SUNDAY OF THE PARALYTIC
MAY 26, 2024
On this Lord’s Day, the Fourth Sunday of Pascha, we remember the healing of the Paralytic in John’s Gospel. We also remember Carpos and Alphaeus, Apostles of the 70; Alexandros the New Martyr of Thessaloniki; George the New of Sofia; and Augustine, Archbishop of Canterbury.

Apolytikon of Pascha, Mode Plagal 1: Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,ζωὴν χαρισάμενος.
Christ is risen from the dead, by death trampling down upon death, and to those in the tombs he has granted life.

First Antiphon. Mode 2. Psalm 65
Verse 1: Shout to God all the earth.
Refrain: Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.
Verse 2: Sing now to His Name. Give glory to His praise. Ref.
Verse 3: Say to God, How fearful are your works! Ref.
Verse 4: Let all the earth worship You and sing to You. Ref.
Glory to the Father… Both now and forever… Ref.

Second Antiphon. Mode 2. Psalm 66
Verse 1: Let God be gracious to us and bless us!
Refrain: Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.
Verse 2: May He cause his face to shine upon us and have mercy on us. Ref.
Verse 3: That we may know His way on the earth, Your salvation among all the Gentiles. Ref.
Verse 4: Let all the peoples give thanks to you, O God, let all the peoples praise you. Ref.
Glory to the Father… Both now and forever… Only begotten Son and Word of God…

Third Antiphon. Mode Plagal 1.
Refrain of Pascha, Mode Pl. 1 (Χριστὸς ἀνέστη): Christ is risen….

Entrance Hymn. Mode 2. Psalm 67
Bless God in the Churches, the Lord from the fountains of Israel. Save us, O Son of God, risen from the dead. We sing to you, Alleluia!

Apolytikia & Kontakia
Resurrectional Apolytikion, Mode 3: Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ο Ἐμμηνός, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἐκείνου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.
Let the heavens rejoice; let the earth be glad, for the Lord has shown the mighty power of His arm. He trampled down death by death and became the first-born of the dead. From the depths of Hades, He delivered us and granted the world great mercy.

**Apolytikion of the Church, Mode 4:** Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ’ αἰώνος Μυστηρίου ἡ φανέρωσις, ο Υἱός τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριήλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἤμεις σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν. Χαίρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Today is the crowning moment of our salvation, and the unfolding of the eternal mystery: the Son of God becomes the Son of the Virgin, and Gabriel brings the good tidings of grace. Therefore with him let us also cry aloud to the Mother of God: Hail, full of grace! The Lord is with you.

**Kontakion of Pascha, Mode Plagal 4:** Εἰ καὶ ἐν τάφῳ κατῆλθες Ἀθάνατε, ἀλλὰ τοῦ ᾅδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητής, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθεγξάμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνη δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

Though you descended into the grave, O immortal One, yet you destroyed the power of Hell. And You arose as victor, O Christ God, calling to the myrrh-bearing women: Rejoice; and giving peace to your Apostles.

**After the Trisagion:**

**Order of the New Testament Readings**

**Prokeimenon. Mode 3. Psalm 46.**

Sing praises to God; sing praises; sing praises to our King; sing praises.

Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.

**The reading is from the 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.

**Alleluia**

**The Gospel Reading is from 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.

**LITURGY OF ST. JOHN CHRYSOSTOM**

**Parish Council: Team B**
Milt Apostolidis – Team Leader, Nick Avdis, George Chuchas, Michael Dariotis, Stella Dariotis, Maria Sampanis

**Altar Guild**
Dena Kuchulis, Terri Kuchulis & Valerie Simvoulakis

**Memorials**
Marietta & Nicholas Kosmas Alexander

**Publication Submission Deadlines**

- **Sunday Bulletin** – Wednesdays by 4pm to nhansen@annunciationsac.org
  *Limited to Annunciation parish and parochial ministry activities and announcements*

- **This Week at Annunciation Email** – Wednesdays by 4pm to nhansen@annunciationsac.org

- **Quarterly Observer** – June 10th to Observer@annunciationsac.org

**ANNUNCIATION PARISH ASSEMBLY**

**Sunday, May 26, 2024**
Following the Divine Liturgy
Annunciation Hellenic Center
MEET & GREET FOR NEW & RETURNING DANCE FAMILIES

Ice Cream Social

SUNDAY
26 MAY

In Foyer, After Liturgy, Before General Assembly

HOSTED BY ANNUNCIATION GREEK DANCE MINISTRY

Enjoy ice cream with your friends
Meet the directors and board & find out what’s in store for next season!
Practices for the month of May:
Tuesday 5/14
Tuesday 5/21
Tuesday 5/28
6:30pm
Annunciation Hellenic Center
For more info call or text Kate Margaris @ 916-718-3749

ANNUNCIATION GREEK FOLK DANCE

About Our Ministry
The Annunciation Greek Dance Program is dedicated to bringing our youth and young adults together in the spirit of Orthodox Christian fellowship and faith through folk dance and music.

Earlybird Registration opens May 12th
Scan the QR code to register and learn more about our program!

Register by June 30 to save on registration fees!
Prices will increase on July 1
Please join us as we begin baking for our 61st annual Sacramento Greek Festival.

Beginners are welcome! Come learn, support our parish, and enjoy lunch, fun, and fellowship.

Monday, June 3 – Kourambiethes
Monday, June 17 – Koulourakia
Monday, July 1 – Paximadia
Additional dates TBD

Please contact Helen Grammatikakis at (916) 607-1627 with questions

Thank you, the Sacramento Greek Festival Committee
CALLING ALL GRADUATES
CLASS OF 2024!
HIGH SCHOOL • COLLEGE • GRADUATE & POSTGRADUATE PROGRAMS
JOIN US ON SUNDAY, JUNE 2
AS WE RECOGNIZE OUR GRADUATES
VISIT tiny.cc/grads24 TO SUBMIT YOUR
INFORMATION BY WEDNESDAY, MAY 29
PLEASE CONTACT NHANSEN@ANNUNCIATIONSAC.ORG WITH QUESTIONS

Epistle Reading Program
The Epistle Reading Program is open to our parish youth (ages 10+) and is a wonderful opportunity for our children to take part in the Divine Liturgy on Sundays, and serve our community!

Please register and select reading dates at the link below. A confirmation will be emailed, along with the reading(s) for the selected date(s). Assistance is available to prepare new readers. Readers are needed every Sunday.

Please contact Nicki Hansen at nhansen@annunciationsac.org with questions.

tiny.cc/epistlereaders

PROJECT MEXICO
BUILDING HOPE. SERVING PEOPLE.
JUNE 5-11, 2024
INTERESTED IN SUPPORTING OUR ANNUNCIATION PROJECT MEXICO TEAM?
MAKE A DonATION BY VISITING tiny.cc/projectmexico

Our Annunciation team will travel to Mexico this June to build a home for a family in need. All donations go directly to team travel and registration costs, which include Project Mexico administration, building materials, food, tools, supplies, staffing and other costs necessary to sustain the Project Mexico program.

Learn more at projectmexico.org/homebuilding
Questions? Contact Nicki Hansen at nhansen@annunciationsac.org
Talking about his experiences at the Family Wellness Program, Nikitas Skondras told me, “Most days, Maria, all I do is watch TV. Now I have something to look forward to!”
Icon Painting Workshop
Annunciation Greek Orthodox Church
Experience the unique spiritual world of the Byzantine Era through icon painting

July 29-August 3, 2024
Annunciation Greek Orthodox Church
Sacramento, CA

Join us on this six day intensive course under the direction of visiting master iconographer and expert instructor Theodoros Papadopoulos from Greece. This Jesus Christ icon will "come alive" as he will guide you step by step, through the ancient techniques of Byzantine Iconography. Let us journey together, discovering anew, this traditional artistic expression of theology and spirituality often called the "meeting place of the Divine". Whether you are beginner or a professional, this workshop offers the opportunity to learn or refine your techniques.

Your tuition fee of $780 includes most supplies including boards, pigments, brushes etc. Space is limited and early registration is suggested. For enrollment or information contact Mr Theodoros Papadopoulos at the email: theodoreicons@gmail.com or visit the website theodoreicons.com/sa

2024–2025 Sunday School Teachers Needed

Looking to make a difference and help our youth grow in their faith?

Seeking Sunday School teachers for a rewarding opportunity to make an impact by teaching our youth about our faith. All classes will have two teachers to ensure adequate coverage.

If you are interested or have any questions, please contact sundayschool@annunciationsac.org

STAY UP-TO-DATE ON UPCOMING SERVICES AND EVENTS WITH THE
Annunciation Parish Calendar
tiny.cc/parishcalendar
Coffee Hour Fellowship

The members of Philoptochos want to thank our parishioners who support us throughout the year by sponsoring Annunciation’s Sunday coffee hours and bringing pastry and goodies to share. Your sponsorship and sharing promotes fellowship, and we are so grateful.

Please consider hosting a coffee hour in April, May or anytime during the year! Cookies, fruit, or a cake would be great! Coffee will be made for you.

Contact Donna Wagner at 916-214-9794 to secure a date for hosting a regular coffee hour.

When contacting Effie in the church office to schedule a memorial, please let her know if you also wish to host coffee fellowship. She can be reached in the office at 916-443-2033 ext 222.

Stewardship 2024
Believe, Belong, Be Loved

Make your pledge online at annunciationsac.org/stewardship or return a pledge card to the Church Office

Annunciation Greek Orthodox Church, Sacramento • 616 Alhambra Blvd • Sacramento, CA 95816 • (916) 443-2033
May 26 – June 2

Sunday, May 26
Sunday of the Paralytic
9:00am Orthros, 10:00am Divine Liturgy
DSG Ice Cream Social
Parish Assembly

Monday, May 27
Church Office Closed for Memorial Day

Tuesday, May 28
6:30pm Volleyball Practice

Wednesday, May 29
7:00pm Bible Study with Fr. James

Sunday, June 2
Sunday of the Samaritan Woman
8:30am Orthros, 9:30am Divine Liturgy
Graduate Recognition Sunday

SUMMER HOURS BEGIN JUNE 2
8:30am Orthros, 9:30am Divine Liturgy

THE GREEK ORTHODOX CHURCH OF THE ANNUNCIATION
600 Alhambra Blvd. Sacramento, California 95816 (mailing address 616 Alhambra)

OUR MISSION is to bring all people to full maturity in Christ through Worship (Liturgia), Service (Diakonia), Education (Paideia), Witness (Martyria) and Fellowship (Koinonia), guided and united in all things by the One Holy Spirit.

If you are visiting with us this morning, you are most welcome! Please fill out a Visitor's Card in the Narthex. If you have questions about the Orthodox Christian faith, our schedule of services, or becoming a member of the parish, please go to our website at www.annunciationsac.org, or contact the church office to speak with one of the Priests (M-F, 9 am – 3:30 pm, phone (916) 443-2033).

Be sure to visit our bookstore in the Annunciation Hellenic Center (entrance on Alhambra Blvd). The bookstore is open Sundays after Church or call (916) 231-9949 for an appointment.

Rev. Fr. James Retelas, Presiding Priest | frjames@annunciationsac.org
Rev. Fr. Timothy Robinson, Associate Priest | frtimothy@annunciationsac.org

616 Alhambra Blvd. Sacramento, CA 95816
Office: (916) 443-2033 | Office Hours Monday–Friday 9:00am–4:30pm
www.annunciationsac.org