

St. Herman's Orthodox Church

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May 7 2023 – 4th Sunday of Pascha. The Paralyzed Man

Sunday: Hours and Divine Liturgy – 9:30 am

Saturday: NO Catechumen's Class - X pm Vespers and Confession – 5 pm

Wednesday: Confession – 4:30 pm Vespers – 6:30 pm Adult Education Class – 7 pm

Meal Team 1

Translation of the relics of Martyr Abramius of Bulgaria (1230), Righteous Tabitha (1st c.)

Acts 9:32-42

John 5:1-15

Troparion and Kontakions:

Sunday of the Paralytic, Troparion, Tone V –

Christ is risen from the dead, trampling on death by death, and on those in the tombs bestowing life.

Kontakion, Tone III –

By Thy divine presence, O Lord, raise my soul which is terribly paralyzed by all kinds of sins and misguided actions, as of old Thou didst raise the paralytic, that saved I may cry to Thee: O compassionate Christ, glory to Thy power.

Troparion of the Sunday, Tone III –

Let the heavens rejoice, / let the earth be glad! / For the Lord has shown might with His arm, / He has trampled down death by death. / He has become the first-born of the dead. / He has delivered us from the depths of hell, / and has granted the world great mercy!

Hymn to the Theotokos, Tone III –

We praise you as the mediatrix of our salvation, / O Virgin Theotokos. / For your Son, our God, Who took flesh from you, / accepted the passion of the cross, / delivering us from corruption as the Lover of man.

Acts 9:32-42

- 32 Now it came to pass, as Peter went through all parts of the country, that he also came down to the saints who dwelt in Lydda.
- 33 There he found a certain man named Aeneas, who had been bedridden eight years and was paralyzed.
- 34 And Peter said to him, "Aeneas, Jesus the Christ heals you. Arise and make your bed." Then he arose immediately.
- 35 So all who dwelt at Lydda and Sharon saw him and turned to the Lord.
- 36 At Joppa there was a certain disciple named Tabitha, which is translated Dorcas. This woman was full of good works and charitable deeds which she did.
- 37 But it happened in those days that she became sick and died. When they had washed her, they laid her in an upper room.

- 38 And since Lydda was near Joppa, and the disciples had heard that Peter was there, they sent two men to him, imploring him not to delay in coming to them.
- 39 Then Peter arose and went with them. When he had come, they brought him to the upper room. And all the widows stood by him weeping, showing the tunics and garments which Dorcas had made while she was with them.
- 40 But Peter put them all out, and knelt down and prayed. And turning to the body he said, "Tabitha, arise." And she opened her eyes, and when she saw Peter she sat up.
- 41 Then he gave her his hand and lifted her up; and when he had called the saints and widows, he presented her alive.
- 42 And it became known throughout all Joppa, and many believed on the Lord.

John 5:1-5

- 1 After this there was a feast of the Jews, and Jesus went up to Jerusalem.
- 2 Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches.
- 3 In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water.
- 4 For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had.
- 5 Now a certain man was there who had an infirmity thirty-eight years.
- 6 When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?"
- 7 The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me."
- 8 Jesus said to him, "Rise, take up your bed and walk."
- 9 And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath.
- 10 The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed."
- 11 He answered them, "He who made me well said to me, 'Take up your bed and walk.' "
- 12 Then they asked him, "Who is the Man who said to you, 'Take up your bed and walk?'"
- 13 But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place.
- 14 Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you."
- 15 The man departed and told the Jews that it was Jesus who had made him well.

Announcements

Food Pantry

We are now moving to a system of giftcards for food, groceries, and gas. Please contact Fr.

Alexander Laymon for assistance

anevsky54@gmail.com

Limited Seating

The pews around the nave are placed there primarily for pregnant women, parents with small children, the aged and infirm. If you are young and healthy please be considerate of other parishioners and allow those who need to sit down a place to do so.

MATUSHKA OLGA SEWING GUILD

The sewing guild meets every second Saturday of the month from noon until 2:30 pm to work on pattern making and other various projects for the church. Bring your sewing machine and white thread to help with these projects. No sewing experience is required; these are learn as you go projects.

SARITHSEWS@GMAIL.COM
THOSEMILLIGANS@GMAIL.COM



FLOWER Fund



The Sisterhood has established a donation box to collect money to furnish flowers for our church. The box is in the narthex. Please make checks payable to the Sisterhood of the Myrrh-bearing Women.

St. Herman is kicking off a new initiative this summer which is a Family Camping Trip. It is our hope that this will become an annual event. Lucie Myrekta is the coordinator. Please get in touch with her if you are interested in participating. Her contact information is below.

- Three St. Herman families have already committed to going.
- The dates that they have made reservations for are July 18-22. However, it is fine if you can not make it for exactly those dates as long as there is some overlap.
- The camping trip will be at Lost River State Park, Mathias, West Virginia.
- Families who are interested will need to make their own reservations.
- Some financial assistance is available.
- Everyone, from babies to grandparents, is encouraged to participate.

Lucie's contact info:
mobile - (414) 477 9601
paluki@protonmail.com

18-22 JULY

ST. HERMAN'S SUMMERCAMP

LOST RIVER STATE PARK, MATHIAS, WEST VA
THE GOAL IS FELLOWSHIP - TO GIVE PEOPLE THE OPPORTUNITY TO GET TO KNOW AND ENJOY EACH OTHER. THIS WOULD BE AN EXTENSION OF WHAT WE SEE HAPPENING AT ST. HERMAN WHENEVER OUR CHURCH DOORS ARE OPEN.



THE HOLY MARTYR SABAS THE SOLDIER [STRATELATES]

This glorious Sabas lived in Rome during the reign of Emperor Aurelian and held the rank of commander. By ancestry, he was of a Gothic tribe. He often visited Christians in prison and assisted them from his own estate. Because of his extreme chastity and fasting, God had given him authority over unclean spirits. When Sabas was accused of being a Christian, he courageously stood before the emperor, threw down his military belt and openly confessed Christ the Lord. Sabas was tortured in various ways: flogged, scrapped with irons and burned with candles. He did not succumb to these deadly tortures but appeared alive and healthy. His military companions, seeing that God was obviously helping him, embraced the Faith of Christ. Those seventy in number were immediately beheaded by order of the emperor. Christ the Lord Himself appeared in a great light to St. Sabas in prison and encouraged His martyr. After that, he was condemned to death by drowning. Sabas was thrown into a deep river where he gave up his soul to God in the year 272 A.D. His soul went to the Lord to Whom he remained faithful through many tortures.

2. THE VENERABLE ELIZABETH

In her early years, Elizabeth entered the monastic state in the Monastery of St. Cosmas and St. Damian in Constantinople and took upon herself the heavy burden of self-mortification for the sake of Christ the God and for the sake of her soul. She considered herself a bride of Christ and considered this world as though it did not exist. Out of her great love for God, emanated her great compassion toward people, especially toward the sick and the suffering. With the gift that God had bestowed upon her, she cured various diseases and afflictions of the people. During her nightly prayers, she was seen totally encompassed by a heavenly light. Following her death, her relics possessed the power of healing and a great number of the sick and suffering gathered at her grave throughout the ages. She died peacefully and entered into the eternal joy of her Lord in the year 540 A.D.

THE HOLY MARTYRS EUSEBIUS, NEON, LEONTIUS AND LONGINUS

These four were military companions of St. George. Witnessing the courageous endurance and miracles of St. George, these wonderful soldiers became Christians for which they were beheaded.

THE HOLY MARTYR PASICRATES AND VALENTINE

When the judge urged Pasicrates and the martyr's brother Papianus, who had fallen away from Christ because of the fear of torture, to offer sacrifice to the idols, Pasicrates placed his hand in the fire and cried out: "The body is mortal and is consumed by fire but the soul is immortal and does not feel the visible sufferings!" However, his mother sustained and encouraged him to endure to the end. He was beheaded with Valentine and both took up habitation in the kingdom of Christ about the year 288 A.D.

VENERABLE THOMAS, "FOOL FOR CHRIST"

Whenever he was in the city of Antioch on business for the monastery, Thomas always pretended insanity for the sake of Christ. A certain Anastasius did not want to give him alms that Thomas sought for the monastery but struck him with his fist. Thomas then prophesied: "From now on neither will I receive anything from Anastasius, neither will Anastasius be able to give me anything." After a day, Anastasius died and Thomas, prior to his return to the monastery, also died. Thus the prophecy of this holy man was fulfilled. St. Thomas died in Daphni near Antioch at the time of Patriarch Domnus (546 - 560 A.D.).

THE NEO-MARTYRS LUKE AND NICHOLAS

This wonderful young man Luke, a tailor by trade, suffered martyrdom for Christ in 1564 A.D. Nicholas suffered martyrdom in the year 1776 A.D.

Reflection

In exhorting Christians to attend church for prayer, St. John Chrysostom says: "If someone delivers to subjugated citizens a royal decree, the citizens do not question the life of the messenger, as to whether he is rich or poor or righteous or sinful but all listen attentively to that which he is reading. If someone did not hear, he asks one who has heard. When you have such a great awe of earthly rulers, how much more should you have heeded us priests here, where the Creator of the Heavenly Powers speaks through us sinners?" Indeed, what is Holy Scripture but a Grammata [Letter] of the Heavenly King! Why is it that the unique and saving Grammata does not interest us every day and every hour, when the least authority in the country and their trivial orders do interest us? St. Anthony said: "Whatever you do have justification for this in Holy Scripture." But how can you have justification in Holy Scripture if you are not familiar with Holy Scripture?

Contemplation

To contemplate the resurrected Lord Jesus:

1. How His resurrection drives away from us every confusion, gloom and melancholy;
2. How His resurrection instills serenity, courage and goodwill into the souls of men.

Homily

About the vanity of everything in comparison with Christ

"I consider them so much rubbish, that I may gain Christ" (Philippians 3:8).

The apostle who writes this had worldly knowledge; he had wealth and friends, he had youth and health. He had all the requisites of worldly success among his people. Paul says, "I left all." For the sake of Christ Jesus my Lord, I left all. Before the sages of this world he became a fool; before the rich he became as a beggar; before his friends, he becomes an enemy. He exhausted his youth and health by voluntary sufferings and afflictions. With one stroke he closed for himself all prospects for worldly success. Why did you do this O Holy Apostle Paul? Because, "I consider them so much rubbish, that I may gain Christ."

Brethren, did the Apostle Paul deceive himself leaving everything as rubbish and did he gain something greater in gaining Christ? Twenty centuries are witnessing that the holy apostle did not deceive himself and, that in gaining Christ, he received incomparably more and better than that which he abandoned and sacrificed. He received wisdom above all worldly knowledge and riches unperishable and incorruptible; he gained friends in the form of true angels of God; and eternal youth without disease and aging; and divine success, which lasts without change, in eternal life. All of this he gained in gaining Christ. All of this he received leaving all that the world offers to its favorites.

Indeed, brethren, Christ is better than the world. There are no words which could express His superiority over the world. The world deceives its favorites but Christ rewards His favorites truthfully. The world gives little and takes all. The world offers decay and takes away life. Christ, however, seeks little and gives all. He seeks that we discard decay and He gives us eternal life. Brethren, Christ is our one and only true friend.

O resurrected Lord Christ, help us to renounce rubbish, to renounce decay and grant us eternal life.

Intercessory Prayer List

Metropolitan Jonah requests that you send him the full name and general reason for intercessory prayer (such as health or illness, unemployment, family issues, military deployment to Afghanistan, etc.) for his pastoral care. Only the names of the living (and recently deceased) will be included in the prayer list in the weekly bulletin. He also requests that the faithful who have requested intercessory prayers for various persons let him know when there is no longer a specific need for prayer, so that we may keep the list current.

LIVING: Sarah, Emmanuel, Mark, Claudia, Katherine, Erika, Victoria, Michael, Tate, Renate, Dieter, Rebekah, Sofia, Ioannis, Anastasia, Elizabeth, Georgia, John, Elena, Alice, Matthew, Boris, Elizabeth, Davis (Columba), Moses, Emma, Kristin, Monk Sergius, Priest John, Priest David, Priest Costa, Priest Michael, Presbyteria Cindy, Priest George, Presbyteria Areti, Nun Aimiliane, Priest Charalambos, Monk Serapheim, Elizabeth, Katje, Rachel, Mandi, Clive, Claire, Rebecca, Janis, Paisley, George, Archpriest Alexander, Steven, Millicent, Archpriest Victor, Matushka Masha, Pdn. Patrick, Matushka Joanna, Matushka Sophia, Mother Theodora, Archpriest Alexander, James, Leonidas, Sophia, Maria, Larry, Bill, Modestos, Ephraim, Reader Moses, Jo Ann, Sarah, Paul, Brianna, Robert, Baby Nina, Charley & Alexandra, Irina & baby, Rebecca, Priest Alexander Laymon, Archpriest Michael Sekela, Fr. Filipe and his family, Irene and John, Inna and Emma, Ronin O'Neill, Anastasia and Mila, Brody (Anthony) Lessin, Sophia Stylianopoulos, Olga Petrova and the baby, Sarah Francis, Jeanine Karam, Christina Kendrat, Alexa, Valentina, Victor, Maria, Max, Mark, Elena, Anna, Benedict, Fr, Mark Grant and family

MEMORY ETERNAL: Andrew Geracoulis, Maria Papademetriou

