

HOLY TRINITY ORTHODOX CHURCH

Parish Newsletter

RESTON

New Parish Center: 20937 Ashburn Rd., #110, Ashburn, VA 22 May 2021

FOURTH SUNDAY AFTER THE PASCH [OF THE CROSS]
 READING OF THE GOSPEL CONCERNING THE PARALYTIC

READING FROM THE ACTS OF THE APOSTLES.

IN THOSE DAYS: ^{9,32}As Peter was passing through every region, he went down to the holy ones living in Lydda. ³³There he found a man named Ainéas, who had been confined to bed for eight years, for he was paralyzed. ³⁴Peter said to him, “Ainéas, Jesus Christ heals you. Get up and make your bed.” He got up at once. ³⁵And all the inhabitants of Lydda and Sharón saw him, and they turned to the Lord. ³⁶Now in Yaffa there was a disciple named Tavithá (which translated means Dorkas, meaning Gazelle). She was completely occupied with good deeds and almsgiving. ³⁷Now during those days she fell sick and died, so after washing her, they laid her out in a room upstairs. ³⁸Since Lydda was near Yaffa, the disciples, hearing that Peter was there, sent two men to him with the request, “Please come to us without delay.” ³⁹So Peter got up and went with them. When he arrived, they took him to the room upstairs where all the widows came to him weeping and showing him the tunics and cloaks that Dorkas had made while she was with them. ⁴⁰Peter sent them all out and knelt down and prayed. Then he turned to her body and said, “Tavithá, rise up.” She opened her eyes, saw Peter, and sat up. ⁴¹He gave her his hand and raised her up, and when he had called the holy ones and the widows, he presented her alive. ⁴²This became known all over Yaffa, and many came to believe in the Lord.

PROKIMENON, Tone I

Let your mercy, O Lord, be upon us* even as we hope in you. [v.22 RSV/OCA]

PSALM 32

NOTE: A hymn of praise in which the just are invited to tell out the glories of God, because he is ever faithful to his promises, the all-powerful Creator, and the wise and mighty Ruler of the world, who sees and knows all things and who alone is the source of victory and salvation. The hymn concludes with an expression of confidence in God's goodness.

Exult, you just, in the Lord! Praise, you upright, his glory!... ⁴For straight is the word of the Lord, and his every work stands true. ⁵He cherishes justice and right; with the Lord's loving- kindness the earth overflows.

⁶By the word of the Lord were the heavens made, and by the breath of his mouth their starry host. ⁷He gathers the waters of the sea as if in a jar; he stores up the deep in vaults.



Saturday, May 29

Paschal Vespers at 6:00 p.m.

Sunday, May 30

Divine Liturgy at 10:00 a.m.

Archbishop Tikhon has given us permission to serve some coffee, etc., after the Sunday Liturgy.

⁸Let all the earth stand in awe of the Lord; let all who inhabit the world show reverence. ⁹For he spoke, and it came into being; he commanded, and it stood fast....

¹¹The plans of the Lord endure forever, the designs of his mind, for ages on end. ¹²How happy the nation the Lord, its God, has blessed, the people he has chosen as his own.

¹³From heaven the Lord looks down; he sees all the children of men. ¹⁴From the place where he sits he gazes intently upon all the dwellers of the earth, ¹⁵he who fashioned the hearts of men, who observes all they do....

¹⁸See how the eyes of the Lord are on those who revere him, on those who await his gracious help, ¹⁹to save them from death, to sustain them in famine.

²⁰We set our hope on the Lord; he is our help and our shield. ²¹In him do our hearts rejoice; in his holy name we trust. ²²**Let your mercy, O Lord, be upon us even as we hope in you.**

Reader: Let your mercy, O Lord, be upon us.
People: Even as we hope in you.

READING FROM THE FIRST EPISTLE OF PETER TO ALL THE CHURCHES.

BELOVED: ^{3,13}Now who is going to harm you if you are enthusiastic for what is good? ¹⁴But even if you should suffer because of righteousness, blessed are you. Have no fear of other people; do not be perturbed; ¹⁵but hold Christ in your hearts in reverence as Lord. Always be ready to give an explanation to anyone who asks you for a reason for your hope, ¹⁶but do it with courtesy and respect, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame. ¹⁷For it is better to suffer for doing good—if that be God's will—than for doing evil.

¹⁸For Christ also suffered for sins once and for all—the righteous for the sake of the unrighteous—that he might lead you to God. Put to death in the flesh, he was brought to life in the spirit. ¹⁹In it he also went to preach to the spirits in prison, ²⁰who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. ²¹This prefigured baptism which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection

of Jesus Christ ²²who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him. ⁶

ALLELUIA

PSALM 88

NOTE: God's covenant with David is fulfilled in Christ.

I will sing of your unfailing love forever, O Lord; age after age I will tell out your faithfulness.

²With my mouth I declare it openly: Your love created the heavens, O eternal one, but your faithfulness outlasts even these.

³For you have said: I made a covenant with my chosen one; I gave my word to David, my servant: ⁴I will set up your line to last forever; I will confirm your throne to last longer than time itself....

¹⁹Once, long ago, you spoke in a vision; to one devoted to you, you said this: Rather than a warrior, I made a youth king; I exalted a young man above a hero. ²⁰I found my servant David, and with my holy oil I anointed him.

²¹My hand shall make him strong; my arm shall give him courage. ²²No enemy shall have his way with him, no vicious rival, overcome him.... ²⁴My faithfulness and steadfast love shall stay with him, and in my name shall he find victory.

²⁵I will extend the might of his hand as far as the sea; the strength of his right hand to the Euphrates. ²⁶He shall cry out to me: You are my father, my God, my rock of deliverance!


²⁷For my part, I will make him my firstborn, the overlord of earthly kings. ²⁸I will maintain my favor toward him forever; and my covenant with him I shall never break..

READING FROM THE HOLY GOSPEL ACCORDING TO MARK.

AT THAT TIME: ^{5,1} There was a feast of the Jews, and Jesus went up to Jerusalem. ² Now there is in Jerusalem at the Sheep Gate a pool called in Hebrew Bethesda, with five porticoes. ³ In these lay a large number of ill, blind, lame, and crippled. ⁵ One man was there who had been ill for thirty-eight years. ⁶ When Jesus saw him lying there and knew that he had been ill for a long time, he said to him, "Do you want to be well?" ⁷ The sick man answered him,


Troparion, Tone V

Znamenny Chant

RE 
 Christ is risen from the dead, *
 trampling (down) Death by death, *
 and on those in the tombs bestowing
 life.


RESURRECTIONAL TROPARION,
Tone III

Greek Chant

LA 
 Let rejoicing fill the heavens, * and
 throughout the earth, glad-ness! *
 For the Lord has shown the power of
 his arm * by conquering Death by
 death * and saving us from the gap-
 ing womb of hell! * He is the first-
 born of the dead, * from whom the
 world receives Great Mer-cy.

Glory:


KONDAKION, Tone III

LA 
 Sin paralyzes our souls, O Christ. *
 So heal them as you healed the
 paralytic, * that we may acclaim your
 saving pow-er.

Both now:

PASCHAL KONDAKION, Tone VIII

Serbian Chant

DO 
 You went down into a tomb, O
 Immor-tal, * but de-stroyed the
 pow'r of hell. * and rose as vic--tor,
 O Christ God, * proclaiming «Re-
 joice!» to myrrh-bearing wo-
 men,* and giving «Peace!» to your
 apo-----stles, * you who bring
 resurrection to the fal---len.

THE ÉKTENY or FERVENT PRAYER
(Ancient Penitential Litany and Prayer)

Let us all say with our whole soul,
and with our whole mind let us say:
Lord, have mercy.

O Lord almighty! O God of our fathers!
We pray you. Hear us and have mercy.

Have mercy on us, O God,
according to your great mercy!

We pray you. Hear us and have mercy.

Again we pray:

- For devout and Orthodox Christians.
- For our Archbishop Tikhon.
- For Ed and Janet and Andrea and Mildred and Ritz Bernadette, and for all who have asked for our prayers *NN...*: we pray for mercy, life, peace, health, salvation, visitation, pardon, and remission of their sins.
- For Orthodox Christians who are made to suffer on account of Christ, and we pray for those who persecute them.

- For Orthodox Christians and indeed all men who are victims of war and civil strife [and terror], of hunger and want, of intolerance and injustice.
- For physicians, nurses, care-givers, and all serving those infected with the virus; and for the thousands who have succumbed to the disease—and for all who will die today.

PRAYER OF THE ÉKTENY

Lord our God, accept this fervent prayer from your servants, and have mercy on us according to the greatness of your mercy. Send down your compassionate help upon us and upon all your people awaiting the rich mercy that comes from you.

For you are God, merciful and loving to man, and we render glory to you—to the Father and to the Son and to the Holy Spirit: now and ever, and unto ages of ages. Amen.