 2-day Vacation Church Camp in the works for June.. stay posted!

\* **Philoptochos:** Board Elections will be taking place on Sunday, May 21 after the Divine Liturgy. The Food Drive is continuing until Mother's Day. Thank you to those that have participated!

\* Please check out the **Bookstore** as there are not only the usual wonderful items available for purchase, but also gifts for Mother's Day!

\* For those that are interested in learning more about the Orthodox Christian faith, we are conducting our **Intro to Orthodoxy/Catechumen classes** online by Zoom meeting every other week (next meetings: May 9 and 16). Please contact Fr. Theodore for more information!

\* The next Red Cross **Blood Drive** in the Parish House will be on Wednesday, May 24 from 3:00 to 7:00pm. Come, give blood, and stay for the Great Vespers for the Ascension of the Lord at 6:00!

**Christ is Risen!**  
**Χριστός Ανέστη!**