Sunday Bulletin

May 26, 2024

Sunday of the Paralytic

Carpos and Alphaeus, Apostles of the 70
Alexandros the New Martyr of Thessaloniki
George the New of Sofia
Augustine, Archbishop of Canterbury

3rd Mode + Eothinon 5

SUMMER HOURS BEGIN

Sunday Service Schedule Beginning May 26, 2024
Orthros 8:15 am + Divine Liturgy 9:30 am

Welcome to all our visitors worshipping with us today!
We’re glad you’re here! Please join us at our Fellowship Coffee immediately following the Divine Liturgy. Visit the Welcoming Committee table to meet fellow parishioners and learn more about our community.

Please silence all mobile devices while in the Holy Sanctuary. Thank you.
Special Hymns at Liturgy:

Apolytikion of Great and Holy Pascha in the Plagal First Mode

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

Χριστός ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν χαρισάμενος.

Resurrectional Apolytikion in the Third Mode

Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησεν κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου ἐρωτόσατο ἡμᾶς, καὶ παρέση τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion of the Church

On this day when our salvation is crowned for eternity and the revelation of the mystery of the ages. The Son of God becomes on this day the Virgin’s Son, with Gabriel proclaiming the tidings of God’s Grace. And we also join in the cry unto the Theotokos singing: Hail to You who are filled with grace; the Lord is with You.

Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἄπτ’ αἰώνος Μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, ὁ Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριήλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ήμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν, Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Seasonal Kontakion in the Plagal Fourth Mode

Though You went down into the tomb, You destroyed Hades’ power, and You rose the victor, Christ God, saying to the myrrh-bearing women, "Hail!" and granting peace to Your disciples, You who raise up the fallen.

Εἰ καὶ ἐν τάφῳ κατήλθες ἀθάνατε, ἀλλὰ τοῦ Ἅδου καθέλες τὴν δύναμιν, καὶ ἀνέστης ὡς νυκτῆς, Χριστέ ὁ Θεός, γυναῖκι Μυροφόροις φθεγκάμενος. Χαῖρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.
Matins (Orthros) Gospel
Luke 24:12-35

At that time, [Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home wondering at what had happened. That very day] two of them were going to a village named Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing together, Jesus Himself drew near and went with them. But their eyes were kept from recognizing Him. And He said to them, "What is this conversation which you are holding with each other as you walk?" and they stood still, looking sad. Then one of them, named Cleopas, answered Him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" And He said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered Him up to be condemned to death, and crucified Him. But we had hoped that He was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning and did not find His body; and they came back saying that they had even seen a vision of angels, who said that He was alive. Some of those who were with us went to the tomb, and found it just as the women had said; but Him they did not see." And He said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! Was not it necessary that the Christ should suffer these things and enter into this glory?" And beginning with Moses and all the prophets, He interpreted to them in all the scriptures the things concerning Himself. So they drew near to the village to which they were going. He appeared to be going further, but they constrained Him, saying, "Stay with us, for it is toward evening and the day is now far spent." So He went in to stay with them. When He was at table with them, He took the bread and blessed, and broke it, and gave it to them. And their eyes were opened and they recognized Him; and He vanished out of their sight. They said to each other, "Did not our hearts burn within us while He talked to us on the road, while He opened to us the scriptures?" And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and

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those who were with them, who said, "The Lord has risen indeed, and has appeared to Simon!" Then they told what had happened on the road and how He was known to them in the breaking of the bread.

Epistle Reading

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 entreatng 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.

τὸ Ἀνάγνωσμα Πράξεις Ἀποστόλων 9:32-42.

Εν ταῖς ἡμεραῖς ἐκείναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἁγίους τοὺς κατοικοῦντας Λύδδαν. Εὑρεν δὲ ἐκεῖ ἄνθρωπόν τινα Αἰνέαν ὄνοματι, εἰς ἐτῶν ὅκτῳ κατακείμενον ἐπὶ κραββάτῳ, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος, Αἴνεα, ἰδαί σε Ἰησοῦς ὁ Χριστός· ἀνάστηθι καὶ στῆθος σεαυτῷ. Καὶ εὐθέως ἀνέστη. Καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Ἀσσάρωνα, οἵτινες
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..."
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.

**Sunday of the Paralytic**

**Κατὰ Ιωάννην 5:1-15**

Τὸ καὶ ὁ Ἰησοῦς εἰς Ἰερουσαλήμ. ἔστι δὲ ἐν τοῖς Ἰεροσολύμοις ἐπὶ τῇ προβατινῇ κοιλομβήθρᾳ, ἡ ἐπιλεγομένη Ἐβραίστι Βηθεσδά, πέντε στοάς ἔχουσα. ἐν ταύταις κατέκειτο πλήθος πολὺ τῶν ἀσθενοῦντων, τυφλῶν, χωλῶν, ἔρημῶν, ἔκδεχομένων τὴν τὸν ὅδατος κίνησιν. ἄγγελος γὰρ κατὰ καὶ κατέβαινεν ἐν τῇ κοιλομβήθρᾳ, καὶ ἐπαιρόσσετο τὸ ὅδωρ· ὁ οὖν πρῶτος ἐμβάς μετὰ τὴν ταραχὴν τοῦ ὅδατος ύπης ἐγίνετο ὁ δήποτε κατείχετο νοσήματι. ἦν δὲ τις ἄνθρωπος ἐκεῖ τρίάκοντα καὶ ὅκτω ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ. τούτων ἢδων ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἡ ὁ χρόνον ἔχει, λέγει αὐτῷ· θέλεις ύπης γενέσθαι; ἀπεκρίθη αὐτῷ· ὁ ἄσθενῶν· Κύριε, ἄνθρωπον οὐκ ἔχω, ἢν ὅτεν ταραχθῇ τὸ ὅδωρ, βάλη με εἰς τὴν κοιλομβήθραν· ἐν ὁ δὲ ἔρχομαι ἐγώ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ· ὁ Ἰησοῦς· ἔγειρε, ἄρον τὸν κράβαττόν σου καὶ περιπατάει. καὶ εὐθέως ἐγένετο ἴημι ὁ ἄνθρωπος, καὶ ἠρέ τὸν κράβαττόν αὐτοῦ καὶ περιπατάει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ Ἰουδαῖοι τῇ τεθεραπευμένῃ· σάββατον ἔστιν· οὐκ ἔξεστι σοι ἄρον τὸν κράβαττόν· ἀπεκρίθη αὐτοῖς· ὁ ποιήσας με ύπη, ἐκεῖνός μοι εἴπεν· ἄρον τὸν κράβαττόν· ἠράσησαν οὖν καὶ αὐτόν· τις ἔστιν ὁ ἄνθρωπος· ὁ εἰπών· ἄρον τὸν κράβαττόν σου καὶ περιπατάει. ἠράσησαν οὖν καὶ ἄρον τὸν κράβαττόν· ὁ ἐκεῖνος ἔστιν· ὁ γὰρ Ἰησοῦς εξένευσεν ὅχλον ὅτας ἐν τῷ τόπῳ· ὑμᾶς καὶ αὐτὸν· ἥν ὁ Ἰησοῦς ἔξενεν· ἵνα μὴ ἱερόν σοι τι γένηται. ἀπῆλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλε τοῖς Ἰουδαίοις· ὁ Ἰησοῦς ἔστιν· ἀπείρασα· ἔστιν ὁ ποιήσας αὐτόν ύπη.
Sunday of the Paralytic (May 26)

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 way 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.
Parish News and Events

Scholarships Available Through AHEPA

The AHEPA 29 Educational Foundation is offering scholarships to local high school graduates/college students who are members of the Houston Ahepa Family OR Annunciation Greek Orthodox Cathedral. Applications are being accepted based on (i) only Academics or (ii) Financial Need and Academics. Scholarships/Grants will range from $700 to $2,500.

Last year AHEPA awarded approximately $60,000 in Scholarships/Grants to local students. The official application is now available on the foundation’s website at www.ahepa29edu.org. The deadline is June 16, 2024. If you have any questions please contact Chris Kaitson at ahepa29edu@aol.com
Please help Philoptochos collect new and like-new books for Pre-K through 5th-graders for Books Between Kids, a non-profit organization serving Houston’s at-risk children by providing them with books to build home libraries. They are seeking:

- Story books
- Chapter books
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- Board/toddler books
- Spanish or dual language books

Please, NO religious books, torn bindings, pages or covers, discolored pages, workbooks, coloring books, sticker books, puzzle or game books, reference books, textbooks or outdated non-fiction books, flash cards, teacher or parental reference books, audiobooks, DVDs, CDs, or books with content inappropriate for children.

There will be a labeled bin in the Narthex of the Cathedral on Sundays through June 8th.

You may also donate through their Amazon Wish list linked here: https://www.amazon.com/hz/wishlist/ls/G5NQ8CXP41BS?ref_=wl_fv_le

Contact Helena at papa11h@hotmail.com with any questions. For more about Books Between Kids please visit www.booksbetweenkids.org
May 17, 2024

Dear and much beloved Clergy of the Greek Orthodox Metropolis of Denver:

Χριστός Ἀνέστη! Christ is Risen!

It is with sentiments of delight that I write to inform you of Bishop Constantine of Sasima’s unanimous election as Metropolitan of the Holy Metropolis of Denver by the Ecumenical Patriarchate’s Holy and Sacred Synod today, Friday, May 17.

For almost two full years, His Eminence has been serving the spiritual and pastoral needs of the Holy Metropolis of Denver with deep love, dedication and respect. And now, following his election as the Metropolitan of Denver, His Eminence embarks on a new ministry as the Shepherd of this blessed Metropolis of our Sacred Archdiocese. Therefore, I am confident that all of you will join me in loudly exclaiming Axios for this most worthy and faithful hierarch of our Church!

I would like to extend my heartfelt gratitude and fraternal appreciation to His Eminence Metropolitan Nathanael of Chicago for his loving archpastoral oversight of the Metropolis during his service as Locum Tenens. However, kindly know that as of today, Metropolitan Constantine is to be commemorated in all the divine services celebrated in the Holy Metropolis of Denver as its canonical shepherd.

Please be aware that the Enthronement of His Eminence Metropolitan Constantine will take place at the Assumption Greek Orthodox Cathedral in Denver on Saturday, June 22, 2024, at 10 a.m. The following day, Sunday, June 23, he will celebrate his first Divine Liturgy at the Cathedral as Metropolitan of Denver on the Feast of Holy Pentecost.

Bestowing upon all of you my Archepiscopal blessings, I beseech our Heavenly Master to protect you forevermore, keeping you under the wise spiritual care, guidance and leadership of your new Shepherd, His Eminence Metropolitan Constantine of Denver.

With paternal love in the Risen Lord,

+ ELPIDOPHOROS
Archbishop of America
Προς τον ευλαβετότατον κλήρον της Ιεράς Μητροπόλεως Ντένβερ

Χριστός Ανέστη!

Με αίσθημα χαράς σας ένθησονόμενο θα ήταν έπισκόπος Σαμίλ ο Κωνσταντίνος εξέλθη σήμερα ομορφώς από την Άγια και Ιερά Σύνοδο του Οικουμενικού Πατριαρχείου, ως ο νέος Μητροπάτορας της Ιεράς Μητροπόλεως Ντένβερ.

Για σχεδόν δύο συναπτά έτη, ο Σεβασμότατος Μητροπάτορας Ντένβερ κ. Κωνσταντίνος κατάπιε τις πολιτικές και πνευματικές ανάγκες της Ιεράς Μητροπόλεως Ντένβερ, με σεβασμό, αγάπη και αφοσίωση. Καθώς ο Σεβασμότατος εναλλάσσεται ως ο ποιμενάρχης αυτής της ευλογημένης Ιεράς Μητροπόλεως της Ιεράς μετά Αρχιεπισκόπου, είμαι πεπεισμένο, ότι ολοι θα είμαστε τη φρονής σας με τη δική μου αναφορά, το «Αλώς» σε αυτόν τον πίστο και παναγιώτισσή της Εκκλησίας μας.

Θα ήθελα να ευχαριστήσω άδελφος και εγκαθίδρυτο τον Σεβάσμοτατο Μητροπάτορα Σαμίλ ο Κωνσταντίνος, για την περιόδο της επιστολής του στην Ι. Μητρόπολη Ντένβερ ως τοπικής τους. Εάν προσέρχετο, λοιπόν, από της σημερινής της επίσης Σεβασμότατος Μητροπόλεως κ. Κωνσταντίνος να μην αποκλειόταν σε όλες τις Ιερές Ακολουθίες που τελούνται στα όρια της Ιεράς Μητροπόλεως Ντένβερ, ως ο ποιμενάρχης της.

Η ένθροπη τον νέο Μητρόπολη Ντένβερ κ. Κωνσταντίνος θα πραγματοποιηθεί στο Σάββατο, 22 Ιουνίου 2024, στον Ιερό Καθεδρικό Ναό της Κοιμήσεως της Θεοτόκου Ντένβερ και ώρα 1000 πρωινής. Η επόμενη ημέρα, 23 Ιουνίου, Κυριακή της Πεντηκοστής, ο Σεβασμότατος θα προεξάγει στην πρόκληση του Θεού Λειτουργία στον ίδιο ναό ως ο Μητροπάτορας Ντένβερ.

Επιδείνωστες σε όλους σας πατριάρχες μου ευχές, επιχύματες εκ του Παναγία Θεό και σας προσκαλείς πάντως, ώτε τη σοφή πνευματική φροντίδα και καθαρότητα τού νέου σας ποιμενάρχη του Σεβάσμοτατού Ντένβερ κ. Κωνσταντίνος.

Μετά πατριαρχικός Εν Κυρίω αποκομίζετε αγάπης και ευχός,

Έν Νέα Υόρκη, την 17η Μαίου 2024,

+ ο Αμερικανός Επιτέωρος

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Congratulations to our senior students for their graduation! These students have been to our Greek School since preschool and kindergarten, and they have demonstrated an excellence and commitment that serves as an inspiration to all!

Συγχαρητήρια και Εις Ανώτερα!

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Eleni Diehl
Maria Petropoulos
George Spiliotis
Antoine Yared

Our graduates with their teacher Mrs. Magionos and director Ms. Kontogeorgaki

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MORE INFO
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TO REGISTER AND FOR MORE INFORMATION, PLEASE CONTACT FRJON@GOA-NNUNCIATION.ORG OR FRMAGOULIAS@AGOC.ORG
Today at the Cathedral

Please join us for the fellowship coffee in the Martel Hall following the Divine Liturgy.

This week at the Cathedral

Monday, May 27  
Memorial Day – Cathedral Office Closed

Thursday, May 30  
11:00 am – Greek Language Class,  
Advanced Conversation, *Online*