

# *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 13, 2022 First Sunday of Great Lent (Sunday of Orthodoxy)**

**Translation of the relics of Nikephoros,  
patriarch of Constantinople;  
Bishops Poplias and Marios**

**Celebrant: Fr. Ben Kjendal**

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## 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 FIVE: Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF FIRST SUNDAY OF GREAT LENT IN TONE TWO: Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

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 SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY)

IN TONE EIGHT: To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

## 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 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.**

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**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 \*\*\***

**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

**Monday, March 14**     6:30 PM Great Compline

**Wednesday, March 16** 6:00 PM Presanctified Divine Liturgy

**Friday, March 18**     6:30 PM Little Compline with the Akathist Hymn

**As we started our Lenten journey, please consider making a donation for Pascha flowers.**

**\*\*\*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.

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## THE EPISTLE

*Blessed art Thou, O Lord, the God of our fathers.*

*For Thou art just in all that Thou hast done for us.*

**The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)**

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

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## THE GOSPEL

### **The Reading from the Holy Gospel according to St. John. (1:43-51)**

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

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## ST. MICHAEL HAPPENINGS

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

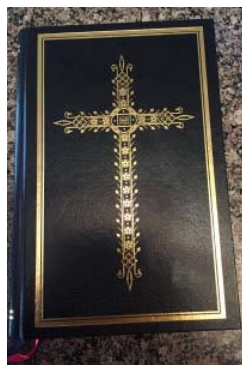
**ONLY 50 BOOKS LEFT!** As we prepare for our upcoming Lenten season, our St Michael cookbook has a large selection of recipes to help with your family's meal plans. See our SOYO bookstore to purchase your copy of "The Foods that Unite Us". This collection of our family recipes, stories and traditions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

**ST MICHAEL ANNUAL PASCHA CARD** This year's Metropolitan Project is to raise funds to support the building of a Cathedral, Monastery & Cemetery, 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 should have

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received your sign-up form in the mail by now. Please complete it and return to the 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.

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## THE SYNAXARION

On March 13 in the Holy Orthodox Church, we commemorate our fathers among the saints Nikephoros, patriarch of Constantinople; and bishops Poplias and Marios.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

### **Verses**

*I rejoice, as I see them fittingly reverence*

*The icons formerly unfittingly banished.*

This restoration was accomplished in the year 842. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on us. Amen.

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