


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

Sunday, March 21, 2021

First Sunday of Great Lent (Sunday of Orthodoxy)

Celebrant: Fr. Ben Kjendal

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): Come, let us worship and fall down before Christ. Save us, O Son of God, Who art risen from the dead, who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE EIGHT: From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF FIRST SUNDAY OF GREAT LENT IN TONE TWO: Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

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.

KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT: To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

TRISAGION PRAYER

English Holy God, Holy Mighty, Holy Immortal, have Mercy on us

Arabic Qudoos El Laah, Qudoos El Qawi, Qudoos El Lathi La Yamoot, Urhamnah

Greek Agios O Theos, Agios Ischiros, Agios Athanatos, Eyleison Imas

Russian Svyatij Bozhe, Svyatij Krepkij, Svatij Bessmertnij pomiluj nas

ST. BASIL LITURGY MEGALYNARION

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth 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

As we are starting our Lenten journey, please consider make donation for Pascal flowers

MARCH IS WOMEN'S MONTH

<u>Thursday, March 18</u>	6:30 PM Great Compline with the Canon of St. Andrew of Crete
<u>Friday, March 19</u>	6:30 PM Little Compline with the Akathist Hymn
<u>Saturday, March 20</u>	5:00 PM Vespers
<u>Sunday, March 21</u>	9:00 AM Orthros 10:00 AM Liturgy with procession of Icons for the Sunday of Orthodoxy
<u>Monday, March 22</u>	6:30 PM Great Compline (there is the same service at St. Mary, Pawtucket at 7:00 PM)
<u>Wednesday, March 24</u>	6:30 PM Vespers for the Annunciation
<u>Thursday, March 25</u>	6:30 PM Vespersal Divine Liturgy for the Annunciation
<u>Friday, March 26</u>	6:30 PM Little Compline with the Akathist Hymn
<u>Saturday, March 27</u>	5:00 PM Vespers
<u>Sunday, March 28</u>	9:00 AM Orthros 10:00 AM Liturgy

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

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 for their tireless efforts in purchasing /delivering food donations!

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, Orthros (Matins) and Liturgy

THE EPISTLE

*Blessed art Thou, O Lord, the God of our fathers.
For Thou art just in all that Thou hast done for us.*

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."



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ST. MICHAEL HAPPENINGS

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

IF IT'S WEDNESDAY, IT'S SOUP DAY - Support ZOE House, a Pan-Orthodox crisis pregnancy center in Parma, OH:

"Fish Feast for Life" is now "Soup for Life": Instead of our annual Fish Feast, we will be offering homemade soup for takeout every Wednesday and Sunday during Lent and Holy Week. (Fish stew will be offered on Thursday, March 25 - instead of on Wednesday 3/24 - to celebrate the Feast of the Annunciation). All proceeds from the soup sales will go to benefit ZOE House.

The recipes will be pulled from our upcoming cookbook titled:

"THE FOODS THAT UNITE US ... A Collection of Recipes from Our Kitchens, Our Heritage and Our Traditions"

- March 25 Fish Stew** by Rick Bardine – place your order by March 21
- March 31 Russian Beet Borscht by Natalie Leva – place your order by March 28
- April 7 Vegan Taco Soup by Jourdan Clough – place your order by April 4
- April 14 St Basil Soup by Rick Bardine – place your order by April 11
- April 21 Romanian Bean Borcht by Bogdan Dumitrescu – place your order by April 18
- April 28 V8 Vegetable Soup by Zondra Rapazzini – place your order by April 25

Please email Rick Bardine at rsbboston@yahoo.com with your order by the date indicated for each soup.

Indicate which soup(s) you are ordering, what size container, and how many containers.

Pricing is as follows

- \$6 per pint with 1/2 baguette
- \$10 per quart with full baguette/ \$9 for 2 or more quarts with full baguette for each quart

** Fish Stew will be \$8/pint with 1/2 baguette or \$14/quart with full baguette - \$12 for 2 or more quarts with full baguette for each quart.

Pick up options

- Date of Liturgy 5:30-6:15 PM – freshly made soup
- Sunday 11:30-12:30 – frozen soup

Please make checks payable to St. Michael Orthodox Church with memo: "Zoe For Life".

If you are not attending Liturgy, when you pick up, we will offer car service and run the order out to you when you arrive. If you will be attending Liturgy, plan to pick up and take your soup home after the service. If you need delivery, we can offer that on a very limited basis. Please let us know.

St. Michael Cookbook Order Form: The Cookbook Committee is excited to report that we are near completion in producing the St. Michael Cookbook titled "**THE FOODS THAT UNITE US ... A Collection of Recipes from Our Kitchens, Our Heritage and Our Traditions**". Thanks to the wonderful, talented and creative cooks in our parish, we have put together a dynamic collection of recipes that reflects our diverse church family, its faith, fellowship and, of course, great food. This cookbook, complete with easy to follow directions, color photos, commentary and warm memories from its contributors, make it special and unique for yourself and for those to whom you gift it.

We are hoping for a SUMMER 2021 delivery and are now taking orders. The cost is \$30 each or \$25 each when ordering 5 or more. Order forms can be found at the back of the church and on our website

<http://www.stmichaelcapecod.org/wp-content/uploads/2021/02/St-Michael-Cookbook-Order-Form.pdf>

If you have questions please contact:

Linda Davis – spiker383@gmail.com

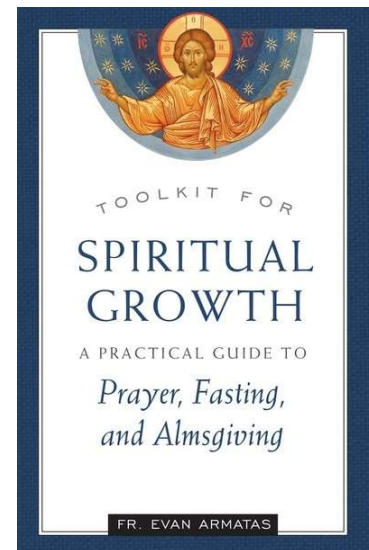
Soraya Bandeli – sbandeli@comcast.net

Elaine Burke – emacburke@gmail.com

SOYO BOOK STORE is receiving Children's books, Lenten books and prayer/psalm books. Please check out our offerings. Also, don't forget we still have Holy Week prayer books which are an essential resource for all the beautiful services during Holy Week leading up to Pascha and Christ's glorious resurrection.

If there is something specific you need, please check with Soraya Bandeli sbandeli@comcast.net. Please remember that your purchase at the bookstore supports SOYO and our Youth outreach programs. Thank you for all your support of St Michael and SOYO.

Blessed Lent!



Stewardship Pledge Form If you have not sent your Stewardship Pledge Form, please do so. You can download it on St.Michael website:

<http://www.stmichaelcapecod.org/wp-content/uploads/2021/01/2021-Stewardship-Pledge-Form.pdf>

FOOD FOR HUNGRY ANNUAL DRIVE

"...For I was hungry, and you gave me food, I was thirsty and you gave me drink..." Matthew 25:35

As we enter our Lenten season, we are asked not only to fast from certain foods, but also to increase our almsgiving and to help our brothers and sisters in need. The Food for Hungry boxes are available for all to take home and fill throughout Lent. Take the opportunity to make a game out of it with your children, place it in a prominent place in your home or business, be generous with your donations. The need is great and getting bigger. The drive will run through Palm Sunday when we ask you to return your filled boxes.

Thank you for your support!