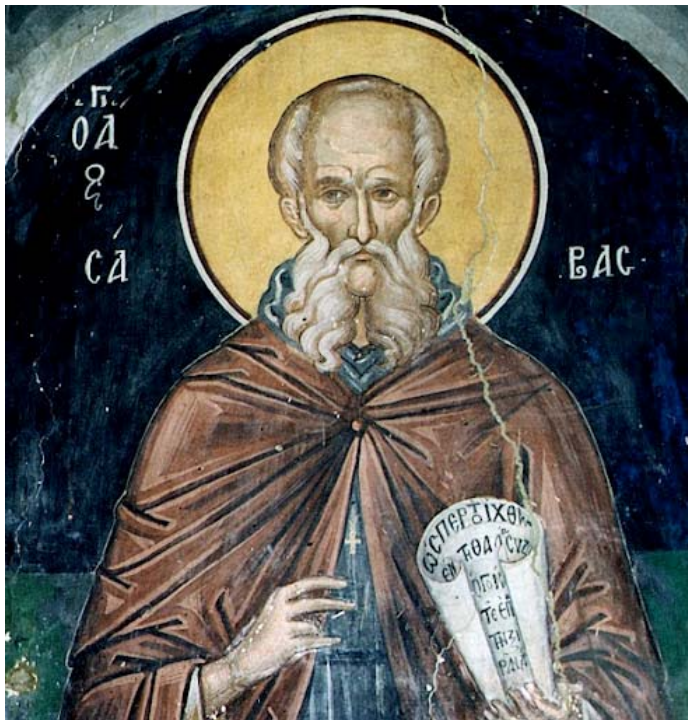


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, December 5, 2021

**God-bearing Father Sabbas the Sanctified
Martyr Diogenes; Venerable Nektarios of Yagaris Kelli and
Philotheos of Karyes on Athos; Gurios, missionary bishop of
Kazan; Venerable Nektarios of Bitol in Bulgaria**

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 SEVEN: Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

APOLYTIKION OF ST. SABBAS THE SANCTIFIED IN TONE EIGHT: The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundred-fold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father Sabbas, intercede with Christ God to save our souls.

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 PREPARATION OF CHRIST'S NATIVITY IN TONE THREE: On this day the Virgin cometh to the cave to give birth to God the Word ineffably, Who was before all the ages. Dance for joy, O earth, on hearing the gladsome tidings; with the Angels and the shepherds now glorify Him Who is willing to be gazed on as a young Child Who before the ages is God.

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 Ischirois, Agios Athanatos, Eyleison Imas

Russian 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:

<u>Saturday, December 4</u>	5:00 PM Vespers
<u>Sunday, December 5</u>	9:00 AM Orthros / Church School 10:00 AM Divine Liturgy
<u>Saturday, December 11</u>	5:00 PM Vespers
<u>Sunday, December 12</u>	9:00 AM Orthros / Church School 10:00 AM Divine Liturgy 11:45 AM Annual Parish Meeting

Winter Weather announcement for St Michael Parish In case of inclement weather this winter on Sundays, Fr. Ben will make the decision as to whether Liturgy will take place. Communication to the parish announcing either a delay or a cancellation will be made via: the parish email; announcements on Cape radio stations - WQRC - [99.9 The Q](#), WKPE - [Cape Country 104](#), WFCC - [Classical 107.5](#), WOCN – [Ocean 104.7](#), [CapeCod.com](#); and all Boston TV station.

Be safe during storms.

*****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 & 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 St. Sabbas the Sanctified)

The saints shall boast in glory. Sing unto the Lord a new song.

The Reading from the Epistle of St. Paul to the Galatians. (5:22-6:2)

Brethren, the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faith, meekness, self-control: against such there is no law. And those who belong to Christ have crucified the flesh with the passions and the lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not become vainglorious, provoking one another, envying one another. Brethren, if a person is overtaken in any trespass, you who are spiritual should restore such a one in a spirit of meekness; looking to yourself, lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.

THE GOSPEL

(For the Tenth Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (13:10-17)

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.



ST. MICHAEL HAPPENINGS

WEEKLY BULLETIN CAN BE VIEWED ON OUR
WEBSITE

ALL FOR THE GLORY OF GOD AND HIS CHURCH

SHOP ON AMAZON AND SUPPORT ST. MICHAEL

As the **Black Friday, Cyber Monday** and **Christmas shopping** is approaching, please consider taking this one extra step to your normal shopping routine on Amazon! 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

it! As you shop, Amazon will donate 0.5% of the price of your eligible AmazonSmile purchase to St Michael, it's **no additional cost for you**. If you need help, ask David Easa. Please tell your family and friends about it! Together we can raise some funds for our many programs!

Coffee Hour During the Nativity Fast While we are each on our own journey this Nativity Fast, we do share in parts of this journey together. Regardless of our individual fasting practices, as a parish, it is important to uphold the teachings of the church and be a support (not a detriment) to the struggles of our church family. During this period of fasting, PLEASE make an effort to bring only fast-friendly foods for coffee hour!

2021 Annual Parish Meeting Your attendance is requested at the 2021 Annual Parish Meeting on Sunday December 12, 2021 immediately following the Divine Liturgy at 11:45. Your participation at the meeting is very important.

CHRISTMAS COOKIES! We will be delivering 50 Christmas meals to Faith Family Kitchen on Monday 12/20, and each meal will include a tin of (mostly) homemade cookies...which adds up to 200 dozen cookies! Please consider baking a few dozen (or more) cookies! All cookies need to be at the church by Sunday 12/19 so we can package them and have them ready for delivery the next day. Please speak to Kh. Alyssa if you plan to bake. Thank you!!!



ADOPT A FAMILY Once again this year, SOYO will "adopt a family" to help a struggling family in our community buy Christmas gifts for themselves and their children. We do this through CCB Media's "Christmas wishes" program. How this works is that SOYO will select a family or two from the list of families CCB Media makes available, and SOYO will shop for the Christmas presents they are asking for. But we need your support in funding this endeavor! Please offer your donations to cover the cost of these gifts and make one family's Christmas a little brighter. More information on the family chosen will come out shortly.

Supply Chain Blues? Shop SOYO bookstore We have your Nativity or any occasion needs covered. Books. Icons. Incense. Crosses. Prayer ropes. So much variety for you. Our bookstore is fully stocked and ready. If you need something specific please speak with one of our teens. All proceed support projects in our local community. Thank you as always for your continued support of St. Michael.

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.

THE SYNAXARION

On December 5 in the Holy Orthodox Church, we commemorate our righteous Father Sabbas the Sanctified.

Verses

*Since he clave after God in soul all his lifetime,
Sabbas in His presence now standeth before Him.
On the fifth, Sabbas was led up within the divine vault.*

Sabbas was born in 439 in Moutalaska, a small village of Cappadocia. He entered the arena of the monastic life at age the age of eight and was under that master trainer of monastics and teacher of the desert, Euthymius the Great. Sabbas became the spiritual father of many monks and an instructor for the monasteries in Palestine, and was appointed archimandrite of the desert-dwellers there by the Patriarch of Jerusalem. In his old age, he went to Constantinople, to the Emperors Anastasius and Saint Justinian the Great, in behalf of the Orthodox Faith and the dogmas of the Council of Chalcedon. Sabbas reposed in 533 at age 94. Among all his good works, his greatest was the first Order of Services for use in monasteries, now known as the Jerusalem Typikon.

On this day, we also commemorate the Martyr Diogenes; Venerable Nektarios of Yagaris Kelli and Philotheos of Karyes on Athos; Gurios, missionary bishop of Kazan; and Venerable Nektarios of Bitol in Bulgaria. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.