
St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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Sunday, May 3, 2026

Tone 3 / Eothinon 5

Fourth Sunday of Pascha

Sunday of the Paralytic

Hierarchs and Parish Clergy:

His Eminence Metropolitan SABA (Isper)
Antiochian Archdiocese of North America

His Grace Bishop JOHN (Abdalah)

Bishop of the Diocese of Worcester & New England

Father James Irving, Pastor

Subdeacon Joseph Boruch

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): Save us, O Son of God, Who art risen from the dead, who sing to Thee: Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE THREE: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION OF ST. MICHAEL THE ARCHANGEL: O ye foremost of the heavenly host, we beseech thee, though we are unworthy. Pray that we may be encompassed with the shadow of thy unearthly glory. Preserving us who kneel and cry endlessly. Deliver us from oppression since Ye are the princes of the highest power.

KONTAKION OF PASCHA IN TONE EIGHT: Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

TRISAGION PRAYER

English: Holy God, Holy Mighty, Holy Immortal, have Mercy on us.

Arabic: Qudoos El Laah, Qudoos El Qawi, Qudoos El Lathi La Yamoot, Urhamnah.

Greek: Agios O Theos, Agios Ischiros, Agios Athanatos, Eyleison Imas.

Slavonic: Svyatij Bozhe, Svyatij Krepkij, Svatij Bessmertnij pomiluj nas.

MEGALYNARION FOR PARALYTIC SUNDAY IN TONE ONE: *The angel spake to her that is full of grace, saying, O pure Virgin, rejoice; and I say also, Rejoice; for thy Son is risen from the tomb on the third day.*

We believers in unison bless thee, O Virgin, crying: Rejoice, O gate of the Lord. Rejoice, O living city. Rejoice, O thou from whom didst rise upon us from the dead the Light of Resurrection, He Who was born of thee.

KOINONIKON (COMMUNION HYMN) OF PASCHA IN TONE EIGHT

Receive ye the body of Christ; taste ye the Fountain of immortality.

The Mission of St Michael the Archangel Orthodox Church is to love and worship God, to grow closer to Him, and to proclaim and to spread the Good News of the salvation of Jesus Christ to our parishioners, our neighbors and people everywhere. We worship and pray in English. We experience the beauty and joy of living the Holy Orthodox Christian faith – sharing love and fellowship, teaching and leading by example, growing together through service, education, stewardship and forgiveness.

A NOTE REGARDING HOLY COMMUNION: *Since we understand Communion to mean we have all things in common, sharing an identical Faith, only those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and confession may participate in Holy Communion. We invite all present to partake of the blessed bread distributed at the end of the service. Unless you are injured or unable, please remain standing during communion.*

SCHEDULE

- **Saturday, May 2**
 - 5:00 PM Vespers
- **Sunday, May 3**
 - 9:00 AM Orthros / 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
 - Church School for kids 4-9 years old
 - Teen SOYO Meeting
 - Outreach Meeting
- **Saturday, May 9**
 - 5:00 PM Vespers
- **Sunday, May 10**
 - 9:00 AM Orthros / 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
 - Church School for kids 4-9 years old
 - Choir Rehearsal

*****In case of emergency, there are emergency numbers posted next to the telephones in the coat room and in the kitchen*****

PLEASE JOIN US FOR COFFEE HOUR

It is a great joy to have so many people join us for coffee hour! Please remember that coffee hour is potluck and is successful when we all pitch in by bringing food, serving, helping with set up and clean up or offering donations in the offering box on the counter. Please ask someone in the kitchen how you can help. May God continue to bless our community!

Our People are our Choir! We love to hear you sing with us! WELCOME! We are glad to have you worship with us today!

THE EPISTLE

O chant unto our God, chant ye. Clap your hands, all ye nations.

The Reading from the Acts of the Holy Apostles. (9:32-42)

In those days, as Peter went throughout all regions, he came down also to the saints who dwelt at Lydda. There he found a certain man named Aeneas, who was bedridden for eight years and paralyzed. And Peter said to him: "Aeneas, Jesus Christ heals you; arise and make your bed." And immediately he arose. And all who dwelt at Lydda and Sharon saw him, and they turned back to the Lord. Now there was at Joppa a certain disciple named Tabitha (which means Gazelle). She was full of good works and of charitable deeds which she did. And it came to pass in those days that she fell sick and died; and when they had washed her, they placed her in an upper chamber. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him: "Come to us without delay!" So Peter arose and went with them. And when he arrived, they took him into the upper chamber. All the widows stood by him weeping, showing the tunics and other garments which Tabitha 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, arise!" And she opened her eyes, and when she saw Peter, she sat up. And he gave her his hand, and raised her up. Then he called the saints and widows and presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

THE GOSPEL

The Reading from the Holy 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 38 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 befalls you." The man went away and told the Jews that it was Jesus Who had healed him.



ST. MICHAEL HAPPENINGS

**WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE
ALL FOR THE GLORY OF GOD AND HIS CHURCH**

CAMP ST. JOSEPH ACCEPTING REGISTRATIONS

The official summer camp of the Diocese of Worcester & New England, Camp St. Joseph of Damascus offers a joyful, faith-centered experience for youth ages 9–17. Camp runs August 10–16, 2026. Learn more and register at

<https://campstjoseph.org/>

PARISH LIFE CONFERENCE

Each spring our Diocese (Worcester and New England) holds a one-day conference with guest speakers, services, youth events, a Bible Bowl, a dinner dance, and more. People from all our local Antiochian parishes attend, and it is a great opportunity to meet other Orthodox Christians, have fun, and learn. This year it will be on June 20th hosted by St. George in Lowell. For more information:

<https://www.antiochianevents.com/worcester>

DOWNE SOYO Spring Retreat - May 9 in Worcester

WHEN: Saturday, May 9, 8:15 AM – 5:00 PM

WHERE: St. George Orthodox Cathedral, 30 Anna Street, Worcester, MA

AGES: Children ages 7–17 are welcome to participate.

COST: \$15 per child Cash or Venmo (to Anthony-Abusamra) will be accepted — no credit cards or personal checks.

If the cost presents any difficulty, please don't hesitate to reach out — we're happy to help ensure every child can participate.

Register

here:

<https://docs.google.com/forms/d/e/1FAIpQLSdNZN80MZ9hT-E-KNGNsCHfIR7V4zTjTuzFj6RSWNDZyJ5Xwg/viewform>



ELECTRONICS RECYCLING EVENT

**SATURDAY, MAY 16th, 2026
9:00 AM — 1:00 PM**

**St. Michael The Archangel Church • Parking Lot
62 Main Street, Cotuit MA**

What You Can Bring/ Cost to You:

\$5
EACH

Computer Towers, Laptops, DVD Players, VCR's, Small Printers, Stereos, Radios, Alarm Clocks, Speakers, Video Game Consoles, Table Lamps, Fans, Hair Dryers, Curling Irons, Projectors, Paper Shredders, Power Tools, Drills, Cameras, Clocks, Trophies, Frying Pans, Holiday Lights, Other Small Electronics.

\$10
EACH

Small Household Appliances, Vacuum Cleaners/Roboma, Toaster Ovens, Ceiling Fans, Floor Lamps, Air Fryers, Electric Grills, Hot Plates, Small Radiators, Keyboard Pianos, Coffee Makers, Ice Makers, Small Garbage Disposal, Sewing Machines, Car Seats.

\$20
EACH

Flat Screen Computer Monitors, Microwaves, Dehumidifiers, Air Conditioners, Water Coolers, Large Printers/Copiers, Leaf Blowers, Chainsaws, Heat Lamps, Artificial Christmas Trees, Fire Extinguishers, Propane Tanks (Empty).

\$25
EACH

TVs up to 26," CRT Monitors, Outdoor Grills, Dorm Sized Refrigerators

\$30
EACH

TVs between 26" and 35," White Goods, Washing Machines, Dryers, Stoves, Dishwashers, Large Appliances, Large Yard Equipment, Treadmills, Exercise Equipment, Snow Blowers, Lawn Mowers, Rototillers, Large Generators, Motors, Water Tanks

\$35
EACH

TVs over 36," Large Refrigerators, Ride-On Lawn Mowers.

\$40
EACH

Projection TVs

FREE!

(Cash Donations Appreciated)
Bicycles (Reusable), Cell Phones, Keyboards, Tablets, Video Game Media and Accessories, Wires, Cables, Batteries, Chargers, DVD's.

**ALL TOWNS WELCOME
RAIN OR SHINE**

**Questions, Business Clean Outs or Event Hosting?
Contact:**



GREENDAYRECYCLINGMA@GMAIL.COM

CASH PREFERRED, VENMO, CHECKS (OVER \$30)



THE SYNAXARION

On May 3 in the Holy Orthodox Church, we commemorate Martyrs Timothy the reader and his wife Maura of Egypt; and Peter, archbishop of Argolis.

On this day, the fourth Sunday of Pascha, we commemorate the Paralytic and, as is right, we celebrate the miracle wrought for him.

Verses

*The word of Christ was strength for the paralytic;
So that this word alone was the man's full healing.*

Jesus healed the Paralytic at the Sheep's Pool, located near the Sheep's Gate of Jerusalem, where people sacrificed their beasts and washed their insides. The pool had five sides, with a porch and arch on each. A number of people, afflicted with various diseases, passed through them, waiting at the water for an angel to come down and stir it. Once it moved, whoever stepped into the water first was instantly healed. One poor man, whose story is recounted in today's Gospel lection in the Divine Liturgy, waited 38 years for someone to lower him into the water, because he was unable to move into the water himself. However, the Savior merely commanded the man to get up and walk, and he was healed.

In Thine infinite mercy, O Christ our God, have mercy on us. Amen.

SAVE THE DATE

- May 9: **DOWNE SOYO Spring Retreat** - Worcester
- May 16: **Electronics Recycling Event** - St. Michael, Cotuit
- June 20: **Parish Life Conference** - St. George W. Roxbury
- July 18: **Yard Sale & Food Fair** - St. Michael, Cotuit

If you need to contact a member of the clergy in the event of a pastoral emergency, please contact Fr. James Irving, who can be reached by phone or text at (781) 468-8709 or by email at dnjamesirving@gmail.com. Fr. James is available for confession by appointment.
