

***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 29, 2023**  
**Seventeenth Sunday of Matthew**  
**Translation of relics of Ignatius**  
**the God-bearer of Antioch**  
**New-martyr Demetrios of Chios**

**Celebrant: Fr. Joseph Butts**

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## 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. IGNATIUS OF ANTIOCH IN TONE FOUR: By choosing the Apostles' way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Holy Martyr among bishops Ignatius. Entreat the Lord our God to save our souls.

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, Qudoos 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.**

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**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 21**
  - 5:00 PM Vespers
- **Sunday, January 22**
  - 9:00 AM Orthros / Church school
  - 10:00 AM Divine Liturgy
- **Wednesday, January 25**
  - NO SERVICE
- **Saturday, January 28**
  - NO SERVICE
- **Sunday, January 29**
  - 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 Seventeenth Sunday after Pentecost)

*Make your vows to the Lord your God, and perform them.*

*In Judah God is known; His Name is great in Israel.*

**The Reading from the Second Epistle of St. Paul to the Corinthians. (6:16-7:1)**

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore, come out from them, and be separate from them," says the Lord, "and touch nothing unclean; then I will welcome you, and I will be a Father to you, and you shall be My sons and daughters," says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

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## THE GOSPEL

(For the Seventeenth Sunday of Matthew)

**The Reading from the Holy Gospel according to St. Matthew. (15:21-28)**

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But He did not answer her a word. And His disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before Him, saying, "Lord, help me." And He answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

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## ST. MICHAEL HAPPENINGS

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

**SCARF TYING!** On Sunday, February 5 after coffee hour, we will be heading to Main Street in Hyannis to tie scarves and leave care bags for those who are homeless. Please plan to join us! If you would like to donate items for the care bags, please speak to Kh. Alyssa about what is needed. Monetary donations to purchase items would also be helpful. Thank you for caring for our homeless neighbors!

**HOMESCHOOLING COMMUNITY!** Did you know that more than half of the youth at Saint Michael are homeschooled? If you are currently homeschooling or thinking about homeschooling, join us at St. Michael on the first and third Friday of every month from 1:30-3:30 for a time of prayer, fellowship, learning, fun, and mutual support. Our first meeting is this Friday, January 20! If you have any questions, please speak to Kh. Alyssa.

**FAMILY NIGHT IS RESUMING!** Mark your calendars for the second Saturday of each month! Starting on Saturday, February 11, we will meet at 3:30 for a time of fellowship and board game playing before praying Vespers at 5:00. After Vespers we will enjoy a meal together. Everyone in our Saint Michael family is welcome, and you are encouraged to invite a friend! Bring your favorite board game! If you have any questions, please speak to Kh. Alyssa.

**WINTER COAT DRIVE** is going through Sunday February 5th. The box will be in the corner of the fellowship hall (where the Christmas tree was) for people to drop off their coats. After items have been collected, we are going to consolidate them to Worcester, Norwood and West Roxbury for pick-up. We greatly appreciate all of your support.



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**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 Prosphora. 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)

### **Upcoming Events**

- February 3-5 Mid-Winter Meetings at Antiochian Village
  - March 17 - A teen event at St George, Norwood
  - March 18 - Diocese Annual Retreat in Dedham at St John's
  - April 29 - Antiochian woman's meeting at st Mary's, Pawtucket
  - July 7-9 - PLC at Cape Codder Hotel
  - July 23-30 - Archdiocesan Convention, Arizona
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## THE SYNAXARION

On January 29 in the Holy Orthodox Church, we commemorate the recovery of the sacred relics of the holy Hieromartyr Ignatius the God-bearer.

### Verses

*O Ignatius, thanks be to the all-devouring lions, who left to us the faithful a portion of thy body.*

*Ignatius returned upon the twenty-ninth.*

His principal feast is celebrated on December 20, but today marks the translation of his relics from Rome, where he suffered martyrdom, to Antioch where earlier he was a bishop. When Ignatius was summoned to Rome before Emperor Trajan to account for his faith, he was accompanied on this long journey by several citizens from Antioch who were motivated by a great love toward their wonderful Arch-shepherd. Since he would never deny his faith in Christ, this saint of God, who abhorred all adulation and promises of Emperor Trajan, was condemned to death and was thrown into the Circus Maximus before wild beasts which tore him apart, and he gave up his soul to God. His companions then gathered his exposed bones and took them to Antioch and honorably buried them. When the Persians captured Antioch in the sixth century, the relics of Ignatius were again translated from Antioch to Rome.

On this day, we also commemorate the New-martyr Demetrios of Chios. By the intercessions of Thy Saints, O God, have mercy upon us. Amen