



Holy Apostles
ORTHODOX CHURCH

Sunday of the Paralytic

MAY 3, 2026



Growing Christ's Church Nourishing a Community of Love

Holy Apostles is a community of love and transformation in Christ. Our mission is to be an extended village, welcoming and encouraging both adults and children to participate in the Orthodox Christian Faith, as we grow together, like the Holy Apostles, to know, love and serve Jesus Christ.

Holy Apostles Orthodox Church

CONTACT

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PRIEST

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SUNDAY SERVICE TIMES

Orthros · 8:30 AM

Divine Liturgy · 9:30 AM

See online calendar at
HolyApostlesGo.org/calendar
for all upcoming services and events.

JURISDICTION

Holy Apostles is a parish under the jurisdiction of the Greek Orthodox Archdiocese of America in full communion with the Ecumenical Patriarch of Constantinople.



WELCOME VISITORS

Whether you are an Orthodox Christian new to the area or this is your first time visiting an Orthodox Church, we warmly welcome you to Holy Apostles. We are so glad you are here.

Please join us after the service for fellowship and a light coffee hour. We look forward to meeting you! Look for the visitors table and we will make sure to connect with you.

If you have any questions, an usher or greeter would be glad to help.

HOLY COMMUNION

Holy Communion is offered to baptized and chrismated Orthodox Christians who have prepared through fasting and prayer. At the close of the service, please come up to receive antidoron (blessed bread) which is offered to all.

A GUIDE TO THE SERVICE

The Divine Liturgy begins on page 19 of the hymnal at your seat. This bulletin mostly contains those elements of the service that change each week, including the hymns, readings, and prayers appointed for this Sunday.

STAY IN TOUCH

Visit our website, HolyApostlesGO.org, for our online calendar, events, news, and ministry information. Follow links to watch our livestream, listen to the parish podcast, read the monthly e-Bulletin and more!

Holy Apostles is an English-language parish within the Greek Orthodox Archdiocese. Some hymns and refrains are repeated in Greek. You will find the Greek text for most of these in the hymnal, on the page facing the English text.

COMMON PHRASES OF WORSHIP IN GREEK

Lord, have mercy
Κύριε, ἐλέησον
Kýrie, eléison

To You, O Lord
Σοί, Κύριε
Sí, Kýrie

Glory to You, O God
Δόξα σοι, ó Θεός
Dóksa sí, o Theós

Grant this, O Lord
Παράσχου, Κύριε
Paráschou, Kýrie

Holy God, Holy Mighty, Holy Immortal
Ἅγιος ó Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος
Ágios o Theós, Ágios Ischyros, Ágios Athánatos

Let us pray to the Lord
Τοῦ Κυρίου δεηθῶμεν
Tu Kyriú deithómen

Orthros Gospel: Luke 24:12-35

Mode: 3rd (Tone 3)

Saints and Feasts

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

Christ is Risen Hymn of Pascha*Hymnal p. 153*

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

Χριστός ανέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν χαρισάμενος.
Christós anésti ek nekron, thanáto thánaton patísas, ke tis en tis mnímasi zoín charisámenos.

*The Antiphons***The First Antiphon***Refrain after each verse:*

Through the intercessions of the
Theotokos, Savior, save us.

The Second Antiphon*Refrain after each verse:*

Save us, O Son of God, Who are risen
from the dead. Save us who sing to
You, Alleluia.

The Third Antiphon*After each verse:*

Christ is Risen
See above

The Small Entrance

Priest: “Wisdom. Let us be attentive!” (Σοφία, ὀρθοί! | Sophia, orthi!) “Bless God in the churches; bless the Lord from the fountain of Israel.”

People: Save us, O Son of God, Who rose from the dead. Save us who sing to You: Alleluia.

Resurrectional Apolytikion*Hymnal p. 107*

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 first born of the dead. He has delivered us from the depths of hell and has granted to all the world His great mercy.

Apolytikion of Holy Apostles*Hymnal inside cover*

O holy Apostles, intercede with the merciful God, that He may grant to us forgiveness for our sinful souls.

Kontakion of Pascha*Hymnal p. 275*

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.

*The Epistle***Prokeimenon. Tone 3. Psalm 46****Reader:** Sing praises to our God, sing praises.**Verse:** Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.**Acts of the Apostles 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.

*The Holy Gospel***The Reading is from the Gospel of 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.

*The Liturgy of the Faithful***Megalynarion of Pascha***Hymnal p. 305*

The angel cried to the lady full of grace: Rejoice, rejoice, O pure Virgin! Again I say rejoice! Your Son is risen from His three days in the tomb. With Himself, He has raised all the dead. Rejoice, O ye people. Shine! Shine! Shine! O New Jerusalem. The Glory of the Lord has shone on you. Exult now, exult and be glad, O Zion. Be radiant, O pure Theotokos, in the Resurrection, the Resurrection of your Son.

Communion Hymn of Pascha*Hymnal p. 318*

Receive the Body, the Body of Christ. O taste the Fountain of Immortality.

Σώμα Χριστοῦ μεταλάβετε, πηγῆς ἀθανάτου γεύσασθε.

Sóma Christú metalávete, pigís athanátu gévsasthe.

Post-Communion Hymn of Pascha*Hymnal p. 153*

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

*The Lord's Prayer**Hymnal p. 77***English**

Our Father, who art in heaven,
hallowed be Thy name.
Thy kingdom come,
Thy will be done, on earth
as it is in heaven.

Give us this day
our daily bread;
and forgive us our trespasses,
as we forgive
those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

Ελληνικά

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς
ἀγιασθήτω τό ὄνομά σου,
ἐλθέτω ἡ βασιλεία σου,
γενηθήτω τό θέλημά σου,
ὡς ἐν οὐρανῷ καί ἐπί τῆς γῆς.

Τόν ἄρτον ἡμῶν τόν ἐπιούσιον
δος ἡμῖν σήμερον·
καί ἄφες ἡμῖν τά ὀφειλήματα ἡμῶν,
ὡς καί ἡμεῖς ἀφίεμεν
τοῖς ὀφειλέταις ἡμῶν·
καί μή εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν,
ἀλλά ῥύσαι ἡμᾶς ἀπό τοῦ πονηροῦ.

Greek Transliteration

Páter imón o en tis ouranís,
agiasthító to ónomá Sou;
elthéto i vasilía Sou;
genithító to thélímá Sou,
os en ouranó ke epi tis ghis.

Ton árton imón ton epiúsiou
dos imín símeron;
ke áfes imín ta ofelímata imón
os ke imís afíemen
tis ofilétes imón;
ke mi isenégis hímás is pirasmón,
ala ríse hímás apó tou poniroú.

*Post Liturgy***Stewardship Prayer***Hymnal p. 362*

Lord Jesus Christ, our God, accept our offerings as You 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.

*Wisdom from the Fathers and Mothers***Saint Ambrose***The Healing of the Paralytic, P. L. 15 (col. 1638), Fourth Century*

In this place He gives a complete likeness of the resurrection. Healing wounds of mind and body, He forgives the sins of souls and makes an end of the infirmity of the flesh: This is to cure the whole man. And though it is a great thing to forgive men their sins. . . nevertheless, it is a much more divine work to give resurrection to their bodies, because the Lord is Himself the resurrection.

*“Do You Want to be Healed?”***Diakonia**

Near the Sheep’s Gate in Jerusalem was a pool where the sick would gather, waiting for the water to stir. The first person to step in would be healed. On this fourth Sunday of Pascha, we read in the Gospel of John that Jesus sees a man there who had been paralyzed for thirty-eight years, unable to reach the water. Jesus asks the man a simple yet powerful question: “Do you want to be healed?” The man answers honestly: he has no one to help him into the pool when the water is stirred. Jesus tells him, “Rise, take up your bed, and walk.” Immediately, the man is healed.

This story is not only about physical healing. It is about being transformed. The word healed in this passage has been translated in several ways. Some say, “healed.” Some say, “made whole.” According to Father George Parsenios, New Testament Professor at Holy Cross Greek Orthodox School of Theology, the most literal translation is “Do you want to be made healthy?” Fr. George explains, “The Gospel of John is focused more on spiritual than physical healing. When Jesus performs miracles, they all point to the transformation we receive in the new life in Christ.”

In the Epistle reading for this Sunday, we hear of a similar moment in Acts, when Peter tells a paralyzed man named Aeneas, “Jesus Christ heals you; rise and make your bed.” Healing is not only personal. It becomes a witness to others.

The question of Jesus still speaks to us today: Do you want to be healed? Do you want to be whole? Do you want to be transformed? The healing that Jesus brings also asks something of us—it calls us to receive new life in Jesus Christ.

Unless otherwise specified, events take place at Holy Apostles. For more information, please see website calendar and events page: holypostlesgo.org/calendar

Parish General Assembly: Mid-Year

Today • 11:30 AM–12:30 PM

Please stay after Divine Liturgy and join us at the Mid-Year Parish General Assembly, where our Parish Council and Building Committee members will update us on recent activities.

Parish Hall Clean-Up

Tuesday, May 5 • 2:00–5:00 PM

We are asking for volunteers to assist in cleaning up the Parish Hall. Sally Squires' funeral is on Wednesday, May 6 at 11 AM. We need to ensure the church is as clean as possible given the ongoing construction. Thank you for your help!

Bible Study (Online)

Wednesday, May 6 • 12:00–1:00 PM • Zoom: 838 6157 6484

Join us as we deepen our understanding of God's word. We are studying the Gospel of John, Chapter 18.

Parish Care Ministry

Our Parish Care Ministry exists to walk alongside our parishioners during illness, loss, and other times of need, offering meals, cards, visits, and practical support as an expression of our life together in Christ. If you are in need of support, or would like to learn more about how to help the Holy Apostles Care Ministry, please reach out to us at care@holypostlesgo.org.

Holy Apostles Building Fund

Help us reach our \$4.8M goal. All gifts gratefully appreciated! Stock gifts and memorial giving welcome as we build our future together.

Reminders

- **Community Care** — As we move through this transition, we're asking everyone to help care for one another. Please be attentive to those around you such as making room in the pews, offering guidance if someone looks unsure where to go, and help direct people to the correct entrance. We've added signs to support this, but helping as a community will make the biggest difference. These simple acts of hospitality belong to all of us, not just our ushers. If you need assistance or aren't sure how to help, our Parish Council members are here to support you.
- **Building Entrance** — Due to ongoing construction, we have begun using a temporary new entrance; please follow the concrete walkway around behind the building to join us for services. The Narthex and hall will have limited weekday availability, with full Sunday services and fellowship continuing as usual in our available space. Thank you for your patience and prayers!
- **Bathrooms** — They are located outside, in the building with the metal ramps. Parents, please escort your kids to the bathroom. Please do not lock bathrooms from the inside.
- **Fellowship Hour** — Coffee hour has been simplified while we remodel. Please contact your Coffee Hour lead for additional details.
- **Parking** — Please park within designated areas and keep all lot entrances fully accessible. Thank you for being a considerate neighbor and helping our traffic flow smoothly!

Have you filled out your 2026 Stewardship form? Please do!



Read the latest Monthly eBulletin



Check out the Holy Apostles Corner Podcast!

