

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, December 04, 2022

Great-martyr Barbara of Syria

Venerable John of Damascus

Martyr Juliana; New-hieromartyr Seraphim,

bishop of Phanarion in Greece

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 EIGHT: From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF ST. BARBARA IN TONE EIGHT: Let us honor Saint Barbara, for she hath broken the snares of the enemy; and like a sparrow, she, the all-modest maiden, was delivered out of them by the help and weapon of the Cross.

APOLYTIKION OF ST. JOHN OF DAMASCUS IN TONE THREE: O ye faithful come, let us on this day laud with praise the sweet-sounding nightingale that adorned and captivated the Church of Christ with his sweet songs and tuneful, heav'nly hymns, he is the all-wise and eloquent John Damascene, the utmost chief of hymnographers, and a man of God who was filled with every earthly and divine wisdom.

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 PREPARATION OF CHRIST'S NATIVITY IN TONE THREE: On this day the Virgin cometh to the cave to give birth to God the Word ineffably, Who was before all the ages. Dance for joy, O earth, on hearing the gladsome tidings; with the Angels and the shepherds now glorify Him Who is willing to be gazed on as a young Child Who * before the ages is God.

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, December 3**
 - 5:00 PM Vespers
- **Sunday, December 4**
 - 9:00 AM Orthros / Church School
 - 10:00 AM Divine Liturgy
- **Wednesday, December 7**
 - 7:00 PM Paraklesis Service
- **Saturday, December 10**
 - 5:00 PM Vespers
- **Sunday, December 11**
 - 9:00 AM Orthros / Church School
 - 10:00 AM Divine Liturgy
 - **Annual Parish Meeting - your participation at the meeting is very important**

There is a new ecclesiastical calendar for 2023 at the back of the church. The suggested donation is \$10 for each calendar.

*****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 St. Barbara)

God is wondrous in His saints. Bless God in the congregations.

The Reading from the Epistle of St. Paul to the Galatians. (3:23-4:5)

Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

THE GOSPEL

(For the Tenth Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (13:10-17)

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.



ST. MICHAEL HAPPENINGS

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

St. Nicholas & Nativity Gift Ideas

Please support Women's Group with your purchase of our Cookbooks that include our family memories and pictures (\$30 each or 2 for \$50). We also have Angel Greeting Cards - a pack of 8 Holy Archangels as drawn by our own iconographer, Zarina Sheglov, for only \$10 a set!

Also, thanks to the generous donation of Mr Bob Hazelton in memory of his late Babuskha, Lydia Petrovna, we have some beautiful porcelain plates depicting Russian Orthodox images, still in their original shipping boxes and with narrative descriptions of the images. Only \$15 each for these rare, beautiful plates to be displayed in your home or as a hostess gift! We have a collection with varying images.



Come look thru and see what you like. These are collector items!

Please also check out a great assortment of religious gifts, incense, icons, books as offered by our SOYO group and support their efforts and projects with your purchase. Our youth group works tirelessly to support different community and parish events and proceeds from bookstore sales supports those efforts. Thank you for your continued and loving support of St Michael. A blessed Nativity season to all!

CHRISTMAS MEALS Now that Thanksgiving meals have been delivered, it is time to start working on our Christmas meal delivery! We will be donating hams, a grocery store gift card, and a tin of (HOMEMADE!) cookies to families in need this Christmas. Please consider making a monetary donation to help cover the cost of the hams and the grocery store gift cards. Also, we need about 250 DOZEN cookies to fill the cookie tins. That might sound like a lot, but each year we have managed to fill the tins to overflowing. Please bring all cookie donations to church by Sunday, December 18. We will be packaging the cookies during coffee hour. Thank you, in advance, for helping to bring the Light of Christ to struggling families this Christmas!

On November 22, **His Eminence Metropolitan Antonios, Patriarchal Vicar** visited St. Michael the Archangel Antiochian Orthodox Christian Church of Cotuit, Mass. Welcoming him were the pastor, Fr. Ben Kjendal, and members of the congregation.

Fr. Milad Selim, Dean of St. George Cathedral of Worcester, Mass. and Mr. Fawaz El Khoury, Vice Chairman of the Archdiocesan Board of Trustees, accompanied His Eminence.



WREATH MAKING: Join us after coffee hour on Sunday 12/4 for a Christmas wreath making event. Wreaths will be used to decorate the church for Christmas, as well as to sell to parishioners and the community. All funds raised will be put toward our Christmas meal delivery. How can you participate?

- Bring in any wire, burlap, pinecones, bells, ribbon, glitter, etc. that you have around your house that would be suitable to use for Christmas wreath decorating. There will be a box in the side entrance to collect these items.

- Pre-order your wreath! Each wreath will be \$25. Email or text your pre-order (number of wreaths and any special requests, which we will do our best to fulfill) to Kh. Alyssa (alysakjendal@yahoo.com or 508-873-9199) by Sunday 11/27.

- Stay after coffee hour on Sunday 12/4 to help make wreaths!

THE SYNAXARION

On December 4 in the Holy Orthodox Church, we commemorate the contest of the holy Greatmartyr Barbara of Heliopolis in Syria, and her fellow Martyr Juliana.

Verses

*Sacrificing thee with a sword, O Martyr Barbara,
thy father became the Abraham of the devil.*

*Receive, O Word, like unto a dove, Juliana,
Who cooeth, lest she be not beheaded quickly.*

On the fourth Barbara's begetter became her beheader.

The pagan Dioscorus locked up his only daughter Barbara in a high tower. Once, while her father was away, she came down from the tower and met some Christian women who revealed the true Faith of Christ to her. Learning of his daughter's faith, Dioscorus beat her severely. However, the Lord Himself appeared to her with His angels and healed her. A certain woman, Juliana, upon seeing this, desired martyrdom for herself. They were ultimately led to the place of execution, where Dioscorus himself slaughtered his daughter, and Juliana was killed by the soldiers in the year 306. That same day, lightning struck the house of Dioscorus, killing him.

On this day, we also commemorate our Righteous Father John of Damascus, Monk and Presbyter of Mar Sabbas Monastery.

Verses

*Having filled up the earth with songs full of sweetness,
John ascendeth to frame songs even in Heaven.*

The Damascene Bard laid down his pen on the fourth.

Because of his ardent defense of the veneration of icons during the reign of the iconoclastic Emperor Leo, John was maligned by the emperor to the Caliph, who cut off his right hand. John prayed before the icon of the Most-holy Theotokos, and his hand was rejoined and miraculously healed. John withdrew to St. Sabbas Monastery, where he was a model to the monks in humility, obedience and asceticism. John composed the Funeral Hymns and compiled the Octoechos, the Irmologion, the Menologion, a Christmas canon, the Paschal Canon and many theological works. John died peacefully in about the year 776 at the age of 104.

On this day, we also commemorate the New-hieromartyr Seraphim, bishop of Phanarion in Greece. By their intercessions, O Christ God, have mercy upon us. Amen.
