

**To Our Guests and Visitors about Receiving Holy Communion:**

1. In Orthodox churches, Holy Communion is given to and received only by members of the Orthodox Church (the baptized and chrismated who strive to live in repentance, faith, and godliness).
2. One must properly prepare to receive Communion, and there are negative consequences for improper reception. Also, the Priest administering Communion is responsible for the well-being of those receiving Holy Communion (see 1 Cor. 4:1-2; 11:27-32; Heb. 13:17).
3. *If you are non-Orthodox*, please speak with Fr. Jonathan after Liturgy without approaching the Chalice. *If you are Orthodox*, please introduce yourself to Fr. Jonathan, if possible, prior to the Liturgy, otherwise, at the Chalice.

**Prayers of Holy Oblation are offered for the Health of:**

Archprst. Stephen	Archprst. Elias	Mat. Marion	Archprst. John	
Archprst. Joseph	Irene Laurie	Rose	Barbara	Tanya
Eugenia	Kevin	Nicole & Noelle	Frances	Vladimir
Paisley	Eli	Adam	Elise	Laura
Robert	Joshua	Darla	Mark	Gary
Constance	Nick	Miriam&Son	Nina	Tanya
Suzanne	Nadezhda	Charles		

**Prayers of Holy Oblation are offered in Memory of:**

Odette (ND)

**May Birthdays:**

Aubreigh Roth (5/2)	Joseph Michael (5/2)	Radica Koutselas (5/14)
Jason Gentile (5/18)	Fr. Stephen Plumlee (5/25)	Edward Roth (5/25)
Ian Stefanescu (5/31)		

**TO SPONSOR COFFEE HOUR, please sign up on the calendar book on the glass case. Keep it simple – donuts, coffee cake, bagels, etc. IF NO ONE SIGNS UP, THERE WILL BE NO COFFEE HOUR.**

St. Mark is a Parish of the OCA Diocese of the South under the leadership of Metropolitan Tikhon and Archbishop Alexander. Our mission is to be a spiritual home to all who enter; to be a Christ-like community of Orthodox Christians; to be active in worship, fellowship, and witness, through participation in the Sacraments to come into close union with God.

If you are unable to attend services, but wish to continue your Stewardship contributions, send them to PO Box 1315, Bradenton FL, 34206.

**Memorial Bricks for the St. Mark Memorial Garden can be ordered at [www.thatsmybrick.com/stmarkorthodox](http://www.thatsmybrick.com/stmarkorthodox). You can order a 4"x 8" or 8"x8" brick with or without an Orthodox Cross, the number of characters vary accordingly. If you have any questions about the ordering process, see Fr. Jonathan.**

**St. Mark Orthodox Church**

1517 57<sup>th</sup> Street E  
Bradenton, FL 34208

**"The Messenger"**

V. Rev. Fr. Jonathan Cholcher  
Rector

V. Rev. Fr. Stephen Plumlee  
Attached

Rev. Fr. Nicholas Roth  
Attached

Sub-Deacon James Abraham

Nadya Golubov  
Choir Director  
Michael Winters  
Assistant Director

Parish Phone: (941)-749-7662

Parish E-mail: [stmarkocarector@gmail.com](mailto:stmarkocarector@gmail.com)

Fr. Jonathan's Cell: (941)-807-5393

Office Hours: W, Th, F 10:00 AM – Noon

**This week at St. Mark**

07	Sunday	2:00 PM	Myrrhbearers' Meeting
10	Wednesday	9:30 AM	Divine Liturgy (Midfeast of Pentecost)
10	Wednesday	6:00 PM	Daily Vespers/Faith & Life Class
11	Thursday	9:30 AM	Divine Liturgy
13	Saturday	3:30 PM	Intro to Orthodoxy
13	Saturday	5:00 PM	Great Vespers

**Sunday, May 7, 2023 Tone 3  
4<sup>th</sup> Sunday of Pascha  
Sunday of the Paralytic  
Repose to St. Alexis Toth**

**Prokeimenon Tone 1 (Pentecostarion)**

*Let Thy mercy, O Lord, be upon us / as we have set our hope on Thee! (Ps. 32:22)  
V. Rejoice in the Lord, O you righteous! Praise befits the just! (Ps. 32:1)*

**Acts 9:32-42 (Epistle)**

Now it came to pass, as Peter went through all parts of the country, that he also came down to the saints who dwelt in Lydda. There he found a certain man named Aeneas, who had been bedridden eight years and was paralyzed. And Peter said to him, “Aeneas, Jesus the Christ heals you. Arise and make your bed.” Then he arose immediately. So all who dwelt at Lydda and Sharon saw him and turned to the Lord. At Joppa there was a certain disciple named Tabitha, which is translated Dorcas. This woman was full of good works and charitable deeds which she did. But it happened in those days that she became sick and died. When they had washed her, they laid her in an upper room. And since Lydda was near Joppa, and the disciples had heard that Peter was there, they sent two men to him, imploring him not to delay in coming to them. Then Peter arose and went with them. When he had come, they brought him to the upper room. And all the widows stood by him weeping, showing the tunics and garments which Dorcas had made while she was with them. But Peter put them all out, and knelt down and prayed. And turning to the body he said, “Tabitha, arise.” And she opened her eyes, and when she saw Peter she sat up. Then he gave her his hand and lifted her up; and when he had called the saints and widows, he presented her alive. And it became known throughout all Joppa, and many believed on the Lord.

**John 5:1-15 (Gospel)**

After this there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. Now a certain man was there who had an infirmity thirty-eight years. When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, “Do you want to be made well?” The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me.” Jesus said to him, “Rise, take up your bed and walk.” And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath. The Jews therefore said to him who was cured, “It is the Sabbath; it is not lawful for you to carry your bed.” He answered them, “He who made me well said to me, ‘Take up your bed and walk.’” Then they asked him, “Who is the Man who said to you, ‘Take up your bed and walk?’” But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place. Afterward Jesus found him in the temple, and said to him, “See, you have been made well. Sin no more, lest a worse thing come upon you.” The man departed and told the Jews that it was Jesus who had made him well.

**ANNOUNCEMENTS**

- Fr. Jonathan is publishing weekly meditations on the St. Mark website (stmarkorthodox.org). Please take some time to read them.
- Please keep in mind that Liturgy is not officially over until the reading of the Post-Communion prayers. It is important that we stay respectful during the reading of these prayers by maintaining silence.
- May’s Charity – CareNet
- St. Mark will be contributing \$100.00 per month for two years to the clergy of Alaska to help support them as the average salary is only \$7,000.00. If you wish to contribute additional funds, feel free to do so.
- As of July 1, 2023, we will discontinue donations via PayPal as there is a service charge that decreases the donation. We are looking for an alternative method of payment.
- Three Lenten Projects have been approved. Two (Litya Tray and Theophany Holy Water font) have donors. The third is sealing and striping the parking lot. The lowest bid for this project was just under \$7,000.00. If you wish to contribute, write “Lenten Project” in the “memo” line of your check or for cash donations simply write “Lenten Project” on the envelope.
- The Myrrhbearers will meet on the 1<sup>st</sup> Sunday of the month following Divine Liturgy. All ladies are invited to attend and participate.
- Anyone wishing to volunteer to be a money counter, please see any member of Parish Council to sign up.
- We are now back on our weekly Liturgical cycle with Vespers and Faith and Life class at 6:00 PM on Wednesdays and Divine Liturgy on Thursdays at 9:30 AM.
- Vacation Church School is scheduled for Pentecost week, June 6-9, for the children of our Parish. If you would like to help, speak with Fr. Jonathan.
- The Men’s Group will meet Tuesday, May 23 at 6:30 PM. Location to be announced. Stay tuned.

**Troparion      Tone 3            (Resurrection)**

Let the heavens rejoice!  
Let the earth be glad!  
For the Lord has shown strength with His arm.  
He has trampled down death by death.  
He has become the first born of the dead.  
He has delivered us from the depths of hell,  
and has granted to the world//  
great mercy.

**Troparion      Tone 4            (St. Alexis)**

O righteous Father Alexis,  
our heavenly intercessor and teacher,  
divine adornment of the Church of Christ,  
entreat the Master of All  
to strengthen the Orthodox Faith in America,  
to grant peace to the world//  
and to our souls great mercy!

**Glory to the Father and to the Son, and to the Holy Spirit,**

**Kontakion      Tone 5            (St. Alexis)**

Let us, the faithful, praise the Priest Alexis,  
a bright beacon of Orthodoxy in America,  
a model of patience and humility,  
a worthy shepherd of the flock of Christ!  
He called back sheep who had been led astray  
and brought them by his preaching//  
to the Heavenly Kingdom. **Now and ever and unto ages of ages. Amen.**

**Now and ever and unto ages of ages, Amen**

**Kontakion      Tone 3            (Pentecostarion)**

By Thy divine intercession, O Lord,  
as Thou didst raise up the Paralytic of old,  
so raise up my soul, paralyzed by sins and thoughtless acts;  
so that being saved I may sing to Thee://  
“Glory to Thy power, O compassionate Christ!”

*(Instead of “It is truly meet...,” we sing:)*

The Angel cried to the Lady, full of grace:  
“Rejoice, O pure Virgin! Again, I say: Rejoice,  
thy Son is risen from His three days in the tomb!  
With Himself He has raised all the dead.”  
Rejoice, O ye people!

Shine, shine, O new Jerusalem!  
The glory of the Lord has shone on thee.  
Exult now, and be glad, O Zion!  
Be radiant, O pure Theotokos,  
in the Resurrection of thy Son!

English: Christ is risen! Indeed He is risen!  
Russian: Khristos voskreshe! Voistinu voskreshe!  
Greek: Christos anesti! Alithos anesti!  
Romanian: Hristos a inviat! Adeverat a inviat!  
Arabic: El Messieh kahm! Hakken kahm!  
Spanish: Cristo ha resucitado! En verdad ha resucitado!

**Troparion**                      **Tone 4**                      **(St. Mark)**

From your childhood the light of truth enlightened you, O Mark  
And you loved the labor of Christ the Savior  
Therefore you followed Peter with zeal  
And served Paul as a fellow laborer//  
And you enlighten the world with your Holy Gospel

**Kontakion**                      **Tone 2**                      **(St. Mark)**

You did receive the grace of the Spirit from on high  
Destroying the snares of the orators  
You did hunt all the nations O Apostle  
And led them to your Master//  
O glorious Mark the preacher of the Gospel of God

**Theotokion**                      **Tone 6**

Steadfast Protectress of Christians  
Constant Advocate before the Creator  
Do not despise the cries of us sinners  
But in your goodness come speedily to help us who call on you in faith  
Hasten to hear our petitions and to intercede for us, O Theotokos//  
For you always protect those who honor you!