



ST. MARY'S ASSUMPTION ALBANIAN ORTHODOX CHURCH

A parish of the Albanian Archdiocese of the Orthodox Church in America

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May 3 2026

Sunday of the Paralytic

Epistle Reading : Acts of the Apostles 9:32-42

Gospel Reading : John 5:1-15

The Holy Martyrs Timothy and Maura, Peter the Wonderworker, Theophan, Bishop of Peritheorion, Xenia of Kalamata the Great Martyr, Father Theodosius, Abbot of Kiev Caves Lavra, Ahmet the Calligrapher & Martyr, Oikoumenios the Wonderworker, Bishop of Triikka

CHRIST IS RISEN! INDEED HE IS RISEN!
KRISHTI U NGJALL! VERTETE U NGJALL!

UPCOMING WORSHIP

Wednesday, May 6— Paraklesis 6:00 pm

Saturday, May 9— Great Vespers 5:00 pm

SEMI-ANNUAL MEETING

Our Semi-Annual Meeting is TODAY, **Sunday, May 3** after the Divine Liturgy. We look forward to seeing everyone as we share our updates and continue the traditions of our faith together.

BIBLE STUDY

Our next meeting is **Wednesday, May 13** at 7:00pm in the Church Hall. At this first meeting after our lenten hiatus, Fr. Mark will suggest some topics as we move forward in our study of the Holy Scriptures and our Orthodox Faith. Whether you are a regular or joining for the first time, your voice is a valued part of our circle as we reflect on the Holy Scriptures. We look forward to seeing you there!

REFLECTION

Troparion — Tone 3

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.

Kontakion — Tone 3

By Your divine authority, O Lord, as You raised up the paralytic of old, so raise up my soul, paralyzed by sundry sins and unseemly acts; so that being saved I may cry: “Glory to Your power, O compassionate Christ!”

SONS OF ST MARY'S SCHOLARSHIPS

The Sons of St. Mary's invite all eligible students to apply for this year's scholarship awards. These honors continue the legacy of Paul A. Costa, Mihallaq (Michael) Qelesi, and Louis R. Pero. Please see the application at the candle stand.

Deadline: All materials must be emailed by 12 noon on **Friday, May 18, 2026**.

Requirements: A completed application form, transcript, resume, and an original essay (500–750 words).

Eligibility: Parents or guardians must be members in good standing of the Parish or the Sons of St. Mary's for at least two years.

Award recipients will be announced on or before June 14, 2026.

NEW WAY TO SIGN UP FOR THE FOOD PANTRY

We're excited to introduce a new way to sign up to volunteer at the St. Spyridon Food Pantry. You can access the signup form at <https://bit.ly/4qUFwYN>.

Taking a moment to help can make a profound difference for the families who rely on these resources. We want to emphasize that this invitation is open to everyone—and you can sign up for any week you choose. Your hands and your heart are most welcome here. See the flyer at the candle stand for info and to scan the QR code.

CAMP ST. JOSEPH OF DAMASCUS

Families are invited to register their child for a one-week Orthodox summer experience from August 10–16, 2026 with daily prayer, lake activities, and new friendships.

Location: Camp Mah-Kee-Nac, Lenox, Massachusetts

Registration: Open now at campstjoseph.org

Staffing: Adults 18+ are also encouraged to apply

We hope to see you everyone there for a wonderful week of friendship and community!

UPCOMING MEMORIAL

June 7— Norman Simo, 2 years

SUNDAY OF THE PARALYTIC: THE POOL OF BETHESDA

Throughout the Gospel of John, we see Jesus approach those who have been forgotten, including a man who had been paralyzed for thirty-eight years— a lifetime of waiting for someone to help him. This is a beautiful reminder that when we feel stuck in our worries or our daily labor, the Lord is standing before us, offering the strength to "take up our bed and walk." We are reminded of the Theotokos, the Living Spring, who always points us toward her Son's mercy, and the Holy Myrrh-bearing women who never ceased their care for the suffering. Just as Christ sought out the man who had "no one to help him," we are called to look toward the poor and the migrant in our own communities who are paralyzed by fear or loneliness. Christ is risen! Indeed he is risen! By reaching out to the outsider, we find the true treasure of the Resurrection and become the hands that carry one another into the light of His grace.

