

PARISH ANNOUNCEMENTS

- ❖ **WELCOME** to all who are visiting with us today! We hope you will feel at home here and, if you do not already have a church home, will consider becoming a part of the Saint Herman Church community.
- ❖ **HAPPY MOTHER'S DAY** to all our mothers who work so hard. Your work is truly a sacred duty, and we are grateful for your labor.
- ❖ **CHRISTIAN EDUCATION** continues today for children of all ages. The last class of the semester will be next Sunday May 18.
- ❖ **LITURGICAL CALENDARS** for May are available in the narthex and also are online at www.sainthermanwasilla.org.
- ❖ **ACOLYTE TRAINING DAY WILL BE SATURDAY MAY 17** from 10am – 2pm. Any boy or man age 7 and older is welcome to come if they have any interest or experience in serving at the altar. If you are interested in serving at the altar but cannot make it to the training, then please talk to Fr. Matthew. Lunch will be provided.
- ❖ **CONFESSIONS WILL BE HEARD SATURDAY MAY 17** following Vespers by Fr. Thomas Frizelle.
- ❖ **WEDNESDAY MAY 28 6:30pm -VESPERAL LITURGY FOR ASCENSION OF OUR LORD JESUS CHRIST**
- ❖ **ST. HERMAN'S COUNTRY FAIR IS MAY 31.** If you want to be involved but don't know what to do, please see Anna Phelps.
- ❖ **WINES FROM AROUND THE WORLD - MAY 18 at JITTERS.** Saint John's School is hosting a wine-tasting fundraiser May 18 from 7-9:30pm at Jitters in Eagle River. There will be 20 different wines, appetizers courtesy of North Star Bakery, live entertainment and a wide array of silent auction items. Proceeds benefit the School and The Alaska Fisher House, which provides a comfortable place to stay for military members, their dependents and veterans during times of out-patient treatment and recovery. Tickets are available at St. John's School, Jitters, Picture This, or Cozy Carpet in Eagle River for \$40 in advance or \$45 at the door. For more information, call 696-3920.
- ❖ **THE CHURCH BOOKSTORE** is now housed in Fr. Matthew's office, and will be open Sundays briefly during coffee hour or other times by request.

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

*Antiochian Orthodox Christian Archdiocese of North America
Diocese of Los Angeles and the West*

PRIMATE

His Eminence, the Most Blessed Patriarch JOHN
of Antioch

DIOCESAN HIERARCH

His Eminence, the Most Rev. Archbishop JOSEPH

PASTOR

Rev. Fr. Matthew Howell

DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

Contact Information

6988 N. En Dove Road
Wasilla, Alaska 99654

Office Telephone: (907)373-5254
Pastor's Cell Phone: (916)396-6325

FrMatthewHowell@gmail.com
www.SaintHermanWasilla.org

SUNDAY OF THE PARALYTIC

May 11, 2014

A NOTE REGARDING HOLY COMMUNION

Welcome! In the Orthodox Church, reception of the Holy Eucharist is reserved for baptized, chrismated Orthodox Christians who have prepared by prayer, fasting and a recent confession. If you are visiting or otherwise not prepared to commune today, you are welcome to receive some of the unconsecrated, blessed bread which the acolytes are holding. We pray for all to be united in the Body and Blood of Christ! If you would like to learn how you can enter into communion with the Orthodox Church, please speak with our clergy.

THE EPISTLE

Sing praises to our God, sing praises. Clap your hands, all you nations.

The Reading from the Acts of the Saintly and Pure 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.

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.

SAINTS OF THE DAY

Hieromartyr Mokios, priest in Macedonia; Cyril and Methodios, equals-to-the-Apostles and enlighteners of the Slavs; New-martyr Argyros of Thessalonica; Venerable Martyr Olympia of Karyes in Mytilene; and Martyr Joseph of Astrakhan

CHRISTIAN EDUCATION

Ages 3-6: Every Sunday at 9:00am

Ages 7-9, 10-12, and 13-19: Every Sunday following Liturgy

Last Day of Classes is May 18

THIS WEEK'S SERVICES

May 11 – May 18

Wed. 6:30pm: Daily Vespers

Sat. 6:30pm: Great Vespers followed by confessions heard

Sun. 9:00am: Matins followed at 10:00am by Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "For in the baptismal rite, death ensues through the slaying of sin; threefold immersion initiates the lying in the tomb three days, and the raising out of the water is like him that rose again from the tomb. The very nature, therefore, of the act teaches us that that is the recognized day for the general reception of the grace, on which the power of the gift and the character of the action originated." -- St. Leo the Great
- ❖ "Is the soul by itself a man? No, it is but the soul of a man. Can the body be called a man? No, it can but be called the body of a man. If, then neither of these is by itself a man, but that which is composed of the two together is called man, and God has called man to life and resurrection, He has called not a part, but the whole, which is the soul and the body... The resurrection is of the flesh which died; for the spirit does not die." -- St. Justin Martyr
- ❖ "We have the power of the Holy Cross, our holy symbol, the divine grace of Christ, only as long as we have the holy marking of the Holy Baptism, meaning we have denied the devil and sided with Christ, and received the Holy Marking, the seal of the Gift of the Holy Spirit." -- Elder Paisios of Mt. Athos
- ❖ "Christ has died to the old world, and His resurrection has inaugurated the New Creation by reconciling everything and everyone to His Father (II Cor. 5:14-21) The 'Passover' of Jesus is the ultimate Event of the New Creation." -- His Beatitude, Patriarch IGNATIUS IV
- ❖ "'To know Him and the power of His Resurrection' (Phil 3:10) consists in this movement by which Christ descends into our very depths to raise us up into the light of Life. This is the movement of baptism, descent and rising up (Rom 6:3-4), with all the spiritual realism that the power of the Spirit will realize within us day after day in our personal lives." -- His Beatitude, Patriarch IGNATIUS IV