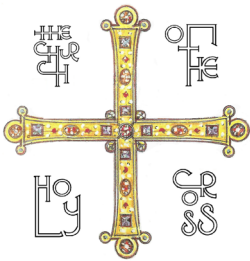


**Sunday of the
Paralytic;
Saints Timothy
and Mavra, the
Martyrs**

May 3, 2026

**Morning Matins
Mode: Three
Eothinon: Five**



**Greek
Orthodox
Church of the
Holy Cross
900 Alameda
BELMONT CA 94002-
1604
650-591-4447
www.goholycross.org
office@goholycross.org
[.org](http://www.goholycross.org)**

The Divine Liturgy of Saint John Chrysostom

Apolytikion of Pascha (Plagal One)

Christ is Risen from the dead trampling down death by death, and to those within the tombs bestowing life.

Apolytikion for the Resurrection (Tone Three)

Let the heavens rejoice and the earth be glad, for the Lord, by His Mighty Arm, has created a Dominion. He has conquered death by death, and become the firstborn of the dead. He has delivered us from the depths of Hades, and has granted the world great mercy

Apolytikion of the Holy Cross (Tone One)

Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.

Soson Kyrie ton laon su, ke evlogison teen klironomiansu, nikas tis vasilevsi kata varvaran doroomenos, ke to son feelaton, dia tu Stavru su, politevma.

Kontakion for the Resurrection (Plagal Four)

Though You went down into the tomb, You destroyed Hades' power, and rose the victor, Christ God. To the myrrh-bearing women, saying "Hail!" and granting peace to Your disciples, You are He Who raises up the fallen.

The Epistle is from Acts 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 is from 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.

(continued)

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.

Saints of the Day – Timothy and Mavra



The holy Martyrs Timothy and Mavra were husband and wife. Timothy was from Penapeis in the Thebaid, a reader in the Church, and had been married to Mavra only twenty days when he was betrayed to Arian, the Governor of the Thebaid, as a teacher of the Christians. Arian commanded Timothy to surrender his sacred books, which he refused to do, comparing it to a father's giving up his children to death. For this answer, heated iron spits were thrust through his ears. As he was being put to other tortures, Arian summoned Mavra, hoping that she would persuade her husband to worship the idols, but she confessed herself a Christian. The hair of her head was pulled out, her fingers were cut off, then she was lowered into a cauldron of boiling water, but remained unharmed. Finally husband and wife were crucified facing each other, and after nine days, received their martyric end, during the reign of Diocletian (284-305).

Saint of the Week – Irene

Saint Irene was the daughter of a princelet called Licinius; named Penelope by her parents, through a divine revelation she was brought to faith in Christ and at Baptism was renamed Irene. In her zeal for piety she broke in pieces all the idols of her father, who commanded that she be trampled underfoot by horses. But while she remained unharmed, one of the horses rose up and cast down her father, killing him. By her prayer she raised him to life again, and he believed and was baptized.



Afterwards, in many journeyings, Saint Irene suffered torments and punishments for her faith, but was preserved by the power of God, while working dread miracles and converting many thousands of souls. At last she came to Ephesus, where she fell asleep in peace, in the first half of the fourth century. Two days after her death, her gravestone was found lifted off, and her grave empty. At least two churches were dedicated to Saint Irene in Constantinople, and she is also the patroness of the Aegean island of Thera, which is commonly called Santorin (or Santorini), which translates as, "Saint Irene."

Memorial Prayers

... are offered for the repose of the soul of Anthony Ellenikiotis, marking five years since his passing; Eleni Ellenikiotis, marking ten years; Yianni Ellenikiotis, marking ten years; and, in Honor of the 85th Anniversary of the Battle of Crete during World War II. May our good and loving God grant them a place in His Kingdom.