

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, February 19, 2023

Sunday of the Last Judgment (Meat Fare)

Apostles Archippos, Philemon and Apphias of the Seventy

Celebrant: Fr. Benjamin 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 THREE: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

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 FOR SUNDAY OF LAST JUDGMENT IN TONE ONE: When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

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

Through the month of February will be having a special collection for the victims of devastating earthquake in Syria and Turkey. Make your earthquake donation count. We have a matching pledge from an anonymous source who will match all funds raised by weekly basket collection throughout the month of February up to \$5000. Please be generous and take advantage of the matching dollars.

SCHEDULE:

- **Saturday, February 18**
 - 5:00 PM Vespers
- **Sunday, February 19**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
 - Cancer Care Bags assemble
- **Wednesday, February 22**
 - 7:00 PM Paraklesis Service
- **Friday, February 24**
 - 9:00 AM Holy Bread Baking Tutorial
- **Saturday, February 25**
 - 5:00 PM Vespers
 - 6:00 PM Food for Thought Adult Education Program
- **Sunday, February 26**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
 - Women's group meeting
 - Choir Rehearsal

*****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 Sunday of the Last Judgment)

The Lord is my strength and my song.

With chastisement has the Lord chastened me!

The Reading from the First Epistle of St. Paul to the Corinthians. (8:8-9:2)

Brethren, food will not bring us closer to God; for neither if we eat, are we the better, nor if we do not eat, are we the worse. But take heed lest by any means this authority of yours become a stumbling block to those who are weak. For if any one sees you, as someone who has knowledge, reclining at a table in an idol's temple, will not the conscience of the one who is weak be emboldened to eat of the things sacrificed to idols, and through your knowledge the weak brother perishes, for whom Christ died? And thus, sinning against the brethren, and wounding their conscience when it is weak, you sin against Christ. Therefore, if food causes my brother to stumble, I will not eat meat forever, lest I cause my brother to stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are not you my work in the Lord? If to others I am not an apostle, yet at least I am to you; for the seal of my apostleship are you in the Lord.

THE GOSPEL

(For Sunday of the Last Judgment)

The Reading from the Holy Gospel according to St. Matthew. (25:31-46)

The Lord said, "When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."



ST. MICHAEL HAPPENINGS

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

Cancer Care Bags We will be putting together care bags for cancer patients and appreciation bags for nurses on Feb 19. A list of items we need was sent out via sign up genius. Please look for it and sign up. Thank you for your generosity. If you have questions about this project please see Kh Alyssa.

Food For Thought Adult Education Program - Feb 25 after Vespers

We are excited to announce that our Food for Thought Program is coming back and will be an adult education program as part of the mission of the Women's Group. It will be open to all parish members, friends, and anyone inquiring about the Faith.

Saturday February 25, 2023 Topic - Great Lent. Bring your questions and misconceptions

- Vespers 5pm
- Dinner and lesson 6-8pm
- Potluck - please bring a dish to share.

This is an adult education program. This may be a great time for the kids to spend time with grandparents or friends, so the adults can enjoy this educational opportunity. If you would like to attend but have a difficult time finding child care, please let Soraya Bandeli know: sbandeli@comcast.net / 617-842-8591. We look forward to seeing as many as possible as we grow together in the Faith.

Cape Cod Council of Churches: *"On the coldest of days in the midst of winter, I walked out of our office on Main Street in Hyannis and found this lovely, handknit scarf - patiently waiting for the right person to come claim it, wrap up, and be that much warmer. This was placed by St Michael the Archangel Orthodox Church. What a gesture of love, understanding and hope."* Edye Nesmith, Executive Director



Order Baklava and Support Women's Group Projects

Middle Eastern-Style Baklava (Baklava). All proceeds benefit St Michael Orthodox Church Women Group outreach programs:

- 5 pieces – \$7 (about 6-7 Oz)
- Tray 25 – \$30 (about 30-32 Oz)
- Special orders accepted.

Ingredients: phyllo dough, walnuts, butter, sugar, cinnamon, rose water

To order, please contact womensgroup@stmichaelcapecod.org. Thanks for your support, and please, spread the word!

SAVE THE DATE! Our annual Fish Feast for Life will be held on Saturday, March 25 after a morning Liturgy for the Feast of the Annunciation. More details to follow! Please see Kh. Alyssa if you are interested in helping.

Upcoming Events

- 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
 - May 29-June 2 - Catechesis of the Good Shepherd Level 1 Formation Training Part 2 at St. Michael, Cotuit
 - July 7-9 - PLC at Cape Codder Hotel
 - July 23-30 - Archdiocesan Convention, Arizona
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THE SYNAXARION

On February 19 in the Holy Orthodox Church, we commemorate the Apostles Archippos, Philemon and Apphias of the Seventy.

Today, we commemorate the Second and impartial Coming of our Lord Jesus Christ.

Verses

*When the Judge of all sitteth to judge the earth,
Come now! Mayest Thou judge me worthy of Thy voice!*

It is the Sunday of the Last Judgment—known also as Meat Fare Sunday—the lesson of which occurs in today's Holy Gospel. Jesus illustrates to us God's ineffable goodness and His great love for mankind. And so lest some who are lazy should loiter and spend the time appropriate to their salvation in the pursuit of sin, and be suddenly overtaken by death, the divine Fathers decree that on this day the remembrance of the Second Appearance of Christ may be celebrated. The intention is to remind them that, as God is good and loving to mankind, He is also a very righteous Judge Who recompenses each according to his deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Thine ineffable love for mankind, O Christ God, make us worthy of Thy devoted voice, number us among Thy righteous ones and have mercy on us. Amen.
