

# *St. Michael the Archangel Antiochian Orthodox Church*

62 Main Street, Cotuit, MA 02635

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



**Sunday, March 06, 2022**

**Sunday of Forgiveness (Cheese Fare)**

**The 42 martyrs of Amorica in Phrygia;  
discovery of the precious cross and nails by St. Helena;  
Venerable Fridolin, enlightener of the Upper Rhine**

**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 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 FORGIVENESS SUNDAY IN TONE SIX: O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

## TRISAGION PRAYER

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

*Arabic* Qudoos El Laah, Quodoos 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

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:**

**\*\*\* MARCH IS WOMEN MONTH \*\*\***

**Saturday, March 5**

9:00 AM Orthros & Divine Liturgy with Ordination

5:00 PM Vespers

**Sunday, March 6**

9:00 AM Orthros / Church School

10:00 AM Divine Liturgy

Vespers with Ceremony of Mutual Forgiveness

**\*\*\* GREAT LENT BEGINS \*\*\***

**Monday, March 7**

6:30 PM Great Compline with the Canon of St.

Andrew of Crete

**Tuesday, March 8**

6:30 PM Great Compline with the Canon of St.

Andrew of Crete

**Wednesday, March 9**

4:00 PM Presanctified Divine Liturgy

6:30 PM Great Compline with the Canon of St.

Andrew of Crete

**Thursday, March 10**

6:30 PM Great Compline with the Canon of St.

Andrew of Crete

**Friday, March 11**

6:30 PM Little Compline with the Akathist Hymn

**Saturday, March 12**

9:00 Divine Liturgy (registration required, please

RSVP at [stmichael@stmichaelcapecod.org](mailto:stmichael@stmichaelcapecod.org) )

6:00 PM Vespers at **St. George Greek Orthodox**

**Church, Centerville**

**Sunday, March 13**

9:00 AM Orthros / Church School

10:00 AM Liturgy with procession of Icons for the

Sunday of Orthodoxy

**\*\*\*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.

---

---

## THE EPISTLE

(For Sunday of Forgiveness)

*O chant unto our God, chant ye. Clap your hands, all ye nations!*

**The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)**

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

---

## THE GOSPEL

(For Sunday of Forgiveness)

**The Reading from the Holy Gospel according to St. Matthew. (6:14-21)**

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

---



## ST. MICHAEL HAPPENINGS

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

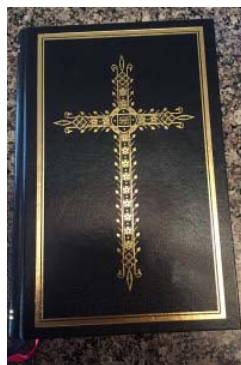
**ONLY 50 BOOKS LEFT!** As we prepare for our upcoming Lenten season, our St Michael cookbook has a large selection of recipes to help with your family's meal plans. See our SOYO bookstore to purchase your copy of "The Foods that Unite Us". This collection of our family recipes, stories and traditions is a great resource for your year-round and special-event meals.

Thank you for supporting St Michael Women's Group, who collected and published this book from our parish family.

**2022 STEWARDSHIP** This is just a reminder to everyone who has not submitted their 2022 stewardship form to please complete the stewardship form and return it to Michelle Mullaney, Treasurer as soon as possible. If you have any concerns or need to discuss stewardship, please reach out to Fr. Ben. We greatly appreciate everybody's stewardship commitment to our parish. Thank you.

### **LENT AND PASCHA BOOKS AND SUPPLIES - Shop SOYO bookstore**

The bookstore has a large selection of resources for Lent and Pascha, not the least of which is the HOLY WEEK PRAYER SERVICE BOOKS. More items are coming in over the next few weeks, so keep checking back. We have your 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 or email us at [bookstore@stmichaelcapecod.org](mailto:bookstore@stmichaelcapecod.org).



All proceed support projects in our local community. Thank you as always for your continued support of St. Michael.

**ANTIOCHIAN WOMEN MONTH MARCH** In the tradition of the Myrrh bearing women who were the first to see the empty tomb and to proclaim the news of the Resurrection, the Women's Group is recognized as the cornerstone of every parish. This is why our Archdiocese shines a spotlight on Antiochian Women Groups and all their efforts during March every year! Just as we commemorate the Theotokos during the Feast of

---

the Annunciation on March 25 who proclaimed “Behold the maidservant of the Lord! Let it be according to your word” (Luke 1:38), so must all of us be prepared to answer His call.

Antiochian Women chapters in our parishes are vital to their churches and to the Archdiocese. Every Woman of the parish is a member of Antiochian Women. Since 1975, the Women’s groups have raised over \$4 million in support of charitable projects supporting the Archdiocese, not to mention the tireless efforts they put in to raise funds and to nurture their own parishes and communities.

This year’s national project is to support the Cathedral, the Monastery & Cemetery, the Episcopal Retirement Residence and an Independent/Assisted Living Facility for retired hierarchs – all at the Antiochian Village in Bolivar PA. To that end, the Women’s group of St Michael has pledged part of the proceeds from the annual Pascha card to this effort. You will soon be receiving your sign up form. Please complete it and return to Women’s Group by April 10 so your name can be included in the Pascha card. If you prefer, a link to the form is on our website.

As always, we thank you for your generosity and your unwavering commitment to St Michael. May God keep you strong during the upcoming Lenten season.

**Annual Lenten Retreat - March 26 at 1:00 pm**

All are invited to attend the annual Diocese Lenten Retreat sponsored by the Diocese of Worcester & New England Antiochian Women hosted by St. George Church in West Roxbury. We are very excited to welcome Demetrios Katos as the Keynote Speaker for 2022! Dr. Katos is the Director of Giving and College Initiatives at Northeastern University, and received his Ph.D. in religion from the Catholic University of America. Prior to coming to Northeastern, he was the Dean of Hellenic College in Brookline, MA.

Registration online here - <https://2022-diocese-retreat.eventbrite.com>

Promotional flyer will be distributed soon. If you have any questions, please contact Erin Kimmitt at [ErinMaryK@aol.com](mailto:ErinMaryK@aol.com) or 781-775-0789.

---

---

## THE SYNAXARION

On March 6 in the Holy Orthodox Church, we commemorate the 42 martyrs of Amoria in Phrygia; the discovery of the precious cross and nails by St. Helena; and Venerable Fridolin, enlightener of the Upper Rhine. On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

### **Verses**

*Let the world mourn bitterly along with ages past;*

*As, by sweet eating, it hath fallen along with those who had fallen.*

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

---