

SUNDAY, MAY 10, 2020

FOURTH SUNDAY OF PASCHA: SUNDAY OF THE PARALYTIC

THE APOSTLE SIMON THE ZEALOT; THE RIGHTEOUS LAWRENCE

EPISTLE READING OF THE DAY: This morning's Apostolic Reading is from the Acts of the Apostles, Chapter 9, Verses 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.

Ὁ Απόστολος, Πράξεων τῶν Ἀποστόλων τὸ ἀνάγνωσμα, κεφ. 9, ἐδάφ. 32-42.

GOSPEL READING OF THE DAY: This morning's Gospel Reading is from the Holy Gospel according to St. John, Chapter 5, Verses 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.

Ἡ σημερινὴ εὐαγγελικὴ περικοπή ἐκ τοῦ κατὰ Ἰωάννην, κεφ. 9, ἐδάφ. 32-42.

THE LORD'S PRAYER IN SPANISH: Padre nuestro, que estás en los cielos, santificado sea tu nombre, venga tu Reino, hágase tu voluntad en la tierra como en el cielo; danos hoy nuestro pan de cada día; perdona nuestras deudas así como nosotros perdonamos a nuestros deudores; no nos dejes caer en la tentación, y líbranos del Mal.

Christ is risen from the dead. By death, He has conquered death. And, to those in the graves, He has granted life!

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν χαρισάμενος!

TODAY IS MOTHER'S DAY: HAPPY MOTHER'S DAY TO ALL MOTHERS: This is not at all how we envisioned Mother's Day 2020 to be. Without our Mother's Day Luncheon and Fashion Show, yesterday, without honoring our Mother(s) of the Year in church, at the conclusion of today's Divine Liturgy. Yet, here we are, sheltered in place, connecting remotely. The times may be unusual, even disconcerting. Our love for our mothers, however, remains the same, perhaps stronger than ever before. Happy Mother's Day, Moms. We love you!

TODAY'S MNEMOSYNON: Today we pray for the repose of our sisters and brother: **Alexander (Alex) Pethenos**, who fell asleep in the Lord 48 years ago (died 1972); **Constantina (Dina) Pethenos**, who fell asleep in the Lord 10 years ago (died 2010), and **Vasileke (Bessie) Pethenos**, who fell asleep in the Lord 9 years ago (died 2011). **Aionia I Mnimi! Eternal Memory.**

LIGHT A VIRTUAL CANDLE How about lighting a virtual candle today, in honor of your Mother, this Mother's Day, or in memory of your Mother, if she has fallen asleep in the Lord? What a great way to remember Mom and to connect and support the Cathedral. We look forward to lighting your candle in real time, at the start of the Liturgy.

PRAY FOR HEALTH: Please pray for health and wellbeing, one for another during these times. Especially pray for our health workers, all those on the front lines, who care for those who are sick. Also, please pray for members of our community who are facing health challenges and trials at this time. May God restore them to health.

ETERNAL MEMORY: May God lay to eternal rest **Maritsa Irene Avdoulos**, who was buried on Friday, May 8.

REOPENING OF OUR CHURCH: Our Metropolis, in concert with our Archdiocese and the Assembly of Bishops, will let us know when and under what conditions our churches will reopen. California, meanwhile, has unveiled a strategy for the resumption of activity, which will take place in stages. Reopening of churches comes under category 3 (of 4 categories) of the plan, which follows the opening of schools and other, similar venues. These are projected to reopen in July/August. It may well be that we will be able to reopen our church in September/October.

VOLUNTEERING/DONATING DURING THE PRESENT PANDEMIC: As noted in last Sunday's bulletin, we are not able to operate Community Kitchen (our feeding program to the hungry and the homeless) during the present pandemic nor will we be able to do so for the foreseeable future. You can still help make a difference. The San Francisco Food Bank, which supplies much of the food that we use to prepare meals for our Community Kitchen, has been especially hard hit by the pandemic. We invite you to visit the Food Bank's web site, <https://www.sfmfoodbank.org> or call the Food Bank at 415 282-1907 ext. 249, and offer to assist them in bagging and distributing groceries to the needy or by making a donation. You may also wish to make a donation to support the work of Raphael House. This is an Orthodox Christian shelter, located in the Tenderloin. One way you can help them during this crisis is through their Amazon wish list: https://smile.amazon.com/hz/charitylist/1s1XH4CGL2O4QBI/ref=smi_cl_wl_rd_cl?ref=smi_se_cl_rd_cl To make a donation for their Covid-19 Emergency Relief Fund: <https://www.raphaelhouse.org/emergency-fund/>

INTRODUCTION TO ORTHODOXY CLASSES: These very popular classes are taking place on a weekly basis, remotely, thanks to the dedicated efforts of Alex Kozak. If you are new to the parish or you are considering being received into the Church through baptism and/or chrismation, as an adult, we invite you to speak with Alex about your wishes and the possibility of joining the Introduction to Orthodoxy class. Please contact him at orthodoxy-agkozak@sneakemail.com.

EVERYTHING IS ON HOLD: The present pandemic has put everything building-related on hold. As you know, prior to our being sheltered in place, we were in the process of installing the final gates along Valencia Street and on our courtyard, as well as taking care of some leak and drainage issues. Meanwhile, the granite which will clad the Valencia Street walls has been fabricated, as have the stone which completes the fountain, and the final lobby doors. Work will resume as soon as it is safe to do so, so that we may open and operate the garage full-time and begin work on the interior. As a community, we've been through much, especially when we lost everything to the earthquake, back in 1989. But, we've bounced back. It wasn't easy, but we did it, because we have faith, we have hope, and we have unity. So, too, we will weather this pandemic and return what many are calling "the new normal," –i.e. a community where social distancing will become routine. But, our faith remains the same; our need for God remains the same. After all, it is for Him, in Him, and through Him that we continue to exist at all. Praise God for the Gift of His Son, our Lord Jesus Christ, through whose Resurrection we are given the faith and the vision to rebuild His Church. Χριστός Ανέστη! Christ is Risen!



"The Church shall be a home for Orthodox Christians from every ethnic and national background. It shall be a house of prayer for all humankind, in which the Holy Name of our Triune God shall be extolled and all of creation sanctified."