

*St. Michael the Archangel Antiochian Orthodox Church*

62 Main Street, Cotuit, MA 02635

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



**Sunday, October 16, 2022**

**Sunday of Holy Fathers**

**of Seventh Ecumenical Council**

**Martyr Longinos the centurion who stood at the cross  
of the Lord; Gall, enlightener of Switzerland**

**Celebrant: Fr. Joseph Butts**

---

## 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 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 THE HOLY FATHERS IN TONE EIGHT: Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

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.**

---

---

**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:**

**\*\*\* October - Youth Month \*\*\***

- **Sunday, October 16**
  - 9:00 AM Orthros
  - 10:00 AM Divine Liturgy
- **Sunday, October 23**
  - 9:00 AM Orthros
  - 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 Holy Fathers)

*Blessed are Thou, O Lord, the God of our Fathers.*

*For Thou art just in all that Thou hast done to us.*

**The Reading from the Epistle of St. Paul to St. Titus. (3:8-15)**

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Tychicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they should not be unfruitful. All who are with me salute you. Salute those who love us in the faith. Grace be with you all. Amen.

---

---

THE GOSPEL

(For the Fourth Sunday of Luke)

**The Reading from the Holy Gospel according to St. Luke. (8:5-15)**

The Lord spoke this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when His Disciples asked Him what this parable meant, Jesus said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As Jesus said this, He called out, "He who has ears to hear, let him hear."

---



## ST. MICHAEL HAPPENINGS

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

### St. Raphael Weekend @ Mission in Union, ME -

**Nov. 4-5:** All are invited to the Mission in Union, ME, the weekend of November 4-5 for the Feast of Saint Raphael of Brooklyn. Father John Finley, Chairperson of the Archdiocese Department of Missions, and Fr. Joseph Kimmett will be leading the weekend services and events. For more information, please

contact Fr. Joseph Kimmett at [geonorwood@aol.com](mailto:geonorwood@aol.com)

**OCTOBER FOOD DRIVE:** During the month of October we will be focusing our outreach efforts on collecting nonperishable food to be donated to the local food pantry. Each time you stop at the grocery store, please think about our neighbors in need and purchase extra items as you are able. Thank you for your kindness and generosity!

**International Food Fest 2022 – Nov 12:** We started preparation for the International Food Fest. We have many volunteers but could still use more. We will be making and selling many favorites like Spanakopita, Stuffed Cabbage, Kibbee, Baklava, Stuffed Grape Leaves, Spaghetti Sauce, and Meatballs, Koulourakia, Biscotti, Pizzelles, and many other items including baked goods. Volunteers started to cook in September, and will continue in October to prepare items that can be frozen. There are loads of opportunities for volunteers to learn and assist with this prep. If you' would like to join in on the cooking and prep, please reach out to: Pauline



Rassias, Natalie Leva, Mary Rahal, Soraya Bandeli, Rick Bardine, Michelle Mullaney.

If you would like to help with other tasks like shopping, setting up, packaging items for sale, helping sell items on the day of the event, or other please contact Michelle Mullaney at (508) 245-2536.

Please distribute flyers to help with letting our community know that the St. Michael the Archangel International Food Fest is happening on Saturday, November 12th!

**SPECIAL OLYMPICS Awareness Day:** This Sunday, our teens will request your financial donations to enable them to sponsor the 42<sup>nd</sup> Annual Special Olympics Sports Camp, which will be held at the Antiochian Village, in August of 2023. Your donations make it possible for every athlete to attend this event free of charge and also help Teen SOYO members travel to serve as Coaches at the camp. As an expression of gratitude for your donation to this effort, teens will be handing out bookmarks with the icon of All Saints. Thank you for considering the support of this wonderful ministry that allows our children to be a blessing to others! Please make checks payable to your local Teen SOYO group with "SOAD 2022" in the memo.

# SPECIAL OLYMPICS *Awareness Day*

AS NAC TEEN SOYO PREPARES TO SPONSOR THE 42ND ANNUAL SPECIAL OLYMPICS SPORTS CAMP, WE ASK FOR YOUR GENEROSITY AND HELP IN MAKING THIS MINISTRY POSSIBLE. APPROXIMATELY 300 ATHLETES AND COACHES PARTICIPATE IN OUR CAMP EACH YEAR. TEEN SOYO MEMBERS TRAVEL FROM ACROSS OUR ARCHDIOCESE TO VOLUNTEER THEIR TIME, TO LIVE IN SERVICE TO OTHERS AND TO FULFILL THE CALL TO DO ALL THINGS *"As working for the Lord, not for men." (Col. 3:23)*

This Sunday, our teens will request your financial donations to enable them to sponsor the 42nd Annual Special Olympics Sports Camp, which will be held at the Antiochian Village, in August of 2023. Your donations make it possible for every athlete to attend this event free of charge and also help Teen SOYO members travel to serve as Coaches at the camp. As an expression of gratitude for your donation to this effort, teens will be handing out bookmarks with the icon of All Saints.

Thank you for considering the support of this wonderful ministry that allows our children to be a blessing to others!

Please make checks payable to your local Teen SOYO group with "SOAD 2022" in the memo.



### **DID YOU KNOW?**

Each year, NAC Teen SOYO covers the cost of the camp, approximately \$75,000, through the generosity of our fellow parishioners. Through the years, we have hosted more than 8,500 athletes and coaches. Around 1,200 of our teens have had the unique experience of being a coach or volunteer at the camp.



---

## THE SYNAXARION

On October 16 in the Holy Orthodox Church, we commemorate the Martyr Longinos the centurion who stood at the cross of the Lord; and Gall, enlightener of Switzerland.

On this day we commemorate the holy and blessed Fathers who came together for the second time in Nicaea, during the reign of the pious and Christ-loving Sovereigns Constantine and Irene, against those who impiously, ignorantly and foolishly asserted that the Church of God worshippeth idols, and rejected the august and holy icons.

### **Verses**

*Thy champions, O Word, with words as their weapons,  
Turn to flight the foes of the venerable icons.*

The Council met in 787 to refute the Iconoclast heresy, whose camp believed that all depictions of Christ, His Mother and the saints should be destroyed. The iconophiles believed that icons served to preserve the doctrinal teachings of the Church; and they considered icons to be man's dynamic way of expressing the divine through art and beauty. The council decreed that the veneration of icons was not idolatry (Exodus 20:4-5), because the honor shown to them is not directed to the wood or paint, but passes to the prototype, or the person depicted. It also upheld the possibility of depicting Christ, Who became man and took flesh at His Incarnation. The Father, on the other hand, cannot be represented in His eternal nature, because "no man has seen God at any time" (John 1:18).

By the intercessions of the Holy Fathers, O Christ God, have mercy upon us. Amen.

---