

# GREEK ORTHODOX CHURCH OF THE ASSUMPTION

## SUNDAY, MAY 22, 2016

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM WILL BE CELEBRATED TODAY



The Paralytic

**Priests:**  
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**Saturday Evening:**  
Vespers: 5:00 pm

**Sunday Morning:**  
Orthros: 8:45 am  
Divine Liturgy:  
10:00 am

**4<sup>th</sup> Sunday of the Paschal Season - The Paralytic;  
Martyr Basiliskos (+308); John the Emperor;  
Martyr Zacharias the Younger; Demetrios and Paul,  
Neomartyrs of Tripoli and Kalavryta, Peloponnesos; Paul (+1818).**

**APOLYTIKION after DOXOLOGY:**  
Χριστὸς Ἀνέστη... (see page 2)

### ΤΟ ΠΡΩΤΟΝ ΑΝΤΙΦΩΝΟΝ

### THE FIRST ANTIPHON

α' Ἀλλαλάξατε τῷ Θεῷ πᾶσα ἡ γῆ.  
β' Ψάλατε δὴ τῷ ὀνόματι αὐτοῦ·  
δοτε δόξαν αἰνέσει αὐτοῦ.  
γ' Εἶπατε τῷ θεῷ ὡς φοβερὰ τὰ ἔργα σου.

v.1 Shout with joy to God, all the earth.  
v.2 Sing to His name; give glory to His praises.  
v.3 Say to God: "How awesome are Your works."

### REFRAIN (after each stichera):

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

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

### ΤΟ ΔΕΥΤ. ΑΝΤΙΦΩΝΟΝ

### THE SECOND ANTIPHON

α' Ὁ θεὸς οἰκτιρήσαι ἡμᾶς καὶ εὐλογήσαι ἡμᾶς.  
β' Ἐπιφάναι τὸ πρόσωπον αὐτοῦ ἐφ' ἡμᾶς καὶ ἐλεήσαι ἡμᾶς.  
γ' Τοῦ γνῶναι ἐν τῇ γῆ τὴν ὁδὸν σου ἐν πᾶσιν ἔθνεσιν τὸ σωτήριόν σου.

v.1 God be merciful to us and bless us.  
v.2 May He cause His face to shine upon us, and have mercy on us.  
v.3 That Your way may be known upon earth, Your salvation among all nations.

### REFRAIN:

Σῶσον ἡμᾶς, Υἱὲ θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι Ἀλληλούια.

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

## ΤΟ ΤΡΙΤΟΝ ΑΝΤΙΦΩΝΟΝ (Απολυτικιον Της Εορτης)

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

## THE THIRD ANTIPHON (The Hymn of the Feast)

Christ is risen from the dead, trampling  
death by his death, and to those in the  
tombs, granting eternal life. (3x)

## ΕΙΣΟΔΙΚΟΝ

Ἐν ἐκκλησίαις εὐλογεῖτε τὸν θεόν·  
Κύριον ἐκ πηγῶν Ἰσραὴλ. Σῶσον ἡμᾶς  
Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν,  
ψάλλοντάς σοι· Ἀλληλούϊα.

## SMALL ENTRANCE HYMN

Bless God in His churches, the Lord from  
the sources of Israel. Save us O Son of God,  
Who rose from the dead, to You we sing:  
Alleluia.

## ΤΟ ΑΝΑΣΤΑΣΙΜΟΝ ΑΠΟΛΥΤΙΚΙΟΝ (Ἦχος Γ')

Ἐὐφραινέσθω τὰ οὐράνια, ἀγαλλιᾶσθω  
τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν  
βραχίονι αὐτοῦ ὁ Κύριος ἐπάτησε τῷ  
θανάτῳ τὸν θάνατον, πρωτότοκος τῶν  
νεκρῶν ἐγένετο, ἐκ κοιλίας ᾄδου  
ἐρρύσατο ἡμᾶς καὶ παρέσχε τῷ κόσμῳ  
τὸ μέγα ἔλεος.

## THE RESURRECTIONAL APOLYTIKION (3<sup>rd</sup> Tone)

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 firstborn of  
the dead. He has delivered us from the  
depths of hell and has granted to all the  
world his great mercy.



## ΥΜΝΟΣ ΤΟΥ ΝΑΟΥ

Ἐν τῇ Γεννήσει τὴν παρθενίαν  
ἐφύλαξας, ἐν τῇ Κοιμήσει τὸν κόσμον  
οὐ κατέλιπες Θεοτόκε. Μετέστης πρὸς  
τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς·  
καὶ ταῖς πρεσβείαις ταῖς σαῖς λυτρού-  
μενη, ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

## HYMN OF THE TEMPLE

You preserved your virginity in birthgiving;  
you did not forsake the world in your falling  
asleep, O Theotokos. You have passed to  
life being the mother of Life, and through  
your intercessions, deliver our souls from  
death.

### KONTAKION

Εἰ καὶ ἐν τάφῳ κατήλθες ἀθάνατε,  
ἀλλὰ τοῦ Ἄδου καθείλες τὴν δύναμιν·  
καὶ ἀνέστης ὡς νικητής, Χριστὲ ὁ  
Θεός, γυναιξὶ μυροφόροις  
φθεγξάμενος, Χαίρετε, καὶ τοῖς σοῖς  
Ἀποστόλοις εἰρήνην δωρούμενος, ὁ  
τοῖς πεσοῦσι παρέχων ἀνάστασιν.

### KONTAKION

Though You descended into the grave, O  
Deathless One, You annihilated the power  
of Hell, and rose as conqueror, O Christ  
God, announcing to the myrrh-bearing  
women: Rejoice, and give peace unto Your  
Apostles, and bestowing Resurrection upon  
the fallen.

### Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος ἰσχυρός, ἅγιος  
ἀθάνατος, ἐλέησον ἡμᾶς. (3x)...

### THE TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us. (3x)...

### THE EPISTLE READING

Prokeimenon. Third Mode. Psalm 46.6,1.

*Sing praises to our God, sing praises.*

*Verse: Clap your hands, all you nations.*

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 them 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 GOSPEL READING

John 5:1-15

**A**t 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.

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ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ    THE CONFESSION OF FAITH

## ΜΕΓΑΛΥΝΑΡΙΟΝ

Ὁ ἄγγελος ἐβόα τῇ Κεχαριτωμένῃ,  
Ἄγνῃ, Παρθένε, χαῖρε, καὶ πάλιν ἐρῶ  
χαῖρε, ὁ σὸς Υἱὸς ἀνέστη, τριήμερος  
ἐκ τάφου. Φωτίζου, φωτίζου, ἡ νέα  
Ἱερουσαλήμ, ἡ γὰρ δόξα Κυρίου ἐπὶ σὲ  
ἀνέτειλε. Χόρευε νῦν καὶ ἀγάλλου,  
Σιών· σὺ δέ, ἄγνη, τέρπου, Θεοτόκε, ἐν  
τῇ ἐγέρσει τοῦ Τόκου Σου.

## HYMN TO THE THEOTOKOS

The angel cried out to the woman full of grace: "Rejoice! O pure virgin; again I say, rejoice, for your Son is risen from the tomb on the third day. "Shine, shine, O new Jerusalem, for the glory of the Lord has dawned upon you. Exalt and be glad, O Zion. Be radiant, pure Theotokos in the Resurrection of your Son.

## ΚΟΙΝΩΝΙΚΟΣ ΥΜΝΟΣ

Σῶμα Χριστοῦ μεταλάβετε, πηγῆς,  
ἀθανάτου γεύσασθε.

## COMMUNION HYMN

Receive the body of Christ; O drink from  
the fountain of immortality.

## TRISAGION

BY REQUEST OF THE KRITIKO PELAGOS CHAPTER (SEATTLE) OF THE PANCRETAN ASSOCIATION, A TRISAGION WILL BE CELEBRATED TODAY IN LOVING MEMORY OF THE MEN, WOMEN AND CHILDREN WHO PERISHED UNDER HITLER'S WAR MACHINE AND HIS INVASION AND BATTLE FOR CRETE ON MAY 20, 1941 (75 YEAR ANNIVERSARY).

MAY THEIR MEMORY BE ETERNAL



THANK YOU FOR SERVING OUR COMMUNITY

READER TODAY: Jerry Costacos



## OPPORTUNITIES THIS WEEK . . .

### TODAY

- Church School
- Fellowship Hour is sponsored today by the Greek Dance Groups. Please join us!

### TUESDAY the 24<sup>th</sup>

- Prayers at the 3<sup>rd</sup> Hour: 10:40 am
  - Bible Study: 11:00 am
- Camp Agape NW Board Meeting (at St. Nicholas GOC): 7:00 pm

### WEDNESDAY the 25<sup>th</sup>

#### MID-PENTECOST

- Matins: 8:45 am
- Divine Liturgy: 10:00 am

### THURSDAY the 26<sup>th</sup>

- Byzantine Chant Classes: 7:00 pm
- AA Meeting: 7:30 pm

### SATURDAY the 28<sup>th</sup>

- Great Vespers: 6:00 pm

## STEWARDSHIP

A primary goal of our parish's Stewardship ministry is to have all parishioners participate in the ministry of our community. Yes, the expectation is 100% participation, meaning all parishioners who offer a stewardship pledge of treasure will make the giving of their time and talents a priority as well.

This expectation comes from our Lord and Savior Jesus Christ who, as we are reminded on Holy Thursday, in humility, washed the feet of His disciples. At that time, washing feet was the job of the lowliest of servants. The disciples must have been stunned at this expression of humility! Jesus, through this beautiful act, reminded His disciples that He did not come to be served but to serve. In keeping with this emphasis on service, Jesus said to His disciples after He finished washing their feet, "I have given you an example, that you should do as I have done to you" (John 13:15).

As Christians, we are to follow the example of our Lord, serving one another in community through ministry with all humility and love. Ultimately Jesus reminds us that the kingdom of God is attained by those who have a servant's heart. When we have a servant's heart, the Lord promised, we will be greatly blessed (John 13:17).

One of the most successful Churches in involving their parishioners in ministry is that of Saddleback Church pastored by Rick Warren. In this parish all parishioners are involved in ministry. That's right, 100%!! Rick Warren states, "...parishioners need to be taught to no longer say I want a Church that meets my needs and blesses me. Instead they need to say, I want a place to serve and be a blessing."

Each of us has a place, a role and a function within our Church. If a member of the human body is missing, or not functioning, the entire body does not reach its full potential. In the same way, without all the members of the Church participating and working together, our parish and its ministries do not reach their full potential.

We are invited to follow the example of the Lord, who through the washing of His disciples' feet served others. In addition, we honor our Lord's commandment to serve others and through service experience the blessings of our Lord in our own life while we share His blessings with others.

+ Fr. Dean Kouldukis

It's time to sign-up to volunteer for our **BITE OF GREECE** event! We also need for folks to pick up flyers to distribute to your friends, neighbors and neighborhood businesses. Flyers are available on the counter across from the Bookstore in the Fellowship Hall. Please also be sure to spread the word via your Facebook account - tell all your friends! **PASS THE WORD!**



Please navigate to Sign-Up Genius to sign up to volunteer:

<http://www.signupgenius.com/go/10c0b44a8a922a3fd0-bite>

Sign-up Genius will show you all the volunteer shifts that need to be filled for our event to be successful.

This year's Bite of Greece will take place over three days (June 3, 4 & 5). Shifts are 2-4 hour commitments and you should easily find an area to work that will be of interest to you. Please sign up for as many shifts as you can on as many days as you can!

If you would like additional information, please contact Penny Peppes at (425) 503-3421.

Thank you for being a part of our fun community/outreach/fundraising event!