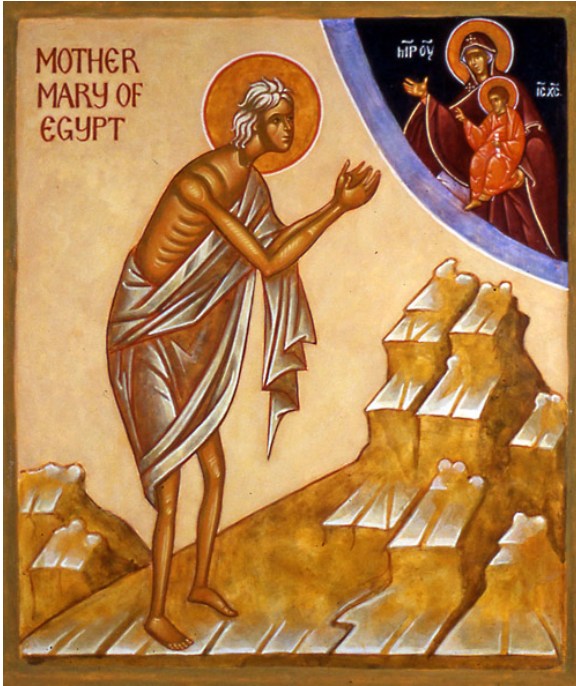


*St. Michael the Archangel Antiochian Orthodox Church*

62 Main Street, Cotuit, MA 02635

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



**Sunday, April 10, 2022**

**Fifth Sunday of Great Lent**

**Commemoration of our Righteous**

**Mother Mary of Egypt**

**Martyrs Terence and Pompey of Carthage and those with them;**

**New-hieromartyr Gregory V, patriarch of Constantinople;**

**New-martyr Demas of Smyrna**

**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 ONE: While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION OF ST. MARY OF EGYPT IN TONE EIGHT: Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

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.

ORDINARY KONTAKION IN TONE TWO: O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

### 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:**

<b><u>Thursday, April 7</u></b>	6:00 PM Presanctified Divine Liturgy
<b><u>Friday, April 8</u></b>	6:30 PM Little Complain with Akathist Hymn
<b><u>Saturday, April 9</u></b>	5:00 PM Vespers
<b><u>Sunday, April 10</u></b>	9:00 AM Orthros / Church School 10:00 AM Divine Liturgy
<b><u>Monday, April 11</u></b>	6:30 PM Great Compline
<b><u>Wednesday, April 13</u></b>	6:00 PM Presanctified Divine Liturgy
<b><u>Friday, April 15</u></b>	6:30 PM Little Compline with the Canon of the Raising of Lazarus
<b><u>Saturday, April 16</u></b>	8:00 AM Orthros 9:00 Divine Liturgy for Lazarus Saturday 5:00 PM Vespers
<b><u>Sunday, April 17</u></b>	9:00 AM Orthros / Church School 10:00 AM Divine Liturgy for Palm Sunday 6:30 PM Bridegroom Orthros for Holy Monday

**\*\*\*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

*Make your vows and pay them to the Lord our God.*

*God is known in Judaea. His Name is great in Israel.*

**The Reading from the Epistle of St. Paul to the Hebrews. (9:11-14)**

Brethren, Christ having appeared a High Priest of the good things to come, through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; neither through the blood of goats and calves, but through His own blood, entered in once for all into the holy place, having found eternal redemption. For if the sprinkling of defiled persons with the blood of bulls and goats and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. Mark. (10:32-45)**

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldest do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many."



## 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.

**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.

**EASTER MEALS** - Once again we will be donating meals to Faith Family kitchen to be distributed to families in need. If you are able to donate monetarily toward the cost of the grocery store gift cards and hams, please make your check out to "Saint Michael Outreach" and write "Easter Meals" in the memo. Please see Kh. Alyssa with any questions. Thank you for your generosity!

**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](mailto:bookstore@stmichaelcapecod.org).

**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.

## THE SYNAXARION

On April 10 in the Holy Orthodox Church, we commemorate the Martyrs Terence and Pompey of Carthage and those with them; New-hieromartyr Gregory the fifth, patriarch of Constantinople; and New-martyr Demas of Smyrna.

On this same day, the Fifth Sunday of Great Lent, it was ordained that we make remembrance of our Godly Mother Mary of Egypt.

### **Verses**

*Spirit rose up, flesh melted away erewhile;  
hide, O earth, the worn bones of Mary's body.*

Once, during the Honorable Fast, the priest-monk Zosimus withdrew into the wilderness. He caught sight of a withered woman named Mary; her hair was white as snow. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness. She was then permitted to enter the church. Having venerated the Cross she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: "If you cross the Jordan, you will find glorious rest!" Mary left for the wilderness and remained there for 47 years in repentance. She bade Zosimus to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance that brings entry into the Heavenly Kingdom.

Through her intercessions, O Christ God, have mercy upon us. Amen.