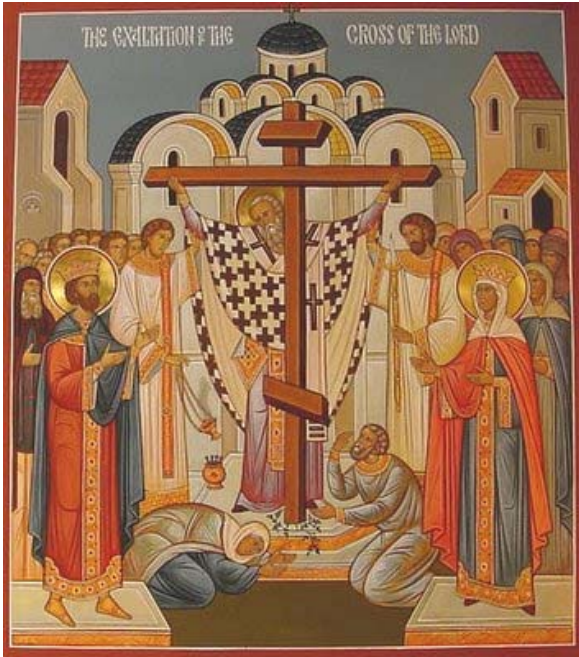


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, September 18, 2022

Sunday after the Elevation of the Holy Cross

Eumenios the wonderworker, bishop of Gortyna;

Martyr Ariadne of Phrygia

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 FIVE: Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF THE ELEVATION OF 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 OF THE ELEVATION OF THE HOLY CROSS IN TONE FOUR: Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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 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
- **Saturday, September 24**
 - 5:00 PM Vespers
- **Sunday, September 25**
 - 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 Sunday after the Elevation of the Holy Cross)

How magnified are Thy works, O Lord.

In wisdom hast Thou made them all. Bless the Lord, O my soul.

The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)

Brethren, knowing that a person is not justified by the works of the Law, but through faith in Jesus Christ, even we have believed in Jesus Christ, that we might be justified by faith in Christ, and not by the works of the Law; for by the works of the Law shall no flesh be justified. But if, while we sought to be justified in Christ, we ourselves also were found sinners, is Christ then a minister of sin? God forbid! For if I build up again those things which I destroyed, I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ, nevertheless I live, yet not I, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself up for me.

THE GOSPEL

(For Sunday after the Elevation of the Holy Cross)

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 of 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 He 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

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.

Parish Cookout: Thank you Parish Council for sponsoring a cookout.



October - Youth Month: We are looking for Epistle readers for Youth Month.

OUTREACH: Last chance! Please make a card during coffee hour for a resident at a local nursing home. A few minutes of your time will bring much joy to one of our lonely neighbors!

There are still a few Homeless Care Car bags left in the fellowship hall. Please take one (or more) and help a neighbor in need!

CHURCH SCHOOL: Are you still unsure what the Catechesis of the Good Shepherd Program is all about? Why are we putting so much effort into creating an Atrium at Saint Michael? Watch this 3 minute video https://www.youtube.com/watch?v=MwO_CWLKwOE for a bit more insight into the beauty of the program. If you still are looking for more understanding, Kh. Yvonne and Kh. Alyssa will be in the Atrium after Liturgy on Sunday to answer any questions you might have.

It's not too late! Both a parent and each child must go through an orientation before a child may start the Catechesis of the Good Shepherd program. Please see Kh. Yvonne or Kh. Alyssa about how you can schedule yours!

Just a reminder! Youth ages 10 and older will be meeting again during coffee hour to work on their Church School project.

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 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 18 in the Holy Orthodox Church, we continue to celebrate the Elevation (Exaltation) of the Precious and Life-giving Cross, and we commemorate our Righteous Father Eumenios the wonderworker, bishop of Gortyna.

Verses

Eumenios, Gortyna's eye most gentle, hath beheld the most gracious eye of the Master. On the eighteenth, magnanimous Eumenios died.

He gave himself to Christ with his whole heart from his youth, freeing himself of the heavy burdens of riches and of the flesh. Eumenios gave all of his goods and money to the poor and needy, and fasted strictly. He thus healed himself and others. Passionless and filled with the grace of the Holy Spirit, Eumenios shone with a radiance as it is written: "A city set on a hill cannot be hid" (Matt. 5:14). As a bishop in Gortyna, holy Eumenios governed Christ's flock as a good shepherd. He worked many miracles by his prayers: he killed a poisonous snake, drove out demons, healed many of the sick, and brought rain from God in a time of drought. Eumenios entered into the eternal presence of our Lord in the seventh century.

On this day, we also commemorate the Martyr Ariadne of Phrygia. By their intercessions, O Christ God, have mercy upon us. Amen.
