



“TROUBLED WATERS” CURE A “TROUBLED MAN”

At the time of Christ, there was a double-basin pool some 100 yards north of a Temple near an area known as the “Sheep Gate” that was said to have miraculous powers. The waters for this pool came from underground springs and were normally used to wash down the sacrificial lambs that were slain according to Jewish ritual. There was a widespread belief among the people that, at an undisclosed time, an angel would come down from heaven and “stir” or “trouble” the waters of the pool. The first to enter the waters after this would be cured of whatever disease afflicted him. It was at this pool that our Lord encounters a man who had been paralyzed for 38 years. His was a seemingly hopeless situation. Without having assistance (which apparently he did not), how could a man unable to walk avail himself of the opportunity to be cured by the healing waters?

Christ provided all of the assistance the paralytic needed. Upon hearing the simple command of “Rise, take up your bed and walk” the man was healed! It is interesting to note where the man formerly paralyzed walked to. We read in the Gospel of St. John that while others may have gone out to do something frivolous, he went to the Temple to give thanks to God for being cured.

The paralytic is an example for us all. Despite his years of suffering, the man never lost hope, and he was rewarded for his remarkable perseverance. In like manner, we should never give up or fall victim to despair—even in the darkest of times or when we are facing the greatest of difficulties. Be patient! Christ knows our needs and hears our prayers. In His time, He will respond to our pleas, just like He did for the paralytic many years ago.

Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



SAINTS CONSTANTINE & HELEN
GREEK ORTHODOX
CATHEDRAL OF THE PACIFIC

50TH
Anniversary
1965-2015

May 3, 2015

4th Sunday of Pascha: The Paralytic

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May 3, 2015

4th Sunday of Pascha– The Paralytic

Christ is Risen! Truly He is Risen!

Apolytikia - Entrance Hymns

Hristos anesti (Hymn of the Resurrection) Tone 5

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

Effrenestho ta urania (Hymn of the Day) Tone 3

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

Tu Stavru su ton tipon (Hymn of the Church) Tone 8

Having seen in the sky the form of Your Cross and, like Paul, having received his calling not from men, Your apostle among Kings, Lord, placed his reigning city in Your hand, which you guard in peace forever, by the intercessions of the Theotokos, for You alone love mankind.

Kontakion

I ke en tafo Tone 8

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out Rejoice to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection.

Epistle Reading Acts 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.

Gospel Reading 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.

Today

✠ 4th Sunday of Pascha: The Paralytic;

This Week

- ✠ FRI, 5/8– St. John the Theologian: Orthros 8:30; Divine Liturgy 9:30 a.m.
- ✠ SAT, 5/9– Cooper Baptism 3 p.m.
- ✠ SUN, 5/10– 5th Sunday of Pascha: Samaritan Woman;

To Our Visitors:

We are pleased that you have chosen to worship with us. Just a reminder, however: the Sacrament of Holy Communion is a manifestation of the *unity of the Body of Christ*. As such, only those who are members in spiritual good standing of the Orthodox Church – and who have prepared themselves for the Sacrament – may partake of the Holy Chalice. However, *everyone* is welcome to come up with our people at the end of the service to receive blessed bread.

Please be sure to join us at Coffee Hour following Services.