

# Sunday of the Paralytic

## Fourth Sunday of Pascha

16 / 29 April

**Resurrection Tone 3:** Let the heavens be glad; let earthly things rejoice; \* for the Lord hath wrought might with His arm. \* He hath trampled down death by death; \* the first-born of the dead hath He become. \* From the belly of Hades hath He delivered us \* and Hath granted to the world great mercy.

**Resurrection Kondak, Tone 3:** On this day thou didst rise from the tomb, O Merciful One, / leading us from the gates of death / On this day Adam exults as Eve rejoices. / With the prophets and the patriarchs they unceasingly praise the divine majesty of Thy power.

**Kondak of the Sunday of the Paralytic, Tone 3:** As of old Thou didst raise the paralytic, O Lord, by Thy Divine presence, raise my soul which is paralysed grievously by all manner of sins and unseemly deeds, that being saved I may cry out: O compassionate Christ, glory be to Thy power.

**Kondak of Pascha, Tone 8:** Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.



### Matins Gospel IV

#### Epistle: The Acts of the Apostles 9: 32 - 42

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 paralysed. 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.

#### PETER RAISES TABITHA FROM DEATH

He sends them all out, imitating his master in this also (Ref. Mk.5:40). For where tears are - or rather, where miracles are, there tears have no place. Certainly not in the celebration of such a mystery. Listen, I beseech you: although something of a similar kind is not happening now, yet in the case of our dead, a great mystery is celebrating likewise ...Angels are present, commissioned from heaven ...sent from the King Himself to call their fellow servant, and I ask you, Do you weep? Do you not know what a mystery it is that is taking place, how awful, how dread, and worthy indeed of hymns and lauds? ...For it is a very great mystery of the Wisdom of God. As if leaving the dwelling, the soul goes forth, speeding on her way to her own Lord, and do you mourn? Why then you should do this on the birth of a child: for this in fact is also a birth, and better than that... For as the sun arises, clear and bright, so the soul leaving the body with a clear conscience, shines joyously ...Think what the soul must then be! in what amazement, what wonder, what delight!

*St. John Chrysostom. Homily XXI on Acts IX. B#55, pp. 138, 139.*

## Gospel: John 5: 1-15

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, paralysed, 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.

### JESUS HEALS THE PARALYTIC BY THE POOL

Great is the profit of divine Scriptures, and all sufficient is the aid which comes from them ...for the divine oracles are a treasury of all manner of medicines. Whether it be needful to quench pride, to lull passion to sleep, to tread under foot the love of money, to despise pain, to inspire confidence, to gain patience - in the Scriptures we may find abundant resource. For what man of those who struggle with long poverty or who are nailed by a grievous disease will not, when he reads the passage before us, receive much comfort? Since this man had been a paralytic for thirty eight years, and he saw others delivered each year, and himself bound by his disease, not even so did he fall back and despair, though in truth not merely despondency for the past, but also hopelessness for the future was sufficient to overstrain him ...Yes, Lord, he says, but I have no man ...to put me in the pool. What can be more pitiable than these words? ...Do you see a heart crushed through long sickness? Do you see all violence subdued? ...He did not curse his day ...but replied gently ...Yes, Lord; yet he did not know who it was who asked him.

*St. John Chrysostom. Homily XXXVII on John V, 1. B#58, p. 128.*

### Christ is Risen!

Today's Gospel reading confirms us more and more strongly in the divinity of our Risen Lord Jesus Christ, the Son of God.

The Gospels for the last two Sundays told us about the appearances of the Risen One. They were as if filled with the light of Christ's Resurrection: the wonderful appearances to the disciples, to Thomas, to the myrrh-bearers. But today's Gospel starts with a dismal, horrible picture: there is no brightness, no light. At the Sheep Gate there was a pool which had five porches. "In these lay a great multitude of impotent folk, of blind, halt, withered.... For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had. And a certain man was there, which had an infirmity thirty and eight years" (Jn. 5:2-5). Just picture this: thirty-eight years in such a terrible condition, in pain and suffering, without a doctor, without care, without medicine, and maybe even often without food. And this unfortunate man bore all this because he wanted to be well. He tried to enter the water after it was troubled, but he had no one to help him, was late, and did not receive healing. And so passed thirty-eight years. Why this is a human lifetime!

Suddenly everything changed. Jesus came up to him and said: "Rise, take up thy bed and walk. . ." and he walked (Jn. 5:8,9).

What happened? What took place? What happened is that the reason for his sickness was removed. Christ revealed this reason when He met this man in the temple and said to him: "Behold, thou art made whole: sin no more, lest a worse thing come unto thee" (Jn. 5:14). Here is the reason—sin. Sin is the reason for all evil, for all our sufferings, for all our sicknesses. Yes, sin. . .sin alone. And Christ is the only one who can destroy it, who can forgive. But this is under one condition: "Sin no more."

We have lived through the Passion days, we have lived through the very death of Christ, the death of the Lamb of God, Who takes upon Himself the sin of the world. This means our sin, too. He, the Only Sinless One, has become the sacrifice for us before our Heavenly Father. And now we are walking in the Easter joy of the Risen Christ. And so week after week. But still we stumble, fall, sin. But let us not despond; let us turn to Him.

The pool at the Sheep Gate was only a shadow of what Christ performed and is performing. He alone is the source of healing and forgiveness. He alone, as God, can forgive sins. Let us turn to Him, and He will say to us the same words He said to the paralytic: "Rise, take up thy bed and walk."

And we will rise and walk again in the light of His Resurrection. But let us remember His words to the paralytic, "Sin no more." And let us not sin, because Christ is Risen!

*The One Thing Needful - Archbishop Andrei*

## Saints of the Week

**16 / 29 April — The Holy Martyrs Agapia, Chionia and Irene** - They were sisters from the region of Aquileia. When the Emperor Diocletian was staying in Aquileia, he ordered that the famous spiritual guide, Chrysogonus, be executed. An old priest named Zoilus received a vision in which he was shown where the body of Chrysogonus lay unburied. The old man hurried off, found the body of the martyr, placed it in a coffin and carried it to his home. On the thirtieth day after that, St Chrysogonus appeared to him and told him that the three maidens would be martyred in the next nine days, and that he, Zoilus, would himself enter into rest during that time. Anastasia the Seer also received the same tidings in a vision sent by Chrysogonus, who had been her teacher. The elder Zoilus did indeed find his rest after nine days, and the three sisters were brought to trial before the Emperor. The Emperor urged the holy maidens to worship idols, but they all refused, confessing their firm faith in Christ. Irene told the Emperor that it was ridiculous to bow down to things made of wood and stone, made to order at an agreed price by the hands of a mortal man. The furious Emperor flung them into prison. Now, when the Emperor travelled to Macedonia, he took all his slaves and servants with him, including the three sisters. He gave them to Dulcitus, a general, for torture. Inflamed with a dark passion, he desired to defile the maidens, but, when he tried to go into the prison, he lost his mind and fell upon the pots and cauldrons in front of the gate, embracing and kissing them, and was completely blackened with soot. When the Emperor heard of this happening, he ordered another general to undertake the trial of the sisters. After terrible torture, the judge condemned the first two sisters to death by fire, but kept Irene for a time, hoping to defile her. But, when he sent Irene to the brothel along with some soldiers, an angel of God turned the soldiers back and led her out onto a high hill. The next day the general went out to the hill with his soldiers and, being unable to climb it, ordered that Irene be shot at with arrows. St Anastasia gathered all three bodies together in one place and gave them burial. They suffered for Christ their King and Lord in about 304; The Holy Martyr

**17 / 30 April — The Hieromartyr Simeon, Bishop in Persia** - In the time of the wicked King Savori, or Sapor, Simeon was tortured for Christ together with two of his priests, Audel and Ananias. The King's eunuch, Ustazan, who had first denied Christ but then, moved by the reprimand of St Simeon, again confessed the true Faith before the King, was executed before they were. A thousand other Christians were also led to execution with St Simeon, who purposely stood a little back so that he should be the last to die, and so be able to encourage the other Christians right to the end and keep them from wavering through fear of death. When the priest Ananias laid his head on the block, he was trembling all over. But the King's clerk, Fusik, who was himself secretly a Christian, began to encourage him, saying: 'Don't be frightened, old man. Shut your eyes and be a man, and you'll see the divine light.' As soon as he had said this, it was seen that he was a Christian and he was denounced to the King. The King wore him down with harsh tortures, and also his daughter, the maiden Askitria. St Simeon was eventually beheaded, after having seen his flock into the other world. The following year, on Great Friday, the King's beloved eunuch, Azat, was slain for Christ, along with another thousand of the faithful. Then the King grieved for his eunuch and gave up killing any more Christians. They all suffered with honour for Christ their King and Lord in about 341.

**St Acacius, Bishop of Melitene** - lived the ascetical life in the place where he was born, i.e., in Melitene, Armenia. Blessed Otreius, bishop of that city, who participated at the Second Ecumenical Council [Constantinople 381 A.D.], ordained him a presbyter. Following the death of Otreius, Acacius became a bishop. He participated at the Third Ecumenical Council [Ephesus 431 A.D.], which condemned the evil blasphemy of Nestorius against the Mother of God. Here, together with St. Cyril of Alexandria, Acacius zealously fought for the purity of the Orthodox Faith. St. Acacius possessed much Grace from God and worked many miracles. After long and zealous service to God, Acacius died peacefully in the year 435 A.D.; St Agapetus, Pope of Rome; Our Holy Fathers Sabbatius and Zossima.

**Holy Martyr Donan, an Irish monk of Iona under Columba & 52 monks with him at his monastery on the Isle of Eigg** - Inner Hebrides, Scotland - while the monks were celebrating Liturgy on Easter night 618 a gang of robbers, possibly Vikings, arrived on the island and herded the monks into the refectory and set fire to it. Those who tried to escape were killed by the sword. At least eleven Scottish churches bear his name.

**18 April / 1 May — Our Holy Father John** - He was a disciple of St Gregory of Decapolis. In the time of the iconoclast heresy, the Emperor Leo the Armenian put John to torture, together with his teacher, Gregory, and Joseph the Hymnographer. When Gregory finished his earthly course, John became abbot of the Decapolite monastery in Constantinople. Becoming abbot, he intensified his asceticism for the sake of the Kingdom of God. He died peacefully in about 820. After his death, St Joseph buried him near the grave of St Gregory.

**The Holy Martyr John the New of Ioannina** - born in Ioannina, once the capitol city of the Emperor Pyrrhus. When his impoverished parents died, the young John moved to Constantinople and there continued his occupation, for he was a craftsman. Not long before that, the Turks surrounded Constantinople and many Christians, out of fear, denied Christ and embraced the Islamic faith. St. John had his workshop in the midst of these converts to Islam. The more the young John burned with love for Christ the Lord, the more openly he exposed himself as a Christian before these traitors of Christ. He began to argue with them about faith and, finally, rebuked them for their betrayal of Christ. They dragged him before the judge and falsely accused John, alleging that he had earlier embraced Islam, and that he again reverted to Christianity. After he was tortured and beaten with rods and iron ramrods, they cast him into prison. The next day was the Feast of the Resurrection of Christ and, again, they brought him out for further torture and John emerged singing: "Christ is risen from the dead!" To his torturers, he bravely said: " Do what you want in order to send me as soon as possible from this transient life to eternal life. I am Christ's slave, I follow Christ, for Christ I die that I may live with Him!" After that, John was bound in chains and brought to the place of burning. Upon seeing a large fire prepared for him, John ran and leaped into the flames. His torturers seeing how he loved death in the fire removed him from the fire and sentenced him to be beheaded. After they beheaded him, they threw his head and body into the fire. Later on, Christians leafed through the ashes and gathered some of the remains of his honourable and wonder-working relics and interred them in the Great Church [Agia Sophia - Church of the Holy Wisdom] in

Constantinople. Thus, St. John of Ioannina died a martyr's death and received the glorious martyr's wreath on April 18, 1526 A. D.; The Holy Martyrs Victor, Zoticus, Zeno, Acyndinus and Severian; New Martyr Priests Nicholas (1937) and Basil (Derzhavin) (1930) and lay people of the city of Gorodets, Nizhni-Novgorod.

**19 April / 2 May — Mid-Pentecost, Fast Day - Our Holy Father John of the Ancient Caves** - lived a life of asceticism in the so-called "old caves," the "old Lavra" of Chariton the Great in Palestine. Having loved Christ the Lord with all his heart, with all his soul and with all his mind, John, at an early age, began to travel to the holy places and to listen to the instructions and counsels of the holy men. Finally, he settled in the Caves of Chariton, where he gave himself to rigorous asceticism spending days and years in fasting, prayer, vigils, continuously meditating on death, and teaching himself humility. As a good ripened fruit, he was plucked by death and took up habitation in Paradise. He lived and died in the eighth century;

**The Holy Martyrs Christopher, Theonas and Antoninus** - young officers serving under Emperor Diocletian. When St. George the Great Martyr was being tortured, they witnessed his sufferings as well as the miracles which occurred at that time. Seeing all of this, they came before the emperor, laid down their arms, removed their military belts and bravely confessed the Name of the Lord Jesus. For that, they were subjected to great torture and finally were tossed into the fire, where their bodies were consumed while their souls went to God into eternal joy. They honourably suffered in Nicomedia in the year 303 A.D.;

**St Tryphun, Patriarch of Constantinople** - The Emperor Romanus, who reigned over Byzantium at the beginning of the tenth century had a son, Theophylact, who was sixteen years old when Patriarch Stephen died. The emperor wanted his son to be elevated as patriarch for he had promised him [his son] this spiritual calling from his youth. Because his son was a minor, the emperor was ashamed to do this. The patriarchal throne was assumed by Tryphun a simple but chaste and pious old man. Tryphun remained on the throne for three years. When the son of the emperor reached his twentieth year, the emperor thought, to remove Tryphun at any price and to install his son as patriarch. The saint of God, Tryphun, did not want to relinquish his throne voluntarily, for no other reason, because he considered it to be a great scandal that such a young man be elevated to such a responsible and burdensome position as that of being patriarch. Through the intrigue of a nefarious bishop, the signature of the innocent Tryphun was extracted on a blank sheet of paper. Later on, in the imperial court, above that signature, the alleged resignation of the patriarch was written which the emperor decreed. As a result of this, there arose a great confusion in the Church, for the laity and the clergy stood by Tryphun, the godly man. The emperor then forcibly removed the aged patriarch and sent him to a monastery and, his son, Theophylact, was elevated as patriarch. St. Tryphun lived as an ascetic in this monastery for two years and five months and presented himself before the Lord in the year 933 A.D.. Our Holy Father, the Martyr Agathangelos; Our Holy Father Simeon the Barefoot;

**Hieromartyr Alphege, archbishop of Canterbury (1012)** - he became a monk at Deerhurst but after some years retired to be a hermit in Somerset. In 984 he became bishop of Winchester and he became known for his personal austerity and lavish almsgiving. In 994 King Ethelred sent him to parley with the Danes Anlaf and Swein, who had raided both London and Wessex. The Anglo-Saxons paid tribute but Anlaf became a Christian and promised he would never again come to England 'with warlike intent.' This promise was kept. In 1006 he succeeded Aelfric as archbishop of Canterbury. Meanwhile the Danes continued to overrun southern England. They besieged Canterbury and imprisoned Alphege and others and demanded a ransom of 3000 pounds. Alphege refused to pay and forbade his people to do so. The Danes were so infuriated that, after a feast at which they got drunk, and killed him with the bones of oxen: an axeman delivered the final blow. His was originally buried in St. Paul's Cathedral, London however in 1023 his body was translated to Canterbury Cathedral. In 1105 his body was found to be incorrupt.

**20 April / 3 May — Our Holy Father Theodore Trichinas** - A citizen of Constantinople, he was the son of wealthy parents. He left parents, home and riches while still a young man and settled in a remote monastery in Thrace, where he undertook the most rigorous ascetic life. He slept on a stone so that he might have less sleep; he was always bareheaded and dressed in a hair-shirt, from which he was called 'Trichinas' or 'hairy'. Because of his great and self-inflicted sufferings for the sake of his soul's salvation, God granted him the gift of working miracles, both in his lifetime and after his death, and he died peacefully in about 400. Healing myrrh flowed from his relics.

**The Holy Apostle Zacchaeus** - At first, Zacchaeus was a tax collector and a sinner. When our Lord saw him in Jericho in a tree and entered his home, Zacchaeus was brought to repentance. Later on, Zacchaeus followed the Apostle Peter who appointed him bishop of Caesarea in Palestine where he faithfully served the Gospel and died peacefully; Blessed Anastasius the Sinaite, Patriarch of Antioch; Blessed Gregory, Patriarch of Antioch; Our Holy Father Anastasius of Sinai; Our Holy Father Athanasius of Meteora;

**St. Caedwalla, king of the West Saxons (689)** - he became king by conquest being notoriously violent but then abdicated and went to Rome to become a Christian. He was baptised on Holy Saturday 689 being given the name Peter by Pope Sergius. Soon afterwards he was taken ill and died, still wearing his white baptismal robes. He was aged 30.

**April 21 / May 4 — Fast Day - The Hieromartyr Januarius and those with him** - This saint was Bishop of Benevento in Italy. In the time of a persecution under Maximian, he was brought before the judge and tormented with various tortures, which he endured patiently. When they threw him into the flames, they were cooled by an invisible dew and the martyr stood uninjured in it and sang the praises of God. Then they flayed his body with iron flails until the bones showed white, but the martyr patiently endured all. His deacon, Faustus, and his reader, Desiderius, were watching the torture and wept for their spiritual father. Then they too were bound and taken with their bishop to the town of Pozzuoli, and cast into prison. There were in the same prison for the sake of Christ the Puetolian deacons Proclus and Sossus and two simple, Christian men, Euty chius and Acutius. All seven were thrown next day to the wild beasts, but the beasts would not touch them. They were all then beheaded, and the Christians of the city of Naples secretly took the body of St Januarius to their city and buried it in the church. To this present day innumerable wonders are worked at this saint's grave. One among many remembered is this: a poor widow, whose only son had died, took the icon of St Januarius out of the church and laid it on her dead son, weeping and



implored the saint's aid, and her son was restored to life. St Januarius suffered with honour in 305; The Holy Martyr Theodore;

**St. Beuno, abbot of Clynnog Fawr, England (c.640)** - born and educated in Herefordshire before founding his main monastery. When he died a stone oratory was built over his tomb; later his relics were translated to a new church (Eglwys y Bedd) where miracles were reported. He is considered to be the most important local saint of North Wales. Remains of the primitive oratory were excavated in 1914.

**St. Maelrubba (642-722) Apostle of the Picts** - born in Ireland he became a monk at Bangor; later founded a monastery at Applecross on the west coast of Scotland. From there he evangelised Skye and penetrated as far north as Loch Broom. He also built a church on an island in Loch Maree, where his spring was famous for its healing properties.

**St. Ethilwald, hermit of Farne (d. 699)** - he was a monk and a priest of Ripon, who succeeded Cuthbert in the Inner Farne hermitage in 687. Almost nothing is known of him. Once Guthrid, the future abbot, with two monks of Lindisfarne, visited him by boat; on the return journey they were saved from shipwreck in a sudden storm by his prayers. Many miracles have been reported due to his intercession.

**April 22 / May 5 — Our Holy Father Theodore the Sykeote** - His birthplace was the village of Sykeon in Galatia, because of which he was named 'the Sykeote'. While still a ten-year-old boy, Theodore gave himself to strict fasting and night-long vigils under the eye of an elder, Stephen, who lived in his house. His mother, Maria, was a rich widow and intended her son to devote himself to a soldier's calling. But St George appeared to her in her sleep and told her that Theodore was destined for the service, not of an earthly king, but of the King of heaven. St George also appeared to Theodore many times, either to instruct him or to save him from some danger in which the evil demons had placed him. He also had several visions of the most holy Mother of God. Theodore's asceticism exceeded in its severity the asceticism of all the other ascetics of his time. He tormented his body in hunger and thirst and iron girdles and standing all night in prayer. All this—only to link his soul in love to God and to achieve total mastery over his body. The merciful Lord's love responded to Theodore's love. He gave him great power over evil spirits and over all the ills and pains of men. He became known on all sides as a miraculous healer. For his great purity and devotion, he was chosen against his wishes as Bishop of Anastasioupolis. He spent eleven years in episcopal service, and then begged God to release him from this service in order to devote himself again to his beloved asceticism. After that, he returned to his monastery, where, in old age, he gave his soul to the Lord for whose sake he had undergone so much voluntary suffering. He died at the beginning of the reign of the Emperor Heraclius, in about 613. The Holy Martyr Leonidas;

**Our Holy Father, the Monk Vitalis** - During the time of the Alexandrian Patriarch John the Merciful, a young monk appeared who, as soon as he arrived, compiled a list of all the prostitutes in Alexandria. The mortification (asceticism) of this young monk was exceptional and unique. During the day he would offer himself for hire to do the most difficult jobs and at night, he would enter the houses of ill repute, gave the earned amount of money to some prostitute and close himself in the room with her the entire night. As soon as they were locked up, Vitalis would beg the woman to lie down and sleep and he would spend the entire night in a corner of the room in prayer to God for that sinner. Thus, he would save the woman from sinning at least one night. The second night, he would go to a second, the third night to a third and so on until he had visited them all, and then, he again returned to the one with whom he started. By his counselling, many of the sinners abandoned their sullied trade. Some of them married, others entered convents and still others turned to a respectable work and income. Vitalis forbid all of these women to reveal the reason why he was visiting them. Because of this, Vitalis became a scandal for all of Alexandria. The men began to scold him, spit upon him and to openly beat him on the streets. He bore all patiently, making known his good works to God and concealing them from men. When he died, everything about him became known. Many miracles of healing occurred over his grave. People from different places began to bring their sick to his grave. Spat upon by men, he was and remained glorified by the Omniscient God.