


ST. GREGORY OF NYSSA
ORTHODOX CHURCH

Orthodox Church in America (OCA), Diocese of the Midwest

We are a diverse and growing Orthodox Christian community of Central Ohio,
bearing witness to the Faith through love, service, and commitment to our
neighborhood and area college students.

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Parish rector:

Fr. Stephen Frase

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Attached clergy:

Deacon Paul Mitchell

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Deacon Joseph Shaluha

732-841-8831

Deacon Sampson Nash

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May 11th, 2025

Sunday of the Paralytic



Also commemorated on May 11th:

Holy Equals-to-the-Apostles Cyril (869) and Methodius (885), First Teachers of the Slavs. Holy Monastic Martyrs Olympia and Euphrosynē (13th c.). Commemoration of the Founding of Constantinople (330). Hieromartyr Mocius (Mucius), Presbyter, of Amphipolis in Macedonia (3rd-4th c.). Ven. Sophrony, Recluse, of the Kiev Caves (Far Caves—13th c.). St. Joseph, Metropolitan of Astrakhan (1671). St. Nikodemos, Archbishop of Serbia (1325).

Upcoming Schedule and Announcements

Saturday, 5/10

10:00 AM Cleanup at Holy Myrrhbearers cemetery
4:30 PM Orthodoxy 101
6:00 PM Great Vespers

Sunday, 5/11

Sunday of the Paralytic

9:10 AM 3rd and 6th Hours of Prayer
9:30 AM Divine Liturgy followed by post-Communion prayers, and coffee social

Friday, 5/16

12:00 PM Parish Council meeting on Zoom

Saturday, 5/17

11:00 AM Baptism of James Cain
6:00 PM Readers Vespers (*Fr. Stephen will be unavailable to serve vespers this evening and will also be unavailable to hear Confessions this evening*)

Sunday, 5/18

Sunday of the Samaritan Woman

9:10 AM 3rd and 6th Hours of Prayer
9:30 AM Divine Liturgy followed by post-Communion prayers, Junior O Club meeting, and coffee social

Friday, 5/23

3:00 PM Service of Holy Matrimony for Emma McAdams and Evan Kovatch

Saturday, 5/24

3:15 PM Mission parish development meeting
4:30 PM Orthodoxy 101
6:00 PM Great Vespers

Sunday, 5/25

Sunday of the Blind Man

9:10 AM 3rd and 6th Hours of Prayer
9:30 AM Divine Liturgy followed by post-Communion prayers and coffee social

To access the parish Google Calendar, click [here](#).

Streaming services: The majority of services are streamed on YouTube.

To access the changeable Hymns and Scripture readings, please click [here](#).

The Monthly Ministry Rotations can be found [here](#).

Orthodoxy 101 schedule is found [here](#). Tentative schedule for the spring/summer is now available.

Happy Mothers' Day!!! Today we honor and thank all of our mothers, grandmothers, and Godmothers.

May God grant you *Many Years!*

Also, we ask our Lord to grant an eternal rest and blessed repose for our departed mothers, grandmothers, and Godmothers.

May their *Memory be Eternal!*

Many Years and God's blessings! We offer prayers for and congratulations to **Lucas Ambrose** as he was received into Christ's Church by the Holy Mysteries of Baptism and Chrismation last Saturday. We thank **Cameron Robinson** as well as **Mark and Marina Wells** for serving as his sponsors. *God grant all of them Many Years!*

Calling all graduates! Plans are in place to honor graduates and scholarship recipients on Sunday, June 1st. Please complete the Google form linked [here](#) to submit information about a graduate or person completing a professional training program. Also, please email any questions to Fr. Stephen and Lesley Mann. Thank you and congratulations to all of our graduates and those finishing training programs!

Preventing children escapees: When you are leaving the upper room through the upstairs exit, please look behind you and make sure you do not have any small children following you outside. If we all keep an eye out, we can prevent the potential for coffee hour runaway toddlers and help keep the young children safe.

We are praying for:

Blessed Repose: For the Newly-Departed Pat, the Newly-Departed Matushka Eleanor, Veronica, Cindy, Robert; for those martyred for the Faith, and victims of violence.

For the Health and Well Being:

- The Newborn Haven Naim, as well as her parents - Hannah & Thomas; the Newborn Keira as well as her parents - Marie & Benjamin, and the Newborn James as well as his parents - Barbara & Zachary
- The ill, infirm, and suffering: Archpriest Theodore, Archpriest Nikolai, Priest John; Irene, Steve, Rosario, Irene, RosaAnita, Carol, Zaine, Kipp, Jon as well as Jonae and family; Peter, Hannah, and Wes; Kathy, Kenneth, Joanna and family; Nina, Joachim, Albert, Pamela, Amy, Matthew and Marg; Cheryl and Michael, Steve, Linda and Randy, Patricia; Wil, Sophie, Lauren & Tyler, and Aubrey; Gabriel, Larry, Caren, Matushka Elizabeth, Nicholas, Suzanne, Erika, Jimmy; Mary and David; Mary and family and Heidi; Andrei, Dorothy, Nabil, Elizabeth-Joy, Isaiah, John, Ron and Diane, Cathy, Carol, Mary, Anthony, Elaine, Elaine-Natalie, Michael, Betty, Nadine, Elanor, Ben, Alberta, Karen
- Those families who are with child: Stacey & Brennan, Alexandra & Jonnathan, Mackenzie & Cylas, Emily & Austin, as well as Andrea & Jeff
- Those who are preparing for Holy Matrimony: Jennifer & Bradley, Nicholas & Divna, Emma & Evan
- Catechumens of our parish (Benjamin, Jonathan, Brittany, Elizabeth, Seth, Carl, Scott, Marie, Benjamin, Charlie, and Keira)

* All names listed above are remembered in the prayers offered before the start of the Divine Liturgy.

Many Years to: Patrick Meyer (5/11), Zach Cain (5/13), and Anastasia Coy (5/14) celebrating their birthdays; as well as John & Alexandra Elhardt (5/14) and Ben & Katherine Smith (5/14) celebrating their anniversaries this week!

* Please inform Kaiti Curtin (kaitlincurtin@gmail.com) of missing birthdays / anniversaries or incorrect dates. Thank you!

Only the foolish think that suffering is evil. A sensible man knows that suffering is not evil but only the manifestation of evil and healing from evil. Only sin in a man is a real evil, and there is no evil outside sin. Everything else that men generally call evil is not, but is a bitter medicine to heal from evil. The sicker the man, the more bitter the medicine that the doctor prescribes for him. At times, even, it seems to a sick man that the medicine is worse and more bitter than the sickness itself! And so it seems at times to the sinner: the suffering is harder and more bitter than the sin committed. But this is only an illusion – a very strong self-delusion. There is no suffering in the world that could be anywhere near as hard and destructive as sin is. All the suffering borne by men and nations is none other than the abundant healing that eternal Mercy offers to men and nations to save them from eternal death. Every sin, however small, would inevitably bring death if Mercy were not to allow suffering in order to sober men up from the inebriation of sin; for the healing that comes through suffering is brought about by the grace-filled power of the Holy and Life-giving Spirit.

+ ***St. Nikolai Velimirovich, Homilies: Commentary on the Gospel Readings for Great Feasts and Sundays Throughout the Year , Volume 1, “23. The Third Sunday After Easter: The Gospel on the Miracle at Bethesda John 5:1-16”***

Celebrated / Commemorated Today - From the Orthodox Church in America (OCA) website:

Holy Monastic Martyrs Olympia and Euphrosynē Saint Olympia (Ολυμπία) was born to devout parents who were from Constantinople. Her father was a priest, and her mother was the daughter of a priest. They fled Constantinople for some unknown reason and went to the Peloponnesos. At the age of ten, Saint Olympia lost her parents, and her relatives sent her to Karyes Monastery at Therme on the island of Lesbos, where her aunt Dorothy was the Igoumeness. Originally this was a womens' monastery, but today it is Saint Raphael's Monastery.

At the age of nineteen, Saint Olympia was tonsured as a nun. When she was twenty-five, she succeeded her aunt as Igoumeness. About ten years later, on May 11, 1235, pirates arrived on Lesbos and went to the monastery where there were thirty nuns. Some of them were raped by the pirates, but others fled to the mountains.

Igoumeness Olympia and Eldress Euphrosynē (Ευφροσύνη) were subjected to frightful torments. Saint Euphrosynē was hanged from a tree and was burnt. Saint Olympia was burnt all over her body with torches, and after that they took a red-hot iron rod and passed it from one ear and out through the other. Finally, her tortured body was nailed to a board with twenty nails, and this board was buried with her. Then the pirates went away.

The account of the lives and martyrdom of these two holy women became known in 1959 when, by divine revelation, the relics of these saints were found at Therme. Twenty nails were found in Saint Olympia's tomb. Sometimes she has appeared together with Saint Raphael.

Saint Olympia and Saint Euphrosynē are commemorated on May 11 and also on Bright Tuesday with Saints Raphael, Nicholas, and Irene.

Christ is Risen!
Χριστος Βοσκρεσε!
Χριστός Ανέστη!
المسيح قا

Policies, Procedures, and Parish Life

General Parish Concerns can be brought to Fr. Stephen, Lay Vice-Chair – Barbara Gossman, as well as any other parish council member for discussion during council meetings. Council does not address issues of concern via email due to privacy issues, sensitivity of topics, and the potential for misunderstanding.

Items for the Parish Bulletin: Please submit announcements for the bulletin to Kaiti Curtin at kaitlincurtin@gmail.com (copy Fr. Stephen as well) by 6:00 PM each Wednesday. Bulletin submissions may be revised when necessity arises. In the email subject line, include: **For the bulletin on (insert date) - (Include a brief description of the announcement).**

Outreach Program: Meals are handed out from the Annex on Saturdays from 11:00 AM-12:00 PM and Sundays from 11:00-12:30 PM. A food pantry is also open whenever meals are taking place. Please contact Debbie Seeds with questions. Volunteers can sign up to serve [here](#).

Charitable Giving: Our charities fund supports needs in the parish, the community, and throughout the Church – both nationally and abroad. Please contact Barbara Gossman.

Do you know of someone who is sick, hospitalized or a shut-in? Please let Fr. Stephen know!

The Prayer Group offers prayer for those in need. Submit requests to Connie Wargo. If you would like to be part of the prayer ministry, please let Connie know as well.

St. Elizabeth Group sends cards to parishioners and others who are seriously ill, hospitalized, or unable to leave the home. Please contact Kathy Johnson for information.

Christian Youth Education: Please refer questions and interest in becoming involved in this ministry to Cylas Conway.

Jr. O Club (Youth Group): The Jr. O Club is for all parish youth ages 10 through high school. The group meets monthly, and has periodic spiritual, community service, and social events. Parishioners with questions, or with children interested in participating, should contact Joseph Mann or Father Stephen.

College Students: We encourage you to make St. Gregory's your spiritual home away from home. Please contact OSU's Orthodox Christian Fellowship (OCF) spiritual advisor, Fr. Stephen.

Orthodoxy 101 sessions are led by Fr. Stephen. Sessions are ideal for those inquiring about Orthodoxy, new to the parish, as well as anyone who enjoys learning more about their faith! The current schedule can be found [here](#).

The Parish Choir: If interested in participating, please contact Kathy Johnson.

Confessions: Fr. Stephen hears confessions after Saturday Vespers or by appointment.

Parish Library and Bookstore: The small upstairs library is open for self-service at any time the church is open. Fill out the card with your name, email, and a date a month in the future and leave the card in the small box. A librarian is usually available to help in the upper room until noon on Sundays. For access to the main library in the Education Building, or bookmobile service, please contact Caren Stayer at 614-657-6259. The online library catalog is at: <https://cloud.collectorz.com/25424/>. The bookstore has Orthodox books and religious items in the Upper Room and is open after church services. For bookstore help or orders, please contact Mary Conroy at mobile 614-441-5794.

Memorial Prayers: May be offered one Saturday a month at 5:40 PM prior to the start of Vespers (unless there is a Memorial Liturgy offered that month). If there is an annual anniversary or 40th day Memorial requested, then a Google form will be shared to allow others to request prayers for the departed as well.
