

*St. Michael the Archangel Antiochian Orthodox
Church*

62 Main Street, Cotuit, MA 02635
(508) 420-1113, www.stmichaelcapecod.org



Sunday, March 20, 2022
Second Sunday of Great Lent
Commemoration of Gregory Palamas,
archbishop of Thessalonica
The holy fathers slain at the monastery of Mar Sabbas;
New-martyr Myron of Crete

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 SIX: When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT: O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of 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 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, 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.

ST. BASIL LITURGY MEGALYNARION: All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

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 *****

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

Saturday, March 19 5:00 PM Vespers

Sunday, March 20 9:00 AM Orthros / Church School

10:00 AM Divine Liturgy

Women's Group meeting

Wednesday, March 23 6:00 PM Presanctified Divine Liturgy

Friday, March 25 5:00 PM Orthros

6:00 PM Divine Liturgy for the Annunciation

Fish Feast

Sunday, March 27 9:00 AM Orthros / Church School

10:00 AM Divine Liturgy

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.

THE EPISTLE

Thou, O Lord, shalt keep us and shalt preserve us.

Save me, O Lord, for the godly man is no more!

The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"



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.

FISH FEAST

Friday, March 25, 2022

Irregularly following 6:00 PM Divine Liturgy

St. Michael the Archangel Orthodox Church
62 Main Street, Cotuit

\$25 adults 13+
\$10 children 6-12
children 5 and under free

Gift Basket
Drawing!



All proceeds will help
ZOE House continue
their life-saving work.



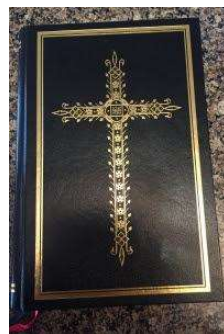
ZOE House, located in Haverhill, MA, is a member of ZOE the ZOC - zoeorthodox.org and the Pregnancy Support Center - pregnancysupportcenter.org

For more information, please contact Kh. Alyssa at alysa@stmichaelcapecod.org or 508-552-9159.
*Seating is available on a first-come, first-served basis. All requests are subject to space availability.
St. Michael the Archangel Orthodox Church, 62 Main Street, Cotuit, MA 02541
*Seating is available on a first-come, first-served basis.
**TAKEN OUT IS AVAILABLE!

FISH FEAST We will be having Liturgy for the Feast of the Annunciation on Friday 3/25 at 6:00 PM (Orthros at 5:00). Following Liturgy we will be having our annual Fish Feast to benefit ZOE House, a pan-Orthodox crisis pregnancy support center in Ohio. Please let Kh. Alyssa know you will be coming to the dinner.

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.



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

Cancer Care Bags On Sunday, April 3, we will be assembling care bags to be given to patients undergoing chemotherapy at the Cancer Center at Cape Cod Hospital. Please see the email from SignUpGenius to sign up to bring items for the bags and/or volunteer your time to help put the bags together. Thank you for your joyful willingness to help those who are sick this Lenten season! If you have any questions or would like to make a monetary donation to this project, please see Kh. Alyssa.

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 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 Kimmett at ErinMaryK@aol.com or 781-775-0789.

THE SYNAXARION

On March 20 in the Holy Orthodox Church, we commemorate the holy fathers slain at the monastery of Mar Sabbas; and New-martyr Myron of Crete.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

Verses

The Spring of Light now leadeth to light unwaning

The Light's own truly great and resplendent herald.

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen