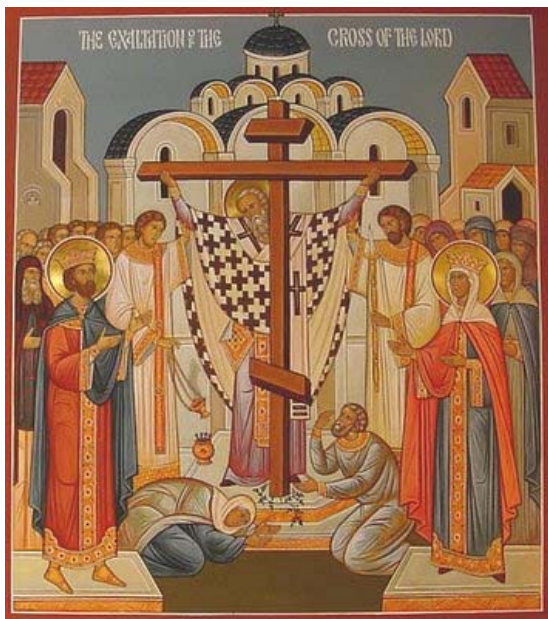


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, March 27, 2022

Third Sunday of Great Lent

Veneration of the Precious and Life-Giving Cross

**Martyr Matrona of Thessalonica; Martyrs Philetos the senator,
his wife Lydia of Rome and those with them;**

Paul, bishop of Corinth

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 FOR THE HOLY CROSS IN TONE ONE: O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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.

THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify. (THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

And we glorify Thy Holy Resurrection.

Dynamis!

Before Thy Cross we bow down in worship, Master, and we glorify Thy Holy Resurrection.

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.

KOINONIKON (COMMUNION HYMN) FOR THIRD SUNDAY OF GREAT LENT

The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

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>Friday, March 25</u>	6:00 PM Vespers Divine Liturgy for the Annunciation Fish Feast
<u>Sunday, March 27</u>	9:00 AM Orthros / Church School 10:00 AM Divine Liturgy
<u>Monday, March 28</u>	6:30 PM Great Compline
<u>Wednesday, March 30</u>	6:00 PM Presanctified Divine Liturgy
<u>Friday, April 1</u>	6:30 PM Little Compline with the Akathist Hymn
<u>Sunday, April 3</u>	9:00 AM Orthros / Church School 10:00 AM Divine Liturgy

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

(For the Third Sunday of Great Lent)

O Lord, save Thy people and bless Thine inheritance.

Unto Thee, O Lord, will I cry, O my God!

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

THE GOSPEL

(For the Third Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."



ST. MICHAEL HAPPENINGS

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

ONLY 45 BOOKS LEFT! The Women's Group still has Cookbooks to sell, please let us know if you have ideas or an opportunity to take books with you to a public event where they could be sold. Please speak with Michelle Mullaney if you are interested in helping.

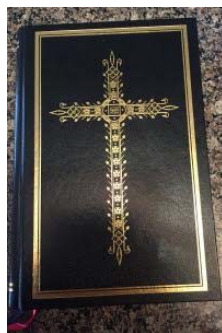
FISH FEAST We will be having Vespertal Liturgy for the Feast of the Annunciation on Friday 3/25 at 6:00 PM. Following Liturgy we will be having our annual Fish Feast to benefit ZOE House, a pan-Orthodox crisis pregnancy support center in Ohio. Please let Kh. Alyssa know you will be coming to the dinner.

VOLUNTEERS NEEDED We need volunteers on Friday, April 22nd to help decorate the church and the bier for Pascha Sunday There will be a potluck lunch for the volunteers afterwards, please bring Lent appropriate items.

COFFEE HOUR We continue to neglect cleaning up after ourselves after coffee hour. This clean up effort is the responsibility of everyone in the parish, please do your part to clean up after yourselves and to help with the overall clean up. We could use a volunteer(s) to oversee this each week or to coordinate a rotation schedule.

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 proceeds 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.

International Food Festival and Flea Market It is time to begin planning our next International Food Festival and Flea Market. We are looking for volunteers to chair these combined events. If you are interested in being the chairperson for either of these events please contact Rick Bardine or Michelle Mullaney. Additionally, we are looking for volunteers to cook and help with both events so please think about volunteering and as soon as we have our chairpersons in place they will begin to coordinate with you.

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.

THE SYNAXARION

On March 27 in the Holy Orthodox Church, we commemorate the holy Martyr Matrona of Thessalonica; Martyrs Philetos the senator, his wife Lydia of Rome and those with them; and Paul, bishop of Corinth.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

Verses

*Let the whole world entire worship the Cross
through Which it truly knew to worship Thee, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind.
Amen.
