

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

62 Main Street, Cotuit, MA 02635

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



**Sunday, February 26, 2023**

**Sunday of Forgiveness (Cheese Fare)**

**Porphyrios, bishop of Gaza; Great-martyr Photeini the Samaritan Woman and those with her**

**Celebrant: Fr. Benjamin Kjendal**

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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 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. 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 FORGIVENESS SUNDAY IN TONE SIX: O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

### 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**

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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 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
  - Vespers with the Ceremony of Mutual Forgiveness
- **Monday, February 27**
  - 6:30 PM Great Compline with the Canon of St. Andrew of Crete
- **Tuesday, February 28**
  - 6:30 PM Great Compline with the Canon of St. Andrew of Crete
- **Wednesday, March 1**
  - 4:30 PM Presanctified Divine Liturgy
  - 6:30 PM Great Compline with the Canon of St. Andrew of Crete
- **Thursday, March 2**
  - 6:30 PM Great Compline with the Canon of St. Andrew of Crete
- **Friday, March 3**
  - 6:30 PM Little Compline with the Akathist Hymn
- **Saturday, March 4**
  - 8:00 AM Orthros & 9:00 AM Divine Liturgy commemorating the miracle of the Kollyva by St. Theodore the Soldier
  - 5:00 PM Vespers for the Sunday of Orthodoxy
- **Sunday, March 5**
  - 9:00 AM Orthros / Church school
  - 10:00 AM Divine Liturgy
  - 6:30 PM Lenten Sunday Vespers with Procession of Icons

\*\*\*In case of emergency, there are emergency numbers posted next to the telephones in the coat room and in the kitchen\*\*\*

**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 Sunday of Forgiveness)

*O chant unto our God, chant ye. Clap your hands, all ye nations!*

**The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)**

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

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## THE GOSPEL

(For Sunday of Forgiveness)

**The Reading from the Holy Gospel according to St. Matthew. (6:14-21)**

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

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## ST. MICHAEL HAPPENINGS

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

**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.

**Cancer Care Bag THANK YOU!** Thirty care bags were assembled and donated to cancer patients undergoing chemotherapy, and fifteen nurse appreciation bags were assembled and donated to nurses at the cancer center at Cape Cod Hospital. The care bags included a handmade card (made by the children at the St. Nicholas Homeschool Community), a prayer book, a hat, warm socks, a box of tea, unscented lotion, a puzzle book, ginger chews, peppermints, a high protein snack, a pack of pens, a pack of tissues, and a t-shirt. The nurse appreciation bags included a handmade thank you card (made by the children at the St. Nicholas Homeschool Community), a prayer book, a Dunkin' Donuts gift card, lotion, snacks, pens, tissues, chocolate, compression socks, and a t-shirt. Thank you to everyone who donated items and who helped assemble the bags. A special thank you to the Chatelains for delivering the bags to Cape Cod Hospital!



### **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](mailto:womensgroup@stmichaelcapecod.org). Thanks for your support, and please, spread the word!

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**St. Michael Pascha Card 2023** order form has been mail out. If you would like your name on St. Michael Pascha Card, please fill out the form and return it by April 9, 2023.

A portion of the proceeds of this year's Pascha card will be going to Archdiocese 2023 Earthquake Disaster Relief Fund. We thank you for your continued generosity. You can also download Pascha Card 2023 Order Form from our website.

**Coffee Hour Set Up and Clean Up** We need your help to sign up for coffee hour set up and clean up. There is a list posted downstairs with parishioners who have already signed up. Please add your name and see Soraya Bandely for instructions.

**We are accepting donation for Pascha Flowers**

**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 26 in the Holy Orthodox Church, we commemorate our Righteous Father Porphyrios, bishop of Gaza; Great-martyr Photeini the Samaritan Woman and those with her.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight

### **Verses**

*Let the world mourn bitterly along with ages past;*

*As, by sweet eating, it hath fallen along with those who had fallen.*

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

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