

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

62 Main Street, Cotuit, MA 02635

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



**Sunday, January 15, 2023**

**Twenty-ninth Sunday after Pentecost**

**Venerable Paul of Thebes & John the Hut-dweller**

**Venerable Martyr Pansophios of Alexandria;**

**Venerable Gabriel of Lesnovo**

**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 SIX: When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION OF ST. PAUL OF THEBES IN TONE EIGHT: The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father Paul, intercede with Christ God to save our souls.

APOLYTIKION OF ST. JOHN THE HUT-DWELLER IN TONE FOUR: Since thou hadst with fervor longed after the Lord from thy youth, thou leftest the world with its delights and nobly didst strive in valiant ascetic deeds. Thou didst pitch thy hut before the gates of thy parents; thou didst break the demons' snares, O all-blessed Father. And therefore, as is meet, hath Christ God glorified thee, O John.

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 PRESENTATION OF CHRIST IN TONE ONE: Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

### 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

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**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, January 14**
  - 5:00 PM Vespers
- **Sunday, January 15**
  - 9:00 AM Orthros / Church school
  - 10:00 AM Divine Liturgy
- **Wednesday, January 18**
  - 7:00 PM Paraklesis Service
- **Saturday, January 21**
  - 5:00 PM Vespers
- **Sunday, January 22**
  - 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.

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THE EPISTLE

(For the Twenty-ninth Sunday after Pentecost)

*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 Colossians. (3:4-11)**

Brethren, when Christ, Who is our life, appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these, the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its Creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

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## THE GOSPEL

(For the Twelfth Sunday of Luke—"Ten Lepers")

**The reading from the Holy Gospel according to St. Luke. (17:12-19)**

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said, "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving Him thanks. Now he was a Samaritan. Then Jesus said, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him, "Rise and go your way; your faith has made you well."

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## ST. MICHAEL HAPPENINGS

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

### **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!

**SUMMER CAMP 2023** registration opened on Jan 7th for all our Summer Camp programs (minus Summer Family Camp). More information at <https://avcamp.org/>

**HOLY BREAD BAKING TUTORIAL** Thanks to Annie Boruch who will lead the tutorial, we will offer one Holy Bread baking tutorial date. The sign up form was emailed. Please click on the form and put your name on either or both dates based on your availability.

The date with the most names will be selected as the tutorial date. The lesson will start at 9 am on the date that works for the most people, and will take 4-6 hours from start to finish (remember the bread has to rise and bake).

This is open to ANYONE who would like to learn how to bake Prosfhora. We will be starting a baking rotation for Holy Bread to take the pressure off the 2 people who currently do all the baking for the parish.

Please make your selection(s) by January 31 so we can prepare for the tutorial. Once the date is set, we will reach out to all who showed interest with detailed instructions.

Thanks to Annie for making herself available for this important ministry! Please contact Soraya Bandeli if you have any questions: 617-842-8591 / [sbandeli@comcast.net](mailto:sbandeli@comcast.net)

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## THE SYNAXARION

On January 15 in the Holy Orthodox Church, we commemorate our righteous Father Paul of Thebes.

Verses

*If Thebes thinketh the gates of Egypt such a marvel,  
How much greater Paul, though the gates of life departing?  
Paul, Thebes' offshoot, died the fifteenth.*

He and a sister of his inherited all their parents' wealth, but his brother-in-law, an idol-worshipper, threatened Paul that he would betray him to the authorities as a Christian if he did not hand over his share of the property. Paul gave his half of the property to his sister and went into the desert, where he lived in asceticism until his death. The spiritual heights attained by this giant of a monk are testified to by no less a person than Antony the Great, who once visited Paul and marveled how the wild animals and birds of the air ministered to him. Paul lived 113 years, and entered peacefully into rest in the Lord in the year 342.

On this day, we also commemorate our righteous Father John the Hut-dweller, who became poor for Christ's sake.

Verses

*This world-denying child, his earthly hut leaving,  
hath pitched a new hut for himself in Heaven.  
On the fifteenth, John moved his hut.*

He was born in Constantinople, an only child of rich and eminent parents. The young John fled to a monastery in Asia Minor, where he spent six years in the greatest restraint, prayer and obedience to the superior. Then the devil attacked him to return to his parents, which he did, but he dressed as a beggar and remained in their courtyard, living off the crumbs that the servants threw him and enduring much ridicule from all. He lived thus for three years, praying God that He would save the souls of his father and mother. They eventually recognized John by a precious Gospel-book which they had given him in childhood. He saved his soul and those of his parents, overcame the devil and entered into rest in the Lord in about the year 450.

On this day, we also commemorate the Venerable Martyr Pansophios of Alexandria; and Gabriel of Lesnovo. By the intercessions of Thy Saints, O God, have mercy upon us. Amen.

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