CATHEDRAL OF

SAINT MARKELLA

WEEKLY NEWSLETTER

With the Blessings of His Eminence, Metropolitan Demetrius

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Protopresbyter Fr. Theodoros Giannakopoulos • Archimandrite Fr. Epiphanios Antoniou

APRIL 27TH/MAY 10TH - SUNDAY OF THE PARALYTIC

Τροπάριον. Ήχος πλ. α'.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῷ θάνατον πατήσας καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν χαρισάμενος.

Τὸ Άναστάσιμον. ήΗχος γ'.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω 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.

Της Άγίας τοῦ Ναοῦ. Ἦχος πλ. α'. Τόν Συνάναρχον Λόγον

Παρθενίαν τηρήσασα άδιάφθορον, ουρανίοις θαλάμοις νύν συνηρίθμησαι, του πατρός το ασελγές αποκρούσασα, τους μαστούς και κεφαλήν απετμήθης πάρ αυτού, Μαρκέλλα Χίου το κλέος, και νύν ως μάρτυς στεφθείσα, πηγή θαυμάτων άφθονος δείκνυσαι.

Troparion. Plagal of 1st Tone.

Christ is risen from the dead, by death hath He trampled down death, and on those in the graves hath He bestowed life.

For the Resurrection, 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.

For the Saint of this Temple. Plagal of 1st Tone. Let Us Worship the Word

Thy virginity thou didst preserve most incorrupt and now thou has been numbered among those who dwell in the mansions of heaven. Thou didst reject thy father's advances for which he severed thy breasts and head O Markella; the glory of Chios! And now crowned as a martyr thou wellest forth abundant miracles.

ΑΠΟΣΤΟΛΟΣ ΚΑΙ ΕΥΑΓΓΕΛΙΟΝ

Πράξεις Αποστόλων τὸ Ανάγνωσμα (9:32-42)

Εν ταῖς ήμεραῖς ἐκείναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἀγίους τοὺς κατοικοῦντας Λύδδαν. Εὖρεν δὲ ἐκεῖ ἄνθρωπόν τινα Αἰνέαν ὀνόματι, ἐξ ἐτῶν ὀκτὰ κατακείμενον ἐπὶ κραββάτῳ, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος, Αἰνέα, ἱᾶταί σε Ἰησοῦς ὁ Χριστός· ἀνάστηθι καὶ στρῶσον σεαυτῷ. Καὶ εὐθέως ἀνέστη. Καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Ασσάρωνα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν κύριον. Ἐν Ἰόππη δέ τις ἦν μαθήτρια ὀνόματι Ταβηθά, ἢ 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 ὑπερῷω. Ἐγγὺς δὲ οὕσης Λύδδης τῆ Ἰόππη, οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῆ, ἀπέστειλαν πρὸς αὐτόν, παρακαλοῦντες μὴ ὀκνῆσαι διελθεῖν ἕως αὐτῶν. Ἀναστὰς δὲ Πέτρος συνῆλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῷον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χῆραι κλαίουσαι καὶ ἐπιδεικνύμεναι χιτῶνας καὶ ἰμάτια ὅσα ἐποίει μετ' αὐτῶν οὖσα 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 αὐτῆ 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.

Κυριακή του Παραλύτου Έκ τοῦ Κατὰ Ἰωάννην Αγίου Εὐαγγελίου (5:1-15)

Τῷ καιρῷ ἐκείνῳ, ἀνέβη ὁ Ἰησοῦς εἰς Ἱεροσόλυμα. Ἐστι δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρα, ή ἐπιλεγομένη Ἑβραϊστὶ Βηθεσδά, 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 ὑγιὴς ἐγίνετο ῷ δήποτε κατείχετο νοσήματι. ἦν δέ τις ἄνθρωπος ἐκεῖ τριάκοντα καὶ ὀκτὼ ἔτη ἔχων ἐν τῇ ἀσθενεία αὐτοῦ. τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἤδη χρόνον ἔχει, λέγει αὐτῷ θέλεις ὑγιὴς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν Κύριε, ἄνθρωπον οὐκ ἔχω, ἵνα ὅταν ταραχθῆ τὸ ὕδωρ, βάλη με εἰς τὴν κολυμβήθραν ἐν ὧ δὲ ἔρχομαι ἐγώ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ ὁ Ἰησοῦς: ἔγειρε, ἄρον τὸν κράβαττόν σου καὶ περιπάτει. καὶ εὐθέως ἐγένετο ὑγιὴς ὁ ἄνθρωπος, καὶ ἦρε τὸν κράβαττον αὐτοῦ καὶ περιεπάτει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ 'Ιουδαῖοι τῷ τεθεραπευμένῳ· σάββατόν ἐστιν· οὐκ ἔξεστί σοι ἆραι τὸν κράβαττον. ἀπεκρίθη αὐτοῖς· ὁ ποιήσας με ύγιῆ, ἐκεῖνός μοι εἶπεν' ἄρον τὸν κράβαττόν σου καὶ περιπάτει. ἠρώτησαν οὖν αὐτόν' τίς έστιν ὁ ἄνθρωπος ὁ εἰπών σοι, ἆρον τὸν κράβαττόν σου καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ἤδει τίς ἐστιν· ὁ γὰρ Ἰησοῦς ἐξένευσεν ὄχλου ὄντος ἐν τῷ τόπω. μετὰ ταῦτα ευρίσκει αὐτὸν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῶ΄ ἴδε ὑγιὴς γέγονας μηκέτι ἁμάρτανε, ἵνα μὴ γεῖρόν σοί τι γένηται. ἀπῆλθεν ὁ ἄνθρωπος καὶ ανήγγειλε τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστιν ὁ ποιήσας αὐτὸν ὑγιῆ.

EPISTLE AND GOSPEL READINGS

Lesson 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.

Sunday of the Paralytic Gospel According to St. 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.

ΚΥΡΙΑΚΗ ΤΟΥ ΠΑΡΑΛΥΤΟΥ

Τήν τέταρτη Κυριακή μετά τό Πάσχα, ἀναγινώσκεται τό θαῦμα τοῦ Κυρίου στόν Παραλυτικό τῆς Βηθεσδά, ὅπως τό περιγράφει ὁ Ίερός Εὐαγγελιστής Ἰωάννης (Ἰω. 5, 1-16). Υπῆρχε στά Ίεροσόλυμα, κοντά στήν Προβατική Πύλη τοῦ τείχους, κάποια δεξαμενή ή ὁποία στήν έβραϊκή γλῶσσα ὀνομαζόταν Βηθεσδά· εἶχε δε γύρω της πέντε θολωτά υπόστεγα στοές. Σ' αὐτά τά υπόστεγα ἦσαν ξαπλωμένοι πλῆθος πολύ ἀρρώστων τυφλῶν, κουτσῶν, ἀνθρώπων μέ κάποιο μέλος "ξηρό" καί ἀναίσθητο ἤ ἀτροφικό καί ὅλοι περίμεναν νά κινηθεῖ τό νερό τῆς δεξαμενῆς. Διότι, ὁ Θεός παραχωροῦσε κατά καιρούς ἐκεῖ ἔνα θαῦμα: Ἄγγελος τάρασσε τό νερό καί ἐκεῖνος πού θά ἔμπαινε πρῶτος μέσα θεραπευόταν ἀπό όποιοδήποτε νόσημα κι ἄν υπέφερε. Έκεῖ, ἀνάμεσα στό πλῆθος τῶν ἀσθενῶν, ὑπῆρχε καί κάποιος παράλυτος, ό όποῖος περίμενε τήν ταραχή τοῦ νεροῦ 38 χρόνια! Αὐτόν τόν ἀσθενῆ εἶδε ὁ Ἰησοῦς καί τόν ρώτησε: "Θέλεις ὑγιής γενέσθαι;" "Κύριε τοῦ ἀπάντησε ὁ παράλυτος ἄνθρωπον οὐκ ἔχω, ἴνα ὅταν ταραχθῆ τό ὕδωρ, βάλη με εἰς τήν κολυμβήθραν ἐν ὧ δε ἔρχομαι ἐγώ, ἄλλος πρό ἐμοῦ καταβαίνει". Τότε τοῦ εἶπε ὁ Ἰησοῦς: "Έγειρε, ἆρον τόν κράββατόν σου καί περιπάτει." Καί ἀμέσως ὁ παράλυτος ἔγινε καλά, πῆρε τό κρεββάτι του καί περπάτησε ἐλεύθερα.

"Κύριε, ἄνθρωπον οὐκ ἔχω." 'Η τραγική όμολογία τῆς μοναξιᾶς τοῦ ἀνθρώπου μακριά ἀπό τόν Θεό. 'Η ἐξομολόγηση τῆς ἀδυναμίας τοῦ ἀνθρώπου νά βοηθῆσει τόν έαυτό του, τῆς ἀποτυχίας τοῦ ἀνθρώπου νά σωθεῖ "ἀφ' έαυτοῦ του". Στους ὕμνους τῆς ημέρας ό 'Ιερός 'Υμνογράφος, θέτει τόν Χριστό νά μιλάει στον παράλυτο καί νά τοῦ λέγει: Ἐγώ ἔγινα ἄνθρωπος γιά σένα καί σύ μοῦ λέγεις "ἄνθρωπον οὐκ ἔχω;" Τήν ἀδυναμία τοῦ ἀνθρώπινη ἀδυναμία· τό κενό τοῦ ἀνθρώπου ἔρχεται νά γεμίσει ή θεία πραγματικότητα.

'Ο παράλυτος θεραπεύθηκε, ἀλλά η ημέρα τοῦ θαύματος ἦταν Σάββατο. Καί αὐτό ἦταν ἀφορμή κριτικῆς τοῦ Κυρίου ἀπό τούς ἐχθρούς Του. ''Οὐκ ἔξεστί σοι εἶπαν στόν πρώην παράλυτο ἆραι τόν κράββατον''. Όταν μετά ἀπό καιρό βρῆκε ὁ Ἰησοῦς τόν θεραπευθέντα στόν Ναό, τοῦ εἶπε: ''Ίδε υγιής γέγονας μηκέτι άμάρτανε, ἴνα μη χεῖρον σοι τι γένηται.'' 'Η αἰτία τῆς ἀσθενείας ἦταν ἡ άμαρτία. 'Όπως ψάλλει ἡ Ἐκκλησία, ''ἀπό τῶν πολλῶν μου άμαρτιῶν, ἀσθενεῖ μου καί η ψυχή''. Στις περισσότερες περιπτώσεις, τά προβλήματα ύγείας εἶναι συνέπεια καί ἀποτέλεσμα άμαρτίας, κατά τό ''τά ὀψώνια τῆς άμαρτίας θάνατος''. Ἀπό αὐτό προκύπτει, ὅτι τόσο ἡ μετάνοια, ὅσο καί ἡ ἀποχή ἀπό τήν άμαρτία, εἶναι στοιχεῖα ἀπαραίτητα τόσο γιά τήν πνευματική, ὅσο καί γιά τήν σωματική θεραπεία τοῦ ἀνθρώπου.



SUNDAY OF THE PARALYTIC

On the 4th Sunday of Pascha the Church commemorates the miraculous healing by Christ of the paralytic man (John 5, 1-16).

The life of the Paralytic, who waited at the sheep pool, which in Hebrew is called Bethesda, was tragic. For 38 years he was paralyzed and abandoned. Alone, amongst so many ill people and fellow countrymen, he patiently waited for the miraculous movement of the waters, after which the first person to enter would be cured. In this environment Christ meets with the Paralytic. God meets with His creation, the God-man with man.

Christ approached the Paralytic with compassionate intentions and asked him: "Do you want to be healed?" The Lord asked with discretion, in order to cure; He sought with love, in order to save. The Paralytic had waited patiently for 38 whole years and his hopes had never been destroyed; he had never disbelieved; never drawn back. He waited, although all his friends and relatives had abandoned him. Everyone returned back to their homes, work, families, because they saw that nothing was happening. In vain they were trying to help their relative, to put him into the pool. Others, getting in first, were healed, while he remained ill. Their faith and hopes had been worn away, and they had abandoned me. The paralytic expressed his complaint to Christ by saying, "Lord, I have no one to assist me".

Every day, the five galleries of the pool of Bethesda were full of crowds and invalids, but no one was willing to share the Paralytic's sufferings. As today, when millions of people suffer from different bodily or spiritual diseases, and all with one voice cry out: "Lord, we have no one"! The Paralytic of today's Gospel reading practiced a sinful way of life. The Lord was not satisfied simply to cure him. The sins of the paralytic had ruined him. It would be right to cure him, but on condition that he would sin no more. Sin and the prodigal way of life are oftentimes the reasons of man's different tribulations. Our moral and family sufferings have their roots in our own desires. We cause them through our own foolish behavior and sinful deeds. And for this reason, our Lord commended the Paralytic, "You have become well; sin no more, so that nothing worse happens to you." In other words, now you have been healed, be careful not to return to a sinful life, so that nothing worse may happen to you.

Unfortunately, although all of us know that this advice is so logical and true, we tend to violate it. We allow our pride to overrule our logic. We amuse ourselves, get drunk, smoke, have unlawful sexual relationships, and engage in calamitous relationships with evil people. How many times, in spite of promising not to sin, do we find ourselves in the mortal tentacles of sin? How many times, although we have the will to withstand our sinful desires, do we not immediately surrender to the passions of the flesh? How many times have we felt strong, but we have been proven to be weak?

You have become well; sin no more, lest something worse happen to you!



SAINTS OF THE WEEK

Monday, May 11th

Apostles Jason and Sosipater (1st c.) Martyrs Dada, Maximus, and Quintilian at Dorostolum (286)

Tuesday, May 12th

St. Memnon the Wonderworker of Corfu (2nd c.) St. Nektary of Optina (1928)

Wednesday, May 13th

Holy Apostle James, the brother of St. John the Theologian (44) St. Ignatius Brianchaninov, Bishop of Caucasus and Stavropol (1867)

Thursday, May 14th

Prophet Jeremiah (650 B.C.) Hieromartyr Macarius, Metropolitan of Kiev (1497)

Friday, May 15th

St. Athanasius the Great Archbishop of Alexandria

St. Athanasius III, patriarch of Constantinople and Wonderworker of Lubny

Saturday, May 16th

Martyrs Timothy the Reader and his wife Maura of Antinoe in Egypt (286)

St. Peter the Wonderworker, Bishop of Argos(10th c.)

St. Ansfried, Bishop of Utrecht (1010)



A SERMON FOR THE SUNDAY OF THE PARALYTIC

By Archbishop Andrei Rymarenko

Today's Gospel reading confirms us more and more strongly in the divinity of our Risen Lord Jesus Christ, the Son of God.

The Gospels for the last two Sundays told us about the appearances of the Risen One. They were as if filled with the light of Christ's Resurrection: the wonderful appearances to the disciples, to Thomas, to the Myrrhbearers. But today's Gospel starts with a dismal, horrible picture: there is no brightness, no light. At the Sheep Gate there was a pool which had five porches. "In these lay a great multitude of impotent folk, of blind, halt, withered.... For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had. And a certain man was there, which had an infirmity thirty and eight years" (In. 5:2-5).

Just picture this: thirty-eight years in such a terrible condition, in pain and suffering, without a doctor, without care, without medicine, and maybe even often without food. And this unfortunate man bore all this because he wanted to be well. He tried to enter the water after it was troubled, but he had no one to help him, was late, and did not receive healing. And so passed thirty-eight years. Why this is a human lifetime!

Suddenly everything changed. Jesus came up to him and said: "Rise, take up thy bed and walk..." and he walked (Jn. 5:8,9).

What happened? What took place? What happened is that the reason for his sickness was removed. Christ revealed this reason when He met this man in the temple and said to him: "Behold, thou art made whole: sin no more, lest a worse thing come unto thee" (In. 5:14). Here is the reason — sin. Sin is the reason for all evil, for all our sufferings, for all our sicknesses. Yes, sin...sin alone. And Christ is the only one who can destroy it, who can forgive. But this is under one condition: "Sin no more."

We have lived through the Passion days, we have lived through the very death of Christ, the death of the Lamb of God, Who takes upon Himself the sin of the world. This means our sin, too. He, the Only Sinless One, has become the sacrifice for us before our Heavenly Father. And now we are walking in the Paschal joy of the Risen Christ, and so week after week. But still we stumble, fall and sin. But let us not despond; let us turn to Him.

The pool at the Sheep Gate was only a shadow of what Christ performed and is performing. He alone is the source of healing and forgiveness. He alone, as God, can forgive sins. Let us turn to Him, and He will say to us the same words He said to the paralytic: "Rise, take up thy bed and walk."

And we will rise and walk again in the light of His Resurrection. But let us remember His words to the paralytic, "Sin no more" -- And let us not sin, because Christ is Risen!

ANNOUNCEMENTS

- Construction continues on the entryway of the Cathedral. To donate to the Entryway Fund, please see the inside of the Newsletter or speak to someone at the pangari.
- This year's Greek Independence Day Parade has been postponed. We will keep you informed of the date change.



ENTRYWAY FUND DONATIONS

Please mark next to the item you would like to donate:

□ Column	\$10,000
□ Steps	\$3,000
□ Platform (5 SF)	\$1,500
☐ Other Donation	

To donate- tear off this slip from the Newsletter and give it to a member of the office.

Please make checks payable to "Cathedral of Saint Markella"