

# Saintly Notes

## Apostle and Evangelist Mark (April 25)

**M**ark was a traveling companion and assistant to the Apostle Peter who, in his first epistle calls him his son, "The chosen one at Babylon sends you his greeting as does Mark, my son" (1 Peter 5:13), not according to the flesh but a son according to the spirit.

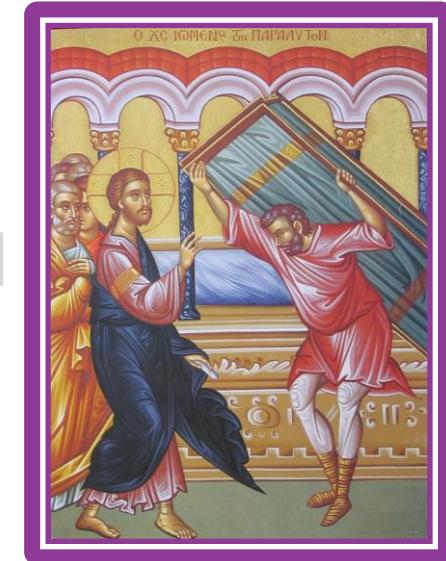
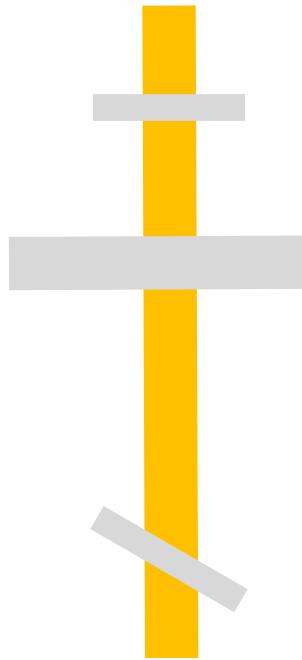
While Mark was in Rome with Peter, the faithful begged him to write down for them the saving teaching of the Lord Jesus, His miracles and His life. Thus, Mark wrote the Holy Gospel which the Apostle Peter himself saw and attested to its truthfulness.

Mark was appointed a bishop by the Apostle Peter and was sent to Egypt to preach. As so, St. Mark was the first preacher of the Good News [Gospel] in Egypt and was the first bishop in Egypt. Egypt was entirely oppressed by the thick darkness of paganism, idolatry, soothsaying and malice. With the help of God, St. Mark succeeded to sow the seed of the teaching of Christ throughout Libiya, Ammonicia and Pentopolis. From Pentopolis, St. Mark came to Alexandria where the Spirit of God led him. In Alexandria, he succeeded in establishing the Church of God and installed bishops, priests and deacons and to firmly strengthen them all in the honorable Faith. Mark confirmed his preaching through many and great miracles.

When the heathens raised accusations against Mark, as a destroyer of their idolatrous faith, and when the mayor of the city began to search for Mark, he again fled to Pentopolis where he continued to strengthen his earlier work. After two years, Mark again returned to Alexandria to the great joy of all the faithful, whose number was greatly multiplied. On this occasion, the pagans seized Mark, bound him tightly and began to drag him over the cobblestone pavement crying out: "Let us drag the ox to the pen." Wounded and bloodied throughout, they cast Mark into prison where, at first, a heavenly angel appeared to him encouraging and strengthening him. After that, the Lord Jesus Himself appeared to him and said: "Peace be to you Mark, my Evangelist!" To that Mark replied: "Peace be to you also my Lord Jesus Christ!" The next day the vicious men brought Mark out of prison and again dragged him throughout the streets with the same cry: "Let us drag the ox to the pen." Completely exhausted and worn out, Mark uttered: "Into Your hands O Lord, I give up my spirit." Mark expired and his soul was translated into a better world. His holy relics were honorably buried by Christians and, through the centuries, his relics have given healing to people from all of their afflictions, pains and diseases.

## Fourth Sunday of Pascha (The Paralytic and the Apostle and Evangelist Mark)

April 25, 2010



# Fourth Sunday of Pascha

(The Paralytic and the Apostle and Evangelist Mark)

All Saints Orthodox Church, Raleigh NC  
(www.all saintsnc.org)  
919-859-1332

The V. Rev. Nicholas R. A. Sorensen, Archpriest  
The Rev. Philip Pelikan, Priest  
The Rev. David Keim, Deacon

April 25, 2010

## The Saints Whom We Remember

Martyr Niki; Macedonios, patriarch of Constantinople; New-martyr George

## This Week's Schedule

Today: 8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy  
Monday: Church Office Closed  
Wednesday: 9:15a Third Hour Prayer; 6:30p Vespers  
Saturday: 5:30p Great Vespers  
Sunday: 8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy

## First Antiphon

**Refrain:** Through the intercessions of the Theotokos, O Savior, save us.

## Second Antiphon

**Refrain:** Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

## Third Antiphon

**Verse:** Let God arise, and let His enemies be scattered, and let those who hate Him flee from before His face.

**Refrain:** Christ is risen from the dead, trampling down Death by death; and upon those in the tombs, bestowing life!

**Verse:** As smoke vanishes, so let them vanish, as wax melts before the fire. (*Refrain*)

**Verse:** So let sinners perish before the face of God, and let the righteous be glad. (*Refrain*)

**Verse:** This is the day which the Lord hath made; let us rejoice and be glad in it. (*Refrain*)

## Little Entrance

† **Entrance Hymn:** "In the congregations bless God the Lord, from the springs of Israel. Save us, O Son of God, Who art risen from the dead, who sing to Thee: Alleluia."

† **Troparion for the Resurrection (Tone 3):** Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

† **Troparion for St. Mark (Tone 3):** O holy Apostle and Evangelist Mark,

intercede with the merciful God, to grant our souls forgiveness of sins.

† **Troparion for All Saints (Tone 4):** As with fine porphyry and royal purple Thy Church has been adorned with Thy **martyr**'s blood shed throughout all the world. She cries to Thee, O Christ God, send down Thy bounties on Thy people, grant peace to Thy habitation and great mercy to our souls.

† **Kontakion for Pascha (Tone 8):** O Immortal One, when Thou didst descend into the tomb, Thou didst destroy the power of Hades; and Thou didst rise victorious, O Christ God. Thou hast said to the ointment-bearing women: Rejoice! And Thou gavest peace to Thy Disciples, O Bestower of Resurrection to those Who had fallen.

## The Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us . . .

## Scripture for today and next Sunday

Today: (See insert)

Next Sunday:

Epistle: Heb. 13:7–16  
Gospel: John 4:5–42

## Megalynarion for Pascha and the Paralytic Tone 1

*The angel spake to her that is full of grace, saying, O pure Virgin, rejoice; and I say also, Rejoice; for thy Son is risen from the tomb on the third day.*

Shine, shine, O new Jerusalem; for the glory of the Lord hath risen upon thee. Rejoice and exult now, O Zion, and thou, O pure one, Theotokos, rejoice at the Resurrection of thy Son.

We believers in unison bless thee, O Virgin, crying: Rejoice, O gate of the Lord. Rejoice, O living city. Rejoice, O thou from whom didst rise upon us from the dead the Light of Resurrection, He Who wast born of thee.

## Communion Hymn

Tone 8

Receive ye the body of Christ; taste ye the Fountain of immortality. Alleluia.

## Parish Notes

### Altar Servers Today

William Christopoulos, Christopher Wingenbach, Ilya Moundous, Gabriel Pope, Nicholas Kiewer.

### Special Attention

- **Ground Breaking DVD's.** Copies are available on the Narthex table and can be purchased for \$20. All proceeds will be put in the building fund. If you cannot find a copy of the DVD, please talk to Fr. Nicholas.
- **Building Project Update.** Construction of our new temple and education wing continues. The framing of the bell tower will continue this week, and the exterior walls continue to be prepared for the application of the stucco. HVAC work continues in the interior of the building as well as the framing of the nave ceiling. Framing of the education wing is complete and the electrical wiring continues. See our website for recent photos ([www.all saintsnc.org](http://www.all saintsnc.org)). Please continue to pray for good weather and for the safety of the workmen.

## Today's Epistle and Gospel Readings

### Prokeimenon:

The Lord is my strength and my song.

*The Lord has chastened me severely.*

### †Epistle: 1 Pet. 5:6–14 (RSV)

Brethren, humble yourselves therefore under the mighty hand of God, that in due time He may exalt you. Cast all your anxieties on Him, for He cares about you. Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, first in your faith, knowing that the same experience of suffering is required of your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, Who has called you to His eternal glory in Christ, will Himself restore, establish and strengthen you. To Him be the dominion forever and ever. Amen. By Silvanos, a faithful brother as I regard him, I have written briefly to you, exhorting and declaring that this is the true grace of God; stand fast in it. She who is at Babylon, who is likewise chosen, sends you greetings; and so does my son Mark. Greet one another with the kiss of love. Peace to all of you that are in Christ.

### †Gospel: John 5:1–15 (RSV)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethsaida, 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 38 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. 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 befalls you." The man went away and told the Jews that it was Jesus Who had healed him.

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## A Word from Our Fathers

“Talkativeness is the throne of vainglory on which it loves to preen itself and show off. Talkativeness is a sign of ignorance, a doorway to slander, a leader of jesting, a servant of lies, the ruin of compunction, a summoner of despondency, a messenger of sleep, a dissipation of recollection, the end of vigilance, the cooling of zeal, the darkening of prayer.”

(St. John Climacus; *The Ladder of Divine Ascent*)

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