

From the Front Cover

In Jerusalem, by the Sheep's gate is a pool, where a multitude of the sick lay. At times an Angel of the Lord would descend into the pool and trouble the waters, and whoever would first step into those waters would be healed (Jn. 5:2–4). Jesus Christ came one day to the Sheep's pool. He saw there those sick people who desired healing. Among them was a man who suffered from an infirmity for thirty-eight years. Christ came to him and asked, "Do you want to be made whole?" (Jn. 5:6). The sick man answered, "Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steps down before me." Christ said to him, "Take up your bed and walk," and the sick man was immediately healed (Jn. 5:7–9). After some time Jesus Christ met him in the temple and said, "See, you have been made healthy. Sin no more, lest a worse thing should come upon you" (Jn. 5:14).

Each of us are possessed by one or another infirmity. There is no one on earth who is absolutely healthy. Physical pain is frightening, but pain of the soul is even more frightening. A constant connection exists between physical illness and illness of the soul, because the body is the temple of the soul, the Spirit of God that lives in every person. In the Christian understanding, the flesh is the temple of the Spirit of God living in us. But with all due care for the body, we must not forget about the soul, about its state, and about spiritual matters.

No illness that befalls a person comes about without any cause. The main cause is hidden in ourselves. Our state depends upon how we live, how we fulfill the Gospel commandments and general human norms. If we neglect Christ's commandments then we will definitely be sick in soul. Illness of the soul brings with it illnesses of the body. Mainly it is sin that paralyzes and strikes our spirit and our flesh. Sin is the violation the violation of God's commandments. Therefore any sin makes us paralyzed, just like that man whom the Lord heals at the Sheep's pool in Jerusalem.

Sin brings destructive, painful consequences: "Sin no more, lest a worse thing should come upon you," but no matter what state we might be in, we must remember that we have a Heavenly Physician, Who has cleansed us of our sin by His blood, and given us all healing. The Lord took our infirmities upon Himself, in order to heal us from sins; He took on our flesh, renewed it, deified it, and ascended with it into the heavens. He gave us an example by His life, by His teaching. The Resurrection of Christ is the victory over sin, over sickness. Christ is risen, and there is no longer any sin that could conquer man.



**Fourth Sunday of Pascha
'Sunday of the Paralytic'**

The Weekly Bulletin

May 15, 2022



Saint Mary Orthodox Church of West Palm Beach

*A Parish of the Diocese of Miami and the Southeast of the
Antiochian Orthodox Archdiocese of North America*
The Most Reverend Metropolitan Joseph, *Primate*

The Right Reverend Nicholas, *Bishop for Diocese of Miami and the Southeast*
The Very Reverend Father Peter Shportun, *Priest | Pastor*

Church Address: 1317 Florida Mango Road, West Palm Beach, Florida 33406
(561) 965-5007 *(Church Office)* (561) 632-7066 *(Fr. Peter's Cellular)*
stmaryschurch@bellsouth.net *(Email)*

Church Office Hours: Tuesday - Friday 10:30 AM to 2:30 PM
Banquet Hall Rentals: Maribel Perez - (561) 721-5696

Welcome!

Whether you are a parishioner or a visitor, we are glad you have chosen to pray with us at Saint Mary's. As a friendly reminder, please observe the following upon entering the church for prayer.

- If you arrive after the services begin, try to enter the Church quietly and observe what is happening. Try not to interrupt the service by your entrance.
- Please silence your cellular telephones.
- Please place your offerings in the basket on the table in the Church Narthex (Entrance), or the Offering Tray when passed.
- You are invited join us in the Banquet Hall for coffee and refreshments following the Sunday Divine Liturgy.

Paschal Greetings...

Christ is Risen! Indeed He is Risen!

المسيح قام! حقاً قام!
(al-Masīḥ qām! Ḥaqqan qām!)

Χριστός ἀνέστη! Ἀληθῶς ἀνέστη!
(Khristós Anéstī! Alithós Anéstī!)

Христосъ воскресъ! Воистину воскресъ!
(Hristos Voskrese! Voistinu Voskrese!)



Schedule of Services

Sunday of the Paralytic, May 15th

- Matins at 8:50 AM, followed by the Divine Liturgy at 10:00 AM

Wednesday, May 18th

Vespers at 6:30 PM

Sunday of the Samaritan Woman, May 22nd

- Matins at 8:50 AM, followed by the
- Divine Liturgy at 10:00 AM

Sacrament of Confession

Fr. Peter is available for the hearing of Confessions:

- Wednesday's 6:00 to 6:30PM
- Sunday's 8:30 to 8:50 AM
- By appointment

Wednesday 'Ask Abouna'

Each Wednesday through June 8th, Fr. Peter will hold a 'Ask Abouna' following the Vespers Service at 6:30 PM. 'Ask Abouna,' is an opportunity to answer questions you may have about the Orthodox Faith. Make plans to join Fr. Peter and bring your questions.

Parish Council Meeting

This Sunday, May 15th, 12:00 PM, in the Conference Room.



Family Movie Night

Saturday, May 21st
Saint Mary's
Banquet Hall

Dinner at 6:00 PM,
movie following.

Admission:
\$5.00 for Adults
\$2.00 for children 5 years
and under

Please bring your favorite
movie snack or dessert to
share with others.



Summertime
Coffee Hour Hosts
Needed!

Please sign-up at the entrance
of the hall, or speak to
Khouryia Myriam.

A Defeatist Attitude

A Defeatist Attitude is a Prescription for Defeat

As Christians we must believe that our ultimate welfare is in the hands of God and recognize that our life, although filled with many difficulties and struggles, is a journey of anticipation to the Eternal Life that is to come. Because this journey is not without sorrow and pain, worry and anxiety, it is easy to surrender to a defeatist attitude, and act as though we have no hope.

Our attitude, and even our speech, reflect on the health of our soul, and should be a key sign as to the wellness of our heart. If we are prone to complaining about our lives, or complaining about those around us, it is unlikely we will be prepared to choose a positive direction when the choice is before us.

The way we relate to others has an effect on their lives, and ours. If we make an effort to be positive, and live our lives with hope and faith, those around us profit, and everyone becomes healthy in spirit and in heart. Giving ourselves over to anxiety and fear does nothing but bring us down, and it pulls those around us down as well. Allowing ourselves to speak negatively does nothing to promote well-being, and can in fact be the cause of a worsening situation. Approaching life with a defeatist attitude is a surefire way of being defeated in the end.

The great King Solomon said, "To everything there is a season, a time for every purpose under Heaven: A time to keep silence, and a time to speak [Ecclesiastes 3:1,7]". Negative speech contributes nothing to the heart but death. Receiving everything that comes our way with joy is the only way to bring about the healing of the heart. Negative speech is a reflection of a heart that is in need of healing, but joyful speech is like water for a thirsty plant that brings forth fruit for all around.

"For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me [Job 3:25]."



The Very. Rev. Abbot Tryphon is Igumen of All-Merciful Saviour Monastery on Vashon Island, Washington. This and other articles may be found on his website abbottryphon.com

Fourth Sunday of Pascha 'Sunday of the Paralytic'

The Divine Liturgy of St. John Chrysostom is celebrated on this day. The service text may be found beginning on page 91 in the Red Service Book in the pews.

Divine Liturgy Variables

- The Priest begins Divine Liturgy with "Blessed is the Kingdom" and the choir responds "Amen." Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolytikion and censes the Altar as follows:*

Priest: Christ is risen from the dead, trampling down death by death; and upon those in the tombs bestowing life! *(once)*

Choir: Christ is risen from the dead, trampling down death by death; and upon those in the tombs bestowing life! *(twice)*

The First Antiphon

Shout with joy to God, all the earth; sing to His Name, give glory to His praises.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Say to God: How awesome are Thy works; let all the earth worship Thee, and sing to Thee. Let it sing a song to Thy Name, O Most High. *(Refrain)*

Glory... Both now... *(Refrain)*

The Second Antiphon

May God have mercy upon us, and bless us, and may He cause His face to shine upon us, and have mercy upon us.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

That Thy way may be known upon earth, Thy salvation among all nations; let the peoples give thanks to Thee, O God, let all the peoples give thanks to Thee. *(Refrain)*

May God bless us, and may all the ends of the earth fear Him. *(Refrain)*

Glory... Both now... O, only begotten Son and Word of God...

The Third Antiphon *(sung during the Little Entrance)*

Let God arise, and let His enemies be scattered, and let those that hate Him flee from before His face.

[Refrain] Christ is risen from the dead, trampling down death by death; and upon those in the tombs bestowing life!

As smoke vanisheth, so let them vanish; as wax melteth before the fire. *[Refrain]*

So let sinners perish at the presence of God, and let the righteous be glad. *[Refrain]*

This is the day which the Lord hath made; let us rejoice and be glad therein.

[Refrain]

Entrance Hymn of Pascha

In the gathering places bless ye God the Lord, from the springs of Israel. Save us, O Son of God, Who art risen from the dead, who sing to Thee: Alleluia.

- *After the Little Entrance, these hymns are sung in the following order*

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.

- *The Apolytikion of the patron saint or feast of the temple is not sung.*

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.

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

"Unless you are converted and become like children you will by no means enter the kingdom of heaven." Matthew 18:3



2022 Parish Life Conference Diocese of Miami and the Southeast Memphis, Tennessee June 15–18, 2022



Hosted by St. John Orthodox Church at the beautiful Hilton Memphis

Join us in Memphis, Tennessee – the home of the Blues and the birthplace of Rock 'n' Roll – as we share fellowship with members from all corners of our Diocese. **Highlights of the in-person PLC include:**

- Keynote Speaker: Fr. Stephen Freeman
- Oratorical Festival
- Bible Bowl
- ...and much more!

The city of Memphis also has much to offer, including:

- Historic Beale Street
- Graceland (the home of Elvis Presley)
- National Civil Rights Museum
- The world's largest Bass Pro Shop
- Big River Crossing over the majestic Mississippi River
- ...and much more!



Barbecue, Blues, and Beatitudes

For the Departed

"With the spirits of the righteous made perfect, give rest O Lord to the souls of Thy servants..."

Thomas Eissey *(newly departed 5/4/22)*, Margo Fankhauser *(newly departed 5/3/22)*, Fr. Nicholas Neyman *(12/12/21)*, Sonia AbuHadid *(10/3/21)*, Ruth Bashour *(6/28/21)*.

The Publication of Weekly Prayer Candles

The Weekly Bulletin will no longer publish 'Weekly Prayer Candles.' You are encouraged to continue to offer One-Week Candles for the health of, or in memory of those dear to you.

Memory Eternal!

It is with sadness, yet in the Resurrection of Christ, we inform you of the falling asleep in the Lord of:

- ♦ Margo Fankhauser fell asleep in the Lord on Tuesday, May 3rd. Graveside Services were held on Saturday, May 7th.
- ♦ Thomas Eissey, fell asleep in the Lord on Wednesday, May 4th. Funeral and Burial Services were held on Tuesday, May 10th.

Food for Hungry People

Now is the time to begin returning your Food For Hungry People Lenten almsgiving boxes. The boxes may be placed on the table in the Church Narthex. If you did not use FFHP Box during Great Lent and wish to contribute, please see Sam Pasley.

Join Our Youth Ministry Team

The Society of Orthodox Youth Organizations (SOYO) is a ministry for our youth to help teens (13 - 18 years) in the church live the Orthodox faith daily through the organization's four pillars of worship, witness, service, and fellowship. Teen SOYO strives to help teens get involved in the life of the church and build effective habits that will last throughout their lives.

To assist our teens, a 'Youth Ministry Team' comprised of 3 to 4 volunteers is needed to assist the priest in engaging not only our teens, but pre-teens (11 & 12 years) as well.

If are interested in working as a 'team member' working with our youth, please speak with Fr. Peter.

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.

رَتَّلُوا لِإِهْنَا رَتَّلُوا. يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

فَصَلِّ مِنْ أَعْمَالِ الرَّسُلِ الْقَدِيسِينَ الْأَطْهَارِ.

(42-32:9)

في تلك الأيام، فيما كان بطرس يطوف في جميع الأماكن، نزل أيضاً إلى القديسين الساكنين في لُدَّة. فوجد هناك إنساناً اسمه أنياس، مضطجماً على سريرٍ منذُ ثمانين سنين، وهو مخلع. فقال له بطرس: "يا أنياس، يشفيك يسوع المسيح؛ قم وافترش لنفسك." فقام للوقت. ورآه جميع الساكنين في لُدَّة وسارون فرجعوا إلى الرب. وكان في يافا تلميذة اسمها طابيتا، الذي تفسيره طيبة، وكانت هذه ممثلة أعمالاً صالحةً وصدقاتٍ كانت تعملها. فحدث في تلك الأيام أنها مرضت وماتت. فغسلوها ووضعوها في العليّة. وإذ كانت لُدَّة بقرب يافا، وسمع التلاميذ أن بطرس فيها، أرسلوا إليه رجلين يسألانه أن لا يبطن عن القُدوم إليهم. فقام بطرس وأتى معهما. فلما وصل، صعدوا به إلى العليّة، ووقف أدنيه جميع الأرامل بيكين، ويرينه أقمصةً وثياباً كانت تصنعها طيبة معهن. فأخرج بطرس الجميع خارجاً، وجثا على ركبتيه وصلى. ثم انتفت إلى الجسد وقال: "يا طابيتا قومي." ففتحت عينيها. ولما أبصرت بطرس جلست. فناولها يده وأنهضها. ثم دعا القديسين والأرامل، وأقامها لديهم حيّة. فشاع هذا الخبر في يافا كلها، فأمن كثيرون بالرب.

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 what-

ever 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.

فصلٌ شريفٌ من بشارَةِ القديسِ يوحنا الإنجيليِّ البشيرِ والتلميذِ الطاهرِ. (15-1:5)

في ذلك الزمانِ، صعدَ يسوعُ إلى أورشليمَ. وإنَّ في أورشليمَ عندَ بابِ الغنمِ بركةٌ، تُسمَّى بالعبرانيةِ بيتَ حسداً، لها خمسةُ أروقةٍ. كانَ مُضطجعاً فيها جمهورٌ كثيرٌ من المرضى من عُمانِ وعُرجٍ ويايسي الأعضاء، يَنْظُرُونَ تحريكِ الماءِ. لأنَّ ملاكاً كانَ يَنْزِلُ أحياناً في البركةِ ويحركُ الماءَ. والذي كانَ يَنْزِلُ أولاً من بعدَ تحريكِ الماءِ، كانَ يُبرأ من أيِّ مَرَضٍ اغترأه. وكانَ هناك إنسانٌ به مَرَضٌ منذُ ثمانِ وثلاثينِ سنةً. هذا إذ رآه يسوعُ مُلقىً، وعلمَ أنَّ له زماناً كثيراً، قالَ له: "أتريدُ أن تَبْرأ؟" فأجابَهُ المَرِيضُ: "يا سيِّدُ، ليسَ لي إنسانٌ متى حُرِّكَ الماءُ يُلقيني في البركةِ، بلَ بيئماً أكونُ آتياً، يَنْزِلُ قبلي آخرُ." فقالَ له يسوعُ: "اقم، احمِلِ سريرَكَ وامشِ." فلوَقَّتِ برئى الرَجُلُ، وحمَلَ سريرَهُ ومشى. وكانَ في ذلكَ اليومِ سبتٌ. فقالَ اليهودُ للذي شَفِيَ: "إنَّه سببتُ، فلا يجِلُّ لك أن تَحْمِلَ السريرَ." فأجابَهُم: "إنَّ الذي أْبْرأني هُوَ قالَ لي 'احمِلِ سريرَكَ وامشِ.' فسألوه مَنْ هُوَ الإنسانُ الذي قالَ لك 'احمِلِ سريرَكَ وامشِ؟' أما الذي شَفِيَ فلمَ يَكُنْ يَعْلَمُ مَنْ هُوَ. لأنَّ يسوعَ اغتزلَ، إذ كانَ في المَوْضِعِ جَمْعٌ. وبعدَ ذلكَ وجدَهُ يسوعُ في الهيكلِ، فقالَ له: "ها قدَ عوفيتَ، فلا تَعُدْ تُخْطِئُ لئلاً يُصيبيكَ أشْرُ." فذهبَ ذلكَ الإنسانُ، وأخبرَ اليهودَ أنَّ يسوعَ هو الذي أبرأه.

Megalynarion for the Paralytic Sunday in Tone One

[sung instead of 'It is truly meet...']

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.

Communion Hymn

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

After receiving Communion, please read the 'Prayers of Thanksgiving After Holy Communion' on pages 128-131 in the Red Service Book in the pews.

- *After Communion, instead of "We have seen the true light," "Christ is Risen" is sung once.*



There will be no fasting on Wednesdays and Fridays, not only during Bright Week but until the Feast of the Ascension, for the whole forty days. (This was the decision of the Holy Synod of the Church of Antioch in 1997.)

Liturgical Offerings

- Holy Altar Vigil Candle for the week of May 15th is offered in glory of the Most-Holy Trinity: Father, Son and Holy Spirit.

If you wish to offer Holy Bread or an Altar Vigil Candle, please speak with Fr. Peter.

Please Remember In Your Prayers

For the Living

"Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord." James 5: 14

For the Good Health of the Servants of God: Archpriest Michael & Matushka Annette Zaparyniuk, The Priest John, Michael, Sub-Deacon William Hall, George Frieji, Jodet Rae, Judy Chalhub, Johnny & Joyce Chalhub, Nayla Tacla, Jenna Welch, Shane Brown, Raouf Saballeil.

For the Shut-ins of our Church Community: Gloria Yedlinsky, Lidia Pawlcuk, Basil Dalack, Angie Smith, Zakia Salloum.

Metropolitan Boulos & Archbishop Youhanna, for their release from captivity and safe return.

For the end of hostilities and sufferings, and for peace in the Ukraine.

For those serving in our armed forces here and abroad: Christopher Smith, Jonathan Shportun.