

# Greek Orthodox Cathedral of

## Saint Paul

110 Cathedral Avenue  
Hempstead, New York 11550

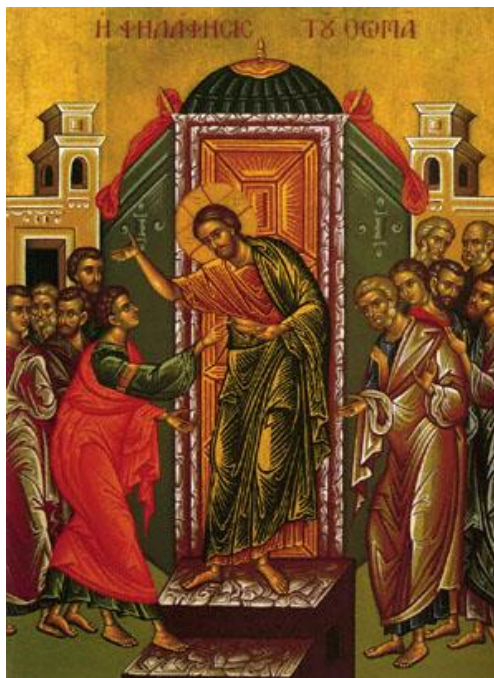
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Father Christopher Constantinides

Father Constantin Ursache

Deacon Mathew Kakis



**May 5, 2019  
Sunday of Thomas  
Christ is Risen!  
Truly He is Risen!**

# SUNDAY BULLETIN



**Today's Schedule:** Orthros 7:45 a.m. **May 5, 2019**  
 Divine Liturgy 9:00 a.m.

**Fellowship Hour:** Donated to the greater glory of God in loving memory of Constantine "Dino" Zografos by his loving wife Roula. Fellowship Hour is immediately following the Divine Liturgy in the Reverend Nicholas J. Magoulas Cathedral Center. All are welcome.

**Altar Flowers:** Donated to the greater glory of God in loving memory of Andreas & Hariklia Kaimis by their loving children & grandchildren.

**Agape Service April 28th**

**Shrine Flowers:** Donated to the greater glory of God in loving memory of Sotirios Cachules by his loving family.

**Altar Flowers:** Donated to the greater glory of God in loving memory of Sotirios Cachules by his loving wife Julie.

**Altar Candles:** Donated to the greater glory of God in loving memory of Sotirios Cachules by his loving family.

**Resurrection Service April 27th - 28th**

**Prosforo:** Donated to the greater glory of God in loving memory of Sotirios Cachules by his loving family.

**Communion Wine:** Donated to the greater glory of God in loving memory of Sotirios Cachules by his loving family.

**Anastasi Dinner:** Donated to the greater glory of God in loving memory of Sotirios Cachules by his loving family.

**Funeral:** Was held on Friday, May 3rd for Maria Boutis. Our condolences to her family and may her memory be eternal.

**Memorial:** Was held on Saturday, May 4th for Constantine "Dino" Zografos (1 year).

**Services:**  
**Tuesday, May 7**  
 Paraklesis 9:30 a.m.  
**Thursday, May 9**  
 Paraklesis 6:30 p.m.

***Today's Event: JOY Bake Sale***

Today after the Divine Liturgy the St. Paul's JOY group will be holding a bake sale. Please come and purchase some delicious baked goods and help support our Junior Orthodox Youth group.

Ἀπολυτίκιον. ᾠχος βαρύς

Apolytikion. Grave Mode

Ἐσφραγισμένου τοῦ μνήματος, ἡ Ζωὴ ἐκ τάφου ἀνέτειλας Χριστὲ ὁ Θεός, καὶ τῶν θυρῶν κεκλεισμένων, τοῖς Μαθηταῖς ἐπέστης, ἡ πάντων ἀνάστασις· Πνεῦμα εὐθὲς δι' αὐτῶν ἐγκαινίζων ἡμῖν, κατὰ τὸ μέγα σου ἔλεος.

O Life, You rose from the sepulcher, even though the tomb was secured with a seal, O Christ God. And though the doors had been bolted, You came to Your disciples, O Resurrection of all. Through them You renew a right spirit in us, according to Your great mercy.

Κοντάκιον τοῦ Πάσχα. ᾠχος πλ. δ΄

Kontakion of Pascha. Mode pl. 4.

Εἰ καὶ ἐν τάφῳ κατήλθες Ἀθάνατε, ἀλλὰ τοῦ ᾄδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητὴς, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθεγξάμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection.

Προκείμενον. ᾠχος γ΄. Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχὺς αὐτοῦ.

Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθὸς Κύριος.

## Saints for the Week

**Sunday, May 5th**— Thomas, Irene the Great Martyr, Neophytos, Gaius & Caianus the Monk-martyrs

**Monday, May 6th** - Job the Prophet, Our Holy Father Seraphim the Struggler of Mt. Domvu

**Tuesday, May 7th** - Commemoration of the Precious Cross that appeared in the sky over Jerusalem in 351 A.D., Akakios the Centurion of Byzantium

**Wednesday, May 8th** - Synaxis of the Holy Powder (or manna) which emitted from the tomb of Saint John the Theologian, Arsenios the Great

**Thursday, May 9th** - The Holy Prophet Esaias, Christopher the Martyr of Lycea

**Friday, May 10th** - Simon the Zealot & Apostle, Laurence of Egypt, Isodora of Egypt

**Saturday, May 11th** - Methodius & Cyril Equal-to-the-Apostles, Illuminators of the Slavs, Renewal of Constantinople

**Προκείμενον. Ἦχος γ΄. Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχύς αὐτοῦ.  
Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθὸς Κύριος.  
Πράξεων τῶν Αποστόλων τὸ ἀνάγνωσμα (5:12-20)**

Ἐν ταῖς ἡμέραις ἐκείναις, διὰ τῶν χειρῶν τῶν ἀποστόλων ἐγένετο σημεῖα καὶ τέρατα ἐν τῷ λαῷ πολλὰ· καὶ ἦσαν ὁμοθυμαδὸν ἅπαντες ἐν τῇ Στοᾷ Σολομῶντος. Τῶν δὲ λοιπῶν οὐδεὶς ἐτόλμα κολλᾶσθαι αὐτοῖς, ἀλλ' ἐμεγάλυνεν αὐτοὺς ὁ λαός· μᾶλλον δὲ προσετίθεντο πιστεύοντες τῷ Κυρίῳ πλήθη ἀνδρῶν τε καὶ γυναικῶν ὥστε κατὰ τὰς πλατείας ἐκφέρειν τοὺς ἀσθενεῖς καὶ τιθέναι ἐπὶ κλινῶν καὶ κραβάττων, ἵνα ἐρχομένου Πέτρου κἂν ἡ σκιά ἐπισκιάσῃ τινὶ αὐτῶν. Συνήρχετο δὲ καὶ τὸ πλῆθος τῶν περὶ πόλεων Ἰερουσαλήμ, φέροντες ἀσθενεῖς καὶ ὄχλουμένους ὑπὸ πνευμάτων ἀκαθάρτων, οἵτινες ἐθεραπεύοντο ἅπαντες. Ἀναστάς δὲ ὁ ἀρχιερεὺς καὶ πάντες οἱ σὺν αὐτῷ, ἡ οὕσα αἴρεσις τῶν Σαδδουκαίων, ἐπλήσθησαν ζήλου καὶ ἐπέβαλον τὰς χεῖρας ἐπὶ τοὺς ἀποστόλους καὶ ἔθεντο αὐτοὺς ἐν τηρήσει δημοσία. Ἄγγελος δὲ Κυρίου διὰ νυκτὸς ἤνοιξε τὰς θύρας τῆς φυλακῆς ἐξαγαγὼν τε αὐτοὺς εἶπε· Πορεύεσθε καὶ σταθέντες λαλεῖτε ἐν τῷ ἱερῷ τῷ λαῷ πάντα τὰ ῥήματα τῆς ζωῆς ταύτης.

**Ἐκ τοῦ κατὰ Ἰωάννην 20:19-31 ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.**

Οὔσης ὀψίας τῇ ἡμέρᾳ ἐκείνῃ τῇ μιᾷ σαββάτων, καὶ τῶν θυρῶν κεκλεισμένων ὅπου ἦσαν οἱ μαθηταὶ συνηγμένοι διὰ τὸν φόβον τῶν Ἰουδαίων, ἦλθεν ὁ Ἰησοῦς καὶ ἔστη εἰς τὸ μέσον, καὶ λέγει αὐτοῖς· Εἰρήνη ὑμῖν. καὶ τοῦτο εἰπὼν ἔδειξεν αὐτοῖς τὰς χεῖρας καὶ τὴν πλευρὰν αὐτοῦ. ἐχάρησαν οὖν οἱ μαθηταὶ ἰδόντες τὸν Κύριον. εἶπεν οὖν αὐτοῖς ὁ Ἰησοῦς ἄλλιν· Εἰρήνη ὑμῖν. καθὼς ἀπέσταλκέ με ὁ πατήρ, καὶ γὰρ πέμπω ὑμᾶς. καὶ τοῦτο εἰπὼν ἐνεφύσησε καὶ λέγει αὐτοῖς· Λάβετε Πνεῦμα ἅγιον· ἄν τινων ἀφήτε τὰς ἀμαρτίας, ἀφίενται αὐτοῖς, ἄν τινων κρατῆτε, κεκράτηνται. Θωμᾶς δὲ εἷς ἐκ τῶν δώδεκα ὁ λεγόμενος Δίδυμος, οὐκ ἦν μετ' αὐτῶν ὅτε ἦλθεν ὁ Ἰησοῦς. ἔλεγον οὖν αὐτῷ οἱ ἄλλοι μαθηταί· Ἐώρακαμεν τὸν Κύριον. ὁ δὲ εἶπεν αὐτοῖς· Ἐὰν μὴ ἴδω ἐν ταῖς χερσὶν αὐτοῦ τὸν τύπον τῶν ἥλων, καὶ βάλω τὸν δάκτυλόν μου εἰς τὸν τύπον τῶν ἥλων, καὶ βάλω τὴν χεῖρά μου εἰς τὴν πλευρὰν αὐτοῦ, οὐ μὴ πιστεύσω. Καὶ μεθ' ἡμέρας ὀκτὼ ἄλλιν ἦσαν ἔσω οἱ μαθηταὶ αὐτοῦ καὶ Θωμᾶς μετ' αὐτῶν. ἔρχεται ὁ Ἰησοῦς τῶν θυρῶν κεκλεισμένων, καὶ ἔστη εἰς τὸ μέσον καὶ εἶπεν· Εἰρήνη ὑμῖν. εἶτα λέγει τῷ Θωμᾷ· Φέρε τὸν δάκτυλόν σου ὧδε καὶ ἴδε τὰς χεῖράς μου, καὶ φέρε τὴν χεῖρά σου καὶ βάλε εἰς τὴν πλευρὰν μου, καὶ μὴ γίνου ἄπιστος, ἀλλὰ πιστός, καὶ ἀπεκρίθη Θωμᾶς καὶ εἶπεν αὐτῷ· Ὁ Κύριός μου καὶ ὁ Θεός μου. λέγει αὐτῷ ὁ Ἰησοῦς· Ὅτι ἐώρακάς με, πεπίστευκας· μακάριοι οἱ μὴ ἰδόντες καὶ πιστεύσαντες. Πολλὰ μὲν οὖν καὶ ἄλλα σημεῖα ἐποίησεν ὁ Ἰησοῦς ἐνώπιον τῶν μαθητῶν αὐτοῦ, ἃ οὐκ ἔστι γεγραμμένα ἐν τῷ βιβλίῳ τούτῳ· ταῦτα δὲ γέγραπται ἵνα πιστεύσητε ὅτι Ἰησοῦς ἔστιν ὁ Χριστὸς ὁ υἱὸς τοῦ Θεοῦ, καὶ ἵνα πιστεύοντες ζωῆν ἔχητε ἐν τῷ ὀνόματι αὐτοῦ.

## *Epistle Reading*

**Prokeimenon. Mode 3. Great is our Lord, and great is His strength.**

**Verse: Praise the Lord, for the Lord is good.**

**The reading is from the Acts of the Apostles (5:12-20)**

In those days, many signs and wonders were done among the people by the hands of the apostles. And they were all together in Solomon's Portico. None of the rest dared join them, but the people held them in high honor. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the high priest rose up and all who were with him, that is, the party of the Sadducees, and filled with jealousy they arrested the apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said, "Go and stand in the temple and speak to the people all the words of this Life."

## *Gospel Reading*

The reading is from the Holy Gospel according to John (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them: "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them: "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him: "We have seen the Lord." But he said to them: "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said: "Peace be with you." Then He said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to Him: "Have you believed because you have seen me? Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.

## *Stewardship*

**“All Things are Possible to the One Who Believes in Christ.”**

As Christians we seek three things from our church:

Transcendence, Significance and Fellowship

Transcendence is to know God and to experience His presence. This we do through prayerful participation in Liturgy and the sacraments.

Significance is the desire to have a purpose – to do something meaningful – most often in service to our fellow man.

Fellowship is connecting with others through meaningful relationships.

As of April 30th a total of 598 stewards have pledged \$413,338 toward our goal to reach 100 percent stewardship. We have reached about 41 percent of our goal. Please join the Cathedral Family of Stewards by making your pledge today. If you have already made your pledge thank you for being a Steward. Thank you for all your time, talent and treasure.

## *Business to Business Networking Meeting - New Date*

Join us on Wednesday, June 12th for our next Networking Meeting. (5:00-7:30pm). Certified Corporate Wellness and Weight Management Consultant Joanne (Mahares) Hadjiyane will discuss a few tips that can be implemented in your homes for a healthier household. This event is good for Business Owners, Stay-at-Home Parents and those looking to live a healthier lifestyle. There is a \$10 donation to the Cathedral. Refreshments will be served.

Please contact: [Jhajisava@clipresults.com](mailto:Jhajisava@clipresults.com) (917)273-0780 or [j.hadjiyane@gmail.com](mailto:j.hadjiyane@gmail.com) (516) 728-1772.

## *Grief And Bereavement Support Group*

The Annual Spring Trisagion Service will be held on May 8th at 7pm. Our next evening meeting will be held on Wednesday, May 22nd at 7:30pm. Afternoon meetings are held on the third Wednesday of each month at 2:00pm, but only by appointment. Should you have a need, please call Anna Dounelis at (516) 752-0875.

## *Thank You to All!*

A great big thank you to everyone who helped the parish prepare for Ανάσταση. From everyone who assisted in making over 3,000 palms, set up the Cathedral Center, the clergy, the choirs, the organists, the chanters, the readers, the altar boys, the myrophores, the scouts, the ushers, those who helped set up the microphone systems and the luminary candles, the floral decorators and the carriers of the kouvouklions and the Epitaphios', the facilities and office staff, the Easter Egg dyers, those who helped prepare the Ανάσταση reception and the Easter Egg hunt. Hopefully, we have not forgotten anyone; if we have, please forgive us. Thank you all for helping make it a glorious Anastasi. May the good Lord provide us good health so we can do it all again next year.

## ***Paraklesis At Winthrop University Hospital***

On the last Monday of the month, at 12:00pm, Father Christopher or Father Constantin celebrate a Paraklesis service at Winthrop University Hospital, 259 1st Street, Mineola. If you have family or friends that happen to be in the hospital at that time please let them know so they may avail themselves of this wonderful service dedicated for health and well being. Due to Memorial Day, our next service is Monday, May 20th. The service is open to all, feel free to join us.

## ***NEW PARISH LIFE CENTER***

The Fundraising Campaign for our New Parish Life Center launched earlier this year with the mailing of the Fundraising Materials to our entire Cathedral Community. Please contact our Cathedral Office if you have not yet received these Materials. You can also find these Materials and additional information at [www.stpaulhempstead.org/nplc](http://www.stpaulhempstead.org/nplc).

## ***Cathedral of St. Paul Nursery School***

Registration for the Cathedral of Saint Paul Nursery School, is now open for our two, three and four year old programs for the 2019-2020 school year. Our four year old program has one spot still available. For those interested in registering for Nursery School you can find registration forms in the Cathedral office. For more information please contact the Cathedral office Monday thru Friday from 9am to 5pm at 516-483-5700.

## ***Cathedral of St. Paul Nursery School – Employment Opportunities***

We are looking for summer camp counselors, nursery school teachers and assistants. Community service opportunities are also available. Please contact the Cathedral office at 516-483-5700 for further information.

## ***Vacation Church School Camp***

Our Vacation Church School Camp 2019 will take place on July 1st, 2nd, 3rd and 5th, from 9am to 1pm. Our program is open to children who have completed kindergarten and are entering 1<sup>st</sup> grade to children entering 7<sup>th</sup> grade. The week will be fun-filled with religious learning, crafts, outdoor activities and music. The cost is \$65 for the week. If you have any questions or need additional information please contact Cathy Marinis at 516-746-9353. Registration is ongoing, please contact the Cathedral Office to request a registration form.

## ***Bible Study & Faith Enrichment Discussion Groups***

Our bi-weekly classes for Bible Study and Faith Enrichment Discussion Groups continue. The next Bible Study class will be held on May 7th at 7pm and the next Faith Enrichment class will take place on Tuesday, May 14th at 7pm. All are welcome.

## ***2019 Summer Basketball Camp at the Cathedral of St. Paul***

St. Paul's will be holding a Basketball camp for two sessions this summer. Session A is July 1<sup>st</sup>, July 2<sup>nd</sup>, July 3<sup>rd</sup> and July 5<sup>th</sup> and Session B is July 8th thru July 11<sup>th</sup> from 10am -4pm. Donation to participate is \$200 for one week and \$375 for two weeks. Please email questions to John Caragiorgis at [jcaragiorgis@gmail.com](mailto:jcaragiorgis@gmail.com) or contact the Cathedral Office at 516-483-5700.

## PARISH COUNCIL EXECUTIVE COMMITTEE

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ST. ANNA'S PHILOPTOCHOS	Kelly Haass	516 410-8402
SONS OF PERICLES	Panagiotis Petrochilos	516 524-7664
SUNDAY SCHOOL	Andrea Potaris	516 312-3936
TUESDAY LADIES	Irene Pierides	516 593-2016
YOUTH PROGRAMS & ATHLETICS	Alexander Orphanos	516 483-5700
Little Angels   (40 days-4 years)	Lisa Demas	516 655-3911
	Jeannie Anderson	516 382-4655
HOPE           (Ages 4-6)	Constantina Marchelos	917 488-3089
JOY            (Ages 7-12)	Cally Dunnigan	516 481-4764
	Angelica Makrinos	917 488-3089
	Erika Palmer	917 968-8314
Junior GOYA   (Ages 11-13)	Haroula Kitsos	516 316-4955
GOYA           (Ages 13-18)	Tina Vasilakis	516 746-2540
	Kay Georgopalis	516 921-0440
YOUNG ADULT MINISTRIES	Alexander Orphanos	516 483-5700