



SUNDAY OF THE PARALYTIC
MAY 3, 2026

Sunday of the Paralytic

May 3, 2026

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 Holy Martyrs Timothy and Maura; Peter the Wonderworker; Theophan, Bishop of Peritheorion; Xenia of Kalamata the Great Martyr; Father Theodosius, Abbot of Kiev Caves Lavra; Ahmet the Calligrapher & Martyr; and Oikoumenios the Wonderworker, Bishop of Trikka.

Apolytikion of Pascha, Mode Plagal 1: Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι, ζῶν ἡμᾶς 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, Ἀλληλουΐα.

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: Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιᾶσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου 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' 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

Parish Council: Team A

Bill Evrigenis – Team Leader, Takis Fotopoulos,
Chris Georgoulis, RJ Hansen, Niko Pikios, Demetri Romas

Altar Guild

Helen Grammatikakis

Memorials

Emmanuel Vasiliou (1 year)

Coffee Fellowship

Sponsored by the Vasiliou Family

Publication Submission Deadlines

Sunday Bulletin - Wednesdays by 4pm to nhansen@annunciationsac.org

Limited to Annunciation parish and parochial ministry activities and announcements

Weekly Email Blast - Wednesdays by 4pm to nhansen@annunciationsac.org

Quarterly Observer - June 10th to observer@annunciationsac.org



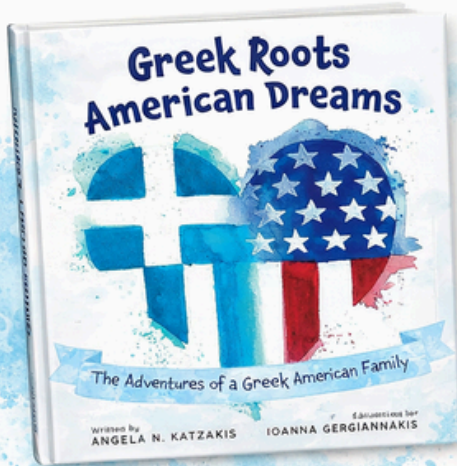
ANNUNCIATION PARISH ASSEMBLY

SUNDAY, JUNE 7, 2026
FOLLOWING THE DIVINE LITURGY

 **You're Invited!** 

Meet the Author & Illustrator!

Join us for a special **Book Signing Event**




Greek Roots American Dreams





The Adventures of a
Greek American Family

 **Sunday, May 3, 2026**

 **During Coffee Hour**

 **Annunciation Greek
Orthodox Church
Bookstore Foyer**

 **Bring the whole family and
celebrate culture, storytelling,
and creativity!**

-  **Meet Author Angela N. Katzakis**
-  **Meet Illustrator Ioanna Gerghiannakis**
-  **Get your book personally signed**
-  **Purchase your copy on-site**

This heartwarming children's book celebrates Greek heritage, family traditions, and the beauty of growing up Greek American.

Perfect for children and families of all ages!



We look forward to seeing you there! 

Annunciation Senior League Wine Tasting Excursion

THURSDAY, MAY 14, 2026

11:30 AM – 1:30 PM

CONSUMNES RIVER FARM WINERY • 28305 THORNTON RD, GALT, CA

COST: \$20 PER PERSON (PAY UPON ARRIVAL)

LUNCH CATERED BY PAPA VLO'S RESTAURANT

RSVP IS REQUIRED BY MAY 7

TEXT/CALL : (916) 214-4644 OR EMAIL: ASL@ANNUNCIATIONSAC.ORG

GUESTS ARE RESPONSIBLE FOR THEIR OWN TRANSPORTATION

IF YOU NEED ASSISTANCE, PLEASE TEXT/CALL (916) 607-3020



BAKING

Please join us as we begin baking for our 63rd annual Sacramento Greek Festival. Beginners are welcome! Come learn, support our parish, and enjoy lunch, fun, and fellowship.

Monday, May 11 - Melomakarona

Monday, May 18 - Item to be announced

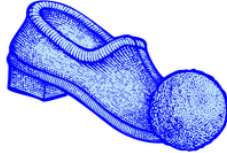
Monday, June 1 - Item to be announced

Monday, June 8 - Item to be announced

9:00am - 1:00pm

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

Annunciation Creek Dance



**Registration
for 2026-2027
dance season**

open from April 26th to May 31st

practices begin in
early September



ANNUNCIATION



SUMMER DAY CAMP

2026

FANTASTIC FOUR DAYS
OF FAITH, FUN & ORTHODOX HEROES

JUNE
15-18

9AM-
NOON

REGISTRATION
WILL OPEN
FRIDAY,
MAY 8!



CALLING ALL GRADUATES



CLASS OF 2026

HIGH SCHOOL • COLLEGE • GRADUATE & POSTGRADUATE PROGRAMS

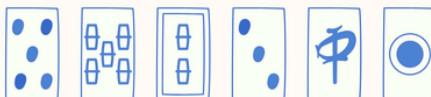
**JOIN US ON SUNDAY, JUNE 14
AS WE RECOGNIZE OUR GRADUATES**

VISIT tiny.cc/grads26 TO SUBMIT YOUR
INFORMATION BY SUNDAY, MAY 31

PLEASE CONTACT NHANSEN@ANNUNCIATIONSAC.ORG WITH QUESTIONS

ANNUNCIATION SENIOR LEAGUE

Mahjong Group



The Annunciation Senior League invites you to join us every Friday for Mahjong and good company. Whether you're an experienced player or brand new to the game, you're welcome to join us as we learn together, share conversation, and enjoy time in fellowship.

Mahjong offers a wonderful opportunity to exercise the mind while building friendships within our parish community. All ages and skill levels are welcome!

FRIDAYS
10:00 AM

ANNUNCIATION
PARISH LIBRARY

Please contact Bernadette Kontos with questions
bernadettekre1985@gmail.com or (916) 505-3946



ANNUNCIATION VOLLEYBALL IS BACK

ADULT & YOUNG ADULT
MAY PRACTICES
THURSDAY 5/7
THURSDAY 5/14
THURSDAY 5/21
THURSDAY 5/28

6:00 PM
ANNUNCIATION HELLENIC CENTER

FOR MORE INFO CALL OR TEXT
KATE MARGARIS @ (916) 718-3749

2026 YOUTH VOLLEYBALL REGISTRATION



FOURTH GRADE AND UP

VISIT tiny.cc/youthvolleyball26

REGISTRATION & TOURNAMENT PARTICIPATION REQUIRED

TEAM FORMATION AND PRACTICE DETAILS TO
FOLLOW PENDING SUFFICIENT REGISTRATIONS

FOR MORE INFO CALL OR TEXT KATE MARGARIS @ (916) 718-3749



**BOOKS • GIFTS • ICONS • JEWELRY • CANDLES • CHILDREN'S BOOKS & MORE
OPEN EVERY SUNDAY FOLLOWING THE DIVINE LITURGY**

Visit us after liturgy today for wonderful baptism gifts, icons, children's books and items, good reads, cross jewelry, monastery incense for the home, and more!

We now have the sterling silver cross in stock. This cross has been uniquely designed for us using our parish cross and is just beautiful.



Mother's Day is May 10. Be sure to visit us for all sorts of beautiful gifts for the most important woman in your life. Your mother, the mother of your children, the woman who was always like a mother to you!

Thank you for your support. Your purchases help the Bookstore give back to our parish community.

Contact us at bookstore@annunciationsac.org



WELCOME

ANNUNCIATION
SACRAMENTO



We're so glad you are here with us today!

If you are visiting, we warmly invite you to join us next door in the Hellenic Center following the Divine Liturgy for coffee fellowship.

Be sure to stop by the Welcoming Table during coffee fellowship to meet our team, ask questions, and learn more about our faith, parish, and ministries.

We look forward to greeting you!



EVERY MINISTRY
EVERY MOMENT
EVERY BLESSING

YOUR STEWARDSHIP
MAKES IT POSSIBLE

STEWARDSHIP 2026

Every photo tells the story of a moment made possible by stewardship—youth growing in the faith, families worshipping together, ministries serving others, and the traditions that strengthen our parish life.

Our Annunciation community thrives because of the dedication, involvement, and generosity of parishioners like you. For many, Annunciation is where lifelong friendships were formed and core memories were made growing up in the life of the Church. For others, it has become a welcoming spiritual home where new memories are being created, one faithful step at a time. Together, these moments weave the story of our parish.

Your commitment ensures that these ministries, memories, and experiences continue now and for the generations yet to come. Thank you for supporting the mission and life of our parish and for being an essential part of our Annunciation family.

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



Please visit the Stewardship Table during coffee fellowship to learn more about our mission and how we strengthen our parish community together.

May 3-10

Sunday, May 3	Sunday of the Paralytic 9:00am Orthros, 10:00am Divine Liturgy Sunday School Classes Annunciation Bookstore Book Signing Event
Wednesday, May 6	6:00pm Greek School Classes
Thursday, May 7	6:00pm Adult & Young Adult Volleyball Practice
Friday, May 8	10:00am Mahjong Group Meeting 1:30pm Annunciation Historical Group Meeting
Sunday, May 10	Sunday of the Samaritan Woman 9:00am Orthros, 10:00am Divine Liturgy Family Church Day - <i>No Sunday School Classes</i> <i>Mother's Day</i>

Christ is Risen! Χριστός Ανέστη!

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. The Bookstore is open Sundays after Church or contact bookstore@annunciationsac.org for an appointment.

Rev. Fr. Vincent Minucci, Presiding Priest | frvincent@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