

bottom of your chin. Finally, please refrain from venerating the Chalice after receiving.

This Week at Holy Apostles...

Sunday, 5/22 – Chanting class after Liturgy
Monday, 5/23 – 5:30pm Adult Catechism Class
Tuesday, 5/24 – 7:00am Men's Group
Wednesday, 5/25 – 8:45 Orthros, 9:30 Liturgy – Mid-Pentecost
6:00pm Paraklesis

Thank you...

Adrienne for this week's offering of Prosfora, Jordan & Andrea for hosting today's fellowship, Greg for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint or Elder...

"The Church is the foundation of virtue and the school of spiritual life. Just cross its threshold at any time, and immediately you forget daily cares. Pass inside, and a spiritual ray will surround your soul. This stillness causes awe and teaches the Christian life. It raises up your train of thought and doesn't allow you to remember present things. It transports you from earth to Heaven. And if the gain is so great when a worship service is not even taking place, just think, when the Liturgy is performed — and the prophets teach, the Apostles preach the Gospel, Christ is among the believers, God the Father accepts the performed sacrifice, and the Holy Spirit grants His own rejoicing—what great benefit floods those who have attended church as they leave the church."

- St John Chrysostom

Future Dates to Keep in Mind

Monday, 5/30 – Memorial services at cemeteries
Saturday, 7/9 – WBAR

CHRIST IS RISEN! TRULY HE IS RISEN!

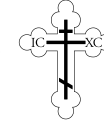
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The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne
May 22, 2016 – Sunday of the Paralytic



Commemorated Today

Sunday of the Paralytic
Basiliscus the Martyr, Bishop of Comana and nephew of St Theodore the Recruit
The Holy Second Ecumenical Synod of 381
Holy Martyr Marcellus
Holy New Martyrs Demetrius and Paul of Tripoli
John-Vladimir, Ruler of Serbia
Zacharias of Prusa

Today's Hymns

(to be chanted for pages 16 & 17 of the Liturgy Book)

Apolytikion for the Resurrection (Appendix 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.

Apolytikion of the Parish: O Holy Apostles, intercede with the Merciful God, that He grant unto our souls forgiveness of offenses.

Kontakion: 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.

Today's Epistle Reading

Cantor: *Sing praises to our God, sing praises.*

Clap your hands, all you nations.

The Reading is 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.

Gospel Reading

The Reading is from the Gospel of 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.

Welcome Visitors!

Holy Apostles Orthodox Christian Church would like to extend a warm welcome to all of our guests and visitors who are with us today. Thank you for worshiping with us, and please stay for Coffee Hour at the conclusion of the Liturgy! If you have any questions about this parish, the service, or the Orthodox Church in general, please feel free to ask a parishioner, look at the pamphlets in the Narthex (the entrance to the church), or ask Fr. Paul after the service. Finally, if this is your first visit to our parish, in order that we may treat you as our honored guest, we ask that you **not** participate in the offering after the service. Again, thank you for joining us, and let us know if we can do anything for you today or in the future!

A Note on Holy Communion

For non-Orthodox: Welcome to our parish and the service of the Divine Liturgy! As a point of information, the Orthodox Church invites all to come and participate in the Divine Services. As the fullest communion among people occurs only when we are wholly united in faith and worship, however, please know that the Mystery of Holy Communion is reserved for Baptized/Chrismated Orthodox Christians. If, at the time of Holy Communion, you would like to receive a blessing from the Priest, we welcome you to approach the Chalice with those receiving Communion and recite the words, "The blessing of the Chalice" to the Priest who will then offer a blessing over your head. Further, at the conclusion of the Liturgy, ALL are welcome (Orthodox and non-Orthodox) to receive a piece of the blessed bread given out by the Priest. And please stay for our fellowship hour following the Liturgy!

For Orthodox: Holy Communion is reserved for those who have properly prepared through prayer, fasting, and the Mystery of Holy Confession and have arrived prior to the Gospel for the day, remembering the teachings of St. Paul which tell us that receiving Holy Communion unworthily is to our condemnation rather than salvation (I Cor 11:29). When receiving Holy Communion, please remove any lipstick prior to approaching the Chalice and hold the Communion cloth with both hands against the