

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, December 12, 2021

**Sunday of the Forefathers (Ancestors) of Christ &
Spyridon, bishop of Trimythous, the Wonderworker
John, metropolitan of Zichnon; Hieromartyr Alexander,
archbishop of Jerusalem**

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 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 THE FOREFATHERS IN TONE TWO: Thou hast justified by faith the ancient Forefathers, and through them Thou hast gone before and betrothed unto Thyself the Church of the Gentiles. Let the saints, therefore, take pride in glory; for from their seed sprouted forth a noble fruit, and it was she who gave birth to Thee without seed. Wherefore, by their pleadings, O Christ God, save our souls.

APOLYTIKION OF ST. SPYRIDON IN TONE ONE: Thou wast shown forth as a champion of the First Council and a wonderworker, O Spyridon, our God-bearing Father. Wherefore, thou didst speak unto one dead in the grave, and didst change a serpent to gold. And while chanting thy holy prayers, thou hadst Angels serving with thee, O most sacred one. Glory to Him that hath glorified thee. Glory to Him that hath crowned thee. Glory to Him that worketh healings for all through thee.

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.

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, December 11 5:00 PM Vespers
Sunday, December 12 9:00 AM Orthros / Church School
10:00 AM Divine Liturgy
11:45 AM **Annual Parish Meeting**
Saturday, December 18 5:00 PM Vespers
Sunday, December 19 9:00 AM Orthros / Church School
10:00 AM Divine Liturgy

USHERS: Several of our ushers will be heading south for the winter. As such we are in need of a few volunteers to serve as ushers. The goal is to have volunteers serve no more than one Sunday per month. Please contact John Abodeely at jabodeely@hotmail.com or call 508 280 3333.

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. Spyridon)

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

The Reading from the Epistle of St. Paul to the Ephesians. (5:8-19)

Brethren, walk as children of light—for the fruit of the Spirit is in all goodness and righteousness and truth—proving what is acceptable to the Lord; and have no communion with the unfruitful works of darkness, but instead expose them; for it is a shame even to speak of the things which they do in secret. But all things when they are exposed are made manifest by the light, for everything that is made manifest is light. Therefore, he says: “Awake, O sleeper, and arise from the dead, and Christ will shine upon thee.” See then that you walk circumspectly, not as unwise, but as wise, redeeming the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery, but be filled with the Spirit; speaking to one another in psalms and hymns and spiritual songs, singing and chanting in your heart to the Lord.

THE GOSPEL

(For the Holy Forefathers)

The Reading from the Holy Gospel according to St. Luke. (14:16-24)

The Lord spoke this parable: "A man once gave a great banquet, and invited many; and at the time for the banquet he sent his servant to say to those who had been invited, 'Come; for all is now ready.' But, one by one, they all began to make excuses. The first said to him, 'I have bought a field, and I must go out and see it; I pray you, have me excused.' And another said, 'I have bought five yoke of oxen, and I go to examine them; I pray you, have me excused.' And another said, 'I have married a wife, and therefore I cannot come.' So the servant came and reported this to his master. Then the householder in anger said to his servant, 'Go out quickly to the streets and lanes of the city, and bring in the poor and maimed and blind and lame.' And the servant said, 'Sir, what you commanded has been done, and still there is room.' And the master said to the servant, 'Go out to the highways and hedges, and compel people to come in, that my house may be filled. For I tell you, none of those men who were invited shall taste my banquet.' For many are called, but few are chosen."

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.



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

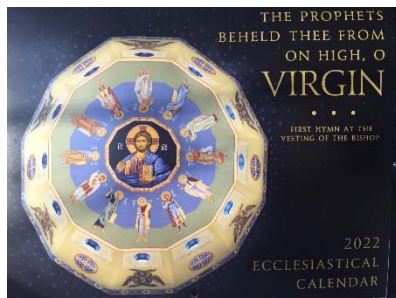
Please consider taking this one extra step to your normal shopping routine on Amazon! You start at smile.amazon.com and do your regular logon it. Designate St Michael The Archangel Antiochian Orthodox Church as your charity. That is it! As you shop, Amazon will donate 0.5% of the price of your eligible 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!

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!!!

CHRISTMAS MEAL DONATIONS: In addition to homemade cookies, we are in need of monetary donations to cover the cost of the grocery store gift cards and the hams that are being given to each family as part of our Christmas meal donation. We are providing 50 families with meals, and your generosity is greatly appreciated! Please give your checks (made out to St. Michael with "Christmas Meals" in the memo) to Kh. Alyssa. Thank you for sharing the light of Christ this Nativity season!

CALENDARS: There is a new ecclesiastical calendar for 2022 at the back of the church. The suggested donation is \$5 for each calendar.



Nativity Gift Basket Raffle

Thanks to the generosity of Candace Rassias, the Women's group is raffling this beautiful gift basket valued at \$130. An amazing Nativity Gift - or one to share with your guests during your Celebrations.

The basket contains:

- Imported Pinot Grigio
- Imported pasta
- Imported pesto
- Swiss chocolate

Candace is owner of Rue de Saveur, 305 Harvard St., Brookline, MA phone 617-505-5012. She is also the daughter of our own Pauline and Chris! She donated this basket with samples from her gourmet shop. Stop by and thank her in person. Visit her website and like her on Facebook

<https://www.google.com/search?q=vomfass-brookline&ludocid=8951809557310115696&ibp=gwp;0,7&source=g.page.share>

Blessed Nativity to you all. Thanks as always for your support. Good luck!!!

ADOPT A FAMILY Thank you all for your generous donations towards the Christmas gifts for the needy families! With that, we were able to buy the clothing and toys for the children. Now we are looking for gift card donations. The families asked for a stop and shop gift card, a home depot gift card, an amazon gift card, and a target gift card. If you are interested in purchasing a gift card, please speak to Erika. This year, we sponsored two families. One family recently lost their father, so a single mom is struggling to support her two children, a boy aged 16 and a girl aged 13. The other family, the two parents got divorced but are still living together for the sake of their nine year old son. Thank you for all your support as we help these families provide for Christmas!

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.



THE SYNAXARION

On December 12 in the Holy Orthodox Church, we commemorate John, metropolitan of Zichnon; and Hieromartyr Alexander, archbishop of Jerusalem. On this day, we commemorate our righteous Father Spyridon the Wonderworker, Bishop of Trimythous in Cyprus.

Verses

*Though Spyridon hath died, that worker of wonders,
Ye he hath not ceased from working still more wonders.*

On the twelfth, Spyridon departed this life.

Spyridon was of simple farming stock, and remained simple and humble to the end of his days. He married young and had children, but, when his wife died, he devoted himself entirely to the service of God. When he became Bishop of Trimythous, Spyridon did not change his simple style of life, taking charge of his cattle himself and tilling his own land. He consumed very little of his own produce, giving the greater part to the poor. Spyridon performed great wonders by God's power, making rain fall in a drought, stopping the course of a river, raising several of the dead, healing the Emperor Constans of a grave sickness, seeing and hearing angels, foreseeing future events and penetrating the secrets of the human heart. Spyridon was present at the first Ecumenical Council in Nicaea in 325, and, by his simple and clear expositions of the Faith, as well as by convincing miracles, brought back many heretics to Orthodoxy. He entered into rest in the Lord in 348, and his wonderworking relics now lie on the island of Corfu.

On this day we celebrate the Sunday of the Holy Forefathers (Ancestors) of our Lord Jesus.

Verses

*Receive joy, O Forefathers which lived aforetime,
As now ye behold at hand Christ the Messiah.*

Be glad, O Abraham, for thou art shown to be the forefather of Christ.

We remember all the holy Patriarchs of the Old Testament who prefigured or foretold Christ: Adam the first Father, Enoch, Melchizedek, Abraham, the friend of God, Isaac, the fruit of the Promise, Jacob and the twelve patriarchs. We then commemorate those who lived under the Law: Moses, Aaron, Joshua, Samuel, David, and the Prophets: Isaiah, Jeremiah, and Ezekiel; the twelve minor prophets; Elijah, Elisha, Zachariah, and John the Baptist; and finally the Virgin Mary, the intermediary between mankind and her divine Son. Indeed, the Lord Jesus did not come to abolish the Law and the Prophets, but to redeem humanity which bemoaned the weight of evil since Adam; to realize the promise made to Abraham; to change the Law of Fear into the Law of Love; and to give Resurrection and Life to mankind. This feast prepares us for the Nativity of Jesus Christ, placing before us the anticipation and hope for His coming among us. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.