

CALENDAR

Sunday 5/3: NO FASTING
Sunday of the Paralytic

8:45a Orthros (Matins)
9:00a Church School
10:00a Divine Liturgy &
Memorial Service
11:30a Parish Assembly

Monday 5/4: NO FASTING
Pelagia the Nun-martyr of Tarsus

Tuesday 5/5: NO FASTING
Gt-Martyr Irene

Wednesday 5/6: FISH ALLOWED
Mid-Pentecost

8:50a 3rd Hour
9:00a Divine Liturgy

Thursday 5/7: NO FASTING
**The Precious Cross that appeared in
the sky over Jerusalem in 351 AD**

Friday 5/8: WINE/OIL ALLOWED
Apostle John the Theologian

8:50a 3rd Hour
9:00a Divine Liturgy

Saturday 5/9: NO FASTING
Prophet Esaias (Isaiah)

6:30p Great Vespers

Sunday 5/10: NO FASTING
Sunday of the Samaritan Woman

8:45a Orthros (Matins)
9:00a Church School
10:00a Divine Liturgy

ANNOUNCEMENTS

- ♦ The **Memorial Service** is offered this morning for the mothers of Toula Howington and Maria Schulz. Ζωή σε σας, Μαρία και Τούλα!
- ♦ Please join us for the **Spring Parish Assembly**, which begins at the conclusion of Divine Services this morning.

Faith: An Endowment for Orthodoxy and Hellenism announced that it will once again offer the prestigious series of "Faith Scholarships for Academic Excellence." These merit-based college scholarships provide funding to graduating high school seniors for their university studies.

Each year since its inception in 2004, grants from Faith fund a series of merit-based and need-based scholarships to seniors ranked within the top of their graduating class at public, parochial and private high schools across the country. To date, many of the Hellenic American community's most promising graduating high school seniors have been awarded these prestigious scholarships which range in size from \$1,500 - \$25,000. In addition, high school valedictorians and salutatorians also receive special recognition through this series of scholarship awards as do young people wishing to focus their university studies in STEM fields (science, technology, engineering and math). For more information and application materials about the Faith Scholarships for Academic Scholarships, please visit: www.faithendowment.org.

Deadline: June 27, 2015



HOLY CROSS GREEK ORTHODOX CHURCH



METROPOLIS OF
SAN FRANCISCO

4TH SUNDAY OF PASCHA: of THE PARALYTIC

**Holy Martyrs Timothy and Maura.
Our Fathers among the Saints Peter, Bishop of
Argos, and Theophanes, Bishop of Peritheorio.**

May 3, 2015

WELCOME VISITORS!

We are pleased that you have joined us today. **In order to receive Holy Communion in the Greek Orthodox Church, one must be Baptized and/or Chrismated in the Christian Orthodox Faith.** The Orthodox Church understands Holy Communion as a sign of unity. If you are interested in learning more about Christian Orthodoxy, please contact our priest, Father Andreas. Communicants should prepare themselves through fasting, prayer and confession. All Christians are invited to come forward at the dismissal of the Divine Liturgy to receive the holy bread, called *Antidoron*, which is offered to everyone as a blessing when they leave.

Rev. Presbyter Andreas Maclean Papayiannis, BA, MDiv, *Ieratikos Proistamenos* (Parish Priest)
P.O. Box 2164, Flagstaff, AZ 86003

Church Location: 16 West Cherry Ave. (Nativity Chapel), Downtown Flagstaff

Office: 928.225.3814 Fax: 855.879.8690 Pastoral Emergency: 928.607.9005

Fr. Andreas's e-mail: priest@holycrossflagstaff.org

Web Site: www.holycrossflagstaff.org

Holy Cross Greek Orthodox Church is a parish of the Holy Metropolis of San Francisco, in the Greek Orthodox Archdiocese of America, an eparchy of the Ecumenical Patriarchate of Constantinople.

Our hierarch is His Eminence the Most Reverend GERASIMOS, Metropolitan of San Francisco.

TROPARIA AND READINGS

Apolytikion of Pascha Plagal 1st Mode

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

Ἀπολυτίκιον τοῦ Πάσχα Ἦμος πλ. α΄

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

Resurrectional Apolytikion 3rd Mode

Let all things above in heav'n rejoice, and let all things below on earth be glad. With all the might and strength of His arm an eternal deed the Lord did perform. Beneath His feet He has trampled down death by death, and first born of the dead has He become. From the womb of Hades has He delivered us, and to all the world has granted His great redeeming mercy.

Apolytikion of our Temple 1st Mode

Save, O Lord Your people, and bless Your inheritance; grant victory to the faithful against the adversaries of the Faith, and protect Your people by the power of Your Cross.

Hymn of the Church in Greek & phonetics

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

SO-son KEE-ri-e ton la-ON soo, keh ev-LO-yee-son teen klee-ro-no-MEE-an soo, NEE-kas tees va-see-lef-SEE ka-TA var-VAR-on tho-ROO-me-nos, keh to son fee-LA-ton thi-A too stav-ROO soo po-LEE-tev-ma.

Kontakion of Pascha Plagal 4th 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.

5th Orthros Reading: Gospel according to St. Luke 24:13-35

At that time, 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 it not necessary that the Christ should suffer these things and enter into his 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

May 3, 2015

TROPARIA AND READINGS

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 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.

Prokeimenon: 3rd Mode. Psalm 46

Sing praises to God; sing praises; sing praises to our King; sing praises.
Στίχ: *Ob, clap your hands, all you nations. Shout to God with the voice of rejoicing.*

Apostolic Reading: 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.

Alleluiarion: 3rd Mode. Psalm 30 Alleluia. Alleluia. Alleluia.

Στίχ 1: *In You, O Lord, I hope; may I not be ashamed forever; in Your righteousness deliver and rescue me.*

Στίχ 2: *Be to me a God who protects me, and a house of refuge to save me.*

Holy Gospel Reading: Gospel according to St. 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.