



**We welcome our Catechumens and New Members  
Sunday, May 3, 2026, at Noon in the Parish Hall.**

God has blessed our parish with many new faces—catechumens preparing for baptism and many who have recently been baptized and joined our parish family.

We invite all parishioners and catechumens to a special hour of fellowship to meet and welcome those whom the Lord has brought to us.

Come share a Mediterranean lunch, conversations, desserts, and the joy of Christian community as we grow together in faith and love.



**Those who make their tithing** and offerings electronically, please be advised that we will be shifting to a new vendor soon. You will be informed of the new link for that as soon as we are ready to make the shift.

# ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**May 3, 2026 ~ Sunday of the Paralytic**



- TROPARION OF THE RESURRECTION, Tone Three:  
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 hades, and hath granted the world great mercy.
- KONTAKION OF THE PARALYTIC, Melody *On This Day*:  
As of old Thou didst raise up the paralytic, O Lord God, by Thy God-like care and might, raise up my soul which is palsied by diverse sins and transgressions and by unseemly deeds and acts, that, being saved, I may also cry out: O Compassionate Redeemer, O Christ God, glory to Thy dominion and might.
- KONTAKION OF PASCHA, Tone Eight:  
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.

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## ACTIVITIES & EVENTS THIS WEEK

- Saturday, May 2: 3:30 PM, Q&A for Inquirers and Catechumens  
5 PM, Resurrectional Matins/Confession
- Sunday, May 3: 8 AM, Divine Liturgy In Protection Church  
9 AM, Choir Rehearsal (“Re-Choired”)  
10 AM, Divine Liturgy  
11:30 AM, Church School  
Noon, *Meet and Greet Agape Meal*
- Tues., May 5: 6 PM, Vespers for the Feast of Mid-Pentecost
- Wed., May 6: 5:30 Akathist / 6 PM, Vespers
- Thur., May 7: 6 PM, Akathist to St. Alexis Toth on his feast  
7 PM, Online Bible Study with Fr. James
- Fri., May 8: 9 AM, Divine Liturgy, Feast of the Apostle and  
Evangelist John the Theologian  
*11 AM, All Saints Antiochian parishioner funeral here in  
the Cathedral*
- Sat. May 9: *St. Nicholas Saratoga, 75th Parish Anniversary Liturgy  
and Banquet*  
5 PM, Resurrectional Matins  
6 PM Wedding Rehearsal

**Fifty days after Pascha**—May 31 this year—we celebrate the Feast of Pentecost, the gift of the Holy Spirit. In the mind of the Church this feast is just as important as the Paschal celebration itself. Please mark your calendars for the Vigil and the Liturgy, May 30/31. Why is this feast so important? When the Holy Spirit is given to each one of us, we became able to pray: *Our Father* (see Romans 8), since we were united by the Spirit to the Father and the Son. We become little *christs*, meaning “anointed with the Spirit.” St Paul writes: If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, Who dwells in you.” We might say that Pentecost enables, equips and prepares us to live what is given at Pascha. Fr Steven Kostoff writes that “Pentecost is not that rare Sunday on which anyone should make some ‘alternative plans’ and thus miss the celebration. That would only reveal a lack of awareness as to the nature and significance of the Feast. For, in my humble estimation,

Pentecost is not so much neglected—it is on a Sunday after all—as it is *misunderstood*. Many of the faithful have less than a full realization as to how profoundly connected Pentecost is to Pascha. It is not simply ‘one more Sunday’ like all the rest. Although it is an over-used word, Pentecost is the *fulfillment* of Pascha. . . . Jesus Christ was resurrected from the dead and glorified at the right hand of the Father in His ascension, so that He could send the Holy Spirit into the world. The Holy Spirit is the life of the Church, for the Spirit is the ‘Giver of life.’ The descent of the Holy Spirit ‘on all flesh’ is the completion of the Paschal mystery.” I encourage everyone to make the effort and keep the Feast as fully as possible by attending the Saturday evening Vigil at 5 PM (or join me and many other area clergy and faithful at Holy Trinity in SF for the Feast of our Diocesan Cathedral). *The Kneeling Vespers of Pentecost* will be served at 1 PM, after the Agape Meal, on Pentecost Day. At this unique and magnificent Vespers we pray three beautiful and long prayers, during which we kneel for the first time since Pascha.

**Next Sunday, May 10**, 3 PM, we have the joy of uniting in Holy Matrimony Justin and Aly Brigid. All are invited.

**Summer Camp Registrations** are still open for both [campers](#) and [volunteers](#). Camp is a cornerstone of our Christian Education efforts. Scholarships are available. Questions? Now is the time to ask and sign up! Remember: the Sisterhood will offer scholarships to those who do service hours here at the Church. Please see me about that. —*Fr Lawrence*

**Parents:** Please keep an eye on your young children at all times—at lunch, restroom visits, at the playground. Children are not to play behind the Hall, the storage building, the parking lot or the vineyard. This is a safety issue. I would also ask that children not play outside on the lawn during the Divine Services—kids need a break now and then, but please take them toward the Hall or the fire pit area for their brief break.

**We have the joy** of receiving by Holy Baptism the Catechumens Brian, Ron, Anthony and Gabriel P. on Sunday, May 17 at 9 AM. And on Pentecost, May 31 at 9:15 AM, we will receive Antonio, Esmeralda, Antonio Jr., Valentina and Kira Boyd.

**It is our parish custom** to go to Santa Rosa Memorial Cemetery on Memorial Day, May 25, at **Noon** to offer prayers for the repose of the souls of those who served in the Armed Forces. Look for the priest in the white cassock.