

*St. Michael the Archangel Antiochian Orthodox Church*

62 Main Street, Cotuit, MA 02635

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



**Sunday, May 15, 2022**

**Fourth Sunday of Pascha**

**Sunday of the Paralytic**

**Venerable Pachomios the Great of Egypt;**

**Achilles, bishop of Larisa;**

**Martyr Barbaros the myrrh-streaming of Corfu**

**Celebrant: Fr. Ben Kjendal**

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## 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.

RESURRECTIONAL APOLYTIKION IN TONE THREE: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

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 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 PARALYTIC SUNDAY IN TONE ONE

*The angel spake to her that is full of grace, saying, O pure Virgin, rejoice; and I say also, Rejoice; for thy Son is risen from the tomb on the third day.*

We believers in unison bless thee, O Virgin, crying: Rejoice, O gate of the Lord. Rejoice, O living city. Rejoice, O thou from whom didst rise upon us from the dead the Light of Resurrection, He Who was born of thee.

### KOINONIKON (COMMUNION HYMN) OF PASCHA IN TONE EIGHT

Receive ye the body of Christ; taste ye the Fountain of immortality.

*Arabic*: Al Maseeh Qam! Haqqan Qam!

*English*: Christ is Risen! Truly He is Risen!

*Greek*: Christos Anesti! Alithos Anesti!

*Russian*: Khristos Voskres! Voistinu Voskres!

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**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, May 14**
  - 5:00 PM Vespers
- **Sunday, May 15**
  - 9:00 AM Orthros / Church School
  - 10:00 AM Divine Liturgy
  - Women’s Group Meeting
- **Saturday, May 21**
  - 5:00 PM Vespers
- **Sunday, May 22**
  - 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.

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## THE EPISTLE

*O chant unto our God, chant ye. Clap your hands, all ye nations.*

**The Reading from the Acts of the Holy Apostles. (9:32-42)**

In those days, as Peter went throughout all regions, he came down also to the saints who dwelt at Lydda. There he found a certain man named Aeneas, who was bedridden for eight years and paralyzed. And Peter said to him: "Aeneas, Jesus Christ heals you; arise and make your bed." And immediately he arose. And all who dwelt at Lydda and Sharon saw him, and they turned back to the Lord. Now there was at Joppa a certain disciple named Tabitha (which means Gazelle). She was full of good works and of charitable deeds which she did. And it came to pass in those days that she fell sick and died; and when they had washed her, they placed her in an upper chamber. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him: "Come to us without delay!" So Peter arose and went with them. And when he arrived, they took him into the upper chamber. All the widows stood by him weeping, showing the tunics and other garments which Tabitha made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body, he said: "Tabitha, arise!" And she opened her eyes, and when she saw Peter, she sat up. And he gave her his hand, and raised her up. Then he called the saints and widows and presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

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## THE GOSPEL

### **The Reading from the Holy Gospel according to St. John. (5:1-15)**

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for 38 years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befalls you." The man went away and told the Jews that it was Jesus Who had healed him.

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## ST. MICHAEL HAPPENINGS

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

**International Food Festival** will be held on Saturday, November 12<sup>th</sup>. Michelle Mullaney is chairing this event and looking for volunteers. First planning meeting will be on Sunday, May 22nd right after Liturgy in church conference room. The international food fest is a parish wide event and all parish members are encouraged to participate. Please note

there will not be a yard sale this year.

### **WOMEN'S GROUP IN-HOUSE BAKE SALE - SUNDAY MAY 29**

Treat your guests this Memorial Day weekend by purchasing home baked item prepared by our Women's Group. This is our annual bake sale to support Women's projects in the Diocese and in our parish. Baked items can be brought to the kitchen on Sunday morning early. Please package and label the item so we know how to price it. Thank you as always for your continued support.

**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](mailto: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](mailto:yborthodox@gmail.com)

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

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## THE SYNAXARION

On May 15 in the Holy Orthodox Church, we commemorate our Venerable Father Pachomios the Great of Egypt; Achilles, bishop of Larisa; and Martyr Barbaros the myrrh-streaming of Corfu.

On this day, the fourth Sunday of Pascha, we commemorate the Paralytic and, as is right, we celebrate the miracle wrought for him.

### **Verses**

*The word of Christ was strength for the paralytic;  
So that this word alone was the man's full healing.*

Jesus healed the Paralytic at the Sheep's Pool, located near the Sheep's Gate of Jerusalem, where people sacrificed their beasts and washed their insides. The pool had five sides, with a porch and arch on each. A number of people, afflicted with various diseases, passed through them, waiting at the water for an angel to come down and stir it. Once it moved, whoever stepped into the water first was instantly healed. One poor man, whose story is recounted in today's Gospel lection in the Divine Liturgy, waited 38 years for someone to lower him into the water, because he was unable to move into the water himself. However, the Savior merely commanded the man to get up and walk, and he was healed.

In Thine infinite mercy, O Christ our God, have mercy on us. Amen.