

**Orthodox Parish of St Martin & St Helen
Antiochian Orthodox Christian Archdiocese of the
British Isles and Ireland
Patriarchate of Antioch and all the East**

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Sunday 3 May 2026. Issue 27.

Tone 3

**Sunday of the Paralytic; Venerable Theodosius of Kiev Caves;
Martyrs Timothy the reader and his wife Maura of Egypt;
Peter, Archbishop of Argolis**

**Epistle Reading
Acts (9:32-42)**

Prokeimenon in Tone III

Sing praises unto our God, sing praises, sing praises unto our King,
sing praises.

Verse: Clap your hands, all ye nations, shout unto God with the voice
of gladness.

In those days, as Peter went throughout all regions, he came down also to the saints who dwelt at Lydda. There he found a certain man named Aeneas, who was bedridden for eight years and paralyzed. And Peter said to him: "Aeneas, Jesus Christ heals you; arise and make your bed." And immediately he arose. And all who dwelt at Lydda and Sharon saw him, and they turned back to the Lord. Now there was at Joppa a certain disciple named Tabitha (which means Gazelle). She was full of good works and of charitable deeds which she did. And it came to pass in those days that she fell sick and died; and when they had washed her, they placed her in an upper chamber. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him: "Come to us without delay!" So Peter arose and went with them. And when he arrived, they took him into the upper chamber. All the widows stood by him weeping, showing

the tunics and other garments which Tabitha 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, arise!" And she opened her eyes, and when she saw Peter, she sat up. And he gave her his hand, and raised her up. Then he called the saints and widows and presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Alleluia.

Verse 1: In Thee, O Lord, do I put my trust; let me never be ashamed, deliver me in Thy righteousness.

Verse 2: Be Thou unto me as God, protector and a house of refuge in order to save me.

Gospel Reading John (5:1-15)

After these things, there was a feast of the Jews, and Jesus went up to Jerusalem. Now in Jerusalem, by the sheep gate, there is a pool with five porches called in Hebrew "Bethesda." Under these lay a great multitude of people who were sick, blind, lame, or paralyzed, waiting for the moving of the water. For an angel went down at certain times into the pool, and stirred up the water. Then whoever stepped in first after the stirring of the water was made whole of whatever disease he had. A certain man was there, who had his illness for thirty-eight years. When Jesus saw him lying there and perceived that the man had been sick for a long time, he asked him, "Do you want to be made well?" The sick man replied, "Sir, I have no one to put me into the pool when the water is stirred up, but while I am coming, someone else steps down before me!" Jesus said to him, "Arise, take up your mat, and walk!" Immediately, the man was made well; he took up his mat and began to walk. Now it was the Sabbath on that day. And so, the Jews said to the man who had been cured, "It is the Sabbath! It is not lawful for you to carry the mat!" The man answered them, "He who made me well, that one said to me, 'Take up your mat, and walk.'" Then they asked him, "Who is the man who said to you, 'Take up your mat, and walk?'" But the man who had been healed did not

know who it was, for Jesus had withdrawn in the crowd that was there. Later, Jesus found him in the temple and said to him, "Behold, you have become well. Sin no more, so that nothing worse may happen to you!" The man went away and told the Jews that it was Jesus who had made him well.

Troparion of the Resurrection. Tone 3.

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 hell, and has granted to the world great mercy.

St Martin the Merciful Troparion

In signs and in miracles thou wast renowned throughout the land of Gaul. By grace thou art a light for the world, O Martin, Bishop blessed of God. Deeds of mercy and compassion filled thy life with their splendours, teaching and wise counsel were thy riches and treasures, which still thou dost dispense freely to those who honour thee.

St Helen Troparion

We behold thee, glorious Helen, with thy God-inspired son, in the joys of the kingdom of Heaven, and we magnify Christ, for he hath revealed to us thine honoured festival, giving light more brilliant than the sun. Therefore we cry in faith: O People, exalt Christ above all forever!

Holy Pascha Kontakion

When thou didst descend into the grave, O Immortal, thou didst destroy the power of hades. In victory didst thou arise, O Christ God, proclaiming 'Rejoice' to the myrrh-bearing women, granting peace to thine apostles and bestowing resurrection on the fallen.

St Theodosius of Kiev Caves (3 May)

St. Theodosius was born in 1029 AD in the region of Kyiv and from a young age showed a deep spiritual calling, dedicating himself to the study of Scripture and to worship. Despite his mother's fierce opposition, he practiced severe self-mortification — wearing an iron belt against his skin and working alongside the household servants — until he secretly left home for Kyiv, where he was received by St. Anthony. There he devoted himself entirely to the ascetic life, combining fasting, vigils, and manual labor, and was later ordained as a priest and appointed abbot of the brotherhood. Despite his position of leadership, he always maintained a humble spirit, personally serving the other monks.

As abbot, St. Theodosius introduced the Studite Rule from Constantinople to the monastery, profoundly influencing Russian monasticism as a whole, since all Russian monasteries came to look upon his Lavra as their model. He was distinguished by the virtues of humility and love, and he continually exhorted the monks on the importance of repentance as the “key to the Kingdom of Heaven.” He reposed peacefully in 1074 AD, at the age of only forty-five, having first given his final fatherly counsel to his fellow ascetics, and was buried in the cave where he had lived out his ascetic struggles.

Source: Translated from saint.gr

Weekday service

Wed 6 May, 8:10am

**Mid Feast of Pentecost, Hours and Holy Liturgy, St Helen's
Chapel.**