


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

(508)420-1113 ▪ www.stmichaelcapecod.org  Like us on Facebook

Sunday, May 19, 2019

Sunday of the Paralytic

Celebrant: Fr. Ben Kjendal

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN) In the gathering places bless ye 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.

RESURRECTIONAL APOLYTIKION IN TONE THREE 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.

APOLYTIKION OF ST. MICHAEL THE ARCHANGEL O ye foremost of the heavenly host, we beseech thee, though we are unworthy. Pray that we may be encompassed with the shadow of thy unearthly glory. Preserving us who kneel and cry endlessly. Deliver us from oppression since Ye are the princes of the highest power.

THE KONTAKION OF PASCHA IN 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.

TRISAGION PRAYER

<i>English</i>	Holy God, Holy Mighty, Holy Immortal, have Mercy on us
<i>Arabic</i>	Qudoos El Laah, Qudoos El Qawi, Qudoos El Lathi La Yamoot, Urhamnah
<i>Greek</i>	Agios O Theos, Agios Ischiros, Agios Athanatos, Eyleison Imas
<i>Russian</i>	Svyatij Bozhe, Svyatij Krepkij, Svatij Bessmertnij pomiluj nas

MEGALYNARION FOR PARALYTIC SUNDAY IN TONE ONE *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.* 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 was born of thee.

The Mission of St Michael the Archangel Orthodox Church is to love and worship God, to grow closer to Him, and to proclaim and to spread the Good News of the salvation of Jesus Christ to our parishioners, our neighbors and people everywhere.

We worship and pray in English. We experience the beauty and joy of living the Holy Orthodox Christian faith – sharing love and fellowship, teaching and leading by example, growing together through service, education, stewardship and forgiveness.

A NOTE REGARDING HOLY COMMUNION: *Since we understand Communion to mean we have all things in common, sharing an identical Faith, only those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and confession may participate in Holy Communion. We invite all present to partake of the blessed bread distributed at the end of the service.*

UNLESS YOU ARE INJURED OR UNABLE, PLEASE REMAIN STANDING DURING COMMUNION

Sunday, May 19 10:00 AM Divine Liturgy / 9:15 Church School
2:00 – 4:00 PM Event at Cataumet Village
Saturday, May 25 7:00 PM Vespers
Sunday, May 26 9:30 AM Divine Liturgy
WOMEN'S GROUP BAKE SALE

*****In case of emergency, there are emergency numbers posted next to the telephones in the coat room and in the kitchen*****

Albanian: Krishti Ungjall! Vertete Ungjall!
Arabic: Al Maseeh Qam! Haqqan Qam!
English: Christ is Risen! Truly He is Risen!
Greek: Christos Anesti! Alithos Anesti!

Polish: Khristus Zmartvikstau! Zaiste Zmartvikstau!
Portuguese: Christo Ressuscitou! Em Verdade Ressuscitou!
Romanian: Hristos a Inviat! Adevarat a Inviat!
Russian: Khristos Voskres! Voistinu Voskres!

PLEASE SEE ST MICHAEL HAPPENINGS FOR UPCOMING EVENTS AND CHARITABLE NEEDS OVER THE COMING WEEKS. MAY GOD CONTINUE TO BLESS YOU!

***** DON'T FORGET NON-PERISHABLE ITEMS FOR FOOD PANTRY *****

THANK YOU to Jasmine & Paul Andrews. Jourdan & Charlie Clough and to Anna Lemanis for their tireless efforts in purchasing /delivering food donations!

WELCOME TO OUR VISITORS. PLEASE JOIN US FOR COFFEE HOUR

THANK YOU TO OUR PARISHIONERS FOR MAKING COFFEE HOUR POSSIBLE

This week hosted by **Elaine & Electra Savas and Paul & Jasmine Andrews**

Next week: **WOMEN'S GROUP BAKE SALE**

Please let us know if you are interested in being included on the coffee hour rotation schedule!

Our People are our Choir! We love to hear you sing with us! WELCOME!

We are glad to have you worship with us today!

Father Ben Kjendal is available to visit with you in your home for pastoral care, counseling and inquiries regarding Orthodoxy by appointment. His cell number is (978) 397-3285.

If you need anyone remembered during services (in Memory of or for Good Health of), please let Fr. Ben know **AT LEAST ONE WEEK IN ADVANCE** so they can be included in all the prayers during Vespers, Matins and Liturgy

THE EPISTLE

Sing praises to our God, sing praises. Clap your hands, all you nations.

The Reading from the Acts of the Saintly and Pure Apostles. (9:32-42)

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas 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, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, 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.

English: **Christ is Risen from the dead, trampling down death by death.
And to those in the tombs bestowing life!**

CHRIST IS RISEN!

Arabic: **Al Masih qama min bayn 'l-amwat, wa-wati al-mawta-bi'l-mawt
Wa-wahaba 'l-hayata li-l-ladhidna fi 'l-qubur!**

المسيح قام

Greek: **Christos Anesti ek nekron, thanato thanaton pastisas,
Ke tis en tis mnimasi, zoin charisamenos!**

Χριστος Ανεστη!

Russian: **Hrestoss vosskese ex mertvih, smerteeyou smert po prav,
Ee suscheem vo grobeh zhivot darovav**

Христос Воскресе!



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ST. MICHAEL HAPPENINGS

WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE
ALL FOR THE GLORY OF GOD AND HIS CHURCH

PLEASE SUPPORT SOYO RELIGIOUS ITEMS BOUTIQUE As a steward of St Michael, SOYO is running a religious items store for all your needs. Proceeds from the store will be **DONATED BACK** to St Michael to support a **NEEDY FUND AND OUTREACH PROGRAMS** for the parish and its friends... **please stop by and help support your neighbors in need with every purchase! See our Silver cross collection from Russia! Beautiful craftsmanship!**

SHOP ON AMAZON AND SUPPORT ST. MICHAEL You start at smile.amazon.com and do your regular logon it. Designate St Michael The Archangel Antiochian Orthodox Church as your charity. That is all! As you shop, Amazon will donate 0.5% of the price of your eligible AmazonSmile purchase to St Michael. Please consider taking this one extra step to your normal shopping routine! Tell your family and friends about it! Together we can raise some funds for our many programs!

Know any shut-ins? Please give the names and addresses of any shut-ins from our parish to Kh. Alyssa. The children would like to begin making regular visits to these folks who are unable to join us on Sundays and for other church events, but we need to know who and where they are!

WOMEN'S GROUP BAKE SALE The Annual Memorial Day Bake sale will be held in lieu of the Coffee Hour on **Sunday, May 26**. This is a great time to stock up your kitchen with delicious home baked treats to share with your family and guests!

ATTENTION BAKERS: This is an opportunity to share your talents with your parish friends. Please consider sharing your baked specialties with us for this fun and delicious fundraiser! Let Jourdan Clough or Elaine Burke know if you will need any special packaging for your contributions.

Event at Cataumet Village

St. Michael will be hosting the event for the mothers and children at the Village at Cataumet

on Sunday, May 19 from 2:00 - 4:00 PM.

All parishioners are encouraged to attend!!!



Calling all
MOTHERS!



The people from
St. Michael the Archangel Orthodox Church
will be coming to
the Village at Cataumet
on
Sunday, May 19
from 2:00 - 4:00 PM

Join us for some food and relaxation for the moms and food and fun for the kids!

