

St. Michael Antiochian Orthodox Church of the San Fernando Valley
a Parish of the Antiochian Orthodox Christian Archdiocese of North America
16643 Vanowen Street; Van Nuys, California; 91406 stmichaelvannuys.org

His Beatitude, Patriarch JOHN X, of the Greek Orthodox Patriarchate of Antioch
and all the East www.antiochpatrarchate.com
Archpriest Timothy Baclig, Pastor frtimothy@stmichaelvannuys.org
Rev. Fr. Minas Sarchizian, Assisting Priest fatherminas@gmail.com
Rev. Deacon Andrew Monsue armcopper@gmail.com
Subdeacon Richard Tamoush Tamoush.Richard@gmail.com
Subdeacon Magued Wassef wassefm@msn.com
Subdeacon Richard Ajalat, Pastoral Assistant rajalat@stmichaelvannuys.com
Parish Council Chair - Connie Abdun-Nur Barilla cmatthews46@yahoo.com
Council Vice-Chair - Kris Thabit kthabit66@hotmail.com
Council Secretary - John Khouri johngkhouri@gmail.com
Council Treasurer - Britton McLinn britton@ikon-x.com

Antiochian Orthodox Christian Women of No. America (AOCWNA)

Chapter President - Charmaine Darmour cdarmour@sbcglobal.net
Choir Director - Art Danks artdanks1@yahoo.com
Church School Director - Adrienne Hines superintendent@stmichaelvannuys.org
Youth Director - Cooper Rowe crowe31@gmail.com
Young Adult Director - Richard Ajalat rajalat@stmichaelvannuys.org
Young Parents' Ministry - Brittney Ajalat brittneylee704@gmail.com
Faithtree Resources Exec. Director - Michelle Moujaes michelle@faithtree.org
Project Manager - Michael J. Malouf michael@jacksonia.com
Stewardship Chair - Richard Tamoush Tamoush.Richard@gmail.com
Capital Funds Campaign Chair - Ron Zraick ronaldzraick@gmail.com
Communications Chair - Michael Paraskevas michaelparaskevas13@gmail.com
Bookstore Manager - Bobbi Monsue bobbi_monsue@att.net
Golf Classic Co-Chair - Don Meena donmeena@sbcglobal.net
Webmaster - Dan Raju dan.raju16@hotmail.com
Charity Coordinator - Cindy Tamoush cindy.tamoush@gmail.com
Head Usher - Ramez Hage jeddo.ramez@gmail.com

The Fourth Sunday of Pascha

Commemoration of the Paralytic

The Appearance of the Sign of the Precious Cross in the heavens above Jerusalem (351 A.D.); Martyr Akakios the centurion at Byzantium

Sunday, May 7, 2023

Tone 3; Eothinon 5

Apolytikion for the Resurrection (Tone 3)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

Apolytikion for our Patron, Michael the Archangel (Tone 2)

O ye foremost of the heavenly hosts, we beseech thee, though we are unworthy, pray that we may be encompassed with a shadow of thine unearthly glory; preserving us who kneel and cry endlessly: Deliver us from oppression since ye are the prince of the highest powers.

Kontakion of Pascha (Tone 8)

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

Daily Readings

THE EPISTLE (for the Fourth Sunday of Pascha)

Sing praises to our God, sing praises. Clap your hands, all you nations.

The Reading from the Acts of the Saintly and Pure 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 GOSPEL (for the Fourth Sunday of Pascha)

**The Reading of the Holy Gospel is 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 38 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 befalls you.” The man went away and told the Jews that it was Jesus Who had healed him.

The Synaxarion

On May 7 in the Holy Orthodox Church, we commemorate the Appearance of the Sign of the Precious Cross in the heavens above Jerusalem (351 AD); and Martyr Akakios the centurion at Byzantium.

On this day, the fourth Sunday of Pascha, we commemorate the Paralytic and, as is right, we celebrate the miracle wrought for him.

Verses

The word of Christ was strength for the paralytic;
So that this word alone was the man’s full healing.

Jesus healed the Paralytic at the Sheep’s Pool, located near the Sheep’s Gate of Jerusalem, where people sacrificed their beasts and washed their insides. The pool had five sides, with a porch and arch on each. A number of people, afflicted with various diseases, passed through them, waiting at the water for an angel to come down and stir it. Once it moved, whoever stepped into the water first was instantly healed. One poor man, whose story is recounted in today’s Gospel lection in the Divine Liturgy, waited 38 years for someone to lower him into the water, because he was unable to move into the water himself. However, the Savior merely commanded the man to get up and walk, and he was healed.

In Thine infinite mercy, O Christ our God, have mercy on us. Amen..

LITURGICAL CALENDAR

*NOTE: There is **no** fasting for the forty-day period:
from Easter to the Feast of the Ascension (May 25th)*

Mid-Pentecost – Wednesday, May 10th

The Fifth Sunday of Pascha (Samaritan Woman)

Great Vespers – Saturday, May 13th, 5 p.m.

Orthros – Sunday, May 14th, 8:45 a.m., Divine Liturgy, 10 a.m.

OFFERINGS

Holy Bread is being offered by the Malouf family for the 30th memorial of the servant of God, Sandra H. Malouf (+7 May, 1993). Memory eternal.

Holy Bread is also being offered this morning by Bobbi Monsue in memory of her sister, Virginia Canaday (+7 May, 2021). Memory eternal.

Special offerings and requests for prayer are being made . . .

for the speedy recovery of Lorance Tannous, by David & Juliana Tannous

remembering Louis & Jeannette Aboud on their May birthdays and Jeannette on Mother's Day; always in the hearts and thoughts of their family. Memory eternal

for the continued health of Phyllis Grates

for the repose of the newly-departed Cassandra Hoyos (+2 May, 2023)
Christ is risen!

Included in our prayers throughout the month of May are those celebrating their birthday: Riad Nasser (5/2), Maria Safady (5/2), Antonio Tortolano (5/2), Christian Chala (5/3), Natalia Zait (5/4), Michael Safady (5/4), Rafi Zait (5/5), George Yazbek (5/6), Ben Azzam (5/8), Buddy Andrews (5/9), Mervat Azzam (5/9), Ulysses Grundler (5/9), Robert Homsey (5/9), Don Saba (5/9), Michael Tannous (5/9), Douglas Wall (5/9), Nadeem Dawud (5/11), Christina Thabit (5/12), Jenna Scott (5/13), Ted Coudsy (5/15), Alexander Moujaes (5/16), Kris Thabit (5/16), Andrew Aparicio (5/18), Assad Dawud (5/18), David Soffa (5/18), Savannah Leilani Anne Gascou (5/20), Dillon Patrick O'Dea (5/20), Barbara Monsue (5/20), Evan Edward Waldman (5/22), Nicholas Horaney (5/25), Michelle Moujaes (5/24), Michael Meena (5/29), Peter Mitchell (5/29), Kathryn Zraick (5/31); and those celebrating their wedding anniversary: William & Marilea Grundler (5/1), Carl & Alice Andrews (5/6), Robert & DeAnne Abraham (5/8), Miriam & Elias Mankouche (5/8), Katherine & Hani Abughazaleh (5/14), Orit & Steven Srouf (5/14), Robin & Robert Haddad (5/14), Rita & Stephen Ablahad (5/25), Abdalla & Beth Mallouk (5/25). May God grant them all many years!

Included in our prayers for the departed for the month of May are:

Kamel Zaki Wassef, +2 May, 1963

Richard Bastron, +21 May, 2007

Albert Massad, +6 May, 1972
Frederick P. Piet, +31 May, 1973
Salim Sweis, +11 May, 1974
Salim K. Srouf, +17 May, 1975
Elizabeth Abraham, +5 May, 1978
Norman Lush, +3 May, 1978
George G. Abraham, +5 May, 1978
Mitchell Khouri, +1 May, 1980
Nicholas Azal, +25 May, 1983
Shamah Sweis, +26 May, 1985
Nadima May Toomey, +8 May, 1990
Elizabeth Hanna, +21 May 1990
Sandra H. Malouf, +7 May, 1993
Martha Jane Gorup, +18 May, 1993
V. Rev. James Meena, +15 May, 1995
Joseph Armelli, +19 May, 1995
Dr. George Nicola, +22 May, 1995
Nabeeha Andrews, +28 May, 1995
Farha Abughazaleh
Elias Abughazaleh
Zarina Chala, +10 May, 1998
Thamer Hatem, +10 May, 2001
Mary Kwiatkowski, +25 May, 2002
Jamil Haggat, +7 May, 2003
Lorraine Ghiz, +17 May, 2003
Naomi McCarron, +20 May, 2003
Olga Burton, +20 May, 2003
Avenel Wolfley, +26 May, 2003
Vilma Anthoney, +20 May, 2004
George Nicholas, +30 May, 2004
Raisa Gallup, +6 May, 2005
Abla Hajj, +15 May, 2006
Zaki N. Wassef, +8 May, 2007

Donna Calendar, +9 May, 2008
Lena Bogdanoff, +15 May, 2008
Naseeb Michael Saliba, +22 May, 2008
Richard Leal, +8 May, 2009
Sue Schullander, +13 May, 2009
Leila Ann Khoury, +16 May, 2009
Bertha I. Petersen, +10 May, 2010
Christopher David, +31 May, 1990
Hiam Khouri, +16 May 2001
Mary Abdelahad, +19 May, 2011
Emily Raies Fadel, +24 May, 2011
William Fichtner, Sr., +28 May, 2011
Maurice Mina, +3 May, 2013
Raymond Azzam, +3 May, 2013
Marie Tohme, +1 May, 2015
Wade Abraham, +25 May, 2015
Rose Helen Sady, +26 May, 2015
Ayda Tarbouche, +5 May, 2016
Vera Bibi, +17 May, 2016
Peggy Payne, +13 May, 2017
Gina Schmidt, +12 May, 2017
Wajiha Ashley, +12 May, 2017
Vladimir Worotko, +16 May, 2017
Adele Coury Hanna, +19 May, 2019
Mikhail Kneizeh, +28 May, 2019
Violet Kavan, +29 May, 2019
George Saba, +31 May, 2019
Charlotte Sadd Lechlak, +12 May, 2020
Ruth Zolnerowich, +6 May, 2021
Ginger Canaday, +7 May, 2021
Aida Dares, +7 May, 2021
Audree Yacoub +15 May, 2021
Marie Barilla, +27 May, 2021

Memory Eternal!

NOTE: Names and dates mentioned above are from our current Office Records. Please inform us of any error and we will correct it.

ANNOUNCEMENTS

Weekly Bible Study Has Resumed

Join us each Tuesday evenings, this week on May 9th, at 7 p.m. for our weekly Bible Study. We will continue our study of the Book of Exodus. A link to the Zoom meeting will be sent out on Tuesday. Recorded links are available upon request.

30th St. Michael Golf Classic — Monday, May 22, 2023

The St. Michael 30th Anniversary Golf Tournament and Banquet will take place on Monday, May 22, 2023. One of the enjoyable events is the Golf Ball Raffle. The Raffle Grand Prize is a surprise TRIP! We have begun soliciting parishioners for donations of \$50 cash/check, \$50 gift cards, or a gift item with a \$50 value or more — used to purchase additional raffle prizes. Your gifts or donations may be brought or mailed to the church. Please contact DeAnne Abraham (661) 259-7897 or Samia Habib (818) 919-3870 should you have questions. The deadline for all donations is: Sunday May 14, 2023. Looking forward to another glorious day in the sun!

Also, Bobbi Monsue is collecting photographs of our Golf Classic from the past 30 years. If you have a photo or photos to add to our display, please contact her at: bobbi_monsue@att.net or visit her in the bookstore.

Raies-Murr Educational Trust Scholarship

Only members, in good standing of St. Michael Antiochian Orthodox Church (Van Nuys) or St. Nicholas Antiochian Orthodox Cathedral (Los Angeles) and who have been accepted to or are currently enrolled in a **publicly supported** (not private) institution of higher learning, including eligible **publicly supported** vocational, technical and trade schools, are eligible to apply for a Raies-Murr Scholarship. Applications can be obtained by e-mailing Mallory Murr at: <RaiesMurrScholarship@gmail.com>. The applications must be returned by July 25, 2023.

Camp Counselors Needed

Camp St. Nicholas needs qualified male counselors. The commitment is for four (4) weeks, beginning with training in July and continuing to the end of the third session and recap. Applicants must be 18 years of age and may apply directly at: <https://events.circuitree.com/av/HR/Application> For answers to questions or more information contact Father Andrew Andrews, Camp Director, at: 925-323-6787.

Note to Coffee Hour hosts: coffee and paper goods will be provided each week.

Holy Bread Offering List

Coffee Hour Hosts Calendar

May 14 - (Mother's Day) Ron & Kathy Zraick

May 25 (Holy Ascension) - open

May 28 - open

Jun 04 - open

Please contact Fr. Timothy (818/219-3761; frtimothy@stmichaelyannuys.org) to sign-up to offer Holy Bread or host the coffee hour.

Upcoming Events

[Note: You may now access our Google Parish Calendar to your personal calendar. Here is the link: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWN0YWVsdmFubnV5cy5vcmc>]

The Enthronement of Metropolitan SABA — Saturday, May 13
(St. Nicholas Cathedral; Brooklyn, New York)

St. Barbara Lebanon Relief Fund Dinner — Saturday, May 13
St. Nicholas Cathedral Heritage Ballroom; RSVP by May 7

St. Michael 30th Annual Golf Classic — Monday, May 22, 2023
Wood Ranch Golf Club; Simi Valley

Diocesan Parish Life Conference hosted by St. Luke Church
(Garden Grove) June 28 to July 2, 2023; Irvine Marriott; www.laplc.org

St. Michael Vacation Bible School (VBS)
Monday-Friday, July 10-14, 2023; Ages Kindergarten to 5th Grade

56th Biennial Antiochian Archdiocese Convention hosted by
St. George Church (Phoenix, Arizona); July 23-30, 2023
Go to: www.ac2023az.org



**St. Michael Antiochian Orthodox Church
of the San Fernando Valley**

16643 Vanowen Street, Van Nuys, California 91406-4622

His Beatitude, Patriarch JOHN, Greek Orthodox Church of Antioch and all the East

V. Rev. Timothy Baclig, Pastor
ftimothy@stmichaelvannuys.org

Church Telephone: 818/994-2313
www.stmichaelvannuys.org

May 5, 2023

Beloved in Christ,

Christ is risen! *المسيح قام! Χριστος ανέστη! Χριστος Воскресе! Cristo ha resucitado! Hristos a înviat!*

If you plan to attend this year's Parish Life Conference, now is the time to complete your plans for your participation. This year's Conference is hosted by St. Luke Church (Anaheim, California); June 28 to July 2, 2023 at the Irvine Marriott.

For your convenience, here are the Conference links:

Hotel Reservations: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1668116546354&key=GRP&app=resvlink>

On-line Registration: https://antiochianevents.com/la_event

Conference Schedule: https://antiochianevents.com/la_schedule

May you and your family members enjoy a safe and healthy summer.

Father Timothy Baclig

Pastor

A Parish of the Antiochian Orthodox Christian Archdiocese of North America

Then the following dialogue is said between the priest and the faithful:

Priest: Christ is risen!

People: Truly, He is risen! [repeated in various languages]

Al Maseeah qam! **Haq qan qam!** (*Arabic*)

Christos Anesti! **Alithos Anesti!** (*Greek*)

Kristos voskrese! **Voistinu voskrese!** (*Slavonic*)

Kristo esta resusitado! **Verdaderamente resusitado!** (*Spanish*)

Khristi ungal! **Vertet ungal!** (*Albanian*)

Le Christ est ressuscite! **En verite il est ressuscite** (*French*)

Kristos Inviat! **Adervaret inviat!** (*Romanian*)

Ua ala hou 'o Kristo! **Ua ala 'I 'o no 'oia!** (*Hawaiian*)

Christus is opgestaan! **Hij is waarlijk opgestaan!** (*Dutch*)

Kristus ist Auferstanden! **Sicherlich ist Auferstanden!** (*German*)

Khristus Zmartvikstau! **Zaiste Zmartvikstau!** (*Polish*)

Christos harjav i merelotz! **Orhniale harutjun Christosi!** (*Armenian*)

Kristos Tensiah! **Be-a-man Ten-si-a!** (*Tigrigna*)

Massih Miyayat! **Hatman Miyayat** (*Farsi*)

Kristo azukidde! **Kituufu azukidde** (*Luganda*)

Ha Mashiyach qam! **Ken hoo qam!** (*Hebrew*)

Yesu Christo Wierthayairnaytoo! **Sathamyeetoom Yesu Christo wierthayairnaytoo!**
(Malayalam)

Mesiah jee utha hei! **Such mei jee mutha hei!** (Hindu)

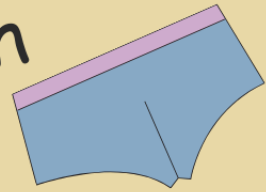
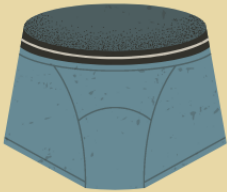
Kristo samawa, yomi gaimashta! **Hontoni yomi gaimashta!** (Japanese)

Priest: Christ is risen from the dead, trampling down death by Death, and upon those in the tombs... **People: Bestowing life!**

Help our Antiochian Women with:



**UNDIE
SUNDAYS**
May 7th & 14th



**Supporting Loaves & Fishes
Neighborhood Pantry
Serving Those In Need**



We're collecting new - must be packaged - underwear/boxers for men, women & children - in all sizes



**Collection box
in the kitchen**





Save The Date

St. Michael 30th Annual Golf Classic

COME HELP CONTINUE THE LONG-STANDING TRADITION OF
 “GETTING OUT FOR THE DAY” BY PARTICIPATING IN OUR
 ANNUAL GOLF CLASSIC AND BBQ

MONDAY, MAY 22nd – WOOD RANCH GOLF CLUB:
12:00 Noon Shotgun Start

GOLFERS – or those who claim to be!!!!

Make up your own foursome or we’ll pair you up.
 Shotgun Start – 4 Golfer Scramble Format – 2 Mulligans –
 Participation in Putting Contest
 Closest to the Line – Team and Individual Awards – Raffles
 Continental Breakfast – Box Lunch – Barbecue Dinner
 Sodas – Water – Beer – and More!!!!
 \$200.00 Per Player!



NON-GOLFERS



Can’t get out the whole day,
 then join us later for an evening of fun & frolic!
 Barbecue Dinner
 Chinese Auction – Golf Ball Raffle – Door Prizes
 \$60.00 each



For reservations or more information contact:
 Don Meena (661) 623-0340 or donmeena@sbcglobal.net

Fred Milkie, Jr. (818) 535-4243 or milkief@aol.com

HOLE SPONSORSHIP

Michael Srour (818) 314-9363 or mcsrour@gmail.com



The People of LEBANON Need Our Help!!

Join us for a Complimentary Fundraising Dinner
Hosted by St. Barbara Lebanon Relief Fund

Saturday | May 13th, 2023 | 6:30 PM

St. Nicholas Orthodox Cathedral

2300 W. 3rd Street,
Los Angeles, CA 90057

Dinner by [Sunnin Lebanese Cafe](#)
and performance by [Sons of Antioch](#)



Seating is Limited, Please RSVP by May 7th, 2023!

St. Barbara Lebanon Relief Fund is a newly incorporated 501(c) (3) organization, whose mission is to directly help the people of Lebanon with food, medicine, heating, medical care, child and elder care. Our event has the blessing of the Hierarchy of our Archdiocese.

To register and donate online please [click here](#) or fill in the registration form below.

Please make your check payable to: "St Barbara Lebanon Relief Fund"

Mail to: 17516 Sarita Ave, Canyon Country CA 91387

✂-----

First and last name: _____ # of people attending the dinner _____

Email: _____ Phone#: _____

Home address: _____

For questions call: Ramona Blanski (661) 433-9561 | Kh. Miray Katrib (786) 346-9094
John Andonian (626) 253-8293 | Esper Kanaan (626) 255-8080
Spiritual Advisor: V. Rev. George Ajalat
<https://stbarbaralebanonrelief.org/>

**SAVE THE
DATE!**

**10-14
JULY**



SUPER SAINTS
LITTLE LIGHT OF CHRIST

**VACATION
BIBLE
SCHOOL**



9am-12pm
PRE-K
THROUGH 5TH

**ST. MICHAEL ANTIOCHIAN
ORTHODOX CHURCH**

16643 Vanowen Street, Van Nuys, CA 91406

MORE INFO TO COME!



Pastor's Sermon
By V. Rev. Timothy Baclig
May 7, 2023

Next week Wednesday (May 10th) is the Feast of Mid-Pentecost, or the half-way point of the fifty-day period between Easter and Pentecost. The Gospel lessons of the Sunday just prior to Mid-Pentecost and those that follow all include something in common. In each of these Gospel lessons water is included and is a significant element of the healing which took place in each of the lessons. Today's Gospel lesson is of the healing of the paralytic in Jerusalem near the Sheep Gate pool (Bethesda). Although the man never entered the pool, known for its miraculous healing power, the man who was paralyzed responded to Jesus' instruction to pick up his bed and walk.

In one of the hymns today we hear: *Lord, it was not the pool that healed the paralytic, but Your word. The power of Your voice was stronger than the chronic bond of the disease. Therefore he cast away the burden of sickness and took up his bed as a witness to Your abundant mercies...*

Today's Epistle lesson also describes the healings that began to take place after Christ's Resurrection when Peter, the Apostle, visited a paralyzed man named Aeneas. Peter's words were "Aeneas, Jesus Christ heals you; arise and make your bed." We are told that the man rose immediately.

To properly understand Sacramental power, such as the power of God's healing, is to recognize the power of God's word; also that it is Christ who heals. God's word accompanies the tangible and material substances, whether it is water, oil, bread, or wine. They become a "point of contact," a means of communion with God, but not as an end in themselves.

For the woman with the hemorrhage whom the Lord healed, it was simply reaching out to touch the hem of our Lord's garment, for the Roman centurion with a dying son, a man who knew what it was to be one under authority; it was calling upon the Lord to say the word.

And so, for each of us, there is a point of contact: sometimes a situation or an important object (but not an idol), perhaps a person, a certain place that becomes for us a means (but not the location itself), but a means by which we

experience or begin a process of healing. Sometimes, it may even require us to do something which is not easy: returning to a difficult memory, learning to forgive someone, going back to a certain place, overcoming a fear, facing a person, rediscovering peace.

Whatever it is, healing is not always instantaneous. It may take time or even require you and me to do something that may be difficult and challenging. It may even sometimes require us to begin doing something differently. And the older we get, the harder it could be! Why, because we like being comfortable. We find it easier to be at ease with what we are familiar with, even though sometimes, we know, it may not be what is best for us.

Having completed the course of Great Lent and Holy Week, the season of Pascha provides us with the opportunity to break through any of the walls and barriers, ways of thinking and behavior in our life that cause us to be spiritually and sometimes physically paralyzed. It also requires the acceptance of responsibility; discovering what is our job to do – not as a chore, but as a labor of love and a ministry; a work that has meaning in joyful service.

For all of us, sometimes it takes as much effort and open-mindedness after Great Lent as it did during Great Lent for us to rid ourselves of our mindset, even our prejudices. It begins with hearing what Christ is saying to us – and really has been saying for a long time: “Take up your bed and walk!”

From today’s lesson we are able to see clearly how our relationship with God involves knowing or discovering what we must begin to do for ourselves. Recognizing that there are certain things that no one else can accomplish for us (not even God!). It also pertains to the importance of our personal response to God’s word. It pertains to knowing what we must do upon hearing and learning His message and instruction; His wisdom. **Yes, doing what sometimes seems even impossible. Yes, doing even what we might think we cannot do. And yes, doing perhaps something that WE DO NOT WANT TO DO! The paralytic in today’s lesson was filled with excuses. He had a chronic sickness that was spiritually affecting his physical well being.**

In the Vesperal hymn we hear his chronic condition described in this way: *The paralytic, who was like unto a dead man unburied, having seen Thee, O Lord, cried*

out, and “Have mercy upon me; for my bed hath become my grave. Of what use is my life? I have no need for the sheep’s pool; for there is none to put me into the pool. How is it that I come to Thee, O Fountain of all healing, that with all I may cry unto Thee, “Lord Almighty, glory to Thee!”

And so, on this, the fourth Sunday of Pascha, the Gospel lesson helps to see how our life in Christ (here and now) is to be a life illumined by the Resurrection. Our celebration of Christ’s victory over sin and death is not only about those who have died in Christ. **The full experience of resurrected life is not only for those who are dead in Christ. You and I today must be a participant in what we proclaim in all that Christ has accomplished: For we are among those who have been baptized into Christ’s Death and raised by His Resurrection. You and I are to live each day of our lives in that victory of what He has accomplished for us.**

We hear in the third ode of the Paschal canon: *Yesterday I was buried with Thee, O Christ, and today I rise with Thine arising. Yesterday I was crucified with Thee; do Thou Thyself glorify me with Thee, O Savior, in Thy Kingdom!*

Prayer

We thank Thee, O Christ our God for your word that renews us today. Like the Paralytic, may we put aside our excuses and faithfully respond to your word to us. Help us to look beyond what we perceive as our limitations, to act in faith, hope and love. Strengthen us in our time of weakness and despair and help us as we take up our mats to walk. As we turn to you may we also be a help and comfort to those who need us. Keep us strong. Grant us courage. And fill our lives with your peace. For you are the Lord of mercy and of love toward mankind and unto you do we ascribe glory together with Thy Father who is from everlasting and Thine all-holy good and Life-giving Spirit; now and ever, and unto ages of ages. A-men.

EOTHINON 5

الاوثينا 5

TONE 3

اللعن 3

FOURTH SUNDAY OF PASCHA COMMEMORATION OF THE PARALYTIC

Appearance of the Sign of the Precious Cross in the heavens above Jerusalem
(351 A.D.); Martyr Akakios the centurion at Byzantium

طروبارية القيامة على اللحن الثالث
لتفرح السماويات وتبتهج الارضيات, لأنَّ الربَّ صنعَ عزاً بساعده, ووطئ الموتَ بالموت, وصارَ
بكر الاموات, وأنقذنا من جوفِ الجحيم, ومنح العالمَ الرحمةَ العظمى

طروبارية رؤساء الملائكة باللحن الرابع
أيها المتقدّمون على الأجناد السماويين, نتوسّلُ إليكم نحن غيرَ المستحقّين, حتّى أنكم بطلباتكم
تكتنوفوننا بظلِّ أجنحةٍ مجدكم غير الهولي, حافظين إيتانا نحنُ الجاثين والصارخين بغير فتور,
أنقذونا من الشدائد, بما أنكم رؤساءً مراتب القوّات العلوية.

قنداق القيامة على اللحن الثامن
ولئن نزلت إلى القبر يا من لا يموت, إلا أنّك درست قوّة الجحيم, وقمت غالباً, أيها المسيح الإله.
وللنسوة الحاملات الطيب قلت افرحن واهباً لرسلك السلام يا مانح الواقعين القيام.

الرسالة

(لأحدِ المُخَلِّعِ)

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا. يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

فصل من أعمال الرُّسُل القديسين الأطهار.

(9:32-42)

في تلك الأيام، فيما كان بطرسُ يطوفُ في جميع الأماكن، نزلَ أيضاً إلى القديسين
الساكنين في لُدّة. فوجدَ هناك إنساناً اسمه أينيّاس، مضطجعاً على سريرٍ منذُ ثمانِي
سِنين، وهو مَخْلَعٌ. فقالَ له بطرسُ: "يا أينيّاس، يَشْفِيكَ يَسوعُ المسيحُ؛ قُمْ وافترِشْ
لِنَفْسِكَ." فقامَ للوَقْتِ. ورأه جميعُ الساكنين في لُدّة وسارونَ فرجعوا إلى الرَّبِّ. وكانت في
يافا تلميذةٌ اسمُها طابيتا، الذي تفسيرُهُ ظبيّة، وكانت هذه مُمْتَلِئَةً أَعْمَالاً صَالِحَةً
وصدقاتٍ كانت تَعْمَلُهَا. فحدّثت في تلك الأيام أنها مرّضت وماتت. فغسلوها ووضعوها
في العُليّة. وإذ كانت لُدّة بِقُرْبِ يافا، وسمِعَ التلاميذُ أنّ بطرسَ فيها، أرسلوا إليه رجلين
يسألانه أن لا يبطلَي عن القدوم إليهم. فقامَ بطرسُ وأتى معهما. فلما وصل، صعدوا به
إلى العُليّة، ووقفَ لديه جميعُ الأرامِلِ يبكين، ويرينهُ أقمِصَةً وثياباً كانت تصنعها ظبيّة
معهن. فأخرجَ بطرسُ الجميعَ خارجاً، وجثا على رُكْبَتَيْهِ وصلّى. ثمَّ التفتَ إلى الجسدِ
وقال: "يا طابيتا قومي." ففتحت عينيها. ولما أبصرت بطرسَ جَلَسَتْ. فناولها يدهُ

وَأَنْهَضَهَا. ثُمَّ دَعَا الْقَدِيسِينَ وَالْأَرَامِلَ، وَأَقَامَهَا لَدَيْهِمْ حَيَّةً. فَشَاعَ هَذَا الْخَبْرُ فِي يَافَا كُلِّهَا، فَآمَنَ كَثِيرُونَ بِالرَّبِّ.

الإنجيل

(لأحدِ المُخلَعِ)

فصل شريفٌ من بشارَةِ القديسِ يوحنا الإنجيليِّ البشيرِ والتلميذِ الطاهرِ. (15:5:1)

ففي ذلكَ الزمانِ، صَعِدَ يَسُوعُ إِلَى أُورُشَلِيمَ. وَإِنَّ فِي أُورُشَلِيمَ عِنْدَ بَابِ الْعَنَمِ بِرْكَةً، تُسَمَّى بِالْعِبْرَانِيَّةِ بَيْتَ حِسْدَا، لَهَا خَمْسَةُ أَرْوَاقَةٍ. كَانَ مُضْطَجِعًا فِيهَا جُمُهورٌ كَثِيرٌ مِنْ الْمَرَضِيِّ مِنْ عَمِيَانٍ وَعُجْرٍ وَيَابِسِي الْأَعْضَاءِ، يَنْتَظِرُونَ تَحْرِيكَ الْمَاءِ. لِأَنَّ مَلَكَاءَ كَانَ يَنْزِلُ أحيانًا فِي الْبِرْكَةِ وَيَحْرِكُ الْمَاءَ. وَالَّذِي كَانَ يَنْزِلُ أَوَّلًا مِنْ بَعْدِ تَحْرِيكِ الْمَاءِ، كَانَ يَبْرَأُ مِنْ أَيِّ مَرَضٍ اعْتَرَاهُ. وَكَانَ هُنَاكَ إِنْسَانٌ بِهِ مَرَضٌ مُنْذُ ثَمَانٍ وَثَلَاثِينَ سَنَةً. هَذَا إِذْ رَأَى يَسُوعَ مُلْقِيًا، وَعَلِمَ أَنَّ لَهُ زَمَانًا كَثِيرًا، قَالَ لَهُ: "أَتُرِيدُ أَنْ تَبْرَأَ؟" فَاجابَهُ الْمَرِيضُ: "يَا سَيِّدُ، لَيْسَ لِي إِنْسَانٌ مَتَى حَرَّكَ الْمَاءُ يَلْقِينِي فِي الْبِرْكَةِ، بَلْ بَيْنَمَا أَكُونُ آتِيًا، يَنْزِلُ قَبْلِي آخَرٌ." فَقَالَ لَهُ يَسُوعُ: "قُمْ، أَحْمِلْ سَرِيرَكَ وَامْشِ." فَلِلْوَقْتِ يَرَى الرَّجُلُ، وَحَمَلَ سَرِيرَهُ وَمَشَى. وَكَانَ فِي ذَلِكَ الْيَوْمِ سَبَتْ. فَقَالَ الْيَهُودُ لِلَّذِي شَفِيَ: "إِنَّهُ سَبَتْ، فَلَا يَحِلُّ لَكَ أَنْ تَحْمِلَ السَّرِيرَ." فَاجابَهُمْ: "إِنَّ الَّذِي أَبْرَأَنِي هُوَ قَالَ لِي "أَحْمِلْ سَرِيرَكَ وَامْشِ." فَسألُوهُ مَنْ هُوَ الْإِنْسَانُ الَّذِي قَالَ لَكَ "أَحْمِلْ سَرِيرَكَ وَامْشِ؟" أَمَا الَّذِي شَفِيَ فَلَمْ يَكُنْ يَعْلَمُ مَنْ هُوَ. لِأَنَّ يَسُوعَ اعْتَزَلَ، إِذْ كَانَ فِي الْمَوْضِعِ جَمْعٌ. وَبَعْدَ ذَلِكَ وَجَدَهُ يَسُوعُ فِي الْهَيْكَلِ، فَقَالَ لَهُ: "هَا قَدْ عُوْفَيْتَ، فَلَا تَعُدْ تُخْطِئُ لِنَافِلًا يُصِيبُكَ أَشْرٌ." فَذَهَبَ ذَلِكَ الْإِنْسَانُ، وَأَخْبَرَ الْيَهُودَ أَنَّ يَسُوعَ هُوَ الَّذِي أَبْرَأَهُ.

ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعنى عمومية المشاركة فيه لذوى العقيدة الواحدة، الا إن المشاركة في سر القربان المقدس هنا تقتصر فقط على أعضاء الكنائس الارثوذكسية والذين يحضرون أنفسهم بالصلاة والصوم والاعتراف منذ فترة قريبة (وعلى كل حال، فإننا ندعو الجميع للمشاركة فى الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية