



GREEK ORTHODOX CHURCH  
ANNUNCIATION  
SACRAMENTO, CALIFORNIA



SUNDAY OF THE PARALYTIC  
MAY 11, 2025

# Sunday of the Paralytic

May 11, 2025

No Fasting | Mode 3 | 5th Orthros Gospel

On this Lord's Day, the Fourth Sunday of Pascha, we remember the healing of the Paralytic in John's Gospel. We also remember the Renewal of Constantinople as the New Rome, the Capital of the Roman Empire (330 AD); we also remember the Hieromartyr Mocius; Methodius & Cyril, Equal-to-the Apostles, Illuminators of the Slavs; Theopemptos the Martyr & his Companions; Dioscoros the New Martyr; and Argyrios the New-Martyr of Epanomi.

**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, Ἀλληλουῖα.

**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 (Χριστός 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:** Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιásthω 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.

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 ἅπ' αἰῶνος Μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν· Χαῖρε 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 κατήλθες Ἀθάνατε, ἀλλὰ τοῦ ᾄδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητῆς, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθεγξάμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην 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

# Christ is Risen! Χριστός Ανέστη!

### Parish Council: Team B

Milt Apostolidis – Team Leader, Nick Avdis, George Chuchas,  
Michael Dariotis, Stella Dariotis, Maria Sampanis



### Altar Guild

Sophia Evrigenis & Mary Ellen Kassotakis



### Memorials

Helen Tsihlas (three years), George Tsihlas (four years), Tina Harsoulas (eight years),  
Panayiota George, George & Georgia Vallas, Panayiota, Kostandinos & Peter Vallas

### Coffee Fellowship Sponsors

The Tsihlas Family  
The Vallas Family

## PUBLICATION SUBMISSION DEADLINES

**SUNDAY BULLETIN** - Wednesdays by 4pm to [nhansen@annunciationsac.org](mailto:nhansen@annunciationsac.org)  
*Limited to Annunciation parish and parochial ministry activities and announcements*

**WEEKLY EMAIL BLAST** - Wednesdays by 4pm to [nhansen@annunciationsac.org](mailto:nhansen@annunciationsac.org)

**QUARTERLY OBSERVER** - June 10th to [observer@annunciationsac.org](mailto:observer@annunciationsac.org)



# CALLING ALL GRADUATES

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# CLASS OF 2025

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HIGH SCHOOL • COLLEGE • GRADUATE & POSTGRADUATE PROGRAMS

**JOIN US ON SUNDAY, JUNE 15  
AS WE RECOGNIZE OUR GRADUATES**

VISIT [tiny.cc/grads25](https://tiny.cc/grads25) TO SUBMIT YOUR  
INFORMATION BY SUNDAY, JUNE 8

PLEASE CONTACT [NHANSEN@ANNUNCIATIONSAC.ORG](mailto:NHANSEN@ANNUNCIATIONSAC.ORG) WITH QUESTIONS



EUROPA '18



EUROPA '18



## 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.

Scan the QR code to learn more  
about our program and register!



**Registration for the 25-26  
season opens May 5 and  
closes on June 8**



ANNUNCIATION



SUMMER  
DAY  
CAMP  
2025

## **PASSPORT TO FAITH A JOURNEY THROUGH GREECE WITH THE SAINTS**

Join us as we travel through the beautiful regions of Greece and meet the holy saints who lived, loved, and served Christ in their homeland. Each day, we'll explore a new destination, dive into inspiring lives of faith, and grow closer to God through stories, crafts, music, games, and prayer.

**JUNE 23 - 27**  
**1 - 4 PM**

**ANNUNCIATION HELLENIC CENTER**

**GRADES TK-8 • \$75 PER CAMPER**

**REGISTRATION CLOSES JUNE 8**

**CONTACT NICKI HANSEN WITH QUESTIONS  
NHANSEN@ANNUNCIATIONSAC.ORG**





# BAKING

Please join us as we begin baking for our 62nd annual Sacramento Greek Festival. Beginners are welcome! Come learn, support our parish, and enjoy lunch, fun, and fellowship.

**Monday, May 12 - Melomakarona**

**Monday, May 19 - Kourambiethes**

**Monday, June 23 - Koulourakia**

**9:00am**

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

## ANNUNCIATION PARISH ASSEMBLY

**Sunday, May 18, 2025**

Following the Divine Liturgy







— **YIAYIA'S** —

**TREASURES**

**SATURDAY, MAY 31ST  
FROM 9 AM - 4 PM**

**PRESENTED BY PHILOPTOCHOS**

**ANNUNCIATION GREEK ORTHODOX CHURCH  
616 ALHAMBRA BLVD SACRAMENTO, CA 95816**

**COME SHOP VINTAGE CHINA, FURNITURE,  
ARTWORK AND OTHER ANTIQUES & TREASURES**

**SOUVLAKI, GREEK DESSERTS AND DRINKS FOR SALE  
MUSIC, DANCING AND FUN WHILE SHOPPING**

**RAIN OR SHINE!**

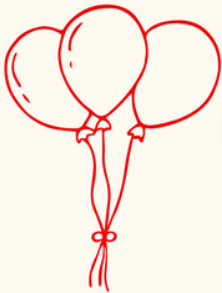
**WHAT DOES NOT SELL WILL BE DONATED  
TO LOCAL CHARITIES IN OUR COMMUNITY**



*You're Invited*

# Stewardship Appreciation Celebration

Honoring those who share their time, talents & treasures  
with our community and make our parish life possible



**Sunday, June 1**

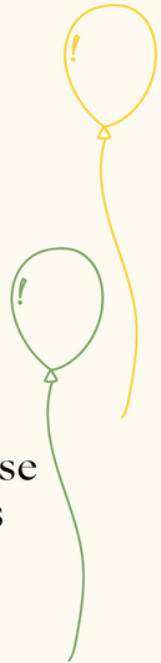
Immediately following the Divine Liturgy  
Annunciation Hellenic Center

Join us as we come together in gratitude to  
celebrate the dedicated stewards of our parish  
and the close of a wonderful Sunday School year!

Lunch & Dessert ~ Music ~ Bounce House  
Fellowship with Parish Friends & Families

Let's celebrate the heart of our community—you!

All are welcome!



**VOLLEYBALL IS BACK!**  
**COME AND JOIN THE FUN**

**MAY  
PRACTICES**

**Tuesday 5/6  
Tuesday 5/13  
Tuesday 5/20  
Tuesday 5/27**

**Youth (3rd Grade and Up) • 6:00pm  
Young Adults & Adults • 7:00pm**

**Annunciation Hellenic Center**

**For more info call or text  
Kate Margaritis @ 916-718-3749**



**ANNUNCIATION SENIOR LEAGUE  
SUMMER LUNCHEON INVITATION**

***Annunciation Hellenic Hall***

***Thursday, June 12<sup>th</sup>, 11:30 AM – 1:00 PM***



**Main Program: Bingo!**

**Reservations: Diane Petersen (916) 214-4644  
(If you're not on the calling list, feel free to ask to be included.)**

**Tickets: \$15 at the door**



## A Call to Service

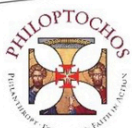
### NOMINATIONS ARE NOW OPEN FOR OUR 2025-2027 PHILOPTOCHOS BOARD

*Share your gifts. Empower, inspire, and drive a positive change within our community. Join Philoptochos in its mission to promote charitable, benevolent, and philanthropic outreach; to preserve the sanctity of life and family; and to perpetuate and promote our Orthodox faith and traditions.*

#### NOMINATE YOURSELF OR SOMEONE YOU KNOW.

**SUBMIT YOUR NOMINATION(S) BY MAY 20, 2025 TO [PHILOPTOCHOS@ANNUNCIATIONSAC.ORG](mailto:PHILOPTOCHOS@ANNUNCIATIONSAC.ORG)**

**EMAIL INQUIRIES TO [DESPINADEMAS@OUTLOOK.COM](mailto:DESPINADEMAS@OUTLOOK.COM)**



*Philoptochos will host a session for anyone interested in learning about board service, what board members do and what is required during the Philoptochos meeting on Tuesday, May 13, 2025 at 6:00p.m. in room 2206 of the Hellenic Center*



## Annunciation Costume Inventory Project

We are creating a digital inventory of our costume collection and its rich history and would like to include as many photos and examples as possible.

- Did you dance with the Annunciation in the past?
- Do you have photos of yourself, your children, or grandchildren in these costumes?
- Did you sew or help with costumes?
- Do you have any other information about the costumes or do you still have old costumes at home?

In particular, we are looking for group and individual photos from the 1970s to the present day. We have already inventoried many costumes stored at the church, but we know there are more out there!

Please text or email Anastasia if you have questions, information or photos at 530-574-2756 or [panagaa@crc.losrios.edu](mailto:panagaa@crc.losrios.edu).

If you'd like to see what we've inventoried so far, the digital costume record forms can be accessed by scanning the QR code.



This inventory is a work in progress and some costume forms are still incomplete as we gather more information.

# SUMMER HOURS BEGIN SUNDAY, JUNE 8

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8:30am Orthros, 9:30am Divine Liturgy

STAY UP-TO-DATE ON UPCOMING SERVICES AND EVENTS WITH THE

*Annunciation Parish Calendar*

[tiny.cc/parishcalendar](https://tiny.cc/parishcalendar)



## ALTAR BOY REGISTRATION 2024-2025

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2nd Grade and Up

Visit [tiny.cc/altar2024](https://tiny.cc/altar2024)

Please contact Gary Leonard with questions  
[garypleonarde@hotmail.com](mailto:garypleonarde@hotmail.com)



## Annunciation Youth 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](mailto:nhansen@annunciationsac.org) with questions.

[tiny.cc/epistlereaders](https://tiny.cc/epistlereaders)



## *Become a Sponsor!* **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 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.



## ANNUNCIATION BOOKSTORE NEWS

Happy Mother's Day, Happy Graduation! Wishing all you moms and graduates every good thing from above, and a few good things from the Bookstore. Here are just a few wonderful ideas that you'll find on the first console to the left:

### FOR MOM

**Mother of Light Candle:** In honor of the Theotokos, a refined floral with scents of *blue violet, rose, jasmine, bergamot*.

**Mother of Light, Prayer's to the Theotokos:** Beautifully manufactured, this book is a round back hardcover, sewn bound, and offset printed on 100gsm Munken paper. It features a beautifully debossed cover, decorative endpapers, two page marker ribbons, and original artwork.

**The Ascetic of Love, Nun Gavriila:** The Holy Synod of the Patriarchate of Constantinople resolved to canonize Gerontissa Gavriila (Papayannis) at its session October 3, 2023. Mother Gavriila (†1992) was a Greek Orthodox nun known for her care of the poor and sick. She is affectionately known as the "ascetic of love." In her book she offers stories from her life as well as advise on many topics from discussions with her "children" as a spiritual advisor. This book is a treasure an can be read over and over.

**Korres hand and body creams from Greece,** in olive oil or lavender scents. Whether you purchase a gift sets or just the tube of Lavender Body Cream, she will love you even more for this! Pair it with one of our canvas zippered pouches with sweet messages printed on them like ".

**ABBA Anointing Prayer Oil,** Frankincense and Myrrh for Healing & Intercession

We also have several types of Holy **Theotokos** Icons, lovely **Soi Candles** in a variety of scents & colors in beautiful cut glass; all sorts of **Cross Jewelry** items and Journals to choose from!

### FOR GRADS

**Hear Me Prayer Book:** The mission of this small 4x6" book is to inspire young people to pray, to challenge Orthodox high schoolers and young adults in their walk with Christ, to offer encouragement, help answer questions, give direction, and ultimately be an added guide in finding one's own path toward theosis.

**Renewing You : A Priest, a Psychologist, and a Plan** gives you the keys to unlock areas of your life that hold you back from fully experiencing the renewal and transformation God has in mind for you. Co-authored by a priest and a psychologist, **Renewing You** combines principles of spiritual growth with psychological tools to help you become your best self, fully connected with God's purpose for you.

**Comfort Cross:** Made from Jerusalem Stone, send one piece with your child as they leave the nest, keep one by your side.

**ALOHA Collection's bags and pouches:** They are perfect everyday essential! Made out of a special technical material to keep your dry stuff dry and your wet stuff from getting anything else wet. Great as a toiletry bag, to organize supplies, hold snacks, etc.

**Small Icon of Christ, Theotokos, or Holy Family** to keep bedside.

**Visit the Bookstore for all your gifting needs whether they be for the family home, girlfriend, child or a hostess gift.**

Be sure to check out the Birthday soy candles! Long burning with a natural wood wick, these colorful confetti candles are a treat for every person in your life. Buy one for the family and light it over and over as a family birthday tradition.

**Supporting your Bookstore is supporting your church as we give back to the parish and Orthodox community.**

# STEWARDSHIP 2025

*"Give, and it shall be given unto you."*

Luke 6:38



## STEWARDSHIP FACTS

### Q: DO MY RECURRING STEWARDSHIP PAYMENTS ROLLOVER FROM YEAR-TO-YEAR?

**A:** In past years, recurring stewardship payments have NOT rolled over to the next year and stewards were required to create new pledges and payments at the beginning of the year. For 2025, recurring payments from 2024 will continue on unless stopped by the giver. If you would like to check your 2025 stewardship status or make changes to your recurring payment, please login to your PushPay account at [pushpay.com/login](https://pushpay.com/login) or contact the Annunciation Financial Office at [accounting@annunciationsac.org](mailto:accounting@annunciationsac.org).

### Q: WHAT DOES MY STEWARDSHIP PAY FOR?

**A:** In 2025, it will cost approximately \$3,500/day to keep the church open. Most operating expenses are paid from stewardship. Some examples are utilities, office staff and pastoral salaries, candles, permits, security, and facilities maintenance. Additional costs are directly related to church-funded ministries and programs.

### Q: I ALREADY PAY FOR GREEK DANCE, GREEK SCHOOL, ETC. WHY DO I HAVE TO ALSO PAY FOR STEWARDSHIP?

**A:** These programs operate independently from our general operating budget. The church provides the facility, in addition to facility-related expenses, enabling their operation and receives no money from these ministries. It is also important that families participating in our children's ministries be currently pledged stewards.

Make your pledge online at  
[annunciationsac.org/stewardship](https://annunciationsac.org/stewardship)  
or return a pledge card to the Church Office



# May 11-18

**Sunday, May 11**

**Sunday of the Paralytic**

9:00am Orthros, 10:00am Divine Liturgy

*Mother's Day*

**Monday, May 12**

9:00am Festival Baking

**Tuesday, May 13**

6:00pm Volleyball Practices

**Wednesday, May 14**

6:00pm Greek School Graduation

**Thursday, May 15**

6:00pm Byzantine Chant Class

**Sunday, May 18**

**Sunday of the Samaritan Woman**

9:00am Orthros, 10:00am 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](http://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. Vincent Minucci, Presiding Priest | [frvincent@annunciationsac.org](mailto:frvincent@annunciationsac.org)

Rev. Fr. Timothy Robinson, Associate Priest | [frtimothy@annunciationsac.org](mailto:frtimothy@annunciationsac.org)

616 Alhambra Blvd. Sacramento, CA 95816

Office: (916) 443-2033 | Office Hours Monday-Friday 9:00am-4:30pm

[www.annunciationsac.org](http://www.annunciationsac.org)