

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

(508) 420-1113, www.stmichaelcapecod.org

Sunday, September 19, 2021

Sunday after the Elevation of the Holy Cross

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 FOUR: Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF THE ELEVATION OF THE HOLY CROSS IN TONE ONE: O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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 ELEVATION OF THE HOLY CROSS IN TONE FOUR: Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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

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

SCHEDULE

Saturday, September 18 5:00 PM Vespers
Sunday, September 19 9:00 AM Orthros / Church School
10:00 AM Divine Liturgy
Women's Group Meeting
Saturday, September 25 5:00 PM Vespers
Sunday, September 26 9:00 AM Orthros / Church School
10:00 AM Divine Liturgy

Based on recent reports from various medical experts, the new COVID variants are highly transmissible. In light of this, St. Michael's goal is to be cautious, not only to protect all parishioners but to make all who attend church feel at ease. As a community, it is our obligation to work together to safeguard all.

Consistent with CDC and Massachusetts guidelines that advise people to wear a mask or face covering when indoors, we invite / encourage all parishioners and guests to wear a mask or face covering during services. At same time, we respect those who either choose not to, or for medical reasons are unable to, wear a mask.

We are blessed that our attendance is growing so we will do everything possible, within our very limited space, to accommodate social distancing, including the opening of windows and doors of the church except for extenuating circumstances.

We appreciate your cooperation and understanding.

*****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 Sunday after the Elevation of the Holy Cross)

How magnified are Thy works, O Lord. In wisdom hast Thou made them all.

Bless the Lord, O my soul.

The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)

Brethren, knowing that a person is not justified by the works of the Law, but through faith in Jesus Christ, even we have believed in Jesus Christ, that we might be justified by faith in Christ, and not by the works of the Law; for by the works of the Law shall no flesh be justified. But if, while we sought to be justified in Christ, we ourselves also were found sinners, is Christ then a minister of sin? God forbid! For if I build up again those things which I destroyed, I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ, nevertheless I live, yet not I, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself up for me.

THE GOSPEL

(For Sunday after the Elevation of the Holy Cross)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."



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ST. MICHAEL HAPPENINGS

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

International Food Festival – Cooking/Preparation Schedule – MANY VOLUNTEERS NEEDED

The following is the cooking and preparation plan for our upcoming International Food Festival. It is important to note that all cooking will be done at the church and we can only proceed with an item if we get enough volunteers. Please let Soraya know when you can help: sbandeli@comcast.net

- Friday, September 17 @ 9:30 am – NO MORE VOLUNTEERS NEEDED, THANK YOU TO THOSE WHO ARE COMING!
- Tuesday, September 21 @ 10:00 am
 - Kibbe assembly / freeze
- Saturday, September 25 @ 10:00 am
 - Graybeh shortbread cookies preparation, baking, packaging
- Sunday, September 26 after Liturgy
 - Dolmathes preparation, cooking, packaging, freezing
- Thursday, September 30 @ 10:00 am
 - Pizzelle preparation / packaging
- Saturday, October 2 @ 9:00 am
 - Koulourakia preparation, packaging
- Sunday, October 3 after Liturgy
 - Baklava preparation, baking, packaging
- Monday, October 4 @ 9:30 am
 - Biscotti preparation, baking, packaging
- Thursday, October 7
 - @ 9:30 am - Spanakopita baking, packaging
 - @ 11:00 am - Rice Pudding preparation and packaging
- Friday, October 8
 - @ 10:00 am – Kibbe baking, packaging
 - @ 5:30 pm - Russian Borcht preparation and packaging
- **Saturday, October 9 – Food Festival** – many people needed for distribution of take-out food, receiving payment, running food from kitchen to the tables set up with food for sale – starting at 8:00 am until we run out of food (festival hours are 10 am - 2 pm)

We will also be taking pre-orders so stay tuned for order forms.
Thank you as always for your support of St. Michael.

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 if you can help with rides to or from church. Thanks as always for your generosity of time and spirit.