

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, May 01, 2022

**New Sunday or Anti-Pascha
Sunday of Thomas the Apostle,
Called "The Twin"**

**Prophet Jeremiah; Venerable-martyrs Euthymios, Ignatius and
Akakios of Prodromou skete on Athos**

Celebrant: Fr. Ben Kjendal

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): In the gathering places bless 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.

APOLYTIKION FOR THOMAS SUNDAY IN TONE SEVEN: While the tomb was sealed, Thou didst shine forth from it, O Life. While the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.

KONTAKION OF PASCHA IN TONE EIGHT: Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the 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

MEGALYNARION FOR THOMAS SUNDAY IN TONE ONE

O most radiant lamp, the Theotokos, the immeasurable honor, which is more exalted than all creatures, with praises do we magnify thee.

KOINONIKON (COMMUNION HYMN) OF THOMAS SUNDAY (Psalm 147:1)

Praise the Lord, O Jerusalem; praise thy God, O Zion. Alleluia.

Albanian: Krishti Ungjall! Vertete Ungjall!

Arabic: Al Maseeh Qam! Haqqan Qam!

English: Christ is Risen! Truly He is Risen!

Greek: Christos Anesti! Alithos Anesti!

Polish: Khristus Zmartvikstau! Zaiste Zmartvikstau!

Portuguese: Christo Ressuscitou! Em Verdade Ressuscitou!

Romanian: Hristos a Inviat! Adevarat a Inviat!

Russian: Khristos Voskres! Voistinu Voskres!

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:

- **Saturday, April 30**
 - 5:00 PM Vespers
- **Sunday, May 1**
 - 9:00 AM Orthros / Church School
 - 10:00 AM Divine Liturgy
- **Sunday, May 8**
 - 9:00 AM Orthros / Church School
 - 10:00 AM Divine Liturgy

*****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

Great is our Lord, and great is His strength.

Praise ye the Lord, for the Lord is good.

The Reading from the Acts of the Holy Apostles. (5:12-20)

In those days, many signs and wonders were done among the people by the hands of the apostles; and they were all with one accord in Solomon's porch. None of the rest dared to join them, but the people magnified them. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the cities around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the chief priest rose up and all who were with him, that is, the sect of the Sadducees, and filled with jealousy they laid their hands on the apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said: "Go and stand in the temple and speak to the people all the words of this Life."

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be to you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be to you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be to you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Thomas, you have believed because you have seen Me. Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.



ST. MICHAEL HAPPENINGS

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

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.

Catechesis of the Good Shepherd Level 1 Formation Training Part 1 May 31-June 5, 2022. All are welcome! The tuition for Level 1 Formation Part 1 is \$400. For those in Orthodox Churches, of all jurisdictions, it is \$250. Registration is limited to 12 people.

Course Overview: Formation Courses are the method by which the Catechesis of the Good Shepherd is offered to adults. Each formation course includes preparation in giving the presentations (the lessons) to the children, provides a solid background in the Montessori educational approach, and instructs in the theological foundation of this work. The Formation Leader assists the adult catechist in writing an album of lessons, how to prepare the learning environment, and how to make the experiential materials for the children's work. The National Certificate of Completion will be issued to those who successfully complete both parts of the Level 1 training. The fee for this certificate is included in the registration fee.

For more information email our course coordinator: Kh. Yvonne Butts at yborthodox@gmail.com

Catechesis of the Good Shepherd

Level 1 Formation Training

Part 1 May 31-June 5, 2022

Part 2 May 30-June 4, 2023

Tuesday following Memorial Day through Sunday
Weekdays and Saturday 8:30am-4:30pm, Sunday 1-6pm
St. Michael the Archangel Antiochian Orthodox Church
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Formation Leader: Anne Marie McCollum began her journey with CGS in 2010 when she helped launch one of the first Orthodox CGS programs. As a homeschooling mother of five she fell in love with the Catechesis as a way to help bring her children into deeper relationship with the Good Shepherd. In 2014 Anne Marie was recognized as a CGS Level I Formation Leader by the National Association of Catechesis of the Good Shepherd, becoming the second Orthodox formation leader for CGS. She is trained in all three levels of CGS and currently serves as a Level III catechist at St. Ignatius Antiochian Orthodox Church in Franklin, TN. When she isn't teaching, Anne Marie enjoys reading, hiking, camping, chasing waterfalls, and sharing her love of the outdoors with anyone who will listen! Anne Marie and her husband, Joshua, reside in middle Tennessee with their three youngest children, one dog, five chickens, and a constantly revolving stock of sheep, goats, and cattle.



For more information email our course coordinator:

Kh. Yvonne Butts at yborthodox@gmail.com

If you are seeing this flyer without the attached registration form, please contact the course coordinator for one.

THE SYNAXARION

On May 1 in the Holy Orthodox Church, we commemorate the Prophet Jeremiah; and Venerable martyrs Euthymios, Ignatius and Akakios of Prodromou skete on Athos.

On this day, the second Sunday of Pascha, we inaugurate the celebration of Christ's Resurrection, and the occasion whereon the Holy Apostle Thomas touched the Savior's side.

Verses

*If the seals of the Virgin's womb and of the grave did not hinder Thee,
How could the seals of the doors hinder Thy might, O Savior?*

This day is called New Sunday, Thomas Sunday or Anti-Pascha. The last term means "in place of Pascha" because Thomas did not immediately hear of Christ's Resurrection and disbelieved it. Starting with this day, the Church dedicates Sunday to the celebration of the Resurrection.

As the Disciples were gathered together on Pascha, Jesus entered and greeted them in His usual way, saying, "Peace be unto you." Then He showed them His hands, feet and side. Jesus ate with His Disciples and reassured them of His Resurrection. However, Thomas was not with them at that time, and insisted upon seeing the Savior's wounds—the print of the nails in His hands and feet, and the spear in His side—before he would believe that Jesus was risen. Eight days later, Christ appeared again to the Disciples, this time with Thomas present. The Master told Thomas to see and feel His wounds. Then Thomas immediately cried out, "My Lord and my God!" But Jesus tells His Disciples, "Blessed are those who have not seen and yet believe." This event also clearly illustrates the human and divine Natures of Christ.

By the intercessions of Thine Apostle Thomas, O Christ our God, have mercy on us. Amen
