

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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Sunday, March 5, 2023

First Sunday of Great Lent

(Sunday of Orthodoxy)

Hieromartyr Konon of Isauria;

Martyrs Archelaos and his 152 companions in Egypt

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 FIVE: Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF FIRST SUNDAY OF GREAT LENT IN TONE TWO: Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

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 SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY)

IN TONE EIGHT: To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

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:

***** MARCH IS WOMEN'S MONTH *****

- **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
- **Monday, March 6**
 - 6:30 PM Great Compline
- **Wednesday, March 8**
 - 6:00 PM Presanctified Divine Liturgy
- **Friday, March 10**
 - 6:30 PM Little Compline with the Akathist Hymn
- **Saturday, March 11**
 - 3:30 PM Family Night
 - 5:00 PM Vespers
- **Sunday, March 12**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
 - 6:30 PM Lenten Sunday Vespers

*****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.

THE EPISTLE

Blessed art Thou, O Lord, the God of our fathers.

For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)
Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."



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.

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.

Thanks to all who attended our first Food for Thought on Saturday, February 25. It was a wonderful evening of discussion about Great Lent led by Fr. Ben. The audio presentation is on our website.

In anticipation of our next session on Saturday, March 25, Fr. Ben asked that we prepare by reading the Didache. The link is on the website or you can purchase the Didache at the bookstore for only \$7.

Stay tuned for the schedule for that day as it will include Liturgy for the Feast of the Annunciation, our annual Fish Feast to support Zoe House crisis pregnancy center, followed by our discussion in the church. We will plan to have activities for the kids in the hall while the adults are in class. Special thanks to Fr. Ben for offering this informative program to all parish members, catechumens, and friends who are curious about the Faith.

Holy Bread Baking Tutorial: Thanks to Annie Boruch for leading an amazing Prosphora baking tutorial. Thanks yo everyone who came out to be part of this important ministry.



Sunday of Orthodoxy Appeal Each year we ask for your support of our Archdiocesan seminarians on the Sunday of Orthodoxy, as we celebrate those who have defended and preserved the Orthodox Faith over the centuries. The Church continues and prospers from generation to generation because of those who answer God's call and dedicate their lives to His service. In particular, its life and growth depend on men and their families responding when God calls them to the holy priesthood, so that they might care for the souls of the faithful and lead our parishes in worship and outreach.

We are accepting donation for Pascha Flowers

Upcoming Events

- March 5 @5PM – Pan-Orthodox Vespers at St George W.Roxbury
- 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

THE SYNAXARION

On March 5 in the Holy Orthodox Church, we commemorate the Hieromartyr Konon of Isauria; and Martyrs Archelaos and his 152 companions in Egypt.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

Verses

*I rejoice, as I see them fittingly reverence
The icons formerly unfittingly banished.*

This restoration was accomplished in the year 843. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on us. Amen.
