

# **St. Michael the Archangel Antiochian Orthodox Church**

62 Main Street, Cotuit, MA 02635  
(508) 420-1113, [www.stmichaelcapecod.org](http://www.stmichaelcapecod.org)



**Sunday, November 6, 2022**  
**Twenty-first Sunday after Pentecost**  
**Paul the Confessor,**  
**archbishop of Constantinople**  
**Venerable Luke of Sicily;**  
**Paul of Corinth, the fool-for-Christ**

**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 ST. PAUL THE CONFESSOR IN TONE THREE: Thy confession of the one divine Faith showed thee to the Church to be a new Paul and a zealot among priests, O holy one. The righteous blood both of Abel and Zachary with thee doth cry out together unto the Lord. Righteous Father, intercede with Christ God in our behalf that His Great Mercy may be granted unto us.

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 Ischirois, 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 \*\*\***

- **Saturday, November 5**
  - 5:00 PM Vespers
- **Sunday, November 6**
  - 9:00 AM Orthros / Church School
  - 10:00 AM Divine Liturgy
- **Saturday, November 12**
  - 10:00 AM – 2:00 PM International Fall Food Fest
  - 5:00 PM Vespers
- **Sunday, November 13**
  - 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 Twenty-first Sunday after Pentecost)

*O Lord, how magnified are Thy works.*

*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, you know that a man is not justified by works of the Law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the Law, because by works of the Law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then 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; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

---

## THE GOSPEL

(For the Seventh Sunday of Luke)

**The Reading from the Holy Gospel according to St. Luke. (8:41-56)**

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought Him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As Jesus went, the people pressed round Him. And a woman, who had had a flow of blood for twelve years, and had spent all her living upon physicians, and could not be healed by anyone, came up behind Him, and touched the fringe of His garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched Me?" When all denied it, Peter said, "Master, the multitudes surround Thee and press upon Thee! And Thou sayest, 'Who touched Me?'" But Jesus said, "Someone touched Me; for I perceive that power has gone forth from Me." And when the woman saw that she was not hidden, she came trembling, and falling down before Him declared in the presence of all the people why she had touched Him, and how she had been immediately healed. And Jesus said to her, "Daughter, your faith has made you well; go in peace." While Jesus was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when Jesus came to the house, He permitted no one to enter with Him, except Peter and James and John, and the father and mother of the child. And all were weeping and bewailing her; but Jesus said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand Jesus called, saying, "Child, arise." And her spirit returned, and she got up at once; and Jesus directed that something should be given her to eat. And her parents were amazed; but He charged them to tell no one what had happened.

---



## ST. MICHAEL HAPPENINGS

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

**International Food Fest 2022 – Nov 12:** We are now less than a week away from the International Food Fest on Saturday, November 12th from 10:00 a.m. to 2:00 p.m. We need volunteers to arrive between 8:00 a.m. and 9:00 a.m. on Saturday morning, November 12th. We are looking for volunteers to do the following (but you may be asked to help with other items also as they come up):

- Thursday before help with packaging, pricing, and labeling
- Friday before help with packaging, pricing, and labeling
- Directing Car Traffic and Parking
- Directing people so that they move along orderly
- Helping to bag items as they shop/purchase
- Helping sell items at tables
- Helping cashier - We need at least 3 Cashiers w/helpers
- Clean-up and reset-up of fellowship hall for Sunday
- General Help Wherever Needed

If you would like to help please contact Michelle Mullaney at (508) 245-2536.

Please distribute flyers and share the event <https://www.facebook.com/events/419411140162711/> on your social media to help with letting our community know that the St. Michael the Archangel International Food Fest is happening on Sat, November 12th!

**WHITE ELEPHANT TABLE AT INTERNATIONAL FOOD FEST:** This year's International Food Fest on Nov 12 will feature a White Elephant table with proceeds to benefit the Women's Group. Please coordinate drop off with Pauline Rassias **AFTER** Nov 4 by calling her at 781-690-2891.

Items requested to be in good condition: collectibles, purses & belts, jewelry, good China pieces, figurines, gift items (candy dishes, photo frames), books in good condition.

Items acceptance is required and will be returned to owner if not sold. Please DO NOT randomly bring items but check with Pauline on when you can drop so she is there to receive.

Thank you for your support of St Michaels Women's Group and the International Food Fest. Please sign up for much help needed!

---

**Set Up International Food Fest:** As we prepare for our food fest on Saturday Nov 12, we need your help and your muscle on Sunday Nov 6 after Liturgy to set up the hall for the food fest.

To volunteer for anything during this coming week or for the day of the event, please see Michelle Mullaney

Thanks for your support of St Michael.

**THANKSGIVING MEALS** In one month, we will be delivering 50 Thanksgiving meals to Faith Family Kitchen to be distributed to families who are experiencing food insecurity. There are several ways you can help make this possible:

1. Donate money to help with the purchase of food. Please make your checks payable to "Saint Michael Outreach" and write "Thanksgiving Meals" in the memo.
2. Ask Kh. Alyssa what food items need to be purchased, and bring those items to church by Sunday 11/20. Email ([alyssakjendal@yahoo.com](mailto:alyssakjendal@yahoo.com)) or text (508-873-9199) are the best ways to contact me.
3. Start collecting boxes to be used on the day of delivery. (Clean liquor boxes work the best. Trader Joe's is a great place to get these. We need about 100 boxes, so please pick up a few every time you shop!)
4. Be prepared to help with the delivery, tentatively set for the morning of Monday 11/21.

If you have any questions, please be in touch! I look forward to start hearing from all of you about how you would like to help!

---

---

## THE SYNAXARION

On November 6 in the Holy Orthodox Church, we commemorate our father among the saints Paul the Confessor, archbishop of Constantinople.

### **Verses**

*Paul, boasting in the halter upon his windpipe,  
Breaketh the halter with the sounds of his windpipe.  
For that Paul confesseth God, he is choked on the sixth.*

When Blessed Patriarch Alexander of Alexandria lay on his deathbed, the sorrowing faithful asked him who should succeed him as the chief shepherd of the spiritual flock of Christ. He said: "If you desire a shepherd who will teach you and who will shine with virtues, choose Paul." The people did; unfortunately, this was not accepted by the Arian heretics, nor was it accepted by Emperor Constantius, then in Antioch. Paul boldly preached the true dual natures of Christ God and was known as the second "Apostle Paul." He was soon deposed and fled to Rome with Saint Athanasius the Great. There, Pope Julian and Emperor Constans received them warmly and upheld them in their Orthodox Faith. They saw to it that Paul was returned to his throne, but when Emperor Constans died the Arians raised their heads again, and Patriarch Paul was banished to Cucusus in Armenia. In 351, as Paul was celebrating the Divine Liturgy, the Arians attacked and strangled him with his omophorion.

On this day, we also commemorate the Venerable Luke of Sicily; and Paul of Corinth, the fool-for-Christ. By their intercessions, O Christ God, have mercy upon us. Amen.

---