

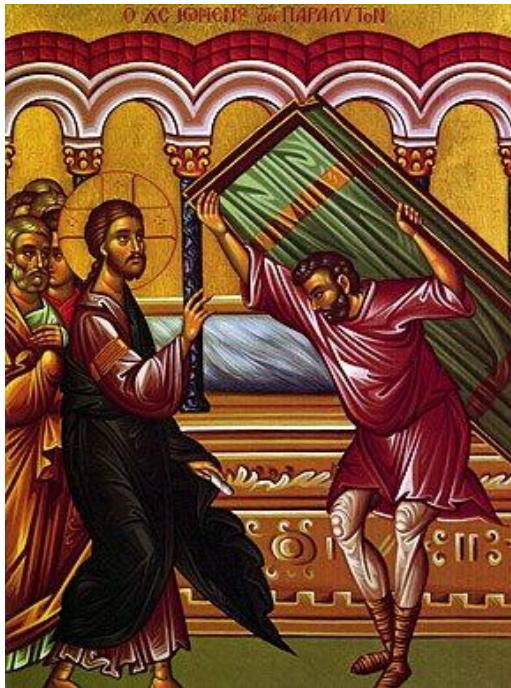
**ANNUNCIATION GREEK ORTHODOX CATHEDRAL  
Norfolk, VA**

**Rev. Presbyter George Bessinas, Proistamenos  
Rev. Protopresbyter Constantine Rogakos, Associate**



**SUNDAY WORSHIP GUIDE  
AND WEEKLY NEWS**

**ΧΡΙΣΤΟΣ ἈΝΕΣΤΗ-CHRIST IS RISEN!**



**Sunday of the Paralytic Man**

**Sunday, May 7, 2017**

## **Sunday May 7, 2017**

Orthros (Matins)	8:45 AM
Divine Liturgy (of St. John Chrysostom)	10:00 AM

On this day, May 7, the fourth Sunday of Pascha, we remember the Paralytic, and appropriately celebrate the miracle worked on him. We commemorated the Appearance of the sign of the Precious Cross in the sky, during the reign of the Emperor Constantius, son of Saint Constantine the Great. We commemorate the holy and glorious Apostle James, the brother of St. John the Theologian, our devout father Clement the ecclesiastical poet and the holy Martyr Maximus.

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

### **Resurrectional Apolytikion. Mode 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 Annunciation in 4th Tone**

Today is the beginning of our salvation, The revelation of the eternal mystery! The Son of God becomes the Son of the Virgin. As Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: Rejoice, O Full of Grace, The Lord is with You!

### **Apolytikion of St. Theodore the Commander in 2nd Tone**

When in God's army you had truly enlisted, O holy Theodore, the bearer of trophies, you were made a splendid general of the heavenly King; using as a weapon faith, you were ready for battle and utterly destroyed the ranks that were amassed by the demons, and as a victorious athlete you were seen, wherefore in True faith, we bless you and honor you. true faith, we bless you and honor you.

### **Seasonal Kontakion. Mode pl. 4.**

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.

**The Epistle Reading is from Acts of the Apostles 9:32-42**

Prokeimenon. Mode 3, Psalm 46. 6,1

Sing praises to our God, sing praise.

Verse: Clap your hands, all you nations.

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.

**Πράξεις Ἀποστόλων 9:32-42**

Προκειμενον. ᾠχος β'. 46.6,1

Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε.

Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας.

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἁγίους τοὺς κατοικοῦντας Λύδδαν. Εὗρεν δὲ ἐκεῖ ἄνθρωπον τινα Αἰνεάν ὀνόματι, ἐξ ἐτῶν ὀκτὼ κατακείμενον ἐπὶ κρᾶββάτῳ, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος, Αἰνεά, ἰαταί σε Ἰησοῦς ὁ Χριστός· ἀνάστηθι καὶ στρώσον σεαυτῷ. Καὶ εὐθὺς ἀνέστη. Καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Ἀσσάρωνα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν κύριον. Ἐν Ἰόππῃ δὲ τις ἦν μαθήτρια ὀνόματι Ταβηθά, ἣ διερμηνευομένη λέγεται Δορκάς· αὕτη ἦν πλήρης ἀγαθῶν ἔργων καὶ ἐλεημοσυνῶν ὧν ἐποίει. Ἐγένετο δὲ ἐν ταῖς ἡμέραις ἐκεῖναις ἀσθενήσασαν αὐτὴν ἀποθανεῖν· λούσαντες δὲ αὐτὴν ἔθηκαν ἐν ὑπερῷῳ. Ἐγγὺς δὲ οὔσης Λύδδης τῇ Ἰόππῃ, οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῇ, ἀπέστειλαν πρὸς αὐτόν, παρακαλοῦντες μὴ ὀκνήσαι διελθεῖν ἕως αὐτῶν. Ἀναστὰς δὲ Πέτρος συνῆλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῷον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χῆραι κλαίουσαι καὶ ἐπιδεικνύμεναι χιτῶνας καὶ ἱμάτια

ὅσα ἐποίει μετ' αὐτῶν οὕσα ἢ Δορκάς. Ἐκβαλὼν δὲ ἔξω πάντας ὁ Πέτρος θείσ τὰ γόνατα προσηύξατο· καὶ ἐπιστρέψας πρὸς τὸ σῶμα, εἶπεν, Ταβηθά, ἀνάστηθι. Ἡ δὲ ἤνοιξεν τοὺς ὀφθαλμοὺς αὐτῆς· καὶ ἰδοῦσα τὸν Πέτρον, ἀνεκάθισεν. Δοὺς δὲ αὐτῇ χεῖρα, ἀνέστησεν αὐτήν· φωνήσας δὲ τοὺς ἀγίους καὶ τὰς χήρας, παρέστησεν αὐτὴν ζῶσαν. Γνωστὸν δὲ ἐγένετο καθ' ὅλης τῆς Ἰόππης, καὶ πολλοὶ ἐπίστευσαν ἐπὶ τὸν Κύριον.

### **The Gospel Reading according to 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.

### **Ευαγγελικόν Ανάγνωσμα: Κατὰ Ἰωάννην 5:1-15**

Τῷ καιρῷ ἐκεῖνῳ, ἀνέβη ὁ Ἰησοῦς εἰς Ἱεροσόλυμα. Ἔστι δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρα, ἢ ἐπιλεγομένη Ἑβραϊστὶ Βηθεσδά, πέντε στοὰς ἔχουσα. ἐν ταύταις κατέκειτο πλῆθος πολὺ τῶν ἀσθενούντων, τυφλῶν, χωλῶν, ξηρῶν, ἐκδεχομένων τὴν τοῦ ὕδατος κίνησιν. ἄγγελος γὰρ κατὰ καιρὸν κατέβαινεν ἐν τῇ κολυμβήθρα, καὶ ἐταράσσετο τὸ ὕδωρ· ὁ οὖν πρῶτος ἐμβὰς μετὰ τὴν ταραχὴν τοῦ ὕδατος ὑγιὲς ἐγένετο ᾧ δήποτε κατεῖχτο νοσήματι. ἦν δὲ τις ἄνθρωπος ἐκεῖ τριάκοντα καὶ ὀκτῶ ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ. τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολλὴν ἤδη χρόνον ἔχει, λέγει αὐτῷ· θέλεις ὑγιὲς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν· Κύριε, ἄνθρωπον οὐκ ἔχω, ἵνα ὅταν ταραχθῆ τὸ ὕδωρ, βάλῃ με εἰς τὴν κολυμβήθραν· ἐν ᾧ δὲ ἔρχομαι ἐγώ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ ὁ Ἰησοῦς· ἔγειρε, ἄρον τὸν κράβαττόν σου καὶ περιπάτει. καὶ εὐθέως ἐγένετο ὑγιὲς ὁ ἄνθρωπος, καὶ ἦρε τὸν κράβαττον αὐτοῦ καὶ περιεπάτει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ Ἰουδαῖοι τῷ τεθεραπευμένῳ· σάββατόν ἐστιν· οὐκ ἔξεστί σοι ἄραι τὸν κράβαττον. ἀπεκρίθη

αὐτοῖς· ὁ ποιήσας με υἱῆ, ἐκεῖνός μοι εἶπεν· ἄρον τὸν κράβαττόν σου καὶ περιπάτει. ἠρώτησαν οὖν αὐτόν· τίς ἐστὶν ὁ ἄνθρωπος ὁ εἰπὼν σοι, ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ἤδει τίς ἐστὶν· ὁ γὰρ Ἰησοῦς ἐξένευσεν ὄχλου ὄντος ἐν τῷ τόπῳ. μετὰ ταῦτα εὕρισκεῖ αὐτόν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῷ· ἴδε υἱῆς γέγονας· μηκέτι ἀμάρτανε, ἵνα μὴ χειρόν σοί τι γένηται. ἀπῆλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλε τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστὶν ὁ ποιήσας αὐτόν υἱῆ

---

---

### Altar Boys

Costas Delidakis, Antonios Psaras, Tommy Dixon, Matthew Dixon, Michael Rea, James Manning, Phillip Malamatos, Evan Meares, Gabriel Kinison, Matthew Jenkins, Elias Nassar

### Epistle Reader

Sotiria Bessinas

### Memorial Service

Peggy Anninos 40 day, Chrysanthe Vergakis 40 day,

Haralambos (Harry) Vergakis 8 year

Pauline (Dubby) Metrakos 1 year

Evangelia Bredologos 2 year

Vasiliki Perros 3 year

### TODAY

Coffee fellowship hour in the Hellenic Center

Philoptochos Society luncheon meeting in Hellenic Center

Cultural Committee invites everyone to movie night at 6:30pm in the Social Hall

### EVENTS AND ANNOUNCEMENT

Cultural Committee invites you to movie night tonight **at 6:30pm** in the social hall. The movie is “The Countess of Corfu.” The movie is in Greek with English subtitles. \$2.00 donation per person for snacks and refreshments.

GOYA basketball **Monday, May 8** at Norfolk Collegiate School. Girls at 6:00pm and boys at 7:00pm.

Women’s Study Group will not meet this week.

Golden Years **Tuesday, May 9 at 10:30am.** Lunch will be provided.

**Bible Study Fellowship** will not meet this week. Father George will be attending the Metropolis of New Jersey Clergy Laity Assembly.

**The St. Maria of Paris Outreach Ministry Committee** thanks team captain Heather Karangelen and her team for cooking and serving the April 27 dinner: Vasili Karangelen, Antonis and Patty Leondarides, Mike Douklias, Nikki Webb, Susan Bogert, Spiros Philippakis, Helen Emmons, Angelo Neskis, Phillip Roussis, Lona Liosatos and Kathy Stephanitsis.

**Greek Festival 2017 May 18th through May 21st.** Festival Volunteer forms are available on the table next to the bookstore. Please return forms to the cathedral office or to Drucie Papafil or go to [norfolkgreekfestival.com](http://norfolkgreekfestival.com).

**Festival Gift certificates** are available in the church office. They are being sold in increments of \$5 and \$20. Please call the office if you would like to purchase any certificates.

### **Annual Youth Day Camp on June 26<sup>th</sup>-30<sup>th</sup>**

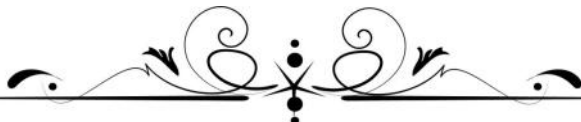
Registration is now open! Details can be found in the bulletin or Sunday school office. Interested in volunteering? Contact Linda Meares at 424-9662 or email the Youth Day Camp team at [agocyouthcamp@gmail.com](mailto:agocyouthcamp@gmail.com) (see enclosed flyer).

**HWC** outing on **Saturday, June 3** on the Spirit of Norfolk. The cost is \$50. Reservations need to be made by May 15. Please call Heather Karangelen at 572-6587 or email [vkarangelen@gmail.com](mailto:vkarangelen@gmail.com) (see enclosed flyer).

**Applications for the Annette Nickels Mavrophilos Dance Scholarship** are available on the table outside the bookstore to graduating high school seniors who have participated in the Annunciation Dance Ministry for a minimum of 3 years. Deadline for the applications is May 11, 2017. Electronic copies can be obtained by contacting the Icarian Society at [Chapter.Eirini@gmail.com](mailto:Chapter.Eirini@gmail.com)

**ORDER OF AHEPA** 2017 Scholarship Application packet is now available and posted on the AHEPA website, [www.ahepanorfolk122.org](http://www.ahepanorfolk122.org). The deadline to submit the scholarship application by midnight, May 13, 2017. Completed Scholarship applications will only be accepted via email. If you have any questions, please contact Evan Almyrantis, 757-274-1210.

**Parking** in front of our Cathedral is reserved for people that are in need of a wheelchair or walker. You must have a reserved parking permit from our office to park there. Also please be observant where it reads NO PARKING, where there are yellow stripes and handicapped parking only signs.



As the  
Father has *sent me,*  
so I *send you*  
John 20:21



## STEWARDSHIP 2017

“You are the Voice  
of Christ  
in a Changing World”

We have 173  
stewards thus far who  
have pledged \$211,165

Have you turned in  
your card?

# Camp Good Shepherd Virginia

Save the Date: July 2-8 2017

@ Camp Piankatank 1586  
Stampers Bay Road  
Hartfield, Virginia 23071

Questions?  
[egsvirginia@gmail.com](mailto:egsvirginia@gmail.com)

Join the Annunciation Cathedral Cultural Committee  
for a

## Movie Night

presentation of

### The Countess of Corfu

### Η Κόμησσα της Κέρκυρας

Sunday, May 7, 2017 at 6:30 PM in the Social Hall

\$2 per person including refreshments.

The movie is presented in Greek with English subtitles.

Ένας επιχειρηματίας, ο Σωτήρης Καρέλης (Αλέκος Αλεξανδράκης), παρουσιάζεται στη δασκάλα πιάνο και δύο φορές χήρα, τη σκόρα Αντζολίνα (Ρένα Βλαχοπούλου), και της ζητάει να του πουλήσει το αρχοντικό της για να το μετατρέψει σε ξενοδοχείο. Εκείνες τις μέρες φτάνει στην Κέρκυρα ένα παλιό μουσικό γκρουπ, το οποίο έχει εγκαταλείψει η τραγουδισριά του Αλίντα Ρίζο. Η Αντζολίνα παθιαίνει, όχι μόνο να τους φιλοξενήσει σπίτι της, αλλά και να αντικαταστήσει την τραγουδίστρια. Η συνέχεια, όμως, είναι γεμάτη υπερδέματα διότι στο νησί έρχεται η τραγουδίστρια του γκρουπ με τον αρραβωνιαστικό της, και όλοι αρχίζουν να ψάχνονται για τις πραγματικές τους ταυτότητες.



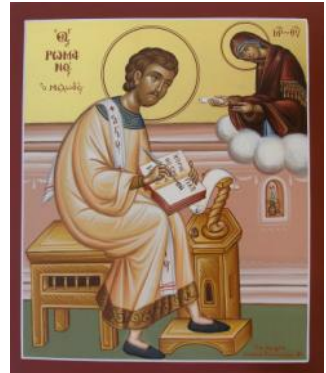
A businessman, Sotiris Karelis (Alekos Alexandrakis) approaches the twice-widowed piano teacher, Ms. Antzolina (Rena Vlachopoulou), about buying her mansion in order to convert it to a hotel. At the same time, an Italian music group has arrived on Corfu following the departure of its lead singer, Alinta Rizo. Antzolina is persuaded not only to host the group during its stay on the island but to fill in as their lead singer as well. Things do not go smoothly, however, since the group's former singer now arrives on the island with her fiancé, and everyone begins to search for their real identity.

## BYZANTINE CHANT CLASS

Weekly lessons held Tuesday at 6pm!  
Beginning May 2nd and ending June 20th!  
8 weeks for 8 Byzantine tones!

In the St. Theodore the  
Commander Chapel

Beginner's lessons in Byzantine Chant!  
No experience is required and  
everyone is welcome!



St. Romanos the Melodist

Lessons Provided by Thomas Manuel. For any questions  
contact him at [Thomas@Annunciationva.org](mailto:Thomas@Annunciationva.org).



# 2017 YOUTH DAY CAMP



*Galactic Starveyors: Discovering the  
God of the Universe*

**June 26- June 30**  
**9:15 am – 3:00 pm**

Open to kids who have completed Kindergarten  
through graduating 12<sup>th</sup> graders

## **REGISTRATION IS NOW OPEN**

Registration forms can be found online at our church website or in the Sunday school office.

Interested in volunteering? Contact Linda Meares at 424-9662 or  
email the Youth camp team at [agocyouthcamp@gmail.com](mailto:agocyouthcamp@gmail.com)

## **DONATIONS NEEDED FOR YOUTH DAY CAMP**

The Youth Day Camp Committee needs your help. We are collecting the following items for craft projects and decorations:

- \* (empty) paper towel rolls,
- \* (empty) toilet paper rolls,
- \* Shallow plastic lids of all sizes (e.g. coffee cans, pringles cans, oatmeal, lemonade lids, etc.)
- \* Oatmeal containers,
- \* Clean tin cans and lids (if they have **no sharp edges** to them),
- \* Large size cans and boxes that can be used for decorations
- \* Hammers

Please contact Anna Feliberti ([anna@feliberti.com](mailto:anna@feliberti.com)) if you have questions.

The Youth Camp team will have a collection box outside the Sunday school office for you to drop off your items anytime.

**THANK YOU!**

# 2017 Greek Festival Volunteer Form

**Dates and Times Available:** *Please, we encourage you to select multiple times and multiple days.*

Thursday, May 18

- Thursday: 10:00am-4:00 pm     Thursday: 4:00 pm-10:00 pm

Friday, May 19

- Friday: 10:00 am -4:00 pm     Friday: 4:00 pm-10:00 pm

Saturday, May 20

- Saturday: 10:00am-4:00 pm     Saturday: 4:00pm-10:00 pm

Sunday, May 21

- Sunday: 11:30am-4:00 pm     Sunday: 4:00 pm-7:00 pm

**Festival Areas:** (If you wish to work in different areas, please fill out a separate form for each area)

Choose a Festival Area Below:

- A-LA-CARTE SERVER     A-LA-CARTE RUNNER     A-LA-CARTE CASHIER     GYRO BOOTH SERVER
- GYRO BOOTH CASHIER     GYRO TENT GRILL ASSISTANT     GYRO TENT GYRO ASSEMBLY-LINE
- GYRO TENT FRIES/CALAMARI FRYERS     LOUKOUMADES BOOTH SERVER     BOOKSTORE
- BEVERAGE BOOTH SERVER     BEVERAGES ASST     PASTRIES ASST     CHURCH TOURS
- VENDOR ASSISTANT     DRIVE-THRU ASSISTANT     DRIVE-THRU CASHIER     SUPPLIES ASSISTANT
- BAKERY CASHIER     BAKERY SERVER     BAKERY PREP ROOM/RUNNER

Names: \_\_\_\_\_

Email: \_\_\_\_\_

Contact #: \_\_\_\_\_

Name badges are prepared in advance - PLEASE do not wait until the festival opens to sign up! Working a shift entitles you to a free meal provided in Volunteer Area in the Social Hall. Volunteer Dress Code: White tops, dark blue or black bottoms & hat.

**If you are touching or serving food, a health card is REQUIRED!**

Please email Drucie Papafil at [Papafida@evms.edu](mailto:Papafida@evms.edu) with your schedule or drop off at the Church office.



# Spirit of Norfolk Cruise

## Saturday, June 3, 2017

### Join Us...

The Hellenic Women's Club cordially invites you to come sail away with us on the *Spirit of Norfolk* for our last event of the season!



**What:** Luncheon Cruise aboard the *Spirit of Norfolk*

**When:** Saturday, June 3, 2017

**Time:** Boarding starts at 11:15-11:30am  
Sailing from 12pm-2pm

**Where:** Meet at WATERSIDE dock for boarding  
Parking is available in Public Parking Lots across from Waterside

**Cost:** \$50 will include a delicious buffet luncheon with entertainment and cruising of the Elizabeth River

\*Alcoholic bar beverages at an extra cost

\*Payment in advance please with cash, check, or credit card. Checks can be made out to Hellenic Women's Club (HWC).

**Rsvp:** BY May 15, 2017 to Heather Karangelen at [vkarangelen@gmail.com](mailto:vkarangelen@gmail.com) or 757-572-6587

**\*NO REFUNDS\***

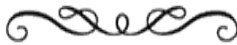
# WELCOME



## **Annunciation Greek Orthodox Cathedral Chapel of St. Theodore the Commander**



We extend to you a warm and heartfelt Orthodox Christian welcome. Our Cathedral is dedicated to imitating the love and faithfulness of Jesus Christ by sharing the Gospel with our words and living it with our lives. It exists to lead the faithful to the worship of the Holy Trinity according to the Faith and Tradition of the One, Holy, Catholic and Apostolic Church. We live and witness our faith by the grace of God through our participation in the sacramental life of the Church, Her holy tradition and stewardship, fellowship, service and Christian education.



Annunciation Greek Orthodox Cathedral  
7220 Granby Street, Norfolk, VA 23505  
Tel: 757-440-0500 Fax: 757-423-6929

**Email: [officeadmin@annunciationva.org](mailto:officeadmin@annunciationva.org)  
Web: [www.annunciationva.org](http://www.annunciationva.org)**

**Visit our website for updated news and information**