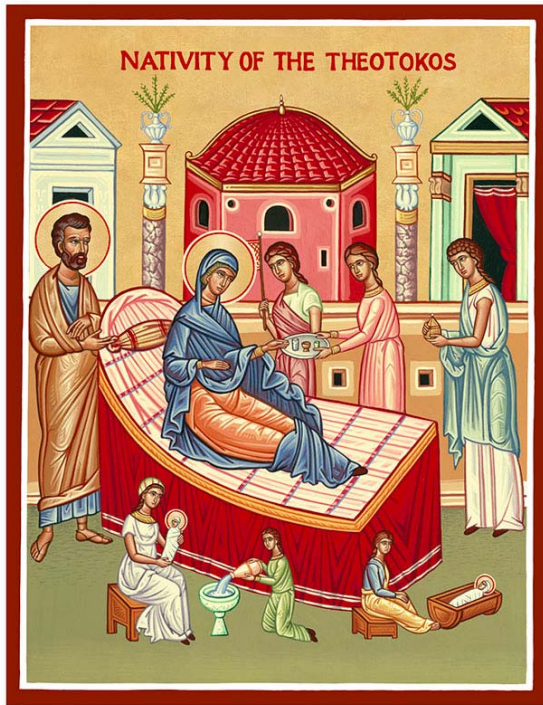


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, September 11, 2022

Sunday before the Elevation of the Holy Cross

After-feast of the Nativity of the Theotokos

Venerable Theodora of Alexandria;

Righteous Euphrosynos the Cook

Celebrant: Fr. Ben Kjendal

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): Come, let us worship and fall down before Christ. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE FOUR: Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR: Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

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 THE NATIVITY OF THE THEOTOKOS IN TONE FOUR: By thy holy nativity, O pure one, Joachim and Anna were delivered from the reproach of barrenness; and Adam and Eve were delivered from the corruption of death; thy people do celebrate it, having been saved from the stain of iniquity, crying unto thee: The barren doth give birth to the Theotokos, who nourisheth our life.

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.

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, September 10**
 - 5:00 PM Vespers
- **Sunday, September 11**
 - 9:00 AM Orthros / Church School
 - 10:00 AM Divine Liturgy
 - Parish Cookout
- **Tuesday, September 13**
 - 6:00 PM Divine Liturgy for the Elevation of the Holy Cross
- **Saturday, September 17**
 - 9:00 AM – Noon Shredding E-waste reduction day
 - 5:00 PM Vespers
- **Sunday, September 18**
 - 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

(For the Sunday before the Elevation of the Holy Cross)

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 Galatians. (6:11-18)

Brethren, see how large a letter I have written to you with my own hand. As many as desire to make a fair show in the flesh, they compel you to be circumcised, only that they may not be persecuted for the Cross of Christ. For not even those who are circumcised do themselves keep the Law; but they desire to have you circumcised, that they may boast in your flesh. But God forbid that I should boast, except in the Cross of our Lord Jesus Christ, through Whom the world is crucified to me, and I to the world. For in Christ Jesus, neither circumcision counts for anything, nor uncircumcision, but a new creation. And as many as walk according to this rule, peace be upon them, and mercy, and upon the Israel of God. Henceforth, let no one trouble me; for I bear in my body the brand-marks of the Lord Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

THE GOSPEL

(For the Sunday before the Elevation of the Holy Cross)

The Reading from the Holy Gospel according to St. John. (3:13-17)

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."



ST. MICHAEL HAPPENINGS

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

Parish Directory Update: Last Calls for Parish Directory Updates!! Gonzalo Fernandez will be available after Divine Liturgy on Sunday to take Parish Directory photos. If you have already had your photo taken, please return the form provided by Erica via email to stmichael@stmichaelcapecod.org or, while you are in church, complete an information form, copies of which can be found on the table at the back of the church, and leave your completed form in the basket on that table.

Ecclesiastical New Year: Thank you to everyone who came to celebrate the Ecclesiastical New Year! After Orthros the young and the young at heart had much fun at the New Year's Party! At the party, Homeless Care Car Bags containing food, drinks, and personal care items were assembled. Please take one (or more) and distribute to those in need as God gives you the opportunity.



Parish Cookout: Parish Council is sponsoring a cookout. Please join us after Liturgy on Sunday, September 11.

IMPORTANT CHURCH SCHOOL NEWS! By the grace of God, we will be starting our Catechesis of the Good Shepherd program for children ages 3-10 this fall! A MANDATORY PARENT ORIENTATION MEETING WILL BE HELD THIS SUNDAY 9/11 at 9:00 AM. At least one parent of each child (age 3-10) planning to enroll in the Catechesis of the Good Shepherd (our new Church School program) must attend. If needed, Mary Kjendal will be supervising the children in Orthros during the meeting. We are looking forward to sharing and orientating the parents to this beautiful program we are creating for the children of our parish!

Youth ages 10 and up will be meeting with Kh. Alyssa at the Conference Table after a quick bite at coffee hour. Your Church School journey is beginning!

OUTREACH UPDATE! Please take a Homeless Care Car Bag (or two or three) from the Conference Table and be ready to help those in need!

During our potluck after Liturgy for the Nativity of the Theotokos, the youth made cards (birthday, get well, praying for you, etc.) to send to a local nursing home. Please add to what we will be sending by making a card during coffee hour this Sunday. Thank you for taking time to brighten the day of our elders neighbors!

SHREDDING and E-waste reduction day

On Saturday, September 17 from 9 – 12 we will hold a SHREDDING and E-waste reduction day!

VOLUNTEERS NEEDED!!! Saturday, Sep 17 from 8:30 – Noon. We need helpers to direct traffic and help with recycling with breakdown of cardboard boxes.

Please let Soraya (617 842 8591) or Joe Rahal (508 385 4405) know – we greatly appreciate your time to help with this fundraising event.

We will partner with:

- Great White Shred who will handle all paper waste and
- E-Waste, a local non-profit who handles the elimination of all electronics.

Please bring all materials you are looking to get rid of to the Church parking lot on the morning of Saturday, September 17 from 9-12. You can find full fee schedule for all items on the website.

Tell all your friends and neighbors as well. The event is open to the public as the more we fill the trucks, the more we make!

“As we all must maintain our individual homes, we must also maintain the home where we worship.”

Special Fundraising Appeal

Dear Parishioners of St. Michael,

The Parish Council has been working diligently to address pressing maintenance concerns for the church. Thankfully, through the dedication of our parishioners, we have been able to apply our collective skills to many projects within our capabilities, but we have also needed to solicit and vet competitive bids for projects beyond our skills.

As you know, starting this fall, we replaced handrails on the ramp and front stairs, and painted the nave and sacristy on the interior of the church. We have now moved forward with trimming the trees overhanging the roof and parking lot, staining the shingles, ramp, handrails and painting the trim and shutters on the exterior of the church. These projects, both necessary and long overdue, present extraordinary expenses that only occur every 12-15 years.

The scope of this work is extensive: handrails, \$400; painting interior \$8,100; trimming trees, \$3,500; staining and painting exterior, \$20,500. Although we have been already able to allocate funds from our operating budget and reserves to address one-third of the nearly \$32,500 in work required, as we begin our new liturgical year, we ask for your donations to help meet these extraordinary expenses. Pledge forms are available at the church.

We appreciate your consideration and ask for your support as we continue to maintain our lovely parish!

With deepest thanks,

The Parish Council

THE SYNAXARION

On September 11 in the Holy Orthodox Church, we continue to celebrate the Nativity of the Mostholy Theotokos, and we commemorate our righteous Mother Theodora of Alexandria.

Verses

*Aspect and mind Theodora maketh manlike,
And shameth the great mind before her departure.
On the eleventh, Theodora resteth with the last sleep.*

Urged on by a fortune-teller, Theodora committed adultery with another man. Her conscience immediately began to trouble her, and she cut off her hair and dressed in men's garb, then went off to the men's monastery of Octodecatos under the man's name of Theodore. Her labors, fasts, vigils, meekness and tearful repentance were a source of wonder to all the brethren. Driven out of the monastery, she spent seven years wandering in the forests and deserts, caring for a harlot's child. Theodora overcame all devilish illusions by making the sign of the Cross; they all vanished like smoke. After seven years, the abbot of the monastery received her back, and she lived there in asceticism a further two years and then entered into rest in the Lord in the year 490. Only then did the monks learn that Theodora was a woman, when an angel appeared and explained everything. Thus God glorified this true penitent, who, with heroic endurance, spent nine years repenting of one sin.

On this day, we also commemorate the Righteous Euphrosynos the Cook. By their intercessions, O Christ God, have mercy upon us. Amen.
