

*St. Michael the Archangel Antiochian Orthodox Church*

62 Main Street, Cotuit, MA 02635

(508)420-1113 ▪ [www.stmichaelcapecod.org](http://www.stmichaelcapecod.org)

**Sunday, September 12, 2021**

**Sunday before the Elevation of the Holy Cross  
Leave-taking of the Feast of the Nativity of the Theotokos**

**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 become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR: Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

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 OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR: By thy holy nativity, O pure one, Joachim and Anna were delivered from the reproach of barrenness; and Adam and Eve were delivered from the corruption of death; thy people do celebrate it, having been saved from the stain of iniquity, crying unto thee: The barren doth give birth to the Theotokos, who nourisheth our life.

**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 OF THE FEAST IN TONE EIGHT

Virginity is alien to mothers, and childbirth is foreign to virgins; in thee, O Theotokos, both were granted. Wherefore, all we the tribes of the earth bless thee unceasingly.

KOINONIKON (COMMUNION HYMN) OF THE FEAST IN TONE EIGHT

I will take the cup of salvation, and I will call upon the Name of the Lord. Alleluia.

**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**

**Saturday, September 11** 5:00 PM Vespers  
**Sunday, September 12** 9:00 AM Orthros / Church School  
10:00 AM Divine Liturgy  
Blessing of teachers and students  
**Saturday, September 18** 5:00 PM Vespers  
**Sunday, September 19** 9:00 AM Orthros / Church School  
10:00 AM Divine Liturgy

**CHURCH SCHOOL BEGINS THIS SUNDAY!** All children are welcome to attend church school at 9:00 this Sunday morning! We will be having a class for all ages this week, although attending Orthros instead of Church School is recommended and encouraged every Sunday for children who serve on the altar and for anyone 9 and older.

**WE ARE IN NEED OF ANOTHER TEACHER** in order to appropriately divide children into separate classes. Please speak to Kh. Alyssa if you have interest and ability to teach church school. (Curriculum will be provided.) Please pray for our children and our teachers as we begin our year of Christian Education together!

**\*\*\*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 \*\*\***

**PLEASE JOIN US FOR COFFEE HOUR**

***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

(For the Sunday before the Elevation of the Holy Cross)

*O Lord, save Thy people and bless Thine inheritance.*

*Unto Thee, O Lord, will I cry, O my God.*

#### **The Reading from the Epistle of St. Paul to the Galatians. (6:11-18)**

Brethren, see how large a letter I have written to you with my own hand. As many as desire to make a fair show in the flesh, they compel you to be circumcised, only that they may not be persecuted for the Cross of Christ. For not even those who are circumcised do themselves keep the Law; but they desire to have you circumcised, that they may boast in your flesh. But God forbid that I should boast, except in the Cross of our Lord Jesus Christ, through Whom the world is crucified to me, and I to the world. For in Christ Jesus, neither circumcision counts for anything, nor uncircumcision, but a new creation. And as many as walk according to this rule, peace be upon them, and mercy, and upon the Israel of God. Henceforth, let no one trouble me; for I bear in my body the brand-marks of the Lord Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

### THE GOSPEL

(For the Sunday before the Elevation of the Holy Cross)

#### **The Reading from the Holy Gospel according to St. John. (3:13-17)**

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."



## ST. MICHAEL THE ARCHANGEL ANTIOCHIAN ORTHODOX CHURCH

62 Main Street, Cotuit, MA 02635 T: 508-420-1113

[www.stmichaelcapecod.org](http://www.stmichaelcapecod.org)  Like us on Facebook

### ST. MICHAEL HAPPENINGS

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

#### **International Food Festival Oct 9 - Volunteers needed for cooking prep**

Thank you to Natalie Leva, Elaine Burke, Annie Boruch, Subdn. Joe, Alex Davis!

They worked Sunday and Monday to make almost 100 rolled cabbage for sale - look at the great picture!

Now we need volunteers for the rest of the items we plan to offer. We can only proceed with an item if we get enough volunteers to help with the preparation.

This is to clarify that all cooking must be done at church. Thanks to those who offered to cook at home, but we have to follow strict guidelines with COVID and Elaine Burke is SafeServe certified.

If you are interested in being part of the cooking group below, please reach out to the person named as the lead with your availability by Sunday Sep 12. Once the cooking date is scheduled based on availability of those who are interested, you will be contacted to join the group at church.

Pauline Rassias - [psails@comcast.net](mailto:psails@comcast.net) - will lead the following:

- **Spanakopita**
- **Stuffed Grape leaves**
- **Koulourakia**
- **Rice Pudding**

Mary Rahal - [mgrahal8@gmail.com](mailto:mgrahal8@gmail.com) - will lead the following:

- **Kebbe (Gluten Free)**
- **Pizzelle**

Elaine Burke - [emacburke@gmail.com](mailto:emacburke@gmail.com) - will lead the following:

- **Biscotti (with Electra Savas)**
- **Baclava (with Marilyn George)**
- **Ghryaybeh**

Yuri Klokov - [yurbor@gmail.com](mailto:yurbor@gmail.com) - will lead the following:

- **Borscht**



**THANK YOU Parish Council!** Big thanks to everyone on the Parish Council for helping make cookout a success. A terrific team effort appreciated by all who attended.



**Ride to church from Falmouth** We had a call from an older woman who lives in Falmouth (Maravista Av.) and would like to attend church but does not drive. She is asking if anyone is able to bring her when they come. Please let Soraya know at [sbandeli@comcast.net](mailto:sbandeli@comcast.net) if you can help with rides to or from church. Thanks as always for your generosity of time and spirit.