



ANNUNCIATION CATHEDRAL

SAN FRANCISCO, CALIFORNIA

Sunday Bulletin – May 3, 2026

Hymns of the Day - Υμνολογία

Apolytikion of Great and Holy Pascha in the Plagal 1st Tone

Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs He has granted life.

Χριστός ανέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καί τοῖς ἐν τοῖς μνήμασι ζῶν ἡμῶν χαρισάμενος.

Resurrectional Apolytikion in the 3rd Tone

Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιέσθω 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.

Apolytikion for the Church Annunciation in the 1st Tone

Today is the beginning of our salvation, and the revelation of the eternal mystery: the Son of God becomes the Son of the Virgin, and Gabriel announces the good tidings of grace; wherefore, let us cry with him to the Virgin: "Rejoice, O Full of Grace, the Lord is with you!"

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 συν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν: Χαίρε Κεχαριτωμένη, ὁ Κύριος μετὰ σου.

Seasonal Kontakion in the Plagal 4th Tone

Though You went down into the tomb, You destroyed Hades' power, and You rose the victor, Christ God, saying to the myrrh-bearing women, "Hail!" and granting peace to Your disciples, You who raise up the fallen.

Εἰ καὶ ἐν τάφῳ κατήλθες ἀθάνατε, ἀλλὰ τοῦ Ἰδοῦ καθεῖλες τὴν δύναμιν, καὶ ἀνέστης ὡς νικητῆς, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθελγόμενος. Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

Gospel and Epistle - Αναγνώσματα

Epistle Readings

Prokeimenon. 3rd Tone. Psalm 46.6,1.

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

The reading is from 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.

Προκείμενον. 3rd Tone. ΨΑΛΜΟΙ 46.6,1.

Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε.

Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας.

τὸ Ἀνάγνωσμα Πράξεις Ἀποστόλων 9:32-42.

Ἐν ταῖς ἡμεραῖς ἐκείναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἁγίους τοὺς κατοικοῦντας Λύδδαν. Εὔρεν δὲ ἐκεῖ ἄνθρωπόν τινα Αἰνέαν ὀνόματι, ἐξ ἐτῶν ὀκτῶ

κατακείμενον ἐπὶ κραβάτω, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος, Αἰνέα, ἰάταί σε Ἰησοῦς ὁ Χριστός· ἀνάστηθι καὶ στρώσον σεαυτῷ. Καὶ εὐθέως ἀνέστη. Καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Ἀσσάρωνα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν κύριον. Ἐν Ἰόππῃ δὲ τις ἦν μαθήτρια ὀνόματι Ταβηθά, ἣ διερμηνευομένη λέγεται Δορκάς· αὕτη ἦν πλήρης ἀγαθῶν ἔργων καὶ ἐλεημοσυνῶν ὧν ἐποίει. Ἐγένετο δὲ ἐν ταῖς ἡμέραις ἐκείναις ἀσθενήσασαν αὐτὴν ἀποθανεῖν· λούσαντες δὲ αὐτὴν ἔθηκαν ἐν ὑπερώῳ. Ἐγγὺς δὲ οὔσης Λύδδης τῇ Ἰόππῃ, οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῇ, ἀπέστειλαν πρὸς αὐτόν, παρακαλοῦντες μὴ ὀκνήσαι διελθεῖν ἕως αὐτῶν. Ἀναστὰς δὲ Πέτρος συνῆλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῶον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χῆραι κλαίουσαι καὶ ἐπιδεικνύμεναι χιτῶνας καὶ ἱμάτια ὅσα ἐποίει μετ' αὐτῶν οὔσα ἡ Δορκάς. Ἐκβαλὼν δὲ ἔξω πάντας ὁ Πέτρος θεὶς τὰ γόνατα προσηύξατο· καὶ ἐπιστρέψας πρὸς τὸ σῶμα, εἶπεν, Ταβηθά, ἀνάστηθι. Ἡ δὲ ἤνοιξεν τοὺς ὀφθαλμοὺς αὐτῆς· καὶ ἰδοῦσα τὸν Πέτρον, ἀνεκάθισεν. Δοὺς δὲ αὐτῇ χεῖρα, ἀνέστησεν αὐτήν· φωνήσας δὲ τοὺς ἀγίους καὶ τὰς χήρας, παρέστησεν αὐτὴν ζῶσαν. Γνωστὸν δὲ ἐγένετο καθ' ὅλης τῆς Ἰόππης, καὶ πολλοὶ ἐπίστευσαν ἐπὶ τὸν Κύριον.

Gospel Readings

Sunday of the Paralytic

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.

Τῷ καιρῷ ἐκείνῳ, ἀνέβη ὁ Ἰησοῦς εἰς Ἱεροσόλυμα. Ἔστι δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρα, ἡ ἐπιλεγομένη Ἑβραϊστὶ Βηθεσδα, πέντε στοὰς ἔχουσα. ἐν ταύταις κατέκειτο πλῆθος πολὺ τῶν ἀσθενούντων, τυφλῶν, χωλῶν, ξηρῶν, ἐκδεχομένων τὴν τοῦ ὕδατος κίνησιν. ἄγγελος γὰρ κατὰ καιρὸν κατέβαινεν ἐν τῇ κολυμβήθρα, καὶ ἐταράσσετο τὸ ὕδωρ· ὁ οὖν πρῶτος ἐμβὰς μετὰ τὴν ταραχὴν τοῦ ὕδατος ὑγιῆς ἐγένετο ὃς δήποτε κατείχετο νοσήματι. ἦν δὲ τις ἄνθρωπος ἐκεῖ τριάκοντα καὶ ὀκτὼ ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ. τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἤδη χρόνον ἔχει, λέγει αὐτῷ· θέλεις ὑγιῆς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν· Κύριε, ἄνθρωπον οὐκ ἔχω, ἵνα ὅταν ταραχθῇ τὸ ὕδωρ, βάλῃ με εἰς τὴν κολυμβήθραν· ἐν ᾧ δὲ ἔρχομαι ἐγώ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ ὁ Ἰησοῦς· ἔγειρε, ἄρον τὸν κράβαττόν σου καὶ περιπάτει. καὶ εὐθέως ἐγένετο ὑγιῆς ὁ ἄνθρωπος, καὶ ἦρε τὸν κράβαττον αὐτοῦ καὶ περιεπάτει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ Ἰουδαῖοι τῷ τεθεραπευμένῳ· σάββατόν ἐστιν· οὐκ ἔξεστί σοι ἄραι τὸν κράβαττον. ἀπεκρίθη αὐτοῖς· ὁ ποιήσας με ὑγιῆ, ἐκεῖνός μοι εἶπεν· ἄρον τὸν κράβαττόν σου καὶ περιπάτει. ἠρώτησαν οὖν αὐτόν· τίς ἐστιν ὁ ἄνθρωπος ὁ εἰπὼν σοι, ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ᾔδει τίς ἐστιν· ὁ γὰρ Ἰησοῦς ἐξένευσεν ὄχλου ὄντος ἐν τῷ τόπῳ. μετὰ ταῦτα εὕρισκει αὐτὸν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῷ· ἴδε ὑγιῆς γέγονας· μηκέτι ἀμάρτανε, ἵνα μὴ χειρόν σοί τι γένηται. ἀπήλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλε τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστιν ὁ ποιήσας αὐτὸν ὑγιῆ.

Saints and Feasts - Εορτές

Sunday of the Paralytic

Close to the Sheep's Gate in Jerusalem, there was a pool, which was called the Sheep's Pool. It had round about it five porches, that is, five sets of pillars supporting a domed roof. Under this roof there lay very many sick people with various maladies, awaiting the moving of the water. The first to step in after the troubling of the water was healed immediately of whatever malady he had.

It was there that the paralytic of today's Gospel was lying, tormented by his infirmity of thirty-eight years. When Christ beheld him, He asked him, "Wilt thou be made whole?" And he answered with a quiet and meek voice, "Sir, I have no man, when the water is troubled, to put me into the pool." The Lord said unto him, "Rise, take up thy bed, and walk." And straightaway the man was made whole and took up his bed. Walking in the presence of all, he departed rejoicing to his own house. According to the expounders of the Gospels, the Lord Jesus healed this paralytic during the days of the Passover, when He had gone to Jerusalem for the Feast, and dwelt there teaching and working miracles. According to Saint John the Evangelist, this miracle took place on the Sabbath.

Wisdom of the Fathers - Σοφία των Πατέρων

In that case [Matt 9:2] there was remission of sins, (for He said, "Thy sins be forgiven thee,") but in this, warning and threats to strengthen the man for the future; "Sin no more, lest a worse thing come unto you." -*St. John Chrysostom*

Announcements - Ανακοινώσεις

Services This Week: Wednesday, May 6: Prophet Job, St. Seraphim of Domvu, and St. Sophia Kleisoura Evening Divine Liturgy (6:00 PM); Friday May 8: Synaxis of St. John the Theologian Divine Liturgy (Orthros 8:45 AM, Divine Liturgy 10:00 AM); Saturday, May 9: Holy Confessions (3:00 PM), Great Vespers (4:00 PM).

Memorial Services: Today's memorial services are being offered for the repose of the souls of Athanasios Spyridis (2 years), Vassiliki Vorrises (15 years), Dionisios Vorrisses (51 years). May their memories be eternal!

Today's Coffee Hour: is being hosted by the Vorrises Family in loving memory of Vasiliki and Dionisios Vorrises. Αιωνία η μνήμη τους!

2026 Scholarships - Submit Applications by May 15: Applications for the Annunciation Cathedral 2026 Scholarship Program are due by May 15. Six scholarships are available this year ranging from \$1,000 to \$2,500. Complete eligibility requirements, application materials, and submission instructions are available at www.annunciation.org/scholarships.

Philoptochos Mother's Day Celebration: ALOHA! The Annunciation Cathedral Philoptochos invites you to our 64th Annual Mother's Day Evening Celebration, *A Lei'd Back Luau*, honoring Janis Petrou, next Saturday, May 9 at the Cathedral. Join us for a festive evening for the whole Ohana (family). Wear your Hawaiian attire and help spread the word. This year's event benefits Kids N' Cancer, Stanford Center for Youth Mental Health & Well-Being, and The Michael J. Fox Foundation. To make your reservations, contact lea.papavasiliou@annunciation.org or grace.koutoulas@annunciation.org. For sponsorship opportunities (\$50–\$1,500), contact irene.kyriacou@annunciation.org. Mahalo!

Elpida Graduation Luncheon: Join us on Sunday May 31st following Divine Liturgy for a luncheon honoring our Elpida graduates! We are incredibly proud of our graduates and the beautiful milestone they have reached. Watching these children grow in faith, character, and love for the Church has been such a blessing for our Cathedral community. Visit www.annunciation.org/elpida-grads to RSVP and purchase your tickets.

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GOYA End of Year Picnic: Our very own GOYA and Jr. GOYA are hosting a Bay Area-wide end of year picnic to kick off the summer with a full day of fellowship, fun, and connection on June 7 at Blackberry Farm. This special gathering brings together youth from all parishes across the Bay Area for a BBQ, pool party, and activities in a relaxed outdoor setting. www.annunciation.org/end-of-year-picnic

2026 Stewardship: "What shall I give to the Lord in return for all His goodness towards me?" Psalm 116:12. We invite you to become a steward today! Your stewardship donations directly impact our Cathedral ministries such as: Elpida religious youth program, HOPE/JOY, GOYA, Community Kitchen, Cathedral Choir, Men's Fellowship, Athletics, Dance and Greek School programs, and all the operational expenses of the Cathedral. Use the QR code below to pledge or fill out a form and turn into the Pangari today!

New Giving Options Available in Realm: Giving to the Cathedral is now easier than ever. Realm now supports Apple Pay and Google Pay, allowing you to donate quickly using your Apple Wallet or Google Wallet. Whether you are making a one-time gift, fulfilling your stewardship, supporting a ministry, or contributing to the Building Fund, the process is simple and secure. Visit www.annunciation.org/give to give. Contact RealmHelp@annunciation.org if you need assistance with your account.

Community Kitchen: Let us come together to prepare, serve, and share a hot meal with our neighbors. The next Community Kitchen will be on Tuesday, May 19. You can sign up to volunteer at www.annunciation.org/ck-signup. If you would like to support this important ministry by making a financial donation, visit www.annunciation.org/ck-donate.

An Invitation To Host Coffee Hour: As part of our revitalized coffee hour program, we invite ministries, organizations, and parishioners (individually or in teams) to host a Sunday coffee hour. We'll provide the coffee, cream, sugar, tablecloths, napkins, and utensils; hosts are asked to bring light refreshments such as pastries, bagels, fruit, or similar items. To sign up or learn more, contact Irene Melitas at irene.melitas@annunciation.org or 925-212-8561.

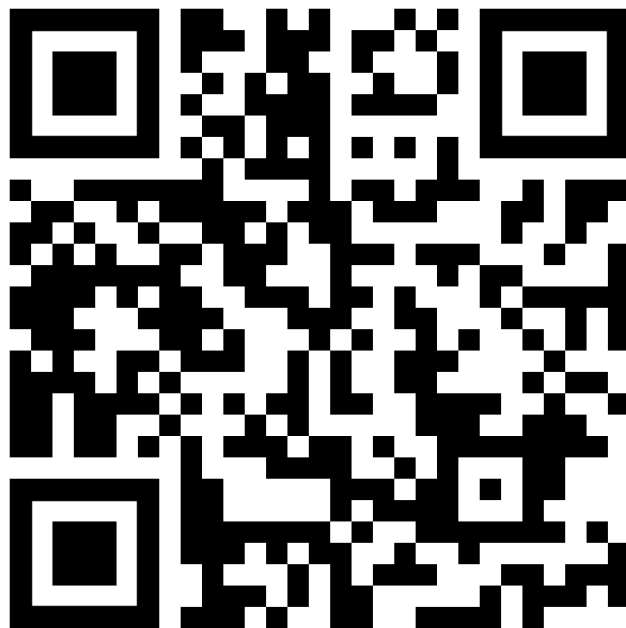
Metropolis Summer Camp 2026: This July, the Metropolis of San Francisco invites youth ages 8-18 to join us for the 2026 Metropolis Summer Camp at St. Nicholas Ranch & Retreat Center in Dunlap, CA. This exciting experience offers a chance to make new friends, reconnect with old ones, and deepen your faith. Visit <https://gosfyouth.org/summer-camp> for additional information and to register.

Scan Here To Complete Your 2026 Stewardship Pledge!



www.annunciation.org/stewardship

Chant Stand Liturgical Text for Today's Services:



<https://dcs.goarch.org/goa/dcs/parish.html>